

Wednesday
20.1.65.

Family food
Krupp at home
at 8 am.
well informed

Back to
Office
from Kenya

Clear day. Lazed a bit, only get up at 7.30.
Bath, change etc + milk, juices + food animals as usual
after. Saw Dick, Robert + Thomas for Nelsons back.
Only left for office about 10.25. Leave Suit + Silk Coat
at Dry Cleaners + get to office by 11.30 or so. Much
mail to deal with. (To be I saw in Dublin dealing with
mail delayed N. South Central). Took my mail to London
at 10.15. (Acheson called + Matsuo Rice) + continued
with mail, A.C.'s + various things in afternoon. Left
Office about 6.15. + looked on in Andy + Harry Cyril finding
them playing Croquet at about 6.45 pm. too absorbed to stop
By 7 pm I came home + milk not than 8.30 to drink or it was
too late to begin - (and their welcome had been to Central) - As a
thank you to the mentioned by Xmas Case + N. H. H. !! + 8 pm. left for Kenya
food - how impossible can people be! Had whiskey
also (by mistake) homemade (in kind of only) but drunk it + usual
Krupp. Veg dinner after - very good - a little too much.
A Curious painful bump near parting in my hair which had
just become slightly noticeable on arrival in Salisbury. End
now spread to a curious sensibility across the left side of
my face. My eyes were dull + lashed. I did not feel very well
+ had taken 2 analgesin and 1 vit C to no effect for this.
To bed about 11 pm.

Head bumps
pain spreads

Cozill
Unwellness

Thursday
21.1.65

No Krupp

Head pain
Increase.

Clear warm day. Did not feel too hot - headache
+ lay till 7.30. Fed animals + usual carrot juice
(2 glasses + 1/2 cdl marauder) plus 2 glasses of every. My
'surface' head sensibility increased + shooting pains
at left temple. To office in Jozzo. No lunch. Had
all day done all sorts of odd jobs. 3 Aspirin about midday
taken to amphetamine + 1 vit C in morning. Left office about
6 pm + came straight home. Had 2 glasses carrot juice but
no dinner. Throat felt sore. Gargles with salt solution +
sprinkled into nose. Went to bed fairly lousy about 10 pm.

Friday
22.1.65

1 wet Krupp

Saw
Papke
had
various
infection..

- John
Mokonye

Clear, warm day. Felt so lousy I stayed in bed
till 10.30. hoping to ease head but it was worse if anything.
Had much more Honey + H.V. but not sleep. Went in to
office in Jozzo about 11 am. Felt so lousy I saw Dr. Papke
(as an M.D. for various things by both Atombattori + Imani Heubel) + made
attempt for 2.45. No lunch. Papke found that probab. not
a virus infection (usually arises to chlamydia causes sensibility of
head + clear skin on left side and shooting pains over left eye + temple) +
some little bits to be taken every 30 mins + I must go home + stay there
for 3 or 4 days at least. He also found blood in my eye on
the left side account for during in case due to my being "tense" - the
left however expected as he felt it. He did not think the serious
enough to do anything about. Ring J.P. val 13 saying I must be quiet for
3 or 4 days but he sound really urgent. Home by 6 pm for evening
Found old 'John Mokonye' was having heard Mrs. Lutz for time at
Xmas. Since then R.B. (returned by Dick as in traceable) + Stan of
Mansala + Kalyan with some time dinner + he could still have (with Stan
Had cheese + 2 left chicken while only for Veg dinner. Also 2 glasses
cond. juice. Had slight belly ache and medium sized
wet Krupp. I put down to 'cheese'. Started Papke's Rabanus -
(Salt in Vodka + Kradec). Left eye felt tinged up + shooting
pains came on at intervals.
To bed about 11 am.

27.1.65
Wednesday.

Overcast day. Felt terrible about head on waking.

No keep

The superficial throbbing on left side more & less continuous. Got up about 8 am. Nerves, head, had run out. + made card price for Planning old manuscript about 3 or 4 lines C - price for Westport and today 2 Amelton + 1 VtC to relieve head pain. To office by about 10.30. Really messed about till luncheon (planning) I'm in home about 1.20. to see if he had got hospital bed. (Doubt.) I went off in car at 1.30. (really lousy & distinct misstep + head pain) from my home + heavy drink of carrot juice + 1/2 cold manure. They to A.A. Medical Institute to see Cornbridge about the 'Rooming' accident as he had asked by letter. SA Mutual Fire's claim on behalf of Pommers was R34 - four days was submitted so I gave Cornbridge cheque + he was off it confirmed as full settlement. Went on to see Willesly St & pay Robert + Brides mostly municipal charges so for full 1965 Rates. Each bill R4.50. Home to Poyled (Dyker) to see M.B. Dublin from the Sports. Dr. Poyled got the word for two to see how the book fared. Back to office. Had long difficult talk to Wise from 5. to 6 pm about staff changes + find difficulties + I'd my own frustration off my chest. Had ring James Westwood. Wise about L.C.M. bed. but he had not yet - will try again on Friday for this weekend. Head pain in office 6-7 pm and then some for evening talk 2nd lot of 2 Amelton + 1 VtC at 6 pm to relieve head and actually felt a bit better. Read. To bed about 11 pm and had a remarkably restful night.

Awful day

Still trying to get to hospital for Immunisation of neck.

