

# Sunday, February 20

51 DAYS PAST WEDNESDAY 315 TO COME

## An Upbuilding Regimen.

The necessary material aid to initiate blood and tissue reconstruction should be afforded to the patient suffering from the Anemia of Malnutrition. While this condition cannot be entirely overcome by hematinics alone, a non-irritant, promptly absorbable, non-constipating ferruginous tonic, such as **Pepto-Mangan (Gude)**, assists decidedly in any general reconstructive treatment adopted, by the physician.

Weather	Temp.
Very cold & a north west wind blowing all day snowed a little & rained a lot last night & the wind was blowing so hard that Ed Thompson was afraid it would blow his barn down. Mark took the milk, & brought our cheese. Cheque & Cecil came over this afternoon & brought it, & some pop corn. Girl drove the buggy today for the first in quite awhile.	
Marick 5	