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0664: Bertha Casto Diaries, 1934-1938

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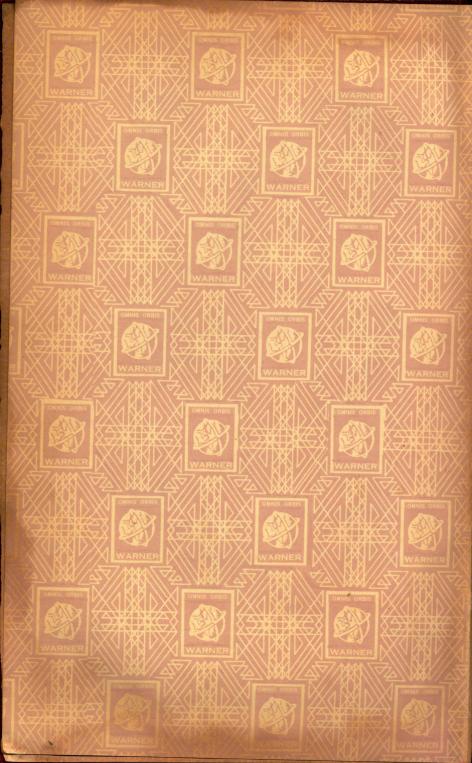
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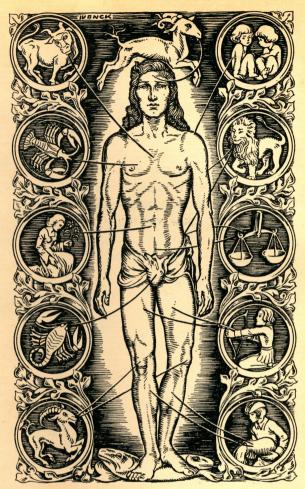
# Diary of Bertha Casto, 1938

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# WARNER'S CALENDAR OF MEDICAL HISTORY FOR THE USE OF THE MEDICAL PROFESSION



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WILLIAM R. WARNER & Co., INC.
113 West 18th Street
New York City

Each of us has some special train of thought we dwell on in solitude . . . it is these meditations that mold our character.

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Snyker and Bu went to Sunday School, Dr and What a brine and bown to Berealis, My What a Just like spring y Just like spring y Just like spring



#### JANUARY: (31 days)

Zodiac: Capricornus. The Goat. First month. From the Latin Januarius. The month was sacred to Janus, the god of the sun and the year. Beginning of year changed from March 25 to January 1 by English statute in 1752.

Diseases most prevalent: Diphtheria, scarlet fever, cerebrospinal meningitis, influenza, colds, diseases of upper respiratory tract, anginal disease, asthmatic seizures.



## Nothing is so difficult that it cannot be found out by research.—TERENCE

193	7 1	DEC	EM	BEF	1	937	1938		JA	NUA	RY		1938	193	8	FEB	RU	ARY	1	938
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#### Thomas Addison (1793–1860)

Addison was of humble birth and his early livelihood was hardearned. Shrewd, blunt, of more than average perceptive powers, he hid his shyness under an air of hauteur. Published the first account of the disease of the suprarenal capsules in 1849 and a more detailed report in 1855. The disease bears his name.

JANUARY

havit sit- up much to day

As Charity covers, so Modesty preventeth, a multitude of sins.—SIR THOMAS BROWNE

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#### Addison—Is It An Omen?

At the time of his marriage, Addison was over fifty years of age. A storm, occurring just before the ceremony, had deposited part of the roof on the altar. Beholding this accident, Addison looked upon his wedding with a superstitious eye and exclaimed, "Good God, is this not ominous?"

But he lived for thirteen years after the marriage.

Is am still sick and how to do hate it but withing to came to about it. Is wice make the best of it.

graf night to all

#### Take care that you are better than you seem .- CARDAN

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#### Gasparo Aselli (1581–1626)

Discovered the lacteal vessels, though he erred in assuming that these vessels emptied into the liver. His "De lactibus," published a year after his death, gives an account of his discovery and also contains the earliest colored anatomical illustrations ever printed. "Pancreas Aselli" has perpetuated his name in medical terminology.

Here & am still in bul and real sick corda charles come up this marning Ornice I have been up from Huntington, where little books will say food might,

# Suspicion is a little fear, just as audacity is a vast hope.—CARDAN

193	7 1	DEC	EM	BEF	1	937	1938		JA	NUAI	RY		1938	193	8 ]	FEB	RU	ARY	1	938
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Don't feel much better corda stayed and charles and children went home Jood night to are



# Aselli—Chance Enters Into a Discovery

Curiosity impelled Aselli to puncture the fine white cords and, when he observed the escaping milk-like fluid, he exclaimed, "Eureka!" Thus, while he had been endeavoring to demonstrate diaphragmatic movements in a dog, it seems that his discovery of the lacteal vessels was not purely accidental.

