regimin sanitatis est triplex i ataid tri gneithi ar follamhnughadh na slainte conseruatiuum i coimed ocus preseruatiuum i remcoimed ocus reductiuum i treorugadh mar foillsighius galen sa treas partegul do tegni conservatiuum do na daoinibh slana is imcubidh e preseruatiuum don droing bhis ag dul an eslainti no dolucht na neimnechtarda dlighear e ocus reductiuum do lucht na heslainti dlighear gidhedh gairther presiruatiuum do seruatiuum uair and mar adeir hali sa treas partegul do thegni sa seathadh coimint deg ocus da fitheat maseadh adeirim gurub o neithibh cosmhaile do niter in coimed mar adeirur san inadh cetnai madh ail let an coimplex dogabuis cugat do coimet tabhair neithi cosmuile maseadh is neithi cosmuile go huilidhi a ceim ocus a foirm dligher do tabhairt don corp mesardha ocus in corp claonus do claonadh nadurdha o measurdacht dligher neithi cosmuile do reir foirme ocus ni do reir ceime do tabuirt do arson na togra ata aige cum tuitme mar adeir aueroys sa seathadh leabur do collegett et da nabairsi nach gabann ni gnimh ona cosmailius cuige mar adeir auicina a caibidil comhartha na coimplex sa dara fen don cet leabur mar an abair gurub o thota species gnimaighitt na baill ar in biadh adeirimsi gurub o thota species an baill do niter an dileaghadh ocus on tes mar indstruimint mar adeir aueroys sa cuigedh leabur do collegett do gaile an ein renaburthar struccio gurub ullma an aimsir ina leaghtur iarann mor ann o thota species na sa teine ocus is mar sin and sa cas so no adeirim nach gabtur gnim ona cosmailius anns na neithibh bis gan anum gidheadh fettur a denamh go maith is na neithibh ambi anum maseadh na cuirp claonas on mhesurdhacht follamhnaighter o neithib cosmuile do reir fhoirme iad in tan bit sa measurdhacht dilighter doibh ocus gan am beith cosmhail do reir cheime oir dlighidh an ceim beith nis isle sa biadh na sa corp da tabartur da oilemhain e ocus dlighear in drong so doileamhain le biadh leighiseamail oir is le biadh is biadh dlighear an coimplex mesardha dfollamnughadhi adir hali sa treas partegul do theighni a coimint an texa so condlighear an corp tesaighi do shir no an corp claonas o cuttromacht a dha ceim dfollamhnughadh le neithibh tesaidhi sa cet ceim ocus is neithi fuara gaires dibh sin oir in teas iseal is fuaradh am bel an lega e ocus is uime sin a deirit drong go seachranach ag tuigsin an texa sin gurup le neithibh fuara dligher na cuirp tesaighi do coimhed ocus is breg sin gidhegh fettur a remhchoimhed no a tesargadh re neithibh fuara is isle a ceim na in corp dobail do remcoimhett gidhegh cena an follamnughadh renaburtar reduccio is le neithibh fuara sa taoibh contrardha ocus a ceim in and dlighear a dhenamh gidhegh dlighear a fhis gurub le neitibh tesaighi isli dlighear na cuirp theo docoimhett ocus na cuirp fhuaara le neithibh fuara isli ocus na cuirp tirma le neithibh tirma isle et cetera ocus is folluis gondlighear cuirp lenna duibh dfollamhnughadh le neithibh fuara tirma isli ocus is neithi tesaighi flichi sin ocus ni go haonda acht an aithfheghadh coimplexa lenna duibh mar a deir commentator an damasenus sa dara partegul sa cuigedh coimint ocus tri fithit go fuil an fin tesaighi tirim gidhegh adeir gurub tesaighi flichi e an aithfegadh lenna duibh ocus is mar sin adeirim ann sa cas so et is mar an cetna do coimplex lenna find condlighear a follamhnughadh le neithibh fuara flicha isle ocus is neithi tesaighi tirma isli sin gidhegh da mbia coimplex lenna find ar tuitim do thuithim aicidigh chum fuarachta ocus cum flichada dlighear a follamhnughadh le neithibh tesaighi tirma arda ocus is e sin a treorughadh cum a contrardha maseadh dlighear na neithisi dfheuchain a coimhed na slainti i cail ocus caindighecht ocus ord ocus aimsir bliadhna ocus aimsir no uair in proindighthi ocus aois ocus gnathughadh ocus adubhrumar don chail gustrasda go ndilighinn si bheith cosmail a ceim ocus a foirm no a foirm amain ocus gan a beith a ceim oir mar aduburt ar tus go mbi nite iseal cosmail risin coimplex fuar oir is ni fuar gairtear on liaigh don nithe iseal ocus is cosmail in fuar ris in ni fuar ocus fos gach uile ni ina fuil betha is te e ocus is uime sin nach dlighear a tuigsin gurub cosmail risin corp ndaonda na neithi fuara acht na neithi fuara isle ocus is neithi tesaighi sin am bel in legha in dara caibidil do chaindigecht in bidh caindigeact in bidh i condlighear a chaitimh in tan tochluightear e oir adeir arustotul in epistula ad alexandrumi tarruing do lamh chugatt ocus in tochlughadh ar marthain agut ocus adir auicina sa caibidil laburus dfollamhnughadh na neithedh itther ocus ibhteri gurub amhlaidh caithfir fuighlech tochluighthi do beith agut oir is ferr na huaire