

6990/9

Wednesday, June 28

180 DAYS PAST

186 TO COME

**Rapid Relief in Acute Lumbago.**

William Haig advocates: 1. Deep thumbing of the lumbar muscles, in the process of which a painful area is usually found either in the middle line or to one or other side. 2. Fixing the part of the vertebral column below this painful region by firm pressure of the thumb on each side of the spine. 3. Making the patient perform movements of flexion, acute dorsiflexion, lateral flexion, and rotation. The result is cure of the attack of lumbago, inasmuch as the patient is able at once to return to his work, and in no case has it been necessary to repeat the process.—*Brit. Med. Journ.*

Weather

Temp.

A lovely morning but  
So! Maudie has gone down  
to Blake Hillers for to take  
lessons on bee culture,  
Maudie & I went up by  
Mr Wileys to night to see  
about some hives, Melba  
was over to Enelius store wa  
Pa drew gravel a to night  
has gone to grass tree hands  
at on the eighth March //