

1/ Curative Treatment for mild Arthritis + Nappy General Lacerations
at Little Company of Mary Hospital - Pretoria

Tuesday

19.11.63.

In office till 12.30 having fully instructed Kalyan + Dada
and Robert about their activities in my absence and seeing Veb
(Molly) about acting in any urgent case about my movements.
Back home 12.30 - 2.15 to pack (mying books) to hospital
Tobin came instead me to G.C.M. dropping me at 3.5pm
Washed till 5.30 (?) in warty rain till my rain ready
Lucy had instructed by Abdulhadi's recollection to be on by 3pm.
I had had high suffer of overexposure + fresh before Dr. A. arrived
A Abdulhadi in for first visit at 6.05pm received talking
my blood pressure (about 5 mins) in rain.
Was later given from there lots of pills to take, first
white medicinal (?) second 3 small pink tablets, third two
green (transparens) taken about 3.30 am after getting up to evacuate.
I. Dropped rather than slept all night.

Wednesday

20.11.63.

Temperature + pulse taken by nurse at 5.15 am on my 4th.
20 and away to work or breakfast.
Warm water + Calvein wash about 9.30 by sister preparing for X-ray
I. Imin H looked in good before then and he talks about one Samson
middle. He had felted his + night felt more often than
long it - too loose hand, my nature.
Barium enema and X-ray of lower intestinal tract
by Dr. v. Reckert (who had done sigmoid X-ray in Jan 1963)
at 11.40 am.
S. Doses of liquid paraffin medication while pills (2 strips) -
think permanent draft about 12.15.
Dinner (Chicken + veg) and fruit salad at 12.30
K Dermatologist Dr. Schreible (woman) had been in good after
X-ray for fully quarters of the about skin thickness and
from healing eruptions which she was investigating
Pulse + temp taken by sister pretoria at 2.15 am she
I brought tea + 1/2 slice bread + butter at 2.45 pm.
I had been ready stores Agony + Estony (Michealangelo) between times
T. Supper (Cold chicken + salad, bread butter, jam, tea) at 5.45.
T. Took J. H. injection skin #19 + 20 + letters from Robert, Molly, P. + Gunda
about 7pm when night sister brought warm
S. medicine. White pills + peppermint mixture taken at one. Pink
paraffin opened for morning + two from transparens for tonight.
Read paper + beds till about 11 pm

Thursday

21.11.63.

Temperature + pulse + tea. 5.30 am + pink paraffin.
I. 11. Head pain. Powder, honey egg. Food + tea. Did not eat
K. Imin on 1st 8.15 pm det. I wanted to borrow Williams
Therapist from Agony + cont. I rang A + introduced Jim + two other
→ Therapist in 6.30 before Jim's left. + vaccinated my back
+ gave joint injection in left + neck. 10 mins after the left
I had bath + glass till 9.30 + found bed made and
medicine wash. White pills (3 small 1/2 hrs) + permanent draught
Morning tea with 2 half liquid Samson's at 10 am. Gail
I. Read (Michealangelo) + notes by about first pulse at 10.45.
I. lunch (12.30) of food mixture + veg + fresh butter tea. Left snails.
K. Day flat 1-2 hrs. White pills + tablet draught + temp + pulse 2-3.
T. Did therapeutic exercises every hour. tea 3.30 pm.
K. Kelly on at 5.15. Hot pads on ankles + knees.
T. I was in dining above with Michealangelo, Cherray + Rose Ganda and
A. taking my message 5 pm on subject on Myrtle.
A. At 6.30 pm for normal 5 mins
I. Doses of hot oil + wash. Pink + white + tea. Gail
I. White pills + peppermint draught. 2 from transparens for sleep time.
E. Everson + reading till 11 pm. More sleep

Friday
22.11.63

T

(2)

- 5.30. — Temp. pulse. tea. 1/2 small white pill from last night
7.30. repress breakfast but later Angela inactivated toilet, mammaries, tea.
8.0 started first of hourly tea increases
9.0 Sister Angela gave water enema after discharging night
(containing) K 9.0 of it & fell ill + vomited. Dr Kelly came along this evening to see her
A. 9.30. Abundant in for Spectroscopy (?) declared this evening
Urach took + sent to health. Heanivide only defecated and he
thought this should be reported by Dr. Hanson in due course
He was also ready to discuss Dr. Bloom (female) to discuss future
diagnosis and felt from General on breast food stuffs naturally.
Latest X-rays of head showed no change from previous year's X-ray
in fact of anything can improvement.
Hourly enemas at 10 am and 11 am (after) above interruption
Refused dinner at 12.30 + got glass of milk instead

- D. 12.30. Dr. from. Drowsiness labi came in to take a blood sample
lay flat till temp. + pulse time at 2.30.
10 enemas on lot of easy hours. Sister Angela gave white pills
3.30. tea (drank w/ milk in small mug + 1/2 slice bread + butter
I. 5.25. Dr. Kelly arrived in for chest. He had got Diana Bone (who
had gone to fall a Sunday before had brought) to bring my nurse over
and he had had it in his house
5.35. Dr. Kelly arrived for chest therapy of back, ankles + knees and
Drum went off saying he would be in again tomorrow
Kelly shared till 6.15. with me (barely into supper) and on 10/11
K. 6.25. Supper. Eat only 1 fresh egg on bread + butter + got glass milk instead of tea
Took in whole drum eaten with Thiam + Vit protein + 1 'Life'.
He had pulled to contact Point softness on Perfekt (vaginal)
Read protein + Amalgam like sleep
11. — put out light. Felt pain in back most of night

Saturday
23.11.63.

- 5.30. Temp + Pulse + rows of Pro Kennedy's association
7.15. Breakfast + rows of Mr Kennedy. Eat 2 poached eggs on toast
K. 8.30. Kelly arrived for therapy on ankles + knees, 20 mins
9.45. tea + medicine (white pills + potassium druff)
Feeling a little lousy and headachy today
I 11.30. Had bath + shave till 12.30
12. — Nurse said Emma had called while in my bath + gone away
S 12.30. Dinner.
12.35. Dr. Kelly afferent just as I started to eat. long
chat. Her treatment (Surreal) seem to be clear re - job about
which you wonder of hospital as no lessons to increase + increase
Mand took away my hand + try at my head what my cat's
lay flat 2.10. - 2.55. Temp - pulse. Tea. ready again
K. 3.30. Kelly came. Bath + neck therapy + massage to some
A. 5.30. Supper. Sausages + mash. head + better than
6. — Dr. Amalatti in. Blood pressure 140, thinking back + funny. Still
compared his conversation with Sully. (some notes at top)
and further blood + urine tests + symptoms (blood already taken)
7.0 pm 9, 10, 11 hourly enemas with reading
in between.
Joints + turning + head beginning to feel decidedly
better. Could not sleep. Heard 12 + 1 am
strike on Union Bell's clock.

Sunday
24.11.63.

- 5-15. Temp - pulse - Tea + small white pill - all Eli's boxes had blown on our floor - gave my one sample asked in last night -
- 6 am. First hourly set of exercises - Kelly very much better
- (as reg) K. 6.20 Dr Kelly arrived but could do nothing because of electricity power failure. Went home back later
- 8.15. Dose of white pills and the peppermint draught.
- 9.45. Tea and two 1/2 sandwiches. (tomato filled)
- K. 10.10 Kelly in. Dad took therapy (Eli) + went thro exercises
break off + missed 12 pm exercises
- 1. pm. { Ray T. J. G. (78 4837) re Memoirs + Essex Bank. Testing Linda's story.
Ray Kalgan (85 223) only of night's sleep.
- 12.30 - Dinner. Chicken + Veg. Fried Salad. Soup + Served Sea Lemon
1.30 pm Ray I. (78.2768) re how long since + Served Sea Lemon
- 2.30. Tea. Eat 1/2 slice Cornish bread + drank small jug milk. NO tea.
Shower + brush + white pill + peppermint draught + portion of lunch time
also some tooth brush + pulse + five white pills + peppermint draught.
- 5.40. Supper - (left meat + tomato salad) bread + jam + tea
- 11 pm. Last set of exercises and to sleep.

Telephone T.
(Lillian) I

Monday
25.11.63

- 3 am. Bellyache and loose evacuation leaving burning rectum
- 5.30. Temp - pulse - tea with news of native breaking into ward down stairs last night.
- 5.55. First exercise. Therapy to knee + news of counter accusation
- 6.50. Dr Kelly. Therapy to knee + news of counter accusation of Kennedy's assassin as he was being arrested.
- 6.50. Bath.
- 7.15. Breakfast. 1 fried egg + toast and tea.
- 7.40. Ironin Hinkle on water beautiful specimen of Book till He was select + buy Smalley's porin Book exhibition for me.
- 7.45. Pablen porin Duvallon Lab in to take another blood specimen and he to stand with about some specimen.
- 9.30. Tea + tomato sandwich. Maid sweeping room at same time
- 10, 11, 12 am exercises
- 12.15. Lunch. Mutton + veg. Canned peach + banana. Peaked at it.
- 1 pm. Madama. 1 white pill. Peppermint draught. Exercises
- 1.20 - 2 long flat.
- K. 2.45. tea. 3. 4. 5 pm exercises. Nasty indigestion
- I. 5.10. Dr Kelly arrived. Massage back + gave back + neck therapy
- K. 5.25. Ironin arrived with note + Kawai porin Cais + Valens Book one 2 large plates of Cais to show me. He saw other patients in hospital while Kelly finished note.
- K. 5.30. Supper arrived but sent away for long chat.
- S. 5.40. Keel left + Ironin returned for long chat.
- I. 5.45. Supper bag came back but Ironin + I talked on.
- I. 5.50. Dr Schell arrived. Ironin showed Kelly 5 hrs to do me and then left with Book plates + shall give tubercular skin syphilis in arm as no bumps on it. Got better feeling enough should left about 6.30. Supper and with madame 3 white pills + peppermint draught.
- * 7 am. Exercises + Randy Calman + Mrs. Continued
- 7.45. Seta came with 2 pills + 1 white pill more for tonight
- 8, 9, 10, 11 exercises
- 11 pm - flaked out bed and went to sleep.

I.H.
D.

K.
I.
K.
S.
I.

* Had offered Schell's Squalor outbreak to buying arms that led to development which never occurred. I worked it off with book and left writer + it soon ended off and became nothing. Reported this to Schell. Must use it in some form as she had at first inquired for it.

Tuesday
26.11.63

Did not hear early morning tea come in

- 6 am. Woke and started exercises
- K. 6-5 pm. Doc Kelly arrived + I completed exercises with him. He massaged back and gave E.C. therapy to Kasee and back at same time leaving about 6.50 am.
- 7.15. Breakfast. Bacon on toast and tea. None noted for urine sample.
- A 9 am. Read
- I 9.10. Atoneclabie in. Took blood pressure + examined chest turning and legs. Mergel left Kasee considerably improved (and) about 10.11.12. started actual physiotherapy.
- 12.20. Started regular daily exercises (10.11.12. reading, substitution, dinner - Roast mutton + veg. (1/2 gram + potato), about pushing. (left Curline's part) Soup + tea. Lay flat.
- 1-20 — 3 pm (afternoon tea + 1/2 slice bread + butter)
- 3.4.5. exercises ready substitution
- 5.30. Dinner. Fried sole + Camell sweetcorn, head lettuce + jam + tea.
- 6 pm. White pills + pepper mint medicine
- 6, 7, 8, 9, 10 exercises + reading substitution
- Leaving hot irritation of anus on 8.10.10 (about had been worsened by Sully's ointment. + Soothed by washing)
- 12 am washed anus to Sooth + turned out lights for sleep
- * (Drum looked in for stool chat about 9.20 am)

