

Saturday, July 6

188 DAYS PAST

Sunday

178 TO COME

Gynecological Hints.

A large majority of gynecological patients suffer from constipation which greatly aggravates their disease. Accumulations of feces push the uterus out of place, retard the circulation of all the pelvic organs, and produce general anemia due to toxin absorption. In the selection of laxatives those are to be preferred which will give a normal daily evacuation of the bowels.—Dr. R. Waldo; Int. Journ. of Surg.

Weather

Temp.

Rained last night & misted a little this morning. I had no nap & my loaf. Melba & I went. I took Mrs. Van & Phyllis.

Mariah &