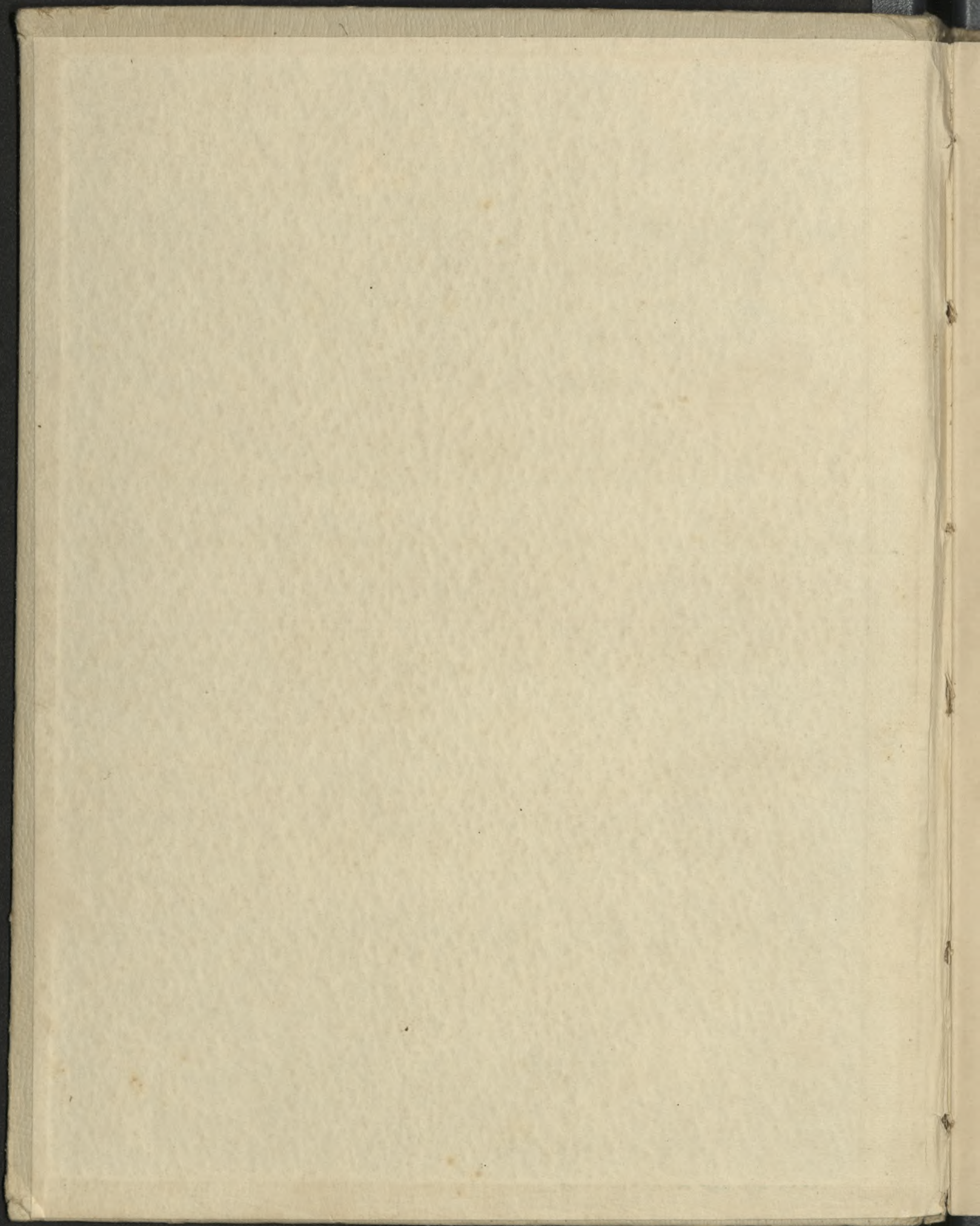
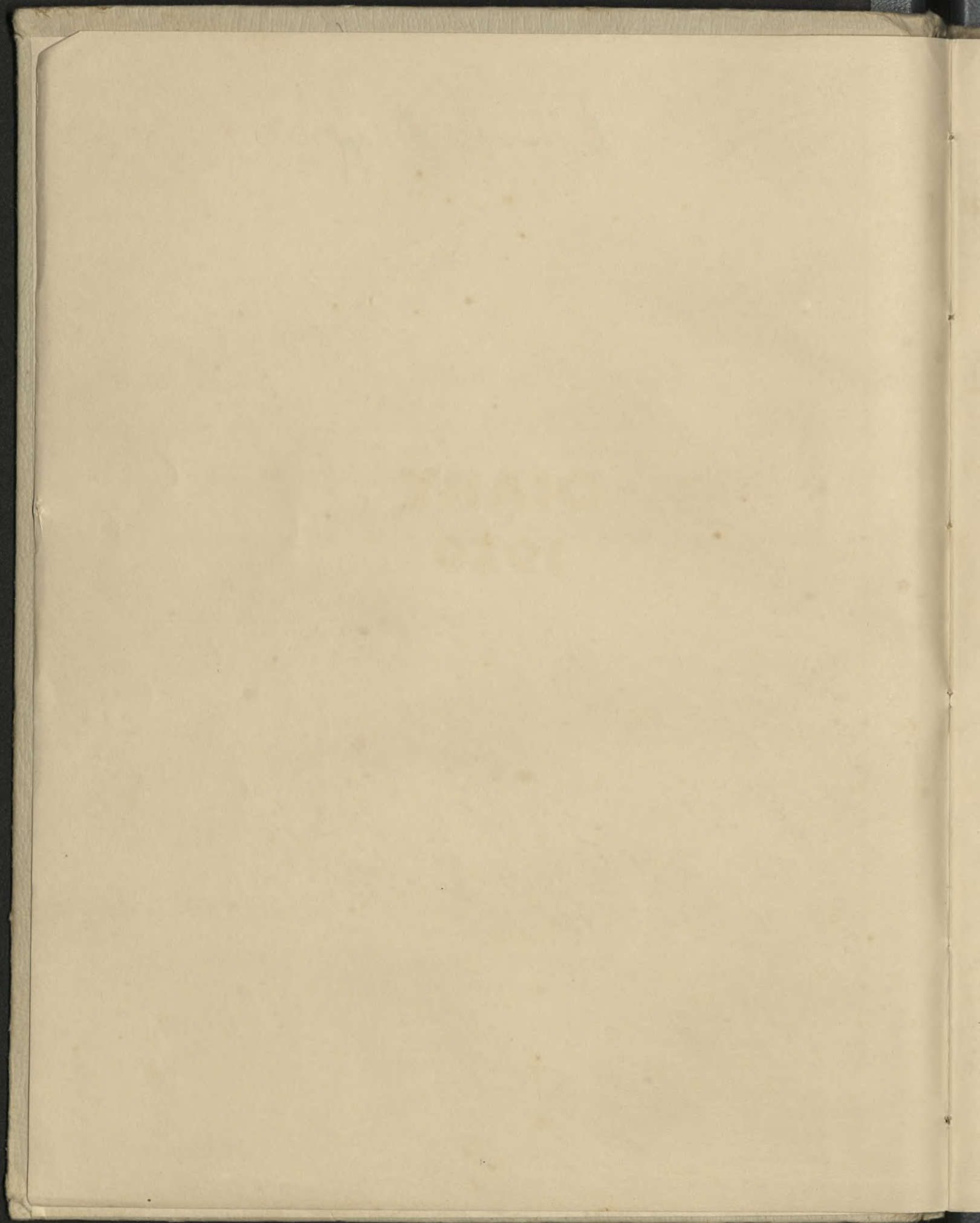


DIARY
1959





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Preface to the thirty-fifth edition

The Nestlé Company (Australia) Limited takes pleasure in presenting to the Medical Profession the thirty-fifth edition of its Diary.

No outstanding contributions on the subjects of vitamins and nutrition have appeared during the year, although of course the general sum of knowledge continues to increase. In view of the longer life expectancy and the "ageing" of populations, considerable attention has been directed toward nutrition of ageing and elderly people.

Demand for "Arobon"-Nestlé (for treatment of diarrhœa), "Nestargel"-Nestlé (for thickening liquid diets) and "Nesmida"-Nestlé (for treatment of disturbed protein assimilation), all widely known and used overseas, continues to increase as they become better known here.

We are pleased to acknowledge all extracts from scientific publications which we have used in compiling this 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.

NESTLÉ'S RESEARCH LABORATORY

SYDNEY, 1st DECEMBER, 1958.

With Compliments

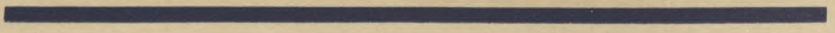
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1959
Preface to
the thirty-fifth
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DIARY 1959

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VITAMINS AND AMINO ACIDS

INCREASED INCIDENCE OF SCURVY IN CANADA

J.A.M.A., 1958, 166, 2065

A decided increase in the incidence of scurvy in infants between 6 and 12 months of age has been reported in Canada. It is concluded that all cases were caused by inadequate vitamin C intake.

On questioning, 80 percent of mothers admitted that their infants were not receiving this vitamin either as orange juice or ascorbic acid. Others were confused by the multiplicity of vitamin preparations available and had selected one without vitamin C. Check work on the stability of the vitamin in orange juice was undertaken and confirmed that it will withstand all the "well-meaning but unnecessary manipulations of the most imaginative mother," such as boiling and neutralising with bicarbonate of soda, so that the conclusion appears justified that the infants just did not receive an adequate amount of vitamin C.

VITAMIN C DEFICIENCY

Culfort* reported eleven cases of adult scurvy, ten of them men, mostly elderly and living alone.

Their diet in some instances consisted of bread, butter, meat paste and tea, in others (dyspeptic), milk, eggs, fish, chicken and potatoes, and in one case a meatless diet of wholemeal bread, margarine, cheese, milk, eggs and honey, that is to say, low vitamin C foods, was followed.

These patients departed somewhat from the clinical text-book description of scurvy, only one presenting the classical gum lesions, but the fact that seven were edentulous could be responsible for this. Most characteristic symptom found was spontaneous bruising.

Dosage at six to seven hundred milligrammes daily of ascorbic acid proved effective in these cases.

VITAMIN D HYPERVITAMINOSIS

There have been reports in the medical press from time to time of hyper-vitaminosis D, associated with frequent intramuscular injections (each in the vicinity of half a million international units) of the vitamin, with post-mortem findings in two fatal cases of chronic hypercalcaemia.

These are massive doses indeed compared with the 400 international units daily generally accepted as a recommended daily dietary allowance.

The National Dried Milk used extensively in England for infant feeding has been vitaminised for a considerable number of years at a minimum level of 280 international units D to the ounce (of powder), but late last year at the request of the Ministry of Health, this was reduced to 100, because of the common practice of giving supplementary vitamin D.

("Lactogen" and "Vi-Lactogen" have been vitaminised for many years at the level of 106 international units D per ounce of powder).

"VITAMIN P"—FLAVONOIDS

Szent-Györgyi and co-workers in 1936 first reported the possible significance of a group of compounds, the flavonoids, present as pigments in fruits, vegetables, flowers, etc., as possibly of nutritional significance. Certain pathological conditions such as capillary wall fragility not amenable to vitamin C administration were controllable by "vitamin P" or "citrin".

* Lancet, 1958, 1.454

Later work indicated this to be the flavone Hesperidin, but current opinion is that there is no satisfactory evidence any of the flavonoids form an essential part of the dietary requirements of any known species, and in 1950 it was recommended the term "vitamin P" be no longer used.

Subsequently a good deal of work has been published on the subject of flavonoids (especially, citrus) as preventative, abortive or curative agents for the common cold.

The present-day concensus of opinion appears to be that the flavonoids may possess, under certain conditions, some mild pharmacological properties, but have no known nutritional functions, neither do they have any significant effect in altering the course of the common cold.

CHRONIC VITAMIN A INTOXICATION

Oliver, Jr., T. K.—A.M.A.J., Dis. Child, 1958, 95, 57-68

The author records the case of a 14 year old girl, receiving 200,000 units of vitamin A daily for ten months as a treatment for acne vulgaris, hospitalised due to leg pain.

Symptoms reported were, dull leg pains aggravated by activity, limping, scalp hair dry and falling out, maculopapular eruption on trunk and desquamation of palms and soles, together with increasing irritability.

These symptoms and signs began to abate within a week of cessation of medication and, apart from loose hair, the patient became entirely asymptomatic after two weeks.

The recommendation is made that, for dermatological trials with vitamin A, therapy should not exceed 50,000 international units daily for more than one or two months.

VITAMINS AND IRON METABOLISM

Greenberg, S. et al.—J., Nut. 163, p. 1957

Greenberg and his associates added to the milk diet of anæmic rats, iron at the rates of 2 and 4 mg. per kilogramme body weight together with vitamins C and D, studying the effects on regeneration of hæmoglobin.

Further work is necessary to determine whether the improved hæmoglobin was due to greater iron absorption, to a higher utilization rate of the iron or even to both, but they did find that the level of hæmoglobin was better sustained after the iron supplement ceased, than was the case when only one or other of the vitamins were included in the feed.

IMBALANCE IN AMINO ACID INTAKE

Lang, K., and Kriekbusch, W.—Klin. Wschr. 1957. 35, 905

After seven generations, feeding rats supplements of individual single essential amino acids, the following conclusions were drawn:—

1. In no instance was the growth of the animals improved; however, addition of methionine and tryptophane enabled the life-span to be prolonged.
2. The addition of lysine shortens the life-span of the animal and decreases its resistance to pulmonary infections.
3. Leucine supplementation showed that by the sixth generation the females were no longer able to rear their young.
4. After enrichment of the diet with valine, it was observed in certain generations that a suprisingly high percentage of females were sterile.

5. The authors never observed changes in blood formula, weight of the organs or histological changes.
6. The addition of amino acids never influenced the causes of death, nor increased the incidence of tumors.

These facts show that it is necessary to be very cautious indeed when enriching a diet in a single essential amino acid.

PROTEINS, AMINO ACIDS AND HUMAN NUTRITION

Under the sponsorship of the Council of Foods and Nutrition of the American Medical Association, a symposium "The Relation of Proteins and Amino Acids to Human Nutrition" took place in Los Angeles in May, 1956.

Allison⁽¹⁾ presented a paper on Nitrogen Balance and the Nutritive Value of Proteins, emphasising the dynamic state of the body's labile protein stores, the blood and tissues, which rises or falls with dietary nitrogen intake.

Certain essential amino acids in the diet are necessary for maximum growth of tissues and these aid in a determination of the nutritive value of various dietary proteins.

It is conceived that protein stores are in continuous process of catabolic breakdown, to provide both the energy and amino acids to the metabolic pool, which may be very important during periods of malnutrition, such as times of sickness, stress or low food intake.

For maximum welfare of body tissues, a proper balance between amino acids (from the diet and body reserves) is needed, and a reduction in calories can increase demand on body protein reserves for energy requirements, while protein malnutrition can be responsible for symptoms also characteristic of deficiencies in caloric intake, vitamins or minerals.

The obvious way to normalise abnormal contours is to utilise amino acids and their metabolites in nutritional therapy.

Nasset⁽²⁾ recalled that in Europe, during the course of World War II, with the necessity for emergency feeding of halfstarved civilian, soldier and prisoner population it is significant that vitamin deficiencies were rare and protein deficiency could be put right by giving large amounts of dried egg and dried milk in aqueous suspension. It had been supposed previously that the debilitated person would be unable to digest protein and that a protein hydrolysate would be essential, at least in the earlier stages of re-alimentation.

In 1947, work carried out in the University of Rochester indicated the individual essential amino acid requirements under specified conditions, but feeding trials with such a mixture, showed it inferior to isonitrogenous quantities of either whole egg protein or a mixture of amino acids simulating the essential amino acid composition of whole egg.

It is known that under special conditions the intestinal mucosa can absorb protein molecules unchanged (sometimes at a greatly increased rate) but that normally, food proteins are hydrolysed into their constituent amino acids before being absorbed.

Other workers reported differences in rate of absorption among several amino acids and also that the L-isomer was absorbed up to six times faster than the D-isomer when solutions of single racemic amino acids were introduced. Further, it is very clear that absorption data of individual amino acids may not apply equally to mixtures of two or more different acids.

(1) Allison, J. B.—J.A.M.A., 1957, 164, 3, p. 283-9

(2) Nasset, E. S.—J.A.M.A., 1957, 164, 2, p. 172-6

The author summarised his review by stating certain proteins (homologous plasma proteins, egg albumin and insulin) may be absorbed without first undergoing digestive tract enzymatic hydrolysis, natural isomers apparently are more rapidly absorbed than D-isomers, rates of absorption of single amino acids are not applicable to complex mixtures and the amino acid transport system is of limited capacity, with the amino acids in a mixture competing one with the other.

Elman demonstrated all amino acids must be ingested simultaneously to get maximum favourable effect in nitrogen balance.

Ingestion of protein stimulates secretion of endogenous protein in the digestive tract, and this, mixed with food protein provides an amino acid mixture the composition of which remains fairly constant, for absorption.

Proteins differing widely in amino acid composition and even non-protein foods produce in the small intestine amino acid mixtures which are similar, and this mixing of amino acids in the small intestine may result in the rather close regulation of the relative concentrations of amino acids available for absorption.

SYNTHESIS OF RIBOFLAVIN

Food Manuf., 1957, Mar., p. 126

Certain micro-organisms including bacteria, yeast and fungi, can synthesise riboflavin in quantities sufficient for production on a commercial scale. The requisite nutrients can be found among certain agricultural by-products which otherwise would be wasted, so that production in this manner should be a relatively inexpensive one.

There is a growing demand for this vitamin for both pharmaceutical purposes and for addition to food-stuffs.

As a result of research in the Hungarian Institute for Chemical and Agricultural Technology in Budapest, Hollo, Szamel, Nyeste and Tengerdy (Ind. Alim., et Agri., 1956, 73, 519) have established the required conditions for working with *Eremothecium Ashbyii* in suitable substrata of animal steep liquor, corn steep liquor, distillery marc, and malt sprouts, containing glucide, for the production of riboflavin.

VITAMIN B₆ IN MILK PRODUCTS

Hassien, J. B., Durbin, G. T., and Bernhart, F. W., 1954—J. Nutrit., 53, 249

Usually, industrial sterilisation of milk causes considerable loss of the vitamin B₆ content—from 33% to 66% of the B₆ present in the original fresh milk is destroyed.

Milk powders however lose comparatively little of this vitamin during manufacture and have been found to retain from about 70% to 90% of the B₆ present in the fresh milk from which they were made.

HYPOVITAMINOSIS C DURING GASTRO-INTESTINAL TROUBLES IN CHILDREN

Kassymow, A. K.—Pädiatrie, Berlin, 1954, 2, 35

Gastro-intestinal troubles create in children not only hypovitaminosis C, but also often complete avitaminosis C. This is apparent in acute dyspepsia, four to five days after the beginning of the disease. This deficiency in vitamin C aggravates the whole clinical symptomatology and the general state of health of the sick babies; systematic utilization of vitamin C is necessary.

VITAMIN

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.

The International Unit is 0.6 μg of International Standard β Carotene.

THIAMINE (Vitamin B₁)

(The anti-neuritic 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, in association with other B vitamins and is necessary to the mother for normal 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.

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.

The International Unit is 0.003 mg (approx.) of Aneurine hydrochloride. (1 mg = 320 I.U., formerly 333 I.U.).

RIBOFLAVINE (Vitamin B₂)

(Growth promoting—yellow coloured—slightly water-soluble—heat-stable except in alkaline solutions).

Acts as part of enzyme system regulating metabolism of fats, carbohydrates and amino acids—sparing action on B₁.

Avitaminosis causes cessation of growth in young and sudden death in adults, decreases resistance to infection, probably causes alopecia and cataract, cheilosis, seborrhoea, ocular symptoms, corneal opacity, pellagra, black tongue and beri-beri.

There is no International Unit—most recent figure is:— 1 Bourquin—Sherman Unit = 2.19 μg .

No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E	No.
		A. 1.U./100G.	Carotene $\mu\text{g}/100\text{G.}$	Total Activity $\mu\text{g}/100\text{G.}$	Thiamine $\mu\text{g}/100\text{G.}$	Ribo- flavine $\mu\text{g}/100\text{G.}$	Nicotin- amide $\mu\text{g}/100\text{G.}$	Ascorbic Acid mg./100G.	Probably D. 1.U./100G.	Total Tocopherols $\mu\text{g}/100\text{G.}$	
1	Apple		50-90		30-120	10-50	0.9-5.0	8-22	8 ⁽¹⁾	0.74	1
2	Bacon				840-1,440	130-300				0.53	2
3	Banana		17		50-160	56-75	3-6.1	10		0.4	3
4	Barley				500						4
5	Beans		221-400		198-450	110-175	3.5-7.6	7.2-20.2 ⁽²⁾			5
6	Beef				72-240						6
7	Beef Kidney	1100			250		73-100				7
8	Beetroot				10-30 ⁽²⁾	50	4-6.4	5 ⁽²⁾		0.2	8
9	Bread—White 70% Extraction				160	60	6.6-10.0				9
10	Bread—Wholemeal				225-450	180	37-42				10
11	Butter			1,080-5,670	0-120	10-37			8-99	2.1-3.5	11
12	Cabbage			900	30	50-57	1.2-4.0	11-57		0.11	12
13	Calf Liver			52,600- 159,800	198-450	3,300	120-179	30-50	0-10		13
14	Carrot		2,000-9,600		60-70	50-60	4-14.7	4-9		0.45	14
15	Cheese—Cheddar			5,500	24-40	500-550	2	0	+	1.0	15
16	Chocolate—Milk			480	50	+	+				16
17	Chocolate—Plain			36			11			0.7	17
18	Dripping	0		0					33-44		18
19	Eggs—Hen—Whole	420-1,100			150	250-400	1.0	0	70	1.4	19
20	Eggs—Hen—Yolk	130-8,800			300-420	520			140-390		20
21	Figs			80	60-75	5	10	2.2-8.7			21
22	Fish—Cod—Flesh	0							8,100-30,000		22
23	Fish—Cod—Liver	60,000			270		16	26.7	6,000		23
24	Fish—Herring—Canned	28							112-420	0.05	24
25	Fish Liver Oil—Cod B.P.	60,000							8,500		25
26	Fish Liver Oil—Halibut	2,000,000- 36,000,000							20,000- 400,000		26
27	Fish Liver Oil—Tunny	52,000- 8,000,000			40				1,600,000- 25,000,000		27
28	Fish—Mullet	430-1,075									28
29	Grape		15		50	15-40	4-8.4	4			29
30	Ham				600-1,070 ⁽²⁾	190					30
31	Lactogen	2770			250	1,270	—	6	422		31
32	Lamb Fry			50,000- 150,000	300	3,300	176	25-50	20	1.4	32

TABLE

NICOTINAMIDE

(Pellagra preventive vitamin).

