

# Monday, November 27

332 DAYS PAST

34 TO COME

## Geriatric Aphorisms—No. 23.

When the teeth fall out it is a signal for the discontinuance of food that must be masticated. This applies especially to meat.

The "little and often" rule for feeding is wrong. Five hour intervals and sufficient at each meal should be the rule.

If the aged person is drowsy after the meal he should lie down; not sleep sitting.—*Nascher; Amer. Med.*

Weather

Warm

Temp.

Girls drove to school. Maude  
& Andrea was here for tea  
George & wife was down to  
Hermanns killing pigs.  
Muss & I was putting  
siding on the cow stable  
& nailing boards around  
it. Girls brought Mrs Jan  
Wag over home from town

Mariah &