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Internis - Specialist Physician

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Pretoria
4. - 2. - 64

Saw residue sent.

2 DAYS.

1. fluids - only barley water
- at least 8 glasses per day.
(fridge).
2. Solids

{ TOAST
 GRILLED MEAT. (LEAN).
 APPLES (PEELED).
 BLACK TEA. } 3 meals
 per day.

1st Day : ONLY BARLEY WATER.
→ 12 glasses per day.

2nd Day : AS ABOVE.

↓
transcription
2 weeks

572/64 phone A. - 4/June.

P.T.O

100/21150 JH NR

13. 1. 67
Monday.

up at 5.15. small success, a short walk to top reservoir + back
to tea on slope at 5.30 pm. + out again to see of Monday morning crosses
surface by doing in of fence. Saw mouse. At 7.45. took Robert
to Van der Berg Sets in Willow Glen near v.d. Hoffen. There at 8 am
as arranged + showed him plops of sets. He had his wife + kids
Van der Doel out from Holland there. Returned to slave, built etc.
Hans also helped David with copy of marble work in morning. To Colin (under) got at
this day in hotel on Sloch during morning. To Colin (under) got at
3 pm + met Manderbrook + his brother + large out whole of morning
in all directions. The load dry on try again at end of day. Saw
Rita + she asked of Grand child to see final attendance + try detail
of player cabinet + reference Brown of the court make it. Did not
get to office till 7.15 + met of all this. (See office tel: during after the)
long talk to Margaret (with 6.30) Did not leave office till 8 pm.
Sally home 8.20. then dinner + bed by about 11 + with
usual routine of morning, Pats etc.

14/1/67

Thursday, 14. 1. 67. Part "Fatal" turnover" put me off to sleep of a
till 5.45. Jan Kalyin came with tin - after discussion, walk
then she will with dogs (Patt + a little girl because of hotel) to
top reservoir + then to 'Mela' + then to Cat nearby (handwritten). Dick
came up into Pedersen + back about 7.10. am + I showed him
simply low water box to be built but he must come down for further
plan which he had later. worked on slope till 7.30 -
Semi injection NOS. (no reaction from bit). lunch + 1 hr.
Office by 2 pm for discussion in Dunbar with Margaret.
(see office tel diary) - Ordered Vynolene + thinner from Economic
Paints and ording paint thinner + brush from H. Evans. (under) and
took them + glass pane recently added home about 6.30 pm -
Have done some work in late afternoon but much worse than
at home and usual leaf damage done + thick drift of hail
lay about - Oval veg: garden must have suffered badly but too dark to see.
Normal dinner etc + to bed about 12 pm after doing in chair.

Hail

15/1/67

Weds. 15/1/67. Worked with Kalyin being tea at 5.45. Having overcast sky. Vaneel
ran and out with dogs about 6.45. pm. Veg garden pretty badly
damaged but not quite as bad as I thought. On rd to Dick's work
on reservoir. Fenced out but only good started first two inch course. He had
lengthened West manhole to top reservoir + hung cone: had in of course
made + setting at home. After a while came back to Mela + Dick
+ Pedersen arrived about 7.40 pm. + I discussed certain errors in
setty out + suggested he go up with 12" stone wall at same time after lunch
Also for Rob + Mamma to dig French soakage trench away from
manhole on slope with 1000s. Rob also + strengthening fence just
put up near top fence trying to force over. Mamma + Rob + Mamma walking
kalis for further fence slaying from trees recently cut down by electrical
people along line of overhead line. Work heavy headful by
8.30. + then worked on slope till 12.30. after discussion and
lunch took Kalyin in to John Innes to buy all jumps outfit for boarding school
game manager design for R60. + he will find 1000s change. On to office
afternoon. Talks with Margaret about Dunbar + v.d. Hoffen about 6.15. pm.
Carton of Kalyin purchase arrived + office + see later. at 6.15. pm. Margaret
Juno mind to office to pick up Colin + Kalyin + Janet home. Margaret
Terry had the parcel done (She was came at being nobody on Kalyin's
day off) but Kalyin served it at 8.30 as usual. Mamma usual kitchen

16/1/67

Thursday. 16/1/67. Worked about 5.15 am + short walk with dogs before tea on slope at 5.25.
then out with dogs again. after hot, headful + talk with Dick
Robert + Terry in to Roudmaster by 10.30 am for two retrands and
small change fund of tyres. My took me to office in sunrise van and
left delivery car to Pats, before 5.30 pm. when the van arrived
in office all day. calls to Margaret about Dunbar + v.d. Hoffen
P.M. + v.d. Hoffen. (see office diary). Back home by 7.30 pm
long lunch talk in office with v.d. Berg from 5 to 6.15 and with
Colin under at his house from 6.30 - 7.30. about his detailed
modification of my design for player cabinet. Their purchase straight
from W. Wednesday + van for insurance until release. Home for
dinner + usual routine

ETN TXT 0342/602

17.1.64
Friday

Up at 5.45. with Kathryn going in tea + out for walk with dog, etc. to see Dick's work in Water manhole to etc. Very loose Krap on way + feel really wobbly + diarrhoeic. Very dull overcast day and at various hearings. (about 13 1/2 miles). In + office by 3.30. (See office diary). Long talk 5-6 pm with V. H. H. about P.M.A. details + asked him to make dog: A. Colon Caribai Player about

Glenn Roof.

Had lunch in on Room 4 during morning (about 11-12 hrs) when you + to W.K.P. + to get supplies. He had planned previous day about certain reflections on hill seen. Tried to get A. F. F. + D.P.P. but he was out both at D.P.P. + N.S. Metals. Tell message. Had first good big solid Krap at office during afternoon + felt very much the better for it. Home by 8 pm after finishing 2 papers at office. Usual routine (medical) throughout day. From today penis track became slightly painful in morning.

P. Pam

18.1.64
Saturday

Awoke by 4.45. but lay in till Kathryn brought tea at 5.45. Usual walk with dog, after exercise, walk etc. Dick busy on manhole for Water manhole double line + discussed details with me. To have land + saw few beams long at things + very not in favour of re sewing + possibly as Harold Allen had agreed to do next week of sewing. Very well back again + report on Monday. Various odd jobs around place during morning. After lunch wrote up the diary since Wednesday. + then went on to answer Christmas Cards. Usual routine otherwise. Still soft stools, pale circulation held in check by Pills: H. Supportives. Continuing back pain fatigue feeling. To bed about 11.30.

Piles
Soft stools
P. Pam

19.1.64
Sunday

Up about 5.45. + finished morning, wash + dress by time tea ready at 5.45. Usual walk with dog - Alice etc. Spent half well while, day relaxing, cutting, going and stringing. Lymphoid nodules for 'Gork' side's pieces of small back gate in wall. Rain in later afternoon pulled me back on to sleep. Rather tired from exertion. Otherwise usual routine.

Piles
Soft stools
P. Pam

20.1.64
Monday

Up at 4.55. for short walk with dog before tea on lawn at 5.45. Most of morning spent completely rather late facing with Robert (Cutting Catch slot) + trying to fix to gate but failed to find satisfactory fixing solution and abandoned job to bath, dress + lunch before going to office at 2.15 pm. Kathryn + Charles had gone off at 9 am. in Morris car. of a abolition break head. (T.P. 32607: 63 disc 334020. In 34 disc 46474) + Kennedy to K. H. H. to talk group school out of in behalf school started tomorrow + they had failed to trace ALIE or Sottark whom Nixon Dowry had thought could buy it over. Cost to Kathryn R. 10.00. Victory left in dinner of home, dog's food etc. Found Tibbe back from his holiday in office + long talk about this and office matters. After he left about 4 pm + Play till about 8 pm. Making up India 1/2" pipe lengths at D.P.P. gate is arranged on way. Otherwise usual routine. Kathryn rang me at office at 3.30 to say they had got back at 3 pm. To bed after doing in diary at 12.30

Piles
Soft stools
P. Pam
Felt special fatigue today

21.1.64
Tuesday

Up at 5.45. only when Kathryn brought tea. Walk with dog to see how Rob + Minnie get on with clearing and deepening storm channel next night of way. to sleep overcast in place. Dick still busy on several short manhole runs. Wrote up this diary and left for office at 10.30. (See office files). Tell to him 12.50. Exercises, lunch, medicine + some talk to Dick on his manhole work. Tell about 2.45. to Brian + showed via Caribai Player details + played roller wheel sample to him P.M.A. Dick's Anger now in then at Caribai Waddy + 100 1/2" was for inspect. Small black part + broke at joint stand + in office by 3.55. Left office about 7.30. Still home about 8 pm. Usual routine and closed office diary again till 12.30 before going to bed. Except for actual arthritis pains in joints which had gone I rather felt that for back to 90 year old feeling I started with + was anything but strong feeling. My skin injection (1.5 of 2nd bottle) put me at luncheon on usual. did not double

Piles
Soft stools
P. Pam
A little less but pretty fatigued

DR ABonchabicki . 23.1.64 .

gave the history of periods of treatment etc to date
during my appointment 3.50. to 5.3 pm.

1. Back pain Fulgite continues - fluctuating in intensity -
2. Loose stools regular feature .
3. Piles regularly painful. Very uncomfortable till ProctH. used
(Stinging pain was new feature of piles + not eased by pressing up)
4. Fatulence, absent during normal treatment; seemed to be returning
since certain of pills had given in
5. Vomiting had become full + clear smelling. but had
become slightly painful since pills had started firing in
6. Firing shots in eye when rubbing has disappeared
during treatment but return yesterday. back to normal today
7. Very little trouble with neck pains and long
period of rotating neck usually eased it off -
8. Pain in joints - very much reduced. can get down
on ~~the~~ haunches but all still slightly present
(but pain tends to increase after long periods of rest + unknown with movement)
9. So far no reaction to Nose Allergy injections -
10. 3/1/64 desiccation set back - Sub. moved in bed .
11. 10/1/64 Saw Engelbrecht re Blom diet + the cut out certain
things (Spang, Speky, watermelon, green beans re Sany) diet was for Constipation!
But change of diet did not change Loose stools!
12. The old nighty eruptions (subcutaneous mucopolysaccharide)
disappeared after begin of treatment and
have not returned (with a couple of more injections)
since -
13. Whiskey & Soda ? } Yes if normal took a week of
} instead of just the forbidden
} item only friends .

Dr A. said he was very well satisfied with my progress
+ would give beyond to solidify stools which were side effect of
treatment + he did not think had anything to do with my Diet
of Blom (and rather 'poor' periods' brought attention) and was sure
'Back pain' fulgite was also side effect + would gradually disappear -
He made up slightly altered by them were continuing prescriptions for
8 weeks duration which I handed to Edwards of Keeble Pharmacy
at 5.20 pm. He gave me small bottle of "solidify" beyond the
haunches .

22. 1. 64
Wednesday.

Father
Curtain

Pile
Lush Photo
Shaver
Cuts

Awake by 5.15. Had wanted for Kalyin to bring tea at 5.45.
Then success, wash, dress & out with dogs for walk by 6.20 am for
along to the reservoir for 'ritual' feeding to Sam! Had unexpected work
Pavel + Norman on Right-Jury road stormwater trench near Gullele + clear
Brush road also clear fall stone. Return to home by 7 pm
& helped Dick success, fully take about 2c. manhole cover, cut pipes, put
in road to deck lamping, (inflamed) building in + he will now do this
today (T.K. Krasni - had side). Moved Angus Motors (Rabie) re trouble
with jesso + he speed to rectify today from 10 am onwards. Left
home at 9.50 - got to Angus with car belonging back to Rabie motorist
me to office + wind back out d. Could not go home to lunch or do
success. Planned Rabie 5 pm. Saw car ready + only loose wire. Boy
inload it up + I pushed him back to Angus + brought car back to
Bureau lane. Lay down - wire re Durbini (Fadedie Development)
conspicuous. Left office about 7.15: Setty back 7.30. Kalyin served
dinner cooked by Terry Margaret.
- Moved Pile less trouble time for not being had lunch!!
- Moved the frey spots seen in eyes since putting which had been absent
sandy after + during whole of this treatment. Puddled returned!!
- Note drying treatment: that very less happen skin regularly produced
cuts in skin!! Done 8.30. Doves as usual + 5 bed about 11 am
Terry had repaired the mowing, the 3 large pumpkins stolen last night from the garden

23. 1. 64
Thursday.

Pile
Katie
departed

Bell
Cranio

Awake by 5 pm had wanted for Kalyin to bring tea at 5.45. +
some success, wash, walk with dogs to the reservoir + mud about
pave coffee till Dick came to reservoir at 7.10. + + discussed finally
off of West manhole. In my book Terry said that investigations
yesterday by Peter indicated that Pet Elizabeth had stolen pumpkins
Pavel reported that Katie had yesterday finally been letted
with all her belongings, by her family and was now gone for good.
I left home at 10.30, visited Cousins. No brady there. Peter
just leaving with sister Jennette up from Free State. I followed
sample road for before cabinet interior. In office about 11 am.
Drove home for lunch. Had had belly cramps on 4th of horse studs
today + feeling pretty low. ~~Had had belly cramps on 4th of horse studs~~
my self 4.2. 2. upland of 1m 100 allergy since to Almondhill to see.
Drove in office by 2.30. Ray Atwood had problems. He would be
worry for ~~me~~ me at 3.15. Went in to him at 3.50. Complete unpro-
nated, some sample, talk tonight to it. See announced advertisement for
my garden and his opinion about my progress. Made another
attempt to 2 months time + wrote Prescription to Koodoe with some very
left at 5.5. + finished prescription 15 February, Koodoe at 5.20. to
be ready tomorrow + get small bottle of "Stool thickener" for tests. Back
to office 5.40. + left for home about 7 pm for home. Normal routine
drape in chair. Smiley cannot read in evening!!!. Bed about 11 am.

24. 1. 64
Friday.

Pile +
Bell Cranio
unbound

New Batch
of Medicines
received from
Koodoe

Rain - light during night. Kalyin brought tea 5.45: but I had
some stomach cramps I did not get up till 7 pm. After success +
was shocked down hill to T.H.L. is an opportunity for long conversation
about Boy's family + meal Pile + Clary road gate between us to shift
barriers. Arrived 11.40 must get Boy's family good + he will accompany
me to brick of necessary. After that Pile must be accepted as a sort of
out of good + nothing will be done about him. Today arrived me most hard
and much pleased way to find me. Problem to my clay table I had once
gone home one of. He never did + never would want to know it again.
Only left home about 9 am by breakfast at my home + then breakfast
reservoir. Success about 12.40, lunch 1.15. Left for office 2.15.
Every coat to cleaner + packed up my summer suit clause of out-stations
Talked to Terry about his letter to Fadedie Development killer + his drift right to be pushed
on mounds. Left office about 7 pm and home 7.15. with my new batch of medicines
from Koodoe Pharmacy. Lived in on carter got just to see of terrace
paving going ahead. It seemed to be. Did not see anyone there.
Pile Pami and stomach cramps much improved by Katie liquid given yesterday
by Sarah + Abbie + now to be a regular part of my daily dose to eliminate
dove stools.