No known clinical symptoms for mild deficiency but general deficiency symptoms are summarised as pellagra, although this is not caused solely by Nicotinamide deficiency. Lack causes lesions of mucous membranes and a dermatitis on parts exposed to sunlight.

International Unit—None has been fixed.

ASCORBIC ACID (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, haemorrhages of mucous membrane, skin, joints, and bone marrow; spongy gums, painful swelling of joints, bone fragility, decalcification, caries, fatigue etc.

The International Unit is 0.05 mg of Ascorbic Acid.

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.

The International Unit is 0.025 μ g of the International Standard preparation of crystalline D₂.

VITAMIN E

(The anti-sterility vitamin—Oil-soluble—Heat-stable, cooking, drying or sterilizing has little effect—Susceptible to oxidation).

Not yet settled whether E avitaminosis occurs in man. Considerable evidence exists that it may exert beneficial influence on habitual abortion and possibly threatened abortion, toxæmias of pregnancy, sterility and muscular dystrophy, also peripheral vascular diseases and capillary permeability.

The International Unit is 1 mg synthetic racemic α tocopherol acetate.

No.	FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E	No.
		A. I.U./100G.	Carotene μ g/100G.	Total Activity μ g/100G.	Thiamine μ g/100G.	Ribo- flavine μ g/100G.	Nicotin- amide μ g/100G.	Ascorbic Acid mg./100G.	Probably D ₂ I.U./100G.	Total Tocopherols μ g/100G.	
33	Lettuce		1,500-2,400	3,000	60-75	45-150	2-5	8-18		0.43-0.54	33
34	Maize		10-900		135-180	60-140					34
35	Malted Milk—Nestlé's	400			1,900	489	84		19		35
36	Margarine—Vitaminised	1,584-1,936				0-6			315	?	36
37	Milk—Cows' Fluid	51-151	43-170		41-48	135-210	0.8-1.0	2.2 (3)	0.3-3.8	0.02-1.2	37
38	Milk—Condensed— Sweetened			144-442	50	+	1.8				38
39	Milk—Condensed— Unsweetened			128-335	50	360-390		0.4-2.7			39
40	Milk—Dried—Skimmed				410	160-200	6-8.9	1.58-6.27		0.05	40
41	Milk—Dried—Whole			384-1,090	300	1,500		6-9		0.3-0.5	41
42	Milo Tonic Food	2,200			430	500		5-5	390		42
43	Orange—Flesh		0-22		—	30-90	2-2	16-47			43
44	Orange—Juice		300-400		70-92			22-89		0.24	44
45	Onion		25		30	24-50	1-5	6 (2)			45
46	Parsley		5,000-30,000		80	300		154-209		5.5	46
47	Peas				200 (2)	150-200 (1)	7-21	14-16		2.1-6.4	47
48	Peanut		63		694-1,050	160-500	86	10	0	9.3	48
49	Pineapple—Whole Fruit		60-160		80-90	5-55	1.36	3-13			49
50	Plum		0-320		50-150	30-45	1.5-6	3-7			50
51	Potato		28-50		90	29-40	11.8	18 (3) 10 (2)		0.1	51
52	Rice—Brown		34		60-290	60-80	44-60				52
53	Rice—Milled		0		50	47	14				53
54	Sardine				1,800					4.5	54
55	Spinach		2,630-6,500		50-120	230-400	5-7.2	15-71		1.7	55
56	Tomato—Whole—Ripe		400		70	40-60	5.8	10-38		0.36	56
57	Tomato—Juice		320-590				1.0	16-33			57
58	Vi-Lactogen	2,766			175	888	+	4	410		58
59	Wheat Flour—White 70% Ext.		0		60-90	85	8.4-12.0				59
60	Wheat Flour—Whole Meal		102-456		540-1,080	160-250	28-80				60
61	Wheat Germ				1,800-3,750	480-1,500				27	61
62	Wheat Germ Oil									100-420	62
63	Yeast—Brewers'			0	7,500-24,000	1,800-3,000	300-1,000	1-2		0	63

(1) Raw. (2) Cooked. (3) Average. + Present.

RECOMMENDED DIETARY ALLOWANCES IN AUSTRALIA

In response to a demand for recommended dietary allowances which recognised the influence of environment or nutritional requirements, the Nutrition Committee of the National Health and Medical Research Council in 1954 prepared a table for use in planning of diets in Australia, and permission to reproduce it below is gratefully acknowledged.

Allowances are based on the theoretical requirements of a "reference man" and a "reference woman" each 25 years of age and weighing 65 kg. (143 pounds) and 55 kg. (121 pounds) respectively, living in a warm temperate zone, of mean external annual temperature of 18° C. (64° F.).

They consume an adequate well-balanced diet, neither gain nor lose weight, and lead a life of average activity.

CALORIC ALLOWANCES. Many people engaged in light to moderate activity could do with 250 calories less than the allowances. Likewise caloric requirements are reduced with increasing age, as activity decreases.

PROTEINS. Allowances are related to body weight, one gramme per day per kg. of body weight for adults, 1.5 to 3 grammes for children and young adolescents and 3.5 grammes for infants. Animal or vegetable protein is equally satisfactory so long as it provides an adequate mixture of amino acids.

IRON. Although essential, insufficient information is available for adoption of precise amounts. Also the usual Australian mixed diet is believed to yield an adequate amount, except in those suffering from anæmia related to iron deficiency.

VITAMIN A. Recommendations assume that the vitamin A is derived from a mixture of preformed vitamin A (one-third) and carotene (two-thirds), for adults. For infants, it is assumed to be derived almost entirely from preformed vitamin A.

THIAMINE AND NIACIN. Allowances are computed on the basis of 0.5 milligrammes and 5.0 milligrammes per 1,000 calories respectively.

Recommended Daily Dietary Allowances, 1954.¹

Subjects.	Age. (Years.)	Calories.	Protein. (Grammes.)	Calcium. (Grammes.)	Vitamin A. (Inter- national Units.)	Thiamine. (Milli- grammes.)	Riboflavin. (Milli- grammes.)	Niacin. (Milli- grammes.)	Ascorbic Acid. (Milli- grammes.)	Vitamin D. (Inter- national Units.)
Men	25	3000	65	0.8	5000	1.5	1.6	15	30	—
	35	2900	65	0.8	5000	1.5	1.6	15	30	—
	45	2800	65	0.8	5000	1.4	1.6	14	30	—
	65	2500	65	0.8	5000	1.3	1.6	13	30	—
Women	25	2200	55	0.8	5000	1.1	1.4	11	30	—
	35	2100	55	0.8	5000	1.1	1.4	11	30	—
	45	2000	55	0.8	5000	1.0	1.4	10	30	—
	65	1800	55	0.8	5000	0.9	1.4	9	30	—
Pregnant (third trimester) ..	—	Add 400	80	1.5	6000	1.3	1.8	13	80	400
Lactating (850 millilitres daily) ..	—	Add 1000	100	2.0	8000	1.6	2.0	16	100	400
Infants	Under 1	60-45 per pound	1.6 per pound	0.6-1.0	1500	0.5	0.9	5	30	400
Children	1 to 4	1300	40	1.0	3000	0.7	1.0	7	30	400
	5 to 8	1700	55	1.0	3000	0.9	1.3	9	30	400
	9 to 12	2300	70	1.2	3000	1.2	1.7	12	30	400
Boys	13 to 15	3000	85	1.4	5000	1.5	1.8	15	50	400
	16 to 19	3600	100	1.4	5000	1.8	1.8	18	50	400
Girls	13 to 15	2500	80	1.4	5000	1.3	1.8	13	50	400
	16 to 19	2300	75	1.4	5000	1.2	1.8	12	50	400

¹ These allowances are recommended for the planning of practical dietaries for healthy persons, normally vigorous, and living in Australia in a warm temperate climate. The recommendations for infants refer to diets consisting mainly of cow's milk; the values do not necessarily apply to breast-fed infants.

NUTRITION

WEIGHING OF INFANTS

Simpson, E. E.—*Med. Off.*, 1957, 98, 305

Too much emphasis has been placed on regular routine weighing of infants. Weight, as practically the sole criterion of progress, produces a weight-conscious mother and, too often, a fat baby.

For some time now the welfare centre of the Institute of Child Health in London has been attempting gradually to impress on mothers that the infant's weight is not necessarily a good measure of its progress.

By limiting weighings, a mother becomes more observant of small changes in the baby's behaviour and more ready to accept the wide variations of normal progress. Weighing could be safely omitted in some types of baby, while it was essential to maintain it in others.

Bottle-fed babies could be weighed much less frequently than breast-fed babies—in the former case the food intake is quite accurately known.

In the case of the less intelligent or the careless mother, it was considered advisable to recommend frequent weighing, in order to encourage regular attendance at the Infant Welfare Centre.

BREAST FEEDING

Deem, H., and McGeorge—*Proc. Univ. Otago Med. Sch.*, 1956, 34, 19

A recent survey showed a steady decline in both the incidence and duration of breast-feeding in a series of 892 hospital patients.

On discharge 76.1% of the infants were fully breast-fed, 14.8% required complementary feeding and 9.1% were artificially fed.

At 3 weeks, 14.5% of the babies were artificially fed, this percentage rising to 49.5 at 13 weeks and to 80.5 at 26 weeks.

The authors stated that complementary feeding probably is not justified after 2-4 weeks unless the mothers are particularly anxious to persevere with breast-feeding.

NIGHT FEEDING OF INFANTS

Campbell, J.—*Lancet*, 1958, 1: 877

An attempt was made to determine for how long night feeding of an infant should be continued. Physicians and welfare clinics in Middlesex, the seat of this investigation, encourage demand feeding.

Significant differences between bottle- and breast-fed infants or hospital and home delivery were not noted—the most important factor apparently is birth-weight. Of a group of babies weighing less than 6.5 pounds at birth, only 9 percent never were fed at night, compared with 52 percent in a second group of over 8 pounds birth-weight.

At the age of three months these differences had disappeared and some 90 percent of all of the babies no longer took a night feed.

It is interesting to note that night feeding generally stopped fairly suddenly, the baby sleeping right through two or three nights in one week and then quickly failing to demand its night feed.

GENERAL

MILK ALLERGY

Fries, J. H.—*J.A.M.A.*, 1957, Nov. 23, pp. 1542-5

The author states that the incidence of milk allergy is yet to be determined, because estimates of its frequency have been based on symptoms which might have other explanations.

In his own practice an incidence of some five percent of patients report having had clinical symptoms referable to milk, but under his own observation, less than 0.3 percent proved allergic.

Two especially interesting points are made, namely that bacterial contamination of milk is capable of causing severe gastro-intestinal upsets, and that improperly compounded milk formulæ, rapid, forced or excessive feeding can be responsible for vomiting and colic—this is not allergy.

Breast milk rarely is allergenic.

Cows' milk sensitivity usually is due to lactalbumin, and boiling or processing denatures this—hence evaporated milk so often is an effective alternative. Lactalbumin being a species-specific protein, goats' milk may prove satisfactory.

If, on the other hand, the sensitivity is to the heat-stable casein, which is common to all animal milks, then either a vegetable milk or hydrolyzed casein material is necessary.

Soy-bean milk preparations can be made closely to approximate cows' milk, but there are disadvantages in using them except when they become essential. The author has "seen, with increasing frequency, children with clinical sensitivity to soy-bean, with correlating positive cutaneous tests" and in some instances, cross-sensitization to other legumes has occurred.

Severe vitamin A deficiency has been reported in allergic infants fed synthetic milks, and Fries states that this vitamin seems to be better absorbed when naturally dispersed in milk than when given as an oily supplement, and that absorption in an allergic intestine may be impaired—possibly increased quantities of the vitamin may be required.

Soy-bean preparations often provoke gastro-intestinal disturbances but the exact reason for these is not known.

Plants do not provide in the same relative proportions, the essential amino acids present in animal proteins. All in all, therefore, vegetable milks should be used only when mammalian milks are not tolerated.

Only when cows' milk, evaporated milk, or goats' milk fail, should vegetable milk be considered, and since sensitivity to milk quite frequently may be lost, retreatment of cows' milk at frequent intervals is indicated.

MILK ALLERGY

Ratner, B.—*Am. J. Gastroent.*, 1957, 28, 2,141

Ratner recommends that, during pregnancy, the mother take part of her food in denatured form as a means of preventing food allergy in children.

After pointing out that 75 percent of milk-sensitive children react to lactoglobulin and lactalbumin fractions, and only 25 percent to casein, (in which case a change to goats' milk is not effective) the author draws attention to the fact that moist heat effectively reduces the allergenicity of those protein fractions which most frequently are the cause of milk allergy.

Homogenization which, it has been claimed, aids protein digestion, probably is a contributing factor in allergenic denaturation of milk in the sterilized evaporated state.

CALCIUM REQUIREMENTS

Hegsted, D. M.—*Nutr. Rev.* 1957, 15, 257

The author concludes that the belief that the body should be over-loaded with calcium, against some possible future period of insufficiency, needs careful reconsideration. Low calcium (and seemingly a poor calcium: phosphorus ratio) is apparent in the diet of most people from infancy through childbearing and middle-age, and although highest calcium requirements appear to coincide with lactation, nobody seems yet to have described the signs and symptoms of a dietary calcium deficiency syndrome in man. Osteomalacia of course has been reported in certain countries in lactating women. This apparently is responsive to vitamin D but not to calcium additions to the diet.

It would seem that much of the world receives considerably less than the Food Nutrition Board's recommended 0.8 grammes daily allowance of calcium.

Maybe is it desirable to adapt the body to low calcium intake.

Decalcification in old age, should it be related to calcium intake, perhaps could be interpreted as an indication that adaptation to a low intake of this element may be desirable.

TREATMENT OF DIARRHCEA CAUSED BY X-RAYS

J. Hahn et al.—*Med. Klin.*, 1957, 52: 546-48

The authors gave "Arobin" to 87 women suffering from intestinal disorders after radiological treatment of gynæcological carcinoma. In all cases a good result was obtained, and it was never necessary to interrupt the ray treatment because of intestinal reactions.

The treatment included from the beginning the administration of 6 tablets of "Arobin", the quantities being then decreased according to the state of the patients.

IRON ABSORPTION

J.A.M.A., 1958, 166, 1742

Where an iron deficiency exists, the larger the dose of iron administered, the greater is the percentage absorption. In normal subjects, however, only the daily requirement is absorbed, without regard to the quantity ingested.

More iron is absorbed when given alone, as a meal tends to reduce the absorption. It seems that absorption of iron is inversely proportional to the bulk of the feeding.

As a result of 98 balance studies with food iron, it appears that normal children would be expected to absorb about 10 percent of dietary iron and iron-deficient subjects almost twice this amount.

These observations strongly support the theory that iron deficiencies in infants are due to a deficiency of this element in the diet rather than to any deficiency in absorption or utilization.

HABITUAL VOMITING IN INFANTS

Paupe, J.—*Le médecine infantile* 1957, 64, 5.

Habitual vomiting in infants is vomiting of functional origin without organic cause, occurring in a non-infected child given a suitable diet. This vomiting appears at birth or in the first few days of life. It is irregular. The stools do not alter and the general state of health is rarely affected. Diagnosis is arrived at by a process of elimination.

Secondary vomiting, particularly emetic coughing, and vomiting caused by improper feeding must first be ruled out.

The work of M. Lelong shed considerable light on the physiopathology of the disturbance.

During a meal the infant swallows a quantity of air proportional to the speed of sucking and to the fluidity of the meal. In the infant, the evacuation of air is poor and stomach distention causes the vomiting. Efficient treatment should lead to a complete cure. The people around the child must be soothed, changes of diet must be avoided and the meal made to last at least 15 minutes.

The author advocates the use of a thickening powder at 1 or 2 percent concentration and mentions "Nestargel".

DIGESTIVE DYSFUNCTION DUE TO ORANGE JUICE

Alvey, C., and Cahn, A.—*Med. J. Aust.*, 1956, 2 : 11

Consumption of orange juice causes distress in certain people, especially those with histories of bilious attacks or gall-bladder attacks, jaundice, migraine or excessive alcohol consumption, who may however tolerate it except during such attacks.

Symptoms usually occur within 30 to 45 minutes after consuming orange juice and may take the form of numbness of lips, "heart-burn", gastric pain, vomiting, diarrhoea and headache.

The factor responsible is not known. It is not one of the normal orange juice pigments, although it could be a degradation product of β carotene.

There is some suggestion that perhaps it is a terpene, although this has not been definitely established. In any case, whatever the substance may be, it is only present in a small amount and to date no practicable means of its elimination from orange juice have been found.

ANTIBIOTICS IN MILK

With increasing use of antibiotics as therapeutic and prophylactic agents, there has been much speculation as to the effect of their presence in foods.

While there is no unanimity among investigators, it would appear that antibiotics do not constitute a danger to human beings, provided they are used properly.

The American Food and Drug Administration in two surveys of fluid market milk found 3.2% and 11.6% to contain penicillin, varying in concentration from 0.003 to 0.08 units per millilitre, while a third and more extensive survey showed 5.9% positive in concentrations of from 0.003 to 0.550 units.

PREVENTION OF DIGESTIVE DISORDERS IN INFANTS BY "AROBON"

Vonderweidt, P., and Klein, M. L.—*Sem. Hôp.*, 1955, 31, pp. 3950-51

Secondary dyspepsia in infants hospitalized for diseases other than those of the digestive tract are a constant source of anxiety to the physician.

These writers, however, prescribed 2 per cent. "Arobon" as a prophylactic, for avoidance of weaning dyspepsia and, especially, secondary dyspepsia.

Two groups of 50 children (suffering mainly from diseases of the respiratory passages, and from skin diseases) were compared, without changing diet other than to add 2 per cent. of "Arobon" to the diet of the second group.

In the untreated group, 84 per cent. suffered from dyspepsia (60 per cent. acute), and needed preliminary starvation with gradual return to routine diet.

In the second group, treated with "Arobon", only 14 per cent. suffered from dyspepsia and 10 per cent. of these only in a mild form, which cleared up when "Arobon" was increased to 5 per cent.

The authors reported "The result of prophylactic addition of 2 per cent. 'Arobon' is therefore absolutely convincing."

EFFECT OF FLUID INTAKE ON LACTATION

Illingsworth, R. S., and Kilpatrick, B.—*Lancet*, 1953, Dec. 5

In a controlled investigation half the mothers in a maternity unit were instructed to drink at least 6 pints (120 ozs.) of fluid daily. They averaged 107.5-ozs.

The controls, allowed to drink what they wanted, averaged 69.1-ozs., and the gain in weight of the babies, and incidence of full breast feeding was observed.

There was no evidence that forcing fluids was beneficial but on the other hand there was evidence that more milk was produced by those mothers who drank only to satisfy their needs.

GERIATRIC NUTRITION

With a gradually increasing proportion in the higher age groups of the population, more and more attention is being paid to nutrition problems in the ageing and the aged.

From the Fourth International Congress of Nutrition, held in Paris mid-1957 it is reported that the chief nutritional feature in which old age differed from youth was reduction in caloric requirements.

There appeared to be no marked difference in the need for proteins, carbohydrates, fats or vitamins.

However, there still are some differences in thought on the subject.

The recommendation that extra milk should be provided to counteract osteoporosis has been countered by the objection that the additional calcium may be laid down in the aorta and kidney.

Some hold the view that a high protein, low fat, low caloric diet with adequate essential fatty acids would delay cardio-vascular catastrophes, while others adopt the attitude of "eat what you like" so long as the body weight is kept down.

Experimental work has shown that under-nutrition in young rats increased longevity. It is difficult to apply this to the question of effect of nutrition in childhood on length of life of the individual.

Pollack⁽¹⁾, discussing the frequency of obesity in older people, believes this to be not so much due to gourmandising as to the relative constancy of food intake despite the decreased requirement, and in conjunction with Isaac⁽²⁾ in another report, points out that small increments of positive caloric balance over a period of time can result in pronounced obesity.

A difference of only 15 calories per day over a 15 year period, it is claimed, can cause a difference of 15 lb. in body weight.

(1) Pollack, H.—*J.A.M.A.*, 1957, 165, p. 257

(2) Pollack, H., and Isaac, G. J.—*J.A.M.A.*, 1958, 167, p. 216-9

PROBLEMS OF RAW MILK

EFFECT OF SUNLIGHT ON MILK

For a good many years now, it has been known that exposure of market milk (or cream) to sunshine or daylight is responsible for the development of a peculiar foreign off-flavour variously described as cardboard, oxidised, papery, metallic or scorched.

Work carried out in the Dairy Research Section of C.S.I.R.O. has disclosed that sunlight, by physico-chemical reaction on the butterfat, whereby unsaturated aldehydes develop, is responsible for the cardboard flavour on the one hand, and, on the other by reaction between the vitamin riboflavin and the amino acid methionine, with production of methional, for the broth-like scorched odour.

Therefore, when milk is exposed to sunlight there is some decomposition of the butterfat and a loss of the B vitamin, riboflavin and of course, of vitamin C, both water-soluble vitamins.

Fluid milk in glass bottles, exposed for as short a time as ten minutes developed the cardboard flavour, and invariably, any exposure of sufficiently long duration to oxidise the ascorbic acid caused development of the off-flavour to a noticeable degree. Pasteurization increased susceptibility to development of the defect.

This bad effect of daylight on milk is not confined to the hot months of the year and even though the bottle is protected against the direct rays of the sun, the reactions still will occur. The use of coloured bottles also was investigated.

Ruby glass gave a good degree of protection, but even so, after an hour's exposure to sunshine, the cardboard flavour was readily detectable.

Amber glass was less satisfactory, followed in order, by waxed paper and clear glass, which of course, gave relatively little protection at all. Incidentally the milk exposed in amber glass bottles quite rapidly reached a temperature several degrees (centigrade) higher than that held in clear bottles.

Pont ⁽¹⁾ in summarising a study of bottled milk in Melbourne wrote:—

“Under the conditions of handling milk in this country the risk of exposure to sunshine is high, especially in summer. The use of amber bottles would result in a substantial diminution but by no means the complete elimination of sunlight flavour. The improvement to quality in this respect would be offset by lessened keeping quality due to the rise in milk temperature caused by greater heat absorption of this type of glass”.

BOVINE TUBERCULOSIS

It was reported at a recent annual conference of the New Zealand Veterinary Association that bovine tuberculosis probably was responsible for 40 to 50 new cases of tuberculosis in human beings with five or six deaths, each year.

Incidence of tuberculosis in New Zealand cattle varies from 2 percent or less to 50 percent in certain localities, with an overall figure of about 11 percent.