28/1/65
Thursday

No keep

Clear, coolish day. Long till 8 am. not too uncomfortable but with stubbornly amiable feelings. Wash shave + fresh arrangements + making juices (after taking 2 Amelton + VtC at 8 am) at 9 pm taking long time washing carrots + juice + see prohibitions but scale too unaccountable. Shiraz Kalyan in some detail how to operate equipment machine so you could operate it if Sum kept it. Jelly had also a or fairly hot tub. Off to office by about 10.20 - just after hearing that Ross Poole had died and would be full bearer at Churchchurch at 2.15 this afternoon. (Minkwin should have been Wynand Smith) In office all morning on one thing and another. Went at Churchchurch at 2.15 pm for Ross Poole funeral. Acted full bearer with Jordan Macintosh, Jimmy Burg, 95. Leo, Tim took it. Porter etc. Went on after to Constance Cumulative + notes again with some full bearing except Bell substituted for Burg. After funeral service here by Christ Church Vicar. I spent rest of afternoon in Pter Cemetery visiting Doris Grave, Susan's Grave - and (after luncheon search on the head shell her name among Hubendal) Sister Hubendal's Grave. Back to office to go through Stam for cutting and claims by about 7.15. for evening (No keep, No lunch, 2 Amelton and 1 VtC twice at 8 am and 9 pm). Usual (at present) cold cooked Veg dinner and 3 flower count juice. Felt a good deal better about the head but think it was the gentle doses of Amelton Keep things at home to bed about 11 am. Comp light but head pain troubled early in the morning.

Ross Poole Funeral.

29.1.65
Friday

No keep
3rd day

Clear, cool day. Long till 8.15 am. Feeling good head annals and elaborate making of juices by Kalyan so she had machine and weighing carrots, juices + manure in new bought scale (at Westport 8 am yesterday) to get these dealt. Had 3 flower price + 4 figs and Janet from Beaufort. Off to office only about 10.30. No lunch. Started clearing out plain cabinet sold files into Dwell for parking space. No whole rapidly delay in Dwain old my head no food. Read Stam + Pter news in office till 7.15 pm. Home for evening but even second dose of Amelton hardly stopped sore head + eyes. Drink 3 flower carrot juice before dinner + eat well in cold Veg dinner (3 cold potatoes, beans, carrots, husband squash + manure all out of garden and 2 cold cooked eggs from bowls. To bed early (10 am) but head never really eased off and Jimm annals of it and of slight scale feeling all night. Immun receptionist had phoned to say that they could not get bed in L.C.M. for me before Thursday for Friday morning. She then found it for 7.30 am today for immunisation by Jimm at 10.30.

Head very different

30.1.65

Saturday

Good formal
Krap, 10am
rather forced
out

Felt rotten in morning. Lay until 9 am then
worked shaved and up. Kathryn fed animals
and made carrot juice for first time by herself
— apparently successfully + without hitch. 3 glasses carrot
juice for breakfast, then considered round garden to check
what boys doing + got back but under pumpkin to heat my
boots. Robert cleaned two cars + then helped in Vete
shop. Cold veg lunch with plain carrot juice at 1.20 pm.

Home all
day.

numbness
in fingers

Lay + rise and had cut + some breast in sandwich.
Hire points relaxed + 2nd dead week again about 6 hrs + took
two mice analysis (no rot + this time). 20 train with dogs carrying
furred chicken at Collier Ten Ken Van Gene (who remarried me
as my late husband's stepmother) and Betty (sister of
relating time by about 6 hrs to even). Hot veg dinner but
juice and a little cheese before dinner. Hot veg dinner but
with the warmed furred chicken this time which I enjoyed. Read
I will expect Schwab's Autopsy left hand - right hand + total inheritance
and about 10 pm. Analysis and taken time to have tooth effect but
had been lasted longer. Had noticed last 3 or 4 days a
return of numbness of the numbness in my fingers.

Grilled
Chicken

31.1.65

Sunday

NO Krap

Overcast, drizzling day with coldish winds.
Have had fairly good night but decided to stay in bed
to see if neck could be better subdued. Took 2 analgesin (10mg)
at 6 am. Read and dozed all overcast day in sandwich.
Kathryn fed animals + made carrot juice + 3 glasses about 10 am.
Cold veg lunch at 1.20 with 1 glass carrot juice. Got up at
4.15 pm + dressed having tea in stool and writing this.

In bed
till 4.15 pm
tea a stool.

5.30 - 7.30
drive with
dogs.

NO Krap up to this. Head had proved much more subdued
by keeping in bed was there in bed + found after getting up.
Took Robert + Tom for drive in car at 5.30 pm first out on Oubaland
road beyond Southport but back (because of dirt!) to Shiloh road and
round past ~~Anderson~~ Anderson + Peter old home to Veldhoven at all
on Premier main road to Donkerhoek turn off them to Donkerhoek
Bromhof + turn Rd (at Anderson Hotel) + back to the main in Shiloh
Road, 2.30 pm. Had lunch 2 million
again + then started taking about after 2.30. Car or so for rest
of evening. 2 glasses carrot juice. Hot Veg dinner with hot of Grilled
Chicken for hot night. City well. Read till 10.30 in chair and
then wrote this and time more ready in bed but could not sleep much.
Then saw with which I drove at day or night when trying to read in
a great frustration as so much good reading time is wasted.

February

1.2.65

Monday

'Minute'
Krap

Frustrating
day in office.

