

UNIVERSITY OF ST. MICHAEL'S COLLEGE



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REGIMEN NA
SLÁINTE: I
REGIMEN SANITATIS
MAGNINI MEDIOLANENSIS
PARS I-II

SÉAMUS
Ó CEITHEARNAIGH

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REGIMEN NA SLÁINTE: I



ALEC TOM 7 A CHUID. TEO.
BAILE ÁTHA CLIATH.

LE CEANNACH DÍREACH Ó
OIFIG DÍOLTA FOILLSEACHÁIN RIALTAIS
3-4 SRÁID AN CHOLÁISTE, BAILE ÁTHA CLIATH
NÓ TRÉ AON DÍOLTÓIR LEABHAR

REGIMEN NA SLÁINTE

REGIMEN SANITATIS
MAGNINI MEDIOLANENSIS

IMLEABHAR A I
(PARS I-II)

SÉAMUS Ó CEITHEARNAIGH
DO CHUIR I NEAGAR



LEABHAIR Ó LÁIMHSGRÍBHNIH, IX ; ARNA
GUR I NEAGAR FÁ STIÚRADH GHEARÓID
Í MHURCHADHA AGUS ARNA GUR AR
FAGHÁIL AG OIFIG AN TSOLÁTHAIR,
BAILE ÁTHA CLIATH, MCMXLII.

Is é ba mhian le hAire an Oideachais nuair a chuir sé buidhean eagarthóirí ag obair ar na leabhraibh seo téaxanna fada nár cuireadh cló ortha riamh a chur ar fagháil do lucht léighte na Nua-Ghaedhilge, díreach mar atáid siad insna láimhsgríbhñibh, chomh luath is ab fhéidir, gan puinn ceartuighthe ná breithnighthe leaganacha.

G. Ó M.

CLÁR IMLEABHAIR A I

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INTRODUCTION

MEDIEVAL MEDICAL TEXTS

The large body of medieval Latin medical works has generally an interest only for the specialist in the history of medicine, whilst early translations of such texts into the several European vernaculars have mainly interested lexicographers. If this fourteenth century *Regimen Sanitatis* of Magninus, a doctor of Milan, were to make a further claim it would be on the student of the social history of the period: a rule for the preservation of health, it has necessarily a broader compass than works on the treatment of specific diseases or conditions.

Many aspects of fourteenth century life as revealed by Magninus are surprising in their familiarity: great importance is attached to baths; infants are rocked in cradles and coaxed to sleep "*cum dulcibus cantilenis*", and in the last extremity are carried to-and-fro well wrapped up¹; children are told stories of "captivity and devastation"²: no less familiar are the *potatores quotidie tabernas sequentes*.³ Sport is represented

¹ II, 3.

² II, 6 (De membris generationis), but the passage does not seem to belong properly to this section.

³ III, 21.

in the *Regimen* by ¹*hastiludia, torneamenta, cursus*,¹ *venatio cum auibus venatorum*,² *ludus parve pile*,³ *luctari cum forti bene resistenti*: less exciting are the physical exercises *eleuatio lapidis*,⁴ *caput eleuare versus posteriora et retrorespicere*,⁵ and the *ludus palme ambabus manibus simul in alto proiciendo*,⁶ which is good for the arms. The health value of the mental pleasures, music,⁷ the sound of gently-running waters,⁸ reading,⁹ and listening to stories,¹⁰ the company of dear friends¹¹ are touched upon, but the chapters devoted to cupping, blood-letting, leeches, purgatives and pessaries show that such drastic physical remedies were the mainstay of practice.

Early translations of such texts into the vernaculars may be of importance in establishing a critical Latin text, and in this connection it might be noted that the earlier of the two extant Irish MSS of the *Regimen* (P, dated 1469), though not the original translation, is earlier than any printed edition: indeed, little over a hundred years, and very possibly less, may have elapsed between the writing of the *Regimen* and its translation into Irish.

For the lexicographer, such translations represent

¹⁻¹ II, 3. ² II, 6 (De corde). ³ III, 2.
⁴ III, 2. ⁵ III, 2. ⁶ II, 6 (De conseruatione cutis).
⁷ II, 6 (De corde); III, 7. ⁸ II, 6 (De corde).
⁹ II, 6 (De corde); III, 7. ¹⁰ II, 6 (De corde).
¹¹ *ibid.*

a mine of invaluable material: the language is that of the educated classes of about 1400 with little of the artificiality of the bardic language, the conservatism of which tends to obscure the study of linguistic development in the period of Early Modern Irish. Many words, hitherto unknown to dictionaries are found, e.g. *do raidlean*,¹ "ad presens", *meadach*² "pratium", *desding* "distinctio", *furraidhi* "pelles", *essida* (H *esseda*) "essentialis". Early occurrences of borrowed words are interesting e.g. the word for "partridge" is *petrais*, gen. *petraisí*; *oráitse*, is at a stage of phonetic development through which it might have been presumed to have passed by comparison with analogous forms (*páitse* > *páiste*) but direct examples of which were heretofore lacking. In syntax we see that *cinco*, *gingo* "though not" consistently fails to eclipse a following consonant, the usage *lámha na bhfear óg*, with the absence of nazalisation of the initial vowel of the adjective in the gen. pl. is well established, and no example

¹ Perhaps *do raidlén* (H *do roidhlen*); P has in every instance a tall *e*, which usually=short *ea*; before *n* however this usage is not consistent.

² This word occurs several times in the *Regimen*: in one instance both P and H have nom. pl. *ineadaigi* (l. 2805), with an accent on the first *i* to distinguish the *in* from *m*; all other examples (e.g. P 392.1) have *m*, which in medical MSS of this period is easily distinguishable from *in*, *ni*. The word is perhaps connected with English "mead", "meadow".

of a contrary usage is found.¹ Many other points no less interesting would emerge if a large body of this material were edited and the language examined.

THE LATIN TEXT (J, T)

For the Latin text I have used two printed editions in T.C.D.—apparently the only copies available in Dublin libraries. The earlier version (J) was printed in Paris by Felix Baligault for Claude Jaumar and Thomas Julian: the edition is undated but is treated by bibliophiles as an *incunabulum* and given the approximate date 1500.²

The title-page, which lists the contents of the book, reads:

*Regimen sanitatis magni | ni mediolanensis
medici famosissimi attrebacensi episcopo directum. | In super opusculum de flegbotomia
editum a perspicacis ingenii | viro magistro
Reginaldo de villa noua. Additur quoque
astronomia | ypocratis facile omnium medi-
corum principis de variis egritudi | nibus et
morbis. Item qui[d] pro quo appotecareorum
superrime ca | stigmatum accuratissimeque per
peritissimum artis medice cultorem magi |*

¹ Consonants however are regularly nazalized, e.g. *lucht na sül mbeac.*

² *vide* Brunet, *Manuel du Libraire.*

strum nicholaum rabby Recogn[itum].¹ Cum nonnullis insuper auicen | ne ac plerorumque aliorum auct[orum in m]argine¹ cartharum insertis.

The dedication, which is found only in this edition, reads :

In primis deum testor : cuius nomen sit benedictum. Ab hoc enim principaliter dependet celum et tota natura. Hic enim est qui omnibus influit esse : his quidem clarius : his vero obscurius. In cunctis igitur deus sublimis est preponendus & honorandus. In cunctis enim prepone deum et preponet te : honora deum et honorabit te : time deum et cuncta experieris securius. Ad honorem enim dei altissimi cuius nutu seruiio recipi gratiam et doctrinam : necnon beatissime virginis marie eius matris & totius celestis curie. Amplius vt domino meo reuerendo domino andree de florentina attrebatensi episcopo cuius vitam deus in prosperitate conseruet et prolonget : cui ne dum quod possem denegare non debeo sed eidem in omnibus obedire : secundum modicum meum posse valeam complacere. Necnon ad omnem utilitatem iuuenum et specialiter rudium pauperum

¹ There is a hole in the title-page whereby some letters have been lost ; the missing letters are supplied in square brackets from an edition of 1517, with a similar title-page (*per Jacobum myt, Lugduni*) as quoted in the British Museum catalogue of printed books.

copiam librorum habere nequeuntium nichilominus in hac scientia studere volentium pertractare regulas regiminis sanitatis a diuersis auctoribus medicine prioribus & posterioribus collectas : quos ante initium huius operis laboravi diligenter inspicere et clare secundum modulum mei ingenii confidens de auxilio iesu christi : qui est omnibus verus dator compilare propono hoc opusculum quod pater et domine tanto post deum vobis confidentius offerro : quanto vt spero vestra benignitas defectu me[i] ingenii me in hoc opere mirius supportabit.

The second version (T) is found in the collected works of Arnaldus de Villanova (also styled Reginaldus, Arnaldus Villanovanus, Arnaldus Catalanus), edited and annotated by Nicholas Taurellus, printed at Basle, 1585. The text begins with the first chapter (*Quod regimen sanitatis . . .*), the dedication (*In primis deus testor . . .*) and the list of chapter headings being omitted. The title reads : *Regimen Sanitatis Arnaldi de Villa nova quem Magninus Mediolanensis sibi appropriauit addendo et immutando nonnulla.*

Generally the text as printed here is a reproduction of J with the contractions, which are those normally found in early Latin printed works, expanded. Misprints are generally referred to in footnotes ; frequently however, when these are of

the simplest kind, e.g. *sumitnr* for *sumitur*, where the apparent *n* is but an inverted *u*, the correction has been made silently.

Some obvious corruptions have been emended, and the reading of the texts given in a footnote, whilst others not equally obvious have been allowed to stand.

Variant readings have been given from T, (a) when T appears nearer to the Irish version than J, (b) when the text of J is unintelligible and T offers some help, (c) when T has a more familiar form of a word than J, e.g. *hoedus* (J *edus*).

As a rule when J appears to be corrupt the reading of T is given in the text and that of J in a footnote, particularly when the Irish text agrees with T.

J, T AND THE IRISH TRANSLATION

The Irish text and J are more closely related than is either to T. Indeed, T has been edited to such an extent that one feels very strongly the mark of a personality other than that of the author. This editor generally cuts down repetitious matter, he omits large portions of the text (though at times this may be due to a defective original), and frequently reduces a whole paragraph to a single sentence. A more modern punctuation is used, the use of the comma tending

to diminish that of conjunctions and of sentences beginning with adverbs (*vnde, sic, similiter, etc.*) so common in J. Moreover T deliberately changes certain words: for example, where J has *opilatio* T regularly has *obstructio*; *vel, vel . . . vel*, in J, is usually *aut, aut . . . aut*, in T; *leccatores*, which occurs twice in J, appears in T as *gulosi, luxuriosi*.

The result is that T, through its omissions and deliberate alteration of words and constructions, frequently offers no help when there is a textual difficulty in J. It has not been thought necessary in such cases to call attention to the omission or to give the reading of T.

As far as one can judge, the Latin version of which the Irish text is a translation was inferior to J: in the Irish version much matter is omitted, and corruptions of the Latin source may sometimes be inferred. The following are a few examples of such corruptions, the starred words or passages being the presumed Latin original of the Irish text:

I, 1: *o thosaigib a choimplexa*; J *a generationis principio*; **a complexionis principio*.*

ib: *an fhuil mista immorra, inntaighear a spiraid hi*; J *sperma masculi . . . conuertitur in spiritum*; **sanguis menstrualis . . . conuertitur*,* etc.

I, 2: *chailideachta*; J *quantitas*; *qualitas**

III, 12: *caera* ⁊ *adbar na seirineadh*; J *vna maneries cerasorum*; **uva et materies cerasorum*.*

Although the Irish text generally reproduces faithfully and literally the meaning of the Latin original, we can at times convict the translator of ignorance, or, at least, of translating a defective original slavishly and uncritically. The following are some examples :

Analysis of contents: *don droing lerb ail beith na mbeathaid co fada*; J *de volentibus continere*; **de volentibus viuere continenter*.*¹

In the chapter referred to (III, 23), the translator continues with his mistranslation, although that chapter deals exclusively with the medical aspect of continence.

I, 2: *aentshuigiugad maith*; J *vna bona dispositio*: "vna" is here used as an indefinite article and should not be translated.

I, 2: *ticid siat uatha*; J *ab eis dependent*.

III, 7: *an uair thinnsnugus teinneas neach*; J *cum ceperit quis dolorem*. In this instance the translator understood *coeperit* of which, in medieval Latin, *ceperit* was a usual spelling: cf. J *edus*=T *hoedus*.

III, 11: *ar mbeith an respectum sin acu*; J

¹ The phrase *viuere continenter* is found in the chapter referred to.

habito respectu ad hoc. This bad translation is found more than once and can only be attributed to the translator's ignorance of the Latin phrase.¹

AUTHORSHIP OF THE LATIN TEXT

In common with J all the 15th century editions of the *Regimen Sanitatis* bear an attribution to Magninus of Milan. In the early 16th century Thomas Murchius included the *Regimen* in the collected works of Arnaldus de Villa Nova,² accusing Magninus of literary theft, appropriating the book to himself *addendo et immutando nonnulla*. Later scholars were puzzled. Curtius in his book *De scriptoribus medicis mediolanensibus*³ suggested that no such person as Magninus ever existed, but that Arnaldus, persecuted for heresy, published some of his later works under the fictitious name of Magninus. Argelatus⁴ points out, without entering into detail, that the styles

¹ The translator seems to have had but an imperfect grasp of the ablative absolute: III, 21, *supposito eodem gradu debilitatis in utroque* is translated by *7 a cur anfann a ceim inann*.

² Published Lyons 1504, Venice 1505.

³ I have not been able to consult a copy of this in Dublin: the information is second-hand from the *Bibliotheca Scriptorum Mediolanensium* Philippi Argelati, tom. II, p. 830 (1745).

⁴ *Bibliotheca Scriptorum Mediolanensium*.

of the works attributed respectively to Arnaldus and Magninus differ, and Magninus is accordingly given a place in his bibliography "*usque dum clariora proferantur*"

Tiraboschi brings the matter a step further by quoting from T to show that the author was of Milan¹:

"*ch'ei fosse Milanese di patria, egli stesso ce ne assicura nella detta opera parlando di una pasta azima formata di milio e panico, e mista con vino e con sale, di cui dice: ' & iste cibus est in patria mea, quae est Civitas Mediolanum.'*"²

The *Histoire littéraire de la France*³ accepts the view of Argelatus and Tiraboschi, and offers an explanation of Murchius' inclusion of the work in the collected works of Arnaldus: *Nous supposons qu'il aura trouvé, dans certains passages du livre, des opinions, des recettes déjà recommandées en d'autres écrits d'Arnauld, et que, frappé de ces ressemblances, il aura voulu voir dans Magnino, non le disciple, mais le plagiaire de l'illustre docteur.*

The *Histoire* concludes: *Ainsi nous retranchons des oeuvres d'Arnauld, pour le rendre à Magnino, ce*

¹ *Storia della letteratura italiana*, edition of 1772-6, vol. V, p. 278.

² Our edition III, 10: *et iste cibus est in usu apud illos de ciuitate unde fui oriundus: et est ciuitas mediolanensis.*

³ . . . par des Religieux Bénédictins de la Congrégation de Saint-Maur et continué par des Membres de l'Institut, t. XXVIII, p. 54 (Paris 1881).

Liber de regimine sanitatis, sur lequel on a longtemps plaidé, sans qu'il y eût matière a procès.

The authorities quoted seem to have been ignorant of the dedication of the *Regimen Sanitatis* found in the Baligault edition,¹ which definitely proves the authorship of Magninus and gives us, to within five years, the date of the work : *Andreas de Florentina Attrebatensis episcopus*,² otherwise known as Ghino de Malpighi,³ held the see of Arras between 1329 and 1334 when he was translated to Tournay⁴; within those five years the *Regimen Sanitatis* must have been written, whereas Arnaldus had been dead since 1311 or 1313.⁵

There is indeed, as the authors of the *Histoire* put it, an occasional similarity of "opinions and prescriptions" such as one might reasonably expect in the work of colleagues, or of master and pupil. Nor is this all. Several passages of our *Regimen Sanitatis* can be shown to have been substantially taken from the commentary of Arnaldus on the famous metrical *Regimen Salernitanum*; and in Part III, ch. XIX, of our edition, this commentary⁶ has been used to emend the text of J, where the passage in question is

¹ *Vide supra* p. xiii.

² *Vide* Dedication *supra* p. xiii.

³ For identification, *vide* Chevalier, *Bio-bibliographie*.

⁴ *Hierarchia catholica medii aevii*, Ed. altera, I, 115.

⁵ *Histoire littéraire de la France*, t. XXVIII, pp. 45-6.
Opera Arnaldi (Basle, 1585).

lacking in T.¹ It must be remembered, however, that the author lays no claim to originality: his book is for the use of poor students, who cannot possess many books and is compiled from various authorities, both of antiquity and of a more recent date, *quos ante initium huius operis laboravi diligenter inspicere*.² Authorities quoted by name are Galen, Haly, Averroes, Avicenna, Hippocrates, Aristotle, Avemzoar, Rabbi Venatus: other great names undoubtedly hide behind "quidam", "quidam sapiens" and "those of Salerno".³ Nowhere in the Latin versions used is Arnaldus quoted as an authority: the Irish text however contributes its mite towards the solution of the

¹ Similarly compare the following passage from the same source (*loc. cit.* col. 1885-6) with J, III, ch. XIX (De Lacte):

Circa electionem autem lactis sciendum est, quod magis eligendum est lac mediocre in via nutrimenti, non subtilissimum, sicut lac cameli, aut etiam asinum, neque pinguisimum & grossissimum, sicut lac vaccarum & pecudum. Eligendum est igitur lac capre: non .n. habet tantum aquositatis sicut lac cameli, quod non est aptum ad nutriendum, ratione nimiae humiditatis, sed ventris subductivum: nec habet tantum pinguedinis & grossitiei seu caseitatis, & vntuositatis, sicut vaccarum & pecudum, quod propter grossitiem & vntuositatem est venarum opilativum, ventositatum etiam generativum, & difficilioris digestionis, quam sit necessarium in regimine sanitatis. Eligatur igitur lac caprae, non nimis propinquaе partui, nec nimis distantis a partu, non praegnantis, nutritae in bonis pascuis, & in tempore quo reperiuntur meliora pasqua.

² *vide* Dedication, *supra* p. xiv.

³ *in tabulis illorum de Salerno*, II, 4, is probably a reference to the *Regimen Salernitanum*.

problem of authorship by quoting Arnaldus,¹ thereby at once confirming the authorship of Magninus and saving him from the charge of suppressing entirely the name of his main authority.

Of Magninus nothing is known, save what can be garnered from his works.² The style of the *Regimen Sanitatis* is easy, at times almost conversational. His frequent *dicunt quidam . . . sed ego . . .*, and his contemptuous *dicunt stolidi medici . . .* are suggestive of the lecture hall, as are his informal references to other parts of his work *quod memini me dixisse in capitulo de . . .* He is constantly chafing under the limitation which the title of his work imposes, and is often tempted to digress to the cure of one disease or another—at times he evades this self-imposed limitation with references to a certain tract “*quem composui de emoptoica passione et ptisis*”,³ and to his *Regimen sterilitatis*,⁴ and towards the end of the book he is exasperated into promising to write a “*librum memorialem de cura egritudinis*.”⁵

¹ “. . . *mar dearbus Arnaldus*”, V, 3.

² For a list of work attributed to Magninus *vide* “A Catalogue of medieval incipits . . .”, Thorndike and Kibbe: this list includes neither of the works to which he lays claim in the *Regimen* nor his projected *De cura egritudinis* (*vide infra*).

³ II, 5 (De Pulmone). ⁴ V, 9. ⁵ IV, 3.

No less suggestive of the professorial chair is his tirade against popular superstition which tabooed bloodletting on the "Egyptian days."¹

Here he shows himself to be a man of some temper, but cautious and diplomatic in dealing with the ignorant; he introduces a personal note into the argument by stating his own practice: *in me nec in meis nullatenus obseruavi nec obseruabo*, a daring climax calculated to impress an audience with the scientific confidence with which he opposed a belief, widely held, not merely by the ignorant, but by some of the greatest names in medicine.²

Elsewhere, perhaps, he has not always applied his own principles of scientific reasoning: . . . *quod dictum non approbo quia eius non videbo rationem*³ implies that medical doctrine must have a sound basis in science, but he accepts, apparently without question, the virtues of the *lapis smaragdus* and of *lingua serpentina* (especially when salted) in the detection of poison, the former by the

¹ V, 1.

² Magninus differs in this matter from Arnaldus, who follows Galen in believing that blood should not be let on those days: *De diebus Aegyptiacis dicit etiam Gal. quod in illis non debet fieri phlebotomia, quia luna in ascensu suo & descensu acquirit immutationem ab aliquo maleuolo planeta, secundum quem alterat corpora.* Parabolae Medicationis, cap. VI: Opera Arnaldi, 1585, col. 863.

³ V, 1.

changing of colour, the latter by becoming humid¹.

The dedication of the work to the bishop of Arras suggests, that Magninus was living in France when he wrote the *Regimen Sanitatis*, and this is borne out by several references to French practice with regard to various matters, particularly in the chapter *de regulis sumptis ab etate*² where his chief authority is neither Hippocrates nor Galen, but the simple *mulieres Gallicane*. The nature of his association with Ghino de Malpighi may be inferred from the account of that bishop given by P. Giulio Negri :³

Fù grandissimo amatore delle lettere, e de' Letterati ; e stimolato dall' amore all' Italia, e alla sua Patria ; fondò in Parigi un Collegio à sue spese, cangiando il suo Palazzo in Accademia ; per tutti i giovani Fiorentini, ed Italiani, che avessero voluto in quella Regale Città, applicare allo studio de tutte le scienze : Chiamavasi il Collegio de' Lombardi.

Magninus was in all likelihood one of the expatriate Italians who lectured in the College of the Lombards, under the patronage of the Bishop of Arras.

¹ IV, 3.

² II, 3.

³ *Istoria degli Scrittori fiorentini*, 1722, p. 36 sub *Andrea Pino Malpili*.

MANUSCRIPTS OF THE IRISH TRANSLATION
(P, Q, H)

The Irish text is contained in three Dublin manuscripts: *viz.* 24 P 26 (P) and 12 Q 4 (Q) in the Royal Irish Academy, and H.2.13(H) in the library of Trinity College. Q is a nineteenth century transcript of H and has not been used in the preparation of the text.

P

This manuscript contains 486 pages of which our text occupies pp. 353-486, or about one fourth of the entire book. With the exception of pp. 470-482, and occasional short passages, there appears to be only one hand—that of *Donnchad óg Ó hÍceadha*—in the textual portion of the book.

The following *marginalia* are important for establishing the early history and provenance of the manuscript:

- p. 278, lower marg., a note “*Toirdealbach O Diomsuidhe do sgríobh e so a mBeal Atha na Maigdean 1614. leabhar Ruaidri I hÍceadha.*”
- p. 287, a form of indenture scribbled in a 17th century hand on the blank side of a slip of vellum: “This indenture witnesseth that John Hicky ye son of Roger Hicky of his owne free will and bye [and] with ye consent and asent of his father and mother

and all ye rest of his friends and alies hath put this Indenture."

p. 353, colophon: *Donnchad óg O hIccadha do sgroibh¹ an leabhar so. Anno Domini 1469.*

p. 377, a note: *Ex libris Donati Hickie M.D. anno Domini 1700.*

p. 380, marg. *Is me Donatus Hicky* (17th century hand).

H

This is a manuscript of 222 pages, written in double columns, of which the *Regimen* occupies pp. 126-186. The following colophons are found:

p. 15 *Iste est liber Ricardi Í Callanain*

p. 121^b, at end of column, *anno domini 1486.*

7 tabradh gach aon lefeas an leabur so beannacht ar anmain an tí ro sgribh .i.

. . .; the name of the scribe has been deliberately erased.²

RELATIONSHIP OF P AND H; O'HICKEY AND O'CALLANAN COLLABORATION; AND THE DATE OF THE IRISH TRANSLATION

P and H derive independently, and perhaps directly without any intervening copyings, from a common exemplar. While each scribe has his individual preference in matters of orthography

¹ sic.

² This colophon is not noted in the T.C.D. catalogue of Irish manuscripts, pp. 89, 339.

and use of contractions mere coincidence can not account for the frequency with which words are spelt and contracted in exactly the same manner. The cataloguer of P (RIA cat. p. 1240) refers to a displacement of folios 200-233 (pp. 381-426): that this displacement is not of the MS but derives from the common exemplar of P and H is shown by the fact that H has the same displacement of matter.

That P is independent of H is shown by its earlier date. That H is independent of P is shown in that some omissions in P can be supplied from H.

H and P have some mistakes in common which must derive from their exemplar: *e.g.*, l. 107, both MSS. read *eigintaig* where *éigintach* is required; l. 418, *an chích* must obviously be supplied. It would be wrong to assume that because of slips of this nature, the common exemplar was not the original translation: indeed, the comparative freedom from corruption would at least suggest that it was not very far removed from the original.

In 1403, according to a colophon in Egerton 89,¹

¹ O'Grady, *Cat. of Ir. MSS. in the British Museum*, p. 222. *Nicol O hIceadha* is mentioned as the translator of a work of Almusor, Nat. Lib. MS. 11, fol. 248 (formerly Phillips MS. 10297). It is perhaps of some significance that this tract (*incipit* Sex sunt nomina) is the first item in 24P26.

Nicól O hÍcidhe and *Aonghus O Callannan* were associated in a translation of the Aphorisms of Hippocrates: since our text has been preserved from the 15th century only in manuscripts written by scribes of the families of O'Hickey (P) and O'Callanan (H), it is possible that the *Regimen* was the result of the same association. A detailed examination of both translations would undoubtedly yield results, but pending such examination an assumption of the first quarter of the 15th century as the date of translation of the *Regimen* would hardly be very much in error.

PROVENANCE OF P (AND THE O'HICKEYS
OF ARRA)

In 1614, P (as we learn from a marginal note quoted in a preceding section) was at *Béal Átha na Maigdean*, a name not found in Hogan's *Onomasticon Goedelicum*, but undoubtedly to be explained as an unusual form of the name of that *Béal an Átha*, or Ballina, stated by Hogan to be on the eastern edge of the Shannon opposite to Killaloe. As *Béal an Átha* is the only Irish form of the name of this place so far instanced in printed sources the identification would be hazardous without corroborative evidence. This we find by a comparison of some of the 17th century names in our manuscript with those of the district found

in the Civil Survey of 1654.¹ There we find both "Morish Hicky" and "Daniell oge O Hicky" styled "physition" and "proprietor in fee by descent from his Ancestors" of lands in Ballycorrigan and Ballymolloony in "the United parishes of Killmcstully and Tample ically". A "Doctor John Hickey of Ballycorigan" was present at a Court of Survey held at Nenagh, 24 July 1654.² The latter is probably to be identified with "John Hicky ye son of Roger Hicky" of our manuscript. Donnchad—in latinised form Donatus—was evidently a common name in the family since *Donnchad óg* or "Daniell oge" implies a *sean-Donnchad*; the "Daniell oge O Hicky physition" of 1654 is probably to be identified with 'Donatus Hicky' of the 17th century hand (*supra*, preceding Section) or with 'Donatus Hickie M.D.' of A.D. 1700 (*ib.*), if indeed these two names do not refer to the same person.

A powerful neighbour of the O'Hickeys of Ballycorrigan and Ballymolloony was O'Brien of Arra, or in the language of the Civil Survey "Donnogh O Bryen of Beallanaha *alias* mac i Bryen Arra esqr Irish Papist". This offshoot of the O'Brien family sprang from *Brian Bán* (d. 1350), who fled across the Shannon to *Dúthaigh*

¹ *Civil Survey: Tipperary* (Irish Manuscripts Commission), vol. III, pp. 164, 165.

² *op. cit.* p. 135.

Arra, following his defeat, and that of Richard De Clare, by *Muirheartach Ó Briain*, at the battle of Dysert O Dea (1318).¹

On the other side of the Shannon, at Clonloghane in the Barony of Lower Bunratty, Co. Clare, lived another branch of the O'Hickey's, also a medical family², and presumably under the patronage of the premier branch of the O'Briens: the connection between the O'Hickey families of Bunratty and Arra is doubtless analogous to that of their lords, a junior branch moving across the Shannon in the wake of the founder of the Arra branch of the O'Briens.

ORTHOGRAPHY: (1) P

The orthography of the main hand of P is an unsatisfactory middle-stage of the passage from Middle Irish orthography to that of the classical modern orthography as found in printed books and certain manuscripts of the early seventeenth century: there is a bias in favour of the Middle Irish system in the writing of diphthongs, and in favour of the seventeenth century system in the writing of consonants. The usage however is not consistent, and spellings such as *aon*, *aonda*, *tuic*, *adeairait*, are found beside the more usual *aen* (*en*), *acnda*, *tuig*, *adeairaid*.

¹ *vide* Curtis, *Medieval Ireland*, p. 194.

² O'Grady, *Cat.*, p. 221.

It is convenient to consider the orthographical peculiarities of the main hand of P under the following headings (a) vowels and glides; (b) diphthongs and triphthongs; (c) tenues, *s*, *f*; (d) mediae, *m*; (e) liquids; (f) *h*; (g) consonants not normally used in Irish to-day; (h) accents; (i) punctuation; (j) numerals.

(a) *Vowels and glides*

The long vowels and short vowels in accented position are used on the whole as in present-day orthography.

In unaccented position the short vowels *i*, *u* are frequently written where present-day usage favours *e*, *a*. Furthermore, in unaccented position short *i* can stand for present-day *ea*, e.g. *co tuitinn* for present-day *go dtuiteann*; this is so even when some grammatical consideration might be expected to make a non-ambiguous form desirable, e.g. the terminations *-id*, *-igid*, proper to the 3rd sg. pres. indic., which has a slender *d*, can stand for the 3rd sg. past subjunctive, which has a broad *d*; thus, *tuitid*, *calmuigid* = present-day (normalized) *tuitidh* or *tuiteadh*, *calmuighidh* or *calmuigheadh*. Similarly the forms *aimsir*, *cuislinn*, which to-day could only represent forms ending in a slender consonant (dat. sg.), can orthographically represent the corresponding gen. pl. forms ending in a broad consonant (present-day *aimsear*, *cuisleann*).

A broad glide is written before a broad consonant after *e* when short, but not when long, e.g. *fer* "grass", but *fear* "man".¹ A broad glide is not written before a broad consonant after *i* when long, but is written occasionally when the *i* is short: thus we get the common spellings *finta* "wines", *sibal* "walking" (but sometimes *siubal*).

The slender glide is written after *a*, *e*, *o*, *u*, giving the combinations *ai*, *ei*, *oi*, *ui*.

In unstressed syllables *u* and *a*, *ui* and *ai* are used indifferently.

In certain words there is alternation between stressed *ai*, *oi* and *oi*, *ui*, e.g. *baill*, *boill*, *poinc*, *puinc*: as *boill* and *puinc* are the commoner forms, it seems probable that *baill* and *poinc* artificially conserve the vowel of the nominative singular.

(b) *Diphthongs and triphthongs*

The diphthongs and triphthongs are those of present-day usage, except *ae*, which normally represents present-day *ao*, and *aī*, *aei* which represent *aoi*.

(c) *Tenuēs, "s", "f"*

Eclipses of *p*, *t*, *c*, is not shown, except in a rare phonetic writing of eclipsed *t* as *d*, e.g. *ar dus*.

¹ The scribe as a rule in certain positions uses tall *e* for *ea* when the vowel is short: in this edition when tall *e* represents a short vowel before a broad consonant it has been transcribed *ea*.

The eclipsis of *f* is never shown by *bf* or *ff*, but not infrequently by *fh*: *eirgid a fhothragad* (III, 24), *co fhuilid* (IV, 3).

Aspiration of *p*, *t*, *c*, *f*, *s* is shown less than in good Middle Irish MSS and is then usually indicated by the reduced suprascript *h*. The aspirated form of *s* is sometimes shown by *ts*, *tsh*, *ths*, *thsh*, even when not preceded by *sa*, *annsa*, or a word ending in *n* or *s*.

In the case of all these consonants aspiration when lacking is shown in this edition by an italic *h*.¹

¹ I now doubt the wisdom of this, at least in the matter of initial mutation of adjectives since it prejudices the answer to problems upon which such texts as the *Regimen* might be expected to throw some light, e.g. to what extent did the old accusative survive in texts of this type and period, such survivals being shown by eclipsis of the adjective in certain positions? The fact that the scribe does not show eclipsis of *p*, *t*, *c*, *f* confuses the problem. There is no instance of eclipses of an adjective in the objective case after a verb e.g. *buail an madra mbán*, so that in all likelihood outside the bardic tradition eclipsis of the adjective did not take place in the direct object at this period. On the other hand *ar an madra mbán* and *ar an madra bhán* appear to have been used indifferently. Another problem which is similarly prejudiced is that of the dependent genitive—how far is it to be treated as an adjective? Examples like *a coiméd shláinti an gaile* are found occasionally; more frequent however is *a coiméd sláinti* . . .; the latter case is ambiguous and cannot be adduced as an example of the non-aspiration of the *s*, since the scribe frequently fails to show lenition that should undoubtedly be present. Plural dependent genitives present similar inconsistencies, e.g., l. 1878, *eanbruithi* . . . *uan mbliadna*, but *feoil* . . . *muc baile*, l. 1893.

t and *c* (but not *p*) may sometimes, as in the Middle Irish period, stand for voiced sounds, e.g. *adearait*, *adearaid*, *beac*, *beag*.

In certain words, preceding a slender vowel, Latin *c* appears as *s*, e.g. *sentrom* "centrum."

cc is very rarely, and then only in contracted words, used for present-day *g*: examples are *aicceid*, *laccthacha*, where *eid* and *thach* are represented by a suspension stroke; in the case of *aicceid*, the abnormal spelling serves to make confusion with the common contracted forms of *aigid* "face" and *aicid* "disease" impossible.¹

(d) *Mediae*, "m"

Eclipsis of *b*, *d*, *g* is shown regularly. Lenition of *b*, *d*, *g*, *m* is shown less often than the lenition of *p*, *t*, *c*, *s*, *f*, except when one of those consonants forms the last element in a contracted or suspended syllable, e.g. *dona corpaibh*, where "-aibh" is represented by a suspension stroke with the reduced suprascript *h*. *m* is rarely doubled except in obvious and conscious compounds, e.g. *neammbronach*, *commor*.

b, *g*, *d*, *m*, since they may also represent *bh*, *gh*, *dh*, *mh*, have thus their Middle Irish value, though by sometimes marking their lenition the scribe tends towards present-day usage.

¹ but *co haicc*. (with a suspension stroke over *cc*) = *co haicideach* (edited "co haicīdeach") 436.1; *co haiċ* (edited "co haicīdeach") 436.13 is however the usual contraction.

(e) *Liquids*

The liquids are *l*, *n*, *r*, and their double forms *ll*, *nn*, *rr*.

l, *n*, etymologically single, are frequently written double in a short stressed syllable preceding a dental consonant, e.g. *sinntens* (sententia), *cunn-tabairt*, *bolttanugad*.

nn is not normally written *nd*¹: hence in the case of *caindiacht* (sometimes *cainndiacht*), the *d* was doubtless pronounced.

Examples of palatal unlenited *rr* are *tairrngius*, *girre*; but the assimilation of this sound to the non-palatal unlenited sound is apparent in the spelling *girra*, which also occurs.

r suffers apparent palatalisation in at least two instances where lenition would be expected: *an da reann* "the two parts"; *an ced-la reachus se* "the first day that he shall go".

(f) "h"

h is sometimes used as in the Middle Irish period before the pronouns *é* and *í* where it has no phonetic significance.

The reduced suprascript form of *h* is sometimes used for the rough breathing before a vowel, e.g. *na hinchinne*, *homines* (in Latin quotation).

¹ I have only noted one example in the main hand *indtinn*, 462-6.

(g) *Consonants not normally used in Irish to-day.*

Four consonants not normally used in the present-day Irish alphabet are used in P, viz. *k, q, x, y*.¹

k is used for *ca* e.g. *colik, ematoik, lactuk* = *colica, ematoica, lactuca*. This usage is indicated in the text by italics.

q is used not alone for *cu*, and in the compendiums for *ar, air*, but for *c*, e.g. *qunntabairt* for normal *cunntabairt*.

x is used for *gs* in the word *ēxamail* and its compounds. It is also used in the borrowed word *replexion* (429.23) (= *repletio, replexio* in the Latin text), and in unassimilated Latin words, e.g. *bombax*; the Irish of *repletio* is frequently contracted in P and has been expanded, perhaps unwisely, as *repletion*.

y is used for *uigi*, the nom. plural of *og* "egg", and has been expanded *uigi*, the expansion being shown by italics. It is usually written with the point on each side to indicate that it is a contraction (*.y.*); in the dative plural, where the symbol represents *uig*, the points are not thought necessary e.g. *dona hyib (dona huigib)*

y is also found for *ī*, e.g. *ymaigithear (íomháighithear), ysoip (ísóip)*.

¹ The pointed form of *u* is of course not to be transcribed as *v*; I have inconsistently used *v* in occasional Latin words, e.g. *uvula (=uuula in MS)*.

(h) *Accents*

Accents are rarely used by the main hand of P for the sole purpose of showing length. In cases like *ro óg*, *ó olamlacht* (the words are not necessarily divided in the manuscript) the accent makes the interpretation of the context apparent and unambiguous; similarly the frequent use of the accent over the pronouns *e*, *i*, prevents such words being read as part of an adjacent word.

The accent on *i* is used irrespective of the length of the vowel, like the dot in English, to prevent confusion with neighbouring letters.

In one particular use the accent can definitely be shown not to be a mark of length, *viz.* in its use over the *et*-symbol to show the non-spirant quality of the *t* or *d* in the contracted syllable. This usage is proved by the fairly regular use of this accent over the *et*-symbol in the following words: *speitsialta*, *foirceadal*, *adearaid*, *spirad*, *feadan* (Lat. *canna*), *da mbeid* (3rd pl. pres. subj).¹ Examples which would not be conclusive, but which support such an explanation since the accent in the main hand is found only in contracted forms, are: *diet* (Lat. *dieta*), *coimed*, *clairad*.

Hence accents used over *i* and over the *et*-symbol are not printed as acute accents in this

¹ In words like *beith*, *fēithe*, *meadh*, with a spirant dental, the *eith*, *eadh*, are represented by 7 + suprascript *h*.

edition but length in such cases is shown by a macron. This rule is relaxed however in printing the part of the text written by the second hand, since the scribe shows length fairly frequently.

The macron has been used inconsistently in some cases, e.g. usually over the *o* of *region*, but not over the *o* of *mension*, *union*, which do not appear to be so well established in the language. The absence of the macron over vowels in words which have been imperfectly assimilated (e.g. *diet*¹) does not mean that the editor has any evidence of the short quantity. The macron printed regularly over the preposition *re*, *le* is justified by accents appearing over those words in the second hand, *lé* 471.37, *ré* 472.9.

(i) *Punctuation*

The only form of punctuation used in the MS is the point ; this has been disregarded and modern punctuation introduced.

(j) *Numerals*

Arabic numerals are generally used, but roman are found occasionally. In the edition they have been regularly expanded, e.g. *an .II. caibidil* is edited *an t-aenmad caibidil dēg*.

In prescriptions the figures .2., .3. used for

¹This word is once written "diét" by the second hand, 477.14, the *et* being represented by 7.

ounce and drachm, appear to be approximations to the symbols still in use (ξ, ζ).¹

Numerals are sometimes used as contractions e.g. ιοφ^s=*deichfir*², 7m̄=*seachtmain*.

ORTHOGRAPHY : (2) H

Examples of the orthography of H will be found in the text where there are lacunae in P, as well as in the variant readings.

Some general characteristics which distinguish the orthography of H from that of P are as follows :

(a) H has a preference for short *o*, as against *a* in P, e.g. H *tobarthar*, *soillti*, *roib* ; P *tabarthar*, *saillti*, *raib*.

(b) H has a greater tendency towards the use of *ao* and *aoi*, where P has *ae*, *ai*, *aei*.

(c) H shows lenition of medial *b*, *g*, *d*, *m* more frequently than P.

(d) H very often drops the final consonant of the 3rd sg. pres. indic., e.g. *gnathuigi* (P *gnathuigid*).

¹ In the Irish version of *Rosa Anglica*, edited by Dr. Winifred Wulff, the scribe, we are told, uses "the figure 3, indiscriminately for both drachm and ounce" (*Ros. Angl.*, Intro. XXIX). At l. 1753 where the Irish text has *tri .2. do coiriandrum* the Latin text (p. 183) has *iii libre coriandri*. In the manuscript of the *Regimen Sanitatis* ed. by Cameron Gillies, there is the following scribal note: 2 *unsa* .3. *dragma* ∅ [inverted *e*] *i. sgruball*.

² This would perhaps have been better expanded *deifir*, which is the form used by the scribe of P when he writes the word in full.

(e) Contractions, used to a great extent in P (as in most medical MSS of the period), are still more numerous in H, the piling up of contractions sometimes giving a word the appearance of some exotic form of calligraphy: for example the word *sċimightheach* (sei | m | igh | theach) is represented by inverted numeral 6, with suprascript *m*-stroke, a suspension stroke with suprascript *h*, and for the final syllable *t* with a suprascript inverted *c*.

(f) Accents are used more frequently in H than in P and have not necessarily a relation to length; e.g. an accent may be used over the *us*-symbol, whatever its value, e.g. in the words *tairrngius*, *milis*, *dilīs*, *mailīs* (in the last of which the *i* is long).

Since the original intention in the publication of this series of texts was to use but one manuscript, though P has been fully compared with H, variants have as a rule been cut down to a minimum. Specimens of every variation of any importance have however been given; generally the more frequently a word occurs the less often is the variant given, when such variation is regular. A complete collation might sometimes help to indicate in specific instances whether a scribe was being influenced by his personal preference or dialect, or whether he was merely copying his exemplar.

The following variations are fairly regular between P and H :

| P | H |
|--|--|
| <i>a</i> (before <i>c</i>) | <i>ag</i> |
| <i>beirbhear</i> | <i>bearbthar</i> |
| <i>biamlacht</i> | <i>bidhamlacht</i> |
| <i>caindiacht</i> | <i>caindigheacht</i> |
| <i>ceathra</i> (always partially contracted) | <i>ceithri</i> (always partially contracted) |
| <i>codlad</i> | <i>collad</i> |
| <i>doich</i> | <i>doith</i> |
| <i>imarcach</i> | <i>imarcrach</i> |
| <i>imchubaid</i> | <i>imchuid</i> |
| <i>muna</i> | <i>mana</i> |
| <i>sabus</i> | <i>sabsa</i> |
| <i>sabuis</i> | <i>sabsaighi</i> |
| <i>speitsialla</i> | <i>speitsielta</i> |
| <i>siucra</i> | <i>sucra</i> |

EXPANSION OF CONTRACTION-SYMBOLS

For typographical convenience certain devices must be used in this and the following sections to represent manuscript abbreviations.

The well known *er-*, *et-* and *us-* symbols shall be represented by *s* (when suprascript by ^s, after the letter over which it is written), γ and \mathfrak{z} respectively.

^{aeiou} written after a letter represent those vowels when written above that letter (usually to indicate

the omission of *r*). ^a sometimes has the form ^a, but such cases are not distinguished here.

The Latin compendium for *sed* is represented by \bar{s} .

The Latin compendium for *est* is represented by the numeral 2, with disregard of the point or comma which is frequently written under it in MSS.

The compendium for *con* is represented by a reversed *c* (ρ).

The suprascript *c* (frequently inverted in the MS.) is represented by ϵ .

The compendium normally used in Irish for *eg* (Lat. *haec*) is represented by *h-*. In MSS the stroke is written horizontally from the shaft of the *h*, and in form it is indistinguishable from *h* with the suspension stroke.

Contraction is so extensive in fifteenth century medical MSS that the use of italics to indicate all expansions would result in a text in which italics predominated, thus to a large extent nullifying their use. An attempt has been made to attain a certain degree of consistency in this matter; however, since portion of the text was in proof while transcription was still incomplete, this was impossible to achieve.

It is convenient to consider the expansion of *s*, γ and β together.

The variation in the expansion of β can be

accounted for historically. It was originally the Latin contraction for *us*, and is used for *us* and *uis* in Irish contexts in LU and other early MSS : its use for *uis* is a normal development from its use for *us*, since for one knowing the language thoroughly it was expedient to have the same symbol to represent non-inflected and inflected terminations. From being frequently used for *us* in *u*-stems with a slender consonant preceding the termination (e.g. *flaithius*, gen. *flaithiusa*), \mathfrak{z} could come to represent the whole unaccented syllable *-ius* : in Late Middle Irish unaccented *-ius* the vocalism is simply a slender glide followed by the obscure vowel, and the syllable is written *eas*, *ios*, *is*, *es*, indifferently, hence orthographically \mathfrak{z} can have all those values. This development was probably materially helped by a series of words which in Middle Irish may be *o*- or *u*- stems, e.g. *flaithius* (-es), *maithius* (-es), *toirrchius* (-es), can have genitives in *-iusa* or *-is*.

The scribe is more conservative in his use of γ , *s*, \mathfrak{z} , when the vocalism of the contracted syllable is long, and one normally expects the contraction to represent the vowel which is primarily associated with it (i.e. *e* in the case of the *er*-, *et*- symbols, and *u* in the case of the *us*- symbol) + a broad or slender consonant. Occasionally however this is not so, e.g. in the words " *mailīs* (\mathfrak{z}) " *sīr* " (*s*) ; I have however noticed no example of $\gamma = \bar{i}d$, $\bar{a}id$.

There are three determinative factors governing the expansion of the symbols *s*, *ɳ*, *ʒ* in this text : (a) the quality of the consonant preceding the contraction ; (b) the length of the main vowel of the contracted syllable ; (c) the quality of the final consonant of the contracted syllable.

The following table illustrates the usage, the given conditions (slender, broad) referring to (a) and (c) respectively.

| | | | |
|-------------------|---|--------------------------------------|---|
| slender + broad | ³ ¹ eas ius (iūs) | ⁷ ead, eat (ēd, ēt) | s [ss] ear (ēr) [earr] |
| broad + slender | uis (ūis) | aid, ait | [airr] |
| slender + slender | is (īs) | eid, eit id, it (ēid) | eir (ēir) ir (īr) [eirr] [irr] |
| broad + broad | as us (ūs) | ad, at | [arr] |

The comparatively greater variety in the

¹ In expanding, the historical vowel has been kept where possible, e.g. " tēigius " : in cases like " measarda " however this is impossible. In the few cases where the scribe writes out the relative endings he writes -as when the preceding consonant is broad, -eas, -is, when slender. Thus the symbol *ʒ*, when short and unaccented, could with advantage have been expanded -as, -eas, in all cases.

expansion of γ is occasioned by the consonant having the value of present-day *t* or *d*.

In the case of *s* the great variety is due to the fact that the *r* may be doubled by doubling the contraction.

Indubitable examples of $s=ar$, *air* do not occur; this is probably because *ar* and *air* are more easily represented by crossed *q* and crossed *q* with the *i* ligatured; also unaccented *ar* can be represented by the *ur* contraction (supra-script *u*) which cannot conveniently be doubled to represent *arr*¹; *arr*, *airr* are indeed often represented by crossing the *q* twice, with ligatured *i* in the case of *airr*, but this can be inconvenient, since the lower stroke in a closely written hand like that of P may appear to be a suspension stroke or an *n*-stroke over a letter in the line beneath; *ss* not only avoids this but represents a further economy of one letter space.

*aeiou*² may be written over any consonant except *l*, which is excluded owing to its inconvenient form;³ they represent respectively *ra*, *re*, *ri*, *ro*, *ru*. The converse forms of three of these syllables (*ar*, *er*, *ir*) may be represented by other convenient

¹ It is nevertheless doubled in H, where the lines are not so closely written as in P.

² The superscript *u* frequently degenerates into a wavering stroke.

³ But *vide* list of contractions, *sub* 1¹.

contractions; *or*, *ur*, however have no convenient symbol to represent them: hence suprascript *o*, *u*, frequently represent *or*, *ur*, e.g. in the words "mor", "moran", "mur", "do-gabur." Suprascript *u* may furthermore represent *uir*, and more rarely *r*. Examples are *gabuir*, *lor*, *oir*. A peculiar use of this abbreviation is seen in *cuirp* (gs. and nom. pl. of *corp*), which is represented by *cip* with the wavering *u* written over the middle letter. In this instance the suprascript wavering *u* is frequently replaced by a stroke resembling an *n*-stroke. A possible explanation of this contraction is that *c^up* for *cuirp* would be insufficient to distinguish the nom. plural from singular forms.¹

An interesting use of ^a and ⁱ is in the contractions for *ceathra*, *ceithri*; P has regularly 4^a, H 4ⁱ. Only in cases of doubt has the omission of the *r* been indicated in the printed text by italicising.

The Latin *sed*-symbol (\bar{s}) may stand for *acht*, *cht*², *eacht*, e.g. "tirmacht", "seacht", "tirmaid-eacht."

The use of \bar{s} for *sead*, *sēd*, etc., if it really occurs, is not very frequent, *sḡ* being a more usual

¹ It may be here noted that *curp* in this text is not a specific dative form but may be used for nom. as freely as *corp* may be used for the dative.

² The scribe in the rare cases where he writes this group in full writes *acht*, *cht*, never *achd*, *chd* (*eisdeacht* 470.2). The conjunction *acht* when not contracted is usually *ach*, but *acht* 481.38 (second hand).

compendium for this combination of letters ; *mās*, *ās* are of frequent occurrence for *mas ead*, *as ead* : here *̄s* is to be understood as *s*+suspension stroke, cf. *aim̄s*=*aimsear*. In the case of *mās*, *ās*=*mas ead*, *as ead*, *ead* has not generally been italicized in the printed text.

The Latin *est*-symbol (2) may in our text represent *est* (in Latin citations), *east*, *eist*, *iast*, *ist*, *st* ; examples, co “*teastaiginn*”, “*eisteacht*”, “*piasta*”, “*clisteri*,” “*piasta*.”

The expansion of this contraction has always been italicised.

p, the Latin abbreviation for *per* is found for *per*, *peir*, *pear*, *pir*, *par* (*pair* ?) ; the following are examples : “*sperma*”, “*suipēir*” (gen. sg.), “*pearsa*”, “*spiraid*”, “*parilis*” (usually “*pairilis*” when written out).

The compendium which in many Middle Irish MSS represents *con*, *co*, *com*, in form a reversed *c* (ϙ), always represents *con* in P. The expansion of this symbol has usually not been shown by italics.

The letter *h* between two points (*.h.*) is used as a symbol for *aitse* (*-i*), *aits*, *uath* : *aitse*, *aits*, are approximations to the English or French pronunciation of the name of the letter *h*, and *uath* is the name of the same letter in the Irish alphabet. Examples are, “*potaitse*”, “*oraitse*”, “*potaitsib*”, “*luath*.”

The Latin compendium *h-* (*haec, hec*) in our text represents *ēg, eag, hēg, heag, ēig, eig, hēig*, and when the differentiating conditions are obvious the expansion is not indicated by italics. Examples are, “*ēgsamail*”, “*eagla*”, “go *hēgsamail*”, “go *heaglach*”, “*ēigin*”, “*leigin*”, “go *hēigintach*.” This contraction is not used for *eag, eig*, etc., where *g* is spirant.

n with a stroke joining the two shafts is used for *neam* or *neim*, according as the succeeding consonant is broad or slender. The *eam, eim*, have always been indicated in the text by italics.

b, c, d, t are written over a consonant (in H the two latter even over vowels¹) to indicate the omission of a vowel or vowels, e.g. in the words “*geinid*”, “*geinīt*”, “*tuitead*.”² This practice has always been indicated in the text by italicising the vowels omitted.

A stroke over a letter may represent *n*; this stroke, and doubled *n*-stroke, have been expanded silently.

A sinuous stroke over a letter with its end bent downwards represents *m*; it is also frequently

¹ This is found at least once in the main hand of P, *it=iat*, MS. p. 397, l. 36.

² *as^{db}-=as adbur*. In an early paper copy of the vellum A 32 (both MSS. in Franciscan Convent, Merchants' Quay, Dublin), in poem “*Mithid teacht tar mo thimua*” I have noticed this contraction being a source of corruption, when in the third quatrain *as^{db}- (=as adbur)* is expanded as *as ead budh*.

used over a consonant to indicate a vowel or vowels omitted before the *m* as well as the *m* itself, e.g. *cum*, *cui^mne*. The omitted vowels have always been printed in italics.

AMBIGUOUS CONTRACTIONS

Owing to the elasticity of the symbols used ambiguity sometimes arises when two contractions adjoin one another, e.g. *gaethm^uš*=*gaethmuireacht* or *gaethmuracht*: experience has generally shown which form the scribe would have used and the word has been expanded accordingly. *Gaethm^uš*, *ad.h.m^uš* have been regularly expanded *gaethmuireacht*, *aduathmuireacht*; when either MS. shows a decision in favour of one form this has been pointed out in a footnote.

For the word *méad*, *méid*, "size," "amount," the text has usually *mᵞ*, an ambiguous form since the word admits of two declensions. The main hand in P occasionally writes the nom. sg. as *méd* (e.g. l. 205), suggesting a broad *d*; the second hand frequently has nom. sg. *mēid*, *mēit*. I have expanded both nom. and dat. as *mēid*, generally without italicising. The words *aigéd*, *ainéd*, generally *aigᵞ*, *ainᵞ* in the MSS., present a similar ambiguity. The main hand in P has occasionally a nom. sg. *aigéd*, suggesting a broad *d*, and a dat. sg. *aigēid* (l. 2590); H has nom. sg.

aineit (l. 2120). I have expanded both the nom. and dat. sg. of each word as *aigēid*, *ainēid*, generally without italicising.¹

SUSPENSION

Suspension strokes are used after consonants and very rarely after vowels to indicate that a portion of the word is not written. This stroke is written horizontally from the shafts of *b*, *h*, *l*, and over the other consonants ; it may be succeeded by a point if the final portion of a word is suspended.

Most frequently suspension is of a single syllable, e.g. *dona corp*-=*dona corpaib* ; in such a case lenition of the final consonant is often shown by a dot over the suspension stroke, and is indicated in the printed text by a roman " h ", e.g. *dona corpaibh*. Suspension normally ends with a consonant, and a succeeding vowel is frequently written under the suspension stroke, even in cases where the vowel is not final ; examples are

¹ I now think that in this text these words would have been more correctly treated as *aigēd*, *ainēd* (nom. sg.), *aigēid*, *ainēid* (dat. sg.). The form with a broad *d* in the nom. is etymologically correct (*aigēad* < Lat. *acetum*, *ainēad* < Lat. *anetum*), and is supported by the main hand of P. The nom. sg. forms *aigēid*, *ainēid* arose doubtless by the analogy of *mēad*, *mēid*, and are common in MSS. of this period: *Anetum .i. aineit*, Three Irish Medical Glossaries, A. C. L. I, 3, p. 325 ; *muna fagar aigeid fina gabthar aigeid do linn uball*, 23 Pro, iii, 8^b30.

“*slainti*”, “*sligi*”, “*foluighid*”, the vowel succeeding the suspension being written in each case under the suspension stroke.

