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Spinachia tenetis Capitulum. cccxxiii.

Pinachia latine. grece asperach. Serapio in dem buch ag
 gregatoris in dem capitel asperach. id est spinachia spricht
 das diß sy kalt vñ fucht an dem ende des ersten grads. Diß
 frut ist by vns gemein. Diß gesotten vñ gefen senfftiger dē buch vñ
 lenymt das wechum der brust vnd der lungen. Die brue vō diße
 frut gedrücken laxieret vñ die bösen fuchtung vñ macht eyn senffte
 adem.