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Just for my own recollection I think I will make a private memorandum on my experiences with health and medicine.

In childhood I experienced the usual child's diseases. I remember particularly that when I would have a bad cold, then it would, as it cured in the head and throat, then it would get down into my chest. It is my impression that they would then rub my chest with something they called "tobacco oil" or something like that-- which usually cleared it up quickly. I have not heard of any such thing in recent years.

I was either ending the grades or beginning high school when I was taken to have my adenoids and tonsils removed. I remember as the ether was being given how it sounded as if a terrible whirring noise was beginning at one ~~sick~~ side of my head and ~~now~~ moving over to the other, and then doing it again, and after two or three times I lost consciousness. ~~EM~~ When I returned from the ~~hospital~~ hospital I would go out to play and it seemed as if I could run like the wind. It was so wonderful to be able to draw a full breath in that I could out for a day or two I could outrun everyone I know. Then my running settled down to its normal situation. However, the exhilaration of that day or two I still remember with pleasure.

During my first thirteen years I remember one headache. I ran down the hall in the high school one day and someone opened a door and hit my forehead rather badly. It did not bother me for about three hours. Then I got a terrible ache in the right side of my forehead and it ended up with severe nausea, and then disappeared. Whenever I have had anything that could be called a headache it has since then, ~~now~~ whenever I have had anything that could be called a headache it has seemed to be located in that spot.

After we went to California, when I was in the latter part

When I was in the latter part of my high school course one time I had a very bad headache through most of the afternoon. Then I told my father about it and he gave me some powder to swallow with water. It seems to me I remember my mother saying some people had criticized him for the use of this which they seemed to