In examples like “*foluighid*”, “*gnathuighi*”, there is a certain abnormality, since the scribe’s usual practice is to end suspension with a single consonant, that is, to use the suspension stroke only for the *uig* of the examples quoted. Spellings such as *foluighe* (= *foluigthe*) show that in these cases there was a phonetic reduction of unstressed *ghth* to *gh* in the scribe’s dialect; where a suspension stroke stands for *igh*, *uigh* we may presume that the scribe was influenced by this phonetic reduction.

When a suspension stroke is attached to *h* and no point is written, the contraction is identical in form with the *eg*-symbol. Confusion between the *eg*-symbol and suspension stroke is shown in occasional instances like “*gorth-i*” = “*gort-uighi*”: such cases are expanded as if the suspension stroke were over the *t*.

A common word may be suspended by giving its initial letter, followed by a point, or followed and preceded by a point, e.g., *b.*, *c.*, *f.*, or *.b.*, *.c.*, *.f.*, may represent *bainne*, *cēd*, *fuil*, or *boill*, *cuingill*, *fothragad*. In addition to the point or points a suspension stroke may also be used. Such contractions are only used where the context makes any other interpretation impossible.

ALPHABETICAL LIST OF CONTRACTED AND
SUSPENDED WORDS

The following list is intended for reference purposes and to supplement the preceding sections, which deal with abbreviation in general. References are to page and line of 24 P 26. As the list had to go to press before the Irish text was all in proof some of the contractions have had to be left without reference: this does not imply that contractions with no reference are rare.

The *er-*, *et-* and *us-*symbols (s, 7, 3) have the alphabetical sequence of *er*, *et*, *us*, respectively. Superscript and subscript letters and symbols have been disregarded in the matter of alphabetical sequence, but *a^ac* precedes *a^bc*, and *a^ac* follows all instances of *ac*.

The list is compiled mainly from the text of the Regimen in 24 P 26, but examples are occasionally drawn from other portions of that manuscript, as well as from H. The italicising of solved contractions is that normally used in the printed text.

a^a=ara 477.21.

a.d^ur.=adubramar romainn
416.24 (romainn may also
be represented by r with
superscript m-stroke).

aiċ.=aicid (*passim*).

*aiċċ.=aicceid 433.35.

aiñ.=ainmide 474.13.

ainn.t.=ainnteas (*passim*).

*almġt=almont (gen. pl.);
almoint (nom. pl.) 374.30.

aĩm̄.=amail, (*passim*); used

* The stroke over each of the two adjacent letters is a single stroke in the MS.

- in adjectival terminations, e.g. mianamail; in the inflected forms of such adjectives -aīna represents the termination, here edited -amla, e.g. leigeasamla.*
- am^{us}e = amuirseach 453.20.
 apopl-ia = apoplexia 455.28
(never written out in full).
 aīit = atait 420.15.
 *āū = Auicenna 426.25.
 *aūc̄ = Auicenna 424.17.
- b., .b. = bainne, boill 371.28.
 .b-a. = bann^a "female"
 359.1.
 b7^h = beathaid 479.6.
 .b^hi. = buidhi (or bhuidi)
 476.21.
 bl- = (a) blas 467.6. (b)
 blath 62.2.
 bl-a = blasa 467.10.
 br. = brig 418.18.
 b^re = brige (*passim*).
 *buaidī = buaideart 416.33.
 buathfall- = buathfallan
 427.29.
- .c. = ced-, ceid- (*passim*).
- .c. — see dub .c.
 .c̄. = (a) caibidil 353.19. (b)
 cuingill 432.4; 441.24.
 .c.^b = caibidil, 416, marg.
 c̄ = ceim 337.38; chum
 (*passim*).
 c̄ = con.
 .c̄. = contrarda 453.36.
 .c̄.^a = contrarda.
 c^sad = cirad 457.18.
 caib. = caibidil 416.24.
 cail-^s = cailideacht 419.12.
 calm̄ = (a) calmugad. (b)
 calmuigid 362.11.
 c a m a. m. = c a m a milla
 366.40.
 cama.m._a = camamilla
 366.33.
 casia.f. = casia fistula 423.18
 casia.f._a = casia fistula
 425.6.
 *c̄c̄ = cearc.
 *c̄c̄a = cearca 425.20.
 c̄f = con confaid² 390.1.
 c̄g^e = cumgach 459.1.
 .c^si. = craidi 423.14.
 cīp } cuirp (*passim*).
 ci^up }
 cl-^{si} = clisteri 432.32.
 cl-l-^c = claecluigtheach
 419.22.

* The stroke over each of the two adjacent letters is a single stroke in the MS.

¹ The scribe in writing this word usually writes *nnd*, showing that the *d* was not assimilated to the *n* as in modern Ulster *seannuine* = *seanduine*.

² There is a suspension stroke over *f* in MS.

- c^lm. m. f._a=crim muice .d.—see f.d.
fiada 370.10. .d._a=daena.
 colik—see k. .d.^s=dearg, deirg; 61.2.
 com̄=comartha 421.29. deal-ī=dealuighear 479.12.
 com̄i=comarthaí 475.38. death-e=deathuige 455.40.
 com^u.=comurtha 475.38. d^{sg}=dearg, deirg (*passim*).
 comshuiḡ = comshuigiugad *d̄gi=deirgi 426.25.
 416.27. d.g.n.d.=do gach ni dib
 co[~]ñe=comnuide 425.21. (*used in medical pre-*
 co[~]si = comshuigiḡthi *scriptions*).
 418.27 d^{si}=deirgi (*passim*).
 co[~]šib = comshuigiḡthib dil-=dileagad 418.13.
 418.30. dil_a=dileagtha 418.9.
 co[~]suiḡi = comshuigiḡthi dil_{aid}=dileagaid 455.20.
 417.5. dil_e=dileagthach 418.18.
 *oñs̄=consequens 425.17. dil_i=dileagthaigi 364.18.
 *c̄p̄=corp (*passim*). dil_u=dileagthur 418.9.
 *c̄p̄^h=corpaibh 417.10. dl_u=dleagur 418.13.
 cr.=cruas 424.3. dl_i=dligi (2nd sg. *pres.*
 *c̄r̄=cruithneacht. *indic. of dligim*) 428.2.
 c̄ra=cruithneachta 361.39. dub.c.=dub-chosach 372.14
 c3=cuis. duill-=duilleabar 424.40.
 c̄3c=cumusc 417.1.
 c̄3cti=cumuiscthi.
 c3l-=cuisleann¹ 423.1. ē=est (*Lat. citation*) 471.2.
 c3le=cuisle 416.22. ə (inverted e)=*Lat. con-*
 c3l-i=cuislinni¹ 317.28. *traction for eius; used*
 c3l-i=cuislinni¹ 422.1. *only in the word leigeas*
 c3m̄=cusmail. (*see l̄. l.*).
 c3me=cusmaile 417.41. eal-a=ealada 471.36.
 eoa^a=econtra 452.21 (*Irish*
 d.=do, dib; see d.g.n.d. *context*).

* The stroke over each of the two adjacent letters is a single stroke in the MS.

¹ There are two horizontal strokes from the stem of the *l*, where a single stroke is printed above.

- eot^a=econtra 467.11 (*Irish context*).
 ematoik—see k.
 epil-ia = epilepsy (*passim*)¹
 7^e=edach 455.5.
- .f.—*vide casia.f.*
 .f.=feoil 369.17.
 .f.=fuil (*vide f.d.*; f.m.).
 .f.=fuacht³ 420.17.
 .f.=finn³ 363.9.
 .f.=fuar³ 363.11.
 .f.=fuarad (*v.n. of fuaraim*)
 380.31.
 .f.^a=fiabras 422.1.
 .f.ⁱ=fiabras 472.44 (*of frequent occurrence; Latin contraction for oblique case of febris?*).
 .f.^o=fothragad 366.40.
 f._a—(a) *vide c¹m.m.f._a*. (b)
 fuara (*pl. of fuar*) 418.9.
 faeth=faethugad 470.4.
 faeth-e=faethuigthe 469.13.
 f.d.=fuil dearg (*passim*).
 fē.=fenel 423.20.
 feall.=feallsam “*philosopher*” 459.25.
 feall.= feallsamnacht
 457.21.
 feall-š = feallsamnacht
 362.31.
- ffi, ffi = fuirfi², fuirfi²
 (*passim*).
 f.i.=fuairi³, 367.7.
 .f.i.=fuaraidi.
 .f.i.=fuaraideacht³ 479.1.
 fiaċ.=fiacal (*g.pl.*) 362.10.
 finh-^a=finegra 365.13; *cf.*
 uinh^a.
 fiuch.=fiuchad, *v.n. of*
 fiuchaim; *genitive ex-*
panded fiuchaid.
 fi-a=fliuchada.
 fi-atain=fliuchatain 59.2.
 fi-i.=flichideacht 479.21.
 fi-^hi=fliuchaidhe 420.37.
 fi-m^t-^ha = flegmaticacha
 420.33.
 .f.m.=fuil mista 354.1.
 .f.^o=fothragad. 366.40.
 foill-.=foillsigid 479.19.
 foill-^s=foillsighear 479.12.
 fol-^e=foluigtheach 420.26.
 folċ.=folcad 373.30.
 fol-id=foluigthid, *dat. sg. of*
 foluigtheach; *on cumach-*
tain fol-id 468.36.
 folmš=folmaideacht 448.33.
 foll-ñ=follamnugad 469.3.
 foth-.=fostuigid.
 fot³ġ=fothragad 362.39.
 foth-.=fothragad 419.4.
 fuar̄=fuaraideacht 363.36.

¹ But the scribe possibly intended the medieval form *epilensia, epilentia*.

² There is a suspension stroke over the *ff* in the MS.

³ There is a suspension stroke over the *f* in MS.

- fuaḟa = fuaraideachta 377.17
 fuil-. = fuiliugad 431.15.
 fuil-. = fuilid (3rd pl. of
 subst. verb) 469.6.
 fuil.m._a = fuil mista 430.29.

 .g. = (a) gab 11,28.¹ (b)
 Galen² 421.16. (c)
 geal 373.5. (d) gaileada,
 455.1 (also gaile, gaili,
 gailidi³); cf. .gi. gail-.
 ḡ = go 419.22.
 .g.^a = gratia in phrase verbi
 gratia (*passim*).
 .g.^a = graineach; grainig;
 graineacha 416.25.
 gab = gabail 427.
 gab^u = -gabor *passim*, in do-
 gabor.
 gail-. = gailead (*gen. pl. of*
 gaile): na ngail- 454.40.
 gairl- = gairleog 425.30.
 gall- = gallrugad 440.1.
 ḡath-id = gnathuigid 419.18.
 .gi. = (a) gaili (sing.) 416.24;
- (b) gailidi⁴ (pl.): gailidi
 fuara 418.19. Compare
 .g., gail.
 gl-. = glan 422.12.
 gl-ḡ = gluasacht.
 gnath-, gnath-: *These can*
stand for many parts of
the verb gnáthuigim; da
ngnathuige, 3rd sg. pres.
subj.; gnathuig 3rd sg.
pret. 416.23; gnathugad,
v.n. 417.14; gnathuigead,
3rd sg. past subj.;
gnathuigead, 3rd sg. ipv.
416.23.⁵
 gnath-^u = gnathuigeadur
 409.36.
 gnath-7 = gnathuigid (3rd
 pl. pres. indic.) 417.11.
 gnath-t^s = gnathuighear
 417.16.
 gorth-i = gortuigthei (*gen. of*
 gortugad) 417.38.
 .i., = ead on⁶ (*passim*).

¹ This example is not from the *Regimen*, but from another tract in P. It is most frequently used, as it is here, in medical prescriptions.

² Often found in Irish MSS as *Gailighen*.

³ All four forms are possible as plurals of *gaile, gaili*; the variation between *-idi* and *-eada* suggests that the termination *eada* had already its modern pronunciation (-í).

⁴ The expansion is arbitrary since *gaili* might still also be the plural form in Early Modern Irish (O.I. *io*-stem inflection), see .g. (d), footnote.

⁵ It is difficult to distinguish between the contracted forms of a preterite and an imperfect in this verb, since the preterite form could have an imperfect meaning. In cases of doubt I have usually expanded the form as preterite.

⁶ This symbol (originally a contraction of Lat. *id est*) has been left unexpanded when its use corresponds to the use of *i.e.* in English. That it was understood as *ead ón* is shown by its use to express the syllables *eadón* in certain words, see *imm .i.*

- ib-. = *ibead*, (3rd sg. *ipv.* of *ibim*) 416.32 (usually *ib7^h*).
- igl- = *inglanad* 468.39.
- .ii. = (a) *aen deg* 353.19. (b) *dara* 473.19. (c) *eile¹* 417.21.
- inm.i. = *inmeadon* 417.26.
- im.i.^c = *inmeadonach* 420.11
- im.i.^d = *inmeadonaid* (*dat.* & *gen. sg.* of *inmeadonach*) 421.19.
- im.i^e.a = *inmeadonacha* 441.28.
- im.i^d.e = *inmeadonaide*.
- **iḡ* = *Ipcraid* 421.11.
- Ip^a* = *Ipcraid* 470.42.
- iqb* = *imchubaid* 417.9.
- iqb* = *imchubaide* 461.6.
- iqb-di* = *imchubaidi*.
- .it[~] = *item* 430.35.
- k (*final*) = *ca*; ² *exx. colica ematoica, lactuca, portulaca*.
- l. = (a) *linn*; see *l.f.*, *l.r.*, *l.d.* (b) see *lapis .l.*
- .l. = see *lə .l.*
- .l. (medial) : see *m^sabo.l.*
- .l. = *leabar* 421.16.
- l- = (a) *no*, *passim*; cf. *l-id.* (b) *le* 431.40.
- l. = *leabar³* 474.34.
- .l.^h = *leannaibh* 480.1.
- l^o = *leannann in H* 137^b; also used *P* (*second hand*).
- l_a = *leanna* 472.2.
- **lačča* = *lacthacha* 429.32.
- l.añ. = *leannann* 419.20.
- l.aig^{hi} = *leannaighi* 419.20.
- lapis.l. = *lapis lazuli*.⁴
- l.d. = *linn dub* (*passim*).
- .l_a.d. = *leanna duib* (*passim*).
- l-id = *noid* "or" before a plural; see *l-*.
- lə.l. = *leigeas lagthach* 419.21; the symbol ə (*inverted e*) is in origin the Latin contraction for *eius* and is used in *P* only in the word *leigeas*.
- l.f. = *linn finn* (*passim*).
- l_a.r. = *leanna ruaid* (*passim*).
- l.r. = *linn ruad* (*passim*).
- l-^u = *leagur* (*passim*).

* The stroke over each of the two adjacent letters is a single stroke in the MS.

¹ But scribe writes *ele, eli*; contractions for this word found in other MSS are .oo., .uu.

² In other MSS frequently for *cath*; *kr^c* = *cathrach* in *H* at point corresponding to *P* 398.30.

³ A stroke like an *m*-stroke crosses the stem of the *l* about midway.

⁴ When written out in Irish, usually *laxuili, lasuili*; *P lapis laxuli* 11.29; Latin *z* is sometimes represented in *P* as *sd*, e.g. *Sdodiacus* "Zodiacus" 460.18; this is a normal Middle Irish usage.

- m. = *mod* 62.25.
 .m.—(a) *see* *crim* .m.f.
 (b) *see* *cama*.m.
 .m._a—*see* *rosa* .m._a.
 m^l = *maille* *re*¹ 420.35.
 m̄a = *muna* 472.38.
 m^o = *mor* (*passim*).
 m^oa = *mora*, 471.16.
 m^sabo.l. = *mirabolani*
 (*passim*).
 maill. = *maille* *re*¹ 417.1 (*et*
 passim).
 maill₃ = *maille* *ris*¹ (*passim*).
 mais.t. = *maiste* 418.11.
 med-^s. = *meduighear*
 455.17.
 m^uġ = (a) *murgad*. (b) *gen.*
 murgaid 381.26
 (H *mugaid*).
 m^si = *meri* (*Lat.* *mery*) ; H
 gives expanded form *meiri*.
 m̄ma = *meanma* 377.1.
 m̄mā = *meanman*.
 morġ = (a) *morgad* 362.18.
 (b) *morgaid* 425.16.
 moth-^s. = *mothuighear*
 455.37.
 moth-i = *mothuigthi* (*g.s. of*
 mothugad) 458.12.
 moth-id = *mothuigid* (*3rd*
 pl. of *mothuigim*) 419.18.
 much- = *muchtha* 364.37.
- n- = *neam*, *neim*², (*passim*)
 cf. *n-i*.
 .n.^a = *Lat. contraction for*
 natura ; *used for* *naduiv*
 417.28 *nadurda* 417.40 ;
 cf. .n.^{ae}, .n.^a.i.
 .n.^{ae} = *chum a* .n.^{ae} *fein*,
 H 154^a41 ; *see preceding*
 contraction.
 .n.^a.i = *naduiri* 418.34.
 n^c = *nach*, *neach*, *noch*.
 n-i = *neimi*² 426.39.
 *n̄c̄ = *noch* 428.30.
 n7^h = *neith* (*passim*).
 n7^h7^h = *neithadh* (*passim*).
 n7^h-^h = *neithibh* (*passim*).
 oibr. = *oibriugad* 467.6.
 oibr̄ti = *oibrigthi*.
 oil- = *oilead* (*3rd sg. ipv.*
 of *oilim*) 416.25.
 oil- = *oileamain* 416.39.
 oil-n^c = *oileamnach* 443.8.
 oil-^ca = *oileamnacha* 443.8.
 ol- = (a) *olaid* (*dat. sg. of*
 ola) 421.24. (b) *olad*
 (*gen. pl. of* *ola*) 421.32.
 ord-^s. = *orduighear*.
 ox. = *oximel*³ 369.28.
 .p. = *passio* ; *coilica passio*
 423.25.

* The stroke over each of the two adjacent letters is a single stroke in the MS.

¹ There is a stroke passing through the stems of *ll* about midway.

² The stroke passes through both shafts of the *n*.

³ There is a suspension stroke over the *x*.

- p^u. = *pudur* 425.27.
 pairil- = *pairilis* 422.37.
 p^uġ. = *purgoid* 370.11.
 p^t.h. = *potaitse* 366.6; *cf.*
 pot.h.
 pl-i = *plaigi* 425.20.
 poli.p. = *polipodium* 369.30.
 portulak—*see* k.
 pot.h. = *potaitse*.
 puliol.r. = *puliol* *ruigel*
 (*pulegium regale*).

 q = cu.
 qb^u = *cubur* 428.40.
 qq = *chucu*.
 qqm^{is} = *cucumeris*.

 r. = *region* 372.1.
 .r.—*see* puliol .r.
 .r.—*see* linn.r., l.^ar.
 .r., r., = *ros, rosa, rois*
 roise.¹
 .r. = *romainn*.
 r̄ = *reiv, in phrase do reiv,*
 420.15.
 r̄~ = *romainn* 459.9.
 .r^u. = *reamur* 470.11.

 rann-^{hi} = *rannaidhi* (*par-*
 ticularis).
 rosa.m._a = *rosa* *marina*
 (*found as ros muiridhe,*
 Nat. Lib. MS. 11).
 .s.—(a) *see* terra.s. (b) *suil,*
 sul; 59.4 *lucht na.s.*
 mbeac.
 .s^b. = *substaint* 418.24.
 .s^b.i = *substainti*.
 sal- = *salann* 369.39.
 siġ = *signigid*² 420.31, 479.15.
 siṛ. = *siroiḫ* 368.30.
 siṛi = *siroiḫi* 368.31.
 sl-, sl. = *slan*.
 sl-a = *slana* 417.4.
 sl-i = *slainti* 417.7.
 sl-i = *sligi* 418.16.
 sl-idi = *slainidi* 447.6.
 soith- = *soitheach*.
 soith-i = *soithigi* 468.13.
 sp̄., sp., sp7: *variously for*
 *spirad*³(*nom. sg.*), *spiraid*³
 (*nom. pl.*), *spirad*³ (*gen.*
 pl.).
 spa = *spirada*³ (*nom. pl.*).
 spica.n. = *spica* *nardi*
 423.20.

¹ The expansion of these symbols is always doubtful. Sometimes the scribe may inter. d a Latin form (*rosa, rosae, rosarum*), or an adjectival *roiseacda* instead of a genitive. In instances where scribes write the word in full the usage is inconsistent. The following are some examples:

62.2 *blath in rosa deirg*; 430.9 *sug rois*; 65.29 *uisgi na roissi*;
 403.29 *siroiḫ* . . . *in rosa*; 128.21 *siroiḫ na .r.*; 128.25 *conserua*
in rosa. 23P10, III 40^a16 *da .3. do rois dirg*; 16^b21 *siucra roiseaca.*

² The contraction is possibly for Latin *significat*; the word is never written out in P, but the usual form in H, *sign-^{hi}*, seems to warrant the above expansion.

³ There is a stroke through the stem of *p*.

- .t.=(a) *teas*,¹ .t. 7 fuacht 481.18. (b) *te or teas-aide*; ² cf. *teaši*, .ti.
 .t.i=*teasaidi*, 420.29 biada .t.i
 t~a=*tuma* 417.2.
 t¹ač=*triacail* 426.34.
 tal=*talam, talaim, talman, talmain*.³
 talm̄=(a) *talman, talmain*. (b) *talmaide* 390.35 (H *talm-hj*).
 *t̄c=*tearc* 409.18.
 teaši=*teasaidi*; d'eis bidh *teasaidi* 58.28; cf. .t., .ti.
 .t^s.=(a) *tirim*. (b) *tirmaideacht* 364.4. (c) *tirmugad* 380.31. (d) *tirma* 368.10.
 t^sm̄^c=*tirmuigtheach*.
 t^sm̄³=*tirmuigius* 417.27.
 terra.s.=*terra sigillata* 375.34 (H *at this point writes word out in full*).
 .ti.=(a) *teasaidi*, 417.20 na comshuigigthi *teasaidi*. (b) *teas-aideacht*, 364.4 ro ard a .ti.⁴
 tocl-=*tochlugad* 416.28.
 tocl-i=*tochluigthi (passim)*.
 toirm³c=*toirmeasg (passim)*.
 toirm³c̄=*toirmiscid* 428.10.
 toirm³c³=*toirmiscius*.
 tosḡ=*tosgugad* 479.35.
 treoī=*treorugad* 453.38.
 treoīteach=*treoraigtheach* 453.37.
 truail-=*truailiugad*⁵ 418.9.
 truail-i=*truailigthi*⁵ 420.16.
 .u.^o, v^o=*Latin contraction for vero; in text expanded* *imorra* 420.19.
 uil-i=*uilidī* 417.32.
 uinh-^a.=*uinegra*⁶ 431.16, cf. *finh-^a*.

¹ But sometimes perhaps the scribe intended *teasaidacht*?

² Expansion in text often doubtful, as between these two forms.

³ cf. *talm̄*; since *talam* in the text is both a masc. *o*-stem and a fem. dental stem, I have expanded *tal-* in the gen. as *talaim*, dat. *talam*, unless an accompanying adjective suggested otherwise; 439.13 *a talmain aird*, 439.25 *do thalmain brein*.

⁴ The use of this contraction for *teas-aideacht*, where the *i* of the contraction has no relationship to any part of the word is peculiar.

⁵ This word is unsatisfactory in the text, since there is no example written out in full; the form used for the gen. of the v.n. is peculiar inasmuch as there is no example of *truail-hi*; with other verbal nouns of denominative verbs in *-igid*, aspiration of the final consonant is shown in the contracted forms of the gen. sg. as often as not; cf. 23 P 10, iii, p. 43, p. 24 *truailnead*, p. 25, l. 27 *cum truailnidh*.

⁶ The form *uinegir* is also found 482.3.

| | |
|--------------------------------------|--|
| uiš1 = uisgi 416.31. | 31-i = easlainti (<i>passim</i>). |
| ullm̄ = ullmugad 453.38. | 31-id = easlaintid (<i>gen. pl.</i>) |
| ullm̄ = ullmuigid 429.1. | 455.28. |
| urc̄ = urchoid 417.33. | |
| u ^u ci = urchoidi 471.16. | .y. = (a) uigi, <i>pl. of og.</i> |
| | (b) <i>medially -uig-, dona</i> |
| 31- = easlan. | huigib. |

PLAN OF THIS EDITION

The method followed in preparing the Latin and Irish texts for the present edition has been described *supra* (pp. xxxiii, xxxviii, xl). The Irish translation, according to the original plan, was to have been printed facing the Latin text. Frequent discrepancies between the Irish and the Latin rendered this method of printing inconvenient. It was therefore decided to print the Latin text of each volume of the present edition after the Irish text. References to the corresponding pages of the Latin text are printed in the top inner margins of the Irish text. References to the corresponding lines of the Irish text are printed in the outer margins of the Latin text. References to the pages of 24 P 26 will be found in the outer margins of the Irish text. It had been hoped, during proof-correction, to insert more precise references to the relevant places in H (the source of the Irish variants), but the removal of H to

a place of safety for the duration of the war rendered this impossible.

It remains for me to thank those in charge of the libraries of Trinity College and the Royal Irish Academy for permission to make use of the manuscripts and books necessary for the preparation of this edition. And a special word of thanks is due to the printers who have shown great skill and patience in the performance of a very difficult task.

JAMES CARNEY

REGIMEN NA SLÁINTE

(PAIRTEAGAL I-II)

[REGIMEN NA SLÁINTE]

In hoc autem opusculo quinque sunt partes P 353
principales, .i. tuic co fuilid cūig phairteagail
phrinncipālta annsan obair big so do thinnsgnus:
an cēd-phairteagal dīb dona neithib tic roim
riaglachaib regimen na slāinti ; an dara pairteagal 5
do riaglachaib regimen na slāinti do-gabur ō na
neithib nādūrda ; an treas pairteagal do riaglach-
aib regimen na slāinti do-gabur ō na neithib
nach nādūrda ; an ceathramad pairteagal do
riaglachaib regimen na slāinti do-gabur ō na 10
neithib atā a n-aigid na nādūire ; an cūigead
pairteagal d'innstruimintib ēigin gnāthuigmid a
coimēd na slāinti.

Et connmaid an cēd-phairteagal dīb so dā
chaibidil : an chēd-chaibidil d'ēigintus regimen na 15
slāinti ; an dara caibidil dā innisin cad is slāinti
ann.

An dara pairteagal atāit seacht caibidleacha
ann : an chēd-chaibidil dīb dona riaglachaib
do-gabur ōn choimplex nādūrda co huilidi ; an 20
dara caibidil dona riaglachaib do-gabur ōn ēgosg ;
an treas caibidil dona riaglachaib do-gabur ōn
aīs ; an ceathramad caibidil ¹dona riaglachaib¹

¹—¹ sic H ; i n-easnamh P.

do-gabur ōn tuitim *nādūrda* ; an *cūigead* caibidil
 25 dona riaglachaib do-gabur ōn aibic ; an *seisead*
caibidil dona riaglachaib do-gabur ō ēgsamlacht
 na mball ; an *seachtmad* caibidil do riaglachaib
 dīsle an ēgoisg bannda.

An *treas* pairteagal atāit *sē* caibidleacha *fichead*
 30 ann: an *chēd-chaibidil* dona riaglachaib do-gabur
 do leith na ndūl teagmus co *fuirimeallach* don
chorp daena ; an *dara* caibidil do thshaethur ; an
treas caibidil don choimilt ; an *ceathramad* caibidil
 don *fhothragad* ; an *cūigead* caibidil don
 35 choimriachtain ; an *seisead* caibidil do na neithib
 ithtear ⁊ ibthea co generāta ; an *seachtmad*
caibidil don chodlad ⁊ don *neam-chodlad* ; an
t-ochtmad caibidil d'aicīdib na hanma ; an *naemad*
caibidil do *cheathra*¹ haimsearaib na bliadna ; an
 40 *deachmad* caibidil dona grānaib dā ndēntur in
 t-arān ; an *t-aenmad* caibidil *dēg* dona potāitsib ;
 an *dara* caibidil *dēg* dona torthuib ; an *treas*
caibidil dēg dona praiseachaib ; an *ceathramad*
caibidil dēg dona prēmuib ; an *cūigead* caibidil
 45 *dēg* don fhungus ; an *seisead* caibidil *dēg* do
 thrufulus ; an *seachtmad* caibidil *dēg* dona
 feōlannuib ; an *t-ochtmad* caibidil *dēg* dona hiasguib ;
 an *naemad* caibidil *dēg* do na² himurcachaib na
 n-ainmintid ; an *ficheadmad* caibidil dona blasaib ;
 50 an *t-aenmad* caibidil *fichead* dona deochaib ; an
dara caibidil *fichead* dona hēdaighib ; an *treas*

¹ ls. 4 ⁊ n ós a chionn.

² sic an dá l^o

caibidil fichead don droing lērb āil beith 'na mbeathaid co fada; an *ceathramad caibidil*¹ *fichead* do l[u]cht an tsiubail; an *cūigead caibidil fichead* do lucht tsibail in mara; an *seisead caibidil fichead* dona comtshuigighib ⁊ dā ngnāthugad. 55

An *ceathramad pairteagal* atāit *cūig caibidleacha* ann: an *chēd-caibidil dīb* don droing atā ullam chum tuitme a n-easlāinti; an *dara caibidil* dona neithib choimēdus ōn *phlāid* sinn; an *treas caibidil* 60 dona neithibh choimēdus ōn *neim* sinn; an *ceathramad caibidil* don droing bīs ag ēirgi a heaslāinti; an *cūigead caibidil* don gnāthugad.

An *cūigead pairteagal* atāit *naī caibidleacha* ann: an *chēd-caibidil dīb* don chuislinn; an *dara caibidil* don² fhāsadairc; an *treas caibidil* do shangis sugi; an *ceathramad caibidil* dona poncaib; an *cūigead caibidil* don leigeas lagthach; an *seisead caibidil* don sgeathraig; an *seachtmad caibidil* don *chlisteri*; an *t-ochtmad caibidil* dona 70 *gaeithib meala*; an *naemad*³ *caibidil* don *phisairium*.

[AN CÉD-PHAIRTEAGAL]

AN CHĒD-CHAIBIDIL.

D'ĒIGINTUS REGIMEN NA SLĀINTI

Quod regimen sanitatis sit nisisarium, .i. is ēigin duit dā shligid do beith agad chum dearbtha

¹ sic H; i n-easnamh P. ² sic H; P do. ³ P .10. H .9.

- 75 *regimen* na sláinti do beith éigintach. An *chēid*-
 tsligi dīb do-gabur ī ō ēgsamlacht an *chuirp*
 daena. Ōir atā *corp* in duine ēgsamail so-
 chlaechluighthi ar son nach coimēdann sē in
 comshuigiugad fuair sē ō thosaigib a choimplexa.
- 80 Ōir is ē is adbur dār *corp*uib-ne dā *sperma* atā
fiuch silteach ⁊ fuilingtheach co mōr : ōir is urusa
 gnīm do dēnam ar an *flichideacht*. Ōir is ōn dā
 P 354 *sperma* sin maille *rē fuil mīsta* na mnā geintear
 na boill ⁊ na *spiraid* ⁊ an *teas* *rē* n-abur innátus
 85 (i. ōn rann is reime ⁊ is *corp*arda geintear na boill,
 ⁊ ōn rann is sēime geintear na *spiraid*) et ar an
 adbur sin do *baramail* drong éigin gurab sēime ⁊
 gurab pōireamla *sperma* an *fhir* nā *sperma* na
 mnā *nō* an *fhuil*. An *fhuil mīsta immorra*, inntaigth-
 90 ear a *spiraid* hī compráidigthear risin *craidi* ⁊
 risna ballaib *eile* mur do-nīthear an *phrēm* risin
 ngēig, ōir mur geintear an gēg as in *prēm* is mur
 sin *tairrngius* an *craidi* ⁊ na boill *eile* a mbunāit
 dīleas ōn *spirad* so. Et trē mur atāit adbair ar
 95 *corp* ⁊ ar mball fuilingtheach go mōr ar son a
 lāibeamlachta ⁊ a *flichideachta*, ⁊ sinne ar n-ar
 ngeineamain a crīch dēginaid na lāibimlachta
 ⁊ na *flichideachta* sin, nī hingnad a rād co fuilmid
 fuilingtheach gu mōr ; ōir nī *fhuilmid* mur atāit
 100 na clocha ⁊ na mitaill nach ēidir do dīsgailead
 acht *rē* haimsir fada. Agus do *fhoillsigmur*
 leath-a-tuas dīn co fuilid ar *cuirp* sochlaechluighthi
 innus gurab urusa leō tuitim leath-amuidh do

thearmannachaib dīse na *slāinti* : ⁊ ar an adbur sin rigid a leas an *regimen* ⁊ an coimēd dā ngairthear *regimen* na *slāinte*. 105

Et nī fhuil an *regimen* so na *slāinti* ēigintaig¹ innus co saerfad sē ō bās sinn. Acht atā se tarbach co speisialta ar son dā *shocomlacht* : an *chēd-shocomlacht* dīb ar eagla cnaīti imurcaidi na *flichideachta* prēmamla ; an *dara socamlacht* d'eacla morgaid na *leannann*. Ōir dā *seachránaidthear* annsa *regimen* fēdtur an *fhlichideacht* nādūrda sin do cnaī, mur *theagmus* a lucht an tshaethair mōir ⁊ do lucht an trēiginuis. Et fētur an *teas* rē n-abur innatus do mūchad mur *theagmus* don droing caithius mōrān ⁊ do-nī *commuide* mōr. Et fētur *morgad* ⁊ *fiuchad* do *theagmāil* isna *leannaib* mur is follus annsna rēdaib rannchuididius rē *teas* eachtrannach ⁊ rē *flichideacht* aicīdig deathmair, ōir atāit na neithe so imchubaid chum *morgaid* ⁊ *chum* *fiuchtha* do gabāil chucu ; ⁊ foillseōchmaid sin nī as fearr annsa proces. Et is mur so as follus an *chēid-tshligi* do beith tarbach do leanmuin luirg *regimen* na *slāinti*. 110 115 120 125

An *dara* sligi d'fhoillsiugad na neithead dogabur ō ēgsamlacht na neithead nach nādūrda, ōir ni fhuilid ēgintach dār corpaib uile, mur atāit so : .i. bīad, ⁊ deoch, ⁊ aēr, folmugad ⁊ līnad, codlad ⁊ neam-chodlad, cumsanad ⁊ cumsgugad, ⁊ aicīdi na hanma ; ⁊ as rū so adearar na neithe 130

¹ sic an dá ls., leg. ēgintach ?

nach nādūrda ar son co teagmann do duine gnāthugad maith nō olc innta so ; ⁊ ar an adbur sin teagmaid do duine seachrān innta nō oibriugad
 135 co dīreach ; ⁊ ar an adbur sin rigmid a leas ealada a timchill gnāthuigthe na neithead sin. Ōir is amlaid atā an ealada ag labairt dona neithib dā teagmann seachrān nō oibriugad ¹dīreach ; ōir is ēidir lē n[each] seach[rān]¹ do dēnum a
 140 ngnāthugad bīd ⁊ digi, ⁊ mur sin dona neithib eile ; ⁊ is ēidir leis gnāthugad dīreach do beith aigi annsna neithib cēdna. Ar an adbur sin is tarbach do duine ealada do beith aigi do sheachna an droch-gnāthuigthe ⁊ do leanmuin an gnāthuigthe
 145 maith.

AN DARA CAIBIDIL

DĀ THUICSIN CAD AS SLĀINTI ANN

Ad sciendum quid sit sanitas, .i. dā thuicsin cad is slāinti ann ⁊ cā mēid mod a n-abur ī, ōir nī hurusa an tslāinti do choimēd muna tuicthear cā mēid mod ō n-abur ī ; ²et ar in adhbur sin
 150 abrum ar dūs cad is slāinti ann ⁊ an dara huair cā mēid modh ō n-abur ī.² Et nī thabramaid
 P 355 dār n-aire acht labairt do shlāinti an duine amāin,

¹—¹ An méid seo scríobhtha ar bhárr an leathanaigh— an méid idir lúibíni as H toisg é beith do-léigthe i P.

²—² An méid seo ó H (comhartha i P gur fágadh rud éigin ar lár).

nō na neithead ele tic *chum gnāthuigthe* an duine. Ōir dligid *gach* aen-duine beith slān *chum oibrigthe*
gnāith do dēnum gan *gortugad mothuigtheach*; 155
 ōir is uime adearar an tshūil do beith slān an
 uair *fhēdus sī gnīm gnāthach* an *fhēghtha* do
 dēnam gan *gortugad mothuigtheach*; ⁊ a chus-
mailius sin as intuicthi dona *ballaib eile*. Et ar
 an adbur sin *adearmaid* gurab eadh is slāinti ann 160
aentshuigiugad maith an *chuirp daena* trē
ngnīmaiginn ⁊ trē *fuilnginn* an *gnīm nō* an fulang
 do tidlaicead dō do *rēir nādūire* gan *gortugad*
mothuigtheach. Et as é an *suigiugad* so atā co
bunāiteach ⁊ ar tūs annsna *ballaib* homogenia 165
nō annsna *ballaib* comchusmaile, mur atā an
theōil ⁊ in *cnāim* ⁊ a *cusmaile*. Et gairthear
cudrumacht ¹na *ceathra cēd-chāilead*¹ de so, mur
 atā *teasaideacht* ⁊ *fuaraideacht*, *flichideacht* ⁊ *tir-*
maideacht; ⁊ is ōn *chudrumacht* sin *ēirgius* an 170
tslāinti chomchusmail ⁊ is coimplex *ī*.

Tuillead: an comshuigiugad maith is slāinti
 do-gabur annsna *ballaib ētomogenia*² amāin *nō*
oificeacha; ⁊ do-gabur ē annsa *lāim*, *nō* annsa
chois, ⁊ annsan *inchinn*, ⁊ annsa *chraidi*. An 175
tslāinti so *nī* *cudrumacht* *teasaideachta* *nā*
fuaraideachta, *flichideachta* *nā* *tirmaideachta*, amāin
ī, acht *cudrumacht cāilideachta* na mball *mbeac*
 ⁊ na *figrach* ⁊ na *suigighthi*. Ar an adbur sin

¹—¹ H na .4. caile.

² sic H; P *etmogenia* agus o scríobhtha ós cionn na t.

180 nī lōr comad ēidir leisín cois nā leisín lāim a
 hoibringad gnāthach do dēnum gan gortugad
 mothuigtheach, an coimplex do beith measurda do
 rēir mur do-gabur ō chudrumacht na teasaideachta
 7 na fuaraideachta, na flichideachta 7 na tirmaid-
 185 eachta, acht is ēigin don lāim faris sin cāil
 dleistinach do beith aici 7 figair dleistinach 7
 suigiugad dleistinach, 7 suigiugad crīchnuighthi do
 mēruib; ōir cōirighear na boill orgānta ō na
 ballaib cusmaile, 7 ticid siat uatha mur sin, 7
 190 tic slāinti na mball orgānta ō shlāinti na mball
 comchusmail. Ōir atā an corp uile arna chōrugad
 ō ballaib ēgsamla comchusmaile 7 orgānta, 7 is
 inta so do-gabar an tslāinti co huilidī fā deōig.
 Ar an adbur sin gan qunntabairt is ō chom-
 195 chlaechlōd na n-uile ball, nō ōna comaentugad,
 mur atāit na boill phrinnicipālta 7 na boill nach
 prinnicipālta 7 na mball aenda 7 na mball orgānta,
 tic slāinti in chuirp co huilidī. Mās ead iarthur
 chum slāinti an chuirp co huilidī commēdugad
 200 na mball comchusmail 7 cudrumacht na mball
 orgānta 7 inannus an gach nī dīb. Ar an adbur
 sin is follus cad is slāinti ann, ōir as ē a regimen
 do-bērmaid dār n-ūig.

205 *Nunc autem*, .i. is cōir dūin anois a innisin cā
 mēd mod ara n-abur an tslāinti an mēid beanus
 sī rēnar n-adbur. Mās ead as intuicthi dūin
 nā bī slāinti an duine annsna neithib do-roinnti;
 7 foillsigid sin ar tūs; ōir dā mbeith slāinti

an duine annsna neithib do-roinnti do bud ēigin
 dūin fuirceadal sīraidhi an fhulaing d'fhaghbāil, 210
 mur mīnidius Galen annsa chēid-leabur do Regimen
 na Slāinti¹ ag labairt do mōrān do ballaib dō
 nach inann slāinti. Mur is follus co fuil coimplex
 ēgsamail ⁊ comshuigiugad ēgsamail ag na ballaib,
 do rēir chonsiquens² atā slāinti ēgsamail acu ; 215
 ⁊ is rēsūnta sin, trē mur atā oibriugad ēgsamail
 acu, oir foillsigid an t-oibriugad ēgsamail an
 coimplex do beith ēgsamail. Agus is follus an
 nī cēdna don lucht tuicius ēgsamlacht na n-aes ;
 oir nī hinann slāinti na macām annsan aīs macānta 220
 ⁊ annsan aīs oīg, oir is do rēir atharraig na haīsi
 athraigius in coimplex : mās ead, do rēir
 chonsiquens, athraigid an tslāinti. Et a chusmai-
 lius sin do na ballaib ēgsamla, co rigid a leas
 regimen ēxamail, mur is follus anar ndiaig. Agus 225
 ar an adbur sin nī hinann slāinti moch-thrāth
 ⁊ am easbartain, oir atāit ar cuirp-ne a claechlōd
 chontinōideach agā fuil slāinti nach inann ⁊ an
 chēd-shlāinti. Dā rēir sin nī fhuil sin do-roinnti.
 Agus is follus sin o ēgsamlacht na n-ēgusc ; oir 230
 is slāinti ar leith atā ag an fear ⁊ slāinti ar leith ag
 an mnaī. Et is follus a chusmailius sin o ēgsam- 236

¹ *Qua nimirum sententia perpetuam passionem obiter imprudentes invehunt, disputantque de re aut nunquam plane visa in animalis corpore, aut si quando visa est ne minimum quidem tempus durante.* (Gal. De Sanitate Tuenda. lib. I. cap. V. ed. Kuehn.).

² P ons le líne ós a cionn ; H consiquens.

lucht an rēgiōin ; ōir atā slāinti ar leith ag Sglau
 nach fuil ag na fearaib gorma. Et is follus an
 235 nī cēdna ō ēgsamlacht an choimplexa nādūrda ;
 ōir na daïne agā fuil coimplex ēgsamail atā slāinti
 ēxamail acu : ar an adbur sin as slāinti ar leith
 atā ag fear leanna ruaid ō shlāinti fhir leanna
 finn¹, ⁊ slāinti ar leith ag an duine measurda ō
 240 shlāinti an duine ainmeasurda. Dā rēir sin is
 mōr an leithid atā ag an tshlāinti : gid eadh
 fēdtur aēn-shlāinti do beith nī as fuirfi nāid na
 slāinti eile, mur atā slāinti an chuirp measarda
 annsa gnē daena, ⁊ nī² sheasmuiginn an tshlāinti
 245 sin annsa nī do-roinnti.

AN DARA PAIRTEAGAL

DO RIAGLACHAIB REGIMEN NA SLÁINTI DO-
GABUR Ō NA NEITHIB NĀDŪRDA

AN CHĒD-CHAIBIDIL

DONA RIAGLACHAIB DO-GABUR ŌN CHOIMPLEX
NĀDŪRDA

*Quoniam diuersorum hominum diuerse sunt
complexiones totales, .i. na daïne atā ēgsamail
atāit a coimplexa ēgsamail co huilīdi ; ōir nī hurusa*

¹ H finn.

² Tá comhartha séimhghithe ar an *i* i n-áit an tsínte
is gnáth sa ls. seo ós cionn *i* nuair a thagann sé i n-aice
n nó *u*.

do rēir muid dias do daīnib ar aen-shlāinti ⁊ a
 coimplex inann co huilīdi do rēir *chēimi*. Mās 250
 ead do rēir *chonsiquens*, na daīne atā ēgsamail
 dligid siat *regimen* ēgsamla¹ do beith acu : ōir
 is trē neithib cusmaile bīs *regimen* na slāinti ;
 ōir dā mbia *deichfir* idir choimplex *nādūrda* na
 ndaīneadh ēgsamail is ēigin co coimēdfaidthear² 255
deichfir a *regimen* na droingi sin. Et teagmaid
 an nī *cēdna* sin co huilīdi dā n-aburthar nach fuil
regimen na slāinti trē neithib cusmaile, mur
 adearaid mōrān dona *corpaib* do thuit co mōr :
 ōir na daīne atā a n-easlāinti nī dleagur *regimen* 260
 trē *chusmailius* do *thabairt* dōib acht trē *chon-*
trārdacht ; ōir atāit siat ēgsamail, ⁊ is mur sin
 bes *regimen* na droingi sin ēgsamail ; ōir nī rēsūnda
 co coimēdfaidi na neithe ēgsamla (do rēir mar
 atāit siat ēgsamail) ō neithib inanna. Dā rēir 265
 sin is ō ēgsamlacht na coimplex *nādūrda* ēirgius
 ēgsamlacht *regimen* na slāinti.

Et atāit *naī* coimplexa ann ; ⁊ is ē an *cēd-*
choimplex is ro-uaisle ⁊ is ro-meurda dīb. Agus
 teagmaid tuitim ōn *choimplex* meaurda sin a 270
 n-ocht moduib ⁊ atāit a *ceathair* dīb sin aenda
 ⁊ a *ceathair* comshuigighi. Na muid aenda
immorra, mur atā, *teasaideacht*, ⁊ *fuaraideacht*,
flichideacht, ⁊ *tirmaideacht*. Na muid *chom-*
shuigighi, mur atā, *teasaideacht* ⁊ *tirmaideacht*, 275

¹ H *regimen* egsamla ; P *regimen* egsa athruithe níos déanaighe go *regimen* egsamla slainti.

² H *coimetur*.

teasaideacht ⁊ *flichideacht*, *fuaraideacht* ⁊ *tirmaideacht*, *fuaraideacht* ⁊ *flichideacht*. Ar an adbur sin adeirim an tuitim atā a n-aithfhēgad measurdachta in me[a]dhaigthi co mbī sē do rēir
 280 shinntens na ndaīneadh eagnuid ēigintach as¹ dā *chāilib* amāin. Gid eadh an tuitim atā *chum*² na measurdachta do rēir *chōra* as *ēidir* lē beith a n-aēn-*chāil* amāin. Et gairthear measurdacht do rēir *meadhuigthi* mur a mbīt na *ceathra* dūile
 285 co haenda arna comthromugad mur so, .i. gan toscugad dūla acu tar a cēile *nō* a *chontrārda*. An measurdacht so *immorra*, atā sī docomail do rēir *nādūire*. Et timaircthear as so an *cumusca* ⁊ an nī *cumusca*, ⁊ do rēir *chonsiquens* as
 290 timaircthear in measurdacht atā 'na dīsleacht ag an nī *cumusca*.

Et bīth a fhis agad co mbī an tuitim do gnāth ō measurdacht an me[a]dhaigthi a dā *cāilib*. Gid eadh is ēidir tuitim ō measurdacht do rēir
 295 *chōra* do beith a n-aen-*chāil* amāin a n-aithfhēgad na measurdachta so. Et gach uile nī atā annsa measurdacht sin atā sī tuitmeach a n-aen-*chāil* gnīmaig ⁊ a cāil ele *fhuingthig*. Mās ead an duine agā fuil coimplex *nādūrda*, co *nādūrda* is mō
 300 thuitius sē co comthrom ō measurdacht an *meadhuigthi* a dā *cāilib*, mar atā, tuitim a *teasaid-eacht* ⁊ a *flichideacht*. Et ar an adbur sin gach

¹ *sic* an dá ls. *cf.* ó infra l. 322.

² *sic* an dá ls.

uile nī coimplex tuitid siat ōn *chomthromugad* so a dā cāilīb.

An measurdacht do *rēir chōra immorra* is measurdacht *dleistinach* do nī ēigin hī do *rēir ēigintuis* 305
na gnee *nō* an [in]diuiduum, *nō* rainn na gnee *nō* rainn an [in]diuiduum. Uerbi *gratia*: ōir P 357
atā aen-choimplex ag an duine do *rēir gnée* nach
ēidir leisin *fuirm* ndaena beith 'na *hēgmuis*. Et 310
is mur sin do *chineadh rē* n-abur Sglai 7
*Inniadaigh*¹, atā aen-choimplex acu leis nach
ēidir leō beith 'na n-Innia[da]chaib² *nō* 'na Sglai
'na *ēgmuis*. Et mur an *cēdna* dā *gach* uile duine
rannaidhi, atā aen-choimplex *dīleas* aigi nach 315
ēidir leisin duine sin beith 'na *ēgmuis*. Et mur
an *cēdna* tuicthear a coimplex rannaidhi in
duine.

Agus maille *ris* an measurdacht so *chum* na
cōra anus an tuitim ō measurdacht an 320
me[a]dhuigthi: ōir an tuitim sin atā co *hēigintach*
atā sī ō dā *chāilīb* mur adubramar. Gid eadh
bīth tuitim ō meas[ur]dacht so na cōra a cāil
aenda, 7 ar an cor *cēdna* bīd a dā cāilīb. Do
rēir mur atāit siat ar tuitim mur so *nō* mur sūd, 325
a cāil aenda *nō* a cāilīb comshuigigthi, mās ead
rigid a leas *regimen* ar an mod so *nō* ar mod
eile, mur atā, *regimen* coimēdach *nō* *regimen*
treōraigtheach. Ar an adbur sin rig a leas *corp*
measurda annsa gnē *daena* rē *regimen* coimēdach 330

¹ H *Inniadhaigh*.

² H *Innidachaibh*.

amāin, ⁊ rig a leas neithe glana comchusmaile
in mēid beanus rē rann an *choimplexa nādūrda*.

Et cad ē in *corp* sin rē n-abar *corp* measurda,
⁊ cia hiad na neithe adearar do beith cusmail
335 gu glan don *chorp* measurda? *Agus* do-gabur a
fhis so a *leabur* na sean-leagad. Et as in-*chuir*
so sīs do-raiglean¹ . . . ⁊ co *speitsialta* oīr nī
hē ar ngnōdhad² ann so sin do *thuicsin* acht co
coimēdtuidi sinn anar *slāinti* ⁊ co rēm-*choimētfaidi*
340 co dingmāla ōnar n-easlāinti. Mās ead *tuicim* co
ndliginn an *corp* measurda annsa gnē *daena*
gnāthugad dona neithib so atā glan amāin do
rēir brīge ana leithēd sin do *chorp* in mēid bus
ēidir ē: oīr atā a *fhis* againn co maith *nach* fuil
345 aen-nī an mēide so cusmail don *chorp* measurda
nach claechlúiginn é *nō nach* gluaisinn. Et
[b]u follus mod *regimen* *speitsialta* an *chuirp* so
leath-a-tīs dīn, mur a cuirfim riaglacha *speitsialta*
follamnuighthi na *slāinti* do-gabur ō na neithibh
350 *nādūrda* ⁊ ō na neithibh *nach nādūrda* ⁊ ō
ēxamlacht na mball.

As na rāitib so *immorra*, is follus co lōr na *cuirp*
thuitius co fiadnach do *thuitim nādūrda* ōn
measurdacht so *nach* rigid siat a leas follamnuigad
355 inann, oīr dā labram don *regimen choimēdach*, ⁊
na *cuirp* do beith *teasaidi* measurda annsa gnē

¹ H *do-roighlean*. Is léir ón Laidin go bhfuil roinnt
fhocal i n-easnamh annso.

² H *gnodhugad*.

daena, rigid siat a leas neithe *teasaidi*. Et rigid a leas na *cuirp fhuara* measurda neithe *fuara* measurda. Ar an adbur sin do-*chithear* go *rēsūnta* co *coimēdtur* na *cuirp choilearda* ana 360
coileardacht fēin lē *neithib atā coilearda* do *rēir brīge*, ⁊ is teó do *rēir brīge* na neithe sin *nāid* na neithe lē *coimēdtur coimplex* an *chuirp* measurda.

Dā labram *immorra* don¹ *regimen choimēdach* 365
 ⁊ *treōraigtheach* na *corp adubramar romainn* is mur sin is mō do-gēbam an *chūis dār labramur*,
 ōir nī rig a leas an *corp* measurda *rē regimen* *treōraigtheach* nā *rēm-choimēdach*, acht na *cuirp*
 atā ar tuitim co mōr, mur atāit, *cuirp lucht* 370
leanna ruaid ⁊ *leanna finn*; ōir is iat rig a leas an *regimen* sin; ⁊ mās iat a leithēidi sin do *chorpuib* dob āil linn do *choimēd* ana tuitmib, do *thicfaidis* *mōrān d’easlāintib* uatha; ōir atāit siat *imchubaid* ōna *nādūir dīlis chum* tuitme. 375

Ōir na *cuirp choilearda* atā ar tuitim annsa *dara cēim* a *teasaideacht*, *coimēdtur* iat lē *neithibh*² *fuara* sa *chēid-chēim*. Mās ead *treōraighear* iat lē *neithib atā fuar nīsa mō*, .i. lē *neithibh fuara* sa P 358
dara cēim; ⁊ nī bia a leithēid sin do *threōrugad* 380
leath-amuith do *thearmannachaib* an *choimplexa* *coilearda*, acht *leath-astig* do *thearmannachaib* tuitme an *choimplexa* sin. Agus mar *adubramar*

¹ sic an dá ls.

² ls. *le neithibh le neithib*.

don tuitim choilearda tuicthea a chusmailius
 385 sin dona tuitmib eile atā aenda nō comshuigighi.

Et curthaī sīs do raidlean cad as cēim ann 7
 cinnus gabur desding¹ na ceathra cēiminn ōn līaig.

AN DARA CAIBIDIL DON DARA PAIRTEAGAL

DON REGIMEN DO-GABUR Ō ĒGSAMLACHT AN
 ĒGOISG

*Sicut diuerse complexiones indigent diuerso
 regimine*, .i. mur atāit na coimplexa ēxamail
 390 rigid a leas follamnugad ēxamail; 7 is mur sin
 atāit na hēgoisg ēgsamail, .i. do-nī an t-ēgusc
 ēxamail an coimplex ēxamail. Ōir as teō 7 as
 tirma na fir, 7 is fad-shaeglaigi 7 is mō do rēir
 chainndiachta 7 as treisi 7 is glica iat nāid na mnā
 395 annsa gnē daena, gibē innus a mbīt siat annsna
 gnēithib eile ana teagmann an t-ēcusc bannda
 nīsa mō 7 nīsa treisi 7 nīsa teō nā an t-ēgusc
 fearrda, mur as follus annsna hainmintib beirius
 a cuid ar ēigin do nach laibeōram anois. Mās ead
 400 tuigim astu so na neithe atā follus a rāitib na
 ndaīneadh eagnuid, adeir gurab teō 7 gurab
 tirma na fir annsa gnē daena nāid na mnā, 7
 gurab fuaire 7 gurab flichī na mnā, 7 gurab luga
 a cuirp nāid cuirp na fear. Ōir is teō 7 is tirma 7

¹ H *disding*.

is measurda an fear nā an bean, ⁊ is mō fhēdus 405
 beith measurda, mās ead, do rēir *chonsiquens*,
 dligid siat regimen ēxamail dā coimēd. Mās
 ead, as follus astu sin co n-iaruid coimplexa ēxamla
 na n-ēgusc ēxamail regimen ēxamail coimēdach
 ⁊ rēm-choimēdach. 410

Agus as follus an nī cēdna so ō ēxamlacht an
chomshuigigthi ⁊ na n-oibrighid ; ōir is comshuig-
iugad ar leith atā ag na mnāib ō na fearaib
 ar son co fuilid boill imda annsna mnāib nach
 fuil annsna fearaib ; ōir atā an maclac ⁊ an 415
 muinēl annsna mnāib nach fuil annsna fearaib, ⁊
 an tslat *fhearrrda* annsna fearaib ⁊ nī *fhuil* annsna
 mnāib. Ar son *geineamna* an bainne [an chīch]¹, ⁊
 nī *chum* na crīche sin amāin atā sī annsna fearaib
 acht *chum* maisi, ⁊ do choimēd *teasa* an *chraidi*, 420
 ⁊ ar an adbur sin is mō cīgi na mban nā cīgi na
 fear. Tuillead, .i. bīth an toirrcheas ⁊ an t-inad
 rē n-abur bartorion ⁊ folmugad na fola mīsta
 isna mnāib, ⁊ nī bī isna fearaib. Tuillead, .i.
 bīd oileamain na leanam mbeac isna mnāib. 425
 Et trīt sin iarmaid riaglacha speisialta ēxamla
 ar regimen an ēgoisg bannda nach iarthur san
 ēgusc *fhearrrda*. Et iarmaid fōs regimen coimēdach
 an maclaic ⁊ a muinīl, ⁊ regimen rēm-choimēdach
 a flux ainmeasurda ⁊ a fostōg² ainmeasurda na 430
 fola mīsta. Et rigid a leas na cīgi regimen

¹ Níl na focail seo i n-aon cheann desna lss.