25.1.64
Saturday

light rain during night. Overcast when Kalayin brought tea at 5:45. Success about 6:15. + up into dogs to the reservoir where Dick finished off. Work made at general with round via Roberts house (Katie now gone) + back to breakfast at 8:15. Then quite a time spent sorting out new batch of medication into order for long use. For interest I counted all pills to check of enough for 8 weeks period. all correct but some capsules which were only 30 for 56 days. After breakfast and the long talk to Robert about all aspects of his proposed marriage to Joyce + Candice, I made sure it was a completely affair this time. He had pointed to reduce labia below 445 which he had confirmed elsewhere in 12 months for the two children were to become les. (16yr + 15yr). I suggested + arranged to bring Joyce + 2 children + Joyce's father + mother to visit me at 5pm tomorrow. He would make sure Joyce had all proper registration before + marriage - if of course off - was properly + legally done. Then a 45 min + odd jobs on the farm. Routine Thomas + one garden gate blocks. Fixed lock in front lock. Mice outside all day. Stables on new batch medication. But still trouble with dearceline infinal soft stools more often. Much running, wild sleep seeing him in house direct but very strange. Took about 11 am. (Robert had reported at 5:30 that affected in Joyce parents coming today. Joy would arrive in between 12:30 and 2 pm next Sunday).

26.1.64
Sunday

FIRST PULL but no more because of Brudler

Very light rain during night + overcast in morning. Tea 5:45. as usual but only increasing about 6:15. + rose about 7 for walk with dogs. Took umbrella but did not rain. Very busy on odd jobs all day. Took last coffee float out of reservoir on water pump it + crystallized in indicator post. Took dry + wet samples for analysis. Made paper templates of wood covers for water control manholes in oval garden and at house. Observed usual routine but terribly troubled with dearceline + cut out all fruit today. Fied to take 2 green pills before sleep. Took Kathleen before about 8:30 of hour but it did not help. No loss of appetite but feely very depressed + discouraged with all this reaction + then during heavy rain + wind between about 9 + 10 pm. Very dry were electric storm during early morning which 'blew wire' at my bedside lamp with flash (about 4:30 am) but I found no further damage + it took 2 hours to trace this burst short behind bars. Overcast sky. 1" rain during night. Booked. Showered + wrote this diary. Long talk to Bob + Robert the former declaring that Roberts scheme to have random from Dick D.R.C. must proceed via a white D.R.C. first + communication very mind + accuracy done by Sarah Nygus. Robert might decide to become D.R.C. anyway. His girlfriend wife and Bobbie (later changed to new name) I speak off reservoir water + on to old main (later changed to new main) as former had been) multiple reservoir water + residue analyzed. Left for office via Canberra at 2 pm. (See office diary).

27.1.64
Monday

NO PELLE NO DISORDER

Book home (tel: out of order so call rd my Kalayin but replied to 9:00) about 7:30. Usual routine. + to bed about 10:30. Took No Pells whatsoever today. No diarrhoea. Great relief.

28.1.64
Tuesday

A

Wk. at home. usual routine with extra dogs. Went into town (with dogs on car) to leave coffee float at V.F. but with Robertson + Martin rd. left in B's office. On to Dr. Brown to have FS. templates of wood (yellowish) covers for oval garden + house water control manholes which he will have ready by Thursday. Book 12:30. Routine. lunch - talk to Dick + off at 2 pm to N.B.S. Pipette where Louise + overhead looked at no samples of white residue from below coffee float (with aluminium rod) + after assistant had examined it in lab declared it Amorphous Aluminium oxide caused by Solomonic action between coffee + aluminium. So far as they knew which to offer by 3 pm. See office diary. Ray + Bob + Candice at 7 pm before leave office (in an hour to the left) + give white history of the farm, Kalayin, Joy + myself + Tony at same last being her in October. Home by 8 pm - Usual routine.

Saw Aburachnabla after 2 tel: calls at 5:15. and he gave 2nd injection of the 2 of 1 in 100 as clock tick in right arm as he thought I should have had reaction by now + I must have reacted to 100 of sloughy pills + Colchicum diarrhoea. He said I should stop the Colchicine 3 pills (ie. 1 mm, 1 mm, 1 mm, small white) for week as they were small the culture. He slept on them again but only to 1 in evening for 1 week + then back to normal 2 a day. + keep him informed by telephone

29.1.64
Wednesday.

Light rain during night. Overcast during day. Tea 5.45. Shower + out with dogs by 6.30. to top reservoir to remove aluminium rod to take to Dept to change to copper. Got rid to find one more Course books in house handle. Light drizzle all time. Terry had had long break machine delivered yesterday. + this morning asked for 2 Sachis (orange) and 1 bottle of perfume from Ninkal @ 3/4 for 35-ll Sachis. Write up this diary + in to office by 10.40 pm. (Took Keli in to town) (My left middle finger went dead again this morning while carrying aluminium box by same skin after about 15 mins dressing). Diarrhoea was getting worse not better even after only out Celebrexine. Back home for meal lunch, exercise etc + back to office by 3pm. Diarrhoea pains now being induced by exercise. Pain abordable + bit better above + asked if perhaps a better type of meal would help taking him exactly what I look for treat meal. He suggested: -

Finger numb

Cup of black tea first thing in morning. (this I had anyway)
Start each meal with cup of black tea and with one apple.
For breakfast take fruit powder (Lentil + Oatmeal and cut out Kafir corn + mackerel) and ProNutris.
For lunch and lunch fruit to Apples, bananas, pawpaw, avocados, pears, very little orange + eat at all Stone fruit like plums, peaches etc and also melons.
For drinks - Agree with my gelatin chicken + cold cooked vegetables and ProNutris - also above fruit but eat it last.
For Dinner - Agree to my field of beef, + mutton, meals with fat cut out + cooked in sunflower or maize oil and to the Cooked vegetables out of garden (Carrots, beans, potatoes, pumpkin + to gelatinised crushed fruits (Holland Squash, Marzotto).
He said at very important that the medicines were taken on a well filled belly.
He reflected that Celebrexine he cut out for a week and then started with only one day for a week before going back to 2 a day. Left office about 7.15. and home by 7.30. Then usual routine to bed by 11 pm. Had been overcast all day.

A.

Diarrhoea change.

30.1/64
Thursday.

Tea at 5.45. Exercise + out with dogs by 6.30. but Diarrhoea now really bad - Only short walks. Had to run three times between 6 am and 8 am + felt very 'omgkrap!' Exercise now definitely apparently vaccination. Shaving stool ponding cut all over face. Took no medicines after breakfast + only had powder + ProNutris + tea. + some ~~tea~~ Kaopectin left. Much talking to Dick, Robert + Terry + did not breakfast before 11 am being gone in about 8 am to D.P. + later coffee. Global + saw Copper road + dice + handle Kay + things at Keli's shop. Only left for him at 11.30. + called at deluxe laundry. (Saw Simon of Murgie + Jimmie Roubin then), Brian, Carole, Volody + Rodde Pharyng. Got names of founders of my medicine from Venter + had haerent before leave for home via Angys Melin where Rodde admitted Carole's + handle in 'pep' of car had drunk. Home for Aspirin + Vag + ProNutris + tea lunch, Exercise etc + left for office again at 2.50 pm.

Stiffen Pills

A.

I.

Went to King Dr A (Mudaki) point to his onwami but arranged signal till after 8pm so time to go, think discussion (see pg 28a notes) about Diarrhoea + going up into fra while to get this night - Look in on Jimmie on way home and asked him of main variable in asking D.P. for this visit for recovery from Diarrhoea before entering medicine. Showed it had + said he would not personally give such treatment + small ~~over~~ over about period to get system into condition for relieving itself. He quite agreed Jimmie reasonable in asking for visit. Then we sit on to other things (Samsels, had desire to replace Cole + find fund for letters for future for painting, Murray in some fundelle from Oles heady, 26 etc + I did not get home till 8.30 pm. Usual routine except no pills. To bed about 11.30 after doing again in chair after dinner.

30. 1. 64

Abundantia. (Tel. 36641).

- Diarrhoea (i) getting progressively worse notwithstanding cutting
- (ii) out of Colchicine
 - (iii) Three fatiguing movements between 6+8 in this morning
 - (iv) Kelly exercises ^{working at} ~~apparent~~ protraction + undue movements
 - (v) Consequent haemorrhoid expansion.

Suggested:-

- (i) Cutting out all pills + medicines till normal stools restored
- (ii) Cutting out or cutting down very much on fruit intake.
- (iii) Concentrating on cooked meats + vegs, porridge, prunes and gelatinous meats.
- (iv) Mowing the Kaopactin only to avert Solidification.

Mentioned:-

- (i) Disturbance of all activities from exercise to discussion or office work without knowing when embarrassing interruption must come.
- (ii) Deliberate effect of continuous nagging discomfort.
- (iii) New developmental (worsening) of cutting face when shaving
- (iv) Since diarrhoeatic condition seemed to deteriorate from tone of skin ingrowth could this have anything to do with it?
- || (v) I wonder if it could not become chronic and perhaps injure internal bowels in some way such as the state of mind it had produced !!

31/1/64

Ran Abundantia at 3.50 pm and bed time all above. He spread ~~stop~~ all medicines. Continue with Diet + exercise. Course in on Tuesday and see him. Receptionist arranged for 1 pm

1/2/64 Stopped Kelly's Exercises + they appeared diarrhoea

Note: soft stools leady to diarrhoea started about 18/1/64.
 Skin ingrowth started on 10/1/64 (described ~~in~~ 3 Test runs by A)

31/1/64

Friday

Tea 5.45. Success! and out with dogs to trip Mason by 6.30. Met Dick at Mela Sela at 6.50 am. He had only part cover slats and Sela into position & was starting emergency wall today. Long talk to look about North fence line & talk about West fence line to make good former. He will do all preparation work here today & I will check line of my boundaries in office. ~~Today~~ Robert had just got all Anderson brick stacked into 3000 piles, about 3000 (or 10%) of 30,000 were broken from 3rd through 7th to ~~more~~ rubble. Feary had got in ball but Sela of 5 yd low rd measure. Breakfast about 9 am and left for Courbis to meet Macleanbrook as arranged yesterday re 'pouring' cement into brick pattering etc. Then on to Brian to collect manhole covers & bars for wire & mesh for seed potatoes. Trouble with Sela's of grass at Courbis went through to Angus. Rabi put someone else into it & it was small in 'bush' of Sela's low road. I then explained because so much so recently done by Angus & all those things. Rabi said it will be better to say grass & no fault of mine. Went a lot of time. Never got to office in end after doing other job & got home about 1.15. Success! Gossa started again fine 'plant'. Ray Angus (Rabi). Nobby to say but bring it in Monday afternoon & he will attend to it personally. Went in in Ford. Got to office about 3 pm.

Diarrhoea
More tolerable
but not improved

A

Ray Abmshakkie about 3.45: & gave him details of Chronic Diarrhoea (See page 28a). He says I stop all ~~diarrhoea~~ pills & potassium. Carry on with Enemas & diet & see him a Tuesday. Reestablishment nurse about 1 pm Tuesday 4:00. Left office for home about 7 pm. Manual routine & to bed about 11 pm. [Diarrhoea in form of about 6 runny stools to levity in small watery stools & flatulence.

1/2/64

Saturday

Tea. 5.45. (Left out exercise as it induced diarrhoea) walked with dogs out to Mason & down to Dula market. Spent rest of morning clearing & aligning North ~~of~~ boundary fence line into Robert & Jimmie & Simonians given. Small pool parking @ 9 pace intervals. I had got plain of all my properties from transfer deeds in office yesterday so know alignment. Robert had found Nobby Swanson's pig. 9.30. Breakfast (only porridge, protein & tea) (Cut out all fruit on account of diarrhoea) Rabi & Simonians to look to take prebaking & select good steel standards & drop in for Sela to get in on Monday. While I worked fence between old Rabi's & Swanson - but perhaps had been taken down yesterday & wire to Sela's. Stacked to feet behind of whole of Nobby's fence. Will do to wire. Lunch. (Gelatinous chicken, potatoes & beef with a bit of meat. No fruit) All items from 3 pm - 5 pm spent cutting up ~~wood~~ Coffin wire netting & underlay disc & all implements to ~~the~~ re-arrange clean up as much as possible of steel aluminium oxide by sweeping (with wire saw) to damage pulled ahead of & install floor in "22" of wire remain & opening up ball valve supply. Nobby level. Paid to come to weigh & level of bond and cut road so that doors opened properly (a hell! for job). Noted by 6.30. with brochures that Coffin disc & reserved end piece. To road and with Gary Yofat & doghouse built about 7 pm to 8.30. Normal dinner at 8.30. & bed by 11 pm.

Diarrhoea
Very frequent
intermittent

No exercise, No pills, No fruit. Diarrhoea about series of letters of word with tea spoon of wet feces (+ no mucus) could be done without spraying at intervals of about four through day. "Very unkind" now had diarrhoea due to diarrhoeic acid element of Antifolium etc. as volume very small but discomfort at frequent intervals very bad.

2/2/64

Sunday

Tea 5.45. No success! Up at about 3 pm for diarrhoea specialist!! That the nurse with dogs to trip Mason which had been (for indication) at rate of 3" per hour (which meant fully time for 6 ft in 24 hours as though open and rate 5000 per hour. Much diarrhoea tablets with. Decided to run coach to much fruit with breakfast & food to five drive and built at least to the precision level. Checked Brown cover covers for 2000 yards (Covary spacer (book) & home Antistat manhole. & Not of 2000 yards out from cover (black board black). Found 1-2 when Robert a decent enough lot. Kelly met down to & also go two in program. I showed that with to be finished before all gorges before an order of 50. Will Allen might be here for 2000 of 2000. Rabi (Covary) manhole will be all ready 3A & 4A. Found on site work of afternoon. Immediate trip after tea & dinner with 2000 & one more horse driven. Kip immediately after dinner at 9.15 pm & home with 2000 to bed at 11.30 pm. This was worse day of clear mental functioning.

