



28.10.64  
Wednesday

Very large  
Krup gam.  
Smaller but  
few Krup 12.15

2 Analgesic  
for 12 hrs  
to feel good!!

Jannie lunch  
with transport

No neck pains!!  
Feels fine but  
+ cutthroat.

Clean, Cold, day. Up at 7.15. Honey + HW. Feels animals x  
maly juice at 8 am. A good, very big, fairly well formed  
Krup about 9 am. Took my Semelweis, hands 1 to Plin At Museum  
& handed it to Wente for the Semelweis Exhibition. Worked on  
family of Wite Adam. Prelim. Dimp all way + afternoon  
Taking Marjant to lunch at Janna as Simon de may find  
to eat not take me or invited as Philadelphia was service for  
to expand bill today. Simon came in take me down  
Phillip had been studying 'Cephalopods' in London + thought  
I could not be sure of getting rid of head snail by hospital  
treatment. Told Simon of the evacuation + that worm  
had measured 8!6" + probably Phillip had estimated  
age of this + give details of hospital treatment. Sources  
of infection. Had prints made of Wite Prelim  
by 5.30 + dinner time, called - before in morning. Home  
by 7.30 + for evening. Normal accounts + after at  
7.45 - 8.15. Veg dinner at 8.30 - 9.15 + own milk  
to bed by 11.30. (Had had 2nd fair sized soft Krup  
in store at 12.15. pm)

29.10.64  
Thursday

Good Krup  
8.50 am.

Johnny

Wite Adam  
Plans

lunch Zooloke

dinner Fair

Head pains  
but otherwise  
very fit.

Up at 6.30. HW + honey. Shower bath and fairly animals and  
maly juice at 7.35 pm. Clean Cool day. Fair sized  
soft Krup at 8.50 am. Left for job by (Wite) at 9 am  
Arrive Wite 9.50 + Milk and Cornflour for 10 mins and then  
Dinner. A constant headache. Faint + another. My Prelim  
dys. exposed + used vaccine by cell. + my symptoms for  
suppression of antibodies (ie Reg. label with) by 12.0. agreed to  
free development of Ab + then added free development  
of Ab. lunch with Herbert + dinner at 2.00 late Richard  
& had after tea but time then. Then into town (Parley  
at job by getting in mail) walking into Jolly 107 to drink de Jolly  
& Deadrickson. Simon + to Alan. Voted Mummy + Jerome  
dinner with family tonight. Voted Mummy + Jerome  
Mummy a way till 6.15 + at clean + my car by 6.30  
Dinner dinner, and out with the all (Annie's, Peter's  
& Jonathan here) till 11 am and home again by 11.50.  
Developed 'back of head' pains after (no lunch because?) of  
Wite release + both 2 analgesic + Wente + that took it

30.10.64  
Friday

Small Krup  
Head pains still  
slightly constant.

Falutalane  
still here.

Up at 7.45. HW + honey. Feels animals + maly juice at 8 am.  
To V.B. job by 9.15 am. Home by 10.15  
day. Simon + me to lunch at Janna. Only small  
Good Krup at 12 pm. Left office for home 6.30 pm  
in evening. accounts + after 7 - 8 pm. for dinner 8.30  
7.15. Mueberry for own trees. 7.45. Bed by 10.30.  
(Had taken 2 analgesic + 1 Wente at 12.15 pm + had  
Vams + honey. Falutalane in still present.)

31.10.64

Fair Krup  
Head pains  
+ 4 analgesic  
Falutalane  
continues.

Overcast + windy. Up at 7.45!! Feels animals + maly  
juice up to 11.15. then to office ~~at 11.15~~ after fair sized  
soft Krup at 9.15. Went out to market 12-12.30 pm to buy  
Veg + fruit. Took Tobie, L. to Janna for lunch (had sole  
Cobbler, shrimp, a bag of mixed potato, tomato + 1/2 Gtth Nidel, Abund)  
In Home all afternoon in various jobs. Left at 6.35. Head  
pains from 6.35 - 8 pm with Honey + Andy April. Home by 8.15. +  
had accounts + after 8.30 - 9 pm then for Veg dinner + mulberries.  
Crest juice at 11.30 + to bed. (Had taken 2 analgesic + V.C  
at 12.30. and ditta at 6.15. for headpains)

P.T.O.

1. 11. 64.

