

23.10.64
Friday.

83.

Cold & raining during night & east wind blew sun came out threatening about 7 am. My neck pain developed unmercifully up at 7.10 pm. Hung off. Saw doctor & feels much & only better at 7.45 am. In office all day after work (VdB) got very briefly on. Then caught short. (mild attack not like my habitual). Took Tobie to (somehow took collet + 1/2 lb. Vaseline). Left twice 5.45. Greta Shirley & Coop. The Andy & Harry to dinner at Jarmois & then to "Sarcord" (SABC orchestra) Concert at City Hall. which started 8.15. and finished about 10.15. Sang out vigorously as fast as ever. See great improvement. Straight home & went about 11 am today 2 more pillows & Vaseline. Head had troubled body all day. 2 pillows (plus 1 Vaseline) taken at 10 am and another 2 + pillows at 5.30 pm. Head Fair fixed soft keep on going to office at 9.45 am. another minute one about 11.30 pm.

24.10.64

Saturday

[No Krap]

Family
2 Vt C
Huskham ill day
Tree blew down
unremovable
in blue sky.

25.10.64

Sunday.

TAPeworm Pills

removable tree
& housework.

[No Krap:
scratches but two
small early morning ones]

In office all day.

26.10.64

Monday.

TAPeworm (18)
removal with
Krap at 8.45 am

Feels better

27.10.64

Tuesday.

[Good Krap]

no more tapeworms

No head pain

Felt very much better

Clear cool sunny morning. Up. 7.10 am. Hung off, mainly from & feel around up to 8.45. Head still but still threatening from back pain. To office by 7.30. To market at 1.15. to get beans & cucumber. Home by 1.45. Veg lunch at 1.45 - 2.45. Good office at 3 pm - 6.30. Taking dogs in and working on Wts Admin. Proj - day. Head giving trouble all day. 2 shuffles + 1 Vt.C. at 1 pm and again at 6 pm. Home by 7 pm. Home around four or after 7.30 - 8.15 and Hot veg dinner at 8 pm - 9.15. Mouth at 7.45. Chest pains at 10.30. In bed: nice old hawthorn tree (wattle) Wall of hawthorn blew down in Whirlwind at 8.20 pm

Woke up at 4.30 am feeling better & had a small half legged krap (after missing pajama pants with wet feet) & felt better. Only up about 7.30. No more today. Another small but weird form of krap at 8 am. Head pains disappeared. Took the same Tapeworm pills (Yonason) at 8.30. Off to office with dogs & worked in Wts Admin. proj. from 10 - 1.30 pm & come home for hot veg lunch. 1.45. Long drive for seesta from 2.30 - 3 pm & off to office with dogs again. Head no head pains all morning except of concentrated board work. Fall no ill effects whatever from 4 pills except felt a little worse than all day. Clear sunny cloud day. Back home by 6.30 pm & had usual avocados + apples 7-8 and hot veg dinner 8.30 - 9.30 pm. Showered and cleaned 5 radius. Head pains lessened but not so bad - No krap developed today at all. To bed about 11.30. It rained weakly at 11 with thunder & lightening all evening.

Neck had been "stiff" all night. Got up largely at 7.30. Bath. Wrote the diary up to 8.45. Ken Price speed arrived before 2nd call. Don't know if krap demanded to be separated into rounds that I gave him to tapeworm late last night & morning at over 8.00. Burned it in hot afternoon. was still there. Did not get off till the 11.30 pm. Home to round hot veg: lunch - 1.45 - 2.45. Had time to clean up at home as a recovery (in round a glass of wine) than a very slow and though I felt bodily much better & clearer!!! Home by 7.30 pm for evening. Usual avocados + apples. + hot veg dinner at 8.30 - 9.15. Chest pains at 11 pm and bad.

Overcast & rainy & slept in till 7.45. Up & feels much & only minor at 8.15 am. Good coffee well formed krap about 9.15 (No sign of any trace of Tapeworm) To office in rain about 10. Home to round hot veg lunch 1.45 - 2.45. Worked 15 mins. Between in round feels tired, from which relieved slightly. 15 mins. Between in round feels tired, from which relieved slightly. 15 mins. Between in round feels tired, from which relieved slightly. 15 mins. Between in round feels tired, from which relieved slightly. Afternoon (as morning) on Wts Admin. Proj. Home by 7.30 pm. Usual avocados + apples at 8.45 - 9.15. Hot veg dinner + own numbering at 8.45 - 9.15. Feeling very much better all round. No head trouble today except of hawthorn dog: board work and cold, overcast, weather. To bed about 11 pm -

1. 11. 64.

Sunday.

Small well
formed graph
only at 5 pm

Flebilene &
Vegie Showman
Joint Party
Contest.

Clean cool day. Very lagg. Only got up at 8:45 - and feed animals + make juice up to 10:45. Contibuted dog + small Sassafras tree Veg: dinner at 1:15 - 1:45 p.m. Then long silence. Sassafras tree reading in rainained. Dennis Hartel visited about 8pm to discuss Sassafras show on Monday. I went to Longfellow at 5:30 p.m. to pick up. Wove bannisters around by Helen Reeb of what was I had ordered - but project + gave him \$25.00 for it going on he drinks with Dennis + Claude Part - later much better after Aconite treatment. Book home to usual awards + after 7:30 - 8:30 - Hot Veg dinner + mulberries + Carrot juice at bathtime at 11:15.

2. 11. 64

Monday.

Fair, formed Krap
Fair, 7:20 am
Fair - Soft Krap
12:30 pm

Feeling "down"
2 amulets + VTC

Flebilene and
"fairness" Contest

Cloudy but dry day. Up at 7 am. Medium Krap at 7:20 a.m. before bath. Made juice + feed animals at 8:25 a.m. Off to Office 9:45. Farrowed Soft Krap at 12:30. Home for hot veg lunch 1:45 - 2:45. On Sassafras opening talk left office at 7:30 p.m. for home. Usual awards + apples 8 pm - 8:45. Hot Veg: dinner at 8:45. finishing with own mulberries. Carrot juice at 11 pm. (Had felt very down during morning. Took 2 amulets + 1 VTC at 3:30 pm

3. 11. 64

Tuesday.

Farrowed
Soft Krap
at 9:15 am

Flebilene

Contest.

Clear cloudy day. Up at 7:15 a.m. Making juice + feeding animals at 8 am. Off to Huse by 9:30. Vis SALES T. Dennis to Central Museum Berkshires to Weston (V. Boston): Paul Druffin (Wit) to check their Sassafras Distillery for me. Home to lunch 1:30. via Student who wanted car (Roxbury) at Fontaine. Did not want his price (at first) then home at 2:30 p.m. I returned + gave details his going H.A. in their office. Off to Central + gave details his going H.A. in their office. Large Art Museum at 5 pm (in Boston James) to Open Sassafras show. Large crowd. Very friendly. Went on to Dennis Hartel after and many turned up here too but I came home at 7:30. to my usual awards + apples + to later S "Pomona Smith" + my usual awards + apples + to later S "Pomona Smith" + apples at 8:15. Usual veg dinner + mulberries at 8:45 - 9:45. Todes at 9:45. Usual veg dinner + mulberries at 11:30. (2 amulets + VTC at 3:30 to calm me + Carrot juice at 11:30). (2 amulets + VTC at 3:30 to calm me after accident frustration + from the "Spelling"). To bed about 12:30 p.m.