Clear day. Felt a few deal better about the head but still
long till 8.15 am before getting up. Shave, bath + feed animals
by 9.30 am + Kathryn in morning made carrot juice of which I had
30% carrot. Time to Krap at 9.15 am but only squeezed out 1 1/2" of formal Krap.
To Office by 10.30. To be in rage about another silly lack minute
change to Dunbar Bank to Muller Cartermanly + sent out straight
jump on the lake a lot of children. Packed + packed + sent out straight
Dunbar Bank + sent to airport which I later gave in Smith like yesterday
as they had not come up to high level that before but too late to do anything.
Part of day (No Krap) spend in re-organizing of my filing cabinet but
Madelbrock has caught me by phone re VdBerg + sent out straight
but I was not available + VdBerg had been in prison.
Head still throbbing but behaved reasonably well in 12 hours close
of lunch + 1 bit. No further indication of Krap. By 11 am since
written trace of next address to look for few days with help.
Left office at 4 pm with a 2.30. Some cheese + glass of white + black
red wine in garden + 2 glasses carrot juice. Furred Mother + hot Veg dinner
Read (Schwab) and to bed by about 11.30.

Tuesday,
2.2.65

109.

No Krap

Returned
Phillips
Toynbee.

Saw
Post Glen.

Overcast, thundery, sunny & my head played up because
'rolled' it for while at 6.50 am & took 2 analgesic & 1 W.C. & went to
bed again till 8.15 am. Fed animals (Katyja had made card piece)
at 9.15 am and drank three glasses card piece. Believed Phillips
Lobins Toynbee 'History' to be a lot of nonsense in and out of way & of
While day again spent organizing my files & such things. No lunch.
Left office about 6.30 pm fully wired after fishy supper at W.C. (when I
met Pat Glen) about 7.15 pm to supper. 2 glasses card piece before
dinner. Hot Day & cold winter dinner 8.45 to 9.30. Read (mostly about
Surreys. 1st both of Lland-R-head autobiography) till 12 pm. 1st glass
juice & to bed. Head came on terribly early in morning & I took 2
analgesic & 1 W.C. at 3.30 am. Sleep ended matters.

Wednesday,
3.2.65.

**Very good
Krap
about time!!**

Electric Storm
All lights out
about 9.45 pm
permanently.

Overcast & cool. Slightly damped feeling - pain analgesic. Lay
till 8.20 am. Shave dress & Fed animals. Katyja gave 3 pts and
three glasses (1 1/2 W.C.) Card piece for breakfast. To office by 10.45.
Day spent in reorganizing of filing cabinet etc. No lunch. Sat
a number of 'Vidua' prints & drink tea & three bottles water between
1.30 & 2.30. and had Very good lunch (1 1/2 W.C.) well found Krap at
about 3 pm. Feels pleasantly cleared at after. - but still time to take
2 analgesic & 1 W.C. to keep head in control about 6 pm leaving for home
about 6.30 pm. Usual 3 glasses card piece before dinner & had Veg
dinner with mutton picadella at 8.45 to 9.30. Rain & Electric
Storm & all lights went out at 9.45 pm. Examined all my
files but all intact. So nothing had to be done. Read in for 15 minutes
before my torch but face of and head to bed about 10.30 pm.
Light flickered on sometime during night but went at again permanently.

Thursday,
4.2.65.

No Krap

Overcast but mild. Lay till 8 am. & got up a shower for
HW. in all light still out & bed did not work. Lights flickered
on for second about 8.15. but out again. Shave, dress & fed
animals. No card piece or No Sleedins. Ray SL: Compliments. They
knew about it and drums were being repaired. In office
all day quietly, no visitors. Long session with Louis Thomas
who ordered R90. so to be him through means difficulties - No lunch.
Many Vitula biscuits & much water but no krap. Shirley Dept found
2 mauls had been badly damaged by lightning. Not yet repaired by 12 pm
May Purseif may & I had her moved to work for couple of weeks.
Left for home at 5.30 after morning visit to the W.C. to take me to C.M.
at 7.15 am tomorrow. Home by 8.45. Dilled. 3 glasses card piece
before dinner (SL had not come on at 2 pm) Hot Day dinner with
usual of picadella 8.45 to 9.30. Read. Shaves. packed
and to bed. Lay about 11.30.

Friday,
5.2.65.

To L.C.M.
for head
restitution by
Dennis Hurd.

No Krap

usual trouble
with feeling after
analgesic

Saturday
6.2.65.

Minute Krap

Difficult
Bladder

Clear day. Up at 6.30. Wash & get ready to go. Paid
Robt, Mann, Katyja & (left with Katyja) Joyce. Tobie arrived at 7.30
& got me to L.C.M. by 7.30 am. Signed on and went to room and
write this week for notes. Had nothing to do about anything at all.
Took about 8 am to mess & get into bed. Card piece at 8.15
by Montgomery to 9.15. I had some time with... introduced analgesic and
Krap... Dined regularly until about 2.30 talking & had tea & then
started reading a little. Dined... at 2.30 minutes at 6.30
& supper about 7.30 after the left Dined... & never had a
light at all bed passed on to night sleep. Great difficulty in passing
& bed. not to be into bottle tea' situation of free bladder very uncomfortable
Finally squeezed out a relieving pee into the basin. Felt no reactions.