Sunday

Small well  
formed Krap  
only at 8 hrs

Flatulence &  
vague stomach  
pains  
continue.

clean cool day Very lazy. Only got up at 8:45 -  
and hady animals + milk. Juice up to 10:45. Combined  
dog + hand garden till Veg: lunch at 1:15 - 1:45 pm  
Then long session. Sister then reading in meadow.  
Janni Hebel visited about 8 pm to discuss Sereels Sping  
on meadow. I went to buy Sereels at 5:30 pm 5 birds resp.  
Women Builders arriving by Hotel Rector of 5.30 pm I had ordered  
but forgot + gave him R25.00 for it going on for drinks with  
Dora + Claude Part - later much better after Arnold's treatment.  
Best time to travel onwards + after 7:30 - 8:30 - Hot Veg dinner  
+ mulberry + carrot juice + bedtime at 11.15

2. 11. 64

Monday

Fair, some Krap  
at 7.20 am  
Fair. Soft Krap  
at 12.30 pm

Fairly "down"  
2 Analgesic + Vit C  
Flatulence and  
"pains" continue

Cloudy but dry day. Up at 7 am. Medicine Krap at 7.20 am  
before bath. Milk + hady animals at 8.30 am. Off to  
Office 9:45. Farsayed Soft Krap at 12.30. Home for  
hot Veg lunch 1.45 - 2.45. on Sereels Sping talk.  
left office at 7.30 pm for home. usual onwards  
+ apples 8 pm - 8.45. Hot Veg: dinner at 8.45.  
funding with our mulberries. Carrot juice at 11 pm  
(Had felt very down during morning. Took 2 analgesic + 1 Vit C at 3.30 pm)

3. 11. 64

Tuesday

Farsayed  
Soft Krap  
at 9.15 am

Flatulence  
continue.

clean cloudy day. Up at 7:15 am. Hady juice + hady animals at 8 am.  
off to office by 9.30. via S. Hill J. Owen to Council Jimmy Archibald  
to Division (v. Bochner): Plum Driffin (Wife) to look Ken Smith's history  
for me. Home to lunch 1.55. with accident who was in the car (Rover)  
at Finlans. Did not want to print last part then there at 2.50  
I returned + gave details then going to office. Off to  
Art Museum at 5 pm (with John Jones) to Open Sereels show. large  
and many friends. Went on to Janni Hebel after and  
many turned up here too but I came home at 7.50. to  
my usual onwards + apples + to bath + "Pauline Smith" N  
radio at 8.15. usual Veg dinner + mulberries at 8.45. - 9.45.  
+ Carrot juice at 11.30. (2 analgesic + Vit C at 3.30 to calm me  
after accident further + for the 'sping'). To bed about 12.15

4. 11. 64

Wednesday

Good Soft  
Krap at 12.15 pm

Flatulence  
free on

Overcast day. Up 7.15 am. Hady animals + hady juice  
by 8 am. To v. Dan Bagg job to meet v. B. + jump down at 9.30  
In office by 11 am. Home to lunch 1.20 - 2.30. Met Capt.  
Baker at Klettloch Fort by appointment at 2.45 to 3.30 pm in address  
(+ gave 5 cases as Hon. Advisor + future) in restoration of Fort Early  
Stage in progress. Left office at 6.15. Drink (2 whiskeys) with  
Andy + Mary Currell 6.40 - 7.30 pm. + home to usual onwards + Carrot  
8 pm + 8.45. Veg dinner + mulberries 8.45 - 9.30 pm. Carrot  
juice and bed by 10.30 pm. Had had first good Soft  
Krap at 12.15 pm. Took 2 analgesic + Vit C at 12.30 pm

5-11-64

Thursday

Good Krap  
at 10.15

Good dinner  
Rice + Veg  
Dinner + Juice  
Lunch + Dinner  
Bolet Concert  
Museum  
Flatulence free  
on. Had bath

Very Overcast + drizzly evening. Up at 7.20.  
bath etc + hady animals + hady juice by 8.40. Off to  
work to leave Ford at 9 pm for day for check up etc at 9.30 am  
In office all day. Took Ren Pote to lunch at Janni  
(Good Krap at office at 10.15 am). Barry Berman's lunch  
in time to 10.30 - 11.15. Felt Ford at 8 pm + to Museum  
after in Hotel Condit. Home where we came out at  
interval + relief to know how the milk + Lemmy Martin  
cups. Got home about 10.40 pm and went  
to bed about 11.15. (Took 2 analgesic + 1 Vit C at 12.30 pm)

P.T.O.



11. 11. 64  
Wednesday.