² H *fastog*.

coimédach ⁊ rēm-choimédach do geineamain bainne innta. Rigmid a leas fōs regimen do choiméd na mban torrach, ⁊ do chungnum ¹imā toirrcheas¹
 435 do breith ⁊ d'oileamain na leanam, nach reagur a leas rē haen-nī acu a regimen na fear. Gid eadh, d'fhoirbthiugad na healadna, is maith aenchaibidil speitsialta laibērus don adbur so amāin,
 P 359 ⁊ [b]u follus so co lōr don taib thīs dīn ; ⁊ beidh²
 440 caibidil do riaglachaib regimen dīlis an ēgoisc bannda, do rēir mur deiligius sé ōn ēgusc fhearrda, ⁊ ar an adbur sin bus³ follus ēxamlacht an regimen a hēgsamlacht an ēguisc.

AN TREAS CAIBIDIL

DO RIAGLACHAIB IN REGIMEN DO-GABUR ŌN AÍS ⁊ AR TŪS DO REGIMEN NA NAĪGIN

Consequenter ponende sunt regule generales
 445 *regiminis sanitatis*, .i. as inchuir ana diaig so riaglacha generālta regimen na slāinti do-gabur ō ēgsamlacht na n-aes. Ōir as ī an aīs naīginda an chēd-aīs dīb, mās ead abram ar tūs riaglacha regimen slāinti na naġin atā a crīch dēiginaigh
 450 na hēgcudrumachta.

Mās ead abram gurab inchuir a[n] naġin sin

¹⁻¹ H *an toirrcisa*.

² lss. *b7* (le comhartha séimhighte ós cionn an ⁊).

³ *sic* (ls. *b3*).

tair ēs a breithi a n-uisgi te measurda, innus nach claechlōchaidi a chorp¹ ō fhuaraideacht an aēir, nō ō thosgugad mōr na teasaideachta; ōir in salcur ²bīs a' leanmain² de ōn maclac, glantar 455 é ōn uisgi the. Et adērmaid so amāin chugi sin gurab ingabāla a[n] naigin a n-inad chusmail risin maclac in mēid bus ēidir é; ōir is dona hurchōidib mōra in claechlōd obann. Et ar an adbur sin nī dleagur ar aen-mod fothragad uisgi 460 fhuair dōib tair ēs a mbreithi mur do gnāthuigidur drong dona barbarchuib, acht fothragad uisgi glain, te, measurda, cusmail rē teasaideacht an maclaic; ōir do-chiamaid iat maille rē dearbad co ro-minic a' fāiltiugad annsa fothragad sin. 465

Et dligimid a n-imlicāin do cheangal, 7 gan a cheangal co ro-fhada innus nach beith sē mōr acht beith dead-maiseach, 7 nach bia sē ro-gearr innus nach beith sé nīsa luga nā mur as ēigin. Et nī dliginn an ceangal sin beith ro-chruaid nā 470 ro-boc, innus nā tuitead sē nī bud luaithi nā nī bud moilli nā an chōir. Et dligid an ceangal sin beith do shnāth olla gan beith ro-chruaid. Agus tair ēs gearrtha an imlicāin crotur pūdur mirra, nō masdix, nō sangis draconis ar an imlicān, nō 475 a cusmaile.

Agus adearaid drong dona sean-daīnib co

¹ H corp. P cuirp.

²⁻² H bis a lenm- de. P a lenm- de (bis om.; acht dob fhéidir freisin P a léigheamh mar a leaninn de).

ndleagur *pūd*ur salainn arna brisid go ro-min do
chrothad ar *corpuib* na droingi sin ; *ōir* is tarbach
 480 an *crothad* sin do *chalmugad* na mball, innus
 nach gortaigir iat *ō* na *neithib* *fuirimeallacha*
theagmus *dōib*, mur *atā*, *teas*, *nō* fuacht, *nō* a
cusmaile ; *ōir* *bīth* a *croicinn* daingin¹ *neam-*
*fhoāmaigtheach*² uaid sin, ⁊ *cnaitear* na *fliuchada*
 485 *neam-glana* ⁊ *imurcacha* an *chroicinn* uaid, *ōir*
 is *follus* *dūin* co *mbī* *mōrān* *dīb* sin innta.

Gid eadh, *atā* ag an *tsalann* *ōna* *nādūir* *fēin*
 baill na *naigin* do *chrēchnugad*³ ; ar an *adbur*
 sin a *n-inad* an *tshalainn* annsna *hinntinnib*
 490 so *adubramar* *romainn*, *gnāthuigid* drong *dona*
heagnuidibh *ola* an *toruid* *rē* *n-abur* na *measōga* ;
ōir *calmuigthear* na baill *uaithi* sin ⁊ *tirmuigthear*
 na *fliuchada* ar mod *ēigin* *uaithi*, ⁊ *nī* *chrēchnaiginn*
sī na *boill*. Et as *rēsunta* an *ola* so *dona* *naiginaib*
 495 *atā* *te* ⁊ *tearc* go *mōr*, mur *atā*, *lucht* *leanna*
ruaid ⁊ *fola* *deirgi* ; *ōir* *atāit* a *mbaill* sin *tearc*
 go *mōr* ⁊ *fuilingtheach* co *ro-mōr*. Agus *nī* *mar*
 sin *dona* *naiginaib* *atā* a *crīch* *dēiginuid* na
 measurdachta, *ōir* *atā* *tarba* *mōr* *aigi* *dā* *dēnam*
 500 *innta* so. Et *mad* *naigin* *leanna* *finn* iat *dligid*
 a *salann* *beith* *gēr*, *teasaidi*, *tirim* ; ⁊ *mad* *naigin*
leanna *duib* iat *dligid* a *salann* *beith* *teasaidi* ⁊
 gan *beith* *tirim* gu *mōr*.

¹ P *daigin* ; H *daingin*.

² H *neam-foammaigtheac*.

³ P. *cresnugad* (*om.* *líne* *ós* *cionn* na *s*) ; H *cuirtear* *ēcht*
 i *gcéill* le *líne* *ós* *cionn* na *r*.

Tuillead, dleagur a lamannān d'fhāsgad innus comad usaidi in fual d'fhāgbāil. Et ainnsēin 505
 osgailtear a srōna ma'ille *rē mēr beac* ar nach
 bia tosgugad ingin tar an feōil. Agus sūigid P 360
 pearsa dochraid a srōn co mīn, ⁊ glantur puill
 na cluas lē *mēr beac* ar a mbia inga mael, ⁊ sīntear
 a lāma ⁊ a *mēir* uile, ⁊ filltear a sliasta ⁊ a colpuidi, 510
 ⁊ tarraingthear co mīn mur so ⁊ mur sūd iat.

Et as indēnta fothragad gach lae don naigin fā dó. Agus nā bīth a gaile lān do bainne ac
 dul *chum* an fhothraigthi, ⁊ oiltear ana diaid sin
 a *cēdōir ē* ; *ōir* mur dligid na daīne lāidiri saethur 515
 do dēnum roim an mbiad, is mur sin dligid na
 naigin atā arna ngeineamain co nua, leis *nach*
ēidir saethur do dēnum, fothragad do dēnam
 roim an lachtugad ; *ōir* dā mbia a ngaile lān do
 bainne truailtear a ndileagad *ōn* fhothragad, ⁊ 520
 geintir dūinti ana taebuib.

Agus mar an *cēdna* fāisgthear a sgairt *chlēib*
 innta, ⁊ geintear cosachtach ⁊ sgeathrach gnāith.

Mās ead na neithe atā *urchōideach* cusmail rū
 sin as intseachanta iat isna daīnib geintear¹ gu 525
 nua. Agus nī dleagur fothragad do dēnum dōib
 a huisgi a mbī *nādūir* mianamail mur atāit so .i.
 uisgi ailime ⁊ uisgi raibi² ⁊ uisgi sailti, acht dligid
 sē beith d'uisgi tobair glain, ⁊ ē ag rith *chum*
 na hairdi soir ar *talam* gainmeach gan beith 530

¹ *geintear* scríobhtha san imeall.

² *T raibhe.*

clochach nā lāibeamail, ⁊ ō shlēibtib, ⁊ gan chumdach air ōn aēr, ⁊ é arna shuigiugad a fiadnuise na grēine, ⁊ gan blas air, ⁊ substaint shēim aigi, gan recidens do beith aigi, ⁊ comad urusa a thēgad
 535 nō a fhuarad.

Agus connuimthear annsa fothragad iat nō co tinnsgna a feōil deargad ; ⁊ dēntur a ceangal co deag-maiseach ; ⁊ nī dliginn an ceangal beith ro-chruaid d'eagla an fhāsta do thoirmeasc nā
 540 ro-bog ar eagla co mbeith suigiugad a mball co neim-dleistinach. Agus nī dligid na hēduighi ana ceangailtear iat beith fuar. Agus mad follus peacugad comsuigigthi a n-aen-ball acu do leith na figrach nō an tshuigigthi nō na cāilideachta
 545 nō na caindiachta, ceartaigthear sin an mēid bus ēidir agā ceangal a ndiaig an fhothraigthi.

Ana diaig sin taburthar bainne dō nō co codla sē ; ⁊ dā teagmad nā bud āil leis codlad lena cīg siublaigthear maille rē canntaireacht binn ; ⁊
 550 muna codla sē lē ceachtar dīb sin sgailtear an cris ceangail dā gach taib. Agus sduidērad¹ a banaltra roim gach uile nī nach beith a ēdaighi salach ; Et as ī in mēide so dleagur a sgailead an gach lā nādūrda, .i. in mēid do-gabur a ēdaighi
 555 salach faī.

Agus dleagur bainne do thabairt dō a ndiaig a fhothraigthi do gnāth, ⁊ ana diaig sin a ēdaighi do chlaechlōd. Et dā faicim gu sūiginn sē an

¹ ls. *sduid* + *er*-nod + *γ*.

bainne co *dleistínach* tuigim as sin gnāthugad a
 oileamna co fada nō go gearr. Ōir is do rēir a 560
 riachtanuís a leas dleagur a n-oileamain ; ōir is
 sia an aimsear iaraid na naīgin ōga *chum* a
 n-oileamna, 7 *chum* a fothraigthi, 7 *chum* codalta,
 7 *chum* na n-ēduigid salach do *chlaechlōd* nā an
 drong *eile* acu. 565

Agus nī reaguid a leas co hōg biad *eile* acht
 bainne, ōir do-nī sé inad bīd 7 digi dōib. *Agus*
 as ē bainne a *māthar* bainne as imchubaidi dona
 naīginuib ; ōir bīth an bainne sin arna geineamain 570
 ō *fhuil* ro-*chusmail* risin fuil dob adbur geineamna
 7 oileamna don naīdin. Mās cad, as *fīr* a
 rād gurab ro-maith an oileamain dōib bainne a
māthar ; 7 is amlaid tuicthear sin 7 an *māthair* do
 beith slān 7 regimen imchubaid do rēir mur iarus
 guīm na h-oileamna 7 an tī oiltear. 575

Et dā teagmad nā bud tualaing nō nā bud āil
 lena *māthair* a oileamain, togthar banaltra *thslān*
 ele *chugi* agā mbia coimplex maith 7 aīs fhoirbthi,
 7 a beith daid-bēsach, 7 a dath a' claed *chum*
 duibe, 7 cuisleanna fairsingi aici 7 muinēl reamur, 580
 7 ucht leathan, 7 cīgi gan beith feōlmur gu mōr 7 P 361
 gan mōrān do *chuisleannaib* laga orra ; 7 nā bīth
 a mbainne roi-reamur nā ro-shēim, 7 *corp* geal do
 beith aici, 7 bainne deag-blasta dead-balaid do
 beith aici, 7 gan beith ro-gar d'aimsir an toirrchis¹ 585
 nā ro-fhada uaid. *Agus* mad ēidir banaltra

¹ P an toirrc3 ; H an toirrcisa.

d'fhagbáil beas cusmail do regimen ⁊ do choimplex
 rēna māthair don leanum, ⁊ na cuingill so
 adubramar do beith aici, as intogtha mur banal-
 590 trainn ī.

Et bud follus don taib thīs dīn regimen maith
 na banaltrann ⁊ a cīch, ⁊ cinnus coimēdtur ⁊
 ceartaigthear ⁊ mēduigthea an bainne innta ; ⁊
 do-gēbthur sin mur a curthar regimen coimēda
 595 na slāinti do-gabur ōn ēgusc bannda do rēir mur
 deiligius sē ōn ēgusc fhearrda.

Agus na cēd-laeithi a ndiaid in leinm do breith
 nī hinmolta a māthair dā oileamain ar dā adbur :
 an cēd-adbur dīb, ōir atā an māthair arna claechlōd
 600 co mōr ōn toirrcheas ; an dara hadbur, trē fhad in
 chomnuide atā ag an bainne annsna cīgib, ōir
 teagmaid co mbeith sē truailligthi ; ⁊ tuicthea
 sin ar a dath ⁊ ar a shubstaint. Et ar an adbur
 sin do-nīd na mnā Frangcacha, ar mbeith mī-
 605 dōchus acu as an bainne sin, bean uirīsil do shūg
 an bainne as a cīgib.

Et nī hingluaisti a cliabāin co fuirēigneach do
 thogairm in chodalta acht co mīn innus nach
 gluaistear an bainne ana ngaileadaib, ⁊ nach
 610 truailltear an dīleagad. Agus do budh fearr
 comad leisín cīch do-gēntaidi in codlad do thogairm.

Et as imchubaid caoi measurda roim an mbainne
 dōib ⁊ co speisialta do leathnugad na mball
 spiradálta, ⁊ d'fholmugad rainn ēigin do fhlichid-
 615 eacht an chuirp ⁊ an chinn, ⁊ do thogairm ⁊ do

chalmugad an teasa rē n-abur innatus. Agus taburthar bainne dō fā dō *nō* fā thri sa lō *nadūrda* 7 an mēid is mō fā *cheathair*.

Et dā teagmad an bainne do *thruailliugad* ana ngaileaduib 620
 o imurcaid 7 o ainmeasurdacht a ola,
teagmaid uaid sin at, ruidheadh,¹ 7 gaedmuireacht
 imda, 7 gile an fhuail. Leagar dōib an tan sin
 aimsear fhada gan biad, 7 dēntur inntleacht
chum codalta fada do dēnum dōib; *nō* as innill
 beacān bainne do *thabairt* dōib 7 a *thabairt* co 625
 minic. Ōir is *cusmail* iat rē *corpaibh* na ndaíneadh
 bīs ag *ēirgi* a *heaslāinti*, 7 is mur sin *dleagur* a
n-oileamain mur bus follus don taib *thīs* dīn.

Et is maith, roim an mbainne do *thabairt*,
beacān meala arna glanad maille *rē* beacān fīna 630
 gil uisgeamail, do glanad 7 do *chomfhurtacht* an
 gaile, innus *nach* morga an bainne ana ngaileadaib.
 Et is ēigin roim bainne do *thabairt* dōib (7 ar tūs
 co *speitsialta*) mēid ēigin bainne do *chrūth* ana
 mbēluib innus coma lugaidi do *shaethrōchad* *meiri* 635
 ac dēnum an atarraing; mās ead *teagmaid* gortugad
 co minic o atarrang *meiri* 7 na n-innstruimintid
eile dōib.

Et is ē so regimen na naīdin *nō* coma follus
 na clāirfhiacla. Agus an uair *thinnsnoid* na 640
 clāir-fhiacla as *intuctha* dona banaltrannaib co
 gnāthach biad *eile* dōib; 7 bīth a mbiad *cusmail*
 risin mbainne a *substaint* 7 a mbrīg, 7 bīth *nīsa*

¹ H *ruighi*.

reime do *beacān* nā an bainne. *Agus* bīth siat
 645 do biaduib nach rig a leas mōrān coganta, *nō*
 gan aen-*chogaint*, mur atāit, biada inmolta
 cogantar co *deithideach* ō na banaltrannuib ar
 tūs, et arān arna maethugad a n-uisgi meala *nō*
 a n-uisgi tobair inmolta, *nō* biad do-nīthear do
 650 min *chruithneachta* ⁊ do bainne *nō* arān arna
 P 362 *disgailead* a fīn uisgeamail. Et nī moluim na
 biada so adubramar *romainn* do *thabairt* dona
 naīdinuib maille *rē* bainne.

Et an uair *thinnsnaid* siat siubal leō fēin
 655 *dligid* an banaltra beith *deithideach* nach gluaisti
 a[n] naīgi co hanorduighi air eagla co ndīsgaīlfidi
nō gu ceangōltaidi a boill co hainmeasurda. Et
 nā coimēignighthear ē *chum* suigi *nō* *chum* siubail
nō co tī a n-ālgus *chugi* fēin do rēir *nādūire*. Et
 660 an t-inad ana suiginn sē nī *dliginn* sē beith cruaid
 nā garb, ⁊ nī *dliginn* aen-nī gēr nā gearrthach
 beith lāim ris.

An uair *thinnsnaid* na fiacra rē n-abur *canini*
 fās dēnaid aipstinens ō gach uile nī *chruaid* do-
 665 *choganta*, air eagla co sgrisfaidi *nō* go laigdeōchaidi
 adbur na fiacal sin adubramar ō *chogaint* na
neithead cruaid, mur do-nīthear co *minic*. Et
 is maith annsan aimsir sin feōil na fiacal do
choimilt lē blonuig *circi*¹ ⁊ lē him nua, ⁊ lē hinchinn
 670 *mīl*, ōir togairmid sin a fās ⁊ calmuigid iat fēin.
 Ōir a n-aimsir *fhāsta* na fiacal sin adubramar

¹ sic H; P cc. (cearc).

gnáthuigid muiníl na naídin deargad co mōr ⁊
 moluim an tan sin ola rōis arna leagad ar uisgi
 te do choimilt dīb. Et an uair thshanntaigid nī
 do gearrad leis na fiaclaib sin, ⁊ a mēr fēin do 675
 chogaint, is maith an tan sin imurcacha prēm an
 yreos¹ do thabairt ana lāmhuib, nach bī tirim
 co mōr acht beith inmeadōnach idir chruas ⁊
 buga ; ōir tairrngid a cogaint sin feōil fiacal na
 naídin ō chneaduib ⁊ ō theinneas. Agus moluim 680
 feōil a fiacal do choimilt lē mil glain maille rē
 beacān saluinn, ōir coimēdaidh sin feōil na fiacal
 gan morgad. Et an uair fhāsaid na fiacla rē
 n-abur canini co fuirfi cogantar prēma licoirisi
 co gnáthach. 685

Et an mēid tiaguid siat ō oileamain na cīch, as ī
 an mēide sin dligid siat biada reamra do gnáthugad.

Et as ī so aimsear a mbuana dā cīgib .i. an
 uair fhāsaid a fiacla uile ⁊ bus ēidir leō biada
 eile do chogaint co fuirfe, ⁊ is ī an aimsear sin 690
 aimsear dā bliadan co coitchinn.

Agus dā teagmad co n-iarfad a[n] naīgi na
 cīgi co hanorduighi tair ēis aimsiri an tsequestair²
 ⁊ co caoighfig sé, curthar neithe faī an cīg do-bēra³
 aduathmuireacht ar a[n] naídin a mblas ⁊ a radarc, 095
 mur atā sūg uormōint ⁊ a chusmaile. Agus

¹ H *yriois*.

² P ante *squestair* ; H *antesquestair*.

³ H do *beradh*.

connaimthear an regimen so adubramar ar a[n] naighin *nō* co sgara *rē* cīgib gu huilidí.

Et d'ēis a buana *dā* cīgib dligid a chairdi beith
 700 deithideach agā chur *deid-bēsach*, ōir atāt *dā*
tharba tic de sin : an *cēd-tarba dīb*, co fāsfad *sē*
 co *maith* ⁊ co mbeith aibīc *maith* aigi ⁊ *suigiugad*
maith ana ealadain ; ⁊ *nī hī* metafisica an ealada
 sin acht an *fheallsammacht* morālta : an *dara*
 705 *tarba* beanaid *sī* risin *corp* ; ōir is *ēidir* mailīs
 do *geineamain* isin *coimplex* ō mailīs na mbēs ⁊ ō
fhoāmugad an *chuirp*. Ar an adbur sin leanuid
 na *droch-bēsa* mailīs in *choimplexa* ⁊ is mur sin
 is *ēidir* mailīs an *choimplexa* do *geineamain* ō
 710 na *drochbēsaib*. Et ar an adbur *cēdna* geintear
linn dub ōn eagla ⁊ ōn meatacht, ⁊¹ *dā* robuid
 aimsear *fhada* ar *neach*. Agus *nī* hinlicthi *dobrōn*
nā fearg *nā* caī *nā* gairdeachus orra, acht a toga
 a mod *inmeadōnach*. Et mad follus *dūin* a
 715 *nādūir* a' claenad co hanorduigthi *chum* teadma
ēigin as *intreōraigthi* iat *chum* a *chontrārda*. *Dā*
rēir sin tuicmid co *coimēdtur* an *corp* ⁊ an *t-anum*
 ō *choimēd* na mbēs. Ōir bīt a mboill anfhann co
 mōr roim a *seacht* mbliadnaib ⁊ a mod *ainimchubaid*
 720 don *rēsūn* ⁊ don *gluasacht*.

Agus is fearr an fothragad do *chalmugad* na
 mball ⁊ d'innarbad imurcach an *treas* *dīleagad*
nā an saethar. Et *nī* dligid na daīne eagnuidi
 P 363 *fothragad* agā mbī brīg *thirmaigtheach* do *thabairt*

¹ sic an dá ls.

dōib gu mōr mur atā, fothragad ailime ⁊ a chus- 725
maile, oīr do-nīd na fothraighti sin na boill anumla¹
chum gnīma.

Agus nī dleagur fīn do thabairt dōib ar aen-mod,
oīr atā sē gortaigtheach urchōideach dōib; oīr is 730
follus dūin gurab tene a ceann teneadh fīn do
thabairt dona macāmaib, oīr atāit fēithe ⁊ inchinn
anfann acu dā ndēin an fīn urchōid ⁊ gortugad
mōr. Oīr is follus dūin a fēithi do beith
fuilingtheach go mōr ⁊ so-thollta ōn fīn, oīr atā
brīg tholltach ann ōna shubstaint ⁊ ōna gnīm do 735
leith a shēime ; oīr nī reagaid a leas fīn do thogairm
an fhuaile nā do glanad leanna ruaid, ²nā do
fhluchad an chuirp nā do thsēimiugad leanna duib²
nā do chalmugad an dīleagtha, nā an teasa rē n-abur
innatus, mur is follus dūin. Et ōn aimsir sin amach 740
fēdtur fīn finn uisgeamail do thabairt a n-inad
digi dōib, ⁊ an méid bīs coimplex teasaidi acu
is lugaidi dligid fīn d'ōl, ⁊ a chontrārda sin
don choimplex fhuar.

Et is ē sin regimen na macām nō co curthar 745
chum maigistreach iat a cinn a sē mbliadan.
Agus is mōr an tshligi dōib chum na haimsiri
bīs rompu beith umal subāltach.

¹ sic PH.

²⁻² An méid seo ó H ; comhartha i P gur fágadh focail éigin ar lár ar ; imeall bhárr an leathanaigh a bhí na focail sin ar dtúis, agus tá a rian le feisgint fós ann, acht is amhlaidh do loiteadh an chuid is mó díobh le linn na n-imeall do bhearradh.

Et taburthar annsan aimsir sin do maigistir
 750 iat teagoscus bēsa 7 eagna dōib tair ēs a chēile.
 Agus an uair thigid siat chum na haísi sin nī dligid
 mōrān fothraigthe do dēnum 7 dligid saethar do
 dēnam roim an proinneachad, ōir calmuigid sē a
 mboill. Gid eadh, nī dēin in mēide sin comad
 755 imchubaid chum saethair mōir iat roim a ceathra
 bliadnaib dēg, acht is cōra a rād nach imchubaid
 dōib saethur mōr nā láidir roim crích na haísi
 rē n-abur *adolisensia*.

Et mar adubramar don tshaethur is mur sin
 760 tuicmid dona biaduib. Ōir nī hēidir leō na
 biada láidiri do dileagad atā cruaid do-dileagtha
 mur as ēidir lē lucht *adolisensia*.

Agus mar an cēdna nī hēidir leō gnīm na drūisi
 do choimlīnad mur is ēidir leisín droing atā a
 765 termin na haísi rē n-abur *adolisensia*. Ōir tic
 gortugad mōr ō choimriachtain anorduighthi 7
 toirmiscthear mēdugad an chuirp uaitki. Agus
 nī tarbach a sperma chum na geineamna nō gu
 roithid na boill a mēdugad fuirfe; 7 roithid an
 770 foirfiugad sin co coitchinn a cinn cūig mbliadan
 fithid, 7 is annsin atā an tslāinti foirfi 7 mairid
 sī co ceann 35 mbliadan 7 gairthear aīs an nirt 7
 na sgothamlachta don aīs sin, ōir is annsan aīs
 sin as sgothamla 7 is láidiri¹ na cuirp 7 is annsan
 775 aīs sin is treisi oibrighthi na beathad uile. Agus
 annsan aīs chēdna fēdmaid saethur do dēnam

¹ 7 is láidiri fá dhó i P.

co *lāidir*, *ōir* is *mō* an *saethur fhēdmaid* do *dēnum* innti *nā* isna *haesaib* *roimpi*.

Agus is *luga* *rig* a *leas* an *aīs* sin *fothragad* *uisgi* *the* *nā* an *aīs* *atā* *roimpi*. Et as don *aīs* so *amāin* 780
as *imchubaid* *fothragad* *uisgi* *fluair* do *chalmugad*
na *mball* *chum* a *ngluasachta* *imchubaid* *lāidir*
do *dēnum* ; 7 *nī* *hanfhainnighear* an *teas* *rē* *n-abur*
innatus *ōn* *fhothragad* sin *adubramar*, *acht* is *mō*
furtachtaighear *é*, 7 *nī* *toirmiscthear* *mēdugad* 785
na *mball* *uada*. *Agus* *nī* *dleagur* an *fothragad*
so do *beith* *d'uisgi* *atā* *ro-ard* a *fhuaraideacht*, *nā*
a *n-uair* *nā* a *n-aimsir* *atā* *ro-ard* a *fhuaraideacht*,
acht a *n-aimsir* 7 a *n-uair* *the*.

Et *dligid* *biad* *lucht* na *haīsi* so *beith* *nīsa* 790
reime do *chāilideacht* 7 *nīsa* *mō* do *chaindiacht*
nā *biad* na *haīsi* *roimpe* 7 'na *diaig*. *Agus* *dligid*
mōrān do *biad* *reamur* do *chaithim* ; 7 *bud* *follus*
anar *ndiaid* na *biada* *atā* *imchubaid* 7 *animcubaid*
dōib. 795

Et *bīth* a *ndeoch* *d'fhīn* *shēim* *fhinn* is *luga* P 364
as *uisgeamail* *nā* *fīn* na *cēd-aīsi*, ar son *togairmthi*
in *fhuail* 7 *glanta* an *chuirp* 7 *togairmthi* an *alluis*
7 *fliuchaid* na *mball*. *Agus* *nī* *dligid* a *fīnta* *beith*
ro-theasaidi *nā* *rō-gēr*, *innus* *nach* *tuitfidis* a 800
fiabras, *nā* a *n-ainteas* *ae*, *nā* a *loscad* *leannann*.
Agus ar an *cūis* *cēdna* *dligid* na *neithe* *atā* *ro-ard*
a *teasaideacht* 7 a *tirmaideacht* do *sheachna* *mur*
atā, *pibur* 7 *musdard*, *gairleōg* 7 a *cusmaile*.

Et as *gearr* an *codlad* *rigid* a *leas* *lucht* na 805

haísi so a n-aithfhēgad na n-aes eile, ar son treisi a ndíleagtha 7 calmacht na mball as innsdruimint don brīg ainmidhi, mothuigthid, 7 gluaistig. Óir orduigthear in codlad do chomfhurtacht na mbrīg
 810 nādūrda, 7 an cumsanad do chomfhurtacht na mbrīg ainmidhi.

Do leith aicīdi na hanma *immorra*, is intsheachanta go mōr fearg 7 dobrōn, óir cuirid siat an fhuil a n-ainteas. Et as ī an aīs so as mō atā imchubaid
 815 do gnīmarthaib na drūisi; óir atāit na boill co foirbthi innti, 7 an teas 7 na spiraid co lāidir, 7 an sperma co himda. Et bud follus don taīb thīs dīn riaglacha speitsialta do-gabur o ēgsamlacht na neithead nach nādūrda.

Et a ndiaig na haísi so tic an aīs arsaid dā cuirfim regimen speitsialta. Agus bīth a fhīs agad gurab ī as inntinn ag follamnugad na sean-daíneadh co huilidī gach oileamain, 7 gach fothragad, 7 gach deoch o fliuchaidthear 7 o tēigthear
 825 iat; 7 mur an cēdna d'aimsir fhada in chodalta 7 an chumsanaidh.

Et gnāthuigthear linn finn d'indugad a ngailib na sean-daíneadh ar son anfaíne na brīge díleagthaigi. Ar an adbur sin leigisim linn finn
 830 atā arna indugad ar shligid na n-inneadh, agā díleagad ar tūs maille rē dig ar a mbeirbthear ysōip, 7 lē hoximel diureticach. Et folmuigthear ainnsēin maille rē iarapigra¹ 7 lē nī ar a mbeirbthear

¹ H *hyarapigra*.

¹feithleōg, γ¹ polipodium, γ ainīs, ana curthar
 turbit γ sinnsēr. Et gnāthuigthear an brū do 835
 lagad lē cartamus nō lē heanbruithi se[i]n-chirci
 ar a mbeirbthear polipodium γ ainīs. Et
 gnāthuigthear a tosach na coda nī ēigin dīb so,
 nō iat uile: mur atā, uiola γ hocus γ mercurial,
 biatus γ eilifreōg, lactuca γ borraitse γ buglosa.² 840
 Et gnāthuigthear so nō a cusmaile do chaithim a
 tosach na coda, lē heanbruithi nō lē bainne almont,
 gan arān.

Item, adearmaid co ndliginn oileamain na
 sean-daíneadh beith so-díleagtha γ oileammach gu 845
 maith, γ beith nīsa luga a caindiacht γ a nuimir
 nā annsna haesaib so is foicsidi roimpe. Ōir
 nī bī dīsgailead imurcach ana corpaibh trī chruaidi
 a mball γ trī anfairne a teasa; γ is trīt sin nach
 dlígid siat mōrān bíd nā proinneachad³ minic, 850
 ōir is lōr dōib beacān a n-aithfhēgad na cēd-aes,
 trī anfhainne na brīge díleagthaigi inntu. Mās ead
 dleagur a n-oileamain do beith a caindiacht bic;
 ōir is urusa lē corpaibh na sean-daíneadh an
 oileamain beac do chur ana cusmailius acht gē 855
 mall díleagaid an oileamain. Ar an adbur sin
 nī rigid a leas a n-oileamain go minic, ōir teagmaid
 coma lōr dōib caithim aen-uair annsa lā nādūrda,
 ōir is urusa leis na sean-daínib an trēiginus
 d'fhulang. 860

Et is fīr sin ag labairt do shean-daínib na

¹—¹ an méid seo ar iarraidh i H.

² H *bughalosa*. ³ P *proinneacā*; H *proinneach*—.

harsuideachta, ⁊ nī fīr ag labairt do sheandainibhli na seanōrdachta atā ullam chum báis mur atā an lōchrann chum a mūchtha.

865 Et dligid na seanōiri proinneachad minic, ōir mūchthur a teas ō mōrān bīd do chaithim a n-aenfheacht, ōir mūchthur an tene beac ō mōrān an chonnaid; ⁊ muna hoilti co minic iat do
 P 365 dībōchthaidi an teas nādūrda ⁊ an fhlichideacht
 870 phrēmamail a n-aenfheacht. Mās ead, sailim gurab maith a n-oileamain fā thrī sa lō nādūrda mur so, innus co mbeith spās sē n-uaireadh idir in cēd-chaithim ⁊ an dara caithim ⁊ ocht n-uaire idir an dara caithim ⁊ an treas caithim, innus co
 875 mbeith spās deich n-uaireadh nō aen-uair dēg idir an cēd-chaithim ⁊ an caithim dēiginach. Agus is mur so beas an treas caithim, nīsa mō nā an dara caithim, ⁊ an dara caithim nīsa mō do mēid¹ ēigin nā an cēd-chaithim.

880 Et dligid siat gach uile biad ō ngeintear linn finn ⁊ linn dub ⁊ dūnus bēl na cuisleann do sheachna do chaithim, mur atā, gach uile biad reamur rigin saillti bīs anumal don dīleagad, mur atāit, gnēithi na potāitsi, ⁊ ēisg shailti nō
 885 gan saillead² ⁊ ēisg phiastamla muiridi ⁊ co coitchinn na hēisg ar nach bīt lanna, ⁊ feōlanna saillti, ⁊ én shnaīdis a n-uisgib, ⁊ pasdae ⁊ arān slim ⁊ cinēl na torthad fuar, mur atāit, ubla ⁊

¹ H mꝛ; tá an ⁊ séimhighthe i P.

² H tsoillead.

pēireadha, ⁊ castanea, ⁊ mespila, ⁊ a cusmaile
do neithib fuara, mur atā, lactuca. 890

Agus as imchubaidi dona sean-daīnib a sabsa¹
do beith d'fhīn nā d'fhinēgra; oīr atā an aigēid
ro-animchubaid dona sean-daīnib trēna beith
fuar tirim, ⁊ hī ag luathad na harsaideachta.
Agus idir chinēl na spīsrad as é an cainēl ⁊ an 895
sinnsēr as imchubaidi dona sean-daīnib, ⁊ co
hāirithi gach uile spīsrad rannchuidigius rē
teasaideacht ⁊ rē flichideacht.

Item, as imchubaid co mōr mil dona sean-
daīnibh, ⁊ āligid an mil sin beith geal trom, nō 900
cruaid so-gearrtha deadh-balaid. Et as imchubaid
dona sean-daīnibh feōil na n-ainmintid óg as a
mbeantur, ⁊ gall-choileach, ⁊ mur an cēdna feōil
phetraisi ⁊ fhuisseōg ⁊ fheadōg, ⁊ uigi nuada
boga, oīr as urusa a ndileagad ⁊ is maith oilid. 905

Et as iat so na hēisg as imchubaid dōib, .i.
ēisg muiridi, ⁊ as a fhīn bud fearr a mbearbad
maille rē finēl ⁊ rē hainēid nō rē psille; oīr
measraigid so a fuaraideacht ⁊ innarbaid a rigneacht
imurcach. 910

Et as imchubaid an bainne do droing dona
sean-daīnib, ar son co n-oilinn sē co luath ⁊ co
fliuchann na cuirp; ⁊ atā drong eile dā² nach
imchubaid, ar son gu ngeineann sē dūinti. Et
do gnāthuigidur drong eile d'és bainne d'ōl 915
teinneas ⁊ rigad do beith fāna cliathānuib deasa

¹ H sabsadha.

² da H; om. P

ar son *cumgaid* na *cuisleann*; 7 nī *himchubaid*
 bainne don droing sin. Et as ē bainne as
imchubaidi dōib, .i. bainne asail 7 gabair maille
 920 *rē* caindiacht ēigin do *shalann* 7 do mil arna
 spumāil, ōir toirmiscid sin truailiugad an bainne, 7
 furtachtaigid siat a tholltanaigi. Et is
animchubaid an cāisi dona sean-dainibh, acht
 muna bia im ann; 7 nī *himchubaid* sailti nā
 925 ro-nuad dōib é.

An t-im, *immorra*, as *imchubaid* dona sean-
 dañibh é, ōir *fliuchaid* 7 *tēigid* 7 *mīnigid* boill an
 ochta.

Na praiseacha, *immorra*, as *imchubaid* dona
 930 sean-dañibh iat, mur atā, biatus 7 finēl 7 persille
 7 *borrāitsi*, sāitsi 7 minntus 7 a cusmaile *chlaenus*
chum teasaideachta 7 *chum flichideachta*.

Na tortha *immorra*, as *imchubaid* dona sean-
 dañibh iat, mur atāit, fígeadha tirma, 7 caera
 935 *fineamna*, 7 almoint 7 pini.

Item, as *imchubaid* sinnsēr mur shabsa dōib 7
 diacalimintum co speisialta d'oslugad dūintid na
 taeb *theagmus* dōib co *minic*.

Item as ī an lictabāire do-nīthear do thrī gnēithib
 940 an *phibair* as *triacail* dona sean-dañibh, ōir
comfhurtachtaigid a mbrīg *díleagthach* 7 *osluigid*
 a ndūinti. Et do-nī an comshuigiugad *rē* n-abur
 P 366 *athanasia* an *cēdna*, 7 do-gēbam a tuaruscbāil
 sin a n-Ainntidair.

Et nī *himchubaid* fīn nua *geal uisgeamail* 945
 dōib acht muna *teagma tart ainmeasurda* orra a
 ndiaig *fhothraigthi*. Agus *dligid* fīn na sean-
 daíneadh beith *dearg sēim deadh-balaid* arsaig,
 ōir *tēigid* ⁊ *oilid* an fīn sin co *lōr*, ⁊ *ceartaigid*
linn dub, ⁊ *togairmid* an fual, ⁊ *fliuchaid* na hait, ⁊ 950
calmuigid an brīg ⁊ an *teas nādūrda*; ōir *rigid* a
 leas na sean-daíne uile ris sin¹

Et as iat so na *potāitsi* as *imchubaid* dona
 sean-daínib, .i. *potāitsi* do-nīthear do *choirci* ⁊
 d'ēorna *maille rē* huisgi ar a *mbeirbthear* feoil 955
 inmolta.

Item, as *imchubaid* an deoch *rē n-abur* idromel
 dona sean-daínibh, ōir *osluigid* sī na *dūinti*. ²Et
 dā *mbeid* *dūinti* a *sligthib* in *fhuail beirbthear*
persille, ⁊ *mersi*, ⁊ *fenēl* ar *ydromel*, ⁊ *osglaid* na 960
dūinti.² Et dā *mbeid* *dūinti* isna *ballaib*
spiradālta, *beirbthear dub-chosach* ⁊ *īsōip* ⁊
casialinia maille ris na *neithibh adubramār* ⁊
oslaigid iat.

Et as *imchubaid* *coimilt measurda* dōib a 965
cāilideacht ⁊ a *caindiacht*; ⁊ *lē hēduigib* garba ⁊
lē lāmuib garba *dleagur* an *choimilt* sin do *dēnum*
 ⁊ *aimsear* do beith aturra. Et nī *dliginn* an
choimilt sin beith an *mēide* so, a *cāilideacht* nā
 a *caindiacht*, co *treōrōchad sē fuaraideacht* ⁊ 970
tirmaideacht a *mballaib* na sean-daíneadh, *trē*
shligid *dīsgailti* na *fliuchatan nādūrda* ⁊ an *teasa*

¹ P *ris sinn*; H *les sin*.

²⁻² H om.

nādūrda, mur gnāthuigius teagmāil dona daīnib do-nī saethur ainmeasurda ; 7 nī dliginn sī beith
 975 *boc*¹ nā ēgruaid innus *nach* innarbfad sī aen-rēd
 ō ballaib na sean-daīneadh ²*trē shligi dīscāilti*²,
 ōir as trīt orduighear in choimilt co *nādūrda*,
 d'fholmugad imurcach an *treas* dīleagad ōna
 ballaib 7 dā calmugad ; ōir do-nī an choimilt do-
 980 nīthear mur so, an uair do-nīthear go lōr í, pōire
 na mball d'oslugad ar mod ēigin, 7 gluaisid sē a
 teas co sentrom ō *fhuirimeall*, 7 calmuigid sē
 teas *nādūrda* na mball ar mod ēigin, 7 cnaīid a
 n-imurcacha.

985 Et as ī aimsear a ndleagur sgur do choimilt na
 sean-daīneadh, an uair thinnsgnait siat deargad
 7 gnē teinnis do gabāil chucu ; 7 nī holc ar deireadh
 na coimilta a n-ongad lē holaid na holiua millsī
nō na n-almont milis, innus comad feir[r]di do
 990 coimēdfaīdi ³*tirmaideacht nādūrda* 7 ³*teas nādūrda*
 ball na sean-daīneadh an t-ongad sin.

Et moluim an choimilt so do dēnum 7 an *gaili*
 folam, 7 roim biad 7 saethur do dēnum mur an
cēdna. Et togthur inad measurda 7 aimsear
 995 measurda co *nādūrda nō* co healadnach chum an
 tshaethair *nō chum* na coimilta. Et an drong
 leis *nach* ēidir saethur do dēnum ar son anfhainne
 a mball *nō* ō chūis ēigin *eile*, coimlīnaid inad an
 tshaethair lē fothraigthib 7 lē coimiltaib. Et

¹ H *beag*.²⁻² an méid seo i H amáin.³ H an méid seo ar easnamh.

coimiltear é *gach* lae, ⁊ nī hī an *choimilt* ullmuigius 1000
 ē *chum* an tshaethair sin, acht an *choimilt*
choimilinus inad an tshaethair.

Et dēntur *fothragad* dó fā *cheathair* sa mī
 d' *fhothragad* ō comfhurtaigthea a *fhliuchada* ⁊
 a *theas nādūrda*, ⁊ measraigius tearcacht a ball. 1005
 Et dligid an *fothragad* so beith d'uisgi milis ; ⁊
 moluim na neithe so do *chur* ann, mar atā,
camamilla, ⁊ dā gnē an sdicadois, hocus ⁊ holihoc :
 .i. curthar an hocus ann do measrugad *tirmaid-*
eachta na mball, ⁊ an sdicados ⁊ an *camamilla* 1010
 ar son co *calmuigid* siat na boill, ⁊ co n-innarbaid
 a *corthacht*, ⁊ co togairmid an t-allus.

Et is *maith* moluim a ndeireadh an *fhothraicthi*
 a mboill do *choimilt* d'innarbad an tsalchuir atā
 orra ; ⁊ coimiltear ana diaig sin lē lāmuib arna 1015
tuma a n-olaid na holiua, innus co *mbeidis* na
 boill *fliuch* a ndiaig an *fhothraigthi*. Et as ē so
comartha ⁊ *termin* a¹ ndleagur an *fothragad*
 d'fhāgbāil, an uair *thinngōnaid* aigthi na mēr
garbugad. Agus dleagmaid gu mōr a *thabairt* dār 1020
 n-ūig gairdeachus an duine annsa *fothragad* ; ōir
 atā drong ann *fhuilngius* beith ann co fada ⁊
 drong *eile* co gearr. Et na neithe *eile* bud inrāid
 ar an coimilt ⁊ ar an *fothragad* fūicfid iat, ōir
 laibeōrad dīb sa *cheathramad* *pairteagal* don 1025
leabur so ; ⁊ is lōr a ndubramar ar na neithibh so
 do leith an *regimen* do-gabur ó deifriugad na n-aes.

¹ H *ana*.

AN CEATHRAMADH CAIBIDIL.

DO REGIMEN NA COIMPLEX NĀDŪRDA NACH
FUIL EASLĀN

*Homines quidam sunt qui a generacionis
prinnsiþio sunt calidiores quam requirit humane
1030 complexionis temperamentum 7 cetera, .i. atā drong
dona dañib as teō ō thosach a ngeineamna nā
mur iarus measurdacht an choimplexa daena ;
7 atāit daïne eile bīs nīsa fuairi ; 7 mur an cēdna
tuicthear dona cāilib aenda 7 dona cāilib
1035 comshuigighi. Agus nī beac an deichfir atā idir
regimen na coimplex sin 7 regimen na coimplex
measurda, dā raib sē 'na regimen choimēdach nō
threōraigtheach. Et nī hī ar n-inntinn ann so
labairt don choimplex tuitius co beac a n-easlāinti,
1040 ōir is ēidir linn regimen na corp sin d'fhagbāil
as na rāitib adubramar romainn 7 as na neithibh
adēram dona coimplexaib thuitius co mōr. Et
smuainmid labairt annsa chaibidil so do na
corpaibh thuitius co mōr a n-easlāinti mur atāit,
1045 lucht fola deirgi, 7 leanna ruaid, leanna finn, 7
leanna duib.*

*Agus ar tūs d'fhollamnugad shlāinti coimplexa
fola deirgi, ōir as ē an coimplex so is luga thēit ō
choimplex measurda 7 is luga is olc ; ōir adubradur*

drong an coimplex so do beith measurda, òir 1050
 adubradar siat an coimplex *teasaidi fliuchaidi*
 do beith measurda is coimplex d'fhuil *deirg*: òir atā
 sin fìrinneach an gach aen-inad a n-aithfhēgad
 measurdachta in me[a]dhuigthi, òir an duine is
 measurda a *teasaideacht* ⁊ a *flichideacht* tuitid 1055
 sē a n-aithfhēgad measurdachta an meadhuigthi.
 Et is mar sin do thuigidur drong dona sean-
 dañibh coimplex measurda na gnēe *daena* do
 beith *teasaidi fliuchaidi*. Gid eadh, an coimplex
teasaidi fliuchaidi a n-aithfhēgad an choimplexa 1060
 measurda do *rēir chōra*, .i.¹ a n-aithfhēgad an
 duine ro-measurda, nī fhuil sē measurda acht
tuitmeach; ⁊ ar an mod so atā coimplex *folā*
deirgi measurda.

Et atā lucht an choimplexa so ullam *chum* na 1065
heaslāinti rē n-abur cachecia, .i. droch-aibic an
chuirp maille rē truaigi, ⁊ co speitsialta *chum*
 gach uile easlāinti darub *cūis* an *morgad*, ⁊ līnad
 leannaigi, ⁊ dūinti, ⁊ co speitsialta līnad *folā*
deirgi. Et ana leithēid sin do choimplex do 1070
 gnāthuig *fuil dearg imdugad*, ar son co rāinig sē
 a leas gnāthugad *minic cuislinni nō fāsadairci*,²
d'fholmugad folā deirgi. Et as inlicthi an
chuisle do rēir mar *fhuilngius* an *brīg*, ⁊ an *aīs*, ⁊
 an gnāthugad, ⁊ an *ealada*, ⁊ a *cusmailius* sin 1075
 dona neithibh *rannaide iarrus nō thoirmiscius*
 a ligin.

¹ H ⁊.² H *fasadaircthi*.

Labrum dona cuislinnaib as inlicthi ⁊ do mod
 1080 licthi na fola, .i. in méid reagur a leas í a cáil ⁊
 a caindiacht, ⁊ dona riaglachaib eile as inchoimēda
 a timcheall a licthi.¹ Agus biaid caibidil
 speitsialta (do grāsaib Dia) a ndeireadh an leabuir
 so laibeōrus don chuislinn.

Et nī hī an chuisle amāin rigiā² a leas lucht
 1085 an choimplexa so acht an leigeas lagthach leis ; ⁊
 nī d'fholmugad fola deirgi sin acht dā glanad.
 Et as iat so na leigis atā imchubaid chugi sin .i.
 na leigis mīne beannuigthi, mur atā, agairg atā
 1090 muinntearda, ⁊ manna, ⁊ casia³ fistula, pruna, ⁊
 uiola, ⁊ meadg, bainne gabair, borrhaitse, buglosa,
 mirabolani, fumus terre, ⁊ mōrān dā cusmailib
 bus ēidir d'fhaicsin a clār Salernitane. Gid
 eadh, biaidl⁴ caibidil speitsialta don taib thīs
 dīn do mod gnāthuigthe na leigeas so.

Et gnāthuigid lucht an choimplexa so mōrān
 1095 imurcach do beith acu, ⁊ co hāirīthi imurcacha
 P 368 an treas dīleagad : rig⁵ a leas saethur lāidir luath
 do chnaī na n-imurcach sin adubramar ; oīr do
 bud ēidir dūinti do geineamain uatha sin ; mās
 1100 ead, do bad ēidir morgad do beith ana corpaibh.

Et ar an adbur cēdna rigid a leas mōrān coimilta
 ⁊ a beith lāidir, ⁊ dēntur fothragad dōib ⁊ an
 gaile folam uair sa seachtmain an méid is luga.

¹ T leigin.

² ligid sa dhá ls.

³ H caisie.

⁴ sic H ; P b7 agus comhartha séimighthe ar 7.

⁵ sic an dá ls.

Et is ēigin *gailidī* na droingi so do *choimēd* co maith, *ōir* *dā* *mbia* *droch-coimplex* *annsa* *ghaili* 1105
 as *cusmail* a beith sa *chorp* co *huilidī*, 7 *claenad* *chum* *uilc*, *ōir* an *seachrān* *follus* do-*nīthear* sa *chēid-dīleagad*, *nī* *ceartaigthear* *annsna* *dīleagthaib* *eile* ē.

Tuillead: .i. *atā* an *coimplex* so *ullam* *chum* 1110
morgaid na *leannann* ; *mās* *ead*, is *maith* *gnāthugad* *dona* *neithibh* *chathuigius* a *n-aigid* an *morgaid*, *mar* *atāit*, na *neithe* *fuara* *tirma* *gan* *beith* *olamail* *nā* *mēith*, *nā* *milis*, *nā* *deathmur* 7 *ag* *nach* *bia* *substaint* *fhuilingtheach* *rannchuidigius* *rē* 1115
flichideacht *aicīdig* *eachtrannaigh*, *mar* *atāit* so : .i. *tortha* *glasa* *nuada*, *mur* *atāit*, *fīgeadha*, 7 *caera* *fineamna*, 7 *almoint* ; 7 *go* *hāirithi* *gnēithe* an *bainne* *atā* *nua* *dleagur* a *seachna*, 7 *fīnta* *millsi*, 7 *feōlanna* *teasaidī* *fliuchaidī* *olamla*, *mur* *atā*, *feōil* 1120
muilt.

Agus as *iat* na *coimplexa* so is *luga* *gortaigthear* *ōn* *trēiginus*, *ōir* *teagmaid* *comad* *lōr* *dōib* *caithim* *fa* *thrī* sa *dā* *lā*.

Agus is *cumachtaigi* na *coimplexa* so a *ngnīm* 1125
 na *coimriachtana* *nāid* na *coimplexa* *eile*.

Item is *luga* *gortaigthear* na *coimplexa* so *ōn* *neam-chodlad* *nāid* na *coimplexa* *eile*, 7 is *mōr* *tromuidthear* *ō* *chodlad* *mī-measurda* *iat* ; 7 *ar* an *adbur* *sin* *dligid* *beith* *neam-chodaltach* a 1130
n-aithfhēgad na *coimplex* *ele*.

Item as *imchubaid* *dōib* *fearg* do *dēnam* co

gnáthach ⁊ beacān gairdeachuis, ⁊ as imchubaidi
dobrōn dōib nā don choimplex eile.

1135 Et¹ nī himchubaid biada oilius go mōr dōib,
acht biada gā mbī beacān d'oileamain maith.

Et ō atā an coimplex so go lōr ullam chum
dūintid na cuisleann, as maith aibstinens do
dēnum ō na biadaibh ⁊ ō na deochaib chūisigiuis
1140 na dūinti. Mās ead, seachmaid siat na biada
reamra rigne millsī mēithe olamla ⁊ mur sin dona
deochaib buaideartha reamra millsī. Agus
seachmaid siat fothragad tair ēis bīd ⁊ saethuir,
⁊ fīn reamur lāidir, ⁊ coimriachtain ⁊ mōrān
1145 digi; ⁊ is cūis d'innarbad an bīd ōn gaile gan
dileagad fuirfe na neithe sin; ⁊ an uair roithid
na biada mur sin chum na cuisleann do-nīt²
dūinti inntu.

Et is lōr ar labramur do choimplex fhola deirgi.

1150 Mās ead, labrum do choimplex leanna ruaid,
atā teasaidi tīrim, ⁊ adeirim an drong agā fuil an
coimplex sin co fuilid ullam chum fiabrais lasamhuin
⁊ co hāirithi annsna haimsearaib teasaidi. Mās
ead, moluim gurab imchubaid oxisacra aenda ⁊
1155 sīrōip uiole ⁊ nenufair³ dōib. Et as rēsūnta na
sīrōipi adubramar do beith deadh-balaid maille
rē mēid ēigin do spicanardi ⁊ do chainēl, ōir
anfainnigid na sīrōipi sin an gaili do mēid⁴ ēigin.

¹ H *Item.*

² sic H; P *do-ni.*

³ H *nenufar.*

⁴ H *m* ⁊; P *m* ⁊ (agus comhartha séimhichte ós
cionn an ⁊).

Item as *imchubaid* uisgi eōrna isna haimsearaib *teasaidi* dōib ; ⁊ moluim sīlta osglus na dūinti do 1160
bearbad ar na *sīrōipib* sin, mur atāit so, .i. sīl
 melones ⁊ cucurbita ⁊ sitruilli ⁊ sgairiola ⁊ *mersi*
 ⁊ a *cusmaile*.

Ōir *gnāthuigid* na *complexa* sin *linn ruaid*
d'imdugad inntu, ⁊ co *hāirithi* isna haimsearaib 1165
teasaidi, ⁊¹ as *imchubaid* dōib neithe *fholmuigius*
linn ruaid co *rannaidhi*, mur atā, *reubarbarum*,
 ⁊ *sgamonea* arna *bearbad*, ⁊ *mirabolani* *siterini*, ⁊
casia fistula, ⁊ a *cusmaile*.

Agus *dligid regimen* na droingi so beith a' 1170
claenad chum fuaraideachta ⁊ *chum flichideachta*,
 ōir atāit siat *ullam chum tuitme* a *n-easlāintib*
coilearda teasaidi tirma. *Agus* atā in *coimplex*
 sin *ullam chum* na *haīsi arsaigi*, ⁊ ar an *adbur*
 sin *rigid* a *leas* neithe *fhliuchus* a *coimplex* ⁊ 1175
chathuigius a *n-aigid* na *harsaideachta*, mur
 atāit, na *biada inmolta* so, .i. ēin *chearc* ⁊ *choileach*
 ōga, ⁊ *boill fhuirimeallacha* na *muc*, ⁊ *feōil laeg*, ⁊
fīnta inmolta deadh-balaid gan beith *deathmur*
nā ro-gēr ; ōir idir na *huile nī* as ē an *fīn* is *luaithi* 1180
oilius.

