

4742 Brooklyn Ave.  
Seattle  
Oct. 4, 1918

My dear beloved aunt<sup>a</sup>,

Through the mercy of God, I am well, but cannot be happy after receiving the news that you were sick. What is it that you're feeling? Even though you're ill, do not be discouraged, as this might make you even more seriously sick. Always be hopeful that you will get better, being resentful and having hard feelings means you won't get better. Be joyful at all times and forget about the household even for a moment. Keep thoughts of happiness. When you start to feel better, eat copiously, such as more viands and eggs. If you can, make an effort to eat six raw<sup>b</sup> eggs a day, two with every meal and drink lots of milk in the morning. Don't fret about spending, money is there for our benefit. Do not try to economize when purchasing eggs or milk, eat well until you gain more weight. Keep the windows open wherever you are. After your illness has passed, take a vacation again to Manila. While there do not limit your food portions.

Greetings to you and all,

Maria Y. Orosa

Footnotes:

a – Ate Tia, who was mentioned in Maria's letter to her mother written on the same day.

b – Shades of Rocky Balboa! Although consuming raw eggs had been around for centuries, there was a risk of salmonella contamination. The bacteria was identified in the late 19<sup>th</sup> century. Perhaps this was not widely known in 1918.