4. 11. 64

Wednesday.

Food Soft
Krap 12:15 pm

Flebilene

Contest

Overcast day. Up 7:15 am. Feeding animals + making juice by 8 am. To Redfield job to meet V.D.B. in garage door at 9:30 a.m. by 8 am. Home to lunch 1:30 - 2:30. Met Capt. John Huse at 10:15 am. Home to lunch at 2:45 - 3:30 p.m. to discuss Boston at Kitchell's Fort Greenwood at 2:45 - 3:30 p.m. to discuss + agree to leave + home. Advisor to future) re restoration of Fort early (Stage in progress. Left Huse at 6:15. Drove (in whelkys) with Andy (Hans Cogee 6:30 - 7:30 p.m. + home to usual awards + apple 8 pm + 8:45. Big dinner + mulberries 8:45 - 9:30 p.m. Carrot juice and beer by 10:30 p.m. Had last food Supper Soft Krap at 12:15 p.m. last two amulets + VTC at 8:30 pm

5. 11. 64

Thursday.

Food Krap
at 10:15

Sundinner

Red Milk

Dinner Jamma

Lone Bennett

Bolt Concert

Musical

Flebilene goes

in. Handbarns.

Very overcast + drizzling every now again. Up at 7:20. bath etc + feed animals + making juice by 8:40. Off to Huse + Sassafras Farm at 8:45 p.m. for dinner up to 10:30 p.m. Sun still all day. Took Red Porter to lunch at Jamma (Food Krap at 10:15 a.m.). Barry Bremner visited in time 10:30 - 11:15. Field Fair at 8:45 p.m. at 8:30 p.m. took Carol to Jamma for dinner and to museum after for Bolt Concert just what we came out at interval + visited the time for Red Milk + Kenny Martin's Garage. Got home about 10:40 p.m. and went to bed about 11:15. (Takes 2 amulets + 1 VTC at 12:30 p.m.)

11. 11. 64

Wednesday.

1 Kraft 11 am
2nd Kraft 5.15

Every morn-
Cobra & Rita

Clear warm morn. up. 7.15. feed animals +
make juice at 8. am. To VdBurg - job by 9.15.
was in office by 10.30 am. Home to lunch 1.00 - 2.45.
Left office 5.55 pm Cobra + Rita Lumber for drinks + dinner
+ playing. some of my records on Cobras player collection
+ much discussion on my points so next day I looked
at my watch it was after 1 am. Home by 1.20 pm.
After long leaky water loss, going Rattus will fit in to bed
by 1.45 pm. Had bed four days soft krafts
in office at about 11 am and another better formed
one at 5.15 pm. Zandiger + VTC -

12. 11. 64

Thursday

Soft Kraft 10.15 am

Jo/Bog all day
Waldorf lunch
(George Hendry)
Kernie Bowman
Drinks + dinner

Larged softie
Kraft 3.30 am.

Sick Sleepless
Night.
worse in tiny time

Clear warm morn. Feels very weak about arms +
lunch + a lot 'full', up at 7.15. Feed animals +
make juice 8.20. To office by 10 am. Softie Kraft 10.15.
Left 11 am to J Burg. Sett to Ad Gallay by 12.15. Spent till 1.50 at
Transvaal Academy School in basement. Met Hause Hendry + lunch
at Waldorf about 1.10 pm till 2.30 pm. (Hausse, Steak + Beverage +
Lunch later Next St George) Walked to car home (all day at Supreme Court
to see if I can see Brian Trotter (but they said he was not at Park all day).
To Park Wynn tree less coffee for sale (but much gone) + back to Park.
Then to Melton Hendry sister "Rain" + General Mart Park + to Melton.
(Supreme Museum) Then Sally 101 (Graham's Hotel - not much) and
Elan Gentiles (the other part of Elan, known in hot "George Boys" bar) +
to Eddie Gelling (Bordley - in worst) + back to Park. Gelling by 4.30.
To Kurnell to Anthony to see the "George Boys" about (dream piece) back there
+ took my car again to Munro + Pearce Murphy for clothes + we went
till 6.15 pm. Then a 5 Kernie + Eddie Bowman for drinks + dinner
Leave for home at 11 pm feet in 12.15 with bad back + legs -
pains + 15 lbs or more on trouble - Worse 3.30 with
such bad head pain York too smaller + bad leg pain eighth -
kraft - but never sleep again because of sick feels + having
breath. Got intermittent cramps in feet. and calves.
Very cold and sweated profusely during the night.

13. 11. 64

Friday.

In bed all
day till 2.30 pm

VdB roof swelling

Fever slightly

Stayed in bed feels terrible. Kelyn made me
some Kelyn + small Hong + H.W. at 10 am. Doyel
in sickly way till 2.30. up, worked, shaved +
got it to office set up here 3.20. Left office to VdBurg
job + roof wetted at 5.30. Set up here about 5.50 and
stayed till 6.50 pm. Home to arrears 7.15 - 8.30.
Hot veg dinner 8.45 - 9.30. bush mulberries. Glass
of Carrot juice at 11 pm + bed. Had eaten 2 more
smaller at 3. pm. but hand pains persisted in
background! (two very weak whiskeys at VdB + no eats)

14. 11. 64

Saturday

Small Kraft

Jewel BKft

Stimulation after

Zandiger for

hand.

15. 11. 64

Sunday

No Kraft

Only juice for

food every day

No hand pains -

+ body severely been

Up at 7.20 am. Felt a little wretched out. Feed animals +
make juice + eat. Panacea. Had smallish Kraft (soft) about 9.15.
To office by 10 am. and there till 2 pm only long morn (on
hand bad. Took 2 malifes + one VTC about 12.15 pm.
Home by 2.30. No lunch. only water. Bed jets in shoulder.
Started little @ Marie on stock. Walk over fence with dogs 5-6 pm.
Bed in suitcase after feeding dogs. Only glass of Carrot juice from this
morning. No dinner. Rest till 10.30 pm + then to bed.

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Hot, clear, dry. Large. On up at 9.30. Fed animals + made
only Carrot juice briefly 2 glasses + 1 in big. ~~little later~~
Pulled large basket of vegetables from garden. To Rockies to Vet Mcleay ab
10.30. Fleeced many termites at Andy Hwy. Copit + had tea with them.
More vegetables Abundant at Marie Creek + the same + heard Hendry
seen horses on his property - + didn't know. Then home
Carrot juice. Took dogs into house to get set. Eat. Bed. Smoke 2 glasses Carrot
juice + slim mulberry juice for dinner. Bed + listened to radio till 11.15.

16.11. Get

Monday

V. Smart Kraft

Fleurance
Induced by
Starvation but
Recovered with
eating.