Agus is *imchubaid fothragad* uisgi *milis dōib*.
Agus *dligid codlad* do *dēnum*, ⁊ *neam-chodlad* ⁊
saethur anordaigthi meannan ⁊ *cuirp* do *sheachna*, P 369
 ōir is *beac* do *shaethur lāidir rigid* a *leas* an *drong* 1185
 so.

¹ sic.

Agus is mōr gortaigthea*r* iat ō *thrēiginus*, ⁊ trīt sin oiltear fā dō sa lō *nādūrda* lucht an coimplexa sin. *Agus* nī dligid a mbiada beith
 1190 ro-shēim nā fuilingtheach, ōir, dā mbeidis, do hinntōchaide a n-aignead *leanna ruaid* iat, trē gēiri a teasa. Mās ead dligid siat a mbiada do beith lāidir *chum* a [n]dīleagtha.

Et gortaigthea*r* lucht an choimplexa so co
 1195 mōr on choimriachtain anordaigthei; dā rēir sin is beac rigid a leas ria, acht gē atāit siad a' claenad *chum* an gnīma sin ar son a *teasaideachta*.

Item, is beac rigid a leas lucht an choimplexa so cuisle do ligin, ar son gurab í fuil dearg
 1200 folmuigthea*r* innti, acht an mēid innfhuarus an corp ⁊ innarbus na deathaige.

Ō do labrumur do regimen coimplexa fola deirgi ⁊ *leanna ruaid*, labrum anois do regimen coimplexa *leanna finn*, atā fuar fliuch; ⁊ ar an
 1205 adbur sin dligid a regimen beith a' claenad *chum teasaideachta* ⁊ *chum tirmaideachta*. Mās ead gnāthuigid siat biada ⁊ deocha *chlaenus chum teasaideachta* ⁊ *chum tirmaideachta*, mur atā, arān *cruithneachta* fā curthar salann ⁊ lauén a
 1210 caindiacht inmolta; ⁊ dā curthar sīl finēil ⁊ ainīsi ⁊ a cusmaile ar an arān, is mōidi a dīsleacht.

As iat so na feōla as imchubaid dōib .i. feōil ēn mbeac do-nī eitillach, ⁊ *petra*[i]si, ⁊ turtar, ⁊ culūr¹ óg, ⁊ coinīeadh óg; ⁊ nī himchubaid

¹ H *colum*.

² P ⁊ fá dhó.

feōil laigh nā muici dōib ; ⁊ is imchubaid dōib 1215
 feōil choileach óg, ⁊ go generālta gach uile fheōil
 so-dīleagtha chlaenus chum teasaideachta ⁊ chum
 tirmaideachta, ⁊ co hāirithi annsan aimsir fhuair.

Na hēisg immorra, as imchubaid¹ dōib as iat so
 iat, mur atāit, na hēisg oiltear a n-uisgi milis, 1220
 leanaid siat an coimplex so. Na hēisg lannacha
 muiridi as iat is luga do-nī urchōid dōib ; ⁊ moluim
 iat dā mbeirbthear a fīn iat maille rē sīltaib
 teasaidi diuereticacha.

Agus is mōr rig a leas in coimplex so rē saethur. 1225
 Agus is beac gortaigthear ō thrēiginus iat ; ar an
 adbur sin teagmuid comad lōr dōib caithim aen-
 uair sa lō. Et nī dleagur a mbiad do beith
 do-dīleagtha ; ⁊ nī dleagur an deoch do beith
 d'uisgi nā do linn, acht a beith d'fhīn lāidir deadh- 1230
 balaid ⁊ beith sēim do shubstaint ⁊ do gnīm.

Agus is beac rigid a leas lucht an choimplexa
 so rē cuislinn, acht is mō rigid a leas leigeas
 lagthach fholmuičius linn finn ; ōir do gnāthuig
 an coimplex so linn finn d'imdugad ann, ⁊ co 1235
 speitsialta annsa geimrid. Agus as imchubaid
 linn finn d'fholmugad a tosach an earraig an
 tan sin. Et dīleagthur an t-adbur ar tūs maille
 rē hoximel aenda nō diuereticach nō sgilleticum,
 maille rē huisgi ar a mbeirbthear isōip ⁊ minntus. 1240
 Et ana diaig sin folmuighear é lē diaturbit, nō
 lē huisgi ar a mbeirbthear polipodium ⁊ mirabolani

¹ sic lss. ; recte animchubaid ?

Kebuli, síl cartamuís ana timpearáiltear turbit, 7
agaírg 7 sinnsēr.

1245 Agus as beac gortaigthear an coimplex so 0
choimriachtain; 7 atáit gu lōr a cumachtaigi
chum na coimriachtana gínco mōr a n-āilgeas¹
trē uireasbaid an teasa, 7 urchōidigid dōib gan
aen-rēd do dēnum di.

1250 Agus as imchubaidi sdufa dōib nā fothragad
uisgi milis; 7 as imchubaidi fothragad raibi, co
nādūrda nō co healadnach, dōib. Agus as
imchubaid neamchodlad co gnāthach dōib; 7 is
1255 urchōideach codlad imurcach fada do lucht an
choimplexa so. Coimplex leanna duib immorra, as
fuar tirim ē; 7 is ē as measa dona coimplexuib 7
is ullma chum na harsaideachta. Et rigid a
leas lucht an choimplexa so regimen tēigius 7
fhlíuchus ana mbiaduib 7 ana ndeochuib 7 an
1260 gach nī ele.

Et bīth arān na droingi sin do chruithneacht
glain gan salann maille rē caindiacht bic laibīn;
7 bīth a n-arān bog. Et bīth a feōlanna teasaidi
fliuchaidi mur atáit so, .i. feōil chabūn arsaig 7
1265 ōg 7 a cusmaile. Agus bīth a fin deadh-balaid
sēm; 7 is dona neithib is mō as imchubaid do
P 370 choimplex leanna duib sin.

Agus as imchubaid coimilt measurda 7 saethur
measurda 7 fothragad uisgi milis. Agus rigit a
1270 leas codlad fada. Agus is animchubaid coim-
riachtain do lucht an choimplexa so, ōir fuaraid

¹ P ailg3; H ailgis.

γ tirmuigid in *choimriachtain* a coimplex. Et an drong agā mbī in coimplex so is mōr gortaigtheair iat ō dobrōn γ ō *fheirg*.

Agus nī *himchubaid* trēiginus dōib. *Agus* 1275
 rigit a leas biada so-dīleagtha ar son co fuil an
teas rē n-abur *innatus* anfann acu; γ mur an
cēdna nī fhuilngid siat caindiacht imurcach an
 bīd.

Et nī *himchubaid* cuisle do lucht na coimplex 1280
 so, acht is mō dleagur *leigeas* lagthach do *thabairt*
 d'fholmugad *leanna* duib. Et as iat so na *leigis*
fhodnus *chugi* sin, .i. *mirabolani* Inndi γ
polipodium γ *lapis lazuli* γ *duilleōga* sene γ *clamān*
 līn γ a *cusmaile*; γ dleagur na *leigis* *dīleagthacha* 1285
 do *thabairt* roim na neithib so. Et as iat so na
leigis *dīleagthacha* sin .i. *borrāitsi* γ *buglosa*,
tīm γ *crim muice fiada*, *origanum* γ *calimint*,
fumus terra γ a *cusmaile*; γ dēntur na neithe so
 roim an *purgōid* γ *taburthar* an *phurgōid* a *tosach* 1290
 an earraig γ a ndeireadh an tshamraid.

Agus is lōr an *beacān* so adubramar do regimen
 an *tuitme* big *theagmus* annsa gnē *daena*, γ bu
 follus regimen an *tuitme* *theagmus* an *gach* aen-ball
 don taib *thīs* dīn. 1295

AN CŪIGEAD CAIBIDIL

DO REGIMEN NA SLĀINTI DO-GABUR DO LEITH
 REME NŌ TRUAIGI

Non eodem regimine indigent pingues naturaliter,
 γ *cetera*, .i. nī hinann regimen dligid na daīne

mēithe co *nādūrda* ⁊ na daíne truaga : .i. bīth
 drong dona daínib truag nīsa mō do leith a
 1300 coimplexa nā mur iarrus aibīc¹ measurda na gneé
 daena ; ⁊ gnāthuigid sin teagmāil ō *theasaideacht*
 ⁊ ō *thirmaideacht* ball an *treas* dīleagad ; et teagmaid
 uair *eile* ō anfhainne ball an *treas* dīleagad.

Agus dā teagma an anfhainne sin do leith an
 1305 choimplexa bīth 'na cūis don truaigi mur so, .i.
nach ēidir leis na ballaib an oileamain do *tharrang*
chucu, *nō* arna tarrang *nach* ēidir leō a dīleagad, ⁊
 tic truaigi na mball uaid sin. Et teagmaid do
 droing ēigin a mbaill do beith lāidir ag dēnum an
 1310 atarraing sin, ⁊ gan a mbeith *reamur* acht a
 mbeith truag co *nādūrda* ; ⁊ as ō lāidireacht an
teasa ag dīsgailead teagmus sin ⁊ ō an bainne
brīge claechluiḡthi na mball ⁊ ō anumlacht
 athnuaiḡthi na mball. Et teagmaid do na ballaib
 1315 beith anumal *chum* a n-athnuaiḡthi ar son a
 cruaidi ⁊ a tirmacht, mur is follus a lucht *leanna*
duib, *nō* ar son lāidireacht na² cnaī, mur is follus
 a lucht *leanna ruaid*. Ōir atā *teas* gēr cnaīteach
 acu innus co cnaīdinn an *teas* sin an nī do dligfid
 1320 inntōg³ a *substaint* na mball ōn⁴ *chlaechlōdh*.

Et as ēidir a *thuicsin* as na neithib sin cūise
 na reime imurcaidi tic ō *nādūir*.

*Nam oppositorum opposite sunt cause*⁵, .i. is
 cūise *contrārda* bīs ag na neithibh *contrārda* :

¹ H *aibid*.² H *no*.³ H *impogh*.⁴ H *ona*.⁵ P *causa* corr. *cause*.

ōir is iat *cūise* na reime *nādūrda* ⁊ na feōlmuireachta 1325
 imurcaidi, *flichideacht* na mball maille *rē teasaid-*
eacht mael ⁊ calmacht na brīge claechluiḡthi ⁊
 ullmacht na mball *chum* a n-athnuaigthi do leith
 a mbuigi ⁊ a tearcacht.

Et ar an adbur sin *dā teagmad* co mbeith duine 1330
 ēigin truag ar son *dīgбайдthi* na feōla ⁊ in *mēthraid*
dligid sē gnāthugad dona neithib do-nī tēigid ⁊
fliuchad, ⁊ do biaduib oilius co mōr ⁊ is urusa
 do *dīleagad* ⁊ d'inntōg a *cusmailius* na mball.
Agus dleagur boill an *treas dīleagad* do *chomfhurt-* 1335
acht innus coma mōidi do *tarrōngthaidi* an
oileamain ⁊ do *dīleagfaidi* ⁊ do *coinneōchaidi* ⁊
 do *hinntōchaide*. *Agus dligid sē gnāthugad* dona
 neithibh *chathuigi*us a n-aigid na *tirmaideachta*
 ⁊ an *dīsḡailti*. Et as *imchubaid* don droing lērb 1340
 āil a *cuirp* do *reamrugad* aipstinens do *dēnam* ō na
 neithibh *sailti* ⁊ *gēra* ⁊ *aigēidigthi*, acht muna
gnāthuighear iat mur *shabsa*¹ innus coma *feirrdi*
 in *tochlugad*.

Ar an adbur sin is *maith* do *reamrugad* na 1345
corp cruithneacht beirbthi ⁊ uigi boga, ⁊ liti do
 min *chruithneachta*, ⁊ mur an *cēdna* rais, ⁊ *pōnuire* P 371
 bristi ar mbuain a croicinn di, bainne ⁊ *cāisi*
 nuad, ⁊ *almoint mills*i ⁊ *cnō nuada aipchi*, *cearca*
 ⁊ *ēin mēithe*, colum arna *rōsdad* ⁊ *fīn maith* mur 1350
 an *cēdna*, ⁊ *gnāthugad* do *chluihib* ⁊ do *gairdeachus*
 co *minic*, ⁊ gan cuisle *nā purgōid* do *gnāthugad*

¹ H *sabh*3.

1355 acht co hannum, ⁊ fothragad do dēnum tair ēs
 bīd ar crīchnugad an chēid-dīleagtha, beacān
 gorta d'fhulang ⁊ mōrān do chaitim, beacān
 feirgi do dēnam, sōlās ⁊ dobrōn, coimriachtain ⁊
 saethur ⁊ coimilt measurda do gnāthugad. Et
 gu coitchinn gach uile nī olamail milis ramraigid
 siat an corp.

1360 Et gibē shanntaigius na brīga so do chalmugad,
 .i. brīg an treas dīleagad, ⁊ co speitsialta an brīg
 atarraingtheach ⁊ an brīg dīleagthach, as ro-maith
 dōib roim dul a fothragad a mboill do choimilt
 1365 co measurda, ⁊ ana diaid sin ceirīn do phic do
 chur orra, ⁊ saethar measurda ainnsēin, ⁊ fothragad
 'na diaid sin, ⁊ a tirmugad ainnsēin lē hēduigib
 tirma, ⁊ a n-ongad ainnsēin maille rē beacān
 d'olaid na holiua nō do chamamilla, ⁊ a oileamain
 co gnāthach leis na biaduib do gnāthuig sē.

1370 Agus is follus as na neithib sin adubramar
 regimen na ndāineadh reamur tair ēis a chēile.
 Ōir as imchubaid dona daīnibh reamra, do
 choimēd¹ a slāinti, diet oilius co beac ⁊ a beith
 a caindiacht mōir, ⁊ gach uile nī do-bearar dōib
 1375 a beith ac toirmeasc na rcime do mēid ēigin.

Mās ead, gnāthuigid siat fothragad roim a
 cuid, ⁊ mēduighear a saethur, ⁊ ongthur lē holadaib
 dīsgaılteacha iat, ⁊ gnāthuigid siat trifeara beac ⁊
 lictabāire do-nīthear do lactuca² ⁊ triacail co

¹ H coim7; P coim7 agus comhartha séimhigthe
 ar an 7.

² sic H; P lacta.

gnāthach. Agus seachnaid siat feōil 7 bainne 1380
 7 gach uile nī milis, 7 gnāthuigid
 siat praiseacha 7 neithe gēra 7 aigēidigthi gu
 mōr, 7 gnāthuigid neithe lagus an brū. Et
 gnāthuigid na neithe thogairmius in fual 7 an
 t-allus, 7 saethur mōr lāidir; 7 fuilngid gorta sul 1385
 chaithid biad, 7 codlaid ainnsēin; 7 ullmuigid
 iat fein chum bīd do chaithim aen-uair sa lō, 7
 nā codlaid mōrān, 7 ibit sein-fhīn sēm. Et an nī
 adearar d'aen-rēd, gnāthuighear regimen contrārda
 do mur adubramar don taeb thuas dīn. 1390

Et is follus as na rāitib sin cinnus reamraighear
 na baill truaga, 7 cinnus truagaighear na boill
 reamra.

Et is do leith atarraing na hoileamna chum
 na mball, 7 a connmāla inntu, 7 a hinntōg ana 1395
 nādūir, reamraighear na boill. Et coimlīntur na
 hoibrigthi so lē coimilt 7 lē deargad na mball
 maille rē leigeasaibh deargus iat 7 lē huisgi te do
 dortad orra, 7 fā deōig linemintum do phic do
 chur orra mur adubramar romainn. 1400

Agus mad āilt ball atā roi-reamur do thruagugad,
 furtachtaigid chugi sin an ball do chur a n-inad
 fhuar a connuidhi, 7 sligthi na hoileamna chugi
 sin do cheangal co cruaid, 7 an oileamain do
 tharrang chum a chontrārda, 7 epitima do chur 1405
 ar an mball toirmiscius a reamrugad; 7 curthur
 cimolea 7 ¹⁻¹cerusa luaidi¹ maille rē sūg gaifne

¹⁻¹ cerusa 7 luaidi sa dá ls.

gile 7 rē holaid mirtuis ar an mball 7 is maith.
 Item dēntur epitima lē huisgi ailime 7 lē haigēid
 1410 7 lē min pōnaire 7 lē coriandrum 7 lēna cusmailib,
 7 curthar ar an mball mur an cēdna.

AN SEISEAD CAIBIDIL

DO RIAGLACHAIB REGIMEN NA SLÁINTI DO-
 GABUR Ó ÉGSAMLACHT NA MBALL

Tota regio corporis humani 7 cetera, .i. atā
 rēgiōn an chuirp daena co huilidi arna dealugad
 ag na daīnibh co huilidi a ceathra rannuib: an
 1415 cēid-rēgiōn dīb, .i. rēgiōn na mbrīg ainmidhi,
 mur atā, an inchinn 7 na baill atā 'na comursanacht;
 an dara rēgiōn, .i. rēgiōn na brīge spiradāлта nō
 P 372 na brīge beōthaiḡthe, mur atā, an craidi 7 na
 baill atā 'na chomursanacht; an treas rēgiōn, .i.
 1420 rēgiōn na brīge nādūrda, mur atā, an gaile 7 na
 hae 7 an tshealg 7 na hinne; an ceathramad rēgiōn,
 .i. rēgiōn na brīge geineam[n]aigi, mar atāit, na
 huirgi 7 an tslat fhearrda 7 matrix 7 a muinēl
 annsna mnāib.
 1425 Ōir atāit na baill sin ēxamail do rēir choimplexa
 7 comshuigigthi 7 oibrigthi, mās ead, do rēir
 chonsiquens, dligid regimen ēxamail. Ar an adbur
 sin tinnsgnam ōn cheann, 7 labrum ar tūs dona
 neithib choimēdus croicinn an chinn 7 an gruag.
 1430 Ōir coimēdtur croicinn an chinn ō scaibies 7 ō

chneaduib lē folcad ; ⁊ gibē lēnab āil folcad do dēnum is maith ar tūs an ceann d'ongad lē mil, ⁊ co hāirithi annsa geimrid ; ⁊ nī hindēnta mainneachtnaidi gan an ceann do nigi fā dō sa mī an mēid is luga.

1435

Et cīrthur an ceann lē cīr do *chnāim* ībōire gach lae ⁊ co minic, ōir oslaigid sin na pōire ⁊ innarbaid na deathaigi do ēirig *chum* na mball uachtarach. Et dā mbia an gruag ēgruaid so-sgrista, dēntar folcad dī do luaith oliua ⁊ don *fholcad* do-nīthear de. Et dēntur folcad d'uisgi ar a mbeirbthear dub-*chosach*, ⁊ d'eiginn *talaim* dōib.

1440

Tuillead : coimiltear prēma na gruaigi lē holaid ainēidi ⁊ masdix ⁊ oliua, ōir imdaigid ⁊ coimēdaidh sin an gruag. Tuillead : bīth a fhis agad gurab cumachtach an dīleacht atā ag pūdur lapis lazuli do choimēd fhinnfaid an fhabra. Item, coimēdaidh fīn ana mbeirbthear blea finnfad na fēsōigi,¹ ⁊ co hāirithi dā n-innaltur dī d'ēis a bearrtha ; ⁊ is maith innlad a fīn amāin annsa chās so. Tuillead : dā n-innaltur an fhēsōg co minic a huisgi fhuar cuirid an lēithe a maille, ⁊ toirmiscid a tuitim. Et comaentaigid na sean-daīne eagnuidi uile annsa chās so co ndēin mirabolani Kebuli arna chaithim mur shabsa an lēithe do chur a maille, ⁊ coimēdaidh an gruag dub co maith, ⁊ do dearbad so co minic.

1445

1450

1455

¹ H *fesaigi*.

1460 *Sanitas ceribri*, .i. coimēdtur slāinti na hinchinne
 lē deathaigib 7 lē balad spīsrad ndeadh-balaid,
 mur atāit so, .i. lignum aloes 7 ambra, 7 luibi
 deadh-balaid, mur atāit so, .i. maiorana¹ 7
 balsamita 7 uiola 7 a cusmaile. Agus com-
 fhurtachtaigid so an inchinn 7 toirmiscid in reuma
 1465 7 leigisid teinneas emigrania, 7 as imchubaid co
 speitsialta na neithe so annsa geimrid. Et leagar
 deathaige neithead ndeadh-balaid fuar annsa
 tshamrad fān inchinn, mur atā, rōs 7 sanduile 7
 a cusmaile.

1470 Et is maith an biad dōib gearraicg 7 uain ōga
 arna mbearbad a mbeacān uisgi, ōir coimēduid
 siat slāinti na hinchinne; ōir adeir Aristotul co
 coimēdann 7 co mēduighid na gearraicd an inchinn,
 7 co coimēdann a cēdfada.

1475 Tuillead: leagar deathach uisgi the faī an ceann
 ana mbeirbthear camamilla 7 sdicados 7 mentas-
 drum. Tuillead: ēdrumaigid an tsraedach² ar
 cēd-longad an inchinn, 7 innarbaid meisgi na
 cēdfad, 7 toirmiscid an lēithe, 7 innarbaid na
 1480 deathaige. Mās ead nī hindearmaid an tsraedach
 a coimēd na hinchinne.

Ōir³ urchōidigid so don inchinn co mōr, .i. an
 neim-dīleagad 7 truailliugad an dīleagtha, ōir is iat
 sin is prēm dā gach uile easlāinti.

1485 *Sanitas oculorum*, .i. coimēdtur slāinti na sūl

¹ H *magiorana*.

² P *sraedach*; H *tsraeghach*.

³ sic.

ō sheachna suipēir na hoidchi; ⁊ nā codlad a ndiaid bīd ⁊ a ghaili lān; ⁊ gnāthuigead sē na neithe chomfhurtachtaidius ⁊ choimēdus na sūile, mur atāit so, .i. gab sīl fenēl aen-rann, eufrasia leath-rann, maiorana rann, siūcra geal leath-rann; 1490
dēntur pūdur dīb, ⁊ gibē mod ar a ngnāthuighear so coimēdaidh ⁊ furtachtaigid an radurc. P 373

Tuillead: leagur deathach uisgi the ara mbeirbhear finēl do glanad na sūl ō fhlichideacht reamuir; ⁊ is ēidir na luibi so do bearbad ar fīn finn, ⁊ is 1495
ēidir na luibe eile so do chur farū, mur atā, e[u]frasia ⁊ ruib, ueruena ⁊ seledonia, ⁊ is mōr fhurtachtaigid sin dona sūilib.

Et comfhurtachtaigid radurc na neithead uaine iat, ⁊ do-nī¹ an dath dub ⁊ an dath geal a 1500
chontrārda sin, ōir in mēid tēid in dath ō inmeadōn as ī an mēide sin anfairnidius sē in radurc.

Et nī urchōidiginn aen-nī don radurc mur do-nī in codlad fada ⁊ an gaile lān, ⁊ mur an cēdna don choimriachtain. Tuillead: anfairnighear an radurc ō chaithim na neithead 1505
ndethmur, mur atāit, uinneamain ⁊ gāirleōg ⁊ a cusmaile; ⁊ do-nī pibur cas ⁊ an aigēid ⁊ prēma na raidisi ⁊ coblān an cēdna; ōir dorchaigid ⁊ anfairnigid gach uile nī deathmur an radurc. 1510
Agus co speitsialta na daīne bīs amuirseach ar a radurc seachnaid siat neithe sailti ⁊ deathmura ⁊ aigēidigthi ⁊ gēra; ⁊ seachnaid siat fuacht ⁊

¹ H do-nith.

pūdur 7 deathach, 7 co hāirithi deathach connaid
 1515 7 mitall 7 airged beō, 7 gaeth. Et nā gnāthuigid
 aen-nī chlaechluigiuis an radurc d'fhēchain; 7 is
 ēigin co laigdigthear an radurc o fhēchain na
 litreach cael, acht muna fēchthur iat mur shaethur
 nō mur gluasacht don tshūil.

1520 Tuillead : urchōidigid sgeathrach 7 caī 7 fothragad
 dona sūilīb. Tuillead : gnāthuigid mirabolani
 Kebuli co ro-mōr do chomfhurtacht 7 do chalmugad
 an raduirc. Agus tar gach uile nī lacthur an
 brū, oīr is ro-mōr chalmuigiuis sin an radurc.
 1525 Agus coimēdaid so in radurc co ro-maith 7
 calmuigid na sūile 7 glanuid o fhlichideacht reamuir
 iat, .i. na sūile 7 na fabraidi d'innlad co measurda
 a huisgi fenēil.¹

Dicunt quidam .i., adearaid drong ēigin nach
 1530 fuil leigeas is mō as imchubaid dona cluasaib nā
 uinēgra lāidir do chur inntu ar cēd-longad; oīr
 comfhurtaigid sin innsdruimint an ēisteachta
 7 toirmiscid flux an reuma nach tuitid sē on
 inchinn chucu. Et is laidiridi an t-oibriugad
 1535 do-dēnad sī dā mbeith mēid ēigin do shūg minntuis
 trīthi; oīr is maith glanus sin sligthi na cluas o
 na himurcachaib reamra thoirmiscius an t-ēisteacht
 7 geinius mōrān d'easlāintib isna cluasaib. Item,
 1540 na n-almont searb arna mbearbad ar eithnidib
 na n-almont arna cur ²anssa chluais,² oslaigid 7
 comfhurtaigid puill na cluas. Et is dona neithibh

¹ P fenel; H fineil.

²-² H isna cluasaibh.

is deithidi *dleagmaid* do *thabairt* dār n-ūig a coimēd ō *gach* uile inurcaid ⁊ ō *gach* uile fhodur muilinn *nō* uisgi *thuitius* d'inad ard. Et fēduid na leaga in t-*ēisteacht* do *choimēd* lē *deathaigh* 1545 uisgi *the* ; ⁊ is tarbach sin dā mbeirbhear uormōnt ⁊ puliol¹ *ruigel* ann. Agus *seachnaid* siat folcad a huisgi *chriadamail* *neam-glan* d'eagla co *rachad* rēd ēigin annsa *chluais* do *dūnfad* ī.

As iat so na neithe *choimēdus* *slāinti* orgāin 1550 an *bolttanaid* : .i. an tsrōn do *glanad* co *sdūidērach* ōna *himurcachaib* *reamra* rigne innus *nach* mairfid aen-rēd dīb innti ; ōir an uair anaid sin co fada annsa tsrōin geinit brēntus ⁊ *truailleid* an *bolttanad*. Et *seachnaid* siat *gach* uile droch-balad, ⁊ co 1555 *hāirithi* an droch-balad bīs a n-inaduib cumga doimne a mbī aēr *truailleigthi* dorcha *nach* ēidir lē grēin dul dā innsaidi do *chnaī* na *ndeathaigead* *truailleigthi*, ⁊ do *glanad* an aēr ēirgis dīb. Ōir *truailletear* an *spirad* beōthach ō *thruaillead* an 1560 aēr. Agus ō *gnāthugad* an aēr *thruailleigthi* nī *mothuighear* an droch-balad *truailleigthi* ; mās ead as ēigin neithe *deadh-balaid* do *gnāthugad*, mur atāit, *deathaigi* *neithead* *ndeadh-balaid*, mur atā, crann na hola ⁊ ambra ⁊ cainēl *maith* ; ⁊ *bolttanaid* 1565 siat must do *choimēd* na *spirad* ainmidhi.

Et coimēdtur an bēl ana *shlāinti* dā *measgthur* P 374 *fīn bog* ann roim an cuid ⁊ na diaid ; ⁊ *glanaid* so an bēl ⁊ *tirmuigid* ⁊ *chnaīd* na *fliuchada* *thuitius*

¹ H *poliel*.

1570 *ōn cheann chum feōla na fiacal. Et adubradur drong dona daīnibh eagnuidi co n-innarbann dentrifisium do-nīthear do phūdar nutmuici 7 spicanardi ar cēd-longad gach lae brēntus an bēil.*

1575 *Et coimēdtur slāinti na teangad lē hinnlad a huisgi ar cēd-longad 7 a coimilt lē mil 7 lē pūdur sinnsēir ; ōir innarbaid sin a reime imurcach 7 cuirid a seingi hī. Tuillead : as imchubaid coblán do chaithim nō do chogaint, nō gargaraisim¹ do*

1580 *dēnam de ar reime na teangad ; ar an adbur sin co speitsialta luathmigid an coblán urlabra 7 siubal na naīdin an tan caitear² é, 7 comfhurtachtaigid na hailt 7 na musguile mur an cēdna. Tuillead : .i. saeruid connmāil na spīsrad ndeadh-*

1585 *balaid ar cēd-longad annsa bēl in teanga ōna reime, 7 furtachtaigid an t-uirgill, mur atā, nutmuic 7 cubibe. Agus is nāmuid don teangaid na cnō ; ar an adbur sin as intsheachanta iat a coimēd shlāinti na teangad, 7 mur an cēdna dona*

1590 *cnoib Gaīdealacha.*

DONA NEITHIB CHOIMĒDUS MEIRI 7 FEADĀIN
AN SGAMĀIN

Mas ead, adeirim co coimēdtur feadāin an sgamāin 7 meiri³ lē heanbruidhi cearc mēith 7 lē feoil uan leith-bliadna⁴ ar mbearbad neitheadh

¹ H *gargrasim.*

² H *caithid.*

³ H *meiri.*

⁴ H *mbliadna* ; *bliadna* a bhí i P ar dtúis ; do hathruigh-eadh níos déanaighe é le *lgh* a sgríobhadh isteach ós a cionn.

milis farū, mur atā, licoiris; ⁊ dā mbeirbthear
 barr coblāin maille ris na feōlannaib sin is mōidi 1595
 bus inmolta an eanbruithi. Agus is maith deoch
 d'fhīn milis chum an neith chēdna. Et nā caitear
 cnāime gearrcach mbeac nā petraisi nā ēisg
 deilgnid; ⁊ nā caitear feōlanna reamra nā bud
 ēidir do dileagad acht ar ēigin; ⁊ seachmaid siat 1600
 neithe saillti ⁊ aigēidigthi ⁊ sean-ola, oīr gortaigid
 sin canna ⁊ meiri. Tuillead: as imchubaid uigi
 boga do choimēd na mball adubramar. Tuillead:
 is maith licoiris do chaithim ⁊ do bearbad ⁊
 gargraisim do dēnum de chum an neith chēdna. 1605

Et dligid an drong gā tuitinn uvula¹ sgeathrach
 do sheachna ⁊ co speisialta ar cēd-longad.
 Tuillead: gibē shanntaigius na boill adubramar do
 choimēd seachnuid siat deocha fuara bīs fuar co
 gnīmach, ⁊ co speisialta uisgi fuar. Et an uair 1610
 bīt na boill adubramar anfann ōn dig so fēdaig
 spasmus teagmāil a meiri, ⁊ do rēir chonsiquens
 bās ō easbaid na hoileanna do tharrang; oīr an
 uair marbthur meiri ō dig fhuair nī hēidir leis
 beith ana inmeadōn chum an atarraing nā chum 1615
 an tsloigthi.

DONA NEITHIB CHOIMĒDUS AN SGAMĀN

Agus bīth a fhis agad co n-oilinn ⁊ co com-
 fhurtachtaiginn cicera an sgamān arna [n]glanad
 ōna croicinn fhuirimeallach, ⁊ arna mbrisdid ⁊

¹ P uula; H uulua.

- 1620 arna mbearbad ar bainne gobuir nō ar im nua. Et is maith pinēdi ⁊ almoimt tsearba arna nglanad ōna croicinn *fhuirimeallach chum* an neith *chēdna*. Tuillead : is maith bainne gobuir ⁊ siūcra *chum* an neith *chēdna*, ⁊ co speitsialta caera na *fineamna*
- 1625 a n-ēgmuis a mogall ⁊ an gaile folam. Et atāit na neithe gēra saillti aigēidighthi gontacha, *contrārda* don sgamān. Et comfhurtaigid mirr do chongbāil faī an teangaid an sgamān ¹dā n-atarraingthear¹ an chuid leagus de co mīn. Tuillead : .i. sūg
- 1630 coblāin arna glanad ⁊ arna shlugad maille *rē* mil comfhurtachtaigid an sgamān ⁊ glanuid an guth. Tuillead : .i. fīn milis beirbthi arna glanad ōna *shubstaint* reamuir lēna *bearbad*, is mōr *tharbaigius* sē don sgamān ⁊ dā *fheadānaibh*. Et is cumach-
- 1635 tach in *disleacht* atā ag sgamānuib sinnuig ²do choimēd² sgamān an duine. Et is ro-maith *chum* an neith *chēdna* partāin tsrotha ⁊ oisridi arna mbearbad, ⁊ do mīnidius-[s]a fēin so annsa
- P 375 trāchtad do-rinnius d'ematoica ⁊ do ptisis.

DO CHOIMĒD ⁊ DO CHOMFHURTACHT AN
CHRAIDI

- 1640 Agus bīth a fhis agad a tosach na hoibre so gurab intseachanta in nī thogairmuis an fhearg ⁊ an cumgach ; ōir is fiadnuise neich ēigin eagnaíd

¹⁻¹ H *da n-athairrngtear*.

² sic H ; P *do i coimed*.

co fuilid dā nāmuid urchōideacha ag an craidi,
 .i. in mīdōchus 7 in dobrōn ; ōir tic dochraideacht
 7 leisgi ōn mī-dōchus 7 dīth rēsūin, 7 luathuighear 1645
 an arsaideacht ōn dobrōn ; 7 is mōr an urchōid
 do-nīd an dā chinēl so don chraidi. Agus is mō an
 urchōid do-nī an dobrōn nā do-nī an mīdōchus ;
 ōir mūchaid sē an teas nādūrda 7 doimnigid an
 spirad 7 dīsgailid comshuigiugad an chraidi an 1650
 mēide so innus co marbann. Agus gibē ara mbī
 fearg nō dobrōn, sgrisaid sē ōn chraidi iat lē
 gairdeachus 7 lē fāiltiugad, nō lē spaitseōireacht
 7 lē saethur furbailteach ; ōir comfhurtachtaigid
 an gairdeachus 7 an lūthgāir¹ an t-anum. Ar 1655
 an adbur sin as imchubaid biada sēime do choimēd
 an chraidi, mur atāit, ēin chearc 7 colum 7 petraisi,
 turtair, uain 7 fearbōga ōga, 7 na biada ele geinius
 fuil tsēim.

Tuillead : seachaintear aer brēn ceōmur neam- 1660
 glan, ōir nī hēidir an spirad beōthach do choimēd
 ō atarrang an boltanuid maith 7 an aēir maith,
 ōir is uatha sin coimēdtur an craidi. Agus is
 dona neithibh is mō ō coimēdtur ē fīn maith
 sēim deadh-balaid. Et nī fadar² aen-nī ar an 1665
 adbur sin is mō chomfhurtachtaidius an spirad 7
 an craidi, 7 choimēdus an teas nādūrda nā fīn
 maith arsaid deadh-balaid arna ōl co measurda ;
 ōir glanaid an fīn an fhuil 7 innarbaid a teimil.

Et is mōr fhurtachtaidius suidi a n-inadaibh 1670

¹ H *luathgair*.

² H *fagtur*.

aíbne ana mbīt luibi *threōraigius* an gairdeachus, *nō* a ngarrga ana siubluidid uisgidi co mīn ō ard co hīsīl, ⁊ gan fōdur mōr acu ag tuitim, ōir gortaigid an fōdur mōr an t-*ēisteacht* ⁊ an meanma. Et

1675 adearuid na sean-daīne co sgrisann *ēisteacht* an *cheōil* dobrōn ⁊ sdupāil ōu *chraidi* ⁊ ōn *meanmuin*; ōir coimlīnaid ceōl na n-innsdruimintid *ēxamail* ⁊ sōlāis maithius na compānach ⁊ na carad ngrādach an mēid do miil an dobrōn do *shlāinti* an *chraidi*.

1680 Agus an nī as inrāid d'aen-nī, .i. brīg an *chraidi* do *chomfhurtacht*, coimlīntur sin lē fīn sēim ⁊ lē biaduib geinius fuil shēim, ⁊ lē gairdeachus ⁊ lē *cumsanad* na neitheadh ndeadh-balaid, ⁊ lē *seachna* na neithead do-nī fearg ⁊ dobrōn, ⁊ lē

1685 togairm na neithead *sogrāduidthi*, mur atāit *ēduigi* ⁊ *comnaidhi* a n-inad *sogrādach*. Agus is mōr *fhurtachtaidius sīrōip* *chomshuigighi* do shūg na n-uball milis ⁊ do shūg om na cruaiichi *Pādraig* an *craidi*. Et bīth a *fhis* agad na neithe

1690 *chomfhurtachtaidius* an *craidi* co fuil cuid dīb 'na *corpaibh* measurda, mur atāit, creasanna ⁊ ōr ⁊ aigid ⁊ cruach *Phādraig*; ⁊ atā cuid ele te, mur atā, cainēl, sidaua ⁊ crōch ⁊ muscus ⁊ mellisa ⁊ a sīl, cardamomum ⁊ *cubebe*; ⁊ atā cuid *eile*

1695 dīb *fuar*, mur atāit, niamanna ⁊ carabe, campora ⁊ cruel,¹ sandali, rōs, *spodium*, terra sigillata² ⁊ *coriandrum*. Tuillead: .i. *comfhurtachtaigid uigi* *cearc* co coitchinn an *craidi*, ōir geinid siat fuil

¹ H *cruidel*.² sic H; P .s.

imchubaid don chraidí. Et as imchubaid don droing agā mbí craidí ēgruaid na huigi.

1700

DONA NEITHIB CHOMFHURTACHTAIDIUS AN GAILE

Ōir cūisighear slāinti an chuirp co huilidí ō shlāinti an gaile, ar an adbur sin nī hinmainneacht-naigthí coimēd an gaile ; ōir is amlaid atā an gaile isna hainmintib mur bīs an phrēm isna crannuib ; ōir is ōn phrēm tic oileamain chum an phlannda uile ; ar an adbur sin muna hoiltéar an phrēm seargfaid¹ an plannda uile ; et dā mbia oileamain na prēime animchubaid nī fada mairius an plannda. Et is mur sin an uair nach oiltéar an gaile, nō an uair nach dīleagthur an biad tēid ann, seargaid an corp uile ; ōir an uair bis seachrán follus annsa ghailí nī ceartaighear annsna ballaib eile é, ⁊ mairid an oileamain neim-dīleagtha animchubaid dā hinntōg a n-oileamain ⁊ a substaint na mball. Ōir as ead as beatha ann nī coimsheasmach maille rē hoileamain, ar an adbur sin dleagmaid beith deithideach co mōr a coimēd shlāinti an ghaile. Et furāilid drong dona dañibh eagnuidi an sgeathrach do thogairm uair sa mí co mīn lē huisgi mbog maille rē beacān aigēide, ōir glanuid so an gailí ō imurcachaib an bíd ⁊ na digi ⁊ na ndroch-leannann.

1705

P 376

1710

1715

1720

¹ sic H ; P seargffaid.

Tuillead: .i. caera fineamna do chaithim ar cēd-longad 7 comfhurtachtaigid an gaili 7 ceartaigid a droch-coimplex. Agus do-nī aipsint 7
 1725 spicanardi arna n-ōl mur dig an cēdna, oīr calmuigid 7 coimēdaid ē, 7 innarbaid na himurcacha, 7 dīsgaīlīd cruas an gaile. Agus mar an cēdna comfhurtachtaigid gnāthugad na lictabāire do-
 1730 nīthear do masdix 7 do lignum aloes¹ an gaile. Et gnāthuigthear na biada do-nīthear dona hēnuib do chomfhurtacht an gaili, mur atāit, petraisi 7 turtair oīga arna mbearbad a n-uisgi. Et seachnuid gan uisgi fuar d'ōl ar a chuid acht a
 1735 ndeireadh a choda mā do gnāthuig sé é, 7 munar gnāthuig gan a oīl; 7 as beac dleagur a oīl an tan sin.

Tuillead: sīrōip róise 7 hī deadh-balaid o lignum aloes coimēdaidh sī slāinti an gaili 7
 1740 tarbuigid dō. Adeir Aristotul co comfhurtachtaidinn trī .3. do lictabāire do-nīthear do reubarbrum 7 do lignum aloes ar cēd-longad teas an ghaile, 7 co calmaiginn an dīleagad, 7 co nglanann bēl an ghaili o linn fhinn, 7 co togairminn an
 1745 tochlugad, 7 co n-innarbann an gaethmuireacht. Et mur an cēdna ceartaigid uisgi rōise maille rē masdix 7 rē feōil an ubaill buidi an gaili.

Tuillead: is mōr moluim gnāthugad coriandrum a sabsa, 7 curthar annsa sabsa sin .3. do lignum
 1750 aloes, clōbus, sbicanardi, sandali 7 nutmuic, .3. co

¹ II aloeis.

leith do *gach* nī dīb ; cainēl 7 pibur fada .3. co leith do *gach* nī. Agus dēntur pūdūr dīb, 7 curthar trī .2. do choiriandrum ana ceann, 7 caitear iat, 7 calmuigid an *gaili*. Tuillead : .i. seachnad *gach* uile *thorad* nuad 7 co hāirithi na tortha is urusa do *thruaillingad*, mur atāit, pēirida 7 smēra 7 āirnidhi geala 7 *seirīni* millsī 7 ubla 7 a cusmaile. Agus seachnuid siat bainne 7 *gach* gnē de, mur atā, im 7 cāisi. Agus seachnuid mēthrad 7 *gach* uile fheōil 7 iasg tirmaigthear lē salann.

Et urchōidigid don gaile *tochlugad* an bīd 7 gan a *fhadbāil*, ōir do-nī sin lēimneach 7 saethur follus annsa *ghaili*. Agus is olc fothragad a cēdōir tair ēs bīd. Agus is olc an biad do droch-cogaint ar an mbord. Agus is olc fuacht imurcach *nō* teas imurcach don cheann 7 dona ballaib *fuirimeallacha* 7 urchōidigid co ro-mōr don *ghaili*. Agus urchōidigid linn ūr 7 *gach* uile *leigeas* dīsgailteach dō. Et urchōidigid co coitchinn *gach* uile nī do-nī urlagad don *ghaili*.

Tuillead : .i. is dona neithibh is mó anfairnidius an *gaili* connmāil na ndeasgad 7 na gaethmuireachta ann, 7 coimriachtain mī-measurda, 7 co hāirithi dā mbia sī a ndiaid repletion an bīd.

Tuillead : .i. urchōidigid *neam-chodlad* mī-measurda 7 easbuid an tshaethuir 7 sgeathrach *shaethrach* don *gaili*. Et is mōr *fhurtachtaigius* gnāthugad na sgeathraigi gan beith saethrach ē, ōir do-nī sī inad purgōidi 7 a dēnum co hinmolta.

1780 Tuillead : .i. an fainnighi[d] ribōideacht idir in
 dā chaithim an *gaili* ⁊ an *dileagad* gan beith coim-
 P 377 linta annsa *gaili*. Item as dona neithibh an fain-
 nighius co mōr an *gaili* an fhainne na *meanman*.
 Et as intsheachanta co mōr línad urlaictheach, ⁊
 1785 mōrān na cūrsad ⁊ a truaillugad ainnsēim, ⁊ an main
 co fada ar an mbord, ōir truaillid so uile an *dileagad*.

Labrum ana diaid sin do choimēd *shlāinti* na
 n-ae. Agus adearmaid co comfhurtachtaighear
 1790 ¹⁊ co coimēdtur¹ *slāinti* na n-ae ō *gach* uile biad as
 urusa do *dileagad* ⁊ geinius fuil maith *shēim*, mur
 atā, feōil meannān ⁊ cabūn ⁊ petraisid ⁊ *cearc*,
 ⁊ *uigi*, ⁊ a cusmaile do biadaibh. Tuillead : as
 intuicthi co mēdaiginn gnāthugad na neitheadh
 so na hae ⁊ co ceartaigid a ndroch-coimplex, mur
 1795 atāit, ubla grāineacha millsí ⁊ caera *fineamna* a
 n-ēgnuis a croicinn. Et tēigid an fín bís sēim
 ana shubstaint, ⁊ a ōl co measurda, na hae, ⁊
 osgluid a ndūinti. Item comfhurtachtaigid na
 leigis dīse so na hae, ⁊ as iat as tobur dona
 1800 *leigeasaibh eile chum* na n-ae, mur atā, epatorium,
 .i. an sāitsi Gaīdilach, ⁊ ae aba ⁊ sginantum,
spicanardi, caera *fineamna*, sandali, endiuia ⁊ a
cusmaile.

Tuillead : dlígi a fhís do beith agad gurab dona
 1805 neithibh is mō do-nī urchōid dona hacib, ⁊ nī
 dōib amāin acht don *gaili*, biada do-dīleagtha do
chaithim, ⁊ *seachrān* uird in *chaithme*. Et do-nī

¹⁻¹ an méid seo fá dhó i P.

uisgi fuar ar *cēd-longad* an *cēdna*, ⁊ a ndiaid
fhothraigthi ⁊ *choimriachtana* ⁊ *thshaethair*, oir
 treōraigid sin co *minic* na hae *chum* fuaraideachta 181c
 ⁊ *chum* idroipise¹. Et dā rigi a leas neach uisgi
fuar dō ar son ainteasa na n-ac nā hibeadh sé
 'na aenur é gan mēid ēigin fina trit ; ⁊ nā hibeadh
 sē co *sanntach* é acht a ōl co mīn. Tuillead :
 bīth a fhis agad co n-urchōidigid na finta rigne 1815
 dona haeib ar son co ngeinit dūinti inntu. Agus
 is olc cruithneacht rigin dōib, ⁊ dā teagmad co
 ndileagthur co *maith* hī geinid dūinti fa deōid
 annsna ballaib. Agus do-nī an fin milis dūinti
 annsna haeib ⁊ annsa sgamān. 1820

Et bīth a fhis agad co ndligid na leigis ana
 fuil *seirbi* ⁊ *gēiri* beith maille *rē* stipeacdacht
 ēigin ō ndēntur na hae do *chomfhurtacht*, mur
 atā, cainēl ⁊ sdicados ⁊ squinantum, *spicanardi*,²
 crōch ⁊ a *cusmaile*. Item bīth a fhis agad gurab 1825
imchubaid cnō Gaīdilacha dona haeib uile, oir
 nī *fhuil teas* ro-dāsachtach inntu ⁊ atā osglad ⁊
 is maith an *chimus*³ geinit. Agus as *imchubaid* ae
 meic tīri ⁊ feōil sheilchi dona haeib. Agus as
imchubaid mur an *cēdna* gnēithe endiuiā dona 1830
 haeib do leith a coimplex ⁊ do leith a ndisleachta,
 ⁊ co *speitsialta* na gnēithe is mō ana fuil *seirbi*
 dīb. Ar an adbur sin dā *mbeid* na hae te ullmuig-
 thear endiuiā maille *rē* mil ⁊ measraigid sin a n-

¹ H *hydropisi*.² H *spicanardi* 'na iomlāine.³ H *sīm*3.

1835 ainteas. *Agus* is lōr in mēid¹ ē sin do rād do choimēd na n-ae.

Labrum anois don tsheilg. Ōir is ī in tshealg is cūis ⁊ is innstruimint don gāire ; ar an adbur sin gibē agā mbī sealg arna hinordugad co maith, 1840 ⁊ hī lāidir do glanad na fola reime buaideartha ō nach ēidir an corp d'oileamain co maith, bit siat subāltach neammbrōnach. *Agus* a chontrārda so, gibē gā mbī sealg anfann nī hēidir leō an fhuil reamur do glanad, ⁊ siblaigid sī trīt na 1845 cuisleannuib chum an chraidi ⁊ chum na mball eile, ⁊ do-nī sin duine dobrōnach ⁊ smuaintigthi leanna duib aigi. Ar an adbur sin dleagur slāinti na seilgi do choimēd.

Et furtachtaigthear an tshealg lē biaduib oilius 1850 co maith hī ⁊ osluigius a dūinti, mur atāit so, P 378 .i. cearca beirbthear a mbeacān eanbruithi ⁊ aigēid mur shabsa, ⁊ bainne ūr mur bligthear é maille rē beacān siūcra, ōir osglaid so dūinti na seilgi ⁊ coimēduid a slāinti. *Agus* do-nī fīn dearg 1855 arna ōl co measurda ar an cuid in cēdna. *Agus* is tarbach uormōnt d'ōl maille rē mil annsa chūis chēdna, ōir ceartaigid sin coimplex na seilgi.

Agus seachnuid siat na neithe reamra stipeacda ⁊ na tortha, mur atāit so, .i. pēireadha ⁊ orāitsi ⁊ 1860 mespila ⁊ a cusmaile ; ōir cumgaigid siat pōire na seilgi ⁊ anfainnigit na hailt. *Agus* seachnait siat feōlanna reamra, mur atā, feōil daim ⁊ gabuiv

¹ P *mḡh* (*h*=comhartha séimhighthe) ; H *mḡ*.

7 fiada 7 muc, 7 *gach* uile *potāitse*, 7 *gach* uile
 nī do-nīthear don bainne goirt; ōir gortaigid so
 uile an tshealg 7 na hae 7 geinid *linn dub*. Agus 1865
gnāthuigid fīn fīnn, ōir *tearcaigid* sin an tshealg 7
osluigid a dūinti 7 *sēimigid* a reime.

Labrum anois do *choimēd shlāinti* na n-inneadh.
Agus is de sin a *nnglanad* ō na *himarcachaib*
connaimthear inntu, 7 mur an *cēdna* ō na *leannuib* 1870
rigne 7 ō na *neithib eile* leath-amuith do *nādūir*
 do *gnāthuig* imdugad inntu ō mailīs an *regimen*
nō ōna n-anfainne. Ar an adbur sin glantur na
 hinne ōna n-*imurcachaib* 7 ōna *leannuib* rigne
 maille *rē* dig d'uisgi meala ar *cēd-longad*, 7 lē 1875
caithim figead *tirim* mēith ar *cēd-longad*, 7 lē
 dig d'uisgi ara mbeirbthear [iad]. *Agus* fodnaid
eanbruithi gearrcach mēith *nō* uan mbliadna
 arna mbearbad maille *rē* bleta mur an *cēdna*.
Agus fodnaid *eanbruithi* se[i]n-*chirci* arna bearbad 1880
 maille *rē* *polipodium* 7 *rē* hainīs *chum* an neith
chēdna. *Agus* as *imchubaid* uisgi ara *cēid-beirbthear*
coblān *chum* an neith *chēdna*. Tuillead: bīth
 a *fhis* agad co *comfhurtachtaigid* caera na *fīneamna*
 arna *caithim* ar *cēd-longad* na hinne. Item, 1885
adearaid drong co *coimēdann* rais¹ arna bearbad
 ar bainne nuad 7 arna *caithim* na hinne, 7 co
 n-oilinn iat.

Et gibē lērab āil *slāinti* a inneadh do *choimēd*
seachnad sē *gach* uile biad aigēidighthi gēi reamur 1890

¹ H *ris*.

rigin. *Agus seachnad arān slim, 7 feōil na n-ainmintid fiadānta, 7 feōil dam 7 bō 7 gírrfhiad 7 muc baile, 7 ēn do-nī eitillach 7 shnāidius a n-uisgi, 7 ēisg shailti arna priāil nō arna rōstad.*

1895 Et *seachnuid siat rapa 7 coblān, ubla 7 pēireadha 7 mespila 7 a cusmaile. Tuillead : seachnuid siat gnēithe an bainne 7 na neithe do-nīthear de, 7 co hāirithi sean-chāisi. Agus atā nāimdinus ag cucurbita 7 ag cucumer 7 ac sitonea¹ ris na hinnib.*

1900 *Tuillead : urchōidigid na cnó 7 na halmoint fhliucha 7 an pōnaire 7 na potāitsi co huilīdi don droing agā mbit inne anfhanna.*

Tuillead : saethur a ndiaid bīdh co grod, 7 co speitsialta deoch uisgi fhuair 7 mōrān fina a ndiaid bīd, urchōidigid co ro-mōr dona hinnib.

1905 *Et anfhainnigid coimriachtain imurcach d'ēis mōrāin bīd na hinne. Et leigeasaidh gairleōg om do chaithim teinneas fuar na n-inneadh, 7 innarbaid sī in gaethmuireacht rcamur, 7 ar an*

1910 *adbur sin adearar triacail na mbodach ria. Et adubradar drong dona dāinib eagnuidi co n-innarbann gāirleōg arna bearbad maille rē feōil mēith gaethmuireacht mōr na n-inneadh.*

Labrum anois dona hāiruib. Agus as imchubaid

1915 *biada so-dīleagtha dōib, mur atā, arān cruithneachta fā curthar laibēn gu maith 7 sīl fenēil 7 carabuaid 7 ē arna bearbad co hinmeadōnach, 7 fīn finn sēim abaid, 7 feōil ēn a n-ēgmuis na n-ēn*

¹ H *sitonia*.

shnāidius a n-uisgi. *Agus* as *imchubaid* dōib fōs P 379
 meannāin ⁊ gearrcuig colum, ⁊ petraisi ⁊ faín- 192c
 leōga ⁊ feōil na n-ēn rē n-abur erball-ar-crith, ⁊
 feōil gobar óg oiltear ar luibib diuereticacha.

Tuillead: min eōrna arna cumusc maille *rē*
 bainne *mēithigid* na dubāin ⁊ coimēdaidh a *slāinti*.
 Item, togairmid eanbruithi siserum duib an fual 1925
 ⁊ *dīsgailid* na himurcacha connaimthear inntu.
 Item is mōr choimēdus clisteri ⁊ sgeathrach a
 ndiaid an bīd na hāirne ō na heaslāintib.

Et is mōr *urchōidigid* na tortha fuara co huilidī
 dona hāirnib ⁊ dona hinnib; ⁊ do-nī aigēid an 1930
cēdna ⁊ na feōla *reamra*, mur atā, feōil daim ⁊
 gobair ⁊ bainne goirt ⁊ gach uile luib *fhuar*. *Tuil-*
lead: *seachnuid* siat gach uile *photāitsi* ⁊ mar-
cuideacht minic ⁊ rith mōr ⁊ gluasacht imurcach
 ⁊ fuacht chos ⁊ deoch buaideartha. Et *seachnaid* co 1935
speitsialta ēisg gan beith lannach, ⁊ *repletion* bīd
 ⁊ digi, ⁊ coimriachtain imurcach d'ēis bīd, ⁊
gnāthugad na neitheadh ndiuereticach. Et *bīth*
 a fhis agad co fuil *dīsleacht* ingantach ag bainne na
 caerach do *chomfhurtacht* na ndubān. *Agus* is 1940
maith dubāin maille *rē* biaduib *eile* do *chaithim*
dā comfhurtacht, ōir *mēithigid* iat. *Agus* com-
fhurtachtaigid bainne camuill d'ōl na hāirne,
 ōir timurgaid ⁊ daingnigid iat. *Agus* is lōr na
 neithe sin do choimēd na ndubān. 1945

Labrum anois don lamhannān. *Agus* *bīth* a
 fhis agad co comfhurtachtaigid na lictabāiri

teasaidi so an lamannān, mur atā, diagalanga¹
 7 dyitronpipereon² 7 a cusmaile. *Agus* anfairinnid
 1950 *gid* deoch d'uisgi *fhuar* ar *cēdlongad* an lamannān.
Agus is dona neithib *choimēdus* an lēs ō easlāintib
 an sgeathrach. *Tuillead*: is mōr atā brīg com-
 fhurtachta an lēsa a n-arān *chruithneachta* arna
 chait^him maille *rē* him *nō* maille *rē* mil. *Tuillead*
 1955 *eile*: *ceartaigid* 7 comfhurtachtaigid *lignum aloes*
 arna ōl ar dig *gach* lae *fuaraideacht* an lēsa. *Agus*
 nī *fhuil* aen-nī is mō anfairinnighius an lēs nā
 connmāil gu fada ar an fual. *Tuillead*, .i. geinid
 cait^him feōla daim 7 luibe^{ad} *fuar*, 7 uisgi *fuar* d'ōl
 1960 ar *cēd-longad*, mōrān d'easlāintib annsa lēs. *Agus*
gortaigid gnāthugad na haigēide an lēs mur *adeir*
Galen.

