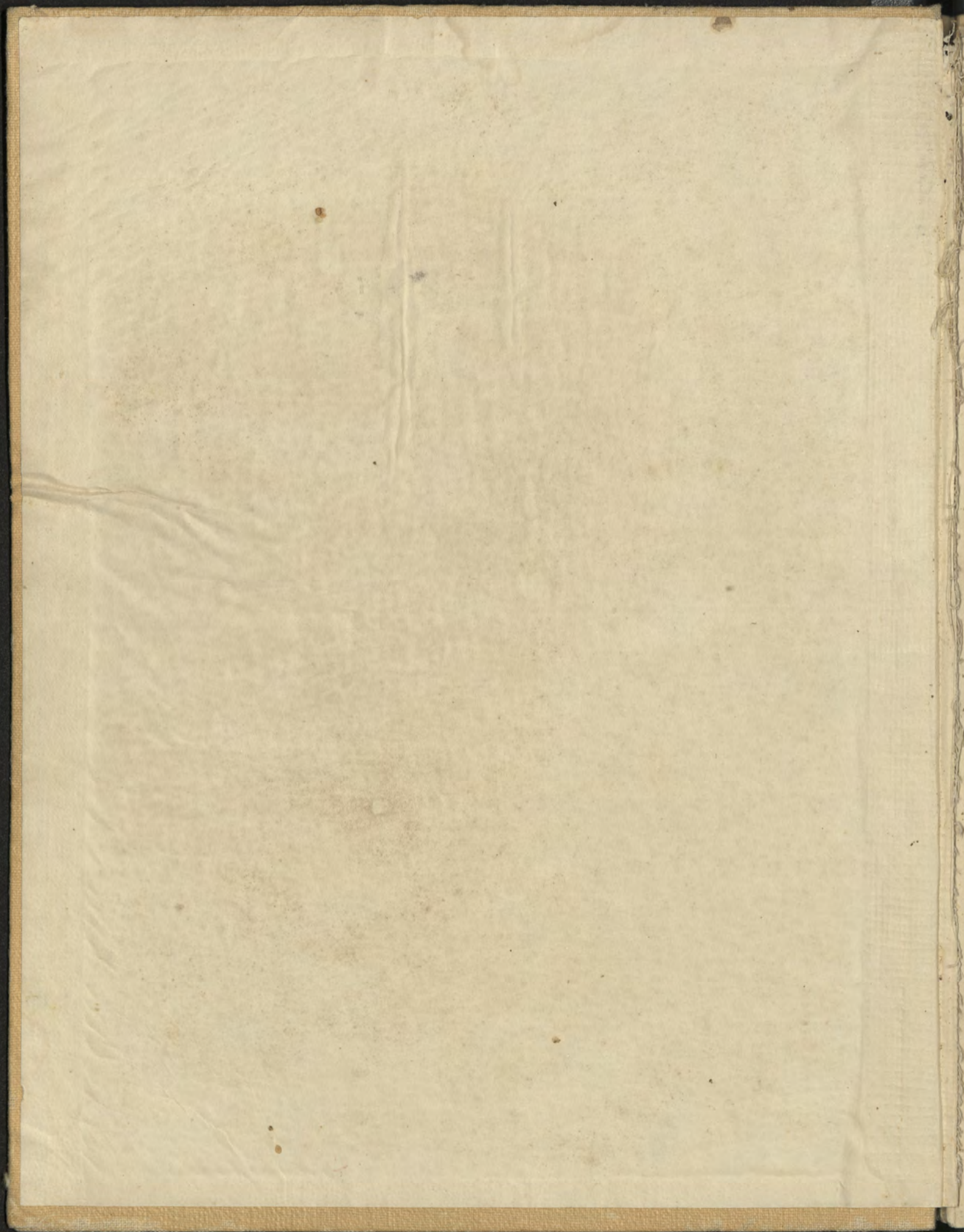


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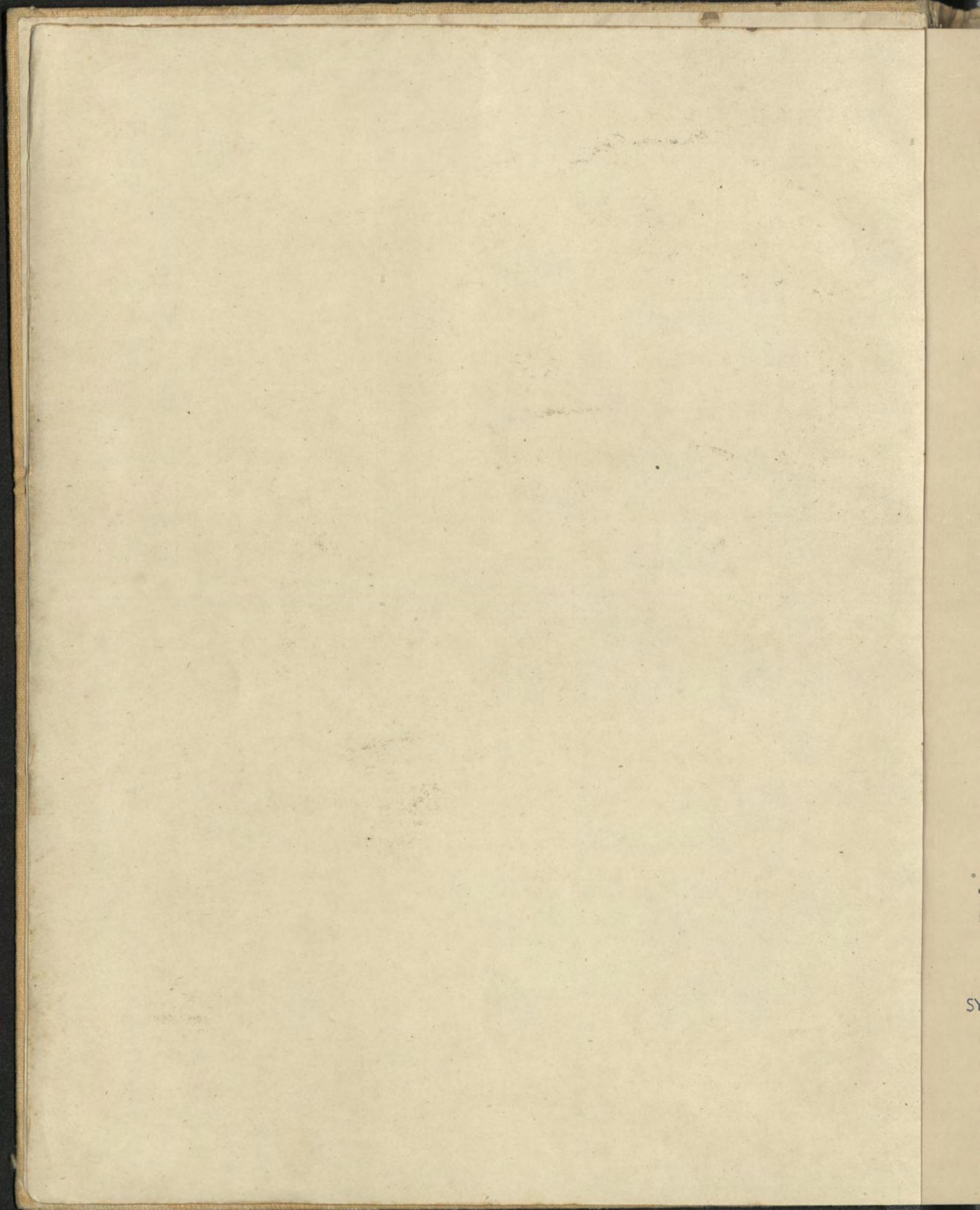
B. B. Rapp

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Mary Horton



SY

PREFACE TO THE TWENTY-FIFTH EDITION.

Twenty-five years have now elapsed since we first produced this desk diary for the use of the medical profession.

Its popularity proves that it has served the purpose for which it was intended, i.e., a useful diary and a quick source of up-to-date information on nutrition.

NESCAFÉ.

During the past year a new product, NESCAFÉ, has been placed on the Australian market.

NESCAFÉ is a soluble coffee product in powder form. It consists of equal parts of coffee extract and added carbohydrates, mixed together and spray dried.

On account of its simplicity and economy the medical profession can confidently recommend Nescafé to replace ground coffee.

NESTLÉ'S HOMOGENIZED FOODS.

Nestlé's Homogenized Foods for young children will also be available during the coming year.

*These foods are strained and homogenized, a process which breaks up the food cells, releasing the nourishment, and reducing coarse fibres to minute particles.

The foods are in the form of a smooth purée suitable for infants.

Nestlé's Homogenized Foods are widely used in England and U.S.A. for infant feeding and under medical advice have been fed to infants at an early age.

The general recommendation in England is from four months.

We are pleased to acknowledge all extracts from scientific publications which we have used in compiling the present Edition, and also to thank those members of the Medical Profession who have made available to us helpful information.

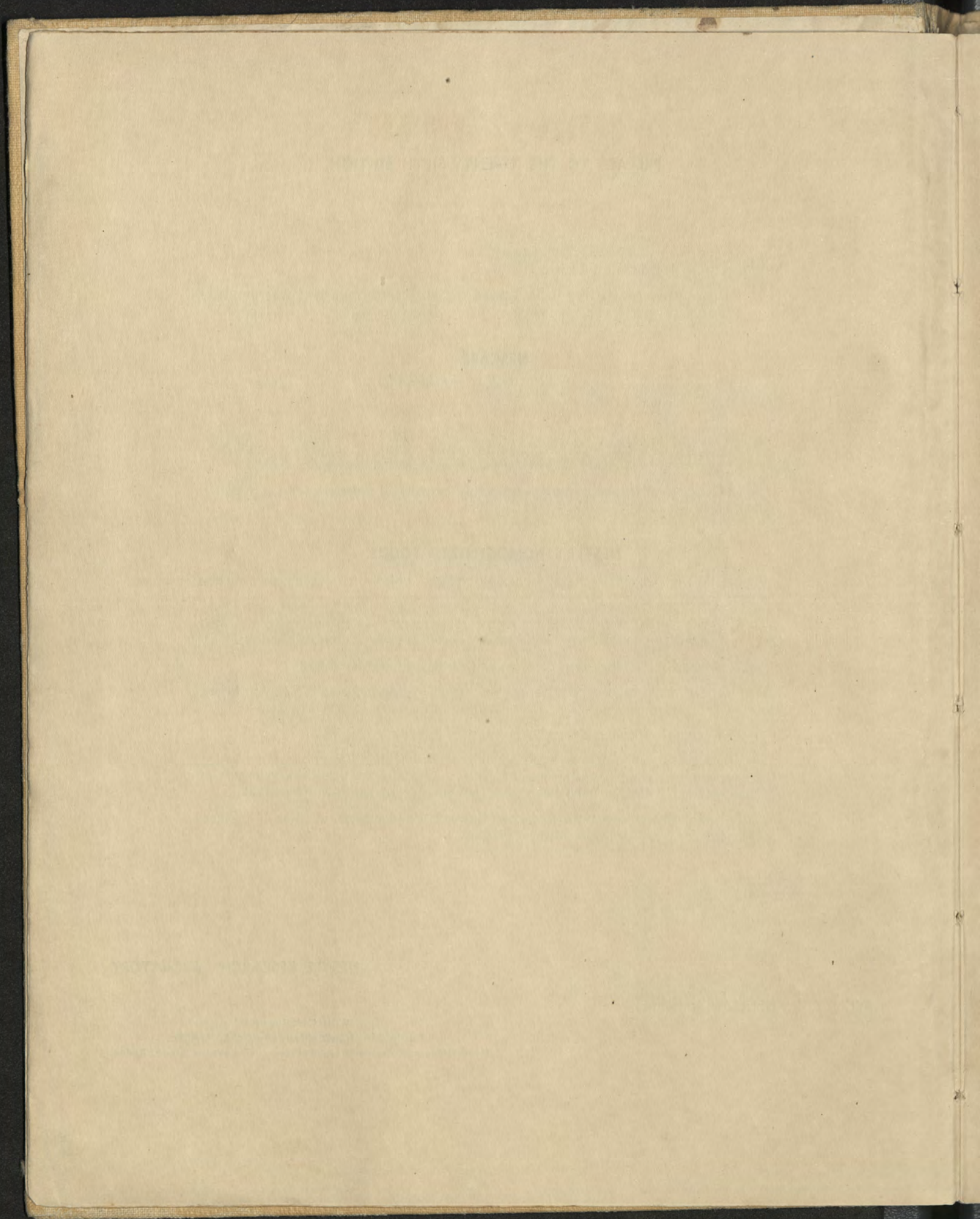
It is our earnest endeavour to follow the latest developments in Infant Nutrition and suggestions are therefore always welcome.

* Bone and Vegetable Broth.
Garden Vegetables.
Carrots.
Prune with Orange Juice.

NESTLÉ RESEARCH LABORATORY

SYDNEY, 1st DECEMBER, 1948.

With Compliments
Nestlé's Food Specialities (Australia) Limited
Head Office and Research Laboratory -- 17 Foveaux Street, Sydney



Diary, 1949

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NUTRITION ABSTRACTS

of current scientific papers on nutrition with special emphasis on infant and child nutrition*

* Compiled by Research Dept., Nestlé's Milk Products Inc., New York.

Nutrition of Infants and Children

A Self-Regulating Feeding Program for Infants

C. A. Aldrich and E. S. Hewitt—*J. Am. Med. Assn.* 135: 340, 1947

Six hundred and sixty-eight infants were put on a self-regulating schedule of feeding on leaving the hospital, and then supervised for a year in a well-baby clinic. They gained satisfactorily in weight and height. At the age of one year, 92 per cent. were considered to have excellent appetites and less than 1 per cent. poor appetites. The feeding intervals gradually lengthened until, by the age of one year, 91 per cent. were on a schedule of three meals a day. During the first two months, many infants desired food at less than four-hour intervals.

Some Factors which Influence the Duration of Breast Feeding

M. A. Norval—*J. Pediat.* 31: 415, 1947

Four hundred and sixty-two women who expressed a desire to nurse their infants were observed. Lactation was less successful in women over 30 years old, especially if there were no other children, although age and number of children did not affect the duration of lactation if it were established before leaving the hospital. Women living in the country nursed their infants for an average of 0.8 months longer than those living in towns. Adequacy of lactation decreased with increasing time before engorgement occurred, and was less successful in those with mild or severe engorgement than in those with moderate engorgement. The birthweight of the infant was not a factor in lactation performance. The first month is the time during which breast feeding is most apt to be discontinued.

Nutritional Disturbances and the Oral Use of Amino Acids in Infants

M. Langlois—*Canad. Med. Assn. J.* 57: 31, 1947

Amino acids have been given orally to some forty malnourished infants, usually suffering from severe diarrhea or acute dyspepsia. Amino acids appeared to have not only high nutritional value but also a beneficial effect on parenteral infections and the response to treatment with drugs. This type of feeding is recommended as a routine procedure.

Meat in the Diet of Young Infants

R. M. Leverton and G. Clark—*J. Am. Med. Assn.* 134: 1215, 1947

Eighteen six-weeks-old infants were given formulae to which about one ounce of strained meat was added, which increased the protein intake by 25 per cent. The infants were considered to be in even better physical condition than were control babies, and did not show the characteristic drop in hemoglobin.

A Comparison of Cereals and Their Value in the Feeding of Infants and Children

R. A. Benson and F. T. Kimball—Arch. Pediat. 64: 476, 1947

Twenty-five cereals commonly used for infants and children were analyzed for their contents of carbohydrate and of total available carbohydrate. The rice cereals were found to have the highest content of available carbohydrate. Moreover, they are easily digested and are rapidly converted to energy. Allergic reactions to rice are rare. When finely milled and fortified with vitamins, rice is a particularly valuable food for infants and young children.

Nutritional Requirement of the Adolescent and Its Relation to the Development of Disease

J. A. Johnston—Am. J. Dis. Child. 74: 487, 1947

Children of the same chronological age may differ widely in physiological development and pattern of growth, and such differences may be particularly noticeable at adolescence. The changing growth rates of adolescence are accompanied by changing nutritional requirements. Variations in basal metabolic rates may be noted, and mild hypothyroidism is not uncommon during puberty and postpuberty. Calcium intake during puberty should be about 1.4 gm. daily, and 1,000 to 1,500 U.S.P. units of vitamin D daily is strongly recommended. A tendency to obesity may be exaggerated during adolescence, and should be treated by a diet low in calories but high in protein and calcium, with consideration of possible psychologic factors. Diminished retention of nitrogen and calcium during the period of decelerating growth rate appears to be accompanied by decreased resistance to infections. Mortality from tuberculosis increases during this period. Menstrual problems in the adolescent girl may be aggravated by nutritional aberrations, by lack of outdoor exercise, or by glandular disturbances.

The Determination of Status and Progress in Children with Nutritive Failure

A. W. Mann, S. Dreizen and T. D. Spies—J. Pediat. 31: 161, 1947

Forty-seven children 5 to 15 years of age, and 47 control children, were observed for two years. The first group either had or had had symptoms of nutritional deficiency as a result of inadequate diet; the control group were free of such symptoms and probably received adequate diets. Physical status was analyzed by the Wetzel technic, and medical examinations and dietary studies made. X-ray studies are a desirable supplement in recognition of small stature due to inheritance or to poor nutrition. The children of the first group developed more slowly than those of the second and continued to fall farther behind in rate of development during the period of observation. Since they did not suffer from a higher incidence of illness, inadequate nutrition is the most probable explanation of their slow and irregular growth rates.

Prevalence of Dental Caries in Malnourished Children. A Clinical Study

S. Dreizen, A. W. Mann, T. D. Spies and T. A. Skinner—Am. J. Dis. Child. 74: 265, 1947

The incidence of dental caries in deciduous teeth of 72 malnourished children was not significantly different from the incidence in a control group of 25 well-nourished children, nor was there a difference in 25 malnourished children who had received supplements of one quart of milk daily. Both groups of malnourished children showed less increase in caries than did the control children, or than the national average for yearly increase. "The results cannot be explained fully on the basis of present knowledge of dental caries."

Chemical Studies in Children with the Nephrotic Syndrome

S. P. Gottfried, J. F. Steinman and B. Kramer—Am. J. Dis. Child. 74: 283, 1947

Ten children with nephrosis, aged 16 months to 5 years, were studied for two years. The most effective therapy was restriction of salt intake, parenteral replacement of proteins, and peni-

cillin to combat infections. Plasma amino acid nitrogen was normal or slightly above, some disturbance of carbohydrate absorption and utilization was indicated by the glucose tolerance curves, blood lipid and carotene were high, plasma vitamin A was usually normal. Hepatomegaly was often found. Edema usually occurred at levels of serum protein below 4.0 gm./100 cc. and progressed regardless of fluctuations in serum protein. Serum cholesterol did not appear to correlate with serum protein or the extent of edema.

Changes in the Bone Marrow in Megaloblastic Anemias of Infancy Before and After Folic Acid Therapy

W. W. Zuelzer, A. Newhall and L. Hutaff—*J. Lab. and Clin. Med.* 32: 1217, 1947

Fifteen infants, aged five weeks to one year, having infantile megaloblastic anemia, were given folic acid daily, usually by intramuscular injection. Within 24 hours after the first injection there were definite changes in the bone marrow, followed by improvement in the peripheral blood. Serial studies of the bone marrow were made. There is evidence that erythroblasts undergo progressive structural and functional changes in the absence of the hematopoietic principle. These changes are reversible in the earlier stages.

Thiamine, Riboflavin, Nicotinic Acid, Pantothenic Acid and Biotin in the Urine of Newborn Infants

B. M. Hamil, M. Coryell, C. Roderuck, M. Kaucher, E. Z. Moyer, M. E. Harris and H. H. Williams—*Am. J. Dis. Child.* 74: 434, 1947

Urinary excretion of vitamins by infants was highest during the first three days, and decreased as the supply of breast milk increased. The maximum average urinary content of thiamine was 13 micrograms/100 cc., on the third day; of pantothenic acid was 213 micrograms, on the third day; of riboflavin was 140 micrograms, on the first day; of nicotinic acid was 128 micrograms, on the second day; of N'-methylnicotinamide was 3,820 micrograms, on the second day; and of biotin was 4 micrograms, on the second day. The subjects were normal healthy infants, all breast-fed. Average concentrations on the seventh day were: 2 micrograms of riboflavin, 14 micrograms of nicotinic acid, 60 micrograms of N'-methylnicotinamide, 99 micrograms of pantothenic acid, and no thiamine or biotin.

Vitamin C in the Blood and Urine of the Newborn and in the Cord and Maternal Blood

B. M. Hamil, B. Munks, E. Z. Moyer, M. Kaucher and H. H. Williams—*Am. J. Dis. Child.* 74: 417, 1947

The vitamin C content of maternal blood was found to be from 0.04 to 1.19 mg./100 cc. on the first day post partum, of infant's blood was 0.20 to 1.72 mg./100 cc., and of cord blood was 0.66 to 2.18 mg./100 cc. There were wide variations between individual mothers and infants during the first week. The urinary vitamin C of the infants was high during the first two days, was low by the fourth day. "The declining levels of vitamin C in the urine and plasma during the first week of life suggest that the physiologic processes of intrauterine life require greater tissue saturation of the vitamin than is necessary in the gaseous environment of extrauterine existence."

A Comparison of Vitamin C in Mothers and Their Premature Newborn Infants

L. B. Slobody, R. A. Benson and J. Mestern—*J. Pediat.* 31: 333, 1947

Thirty newborn premature infants were given the intradermal test and found to have good levels of vitamin C even when the mothers were depleted. Good tissue concentrations were maintained by giving 50 mg. daily of ascorbic acid.

Subjects of General Interest

Bacteriology of the Collection and Preservation of Human Milk

J. Wright—*Lancet* 1947 II: 121

Human milk collected by the commonly used methods had bacterial counts of from 3,700 to over 8,000,000 per ml. Such milk was often stored at room temperature and used for feeding without heat treatment. A method for collection of human milk was developed, using only boiled collecting equipment and pumps, which resulted in milk with bacterial counts of 70 to 39,000 per ml. The milk should be brought to a boil immediately after collection, then refrigerated until needed.

Tocopherols (Vitamin E) in Milk: Their Chemical Determination and Occurrence in Human Milk

M. L. Quaife—*J. Biol. Chem.* 169: 513, 1947

Tocopherols were determined in milk by an adaptation of the method used with blood plasma. Fifteen samples of human milk collected during the first week contained 0.13 to 3.6 mg. per 100 ml. of vitamin E. Samples collected during the first to the eighth month contained a mean of 0.14 mg. per 100 ml.

Progress of Bread and Flour Enrichment

Editorial—*J. Am. Med. Assn.* 135: 226, 1947

Although the majority of breads and flours are enriched, the low priced, unenriched products are used by the low income groups who are most in need of the added nutrients. Compulsory enrichment legislation has been enacted in 21 States, and its extension is urged. Milk, nonfat milk solids, yeast, corn germ, and pure vitamins can be used in bread making. Opposition to the enrichment program is ill-founded.

Further Observations on the Production of Canine Hysteria by Flour Treated with Nitrogen Trichloride (Agene Process)

E. Mellanby—*Brit. Med. J.* 1947 II: 288

Wheat flour "improved" by treatment with nitrogen trichloride has been shown to produce hysteria, or running fits, in dogs. The toxic substance was found to be associated with both the gliadin (alcohol soluble) and the glutelin (alcohol insoluble) fractions of gluten from agenzized flour, and is not carried in the wheat fat. The symptoms are not produced in rats or mice, but are produced, somewhat less readily, in ferrets.

The Effect of Environmental Temperature on Food Selection

S. Donhoffer and J. Vonotzky—*Am. J. Physiol.* 150: 329, 1947

Groups of white mice were offered rations rich in either starch, casein, or lard. If environmental temperature were reduced to 10-11° C., food consumption increased, the additional food chosen being that high in carbohydrate. If environmental temperature were raised to 29-30° C., food consumption decreased, the decrease being of the high carbohydrate food.

The Effects of Dietary Caloric Restriction on Maturity and Senescence, with Particular Reference to Fertility and Longevity

Z. B. Ball, R. H. Barnes and M. B. Visscher—*Am. J. Physiol.* 150: 511, 1947

Female mice were fed diets so restricted in carbohydrate and fat as to supply only about two-thirds of the normal caloric intake. The average life span was significantly lengthened,

and maturation postponed. When *ad libitum* feeding was permitted at eight months—at which age normally fed controls were reaching senile sterility—they matured and attained approximately normal fertility.

Hormones and Lactation. Dried Thyroid Gland

M. Robinson—Lancet 1947 11: 385

Deficiency of thyroxine production appears to cause failure of lactation. No sign of thyroid deficiency was noted in the mothers. However, such a condition evidently was precipitated by the extra stress of lactation. In some cases more than 12 gr. daily of dried thyroid was needed. Milk production often decreased when treatment was discontinued, especially in those requiring the large doses. Administration of iodine increased lactation, and failure may thus be due to iodine deficiency rather than to a defect of the thyroid gland.

Tyrosine Tolerance Test in Pregnancy and the Puerperium

E. W. Page—Proc. Soc. Exper. Biol. and Med. 66: 79, 1947

The tyrosine tolerance test appears unsatisfactory as a measure of liver function during pregnancy and the puerperium. Eight normal women in the last two months of pregnancy, one with eclampsia, one with severe preeclampsia, seven after normal delivery, and ten control subjects of comparable ages were observed in the study. Fasting blood tyrosyl falls significantly during pregnancy, is normal in the puerperium. The tyrosine tolerance curve is lowered during pregnancy, returns to normal immediately after delivery. The tyrosine tolerance curve was not affected by eclampsia or preeclampsia. Tyrosine, unlike histidine, appeared to be reabsorbed from the renal tubules as completely in pregnant as in control subjects.

The Gastrointestinal Tract and Nutrition in Rheumatoid Arthritis

P. J. Warter, R. W. Betts and S. Horoschak—Rev. Gastroenterol. 14: 617, 1947

Chronic rheumatoid arthritis may lead to poor nutrition through subnormal gastrointestinal tract function. Ten patients with rheumatoid arthritis were given 8 tablespoons daily of a protein hydrolysate and B vitamin supplements for two months or more. Notable objective and subjective improvement followed. Seven patients gained weight, hemoglobin level rose in eight cases, sedimentation rate declined in nine cases, and in four of the five cases in which there had been edema of the joints the edema was improved or entirely relieved. Further study of nutritional factors in rheumatoid arthritis is suggested.

The Treatment of Cirrhosis of the Liver with Crude Liver Extract by the Intravenous Route

W. B. Rawls and V. C. Ancona—Rev. Gastroenterol. 14: 685, 1947

Cirrhosis of the liver may now be treated quite effectively by the use of a good diet high in protein and carbohydrates and low in fats, with supplements of B vitamins and liver extract. Twenty-two patients in this series were given crude liver extract intravenously for four months or more—a therapy considered to be safe and of definite benefit. Eighteen patients survived for at least 15 months, 4 required no treatment for from 4 to 12 months. Restoration of appetite was frequently the first sign of improvement.

Protein

Comparative Nutritive Value of Casein and Lactalbumin for Man

A. J. Mueller and W. M. Cox, Jr.—*J. Nutr.* 34: 285, 1947

Four normal adults were protein depleted for 12 days, then given protein supplements of 2 per cent. of casein or lactalbumin for four-day periods, alternating with four-day depletion periods. Casein and lactalbumin were of equal biological value and were equally effective in maintaining nitrogen balance.

The Effect of the Rate of Administration of Amino Acid Preparations and Blood Amino Acid Nitrogen Level on the Production of Nausea and Vomiting

C. J. Smyth, A. G. Lasichak and S. Levey—*J. Lab. and Clin. Med.* 32: 889, 1947

Patients given amino acid mixtures intravenously suffered less from nausea and vomiting than patients given casein hydrolysates. Amino acids could be injected quite rapidly without ill effects, while casein hydrolysates must be given much more slowly. The occurrence of nausea and vomiting depended upon the mixture used and the susceptibility of the subject, rather than upon the increased concentration of amino acids in the blood.

The Effect of Amino-Acids on Gastric Acidity

J. Feller and C. J. Tidmarsh—*Canad. Med. Assn. J.* 57: 23, 1947

A regular test meal and a test meal plus amino acids were given to 16 subjects—normal persons and ulcer patients. Single large doses of amino acids (50 gm.) reduced gastric acidity to 0 for one and one-half hours, which was followed by a rebound rise to high acidity. Frequent small doses of amino acids reduced gastric acidity only slightly and briefly, followed by a high secondary acidity.

Experiments with Delayed Supplementation of Incomplete Amino Acid Mixtures

E. Geiger—*J. Nutr.* 34: 97, 1947

In rats fed amino acid mixtures deficient in tryptophane, methionine or lysine, the lack was not compensated by feeding the missing amino acid several hours later. Evidently all the required amino acids must be present simultaneously for protein synthesis. The incomplete mixtures are not stored, but probably undergo some further irreversible metabolic change. "These results should be considered when amino acid mixtures for therapeutic feeding are prepared or administered."

The Application of Microbiological Methods to the Study of Nutrition. The Microbiological Assay of Amino-Acids

E. C. Barton-Wright—*Proc. Nutr. Soc.* 5: 173, 1947

Bacteria, particularly the lactic acid bacteria, have been found valuable for the assay of certain vitamins and amino acids. These methods are rapid, inexpensive, accurate and sensitive. "The analysis of the amino-acid content of rare proteins, such as viruses, should now become a practical possibility."

Carbohydrate and Fat

Metabolism of Sucrose: II

I. M. Rabinowitch—*Am. J. Dig. Dis.* 14: 315, 1947

Sucrose was usually more rapidly effective than dextrose in restoring blood sugar to normal in mild insulin hypoglycemia. Levulose was not effective, either alone or with dextrose. The finding is supported by measurement of the CO₂ concentration in expired air following ingestion of sucrose or dextrose, by the blood sugar time curves after 50 gm. doses of the sugars, and by serum inorganic phosphate time curves. Sucrose was also more rapidly utilized in mild diabetes. Gastric contents after ingestion of sucrose included some unidentified substances in addition to dextrose and levulose.

Changes in Blood Phosphate After Ingestion of Glucose and Fructose in Sprue

L. P. R. Fourman—*Brit. Med. J.* 1947 II: 411

Five normal persons and four patients with sprue were studied. In normal subjects there was a decline in inorganic phosphate of whole blood, usually associated with a fall in blood "ester" phosphate levels after absorption of either glucose or fructose. In sprue patients after ingestion of glucose or fructose, blood inorganic phosphate fell to only a small extent or even rose. There was also, in contrast to normal subjects, an increased urinary phosphate excretion.

Fat Absorption on Tropical Sprue

D. A. K. Black, J. P. Bound and L. P. R. Fourman—*Quart. J. Med.* 16: 99, 1947

In 28 patients with untreated early tropical sprue, fat absorption varied from 51 to 85 per cent. (normal is over 90 per cent.). Fat absorption was not improved by nicotinic acid or riboflavin injection. Fat absorption was not particularly improved during some weeks of parenteral liver injections, although the patients gained weight and there was some clinical improvement. Oral yeast extract somewhat improved fat absorption within 12 days, and may be useful in maintenance of tropical sprue patients.

Aetiology of Steatorrhoea

A. C. Frazer—*Brit. Med. J.* 1947 II: 641

Fat absorption may be considered defective if 90 per cent. or less is absorbed on a diet containing 50 gm. Three phases of fat absorption are discussed. In the first, or intraluminal, phase, some ingested triglycerides are partially hydrolyzed to fatty acids and lower glycerides which, with bile salts, provide the emulsifying system resulting in particles of triglyceride of less than 0.5 micra diameter. Lack of bile salts or pancreatic lipase interferes with this phase, but it proceeds normally in tropical or non-tropical sprue or regional ileitis. In the second, or intercellular, phase, the fatty material passes through the outer membrane of the cell, undergoes some phosphorylation, and passes through the inner membrane of the cell. In tropical or non-tropical sprue and gastrocolic fistula, interference with particulate absorption through the outer cell membrane has been observed. Choline deficiency may interfere with passage through the inner cell membrane. In the third, or distributive, phase, fatty acids largely pass up the portal vein, and the triglycerides are carried by the thoracic duct to the systemic circulation. The proportion of fat absorbed and distributed in one way or the other is shifted by variations in intestinal pH, the composition of the dietary fat, or obstruction of the lymphatic pathway.

Vitamins

Vitamin A Deficiencies in the Netherlands East Indies

A. G. van Veen and S. Postmus—*J. Am. Dietet. Assn.* 23: 669, 1947

Considerable vitamin A deficiency was found in the children of the Netherlands East Indies as shown by the incidence of xerophthalmia and hemeralopia. Children often refused the highly-seasoned soup into which vegetables were usually made, and the diet contained practically no animal products to supply preformed vitamin A. The deficiency was found less frequently when rice and cassava were not available and thus more vegetables were used. Pro-vitamins evidently were readily absorbed and converted to vitamin A. Xerophthalmia was successfully treated with red palm oil, which contained only pro-vitamins.

The Nutritional State of Patients with Peptic Ulcer as Measured by Vitamin Levels in the Blood and Urine

D. Gayer and S. Cody—*Gastroenterol.* 9: 54, 1947

Twenty patients hospitalized with active peptic ulcer were compared with 15 hospitalized patients having no signs of gastrointestinal or other organic disease. From determinations of blood and urine levels, there was no evidence of deficiency of vitamin A, niacin, or riboflavin, nor any indication that previous deficiencies of these factors may have contributed to the development of the ulcer. Niacin may be liberated from storage in tissues. The large amounts of milk usually taken by these patients probably contribute sufficient vitamin A and riboflavin. Niacin supplements may be indicated when nitrogen balance is being restored.

Availability of Carotene from Carrots and Further Observations on Human Requirements for Vitamin A and Carotene.

E. C. Callison and E. Orent-Keiles—*J. Nutr.* 34: 153, 1947

The utilization of carotene from carrots was determined in four young adults, using dark adaptation reaction as an index of vitamin A status. Vitamin A reserves were depleted by 2 to 6 months on vitamin A deficient diets, and the subjects were then given carrot supplements for two periods separated by a 13 to 16 day period of depletion. The apparent vitamin A requirement when supplied by either cooked or uncooked frozen carrots averaged 34 I.U. per kg. of body weight as determined by bioassay, 98 I.U. as determined by chemical assay. Different values were found in other studies with different food sources of vitamin A. Man may utilize carotene of carrots more efficiently than does the rat, which utilizes carotene of peas or spinach more efficiently than carotene of carrots. The carotene and vitamin A values of foods as given in food composition tables must be used with caution in evaluating the adequacy of human diets.

Utilization of Vitamin A in Water Emulsion

G. R. Halpern, J. Biely and F. Hardy—*Science* 106: 40, 1947

Vitamin A in water emulsion was more effective than vitamin A in oil for growth of chicks. In either case, fresh gray fish liver-oil was more active than oxidized gray fish liver-oil. Such a preparation may be valuable in cases of impaired fat metabolism.

A Study of the Fasting-Hour Excretion of Thiamine in the Urine of Normal Subjects

E. Papageorge and G. T. Lewis—*J. Nutr.* 34: 301, 1947

Good correlation was found between the 24-hour excretion of thiamine and "fasting-hour" excretion, as measured in 63 normal young adults. The percentage return of a 1 mg. oral test dose also correlated well with the 24-hour excretion. The "fasting-hour" excretion test is considered useful for large scale nutritional survey work. Excretion below 4 micrograms suggests inadequate thiamine intake.

The Availability of Vitamins from Yeasts. III. The Availability to Human Subjects of Riboflavin from Fresh and Dried Bakers' Yeast Varying in Viability

E. L. Price, M. M. Marquette and H. T. Parsons—*J. Nutr.* 34: 311, 1947

Riboflavin was absorbed only a very little from fresh raw yeast, partially from dried yeast containing live cells, but in considerable quantity from the same yeasts with no live cells. In general, fecal elimination of riboflavin was a reciprocal of the urinary excretion.

The Availability of Vitamins from Yeasts. IV. The Influence of the Ingestion of Fresh and Dried Bakers' Yeasts Varying in Viability and in Thiamine Content on the Availability of Thiamine to Human Subjects

H. N. Kingsley and H. T. Parsons—*J. Nutr.* 34: 321, 1947

Fresh yeast added to a basal diet appeared to impair absorption of dietary thiamine, and urinary excretion decreased. Body stores were evidently progressively depleted. Live dried yeast had the same effect. Yeast killed by drying or by boiling water treatment supplied absorbable thiamine and did not interfere with absorption of food thiamine. Evidently live yeast cells compete for thiamine in the digestive tract.

The Sparing Action of Protein on the Pantothenic Acid Requirement of the Rat. II. Urinary and Fecal Excretion of Pantothenic Acid

M. M. Nelson, F. van Nouhuys and H. M. Evans—*J. Nutr.* 34: 189, 1947

Pantothenic acid deficient rats on purified diets containing 64 per cent. of casein grew better, survived longer, and excreted significantly more urinary pantothenic acid than on purified diets containing 24 per cent. of casein. Intermediate responses were found at intermediate levels of dietary casein. This sparing action of a high casein diet on the pantothenic acid requirement was evidently not due to increased intestinal synthesis, to decreased loss by urinary excretion, nor to the pantothenic acid content of the casein used.

Folic Acid in the Maintenance of Pernicious Anemia

R. W. Heinle, J. T. Dingle and A. S. Weisberger—*J. Lab. and Clin. Med.* 32: 970, 1947

Folic acid was used on 41 patients with pernicious anemia for up to one year. Compared with previous periods of treatment with liver extract, 26 cases showed no relapse, 9 had decreased erythrocyte counts, and 6 cases improved. The nine in whom hematologic relapse occurred had been given the folic acid at intervals of three weeks or longer, by intravenous injection. Daily oral doses of 10 mg. were successful in all cases tried, and are the recommended routine. Neurologic relapse occurred in three patients, and responded to liver extract. Liver extract alone or in conjunction with folic acid therefore is the treatment of choice. Folic

acid is valuable in cases sensitive to liver, and has not been found to have toxic or allergic effects.

The Use of Folic Acid in the Treatment of Anemia of Rheumatoid Arthritis—A Preliminary Report

C. A. L. Stephens, Jr., A. L. Borden, W. P. Holbrook and D. F. Hill—*Ann. Int. Med.* 27: 420, 1947

All of 20 rheumatoid arthritis patients given folic acid improved as to corpuscular volume, hematocrit, hemoglobin, color index, and erythrocyte morphology. Immature leukocytes and erythrocytes appeared in the peripheral blood. The response to folic acid was not influenced by iron administration. There was a notable monocytosis. Wide variations in the effective dosage required were noted. There was no improvement in the primary disease. No toxic effects developed.

Blood Plasma Ascorbic Acid Levels on Controlled Intakes of Ascorbic Acid

M. L. Dodds and F. L. MacLeod—*Science* 106: 67, 1947

Forty-one young women were maintained at various levels of dietary ascorbic acid intake. At an intake of 32 mg. daily, plasma ascorbic acid ranged from 0.34 to 0.62 mg./100 ml.; at an intake of 57 mg., the plasma level was 0.51 to 0.93; at an intake of 82 mg., the plasma level was 0.74 to 1.13; and at an intake of 107 mg., the plasma level was 0.88 to 1.22 mg./100 ml. Thus plasma ascorbic acid determinations in nutrition surveys indicate only a range of intake levels.

Subperitoneal Hemorrhage from Vitamin C Deficiency Simulating Acute Surgical Abdominal Conditions

L. E. Hines—*Surg., Gyn. and Obs.* 85: 214, 1947

Three cases simulating acute surgical conditions were found to be due to spontaneous hemorrhages caused by nutritional deficiency, especially of vitamin C. Vitamin C deficiency can be recognized by study of the patient's diet, of possible factors interfering with absorption, of physical symptoms of scurvy, of increased capillary fragility, and of blood levels of vitamin C.

Sodium Ascorbate in the Treatment of Allergic Disturbances. The Role of the Adrenal Cortical Hormone-Sodium-Vitamin C

S. L. Ruskin—*Am. J. Dig. Dis.* 14: 302, 1947

The sodium salt of ascorbic acid was found to be efficacious in the treatment of allergy and asthma. Refractory cases responded better to the sodium salt than to ascorbic acid. Suprarenalectomized rats show increased sensitivity to histamine, and vitamin C has been shown to have an anti-histamine activity. A relationship is thus suggested between adrenal cortical hormone, ascorbic acid, sodium, and allergy.

Complications in Feeding Experiments

Leading Article—*Lancet* 1947 II: 623

Factors other than the presence or absence of vitamins influence the development of deficiency states in animals. The development of rickets, for instance, depends not only upon the vitamin D intake but also the amount and ratio of dietary minerals, acidogenic factors, and anti-calcifying factors. The vitamins may also occur in different forms: vitamins D₂ and D₃ are not of comparable activity for different species, and various carotenoids have different vitamin A activities. Vitamin B studies are complicated by the activities of intestinal microorganisms, the presence of anti-vitamins, variations in the experimental animals, and the effects of other dietary factors such as the thiamine-sparing effect of fat. Studies of the pellagra-genic effect of maize are confused by the interaction of such various factors.

DIGESTIBILITY OF INFANT FOODS PREPARED FROM COWS' MILK *

The first stage in digestion of a milk food by an infant is coagulation. This occurs whether the infant is breast fed or is being fed artificially on a food, the basis of which is cows' milk. Human milk is naturally the standard by which the digestibility of other foods must be compared. In the infant's stomach human milk coagulates in very fine clots, under the action of both enzymes and the pH of the stomach contents—the latter becoming more acid as digestion proceeds. The proteins of human milk, mainly albumin and casein, are normally present in the range of 1.5% and of this, approximately 0.5% only, is casein. Cows' milk on the other hand has a protein content of approximately 3.5%, and of this 3.0% is casein.

Casein is coagulated by rennin and acids, but not by boiling. Albumin on the other hand is coagulated by heat and acid, but not by rennin. The high percentage of casein in cows' milk means more rapid coagulation in the stomach than with human milk, and unless the protein content is reduced by modification and its physical condition changed by special treatment, the clots formed are large and indigestible.

It was a natural thought in the day when modification of cows' milk for infant feeding was first suggested that the milk should be fully modified so that the ratio between the fat, lactose and proteins would be identical with that in human milk. But this overlooked the fact that the protein of the modified milk was largely casein, and that the amino acid structure of casein differed from that of albumin. In casein, certain essential amino acids are proportionately low and pediatricians, as the result of experience, recommend more protein in relation to the other constituents, when cows' milk is the basis of modification. It is considered that a modified milk mixture of the same total solids content as human milk, should have at least 2.1% protein in comparison with the approximate figure of 1.5% of human milk. While for nutritional reasons, higher protein is necessary in a modified infant food, because of this higher protein and the fact that it is largely casein, the physical state of the protein is of very great importance, as this has a bearing on the toughness of the curd formed when coagulation takes place. Otherwise the advantages gained nutritionally by using a higher protein could be offset by a reduction in digestibility.

One aim therefore in manufacturing a milk food for infants which can be readily digested, is to see that the protein is physically altered in its reaction to enzymes and acid, so that the natural toughness of the curd of cows' milk protein is reduced, when acted on by rennin. Pasteurisation of milk, which is essential in any case to destroy pathogenic organisms which may be present, has relatively little effect in softening the curd formed by rennin. Heat-treatment, to have an appreciable effect, must be taken to the stage of boiling. Homogenisation combined with heating is still more effective and, as will be demonstrated later, the special spray process of drying used in the manufacture of Lactogen and Vi-Lactogen, gives even better results than boiling a modified fluid milk for 10 minutes. This method of drying which combines pasteurisation, homogenisation and extremely rapid desiccation, not only gives a better digestibility factor, but also shows less vitamin destruction than the drastic treatment of 10 minutes boiling as normally practised under domestic conditions. These improved results come as the result of increasing the hydration or "water holding capacity" of the curd. Such curds are more voluminous and easily disintegrated. They are softer and more permeable to digestive juices.

* Nestlé Research Laboratory.

The obvious way in which the digestibility of an infant food should be tested, would be by properly controlled infant feeding studies. Experimentation along these lines, however, is limited by the difficulties involved, and by the need of avoiding any risk to the health or well-being of the infants concerned, by the procedure necessary to obtain the required samples. It is obvious that for rapid work under comparable conditions some method of carrying out "in vitro" tests is necessary—tests which can be regarded as strictly comparable and which will serve as a practical means of assessing the digestion characteristics of an infant food. For some years past, laboratory methods of measuring the toughness of the curd, formed in cows' milk by the action of rennin at fixed acidities, have been used. Figures were obtained which were recorded in terms of the "curd tension" of the milk. By using this test it has been found that the "curd tension" of different milks does vary, and that the "curd tension" can be affected by chemical and physical means, such as by the addition of salts, by precipitation of calcium, by homogenisation and by heat-treatment, etc. Undoubtedly, on general principles milks showing soft curd characteristics are more suitable for infant feeding, but results have been too variable to regard "curd tension" tests as a reliable means of measuring digestibility.

The latest technique for measurement of digestibility takes into account other factors which also influence digestion. Briefly, such experiments are carried out in special apparatus, controlled to resemble more closely the physical and chemical conditions under which gastric digestion takes place in the infant's stomach. An effort is made in such tests, not only to approximate the enzyme strength and increasing acidity of the gastric contents, but also to imitate the peristaltic constriction of the stomach during digestion, which influences, not only particle size, but also enzyme penetration and ultimate digestibility.

In experiments carried out in this laboratory which follow the lines of the technique evolved by Doan and Dizikes,* the method used is detailed in the following paragraphs, and a graph drawn from the results obtained.

In one group, cows' milk, boiled for 10 minutes after modification to a protein content comparable with Lactogen, is compared with diluted Lactogen. In the other, cows' milk, modified to 2.1% protein, and boiled for 10 minutes, is compared with diluted Vi-Lactogen at the same protein percentage.

The results obtained are shown graphically, in terms of the particle size of curd measured at hourly intervals up to three hours. This graph demonstrates visually, curd characteristics and progressive changes during digestion. Other work has shown that if milk is only pasteurised and not boiled, particle size is larger still than in the case of boiled milk.

A comparison of these graphs demonstrates that, even boiling for 10 minutes, does not give with modified cows' milk a result as satisfactory as that produced by the special process, used in the manufacture of Lactogen and Vi-Lactogen. This can only be attributed to the special methods employed in making these two infant foods.

Our trials were made in a water-bath held at a constant temperature of 99°F. The bath was fitted with a series of rubber tubes into which the milk to be tested was placed.

Artificial peristalsis was brought about by a mechanical device which, by a rhythmic, squeezing action on the thin-walled rubber tubes, gave comparable movement to each of the milks under test.

* DOAN, F. J. and DIZIKES, J. L.—Digestion Characteristics of Various Types of Milk Compared with Human Milk—Bulletin 428. Agricultural Experiment Station, State College, Pennsylvania.

Four tubes for each sample to be analysed were placed in the apparatus. After all tubes were in position, 6.0 ccs. of an artificial digestion mixture were added to each tube.

This mixture consisted of—

0.4 ccs. of normal hydrochloric acid

1.5 ccs. of rennin solution.

4.1 ccs. of a 0.3% of pepsin solution.

The tubes containing the digestion mixture were allowed to stand 5 minutes, in order to reach the bath temperature.

40 ccs. of the modified milk to be tested was added at the temperature of 99°F. to each of four tubes, and mixed well with the 6 ccs. of digestion mixture.

The milk was allowed to stand for 15 minutes during which time coagulation took place.

8 ccs. of 0.3% pepsin solution was then added to all tubes, and one tube removed from each group, for analysis.

This tube represented the zero digestion time.

The mechanical device for imitating peristalsis by squeezing the tubes was started, and run for three hours.

At half-hour intervals, 0.6 ccs. of normal hydrochloric acid was added to lower the pH.

These additions of acid lowered the pH from about 6.0 at coagulation to about 3.5 after 2½ hours. Each hour one of the remaining tubes was removed for analysis, i.e., at 1, 2 and 3 hours.

On removal from the bath, each of the four tubes concerned in the analysis, was carefully poured into a beaker, and 10 ccs. of 40% formalin added, and the contents made up to a constant volume of 75 ccs.

The curds were then allowed to stand in order to harden the particles for purposes of particle size measurement.

After 24 hours the contents of the beaker were carefully screened through a series of sieves mounted on a Buchner vacuum funnel, the latter being fitted with a No. 3 filter paper.

The size of the sieves used was 3, 10, 20 and 40 meshes to the linear inch respectively.

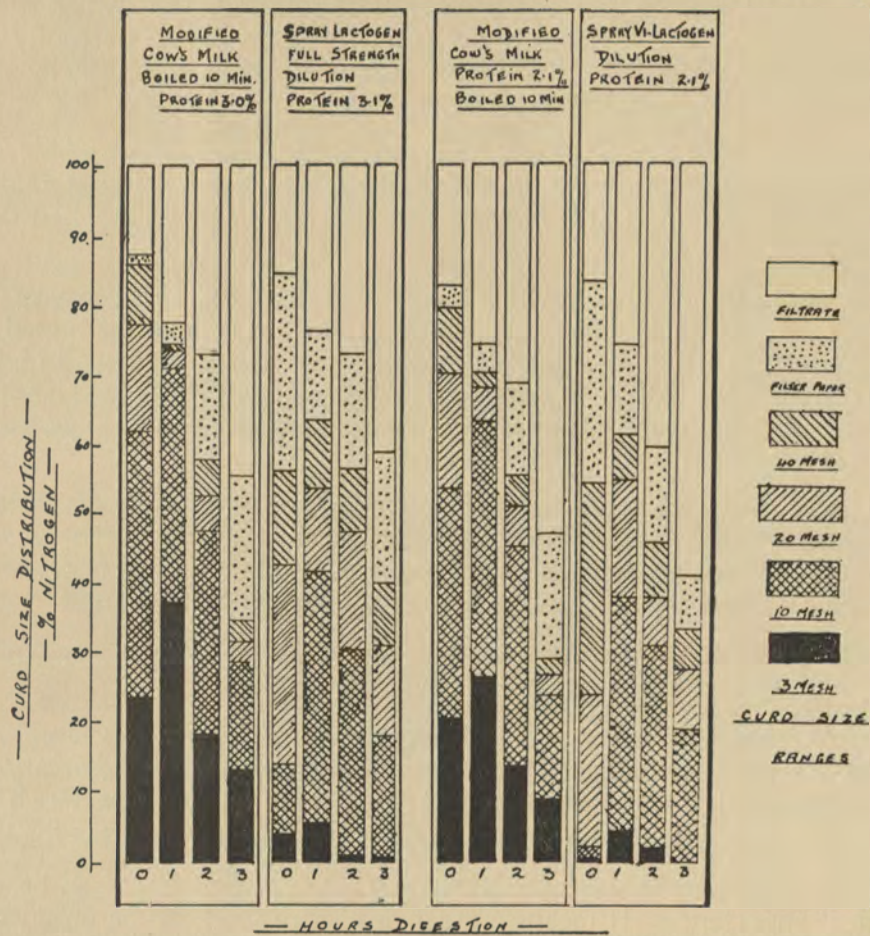
The curds on each sieve were washed thoroughly and the contents removed in rotation.

The curds held on each of the four sieves, plus those held on the filter paper, together with the filtrate itself, gave 6 graduated fractions for each tube.

A nitrogen determination on each fraction was obtained and expressed as a percentage of the total nitrogen as a means of gauging the amount of protein present.

A graph illustrating the percentage of nitrogen in each fraction was prepared and gives a comparison of the changes taking place during the period of digestion.

The darker the shading, the larger the particle size.



THE KEEPING QUALITY OF TINNED FOODS *

The earliest reference to the preservation of food in tins is as far back as 1810 or 1811. A few years after this, meat preserved in this way, was supplied to the British Navy.

In 1938, two tins, one of roasted veal and another of carrots and gravy, which had been packed in 1824, were opened after one hundred and fourteen years. The opportunity was taken to have these tins very carefully examined both chemically and bacteriologically by a selected body of scientists.

The practical result of these tests showed that the foods were still in edible condition and had retained their nourishing properties to a high degree. One surprising fact was that an appreciable amount of vitamin D still remained in the fat of the veal when compared with fresh veal fat.

No one of course wants to keep food in tins for one hundred and fourteen years! It is a fact that chemical changes take place to a variable extent in different types of tinned food on holding, and this action may affect the palatability while not being dangerous to health. In some foods the action is more rapid than in others; the keeping quality of a food is intimately bound up in the quality of the raw materials used and the skill and scientific knowledge controlling its preparation and packing.

The economical value of tinned foods to the community cannot be fully estimated. There has been a remarkable increase in the amount preserved in this way in recent years, because in this form foods can be made available which could not be purchased on account of price, lack of transport or the fact that they are out of season.