Warms rather overcast morning. Long till 7.20. Have, talk and feed animals about 8.30 & mostly Carrot juice (3 glasses) drinking 2 glasses. Read in my novel till 9.45 & off to Ad Gally 5pm Quadrangular to see a statue (Had small soft kraft but fairly turned kraft at 7.40 am). Ad Gally close (Monday)!! Office by 10.15. Home for Hot Veg lunch (left 1.45 & back 2.30 pm). Tea & 3 broths, no meal, morning & afternoon. Left about 5.30 pm. Carrot juice 7 pm - 8.30. Hot Veg dinner 8.45 - 9.15 pm (Carrot, beans, baked beans, ham, Hollandaise & boiled potato) fresh mulberries about 8.45. To bed just after 11 pm. (Had taken 2 smokes + 1 VTC about 12.30. In view of head pain & depression).

17.11. Get

Tuesday

Long Kraf 9.30a

Small .. 7pm

Fleurance Starved in

reduced.

No head pains.

Clear cooler morning with breeze. Long till 7.30. Feeding animals and many carrot juice at 8.30 pm. Had good 4 soft kraft at 9.30. To Sino-Si, Seaparier + Ad Museum (to see & understand & servants) or home to office. Set home 11 am. Home for veg lunch 1.45 - 3 pm. Long letter to Bibette Tante. Left office 5.30 pm to have jelly. Finally free mulberries. (Vimill. Soft kraft in office at 7 pm) (Note Honey + HW every morning still)

18.11. Get

Wednesday

Small soft Kraft

Fleurance still

there.

2 small for

understanding

drugs & damage".

Dinner Mary Pincott

19.11. Get

Thursday

No kraft

Karin Stromsoe

lunch Janine

Fully alright

Overcast, cool, rainy. Up at 7.15. Honey + HW. Feeding animals + many carrot juice at 8 am. Small very soft kraft at 8.30 am. To Ad Gally 9.15 & tea to office by 10.30 - + with Admire department (Vic Parce: Regoshan 25) 11 am - 12.30. No lunch (around 11 am) finally long letter to Bibette Tante. To Mary Pincott for drinks and dinner for evening at 6 pm - 12.30 & Kleenex down from us at 7.30 pm. (Two other information I women found in briefly about 11.30 - 12 pm). To bed about 1.45 am

Honey + HW

. Cool. Overcast day. Did not get up till 7.45 & Bibin dress + feeding animals + many carrot juice at 9 am. To office 9.40 - To Karin Stromsoe to hand ct Janine (Chicken salad + Nekko Cabernet) finally tea in sofa at Old Museum (Vic's 'Kleenex'!) and taking her back to Ad Museum about 3 pm. Drinking with Leopold re WSO dinner (including orange juice & rice 1/2 cup juice). Left for home 6.30. Drinks with Adley & Honey + HW. Left some talks left for home with friend? Home by 8.30 pm. Hot veg dinner finally mulberries 8.45 - 9.30 pm. To bed by 11 pm.

20.11. Get

Friday

Fair Kraft

David Johnson

Dinner One Person

Fully alright.

Cool, overcast, rainy. Up at 7.40. Honey + HW. Have an feeding animals + many juice at 8.30. Fairly - fairly well turned kraft - 7.50 am. (having been fairly in daily Prefects duty for past since last two days). To office by 10.15. Took 2 broths (lunch at Dining room (chicken salad + Nekko Cabernet) To Sino-Si + T. Brown (Vic) to 1st info on Karan (+ windish, guarda) trip. Then to Mary Pincott. Went to Admire place 8.30 pm. Home by 7.45. Hot veg dinner finally milk pudding + Carrot juice before bed at 11 pm. (Had had fairly good but soft kraft at office at 9.45 am fairly better - as just felt a little sickish before and when Adley + Honey + HW C at 5.30 am)

bed by 12.40.

21.11. Get

Saturday

Sweat Soft Kraft

Felt sickish

in morning but

recovering -

fully alright

already after

Clear cool day. Up at 7.30. Honey + HW. Snow & fairly animals many good juice 8.30. Office by 9.30. To Honey + HW. Meeting at Constantin Club 10 - 11.45 pm. Home to hot veg lunch at 2.15 pm for afternoon. Took dogs for run to Ad Gally. Home at 6 pm. Then to Brian ab 6.30. Having drinks with Vic and Mrs B. Given Vic with him ab 6.30. Having drinks with Vic and Mrs B. Home by 7.45. Hot veg dinner finally milk pudding + Carrot juice before bed at 11 pm. (Had had fairly good but soft kraft at office at 9.45 am fairly better - as just felt a little sickish before and when Adley + Honey + HW C at 5.30 am)

bed by 12.40.

Sunday

Small well made

Kraft. 8.30am

Medium soft kraft

Kraft. 2.30pm

Clear morning but coldish. Worked with doggies later. At late (8.30) Feeding animals + many juice about 9.30. To dogs & Vic's kraft 10.30 but M morning. Many tea with Honey + HW. Coffee 10.30 - 12.30 pm. Home to hot veg lunch. Worked in Admire time till 6.30 pm or sleep till 4.20. To tea and drink with Vic + Honey + HW. Found 4.30 - 7.30 pm. Home to hot veg dinner finally milk pudding + Fortune juice. Carrot juice + bed about 10.30. One VTC.

23.11.64
Monday.

89.

[No Krap]

Head sick
Geluk tall
2 Anthonies
+ V.C. 2 km.
about 3.30pm

Clear cold!! many. Up at 7 am. Both shaved + found animals + many mice at 8.10 am. Bad 'bad of head' mostly headache day night. Took 2 bananas + Vite at 8.15 am which subdued but not until killed it. To vd Berg Ht. 6 km. + am to into 8 km. To SAKA summit. Sun & fine my long out of Kenya flight in was played out. Then say lunch (not by the old Bob) C. B. + supper his Cook (Kenya by Chellie). Left Africa by 7 km. by bus to town. Carrot juice 7.30 - 8 km. Hot veg dinner + many milk powder with Fortune's juice. To bed by about 11 pm.

24.11.64

Tuesday.

[Good Krap]

Turles back

Jamme lunch
Dinks dinner

Dessertman
was Jamme
about Chellie

Clear. v. cold - many open. Up. 7.45. Found animals + many mice 8.20 - sun up + found well formed Krap at 9.15 am. Twisted back muscle looking for 'old' bone in bone and 'felt' it at rest of day. Otherwise all day. Took Oma Price to "dinner" (lunch at Jamme's home) both. Nekley Cabinet. Left home 5.45. + home. Spelled out of notebook + left lots of home at Oma Pearl + Glenn (with Pat) and Harriet's hair 2 weeks with Jamme during. Kenya State hospital and Verwoerd very complete. Home to hot veg dinner at 8 pm. Carrot juice dinner 8.05 - 9.15 found milk curdled & Fortune's juice. Carrot juice at 11 pm + bed. (2 am after he had played football was very busy. Jamme arrived me 2 am after his day playing football was very busy, he was not interested with TVOC addition but said it could do no harm.)