1 Krapf 11 am  
2nd Krapf 5.15

Evening with  
Colin + Rita

Clear, warm morning. up. 7.15. Feels unwell and  
mildly tired at 8 am. To VdBerg job by 9.15.  
and in office by 10.30 am. Home to lunch 1.45 - 2.45.  
Left office 5.55 for Colin + Rita lunch for drinks + dinner  
+ playing. some of my records on Colin's player installation  
and much discussion on my points so that when I looked  
at my notes I was after 1 am. Home by 1.20 pm.  
after my lady looking worse, my Rantus fell on to bed  
by 1.45 am. Had had four sized soft krapf  
in office at about 11 am and another better formed  
one at 5.15 pm. Zandlen + Vit C -

12. 11. 64  
Thursday

Soft Krapf 10.15 am

Job by all day  
Waldorf lunch  
(Hamp. + Dorothy)  
Kemie Bosman  
drinks + dinner

Large soft  
Krapf 3.30 am

Sick Sleazy  
Night.  
wrest for long time

Clear warm morning. Feels very weak about arms +  
limbs + a bit 'frail', up at 7.15. Feels unwell +  
mildly tired 8.20. To office by 10 am. Soft Krapf 10.15.  
Left 11 am for JBurg. Get to Airlferry by 12.15. Spend time 1.50 at  
Transrail Academy. Show in basement. Met Housie, Hendrik + lunch  
+ some others (Nate + George). Walked to the office (left at Supreme Court  
to see if I could see Brian Foster (but they found no work all day.  
to Peter Wemy. See very little for sale (not much work) + back to Rand.  
Then to walk in the dirty station "Kam" + found many other + to library (and  
Catherine + others). Then to gallery 101 (Graham + John - not much) +  
John + Gemma (the other time). Callous, skin on bit "Game Boy" test +  
to Geddie gallery (Thursday - in worst) + back to Earl gallery by 4.30  
to meet the ladies to see the George Boys about (dream piece) but then  
+ took in car again to Kemie + Gemma + Housie for chat + me showing  
till 6.15 pm. Then a + Kemie + Gemma + Housie for drinks + dinner  
leaving for home at 11 pm. Feels in 12.15 with "back of hand"  
pain + to bed on sofa on a tumble. Woke 3.30 with  
sweat and head pain. Took two Zandlen + had large soft krapf.  
Krapf did never sleep again because of sick feet + heavy  
breath. Got intermitted cramps in feet + chest.  
Very old had sweated profusely during the night.

13. 11. 64  
Friday

In bed all  
day till 3.30 pm

VdB propwelling

Stayed in bed, feels terrible. Kelvyn made me  
Some Kelvyn + usual Hong + HW. at 10 am. Doped  
in sickly way till 2.30. up, washed, shaved +  
off to office gets there 3.30. Left office + VdBerg  
job for roof wetting at 5.30. Get home about 5.50 and  
sleeps till 6.50 pm. Home to arcade 7.15 - 8.30.  
Had veg dinner 8.45 - 9.30. Feels unwell. Glass  
of carrot juice at 11 pm + bed. Had later 2 more  
of carrot juice at 3 pm. but hand pain persisted in  
background! (two very weak whiskeys at VdB + no cats)

14. 11. 64  
Saturday

Small Krapf

Junior Bkfst  
Stavrosin after  
2 analyses for  
hand.

Up at 7.20 am. Felt a little worked out. Feed animals +  
make juice + eat pawpaw. Had small Krapf (soft) about 9.15.  
To office by 10 am. and there till 2 pm only very minor  
hand bad. Took 2 Zandlen + one Vit C about 12.15 pm.  
Home by 2.30. No lunch. only water. Odd job in roadwork.  
Started little + music on stick. Walk over fence with dogs 5-6 pm  
Bored in unwell after feeling dopy. Only glass of carrot juice from this  
morning. No dinner. Rest till 10.30 pm + then to bed.

15. 11. 64  
Sunday

No Krapf

Only juice for  
food during day  
No health pains  
+ feels generally better

Hot, clear, day. Lazy. On up at 9.30. Fed animals + made  
only carrot juice drink 2 glasses + 1 in fig. ~~... ..~~  
Pulled large basket of vegetables from garden. To Randie to Vit Maltex at  
10.30. Offered my Berberles at Andy + Mary. Cyril + had tea with them.  
More unwell. Offered at Jamie + Lisa + then Simon + Mary + had  
to read + some progress on his various portrait + charts + white. Then home  
Carrot + more in unwell. Had 4 in 1. Had 1 more + drink 1.5  
juice + more. Took dogs into office to get 1.5. Had 2 more + 2 glasses carrot  
juice + 1 glass mulberry juice for dinner. Had + pulsed 3 times till 11 pm.

16.11.64

Monday

V. Small Kneif

Flattened induced by starvation but relieved with eating.

Warm rain overcast morning. Lay till 7.20. Shave, bath and feely annoyed about 8.30 + maily carrot juice (3 glasses) drinking 2 glasses. Read in yard and till 9.45 + off to Art gallery & see Quadrant and on to office (Had small softie but fairly formed Kneif at 7.30 am) Art gallery closed (Monday)!! Office by 10.15. Home for Hot Veg lunch 1.45 - 2.30 pm. Tea + 3 biscuits on arrival, maily + afternoon. Call office 6.30. Carrot juice 7 pm - 8.30. Hot Veg dinner 8.40 - 9.15 pm (Carrots, beans, beet leaves + sprouts, Hulled Spaul + boiled potatoes) fruit mulberries at 9.45. To bed just after 11 pm. (Had taken 2 analges + 1 Vit C about 12.30. In relation of head pain + depression).

