

Sunday, August 25

238 DAYS PAST

Saturday 28

128 TO COME

Spinal Douching.

The water used should, to begin with, have a temperature not below 80° F., and be gradually cooled down. If commenced too cold it may give rise to headache or giddiness. The spinal cord appears to be directly stimulated by the shock of the cold water, and the stimulus is reflected to the peripheral and visceral nerves, notably the sympathetic ganglia. This bath is useful in functional torpor, with numbness or slight paralysis of limbs, constipation and phosphaturia, producing a bracing effect and a pleasant glow.—The Hospital.

Weather

Temp.

Rained some after dinner but dried off enough so that Mr. White & John drew in the last load of oats in the little field down by the woods. Finished the harness today. Maudie & her Father have gone to Aylesbury
Spencer 6