dimdughadh na in cainndigecht mor ocus is ferr began do caitimh fadho na moran an en uair oir in biadh caithear an einfhecht ameidh moir ni heidir a dhileaghadh ocus seachrainughi brigh dileaghthach an gaili annsin ocus in sechran doniter sa chet dileaghadh in tan is mor e ni certaighter sa dara dileaghadh mar adeir comentator damasenus sa cet partegul sa seathadh comint deg ocus is uime sin nach oilenn se go dlistinach annsin ocus is ar in adhbur sin adeir auicina sa treas leabhur nach fhasaidh na daoine ginacha et fos an biadh thosgaighes a meid andlistinaigh doni duinte ocus is cuis sin don mhorgadh tre esbhuigh an indfhuartha do reir hali sa tres partegul do thegni et is e is comurtha go caithind neach go leor in tan nach tig o caithem an bhidh meid and sa puls na loighett and san anail oir ni thegmhand so acht arson go cumhgaighind an gaile ar in sgairt ocus is uime sin bis an anail beg minic ocus do beir egintus innfhuartha in croidhi an puls do medughadh o nach bi anmfhaindi ar in mbrigh comhurthaighi eile gan claochlogh do beith ar in fual na ar in feradh ocus gan na hindedhi go hairighthi ypocondria do righeadh ocus gan cuirrineacht na gaothmairecht na truimidecht na anmfainne do mothughadh ocus gan urlugadh na apititus caininus na tuitim tochluighthi do beith air na leisgi indtlechta acht go fetfadh stuider do dhenamh deis bidh mar do denadh roime acht amhain in tan tuitius an biadh ocus tinnsgnus dileaghadh do gabhail oir eirghitt na dhetaighi inmolta in tan sin ocus donit codladh ocus toirmisgit an stuider et fos gan nemcodladh do beith air ocus gan blas an bidh dfhaghbhail a cind aimsiri ar in mbruchtaigh oir da mbiadh na neithisi mar adubhrumuir foillsighter an biadh do bheith mesardha ina caindigeacht gidhegh dlighear an gnathughadh do coimet andso muna roolc e mar do cithfighter et adeirim mar in cetna don digh nach dlighind si beith an meidisin go mbeith an biadh ar snamh sa ghaili mar bis ag lucht na meisgi ocus is uime sin ani adeir drong gurub maith beith ar meisgi uair sa mhi is breg e mar foillsighius auerois sa dara partegul dona cantichibh sa treas cantic deg ar fhithit mar an abair i as seachrannach aontughadh na meisg aon uair is in mi oir ge do na neithibh is mo tarbhaighius don tes nadurra an fin arna gabhail go mesardha is do na neithibh is mo urcoidighius do ocus don incind ocus dona cetfadhuibh e in tan tosgaighius go himurcrach ocus is uime sin adeir annsin gurub ferr uisgi na meala don droing ag ambit feithi anmfhanda na e gidhegh fettar began dfhin deghbalaidh do tabairt do na sendaoinibh mar adeir annsin gidhegh adeir auicina sa caibidil labrus dfhollamhnughadh an uisgi ocus an fiona i is tine do cur a cenn tinedh a conadh anmfand fin do tabhairt dona macamhaibh gidhegh tabair go mesardha dona daoinibh oga e ocus don tsendaoine an meid is ail lis maseadh is a meid moir is imchubhaidh doibh e adeirim condligher an meid is ail lis do tabairt dona tshenduine on thsendacht ocus is e sin an senduine mesardha thochluighes an meidh fhedus do dileaghadh ocus bis ina duine rodheisgribhidech gidhegh an senduine on thsenordhacht ni dlighear an meidhi sin do tabhairt do oir bidh in drong sin dibenta ocus bidh rabhaile orra ocus is beg a teas oir bidh mar lochrand bis ullamh cum baidhti mar a deirur sa cet partegul d amforismorum ocus is uime sin adeir galen an sa partegul cetna a comint na canonaso is uime sin fiarfuighim in roimh in chuit dlighear atabairt no ina diaigh ocus dociter nach roimpi oir adeir auicina sa caibidil labhrus dfollamhnughadh an uisgi ocus an finai dlighi in duine egnaidhi a caomhna fein ar fhin dol ar cet longadh ocus ni dlighear a tabhairt deis na coda oir adeir auicina sa caibidil cetna i is olc an fin tar eis gach uile bidh ocus adir a caibidil follamhnuighthi an neith itter ocus ibhter i dona neithibh is mo toirmisgius an dileaghadh fin dol tar eis bidh arson co tabhair ar an mbiadh tolladh sul dileaghta e et ni himchubidh an fin ar in cuid do reir auicina sa caibidil labhrus dfollamhnughadh a neithe itter ocus ibhter mar an abair is hegin gurob tar eis an caithmhe ibhus nech deoch ocus nach an uair proindighti et adeir began roimhe sin i ni dlighear deoch dhol no go tuitinn an biadh is an ghaile in opossitum i ata in gnathughadh coitchind ina aguidh so ag ol an fina ar in cuid ocus tara heis adeirim nach imchubidh an fin roimh an cuid an aimsir na slainti gidheadh is imchubidh e uair ann an aimsir na heslainti i in tan is mo is egail uireasbhaidh na brighi na urchoid an fina mar is folluis isin tsingcoipis tig o anmhfainne na brighi ocus adeirim gurub imcbubidh e in tan sin roimh in cuit ocus tar a heis ocus in tan doniter mar argamainti nach imchubaidh