The dangerous practice of feeding unpasteurised milk to rural children seems fairly widespread—apparently due to the erroneous belief that milk containing the living bovine bacillus will confer immunity.

(1) Pont, E. G.—Aust. J. of Dairy Techn., 1956. Apr.-Jun.

BRUCELLOSIS

Wallis, H. R. E.—*B.M.J.*, 1957, Mar. 16, pp. 617-21

The author points out that brucellosis is a disease of mistakes—it often is missed, although common, and may be mistakenly diagnosed as psychoneurosis. All of his cases were children living in the country, with one exception, a recent arrival from the country, and all had drunk unpasteurized milk (some of it from tuberculin-tested herds).

A presumed "influenza" outbreak in a boys' school left one boy with persistent high evening temperature. Milk supply came from three farms, and the herds on two subsequently were found to be infected with *brucella abortus*.

In another instance infection was traced to raw milk brought to the home from a farm; while on investigation of yet another case, herds on two farms were found to be infected.

STAPHYLOCOCCAL FOOD-POISONING DUE TO INFECTED COWS' MILK

Steede, F. D. F., and Williams Smith, H.—*B.M.J.*, 1954, pp. 576-8

The authors comment that *Staphylococcus pyogenes* is commonly found in cows' milk, but that in spite of this fact, food-poisoning arising from the presence of this organism is rare, and give an account of two small, related outbreaks traced to clotted cream prepared from milk from a cow which persistently excreted *Staphylococcus pyogenes* in her milk, as the infecting source.

The causative organism was found to be present in one quarter of the cow's udder on several occasions, and the same type was isolated from the nose of the milker.

LEPTOSPIROSIS AND MILK

Kirschner, L., and Maguire—*New Zealand M.J.*, 1955, 54, 560-4

Leptospirosis is prevalent in man and animals in New Zealand, and some 75 per cent. of all cases diagnosed were farmers or their families.

No milk-borne infections, however, have been reported even in countries where the disease is known to be widely spread.

RAW MILK IN THE SPREAD OF DISEASE

Scarlet fever, diphtheria, paratyphoid fever and enteric fever have frequently been spread by milk; bacillary dysentery and acute food-poisoning more rarely so.

Usually the organism responsible gains entry into the milk after it leaves the cow. Occasionally the cow itself is infected and is the source of infection in the milk.

Undulant fever in man is spread by consumption of milk from infected cows.

Human tuberculosis of bovine origin is of especial importance, and, although there is evidence that the cases are diminishing, Sir William Savage, in 1938, considered that in England there were, at a conservative estimate, 1,700 deaths per annum with, probably, 4,000 fresh cases each year. He stated "These facts constitute a 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".

THE NUTRITIVE VALUE OF MILK AND MILK PRODUCTS

THE MOST NEARLY PERFECT FOOD

The following excerpt from the Ministry of Health's Advisory Committee on Nutrition summarises the nutritive value of milk as aptly to-day as it did when it was published in 1937.

"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."

MILK IN THE DIET OF INDIGENOUS POPULATIONS OF HOT COUNTRIES

Benedetti, in a report prepared for the International Dairy Federation, International Commission for Dairying in Warm Countries, has pointed out that in temperate countries, liquid milk usually can be handled with relatively little difficulty.

However, its handling in warm countries where average temperatures are above 20° C. sets a problem, and under these conditions, since milk is such an excellent medium for bacterial growth, its consumption can become a source of considerable danger.

Pasteurization, provided it is properly performed, can mitigate this danger, but sterilization seems to offer far greater security still, from the bacteriological viewpoint.

It is known that clean milk normally sours due to acidifying bacteria, which produce lactic acid, and these bacteria are innocuous, and may even facilitate digestion.

In pasteurizing or sterilizing milk the normal acidifying flora is destroyed, and should such milk become infected subsequently, it no longer has the natural protection of the acidifying bacteria and a putrifying flora will develop. Such milk generally does not curdle but putrefies, and usually is dangerous to the health of the consumer.

Possibly this explains why, in warm climates, acidified milk so often is consumed (such as *Leben*, *Kefir*, *Kumiss*, *Yoghurt*, etc.).

In recent years the use of milk products for infant feeding in warm climates has greatly increased, and it is interesting to note that acidified dried milks are more and more favoured, especially in the South of France, Spain, Italy and Mediterranean countries and the Middle East.

MILK AS A SOURCE OF CALCIUM

Food and Nutr. Notes and Reviews, 1956, 13.3 & 4, p. 35

In the United States of America use of radio-active tracers in various forms of diet has permitted workers to follow deposition of mineral matter in the bones. These investigations have shown that the calcium in milk is far superior to that taken in any other form, in the building of teeth and bones of young animals.

EFFECT OF METHOD OF MANUFACTURE OF MILK PRODUCTS ON AVAILABILITY OF LYSINE

Mauron, J.—Biochemical Symposium, Naples, 1954

Work carried out in the Nestlé Research Laboratories in Vevey, Switzerland, offers a preliminary answer to the effect of heat treatment during manufacture on the nutritional value of milk proteins.

The author perfected a method of enzymic digestion of milk under test which enabled him to follow the liberation of amino acids from proteins during the course of digestion.

Working with powdered milk, both spray- and roller-dried, and with sweetened condensed as well as unsweetened condensed milk, he found no significant alteration in the amino acids tryptophan, tyrosine and methionine. On the other hand, however, liberation of amino nitrogen is less in evaporated and roller-dried milk powder than in sweetened condensed and spray-dried milk.

The lysine liberated is reduced by 25 per cent. in evaporated milk and by 31 per cent. in roller-dried milk, while there is no change in sweetened condensed and in spray-dried milk (Maillard reaction).

Since infant requirements of lysine are high when compared with those of the adult, the effect of this partial "blockage" of the lysine is particularly important in infant feeding.

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.

DRIED MILK

SOME MEDICAL OPINIONS

"The Infant," by Eric Pritchard, M.A., M.D., F.R.C.P.

"The time-honoured belief in the virtues of raw milk for 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."

"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."

DRIED MILK AS A DIETARY SUPPLEMENT

Spies and his associates,* using paired controls, fed undernourished children for a 40 month period during which they received a supplement of powdered milk equivalent to 3 quarts of milk weekly. Subsequently, approximately half received the equivalent of 12 quarts of milk weekly for a period of six months, while the remainder continued to receive 3 quarts. Progress in bone maturation and texture was observed.

The powdered milk was reconstituted with water either to twice or four times the concentration of liquid milk to avoid the need for drinking large volumes of liquid.

During the second period for children receiving 12 quarts, half the quantity of powdered milk was mixed to a paste with as little water as possible, sweetened, flavoured and frozen, the balance being mixed as previously, and given with the "ice-cream".

During the first period no greater improvement was apparent in the "extra milk" group than in the control group.

However, during the second period, children receiving the equivalent of 12 quarts of milk made greater progress in bone maturation than either those given less milk or their paired controls.

* Am. J. Dis. Child., 1953, 85, 1, 1

DIGESTIBILITY OF INFANT FOOD PREPARED FROM COWS' MILK

In the preparation of a milk food for infants which can be easily digested, it is necessary to see that the protein is altered physically, so that in its reactions with gastric enzymes and acids a soft curd will result instead of the tough curd which cows' milk yields with rennin.

Pasteurization, essential to destroy pathogenic organisms, has relatively little effect on softening the rennin-formed curd and heat treatment, to be effective, must be taken to the stage of boiling. Homogenization and heat treatment combined is still more effective while the special spray process of drying (which is extremely rapid) used for "Lactogen" and "Vi-Lactogen" gives even better results than boiling modified fluid milk for ten minutes. The curds which result on rennin coagulation are voluminous, easily disintegrated, soft and more readily permeable to digestive juices.

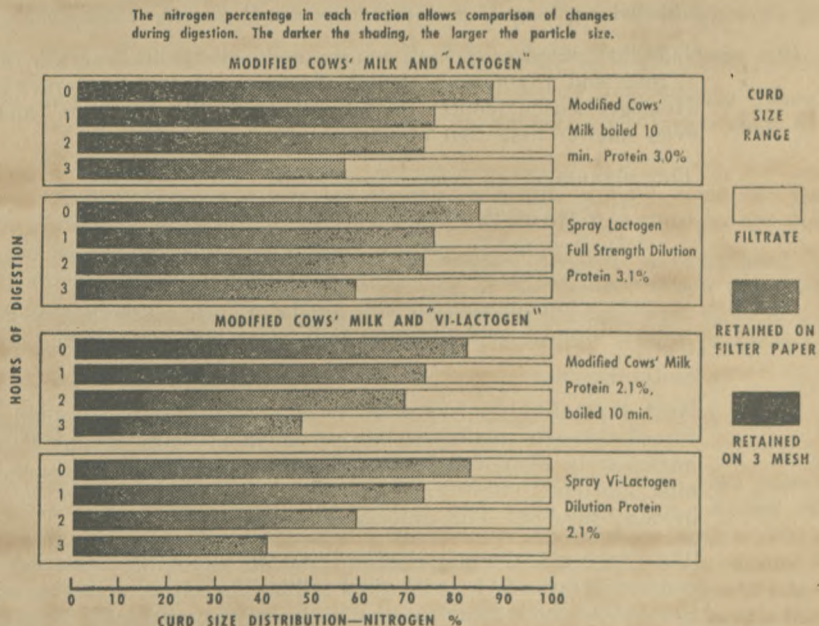
Using the technique evolved by Doan and Dizikes† the digestion of "Lactogen", "Vi-Lactogen" and two modifications of cows' milk was followed in the Nestlé Research Laboratory and from the results obtained a diagram was drawn.

In one group cows' milk modified to the protein content of "Lactogen" and then boiled 10 minutes is compared with "Lactogen" and in the second, cows' milk modified to 2.1 per cent. protein and boiled 10 minutes is compared with "Vi-Lactogen" at the same protein percentage.

The diagram shows, in terms of curd particle size measured hourly for 3 hours, progressive changes during digestion and also demonstrates curd characteristics.

Milk pasteurized but not boiled gave a larger particle size than boiled milk.

Even boiling modified cows' milk for 10 minutes gives less satisfactory digestibility than that of "Lactogen" and "Vi-Lactogen" produced by the special Nestlé process of manufacture.



† 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.

THE PROCESS OF MANUFACTURE OF VI-LACTOGEN AND LACTOGEN

The process of manufacture of milk products in the Nestlé's factories commences even before the milk is secreted.

Each factory has its staff of qualified farms inspectors, responsible for maintaining the high standard of dairy hygiene demanded of all Nestlé's suppliers. They examine cattle for disease, ensure cleanliness of dairy premises and see that the Company's "Regulations under which Milk is Received for Condensation at Nestlé Factories" are observed. All milk cans after emptying **are washed and sterilized with live steam in automatic can-washing machines by Nestlé employees.**

Milking times for each supplier and time-tables for collecting vehicles are synchronised to ensure minimum delay in processing. Fluid milk for city consumption often is 24 to 48 hours old before delivery and older still when consumed.

Milk received at the Company's factories is thoroughly tested in the factory laboratory and unless it is satisfactory, is not manufactured into "Vi-Lactogen" or "Lactogen".

The composition of liquid milk varies considerably even from day to day, so samples of each batch for manufacture are rapidly analysed in the factory laboratory. According to the results of these analyses the milk components are so balanced that "Vi-Lactogen," when reconstituted, closely resembles human milk. "Lactogen" has a slightly higher protein and lower carbohydrate content. In this way uniformity of composition of all batches of "Vi-Lactogen" and "Lactogen" is assured.

PASTEURIZATION. Having correctly adjusted the composition of the raw milk, it is pasteurized, to ensure complete destruction of all pathogenic organisms.

HOMOGENIZATION. The milk is forced through a special valve under high pressure, to break up large fat globules into smaller ones, making the milk homogeneous.

The fat globules of both human and cows' milk vary in diameter from between 1/1000 and 1/100 mm., though there are more of the larger globules in cows' milk. Homogenization reduces the fat globules in "Vi-Lactogen" and "Lactogen" to a size even smaller than that of human milk.

The advantages of homogenization are:—

- (i) Small fat globules present a large surface area to lypolytic enzymes.
- (ii) Increase in surface area of the milk fat has an effect on the protein film covering the globules: more protein can be adsorbed on them.
- (iii) Un-homogenized milk tends to form a tougher coagulum during digestion than would the same milk after homogenization.

SPRAY-DRYING.

Next the milk is spray-dried by a special Nestlé patented process. The milk is forced through small jets into a current of warm air, as a fine mist. The water is immediately evaporated from the tiny milk droplets, leaving behind particles of milk powder. These are removed automatically as they fall to the bottom of the drying chamber. The process is continuous.

This drying action is so gentle that the solubility upon reconstituting with water compares favourably with fluid milk. The effect of the heated air used in drying is so slight that correct pasteurization of the milk prior to this operation, is essential. The powder so produced is subjected to analyses to check its composition, and, if found correct, it is packed by automatic machines into tins for the market—it is untouched by the human hand at any time during manufacture or packing.

Routine bacteriological examinations are carried out on the contents of the tins as packed for sale, and these are found to have a uniformly low colony count and invariably are free of pathogenic organisms.

VITAMIN AND IRON CONTENT.

The vitamin content of the milk is conserved in the process of manufacture, since the milk is only exposed for a limited period to a temperature sufficient to ensure destruction of all pathogens. However, the vitamin content of fluid milk is dependent largely on the food of the cow, and, in the case of vitamin D, exposure to sunshine. Milk in Australia is produced under very nearly ideal conditions.

As many pædiatricians consider a greater margin of safety is desirable than is possible with fresh milk, the following vitamin additions are made to "Vi-Lactogen" and "Lactogen":—

Vitamin A—497 I.U. per ounce of "Vi-Lactogen" or "Lactogen".

Vitamin D—106 I.U. per ounce of "Vi-Lactogen" or "Lactogen".

This is equal to more than $\frac{1}{2}$ teaspoonful of Cod Liver Oil Emulsion, and is additional to the natural vitamins already present in the product.

Since cows' milk is lower in iron than human milk, sufficient Ferri et Ammonii Citras B.P. to give 4 p.p.m. of Fe_2O_3 in the reconstituted food, is added to both "Vi-Lactogen" and "Lactogen" in order to make good this deficiency.

MAINTENANCE OF FRESH STOCK.

The date embossed on the bottom of every tin of "Vi-Lactogen" and "Lactogen" indicates a time by which the contents should be used. It does not mean that the contents is no longer suitable for use after this date, but it does ensure that fresh stocks are always available since Nestlé's arrange for the withdrawal of out-dated stock and replacement by freshly dried "Vi-Lactogen" and "Lactogen".

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

1. "Vi-Lactogen" is pure, fresh milk modified ("humanised"), fortified with additional A and D vitamins and iron, dried by a highly scientific process.
2. Uniform composition closely corresponding with that of human milk.
3. Reduction in size of fat globules in process of manufacture (some milk-drying processes cause fat globules to become much larger than 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.

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 unnecessary, as both foods, in addition to the vitamins naturally present in the milk from which they are made, contain added vitamins A and D, and sufficient added Organic Iron to give the average amount present in human milk.

VI-LACTOGEN FEEDING TABLE

"VI-LACTOGEN" CONTAINS ADDED VITAMINS A AND D AND A SMALL AMOUNT OF ORGANIC IRON.

Each 7 oz. 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)						FOR 4-HOURLY FEEDS 6 a.m. to 10 p.m. (5 feeds)						
AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed	Increase quantities slightly each week avoiding abrupt changes.	AGE	"VI-LACTOGEN" Level Spoonfuls		WATER Spoonfuls	Makes Fluid Ounces	Cals. per feed
	Table	Tea						Table	Table			
	At 1st Week	—	1½	2	1			17	At 1st Week	—	2	2½
3rd "	1	& 1	5½	3	56	3rd "	1	& 1½	6½	3½	62	
5th "	1	& 2½	7½	4	73	5th "	2	—	9	5	90	
7th "	1	& 3	8	4½	79	7th "	2	& 1	10	5½	101	
2½ Mths.	2	—	9	5	90	2½ Mths.	2	& 2	11	6	112	
3½ "	2	& 1	10	5½	101	3½ "	2	& 3	12½	6½	123	
4½ "	2	& 2	11	6	112	4½ "	3	—	13½	7½	135	
Discontinue night feeding (after 10 p.m.) as soon as possible. Try 4-hourly feeding after 2nd month.						5½ "	3	& ½	14	7½	141	
						6½ "	3	& 1	14½	8	147	
						7½ "	3	& 2	15½	8½	158	
						9 "	3	& 3	16½	9	170	

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 warm (previously boiled) water and stir vigorously with a fork until completely dissolved.

ANALYSIS OF "VI-LACTOGEN." Percentage Composition.

	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 ₂ O ₃ in mixed food.

DATA OF "VI-LACTOGEN."

- 1 Medicinal Tablespoon = .31 oz. or 8.75 gm.
- 1 oz. Avoir. = 3½ 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 3½ to 4½ 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.

* Full strength.

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	1½
3rd "	1	& ½	5½	2½	56
5th "	1	& 2	7	4	71
7th "	1	& 3	8	4½	81
2½ Mths.	2	—	9	5	90
3½ "	2	& 2	9½	5½	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	—	1½	3	1½
3rd "	1	& 1	6½	3½	61
5th "	2	—	9	5	90
7th "	2	& 1	10	5½	101
2½ Mths.	2	& 2	10½	5½	111
3½ "	3	—	11	6	123
4½ "	3	& 1	12	6½	133
5½ "	3	& 2	13	7½	144
6½ "	3	& 3	14	7½	154
7½ "	4	—	15	8½	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. If continued after 10 weeks, then reduce the "Lactogen" by one teaspoonful.

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

As a basis for modification, "Lactogen" can be diluted 2 teaspoonfuls of powder with 1 oz. of water—this mixture contains 20 calories per oz.

ANALYSIS OF "LACTOGEN."

Percentage Composition.

	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, at full strength.
Added vitamin D ..	15	" " " " " " " " " " " "
Added organic Iron ..		4 parts per million of Fe ₂ O ₃ in mixed food, at full strength.

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.

COMPOSITION OF MIXED FOOD.

The Regulations under the Pure Food Acts require that the label on an infant food must show:—

- (i) the average percentage composition of human milk.
- (ii) side by side, the composition of the infant food as recommended for an infant aged one month, and
- (iii) the calories recommended per day, at one month.

The percentage composition of the mixtures in the 4 hourly "Lactogen" feeding table rises gradually from 1.3, 1.2 and 7.7 for fat, protein and carbohydrate at one week to 3.2, 3.1 and 5.7 at full strength which is reached between 2½ and 3½ months, making any desired composition between these extremes readily available.

* Full strength.

COMPARISON OF LACTOGEN AND VI-LACTOGEN WITH RAW MILK

"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.

"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.

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

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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 or pepsin it forms a hard clot which is very indigestible, due to greater amount of casein in cows' milk compared with 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, of 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 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.

WHEN STARTING BABY ON VI-LACTOGEN

The following advice to mothers is given 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 (or even less) 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. Offer plenty of boiled water, especially during hot dry months.

THREE- OR FOUR-HOURLY FEEDING

The interval between feeding depends entirely on the individual infant. It is now usual to start a healthy infant of birth weight 7-7½ lbs. on a four-hourly regimen. When, for any reason, an infant has been fed three-hourly from birth, it should be changed to four-hourly feeding when its weight is approximately 8 lbs.

LACTOGEN FOR THE NURSING MOTHER

Doctors closely associated with maternity hospitals, who have tested "Lactogen" in the diet of mothers and expectant mothers have drawn attention to the fact that this food has the effect of improving the flow of milk in many cases.

While it is not suggested that "Lactogen" acts as a direct stimulant to the mammary gland, it appears that its value lies in the fact that it is the simplest way in which an incorrect or inadequate maternal diet can be improved, i.e. by giving 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 maintain 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. The bulk sample should be thoroughly mixed before filling the sample bottle, and we suggest adding one drop of forty per cent. formalin to the ounce sample as a preservative.

At your request we will be pleased to forward bottles for sampling. These 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 1926-1951	Average 1952	Average 1953	Average 1954	Average 1955	Average 1956	Average 1957	Average 1958	Maximum	Minimum
Fat	3.99	4.16	3.76	3.26	3.58	3.28	3.71	3.68	12.75	.21
Lactose ..	6.98	7.38	6.58	6.69	7.32	6.56	6.84	6.25	11.15	1.01
Protein ..	1.32	1.38	1.37	1.51	1.48	1.17	1.24	1.35	6.71	.44
Ash22	.21	.21	.25	.25	.22	.21	.23	.50	.11

SPECIAL RECIPES

"LACTOGEN" MILK PUDDINGS.—In making the usual cereal puddings, such as corn-flour, 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.—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 1 lb. 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 IN THE DIET

The introduction of "educational" feeding will depend on the particular requirements of every individual baby. Whereas one will need added cereal or soup or vegetable puree at as early as three months, others will not require the supplement until six or seven months of age. The chart on this page is offered as one suitable for most babies.

FOOD	AGE	QUANTITY	REMARKS
"VI-LACTOGEN"	All Ages	See feeding table (page xxviii).	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 xxix).	"Lactogen" is a safe basic milk diet during all stages of a child's development.
"MALTOGEN"	All Ages	Add to "Lactogen" or "Vi-Lactogen" $\frac{1}{2}$ to 1 teaspoonful per feed (see table, page xlv) 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 $\frac{1}{2}$ teaspoonful by end of a week. Increase to 4 tablespoonfuls daily at 3 months.	Strain and dilute with an equal amount of cool boiled water. Given to supply excess of anti-scorbutic vitamin. Half a teaspoonful in 3-4 tablespoonfuls of warm boiled water one hour before feeding tends to prevent constipation. Prepare juice just before using.
PRUNE PULP (STRAINED)	3 Months	One teaspoon. Gradually increase quantity to 1 to 2 tablespoonfuls.	Can be given earlier for constipation.
RICE JELLY BARLEY JELLY OATMEAL JELLY	4-5 Months	Begin with very small quantities. Usually fed in solid form with diluted "Lactogen" or "Vi-Lactogen".	It is usually advisable to start with barley or rice jelly as they do not have the same irritating effect as the oatmeal jelly.
MUTTON BROTH VEGETABLE "	4-5 Months	Begin with 2 teaspoonfuls, increasing to 6 tablespoonfuls.	Small quantities can be given early. Baked breadcrumbs can be added to the broth.
STRAINED OR PREPARED CEREALS	4-5 Months	Begin with 2 teaspoonfuls, and increase to 2 tablespoonfuls.	Add "made up" "Lactogen".
EGG YOLK RAW OR LIGHTLY BOILED	5 Months	Commence with 3 or 4 drops added to the milk mixture.	Gradually increase to 2 teaspoonfuls.
HOME-MADE RUSKS	6-7 Months	Very small quantity just before or after "Lactogen" feed.	The period to begin depends on development of teeth.
VEGETABLES AND FRUITS	6-7 Months	Begin with small quantity added to the broth, and at 8-9 months 2 tablespoonfuls given separately.	Well mashed and sieved peas, beans, pumpkin, marrow, cauliflower, spinach, carrots. Raw mashed banana, pureed fresh or dried stone fruits.
STALE BROWN BREAD AND TOAST	6-7 Months	Begin with small quantity.	Lightly spread with butter, dripping, seedless jam, honey, treacle, or yeast extracts.
FIRM, RIPE APPLE OR PEAR	6-9 Months	Begin with small quantity.	Begin with scraping off with a spoon.
"LACTOGEN" CEREAL PUDDINGS	7-10 Months	Two ounces. 1 meal per day, made from sago or rice.	Start with very small quantities as early as the 7th or 8th month to inculcate starch digestion.
"MILO"	15 Months	Weak—as a flavouring.	Made with "Lactogen".