From the nutritive angle it has been proved that canned foods provide as complete and adequate a diet as can be obtained in any other way.

Most of the world's foodstuffs are seasonal. Many foods of course, such as wheat, can be carried over into the slack period of production without any special preservation. Both fresh milk and fruit, however, deteriorate rapidly, and it is well known that much more milk is produced in summer than in winter and fruit ripens only during a few months of the year.

The fact, therefore, that perishable foods such as fruit, milk and meat can be preserved is of enormous practical importance. It means a great deal more food can be produced with safety. It evens out the effect of good and bad seasons. It minimises waste and this means economy in the budget of the world's food requirements.

Sir William Savage is regarded as one of the most distinguished authorities on the subject of canned foods, and in a recent survey concluded that there was no evidence that canned foods have had their total nutritive value affected in any way.

On the subject of vitamins, he was of the opinion that there is plenty of evidence to establish that tinned foods are not, in general, inferior in respect of vitamins to the same foods after domestic cooking.

In his summary he states: "In some cases they are definitely superior. The view that canned foods are devitalised foods (whatever that may mean) is not supported by nutritional research. It can be definitely stated that canned foods are now considerably less liable than ordinary foods to be the source of food poisoning."

The value of having food in containers which are hermetically sealed is only fully realised in war time. Foods which were regarded by the housewife as a convenience or as a means of adding variety to a meal are now of paramount national importance.

* Contributed.

Troops must be fed in the field and in the fighting zones—in places where no fresh foods are available. Foods which will keep until required and which can be carried for thousands of miles in safety are as important as munitions. No army can fight unless it is fed.

No better example of this can be given than that of tinned milk and tinned meat, both of which are essential foods to the fighting forces.

To those who are concerned with the supply of food to the civilian population (and this means the housewife as well as the Government official), the length of time tinned foods can be expected to keep is of vital interest.

It is difficult to define what is meant by "keeping quality." Probably the simplest definition is that it should remain wholesome and retain its natural flavour and appearance.

There is no doubt that tinned meat and fruit have a long life. Condensed milks, both sweetened and unsweetened, should remain normal at least a year from the date of manufacture, but under wartime conditions, if the date of manufacture is not known, a good working rule would be to see that they are used within at least six months of purchasing and replaced from time to time with freshly purchased stocks.

Dried full cream milk and infants' foods are protected in the case of most reputable brands by an expiry date which is placed on the tin by the manufacturer simply to prevent old food remaining on the market. The date of expiry does not mean that the food is faulty as soon as the date has been reached, but, as no food can improve on holding, it is better to use these or any tinned foods within a reasonable period after purchase.

If a tin shows obvious signs of blowing or a definite escape of gas is noticed when opening, do not use it. Never use tins which have a cut or nail hole in the tinplate, or which seem to have an unusual smell. These are rare faults but they can happen.

Food such as meat, tinned fish or unsweetened condensed milk, or in fact any foods preserved solely by sterilisation, should be used shortly after opening. These foods, in order to be preserved, must be packed in absolutely airtight tins, and because the act of opening destroys the protection they should not be kept any longer than similar foods cooked in the home.

Foods such as jam or sweetened condensed milk are wholesome for several weeks after opening. This is because the cane sugar which is present has a definite preservative action. With these foods it is wiser to keep the lid up in order to allow a little circulation of air, but care must be taken to see that flies and dust cannot enter.

Milk powders keep well after opening also, but they tend to pick up moisture with exposure to the air, and on this account may go lumpy and develop unpleasant flavours. Therefore, in this case, keep the lid well closed and as a general rule try to use them up within at least a fortnight after opening.

Always keep tinned foods, both before and after opening, in a cool dry place, but do not freeze. The hotter the temperature of storage, the more quickly any food deteriorates.

After opening, any food can be held with safety in the tin in which it is packed. It is a popular misconception that it must be emptied into a glass or earthenware container.

SUMMARY OF THE KNOWN VITAMINS

Vitamin A—is a fat-soluble factor occurring particularly in fish liver oils, milk, butter and eggs. In addition, carotene or pro-vitamin A occurs in various green vegetables and in certain vegetable oils. The vitamin is growth-promoting and anti-infective. Deficiency leads to keratitis, xerophthalmia, night-blindness and reduced resistance to infection.

International unit—the growth-promoting activity for rats of 0.6 micrograms of standard β -carotene.

Vitamin B₁—aneurin or thiamin is a water-soluble factor found most abundantly in yeast, liver, certain cereals, especially in the bran and germ, meats, milk and eggs. The vitamin functions in carbohydrate metabolism and deficiency leads to beri-beri and polyneuritis.

International unit—the anti-neuritic activity of 3 micrograms of a standard preparation of crystalline aneurin hydrochloride.

Vitamin C—or ascorbic acid is water-soluble and found mainly in fruits and to a lesser extent in green vegetables. Deficiency of the factor leads to scurvy.

International unit—the anti-scorbutic activity of 0.05 milligrams of standard l-ascorbic acid.

Vitamin D—the oil-soluble anti-rachitic substance occurring in fish liver oils, milk, butter and eggs. The factor acts in the absorption of calcium and deficiency leads to rickets or osteoporosis.

International unit—the anti-rachitic activity of 1 mgm. of standard solution of irradiated ergosterol or 0.25 micrograms of crystalline Vitamin-D₂ (calciferol).

Vitamin E—oil-soluble and occurring in the embryos of seeds, especially grains or in green leaves. In rats, deficiency leads to sterility due to resorption of the foetus and there is evidence of similar action in the human subject.

Chemical identities— α - and β -tocopherols have been shown to be active but there is no international standard on account of difficulties of estimation.

Vitamin B₂ Complex—the water-soluble, heat-stable fractions of yeast and liver. The complex has been split into a number of fractions including:

Lactoflavin (riboflavin) a yellow pigment functioning in carbohydrate metabolism and probably tissue respiration. The factor occurs most abundantly in yeast, liver and milk, and exercises a growth-promoting action in rats. There is little knowledge of effects of deficiency and no international unit.

Pellagra-Preventing Factor—probably identical with nicotinic acid which prevents or cures pellagra in man and black-tongue in dogs. Known rich sources are liver, yeast and certain grains, although maize is deficient in the factor.

Vitamins B₃, B₄, B₅ and B₆—**Vitamin H and Factors I, Y and W** are little-known components of the Vitamin B₂ complex, considered necessary for normal nutrition of rats and/or pigeons.

Vitamin K—a fat-soluble vitamin occurring in certain green leaves and decomposing fish meal, necessary to prevent hæmorrhagic diseases in chickens and probably required in man.*

Vitamin P—a flavone compound occurring in citrus juices and red pepper and thought to have an effect on capillary permeability. It is probably required in man and functions in conjunction with Vitamin C.

Vitamin F—is used to describe certain unsaturated fatty acids, especially linoleic acid, which have been thought to have an action on the epidermal structures and on the growth of the rat.

It should be noted that vitamins A, D and E, each are known in several different chemical forms which are not necessarily of equal activity.

* Chemical identification, while by no means complete, has advanced to the stage at which it can reasonably be considered that at least much of the activity due to Vitamin K, can be attributed to one or more quinone derivatives.

Vitamin Chart

VITAMIN A

(The anti-ophthalmic anti-infective Vitamin—Oil-soluble—Heat-stable, cooking or drying at usual temperature has little effect—Oxidises at higher temperatures)

Prevents infections (especially of eye and respiratory system), promotes growth and long life, appetite and digestion, and maintains vigour. It is essential for normal reproduction and lactation and for maintaining the integrity of epithelial tissue. Deficiency may result in gland and sinus infection, kidney, ureter and bladder calculi, diarrhoea, physical weakness, etc.

VITAMIN D

(The anti-rachitic Vitamin—Oil-soluble—Heat-stable—Fairly resistant to oxidation)

Regulates absorption and metabolism of the Calcium and Phosphorus needed for bone formation. Similarly regulates mineral metabolism of teeth and bones. It is necessary to the pregnant mother to prevent rickets in the young. Deficiency results in rickets and bone deformity, enlargement of the joints, beading of ribs, softening of cranial bones, etc., as well as muscular weakness, nervous instability, dental caries and so on.

VITAMIN B (B₁)

(The anti-neritic, anti-beri-beri Vitamin—Water- and alcohol-soluble—Heat-labile, especially in alkaline solutions)

Promotes appetite and digestion, as well as growth, by improving metabolism, and also tonicity of the digestive tract. It protects against nerve disease, e.g. polyneuritis and beri-beri, and is necessary to the mother for normal reproduction and lactation. Deficiency may result in impaired digestion and growth, loss of weight and vigour, subnormal temperature, fatigue, loss of muscle co-ordination, paralysis of limbs, indigestion, constipation and colitis.

VITAMIN E

(The anti-sterility Vitamin—Heat-stable, cooking, drying or sterilising has little effect—Susceptible to oxidation)

Necessary for normal reproduction, influencing normal maturation of germ cell in male and normal placental function in the female. Deficiency leads to death and resorption of the foetus.

VITAMIN C

(The anti-scorbutic Vitamin—water-soluble—Readily oxidised at higher temperatures)

Protects against scurvy. Also necessary for the proper metabolism of bones and normal tooth development and maintenance. Deficiency leads to scurvy, hæmorrhages of mucous membrane, skin, joints, and bone marrow; spongy gums, painful swelling of joints, bone fragility, decalcification, caries, fatigue, etc.

VITAMIN G (B₂)

(The anti-pellagic Vitamin—Water- and alcohol-soluble—Heat-stable)

Pellagra-preventive. Recent work points to the fact that other factors play an important part in prevention and cure of pellagra. Deficiency may cause alimentary disturbances, dermatitis, inflammation of the tongue and mouth, diarrhoea and nervous and mental disorders.

In the following table, adapted largely from "Vitamins: A Survey of Present Knowledge," Medical Research Council Special Report Series No. 167, 0 indicates the Vitamin has not been found, + that the Vitamin is present, ++ that the food is a good source, and +++ a rich source of the Vitamin. No sign indicates that the Vitamin content of the food has not been studied. The "Water-soluble B complex" has been included and only where the B₁ and B₂ (G) fractions have been estimated suitable entries have been made.

FOODSTUFFS.	A	B	B ₁	B ₂	C	D	E	FOODSTUFFS.	A	B	B ₁	B ₂	C	D	E	FOODSTUFFS.	A	B	B ₁	B ₂	C	D	E
OILS, FATS, AND MEATS.								CEREALS, SEEDS, NUTS & VEGETABLES.								FRUITS, EGGS, MILK & MISCELLANEOUS.							
Beef Fat	++	0	+	..	Barley, husked	++	..	0	Duck Eggs, fresh	++	..	+	++	..	++	..
Butter Fat (pasture)	++	0	++	++	Bread, wheaten, white, water	0	..	+	..	0	..	0 to +	Hen " "	++	..	++	+	0	+++	+
" " (dry feed)	+	0	+	+	" " wholemeal, water	+	0 to +	" " yolk	++	+	0	0	..
Cod Body Oil	+	" " milk	+	0 to +	" " white	0	++	0 to +	0	..
Cod Liver Oil	+++	+++	0 to +	" " wholemeal, water	+	..	++	..	0	Buttermilk	+	+	0 to +
Eel Body Oil	++	Maize, white, embryo	0	..	+++	+	0	Cheese, Amer. Cheddar	++	..	0	+	..	0 to +	..
Haddock Body Oil	+	++	" " whole grain	0	..	++	+	0	" " skim milk	+	+	..	0 to +	+
Salmon Body Oil	++	++	" " yellow, whole grain ..	+	..	++	+	0	0 to +	+	Cow's Milk, whole, fresh ..	+ varies	..	+	++	+	0 to +	+ varies
Salmon Liver Oil	+++	++	..	Oats, husked	0	0	" " " condensed	++	+	+	..	+	varies	..
Sardine Body Oil	0	Oatmeal	0 to +	+	0	..	0 to +	" " " dried	varies	++	0 to +	0 to ++	+ varies
Halibut Liver	+++	++	..	Rice, polished	0	..	0	0	0	..	0 to +	" " " pasteur'd	+ varies	+	+	+	..
Herring Liver	++	" " polishings, alcohol ext.	+++	+	0	" " " scalded	+ varies	+	0 to +	0 to +	..
Shark Liver	++	+++	..	Wheat Bran	+	..	++	++	0	" " " sterilized	+ varies	+	0 to +	0 to +	..
Salmon, canned	+	" " Flour, white	0	..	+	0	0	" " " skim	0 to +	+	0 to +	..	0
Lard	0 to +	0	0	0	" " wholemeal	0 to +	..	+	+	0	Goat's Milk	+	+	+	+	0 to +	0 to +	..
Maize, yellow, oil	++	0	..	++	0	+	+++	Beans, green, canned	0 to +	doubtful	Human Milk	+	..	+	+	0 to +	0 to +	..
Margarine, animal	0 to +	0	0 to +	+	" " runner, green	++	Lactose, pure	0	0	+	..
" " vegetable	0	0	0	" " string,	++	+	+	+	++	Cream	++	++	0 to +	+	..
" " with vitamins added ..	++	0	0	++	..	Peas, green	++	++	++	..	+	Cocoa	+ varies	++	++	..
Mutton Fat	0	" " dried	+	..	++	++	+	..	+	Milk Chocolate	++	0	0	..
Olive Oil	0 to +	0	0	0 to +	+	" " green, canned	++	++	++	..	+	Honey	very low
Peanut Oil	0 to +	0	0	0	+	Soy Beans	+	+	+	++	0	..	+	Marmalade (orange)	0	+	+
Petrel, Australian (stomach oil)	++	..	Almond	+	+	+	+	Molasses, cane	+	+
Petrel, Fulmar (stomach oil) ..	++	++	..	Peanut	+	+	++	+	Sugar, cane, pure	0	0	0
Soy Bean Oil	0 to +	++	..	Walnut, black	+	+	+	" " glucose, pure	++	+++	+++	0	0	0 to +
Wheat Oil	+++	..	" " English	+	+	+	Yeast, brewers'	+++	+++	0	0	0 to +
Wheat Germ Oil	+	++	..	+++	..	Artichoke, globe	++	++	+	" " Marmite	0	0	..
Bacon	0 to +	0 to +	Asparagus Tips, bleached ..	+	+	+++	..	+	Apple	++	+	+	+	++	++	low
Beef	++	++	0 to +	" " green	++	++	++	..	+	Banana	++	+	+	+	++	++	++
Chicken Liver	+	++	..	" " boiled	very low	..	+	Cherry	++	++	++	++	++
Fish, Fat, Muscle	+	+	..	Cabbage, cooked	+	+	..	+	Date	+	..	+	..	++	++	++
" " Liver	+++	+++	..	" " green, fresh	++	++	++	++	+++	..	+	Fig	+	..	+	..	++	++	++
" " Roe	++	+++	..	Carrot, young, raw	++	..	++	+	+	..	+	Grape	+	..	+	..	++	++	++
Ham	0 to +	..	+	+	" " cooked	+	+	..	++	..	+	Grapefruit	+	+	+	..	++	++	++
Liver Extract, commercial	++	+++	Cauliflower, cooked	+	+	..	++	..	+	Lemon	+	+	+	..	++	++	++
Meat Juice	+	very low	Celery Stalk	0 to +	+	+	..	++	..	+	" " Juice	+	+	+	..	++	++	++
Mutton	++	++	0 to +	Lettuce, green	++	..	+	..	+++	..	+++	Lime	0	++	++	++
Ox Heart	Onion	0 to +	..	+	..	++	..	++	" " Juice	0	++	++	++
" " Kidney	+++	Parsley	0 to +	++	++	..	++	..	++	Orange Pulp	+	+	+	++	++	++
" " Liver	+++	..	++	+++	..	++	..	Parsnip	0 to +	++	++	..	++	..	++	" " Juice	+	+	+	++	++	++
Oysters	++	++	+	+	+	++	..	Potato, raw	+	..	++	+	++ to	..	++	Prune	+	..	+	..	++	++	++
Pig Liver	+++	++	++	+	..	" " cooked	+	+++	..	++	Tomato, ripe	++	++	+	+	+++	+++	+++
Pork	0 to +	..	++	++	0 to +	Pumpkin	++	+	+++	..	++	" " canned	++	++	++	++
Poultry	0 to +	Spinach, raw	++	..	+	..	+++	0 to +	++	" " Juice	+	..	+	..	++	++	++
Veal	0 to +	" " cooked	++	..	+	..	+++	..	++	Swede	+	++	++	++
								Swede	+	+	..	++	" " Juice	+++	+++	+++

Vitamin Chart

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Vitamin	Source	Deficiency	Chemical Name	Units	Notes
Vitamin A	Carotene	Blindness, night blindness	Retinol	1000 IU	Found in carrots, liver
Vitamin B ₁	Thiamine	Beriberi	Thiamine	1 mg	Found in rice, yeast
Vitamin C	Ascorbic acid	Scurvy	Ascorbic acid	100 mg	Found in citrus fruits
Vitamin D	Calciferol	Rickets	Calciferol	400 IU	Found in fish liver oil
Vitamin E	Tocopherol	Infertility, muscle weakness	Tocopherol	10 IU	Found in wheat germ
Vitamin B ₂	Riboflavin	Pellagra	Riboflavin	1 mg	Found in milk, eggs
Vitamin K	Phylloquinone	Bleeding	Phylloquinone	1000 IU	Found in green leafy vegetables

DIETARY STANDARDS OF THE FOOD REQUIREMENTS OF MAN

Recommended Daily Allowances for Specific Nutrients

Extracted by permission of the Council for Scientific and Industrial Research from Bulletin No. 178, p. 66, Food Composition Tables, compiled by Hedley R. Marston, Chief Nutrition Officer of the Council and Officer-in-Charge of the Animal Nutrition Laboratory of its Division of Animal Health and Nutrition and Mary C. Dawbarn, Biochemist of the Animal Products Research Foundation of the University of Adelaide, working in the Council's Nutrition Laboratory.

	Calories	Protein	Calcium	Iron	Vitamin A (a)	Thiamine (b) (Vitamin B1)	Riboflavin	Nicotinic acid	Ascorbic acid (Vitamin C)	Vitamin D
		gm.	gm.	mg.	I.U.	mg.	mg.	mg.	mg.	I.U.
Man (70 kg.) :—										
Moderately active	3000	70	0.8	12	5000	1.8	2.7	18	75	(e)
Very active	4500	"	"	"	"	2.3	3.3	23	"	
Sedentary	2500	"	"	"	"	1.5	2.2	15	"	
Woman (56 kg.) :—										
Moderately active	2500	60	0.8	12	5000	1.5	2.2	15	70	(e)
Very active	3000	"	"	"	"	1.8	2.7	18	"	
Sedentary	2100	"	"	"	"	1.2	1.8	12	"	
Pregnancy (latter half)	2500	85	1.5	15	6000	1.8	2.5	18	100	400-800
Lactation	3000	100	2.0	15	8000	2.3	3.0	23	150	400-800
Children up to 12 years :—										
Under 1 year (c)	100 per	3-4 kg. }	1.0	6	1500	0.4	0.6	4	30	400-800
1-3 years (d)	1200	40	1.0	7	2000	0.6	0.9	6	35	(e)
4-6 years	1600	50	1.0	8	2500	0.8	1.2	8	50	
7-9 years	2000	60	1.0	10	3500	1.0	1.5	10	60	
10-12 years	2500	70	1.2	12	4500	1.2	1.8	12	75	
Children over 12 years :—										
Girls :—										
13-15 years	2800	80	1.3	15	5000	1.4	2.0	14	80	(e)
16-20 years	2400	75	1.0	15	5000	1.2	1.8	12	80	
Boys :—										
13-15 years	3200	85	1.4	15	5000	1.6	2.4	16	90	(e)
16-20 years	3800	100	1.4	15	6000	2.0	3.0	20	100	

These are tentative allowances toward which to aim in planning practical dietaries. These allowances can be met by a good diet of natural foods which will also provide other minerals and vitamins, the requirements for which are less well known.

- (a) Requirements may be less than the amounts stated if provided as vitamin A, and greater if the source is chiefly the provitamin, carotene. (I.U. = International Units.)
- (b) 1 mg. thiamine equals 333 I.U.
- (c) Needs of infants increase from month to month. The amounts given are for approximately 6-18 months. The amounts of protein and calcium needed are less if from breast milk.
- (d) Allowances are based on needs for the middle year in each group (as 2, 5, 8, etc.) and for moderate activity.
- (e) Vitamin D is undoubtedly necessary for older children and adults. When not available from sunshine, it should be provided probably up to the minimal amounts recommended for infants.

THE PROBLEMS OF RAW MILK

The following summary of Section F—Milk-borne Diseases—of Biennial Reviews of the Progress of Dairy Science, ("J. Dairy Research," May, 1939) gives a concise review of recent milk-borne epidemic disease.

Streptococcal Infections.

It is now believed that the majority of these milk-borne epidemics arise not from direct contamination from a human source, but by contamination from a cow suffering from mastitis due to hæmolytic streptococci of human origin.

Davis clearly showed experimentally that streptococci from human sources, placed on teat surfaces, readily ascended the teat ducts infecting the bovine udder.

In Denmark, a cow responsible for a milk-borne epidemic excreted streptococci for 13 months (excluding a dry period of 3 months) and another involved in the Doncaster (England) epidemic excreted streptococci for 6 weeks, and in both cases there were periods when symptoms of mastitis were either not evident or not pronounced although the milk was known to be infective.

In the United States, in 1936, a severe epidemic of scarlet fever type occurred in Owego, N.Y., 511 contracting the disease from raw milk, and one cow suffering from mastitis was believed responsible.

In 1937 an outbreak of septic sore throat (645 cases) occurred at West Des Moines, Iowa. At least 312 persons had consumed milk from a source infected with hæmolytic streptococci from a bovine source.

Of 32 outbreaks in 1936-7, no less than 12 were believed due at least in part to bovine carriers. In England the last serious outbreak, a mixed type of infection, in which cases of scarlet fever and sore throat were both observed, occurred in Doncaster in December, 1936. The Penneberg outbreak in Germany was traced to a milker who had been in contact with a child with scarlet fever and was responsible for 450 cases with 8 deaths. Yet another outbreak in Denmark, of 100 cases of sore throat was traced to milk which had been infected by a cow suffering from mastitis due to Lancefield group A hæmolytic Streptococcus.

Staphylococcal Infections.

Recent investigations into the etiology of bovine mastitis have shown that numerous cows are infected with staphylococci, and it is a matter for surprise that outbreaks of staphylococcal food poisoning are not more prevalent. Gwatkin et al. examining a series of cattle found considerably more than half affected with mastitis and in about 30 per cent. of these animals the staphylococcus was incriminated. In two-thirds of the cases so incriminated the staphylococcus was the only pathogenic organism isolated.

In a series of 415 cows from 5 herds, no less than 34.9 per cent. were found to be infected and for some reason infection occurred much more frequently to hind than fore quarters of the udders.

Probably due to the frequently mild nature of many staphylococcal outbreaks of food-poisoning they pass unnoticed or are only notified to the authorities at such a late stage that satisfactory specimens for full investigation are no longer obtainable.

Outbreaks have been described in England associated with milk, custard and butter. In America, raw milk and milk products such as ice-cream, cheese, cream and custard, account for most of the recorded cases. Denison described one outbreak in a school of almost 700 students, of whom 165 ate cream puffs; 57 per cent. of these pupils were taken ill and also a further 28 cases outside the school occurred in people who had had some of the same food. Within four hours of ingestion, no less than 80 per cent. of the cases were ill, symptoms being vomiting (78 per cent. severe), pain in abdomen, diarrhoea, headache, muscle cramps and sweating.

Prevention of staphylococcal food poisoning by milk or milk products calls for heating, either to 80° C. for 15 minutes or 85° C. for 10 minutes to ensure destruction, and the greatest care taken to preclude re-infection.

An interesting observation is the fact that addition of starch to milk appears to enable staphylococci to more freely elaborate their entero-toxins.

Bovine Tuberculosis.

Griffith's interesting table, amended to include Griffith & Smith's figures shows a very variable percentage of bovine tuberculosis in an extensive series of observations, but it is noteworthy that in rural areas in parts of Scotland the figures are more than double those in city areas, 9.1 per cent. and 4.4 per cent. respectively.

While the findings of Griffith & Smith point to the consumption of raw infected milk as the chief source of bovine infection, Lange, who reported some 2 per cent. of all tuberculosis deaths in Germany to be of bovine origin, lays emphasis on the importance of contact with cattle, for instance dairy farm employees, in explaining the bovine type of infection.

Recently several actual tuberculosis epidemics have been described. Swedish observers associate erythema nodosum with tuberculosis and not as a manifestation of rheumatic disease. Törnell reporting on an epidemic in the summer of 1935, found 13 women factory hands aged 17 to 29 years all tuberculin-positive and with two exceptions, the lungs on radiological examination were negative. The single common food factor was the milk supply, later found to contain tubercle bacilli.

Similarly, Stahl reported in a small Swedish community, 50 persons, chiefly children, manifesting tuberculous infection and about three times as many tuberculin-positive, all using a common milk supply, one cow of the herd suffering from tuberculous mastitis. Of the infected persons, some showed high fever over several weeks, others enlarged cervical glands and still others erythema nodosum.

Salmonella Infections.

These infections are divided into two varieties, those with a typhoid-like symptomatology, and those with food-poisoning characteristics. The United States Public Health Reports summarise milk-borne outbreaks in the following table.

	1936			1937		
	Epidemics	Cases	Deaths	Epidemics	Cases	Deaths
Typhoid - - - -	15	95	5	15	161	11
Para-typhoid - - -	1	21	0	—	—	—

The last big epidemic associated with milk in England occurred at and around Bournemouth in 1936.

The Dublin variety of Salmonella is becoming more frequently associated with milk infections. In Wiltshire an outbreak in which more than 100 people were concerned was traced to bottled raw milk. The infection came from a single, apparently healthy cow, but the organism was repeatedly isolated from its dung.

Dysentery.

There have been only two dysentery epidemics reported as due to milk during the past two years, and one associated with ice-cream, a milk product.

In Hong-Kong, with a mortality of approximately 33 per cent., a number of young European children were affected, the Shiga bacillus being isolated from raw milk used. The second outbreak at Bedford, the symptoms being those of mild enteritis, was due to unpasteurised milk, found ultimately to be quite free from infection on the farm, but infection must have occurred on the retailer's premises. The milk was distributed to 106 households, of which 59 yielded one or more cases. The infecting organism in this instance was *B. dysenteriae* Sonne.

Brucella Infections.

The incidence of known cases varies considerably in different countries, the U.S. Public Health Service, and the Chief Medical Officer for the United States and for England respectively reported for the three years 1935-37 inclusive:—

	U.S.A.		England.	
	Cases	Deaths	Cases	Deaths
1935 - - - - -	2008	98	391	—
1936 - - - - -	2095	107	48	—
1937 - - - - -	2497	58	—	—

Hagan concludes that human infections necessarily imply contact with cattle, goats and swine and their secretions, and the risk of infection through contact with animals is definitely greater than through the consumption of raw milk or cheese.

The Milk and Dairies Order 1926 should, since it makes it an offence to "sell or offer or expose for sale any milk from a cow suffering from any infection of the udder or teats which is likely to convey disease," help to eradicate these infections.

Raw milk in the spread of disease.

Extract from a paper by Sir William Savage, at the Royal Sanitary Institute, ("Journal of the Royal Sanitary Institute," July, 1938).

"The facts have been stated so often that I confine myself to a short statement. Scarlet fever, diphtheria, paratyphoid fever and enteric fever have frequently been spread by milk; bacillary dysentery and acute food poisoning rather rarely. Nearly always these diseases are spread from contamination of the milk with the special germ in question after the milk leaves the cow, but occasionally the cow is infected and so contaminates the milk.

"Outbreaks of septic sore throat spread by milk are comparatively rare, but may be very widespread, as in the Brighton-Hove outbreak, with over a thousand cases and more than 60 deaths, or in the one I investigated at Colchester, with over 600 cases. The source of infection is nearly always a cow infected with a special type of streptococcus of human origin first setting up a mastitis in the cow.

"Undulant fever in man is spread by milk through infected cows, and Professor Wilson estimates that there are about 500 cases annually. Tuberculosis in man of bovine origin is of special importance, and although there is evidence that the cases are diminishing, we cannot even now put the deaths at less than 1,700 per annum, with about 4,000 fresh infections each year, the latter involving an immense amount of suffering.

"These facts constitute a very strong case against the use of raw milk, and it is because of them that so large a proportion of the medical profession, including those in the public health service, is so insistent that these risks must be removed."

Milk-Borne Scarlet Fever in Denmark.

Extract from the "Lancet," May 6th, 1939.

"In describing a recent outbreak of scarlet fever in Denmark, Juel-Henningsen and Ernst paint a picture as vivid as that which H. H. Scott provides in 'Some Notable Epidemics.' If the plot of all these stories is more or less the same, the detective work entailed is always interesting.

"The Danish outbreak began with the notification of about 20 cases of scarlet fever in Vejle, a community of about 25,000 people. On April 14th, the outbreak culminated with the notification of about 40 cases. As most of the patients had been supplied with milk from the same dairy, its owner was questioned, and he was able at once to state which was the milk cart and which were the farms providing milk for the part of the town where infection had broken out. Medical inspection of the farms led to the discovery of a hitherto undiagnosed case of scarlet fever in a milkmaid whose hands were peeling, and one of whose ears was discharging pus.

"The prompt elimination of the milkmaid as a source of infection was doubtless the reason why the outbreak ceased as abruptly as it had begun. The bacteriological examination revealed Lancefield's group A and Griffith's type 3 *Streptococcus pyogenes* in the pus from the milkmaid and in 108 of the 118 cases of scarlet fever. As in most such outbreaks the infection of the milk is maintained by mastitis in one or more cows, diligent search was made for disease of the udders in those that had supplied the offending milk. But though every cow was examined twice at an interval of six days, and the aid of the State Veterinary Serum Laboratory and of the State Serum Institute was invoked, neither the cows nor their milk proved to be infected.

"The milkmaid therefore seems to have been alone responsible for this outbreak, and it is remarkable that though raw milk is a poor culture-medium for the germ in question, and the cows did not co-operate in spreading the infection, she still succeeded in giving scarlet fever to 118 persons and angina faucium to about 50 others."

Outbreaks of Sonne Dysentery due to Raw Milk.

Summary of a report by Trimble & Brothwood ("Brit. Med. Jour.," 31/12/1938).

The outbreak occurred in Preston Rural District on January 26th, 1938, and no fresh cases were reported after the milk supply was stopped on February 1st, except for two secondary infections. A total of 21 persons were affected out of 86 who were exposed to risk.

The symptoms were diarrhoea, slight abdominal pains and slimy stools, but no blood was visible. The cases were limited to the consumers of milk from one farm which had no cattle added for

over a year, and no person at the farm had previously suffered from a similar illness, although during the outbreak four of the farm employees became affected.

Bacteriological examination of the fæces of infected persons confirmed that the outbreak was due to the Sonne Dysentery organism, and it was found that in some individuals a carrier state lasting some weeks was established. Two of the 21 persons were still excreting the organisms after five weeks.

It was not possible to establish the exact source of contamination of the milk. The water used for washing the utensils was of very poor bacteriological quality and was thought to be responsible; its further use for this purpose was forbidden. None of the cows were examined bacteriologically, but since the measures which had already been taken were successful in preventing further cases it seems that this factor was not involved.

The Milk Problem.

Extracts from the Bulletin of the Health Organization—League of Nations—(Vol. VI., No. 3, 1937).

"In most countries of Europe, extensive disease prevails among the cattle. So far as milk hygiene is concerned, the three most important diseases are tuberculosis, contagious abortion and mastitis. Generally speaking, the spread and gravity of these diseases has gone hand in hand with the development of intensive milk production."

"Milk frequently contains pathogenic organisms derived from (a) the diseased udder of the cow, or occasionally the cows' fæces or uterine discharge; (b) a human case or carrier, the infection usually coming from the nasopharynx or the intestine, and gaining access to the milk by sneezing, coughing, etc., or by contaminated fingers, (c) a contaminated water-supply, (d) sometimes perhaps from rodents."

"During the years 1912-1935, records are available in Great Britain of the occurrence of 103 milk-borne outbreaks of scarlet fever, septic sore throat, diphtheria, typhoid fever, paratyphoid fever, dysentery and gastro-enteritis, affecting about 12,000 persons. During the same time, it is estimated that about 150,000 persons contracted tuberculosis of bovine origin, of which over 60,000 died, while an unascertained number, probably several thousand, suffered from undulant fever due to infection with Br. abortus."

"Our information for other countries is even less complete than that for Great Britain, but, such as it is, it points to the existence of a considerable amount of milk-borne disease, much of which is at present being overlooked. In Denmark, for example, where serious attention has only recently been devoted to the investigation of this problem, approximately 10% of all deaths from tuberculosis appear to be due to infection of bovine origin. About 500 cases of undulant fever occur annually, of which a considerable proportion is due to the consumption of infected milk. In addition, during the three years 1934-1936, nine outbreaks of epidemic milk-borne disease have occurred, affecting over 10,000 persons."

"No raw milk can ever be regarded as completely safe for human consumption. Even if produced from healthy animals, milk is so subject to contamination from human and other sources that it must always be regarded in the raw state as a potentially dangerous article of food. The only satisfactory method of ensuring the final safety of the product is to submit it to some form of heat treatment that can be relied on to destroy any pathogenic organisms that may be present."

THE NUTRITIVE VALUE OF MILK AND MILK PRODUCTS

Biological Values of Milk Products.

Henry, Houston, Kon & Osborne, ("J. Dairy Research," May, 1939), working with Evaporated Milk, Spray Dried Milk and Roller Dried Milk, reported no significant difference between the biological values of the proteins in the three processed milks.

No significant difference was found between the digestibility of the proteins of roller and spray dried milk, but those of evaporated milk were less digestible. A highly significant difference between the Vitamin B₁ content of evaporated milk (approximately only half) and roller and spray dried milk was recorded.

In animal experiments the dried milks were found significantly superior.

No loss of Vitamin A or of carotene, was found during processing and moreover, no decrease was found after one year's storage of the processed milks. Similarly there was no loss of riboflavin content in processing or even after sixteen months' storage.

In spray-drying a loss of 20% of the Vitamin C content of the milk was recorded, as compared with 30% loss during roller drying and evaporation. Little further change in the Vitamin C content of roller dried milk was discovered, while in spray dried milk it declined slightly after seven months' storage, and in evaporated milk there appeared to be a more definite and gradual loss. Since it is now customary to supplement Vitamin C even in breast-fed infants, this destruction seems of little moment.

The Nutritive Value of Milk — Calcium Supply.

Sir. J. B. Orr, in his work "Food, Health and Income," 1936, first drew serious attention to the fact that calcium shortage was a characteristic of most diets, particularly in the poorer classes. He found that in mixed diets about two-thirds of the total calcium is usually derived from milk. Leitch, in a critical review of the calcium requirements of man, worked on this assumption and decided that the daily requirement of milk was 500 ml. from the age of six months to nine years, increasing to 1050 ml. for 15-17 years of age and then decreasing to 300 ml. for adults. For pregnant and nursing women he calculated that 800 ml. daily was required ("Nutrition Abs. & Rev.," Jan., 1937).

Howard et alia ("B. Med. J.," 8/1/38) confirmed that the diet of the poorer classes was seriously deficient in calcium. They tried the effect of graded doses of a mixture of salts of calcium and phosphorus and of milk on the growth of rats on a typical diet and concluded: "The salt mixture had no significant influence on the increase of weight of rats, but the doses of milk had a distinctly beneficial effect."

Widdowson ("J. State Med.," Aug., 1937) remarks: "Calcium is in many ways the outstanding mineral element. Its rôle as bone and tooth building material is obvious and striking, but the body needs calcium for many vital processes apart from the strengthening of the skeleton. Calcium is necessary for the clotting of the blood after injury and for maintaining the rhythmic action of the heart. In adults the bones become to some extent a reservoir for calcium which

can be drawn upon to replenish the soft tissues and fluids in times of emergency. In the young, however, there must be a liberal supply of calcium for the developing bones and teeth. The most important source is undoubtedly milk, and a milkless diet is usually a very low calcium diet."

Influence of Milk on Utilisation of Proteins.

The experiments of Mitchell et alia ("Fundamentals of Dairy Science") illustrate the value of milk as a supplementary food especially in increasing utilisation of proteins from other sources.

They found that the proteins of maize, when present to the extent of 10% of the diet, showed 61.3% utilisation. Milk protein under similar conditions showed the high value of 84.7%. When, however, the 10% protein of the diet was composed of 7.5% maize protein and 2.5% milk protein, the total utilisation was 75.7%, which is much higher than the weighted mean and indicated an increase in the utilisation of the maize protein from 61.3% to 72.7%.

It is only reasonable to assume that deficiencies of certain amino-acids in the maize protein have been made good by the milk in order to render possible such a large increase in the biological value of the protein of maize.

The Value of Milk as a Protective Food.

The Technical Commission of the Health Committee of the League of Nations, in a recently published report ("Physiological Bases of Nutrition") record the fact that "the deficiencies of modern diets are usually in the protective foods rather than in the strictly energy-bearing foods"; the former being defined as being especially rich in "good" protein, vitamins or minerals.

"Among the protective foods are, first and most important, milk and milk products (including butter), eggs and glandular tissues; then green-leaf vegetables, fruit, fat, fish and meat (muscle)."

Milk is acknowledged to be a "rich source of calcium salts, phosphate and of Vitamin B₂, also a good source of Vitamin B₁, whilst milk fat is an excellent source of Vitamin A." Moreover, the proteins of milk are not only of the highest nutritive value but also improve the utilisation of protein derived from cereals or vegetables, and the report includes the note that:—

"Milk should form a conspicuous element of the diet of all ages. The Commission commends the tendency manifested in some countries to increase the daily intake up to one litre per day for pregnant and nursing women, as well as to provide an abundant supply for infants, children of all ages and adolescents."

(Extracts from the First Report of the Advisory Committee on Nutrition.—Ministry of Health, H. M. Stationery Office, 1937.)

"Milk is of such outstanding value that the consumption of a sufficient quantity of it may be regarded as the key to proper nutrition. Every one of the constituents of milk possesses high nutritive value and it is, therefore, most desirable that all of these should be utilised for human nutrition, more especially because the diets of many people are deficient in the nutrients supplied by milk and certain of its products. Moreover, cows' milk, the most complete food known, is elaborated from vegetable matter of little or no value for human nourishment"

"Cream and butter are preparations containing higher concentrations of the fat and Vitamins A and D than milk itself. It is on these constituents that the food value of cream and butter chiefly depends. As they are not complete foods the proper place for cream and butter is as items in a mixed diet in which they make good the deficiencies of other foods in fat and in Vitamins A and D. The fats of milk are . . . especially valuable for human nutrition."

"A food which contains all the materials essential for growth and maintenance of life in a form ready for utilisation by the body is obviously of high value. Milk alone is the food which in itself nearly fulfils these conditions, being elaborated by the mammalian mother as the sole nutriment of her offspring during the period of most rapid growth."

"The composition of cows' milk . . . contains the energy-giving nutrients, protein, fat and carbohydrate; all the known essential Vitamins, calcium, phosphorus, iron, sulphur, iodine, magnesium, potassium, sodium, chlorine and copper, some of the physiological rôles of which are known, and a number of other elements, present only in minute amounts, such as manganese, zinc, and fluorine, the exact functions of which are not fully understood, but which would seem to be as necessary for normal nutrition as any of the other constituents. Even if it were possible to state the chemical composition of milk in full a very imperfect idea of its nutritive value would be obtained, because it would leave unmentioned many important physico-chemical and biological properties on which its high nutritive value largely depends. For example, the physico-chemical states of its constituents make for easy digestion and assimilation; the relationship of the different constituents to one another ensures normality of bodily function; the nature of its protein and of its mineral elements, notably calcium and phosphorus, and its high content of other inorganic elements and vitamins make for satisfactory growth and give it a very high value as a protection against disease."

"The fact that milk is a valuable human food, particularly when new tissues are being formed, has been recognised from the earliest times. Within recent years much experimental evidence has been brought forward, which has shown that cows' milk is the most valuable food known for the promotion of growth and health in children. . . . From the results of these and many other experiments too numerous to mention, on man and animals, it can be predicted that important beneficial effects would result from an increase in the consumption of milk above that at present prevailing in this country"

"Milk is in itself a well-balanced mixed diet. Its few disadvantages, which vary with the age of the person for whom it is intended, are easily overcome. All babies should be brought up on their mother's milk, but after breast feeding ceases, although cows' milk ought to form the bulk of the diet, this should be supplemented with iron, Vitamins D and C, preferably given in the form of natural foods, such as egg-yolk, orange juice and cod-liver oil. For children, adolescents and adults, a diet of milk alone is undesirable because it is deficient in energy-giving constituents relative to its bulk. For these it should be regarded as an important item in a mixed diet and not as a complete food; but on account of its growth-promoting properties it should form a larger proportion of the diet of children and adolescents than of that of adults. The expectant mother has to elaborate from her food the materials necessary for the growth of her offspring, while the nursing mother has to secrete milk to serve as the only food of her infant for at least six months. The milk requirements of the expectant or nursing mother are of a similar order to those of the growing child."

DRIED MILK

Some Medical Opinions.

(Extract from "The Infant," by Eric Pritchard, M.A., M.D., F.R.C.P., 1938).

"The time-honoured belief in the virtues of raw milk for the feeding of infants still survives in certain quarters, in spite of all the scientific evidence which proves that such virtues are quite illusory. It is, perhaps, unnecessary to point out that since dried milks, which are, of course, cooked milks, have largely superseded dairy milk — for the most part raw — in the feeding of infants, the Infant Mortality Rate in this country has steadily fallen. There are naturally many other factors besides the mere cooking of milk concerned in this highly satisfactory result, but it is quite certain that if the heating of milk seriously impaired its nutritive qualities this result would never have been achieved. The effect of heat on the nutritive properties of the various elements contained in the milk is insignificant, excepting in the case of Vitamin C, the anti-scorbutic element, which undoubtedly deteriorates under the influence of heat and oxidation, but since an independent supply of this Vitamin is invariably provided in all cases of artificial feeding, this is no argument against the use of sterilized milk if sterilization has independent advantages. As regards this latter point there cannot be two opinions. The greatest danger that exists for young infants is infection, and there can be no question that raw milk is the most prolific medium for the conveyance of infection."

(Extract from a communication from Dr. H. Kerr—"Medical Officer"—30/4/32).

"While it is not contended that dried milk is superior, or even as good as the very best and purest fresh milk, this latter is of such exceptional occurrence that dried milk is an infinitely purer and cleaner article for the use of the average family than the ordinary retail milk. That it is deficient in anti-rachitic vitamin is a mischievous assertion, founded upon insufficient knowledge. Very particular attention was paid to this point before it was ever decided to use dried milk in Newcastle, the very highest scientific assurances being first obtained."

(Extract from "Recent Advances in Diseases of Children," by Wilfred J. Pearson, D.S.O., M.C., D.M., F.R.C.P., and W. G. Wyllie, M.D., M.R.C.P.).

"There are advantages in the use of dried milks instead of the fresh variety. They are practically sterile, and are certainly to be preferred to contaminated fresh milk. The percentage of ingredients is known within reasonable limits. The nutritive values seem to be uninjured; indeed, it is probably improved, both because of the alteration in the protein, the casein being divided into minute particles during the process, and because the size of the fat globules is reduced during manufacture. The keeping qualities also are excellent. It is claimed that none of the Vitamins (A, D, B, or C) is impaired in the process."

"VI-LACTOGEN" PROCESS OF MANUFACTURE^{*}

The vitamin content of milk depends largely on the food of the cow and exposure to sunshine, so that the supplies to the Nestlé factories can be considered ideal. Further, as the milk during the process is only exposed for a limited period to a temperature sufficient to ensure destruction of pathogenic bacteria, the vitamin content is conserved.

Cows' milk is generally accepted as having a lower iron content than human milk. A small amount of Ferri et Ammonium Citrate sufficient to give 4 p.p.m. in the reconstituted food is now being added to both "Vi-Lactogen" and "Lactogen" to make up for any possible deficiency of iron in the cows' milk used. That this policy is justified can be proved by reference to an article, "Nutritional Anaemia in Infancy," which was published in the "Medical Journal of Australia," September 27th, 1941.

As many Infant Specialists consider that a greater margin of safety, especially for Vitamin D, is desirable than is possible with fresh milk, we are now, after careful research, incorporating the concentrate of Vitamins A and D in "Vi-Lactogen" and "Lactogen."

This concentrate is prepared under strictest scientific control and contains fifty times the number of D units present in the best quality of Cod-liver Oil.[‡]

The amount of concentrate added is equivalent to—
497 International Units Vitamin A. and
106 " " " D.
in each ounce (147 calories) of "Vi-Lactogen."

This is equal to more than a $\frac{1}{2}$ teaspoonful of Emulsion and is additional to the natural Vitamins already present in the product.

An infant at 6 $\frac{1}{2}$ months is given 5 ounces of "Vi-Lactogen" and thus receives 2485 International A Units and 530 International D Units of added Vitamins. Similarly at the same age, it would receive 5.4 ounces of "Lactogen," containing 2684 International A Units, and 572 International D Units of added Vitamins.

Each factory has its staff of specially trained farms' inspectors, whose duties include routine examination of cattle for disease, as well as ensuring that dairy premises, cow bails, utensils, etc., are in absolutely sanitary condition, and that each of the stringent Regulations of the Company concerning milk supply are strictly observed.

A recent development has been the appointment of qualified veterinarians to the Nestlé factories manufacturing infant foods.

All cans are washed and sterilised **with live steam in automatic machinery operated by Nestlé employees.**

All cows are milked in accordance with a time-table, so that the process of manufacture commences as soon as possible after milking. Most raw milk for city consumption is, on the other hand, 24 to 48 hours old before delivery to customers, and older still before it is consumed.

The raw cows' milk received at the Company's factories is submitted to very strict and searching tests in the Factory Laboratory, and unless it passes all of these, is not manufactured into "Vi-Lactogen" or "Lactogen."

^{*} Nestlé Research Laboratory.

[‡] Many observers have commented on the enormous variation in Vitamin content from sample to sample of Cod-liver Oil.

As cows' milk varies in composition even from day to day, the factory chemists rapidly analyse each batch and so balances its components by additional butter fat and milk sugar,§ that the "Vi-Lactogen," when reconstituted by the addition of hot, boiled water, closely resembles human milk. "Lactogen" has a slightly higher protein and lower milk sugar content and is made by these methods.

During manufacture and after pasteurising, the milk is homogenised to break up the large fat globules, until they become even smaller than those of human milk.

The milk is spray dried by a special process, a patent for which is held by the Nestlé Company. So gentle is the drying action that the solubility after reconstitution with water compares favourably with fluid milk. The effect of the heated air used in drying is so slight that, to ensure proper pasteurisation of the milk, this operation must be separately performed prior to drying. In the process of spray drying a jet of milk meets a current of warm air and is at once dispersed into a fine mist. Water is immediately evaporated from the tiny droplets of milk, leaving behind particles of milk powder. These fall to the bottom of the drying chamber and are automatically removed. The process is, of course, continuous.

Finally the resulting powder is packed by automatic fillers into tins for the market — it is untouched by hand at any time.

Routine bacteriological examinations carried out on the contents of the tin as packed for the market indicate a low average colony count.

The manufacturing process has removed all danger of the presence of pathogenic organisms.

Every tin is stamped on the bottom with the date by which the contents should have been used, and by this means only fresh stock remains on the market. The Nestlé organisation thus arranges for the withdrawal of overdated stock and its replacement by freshly dried "Lactogen" or "Vi-Lactogen."

This expiry date does not imply that after that date the contents of the tin is no longer suitable for use; it prevents the sale of old stocks to the public.

The chief chemical and physical characteristics of "Vi-Lactogen," the humanised milk, are:—

1. "Vi-Lactogen" is pure, fresh milk modified ("humanised"), fortified by the addition of a Concentrate of A and D vitamins and iron, dried by a highly scientific process.
2. Uniform composition, closely corresponding to that of human milk.
3. Reduction in size of fat globules in process of manufacture. (The usual process employed in manufacturing dried milks tends to cause the fat globules to become much larger than those in cows' milk.)
4. "Vi-Lactogen" is under the strictest scientific control, from the time the milk is obtained from the cows until it is finally consumed by the infant.
5. "Vi-Lactogen" is entirely an Australian product, manufactured by the Nestlé Company in factories situated at Smithtown, North Coast of New South Wales, and Dennington, in the Western District of Victoria, and the milk supplies are drawn from some of the world's richest pastures.

§ As milk-sugar has been known to contain foreign matter and also small quantities of a substance which may cause digestive disturbances all lactose used in the preparation of "Vi-Lactogen" and "Lactogen" is carefully tested before use.

WHEN STARTING BABY ON "VI-LACTOGEN"

The following article giving advice to mothers is in the pamphlet included in all tins of "Lactogen" and "Vi-Lactogen."

In the first few weeks of life, baby's digestion has to learn how to function.

A mother should not be over-anxious for a quick increase in weight — perfect digestion is essential first.

If breast milk fails the only alternative is a modified milk food, such as "Vi-Lactogen."

A mother should, if she can, partly feed the baby and only make up the deficiency with "Vi-Lactogen." When this is necessary for a very young baby, the change-over to the new food needs careful handling. The natural food is breast milk and tolerance for the new food has to be established.

Do not change suddenly to the quantities given on the "Vi-Lactogen" tin. These figures are correct for average babies, but only after they have adjusted themselves to the change from breast milk.

NOTE:

1. Never start using any infant food at full strength. Give the full amount of water for baby's age but only half the amount of powder shown in the feeding table.
2. Gradually increase the amount of powder up to the figures given. The normal baby can usually reach full strength in one or two weeks, but others may need longer.

It is important, however, to get to full strength without delay, as baby needs this amount of powder for its normal growth.

3. (a) Most babies will show normal progress but if there are signs that baby has difficulty in tolerating the full strength mixture try adding one tablespoonful more of water than the table shows.

Baby will sometimes digest a diluted mixture more readily, provided the volume is not too much to swallow.

- (b) Another temporary alternative is to replace one teaspoonful of "Vi-Lactogen" powder by one teaspoonful of Lactose (milk sugar) until the full strength (without added sugar) can be tolerated.

4. If baby is not showing satisfactory progress ask the advice of your doctor, or telephone or write to the address of our Infant Welfare Room in the State in which you live. The address is given in this pamphlet.

WATER REQUIREMENTS: Do not cut down the amount of water when starting on the food or if baby appears upset. Cut down the powder temporarily but not the quantity of water. Babies need water. Give plenty of boiled water, especially during hot dry months.

"VI-LACTOGEN" FEEDING TABLE

"Vi-Lactogen" contains added Vitamins A and D and a small amount of organic Iron. Each 7 ozs. of mixed "Vi-Lactogen" contains the equivalent of half a teaspoonful of Emulsion.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls Table	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1½	2	1	17
3rd ..	1	& 1	5½	3	56
5th ..	1	& 2½	7½	4	73
7th ..	1	& 3	8	4½	79
2½ Mths.	2	—	9	5	90
3½ ..	2	& 1	10	5½	101
4½ ..	2	& 2	11	6	112

Discontinue night feeding (after 10 p.m.) as soon as possible.
Try 4-hourly feeding after 2nd month.

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls Table	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	2	2½	1½	23
3rd ..	1	& 1½	6¼	3½	62
5th ..	2	—	9	5	90
7th ..	2	& 1	10	5½	101
2½ Mths.	2	& 2	11	6	112
3½ ..	2	& 3	12¼	6½	123
4½ ..	3	—	13¼	7¼	135
5½ ..	3	& ½	14	7¾	141
6½ ..	3	& 1	14½	8	147
7½ ..	3	& 2	15½	8½	158
9 ..	3	& 3	16½	9	170

Increase quantities slightly each week avoiding abrupt changes.

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Vi-Lactogen" for first feeds, then gradually increase the amount of "Vi-Lactogen" to amount shown.

MIXING.—Place powder on top of the hot (boiled) water and stir vigorously with a fork until completely dissolved.

Analysis of "Vi-Lactogen."

	POWDER	DILUTED
Fat	24.2	3.0
Protein	16.9	2.1
Lactose	53.1	6.6
Ash	3.6	.45

Added Vitamin A 64 International Units per ounce of mixed food.
 Added Vitamin D 14 " " " " " "
 Added Organic Iron 4 parts per million of Fe per ounce of mixed food.

Data of "Vi-Lactogen."

1 Medicinal Tablespoon = .31 oz. or 8.75 gm.
 1 oz. Avoir. = 3¼ Medicinal Tablespoons.
 1 Gram = 5.15 Calories.
 1 Tablespoon = 45 Calories.

THE ADDITION OF COD-LIVER OIL EMULSION IS NOT NECESSARY.