ar in cuid e adeirim do reir auicina sa caibidil labhrus dfollamhnughadh an uisgi ocus an fina nach urcoidigheann da bhriala dol ar in cuid don nech do gnathuigh e ocus mar in cetna don duine shlan deis cuislindi gidhegh dlighear an gnathughadh do coimeidh annso mad arrsaigh e muna fa roolc e ocus dleghar a treigen in tan sin deis a ceile ocus ni go hoband et iseadh tuigim trid in foculso briala i misur ina tuillfedh oirett endighe amain i an meidh do ghebadh nech gan claochlogh anala i den anail gan coimheigniughadh gan fostogh ainndeonach adeirim fos gurup olc an fin deis gach uile bidh acht tar eis an bidh do beith dileaghta ocus athuitme acht a caninus apititus mar an dlighear neithi meithi do tabhairt ar tus ocus fin aindsein ocus is dlighi leighis sin gidhedh ni himchubaidh an fin deis bidh onginter droch leann na roimhe na in tan caither e mar adeir auicina san inadh cetna oir do bhir ar in droch linn sin tolladh cum foirimill an chuirp ocus is uime sin thsheacranaoid an drong lerbail fin dol deis nan droch biadh dan dileaghadh oir imighi roimh in ndileaghadh ocus tromaighi an corp is uime sin adeirim go cumair gu fettar an fin do tabairt a meid big deis na coda ocus ni a caindighecht moir ocus a tabairt do nech do gnathuigh e ocus do neach deis cuislindi ocus gan a tabairt do neach eile acht an aimsir tharta moir ocus is na casaibh eile curtur sa caibidil labrus dfollamhnughadh an uisgi ocus an fina et in tan adeir nach imchubidh an fin ar in cuitt adeirim gurob mar so dlighear briathra auicina do tuigsin in tan adeir gurub tar eis na coda dlighear an deoch dol ocus nach uirri i gurub tar eis thsluigthi an grema ocus nach e trath ata sa bel dlighear a hol no nogan imurcraigh dhol in tan caithius biadh ocus is ris sin adeir auicina caindighecht is tarbhach don biadh nach dlighind nech dol ar in cuitt acht ni do beradh siubhal ar an mbiadh no gan ni do beradh siubhal roobond air dol no do denadh dealughadh atturra ocus an gaile no do beradh ar snamh e gidhegh fettur began dol daeis indus go mbiadh an biadh arna comusg ocus arna timprail gu maith ocus gan fundamint romor do denamh ocus gan moran do ol as a haithle acht na huaire dimdughadh ocus gan an caindighecht continoidech do medughadh et is uime sin adeirim go fuilit tri deocha and i potus alteratiuus i deoch claochluightech ocus potus permixtinus i deoch cumuisgthech ocus potus delatiuus deoch imairctech an deoch claochluightech is roim an mbiadh is imchubidh i mar ataid na sirioipighi ocus na deocha leighis ocus an deoch cumuisgtech is ar an cuid dlighear i ocus began do caithemh ocus began dol indus conderntar an cumusc dlistinech an deoch imairctech umorro tar eis na coda ocus ar ndenamh an dileaghtha ocus ar dtuitim an bidh as a gaile dlighear i no in tan bhes ag a fagbhail et is uime sin adeir auerois sa dara partegul do na cantigibh sa naoimheadh comint fithed mar coisgius an tuisge doirtter a croccan fhiuchach afiuchadh in tuisgi no an deoch curthar acend an bidh bhis ag a dileaghadh sa gaile coisgidh an dileagha ocus is uime sin nach maith moran dol tar eis na coda no co mbia in dileagha imslan sa gaile acht is tarbhach cum an dileaghtha tart dfhulang deis na coda gidhedh ni heidir caindighecht na neithead is intabhurta dfoillsiughadh o leitreachuibh cindti mar a deir galen sa treas partegul do megathegni maseadh dentur do reir mhesa bus fogus don fhirindi ocus daingnighter do reir dherbhtha ocus gnathuighthi e in treas caibidil don ord dord in dieta no caithme in bhidh is e so e i in tan eireochas neach sa mhaidin sinedh ar tus a lamha ocus a mhuinel ocus cuiredh aedaighi go glan uime ocus indarbadh ainnsein imurcracha in cet dileaghtha ocus in dara dileagha ocus in treas dileaghtha le seiledh ocus le himurcrachaib na srona ocus na braighedh oir is iad so imarcracha an treas dileaghtha ocus aindsein coimleadh an corp da mbia aimsir imcubidh aige arson fhuighill an alluis ocus in luaithrigh bis air in croicind oir ata in croicinn poiremhail ocus tairngidh cuigi gach ni bis angar do doreir galen sa cet leabur de simplici medicina et aindsein cireadh a chend ocus indladh a lamha ocus a aighiadh a huisgi fhuar sa tshamradh ocus a huisgi the sa geimhregh ocus nigheadh a shuili le huisghi arna congmhail sa bhel ocus arna theghadh and ocus ar tuma an meir tanuisti and oir indurbidh sin tursgar na sul ocus glanaidh iat et coimleadh aindhsein a fhiacla le duille urcuill isin tsamhradh ocus le croicinn an ubhaill buidhe sa geimhredh et aindsein aburadh a tratha muiri no a ni eili bhus duthracht lis as a haithle sin denadh saothar ocus siubhal mesarrdha an inaduibh arda glana ocus ullmuigter a biadh indus congabha biadh a cet oir deis an thsaothair