

Wednesday, July 1

182 DAYS PAST

183 TO COME

Treatment of Flat-Foot.

For most cases Roth deprecates the use of an artificial arch. They palliate but do not cure the symptoms. He recommends three procedures: (1) Wearing of proper footwear. The inner border of the shoe must be straight so that the end of the boot is opposite the big toe and not opposite the second toe, as usual. The inner aspect of the sole of the foot should be raised for one quarter to one-half inch above the outer. (2) The patient must stand and walk slightly pigeon-toed. (3) Exercises—these consist in standing, alternately raising the heels and the toes, and circumducting the foot with the knee stiff. These measures are, as a rule, sufficient to cure most cases.—Roth; *Lancet*.

Weather

Temp.

Cold & rainy looking
all day & to night & part of
the day it was drizzling &
cut out the saws this for
Eugene & nearly made me
Eugene is away to night—
The boys have been cutting
hickories on the road all the
time that they could

Polly & 2 Mill 5.