TO GRADE FROM "VI-LACTOGEN" TO STANDARD "LACTOGEN."

The change-over from "Vi-Lactogen" to "Lactogen" is usually made at 5½ months, but if thought necessary it can be made either at an earlier or a later date, and the following simple rule is useful:—

Substitute 1 tablespoonful and ½ a teaspoonful of "Lactogen" for each tablespoonful of "Vi-Lactogen" at weekly intervals, until after the fourth week full strength "Lactogen" is being fed, and then use the "Lactogen" Feeding Table. This gradually increases the protein percentage from 2.1 in the "Vi-Lactogen," by 0.3 per cent. each week until the figure of 3.1 per cent. for full strength "Lactogen" is attained.

"LACTOGEN" FEEDING TABLE

"Lactogen" contains added Vitamins A and D and a small amount of organic Iron.

Based on MEDICINAL Teaspoons and Tablespoons. Household spoons should not be used. Ask our nearest Office for free "Lactogen" Measure and copy of "The 'Lactogen' Mother Book."

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF.

FOR 3-HOURLY FEEDS 6 a.m. to 9.30 p.m. (6 feeds)					
AGE	"LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1	2½	1¼	19
3rd "	1	& ½	5½	2¾	56
5th "	1	& 2	7	4	71
7th "	1	& 3	8	4½	81
2½ Mths.	2	—	9	5	90
3½ "	2	& 2	9½	5¼	103
4½ "	2	& 3	10	5½	113

Discontinue night feeding (after 10 p.m.) as soon as possible.
Try 4-hourly feeding after 2nd month.

FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)					
AGE	"LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea			
At 1st Week	—	1¼	3	1½	22
3rd "	1	& 1	6½	3½	61
5th "	2	—	9	5	90
7th "	2	& 1	10	5½	96
2½ Mths.	2	& 2	10½	5¾	111
3½ "	3	—	11	6	123
4½ "	3	& 1	12	6¾	133
5½ "	3	& 2	13	7¼	144
6½ "	3	& 3	14	7¾	154
7½ "	4	—	15	8¼	164
9 "	4	& 1	16	9	174

IMPORTANT.—When commencing this food mix all the water with only half the amount of "Lactogen" for first feeds, then gradually increase the amount of "Lactogen" to amount shown.

1 Teaspoonful of Lactose (milk sugar) to be added to each feed for first 10 weeks. This is included in calculation of Calories per feed.
MIXING.—Place powder on top of the hot (boiled) water and stir vigorously with a fork until completely dissolved.

Analysis of "Lactogen."

	POWDER	DILUTED
Fat	24.5	3.2
Protein	23.7	3.1
Lactose	43.6	5.7
Ash	5.2	.67

Added Vitamin A 70 International Units per ounce of mixed food.
Added Vitamin D 15 " " " " " " "
Added Organic Iron 4 parts per million of Fe per ounce of mixed food.

Data of "Lactogen."

1 Medicinal Tablespoon = .29 oz. or 8.1 gm.
1 oz. Avoir. = 3½ Tablespoons.
1 Gram = 5.05 Calories.
1 Tablespoon = 41 Calories.

WHY WE MAKE TWO INFANT FOODS.

Cows' milk unmodified is not suitable for infants because of its high protein and low sugar. In "Vi-Lactogen" the protein and milk sugar are modified close to breast milk composition. "Lactogen" is modified to intermediate figures. We believe that, for the very young babies, "Vi-Lactogen" is the food to recommend, but if higher protein is indicated, or the baby is weaned at 5 to 6 months, or later, then "Lactogen" should be used and continued during the early years of baby's life. Cod liver oil is not essential, as both foods, in addition to the Vitamins naturally present in the milk from which they are made, **now contain added Vitamins A and D**, and sufficient added Organic Iron to give the average amount present in human milk.

COMPARE THESE STATEMENTS.

"Lactogen" and "Vi-Lactogen."

Uniform in composition.

* * *

The process lowers the curd tension and causes it to form with proteolytic ferments a fine flocculent curd. Protein is proportionately lower than in cows' milk. In "Vi-Lactogen" it is only 2.1 per cent.

* * *

Lactose is added, so that "Vi-Lactogen" approximates human milk in composition in this respect.

"Lactogen" contains slightly less lactose.

* * *

Pathogenic organisms killed in process of manufacture.

* * *

Bacterial counts on dilution are very low (Nestlé Research Laboratory).

* * *

Bacterial counts tend to decrease after manufacture.

* * *

Fat globules as small as in human milk.

* * *

Remains sweet and pure. Only sufficient is mixed for each feed.

* * *

Little danger of contamination from outside sources.

* * *

Manufactured from milk within a few hours of milking.

† (Pritchard; *Physiological Feeding of Infants*, page 179.)

* * *

"Vi-Lactogen."

The fat present is similar to that of human milk, and is therefore easily digested. Addition of a vitamin concentrate ensures ample Vitamin A and D content and avoids the need for a large excess of a foreign fat.

* * *

"Vi-Lactogen" is uniform in composition and very similar to average for human milk.

* * *

"Vi-Lactogen" is simple in use, as it only requires mixing with hot (boiled) water. Place the powder on top of the water and stir vigorously with a fork.

* * *

Cost of feeding on "Vi-Lactogen" is low.

* * *

"Vi-Lactogen" is exposed to a shorter heating period during manufacture than in boiling milk under normal household conditions.

* * *

Raw Milk.

Butter fat figure in particular is not constant. According to Droop Richmond, variations are—minimum 1.04 per cent., maximum 12.52 per cent.

With rennet it forms a hard clot, which is very indigestible, due to greater amount of casein in cows' milk compared to human milk in which albumin predominates.

Has 4.7 per cent. Lactose, while human milk contains an average of 6.6 per cent.

Many epidemics have been traced to raw milk supplies. Bovine type of tubercle bacillus can cause tuberculosis in children.

Public Health reports on milk supplies of cities mention colony counts generally in millions.

Bacterial counts increase with enormous rapidity. "... Milk with an initial content of 30,000 per c.c. held at 68° Fahr. may possess 4,000,000 bacteria per c.c. at the end of 24 hours, or 25,000,000,000 at the end of 48 hours."†

Fat globules much larger than in human milk, and therefore less easy to digest by an infant.

Sours easily, unless held in cold storage.

Easily contaminated by flies, dust, dirty jugs, etc.

City milk is frequently 24 to 48 hours old when delivered

Modified Cows' Milk.

Complete modification requires far more Cod-liver Oil than is necessary to supply vitamins. This excess is liable to upset the infant.

The final analysis of modified milk depends upon the unknown composition of the milk used.

Modified milk requires very careful measurement of milk, Cod-Liver Oil Emulsion, Lactose and of water. This involved method adds to the uncertainty of the composition of the mixture.

Cost is generally higher due to the extras required, even if a low-priced milk is used.

Milk is generally boiled for safety and frequently heated more than once.

**COMPARATIVE TESTS
LACTOGEN and COWS' MILK**

VI-LACTOGEN under same test shows similar comparison.

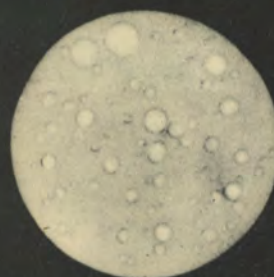
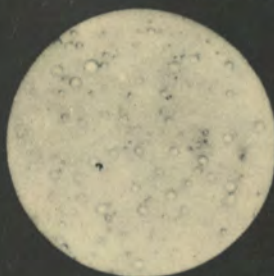
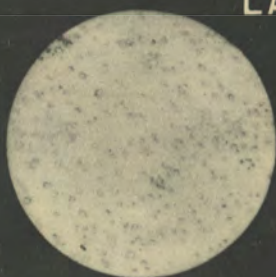
PHOTO-MICROGRAPHS OF THE FAT GLOBULES.

In LACTOGEN, the large fat globules of the cows' milk are reduced to a size even smaller than those of maternal milk.

LACTOGEN

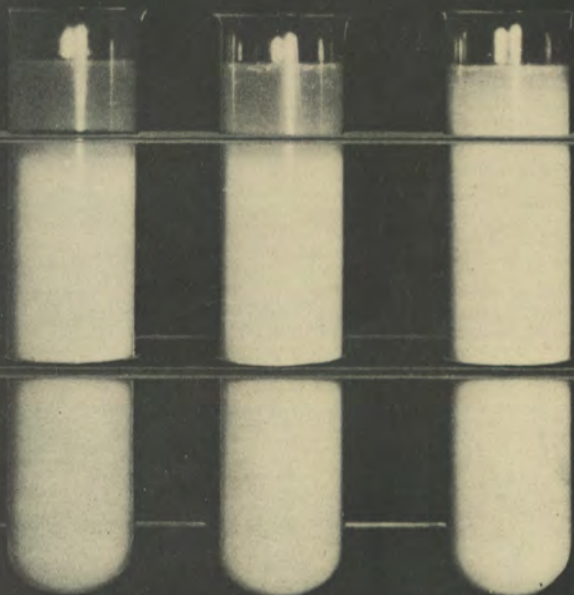
HUMAN MILK

COWS' MILK



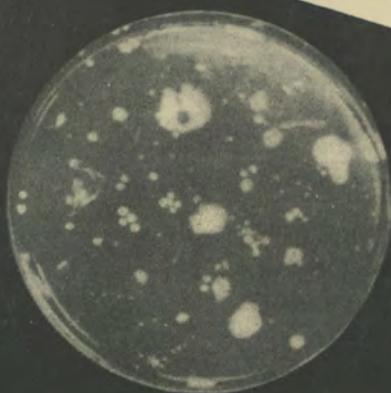
LACTOGEN

COWS' MILK

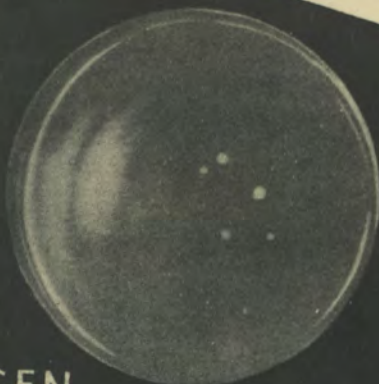


CURDS FORMED DURING DIGESTION

With LACTOGEN, the large solid clot of cows' milk is replaced by a finely divided curd resembling that of human milk.



COWS' MILK



LACTOGEN

BACTERIAL PURITY

COWS' MILK

1/1,000 c.c. plated—over 200,000 bacteria per c.c.

LACTOGEN

1/100 c.c. plated—less than 1,000 bacteria per c.c.

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"LACTOGEN" FOR THE NURSING MOTHER.

It is undoubted that "Lactogen" has the effect of improving the flow of breast milk in many cases. Attention has been drawn to this fact by doctors closely associated with maternity hospitals, who have tested "Lactogen" in the diet of mothers and expectant mothers.

It is not suggested that "Lactogen" acts as a direct stimulant to the mammary gland. The explanation of its value lies in the fact that it is the simplest way in which an incorrect or inadequate diet can be improved, i.e., by giving to the mother the proper components of human milk in a well-balanced and easily digestible form.

It is the experience of the majority of physicians that many mothers have little or no idea of the correct diet necessary to obtain the best results when breast feeding an infant.

"Lactogen" can be diluted to any desired strength and can be made up so that the prepared food contains considerably more solids than cows' milk, thus avoiding the discomfort caused when the latter is fed in the large quantities necessary to give equivalent nourishment.

In the maternity hospitals referred to above, "Lactogen" is also being used in a variety of ways, such as in the preparation of custards, milk puddings, and other appetising dishes, where its agreeable flavour and ease of assimilation produce the same satisfactory results.

* * * * *

FREE ANALYSES OF HUMAN MILK.

When breast-fed infants are not progressing there is always the possibility that the milk supply is abnormal in composition. Realising the difficulties of obtaining an analysis, we have opened a section of our Laboratory for the analysis of human milk. This service is free to Physicians. We strongly advise taking a sample from the complete contents of the breast if results of value are to be obtained, especially in regard to fat, as the percentage of this constituent increases as the gland empties. If it is difficult to obtain such a sample, we recommend a composite mixture of equal quantities taken at the beginning, middle and end of suckling.

A quantity of 1 oz. is all that is required for a complete analysis. This bulk sample should be thoroughly mixed before filling the sample bottle, and we suggest adding one drop of forty per cent. formalin to this quantity as a preservative.

At your request we will be pleased to forward bottles for sampling which will already contain the required amount of formalin. When a complete analysis is not specifically asked for, we will determine the fat percentage and total solids only. Always record your name and address or telephone number to avoid delay in advising you of results.

A complete record of all the analyses made can be seen at our Research Laboratory at any time.

* * * * *

The following interesting figures have been obtained each year from numerous analyses of samples of human milk since the special section of the Nestlé Research Laboratory has been opened:—

	Average 1926-41	Average 1942	Average 1943	Average 1944	Average 1945	Average 1946	Average 1947	Average 1948	Maximum	Minimum
Fat	4.38	4.13	4.10	3.8	3.74	3.85	3.80	3.53	12.75	.21
Lactose	6.83	6.96	6.82	6.68	6.97	7.03	6.96	7.08	9.72	1.01
Protein	1.35	1.35	1.37	1.51	1.26	1.25	1.26	1.28	6.71	.44
Ash	.22	.22	.22	.24	.22	.24	.22	.20	.50	.11

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SPECIAL RECIPES.

"Lactogen" Milk Puddings.—In making the usual cereal puddings, such as cornflour, sago, tapioca, semolina, ground rice, etc., "Lactogen" can be used with advantage to replace ordinary milk. As a general rule, prepare the "Lactogen" in the following strength: Three level household tablespoons to one cup of boiling water.

Malt Soup.— $1\frac{1}{2}$ tablespoons Maltogen, 1 tablespoon of flour, $4\frac{1}{2}$ tablespoons "Lactogen," 15 ounces water.

Mix the Maltogen, flour and "Lactogen" together. Add sufficient water to make a smooth paste; then add remainder of water and stir. Place in a double boiler and boil for 5 to 10 minutes.

Mutton Broth.—Cover a shank with water; add 1 tablespoon of barley and a pinch of salt. Boil about four hours till meat comes easily from the bone. Strain and set. When cold, remove all fat and warm up. This broth is best made the day before using.

Pritchard's Vegetable and Bone Soup.—Take 1lb. of shin of veal or bone of some other young animal (chicken, lamb, etc.). Chop up so as to expose marrow and simmer gently for about eight hours with $1\frac{1}{2}$ pints of water and 1 tablespoon of malt vinegar, but no salt. Add about $\frac{1}{4}$ lb. of mixed vegetables and again simmer for one hour. Strain, make up to 1 pint, and allow to set into jelly.

(Dr. Eric Pritchard, referring to the uses of this soup in his work, "The Physiological Feeding of Infants and Children," states:—"It can be given to babies of any age . . . For ordinary healthy infants I generally order 2 to 4 ounces to be given in the 24 hours.")

Rice, Barley or Oatmeal Jelly.—Two level tablespoons of rice flour or patent barley (in the case of oatmeal jelly, $1\frac{1}{2}$ level tablespoons of oatmeal), 10 ounces of water, pinch of salt.

Mix the rice flour, patent barley or oatmeal with 1 ounce of cold water and add 9 ounces of boiling water. Stir two minutes and place in double boiler. Boil for one to two hours. Strain and keep covered in a cool place.

"Lactogen" Gruel.—Take one teaspoon of oatmeal and sprinkle into a cup of water, and boil 20 minutes to half an hour. (If for a baby under 9 months this must be strained.) Add prepared "Lactogen" to suit taste.

Baked Custard.—One egg, half a pint of prepared "Lactogen," sugar to taste. Beat up the egg, add the "Lactogen," stirring well, pour into a buttered pie dish and bake in a slow oven. A few drops of vanilla or essence of lemon may be added.

Ground Rice Custard.—Ground rice, one egg, half a pint of prepared "Lactogen." Mix one large teaspoonful of ground rice with the "Lactogen." Beat up the egg, and add this to the mixture with a little sugar. Bake in a pie dish in a slow oven.

SUGGESTIONS FOR THE USE OF VARIOUS FOODS WITH OR WITHOUT
"LACTOGEN," FROM BIRTH TO TWELVE MONTHS, IN THE DIET
OF THE AVERAGE INFANT.

FOOD	AGE	QUANTITY	REMARKS
"VI-LACTOGEN"	All Ages	See feeding table (page xxxviii).	When modification is practised by the addition of cod-liver oil or extra lactose "Vi-Lactogen" is indicated as simpler and more satisfactory, as only the addition of water is necessary.
"LACTOGEN"	All Ages	See feeding table (page xxxix).	"Lactogen" is a safe basic milk diet during all stages of a child's development.
MALTOGEN	All Ages	Add to "Lactogen" or "Vi-Lactogen" $\frac{1}{4}$ to 1 teaspoonful per feed (see table, page I), or replace one teaspoonful of the "Lactogen" or "Vi-Lactogen" powder by one teaspoonful of Maltogen.	Maltogen contains all the sugars formed from starch. Therefore, useful in educating the digestive functions of an infant for starch. Of value also as a corrective for constipation and in malnutrition. Contains added Vitamin B ₁ .
ORANGE JUICE	1 Month	Begin with a few drops, increasing to a half teaspoonful two or three times per day. Can be added direct to bottle or given midway between feeds. Increase to 6-8 teaspoonfuls daily at 6 months.	Dilute with twice the amount of cool boiled water. Given to supply excess of anti-scorbutic vitamin. $\frac{1}{2}$ teaspoonful in 3 to 4 tablespoons of warm, boiled water one hour before feeding tends to prevent constipation. Prepare juice just before using.
RICE JELLY BARLEY ,, OATMEAL ,,	6-7 Months	Added to bottle, beginning with very small quantities, or given separately later.	It is usually advisable to start with barley or rice jelly, as they do not have the same irritating effect as the oatmeal jelly.
HOME-MADE RUSKS	6-7 Months	Very small quantity just before or after "Lactogen" feed.	The period to begin depends on the development of the teeth.
JUICE OF RAW BEEF MUTTON BROTH VEGETABLE ,,	6-7 Months	Begin with only a very small quantity, increasing to $\frac{1}{2}$ to 1 oz. daily.	Small quantities can be given earlier. BAKED BREAD CRUMBS can be added to the broth.
VEGETABLES	6-7 Months	Begin with small quantity added to the broth, and at 8-9 months two tablespoonfuls given separately.	Well mashed and strained peas, beans, pumpkin, marrow, cauliflower, spinach, carrots.
EGG YOLK, RAW	6-7 Months	Commence with $\frac{1}{4}$ teaspoonful added to the milk mixture.	Gradually increase to 2 teaspoonfuls.
DRY CRUSTS OF BREAD	9 Months	Only very small quantity is actually eaten.	Give usually just before "Lactogen" bottle; may be slightly buttered. Do not leave baby alone with crust.
COCOA	10 Months	Weak.	Made with "Lactogen."
"LACTOGEN" CEREAL PUDDINGS	10 Months	Two ounces, 1 meal per day.	Very small quantities can be given as early as the 7th or 8th month to inculcate starch digestion.
APPLE PULP PRUNE PULP	10 Months	One teaspoon.	Gradually increase quantity to 1 to 2 table spoons.
FIRM RIPE APPLE	12 Months	Begin with small quantity.	Begin by scraping off with a spoon.
STALE BROWN BREAD AND TOAST	12 Months	Begin with small quantity.	Lightly spread with butter, dripping, seedless jam, honey or treacle.

The "Lactogen" and "Vi-Lactogen" Mother Book which we give to mothers contains additional suggestions.

N.B.—Mothers are apt to overfeed when commencing with starchy foods. It cannot be over-emphasized that only very small amounts of supplementary foods should be added, except towards the end of the first year.

MILO.

A Fortified Tonic Food.

Percentage Composition:*

Fat	Protein	Carbohydrate	Mineral Salts	Moisture	Wt. Oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
11.7	12.7	68.0	4.6	3.0	.26	32.0

Milo—Fortified Tonic Food—prepared by the Nestlé Company, is the outcome of prolonged research and investigations. The composition was determined from the results of numerous biological trials and, moreover, was approved by several distinguished dietitians before being finally adopted.

Milo is a concentrated tonic food prepared from Milk and Malted Cereals and Cocoa, fortified by the addition of Vitamin concentrates, organic Phosphates and important mineral salts—including Calcium, Magnesium, Iron, Sodium.

It is now generally accepted that many modern diets are seriously deficient in certain minerals and that such deficiencies are not only conducive to faulty metabolism but may even, in some instances, ultimately lead to specific disease. Milo is, therefore, enriched with balanced amounts of those mineral constituents which are so essential to the human organism — especially as regards the nervous system.

These elements are added in those particular combinations which can be readily utilised; for example, iron is furnished as the easily assimilated ferri et ammonium citrate, whilst an adequate phosphorus allowance is provided in the form of glycerophosphates—which can be rapidly absorbed.

The addition to Milo of magnesium is of particular clinical interest, as it is now known that this element is a constituent of all living cells. Professor Delbet of Paris has submitted evidence of his contention that certain pathological conditions are attributable to magnesium deficiency which he considers arises from a gradual decrease in the amount provided by ordinary foodstuffs.

The nerve cells in particular call for appreciable amounts of magnesium, so that Milo—on account of its richness in magnesium—is a definite fortifier of the nervous system.

Milo also furnishes a generous vitamin allowance; not only are the vitamins of the original grain and milk carefully retained, but the incorporation of cereal germ, a rich, natural source of B₁, and also of yeast, provide additional quantities of the B factors. Moreover, the product is supplemented by the addition of fish liver oil concentrates which supply Vitamins A and D in natural ratio, without impairing the taste, odour or digestibility of the Food.

Milo, when packed, contains not less than the following amounts of Vitamins and minerals:—

Vitamin A	500	International Units per ounce
Vitamin B ₁	50	" " "
Vitamin D	100	" " "
Calcium as Ca O	0.65	per cent.
Magnesium as Mg O	0.26	" "
Iron as Fe ₂ O ₃	0.02	" "
Phosphorus as P ₂ O ₅	1.30	" "

* Nestlé Research Laboratory.

Indications for Use.

Nervous Disorders. Milo has been specially designed as an anti-neuritic tonic food, and is invaluable in cases of neurasthenia, nervous debility and insomnia. Its B₁ content is of special interest.

Pregnancy. Milo is of particular value during pregnancy, as — apart from its general nutritive properties — it increases the calcium-phosphorus intake, and thus avoids depletion of the maternal skeleton, due to the foetal demand.

Nursing Mothers. As Milo is a complete food, it offers the supplementary nourishment required during this period; in addition the mineral and vitamin contents are of value—not only in maintaining the general health of the mother — but also in protecting against possible deficiencies in the infant.

Senility. Milo can be included with advantage in the dietary of the aged; it is easily digested and contains an ample supply of magnesium, an element frequently indicated owing to disturbances in the calcium-magnesium balance caused by advancing age.

Convalescents, Post-operative Cases, etc. In all cases where an easily digested tonic food is indicated, Milo may be prescribed with every confidence.

Milo has excellent keeping qualities and is extremely convenient in use; it is taken in either hot or cold milk as desired. A simple way to include Milo in the diet is to recommend its use in place of cane sugar on cereals and puddings.

STERILISED CREAM.

Percentage Composition:*

Water	Fat	Solids— not fat	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
67.0	25.5	7.550	38.0

Sterilised Cream is manufactured in a similar way to Ideal Milk except that concentration is not required. Although absolutely free from preservative, Nestlé's Sterilised Cream will keep indefinitely in the unopened state.

Cream, on account of its high percentage of butter fat, is rich in Vitamins A and D, and according to authorities the method of manufacture we use does not appreciably affect these Vitamins.

NESTLÉ'S AND GOLD MEDAL CONDENSED MILKS.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
25.5	9.2	9.0	11.8	2.0	42.5	.67	65.5

In the manufacture of high-grade condensed milk the quality of the fresh milk used is of the utmost importance. We apply to all our products the same strict control throughout as outlined in the notes we have given on the manufacture of "Vi-Lactogen."

In the process of manufacture of condensed milk the fresh milk is pasteurised and then drawn by suction into large vacuum pans with a holding capacity of many tons of condensed milk. Sterilised sugar solution is drawn into the pan during evaporation of the milk.

* Nestlé Research Laboratory.

By reducing the pressure with vacuum pumps rapid ebullition in the milk at low temperatures results and concentration takes place until the original 87 per cent. of water in the fresh milk is reduced to 25.5 per cent. The vacuum is broken, and the condensed milk flows by gravity to the cooling tanks, and finally to the filling and packing machines.

The low temperature of evaporation and the absence of oxygen are, no doubt, responsible for the fact that in high-grade condensed milks the Vitamins **A**, **B**, and **C**, also **D** and **E** are practically unaffected.

As the condensed milk has never reached temperatures higher than pasteurisation, it is not an absolutely sterile article in the strict sense of the word, **but it is free from pathogenic organisms.** Owing to the quality of the fresh milk used, and the scrupulous hygiene of our factories, our Research Laboratories frequently record colony counts of less than 17 organisms per gramme.

This figure is the more striking when compared with Public Health reports on city milk supplies.

Nestlé's Condensed Milk has long been recognised as an extremely useful food for premature infants; also children suffering from gastric disturbances show a marked tolerance for it when other foods have failed. Its freedom from pathogenic organisms makes it a safe food during hot weather.

A recommended method for premature infants when breast milk is not available is to begin by using 1 part of condensed milk by volume with 11 parts of boiled water. For example, one half medicinal tablespoonful of condensed milk (2 teaspoonfuls) plus 5½ medicinal tablespoonfuls of water gives 6 tablespoonfuls of mixture or 3 fluid ounces—caloric value approximately 11 per ounce.

Then gradually increase strength to 1 part of condensed milk by volume with 7 parts of boiled water. For example, one medicinal tablespoonful of condensed milk plus 7 medicinal tablespoonfuls of water gives 8 tablespoonfuls of mixture or 4 fluid ounces—caloric value approximately 16 per ounce.

The composition of this full strength mixture is approximately 1.5% protein, 1.48% fat, 8.7% carbo-hydrate (2.2% lactose, 6.5% cane sugar).

The total water intake required daily for prematures is about 3 ounces per pound body weight. An adequate intake of water is important.

When used as the sole diet of an infant care should be taken to see that the Vitamin A and D intake is adequate as the fat percentage is comparatively low, with a consequent decrease in Vitamins **A** and **D**.

Directions for Preparing Nestlé's and Gold Medal Condensed Milk for Infants:

Age	Condensed Milk Medicinal Spoons Table	Boiled Water Medicinal Table- spoons	Calories per Feed	Remarks.
At 1st week	—	1	2	This table is based on 1 part of Condensed Milk to 7 parts of water, for six 3-hourly feeds at 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m., and 9 p.m. For 4-hourly feeds add one-fifth the amount of Condensed Milk and water to each feed. To use household tea and tablespoons, take two-thirds of the medicinal measurements. It is best to use medicinal measures, as household spoons vary in size.
" 2nd "	—	2	4	
" 3rd "	—	3	6	
" 4th "	1	—	7	
" 6th "	1	1	9	
" 2½ months	1	2	10½	
" 4½ "	1	3	12½	
" 6 "	2	—	14	
			131	

General Conclusions.

Contained in a report by the Laboratories of the Royal Institute of Public Health, London.*

1. The milk used in the preparation of Nestlé's Full Cream Condensed Milk is obtained under the most satisfactory conditions of supervision.
2. The processes of manufacture are carried out under the best hygienic conditions.
3. The chemical results show the condensed milk to be of good quality.
4. The bacteriological results show that the processes adopted are effective in the reduction and destruction of bacteria.
5. No evidence was obtained of the presence of the tubercle bacillus.
6. Evidence of the preservation of the vitamin contents was confirmed.

IDEAL MILK—(UNSWEETENED).

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. ozs. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
§§ 71.8	8.2	7.9	10.4	1.754	23.2
**	3.8	3.7	4.9	.7	10.3

In the manufacture of Ideal Milk, laboratory methods of sterilisation under pressure are adapted to industrial conditions. Great care and scientific control are necessary both in the preparation and sterilisation of the milk.

Without any addition, the milk is concentrated to a definite analysis in the vacuum pan and homogenised to split up the butter fat globules and effect satisfactory emulsification when diluted. It is then filled into tins and hermetically sealed. The filled tins are placed in large autoclaves and subjected to sterilising temperatures for a period of about a quarter of an hour. By this means every organism in the milk is killed; therefore, the product will keep indefinitely while sealed. After opening, as no preservative is present, the milk will sour in the same way as fresh milk, and in warm weather it should be kept on ice if not used immediately.

Ideal Milk when diluted provides a useful substitute for fresh milk for all general purposes. Of all forms of cows' milk, unsweetened milk is perhaps the least allergic. In practically every case of true milk allergy, unsweetened milk is well tolerated. ("J. Pediat.," May, 1940).

NESTLÉ'S MALTED MILK.

Vitamin "B₁" is now added to Nestlé's Malted Milk.

Percentage Composition:

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Starch	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
† 2.2	9.4	12.0	11.9	2.9	..	61.5	..	150	.34	42.0
‡ ..	.9	1.1	1.2	.28	..	5.9	..	14	..	6.0

Nestlé's Malted Milk is made by drying a combination of whole milk with an extract of malted

* This report deals with investigations and conditions obtaining at one of our English Condenseries, but the methods of condensing and care exercised there apply equally to all factories controlled by the Company throughout the world.

§§ Concentrated.

** Diluted, 1 fluid oz. to 1½ water.

† Dry.

‡ Diluted, 1½ Med. Tablespoons to 4 oz. water.

barley and wheat flour, the ratio of malt solids to milk solids being 2 to 1, the whole of the starch being completely converted by diastatic action into soluble malt carbohydrates.

The final process is an interesting one, as the whole of the desiccation to powder takes place under vacuum.

While we do not recommend Nestlé's Malted Milk for routine infant feeding, nevertheless it is useful in special cases, as generally speaking tolerance for maltose is greater than for either lactose or cane sugar. The following feeding table has been found useful.

Based on level, not heaped, medicinal tablespoons.

(1 Tablespoon = 4 Medicinal Teaspoons Malted Milk

„ = $\frac{1}{2}$ fluid ounce of water).

Age	Malted Milk Med. Tablespoon	Water Med. Tablespoon
1st month	$\frac{1}{4}$ to $\frac{3}{4}$	3 to 5
2nd „	$1\frac{1}{4}$	7
3rd „	2	9
4th „	$2\frac{1}{2}$	12
5th „	3	15
6th „	$3\frac{1}{2}$	16

The table is based on three-hourly feeding intervals allowing for one night feed during first month.

Times of feeding recommended:—6 a.m., 9 a.m., Noon, 3 p.m., 6.30 p.m., 9.30 p.m.

After 6 months, the quantities given should be increased gradually in the proportion of 1 tablespoon of Malted Milk to 4 tablespoons of water, i.e., if giving 5 tablespoons of Malted Milk, 20 tablespoons of water would be required.

Nestlé's Malted Milk is of value when low fat and protein, together with replacement of cane sugar, becomes necessary, and further, owing to the method of preparation, the vitamins of the milk and cereals are retained. When used for a prolonged period for infant feeding the supplementing of accessory food factors A and D is desirable, especially as the milk constituents are comparatively low when the product is diluted for use.

In recent years a great deal of scientific work has been carried out on the physiological effects of vitamins on human health and nutrition, which may be summarised as follows:—

Shortage of Vitamin B₁.—A shortage of Vitamin B₁, known as the anti-neuritic, growth-promoting vitamin, has been proved to cause very serious disorders. While extreme shortage which causes beri-beri and associated diseases is rarely encountered in this country, there is no doubt that modern diet and the refining of cereals can result in a lowering of the B₁ intake to dangerous levels. This has brought about in many individuals a condition of chronic deficiency.

The indigent, and those who, from idiosyncrasy eat poorly balanced diets, and food faddists, frequently seriously reduce Vitamin B₁ intake. Patients suffering from organic disease often have little appetite, or dietary restriction may limit intake, while gastro-intestinal disturbances can also impair absorption.

Finally, the B₁ requirement is greatly increased by augmented metabolic processes in febrile conditions, hyper-thyroidism, intense muscular exertion and during pregnancy and lactation.

Scientific Opinions—Well-known scientists claim that many disorders of modern life, loss of appetite, constipation, nervous and alimentary diseases can be traced to a border-line intake of Vitamin B₁. These are dietetic troubles which do not necessarily incapacitate, but which lower the general tone and cause mental and physical fatigue. Many go further and state that shortage of Vitamin B₁ is the most serious feature of present-day diet.

Adequate Intake Essential.—Vitamin B₁ cannot be stored for any length of time in the body. There is no appreciable reserve to be drawn on and, therefore, it is essential that the daily intake be adequate.

Modern refining of flour removes the germ of wheat because of its ill effect on the keeping quality and colour of the flour, also statistics have proven that much less flour is eaten now than formerly. Previously the body could rely on the wheat germ in flour for a reasonable B₁ intake, but it must now obtain the necessary B₁ units from other sources.

Nestlé's Malted Milk is now fortified with Vitamin B₁.—Nestlé's Malted Milk, which has always been prepared from barley malt and other cereals containing the valuable germ, has now been fortified with additional Vitamin B₁ from the richest natural sources. This means that other associated vitamins are also added; i.e., A, B₂ and E, and valuable organic phosphates of Calcium and Magnesium.

Nestlé's Malted Milk has been found particularly useful in invalid diet, in typhoid, pneumonia, and post-operative cases, where easy digestion and rapid assimilation are essential.

Nestlé's Malted Milk is not only a nourishing food drink, but, as the result of this new development, has definite tonic and invigorating properties due to this increase in its Vitamin B potency.

MALTOGEN.

Malt Sugars with Vitamin B₁ for Infants and Adults.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Cane Sugar	Malt Sugars	Vitamin B ₁ Int. Units per oz.	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
3.0	5.6	1.4	90.0	140	.33	36.9

Maltogen is a dried extract prepared by the enzymic action of malt diastase on barley malt and other cereals. Not only are the natural vitamins and mineral salts retained, but these are fortified still further by cereal germ extract, rich in Vitamin B.

Maltogen contains 90 per cent. of maltose and malto-dextrins, carbohydrates which are formed in the natural process of digestion of starch.

These sugars are especially valuable in the modification of milk or "Lactogen" for infant feeding. Maltogen is ideal for premature, weak and under-nourished babies.

Maltogen is also useful where a high or mixed carbohydrate diet is indicated, as malt sugars are less liable to fermentation or to cause the development of acidosis. They are readily absorbed and better tolerated than other sugars.

* Nestlé Research Laboratory.

Maltogen corrects constipation. It improves appetite and growth owing to its richness in Vitamin B₁ (the anti-neuritic Vitamin). Many infants and children show remarkable improvement when foods rich in Vitamin B are added to the diet.

Maltogen is valuable not only for modification of infant diets, but as a supplementary sugar for young children, nursing mothers, and adults on limited diets. A simple way to include Maltogen in the diet is to use it on cereals and puddings in place of cane sugar.

The following table will prove of use in prescribing the addition of this food to "Lactogen" or milk:

MALTOGEN	Diluted "LACTOGEN"	Increase in Carbohydrate
	2 fluid oz.	3.5%
	3 "	2.3%
	4 "	1.8%
	5 "	1.4%
	6 "	1.1%
	7 "	.9%
	8 "	.8%
	10 "	.7%

1 medicinal teaspoonful dissolved in diluted "Lactogen," as shown in next column.

SUNSHINE FULL CREAM POWDERED MILK.

Percentage Composition:*

Water	Fat	Protein	Lactose	Ash	Wt. oz. 1 Med. Tablespoon	Calories in 1 Med. Tablespoon
2.5	26.3	28.0	38.0	5.2	.28	41

Sunshine Full Cream Powdered Milk is simply fluid milk from which, after pasteurising, the water has been removed by the most modern method of spray drying.

It is readily soluble and when mixed in correct proportions with water reconstitutes into a milk of excellent flavour.

3½ medicinal tablespoonfuls pressed and level equal 1-oz. of Powder. 3-ozs. mixed with 18½ fluid ozs. of water make a pint of normal milk containing 3.5% of butterfat.

There is no safer or better milk supply for young growing children, and for all household requirements.

NESTLÉ'S MILK CHOCOLATE.

Nestlé's Milk Chocolate supplies, in a concentrated form, the solid constituents of full-cream milk, finely ground cocoa bean and sugar, and is thus a most valuable supplement to the diet in those cases where extra nourishment is required. It is prepared in Australia under strict hygienic methods.

NESTLÉ'S COCOA.

Apart from its general usefulness as a nourishing beverage, when indicated in the diet of invalids and children, Nestlé's Cocoa can be confidently recommended by the Medical Profession on account of its excellent solubility and purity.

It is manufactured in Australia under strictest hygienic conditions.

* Nestlé Research Laboratory.

CALENDAR, 1949

JANUARY.		FEBRUARY.		MARCH.		APRIL.	
S	-2 9 16 23 30	S	... 6 13 20 27	S	... 6 13 20 27	S	... 3 10 17 24
M	-3 10 17 24 31	M	... 7 14 21 28	M	... 7 14 21 28	Tu	... 4 11 18 25
Tu	-4 11 18 25 ...	Tu	1 8 15 22 ...	Tu	1 8 15 22 ...	W	... 5 12 19 26
W	-5 12 19 26 ...	W	2 9 16 23 ...	W	2 9 16 23 ...	Th	... 6 13 20 27
Th	-6 13 20 27 ...	Th	3 10 17 24 ...	Th	3 10 17 24 ...	F	... 7 14 21 28
F	-7 14 21 28 ...	F	4 11 18 25 ...	F	4 11 18 25 ...	S	1 8 15 22 29
S	1 8 15 22 29 ...	S	5 12 19 26 ...	S	5 12 19 26 ...	S	2 9 16 23 30
MAY.		JUNE.		JULY.		AUGUST.	
S	1 8 15 22 29	S	... 5 12 19 26	S	-3 10 17 24 31	S	... 7 14 21 28
M	2 9 16 23 30	M	... 6 13 20 27	M	-4 11 18 25 ...	M	1 8 15 22 29
Tu	3 10 17 24 31	Tu	... 7 14 21 28	Tu	-5 12 19 26 ...	Tu	2 9 16 23 30
W	4 11 18 25 ...	W	1 8 15 22 29	W	-6 13 20 27 ...	W	3 10 17 24 31
Th	5 12 19 26 ...	Th	2 9 16 23 30	Th	-7 14 21 28 ...	Th	4 11 18 25 ...
F	6 13 20 27 ...	F	3 10 17 24 ...	F	1 8 15 22 29 ...	F	5 12 19 26 ...
S	7 14 21 28 ...	S	4 11 18 25 ...	S	2 9 16 23 30 ...	S	6 13 20 27 ...
SEPTEMBER.		OCTOBER.		NOVEMBER.		DECEMBER.	
S	... 4 11 18 25	S	-2 9 16 23 30	S	... 6 13 20 27	S	... 4 11 18 25
M	... 5 12 19 26	M	-3 10 17 24 31	M	... 7 14 21 28	M	... 5 12 19 26
Tu	... 6 13 20 27	Tu	-4 11 18 25 ...	Tu	1 8 15 22 29	Tu	... 6 13 20 27
W	... 7 14 21 28	W	-5 12 19 26 ...	W	2 9 16 23 30	W	... 7 14 21 28
Th	1 8 15 22 29	Th	-6 13 20 27 ...	Th	3 10 17 24 ...	Th	1 8 15 22 29
F	2 9 16 23 30	F	-7 14 21 28 ...	F	4 11 18 25 ...	F	2 9 16 23 30
S	3 10 17 24 ...	S	1 8 15 22 29 ...	S	5 12 19 26 ...	S	3 10 17 24 31

CALENDAR, 1950

JANUARY.		FEBRUARY.		MARCH.		APRIL.	
S	1 8 15 22 29	S	... 5 12 19 26	S	... 5 12 19 26	S	-2 9 16 23 30
M	2 9 16 23 30	M	... 6 13 20 27	M	... 6 13 20 27	M	-3 10 17 24 ...
Tu	3 10 17 24 31	Tu	... 7 14 21 28	Tu	... 7 14 21 28	Tu	-4 11 18 25 ...
W	4 11 18 25 ...	W	1 8 15 22 ...	W	1 8 15 22 ...	W	-5 12 19 26 ...
Th	5 12 19 26 ...	Th	2 9 16 23 ...	Th	2 9 16 23 ...	Th	-6 13 20 27 ...
F	6 13 20 27 ...	F	3 10 17 24 ...	F	3 10 17 24 ...	F	-7 14 21 28 ...
S	7 14 21 28 ...	S	4 11 18 25 ...	S	4 11 18 25 ...	S	1 8 15 22 29 ...
MAY.		JUNE.		JULY.		AUGUST.	
S	... 7 14 21 28	S	... 4 11 18 25	S	-2 9 16 23 30	S	... 6 13 20 27
M	1 8 15 22 29	M	... 5 12 19 26	M	-3 10 17 24 31	M	... 7 14 21 28
Tu	2 9 16 23 30	Tu	... 6 13 20 27	Tu	-4 11 18 25 ...	Tu	1 8 15 22 29
W	3 10 17 24 31	W	... 7 14 21 28	W	-5 12 19 26 ...	W	2 9 16 23 30
Th	4 11 18 25 ...	Th	1 8 15 22 29	Th	-6 13 20 27 ...	Th	3 10 17 24 31
F	5 12 19 26 ...	F	2 9 16 23 30	F	-7 14 21 28 ...	F	4 11 18 25 ...
S	6 13 20 27 ...	S	3 10 17 24 ...	S	1 8 15 22 29 ...	S	5 12 19 26 ...
SEPTEMBER.		OCTOBER.		NOVEMBER.		DECEMBER.	
S	... 3 10 17 24	S	1 8 15 22 29	S	... 5 12 19 26	S	-3 10 17 24 31
M	... 4 11 18 25	M	2 9 16 23 30	M	... 6 13 20 27	M	-4 11 18 25 ...
Tu	... 5 12 19 26	Tu	3 10 17 24 31	Tu	... 7 14 21 28	Tu	-5 12 19 26 ...
W	... 6 13 20 27	W	4 11 18 25 ...	W	1 8 15 22 29	W	-6 13 20 27 ...
Th	... 7 14 21 28	Th	5 12 19 26 ...	Th	2 9 16 23 30	Th	-7 14 21 28 ...
F	1 8 15 22 29	F	6 13 20 27 ...	F	3 10 17 24 ...	F	1 8 15 22 29 ...
S	2 9 16 23 30	S	7 14 21 28 ...	S	4 11 18 25 ...	S	2 9 16 23 30 ...

OBSTETRIC TABLE.

The calculation is made from the first day of the last Menstruation, based on an average gestation period of 280 days.

In Leap Year, if Feb. 29 is included in the 280 days period, deduct one day from the date given in the lower line.

January October	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	January November
February November	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5	February December
March December	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5	March January
April January	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4	April February
May February	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 1 2 3 4 5 6 7	May March
June March	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	June April
July April	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	July May
August May	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	August June
September June	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	September July
October July	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6 7	October August
November August	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 1 2 3 4 5 6	November September
December September	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 1 2 3 4 5 6 7	December October

Sept. 15th Rewald

APPOINTMENTS

JANUARY, 1949

SAT., JAN. 1st
New Year's Day.

Fr. Ramsey's & Chv's wedding day. Professional Private

up at 4.6.6. Tried to do a spot of preparation of breakfast before church, then to ch. for Anglus after that the bride & groom went to the office of prayer - reading desk & supper - Fr. David & I heard them, all very simple. The Bp also made the service a lovely thing. I did my part & went to my place. Then straight on with the official mass, & all the people communicating, & the pair presiding over all this time. The Bp gave a short address in English, Fr. Bodger translated to Wedan, Fr. John to Kimandere. Then the blessing of the coop officials & dedication of the new chapel. I slipped out & found Chv already at work. B' pasta had tubalalaba but no one minded. Chv kept job of tea going. I poured & poured about 20 minutes folk there as well as whites. In the middle of the hour had a haemorrhage but on way to R.I. - now to be called a live by me - went to a most joy-bride-like day. I offered to do the Bp work but she thought it easier to do it herself. Then photo speeches & gifts.

money food & useful articles from the people. W. SUNDAY, JAN. 2nd
aid & job & got the Bishop's Co away at about 12. Lunch late, then we had a sleep, which we all needed. Off tea, E's song, bath & washing. Dinner late. Then Fr. R had bride & groom till about 10.30, but he found time to get Fr. Benson to read a short story by H.G. Wells. The two of them hardly saw each other all day. Supper, & still could not capture Fr. R finally had a talk all midnight about Fr. Chv's letter on Sacred Synod. Apparently no little was said officially & in public, which could not be hit. Lacked of Bruno's too; he had a long talk in the afternoon & want more training. Has given up med work for 3/2, is helping his father make a garden. Tom Bruno is not getting a wife & is getting into trouble sexually - has just acquired an illegitimate child. I felt a beast keeping the poor Ramsey up so late but having made the arrangement thought it best to stick to it. To bed at 12.30 or later.

JANUARY, 1949

APPOINTMENTS

MONDAY, JAN. 3rd

Professional

Private

TUESDAY, JAN. 4th

APPOINTMENTS

JANUARY, 1949

WED., JAN. 5th

Professional

Private

THURS., JAN. 6th

When Maltose and Malto-dextrin are indicated prescribe "Maltogen".

JANUARY, 1949

APPOINTMENTS

FRIDAY, JAN. 7th

Professional

Private

SAT., JAN. 8th

APPOINTMENTS

JANUARY, 1949

Professional

Private

SUNDAY, JAN. 9th

MONDAY, JAN. 10th

JANUARY, 1949

APPOINTMENTS

TUESDAY, JAN. 11th

Professional

Private

WED., JAN. 12th

APPOINTMENTS

JANUARY, 1949

Professional

Private

THURS., JAN. 13th

FRIDAY, JAN. 14th

JANUARY, 1949

APPOINTMENTS

SAT., JAN. 15th

Professional

Private

SUNDAY, JAN. 16th

Sufficient organic iron now added to "Lactogen" and "Vi-Lactogen".

APPOINTMENTS

JANUARY, 1949

Professional

Private

MONDAY, JAN. 17th

TUESDAY, JAN. 18th

JANUARY, 1949

APPOINTMENTS

WED., JAN. 19th

Professional

Private

THURS., JAN. 20th

APPOINTMENTS

JANUARY, 1949

Professional

Private

FRIDAY, JAN. 21st

SAT., JAN. 22nd

JANUARY, 1949

APPOINTMENTS

SUNDAY, JAN. 23rd

Professional

Private

MONDAY, JAN. 24th

APPOINTMENTS

TUESDAY, JAN. 25th

Professional

Private

WED., JAN. 26th

Fdn. Aust., 1788. Obs. as Aust. Day.

JANUARY, 1949

APPOINTMENTS

THURS., JAN. 27th

Professional

Private

FRIDAY, JAN, 28th

"Lactogen" is recommended for Nursing Mothers.

JANUARY, 1949

APPOINTMENTS

Professional

Private

SAT., JAN. 29th

SUNDAY, JAN. 30th

PORT MORESBY - ERORO.
JANUARY, 1949

APPOINTMENTS

MONDAY, JAN. 31st

Professional

Private

TUESDAY, FEB. 1st

FEBRUARY 1949

up at 4 to 6. F.P. picked me up at 6.25 & to drone Took off in
little Dragon 7.25 c Mrs. Cassey & kids. I nursed the babe who
was good for good view of the Gap. all the way Dropped the C.
at Kokoda, picked up Mr. Hubble & Dobaduna, & his boy Donald.
Dropped us at Enah. A obliging pilot. No ice layers so left
my luggage & walked caught up in some Bauvian tracks & met
& walked in them They got me welcome account. Home at 1.
Great ^{ECONOMY} economy here. A.G. Lusat last caught up on the
high side here no word in Head. A big wait for me lot of
friends bless all the quivers. Got a real welcome from staff
& for him, blessing. A glorious bath & to wait. Rod
brought my purapura. A fuss: cookie-boy threw
away bag (?) food, and not pick for more, & 13 people
not fed. Roger still in some somewhat inevitable & Waddy
is upset. Tried to put K.K. on 30 + then about 10 in him
but he vomited it.

APPOINTMENTS

ERORO.

Professional

Private

WED., FEB. 2nd

Have taken it easy. Did not go to Mass. There is a fierce economy drive in the mission ('about time!') - no mission buy & only 4 quils - we have to do our own houses. 4 of us never get at home! Did a round, several new ft. Teachers apt in discussing food. Will let local ft cook their own after lunch opened parcels - lot of nice things. Took eggs Mr Thomas - she brought my bed - a big mail - not all read yet. Dined. Bob Miss Fox & R. Balyone from home & ing well & happy. Mr Sharp going downhill. Jan at 9.30 on 16th. Conclude & seeing to odd & make more letters.

THURS., FEB. 3rd

Mass at 6.30 - only 2 hr late! Did a round scolded things for not hurrying off to get lumber & also for interfering in cook boy's arrangements. It just stands & stares when one scolds. 3 fresh Lopholaim's legs & got buckets of pos. Let's hope he will now clear up Mr Thomas's to lunch & talking materialism. Filled for hours. Made mistakes. Wrote N/D, others till late at night. John took Roger away & shot him. Good old John.

FEBRUARY, 1949

APPOINTMENTS

FRIDAY, FEB. 4th

Edoro.

Professional

Private

Terrible thunder storm 2:30 onwards, worst since F. Elder's time. Waddy is frightened. To Mass late, everyone late & sleepy after a bad night. Wind cooler today. Checked round 9:15. Marie had a big morning injection. Finished my mail after lunch & dropped off to sleep. Few jobs. D.O. came & talked for ages about the Leiner affair. He is worried abt. it & kind. Want to have come back for dinner but never too high. John here; he has brought us bird or. He is a love at heart. Had - tried to good too. All are in trouble; the D.O. had rather hot up. Campfire & looked the bay calices, some to study & all kept. Lot of fun over cutting pakka or. My house is filthy. Day off tomorrow.

SAT., FEB. 5th

Up at 7:00 swept a bit before breakfast. Skipped Mathis. The D.O. came during breakfast & took me to Chiramin's Ridge. Looked at possible sites & agreed that the site of an old Naval Depot is the best - near water, good area, ? soil, in a sheltered hollow (and be hot) away from mosquitoes, & a mile from sea. Near Beama. He talked abt. Mr. Kettle; is a published geologist. Has some positive evidence. He is cutting kuta for the people; the mission will get it as a trading concern. He said I could tell Fr. Thompson. He thinks he will go broke. His 2 coaches chartered a plane costing £100. Also he will try to help in our food. Back at 11, cleaned my house; it is at least 1/2 - 3 rooms anyway. P.M. did repairs for L.O. & nothing much tonight. Had - tried to dinner. Fr. to ask people for food for hash. No Quinta bay yet.

ERORD.

APPOINTMENTS

FEBRUARY, 1949

Professional

Private

SUNDAY, FEB. 6th

Better day for me on duty. Was over earlier due to cutting out his rest for shorter sermon. (rest was smooth). Got some writing done. Very hot. In evening got D.O.'s reports & L. Gunther's letter & signed done. Bed lateish. 7 organ-izing long preaching to job.

MONDAY, FEB. 7th

up to 6. Mass. A spot of sweeping. Earlier start. Did a round other job till M.D. An epidemic of infected eyes. Missed Evening. of 2 kiddies affected. Lecture started Resp. System. Late lunch, things left. : Jan May has left. not much was & slowly but at least she kept the fire on. Had a nap after lunch & solid name. Cold job after lunch. Clean my lamp & new it won't work & neither will Marie's. She was out maddening. The R.C. plane came today & Ben Wendel sent 2 forest rough & I think a Frenchman. They called tonight while Fred was struggling in M's lamp. A spot of writing tonight. Have cut down workday's meat & increased med. days. Was they get the same.

FEBRUARY, 1949

ERORO.

APPOINTMENTS

TUESDAY, FEB. 8th

Professional

Private

Mass punchal, b'fast ditto. Went to F. Thompson
 re Mr. Hubble. Smooth day. Rands new pb, defensible.
 Lecture. Spent kid on car P.M. odd job & disbling.
 One can keep going for hours in that, achieving nothing.
 Answer to started Elijah's house. Hurray! Music Evening
 again. of pb. - it happens every night. Lamp bear,
 - Fred has taken it to mend. F. Pat & Gop meeting
 bought a dinner at 6 - it good. Fresh pork to
 have written to mother & Mrs. Hughes.