sin in tan tinnsgnus a thochlugadh go nadurdha ocus na gabhadh roimhe ocus na cuireadh afaill oir adeir auicina sa caibidil labhrus do ni ithter ocus ibhter go tabair fulang ocaruis tar a gnathughadh an gaili do linadh do lenduibh morguighthi ocus tic in tan sin linadh tadhbais o lind ruadh arna tarruing cum beil an ghaili indus nach eidir an biadh do caithim lis in thochlugadh ainmhidhe ge madh ail e ocus ni dligheann neach a shaith do caitimh mar adubhramar roimhainn ocus ni dlighinn acht enbhiadh do caithimh ar aon bord oir adeir auicina san inadh thshuas i ni fuil ni is measa na na biadha dimdhughadh ocus aimsir dfaidiughadh ag a caithimh ocus is uime sin adeir an deiradh caibidilech de regimine cibi gur leor lis na sendaoinibh feoil amhain do caithimh sa maidin ocus aran amhain ar a suiper ocus ni gabdhaois biadha examhla an einfheacht gidhedh da caithter biadh imdha ar enchuid is ferr na neithi seimhe do tabairt ar tus ocus na neithi remhra ainnsein na a contrarda sin oir in tan caithter in biadh seimh deis an biadh remair diligher go luath e ocus ni dentar an biadh remhur ocus bidh se in tan sin ag iarraidh sligheadh amach ocus ni fhaghann on biadh remhar do beith an ichtar ocus tic de sin go comuisgter ris e ocus go truaillter uile iat gidheadh da mbeith a fhis ag neach in biadh do meadughadh ris in ghaili do budh coir oireat in meid is teo ichtar an ghaili na a uachtar do tabairt don biadh remhur ar tus gidhedh ni heidir no ni hurusa sin do denamh ocus o nach feduruis cad is indenta claon aleith na seimhe mar adir auicina a caibidil leighis in quartana ocus sa dara partegul do regimenta acutorum item na gabhadh biadh omh ar muin bidh leth bruithi et dlighear a fis uime sin go mbi in biadh a comnuighi sa corp sul dilighthar go himlan e sea huair deg mar adeir aueroys sa dara partegul do na canticibh ocus adeirar in cetna sa caibidil deighinuigh don tseiseadh leabhur do colliget ge ataid naoi nuaire ag a radh a leabhraibh eigin ocus is breg sin oir is doigh gurub e in sgribneoir fuair nuimir eigin sgribhtha ocus ni fitter catt i ocus do rinn e seachran ag sgribhadh ocus is sea huairi deg do dhlighfeadh beith and ocus is e a cuis sin oir adeir auicina a caibidil de regimine cibi ocus aueroes isna canticibh gurub e is proindiughadh orduighthi ann biadh do caithimh fa thri sa da la i fa dho ladibh ocus einfecht la eile ocus dlighith sea huaire deg beith ittir gach da uair dibh sin indus go roindfigter in da la nadurda ina fuilitt ocht nuaire ocus da fithet go comtrom a tri rannuibh ocus is e a adhbur sin madho rindeadh sechran sa lo inarcaith fadho go certuighter e arnamharach ag caithimh enuair ocus e contrario oir gach olc doniter on linadh leighisigh in folmughadh e ocus e contrario mar adeirar sa dara partegul d aforismormh gidhedh adeir auicina sa treas leabur sa treas fen deg sa treas trachtadh ocus sa caibidil labrus do moille tuirlingha an bhiadh asa ghaili i is i aimsir cuttroma anmhana in bidh isin gaili ocus a fhagbala dho ambi ittir da uair deg ocus a dho fithteat tre moilli oiprighthi na brighi dileaghthaighi ocus is uime sin adeirim o theid an biadh go remar isin gaili gurub sia anus and na inaduibh nan dileaghadh eili oir is seimhe in chilus na in taran ocus is uime sin is luath inntaighter a fuil deirg e ocus is luath indtaighter fuil derg aros a poiribh nam ball ocus tic lis in radh so auicina in biadh do dhileaghadh isna ballaibh uili re sea huairibh deg ge teagmadh gan a cur a cosmailius go huilidhi riu risin fedh sin gidheadh anuidh uair and o anmhfainne an ghaile ocus o reimhe ocus o righne an bidh re ocht nuairibh deg no re fitit uair sa gaili mar is folluis a neimhdhileaghadh an gaili ocus in tan caithius nech biadha urchoideacha eigin anus uair and a poiribh an ghaili re mi no re raithi mar do chuala o daoinib firindecha gur sgeigheadur bidh ocus leighes uair eigin sa cainndighecht ocus sa tsubstaint mar gabattar iat mi roime sin tuilleadh eile dlighear dfoillsiughadh i nach imcubidh baindi ocus iasg ar en bord na fin ocus baindi oir ullmuighit nech cum lubra ocus na gabhthur lictuairi rotesaigi deis an bhidh go luath na enni diureticach oir truaillitt an biadh aga losgadh no aga chur ar siubhul go roluath ocus is ume sin is olc in drageta do niter do maratrum ocus danis cona cosmuilibh go luath deis na coda oir is ferr cumsanadh ina sesamh no siubul ailginach do denamh deis in bidh mar a dubhuirt rufhus i is mian liumsa began siubhuil tar eis na coda gidheadh gluasacht mor do denamh deis in proindighthi do siubul no do marchuideacht truaillidh in biadh ocus toirmisgidh an dileaghadh as a haithli sin codladh go mesarrdha oir furtachtaighi sin in dileaghadh mar adeirur