

Tuesday 14

Sunday, December 12

346 DAYS PAST

19 TO COME

Treatment of Membranous Dysmenorrhea.

Dysmenorrhea with clots and membranes is best treated, says Dr. B. L. Spitzig, by reducing the viscosity of the blood with citric acid. A standard formula is one part of the acid to three parts of lactose, a teaspoonful of the powder in a half glassful of water, three or four times daily. As nitrogenous food increases the viscosity of the blood, fats and carbohydrates are to be preferred for one to two weeks before the menses.—Critic and Guide.

Weather

Temp.

Cold & very blustery all day, but a little better to night! - but very cold. Aleta was here a few minutes on her way to Aylmer. Had Mother Dance with her, Mrs McLeay & Aunt Em was out for dinner, & tea, Cecil Baxter brought them & came for them. Some are using cut-throats some Eugenie Hannah. 5 - Maudie found

for their... 1888

347 DAY

must be orders. Pepto-hematin when of bland action.

Weather

two snow I wa & we Mrs shoe line John