



14.7.64  
Wednesday

No Knaps

Weds. 6.40. Long till 7.15. Breakfast about 8.15. In to  
Lime clock on ferry on back of express & then time down city till  
11 am !! out ferry to V.A. at 11.15. Lunch - took Mungo de Motor to  
Jamaica. Afternoon with all A/C's in the kitchen & V.A. & B. & C.  
Chickens have been debated with me about but I have not  
all concerned with me by A/C's !! Dinner and dinner on way  
with Veronique B. Mrs B very weak & tired & went to bed before  
we had dinner. Mrs Racina (A. M. Racina) called after dinner  
I left about 10.30. by road time night nurse in & I said goodbye  
to Mrs B all wrapped up in bed.

15.7.64  
Wednesday

Good Knaps

HW 6.40. Long till 7.15. Breakfast about 8.15. To  
V.A. & B. with a husband "Spoken for" laughing. No special views.  
In office all day. Afternoon with G. Mungo. Dinner and  
dinner with Harry & Andy Cyril. Given K. Williams then -  
Home by 10.15. Had nice good large Knaps about 1.30 pm.

16.7.64  
Monday

Small Knaps

HW. 6.45. Long till 7.30. Bath at 8. Breakfast about 9 am.  
Tary up from hospital to meet about forming ties (3/6 a time) &  
Wendie about close for all day garden meet with & leaving Robert.  
To office. Took Ron Glen to Elite for lunch. wrote message on  
afternoon - Dinner with Mary Parnet a way home. Dinner at  
home late - 8.45 !! To bed about 11 am.

17.7.64  
Friday

Good Knaps

HW. 6.45. Long till 7.30. Breakfast about 8.25. Very good  
Knaps a way out under tree! To V.A. & B. but not really of importance.  
In office all day on letters. Took Mrs & Helen & Inge to lunch  
to Elite (Christie) 2 G.M.S. Dillies Portage. Dinner & supper with  
John & June & Ben & Susan at the house & to table after to leave  
John & June with Parnet family in back Charles partying. &  
Cook to take home for tea & then dinner & found Tony home  
Dinner slowly playing some flute & clarinet. To bed about 12.30.

18.7.64  
Saturday

No Knaps

Phillipa Christ Party

V. D. Home Knaps

HW. 6.45. Long till 7.20. Sleep & breakfast about 8.30 -  
Office all morning. Lunch from Mrs V.A. & B. (in hospital)  
In office all afternoon. Home to have for dinner with  
Phillipa & Hans & others. The Carstairs, Nilsch & others there.  
Very crowded & noisy & Melillo's mother 'pushed me out' for some  
unknown reason or so (in my sitting room) did Phillipa. I  
don't quite know why. Much scandalizing of other people. It  
was not a very delightful dinner party & certainly did not  
resemble the Christ's I saw when Phillipa was  
Christ left just at 10.30 & I left after. The No. 6000  
remained on to see up the scandalizing too dull.

19.7.64  
Sunday

Good Knaps

HW 7.45. Long till 8.30 am. Rather miserable  
Hazy overcast cold day. Fines of 'Juvencius' Knaps  
from Dan & took it along to North side & attended court by there  
for Mrs B. money. It seemed to help. Back to lunch. Heavily  
eat out Progression in kind of brown leany and couple really of my  
had a sleep at. Quite good Knaps about 11.30 am -  
In to married by 6.15 pm for night to read 165.

20.7.64  
Monday

No Knaps

HW. 6.45. Long till 7.20. Bath at 8. Breakfast about 8.50 -  
Saw very funny in our garden & asked him to see Robert, Dick  
& Kelvin down at school garden & carrot were. In to town  
by 10.15. In office all day, long with V.A. & B. dinner  
Dinner & dinner with Mrs Claude (Claude in bed with headache)  
and the High beyond that H. to John (Claude on bed in American) then

21.7.64  
Tuesday

Pokays Avenue  
Decorations

Good Knaps

HW. 6.30. Long till 7.20. Breakfast about 8.25 pm.  
To V.A. & B. by night must please do not time up -  
To office for day. Took Margaret to lunch at Elite. Had from Mungo  
in Pokays Avenue of our own money (proposals to) dinner proposals Arcade St.  
Mungo part of above. He was as mayor (V.A. & B.) & Dr. Harty about it.  
Dinner & dinner with Mungo. Long slide of house for Parnet  
& see back & dinner slides (the best anyway). Had had  
good Knaps at 12.30 pm -

22.7.64  
Wednesday.

Krip

H.W. 6.30. Lay till 7.15. Breakfast about 8.45.  
In office all day. Evening at Social Account from  
(7 hr - 2.30 am) to read my cable paper. Simon  
achar, Heese Bahian, Michael Pearl, Ian Kellon Wickstead  
present. Two whiskey and very much Scotch. Perhaps '61' drinks  
got home drunk but staggered about terribly pretty to bed.