Wednesday
27.11.63

- 5-50. Woke up to find tea tray on already + draught ted
- Did exercises ready for Kelly. Anus burning was over.
- K 6.5 pm Kelly in. Kasee + neck + back E.C. therapy + massage of back finally about 6.45.
- 6.55. Urine specimen separated. Produced after great effort, running tobs etc, as was the case yesterday.
- 7.10. 2nd set exercises
- 7.15. Breakfast. 1 poached egg on toast + tea - (left jam + marmalade)
- 7.45. Bed making by two cheerful nurses. Old rose daytime bedcover
- I 8.10. Started exercise when Drum came in and we had 1/2 hour talk about Michelangelo + I learnt my Spring + Stacey. As we spoke Sully's rooming as they had other infection-load today. It hadn't; He would have been in position this afternoon. I had left at 8.40 again 9.10. Completed exercises after Drum left at 8.40 again 9.10.
- S 10.15. Bath + shave till 10.50. Exercise 11. am and 10.40. (Colin Lambert of St Francis Wkif Ch; Called while in bath) 11 am exercise
- 11.15. Got second letter nurse to rub back with Eau de Cologne because of itchy bumps. She will order me a small bottle of it 7.11.
- K 12.15. Lunch. Roast chicken, mutton + mash. + soup. Left sweets as usual
- 1 white pill + pepper mint draught at 12.20 pm. (Small bottle Eau de Cologne)
- Slightly Curled exercise at 12.40 + I had dozed at 12 pm.
- 1 pm Exercise. Throat lay flat till 2 pm
- 2 pm Exercise. Tea + 1/2 slice bread + butter at 2.15 pm
- 3, 4, 5. exercises
- S 5.30. Suffered Tonic + Sully's arrived at same time
- I 5.30. Sully's brought on porch + word came of an attempt to stop tea + Sully's at 6.45. Dinner 3d; Lard + bread + marmalade. Eat Sully's while still in bed. Cold water; bread + jam + tea
- 7.45. Tonic left at 6.45
- S 8.5. Medicine. 3 white pills + pepper mint draught + 2 green herbs for sleep
- A 9 am. Atoneclabie arrived. Very pleased with 2 weeks' progress. Had 1/2 gram + 1/2 slice bread + jam + tea + 1/2 slice bread + jam + tea. The world Curline's was finished from which Curline's the working well.
- 9.15-10.15 11.15. Exercise ready mail and slice of Sob: Most
- 7.15 and 10.15. 11.15. Exercise ready mail and slice of Sob: Most
- 11.40. Lights out and to sleep

28.11.63
Thursday

(5)

- 5am. New night nurse earlier than usual. Tamba + Tea
- 5.40. Produced Urine sample
- 5.45. Exercises. Now 6 (instead of 3) of each of 16 movements taking 15 mins
- K. 6.5. Dr Kelly for back massage & back + knee EL; therapy. Including chair as usual. This time, church ritual + ceremony of spiritual healing (at least 10 minutes) at the end of the session.
- 6.55. Exercises as above 15 mins just in time for breakfast
- 7.10am Breakfast Porridge, Oat + 1 egg + fruit + tea. Sister brought 1/2 small white pills
- 8am - Exercises 6 for each of 14; 3 for double knee tumours + 3 for feet on bed
- 9.45. Tea + 2 tomato sandwiches. 9.55-10.5. Exercises cut short because of nature girl coming in to clean out room
- I. 10.40. Dr Irvine in. (Very critical of 'Myo + Stroy') spoke about Margaret Thomson. He recommended Atorobolki + Wood's black + thin + I could bring Margaret King office in town in Drum left. Only 1 A.H. there. Saw me Margaret till 10.7.8.416. Told M of talk with Irvine + suggested to ring him 9.P. at once and get English female Assistant with A. Irvine wants advice A of this too. Margaret very pleased with advice and would act at once.
- 10.30. Exercises (only 3 times for each 16). - again - 11.10.
- 12.15. Dinner. Med. + vegs. Soup + rice pudding - 1 for exercises
- 1.15 - 2.15. Tea. 3 for exercises but rather poor
- 3.15. Separation after good sleep this evening + little sore which had on shoulder into the burning disc on 1st of yesterday
- 4.15. Exercises (now cut down to 3 times for each 16 again) only about 6 mins
- S 5.20. Dr Schelly arrives + bored out three pimples on my back. In test taking a further injection to reduce lesions would not be necessary
- A 5.50. Supper. Mutton chops (diced) chips + baked beans + bread + jam + tea
- 6.5pm. Dr Atorobolki in. Told him of Schelly. He was pleased with my progress this did no examinations but had diagnosed progress with Irvine. He would bring Sufferolins + other ointment for haemorrhoids. He knew about Margaret + would do surgery to both legs as soon as he heard from him.
- 7.15. Exercises (3 times each) cut out 'Sally's'. 15 total
- 7.50. Evening amino continued. Washed with hot water + took again.
- 8.0. Exercises as before
- 8.30. Now brought 3 white pills + 1 pinkish pill. + 2 Green for cleanliness. Amino continue to have instants of further washing. Job night nurse + give me instructions which that with it and on it.
- 9.15. Lack of today exercises. Focused into Michelangelo's so much I could only keep burning pain on amino reasonably endurable by periodic wrappings + massage) while lying on my side. Did not drop off to sleep till early hours. Pain slowly eased off and by 12.30 am when I feel woke were more or less gone.

29.11.63
Friday

- 5am. Family talks of. Tamba - porridge - tea at 5.20 am.
- 6am. First amino (3 each of 15).
- K. 6.30. Kelly arrived. Massage back. Deathing out to larger part of chest - read as Schelly's pleurisy still on leaving tapes, and he also did knee + feet in room leaving 6.40.
- 7.15. Breakfast. Hand worked off - toast + butter - tea.
8. Exercises (3 of each 15)
- 7.40. Dr Irvine called for chat. Atorobolki - me (I was) Atorobolki - Margaret (I was) Atorobolki - Margaret (I was) Atorobolki - Margaret (I was)
- 7.55. Badminton by Great Little nurse. (2 white pills) arrived 8.10
- 8.10. Large load of small movement. Exercises (as above) at 9 am
- 8.40. Ray Margaret to say that Atorobolki is not happy about Kelly's last night's letter. Name of an exercise
- 9.45. Tea + tomato sandwiches brought by the cherry one.
10. Exercises (3 or 15) 10.10 Girl cleans room
11. " " " " 11.15 - 11.45 Bath + Shave + fly flat till 12.
- 12.15. Dinner. Fish + Veg. Soup. Rhubarb fruit
- 11.30. Margaret brought 1 white pill, 1 pinkish pill, 3 or 4 Sufferolins, tube pale
- 1.15. Exercises as above. Did not lay flat today as I ointment had dried off after bath.

29. 11. 63. (Friday)

(6)

- 2 pm Emerges (3 each 15) Tea + 1/2 slice bread + butter - 2.30.
- 3 pm " " " " (Ready to incubate down)
- 4 pm " " " " Cheeryne came in to tidy bed and lay good night before going off duty
- 5 pm " " " " "
- 5.25. Suffer. Fred eggs on bread + butter (light shaggy) give tea
- 5.30. Wrens looked on + report of Brown back here in C.M. with fruit waller. Nick had two Cheryne interspersed with three Brown about 10.15. Fred had 1 egg on bread + butter. Fred also with 1 and Miss B had no lot of egg preservation + 1 egg + 10th Brown excellent result before 1/2 am treated by having egg.
- 5.25. Had 5 mins (2 of each 15) success as soon as Brown fell. Nam brought 4 white pills + 1 halfpenny drift white shrim shell here
- 6, 7, 8, 9, 10 mercuris (36 each 15) doused off white ready just before 11 pm to 11.30 pm. No visit from A today. Put in Sufferatory and manage in cases ordered for pills. Put out light for sleep about 11.45. Cook pot set off to sleep having U-belly clock strike off + about 1.30 pm
- Note 'Cheeryne' brought in Dr. A's prescribed Sufferatory and pill treatment about 12.30 pm + I inserted one and managed to ordered as per dose + had taken the usual two little green pills before sleep.

30. 11. 63
Saturday

- 5.30 am - woke when tea brought in.
- K 6.00 am - Dr Kelly arrived - went through exercises (which I had not got done on his instructions yesterday) and he added two more. Deontology to back-neck and back-outlets. He managed this morning.
- 7.15. Breakfast - Bacon + Eggs on toast. - Natural puddle + tea + took 1/2 white pill from last night.
- A 8. Success (3 each of 17)
- I 9.30. Wrens looked in for couple of minutes. Brown back here in C.M. (from bottle 4 white pills + 1 halfpenny drift)
- I 9.15. A. Munchie looked in white mercuris making my bed. In front heavy. I saw from frog fine but would like a word about Brown. He said he would show a letter was, time write me tomorrow. We said Brown too in C.M + helped copy up to see me.
- T 9.45. Tea + bread + butter. Tibie arrived early. Newspaper and my book on 'Roman Painting' but not the cartoon - Ingh. Sealie. He discussed Cohen Durlin African Gordon now brought by Niall Thomas. He has joined Airline Company and agreed to quit Pearce's job. He left about 10.30. Maid came in to clean room.
- 11 am mercuris (34 each 17). Reddy incubated down' doused off till 11.30
- 12.30. Dinner. Soup. Roast beef + vegs. + very nice crust milk pudding. Eat all. Nam brought 1 white pill and 1 halfpenny drift at 12.40.
- T 1 pm mercuris (3 each 17)
- 1.15. Tibie came in with Inch-CM. Steel tape and plastic 18' ruler. Referred Mr. Pearce's phone for unspecific pictures + sketches for suitable box of wood by Messrs. Merry. Asked him to look for more specific + 2 days to explain where they were to be found.
- 2 pm Emerges (3 each 17) also 3, 4, 5, 6, 7, 8, 9.
- 2.30. Tea and bread + butter.
- 5.45. Suffer. Fred's anafis + mushrooms, bread + jam + tea.
- 6.15. Nam brought 4 white pills and 1 halfpenny drift in residue. - a small motion about this time covered with white sufferatory on nose put on another Sufferatory after this and more pills outwards on nasal. Nam later brought 2 green pills for night + 1 white pill for morning. Next of my time between about 1/2 hour + piece of bronze in the Chewyze Calabre finally about a collection of numismatics + pieces
- 10 pm Wrens success + went on with Cheeryne till midnight with more success. Swallowed 2 small green pills 12.25.
- 12.30 am. Paid, washed face + hands + dried doubling up of all
- 17 mercuris till about 12.40 am dark.
- 12.55 am - Turned over and went to sleep - (Had read through Thursday + Friday's Star + Reader News between 11 and 12.30 + set Cuttings together.)

12.63.

(7)

Sunday.

Notes brought in re temp/pulse taken at 5.15 as usual

- K. 6:00am woke up as Dr Kelly came in for Dea therapy. This he did to back-neck and feet - knees as usual and massage to back - leaning me about 1/2 hr. Took my 1 bottle white mineral morning pill -
- 7.15. Breakfast. Fried egg + bacon. Crost roll + marmalade. tea. (left gruffprint as usual)
- 8.10. New broodle nuptial 4 white pills and puffball drayth. Took 3 Schull's planters off back and rubbed back with Eau de Cologne
- 10. Exercises (3 each 17). Mound came but put her off leaning room till 10.30.
- 11am. " " " " then Bath, shave, Anis ointment massage + supporting till 12.15
- 12.25. Dinner. Soup. Chicken + Vejo (left Mince + bean) + Casserole + bread + cream. Mound brought 4 white pills + puffball drayth. Took 3 Schull's planters off back and rubbed back with Eau de Cologne
- 1.10 pm. Exercises (3 each 16) the bay flat droovely till tea time at 2.30.
- 3pm and 4pm } Exercises as above. Finally finished M. 'Enchanted Door' just before 4pm exercise and started M. Tarkenton's 'Lotion from the South'
- 5pm. Exercises. (Cold Ham + Chicken + salad) bread + jam + tea. (left Schull's)
- 5.45. Suffer. (Cold Ham + Chicken + salad) bread + jam + tea. (left Schull's)
- 7.5. New broodlet 3 white pills and puffball drayth. Diet exercises till 7.15.
- 8pm & 9. Exercises (3 each 16) Went to court supporting + massage pile ointment in Anis
- 10.15. Got letter to Mrs. E. de Cologne on Italy back. (So I put Schull's ointment on already)
- (Note from about 7.30 - 8.45 I heard Abraham's talking to Patrick in next room but A did not look in and see me)
- 10.30. Did last exercise + then put out lights + went to sleep

2. 12.63

Monday.

5.15. tea arrived but no temp/pulse taken.