# Jivaka's Decoction for Constipation

Jivaka, the Hindu physician, deeming Tathagatha too great a personage to undergo ordinary purgation, devised an especial remedy. A decoction was made of three handfuls of locust leaves together with various herbs, and the patient ordered to breathe the perfume therefrom.

What Jivaka evidently desired to obtain was an effective yet not harsh bowel corrective. Today, physicians have in AGAROL, the original mineral oil, agar-agar emulsion with phenolphthalein, an evacuant with the qualities much sought for. Without griping or painful straining, Agarol accomplishes thorough intestinal elimination. Based on the rational theory that in constipation the bulk is there, Agarol provides for its evacuation by the threefold action of softening and lubricating the intestinal contents plus adequate peristaltic stimulation.

Should you desire a trial supply of Agarol, please write for it. Kindly mention Warner's Calendar-Diary.

Bottles of 6, 10 and 16 ounces. Average dose is one tablespoonful.

WILLIAM R. WARNER & CO., INC.

113 WEST 18th STREET NEW YORK CITY

#### OBSTETRICAL TABLE

By adding the figure appearing in the second column of the following table to the first day of last menstruation, the probable date of confinement is obtained. The month of confinement is in the last column.

Month in which the last menstruation occurred	Figure to be added	Month of confinement
January	7	October
February	7	November
March	5	December
April	4	January
May	4	February
June	7	March
July	6	April
August	7	May
September	7	June
October	7	July
November	7	August
December	6	September

Example: If the first day of the last menstruation was on January 20, then the probable date of confinement will be October 27. If the last menstruation was February 27, the confinement will probably take place on December 6.

#### WIDTHS OF BANDAGES

Finger 34 to 1 inch	Hip 3 to 4 inches
Hand and arm $1\frac{1}{2}$ to $2\frac{1}{2}$ inches	Body (Chest and
Foot and leg 1½ to 3 inches	abdomen) 3 to 5 inches

mothing new to tree your so wire say good might

What is it that is much desired by men, but which they knew not while possessing?

It is sleep.—LEONARDO DA VINCI

193	37	DEC	EM	BEI	R 1	937	1938		JA	NUA	RY		1938	193	8	FEB	RU	ARY	1	938
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she better up some to day corda and Larena went to Du The new Juneral home. Bu went ames with poster to Change d might to



#### Karl Ernst Von Baer (1792–1876)

A Russian, who brought glory to his name and his country as the father of modern embryology. Von Baer discovered the human ovum, established the germ-layer theory and created comparative embryology. Unaided by the precision of the microtome, his results, clear and accurate, laid down the precepts for all subsequent studies.

Wood feeds the fire that consumes it.—LEONARDO DA VINCI

193	7	DEC	EM	BEI	} ]	1937	1938		JA	NUA	RY		1938	193	8 1	FEB	RUA	RY	1	938
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WARNER'S CALENDAR OF MEDICAL HISTORY

The my fulface is purting me. ht of is better and am of afecled Simusses A zufra orbital neuralg



#### Von Baer—Your Lips Will Wear Away

Annoyed, the quiet-tempered uncle warned the prattling youngster that much talking would wear away his lips and they would not cover his teeth. Little Karl worried. He scrutinized all who came to his house, but seeing that even the lips of the most talkative covered their teeth, he was relieved and continued in his sport.

better sep most and dang havint lang thing new to

The race is great, the ideal fair, the men whiffling and unsure.—EMERSON

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uples and some Jan 16' 1938, is the dals when Corda the last line



#### Von Baer—Reading Upside Down

Around the table sat Karl and his sisters, reading from the one book they had. The mischievous Karl was made to read after the sister opposite him. Shrewdly figuring out which sentence would be his, he studied it. His fluent recitation surprised all, and he developed the ability to read upside down.

Arthing new to tene Kee Jun 20 good night

Where there is love of man there is also love of art.—HIPPOCRATES

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#### Marie-François-Xavier Bichat (1771–1802)

Life allotted the tubercular Bichat a short thirty-one years, yet the work he completed assured him more than fugitive renown. To anatomists, Bichat left a rich heritage in his theory of fundamental tissues, his five volumes of descriptive anatomy and his information on general anatomy applied to physiology and medicine. Facts were the forte of this man who was called the "Napoleon of Medicine."

Still fuling butter Northway new to tree Free So wire Day good might

#### Patience is a necessary ingredient of genius.—BENJAMIN DISRAELI

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at home fre letter the coal Lord has Du and Joster to But heme to wire drive



#### Bichat—An Avalanche of Boulders

An ominous rumble overhead! . . . and a second later, the boulder-covered mountain released an avalanche upon the unsuspecting students walking on the path below. The breeze of one of the boulders carried off Bichat's cap but, fortunately for the medical world, the débris plunged into the lake opposite without harming him.

