

Wednesday, January 7

7 DAYS PAST

358 TO COME

**To Increase Resistance to Colds.**

When (as is often the case) the patient cannot correct the unhealthful hygienic conditions with which he is surrounded, it is wise to tone up the general vitality and thus render the respiratory tract more resistant to morbid influences. This is best accomplished by prescribing **Pepto-Mangan (Gude)**, as soon as the more acute symptoms have subsided. This efficient tonic reconstructive often enables the patient to ward off further catarrhal attacks.

Weather

Fair

Temp.

30

I went to school to day  
Good roads and nice sleighing  
Drove Lydia to odd 2 1/2 miles  
Drove Bill 5 miles  
Miss Story was sick.