

1890 5-

**Tuesday, January 4**

4 DAYS PAST

362 TO COME

**Geriatric Aphorisms—No. 1.**

The hardness of the xiphoid cartilage is an index of the degree of aging. If resilient in advanced life the anatomical changes are slight; this includes the arterial changes. Early hardening indicates early senile changes.—*Nascher; Amer. Med.*

**Weather**

A warm day

**Temp.**

John helped Mr Cox butcher  
this forenoon. Then this  
afternoon went to Mill & got  
Dolley shod. I ironed & did  
the right chores

Dolley 5-

Marials 6