17.11.64

Large Kneif 9.30 Small .. 7 pm

Flattened somewhat by reduced. No head pains.

Clean cool morning with breeze. Lay till 7.30. Feely annoyed and maily carrot juice at 8.5 pm. Had good of soft Kneif at 9.30. To shop, supermarket + Art Museum (to see Quadrant & Service) on way to office. Get home 11 am. Home for veg lunch 1.45 - 3 pm. Lay till 7.50 pm. Glass carrot juice. Hot Veg dinner 8.45 - 9.15. To bed by about 11 pm. (Note Honey + HW every morning still)

18.11.64

Wednesday

Small Soft Kneif

Flattened still there.

2 analges for indigestion + dizziness!!

Dinner Honey + HW

Overcast, cool, maily. Up at 7.15. Honey + HW. Feely annoyed + maily carrot juice at 8 am. Small very soft Kneif at 8.30 am. To Vdberg job + then to office by 10.30. + Vets Admin department (Vice Pres: Reposhani etc) 11 am - 12.30. No lunch (remained in office) family lay till 7.50 pm. Glass carrot juice. To Mary + Piers for drinks and dinner for evening at 6.30. - 12.30 + Klembie dinner found res at 7.30 pm. (Two other information + woman found in Grafty about 11.30 - 12 pm). To bed about 1.45 am

19.11.64

Thursday

No Kneif

Karin + Shanna (unch + jam)

Feely alright

Cool. Overcast day. Did not get up till 7.45. Bath done + Feely annoyed + maily carrot juice at 9 am. To office 9.40. To Karin + Shanna to lunch at Jamnie (Chicken salad + Nideberg Cabernet) job in Grafty of old museum. Vdberg 'Klembie' and Jakes her back to old museum about 3 pm. Dinner in maily + Jakes re with Karin + Shanna + jam + 1/6 extra maily + Jakes. Left for home 6.15. Drinks with Ailly + Harry April 7. Left Sam's talk for Karoline into hand? Home by 8.40 pm. Hot veg dinner family mulberries 8.45 - 9.30 pm. To bed by 11 am.

20.11.64

Friday

Fair Kneif

Dinner + Jamnie

Feely alright

Cool, overcast, maily. Up at 7.40. Honey + HW. None in Feely annoyed + maily juice at 8.30. Fair soft (fairly well formed) Kneif - 7.50 am. (Long been fairly in cloudy Prof's support for beta since last two days). To office by 10.15. To Vdberg + lunch at Jamnie (Chicken salad + Nideberg Cabernet). To SATISH T. Berman (Vos) to read papers on Karyon (+ Woodcock, London) trip. Near to Karyon's, Aunt + identify first stage from sketch (2.30 - 3.15)!! Left office 6.30. Hand drinks + dinner with Dor + Claude + Peter + Dor + Shanna. Lay till there. Home by 12.45. and in bed by 12.40.

21.11.64

Saturday

Good Soft Kneif

Felt better in maily but recovered - feely quite alright after

Clean Cool day. Up at 7.30. Honey + HW. None + feely annoyed + maily fruit juice 8.10. Office by 9.30. To Harty Monument meet at Constitution Club 10 - 11.45 pm. Home to hot Veg lunch at 2.15 pm for afternoon. Took dog for run to Vdberg. Home at 6 pm. Tea + Banna at 6.30. Heavy drinks into Karine + Vdberg B. Karin + Shanna lunch re Vdberg Karine + Harty Blvd. Home by 7.45. Hot Veg dinner family milk pudding + carrot juice before bed at 11 am. (Had third fruit good but soft Kneif at office at 9.45 am fairly better - as first felt a little better before but had taken analges + 1 Vit C at 5.30 am)

22.11.64

Sunday

Small well formed Kneif. 8.30 am Medium soft Kneif. 2.30 pm

Had 2 analges dinner family milk pudding + 'Furbis' juice. Carrot juice + bed about 10.30.

Clear morning but cold. Overcast with drizzle later. Up late (8.30) Feely annoyed + maily juice about 9.30. To dog + vet Nelson 10.30 but M maily on weekend. Maily tea with Harry + Harry April 10.45 - 12.30 pm. Home for hot Veg lunch. Worker in Arthur's time table. To Karin on shop till 4.20. To tea and drinks with Dor + Shanna + Jamnie at 4.30 - 7.30 pm. Home to hot Veg dinner family milk pudding + 'Furbis' juice. Carrot juice + bed about 10.30.







