

Saturday, August 12

225 DAYS PAST

141 TO COME

A Geriatric Hint.

Gentle encouragement of the functions of digestion, absorption and assimilation is sometimes needed in conditions of slow vital interchange characteristic of old age. **Pepto-Mangan (Gude)** exerts a sufficiently stimulating and generally tonic action to encourage the better digestion and more complete absorption of food, and, at the same time, increases the vitality and nutrition of the blood, without deranging the digestion or causing constipation.

Weather *Fine* + very - Temp. *cool*

Went to Town in morning, mother, *Orlbert J.*
Took mother to Little Aylmer to take the 12.35
train, M.C.R. to Toronto. My drive home
and got dinner ready. Dr. Pickering
operated on Polly's neck for the first.
Eugene + Hub were here for dinner, + went
from right after dinner. Gene Bradley's
house got on fire.

Mariah 15 miles