Overcast day. Usual 'early' hospital routine went on. Breakfast
6.30 am (two nurses worked me about 8.30. maid dinner room. dinner tea 9.30.
Dinner 12.30. tea 2.30. Supper 5.30 pm. 3 lots of pills (mostly relaxant)
during day. Dinner bath in 30 mins about midday & passed blood of bed
Slightly trouble passed earlier. I remained out during rest time to W.C.
& passed out a fairly good pee (bed bladder pain before then and could not
see bottle) - minute krap. Read Robert Sitwell all day & No head/pains
due to relaxant pills. To sleep at 10 pm when notes came in
and bedded down from journal

Sunday

7.2.65

No Krap

Peeing difficult

Normal hospital routine on same as yesterday
 Visit for Drumm for about 5 minutes at about 11.30 am
 I only peck at hospital food taking very small quantities so as
 to avoid possible discomforts of this excessive laxing down all day
 though no loss of appetite. No Krap - Peeing still difficult!
 Read till 10 pm and then to sleep

Monday

8.2.65

No Krap

Peeing still
difficultBack Home
from L.C.M.Bad Headache
2 analges + 1 vitc.

Nature moved in at 6.15 to change waterpump. Read
 Breakfast tray in at 6.45. Worked, showed etc myself -
 Drumm in about 8.45 am. I went to home now but
 must lay for a week - all day for 2 days and getting up
 a bit between layings after he had not really in chairs. Had
 exercises to be done for 3 mins 3 times a day. All rolling
 in efforts dorsalis and glomus-ov-shoulder next to wrist
 Ray Kalyon to my from long + then Tobie at his house
 about 8.30 just catch him. He fed me at 8.35 +
 got me home by 8.45 when I went to bed. Read
 at intervals all day. Had Ind. Veg. lunch. and
 hot veg dinner but developed a really monstrous
 headache about 7 pm and was forced to take
 2 analges + 1 vitc. which slowly eased it off
 and gave me a reasonably comfortable night.

Tuesday

9.2.65

No Krap

Peeing still
difficult.Another Headache
+ nausea.

Felt lethargic and almost in my but head pain
 remains faintly in back ground. Again read
 quite a lot but had neither lunch nor dinner
 but drank 6 tumblers of carrot juice (2 at 10' and
 2 at 1.30 and 2 separately at night. Damned head
 came on again and blurryness in eyes. I also
 felt that sort of nausea which causes one to breathe
 in a bit violently. Took 2 analges + 1 vitc. again
 (dammil - I had looked it up in the dictionary!!) which
 again slowly eased off the last pains and I believe
 and gave me a com at the night. Felt that
 this 5 day Constipation has smelly to do with it.

Wednesday

10.2.65

No Krap!

Peeing still
an effort.Eyes have
become all
hazy.

Felt alright in morning but eyes hazy. Took glass
 honey + H.W. + Sleep and worked. Phoned Margolis for
 Tom's Planning + he advised Agard for Constipation
 sent Robt in with money to get it + note lesson at
 10.30 am. (Robt not back till 11.50!!) - Felt awful most of
 day - head aches - eye-aches - depression. Finished
 section of Stress Biographies (Scott & Co.) but no other reading.
 Determined what of head not to take any analges today.
 No lunch. (Kalyon sent off for day). Hot veg dinner
 at 8.30. (Only bean, carrot + beet leaf spinach). To sleep early.
 long night of dream. Had taken Agard midway + on going
 to sleep at 9.30 or so.

Thursday

11.2.65

Krapo.

1. Medium hard stool
1. Medium soft 10.40
- 3 Diarrhoeic at 6.50 pm, 11 am, 1.30 am

Rheumatic Kneel!

Felt very lethargic. Lay till about 9 am. Pressed out with
 effort a passaged hard krap first with about pure white mucus.
 Shower, bathed. Had two meals + 2 glasses carrot juice in bed for
 and die agard after walk for ~~hour~~ hour and a half slow
 walk round farm (10.15 to 11.45) heavy passaged loose
 krap at river about 10.30. Lay on carpet bed on break
 terrace under pseudocedrus for 12 pm on. Had two glasses
 carrot juice at 12.30 + hot veg lunch at 1.30. Felt the same
 started 3rd solvent filled morning. (Head very much better. With 2 analges 1 vitc
 lay on carpet till 5.30 or so then I went to bed. At 6.15 induced to
 go to bed in bath, toilet + paper. Felt much better and went to bed and
 lay on carpet till 10.40. Had dinner at office at 6.50 pm. Felt
 very much better. Had 2 glasses carrot juice + 1 vegetable soup
 at 7.30. Lay in bed. Felt diarrhoeic. Started starting very much better
 but still in bed. Had 2 glasses carrot juice + 1 vegetable soup at 8.30. Felt
 much better at midnight and 1.30 am when I eventually had to sleep but slowly

Friday
12. 2. '65.

Overcast rainy day. Stomach still rumbling.

Krapf
2 diarrhoea
at 6 am + 9 am
1 driblet at
1.15 am

Diarrhoea krapf at 6 pm and another at 9 pm. Low
down in bed ready till then. My head seemed improved
and rheumatic right knee seems better. My
difficulty of both may have been aggravated by the condition.
No sleep + worked and only thin and gay through newspapers
on sleep by 10.15 am. Took till about 3 pm to clear
papers. No lunch because of stomach. Lay and read in
Rondavel and had three more pieces dry toast at 4.30.
6-7 pm went for drive with dogs through waterless Ridge
between via John Rumb than Selmas - Strategic Rd Brook through
Gardens. Had two weak cold, whinny + sodas in 2 rows
feely depressed + no toilet + food. Had Hot Veg dinner (Carb
beans + mashed potatoes) + a little cold chicken + 1/2 cold mackerel left over.
Read till 10.30 + to bed. Woke at 1.15 am and had small
soft krapf. Hot, respiratory mucus + little night made worse
by nightmare dream involving sense of failure + protection.