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-emphasised that only very small amounts of supplementary foods should be added, except towards the end of the first year.

* There is a growing tendency to begin even as early as 2-3 weeks.

NESTOGEN

A HALF CREAM INFANTS' FOOD Percentage Composition:

Water	Fat	Protein	Ash	Lactose	Malto-Dextrin	Sucrose	Vit. A. I.U. per oz.	Vit. D. I.U. per oz.	Organic Iron mg. per oz.	Calories 1 med. table- spoon	Wt. in oz. 1 med. table- spoon
3.3	12.0	20.0	4.7	30.0	15.0	15.0	425	91	1.50	40	.31
	1.38†	2.30	.54	3.45	1.72	1.72	49	10			

"Nestogen" is a spray dried half cream milk food with added mixed carbohydrates, vitamins A and D and Organic Iron.

It has been prepared especially for use under medical direction, and, due to its low fat content and mixed carbohydrates, it will be found particularly useful for *weak or premature babies*. The lower fat content makes "Nestogen" especially suitable for infants with signs of *fat intolerance or dyspepsia*.

The carbohydrates of "Nestogen" are lactose from the milk, sucrose and malto-dextrins. Infants can assimilate without digestive upsets a higher percentage of carbohydrate if this is composed of a number of sugars instead of a single sugar only. In addition, the dextrins have been shown to give a better utilisation of proteins than sucrose.‡

It will be noted that the label states "Nestogen" is "unsuitable for infants under six months, except under medical direction". This statement is required by law, as it is a half cream product and the fat content does not conform to the standard laid down for an infant food in the Regulations under the Pure Food Acts.

Due to the reduced fat in "Nestogen", the natural vitamin A and D content is reduced also, and therefore each ounce of "Nestogen" has been fortified by the addition of 425 International A Units and 91 International D Units.

INDICATIONS: Weak and premature infants. Fatty intolerance or dyspepsia. Fat reduced diet.

"NESTOGEN" FEEDING TABLE

Based on Medicinal tablespoons—household spoons should not be used.

PRESS POWDER FIRMLY IN MEASURE WITH KNIFE AND LEVEL OFF.

Age	NESTOGEN level Tablespoonfuls	Boiled Water Tablespoonfuls	Makes Fl. oz.	Feeds per day	Calories per feed
1st week	½	2½	1½	6	20
3rd "	1½	6½	3½	6	50
5th "	1¾	8	4½	6	70
7th "	2¼	10	5½	5	90
2½ months	2½	11	6	5	100
3½ "	2¾	12	6¾	5	110
4½ "	3	13	7½	5	120
5½ "	3¼	14	7¾	5	130
6½ "	3½	15	8½	5	140
7½ "	3¾	16	9	5	150
9 "	4	17	9½	5	160

IMPORTANT.—When commencing to use this food mix all the water with only half or even less the amount of "NESTOGEN" for first feed, then gradually increase to the amount of "NESTOGEN" recommended for the infant's age.

The feeding table is based on the caloric requirements of an average infant and is given as a guide. It can be adjusted to the special need of the infant.

Full strength is reached at 7th week, when the percentage composition is: Fat 1.49, Protein 2.49, total carbohydrates 7.45.

† Dilution recommended at 1 month.

‡ Marron *et al.*, J. Nutrit., 1954, 53, p. 563.

AROBBON — NESTLÉ

NESTLÉ'S ANTI-DIARRHOEIC SPECIALITY

Percentage Composition:

Water	Fat	Protein	Soluble Carbohydrates	Lignin hemi-cellulose, etc.	Ash	Starch	Cellulose	Pectin	Wt. 1 measure	Cals. 1 measure
3.5	1.5	4.0	47.5	21.0	2.5	15.0	4.0	1.0	5 G.	14.2

A pædiatrician noted during the Spanish Civil War that the incidence of gastrointestinal complaints was less frequent among infants and children who ate carob beans than among those who did not.

He requested the Nestlé Company to prepare a product using carob pulp as its basis, and numerous clinical trials in Switzerland gave such remarkable results that it was decided to manufacture and market the product under the name of "Arobbon". Very soon it was discovered that far better results were obtained when the carob pulp was given with a proportion of prepared starch than when it was used in a pure state. Consequently "Arobbon" is prepared by mixing the lightly roasted, finely ground and sifted carob bean meal with a specially treated starch, together with a small amount of cocoa, added as a flavouring agent.

Although it is not definitely known to which of its constituents "Arobbon" owes its effectiveness, it is probable that the pectin, lignin and hemi-cellulose content are most important. Actually, in passing through the digestive tract, the ingredients adsorb and thus eliminate, bacteria and toxins responsible for the diarrhœa.

Preparation for use is very simple—add "Arobbon" to boiling water, stir briskly, allow to boil up again, and then remove from the source of heat, and when cooled to body temperature it is ready to use.

"Arobbon" is indicated for infants and young children suffering from toxic diarrhœa, dyspepsia, acute, chronic, hypotrophic or secondary to infection; dysentery, enteritis, colitis and cœliac disease.

It has also proved an effective treatment for gastro-enteritis, and diarrhœa, both chronic and of infectious origin, in adults.

In treating infants up to the age of six months, best results have been obtained by covering the water requirements (150-180 ccs. per Kg. of body weight, which equals $2\frac{1}{2}$ -3-oz. per lb.) with a 5 per cent. water solution of "Arobbon", or for infants over six months, and young children, with a 10 per cent. solution. Then the infant's normal diet should be re-introduced gradually.

For cœliac cases, 5 per cent. of "Arobbon" should be added to the diet, either in the bottle, or as a pap.

Children and adults can be given "Arobbon" either once or several times daily, according to need, either as a drink or a gruel (8 measures of "Arobbon" in $3\frac{1}{2}$ -oz. of water). In slight cases, milk may be substituted for water and a little sugar added.

DIRECTIONS FOR USE: A 5 per cent. solution is prepared by adding one measure of "Arobbon" to $3\frac{1}{2}$ -oz. of boiling water, stirring briskly, bringing to the boil once more, and then removing from the source of heat. After cooling to body temperature it is ready to feed to the infant, at the rate of $2\frac{1}{2}$ -3-oz. per pound body weight, per day.

In one to two days, stools should become homogeneous, and at that stage half-strength "Nestogen" may be given, using the "Arobbon" solution instead of water to dissolve it, and gradually increasing until full strength "Nestogen" is reached. Finally, reversion to normal feeding follows, making each change gradually.

"Arobbon" is packed in lever-lid tins each holding $5\frac{1}{4}$ ounces net, together with a 5 gramme measure.

NESTARGEL — NESTLÉ

NESTLÉ'S THICKENING POWDER FOR TREATMENT OF VOMITING

Percentage Composition:

Water	Fat	Protein	Cellulose	Hemi-celluloses	Lactic Acid	Ash	Wt. measure	Cals. measure
16.0	0.8	5.5	1.0	73.0	1.5	2.2	1 G.	0.3

Vomiting in infancy always is a serious cause for anxiety, and it is imperative that immediate steps be taken to replace the loss of water and salts.

At one time treatment of habitual vomiting was by the "thick meal", that is, by reduction of the water intake, or by means of undiluted sweetened condensed milk. However, as these foods usually were vomited too, the patient was in imminent danger of dehydration.

An entirely new method has been evolved by Nestlé, whereby use is made of the gelling property of the seeds of the carob bean.

Whereas "Arobon" is prepared from the pulp of *Ceratonia siliqua*, "Nestargel", Nestlé's thickening powder, is derived from the seeds. These seeds contain an albuminous material which, when dried, is a white, odourless and practically tasteless powder, containing substances related to gums, and which, mixed with water, swells to give a pseudo-solution, the viscosity of which is independent of temperature.

"Nestargel" contains 96% of specially treated carob bean seed meal, with 4% of calcium lactate, and its particular advantage in treating vomiting lies in the fact that it is not necessary to modify either the normal diet, number of meals or water intake. In fact, it can be used equally well for either the breast-fed or the artificially fed infant.

Due to its immediate action on vomiting, "Nestargel" makes it possible to avoid too early weaning of the breast-fed infant suffering from this complaint.

Indications for the use of "Nestargel" are regurgitation and vomiting of infants, pyloric stenosis (provided stomach muscles are sufficiently strong), pyloro-spasm, dyspeptic vomiting and the emetic coughing of whooping cough.

DOSAGE AND METHOD OF USE: Usually addition of $\frac{1}{2}\%$ of "Nestargel" to the normal diet is satisfactory, but if greater thickening is required then the addition can be increased to 1-2%.

The spoon measure distributed with the jar holds 1 gramme of "Nestargel" and therefore a 1% solution is prepared by dissolving 1 measure of "Nestargel" in 100 ccs. ($3\frac{1}{2}$ oz.) of liquid.

If breast-feeding, it is often satisfactory to prepare a thick pap by dissolving 3 measures of "Nestargel" in $3\frac{1}{2}$ oz. of water, and to give the infant a tablespoonful either before or during the course of the meal. Alternatively, breast milk may be expressed and then thickened in the following manner:—

Boil 2 measures of "Nestargel" in $3\frac{1}{2}$ oz. of expressed breast-milk and cool. When luke-warm, add $3\frac{1}{2}$ oz. more of the milk (which has not been heated), mix and divide into the requisite number of feeding-bottles and cool. When required, each feed is warmed only to blood-heat. The hole in the feeder teat will need to be enlarged.

When the infant is fed on "Lactogen", sweetened condensed or unsweetened milk, the best procedure is to measure the quantity of water required for its dilution, boil, add 1 measure of "Nestargel" for each $3\frac{1}{2}$ oz., boil again and continue heating for 1-2 minutes, then cool and hold in a cool place until required. To prepare the infant's meal, measure the required quantity of "Nestargel" solution into a double saucepan, re-heat to a little above blood-heat, add the correct amount of "Lactogen", sweetened or unsweetened condensed milk, stir vigorously and the food is ready to use.

"Nestargel" is packed in screw-cap jars containing 100 grammes ($3\frac{1}{2}$ oz.), with a 1 gramme measure provided.

NESMIDA — NESTLÉ

NESTLÉ'S HYDROLYSATE OF MILK PROTEINS

Percentage Composition:

Water	Total Nitrogen	Amino Nitrogen	Mineral Salts	Wt. meas.
5.0	12.0	7.0	2.5	1 G.

Twelve per cent. of total nitrogen represents 92.5% of proteins.

"Nesmida" is a hydrolysate of the milk proteins casein and albumin, and contains all the Amino Acids (especially those considered "Essential")—a vital requirement for assimilation.

The Amino Acids of "Nesmida" are directly absorbed in the alimentary canal thereby relieving the digestive system of any effort.

In the following table we have recorded the Amino Acid content of "Nesmida", together with the recognised daily adult requirements where these are known, as well as some tentative figures for infants.

	Grammes per 100 Grammes "Nesmida"	Daily Requirements of Healthy Adult *	Tentative Minimal Requirements During Infancy—G./Kg. Body-weight/Day †
1. Tryptophan	0.6	0.5 G	0.03
2. Valine	6.0	1.6	—
3. Leucine	9.0	2.2	—
4. <i>iso</i> —Leucine	4.7	1.4	0.09
5. Phenylalanine	2.5	2.2	0.09
6. Threonine	4.0	1.0	0.06
7. Methionine	2.5	2.2	—
8. Lysine	7.5	1.6	0.09
9. Glycine	3.6		
10. Alanine	6.0		Sulphur—containing amino acids 0.085
11. Serine	5.0		
12. Cystine	0.3		
13. Tyrosine	1.2		
14. Aspartic Acid	4.5		
15. Glutamic Acid	13.0		
16. Proline	9.0		
17. Histidine	1.6		
18. Arginine	2.6		

Regarded as essential Amino Acids.

* Rose, W. C., 1949. Fed. Proc. 8. 546.

† Snyderman, S. E.

"Nesmida" Nestlé is indicated where:—

1. Digestion and assimilation of normal proteins is disturbed, and
2. Increased protein intake is required.

For children and adults it is useful in alimentary disturbances, gastric and peptic ulcers, colitis, enteritis, nephritis, debility, malnutrition, loss of appetite, loss of weight, convalescence, and in surgery both before and after operation—a diet rich in protein increases resistance to infection and encourages the healing of wounds.

It is also useful for feeding premature infants which begin life with a fairly considerable protein deficiency, and for treatment of acute dyspepsia, celiac disease, allergy, eczema and nephrosis.

DOSAGE AND METHOD OF USE

For children and adults the recommended dose is 8–20 grammes of "Nesmida" per day. In special cases, up to 1 gramme per kilo-gramme of body weight daily can be given, and for infants, $\frac{1}{2}$ to 1 gramme for each 100 ml. ($3\frac{1}{2}$ oz.) of liquid per day, or in special cases this amount may be increased to 2 per cent. For prematures or dyspeptic infants 0.5 per cent. (i.e., half a measure to 100 ml. or $3\frac{1}{2}$ oz.) is usually recommended.

For children and adults, "Nesmida" may be mixed with soup ("Maggi" Soups also provide a ready means whereby "Nesmida" can be administered to the patient in an attractive form), or with cold fruit juice or tomato juice, taken in sandwiches or undiluted, in powder form. In fact, it can be mixed with any suitable type of food.

Large doses of "Nesmida" preferably are administered by tube feeding.

For infants, it is recommended that "Nesmida" be dissolved in the required quantity of water, boiled 2-3 minutes, and this mixture used for dissolving or diluting the milk feed.

"Nesmida" is packed in screw-cap jars containing 100 grammes ($3\frac{1}{2}$ oz.) with a measure provided which holds 1 gramme when filled and scraped level. One measure in $3\frac{1}{2}$ fluid ounces will give a 1 percent solution.

MILO

NESTLÉ'S 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	.25	31.0

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

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

It is generally recognised that many modern diets are seriously deficient in certain minerals, Magnesium is an example, 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—specially as regards the nervous system.

IDEAL EVAPORATED (UNSWEETENED) MILK

Percentage Composition:

	Water	Fat	Protein	Lactose	Ash	Cane Sugar	Wt. oz. 1 med. tablespoon	Calories in 1 med. tablespoon
§§	71.8	8.2	7.9	10.4	1.7	..	.54	§ 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 homogenized to split up the butter fat globules thereby ensuring satisfactory emulsification when diluted. It is then filled into tins and hermetically sealed. The filled tins are autoclaved, being 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 alternative to fresh milk for all general purposes.

Toward the end of the decade 1920-1930, Marriott and other workers reported excellent results from the use of evaporated milk for the feeding of infants.

At that time sweetened condensed milk was fairly widely used for the purpose, but, although this product is excellent for tiding an infant over a critical period, its chemical composition leaves much to be desired—at the usual strength recommended, the fat is as low as 1.5%—and generally, evaporated milk is a decidedly better product to use.

The proteins in "Ideal" evaporated milk, because of the heat treatment to which it is subjected in the sterilizing process, produce in the infant's stomach a soft, flocculent curd on mixing with the gastric enzymes, quite different from the tough, somewhat leathery curd of liquid milk. In addition it is generally believed that homogenization has a beneficial action, not only on the fat but also on the protein, so that the fine, soft curd of "Ideal" milk is readily digested. The curd tension of "Ideal" evaporated milk is low compared with that of fluid milk.

Reduction in size of the fat globules by homogenization leads to its better dispersion, and should result in easier utilization. However, at least one investigator (Dochain) has reported that this treatment has no effect in gastric digestion of milk fat, although its effect on intestinal digestion has not as yet been determined.

The advantages of "Ideal" evaporated milk from the infant feeding point of view are of course that it is constant in composition, is concentrated and especially that it is sterile, and thus bacteriologically a safe milk. It is pasteurized prior to condensing which frees it from pathogenic organisms and, after filling into the tins and sealing, is subjected to a sterilizing temperature such that organisms which may have survived pasteurization, are subsequently killed.

Of all forms of cows' milk, Evaporated Unsweetened Condensed Milk is the least allergenic, and usually it will be found infants (and others) who are allergic to milk, can take Evaporated Milk without ill effect.

For infant feeding, "Ideal" evaporated milk provides in an excellent and safe form, a concentrated liquid milk which, upon simple dilution with water in the proportions of one part by volume of "Ideal" to 1½ parts by volume of water will yield "fluid milk" for modification according to the infant's needs. When so diluted, its composition can be relied upon at: Fat 3.8%, Protein 3.7%, and Lactose 4.9%.

§§ Concentrated.

** Diluted, 1 fluid oz. to 1½ water.

§ If calculated on 255 cal. per oz. Fat and 114 cal. per oz. Protein or Carbohydrate, 22.6 and 10.1.

It is useful in feeding premature babies when the food must be easily digestible, of high caloric value, and adequate in protein and mineral content. For malnutrition or if the infant is under weight diluted "Ideal" milk with carbohydrate addition may be prescribed and often it will be found that during acute infections, especially of the upper respiratory system, small frequent feeds are well tolerated. The table given below serves as a useful guide, but, in view of the low fat content of the feedings in the early months, it is advisable not to persist too long with Evaporated Milk formulæ and to change as soon as practicable to a food of a more conventional composition, such as "Lactogen".

FEEDING TABLE FOR "IDEAL" EVAPORATED MILK

The table is based on the caloric requirements of an average infant. Therefore the amounts shown should be increased or decreased if necessary, to meet the individual baby's needs.

Age in months	Expected Weight lbs.	"Ideal" Milk fl. oz.	Sugar of Milk med. tablesp.	Make up with boiled water to fl. oz.	Number feeds daily	Quantity per feed fl. oz.	Cals. per day	Percentage Composition		
								Fat	Protein	Carbo-hydr.
0—½	7	4½	3	17½	5	3½	335	2.1	2.0	8.4
½—1	8	5½	3	20½	5	4	382	2.2	2.1	7.8
1—2	9-10	8	3	25	5	5	497	2.7	2.6	7.4
2—3	11	9½	3	28½	5	5½	567	2.8	2.7	7.1
3—4	13	11	3	31	5	6	636	3.0	2.9	7.0
4—5	14	12	3	33	5	6½	683	3.0	2.9	7.0
5—6	15	13	3	35	5	7	729	3.1	3.0	6.9
6—8	17	14	2	35	4	8	734	3.3	3.2	5.8
9—	18½	14	—	35	Optional		650	3.4	3.3	4.4

- NOTES.—1. If it is desired to use cane sugar *instead* of lactose, then add 2½ medicinal table-spoonfuls in place of the 3 of lactose indicated in the table.
 2. From 6 months onward it is assumed other foods are also offered, which will raise the caloric intake accordingly.

STERILISED CREAM

Percentage Composition:

Water	Fat	Solids— not fat	Cane Sugar	Wt. oz. 1 med. tablespoon	Calories in 1 med. tablespoon
68.0	25.5	6.550	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 MALTED MILK

VITAMIN B₁ IS 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
† 3.0	9.4	12.9	12.0	2.7	..	60.0	..	150	.31	38.0
‡ ..	1.1	1.2	1.2	.26	..	5.8	..	14	..	5.7

Nestlé's Malted Milk is made by drying a combination of whole milk with an extract of malted barley, wholemeal and wheat germ, the ratio of malt solids to milk solids being 2 to 1. The starch is converted by diastatic action into soluble malt carbohydrates—the product is starch-free.

The combined malt solids and milk solids are dried under vacuum.

Although we do not recommend Nestlé's Malted Milk for routine infant feeding, it is useful in special cases, as generally, 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 = $\frac{1}{2}$ oz. 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 "	$2\frac{1}{4}$	9
4th "	$2\frac{3}{4}$	12
5th "	$3\frac{1}{4}$	15
6th "	$3\frac{3}{4}$	16

The table is based on three-hourly feeding intervals allowing for one night feed during first month:—6 a.m., 9 a.m., Noon, 3 p.m., 6.30 p.m., 9.30 p.m.

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: **SHORTAGE OF VITAMIN B₁.**—A shortage of vitamin B₁, the anti-neuritic, growth-promoting vitamin, can cause serious disorders. While extreme shortage which causes beri-beri and associated diseases rarely is encountered in this country, there is no doubt that modern diet and refining of cereals can lower the B₁ intake to dangerous levels, so that many individuals are in a condition of chronic deficiency. 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.

Well-known scientists claim that 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 they do lower the

† Dry.

‡ Diluted, $1\frac{1}{4}$ med. tablespoons to 4 oz. water.

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.

Vitamin B₁ is not stored for any length of time in the body, and with no appreciable reserve to draw on, adequate daily intake is essential.

Modern refining of flour removes the germ of wheat because of its effect on keeping quality and colour of the flour. Statistics prove 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 now it must obtain this vitamin from other sources.

NESTLÉ'S MALTED MILK IS FORTIFIED WITH VITAMIN B₁.—Nestlé's Malted Milk, being prepared from cereals and germ is fortified with B₁, as well as B₂ and E, in addition to the valuable organic phosphates of Calcium and Magnesium.

Nestlé's Malted Milk has been found useful in invalid diet, 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, because of its vitamin B potency, has definite tonic and invigorating properties.

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	.25	28.0

"Maltogen" is a special extract of malt, prepared by the enzymic action of malt diastase on barley malt and other cereals, dried to powder form, and the process used ensures retention of the natural vitamins and mineral salts of the grain. Still further fortification results from the addition of cereal germ extract, a rich source of the B group of vitamins.

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

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

It is useful when a high or a mixed, carbohydrate diet is indicated, since malt sugars are readily absorbed, better tolerated than other sugars, and less liable to fermentation or to cause development of acidosis.

"Maltogen" corrects constipation. Usually $\frac{1}{2}$ to 1 teaspoonful is effective.

Due to its richness in vitamin B₁ (the anti-neuritic vitamin), it increases appetite and growth. Many infants and children show a remarkable improvement when vitamin B-rich foods are added to their diet.