25.11.64

Wednesday.

[good soft]
Krap

Jamme lunch

Dinks coffee.

Bachache
good on + .

Clear. cold. many. Up at 7.40. Backache still very evident. Found Honey & H.W. Found animals + many mice at 8.30. In the sun 8.45. Found 2 bananas + found banana (soft today). Took Suman de M. by 10.30. (via Steyns & got banana (soft today)). Left home at 6.30. + found at Jamme (chicken salad & Cabinet rice). Left home at 6.30. Dinks via Ocke + home 6.50 - 8.15 pm. Hot veg dinner. Dinks via Ocke + home 6.50 - 8.15 pm. Hot veg dinner. Many milk curdled + Fortune's juice. Carrot juice + bed at 11 pm. Very soft. (2 am after he had played football was very busy. Jamme arrived me 2 am after his day playing football was very busy, he was not interested with TVOC addition but said it could do no harm.)

26.11.64

Thursday.

Fault soft

Krap. 9.15 am

Very soft

Krap. 12.45 pm

Jamme lunch

Dinks Molasses

& at home.

Pilos smiling

after work + dinner at home before dinner -

Clear, cool, many. Up at 7 am. Backache not bad gone. Honey & H.W. Found animals + many C. mice at 8.15. (Saw Mrs. Alice Andrea in town but no useful advice received!) Left for town about 9.30. and renewal. Rott, Dick + Jessie Parcells were welcome at Bonita Cabin. Ocke is on way to home. Took Pearl to office dinner at Jamme 1 km - 2.05 pm. Left home at 6 pm + had dinner with Ocke + Jessie Ockinga at intersection of ridge (Antennas Str.) 6.50 - 8.00 pm. + home by 8.15. Hot veg dinner (no food) at 8.45 - 9.15. Carrot juice + bed about 10.30. (Had had good soft Krap. Krap at home about 1.5 am).

27.11.64

Friday.

[good soft]
Krap 9.15 am

Jamme lunch

Pearl.

Dinks etc.

O. Oosthuizen

-

Clear cool many. Up at 7.30. Backache finally gone. Honey & H.W. Found animals + many C. mice at 8.20. To office, via vd Berg job at 7.00 am Schillers Castle Ridge. In home all day. Took Anna du Tert. + lunch at Jamme's at 1.15 - 2.30 pm. Sett out 1/2 yard for wife Anna job all afternoon. Visited Mrs. Anna Glem especially house. 6.30 - 7.45. Filled bags hotel. Home by 8 pm. 2 turkeys + biscuits in from the T. home. Hot veg dinner firstly "dried fruit" foot" designed with kidney beans (big kidney beans), candy beet + angelica with powdered nut + ground. (had right, Anna, Anna, V. good). 2 glasses carob juice at 11.30 pm + bed. (Had had 2 krap in this. 1 soft half pound 10 am. 1 V. soft. 12.15.)

28.11.64

Saturday.

Found Krap 10 am

V. soft 11 n 12.45

Jamme lunch etc.

Anton's in bed.

Whiskers at home.

Cool, overcast, windy many. Low cloudy tree tops. Backache still gone. Honey & H.W. Found animals + many C. mice at 8.15 - 9.15. (had soft soft Krap at 8.15) + small hot vegetable 1.20 - 2.30. A very soft 3rd Krap 2.30 - 5.30 + many mice went into building. 3 glasses carob juice. 11 pm + bed. 12.15. Hot vegetable

ETH INCORP/DSU

29.11.64

Sunday.

[3. Krap]

whiskers at home

30. 11. Sat

Monday.

[2 dozen Kiefs]
during night.[2 more "soft"
Kiefs in office
during morning.]Sore Pcles in
remet of above.Hector Meeky
at CPD.Tear with present
from B. M.R.P.

1. 12. Sat

Tuesday.

Soft Kiefs
10:20 amJannie lunch
Be de Prey.
Drunks Donise M.

2. 12. Sat

Wednesday.

[2 Soft Kiefs].
7:20 and 11 amJannie lunch
Dominic Petronis,
Paul & my Semells'
back from Art
Museum.

3. 12. Sat

Thursday

[2 formed Kiefs
7:15 am - 11:15 am]Jannie lunch.
Ron Gilm.
May Purcell dinner
at Atlantic Plaza

4. 12. Sat

Friday.

Night bartender
+ 2nd day - 4:30 am

[Good Kiefs 10:45]

JB. & See Shrecks
and W.T.S.

Drunks M. Murphy

Home for dinner

Cool. Slight rain. lay tree 7:20. Honey H.W. Back out slightly - rainless. (Had dinner later). Kief at 12:30 am last night and again at 7:30 am this morning. Early dinner + my C. juice at 8:45 am. To office by 9:30 am. (One of those bad days when nothing is right!!!). 2 Separate "soft" Kiefs during morning and one decent soft piec'e. No lunch. 2nd dinner at 9:30 pm (Min. Hat 29, Min. Botan (Pub Works) V. Verner) of Power Attenu. Prof. Peeling, Judge Edm. Morris & others (Seas) went to dinner. Return of Claude Grouard. Left at 9:30 after having had coffee with Hector. about midway of Fairmount & St. John Street. Looking in on Be de Prey left office (Rector T. J. L.) about 6pm. Looking in on Be de Prey to ask about bananas. + then drink with Abby Cirelli till 8pm (ie Nat. Geographic + world Atlas for Monroe Norma de Haas) Honey by 8:15. Borealis. H.T.V. dinner 9 pm - 9:30 pm. Honey by 8:15. Borealis. Honey juice + bed about 11 pm. (B. de Prey had presented me with 2nd of Andre Grech (700 B.C.) tape. When she had got from her friend, wife of Archaeologist, in Africa). Honey she had got from her friend, wife of Archaeologist, in Africa.

Cool. Slight overcast morn. lay tree 7:20 am. Honey H.W. Back out only very slight. Feeding animals + milky C. juice 8:15. Left home about 7am. for rd. bus 7:45. (Run into Marcelle who was completing her car. for rd. bus 7:45. (Run into Marcelle who was completing her car. for rd. bus 7:45)). Took Beaufort Bay to Cedar Salad lunch at Journeymen's Inn about 6:45 pm. Drunks with Donise MacLeamy + Honey dinner very late till 8:30 pm. 2 green juic'es (juice + juice). Honey juice + bed about 8:45 - 9:20 pm (had dry fruit 'foot'). Honey juice + bed about 10:30 pm. (Had had soft Kiefs in Africa about 10:20 am).