Upset Stomach
Little food

Saturday
13. 2. '65.

Lousy + ghastly on I felt (mentally) after awful night
I could not get out of bed till 8.30 am. Had small dose
Krapf at 8.45. Worked + rnk + took two dogs and Wivis
out to Wackerly, Val Hospital at 9.30. There at 10 am young
Dr Hymni (Netherlands partner) introduced two of Rastus teeth under
anesthetic + cleaned out of tartar. Truncated off growth of Tea's right
eye. Soft Wivis had to be castrated as no other means of stopping
wandering + fresh results in 15 min. Wivis felt this evening.
Brought Rastus home about 10.30. Still "oh". He was up and
groggily about at 11.15. Wivis only this on sleep + gay through
+ man cards to answer. ^(No lunch) Felt terribly depressed
+ worried to 2 Amelgan + 1/2 VC + 1/2 VC + 1/2 VC (but the in better
frame of mind. Read (Alice Sitwell biography). Had some
and tea + 2 pieces toast at 4.30 pm. Tummy
still felt very unsettled. Rastus quite fresh again by 5 pm when
I set off to town with bread + milk + yogurt at Borden Dale fresh,
fully Fed with petrol + chocky oil, water + butter + Wivis juice, to
Office to collect papers + my Tie Dye parcels + parcel (blue winter
knapsack pullover from Munich) + back to Wackerly Val Hospital to collect
Wivis after castration at 6.15 or so - Very quiet + subdued in his
barrel - + relieved to his return to consciousness. Went for
walk with dogs. beautiful evening + sunset with moon - Storage
on top of my tank reservoir in cool breeze + enjoy view till
about 7.30 or so. before coming down. Tummy still very upset
while reading in room 7.30 - 8.30. + it seemed to clear up except
had hot veg. (Carb beans + mashed potatoes) dinner into cold chicken.
Tummy pains reduced later. Read on till about 1.30 am.
(Had run dinner at 1.15 till of some satisfaction condition. He might come
out tomorrow morning to see me or if not only me in office in Monday morning)

Krapf
1 soft at 8.45 am
Rastus to Vet
+ teeth out
Tia. Eye growth cut
Wivis. Castrated

Got
Tie Dye
also
Munich
blue sweater

Port & Brandy
test
for tummy

Sunday
14. 2. '65.

Woke up feely rather lousy. Decided to try reading
as room rather cool. (Clean day outside) + did so till
about 11.30. when dog got an worked + shaved - feeling
somewhat better tummy rose and headache though latter still
existing + evident in certain twists of head. Opened up
+ shaved out on lawn all Tie Dye from Krapf and had
order tea + milk + three pieces toast on sleep with this
at 12.30. Small bottle yogurt at 1.30. Spent large time
Pulverizing Rastus + Tea + carrying them in plans. Read
Nino's book just before this. Put away tie dyes. Sawed branch
of Rondavel behind tree for grass to grass. Eat avoidance fear at
5.30 more of help had Krapf not get down today. Tummy seems
settled. also made 4 glass carrot juice + drank 2 at 6 pm.
Walk with dogs + stayed up at top reservoir for sunset view till 7 pm
Home to read tie dinner in room. melting 2 glass carrot juice. then
in with biscuits + wine glass of Port + Brandy. Hot Veg + cold chicken
dinner - 8.45. Got to sleep. Woke + went to bed at 10.15 pm.
Not terribly comfortable night.

At home all
day.

No Krapf

Port & Brandy

Monday
15.2.65

Krafts
1 Good: 8.15
1 More: 10.15
1 Minute: 11.30

I'm in
part of Sean
me again!!

Office (just
time)

Bad day

2 Analges
+ Vit C upon
demand

Thursday
16.2.65

1 Kraft
12 hrs
well spent

I'm in
at lunchtime
as indicated
+ yesterday
did not phone

Head pain
returned
at night

Wednesday
17.2.65

No Kraft

Early morning
Headaches
& Analges

V.D. Berg
Meets on Site
No word from I'm in

Thursday
18.2.65

1 Small Hard
Kraft

Reaction Headache
night

Felt lousy (nauseous) on waking at 6 am + lousy till
7.30 am. Head exercises but brought on severe pain. Shave
bath dress + worn feebly + drinky carrot juice (already
made by Kalyon) at 9 am. Had moderate formal Kraft at 8.15 am
off to office via bit of "mural" state of mind getting in about 10.
Had another Kraft immediately on arrival (predominant tomorrow). Longish
talk to Tobie Kelly of my mural, departed state of mind etc. (He
was all for my going back home to rest still saying there was not
really anything important for me at moment). I dealt with letters etc.
+ talked to people who had left messages + made efforts. Discussion
on details of "Dumbini" in "White" going down tonight by home. Bank
(Graham, Muller + Seaman) now interested with my tree planting scheme.
I feel I will have to go and have some sort of a show down with
Holtzer or some one to clear the air "Savage"!! air and
set the designs fulfilled. Stayed in ready paper till 6.30 pm
+ left for home. (No lunch by hand had to take 2 analges (VitC)
at 2.30 as soon back 50 (had departed + hand pain) + lay down
for 2 hrs in bed. (No Kraft by hand had to take 2 analges (VitC)
+ 12 hrs well spent). As expected I'm in "lousy"!!
He has blamed me in position of not being able to take a gift horse in the mouth
+ much charitable friends. Read in room drinking 3 glasses
Carrot juice 7-8.30 pm. Large H.V. Veg + cold chicken dinner.
Read on (book of Schwelz Biographies) in Oxford Schwelz Biographies
to 1.30 pm before going to bed.

