

6990 5-

Wednesday, May 3

124 DAYS PAST

242 TO COME

Sprains.

The modern and correct treatment is by proper strapping, exercise and massage. In regard to massage, by beginning pressure at the upper part and gradually descending in stroking, much of the effusion can be pressed out at each sitting. Usually in a few days the swelling is gone. When properly strapped an attempt should be made to walk and this should be persevered in notwithstanding the pain, which will diminish at each succeeding attempt.—*Journ. Mo. State Med. Assoc.*

Weather

Temp.

rained a good share
of the forenoon. I took
Melba & went & called on
Emma Kaiser, this afternoon
Maude's Aunt Bell & I went
down & sew for a while
We ordered our hats
trimmed. Maude ironed
Had our first Rhebarb today
Marial to had a pie