sa canoinsi uentres hieme et uere gurub maith rena thuigsin a med fhurtachtaighius in codladh in dileaghadh gidheadh is olc in codladh ocus in nemhcodladh teid tar modh amach mar adeirur sa dara partegul d aforismorum ocus dentar e san oidhci oir adeir ipocras sa cet partegul do pronosticorum i is sin is codladh nadurda and in codladh nach sechnann in oidchi ocus nach toirmisgind in la gidhegh donit daoine imdha la don oidchi ag codladh sa lo ocus ina ndusacht san oidchi ocus is roolc sin gidhegh dlighidh tu a fis gurub ar in taobh ndes dlighear codladh ar tus oir is mar sin is ferr do niter an dileaghadh arson nan ae do beith faoi in gaili and ocus dilighur impog ar in taobh cle as a haithli conach tairngter an biadh cum nan ae sul dilightur go himli e ocus impogh aris ar in taobh ndeas innus gu madh usaide tarrongtar an ni do dileaghadh sa ghaili cum nan ae ocus tuicter so o auicina sa caibidil labrus dfollamnughadh aneith itter ocus ibter ocus isa caibidil labhrus don codladh ocus don nemhcodladh ocus adeir fos and sin go tabhair tindsgaint loighi ar in medon furtacht mor cum an dileaghtha arson go connmhann an tes nadurda ocus gu tachmaingind e gurub uime sin meduigter e gidhegh is olc codladh faon ocus is olc don radarc codladh go luath deis bidh ocus is olc fos codladh lae muna derntur angar do beith a suighi e ocus athaigh maith deis na coda ocus isin thsamradh ocus becan in tan sin fos ocus is uime sin adeir in fersaighteoir i bith codladh in meadoinlae gerr no na dentur e gideagh dan derntur roimh in cuit e dentur o mhaidin go teirt do reir ipocrais sa dara partegul do pronosticorum et ingaibhter a dhenumh ocus in bel osluigthi ar egla droch aeir do dul asteach do toirmeosgadh in dileaghadh ocus bith in cend go hard isin chodladh ocus cluthur le hedach go maith e do reir auicina ocus is romaith sin cum in dileaghtha item measruighter aicidigi na hanma ocus is uime sin adeir in fersaightheoir i bith menma tshuilbir agat ocus diet mesurdha ocus dena saotar et is mor fhoghnus fothrugadh uisgi milis acht nach bia biadh isin gaile et bith in suiper gerr no edrom muna bia in gnathughadh ina aighidh oir do leith in dileaghtha do niter isin codladh do budh ferr ni budh mho do biadh do caithimh isin oidchi gidhegh o doniter in codladh go roluath sul toitis an biadh o bel in ghaili is uime sin is romor urchoidighius moran in bidh san oidche don radhurc ocus is uime sin ataitt moran dfersadhaibh ar an adhbarsai is mor an pian do goile super na hoidhce madh ail let bheith edrum bioth do shuiper co gerr ocus ata da fersa ele ar an cetnai is andam is athumulta an suiper gearr no edrumi teagasgaigh an ealadha leighis ocus is raod fholluis con urcoididhinn an suiper mor tuilleadh fosi caith began bidh oir sastur in nadur o began gurub amlaidhi shasfaidhter an corp gan truime do bheith ar an menmuin on tregenus maseadh tabuir an biadh uait mar is tusga tochluighes an nadur e item indarbtur an fual ocus in feradh ocus na fastaighter ar en cor iad tar an aimsir a san dtaighter an indharbadh oir do gendaois duinte isna taobhaibh ocus siansanach isna cluasaibh on gaothmuirecht ag impogh suas no cloch no ydoripis o chongbail au fuail sin duit a eoin o aodh o cendainn i narub ail let thfual do congmail na do meadhon deigniughadh i tar an aimsir ina beitter go maith e ocus is uime sin nach maith beith gu rofadha ar in camra na fasgadh eigneach do denamh ocus is uime sin is sea huaire is maith in fual do tabairt sa lo co noidchi oir is e sin in la nadurda ocus in feradh fa dho no fa thri san aimsir cetna mar adeirit na ferrsadh so i in cetruma caibidil don aimsir don aimsir i dleghur aimsir na bliadhna do fechuin oir is coir ni eigin do tabairt daire do leith na haoisi ocus in fhuind ocus na haimsiri mar adeirur sa ched partegul d aforismorum maseadh taburtur biadh remur a meid moir sa gheimredh oir adirur san inadh cetna i ataid na cabain inmedhonach rothe do reir nadura sa geimredh ocus san errach ocus bidh in codladh rofhada gurb uime sin dlighear moran in bidh do tabuirt ocus ni dlighear na proinndighi do beith minic oi ni bfuil an tes gearr ann mar bis san tsamhradh acht mor do reir shinti tre imad na spirut gidhegh bidh in tes beg isin tsamradh a gabail thesa arson cuirp the nis sa mo do reir shinte an edluis no in disgaoilti ocus ni do reir shinte na cainndighechta acht do reir airde ocus dlighi an biadh bheith a claonadh cum tesa an tan sin ocus is folluis as sin cred is inraidh re tes nan daoine og ocus na macam san earrach umorro dlighear an biadh bheith mesurrdha acht a claonadh cum meide bige arson an linta do rinnedh sa geimredh roimhe sa tsamhradh umorro dlighi an biadh bheith seimh ag dul a bfuaire ocus