

Friday, September 20

264 DAYS PAST

Saturday

102 TO COME

In All Cases of Lumbago,

especially of the chronic variety, examine the sacro-iliac joints for tenderness. Such cases may sometimes be almost instantaneously relieved by applying broad strips of plaster from beyond one superior iliac spine to the other, across the back. The straps must be applied tightly with the feet closed together.

Weather

Temp.

Warm! Hubert & I  
went to Aylmer after  
dinner. John helped  
Albert Essetine all day  
fill dds. Maudie & I  
picked a bag of hick  
ory nuts. John & I went  
upon hunting to night.