

Wednesday, October 14

287 DAYS PAST

78 TO COME

To Overcome Neurasthenia.

Referring to his personal trial of Pepto-Mangan (Gude), a Jersey City physician writes: "The obstinate anemia is practically gone, general nutrition is excellent, and the annoying insomnia and other nervous symptoms have left me. These results confirm my belief that neurasthenia begins with anemia (dysemia, if you will) and is, essentially, a starvation of brain and nerves."

Weather

Temp.

Very high and  
foggy & I picked apples  
& drove the girls & went  
for them at four hand  
I got Julia a  
new school hat &  
their winter under  
ware.

Dilly 10 Polly 2 1/2 Dill 2 1/2