

Thursday, October 1

274 DAYS PAST

91 TO COME

Obesity.

Galisch reduces the weight successfully in corpulent patients by a simple measure. He reduces the amount of food taken after mid-day. By this method the patient has less opportunity to build fat at night time. The appetite receives satisfaction at breakfast and noonday dinner. For supper, one small sandwich and a cup of tea or coffee is allowed. Work or exercise is prescribed for the afternoons. Of the patients treated in this manner, all lost one or two pounds a week. There was no weakening.—Med. Klinik, Berlin.

Weather

Temp.

Cold John & Della  
took sled & went down  
to Pappa to a sale. I went  
to night when the came  
home Maudie & I went  
to Alperin & got the meat  
The girls & Mrs Marchant  
did nearly all the ironing  
The King was over for corn  
I made my rope some  
& canned tomatoes B<sup>2</sup> 1/2 P<sup>2</sup> 1/2 D<sup>2</sup> 1/2

I got him a new suit