WED., FEB. 9th

Left Hill 7. Easier day but it hot. Raining looks
 fine tonight & thunder. John took to P. to Barisani, got
 food junks, but could not get the truck across. The
 I walked home. Water in trouble & Govt for assembling
 school children. It stinks rather on all counts. Don't
 the Tomase this time, I examined her. They are to answer
 to be staked here. I suppose it will come off. The is
 10/32, an old hypertension & little Jg. Work mail
 Writing tonight, by hurricane. Kf coming 28th

ERORO

APPOINTMENTS

FEBRUARY, 1949

Professional	Private	THURS., FEB. 10th
<p>Called after MN. A child, not a pt, - humming and Lowell. A beaut thriller story kept me awake, for lightning across the N++ ref for Mass did not receive. I was not there for prep last night, it is a bad example. Only 2 med boys there so gave them a pep talk at bedtime, & another abt good manners, knocking at Dr's house. Very cool today, thanks to the Easter day, but I accomplish little. Got myself the afternoon from 3:30 & killed my housemaid. Ken Thompson, Headmaster, another man in cal. Also Mr. Tamasaki who took our mail. John here all day. Everyone in F. I bought a cherry & full of jokes. Awaiting change in John's absence. Sharp I hesitate to put it all down b/c absence. A letter from O.J. who wrote to A.J. Both letters out of today by Makarainis & Mr. Tama on board too. New E.M.A. mother up. You came back today so we probably will have an houses done on alternate day.</p>		

FRIDAY, FEB. 11th

Dark wet morning ref for mass called out my letters before breakfast. Helped a NAB. Elkin did his first successful lecture. After a late lunch slept for nearly an hour. Nurses ready for a rest. Not much before E sang. was complaint about food - med boys this time. Some said they had enough others said not but let weighed. I let so Elkin cooked wine for both banquets & talked to the boys then mercifully lent us his lamp. Elkin came & talked - said the boys do not understand my lectures, I hope they will come & talk to me abt. it. Then Barbara Faith had a beaut bout of what I suppose was cerebral malaria - rigor & excitement. I took 1.0 Iminin - morph of 24 to quieten her. No writing done with mentoring.

FEBRUARY, 1949 ERORO

APPOINTMENTS

SAT., FEB. 12th

Professional

Private

We day off. Things went smoothly. Had Fred to dinner.

SUNDAY, FEB. 13th

M. had to go out of ch i pain in her back. then got diarrhoea, & was persuaded i difficulty to take the day off. Temp normal. Hosp went well. I got 3 thank you letters written. Awfully sleepy. John for dinner & took my batteries to charge. Hope he succeeds. Fred recharged my lamp. Bless him, but v shaky.

ER do.

Professional

Private

MONDAY, FEB. 14th

Wane working & me protesting. Both of us tried, 1 of thing
 breder. Slept after lunch & at last got my head washed
 lamp went bump. Must get a new top for it or a new
 lamp. The medical boy came on the Monwe, all well.
 Got to the stage where I must stop so day off tomorrow
 Barbara Faith - worrying, though.

TUESDAY, FEB. 15th

Day-off Slept till 7, & fast in my house, & nice. Had
 some typing & broke my machine. Borrowed F P's & wrote
 letters all day. & a few odd trips to Hosp Barbara up to
 105° again & had a 1-V.

FEBRUARY, 1949

APPOINTMENTS

WED., FEB. 16th ERORO

Professional

Private

HIGATURU.

up for Mass (Wednes) Did a round of new pt & sent
 some home message from Allan Chapman asking me to come
 to see the D.O. "very ill." Left at 11:30 in an awful jeep & am
 almost yet. Black driver; he is from Buha Passage, & has a
 hawklike face & a capacity for hurry. Got to my patient at 7 P.
 ashamed of myself. Think in Samboya (the best in boy at Sapa),
 reached here 14:30. No a much belly or 5 mercurial, pleurisy
 (diaphragmatic) & bronchitis. Also to Haf to see a sick kid &
 terrify jaw Mother refusing to have teeth extracted.
 met to stand in Samboya going to Eroro.

THURS., FEB. 17th

up 5:30 to Langara for Mass in the bog. All surprised
 to see me & Peg pleased. Bless her the leg was there when
 she left Eroro & I put her (almost) back to bed. Fr. John took
 Mass back for it's fast, talked to O.J. about Sunday things
 met Allan Chapman, to P.O. & got mail, & to Haf Mother
 consented at last. I think the kid has sarcoma & sent
 a spec to Dr Price. Feeling lousy. & burning pains. After
 lunch to Champions bus C & mercurial of neck left her
 & back here. lay down. Took O.R. & no dinner. feel better.
 Bed early.

HIGATURO - FRORO.

Professional

Private

FRIDAY, FEB. 18th

up at 6, ready at 7, left 7:30. D.O. looks better. Low in a bit of 50, sig. bless him. Kenneth drove me down, & he is in too much of a hurry. Got us stuck in the jamboja again: he wd. not wait for the fund. We also wanted on the switch for an hr waiting for a plane that did not come. Wrote to Vera & Joan. Perhaps while there, drove 1.15 to find M.K. gone, so I passed for Benson's many things. Sent drug to Langara & Kenneth. Saw some of the "book" messily & both out a hard business. She is knocked flat tonight. Saw her to be settle her. My lamp goes beautifully, thank heaven. Mail says Pat has broken down & gone south. Thank heaven she is there. I feel that I should go back. Name looks & tired. I am tired too & irritable.

SAT., FEB. 19th

Woke quite energetically at 6:30 but up at 7:30, Mathus 7:30. Blake & Charles back. Am bus said he wd. bring Eric's jacket this PM but did not. Waddy knocked out but pain only slight. Has lounged on her bed all day. Red & Fred would to stay to drink but got pushed off. Coming tomorrow. Very hot weather & we sweat pink. Travel spend Nellie's knee & I gave a week. Seen to have done a little - saw dispensing, some unpacking. Elliott's daughter at last, as in voice. Fry Parent & Benjamin & is to bring the evening Wilson back. Jack in stuff. told me to clean his garden & allowed them to go to the dormitory. Elkin reported it like a good lad. & seemed to know all about it. Thought Kenben was an agent & balance but has settled down. Think I shd. see him - history now like disaffection. Thought found long on Kae's note & went to work a D.P.T. to his qualification.

FEBRUARY, 1949

APPOINTMENTS

SUNDAY, FEB. 20th ERORO

Professional

Private

The hottest day I have known in Papua, & all of us had the shuffling knocked out of us. Dance has a cold & my sore throat is burning to me. Lots of the natives have no goodness knows why. Weather 7.30, brassy didn't go to. I worked in Hosp. till lunch & took the afternoon off. No energy to work, & I wanted to do so much. Opened & read sundry items of M.K. mail & typed Helen's monthly report. Robt. Fred to tea & quit a cheery sort of meal. Found the Hosp. to bed & wonder if I am expecting too while a standard of behaviour for my patients!

MONDAY, FEB. 21st

Did some writing before b'fast, did a round, found prep in Priscilla's chest. Did several rounds in P.M. One takes a long time to accomplish little. Teched - first for a week. The boys remember what they have repeated most often but it seems a parrot-like learning. Giving Barbara daily 1-U Lincine - or was likely 1.14. Her veins are awful to get into. Mr. Tomase the same at 6 PM. Mr. Huggins, the new policeman, brought a lovely mail, also a letter from the D.O. The Asst. DDS & perhaps Dr. Gray are expected this week & he will bring them here if pass & talk food board. Bless him. I took on a longgan man Buran to plant the garden - seems to be witted but willing. He arrived 4.15. His mother seems to have Co. of pechum's dodging op. He wanted advice. He is not a mature sort of person! Got Leadbeater in & bad malaria

APPOINTMENTS

FEBRUARY, 1949

ERORO

Professional

Private

TUESDAY, FEB. 22nd

up for mass, feeling tired, off-color & very cough & cold
 pretty heavy. M. has one too. I'm sorry though not so
 hot. Maddy having trouble & sharp off her back. I had
 want several as witnesses re W. case. Did little yet kept
 busy. This PM unpacked blanket from Jas. & disinfected. Family
 long brought & to bed at 8:30. Tom old & recovering &
 I hope feels better than I do. Jake doing his
 punishment manfully & singing old Golly. I hate
 punishments.

WED., FEB. 23rd

Have felt lousy all day. sl. fever, anorexia & a rotten
 cold. Meritid my aqueduct, fixed up Lushman's skin
 & did film of Botulinum as I found sl. has been lymph
 glands & possibly a ? sl. leucopenia. Name use of the best
 either & he felt trouble her Leadbeater in preparation. T.
 of 103° - not malaria - dengue. Elmer & Jasper went
 out for food today. Bless em. Maddy getting 5 P. off.
 She does it faultily yet does not squeal her underly.
 If so, he bobs up again.

FEBRUARY, 1949

APPOINTMENTS

THURS., FEB. 24th

ERORO.

Professional

Private

Much better today. Had energy to work, an appetite.
by Leadbitter better too though temp still high. Think
to be a dengue. Typhus not excluded. Fever still but not
deeps going. A man got into the girls' dormitory last
night who they said was John. I signed after lunch &
7 P. asked nobody's name to the. Took most of afternoon
at work as drug for Wauwata. Quite a task. Long
it again tonight till 9-30. No sign of a way yet

FRIDAY, FEB. 25th

Still in hot. up to mass, sponged 'Korai' as name
calls me Leadbitter. Am decided for idia dengue. I up and
spans going, though temp still up. Job at Kaha. Started
lectures in blood, shaved them clothing on film. For
afternoon till 10 P.M. getting drugs ready for M-K.
Wauwata's ready, before's a lunch.

APPOINTMENTS

FEBRUARY, 1949

Ekoro

Professional

Private

SAT., FEB. 26th

Day off looking after Korau. J. Watkins at 7.5, stamped H, & wrote basket letters they take up. Poor Maddy's feet: her feet won't grow & bleed & become all a fault. I feel a worry for not helping. Made paste & used old chop & steel. John's mouth much worse & fungus. Took his tooth out & (Pentothal) it worked so well. Red brought a crowd of people down & says, bless him, & then Maddy he really went down to the wharf & then for a spin. Did some mending on the machine which is a dream. More letters & fixing Korau. Still so tired & no appetite, but cold better. We are all tired & on the verge of being irritated & each other. Thank goodness Mame has a day off tomorrow. Wish it could.

SUNDAY, FEB. 27th

Lousy day. We all seem off colour. Mame is tired & even admitting it, Maddy fair. SP & mild fever in bed. I woke at 5 & period & have felt rotten & nothing definite to complain of. Can't eat & dog tired. Did only essential in Hosp. Barbara better. Slept after lunch & achieved one letter. Tonight better. Korau is a ring & headache & fever returned. No wash yet. Ray returned from Hig: Wilson got off in 10.15 fire.

FEBRUARY, 1949

APPOINTMENTS

MONDAY, FEB. 28th

F R O R O.

Professional

Private

Slept till 6:30. Feel better but still off my food. Would have eaten dinner but began to cough & vomited what I had taken but I have some energy & pleasure in my work. S.P. in bed all day. I think glad to be there no more, again tomorrow. Did a good - in Feb. Feb. - took off a nail & took a gland from *Brucella* & spillo. Found it was M.D. had to ignore lecture. This P.M. work like made for Hig & M.K. Latter did not arrive. Tonight found my wireless is O.K. after all thank goodness. Wipe first my bathroom wall & make a good job of it. We have some good bread at last - the first for weeks.

TUESDAY, MARCH 1st

MARCH, 1949

Felt much better - was high but a big dip at 7:15. Finished M.K. mail. Filled at Hosp. but head came in & found a chip off frontal bone. S. had hair & work long. Puld down to 46 but rising again. B.P. 128/80. & drowsy. One of John M's boys. Leaked on blood. F.P. still in bed & sweat. Lead better much better. Put plaster on one of Fred's boys & ? dislocated mid-tarsal jt; unsuspected gardeners. Elkin said present garden is poor: it was not kept clean. Bureau planning new one. The women ft. able the time they were to pack for the Hosp. Bath & John took me to M.K. wh. returns to Killarney tomorrow in Capelle. Miss Stevens & John Anderson. ~~then~~ at Langara. But batteries on board to be changed, & dump to. & my Hypocrite Mr. Hibberd board & came here for dinner. John put to bed & fever. Mr. H. having loud argument & S.P. wh. ended so friendly & too much so. Fanny at 9 P.M. when I pushed him off. S.P. not taking news program. John Smith came as "Vi-Lactogen" with added Vitamins A and D. but, alas! have bedded on 3 ft. down while N. did Hospital

APPOINTMENTS

MARCH, 1949

ERORO

Professional

Private

WED., MARCH 2nd

rep. to by. name beat me to washing the boys. They are both much better. Horace coming round in afternoon. Fr. up about 8 brought but tired. Dad not so much at that yet kept busy. Got John Smith a pep talk & started him in W.I. Got my lecture in & taught G.S. a few things. Had to blow into Dean & Elkin for being late on duty at 3 - Elkin had been eating betelnut? from Karamoos - & I think we were then them. I do love those 2 boys & suppose I must fight against them. Found Jerry & K. - probably a papilloma of the eye. Found case just before evening & 3 boys & bad feet - put 12 skin on & missed ch. Off my oak again at dinner. Working letters tonight - actually me to Brady A.

THURS., MARCH 3rd

Ash Wed Mass at 6.30. Dean & Elkin sewing. A late start in Nap. Got Amos on to small horses, filling in holes re. & the boys to cleaning them. Discharged John G. & Lead better just went off cabin & a by your leave. He is due for a tongue hanging. Taraseth & Huberney came to mark out the mission property & plate land. Came back c 11.15 at 4.15 - Dr Capell & John A. both looking awfully well. Lorna & arrived during evening admitted them & showed Dr C the Nap. I have been faithfully tried, but had a rest after being to the same dinner. Dr C. talked to John, got his language & cf. it is another northern language, reportedly Malagasy but he got at Sargara. It is different but he found basic similarities. He read complaint for us. Elijah went off for his holiday. & the men went on the truck at 10 P.M. Will see them. Talked to Elkin re betelnut. He says he thinks it wrong but owns up so frankly that one loves them for it. He is unhappy abt. it I think.

MARCH, 1949

APPOINTMENTS

FRIDAY, MARCH 4th ERORO

Professional

Private

Slept till abt 7.30 & had b'fast in bed! An egg too! Felt
 quite abt it but grateful. To bath 9.30 & kept busy & dis-
 cussions new pt. to. Lecture at 12! Even his asked to attend
 Mr. Thomas's lecture to lunch again finishing mapping out the
 Mission's 5 acres. Kept busy all the afternoon. Little to show
 A woman's a spot on her head & an undrained boil. Lots
 of argument. Ruffed a knee & got 30 cc fluid & stained. In the
 bath bath, & wrote Refugee letters. He awfully tired &
 should have been out off but chooses Sunday. Shirley had
 too. Make work tonight after 6.15 line

SAT. MARCH 5th

Day off. Up at 7.30. Read up cholecystectomy, got Sewade
 things packed, washed head. Fred Rod came & intended above.
 Kipling came worried abt Roma's Pass Book - has only
 1/6 in it & acc. to him only £3.18 was taken from it. Odd.
 After lunch wrote to Fr. Kenney, bath & inspected the garden
 which is almost planted. Ames says it won't feed him Hayll &
 get for $\frac{3}{12}$ which means one pt. for about a week!! Even-
 ing. pt. came in a big brown sack to Dujim - a batch of
 two barrels abt. size of 3d! Dinner, & have done Govt.
 report ready to send. Argument & names who want to
 work towards. Wireless going tonight.

APPOINTMENTS

MARCH, 1949

FRIDAY.

Professional

Private

SUNDAY, MARCH 6th

Left at 1/2 to 6. dark + wet. Bay not windy. Wave + lake began at 1/2 to 8 + finished at 10. In the argument. Waver + after rather surprisingly + she departed from the boat + helping me. I just pugged through the work + did not have extra. Reuben refused the operation. First he said yes unthinkingly. Then a moment more he said No. He was frightened of being cut. Nancy + Maddy to a film ten R + 7 + they back for dinner. Elton stayed away swimming + missed for days the baby + even says it sold him. He did not understand but should have known he must not go fishing when on duty. But he does speak up both for himself + other. I must be careful of my affection for him + possibly of his fame. I know what to do. He means by guarding against losing the boy too much - + other too little. That to do with lesson too. Am feeling much better + eating well. Went to sleep in church.

MONDAY, MARCH 7th

Labour Day, Tasmania.

Tried + slept in hill 1/2 to 7. 5 few ft. discharged. Result + 3 others. Kept Reuben in one week day to finish the operation + he probably hasn't. At 12 Kipling set theatre for an album of whale. The others watched or did their part. Tomorrow we do the "op" I hope. Reuben went home. I did not like him walking but off he went. P. getting things ready for the bus + the school had a holiday to have things in order. The teachers worked hard. Ben boys heaped out grass etc. Men out today too. After lunch getting things ready for Ambrose. Lot of people on the station from out. Station policeman left the Woreby mail bag here by mistake. Hope there is one for us. Tonight got a letter off to mother in the mail-bag + a few traps. Looked at a bag blood for filaria + found a Leishmania + here in sulphur for typhoid etc. Not so tired tonight. Radio from Bishop 3 days ago. He is delayed.

MARCH, 1949

APPOINTMENTS

TUESDAY, MARCH 8th EROKO

Professional

Private

4th is after 1 A.M. I can't sleep. up by 6, bells were before
 safe & the boy came away from church saying it was all
 postponed. I don't recall. The catechumens were admitted &
 we 3 were not there. I was so sorry to miss John's admission.
 Bell for Mass rang after 8, we got to fast after 10. I finished
 of prayer for father & I snuffed the P. up about 1. Maddy is
 far more pleasant than I. Keep bubala baba all day. Still we got
 an operation in false alarm of Bp's arrival at 1:30. Finally
 came at 5:30. Wabawan the first says a mail John the brought
 the birds hundreds here. I suppose I was so impressive. Bish Bob
 only fairly well, not eating much. Even sang in the choir. Prof
 Mardmar & Bish. Dinner at 8, I much talk. Really a good
 he is more interested in things than Maddy suggested. I'll open
 a letter & I writing letters re drugs. I saw some bagged
 & I talked him: we don't need two. That's done it. Now he, John
 both say they will go. Micholls coming here.

WED., MARCH 9th

11 to 12. A big day. up for 70's, redneaking
 of the ch fool by Mass. Procession began 7:30 & really a
 good. Hundreds of Xians processed singing & many Xian
 soldiers who really filled the occasion & the cross leading.
 Then each part blessed in turn. Then Mass & a good address.
 Finished at 10 after 10. After to fast mail from Hig. 3 from
 home. Then talk to everyone on the deba deba. 1st Bp then
 me then S.P. then anyone. Finished at 1:30, Lunch at 2:30.
 Then long talk & Bp. after he saw the Hosp. blessed Barbara
 & Mellie, saw the op. to the. He maintains the sepⁿ of
 Hosp from station thanks he will speak to F. N. At 5:00
 gave us our license & admitted us to Gababada to Hosp.
 I saw & John going home. Dinner at 8, writing letters and
 planning a trip up coast to Dewad. I back at St G.

APPOINTMENTS

MARCH, 1949

ERORO

Professional

Private

THURS., MARCH 10th

W. tried Bp said wraps at 7:15, so I slept late. B' fast & final fixing. He talked abt his structural system & I work both known at base asking him to give him B' meal. F.P. got a reds his mother had of a dangerously ill poor boy. Bp got away at 9:30 in the truck. John has more balls & we kept him here all after. Everything in a helluva mess - no cook boys, no work done. I've run round all day & tried to catch up, & so has M. Talked blood donors to boys & all agreed. I typed them almost all A. Lunch at 2, dinner at 8. Jap came back, but oil leaking. F.P. got to Krama had to leave there. Fred has worked hard on it. The 4 boys came to see us all medical work, but won't want to think I've all unsatisfactory. Tonight made up shift for John & Dick. Ames necessary need boy of purchasing meat - all an error: they bought it, but it brought the light an underpayment of amount by Ames' flung by who forgot the usual. Yesterday he was demanding for soap or from the Bp.

FRIDAY, MARCH 11th

Slept till 7:30 & M. brought my be fast over while I was dressing. He wd spoil anyone. Got a round, copied a cooking problem or. Jap came from the ship, they want me, but ^{mother} ~~both~~ cases are urgent so I put them off till next week. Got this to finish done. An ordinary lecture, first for ages. Maddy & F.P. went to Eureka in the newly-fired jeep & M. enjoyed the change immensely. The Govt jeep brought a mail straight from the ship - letters written 9 days ago from home, 5 days ago from Mulu. X-typed Kipling & got Mulu in law & is compatible. Found all sort of cooking jobs or rather Elkin reported it, & spent an hour talking food to pb. - how to feed children, Co-ops, & heaven knows what. Late bath tonight have worked in Dip & talked to Jasper all. equipth for patrol. Told Elkin I was reading him a speaking letter to be overjoyed, but he merely said "Awara", then "It's my work". M. made Mulu for supper & M. got talking at 5 P. who has apparently ^{Vi-Lactogen} ~~fruit~~ ^{does not need the addition of Emulsion or Lactose} ~~thump~~ ³⁵ ~~up~~ ^{amazingly} here. I'm very how many differing impressions one gets.

MARCH, 1949

APPOINTMENTS

SAT., MARCH 12th EROBO.

Professional

Private

Slept till 7. Shubb's plane flew over, so low that I thought it touched the palm fronds & dropped a letter, wanting to be met. But all the while people ignored the request & he had to walk in. He is a most popular gentleman. Had Fred here to ^{discuss} in high fettle. They saw his decision figure - but had more time back to the ship. A lunch today on the fusion which went well but many delays & hitches. Late to lunch & did not get to E's camp; it ran out. I thought the vein had clogged. She must have got a small embolus & think her no effect beyond pain in chest. Kefling & her husband each gave 0.1 & shot it well. Tonight Jefford wanted to go home & bring his sister's sick baby back. Much questioning & I don't expect it. They say they are frightened of offending Luraine - must inquire about it. Shubb brought some stuff & the boys brought it for dinner. Tough but so good.

SUNDAY, MARCH 13th

Up at 6. Prof. going well. Got Barbara ^{Fath} sparged before Ch, but she & Barnabas seem to have had a quarrel. Ch, to fast, & Madeleine Mary appeared. She has left, the excuse being that her mother needs her. Got some note from Amber & John W. appeared. He had an attack like a coronary last night, but I think it is pleural. Got patrol equipment ready & Green's help. It is a good load, like work. Great interest in the patrol. Lunch - everyone in cheerful mood, in fact all quite different since the Big's visit. Got Lark order nearly ready. Have written to mother, B's uncles & Miss Henslow. Late to bed.

APPOINTMENTS

FRRO

Professional

Private

MONDAY, MARCH 14th

A busy day. Mass was so good. S.I. for Mission. I was attentive. David then kept going. Goodness knows when the time goes. William says, baby is sick. I advised the father to have it baptised. He did a little crying all through his & later died at 6 P.M. just after I aspirated. Mum & I knew clearly this time. At lecture talked about diphtheria, the use of an incubator, then to Ukin. I gave a patrol. Day is interested. Late lunch, making stock machines up. Mance going for the back of his life. Sample, typing last order & not finished, wondered if it is 10 March 31st that I have to send it in. Anyway it is done. Carefully tried & what must M. be. New train station to be opened on Wed.

TUESDAY, MARCH 15th

Just plodded & prepared for trip. Heavy rain & the creek up to high. No school, & on feet sodden all day. Fr says the Sanborn print was washed away so goodness knows when I'll get to high. My 7 missed Mass, got haversack ready. Odd ends of preparations all day. Beth's child fusion - skin & bone, I won't eat. Can't find anything wrong. Did Gaphel's. He only 68%. Clifford 78%. John Mearns much better. In lecture the boys just couldn't get the hang of circulation, poor kids. This P.M. decided to dish it & tonight prepared a fusion thing for ambulance. In hosp. all day. Little preparation for trip. Mance looks awfully tired, but she had an hour or two off this after.

MARCH, 1949

APPOINTMENTS

WED., MARCH 16th ERORO.

Professional

Private

We just got a plane came to Embi - looking for Mr McDonald & Miss McLaughlan - some guess they tried to come yesterday by jeep & failed. Patrol boys waiting for Haven's achievement which left at 6:15. To P. had to feel them & went to Embi where they are finishing their building in great style. I packed my snake-bite, saw p.b., scolded David. John W. here for morning tea & seems to want to help the mission in some way. Got a snake-bite in at lunch time but apparently was venomous. Elyah's 2nd brother. Gave a lecture but boys can't take it in. I think I am finished now. Got Andega fasting fast - Ca nodules all over him. Thought the boys killed a snake in Vance's office. Finished Lab order, a not much was bought. Baby Linger won't eat, & will die if he doesn't start to take food.

THURS., MARCH 17th

Still no jeep. Mass at 6:51 for patrol to Embi & Jake got off at about 8:30 in a pt from Embi helping the way they crossed the Embi at its mouth & headed for Karua via Goriban, as the rivers were too high further up. Dixon served at Mass, came to me after & announced he had gonorrhoea. Denies intercourse. I think truly has a nasty balanitis, I mean the urethra showed an actual long like a displacement but mixed infection. Spent afternoon making up report for Gram & all things done + ve & not true diplococci. Andega is dying. 10:30 P.M. & little done, it seems. Have a thing under my leg.

APPOINTMENTS

MARCH, 1949

FRORO

Professional

Private

FRIDAY, MARCH 18th

Kipling called in at 11 P.M. last night to say Andrija had died. The widow was wailing & beating the floor & her hands, but stopped when I told her she was disturbing other pts - being surprised. He was buried this A.M. - simply buried. I skated the fish work off today & M. I hope slept in. Sparged Barbara who seems better. Helped give NA Bs & gave Jasper's. He got some pain along cutaneous Ns such as feet, had to have weak No pain injection. It must have baked, got into a N. sheath but they no found when the sheath was damaged & knew not. Did a palacumbis this P.M. & also clefta li. The D.O. got through & came at 4:30 just after more heavy pain & sleeping here. Talked the MK comey & Margaret & the nichols, Dr. B. & Mrs. Lavers. Parvic! Laughed looked for TB in Lillian Mary's sputum & found none. I think the skin is O.K. Fred has a new wheel, poor lad. And I have a small one.

SAT., MARCH 19th

up behinds but my work rather hampered by talking to the D.O. - quite useful talk. We had mangoes & fruit & a hairy coats a funny name for a fast. & the punch station. I took over the Hospital, did not do much as M had done a lot. M. M. cleaned nicely & had about done by 2. The MK brought 6 people at 2:30 - the Ns look well though Ana was sick 2 days ago. Mrs Lavers is cheerful, & Dr. Beebe slim & young-looking. I had pictured & shurdily. kind woman. I like her & much. I showed her the book & talked equipment. M. & I working in the Hosp till 10:30 - the MK brought Elizabeth, her wife & much discussion abt. it. also 2 new boys for defon, not too promising. Mrs. Gladstone. Finally to bed at M.N.

MARCH, 1949

APPOINTMENTS

SUNDAY, MARCH 20th EROKO - GONA - Professional KILBERTON - Private HIGATURU

up at 6, packed before mass, wh. was punctual B fast, saw a few things in Hosp. Madeleine & Mary asking for medium of paper to come back to nurse. I told her to go home & make up her mind & she bit, but I don't want her back. Well as what F. Romney says all the friendship. Off at 10:15 in John's truck - wh. meant to be 11 as the clock is slow - embarked in rain as usual. Good trip. Got some mail inc. BMA's letter to say I pay £5.50 not £6.60 for yrs. such. Killebrew 3:30 PM. The boarding arrived to suggest I go to Hig & him but decided to wait. F. David & F. John appeared & a canoe & Long teachers to greet Miss Eva. The dinghy took us Basalbas: arrived at Gura after dark, about 6:30. Met Mr. Benson, fair well, & lunch well. Dinner, & F. David & F. John, leaving 10:00, got to boat at 11, being stuck in shoals & reef in the pitch dark. Slept on board.

MONDAY, MARCH 21st

up at 6:20, shower & packed anguishes brought early tea & being told, & helped me rather unhelpfully to pack. The loading finished at 8, & we got off at 9, away at 9:30 in the loaded truck Road & we got in nearly dark here. There saw Leadbetter at P; but couldn't tell him of the people were there. Hig at 13 MD. Mr. G. speaking in & good. After lunch to boat. Mr. Cox a different man from the one I saw at Sch of Look used last year. I think I saw him about both of the have sarconak I think. The kiddie who's both I got out is obviously dying. The Tona woman Elizabeth won't live long sarconak of which extending to roof of mouth. 2 white pk, cuffa & Mrs. Ben: the 2 men. Back here for pak & a shock for dinner! Heard news & to bed & sleep as usual.

APPOINTMENTS

MARCH, 1949

HIGATURU - GONA

Professional

Private

TUESDAY, MARCH 22nd

up at 5:30 - to Mass just in mid time. Wish I could remember all the people I met. They greet me. I can't say their names. Saw Horan - a funeral offician (I think). wanted him to come & me. I offered Nancy, but not telling her the diagnosis. I told her I had done the right thing. She seems believe. slightly thyroid but no physical signs that I could see. I gave a little to Nancy for the others. Saw several pt. Reg. by day but no time saw. Back to D.O. wrote notes to sundry people, saw little Aaron who looks better wrote a bit, lunch. left the orderly at 12:30. Killedon at 2. I walked to Lura except across the lagoon. Everyone carries me's things willingly. F. B. & Ann Yaker went up to the C. M. Co. Mrs. Christ was a love & smile. Saw various people, but lunch, had a & some dinner. read some advertisements & to bed early.

WED., MARCH 23rd

up at 6. to Mass - lovely service as was yesterday's. I think in a change place one dissociates oneself from the personality & mannerisms of the celebrant & concentrates more on the things that matter. Arranged - Godfrey re work, by fast, I saw Hordel whose lung is dead & stethoscope. Bad mistake! Mathes & saw 2 classes this AM. Lunch & slept till 3 - very welcome - washed head & bathed, & made an inventory of the Dispensary. Gillman seems a nice lad & says he wants to finish his training & learn something. Only one pt came - Susan who helped yesterday. Dinner was also, then to bed & wrote letters under my net. Am impatient today - pre-menstr. I expect Mrs C's hands look better but today & readily irritab.

MARCH, 1949

APPOINTMENTS

THURS., MARCH 24th GONA

Professional

Private

up at 6, to mass. wh was the mass for Lady Day, & was so many women there. Don't know why it was changed B' fast & a bit of working. Saw children all the morning, also Peter Brady's baby & baby Michael's baby. Lunch, was kids, & us & other patients except a station one. Had a bit of a rest, bath & washed some clothes, wrote letters & to E. sang. Also working tonight. Mrs C. nearly silly & irritable but I haven't let them get too mushy.

FRIDAY, MARCH 25th

up for mass. Saw Gillman at work in Dispensary. He work well, fairly cleanly, is intelligent, also is willing & sees a need in advance - a great gift. Finished the school. The older children much more fit. Took a tray after seeing station people - no village people came. Took off a be-mail & saw Rita & dysentery, I think. A mail came from Wed, & from only a fortnight old. After E. sang went to see James's eyes in Dispensary. Heep & some pt of his 2 & T.B. I think he's hard & wife. Met F.C. returning from Kuma. Back to dinner at 8, & at 9 in car with F.B. & Miss Govers. Had engine trouble. I parked in lib, saw Gaden Gill & N.A.B. rest & reaction. Told P.F.C. I'd bed with M.N.

MARCH, 1949

APPOINTMENTS

GONA - AMBASI.

Professional

Private

SAT., MARCH 26th

up at 5:30, dressed by torch & packed. Saw Gordon Gill T101⁸
 & hair quite gone. Last shell there. Wrote to Tommaso to see NAB.
 Cuffa. Wrote out me sandwiches. F. C. sent for the boys &
 after 2 hours wait we got off. F. C. rather peppy; they
 were not ready, but whether it is changed agst. my account or
 their I am not sure. A good getaway & a lovely trip. Found
 they paddled & rested alternately. Later a good breeze came
 & blew us along. Off. 3 pm the rain came & they rowed in
 in fine style, arriving 5:30. I wrote, read & slept. Aug. & shy of
 me Andrew met us & later Fr. G. & M. The latter runs the
 show, I fancy. - a Tausota woman. A pretty station, but the
 children heartbreakingly thin. No good food for Fr. & at floods
 then drought; & the pigs & pilled too. The real house has no front
 we kept Melita supplied a tiny tub to bath in, a bottle of soap
 & egg. I was not prepared to feed myself while here but will manage.
 They came & talked to me tonight. And I'm glad of my Lillies.

SUNDAY, MARCH 27th

up at 4 to 7. Mass is orderly & step-by-step but went on
 till nearly 9:30. Aug. got my 6 fish & well to, & soon after
 a long came pb. + audience, the Gona boys in the van. At 12
 they went & I did a spot of language, & also talked to the
 Awaris en famille, & we sorted out the drugs. Take lunch,
 burnt soup not exactly a success; perhaps my eyes bigger
 than my tummy. Went for a walk & wrote to Mother. The song
 more full in the Awaris. M. gave me a fine sleeping
 mat & some other mats. I used to thought even more fla-
 vious. Sending all my letters back by Gona boys, to hope
 they are safe. They are pushing to leave at daybreak,
 up to come they just wouldn't make a start. Made
 myself more aware agst. prowling dog as one got past
 All blackboard barrier last night. Glad to get under my
 net.

"Vi-Lactogen" is indicated for feeding of premature babies.

To Gregory Anne & Melita
 43

MARCH, 1949

APPOINTMENTS

MONDAY, MARCH 28th AMBASI - Professional Private DEWADE.

up nice & late - 1/2 to 7. Anguine got my b'fast in a leisurely way
& as soon as I had finished the p.b. candy - ingeniously coughed. Then O.P.
at 8:30, & we - F. G. Melick, Aug. & I worked solidly till 11:15,
except for Mathias. yawn, yawn, yawn, all on bottles; most
repulsive & pathetic. They are so fearful too. F. G. had it organ-
ized well before hand. Then a cuppa from the thems, more patients,
& on to the school. That was done by 3:30-ish & not as bad as I
had feared. The bodily vomished ones must stay away. Send
kid to work at Killerton to get food. The man away do
not send help home as F. G. says. Bath, Evening, & packing, then
dinner. Commence a bit short. Some writing tonight, then the
Aman family called again for an hour. They like the com-
pany. I visited Gregory. Andrew do not hobnob socially. To
bed early.

TUESDAY, MARCH 29th

Got away 7:15, good trip & quite calm. We hugged the
shore. Aug did not get me b'fast, only a cuppa & I was
ready for lunch. Carlos was the first to welcome me, and
had! Mr Romney came to the beach. I skipped in. I live
a leisurely life there. F. R. looks better. But still has
his fair at times. Clara, Maurice & Angela, Susanna
Ambrose all were there & welcomed us. Much talk,
some writing. To bed at 11.

APPOINTMENTS

DIWADE - GONA.

Professional

Private

WED., MARCH 30th

up at 6.15 for Mass, but did not receive it. At 9 o'clock made my confession, a hard job. Fr. R. very gentle & helpful. He does point out one's faults more by suggestion than by statement. Saw Fr. & Dr. O. & Bourne. She has been sweetening unless a good result of I wish Bourne comes to me for help rather than to her, but I think she will wear them affection when they know her better. I actually did a spot of cooking! - rock cakes & some buns. Dr. B. knows nothing of it. I don't know much more. The Bishop arrived at about 2, not nearly the fuss there was at Erze. Just like welcoming a friend, not the Bishop. Aug took me for a walk & valiantly protected me from a search of his letter. Evening dinner, a much talk till after 11, though we were very tired. None of the slatun after absolute that I have had before.

(later AUGUSTINE) THURS., MARCH 31st

up at 6, packed & ready for Mass. Aug & Pake Pake working in a well. Bishop celebrated in English. A good Cuppa and delay & off we went. Quite affectionate farewells, esp from Bourne. Heavy rain coming but Bp & I got on the St. G. by canal before it came. Heavy rain but good sea to Ambasin, a good boat on board Lawrence produces things as needed & well. All Ambasin long service in the Lambeth letter. I went to sleep. Good crowd in spite of the rain. Then look out sea teeth & saw Fr. & what Bp saw people away at 2.15. after the Bp had given shores of rail to Fr. G. who has had more lunch large & late, & then we both slept till nearly at Gona. I find many subjects rather hard to discuss & perhaps they are premature. Arrived at night by straight to Erzeang, then settled in. Fr. David arrived about 6.30 in and Fr. Syd. all at Killerton. Kingfish dinner, much talk of the martyrs. More evidence because of the mode of their death. Bp & Fr. James talking of the days of danger, & both agree that it all seems so distant.

APRIL, 1949

APPOINTMENTS

FRIDAY, APRIL 1st GONA- ERORA Professional

Private

up for mass 6.30, in fact, off to bless the Coop gardens. Aug. came early & packed my things & had 'em aboard before I had even cleaned my teeth. He forgot nothing, either saw Mrs C's hands & put her on her feet. The blessing was quite impressive & all the trimmings. We went on the St 9 to Gona village, then walked for 35 mins. thro. the jungle. The Bp. blessed each building, sprinkling & salt water. Fr. B had written a hymn to "The Red Flag". After the service some speeches. Mrs G. & I got snags. A quick lunch at the mission at 1, & off. Picked up Sgt. Collyer boys at Kilderton, Sgt. does look sick. Meal trip, got to Erora at 7, & Fr. M. wanted Ross B mending engine. Dinner & miss. Mission has changed out of recognition. To Campbell & so glad to see the boys, & some glad to see me. Three men in guest house. What a lot

SAT., APRIL 2nd

up for mass at 6 wh = 6.30. Bp got on to the trouble at the fact & worked eloquent in his defence for us on here. I'll then seems to have been lagging in my absence & John told me today the H. hasn't been paying them. Evidence conflict but the Bp has heard only the H's side, & we only the other. But I don't trust him quite apart from evidence. Bp left at 9, & we had a round meal for to home & we apparently jump to it to be in time. But that won't last if the Hosp. is busy. Still, it is a great blessing. Repacked Elhott's drugs all the afternoon & Dixon & Gable tonight have unpacked my things & sorted out all my papers. To bed late. M. to have a much needed day off tomorrow.

APPOINTMENTS

ERORO.

Professional

Private

SUNDAY, APRIL 3rd

up at 6, did job in Hosp + sponged Barbara before Mass. I think she is getting much worse. John Mc. appeared as if being a good boy - at the moment when I was busy. But I must refuse Mass long, but I could pray. Fr. M. preached at length but well - if only he wouldn't shout! In Hosp. all day - Hanson came as usual with her husband & they talked frankly - she the. But both sides of each other brought a word of peace of sense brought which produced nothing, even after certifying Fr. Dick. most of day in Kipling & Elkin helping. Elkin gave report on his patrol & then talked about Gove's behavior & the heathen attitude for intercourse before marriage. I am so sorry about Gove. John M. here for aft. tea & drinks & came to evening! Much talk brought to hand & other. Emla people offering help food & Cain saw judge took a message that I gave a lovely account of a fight there between Waiwaka & Emla people Poor Allan!

MONDAY, APRIL 4th

Went in till 6:15, left to Hosp to hear more about Emla food & the fight. at 1^{PM} some boys brought letters & a sack of food as a present. Geoffrey Ell said Jack was in the fight; Jack denies it, but he has a sore arm, obviously traumatic or a result of the elbow. He refused to have his ear drum opened this P.M. It is not an eardrum but the drum is bulging. Did a round fairly quickly & M. got infections gone. Lecture 12, revision & teaching new boys/terms. - & they are so good after lunch tried to do report but kept busy till 5. Visited Eliph's house - he is so neat. Skipped & sang & bathed. While cleaning my light Blake came to see me. I think he wants to get something of this sort but did not & did not come back after dinner. John brought his semen - not many sperms. Advised him on sites. Read up lesson for tomorrow. We are being organized & no mistake! Mission girls, teachers & washing women. Saw Ezekiel today but not truly yet. Priscilla died while I was away.

"Lactogen" contains added Vitamins A and D.

APRIL, 1949

APPOINTMENTS

TUESDAY, APRIL 5th

EROKO

Professional

Private

up by 6 & had mass in Hesp & the pt Kingford, his wife, Kingling Dean
& Ekin, the boys most concerned in the of poor name band
at it setting theatre to fact & did the hernia wh took
about 4 hours. I am not satisfied in it but doubt if I
ever will be pleased in my surgery. Putting plaster on
angulus, sang them a welcome supper & did Charisanda's
Lent that. After lunch kept going in spite of good resolution to do
the report, admitted 2 pt from the Embor fight. To be & inter-
ested in the head case says Ekin hit him in the spine in it
The D.O. arrived at 4:1 & staying the night. The boys went buying
food & the D.O. started it home part of the way for us to bless him
also offered to go in A.M. but we can't get the food in time. Lunch
in Hesp. Barbara Faith incontinent & sinking. A child got
some mending done while talking in the mission like to have
as a man.

WED., APRIL 6th

Slept till 6:30. Slack day in Hesp & got the routine job
done. The boys worked in well carrying water (I flung
in calves & all to their joy) and fixed the kitchen fire
to well. Sister & tried. Made sins. after lunch tried
to repair & went to sleep. Out for supper the boys & I was
quite fun, & everyone enjoyed it. Dinner was very quiet &
the & Elijah carried me across river. The river ran so much
while we were there & we came home in pucega leaving the
food behind us. Sister instructed me to say "a teawa" to a his
in the night place. Back at 6:30 To Hesp. for Conpline & to
help Catherine B. F. she collapsed & almost died before we
did it Coramille pulled her round & F. N. said the last prayer
To bed to his. too Barnabas & unhappy.

APPOINTMENTS

E R O O.

Professional

Private

THURS., APRIL 7th

up for mass. Had a full round - busy till 11 P. Great case to
 ment: Kipling killed a pig wh. ravaged all the med bay's
 gardens. Elkin came to suggest that we dissect it so he had
 thing was a real party. They learned some anatomy &
 got the pig ready. Also worked willingly to clean up the
 mess he was huge + all the station had seen. Doodled this aftn.
 • U tried + doubling to. Got most of report done some long
 children came in + sent by Mr Smith, who said he would see
 that any defaulters were forced to come in. I will not have that.
 I decided a ftr some thought. Left busy this evening - an inter-
 verviews genuine + +. B.K. better tonight, but weak.

To P a different man was "swamped" by the stronger person-
 ality. Only now I feel sorry for him. I asked Ambr. if any-
 wd. by my bay, but to U. bay, I had to let him to work as
 the boss. I hope not permanently. I hope the bay will be allowed to
 and.

FRIDAY, APRIL 8th

U tried tonight though just a slopping sort of day. To U was
 saw pb before to fast. Some suburbs after + warded Jake +
 did to a + some the + skin graft to when, helped in NAB's + then
 I was 12:30. Had tea sent over - a great boon. 1/2 hr of lesson,
 + taught the new boys to take pulsat. This PM kept busy +
 shots for H.W., repeating Trophimus + effect result, + unteach
 other things. Showed Elkin how to use microscope. Got a bath
 just before dinner after dinner Godfrey Gill brought his baby
 + pneumonia, let Elkin + then Sr. putter to to chest. B.F.
 demanding a lot of attention, + he put a catheter in again. a
 lost lantern had to be found. I looked at Jake's blood for fibrin
 + I took samples. I was said good by the report to go through
 on the water. U. I got to supper at 9:30, + I get another day
 + none of my long-standing job achieved. To U seems to be
 settling down + not so much of the heavy hand. Patsy made
 2 calicoes dress for.

APRIL, 1949

APPOINTMENTS

SAT., APRIL 9th

FRORO

Professional

Private

M's day off. up at 6, did a round & forgot Barbara
Barnebas wanted to take her home on a canoe. I told her the
risks but they wanted to go, so sent them, & sent some words to
of Christ in case she needed it. She may have died on the canoe.
A bad thing. The canoe came laden & Kingsford's people to take her
dead body home! The local people spread the news that he was
dead; we had cut him so he could not live. But they tell his
son, Kipling. Got the still going & did some odd jobs. Took Charles,
Blake & Geoffrey Gill for an hour in P.M. I scrubbed the little food by
mistake & had a helluva time getting more cooked than I had. I
realized it was my mistake before I added the med boys. They were
at a picnic for Procession today. Did not finish till 10-30.
John W. to dinner.

SUNDAY, APRIL 10th

Slept till 6-30. Mass took 3 hours & Procession (a nuisance!)
blessing of crosses, & a long long service. Day off. Washed head,
made calices for the before boys, & the beam paper for trees.
finished Govt. report. D.O. came at 6 & a Mr. Murphy & an
old (Disposal) who made a forest Canding at 11:30 today on
the debaraba. Came out on Tuesday, so have written to him &
Mr. W. Williams. Broke my watch last night & weekend
at South. Also lost my ring this week. Rest & Fred
here for dinner. Still tired. asked for a loan of Augustus
from F. N. who want to make him a radio operator that
should be a good career. But I wd. like him. I am sure
he wd. like to come but will not go agst. F. N.'s wishes

APPOINTMENTS

MONDAY, APRIL 11th

ERORO.

Professional

Private

up for mass but he tried to follow it much. Went to Jan during the
 and conducted a blitz & looked for cups, plates & spoons. Found spoons in
 one of the bags & other sundries. Plates in Anne's house about edge with the
 ascribes to Benedict. Saw med boy quarters too. All here - consuming &
 beastly. Also sailed with Jk about using the road see small house
 Maddy came over to say Ambrose has walked out. He says he won't work
 under a father who treats them as if they are pigs & roasts in Church like a
 lion. Maddy awfully upset so are W. J. & N. cheerful. Augustus going
 to Pt. Moresby to P. A. Am. unhappy for him but he may make the grade yet
 that for the place. Then Sister found tobacco missing. I think Jk & I
 had to ask med. boy about that. They are bent at the suspicion & for "mei
 I suppose want to replace it with their tobacco. Bless them. Also went to
 me to do the buying. I had it. Busy afternoon achieving little. Visited
 O'Connell D.O. & others for program. Sent mail off. Elkin talked. I said F. N. has
 instructed them to make their confession. Going till 10.30.

TUESDAY, APRIL 12th

Mass 6.30. Augustus here: definitely going to Moresby. Special
 intention for him but all the other unhappy things crowd in too.
 Said good by to him afterwards. Have spent almost all day chasing
 thefts. Talk to med boy re tobacco. Eliph said a step father came &
 stole food, tobacco & plates while Florence was asleep. Plates were not
 taken so I advised him not to take action. He wants to but F. N. says!
 Then Jk. stealing bars. I sent Betty home. Syon is much better.
 Exam at M.D. boy made heavy weather of it. I wrote to John Rigg
 examined him this a.m. & it's severe tonight re sterility. F. N. has
 mobile sperm only a few. She has a lot of sterility. Wanted paper
 e.g. bad foot. John W. went off to see in the plane today. M.K. due
 at Killerton 23rd. is to have a week in bed.

APRIL, 1949

APPOINTMENTS

WED., APRIL, 13th EROKO.

Professional

Private

What heavy day these are! As I was of the aff. Ellen brought a Malagala pt. who said his beads & money were stolen. I spent 1/2 hr. trying to sort it out, but he was telling me truths. I couldn't pin things down. Two bright spots: Ambrase back at work & Aug. not going to Worech. His father objected to paying all that. Lechul was collecting Mohu & Bin woods for English part of body. Ellen had a sleep when he chd. be a m. by. Tangled him to take at school. Left tea - & a long, unpleasant talk. To M. re food, authority re. We talked a bright, but got no conclusions. All over the Coop gift of food, wh. he said was by he changed the him I sp'd don't see that his grounds for complaint were valid. In P. went to Katerada. "the pictures" got lot of gifts & I pleased. Left here at about 11 to catch the boat. Collected means while I waited. Trust

THURS., APRIL 14th

MAUNDY.

Woke at 4:30 & tried tonight. Worked hard - done little. Did a round after Mass; helped the MABs. Boys cleaning up the heap in wall. The no drug packed. Aug. in ch. this AM. He (Went to sleep at that stage) The P.O. came at 4. I sent a M. ahead to meet; the news that he was bringing in Comaghan down in a chalyin. Had to rinse it under tent that last night, slopping over in the pouring rain. Mother says they are asking Pat to stay, wonder if she went. They may be in his house by now.

APRIL, 1949

APPOINTMENTS

FRIDAY, APRIL, 15th
Good Friday.

ERORO.

Professional

Private

up at 6 to 7. Mathis & Mass of Presarth fed & depressed
but whether a sort of sympathy. Good Friday feeling
worry over F. U. I don't know. But I always have a bit
that you worse than ever. I don't feel that it is to be
sharing of our bad's sorrow, but it comes. All the station
attend, Xian, heather & wen babies quiet. Mr C. went to
the allusions had to open Trophimus' leg. at 11:30. 3 hours
from 12-3, but I could not stay awake. Am here interpreting
all the bath, Mr C. came again to the B. who was likely to be
but feel the restraint of the day. The boys had a well helped
to night. Tonight have written local letters. Got a bit of
on the workers but too faint.

SAT., APRIL 16th
Easter Saturday.

Tagla two. Day off.
Turned in a night a lot of the day slept!
left 7:25. Supervised the handmaidens in cleaning the house
got my shoe on board cleaned. Got more beds yet. Did a
spot of mending & have written thank you letters most of
the day. Dean Elkin brought me 10 sticks of tobacco from 10
boys. Packed if the boys were sure it was right to give it. He
said yes, so I accepted it. Think said "Who's it because it is not
a white man's Hospital but our Hospital". I must never forget that
The jeep couldn't cross the creek but a truck brought us
the afternoon. The D.O. still worrying over the appointment of Mr. Trener
to P.I. work, & can't sleep. Tonight have written to Bob.
Maddy goes tomorrow to Sangara.

APRIL, 1949

APPOINTMENTS

SUNDAY, APRIL 17th

Easter Sunday.

Professional

Private

up at 10 to 6, fixed a few things in Hoop & to Easter Mass.
 I short considering. I still worried a bit the food situation &
 relations. To N. Like the D.O. over the Tenner situation I
 worry & do nothing. They came as they came out, did Mr. C's
 dressing. Waddy looked on & fast, went off. Then I had to a
 crowded jeep. We had a egg each for fast. John W. came (back
 from Lae) & another beastly bird. I expressed doubt of the fix.
 Had lots of dressings. After lunch as highly got a change at
 collecting drugs for other stations. Saw the Hoop a lolly servant
 & a bit someone sent. Left in a small, & we thought masoch
 came in the dancers, but the Sambada people came to dance after
 E sang & no gift - so now the Hoop has had none. Beam people
 brought some this A.M. - nice to get some for them. Saw the boy
 a stick of tobacco bought for their feast, bless them. I feel that
 Elkin has passed out of a hero-worshipping phase since his confession
 which is good. ~~He tried to drink or brought some beer. I joined~~

MONDAY, APRIL 18th

Easter Monday.

Lapororo in W.I. brought E. Elkin of K., then
 actually read a short story

up for Mass. A few jobs & thought the round would be
 short, but there is an epidemic of homesickness & many
 discussions were necessary. Lecture at 11:30, went over the
 exam paper. Lunch now at 12:30. Had a good go in the shop
 & things ready to pack. Had several boys to help in. Sent
 Lixin to ask the village for food, & the donkey asked
 Kupuri, Sambada & Emboga. We will have to get it
 will be an awful trek. He has gone on N.D. bought. I wasn't
 clear on instructions perhaps. Boys getting things packed at
 shabby cabinets, but don't want to get new ones. Bought
 copied prescriptions & talked to F. N. at all. X-ray plant
 also about food. He did not speak to Bulbert. Think he is
 disaffected about the lack of gift. Discussion quite
 calm & friendly.

APPOINTMENTS

ERORO.

Professional

Private

TUESDAY, APRIL 19th
Add. Pub. Hol., Vic., W.A., Tas.

Slept on even though Barbara was sweeping under my bed & woke me up properly. Busy day though that's all. I got the drugs packed mercifully, as the M.K. arrived unexpectedly. Spent the evening in the bay mailing cases, packing them in the jeep, unpacking boxes from M.K. & wrote a few hurried letters. Then after Mavis & the boys went getting food for A. took them to Kufua in jeep. Bought Lemback's food in canoe - a good idea. Drugs - have cans from Govt. no more from Elliott. Saw George again just now going back to the M.K. He is stammering to Samson & is pleased. We are all here, boys & all. Samson has gone to the boat to put Melba aboard. Lot of things. Eric Wood on fire-logs, to Andrew at Tempok. Peggie & Rogera. Hatter all the kawa, Arthur & Wany's.

