

Wednesday, May 3

124 DAYS PAST

FRIDAY

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

Sprinkled a

Temp.

Few drops. Girls went to school. Melba & I went up to Lewis's to get some graham flowers. Mr. Coy & Cecil was over. Cecil came & borrowed the roller. Old Charley ever was here. Jim Parrott was back. John & I drove a load of hay. I ironed.

Marich &