A simple way to include "Maltogen" in the diet is to use it instead of cane sugar on cereals and in puddings. Not only is "Maltogen" valuable for modification of infant diet, but it also is a useful supplementary sugar for young children, nursing mothers and adults on a limited diet.

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.	2.5%
	3 "	1.7%
	4 "	1.3%
	5 "	1.1%
	6 "	.9%
	7 "	.8%
	8 "	.7%
	10 "	.6%

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 prepared from high quality fluid milk, which is pasteurised to eliminate any possibility of survival of pathogenic organisms and then spray-dried, by the most modern method, in plant specially designed by Nestlé.

In this way, only the water is removed with the result that the solids of the original fluid milk are converted into a dry powder of excellent keeping quality.

The drying process is so finely adjusted that there is practically no loss of the essential vitamins originally present in the milk.

"Sunshine" Full Cream Powdered Milk dissolves readily when mixed in correct proportion with water and reconstitutes to a milk of excellent flavour.

When additional nourishment is needed, "Sunshine" may be made up at concentrations well in excess of the solids present in liquid milk. Used in this way, the disadvantage of undesired dilution, can be avoided.

One ounce of powder is equal to $3\frac{1}{2}$ medicinal tablespoonfuls, pressed and levelled, and 3-oz. dissolved in $18\frac{1}{2}$ fluid oz. of water will make slightly more than a pint of "normal milk," containing 3.5% of butterfat (as prescribed in the Regulations under the Pure Food Acts).

"Sunshine" Full Cream Powder is pure liquid milk, from which only the water has been removed.

There can be no safer or better milk supply than "Sunshine" Full Cream Powder, either for growing children or 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 beans and sugar. Due to its richness in fats and carbohydrates, calcium, iron and theobromin, it is a highly nutritious food.

The eating quality of chocolate is to a great extent dependent on its smoothness on the palate, and this is related to the size to which the refining process during manufacture reduces the particles of cocoa and sugar. Limiting size is about 25 microns for complete absence of grittiness and this is achieved by prolonged and carefully regulated grinding.

During the entire process of manufacture, Nestlé's Milk Chocolate is under careful laboratory control, thereby ensuring at all times a pure and wholesome product of constant quality and composition.

NESCAFÉ

Nestlé's "Nescafé" is a Pure Coffee Extract in powder form made by an exclusive process from a selected blend of coffee beans.

These beans are roasted to the correct degree, ground and then, by percolation, the soluble coffee solids are extracted under carefully controlled conditions.

In this way, all of the flavour and wholesomeness of first quality, freshly ground coffee beans is retained in the percolated liquor.

The coffee liquor so obtained is dried without any additions at all by means of a special Nestlé patented process, to produce "Nescafé". It is 100 per cent. pure coffee.

For ease, speed and convenience in preparing a cup of excellent coffee, either black or white, "Nescafé" cannot be surpassed.

"Nescafé" dissolves instantly in hot water or milk, even in cold water or milk it dissolves rapidly and completely, leaving no grounds.

NESCAFÉ — DECAFFEINATED

This product has been prepared to meet the needs of those people who like coffee but are unable to tolerate caffeine.

The green coffee beans are subjected to an elaborate solvent treatment which removes not less than 95 per cent. of their caffeine content, and thereafter are subjected to the same roasting and extraction processes as the beans from which normal "Nescafé" is made.

As a result, Decaffeinated "Nescafé" has the same flavour and drinking qualities as normal "Nescafé"—in fact, it is "Nescafé" without its caffeine content.

MAGGI SOUPS

A range of easily prepared pre-cooked "Maggi" Soups is now available in small packets, in a dry form. Protected by modern packaging material, by virtue of their low moisture content, they retain their quality and flavour for a relatively long period of time.

These soups reconstitute readily and require a minimum of cooking. Varieties are Chicken Noodle, Mushroom, Crémé of Chicken, Tomato, Pea with Ham, Minestrone (thick vegetable), Oxtail, Vegetable with Tomato and Noodles, Pea with Vegetables, Bouillon Cubes, Chicken Broth Cubes.

"Maggi" Soups are made under strict supervision and will be found useful in adding variety to invalid and convalescent diets.

CALENDAR, 1958

CALENDAR, 1959

CALENDAR, 1960

January.							February.							March.						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30	31				

OBSTETRIC TABLE.

Based on an average gestation period of 285 days.

To obtain probable confinement date, find in the upper line the date of first day of last Menstruation. The date immediately below is that on which baby is expected.

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 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 8 9 10 11 12	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 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 8 9 10	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 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 8 9 10	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 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 8 9	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 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 8 9 10 11 12	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 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 8 9 10 11	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 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 8 9 10 11 12	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 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 8 9 10 11 12	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 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 8 9 10 11 12	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 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 8 9 10 11 12	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 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 8 9 10 11	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 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 8 9 10 11 12	December October

JANUARY, 1959

EROKO.

Time	MEMORANDA	Time	THURSDAY—January 1st New Year's Day
			<p>Last year was the fish-poisoning incident. Today we have had a no. of admissions, mostly minor things. Woke at 2:2 bell & to Mass. The others were later or overslept. Brian & Ming slept here. N. here to breakfast. Kate started, did Quisp & Lora as well. Adam & I did L.P. on overnight not on Katria but am worried about her sleep till test 3, did inventory & talked to Betty till nearly 6. Thought did a bit of work but for head & depressed. This AM I feel the fear of having seen God's will, but thought I am depressed. Played table tennis, tried to look up skin diseases & much success. To bed 9:15. The other looked at slides & had recalc on Bob's graph & me these days. Mended my glasses for me. Lora I think enjoying herself. Cheerful & talkative. Doesn't like being social any more than I do - refused Maria's invitation to go there for the day.</p>

JANUARY, 1959

Time	FRIDAY—January 2nd	Time	SATURDAY—January 3rd
	3		
	<p>Prayers in house. I resp. & h.p. on Ribira. Then spent the day in frequent calls to Hosp. on the dock. Very tedious job. Moch wrote to F. Henry & P. & Joan. Joan took Doris for a run round in the jeep. Bob went to Moresby in AM (a charter apparently) to stay the night. Betty noticed a sore throat & ranuncula, & decided to postpone trip to Managala. $\frac{1}{2}$ med. boys went for a picnic, the other $\frac{1}{2}$ go on Tuesday.</p>	<p>"Day off". B's fast in bed why was nice. Reading a novel wh. I find rather stupid. Arthur drove jeep out to meet Bob & Betty's messag. Logwood didn't come. Joan took the jeep out & Doris at 9:30, returned after 11, & from the Bay at 12:30. I adm. a new ph & saw a few others, send to be going from M.H. & Hosp. usual day. Bob arrived 11, & no to fast, no one remembered to get him any, except to talk vaguely about an egg. Miss Lettler from til, say she plan to come to N.G. this year. To giving Miss Gillian 2/52 holiday. Bless her. I did odd job & got on to dress but still have a lot to do. It needed a lot of fitting. Bell Bellin fell off the trailer at 2 AM & arrived her at 3 & finished into. More happy about it & forced him we went for a pleasant swim. The swim came up in volume & rate in the few minutes we were in. I sang Joan picked cherries & asked her in the nearly spastic irritation over my key. Apologued brought for the irritation not for the key situation which is a small thing but logical. Read Journals & a bit of sewing brought</p>	

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

3 Suedi depressed. + D + S.H. about somewhere.

ERORO

JANUARY, 1959

Time	SUNDAY—January 4th	Time	MEMORANDA
	<p> Busy day. Betty, I, in dinky. Up 6-15 I got a sniffle, then Mrs. Bellini didn't want on church over soon, but to fast late & late to Hosp. O.P. today. I usf X-rayed Mrs. B. plan in foot, he walking about quite well. A Lamboga boy had \$10 stolen. Betty did a bit of sleuthing, found Ram- sey Gill spent \$2 at the Bay today after being searched. Thinko business. Did C.P. on Bilia. Gemma's 6/365 bats came in pneumonia & inf. subitens, 5 sick at 5, in O, & gavage improved tonight. Mollie not so satisfactory. Got to order at 4, did a bit tonight after seeing pt. X-ray. Betty asked me to see the colon slides, & I went, finished draft of order by 11. Jean brought esti- mate of water system. Asking for \$167. I said we must refer it to the Bishop. He said later. I said Naw. He very hostile. What business is it of yours. attitude. St. Philip's. Kberg going to work for it. </p>		

JANUARY, 1959

Time	MONDAY—January 5th	Time	TUESDAY—January 6th
	<p>A dreadful day. up 6:15, my house-keeping. Jan Lollie. I read Mathis together. Jan still peeved. I was but cheered up at lunch time. Day overcast but Bob. Betty got away to manage as Mr. Belbin much surprised. To go home as soon as transport. I was a busy a. p. lot on Grambo, a lot of admissions. Rest, did radio, saw Jimmie's pet who was distressed, I put it back on O. at 3:15 got to typing order aft tea & organized dinner. I lit was typing, called to Hosp. at 5 pm. Wash brought in unconscious after falling from a coconut tree. I next in 30 min. over who wanted him but he died during the prayers. Hundreds of people nearly went silly. Took the body to X-ray room to X-ray skull. The people mobbed up, broke in, took the body away. By some miracle Father blessed them back at the Church. I went off to village and dinner. I got 2 films on film, the goods developed tonight. I shot 1 weand usual. Tonight Elijah in a good old attack, Barbara is restless Jimmie's pet not the best but quiet now. Dear wee milk.</p>		<p>A wonderful day Lollie's b'day. I gave her a few of pants. Church at 7 + I paid poor attention & fear being full of criticism of Weibach's being murdered or it. Late fast. to Hosp at 9. Then to for a paper came over. Mr. Sheart brought in Mr. Shultz's Mr. Bishop. I gave them a cuppa. Bob came at 10:30. Met Mr. Barrett. More cuppa. Finally finished cuppa by 12, did L.P. Maria came in. Bob lunch. Terry O'S. came at 2:30 & took Mr. Belbin away rather unkindly. He has the old Wash vehicle Dennis can for Maria. Early cuppa & Bob & 2 men went to try to get George B. I X-rayed Hamington who took bed after 5:30. Late dinner but a i. m. on. Looked at X-ray. Jan did subno. Cannot find fracture in John Mark. Small displacement in Hamington. Jan up bed 12:30 & called after that. I tried. I taking calls tonight. Elijah bad all day. Late supper & bed 10:30. No writing or shame of it. George brought a lot of food bless him. Ethel Dan. Jigg went to Wreathy. Joyce Dara. Lots of crying at the ship.</p>

JANUARY, 1959

Time	WEDNESDAY—January 7th <i>8th</i>	Time	THURSDAY—January 8th
	<p>Hard day. Went off on prayers in p.m. saw Lohi. Late b'fast. Men pleasant enough. They went off straight after b'fast. I did Lohi's hand which Jan gave Penthal. A/N. Esther 1/12 been had a show. No hint yet to do a P.V. but nothing more. Then Sara came ³²/₅₂ pregnant & a puniq. I told her she was preg. want before marriage. Saw Mic. who denied he was the father, but I doubt his story. Reported it to the who won't do a thing about it. No man have heard of in Confession but if so they shall had a "proper" marriage. At Biny morning, P.M. had a rest, did some order. Cancelled ill. off duty. Called to Hosp. frequently 3 times during evening. Wanted linen. Could not get to order till 10:30 light out. The others had played Canasta. Typed order & finished it. I bed M/N</p>		<p>a very hard day. My housekeeping up at 6, to Mass. I have not done till late. The man got off at 4:09. Had talk to George who said Mission must be responsible for building after this year & recommend getting it up at award pay to get it done quickly. Late to Hosp. to buy O.P. & many admissions, started trip at 10:00 am. argument. Jan & spirit who put her in a mood till P.M. Little Ethel is a bad pneumonia & at 10:30 convulsed. Got worse through the day. Did L.P. 12:30. CSF clear but under pressure. Deeply unconscious in afternoon. & suddenly collapsed & died 8 P.M. I had just said some prayers, gave, we had to call him back. A hot talk. Mission is grieving. I really arranged for Lessee to take them to P.O. in A.M. Did 4 P.M. on Oranby after lunch then a bit of a rest. Quay & driver till 5:15, both then took went on strike after many rebukes. Talk to him 6-7:45. He is to go back to work tomorrow but I think he will leave. He is hopeless. That wretched Dambade dog ate my slippers last night. Was 1 P.M.</p>

Milo—a valuable food for expectant mothers.

Wally Pollard sent \$20 for Hosp.

JANUARY, 1959

Time	FRIDAY—January 9th	Time	SATURDAY—January 10th
	<p>Overslept till 7:15. Jean came for walking. I didn't even hear her. Jean & I tried all day. I just feel played out all the time. Bob took Miriam, Janet + Edna's body to Pop. Kney O.P. with Bibia's O.P. Did some X-rays, in. Jan who is worried about himself, Tolo + Gurin. Finished by lunch. Bob came back late, said + P. + Tabiyam might arrive today. Made a rest got the rest of the order done in bits & pieces, up till 11 P.M. Forgot what else happened. Trunkable & small things. Lollie talked of going to Goma or Chimampu. Looked at X-rays at night. Jean came & looked too. Fair enough but I hate people, we should look at films. Dean G.K. quite willing to work the whole week-end.</p>		<p>Jean had to fast in bed but insisted on caring in duty. Mrs K came at 10. Wakened at 4 to 6. Brian banking her home to tell Lollie boat was sailing early. She got up, packed in a hurry. Bob took her to the Bay. Brian took an mail bag & breakfast rig. Only Tenda on but she brought Eric. They walked well. Bob went to Wana galas. 9.9 at 0.1. insh. Sent a radio to Beth O'S. Got desk ready for cards before lunch. Hoop up. M. Hamen bell went at 10 to 2. K. Bryan + D arrived at 4 to 3. i mob of N.G. + N.B. kids. Cuffa for an sq. Got feet the r. Chuma + in cam Brian. Mima for another cuffa, we work done. I say. Tonight much talk, did about an hour on cards. saw some pt. Cuffa + more talk. Was after 10:30 + D talking of A' Bp of Synaj's election, the last 4 on the list were Loane, Kerle, Kullerit + the English one who won. Wandered a bit about going to Logura on this boat but will have only a night there I think. Long difficult fall - Tolo, who says he will run away. I feel I must treat him with Mr. Shubb sent 2 pps of clippers. nice ones too.</p>

ERORO

JANUARY, 1959

Time	SUNDAY—January 11th	Time	MEMORANDA
	<p> Jobs distressed & spitting blood at 11:30. Gave him morphine. Slept till 7. + D celebrated & preached. Spoke about John Mark in a + vt way. No condemnation late to bed. Perhaps morning 26 & bathy arrived 11:30 - 3 pb. Got a sleep & may in back till 3:30. Winking on & off - irritating interruptions. Wrote to Olive Meris Kekunoh re. after & evening. Saw Tom & told him he was going to college. Heard some glorious music before + D. If Bryan went off to the boat. I am not so amazed & + D as others in authority. He hates sitting silent too while others enjoy music. </p>		

JANUARY, 1959

Time	MONDAY—January 12th 13	Time	TUESDAY—January 13th
	<p>Mathis: Jan. Got washing under way, rush started later & was long. A lot of dressings. Betty at Anti-Climax in P.M. on Kithia plaster for Hammington etc. P.M. had job till 3:30. Started on letters. I got several Denis calls to Hosp. in between. Wrote most of evening. Suffered in Mueson, we both wrote till nearly M.N. First letter to Aug. this year - on to family, on to the re-then proposed trip. Same old not well again.</p>		<p>The quietest day for some time in the Hospital. Ref to Mueson, my housekeeping. Alice Mary pinned up. Ethel didn't. O.P. & rush & odd jobs got to cards. I did some before lunch & interrupt same. P.M. sleep, got to have at my cards the rest taken up: patients cooking, visitors. Denis came brought in 2 men who wanted a chapter: then the Wynn family came in for after tea. Went to Marnie & sent a can of Hammy Gill's foot. Tonight sorted linen & did cards till 9:15. Suffered to bed. O. had. A series of headaches all day but good to be rid of Mrs K's trapping.</p>

ERORO.

JANUARY, 1959

Time	WEDNESDAY—January 14th	Time	THURSDAY—January 15th
	<p>Slept on till 1st to fast till a few prayers after to fast. Bob had a shoulder to Monechy. Family easy Wed, got up. A/W done. Betty (Mary) at her clinic. Got to cards at M.D. & again P.M. Bob arrived at 2:30 in Judy about, & well. Nina also here. Nina gave me a white dress, lovely thing but I don't like it for me. Only needs a little altering. Made bed, cuppa. Brian came for a cuppa also, then the Whymms. Trust him. Ada has been in for ages. Got to Hosp. at last. Finished cart. Mplangili came in at 6, so Brian came back late. Both to dinner. Did some of the repair & saw patient + Adeline in fever. 1 h. & a kiddie in concussion. Bed at 10. Sleep at 20 to 11.</p>		<p>Up 5 to 6 to get to fast for Bob who took Jackson's dinner in to Koro. Left at 6:30. Micael Maas got to fast. No prayer till after to fast. While still eating, Adeline produced her baby. All over when we got there. Aileen instead of washing her threw water over her. Jan went to town on her slowly. Little push. Wash began late, pushed 2 to 11. When Bob got back Betty went off to Barisan in 2 MMS bag to help. Family easy day, but very tired. I more weary than I should be, was getting the flu. Valent cold, feel achey. Got repair done. a few of Jan's cards. To from Hospital to patient. Actually played saw Lohine tonight, now in bed at 9 P.M. Letter from dit today from Sandy Bay. Judy did almost all the cooking for dinner. Bless her.</p>

At ex. Logona. JANUARY, 1959

Time

FRIDAY—January 16th
17th AM

Time

SATURDAY—January 17th

up to Mass. F.R. Kathy's b'day
 I did 4 resp. Kathy's L.P. I
 I was to go off duty to write man
 but patient kept coming. I did
 some card bill punch getting
 a cold, feeling off color. Next
 bill 3, wrote a couple of letters.
 At 4 kiddie Kenneth came in
 having been hit in the head by
 a falling coconut. bandaged
 fair. The hurt must have given
 off. X-rayed him - some delays
 couldn't get a fracture. Kathy
 came back. Bob went off to
 meet the 2 Rodds in the H.L.
 both looking well. Saw to
 their needs, set table. Joan
 having a bad time in the
 kitchen, spilt 2 hrs of
 mushrooms in the wash-bas.
 More pb. finally read
 Oliver's letter over a glass of
 sherry. The poor dear is going
 through deep waters. At this
 regard me as a sympathizer
 ear. Very late dinner - 10:30
 by. I readily tried - fed up.
 Betty happy. They had music
 while I did essential letters & talk
 to Rodd. I he. I saw concrete for
 dim. dim ward. Kupper back
 to see kid. Bed 11 N.

Day off. Got up at 4 to 8 a 8 fast
 had some. To say good-bye to the
 Rodds. Joan on duty 6 AM giving
 instructions etc. I went to fish & saw
 Kenneth who was much improved
 in a couple of pb. Then started day
 off at 9:30. Prayers sent out
 letter for answering, have written
 4 all day, that's all. Bob came
 in Joan Phillips at 12. Judy doing
 housekeeping. Got my cheque from
 Holland of 16 odd wh. will be
 more as it's sterling. Myfithi fan
 Sheila Ewen. Washed head & slept
 till after tea. Tonight cheery, awake
 vaguely unwell. came to bed 8:15.
 May skip church in 14 if I'm
 not better.

Windora had John Thomas in
 all night. Aileen reported to
 Needham, & he & Giffith were
 going to cop. it. Windora
 backed & Aileen walked out
 in of shame, over this & the
 Adelmit affair. We are
 shockingly short staffed.

ERORO.

JANUARY, 1959

Time	SUNDAY—January 18th	Time	MEMORANDA
	<p>Took today off - mixture of cough & fatigue. Thought my nose is bothersome again. Kathy was in good about running the show. I was content to sleep most of the morning, say my prayers, listen to a bit of radio, read. Off my oak, I probably only in the 9qs. Joan had a good day in Joan. I have written some thank you letters. Heard a Who-dunn-it play tonight but I think my battery is running down. Bob got ready going tonight. Joan played the organ at 8 song. I didn't go. Still feel achey round the buttocks. No visitors all day - marvellous.</p>		

JANUARY, 1959

Time	MONDAY—January 19th	Time	TUESDAY—January 20th
	<p>Have felt weary & achey all day possibly as a result of a temperature. Did 4 naps, left Nap at MD to write letters but got on couch & went to sleep. Slept again till 1/4 to 3. The Ophthalmologist came in & John said the new baby, dear was strong. Mrs O's looks well. They went at 4:30. Letters. Tonight sorted linen, paid 4 in who goes to Morely in AM, paid mail, have written 14. Bed before 9. Bob teasing me a lot, but perfectly friendly teasing. Kathy a bit edgy. Joan is tired. I suspect she talks late.</p>		<p>Feeling better, but weary tonight. Waked well all day but not after dinner. Skipped Mass. 9:30. 4 nap. did 4 naps on Barbara. Then a lot of X-ray in Joan's Gilda. Gilda came in today, isn't long for this world. PM did cards, submitted pt. of lot of fever about. Joan went swimming & dinner late. Lined linen, looked at Joan's X-ray. Deprocks came in first for the evening. I came away to bed.</p>

ERORO.

JANUARY, 1959

Time WEDNESDAY—January 21st 22	Time THURSDAY—January 22nd 23
<p>I had a couple of hours sleep on Tuesday night. Joan called me Judy in labor. She is giggling pains 9:45. I was called by to 12, + the babe came soon after 12. Lovely kid boy 8:0$\frac{1}{2}$. Judy wonderful but had a 3rd degree tear sewed her up + we all had a puffa in the Disp. - Joan was up + helping - + back to bed soon after 2. Couldn't get to sleep. Called at 4 to Agnes. I saw insect. Got only a few minutes sleep before getting up at 4 to 6 to get Bob's breakfast. Granddaddy even get the 2 hours I got. We all walking in a ship for all day. Bob couldn't go to Wreath + of high top winds. Brought Grammie M. at 1:30. Busy morning, lot of admissions. I nursekeeping. Many kids not well. Slept 2-3:30 after darning a bit in Disp for 2 P.M. machines + saw to newcomers lunch. Hosp.'s dinner till after 5. Mochi wrote letters, odd job in Disp. bed 9:30. Read a talk by English Major ex-Korean POW on will to live. Most impressive.</p>	<p>1st Mass. first for a week. Had to miss Lannington day. Grief late + of Judy finished after M.D. Muddy day. Little dense Bob flew to top for a charter + brought back Lollie + Penny (both from PAT). Lollie is a grandie + looking a bit washed out. Lot of talk. Slept till 3:30. Did a few cards after. Mochi saw some + Mary. R.R. had not left the films not ready so sent for him + he did it + good grass. Letter from Win + one from B.P. Show will cost \$15.4 - 10$\frac{1}{2}$ + cost of hot water unit.</p>
<p>Most impressive</p>	<p>"Lactogen" is recommended for Nursing Mothers</p>

JANUARY, 1959

Time FRIDAY—January 23rd

I am so utterly tired of people and more people. Especially white people whom you can't escape. Jean came at 4 to 7, we said nothing, to me. Last night I was in hospital as I talked to Ken. I saw Judy. I said she could have a minimum of walking, she has done a mighty lot. Muddled day. Lot of job. Jean copied the housekeeping for days. Nina & many. Ken & Bill & I. I decided to have the baby baptized at 3, got under way at 4. Had the feast before not after. Ken W. brought 2 huge pieces of pork at breakfast time. came at 4:30. whole family. This is day yesterday. Saw Ken. died in miscarriage. Dennis barely last but nice. I had to see & say but mind full. Complains to me to make it too late. I was in bed. I think I must get away from here or I'll never get a sane healthy mind. Ken & Jean are good parents. Last night saying I'll be called for days. Jean got up to him. Even after he settled I couldn't get to sleep.