is seimh ina cainndighecht sin i began do tabhairt an einecht de oir bidh substaint in tesa beg in tan sin arna cnaoi ocus arna disgaoileadh on tes foirimeallach ocus da tucaoi biad seimh ina shubstaint do loisgfidhe on tes teinntighe e ocus is uime sin adeir galen sa canoinsi go teid an tes a bfoirimill sa tsamradh a gabail luthgaire re na cosmailius gurub uime sin anbfuinnighter go hinnmeonach e san bfoghmar umorro tabhair an biadh a gcainndighecht big ocus dlighi beith ag dul a tesoighecht ocus a bflichidacht ocus ataid fersadha air so caith an mheid is ail leat don biadh an aimsir in geimridh gnathaigh biadh go mesurrdha an aimsir an erraich do ni tes an tsamraidh urchoid do na biadoibh mimesurrdha do berid toirrthi an foghmhair caoinedh dermair duit in cuigeadh caibidil duairib in proinnighthi is i uair in proinnighthi in tan bhis an tocarus firinneach ann mar adubhrumar sa treas caibidil tsuas ocus is i uair is fearr sa tsamradh an uair is fuaire i roimh an teirt ocus an uair na hespartan ocus is i uair an eigentuis in tan is eider le nech biadh dfaghbhail ocus is uime sin adeir galen in libro de regemine sanitatis nach eidir le nech dfollamnacha na slainti do congmail acht a nech bes gan toirmisg o aon gnodugh eigentach eile air ocus ag a mbeith a chuingill saor in gach enni sa geimhredh umorro toghthar in uair bhus teo ocus mar an cetna don errach ocus don foghmhar oir rannchuidid ris in samradh ocus reis an geimhredh oir as anns na rannuibh is nesa don tsamhradh dibh dlighid in uair bheith mar uair an tsamhraidh ocus is na rannoibh is nesa don geimredh toghthar in uair bhus teo mesurrda in seiseadha caibidil don ghnathughadh dlegar gnathugh in dieta do congmail muna ba roolc e ocus madegh dlighear a treigen go mall ocus is uime sin in gnathughadh aontuighius leis na neithi nadurda dlighear a congmail ocus da tosgaigh e began uatha dlighear a chongmail fos gidegh mad mor in tosgaghadh dlighear a treorughadh tar a ais ocus ni go hobonn mar adubrumar gidhegh tabhradh lucht an droch fhollamhnuighthi anair riu oir gin gon airgid ar an lathair e aireochuid fos go maith mar adeir auicina ocus is uime sin an drong adeir gur linadar iad fein do biadh go minic ocus nach derrna en urchoid doibh tabhradh an aire riu oir goirteochar iad oir da ndernadh dia dighultus in gach en pecadh a cet oir deis a dhenta ni bheith duine na bethaidh ocus mar ata in nadur uilidh i dia is mar sin ata a naduir rannaighthi sa duine nach denonn dighultus an cet uair acht a gcinn aimsire item bidh drong ann chaitheas nisa mo do thorrthuibh na do biadhaibh eile ocus is sechranach do nid sin oir do ni gach uile thoradh fuil uisgemail mitarbhach somorgtha gidheagh dlighear torrtha stipeghdha do chaithemh deis an bidh da mbia an medon lactach mar ataid peiredha ocus coctana ocus ubhla gidhedh lagaid na hubla rosdaighthi roim an chuid lucht lenna ruaidh ocus istipeda na hubla omha ocus ni comor ata gach gne dibh mar sin oir is lugha istipeda na hubla millsi ocus is mo na hubla goirti na bolais umorro ocus na risineadha ocus na figedha is roim in cuid dlighur an gabhail mar adeir ysaac in dietis particularibus gidhedh ata in gnathughadh coitcind ina aighidh so gu holc oir donit so duinti ona meithi ocus is uime sin dlighear a caithimh maille sinnsir oir cathaighidh re gach uili truailleadh tic ona toirthibh do reir auicina gidhedh is ferr na toirrthi uile do tregin ocus is uime sin innisis galen a leabur follamhnaighti na slainti go raibhi a athair fen cet bliadhan ina bhethaidh arson nar chaith toirrthi item bidh drong ann le nab inmain irboill nan ainmintigh nisa mo na an chuid ele ocus drong ele a gcinn ocus drong ele a a gcnamha ocus mar sin do na ballaibh ele ocus is uime sin adeir an fersaso is inan errannaibh is ferr no is millsi na heisg ocus na mna ocus ni bfuil ann sin ac gurub lugha is fuar in tiasg inanerr arson in gluasachta na sa cuid eile dhe gidhedh is usa na boill eile do dileaghadh mur is folluis do tharr in bradain ocus da cosmailibh gidhedh is i in cuid is mo bis ar gluasacht is lugha imurcacha ocus is uime sin is i is ferr isna hainminnthibh caithid na daine da mbia cudrumacht ria isna neithibh eli maseadh toghtar in cuidh is maeithi ocus bis ar gluasacht hegin ocus bus fearr blas oir is e in ni is fearr blas is ferr oilus da mbia cudrumacht eli ann gidhedh adeir in fersai ni maith is na haeibh in ni is milis isin bel ocus is don milsi aenda tuighter sin gidhedh adeirim do na cnoib and so nach fuil etir na huili toradh deis na figeadh ocus na risinedh toradh is ferr na iad ocus is uime sin adeir in fersai abair gurab fallain na cno do sir do na haeibh tuilleadh eli adeirim i an drong ler bail coimriachtachain do