23.7.64  
Thursday.

Dunbar

No Krip

Krip has trouble on 5.30 as informant. I announced the board  
but fell off to sleep. See brief again at 6.30 into some trouble  
for stand. Inve not to find it was 6.50. Dined hurriedly at  
Heres place. Got into office at 7.15 and left 7.5 hr for  
Jen Smith during very fast & getting there 6.30 & into conference  
by 6.30. to find important with my ticket & announcement  
for an 8.30 plane. Narrow escape. In Dunbar by 9  
Ferman Balderoch there to meet us. Vinter called officers good  
found to see Marshall's club. Only seen every club. Then on to W  
where I announced about 10.30 (including end of club)  
then I visited Manager N.B. (Spears) who took me to lunch  
at Royal Hotel with Vinter. Then next Mrs H. H. H. H.  
at 8.30 office at 2 pm. & visited her club & discussed evidence  
forwarding of Manager's offer. He was seen Muller in JB's  
& would discuss what allowed for them after 2 am. C. H. H. H.  
sent & led me back & we had Co. 10.45 to a meeting at 9.30  
Caught 3.45 Airways bus from terminal & airport at 9.30  
back getting from Smith 5.45. & to office about 6.45. &  
home for dinner about 7.30.

24.7.64  
Friday.

Fairfax  
Krip

H.W. 6.30. Lay till 7.15. Bath & breakfast about 9 am.  
Visited V & B. got. about 10 am. In office all day.  
Fairfax good talk about 12.30. No lunch. Took Post Office  
Slack dinner at Elite (Crosby) & Plaza to see "The Cardinal" -  
6 hr - 11 am. Tea at Kamin & Home by about 11.30.

25.7.64  
Saturday.

Good  
Krip  
at 12 hr

H.W. 6.30. Lay till 7.30. Wrote the diary from Wednesday  
and breakfast about 8.45. In office all day.  
Took transport to Jamaica lunch. at Simon at 6.45. as  
arrange, but home looked went on to Michael Pearl at  
Blossomby - 8.45 am. Simon came later having forgotten  
arrangement. Dinner with Michael & wife & a full meal.  
& Simon read parts of his 'Imperial Circus' to us afterwards  
Francis Selous having lunch with the way into dinner. Home  
by about 12 hr.

26.7.64  
Sunday.

Up at 8 am. whole process about Joy who had gone  
to Veldspriet to Eliza's family & not returned & Krip  
in tears as ~~Father~~ Sektos substitute at 11 am to take her  
back to 4.30 school. Ratched her to Veldspriet but  
Joy not left by bus suddenly to look Selous to catch  
without any choice as to what had happened. Sektos found  
up at 11.45 & we discussed matter till 12 hr then I  
was decided to send Jo to school with his daughter and  
he must not work July & decide what to do. Joy turned  
up Sunday at 12 hr & by 12.45. Sektos off with her  
to school! lunch & wash. dinner 5.30 & new  
out feeling & hot days. lured at home T at 5 hr  
when feeling closed but not. Tea with Andy & Harry  
Coffee which developed into drinks till 7.30. then I  
left for home & dinner.

27.7.64  
Monday.

Paul Carter  
Dinner

H.W. 6.30. up at 7.15. Shower, bath & breakfast by  
9 am. In office all day. Joy back about 12.30. Total back  
from Krip & wife & back at Jamaica. Sektos Paul Carter dinner  
at Paul Carter house at 7 pm. & Krip on with Mrs. Carl B. H. H. H. H.  
at 12.30. Mc Donald's & cleaning & work made Paul lunch & my diary  
with them machine. To bed after 10 hr.

Thurs 29<sup>th</sup> July.

H.W. 7.30. Done 8 am. Breakfast about 8.45. Dropped 2 cases Reelham. Package at Tobie's house + of course 1 case date into Myrland. 'Candy' in policy group. Ward up to top Hall to front table of day in Bandy Research by sea of Bickham. Heavy skipped down stairs. Arrive at 12.30 to office + sleep + left at 5 pm for 4 pm (left by station of Reelham construction) at 4 pm + left at 5 pm. After again added more house stuff in at Dora Pent + approval 1 case of Reelham Package. Home by 7.30. Drink wine (A12. Nasty cabinet) + bed about 12 pm. Sat. Dora Rose went good on 1st night. Done. Bed about 12 pm.

No Knaps

29. 7. 64 Monday.

Knaps

H.W. 6.5. Lay till 7.15. Breakfast about 8.30. Home by 10 am. Had my hair. Took Mike + Savage AMB. to land at Jamaica. W.B.R.I. - many sessions was H.W. At home I saw pictures + notes from party. Unknown what I did not join. Drinks with May Parent a very long time. Done at home.

30. 7. 64 Monday

No Knaps

H.W. 6.45. Lay till 7.15. Sleep till breakfast 8.30. In office all day. No meetings. Talks. No lunch. Attention at City Hall for N.B.R.I. Conference. Saw Paul Cornell + Psychology at tea. Call at 4 pm to 4.15. Left office 6.30 pm + drinks + Andy + Harry in my house being SA Anti-Kelender H.W. with tea to remain of T.V. architects.

31/7/64 Friday.

Knaps

H.W. 6.44. Lay till 7.30. Breakfast about 8.15. + to office. In office all day. No lunch. Drinks with Sandra, Hoberman on way home. to drink. First Knaps about 12 pm.

1. 8. 64 Saturday

H.W. 6.45. Lay till 7.30. Breakfast about 8.30. Office all day. Done lunch at Jamaica + wine bottle with stickers. Office all afternoon on Tante's place. Drinks (very short) + dinner with wrist + glass. Bathing + the telling of his trip to Lamer. Home by 11 am.