WED., APRIL 20th

Could not sleep last night, got up to get a journal & saw a snake in my room. I smothered it, & think it was dead, but Samson on his return from the boat made sure. So am here today left for Ch. Read mail. Govt. D. at Samara keeping of k sent in for X-ray & sending them to Woreby. I mean to write to Dr. Penhale about it. I know Sephons did not want to go over to Samara. Also go work saying that Sylvester & Sepha want to train. probably for 1 yr. Odd job, chasing what few p.k. we have to work in the garden. Lecture at 11:30. This afternoon examined Mary, who is sick, but not pregnant. Did the boy. The M.K. had to return because of bad weather & we had a new chap called Murphy to dinner - on his way to the Club's manes. The M.K. both went to the boat, & did some more & M. & I had a nice supper in den. A letter from Miss Young - she was most restrained abt. my letter, thank goodness.

APRIL, 1949

APPOINTMENTS

THURS., APRIL 21st EROR 8

Professional

Private

Really good day. but not for Darcy. Took to M's finger nail
off under LA & it's down to it for more than an hr.
refect. Drink water after do, & supper. Little Ann i fever
& vomiting tonight. 10 fenced parcels & boxes today. Got
special order came. Tonight gave the boys a minute each -
the packet just did it. Great interest. Elkin put out his
hand & asked for me for Mrs. Elkin! I said "Yes find
him". Great laughter. I saw it's haemolytic jaundice
must look it up. Suffered. Mamma as the school. Dampening
shutter. of the rain, a snake came half way across the back.
He backed it but was scared. Snake's jaws
some "soreness" today. Thompson's wife's grandmother claimed
to get some betel nut + water melon skin from baby's side. :
It must be cured. the bat could go home! She's a fine-
looking old woman.

FRIDAY, APRIL 22nd

No Mass, but Litany. a steady sort of day, some holiday
sailed out the boys' school things. They are all pleased to be
going. M. went to Kupura again for food & 4 boys, a long
walk for kid. I'm to be killed. I don't know why. Ann
well this AM. but temp up & vomiting tonight again. Fever
by 100.500. Hypsare but she vomited it. Darcy & worried.
I wanted rain again tonight, but I flashed from Missia the
to M's home for supper again. N. pleasant. Got all my
lecture notes into book today, but Elkin came after-
wards & corrected some phrases. It won't do it in class.
Caught Jack pinching a small bandag. expect he often does
such things. Tased him & it & he said he wd go to his
relax so I told him to go. He changed his mind & is to
obedient. New pb card from War. got search in
away & unbeen med. bag after him. I think he thought my gran
was boring. Great excitement all the world hung up to see
the fun. Gaphet ran his leg on wheel in the chase. Love him, H.T.S.

APPOINTMENTS

ERORO.

Professional

Private

SAT., APRIL 23rd

I get tired out of all prep to the work I do - but the weather is cool & I eat so well. Mance must be worse of only 1/2 of staleness. He had a good day off. Tanned & rain all night & raining most of today. The Maas & mine woke up. Everything looks so nice & cared. Am much better, but for some reason I had to sleep last night. Unsuccessful day in the shop, but got a c spring cleaning the ship. Many to sick & wandering I had. It is only 9:30, I am in bed, after suffer and more of Mance. Jake has gone off to his village though he is on N.D. Wrote Jake is too much of a mis-ant.

SUNDAY, APRIL 24th

Day off - mostly spent in search of food. F. U. told the people in Ch. that they must supply their food, & wd. talk to the Ophobas after, so I visited myself. He said he meant to talk to me about it, but I doubt if he meant me to appear at the Council. Much talk, & at last it emerges that we may be to talk. Elkin had the chance to tell us, but I think squibbed it. I got the same story from John W. however. This PM. the U family & I (self visited again) went to Beama & Baberada & talked to the people. Glad I did, though I didn't enjoy it. They say they will have food every Thursday for the people. The rest of the day have cleaned out drawers, & things a little done. F. U. & I have still infected with 4 at given him Penicillin, but he's off tomorrow. Both frigs. working. So is washful.

APRIL, 1949

APPOINTMENTS

MONDAY, APRIL 25th ERORO.
Anzac Day.

Professional

Private

On 18th day. Ref for was. & said goodby to Lator bay - Lavin Clifton & Edgar Elkin told me of a mid in his valley & we went after it for one day in laban. my first mid Friend of Elkin's. Vx 60P. Red a P.V. & she came up on a chekha. W. L. L. was carried her & well. Delivered to 6:00 P.M. & quickly no sterility at all! Elkin asked for by the people a nice young couple. Elkin was had hypertension when she had her baby. Many & it is hard to manage. Busy day doing little. We went out for the food instead of us, I see her as I was bed up. Elkin from T. came for treatment. I told Elkin to mix he ordered & he added ounces of water & I lost my temper & had to apologise. It is premenstrual irritation. Darcy brought us supper at 10 & kindly but walked just the table under with just at the bath & stayed. To bed at 11.

Boared up for going away, missing N.D. Elkin interested in. Went to bed at 10:00. Little food & some concepts suggestions came out of old Elkin asked for an advance in tobacco, but supposed to come & help himself.

TUESDAY, APRIL 26th

from my cupboard. He said I wd go I he told not to let me. Finally we both came. The little incident was a constructive one. He tells me Lewis is unhappy at big, I want to come here.

Left hill 7. Kept busy all day jiggling along in the Dish. We had the burden to carry in of going away, who jumps in - we food & drink. Saw the boys & talk on fatherhood & shaved them the Pt. Great interest esp by Elkin who was in great wonder at the birth. Actually did a spot of mending on the machine this P.M. As I got caught in Dish tonight. .. of heavy rain, did odd job till nearly 10. Found out that the downy lantern is broken & they use a little makeshift in eat the kerosene apparently. But they go to bed in the dark and don't dream of complaining.

APPOINTMENTS

APRIL, 1949

ERORO.

Professional

Private

WED., APRIL 27th

M. & I up at 3:30 - 5, & Mary did Season R was awfully good, taking prayers & making arrangements. Up at 7:15 but N. was earlier. Several busy day & went to the board meeting in Ch. 3 med boys were bearers. at 4:30 a sick kid came from Euro sent by Desia - did an h.p. under G.A. found queerly & found all but sharing & food stain → no organisms. Busy till nearly 11, & no bath. Postponed ops.

Talked to boys abt. making a kitchen & dangerous cooking or rather Elkin did. Surprisingly they (chiefly Japhet & Jaki) decided agst it to discuss it later when the other 3 return.

THURS., APRIL 28th

Koro who was waiting for skin graft, absconded. Thompson & family with in P.M. I & I's assistant being. Had to post the Tafina's. At 11 Elkin came & news that there was a big school of fish & what a haul it! I go to I cancelled before & the official trap went off. but no success. Brought back word that Amadeo had food for us, so I went. Elkin, John, Eljah, M & G. & Jaki. I was pleased & Martin had done a good job. The biggest purchase yet. Lombada gave the boys some food. They all looked after me. Elkin he is a born leader. The village people seem to think so. In the arrived at 3:30, & at 5 went to Beama. Baberada as arranged. M. went too, & took the bad fare to show the women. We borrowed 3 canoes & came home up the river in the dark. It pleasant. Busy in Hosp till 10. Maddy got back at least after a pretty miserable time. Says Nancy it is so hard to live with. We 3 had a nice chatty supper in N's room. She brought a good ^{man} "Vi-Lactogen"—the "Ready-Modified" Infants' Food. Says Jim got $\frac{18}{12}$ for stealing, probably the others let off. Mr. H. got that in $\frac{1}{12}$. Boys & upset about Jim.

APRIL, 1949

APPOINTMENTS

FRIDAY, APRIL 29th

Capt. Cook entered Botany Bay 1770.

ERORO

Professional

Private

Busy day. Did Tafari's when a more easy going day though M. has a lot of nursing. Edith very faked membrane yesterday & temp falling. She would go wrong. Had my mail in lib - Wernie H. Mrs. Howell & Sunday others. Reg was in his home 2 1/2 before Easter. Just going to E. ship. The first time to Ch for days - when a boy came for shoes. Actually did a few odd jobs in my house this evening & to bed by 9. Very tired, but M. must be happy now so.

SAT., APRIL 30th

Day off. Jan woke me sweeping the house. Have just done odd job all day & little to show for it. Made Edith a lot of ointments he went home to Paita. Saw meningitis kid still sick & I wonder if he can be a spine meningitis? A mail came today - Mrs. Leadbetter, our former mother written on 19th. Mr. Sutherland died on Easter Day. Very tired, no pain yet.

MAY, 1949

APPOINTMENTS

ERORO.

Professional

Private

SUNDAY, MAY 1st

Family quiet day, but the boys neglect things esp. if there are so few p.b. After ch. about the Pannia's baby & pneumonia & the little Sylvester of Goma with cough & slight & bronchitis & fever, called Jasper on N.D. Good about Jasper but was worried; they said he went to Beaura, but he went to Deacon R to say to stop, not to see W.W. I drew him out about her, & I don't think they are interested, & he has no guilt at all, which I think he would have. The 4 went to Embi for the day & we 3 had a nice go-as-you-please day here. John turned up & plans to go back in 2 1/2. This P.M. got Paganum drug ready & half of Guphet & Elkin. The latter I'm not pleased about it, but I think he was just a copy. Examined his mouth; 4 gums bleedings but 14 feet been on both brush drill.

MONDAY, MAY 2nd
Labour Day, Q.

Less tired tonight, perhaps; I stayed after lunch. up for mass, the new cookie boy arrived - Kuraah! - & I shaved him round. The policeman came for letter, which held us up late round, but a few p.b. Talked about blood pressure for lecture. School started, the children cleaning up the place. After lunch did not do much in Hoap, but wrote report. Still have Ambagi to do. Rod came to see Maddy. Elkin made a new belt; I gave him a belt; he made a brother hole fairly well. Lulu of W. and ditto - a blue but by this time! After Banflin the boys found & killed a snake and great noise & fun. Theophanes to go home tomorrow at long last. I thought he would die at our shop. Kingford, the Behnia, goes too. Mance rejoices that the ward will be clean when the Theophanes children depart. Suffer in M's room same to be the accepted thing. It's pleasant.

MAY, 1949

APPOINTMENTS

TUESDAY, MAY 3rd FRODO

Professional

Private

up to Mass. All sort of things draw me: attention in
 Hoop & one bears round madly accomplishing little bookie
 seems to be doing his job. 10 Wengade people came in sent
 by Mr Smith for Cyphrian altogether 17 admissions today
 this P.M. doodled rather, but it was useful learnt how
 to tell a ripe pineapple, to plant a coconut (Elkin) checked
 on Ambrose village (Gueber) & food & whether there & talked
 to N. about things in my absence at 5 was skipping E's song in
 favor of a path & Daisy's returned. Bless'em & 4 for heit
 also Clifford & dental abscess is warded Trophimus went
 home today. We got the frog taken to Hoop too. Tonight it poured
 & rain. After much talk at Hoop got Ambrose on translating &
 many language books till 10 P.M. Still very tired & my brain
 won't get down to writing jobs, but my pen got some tonight so
 shd. be better after tomorrow for N at Larisari.

WED., MAY 4th

Alarmins & excursions tonight! Benedict told me at
 8 P.M. that the M.K. was in. Fr N. went to see & found after
 2 hrs it was a Lark hauler from Lae. Meanwhile everyone
 went hard at getting things ready; N & I talked instructions to
 I have baggage scattered all over my house.

Raining well tomorrow, & everything late. Took Clifford's
 both out under G.A. & diff. this. Got gear ready for M.K.
 Alfred's temp rising & a long argument & his parent who
 refuse to have a G.A. i.e. P. which gave me his report &
 that is about all. I saw a little of the Malagala's
 country & was rather extravagant & slow, but did
 good work as far as he went, bless him.

MAY, 1949

APPOINTMENTS

ERORO.

Professional

Private

THURS., MAY 5th

Not a energetic day, but tried as usual. Slept on hill
 Mass bell went, started to pack but didn't get far. Got a
 round done + odd job, filling stock bottles all the A.M. The
 boys had a discussion in lecture hall in their own kitchen wh
 resolved itself into demands for more food, esp at lunch. Mine
 is esp. wheatmeal but they should not have more cereal food, + I
 told them so. Also asking for meat every day wh is impossible,
 however desirable. Then they decided agst the kaplan so it
 remains at present. Humphrey told them to see of Logona but I
 doubt their truth. Must check up. Did little P.M. Went out
 buying food in the jeep. Jasper Elkin + J. W. came. Langlet
 had a new kind of patient - a sick goat. Don't know what it
 was, but gave it helpfas.

FRIDAY, MAY 6th

Still no M.K. Family lazy day, but tried. Had a rest after
 lunch but it didn't make much difference. I peck up at about 8 P.M.,
 like the Bishop. To Mass, saw the pb. after I fast, I found some
 HW + showed the boys - was the worst infection I have seen.
 Lecture. After lunch packed, + started on ambulance repair.
 Evening, in English, off my oak for dinner. The goat
 was nearly dead, + I didn't get more helpfas. 15 lbs +
 kids in Wash. tonight. Elkin helps in bring up things for
 Logona, + I talked to him - rather pompously I fear - abt
 prefect's responsibilities. I am not fond of that boy. It is
 good that I am going away. A radio from Helen today
 asking me to come, but the M.K. is so slow. Sniffles is
 usual in W's room.

MAY, 1949

APPOINTMENTS

SAT., MAY 7th ERRO

Professional

Private

Shel & M.K. M. should have had the day off but wouldn't
 except to sleep in this AM. I did but did a round
 before I fast. Hosp. is slack, even in so many more pt. M.
 on all day but had a good deal of time free. I have
 more a like day, but tried to do odd job. Tried my
 subboard at long last & wrote the Last Letters Lay on
 my bed & read after lunch & feel much better for it.
 M. will have business off. Rod brought a gift of food
 today for the Hosp. Today the Bishop is in the band.

SUNDAY, MAY 8th

M. had the day off. I fiddled in Hosp. most of the day.
 Eustace yesterday speared a frog - in his tent on a
 "a mud away" - but I got away. After all the off
 my bayonet in search but "no got". Left Elkin packet
 by wanted to walk to the O garbadal for us before dashing
 off. Admitted a baby - "dependent" but not bacillary
 anyway no blood way to a dysenteric malaria.
 Thought some idiot lit a fire in the lounge on
 Hosp. land, it looked like spreading to the dormitory.
 I got all hands to cut a swath of grass back but
 Angus was full of betelnut's argument & I scolded
 with him. He is threatening to leave but don't think
 he will. Scalded my thigh tonight, not badly.

MAY, 1949

APPOINTMENTS

ERORO - SEFOA.

Professional

Private

MONDAY, MAY 9th

up for mass. Breakfast, sent for Ann & scolded her & he just said nothing but walked out completely & bag & baggage. Went to Mr. M. & asked for a job. There was not a desirable specimen at all, but we need her skull badly. He may come back, but I doubt it. Did a round, odd job till time for lecture, when we checked T.P.R.s. They are not very accurate, I fear. M.K. came & some job arrived at 3-ish - a little blind girl from the States & her young sister about 10 yrs. nurse. Last officer banded her to the museum for 11. She has a congenital cataract & it seems hard to send her but she herself chose to go. M. went to Kupuna for food & took a bath into & did laundry job. After dinner finished packing & paddled in pouring rain. Left 9.30 - 10, & Helen & John came to help. Keble & daughter on board too. On board 11 P.M. & sailed 3 A.M. amid much noise many passengers.

TUESDAY, MAY 10th

Left on: off till 7. Boat bouncing & "threw up" before breakfast & several times after. Called at 2 places for Hunter & sister. At the mangrove place we anchored right beside the beach & passed the kumara from shore to boat. Lovely spot. Before 1 P.M. feeling pretty lousy. Mrs. M. said Helen has a "appendix" hence the radio - but it was on Monday & that the message was sent - I suppose if she had been worse we wd have heard. Mr. M. returned from his walkabout (getting kumara) at the same time as we. Lunched about 3, & then I slept from 4 - 6. Bath, dinner, saw ball & bed at 9.30. Saw Johnford for a few minutes.

MAY, 1949

APPOINTMENTS

WED., MAY 11th SEFOA. - WANIGELA. Professional

Private

MUKAWA.

Set off at about 6:30, after a cuppa & farewells. Soon got into rough sea & was sick. Feel better withing up than lying down. Wana get at 10:30 & relieved to see Helen on the beach, & Arthur has been at one & think it must have been a high appendix - or possibly a st haem pancreatitis. (H) tender about the umb. Felt pretty lousy but after a cuppa saw several ft. Helen & County seem to be happier together, but Arthur is a bit uncertain of himself & his status. Too many women perhaps. Was ft. after a late lunch then had a sleep. Then talked to Helen & decided to take her to Logona for operation. She is quite willing. She got away & I ~~packed~~ ^{packed} up her stock bottles. After dinner went dis- persing & looked at her blood & stools. To bed at 10:30 she was packing till all hours.

THURS., MAY 12th

Coronation King George VI, 1937.

Overleft & did not get to mass. Breakfast & fiddled round & finally we got away at about 9. Helen had a sleep most of day. I slept & wrote letters & did dressing for the passengers. Could not find lunch. Mukawa at 4:0 a great welcome from Cor & Alvin, who are so happy to be on their own running their own show. A welcome bath, cuppa & talk. Linnia & mine & we washed Cor feed new triplet goat. Got away about 9 to the boat & slept on board. No patients seen except Cor who thinks she may be pregnant though men- struating. To examine her on return.

APPOINTMENTS

MAY, 1949

MUKAWA - DOGORA

Professional

Private

FRIDAY, MAY 13th

Sailed at 4 so not much sleep. C. Nopt not so bad, but we shipped one wave, & all the passengers had to search. Menapi for B fast & saw Stephenson who seems will try to help the mission. Saw John A at Kananai. He was too busy finishing mail to talk, but we had a cuppa. Leaving at 11 P.M. Lois came to meet the boat expecting Mrs. Clark & Bodge in Sam. I was going to P.M. don't know why. Bp too & think everyone turned up. Elsie well & full of laughter. Peggy quiet & wrapped up in work but I think contented. Lois gave us lunch & we didn't do much all the afternoon, after dinner over the cottage working. Peggy writing. Elsie tried to fix my I writer but couldn't. Left Young came up & helped to pack luggage. Elsie & the patient got on MK about 10. Funny & only women on the ship - 8 of us! 1 child of 3 came to see me & I gave her a cerebral malaria & in 15 mins was dead. I did get into a regular van & about to the quinine.

SAT., MAY 14th

Slept till 7:30, & still ready for work. B fast, unfasted. I saw pb same sick as disease I can't diagnose. High temp. faceted, sh. headache only symptoms. Must be then blood. One responded to sulphas. Penicillin the other don't. After lunch, slept & read a novel till 4 P.M. It was a wonderful feeling of holiday & release. Bath & Miss Kikurik came about Lucy's child Felicity & malaria & vomiting specks of blood. Suffer an acute gastritis can accompany fever that brought anyway. I sat at 7:30. Wounded & talked to Peggy till supper. I feel impatient these days & remaining personalities about & after to be bored. That is selfishness.

MAY, 1949

APPOINTMENTS

SUNDAY, MAY 15th

DOGORA

Professional

Private

Am being thoroughly lazy & feeling thoroughly sheepy. up for mass at 6:30, spoken by Fr. Wallace Fellgren & finally went out during the Gloria. The bus had made way but here as it may be the boat trip. Admitted since odd job & talking to Peggy all the morning, & helped Lois get lunch. Slept & read after which, sorted out my files of letters & wrote to John & L. Went for a walk to see the rice fields - stems higher in parts than at Gona, but poor where the earth is drier. E's song was short: Fr. Dodge was on the air & everyone went to hear him. Life Young here for the day as Arthur used to be. After dinner gramophone records here in the sitting room & talk. Now in bed and only 9 o'clock.

MONDAY, MAY 16th

up for mass. After breakfast saw some ^{part} pb. ^{part} left after lunch. Had to talk to Beah at 1/2 to 4, he asked me to put from the of as he may come up on the M.T. on Wed. It is to be Thursday. Mile of him & the Colley. Barnabas & Oliver met me & gave me welcome, & Fr. O. was glad to see me & I him. Lots of talk over a coffee & after dinner. Many interesting talk & some helpful discussion. He told me something of Fr. W.'s past which helps me to understand. Also telling how Everhus had called a boy called Alan at Eric's repentance; also warned me that a lot of immorality goes on in this Hospital. Late back accompanied by boys & Barnabas. The two boys seem to have adopted me.

APPOINTMENTS

MAY, 1949

DOGURA.

Professional

Private

TUESDAY, MAY 17th

up for a fast. Went over Helen's chest etc. & did milk work & started doing an inventory of Peggie. Long back. Feeling off my feet still & irritability - mentally & numerous holes in my hive. Had another sleep after lunch, did inventory. Mr Campbell for a few hrs. dinner on P.O. (I think) from the bay & quite pleasant. Both I & Eng. finished John's letter. Dinner & more inventory.

20.5.49.

WED., MAY 18th

Don't remember much of the last 3 days. M.K. arrived 3 PM & brought stores also a man from Tanaika who fell from a coconut palm & injured him as a crush fracture of L4. Helen admitted 5 PM. & P. gave her first treatment. After dinner put Horace in plaster. Humphrey got a bad attack of malaria, probably M.T. wanted his Quinine so I gave him an I-V & swift improvement. Then P. had to set the teeth while I did odd jobs. Lora & kindly set up to give us supper to bed 11.30

MAY, 1949

APPOINTMENTS

THURS., MAY 19th DOGORA

Professional

Private

up at 5:15 P earlier + prepped H. F. Brady came at 6:06, & H. P. Stephens. I had Communion together. Lunch & fast things were slow. I got impatient. Instead of starting at 7 it was 8 or more. I actually started at 8:30. The bag did these parts well though I helped only Stephens, who scrubbed + & anesthesia went off well. I had the knowledge of everyone's prayers supporting us. She came good when we lifted the mask. I got too wrapped up in my part & forgot to watch the anaest. She bled a lot. I couldn't tie off the ^{long} anastomy well; no long clamps. But my diagnosis was right. Was horribly tired all day. Spoke to Bp at 3:45 & refused to him, also that M.K. could go. He offered it to stay here. At night wrote to Mrs Robert, & Sam letters & we fixed Helen & quite a lot of pain.

FRIDAY, MAY 20th

H. slept well till 3 but much better. I slept till 7:30. but I tried still & not yet over some beastly indigestion. Off my oak properly but at my dinner tonight. P. doesn't complain but must be tired. Had Helen after breakfast then around. Made up Lactogen. Lucy & child Gloria came in after lunch & has amoxicillin & spent a long time finishing 'em. To Barbara to see the new children & for a nice after tea. Miss K. is awfully good in that job. Back after 5, bath & lay down. Was to bed at 9 after fixing Helen.

APPOINTMENTS

DOGURA.	Professional	Private	SAT., MAY 21st
<p>Helen improving rapidly. I slept till 7.30 just seen to do it but so does Peggy. There is kind of corner. Did Helen, & looked at a school. Great excitement with the Calabrian who came but did not land - apparently the sea was too rough. Miss D. was sure it would come back at 3 but it did not by then the sea was much more rough. H. C. apparently on board & taken to Samarai. Everyone a bit edgy. Got order made up & 2 typed. After lunch slept, washed my head & typed. Tonight I sang & did Helen. Still can't eat & feel a bit lousy.</p>			

SUNDAY, MAY 22nd

Father Oliver's birthday. up by 7.30 & returned to Ch but it was raining so was at about 8 when Fr. Wallace got back from Wainima. Slept out after receiving as I felt rocky. Filled at the bus a little after 10 past, then lay on the veranda & slept & read (except for lunch) till 4 PM. Felt better for it anyway. Left here to lunch as usual & brought some work the boys have woven quite good. At 11 to Garagaram & had a lovely time, just the two of us. He talked lots & drank his health sherry had quite a good dinner & Ethelbert & Roger brought me back at 9.30. The hill is so steep & slippery.

MAY, 1949

APPOINTMENTS

MONDAY, MAY 23rd DOGURA

Professional

Private

up at 7:30. Saw a few pb, and Maria's biscuits at least
only ones I wouldn't wish the others the same. As it was she
went pretty close for a while. Did her accounts by. Then the
Dunkin both on teachers who took till 1 PM. I am slow &
didn't force enough handles & Peggy & slow. She realizes
it too. In Dodge arrived on the St. G. at 11, & brought some
mail which must have been sent from Eros. Mother is as far
as Bob. Gina was ill again in April. Mrs. Leds still alive
Wonderful woman. Did little this PM, but finished the
Gul order. Laid out how written to Gina & had a talk to
Leggie. Helen is good & spanking herself.

TUESDAY, MAY 24th

To Mass it was Corporate Communion for medical boys as
was glad to be there. Felt better at my breakfast. Saw
a few pb & to Maria where Cassie passed over me & made
me be seen - Miss B has been drawing the long bow. Saw
a few pb, & nothing else, but felt lonely during after
& still so. Perhaps it was the sandwiches on board for biscuits
which were excellent but didn't eat any dinner. Walked back
at sunset & a small boy. This country is unpeppably
lovely. Found that one or more med boys have been stealing
from the store - a lonely situation. Have just talked to
Stephens about it & he suggested that he do a bit of X-ray
education among the boys. He says "Some Catholics do not
think it bad to steal, but I feel bad about it." Bless him
I had not yet 8. M.K. is gone, Bishop & Elsie coming on
Friday.

MAY, 1949

APPOINTMENTS

DOGURA.

Professional

Private

WED., MAY 25th

up at 7:30. did a round job was quite useful. saw the College
 mother, who came up today instead of tomorrow. sat down to
 write letters & went to sleep. After lunch gave an anaesthetic
 while Legge opened a kid's foot & talked to Helen about
 Womyn's training mothercraft girls. Can't do much unless
 they are willing to make it a career, but can help them
 through life. Bath & wrote a letter to Helen. Evening & morning
 the scrubbed & polished cathedral. Tonight have written letters
 have not eaten much & avoided proteins & fat & feel better
 but flatulent. No energy. This AM Rogah's hospital procession
 & cemetery, Hospital Bp's house, stone village & courtyard
 blessed. W. impression.

ASCENSION DAY.

THURS., MAY 26th

a lousy day. Went to Ch at 6:30 but had to come out before
 the Communion, feeling shaky. Got on my bed & was fed on
 milk & slept off on till after 3 PM. Then Helen estab-
 lished my diagnosis for me when she noticed my eyes were
 jaundiced. Ypt if I have had fever it has been so slight. Every-
 one's kind esp Legge. Tumbled up to see Helen & the Elzing,
 procession to write but I sat all the time. at the tail of
 the procession appeared a $\frac{15}{16}$ small boy naked except for a
 large bandage round his fat thigh, nothing after Wallace &
 Gaphet. Today has been the first wet day I have known at
 Dogura I think. Sefinius made my bed bless him. Went
 to dinner, & pretty soon to bed. Have decided that Olga
 must wear her hat.

MAY, 1949

APPOINTMENTS

FRIDAY, MAY 27th DOGORA.

Professional

Private

Woke in bed, up, did a spot of packing, to Hosh where Saphirina & I watched Peggy take Helen's car out. Lazy till 4, when I went to Hosh. M.H. people arrived. Joan looking wonderfully well & up & down in wt. The Bp., E. & Mr. Jennings & a lot of folk! The Bishop grabbed me for a talk abt. P. & J. - wanted to send Joan to Wrentham & P. to take over from her, but decided to send P. soon & leave J. here. I said I thought she wd need a good while to learn to run a station. Then talk of economy. The bussing spent £1600 in bus to date in the current year. He had heard I wasn't well & said I ought to stay here & he wd get me back before the next M.H. my quarantine was to let him decide & I am thankful to me that journey feeling like this. Spent the evening writing letters for up the coast & to Kildale & tried. Lots of talk here & there Joan brought Lil's watch.

SAT., MAY 28th

In bed a good deal. With two sisters in duty it is easier, & Joan seems to look after the white folk. Up at 10.30, less energy than ever though feeling better. Helen out of bed. In G. established on the verandah a boy & a rottenly infected thumb had to be opened this P.M. To bed at 11 P.M. spreading was since Joan has some nice snaps of the home folk.

APPOINTMENTS

MAY, 1949

DOGURA.

Professional

Private

SUNDAY, MAY 29th

Sleeping well. Spent the day in bed writing a couple of letters, reading, talking, sleeping. Jonathan came & talked to him & Olga for over 2 hours. Jonathan is quite willing for the babe to be weaned but Olga refuses. Jan went to College for dinner. Elsie & Peggie slept for a lot of the after. The Bishop & Lyle Young came to see us after dinner then off to see a movie off the Lambeth Conference. Sorry to miss it.

MONDAY, MAY 30th

Wanted to go to work but didn't leave the house after all. Just reading most of the day. Peggie has handed over to Jan & just jotters round. Mr Spiller took a man to Hawaii wh ought to catch the Catalina on Thursday. I got several Southern letters off & the Waresby order. Fr Brady came up in the evening but got caught up at Ted & didn't come to see us as he intended. Gloria was brought up vomiting & a pulse of 148.

MAY, 1949

APPOINTMENTS

TUESDAY, MAY 31st

DOGORA

Professional

Private

Got up by 10, & bodded up to Hosp. saw a few pt. For
 G's foot looks worse, not better. Helen walking round
 to ch. I came together back here. Little Gloria seems
 better. Meant to do a lot of writing but it was only
 10:30 & John. The walk to the Hosp. tried me more than I
 bargained for. 2 Dumbina kids - cars, & tries to come to
 talk abt. them, upset at the possibility of having kid
 here, & she upset involved at the Home. But we fixed it &
 Lucy to look after them. Was talking to Olga after lunch
 when + arrived & offered to arrange Commission tomorrow.
 Then 2 Dumbina boys brought some potatoes, lemons & an egg.
 You then came at 6, & Olga consented to wear the hat.
 H. Brady put the spurs in. Poor J was so relieved, & his
 smile transformed his face.

WED., JUNE 1st

JUNE 1949

Actually felt hungry! The Bishop came & celebrated
 for us for the received sacrament, & Lawrence sewing &
 Dean Gaphet came. Felt better. Up to Hosp. at 10 &
 saw a good many pt. Helen came back & we & she &
 Peggy mended stockings & played the gramophone. The
 Administrator's visit cancelled, because the Lombada
 busted her middle. Writing a bit, & Lephins gave
 me some Western words for the medical dictionary.
 Peggy joined in too. Had breast of chicken for tea.
 Lab came over late - but not many visitors.

APPOINTMENTS

JUNE, 1949

DOGURA.

Professional

Private

THURS., JUNE 2nd

Feeling better but a bit irritable, for menstrual perhaps
 Slept till 7:30. Wash at 10. Looked at Olga's breasts, rather
 saw the ball taking slowly to the bottle. You rather up here
 much more often, probably for moral support, but P is in good
 had morning tea & the others; then wrote to Dr. Fenner about the
 3 inch bag. At 3 o'clock took off to Jennings' to be nail. Was
 quite tired after 2 trips to Wash but am feeling much better.
 Helen here all the afternoon & to evening. Peggie to W. America for
 the afternoon. I scolded Septimus for being late to bed
 to 1. He said he was talking to Uncle Caleb.
 Writing to Len tonight.

FRIDAY, JUNE 3rd

I wet the bed last night - can't imagine why, as the
 urine was light - stained it was a bit hard to wash out.
 Not feeling so bright perhaps: of evening period to Wash.
 for a while back to bed. Started my N/C & not done much
 else. Peggie packing & doing final jobs. Lyle Young came to
 see me & the others tonight, with later on to say good-bye.
 The weaning process goes on slowly; the babe cries good deal,
 just like a Southern babe. Peggie has caught a beastly
 cold.

JUNE, 1949

APPOINTMENTS

SAT., JUNE 4th

DOGORA.

Professional

Private

Have been depressed abt. the Eric medical boys for the last few days, and hope it is unfounded. Trouble here now. Cassie wrote to Fran & Fr. B. to say that Septimus, Herbert & Randolph have been to see 3 girls in the village on more than one occasion. Information is vague but it is something. Peggy went on the St. G. at 7-30, Elsie went for the trip, Edith C. of course & ferred there, & Cassie for the trip to say the place was so dirty & unprepared to greet them, but one wd. expect it also say Fr. C. coming down at M.T. in a few days. Peggy won't have any time to "take over" & I fear she & Fr. C. won't make the best use of the little time they have. Then Edith C. will have to supply information wh. is not good. At the Hosp. had lunch Humphrey says they have no mangrove teaching plan to change their house much better. Lined. Read all after evening. No writing done.

SUNDAY, JUNE 5th

It is now Wed.

Got up for 6 o'clock Mass, Fr. Wallace.

5 help, & so many there it was quite long. Fr. Bishop came in from with Communion & helped towards the end. I came back to bed for the day, & didn't do much. Wrote to Cassie for information about the boys. Fr. Oliver & the boys all came up for Whitman Evening, which was full of length & hymns & long Processions. Fr. O. spent an hour or more c me after dinner, so need to see him & have a talk.

JUNE, 1949

APPOINTMENTS

DOGURA - BANIARA.

Professional

Private

MONDAY, JUNE 6th

Was peacefully eating my b'fast & in came the Bh 5a by-you
 leave Mrs Watherson at Baniara with a blackwater. Wanted
 to radio Peggy to go across, but I knew I ought to go. Went to get an M's
 information on the radio & b'fast in F. B's office. Bishop &
 concerned & when I asked for Jan, the S.I. saw that a bed was ready
 for me on the boat. Away at 10. During Helen in charge of Hoop took
 homefusion thing or a. V. had tip. Infective hepatitis a fever all,
 thank God. It sounded more like than kidney on the radio. Baniara
 a pretty place. Got there 1.30, Mrs W. a good as nurse had a baby
 minder. Got catheter spec & enema. Advised Mrs W. to send her
 to Hoop & Mrs W. he was so relieved. He couldn't do all the nursing.
 Mosquitoes here & have a vicious nip. To bed about 8.30. Jan
 talked abt. the people in the South & I should have had her
 as much.

TUESDAY, JUNE 7th

Foundation Day, W.A.

up by 7, Mrs W. got his wife's things ready.
 B'fast, spoke to the Bishop on the radio & got away at 8.30.
 Edward wouldn't risk calling at Mwanzi. If weather good
 but Mrs W. about it well. Rather a brainless woman but
 a good home maker. He is a down man but thoughtful &
 efficient - he hid his worry well, but it was there. Arrived
 at 11.30, got Helen to Regina Han & Mrs W. to the ward.
 Saw pb & heard report. Lunch & to bed. Poly better but
 fitfully thin. Talked to Bishop abt. fees etc., also abt. Mr.
 Miller & told him the boy's side. Can't draw conclusions of
 lack of evidence. Read Cassie's letter & pressed information, &
 had quite a friendly talk & F. B. about it. They are under
 discipline till St. Peter's day which is not enough in my
 opinion. He believes intercourse took place, too. To bed &
 read & work to till. This getting a bit difficult - too many bed-
 patients. I think

JUNE, 1949

APPOINTMENTS

WED., JUNE 8th

DOGURA.

Professional

Private

(Friday)
Forgot most of happenings, but talked to the 3 boys in disguise. Stephanus impressed & possibly Randolph Herbert too. Stephanus promised never to do it again, but rather to glibly. I think he is very vain & want to be in favour. He is very dream-dream minded but I like him, perhaps: he lays himself open to it. Very much brighter but painfully thin.

THURS., JUNE 9th

up to mass, but glad to come back to bed for b'fast. Bishop celebrated & blessed the angel Deacon Jaffer for cured - a beautiful thing. Did a full round at Hosp. In J. a nasty sulphur rash. Mrs W. much better. Gave a lecture to the boys on blood. The M.K. came at about 2, & a mad rush working reading & dealing letters. Euro affairs worrying. N. is worried. Wish I could get a letter to him. The Clerk of Fr. Conthwell came. Mrs C. came after dinner to show me her hands. At dinner - mine Maria Joyce had a bad pain - cerebral probably from her bad lung. I think Pulse rotten. Jan sleeping there. Back to working & Fr. Oliver called in at 10:15 for a spare mail to see him & give coffee & chocolate. Finished mail & took it over, to sleep about 11. Deacon Benjamin arrived, glad to see Jan & me.

JUNE, 1949

APPOINTMENTS

DOG OR A.

Professional

Private

FRIDAY, JUNE 10th

Woke at 7. Odd job, ground at Hosp. was still sitting up.
 MK. went at 8 AM. Lunched bag. on blood & after lunch talked
 to new bag on vocation. Don't think Geoffrey will make it. Sep-
 man & Wenceslas may. Herbert? He does look shy. Slept &
 read hel after tea. Indeed letters & wrote to Bob.

SAT, JUNE 11th

In B came down at 10.30 last night. Randolph & Herbert.
 thought to beat Wammaia again. Thank God Sephunis was in
 bed. He had been all dressed up. I think was tempted to go.
 Olive says that (or foolishly) asked the Bp. if S. could get up
 Samaritan to meet her. Hope she didn't say anything to him
 I hope the B. said no. He is too swelled headed. After
 lunch had a long talk to the Bishop, all number things.
 May go up in Wammaia or by St. S. in a fortnight. Talked with
 Griffiths re. from South. Did little else, but did Govt.
 report. All is muddled. Looked at some blood & slaved
 at W. Seymour & Sephunis. Mr. Matheson shall
 improve fast.

JUNE, 1949

APPOINTMENTS

SUNDAY, JUNE 12th DOGORA

Professional

Private

up for mass at 6, back to bed for 8' rest. To Hap. to see if
you told me the boys were taken away - they all are always.
I blew with Sefherus - he was subdued. Things all ugly
there - the gated boys have been off the station. F. B. up there
bought + will catch them. It is the only thing to do if feared
it wouldn't. Wenceslas angry + disobedient too. Boy Pat will
come back to a packet of trouble! Helen, Jean, Elsie, Lyle, + to
Darbna for lunch, a pleasant but it was hard enough to
have a sleep after it. Finished Gandy night. Rashed like
from so I didn't go to E song as I had intended. To Claver
see me tonight. Jonathan in milk all baby's feeding
everything lousy. wrote to mother

MONDAY, JUNE 13th

Obs. as King's Birthday (to be proc.)

Geplet called me at 2 AM. - Mr M. had an attack of
womiting - is jaundiced again this AM. Slept
till 8. F. B. came + talked all the boys. Geoffrey went
home + permission, also Herbert + got held up. The over
was up. He talked for ages - he picks other brains but
doesn't give away much himself. He talked till 10:30.
Crispin up + had mouth abscess. Slept him as I.P. Saw
Jb. gave lecture 12-1 + blew the boys up all being
taken away. Saw Mrs. Smith, had taught Helen to palpate
ummies + got no rest. Had a G.A. at 4:30, was tired
to bed. Haven't done nothing tonight but talk to E. She
wanted to write to the Board all Mr G. Y. but I told her I
didn't think it was right. No talk of Sefherus going to
Samara - top it has been refused

APPOINTMENTS

JUNE, 1949

DOGORA

Professional

Private

TUESDAY, JUNE 14th

a lousy day. up for Mass in Ash at 6:30. & nice. All ft +
 medical bay. Little baby in a blue area as good as gold. To. I have
 work - if as bad as we. Did a round, not much work. Lecture at 11:30
 then woman came in poisoned by 2 fine of fish - not serious.
 Tried after lunch even after a rest. I got more & more so. Was a
 lot of time looking for key of microscope, which I found. She is
 missing matches from the store. Lucy says she has her own. Trouble
 over supplies. Got to bed engine failed. All had dinner by lantern.
 Elsie took after me just as I would. Both water light on
 Mrs M. had a real library color bought. but was as right as
 he hand. Watched her for an hour, & falling pulse so gave
 her work. Geoffrey returned from his "day off" & went to R. Dodge.
 Don't know if he packed Grady's baby. Had 3 epileptic form
 attacks. I scolded Herbert for fiddling. Elsie's back & pushing
 matches & tried to appeal to her better nature. If not going in the AM
 from heaven, as my meal is not ready. ~~It's a pretty good~~

WED., JUNE 15th

Slept till 7:30. & help of Phenobarb. up lateish.
 did a round. gave a lecture after lunch captured R. Dodge &
 talked to Bernard. he suggested asking Mrs W. over, she said to not
 try. Talked about F. B. sending of drugs, asked him to send a note
 to Lister. He hedged a lot. Talked about boys. he talked to all of
 them packed Herbert, Randolph to go at 12th hour. He says R. went to
 go. but I doubt it. Looked at stools until 4. Then glad to get to bed.
 Wrote Govt. order. Went to Bishop re Hospital supplies.
 He & I ran a lot of the evening & speaking to Herbert. Bishop
 much more perturbed over the stealing than the other affair,
 though it isn't proven.

JUNE, 1949

APPOINTMENTS

THURS., JUNE 16th

DOGORA.

Professional

Private

CORPUS CHRISTI To 7 A.M. using English brass - to bed for 1/2 hr. you M. much better. Did a round. F B sent a note to say Graham has come out of his sulks & things settling. G then tumbled on his shoulder for dear. Gave a lecture shell making - & talked to Bep who wishes to keep the stakes gone. Went to see St. S. office - meant a long wait & I was sorry after. Bp Elsie, Fr. J. & Helen (for Tomfool) all aboard. Radio to say Mr M coming lay down. To bed after a few tea. Waterman here after dinner & brought mail - 2 from Dick, one from Joe & I. Worried letter from Marie; she hadn't heard, but in the end she got the radio, thank goodness. My watch came - cost £11-10! Mr M. & also Mr Cunningham of Hg here, but haven't seen them.

FRIDAY, JUNE 17th

A very lay day. Last night Fran brought Cunningham in a fashionable 4th for & Lead better in a washy wheel over about 11 to be inspected. Then she dressed the wheel & F B drove them to the boat. So everyone was late. Slept till 8. Saw pb, gave a lecture, that's all the day's work. Sophistic & Wenceslaus cleared out the house & all the furniture on bike so I lay down on bike on a bed - & pleasant. Had no talk - Mr M, but he think of you M. much better. Ronald quite good, though he woke F B. early this A.M. Tried to talk to Randolph, but not responsive - think I barged in, Fran had already talked to him. Fr B, Fran got this antelope going thank goodness I went to T's song. Then to bed. Reading tonight.

APPOINTMENTS

DOGORA.

Professional

Private

SAT., JUNE 18th

up at 10, have done little saw Mrs M who was dressed & walking a little & talked to her. M. R. is to take her to Bamara ship for South if & when she has another attack. He seems to make all the decisions & consulting her. Run business. Put Wallace into a foot plaster and a spot of writing. F. B. full of talk, poor man. Read & wrote to Nancy. Stayed up for dinner tonight. F. B. & I went down to Lyle's to see the weaving being done, & I want to get a loan for the hospital. Don't think it is very practical. Randolph obviously made the opportunity last night to talk to Jean & says he wants to stay. Was told (or sensibly) to go & tell F. B. & I. Doubt if he has the moral courage to do so. Polly looking much better. Will describe her when she comes. Mangall upset: Mammaia won't call. Bp going to P.M. & I, I can't go North till after that, was there I wake here.

SUNDAY, JUNE 19th

To go's Mass & spend it well - even in a Wedan sermon! Deacon Japhet ruined "the atmosphere" by telling the people behind the seat to sing & sit in front - at great length - just before the sermon. B. faster bed saw some new folk. Jean & nearly everyone went to Wamira for lunch - J.D.B. Mrs D & Mrs B. A here. Replatter lunch & read. A spot of writing. Have really achieved it. To evening, I dined in dining room then to bed. Caught Randolph going away again & permission. Talked to him like a 9' mother. At lunch F. B. said he & Stephens had gone to him for permission to leave the station & given it. I am pretty sure it was after the wedding. I didn't split. F. B. & I preached tonight & it went well.

JUNE, 1949

APPOINTMENTS

DOGURA.

Professional

Private

WED., JUNE 22nd

Wot a day! We're fairly miserable all day, pain at times acute. The boys working in a well, making the place shine all over, & the cottage has no leakage. I was reading some local correspondence & copying relevant letters. Sail at 4:30 was Mungara. St. G. at 6. I crossed her left hand, met the boat & my permission. I quite forgot the gathering & explained to B. But looking well but not as well as I'd like. The leopard hasn't changed her spot - her dislike of B. It is hard to blame her. Fr. Plival's dinner 3 men from Mungara, Mrs. Br. from Lupi. Bishop & Elise back, call the staff but Donora & Cassie. I had decided to leave the decision to the Bp. re my departure but he threw it back on me. I accepted to stay. Hated telling for old name. Elise not at ease - but with rather surprised in. General air of upset.

THURS., JUNE 23rd

Left till 7:30 chased to Blint in my dressing gown to say good-bye & give mail. To bed for breakfast. Had at 10, saw for treatment over a small plane wh. landed on the strip after one false try, after some time took off with a heavy shower of rain. I took again after we found wires back had gone up for a spin. They wanted 12 lunch & took meal to Mungara when inspecting the degree in readiness for Gov. Gen's visit on Aug 2nd. I had then found Randolph missing & found he was on the boat - I thought the Mungara but found it was the St. G. who called at Mungara. Jan didn't know either. After lunch had 2 G.A.'s on abscess, a tooth - & found that the boys cap. Humphrey have been giving ^{staked} medicine to keep in their houses. Talked to B. re Randolph & not letting us know but he wriggled out as usual. Only within he a the med boys are feeding kids. They say he went to Randolph in the country. Fr. B. says he did not. Jan slept in Hosp. & saw med boy roaming round at Nestlé's Chocolate—a Sustaining Food. 12 AM. & Mrs. M. says she has heard boy roaming round too. 41 sharks.

JUNE, 1949

APPOINTMENTS

FRIDAY, JUNE 24th DOG URA.

Professional

Private

^{WT. 7st. 12.}
 St John Baptist. Jan & I both slept in the Hosp. last night. I
 sneaked up at 10:30 Jan arrived later in the hope of catching
 bag, but we did not. I slept on verandah, Jan inside. We
 had a bandage tied to our wrist to pull down signal if any-
 thing happened. Quite ingenious! I snored & roused at 12:30
 after light out but saw no one. Heard a snarl & think a
 dog. Back here at 5, I slept as usual. Mass. Much talk
 till 10:30 - Jan & Pat. Pat takes over. Wish I could rest
 about this oppressed feeling when Pat is around. Mr. M. and
 letter Mr. M. & Louie arrived at about 9:30 from Bambar &
 brought a good whole & dressed chook which we had for dinner.
 Heated a lot, but cannot rest properly. Pat says she affects
 & sacks harness, not L.B. We are told the truth: of injuring
 their own vanity. Maybe I do too, I don't know. To bed for dinner.
 Jan got the Bp in an attentive mood & told him of last night's
 dream. He promises to talk to med bay. Presbiterian. Can be the president
 on tonight, have missed it a second time.

SAT., JUNE 25th

Slept till 4 to 8. A hot muggy day, & had another sleep
 after lunch, & am sleepy tonight. Up at 4 to 10, did a round.
 The Bish wandered with the boys down by & roamed off Pat
 talking about an episcopal flag for the Gov Gen's visit. I think he
 feels as shy of me as I of him. I wd like to talk things
 over with him. Mr. M. had a better day. St. J. arrived from Tambo
 just before lunch, with Helen & Tr. & stacks of luggage. & Humphrey
 & family. H. was sent down after lunch & I bedded him for
 (a) staying away (b) treating p.t.s. refering to authority (c) giving
 medicine to station people. Didn't think I was unduly hard
 but he said he wd leave. Missing for me & for him too, I expect.
 However he went on duty at Pat's direction, & willingly brought his sick
 kids to see me. At 5 the policeman Basil brought things he found in
 Peter's house, bandages, a calico, the Bp's Medan book, the Bp
 & angry. H. when Nestlé's Malted Milk is recommended for post-operative cases. I was merely unhappy
 Mr. M. to deal with I think. To bed at 7:30. Working. This place
 is full of worms. David's father brought his belongings to me to inspect. Letters
 under cushions from the Bp.

APPOINTMENTS

DOG U R A

Professional

Private

SUNDAY, JUNE 26th

7 o'clock Mass. Elsie goes to bath wh. is overworked of her. B' fast in bed. Saw Hosp of b. Basil came in a cushion, a pillow case & some stuffing for Wamira. Bp talking to an M about it, he will make an axelot tomorrow. Left. Became conversative, told me H had taken stuffing in different lots, & admit that he knew about it & pointed out that it was wrong not to report it & suggested that there might be more than one thief from Colverth College for lunch. At 3 it rained heaven hard. Found Humphrey a T104^b P.A. & a raging head & had to give Linnine (M. Wrote 3 letters today to Evensong & a sermon from the Bp on "Y't there is room." Got had a party in W edan women on Hosp verandah. We enjoyed their singing too she has been better. Jean & Elsie have permission to go walk about after St. G goes wh will be Wednesday.

MONDAY, JUNE 27th

Slept till 10:08. Helen & Jean came over after b' fast, & G. did some typing & mending for me. Bless her. Talked to Helen about her health & organs. It poured & only got to Hosp at 10:30. Got trying to trace Drump. Didn't get a proper sound done. Lechins talked to the boys at their duty when others sin, & lecture on Phrasia. Defeated Servy's knee & got puss in a bursa after lunch rest & asked G to show in the night a thank for my talk in the Bishop, & He gave me tranquillity & a conviction that I must have the courage of my convictions. He meant in fact combatively, pulling the Bp back to the point. Talked for 2 hrs. I am to go on St. G. this wh. & G. to Wampla (she will be unhappy). Helen already got. Name to have a holiday. Long talk with Herbert, finally settled on the real flat issue. Any definition of job left to Conference, but he has reassured me about asserting my authority. Then he spoke of education & I spoke my disapproval of the system & the bad habit of thinking of missing priestly & magisterial functions, & not allocating responsibility to the one named to it. Told him for that reason I did not ask him to be my Confessor which church here. Left for dinner & he called me (not Baden!) from my bath to identify Hosp things. Mr Matheson brought lot of stuff from Wamira & Herbert too. H. to go to Samara. It shall Randolph

"Lactogen" is recommended for Nursing Mothers.

JUNE, 1949

APPOINTMENTS

TUESDAY, JUNE 28th DOGORA

Professional

Private

BOIANA I.

^{36th}
 A truly busy day. Forget most of it. Skipped communion. Round, treated boys on Epilepsy. Had paper & when in taking Tracy in a fit. At lunch asked Bp. about searching Randolph's house & Memphis, he suggested searching med. boy. Pat refused, so den. Bp. did it & after Bp. talked to them offered choice of Mr. Watherson or us. ~~They~~ chose us. When we saw all he had wasn't surprised - tools & ink for ANSAU wh. I hope he came by honestly. Jan & I did left 9! took till 4. Then writing madly till after 11 for Samaritan Union arrived at 6:30. after dinner Lois unburdened herself. She is overkilled & wants a rest - she doesn't look after herself to sleep at M.N.

WED., JUNE 29th

Woke before 5, Fr B saying Mass before in loading to the M.S. off the Bp. was W. cheerful. Weather not too good. Mrs. Hamlin on board, a rather awful creature. Sailed at 7:30. Pat Jan & I to 6 AM. Mass (Fr. Jenkins in English). saw the boat off. To get for B's fact. Mr. W. chartered to St. G. to talk some boys to Borawan as Helen Jan & I went for the trip. Looked out Borawan med. affairs. Had 2 hours sleep & lunch Fr John full of talk & bashfulness, but I think pleased to see us. Lay on deck on way home. Fr. Dodge met us. Urgent radio for me at Mr. Kawa so arranged to leave today at 6. Had much. Collected for T's song & Fr. B. & I talked about Jonathan. Decided he shd talk to him at evening. awfully sorry to miss dinner then tonight. I sang long & tedious & 3 walked out of it. Elsie, H & me. Dinner & fig, saw Lambert & Phil packed madly & house narrowly averted in Fr. J's house. said goodbye to med. boy & packing till 11. Then rain made us move Pat's bed inside. Elsie upset. she was ⁹⁰ "Vi-Lactogen" resembles Breast Milk in composition. to go + surprising Bp. I suggested she shd come to Fr. B. actually! backed me up. asleep at M.N.

APPOINTMENTS

JUNE, 1949

DOGURA - MUKAWA WANIGELA

Professional

Private

THURS., JUNE 30th

Up at 5, aboard about 6. Had to walk road slippery after 2" rain, fuel not behaving. Not away till 7: some things forgotten. A rough trip in a hole rip. At first enjoyable but afterward I was miserably sick & was span. Elsie is neat & skilful in keeping her balance & doing things. Breakfast a farce with dishes food slithering everywhere. Arrived M.D. not expected. The radio was improved on by Wenceslas at Bamina. They had wanted the boat to take Laura & Logna. It is Laura whose I don't remember all was now definitely malignant in the most typical malignant liver I have ever felt. Had lunch, slept 2 hrs, examined En who is almost certainly pregnant. They are very happy there. Talked to Con about medical work, & to bed at 8:30. Jan is quiet. She got a huge centipede 3" long on her neck. Fortunately it didn't bite her.