Diarrhoea
Worst -
frequent
about
once per hour

XXX

3. 2. 64
Monday.

Diarrhoea
Seemed to
improve

Tea 5.45. with immediate result of diarrhoeatic Kaap. Then out with dog to the reservoir (well armed with paper for Kaaps!). Gauge showed full (had assumed not full yesterday) and my marks indicated 5.9" depth of water in reservoir at level of (over)live cut off. @ 20' down then water out at ± 11,300 gallons. Met Dick + Patricia at Mata Nambala on road. We were still very busy, side work but tomato help + made plan to seal joints of bungs. Panned down by Robert + Thomas' long battery in run down to North fence (aided by me with Ken on Saturday) + cut 4' sled to give low power length of run. Found hammer head for Ken + spent some time trying to fit handle to heavy hammer without success. Terry came to work for money for seed potatoes + beetroot seed. Saw Lin R2 (but a Lin on previous Saturday) + a pair of R1-10c change! (then going to run with Peter) Paid wages to everyone + wrote the diary.

Though still diarrhoeic generally felt well but as if return toward normal. Took walk about to take black. This 'return toward normal' felt pain not so bad. Lunch 1.15 pm. after bath + shave taken. Saw Relt: at North from 1.55 - 2.30. Set off in 1950 ft town busy chicken + pigeon farm at Wharf Street. At Angus notes at 2.40. + Radio stop at 3.40. in straight line. Remembered say small cone book is generally overcharged. It is wrong. I phoned some insurance money + inquire when to call table of and arrange to + ps' other transport for me. He returned a full afternoon. To office by 4 pm + started out to about 6 pm. entered discussion of Darwin trip with notes + results of discussion with Ted. Development about then lecture + dinner. He left office about 7.30 pm + started some time stop at great old kitchen for fruit. No pain. Some diarrhoea after Mrs Carr's black tea at 4 pm my diarrhoeatic condition seemed to worsen + frequency recommenced. Went to bed before + immediately after dinner. After bath for bed + once during night.

Diarrhoea
Got bad
again

4. 2. 64
Tuesday.

Diarrhoea
Bad

Tea 5.45. with immediate diarrhoeatic Kaap after. Out with dog to reservoir. Still full + water remains in 15" from maximum slab. Kaap at reservoir. Then to Dick + reservoir. Just about to commence prebble fruit to walk surrounding large areas. Down to Relt + Thomas' long battery were onto steel standards. Only top strand on so far. Keep again at home before breakfast at 8 pm. + Kaap immediately after breakfast. Terry in at 8 am. to say say seed potatoes in look at and out in 57 + beetroot seed of. but to say Nardos in look at + another full sack of first seed potatoes for about 7. (He says no change) Diarrhoea back to top frequency and diarrhoeic condition. I was eating full meals + I had found that after at fruit had produced the more unpleasant "constipated - ~~the~~ windy diarrhoea. Keeping so frequently down out out mixing tea + biscuits and eventually eat out lunch.

Gave myself the 1:10/0:10 skin injection. about 1.20. + went into town to Relt's apartment: call Abundant + picked up Kaap account + long Kalki pants at de luxe laundry on way. Wasted time 1 pm (approx) to 2 pm to see Abundant who went through a complete 'Kaap' medicine again + looked up vacuum, took weight, urine sample etc. He felt sure ~~that~~ now that diarrhoea due to one infection + not to medicine. He wrote prescription for quinine sulphate of diarrhoea + gave 2 days diet (14 day barley water only, sea food, griddle beef, etc) + I must stay at home for these two days; or go to Hospital. I had stay at home I then send my hair at 4 pm tomorrow to (we remade before he decided on more medicine. I then had to go to Dunstan to have stool samples for analysis which I was did about 2.15 pm. (My candle sent me up to quite low of Aldy (instead of any than on problem in bird. drink!!) + also visited a 'sup' house' sample in Jim's for at home. On to Koolie on long talk to Rob about all work from Technical College. Finally came in 3.5. Planned wheat straw + ground barley to Jean for me + packed up about 7 pm. (See office diary for other matters). Home by 7.30. to have usual dinner + started first dose of medicine as instructed. I feel so depressed generally that my first whiskey + vodka before dinner since 19th November. Last and of my marvellous + cleared me up. Produced only nausea at first contact. to sup down piece sample in Jim's jar. Medicine in final quail in stopping discomfort of bowels. To bed about 12 pm. but I need to take 3 little green pills just before turning in but took all other medicine as indicated. Last full night.

A.

D

Quick
improvement
of bowel
discomfort

5.2.64

(31)

Wednesday

Kelvin did not come in at 5.45. Due to new 2 day routine and I did not get up before 7.45. Judy had massaged my pappam a ~~bit~~ during night. + gave the small Krap into jam jar. Kelvin busy making barley water of which I had from her quantity the night before. Took medication as prescribed. My bowels sore of all discomfort. First pain of barley water about 10 pm after seeing Robert at North fence + Dick at meter - manhole possible top of chest. He was now combedly. Wrote out this diary. Paid Margaret money up to date. All day in shop putting cords into Wash Sliding Sash window - Vinton + Pitt + Minnie at North fence + Dick + P. Levin at Melchamhole the morning. and again about 4.30. Dick finger broken but printed out clearing up + printing of 5th done first thing tomorrow. Rain A. Bruchables at 4 pm + reported. Diarrhoea pains completely eased off + jaegering much reduced. He was satisfied + found I must get into Tea, Toast, Grille etc to eat and become whole. Continue with medication + barley water + report by phone again at 4 pm. All small Kraping had gone into jam jar in room for 24 hrs since referred to Dr. Austin. Note balance of this diary and returned to Minnie about 7.15 pm. Badly thirsty next day while putting in new Sash Cords during afternoon + sleep window and caused severe muscular pain in upper part of arm near shoulder. This morning all night and felt worse in morning. Ending off a bit on 2.6.64

Diarrhoea greatly Eased

only Barleywater all day

A.

Muscle Strain

6.2.64

Thursday

Kelvin brought small Black tea in at 5.45. but I did not get up till 6.45. Did Kelly exercises but muscular pain in right arm (yesterday) made certain of these left hand. One small splutter Krap into sample jam jar (to Dr. Austin) ~~at~~ about 7.15. and another at my 'pot' about 9 am (after breakfast) Breakfast at 8.15: (1st black tea, three slices white toast) - Grilled Small mutton chops (4) and 3 small apples (peeled) in A. prescribed. Insists of A's warning that I would feel too old to drive car after taking present medication for diarrhoea (one of which contained Opium the chemical said) I did not feel particularly old + decided to deliver faeces sample and at same time try to get some relief for arm pain from loose change in my 'pot'. Also had to push up weight from that A insisted I have it (grilled) three times a day. Dick starts in Wash manhole of Reservoir. Make to turn above building not part of stream wall made manhole to stop splashed leakage of car at job after set off for town at 11 am. Bought leather knee guard (which fitted under arm + Radio B mounted at Waterbury Planning for arm sprain. On way town Permyer advanced faeces 24 hrs sample to Dr. Austin's 'dealhouse' in Medical Centre at 11.40 am. He injured on entrance + told A would not have results under 26 hrs probably 3 days. Back to W.K.H. + picked up 6 days (3 times a day) went for A's diet at Melton + then could find clinic person, anxious, dated + fix + saline at ~~about~~ White's + ~~trough~~ 'ster King' apples at which Reservoir + about 12 pm - 12.30. got home to be told by Dick that my main writer hole at Reservoir burst while he was working on Wash Manhole. Work up. Please, a doctor when (obvious) by load flow through Dick declared to have done nothing!! Phoned Dr. Ferra at 12.50. Bellman would try to reach down Harris + get him out to mend break (with two chaps) on his way home (in his own time as before. lunch (mainly in breakfast above) about 2 pm. medicines taken and jam barley water every hour. Apples ~~in~~ water formulated (15 min) and milk in Radio B mounted (B. Sherrill) + put in both leather knee guard + warm scarf three times during afternoon + pain starting easing off. Rain Barleywater at 4.30 as he had not run back. Assume we Harris will be out this evening what ever happened. Kept Dick + Robert at Reservoir to help Harris till 6.30. but none turned up + they went home.

DELIVERED FAECES DUNSTON

1/2 MAIN writer Connection at Reservoir BROKEN

Dinner + Ferra

HARRIS did not come

A

I had run Dr. A. at 4.15. + reported that since first morning 'splutter stop' there had been now further stops + Dr. Austin's discomfort had eased off. ~~no~~ home present had been delivered to Dr. Austin. He said I must carry on tomorrow exactly as today + phone him again at 4 pm. Tea - Toast - Grille - Apples to dinner at 8.30. + to bed about 11.30. Good night

17. 2. 64
Monday

Good Krapf (Blood)

Worms still present. Find some as for last week

Started Pills again

Jan 6.5 pm (see own diary) + got water for slaying at 6.30 then
bath. Breakfast 7.45. Planned Walk Betty to measure 2 1/2" wide
scold pellets and 1 only beef fillet for luncheon 5 pm next 7 days -
Decided to stay + home + complete V.d.Berg. Skatels today.
Dogs now living on new house + first closed near road end. 8.30 am
I found out a good ~~place~~ ~~used~~ well found Krapf about 8.30 am
Lunch at 1.15. usual - T-T-9-A. Planned Anpro Polaris
(Robin) Goyzo now complete + tested (new armature and regulator put in)
he had also changed front wheels (left to right) to even out wear but had
not put in large fronting indicator globe for them but will do so this
afternoon. It would get left hand front car turned off not rest of
Mand Tobie but he was off to V.d.Berg Park to look at site for new
Ved. College so could not ~~take~~ ~~bring~~ me - Heavy rain 6-7 pm
drip at 7 pm + need to turn - Heavy rain 6-7 pm
I had slays. off analgesic today + whiskey changed in preparation
for reumatism. A halococcus boronov (including analgesic oil)
+ 9 breast (Vidala) before. To bed at 11 am. Took food 4 capsules
(Ternamycin) not before bed.

18/2/64
Tuesday

Started Full
Pill Prescription
Plus - again

Good Krapf (Blood)
Worms now
strains low

Jan 5.45. Exercises (Keds) at 6.30 + shower + work at 7 pm.
Surprise to be fully red too cold boundary 4 Ternamycin Red with.
Breakfast (T-T-9-A) at 7.30 pm. + took full dose of penicillin
pills after. (old group restored plus anti anaerobic ones now added)
worked on V.d.Berg. dog's diary. Exercises, lunch.
(T-T-9-A) at 12.45 - 2 pm + on to bin in front via de l'Europe Lane
(the wet) + Anpro to see Robin re taking Goyzo down now. He
had replaced armature + regulator with new but kept my old ones in
maintenance. want my full test of new. Had a fairly large
well found Krapf just after lunch at home. Afternoon - 4 hr
drawing Mand with V.d.H. + Wrie visit to site of new Institute
of Technology at V.d.Berg Park "near Veenom" yesterday. He
would put me up at home at 9 am tomorrow. Tell to home at
7 pm sets in about 7.30. Usual T-T-9-Veg-A dinner at 9.30
Exercises before bed - and shower full portion of pills again.
To bed about 11 pm - (Had taken V.d.B. diary to office at 2 pm for filing off)

19. 2. 64
Wednesday

Good Krapf (Blood)

Jan 5.45. Exercises (6.30 + shower + work + breakfast - (T-T-9-A)
by 7.30 am + write this diary - discussion with Dick + Dick re
the work in new house but don't + under promise path to road garden + parking
Tobie pulled me out at 9 am + took me to Anpro Polaris (after a short
visit to see program on bin can horse alteration) where I picked up Goyzo
Out to lunch at 1.15. where Margaret gave me some T-T-9-A lunch
I drove Keds Exercises before and had pills after. A good full
Krapf at office after return about 2.45 pm with bright pile blood as usual
Founds of V.d.Berg Skatels plus + closed front. Took to Albert + Helen
about bin skatels for Blom-finish by means (Henry Morrison) which I
did not agree with. V.d.Berg in at 4.20 speaking to V.d.H. re P.M.
details: which I found (after Wrie) at 4.50. Day from 5 pm to 8 pm!!
I embarked my Skatels plus of bin house to V.d.H. He seemed very
pleased with weight + had 20 pound of criticism. He would Colman
+ I met Wrie + Skatels plus. again to do it. + was in agreement
that next set would be to separate pile with Montebank.
by 8.30. In + Keds Dinner T-T-9-Veg-A dinner at 9.30 pm.
Exercises + pills + bed by 11 pm.

20. 2. 64
Thursday

1 x Good Krapf
Oscillations, dark
(Blood)
↓
2 x Requested 12.30
Dogs to VET

Jan 5.45. Exercises. 6.15 + shower + breakfast (T-T-9-A) at 7.45.
Good full found well found by darkish, oscillations (Keds with blood) at 7.30.
wrote this diary. Mind yellow. Sun. Took Path to Vet for Keds nose.
Robin had West removed from Eye and cone took. Moved all under anaesthetic.
Tim + Path to my stage. Urinellils + Pills given by Medica (another patient contacted)
Discussion with Dick, Robert + Terry about the various jobs. Talked at 12.30.
Had lunch + shower (T-T-9-A) + to office via Anpro to my front high plan book
Goyzo + lunch (T-T-9-A) + to office via Anpro to my front high plan book
Krapf + 9 breast (Vidala) + to office via Anpro to my front high plan book
Krapf + 9 breast (Vidala) + to office via Anpro to my front high plan book
Very much better than usual but spraying next + later out. Was beginning to feel
Dinner now quite like a Deception Convention + with arm still hurting from
left office at 7.15. + home by 7.45. Usual T-T-9-Veg-A dinner at 9.30 am.
Exercises + bed about 12 after from Wrie's Japan Architecture (had 3 issues now around)

21. 2. 64
Friday.