Did not feel too bad on working but had threatening in
background + lousy till 8 am. Work, shave + feebly +
and having 3 glasses Carrot juice + 1 Avocado per + 1 banana at 8.45.
Then came in to write this. Could not induce Earl my Kraft
while of some timing number, but night. To office by 10.30.
for the day. No lunch. With some effort squeezed out a well framed
small diameter Kraft at 12 pm. Ten + Avocado 10.30 am + 3000 pm + left office
about 6 pm for home. Read in road and pm 7 hrs in. 3 glasses Carrot juice
1 Avocado per + 2 banana. Half Veg dinner (Mushrooms, beans, carrots, marks
potatoes and about 300g fruit of beef (grilled) 8.45-9.30 pm. Read on till
about 10.30 but fell asleep in chair + woke up with stiff + throbbing neck.
The neck had been throbbing all day in background but did not take analges.
Actually enjoyed dinner + "Gole of food" for although first time since hospitalization
long time getting to sleep on account of throbbing head but wonderful sleep.
I'm in H did not ring or come up to me at all during on he had said he would
+ left me with feeling he could not be bothered. Demand.

Clean warm sunny. Slight nausea on body as usual + lousy
till 8.45. Head exercises painful - brought on occasionally. Took
2 Analges at 8.15. In I had V.D. Berg on site (business this morning). Took
2 Kraft at 8.30. but only squeezed out minute small dream, formal one.
Real Kraft had had clear pile - blood on perianal skin. Feeding
animals + drinky 3 glasses Carrot juice prepared by Kalyon at 8.45.
At V.D. Berg at 9.35 am a arranged for documents about final claims
etc with Mrs + Mrs V.D. Berg, my report + minutes book. finished about 11.30. Then to
office for rest of day. No lunch. Wrote on V.D. Berg at 11.30. Very talk
to Mrs Niam (12-12.45) about my work. Left for home about 6.30 pm. 3
glasses Carrot juice + 1 banana + 1 Avocado. 7-8.45. H.V. Veg + filled full dinner.
Read (book of Schwelz Biographies) till 12.30 am. Reaction sleepable night.

Clean warm sunny. Head well subdued but lousy. Rose 7.30. Shave bath + feebly
+ drinky 3 glasses Carrot juice 8.40 am. Collected + made up. Juice + Veg still left
for and delivered to Kalyon at 10.30. No lunch. Did not feel too lousy but head always throbbing
on background. Long V.D. Berg. Real Kraft had had clear pile - blood on perianal skin. Feeding
animals + drinky 3 glasses Carrot juice prepared by Kalyon at 8.45. H.V. Veg + filled full dinner.
Read (book of Schwelz Biographies) till 12.30 am. Reaction sleepable night.

Friday.

19.2.65

Minute Krapf at 7.50 am

V.9 Krapf at 11 am

D+Fraser & Burst pike.

Immin. Emission

Saturday 20.2.65

Three Krapf 7.30 but minute in office at 11.30

V.9. Krapf in office at 11.30

Hesper for head dashed to ground

Agave

Sky Selenite not seen

Revol to Anallen

Had a hell day & night. Wonder how much it might be due to contaminated State. Squashed out mammals (2" long) little card found Krapf on getting out at 7.50 am. Glance dressed, took 2 Analgen + IVTC at 8.20 am. Feels animals and drinks 3 glasses C-Juce + 1/2 cold marmalade at 8.45. Picked up some insects at V.9. Krapf + to D+Fraser (Bellefontaine) re probe burst to find which he would try to get Harris for tomorrow. In office by 10.30. Had V.9. good. more found Krapf at 11 am. After long Venter at Koober who suggested liquid paraffin (Shell brand)!!! However this turns into sugar something. All day in office. No lunch. Left office for home about 7 pm. Party of grilled chicken at College Tavern. 3 glasses C juice and 1 banana ready in man 7.30 - 8.30. Hot V.9. dinner + chicken 8.45 - 9.20. To bed about 11.30 pm. feeling dread + uncomfortable night (Immin. receptionist had phone saying I had gone to bed with Flu.)

Cloudy - clear day + cooler. Felt quite alright. Up at 7.20. Feels animals + Immin. by 8.15. Tried to get Harris in D+Fraser's and then D+Fraser direct line but failed. D+Fraser so on trying. Left for home by bus + market (market) at 9 am. In office + N.B. Durbin for a while, cucumber, cucumber, cucumber, watermelon + some long little "bellows" fruit of Cypripedium (Cypripedium). Home by 2.15. Hot V.9. + juice lunch + read. To office via Valley + Brani + some "bellows" + apple but in fact not there much but read. Got paper at office. Book (introduction) on Union Works + home by 6.45. Took Kalyin out at 2.40. 5.44 to see 7.44 Selenite in sky as before but not seen. Read from 8 (with 2 glasses apple juice + 1 banana till hot V.9. + cold chicken dinner at 8.50 pm. Shoes felt wonderful from into office by car then afternoon + thought perhaps my head emission had not come right. Also at about 9 pm (ready steam in sleep) I came back most drowsy + in desperation + determined not to have bad Sunday took 2 Analgen + IVTC but did not get fast relief. To bed after ready about 12 pm with head still sore + had rather restless night. Had had V.9. good. Krapf in office at 12 pm. ????