JULY, 1949

FRIDAY, JULY 1st

Had my first mass at Mukawa. Felt better after heavy sleep for 8 1/2 hours. At last, I got off parking & drove to Con to start ordering maternity. She to come up on M.K. after next. Left at 8:30, quite a good trip. Lunched bilaminous lunch on board. Wrote quite a lot of letters. Arrived Wanigela at 4 in a really enthusiastic sex, quite a bit tight as she is so heavily welcomed. I of worrying of b. Saw a boy in the park of lower Reg 2 1/2 old. A woman who had twins on Monday, died Wed night in a few moments of real other, returned to came away on Thurs. Membranes still protruding from vagina. No other, so on 2 F.S. + Penicillin. Infant to death not is colossal. With a bilaminous dinner - day is when Elsie is about, but Jan is quiet. Talked to her after & say she is not well. T normal but liver tender. I fear I gave her my drug when I heard her on her return. She went to bed early. I to bed at 11 after trying to make sense of the baby feeds. No other or ^{good} flake for the fracture, so taking him to two. Wanigela still on Feb & planning for St Peter's day.

JULY, 1949

APPOINTMENTS

SAT., JULY 2nd WANIGELA - SEFOA. Professional

Private

Up for Mass 6:30. It rained inches in the night, over 5 at Tufi. Saw Gypolyne who agrees to come to visit. Jan & quiet & not eating much. Wrote to Arthur about her & wrote a letter for her to take to Bessie if she has to go South. Off at 9:30, quite a good trip. Saw a crocodile on a reef. Wrote letters. Went into Tufi to B1, Munnara there & the skipper heard on radio Bessie wanted to speak to me to Brammala who gave us lunch. Took eggs by 11. Spoke at 3. He wanted Jan to go on to there, & then to W. H. L. end of Aug. Helen has to do something in Samara. Must write about it. My Aunt asked me to see some pt. a little girl? W. L. & human. Stomach aching. Also saw a man & boy from the marshes that were taken back of. Have lost their shoes & come on land with all webiness, feet, toes, & deep chesked. Also long trunk in red blegg. To boat at 5, & Madang Harbor at 6. I managed the hell quite well. Bessie welcomed us. Bath dinner, talk & so glad to get to bed.

SUNDAY, JULY 3rd

A lovely lazy day. up for Mass at 7 in Riverside. B' feet shipped with things, wrote letters, washed my head (at last!) Had some odds & ends of writing. In the evening off to a valley for Tapororo; away for lunch. E & I both lay down & slept for 2 hours. up for after tea, writing, E's song, took young Selwaga for a walk round the station. The 1st 3rd out up part of a great drizzle & we watched it being cleared. Bath dinner. I taught copying recipe, & Bessie gave me some more envelopes to send to Carol. To bed at 9. Elan was sleepy as I.

APPOINTMENTS

JULY, 1949

SEFOA - ERORO.

Professional

Private

MONDAY, JULY 4th

Left Sefoa 8 AM. Dropped F. M. at Berabona. Lovely trip. Wrote madly most of the way & left letters & Edward around here 4 PM. I sent a boy up for the jeep. Also found F. was at Pongain, just at Base B so set out to walk, a small boy carrying the petrol tank. Jasper & John W. met us in mission cafe high from base. The joyful surprise on Maddy's face when she met Elsie was worth seeing. So good to see Maddy & M. & so thrilled to see med boys & I think they were pleased too, even though we from all in new blue caftans. It was good to see them. Sylvia & her too. Took bath, dinner. Had & had went for food & heavy luggage, & also brought some beer which cheered them up a bit. They are having a thin time. Did the leg, heard lots of news, posted letters & packed drupe. Bed at 11 PM. Augustus here to meet me.

TUESDAY, JULY 5th

Woke at 5.30. Up 6.15 & finished packing drupe. Got Elsie off walking at 8.15. Did a half round & fiddled a lot. Unpacked some things, saw the renovated garden & M's new house. Read some mail - not all read yet. Had a sleep for a while after lunch while reading letters. More fiddling & much talk from Navy & sugar & pouring rain. Tonight have tried to get sleep from chaps & interruptions. Mr. Dweeney arrived at 7 for Maddy who has been waiting for days to go to Higi & Elijah for his case. They leave early in AM. Johnny came today who may explain my moodiness & irritability at interruptions.

JULY, 1949

APPOINTMENTS

WED., JULY 6th

ERORO

Professional

Private

Bob's birthday. Mr. S. & Marie got off at 7:30 instead of 6:30
 then had to turn back ∴ he left his torch in the small house!
 I slept through the night till 7:15. ∴ had to fast in bed very
 pleasant. To sleep at 9. Am thankful there are only a few p.k.
 Everyone working well at all sort of job, not all medical. Lecture
 was mostly talking abt. behaviorism & taking B.P.s temp. Unpack-
 ing & trying to fix up lamps. Joan - a temp but think it is better
 not fever. She is nervous but too well for her temp. Ann's b'day too
 sleepy after lunch but had eye exam in 1st apt. till 3. Saw Ambrose
 who says Aug is awaiting word from me, I will tell him to come
 but it has poured & rain so he may not have gone to the village.
 Was my new rain coat. Another mail today. Alf sent on one another
 addressed to me at the Lockhart, bless her! Alf wrote too, at last so
 happy. I sang at 4 instead of 5. 4 was in my bath. Tonight a round &
 bonfire in N.D. bay, Elkin & arranged weather in A.M. ∴ tried
 & sleep again. ∴ to bed 8:30. Had unpacked

THURS., JULY 7th

Dep at 7, ∴ just going to Dept. Augustus turned up all
 smiles. Arranged for him to start tomorrow but he stayed
 round. began today by tidying my bookshelves & came to
 lecture. I did a round, adm. ttd a boy's intellectual health
 25y. (could it be yours?) & Russell & the department. Buy of this
 stuff to mend wall of W.I. Lunch, rest, busy till 9. Sing
 7. U. came back at 3 P.M. full of beans but thinner. Saw
 driver in Dept. Living "Pur" to an ulcer car to see
 how it works - to the eye bay. Jasper & goat, reliable.
 Everyone at bonfire - "make a crowd"! To bed early.
 Talking to Waddy who says Ambrose is probably to
 be moved. He hit Maria J. in belt recently. Waddy of
 a-hara temper? Am ∴ thankful to have him.

APPOINTMENTS

JULY, 1949

ERORO

Professional

Private

FRIDAY, JULY 8th

We Manger got through the rivers should be down. up at 7, b'fast
 F.M. ^{could} just hear Samara. Cal arriving tomorrow & back to P.M.
 b'f. presumably the Wathicous on board. Set Aug to counting linen
 + moving things out of my former bedroom? as sitting room for
 Mance. This P.M. he made calypso. He works well. I hope it lasts.
 Saw bk gave injections - Jasper gave a towel. Lecture &
 saw remembered lecture quite well. Short rest after lunch. Cut hair
 tonight. Made up Gora drugs, saw bundles oya. etc. etc. Also went
 Elkin this A.M. to drum shop. He thinks boys will do the buying
 in the village. Bless them. Unused E'say: of oya. Tonight
 Jasper, Siphester gave kinallin. Waver W, which looks wonderful
 for after 200,000 W. A new babe came in from Gora, so didn't
 touch till 9.20. Dinner away & leave. Bob Fred here full of
 talk. Had driving W. auto truck last night fell into creek
 down to feet bank. Bad bridge gave way. Wotterous damage
 but tonight have been.

SAT., JULY 9th

Mance arrived at 12:30 A.M., left at 4 in a native driver.
 Pretty nasty - all those rivers to cross in the dark even though
 there is a moon. Bought Ewombus & nasty feet. Jasper woke me
 at 1 about a crying baby & told me. B'fast in bed. M came &
 talked after I insisted on her having the day off & she slept all
 the A.M. Nap went well, comfortably busy. Shaved Aug. Saw
 to prepare stool for H.W. + found wa in all 4 - 4 pair kids.
 beehal walarid (first stool on here) same in, look 1/2. Awaga
 now. It pulled me from my rest: it was convulsing. Bookie
 said 'Pakra' to Gora wh apparently is a great man. I told
 him, told him he must behave in a Xian way & docked his bbacs.
 Tidied my correspondence this after. In West till 9. Jasper & kid
 but he is a good kid. Handed wa to Mance. Field work & the coral
 shells are blowing. I wonder how Jan is? The M.K. is
 supposed to be making a special trip for timber for Samara.

JULY, 1949

APPOINTMENTS

SUNDAY, JULY 10th

FLORO

Professional

Private

Day off up for Mass. A lot of fiddling afterwards. I spent most of day in fast-repair. Communion wonderful in spite of external distractions - a sense of God's presence surrounding me and all of us. After lunch talked to Waddy. He I think was upset already but most vehement about the girls & lack of opportunities given them. Didn't like the idea of Ann doing my house - degrading for him, & looking for the girls! Poor Waddy is unhappy. I then to help them, feel that I don't - I don't. But I feel that my work here is the way. A party for Ann, I present a set of candles or I took a couple of swags of the kids. Had a treat for dinner. We had been party & rooster! Working tonight & now I must write Mother Tamara say the D.O. is coming down. I must get a letter away.

MONDAY, JULY 11th

up at 7. The girls did my house & afterwards M fixed up the laundry for us & I supplied soap & blanket & she seems happy. Ann showed up. I think worked steadily busy O.P. I did a bundle & inspected the garden & fence. Ann's kids ran away home - too far to chase them, Glad I! Dixon & Clifford checked them to Base B. See but on a report system & the boys took it well. Name giving them lessons in reading the N.T. - to good of her. A restful rest, Ben lectures to Syl. & Aug. on drama. A spot of language study! E. Aug. 7. In the lab I waited an interminable time for dinner. Showed boys some slides after Campfire & got particulars from Syl. who then told me he couldn't get enough food & other boys say so too, acc. to him. Long talk & to bed late.

JULY, 1949

115th

APPOINTMENTS

THURS., JULY 14th FRODO

Professional

Private

Two pretty hefty days up to brass was doing a round when word came that Bick's alk was at Hobadum, on his way. Great upheaval. I moved to M's & N's house & cleared up mind for him. Finding lots, linen, materials for us. Then brass showed offering from Sangara & stores from Pofanletta & news that by P. was probably going to Sangara. of an upheaval Fr. U. heard B. B. Stang in Wrench talking to P.O. & P. G. at B. just his end of the conversation, I heard that B. G. will arrive Sunday or Monday's stores. Sick going. Heard today that Wang got his radio & will send new things. At 6 a. a. policeman came to say another was sick at Base D & boy went to sketcher - I am in M. in the village buying food - arrived at 8:35 in a very sick man. The village people had not helped them. Name Madama T 102² P 84, no vomiting today history but abdomen a few inches. Keaton & frightened of other but gave in. Had 7 boys up & all worked well, even if

FRIDAY, JULY 15th

I meant only holding both M. organs to the table & well, & I doctored his feet, 11. quantity unpacking the new surgical bed, P.F. actually started at 1:15 finished 4:30, got Elkin to scrub as well as the thing. a perfectly shuffling bucket appendix stuck to small bowel, caecum bound down. It took me ages & much bleeding to liberate it. Then at the end the drain but slipped out. I doubt if it is in again. His pulse good but 140 at end, I didn't dare re-open him to fix the drain. M. did anaesth. p. lly well Got tea at about 6 for boy & me us. To bed 7:30. I work to make a fire for Stella. I slept all A.M. & M. supposed to sleep till 10 P.M. The boy all off all day. P. H. condition wonderful & not in want. Retaining metal winding. Should have had 10. saline but couldn't face it, as it wd mean M. or me watching it all day. I at least bright. To bed long, then Rob. F. brought mail from Stella but none for us. They got their stores & are happy. Every one has heavy in bed since 4.

"Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated.
98

APPOINTMENTS

JULY, 1949

PRORO.
18.7.49.

Professional

Private

SAT., JULY 16th

3 crazy days which are a memory of worry, confusion & un-
expected happenings. Trying to make it rest while she tries to
make me, & neither do. Sat. my day off. Did Madura's
dressing, odd job in house. Wrote letters about the fire & gave Aug
job etc. On Sat night a man came in - ? strange hermit, but I
decided he was a sudden acute orchitis & gave him morph
then worried for fear I might be wrong. Madura said I would
ed. He passed the help for both M. to bed at 11.30. I stayed to read
up the books & see them again. To bed at one. Restless night.
Sunday, "on duty" & M. "off" up at 6, 10th Church at 10.15.
Waddy came out of church to visit she is not sleeping & miserable.
Tried to put an intravenous into Madura & everything went
wrong. Also dropped both watches on the concrete & neither satis-
factory. M. & sick & pulse rotten, but no illness. M. of
course came on to set the LV. I did lot of other things.

SUNDAY, JULY 17th

Mars Wary & a T of 104° & the kid Godfrey (am & sub).
Turning round & Penicillin. At 9 arrived early - at Ch
have had left Dognra 3 A.M. For Saturday! Lot of stress &
effort quite overwhelmed. Edward came to Eseng. Packed
him to call at Menapi for Reg, as I got a radio from her
for D.O. in the after she has heard her arm. Decides I must
not leave here & she can go to Samarai if necessary. Very
hard to get in a word & Edward except 15m & M's presence
helped managed it. It will be the same tomorrow & the D.O.
Got my mail finished off for the St. G. at 11.30 last night.
Sergius had legs on the St. G. as his 2nd father had lost
his wife & he is a chieftain. Poor Sergio. He is getting
things straight under hard conditions but it near
breaking point. Ray may realize it but I doubt it.
To finish last night had to send med boys for a kid at En-
boys cissing
guzzled
forced in
arrived 7:30. 99
and Rana
she ran away.
Kipling had a
R. to old lies told

JULY, 1949

APPOINTMENTS

MONDAY, JULY 18th

E R R O

Professional

Private

Today slept all day, got mail off. Saw to Wadema who is remarkably better, & bought remaining food. Everyone better, thank God. Busy morning but almost normal body feeling. Got some hot oil for Waddy after lunch, saw Russell who refused proctoscopy. Had got some superficial order into my office & moved back to my home. After dinner Gillman arrived from Lora & me to see him. Elkin asking for shoes. I am afraid I am spoiling him. Talked to Waddy for a while, & to Daisy. Took samples, & such a crowd of boys. Just drinking milk & going to bed. F. David arrived, wet & drenched. He & I helped L. produce bath dinner & bed. Now 10:30 & he & Ray still talking.

TUESDAY, JULY 19th

The infernal rising bell going for years & work me up, then the kiddies made a noise so I got up for mass & said my prayers there. After breakfast a round Wadema much better, but tender in his wound. Gillman in W. Ready for the Smith at 10 & he came at 11 to 12. Benedict & Russell got a new gutter was up, then B started boy's small house. F. David took back to Langan. Am still to try to think straight, for name too. Started lecture then left the boys to work & shaved on S & the Tudor man round. Am proud of my boys. Then told about Elkin's lost at 9 found that they have been theft from the dog, so searched it & of course found nothing. Lying to get him & dates. Mr S to lunch. Left busy till 6 o'clock. H W man, took an F.B. from Blake's foot, & inquiries into theft. Also talked to Miss Gladstone about staying, & they are on another month's probation. The Ms. has moved to Henegans' house, we eat on his verandah. - ^{that reference to us} - & they are beginning up the guest house floor for the new house. Anyway this house is quiet. I have pneumonia pt. tonight Took Gillman for bandage. Luffer attached by Waddy & bed.

Nestlé's Malted Milk is fortified with Vitamin B

APPOINTMENTS

JULY, 1949

ERORO.

Professional

Private

WED., JULY 20th

Still tired but had a fairly normal day & cleared the desks a bit. Slept again after the rising bell till 7.15 & went down at 8.15 for breakfast. Got Aug. on to cleaning ready for dictating, & passed round a lettering little Elkin said Gene says wanted a separate room in down but I jumped on that idea & they agreed to me. This talk after leg but also asked senior boys for ideas on walkabout & going to Geneva after Jean comes. Guest house almost was set, my end looks for lawn & boys. Meal on the worst table - esp. for Daisy. This PM was job, scolded cookie-boy, & med. boy started on cooking. I pleased about it. Benedict making a most imposing small house for down. Madras' frustrated his wound, so now he should clear up fairly well. Tonight have done little but some language talk & Camphine D.O. not coming yet.

THURS., JULY 21st

Busy day but something accomplished. On a tired she will not lie in the morning. Perhaps Wanjila will be easier. I got up at 7.15, after breakfast & round found Godfrey & a bulging par down & long persuasion to make him consent to smooth, as she was frightened when Godfrey was done. He is a nice woman. Fred came & a bad ear to lecture on male genital, then much running round. Godfrey fixed the new shoe - wh. is the old version one & I hope it will function better. Got the making of down empty. After lunch did Godfrey's & then Aug. I got the shell going. Minus more hardware. Finished Sewad thing & prepared Enki's. Tonight I tried, sorted some ideas in my mind & papers on my desk. Sylvester read Camphine, some discussion, supper, had 7.15 full of beans & talk, Daisy seems a bit better but it's hard

JULY, 1949

APPOINTMENTS

FRIDAY, JULY 22nd F.R.O.R.O.

Professional

Private

up at 7:15. Saw O.P.s & lot of med. bags, & sick I.P.s. Took some photos & inspected garden Aug. distilling all day & doing up Embri things. Had lecture everywhere rather dull. After lunch gave 8 bulbs, Godfrey 9:11. A lab on tall on desk wood. Then the D.O. arrived & talked in Hoop, looking & tried & worried. Promised us the stove & some plates left tea - tea & wishy washy. Food situation grips these days & M. feeling hungry. So is Waddy I think. But D. is so tired we do not mention it. Bath & a nasty sunburn case came in to keep me from E. Aug. & a sick malaria as I was going to dinner. Odd job to do all evening. Fred for injection for bad ear & he pried the new pinnae. Fred had to suffer. He has the day off tomorrow. I have all the mung on. D.O. says M.G. N. arrived at Sobaduna & new at Sangara.

SAT., JULY 23rd

Day on duty up at 6:30 to banner in Lined about the bell but someone was before me. To Hoop 6:15, odd job & 6 Mass. busy day, mostly in Dish. Aug. & Jasper worked in well. Interruptions of course. Aug. bated & labelled the Dish notes, we did drugs for Bannian & Ambasin, unpacked all the spirit & used boxes for sending out drugs. Godfrey Cain still sick, am rather worried about him. The D.O. came looking rotten & diarrhoea, gave him Bran. Sed. He argued with the fire but apparently decided in advance it wd. be an open verdict. He seems to think there will be more charge, wgt. trouble, but it is out of his hands. Busy after. Evening. Fred has 2nd for Mencilin & ear toilet, & Fred had to suffer. Waddy edgy & looks as if she hasn't slept, & Wana looks awfully tired even after a day off. I think Darcy is a bit better. I threw out a hint for more food at lunch but it was ignored.

APPOINTMENTS

JULY, 1949

EROR^o

Professional

Private

SUNDAY, JULY 24th

Well Jean is back again. Seem tired but fairly well & not
 pinched. Elsie thought she was on her return. Probably a
 mild attack. I got up in time for Ch, after he fast washed
 my head & wrote letters, as to welcome Dr. Morley. Told Daisy I had
 invited him here if he came this way after she came & asked me to
 suit his time writing. After some papers realized that I had not told
 her that I wanted him he could not stay here (though I had done so), so it
 was natural she was upset. Then I mentioned we should have been consulted
 before all these changes were made. I think we are both a bit upset still.
 Life is hard. Sails at 4, & Waddy. I went to meet M. K. Elkin. Elkin
 came from duty, several off duty boys there. Had a Fred to dinner. It is
 going to be a shock in no light for Jan. That went well, but
 Madina climbed out of bed & was walking! Our last drug came
 long letter from Peggy G. who is lonely, isolated & having lot of trouble

MONDAY, JULY 25th

God's birthday.
 Did not get up to mass but said prayers in bed, & they
 helped us to face the day in an orderly way. Was helped
 everything. Did a round, all sort of odd jobs. Daisy announced
 that we could have a tray only on injection days as I said we not
 come over every day. She also said in English, to be on time & we
 should be there on time. We have kept our part of the bargain &
 little better than all. But housekeeping must be an awful
 business. Ray had the first from Friday, so lecture at 12.
 This PM opened an abscess, got patient on a lunch ready. Unpacked
 the Bedford drug, did the order & talked to Jan tonight. Our
 price will be well within the estimate. Just called up at
 10:30 to Toia having a rigor - not a typical one. Back to
 bed at 11:15 after putting up beads for bracelet &c.
 Jan sold all the Wainigela cooking. Got at a great rate
 today & people clamouring for more.

JULY, 1949

APPOINTMENTS

TUESDAY, JULY 26th ERORO.-EMBI. Professional

Private

ref to mess Regimen for Mr Bakeloh, also ~~for~~ to ~~the~~
Kumasi men came to see me as being work boys. Looks
intelligent & I like him. Generalized from who wanted him
took him on till sun down would build. Went shops
offer to pack Euki T. M. draw waddy, me, & Ekin &
Aug. Good trip & peaceful. Got there 9:15. Waddy saw school
& said kid Ekin showed plan how to do dressing. Pretty
slow. They are Gokawas & I like the stamp of them. Only
one & his hair, little girl called Barbara. She has
nice well kept. Wagon lunch but pleasant one by the
pouch, the boys too so we shared some tea & cigarettes. Got
some soap. Walked home in 2 hrs, the boys had another feast
Godfrey Gill though! ^{MV} Stella in on fourth day trip. Working
letters all the evening. Not so tired after the walk but
hungry.

WED., JULY 27th,

up at 4:07, said prayers, did a spot of correspondence.
Jan: I trying to adjust ourselves to each other, the job is a
rather hesitant about things. We will soon settle to an
order of work. Got job done, took photos of the boys & names. Jan
Luhne. After lunch finished correspondence, to bath. Was in
bath at 3:15, when the mob came from the boat - Dr. Clive,
Miss Spang, Bishop Ash & the northern priest. ^{my supply} all comparison &
talk. I talked to Fr. Benson about the boat, & sending the affairs
fixed. Dr. Buckley leaving, speaks as if it is doubtful if he will
come back. Leaving both things packed for my use. We showed
the visitors the boat, saw a Leboadi p/c. Evening & much
talk. Dinner for 14. Jasper shing by a fish in pan by Jan. Bp.
Ash took coffee & spoke to the boys & gathered. They didn't know
what he was talking about. Aug. fixed my letters & wrote to mother
wanted supper to the N's house had to leave her.

APPOINTMENTS

JULY, 1949

ERORO.

Professional

Private

THURS., JULY 28th

up at 10 to 6 folk got off in a rush & even a cuppa. Said what threatens to be a permanent good by. Well, well; Aug. went in prep to collect pt's fare & to do to my battery. Everyone felt w. flat & we drank the cuppa made for them. Spent the day unpacking dungs, Govt + some El. to be. Lecture to center bay at 4, a much better time than after lunch. Tonight got some odder rods ready for Lura for hol (Gasper better) Gasper said cuppa a little more Geoffrey the dengue was sweating & rather old. I tried to not a bit like herself. She had before his time sure she may be upset about Hoop affairs for we both take the initiative & rather fall on top of each other. I need a lot of prayer but am too tired tonight. School holiday have begun & wh means Waddy heffs Daisy house.

FRIDAY, JULY 29th

Decan woke me at 4, the dengue man - Geoffrey of Seneca a regular - had died. I went to inspect & found him dead. He can't have been a dengue but I'm damned if I know what he was I thought of dengue - 11.04 but went back to sleep instead. Am too much of the funeral ("fernal") arrangements & was spur. got there. To bed at 5.10, said my prayer & went to sleep again. The patrol went off to Lura. Eliph not well & Clifford went instead. Aug. I hated the ship all day. I call another boy & Gaspar had them doing something else. Cancelled Decan & talked to Gaspar about dinnering job. I need it satisfactorily except medical bay wh. will take much thinking about. I fear that I am a real big galore if she organizes them & referred to me but a decision thing will fall in place. I hope I won't be sailors for them affairs - it's my curse. I tried & don't accomplish much. The boy brought to National & young Irish American, also my brother. Gaspar went to the relay. "Vi-Lactogen" with added Vitamins A and D. I did the hospital. Professor arrived from Sangara at 9 P.M.

JULY, 1949

APPOINTMENTS

SAT., JULY 30th E R O R O

Professional

Private

Wakened at 4 again - Ambrose's Nioria - fever to sleep again at 6, up for fast. Aug. picked up boards. & 4urok. Thank you letters & ran to & from Hoop. Red & boy. Big Eye & am F.B. in his eye & had to give him a G.A. Bought it out. Another one & malaria & tonight - pneumonia. Red took an mail to the Stella at 3. Not done much since, but written to Daniel & thought abt. Joan's - my relations to medical boy. Tried tonight but not to bed till 10. Madly was cook she & Daisy taking it day about during m's holiday.

SUNDAY, JULY 31st

Have got the habit of waking early - must be pre-menstrual. Tried 5 headaches all day. Haven't worked hard to Hoop 6:15. Ch. late about 7:15, Mathias & Ambrose preached. Knew it was a feeding for 7000 but little more. In Hoop till 3:30, made some Murr's, & listed drugs. Spoke to Papabada after Ch. & will talk to Andelen tomorrow, therefore Tuesday. Odd job, E. song. Finished early in Hoop tonight, early supper. Cheerful grumbles about the after-dinner coffee which is truly awful. Mail nearly done but we can get Hoop cocoa. To bed at 9.

APPOINTMENTS

AUGUST, 1949

ERORO

Professional

Private

MONDAY, AUG. 1st
Bank Holiday, N.S.W.

Slept till 7:15, but still need more & feel rather tired. Jan got the op. organized early, did the round, then Trophim's & Barbara capt. I finished it though! Lecture at 11:30, but dithered a bit. Aug. tidying my capboards after lunch prepared my "speech" for tonight. Looked at H-W & talked to Elkin about villages & such. He has heard of only one miscarriage in years & born death. Sound pretty good. Lecture at 4 on blood & took some from Sylvester to show the boys do things & a film. Evening & after dinner to Lambada. Got to Lambada & Embassy people, Dixon's huge voice being a good omen! Elkin entertained. If he & the boys came the people sat round in the dark (didn't bring their lanterns!) & listened to me, clapped. Two more speeches, Jan spoke & asked for help. Many thanks, hints of some respectful patients & have Dixon nearly lost his mind. Jan her (another to Buddha's) honors! Great night. Jake clowning a bit, & everyone very happy. Sorry Lara boy stayed out.

AUGUST, 1949

TUESDAY, AUG. 2nd

up at 7:15 again & still tired. Haven't done much. Saw Jk, got Aug. looking for H-W & skimming blood. Lecture & arranged for Kupur visit tonight. 3 Lara boys volunteered. However it has been raining heavily off & on so the visit is postponed. Slept after lunch, did report. Took Camflin bought & a cpd of hyping, that's all. Daisy more cheerful these days. Tonight found & lysaid literally alive in maggots in Waddy's dressing room. Thought the creature was alive & wriggling but we saw a hole in its side. We buried it darkly at D.D.T. The small house much better since using NaF inside.

AUGUST, 1949

APPOINTMENTS

WED., AUG. 3rd EKORO.

Professional

Private

^{Thurs.}
 Pevod came. Don't remember much of yesterday. Went
 ma. here in Aug. but want to spend the time on other
 things. Finished analyzing pictures after lunch talk
 to by weeks a but representing in work at anniversary.
 He himself planned to ask teacher to send pt in work
 quietly & for village people to help a food, but not to ask
 for not in d. bay. I told him that voca. him should
 be prepared for the future, goods & bags. Elijah came in
 say: his food was bad, calling the nyabomen silly
 folks. Anyway, portions of the food was bad that Lan-
 bada people brought. Jan on the way back. After dinner &
 Luifure, both of us tried to visit of villages in loop garden.
 Said had not told them of my visit - incredible cost.
 2 days sat on the grass near the road. I talked to them. Basent
 walking back in pale moonlight. Late to bed after supper.

THURS., AUG. 4th ^{Fri}
 Birth H.M. Queen Elizabeth, 1900

up 7.5. Dada round & Fred brought one of his
 bags in a w. w. m. foot I opened it & Echle. Fred there in case
 the bag gave trouble. Got a soap of him Jan & me in gowns.
 Thought the bag had gas gangrene, but ^{as per was left} should say how to wash
 skin & saw steps help shaved bag at lecture. Saw Jan
 moving pluff into new shoe & protected, as it is to be shoe
 shoe. Realized it was inconsiderate of us & we both feel ashamed
 & unhappy about working together & both anxious to work
 smoothly. This is silly but real. Kade talk last night wh.
 improved things I hope, but she will not speak frankly to me,
 but is trying to hard to be submissive. Also last night talked
 about drink-drain word. In a.m. hired my papers & Aug.
 sorted out new linen for Haf. Keeping not well.

APPOINTMENTS

AUGUST, 1949

ERORO.	Professional	Private	FRIDAY, AUG. 5th
<p>Up at 7:15 - daily occurrence! - did sound, fiddled Luchine revisions of digestive system some remembered it well but my dear Dora to poor. Eusabel hopeless. After lunch in Diefensday, Rod brought in yet another of his boys - cut foot for scabies. Arranged a much badinage for Maddy & me to go to after tea today. Path to be taken. Elkin sang E' song bell at 10:20. Elman was to read it, so went to E' song & returned to be here by lamp light. D.O. & me came & brought mail one from Mother & long N/C from Kath Blackwood. Work to Mother after dinner & Edgan read Campbell's Max, son of former head man of Dombada came in, arrived at 10:30 with the epididymitis? origin. He is a consequential person organized his own comfort & all the village came him to bed at 12 to 12.</p>			

SAT., AUG. 6th

B'fast in dressing gown. Haven't done much but have felt
Lax & don't care who is very good saw Max & did a job a
two in the afternoon brought ang. how to clean my lamp. Later he
gave me a lesson in the human pronouns of. He also mended my
clippers, quite well too. Daisy & I feel 'ch but the Hoop a pig
which is lost. After lunch a quick bath Rod came at 2:15 took us to
their camp & a pleasant after a well spot in the river making
a merry time as it reaches fast. We & Mrs. A. came for after tea.
It was a fine blaine, cheese & ham & onions. I ate
bread then fried sugar & butter & it straighten. I took snaf.
after the D.O. departed Rod, Maddy, Fred, & I sat in the groups
I talked. Mary & I ^{coming} blow up bombs. Called at 7:00 for
op. & back at 8:00. The An has to dinner. Benedict had like fire under
the wooden tank & it fell at 8. Put out the fire & some brush & was given
good timber for building I got a grass seed in my eye, embedded & I
had some trouble in getting it out. So we
early night again!

AUGUST, 1949

APPOINTMENTS

SUNDAY, AUG. 7th

ERORO

Professional

Private

Monday

up at 6, organized church - we had a supper. Didn't do much in the p.m. Only 4 boys on duty, as Jack had not returned from burying his deceased 2nd brother. He arrived last night & spiked my quinine & propanolol. They "dug the hole" on Sat but not until this in it. Well today, Jack had to stay his voice hoarse from waiting so I'm making him work next weekend. Made some stuff up for sterilizing. A tropicase or, again it's better to boil. It needed the A tropicase to save again. Next together to save bottles! After lunch heard Eilman read the E. song lesson, started N/L. D.O. came to Fred, Fran. I had after in my house, then Fran went evening & D.O. Fred went to see Mrs. M. had. Waddy was off swimming in her new bath. The boy for dinner, the D.O. & Mrs. also to supper. Had some washing & got my N/L finished at 12:30

MONDAY, AUG. 8th

awfully tired & is Fran. In bed at 8. Easy day. Aug did the ambulance. I sorted out papers etc. Heard Eilman & Eilman read lessons at such length that I got no lecture in at 4:00 nothing else done. Daisy, Edgar, & before boy did a party in Andebu village. Daisy has two awful bites on her ankles - 2 marks only - & feels wretched. Has had them before had dinner in bed & will stay in her house tomorrow. I feel a pig. ∴ I don't help in housekeeping - though I do a bit of the errands. Skipped conference tonight. Fran & I both feeling happier I think but not settled in yet

AUGUST, 1949

APPOINTMENTS

EROR.

Professional

Private

TUESDAY, AUG. 9th

Slept again till 7.45 - 9.2 hours but still ready for war. The other kids too, though I can't bring weather to house after the endless walking over stones that is going. Lucy's feet improved & she was up for dinner. A quiet day since of the people came up as a result of the patrol, most a frightful border. Laughed Aug to do Hb. pulled Peter John's teeth. Elkin off colony, off duty & a cold. This afternoon helping letters Fred came for bank to mend Blessin. Tried to give Jan brought off as she got the dinner but we both went a ft. talked about quilt making etc.

WED., AUG. 10th

St. Lawrence's Day, so went to Watkins. Rount the day. Telling old kids the two boys were going to the village at night. Most exhaustive inquiries who took all the morning till 11 - also scolding teachers who has nagged it a lot. Elkin & Aug. went last night. Degan last Friday, Jake 3 nights running. Dave gated them, Elkin for a while longer than the others. Jake has a warning of the sack if he doesn't again. He has done it before before. Good job till 2.30, then a print. Jan to new small house etc. Had on each other's corners again about services only because neither knew what the other was doing. Leg hurt at 4, Laughed my lamp wouldn't light - put in a new generator - so no work done, but read Campfire. Maddy dressmaking madly. My stout shoes are worn out & my feet get to hurt on these shoes in sandals.

AUGUST, 1949

APPOINTMENTS

THURS., AUG. 11th ERKO.

Professional

Private

A really done more steady work than usual. Did a round
 out sun dispensing & made of skins, for 7 N. Christian to
 rasky of them. After lunch showed Aug how to skin for 2 N.
 Train. It showed used program for 2 N. - W. Looked
 after Compline again. Waddy & Daisy dressing. Got some
 drugs ready for Dewade. Read a lesson of lesson. Read his lesson
 his reading is hopeless, he has such a quaint way of coughing
 to get up his courage. Elkin read Compline & afterwards talked
 of some who is spending some of his money. Unna's pack
 not too successful & he an I? Looked for a new recipe's success.
 Had brought a lot of cotton wool from Erro Ck. on the D.O.'s
 instructions - bless 'em.

FRIDAY, AUG. 12th

Lath

A day of troubles. Usual jobs Aug, I packed up drugs for
 Dewade & Gunita & he mailed them up. The D.O. came at 3.30 & a
 real mail, some written early this month. Christian has had
 her of a stormy career after it: he bowel not TB, as the write
 said. D.O. full of beans & willingness to help. Elkin told me
 Kipling had recorded temp. of children who had gone home & said
 with him at 40°C. & the discussion made me cancel my lecture
 to get his funds up & said "I will go to my village & be a lie-
 boy", I invited him to go in to the Ch & pray about it. I
 went but he would not tell I sang. Compline & talked Jean,
 got things straighter & med. bag. Then inspected the stonking
 and alas! Dision was missing. Elkin knew something I think.
 Went back at 10.15 - down quiet but Gladstone reaching W. dan
 prayer at the ph of his voice while we waited outside for him to
 finish job he didn't! Dision not there. Wal bag away to
 I was his also away again.

APPOINTMENTS

F R O R O

Professional

Private

SAT., AUG. 13th

Ref at 6:10, on duty. Dixon labor duty. Washday went to the...
 not... Got work under way... talked to Dixon. I don't know if he
 is ashamed of himself. Dayph went hunting a pig which highly im-
 probable. I think his punishment is pretty heavy - but it is that. I
 after fact saw O.P. - scolded Eucharis who turned the talk to his feet.
 Worried about them. Too tired to work or find job for the boys. Permission
 I think the D.O. took Jan to E. Creek's back latrine - plank,
 axes, capboards etc. Had a cuppa then took me up. Found things that will
 be useful but must be got out. Required still & worked well. The Mary arrived
 & a small boat went off at 4:30. Just after E. going the 2000 lb boat near
 Lambada went up. Not as much noise as I expected, but enough to send
 the women to earth & the W.G. boy. Then sheafuel came - 3 pieces at the O.
 One sheafuel past my head & I felt it pass - probably 2-3 feet away. Another
 we found in the earth 6 feet away & one I think hit the roof. No casualties
 been elsewhere. Jan & M. went down after lunch & met them & I met the
 commander at dinner time. Tangled by 8 am at that time in 1940.

SUNDAY, AUG. 14th

Finished a long talk to Kipling & long sentences he has said he will try not to tell lies & apologize. Maria came in a pretty
 spleen but is alright. Then Wourhus in prayer: went to school teaching
 in a village evangelist. ... of his feet but my legs were weary in it.
 Finished at about 10. W. still thinking it over & hope it is heart-
 breaking

Sunday - Dayoff - up for ch. Maria better after I post work letter.
 Wourhus came at 10 to ask permission to go to the village. Came &
 asked the step & talked most dreadfully. He says he will be a
 prodigally son & "come back" in a year or two, that he will give up
 his work as a missionary & told him it was the devil inside him
 speaking & he said yes, but he would continue that way & took him to
 see my crucifix. He would not look at it, but I think it made him
 waver. We were both crying when he left & said he would think it
 over in his hut. But this afternoon he went to the village. He has been telling
 to Kipling - Elijah to the feet as only the expense. Washed head & legs
 & dinner. More writing. all the day about 14 to E. Creek. Saw that
 the Lebaschen boy
 D.O. Peter Bent Nestlé's Malted Milk is recommended for post-operative cases.
 had a feed to dinner. up happened after 8 & a good deal of
 been. Now ready sleepy, has been tried.

AUGUST, 1949

APPOINTMENTS

MONDAY, AUG. 15th ERORO.

Professional

Private

~~Just~~
 Yesterday was another day that I could call "stretching" Womans
 up for Mathias who helped. Did round. Evening there. Kipling told
 me he came in after 1:30. called him to my house & made him announce
 his decision, & he went to the village - had already written to Peggy. Got
 the letter to go & me. No beach here: 14 boys went to village for a pt. at
 1/2 of 2 sails, went to F. David & sent letter by ang. Glad I did, as he
 & John went straight to Raberada. I. I live on the boat, announced her
 engagement. Everyone awfully pleased. Bless them. On same boat. Aft.
 Ted & I. I came to help. I packed up & we picked out odd bits of stuff.
 F. David arrived all smiles & forgiveness. I apologized for my bad be-
 haviour when he went down. Dinner off Mary's food. I & Harry talked
 abt Geoffrey's funeral - great discussion & upset apparently. We should
 have prepared the body acc to native ideas. F. Benson took Campbell
 to homey there. looked cases & drugs, supply. Jan found Sam going to W. &
 so we did an inspection at 10:30. Went home & to bed 12:30 & H.
 I'm talking about something in helpfully. Hyderabad back.

TUESDAY, AUG. 16th

up for Mass at 6, & I helpful, though my thought were hid & chasing
 one another. S. I. for the two Howard's & for the. F. I saw him last
 night & he said he wd go on M.K. - and I think he went. Thankful but
 too tired to be properly thankful. F. I. to go to Rabant - a hard task.
 Cuffa, the boat people got away. Huddled the work. Jan unpacked
 new trolley & I the new seals - beants. D.O. came, put seals
 together, gave me more Mary's, promised more help. Bless him &
 off he went home. He guessed the navy today but F. U. just caught
 them in our mail. To be behind - a hot boy arrived back at 10
 so got a pep-talk on exams. They brought some p.b. may be come
 on M.K. from Ambaci. Jacfer has a new son, born July 31st while
 he was at Garara. I want to see who is in little froggy & am in great doubt
 about her. Man from Murrinara came in broken phalange & for exam
 - is 25 & looks 40, drinks a lot. Saw little boy, & I can't
 arranged change of duties in Jan. To bed 9 P.M.

APPOINTMENTS

E.R. & R.O.	Professional	Private	WED., AUG. 17th
<p><i>Things</i> Forget most of yesterday. Boys all went to new ward. Gladstone & Mass had their exam wh I corrected at night. Pretty poor. Talked to Joan & to Ambrose about Geoffrey's death & funeral customs. Wish I had spoken to Ambrose on the day of the funeral. He thought we were perfect. ∴ none was in the ch. & the body, ∴ we were perfect. ∴ he didn't call us. Wrote to the Bishop at night.</p>			

Joan's birthday.	Daisy Nicholls.	THURS., AUG. 18th
<p>Up for Mass. Minded Joan while I communed & so missed my own Communion. D. upset a bit but to N. blissfully serene. I didn't matter but I was disappointed. S.I. for Joan. for Stefan boy. Decided after to keep them. after to find found that a Gma ph in W2 accused Gladstone of going to her last night. She saw him ∴ she had a book. He flatly denies it. No other positive entries but Sam was in the down. I wrote Elkin so asked to N. if I could see Joan. Goto there not back. After lunch talked to him, partly on Joan's advice, & we talked it over & amicably. Thank God He couldn't get further than I, but I feel something even to will come up. Had a good dinner for the 3 boys. Heavy rain tonight, & welcome I did Joan's round. took complaint - only N.D. Boys - wanting better for boat supper & late to bed.</p>		

AUGUST, 1949

APPOINTMENTS

FRIDAY, AUG. 19th ERORO.

Professional

Private

^{Sat.}
A better organized day. Got some letters written in AM, helped Ang & H.W. in lecture. Made snow after lunch or rather taught Elkin. M. & came. No news from Langara but Duxen tells me Ewen has died. Lot of patients came from Ambasi & Lora no food though. Jan tells me that Gasper's madeleine may be shell fully. Finishing mail & last minute things till 10:30. Daisy & I went to bed, got up at 4 AM. to go to the boat, so did not see them to say good bye. Jan & I did a round of the dormitory. all in bed thanks to.

SAT., AUG. 20th

Day off ^{to} glad of it. Slept till 6 but shall want more. Ang did my house & sundry odd jobs. I saw some more new pb. in the trap. Wrote letters & bed. Restless after lunch read a thriller after aft tea went off on Jan's bike. It was so nice to be cycling again even on that awful road, & refreshing to get away from the station. A great shout from the inland bay when they saw us return. I sang, bath. Tonight in to G'ing. F. U. "horsekeeper" much chaffing goes on. Fewer the others than manner in him. But things are better bet him! we smile Thursday.

AUGUST, 1949

APPOINTMENTS

E.R.O.R.O.	PAUL SILAS Professional	Private	SUNDAY, AUG. 21st
<p>Peaceful day up at 6, prepared Hap. Ch. & after it the top hair of Jasper's babe Silas Paul. B'fast, & work in Hap. Elkin. I did dispensing after lunch put some cards in order. Same day I'll get my office in order. Elkin wrote up the scripts he had made up. Same day got some sweat done. Bath down to N. for was approachable & even laughing at himself. Wards bought the supper & was talk Evelyn's watches & looks happy & my wicker temperamental. Very sleepy.</p>			
<p> </p>			

MONDAY, AUG. 22nd

up for b'fast. Saw Elkin who has a cold, when I saw his blood smear later has a pretty terrific leucocytosis. I hope transient. Got a round of our much increased family, made up since. Lichner Sam back so asked to N. about him. It seems fairly clear he wasn't the guilty one but I must be acquitted in the absence of evidence. Told him so that he would begin on. Aug. did the auto have almost by himself. Also doing H.W. Mail came mostly the ball & the P.O. I was in weak, not likely to last long. Lichner on malaria at 4. After dinner talk to Fran about Sunday things. We do not agree on all things, & the poor kid punches under thumbly. I cannot jump a head in to when as she does. Tried to get a letter to Mother away but Fr. M. wanting to take the mail to Eric Ch. & will finish it later.

AUGUST, 1949

APPOINTMENTS

TUESDAY, AUG. 23rd ERORO.

Professional

Private

went to go to Mass but either the bells or my watch were
 layover. Pretty good day. Removed a sebaceous horn from Eliza
 fulgure A. He has had severe pain round side of injection
 just a F. U. and I think it must be bad for him. Talking
 the H.W.s finishing about 50% + ve on first exam. At lecture
 talked about rules for writing, & new ND boy times. F. U. went
 to Bangor & got back in spite of rain. Our prayers for rain
 have been answered. Started inventory of Disch. & Aug after
 Jasper & sang. Tonight admitted Gladson & Mary & prayers,
 new salutes, handshakes & a cigarette each. Tried again
 to bed early. Jan sending Lylester to do a round of the down
 town.

WED., AUG. 24th

Daisy's birthday.

up for Mass, St. Paul's day, & the school children there, & James
 private. Saw J.B. Baby claim pretty in the shade but not
 many are in Disch. & helping Aug & H.B. Not getting much done
 Fred brought in a boy & excursion who fell off the truck. After lunch
 went to H.B. to see a child in a head injury, saw press in delta delta
 hit by Eliza Elkin Dixon started to do Disch. & Jasper & the boys
 came in, Elkin & Dixon I scolded them then Elkin dropped an
 utter bombshell & said he would go to his village. Could see he was
 angry. Was bringing his alcohol so I went to the Ch. left word for him
 to come if he wanted to see me. To my surprise he came. We prayed
 he submitted. said he was sorry to give us trouble. Don't know if it
 was the weight of my persuasion rather than his own impulse, but
 fear the former. He is still unhappy. He said Dixon suggested it.
 Did little else this P.M. lecture & sang. Both tonight Jan took complaint
 & then I think meant to speak to me but didn't. Jan had a good
 eye at the time.

"Vi-Lactogen" is indicated for feeding of premature babies.

Block to say one of a different nature, I am
 than I talking things was better. N.G. by by heart
 unhappy

APPOINTMENTS

ERORO

Professional

Private

THURS., AUG. 25th

^{Tr}
 up at 6.30 ish, prayers, some writing before 6' fast. Did a
 round & made a speech in each ward about 11th rule & the care
 of property, as a pt had st. stolen. Did Hb & Aug. Lecture &
 they don't remember Reprod. System as well as I hoped, seeing they
 learned it so recently. Dinner is rather hopeless. Elkin is subdued
 when I am about, but cheerful in the others. In Disp. in the after.
 Writing letters last night. Bishop ill, has been ill
 "just missed pneumonia"; poor dear.

FRIDAY, AUG. 26th

up for mass. Looked at pt after 6' fast, and Hb & Aug. He
 is improving. This a.m. mail from Tangara. - Peg asking Aug &
 me up for Marky's Day (& I want to send Aug) - & Mr. Lick
 ing sent a scrap of meat & Christmas, as I have sent it to Mother &
 is quite a good one. In Disp. all a.m. & opened an abscess.
 G. helping still subdued but is keen on Disp. work.
 He came to me tonight about his 'scrips, neatly written
 out. Mr. Champion saw the Naval vessel today again
 but we have seen nothing of them. F. M. saw them & I believe
 is on the boat tonight. We heard some bombs go off in the
 distance. Tonight in the Disp. again.

AUGUST, 1949

APPOINTMENTS

SAT., AUG. 27th

ERORO

Professional

Private

Busy day on duty. up at 6 r to Mass. Wet morning saw pb
& to work in Disp. Elkin r Aug helping. At 12 in came a r
sick kid in semi coma. from Beama, T normal Had a G.A.
for I.P. + catheter. Elkin did a good job i setting
thetle + giving anaesth. CST clear r bl. inc pressure,
none - see one only. Probably post-cerebral malaria.
May on blood ureas after lunch - doubtful result. ? bad
stains. - rather loadene wags on a lot of dirt. I hit better
at night. Jan took bay r pb on a canoe to find shell-
fish got back at 4. No lunch but she didn't mind.
I sent bay to Eyboys for food at 4 as she wasn't back.
a good try. Busy r tired.

SUNDAY, AUG. 28th

Day off. Mass long: of baptisms. Saw the kid r
wounded Gasper i sprained ankle. Did Govt order bill
punch, then lay down r read a short story for an hour.
Washed head, then Rod + Fred came r took us r me up
archwayman's. Ridge r down to our swimming place.
Lovely trip. bumpy of course r the road down to the
creek only just passable. Got some taps from the old
pumping station r set by the creek r talked, then
back. The views lovely r a glorious change. Back
just in time for dinner. Saw kid, saw a new Beama
pb i a nasty penetrating wound in buttock r washed it
out. Looking up diff. diagnosis for that kid who is only
sl. better.

AUGUST, 1949

APPOINTMENTS

FRORO

Professional

Private

MONDAY, AUG. 29th

up at 6:30 - saw the sick kid this absolutely placid & does not move, no reflexes. Eub well. Seems a bit better tonight. Did a round & sent son of the pb home at 10 the baby class came over. Examined it. Lab of anaemia. Lecture after lunch opened Maxwell's book & got a lot of pos stand in 2 N Aug. 10. Lecture at 4, then a subcommittee came & I missed 9 song at the mike & night can't get anything + or in that kid's C.S.F. but my stains are old, I must get them & remake them. Fiddling around & mending etc. F W had his first class for weeks. Jan & I are still a bit over-cautious of each other. I make can rather crude blunders, I fear. With F W things much easier. He is looking after the Laporos & Hospital girl.

TUESDAY, AUG. 30th

Set the alarm for 3 but woke at 2 & couldn't get off again. Went to see the kid who was sleeping. I think I was wrong to insist. Jan went over too. Missed class. Saw pb & one class of school kids. F W must be a heavy. Lecture was just something. I did Gov. order. Poor kids in an exam hanging over them. This afternoon was subalabata. Jan & I tangled over each other's feelings badly. Both kind of house, but I can't find out where my fault lies. Just pride or possessiveness is not explicit enough. We both apologized tonight, she first. She went to Kupure for food. Fred took her. We've had shoats of people in a fever today & admitted 3. Can't believe that the mesquites are intra bad. Our sick kid seems a bit better. Tonight got 6E song, 2nd time to the zone Sunday AM. Tonight set exam paper, did order. Mrs Kelly came today.

AUGUST, 1949

APPOINTMENTS

WED., AUG. 31st

FRORO.

Professional

Private

Slept well, as the kid is improving slightly. St. Aidan's day up for mass. Feeling a bit guilty & failed over yesterday. Ganahai not herself. I think is fretting over it. I can't remember apologies didn't get to the point. I think God keep us to see the right way. Elkin also different. I think avoiding me. Seems normal & other but almost better can't yet perfectly respectful. Think I better to see as little of him as possible. Had the exam oral better than written. Poor kids. Still better than last time I did cards which I supervised. After lunch took things easy - rested. Did a spot of work, early bath, had another lecture. A mail came mid or from Mother written 10 days ago. Found some correcting papers. Maddy came, in trouble & palpitation hot flashes etc. I think smoking too much. Joan Key coming to N.G. for a trip. Aug went off to Gograk. Sangara

THURS., SEPT. 1st

SEPTEMBER, 1949

up for mass, & glad I did. Saw O.P.s then Joan told us Asia accused Devin of going to her in the night, but she sent him away corroborated by Jimmie. These things are a dead weight of worry & misery. After seeing school kids questioned Asia & J. By that time I was 11, Devin got well away. I did report, have finished I think the. Saw Devin at 3, he admitted it also said he & Asia had gone down the road here before & had intercourse - but not in hospital, as if that was the saving grace. Not telling Fr. N. that bit, as he volunteered the information. Also spoke of marriage & he says he would only marry a girl from his own village, as I told him to get to work, I find out. Not much work tonight. Told Maddy that she must smoke less if she wants to be better. She gets through more than 4g/week she will try. She & Fr. find it hard to hit it at times. The boys bought busy, planning their party but have not invited the girls yet!

"Lactogen" contains added Vitamins A and D

APPOINTMENTS

SEPTEMBER, 1949

ERORO.

Professional

Private

FRIDAY, SEPT. 2nd

Manly's Day. Mass at 7, a crowd there, 106 communicants
 out at 8.30. Saw J.K. in Hoop. I made up mine before &
 after lunch. Dixie Elkin, 9' stone went fishing for the
 birds & got 18 small ones. John went to buy tea. Bath at 3
 the boys came for after tea. They are a lads & waiting to
 wind up their work, so as planning to do things for us.
 The party didn't start at 3, but at about 7. Then the girls
 were shy & kept away till fetched. The boys arranged it
 well on the cement, & table, desk, & a square table for
 Lilman, Clifford. Fetched not, not came for some reason. About
 24 girls came in addn. to wife & sundry small boys. We
 danced in Ropes & disorderly, & a stream of laughter, then the
 girls danced & gracefully, 1st in lines then in circles & then
 dances called Rere. Bell rang at 10 & off they went to bed
 streak of lightning. I think everyone enjoyed it went to bed.
 who were there the whole time.