- 5.50. Exercises (3 each 16)
- K 6.10. Dr Kelly arrived. Back massage. Back-neck and foot - knee Dea therapy he left as usual about 6.50.
- 7.10. Breakfast. Fried egg + bacon. Crost. tea. (left gruffprint) brought in by Catherine.
- A 7.40. Dr. Abouchalki appeared with Cheyenne (I was heard the nurse was) He came very satisfied with everything I suggest. I might leave tomorrow depending on Dr Schull's findings. Normal allergy symptoms would have to do with at his home letter over a period of months. Diet would have to be discussed with Dr. Bloom at hospital if she did not turn up here before tomorrow. He is very depressed about Brian. Not out since trouble had reduced him to the old 250 lb but over 200 of his present had nearly killed him. He had the best doctor in future than subconsciously and practically no manual work. Dr A left about 8.30 with Cheyenne to see another patient.
- 8.10. Nurse arrived to kick me out of bed to make it and wash off the fat clean sheet. She was so long and that Cheyenne (Nell) appeared and had some nuptial + me but it had before she returned. I then wrote up this diary. With all these activities my 7 + 8 o'clock exercises had been missed.

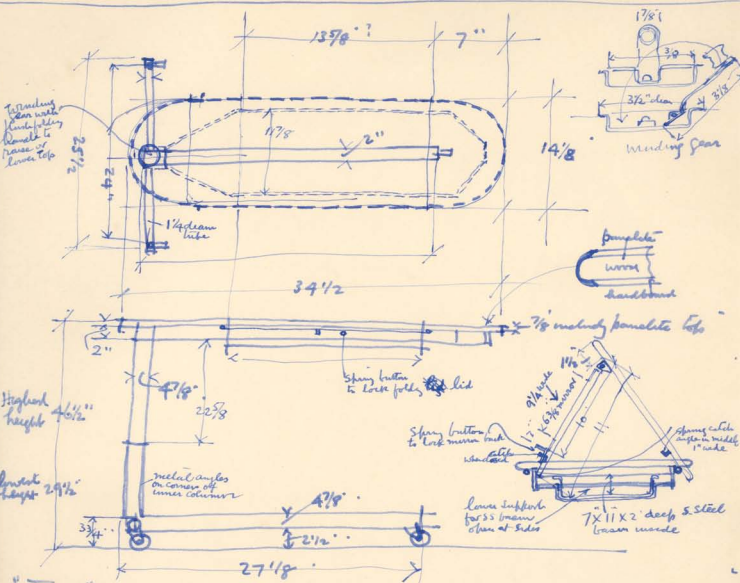
Ray Kathryn * - 655 -

I

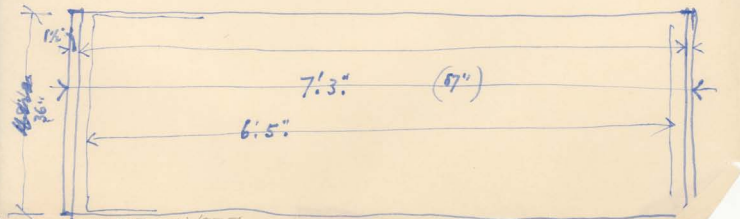
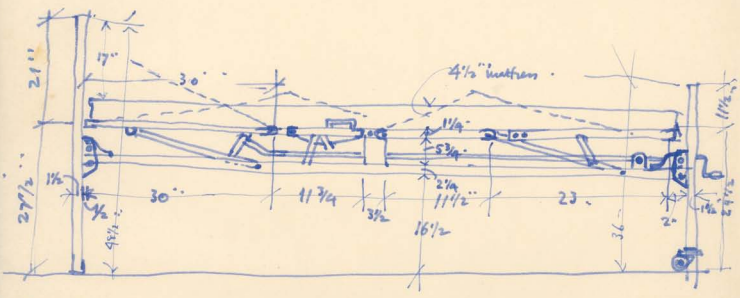
- 9am. Iron looked in. Told him above. He was leaving Schull's to hand on Sunday. Had borrowed Haylett's camera (Ray) to study + camera had my two
- 9.15. Did my 3rd lot of Exercises (3 each 16) after Lavin's left.
- 9.50. Exercises (3 each 16) put ointment + supporting in Anis - just cleaned room. Studied Compendium re Urpahl's joints.
- 10.10. Exercises (3 of 6) + Pills
- 11.10. Ditto sweat little 'Cheyenne' (Miss Nell) looked in just as I finished and was looking up the bed again
- 11.30. A very 'puffball' little parson was a 'death bed' look in his face and somewhat dazed in. (Ray: suspect J. S. Evans' (Miss Weibull's) we got little out of bed other but polite conversation)
- 12 pm Exercises 12.15 Cheyenne brought dinner. Soup. Tramp + veg + Amy + bread. Left most veg + some coffee
- 1.35. Cheyenne brought 1 white pill + puffball drayth.
- 2pm Exercises (3 each 16) + long flat in darkened room as usual till 3pm
- 3pm. " " " " " " but half way thro dieting Dr Bloom arrived

Parson!

Bedside table at L.C.M. Hospital, Plt., measured 2. 12. 63



"Tomac" bedside. American Hospital Supply Corp., Evanston, Illinois, U.S.A.



2. 12. 63 (Continued)

Monday

- B
- 3-5 pm Dr Blom from General Hospital arrives to discuss my future diet, and we did so in some detail. She wrote post diet sheets to my office. She seemed quite an impressive sensible person. Left at 4.15.
- 4.20. Charyone (Mrs Nel) came in to talk + put night cover on bed before leaving.
 ~~Dr Blom~~ My 4 pm exercises now
- 5.45 pm. Exercises (3 each 16) measured up hospital bed table.
- 5.45. Supper.
- 6 pm Exercises.
- 6.15. Num box 3 white pills and pepper and draught.
- Katryni * 855 am
- I had rung up Katryni a minute before Irmni came in to say that I might be coming back home sometime tomorrow. She said everything, everybody + everything was fine and everything in order including Wash, my Carpet, Chair cushions etc etc. She said Totie had been out early this morning to hand over wages. + Terry had given him a number of fresh green beans.
- 7 pm Exercises (3 each 16) also 8, 9, 10 o'clock measuring up hospital bed + Kadi Mark train in between. I dozed off in my bed about 11.30 + only woke up at 12.10 am. Went to bathroom to use small stool, pee and pull in + manage more pale oatmeal and a sabbadan. Note that this oatmeal + the Safforines did not do the trick as effective as Probs: H + Medo Anhalosol!! as Ann still heavily pale-ruined.
- 12.30. Lights out and sleep. (2 small green pills taken as usual) Heard 1, 1.15, and 1.20 strikes on Umm Belp clock. Sleep did not come easily.

3. 12. 63

Tuesday

- K
- 5.15. Tea. (no temp - pulse). Took single white pill left last night.
- 5.45. Exercises (3 each 16)
- 6.10. Dr Kelly arrived. Bed massage. Back-neck then foot-these deathening (short waves)
- 6.40. Dr Kelly left. Would speak to Abovchabki about doctoring my feet. Treatment as best probably leaving today. Address today? A day for first week at midday fly down. Exercises morning and evening + also sometimes if I wanted.
- 7.15. Breakfast.
- 7.45. Charyone came in to tidy bed. Num box of white pills + pepper and draught
- 8.35. Had quite a good pill reaction!! Put in most lot of oatmeal + Safforines still difficult in pee + bowels + even running tap did not help this time. Excitedly went thro my bed of probase miniature bronze with Charyone back.
- A
- 9.5. Dr Abovchabki with Charyone (Nel) arrived. Reported talk with Dr Blom. But no word from Dr Schultz yet. A tried to phone her but out. Took him of Coliving Surin Arnis which he then examined but was quite good. Found last 3 Safforines but no more. Continue ribbons. Mrs Nel would make up to see him in his room next Thursday. My leaving today depended on leaving from Dr Schultz. A reported what Kelly said about taking at least 10 weeks or so. Sister Nel would order 100 pills from Kadi + let them keep them for me to pick up. Nae always seems to have by Thursday to start long course of injections. No follow up results and sure of some final success he now expected it to take a year. He thought I should visit him in his room periodically for a while to check up from time to time.
- S
- 11.30. Dr Schultz ring. Only now have results from lab. Must no give me the stronger injection. Would be here (LGM) about 4.30. After this I could see her at her room (Post Work Bldg) any time Thursday after seeing Abovchabki. At a visit of all along I missed 9, 9.4 + 10 o'clock exercises but did 12 pm lot.
- 12.15. Dinner soup. Roast beef + veg + 1/2 + 1/2 o'clock exercises but did 12 pm lot.
- 12.30. Num brought 1 white pill and pepper and draught. Ready I dozed off + missed 1 pm exercises. Still as 2 pm one.
- 2.40 Charyone brought tea + slice bread + fruit
3. pm Had bath + shave
- 3.40. Ran to be asking him to fetch me after Schultz (medical something) and 5 pm. I could ring him (when possible) if I might my Kadi + Pharmacy + something medicine store in field. 6 o'clock
- 4 pm Exercises.

TRANSVAAL PUBLIC HOSPITALS
DAILY routine since leaving Hospital on Tuesday 3.12.63.

5.15. Kellogg's Branix in Cup of China tea (Early Gray). No milk. No Sugar.

5.50 - 6.10. Kelly's Exercise. (6 each of 15 (with Marchin & NO 4 times each)
Then toilet brush + face wash at cold water tap outside + dress.

6.20. - 8 or 8.30. am walk with dogs all over farm doing odd jobs of clearing stones, weeds, pruning deadwood etc etc on way.

8 - 8.30 or 9 am. Shower, wash, etc etc.

9 am. BREAKFAST ^{Arceadopsis}

1. Fruit. $\frac{1}{2}$ Spanish, ~~or~~ large slice Watermelon, or $\frac{1}{2}$ pawpaw, or few peach + lettuce or mango - ripe banana
2. Mix of BEMAX & PRO NUTRA. Heaped blancht spoon of each taken dry.
3. Porridge with honey + Skimmed milk (from powder).
4. Cup China tea. No milk. No sugar.

Prescribed Pills (+) + Peppermint draught.

+ 10 am. Desk work at home or office. or in car unloading pots -
^{OR} Manual farm work at home.

1. pm Moring tea at \pm 11 am. At home India tea with honey + lemon
At office. Oudney's Office tea. No milk. No sugar + one biscuit.

1.30 - 1.45. Kelly Exercises. (each of 15, as before).

LUNCH

1. Jellied Meats. Chicken (boiled) or Fish. in Gelatine
2. Salads. ^{Biscuits} Fresh tomato; or Shredded Cabbage (mostly) ^{or green pepper}
4. $\frac{1}{2}$ pint Yogurt or Buttermilk - Mostly former.

Prescribed pill (one) and peppermint draught.

3 pm

As for 10 am - 1 pm above.

6 pm. } If at home Early Gray China tea, or TWINKLE'S DANDELION. No milk. No sugar + one biscuit.

or

7 pm

7 pm - 8.30. Had + drunk tankard (1 pint) Apple juice from trees + Soda.

DINNER (always at 8.30 pm)

1. Meat dish. Super Fillet Beef. or Super Leg Lamb, or Chicken first two roasted in Sunflower or maida Oil.
2. Vegetables. ^{Fresh from own garden !!!!!} Green Beans, Carrots, small potatoes (4). Basic Parsnips + Hubbard Squash, Mararuka, etc - Sometimes all finished also with a little of above oil.
3. Jellied Canned fruit. Peas + OR Cuts yellow peach, OR Fruit salad. Mostly (Some Candy, pill + Angelina sometimes added)

Prescribed pills (3) and peppermint draught.

Read or fona but but gett sleeping very some finding it difficult to concentrate or reading or music.

+ 10.30 pm. Kelly exercises. (usually 6 each 15 but often extended to 12 each 15.)

Prescribed Pills. 1 white. 2 green.

Lights out and to sleep anywhere out to 12 am

Note. $\frac{1}{2}$ white pill on Monday + Thursday before breakfast (with tea at 5.45)
Glass of water invariably after Kelly Exercises.

!!! NOTHING at all eaten between meals + No Wine or Spirits at Anytime

TRANSVAAL PUBLIC HOSPITALS TRANSVAALSE PUBLIEKE HOSPITALE

HOSPITAL
HOSPITAAL

TELEGRAPHIC ADDRESS.....
TELEGRAFIESE ADRES:

TELEPHONE NO.....
FOON NO.

ALL COMMUNICATIONS TO BE ADDRESSED
TO THE SUPERINTENDENT OR SECRETARY

ALLE KORRESPONDENSIE
MOET AAN DIE SUPERINTENDENT
OF SEKRETARIS GERIG WORD

IN REPLY PLEASE QUOTE
IN ANTWOORD VERMELD A.U.B.

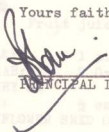
No.....