Time SATURDAY—January 24th

My housekeeping, Betty. I am doing. Felt bet. up over getting to fast for the mob, quite out of proportion to the trouble involved, but said some prayers and the Holy Spirit carried me through 5 strain. Graham & Margaret. Ken got off 4 to 9, & things were easier. Betty, Mary & Judy. Kate. I was in hospital. Filled bottles. did maintenance in R.H. absence. put away a few drops at odd moments. I had odd job, rest. My cough is much better & my appetite variable. but I feel as dead weary as if I can't carry on much longer. I ought to have my leave. it should be at once. Jean said she wd. stay in Judy. I said I wd. Judy said she wd. be upset if either of us did so we both went. When I spoke to G. about her dinner she looked taken aback as if she was expecting to go to Emma too, but I don't see how she could anyway. we all got it wet as the way being rain at last. Nice party. we sang "Happy Birthday" Brian kissed us all. Very nice food & "bolin" we were all a bit wiggly.

"Vi-Lactogen" resembles Breast Milk in composition.

15
I say on the grass, relaxed. I think they enjoyed it. I was blessedly relieved to get off the station.

EROR.

JANUARY, 1959

Time	SUNDAY—January 25th	Time	MEMORANDA
	<p>Day off. A run on. How been very mild, esp. this P.M. Begin to wonder if TB is chipping up again, & then we get some rain & coolness. I feel heaps better again! Still off my oak. To Mass wh. was over by 8.15. B'fast tidied up, wrote grants & few Shantzen letters. Slept till 3.30, didn't want to wake them. A Captain May from DCA boat DC70 came up, had a cuppa, & took the jeep. Brought up his engine for treatment & dinner. One bloke Lewis was 101° in miserable & went out of USMC to see him. Tonight have weather pane, a bit more rain came, the rain quite pleasant. Miss to be in bed.</p>		

JANUARY, 1959

Time

MONDAY—January 26th
Anniversary Foundation of Australia, 1788
27th

M. Paul, Day. Thought Mas was bad I missed Angela. Found her late
I was at 6:30. A duration of 6
Reasons too. Was sorry to miss it.
Walter & Joan who had forgotten my presence after
Very late start in lunch. Mr. D. came baby while we were in W 3.
Donald got peeved over a mild
reluctant & went off duty. I talked with a man
I got nowhere. To morning hair pneumonia: stiff neck. Fr. sent
Mrs. G. & Susan, then the Dymocks. The prayer, I did C.P. CST low pressure
OS to lunch too: Terry hadn't returned clean & yellowish thing!
from the Bay. Mr. Bellin brought Joan haemorrhage. Got to working lunch
me a bottle of sherry & cake of choc well after 8, finished 9:30. Letter
late each. PM got on to these awful
drug, the desk cluttered up. The
2 sisters & their paraphernalia.
No one read film till 9:30 Joan
wanted a talk with me. I couldn't think
of anything I had done to upset her.
It seems she came as Joan. Bot
talking privately & assumed they
were discussing the Donald affair.
It got under her thin skin, she
had to get over her tears before talk-
ing. I suppose she thought I had
talked about it. She is a thin-
skinned & tried art but won't let
me take my turn in the M.A. - the
baby.

Time

TUESDAY—January 27th

I stood up to yesterday well but
am tired tonight. To Mas. Late over
I had did M. Ann inst. other inst.
in clearing up drug, then TB
or 6 being TB fl.
Only one interruption PM as a good
day. Very late dinner, heaven
knows why, 1/2 way through, an old
man came in T 104.
I got nowhere. To morning hair pneumonia: stiff neck. Fr. sent
Mrs. G. & Susan, then the Dymocks. The prayer, I did C.P. CST low pressure
OS to lunch too: Terry hadn't returned clean & yellowish thing!
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wanted a talk with me. I couldn't think
of anything I had done to upset her.
It seems she came as Joan. Bot
talking privately & assumed they
were discussing the Donald affair.
It got under her thin skin, she
had to get over her tears before talk-
ing. I suppose she thought I had
talked about it. She is a thin-
skinned & tried art but won't let
me take my turn in the M.A. - the
baby.

ERORO.

JANUARY, 1959

Time	WEDNESDAY—January 28th	Time	THURSDAY—January 29th
	<p>Called at 12:30, again to see to Murray King. The dred at 12 4. barriers appeared like magic. There was a lot of waiting, mostly in the village Lured & dopey today although I didn't see much sleep. Jan had a lot, & had this after off. has gone to bed at 8 P.M. tonight. up 6.30, my housekeeping - had her to fast, & missed school again. Got Judy off at 10:15, she had the wherewithal to complement the baby. I attempt ed to bring to her a supper & set her off. Just finishing - in came the Lynhocks. Minnie here to lunch, said Brian wouldn't have lunch & went to rest. B. came in hungry at 2- o'clock, & Jan. Lollie had to get him some I do like people to know their own mind. I lugged out job, P.M. helped & mother says some TBs & Evelyn Jan. has to dinner, & song. Tonight fixed some TBs. Bed before 9. Betty not eating, but going off tomorrow.</p>		<p>Left 8 hours on cross, & work at Angler as missed church. Heard jeep go off. Bob, Betty early, & Jan went off at 7 to meet the plane. I didn't come in till about 2 & she came back at lunch time hungry & a bad headache. Arthur went out at 3 to bring in the 2 T.B.s. I enjoyed doing & was on my own. Did job after, getting things ready for packing for the boat. R.R. so horribly slow tried to do T.B. after, but did it in driblets. finished at 4:09 tonight. Ken W. came in at 3:30, went us to look after Jewellyn which he goes on leave. It looks as if we will call at K' on before here on both trips. Don't know what to do about my trip. Waiting for guidance. I am just fed up & need a change. Jan is tired but doesn't spare herself. Miss letter from Lil & one from Name. Want to invite M. to Robert.</p>

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

JANUARY, 1959

New batteries for
radio #1 & 6

Time	FRIDAY—January 30th	Time	SATURDAY—January 31st
	<p>An easy, gloomy sort of day. To Man Wet morning & a lot of rain fell in the night. I ref. saw new pb, I ferred 10 lbs to WS, & a. R. H. did up cases of sivo. Examined him, made his obviously excellent Hb 679. decided the Hb. is faulty. Got x-ray off both Messy. John Thomas came 5 to say St. L. was in. I went down in the jeep & enjoyed the run. I was the L. but the N. Langil. I am in amused. J. T. I might have written letters written to Manes. the girls about her possible visit. I'll no nearer knowing if, when & will get away but leaving it in God's hands. Big storm wh. for struck M.H. when we were at dinner. Bless the kitchen globe to am thereens. Bless one in trap & breaking it. We saw a flash just above or on Kan's radio but it was unbarred</p>		<p>A fine day off, thoroughly sunny & have shinned all day. B^o fast in bed. Got my mail off. Washed head. Did a few sewing job. Wrote 3 letters this P.M. to all the rest of the time have read Greenmantle, & finished it. Letter for dear little Mary: must write to her. No boat at all after all our repetitions! Lena's Lent came in at dinner time the 2 O.S. kiddies, said no boat there then. I feel relieved in a way. don't want to take up the burden of thinking & planning. getting job done!</p>

MK. ex Doqna → to Doqna Stores
St. 2. → to N.B.
ERORO

FEBRUARY, 1959

Time	MEMORANDA
<p>SUNDAY—February 1st 2nd.</p> <p>On duty: housekeeping. Betty meant to do house but I thought I might go away, so did I.</p> <p>Found Mrs. Kedrons. B's feet away Hospital. 9-10 admissions.</p> <p>Boat bell at 11, proved to be 11 1/2.</p> <p>Good to see G.K. 1 teachers bath. G.K. father well. 3 ft from W. gals, and an abortion still bleeding T104 - the woman whom I went to deliver by Caeser in Oct 57. As that settled my going away. Got home on Revolt at 1 P.M. did P.V. on woman I found fetus No 2 still within! Missed 8' long, big Bapheim. Got bath, jeep came in from meeting MK. L. to Bryan. To John, bless them. F.B. cellulitis in patient. Lot of mail. Late dinner much talk, talk: F.G. after reading Mary's letter she is pregnant again & wants me to look after her. Saw F. Bryan, to Hap., supper, got to marital 11 & work till 20 to 1, up & down the Coast. To John to go to Waresby for check-up. Letter from David D. 1 no overnight course this year. As student</p>	<p>will stay on her, probably miss out on it, for things</p>

"Lactogen" is easily digested by the aged.

Lurie

FEBRUARY, 1959

Time	MONDAY—February 2nd	Time	TUESDAY—February 3rd
	<p>up 6:40, missed Mass of B.V.M. Fixed mail, said a few prayers. But decided not to go to church; John's Hammington as the jeep was in such demand unloading shoes & Betty's, Elvira. John Wm Dixon on duty starting paperless census also Bryan Anthony, & new boy & Jean G.K. taking him in hand. Rush. Jay to have G.K. back. Didn't start Mass till after 9:30 as Jan making bread &c. Didn't finish till 11 P.M. Ken W. to morning tea. Said M.L. set off but came back & ^{was} inquis pumble. She was held up at before it. Saw some pt. cc. Black cat had kittens. Got disposed of them. Talked to D. J.W. about rabbits. They prefer full wagers no rabbits. Did a bit of office work, odd job in Hat. Showed to John the X-ray room. A sick babe, & Jan said some prayers with it. I sang, looked through mail nothing from Elvira. Several parcels. Tonight saw a pt & have sorted linen the whole dashed evening. The men's conversation interesting. Duffer, bed 10 P.M.</p>		<p>To Mass. Fr. John celebrating St. Hammington got off on 1 A7. 4 us. cc. cc got X ray done by 11. Got an hour in my office entering up things. P.M. 1/6. so bet. Help, offer to get little done. It got away at 7, but didn't know if she'd make NB. After dinner sorted rest of linen & looked at X-rays. Long, Grek & Zebarias family definitely T.B. & a couple more queries. Needing Phenobarb.</p>

ERORO.

FEBRUARY, 1959

Time	WEDNESDAY—February 4th ^{5th}	Time	THURSDAY—February 5th
	<p>Bob had a charter up 6:20 r got his to fast. Short prayers. Brey morning, a lot of A/P's talked to new TB's. Trying to first off job at 10 to 12 r in same time. Same talk, I wanted in to see Dennis Lamb hearing him talk to r trying to explain him i the outbreak rearing ^{too} all lunch. They stayed Jan likes a dear threw something extra in the pot I do get cross i the dropper in. — but I have the P.M.T. I.M got a bit done in the office organized dinner. New pb. after E. Lang all dinner I and Lida's husband is married teacher, talked to F. Bryan r he advised a radio to Bishop. Noche got several letter done for F. Bryan to take. He decided he was better though another day and be all to the good. Bed after 10.15, read a bit. Maria played up r to r for to her, last time 11.15. Pure hysterical</p>		<p>To Mass, F. Bryan celebrating B'fast r got home off at 8.30. He, Jan r the Hay flew all over the Ag r Eroro districts. Jan felt sick but I think she other enjoyed it. I got 9 resp done by 10.30 light 2P. After moving (to Maria in again) saw the suspect TB's P.M. sleep, Jan flew up over to pray to forgive her. I expect she think I was at fault. Have had the whole after evening in my office — marvellous! Filed letters, written a lot. feel more content than I have for ages. Neil mail — W in Joan P r some from Adamstown. I sent the before the Throne for G.K. r I gave it to him yesterday. I think he is pleased. The Hay came in at 7, a lot of unloading going on. Prasad for us are out of it, haven't even seen Bert Shells.</p>

FEBRUARY, 1959

Time	FRIDAY—February 6th ^{7th}	Time	SATURDAY—February 7th
	<p>Little Mission girls, saw as eggs invited themselves to sweeping house. Tipped 2 out, kept 2. showed them. Mathew & Jean, who has been extra sweet to make up for yesterday. I suppose saw at Ann up. X-ray. Did some cards. P.M. wrote a couple of letters, Bert & Bob & seems to after her. Bert's has remaining hard eyes even when is being pleasant. Betty upset especially mentally & both went to bed. Elijah came in again, puff ing away. But didn't stay at home for him. Everything seemed to go wrong. Bob edgy. The boy left the cap off engine oil, smothered every thing in. Bob's clean shirt, & oil finally left for Enana 6:20 in steady rain. Denis, Frank, Bert there. Bert their guest. A wonderful meal as usual. They played Kanasta. Bob, Frank & I went to sleep. Home after midnight & to Hospital to Elijah. Betty having day off. I on both jobs. Denis put at 3:13⁵⁶ Brunswick Road, quite near the V ancient.</p>		<p>Feeling tired, headachy & P.M.T. any- way. Mary Rose on floor but she is a game little waker. Everything late in. Was Ken & you were at the bay early brought up 4 D from M.K. job went to Mack. Left to fast even later. A lovely farewell letter from Oliver. Ken + + P to be fast as last minute additions. A girl tipped at Betty's bay. broke & spill thing. To Haf. 9:15. + D went off at 9:30 Easy day in Haf. Went off on this after 1 to home. Got a good few cards done. Everybody liked today's food, don't know why. M.K. brought bread & 2 cans & the stick. hand parcel. Tonight Haf. job only glanced at X-ray. Joe had to bother. Peter had his pups. Bob managed to dispatch 2 but Jean nearly caught him, he had to scold. 3 left. She is the No. 1 nuisance that dog. We have Gouther's coming back. & Gary N. & Emmanuel new teachers. M.L. has gone back to Samara for repairs.</p>

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

ERORO

FEBRUARY, 1959

Time	SUNDAY—February 8th	Time	MEMORANDA
	<p>Day off. No news yet. Am feeling more at peace about his going now since I had his letter. His peace seems to have extended to me. At Church Reynolds spoke of the Ogatara all in Moha. He came for me at 10 to talk about my work at Pergaming. Miss had. I unpacked the boxes that came on the M.K. at 11.</p> <p>Went to Kay's. Talked about the pups. Bob asked if it was better to try to kill them behind Gian's back or have it out. I said it was harder, but fairer, to have it out. He did get morning tea. Bob said he intended to get rid of them, if he laid hands on them. I backed him up. I wanted to sit quiet "peace at any price" but joined in after.</p> <p>Finally spent all day saying it wasn't worth everyone being upset over a few pups. Now over the food question did run in. I hadn't realized she has taken meat from the store</p>		<p>regularly for Leta. Anyway we made an point. Gian is upset & quiet but not fighting openly.</p> <p>Wrote home, & to Leta. ^{two} others nothing else achieved, but am hired John (S.D.A.) had a sign! went to see him. Bed 8/30.</p>

FEBRUARY, 1959

Time	MONDAY—February 9th	Time	TUESDAY—February 10th Regatta Day, Hobart
	<p>Mathias: Joan interrupted by Bob who heard a request from DCA that they wanted medical O quickly. He flew over in one and only to find it was Joan wanting it. Did late getting back. Betty did Beans China & began Triple antigen with bread & c. with late finished 1/4 to 11 + brought lunch in & started lectures at 2:30. Perquid & Dixon, I.W. Tried to do letter but called to Hosp. Tonight have written solidly - have 12 letters ready, mostly within the Territory. Forward letter to Alison. Joan is available today. No word of dog. Stanton as teacher offered an used bag. Sent him to think about it for 1/2 - TB it in view. Joan went to Langane.</p>		<p>Busiest Tuesday we've had for ages. To Mass. Fr R. So out 7.15. Being O.P. patients that needed a lot of attention + lot of other things bobbing up. Bob met the plane + brought in Mr. Bishop + Ron Hill at 1/4 to 10. Guffa then. They brought freezer + Mrs B sent a cable, a baby did P.V. on a chustobel + tried to see Norman's language success.</p>
			<p>Muddledness of hot + me in P.M.T. kept more a Jess under it + Benobank. PM lecture, pay is dull. Kila Tuli, map admin + then abuhai. It came off tonight poor kid. It small looks like a hydatid mole in early stage. Lending it to Wacey. 4-5 ppl little done. Tonight started linen, saw John talked to men + saw films. Mr. Bishop says they are building their house + a view to own occupying it later, as to suit Mr. Barrett coming tomorrow. Mr Bishop also giving us a 16mm projector belonging to the firm!!! Nebriably hired.</p>

E R O R O

FEBRUARY, 1959

Time WEDNESDAY—February 11th

Ash Wednesday 12th

Woke at 3 - my bank fell in a good old crash & water poured out for 2 hrs. Mrs. K. came. My h' keeping. Organized to fast for the 2 men, to church, in a "position of ashes". Out of Church early to get Bob to fast as he was going to Pop for Geny B at the Communion. I had a sense of Oliver lifting me up to God - his personality but all pushing me toward God. I think he may have been at his Communion too. My thoughts & pain all day, flying thoughts, but a more happiness than unhappiness. Late to fast, late to hospital, an awful rush. The 1. Ws had their 1st trip Aubin & carrying kids everywhere. Full @ 10 clinic. Runway full lunch. Geography for lunch as well as the 2 others. Asked me about site for houses as we are to move into them about next lecture. Runway on odd jobs & dinner. Got to E's song after dinner too deadly tired to more just talked to the men. Stopped 10.15.

Time

THURSDAY—February 12th

Up 6.15, I over to MH to say good. by to Geny. Early breakfast & prayers after it. Early to church finished 10.30. Saw O.P.s, Runway full lunch 11.45 seeing ft. catching up on job. GK kept a busy. Lillian I think shaping well. Lecture 2.30-3.30. Bob & I came back, in wear & underable. Bob to take her to Managalas on Sat to church. Have written 2 MK letters no hope of getting office work done tonight. Did order: Pan, both again as both are minds were sluggish. To pause & Mueat could for a talk about Quack-Asia who is sick. Anything for an excuse not to go back to work. Found Synthesis very to suffer. Top much talk. Bed 10.30. Lt. W in pleased to have Manner. I. N. I pleased to go. Am so glad. Lil saying checks for N.G. Can report. This sister want to come in April. A PS letting us have lambrosten stove, they will pay freight. Wonderful

FEBRUARY, 1959

Time	FRIDAY—February 13th	Time	SATURDAY—February 14th 16th
	<p>Still heavily tired. So thankful not to be housekeeping. Mathias gave a fast O.P. with a X-ray all Sunday, as I shames was from & had to repeat it after morning tea. Got a letter from Managala since let the boy studying. Got d's plaster. He has some rotator of hip but can't be helped. To go to hospital Ken W. brought in his family to stay & wait for either Ken or MK. I said good by. Thullid as a sand bag. Gave insisted on doing the bed. Mr MK. came after all. I sang. got a couple of MK letters written. Tonight looked at X-ray & wrote a couple of postal letters. John had a fever at 4 AM → 106. Mark in on Tuberc (thep). His temp has come down plenty. Think he must be a malaria. Butiro up. He is a worry. Don't know about trip away, but hope to go.</p>		<p>"Day off" which means I did not see job. Up 6:15 & wrote letters. Bob took the mail at 7:30 as he took Rai back to her village. Took nearly all the morning to write Fr. Henry's letter, & read my mail. I do the kids a little trouble. The kids are really nice youngsters. The men did not come back to lunch from T.B.H. Washed head. Were washing Mr MK. Packed & did fast minute job, lat to bed. Met Bill Gordon who relieve Ken. am not impressed.</p>

MK to Samaran

FEBRUARY, 1959

ERORO.

Time

SUNDAY—February 15th

16th

Time

MEMORANDA

Up at 6, got ready. Bob. I had
a cuppa. He took me to the Bay.
No boat. Ray S said it was
due Aug 30 AM 1 per lat
after. So back again. Bob to
church. Betty suggested the
fee of Hospital & did report &
I glad to accept. Jan started
M.O. & had little lay off. I
did cards & interruptions. was
housekeeper. M.K. arrived
after tea time sailing 4 AM.
Bob brought mail at 8 AM.
Patrick & Tom returned. The
Symonds in the denier. Posing
rain but they came just
for same. Fell 9 days beds
at 6.15, & Bob got them to the
boat. We had a late dinner.
Betty did the sweets & of the
Sawmies, but still I loathe
these prissy deniers. Adm
several fb. Saw people going
in boat, read my mail &
got some reports ready to
bed 11.30.

FEBRUARY, 1959

Time	MONDAY—February 16th 17th	Time	TUESDAY—February 17th
	<p>up 6:15, did odd job, final packing. Great relief to have just us + no visitors. After breakfast I drove me to the Bay, before Betty took jeep to Embi blinn. We chumpe. Talked, played + Stuart kids weather is a dear. Got 9:30 school, C. still east of Tripi, due there 3 P.M. Bad weather. May drive me home too tired, unsettled to work, but X. says all the new pts waiting. I'll lunch-hire. Fran called me to new pt at 3. Bob came at 2 to tell us poor Betty's father died suddenly, probably on Friday. Now that is upset. I tried 5:30 school, couldn't get it but heard MK shell in Maclan Harbour—? weather bound. Saw Betty, saw a prospective med. boy, + saw Bill E'seng. New pt. in returned pt. who left on the canoe, promise to just going to dinner + Bill's Mywell from CA70 came in for evening. Nice men had had dinner. Saw another new pt. X. says till 9:30, supper, + bed after 10. All of us have had</p>		<p>up for Mass, who was a Regimen. The announcement made, it is a roughly. Had the day off. Not feeling. Heard 9:30 school, Chin-amp at Tripi, due there 8 A.M. Went to Helen's + struggled + Helen library returns. Haven't finished them + written letters most of the day. Fran John Thomas came + offered to fill in things by help- ing in Hap. Fran took him on + then told me, I said he had dis- graced the Hap. + should not be taken on. He gave in rather to my surprise. I suggested I tell him + she agreed. I said he was + vague about his discipline. He saw + D + say he didn't remember it. He hadn't even thought of making his Confession. Things are + slack. That sort of discipline is no use. Fran came in at 5 P.M. from Wigan + we went up. Tonight called Betty off her case, has done little besides housekeeping.</p>
	<p>Bob paid my hypermeter, then him.</p>		

Milo is valuable food for expectant mothers.