A. cancelled - 13/9/64  
" " " 19/9/64  
" " " 20/8/64  
24. 8. 64

A branch after Report

1. Generally not so fit since last visit to him. 20.5.64. (Butterfly Cole writes might have had something to do with it) But no knee or ankle pains had ever returned.
2. Stools had been fairly good and regulated at one a day skipping a day now & again. Midday was the time Two a day never achieved
3. Veracolate 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:

Diocteron	1/2 am
Bismulol	1/2
Colloidal	1/2 pm
Librium	2 1/2 pm

May 20-23 (3 days) full Pills + Veracolate  
 " 23-31 } (15 days) Stopped all pills.  
 June 1-7 }  
 June 8-30 } + 2 months Took all pills except Veracolate  
 July 1-30 }  
 Aug. 1-5 }

Aug 5-19. — Stopped all Pills  
 Aug 13-19. — All analgen stopped.  
Analgen at 2 per day + Vitamin C taken daily since  
 23rd May (very occasionally 4) because of (i) Neck pain, (ii) transverse feeling or (iii) Depressed feeling. for sleep.

5. Kelly Exercise because of intense cold + back pains have been temporarily discontinued since 19.6.64.
6. Black tea + toast was discontinued from 8/6/64 because of growing repulsion to it. Seemed to cause furry tongue and upset tumbling which recovered for some time after discontinuance.
7. Flatulence present all time. (One period of wet <sup>spindles</sup> during night)
8. Resistance to baked apple started above month ago + now only 2 quinces Steaks a day (~~occasionally~~) of lunch (often) + remains of diet.

9. (a) General bodily tiredness + Failure causing Depression + bed layman  
 (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 other failures since last visit - Farmy  
up and subduing ~~reaction~~ <sup>state</sup> came to worst after a very windy  
 lunch followed by a rich dinner on 13th August.  
 An absolute lack of energy, lack of interest in things has accompanied  
 some times passing over whaling some of desolation and indifference

A. SUGGESTS. 1 glass Yogurt a day, or every other day for stools  
 one of Apple lingers the a  
Enzyme Black and Juice. 2 glasses per day.  
19 governor day arm Bismulol - with water 3 cut out  
Continue with these drugs } Diocteron.

Otherwise A well pleased with physical condition DR PAPPE  
 indicates indirectly that my other brother's physician

Caching notes and clearing doubts with doctor (Wherry) have proved fatal to stomach  
 Post-operative diarrhoea did once but impact stomach might commencing  
 Right side of body towards long canal to gland  
 Left ankle moulder gets painful branch in back  
 Note

Appointment originally for 13.5.64 (Wednesday) cancelled by Almschick's receptionist because of some emergency he had been called to. It was now difficult to get me in anywhere else next week and after several telephone calls next Wednesday 20/5/64 at 4.30 was fixed.

20.5.64

Report to Almschick

- (i) Have taken complete holiday including being diet and medicines on Cape trip - i.e. from 26/4/64 - 8/5/64 when wound (or even abnormal) eating and drinking had been indulged in. I took Diotroxin, Benemid and Librium during most of Cape trip. Did no exercises. ~~Had decided to carry on like this but I was told on~~
- (ii) After returning from Cape in 8/5/64 had returned to T.T.G.A. diet most of time with occasional lunch + dinner + drinks with friends and had recommenced exercises but had not regularly taken Diotroxin, Benemid + Librium. Now had injections yet been recommenced (last injection was 21/4/64 i.e. 3rd of 1.100.(10)) Batek said to be ineffective if 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 itches of inside of left leg had returned.
- (vi) Flatulence remains though not so bad or so odorous as when it began to be again.
- (vii) Exercises reveal return of stiffness of back. (like mild lumbago)
- (viii) Have had "rough tongue" for last two days. No stool for last two days. Kelly Exercises to be left off 2 days + non-residue diet too for 6 months.

Droloxin 1/2 after breakfast Mon, Wed, Fri.  
 Benemid 1/2 per day after breakfast.  
 Colchicine 1/2 (120<sup>th</sup>) at night.  
 Librium 2 at night (15mg) renew with (10mg medication)  
 Veracolate 1 at night for first 4 weeks, two second night and 4 + 200, 300 had  
 (12 weeks course) (See end of my report again 3 months) 4/6/64  
 for 6 months.  
 Leave allergy injections till seen again in 3 months.

(Always take Vitamin C 1000 to 2 mgm with every 2 analgin)

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

Table with columns for Strength of extract, Size of injection (ml.), and Dosage schedule. Includes handwritten notes such as 'Tx. First Injection by Abdoletta, 12-12-63', '28/1/64 done again by Abdoletta', and 'See Afrkanin side for details'.