Labrum anois don timthearacht. *Agus* is ball
 gabus urchōid 7 gortugad co hurusa *chuci* ī, 7 an
 1965 uair gabus is deacair a *leigeas*; mās ead, rig sī a
 leas follamnugad maith. Mās ead, gibē shanntaigius
 slāinti na timthearachta do *choimēd* nā suige^{ad}
 sē co fada ar *talam* nā ar cloich³ atā *fuar* co
 gnīmach. *Tuillead*: dligid siat feōil *reamur* daim
 1970 do *sheachna* 7 co huilidī feōil na n-ainmintid
 fiadānta 7 na neithe geinius *linn ruad*; ōir gort-
 aigid *linn ruad* an timthearacht do leith a gēiri.
Agus comfhurtaigid suigi ar cloich an sdufa mēid
 ēigin an timthearacht, ōir cnaítear an fblichideacht
 1975 imurcach thuitius *chum* na timthearachta ō

¹ H *dyagalanga*. ² H *diaiteronpipereon*. ³ H *cloith*.

theasaideacht an stufa. Óir is dorus glanta ón *chorp* co huilídi an *timthearacht*, ar an adbur sin tuitid mórán do *fhliuchadaib chuci*. Tuillead : nī *himchubaid* biada *stipeacda* don droing agā mbī *timthearacht ēgruaid*, ⁊ na *tortha fuara*. 1980
Agus seachnuid uinneamain roim gach uile nī, óir *osgluid siat bēl* na *cuisleann*. Item, bīth a *fhis* agad co *comfhurtachtaidinn* cuisin do-nīthear do *chroicnib* an *timthearacht*, ⁊ co *hāirithi* na *cuisleanna* rē n-abur *emaroides*. Et *suigthear* co 1985
speisialta ar na *suigicānuib* do-nīthear do *chroicnib* na n-ainmintid *fiatamail* ⁊ *ainmintid eile*, mur atāit, tairb ⁊ fiada, óir atā *dīsleacht* agā *croicnib* sin do *chomfhurtacht* ⁊ do *thēgad* na *timthearachta*. 1990

Labrum anois dona *neithibh fhurtachtaigius* boill na *geineamna*, ⁊ adēram *neithe athchumaire* dib. Óir atāit boill na *geineamna* arna n-ordugad *chum gnīma* na *geineamna theagmus* a *ngeineamain* an *sperma* ⁊ na *drūisi*, ⁊ *teagmus* a *ngnīm* 1995
dēiginach geineamna na *cloinne*; ⁊ ¹na *neithe¹ chumnus* lē *ballaib* na *geineamna chum* an *gnīma* sin *furtachtaigid* iat. Et *teagmaid uireasbaid* na *geineamna* ⁊ na *coimriachtana* gu *gnāthach* ó P 380
na *ballaib prinnsipálta eile*, ⁊ nī *luaidmid labairt* 2000
dā n-*uireasbaid* annsan inad so, óir is lōr dūin ar *labramur* don taeb *thuas dīn*.

Et bīth a *fhis* agad gurab dona *neithibh* is mó

¹⁻¹ H om.

2005 *chomfhurtachtaidius boill na geineamna spās 7*
uair imchubaid gnāthach gnīma na coimriachtana.
 Ōir is fearr thālad cīgi na mban, 7 is fearr geinit
 bainne, ō gnāthugad oileamna na leanam a mod
 7 a cāil 7 a caindiacht 7 a n-ūair imchubaid nā
 an uair nach oilid iat ; ōir milltear gnāthugad an
 2010 lachtaigthi co lēir ō neam-gnāthugad gnīma
imchubaid na hoileamna 7 geineamna an bainne.
 Et is gnāthach sgrisus an bainne truailigthi agā
 mbia droch-cāil an cīgh go lēir.

Et is ar an mod sin tuigim boill na geineamna
 2015 do horduigeadh *chum* na geineamna, ōir bīt
 uireasbadach annsa gnīm sin muna gnāthuigid ē.
 Et nī headh amāin truailtear soithigi an tshīlne
 ō chonnmāil an sperma thruailigthi acht truailtear
 an corp gu huilidi co minic ; ōir is amlaid atā an
 2020 sperma truailigthi a mod neimi, 7 mur thruailius
 beacān na neimi an corp co huilidi as mur sin
 do-nī an sperma truailigthi. Et is dona neithibh
chomfhurtachtaidius boill na geineamna gnāthugad
measurda na coimriachtana,¹ 7 do-nī an gnāthugad
 2025 *mīmeasurda a chontrārda* mur bus follus don
 taeb thīs dīn, mur a ndēnum aen-chaibidil
 speitsialta don choimriachtain.

Et is lōr linn a thuicsin annso na neithe choimēdus
 slāinti na mball ngeineamnach ; 7 gnāthuighear
 2030 iat 7 na neithe anfainnidius 7 toirmiscius iat

¹ H *coimriachtan* (an fhuirm so do gnāth mar thuiseal gein. i H).

do *sheachna*. Et is dona neithibh an fainnidius an choimriachtain smuaintiugad aduathmur roimpi, ar an adbur bít drong dona daínib ar tōgbāil a spirad annsna neithibh diaga, ⁊ aduathmuirigid roim an gnīm so co lēir, innus co mbíd neamchumachtach air. Agus is mur sin an fainnigthear boill na geineamna inntu. Et bīth an mēide so d'aduathmuireacht acu a timchill an gnīma sin co seachnuid siat na daíne ⁊ na hainminti bīs gā dēnum.

2035

2040

Item, bīth a fhis agad gurab dona neithibh an fhainnigius boill na ge[i]neamna imurcaid fhothraigthi. Agus do-nī gnāthugad cuisleann na n-airteireadh ⁊ na cuisleann atā do thaeb thiar dona clusaib an cēdna; ⁊ gibē shanntaigius slāinti na mball ngeineamnach do choimēd seachnad sē sin.

2045

Agus seachnad sē na neithe thirmuigius nō fhuarus nō sdupāilius, mur atā, deathach agnus¹ castus nō ē fēin arna ōl, ōir do-nī sin urchōid mōr ac tirmugad. Agus do-nī gnāthugad an choblāin an cēdna; ar an adbur sin dā curthar a shīl annsa banndacht d'ēs choimriachtana truailid an sperma. Agus do-nī gnāthugad an coriandrum an cēdna ag fuarad ⁊ ac tirmugad; ⁊ do-nī an luib rē n-abur basilicon an cēdna. Agus do-nī an campora an cēdna ac fuarad ⁊ ag tirmugad, ⁊ do-nī in lactuca ⁊ an portulaca an cēdna ag fuarad ⁊ ac sdupāil,

2050

2055

¹ sic H; P *agnus*.

2060 7 sīl na cnāibe ag tirmugad. Agus do-nī an aigēid
 7 gach uile nī aigēidighi¹ an choimriachtain do
 thoirmeasc ac fuarad. Et gibē lērab² āil slāinti
 na mball ngeineamnach do choimēd gnāthuigid
 a contrārda sin, mur atāit, na neithe imdaidius an
 sperma 7 an teas nālūrda.

2065 Et atāit na trī neithe so ēigintach chum na
 coimriachtana, .i. adbur innarbthur 7 teas dūisgius
 7 gaethmuireacht. Et atāit neithe mēduighius an
 choimriachtain ag imdugad an adbuir 7 a' cal-
 mugad in teasa, 7 neithe eile a' geineamuin na
 2070 gaethmuireachta, 7 neithe eile mēduighius iat uile
 a n-aenfheacht. Et atā cuid dīb sin 'na leigeasaibh
 amāin 7 cuid eile ana mbiad³ 7 ana leigeas. Na
 biada immorra, mēduidius in choimriachtain as
 iat so iat, .i. feōil meannān mēith firinn 7 feōil
 2075 chaerach 7 uinneamain gan priāil: ōir do-nī an
 fheōil arna priāil toirmeasc furtachta na gein-
 eamna 7 tirmuigid an phriāil adbur na hoileamna.
 Agus is maith cearca *mēithe chum an neith
 chēdna, 7 gearraigh colum, 7 fuiseōga co dileas,
 2080 7 uigi boga maille rē cainēl 7 rē gailingan, 7 uigi
 ēisc 7 feōil ēisc annsna corpuibh teasaidi. Et
 mar in cēdna don biadh do-nīthear don chruith-
 neacht arna bearbad maille rē mōrān uisgi nō go

¹ P aig7h-hi ; dearmad an chéad h (= comhartha séimhichte sa ls.) tar ceann sínte.

² H lenab.

³ H mbiadaibh.

* Go deire na caibidleach so i n-easnamh P.

mbia sī mur litin, ⁊ do-nī rais maille *rē bainne*
 an *cēdna* ⁊ feōil *maille rē bainne caerach*. Agus 2085
 is imchuibid sparagus ⁊ cearrbocāin ⁊ lus ⁊ minntus
 do *chumfhurtacht ball na geineamna*. Et bīth a
 fhis agut gidh bē gnāthuigius gelūin do *chaithim*
 ⁊ ibius bainne ina diaigh gu *tobuir furtacht*
cumachtach chum na geineamna. Tuillead: 2090
 priāiltear uin[n]eamain ⁊ im trīna *chēile nō go*
 ndeargaid siat, ⁊ bristear *uigi* ana ceand ainnsēin,
 ⁊ is biad imchuibid sin do *chomfhurtacht ball na*
geineamna. Et atā drong eile agā mbid *coimplexa*
teasaidi shanntaighis boill na geineamna dā cal- 2095
mugad. Agus is imchuibid bainne goirt ⁊ milis
 dōib, ⁊ iasc ⁊ melones ⁊ cucurbita ⁊ sitruilli ⁊
 cucumeris ⁊ olada *fliucha* ⁊ *gelāin* ogh, ōir is mōr
chomfhurtachtaigid sin, ⁊ *cerbella na n-ainmidī*.
 Agus as *maith* partāin tsrotha ⁊ eōin lachan, ōir 2100
 imdaighid sin an *sperma* ⁊ *furtachtaigid boill na*
ge[i]neamna.

Labrum anois do *choimēd an chroicinn* ⁊ na
musgailead ⁊ ball *fuirimillach an chuirp co huilidī*.
 Agus coimēdtur iat ō *fhothrugad uisgi the* ⁊ ō 2105
fhothragad aēir measurda ⁊ ō *glanad imchuibid an*
chuirp. Agus glantur an *corp lē coimeilt mīn* ⁊
 lē hongad mīn do-nī^{hear} annsa *fothragad lē mil*
 arna spumāil; ⁊ is *cumachtach an glanad do-nī*
 an t-ongadh sin ar in *croicinn ōna thsalchur*, ⁊ 2110
 tairrngid imurcacha na *leanann trīt na pōiribh*
 innus co n-innarbunn iat. Et do-nī min *phōnaire*

7 siserum an *cēdna* arna coimeilt don *chroicinn* maille *rē hēdach* līn ; ōir beōigidhi sin an *teas* 7 tanaighi an *croicinn*.

Tuillead : bīth a *fhis* agut co *comfhurtachtaigthear* na cuirp *fhleumaitica* ō gl[uas]acht na n-alt. Et innailtear na boill *fhuirimillacha* annsa geimreadh a huisgi *the* ara *mbearbthur* camamilla 7 bitōinne 7 ainēit, 7 a huisgi *fhuar* annsa *tsamradh*. Et adubradur na daīne eagnuidhi ingne na cos 7 na lām do choimeilt lē huisgi 7 lē haigēid 7 lē holaidh, 7 co coimēdand sin iat ō brisid 7 ō sgoltad 7 ō dubad. Item, a n-ongad a holaid 7 a salainn 7 is mōr *fhurtachtaigis* iat, 7 is mō *fhurtachtaighis* an t-uisqi te iat nā in t-uisgi *fuair*. Agus gortaighi lāmanna *nō* brōga arna fāsgad co cruaidh *mēir* na cos *nō* na lām ; 7 is cūis *mēir* ar muin *mēir* ele sin, 7 an droch-shuigighi. Et nī *fhuil* nī is mō gortaighis an *inchinn* nā sibal cos-lumnacht trī laithig a n-aimsir *fhuair*, 7 cūisighi flux fuail 7 anmfainde na sūl. Item gortaigthear an *inchinn* 7 na sūile ō *chollad* a mbrōgaibh *nō* a n-asānaibh 7 ō *annmacht* innalta 7 coimelta na cos.

Et bīth a *fhis* agat co coimētur *slāinti* na lām 7 co mīnighthear an *teinnius* bīs unnta ōna *leannaibh* *fuara* oma 7 ō gaethmuireacht lē cluithib liathrōide do-nīthear *chum* inaidh aird leisin dā lāim ; 7 is imchuibid so co mōr do lucht *leanna* *finn*. *Tuillead* : bīth a *fhis* agut co n-indarbunn coimeilt na cos 7 an *gaile* folum trōmdacht 7

corthacht ⁊ cruaidhi na cos. Mar in cēdna
leigeasaidh deathach uisgi mara do leigin fā na
 luirgnibh ⁊ fā na cosaibh corthocht na cos ō
thsiubal fhada. Et is lōr linn a ndubrumur ann sin 2145
 do *choimēd* an *chroicinn* ⁊ na mball *fuirimillach*.

†AN SEACHTMAD CAIBIDIL

DO RIAGLACHAIB FOLLAMNUIGTHI NA
 SLAINTI DO-GABUR ŌN ĒGOSG BANNDA

Quattuor vel quinque sunt .i. atāit *ceathra* neithe P 427
nō cūig neithe arna ndīsluigad don ēgosg bannda,
 mur atā, toirrchis ⁊ a breith ⁊ a oileamain, ⁊
 coimēd na cīch ⁊ folmugad na fola mīsta ⁊ coimēd 2150
 an *maclaic*. Agus adēram neithe athchumaire
 dīb sin annsa *chaibidil* so.

Et ar tūs don toirrcheas. Agus atā drong
 dona mnāib aimrid *neam-chumachtach*, ⁊ nī
 dēin an *chaibidil* so mension dīb; ⁊ atā drong 2155
 ele *nach* fuil aimrid ⁊ is deacair do *thoirrchiugad*.
 Et laibeōramaid do fhollamhnugad na mban *noch*
 as deacair do *thoirrchiugad* chum na crīchi so
 innus comad usaidi a toirrchiugad. Et laibeōra-
 maid an dara huair dā reghimen tar ēis a mbeith 2160
 torrach innus gomad usaidi an toirrcheas do
 theacht chum na crīchi dleistinaigi. Agus cuir-
 fimid an treas uair regimen na mban ac breith a

†-† Sgríobhaidhe eile seachas príomhsgríobhaidhe P a
 dhein an giota so, go l. 2191.

toirrcheasa. Agus cuirfimid an *ceathramad* huair
 2165 regimen a oileamna tar ēis a breithi. Agus
 cuirfimid an *cūigead* hūair riaglacha generālta ō
 tuicfithear coimēd an *maclaic* ō fholmugad
 imchubaid na fola mīsta, ⁊ na neithe ele.

Mās ead, as intuicthi ar son an *chēid*-neith go
 2170 mbī drong dona mnāib gan beith torrach ō mailis
choimplexa an *maclaic* maille *rē* hadbur *nō* gan
 adbur, co *nādūrda* *nō* co haicīdeach, ⁊ go gnāthach
 ar son mailisi na mball prinnsipālda, *nō* mailisi
 2175 figrach *nō* *thsuigigthi* an *maclaic* *nō* a brāigead,
 ⁊ ar son gnāthuigthe caithmi neithi ēigin toir-
 miscius an toirrchis.

Et dā teagmad an bean gan beith torrach ar
 son mailisi an *choimplexa* *nādūrda* *nō* aicīdidh
 gan adbur *nō* maille *rē* hadbur, gnāthuigthe
 2180 an tan sin neithe contrārda don *choimplex* ⁊ neithe
 fholmuičius an t-adbur cintach. Et teagmaid go
 mōr docomal an toirrchis do gabāil ō droch-
 coimplex *fhuar fhuinch* maille *rē* hadbur *nō* gan
 adbur; ar an adbur sin tinnsnam ōn droch-
 2185 coimplex sin ⁊ ōna *chusmailib*. Et is neithe
thirmuigius ⁊ tēighis an *maclac* rigid a leas
 lucht an *choimplexa* sin ⁊ fholmuičius a *fhlichid-*
eacht imarcach; mās cad atā yerapigra¹ 'na
 purgōid imchubaid dōib. Et fēdtur comshui-
 2190 *gigthi teasaidi* do dēnam dona neithibh ibthear
 annsa chās² so, mur atā†, triacail ⁊ metridatum,

¹ H *iarapigra*.

² P *c3*; H *cas*.

teodoricon ⁊ diacalimentum, maille *rē* nī ara
mbeirbhear buathfallān ⁊ sugramunt. Et is
cumachtach fual eilfinnti d'ōl annsa *chūis* sin.

Et is iat so na neithe aenda do gnāthuigius 2195
annsa *chūis* sin, mur atā, buathfallān ⁊ sugramunt
⁊ calennsula ⁊ athair talman ⁊ dairin beac ⁊ mōr,
⁊ dath squinantum ⁊ spicanardi, bisansia, ameos,
costus. Et is ēidir na neithe so do *chur* ar fhīn
a n-aimsir na plāidi, *nō* fothragad *nō* sīrōip do 2200
dēnum dīb. Agus is mō luaidius an t-inad so
do *leigeas* na *cūise* so nā do regimen a coimēda,
ar an adbur sin laibeōrmaid de. Et as iat so na
leigis aenda as imchubaid a pisairium na *cūise*
sin, .i. ola an balsamuīs ⁊ ola lile ⁊ blonac lachon, 2205
bisansia ⁊ muscus, spicanardi, siper ⁊ cnō na
sipreach ⁊ cardamomum. Agus adeirim *gach* nī P 428
atā *teasaidi* stipeacda¹ gurab imchubaid a pisarium
na mban agā mbī maclac fuar fliuch é.

Tuillead : dlīgi a fhīs do beith agad gurab mōr 2210
fhurtachtaigid cuisleanna na cos do ligin na
mnā *chum* gabāla an toirrcheasa, oīr glanuid siat
an maclac ⁊ cūisigid matrix do thuitim a n-inad
gabāla an toirrcheasa. Gid eadh, bīth a fhīs
agad gurab imchubaidi an chuisle annsa *chūis* 2215
teasaidi nā sa *chūis* fhuair, oīr teagmaid nach
imchubaid sa *chūis* fhuair hī ar son na *cūise*
adubramar. Et as imchubaid saethur ⁊ sdufa
tirim ⁊ biad sēim ⁊ clisteri *teasaidi* ⁊ neithe

¹ H *stipida*.

2220 *tirmaigtheacha* don droing agā mbī matrix *fiuch*.
Agus is maith fīn laidir dōib. Et as imchubaid
 co minic dona mnāib nach urusa do thoirrchiugad
 neithe brisis in gaethmuireacht, ōir toirmiscid sī
 gabāil in toirrcheasa, mur atā, cuimin ⁊ ainīs ⁊
 2225 *mersi* ⁊ sīl ruibi, angnus¹ castus ⁊ castorium ⁊
 a cusmaile, fhēdmaid do chur ana ndeoचाib ⁊
 ana pisarium ⁊ ana n-uinnemintib.

Agus is follus follamnugad na mban nach urusa
 do thoirrchiugad ar son mailisi na mball eile as
 2230 na neithib adubramar annsa चािबिदिल so thuas.
 Et nī gabann mailīs fhigrach nā suigigthi an
 maclaic nō a brāigid leigeas chuci, acht muna
 teagma a beith ro-ard, ⁊ co n-īslighear ē ō ligin
 na cuislinni rē n-abur sofena, ⁊ lē fāsadairc do
 2235 chur ar na luirgnib; ōir cunnaid sin chum gabāla
 an toirrcheasa.

Item, is dona neithib ullmuigius matrix chum
 gabāla an toirrchis deathach neithead teasaidi
 ndeadh-balaid stipeacda do ligin faī; ⁊ nī dligid
 2240 siat² neithe deadh-balaid do chur fāna srōin
 roim an toirrcheas, ⁊ dligid ana diaid.

Tuillead: adeirim an bean tshanntaigius beith
 torrach co ndliginn sī na neithe thoirmiscius an
 toirrcheas do sheachna ⁊ co hāirithi na neithe
 2245 mēduigius an aimrideacht, mur atā, cnām craidi
 an fhiada; ōir toirmiscid sin gabāil an toirrcheasa
 do leith a nādūire co huilidi. Tuillead: nā

¹ sic an dá ls.

² P siat siat.

himurcad sī matrix gabair, ōir toirmiscid sin gabāil an toirrcheasa. Item na hitheid siat caera eidinn. Tuillead : nā himurcaid siat an chloch 2250
 rē n-abur gagax, nā smargadus, nā saifir, ōir toirmiscid sin gnīm na coimriachtana. Item do-nī beach d'ithi bean aimrid, gid eadh, is usaidi an toirrcheas¹ do breith a caithim. Tuillead : nā caithead sī slaigeach² iarainn. Tuillead : seachnad 2255
 sī gach uile nī thoirmiscius an choimriachtain noch adubramar don taeb thuas dīn.

Et dob āil linn na neithe do-nī furtacht mōr chum na geineamna do chur annso. Ōir ullmuigidh deathach cogail ⁊ tūisi na mnā do gabāil an 2260
 toirrcheasa. Et dā mbia matrix fuar as imchubaid laudanum dōib. Item pisairium arna dēnum do theodoricon anacairdi ⁊ do sgamonea, ⁊ sin do thabairt dōib ana mbandacht ⁊ coimriachtain co hobann ana diaid ⁊ cūisigid an toirrcheas. 2265

Tuillead : as maith deathach mellisa do ligin faī an mbandacht. Tuillead : is maith matrix mīl muidi do rōsdad ⁊ a chaithim chum an neith cēdna. Et is maith binid mīl d'ōl ar an cēdna. Agus is maith an cubar bīs rē bēl mīl an uair 2270
 bīs a' gearrad luibinn ⁊ a ōl don mnaī ⁊ don fhear P 429
 sa chuīs sin. Et adearuid drong co n-ullmuiginn suppositorium nō pisairium do-nīthear do nigella matrix, ōir glanaid sē ē do gabāil an toirrcheasa ; gid eadh, connuimthear co gearr ann é, ōir atā sē 2275

¹ sic H ; *toirrt3c3* P.² H *sloigteach*.

mēid ēigin coimēignigtheach. Tuillead: .i. ull-
 muigid an t-uisgi ara mbeirbthear cicuta an bean
 aimrid do gabāil an toirrchis. Item innlad an
 bean a banndacht d'ēis na fola mīsta d'fhaicsin
 2280 lē fīn glan dearg, ⁊ ligthear¹ deathach fīna ara
 mbeirbthear neift fūithi ainnsēin, ⁊ curthar
 basilicon sa banndacht na diaig sin. Item²
 leagar deathach rosa marina faī an mbanndacht
 ⁊ is mōr ullmaigius ī do gabāil an toirrcheasa.
 2285 Item is cumachtach chum gabāla in toirrcheasa
 gāirleōg fhlíuch arna brisid ⁊ arna bearbad maille
 rē holaid rōs nō co cnaítear a flichideacht ⁊ a
 cur annsa banndacht. Item must³ arna chumusc
 maille rē holaid rōs, ⁊ a chur isin banndacht ⁊
 2290 is mōr fhurtachtaidius matrix chum gabāla an
 toirrcheasa. Item ongthar boill gach ēgoisg acu
 lē sūg saturion, ⁊ crotur⁴ pūdur banndachta mīl
 orra, ⁊ do-nī sin bean aimrid torrach. Et is
 follus as na neithib so adubramar romainn regimen
 2295 na mnā sul beas sī torrach.

Mās ead cuirim anois a regimen ar mbeith
 torrach dī annso. Agus atāit neithe ēigin atā
 dīleas dona mnāib torrcha chuirfīmīd annso co
 hathchumair. Ar an adbur sin dligid na mnā
 2300 torrcha gach uile nī thogairmuis an toirrcheas
 marb do sheachna, ⁊ co hāirithi arna gabāil, ōin
 is inann atā an toirrcheas a matrix ⁊ mur bīs

¹ H *leagar*.³ H *musd*.² H *Et*.⁴ H *curthur*.

blāth ar na crannaib, ōir is *beac* an *chūis* trascras é. *Agus* mur an *cēdna* a ndeirid an toirrchis roim aimsir a breithi an *seachtmadh* mī *nō* an *t-ochtmad* mī; ōir atā an toirrcheas a matrix an tan sin mur bīs torad anabuid ar crannuib, ōir is *beac* an gluasacht trascras an torad an tan sin. *Agus* mur an *cēdna* as *beac* an *chūis* do-nī an toirrcheas marb. Ar an adbur sin as ēigin dōib gluasacht imurcach do *sheachna* ⁊ lēimneach ⁊ bualad ⁊ tuitim ⁊ coimriachtain ⁊ replexion bíd, fearg ⁊ dobrōn ⁊ eagla mōr.

Tuillead: dlígid siat *gach* uile nī thogairmius an chosachtach do *sheachna*, ōir is cūis don toirrcheas marb an chosachtach láidir; ⁊ tuicthear a chusmailius sin don tsraeduig ainmeasurda. Et is maith deithneas do dēnam do choimēd a ceann nach geinfidi rēma¹ ann. Tuillead: dlígid siat fothragad do *sheachna* acht a fogus d'aimsir a toirrchis do breith. Tuillead: dlígid siat leigeas lagthach do *sheachna* thīs ⁊ tuas acht muna coimēignigi ēigintus é; ⁊ dēntar maille *rē* hinnillius an tan sin é ⁊ lē leigeasaibh mīne beannuighthi. Tuillead: gnāthuigid siat neithe lagus an brū a mod bīdh, mur atāit, canbruihthi mēithe ara mbeirbthear borraitse ⁊ bletus ⁊ duilleabar uiola ⁊ casia *fistula* ⁊ mēid ēigin do spica, maille *rē* huisgi ara mbeirbthear tortha ēigin lacthacha, ūair is tarbach na neithe

¹ H *reuma*.

shleamnaidius an brū dona mnāib torrcha. Tuillead : dligid siat an chuisle do sheachna ⁊ co hāirithi cuisleanna na cos acht an trāth bīs dorchadus meanman orra. Tuillead : dligid siat neithe

2335 diuereticacha do sheachna thogairmius an fhuil mīsta ⁊ ullmaigius é chum a breithi ⁊ co hāirithi a tosach an toirrcheasa. Et bīth a fhis agad an uair bus mō an toirrcheas gurab ann is measa an chuisle.

2340 Tuillead : bīth a fhis agad co ndligid na mnā torrcha gorta do sheachna ⁊ tart ⁊ līnad urlaictheach, ⁊ mur an cēdna fuacht ainmeasurda ⁊ teas imurcach. Et gnāthuigthear na lictabāiri

P 430 chomfhurtachtaidius embrio ; ⁊ is dīb diamargariton. Tuillead : is ēigin stuidēr imurcach do choimēd gaile na droingi so. Et comfhurtachtaigthear gailidī na droingi so leis an comshuigiugad do-nīthear do shūg rōis ⁊ do lignum aloes ⁊ do

2345 masdix cona cusmailīb, nō lē lictabāire do-nīthear do shiūcra ⁊ do spīsradaib¹ deadh-balaid nach fuil te gu mōr, ⁊ lē ceirīnuib stipeacda deadh-balaid nach fuil te gu mōr. Tuillead : dligid an bean torrach gan neithe ro-mēithe nā ro-millsi do chaithim ⁊ deoch uisgi do sheachna mur an

2350 cēdna.

Et as ēigin an gaili do glanad oir bīth a tochlugad truailigthi co minic ; mās ead glantur ē lē nī ara mbeirbthear polipodium ⁊ ainīs ⁊ carabuaid, ⁊ a

¹ P *spisraib* ; *spisrad*. H.

nglanad lē sūg rōis ; ⁊ as imchubaid fholmaigius
 sin an linn truailigthei ⁊ dūisgius a tochlugad. 2360
 Et seachnuid siat cāisi tivim gēr, ⁊ dā teagmad
 co sainnteōchdais é rōstar beacān é dā fhliuchad.
 Tuillead : as imchubaid saethur measurda dōib.
 Agus bīd a mbiada sodīleagtha ana mbia oileamain
 mōr inmolta, oīr rigid a leas sin ar a son fēin 2365
 ⁊ ar son a toirrcheasa.

Tuillead : as imchubaid orāitse arna rōstad a
 ndiaig bīd dona mnāib torrcha ⁊ co hāirithi an
 uair priāiltetar pūdur crainn aloes innta.¹ Agus
 mur an cēdna as imchubaid ubla grāineacha ⁊ 2370
 coriandrum a ndiaig bīd dōib. Et bīth a fhis agad
 gurab dona neithib choisgius an sgeathrach fīn
 ana curthar orāitse ⁊ bolus armenicus. Et bīth
 a fhis agad co rig a leas an bean torrach a folmugad
 ar son neamglaine a matrix ⁊ na mball atā 'na 2375
 chomursanacht. Agus dēntur so ōn cheathramad
 mī co n-uig an seachtmad mī ; ⁊ is fearr sin lē
 subpositorium nā lē neithib do-bearar anuas.

Agus gnāthuighear biatus arna bearbad co
 maith don mnaī atā a ngaire don toirrcheas do 2380
 breith, ⁊ co hāirithi an uair beas sī a meadōn an
 naemad mī. Agus ibid mur an cēdna eanbruihi
 aenda nō eanbruihi maille rē ²buidēn ug² ⁊ fīn
 sēim uisgeamail. Agus seachnad sī potāitse a
 mbia substaint raisi ⁊ a cusmaile. Agus dēnad 2385
 saethur ⁊ gluasacht nīsa mō nā mur do gnāthuig.

¹ H unnta.²⁻² H buaigen og.

Et ēirgid sī a fothragad imchubaid uisgi milis aenda *nō* ara mbeirbthear hocus 7 uiola 7 branca ursina. Agus nī himchubaid dōib sdufa.

- ²³⁹⁰ Et an uair beit¹ siat a ngaire do breith a toirrcheasa onghthar an *brū* ōn imleacān sīs mochthráth 7 *rē* laigi *lē* holaid ruis lín *nō* *lē* holaid na n-almont milis *nō* *lē* holaid malua uiscus² 7 *lē* luibib bochthacha *cile*; 7 gnāthuigthear na neithe
- ²³⁹⁵ thogairmius³ an fhuil *mīsta* 7 gach uile nī ullmaigius an toirrcheas chum a breithi. Et do-nī maidnes⁴ do chonnmāil annsa *lāim chlī* sin. Agus do-nī deathach ingin easail⁵ *nō* eich an nī *cēdna*. Et do-nī cruel⁶ arna cheangal don tshliasuid deis
- ²⁴⁰⁰ an toirrcheas d'ullmugad chum a breithi. Et bīth a fhis agad co gnāthuigid na mnā Frangacha plidhris maille *rē* must do thogairm an toirrcheasa. Agus is mōr chomshurachtaidius deathach mirra do ligin *fūtha* iat. Item as imchubaid deathach
- ²⁴⁰⁵ galbanuim 7 castorium arna cumusc maille *rē* mirr 7 *rē* domblas ae bō chum an neith *chēdna*. Bīth a fhis agad gach nī marbus na piasta gurab imchubaid é sa *chūis* so. Item *dā* n-ibthear coirt casia *fistula* do-nī an *cēdna*, 7 do-nī crōch 7 sinamomum an nī *cēdna*. Tuillead: is maith fīn
- ²⁴¹⁰ deadh-balaid 7 diet sēm dona mnāib bīs a ngaire
- ^{P 431} *dā* toirrcheas do breith. Tuillead: is maith olann

¹ sic H; P *b*7.

³ an focal so fá dhó i P.

⁵ H *asail*.

² *us*=3 sa dá ls, leg. *uisci*?

⁴ H *maighnes*.

⁶ H *cruaidel*.

arna tuma a sūg ruibi ⁊ arna cur sa banndacht. Item *buathfallān* do *bearbad* a n-uisgi ⁊ ceirīn de ar an imlicān ⁊ togairmid an toirrcheas. 2415

Labrum anois do regimen na mban tair ēs a toirrchis do breith co ceann trī lā *nō ceathra* lā. Et bīth a fhis agad tair ēs an toirrchis do breith gurab imchubaid biada gā mbī oileamain shēim ⁊ oilius gu mōr ⁊ dīleagthur co luath, mur atā, 2420 uisgi ara mbeirbthear feōlanna inmolta ⁊ [uigi] boga ⁊ fīn sēim deadh-balaid gan beith ro-lāidir. Item dligid siat *gach* uile thorad do sheachna ⁊ na praiseacha ⁊ na potāitse fuara. Agus seachnaid siat fuacht ⁊ aer fuar co ceann trī lā. Agus anuid 2425 ana loigi ana leabuig co ceann trī lā *nō ceathra* lā. Agus caithid siat biad co minic ⁊ co beac.

Et nā dēnuid fothragad co ceann *ceathra* lā *nō cūig* lā. Agus bīth a fīn sēim dead-balaid gan beith deathmur nā lāidir nā buaideartha. Agus 2430 tair ēs *cūig* lā dēntur fothragad fā thrī sa tseachtmain. Agus an mēid druidius sē risin *treas* lā dēg *nō* risin *ceathramad* lā dēg as ī an mēide sin dligid diet reamur do chaithim ⁊ a slāinti do choimēd.

Agus teagmaid co minic flux mōr fola dona 2435 mnāib, tair ēs a toirrchis do breith, ō cūisigthear bās ; mās ead, ceangailtear na lāma co cruaid ⁊ curthar fāsadurc arna cīgib gan fuiliugad. Et curthar brēid arna tuma a uinēgra ana mbī rōs ⁊ blāth an ubaill grāinig ar in meadōn ⁊ a cus- 2440 maile. Et is dona neithib agā fuil dīsleacht mōr

sa *chúis* sin cac muc do *chur* a n-oluinn ⁊ a *cheangal* dā sliasaid.

Et teagmaid co *minic* teinneas cīgh ⁊ neascōid
 2445 dona mnāib tair ēs a toirrchis do breith ō imdugad
 an bainne 'na cīgib ; ⁊ is maith an *leigeas* an tan
 sin bean *eile* do *chur* dā n-ōl. Agus is ainimchubaid
 an bainne dona leanbaib an bainne sin, mur
adubrumar don taeb *thuas* dīn sa *chaibidil* ar
 2450 luaigimar¹ do regimen na naīdin. Et is maith
chum an ait sin do *chur* ar cūl epitima do-nīthear
 don uisgi ara mbeirbthear pōnaire ⁊ orobus ⁊
 coriandrum. Tuillead : bīth a fhis agad co fuil
 dīsléacht ag partānuib srotha *nō* mara arna
 2455 mbrisid ⁊ arna cur mur *cheirīn* do laigdiugad an
 bainne. Agus is maith epitima do *shūg* ruibi sa
chās chēdna.

Et nā glantur an bean co *minic* tair ēs a toirrchis
 air eagla fosdōig na fola truailigthi ; acht as
 2460 imchubaidi dōib a folmugad, ōir cūisigthear mōrān
 d'easlāintib ōn fhosdōgh sin, mur atāit, fiabrus
 ⁊ neascōidi ⁊ teinneas a matrix. Agus is mōr
fhurtachtaidius sraedach na mnā sin. Tuillead :
 is maith *chum* an neith *chēdna* deathach ceann
 2465 sgdāin *shailti nō* ingin eich² *nō* easail. Agus is
maith na *cuisleanna* rē n-abur sofena do ligin do
 thogairm na fola *mīsta*, ōir toirmisgid sin urchōid na
 neascōidi ⁊ a līnta ⁊ an fhiabruis. Et dā teagma
 fiabras orra san aimsir sin as imchubaid uisgi

¹ H *labramur*.

² sic H ; P *ech*.

eōrna dōib ⁊ ubla grāineacha milli; oīr is ō 2470
 chonnmāil na fola mīsta geintear na fiabruis, mās
 ead togairmthear hī. Tuillead: oīr gnāthuigid
 brū na droingi sin at, mās ead as imchubaid
 diacalmentum ⁊ diasiminum ⁊ na neithe aenda ⁊
 comshuigighi brisis in gaethmuireacht. Tuillead: 2475
 as imchubaid dōib origanum ⁊ masdix do chaithim,
 comthrom do gach nī dīb.

Item is minic theagmus teinneas annsa maclac,
 ⁊ is leigeas imchubaid dō suigi a n-uisgi ana¹
 mbeirbthear ainīs ⁊ camamilla ⁊ íchtar na bronn 2480
 ⁊ na² leasa d'ongad lē holaid uiola. Et dā teagmuid
 cneada a matrix leigistear é lē huinnemint gil P 432
 Raisis, ⁊ a cusmailius sin as imchubaid a cneaduib
 na mball fēitheach. Agus is lōr linn a ndubramar
 do regimen na mban beirius a toirrcheas. 2485

Labrum anois do regimen na mbanaltrann ⁊
 adēram neithe athchumaire de. Et adēram ar
 tūs cuingill na banaltrann. Agus do-gabur an
 cēd-chuingill dīb do leith a haīsi. Et as ī as aīs
 imchubaid dī an aīs ōg arna crīchnugad. Et is ē 2490
 spās na haīsi ōigi ō chūig bliadnuib fithid co
 ceann cūig mbliadan dēg ar fhichid; oīr dligid an
 bainne beith fuirfe an tan sin ar son co mbīt
 na boill is tosach dó fuirfe.

An dara cuingill do-gabur é do leith na figrach 2495
 ⁊ na haibīci³; oīr dligid an bean oilius leanam
 corp maith do beith aici ⁊ muinēl reamur ⁊ ucht

¹ H ara.² H an.³ H haibidī.

leathan ⁊ musguili inmolta. Et nī dliginn sī
 beith ro-thruag nā ro-reamur acht a mod
 2500 inmeadōnach.

An *treas cuingill* do-gabur ē do leith nā cīch ;
 oīr is ēigin na cīgi do beith mōr deadh-maiseach
 daingin, ⁊ nī dligid siad mēid eachtrannach do
 beith innta, nā beith bog nā lag. Agus dligid
 2505 cinn na cīch gan beith ro-beac air eagla na naīdin
 do shaethrugad co mōr dā nglacad.

An *ceathramad cuingill* do-gabur o bēsaib na
 banaltrann é ; oīr dligid sī beith deidh-bēsach
 inmolta innus nach beith sī so-chlaechluigthi o
 2510 aicīdīb na hanma, mur atā, eagla ⁊ dobrōn ⁊
 fearg ⁊ a cusmaile, oīr truaillid na neithe so
 coimplex an bainne. Mās ead dā mbia sī arna
 claechlōd nā hoilead sī an naīdi, oīr is beac in
 deithneas tuicthear do beith aici fān naīdin an
 2515 tan sin. Tuillead : nī dliginn sī beith suirgeach
 nā measgamail, oīr truaillid sin coimplex an
 bainne.

An *cūigead cuingill* do-gabur é o *shubstaint* ⁊
 o *chāil* ⁊ o *chaindiacht* an bainne ; ar an adbur
 2520 sin dligid an bainni beith a *substaint* meadōnaid
 gan beith silteach nā reamur ⁊ gan rainn ēxamla
 do beith ann nā gan a beith cubrach. Oīr dā
 curthar braen de ar an ingin ⁊ a sgailead is comartha
 ar *substaint* sēim do beith aigi sin, ⁊ muna
 2525 sgaile is comartha ar *substaint* reamuir. Et bīth
 a fhis agad co mbīt rainn chāisimla ⁊ rainn

uisgeamla an bainne measurda comthrom; ⁊ dearbthur sin an uair *curthar* braen don bainne ⁊ braen fuail do *chur* ana *cheann* ⁊ a *cumusc* ¹trít a *chēile*,¹ ⁊ bud follus ann sin uisgeamlacht 2530 ⁊ cāisimlacht an bainne inmolta. Et dligid dath an bainne claenad *chum* gile ⁊ a blas *chum* millsí. Et nī dliginn saillteacht nā *gēiri* nā dath buidi nā dearg beith ar an mbainne.

Tuillead: nī dliginn an banaltra beith aisling- 2535 *theach* nā *codlad* trom do beith aici; ōir is *minic* ligid na banaltranna na leinim d'ēg² do gorta trī thruime a codalta, ⁊ mūchaid iat uair *eile* a' *collad* orra.

Et is mōr as *intuicthi* gan an bainne do beith 2540 ro-arsaid nā ro-gar d'aimsir an toirrchis. Mās *ead*, bíd sē a n-aís dā mī *nō* mīs co leith. Et bīth a toirrcheas *nādūrda* .i. gan in bean do breith leinm mairb.

Tuillead: is mōr *dleagmaid* a *thabairt* dār 2545 n-ūig coimplex inann do beith ag an naīdin ⁊ ag an banaltrainn. Gid eadh, nī bud olc, dā mbeith an naīdi coilearda, an banaltra do beith flegmatica *nō* a *regimen* do beith a' claenad *chugi*. Et dā *teagmad* co mbeith an bainne 2550 roi-reamur droch-balaid, leagur comnuide dō fā aer tamall d'ēis a bligthi gan a *thabairt* dā ōl don naīdin. Tuillead: dā mbia an bainne reamur as imchubaid neithe *shēimigiús* é do *thabairt*,

¹⁻¹ H *trina ceile*.² sic H; eg P.

- 2555 mur atā, oximel diuereticach nō nī ara mbeirbhear
 isōip nō origanum nō blāth na tīme ⁊ a chusmaile.
- P 433 Agus gnāthuigthear crōch ana diaid ⁊ saethur
 measurda. Agus dā mbia coimplex te ag an
 mnaī tabuir oximel aenda dī maille rē fīn sēim
 2560 anfann ar aen-shligi ris. Et dā mbia an bainne
 sēim seachnad sī saethur, ⁊ gnāthuigead neithe
 reamraidius an fhuil ⁊ furāiltear uirre codlad fada
 do dēnum. Agus gnāthuigead fīn reamur milis.
- Et teagmaid co mbī imurcaid bainne co minic
 2565 annsna cīgib, ⁊ a thruailliugad ōn imurcaid sin.
 Et leigistear an aicīd sin lē gnāthugad na neitheadh
 oilius co beac ⁊ lē trēidinus ⁊ lē saethur ⁊ lē
 fothragad ⁊ lē neam-chodlad cona cusmailib; ⁊
 curthar ceirīn ar an ucht ⁊ arna cīgib do chuimin ⁊
 2570 d'aigēid ⁊ do lentes arna mbearbad a n-aigēid,
 nō do phōnuire ⁊ do terra sigillata ⁊ a cumusc
 rē haigēid. Agus is maith biamlacht¹ psillium ⁊
 aigēid ar ndēnum epitima dīb chum an neith
 chēdna; ⁊ is maith ruib chum an neith chēdna
 2575 maille rē clōbus,² ōir laigdigid an t-epitima do-
 nīthear dīb an bainne. Agus do-nī an t-epitima
 do-nīthear do bolus armenicus ⁊ d'fhīn an cēdna.
 Tuillead: bīth a fhis agad co fuil dīsleacht ag
 partānuib an tsrotha ⁊ na fairgi arna mbrisdid ⁊
 2580 ar ndēnum epithima dīb chum laigdigthi an
 bainne.

Et dā mbia eagla oruinn an bainne do thēchtad

¹ H *bidamlacht*.

² H *clous*.

annsna cīgib ongthar iat lē holaid minntuis.
 Agus an uair chlaenus coimplex na cīch chum
 teasaideachta aithintear sin co hurusa ōna tagall,¹ 2585
 ⁊ curthur epithima orra an tan sin do biamlacht
 luibead fuar, nō olad fuar, nō shūg fuar atā follus
 dūin. Agus bīth a fhis agad gurab dona neithib
 dīsgaīlius an chāisimlacht teasaīdi theagmus annsna
 cīgib, .i. epithima do-nīthear d'aigēid ⁊ do rōs. 2590
 Et is dona neithib dīsgaīlius an chāisimlacht
 fhuar theagmus innta epithima do-nīthear d'uisgi
 ara mbeirbthear fenēl ⁊ balsam ⁊ ainēd ⁊ fenugre-
 cum. Et is maith chum an neith chēdna epithima
 do-nīthear d'olaid lile ⁊ do phibur chas ⁊ do 2595
 chamamilla ⁊ do ruib.

Et teagmaid co minic nach bī a dīl bainne ag
 an banaltrainn d'oileamain an leinm; ⁊ fēduid
 so beith 'na cūisib aigi sin, mur atā, truaigi ⁊
 tearcacht na hoileamna nō droch-coimplex an 2600
 chuirp co huilīdi nō na cīch. Dā teagma sē ²ō
 thruaigi² nō ō thearcacht na hoileamna, gnāth-
 uigthear arān geal cruithneachta ara curthar
 pūdur ainīsi ⁊ fenēl. Agus gnāthuigthear fīn
 abaid ⁊ uisgi eōrna maille rē bainne, nō uisgi 2605
 seaguil maille rē siūcra; nō gnāthuigthear liti
 eōrna maille rē fuil cearc ⁊ rē sīl fenēil, nō liti
 chruithneachta maille ris an fuil chēdna ⁊ rē
 heanbruithi siser; ⁊ gnāthuigthear liti choirci
 do-nīthear d'uisgi ana mbāitear iarann ⁊ as 2610

¹ H taghall.²⁻² P o truaige o truaigi.

imchubaid chum an neith chēdna; item¹ biad mēduigius an bainne, .i. feōil beirbthea a n-uisgi maille *rē* huinneaman 7 *rē* hainnēid 7 *rē* fenēl. Agus taburthar an comshuigiugad do-nīthea do
 2615 shiūcra dōib. Agus is maith buidēn ogh do chaithim ar an cēdna. Item ūith gobar 7 chaerach do chaithim maille *rē* bainne, 7 a ngnāthugad, 7 is mōr an furtacht do-nīd ar son na dīsleachta 7 an chusmailis atā acu ris na cīgib.

2620 Et dligid siat na neithe thirmaigius an sperma do sheachna, mur atā, arān brain 7 aiccēid, lentes, ruib 7 coriandrum tīrim, 7 gnāthugad biad ara mbī mōrān saluinn. Et seachnuid siat gach uile oileamain atā saillti gu mōr.

2625 Tuillead: is maith cac fāinnle 7 bainne easail do choimilt dona cīgib do thogairm an bainne.

P 434 Tuillead: na cīgi do choimilt le lāmuib 7 togairmid an bainne.

Et dā faicthea co fuilid na cīgi te, gnāthuigthea
 2630 ordenatum 7 biatus 7 a cusmaile chlaenus chum fuaraideachta. Et dā faicthea fuaraideacht ar tigearnugad inntu mēduigthea an oileamain shēm chlaenus chum teasaideachta. Et bīth a fhis agad co mēduidinn fāsadurc, gan fuiliugad, gan brūg
 2635 mōr, teasaideacht na cīch, 7 tairrngid adbur an bainne chum na cīch.

Dā teagmađ an bainne do-balaid, tabrum fīn maith deadi-balaid. Agus caithead² an banaltra

¹ H om.

² P caith-; H caitheamh.

biada deadh-blasda deadh-balaid. Et dligid an
 banaltra *gach* nī *chumuscus* an *fhuil* ⁊ mensdrua 2640
 do *sheachna*, oīr *truailid* an *cumusc* sin *balad*
 an bainne ⁊ laigdigid a *chaindiacht*. Mās *ead*
seachnuid coimriachtain ⁊ meisgi ⁊ sgeathrach ⁊
 sāith mōr ⁊ saethur anmeasurda, fearg ⁊ dobrōn
 ⁊ *neam-chodlad*, ⁊ gu coitchinn *gach* uile nī buaidris 2645
 ⁊ *chnaīus* an *fhuil* ⁊ *gach* nī geinius droch-*leanna*.

Et an mod ara fhēdmaid cainndiacht imurcach
 na cīch do *thoirmeasc* ⁊ a coimēd ana caindiacht
 dīleas do-gēbthur sin gu lōr leath-a-tuas dīn annsa
chaibidil labras do riaglachaib an *regimen* do- 2650
 gabur do leith na haibīci.¹

Labrum anois do choimēd matrix ō *fholmugad*
imchubaid na *folā mīsta*. Acht gē [a]dubrumar
 mōrān sa *chaibidil* so don taeb *thuas* dīn, ar an
 adbur sin adēram *beacān* annso air. 2655

Et bīth a *fhis* agad gurab *cūis* choimēda slāinti
 don *maclac* ⁊ don mnaī faicsin na *folā mīsta* a
 cāilideacht ⁊ a caindiacht ⁊ a n-aimsir *imchubaid*
 do *rēir* gnāthuigthe an *gach* uile aimsir, ⁊ gurab
cūis choimēda ō *gach* uile urchōid ; ⁊ do-nī sī iat 2660
 geannmaid maille *rē* *beacān* āilgis coimriachtana.
 Et as ī as meadh *chomthrom* do *fhlux* na *folā*
mīsta, .i. a beith ūair an *gach* aen-mī. Agus nī
 hēigin a beith co[m]mōr *nō* coimbeac an *gach*
 aen-mnaī. Et rithid sī annsa *chēd-chadrans* den 2665
rē annsna maigdinuib, ⁊ dona mnāib ōga sa *dara*

¹ H *haibidi*.

cadrans, ⁊ dona mnāib as *fuirfe* nā sin annsa
treas cadrans, ⁊ dona sean-mnāib sa *cheathramad*
 2670 cadrans. Et tinnsnaid an *fhuil* mīsta *silead* co
 coitc^hinn annsna mnāib a ndiaig a *ceathramad*
mbliadain dēg, acht gē *thcagmus*¹ co silinn nīsa
 luait^hi nō nīsa moille do *rēir* ēxamlacht coim-
 plexa, ⁊ aibīci, *regimen*, ⁊ rēgiōin, ⁊ a cusmaile.
 Et is mur sin crīchnuigt^hhear flux na fola mīsta a
 2675 ndroing dona mnāib co luath ⁊ a ndroing *eile*
 gu mall, do *rēir* ēxamlacht na cūisid rannaid^hi
adubramar ar tūs.

Item mur claechlui^ghear an *fhuil* mīsta ōna
suigiugad nādūrda fēin as cūis anfhainne ⁊ claech-
 2680 luig^hi na *fuirme* dona mnāib sin, ⁊ as cūis tear-
 cacht don *geineamain* ⁊ toirrchis mairb sin. Mās
 ead dēntur deithneas innus nach claechlui^gi an *fhuil*
mīsta ōna hord nādūrda. Agus tuict^hhear *suigiugad*
nādūrda na fola mīsta ōna dath ⁊ ōna *substaint*
 2685 ēxamailtear fā ēxamlacht an choimplexa, ⁊ na
 haibīci, an *regimen*, ⁊ na haīsi, ⁊ an rēgiōin. Et
 nī beanann so risin obair so ar lāthair; ar an
 adbur sin ligmid torainn hī, ōir is lōr linn a *fhis*
 do beith againn ann so gibē cūis ō claechlui^ghear
 2690 an *fhuil* mīsta ōna *suigiugad* nādūrda fēin gurab
 cūis dona hurchōidib *adubramar* romainn hī.
 Ar an adbur sin dā mbia sī 'na *suigiugad* nādūrda
 fēin, as cūis choimēda slāinti hī; ⁊ muna bia,
 treōraig^hhear *chum* an tsuigig^hi sin hī an mēid

¹ sic H; *teagmann* P.

bus *ēidir* ; ⁊ bud follus sin a caibidleachaib 2695
 follamnuigthi na slāinti do-gabur ō ēgsamlacht
 an choimplexa ⁊ na haīsi ⁊ na haibīci, ⁊ as na P 435
 neithib adubramar annsa chaibidil so don taeb
 thuas dīn.

Agus is annsin crīchnuigthea *regimen* na 2700
 slāinti atā dīleas don ēgusc bannda ⁊ tinnsgnus
 an *dara pairteagal* don trāchtad so do riaglachaib
regimen na slāinti do-gabur ō ēxamlacht na
 neithead nādūrda ; ⁊ connmuid *seacht* caibid-
 leacha. 2705

REGIMEN SANITATIS

(PARS. I-II)



[REGIMEN SANITATIS]

Nunc autem in hoc opere quinque ponam partes supra 1
principales. Quarum prima est de quibusdam
que antecedunt regulas regiminis sanitatis.
Secunda est de regulis regiminis sanitatis ex rebus
naturalibus sumptis. Tertia est de regulis
regiminis sanitatis sumptis a rebus non naturalibus
in generali et speciali. Quarta est de regulis
regiminis sanitatis sumptis a rebus contra naturam.
Quinta est de quibusdam instrumentis quibus
vtimur in regimine sanitatis.

Prima pars continet duo capitula. Primum de
necessitate huius operis scilicet regiminis sanitatis.
Secundum ad sciendum quid sit sanitas.

Secunda pars continet septem capitula. Primum
de regulis sumptis a complexione naturali totali.
Secundum de sumptis a sexu. Tertium de sumptis
ab etate. Quartum de sumptis a lapsu naturali.
Quintum de sumptis ab habitudine. Sextum de
sumptis a diuersitate membrorum. Septimum de
regulis appropriatis sexui femineo.

Tertia pars continet viginti sex capitula. Pri- supra 2
mum est de regulis sumptis ex parte quattuor
elementorum nostro corpori occurrentium ab

extra. Secundum est de exercitio. Tertium de fricatione. Quartum de balneo. Quintum de coitu. Sextum de comestis et bibitis in generali. Septimum de somno et vigilia. Octauum de accidentibus anime. Nonum de temporibus anni. Decimum de granis¹ pannificum. Vndecimum de leguminibus. Duodecimum de fructibus. Decimumtertium de oleribus. Decimumquartum de radicibus. Decimumquintum de fungis. Decimumsextum de truffulis seu hydrys. Decimumseptimum de carnibus. Decimumoctauum de piscibus. Decimumnonum de animalium superfluitatibus. Vicesimum de saporibus. Visesimum primum de potibus naturalibus et artificialibus. Vicesimumsecundum de indumentis. Vicesimumtertium de volentibus continere. Vicesimumquartum de iter agentibus. Vicesimumquintum de transfretantibus. Vicesimum sextum de confectionibus et earum vsu.

supra 57

Quarta pars continet quinque capitula. Primum est de his qui parati sunt cadere in egritudinem. Secundum est de preseruando a pestilentia. Tertium est de preseruando a veneno. Quartum est de conualescentibus. Quintum est de consuetudine.