N. Eaton Esq.,
45 Velra House,
Bureau Lane,
PRETORIA.

Dear Mr. Eaton,

Enclosed please find the diet I have prepared for you. I trust that you will manage very well.

Yours faithfully,


PRINCIPAL DIETITIAN

(Miss I. BLOOM)

THE FOLLOWING FOODS ARE ALLOWED:

1. Fruit - all kinds, fresh, stewed or canned, except
Olives, avocado pears, may be taken in moderate
2. *ETH TRT 0341/011* kinds of vegetables.

SPECIAL DIET: MR. N. EATON.

- ON RISING: Glass of water or China Tea, or juice of orange diluted with water.
- BREAKFAST: Fresh or stewed fruit with Bemax, ~~or~~ ^{OR GERM OF WHEAT, 1 Tablespoon} Eggs, fish or meat - 2 ozs.
* Wholemeal bread, Marmalade or jam (preferably a jam containing skins and seeds, e.g. tomato or fig). Tea or coffee with milk and sugar, if desired.
- LUNCH: Fish, skimmed milk cheese, meat or poultry (as aspic salad).
Salad - lettuce, tomato, cucumber, radishes with French dressing.
* Wholemeal bread
Fresh or stewed fruit
Tea or coffee with milk and sugar, if desired.
- 4 PM. Tea or coffee with milk and sugar, if desired.
- DINNER: Meat, liver, poultry or fish - a good helping - 3 ozs.
Potato or rice
Green vegetables - cabbage, cauliflower, spinach, beans, gem squash, marrow. - as desired.
Other vegetable - carrots, beetroot, peas, turnips, * parsnips, pumpkin - 2T.
Fruit - 2 portions. *forward*
- BEDTIME: Fruit juice, Marmite or water. ✓
- DAILY RATION: MILK: 1 pint skimmed milk or Buttermilk or Yoghurt.
SUGAR: 2 Oz sugar = 4 level tablespoons.
HONEY OR
JAM: $\frac{1}{2}$ oz.
SUNFLOWER SEED OIL: 1 Tablespoon.

THE FOLLOWING FOODS ARE ALLOWED:

1. Fruit - all kinds, fresh, stewed or canned, and fruit juices. Olives, avocado pears, may be taken in moderate amounts.
2. Vegetables - all kinds of vegetables.
3. Milk and cheese - Only skimmed milk and cheese made from skimmed milk (cottage cheese)
4. Meat - lean beef (1st and 2nd Grade carcasses) spring chicken, lean chicken, veal, lean mutton. ?
5. Fish - White fish, e.g. hake, may be eaten freely, either steamed, baked, grilled or fried ocasionally. Sardines, herring, pilchards, salmon and kippers in moderate amounts. *Snock?*
6. Eggs - 1-2 per week. *only in fritters.*
7. Cereals etc. - rice, sago, tapioca, all kinds of porridge; if desired. Macaroni, spaghetti, vermicelli - prepared without egg.
8. Bread - ~~White bread and brown bread.~~ *and whole wheat bread*
9. Desserts - gelatine desserts, fruit jellies, fruit whips, blanmange, junket - desserts must not contain any egg or butter, Use milk from ration if necessary.
10. Oil - Sunflowerseed-oil and mealie-oil - use in moderate amounts in salad dressing, in cakes or pastries and for frying. *to 10 min ration*
11. Cake - ~~Cake made with egg-white.~~

Drink plenty of cold water between meals, 6-8 glasses daily.

Vegetable soup can be taken as an extra at the midday and evening meals.

French salad dressing can be used with salads.

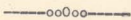
Extra fruit, fruit juice, dried fruit, can be added to the diet. *Figs, Dates.*

AVOID THE FOLLOWING FOODS:

1. Eggs, butter (see diet sheet), cream, Ice-cream, whole milk, whole milk cheese.
2. Pork fat, suet, bacon, pork, fatty mutton, Super and Prime beef. *(Filet?)*
Super Leg mutton + Super breast beef used but all fat removed.
3. Lard, dripping or mutton fat, and margarine. All hard cooking fats e.g. Holsum and Purene.
4. All dishes, pies, cakes and desserts containing 1, 2 or 3.
5. Chocolate, toffee and caramel sweets.
6. Any other fried foods. ? *Fried in Oil?*

- doc. not seen before*
- NE.:**
1. Jam, jelly, honey, and all vegetable - and meat extracts e.g. Marmite, Oxo, etc. may be used with bread. *or without bread presumably!*
 2. Ingredients for sandwich fillings: fish paste, sardines, skimmed milk cheese, dates, tomato, lettuce, cucumber or fruit. *No Sandwich*
Prepare filling as a spread and use instead of butter.
 3. If you have a meal in a restaurant, choose dishes to fit in with your diet and of which you know all the ingredients.
 - 3 Meals should be taken at regular times. ✓

Too much between meals is not desirable. *Noting.*



*Acc
meals
at
Home*

*Dr Engelbrecht said all above was an
anti-constipation diet — therefore my soft
stools + consequent bile stimulation*

Advised: -

1. Cut out all fresh Salads (Vercally Cabbage) + *Substitute* Cooked *Vegetables*
2. Fruit only once — at breakfast. Cut out Watermelon + Span shak
3. Do not use bread (Vercally wholemeal) but Digestive biscuits, Cream Crackles O.K.
4. Cut down on oil used for cooking (*Use merely Bloom butter*)

ETN TXTOBLL/OIU

3.12.63 (Continued)

(9)

Thursday

4.15

Roadie rang. He had sent Madras to L.C.M. this morning before 11 am before Jim leaving. Ray (Koske (Venter) got hold of Charyne. She confirmed this. Had Charyne for me and told her that to expect along. Had Charyne for me any evidence of Madras, X Ray plates, reports etc of mine here she would require. Dr Shultz had not turned up by 4.40 pm.

S.

Shelly did not turn up till 5.30. and gave the intended heavier skin injection to test reaction. She would like to see me in her room in 3 days time (see results). Ray told at 6.50 pm now able to leave and would be dressed + ready in about 15 mins which I was but it took me some time to trace a Nuro to give me my Malagasy. Tonia arrived about 6.20 + informed me that Tonia + my car were still stranded. Suitcase etc. I walked to office to collect newspapers, mail etc. and finally got home about 7 pm + soon relaxed by going for a Kalaya dinner. (Note I had of course planned Kalaya + worried her of my being back anytime after 5 pm today) Everything fine on farm. Drugs well pleased to see me. Rami had made everything beautiful green - Vegi (beans, spinach etc) in from one garden. Arranged with Kalaya for new routine in future. Early morning tea at 5.45 am. Exercises. After walk with dogs at 6.45 etc. Did evening exercise, took pills + performed chapt-it + put out light about 11 am.

4.12.63

Wednesday

5.45

tea. Exercise (6.20-6.40). 1 white pill. Walk with dogs up to reservoir. Saw boy suspicious running across Sante + back towards me about 6.20. About 6.40 found notice lying on of slatted and dying at turn of bush road near end of old disused right of way. Walked to house + found police who came and (collected) him in about 20 mins. Robert, Dick + Larry saw him. Dick said he was Stephen's brother of Mrs Allen + boy's (friend) and seemed that all three were with Stephen. I felt rather weak. Decided to stay at home all day. Exercise (6.20-6.40) + lay down till 3 pm. Head accumulated newspapers and started on plan for new library. Went into town with dogs in car to office to get newspapers. My some mail etc. Was near 3 meals a day in between in between a dinner by dietitian hands getting her diet sheets also today all pills ready to A. G. S. prescriptions and doing Exercises (6.20-6.40) three times a day. Feet very well in load but still weak in body. (All Arsalen, Whiskey etc had stopped since 17th Nov when I went into hospital). Kalaya very sweetly offered to cut out her day off today to attend to mail.

5.12.63

Thursday

5.45

tea + exercise. Walk with dogs. Bath. Breakfast (not meal. 1.00-1.15 + tea) Karin, umbrella to go etc. Got to Pla - 9.15 bus terminal to fetch JB Med: Research: Dick: Karin (as always after complicated arrangements through Mark + direct with Research Dick yesterday) to find they had sent it out by delivery instead of kept it to send out take it to A. G. S. at 9 am. On phone. A few minutes for Research + good chat not all of my work. after 12.15. pm tea. Called through to see how accounts went etc. Ray Dr Shultz. She call see me in her room + kitchen of hotel left with me. I got those out + got back. Fact very tired by 2 pm + came home. Had lunch of papawans, slices cold beef + bottle yogurt. Exercises + lay down from 3 to 4.30. Then long walk with dogs. Good big crop in Veldt releasing large volume of Subportans. Then by road to Durban by 7 pm. Dinner. Music. Reading. Exercises and lights out by 11 am.

6.12.63
Friday.

- 5.45. Lea. Exercises (6 such 16). Joints more pumped than in hospital
- 6.20 Off for walk with dog to end of road all Alton - Hasfield to measure Dick's stomach. To meter at Fleury - NW corner to close off old water main thence to post box on Orchard top and will leave it cut off independent now as top support back from town now. Talks with Terry in Oval garden. I was feeling really weak all the time and stumbled rather than strolled along. At one moment very dizzy momentary and nearly fell down. Small finger of right hand was numb on walking and remains so with small white puncture track thing slightly blurred and dressed and breakfasted about 8.40.
- Remained up new 200 pipe line + 6 taps for Oval garden with Terry and Robert arrived about 10 as we were finishing with the day. + prepared details for above pipe line. Then decided to stay all night + only go in the afternoon and find telephone out of order so could not get Office or Dr Schultz.

12.30. Visited Mrs Pierre Viljoen + read her phone. Miss Leves would report one part line out of order. My message was from a Mrs Neumann who wants an appointment tomorrow. I could ring her after 3pm this afternoon. Also May Rensel who had been phoned. Ray Dr Schultz. Either 2pm or 3pm would suit her.

1pm. Lunch. 1/2 Spanpek, chicken in aspic and butter milk + 1 white roll. ~~Had exercises (3 such 16) + lay flat till 2pm then~~ ~~took Mrs Dawson + Fran to order some more Hypocyanate (1st) and 5 Kaylets for oval garden.~~

written in anticipation !!

S

A

K

Had exercises (3 such 16 and lay flat intending to rise 2 pm. Woke up at 3 pm!! Got into car + went hell for leather to nearest parking to Dr Schultz got there 3.20. She saw me about 3.35 till 3.53. Impression swelling normal and gave no positive indication of past lesions for which it was test. She will report to Abonchakke. I must report of any future lesions occur. She examined my back, thigh etc but did nothing - had doctor looked on Altonville rooms report. Redacted part: Serum had arrived. Recall not said she told injections on Tuesday + Thursday at 2 pm + it will take 6 months!! Decided to do nothing till I saw Dr A. next Thursday. Caravan or Dr Kelly report that 3 of such 16 exercises going on daily 3 times a day. He thought Dr A wanted me to have more diathermy but we can't wait to see what he thought next thing only got to Polley's Car park + to my car about 4.45. Saw things with Lewis v.d.H. + Margaret what whom I had long talk about his thyroidosis being dealt with by the analyst McMillan through his G.P. Klooster. They were all helpful of feeling it cleared up permanently. Bought my office diary. till we to date. Sorted out files, made the and left for home about 6 pm and settled down to go through accumulated "Stars" till dinner at 8.30.

3rd (last) Filled 4 books: Stars, Cases, 3 papers, much. Paving. Cannot join yet!!

Piles

Had felt very weak and tired all day + went to bed + to sleep immediately after exercises at 10.15 pm. All regular pills + haemorrhoids ointment taken as prescribed. Dr A's hypochlorite finished. Used last of his pile ointment tonight. He had said do nothing more after it was finished. Small finger of right hand still slightly numb. I still stumbled rather than strolled with a tendency to lose my balance easily.

Certain amplifications in office desk diary especially conversation with Dr Malan representing Dr Arthur Robert re Urgent Prof. G-Renel.

