

## Friday, October 9

282 DAYS PAST

83 TO COME

### Look to the Bowel.

"At least two-thirds of all sickness is due to the decomposition or fermentation of food waste in the alimentary canal, as a result of which toxic bodies are formed that set up one diseased condition or another, either locally, by irritating the mucosa, or remotely, through being absorbed into the blood-stream and then acting as direct poisons to every body tissue."

When we stop to think how many people over-eat and under-exercise in these strenuous days, it is easy to believe this.

Weather

Temp.

A fine day  
John went over to Eugene  
all day. I was home  
alone, doing up  
the <sup>+</sup> mus-ars & making  
sweet grape wine.

Billy to Dell 12