Quinta pars continet nouem capitula. Primum est de flegbothomia². Secundum est de ventosis. Tertium est de sanguisugis. Quartum est de

¹ *grauis* sa téax.

² sic.

cauteriis. Quintum est de farmatia. Sextum de vomitu. Septimum de clysteribus.¹ Octauum de suppositoriis. Nonum de pessariis.

CAPITULUM PRIMUM

DE NECESSITATE REGIMINIS SANITATIS

Quod regimen sanitatis sit necessarium : duplici supra 73
via inuestigare conuenit. Prima quidem via sumitur² ex variabilitate corporis humani. Corpus enim humanum est variabile et transmutabile: non seruans consistantiam quam habuit a generationis principio. Materia enim nostrorum corporum sunt duo spermata quae sunt humida & liquida et multum passibilia : humidum enim est multum³ passibile. Ex his autem duobus spermatibus cum sanguine menstruo mulieris generantur membra spiritus et calores innati⁴: sic quidem quod ex grossiori et corpulentiori parte generantur membra et ex subtiliori calor et spiritus : et hec est opinio ⁵Aristotelis et ⁵Avicenna[e] et propter hoc opinantur aliqui quod sperma masculi quod est subtilius et spirituosius semine mulieris vel sanguine menstruo : conuertitur in spiritum qui cordi comparatur⁶ et aliis membris sicut radix ramo. Ramus enim

¹ *cleristeribus* sa téax.

² *sumitnr* sa téax.

³ T *facile*.

⁴ T *calor innatus*.

⁵—⁵ om. T.

⁶ sic T agus *ed.* 1504 ; J *appropriatur*.

supra 107

sicut oritur a radice sic cor et alia membra a tali spiritu suam traxerunt originem.¹ Cum ergo materie nostrorum corporum sint valde passibiles propter earum limositatem et humiditatem. Sumus enim generati in fine limositatis et humiditatis : non est mirum si corpora nostra sint multum passibilia. Non enim sumus sicut lapides aut metalla a quibus parum aut nichil resolui potest nisi in temporibus valde longis. Et quia corpora nostra vt ostensum est sunt multum variabilia ex quo faciliter labi possunt extra terminos proprie sanitatis : indiguerunt regimine conseruante quod vocatur regimen sanitatis. Non autem est hoc sanitatis regimen necessarium vt nos tueatur a morte : sed vtile est propter duo incommoda specialiter euitanda : quorum primum est ²nimis cita² humidi radicalis consumptio. Secundum est humorum putrefactio. Si enim erretur in regimine anticipari poterit humidi radicalis³ consumptio : sicut contingit in ieiunantibus et laborantibus excessiue. Poterit etiam suffocari calidum innatum : sicut contingit ⁴in dormientibus &⁴ comedentibus excessiue & quiescentibus. Poterit etiam contingere in humoribus putrefactio & ebullitio : sicut patet in vtentibus rebus participantibus caliditate extranea et humiditate accidentali vaporosa : talia enim

¹ T *propriam originem.*³ *racicalis* sa téax.²—² T *nimia. om. cita.*⁴—⁴ om. T.

sunt corpora¹ nata putrefieri et ebullitionem suscipere : de quibus in processu plenius apparebit. Sic ergo patet prima via ad inuestigandum regimen sanitatis esse necessarium & vtile. Secunda via ^{supra 126} ad inuestigandum² idem sumitur ex diuersitate rerum non naturalium quibus necessario indiget corpus humanum³ sicut sunt cibus & potus : aer : inanitio et repletio : somnus et vigilia : motus & quies et anime accidentia. Hec enim res dicuntur non naturales : quia eis contingit bene et male vti. Vnde circa eas contingit errare et bene agere. Et ideo circa vsum talium indigemus arte quia habetur ab Aristot[el]e VII. ethico quod ars est de his circa que contingit errare et recte agere. Potest enim aliquis errare in vsu cibi & potus : et sic de omnibus aliis & eisdem bene vti. Bene igitur est vtile habere artem euitandi malum vsum et prosequendi bonum : sicut in virtutibus & in aliis artibus est videre.

CAPITULUM SECUNDUM

AD SCIENDUM QUID SIT SANITAS ¹ET QUOT
MODIS DICATUR¹

Non est possibile sanitatem custodire semper. ^{supra 146}

⁵Nam semper custodire omnifariam ignoramus.⁵

¹ T add. *apta*.

²—² om. T.

³ T *nostrum*.

⁴—⁴ an méid seo T.

⁵—⁵ T *si ipsius naturam omnifariam ignoremus; J omni fama (locht cló ?)*.

In hoc ergo capitulo dicemus primo quid est sanitas. Secundo quot modis dicitur sanitas. Nec intendimus loqui nisi de hominis sanitate vel aliorum ab homine vt veniant forsitan ad vsum hominis. Vnus quisque autem hominum dicit se forte sanum cum potest¹ in² operationes solitas sine sensibili lesione. Verbi gratia. Si oculus potest³ in actu videndi consuetum sine omni lesione sensibili: dicitur sanus: et similiter in omnibus aliis membris. Dicamus ergo quod sanitas est vna bona dispositio corporis humani per quam agit vel patitur actionem vel passionem ei debitam secundam naturam absque notabili lesione. Hec autem dispositio est originaliter & primo in membris homogeniis seu similibus⁴ puta in osse et carne⁵ et consimilibus⁵: et vocatur commensuratio in quattuor primis qualitatibus: puta in calido: frigido: humido et sicco. Talis igitur commensuratio est sanitas consimilium et est complexio vel proprietas consequens complexionem vel concomitans. Amplius dispositio bona que est sanitas: secundo est in membris heterogeneis⁶ seu officialibus: puta in manu: pede cerebro: et corde. Hec autem sanitas non solum est commensuratio calidorum: frigidorum: humidorum & siccorum: sed etiam quantitas⁷

supra 172

¹ T add. *perficere*.³ T add. *perficere*.⁵—⁵ om. T.⁷ T *quantitatum*.² om. T.⁴ T *consimilibus*.⁶ sic T. *etherogeneis* J.

membrorum numerorum figurarum & situum. Vnde ad hoc quod manus & pes ¹possint in solitas operationes sine lesione insensibili¹ non sufficit temperamentum complexionis quod consistit in commensuratione calidorum frigidorum humidorum & siccorum: immo oportet manum esse debite quantitatis et debite figure debiti situs et habere digitos determinati numeri. Et quia membra organica componuntur ex similibus ²et ab eis dependent: sanitas organicorum dependet a sanitate consimilium. Et quia totum corpus est² compositum ex diuersis membris consimilibus et organicis: sanitas vltimo reperitur in toto. Vnde ex omnium membrorum coalternatione tam principalium quam non principalium tam simplicium quam organicorum³ sanitas resultat totius corporis. Sic igitur ad sanitatem totius corporis requiritur commensurabilitas membrorum consimilium et coequalitas organicorum: & requiritur etiam vnitas in vtrisque. Vnde solutio continuitatis quo ad similia vel contiguitatis⁴ quo ad officialia impedit corporis sanitatem. Sic ergo patet quid est sanitas de cuius regimine nos intendimus.⁵ Nunc restat ostendere quot modis dicatur sanitas quantum spectat ad propositum

supra 204

¹—¹ T *possint obire solitas operationes sine lesione sensibili.*

²—² T *et ab eis dependet sanitas organicorum, et totum corpus est . . .*

³ T *add. sine dubio.*

⁴ T *discontiguatio.*

⁵ T *occupati sumus.*

nostrum. Propter quod sciendum est quod sanitas¹ non in indivisibili consistit quod apparet primo inducentibus² ³in diuersa membra³ quorum non est eadem sanitas cum appareat manifeste ea habere diuersas complexiones & diuersas compositiones & per consequens diuersas sanitates quod est bene rationabile cum habeant diuersas operationes. Et ⁴talis diuersitas⁴ arguit diuersam sanitatem. ⁵Galie. III. de morbo.⁵ Si quidem sanitas dispositio est factiua⁶ actus. Hoc etiam⁷ apparet diuersitatem considerantibus etatum. Vnde puer non est eiusdem sanitatis punctualis sibi ipsi seni. Vnde secundum aliam et aliam etatem est alia & alia complexio et per consequens alia et alia sanitas: et per consequens indiget alio et alio regimine: et similiter diuersa membra indigent diuerso regimine sicut posterius apparebit. ⁸Aristotel. v. phisico⁸ immo⁹ non est eadem sanitas mane et vespere: sunt enim corpora nostra in continua alternatione: et sic continue aliter se habent ¹⁰quam prius¹⁰: et sic sanitas non in indivisibili consistit. Hoc idem patet ex diuersitate sexuum. Alia est enim sanitas masculi et femelle. Hoc etiam patet ex diuersitate regionum. Nam homines diuersarum regionum

¹ T add. *hominis*.

³—³ T *ex diuersis membris*.

⁵—⁵ om. T.

⁷ T *idem*.

⁹ *unde* T.

² om. T.

⁴—⁴ T *operatio diuersa*.

⁶ T *firma*.

⁸—⁸ om. T.

¹⁰—¹⁰ om. T.

sunt ¹diuersarum complexionum et per consequens sanitatum.¹ Hoc etiam patet ex diuersitate complexionum naturalium. Nam homines diuersarum complexionum sunt diuersarum sanitatum. Vnde sanitas colerici alia est a sanitate fleumatici² et sanitas temperati alia a sanitate lapsi.³ Vnde sanitatis latitudo est valde magna: ⁴est tamen dare vnam sanitatem aliis perfectiorem.⁴ Et est sanitas corporis temperati in specie humana que etiam sanitas in indiuisibili non consistit propter aliqua ⁵superius tacta.⁵

SECUNDA PARS

DE REGULIS SUMPTIS A COMPLEXIONE NATURALI

Quoniam diuersorum hominum sunt diuerse complexiones totales: immo non est possibile duos homines simul esse eiusdem complexionis totalis secundum gradum consequens est quod diuersi homines indigent diuerso regimine sanitatis. ⁶Gal. III.⁶ tegni. Cum enim regimen sanitatis sit per similia si complexiones diuersorum hominum⁷ sunt differentes oportet quod per

supra 246

¹—¹ T *diuersarum sanitatum.*

² T *phlegmatici.*

³ T *leprosi.*

⁴—⁴ T *datur tamen vna sanitas alijs perfectior.*

⁵—⁵ om. T.

⁶—⁶ om. T.

⁷ T add. *naturales.*

differentiam conseruentur. Et omnino eidem¹ conuenit si dicatur quod regimen sanitatis non² est per similia vt multi³ dicunt de corporibus multum lapsis. Nam sicut lapsi qui debent regi non per similia ⁴vt multi dicunt⁴ sed per contraria sunt diuersi sic etiam eorum regimen erit diuersum. Quia enim diuersa vt diuersa per idem conseruentur non est bene rationabile. Quot⁵ igitur sunt diuersitates in complexione naturali totali hominis tot sunt diuersitates regiminis sanitatis. Sunt enim nouem diuersitates in complexione naturali⁶ totali ipsius.⁷ Quarum prima est nobilissima et est complexio temperata ad iusticiam et ab hac complexione temperata labi contingit octo modis quattuor⁸ simplicibus et quattuor⁹ compositis. Simplicibus quidem in calido frigido humido et sicco. Compositis quidem calido et sicco calido et humido : frigido et sicco : frigido et humido. Vnde dato quod lapsus qui est respectu¹⁰ temperamenti ponderis sit de necessitate in duabus qualitatibus secundum sententiam sapientum : tamen lapsus a temperamento iusticiali potest esse in vna qualitate. Vocatur autem temperamentum ponderis in quo elementa quattuor sunt simpliciter adequata sic

¹ sic T ; J *idem*.

³ T *quidam*.

⁵ sic T ; *Quod* J.
om. T.

⁹ T add. *in*.

² om. T.

⁴⁻⁴ om. T.

⁶ om. T.

⁸ T add. *in*.

¹⁰ om. T.

quod vnum alterum non ¹excedit nec econuerso¹: tale autem temperamentum est impossibile secundum naturam. Vnde ex hoc tollitur actio et passio elementorum adinuicem et per consequens mixtio et mixtum. Et per consequens ²complexio que² est proprietas mixti. Et respectu huius temperamenti omnia quecunque sunt illa sunt lapsa in vna qualitate actiua et in vna alia passiuā. Vnde omnis res attributa complexionem habet in se dominium vnus qualitatis actiue que est in ea loco forme et alterius passiuę que est in ea loco materie. Vnde homo qui habet naturaliter complexionem magis equalem labitur a temperamento ponderis in duabus qualitatibus: puta in calido et humido: Vnde³ complexionata omnia labuntur ab hoc temperamento in duabus qualitatibus. Temperamentum autem ad iusticiam est temperamentum debitum alicui secundum indigentiam speciei vel indiuidui vel partis indiuidui. Verbi gratia: ⁴natura humana⁴ secundum speciem habet vnā complexionem sine qua forma humana non potest esse. Similiter homines Sclauī vel Indi habent vnā complexionem propriam sine qua stare non possunt. Similiter quilibet homo particularis habet vnā propriam complexionem sine⁵ qua esse non potest. Et

supra 292

¹⁻¹ T *excedat nec econtra.*

²⁻² T *temperamentum quod.*

³ T &

⁴⁻⁴ T *homo.*

⁵ sic T; *sive* J.

supra 333

similiter intelligatur in complexione partium istius hominis ¹cum illo temperamento ponderis qui ex necessitate est in duabus qualitatibus vt ad praesens supponimus ab² hoc enim temperamento iusticiali potest esse lapsus in simplici qualitate et similiter in duabus qualitatibus. Et ³secundum quod aliter et aliter lapsi sunt³ indigebunt alio et alio regimine vel conseruatione vel reductiuo. Vnde corpus in specie humana temperatum indiget regimine pure conseruatiuo et indiget pure consimilibus quantum ex parte complexionis naturalis. Quod autem sit illud corpus temperatum et que sunt illa pure consimilia corpori humano⁴ temperato intelligitur ex libris antiquorum medicorum. Et hoc ad praesens est supponendum. ⁵Nolumus enim omnia in omnibus conculare et specialiter quia hoc negocium est non vt sciamus sed vt sani in sua sanitate conseruentur⁵ et ab egritudine preseruentur. Sufficit ergo scire quod corpus temperatum in specie humana debet vti his que sunt pure similia virtualiter corpori tali eo modo quo possibile est : quia scimus quod nihil adeo est simile corpori temperato

¹⁻¹ T cum isto temperamento ad iusticiam stat lapsus a temperamento ponderis qui

² sic T ; ad J.

³⁻³ T secundum diuersitatem lapsus.

⁴ om. T.

⁵⁻⁵ T nolumus enim de omnibus in hoc loco specialiter agere, sed propositum nostrum est docere, quo modo sani in sanitate sint conseruandi

quin ipsum aliquo modo alteret et transmutet. Modus autem specialis regiminis huius corporis inferius apparebit ubi nos ponemus regulas regiminis sanitatis sumptas a rebus naturalibus et sumptas a diuersitate membrorum. Ex dictis autem satis patet quod corpora que labuntur notabiliter notabili lapsu naturali ab¹ hoc temperamento non indigent eodem regimine² et ex eisdem. Nam si loquamur de regimine conseruatiuo et sint calidiora temperamento natura in specie humana indigent calidioribus et frigidiora frigidioribus. Calidiora enim calidioribus indigent adiutoriis etc. ³Gal. III tegni.³ Vnde videtur rationabile quod corpora colerica conseruentur in sua caliditate per colerica virtualiter que sunt calidiora virtualiter his quibus conseruatur complexio corporis temperati. Nec imaginari debemus quod illa que dicimus corpus colericum conseruare in sua colericitate sint calida simpliciter: nec colerica respectu corporis temperati. Si enim que sunt colerica respectu corporis temperati administrarentur colerico non conseruarent ipsum in sua colericitate: sed distraherent a sua complexione naturali: et facerent ipsum labi in egritudinem. Verbi gratia: si colericus vtatur vinis fortibus alleis et pipere non conseruaretur. Sed talia quibus corpus colericum conseruatur

supra 352

¹ sic T; *ad* J.

² T add. *conseruatiuo*.

³⁻³ om. T.

sunt respectu corporis temperati frigida sed respectu corporis colerici sunt calida conseruantia. Postquam enim passa sunt a colerico calore conuertentur ad eundem gradum vel prope. Vnde dicimus quod corpora colerica quae ponuntur lapsa a temperamento iusticiali in duobus gradibus non conseruabuntur per calida in secundo temperamento iusticiali: sed conseruabuntur per aliqua que postquam passa fuerint a tali calore¹ non augebunt nec diminuent suam caliditatem et huius modi sunt frigida in primo respectu temperamenti ad iusticiam. Et sic patet quod regimen conseruatiuum talium non est idem nec ex eisdem cum regimine conseruatiuo corporis temperati: et similiter intelligatur in aliis. Si autem loquamur de regimine preseruatiuo vel reductiuo talium corporum predictorum² adhuc magis ad propositum habet² quoniam corpus temperatum non indiget reductiuo nec preseruatiuo: sed corpora multum lapsa puta colerica vel fleumatica indigent. Si enim conseruare vellemus talia corpora in suis lapsibus potius caderent in egritudinem: quia ex propria natura apta nata sunt labi in egritudinem quapropter dicuntur simpliciter egra et a generatione: melius est ergo quod reducantur. Et quia corpora colerica lapsa in secundo gradu caliditatis con-

supra 365

¹ T *corpore.*

²⁻² T *supra dicta locum habebunt.*

seruabuntur per frigida in primo reducentur per frigida magis puta per frigida in secundo. Talis autem reductio non erit extra terminos complexionis colerici : sed erit infra terminos latitudinis eiusdem. Et sicut dictum est ¹de colericis¹ idem intelligatur in aliis lapsibus tam simplicibus quam compositis. Quid etiam sit gradus et graduum distinctio quomodo accipiatur apud medicum ad presens supponatur et de hoc faciam vnam tractatum.

CAPITULUM II

DE REGULIS SUMPTIS A SEXU

Sicut diuerse complexionones naturales indigent diuerso regimine : ²sic etiam sexus diuersus² diuersam arguit complexionem. Masculi enim sunt calidiores et sicciore et in quantitate maiores et longiores et fortiores et communiter prudentiores femellis in specie humana quicquid sit in aliis speciebus in quibus potest contingere femellas esse maiores³ et calidiores videlicet in animalibus viuentibus de rapina et in quibusdam entomorum⁴ et piscium de quibus ad presens non est sermo. Supponamus ergo ex his que appare[n]t ex dictis

¹⁻¹ T *de lapsu cholericis*.

²⁻² T *sic etiam diuersi sexus siquidem diuersus sexus*.

³ T add. *fortiores*.

⁴ *entomiorum sa téax (J)*.

sapientum masculos calidiores et sicciore esse in specie humana femellis et femellas frigidiores et humidiores et corpore misericordiores¹ masculis. Vir ergo temperatior est calidior et siccior muliere temperata : et per consequens indiget alio regimine conseruante. Et puto saluo meliori iudicio quod mulier temperatissima in genere mulieris non indigeat regimine reductiuo sed conseruatiuo sicut masculus temperatissimus. Masculus enim temperatissimus temperatior est in specie humana quam mulier temperatissima. Ambo tamen sunt infra temperamentum corporis sani simpliciter et habent illud temperamentum quod se extendit ad masculum et ad femellam. Quia autem masculi ceteris paribus sunt femellis calidiores supponamus ad presens ex dictis sapientum : ²et ex signis manifestis sic patet : quo habito patet quod ad² diuersitatem complexionum diuersorum sexuum diuersi sexus indigent diuerso regimine conseruatiuo vel preseruatiuo. Hoc idem patet ex diuersitate compositionis et operationis. Nam alia est composito in sexu femineo et masculino vt multa membra sunt in femellis que non sunt in masculis ³et econtra³ et aliter disposita. Vnde in mulieribus est matrix et collum matricis⁴ quae non sunt in viris : et in viris est virga virilis que

supra 411

¹ T *minores.*

²⁻² T *ex dictis sapientum et signis manifestis. Sic igitur patet quod habito respectu ad . . .*

³⁻³ om. T.

⁴ T *eius.*

non est in mulieribus. Similiter mammille in mulieribus sunt propter lactis generationem: sed in viris non sunt ad hunc finem sed propter decorem et caliditatis cordis conseruationem. Vnde mammille mulierum sunt maiores mammillis virorum. Amplius in mulieribus est ¹impregnatio et menstruorum euacuatio que¹ non est in viris. Amplius in mulieribus est infantium lactatio siue nutritio. Et sic in regimine sexus feminei egemus regulis specialibus diuersis quibus non egemus in regimine masculorum. Nam indigemus regimine conseruante matricem et collum eiusdem matricis et preseruante a fluxu et retentione menstruorum inordinatis. Amplius indigemus regimine conseruante et preseruante mammillas ad moderatam et bonam lactis generationem. Indigemus etiam regimine pregnantis et parturientis et lactantis quorum nullo modo² indigemus in regimine virorum. Et de his omnibus propter artis perfectionem bonum est facere capitulum singulare: et de illo forsan inferius apparebit. Et erit capitulum de regulis appropriatis sexui femineo vt differt a masculino. Et sic patet diuersitas regiminis sanitatis ex diuersitate sexus. Et sicut oportet considerare diuersitatem sexuum in regimine sanitatis. ³Et sic etiam et diuersitatem regionum.³ Nam homines diuersarum regionum:

supra 443

¹⁻¹ *impar regimen parturitio et menstruorum fluxus que. . .*

² T om.

³⁻³ T sic etiam est vtile considerare diuersitatem regionis.

sunt diuersarum complexionum naturalium et formarum diuersarum et figurarum et colorum ¹sicut in regionibus extremis¹ est videre puta de sclauis et indis. Isti distant in complexione. Et abusio esset dicere quod ex eisdem et eodem modo conseruarentur in sanitatibus suis. Et puto saluo meliori iudicio quod lapsus diuersi secundum diuersitatem regionum non indigent regimine reductiuo sed conseruatiuo. Nam secundum illos lapsus qui sunt ex parte regionis corpora non dicuntur egra nec egrotatiua simpliciter nec vt multum nec vt nunc. Vnde indiuidua diuersarum regionum solum indigent reductiuo regimine secundum lapsus appropriatos singulis indiuiduis vt labuntur a medio latitudinis proprie regionis. Vnde sclauus temperatissimus non indiget regimine reductiuo ad complexionem climatis temperati. Vnde sclauus temperatissimus melius viuit et sanius in suo proprio climate quam in climate temperato: sed sclauus qui sunt multum lapsi a temperamento proprii climatis indigent regimine reductiuo ad proprium temperamentum eiusdem sic tamen quod illa reductio sit infra terminos latitudinis complexionis proprie et nature indiuidui qui² reducitur. Vnde puto quod in quolibet climate sunt corpora sana simpliciter et egra simpliciter et semper & multum.

¹⁻¹ T vt patet in regionibus extraneis, vt est Scotia &c.

² que sa téax.

Corpus tamen sanum vnius regionis est sanius et perfectius alio alterius regionis. Vnde corpus humanum temperatissimum climatis temperati dicitur ¹medium vnum equale¹ ad iusticiam in comparatione ad corpora temperata aliarum regionum et respectu huius alia corpora dicuntur lapsa sed ille lapsus non erit faciens talia corpora egra aliquo modo.

CAPITULUM TERTIUM

DE REGULIS SUMPTIS AB ETATE

Consequens est dicere regulas generales sanitatis sumptas ex diuersitate etatum. Supponamus hanc diuersitatem etatum esse in homine temperato libero ab occupationibus qui sit potens obedire siue subiici regimini sanitatis. Quid autem sit de corporibus lapsis et occupatis ex dictis poterit apparere. Et quia prima etas est infantium primo dicemus regulas regiminis sanitatis ipsius infantis que in fine equalitatis existit. Dicamus ergo quod talis infans post parturitionem² ipsius statim ponendus est in aqua temperate caliditatis ne corpus suum alteretur ab aeris frigiditate vel excessiua caliditate. Vt etiam sordes si que a matre fuerint derelictae per aquam calidam delean-

supra 444

supra 451

¹⁻¹ T vere medium & equale. ² parturitionem sa téax.

supra 466

tur.¹ Sed ante etiam umbilicus est ligandus non nimis longus ne sit maior quam deceat: nec nimis brevis ne sit minor quam deceat: nec debet etiam ligatura esse nimis fortis nec nimis debilis ne prius cadat et citius quam oportet nec tardius. Ligatura debet esse de filo lane non nimis duro. Post abscisionem umbilici aspergatur sanguis draconis vel aliquid simile ut puta ciminum farcocolla vene citrine. Quantitas incisionis est quattuor digitorum & ligationis unius digiti. Post casum umbilici mulieres Gallicane saliuam solum ponere consueuerunt. Alii autem docent apponere cineres coclearum vel plumbi adusti vel calcanei vitulini. Consueuerunt mulieres Gallicane infantem natum nouissime ante omnia ponere supra nudas paleas: & eundem fricare paleis temperata fricatione. Et ego laudarem paleas non esse frigidas nec calidas excessiue: sed calidas temperate. Sed mos aliarum est infantem recipere in gremio in panno lineo vel lanco temperate caliditatis. Et ut sit ad unum dicere recipiendus est infans in loco similiori loco matricis quam possibilis est: quia mutatio subita nocet nocumento magno. Et ideo nullo modo balneandi sunt post parturitionem in aqua frigida: sicut quidam barbari consueuerunt sed in aqua pura temperate caliditatis simili caliditati matricis in qua per experientiam nos videmus eos quamplurimum delectari. Dicunt antiquorum quidam

supra 456

supra 477

¹ *abluantur* T.

quod eorum corpora post partum debent synapizari sale minutissime triturato & deinde fasciari decenter¹. Hec enim synapizatio utilis est ad membra eorum roboranda ²a frigore calore² & similibus. Ex hoc enim eorum cutis efficitur densior & impassibilior : humiditates et impuritates cutis superflue consumuntur in quibus constat infantes abundare. Sed quia sal habet ex sui natura membra infantis mordicare loco salis a[d] predictas intentiones vtuntur aliqui sapientum oleo fructus glandium ex quo membra roborantur & humiditates aequaliter desiccantur.³ Rationabile est istud in infantibus valde calidis & multum raris puta colericis & sanguineis quorum membra sunt valde rara.⁴ Sed in infantibus qui sunt in fine equalitatis secus est. In his enim sal magis utile. Et si essent fleumatici infantes eorum sal debet esse ⁵calidius & non siccus.⁵ Amplius eorum vesice sunt comprimende vt facilius vrinam emittant. Eorum etiam nares purgentur cum digito minimo cuius vnguis nullam habeat eminentiam & ani orificium minimo digito inuncto oleo est aperiendum. Mulieres Gallicane habent regulam specialem in regimine infantium quam volumus premittere. Dicunt enim infantes

supra 504

¹ sic T; *recenter* J.

²⁻² T *ne sic laedantur ab extrinsecis occurrentibus puta calore.*

³ T add. *nec ex eo membra mordicantur.*

⁴ T add. & *passibilia.*

⁵⁻⁵ T. *calidius & acutius & si essent melancholici calidius sed non siccus.*

nouiter natos debere synapizari farina & specialiter partes eorum inferiores musculosas : deinde fricari cute porcina temperate asperitatis. Dicunt enim superfluitates malas ab eorum corporibus resolui. Est etiam infans balneandus singulis diebus bis non quidem pleno stomacho lacte nec statim post lactationem sed ante. Sicut enim exercitium debet anticipare cibum in potentibus exercitari : sic balneum debet anticipare lactationem in nouiter natis qui non possunt exercitari. Vnde si stomachus sit plenus lacte eorum digestio corrumpitur propter balneum & opilationes in lateribus generantur : similiter eorum dyaphragma comprimitur & in eisdem tussis generatur et interdum vomitus que omnia in nouiter natis nociua sunt simpliciter et euitanda. Non debet autem balnari in aqua sapiente naturam siue virtutem pharmacorum cuius modi sunt aque sulphuree & alumniose : sed debet esse aqua pura fontina cuius motus sit versus orientem per terram arenosam non lapideam nec lutosam : etiam a montibus discoopertam : aeri et soli expositam nullius saporis : substantie subtilis : cuius residentia nulla vel pauca pondere leuis que cito calefit et cito infrigidatur. Morentur in balneo quousque carnes eorum rubere incipiant. Et post balneum decenter sunt fasciandi ¹sicut nouerunt matrone circa hoc insistentes.¹ Fasciatio

supra 522

¹⁻¹ om. T.

autem non debet esse nimis stricta ne eorum augmentum impediatur nec nimis mollis ne eorum membra indebite figurentur. Nec debent esse panni ex quibus fasciantur frigidi. Et si forsitan in eorum membris aliquod ¹peccatum appareat ex parte figure¹ vel situs vel quantitatis : ²post balneum fasciando temptari debet eorum correctio sicut nutrices infantibus suis facere consueuerunt. Et similiter in his quorum vna tibia² est breuior alia, scilicet magis extendendo eam quam aliam. Post hoc autem infans lactandus est quousque dormiat. Quod si forsitan dormire non velit ³consolandus est cum dulcibus cantilenis.³ Et si omnia ista non iuerint portandus est totus fasciatus hincinde.⁴ Et super omnia studeat nutrix quod eius vestes non sint sordide. ⁵Sed quia matronas in his expertas videmus magis proficere in hac materie me amplius tenere non intendo.⁵ Totiens enim sunt fasciandi in die quotiens eorum vestes sordide reperiuntur. Semper autem post balneum lactandi sunt : & similiter post eorum vestium sordidarum mundificationem. Si quidem eos lac sugere delectabiliter videamus quod eorundem infantium lactandi consuetudine iacile

supra 547

supra 556

¹⁻¹ T *peccatum complexionis figurae.*

²⁻² T *tunc post balneum reparari debet : ut si una tibia. . . .*

³⁻³ T *dulcibus cantilenis somnus conciliandus.*

⁴ J. *hincide* ; T *hic et inde.*

⁵⁻⁵ om, T.

est videre tunc ¹secundum quod plus vel minus recipiant vnica lactatione delectationem lactis secundum hoc sepius vel minus sunt lactandi.¹ Maior pars temporis nouiter natorum occupanda est in lactatione: balneatione: dormitione: et ²huius modi² vestium sordidarum mu[t]atione. Nec omnino nouiter nati indigent alio cibo nisi lacte: et hoc eis sit loco cibi et potus. Lac autem infantibus conuenientius est lac matris proprie. Nam natura sagax sagacitate cuius non est finis ex vna portione sanguinis menstrui fetum generat et nutrit in vtero matris: et ex alia portione lac in mammillis generat quod quidem lac cum sit generatum ex sanguine maxime simili sanguini qui fuit materia generationis et nutritionis infantis³: est eidem optimum nutrimentum quod est verum supposito quod mater sit sana & debiti regiminis secundum quod requirit actus nutritionis⁴ nutricis. ⁵Et hoc est quia ex eisdem sumus et nutrimur.⁵ Quod si forsan mater proprium genitum nutrire non posset vel non velit: tunc eliganda est nutrix sana bone conditionis & boni moris: etatis perfecte: cuius color⁶ ad nigrum declinet: et vene sint late: et collum grossum & pectus amplum & mamille non carnose magne: non laxe: venarum multarum: cuius lac non sit nimis subtile et serosum nec nimis grossum &

supra · 567

¹⁻¹ T secundum quod vnica lactatione plus aut minus de lacte recipiunt, sic tardius aut saepius lactandi sunt.

²⁻² om. T.

³ in infantis sa téax.

T add. seu.

⁵⁻⁵ om. T.

⁶ J calor; T color.

caseatum : coloris albi : boni odoris et boni saporis. Cuius etiam lac non sit nimis partui propinquum nec nimis remotum cuius partus fuit naturalis etiam masculus et sit vnus mensis cum dimidio vel duorum. Et si possit inueniri nutrix similis complexionis et regiminis matris infantis cuius partus fuerit naturalis etiam masculus ¹non esset malum immo¹ puto quod talis esset pre omnibus eligenda supposita lactis conuenientia in quantitate et in conditionibus ante dictis. Quod si mater proprium filium nutrire velit non eligatur alia sanitate et bono regimine habitis cum lactis sufficientia. Quod autem sit bonum regimen nutricis ex quo lac eiusdem conseruetur corrigatur et auge[a]tur infans : apparebit post vbi regule regiminis sanitatis appropriate sexui femineo vt differt a masculino ponentur. Et non laudarem quod in primis diebus partus mater lactaret proprium filium suum. Tum quia mater multum alterata est a partu. Tum quia lac diu remansit in mammillis ex quo forte potest esse corruptum : sicut etiam ex proprio colore et substantia est videre. Vnde mulieres Gallicane faciunt sugi lac ab earum mammillis per aliquam mulierem vilem ad ²hoc deputatam.² Non est cunabulum eius mouendum³ ad somni⁴ prouocatione[m] motu violento

supra 597

supra 607

¹⁻¹ T non foret malum imo valde bonum. T. om. puto . . . lactis sufficientia.

²⁻² om. T.

³ nouendum sa téax.

⁴ soni sa téax.

ne eius lac in stomacho concutiatur et digestio corrumpatur: sed motu suauis et si sine motu cum mammilla somnus possit prouocari melius est. Moderatus fletus ante lactationem conuenit: et specialiter ad partium spiritualium dilationem et ad humiditatum capitis aliqualem euacuationem et ad ¹caloris temperati¹ reuocationem et confortationem. Lactentur bis vel ter in die naturali vel ad plus quater. Quod si forsan in eorum stomachis corrumpatur lac ex multa et immoderata suctione: ex qua contingit inflatio et extensio et ventositatum multitudo et vrine albedo longo tempore famelici sunt permittendi. et studium impendatur vt somnum dormiant lo[n]gum. Securius est vt parum sugant lactis et sepe. Assimilantur enim corporibus conualescentium qui sic sunt cibandi vt inferius apparebit. Bonum est etiam ante lactationem quod parum mellis despumati cum aliquantulo vini lymphati albi eisdem propinetur propter stomachi ²ablutionem et lauationem.² Et specialiter in principio aliquid lactis in infantium oribus mulgeatur vt minus eorum meri in actione³ laboret et ex conamine suctionis eorum gule cum mery et reliquis instrumentis lesionem incurrant. Hoc igitur sit regimen

supra 629

¹⁻¹ J *caloris temperati*; T *caloris innati*.

²⁻² T *ablutionem*; *confortationem ne etiam lac in stomachis eorum corrumpatur oportet etiam vt ante lactationem [et specialiter*

³ Γ *attractione*.

infantium quousque dentes emittant anteriores. Postquam dentes apparuerint anteriores alius cibus a lacte nutricis infantibus interdum est tribuendus sicut cibi lacti similes in substantia et virtute lacte tamen parum grossiores et sunt cibi qui pauca vel nulla indigent masticatione cuiusmodi sunt cibaria laudabilia a matribus vel nutricibus eorum primitus diligenter masticata et¹ panis in aqua mellis dissolutus vel in aqua carniū laudabilium vel cibus factus ex farina tritici² et lacte animalis sicut mulieres Gallicane facere consueuerunt. Aut panis dissolutus in vino bene aquatico interdum potest eis bene tribui. Aqua bona et pura cuius conditiones superius dicte sunt: potest etiam permisceri cum aliquantulo vini. Nec laudo quod predicti cibi tradantur infantibus simul cum lacte. In hora enim in qua aliquis predictorū ciborum exhibetur infantibus abstineat a lacte quousque predictorū ciborum digestio fuerit perfecta. Hoc facto possunt indui et portari et balneari minus quam ante. Cum autem inceperint per se ipsos ambulare: nutrix debet esse sollicita ne infans diuersis & inordinatis moueatur motibus ne forte eius membra torqueantur: nec est cogendus sedere vel ambulare antequam³ secundum naturam desiderium veniat. Locus in quo sedet

supra 534

¹ *vt sa téax*; cuireann T *et i* gcéill le comma.

² T *frumenti*.

³ T add. *sibi*.

non debet esse ¹durus: nec ásperitatem habens: nec coram ipso debent esse aliquæ ex eis que pungunt et incidunt. Custodiendus est ne¹ ab
 supra 663 alto loco labatur. Cum autem dentes canini inceperint apparere: ab omni re que ad masticandum dura est debet abstinere: ne forte materia predictorum dentium propter durorum masticationem ²totaliter resoluatur.² Et tunc plurimum bonum erit fricare gingivas ex axungia galline vel ex butyro recenti et cerebro leporis ex hoc enim facilius eorum fit transitus et origo. Et quia in tempore originis dentium predictorum consueverunt infantium colla rubere quam plurimum laudo quod hoc tempore vngatur caput et collum cum oleo rosato conquassato cum aqua calida. Cum autem possibile est cum predictis dentibus mordere desiderant proprium digitum masticare quapropter hoc tempore frustum paruum radicis yreos in eorum manibus est ponendum que non sit sicca³: sed inter siccum et viride mediocris. Nam ex eorum masticatione prohibentur eorum gingivæ ab vlcere & dolore. Laudo quod gingivæ earum frequenter cum melle despumato cum aliquantulo salis fricentur: hoc enim prohibet a dolore et vlcere. Quando autem predicti dentes canini perfecte creuerint
 supra 666 radix liquericie continue masticetur. Et quanto

¹⁻¹ T *durus, asperus, neque pungitius et caueatur ne . . .*
²⁻² T *minuatur aut resoluatur.* ³ T add. *perfecte.*

infantes magis appropinquant ad tempus in quo sunt a matre¹ totaliter sequestrandi tanto oportet assuefieri cibariis magis grossis. Tempus sequestrationis est ²cum possunt alios² cibos masticare perfecte : cum scilicet omnes dentes emiserint. Et hoc tempus est duorum annorum communiter. Dicunt quidam quod masculus tardius secretandus est quam femella ceteris paribus. Quod si infans perfide et inordinate post tempus sequestrationis mammillam quesierit & ex illo inordinate fleuerit : epithimande sunt mammille cum aliquibus que infanti abominationem inducant in gustu cuiusmodi sunt succus absynthii & mentastri & myrrhe & similium. Hoc ergo sit regimen infantis quousque a nutrice sit secretandus. Postea tota sollicitudo parentum debet esse in meliorando mores ipsius. Et in hoc consistat duplex vtilitas vna vt crescat bonus et fiat ei in bona habitus fixus qui generatur in anima ex actibus frequentatis. Et hec vtilitas est in anima cuius artem non habet medicus sed moralis philosophus. Alia est attinens corpori. Nam ex malicia morum et passionum potest in corpore generari complexionis malicia. Vnde sicut mali mores sequuntur maliciam complexionis : sic possibile est maliciam complexionis ex morum malicia generari. Vnde ³timor in multo tempore perficit³ melancolicum. Et ergo non sunt per-

supra 699

¹ T *mamma.*

²⁻² T *quando omnes dentes creuerunt & omnes. . . possunt*

³⁻³ T *timor & pusillanimitas . . . perficiunt. . .*

supra 721

mittendi nimis tritari nec irasci nec flere nec gaudere : sed medium in his elegibile est. Et si nobis appareat eorum natura vel constellatio inclinari inordinate ad aliquam passionem auertendi sunt ad contrarium. Auertentes enim ad contrarium ad medium veniemus sicut dirigentes lig[n]a tortuosa facere consueuerunt : Et sic patet quod in custodia morum summa corporis et anime custodia consistit. Post somnum balneandus est quousque eius carnes rubere incipiant : deinde ludere permittatur per vnam horam : deinde cibandus est cibis laudabilibus : deinde permittendus est ludere prolixius : deinde balneandus est. Post sequestrationem eorum aliqui sunt contenti exercitio : parum aut nihil curantes de balneis : sed quia eorum membra ante septimum annum sunt multum debilia et ad motum inepta rationabile est quod interdum balneentur¹ ad membrorum confortationem et ad superfluum tertie digestionis expulsionem et vt membra ad augmentum preparentur. Non debent esse balnea sapientia naturam aliquorum farmacorum cuiusmodi sunt sulphurea aluminosa & similia : quia redderentur ex illis corpora eorum inaugmentabilia. Et propter eandem causam exercitium eorum non debet esse forte multum et magnum : quia membra eorum adeo sunt debilia quod exercitium forte pati non possunt. In hoc tempore etatis vinum

¹ sic T ; *balnientur* J.

est nociuum et eo non indigent. Nociuum quidem quia est ignem addere igni. Habent etiam neruos debiles et cerebrum quorum vinum est maxime lesiuum: et precipue quia eorum nerui sunt valde passibiles et penetrabiles a vino quod est optimus penetrator propter subtilitatem eius debitam ex parte actionis et substantie. Vinum enim est subtile in substantia et actione. Nec indigent vino propter vrine mundificationem: et colere rubeo cum vrina mundificationem. Nec propter corporis humectationem: nec propter melancolie repressionem: nec propter digestiue et caloris innati confortationem: vt consideranti manifestum est. Vinum album lymphatum valde potest eis propinari loco potus: Et quanto sunt calidioris complexionis minus vtantur vino: et quanto frigidioris plus vtantur eo. Aqua que est potus eorum sit pura cuius condiciones superius tacte sunt. Hoc sit regimen pueri quousque magistro tradatur quod est tempus annorum sex. In hoc tempore tradatur magistro qui eum doceat in moribus et sic gradatim est ordinandus ¹nec solito balneandus et eius labor ante commestionem augmentandus: quia eius membra sunt solito fortiora.¹ Non sunt tamen apta fortibus exercitiis ante decimumquartum annum: immo forsan eis non competit exercitium forte et magnum ante

supra 749

¹⁻¹ T. & cum ad hanc peruenerit aetatem minus est solito balneandus quia membra sunt fortiora.

finem adolescentie. Vsque ad¹ duo septennia annorum non competit vinum nisi aquaticum sed minus quam ante. Sed interdum non est malum eis in hoc tempore ministrare parum boni vini: propter preservationem a generatione opilationum.² Hoc sit regimen pueri vsque ad decimumquartum annum. Vnde parum deinceps differt regimen corpori debitum scilicet temperato libero vacare potenti regimini sanitatis a regimine transeuntium decimumquartum annum preterquam quod possunt fortioribus exercitiis vti et cibis grossioribus et vinis minus aquaticis et paucioribus balneis et indigent breuioribus somnis. Non indigent exercitiis fortissimis nec talia exercitia sustinere possunt sine notabili lesione cuiusmodi sunt exercitia luctantium tornantium et similia. Nam eorum membra non sunt sufficienter apta ad tales motus propter eorum imperfectionem: sunt enim adhuc in via augmenti: et talia exercitia

supra 759 impediunt eorum augmentum. Et sicut dictum est de exercitiis ita intelligatur de cibis: non enim possunt digerere cibaria fortissima ad digerendum dura: quem ad modum possunt illi

supra 763 qui sunt in termino adolescentie. Similiter actus venereorum non sunt eis ita conuenientes sicut his qui terminum adolescentie sunt consecuti: immo ex coitu inordinato magnam consequuntur lesionem. Ex hoc enim corpus impeditur ab

¹ *ad fá dhó sa téax.*

² *T vermium.*

augmento: nec semen est vtile generationi: antequam membra ad perfectum augmentum peruenerint: vt patet in terre nascentibus quorum semen est imperfectum antequam planta augmentum perfectum deuenit. Cum¹ autem aliquis ad perfectum deuenit augmentum quod communiter supponitur circa medium quarti septenii annorum: et est annus vicesimusquintus tunc est sanitas perfectissima: et durat vsque ad quadragessimumquintum² annum. Et vocatur hec etas: etas pulchritudinis et fortitudinis. Nam hoc tempore corpora sunt pulcherrima et fortissima et in eis omnes operationes sunt fortiores: quod specialiter verum est de vitalibus et animalibus quicquid sit de naturalibus. In hac etate indigemus fortioribus exercitiis et est sufficientior ad exercitia fortissima. Et multo magis quam aliqua precedentium. Et minus indiget balneis aque calide quam etas precedens: sed balneum frigide aque huic soli etati est conueniens vt membra reddantur robustiora: et ad motum fortem aptiora. Nec calor innatus ex predicto balneo debilitatur: sed magis confortabitur: nec augmentum membrorum impediatur. Et non debet hoc balneum esse aque intense frigiditatis nec in tempore et hora frigidis: sed calidis. Cibus in hac etate debet esse grossior et maioris quantitatis et minoris numeri. Nam debent et possunt

supra 779

¹ Gum sa téax.² T 33.

respectu prioris et posterioris etatis grossum et multum cibum accipere et raro. Que sint cibaria conuenientia eis inferius apparebit. Potus debet esse vinum subtile album minus aquaticum quam in minori etate propter vrine prouocationem : colere mundificationem : et sudoris prouocationem : et membrorum humectationem. Nec debent eorum cibaria¹ esse calida nec acuta ne forte ex eis in febrem vel hepatis² supercalefactionem vel humorum adustionem incidant. Et propter eandem rationem vitare debent omnia excessiue calida et sicca : vt piper : synapis : allea et similia. Hec etas indiget breuissimo somno respectu aliarum propter digestionis fortitudinem : et robur membrorum que sunt instrumenta virtutum animalium sensitiuarum et motiuarum. Somnus enim ordinatur ad confortationem virtutum naturalium et quietem animalium. Quo ad anime accidentia summe est vitanda ira et tristitia que sanguinem supercalefaciunt et adurunt. Hec etas actibus venereis est conuenientior propter membrorum perfectionem et caloris et spirituum fortificationem et seminis multitudinem & digestionem. Regule autem speciales regiminis sanitatis que sumuntur ex rerum naturalium diuersitate inferius apparebunt. Hanc etatem sequitur consistentia cuius regimen parum differt ^{3a} regimen ^{supra 820} immediate dicto.³ Hanc consistentiam sequitur

¹ T *vina*. ² sic T; J *captis*. ³⁻³ T *a praedicto imminente*.

senectus: cuius volumus ponere regimen ¹sicut infantium.¹ Notandum quod tota intentio in regimine senum est administrare quod calefaciat et humectet ex nutrientibus balneis et potibus: longo somno et quiete. Et quia in stomachis senum fleuma ²multiplicatur: per viam intestinorum euacuare² procurabimus: ipsum primitus digerendo cum decoctione hysopi et oximelle diuretico. Euacuatio fieri potest cum pigra³ vel cum decoctione volubilis et polipodii⁴ in qua infundantur carthamus turbith et zinziber. Pillule etiam composite ex semine carthami et ficibus et terebenthina sunt senibus conuenientes et sit de illis quantitas duarum auellanarum vel circa. De nutrientibus senum dicamus quod nutrientia senum debent esse facilis digestionis et boni nutrimenti et minoris quantitatis et numeri minoris quam in etatibus precedentibus. A corporibus enim senum non fit multa resolutio propter caloris debilitatem et membrorum duriciem. Et sic non indigent multo cibo nec sepe sed paucus eis sufficit respectu etatis prioris: et raro propter digestiue debilitatem. Et ergo debent eis administrari nutrientia que in parua quantitate possunt corpus senis nutrire sufficien-

supra 844

¹⁻¹ T *speciale.*

²⁻² T *consuevit . . . multiplicari, propter digestiuam debilem, illud euacuare etc.*

³ T *hierapicra.*

⁴ T add. & *anisi.*

ter: ¹et quia senes non indigent sepissima refectione: immo¹ forte eis sufficit comedere semel in die naturali ideo facillime ferunt ieiunium quod verum est de senibus a senectute et non a senio. Senes enim a senio qui sunt sicut lucerna extinctioni parata indigent sepissima et paucissima refectione. A cibo enim multo simul sumpto suffocaretur eorum calor sicut paruus ignis a multis lignis. Et si non eis sepe nutrimentum administretur calor naturalis humido radicali consumpto sicut lucerna ad extinguendum parata propter olei consumptionem et lichini illuminati paucitatem extinguetur. Bonum ergo puto tales dietari ter in die naturali sic quod inter primam et secundam commestionem interueniat spacium octo² horarum³ et inter vltimam commestionem primi diei et primam sequentis interueniat spacium decem vel vndecim horarum: et sic tertia commestio maior erit secunda: et secunda aliquantulum maior prima. Prima commestio erit circa secundam horam equalem diei naturalis: Et secunda commestio erit circa horam septimam: & tertia circa decimamseptimam horam diei sequentis et est circa nonam vel decimam equales. Debent senes preterea euitare omnia cibaria

¹⁻¹ T & si tarde digerunt non indigent frequenti refectione. immo. . .

² T sex.

³ T add. & inter secundam & tertiam superueniat spatium octo horarum.

fleumatis vel melancolie generatiua et venarum opilatiua cuiusmodi sunt grossa viscosa solida¹ et digestioni inobedientia: verbi gratia genera leguminum et genera piscium salitorum et non salitorum et specialiter ²animalium marinorum² et vniuersaliter carentium squamis et spinis ³et carniū salitarum et specialiter animalium siluestrium porcorum bouum antiquorum salitorum & non salitorum: et auium in aquis degentium et vniuersaliter cibariorum pomorum coctanorum et mespilorum et similium frigidorum olerum frigidorum puta lactucarum portulacarum et similium. Senibus quoque conuenientior est elixatura quam frixura vel assatura: et assatura quam frixura: et pastillatura quam assatura.³ Salse ex vino sunt conuenientiores senibus quam ex aceto vel veriuto. Acetum enim est senibus inconuenientissimum ratione eius frigiditatis et siccitatis. Et meo iudicio senectutem accelerat et confirmat. Item specierum genera sicut zinziber et cinamomum sunt senibus conuenientiora. Et omnia genera specierum participantium caliditate et humiditate vel parua siccitate. Mel senibus multum est conueniens. Debet autem

supra 891

¹ T salita.

² T bestialium animalium marinorum genera.

³⁻³ T aves aquaticae cibi ex pasta azyma, quibus maxime Itali vti consueuerunt, & genera fructuum crudorum frigidorum, puta pira poma, cotonea, mespila & similia: convenientiora sunt elixa, quam frixa & assata quam pasta.

esse album : grandinosum : durum : incissibile : boni saporis cuiusmodi est mel de Monte Pessulano. Carnes castratorum iuuenum ¹caponum : gallinarum :¹ gallorum testiculi ova recentia sunt cibaria senibus conuenientia. Et similiter perdicum alaudarum et fasianorum. Hec enim sunt facilis digestionis boni nutrimenti et multi. Pisces senibus conuenientes sunt pisces marini et inter ipsos est rogetus gornatus et plagitia. Et melius est quod decoquantur in vino cum feniculo aneto et petrosilino vt eorum frigiditas temperetur et remoueatur eorum viscositas. Lac senibus conuenit² eo quod nutrit cito et corpus humectat. Quibusdam autem non conuenit eo quod opilationem generat : vnde quibusdam ex lacte sub dextro hypocundrio³ dolor et extensio contingere consuevit : propter venarum striccturam et talibus⁴ non conuenit. Lac conuenientius est eis asinum vel caprinum ⁵cum aliquali quantitate zuccari vel melis despumati : hec enim prohibent ipsius corruptionem et iuuant eius penetrationem.⁵ Caseus senibus est inutilis nisi sit bene vnctuosus⁶ non salsus nec nimis recens. Butirum senibus conuenit : quia eos humectat et calefacit et membra pectoralia lenit. Olera conuenientia :

supra 911

¹—¹ T om.² T add. *quibusdam*.³ T *hypochondrio*.⁴ T add. *lac*.⁵—⁵ T & *forsan vaccinum cum pauco sale, aut melle aut saccharo*.⁶ T *butyrosus*.

sunt ¹sicla : bleta :¹ feniculum : petrosilinum : borago domestica et siluestris : saluia : menta : et consimilia que ad caliditatem et humiditatem declinant. Polipodium cum aniso est eis conueniens ad leniendum ipsorum naturas si decoquantur cum carnibus laudabilibus. Idem intelligatur de volubili herba cuius est flos albus ad modum campanæ : et mercurialis eis conuenit : et eis conueniens est oleum oliuarum maturarum et amygdalorum dulcium et zizaminum.² Fructus senibus conuenientes sunt ficus et specialiter sicce et ³passule et pruna et dactili.³ Et ficibus quidem in principio commestionis & aliis in fine est vtendum. ⁴Dyacalamentum etiam est eis competens⁴ et specialiter ad aperiendum opilationes laterum quas senes sepius incurrere consueuerunt. Clistere⁵ ex oleo simplici dulci est eis conueniens interdum ad leniendum⁶ eorum naturas et ad humectandum eorum viscera. Et omnino cauere debent ab acuto clisteri ne eorum intestina siccentur sed humidum clistere et vnctuosum est eis vtilissimum. Debemus sollicitari in regimine senum de lenitate ventris eorum : et nihil penitus de flebothomia est curandum. Et loquor de senibus a senio cuius initium ponitur in

supra 933

¹—¹ T om.

² T *sesaminum*.

³—³ T *passulae, amygdalarum, pineae & dactyli*.

⁴—⁴ T *Circa condita est diacalamintha eis conueniens*.

⁵ T *Clyster*.

⁶ *leniendum sa téax*.

septuagesimo anno vel circa : quibusdam citius quibusdam tardius sunt enim quidam ita male constructi corpore quod non possunt ad annum sexagesimum peruenire. Vinum nouum album Gallicum aquaticum senibus non est conueniens : nisi forsan post balneum si eos inordinate contingeret sitire. Vinum senum debet esse rubeum, subtile odoriferum et antiquum. Tale enim vinum senes calefacit et nutrit : melancoliam compescit : vrinam prouocat : iuncturas humectat : calorem innatum reparat : quibus omnibus indigent senes. Acruminum generibus vti possunt si eisdem vti consueuerunt : puta aleis cepis et specialiter propter opilationem venarum aperiendam quam sepe incurrere consueuerunt ad quod tunc valeret dyacalamentum.¹ Tyriaca² senibus multum conuenit ad aperiendum opilationes ipsorum similiter competit medicina vocata athanasia.³ cuius descriptionem inuenies in antidotario.⁴ Potagia senibus conuenientia sunt gruellum de auena et hordeo cum aqua carniū laudabilium. Similiter rape cum aqua carniū laudabilium et feniculo senibus sunt conuenientes. Similiter pureta ex boraginibus bletis feniculo petrosilino senibus sunt conuenientes. Potus hydromellis senibus est conueniens ad aperiendum eorum opilationes : et

¹ T *diacalamintha*.

² T *theriaca*.

³ J *athausia* (sic) T *athanasiae confectio*.