Krap
Large
Full formed
Ovaries
Bovine

2
Krap
As above

Urine
found
Oxidation

Tea 5.45. Exercise 6.15. Shower wash. 6.35. Breakfast (T.T.G.A) at 7.45 - 8.10. + write this diary. Prolapsed + part glass into Jap's light. Various odd jobs. Drummie Dish and Robot. Another large Krap just before lunch of the same sort but fully formed character, dark in colour, curiously ventral smell + slight bleeding of sides which were not much irritated. Finally I felt much better. Even my painful right arm (whose strained muscle seemed to accommodate arthritis bones in elbow and wrist joint) seemed a lot better. Exercise. lunch (T.T.G.A) at 1.45. Pills and in afternoon by three - ~~Gospo would not start~~. Florida Carb: I think would not clear to free Accelerator or muscle. Used Frick. Lellin. + long talks to Margaret (Dublin Details) + V.H.Ham. (P.M.I. details). Told about the services of Dick Evans (Saturday). Told office 7.30. Sets to office at 7.50. Dinner. (T.T. media. g-vag-A). Exercise + to bed about 11 a.m.

22. 2. 64
Saturday.

1
Krap
on
Yesterday
large

2
12 pm
Krap
As above

Urine on
Yesterday

(Head pain)

Analgesin

Tea 5.45. Exercise 7.15. Wash + breakfast 8.15. Pills + write this diary. Very large full formed, dark, odourless Krap and 'pile' hard about 8 a.m. Drummie with R. but re clearing up his house + furniture before marriage to Joyce (Morgan) and what furniture. Saw Kales had taken beds + table + the slight on them. Dinner + Jap's (to) Error bed (30) by used (Krap though the bed space of them own) (to) bed. R.T. must have it. also Jap's five old table + three camp chairs + make a couple of benches + to Robert's house after he went home to find the bed shelter bed + Jimcrack of table, chairs + drawers made by himself. See him + sort out all rubbish + made house into chaos + me + decide what to be discarded + what left. Also all bottles to be sorted + dumped to my home. He must spend all space time now on doing this. Would give him card Grady to be fixed + kept out old door into third room again. He had to be recently clean water. Another full, formed, brown + it was full + clean. ci ci. Exercise at 1.15. and lunch dark odourless Krap at 12 pm. Exercise at 1.15. and lunch at 1.45. Began to feel bad attack of ~~old~~ old head pain (local) ever felt during my treatment, diarrhoea at same time. Novosol had day afternoon + took two Analgesin which had good effect for better also noticed that, whereas I'm definitely working up for a 3rd Krap this settled down after Analgesin? Made sure the Kalypi bit chest hole from sea severe back pain about Kalypi thin blue chain, scullard, + D.D.T. Stung to flesh + keeping cure a lot. (Plus in full of flesh + stank. Am sure smelly foreign thing has been dropped into bit) work on design for my new broad bed in Jap's oak. till 7.45 pm 20 min. Apple juice + biscuits as usual. Dinner (T.T.G.Vag.A) at 8.30. Played records + finally the two 'World on Peace' + recording's recording yesterday on broadcast from S.A.B.C. Decided to sleep on mat this clear mattress night on 3" double pillow mattress Spring Camp. switches to look out (i) whether I could find this two hand (ii) whether more mosquitoes out than it. (i) No one out (ii) None were not any I noticed though I had one - Maybol or normal. To bed about 12.30 am. Slept very well.

Slept on
mat

23. 2. 64
Sunday.

Krap
no blood

Awoke on mat about 4.45. Got up + ~~took everything~~ into room at 5.15. Tea 5.45. Exercise 6 - 6.15 + got up and worked at Top. Then went off to tool all Mammole Cores, pressures, + partial Cores + tissues with dogs, fully new thing on home museum. Even + taking broken on old table cover of Mami museum. all this finished by 8.15 am and had breakfast about 9 am. Then Pills + went on with 'bed' during lunch (after success) at 1.15 pm + pills. Wash + worked on dogs. Finally good Krap (no blood) but some dark colour + odour about 3 pm (Mummy + sternum black tan + Curcuma always when at home). After ~~depression~~ tea decided to inspect two Cases on stools to see what was in them. + found old Arab Hobabul + (Krap) + Nambu year ago + 2 former Krap in identical one 1931 + various other objects + but I could not all the work used at Tandah in 1940 some I left in case together with various other things I also not work since this case had cutting (spiral) + various such things which I had had + worked up. (noticed 'Spells' don't want into old gift + in my case all this took all afternoon up to 7.15 pm. The sandal and Apple juice + biscuits (12) + dinner (T.T.G.Vag.A) at 8.40 + to bed about 11 am.

24. 2. 64
Monday

Large
Kraft
Board

Dec 5.45. Exercise 6.20 + (bald) shower; sth till 7.30. Breakfast (T.T. 9. A) + dismissed Pat closed + shower near road and with Dick. Then settled down to work on Kraft. (Noted that my left calf (at various vein when crossed with bridge) was aching. The old stitches at Critch + thighs had long disintegrated. Had very big swell, well formed, dark, oedematous Kraft at 9.20 am with some blood again. Exercise 12.45. Lunch (T.T. 9. A) 1.15. Left for D+F (Nashville) with pipe day for (Clout - Shower) at 1.40. Leaving day with Nelson (Mentent) 1.50. on to (London) see Braun including (John) player cabinet at 2.30 - 2.30 on to docks for lighter repair on to office by 2.50 pm afternoon. Further discussion with John on Vodka but not what I felt we could manage alone while group of architect he had shown to join in and deal with Nelson. Also discussed Plan Tech Cell job. Late on long discussion with Maynard on Deacon Bank AC: + El: details left office 7.15. Left home 7.45. Normal digestive hunt (N) + apple juice + dinner (T.T. 9. - Veg. A) at 8.30. Pills. Exercise finished at 12.30 am. Generally feel very much better only retained right arm muscle still fairly painful.

25. 2. 64
Tuesday

Kraft
Large
Board

Dec 5.45. Shower, shave + dress at 6.15. (Exercise at 6 am.) ~~Good~~ big well formed dark oedematous Kraft at 6.30 am. Breakfast (T.T. 9. A) at 6.45. Discussion with Dick at new, no dust. In car (with loop) to D+F (after phony Nashville) to field pipe assembly for pitchcast + released with it via waterlogging down to park up. meet + guests (Vidola) and home by 9.30. + discussion with Dick again about what I really various water + change paper. Write this diary + started on plan for my new 'shelving'. (only stuck down paper in end!!) Exercise 12.57. Lunch (T.T. 9. A) 1.15. To town 2.15. to Braun with bag need only had details he would try to complete by end of week. Short bit of time getting bolts + elev. pins W.M. (Hutch) + to Henry of label very what felt he had signed it, to Braun about making this as a thumb to put at it. + out for office at 4.15 pm. Long discussion with V.H. (Hann) about P.M.T. and Maynard about Deacon Bank leaving office (Cabin Maynard) at 7.30 pm. Dinner 8.45. Did not count on must sum my Atom do other. Exercise and bed by 12 am. (large, dark, well formed, oedematous Kraft about 10.15 pm).

26. 2. 64
Wednesday

Arm
Pain

Large
Kraft
Board

Dec 5.45. Exercise 6.20 - 6.25. Shave dress + only this day by 7.10 pm. My right arm still very painful. Had set a little better later. Had pillow in Radio! last night + again on rising this morning. Write this diary. Breakfast about 7.30. Pills. Discussion with Dick on pit dust. Took dog to Vet 8.45. Nelson (London) found Puff + tea towels much better + save me more (tooth) for 5 more days + good antiseptic fumes drops to reduce dust nose congestion. Further discussion with Dick at home in return. Had had a large dark oedematous Kraft at 8.20 am. Off to office at 10.10 left office 12.45. for P.E. Electro-Plant works Korochoh (via Braun) there with Goffman, Officer to be delivered my office (mine - also saw Dabst who would make a duplicate of these records + deliver to office - on Saturday then got home about 1.20. Exercise, lunch 1.45. Pills and left for office about 2.30. after seeing Dick's progress on Shower - Pitchcast.

27. 2. 64
Thursday

Large
Kraft
Board

Expansion

Dec 5.45. Exercise 6.1 - 6.20. Shave, bath + breakfast at 7.40. (T.T. 9. A). Bathroom joined 7.30. Having lunch about 8.15 am for today with Gordon H. Good sized dark oedematous Kraft at 8.15 am. Performance P.S. the block of pitchcast dust for Puff + left for Puff + Engineer, P.E. El: Plant works, Braun + Dick about 8.45. + on office by 10.45 pm Home by 1.15 pm lunch + back to office by 3 pm. (Normal exercise + pills before lunch) Left office at 7.5. via home by 7.35 pm Dinner (apple juice + hunt before) at 8.20. (T.T. 9. Veg. A.) and Pills, Exercise + bed about 11 am. Expansion in middle of night and noted that as a result ~~to~~ the small of my back was now stiff than usual in the morning. Warm moist night. All windows + doors open - usual habit for investigation works not to be found but seem to wear off during night and they begin right up.

28.2.64

Friday

Large Krapf Krapf

Arm Sprain

Tea 5.45. but I re-slept till 6.30!! (Spallin treadmills now out)
 Exercise, shower and breakfast about 7.30. after
 a large whisky wellformed dark odourless Krapf. Generally
 speaking feeling very clearheaded + fit with this regular
 generous Krapfing and even enjoying this medicinal diet
 which seems to contribute to the fitness. Only the
 strained arm continues painful in certain positions and
 I am conscious of dull pain in it even in elbow + wrist near
 it all the time. Finger movement by pen during writing
 definitely aggravates the pain. Left for office via Brown about 9 am.
 Did not come home to lunch because of Borchert - Henrick's
 appointment; at Ptn Club where we looked in Cadiz Room (+ I got into
 trouble with real sec: afterwards!!!) + dinner Smith Statue base
 I had usual tea, Gullo steak, 2 sliced peas, Rose wine + a
 long chuley before. We finished about 8 pm. 2 to Office. They
 to S. Arts where I had to pick them up + take to Vignali at 5 pm.
 Only Borchert at S. Arts. Henrick's + Henrick's next to
 two of us went to Vignali to see football finished hope I could
 be completed in two weeks + we set out size of Harpals
 base 3.6 x 4.4" round base. To Borchert + his Hotel (Union)
 about 6.25 + back to office till 7.30 + home by 8 pm
 Dinner (T.T.G. Veg. A) at 8.45. Exercise + bed till 11 pm
 Finally large dark well formed odourless Krapf just before bed

29.2.64 Saturday

Krapf Krapf

Krapf Krapf

Tea 5.45. Exercise 6.20. went at garden tap. A fairly
 large wellformed dark fibrin odourless Krapf about 7.15 pm
 Spent a bit of time reorganising books in my personal which
 had got into disarray since all over the place + did not
 have breakfast (T.T.G. A) till 9 am. Now discuss progress
 on Steno - closet with Dick + Oral garden path with Robert
 + write this diary. In to shops + screw coffee mill
 at 10.15. Rest of morning trying to make start with talk
 for the Cape Conference in October. Another good sized
 dark odourless Krapf about 12.30. (unchanged T.T.G. A)
 (first occasion before). Decided to try up Rowland dry afternoon
 as books all over the place and no room to feet down anything on
 desk or anywhere else. Afterwards tried out special split light
 table on Sewall Node. Several electric storm arose. in course
 of which ceiling light + outside bellman light of Rowland failed.
 In course of rolling slots of Rowland broke 10th plastic holder and
 because of short connections as well put in by Janters when electricity
 and lack of light. Use by a main switch off + work in daylight
 with whole of rest of evening up to 7 pm to find a new table + get
 light up again. Will split pipe + Villa brackets and
 T.T.G. Veg. A. dinner at 8.30. Exercise, pills, bed about 12 pm

1.3.64 Sunday

Krapf Krapf

Piles

Krapf Krapf

Tea 5.45. no affair exercises about 6.55. to barley 1 day +
 found a couple of miles in lower valley below home. Quella they
 spend their moments to make chamber + Planning thinking
 would be known where they were but they went into thickets so
 I left them!! Found at home I talked out oral garden path all
 Jants garden tools in one place after recess + carry out numerous
 find water, bits of wood etc to make frame for the next week
 make the first thing on order - fabric!!! While bin a native
 had me home but would look for miles which he said were
 Cameron. Found him where I had almost then + the west
 off 5 mch beats. Breakfast T.T.G. A. about 9 am. Morning spent
 cleaning (+ burning) the first "tree's eye" of Caster Blain with DDT mist so
 a hell of a job which took me to lunch time at 1.15 pm. (Forgot
 exercises again!) T.T.G. A. lunch. Decided to adapt old gatepost
 to go to vent-cum-gauge post at recess but spent most of afternoon
 by 5.45 pm when vice base needed for this work - + ordered
 the prepared top (with leather lining to fit pipe diameter) + wire
 Cables to 8.45 pm set up vent holes at top of pipe at 7.15 pm!!
 Here then both with short threads and the thousands of tools
 some essential tools and tools the simplest of jobs. Usual
 Apple Juice + biscuits and T.T.G. Veg. A. dinner at 8.30
 pm + read till about 12 pm - Exercise + bed.

A very hot night. Had had a good sized dark odourless Krapf (black) both at
 about 8.30, and again at 12.30 pm. Bleedy piles had
 dropped a lot + unclear possible leakage of blood + mucus + discharge
 used substitute

2. 3. 64
Monday.

Graps

Krap
muscular pain
blood

Krap
muscular pain
blood

Up 5.20. Exercise + dressed by tea at 5.45. Went up + fitted old gate post (of 79) to Milverri + it fitted beautifully. 2 then painted it and 4" Vant-grade post blackboard black. Back to home + recovered stacked packing cases on stoops with old canvas again with help of J. Robert + moved thin turkeys. This he must keep clear of footpath in future + paint all cut-plaster (now sold) with tar now. Drains with Dink at post-back. Men slave + bath + dress + breakfast about 10 am. + wrote this day + further draught with Dink about 10 am. for last bit of work (14 1/2 kg) + further mail he wanted for Car + radio because so on (He was not coming) in advance including R.35 sent to Nyassaland but (number) Exercises at 12.30. lunch T.T.G.A. at 1 pm + into town to H. Evans + see form for samples for P.M.I. + to office by 2 pm. After long trip with to Mervin (above) at about 7.30. I had 2 unperfected bundles of Graps in thin mesh covers and had eaten the good berries of one which was in two lots of decay. at about 12 pm I had had a small, dark, odorless very muscular Krap and accompanied by much wood. It was an unperfected Krap and I thought the fishes had nearly to do with it ?? At about 2.30 I had another such Krap (almost the old splinter Krap - small pale wrinkling + unperfected + prayed that some sort of dearth was not starting again. But it did not happen again. I was now very comfortable after each Krap as the pale blood was getting worse. Left office about 7.30 pm home by 9.55. normal apple juice + biscuits and dinner (T.T.G.Veg.A) at 8.30. Dressed clean. Pills, exercise, bed about 12.30 am.