Cool. Slight overcast morn. up 7:20. Soft Kiefs (smallish) 7:30. Feeding animals, milky C. juice 8:10 am. To rd. Bay job at 9 am. going Restoration see first junction, St. Bellegrove. More than 10 min. To D'Amour Pictures to lunch at Journeymen's Inn about 10:30. To Art museum to collect Dona Lamp + my Semells' Left office at 5:55. To Art museum to collect Dona Lamp + my Semells' as arranged with Walter but took 1/2 hour as he had forgotten to tell porters, time to be present, + we had to look for porters. Delivered Dona Lamp at 6:45 + had drinks with Lee + Claude. Lee 8pm. Honey dinner. Had bought French bread, cheese + 2 pts milk off wheel. Journeymen in Montreal since Mon. noon. Honey dinner at last moment + I did not want Honey to cook. Honey juice + bed about 11 pm. (Had had another very soft Kief at office about 11 am.)

Cool. overcast. morn. up - 7:10. Small fourth formed Kief at 7:15. Honey juice. There, Bodie + feeding animals, milky C. juice at 8:25. Honey juice. Another fourth formed Kief at 11:15. Took Rangier & 1st at Jannie 1 - 2:30 pm. (Underhill + Melody Cabinet). To May Purcell at 6:55. for drinks dinner. Honey + Rita (Rita) in f. drunks. Marie Coedje, Bebe Prey + myself to dinner - Left + home, showers + can't juice + bed about 12 am.

Another bush-of-bean - which developed dry leaf + remet (too much drinking food or smoky) at May's dinner last night. Took 2nd dinner 4:30 am. Honey juice, honey morn. lay tree 7:45. Honey H.W. Feeding animals, milky C. juice 8:10 am. To rd. Bay job at 8:30 - 10:15. Honey juice 8:30 am. To rd. Bay job at 8:30 - 10:15. Left office 11:15 am. lay tree 11:30 to get out of crowded Policy Garage. (There had good sign formed Kief at 10:45 pm). Set to JB. Art gallery at 12:30 + home ear. At St. John's Hotel 12:45 pm + bed dinner. Honey + Rita. Honey juice. Rita said Semells' Bed + about 9:15 (not because) but Honey + Rita were well behaved. Honey juice with Honey but would not look at the men. Took Stephen to lunch at Regent. He did not drink. It was not a very warm + quite noisy lunch. Relaxed + him. Home to Jannie + Rita. Went to Jannie's to check some movements + biology. Rita + I took home. Regarding Harold (John). I reported migration with Andrew + Dennis with Minnie Murphy + Jannie. 5 - 6:30 + bed (Because) set time at 7:30. Honey juice. Art veg dinner at 8:45 - 9:15 pm. Honey juice. at 10:30 + to bed. (Had had 2 mallow + 1 vrb C at Minnie Murphy's to relieve "tiredness"!)

A branch office Report

1. Generally not so fit since last visit to him. 20.5.64.
 (Cutterly cold winter might have had something to do with it)
 But no knee or ankle pain had ever returned.
2. Stools had been fairly good and regular at one a day skipping a day now & again. Midday was the time. Two a day never attended.
3. Veracolite to assist stools fatal after first two days producing diarrhoeatic results. Stopped all pills for a bit. (an interim test developed same results)
4. Pill taking since 20.5.64. has been:

Diroxine	1/2 p.m.
Benzimid	1/2
Colchicine	1/2 p.m.
Liberin	2

 - May: 20-23 (3 days) full Pills + Veracolite
 - " 23-31 } (15 days) stopped all pills.
 - June 1-7 } June 8-30 } + 2 months Took all pills except Veracolite
 - July 1-30 }
 - Aug. 1-5 }
- Aug 5-19. — Stopped all Pills
- Aug 13-19 All analgesic stopped.
- Analgesic ab 2 per day + Vitamina C taken daily since 23rd May (very occasionally 4) because of (i) Neck pain; (ii) nervous feeling or (iii) Depressive feeling. In fact.
5. Kelly Exercise because of intense cold & back pains have been transforming discontinued since 19.6.64.
6. Black tea + toast was discontinued from 8/6/64 because of grainy sensation to it. Seemed to cause furry tongue and upset tummy which recurred for some time after discontinuance.
7. Flatulence present all time. (one period of wet winds during night)
8. Revitin & baked apple started above month ago & now only 2 glasses steaks a day (occasionally 3 of lunch taken) remains of diet.
9. (a) General bodily tiredness + faintness causing Depression + bad temper.
 (b) Furry tongue causing certain repulsion to foods + dry mouth.
 (c) weak wrists and sore back after night in bed. weak arms.
 Are main characteristics of self felt since last visit - flaring up and subsiding. Came to worst state after a very wintry lunch followed by a rich dinner on 13th August.
 An awful lack of energy, lack of interest in things has accompanied some time producing overwhelming sense of desolation and indifference.

As regards: 1 glass yogurt a day, or every other day of stools one of Apple or lime juice + Extra fresh fruit juice. 2 glasses per day - 1 glass each dry wine Benzimid - 3 cut out ✓ contains with more than Diroxine.

Otherwise A well pleased with physical condition indirectly indicating that my other troubles pluripotent [DR PAPRE]

Note:
 Calcium tablets and Cheesy smoothie with dried fruits (Whisky) have proved best to stomach.
 PON and Benzimid did once but repeat stomach upset immediately.
 Right knee + Left shoulder have ceased to give pain.
 Left ankle sprain gone + Cramps in Left hand

Note

Appoint originally for 13.5.64 (Wednesday) Cancelled by Abrahams his hepatologist because of some emergency he had been called to. It was now difficult to get me in anywhere else until next week and after several telephone calls next Wednesday 20/5/64 at 4.30 was fixed.

20.5.64

Report to Abrahams

- (i) Had taken convalescent holiday from diet and medicines on Cape trip - 15. from 20/4/64 - 8/5/64 when normal (or even abnormal) holiday eats and drinks had been indulged in. I took Diotroxin, Benzedrol and Librium during most of Cape trip. Did no exercises.
~~Had decided to carry on like this but I saw him on~~
- (ii) After returning from Cape on 8/5/64 had returned to T.T.G.A. diet most of time with occasional lunch + dinner + drinks with friends and had recommended exercise but had not regularly taken. Diotroxin, Benzedrol & Librium. No bad injections yet been recommended (last injection was 21/4/64 i.e. 3rd of 11 mon. (18) Batch said to be ineffective after May)
- (iii) Had felt pretty well during all above period except for a couple of tummy upsets due to too rich or unsuitable food. and had had fairly regular stools.
- (iv) Old neck pain, infrequently felt during treatment before, had returned and I had used Analgin fairly often.
- (v) Extreme itchiness of inside of left leg had returned.
- (vi) Flatulence remains though not so bad or so odorous. Some is becoming a bit odorous again.
- (vii) Exercises reveal return of stiffness of back (like mild lumbar).
- (viii) Have had "rough tongue" for last two days. No stool for last two days.

Kelly Exercises to be kept up 2 days + non-residue diet for 6 months.

Diotroxin 1/2 after breakfast Monday - Wed., Fri.

Benzod. 1/2 per day after breakfast.

Cochicine 1/2 (120 grm) at night.

Librium 2 at night - (5 mgm) given with (10 mgm medictan)

Vera colate, 1 at night. In view, 4 weeks, give second night next Sat & Sun, 7.00 (12 weeks course). (See each injection again 3 months) 4 mgm for 6 months.