2. 8. 64 Sunday.

Knaps

H.W. 7 pm. Lay till 10 am !!. Breakfast 11 am. Done + closed Pent around in my jacket to buy two packages + sang low very nice they found the Reelham Penstock lot. Seelbad boy (Dated Burkahn) arrived at same time. After C.D. left I took him to Brooklyn Police Station where constable Peltzer said he would get him to hospital by ambulance. (Saw Thaketa working in St. L. Seamus like mixed up in them). lunch. they into office with dog + afternoon on Tante's house Friday it was different to Reelham dimensions. Home by 7 pm. + in to evening. to bed about 11.30 pm.

3. 8. 64 Monday.

Some Knaps 5.50 pm

H.W. 6.45. Lay till 7.15. Done - Breakfast about 9 am. Done long for July 64. In office all day. lunch Elte with Anton de-Toul, Abraham. + Tobie. In office on Tante. Drinks with Mrs + Miss Patterson of Washed Cottage from Rank Done a very long. Bed 11 am.

4. 8. 64 Tuesday.

Tube - Some Dinner + Gifts Knaps

H.W. 6.45. Lay till 7.15. Breakfast 8.15. Office all day. Picks up Simon 6.30 + bring at Tobie's house + James testing Reelham Penstock lot, my Nickerly A. 12. 19 52 (?) and an old Chilton Knaps de-Pete - 4 Paul - + Done + presented my Bonaros Bag + stool to James + Mozart chess set to Tobie. Had some food Reelham Knaps at Tobie's about 11 pm. Wandering attempt.

5. 8. 64 Wednesday.

From Knaps 11 am

H.W. 6.45. Lay till 8 am? Breakfast about 9 am. In office all day. Mrs Morrison + tea with first about selling house because of driving license !! took them at 12 pm. Had her to meet presentation on that my her side at 1.30 + returned this. On Tante plans set day. Drinks + dinner with May Parent + Rita Culver (Colin ill + and not case) at Myrland Flat 6.30 - 12 pm. Bed by 12.30.

6. 8. 64 Thursday.

H.W. 6.45. Lay till 8 am !!. Bed in one breakfast about 9.15. Office all day. lunch Linell Bennett at Elte (Wichstead did not turn up). Office all afternoon. By about Halygin + H.W. with with Bepa Kline + Halygin monument. + Station in Reelham. Breakfast. Arrive + see home at his house at 8 pm. Bed dinner at home + did so. Bed by 10 pm. Bed about 10.30.

7. 8. 64 Friday.

H.W. 6.45. Lay till 7.30. Breakfast 8.15. V.B. by 9.15. Amusing Sale (Veldt) buying Sauschen (RT) and Oeder (R. 85). lunch James with Tobie. On that home. Drinks with Sandra + Harry on way home. No Knaps during day. Bed about 11 am. Bed dreams.

Saturday  
8/8/64

HW 6:30. lay till 7. Breakfast 8:15. Office till 10:30. Off.  
To Paris delapier Studio to meet Corrie to see Hallog statue and  
dinner. deal most of Hallog type. ~~then~~ then see Bob (mule)  
at 1:45 pm. (from 11 am) Beer & snack at Wilcox place at  
Meadow. Met Mrs Baynes' mother at Aldrian Home at 2:15 pm  
to discuss wheelchair space in hotel & all details & small items  
At hotel tree 3-50 km - on to Alvin-Pallen and party about 4:15.  
Office, shift, saw new student business, drinks down and  
left for home about 11:30 pm Sat - about 12:30 pm

Krap

Sunday  
9/8/64

H.W. ? - lay till 9 am - nb - breakfast 10 am  
with Vander Pary on bus leave site at Willow Glen at 11 am  
as arranged part for Univ. of Structure. lunch on cloth. Lay  
reading newspaper with dogs tea here. Went for drive along  
from Route Drive & back. Laid in at Bann area of my lamb  
wound for Mrs B. Bets in camp. V. income walked up near fire in  
blanket with flin. Presented 'Pet Today'. Home for drinks & dinner  
bed about 11 am.

No Krap

Monday  
10/8/64

HW. 6:30. lay till 7:15. Bets. Home, breakfast about 9 am  
mild warm day. Office all day. No lunch. Drinks with  
Hubert & Lucy before on way home.

Tuesday  
11/8/64

HW. 6:30. lay till 7:30. Breakfast at 8:15 am -  
In office all day on Tante drop. No lunch. Kraped  
twice morning and afternoon. Home to dinner by 7:15.

2 Krap

Wednesday  
12/8/64

HW. 6:30. lay till 8:50 am - Breakfast about 8:20.  
In office all day. Mr & Mrs Harding from Cape looked on - Margaret  
Fair looked in. I washed lamb date Shaini Bambi & had  
lamb alone & 3/4 bottle Penstare (lamb for head bryl). Felt very  
tired & full & did not enjoy drinks & dinner & fire at Andy  
Hony Copell as much as I might otherwise have done.  
Home by 10:30 & bed by 11 am.