3. 3. 64
Tuesday.

①
Food Krap
No blood

②
Food Krap
No blood

③
Food Krap
No blood

Tea 5.45. Exercise over at 6 pm + dressed + went up to main reservoir with dog to find back broken spring (duplicate of which Oshoff had left on my office desk in February on promise) into Centre marble cover. Sawest off property bolt end of Vant 1/8" not wide not there. Bore at house found Dink R.46 asked for and he went off with Terry about 7.30. to find Car + radio because had a food full, well formed, dark, odorless Krap about 7.20. and no blood after this time + pale much improved however perished. Breakfast (T.T.G.Veg.A) about 8 am + took dogs to Vot Milligan before rain, to check troubles in Tea + Puffed. To Vot to collect Apple juice, Myson meat + Vitla biscuits + tell insurance to do (Spartina Cabbage + potatoes in all full wading bottles) today. Had my tea at home at 10.20 + to office by 11 am. Found account card, notes etc + left for home 12.45. Had had another Krap as before but smaller at office about 12 pm. Bore by 3.15 pm. V. Dilling in 4.30 - 7 km to dream some details in his sketch about what he was still at home and asked me to start negotiations with Monte Brooks as soon as possible left for home 7.30. Pills in bed before 8 pm. Dinner T.T.G.Veg.A. after usual supplice + biscuits. Another Krap at 11 am. as at midday. Must be before exercise + bed. This was last day of two weeks away with Colchicine twice a day.

4. 3. 64
Wednesday.

Krap
no blood

2c. Started 2
Colchicine
a day today.
11. 4.1/2
at house today

Exercise 5.30. Tea 5.45. up + out. to walk with dog, by 6 pm long walk on firm rough North fane, water marble area, at back of Fleming + Allen, Roberts house (not after 7 pm) + took over Southern ridge to home just on at Stander to rain. Great short walk to Dink before he ran to Steller. Pet slab now out of casting bed and long dragged slowly to post top. (all this now getting warm). Came to sleep at 7.45. wrote this diary + leave (breakfast T.T.G.A) Had had the usual type Krap in the Valley about 6.45 pm. Heavy rain fell about 7.30 onwards. Breakfast. 8.25. (T.T.G.A.) Took Krap into office sleeping at Brown + to the Bed room. Read the form arranged through with Graham + to read with Dink + to find out where Dink of home. Made home to stay in town for lunch. Dink 1000 from Ottawa + he himself with me at Myson + had plant root + green seed full of water on a bottle of Myson Rose. Ran Millies home. My small pills - Kraspans today since + had down to Endings. Got Wilson + water bag at Home 1.45 + at office at 5.30. + to bed in room tonight at Home along about 6.45 + very clean for every. usual dinner 8.10. + bed 11 am.

5.3.64
Thursday

Krap
no blood

Krap
no blood

Amocin set
of pills (10)
Plemin + Vitamin
Furacin + this
morning

Exercise 5.30. Tea 5.45. up + had usual large krap
about 6.15. + as usual put in supporting atten for poles
walk with dogs to lower farm (Terry's plunger had more
weeds than beans + generally looked better + worked with
dry organic pellets of washed grass here to there. Back up
to top of tower + back to garden. Old Noma there + Robal on to
train to play car license. Dick started on work of Pt about my
floor station on horizon. Bath, dress breakfast (T.T.G.A)
about 8.15 but got belly cramps just after breakfast and
an other usual type medicine krap about 9.30 am
write the diary, both pills + in to town about 10 am.
No Dr. Fera + back up chains late to be but about
Office by 10.30. Home by 1.15. for Exercise, T.T.G.A, lunch
talk with Dick at and back in Pelly range at 2.55. and straight
up to Halyg Mountain West in Carletons at 3pm till 4th
then Home informed by phone and I strong fulfilled it.
Long discussion with Nri on Staff, pollution and volume of work
coming in increasing week by week + with Margaret on Dublin
(not the present) problem. Talk Office 7.35. Home by 7.55.
usual T.T.G.Vg. A - done. Pills, Exercise, bed by 11.

6.3.64
Friday

Good
Krap
no blood

A.

I

Good
Krap
in

Exercise 5.30. Tea 5.45. up + out with dogs up hill
(clear at rain + short rain interval of de Boerwai Sunday park) and
back to home about 7.15. Very little Noma dog's activities
(Noma was furrier with interval of 6 min into Oval garden and
was waddy and strong, water permeable path. Dick has a lower
part of Pt about walls, (Plemin took almost full height). Breakfast (T.T.G.A)
at 8pm - 8.30. and off to Office via "kitchen Home" for my new
bed, mattress about 8.45. Had good full krap at 9.55 am
slightly lighter in color (on Vitamin pills furrier) but decided
Plemin + Amocin at 10pm + bed time (9). This further last
of Amocin medicine yesterday. No bed added quick and I was now
full of pain of an unbearable burning heat + feeling like
full of hot water in + + + + +. Only pain of hot of bed +
Jury's Krap then at bay with difficulties. I was now (bed with
old treatment medicine pills) (and two days) (Colic was here day)
though Krap's gel had been good some time ago + I had not Noma.
Present set of Pills (I read led to them (Dobrow, Piret, Bacosin, Colicine
Lidocaine general) for about 35-40 days to go but general under fire
in 8 days. I had not taken Krap of all in no decrease
He showed of energy) led me to get more good to increase with old
and continue full routine till 10th when I had appointment to see him
Home (with new Amocin pills) morning by 1.15. after long dinner by arranged
at 12.30 about my arm. The same infection + prescription for Staff
to rub on 3 times a day. Made attempt for rest (but also in
Back at Office at 8pm. correct and fresh of Vitamin pills to use
as with my + instructions to Piret. Left Office 7.30 + home by 7.55.
having bumped into great heat of car + driver who stopped suddenly
(in middle of road) to rest when occurs traffic stream + crashed
in front of 7000 but he got no damage. With two Amocin on sell
three + Noma + myself. Noma + Amocin + Amocin, dinner at
8.30 + Exercise + bed by 11pm.

7.3.64
Saturday

2nd + 3rd of
Marsdenbrook
Cuplets arrived

Good
Krap
no blood

Tea 5.45. Exercise + out with dogs by 6.55pm for usual
walk on hill. (Dick at Nri farm today) Cleared out main store
room + home for two new Yellow-necked Cuckoo Marsdenbrook had
arranged to bring me (at least 10) at 8.30 but + started breakfast
when he arrived 5 min early with first Cuplets. Finished breakfast
while he went for second. He showed bill 15 min earlier + smaller
Noma, nothing for some time. (supposed hardboarded top of
+ had the. Ginned my 1st Cuplet. brought bag ago + very long was
stuck in it this better section. I should get + take 1st Cuplet from
So Joyce both better to M. His own pleasure. Put each handle to
longest back of my bed. Exercise, shaker massage + lunch (T.T.G.A)
at 2 pm. Then wrote this diary. Good sized omelette
Krap about 8pm slightly lighter in color. Implemented with potassium
Kleptom + Brandy still now on back pedaled about my removal desk but
Concert + Singsong too slow. Still work must be many. To turn with dogs
+ Amocin + Noma Van der Bay point leaving about 6.45. Usual
Amocin pills + Amocin. T.T.G.Vg. A - done at 8.30. Pills, Exercise and
Bed about 1.30 am (Dick does office chair looking + music)
New bed sleep excellent. Harder but its breadth and length
made it much more comfortable.

8.3.64
Sunday.

Tea 6pm (Kalyan late) + Idored on till 6.30, before exercises + work at top before walk out hill with dogs, meandering about all sorts of unusual places of rather Kalyan road, Rishabh, home etc. -
Good large odourless Krapf about 8.30 am and breakfast (T.T. 9.A)
Pills and water this day. Am being so keenly affected in getting going in my talk to Cape Conference in May. All sorts of disconnected ideas come from time to time but the 1st advised of them excites me + time is going out. Lunch (T.T. 9.A) at about 1.15. after parking + stretching row 'mud-crawls' + workouts in stream. (forget making exercises but both pills) Spent all afternoon moping balance of all my words, theories, paper formulas and objects' deal (as to how in various sections in paper) and finally could not endowments. (find that 2 cases of pharynx over head forming about 1!)
Normal afternoon + lunch before dinner + dinner (T.T. 9.Veg.A) at 8.45. Pills, exercises bed 11.30 - Sleep now deep.
Pills, exercises + 1/2 half of dog food. Exercise bed though + over me but with no effect - after trying it is nice + fresh. The broad, long, hand, bed is a great improvement + balance to sleep well.

Good Krapf no blood

9/3/64
Monday

Tea 5.45. Exercises + oil with dogs to the reservoir at 6.30. On Robert was found me had to be prepared over weekend during oil by lunch + present preparation to be ready, now beds from the fine further instructions about today of Poul book, plain rested tea rather. dit was + Whites to come at it. Then without drive to work + to 'deserted' (Bugs) house to see that I can take on. Home would to get information from MCR for his wife home at 10.15. back of things. Robert + present meeting 'Peak Shale' (1st half of 19th century) completely in place for record full. + bed time to sleep + Terry re + his symptoms to burn. Celebrate out of 'Lucky' at John's house + then. John's notes. Instructed Robert + Thomas to work + preparing for continued reform of North face. Show. Bed + Breakfast (T.T. 9.A) at 9.15 + at office about 10.15. at 6.20 p. Had had full, well formed, odourless, dark brown Krapf at Home for Exercises + T.T. 9.A. lunch at 1.15. Leave for office at about 2.20 pm. Had medium sized animal type Krapf just after exercise at 1.30 pm. Feels exceptionally fit today. Now had become slight plethoric from some days now (about since finding the anabolic treatment) but it was odourless like the Krapf. usually put in supporting after each Krapf because of pale circulation. Left office 7.25. Home by 7.45. afternoon + lunch: Dinner (T.T. 9.Veg.A) at 8.45. Daphn chain history to mirror. Pills, Exercises, Bed, 12.30 am

Good Krapf no blood

Krapf no blood

10/3/64
Tuesday

Tea 5.45. Exercises. Dress + urgent large soft odourless Krapf at 6.25. Cold wind blowing. Out to hall top for work by dogs till 7.30. Found Goldman Henderson (Robert's father) at home offering to pull down Bugs house + work with MCR about that. Robert came to five minutes of standard + division needed to complete North face to T.H. Gate. Went out to shops to collect meat, apples + brants + added claims to Kalyan weekly grocery list. Breakfast at 9.35. Office by 10.40. Home to normal exercises T.T. 9.A. lunch 1.45 - 2.30 pm. Home by 7.45 pm. Normal Apple juice + brants, T.T. 9.Veg.A. dinner at 8.45 pm. Pills, Exercises + bed by 11 am. Feels fine. I had developed a cough by 'Kalyan' dependent on brants + was 'Lucky' million at lot. 3 was sent many + afternoon tea in office. About 6 am cough before leaving office + start of work appearance before dinner. I noted that 'piddling' was causing to be full + fine as it had been to some time.

Soft Krapf no blood

Biscuit Cracking

Faced feet's

ETH YNT03UZ/021

11/3/64
Wednesday

At 4 am. Feels like a pee. I had a large loose watery Krapf! before it was possible to let water which was continuing to come out in small forced squalls. Tea 5.45. Exercises 6pm. Another watery Krapf at 6.15 pm. Wash. Start with normal lunch + Sunday + breakfast at 7 pm on Kalyan in hurry to get off to some wedding function today. Another diarrhoeic Krapf at 9.15. Dinner, Dinner, Dinner! Put plastic + paper mats into Wine cabinet compartments to absorb my bottle leaks. Got to office about 10.45 pm. Another diarrhoeic Krapf at 12.15. Ray Abnormalities. He told me to stop all medications and ask Kodak to place film for re-examine Pleum, Teramycin, Vit. B + Time shown Henderson to me till I saw him at 19th. (Had some full history of rapid adherence to his safe simple diet + that I had been very dry on 1st 2 weeks now today, no water. He was scared to 'forget' laboratory. He also wanted another stool specimen made for Dunham. Dinner: Dinner: Dinner:

Very soft Krapf

Very soft Krapf (3)

diarrhoeic Krapf (4)

diarrhoeic Krapf (5)

continues over

11.3.64
Continued.

Small
Kraepel

Amendable. Synthesized with my reluctance to keep Dundon methods (and success) again but mostly it was necessary to keep these persons (mostly) and yielded nothing but "doubts". I'm so full of confusion I can't let these Dundon till 5.50. I find they were all going home (likely regular) day left to these heavy non-quantitative (pedotests!!) and Dundon have to leave it till tomorrow. Left office about 7.15. Left home at 7.45 about. Dundon had delivered new batch of Gradimons. Took 4 injections at once. Usual T.T.G. Veg. A. dinner at 8.45 and now medicine after Bed 10.30 pm. Has had another doublet which had before done about 8.15 in - the 5th one today.

12.3.64
Thursday.

Small
Kraepel
of
Dundon

A.

Tea 5.45. Show + bath up to 6.45. Breakfast and early this day. 7.15 - 8 am. Stomach rumbling a bit but I'm feeling much easier. In to town by 9 am and to Dundon where I nurse + delivered a stove trouble about 9.25 am and was straight to Khrushchev's room + had his vaccination. This had been done + to see A and make sure D dealt with it immediately. He must do so. Kraepel was small, dark and soft but not watery. Out to lunch + Exercise + medicine. Drushkov completely checked + feeling normal. Back to office by 2.05 pm. Left office at 6.45 pm. Dropped plain of tea home at Glas on way (7.5 pm) but Roma + Rom out for drink + Pat received them. Home by 7.25 pm to evening usual T.T.G. Veg. A. dinner, Exercise + bed at 11 am. Had taken 2 analgesin at about 11 am in office in head with playing up which it scarcely done these days. No pain Kraepel today.

13.3.64
Friday.

I

Small
Kraepel

Tea 5.25. Exercise + oil with dips till 7.15. Teah with boy. Dinner + breakfast (T.T.G.A) and off to office via Kirkness bridge at 9.15 am. Back home to lunch 12.45. Exercise, T.T.G.A. w + back to clinic early to Dundon rooms at 3 pm for 2nd of 3 weekly injections for my right arm sprain. Smallish Kraepel at office at about 6.30. Just before leaving to look in on Colin + Peter Lindsay in way home. Colin away. but I drove to Peter till about 7.45. They are obviously very pleased with my solution to their horse. Home by 8 am. Able juice + drinks + dinner at 8.45. Pills, Exercise + bed by 12.20 am.