Friday

follow new to tell four self John wint we stair per time

There is a point at which even justice does injury.—SOPHOCLES

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Still at home complaining hope haw soon to man get-aut, Bu and posted gome to the University Club June to hight good might-lette forther,



Bichat—Slapping the Commander's Face

Revolutionists were threatening their parents, so Bichat and his brother volunteered to join a company then assembling. Not reporting immediately, they were sent for. This maddened Bichat and arriving at the captain's quarters he promptly advanced and slapped his face. His act brought upon him the sentence of death but influential friends intervened.

# Copious Water in Fever

Rhazes, Arabian physician, relates the story of a man stricken with fever on a hot day, for whom nothing availed until given copious quantities of water. Then diuresis ensued and the fever decreased. His servant, who had not been given water, died.

An increase in water-intake is necessary to the fever patient. ALKA–ZANE aids in supplying the need for fluids and simultaneously helps to prevent the acidosis that is likely to result as a consequence of fever. A teaspoonful of Alka-Zane, dissolved in a glass of water, makes a zestful effervescent drink that refreshes, supplying sodium, potassium, calcium and magnesium. These salts are present in Alka-Zane in the form of citrates, carbonates and phosphates, for quick and easy assimilation.

Trial quantities of Alka-Zane may be had on request. When writing, please mention Warner's Calendar-Diary.

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#### THERMOMETRIC EQUIVALENTS

#### WITHIN CLINICAL LIMITS

Degrees Centi- grade	Degrees Fahren- heit	Degrees Centi- grade	Degrees Fahren- heit	Degrees Centi- grade	Degrees Fahren- heit	Degrees Centi- grade	Degrees Fahren- heit
35.0	95.0	37.3	99.14	39.6	103.28	41.9	107.42
35.1	95.18	37.4	99.32	39.7	103.46	42.0	107.60
35.2	95.36	37.5	99.50	39.8	103.64	42.1	107.78
35.3	95.54	37.6	99.68	39.9	103.82	42.2	107.96
35.4	95.72	37.7	99.86	40.0	104.0	42.3	108.14
35.5	95.90	37.8	100.04	40.1	104.18	42.4	108.32
35.6	96.08	37.9	100.22	40.2	104.36	42.5	108.50
35.7	96.26	38.0	100.40	40.3	104.54	42.6	108.68
35.8	96.44	38.1	100.58	40.4	104.72	42.7	108.86
35.9	96.62	38.2	100.76	40.5	104.90	42.8	109.04
36.0	96.80	38.3	100.94	40.6	105.08	42.9	109.22
36.1	96.98	38.4	101.12	40.7	105.26	43.0	109.40
36.2	97.16	38.5	101.30	40.8	105.44	43.1	109.58
36.3	97.34	38.6	101.48	40.9	105.62	43.2	109.76
36.4	97.52	38.7	101.66	41.0	105.80	43.3	109.94
36.5	97.70	38.8	101.84	41.1	105.98	43.4	110.12
36.6	97.88	38.9	102.02	41.2	106.16	43.5	110.30
36.7	98.06	39.0	102.20	41.3	106.34	43.6	110.48
36.8	98.24	39.1	102.38	41.4	106.52	43.7	110.66
36.9	98.42	39.2	102.56	41.5	106.70	43.8	110.84
37.0	98.60	39.3	102.74	41.6	106.88	43.9	111.02
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#### The greatest regard is due to a child.—JUVENAL

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#### Theodor Billroth (1829–1894)

The scientific and analytical, artistic and creative, co-existed in Billroth to an amazing degree. Spiced with humaneness, sociability and charm, he was a beloved and world-famed teacher. He occupies an eminent position in the foreground of German surgery and, aside from his inventiveness and his operative technique in all operations, is predominantly remembered for his work in visceral surgery.

#### Thought once awakened does not again slumber.—CARLYLE

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WARNER'S CALENDAR OF MEDICAL HISTORY



Billroth—Music, Healer of His Soul

Listening or taking part, Billroth was relaxed and uplifted by music. He was never better in the operating theater than after a musical feast the night before. At the Tonkünstlerverein, he would tire musicians with his repeated calls for encores. Billroth was a life-long friend of Johannes Brahms, and had written a physiology of music.

#### There is no one whom ills can not reach.—SOPHOCLES

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#### Billroth—Calm and Collected

Six months before his death, while Billroth was performing an operation, an ether flask loudly exploded and ignited an assistant's gown. In a twinkling, there was a rush to the door. But Billroth, though considerably impaired in health, remained calm, extinguished the flames and resumed his exposition without a change of tone or manner.

Bertha! Died 15 mules mulie 12 octock Jan. 29" 1938, Had angina Peclorie, my True love is ga O'Sad, Have merty do breather in 79,0

Every man desires to live long; but no man would be old.—SWIFT

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WARNER'S CALENDAR OF MEDICAL HISTORY

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