Krap  
12 hr

Thursday  
13/8/64

H.W. 6:30. Very cold wind strong in night & increased.  
lay till 7:30. Bets at & breakfast about 9 am - small  
Office all morning but felt queer - Ray Shaini Bambi to cancel one  
lunch & come home at 12:30. and next to bed & sleep than  
without food. Only water & some hot black tea. Firing tongue &  
stomach stomach upset of worst kind. Very cold. Hair felt heavy warm

Small Krap

Friday  
14/8/64

HW. 6:30. Much I drink. Stomach bad till wind dropped  
& weather warm at 10 am. Hubert & in office by 11:15. In tea.  
In office all day on Tante M. No food. Plenty of water.  
Home by 7:30. Had spiced steak & garden carrots only at 8:30.  
Bed by 10:30. Head to back empty bottle on to head warm.  
Feeling but better but still bad tongue & queasy feeling.

No Krap

Saturday  
15/8/64

HW. 6:30. up about 6 pm - spiced steak only about 9 am  
Office air many and up to 2:30. Friday H. Abette Tante Day  
lunch at home (Julle only) about 3:15. Total lunch all  
afternoon until Roberts & Debi's home and wife's work all  
children playing in front & down to see the devotion among  
popular lines (from the past Christmas story) & on road home with dog  
on 5 km to the farm & home in roadwork. Felt very depressed.  
Very cold. Stayed in Roadwork study. Ray Andy Copell & Mary  
from firing times of party at. changed. Had table whiskey  
& drinks & felt better. Reminded Packed at A.H.H. Grill & Mary  
of at 7:11 & left to Jeanne for dinner 7:30 - 8:45  
on to Nat: started to see Self's hospital in The Mirror - Very good.  
Very cold. When everyone home & in bed by midnight.

No Krap

Depressed

Dinner  
Michele  
Paris

Sunday  
16/8/64

HW 7 pm. Stayed in bed today till 10 am before calling  
to work. Read in warmth in sleep all day from grille at 1:30  
and for sun on with dogs. 5 pm - 6:30. Felt very cold & depressed.  
Drinks, wash & spiced & veg dinner in kitchen at night finally the  
Beagle (Parker Smith) 20 km about 11 pm into 2 bedroom

No Krap



Sunday  
23.8.64

#W. 7. Lay till 8.30 ready. Breakfast about 9.15.  
Died on floor. Again that feeling of 'indifference'  
Non enthusiasm + faint chilly numbness in both arms  
wouldn't feel hand weak. Grelle lunch. Wrote letter  
to Murray. Inspected oval Grelle. Took dog to room  
put to V.A. long (not finished all on bottom floor)  
+ to kitchen just to fill with petrol. Took 2 analyses +  
sold down to double whiskey + radio + ready for some  
Grelle, Veg, junket dinner. Bed at about 10 am. Brief  
haze of smoke in air from kitchen fire even though a very  
small night when I know of cover + one blanket to put under.

Monday  
24.8.64

H.W. 6.40. Lay till 7.45. House bath + breakfast  
(Grelle about 9 am). Office by 10 in for day. write + write  
on W.A. Adams problem no lunch. V. small Kropf. Drinks water  
Andy + Henry on way home. Atombelli receptionist very  
late (as usual!) + with some  
at 4.15 says. Two more running. Another one did party me at  
again at 4.45.  
Wednesday or Friday. Found I had not on either of those days  
was a very nice thing on Friday of the end day as the hand was  
been dry for 3 weeks and the fingers seemed unrecognizable.  
It was not unusual in any other (atombelli etc) + now  
a definite date must be made to arrange and send to  
(from within the net). She would say me tomorrow after strictly  
to A. Home by 8.30 for Grelle + Veg and can put down  
bed by 10 am. (Overcast and dull outside)

!!!  
again.

Small Kropf

Tuesday  
25.8.64

H.W. 6.45. Lay till 8 am. Dull, overcast, windy outside  
but not much cold. Breakfast by about 8.45.  
Office by 10 am. Lunch with Simon at 1 pm (Chicken salad  
+ Linguine Rod) + interviews with Alexander G.M. A. Soutain  
(Maden + ne Manni?) with 'Zore' at Soutain bldg. My neck  
Soutain with formally + Bethel in bed + in study; with 2 analyses  
Soutain already stated before lunch + he stated; with 2 analyses  
considerable increased with the interview. Atombelli 5  
with Simon + G.M. at 4.30. Ray again 4.30 came 5.10.  
Got home 5.20 + was seen at 5.30 - 7 pm. Well satisfied  
with my physical condition + indicated that my mental  
condition is a physiological one due to changes in body  
chemistry which will probably settle down - I wanted  
me to combine with Basant + G.M. in my work  
Calculation + labor - even + to take 1 glass of good  
+ 1 glass of wine + 1 glass of juice each day. Okamura  
+ I think had a lengthy explanation about things -  
he seemed to have lost interest somewhat in my case +  
I wish in end to be involved in "allergy" question for nasal  
injection + one or two other things. On my part the  
question of G.P. on G.M. (A) was so different to 100% in my  
being. I am very much pleased. I will think about this  
Ray, Simon + G.M. too late base has now. We arranged  
Friday at 6 pm. Home by 7.45. Next day much worse  
Took two more analyses + 1 Vitamin C + 1/2 bottle whiskey + had  
small Grelle, Veg, junket dinner + to bed about 10 pm

A  
at last!!!

