

13-VIII-52

Dear Vishnu and Maira,  
We are sending you Rs 100 to help you a little.

How are you? how are the children?

I am sending you a regimen given by a very  
good doctor. If you follow it you will ~~be~~ soon

well again - Daily you must take two glasses  
of fresh goat-milk with a ~~whole~~ raw egg beaten  
up into the milk. You can add to it a ~~bit~~ some  
salt or sugar. One glass early in the morning  
or your first meal and the second during day  
time - You can have also some rice and light  
vegetable not so much of ~~spicy~~. Bread - soda  
As medicine the best for you is bicarbonate  
a full coffee spoon ~~twice~~ a day, with a glass  
~~of~~ hot water or milk ~~over~~ a cup of ~~tea~~, ~~and~~  
one or twice a day one ~~large~~ or ~~other~~  
the morning and second before going to