Leave allergy injections till seen again in 3 months.

(Always take 1 vitamin tablet to 2 mgm with every 2 analges.)

(c) Maintenance Injections

When the patient readily tolerates the full-strength (1 : 1) extract, i.e. responds to it with a significant reaction, the intervals between injections are increased until he is receiving an intradermal injection once a week for a few weeks, once a month for 2 or 3 months, and thereafter once every 6-10 weeks as a "maintenance" dose to preserve the state of hyposensitization acquired. Indeed the physician will often be able to space the maintenance injections at even longer intervals depending upon the continued well-being of the patient. It is necessary, however, to ensure that a significant reaction is consistently obtained after each and every such maintenance injection.

The following Table outlines a scheme of dosage for intradermal desensitization which will be found suitable for the average patient but, of course, it is subject to modification in any particular individual on the lines already indicated.

OUTLINE OF DESENSITIZATION BY THE INTRADERMAL ROUTE

Strength of extract	Size of injection ml.	Comments
1 : 1,000	0.05	Tx. First injection by Anodotube, 12.12.63. Ex. 2nd 3.1.64 Ex. 3rd 7.1.64
	0.10	
	0.20	FR, 8 mgm. at home on Fri. 10.1.62.
	0.05	The initial dose for desensitization, as indicated by the significant reaction, is generally within this range.
1 : 100	0.05	12.1.64 - 10.0
	0.10	
	0.20	12.1.64 - 0.15 ***
	0.05	23.1.64 - 0.20 ***
	0.10	
	0.20	
1 : 10	0.05	3.1.64 -
	0.10	3.1.64 -
	0.20	Stopped because of Dandruff on this
	0.15	See Aperturin's rule for commencement
	0.20	or 20.3.64
	0.05	*** Any of these doses may have to be repeated one or more times depending on the persistence of the significant reaction.
1 : 2	0.10	
	0.15	
	0.20	
1 : 1	0.10	
	0.15	
	0.20	
"Maintenance" doses		Injections at gradually increasing intervals until an injection is given every 6-10 weeks.

PRICES

Cost of "Diagnostic Skin Test Outfit—Inhalants"

- (a) consisting of a series of 10 capillary tubes of extracts R1.05 (10/6)
- (b) consisting of a series of 2 ml rubber-capped vials of extracts R12.60 (£6 6s.)

Cost of Treatment Set—consisting of 5 vials of extracts in 2 ml. quantities of increasing strengths R6.30 (£3 3s.)

LIST OF PROTEIN EXTRACTS

The following protein extracts are available for skin tests in Hay Fever, asthma, Vasomotor rhinitis, Urticaria, Eczema, and other allergic conditions:

FOLLENS:

- 1. Compositae. *
- 2. Grasses. **
- 3. Oak.
- 4.
- 5. Acacia.
- 6. Pepper Tree.
- 7. Cypress.
- 8. Poplar.
- 9. Privet.
- 10. Cedar.
- 11. Plane.
- 12. Pine.
- 13. Prosopis.

FRUITS:

- 45. Onion.
- 46. Peas.
- 47. Potato.
- 48. Pumpkin.
- 49. Spinach.
- 50. Tomato.
- 51. Turnip.
- 52. Apple.
- 53. Apricot.
- 54. Banana.
- 55. Fig.
- 56. Grapes.
- 57. Grapefruit.
- 58. Granadilla.
- 59. Guava.
- 60. Mango.
- 61. Melon.
- 62. Orange.
- 63. Papaw.
- 64. Peach.
- 65. Pear.
- 66. Pineapple.
- 67. Plum.

ANIMAL DANDER:

- 14. Cat Hair.
- 15. Cattle Hair.
- 16. Dog Hair.
- 17. Goat Hair.
- 18. Horse Hair.
- 19. Pig Hair.
- 20. Rabbit Hair.
- 21. Sheep Wool.

FEATHERS:

- 22. Chicken Feathers.
- 23.
- 24. Goose Feathers.

CEREALS:

- 25. Kaffir Corn.
- 26. Maize (Mealies).
- 27. Oats.
- 28. Rice.
- 29. Rye.
- 30. Wheat.

MEATS:

- 31. Beef.
- 32. Mutton.
- 33. Pork.

POULTRY:

- 34. Chicken.

FISH:

- 35. South African Fish (various).

EGG:

- 36. Whole Egg (Hen's).

MILK:

- 37. Cow's Milk.

VEGETABLES:

- 38. Beans.
- 39. Beetroot.
- 40. Cabbage.
- 41. Carrot.
- 42. Celery.
- 43. Cucumber.
- 44. Lettuce.

FUNGI:

- 84. Fungi (various).

MISCELLANEOUS:

- 85. Bee Venom. ***
- 86. House Dust.
- 87. Kapok.
- 88. Orris Root.
- 89. Pyrethrum.
- 90. Silk.
- 91. Tobacco.

Extracts will be prepared, on request, from any substance not listed above which may come under suspicion as a causal factor in allergic conditions.

* Representing garden flowers of the dairy type as well as wild varieties — *Comom*, *Khakiat*, etc.

** Representing the commoner South African varieties.

*** Issued as a Bee Venom Skin Test Outfit in a series of capillary tubes of graded strengths.

(e) Instandhoudende Inspuitings

As die patiënt die volle sterkte (1 : 1) ekstrak met gemak verdra d.w.s. as 'n betekenisvolle reaksie voorkom, moet die tussenposse tussen inspuitings verleng word sodat 'n inspuiting eenmaal per week vir 'n paar weke toegeleid word, eenmaal per maand vir 2 of 3 maande en daarna eenmaal elke 6-10 weke as 'n instandhoudende dosis om die hiposensitisasiesat wat verkyf is, te behou. Die dokter kan selfs die tussenposse van instandhoudende dosisse verleng as die patiënt gesond bly. Dit is noodsaklik, egter, dat 'n betekenisvolle reaksie verkyf word met elkeen van die instandhoudende inspuitings.

Die Tabel wat volg skets 'n dosisskema vir intrakutane desensitisasie wa' geskik gevind sal word vir die gemiddelde patiënt, maar dit moet klaarblyklik gewysig word vir sekere individue soos alreeds aangetoon.

SKETS VAN INTRAKUTANE DESENSITISASIE METODE

Sterkte van Ekstrak	Groote van inspuiting ml	Aanmerking
1 : 1,000	0·05	<i>[P. 1000 - (0·05)]</i>
	0·10	<i>Maa. 24, 28, 32, 3, 7, 10,</i>
	0·20	
	0·05	
1 : 100	0·10	
	0·15	

	0·20	

	0·05	
1 : 10	0·10	

	0·15	

	0·20	

	0·05	
1 : 2	0·10	

	0·15	

	0·20	

	0·10	
1 : 1	0·15	

	0·20	

<i>,,Instandhoudende dosisse</i>		Inspuitings met geleidelike langer tussenposse totdat elke 6-10 weke 'n inspuiting toegeleid word.