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, \* 45. Onion. 2. Grasses. \*\* 46. Potato. 3. Oak. 47. Pumpkin. 4. 48. Spinach. 5. Acacia. 49. Tomato. 6. Pepper Tree. 50. Turnip. 7. Cypress. 51.
FRUITS: 52. Apple. 53. Apricot. 54. Banana. 55. Fig. 56. Grapes. 57. Grapefruit. 58. Granadilla. 59. Guava. 60. Mango. 61. Melon. 62. Orange. 63. Pawpaw. 64. Peach. 65. Pear. 66. Pineapple. 67. Plum.
NUTS: 68. Mixed Nuts.
BEVERAGES: 69. Cocoa. 70. Coffee. 71. Tea.
CONDIMENTS: 72. Mustard. 73. Pepper.
BACTERIA: 74. Micrococcus catarrhalis. 75. Bacillus coli. 76. Diphtheroid bacillus. 77. Haemophilus influenzae. 78. Pneumococcus. 79. Staphylococcus albus. 80. Staphylococcus aureus. 81. Streptococcus pyogenes (haemolytic). 82. Streptococcus viridans. 83. Bacillus of Friedlander.
FUNGI: 84. Fungi (various).
MISCELLANEOUS: 85. Bee Venom. \*\*\* 86. Horse 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 daisy type as well as wild varieties—Cosmos, Khakoned, 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 pasiënt die volle sterkte (1 : 1) ekstrakt met gemak verdra d.w.s. as 'n betekenisvolle reaksie voorkom, moet die tussenpose tussen inspuitings verleng word sodat 'n inspuiting eenmaal per week vir 'n paar weke toegedien word, eenmaal per maand vir 2 of 3 maande en daarna eenmaal elke 6-10 weke as 'n instandhoudende dosis om die hiposensitisasiestaat wat verkry is, te behou. Die dokter kan selfs die tussenpose van instandhoudende dosisse verleng as die pasiënt gesond bly. Dit is noodsaaklik, egtter, dat 'n betekenisvolle reaksie verkry word met elkeen van die instandhoudende inspuitings.

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

## SKETSE VAN INTRAKUTANE DESENSITISASIE METODEDE

Sterkte van Ekstrakt	Groote van inspuiting ml	Aanmerking
1 : 1,000	0.05	$\frac{1}{1.1000} \cdot (0.05) \cdot 1$ <i>Mars 24, 28, April 2, 7, 10.</i>
	0.10	
	0.20	
1 : 100	0.05	Die aanvanklike desensitissasiedosis, soos aangedui deur 'n betekenisvolle reaksie, val gewoonlik binne hierdie perke. $\frac{1}{1.1000} \cdot (0.10) \cdot 1$ <i>Apr. 14 - 17. 21.</i>
	0.10	
	0.15	
	0.20	
1 : 10	0.05	***Enige van hierdie dosisse mag een of meermaal herhaal word, namate die betekenisvolle reaksie volhou.
	0.10	
	0.15	
	0.20	
1 : 2	0.05	Inspuitings met geleidelike langer tussenpose totdat elke 6-10 weke 'n inspuiting toegedien word.
	0.10	
	0.15	
	0.20	
1 : 1	0.10	
	0.20	
„Instandhoudende” dosisse		

## PRYSE

Prys van „Diagnostiese Veltoetsuitrusting—Ingasemde 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 PROTEÏENEKSTRAKTE

Die volgende proteïenekstrakte is beskikbaar vir veltoets in Hooikoors, Vasomotoriese neusslymvliesontsteking, Asma, Netelroos, Ekseem en ander allergiese toestande:

## STUIFMIBEL:

1. Compositica. \*
2. Grasse. \*\*
3. Eik.
- 4.
5. Akasia.
6. Peperboom.
7. Sipres.
8. Populier.
9. Liguster.
10. Sedar.
11. Plataan.
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.
25. Kafferkoring.
26. Meilies.
27. Hawermout.
28. Rys.
29. Rogge.
30. Koring.

## VLEIS:

31. Beesvleis.
32. Skaapvleis.
33. Varkvleis.
34. Hoenders.

## PLUIMVEE:

35. Verskillende Suid-Afrikaanse Vissoorte.

## EIERS:

36. Hoenderieiers.

## MELK:

37. Beesmelk.

## GROENTIES:

38. Boontjies.
39. Beet.
40. Kool.
41. Wortel.
42. Seldery.
43. Kornkommer.

## 44. Slaai.

45. Uie.

46. Ertjies.

47. Ertappel.

48. Pampoer.

49. Spinasie.

50. Tamatie.

51. Raap.

## VRUGTE:

52. Appel.

53. Appelkoos.

54. Piesang.

55. Vye.

56. Druive.

57. Pomelo.

58. Grenadella.

59. Koejawel.

60. Mango.

61. Waterlemoen.

62. Lemoen.

63. Papaja.

64. Perske.

65. Peer.

66. Pynappel.

67. Pruim.

## NEUTE:

68. Gemengde Neute.

## DRANKE:

69. Sjokolade.

70. Koffie.

71. Tee.

## SPESERYE:

72. Mosterd.

73. Peper.

## ORGANISMES:

74. *Micrococcus catarrhalis*.75. *Bacillus coli*.