SAT. SEPT. 3rd

Day off. I did a round at 11 last night & found Jake missing
 This AM. Elkin reported that he was out all night. Jake said he was
 hunting a foggy breeze man. Hope it was the truth & punished
 him as such. Worked pretty solidly all the A.M. at last order
 & list of school kids finished both. To 11 went to the 10-mile to
 work on a radiator. After lunch read, & wrote two letters that is
 all. Jean sent me lot of boy to Embury & went herself to Barber
 ada for food, & got a fair price, but the food situation is grim.
 We got a heavy fall of rain tonight. Thank God. Tonight had
 papers saw a new pt. & to bed early. Jean is tired too.
 Madly trying to cut down smoking

SEPTEMBER, 1949

APPOINTMENTS

SUNDAY, SEPT. 4th ERORO

Professional

Private

Dayan & a pleasant one. up at 6, Massey. 7. U does start
 40 Today he had ambros to interpret again. I could follow the
 Mohr better, I think. A.M. in hosp. doing odd jobs & making
 saws. Elkin helping or rather doing it himself. Examined
 4 more medical boys. Had a dog after lunch then worked in dish. The
 boy here for after tea & dinner. Had came to Church. Elkin told me a story
 about the butterfly, the mouse & work it down in Mohr. Later will try to
 translate it. Would like to collect some also to get sample English songs
 for them to read. Tonight did some joining of cards. 7. Look Taporos in
 Hosp. Late supper New 10.30. Jan had no, nothing all day but is
 still tired. I think he'll say Dixon tonight. Had a good rain
 last night & some tonight, thank God. Foot & heather is bad. the
 gardens threatened & drought.

MONDAY, SEPT. 5th

Busy day. Jan has a miserable cold & maddly off her food
 tonight. Slept well 7. Did O.P. & a round saw school kids 6.11
 'got things quickly. Odd job & did another L.P. on Borog. Found
 still clean. 4.2 improving now & better after L.P. 7. at 10.0 mid
 lunch late. Look off 2 be. mals, then sent Jan off duty &
 set food. Lecture at 4. still on malaria. I sang after dinner
 to hosp. found Jan drifted over too. Got. gift came at 1/4 6.8
 in the Hodsons, a day earlier than expected. & dinnerless
 almost nothing to feed them or either. They brought mail
 anyway. Cards from Gona & were held up everywhere. Did a
 round of hospital & later of dormitory. all then talked to
 Elkin on verandah afterwards & realized after that it
 was unwise. The other boy probably think I favour them

SEPTEMBER, 1949

APPOINTMENTS

ERORO.

Professional

Private

TUESDAY, SEPT. 6th

Rained all night. up to Mass. No children till later when it cleared so few O.P. & no children to examine. Mrs H. very lady came to Hosp. for a dressing & looked round. I did Hb, & examined med. boys, and gradually getting through them. Aug. came back & pleased himself. Tonight he gave me a letter from Wainui who said peace: he is back at his work, but says he hated me. I can understand that, but can't estimate the rightness or wrongness of my actions. Poor last. must get them to have a go at his feet. P.M. did odd jobs, decided to do Cuthwell's job: got a sort of Janka's message ready. Jan & I between us. checked exam papers, Jasper of Elijah fooled. Elkin Edgar & Galbe have gone to Wainui in this glorious moonlight to buy food in a canoe. Helping John to read tomorrow's 2nd lesson. reading up of 10 till 10.

WED. SEPT. 7th

up at 6. Jan early getting ready for off. To Mass. but Jan & I stopped over to Hosp. & took communion there. Cuthwell did odd job after, wrote to D.O. & the Nodden's took our mail. & departed at 8.30. quite a surprise. G. put at 9.30, it was a hard job: conjunctiva so thick & inflamed. Found the eye ball full of pus & split it. The Janka's went well. Jasper assisted well. Morning tea saw a woman frequent & unmarried & in for discipline; school-kid. Got odd job done in Disp. after lunch, quite satisfactory. Lecture in. Tonight to N. trying to fix my wireless, but cause of trouble in doubt may be several causes. Keys returned from Wainui quite late. Seas were rough & canoe broke. To at least saw O'Brien, banned him from communion for 352. I am not punishing him. Goes for holidays tomorrow. Decided not to sack any boys on account of poor exam papers. It is not fair after all this. Nestlé's Malted Milk is fortified with Vitamin B. long service. Jan of course beautifully approves.

SEPTEMBER, 1949

APPOINTMENTS

THURS., SEPT 8th ERORO.

Professional

Private

Tried, & is Jan. Did a round, saw school children had a
 lecture. went over exam paper, am going to give John
 & Eliph cuffs, but decided I can't sack anyone.
 Madly after evening - letter accomplished meant
 to write letters but bought to cans & fiddled & the words
 & made it go much better to Campbell did Genthwell - eye
 who looks so good like look a khaki color from the last
 we searched wards, cook-boy home & checked calices in
 vain. Suffer, going to bed. Jan called, we found Genthwell
 sitting in the creek because he couldn't do it. He knew he
 was not to move off his bed, silly old man. Wenten ft to
 help him back & his bo bunched in front of him. Then went
 to dormitory as it is such a glorious night, & Augustus missing
 there. always something to depress me. Dixon went for
 his holiday today

FRIDAY, SEPT. 9th

Up for Mass. To Haf & feed up a G.A for Maureen & later
 opened an abscess deep in her calf. Then saw Aug. who
 said he spent the night in Ambrose in his garden hunting
 for figs. - That is fine. I scolded him quite fairly & told
 him of a week's tobacco & he put on that obstinate, not-
 agreeing look the boys often get. seemed unduly upset. I
 told him my words were of his & to think about it but he
 went to the dorm. & later away & has not come near me I thought he
 wd. come & wish now I had gone to him but quarantine said to
 stay away. He came to E'seng late, I went off slowly hoping
 wd. come but he didn't. Meant to bend up Ambrose but rain stopped
 me till he wd. be asleep. Finished the school thanks by Maureen
 lot of sins. Food situation awful, our last bag of ~~flour~~ ^{spoil} bad.
 Tonight writing letters. Dixon came today, had E's calice
 Things have gone from the dormitory though. What a life!

APPOINTMENTS

ERORO - BARUSARI

Professional

Private

SAT., SEPT. 10th

up at 6:10 Mass. A nice day on duty on odd jobs but no August. Went to see Ambrose before he had who seemed to be the "big" one and let me ask him to come up if he saw him. Discussed the situation in here & he says the rule is too hard. I said that a boy I got permission to be out, but asking permission also seems to be "not an action". Removed a fed-implicated lifeline, deep work. Ellen helped in lot of way. Julia came for exam. - was beach. I showed her. ³⁰/₅₂ pounds, but she says only a month to go. Says she will come to Hsp. for the boat. Had lunch in new house. Sailed at 4, arrived at 5:15 New N. & Elsie, Bp. left at all on St. G. Bp. seems well, the main thing jobs in Hospital. Read mail. Letter from F. B. about medical policy, I looked at what was said at depot, but apart from Gray's hint, I did not know what was discussed. They seem to be assuming an awful lot. Awful depressing, but must be some of my own mind at conference which is in November.

SUNDAY, SEPT. 11th

up for Mass, F. N. was inhibited before service. The Bp. celebrated & preached beautifully on the Good Samaritan. After he had he came & talked to us & spoke of Eureka, the ever-lacking food problem and we at ch. & playing cricket. We got left for B. at 11:30, all except Daisy. I got on at the last moment. What an impressive day, & the station looked beautiful. They all met us on this side of the river singing hymns, got the Episcopal blessing; then we were carried across the river & walked to the station. I found much more welcome; the kids are charming. Lunch then. David arrived. The whole station & each building were blessed, a cross planted then to form in the really impressive prayer house. I have been hourly tried & went to sleep during the sermon. David interpreted in his really lovely voice. We got a fair gift of food & other things, found a packet of tea & off to Gollhans at 6:30 dinner both & fed. The boy told Jim Aug doesn't mean to come back & had forebodings all along. I'll all so childish. Dear old lady, she got a thought at Mass. Milo—a valuable food for expectant mothers for her birthday

SEPTEMBER, 1949

APPOINTMENTS

MONDAY, SEPT. 12th ERORO-GONA Professional

Private

13.9.49.

Busy day. up for 6 fac, inspection & red Wamunga and a first c
 just for them & Elkin. Sent Elkin to the village to tell Aug to
 come to me, but he sent a note & did not come. Left he was on the
 slake in the afternoon. Talked to Ambrose who does not approve of A's
 behaviour but feels the family full. It was a sort of relief to
 know that the decision was taken. Got my box ready 9 P.M.
 packed a bit. M.K. people came at 4 - Mance, Con, Miss Steffen
 to badge not sure I can thank goodness to hold me in night
 care. After dinner arranged a bed for 4 girls to visit examined Con
 who definitely is not pregnant, poor kid. She took it well, was
 glad there need not be a op. Then packing stuff for Mance at Gona
 but for Gelson to help, to come & see plan of Aug. To bed 12.5

TUESDAY, SEPT. 13th

up at 5.30, finished packing & missed mass supper, away at 6.30.
 Away at all 7.30 on M.K. Very good trip. Wrote necessary letters
 & that's about all. & talked to M. re Gona work. Arrived here 12.30,
 lunch saw old Gona & heard F. B. speak of the story of fighting & the
 numbers of headless bodies they had found & the story thereof.
 Kach & Selina showed M. the list & she did Chyapanda's & Sam's
 (of Deque) dressing. Bath & aft tea, evening & late & to bed in
 W. star, finishing in the dark. The ch looks lovely. Ambasin
 people here. A sumptuous dinner as the St I people have not
 even had a message from David that the Bh put his foot through
 the floor & has 'sprain' fractures for & on. No sign of him yet
 & I may interfere in the wedding. Have decided to go all being well
 here. It looking at F. B.'s coloured photographs in a Kodascope. They
 are exquisite. All had to bed early. I like Gona. Miss
 Gower seems to have settled in well. I think M. will be happy
 here

* Fr. John Bodger

When Maltose and Malto-dextrin are indicated prescribe "Maltogen."

APPOINTMENTS

GONA-DEWADE

Professional

Private

WED., SEPT. 14th

Holy Cross Day, a rather wonderful experience. We assembled at the Holy Cross in the hall. Holy in - about 400 people, men on one side, women on the other. Then processed to Holy Cross Ch singing hymns, & a couple of women speaking here - an excellent idea unfortunately Fr. B. likes to keep the hour by raising it a few times at the beginning of each verse. Church overflowing. Fr. Bodgan celebrated & was well assisted helping - American Gregory's Sister, - & Fr. Krasen stayed in the background, humble man. Long service but beautiful, 270 communicants. Very conscious of the dead so nearby, their essential unity with us. Father's name's sure fold to name, Timotheus & we saw Marcela who is about to produce. B. said, then Bp came & found his foot is only sprained, but he has it in a thick plaster & will have it removed in Moscow. A ruffa, we left at 11:30. Wrote letters on board. Went ashore at ambasi & brought me child here for treatment. We later gave us each a coconut. The priest's house is 1/2 - built. The St. G. got ahead of us there & arrived at Dewade a few minutes before. Both

THURS., SEPT. 15th

boats caught plenty of fish. A great welcome & Fr. K. & I. Looking 20 years younger. It was a good to see Maurice, G. & Clara for they embraced me & Bruno hung away a bit. He has left the ship & gone to his village. Don't know why. Fr. K. & I. both were glad to see folk. He asked me to supervise meals, wh. I did a badly, as I went to the O.K. for luggage. They faked us all in somewhere - 10 in all. Dinner not with hell of a quite a feast. Then much to sing & for sing. I hacked a bit out of the Bp's plaster. Dr. O. asked me to give her away wh. thrilled me & much. Must talk, finally to bed at 11:30.

For 15th see Jan 1st.

SEPTEMBER, 1949

APPOINTMENTS

FRIDAY, SEPT. 16th DEWADE - GONA-Professional

Private SANGARA

I woke so went to Mass - Fr David celebrated Cuppa packing to a hasty & fast at 9 + off ^{the} went, Com, Elaine Fox B. I on the St G. + the D. for canoe. The boat rolled a bit. I felt queer so slept. Did a bit of writing. Gona at 3:30, saw Name all worried about things, saw me off. Off in a few mins. to Killenbo where Manus was waiting. Fr. James had sent a message to Gillman, but he saw the boat & came without benefit of message to K. Swift but nice drive, arrived Sangara just at dark. It is a nice welcoming place. Gillman quite happy in the Macky's school. Ruth, dinner & early bed, but much talk to. Just saying my prayers & a message came that Mabel was in great pain - she was delivered of a baby girl on Monday, morning, but she stayed in the ward, though she had visited Dr. W. weekly. The boat down at M.N. Have heard no more.

SAT., SEPT. 17th

Slept till 7. Odd jobs, saw some boy's messengers, washed my head & some clothes. Richard & Robinson came from Lona the former bringing a letter from Nancy to say that the sick boy I missed had measles, & a letter for the D.O. Nam written promising to go down if there is an outbreak of measles & talked of the story of Helen he told M. He says only on CRTS boy said it to him & promised to write & tell him it was a lie. I hope we've scotched the story - i.e. that it was having a baby & removed same. After lunch slept till 4. Cuppa, bath, I sang & met several people in. Evening. At night did some mending, to bed early but finished my book after 9.11. Fr. Clint was here for a fast, then off to Lira. He was talking Coops & is afraid they might become a one man show & not part of mission policy. It will be an interesting conference.

APPOINTMENTS

SUNDAY, SEPT. 18th

SANGARA.

Professional

Private

Mass at 7. by a mistake the newly appointed Communioned
 5 then preliminary teaching. Fr. John came up afterwards in
 great trouble. The boys were told not to take Communion but Fr.
 David forgot to mention it to Fr. John. I saw Gabriel & a baby
 sick & fever, & after a fast spoke to the M.U. on the health
 of their children. Fr. John interfering & a note interrupting
^{head} letters till lunch (a good lunch too), then we all slept
 till 3. Woke again but achieved little. I saw Edna
 who is worried about his rash & Ewen who is worried about his
 feet. He & I are going to have a special week of prayer about them.
 He apologized for his behaviour & spoke of marriage. Says he will
 not wait for the girl he wanted & appears to love generally.
 Russell has made the Hosp. a new cross. Tonight mostly talking
 leg about discipline. Had my bath after dinner & sat in dressing
 gown. A lovely mail today, local & southern.

MONDAY, SEPT. 19th

I got dreadfully sleepy up here & indulge it. Had a short
 sleep after lunch, again went to sleep with no report & was
 ready for bed at 8.30. up for Mass 5.1 for Ewen who
 was on duty & not in ch. Saw pb, did a spot of writing before b' fast
 2 Mary's boy ill & in down. am glad Lilian to her to
 look after them. He is good & willing, but a little slow. One boy
 Francis James has wanted cystitis. present always, & an attack
 of fever. Saw St. James's kids till 1 sent to the big c. sea his.
 Named boy, came to do the dressings, work with M. & got a nice
 note back, giving me authority over the boy. Writing this P.M. &
 went to Mass to see Wabel & her pet of a lamb Wabel just radiant.
 Babi's breakfast bigger than I have seen before - ? forward cause of death
 of previous babies. I saw, seeing pb & mending tonight. Should
 write letter but prefer bed. Mrs Lane mother's leg just as she needs
 to be mended & kind to Mass too.

SEPTEMBER, 1949

APPOINTMENTS

TUESDAY, SEPT. 20th SANGARA.

Professional

Private

up for Mrs. W. not there, though pres to come. Odd job left
 of past started on kids then a message from Dr. W. to say Mrs.
 Tanasethi was in labor & would I like to see her delivered
 under hypnosis. Got up there at about 11:00, found him & saw Mr.
 Murphy mending the plane that grounded there months ago.
 She was having a few pain but Dr. W. put her under (quickly)
 she was cooperative. Mrs. arrived all the stuff was there
 she counted 10 & woke her, then took me off to lunch with
 a charming & a lovely skin, but determined to make life hard
 harder to herself & others. I will lunch, back to T's & she was
 well I felt hardly any pain slow process, but baby born 5:30
 big one & breast the pain. Had a few drops of C.H.L. only for brother
 & sister. Lab at 309 & P.H. she had but came away at 11:17 as we
 were going to do an M.R. She was pretty knocked but fed of that
 same bet, to M's furniture, remember by jeh. 10-30.

WED., SEPT. 21st

Wakened at 4:30 as Margaret had an ant in her ear. Not much
 more sleep & so had all day. up at 7; busy & late, & I know
 had fallen down on his job. Saw children left 1, to David
 came back. It poured & rain & abandoned job in back. Back
 lunch, then it cleared & off to pay my "formal call" on the Mrs.
 I have could not take off the expected one did not come Mrs. J. well
 had some good leg at hosp. treated & plaster. He does some
 good work the planning a new hosp. but I seem respect for
 working space or convenience. An A.P. 8 feet x 15' tall I
 suggested more. after tea & Mr. Murphy shows Bill Williams
 the builder architect. James aged ~~23~~³¹ & big & forward for her
 years. It poured again but I sloshed home in the snow dust
 & wet. Rather wonderful & a strong sense of God's watchfulness.
 Dinner, wishing when the flying ant permit, & bed early

APPOINTMENTS

SANGARA

Professional

Private

THURS., SEPT. 22nd

This life is frightfully tiring, & I was glad of no set work this PM. Replied till 6:30, did some necessary writing before I felt I saw some sick people & sent 2 Wanchi boys to Hosh. They didn't get that far M.D. though. Examined kids in bit & pieces, missing Lilwan who was bed up & the sick boy. Saw a school girl absent from school for 12, who was sick: it was so-called by a man in another village, at the instigation of her elder brother. He repented, took away the spell this week. An urgent letter from Nancy about a sick babe, I think a tetanus. Work to ask Dr. W. to send A.T.S. to Mrs. Champion but she had brought it here & had to fear back with it. Finished S.F.'s school at 10 to 1, 1 day down just done. Goodness knows why. Saw Noel's kids after lunch then I found set work list & letters all the afternoon, both I sang & thought in letters. Talking to Peg who seems braver than I, about girl's education. Nancy went to Wang today. Mr. Hall came in this evening & amiable & different from two days.

FRIDAY, SEPT. 23rd

A better day. Ref for Mass - 3rd - amount of Dr. David's leaving England, or rather, Wed was. Paul & Lucy showed in the cat P. has made for Joan Maholls - is good. Finished John & L's letter, & post started a Wanchi school. Work went smoothly, pleasantly. After lunch Dr. W. sent down some drugs, & a note to say Christy's girl was that I sent yesterday, was so sick & his medicine + cerebral malaria. Very anxious about him but he seems better tonight according to his brother. Finished the W. school, did some organizing of material till after tea. Too wet for I sang & wrote letters. Thought did mending & to bed early.

SEPTEMBER, 1949

APPOINTMENTS

SAT., SEPT. 24th

SANGARA.

Professional

Private

a day of rest & news. A mail came at 3 o'clock, one from Ted
 posted 14th enclosing a wire announcing Gina's death
 on the 13th apparently. I think the 14th was her wedding day.
 Requiem that day. Bob did not send a radio apparently
 though I asked him to. I can't feel anything but thankful
 esp. if she had a wh. seems likely. Then at aft. tea David
 announced that he is to be made a knight! I think the others
 knew already, certainly Peggy did. David is awfully thrilled
 his father & brother will come out for his consecration, his father
 is awfully proud. I want to be at Laguna. He will be good later
 great lds to the sacral work. He sang hymn for age brought
 the off steam. I have written letters, done odd job all
 day & Christopher Gill is a little better. The boys say
 Eowhies' feet rotten (literally) & he is to go to hospital
 Monday, new con.

SUNDAY, SEPT. 25th

up at 6.30. Mass is long. I just could not get out of a
 dead & alive state. This lassitude lasted all the morning,
 Peggy felt it too. After lunch feel much more lively. Wrote
 letters after breakfast & saw a few ph. Eowhies' feet much
 better. David went off to Killarney & took the nice brass
 Russell has made for the Hoah Peggy. I walked to Big to
 see Christopher & Co., I to see Mr. Tomasseth who is well
 up & about & full of joy. The baby is a darling. Mr. T. a bit
 pale he has gone to Hokoda. Mr. C. going tomorrow. The
 Monkeys came in & he & I drank beer back for Eowhies.
 awaited at 7.30. David. At 8 the post arrived, in G.P.B.
 at Laguna a long trip for almost nothing. Late dinner to
 bed. The walk home from Big was a great world of peace &
 walking. God a sort of gift after the poor Communion this
 A.M. Praying about my affection for Elkin that the selfish
 element may be taken away, & what makes
 me possibly unfair to the others

APPOINTMENTS

SANGARA ISIVITA - GONA

Professional

Private

MONDAY, SEPT. 26th

Left hill 7 a day of ups & downs & changed plans. My wire box did not come (Fr I forgot) so when Mauns went to get Fr Bodger David sent a note to George. I did odd job. Nancy went for a walk about 1 got a note on the truck Fr I took Everhues to Wash. I went too. D. M. doesn't seem to have any more ideas than I, but put him on Penicillin & rest. Christ. S. still 102° & deaf & homesick. Got some mail & a letter from Bob. Couldn't extract teeth so did some ironing. Fr Sept arrived & said I was wrong & him if Fr B brought good news from Gona. On Tuesday no new cases. The babe died. Saw mixed bag, & a woman & a snakebite when Fr John drove to Wash. Lunch, saw some boys. Then truck came 5 Fr Bodger & 5 my box. George says it's not there to upset as there are valuables in it. Fr I report: he must take up another trip to Killeburn in case Fr Bodger is there. I came here & Sept, a most exciting trip & wet at the end. Dinner, talk & early bed. John Smith is cook by Greek & me rather shamefacedly.

TUESDAY, SEPT. 27th

Left really soundly up for Mass. Fr Sept celebrates & mainly. After I got a letter from Mauns came reporting something like 12 cases & decided I must come. So packed & we left at 9. Saw John Smith & a probable fract scaphoid & sent him to Big. A lovely trip, though not a soothing one - but the beauty & necessity to keep one's eye on the road & one's balance rests the mind. Sangara at 10-30. Fr Bodger then taking photo. After a cuppa Sept drove him & me to Big. got stuff from the Wash for Gona. Saw Everhues who looked & was happy. Christopher: previous letter. Saw the D.O. who told me was about Mr. Hubble says he plans to leave the Mission at the end of the year & go gold mining. He told Bill Williams also that Jim Tracer is raising a shark: also that H. has applied for a gold buyer's license. To buy from Nabal & Co. Dinner, then: I had a much stuff David drove Fr B. Sept drove me. Seemed to hear down but took 2 hours, stopping at Pop. I had a beer there. At Killeburn got carriers, arrived Gona 6:30. More terribly sick. Dinner, much talk, bath & bed in the new house. The case "Vi-Lactogen" does not need the addition of Emulsion or Lactose. Gilman has come to help. mattress & good.

SEPTEMBER, 1949

APPOINTMENTS

WED., SEPT. 28th GOVA.

Professional

Private

Quite a busy day. Slept till 7, comfortable on Dr. Benson's - make work bill in bed. Breakfast, after washing saw the ft. who took all 11. 6 + 5 measles. Several families sent home. Then to the village, saw Timaeus's ft. 2 got several fairly certain measles saw a boy, Japhet, 2nd son called Eruqa (I can name & forget) - an abscess in his back. Went back after lunch & things I had noted, opened it under C.A. Timaeus most co-operative. Child is on uphemia too. Had a cuffed on the beach & saw how many what children there were in the village not all there. Miss the policeman not much help. After dinner wrote report for Hig. It looks as if I may get there on Sat as the Govt. is sending a jeep for Dr. Benson. Mance is still going hard as at Eros. Am glad I brought Gilman for a no of reasons. He is a good liaison in the village.

THURS., SEPT. 29th

St. Michael - all things up for Mass only station people there after breakfast, I walked to Jenah, a lovely walk beside the sparkling sea. Gilman's Mrs. Donald came too. What all the children had recited to the bush - saw only 18, almost all in Kuraw. Saw also Emanuel & Ufa, the 2 relatives of Prank. Co. is mysterious. I, is disorderly & his eyes don't seem to obey his will. I hope Ufa can come in to school. He is badly lame saw also Raphael walking well in a stick is pain. Thank God that the policeman gave us a account & talked of the ILL - affection. Also his wife showed us how she painted kafa - both. Home by 4 to 1. Slept after lunch, then to Timaeus who has another case. Gilman talking of "our customs". Home, saw a few more children. Tonight writing to Bob & copying records & responses for Pa. Both. Rain at last.

APPOINTMENTS

GOIVA

*the
patient*

Professional

Private

FRIDAY, SEPT. 30th

up for work though I read till 11:30 last night. I took most of the morning to see the pt + a couple of new ones, stand by while a removed a toenail, etc. Washed my head. After lunch to the far village, a fair number of children but many away. A boy called Thompson helped Gilman to take us to Garara by canoe. Gilman + I went out of practice, nearly fell twice. Saw many old pt in Garara in Trophimus. Didn't know him, he is so fat. Very pleasant after. Leaving back sea was choppy, the "sawsons" broke Gilman baled a my s. steel bowl + lost it in abt. 3 feet water. He + John Buryon stopped to look for it, G. + an attack of fever, while Thompson guided us + the 2 fell canoe back to Bassanga. They didn't find the bowl but will look tomorrow. Back in the sunsets low, a lovely walk. Also saw Lelchin Mary + her husband - L.M. Swamie again. Lumped during bath, trying to write F. Buren an interesting letter. Gilman talking of vocations - new idea that pt may find him elsewhere.
 Wish to keep on training for extra.

OCTOBER, 1949

SAT, OCT. 1st

Mary woke me at 1:30, Marcella in labour. She got things ready + I examined M., pains few, position post + head high. Got Gilman in to help + G. M. let him palpate her. He is a shy kid. Had a cup of tea as the pains were not increasing, to bed at 4:30. Decided not to go to the camp if I did. F. got away 8:30. I dozed, saw pt + I woke N/L. After lunch we all lay down. I slept till 4. Miss Lovers not eating + not sleeping. Gave her thurobut at 5 M. + drawing + head mending. Gave her morph + hypsaine. Thought and some writing, gave M more hypsaine to bed over nearly 11. No more measles but a woman + a bad hand.

Mr. Atkinson's farewell.

OCTOBER, 1949

APPOINTMENTS

SUNDAY, OCT. 2nd GONA.	Professional	Private
<p>George called us at 1/2 to 1 to say the baby had come. I must have hurried and quickly. M. was sleeping till her last pain apparently. We were over M. and what she could in the poor light till 4 pm a good light young boy & a darling, looks like Anne Brady. Chirp & little twitter interested spectators. All pried, almost no bleeding, back to bed at 2.30. Left for Mass. M. already bearing round. Didn't do much this morning, nothing & sleeping. Wrote letter till 4. Fr B came back & much news. Fran & Maddy at the party & the boy. Saw measles apparently at Timbi Christophor. Girl had haemorrhage this AM. apparently fairly well, then died suddenly 2 hours later. Am to report must have been a cerebral abscess which burst. He stopped at Kavanagh to tell the people. Fr Lester's kid seems a possible measles. Late dinner looked at Miss G's friends who are normal. Bed 9.30.</p>		

MONDAY, OCT. 3rd ^{Last night} Labour Day, Sydney		
<p>at 10 oc. Father brought some mail & my clothes from Saragana. Letter from Fran - measles at Four. Wrote to her telling her to go, & to the DO asking him to transport me back to Evora. They went off this AM. & on other mail. Hope Fran gets bus. Slept till 10. Miss G. more & more off her food & her eyes not normal. Miserable & bought her T 100. Can find nothing? Malaria coming on. Did the rounds, wrote a couple of letters & odds & ends, & actually helped cook lunch. Afterwards to Gona village, & saw George having gone before to collect them. Saw over 80, who was much better & they seem willing to bring them in when George speaks. Found one almost certainly measles from Kafafa & many others needing attention. If only we could do all that is needed for them. The anaemia is pitiful but it is too far for them to come every day for Fran. Talking to George, I saw a language George said a good missionary is a man who sees the evil and goes out to fight it. He admitted him vigorously. I saw could not define a good mission. Tonight a long talk to Manuel about coffees &c. Bed at 11. For bank sent another watch - hurry!</p>		

Nestlé's Malted Milk is recommended for post-operative cases.

APPOINTMENTS

OCTOBER, 1949

GONA. - ERORO.

Professional

Private

TUESDAY, OCT. 4th

up for Miss S. in bed. glad to stay there. All can see her well after the chopine. Good rain in the night & everyone rejoicing. Saw Jk. and saw working letter from D.O. He & Mrs. C. are going to Cre Bay tomorrow & will take me. Saw George's babe 2 cc of serum with M. Loubach. After lunch lay down & slept till 4 to 4:15. After a cuppa to see Tinsies, pleasant walk the village looking at babies & talking Peter John's brother (abt. 14) attached himself & want to go to Wanchyi school & then be a medical boy. I like the cut of him, plenty of initiative but I imagine his self will may have to be curbed. I sang in Gomba in the sunset. Dinner, bath, packing. F. B. spent the day making plans for new Disp. & Hospital, is sensible & good. I think it will be happy here, only she is overstrained here & the job so hard to organize - lab & pieces everywhere & Jk. all over the place. Must also do the housekeeping.

WED., OCT. 5th

up before 6, packed, had to fast. Some delay over carries but got away about 10 past 8. Miss S. seems better. Pleasant walk. Gona is a friendly place. Gilman, Jerry & another boy and in the canoe. I caught a string ray & got more interested in fishing than in travel. They showed me a place on Killerton where the fish lay down, porous, I camped at the Benson, where he called them to come to him. They said the new were all-breathing here but the Sgt. told them to stop. Mr. Mason picked me up & we went to D.O. A.D.O. had to speak. Back to Eroro via by path & R. Station where I got some maps. Lined in R. on route to station at 3, not expected. The boys took my arrival much more calmly than before. From there saw a big house. I have plenty of food & a trachea syringe. Tiring from land to water. The 2 men to summer they & F. N. organized a canoe for me to go to Foma. Evening spent packing. After cuppa D.O. made me a very appropriate good bye. Daisy made some bowls & packed a make box for me to bed at after midnight. Weather much better.

"Lactogen" is recommended for Nursing Mothers.

OCTOBER, 1949

APPOINTMENTS

THURS., OCT. 6th ERORO PONGANI Professional

Private - FORU

Up 5:30, & packing, & 'fast' took till after 7, & got things on jeep. After that
 In drive to Baberada + gear. Jan gave me coconuts, taro, & other things
 sticks all of which were good. The D.O. brought Madama & gave me
 some nice meals a little place. Got off at 8 in a really big canoe
 as we left I saw Aug was one of the crew, but he kept out of my way
 till we set off. A very pleasant trip but I was so tired. Wrote a
 couple of letters, read & tried to sleep. also heard a few scraps of
 Moko. No message from Tom. Pongani 1:30. Frank Gordon & Harold
 looked after all my needs. Crashes there from Pongani of a new
 baby who has conjunctivitis so made up some Anisoflavone drops that
 a spot to eat at 3. Had a swim in the sea which was deliciously
 warm. E' long the boys cooked my dinner. soon to bed. Told Aug to
 come & see me - full of misgivings abt. my ability to speak to him as
 I should, but he did not care. I kept dancing in the bright moon.
 D.O. & cab watching me, but off to sleep about 9.

FRIDAY, OCT. 7th

Gordon hit my fire at 5:30 when the rising bell went. I got up, had to fast
 packed, sent for Aug. & talked to him, but beyond admitting that he
 said wrong when he left the Hoop, he did not speak. I talked of weather
 & not speaking it by fire. Bernard appeared & was a skipper of the canoe
 & pretty good. Left at 8 but found some Tora & Pongani people just leaving
 for Goro & told them they must stay to Lambodi & saw a man recovering
 from pneumonia & picked up 2 for crew who weren't up to much & went then
 at the next stop. Saw with an onshore wind & choppy sea & it was
 really hard going. Nugged the coast all the way. Sheltered from rain
 at Tora H. off at 5, when wind & sea were calm. I thought we wd
 get here before dark but we went on & on, through a glorious sunset &
 in moonlight. Arrived at 9 o'clock. Kipling & Manson greeted us. Jasper
 inland & arrived at 1 A.M. We were all starving at 9. I gave the boys
 great & nice (thanks to D.O.!) & got mine. The burned meat tasted lovely.
 K. M. gave me repair. Only one case? measles 3 weeks ago. The boys
 have found none. Bed at 11. K. on
 one side of veranda, I on the other

"Vi-Lactogen" resembles Breast Milk in composition.

APPOINTMENTS

FOR U.

Professional

Private

SAT, OCT. 8th

a lybalababa, but pleasant day. Woke before 6, got Gaspa's report: a description of the virus. No measles, no mink people. He did not see the child who had the rash. Wrote reports to D.O. Dr. W. + a letter to Fran, got the boys to do a dressing for Bernard (his legs are bad again). Waduna, I saw the Pangani people off. The village Council from Lebaga came: asked me to see his people. We went in a canoe, it was pleasant, but it's thirsty: the water for tea was brackish. The village people dirty but pleasant. No measles but anaemia is shocking. Back, waited a long time for fresh water (which is dirty but free from salt) finally got lunch water at 2.30. Talked a possible trip to Kumogara on the virus: dressing Gaspa's legs which has a nasty boil. Had a sleep, a swim - don't like this murky water for swimming - after some talk, I sang. Swimsuit & early to bed. Thope, Mabilala came & washed me whilst I swam in a most protective way. They are very kind. Waduna seems happy in the bay & they're kind.

SUNDAY, OCT. 9th

Slept till 7, leisurely to fast, people began to arrive. Ch. started at about 9.15. The women took the service in great sincerity & quietness & the children sang, answered the altar choir well. M. preached on God the creator. About 70-80 there. Lessons in Wedar which is a pity but O! we do need language experts. The Lebaga people asked if they could have a feast. The morning spent in seeing more Lebaga people. Trying to persuade a woman to have her ankle opened. The people were all for it & finally held her down. She cried but came up smiling. If they hadn't all backed me up, I'd have let her have her way. Scuffy lunch, dancing at 3-ish, a lot of greenery & some fooling but no bins. Feast at sundown all sitting in a square - the dancers in the middle. Found this is a new deal, collected a few words & wrote to Dr. Capell about it. Decided not to go to Kumogara. Wrote tonight after a sponge bath: E. 14th bed.

OCTOBER, 1949

APPOINTMENTS

MONDAY, OCT. 10th

FORU - PONGANI Professional

Private

Life is heavenly, we must set our face to make the life. Sat 6,
 A fast school children doing baggi baggi. A man brought his child from
 3000 & washy yards & after lunch got some NAB in & some trouble. Then he
 decided to take child to Tufi. We there at 9.15 & examined children
 by 12. Fair condition. Early lunch. Took some soap & we went in
 a procession to see Fom village, but only a few there. The Lebaga
 policeman was organized it all - a w. school man, & Lebaga
 now cooperative than Fom. Back, had a cuppa, wrote report,
 & sang & dined. Manson & Mahide came to talk about their
 childlessness on 13 yrs. but she was menstruating & could not
 examine her. Will do so when she goes to town. A spot of
 reading. M. also gave me some Bawaga words for the Capell.
 The Fom people build their houses on raised posts, & give their
 kids kofuob.

TUESDAY, OCT. 11th

Up before 6, but many delays about getting away. Had so much
 shellfish for fish that we had to get 2 canoes; then the Fom people
 did not send a crew, though Lebaga did. At Lebaga 2nd canoe was
 bad & we changed for another, also bad, & changed for a good one
 at Bendoroda. My canoe was a good one. 2 med boys had to
 paddle & were tired after it. At 9.30 away from S. at about 10.30.
 at Bendoroda met a policeman & urgent letter from Fran & D. W.
 re Mr. Lay's new fiancé, & it is probably bustled central
 anemysan, asking me to come. Letter is days old & am probably
 too late, but decided I must hurry back & examine Pongani. Under
 good trip lots of joking when the 2 canoes abreast & sand raining.
 I got so hungry they wanted to stop at longade but I got them to P.
 turned off P.M. a lovely trip in the dark to phosphorescence in our wake.
 Bed at 11.30. The med. boy & Madama looked after me. They
 slept in the house & me. Story of a 1st policeman bet Bendoroda
 & Lebaga. ? noodle. Mahina has been a great help, if
 only for fresh & moral support.

APPOINTMENTS

OCTOBER, 1949

PONGANI - ERORO - WARISOTA

Professional

Private

AW

WED., OCT. 12th

up before 6 had some trouble in getting crews for canoes. Finally got 4 p. boys + 2 school boys + 3 of the Sabaga boys came. a lot of fellows, + to fast slow too. Fined some + great hilarity + the boys + the policemen over it. Got away at 9:30, good trip, did repair. Near Erua canoe brought with some from (the southern) one from Daisy + Clifford breaking needles in a kid's buttock. Dr. W. sent to Mrs. W. Williams still alive. Got to Arakay at 4: had canoe along in his truck mercifully + took us to the mission. Cuppa bath saw the p.p. some nice canoe on the mission thank heaven Kabara died. Saw some of the boys. Elkin: J. W. under discipline for sleeping + girls. Wish I could get my valves straight. Think I am at 7:30 left for here, long trip + lovely. Joan + glad to see me + broached with her first case of malaria. Miss W. I think must be improving. Helped Joan bed her down. To A. got away at least at 10:30, kept 2 med boys waiting too. Saw everyone + sedated + am setting up. Miss W. in a paralytic sleep.

THURS., OCT. 13th

Woke at 6, after sleeping in eye open. Georgina slept all night a little restless. Joan tried to get up + to work but I pushed her on to a couch + told her to stay there all day or I would send the case to Mrs. W. Joan + upset. To A. putting his own in mine too + helpfully. Remind that this is best plan for the pt. + work both + asking him to get another nurse. Mr. G. B. slept well, and much better. Betty has helped a lot today. I have done the nursing but got some sleep this after. Everyone at their best, helping each other. Very conscious of God's guiding hand. G. has been quiet + responded to sedatives. Arthur + Mark + work want to try, got back at 6. Another mail + letter from Dr. W. Had already packed up for a nurse who should have come today + Judge Phillips. Joan R. + Joan didn't come + hope they come tomorrow. Weekly plate server starting. I think things may be a little better at the Hosp. West Daisy wd. keep out of it. Bay came out a thing.

OCTOBER, 1949

APPOINTMENTS

FRIDAY, OCT. 14th WARISOTA

Professional

Private

I slept till 1 & on off till 3. Gave her Phenobarbital & called Betty & went to sleep in her bed. Gaps worried at 1 P.M. & quite busy. Slept poorly after it. After breakfast I gave her Menthobal gr III & she slept till 4. Much better tonight. Did the job for B. who is not drinking so well & whose condition goes off & on. Puls irreg. at times. Slept for an hr. & read till lunch. Fixed G. up & went in to Eric, Elsie driving me. A pleasant trip & good to get away. Creek up so hurried at the station. Saw some folks & some medical boys. No complaints that I heard of, but the boys seemed just a bit worried to see me. Stopped at Rod's & borrowed a shekha. Stella Waris is in back after dark & some break downs. Mr. Grey keeping watch all the evening. Jan. I talking medical policy & also the syndicate. The thought for Conway blew me up in behalf of the Bishop after syndicate & was relieved that he didn't.

SAT., OCT. 15th

She'll no nurse. Plans could not come of bad weather. Whether nurse available goodness knows. Bob Bunting trying to get me. I slept fairly well till 3. I began talking a lot. Gave her Paraldehyde PR & no effect not absorbing it, & was so cold. Got her out of bed again to light a fire & warm her up. She & I to sleep at 5. The family got up 7:30. Jan still honey & heavily roped. She has slept most of the day & another sweat & more nausea this evening. A heavy morning. She feels weak & I'm not happy about the nourishment she takes. Rested this after & slept a little. Had a walk to the creek at 6, & the music of the water & a spot of prayer ~~went~~ put new life in me. Thought Betty on duty. No news from the Mission.

APPOINTMENTS

WISCONSIN ERORE

Professional

Private

SUNDAY, OCT. 16th

Betty watched till 2:30, then called me. I had to catheterize G + gave her Paraldehyde, then Betty went to bed, I to sleep at 5 ish. Joan up at 7:15 determined to get a day's work still weak but eating ^{family} well, her cheerful self was more ~~after~~ ^{before} to fast I lay in Joan's bed + tried to say my prayers. After to fast wrote a letter, thought out medical policy or rather the thoughts came to me + many other slept + read till lunch. After that came to see G. She looked changed at us + smiled! Then proceeded to behave like a normal adult. I was almost yelling for joy, + Mr G is a different man God is indeed good. She has amblyopia which is something. I was supposed to be a nurse + Joan had a sleep that Mr G was here most of the day. Most of the expected visitors came. Joan + I went for a walk, talked of a few problems + both felt happier for it. Late dinner. Then I sent the others off to bed, Joan wanted to stay up but I really believe she is too tired to wait. Was hoping Paraldehyde will take effect. To Erre tomorrow.

MONDAY, OCT. 17th

Slept fairly well Joan + John arrived at 5 AM - such baby at Erre. Didn't get in till all 7:30 + babe almost dead - Madeline's, Erashi's new bath. Tried heart massage + effect, so did a rough P.M. I took shot + funny full of pus. Rotten business. In pouring rain to house. Talked over someone being in here all the time, + I told him I was responsible to decide when Joan + I need work: closed the conversation. Awfully tired but did a good day in work + lot of cooperation from the boy I think they are well as the dr. are vastly relieved that a proper person is back. No one + ill. Jaeger + good in dish, + Lyle on food. We got out on the Munnara Bank Thaven. Buffer bath + to funeral service, then lay down. After dinner got lunch ready + packed to Maddy a bit to bed.

OCTOBER, 1949

APPOINTMENTS

TUESDAY, OCT. 18th WAB (SOTA) - ELORO. Professional

Private

Woke in time for Mass of St. Luke praying for all for among other things
Feeling a bit weak & shaky. but so good to have communion again
Ellen & J.W. in catechumen's seat. Prayed for guidance. Led to table for
straight after Mass & fell him then punishment was imposed. He said
he did not consider they had interceded if punished them as if they had
he wouldn't listen. I said I must go to the Bishop. I said I did think it over
I do it if must but didn't want to. no guidance yet. 6 feet. all sorts
of things at Hosp. Arthur came in a hurry off in his. Dress coming as we
would. Emb. to meet her. She came in a cloth at 10:30 ish. A Mrs.
Shaward, seems 5 min. Look her to Waverley, so much better. seemed to
all the time. So glad to get her. I wrote letters, packed etc. & talked to
Jan. She will go to Kig for the day tomorrow a good change in friendly
happy atmosphere. Wonderful about G. Arthur. Elise drove in at 4.
Went to beat Complaint brought to do a round. Elkin eating bread
& bagged him. Wanted to speak of the other, but did not, think I
should not unless he dies.

WED., OCT. 19th

dep at 7 to 7. Saw O.P. organized the Hosp. & Jasper. I spent
much of the morning in the Disp. I got a good many
bottles filled. Saw aya came in with 75 lb food from the
Hosp garden. Had sickness with Sylvester put in. Tonight
was in W2 for Taporore, did a round, said Complaint &
got a report on walkabout. went to Mother - new to
bed. I'll be in specious.

APPOINTMENTS

OCTOBER, 1949

ERORO - WISCONSIN

Professional

Private

THURS., OCT. 20th

up at 7. Things quite pleasant in the honor. Mr. Branting came by plane to see Sammie & Grey & brought some frozen meat. Mr. G brought down mail. I did a round kept busy a lot of little things till 3:30. Trying to set my papers in order. I sang dinner. Showed the boys some photos after Campbell. I have been working up the books.

FRIDAY, OCT. 21st

Went to dissection of the down. & got Elkin to come too. Dorian absent & my heart sank. He had permission to be out till 7. Spoke to G of his discipline. He is deeply ashamed of it but probably not of the cause of it. I said candidly that it was sitting in the catechumens rather than missing Communion that hurt. I am uncertain of my advice these days but think it was right to say something. Had a few words with J.W. in the morning. Up to brass saw to that affair. Jasper & I did up John's Eel machine to go to Kupfer & went when off duty - supper at the bar. Truck came at 10:30 & brought Dr. Starnard. I showed her the Hospital for M. & G both came here, arrived for lunch & he spent a couple of hours in the pt. who is in much better. I sent Joan back (travelling) & I stayed here. A restful spot when I see things in better perspective but not much wd. drive in early. Had a look at Georgia after dinner. Quite sensible. Joan says she is spilt. Certainly only one person's work. Went to the Reinslow, read a bit & to bed early. Feeling tired now.

OCTOBER, 1949

APPOINTMENTS

SAT., OCT. 22nd WARISOTA - FRODO Professional Private

Slept till 7, a leisurely useful morning, & blessedly quiet. Did some thinking about Wash affairs, wrote letter & decided re Georgia. Asked Dr. Stannard to stay & take the case off Jean's hand except for a possible day off. She is willing & so is Mr. G. Georgia may not be. She had some pang in sacral region? also morning. Nice lunch, lay down & read. Rained softly all the AM but roads & were alright if wet. Arthur & Betty drove in in at 3. Nice restful ride. Elkin told me before I sang that Georgia of Buseya had a miscarriage & accused him of being responsible. He says he slept to her but there was no injury & he does not wish to marry her. Her parents want him to Maxwell reported it to Fr. I think I want to marry the Kufure lass. F. U. said he must see Georgia bought but did not mention E. I'm unhappy but have committed it to God! I started to want to tell you I am sorry for you. Tonight saw 2 new fl. one a waxy throat on the left side. Saw Florence Mary ³⁰/₅₂ pregnant. She goes to her village tomorrow.

SUNDAY, OCT. 23rd

Church was interminable this AM & sundry interjections that take away the bloom & beauty. To Wash. at 10 Fr sent for Elkin. Later he sent Georgia to me & a note to see if she was pregnant. I said Elkin & she both admitted injury. Found her ¹⁸/₅₂ pregnant acc to her fingers, but less P.V. Both said it occurred when her father was in Wash. by 19-27. I took it for granted the pregnancy was more recent: she did not tell him. She wrote asking for marriage while I was at Four I misunderstood the nice part (he called it a "worn") He's just mooched all day. I talked to him after lunch (c Fr. U's approval; he talked to me before lunch & said he wd. not force a marriage); & never did I see such a miserable face. I talked to him about lying to me: said that was a bad in my eyes: I loved him: he had always told the truth. He went off to think it over & went to Fr. after I sang of his own accord. Had Fred to annie. Saw story of Mr. Kille making the Tongi girl pregnant. Thinks "Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated. all round. V. had night - emotional & know

the child ? Alan Champion

OCTOBER, 1949

APPOINTMENTS

ERCKO - WARISOTA

Professional

Private

MONDAY, OCT. 24th

To Mass. A happier day - a lifting of the spirit in spite of yesterday. Elkin seems to reflect the mood of those around him had a face of sorrow this AM but cheered up through the day. Went to Erck tonight probably to see Georgina another of the people under discipline came for pre-natal exam - said she was 2nd wife of Albin, was put away? Allan the teacher. A nice face she has. Jean had morning upset & off color today & actually presented by off color at afternoon. This AM inspector found John Gabriel, she had nighted self, had two still couples base me suggested P.C. for both. Then Dinah helped me do drugs for M.K. & have broken the bond of it. Surprising Al Esary. Tonight took Compline or. I have tried to sort my chaotic papers. Hot, sticky, sweaty weather. Will try to get up in AM & work. No mass as Frayer blargain

TUESDAY, OCT. 25th

at 10:30 Arthur Martin came for me also a babe fell off table in bath. Glanced at babe & left it to Jean as it was O.K., got ready & called F.H. who came out - an attack of fever. At three drew fast: well-wound drew in the dark, esp. among the coconut like tall white pillars, & the house stayed light shining through G. vomiting, wretching, pale rocky, & blind again. F. gave her Communion & I saw her Arthur drew her back at 1:30. Arthur left with her, then called me. G. to suck all day in both breasts & worried. On catheters again & vomiting & wretching & unable to take anything. Elkin on to rectal this afternoon & retaining it. Sent in to Erck 2nd for things, catheters first, this evening for 1-1/2 saline & Elkin. He has been helpless tonight & sleeping in the kitchen. He is Alan's 2nd son, he gets welcome living day, hot & muggy & even sleeping this AM. was a miserable business. Worried about G., but tonight she began to muck up & vomited. Better Wanda if pre-menstrual tension precipitated the attack. Mr. G. to unhappy but sent him to bed - a sedative. Two such Lana pb came by

OCTOBER, 1949

APPOINTMENTS

WED., OCT. 26th WISCONSIN.

Professional

Private

~~to~~ ~~woke~~ I woke Clara at 2:45, I slept. up at 7 ish I a little better & not vomiting. Wrote letters for M.K. most of AM. after lunch slept sent Elkin in at 12:30 letters. Asked him about his Georgia & he said he will marry her apparently it was the thought that another boy had started the pregnancy that held him off? also sent him to the Kupure pass. I think he is naturally a faithful soul. Think perhaps I shd not have asked him. Had came at 3:30 shores, no mail, but I was asleep. I had had large bowel action & excelled her rectal drip. we had a grand time cleaning up. Then a bad & lengthy thunderstorm woke all the neighbors of war in her, in spite of Waf's. happened she screamed in terror for ages. I set her vomiting again. Poor lass. Betty out in jeep with Bob & Dave & she got home soaking wet. I got to bed at 9:30 to work in at 2:30.

THURS., OCT. 27th ^{Friday}

Yesterday much the same, but I better. No vomiting. Taking fluids in small sips. St. Andrew storm at night & she quivered & clutched at whoever was near. Got Waf into her but it took 2 hours to get her to sleep. Jake came out to say M.K. was in & Elkin & J.W. arrived in pouring rain after dark & mail & had to stay the night. I went for a pleasant walk before dinner along old Army Road? toward Kupure. Found some of the borobe plant seed & collected it to plant at Hospital. Read letters till 11. Sunday things to see to on conference trip. An early 1st.

OCTOBER, 1949

APPOINTMENTS

WISCONSIN.

Professional

Private

FRIDAY, OCT. 28th

Woke Clara at 3 we both had a good night. Up at 6.30, wrote a letter to Joan & sent the boys off with it. I much better I slept this AM & thought over Ed's former matters. After lunch slept again & Clifford brought some things. Life much easier. Tonight I gave B. B. 2 hours after she wanted it. I checked her pulse about & gives her head a frightful aching. Bed at 10.59.

SAT., OCT. 29th

Good night & slept most of it. B. did not fare so well. Lazy sort of day - writing letters. Slept after lunch. G. better but has a lot of intracranial pressure. Vomited again tonight but settled by Zodi Bic. Also voided for 1st time. I washed my head. Jake came at 6 - letter from Joan. 2 cards. Stanley has what must be measles - damn! and Ambrose from Menapi talking all sort of rubbish about high wages and being one's own boss. I'm boys scrub him, thank God!

OCTOBER, 1949

APPOINTMENTS

SUNDAY, OCT. 30th WARISOTA - ERRO Professional

Private

I had a good night. I slept till 8. Spurge for I b' fact m. Lenuah came. Day Bp arriving PM today. 7. David flying there tomorrow muddy morning, early lunch then Cathy drove me in to Erro. Jean still got the runs & off color. Poor maddy got a radio that her brother Brian died suddenly on the anniversary of his mother's death. I sh fears amide. I saw the pb. - Ambrose as much as can be to us but talking not to the boys who want to get rid of him. I think he must be a T.B. Larynx but have no laryngoscope. Will do a Wankou. Stanley has measles Wahpid D.O., isolated Jasper Elkin, Dicin & asked M. for immune serum. Mrs drove back, leisurely evening I wanted again & again has ant pain in R eye but has sh. vision & is thanking God for it under her breath, asking for more. I am going Glau 24 hr off, as I couldn't ask Jean to care.

MONDAY, OCT. 31st

Good night & day. Woke 6:30 after about 6 1/2 - 7 hr sleep. Sparged, fixed G., b' fact. at 10 Glau & Cathy went off to Cro Bay in the jeep. The water passed & a dead cackoway a huge bird with they shot early this AM. I got a snaf. Bath & morning tea, then worked on Conference plans. Mrs lunch & dress & Mr Gray. I talked of 6 churches in Lander & all sort of things. Her B.L. & only 98 & pulses 40-50. Can still see but see many images. Couldn't see her fundi. After lunch read a bit. Gife returned & Jean driving (1) at 4. Buffalo. Jean saw G. & sh. I & Elsie set off at 20 to 5. Saw G. 11A's house & nice. Good trip in but road awful & jeep bogged. Got here 6:30-ish. After dinner did Wankou in Ambrose chair. Saw the boys at Campbell's isolated boys quite pleased & themselves. Kipling told me of Ambrose much talk. Bath & bed at 12.

APPOINTMENTS

FR 000

Professional

Private

TUESDAY, NOV. 1st
Cup Day, Melbourne.

