

Tuesday, December 5

340 DAYS PAST

THURSDAY

26 TO COME

Arteriosclerosis

is a disorder affecting the cells of the whole body, including the blood vessels, in such a manner that at length circulatory difficulties arise, and the heart, blood vessels and kidneys become conspicuously involved. But coincidentally, and not consecutively, the kidneys, liver and lungs undergo damage. This may be due to other things, but it seems to me that in the vast majority of cases it can be traced to the effect of substances that are, or have become, poisonous to the cells; and, furthermore, that these substances are ordinarily derived from proteins taken into the body as food.—L. F. Bishop, *Mo. Cyclo. and Med. Bul.*

Weather

Temp.

Snowed off and on all day & snowed hard this afternoon, most or cold to night. Kids went to school. Kelba & I went to King's mill & got some print for Kelba two new print dresses. John went to quilt this morning & this afternoon down to Jan Chalk & over to Jan Leones to night. Milly & Mariah 5 M & B 5-