

Wednesday, June 28⁹

180 DAYS PAST

SATURDAY

186 TO COME

Rapid Relief in Acute Lumbago.

William Haig advocates: 1. Deep thumbing of the lumbar muscles, in the process of which a painful area is usually found either in the middle line or to one or other side. 2. Fixing the part of the vertebral column below this painful region by firm pressure of the thumb on each side of the spine. 3. Making the patient perform movements of flexion, acute dorsiflexion, lateral flexion, and rotation. The result is cure of the attack of lumbago, inasmuch as the patient is able at once to return to his work, and in no case has it been necessary to repeat the process.—*Brit. Med. Journ.*

Weather

Temp.

Looked like

rain, but didn't. We finished painting the veranda, & worked with the bees. Ed Thompson was up for some bee hives Pauline Thompson took a music lesson of Maudie Melba went to Ayler's John Fred Maudie & Pauline were over bar all of the 5-