Have been disquieted all day - strikingly hot. Went to a good day, actually left for 7 o'clock Mass of all saints - Edith, Catherine, Barbara baptised after Julia's was to be but she didn't come up to make arrangements a lovely boat. Spent the day sorting papers, doing reports & generally getting my house in order. F. went to Warracoba, held up by traffic on return. A big storm tonight, mostly rain; but talked to Jean re new ward & Bayre Hospital in my absence, dived in the Dip. Got my papers sorted for Conference bed at 10 PM, ready for it.

WED., NOV. 2nd

Up for all Saints' Mass, not so attentive to service. There was a procession to the Cemetery but Jean & I dodged it had to fast before the other 2 work. Did a round & all sort of odd jobs. Examined an ante-natal & did Dip. work. Mail in by Mamma, brother & John & T. Arthur drove me to Warracoba, roads so bad but the truck forger along. I. unfixing myself & stood last night's storm much better. They had killed a cockatoo in my honor. It was delicious. Wrote kids M. about her & then Betty drove me in in the jeep. Stopped at Rod's for a while. Home at 5:30 re M.K. Mamma returned from K'ron & said M.K. delayed at Dewade: of sickness. I can only think Georg has the measles & now I can shifter her. Poor old Budge, was worry to me dinner prepared for 7 was eaten by 5. Another big storm tonight. I sat in my house & read a journal. F. cal days. For my own sake our god of escha hint to do up drug etc. but it will upset Conference.

NOVEMBER, 1949

APPOINTMENTS

THURS., NOV. 3rd ERORO.

Professional

Private

Still no M.H. nor any definite news of her. We hear she is at Puna
 but we have seen her there. We were advised to be ready in case
 she came this AM. As a matter of fact I got packed. Spent the day in
 the dirt, & have at last got all the druggs ready but not written
 or packed up. It was the big "opening" of the news for the
 village people, so again no school - 3 days in succession.
 Maddy seems to read all day & it is not good for her she is
 too much alone too. However, her furlough will soon come. Rod
 came to a few hrs, still miserable I think. "Law fever" said
 that Sangra Huber may was down said Syd Smith told him
 he got a hadie from the Bishop to sack Mr. Huber, & Mr. H. refuses
 to take it except from the Bp himself apparently it is because
 the Tongitit is about to have a child by him. Mr. O.J. hinted at
 that & told me many other things. No one knows the truth.

FRIDAY, NOV. 4th

Cooler today & overcast. Still no news, but F.N. sent to the
 today. Got the druggs packed today & listed up. Didn't do
 much else. Tried to my period is delayed. Jan looks ill. F.N.
 said the boys were not keeping to their isolation. said Jasper &
 T. were helping in injections on Tues. Jan watched for it they
 didn't. Thought I ought to tackle him: such things must
 be dealt with. Didn't have an opportunity but much bungled
 anyway as Jan was apt. However after I sought for a pack
 for his source of infection. He said Daisy said it. Jasper was behind
 & I asked him again & he denied it. F. came later, said Daisy
 was wrong & I standing by giving injections but I carried a baby
 still don't see how she could see it as Jan was present almost all
 the time. Anyway F.N. changed his tone & tried to make amends &
 all is friendly. Ambrose isolated & had to scrub him because
 is an offensive creature. Thought looking snags for John. Rod
 not well & on Luini
 to bed.

APPOINTMENTS

NOVEMBER, 1949

FRORO

Professional

Private

SAT., NOV. 5th

Woke a day! Did a round & odd job at the ship. Sailed at 11:11 AM
 came. Only to be out about. Bp. has put the boat in quarantine
 cancelled conference. I'd brought the bills to Tiller, then back
 again. Haven't realized it yet. Bp. on his way up the coast in the STG
 Stanley to ship. No one to go on boat. No one to come off. She is to go to Savana
 up to La by 28th. Crew not going ashore. However a pt. came from Tara,
 right out high of an ill pt. Betty's Elise came & note. I not taking thunder
 to find the G. a bit difficult. Was going out, but a wise nurse voice
 told me not to. They barely got across. I wouldn't have got back.
 Have been working madly tonight for the MK. who sailed at 2 AM
 Ambrose offensive today, but after some tongue banging apologized
 handsomely. Name sent blood & I injected the 3 dirty bay. Ambrose
 all 3cc each. After to look want to boat wrote to mother. Tired &
 still in pain!

SUNDAY, NOV. 6th

Frightfully tired but my period came at last so should be better
 tomorrow. up for Mass. At 10:15 P.M. started to drive on to Warras-
 nota, injected w/ my advice on taking over, but we couldn't cross
 the creek for it was truly thankful. Have written letters most of
 the day, & hidied up. Rod & Ted to dinner. Was just going to bed at 8:30
 a jeep came. Thought it was Warrasota but it was David. Sept. both
 in their sleep & hungry. I cleaned some news but not much. David
 flew ^{back} on Wed. from Warrasota without much that was definite, but
 he is Bp's commissary. He thinks a G. & Denis are coming in the STG.
 not the Bp, but we are known. Sept has found Mr H & Warrasota
 by sabotaging a jeep & a punch. Now he is talking about G. & F. if
 is concerned. F. M. may have to go to Savana in the STG. Good news
 - 3 sisters of the C.H.N. are coming up.

NOVEMBER, 1949

APPOINTMENTS

MONDAY, NOV. 7th

ERORA

Professional

Private

Bank Holiday, Tasmania.

Left in Lot things ready for 9am. Then I went to
 see for the job. I had really done a round. I had
 in pit at 10:30, we got away at 11:15. I had
 the hair but had around. I had my pocket
 road pretty awful in W. bridge work. I had
 self fishing again. It should be in the
 but the B.W. set only 90. I had to
 work to the W. bridge. I had to
 some honey. I had to
 payment. I had to
 into house. I had to
 had. I had to
 I had asked him to
 what up a picture for
 used the machine for months

TUESDAY, NOV. 8th

up for Mass. David & Syd got off finally at lunch. I had
 work to Mr. Lawton re getting a plane for his work. I had a
 different man & other "equals" about, & the conversation blessedly
 Australian & general. Perhaps we don't try enough to talk of other
 things. Did I do a graft under L.A. Elkin (I am sure I do his
 work, & I doled him to his to boss. I made him do it in his off duty
 time. It was his 3rd offense. I said I washed it had referred I have
 anyway he did more than he need right of bill 3. There was respect
 naturally to go on. I gave him his job. He did well but when
 I went to that at 4:30 he was talking. I wouldn't speak to me except
 the Kipling as interpreter & wanted to leave. I told him he was free to go if
 he thought I am unjust, but if it was fair he ought to think again. I told
 him to come to me after dinner when he did, & apologized. Had first apology
 to justify when he blamed for splitting on him. I had that was the root of
 the trouble. I had asked G. to set out there word more clearly, & she
 rebelled for long time but finally did. I could not tell
 her all that. The conversation, am not sure why. All well now thank God.
 I asked me to pray for him.

Nestlé's Cocoa is untouched by hand.

APPOINTMENTS

NOVEMBER, 1949

ERORO

Professional

Private

WED., NOV. 9th

Maddy's birthday

up for Mass. Cold job in Wash. - Smeas, Hh. or. Gave a lecture at 11:30 in medical, a pep talk on vocation. General air of disapproval from Jan. I think from the medical boys - I suffer from yesterday but can't work but why. Worked till 3:30 - made up drugs in solution in. Mavocaine to glad of my scales. The two boys for dinner, they brought beer & Kingold. General air of unreminiscent feasting, & pleasant. G. M. say Daisy takes things from their house & a by up. leave. Nothing from her except magazines possibly. I got a 2nd hand cap of indignation that I wouldn't get it if it were done to me directly. I worked it out by myself. but it is a selfish annoyance, wrong even though her action is wrong. Small boy in chocolate had fallen ill, & it must have picked up being base metaphors. Met for Complaint but must come to sleep after school. The other still playing bridge.

THURS., NOV. 10th

Left in, did a round. made up drug for inj. did not drug up board. Gave lecture. M.K. arrived & those aboard got her at 5:45 - Bush. Fr. Thompson, Mrs. T., & Elsie. Fr. Taylor on board. John. Bp grabbed me about Mrs. Taylor. the coming back - he shd. have asked me before but thought Dennis had. Bp asked if I wd. go to Logona & bring Mrs. T. up, but I can't leave Georgia. Dance is by Fr. Taylor to Pangara a week before the babe is due wh. is the 12th. Bp also gave his unqualified permission for me to go to our Conference if a sick pl. needed us. Dear thing I told him Mt. Helen's of. Robinson's story, he wants to see him. Showed Mrs. T. the Wash. & later Fr. T. who said Complaint helpful old darling. Left at 10:15 to go to boat. I went to see Fr. Taylor. Bed at 11:30. 4 College boys - bad eyes. Bp thinks Conference in Jan. Sarp 55th fathers are coming out as well as C.H.N.!!

NOVEMBER, 1949

APPOINTMENTS

FRIDAY, NOV. 11th
Armistice Day, 1918.

ERLW.

Professional

Private

To Mass saw College boys. Polheimin Elijah in a
asthma. To Wanda at 11 G. improved. She does not
like Clare. C + Mr G don't hit it. W. O. a life. They
gave me mushrooms for lunch, absolutely delicious
also frozen. Back at 4 ish. Jan does not want to take
a day off - not even. Had it out tonight - she didn't
give the reason. I think it is frost in running in top.
by herself. She gave in. Got Kipling to do a round of
the down + jacket. The 3 boys + Stanley cleaned the
dish. wh looks 5 min. Jasper has sniffly cold, cough
? a bovine measles - + Elkin has fever. Fr Clint
look Campbell.

SAT., NOV. 12th

my day "on duty". Jan + Waddy went off to the 10 mile for
the day + thoroughly enjoyed it - Waddy even admitted it. I
think Waddy had must be making some headway. Jasper's
T. 99.6, + Kipling's spot. called them on duty. Ambrose. To
get acquainted. it extends the isolation; poor kid. Jasper is
worst off. Theresa M. not pleased about it. It quite well as
the attack (if it is one) quite a minor one. Got my cards up to date
+ did all sort of things. at long last a mail came at lunch-
time, by 2 boys from Lifford. I found Mr. General told them to
leave mission mail at the 10 mile, by the boys' behavior + also
he said he wd never bother about our mail again. Letter from Joe
not so well + Ida has had a major op. wh sounds to me like Ca.
Read a bit tonight - ABM Review +.

APPOINTMENTS

FRIDAY.

Professional

Private

SUNDAY, NOV. 13th

No M.K. as yet. Had a day off to sleep this AM. Church; wrote letter, washed my head, gave Ann & Joan some of Stanley's, evening after lunch read. Slept till 2:30 & lay day. My outfit of work seems to be less & less, but I should not worry about that. Had to answer Rod to E. Long. Played bridge tonight till 11. Received in letter from. Wrote to Mother, Jim Giffin. Jasper has no rash yet.

MONDAY, NOV. 14th

No M.K. Think the Bishop underestimates the time it will take to go through the Muddle affairs. Jasper has not developed a rash when things have been much better for N - the usual things talked of in a spirit of banter instead of restraint. Think my prayer ^{this AM} had something to do with it - also of course for Alf's presence. Slept on till 8:30 this AM. Had a round odd job in Dish, & had a lecture. AM Dispensary again. Loughton "free" got last report typed, gave I went through box of Xmas things, as the Xmas boxes probably won't arrive in time.

NOVEMBER, 1949

APPOINTMENTS

TUESDAY, NOV. 15th

EROKO

Professional

Private

M.K. came at last this PM! rep for mass saw pt. in Hoop & admitted a man a probable amphetamine dependent, & cc couple. After school OK, brought home lifted the isolation. ^{George} Mr Gray took in to W. at 11, Georgia much better, was in apparently perfect. Took for lunch Road to bad back yesterday. saw Bp looking old & careworn. Talked of Ologua situation & suggested Reggie might help the others in strict confidence she is getting underway to quite seriously to F. Russell!! Probably well liked. Poor Bp almost cried when he spoke of his heavy burdens. Bp seemed cheered later. Poor man. Faded to sleep. St. W. long talk to H. J. about thing. Busy tonight. Mandy met at 10. Miss Lovers for: I think a typical hysterical neurosis of many Gawnie. Bp asked me if children well or if could be a cause of me having to leave - I wonder if he is pushing a case. Could give him an emphatic denial. Fred drank & had appointed to work on staff in 3 1/2 hrs. He much more cheerful & water.

WED., NOV. 16th

had to bed

A long & ornamental mass Margorie came to it. Bp fed at 9, a service in Hoop at 10. Didn't get much done. The boys getting the deba-deba ready. Mr E brought in a bag for both est. & gave us a bag of rice; Fred brought to case meat, all for the feast & we drank. The D.G. boys came & began dancing at 3, I kept on till sunrise at about 8. Their head dresses v good, & the dancing more varied & picturesque than local. Danced sometimes in 2 lines & sometimes in circles. Fred tried to fix my light & couldn't. He & Fred to tea, & waddy getting bright-eyed over his frequent coming. Very happy afterwards both in Hoop & in the house & v jolly. Fred had's presence helps a lot. Sent Elkin off for holiday bed late.

APPOINTMENTS

NOVEMBER, 1949

ERORO

Professional

Private

THURS., NOV. 17th

Slept well. ref for breakfast. Have chased my tent a lot. Did a long round. Other odd jobs & remained with the intership case. Talked to Margery after morning tea. Tried to win her trust to try out a line of action & surrender the sleeplessness. Didn't get far & left her in the area that if she was not placed herself in my hands I could not help her. Mr. Little brought a mail after lunch. Lenham P. wrote to say he has a new daughter & a + B pleural effusion poor lad. Letter from Lil. Mr. Grey brought Clare, all the for all tea; & he took Jean back. Quite busy in that brought. Hypo. etc. surprised me by dressing up as a bric-a-brac this PM & acting the bogymen & great guests. Didn't think he had it in him.

FRIDAY, NOV. 18th

Up at 6:30. F. U. F. Alf got off at about 7 for Ems & Margery. Ran round the pits before breakfast. Good day in the whole. Had a little Jake, & he shilly-shallicked so much that I told him he could go to his village. He came back soon & the equivalent of an apology & has been dutiful ever since. Jean sent in for Kenneth's school work & telling of difficulties out there. Margery's mind was cheerful & I was to talk to send boy off to Rumbona & Embaga for food but they didn't get much. Went 10 o'clock tired.

NOVEMBER, 1949

APPOINTMENTS

SAT., NOV. 19th ERORO.

Professional

Private

Just put out my light at 11:1 was called for a new pt. to child
 of pneumonia. Up at 7. The affair ran smoothly. Beverly
 had a freedom for dressing, & came again at 12:30. Took Clare &
 me to W., pleasant trip. Maddy wouldn't come. Air of
 festivity at W., G. presented from me in both cash,
 a powerful one too. I all dressed up in pink satin & talking
 & happily. Tell she was having a bit too much excitement &
 she was, for she wanted suddenly after dinner. But she is
 much better & eating all she can lay hands on. We had a
 merry time, kept by cherry & Jean's little teeth came
 along in pneumonia, shaved L. & G. & in his, brought
 pin in c. us. Arrived 9:30, bed late

SUNDAY, NOV. 20th

up for weather. It was nice & short. Spent the day working
 letters for MK & not much of that. Maddy & Margery went
 off for picnic. H. F. Jean wouldn't go. I decided not to go
 job. The boys a bit annoyed. However they enjoyed it though
 Margery was rather a blob. Thought she had had a
 complete man to herself. Saw a new pt. in the
 ball. Edith who wants to go home. Did some sewing for me
 - a bit & little shirt for X was picnic party back at 5:30
 & brought played bridge - I played till Jean took over, I
 went to O J A.

APPOINTMENTS

NOVEMBER, 1949

ERORO.

Professional

Private

MONDAY, NOV. 21st

Left Hill 7. A smooth morning in a round. Deep Sun tears. Some ambulance people can't go on M.K. Had a talk to Margy who more or less asked for help. As I gave her a new hire chiefly 8" in her bed in complete rest 3 weeks' walking. She said she couldn't hold to it of this that & the other. As I said it was up to her & left it at that. She looks much better. F. M. & F. Alf got back this A.M. from Euro. After lunch wrote letters & got things ready for M.K. F. Alf is bad leg & painful glands in groin T 99. Put him on Sulphas Turquet T 102. P.A. has Linnik as well. Poor chap. Fran foolishly asked Ray to look at the ankle cast which weren't working & between them they made a play. I think God there was nothing near judgement & will. Great excitement. R. gorgilled at the boys who made them excited. The Hilda in & Skiffer & make hole for aff. tea. Clare sent in to say G. vomiting & lying right again. M.G. got in later to talk over nurse situation. Lucy. Jake made to Fran, & is so much behind him have suspended his job. He must go to his village & the grammar of his & his. I ponder his vocation. Poor Jake & and sure it was the best thing I could think of. No M.K. yet.

TUESDAY, NOV. 22nd

Big day. up for Mass. Ray affairs ran smoothly. F. Alf still in bed but better. M.K. came at about 4-30, & I went down & Fr. in rain. Mrs. J. is well & everything round Vance looking good. F. M. & F. Alf on board launching in the news which is now public. Elsie on board to see us. Got away before 6. Busy evening in Kap. & seeing Glen who was? appended but is really a mild a.B. a? small like came in - probably a bee sting. quite a slight. Got my mail off to bed after 11 & read some of my mail.

NOVEMBER, 1949

APPOINTMENTS

WED., NOV. 23rd ERERO.

Professional

Private

T. A. called Marquy's. I slept until 6.30 There was mass
 after all. Saw M. F. Clint before it fact. Kap kept me busy
 till 11 - such a clearance on the M.K. Went to Logua,
 but worried over the Bp. for put Edith in charge of house
 at Logua thank Heaven. Sent boys out to Francis for mail
 & tonight they brought a letter. I seem worse; she says
 she now wants to come into the mission. The 10 mill boys
 came after E'sung full of beans though tired. Now stop till
 9. The Govt. drugs came on waterlain, & Sangrumpan
 goods on M.K., also rice, oil & sugar. Boy kept busy
 unpacking & unloading. Marquy has gone to Maddy's great
 relief. Have a feeling things are strained bet Maddy &
 there probably over God anyway. Else not be usual self.
 A storm on way night overhead. Poor Georgia!

THURS., NOV. 24th

Busy day but accomplished little. Missed mass again.
 Job in Kap, & Clint's dressing bet 11. The 10 all went to
 Barisan. Maddy, I, & self. I had a contented day. The boys
 improving but arms have the rash. Gave the boys a lecture
 Boy unpacking Govt drugs but I haven't listed many yet.
 10 mill folk after E'sung. Teachers in & want some Kipling
 volunteered to help & we got them done tonight. About 14 Larua
 people came tonight & will take Larua & his father home
 tomorrow. So Lyvester took of 9's plaster. Had cocoa in Kap
 when the boys made theirs but they want a lesson in it! But
 they are all good boys. Got Lyvester to visit the dormitory &
 all well. Now nearly 11. Very tired.

APPOINTMENTS

NOVEMBER, 1949

FRIDAY, NOV. 25th

BR. Co.

Professional

Private

new cook boy - bridge began
 up for Mass. Waked in Nash smoothly & happily, finally
 on to the East drug job yet came back from East B.
 the new W job & Betty driving - Elsie's sister Mass.
 sent off Guefer & Elijah to Bannabata for a sick woman
 to meet the job this P.M. - her. They did not get her as she
 was hidden away, but were a help to me. Got to Warwick 1:30
 had a delicious lunch - didn't know new English potatoes could be so
 nice - saw G who had just got back her sight & is happy about it. He
 is still unstable emotionally. Went to law to discuss but I stifled
 it by telling her it wd. put her back 2-3 weeks. Left at 4:30 after I
 took some letters for Hig & Mr. Gray promised me some further Jani
 had & a bit feeding, poor dear. Got to switch back bridge. I was
 just going to drive when we found the petrol finished so had to walk
 home & the boy carried me across the river. Home at 6:30. Job brought
 half a thing both. F. Clint has a 2 helpa rash, son Dennis who
 saw the bomb crater - 30 feet across & should say

SAT., NOV. 26th

A day of good resolutions & little achieved. Did success 1/2
 got machine made up & rest of East drug away. F. Clint's
 legs swollen & rash worse. To bed fairly early & sent my
 light to Bradley who is slaving at school books & a lousy
 job. Lined. Harold C.C. Conrad's parcel, pressed
 useless more or less

NOVEMBER, 1949

APPOINTMENTS

SUNDAY, NOV. 27th

FRERO.

Professional

Private

had throat & brought home by head a whole sweating day.
 To Clint got to brass. AM got Sewad box refashed &
 completed investigated over theft - Marion lost beads
 & waxes. Kathy came in 1st in a letter from Jean Georgia
 1.5.9. & depressed John's wife T 102° his new teeth &
 membranes were retained. also says Rod went to help her
 on Friday & drunk, speeding & set his truck on fire & wanted
 to let it burn. said he had proposed & been turned down
 for kids. up brought the boys came, apparently in good spirits
 saw playing bridge & generally in Fr & Waddy. Got nothing
 personal done but did get the 9 o'clock news from 9th A by straining
 my ears. Special intention for CC, did want to write,
 but too tired now.

MONDAY, NOV. 28th

awfully tired again, but my cold has not developed. Can't
 take this 14 hour day. slept till lunch. Thought Angela
 had returned, hear that Rod & William visited her early this
 AM in dormitory. Waddy upset. I am sorry too. She is a nice
 kid. kept pecking at jobs all the morning, had a lecture.
 To Clint talked ags. After lunch saw the Walkeband boys &
 gave them instructions. Rod & Fred came to aft tea. for
 dressing missed E gang in favour of a bath then went to
 job, brought John's wife ^{Perla} who rejoiced in greatly. T 104°
 P. 1445 rotten. uterus appears normal. kept in busy
 till dinner, brought going hill 10. The boys pulled a snake
 in the dormitory.

APPOINTMENTS

ELORO - WISCONSIN

Professional

Private

TUESDAY, NOV. 29th

Another very hot day - trying for all day to Mary special
 intention St. A's - hot busy morning sent off the walkabout
 boys, Diana, Sylvester, Joseph Euske. Here much better - full
 at 11:00. Spangled her injections, F. Out to the Mr. Gray came, went on
 to Ray & back for lunch, then brought me away. Arrived 3:00
 after a restful trip. Jan & I handed over to each other. There was a
 fight here yesterday, Managala & boss boy, & Arthur stepped
 in to help the latter. Busted the man's eye & splintered
 his R 4th metacarpal. Put it in plaster after a few hrs. Betty
 took Jan away at 4:30. I much better but a tanker & ad-
 mitted. Better tonight. Had beer, late dinner & some leisure.
 Opened the Gouldi Lasmama magazine & saw photo of home
 Red & I sleeping.

WED., NOV. 30th

Good night out at 10 & 11:30. Slept till 6:30, both of us. The
 usual Wisconsin day, & restful & quiet. Wrote several much-
 needed letters nothing else. I very good & also tractable all
 day. Arthur & E. went to Popondetta, brought 5. mail but none for
 me. Letter from Dr. W. & copy of Dr. May's holding out little
 hope of relief. Drank 2 glasses of Sydney beer. It was
 too much. Not able or wanting to think clearly. Awful
 about tonight - I good but needed Morph & Hyoscin
 now magnifices think, I almost asleep - well drugged
 so to bed.

DECEMBER, 1949

APPOINTMENTS

THURS., DEC. 1st WARISOTA - ERORO. Professional

Private

upt at 7 - good night, but up 2^o. G & considered things
 saw Manogalas boy who seems better but is still uncom-
 fortable. After his feet dressed. Did some writing & thought &
 prayed about the situation. Decided not to write to Mr. W.
 Mr. G. drove me in at 2, trying to estimate effect of road on G
 & it would be bad. Found Jan looking tired & deep-souled. Found
 she had a row in F. M. in AM - he laid down the law & head of
 the station business as to whether G. should come in. Saw new pt
 esp. which is sick & pneumonia Jan & Mr. G. got away at 5.
 Munaia came, & Mr. Smith who said Dr. May didn't know who
 was in charge of Georgia. Wrote him a long letter & sundry others
 for Frank to take. I expected dormitory & Alman & to bed at
 11. No tried for anything. Cough & hives

FRIDAY, DEC. 2nd

Lifting work went at 5:30, Rana going to see Lillian Mary who is
 sick & would I write to Fr. James? Fr. Mass. Busy morning, hardly
 came up for air - a solid hour to do for Fr. Clint, whose leg
 looked worse but brought better in 2^o Cream. Such people improving
 food came & opened up when F. M. & offered to make us a jeep-ambu-
 lance. Fred brought 20 bales cotton wool. Donald worked. Paid
 after lunch, did food etc. Fr. C's dressing & syring for Asia. I used
 Esung just at 6 at Mr. (Co-op) & John Frew came for
 arrival. No night, but John took permission as from Mr. C.
 to take timber from Chirawan's ridge. Half out of the same &
 thing difficult. Warisota will return what we lent. A
 girl has come asking to marry Dixon - Army from Barbada.
 He wonders his eyes goggled when I sent him in patrol! Not
 much to do in Nat. tonight but no tried to hurry to bed.
 Now felt rather lonely but better now.

APPOINTMENTS

ERERO

Professional

Private

SAT., DEC. 3rd

It was the C.C. Garden Party today. I hope they did well. I slept on this AM. Lilman reported after Mass that Warren & Kehde from Ambasi dreamed in the night. They will have a wet journey. It poured through last night & again tonight. A pleasant day, but I have a spot of premenstrual irritation & snuffed at poor Gladstone. Did the Samaritan order, made sure, & even started on further order. Also bought got things together for Sangara. F. Clint is improving - 2 1/2 cream but more spots come & I'm trying for the poor man. He is quite a dear. It is awfully wearying doing his dressing, it takes nearly an hour each day. Kipling a bit sulky today over doing babies' feeds & lighting fires & first time smile on last night. Party brought up the subject of Dixon & I was told in a friendly way about it & a fact.

SUNDAY, DEC. 4th

Mass skipped out before a baptism & Thanksgiving Church a bit of an endurance test. Lay down till it was over, felt a bit better. Did Mass job. F. Clint - what skin is much better - Red came at 10-30 on the truck. Dressed by 11 then to W. As I came for a cuppa in N. wayward we re Georgia coming in - said he was sure I would want to cancel him! to W. but obviously unsure of himself I told him the plan ^{was} the best of the undesirable & left it at that. He's being obviously unco-operative - no stores can't use by then to W. Thank God we can organize things to be independent. River high but we got to W. by jeep, using bank for track. Lunched at W. I well & bright & talked to themselves depressed. Arranged: Mr G. re bringing her in. Muggie & Bob, Betty & Jean came in us to the creek & had a lovely swim but I have lost my confidence. Home in pouring rain, late for dinner. Did job, wrote N/6 for Rod to take to P. ditto tomorrow. Let it shall - trashes came in - cut foot for snakes. So late to bed, after

DECEMBER, 1949

APPOINTMENTS

MONDAY, DEC. 5th

ERORO.

Professional

Private

It wd be a v pleasant life if only I weren't tired & everything a burden. Got my job done this A.M. T.C.'s legs improving. Rod couldn't pass the bamboo but sent mail brought Biqui & a machete cut for me. Gasper helped me prepare my horse for 9. - but still had to do. After lunch did food. * went to Sambada & the boys for food. Best eye for weeks. spent 40 shilks asked for carcase for 20. got them. Good old Sambada. all en shetle leaves. Back in rain at 5.30. Rivers deep. boys carried me on their shoulders & I love those friendly walks & the boys. Tonight Lillian Mary came looking 3-park dead & a hour with a kees in the grain. Fixed her, mended small job & to my home at 10.0. Actually put my wireless back in to case after that reception v poor. D. asked me at 9.1 made it clear that we can have no help. I except trays of ordinary meals when the huss comes - & such heavy meals they are. Day 2 more in at out.

TUESDAY, DEC. 6th

Woke a day! a very merciful one, but too tired even to be thankful. up all along there was a faith in me that God had some better plan. Mrs Kelly came at 3.15 & I am now tired than ever. up to Mass, while at 6 fact byd Smith arrived. Slept at 10 and can't say Taylor babe arrived on Sunday night & a girl too! all well. I felt like laughing myself into hysteria anyway then it is. Wrote to Wharata cancelling arrangement. They were all ready & had to unfast. The boys secretly disappointed, I think. St George arrived in sent to me & packed things madly for Tangara. A sister after all the job of the morning got more food from the village Embogo this after. I got some letters written for Ruth. T. M. took byd to Samboga. Want all local, & some Xmas parcels. Athinsons sent 500 cigarettes for Xmas, bless them. My house is a shambles, waiting to be tidied up. Donna washed in sponge Lillian Mary, will do it tomorrow. Quite weird.

"Lactogen" as easily digested by the aged.

APPOINTMENTS

DECEMBER, 1949

ERORO-WARISOTA-ERORO.

Professional

Private

WED., DEC. 7th

Work going happily. Jasper captured young Anura the & always
 running away from Hoop. I talked at her but could get no info.
 I needed to get the track policeman. However as I was off to W., sent
 her to him with a recommendation for a spanking. He just talked
 to her but explained her to a state office operation. Mrs. J. Brangula
 letter from Jean - I blind again & back to the beginning again.
 asked Mr. G. to take me back, I meanwhile tried to open the way,
 abscess. Had my doubt & went carefully, but a bit of bone popped
 out - a femoral hernia - only superficial pus sewed it up
 carefully. Got away to 1, 0 worried abt. E.M. but the peace of that
 lovely Irish brought Ted near & eased the worry. I so fretful but no want
 nig & worry a K. Jean glad to see me, but anxious to stay. Too wet to
 return 'spad of the night there Jean & I had a long "hate session" on
 the 15s - foolish I suppose - & was to let up to sleep. To bed at 9.
 then about 11 & sleep.

THURS., DEC. 8th

Slept till 8:30, & woke fresh. Got away before 10. I had a poor
 night, also poor old Jean but she was 1 over up to tiredness. The 1.
 I called at Rod's & had a supper, then in her all well. & W.
 much the same. Has st. pleural effusion on L, but don't know the
 cause of her emaciation. T. normal. Got through my job. Mr. G.
 brought up some pb from Bas B & finally the patrol boys came
 back & same way. Good to see both boys & pb. Resin obviously
 created but said nothing about his army. After dinner and
 to B. to bath & met Ukin waiting for us, back from holidays.
 Heard about Hig. He disapproves of some Hoop practices there!
 Patrol boys give a report. Odd job. Ought to write letter
 for RK but too tired.

DECEMBER, 1949

APPOINTMENTS

FRIDAY, DEC. 9th ERORo.

Professional

Private

Lute an exciting mail today. A busy day but my head is not one of depression - must have been menstrual I think. up early but tied up my awful house instead of going to Mass - or started on it. Did a round, injections & winter thing. Full staff & feel so well off. Arthur Martin brought in mail for me; a boy brought other mail (a letter on) in which there was some for me. W.A. has sent me the promised work & it is a dear little thing. I am awfully thankful Joan P. tell me of Wanda's marriage to Frank Cochrane. Gal will be upset, several others. Mother says she'll die & the way have a daughter. Busy after a casual check since this evening. have almost read my mail. No M.K. yet. Lillian May is sick I can't imagine her can't believe her hair has anything to do with it.

SAT., DEC. 10th

up for Mass. Busy morning in Heat - both out & a kid came in & an infected thumb nail. I argued with the mother for to have about giving a G.A. it took 10 minutes to do. Kathy came in & left us 4 more gallons of Kerexene so we should survive now till the M.K. comes. Bought a note for Joan - 5.5 depressed, asking for communion. I suggested F. (sent away but I asked Fr. M. (by letter as they were at the 10-mile) & he is going on Monday. am so glad he is going. Went on strike this P.M., lay down & a novel for an hour. also got some things ready for the M.K. Tonight Fr. Alf getting election result. Fr. A going to announce dear old Susan's name tomorrow. He wants to marry Amy.

APPOINTMENTS

DECEMBER, 1949

BRORD - WAKSOTA.

Professional

Private

SUNDAY, DEC. 11th

A most disheartening day. Mass. med. & chort. a 10-min. session from 7-8. Took a snaf of Agubias' family, 4 generations. To blunt skin breaking out again & he decided to stay where. Poor man getting more & more physically weakened every day! Also he is disappointed over the liberal way by Mr. Grey came in to get a friendly look or by croak as I was fighting for it. F. U. went out after lunch. Jan says he bland us (I suppose for not telling him). This almost overtook hungry point to me & I don't think will utter criticisms while I am here. Made up a lot of drugs. Dad & Fred came early. Thought have written mail for Dad to take tomorrow & for M.K. at 11:15 did an inspection found the 3 cross boys missing from dormitory but later in work boys' house & the 2 local work boys missing. Copped John W. in some of in Johnson's kitchen wh I think is a sign of love making. Dad's sermon is here - his banners were read this AM. Bless him. Have written Dr. Way & Dr. Moley for drugs.

MONDAY, DEC. 12th

Woke 6:15, saw prayer over 9 & the evening boys. Did st. 1 round, saw John W. & Elkin & talked to them - they said they were together at San Jacinto. Locked them of going to village for 10 days. Sided to side Benedict Robert Murray & Willbrai (Edith's husband) came to always respects her & she wanted to go home. Long talk to them & W. in got bed tempered & said to work give his children away. In it went through morning fear the W. just here. Finally good old F. Alf stepped in & talked to W. man to man & brought him to reason. Then bed AM I didn't expect Elbin many to live & he decided to take her home. Let K. thing go to help & care & I asked after & let him go. Doubt it wisdom, but he said F. asked him. Got away 12:30. I flipped bed nothing yesterday & altogether & depressing. Jan looks & tried. We bonded over. Little came blind says Dr. Moley goes to Las in Feb. I slept & wrote both Co. & Mr. I sending it in AM. Thunder storm tonight, I fairly good such a sweaty & sultry day & now rain & it is blessedly cool. "Lactogen" is suitable for adult feeding where ordinary cows' milk is not tolerated. 3. asleep under morphine.

DECEMBER, 1949

APPOINTMENTS

TUESDAY, DEC. 13th WARISOTA - EROKO. Professional

Private

In the a fair night. I restless but to considerable I would not call me. I slept to lightly. Today she has been cheerful, cooperative, playful. Tonight dissolved in tears depression while Kiel was here. Now quiet but calm. I got some letters written. Slept for good from this P.M. read a bit. It is a real rest for me. Kathy is a good kid.

WED., DEC. 14th
Birth King George VI, 1895.

A good night, I settled, slept till 5:15 then on till 7. Did the usual jobs for her, got her ready for 7:15. Mr. Jean came at about 10:11. Kathy came in for the dinner too. I was struck by the fact that X was was only 11 days off, told 7. U he must get both Jean & me in for Max. I told Jean she should come in & help to eat there, as she is better at organizing fun & games. I feel much better for the change, Jean looks better though she worked too hard while here. Got back at 11:30, F. M. & cheerful. All serene here, I didn't do much in Hosp. John Kumpson agreed asking to be a medical boy, seems genuine enough. Having a rain tonight, got busy on Xmas things & fixed up the bags as far as I could. Bed lateish. Good steady old stork going out; esp Warisota way.

APPOINTMENTS

ERORO.

Professional

Private

THURS., DEC. 15th

Good day up for Maas - v much of the BVM though it is only the school - did a round - odd jobs saw John Bumpkin & told him to go to his village & think about his vocation as he'll get on the Southern side before lunch & before aft tea, also read & thought a bit after lunch. M.K. came at about 6 & Bawa Warren on board. He told us about the Mt. Michael area - apparently an earthly Paradise. Big population, inaccessible except by air. Some Southern mail, & local box. Julia brought her baby, had malain on Sunday & upset since - also Margaret from Langara is pregnant. Fr. Warren came to the boat & apparently didn't think much of it. Got my mail fixed & radio packed up. Fr. M. took care of the boat at 9.30. I did an inspection, & thank Heaven all present & correct. I sent announcement of Wanda Wilbains' wedding to Frank.

FRIDAY, DEC. 16th

Fair day - variable bright. The rain boots are excellent but make my feet tired. Burning heat in some wind, the usual thunder. NABs took an age, but Sylvester does them well. Gave the boys a lecture. P.M. examined Margaret who is either a mole or a placenta praevia. Also checked my drugs at last. The boys were playing cricket in their wonderful new boat. Fred came to tea, Rod arrived afternoon from Lopandetta in lovely mail. Fr. Clark miserable, T 100⁺ P. 104. Gave him Penicillin. Ears infected & jaws painful. Went to the shop & told me Erav Cannon is engaged! Some of v good freshies from Bob of the Maas. In way says he can't send a nurse. I suggest trying A.T.N.A. in Australia. Rod & Fred just back - appears that even the truck can't cross the river.

DECEMBER, 1949

APPOINTMENTS

SAT., DEC. 17th

Flcks.

Professional

Private

Have had a lay busy day - indulged myself in a movie after lunch & a little bridge. While pb supply about 2 my wal. Ted & Ted slept here, got off this AM. after a fast & a dressing each; this after remembered had to be nail T. Did haircut but improving. Did some H-W bywester and his first pictures. Tonight talked to Jasper about his customs says people cannot say their in-law names (father mother sister or brother or 2nd ditto) of wife or husband. Bywester says wife cannot say her husband's f.m. & a man cannot say his f.m.'s name but can say his wife's f.m. Jasper says it extends to other people of the same name. Also they must not touch them. G. Byw. is 2nd brother to Theresa W. G. Jasper cannot say Bywester's name. Also applies to betrothed people eg. Sister can't say name of Amy's parent. Run!

SUNDAY, DEC. 18th

After 11. Too sleepy to write. Usual day peacefully going along. Tonight wrote some letters. Just inspected ~~stomach~~ Jasper all O.K. Rode Fred had just gone too.

APPOINTMENTS

ERORO.

Professional

Private

MONDAY, DEC. 19th

up before 6, did T. & L. who was late for his dressing, we both missed W. However I got a couple of short letters off. The U. family & I all got off at 8, & the U. have not returned. Presumably they went to Jangara & are stuck there. A peaceful morning. Mr. G. took me out at 12.30 to W. The roads were then I have known them but the rivers down again. I got her right back yesterday, & was so well. Made long talk about her feet, she has had several small attacks like this - looks like tumor. Spoke to Mr. G. about a nurse from Ruis. & it worried him says he hasn't the cash but will try to raise it in Samara 1 or 2 men that a nurse will have to take her to Ans or to her for months more. Betty made me a 2 day cake. Bless her. Stopped at a mill for some beer & to see the pups. The sunna & Waddy boys didn't stay to complain to the teacher so we had it in the bush very nice too. Then they asked to franchise oranges & eat them! Had about an hour.

TUESDAY, DEC. 20th

Another nun birthday. Would have been such a nice one only I felt so nauseated all day couldn't sleep last night either. The boys working well & job went smoothly. Gave a lecture at lunch & then Jasper planked up out of the blue over the river having he said he wouldn't take hospital food. He says he can't apologize at 3 but I was busy with the boys. At 4.15 I sent for him & he apologized & shook hands & we held each other's hands for a long time. But I feel that T.M. is at the bottom of it. Lot of oya, the people want to dance for Xmas. The drama came today so the story may have been tomorrow. Red & Fred came to tea. The U. got back at 3.30 went to Jangara. Ann was sick I believe it is cryptosporidiosis & exatinal. Met Dixie's Army at dinner time. Looks a nice sensible lass. The boys brought home gold & beer for sunna. Maraglas children sang tonight quite sweetly. Am
v. tired

DECEMBER, 1949

APPOINTMENTS

WED., DEC. 21st

ERORO

Professional

Private

^{22nd.}
Fair day. Forgot most of it. Tonight Kupling + Eekin to use my machine. Bf arrived 9 PM stayed the night + tried. Talked over Wansota position. Was reported that on route to Arawa but was a freight. They had planes looking for him. Waddy all ready to go. Kid came in at dinner = ? epilepsy.

THURS., DEC. 22nd

Headly tried 1 off my coat. Wake + rising bell these days left to mass. Bf did not celebrate. B' fact + off they went. The mission quite wailed. Busy AM in that gave lecture. Tonight Kupling told me his brother has given pink sheet - h. Kaha are + killed. E said he is barred from sacrament till the babe is born - it seems pretty long time. The kid is an epileptic + had two fits today. Sent presents + read a few letters by mail today. Georgina ill again + R cup lost its sight. Rivers too high for us to come in.

APPOINTMENTS

ERORO-WARISOTA.

Professional

Private

FRIDAY, DEC. 23rd

Slept till 6-30. B'fast, read up the news & got some straightness
 in my thinking about Georgia. To top it a long talk to the
 parents about Williams, who they think is going bad. Had my
 job. Had just given up hope of the girl coming in when Mr J.
 arrived. Had a long talk about G. He is a nuisance to get her to
 Moresby, but because of the effect of strains upon her & upon
 other considerations she does not want to stay there, as if she is
 going to die, it would be quite wrong to send her there to die.
 Had lunch, packed, & we came. At the last, I didn't like leaving
 the boys for Xmas. Couldn't cross the Embargo, so my old enemy Thomp-
 son & George carried me over, came here in the truck. Talked to Jean
 who looked pale. I think she is pretty glad to go in for Xmas.
 G. packed us alone - does not want to go to PM except in case of an
 emergency & sleeping a lot. I to bed. Sleepy. We both had a good
 night. I took at 2:30 & took them back, got off at 4. He needed nothing
 at all.

SAT., DEC. 24th

A good day but I'm as dull as chips. G slept 9:30-7. I took at
 2:30 & had to take them back to get me off again. Betty doing Xmas
 job & everything getting an extra clean up. I tried to visit a card
 for Bill's present but could not see properly & her no good eye. The
 "feels" as if her sight is coming back. I read the rest of my mail
 & was very good. One from David. Was going to be down but had
 to Fred came at 1:30 ish. We drank beer & talked. I went to sleep
 in the middle of it. - a poor company. Betty drove in ahead of
 them so that they could help by if need be. Our glad she will
 have her Xmas tomorrow. G. has been a good - singing Carol
 tonight. To bed at 10 to 9.

DECEMBER, 1949

APPOINTMENTS

SUNDAY, DEC. 25th WARSOTA
Christmas Day.

Professional

Private

A quiet pleasant day, I think a happy one for G. I have been so emotionally numb to have much care - not tired but lifeless. However, I feel better. Gosh I'm too interested in myself. G. woke me at 12:30 & found she could see her eye - said "Midnight Mass - that's why!" We slept till 7. B'fast, changed her eye. When G. got busy decorations. Alan was most willing in the kitchen. Started a letter to the family. Betty arrived at 12:30 & a note from Joan who had a lovely Xmas at the Mission. In G's room we all gave out presents. They gave me a carton of cigarettes. Joan's present not here yet. I took for Xmas dinner at 1. It been 5 miles. We all slept after lunch. Usual things. G. very well - may it last. Wish word could come from D. Tex. Bill said he was "I go" to try on Tuesday - don't know why. Lovely moon peeping between the trees.

MONDAY, DEC. 26th

Boxing Day.

Good day, but G has a few troublesome symptoms - ? menstrual pain, nightmares etc. We all slept till 7.30 Got G. fried & myself bathed by 10. We all waited for F. H. who finally arrived after midday. We all came for mass but Betty did not receive. God's Xmas gift was a sense of repose in valuing simple things & a simple outlook. Wrote to Joan, arranging for her to stay till Thine at the Mission. I will stay there. Decision to be "married" tomorrow not today. Bless him. You I. going to try tomorrow for mail & to send a radio to B. Bane or a surgeon. Mr. I. took me to the plantation for a green coconut, also sent dry ones to the H. H. says he will send some often. I hope he remembers. Commission bought about private enterprise & the welfare of the natives. Bed at 10.

APPOINTMENTS

WAKISOYA.

Professional

Private

TUESDAY., DEC. 27th
Add. Public Holiday, all States.

The hottest, most wearying & wearisome day I have known in Papua. I, the best of all of us. He woke at 12-30 & slept again but I was awake till 3-30. Heru's baby crying. I later had Paraldehyle's much trouble. Slept till 7. Mr G. got away at 8-30. Samboga awful, no barges & yip in over the nose. Could not get to Big but told that Hig was too busy playing cricket to attend to business. He got back at 7-ish. Betty nauseated & vomiting both of us too restless to eat or talk. Went to Manda's & Laidra's & Genie. Jean sent clothes & a letter telling of Dixon's wedding, & good, bless him. Mr G means to go again tomorrow but it looks like rain. May God we don't have a storm. Saw John fishing in his spear, whole body submerged, in a deep pool in the creek - an interesting & lovely sight - brown body & blue shorts poised rigidly.

WED., DEC. 28th
Proclamation Day, S.A.

Better day, less hot, & everyone feeling more energetic. I well. Bill got off at 8. We did usual job & I wrote letters for the M.K. John W. in came & a letter from Jean & one from Nance. Bill back at 7-30 & in Cox's letter. He considers G. is an overman & advises keeping her here till improving or desperate. It is great news. Now reconsidering moving her. To bed 8-9 P.M.

DECEMBER, 1949

APPOINTMENTS

THURS., DEC. 29th WARISOTA - Ekoko. Professional

Private

Fair night, up 2⁰⁰ & awake a bit. Woke at 6.30 & thought about the schedule & prayer - decided I should go South & be quiet at by event as to when. She seemed vaguely unwell & after Bill's visit was in tears. Refused all the AM. in bed. Thought I wanted to keep her here as long as I could. I didn't want to give up the case! Bill & I arranged a lady to look it to her to talk to her, also my mail for M.K. Couldn't cross Ekoko. G. do sent pain in Ray & sobbing. Settled in M.K. but awaked mightily. Much better this evening but slept in R. up in dia. Later wanted shell & tractable. John Wm & Mycell came out & my M.K. mail - quite a big one. Too tired to read it. Bill off column today. Little William improving.

FRIDAY, DEC. 30th

(3¹²)

Fairly wakeful night. G. much better AM but was in eye to dia. Betty went at 10. Terrible rain came on but only local. She & Joan got back 1.15. Read my mail - letter from Wilfred Mair at Trip Med School to Ekoko. Hope full & nice. Joan looked to be well. We "banded over" got away before 3. Bought a knife for Alex 7/- wedding pres. Had a battle to buy for it. Stopped at Rodi for beer & Walter radio. Back saw Wm - improving. Gave him & Elkin a help. No goats cheerful & welcoming. Unpacked fed babe again at 8 & 10.30. Opened sorted letters.

APPOINTMENTS

ERORO

Professional

Private

SAT., DEC. 31st

Woke at 6, fed babe after ch but was too late at Mass to
 communicate. Done a lot of odd job. Wm. had convulsions
 1.30 - 3, finally stopped them & other. T. up again. Dis-
 heartening. Was going to tell Jan he was out of danger. Opened
 Xmas parcels. Berta & Wm. bless them. Lovely things.
 Finally sleepy but feel rested after Wamie's. Can't
 take too much of a rest. Has poured with rain most of day

Summary

	to economy drive	, et. of returned from Worcester	
	Jan on least skill, ret. by N. A. E.	Staff member	
17	Peg's ulcer worse & at Hig.	Elkin	
18	Pat (?? Rowling) gone South sick.	Jake	
21	Leadbeater sick	Ames	
	John ^{my servant} from Ore Bay helping (Nuttli's)	Book boy	
		Rusan (gardener)	
		Gaspar (kitchen)	
		Elizah	
		Paulet	
		John W m	
		Edifford	
		Edgar	
		Dixon	
		Quastice	

1 st	Dr. Capell, John Anderson & Miss Stevens at Sangara
3	Asst. Wednesday Dr. Capell, John A. at Erro
4	Tomaseth marking out Mission boundaries Staff
8	Bishop Abney's visit New John Kingth (Ganika)
9	Church at Erro dedicated. Name: St. Benedict
12	1 st Mass at Erro Lester
19	Nybil's family to Erro
	Oliver Buckley's Major's Giver to Erro new staff. Mrs. (began Eldstrom)
20	To Gona → Augustus helping me.
21	To Nag. Mr. Cox O.I.C. in place of Turner.
22	To Gona Gullman med. O. Examined school.
26	To Ambasin by canoe.
29	To Dewash. Olive & Burns
31	Returned on St. George's Bp. to Gona. + P. Fr. James talked of N.G. martyrs & their end.

1st

At Gona. + P blessed Gona Cr. sp. gardens.

(I TOOK SNAPS)

2.

Discussion at Publi's house.

9

Barbara Faith went home to Ambain "to die"

13

Fr Russell left Eroro by Matarami.

11

Ambrose & Rosemba "walked out" - can't take Ray

14 →

Athunians with us over Easter.

9

On MK to before

11

To Weyla Heleni ? Appendicitis

12

Mukawan Hatters. Cox ? frequent.

13

Doquin P^m.

15

I unwell ? I want I hepatitis

19

Heleni's appendicitis.

22

Alwin's birthday. I off my foot

26th

I jaundiced

6	To Bazaar - Jan to see Mrs Mathison	
20	Rice grown near SAC. Shreded - $\frac{1}{2}$ ton	
22	Lat R returned to Dogua after leave.	
30	Jan Elai. one M' M' Kawa ³ + M' Jaka	

1 st	To W'gela. Joan stayed, unwell.	Staff by the Augustus
2 nd	To L'foa.	
4 th	To Erre	
7 th	First mention of using Pericelli's	
10 th	took photos of Ann. Joan McNeill	
12	Mission Road burnt down.	
14	Machina's appendix. Unpacked new sp. table for it.	
19	Mr. Tapp Smith to lunch	Gilman began
22	DO came to inquire about the fire	Benedict workman
24	Joan ^{we undisturbed} returned. Dr. Morley at Nig. John ^(med. boy)	
26	Requiem for Mr. Batchelor + Fr. Leck	
27	John, Marie working together. ^{photos of anti.}	
	Miss Young ^{at table} left with Olive Gill. ^{nothing found to see beyond.}	
28 th	Devote teacher Geoffrey died	

9

Talk to Jean about training girls

13

Mary exploded bombs

15

Olive at Erno, announced engagement return from SS
at Quirk. Con H. came wt

16

Trolley: scales for Hosp.

18

Jean's birthday.

- 2 My boy gave a party to girls
 5 Rodson's visited till 7th
 9 Examined some school, finished on 9th
 10 ^{August's left} New Mission House finished
 M. George brought Bp. Elze & Mrs. N. (Maumun)
 11 F. Mitchell instituted
 Barisani Station & Prayer House blessed. (No Xmas)
 12 MK brought Manuel F. Bodge Sgt Smith Con
 13 To Gona - Name saw Station - F. James
 14 Holy Cross day Marcella near Seam.
 15 Robinson's & Alue's wedding.
 16 To Gona & Sangara. To examine school
 20 Mrs. Tomacetti delivered. Dr. Manley hyperstomach
 13 ⁱⁿ ~~24~~ ^{near} Grandmamme died 24 + D pronounced to be a Bp.
 26 To Givita - Sgt.
 27 To Gona - measles in white ped

DEBIT	CREDIT
Oct 1	Maymie Gavers small ? the photo.
3	" " in bed. Eye symptoms
5	Back to Enos. Good-bye to D.O.
6	For To Form.
12	To Enos Warrick to Georgia Clare Starnard nursing Georgia Georgia of Buege pregnant
31	Sup of cassowary.

3

"Opening of the Rivers"

5

Conference cancelled & boat (MK) guaranteed: of measles

6

News that 3 CHN are on coming.

9

Maddy's birthday

10

MK from North = Bp, Taylor, AJT & Elsie. Mrs Taylor due 12/12
+ P approval of one of us missing Conference.

11

Had it out in gear or day off to. Went to Eros
Bp & AJT investigating Hubbs

15

Nickells appear to be giving notice to + P. Mame & Mary G at
Eros

16

M. m's day. Dancing by hold's boy. & feast

22

MK Lesley T, Mame & Stanley P. on board. Stanley engaged.

DEBIT

Letter a label office at Fiji.
DECEMBER CASH ACCOUNT

CREDIT

DEBIT	CREDIT
2 ^d	Amy wanting to marry Dixon.
4	Taylor baby born
9	Kend of baldhead wedding. Frank's Manda. Mrs. Lade died. Mary's daughter born (Marion?)
13/12 11	Dixon: Amy's bananas (1 st time) Photo of Ambrose's family
14	John Bunnys applied for training.
15	M.K. brought banana Manner from North, after seeing Highlands - Mt. Mectad area (Leans?)
18	Grace banana engaged
21	Ap. overnight from Anawa. N.B. Was thought that Dixon married.
27	
30	Received a letter from W. Alfred Seloi in Fiji.

MEMORANDA

NOTES FOR 1950.

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with ADDED VITAMIN "B"

NESTLE'S
MALTED MILK

progress on

Mark how convalescents

NESTLÉ'S FORTIFIED TONIC FOOD

MILK

you can safely recommend

When a Tonic Food is indicated