

Wednesday, October 4

278 DAYS PAST

FRIDAY

88 TO COME

Lumbago.

Salicyl compounds or a 10- or 20-grain (0.6 or 1.2 Gm.) dose of quinine at onset of condition useful. Rochelle salts, $\frac{1}{2}$ to 1 dram (2 to 4 Gm.) every hour or two until urine alkaline and bowels freely moved, also valuable. "Waiking the lumbago off" may succeed if free perspiration accompanies the exercise. Turkish bath in early stage safer and more effective. Later: Rest, dry cups locally, deep massage, faradic current, and, if salicylates fail, iodine, in vegetable proteim combination.—Henry.

Weather

Temp.

A fine day
Maude Abell was here
Mr Applefort was all
over for Grace. Philip
Parker was here, & he
& John dug the remain-
der of the potatoes & clean-
ed out the well

Joe 5-