76. Diferetel basille.

77. *Haemophilus influenzae*.78. *Pneumococcus*.79. *Staphylococcus albus*.80. *Staphylococcus aureus*.81. *Streptococcus pyogenes* (hemolities).82. *Streptococcus viridans*.

83. Friedlander basil.

## SWAMME:

84. Verskillende swamsoorte.

## DIVERSE:

85. Byegif.

86. Huisstof.

87. Kapok.

88. ~~Huisstof~~ 88. Iriwoud.

89. Piretrum.

90. Sy.

91. Tabak.

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

\* Verteenwoordig deur tuin blomme van die margrietjies soort die veld soorte—*Comos*, *Kahlebas*, ens.

\*\* Verteenwoordig deur die Suid-Afrikaanse soorte.

\*\*\* Uitgerik as 'n Bygiftoetsstel in 'n reeks kapillêre buisies met gegradueerde sterktes.

Pill Count of Remaining Pills

(after last dosage on 25.2.64)  
(See also page 35a of Med. Diary)

- B. 2657. Nardorex (of first batch finished 7.2.64 + not repeated.)
- B. 2657. Dianloa loqui (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 recommenced (after quick cure of " " ) on 18.2.64

Diarrhoea treated. was from 4.2.64 to 7.2.64 and was  
 Phenergan (10m) (Anti-hypertensive + diuretic)  
 Opium Tincture. (Color. paralytic anti-diarrhoea)  
 Brometh. (stimulant)

- |    |             |              |  |       |                             |             |
|----|-------------|--------------|--|-------|-----------------------------|-------------|
| 1. | B. 2480.    | Diothoxin.   | (1/2 mg every 4 hours)   | left. | 45 half bottles             | 35 1/2 days |
| 2. | B. 2481.    | Prascole.    | (1. twice times a day)   | "     | 14 1/2 bottles              | 37 1/2 days |
| 3. | B. 2482     | Beremid.     | (1/2 twice a day after meals)  | "     | 45 1/2 bottles              | 35 1/2 days |
| 4. | B. 2483.    | Colchicine   | (1 twice a day after breakfast + dinner)   | "     | 109 bottles                 | 44 1/2 days |
| 5. | B. 2484     | Librium      | (2 at night green tranquillizer)   | "     | 94 bottles                  | 37 1/2 days |
| 6. | B. 2485.    | General.     | (one daily - Tonic)  | "     | 18 capsules                 | 8 1/2 days  |
| 7. | (no number) | Kolalyt gel. | (1 d. spoon 3 times a day)   | "     | Finished 24.2.64            |             |
| 8. | B. 2486     | Kaopectin    | (anti diarrhoea not taken some<br>Kolalyt alone as diarrhoea cured<br>1. little spoon twice a day with 2483) | "     | 1 large bottle<br>1/2 small | ?           |

Anti Amoebic Infection Treatment ~~started~~ taken from 18.2.64 - 4.3.64

- |    |          |                        |   |            |        |
|----|----------|------------------------|---|------------|--------|
| 9. | B. 2769. | Plevon.                | (one three times a day)   | 27 bottles | 9 days |
|    | B. 2770  | Terramycin.            | { 4 at once<br>1/3 " " " 3 " "<br>1/2 " " " 2 " "<br>then 1 a day | 5 capsules | 4 days |
|    | B. 2771. | Vitamin B<br>combined. | (2/3 three times a day)   | 57 bottles | 9 days |

- Kolalyt gel finished 26.2.64 ✓
- Terramycin " " " 28.2.64 ✓
- Plevon " " " 6.3.64 ✓
- Vitamin B } " " " " " " " " " " " "

Arm first sprained 5.2.64. Healed injected 6 + 13/3/64. 3rd on 20.2.

||| repeat -

- 15 1-1000 - 5
- 20 1-
- 105 - 1-100
- 10 -
- 15 -
- 20 -

} three week

13/May 4.30

{ Repeat after week of 1/2  
after 4.30 5. 17

A Bowchick Report. Caldwell 1st Month See 20.4.64  
17.4.64 (Monday)