⁴ *atnidotario sa téax*.

si sint in viis vrine decoquatur cum hydromelle¹ petroselinum et specialiter macedonicum apium feniculum et similia. Et si opilatio fuerit in viis spiritualibus addatur ²hydromelli capillus veneris: isopus² et similia. Fricatio temperata in quantitate & qualitate: senibus conuenit. Debilia membra et dolentia senum fricatione non indigent. Debet esse fricatio cum manibus asperis et grossis pannis vicibus interpositis: non tamen debet esse fricatio tanta et talis quod membrorum ipsorum inducat siccitatem et per consequens frigiditatem per viam resolutionis humidi & naturalis calidi sicut in exercitiis immoderatis contingere solet. Nec debet esse nimis parua itaque in membris senum nulla fiat resolutio cum fricatio naturaliter ordinetur ad expulsionem superfluitatum membrorum tertie digestionis: & ad confortationem earundem. Debet igitur esse talis & tanta quod sit sufficiens poros membrorum aliququaliter aperire et eorundem calorem innatum aliququaliter confortare & superfluitates eorum consumere: vt ex his membra senum calidiora reddantur & naturaliter humidiora. Et sic patet quod fricatio senum non debet esse fortis quia membra desiccat nec debilis quia calorem in membris non confortat: Nec etiam parua quia non sufficit poros aperire & super-

supra 965

¹ T *hydromellite*.²⁻² T *hydromelliti. hyssopus, capill. vener. cassialig.*

fluitates consumere. Nec nimis magna: ne membra debilia senum vltra naturalem debilitatem debilitentur.¹ Debet ergo esse mediocris in
supra 985 quantitate & qualitate. Tempus autem cessandi a fricatione est cum membra senum rubere incipiunt & aliquantulum dolere. Nec est malum circa finem fricationis inungi manus oleo oliuarum dulci vel amigdalorum: dulcium: vt membrorum senum siccitas aliquantulum temperetur & calidum naturale in eisdem² conseruetur. Laudo hanc fricationem fieri stomacho ieiuno ante cibum & exercitum et eligatur locus temperatus et hora naturaliter temperata vel artificialiter. Et qui non possunt exerceri propter membrorum debilitatem vel propter aliquam causam in rebus mundanis suppleant fricationibus & balneis fricentur qualibet die non solum fricatione preparante ad exercitum³ sed supplete vicem exercitii. Et balneantur quater in mense balneo humectante & calorem naturalem confortante & siccitatem membrorum obtemperante. Talia non sunt balnea sulphurea vel aluminosa⁴: nec vniuersaliter sapientia naturam similibus pharmacorum sed sunt aque dulces in quibus apponi laudo camomillam & vtrumque sticados & bis maluam quidem ad membrorum siccitatem sticados & camomillam quia membra
supra 1013 confortant & lassitudinem remouent. Et bene laudo quod circa finem balnei fricentur eorum

¹ *debiliter* sa téax.

³ sic T; J *exercitium*.

² T add. *melius*.

⁴ *alunniosa* sa téax.

membra vt sordes eorum reinoueantur si que sint. Et inde fricentur inunctis manibus oleo oliuarum & amigdalorum dulcium vt post balneum membra remaneant humidiora. Terminus balneationis & exitus initium est cum digitorum pulpe incipiunt aliquantulum exasperari. Et in hoc multum dicitur considerari hominis delectatio nam quidam citius balneatione attediantur quidam tardius. De aliis considerationibus circa fricationem et balneum transeo quia de hoc inferius in quarta parte huius operis patebit. Senes qui adhuc habent membra fortia & ad exercitium¹ bene apta non balneo adeo sepe nec fricatione assuescere debent. Nam balneum & fricatio pro magna parte vtilitatis ad expulsionem ordinantur superfluitatum tertie digestionis et caloris naturalis conuersionem et membrorum interiorum euacuationem ad que omnia exercitium ordinatum modo debito plus valet. Membra senum debilia exercitari non debent: ne ampliorem incurrant debilitatem: secus est in adolescentibus in quibus membra debilia naturaliter exercitantur amplius vt maiora et fortia fiant: et hoc quia adolescentium virtutes conualescunt: et senum corpora sunt decidua vnde nulla spes est de membrorum debili-
²naturaliter fortificatione per exercitium apta debent plus exercitari non ad virtutis membrorum²

¹ sic T; J *exertum*.

²⁻² T *fortitudine per exercitium. Et per oppositum membra senum sicciora & exercitiis apta, debent amplius exercitari, non quidem ad virtutis nec membrorum . . .*

augmentum : sed ad residui vite conseruationem. Vnde si membra superiora sint debilia : et inferiora fortia : exercitentur magis inferiora. ¹Sed vniuersaliter ceteris paribus senes minori exercitio et debilitatione indigent quam adolescentes vel iuuenes : vnde fortioribus exercitiis non sunt apti cuiusmodi sunt hastiludia : torneamenta : et itinera longa : cursus et luctamina et similia his. Non enim sunt vires in senectute. Vnde hec etas vacare debet his que sine viribus sustineri possunt : puta consiliis auctoritatibus et sententiis que in senibus augeri consueuerunt : et non his que viribus corporis fiunt que ad etatem spectant priorem.¹ Non enim viribus corporalibus quibus prior indiget etas res magne geruntur.

CAPITULUM QUARTUM

DE REGULIS SUMPTIS A LAPSU NATURALI

supra 1028

Quoniam in precedenti capitulo posui regulas regiminis temperati siue sani a generatione a quo non parum differunt egra corpora a generatione que respectu temperati sunt malarum complexionum. Volumus in hoc capitulo ponere regulas regiminis sanitatis malarum complexionum: non accidentalium sed naturalium. Sunt enim

¹—¹ T om.

quidam qui a principio generationis calidiores sunt ¹vltra temperamentum humane complexionis¹: alii frigidiores : et in aliis qualitatibus tam simplicibus quam compositis excedentes ²quarum complexionum necesse est vt sit aliud regimen conseruatium² vel curatium. Nec est nostra intentio loqui de parum lapsis : quia talium³ regimen sufficienter haberi potest ex his que dicta sunt de regimine temperate complexionis : et ex his que postea dicentur de multum lapsis. Sed in isto capitulo intendimus de corporibus multum lapsis cuiusmodi sunt sanguinei : colerici : fleumatici : et melancolici.

DE COMPLEXIONE SANGUINEA

Primo loquamur de regimine sanguinee complexionis. Est enim complexio minus mala et minus distans a temperata complexione : immo quidam dixerunt hanc complexionem esse temperatam scilicet calidam et humidam cuiusmodi est sanguinea : quod vtique verum est respectu temperamenti ponderis. Vnde homo temperatissimus labitur in calido et humido a ponderis tempera-

supra 1047

¹⁻¹ T quam requirat corpus humanum complexionis temperatae.

²⁻² T quarum complexionum regimen non parum differt a regimine complexionis temperatae siue earundem regimen sit conseruatium . . .

³ T add. corporum.

mento : et sic intellexerunt antiquorum quidam
¹complexionem humanam etiam in tota natura
 esse¹ calidam et humidam. Sed complexio calida
 et humida respectu temperamenti ad iusticiam :
 puta respectu hominis temperatissimi non est
 temperata sed lapsa : et huiusmodi est complexio
 supra 1065 naturalis² : immo habens³ hanc complexionem
⁴patitur a cachochimicis egritudinibus et vniuersa-
 liter ab omnibus egritudinibus⁴ quarum causa
 est putrefactio et humorum plenitudo et opilatio et
 specialiter multitudo sanguinis. In tali enim
 complexione consuevit multiplicari sanguis propter
 quod indiget⁵ fleubothomia ⁶vel ventosa⁶ propter
 sanguinis⁷ euacuationem et specialiter cum regimen
 habentium hanc complexionem in reliquis non est
 equale. Hec fleubothomia fienda est ⁸in virtute :
 etate : et ceteris particularibus permittentibus⁸ :
 in tempore veris in principio vel in fine. In prin-
 cipio vbi dubitamus de egritudinibus ex sanguinis
 multitudine vt plurimum contingentibus nam
 hoc tempus morbo assimilatur ex repletionem. In
 fine cum dubitamus de egritudinibus ex sanguinis
 acuitate vt plurimum contingentibus. Et ex

¹⁻¹ T temperatam in specie humana, & in tota natura
 entis esse . . . ² T add. sanguinea. ³ T habentes.

⁴⁻⁴ T sunt parati incidere in morbos cacochymicos &
 naturaliter in omnes aegritudines . . .

⁵ T saepe indigere consueuerunt.

⁶⁻⁶ T & ventosis.

⁷ J sauginis.

⁸⁻⁸ T aetate, virtute, tempore, arte & caeteris partibus
 conuenientibus.

hoc concluditur flebothomiam in veris principio fiendam esse maiorem et in fine minorem. De venis flebothomandis¹ & de qualitatis et quantitatis sanguinis cognitione² et de considerationibus circa flebothomiam obseruandis transeo : quia per Dei gratiam de hoc fiet vnum capitulum speciale. Non solum hec complexio indiget flebothomia: sed etiam pharmacia : non ad sanguinis euacuationem : sed mundificationem et euentationem. Medicine ad hoc conuenientes sunt leues et benedite puta agaricus qui est medicina familiaris turbit : cartamus vt testatur Auerrois. Posuerunt medici experti multas bonas medicinas sanguinis mundificatiuvas puta cassiafistulam pruna mannam tamarindum violas serum caprinum : boraginem mirabolanos : et multa similia que in tabulis Salernitanis est videre. Omnes enim medicine sanguinem mundificantes vel sunt euacuantes fleuma quod est sanguis coctus imperfecte vel indigestus vel melancoliam ex sanguinis grossiori per viam ebullitionis generatam vel coleram ex subtiliori sanguinis per viam ebullitionis generatam. Nam cum sanguis ebullit quod subtile est ipsius conuertitur ad coleram innaturalem que omnino a corpore euacuenda est et quod grossius est in melancoliam conuertitur innaturalem. Et

supra 1078

supra 1092

¹ T add. *modo phlebotomandi.*

²⁻² T *sanguinis qualitate, quantitate, & sufficienti cognitione circa alia.*

similiter cum sanguis digeri non possit conuertitur in quoddam fleuma quod non est natum nutrire corpus. Vnde medicine euacuantes hos humores predictos: sanguinis mundificatiue ab autoribus nominantur. Non enim debemus vti medicina euacuante sanguinem in sua puritate. Vnde si non peccet sanguis in qualitate et substantia sed solum in quantitate non est adhibenda farmaciam. ¹Vnde Haly refert quod Galienus ordinauit hominem interfici qui inuenit medicinam sanguinis euacuatiam oculis coopertis ne eandem medicinam alium docere posset.¹ Vnde omnino inartificiale est medicinam sanguinis purgatiuam exhibere nisi modo predicto. Non sic est de humoribus aliis a sanguine: quia stantes in sua puritate ²quod ad² substantiam & qualitatem: peccantes tamen in quantitate debent per medicinam farmaciam euacuari eisdem appropriatam. Ex his patet in quo differunt medicine sanguinis mundificatiue a medicinis euacuatibus ceterorum humorum. Nam medicine³ euacuatue aliorum humorum a sanguine respiciunt humores illos vt distinctos a sanguine peccantes in qualitate quantitate vel substantia: sed medicine mundificatiue sanguinis respiciunt eosdem et sanguinem vt deficientes a sanguinis perfectione vel propter diminutionem caloris vt in fleumate: vel propter excessum non vltimum caloris vt in colera:

¹⁻¹ om. T.²⁻² sic J; T *quo ad*.³ J *medicine*.

vel propter excessum vltimatum caloris vt in melancolia. Non etiam multum a veritate remotum est quod aliqua melancolie species ex sanguine generetur a frigido cuius melancolie medicina¹ euacuatia etiam vocabitur sanguinis mundificatiua. Differunt preterea medicine mundificantes sanguinem a medicinis euacuatuiis aliorum humorum a sanguine in hoc quod medicine sanguinem mundificantes sunt benigniores² et minus periculose: vnde sunt quasi quedam medicine benedictae: sed sic non est de medicinis euacuatuiis aliorum humorum a sanguine vt a sanguine distinguntur. Vnde in tabulis illorum de Salerno vbi ponuntur medicine sanguinis mundificatiue solum ponuntur leues et benedictae cuiusmodi sunt medicine superius nominate quarum quedam mundificant sanguinem fleumaticum quedam colericum quedam melancolicum. Medicine autem euacuantes alios humores distinctos a sanguine sunt fortiores et magis periculose: quod contingit³ quia tales humores sunt minus nature obediens: quanto enim aliquis humor magis distat a sanguine tanto magis est nature inimicus si quidem sanguis nature est familiaris amicus. Dicamus igitur quod talis complexio calida et humida indiget medicina sanguinis mundificatiua: sed de modo exhibitionis talium

¹ J *medicine.*

² *benigniores* sa téax (J).

³ J *co contingit.*

supra 1095

medicinarum et similibus transeo quia de istis fiet vnum capitulum. Hec complexio consuevit multiplicare superfluitates et specialiter tertie digestionis ¹quapropter eam habentes¹ indigent exercitio veloci et forti ad predictarum superfluitatum expulsionem² ex quibus posset opilatio generari et per consequens putrefactio in corporibus prouenire. Regulas in exercitio obseruandas inferius ponam in vno capitulo speciali. Eadem ratione indigent fricatione multa et forti et quod balneantur stomacho ieiuno bis ter in ebdomada vel ad minus semel. Et oportet stomachum habentium talem complexionem intueri. Nam si ipsius complexio ad malum verteretur: humores totius corporis ad malum declinarent. Nam error notabilis in prima digestionem non corrigitur ³in secunda.³ Amplius quia hec complexio est parata putrefactioni humorum bonum est vt his vtatur que putrefactioni resistunt: cuiusmodi sunt frigida: sicca: ⁴non viscosa: non pingua⁴: non dulcia: non passibilia in substantia: non participantia ⁵caliditate extranea⁵: non vaporosa cuiusmodi sunt fructus vaporosi et specialiter virides et recentes puta ficus: vicia: amigdala: et similia. Similiter lactinia et specialiter recentia et vina dulcia et carnes humide et calide: et vinctuose

¹⁻¹ T om. ² T *consumptionem*. ³⁻³ T *in aliis*.

⁴⁻⁴ T *non utendo vinctuosis pinguibus*.

⁵⁻⁵ T *humiditate actuali extranea*.

puta carnes mutonine : et idem intelligatur in aliis. Talis complexio minus leditur a ieiunio supra 1122 vnde forsā sufficit¹ habentibus hanc complexionem comedere¹ in tribus diebus quater. Hec complexio in actibus coitus sufficientior est aliis et minus leditur a coitu. Regule in vsu coitus inferius dicentur. Hec complexio minus leditur a vigilia inter omnes complexiones et plus a somno grauatur et ergo plus aliis debent vigilare et minus dormire. Plus autem conuenit ei irasci et minus gaudere : similiter tristari quam aliis complexionibus. Non conuenit ei vti cibus plurimi nutrimenti sed pauci et boni. Et de hoc inferius apparebit in speciali capitulo. Hec complexio consuevit in reumate abundare : vnde bonum est materiam reumatis interdum per sternutationem et interdum per gargarismata conuenientia euacuare precedentibus purgationibus vniuersalibus. Mastix et saxifraga sunt appropriata multum in reumatis mundi-
 ficatione gargarizando vel masticanda vel supra 1137 sternutando. Hec etiam complexio satis parata est opilationibus venarum. Abstineant ergo habentes hanc complexionem a cibariis et potibus opilationem inducentibus : et vniuersaliter ab omnibus a quibus opilatio potest prouenire. Vnde vitare debent cibaria dulcia vnctuosa grossa et etiam potus turbidos grossos et dulces : debent etiam vitare. Balnea post cibum et

¹⁻¹ T concedere eis cibum.

exercitum forte et coire et multum bibere : sunt enim causatiua descensus cibi a stomacho ante perfectam eius digestionem : et ideo talis cibus veniens ad venas causabit opilationes in eisdem. Hec sufficiant de illa complexione.

DE COMPLEXIONE COLERICA

supra 1150

Consequenter dicemus de complexione ¹calida et sicca.¹ Habentes enim hanc complexionem parati sunt cadere in febres inflammatiuas et specialiter in temporibus calidis : vnde laudo quod temporibus calidis vtantur oxizacra simplici cum syrupo violarum vel nenufaris. ²Et rationale est vt predicti syrupi aromatizentur cum aliquanto³ spice vel cinamomi predicti syrupi aequaliter stomachum debilitant. Amplius aqua hordei in temporibus calidis est conueniens eis.² Laudo quod predicti syrupi recipiantur cum decoctione quorundam seminum depilatorum cuiusmodi est semen melonum cucurbite citruli scariole apii. Et quia hec complexio solet in colera abundare : et specialiter temporibus calidis indiget euacuantibus coleram cuiusmodi est reubarbarum scamonea correcta⁴ : mirabolani : citrini : cassiafistula : thamarindi et similia.

supra 1170

Huiusmodi complexionis regimen dicitur esse

¹⁻¹ T *cholericæ*.³ J *aliquando*.²⁻² om. T.⁴ T *praeparata*.

declinans ad frigida et humida : quia parata est cadere in egritudines colericas calidas et siccas. Est autem complexio hec ad senectutem parata ratione siccitatis : quapropter indiget humectantibus et senectuti resistentibus : cuiusmodi sunt cibi laudabiles ¹gallarum : pullorum : et gallorum iuuenum¹ : et extremitates porcorum et carnes vitulorum : ²et omnia laudabilia odorifera non fumosa nec acuta sufficienter subtilia.² Et omnium velocis et subiti nutrimenti est vinum. Balneum aque dulcis est ei conueniens : similiter somnus et³ fugere vigilias et labores inordinatos mentis et corporis. Vnde hec complexio minus indiget exercitiis fortibus et plus leditur a ieiuniis. Vnde habentes hanc complexionem cibandi sunt bis in die naturali : nec debent cibi eorum esse valde subtiles et passibiles nec dulces. Nam tales cibi cum percutiuntur⁴ a calore forte in coleram conuertuntur : sed debent esse cibi eorum fortioris digestionis. Hec complexio leditur a coitu inordinato : et est minus indigens quamuis propter caliditatem magis ad ipsum sit inclinata. Hec etiam complexio minus indiget fleubothomiis et specialiter propter euacuationem : tamen bene indiget propter sanguinis euationem.

supra 1182

¹⁻¹ T *sicut pulli gallinarum & gallorum iuuenum.*

²⁻² T *vinum subtile odoriferum non fumosum nec nimis acutum.*

³ J *est.*

⁴ T *paliuntur.*

DE COMPLEXIONE FLEUMATICA

supra 1202

Consequenter dicamus regimen complexionis frigide et humide. Regimen habentium hanc complexionem debet esse declinans ad calidum et siccum : cuiusmodi est panis triticeus bene fermentatus cum aliqua salis quantitate. Et si addatur semen anisi : feniculi : et cimini erit panis magis appropriatus. Carnes volatiliū paruorum : pardicum : turturum et columbarum iuuenum et paruorum vitulorum sunt conuenientes eis. Carnes autem porcine et vituline non conueniunt eis. Carnes gallorum iuuenum eis sunt conuenientes : et omnes carnes facilis digestionis ad calidum et siccum declinantes : et specialiter tempore frigido. Pisces et specialiter aquarum dulcium maxime inimicantur eis. Vnde pisces marini sunt minus nociui eis : et laudo quod decoquantur in vino cum seminibus calidis diureticis. Et inter alios pisces approbo ostreas & molas in dicta complexione. Hec maxime indiget exercitio et minus leditur a ieiunio : vnde sufficit in die semel comedere. Nec debent eius cibi esse fortis digestionis : nec sit potus eius aqua vel ceruisia sed vinum forte : odoriferum in substantia et actione subtile. Hec complexio parum fleubothomia indiget : sed magis indiget farmacia fleumatis euacuatua : consuevit enim hec complexio fleuma multiplicare et specialiter in hyeme. Vnde circa principio veris bonum est purgare fleuma. Primo ergo

supra 1225

digeratur cum oximelle simplici vel diuretico vel squillitico vel cum decoctione ysopi: deinde purgetur cum dyaturbith vel cum decoctione polipodii et mirabolanorum kebulorum et seminis cartami in qua temperentur turbith: agaricus et zinziber. Hec complexio minus leditur a coitu quia in eo satis est potens quamuis parum appetat propter defectum calidi: vnde totalis dimissio coitus in ea multum nociua est. Stupha est conuenientior huic complexioni quam balneum aque dulcis: balnea tamen aque sulphurce artificialia vel naturalia sunt ei conuenientia. Sic etiam in hac complexione conuenit vigilia & somnus superfluus & precipue diurnus maxime nocet.

DE MELANCOLICA COMPLEXIONE

Complexio frigida et sicca ceteris est deterior & ad senectutem paratior: indiget ergo regimine calefaciente & humectante in cibis & potibus & aliis. Panis igitur habentium hanc complexionem sit triticeus sine sale cum parua quantitate fermenti: & sit panis satis mollis. Carnes eorum sint calide & humide: cuiusmodi sunt carnes castrate¹ et caponum antiquo[r]um et iuuenum. Vinum etiam odoriferum et subtile est de his que maxime conueniunt huic complexioni. Indiget etiam fricatione temperata et exercitio temperato

supra 1255

¹ *castrati* sa téax (J.)

supra 1275

et balneo aque dulcis. Hec complexio indiget longo somno. Coitus est maxime huic complexioni nociuus: quia coitus infrigidat et desiccatur et similiter tristitia et ira. Hec complexio quia sicca indiget inter refectiones tempore breui: unde ieiunium nocet ei. Non indiget cibi fortis digestionis: quia calidum innatum est debile: quare etiam non potest sustinere multam cibi quantitatem: unde minus de cibo sufficit ei quam aliis complexionibus: sed debet ad minus cibari bis in die. Flebothomia in hac complexione nocet sed conuenit farmacia melancolie euacuatua. Medicine autem ad hoc valentes sunt mirabolani indi: polipodii: lapis lazuli: folliculi sene: flores vtriusque bugglosse: et multa similia. Debet autem precedere digestium humoris melancolici: vt borrago: bugglossa: thimus: epithimus: scolopendria maior et minor cappares: thamariscus: psidia: vinum odoriferum: lupulus: cuscuta: et similia. Fiat hec purgatio in principio veris vel in fine estatis. Hec sufficiant de regimine totalis lapsus a vero temperamento iusticiali. Quid autem sit de regimine lapsus in singulis membris apparebit inferius.

CAPITULUM QUINTUM

DE REGULIS SUMPTIS AB HABITUDINE

Non eodem regimine indigent pingues naturaliter plus quam requirat humane complexionis tempera-

mentum et naturaliter macilenti. Sunt enim quidam qui ex totali complexionem et compositionem sunt macilenti magis quam requirat habitudinis temperamentum¹ in humana specie quod tam ex siccitate complexionis quam ex caliditate membrorum tertie digestionis: et similiter aliorum membrorum contingere² consuevit. Potest preterea talis macies prouenire ex de[bi]litate membrorum tertie digestionis: siue ex parte compositionis siue ex parte complexionis: ratione cuius debilitatis: vel membra non attrahunt alimentum: vel alimentum tractum non possunt digerere: et sic membra extenuantur. Quibusdam hominibus contingit quod eorum membra fortia sunt in attrahendo: et tamen non impinguntur sed manent naturaliter macilenta quod est ex caloris fortitudine resoluentis: et ex virtutis conuersiue membrorum debilitate et ex inabilitate restaurationis membrorum. Sunt enim forte membra inabilia vt a cibo restaurentur propter eorum duriciem: et siccitatem vt in membris melancolicis est videre: vel propter fortem consumptionem: vt in colericis in quibus calidum est acutum et consumptiuum: vnde quod deberet vel posset in membra conuerti a forti calore ante conuersionem consumitur. Ex dictis haberi potest que sunt cause superflue pinguedinis. Nam quia³ opposi-

supra 1304

¹ J *temporamentum*.

² J *contingere*.

³ *qr sa téax* (J).

torum naturaliter oppositae sunt causae: humiditas membrorum cum caliditate obtusa: & conuersiue fortitudo et digestiue membrorum et abilitas restorationis ex parte molliciei et raritatis sunt causae pinguedinis naturalis siue multae carnositatis. Differunt autem carnositas et pinguedo: eo quod pinguedo est a frigido & humido: nec arguit fortitudinem conuersiue sed solum digestiue primae & secundae. Carnositas autem arguit caliditatem & humiditatem et sanguinis multitudinem & digestiue membrorum interiorum & exteriorum bonitatem et conuersiue similiter & restorationem eorundem: unde carnositas minus vituperabilis est quam pinguedo.

DE IMPING[U]ANDO MACRUM

supra 1330

Si ergo aliquis homo naturaliter sit extenuatus per carnis et pinguedinis priuationem: debet vti calificantibus & humectantibus & cibis multi nutrimenti facili digestionis et conuersionis: et debet confortare membra tertiae digestionis & ea preparare vt alimentum melius attrahant & digerant: retineant et conuertant: & debet vti hiis que siccitati resistunt & resolutioni cum magna causa extenuationis sit resolutio fortis. Conueniens est ei qui vult pinguedinem sui corporis seruare: abstinere a salsis: acutis: acetosis & pungitiuis: nisi forte vtatur hiis loco saporis vt

melioraretur appetitus. Vnde triticum coctum supra 1345
 ova sorbilia : a¹ pultes sorbiles de farina frumenti :
 similiter triticum nutritum cum lacte.² Lac :
 caseus recens amigdala fistici pinee auellane vuc
 galline pulli columbarum pinguium assatarum
 vel pastillatarum : similiter bonum vinum : leticiis
 vti et gaudiis : parum vti minutione et purgatione :
 balneare post cibum completa prima digestionem :
 parum famescere³ : multum comedere : parum
 bibere et specialiter vina fortia : parum irasci :
 sollicitari aut tristari aut coire : exercitium tem-
 peratum : fricatio temperata : et omnia dulcia et
 vnctiosa corpus impinguant. Si quis cupit
 membrorum tertie digestionis virtutem attractiuam
 et digestiuam confortare : opportunum⁴ est ante
 introitum balnei membra primo moderate fricare :
 deinde fortius : postea pice emplastrari : deinde
 moderate exercitari : & Vltimo absque tarditate
 balnari : deinde siccis manibus exicari : postea
 inungi pauco oleo oliuarum camomillino vel
 anetino deinde cibari cibo conuenienti. Et si supra 1369
 etas consuetudo et complexio permittant fundat
 super membra sua frigidam aquam in exitu
 balnei. Finis⁵ autem fricationis que ante emplas-
 trum premittitur est vt inflatio non incipiat
 consumi. Amplius bene scias quod verberare
 corpora cum virgulis quousque rubeant eorum

¹ om. T ; leg. et.

² T add. *risum, fabae fractae.*

³ T *pati famem.*

⁴ T *optimum.*

⁵ J *fuis.*

carnes calorem ipsorum confortat ad attrahendum et digerendum et ad perfectius conuertendum nutrimentum attractum. Et laudamus vt virgule inungantur oleo oliuarum. Nunc ponatur vnum antidotum bonum ad illos qui volunt impinguari. Sumantur amigdale excorticate et auellane : semen papaueris albi granum viride ex quo fit terebentina: et exoluantur omnia in butyro vaccino et zuccara : de quo mane et sero parum comedatur et superbibatur vinum bonum. Hec sufficiant de impinguando macrum.

DE MACREFACIENDO PINGUEM

supra 1370

Et ex predictis satis haberi potest quale debet esse regimen pinguium excessiue. Comedant namque cibaria pauci nutrimenti et magne quantitatis et citi descensus : et frequenter balneantur ante quam comedant et frequenter et festinum sit eis exercitium : et inungantur oleis resoluentibus : et vtantur trifera minori & electuario de ¹lac ea¹ et interdum tyriaca. Dimittant carnes & vinum & lac et omnia dulcia. Plurimum vtantur oleribus salsis acutis acetosis : et larga ventris solutione vtantur vrinam et sudorem prouocent : & labore multo & veloci vtantur antequam comedant & famem tolerant. Amplius disponant se ad comedendum semel in die et diu vigilent et vinum bibant

¹⁻¹= de lactuca.

vetus et subtile et ad vltimum vtantur regimine contrario ei quod diximus in hoc capitulo. De his autem que macrescere faciunt sunt diaciminum diatreon pipereon. Comedant autem predicta electuaria ieiuno stomacho fame instante: et post eorum acceptionem tamdiu fameant quod eorum appetitus deprimatur et aliqualiter extinguatur. Et vt sit ad vnum dicere famem pati & sitim in balneo aereo sudare et medicinas maciem facientes assumere: parum dormire & in lecto duro et multum coire et morari sub sole et in mansionibus calidis corpus pingue macrescere faciunt. Medicamen corpus macrescere faciens et desiccans. Recipe trifere minoris drag. III. pulueris pigre: turbithi electi ante drag. III. misceantur et sumatur quaque die pro dosi eius medietas vel de tertio in tertium. Amplius euacuationes et vomitus non equales macrescere faciunt sed equales impinguant. Et illud quod plurimum extenuat est alteratio complexionis ad contrarium complexionis facientis pinguedinem. Verbi gratia: si est caliditas frige factio: et si frigus calefactio. Et est notandum quod maciem facientia sunt diuretica secessiua sudorem prouocantia resoluentia et desiccantia et vniuersaliter impediencia motum alimenti ad membra et moram eiusdem in membris extenuant corpus. Vnde olera et alia stupefacientia et infrigidantia sunt corpus extenuantia eo quod attractiua membrorum debilitatur: quia

supra 1390

supra 1391 attractio fit a calido. Ex dictis sufficienter
 haberi potest quomodo membrum particulare
 extenuatum sit impinguandum et pingue ex-
 tenuandum. Impinguandum est ex parte
 attractionis nutrimenti conuenientis ad ipsum et
 retentionis eius supra ipsum et conuersionis eius ad
 naturam ipsius. Et hee operationes complentur per
 fricationem et rubificationem cum medicinis rubifi-
 cantibus: et cum fricatione que est fortior: et cum
 effusione aque calide et vltimo cum linitione piscis¹
 sicut superius dictum est: vel cum appositione ali-
 cuius habentis virtutem piscis¹ cuiusmodi sunt
 vermes rubei vocati sanguisuge terrestres. Inter-
 dum autem indigemus opere cyrurgico: et special-
 iter in naso: labio et aure ad incisionem carnis
 indurate a calore impediante membrum augeri et
 supra 1401 impinguari. Si autem velemus aliquod membrum
 pinguius quam oportet extenuare iuuat ad hoc ip-
 sum facere quiescere cum frigore suo et ligare vias
 cibi ad ipsum et stringere cum ligamento et
 attrahere cibum ad oppositum eius. Et de
 epithimatibus que prohibent testiculum aut mam-
 millam impinguari siue augmentari est vt sumatur
 chimolea et cerusa plumbi et misceantur cum
 expressione iusquiami albi et oleo myrtino
 administretur inunctio: et assiduetur epithimatio
 eius cum fricatione lapidis in quo flebothomatores
 acuunt sua ferramenta cum vnus super alium

¹ leg. *picis*.

fricatur cum aceto : vel cum succo iusquiami¹ albi. Amplius epithimatio fiat cum aqua aluminosa aceto et farina fabarum et coriandro et similibus tribus diebus continuis : deinde emplastretur² mammilla cum sepe lilii tribus aliis diebus et fiat hoc in mense tribus vicibus. Et hec sufficiant.

CAPITULUM SEXTUM

DE REGULIS SUMPTIS A DIUERSITATE MEMBRORUM

Tota regio corporis humani in quattuor partibus a sapientibus est diuisa : quarum prima est regio virtutum animalium : puta cerebrum et membra adiacentia. Secunda est regio virtutis³ vitalis : vt puta cor et pulmo.³ Tertia est virtutis⁴ naturalis : puta stomachus splen : epar et intestina. Quarta est virtutis generatiue : puta testiculi et membrum virile in viris : et matrix & collum matricis⁵ in mulieribus. Et quia hec membra sunt diuersarum complexionum : compositionum et operationum vtique indigent diuerso regimine. Et incipiemus primo a capite et dicemus de conseruatione cutis capitis et capillorum in ea situatorum : deinde dicemus de cerebro et aliis membris sibi adiacentibus : deinde de nutritiuis et vltimo de generatiuis.

supra 1425

¹ *iusquiani* sa téax.

² *emplestretur* sa téax.

³⁻³ *T spiritualis seu vitalis vt cor & caetera membra adiacentia.*

⁴ *J vritutis.*

⁵ *T eius.*

Et vltcrius nos addemus regimen membrorum exteriorum totius corporis et cutis: omnium musculorum siue totius corporis preterquam capitis de qua primitus facimus mentionem

DE CONSERUATIONE CUTIS CAPITIS ET
CAPILLORUM

supra 1430

Quod cutem capitis ab vlcere et scabie preseruat est si cum balneari volueris primum ipsum cum melle inunxeris: ¹et idem facit sapo precipue in hyeme¹ si eam predicto modo vnixeris. Nec aliquo modo lotio capitis est negligenda quin fiat ad minus bis in mense vel in duobus mensibus ter: deinde effunde aquam mediocriter calidam super caput: et pluries antequam a vapore calido balnei calefiat. Et hoc est quod quidam sapiens cuidam regi precepit. Cum balneari volueris primo infunde septies aquam calidam super tuum caput et sic dolorem capitis non timebis: Pectines qualibet die caput ex² pectine eburneo: & sepe: quoniam poros aperit & vapores ad superiora euaporare facit. ³Et si capilli debiles fuerint & exiles lauentur cum lixiuio ex cineribus oliuarum facto³ et sit lixiuium ex aqua decoctionis capillorum veneris: & edere arboree & terrestris. Amplius

supra 1444

¹⁻¹ T deinde ipsum balneaueris & maxime in hieme.

² T om.

³⁻³ T si pili capitis exiles fuerint lauentur cum cineribus oliuarum, lixiuio facto ex illis.

fricare radices capillorum cum oleo anetino masticino et oliuarum ¹eos multiplicat & conseruat et caniciem retardat.¹ Amplius puluis lazuli mirabilem habet prop[r]ietatem in conseruando palpebrarum pilos. Amplius² decoctio bletarum in vino conseruat pilos barbe : ³& specialiter si lotio fiat post rasuram immo lotio ex vino simplici aliquid valet.³ Amplius frequens barbe ablutio cum aqua frigida eius caniciem retardat et prohibet depilationem. Et in hoc omnes antiqui concordati sunt : quod mirabolani kebuli conditi caniciem retardant ⁴& capillorum colorem et specialiter nigrum conseruant⁴ : & hoc plurimum expertum est.

DE CEREBRO

Sanitas cerebri conseruatur cum fumigationibus & odoramentis specierum aromaticarum : cuiusmodi sunt lignum aloes & ambra et herbe odorifere : puta maiorana : balsamita : ⁵balsamum : viola sarracenic⁵ et similia. Hec enim cerebrum confortant & reuma prohibent et dolorem emigraneum curant : et hec specialiter competunt in hyeme : sed⁶ in estate fiant suffumigationes ex odoriferis : rebus frigidis : puta ex rosis sandalis &

¹⁻¹ T nam multiplicant capillos, conseruant, & canitiem retardant.

² T item.

³⁻³ T & specialiter lotio vini simplicis ad hoc valet.

⁴⁻⁴ T & nigrum colorem capillorum conseruant proprie.

⁵⁻⁵ T om.

⁶ T &.

similibus. Et in via cibi competunt pulli & agni iuuenes decocti modica aqua. Conseruant enim cerebri sanitatem & augent ipsius virtutem. Et sicut dicit Aristoteles comedere paruos pullos augmentat et confortat cerebrum : & eius sensus conseruat : sed comedere grossos pullos siue gallos confortat cerebrum et acuit visum et precipue cerebrum gallorum veterum siue turturum mirabiliter acuit intellectum. Preterea suffumigetur¹ caput super fumum aque decoctionis camomille : sticados et mentastri.² Amplius sternutationes in ieiuno facte cerebrum purgant³ et hebetudinem sensuum remouent. Nam⁴ vt dicit magnus Auemzoar sternutationes deopilant cerebrum et ingrossant collum mundificant faciem : confortant sensus : caniciem retardant : et dissolunt fumositates inclusas in cerebro. Non est ergo sternutatio negligenda. In hyeme prouocetur a calidis : et in estate a frigidis vel temperatis. Potest etiam sternutatio prouocari aspectu⁵ radorum solis. De rebus maxime conferentibus cerebro sunt : thus : achorus : spica : sticados : maiorana : mirabolani : & specialiter kebuli et similia multa que in aureolis⁶ medicinarum facile est inuenire.⁷ Quod autem maxime nocet cerebro est indigestio et digestionis corruptio. Hec enim

¹ *suffunigetur* sa téax (J).

³ T *alleuiant*.

⁵ T *aspectu* ; J *aspectū*.

⁷ J *innenire*.

² *mencastri* sa téax (J).

⁴ *Hā* sa téax (J).

⁶ sic T ; J *aerolis*.

radix est omnium egritudinum. Que autem plus intellectum purificant: sunt gaudium cordis: leticia et tranquillitas: Dicit autem quidam sapiens quod gaudium et leticia deseruiunt intellectui.

DE OCULIS

Sanitas oculorum conseruatur si quis abstineat a cena nocturna et ne statim dormiat stomacho pleno. Consequenter vti puluere cuius recepta sequitur.¹ Recipe seminis feniculi partem vnam eufrasie minoris partem semis maiorane: sileris montani an. partem vnam: zuccari albi partem vnam ²et semis² fiat puluis. Vsus istius pulueris omnibus modis visum conseruat et confortat. Amplius suffumigare oculos supra fumum aque calide decoctionis feniculi oculos mundificat a viscositate grossa. Et potest illa decoctio fieri ex vino albo et aqua: et potest addi in illa decoctione eufrasia: ruta verbena: & celidonia: ³et hoc multum sepe per³ me expertum est. Aspectus viridium visum confortat: et inter album et nigrum coloratum: ita quod sit color ad membrum⁴ declinans: quanto enim color magis a medio distat tanto magis debilitat siue minus confortat visum. Amplius si intueatur aqua frigida in pelui coloris viridis: et in eadem

supra 1499

¹ T add. *conseruat & confortat visum.*

²⁻² T om.

³⁻³ T & *hoc multum prodest prout per. . .*

⁴ recte *medium?*

oculi submergantur continue paruo temporis interuallo organum oculorum fortificat. Et conseruat ipsis existentibus sub latitudine sanitatis. Non¹ loquimur enim in hoc opere de regimine egrorum sed sanorum. Vsus turturum et auium paruarum visum confortat : & similiter feniculus quousque modo sumatur. Vtamur ergo crudo et cocto. Nihil adeo visui nocet sicut somnus cum stomachi repletionem : & specialiter diurnus. Et idem intelligatur de coitu. Amplius omnia genera acrimonium² : sicut allea : cepe : & similia visum debilitant. Et similiter nasturcium : lactuca : acetum : caules : et omnia vaporosa : & specialiter sero visum debilitant et offuscant. Et veri similiter suspecti de oculorum infirmate seu debilitate. abstineant a salsis : vaporosis : acetosis : acutis pungitiuis. Caueant etiam a frigore : puluere : & fumo : & specialiter carbonum precipue marinorum & metallorum et argenti viui. Et similiter a vento. Et oportet vt minoretur aspectus in litteris minutis nisi interdum

supra 1520 ad exercitium oculorum. Amplius fletus vomitus balneum nocent oculis. Napi siue rape mirabilem habent proprietatem in confortando visum. Amplius vsus mirabolanorum conditorum summe visum conseruat et fortificat. Super omnia procuretur lenitio ventris. Hec enim maxime visum confortat et conseruat.

¹ J Hon.

² *acruminum* sa téax (J).

De lenitione ventris inferius apparebit in capitulo de farmacia siue ventris lenitione. Quod purissime visum conseruat et oculos corroborat et a grossa viscositate mundificat est linire palpebras oculorum cum licio distemperato cum aqua feniculi.

DE AURIBUS

Dicunt quidam quod acetum forte tepidum supra 1529 guttatim in ieiuno auribus instillatum plus ceteris medicaminibus auditui confert: quia auditus instrumentum confortat et prohibet fluxum reumatis ne ad ipsum de cerebro descendat. Et si sit in ipso aceto succus menthe¹ et demum auribus instilletur tunc erit in operatione sua: tunc enim optime meatum mundificat aurium a superfluitatibus grossis ipsum opilantibus que interdum auditum grauant. Et in auribus diuersas egritudines generant. Amplius oleum amigdarum amararum et nucleorum persicorum² auribus instillatum tepidum meatus aperit et confortat. Summopere cauendum est ab omni tumultu omnique strepitu molendini vel aquarum ab alto cadentium: quoniam adeo auditum ledunt vt vix vox socii possit audiri: Et dicunt medici quod illud quod pre ceteris auditum conseruat et preseruat est suffumigare aurem supra fumum

¹ *memithe* sa téax (J).

² J *parsicorum*; T *perficorum* (sic).

aque calide : et si in ipsa bulierit absinthium vel pulegium vtile erit. Cauendum est pretereane quis balneetur in aqua lutosa et immunda ne aures ingrediens immundet et opilet.

DE ODORATU

supra 1550

Quod sanitatem odoratus conseruat est mundificare nares studiose a grossa viscositate vt in ipsis nihil de ipsa maneat. Nam hec manens in naribus fetorem generat et olfactum corrumpit. Caueat quis ab omni fetore et maxime in augustis et profundis habitaculis opacum et corruptum aerem habentibus in quibus sol intrare non potest vt ipsos vapores corruptos consumere possit et aerem ab ipsis mundificare. Nam ex corruptione aeris corrumpuntur spiritus animales. Et assuetus fetore adeo leditur quod in fetoris absentia olfactus assueto fetore corruptus fetorem sentire non cessat. Ideoque odorem rerum redolentium ex assuefactione mala non potest sentire. Nam necesse est quod assuefaciat odorare redolentia : et specialiter per suffumigationem¹ rerum redolentium et aromaticarum : puta ligni aloes ambre et boni cinamomi et odor[et] specialiter mustum ad conseruandum spiritum animale.

*-- nil acht an méid seo i T : *De olfactu : conseruatur cum odoriferis & remouendo immunditias nasi, &c.*

¹ *suffumigationem sa téax.*

DE ORE

Os sanum conseruabitur si ante comestionem supra 1567
 et post cum aqua calida abluatur: hoc enim
 mundificat & humiditates gingiuarum a capite
 descendentes aufert¹ et desiccat. Et dixerunt
 quidam sapientum quod dentrifricium factum
 cum puluere gariofilorum² nucis muscate et
 spice nardi qualibet die in ieiuno fetorem oris
 remouet. Si dissoluatur aliquantulum masticis
 in oleo rosato: et inungatur pallatum confortat &³
 conseruat ipsum. Caput leporis combustum
 puluerisatum valet contra cancrum gingiuarum
 et palati.

DE LINGUA

Lingue sanitas conseruatur cum ablutione facta supra 1575
 in ieiunio et cum mellis fricatione et zinziberis
 puluere. Hec enim linguam attenuant et eius
 grauitatem remouent. Amplius aues parue in
 assatura vel pastillatura vel frixatura valent in
 grauedine lingue. Nuces lingue inimicantur vnde
 ab eis est abstinendum in sanitatis lingue con-
 seruatione. Caules competunt in lingue grauedine
 comesti et masticati: vnde infantum accelerant
 locutionem et ambulationem. Confortant enim
 musculos et articulos. Amplius tenere in ore
 species aromaticas et specialiter in ieiuno: puta

¹ T *consumit.*

² J *gariofilorum*; *garioyph.* T.

³ sic T; om. J.

gariofilos¹: cubebas linguam a grauedine liberat et ad loquendum facilitatem dat et eius sanitatem conseruat. Hec sufficiant de regimine sanitatis totius capitis.

DE MERY ET CANNA PULMONIS

supra 1597

Consequenter dicamus de regimine sanitatis mery et canne pulmonis. Dicamus ergo quod mery et canna pulmonis conseruantur cum potu brodii pinguium gallinarum et carniū semianualis agni cum dulcibus rebus coctarum et specialiter cum liquiricia. Et si cum predictis carnibus caulium summitates decoquantur erit laudabilis potus. Potus vini dulcis valet ad idem. Ossa mollia castratorum iuuenum multum competunt in conseruatione mery et canne pulmonis leniendo: confortando: mollificando et meatus pectoris elargando. Non comedat quis ossa paruorum auium: pullorum pardicum: piscium spinosorum et similium. Non comedat carnes grossas que vix digeri possunt. Abstineat a salsis acetosis et oleo aquatico.² Nam hec omnia ledunt cannam et mery. Amplius oua mollia competunt in conseruatione dictarum partium. Amplius liquiricia comesta et eius decoctio gargarisata et potata valent ad idem. Qui patitur casum vuule seu elongationem precauere

¹ J *gariofolos*; T *garyophyllos*.

² leg. *antiquo*.

debet a vomitu et specialiter in ieiuno. Amplius qui desiderat conseruationem dictorum membrorum caueat a potibus frigidis actuali frigiditate : et specialiter aque frigide. Ex hoc enim potu habentes talia membra debilia incurrere possunt spasmum mery et per consequens mortem ex defectu alimenti attracti. Nam mery mortificatum a frigido potu nequit esse medium attrahendi sine transgluciendi. ¹Hoc enim modo Galie. vnum ex infirmis sinochum vel causionem patientem ex potu aque frigide morti tradidit : quia¹ ipse non preuidit eius meri debilitatem et complexionis eius frigiditatem.

DE PULMONE

De conseruantibus et confortantibus pulmonem sciendum quod cicera in alba zuccara fracta mundata a cortice exteriori decocta cum lacte caprino vel cum butyro recenti pulmonem nutriunt et confortant. Ad idem valent pinee² et amigdale specialiter amare a cortice exteriori mundate. Amplius lac caprinum stomacho ieiuno ad idem valet. Et similiter canna mellis et passule enucleate stomacho ieiuno. Salsa acetosa pungitiua acuta contrariantur pulmoni. Mirra sub

supra 1616

¹⁻¹ T *Galenus enim vnum causonicum morti tradit ex potu aquae frigidae quia . . .*

² J *peidie* ; T *pinee* ; *penidia* a thuig an t-aistrightheóir : cf. leath. 62, l. 2.

lingua retenta pulmonem confortat si illud quod ex ea liquefit paulatiue traiciatur. Amplius succus¹ caulium clarificatus cum melle transglutitus pulmonem confortat et conseruat: et vocem clarificat. Amplius pinee: amigdale liquiricia multum mundata iuuant pulmonem et eius cannales et pectus. Amplius vinum nouum dulce coctum: et per decoctionem a subiecta grossa deputatum plus ceteris prodest pulmoni et eius cannalibus: et superiori canne ante cibum sumptum et post cibum. Pulmo vulpis mirabilem habet proprietatem in pulmonis hominis conseruatione et confortatione. Ad idem valent cancri fluuiales et ostree terrestres et limatie sunt optime secundum quod declarauit in quodam tractatu quem composui de emoptoica passione & ptisi: si quis videre voluerit videat quia volo me breuiter expedire.

DE CORDE

supra 1640

Consequenter dicamus de cordis preseruatioue et confortatione. Et est sciendum quod sum[m]opere fugienda sunt ad iram prouocantia et angustiam: quia sicut testatur sapiens quidam cor duos habet nociuos hostes scilicet desperationem et tristitiam. Ex desperatione² prouenit torpor et pigricia. Ex tristitia vero senectutis festinatio.

¹ *siccus sa téax (J)*.

² T add. *namque*.

hec ergo duo genera multum cordi nocent : sed tristicie nocumentum maius est : quia naturalem calorem extinguit et spiritum profundat et compositionem cordis dissoluit et tandem interficit. Habens ergo iram et tristiciam eas a corde suo expellat et leticie : gaudio : paci : exercitio delectabili et venationi cum aibus venatorum intendat. Nam hec gaudium leticiam et audaciam generant et animum confortant. Vti cibus subtilibus puta carnibus pullorum : columbarum : gallinarum : pardicum : turturum : agnorum : capreolorum : et ceteris cibus subtilem sanguinem generantibus conuenit in cordis conseruatione. Amplius euitandus est aer fetidus nebulosus impurus. Non enim potest spiritus vitalis conseruari nisi cum attractione boni aeris et boni odoris : et ex hoc etiam cor conseruatur. Vinum bonum subtile odoriferum est de maxime confortantibus cor. Nihil reperitur quod adeo confortet cor et spiritum et calorem naturalem euigilet sicut bonum vinum odoriferum vetus moderate sumptum in estate mediocriter lymphatum : vinum enim sanguinem mundificat : et eius tenebrositatem remouet precipue si eum sonis et melodiis sumatur. Multum etiam iuuat sedere in locis amenis vt viridariis et pratis scilicet vbi sunt herbe odorem delectabilem producentes. Et in orto vbi sunt cursus aquarum ab alto cadentium ad ima suauiter et sine magno strepitu.

supra 1660

Strepitus enim ledit animum et auditum. ¹Et dicunt sapientes quod audire instrumenta musicalia expellit ab animo strepitum et a corde tristitiam et stuporem. Sed nota quod dilectus socius et amicus bonus et solatiosus narrationibus et instrumentorum delectationibus supplet melodiam.¹ Et vt sit [ad] vnum dicere virtus cordis conseruatur subtilibus cibus et conuenientibus : odore laudabili : tranquillitate : gaudio et dimissione eorum que tristari faciunt. Et renouatione rerum delectabilium puta vestium et similium et habitatione cum dilectis. Et nota quod syrupus compositus ex succo buglosse vtriusque & seta cruda summe confortat. Nam hec sumpta simplicia vel composita confortant cor. Et est notandum diligenter quod eorum que confortant cor : quedam sunt temperata vt iacinctus : aurum : argentum : bugglossa. Alia sunt calida sicut duronicum² : zedoar³ : muscus : ambra et seta cruda : et ambo ben⁴ : crocus : Et gariofli⁵ sunt mirabiles et lignum aloes crudum : et melissa et semen eius et cardomomum : cubebe : smaragdus et enula et mirabolani. Alia sunt frigida puta margarita : carabe : camphora : corrallus : sandali :

¹⁻¹ T *Item ex coadunatione vini, & soni delectabilis chordae instrumenti musicalis coadunantur omnia bona, in spiritu cordis. Sed dilectus socius supplet instrumentorum musicalium melodiam.*

² T *doronicum.*

³ T *zedoarum.*

⁴ T *been.*

⁵ J *gariofoli* ; T *garyphylli.*

et rosa et spodium et lutum sigillatum. Et ex eis est coriandrum siccum et humidum sed vsum coriandri inhibeo nisi ante preparetur modo consueto quia aliter habet naturam veneni. Amplius scias quod oua gallinarum mirabiliter confortant cor: generant enim sanguinem cordi proportionabilem: vnde mirabiliter competunt in cordis seruatione et habentibus cor debile naturaliter.

DE STOMACHO

Ex sanitate stomachi totius corporis sanitas noscitur dispensari. Nam stomachus se habet in animalibus sicut radix in arboribus. Sicut enim a radice venit alimentum ad totam plantam: vnde si radix non nutriatur tota planta arescit: et si nutrimentum non sit conueniens¹ planta non diu durat: sic etiam si stomachus non nutriatur et cibus in stomacho² non digeratur totum corpus arescit: et similiter si digestio corrumpatur in stomacho membra cetera non nutriuntur. Error enim notabilis factus in prima digestionem non corrigitur in secunda nec in tertia: ³et sic alimentum est ineptum³ ad hoc vt conuertatur in nutric[i]um⁴ et per consequens deficit vita. Et cum vita per alimentum consistat multum sollicitari

supra 1701

¹ *conneiens* sa téax (J).

² *stamacho* sa téax (J).

³ T *alimentum enim remanet indigestum & ineptum.* . .

⁴ T *nutrimentum.*

debemus in custodienda stomachi sanitate. Ad custodiendam igitur stomachi sanitatem iubent quidem sapientum semel in mense vomitum prouocare cum aqua calida & aliquanto¹ aceti. Hoc enim mundificat stomachum a superfluitatibus cibi & potus et humoribus malis. Amplius comedere vuas passas in ieiuno cum granis suis stomachum confortat & rectificat eius malam complexionem. Absinthium et spica nardi in potu eum confortant & sanum eum conseruan[t].² Emplastrum ex² mastice & ligno aloes confortat stomachum & eius malam complexionem rectifi[i]cat. Amplius potus absinthii soluit stomachi duriciem et expellit ab ipso grossos fumos. Et volens conseruare stomachum vtatur cibo facto ex auibus sicut pardicibus: turturibus iuuenibus in aqua coctis. Caueat ne comedendo aquam frigidam bibat nisi forte in fine comestionis si fuerit ea assuetus et aliter non & parum bibat ex ea. Amplius syrupus rosatus aromatizatus cum ligno aloes stomacho prodest et sanitatem eius conseruat. Dicit Aristoteles³ quod sumere in ieiuno drag. III. electuarii de ligno aloes et reubarbaro confortat calorem stomachi & adiuuat digestionem: et eius orificium a fleumate mundi-
 ficat: procurat appetitum et ventositatem

¹ aliquando sa téax (J).

²⁻² T & similiter electuarium factum ex. . . .

³ T auicennas.

remouet.¹ Et similiter aqua rosarum cum mastice et carnibus citoniorum rectificat stomachum. Amplius inunctio stomachi ex oleo de mastice digestionem eius et complexionem rectificat. Amplius multum approbo vsum coriandri conditi in cuius condimento addatur ligni aloes drag. i. gariofilorum spice nardi sandali muscatelli ante. drag. semis cinamomi electi : melano piperis ante. drag. i. et semis fiat puluis. Fiant ergo : iii. libre coriandri conditi et addatur predictus puluis. Amplius euitentur genera fructuum scilicet poma : pira : mespila : auellane : grana pini : et euitentur omnia lacticinia et medulle et cerebella et maxime quadrupedum. Et vniuersaliter omnia interiora magnorum animalium quadrupedum : vti tamen possunt cerebella gallorum et gallinarum et ceterarum auium preterquam auium degentium in ripis aquarum. Pelliculla interior stomachi gallinarum mirabilem proprietatem habet in stomachi hominis conseruatione. Et scias quod omnes medicine et omnia facientia abominationem stomacho inimicantur. Amplius retentio fecum et ventositatem est de his que debilitant stomachum. Et coitus immoderatus maxime debilitat stomachum. Suspecti igitur de stomachi ²debilitate et ²passionibus eius contineant. Amplius vigilia immoderate summe debilitat stomachum et etiam dimissio exercitii. Et vomitus laboriosus

supra 1771

¹ T expellet.²⁻² et debilitat sa téax (J).

debilitat stomachum immo ipsius continuatio mortem inducit. Et hoc vidi per experientiam: attamen vomitus non laboriosus est innatius et laudabilis ex parte purgationis. Amplius ex debilitantibus stomachum sunt ceruisia et vinum nouum non defecatum. Et similiter potus inter duas comestiones digestionem stomachi adhuc non completa stomachum debilitat. Amplius scias quod mentis curiositas et ingenii sollicitudo sunt de his que maxime stomachum debilitant. Summe vitanda est repletio nauseatiua et multiplicatio ferculorum et eorum interruptio et similiter eorum difformitas et mense prolongatio et mala masticatio et potus multiplicatio. Hec enim omnia digestionem corrumpunt et stomachum debilitant. Hec sufficiant de conseruatione sanitatis stomachi.