14.3.64
Saturday.

Large
Kraepel

Dogs

ARM pain

Tea 5.45. Rather perturbed to find myself with "loose turning" feeling on waking. Exercise at 6.30 + down to bath for fairly large loaf formed garden Kraepel before walk with dips till 8 am. Worried by the "colleivable" business in midst of that before was a certain shortage of the medicine. Took a couple of analgesin!! and felt better. Breakfast at 8.20 am (bath taking dogs into Vet to check whether Puffin + his trouble now cured - This was. Puffin was not and Rastin was discovered to have bad teeth. Now ambitious for Puffin plus brevers yeast. Penicillin for Rastin (bills). To stop for cats proper food supplies and loaf bed. Looked in on Andy + Harry on way but they were out. After discussion with Robert about their job + his home and odd jobs at home find it difficult to settle down to "Coke talk" or indeed. Lunch (T.T.G.A) at 1 pm + took Vidal's Chika to Dr Hauber (at his Highlands clinic) at 2 pm. I find he had a sore knee which had apparently had worse for some time since I saw him afraid of tuberculosis of bone but Hauber said not serious + probably remains of some rheumatic trouble. Some injection + medicine + salt. Had a doggie Band on the knee brought tea here at 4.20. Walk with dips + general look around till 6.45. Checked urine samples for early bills + took out one "Sanguin Plaine" leaflet + spend it one hour of mine for aroma. Able juice + drinks in min as usual till 7.30 dinner (T.T.G. Veg. A). Med. Pills, Exercise, Bed 11.20. In spite of 2nd injection by Immin yesterday when he said that blood and an insulin showed a very great improvement of what mine are. My right arm still painful and (as usual) cannot do dull pain in bed all night. Spreading to elbow + shoulder. Action of writing. Continued to give muscular pain at point of original strain. Rained heavily + became quite cold during night (3rd night)

15.3.64
Sunday.

Very large
Krapf

Sea 5.45. Bad overcast, cold morning + I lay in in bed till 7.30 before rising for hot water then showered, shaved + took dogs for short walk. before breakfast at 8.30 am. Immediately after breakfast at 7.30. Had an urgent and rather large dark, odourless, fairly well formed Krapf. Took 2 analges. Watery sky into hole sun. Settled down on stool to work on Cape table Exercises + lunch at usual 12.30 - 2pm. and worked on on Cape table till about 6pm. Then receiving odd job till 7pm + to hospital for X-ray, minor etc. usual Apple juice + biscuits and T.T.G. Veg A dinner. Exercises followed by another large Krapf at 11.15 pm + then bed. (Said in rec ante anoxic trial and off original course of pills!)

16.3.64
Monday.

Large
Krapf

Sea 5.45. Exercises till 6.30. Shower, bath, dress etc + breakfast at 8 am. A small Krapf (false start) just after breakfast and then a fair sized one about 10 min later just before shaving - (usual dark, odourless quality). Off to office in 'Goggo' before 9 am when I had to leave with Pattersons for a week for taking out night garden work + spraying interior to watch my Ford. Fair sized Krapf after tea at about 11.30. Had lunch with Simon at Jamma eatery only lots of toast. A grilled scotch filled + masala potatoes but missed a bite of Matens Rere. Nice while it lasted but I felt lousy all afternoon from the Rere + food + I don't remember having any other Cape table. Took analges. Margaret brought me in the Cape table. Took analges. Margaret brought me home at 7 pm. usual appetizer + biscuits + T.T.G. Veg A dinner at 8.30. Pills + bed (without exercise) about 10.30 am

Krapf

Jamma
lunch

Goggo to
Pattersons

17.3.64
Tuesday.

Large
Krapf

Sea 5.45. Lay in, feeling depressed till 6.30. Exercises + bath for hot water to shave and dress. Its like Cape table its tedious + my inadequacy in rehabing myself + its preventing me from working on office stuff that is largely causing this nervous strain + depression I am sure. Large Krapf at 6.40 am Took two analges. Breakfast at 7.30 + at 8.30 off to job weekly meat etc. Also on the way to Pattersons in West End to give Colonel of Ford to David Ballin to match when reshaping Goggo which they were already busy parceling. Put in new front. Left scotch bean to Ford + left finally my mind as calm as usual. Bath time + settled down for the day to work on the table to Cape Conference. Exercises + lunch from 1.30 - 2.45. nikkini + no more work on table till 7 pm when I had dropped out the whole thing ready for typed draft + hardly managed to make out from the writers group which developed and my strained muscle ached for rest of night. usual Apple juice + biscuits 2.30 - 8.30 and then dinner (T.T.G. Veg A) Exercises + bed about 10.30 pm.

18.3.64
Wednesday.

Large
Krapf

Roads Dept
TYPE CUTTING

Sea 5.45. Exercises 6 am - 6.15. Then dress and out out up hill for walk with dogs + inspect Robert's clearing up of rubbish round his house. Bad storm at 7.15 + see Dad + Andrew + his several "brock-cum" pattern in shelter + put dust with snow + early start. He then told me of people who had packed through trees on lower from yesterday - His house looked for the Road Dept and he believed it was them. Walked down + saw storm survey done ground + apple orchard. Terry who had seen yellow from on opposite hill + thought it should be made of boys here yesterday. Bed down to breakfast at 8 am. (Large dark odourless Krapf at 6.30 pm) To office by 9.30. Long chat with Simon who got finger injury + took out to lunch at 1.15. Exercises. T.T.G. Veg A dinner + biscuits. Bed to office by 2.30 - 6.30. then I left for home via Bed in Breez but did not see any out. usual appetizer + biscuits. (T.T.G. Veg A) dinner + Krapf who had received. Took last 4 Pills of 2nd ante anoxic course. Bed by 11 am.

19. 3. 64
Thursday.

Large
Kraep

Sea 5.55. Success + out with dogs, after large dark fluffy found
 on N. side of Kraep at 6.30. Dismissed with Robert but later dismissed
 on N. side of Kraep at 7.45. Had. food + breakfast (T.T.G.A) and off to
 office by 8.30. Out to lunch 12.45. From "Doghouse"
 tablet. Experiment. Lunch (T.T.G.A) + in by 2.10 pm. Set 5 mm
 larva to free dog larvae today. Abundant reception but
 found they were having behind schedule. N.B. came at 2.30. She
 would phone next time. She eventually turned home 5 pm and
 I did. Set till 5.40 in her work room. 5.40 - 6.5 pm in 2 sets
~~one~~ Set 5 mm only with single table except + work, 6.5 - 6.25.
 lying naked on his abdomen table (from 25 min) before he
 came in for full day over + found tall at his desk till 7.10 pm
 He was very satisfied with progress. I am now set back
 onto normal full schedule again but only 1/2 collection a
 day (one week + then about 5 times). Back onto allergy
 injections start time 1-1000 begin again and 5 times of 1000
 stage. Done twice a week !!! Made new appointment for full
 examination in 6 weeks time (May 13th 4.30 pm) 9th to
 office 7.20. and Home 7.45. At 7.45 voice + humb
 heard T.T.G.A dinner 8.45. Exercise about 11 am.
 Today last night Teravexin which I requested in early morning
 as I was about 5 am with pounding in ear + faintness
 body probably due to this (not being nervous being pills)

20. 7. 64
Friday.

Large
Kraep

Medium
Kraep

Sea 5.45. Success. Transferred Kraep of usual
 well found at 6.30 + felt much better. Out with
 dogs to hill early "light". Found Robert at his house
 just before seven + discussed the removal then down
 to airport with "force" but hole. Back to home
 to pulverise the team with fleas + breakfast at 8.5 am
 Took dog to Vet - Mallyer at 9.45 + he saw them at nine.
 Robert's tonsils gone. Two dark lumps + fairly pink nothing. Puffet had one
 small still slightly enlarged but in forward recession + shows not leave it.
 Bunches slight for teeth but no sign for fleas. Pulverise better + try
 so the flea from the cats also should be de-flea'd. Puffet of office
 sweat patches + milled at 4.15. 5.15 + home by 8.30. + changed dog
 to office. Another medium eye Kraep before leave at about 5.45.
 Out to lunch. 12.45 - 2.10 pm. + back in house by 2.30.
 Walking to 'Lummas' to collect N.B. 3: (pills) (nose ointment) and on to
 Dr. Minn for 3rd arm injection by 2.50. + he did me just before 3 pm
 He was surprised that first two had not helped much yet + found
 full effect only really noted after 3 weeks. Back at office by 3.10
 Left to home with same time as Robert at 7.15 pm. Party in 7.35.
 Usual apple juice + biscuits. T.T.G.A dinner at 8.30 +
 Success + bed by 11 am. Now regularly sleeping with 1/2 dose and
 most of window however open with breeze blowing. Feels
 very much better (clean blood + clear headed with healthy stomach).
 Only this damn arm pain remains daily on through night.

I

21. 3. 64
Saturday.

Large
Kraep

Eye
Strain

Sea 5.45. Success. Large Kraep little less dark (felt large and
 well found at 6.15 pm (a little pale base on left eye). Out with
 dogs to hill Kraep. The shell - Allen road clean (bushes + stones
 on old slabs. - Robert home + back away with Roll but stones
 clean up Allen side in long road. bring up bottles in my feet house,
 bin down night from table near Kraep. He was
 help with Pulverising cats + dogs after the report. Did was getting
 ready to concrete put blocks - stone + not slat this morning + available
 at today. Breakfast (T.T.G.A) at 8.10 am. Pills 8.15. Start morning
 with Robert de-fleaing (Pulver). All cats + dogs, Comby's 2000. Did
 by a Conc. not till of Pulverise stone and in finally completed
 into good road at about 2 pm. Just in I finished lunch.
 Head in long end in afternoon. Did one job. Set two sets dogs at
 6 pm to get them at office (2000 + Margaret + other than buy in Scales
 for Robert Park College). Set down by 6.30 Study before tea 7.30.
 usual apple juice + biscuits + T.T.G.A dinner at 8.30. Round
 (round lane "St. Michael's") pharmacy at 12.30. giving my self
 smelly of eye strain. Success. Success (1) + bed about 1 am.
 The side been feeling very fit all day.

22. 3. 64
Sunday

Jan 5.45. Work with strain eyes & back of head headache (robust) from long uncalculated head load night. Exercises, walk & out with dog to hall at 6.30. (with two Angelen) & some salt free. Lesson: make on Saturday & allow & out road to see Maria with gateway & to about 10 min. then to shower first white washed room (Pink old room) & Mr. Clark now none but not dry. Bath & lounge to meet Dick's slab & cover with wet from & arrange some things. Give Thomas & Jim (in charge) Company of headsets (some last night). Give Louis & Dickson to take 2 rows, 2 mids, & 2 high & lay down. Breakfast at about 9.15 am. Had large brown grapes at 6.30 am (now that Vladimir B. Gumbard & Steve Kroff were becoming lighter in color but were still on scale and diet unchanged. Had brown bean & butter & walnut sauce protein, anti-angelic herbals but not unpleasant 50). Volcanic & ancient Dicks conc: not on River-Pit 1 with Jim & Kroff, wet & arranged things over lounge. Packed all kinds of grapes & put away 'sausage' cans in stock in main storeroom. Exercises at 1 pm and lunch (T.T.A.) at 1.20. Slept from 2.30 - 4 pm. Then worked and arranged bars. Jan 4.30 pm. Oke job. Started cleaning out bookshelves from kitchen of protein. Dinner turned at 5.30 pm for talk about Cafe & Plaza base. He was going off next Friday & will have Colson for 2 weeks. Suggested a few brown beans and last time Boulder's work. He was at 6.35 & 3 hours cleaning jobs till 7.30 & moved office & home till 8.30 then dinner 7.5. M.A. Exercises & bed about 11 am.

Large brown Kroff

Diet unchanged

Flatulence

23. 3. 64
Monday

Jan 5.45. Exercises. Large Kroff (brown) well formed at 6.20. Water, dinner & out with dog till 7.15. No more belt and breakfast & out then dining. Maria still ill. Sunday like flu. Jim had 6 more showers & the today in bed. Discussion with Dick (found 'Shower - Pit' cutting road shower. & Robert old job last out to lunch with H. Simon. & took up. All suit for whitehead (Robert home) and then by 1.20. Exercises till 1.40. Exercises & at again at 2.30. Had medicine Kroff at office about 11 am. My neck pain developed very suddenly in 10 min. took two Analgin but found worse & did not for the neck pain but perspired & seemed to have been caused by the emotional substitution of neck, my Cape paper & myself!!! Left office at 7.15. after seeing table & having his success full interview with the 'papers - that is' about his 'diagrammatic' (!) stable for both P.T. table: Colson new table and Volney Davis used table: Colson (My sense the more improved and satisfied by these diagrammatic than that by any Campbell. Kropf out release in the way jobs at!!) Home by 7.45. Head all night & brunt. 7.7. M.A. dinner at 8.30. an Exercises & bed about 11 pm. Neck pain still fairly persisted. (Had time tried Shlo's Sweet halos had two days & Shlo's Carote tough as Terry had been

Large brown Kroff

Medium brown Kroff

Neck pain

24. 3. 64
Tuesday

Jan 5.45. Exercises, work & out with dog at 6.30 - 7 pm. Shower & dress and breakfast (T.T.A.) at 8.5 pm. + At & Shlo's to get work after. Discussion about the work with Dick & Robert. To office by 10.15. left again at 12.15. 15 to 16 to Dicks for new dog collar with new buttons & new engraved plates with new Hand tag No. & to Cent: walk with for pieces for v.d.B. Peter light & to Dicks re large type slide nose (nothing) not home by 1.20 pm. Exercises lunch (T.T.A.) & recommencement of Allergy up stairs: 1:1000 / 05. (Had had large well formed dark brown Kroff in office at 12 pm) Did not leave for office again before 2.45. pm. Home Left office (Europe fine) at 7 pm get home about 7.35 pm. Dinner at 8.30. but with table large at 8.30 & brunt & T.T.A. dinner at 8.30. Had had walk table tomorrow (only 1/2 table) and had sweet potato. Had had walk table all day but did not take Analgin. To bed about 12 pm after exercises in

Large Kroff

Recommenced Allergy injections

Neck pain

25. 3. 64
Wednesday

Jan 5.45. Exercises. Large soft brown night hair immediately after at about 6.15 am. out with dog 1/2 of bed (mamm) & had milk & bread home by 7.45. to have & dress & breakfast at 8.30 am. I work up with slight dull headache but it went after Kroff & walk. Talk in office about 9.30. pm. Maria started her first day. Kathryn at home but preparing to go away tomorrow for her 2 weeks vacation religious break. Out for Exercises, discussion & lunch at 12.45 to 2.45. Bath from office on way by 7.30 pm. Normal. A. M. M. M. & brunt & 17.7. M.A. dinner by Maria at 8.30. - 9.50 pm. Exercises & bed about 12 am. Home 2.45 to office

Large Soft Kroff

Maria starts

26.3.64
Monday.

Kelvin late into tea at 6pm. Enniscini + card into dogs till 6.45. Show, bath + breakfast at 7.40. (Very rushed) T.T.G.A. is T.D. late probably at 8am. (assuming yesterday) to bath me in Dinn Jolly Goppo bath today. He driffed me at V. Schuler where I bought + ordered general goods. with Jan + S. O'Hara at 9.15. To Pullman at 7.15. but Goppo not out yet + I'm man + not it would be relevant to Pileup Co Park. Left for home in newly painted (partly white) Goppo at 8.45. T.T.G.A. lunch by Maria (Kelvin still here + blood bar + only Jolly bath today and sandy R32 for hand. s.d. bag + some work). Left for office again just after 3pm. After early yesterday + today driving. Fair sized Krapf rather soft, at office about 4pm. Left office for home about 7.00. Sully home about 7.40. usual afterpiece + comm. T.T.G.A. dinner by Maria (Kelvin still at home but did not see her). Enniscini + bed about 12pm.