7.12.63

(11)

Saturday

- 5:30. Tea + Exercises (6 each 16).
 6.15. Off into dogs to the reservoir, sub: + right of way, etc etc. 7.45
 into Terry, Robert, etc + reconnected Goggo battery.
 7.30. Shave, dress. Breakfast 8 am. To Spain shops, Outmeal + tea
 8.30. Off in Goggo. to D+Fraser. Sing Bellerose - further pipe +
 take measurements for oval garden which he will have ready by Wednesday.
 (Long talk with Anderson + Household Motors re lending me his plough, mules + boy to plow ground down at river (affordable) as Terry had failed to get plough. He asked me to wait for next rain as found too hard now. In end only got into office about 11.30.
 Planned to go about Robert - irregular. (See office diary).
 Saw Mrs Lewis (no further call from Andrea) Mangant, V. H. + Tobie.
 1.45. Left office for ~~Spain shops~~ Colrus Lindner house + long talk with Colrus. (Peter is bad ill). Out Carpenter + painter still on roof. No idea of finishing before Christmas to which they seemed resigned.
 2.45. Left in time having lunch at 2 pm. (1/2 shambah; chicken + jelly + Rais Bouleauville). 1.15. Write post.
 3.30. Did exercises (6 each 16) + lay flat till five o'clock - when Colrus brought tea + 1 pint breast. Then to slot to read Coward book on 19th Cent Coleridge architecture. To school to eat abstracts + read to school till about 7 pm. To Randsch + dinner at 8.45. 1/2 of lamb + all veg; + 2nd 3rd of pea jelly.
 10.30. Lie after - dinner hills.
 11. am. night hills. Exercises (6 each 16) + light sub.
 Had running tumour all day.

Stools

8.12.63

Sunday

(most routine of pills and wallpaper draught caused all day)
 5.45 am to 5.50-6.5 Exercises (6 each 16). Kout. Stools + out (in walk)
 with dogs by 6.30 pm. Walked slowly - noted here + there.
 up to the reservoir and as usual + along nature strip - at hills etc till about 8 am. No shave. Changed to farm tops. * Dealt with some gardening problems including drastic thinning out of the front Thicket's top at side of road and which took rest of morning.
 * Breakfast at 8.30. had been 1/2 hour, normal portion + tea.
 2.30. pm. Exercises (6 each 16) and lay flat till 4 pm. tea.
 4.30. went to office to collect paintings, suitcase + parcels Mary Permet had left in my care + my case flat when I left office
 5.15 arrived at Atlantic Flat - Archdi. + Guy + I + my two above things up to her flat. First thing we did (on my suggestion) was to make list of things in the locked suitcase so she had record of what handed over to Maria, Merig + W. North. Had already recorded all paintings from me loosely on my list + had small collection of pencil sketches from the sealed package + also supplied making a list of what there for her while doing so. She suggested opening the package at once and we did so through him together + I could observe that I wanted. Then we did + I sketched about 18 small sketches. She gave me an old Japanese print of Hokusai on a present. The same I must decide what sketches were worth as I insisted on paying for them. We then separated wood cuts 2 from larger pencil and water colour sketches all mixed up + roughly 'puzzled' in the two barrels + kept one for wood cuts only + other for sketches only. She was not interested in my offer to make detailed list of contents for large pictures, 2 mules studies + dog study on large scale a series of Dinkman studies etc. See my list in Permet file
 In the end I only got away at 8.30 pm having spoken very little about her recent trip to Japan + Sanj Michel in Paulbrook. She said Michel very well + very happy.
 Got home at 9.50 pm - Dinner (reduced leg mutton, Veg + pea jelly) 9.45 to 10. Read from etc. (Had running tumour all day).
 Exercises at 11 pm (6 each 16) and lights out at 11.15 pm
 (Used Prob. H. + Madon Andrieu solve on July 2000 as Atombulbio stuff found)

Stools

Pills

9.12.63
Monday.

5.45. tea. Exercises + Out with dogs by 6.30 - 7.30.
 Hair accident with wet hair in pants which took some
 time to wash and clean up, + I did not ask Kelvin to do this
 shave and bath over only by 9 am. Then I settled
 down to write this diary + letters in reply to those received
 about the Waghshart Property, etc.
 Francis Knott phoned being down ill + tried to get me to
 have tea on Wednesday afternoon with her and Bernardi Andrey
 (quarrel) but I will not. She gave me Bernardi number
 at Kelown from Hotel - Richmond. J.B.
 wrote letter to Arlin Rupert (in 1964) re Waghshart property.
 Dick took Terry in Terry's car ^{at 9 pm} to Terry Dr Abrahami as he was
 suffering with throat. Brought him back at 10.30 am. Dick
 then returned to T.J. Laws where he had been working since yesterday
 lunch 2 pm. Messed Exercises and after taking pills
 he left for Office about 2.45. Left in at 3 pm.
 Types + had sent off by Express Hornell. Rupert letter.
 See Office Diary for office work -
 left office 6.10 pm and visited Dr. Inman. My Semuels
 was not here to bring home as Dr. Inman's photographic still had
 it. Messes + Inman's Mother here. Did not discuss my
 Athabasca treatment much except to say Inman ~~is~~ weak
 for program with I thought.
 Dinner of friedella, vegs + canned fruit salad jelly. Pills as usual
 Exercises at 10.30 and tea jelly; veg tired.

10.12.63
Tuesday.

Usual routine. Tea 5.45. Exercises. Out with dogs by 6.30.
 Visited Terry in course of walk. He had through gland trouble
 mangled his otherwise pronounced face. Hornell stay in bed
 till fully much better. Lung walk. did not get on till 8.30.
 Shave + comb + breakfast 9 am. 1/2 hour, oatmeal + tea.
 After unpacking Rupert settled down to this diary + office letters
 Dick had announced at 6.30 am that Jessie Green wrote to another
 baby girl last night. He then went off to work.
 Spent many writing letters to Mrs Holman, Isabel Lawrie, S.A.
 Red Lion (Mrs Close) in Grant Street + to Dr. Frank Sandy corner of above
 all about Waghshart property.
 (Name Grantford, 1/2 hour, oatmeal + tea).
 (Usual lunch. 1/2 hour, chicken + turkey cutlets) 1 pm.
 1.30. Exercises (6 incl 15). Meant to go to till 2 pm + go to town but
 done at till 3 pm!! (damn it) + got up in evening left to office at
 2.40. Saw Mrs (wrote letter to type. (all Waghshart letters. See Waghshart file)
 left office at 6 pm. Hurried visit to Carstairs. No one there. No need
 smoking paving work. Struggle on to 7.30 only time to combine
 all paving + tanning and leave dry back paving land till next year.
 I must have Peter tomorrow.
 Home by 7 pm. Dinner (wines from cellar, vegs + fruit jelly).
 Exercises (6 incl 15) at 11 pm and to bed
 Got my Diet Sheets from Dr. Blom of Hospital today for first time.

B.
11.12.63
Wednesday.

Usual routine. Tea 5.45. Exercises till 6. Out in rain for walk till
 7.50. with dogs. Washed shoes listening to played music
 breakfast 9 am. (1/2 hour, oatmeal and tea) then settled
 down to write letters etc.
 Usual lunch. Fruit. Yellow chicken. (cutlets).
 Office in afternoon. (See Office Diary).

Usual Dinner. Filled Coop. Vegs. Canned fruit salad jelly.
 Worked on at Dr. Inman + got my Semuels ~~from~~ P.
 ETN 11/12/1963

Semuels

12.12.63

Thursday.

Musical Routine. 5.15 tea. Exercises (6 each 15). Wash with dog. Bath. Breakfast. Fruit, oatmeal porridge, tea. In 15 min in a rush to get to Pta Ben Terminal at 8.45. 5 pul up. Serum from Max Research PB as arranged by Miss Lewis (yesterday before appointment with Abondabli at 9 am. It had not arrived they found it then found it had been sent for delivery & did not know when it would reach my office. Ray Abondabli's rooms from my office at 8.55. NB in yet. My work rising when he arrives. (I would take 5 min to get there). No my. I rang at 9.55. Then 10.55 but not yet in. While surrounded in long telephone call with Miss Fleming about her unknown person boy's st. A's memory came through & took it 10 min later. but got to Abondabli at 11.30 am. Stripped for fairly complete examination including haemorrhoids. + gave urine sample. Then long talk (broken as usual by telephone calls at approx 10 min intervals)!! Says 'I'm feeling very much improved - Cleveland, good affairs' etc. but feel weak + fatigued most of time. Had 4 routine 6 am exercises. 2 then walk into dog, Breakfast menu, Muddy exercises + hand menu. Home at home, afternoon in office, Evening dinner + some writing slightly so. Had had very low about last 2 days but felt better since finger right hand went numb for 4 days. stc (See last in med: file) HE was very pleased with progress. Blood pressure right down. Handed over Serum for nasal allergy. He gave me one skin injection explaining how to inject regular weekly injection myself, but leave it now till 27th or 28th. I'm going away + he would show me up. Keel Serum in Trig meanwhile He gave me prescription to continue present pill dosage unaltered except for 1/2 pill first thing each morning which must be only twice a week (Monday + Thursday). Also prescribed Serravallo's St for Serum left him about 1.30 pm + left prescriptions at Kooche 5th deland about 3 pm. Went home to do in car + lunch etc and back at office. Professor at Serum + left notes: note to Jack Pearce. Margaret + Home by 7 pm. Musical Routine (Fillet, Veggies (my own mix!!) + Campbell's Exercises + Bath by about 11 am.

A.

13.12.63 Friday.

From now on from daily routine (unless mentioned otherwise) is: -
 Milk tea 5.45. Kelly Exercises (6 each of 15) Taking 15 mins. Dress and walk with dog all over from 6.30 - 8 or 8.30. Wash bath or ~~shower~~ shave. Breakfast (1/2 hot food, w/ 1/2 Spaulden, or each mainly Pothin fruit, oatmeal porridge + SKim milk + Sugar (4 tea spoons) Sugar + milkless tea. Work on stock till about 1 pm. Lunch, Chicken + gelatine, shredded cabbage w/ 1 tomato, crust of wholemeal bread (made today + ate!) + bread + jam (used SKim milk cottage cheese + marmite but didn't like it. No butter at any time. And butter milk or yogurt - 1/2 pint. Kelly Exercises. Off to office or inspection (London) at 2 - 2.15 pm. Afternoon in office till about 6 - 7 pm. Then home. Dinner. Eaten Fillet of beef, leg of mutton (Each warmed up for 2 nights) Mutton forcemeat, 3rd night. Veggies = green beans, Carrots, mashed potato, mashed parsnips and tomatoes Spinach All now cooked in Sunflower Seed oil and veg. Read and/or listen to music till about 11 pm. Kelly Exercises. All this accompanied by Pills. (i) on rising, (ii) after breakfast with potassium draught, (iii) after lunch with potassium draught, (iv) after dinner with potassium draught, (v) before going to bed. Morning 'milk + sugarless' tea + one (Peach) biscuit about 11 am. Datto at 4.30 on weekdays if at home. Ordning 3.30. tea at office on afternoon leave office anywhere between 6 to 7 pm. + home for evening.

Finish Daily Routine applying
 after since health from C.C.M. on 3.12.63.

FIN TYO 031/017

Tobie said goodbye and would off on his family by car to Shillong till mid January. Very early leave! Long talk with Marjorie about his & my present addresses.

14.12.63. Saturday -

WATER BURST

15.12.63 Sunday

16.12.63 Monday

17.12.63 Thursday

18.12.63. Wednesday.

GIN PROSUI/PRO

Normal Routine as set out in detail on 13.12.63.

Succelt went to Office for money getting home about 2 pm
 Ring of Hands, Allen. Allen put me on to May: Shady about
 ploughing ground near river. Shady cost me some
 something about it. Very cheap letter from Molly about Norman
 Worked on burst new neoprene water main with Robert & Thomas till 7pm

Normal Routine (See 13.12.63). Handled & labelled water valves which
 worked on new design in wire knovvets George for grape protection.
 May: Shady never phoned.

Normal Routine (See 13.12.63). all day.

Molly Paine rang wanting to try Norman over for discussion about
 his future body. I found no net yet. She phoned me so
 to talk to him in sun as possible. I would try to get over to
 her house sometime this week but could not promise.
 May: Shady rang 11.35. Could I make him at Andersons Edge on
 banks of Great Water R. to show way to Gutter part of farm and
 over to ploughed. Did so. He & Terry & I looked at
 land and he would try to arrange to have tractor & trailer with
 blough harrows so then about 8.30 on next Thursday. He would
 do a full job of the whole thing, Saturday, ploughing, harrowing
 between apple trees. I would have all autumn weed trees
 removed & grass cleared. He thought it was best in region
 of £12 (R24.00) agreeing that if looked like about 2 Morgan
 (mean change was £1 per cow). We parted where we met
 on main road about 12.45.