gnathughadh nach dlighid a denam ocus a meadhon lan ach ar crichnughadh in cet dileaghtha ocus in dara dileaghtha ocus leithi in treas dileaghtha ocus gana a denumh go minic oir anmfainnighi sin go mor an gaili ocus in corp uili ocus is romor urcoidighius don radhurc oir cuiridh na suile an doimne romoir go follus don cuislind umorro dlighear a fis nach maith a rognathughadh oir adeir auicina a caibidil na cuislinne co cuisighind an cuislinn rominic aphoplexia ocus adeir galen sa naoimeadh leabhur do meghathegni is e folmughadh na cuislinde is mo anmfainnighius an brigh do na huilidh fholmughadh ocus as se adhbhur sin gurob mo is cara don nadur fuil derg naid leanda ele ocus is uime sin is e a folmughadh in tan is imurcach e is mo anbhainnighius muna bia an duine og ocus complex fola deirge aige ocus e a cumsanadh ocus a gnathughadh dhfeoil ocus do biadhuibh eile oilius go maith oir dlighitt sin ar egla squinancia ocus nescoidedh inmedonach cuisli do leigen nis minica na nech eile et dlighear riaghail do bir damasenus sa dara partegul do afoirismorum fein sa naoimeadh comint ocus da fithett do congmail i mad do gnathuigh nech ina oige cuisli do ligen fa cheithir sa bliadhain nach dlighind a ligen acht fa thri acind a dara fithett bliadhan ocus en uair amhain acind a tri fithitt bliadhan ocus o chind a deich ocus tri fithitt no ceathra fithitt bliadhan gan a ligen go huilidhi gidhedh as i mediana dlighear do ligen acind tri fithitt bliadhan ocus basilica acind da fithett bliadhan oir ni coir cefalica do ligen ochind da fithett bliadhan amach oir dallaidh sin nech ocus truaillidh in cuimhne uair toghnidhi na bliadhna umorro cum na cuislidhi i in terrach ocus in foghmur gidhedh is i cuisle an erruigh is ferr and oir ni fuil enni coimedus nech ar eslaintibh in tsamhruigh mar do ni cuisli an erruigh do reir auicina gidheadh is an da rannuibh fhodhailter aimsir na bliadhna uili do reir na tuathadh i a samrad ocus an geimhredh et ni dleghar in cuisli do ligen an aimsir rofuair na rothe ocus is uime sin is coithcenn tshechranuighius in drong ler bail cuisli do ligen um feil stefain ocus um fheil eoin baisti tre fhuaire aimsiri dib ocus tre tes na haimsiri eili acht go ligter uair and um nodluig i do tesargadh ar na heslaintibh do gentaoi on linadh gnathuighid do denamh a coitcinne in tan sin don taobh as an dlighear a ligen umorro adeir in fersaigtheoiri na lamha desa san errach ocus sa tsamradh ocus na lamha cle san fogmhur ocus sa geimredh ocus adeir fos do leith in re mar soi a ligen do na seandaoinibh in tan is arrsuigh in re ocus do na daoinibh oga in tan is nua e don diet daithli na cuislindi dlighear a fhis co ndentur sechran mor and sin oir bit daoine ann ler bail moran dol ocus dithi in tan sin do geinemuin fhola aris maseadh cad far ligettur i ocus is uime sin dlighitt began dol ocus dithi gidhedh dlighitt nis mo dol dfhin an aithfeaghadh in begain bid sin na mar do clechtattur oir is usa linadh na dighe na linadh an bidh maseadh sechnadh caisi in tan sin ocus feoil remhar ocus iasg sailti ocus toirrthi ocus ferg ocus gluasacht ocus na biodh go gar do theine ocus na denuid coimhriachtain ocus na denuid acht super beg ocus is uime sin is maith an fersa soi bidh do shuiper mesarrdha an cet la don chuislinn gidhegh is bregach na fersada eile churtar ar in gluasacht ocus ar in coimhriachtain ocus mad ail a fios ca huair thinnsgnuid aimsira na bliadhna do gabtur isna fersadhuibhsi iat i in terrach a feil peaduir ocus in samhradh a feil urbanus ocus in fhoghmar a feil simphoreanusi feil clemint ina cend do tinnsgaint an geimhrigh ocus is do reir nan astroluighedhso noch cuires na haimsira go cutroma ocus ni mar sin do na leghiubh acht gairit errach daimsir measurdha na bliadhna ocus mairidh sin uair and re mi ocus uair eili ni luigha ocus uair eili nis mo an saimradh umorro aimsir rote e ocus infoghmhur uair and te ocus uair eili fuar fo examhlacht uairedh a laetheadh ocus in geimredh ina aimsir rofhuair go huilidhi tuilleadh eili i dlighear a fis go comfurtachtaoidh na huighi ocus a caibhdel in drong bis deis cuislinn da mbia in gaili glan gidhedh da faghaid in soigtech nemhglan truaillter ga rourusa iad ocus is amhlaid is follaine iat am briseadh an uisgi tuilleadh eili bith a fis aghutt gurub i uair imcubidh caithme in potaitsi a tosach na coda ocus dentur e sa geimredh do cabhlan ocus do hocus ocus do saithsi ocus do persillidh no do cennduibh geala losa arna mberbadh ocus arna fasgadh ocus a coimsuighedh le baindi almont et adeirim gurub ro maith an tord na halmoint ocus a caitimh imlan mar bit no a croicind do buain dibh ocus a tabairt do na daoinibh da ligter cuisle ocus don droing bhis ar na cnaoi