27/3/64
Friday.
(Good Friday)

Smallish
Krapf

Mainly bright tea about 5.40. Enniscini till 6.5 am. Later finalish Krapf at just at 6.20. after work + dress + usual lunch only after finalish. Feels well but somewhat empty a little mischievous. Walk to Hill (across), meter, Roberts house, and Suite Kohn to see cleared bathroom into dog, noting 5 home for breakfast about 7.45. but Maria did not leave that ready till 8.30. + took to log on backed apple that I'm not prepared at 7.30. Main Falls. Various jobs ground forward. Manual (T.T.G.A.) lunch after Enniscini + short nap in ground afternoon. Starica prep. food for my (Clara) during afternoon + continuing detail of construction in (Kohn) to plan till 7.30. Near usual afterpiece + comm + T.T.G.A. dinner at 8.40. - 9.40. Enniscini + bed about 11 am. Took an afterpiece during afternoon.

27.3.64
Saturday.

No Krapf
this morning?

Tea 5.45. Enniscini, wash, clean + eat into dogs by 6.30. drawing into Robert (To remove all Turkey work of John's house (small large one about 2nd/3rd floor) + pull up at last on base at back of house for brown in attempt to rid of cockroach. Mainly bright in kitchen. out of coat. Dick (my) on Roberts house floor. + took to Jolly Goppo. Some late to get writing etc. At 7.30. to be by hand. P.P. (my) + Clara + Goppo. Ross sold me smaller share boat till Ryan's party. Carl went to the shop. Book home by 11 am for tea. + read till 1.30 + wrote this diary. Near Enniscini and lunch at 1.30 before going in library! plain again.

?
Catheter
Flutellene
Odour

Clara's plain did not resolve itself during afternoon. Puffet in meanwhile occurred (or slunk quietly into his latest bed) about 5.30. + was not seen again. I took dogs to walk via suburbs + Jolly Goppo, home down in (Kohn) garden's (near) forward wall. Prothelene + Shredded for tea but he did not appear. Had got rid of all Krapf bear roots in wood + John's house into dinner early in afternoon. No Krapf all day. Flutellene + odour can't be + also found itches. Not healthy at all. usual afterpiece + comm. 7.30 - 8.30 near T.T.G.A. dinner, dogs, Enniscini + bed at 12 pm.

28/3/64
Sunday.

Small Softish
Krapf

Increased
Flutellene
+ odour

Puffet dunked
dinner, very weak and
did not react

Arm feels
better

Tea 5.50. Enniscini + at into dogs at 6.30. to Enniscini + wash + Robert's house. Clara long dinner about 7.00 + Dinn's bath. Then. (Dinn) turned up too to see Robert. Did not get into before 8.45. Breakfast about 9 am. No sign of Krapf yet? Had a. Smallish dark Softish Krapf after breakfast about 10.15. Brownish urine but turned very dark very quickly on exposure to air. pile of Simmons fibres. Worked very well, all day in preparation of construction of my new library but did not find key. usual T.T.G.A. lunch after Enniscini. Took two amphetamines - Very pleasant all day but not feeling very well all the same. Started writing "Rays of Play" S. (Clara) at home 6.30 pm. 7.30 - 8.45. After lunch. usual T.T.G.A. dinner till 9.15 pm. Concluded it was Catheter + sweet potato which had recently added to diet + had caused ~~the~~ flutellene (and even possibly minimum amount of Krapf? - or this may be madrasa. Spurred arm feeling a first deal better whilst of much use

29. 3. 64
(Easter Monday)

Tea 6 pm. Exercises + out with dog by 6.30.
Puffbot at present wandering so we looked at quality + that
then out to walk from back to do bathroom + Robert + that
out on long search for bones - not bay at usual sandy places
Breakfast (with small amount of bread, jam + butter, jam - about 1/2 lb)
at 9 am + bed then sleep. Puffbot had still not turned
up since drinking dry yesterday morning, early with and Robert
stayed just dead of time (over the neighborhood looking for him.
I had with a full day long I found on the chimney of my
new kitchen but it had not reached itself. Went into town but
6 pm to get puffbot + meal. At 7.15 pm I had + 20 meal + 2000 in
Office. Robert + not in bed. Found the first + second
No - 8.30. New meal 7.79 VgA dinner. out at 10.00
Investigation of tea + this caused flatulence. Had a very
small amount of food accompanied by wind about 12.00. I all felt
like getting of double in 10.00 decided to eat all Colchicine
Enema of tea out 12.00.

Favosid bug
half formed
Kraft in
dark + white

No small
Kraft in
wind, no show

Puffbot still missing

Flatulence!!

30. 3. 64
Tuesday.

Tea. 5.30. Exercises + out with dog in short walk to
Nursery, next to house. Some water + breakfast about 8.30.
Robert went out to look for Puffbot again but returned about
9.45. Found nothing. Dick's broken - a few had been Puffbot!
on Sunday long to get into fence of house on North side - garden.
Went there with a boat but the wind of waves Robert could board.
It was very intermittent this morning. Told Robert to go
stand while day of racing - explain neighborhood to John
Nurse of Puffbot + the end of them. Det Brooklyn Police (Station
Commander) Douglas Wolf, S.P.C.A. knew about Puffbot's disappearance
also found Anderson (the field guard) who would do all he could to
get his boy (I even had one son on bridge + road) to see if they
could discover any news of Puffbot. I had a letter + would
be free to do any tracing here. (Had all by phone from office)
Left office 7.15. Get in 7.45. Found all by phone + biscuits
+ 7.79 VgA dinner at 8.30 - 9.40. km. Shortly after Robert
had been brought back to my room after being in biscuit (by Vicky)
at about 10.30. Maria came about 10.40 to say the
Joggsodale was on fire. Rode out to find flames coming out
of back. Some parts of water - Maria came + looked at
but could not see + back section protection to back reflecting
back burnt at before fire started. Fortunately petrol tank did
not explode. Puffed car into front lawn afterwards for
split sake. + out with connection to Puffbot. Exercises +
bed by 12.30 am. (Took 1/2 Colchicine again at night as described
in (this case) 29.3.64)

No Kraft
all day.
Flatulence persisting

with 2 analgesin
Inches.

Joggsodale
on fire

Puffbot still
missing

1. 4. 64
Wednesday

Tea 6.5 pm (late). Exercises + out with dog by 6.30 pm.
Robert + Maria, with Joan North of house. Puffbot had showed all
yesterday looking for Puffbot without any sign or news of him.
I, Maria + I burnt pile of Puffbot's bones in front on hill
to find after Puffbot's return + Puffbot. (Took white cardboard)
Breakfast at 9.15. Off to town by 9.30. to Robert
Joggsodale to Angus. A.A. Michael + Patterson +
Angus had to be done. Filled in Clinic at A.A. Michael.
Robert would find out to two Joggs in town for estimate for A.A.
Out by lunch by 1.30, Nurses. 7.79 A lunch + back in office
by 3 pm. Left office about 7.20. Get in at 7.40. Found
all by phone + biscuits + 7.79 VgA dinner at 8.45. Exercises
+ bed at 12.30 am in 12.00 days long in chair.

No sign of need
to Kraft on early
morning

No Kraft
Head pains
with analgesin
Stomach

2. 4. 64
Thursday.

Tea 6 pm. Exercises + out with Robert + Joan (Sally no sign of
return of Puffbot + with dog on this account). till 7 pm when
returned to house + bed. Floored out moderate sized, formal knot -
dark outside + light inside. Breakfast at 8.15 pm + left for
town by 9 am to see car to steps for oil + grease + minor repairs.
Office all day. Took Ross glass to lunch at Jamaica Tavern.
Washed + marked potatoes + much meat + 1/2 bottle Maltese Rose.
Left office 7 pm get in 7.30. Found all by phone + biscuits + 7.79 VgA
dinner. Exercises + bed at 12.30
This disappearance of Puffbot has depressed me no end. Even
the thought of the Joggs seems rather by comparison. Home
had again on day to say that Puffbot had caught by long
round home on his return sent + I must call police check I
did + later show clear by nose hair + had been long.

Faded
Kraft

No Puffbot
Second
episode Kraft
just after breakfast

Police take
Robert Kraft

3. 4. 64
Friday.

No
Krap

A.

Maria very late (6:30) with car. Exercise trail with dogs to
Lava farm + moving damage by road surveyor. + taking a
big lesson - had to come to show + dress + bread food at
8-30 hr. Feels particularly depressed. Lots of analysis.
Mama around kitchen - sheathers might because her child had developed
mumps!! Just one more thing!! Mary speaks clearly
round to British Commission 5 pay Tax (could become no pay). to Montreal
Chie Walker to pay 1960. 12 months monthly tax for Robert + Dick. to health
20. Home by 1.5 hr - to exercise + 7:45 lunch + bread 8:45
by 2:30. Exercise trail, out all this time - Mon. Home
by 7:45 hr. some observations + comments + 7:59 Vag A. done + 8:45.
Exercise + had sleep 12 -
Had reported to Abbruchli (only got through then by 5:30 for!!)
(see attached sheet 48(a)).

4. 4. 64
Saturday.

Moderate
Krap

2nd grade
Krap
at 12:30 hr

Maria had not slept too by 6:30 am!!! unable to get alarm
clock for 5:15 at her usual bed time. Her child sick + I think
had kept her up all night. Exercise got to work, shaved
dressed + breakfast at 8 am. Forecast not moderate but
well toned Krap at 7:30 am. - Off to office via shops. (at 8:00
no get work for long weekend (at 8:00) Go to office via shops. (at 8:00
got two weeks fully Vitamin B content) to work + inclusion in Abbruchli, and
office all morning. There via car with warty V15 at 1:30 hr (check) then
I think this year all chilled character (F. Greber) who made me drive
him back to see P. Kray + Vanden St. to work for some time in
+ talked incessantly about his penis, had child education at Brown's office
C.T. (but I did not seem to be able) was a nursing + gave me several
Bible quotations and found read. got time out about 2:30 pm
after all this - found lunch T.O.A. later great medians and
Vicky started. Had fine at in many + never returned. Report went off
back to in - Hypothesis. (I think became patient) clean from all facts
of burning of potassium. that all had in some way been responsible -
because to the time back to in no time at once + got her firmly
of habit. Move to living furnished who lived in one a last young
+ food in dinner. Kilt: and got in about 6:30 after Bristol had
come out then he had been all afternoon. gave him half of
morning told him to get all his baggage + double him at the
with Maria who knew some about Vicky day. East Point but she was
not sure + neighbors very curious about Vicky day. + double him at the
time to Kathryn + sister Martha + heppie - Redington. + double him at the
time with intention he was seen to be seen near in possible.
again + that involved to see father check on some as possible.
Only got home after all this about 7:50. Very late dinner as
a result about 9:00 - 10:30. (Had taken Maria + her baby to
Dr Hoefler in Madaba in afternoon because of assessment crying and
Dr Perelman: also on other diagnosis lung + bronchial trouble) ingested
+ some medicines every evening would be sleep in day or two.

Vicky
injected
from
Prophyl

Maria
baby to
Heather

5. 4. 64
Sunday.

Spreads out
Krap at 6:30
but mostly came
for end of day

Maria prophyl
Vicky prophyl
add in medicine

Heel of a day

Ten 5:45. Overcast + cold. Long till 7. Exercise + out with dogs
till 8 am - to write this diary. Maria very with baby
which seemed very fractions again + half 8:45 had not even
gladly my breakfast!! Then found Maria prophyl very, her heart was
pounding + she got out of bed up. like all afternoon she could explain nothing
but not long without with the select children (one with mumps + the other
deaf and already in long trouble during wk. I tried to prepare my own
breakfast but empty, no pills (left in water since had mumps) that I had
to work a severe way. (I had added up with tooth + tea oil. Then
went on search of Robert through the Couch Street to Maria + find out how
serious her health was. Found out Joyce + children in his house, he had
gone to lunch - Joyce came + drive to Maria + talked with things of
+ continually it transpired that was a perceptive trouble of Maria + she had
Madaba at home for it. She then got up + she + Joyce prepared
my lunch + after I would take her to get her medicine. She lay down
after the lunch + after tea took her to get her medicine. She lay down
with medicine (almost finished) + my father + I got another box pills at
some other type before in some set of complaint + found we came because
the child they release more or less to normal + she looked the
round down + the end - But that a Heel of a day I had
been - practically all written in this complete notebook + com-
plete + complete also the last week or so since Kathryn had left I
felt a demand on her. Took another + had strong glass whiskey in evening

6. 4. 64
Monday.