ERORO GONA.

FEBRUARY, 1959

Time	WEDNESDAY—February 18th	Time	THURSDAY—February 19th
	<p>Meant to go to Mass but woke at 6:30. Finished packing. Mail came at 6:45. One from Vera, Nigel engaged, they want Elwin to go to Kerua for the wedding. Don't think he will. Bob took me to the Bay 8:25 & only just caught the Lhuanapha Skiff in the afternoon. Fairly rough. I lay down most of the night, was sick several times. Khor 12:30, I got</p>		<p>To Mass, local language, Darg celebrating. Talked with U'fat, saw Mary who is a 5 apprehensive soul. Started writing N/L at 10, finished it, another letter by lunch, got them out to post after lunch. Slept heavily till 3:30, supper, Caroline, Elsie, a lovely swim, Evening. Wrote letter in the evening. Bed about 10:30. Lovely relief from work, but saw a bit of initial sterility.</p>
	<p>Guild girls to help on along to Gona arrived 3:10. Had to long wait for a canoe. Nice welcome, John still looks strained, poor dear. Much talk, drinks. Have done nothing really. Lovely to relax. Darg says + D is thinking of closing down Mori—pressure from Lutherans. Poor old Jim.</p>		<p>had a lot of loggia escaped & escaping. Only 32-34^{3/4}. I thought a breeze. Probably being C, May D. 9 there I came to bed. 12:30, others later. Slept in one ear open.</p>

F

Time FRIDAY—February 20th

Meant to go to church but slept
 on till nearly 7. after b'fast
 started preparing confession then
 wrote letters till lunch. got
 them out for posting. Had to sleep
 to sleep to see a kid, got on letter
 written while mission girls
 cleaned the house. Luffa out
 side on the grass for the same
 reason. E'song was later. had
 a sermon on death customs
 from Mannington. I went to sleep
 as did the others. coming back
 stopped at Hospital as Caroline.
 I left she was called back. said
 later Benson said his sinus was
 poisoned, spat it out. in fact
 but Caroline took it lightly. Very
 late dinner, late away. Fr. John
 came back from Lewob at 8:30.
 called C to Hospital. Boundary
 village people accusing Paul of
 trying to poison Benson & Lypol.
 A lot of talk till nearly 11. only
 towards the end they found there had
 been Lypol in the powder. the jar
 which had been washed smelled
 faintly of Lypol. Fr. John still
 demureless talked till 11:30 over a
 cuppa. Just going to bed. Lypol sent
 to be I.H. Some irreg. pains

Time SATURDAY—February 21st

Dreadful day. Not called
 through the night to Lypol.
 B'fast in bed, Bless Caroline. up
 at 9. to Hospital, to see Lypol,
 still looking liquor, not
 doing much else. P.R. heat
 prescribing. Was hidden in her
 deep pellis. Saw Benson, now
 the worse for yesterday. A
 brownish dry tongue only. He
 was quite sure he didn't
 swallow any sinus. I said it
 never, restless & wanting to
 talk home about it, but only
 pointing out all the times when
 he was obviously innocent. I
 told him that he must tell the
 very scrap of truth he knew &
 not worry about what other
 people's accusations & theories
 were. Metti, an ex-mum
 pregnant, came in beaten up
 by 2 boys, one warned. she
 said they tried to rape her.
 Later they owned up to it
 quite cheerfully. Very
 swollen upper arm & face.
 Couldn't find a preacher Paul
 taking the case to Pop. I
 got only a couple of letters

coverleaf

GONA.

FEBRUARY, 1959

Time	SUNDAY—February 22nd 23rd.	Time	MEMORANDA Sat. 21st (cont.)
	<p>To Mass at 7. Long service with naval awful singing. Fr. John spoke superbly well about the front pinnacles. Spoke of the young people leaving God and off their lives; they had planned to come to Sacramento afterwards to beat up the Kurans. Spoke well of situation. Said his guilt was now the less but he had been driven to it by the sin of others. Then asked Benson if he wanted to make a confession said yes, but his brother pushing him on. Late of pad, went. Said good-bye to P. urged him to tell the truth. Very brief. Read or lit & went for a swim in Mary W. The kids left after lunch wrote a couple of letters. That's about all.</p>		<p>Saw all day. Got dressed and lunch, a lot of fussing over who shall do nothing! and Fr. John questioning med staff about the hospital from 11:30-14:30. I had a long sleep after lunch prepared confession made tea Fr. John came in a dreadfully drawn face to say I could confessed that he put Kypol in Benson's jar with an eye dropper, knowing the risks was for him. He thought he could make his confession that would be the end of it. Fr. Bryan Conger for his advice & then if B. approves fly him to Doqueva to see the Bishop before reporting it to the Govt. It is the sort of nightmarish thing one can't grasp, can't get out of one's mind. Fr. John went to Kurans for E. sang to talk to the people. Came tonight. Offered to hear my confession so I went at 9:30. Bless him. Portard is tired. O. Maurer returned at lunch time. Lydia had a quilt about 4 P.M. about 5 lb.</p>

FEBRUARY, 1959

GONA - POPONDETTA.

Time	MONDAY—February 23rd	Time	TUESDAY—February 24th
	<p>To Mass English. Spent the morning sewing. At 12 Maurice came & examined me & my blood. Hb 90% RBC 4 1/4 M. WBC 3800. Left, read hld 3, saw a pt. Maurice Cuppa & E'song. There Fred Mame's machine. Maud's mother threatening the nurses who gave medicine to get. Prant. Mary Joyce has gone to Pop. No word from F. John. Thought heard written a couple of letters & sewed.</p>		<p>Up to Mass. St. Matthias. Doug got on to radio scheds & a lot of talk. Finished mending my dress & tried to get shipping sched. I success. Doug played round & heard (probably Logana) say "Dr. Briggs to go to Logana. Tried to get it confirmed all errors. Pop scheds that couldn't. No plane came over. Went to Vera. That all. Lunch & rest at 2:30. F. John came back. Did not go to Logana. Aunt in jail. Preparing inquiry today. Said Landraven wanted K. Hon to take mattresses, so I decided to go. Packed cuppa, much talk. Saw a 5 year kid? pertussis susceptible. Zerkon showed up & gave me a ride to K. Hon. Wanted pill nearly 7 for Landraven & got here 1/4 to 8. About expecting me streamer, talk, bath bed.</p>

POPONDETTA

FEBRUARY, 1959

Time	WEDNESDAY—February 25th	Time	THURSDAY—February 26th
	<p>A pleasant day, little snow. Up at 5 to 7. B'fast, saw pt in at Mr. Franklin's such babe. A lot of him used in nothing, wrote on letter. Nilda the prizeguy went i me to Gagarin. I had a supper the night on the way. M. looks well. Margaret coming but too fat. Pleasant time at Gagarin. Benny's birthday. Lunch, even a hoop-up, saw Benny. Home on the tractor after 5 i Nemo. He is a nice lad. Bath i to Harb to dinner. A lot of talk that didn't get much forward.</p>		<p>Up to Mass at 6-15. Only 5 there. B'fast saw pt. Went down the Town. Saw D.C. about telephone wire. Nothing doing, but a spat of advice about applying to Radio Telegraph i they might put phones in at £ 800 a mile or something equally fantastic. Judge did not come did not see Frank. Mr. Linnah said George was coming back by DC3 so boat not be coming. No boats. Did some shopping. Back to lunch at 11 (!!!) somewhat messed about. Had a rest. Mr. Lee came to take me to see his wife who is pregnant. She is not i educated. Also Mr. Theater who is much better. Had after tea i Lees who are in Blaney Major's old house I think. Back i wrote letters. Bed q. 30.</p>

FEBRUARY, 1959

POP - ERORO.

Time	FRIDAY—February 27th	Time	SATURDAY—February 28th
	<p>A quiet day. Slept till 10 to 7. Padded out a dress. To Hart at 10:30 for morning tea, did dress & wrote a letter till lunch. Graham doing stove, Judy sewing skirt. Had a rest, down to the store to book a seat on the morning plane, back to cuff & sewing. Benson at 1:30, say Judy not here yet. To Mark for dinner, & did hand sewing. Pleasant talk with 5 construction. Home 9:30</p>		<p>Slept till 7 after reading fairly late last night. Just started saying prayers. Judy wanted to come in. Got back to them & Graham edge in. Cold job, & packing. Left 10:15 & just caught the plane. Sat beside Judge Reginald's daughter. He must have arrived yesterday. Work at the shop. Job of freight. Synrock in a new sandtraw. Jan these but job had broken down to Emma & some food & draw in the jeep. Do in a great state over heat keys. To Mission 12:30. Betty had got back from Tim earlier. Which talk Eichel died this AM!! after what Jan called says soup stove. Spent the day unpacking, sorting & a lot of talk. Recd mail, with ring from Alwin. 75 from Vera Thomas. 8 sang. Saw some mud bay. Waded through Govt. correspond under piles of it. Tonight got a report from Jan & did job of sewing while the Synrock were in. Have just gone 1/2 to 11. I slipped away. No mention of what Ted will done, says the settling of the estate. Saw T.B.H. Frames of 2</p>

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

35

wads up a little lot of one of the boxes joined together

MARCH, 1959

ERORO.

Time	SUNDAY—March 1st	Time	MEMORANDA
	<p>Half on duty saw O.P. was the duty. Housekeeping, & little Mary Rose prais to. up 6-22. Church rather long. Ogababada didn't take up the food offering To keep, & saw spent the day making up cases, getting some ready, writing letters to: for all the Pop. I saw people, Tedwin & saw. Nice to see the boys again, to be welcomed back. The visitors prais to. Bob & Betty taking Pop. Moresby mail. Nice to have a cherry tonight. Going without things makes them seem more im- portant which is not the right idea at all.</p>		

MARCH, 1959

Time	MONDAY—March 2nd Labour Day, Tasmania and W.A.	Time	TUESDAY—March 3rd
	<p>St. Chad's day, up 6:20, saw Bob & Betty before they left. Called to Matthias & asthma so late for church school had a holiday apart. I am blew up at his fast. I asked him if Mission bag would carry water for washing on a holiday. It is his sensitive spot, heaven knows why. I think he was ashamed after. Last start in hospital, didn't finish fresh till 12:20, still lots of special to see. Terry O.P. came in brought in some patients half-silly with drink already. Young Charles D. there for the week-end. Rest, radio, saw job. & did odd job till 4:30. News sorted a list of linen & written letters bought, one to Mame about the future. Copped Robin Hood & Bob's bank pushed in his for BH on as large as life. Said Prout gave it to him & said he bought it at Trainers. A lot of rain.</p>		<p>To Maas. Early to fast - to Hoop. Saw quite a few pt. awaiting attention. War Road who has something bad in her uterus, I think a recording placenta. Reynolds brought in 2 bags & stayed for morning tea, the O'S. came & had tea. I saw Susan & the baby. Back to job. Had first lecture for weeks, the boys aren't too good after their swoot. Looked up a few things awaiting attention. Easy. Have spent the whole evening parking lines & checking the Rays. Washing shockingly done. One doesn't get rig paid many ways it can be spilt till we get things at the game TBH Truck broke down on the bridge. Gordon bumped into it & light, came at dinner, drunk, to ask I am to drive him to the Bay. Ron left came in at 8 to see into things. I'm dry & mad a cuppa. Tired again, so little done.</p>

ERORO.

MARCH, 1959

Time	WEDNESDAY—March 4th	Time	THURSDAY—March 5th
	<p>Taught new house-keepers how to sweep & dust the house, my housekeeping too. I woke at 5:10 & couldn't go to sleep again & no sleep after lunch for 2 days & it makes a difference. Morning went rather smoothly for both. Gran & me were pushed by 11. Nina in, cried ^{EV} because he didn't verify Leary & only by chance told them last night that the barge was delayed & they were both to help unload. Nina here & to, Kirian for afternoon tea. Lunch went a bit wrong but I opened a tin of meat to get through. It was to go to Eric & outboard motor not fixed, so shall have Leary radio sched P.M. odd job & blew up Jonathan during Fr's lecture. Running to go on Angles heli, then skipped to song to do TB food order. Went to Campbell's finished order brought 1 little glass. One medal didn't go out yesterday but Lynoches took it for Wharrah.</p>		<p>Smooth day. To Mass Back at 7:5 to find the little girl had made my bed, done the flowers & rang it else. Shouted them out & got them going. I resp done by 10:15. Gran syringed my ears which was a relief & administered her weekly bath & did cards for 3/4 hour. P.M. Radio, lecture, odd jobs & cards heli 5. & again all the evening. Gran had done a lot for me - a very mixed blessing. Heard my Dad again on 9 P.M. great fun. The medicals couldn't believe their eyes when they heard a voice & found it came from what I was carrying.</p>

MARCH, 1959

Time	FRIDAY—March 6th 8 th	Time	SATURDAY—March 7th 8 th
	<p>Mathias & Jean. I resp. got ready for X-ray. Hays flew over about 11:30. X-rayed till lunch, some of them experimental & not a howling success. Betty came to Hosp to announce telling of all her path. investigation dinner-party at Becking the night before for Fr Geoffrey. Philo also brought St J. Fisher & Tronah. Took up lecture Bob told me that you can prevent conception in dogs & 5 regularly. Shilbrock given 3 days from 100 mg by injection within 48 hours of mating. Here's hoping. Last night at night saw X-ray. Captured Elkin for an X-ray. Fr Geoffrey wants to come over here soon. Fr went on walk about for a walk.</p>		<p>On duty & housekeeping. Bob went to W get at 8 to pick up the Bishop. Took Grace Darling. Barbara F. & Donald for holidays. I went to the Bishop about white pt ward & name extra course. I resp. odd job. Mail. Dr Kelleher sending March 20th. BB Hall coming in May. Ylang-ili brought W, sweetest & John Livingston for holidays before going to Malancia to train as brothers. Cards in after 1st night. Worked till 2 to 10. Shook day in Hospital. No letter from Oliver yet.</p>

ERORO

MARCH, 1959

Time	SUNDAY—March 8th	Time	MEMORANDA
	<p>Day off. Jean made a cuppa bapa Church which helped. Church began at 7:12. I finished at 10:00. I cooked bacon & egg while Jean had MU. Wrote them suggesting that I'd get away both her berth if coming by sea. Wrote to kids. Finished the yoke drum. Good them but horribly American. Did some mending & made a sample was letter tonight. Jean Lollie I had a swim. Mr. Smith of Tufi turned up & Dennis & a Mr. a watchmaker from Lae. Mr. S quite nice. He missed I sang Oyurokas in Pongit. Playing Gharasta & Jean. Koll. Baby I got supper & snook off to bed. Now nearly 11</p>		

MARCH, 1959

Time

MONDAY—March 9th

Time

TUESDAY—March 10th

The last 2 days have been a hot & close the night too. Max late. I had Mathis. I up over 10:15 then a troop of new fl. came in & kept me busy till 11:15. One was Kapor a colle. Jan saw yesterday & didn't recognize it. A silly argument over a fl. & he has sulked all day. I searching my conscience about it. Anyway these fl. so often come in & stay P.M.T. Anyway brought me a supper & took me to spin & it's all over in light vein. Max late. At 11:45 X. raped Kapor & reduced it. Guter came & TB pod & skiffy told us Mr. Paul & another work bloke in for. We waited lunch but they didn't come in the jeep. Lecture. Saw Stanton who is starting as first TB med boy, starting here for experience. Did some of repetitive interruptions. Tonight part 2 of the linen, saw lunch & a miss-came on & a kid. Sample Letters. Saw to go, which is something.

Another hot, tiring day, everyone finding it hard, muddled etc. One looks forward to Tuesday as a day to be free of routine job, but - 7:30 Max. On Sam. Broadcast picked up 8 radios for us. ran to bet, made them up to quit to day & to deliver. I missed him. Mr Paul: a rejected up man rabeing kitchen came up. Mr Paul saw the 3 permit-to-teach teachers. Got to half at 9. Muddled a, did P.V. in Dick who is an inevitable abortion. Not much mail. Syd wrote: Sylvester referring to stay at Minn: awaiting the British. Syd seems to peddle. Saw Johnson, next of S.A. Then saw Minn who came in for the day. Fear she is frequent. After lunch did a P.V. in m. a. h. a. b. a. g. a. T. L. L. i. M. K. i. in a lot of pain saw her. Got 15/60 hoop up. Lecture. Typed report not much else. Tonight finished sorting linen, wrote to R. Hugh. Too tired to push myself more. Played Lohani a while. Bed 9:30. 3 hours sitting waiting. Blue em. Surveyor has surveyed land bet. Wainona & Orana & boundary cut through Tulo Church. Cocoon & R. side of road not Wainona

Nestlé's Malted Milk is fortified with Vitamin B.

after all. Ray Stuart gets them apparently.

ERORO.

MARCH, 1959

Time	WEDNESDAY—March 11 th	Time	THURSDAY—March 12 th
	<p>my housekeeping Mrs Keane Fed myself an Aspirin through the day. Prayer in house. Wet morning & hats start coming up. Joan, Betty doing IWC & Zupf Ambiguities, did not finish hlt 11:30. I pinched on him, was then to give slymochs morning tea, & do kebels. After lunch slept nearly 1 1/2 hrs & soundly & felt better. Did cards rest of the time + a bit of mail for M.K. Bed 10:15 after a cuppa. Had not been to sleep when called to Range SDA woman Joan then only just in time. I heard the baby yelling as I approached the West. Philip of Kopuru had been & I went to see him while Joan was washing babies. Found him taking his last breath. Poor old man. Kopuru sat the body in X-ray room but there was no crying. To bed 12:15.</p>		<p>Wet again. Overleft. didn't go to Wake Joan went to the Bay at 5 to get the mail. ST's brought up. Sgt J, Fay R. Nicker Hask, who is coming here to build the European ward plans to. Seen a nice lad. Breakfast muddled waiting for Kay should bring the stores. Betty got off to Bannan after 9. Nicker got back to the boat at 11. 19. I got on to 9 wash finished 12:30. No interesting mail on M.D. except parcel from Lit. & nothing from Archdeacon Kendall. Best lecture. In got back in time for lunch slymochs again to late after tea. Numa got her period today, is much relieved. Must examine her soon though. Muddled, little done to Fred tonight. Now done a few D.H. papers, little else. Legislative Council adjourned till 23rd, it won't please the Bishop. All over the introduction of taxation. Loma transferred to Tuarua</p>

MARCH, 1959

Time

FRIDAY—March 13th

14th

Time

SATURDAY—March 14th

Mathis: Gran. At breakfast
I am brought up the question
of Victor's sleeping quarters &
suggested we clean the nurse
out of Vera's room & put him there.
I looked at him & he bit.
said he couldn't go in his home
Gran. I sat in a very disappal
I told I think is on Tom's side
right or wrong. Grogger leads
badly. is sure to be full of long
He seems to be putting him in
the alley way of the M.H.

Muddled making goodness
knows why. I. I both on edge
but not each other. Sherobant
helps me a lot. Saw pt. worked
hard & nothing to show for it.
Did cards till lunch. in the
evening. During lecture Eric Oga-
boda Ashley brought a letter from
Lerald. Leo Philimon broke his
ribs in the spleen area and
she died at 9 A.M. He wanted me
to go down. Sea was up. I am said
strongly couldn't go till today. I de-
cided not to go & the canoe though
I think now it was a wrong
decision. A P.M. by Lilly Camp
in a transparent house would be

Day off. Gran did housekeeping &
also cooked a lot of brains.
Breakfast in bed & nice. Prayers, up &
washed my head, wrote a couple of
letters & came in mail before 11
& brought Cheryl Cook, who is in-
stalled in my home. + P. F. G.
to come on Monday. Got up till 4
calico into shawl made up 4
double over & quite enjoyed it. Had
book during hoop-up. We want
fun death for us today. don't know
what has happened to the family
letter. As for Oliver!— Tonight
wrote to Bob. Dymock brought
their house boys in sick. I can't
suffer. I went for quiet before 10 for
a cuppa & they jolly well
stayed till 11.15. And they
are coming in for dinner tomorrow.

ghostly. Don't know
knows got back
got beauty radiation report off.

"Naxos" is indicated for babies showing fat intolerance.

ERORO.

MARCH, 1959

Time	SUNDAY—March 15th	Time	MEMORANDA
	<p>Betty did housekeeping. up 6:25 out for her paper as that she made a supper for all of us, as had put an end to our confid- Betty wanted one branch to put in that discussion. He told me 1 to help. Got on to cards after Dr. Kent-Hughes wants to join morning tea. P.M. slept all night. The Mission? I think she is 3 though I didn't mean to. the one who wrote the book on Sara H. 4:30, Betty delivered Army experiences then the her, a good show all through. Synopses came in & wanted to New pt coming in. Eric VC. can talk to the person about a handcuffed man who looked Reg. Council. We got supper & a stamped sad. Mob of times on early & they went 10:15. her. 2 men from CA 70 came. Everyone has tried for Confes- & got invited to dinner. I saw rious + I called in back to Betty in the middle of all confirm it's coming to T.B.H. this. Lat bath, & to home at allowing her to go the month 10:17 Synopses there. The refreshers. After light out I Mission boys got 6 crayfish scribbled a note to Nanner we had it done up in sherry about it. 7. I'm misinformed (1 1/2 cups of it) & nice but to like a scar in appearance rather too big a helping. in John May's kitchen Dinner was 8:5, & I to Hospital. Had 11:30. Did X rays in to admit another pt. do some A.M. Haven't seen them yet cards & wrote a letter to Mrs B to M.H. to supper shipped away 10:20. They have just gone. I think the Ds have taken the CA 70 men. Very tired supper & am selfish over these eternal visitors, but work is more important.</p>		

"Vi-Lactogen" is particularly suitable for supplementary feeding.