Sunday 21.2.65

3 inch long Krapf with heat at 8.20 am

1. Large very soft Krapf. 10.05 am

another v. small one at 12.00 am

Violent tummy rumble

Shoes Kalyin mastic + Kalyin my shoes

Felt fine all day

Clear, cloudy, warm day. Long till 8.15 as head still clear about evident + faint nausea. Absolutely fed up I took two more Analgen + IVTC + soon felt beastly - though head still throbbing in back of head. Shoes Kalyin + pouch of greeny stuff at end of the carotid jugular. Hot water mastic (now with Sun Beams) shoes washed here. Fed animals + had 2 glasses juice + apple + cold juice + 1/2 cold marmalade for breakfast. Man wrote this + blotched Seed Selenite of Sunday long. Made out Seed plant timetable for future use (vegetables) etc. Hot V.9. lunch (beetles, corn, pumpkin milk + milk cold fish + bread juice). Spent part afternoon in road and looking at my jobs: trousers - shoes etc. From 6.30 - 8 pm gave Kalyin Mastic + Kalyin recovery of my 3 baskets Kalyin Slides + 2 packets 1965 horse Slides + various native fungus here Carl Schuster. Took Mastic home to Sun Beams at 8.15. V.9. late dinner Study 9.15. end 10.15. (Hot V.9. + grilled Scotch filled + Pumpkin mastic with long + cucumber sauce in pudding. Had felt wonderful + free of head trouble all day but it started fairly early in evening + bed at 12 am.

Monday 22.2.65

Small Krapf at 4 am

Analgen

No word from Immin yet

Restless night. + woke up at 4 am with thumping beach of head headache + took 2 Analgen + IVTC. Just lay thinking + did not sleep again. Slowly head began went away. Up at 7 am (Shoes, Pulverised Mastic), Bath + feels animals + starting juices (after juice now added to card) at 8.30. Radiation pain had made me try to Krapf at 4 am but only faint + dull 4 1/2" of forehead Krapf. Left for office via Valley + Brani at 10.00. after long session with Ried about Seed plants. Set to go at 11.10. In office all day + N.B. Durbin pain NO lunch. Left office about 6.30 for home. 2 glasses cold + 1/2 cold marmalade + 1 banana ready till Hot V.9. dinner + juice at 8.40 - 9.20. My head started up again. Receptionist took 2 Analgen + IVTC. To bed about 11.30 (after doing in chair for while) and had fairly restful night.

Tuesday
23.2.65.

No Krap

Head behind
Annie well day
day.

Koff: funder Row

Feeling very well
still flatulent.

Wednesday
24.2.65.

2 Analgesin at 4 am
(last 1 hour to 5:30 am)
2 Analgesin at 6 pm

1 Good Krap 11 am

to Newton D+R re
funding trips (cont.)

No unusual
irritation among
head pains.

Thursday
25.2.65.

Head pains
increasing
Analgesin becoming
less & less effective
Head exercises
no joint inflamed.
Apply Hot-Cold Compress

1 Good Krap

Saw Dr. Jones
in car

Take all Analgesin
(+H+C) every
& nightly
Hot-Cold Compress

Clean, coolish, sunny. Up 7.15. Head evident on
state of relaxation yesterday. 3 mins rolling exercises seemed to settle
it. Feels animals & drink C+A juice at 8.30. Rows with Koff
over his only way to find someone else to do garden as he can
do himself (he admitted) in coming out my instructions on how
to do it. Then after Salt and Seeds for 2 to do more plants
of Cants, Pansies & Basil. To office via White Stairs and
Brown (dialing) & B. J. (ambly). City there about 10.15. and stand
all day unwell in N.B. Dutton South Party. Head starts day and
remarkably well & did not have to take Analgesin as I with repeated
left for home about 7.30 pm. Had 2 glasses, Cautel 1 1/2 with yeast
& banana ready till 8.40 - 9.30 pm. Had 2 glasses, Cautel 1 1/2 with yeast
& banana on hand at 8.40 - 9.30 pm. Stand head starts morning.
Did 3 mins exercises (21 rolls three times in opposite direction but
chiropractic touch: still too painful) and went to bed at 11.30. Lasting
night's rest would be helpful.

Tried to ease with 6 mins rolling exercises but no good

Woke up at 3.30 with head throbbing, very irregularly
pained at back but also with eye & forehead headaches and
it got steadily worse. To 2 Analgesin + H+C at 4 am. It
took till 5.10 am before they both affected & subdued pain. (So
last dose took 7.30 pm minutes had lasted 32 hours). Up at
7 am. Side-sway movement of head when working & heavy painful still.
Feels animals & drink C+A juice at 7.50 am - 7.50 pm
He was very unhelpful. Saw Maudie, the usual try to get Boudier
out today on horses away on rest. In office by 9.30 pm for day
work in N.B. Dutton party. No lunch. Head throbbing. Had fairly
good formal Krap at 11 am. Head worked up to increased patches
of nagging pain and I took 2 Analgesin + H+C at 6 pm, left
for home about 7 pm. 4 hours more C+A juice. 7.30 - 8.45.
Hot veg dinner & pills & pumpkin seed. 8.45 - 9.45 pm. Read. To
bed about 11 pm with head again throbbing. My work on
Dutton party certainly stimulated & as soon left completely unwell
by office it is clear that my head trouble not caused by irritations