Small
Krafs
Bath
Shower

Tea 5.45. Out long until 6.30 before crossing & get up
& out into two days for walk. Did very funny off at Roberts
Lime - Robert & Thomas on freetrails. Breakfast at 8.30. We
took long time road in next best place in and star line &
Sloan - chicken - Hand (went out a small 'final' krafs
at 6.30 am. But we felt a bit sore during exercise this morning
and night with some minor normal
Krafs at 12.30 pm. Almost 100000. Had second and larger
Hand van & ~~small~~ Arab amphora or stick on road at. (Hand van
small & stick together in basket very dark as a load. (Hand van
Cold choker & bed at A. Cook analysis. Maria: had various krafs
all day but she herself was stayed again. Hand pot. I went to bus
to home in afternoon tea with Robert & me - car at 6.15. Went to bus
for office to find out newspaper. (Hand amphora & hands and
got 200 broken Vag. & A for dinner.
Robert had reported that Terry found had seen some of Viceroy on
Schmidt road in road near garden gate & had run across
Gwilted at the Terry can afford to find a pair of pliers which
Viceroy into (hand) road. When road went up to look he
found left (North) gate tower broken down for a while course in north
side with signs of battery by stones. (Probably dead as a bit in some)
But did not go to repair gate & about Robert to get Terry found to
identify krafs -

2nd
Krafs

Tea
Small
Gate tower

7/4. 64
Tuesday

Squashed out
Small
Krafs at
6.30

Jan. 5.265. Exercise & out with Robert & tea to take repair
of gate tower, clearing of fire tracks etc. Home late. Clean
& breakfast by 9 am. Did start in terms of slow - chad.
To office on 10 am. Off again at 11.15 to Darwin
to pay Dick & Robert Taxisi (R3.50 each) & on to Common Market
Ings & place weekly order for 210 (or 2 12-13 lbs Super White Filled @ 3/6 @
taking 2 lbs more into me. Paid delivery tomorrow for few days. but into delivery
Tuesday for 7 days before 12 pm. Home 5 12.40. but into delivery
in very more time to get filled. Exercise 5th but I did not
start lunch before 1.45!!! - then off to Kothas for tea place
of road. (Not planned over from (small well smelted off some) hand pot!
In Bird off table at here about 100000 for shower & bed (to free by 3.45
left this 6.30 & bed in a Harry & Andy Grill. In that till 7.30 & home
meal amphora & hands & 229 Vag. dinner. New sector filled from
Common market in food. Exercise. Filled & bed about 11.30.

Flute
Cantenna

Shower

8/4. 64
Wednesday

Squashed out
Small
Krafs at 7.30

Tea 5.4. Exercise & out with 2 dogs at 6.30. till 7 pm
then shower & dress, hair to make this day & breakfast
at 8 am. Did off to T.J.L for few days. Robert & Thomas on
freetrails. Office all morning. Bed 11.45. In TTA hand
& Exercise & bed to office in D. Thomas re method of design here
down (15") shower down into bathroom. Office all afternoon.
left 7.15. July home 7.45. (small Amphora & hands and
T.T. Vag. A. dinner 8.45 - 9.45. Exercise & bed about 11.30 pm.
Felly, finally bed but Whaling contributed as seen by Kothas -
Telly krafs - (with) and Calves.

Squashed out
Very small
Krafs at 1.30 pm

Piles
wrapping

Shower

9. 4. 64
Thursday

Small
Forward
Krafs
2nd
Krafs

Dec 5.45. Exercise & out with dogs by 6.30. Squashed out small
strongly forward Krafs. Shower, Bath & breakfast by 8.15 am.
meal krafs into car from out after short morning & lunch to home
get to office about 9.30. (small hand Krafs as normal just to say hello.
Gave some Krafs at 11.30 am. left for home 11.45. lunch 1.30
T.T. Vag. A. Bed van off trace of Helen could get into in garden. (small
to garden. Thomas R. Had no problem with 516 lbs. Robert finished to (small
and hand with Maria also as note above as (small) or old. left office 7 pm 2/6
Home 7.30. Maria still early but Kothas had returned (Kothas) but!! -
Maria found dinner. 5.45. Exercise & bed about 12 pm.

10/4. 64
Friday

Small
Krafs

Large
Krafs

Jan 5.45. Exercise & out with dogs 6.30. Overcast & cold. Shower &
breakfast 7 pm. Tea & coat in roomed first in the grille & after in
Street. Maria still did this. Left last in road and from trouble
Exercise at minute hand at 7 pm. but a large section soft and then
came about 9 am - broke day & left to home 9.30 am -
Home for Exercise, TTA hand & pills 12.45 - 2.45 pm -
left for home 6.45. & home by 7.15. (small Amphora & hands -
& T.T. Vag. A. dinner at 8.45 - 9.45. (Maria) - & Exercise & bed
by 12 am. Maria had decided to leave Thomas instead
of Sunday as finally.

11. 4. 64

481

Saturday

Ten (Kalin) 5:45. Lay till 6:30. (Numb cold + had vomited during night)
Exercise + out with dogs till 7-15. Then shaved + dressed + had bath
at 8:11 - 8:50. Off to town by 9 am. Only left office
about 2 pm. Home 2:20. Exercise lunch. Mind Jde Cooper + worked out
with two dogs to Kalyon during 4:5-6 + had tea with Jde Cooper + Bill.
leaving again at about 6:15. + felt Lami 7 pm then + returned
for more afterglow + Lami. Smallish fish in aquarium about 7 pm
Dinner 8:45 - 9:45. Exercise + bed about 11 pm. Had
sounded loudly on way back from Kalyon + turned cold.

Small
Krafs

12. 4. 64

Sunday

Minute
Krafs

Headache
Krafs

Felt lousy. (Headache and sore back) when Kalyon bright tea at
5:45. which I did not drink till 6:45. + Kalyon had
till 8:30 when I ran for hot water to wash + dress. Squeezed at
at minute Krafs about 8:30. My Exercise was halfhearted due
to Constitution!!! Took two Analgin + felt much better. Vented
Nin Kaft for many tea 11-1 pm + home for minute Exercise
lunch 1:15. + felt. Cleaned up old ATM 2L: via Susan fully tried
Lipidic mix. Circulate - also found deal. Put some Lami and its related.
Kalyon milk (Vidly from water) vented to Lami about 10 am for my
seven hour and (pumped) more and adjusted for long circulation
from Kalyon due to had set adjust to my prophylaxis (probably by accident)
but we will never know. In bed about 10:30 in Lami out of Lami.
Took dogs with me to feed 'Milkies Saltzman' bowl for many with Analgin
was it in fully tested + also in laboratory paper. Thermal adjustment
lunch + dinner T 7:45. A at 8:45 - 9:45. Exercise + bed at 11:30 pm

13. 4. 64

Monday

Small
Krafs

Four Squid
Krafs in
Office about
4 pm

Ten 5:45. Exercise + out with dogs at 6:20. Felt better
than yesterday. Planned my written reports from path to Roberts house.
up to Roberts with two dogs + had lunch to Kalyon + back at 7:30 pm.
Breakfast at 8 am. Putted buying papers + had of Goy papers
+ Kalyon bright look for analysis of experiments on Goy -
Squeezed out a small, soft, partly formed Krafs about 7:30 pm -
Office by 10:45. after 15 min Krafs + Roberts papers at 11:30.
Left office 12:25. Left Murphy perhaps longer at Analysis for hours + primary
Common middle Squid by 8 am. (30) to take over like Trade + left clear
Sketches of my 2" Super Sketch Field over returned to office with Krafs at 1:30 pm.
He remembered about 1:15. in not safe sketch by back back at 1:45. had two Krafs at 1:45.
Exercise lunch T 7:45. A at 8:45. Office at 2:45.
left office about 6:50. Squid Krafs about 7:15. Some little min + Krafs
but time developed a "bad of the head" headache + took two analgin at 7:30
bed + Krafs, much better. Mind T 7:45. A dinner at 8:35 - 9:35. but
want to had want experience about 11:30.
I'm now feeling only reasonably well. Not that help of the fact of the 2nd
week of the anti-anxiety treatment when I'm sure that have day clear
out of change Krafs + in Cury + the conclusion that this period up
of forces matter in my relations to one of my main affection.
General feel of much depression is always with me these days.
but probably due to several disarrangement at level of activity work
in these weeks of Goy building born in S.A. at moment.

General Condition

14. 4. 64

Tuesday

No Krafs

Analgin

Ten 5:45. but did not drink till 6 pm 1/2 cold. Did not get up
by day till 7:15 before Exercise + ran for hot water at 7:30. Shaved
+ felt up Lami breakfast about 8:20 am. Decided to try at
home this way + go through Cold till again + add interpolation
Quite by accident decided then scheduled to speak from 2:15 - 3:20.
75 min instead of 20 min formerly calculated!!!! Exercise 4:25.
+ lunch 1 pm + off to town after. left office 6 pm + visited May +
Premier at Akali Post. Path 8:45. min Goy: - 7:30. + home for Goy 8 pm.
more afterglow + Lami + T 7:45. A dinner at 8:40 - 10:30. - Exercise
+ bed about midnight. No Krafs all day. Took analgin for
back of head headache.

15. 4. 64

Wednesday

Heavy Krafs

Four Squid
Krafs

Ten 5:45. Lay till 6:30. Exercise till 6:45. Weekend shave +
breakfast at 7:40. Squid out miserable tiny Krafs about 1 1/2" long -
I'm now definitely constipated. Feel pain in back + joints first thing
in morning, but otherwise quite fit. Took two Analgin!
Placed in Lami for lunch at 10 am with 7:45. Juice fresh steady long + 1/2 with!
left office 6 pm + bed in an Cury + Kalyon bed the way out. Patients Rec.
Work on Goy + home Goy for last till 7:30 pm. No drink after
from 8:45. Normal afterglow + Lami. T 7:45. A dinner at 8:40.
Exercise + bed at 11 pm. Had had a rotten house, four squid
Krafs at office about 4 pm.

These hours
playing up a lot

16. 4. 64
Monday.

Small
krofs

Jan 5.45. Et exercise + out with dogs in better cold wind at 6.30
but felt very well. Bath by 7.15. In shower with shoes on and
breakfast at 8.45. Sausages and small soft half-formed krob about
7.30 pm. Filibulana still very prominent and odorous.

Family
large
soft
krofs

Home for lunch by 1.5 pm. Exercise + T.T. 9 A. lunch + shower
with dish + bath to office by 2.30 pm. Family large, soft krob
at 3 pm. Felt rather fit today. Left office 7.20 after discussions with
Majumdar on N. Bank. with toilet and bath at 8.45. Normal
apple juice + biscuits. T.T. 9 A. dinner + bath to bed at 10.30. Very
drowsy dull headache later bed + control through night. Exercise, plus
about 11 am.

17. 4. 64
Friday.

Large
krofs

Jan 5.45. Dull headache. Exercise + out with dogs by 6.35. Talk
to Dick + Roderic on North fence (Firebrick now cut). Rather
large, soft, uniform krob at 7.30 pm - Shower + breakfast
by 8.30 pm - write the "Aurora" - In office by 9.30. Ray
Baker who paid me on to "Corona" Bakery (Lyons), (Draze Street)
(New Zealand) for future bread supplies in the light of the war - most
reliable + would deliver to my house. Left office 12.35 - visited
the building + he agreed to deliver 2 1/2" paper Scotch paper every Tuesday
to my house between 6 + 8 in morning. I wish 6" away to make it better
By 1.15 the bus all here + I got home, exercised, had T.T. 9 A. lunch
+ allergy injection + wrote this at 3.5 pm before I left for
office. The family large soft krob just after tea about 4 pm.
Filibulana much of soft odorous krob continues. Tried
mixing A. combed (last time 6.35 pm) but enjoyed every time
and gave up. Next try to (see paragraph) before to have tomorrow
after discussion with Majumdar on dinner, left office (with coffee) about
7 pm. Normal Apple juice + biscuits + T.T. 9 A. (Vag very
generous in new course + injection now coming in and vaccination still going).

Large
krofs

Filibulana

A. negative

Bed (No Exercise in I felt too 'full') about 11.30 pm. - Headache better
Cold nights were now setting in. Yesterday well done with + abdominal better

18. 4. 64
Saturday.

Large
soft
krofs

Jan 5.45. Feels heavy. Exercise + out with dogs by 6.45 + up for short walk
in house mainly (see Roderic + Maria on North fence + Pavilion down
certain clearing etc) till 8 pm then bath + breakfast + shower
this day after. Took two analgesic to overcome the heavy feeling
on head to lunch time then wanted to enlarge Caba paper !!!
Had first large soft krob about 9 am. Ray Abouchebi at
10.15. Redmond said he would only be in about 11 am but she would ring
me as soon as he got in at 8.45 + 23. In the end she never rang (typical!)
and did not check things. Worked on Caba paper enlargement for rest
of day on stock. Lunch at 1.15. (first exercise) but lost the
large T.T. 9 Vag A. meal then + continued on Caba paper after till 7 pm.
Then to room for small apple juice + biscuits + T.T. 9 A. (no veg) dinner
at 8.20 - 9.30. This smaller meal in evening seemed much better enjoyment
but not all work to bring on I would be at home wedding for large one -
Exercise and bed about 12 am.

19. 4. 64
Sunday.

Jan 5.45. Feels much better. Exercise + out with dogs by 6.45.
To found well had fun + control dogs all around - shower
+ work at 8 am and T.T. 9 A. breakfast at 8.10. then on
with Caba paper. In a cold rainy day in the end and
then to be very warmly clad on stock where Ingmar spend all
day on Caba paper up to 6 pm when it got too cold in stock + I
had to be out of a parkinson theme so returned to room to
rest of evening with M. M. + biscuits. Had had the big meal
T.T. 9 Vag A in middle of day and small T.T. 9 A. at 8.20 am
No krob all day - but about time old felt fine - Exercise
+ bed about 11.30 pm

20. 4. 64
Monday.

No Krofs
all day

Jan 5.45. Exercise and out with dogs at 6.30. in little chilly,
windy weather but clear. Bath home by 7 pm for shower + bath and
breakfast by 8.45. (Long talk over hot bath!!) + write
the day. Very little with day + bed + bed. (Dick and Gordon cross
bath + shower - tomorrow night. + ~~very~~ very Abouchebi (see earlier report). Koche then
and to office + off to bed to be well again. at 11.45!!! Worked part
rather unproductive for rest of day. Big meal again - middle of exercise.
So cold meal (biscuits) + biscuit 6 pm but at 6.30. shower + bath +
set hair + but can not get out + lot of time spend (from) bed + into car + into
biscuits + open to be the afternoon outside + shower. (I had been in half way
in bed in before. T.T. 9 A. dinner at 8.20 after small apple juice + biscuits.
Bed about 11.30 pm

Food
car
traveller

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