No Kropf

Bad neck pain

Soutain Interview

Wednesday  
26.8.64

H.W. 6.55. Lay till till 8 am. Breakfast about 8.45.  
Office till 12.30. When I left for Mary in Lane. Parked  
JB Art Gallery. Walked to 'Soutain', 107, Whitman (class)  
Aston Park and Indian Exhibition, to see 'Pursue' + other  
exhibits. (Found the 'Hank' 'Van' 'Woods' 'Compa' pictures on Sally  
day May!!!! Asked A.F. Jolly to arrange till 12.30 + 1/2  
5.30 - 6 pm to Murray + Murray for drinks + dinner + discussion  
Stephen Atombelli at Bedford road for drinks + dinner + discussion  
about W.A. Adams work. Left home at 11.30. Home  
at 12.30 + to bed. - My "back of hand" pain went on all  
day on V.B. + Milk + Atombelli. Much better + bedded up









Sunday  
13.9.64

Very little sun & wind. Down + H. water. nice! Prep. H. To  
shrink piles. Did not feel so good. Read in seat all day.  
Performed a variety of Juntas before lunch. in new Braun juice  
'and drank quite a lot to taste. Normal Veg: lunch at 1.30.  
Rode on street after but got more & more of eye-headache and  
stiff neck. Est 1 digestive + 2 new brands of bottles in mouth.  
Took dogs for run in Cei Str - 6.15 - after juice drink.  
In remainder for rest of evening but felt so lousy (that desolate  
feels again) that I could not read + did not do what part of  
radio I could. Front juice (apple, carrot) + do best about 10.15  
day so exercises. Slept better than other nights???

Monday  
14.9.64

Fell less trouble in ankle cramps + firm numbness and  
sorely slept better. Exercises + up by 7.20. and  
shave + bath + wrote thin diary feely amounts at 8.30.  
Made fruit juice for day (3 lemons) apple, pineapple + carrot.  
To V.d.B. Yr. looked in on Peter Murray (was at home  
long time up at 10.30) to Marianne to see clear eyes.  
To office by 10.30. Home to lunch (Vego) + back  
to office till 6.30. Home to fruit (2 apple + avocado)  
and normal Veg dinner at 8.30. Feels good deal better.  
Even arms, hands + ankles less numb. Warmish weather.  
Exercises + to bed about 11.30. Slept well.

Overcast  
No knots

Tuesday  
15.9.64

Overcast-ish + light drizzle about 6 am. Up  
by 7.15. Small softish knots. Lemon + H.W. Shave hair  
for animals. Made juice for day (apple, p + apple, carrot)  
3 glasses. Drinky one glass plus one 5 oz. fruit juice.  
2nd much larger softish knots at 8.45. Overcast  
+ cool. In Hair by 10.30. Home to lunch by  
1.45. to 2.45. Laid off office - 7.10 pm Home 7.30.  
Eat apples + avocados + drink 3 glasses juice twice this morning.  
Veg dinner 8.30 + apple juice. Read. Juice 11 pm. (Tuesday)  
To bed about 11.30. Felt quite good body - violent  
electrical storm + light rain all evening + rain all night.

2 Good Knots

Overcast  
St: Storm;  
Rain

Wednesday  
16.9.64

Overcast. Exercises + up by 7.30. h. Fast  
animals + just after 8 am. Made juice for day  
and had glass for breakfast. Bought fruit + Veg at  
market. Home by 10 am. Home for Veg lunch  
1.30 - 2.45. Home all afternoon - 2 thin drains:  
but quite good knots during day at Home. Home by  
7.15 pm for evening. Veg dinner + fruit (avocados + 2  
apples + pineapple juice at 7.45. Veg dinner 8.30.  
Mixed juice + Celery juice at 11 pm - Exercises + bed  
after. Flatulence fairly worse over last  
week or so - but Main feely (body) much better  
except for constant threatening Piles kept at bay by Post +  
went very cold again during windy night.

2 Knots

Flatulence  
(Force ill. Kalyon Stang)

Thursday  
17.9.64

Cold wind but sunny. Up at 7.15. (no exercises)  
bottle etc + fed animals + made juice for day  
at 8.15. Off to meet V.D.B. at his house by 9 am  
to office 11 am. Left 1.15 pm Home Veg lunch 1.45 - 2.45.  
To party by three o'clock. in N.D. brown furniture. Home after  
left office 6.35. Home by 6.55. for evening. Fruit + Juice:  
Veg dinner at 8.45 - 9.30. (Dinner for sweets instead of apples)  
Exercises + bed by 11 pm. Head power had been on  
Pills somewhat improved texture of 3 knots.

Head power

Good Knots in  
After at 12 pm

Two small Flatulent  
Knots during night  
2.30 am + 6 am

Flatulence

Friday  
18.9.64

Clear, warm day. Up 7.15. Lemon + H.W. Exercises. Fed animals  
8.15. Made day juice. Dinner 10.30. (no exercises) + bed  
for hours after. Home 10 am. Home 1.50 pm. Home at 7.30  
bedtime. Long time at which George Warming (Kalyon Stang) +  
Marianne at 6.30. Left to Home 8.30. Home 11.30. Home at 7.30. Veg  
dinner 8.30. Exercises. Bed about 11 pm. Slept well.

Small knots - 6 hrs

Weak power Gutters  
(2 drains)  
+ so desiccated Flatulence

Kalyon Stang  
(18.9.64)

Saturday  
19. 9. 64.

