

Friday, November 6

310 DAYS PAST

55 TO COME

Fresh Air Therapy.

Fresh air benefits patients with other forms of tuberculosis, as much as it does those with tuberculosis of the respiratory type. It has no more influence on the lungs than on the rest of the body. Coolness, dryness and motion of the air are factors to be sought after. It has long been a current belief that one hour of driving is worth two sitting on the porch. The active motion of the air with attendant evaporation of moisture causes much of the sensation of well-being from good ventilation. Dryness of the atmosphere is important, but is of itself of little avail.—*Med. Progress.*

Weather

Temp.

Rather Chilly

We thrashed. Edna came out with Nella. Eugene took half of the pig home. Mark made his second lot of cider this afternoon. Will Palmer was out to sell us a new bedpan. Aunt Billy & 1/2