

Thursday 25

**Wednesday, July 26**

208 DAYS PAST

158 TO COME

**Gastric Aphorisms.**

Mucus which has been swallowed is not incorporated with food stuffs, that which is gastric in origin has the appearance of having been triturated with the food.

Pernicious anemia from prolonged auto-intoxication, and chronic gastritis are, like cholelithiasis frequently met in large, apparently well fed individuals.—*Bell; Med. Herald.*

**Weather**

Very hot

**Temp.**

Was all home all day  
John started to fill  
the driven barn,  
Celine came after  
dinner & helped  
Mella drive the horse