PRYSE

Prys van „Diagnostiese Veltoetsuitrusting—Ingeasemde Stowwe“

- (a) bestaande uit 'n reeks van 10 kapillêre buisies ekstrakte R1.05 (10/6)
- (b) bestaande uit 'n reeks van 2 ml rubberprop flessies ekstrakte R12.60 (£6 6s.)

Prys van Behandelingsstel—bestaande uit 5 buisies wat ekstrakte in toenemende sterktes bevat R6.30 (£3 3s.)

LYS VAN PROTEÏEENKSTRAKTE

Die volgende proteïenekstrakte is beskikbaar vir veltoete in Hooikoers, Vasomotoriese neuslymvliesontsteiking, Asma, Netelroos, Ekseem en ander allergiese toestande:

STUIMFEEL:

1. Compositac.
2. Grasse. **
3. Eik.
- 4.
5. Akasia.
6. Peperboom.
7. Sipres.
8. Kastanie.
9. Liguster.
10. Sedar.
11. Platana.
12. Denne.
13. Suid-Wes Doringboom (Prosopis).

HARE EN SKILFERS VAN DIERE:

14. Kathare.
15. Beeshare.
16. Hondehare.
17. Bokhare.
18. Perdehare.
19. Varkhare.
20. Haashare.
21. Skaapwol.

VERE:

22. Hoendervere.
- 23.
24. Gansvere.

GRAANSOORTE:

25. Kafferkorng.
26. Meilles.
27. Hawermout.
28. Rys.
29. Rogge.
30. Koring.

VLEIS:

31. Beesvleis.
32. Skaapvleis.
33. Varkvleis.

PLUIMVEE:

34. Hoenders.

VIS:

35. Verskillende Suid-Afrikaanse Vissoorte.

EIERS:

36. Hoenderiereis.

MELK:

37. Beesmelk.

GROENTES:

38. Boomtjies.
39. Bors.
40. Kool.
41. Wortel.
42. Seldery.
43. Komkommer.

* Verteenwoordig deur tuinblomme van die marigoliëte wat die veld wortte-Kamees, Kakkoei, ens.

44. Slaai.
45. Uie.
46. Ertjes.
47. Ertrapell.
48. Pampoen.
49. Spinasi.
50. Tamatie.
51. Raap.

VRUGTE:

52. Appel.
53. Appelkoos.
54. Piesang.
55. Vye.
56. Druui.
57. Citrus.
58. Grenadella.
59. Koekewel.
60. Mango.
61. Waterlemoen.
62. Lemoen.
63. Papaja.
64. Perske.
65. Peer.
66. Pynappel.
67. Prum.

NEUTE:

68. Gemengde Neute.

DRANKE:

69. Sjokolade.
70. Koffie.
71. Tee.

SPESERYE:

72. Mosterd.
73. Peper.

ORGANISMES:

74. *Micrococcus catarrhalis*.
75. *Bacillus coli*.
76. Difterioëld basille.
77. *Haemophilus influenzae*.
78. *Pneumococcus*.
79. *Staphylococcus albus*.
80. *Staphylococcus aureus*.
81. *Streptococcus pyogenes* (hemolities).
82. *Streptococcus viridans*.
83. Friedlander basil.

SWAMMIE:

84. Verskillende swamsoorte.

DIVERSE:

85. Byegif.
86. Huistof.
87. Kapok.
88. Iriswater.
89. Pirerum.
90. Sy.
91. Tabak.

Aftrekels sal voorberei word op versoek, van enige proteïene, wat vermoed word as die oorsaak van 'n allergiese toestand.

*** Uitgereks as 'n Byegiftoetsel in 'n reeks kapillêre buisies met gegradeerde sterktes.

** Verteenwoordig deur die Suid-Afrikaanse soorte.

Pill Count of Remaining Pills
 (After last dosage on 25.2.64)
 (See also page 35a of Med. Diary)

- B. 2657. Nardress (of first batch finished 7.2.64 & not repeated).
 B. 2657. Dimocaine (medium bottle) (Every 6 hours) " " " " "

2nd Batch of Medicines after finishing first batch brought from Hospital
 Note: This was completely stopped because of diarrhoea on 31.1.64
 and recommended (after quick cure of " ") on 18.2.64.

Diarrhoea treated. Was from 4.2.64 to 7.2.64 and was
 Phenyl-gavis (10m) (Anti-hypnotic for sleep) 35 45 days.
 Opium Tincture. (Cough purgative and diarrhoea)
 Brometh. (Stomach buster)

1. B. 2480.	Dioxymer. (1/2 min after breakfast)	left. 45 half tablets	35 45 days.
2. B. 2481.	Priscole. (1. three times a day.)	" 141 wholes.	37 47 days
3. B. 2482.	Bonemid. (1/2 twice day after meals)	" 45 1/2 wholes.	35 45 days
4. B. 2483.	Colchicine	(1 twice a day after breakfast & dinner.)	109 wholes. 44 54 days
5. B. 2484.	Librium	(2 at night green tranquilliser)	9 1/2 wholes. 37 47 days
6. B. 2485.	General. (one daily. Tonic)	18 capsules.	8 18 days
7. (no number)	Kolalyil gel. (1 d.spoon 3 times a day).	Finished 24.2.64.	
8. B. 2486	Kaopectin (anti diarrhoea not after course resting dose on diarrhoea cured)	1/2 small bottle	?
	(1. little spoon three day with 2nd)		
9. B. 2769.	Pleurov. (one three times a day)	27 wholes.	9 days.
B. 2770	Terramycin. { 4 at once 1/4 times day for 4 days } 1/3 " " " 3 " " 1/2 " " " 2 " " (one 1 a day)	5 capsules	4 days
B. 2771.	Vitamin B. Compound. (2 / three times a day)	57 wholes.	9 days

Kolalyil gel finished 26.2.64 ✓
 Terramycin " " " 28.2.64 ✓
 Pleurov } " " " 6.3.64 ✓
 Vitamin B } " " " 6.3.64 ✓

Arm first sprained. 5.2.64. Hand injected 6 + 13/3/64. 3rd on 20th.

