

Monday, November 16

320 DAYS PAST

45 TO COME

Causation of Headaches.

Statistics show that of all headaches, 10 per cent. are due to a refractive error or faulty muscle condition of the eyes, and of all frontal headaches, 75 per cent. are due to eye strain. Abnormal conditions in the nose and accessory sinuses contribute very largely as etiological factors in the matter of headache. When any condition exists in this region which inhibits free drainage of the secretions from the frontal, sphenoidal and maxillary sinuses and ethmoidal cells, there is practically always headache resulting.—*Med. Progress.*

Weather

Temp.

Cold  
Joe washed & took  
the girls & school even-  
down & Charley Marchant's  
for another sack of Onions  
Then in the afternoon  
I went for them called  
at Mrs McLoys. when  
finished ploughing the  
potatoes back down at the  
end of lane. Eugene was  
over, came from Chwell  
Billy R