Rest of day spent checking ~~new~~ water pipeline valve wheels & keys
 and apples use each of duplicates used to blocks.
All Vegetables (Beans, carrots, potatoes & Brussels) out of garden now. Beautiful!
 Time in about 12 am.

Normal Routine all day. (See 13.12.63)

6.30. Met Terry down in apple orchard at river and arranged
 in detail what trees plants to be taken out & prepared
 for ploughing on Thursday.

7.30. Visited T.H. Linn next door who agreed to lend me
 3 boys (John, Wilson and another) to talk clear for ploughing.

7.50. got Red & Morris to go down at once to start and
 when Dick turned up at 8pm as I went to bank he agreed
 to go down with Peter's hand-langer to help too at
 muddy deep stage so with Terry & a nephew of his there
 would be 9 men busy!

I about money checking the patterns for my grape protection -
 To Office: office stuff at Senovit & Lloyd, Ballymore & Rosalee for
 2 tons of Kay slopcoats and Shady to Branch of H.L.H. about plastic
 neoprene gamps (pneumatics) in one old water gauge test. At Home 7.30.

Phoned Beah Pacey who has been in with neoprene from from Maria
 & Aileen & was in it & since it was for me (a 2750 year of fresh
 clay tear bottle into another mutually pattern. Charles was her boss Campbell
 of Linn's Linnman & was not interested in it and agreed she was done
 I would call from Morris as my health.

Read Sat: Mrs: & boys' state & left for home at 6.45: feeling rather
 tired. Still find it difficult to read in evening and fall to
 sleep in chair. A tummy ache & put out light about 11.30 pm

Green tea bottle

Normal Routine (See 13.12.63).

Down to bottom lands (after meal walk up to the Vicar's) Collected
 Terry in long. Most of trees cleared. Nathan from back shed had
 Red & Morris on it. About 6 large potatoes took to
 out. Several small pump trees etc. Shady that this mud all
 to clear including Southern grass heap by thin evening & used Dick
 & Terry again. T.H.U's 3 boys inspected a little later after a few
 jobs at home. Kellington day off but the load arranged with Terry &
 Jim Pacey's wife Margaret to take Terry's horse in some time in the week
 new group. I worked on grape patterns for morning.

Wednesday
18.12.63 } Continued.

Note. The old night erections which had proved to be impossible for some years have ceased ever since this treatment started. An ejaculation this morning though not very strong was not uncomfortable after a few minutes as hitherto. I left home for office to freshen up in London on the way at 1.45 pm by tube with Peter. I went to office about 3.30. Shouting was outside London road but peace & hours played table tennis for pleasure. One man old job in office picked up Kelly at P. Major's car park at 6 pm & passed up Grosvenor & front on way. Home to evening. Nihil the "clit" spots than rubbery eyes which have noticed for 2 or 3 years had now disappeared.

Eyes →

Thursday
19.12.63.

Usual Routine. (See 13.12.63).

Down at river land saw start of Harrods-Allen boys promptly about 7.30. Commenced at 7.30. have brought in trailer & under the night before. All the boys (except very few away doing their jobs. T.H.L. should have found my pruning shears. I confirmed I did not read his three boys any more & prepared for a bonfire (Christmas party) of R.I. each for their help which he asked to drop his thought of light. Did off to tubular lanterns. Down by on manufacturing grade got round to Braun at 2.15. to find him absolute checks for London I'm boy. Played table. Skipped to I to office about 3.30. Spent afternoon looking at accounts & money R 3,000 mandate for firm with N.B. manager Handbills. Both Alexander & a bit of (minutes) amongst efforts into me for tomorrow. Home by 7.30 pm.

Friday
20/12/63.

Usual Routine. (See 13.12.63).

Down to lower land by 6.30 free results of yesterday's ploughing - Ferry there with two Harrods-Allen boys & trailer returned to finish the job. I visited with some snuffly looking old ladies mostly Mrs of affluence & taking out all other odd ones (dark car) & went for all boys down to do it. Got back on way at Robert at 7.30 pm at home at 7.30 pm then got for show table etc. Ray Sheehy (with) then Harrods-Allen (out) re no plough. H-Allen rang about 10.30. to say he would meet me on lower land at 7 pm tomorrow to arrange finish off of ploughing. My stool this morning "looked droopier" with water mucous in between. Stool seemed old & heavy. While feeling mentally very much better I was looking fatigued fully most of time. Continued on globe lantern preparation. Urine has become now much paler and almost sweet smelling and flows more freely. Afternoon at P.M.I. (Alexander) at 2.30. on way to discuss accounts, slight changes & proceed with plans. Back in office saw Van der Berg of P.M.I. and discussed building a house at Lynton Glen (near St. Albans new boys school). After fully explaining my approach & saying he was asking for too much in lowest budget of £12,000 all in the evening spend in tea with & dinner which he could have after his year. He wanted "ambulance" not just a house. V.d. Ham. had left before I could discuss P.M.I. meeting. Had left before I could discuss after being sitting local home party on about 7 pm.

Stools
Fatigue -

Urine.

21. 12. 63
Saturday

Usual Routine - 5.45 tea etc.

After long walk with dogs met Harold Allen on lower land as arranged. He advised that land to new for potatoes etc. It should be dissected to give a 700 lb + after first good rain so it is agreed to Terry's suggestion that Kafir beans be planted as both good feeding crop + nitrogen producers. He could give seed sufficient in land as it was scarce. The crop would close this morning + after first good rain the soil come and do so again + Terry could see Kaffir beans. Then about 11.30 I went over to see about 1/2 of the land of the farm + he bought my little piece of land (about 1/2 acre he thought) from my good soil. Terry expressed quite keen interest in buying in future + generally asking to much for my land to be the procedure. However + his little family had changed the whole atmosphere of the place from relaxed demands to one of heavy pursuit productivity.
Ray often to 5. I went out to see. Continued with Cathy out pieces of land young and calves for my 'grape lantern' + went in to office with dogs to collect money. No etc delivered + bought one at shop on way out. To bed about 12 pm.
Today I could see first time feel definite signs of the going away of fatigued feeling + return of bodily strength.

the joy of Terry

Fatigue
inherent

22. 12. 63
Sunday

Usual Daily Routine

2 hour walk with dogs from 6.15 am. See first dancing of lower land which Terry said had been done from 9.30 - 12.30 pm yesterday in 9.15 both Katrijs, Klemtje + Jypal to Vlakfontein where they were to spend day, celebrate Tony acceptance into the Church (Confirmation). Came back via Harold Allen farm area (on old Doit Cote lower road Smashes near Fish Allen) and entered a bit through the Gynswood glen area near the Alberts but did not see it. Got general character of v.d Berg's site but did not see it. Last 4 days at home but much trouble partly to get only one of biggest sets of grape lantern + did no drying. as lobed - Old Katrijs machine from must lumber. Still feeling bodily much improved + return of briskness as a much bird etc.
Fetters Katrijs back from Vlakfontein as arranged at 6.15. This time Tony + little Vicky boy added to party + ~~and~~ all three dogs on part with me. To bed about 11 am

23. 12. 63
Monday

Usual Daily Routine including 2 hours walk with dogs.

See to Wallebrook shop in morning to do Christmas shopping. (Cakes, tins of biscuits, Christmas pudding, sweets, Christmas stockings etc for all on farm + regular visitors present - also fruit (Christmas oranges + water melons) at Granham and drinks (mashed soft drinks for kids + beer + soft drinks, apple juice in adults). Olive + little Vicky very helpful + try to get all presenters with olive + Vicky. ~~to~~
about 12.30. lunch (beef + peas + potatoes) + tea (see note) + about 1.30. + get to JB Old Gallery to see Martin Hardwick by appointment at 2.30 pm. He showed through dogs: J. H. H. I had selected from Margie parcel + send ~~the~~ parcel payment + my word to about £50. We spoke about idea of set of manure from which of former clinic studies can be Chewoyi + N. P. but ~~dropped~~ my idea to Celia + Ant's father. He said Ant's father "improvement" should be first stage replacement of trees. He said Ant's father "improvement" should be first stage. I did not see the bomb. Dressed morning of dogs, worked out etc + 9 left at 4.15 pm for Molly Proun in Ant's with Norman arriving about 4.30. Norman lying in more with 'magnesium'. I had tea + talk with Molly + then went in to Norman about 4.50. Left for road on. No high life. He was determined on Geo-climatic + thought he was accepted into Rhoslyn University. Supported he wrote personally to Rector of Rhoslyn to make sure in. Had time to look in early with me but not to delay action. left 6 pm. Found at office near 8.15 am. about 7.30. To bed about 11.30 pm. Felt very tired + legs + bit dryer than

ANTHONY HENDERS

NORMAN JEN

24. 12. 63

Thursday.

Usual Routine. Tea 5.45; + walk with dogs + casual Xmas deliveries to postbox + fund collect. Left for office about 9 am. Shopped at "Cottons Precinct" (bottle white Conference 'St Francis' ? paper, two dresses brown + grey (in Sangan's window!) and curved iron card case); Helen de Lucas. for postage book (bought 3 white Common one + 1 brown) paper on by wall news paper (bought 3 white) Office about 10.30. tea. at apt. for haircut. Back home at 12.30 for success + lunch at + home. m. fruit + veg at Wally Green's. Post. To Van + back to home. Picked up parcel things at Cottage Pass + Helen de Lucas. Bought from Helen + saw at haircut. tea at office at 4.15. Haircut. To Van + back to home. 17 afternoon visit in old colonial children's town. ~~about 5.10 pm~~ + 6 little potted plants from Corina. Back at office at 5.10 pm — all gone + office locked. Cleared up things + left myself at about 5.30. Dropped in at Harriet (in regard to milk up James' place) + gave little letter about on Christmas. And. Smoker potted plant Christmas cards + 'Don't Peck' Andy Copple + home Glen on way home. Went to Basin + took some last. Virena + motion in June + Phidias (Brenda) for Christmas. Home about 7 pm.

* Health Improvement

Very noticeable consistent improvement in knee + joints generally and fewer outbreaks of wetting and feeling of weakness. Once at office sharp searing pain in patellar tendon after running but soon over Had decided with Terry + everyone that Xmas getting home at 12 pm.

25. 12. 63

Wednesday

Usual Routine (see 13.12.63) + walk with dogs + early morning greeds at all houses on farm. Morning spent mostly organizing + writing parcels of presents on sheep. Got's played there for Christmas Carols, family Schumbel "tree" etc. From 11.30. Crook's started falling. Terry + John the Henderson family with all Enos + Rebecca kids, Helen, + John + but the boy refused to come + add. Cousin of Emma came instead. What with Hendersons, Terry, Pharis, Skanors, Cochran (Kalyon) family + presents (mostly children (adult) + old iron received presents. Terry acted further in family and about everyone drifted off about 2 pm. Long talk to Emma Henderson about Kalyon adopting Enos + Rebecca. Emma to that could look after him + give him food choices in future. (Kalyon had been enthusiastic about this). She would speak to Rebecca. Have long lay down + late tea (4.30) in afternoon + then did various emergency jobs such as clearing insurance tree to remove dead branches + was amazed at remarkable improvement in my fitness of my hands and ankles (nearly!) at left knee. Tired in evening though and to bed about 10 am.

Christmas Day

Continuing Health Improvement

26/12/63

Thursday

Got up at 4.45 am (on leaving my ^{new} look cross for first time + increases till 5 pm then out with dogs + call reservoir for success. Back to home for tea at 5.45. + off again to lower lands farm. Cloud + first house of Terry + Dick at 6.45. Picked up a lot of Kalyon weed at dawn. Took unusual rough route through wild trees + rocks. + Continued to be impressed at improvement in hands. During morning got Kalyon's sister (stay here with her vicery for few days) to send me the Calico to my daughter were gauge of pale colorless. I then wrote up the diary from Murray. Kalyon's sister Martha + I buy milk of day on stock, she saw Calico onto wire gauge, Kalyon also bring folds for beams + 3 milk. Verbal second joint in leg. It will all much more work than expected. Otherwise usual routine of success. Diet meals + pills but Kalyon cooked to my beautiful garden veg + I eat too much — 5 brand 9 days.

27/12/63

Friday

Usual Routine all day. Tea 5.45. Increase + out with dogs. Pinned white horizontal branch out of my pine Cotopaxa near hill reservoir + also removed all visible stone from pine needle bed. AS usual I was out for about 2 hours + did not get in before 8.15 or so for work + breakfast. Rest of day finishing off the grape guards. (only 12 of them) and in late afternoon put on selected bunches of grapes. After this I spent and home or so (tell it give too dark to see) — cutting deadwood out of Pocomondo over the back creek fence and very surprised at my slight climb + 5 days. Branches then to dawn. relay began starting today.