III repeat -

115 1-1000 — 5
 120 1- —
 105 — 1-100
 10 —
 15 —
 20 —

} three weeks

{ Report after week of 1/2
Left 4.30 " 1/2

13/May 4.30

A Boorabekke Report. 20. 4. 64
7-4-64. (Monday)

Ran from Home

1. Generally speaking feeling quite fit.
2. I repeat as before, that never have I felt so fit (on the top of my toes and woe) as during the last week of the last anti diarrhoeal treatment when I had 2 full stools a day — and they were completely odorless.
3. Now at end of 4th week of 1/2 Colloidal zinc twice a day — besides all the other pills + Vitamin B.
4. With some effort I squeeze out one small stool perhaps another a little larger per day. Variations to this have been extra nothing for a day or one good stool. Generally they are half formed & very soft and odorous.
5. Flatulence very prevalent and odour is that from presence of soft stools in upset tummy. Tummy however by no means upset -
6. I do now have more frequent arthritic neck pain and "bad-of-the-head" such headaches which I admittedly relieve with analgesic.
7. No variation from T-T-G-A diet three times a day with Vagi added at night. Apple juice with dozen digestive biscuits in evening at normal dinner time is a daily habit. 3 digestive biscuits with morning & afternoon tea at office too.
8. Have complete 5 (hair & week) injections of 1:1000 and 2 " of 1:100. all negative. This batch is said to be no used after May. 11.
9. A certain amount of itches on skin on calves had occurred again.
10. Sprained right arm very much better but wrist and elbow joints I feel most now.
11. Going to Cebelain from 26th (Sunday next) to 8th May (time?)
12. Diet and accompanying ~~medicines~~ ^{to continue during stay time}
13. Present supply of pills ^{to end in 3 or 4 days time}

20.4.64

On heavy all cloud Aborabekke Farm:

Take complete diet and medecine 'holiday' during the trip to Cebelain from 26/4/64 - 8/5/64 and we will discuss results at appointment already made for Wedn. 18/5/64. I must however carry on with Diclofenac, Benzed & Salbutam. During this time get further Sputters.

Ray Koedoe (Ventex) from home ordering above 3 medecines.

(P) P4

Monday 20/4/64

Pellegrini

(postural) - post. soft. troph. extens. soft.

B.2480. Distraxia — \otimes } passed last night.B.2482 Benemidex \otimes Day since passingB.2481 Prinol 3 days - still leftB.2483 Cochlear 6 weeks left @ $\frac{1}{2}$ twice day leftB.2484 Lobrum (tranquillizer) \otimes 2 day in loop

B.2485 Several 15 days left

B.277 P. Vertigo B. 4 days left - E
- 2nd + 3rd side as second - per se

Take away the most troublesome affection
 which you say Magnis is Vertigo
 as you say - of Vertigo and not of
 - sound test are still following - told me
 - you have been Vertigo and you
 tell me Vertigo was induced just now
 - you want to do all that to prevent my
 - I don't know how to prevent you

Dear Talbot Dr. 20/4/64 63 re Sudden Loss Vertigo
 - sudden loss of balance - Vertigo -
 - regular with smaller intervals & short
 and brief $\otimes \otimes \otimes \otimes \otimes$ long intervals \otimes - 8
 - duration varies from few sec. to several
 minutes to hours - induced by
 - short sleep over and about 10 min.
 off & on for 20 minutes & you know enough

001:1 to induce (drowsiness) & balance with P
 001:1 to ... S. 1 sec

short out of 2 hours is said not to induce see
 but what is said to induce to induce with P
 and same as before

001:1 to ... S. 1 sec. to 2 sec. to 5 sec.
 and what is said to induce to induce with P
 and what is said to induce to induce with P

001:1 to ... S. 1 sec. to 2 sec. to 5 sec.
 and what is said to induce to induce with P
 and what is said to induce to induce with P

ABombabek. Report. 3. 4 - 64

1. Generally speaking quite alright. Feeling fit.
2. 2 weeks period of anti diarrhoea treatment when I had two very large stools per day. I felt fittest however and there was no flatulence at all.
3. Now at end of 2nd week of $\frac{1}{2}$ codeine twice + day. (After two days a loss of stomach awareness + gave up one's no one day) Continued $\frac{1}{2}$ hour after this. ~~as a result of this~~ ~~as a result of this~~ ~~as a result of this~~ ~~as a result of this~~
4. Strangely enough my original head pain (Osteoarthritis of neck) had practically never manifested itself during whole of treatment since November last but was now day so again since end of last anti diarrhoea treatment ???. I had taken analgesic now and again to relieve it !!
5. As for last couple of months his (abdominal) T.T. 9. A diet with Veps in evening ~~three times~~ preceded by Kelly exercises (except in evening when exercises just before going to bed) has still remained absolutely unchanged - (including tankard apple juice + with a few digestive biscuits at evening)
6. Ever since about ~~one week~~ one week (3 weeks ago) of the anti diarrhoea treatment when I had had two enormous well formed stools per day and felt fine on it, stools have become less frequent and now only one medium sized, softish, half formed stool every other day on average. Feeling alright but not that same light springiness..
7. Note. ~~as a result of this~~ Steaks of any sort of quality short of boot leather are very difficult to eat at moment. ? Am known source of super fillet or scott's fillet

ABombabek's reply to above -

stick to above diet for further 2 weeks
Add Veps + B Compound ($\frac{1}{2}$ hr in a day to reduce)
Gentle bath of morning stools at 6 am and 12 pm every day.
Report results Friday fortnight at this time (5-50 pm).

Dr A Gondakos Prescriptions

(i) From 24.1.64

Distroxin	for the heart . . .	$\frac{1}{2}$ each morning .
Priscol	Artery opener .	One, three times a day .
Benemid.	Nri Acid reducer .	$\frac{1}{2}$ twice a day .
Colchicine.	Nri Acid reduced (accelerated)	1 twice a day .
Librium.	Tranquilliser . . .	2 at night .
General .	Tonic .	1 a day .
Kaopectin .	Anti diarrhoea .	3 times a day . (one tablet 8pm)
Kolanlyt Gel.	Antacid as slight anti diarrhoea .	3 times a day . (one tablet 8pm)
plus - in first batch by now discarded : -		
Navidren .	Anti blood purifier (water removes)	

All above temporarily stopped on 31.1.64 to use with Diarrhoea first

From 4.2.64 for three days to stop diarrhoea - which it did

Phenergan . (10mgms)	Anti-hypnotic for possible allergy : (1 tablet per day plus 3 at night)
Opium tincture .	Anti diarrhoea . To paralyse colon action (5 drops three times a day)
Bismuth .	Stomach binder , (every 6 hours)

Muscle Strain . 5.2.64

Nothing from 7.2.64 - 12.2.64 while pathologist (Dunston)
and I then decided to take full delay full routine till 17/2/64 while
involved on V d Bay. Plan (as from above morning full routine might be
delayed 8pm).

From 12.2.64 . Restarted on 18/2/64 (4 Tetracycline before bed on 17/2/64)

(ii) { Continue with perscription of 24.1.64 above except : -
Colchicine — ||| $\frac{1}{2}$ per day for one week } Then report
 $\frac{1}{2}$ twice a day for following weeks }

Plus

(a) { Plewin . amoebae destroyer — 1/ three times a day . (14 days)
Terramycin . anti-biotic — (4 or one) tab $\frac{1}{2}$ hour time + day $\begin{cases} \text{4 days} \\ \text{3 days} \end{cases}$
Vitamin B. Compound . To complement Terramycin $\frac{1}{2}$ three times a day . }

(a) Finished 4.3.64

(iii) Based to 2 Colchicine per day in his original treatment

6.2.64 saw A for full treatment. He had expected arm or leg

11.3.64 . Dunston took A. Stopped (ii) and took on to (a) plus Bismuth & Bismuth till 18/3/64

(i.e. 22 days after X-ray (ii) and 7 days after anti-anesthetic course (a))