Small Krap  
at office

Clear, warm day. Exercise 6.30. HW. 7.10. Laminar flow + food  
announcements about 8.10 am. made Daily Juice. 1.5 to 2.5. 1.5  
Office by 10.30. left office 12.30 for Home + Veg lunch + left 6.15  
(with 2 dogs) at 2 pm arriving University 3.15. In t. saw fund 5000  
Rembrandt (Robert) feeling kind + met Hange Woodbury there. Read  
1/2 afternoon study + meeting at bank of W. Admin. Sats.  
left for home about 6.15 pm felt in about 7.30 pm. Usual  
Tea + fruit, Veg dinner, late Juice, Exercise, bed about 12 pm  
2 drinks at office for next day.

Sunday  
20. 9. 64

Large Krap

Clear warm day. Exercise 7.15. HW + Lamin + rt about 7.40:  
juicy annals (mild days) Juice, at home all day. Writing  
to Maxine + Vanessa for usual house. Good veg krap early  
in morning (about 6.30 am) Usual Veg lunch. Veg Juice + fruit  
Veg dinner, late Juice, Exercise + bed about 11.30 pm  
2 Drinks for next day.

Monday  
21. 9. 64

Wonderful  
Krap

Flotulone  
remains

Clear warm day. Exercise 6.45. Honey + HW at 7 pm. Bath  
+ food annals + mild days Juice 8.30 - 9 am. Read  
papers + Veg dinner with Robt Gray instructions. Left for  
office about 10 am via Dore Road re New way + Donald  
My thumb had been dry + tongue very acrid last few days  
Stiff neck + back pain + earl lemon to be of this course. Vitamin  
Dura + Glucose Plant at 10.30! on way in to office re lunch +  
Rembrandt + had tea with them morning office 11 am. Wrote out by  
"relaxing". Krap about 12 pm fairly light + cleared after. Home + Veg  
lunch 1.30 - 2.45. left office for home again at 6.10 pm for  
Dinner for deal in Gard, Red Barn etc + exchange of fruit + Veg diet  
experience. Home by 7.45 pm. 8-8.30. fruit (Banana + apple) +  
Juice. 8.40 - 9.15. Veg dinner. 11 pm Veg + fruit Juice (Cucumber,  
Celery + parsley and apple + carrot). Exercise + bed. Juice later + tongue  
left had been numb and (libation) all day much aggravated by the fresh  
Banana slices eaten at 8 pm. Slept well! much warmer at night than

Tuesday  
22. 9. 64

Acid tongue clears

Good Krap

Clear warm day - Exercise 7.40 pm - Honey + HW. same + food  
annals + mild days Juice about 8.10 am. Tongue + mouth  
then very much cleared of acidity + coatings during night. Feeling  
fine. Replanted tongueless with other etc. left to home via Dore  
re plan for Home etc. + market for celery, cucumber, aubergine (ginger by  
mistake!!) etc. Office by 10.30. Good veg krap 1.30 + home for lunch  
1.30. Bought 15 boxes carrots for juice to consume + some for cooking  
left for home 6.30. usual fruit (pineapple + apple) + Juice (lemon + apple)  
at 7-8 pm. Veg dinner 8.30 - 9.15. Read. Juice (lemon + bed) +  
+ cucumber + apple + carrot about 11 pm. Exercise + bed. Got  
weather about 6 pm + took two Drinks. Maxine fairly very  
good + considerably better. Arms + legs fairly so much improved  
+ that my numbness during less + less. Flotulone continues +

Wednesday  
23. 9. 64.

Good Krap

Earl  
Neck pain.

Clear warm day. Exercise 6.45. up 7 pm. show etc (Honey  
+ HW). + food annals + mild days Juice. 7.45. i.  
- 8.45. Maxine with Robt + Dore. Good veg Softish Krap  
at 9.15. Feels fine. In office all morning. Bands to lunch  
1.30 - 2.45. other kindly re seeds of Lion's Mane. (No aubergine)  
Office all afternoon leaving 7 pm for home. Usual fruit  
+ Juice 7.30 - 8. Veg dinner - 8.30 - 9.15. Juice  
at 11 pm - Exercise + bed. Slept. eye had ache from reading.

Thursday  
24. 9. 64.

Good Krap  
Earl

Neck pain

Clear warmer day - Exercise 6.45. up 7 pm. show etc (Honey  
+ food annals + mild days Juice. 8.15. Good veg Softish  
Krap at 7.15 am. Right headache in back of head on way out  
doffered after krap. Office all morning. Home to veg. lunch  
1.30 - 2 pm with Seed Exchange to go + all fresh parsnip  
+ peas + Jerusalem artichokes. Fruit (lemon, DC instead of just for  
fruit. fresh pineapple (Socoh) at Santa Bay. left office at 6.30  
for home. Head of head + neck pain had developed to both  
3 Drinks during afternoon. Started directly water from floor  
Jug. usual fruit (Aubergine + apple) + Juice at 7.30 - 8 pm. + Veg  
dinner 8.30. Juice 11 pm Exercise + bed by 12 pm.  
Next hour returned - Flotulone continued.