Woke at 3.15 with bad head pain (but no headache or
nausea allied to it). Got up and did 1/2 hour of head
rolling exercises determined not to take more Analgesin under 11 hours
It seemed to ease pain considerable. (horizontal surface still painful!)
Head however slowly works up to new patch of pain at 6 pm.
Took another 1/4 hour exercises but no good. Then took another
2 Analgesin + H+C. By 7.15, pain only slightly reduced.
Got up. Bk. Show & only this by 8.15. Pain now easing off.
Feels animal & drink C+A juice by 8.30. Analgesin is
obviously becoming less & less effective. Will have 2 ice lumps

left for office about 9 am. There all day on N.B. Dutton party
King Jim. 12.30 re seeing him. He stopped 6.30 pm at his house
this evening. No lunch. Feels good formal Krap at 3.30 pm.
Left office 6.15 & with Jim at 6.30 talk him whole
story of muscle spasm head & all associated details in
muscle detail (which increased lately of Analgesin) since leaving hospital
He thought my troubles started due to a period of "pressure" in
the almost here of present from which "all his patients have suffer."
He did not think horse do myself any harm or increased
taking of Analgesin though I had in mind detail about head
this might affect me physically. In no way he said. I should
take as many as I was necessary to keep any critical pain
as effects of this were far worse than any of the pills I could do
He suggested I give Hot-Cold Compress to neck every night before
bed for next week (i.e. V. Hot 1 min ice cold 1/2 min for 10 mins), take
Analgesin to keep pain and he would phone me in weeks time to
see how things going. He thought everything would ease off & come right in
due time. Home by 8 pm. 4 glasses C+A juice & 2 bananas before
Hot Veg dinner (no meat) at 8.40 - 9.30. Hot-Cold Compress at 11.30
and to bed for quiet comfortable night.

Monday
1.3.68.

1 Krapf

Goodberg
Kilbi trousers
& scarves.

Let Rustin out at 6:45. Slept again till 6:45. ~~but~~ but on night file - should have on back all night. Neck ~~to~~ pains almost non-existent at 5:45 but returned slightly at 6:45. but general much improved. Took 2 amalgam + Vit C at the same to keep it subdued. Shaved. Had medium sized, semi soft Krapf at about 7:30. Bathed, wrote then + freely urinated + drank about 4 juice + 1 slice pineapple at 8:45. Left for office via Wkly Garden to back of Courts (Garden from in) + wrote weekly Court order. In office by 10:30. Shuffled in white flannel Scarves + Chalki linen and up at Greenberg + trays on discarded table made Kilbi trousers of ~~Albino~~ Albino Toste + accepted for alteration. Openly and by 5:45 at either white or royal blue Khamsir or yellow in Scarves. All day in N.B. Double punch. No lunch. Left office 6:30 pm. C + A Juice (450ml) + watermelon 7hr - 8:40 ready. Hot veg + filled Jester pellet dinner finely pruned + fig - date pudding + Cold. Head had behaved well day + easy return to think there was some improvement. Did some very fine sketch of Tak signatures in Suro + Palestine for idon function. Normal H+C Compressor 10:50 - 11 pm. Then by ready Nalunke Gorb - (the 4 O. S. trace grooves no read) - till about 11:30 - then to sleep.

Tuesday
2.3.68.

No Krapf

Did still at 3:45

~~Woke~~ woke up at 2:30 am with throbbing neck pain (dammit!!) + took 2 amalgam + Vit C that had subdued them by 3:15 am. Did not really sleep properly to end of night. Let Rustin out at 6 am. Got up 7:15. usual Hung + H.W. - shaved and wrote him by 7:45. Freely urinated + drinking juice by 8 am. Paid all staff + signed all passes which Dick was word fit in addition Garden well-pate inbetween 3:45 - work with wheel table busy. off by 9:30. Office all day in N.B. Double punch. No lunch. Took 2 amalgam + Vit C at 6 pm to keep neck quiet for tomorrow. Home by 8:30. In evening 4 glasses C + A juice + watermelon. 7 - 8:30. Hot veg and Jester dinner. H+C Compressor at 11 - 11:00 pm + to bed

Wednesday
3.3.68.

1 medium
formed Krapf
at 10 am

To JB

Full lunch + drink
County Club
Anderson

Full dinner
& drinks.
Fair punch

2 amalgam Vit C
at 7 am
2 amalgam + Vit C
at 6:30 pm

Felt fine
all days

Up 7 am. Freely urinated + drink juice + pineapple 8 am - 8:30. To Wkly Mkt Garden to find Court order in lbs not branches as latter too inconsistent for my juice. (1e. 40lbs Court (without leaves) each week). In office 10:15. - 11:10 am then to JB: for day. Some Duggan at Wets 12-10 - 12:30. To County Club for Court - Anderson lunch but Peter Court not there. purchased water Roy Anderson to dinner my dog + home for him. Had 2 amalgam + shaved bottle Kestem. Rose for lunch - (12:45 - to 2:30 pm) - punch two punch home in Rhodes Av: a very good. with Steffen Ahrends 3 pm - 4:20. dinner punch of his with Ahles relative to mine + reached agreement. To Mrs + Mrs Roy Anderson in Rhodes Av for tea from 5:10 - 6:10 to. Cutina several dinner still home (lawy plan) R.A. from Alan Fair's office and to Alan Fair and from: in drinks + dinner 8:20 hr - 11 pm. (Margret Arnold Pat + Johanna there and usual very - pleasant relaxed even with them very pleasant family. Pat + Johanna for all their youth are such lovely interested lady + can converse intelligently and with interest in their parts, (no unusual in average youth today) on all subjects. Home by 12 am. No Compressor. Read in bed till about 1 am then to sleep.