ocus do lucht na ptisisi sa tsamradh umorro is imcubidh potaitsi do borrsaitsi ocus do buglosa ocus do sailcuaich ocus do mercurial ocus do spinarchia ocus do paciencia ocus do lactuca ocus do bharr fhineil ocus persilli cona cosmuilibh ocus is maith macoll do cur and da mbia in gaili fuar an pis umorro na caittir i acht maille cuimin ocus na caitter ponair na pis ur na arrsaidh acht maille saland ocus re cuimin ocus in drong ag am bia gaili annfann ocus gaothmairecht na caithid ar en cor iad gidhedh foghnuidh eanbruithi na pisi ocus do ni lagadh ocus na bit en raod da substaint and tuilleadh eili bith a fis agut gon urcoidigenn an baindi don gaili fuar ocus ni denann don gaili the ocus is imcubidh do sin bainne goirt and sa tshamradh an tim umorro caitir roimh na biadhuibh e ocus na caitter e deis dighi ocus na caitter uachtur baindi daithli in tshuiper na treamhanta oir is duintech righin iat dlighear afhis fos gurub mor urcoidigid na neithi omha mar ataid na hoisreaghdha ocus na neithi leat omha mar ataid na hein do niter do droch rosdadh ocus is uime sin is beg nach let don dileaghadh go hinmeadonach cogaint maith in bidh ocus a rostadh go maith ocus gu himlan no a beirbadh go foirimillach ocus is uime sin thsechranaoid in drong caithis biadh go rotindisnech oir caithid uair and neithi uircoideaca sul do biritt daniri iad in sechtmadh caibidil don aois ocus don coimplex in aois ocus in coimplex is beag nach le neithibh cosmaili follamhnuighter iat gidhegh is mo dileaghaid na daoine oga na neithi remhra ocus na neithi cruaidi ocus na sendaoine on tsendacht ocus na macaoimh na neithi flicha i na neithi maotha no boga maseadh dlighidh an diet beit athnuaighitech ocus dlighitt beagan do caitimh go minic et dlighear lucht an sduideir dfollamhnuighedh mar na sendaoinibh oir tirmuighi an sduideir iad maseadh caithid neithi seimhe do reir fulaing noch indtuighter go luath a fuil romaith lucht an tsaothair umorro caithid neithi rostaigthi remra oir is iat sin is mo cathaighius ris in saothar oir ge flichi na neithi rostuighthi naid na neithi beirbtur an uisghi o fhlichigecht tsubstainntigh go hinmeadonach gidheagh bit tirim go forimillach ocus is daingne go huilidhi iad ocus is uime sin is decra an dealughadh on tes ocus trit sin is deacra an dileaghadh na neithi beirbtur an aran bit fliuch ocus is maith iat gideadh is olc aran na pastae et is riaghail forlethon co ndlighear an biadh lenus do na meruibh in tan taidhillter e do shecna oir is righin e et ni maith na neithi rostuighthi connaimhter tar oidchi ocus cumdach orra naid na neithi romeithi ar deiredh na coda in taibstinens measurdha is roard in leighes e ocus is uime sin a dubairt galeni is cum beith am bethaigh caithim ocus ni cum caithme bim am betaigh gidhedh adeirur sa cet partegul d aforismorumi is rourusa lis na sendaoinibh in treiginus dfhulang ocus is iad na sendaoine on arrsuigecht sin ocus ainnsein na daoine oga ocus aindsein na macaoim ocus ainnsein na sendaoine on tsendacht et mar in cetna is leor ansacht le lucht lenna fiond treighinus dfulang ocus re lucht fola deirgi go hinmedonach ocus ni feduit lucht lenna ruaidh na lenna duibh a fulang gidhedh is ferr fuilngit lucht lenna duibh e na lucht lenna ruaigh oir is luigha in tes disgaoiles indtu ocus is mo caithaighius a ni ar an gnimuighend et do cuir in fersaightheoir fersadha ar follamnughadh na slaintii mad ail let beith fallain cuir imsnimh trom dit ocus creit gurub dimaoin duit ferg do denamh i coigill fion ocus sechain suiper ocus nar bu dimaoin let ceimniughadh deis na coda ocus sechain codhladh in medoinlaei na conaim ar thfual ocus na heigingh go laidir do shuigi et ataid fersadha eili ar in fini ataid naoi socamhuil do beir in fion glan duit i imdaighi na brigha ocus lagaid na hinde lintai nertaighi an gaili ocus in inchinn ocus do bir in croidhi subaltach ocus do ni danacht ocus togairmigh an tallus ocus geuraigi in tindtlecht ocus do ni foirbhearteos do na cairdib gidhedh bit misur mailli ris conach truaillter a oipriugh oir teid an dimaoinus gach ni dibh so an egmais an misuir et o ibter an fion uair and go deighinech bit an fersa so agut i dobeir in deoch ibter go deiginech piana imda item gnathaighter cainel go minic oir do bir an bel go deghbalaidh ocus foghnuidh an aghaidh in remafhuar ocus coimheduigh ar truailledh na leanna anntu ocus is uime sin adeirur i inte caithius cainel go minic ni recha deg do truailledh na lendann oir toirmisgid e da mbia an follamhnughadh go maith o soin amach et dlighear a fis gon dligheand an tuisgi beith glan ocus glantur an taer go healadhanach le teine maith muna faghtur glan gu nadurdha e et is lor so ge do fedfuighi moran eili do radh ann