FN 1710311/23

Peter now began troubling slightly from Kalyon under

28.12.63
Saturday

up at 4:50 am. Short walk with dogs on to South Kopye ridge + Camp Robert coming out 'Kee' to laundry! Back to home by 5:40. In Kalyan side of China tea + off again with dogs up to Nasserri + Entomology walk through rubber woods clearing out all paper + other human refuse + burning. Back to home about 7:40. Clear up dead wood cut out of Jacarandas last night. Breakfast about 8:15. Krap. Finish the rotten subplot of the Mexico reaper with light fence hanger + the cone to visit the diary + work on my 'Sloven' - Not closed down for Ditch and recommence Library days. Piles still stinging painfully ~~through~~ ^{with} white of pred. H. Euff. and Ambrosia ~~had~~ ^{had} last night. Never before had had this sort of pain. from them. Diet after forcing them up the reaper. ~~been~~ ^{been} garden fringes and sitting on the ground for quite a while then sitting with well finished in arms ~~the~~ ^{the} pain slowly ceased and I was not troubled by rest of day. Hours lying flat in room after lunch + back on to dry board. To town with dogs by car to collect mail + papers at office at 6 pm + collected more Yogurt at Northrup Circle Great St. ~~discussing~~ ^{discussing} home-~~preparation~~ ^{preparation} of the + Sherry, Sample made with Skim milk. This was much better they said but must put in. Nasserri outline of Nasserri, Diet reach + pills work on all day of course. To bed at 12 am.

Piles still
troubly.

29/12/63
Sunday

up at 4:50 am. Exercise, work at lab, walk up to Nasserri on hill with dogs (puffin absent) + back at 5:45. In tea on lawn. New off again down to ploughed land near river unloading old mining shafts + new way back up through bushy hill then up to 2nd Nasserri again to take dimensions of manholes to make drops for Ditch in new hinged covers. also take full measured details of water complex + pipes + pipe joints at Wilkhat boundary. also dimensions of stand pipe box and linear pressure valve box on way back to house getting back 8:30. In bed fast. No pile trouble this morning walking was brisk. Iron feeling very well. After breakfast write thin diary, read 'Stein' of last 3 days and back on to dry board. Most of day on dry board. It attempted to run in afternoon - Piles gave lot of trouble again but I pressed them up as before + they ease off.

Piles

Read some of accumulated 'Lives', Geophysical Map and H+Home in evening but tired off till 12 am, Nasserri + went to bed. Still feeling fine + brisk. but read Krap: H. Entomology + Ambrosia for piles on going to bed.

30/12/63
Monday

Up at 4:20 am. Exercise under the quilt in time for Kalyan tea on lawn at 5:45. Walk with dogs up to High Nasserri my cone (clearing out stones still further) and all over top part of farm getting back to house for breakfast at 8:30 after long talk to Terry in oral garden. His son Poen Head + some + helps me install the 3/4" pipe line + 5" standpipes in this garden. after breakfast Poen, Terry, Godfrey + I did this all morning finally 1:15 pm when we all retired for lunch. Last stand pipe elbow shows defective in taking weather machine pipe connection on 3/4" brass pipe so we stopped up end. 3 inches clip too were too small (but's in) Poen Head + helps me with other major pipe connections elsewhere at 3 pm around but Terry came on to do Herbert head play ball at 3 pm on ground at Godfrey + knocked + took out so they had had to rush to a doctor. I came and wrote thin diary then went up to try pipe fittings myself until 4 of Poen came in and Terry insisted that he come out carrying basket of tools so I had to take basket from town before he reached Nasserri. After a rest I supposed he go back to garden + send Godfrey, Terry. Godfrey + I had new iron key coils on to West Main Nasserri here + gauge branches + then went down to Miller + put some new key coils on to old Main house main branch + gauge connection. We finished about 6 pm and were caught in a cloud based on way back. I soon changed into pyjamas + stayed in room for rest of night. To bed about 11 am.

Piles troubling
(brought on by manual work it seems) but eased by passing up as before.

ETH 710-32/024

31.12.63

(19)

Thursday

Up about 5.15. Exercise + short work in South ridge before
 returning to tea in front lawn at 5.45. Then walk up to main
 reservoir taking all Cook's path - yesterday. Turning off main valve
 to reservoir (now full again after put into use yesterday) while busy on
 fittings on main pipe. Cleared rest of store from "Coffice" and
 placed Kabbie weed from previous beds near main pipes. Back
 to Shave, bath + breakfast about 8.15. - 10. - Then off to town.
 Could have done at DSE either then or earlier in the main cars there
 + Newton office then. I felt they were just legs, low income even
 and included Inspector or some thing. Off to Beach in town
 and in no time I received Connect Elbow, clips, connectors etc
 to finished last Oval garden standpipe + all so pleased down
 making with help of Otto Bredel himself. (Eventually assembled too). I
 brought also two lengths of bed for rubber hose. To office by 12 pm
 Planned Nicotiana + made exhibit for 12 pm in his office
 on Thursday. V. d. Berg. had phone home + I had my train
 under desk pad. Wrote letter to Mary + enclosed cheque for R20.00
 for these. Wrote Be'da Preez returning Kempster letter + thanking for
 money for fruit + groceries etc. Setty in about 2.45. Exercise + lunch
 Then went to buy protective plastic bags or bags. Then went
 + completed last standpipe in oval garden with Terry + Godfrey
 + he was delighted with result. Hose need only be 50'. He will
 cut off '50 feet tomorrow. all this can be done by about 7 pm.
 Went to town fairly early ready for forum. Kalyin only brought dinner
 in at 9 pm. (instead of usual 8.30). I eat rather too much food
 minus sounds. Exercise about 10.30. but done off legs in bed.
 In state of continuing slight pole trouble + general feeling of ableness
 + energy when once in action, there was ~~was~~ a continuing underlying
 feeling of fatigue in the body + a latent desire to sit or lay down.

Poles

underlying
Fatigue

Strong
 turning
 rain in
 Poles had
 at dinner
 last night
 looking about
 for rain

1.1.64

Wednesday

Only woke up at 6.20 am + Elizabeth Kalyin had not come in
 until tea at 5.45 because she said I had been setty up at
 5 am recently + came to house for tea. Tell her to check in future!
 Out with dogs by 6.45. to reservoir, Coffice + long plucky
 out of Kabbie weed in Mr Robert's hole + fence remain at water pump.
 Back to Beach about 8.15. Then came to write this
 diary and read yesterday's paper + settle down to details for
 Dick's recommended work tomorrow. After lunch. I gave plants
 Coax on pipe + couple of low intensity bulbs + try out for first six periods.
 Worked again on Dick's mandible details. Did specimens of
 empty and deadwood from Nostis tree near kitchen back terrace.
 (Crosses of seeds came up to play on lawn - friends of couple of weeks
 from Highlands I remember heard). Went up to top reservoir to test all
 size of box for 'perme-grage' (too small) + it came down to main pump
 house but I had overcast this time. Fungus came into view to read.
 My mind was kind brought in pole body again + I had head
 dis-comfort all evening + need supporting + ambivalent to go sun
 to bed about 10.30 pm. Otherwise has felt very hot all day.

Poles

2.1.64

Thursday

Up at 4.45. Exercise + walk up to reservoir. (Had had to love a
 large Krap on rising + make pee in j possible?? and take another
 bag soft Krap very first walk which included poles again). Tea
 on lawn at 5.45 pm. + off again for second walk with dogs.
 Setty back about 7.30. Robert + Dick busy slaying bushes - showed
 Dick how to build in new oval garden table + control mandible.
 measured new hose with Terry + cut into 2! 50' lengths at his request.
 Photo Connector to last standpipe broke so surface so must get another.
 Left for town + office about 10 am. Shopping at Beach + Jack's
 for selling hearts to complete last standpipe + 2! 50' hoses after paying 5
 from anyone at DSE. (see office file) got home again about 3 pm.
 after exercise + lunch including Dick's work on photograph + good all wrong
 + pulled up out making some mud under main pump house. off
 Kalyin had taken day off but in to work and dinner + 3 wood about
 about 10 am.

EN 77030/100
 Poles still
 trouble
 Feeling
 not well
 so spirited

Friday

Wk 44. 45. Fresh splot with cold. Feeling rather weak and miserable. In a room 5.30; out again with dogs till 7.15. Talked to Dad, Robert, very about dog work. Breakfast about 9 am. Overcast & a bit cold. Left at 9.15 to meet V. & Stanley on his Wildcat. Went to discuss it & home. Returned home to check on clock book & other papers for papers. At office by 11. To Paloma Body at 12 pm to look about: with Newman (also had bought Fiza Anderson's home but he was not there & T. put. Sec. knew nothing about about; or when he would be back. I returned to office & found with further time I left for Abuchalki at 12.55 pm. went till 1.40 before he saw me a few 2nd order? skin injection demonstration & shall talk about general purpose of treatment. He would see me again next Monday for 3rd injection just to check on my being able to carry on myself after this. Left him at 2 pm. Back to office with one more injection of dog. & get home only about 3.15. Exercise till about 3.40. lunch & rest. Found to be back just on the way home. Guess rest.

A.

PLES!!!

Fatigue!!

Tony & Kith all here, they had for very early trip at but after about 2 felt absolutely out & lay down. In about 1/2 hour & then came to write the diary. Peter's pain severity worse than even myself & Abuchalki's. Admin to telephone Ann's about I did get before lunch. Had felt very fatigued all day starting mildly in morning and increasing progressively till 5.30. When I lay down quite knocked out. All very dispirited after afternoon progress towards feeling of wellbeing on New Year's day. When Shenyang being of jaundice dead-end case. Abuchalki's case. I mentioned background, feeling of fatigue inability of mental well being & energetic man was not. pointed out but I would constant with temporary results of treatment.

A

Big Subtract

Felt worse and worse tomorrow evening. Had usual Tachard of course apple juice & soda but in this and told Katiya to eat herself the dinner she had already prepared for me. and went to bed about 8 pm with increasing increases for taking pills etc. Diarrhoea night having knocked in my box twice soft diarrhoeal matter & increase in bile irritation as result. Felt weak & bad to leave bed before hospital. Noticed that my back also felt as if on the oceanic while lying still in bed but it always recovered when up & moving about.

4/1/64

Saturday

Stayed in bed till 9.30 feeling weak & worn out. Dnd. exercise. Got up & washed parts of sheets, under blanket, pyjama pants & vest I have knapped into. Had a breakfast of porridge (not meal plain milk honey or milk) drink Shenyang milk (awful chalky flavoured) Slightly & also with Banana & Promelia but so low. From phone call from Sally Mendelstein to say Norman had come to her in Paloma & was lying down with a migraine! Could be come and stay with me tonight. I said I would be at my office about 5.30 & he must wait for me to pick him up there.

Norman
Jan
1964

ETN 777031/1530

Had some lunch of bread & mangoes, of bread chicken & yogurt. Some Maryona sand robin lollip & Kenya Magazine on to John & did not get it. Got to office by Car (with all dogs) at 5.40. & Sally took Sally home first and then Norman back to Calderas. It has been many times about 4 pm & kept on. Installed him on stool after 1/2 hour talk in Roudavel. Back to Roudavel for about hour talk. Just about family & ordinary matters. And not draw him out. Not interested in history & in music. We have practicing daily in common. He is very pleasant, very interested but with no wish to talk about anything. I am feeling a good deal better. Norman still very vague about Rhodes matter. He repeated that he had sent Barry Anderson promise to meet in the Supp but did not know for some time he said. He had not had a letter from man as much

Much better after the mild diarrhoea & bile irritation continues.