Ray from Home

1. Generally speaking feeling quite fit.
2. I repeat as before, that never have I felt as fit (on the top of my toes and waist) as during the last week of the last anti diarrhoeic treatment when I had 2 full stools a day — and they were completely odorless.
3. Now at end of 4<sup>th</sup> week of 1/2 Caldoxime twice a day — hence 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 either nothing for a day or one good stool. Generally they are half formed to very soft and odourous.
6. Flatulence very prevalent and odour is that from presence of soft stools in upset tummy. Tummy however by no means upset.
7. I do now have more frequent arthritic neck pain and "Back-of-the-head" such headaches. which I admittedly relieve with analgen.
8. No variation from T-T-G-A diet three times a day with Vegi 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.
9. Have complete 5 (hour + week) injections of 1:1000 and 2 of 1:100 all negative. This trial is said to be no use after May.!!!
10. A certain amount of itches on skin on calves had occurred again.
11. Sprained right arm very much better but wrist and elbow joints I feel most now.
12. Going to Capelinum from 26<sup>th</sup> (Sunday week) to 8<sup>th</sup> May (time?)  
Cery of (but had already indicated cannot be continued during this time)
13. A present supply of pills coming to end in 3 or 4 days; time

20.4.64

On being all about Bowchick's food: —

Take complete diet and medicine 'holiday' during the trip to Capelinum from 26/4/64 - 8/5/64 and we will discuss results at Abbotsham already made for Wed. 13/5/64. I must however carry on with Deslozen, Benamid + Librium during this time + get better little.

Ray, Koeloe (Venter) from home order; above 3 medicines.

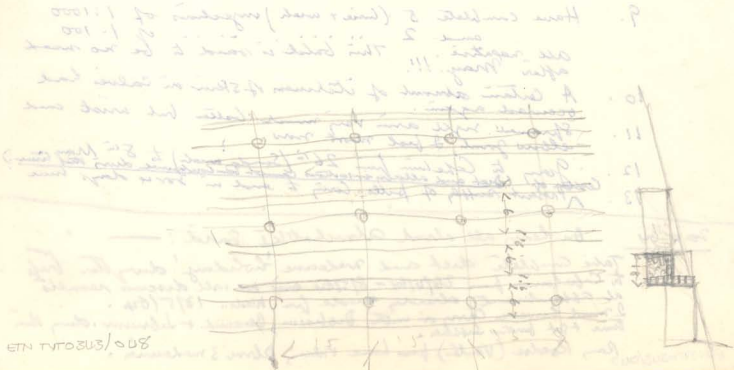
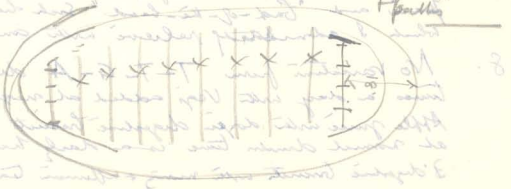
Pellagra

Monday 20/4/64

- B.2480. Distrocin — ⊗ } panned 200 mg/ml.
- B.2482 Benemidol ⊗ } panned 200 mg/ml.
- B.2481 Princol \_\_\_\_\_ 3 days. still left.
- B.2483 Cochrane \_\_\_\_\_ 6 weeks left @ 1/2 price + day left
- B.2484 Lebrin (Tranquillin) ⊗ 2 days in left
- B.2485 Seval \_\_\_\_\_ 15 days left
- B.2771 Vita-B \_\_\_\_\_ 4 days left

next Almutha appointment  
May 13 Wed 10.30

Talk with Prof 20/4/63 re Golden Lattice wells  
 + paths



Abonchabki. 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 fuller however. and there was no flatulence at all.  
Now at end of 2nd week of  $\frac{1}{2}$  Colchicine twice a day.  
(after two days a loss of stomach windness + some no one's for one day)  
Continued  $\frac{1}{2}$  hour along after this. ~~was very~~ ~~disagreeable~~
3. Strangely enough my original head pain (Osteoarthritis of neck) had practically never manifested itself during whole of treatment since November last but was now doing so again since end of last anti diarrhoea treatment ??? I had taken analgesic now and again to relieve it !!
4. As for last couple of minutes this (Abonchabki) T.T. 9. A diet with Vep in evening ~~three times a day~~ preceded by Kelly exercises (except in evening when exercises just before going to bed) has still remained absolutely unchanged - (including taking apple juice + quite a few digestive brands <sup>at evening</sup> ~~at night~~)
5. Ever since about ~~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. ~~Appropriate steaks~~ Steaks of any sort of quality short of good leather are very difficult to eat at moment.  
Any known source of Super filled or Scotch filled

Abonchabki's reply to above -

Still to solve diet for future 2 weeks  
Add Vitamin B Complex (2/3 times a day to medication)  
Continue habit of producing stools at 6 am and 12 pm every day.  
Report results Friday fortnight at this time (5-50 pm).