7. 10. 64

Wednesday  
Bark strain

Head strained my back yesterday mudding left heavy bones of Vags + allies, out of car + had to find an 'stermopac' band to 'warm it out'.  
Woke 6 am. Had good restful night without contacts or 'heart beat' in ears. Back still sore. Wk at 7.15. No success. Hung + HW.  
Feeds animals + making juice by 7.50 am. Good large soft Kref at 9.5 am. Beautiful warm sunny day. Head felt fine.

Good large Kref at 9.5 am

Head from strain in evening  
2 analgesic

Home to veg: lunch in normal 1.30 - 2.45. Became more and more in late afternoon with fresh breeze. Head started again + took 2 analgesic before fruit + juice at 6.20. Then Veg + dinner + off to Tobie by 7.45. Chamber concert at Musicon (Vienna Quartet) for which we picked up Robert + Barbara Schmitt. Excellent concert - Juice before bed. No success.

Flatulence continues

8. 10. 64

Thursday

Good Kref

Flatulence gone on

Up at 7.10 am. HW + Hung. Shame Boris (no success) and feed animals + making juice by 8.10 am. Good sized softish Kref. 9.30 am. Left untested. Curious from de Buisson Pierre son and vdBog. tells detail at Brinn with excellent letter. Home to Veg lunch 1.30 - 2.45. Veggies + Wk juice at 7.30 - 8. Fruit + juice at 10. Juice + bed. Veg: dinner 8.30 - 9.15 pm. Pain Paw at 10. Neck had not played up today about 11 pm. No success.

9. 10. 64

Friday

Good Kref

First Reclaimed lunch since August. - vdBog. Anal: W. Howell

Flatulence continues

Head from 2 analgesic

Up. 7.10 am. HW + Hung. Juice + feed animals + making juice at 7.20. Clear warm day. Fall at 7.20. Large soft Kref at 9 am. Clear warm day. Fall family headache in evening but ok from sore throat. To vdBog get some Munderbrot + delicious new set drops. Stimula had played fine C. Tim for me Grace highly skilled (William Howell) young though to lunch at 1.45. Fred Howell at Culcuting from Arriving bus + took lunch to lunch at 1.45. - 2.45 or so (Shed Coast). Syle Colbert + Cammed pain + cream and 1/2 of best of Purolog (Dellain) feed juice the horse. Shaved him. Nickeland Bark Polle 6.1. The Winkler's car. lunch at 1.45. in Pilley areade at 7.20 to catch bus 6 am. Phone to Kano. Bark + Hung till 6.20. Home to normal fruit + juice. 7-8. + Veg dinner 8.30 - 9.15. Juice (Candy) + Celery + apple + parsley on normal at 11. + bed. (A bit of a bad phase from started + I killed it with 2 analgesic at 8.20 pm)

10. 10. 64

Saturday

Goodish Kref 11.15

Even Dinner

First working lunch, fish, chicken + bread

Up at 7.20. HW + Hung. Back + head pain slightly persistent. Feeds animals and making large juice at 8.30 am. Family good family well found Kref at office at 11.15 am. Home by 1 pm to dinner + line in Ard Garden (ham to plainly note). Andy + Mary Lopez miles about 6 pm. with small (Hung) busy friend. First visit in about 5 years!! Off to Eva Remet for dinner with Margaret + vdBog + making to my birthday. Margaret says (beautiful!!) before dinner. I eat and drink very well - well!!! Bark home by 11.15 pm + to bed. Slight struggle. Slept on dark sleep into my Cocks. but with no bad effect. Slept well.

11. 10. 64

Sunday

Kref 12.30 pm  
Kref 3.30 pm  
Kref 11. pm

Plus Startige 2 analgesic

Back pain worse at 11 pm

Up by 9 am. Hung + HW. No success. Feels a little disabled but not bad. Old veg slight pain in back. Don't start turned up at 7.20. main body head of breast, yellow blinn + flowers + adorned in Chamber large headed woman for lunch + movement at moment. cannot find other (she was 74 and was under somewhat). Home from sea van Wijk (Hug) home + was really severely. Making juice + feed animals at 10 am. Dinner Hebble. Cant out at 11 am - 11.15 pm. hung water for Sarnely Organ on 1st Nov. What ten and second talk in 1964. Moderate, self-proposed gassy Kref at 12.20 pm. Normal but veg lunch (Celery, Carrot + pumpkin from garden, baked sweet potatoes) plus beefy 1/2 Mrs Pearl's jamme jelly + orange - not to try taste and from to Katryn + Martha. Nurse - Guage boards for plainly line, found out deadness from Bourgonville under granada one at of outside grass tree. Normal fruit (Zalton + 1 large avocado pear) + juice (Candy) at 6.30 - 7.30. HW + Hung. (Candy, pumpkin + potatoes in skins) + juice at 8.30 - 9.15. Pain Paw at 2.45. Care soft Kref at 11 pm. Veg juice + bed 11.30.





Sch., 17. 10. 64

82

Fairly busy  
Kraft. 5 pm

Part 2 already  
\* Wine

Plan 2 eggs a week.