5/11/64
Sunday.

up at 4.45. Incessant + walk to top reservoir with dog, return to enjoy sunrise. Back for tea on lawn at 5.45. Sky had cleared. Rain gauge showed 90 points of rain last night. Out for walk again going to clear pine needle terrace near Miller of Stein shed I placed along boundary fence + long fence up pine needles on West side + filled them gaps on my side also. Collected all fallen pine cones in heap. Back to house about 8.15. Norman just up, so we had breakfast together. Mostly fruit (Mangoes + peaches) + porridge. Suggested taking Norman for weekly ton of whole farm showing land (my, but developed (Had told him yesterday of Terry + how we were really farming now) - He did not seem very keen + then admitted he had really come over to see Sally who had stayed in Pt + not gone to Warburton. He had been + really agreed I take him back to her after breakfast. So about 9.30. Norman dog + I sat off + I dropped him at Sally's address in Murrumbidgee about 10 am. Packed contents on my home to collect my black overcoat forgotten there last night. Traveled up Cellian St to check scene of my Van Neeruburg oil plants but being changed by Flat building etc + unrecognizable. Packed up into petrol + bought today Eggs reported by Kellyn or my some. Arriving about 10.50 pm. Read two three newspapers of Fri + Sat. Then Kellyn came with fruit two Eggs of my new fowls. Thought off eggs must have been two boiled for lunch! Dried out various letters of Muri + Muri in + started Muri. Lillian. lay down after lunch + dozed off till Kellyn brought tea about 4.30 pm. Old job in garden + around the house. ~~Wanted~~ Went on with Muri letter in evening about 6 pm. but in meantime had very soft krafs again and pills started to irritate again. Incessant + to bed about 11 am. But pills irritation prevented sleep. Put in suturing + antibiotics salves but latter seemed to irritate even more. Worked it off and found that keeping victim checks as open as possible (contrary to former pressing rule) gave greater ease. Did not sleep till late. This was worse pile irritation experience so far. Had given up honey + shredded cabbage + grain fodder. Started feeling that fatigue feeling in legs + body again.

Norman
departs

NEW
fowl
2
eggs

PILES
worse.
Felture

6/11/64
Monday.

up at 4.45. Incessant + out to top reservoir with dog for sunrise which was 5.25. Back to house at 5.45 for tea on lawn then down to lower land chasing out a native tree-shrew taking short cuts up. Saw Terry on land about 6.30 pm with shovel. Piled up ground well wet by Saturday night rain to at least shovel depth. He thought it dead next for down + dining. Back to house to speak to Dick + Robert about work (in West garden) by 7 pm. Bobbie + Betty and breakfast by 8.30 am. Had sugar (2 teaspoons) or oatmeal porridge again. 1/2 Spoonful. Bismarck + Nutra + drink tea. Took medicine as usual + wrote thin diary + went on with Murrumbidgee letters. Rany Handp Allen at 10.30. He would have described plough + God boy on my land at 8 am tomorrow with enough Kaffir bean seed for Terry to sow before plough.

Piles not
irritating
this morning

Tel:
Complaint

I had to put very serious complaint to Head Supervisor of Post Office Exchange for tone service (1) delay in answering my (5 min) (11) not fully out play after pretty down phone so delay second call (unusually); allowing him to what NO because of mechanical malfunction when starts to give NO; it took 6 repetitions of request to speak to her to get me through to her. She asked my NO (85423) + got me through to March Allen.

I

After old job on farm + sticking to Terry, Dick, Robert to bring on letters + messages. Incessant + lunch at 2 pm. Visited Lillian at 3 pm + discussed details with Carpenter. Murrumbidgee not back from Horland farm but Lillian home to see effects of longlay old man v. Murrumbidgee. My of about. Did not see him by 2 native boys spoke of two burghans. Lashed on + down + saw Queens Bank portrait + Jim + Alastair Bernack. Patients of such other + low brief discussion about problem of my Alastair Bernack treatment - the particular background fatigue + worsening of piles etc. Home by 7.50 pm. Usual routine. To bed by about 11 am.

7. 11. 64
Thursday.

up 4.45. and up to Krasov in Linn. Puffed missing
It has rained a little in night + sun overcast. Back to Linn for
tea at 5.45. + sat again with dogs till about 7.00. Then
went and cut + packed plastic coverings in back garden. Down
to bottom lane by 7.40. Found H. Allen trees + plough + Terry
there ready to begin sowing Kifer beans + disc ploughing them in.
Terry had also ~~started~~ sown manure about the place. He asked
for help to barricade river + North boundary of ~~the~~ land with
sprinkled + cut trees (plum) also clearing land. + to clean round apple
trees. I would let him have Pitt + Thomas. Back at house by
8.15. (Terry later reported that Allan boy 'Gothroy' ploughed from
8.10. to 10.10 am precisely 2 hrs + he + Godfrey sowed beans. many
only about half those brought by Allen's boy.) Went on with
Minnie letter for rest of morning after breakfast etc.

Linn
land
Sown

A

To Almondhicki at 3pm for 3rd + last demonstration of skin injecting
before coming on myself. I did this one myself + Almondhicki sat back.
Should have expected by Terry at Leonardville Str + to office by 4pm.
May say he will buy skin about 4 hrs old Capt. damaged by tenants
+ then very young to see him. I'm still on strict rubber + uncertain.
Home by 6.30 for evening. I had had very little knots at office
again. and pills in vein in evening were more irritating than ever.
Now find that lumpy skin checks round arms same pain more than the
old processing up. Used Patch 4 Sulfuronyl. To bed by about 11 am.
(Forgot for first time to take second lb. (white + green) of pills just
before turning in).

PILES
worst

8. 11. 64
Wednesday.

Woke up at 4.15. but turned over + did not wake again till 5.45.
when Kalyon brought tea + removal. Felt depressed + fatigued
but overcame + took dogs down to lower land to see results of
ploughing + sowing + more depressed to see my 'strawberry' (at
bridge + dam) cut off by them. Back up via Dredt Terry House.
Greatly jammed + busy now Kalyon + Great Anna Terry. Kalyon's sister
husband Chika arrived (6.30 instead of 7.30) on promise yesterday
+ when I got back to home after chats with Dredt Terry at Oval ground
we had long talks about Tony's Bandy school. It was necessary for her
to go today for too late for postal application. Decided. (1) I would ring
Mother Superior + school (Convent of St Ennis at Kelliston other side JB) +
make some enquiry about when would take Kalyon, Joy, Chika (to show
worry) via JB to the school leaving 2pm sharp. At 10.15. I got
Chika to ring school so that I could speak to Mother Superior. After
a hell of a deal of difficulty + several tries we got finally through. M. Superior
out but Sister Carol of the (MS) had said Joy could stay today though school and
dresses in via then she could. Chika arranged one M.S. had agreed to call
Phoned Hospital to make appointment with Mrs Blom to discuss my diet. Any one such
leave till end of month. But we thought to check Division (Mrs Engel block) who
would discuss diet with me on Friday at 3pm.
Ring 98 + complained about terrible pain in my phone 85423. He
agreed + was very faint + would see it was attended to.

Blom
(Engelblock)
met

2pm. Kalyon, Joy, Chika the 3 dogs + I set off for Kelliston via JB
+ after some enquiry at Kelliston (John Anderson post office) + finally reached
at St Agnes Coloured Girls School + had interview with Mother Superior
and Sister Dorothy. It was a clear most superior looking place. My agreed
to keep Joy for two weeks till school opened. I paid over R 20.
In fact: paid certain uniform other things + they gave list of additional
clothes etc. I sent an Sister Dorothy word and receipt and address
of two Sisters Coloured parents who came there regularly and night help
to bring parcels + even Kalyon sometimes. Did not get back before about 4.30
and left about 5.15. Poked in at Margaret Farm on way back via
John Smith - William Rd for night to see 'Bonne'. Margaret, John Smith + Arnold the
Gle to office to pick up later about 6.45. and after Dr. My Chika on by road
road at 'dinner' set jump set home about 7.5. + Kalyon took
over from Margaret Terry who had partly cooked my dinner. Kalyon
Margaret + children, Godfrey, the dog, Vicky + Klantye drinks to Success
of Tony's Bandy school days in Linn. + I cleared my room with
usual treatment of canned apple juice + soda feeling pretty tired.
Kalyon seemed deeply pleased even over awed by damp event.
I'm sure she never affects such a superior school. To bed
about 11 am.

Joy taken
To School
at Kelliston
Home to the
School 1
60 miles

ETN TXT03U/029

9/1/64
Thursday

Up 5.30. good - time for tea or lunch at 5.45. after success.
 Walk with dogs + talk with longi till about 8.30 am. Then
 back to change. worked in shop till 12.40. Success.
 lunch. 1.10. + left for bus about 1.55. shopping at Wellbush
 Shop on way + to Synchro for removal + to Bellagio (now in
 Dunblain Home) for more of that record. Long talk to Edwards
 of Kelsoe about function of each of bells + sell of my perscription.
 Mostly all for getting acid out of blood + mine + clearing arteries.
 He said ~~acid~~ side effect could be loose stools + therefore increase
 of fiber + acid itself in breast bread or with Prob. H. though thought
 should get fiber injected as triggered by adrenaline in the course.
 He could not altogether account for background fatigue but thought I
 should eat adrenaline for time. Got to office about 3.30.
 and Martin Brock arrived just back from HMMA + called to
 lunch about his trip + in nearly 5 hrs before I had to go.
 Supper a few chapters left by Mrs Lewis + other things a party leave
 after about 7 pm. get home by 7.20 for evening.
 sleep at office about 6 pm + had in following. + file regularly
 after each stool + before sleep at night. This cured piles. irritation
 substantially. Wonderful dinner + garden post vegetables.

Rochdale
Edwards
Interview

10/1/64
Friday

Up at 4.30 + after success. took dogs up to reservoir for success.
 Then met Robert at his home + talk about new position in his Cai Shellen.
 Then took him to New Wharf of fence in Millat side all down to now.
 departed out on all transactions. After short dinner with Dick +
 visited + Anne + breakfast. Before this dined at + other at
 Wellbush at 8 pm + left next, arrived front at 12.15.
 Stealing needle + gave myself first semi injection at 12.15.
 (Stealing with long thin adjusted) Success about 12.20 - 12.35. lunch 12.45.
 long talk to Dick about matter for success. mouthable lido.
 left home about 2.11. got to bank at 3.15. long talk till 4 pm
 Decision (from Campbell) at 2.50. went to 3.15. long talk till 4 pm
 Must get out watermelon + straw + have fruit only in a week a day.
 Must check back Kelgo not using to much oil in early. Must get
 out all fresh Salmonds + tubulars. looked cold Vays like potatoes etc.
 Blain's diet had been for Constipation but today I had not suffer it
 volume in effort direction. She approved Substably. Pro-Natio for Bony
 + Small Paw Paw, covered face, many, ~~found~~ ~~transmission~~ had found.
 showed her my written description of daily meals. She showed approval
 of dinner. to Office by about 4.15. + left again for home about
 7.15 pm.

(S)

Dietition
Interview

11/1/64
Saturday

Kelgo woke me with tea at 5.45. after usual routine walk
 with dogs till 6.45. then went in to office to look for Prob: H for
 piles removed. could not find. At market at 7.15. longi callous and
 Condition Seaborn's asked for by Terry. + some fruit (bananas + plums +
 oranges) at Jannanace. till at half-past 8.15. called to 'all right' cleaned
 to by Prob: H but only open at 8.30. Stilled crowd for 15 mins. At
 Wellbush Quality at 8.10 to pick up Filled best ordered yesterday + home
 for breakfast about 8.20. lunch over Seaborn's + Terry. also was
 long with Peter in London. After worked with Dick on mouth
 for mouthable cases. Went up to M&M Jones + found Robert + Thomas with
 not found by 12 pm. but said they must stay till finished + dinner
 very restricted. lunch about 1.30 - 2.30. Robert came to long
 James complete at 3 pm + I find him 3/6 + 3/6 for Thomas.
 long down in Ransford + had till Kelgo bought tea at 4.30 pm.
 Wrote a moly 3' Spain wood parts for Dick's mouthable case + later 1/2
 change' info. Sorted out accounts. I have bought time to pay -
 lot of trouble with Prob: H at moment with bit on heat nearby.
 To removed early. No cannot apple drink in Englishish when but not
 Prob H Ruby at long. Still background fatigue feeling.

Piles
Fatigue

12/1/64
Sunday

Up at 4.20. in usual success etc. Jan on lawn 5.45. Walk with
 dogs. Puffet started to his bath. Went with Vicky to get hair. Some
 hair looking in room + kept him in. Work. Washed classroom and oval mat
 brush part at 8.30. + then wrote the diary + on with work done for Mrs.
 Anne + printed parts of mouthable for Dick's mouthable course.
 Cut out watermelon. Had coffee (beverage + potatoes) and 1/2 liter
 of fruit for lunch. New meaty Prob: H. Seaborn's office every stool + before bed
 at night. One Small hand
 Observed usual mouthable

Pile
Dietition
Interview