DE EPATE

supra 1787

Consequentur dicamus de sanitatis epatis conseruatione. Dicamus ergo quod decoctio reubarbari: reupontici: absinthii: eupatorii rose et lacce administrata in ieiuno confortat epar debilitatum. Et similiter electuarium de lacca[et] rosis. Et similiter comestio carniū subtilium laudabilium puta perdicum iuuenum et similium cum ciceribus decoctarum vel assatarum non ad carbones sed cum aqua calida: hec enim melior est assatura. Nam illa que fit ad carbones non euadit ab

adustione vel siccitate nimia nisi custodiatur diligenter. Sed assatura que super aquam fit calida equaliter et vniformiter fit : et ab adustione securatur. Vue passe et ficus albe epar magnificent. Nam quoniam epar in dulcibus delectatur ideo facilius ea appetit et auidius. Et huius probatio est consequenter si anser vel gallina ficubus sit impinguata carnes eorum pingues erunt et humide et delectabiles et ius eorum delectabilissimum. Ficus vero et vue passe si comedantur in ieiuno epar deopilant et confortant et eius complexionem rectificant. Et similiter pulli parui modica aqua decocti in cibo sumpti epar conseruant et confortant. Amplius notandum quod vsus malorum granatorum dulcium et vuarum passarum magnificat epar et intantum eius malam complexionem rectificat quod comedentem ridere facit. Vinum etiam subtile in substantia moderate sumptum epar calefacit et deopilat et confortat et conseruat : et eius sanitas totum corpus in sanitate conseruat. Amplius

supra 1801

non recipiat eam solam sed cum aliquantulo vini vt non infrigidetur vehementer. Nec traiciatur impetuose transglutiendo sed paulatim sugendo. Amplius scias quod omnia viscosa epati nocent ex parte qua faciunt accidere opilationem. Et ex eorum summa est frumentum non omne sed glutinosum. Et supposito quod bene digeratur in epate causabit in membris sequentibus opilationem. Et similiter vinum dulce opilat epar et deopilat pulmonem. Huius autem causa est quia vinum dulce non gradatim venit ad epar: ex eo quod epar multum diligit ipsum quia dulce et propter facilem eius penetrationem quia potus et quia calidum quare non moratur ea quantitate qua separetur fex ab eo immo peruenit ad epar cum grossitudine sua. Inuenit enim vias scilicet meseraicas paratas: sunt enim ample et vene in epatis substantia sunt valde stricte. Cum ergo ad epar peruenit¹ non moratur quantitate qua digeratur immo expellitur subtile in venas strictas velocitate sue penetrationis et remanet sedimen propter viarum constrictionem. Sed in pulmone contrarium euenit. Nam ad pulmonem venit vinum dulce cum iam colatum est a via meatuum mery per viam resolutionis ex meatibus strictis ad amplos. Aut ex via concaue cum iam dimisit fecem. Et vadit adhuc illuc cum sit colatum et transit ex meatibus

¹ *paruenit* sa téax (J).

strictis ad amplos quare colatur vice alia. Et supra 1821
 bene scias quod medicine in quibus est amaritudo
 qua fiat apertio : et stipticitas quedam qua fiat
 confortatio : et odor conueniens¹ substantie spiritus
 prohibens a putrefactione : sunt in quantum
 huiusmodi medicine epati conuenientes : et
 huiusmodi sunt cinanomum sticados ; absinthium :
 mirra : spica : crocus : et similia. Scias quod
 auellane conuenientes sunt epati omni quoniam
 non sunt vehementis caliditatis et sunt apertiuæ
 et earum chymus est bonus. Et epar lupi &
 carnes limatiarum conuenientes sunt epati cum
 proprietate que est in eis. Et similiter species
 endiuie et specialiter illa in qua est maior amari-
 tudo. Epati enim calido competunt ratione
 proprietatis et deopilationis et amaritudinis et
 alicuius stipticitatis. Si igitur epar sit calidum
 species endiuie administrentur cum melle vt
 earum frigiditas temperetur. Et hec de epatis
 conseruatione.

DE SPLENE

Consequenter de splene dicendum est. Nam supra 1837
 splen est instrumentum ridendi. Habentes enim
 splenem bene dispositum et fortem ad mundi-
 ficandum sanguinem grossum et turbidum ex quo
 corpus non potest bene nutriri naturaliter sunt

¹ *conueniens* sa téax (J).

leti et sine tristitia. Et per oppositum splene existente debile¹ sanguis grossus et turbidus manet in venis et mouetur ad cor et ad cetera membra corporis et ideo reddit hominem tristem et melancholicum. Bene ergo sollicitari debemus de sanitatis ipsius conseruatione. Confortetur enim corpus splenis cum cibis bene nutrientibus & deopilantibus cuiusmodi sunt gallina cocta cum modico brodio : & carnes pulline & eduline cum modico aceto condite & lac nouiter mulsum cum modica zuccara et eligatur lac caprarum et camelinum. Hec enim splenis opilationem aperiunt [et] eius sanitatem custodiunt. Et vinum rubeum in commestione summatur. Et generaliter omne quod impinguat prodest spleni : omne enim tale restringit splenem et ipsum temperate diminuit. Paruitas splenis significat bonam complexionem corporis et eius grossicies contrarium. Absinthium etiam in potu cum melle sumptum prodest spleni et eius complexionem rectificat. Et dicunt medici quod bibere aquam vel vinum que diu steterint in vase tamarisci

supra 1858

confortat et conseruat splenem. Caueat quis a grossis et stipticis fructibus : cuiusmodi sunt pira : mespila : sorba : coctana : et similia : quoniam orificia splenis constringunt et articulos debilitant. Caueat similiter a grossis carnibus puta bouinis caprinis ceruinis et porcellinis. Et ab omni

¹ *debilis* sa téax (J).

legumine et omni quod fit de lacte : puta caseo et lacte acetoso. Hec enim omnia epar et splenem ledunt et coleram nigram generant. Et vtatur vino albo vel citrino quod splenem attenuat et opilationem aperit et eius grossiciem subtiliat. Et dicunt quidam empiricorum¹ quod sanitatem splenis conseruat : vt quando ire velis sinistrum pedem ante dextrum moueas et hoc in ascendendo et descendendo seruetur. Hec sufficiant de splene.

DE INTESTINIS

Dicamus quomodo intestina in sanitate conseruantur quod fit cum a fecibus in eis contentis mundantur & similiter dum ab ²humore viscoso qui in eis multiplicari consueuit² : vel ex regiminis malicia vel ex debilitate mundantur nam hic humor interdum impedit exitum fecum naturalem. Mundantur ergo intestina a fecibus & ³humore viscoso³ cum potu aque mellis in ieiuno & cum comestione ficuum siccarum pinguium in ieiuno & cum potu aque decoctionis⁴ earum. Et ad idem valet brodium pingue agni annualis decocti cum bletis. Et ad idem valet brodium galli antiqui decocti cum polipodio et aniso. Amplius scias quod vue passe non enucleate in ieiuno comeste

supra 1868

¹ T *empirici* ; J *empericorum*.

²⁻² T *humoribus grossis viscosis qui in eis multiplicari consueuerunt*.

³⁻³ T *humoribus*.

⁴ sic T ; J *dequocionis*.

pre ceteris intestina confortant. Amplius dicunt quidam quod risum decoctum in recenti lacte comestum intestina confortat et nutrit. Volens autem sanitatem suorum intestinorum conseruare caueat ab omni cibo acetoso acuto grosso et viscoso. Abstineat a pane azimo et a carnibus animalium magnorum domesticorum et siluestrium: bouum: vaccarum: leporum et porcorum: domesticorum: anserum: anatum domesticorum et siluestrium et ab interioribus animalium. Et a piscibus paruis recentibus et salitis. Caueat et ab assatis ex piscibus et carnibus. Abstineat a caulibus: rapis: pomis: piris: mespilis: sorbis: et similibus. Amplius abstineat ab omnibus generibus olerum preterquam a ruta: bleta: feniculo: petrosilino et similibus calidis sicut menta et eruca nam in aliis ab istis est inflatio. Amplius abstineat a generibus lactis et eorum que sunt de lacte. Cucurbita et cucumeres et citonia inimicantur intestinis. Amplius nuces amigdale humide et fabe specialiter humide et vniuersaliter legumina specialiter humida nocent habentibus intestina debilia. Amplius mora celsi multum nocent intestinis et similiter granata acetosa suspecti ergo de egritudinibus intestinorum abstineant a predictis et sciant quod ventositatum retentio multum debilitat intestina et quandoque producit ad hidropisin & generat tenebrositatem visus et epilentiam et vertiginem

supra 1889

supra 1900

exercitium post cibum immediate et similiter supra 1903
 potus aque frigide & vinum plurimum post cibum
 immediate nocent vlceribus nocumento mirabili :
 et similiter coitus immoderatus specialiter super
 cibum multum debilitat intestina. Dixerunt
 sapientes quod alleum coctum cum carnibus
 pinguibus edi¹ mitigat intestina et impetuosam
 eorum remouet ventositatem et inflationem con-
 sumit. ²Comedere etiam all[i]a cruda sicut faciunt
 Gallici dolorem intestinorum curat² et grossam
 repellit ventositatem et ideo alleum dicitur
 tyriaca rusticorum.

DE RENIBUS

Quod pre ceteris conseruat renes & confortat
 quando debiles sunt in propria operatione puta
³ad attrahendum propriam aquositatem³ vrinalem
 sanguinis dicitur spirnagia⁴ cum carnibus arietis
 decocta et comesta. Ad idem valent vuc passe
 bene enucleate.⁵ Renes enim nutriunt & fer-
 culentiam vrine mundificant. Semina melonum
 post potum comesta cum zuccara idem operantur.
 Et similiter pulpa melonum cum zuccara comesta
 ad idem valet. Amplius farina ordei cum lacte supra 1923
 preparata renes impinguat et eorum sanitatem

¹ T hoedi.

²⁻² T comedere allium crudum, intestinorum dolorem
 frigidum curat vt Galli faciunt.

³⁻³ T in attrahendo serum.

⁴ T spinachia.

⁵ sic T ; J enucleate.

conseruat. Amplius ad idem valent pinee et
 supra 1929 amigdale cum penidiis comeste. Omnes fructus
 frigide nocent et similiter acetum et carnes grosse
 sicut caprine bouine et lac accetosum. Et
 omnes herbe frigide multum nocent renibus: sed
 rapa prodest aliquantulum. Et scias quod lacti
 omnino inest proprietas mirabilis in confortatione
 renum¹ & comedere renes cum aliquibus aliis
 impinguat renes & confortat. Lac etiam came-
 linum comestum renes confortat aggregat &
 consolidat. Amplius vinum passulatum aliquan-
 tulum ponticum renes confortat. Et coitus
 immoderatus & balneum immoderatum & odire
 tranquillitatem & quietem & multum vti cibis
 diureticis² & potibus renes debilitant & rarificant
 & calorem eorum innatum exalant.

DE VESICA

supra 1916 Scias quod electuaria calida puta³ dyagalanga⁴
 dyatrionpipereon⁵ & similia confortant vesicam.
 Potus aque frigide in ieiuno vesicam debilitat.
 Etiam sepe comedere vix preseruat vesicam ab
 egritudine. Amplius panis tritici preparatus cum
 butiro vel cum melle magnam habet proprietatem
 in conseruando vesicam. Amplius ⁶drag. semis⁶

¹ rerum sa téax (J).² diureticis sa téax (J).³ buta sa téax (J).⁴ T dyagalanga; J dyagalanda.⁵ T diatrionpipereon; J dyatrionpipere.⁶⁻⁶ J tragsemis; T 3.s.

de ligno aloes quolibet die in potu sumpta valet contra frigiditatem vesice et eam confortat. Nichil adeo ledit vesicam sicut longa vrine retentio vltra voluntatem mingendi. Amplius comedere carnes bouinas & herbas frigidas: & cibaria frigida & aquam frigidam bibere in ieiuno multas egritudines generant in vesica. Et super omnia vsus aceti ledit vesicam sicut dicit Galienus.

DE ANO*

Anus est membrum de facili lesionem suscipiens & cum susceperit difficulter curatur quare indiget bono regimine cum cibis & aliis rebus conuenientibus. Sanitatem igitur ani custodire cupiens non sedeat diu super terram vel super frigidum actu. Amplius abstinere debet a carnibus bouinis & vniuersaliter a carnibus grossis siluestribus & generantibus coleram. Colera enim suo acumine ledit anum. Caueat ab omnibus generibus acruminum. Sedere enim aliquando aliquandiu supra lapidem calidum in stupha anum confortat. Nam sua propria caliditate actuali consumit humiditatem superfluam ani. Est enim anus velut totius corporis emunctorium: vnde ad ipsum fluunt multe humiditates. Amplius cibi stiptici non competunt habentibus anum debilem nec

supra 1963

* T *De ano: extremitates vituli non permittunt haemorrhoides nimis fluere.* Nil ach an méid sin i T.

fructus frigidi. Utantur carnibus arietis castrati iuuenis pinguis cum modico brodio. Euitent cepe super omnia quoniam orificia venarum aperit. Etiam sedere in sede facta de corio leonis anum confortat. Et similiter sedere in sede facta de corio thauri & forte cerui & quorundam aliorum quorum corium habet proprietatem in calefaciendo & confortando anum cum quis sederit super eis.

DE MEMBRIS GENERATIONIS

^{supra 1991} Dicamus consequenter de illis que confortant membra generationis. Et quia generationis membra ordinata sunt a natura & ad actum generationis qui consistit in spermatis generatione & fermentatione & eiusdem per actus coitus conuenienti emissionem & in prolis finali generatione : illa que ad hec iuuant membra generationis conforta[n]t et quia defectus coeundi & generandi interdum prouenit a principalibus membris non intendimus in isto capitulo loqui de isto quia de confortatione membrorum principalium superius dictum est. Notandum quod actus et coitus vsitatus modo & hora conuenientibus est de his qui maxime confortant membra generationis. Sic enim mulierum mamille melius lactant & lac generant ex vsu lactationis : modo : qualitate : quantitate & hora conuenientibus & ex deassuefactione lactationis totaliter perit actus

lactationis & generationis conuenientis lactis et interdum lacte corrupto malam aquirente qualitatem mamilla destruitur: sic suo modo non¹ supra 2014 intelligo de membris generationis que ordinantur ad actum coeundi. Perit enim actus si actus non assuescatur. Et interdum ex spermatis detenti corruptione non solum seminaria vasa sed etiam totum corpus corrumpitur. Sperma enim corruptum in toto corpore se habet ad modum veneni. Vnde sicut parum veneni sufficit corrumpere totum corpus ita & spermatis corrupti aliquantulum sufficit corrumpere totum corpus. Vsus ergo moderatus coitus est vnum ex his que confortant membra generationis. Habet etiam coitus moderatus quamplurima alia iuuamenta & immoderatus quamplurima nocumenta que inferius apparebunt vbi de coitu specialem faciemus mentionem. Sufficit enim ad presens scire quod coitus moderatus et debite assuefactus membra generationis corroborat et confortat et immoderatus debilitat et etiam totalis dimissio. Ille ergo qui sanitatem membrorum generationis desiderat fugiat illa que coitum debilitant et impediunt: et vtatur his que coitum confortant. Debilitantia autem coitum & virtutem eius sunt res meditatiue: sicut horribilitas coeundi. Tanta enim videtur esse horribilitas in actu coeundi quod nisi esset delectatio admixta: ne dum

¹ sic J.

homines sed etiam alia animalia fugerent actum coeundi. Vnde quidam homines eleuati spiritu contemplationis hunc actum totaliter abhorrent : et ideo debiles sunt in actu et membra generationis debilitant. Et non solum horribilitas sed etiam verecundia et antecessio intellectus ad cor facit deficere ab actu coeundi ex quo membra generationis debilitantur. ^{supra 2041} Amplius scias quod balnei multiplicatio est ex his que debilitant membra generationis in actu coeundi : et etiam frequentatio fleubothomie et precipue arteriarum et venarum que sunt retro aures. Ab his ergo cauere debet qui sanitatem membrorum generationis desiderat. Abstineat etiam a quibusdam quorum vsus nocet actui coitus. Quedam enim nocent desiccando : et quedam nocent infrigidando et stupefaciendo : et quedam vtroque modo. Vnde agnus castus vaporatus et bibitus nocet. Et etiam herba basiliconis. Camphora abscindit coitum infrigidando et exsiccando : et similiter semen caulium. Vnde tale semen sumptum post cibum corrumpit sperma. Et similiter vsus coriandri debilitat coitum infrigidando & dessiccando. Acetum etiam & omne¹ acetosum abscindit coitum infrigidando. Qui ergo desiderat sanitatem membrorum generationis : debet vti multiplicantibus sperma et calorem innatum & spiritum ^{supra 2065} ventosum. Hec enim sunt necessaria in coitu

¹ *omne* sa téax (J).

scilicet materia exuberans: calor incitans & ventositas erigens. Quedam iuuant ad actum coitus multiplicando sperma: et alia confortando calorem: et alia ventositatem generando. Et quedam sunt que ab omnibus his modis coitum iuuant & membra generationis confortant & conseruant. Et de numero horum sunt medicine quedam & quidam cibi. Dicamus ergo de cibis. Meliores enim cibi sunt carnes edi pinguis masculi et carnes ouine et cicer & cepe absque frixione carnis: frixio nanque prohibet confortationem carnis et multitudinem nutrimenti eius quia frixio desiccat. Ad idem valent galline & pulli columbini impinguati et proprie allaude & oua sorbilia proprie puluerizata cum cynamomo & pipere et galanga et sale scinci: & oua piscium: et caro piscium calida. Et si fuerit illic frigus resiste cum zinzibere et pipere et macropipere et cynamomo et similibus. Et cibus de rapis et naxis: et cibus de caulibus: & cibus de bauciis: et proprie de bauciis postquam bene decocta est caro earum valent ad idem. Et de illis quibus fit iuumentum sunt cerebella paruorum auium et butirum et lac. Et similiter cibus qui fit de tritico cocto cum multa aqua usque quo fiat sicut puls et rizi cum lacte et caro cum lacte ouino. Et conferunt in secundis mensis sparagi¹ cruca & porri: et capita card[u]orum & menta

supra 2082

¹ *speragi* sa téax (J).

proprie ipsa enim confortat membra : spermatis valde et eius vsus fortitudinem facit super sperma quare forte fit desiderium. Et sciendum quod ille qui assiduat comestionem passerum et bibit super eam lac loco aque sine cessatione est erectus et multi spermatis. Amplius cepta frigatur cum butiro donec rubea fiat et dissoluatur in decoctione et frangantur super eam oua et erit cibus conueniens in conseruatione membrorum generationis. Sunt autem quidam quorum complexionones sunt calide : desiderantes tamen conseruationem et confortationem membrorum generationis. Et his competunt lac acetosum et lac dulce et pisces assati calidi et melones et citruli cucumeres et cucurbite et fructus et olera humida omnia ita quod lactuca et semen portulace addunt eis in spermate quamuis communiter noceant. Et albumen oui est plurimi iuuamenti multipl[i]cans sperma. Et cerebella animalium et medulle eorum et cancri fluuiales conferunt eis : Auicenna quarto. Nascentibus enim omnibus vite discrimen interitusque imminet. Infantia vero que in septimum vsque annum protenditur tota in alendo versatur id quod per septem ceruos illos quos rabby Venatus fingitur¹ non obscure licet intellegi. Post infantiam pueritia sequitur que fabularum auditione admodum delectari consuevit. Hinc illi captiuitas vastatioque ab episcopatibus narratur. Amplius

¹ *fugitur* sa teax (J).

granum pini bene confortat. Et etiam carnis anatum¹ sperma multiplicat.

DE CONSERUATIONE CUTIS ET SIMILIIUM

Consequenter dicamus de conseruatione cutis et musculorum et membrorum exteriorum totius corporis. Hec enim conseruantur balneationibus in aqua calida suaui aut in balneo aereo mediocri cum mundificatione conuenienti. Corporis autem mundificatio fit cum suaui cutis fricatione et leui iniunctione cum oleo oliuarum antiquo odoris suaui in tempore hyemis vel cum oleo rosarum et violarum in tempore estatis. Etiam sciendum est quod inunctio facta in balneo cum melle despumato mirabiliter mundificat a sordicie et extrahit quod est sub cute de superfluis humoribus et per poros exire facit. Hoc idem facit farina fabarum et cicerum cum fricatione panni asperi. Hec enim calorem viuificant et cutem attenuant. Amplius scias quod multus motus iuncturarum confortat corpora fleumatica. Extremitates autem lauuntur cum aqua calida in hyeme: et cum frigida in estate. Et dixerunt sapientes quod fricare vngues manuum & pedum cum aqua et acceto conseruat eos a confractione denigratione & etiam ne abscondantur: inunctio cum sale et oleo mixtis eos confortat et specialiter plus prodest eis aqua calida quam frigida. Calciamentum

¹ *anatum* sa téax (J).

strictum ledit digitos pedum: est enim causa superpositionis digitorum pedum vnus supra aliam: & distortionis eorum. Item ire per lutum temporibus frigidis et nudis pedibus pre ceteris ledit cerebrum et infrigidat & debilitat
 supra 2135 oculos et est causa distillationis vrine. Et scias quod ludus palme ambabus manibus simul in alto proiiciendo brachiis multum confert quoniam eorum conseruat sanitatem. Amplius scias quod fricatio pedum quando fit ieiuno stomacho eorum grauedinem et itinerandi lassitudinem et duriciem remouet. Et similiter fomentatio pedum et crurium in aqua confractionem: siue concutionem & tumoremque ex lassitudine et longa itineratione remouet omnino.

CAPITULUM VII

DE REGULIS REGIMINIS SANITATIS APPROPRIATIS SEXUI FEMINEO

Consequenter dicamus de regimine sanitatis mulieribus appropriato. Sunt enim quattuor¹ appropriata mulieribus²: puta impregnatio: parturitio: lactatio³ et per consequens³ mamillarum conseruatio & menstruorum euacuatio⁴: de quibus

¹ T *quattuor aut quinque.*

² T *sexui foeminino.*

³⁻³ T om.

⁴ T add. & *per consequens matricis conseruatio.*

breuiter dicamus: et primo de impregnatione. supra 2153
 Sunt enim quedam mulieres simpliciter steriles & maleficiate quibus hoc capitulum non deseruit. Et alie que non sunt steriles sed non de facili impregnantur & tamen sunt sub latitudine sanitatis. Primo ergo nos ponemus regimen talium mulierum antequam impregnantur ad hunc finem quod facilius impregnantur. Secundo earundem ponemus regimen postquam sunt impregnate vt fetus possit ad debitum finem venire. Tertio eorundem ponemus regimen cum actu ¹parturierint & parturierunt¹. Quarto ponemus regimen lactantium. Quinto² ad hoc ponemus regulas quibus scitur matricis conseruatio ex menstruorum debita euacuatione & aliis. Quantum ad primum notandum quod quedam mulieres non sunt bene fecunde³ per accidens: ratione alicuius maleficii a quo bonum est precauere quantum est possibile. Et interdum propter maliciam figure aut compositionis matricis & colli eius. Et etiam propter malum motum commixtionis viri cum muliere. Et etiam propter vsum quarundam rerum conceptionem impredientium. Primo ergo nos ponemus aliqua ex quibus maleficia potuerunt precaueri & euitari: Si enim serapinum in camera posueris siue hypericon omnia demonia fugabuntur. Vnde hypericon dicitur a multis fuga demonis. supra 2176

¹⁻¹ *parturierint & parturierunt* sa téax (J).

² *Quinquo* sa téax (J). ³ *fecunde de* sa téax (J).

Item lapis magnetis portatus ad idem valet & concordiam facit inter virum & mulierem. Ad idem valet adamas quem quidam false dicunt esse magnetem. Amplius cor turturis portatum fugat demonia & portantem reddit hominibus gratiosum. Item pirus auis comesta incantatione ligatos soluit & prosperitatem tribuit. Tyriaca exhibita cum decoctione hypericon maleficium tollit. Et hypericon emplastrum renibus maleficium tollit. Amplius corallus si teneatur in domo soluit maleficia. Amplius squilla integra suspensa in limine hostii maleficium tollit. Et idem est de arthemesia. Ad idem etiam valet radix pionie portata. Item si vir portet secum cor coturnicis masculi & uxor cor femelle semper conuenient. Item si quis portauerit semper secum yringum insidias demonum non patietur. Si autem mulier non sit bene fecunda propter maliciam complexionis naturalis vel accidentalis cum materia vel sine materia vtatur contrariis in complexione et purgantibus materiam peccantem. Sed quia difficultas impregnationis vt plurimum fit ex mala complexione frigida et humida cum materia vel sine materia ideo ab hac inchoandum est: & de ea tractandum. Iste enim indigent calefacientibus & desiccantibus matricem et euacuantibus humiditatem eius superfluum. Vnde ierapigra est eius conueniens pharmacum. Et ex eis que exhibentur sunt calide

confectiones puta tyriaca & metridatum & theodoricon & dyacalamentum cum decoctione arthemisie vel abrotani vel calendula. Vrina elephantis potata est mirabilis in impregnatione : & similiter limatura eboris & siseleos. Simplicia quibus ego consueui vti in hoc casu & in quibus inueni iuuamentum sunt hec : matricaria : arthemisia | abrotanum | calendula millefolium | camepitheos : camepitheos | squilla | rubea | tinctorum spica : blactebizantie : ameos & costus. Ex his igitur potest fieri sirupus & vinum tempore vindemiarum & balneum. Et quia hoc habet locum in regimine curatiuo de huiusmodi transeo. Amplius debes scire quod coagulum leporis suppositum post menstruorum mundificationem iuuat ad impregnationem. Medicine autem simplices pessariorum sunt hec : oleum de balsamo : oleum de ben : oleum de lilio | custos niger & adeps anseris blactebizantie : muscus & spica : cyperus¹ : anetum : ameos : ysopus : bdellium : nux cipressi & gariofilii & cordumeni. Et vt sit ad vnum dicere calida stiptica sunt materia pessariorum mulierum habentium matricem frigidam & humidam. Amplius debes scire quod fleubothomia sopherarum² iuuat multum ad impregnandum. Primo quidem quia matricem mundificat. Secundo quia facit matricem ad inferius descendere : ex quo

supra 2195

supra 2210

¹ *cyberus sa téax* (J).

² T *Saphenae*.

semen viri perfectius ad eam descendit & attingit. Verum est tamen quod fleubothomia est conueniens magis in causa calida quam frigida: immo in causa frigida forte non competit¹ nisi propter causas predictas. Amplius exercitium & stupha sicca & cibi subtiles & clisteria calida & exsiccatiua competunt mulieribus habentibus: matricem humidam & pinguem. Similiter vinum forte & rubeum & tyriaca talibus conueniunt. Et iunctio matricis ex oleo de lilio est eis conueniens: & similiter ex melle albo. Interdum etiam mulieribus non bene fecundis competunt dissoluentia ventositatem impediendam conceptionem. Que autem sunt illa satis est manifestum: puta diacyminum: anisum: ameos: feniculus: semen rute: agnus castus: castoreum & similia & in ^{supra 2227} potionibus² & in pessariis & vnguentis. Amplius scias quod testiculi ferris mirabilem habent proprietatem in faciendo mulierem fecundam. Et similiter matrix leporis & coagulum eius. Ex his igitur cum limatura eboris & sisileos³ fiat puluis quo mulier vtatur mane & sero cum brodio cicerum vel cum decoctione arthemesie. Nota quod prima materia recepta in matrice habet naturam lactis sex primis diebus ad hunc calorem lactis operatur calor naturalis in spermate leporis remissus & calor matricis ita quod ista materia

¹ *competit* sa téax (J).

² *potioribus* sa téax (J).

³ T *seseleos*.

dealbatur sicut lac. Interdum autem et raro frigida competunt vt mulier efficiatur fecunda in electuariis sirupis et balneis: et quia illa satis nota sunt etiam ingrediuntur regimen curatiuum transeo. Regimen autem mulieris non bene fecunde propter maliciam figure seu compositionis matricis et colli ipsius non vniuersaliter haberi potest. Solum enim malicia situs recipit curam: puta quando est matrix nimis alta: nam per fleubothomiam sopenarum¹ et per ventosas crurium descendit et conceptio fit faciliior.

supra 2228

supra 2236

Debet autem vir et mulier commisceri ad inuicem hora et modo et figura conuenientibus ad hoc vt sequatur fecundatio. Hora autem naturalis et conueniens est postquam facta est administratio illorum que menstrua mundificant: et est perfecte mulier mundata ab eis. Et quando mulier non est famelica nec crapulata nec ebria. Et quando non est calefacta nec infrigidata in excessu. Et prima digestio est completa et tempus aduenerit suscipiendi alium cibum. Et eligatur hora qua mulier coitum appetit non propter aspectum vel confricationem sed naturaliter. Debent autem vir & mulier tanto tempore prolongare coitum quod sperma sit digestum. Nec debent tantum differe quod ambo spermata corrumpantur. Si enim accidat illud vtantur

¹ T *saphenae*.

coitu secundum modum qui non est ad impregnandum. Deinde demittant ipsum tamdiu quod sciatur quod sperma bonum iam aggregatum sit. Amplius prolonget vir ludum cum muliere cuius complexio est bona cum mamillarum tactu suavi & verbis amicabilibus et tactu pectinis eius et obuiet ei non permiscendo se ei permixtione vera. Cunque mulier desiderat & affectat permisceatur ei fricando de ea quod est inter anum eius desuper et vuluam. Ille enim est locus delectationis eius. Considerat ergo horam in qua sit ipsius mulieris fortis adherentia et eius oculi incipiunt mutari in rubedinem : et eius anhelitus eleuari : et verba eius balbutire : et tunc mittat illuc sperma oppositum ori matricis dilatando locum eius illic parumper scilicet tanta dilatatione ne ingrediatur aer exterior et non est bonum vt vir expleat suum desiderium ante mulierem immo simul parum vel mulier ante. Et in seminum emissionem vir adhereat mulieri fortissime secundam figuram quod mulieris crura sint eleuata parumper. Nec vir statim descendat sed adhereat donec videat anhelitum mulieris quietatum et quod nodi oris matricis quiescunt muliere iacente parum eleuatis coxis et euerso dorso. Et tunc descendat et mulier remaneat horula vna supina constrictis pedibus et retento anhelitu. Et si dormierit post illud erit melius ad conceptionem et si contingat ipsam conuerti sit ad dextrum latus.

Amplius scias quod suffumigatio cum aromatibus calidis stipticis est de his que preparant matricem ad concipiendum. Et non debent talia aromatica calida boni odoris ante conceptionem odorari desuper per nares quia impedirent impregnationem cum essent causa motus matricis ad superiora : sed post impregnationem competit odor eorum desuper per nares et non per inferius : quia ex hoc impeditur aborsus. Nam matrix et fetus mouentur ad partem superiorem aromaticis applicatis naribus. Amplius dico quod mulier desiderans impregnari et esse fecunda cauere debet a sterilizantibus et conceptionem impredientibus. Mulier enim volens concipere non comedat os de corde cerui nec secum portet matricem caprinam nec lapidem vocatum gagates : impediunt enim conceptionem. Item caueat a comestione granorum edere nigre. Amplius non portet secum os de corde cerui : nec smaragdum : nec zaphirum. Hec enim impediunt actum coeundi. Amplius non portet secum radicem pimpinelle nec bibat coagulum leporis post partum nec teneat scolopendriam suspensam supra lectum. Item apis comesta reddit mulierem sterilem sed partum faciliat. Amplius non portet secum auriculam mule vel corium nec comedat limaturam ferri : nec succum mente nec matricem mule : reddunt enim mulierem sterilem. Et vniuersaliter vitanda sunt omnia actum coitus impredientia que superius

dicta sunt a muliere volente concipere. Nos autem hic volumus addere quedam que multum valent ad concipiendum. Lolium enim et thus suffumigata disponunt mulierem ad concipiendum : et similiter nepita. Item theodoricon anacardinum per pessarium immissum cum modico scamonee sine dubio concipere facit si post immediate
 supra 2266 mulier coierit cum viro potenti. Amplius ad idem valet melissa suffumigata et vulua leporis assata et commesta. Et spuma quam habet lepus circa os quando rodit herbam si bibatur a viro vel muliere. Quidam dicunt quod suppositorium vel pessarium vel sacculus de nigella matricem mundificat et ad concipiendum disponit sed teneatur parum quia nigella est aliquantulum violenta. Amplius aqua cicute exhibita mulieri infecunde mane : eadem die ad vsum concipiendi eam conuertit. Item fiat vnguentum ex cerebro gruis et axungia¹ anseris vel leonis et ex eo inungatur virga virilis cum vir debet coire cum muliere et concipiet. Item lapis qui inuenitur in cerebro aquile portatus ad idem valet et similiter lapis inuentus in vulua cerue. Item post menstrua lauet mulier pudenda cum vino puro rubeo et post suffumigetur cum vino decoctionis nepite et supponat sibi basiliconem et mentem maiorem² et concipiet si deus voluerit. Item fomentatio ex decoctione roris marini multum disponit ad

¹ *axungia* sa téax (J).

² T aut *maioranum*.

conceptionem. Item allcum humidum tritum decoctum: cum oleo rosarum quousque eius aquositas consumatur: suppositum est mirabile ad impregnandum. Amplius fenugrecum tritum cum adipe anseris suppositum multum iuuat. Amplius muscus cum oleo rosarum dissolutus suppositus multum confortat matricem ad concipiendum. Item inungantur vtriusque sexus membra cum succo satirionis et superaspergatur puluis vulue leporis: facit enim vt sterilis concipiat. Et sic patet regimen mulieris ante impregnationem.

DE REGIMINE PREGNANTIS

Nunc restat ponere regimen mulieris pregnantis. supra 2296
 Sunt enim quedam appropriata mulieri pregnantique hic breuiter sunt apponenda. Debet enim mulier pregnans omnia euitare que aborsum possunt inducere & specialiter in principio impregnationis: tunc enim fetus in matrice est sicut flos in arbore qui ex leui causa cadit ab arbore. Et similiter in fine impregnationis ante tempus partus puta in septimo vel octauo mense. Tunc enim fetus est in matrice sicut fructus quasi maturus in arbore qui ab arbore ex leui motu descendit et sic fetus tempore illo ex causa leui efficitur abortiuus. Oportet igitur quod mulier pregnans euitet motum superfluum: saltum: percussionem: casum: & coitum proprie: et repletionem cibi: & iram: & tristitiam: & timorem

supra 2314 proprie. Amplius euitare debet balneum: nisi apud propinquitatem partus. Et etiam omnia inducentia tussim: nam tussis fortis est causa aborsus. Et similiter intelligatur de sternutatione immoderata. Bonum est igitur vt sollicitetur ne eius caput fiat reumaticum. Amplius euitare medicinas laxatiuas et per partes inferiores et superiores. Et si neccessitas cogat ad earum vsum fiat hoc cum cautela & sint medicine leues et benedictæ. Amplius procuret habere ventris lenitionem cum cibus lenientibus cuiusmodi sunt brodia pinguia: et pureta de boraginibus et bletis cum foliis violarum: et oua sorbilia et cassiafistula cum aliquantulo spice et aqua quorundam fructuum laxatiuorum. Nam lenitio ventris est pregnantibus multum vtilis. Amplius euitare debet balneum. Balneum enim facit abortire dupliciter. Primo quidem lubricando. Secundo faciendo fetum moueri ad aerem frigidum. Amplius euitare debet fleubothomiam et specialiter de sophenis nisi in casu magne neccessitatis et hoc ingreditur curam egritudinis. Et scias quod quanto fetus maior est tanto fleubothomia est deterior. Amplius euitare debet diuretica menstrua prouocantia et partum facilitantia.¹

supra 2340 Amplius euitare debet: sitim famem: repletionem nauseatiuam: frigus superfluum et calorem immoderatum et ventum australem: et similiter

¹ *facilitantia* sa téax(J).

borealem post austrealem. Amplius bonum est quod pregnans vtatur quibusdam electuariis confortantibus embrionem quorum vnum est diamargariton. Amplius oportet quod vehemens studium sit in stomachis ipsarum pregnantium quare oportet vt confortentur stomachi earum cum confectionibus ex zuccara rosarum cum xilooloe et mastice: et electuariis factis cum zuccara plurima et speciebus aromaticis in quibus non est multa caliditas: et emplastris¹ stipticis calefacientibus et aromaticis. Amplius debet pregnans euitare vehementer pinguia vel vehementer dulcia et potum aque: et sit contenta potu vini odoriferi | puri | subtilis | pauci. Interdum autem oportet mundificare stomachum pregnantis cum appetitus eius est valde corruptus. Ex quo ad hoc decoctio anisi et polipodii clarificata cum zuccara rosarum est conueniens mundificatiuum. Nam humorem euacuat et appetitum rectificat et excitat. Abstineat pregnans a caseo sicco et acuto: et si forsan appetat assetur humidus super carbones. Amplius exercitium temperatum est ei conueniens. Cibaria eius debent esse facilis digestionis: boni nutrimenti et multi: indigent propter se et propter fetum. Amplius post cibum competit pregnantibus comedere cinia assata et proprie frixa: et similiter frusta ligni aloes Indi et assiduetur comestio et fricatio manuum

supra 2356

¹ *amplastris* sa téax.

et pedum earum. Et similiter poma granata post cibum eis competunt. Et similiter coriandrum conditum. Et scias quod mina citoniorum et bolus armenus est de his que sedant nauseam earum. Amplius scias quod puluis cimini torrefacti in aceto infusi et origani secundum partes equales et castorei partis vnius tertia interdum competit eis et specialiter propter consumptionem ventositatum. Et scias quod quando mulier pregnans indiget mundificatiuis propter immundiciam matricis et partium adiacentium melius est quod mundificatio illa fiat a quarto mense vsque ad septimum. Et quod fiat per supposita a parte inferiori quam per administrata per partes superiores.

supra 2378

DE REGIMINE APPROPINQUANTIUM PARTUI

Muliere autem appropinquante partui competit exercitium et balneum et coitus et menstrua prouocantia et cetera partum facilitantia que scripta a sapientibus quasi sunt infinita. Sunt autem quedam partum facilitantia proprietate que est in cis sicut magnes retentus in manu sinistra. Et suffumigatio cum vngula asini vel equi vel cum oleo piscis saliti : et similiter corallus suspensus in coxa dextra. Et scias quod mulieres menstruose huius temporis vtuntur pliris cum musco in facilitando partum. Amplius suffu-

supra 2396

migatio mirre multum competit : et suffumigatio cum galbano et castoreo commixtis cum mirra et felle vaccino. Amplius ad idem valet sulfur citrinum et spodium serpentis et finus columbinus. Hec enim suffumigata partum faciunt et similiter asa fetida et castoreum in potu sumpta faciunt partum. Amplius sumere in potu cinamomum est bonum valde. Et similiter decoctio foliorum altee cum aqua et melle si sumatur in potu ad idem valet. Simplicia autem partum faciunt sunt hec cinamomum | cassialigna | cortex cassiefistule | mirra | aristologia rotunda | custos | sauina | armoniacus | thus | rubea | asa | storax et castoreum. Ex his autem possunt fieri suffumigationes : pillule : electuaria et similia. Amplius bonum vinum et odoriferum competit mulieribus partui appropinquantibus et subtilis dieta. Amplius scias quod lana submersa in succo rute et supposita partum facit. Etiam scias quod ciclamen aristologia : staphisagria et cucumer asininus supposita partum faciunt. Et similiter fel thaurinum. Amplius arthemisia cocta cum aqua calida : emplastretur super umbilicum et crura et statim fetum educi[t]. Etiam menta bibita cum aqua mellis partum facit. Etiam pimpinella trita et supposita statim fetum educit. Amplius caueatur quod pira non sint in domo mulieris parturientis.¹ Ad idem valet suffumigatio

supra 2411

supra 2415

¹ *perturientis* sa téax (J).

facta de cornibus & vnguibus caprarum. Amplius vngula muli portata sub camisia partum faciliat. Multa alia sunt partum facilitantia que ad presens obmittuntur propter breuitatem: et quia habent locum in regimine curatiuo.

DE REGIMINE ENIXE

supra 2416

Nunc restat ponere regimen mulieris enixe ad triginta vel ad quadraginta dies. Sciendum igitur quod post partum immediate competunt cibi subtiles boni nutrimenti et multi et velocis digestionis: sicut aqua carniū laudabilium: et oua sorbilia et vinum subtile et odoriferum: non nimis forte: non turbidum. Vitare debet autem mulier enixa omnia genera fructuum et olerum & frigidorum leguminum et acuminum. Et summopere caueat a frigiditate continentis: et specialiter vsque ad tres dies. Iaceat igitur continue in lecto cooperta: cruribus tamen parum coopertis et eleuatis: comedat sepe et parum in vice. Non balneetur vsque ad quattuor vel quinque dies. Transactis autem quattuor vel quinque diebus balneetur bis vel ter in septimana. Et quanto magis appropinquat ad triginta vel quadraginta dies tanto potest vti grossiori dieta &

supra 2435

in sanitate consueta. Interdum autem fluit sanguinis multitudo immediate post partum ex quo

contingit mulierem periclitari. Huic autem acci-
denti obuiandum est cum ligatione brachiorum
dolorosa et cum appositione ventosarum magnarum
ad mamillas sine scarificatione et cum appositione
pannorum infusorum in aceto supra ventrem et
suppositione colleriorum stipticorum puta rosarum
balaustiarum et karabe et similium. Et de illis
quibus inest proprietas in hoc secundum quod
dicitur est suspensio stercoris porcini in lana et
suspendatur in coxa eius. Amplius enixe con-
tingere consuevit mamillarum dolor et apostemata
propter magnam lactis exuberantiam. Horum
autem cura est lactatio per mulierem vilem.
Tale enim lac inconueniens est lactationi infantis.
Et ad idem valet epithimatio mamillarum cum
aqua decoctionis fabarum & orobi & coriandri.
Et quia hoc ingreditur regimen curatiuum transeo.
Amplius scias quod linire mamillam cum cancro
marino vel fluuiali contrito habet proprietatem in
lactis minoratione. Amplius scias quod epithi-
matio mamillarum cum aqua decoctionis rute est
de his que lac minora[n]t. Interdum etiam post
partum non mundificatur mulier: sed retinetur
sanguis corruptus qui deberet euacuari & ex hoc
possunt egritudines generari valde male puta
febres et apostemata et dolor matricis: et
sternutatio est tali mulieri iuuatiua. Et vniuer-
saliter omnia humida quoniam naturaliter in
substantiam aliti mutari non possunt nisi sit

supra 2458

virtute excessus caloris naturalis qui vix in muliere reperitur et maxime in muliere enixa que ex emissione sanguinis in partu dealbata est quod est signum frigiditatis maxime albedo nanque secundum Aristotolem est mater frigiditatis. Quanto enim mulier albior tanto secundum eum. Et similiter secundum Auerroys plus de frigiditate habere dicitur. Amplius suffumigatio cum capitibus allecum salitorum aut cum vngula equi aut asini valet ad idem. Et ad vltimum fiat fleubothomia sophene: valet enim ad menstrua prouocanda et prohibet apostematis aduentum et repletionis nocumentum: Et fleubothomia vene curuature poplitis¹ est fortior in hoc. Et si contingat enixam hoc tempore febricitare aqua ordeï confert ei: et si non retinet menstrua et granata dulcia: quia febres enixarum vt plurimum sunt ex menstruorum retentione cum fit curatio cum fleubothomia sophene fit iuuamentum cum ea. Amplius scias quod talibus mulieribus interdum inflantur ventres earum et tunc eis competit in potu dyamarte et reliqua dissoluentia ventositates. Amplius eis competunt origanum serapinum et mastix cum equalitate. Amplius interdum talibus mulieribus contingit dolor matricis. Et cura eius est sedere in aqua calida decoctionis aneti et camomille et inungere locum matricis cum oleo violato dulci tepido. Et si

supra 2478

¹ *poplicis sa téax* (J).

forsan in loco matricis contingant vlcera curentur cum vnguento albo Rasis et similibus vnguentis conuenientibus vlceribus supra membra neruosa. Hec sufficiant de regimine enixe.

DE REGIMINE LACTANTIS

Nunc restat dicere aliqua breuia de lactantis regimine sed ante dicemus lactantis conditiones quarum prima sumitur ex parte etatis. Debet enim eius etas esse sanitatis et complementi et est etas iuuentutis a vicesimoquinto anno vsque ad tricesimumquintum. Hoc enim tempore lac debet esse perfectius sicut et totius corporis membra a quibus lac habet exordium. Secunda conditio sumitur ex parte habitudinis et figure: debet enim esse boni corporis et collum habere forte et pectus magnum et amplum: et debet esse bonorum musculorum et dure carnis: et magnarum venarum & medie habitudinis inter matiem et pinguedinem. Tertia conditio sumitur ex parte mamillarum. Oportet enim eius mamillas esse magnas decenter et solidas nec debent esse extranee magnitudinis nec laxae et moles: sed debent esse medie inter molliciem et duriciem. Et extremitates papillarum mamillarum non debent esse nimis parue ne infans in earum compressione laboret. Quarta conditio sumitur ex parte morum ipsius. Debet enim esse bonorum

supra 246

supra 2518

morum et laudabilium que tarde patiatuꝛ ab anime accidentibus | puta | ira | tristicia | timore et similibus. Omnia enim corrumpunt lactis complexionem. Vnde prohibendum est ne stolidalactet : malicia enim morum ipsius ad hoc perducit eam vt infantis paruam habeat solitudinem et ei parum blandiatur. Amplius non debet esse luxuriosa et ebriosa nec crapulata. Hec enim lactis corrumpunt complexionem. Quinta conditio sumitur a substantia qualitate et quantitate lactis. Debet enim esse substantie mediocris : non nimis fluidum : nec nimis grossum et caseatum : nec diuersarum partium : nec spumosum. Eius quidem substantia experitur : mulgendo ex eo guttam super vnguem. Nam si fluat est subtile : et si non est grossum et spissum. Et scias quod lac temperate substantie habet partes caseatas : et aqueas equales. Experieris igitur cum in ampula ponitur : et parum mirrhe super ipsum proicitur et digito permiscetur. Per hoc enim scitur aquositatis ipsius et caseitatis quantitas que debent esse equales in lacte. Amplius quantitas lactis debet esse sufficiens ad infantis nutritionem. Amplius color lactis debet attinere¹ albedini et sapor dulcedini. Non enim in lacte debet esse amaritudo | salsedo | nec acredo | nec color viridis. Amplius nutrix non debet esse somnifera : nec grauis somni. Nam propter hoc

¹ *attineri* sa téax (J).

multe nutrices dimiserunt infantes fame deficere : & eosdem lactando suffocauerunt obdormientes super eos. Amplius multum considerandum est quod lac nutricis non sit antiquum : nec nimis partui propinquum. Si[t] igitur duorum mensium : vel mensis cum dimidio ab hora partus. Et sit partus naturalis et masculus et si[t] mulier que abortire non consuevit. Amplius considerandum quod nutrix sit complexionis proportionalis infanti quam debet nutrire : et specialiter sit infra latitudinem temperate complexionis vel prope. Quia si infans forte colericus sit non est malum quod nutrix sit fleumatica : vel quod eius regimen sit declinans ad fleumaticum. Scimus enim ex supradictis quod regimen melius complexionum lapsarum debet esse per contraria et non per similia. Et si forsan lac nutricis fuerit grossum et mali odoris : melius est vt non detur nisi postquam mulctum fuerit et in aere moram fecerit. Et si fuerit vehementis caloris : non detur aliquo modo ieiuno. Amplius si lac fuerit grossum : conueniens est vti subtiliantibus : puta oximelle diuretico cum decoctione origani montani : ysopi : epithimi et similium. Amplius in cibis eius vtatur croco : et vtatur exercitio moderato. Et si forsan mulier fuerit calide complexionis : dabimus ei in potu oximel simplex cum vino subtili simul siue separatim. Et si forsan lac nutricis fuerit subtilius quam oportet : desinat

supra 2545

supra 2564

ab exercitio: et cibus vtatur ingrossantibus sanguinem et precipiatur ei vt diu dormiat: et vtatur vino dulci grosso et robusto: nisi fuerit quod prohibeat. Interdum contingat¹ quod in mamillis nutricis est nimia lactis exuberantia: ex qua contingit lac in mamillis corrumpi. Huic autem accidenti remediatur ex vsu eorum que pauci sunt nutrimenti et ieiunio: exercitio: balneo et vigilia: et similibus: & emplastro mamillis & pectori apposito ex cimino & aceto: aut lentibus coctis in aceto: aut fabis aut luto absoluto cum aceto: et per potum rei salse et comestione mente. Et ad idem valet musillago: psillii: epithimata cum aceto: Amplius scias quod ruta et ozinum gariofilarum: epithimata: et interius sumpta lac minorant. Et similiter ex armoniaco et aceto: vel ex armoniaco et vino. Et ad idem etiam valet: epithima ex radice caulium. Amplius fiat linimentum ex muscillagine: fenugreci lacca: et litargiro: & olco rosato. Amplius scias quod cancer marinus et fluuialis: contritus et epithimatus habet proprietatem in isto: et forte interius sumptus. Et similiter si timeamus caseationem² lactis in mamillis: liniantur cum oleo de menta: et de viola sarracenicis: et hoc cum mamillarum complexio declinat ad frigidum. Et si ad calidum: quod satis potest tactu discerni: epithimentur

supra 2582

¹ sic.² caseationem sa téax (J).

mamille cum musillaginibus frigidis: & oleis frigidis: et succis frigidis notis. Et scias quod acetum vini cum oleo rosarum conquassatum: et calefactum linitum super mamillas: est de resolventibus cas[e]ationem calidam. Et ex prohibentibus caseationem frigidam est epithimatio cum aqua decoctionis feniculi et balsamite et aneti: et fenugresci: et similium. Et similiter epithima ea oleo de lilio et nasturcio camomilla et costo: valet ad idem. Et quia hoc ingreditur regimen curatiuum: transeo. Interdum autem nutrix non habet lac sufficientis quantitatis pro nutrimento infantis: cuius causa potest esse penuria nutrimenti: vel malicia complexionis in toto corpore: vel mamillis calida vel frigida: vel debilitas attractiue mamillarum. Quia si penuria nutrimenti sit causa nutriatur iure facto ex ordeo: et furfure: et leguminibus. In iuribus quoque ipsius et cibus ponende sunt radices feniculi et semen eius anetum et nigella. Quidam autem dixerunt quod comedere vbera ouium et caprarum cum lacte: quod in eis continetur valde est iuuatiuum: propter hoc quod in eis existit de similitudine aut propter proprietatem que in eis est. Amplius scias quod drag .i. verminum terrenorum siccorum in aqua ordei continue sumpta multis diebus valet ad lactis multiplicationem. Et similiter elixatura capitum piscium salsorum valet ad idem sepe potata: et fiat

supra 2597

supra 2619

elixatura in aqua aneti. ¹Hic improbat opinionem Auicenne et nota rationem commentatoris probando quod generatum ex semine et sine semine differunt specie sic quod agens est diuersum & recipiens diuersum & sic receptum erit diuersum. Sed diceres stante eadem causa materie effectus erit idem numero verum est stante eadem mensura et materia eque disposita. Sed sic non est quia tempus raptim transit & non reuertitur idem numero.¹ Amplius ad idem valet butirum et sisamum: et valet decoctio raphani in vino. ^{supra 2625} Amplius mamille liniantur ex stercore sturdorum² cum lacte asine et oleo more emplastri: & lac prouocabitur. Etiam fricare mamillas blandis manibus lac multiplicat. Et si in mamillis videatur abundare calor: nutriatur ordeo et spinargiis: et similibus declinantibus ad frigiditatem: et si eis videatur dominari frigus: sit eius nutriens subtile ad caliditatem declinans. Et ad hoc conferunt semen bauciarum: et ipsemet baucie. Etiam scias quod approximatio ventosarum sub mamillas absque scarificatione & multa compressione augmentat mamillarum caliditatem: et attrahit materiam lactis ad mamillas. Quia si forsan velimus rectificare odorem lactis ex eo quod sit odoris mali: dabimus in potu vinum boni odoris: & similiter nutriemus cum cibis boni

¹⁻¹ Cruth gluaise atá ar an méid seo, agus is deacair a thuisgint cad dó go bhfuil sé ag tagairt. ² sic.

saporis et delectabilis odoris. Euitare debet nutrix ea que sanguinem permiscet menstruum : & lactis odorem corrumpunt : & ipsius minuunt quantitatem. Debet igitur euitare coitum quantum potest : & ebrietatem : et satietatem nauseantium : & exercitium et balneum immoderatum : et similiter iram tristiciam : vigiliam : et genera acruminum. Et vniuersaliter omnia que sanguinem conturbant et consumunt : & malum humorem generant. Quomodo autem mamillarum magnitudo valeat impediri : et earum magnitudo debita procurari : sufficienter haberi potest ex supradictis capitulis : de regulis regiminis sanitatis ex parte habitudinis.

DE CONSERUATIONE MATRICIS

De matricis autem conseruatione & debita supra 2652 menstruorum prouocatione : quia satis patet ex dictis superius in isto capitulo : propterea volo breuius pertransire. Sciendum igitur quod menstrua temperata in qualitate & quantitate : & in tempore suo currentia secundum consuetudinem naturalem in omni spacio : sunt cause sanitatis mulierum : et mundificationis corporis earum ab omni nocumento in quantitate & qualitate : et faciunt ipsas acquirere castitatem & paucitatem desiderii. Et mensura equalis menstruorum est vt menstruetur mulier in omni mense vsque ad triginta dies. Et est diligenter notandum quod

menstrua naturaliter fluunt in qualibet lunatione semel : & si fluunt plus vel minus : non est ex toto secundum naturam. In quibusdam autem fluunt in prima quadra : puta in puellis : et in quibusdam in secunda : puta in iuuenibus : et in quibusdam in tertia : puta proejectioribus : et in quibusdam in quarta : puta senioribus. Et incipiunt menstrua fluere in mulieribus communiter post decimum quartum annum : quibusdam citius : quibusdam tardius : secundum diuersitatem complexionum & habitudinum : & similiter regionum & similium. Et communiter durant vsque ad quinquagesimum annum. Et in quibusdam non durant vltra tricesimumquintum : et in quibusdam solum vsque ad quadragesimumquintum annum. Quedam enim mulieres sunt ita male complexionate quod non possunt vsque ad quinquagesimum annum peruenire : et in talibus menstrua citius

^{supra 2678} naturaliter deficere consueuerunt. Quando autem menstrua alterantur a dispositione propria naturali sunt causa debilitatis mulierum et alterationis forme : & paucitatis conceptionis : et multiplicationis aborsus : et debilitatis fetus. Multum igitur sollicitari debet medicus quod menstrua non alterentur a dispositione propria naturali. Que autem sit dispositio menstruorum naturalis et propria : scitur ex colore et substantia eorum. Et diuersificantur secundum diuersitatem complexionis : habitudinis regionis : etatis et regiminis.

Et hoc potest experientia disci: puta videndo colorem et substantiam menstruorum diuersarum mulierum: in complexione: etate: habitudine: et sic de aliis. Sed quia hoc non pertinet ad presens opus: transeo. Sufficit autem ad presens scire quod si menstrua alterentur a dispositione propria naturali: siue talis alteratio sit ex mala dispositione totius vel matricis sunt causa nocentorum supradictorum. Studendum igitur est quod sint in propria naturali dispositione: conseruando si fuerint: vel reducendo si non fuerint. Quod quomodo fieri potest: sufficienter haberi potest ex supradictis capitulis sumptis ex diuersitate complexionis: etatis et habitudinis: et ex his que superius in hoc capitulo dicta sunt de his que matricem confortant. In hoc igitur terminetur regimen sanitatis appropriatum sexui femineo: et per consequens secunda pars huius tractatus.

RA 775 .R34 1942

v.1 SMC

Regimen sanitatis

Salernitanum.

Regimen na slbainte :

Regimen sanitatis

AEX-0998 (awih)