Part H. Pils.  
Fleetsman for an

Overcast Sky. Most work done and left up at 8:15. Honey & HW. -  
usual 'monsoon' + fruit (avocado). Shared Robert's use of planting  
boards in garden + only got to office at 10:45. Feels  
somewhat better of anything after dinner break 'at Jamaica last night  
Home by 1:45. In usual Veg lunch - Greens, tea + biscuits 4:30 pm  
Nothing plenty in garden. Part + brandy at 7 pm - with friends.  
and also 1/2 bottle Nelsky Cabernet. Normal Veg dinner. milk  
2 baked eggs on toast at 8:45. - 9:30 pm. Bot of a book  
to take 2 Dupuis at 11:30 pm - and to bed. - 1. ~~Butt~~ for pills

Sunday  
18. 10. 64

Defensed  
Overcast & Drizzle

Good large left  
Kraft at 12:30  
Bul  
Take warm Section

Part of Monday  
+ Monday evening

Second Kraft  
11:45

Monday  
19. 10. 64

Overcast, Cold day. Very rainy till 9:30. Honey & HW. A Feels unusual and  
muddy juice at 9:50. No early tea good. Read on sleep from but but.  
It was too cold and continuous drizzle started. Went to room after  
Kraft had finished + put on SE: fire + all lights + read till lunch.  
in room of usual Central Veg: - Stayed in ready till back tea + biscuits  
at 4:30. Then took large jar rain in drizzle - in car to V & Bery  
Jkt (near West lake area) and to office + fresh salads 'glair' and  
Went home by bus, to feed dog + get apple + avocados for myself and  
to room + took them (with it for an again) till Htl Veg dinner at 8:30 - 9:15  
Felt somewhat in timing and depressed so had small Part 2 Brand  
(white part + Couronne!) and a whisky vodka but I did not take me up much  
(Had had good large Kraft at 12:30 pm and found ~~take home~~ section in it!)  
Next juice started at 11:30. Took two Anallergon - another molecule  
Kraft at 11:45. but no further caffeine. Read in bed till about 1:20 am

No 8 Kraft  
a lunch

No 8 Kraft

Juni returned  
but incomplete

Tuesday  
20. 10. 64

Good Kraft  
at 12 pm

Part left definition  
made me depressed.

Overcast + varying. Wk. 7:15. Honey & HW. Shows better. Feels unusual  
by 8:45. No fruit a juice. only two extra plants to put water + touch  
up. Office all day. No time to lunch. 4 glass warm water and  
'Fortis juice' + vitamin tea. After usual planning brain juice  
returned to my office by order of 'Nelsky Section': after 5 pm. Came  
home at 6:30 to bed. (a) juice spent missing (b) small dent in  
new stainless steel juice bucket. (c) bucket also returned and appeared  
to be quite alright. bucket house to take in Dupuis after lunch !!!  
Went after + avocados at 7-8 pm. + Htl Veg dinner at 8:30 only  
with fresh mushrooms out of garden.

Wednesday  
21. 10. 64

Good Kraft

2 analysis

Jamaica lunch  
Jean Maybough

Thursday  
22. 10. 64

Good Kraft

2 analysis  
Jamaica lunch  
with Simon de M

Overcast + cold. Wk. 7:15. Honey & HW. Feels unusual about 8:50. Nothing  
improb. but 3 show Honey & HW. ~~to~~ to V&B. Not by effort with destination +  
one further as it had in. Discussion also into kitchen + maintenance. Took  
Juni home to 11 pm. Kasper stayed me was one but by out my own  
they also cut away trace of fatty acid. I decided not to be out my own  
from but. Kasper found me after drink + weather cleared up. (Good large Kraft  
lunch (Htl Veg:) at 1:45 - 2:45) + weather cleared up. (Good large Kraft  
at about 12 pm but felt good ~~from~~ discomfort, like before after and  
- at very depressed). In office all afternoon in Wts Admin. kitchen. Section  
worked in at Andy + Henry April at 6:40. mostly to Summit Council on Friday +  
had 1 whisky + vodka, home by 7:20. + had usual apple + avocados at 7:45.  
to 8:30. and Htl Veg dinner at 8:40 pm - and penicillin at 9:45. -  
to bed about 11:30. (Had taken 2 mallein at 3:45 pm for depression).

Clear day. Wk. 7:15. Honey & HW. Feels unusual + muddy juices  
again (after more than week) at 8 am. Took Jean Maybough + friend  
to lunch at Jamaica (Fairlye Binger in firm) Eat myself - had Anallergon  
+ Gulle Sleak, chub, brussels sprouts etc. + Carrot cream and Sherry 1/2  
bottle Nelsky Cabernet with Juni (Fairlye too 'a bit' Nelsky with the fish)  
(She had good Kraft at office at 12 pm (mostly of literature section) + took 2 analysis  
in ambulance + lunch effects). In office on Wts Admin till 7 pm  
Went home to usual avocados (ban + apple at 7:30 - 8:30 + Htl Veg dinner.  
+ carrot juice in jug + bed at 11:30. Not overcast + chilly again.

Overcast + cold. Wk. at 7:15. Honey & HW. Both show + heady animals  
+ muddy juices at 8:30 am. Office all day on Wts Admin. Old  
Took Simon de M to lunch at Jamaica (Fish). Had Anallergon + lemon  
Sole Corbin + chub. (b) Sherry + chub + Sherry bottle Nelsky Cabernet.  
(Had had good large Kraft at office about 11:30 am. Took 2 analysis at 12 pm  
left office about 7 pm. In home by evening. Anallergon after at 7:45 - 8:45.  
Mud Veg: dinner + husband at 8:30 - 9:30. Good juice at 10:30. +  
to bed.