MARCH, 1959

Time

MONDAY—March 16th

17th

Time

TUESDAY—March 17th

My housekeeping. Everything
late Mathias & Joan. Insp.
over in good time. Bob came
by lunch time, Betty picking
him up when on Earl's clinic.
Rest P.M. & did cards, catching up
slowly on the long neglected one.
After tea, busy time seeing to
dinner, seeing new pb, run-
ning to & fro. Bob went to Pop
to pick up + P & F. Geoffrey they
did not arrive till 6:30. Bob
& P & F dinner at table. It went
off alright. F & G said Banphie
I talked to + P. Cleared the air
but didn't get far. He suggest-
ed I go on leave almost at once
when Kelleher came. Accepted
my reasons as good though I
said none were binding. I
told him about Mary W. think-
ing he already knew & he
didn't. In the middle that
incredible Keryt walked in
& stayed in the room so
that private talk was im-
possible. Vaguely apologized
afterwards. I had to pray to
the Holy Spirit mightily hard to
deal with it right. I did point

up to Mass in rain. This
daddy to fast, then the poor
lasses made their confession.
+ P & F & I got away at 9.
Insp. re. Then I set the Surg.
exam till 1:15.
Rest. Saw another prospective
T.P. med boy, pt, & cards.
did cards till 8:30. Started
on exam papers which prove
to be poor. Just waiting for
dinner when Mr. Leah
walked in asking for a bed.
I have to go that awful P.M.
Getting ready tonight, went
off to bed 9:30. Washing
very badly done, as usual.
No mail from home again
no personal mail at all.

"Lactogen" is easily digested by the aged.

ERORO.-EMO-ERORO. MARCH, 1959

Time	WEDNESDAY—March 18th 1959	Time	THURSDAY—March 19th
	<p>up 5.15, got to fast, we got off just after 6.30 to Olo Bay. The Zinken took us to Ene, good sea. This big canoe took us ashore, up to the mission thru. I got ready while the men disburdened the boat. It wasn't as bad as I had feared but bad enough. Mr. Leak wrote notes for me. Got mess over me in spite of plastic apron. Couldn't see her up again so just wrapped her up. Went to Rest House, bathed, changed. Mr. L. got the rolling people together, explained back to Natabu, glad of a thermos cuppa on the boat. Got to the Mission 12.30. Mr. L. held the inquiry in the fan school, took my statement. Then bread 3 P.M. heady tired. Corrected papers a while. Noct looked at a few films, not much else. Even so didn't get to bed till 10. Mr. Leak wanted me to see his wife. Thought of going today but Bob could not bring me back, I couldn't spare 2 days to return on Saturday. Bob had</p>		<p>Grand got early to fast for me but my to keeping. Bob took Mr. L. off at 4 to 7. Betty had gone much earlier down the Coast. I belunched Guspe. Long, very kind in the world had said to look at Zuanet but Okenar. Darnit over Dr. wife, after I had tried to run away & been brought back. Spent an hour trying to sub it out. P.M. did a P.V. on Jimmy. Bob came at 1.45. Victor, who is in the M.H. Brought mail one from Tit Win at Coast. Escobar have started on the estate, we all can collect £500 more. probably will all get a further £350, with that an extra £500. Their letter from Tids. First dinner finished correcting. I want tonight have seen nearly the films. & head my work very good.</p>

a charter to W. gila. "i-lactogen" babies are not troubled with constipation.

MARCH, 1959

Time	FRIDAY—March 20th 21st.	Time	SATURDAY—March 21st 22nd.
	<p>Mathias & Jean Wamsota sent in a bag to an injured foot. After lunch wh. was a muddle & saved the foot. Odd job & put away the samples waiting for sorting. P.M. lecture & gave boys their results. Went to Dr. Rowden, & in the evening wrote other letters. Neres arrived at 5 P.M., having come through the river in his motor-boat. Neres is a much more confident person & Neres about. Supper & talk 9:00. Neres talking about Dr. Corlette who still writes to him every week.</p>		<p>Day on. Told housekeeping. T.B.s went for a picnic & a mile old mess-up. The walkers went early without breakfast & walk to Bere, whereas they were to have gone to Oro Bay. The canoe people stayed at Oro Bay. I doing lunch. Betty came back & her boys which increased the staff. Went in early. Did some filing & tidying long-delayed card. Grace Salma T.L. at last. Saw her at 11:30 & she produced a P.O.P. at 3:30. Dynocks came in, but I missed them. Spy plus: Sofron accused Brian: his staff of laziness & all sort of things - utterly ridiculous. Brian wd. have resigned on the spot but he wanted to consult him first. Cards & admin papers till 9:30. Read in bed & finished "Light Hearted Quest" & loved it.</p>

ERORO.

MARCH, 1959

Time	PALM SUNDAY SUNDAY—March 22nd	Time	MEMORANDA
	<p>Day off. Gran did housekeeping for me & Betty, whichever it was. Betty hardly visible all day, & tired. Gran made a cuppa for which I was very grateful, before church service interminable & I can't get a very constructive attitude to it than endurance. Blessing of palms quite lengthy then a procession & people singing out of tune. I am alone on the Red Mangrove & a lot of communion-rank Kate to fast. Wrote several letters & a letter home. The boys went fishing on the reef & enjoyed it. I slept till after 3. Wrote more letters after tonight. Gran having stuff & Tom & Fenner was buying rules. I had to see both of them. Got things ready for G.K. who goes to Poff tomorrow. Seymour in but I just haven't shown up. Sneaked over really to see Bob & they were playing bananex as I sneaked back.</p>		

MARCH, 1959

Time	MONDAY—March 23 rd 24 th	Time	TUESDAY—March 24 th
<p>I housekeeping. up 10 to 6 or got to bed for Bob, Betty, Vera. B.B. went off to Pop. Dogman, taking G.K. to Pop. Neechhoff 7-30. A fast late of comes after long Mass. I resp. in a lot of admiration. Started the lectures. i new boys down to apolls. Dina freed to. Wrote letters, inc. one to name re T.B.H. org. amigator. Bob took a letter from me to the Bishop. brought in back. Going to write to tell, bless him; gives me permission to go to W. deely Albany cash for new river for European war. Benj moved to M.H. Father took it calmly. Jan was going to have it out i him about moving Nitor to his house but he was in the bath later decided not to but to wear herself. Zoff to M.H. & Nicti to Musa. I think that is a bad solution but I pray hard about it & perhaps it is God's way. G.K. walked back arriving 8:30 P.M. Lancelot came in the plane praise to. Apparently couldn't help being late.</p>		<p>To Mass. in a minor detached non-worshipping frame of mind. Did. D.C. on Dugh & found placental haem. I resp. i. saw M. Anne. Started on seeing my T.B.s. i Aidan F. & Angela Blank. 'saw' writing. Lecher. P.M. Uria in all day. Maria brought her book her back at 6 P.M. Lancelot i Denis Lamb, too drunk to work. Frank upsetting boys by swearing at them. Terry O.S. came in, also shuffed i drink. Nitor smoked a cigar after dinner. I escaped to heap. buses then sent piles of linen. Jan & V. went off after 9 in the jeep looking for Dorothy's barking dog: blessed if I would. F. Jan came in i saw Jan's bed made up in M.H. asked about it. Bless up i said you should not be in M.H. I said it was the only feasible place. he said "Why not X-ray room?" And mention the squig tomorrow for X-ray! I think to real. regis want what inconvenience he is causing by not having Nitor in his house.</p>	

MK on Lamanai

ERORO.

MARCH, 1959

Time	WEDNESDAY—March 25th	Time	THURSDAY—March 26th
	<p>To Mass. Usual morning but not so rushed. Examined quite a few TBs till lunch. Boat left at 2:30, 2 Mission girls. I cleared my house, got a lot of dirt, cobwebs etc. Jap came 4:30 & Lorna Carlisle on board. Mob of patients, mostly TBs. Adm. reports, after dinner & bought pricing pt. for discharge, & shipping mail. Dymocks came in for Canada. Although they knew it was boat night Fr. in village & in church tonight. Quite a storm over the blimps that came, I was sure Fr. knew they were coming & he didn't. Then sent for help, & whisked off when only 4 arrived, & the other had to walk down. He & Bob went for me for not providing more. Everyone is paid & realigned. To find fault, apart from that Lorna in my house & will go into my office tomorrow. Tom certainly makes things hard at his no-visitors-in-my-house policy.</p>		<p>Betty housekeeping & found it trying. Mass at 7, only a fair crowd there. Long Nigan doing draca. Will thing. I went on till 8:15. By that time Bob had raced to the Bay to see the boat off & to the ship to pick up Sister Harris. Length of & organized her bed. Lorna & put Lorna in my office. JTB to admit in hospital, started in sp. at 10:15. Muddle muddy. Guy H. will be a great talker. Patrick rebellious & talked to him like a Dutch aunt. Mail - lovely. Hil, I should last. He's going to Rome & on to England, bless him. Got a rest after lunch, saw new pt. mally. The G's family came in, John sick again. The vehicle would not start, as they had after tea. Didn't get away till 6. Tonight a service before the Blessed Sacrament & odd job in Mass. Nothing really done. Barbara in severe pain again.</p>

MARCH, 1959

Time	FRIDAY—March 27th Good Friday	Time	SATURDAY—March 28th Easter Saturday (Easter Eve) 29 th
	<p>Spent $2\frac{3}{4}$ hours in church. Don't know why that should make me tired. I am put on all the training. I found the English service tedious maybe because strange. I didn't know what was coming next. The nuns wouldn't be able to follow on word of it. I got a letter, in Mohn. 123 or mischievous but I read "Man Born to King" story. I am housekeeping, I am a fan of the last year. I was annoyed at 11 to 12. I am, I did a chat read. I had a rest between 11 & 12. The boy, I got a fair bit of the grass checked & repacked. Bless them! Tonight did some cards. I didn't have a bedtime. I did a good bit of church going. she fits in well. George M. came before dinner. I told him about what he had heard of it but not the whole story. Was in bed 9:30. Bob says the procession on. I can hear it quite well.</p>		<p>Did not take a day off just as well. Follie left ahead did my house-keeping. ref to take to fast. Got X. say look ready, read my mail. Plans in early. Was on fan name. Bob got some people for a run in the boat. I X. sayd solidly 11:15 till 1:15. Called to Eileen when I had just X. sayd. SOB. I feel not so good. Late lunch rest, back to do drug. check, but I. much worse. I am tired but I. was, died about 5. Very sad, I she had 4 young children. Both long engaged in 12 fluid, but don't think I got my sleep. work done. Dinner, look at E. family's films. Had a job to persuade Charles to have the body buried here. To church 8:34. Lightly the new fire. There is a new rentahire for fan. I get it bored. I it. though if we shut our ears the sight would be lovely. Back I did a P.M. on E. Had promised to cut her only a little. I had felt a bit to mistakes but with me only small after all! Finished 10:30. had a cold supper. Called to Gage till M.N.</p>

ERORO.

MARCH, 1959

Time	SUNDAY—March 29th Easter Sunday (Easter Day)	Time	MEMORANDA
	<p>Easter service better than I expected. No sermon. But by 8.25, a lot of communion. Every candle in the place aflame. The Wymms drove in & Bill Lander 8.15, the Dymals came in to church. Fed them all on a cuppa, & the Ds stayed to be fast. Hoop & b 10:15 glad to escape. 10 P. on to checking drugs all the morning, after very hot & oppressive day & the banks empty. Rain for us we had nearly an inch of rain tonight. I wanted us Captain of football. cricket. Eric played Pop. All the boys watched from 2.30 onwards, so little den. A bath cheered me as well as cleaned me: late E's song. The others went swimming a lot of the after, & loved it. Music tonight but I looked at all the films. Feast on the debadeta, a welcome to George N, a farewell to George K. Presented him with a suitcase. Got it all over before the rain. Kathy housekeeping, hardly eating a thing. Dasha did lunch!</p>		

MARCH, 1959

Time	MONDAY—March 30th Easter Monday	Time	TUESDAY—March 31st Addit. Public Holiday, W.A., Tas.
<p>Had 1½ inches of rain prior to my housekeeping. Waa at 7 so to past late & inspection done by 11. Washing started late. Lot of under ruffens before lunch. Rest till 10 to 3, then worked on Wigela drug solidly till 5. Seng & G.K. & Gudrun wed. Day playing football, but I had to work my two G.K. finished up tonight, alas. The family went off to Erana at 5. I'm glad to stay at home. Never went after lunch but if the river was too high was to return to Erana & wait there after 5. In Feb, Leason Graydon, Kipling and quite a natural warm welcome from everyone. I was for the first time I have felt a genuine welcome in a Papuan greeting rather than a heartiness if one can distinguish as if I were accepted as an equal. Bath & washed my head, had a sherry & read Kath Blackwood's N/L. She will be on leave when I am. Nice lovely easy dinner, Haf. job & work to Pathologist done. Bed 10:15. The family meant to have a picnic but changed their minds.</p>		<p>up soon after 6, but Waa at 7. Did up Ellenora's specimen for Janet to take. Bob took her before 8 & Kathy to Clinic. Wet morning but plane came. Windy morning. Finished my share of Wigela drugs & saw Wyle to organize their stays & going, franked to. Trying to do Gloria but the day damp & we had plenty of other things to do. Racked at after tea by being told M.K. in. Pushed the boys in & the Wigela drug packing, & like a fool forgot to send a message to George about the missing case. Organized packets for Gustberg, also Gusti's kibbet. Had a bit of my mail. (No. Mostly mail). Nina was in & said Brian sent. After dinner wrote letters frankly till 10. supper & Victor showed some of his slides. The jet went off to Lorna at 10:30. I am thankfully got to bed. That is 3 less!</p>	

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

ERORO.

APRIL, 1959

Time	WEDNESDAY—April 1st	Time	THURSDAY—April 2nd
	<p>Wst. a day. Mission girls back + 2 newies in my house so showed them round + got some prayers in. But they do fill the house! While at a fast the Eraina school came + Brian as a patient in the M.H. room looked unwell - cystitis - in great pain. Treated him + had a conversation + Helen + 20 to 9. Reception form + 10 for ages. All about a pt. 20 told her to put him in the M.H. for Samarii. Helen not there spoke to Mrs. Finlay. Brian + P. + A.N. + Jan did wash. No chance to do Junior. Long talk + I am about guest arrangements, but I was not in contact + worried about his objections. Said it was hard for all but he suffered less than any. Said Victor cd. see to his house but hasn't organized it. Minor staying here. x. Read 2 new ps all 3 P.M. + at 5 reduced a supra-condylar fracture We 3 had Vit B₁₂ in hopes - all + tried. Stacks of job piled up after dinner saw x. <small>Milo provides mothers with more minerals.</small> dinner, wrote to Govt. Pathologist. '54 Wst. light failed.</p>		<p>my housekeeping. Didn't try to think but saw to be fast + supervised girls in my house + fitted in some interrupted prayers. I usp. till 11. A pt. reduced lesion of wrist/ber in the night. After 11-30 Jan. I did Junior's plaster at long last. Didn't get out on radio. Bob left the Wreedy crystal connected. Missing dinner + lunch up. Checked then saw Johnson + Winifred who went to Eraina then to Bay on Tuesday night to help Christabel's. Pa! Both in bed rest for a week. Not much to do for dinner as Minor helped. Bob took Betty to Wanaqalas + Victor walked all day at the bus stop. Brought mail late. Talked to Luffin about D.C. but she refused to come to the point. Talked again tonight + got no further than Sunday. Did order + Jan. Brian much better but has an infection. Am really tired + not doing any more of the thousand jobs that are neglected + waiting.</p>

Milo provides mothers with more minerals.

APRIL, 1959

Eve - Pop. & rero

Time	FRIDAY—April 3rd ⁴	Time	SATURDAY—April 4th
	<p>Brian improved. I did to fast for Gan full day. I didn't get plaster any. I ref. saw lots of people saw into H. Deacon affair, got me forward of course. Did N. ray. Gan had a best, Benj supervised. I believed during lunch. Late after doing radio went back, had another rest. Started on the radio 'to Kendall' letter, didn't finish it & get to F. Bygones. Wrote to Helen, got her spoken off, little leech, very brain is too tired to think constructively, can only plough ahead - job. Bed at 10. Wrote arrived at after tea & sleeping in Benj - 5 in that poky M.H.!! Gan weary, showing signs of cracking.</p>		<p>Monday off, but I have done little Gan had a fairly busy day. Brian much better. All housekeeping. Paula wanted a mysterious rat, mostly in her father's mouth. B' fast! 7:30 Wrote Nie Bob. I went to the ship. DC, captain, but they not on board. Georg, Ian, Mr. Perishia(?) went. Wrote. Also Mr. Bishop came the O.S. kids there to meet their father but he is in Hoop. I am thankful he is not here. To TB site. saw things. New draw me in buffer, radio, saw a couple of pp & wrote letter arising from mail. lunch. Bob N. & the Bs came to late lunch. Georg had his case off loaded Pop, so Bob flew us to Pop to get hold of the papers in the case. Wrote. Bob sense & sense, but much happier later. Gan had the controls, Bob dropped a note over Nangata. What draw in, talk of TBH, choosing antibodies. I told her 5:15 about as the cross in Tuli Lake. Gan grateful of my trip. I did Kathy wrote in for my bag. Gan flew this part. Later she apologized. Gan has draughts, & everything sense. Tonight looked at x-rays & the cat. loaves or. from Georg. DPH will probably provide tractor & concrete</p>

ERORO

APRIL, 1959

Time	SUNDAY—April 5th th	Time	MEMORANDA
	<p>Horrible day though Nina did the bulk of the house-keeping. Paula sick & Mary did not show up. So it was all hands to the pump & mulling but useless little mission quilt. Dream of serotum again & it was bigger. Crowd of people meals, meals, meals. & Hospital keeping us going. Bob flew 2 boys with Managala & her sister. Saw Beng, still HNF & decided we were a month out. Talked it over with them & Vera his usual tactful perceptiveness self. They decided Beng not go home as she had "had it" & it was like a great load rolling away. Bed laterish, but tried to do office work.</p>		

APRIL, 1959

Time	MONDAY—April 6th	Time	TUESDAY—April 7th
	<p>7th</p> <p>I did b'fast for Fran. Still in way. Fran got in 2 weeks to help. An unseasonably muddy & heavy rain in the hills brought a flood & bridge approaches washed away. Bob built it up & got off in 10:30. Victor Beryl. News on bike. But had to turn back at same. Began & had lunch & us. Went at 2:30 just 2 minutes too early for a message from Pat that Lucia was unpassable. However he didn't come back. Brian's temp up again & he had a bad night & a lot of pain. P.M. Both testes affected. Got mischief done. A lot of trouble & reds. Did P.V. Fran easily upset & we upset over a little. Busy 10:00 after dinner got to mail & got off 7. Henry's order, AB food order & letter to TB Director. Went to bed 10:30. Mr Bishop brought in Ron Bell & fever T → 106.4 in Beryl's room. Mrs H. came.</p>		<p>my h'keeping. Dugab keeping too. My Church Brian feeling better. Busy morning & usual. 1 a D.C. & fixing Fran's plaster at Long East. Long time & reds. X-raying. All lunch. P.M. red. odd job & didn't get to office. Brian's something up & aspirated. got nothing. He much better though. Maria again helping a lot & cooking. No plane - 7" rain at Jackson. Tonight started rain, saw some X-ray. Am sleeping in Fran's bed to give her a rest. She always has broken nights.</p>

ERORO.

APRIL, 1959

Time	WEDNESDAY—April 8th	Time	THURSDAY—April 9th
	<p> In bed 8.30. Too tired for anything after dinner. Took a while to get off last night but slept well. So did everyone else. Up 10 to 6. Hit the prunus. Saw to the dishes doing the house. Helped to fast. Said some odd prayers. It has been the easiest day we have had for 2/53. Steady old morning. Car went at 8.15. I'm B. Still sleepy but promised not to work. Odd job after 11, & actually had 2 hours in my office. P.M. also in office off day & heard some nice music. Brain much better. T. normal, & out on a car. Man not in again. Went off in a heavy rain. Bright. Actually got to rising. Clear column for T.B.H. but haven't written yet. Gian much brighter after two bright & unbroken sleep. Eclipsed of the sun. We all missed it. It was cloudy. Thought it was a storm coming. It was very rest time. I for one slept through it. </p>		<p> Up 6.15. Felt I could have slept another 9 hours. My housekeeping but Min did almost all of it. Another wet morning after a wet night. Cleared later. The lesson came in, all got in for late lunch. Some delay in our getting to hospital lab start. We both tried class. After morning tea did paracetamol on little Fyazam who coughed & struggled in spite of barbitol. Got 7.2 pink. Finished lunch at 2. Bed till 3. odd job. Admin letter. Odor again last 6th since December! After tea, Betty talked of Kipling's alleged misdeeds. I had lovely letters, Lil' Nana + P. & Dr Campbell at last & Betty. A duplicate of one to the Bishop saying he had advised Betty to resign. B. told Gian that they sent in their resignation on this H.K. Certainly they have both been unsettled. But edgy. But to throw up the lesson seems a great blow. Wrote to Govt to Gen B. Bright not thinking clearly. Making lot of mistakes. More rain. Bed 9.30. </p>

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

APRIL, 1959

Time	FRIDAY—April 10th	Time	SATURDAY—April 11th
<p>Left keeping - wet on hand publ claw saw to hat lett is had near Mans Bethy resign leav only led for and right ding</p> <p>Lollie housekeeping Francis to I did Kuspa's got rather held up. R.H. I did a few h. say after morning tea. Both boys getting Tanna. Koew since ready. I did a bit on drugliak A.M. 11. 2 at night wrote letters madly till 10.30. Got me off to Oliver anyway. 3 to 1.4 about my visit. More heavy rain. Krisa sat up for a while but was surprised that he had so quickly. Trying to think at the Kipling problem. Decided not to investigate just now. Will have go at Kipling later. Bethy asked me in A.M. if Gran had told me of their resignation - run away people or about things. I said was sorry & had hoped she might have just cleared down. She said she was really leaving for Bob's sake!! She asked most of the day. I decided to go to Koew.</p>	<p>11</p>	<p>my "day off". Gran housekeeping - only 1 inch. I persuaded her to wash Lancelot in which saved her bacon. She inevitable + making a hard situation worse by snapping. Bethy would be helper at bay. I set the breakfast. We got off 8.15. Lovely day. Tup to Koew to good. released me from some of my depression. Busy thing saw the pt. discharged. I told K. he must check to his pt. copy - the girls spoke to him. the people saying K would come in for his resignation came at the end of the month & probably would not be replaced. Managla's children in- credibly filthy. I rehum at an 2nd tub & potatoes. I got went back again for Sunday. Matthew & little Othman. In to lunch 1.20, found all 3 Tannas there, poor old Gran! She upset: I hadn't seen B before I went but I hadn't a chance I think was not to come till after lunch. Rest till 3.30. did cards over since. Dinner is late. fish not cooked. Gran & the other playing Canada again.</p>	

ERORO

APRIL, 1959

Time

SUNDAY—April 12th

My day on in home. Hospital. up 6:15 made a supper. saw to breakfast. Things went smoothly. Regan came for his injection. I brought John the silver tray & headache, abdomen pain. Epigastric pain. Tenderness no rigidity. Got some cards done but it is a slow business. Gran made a pudding for me bless her. By 4 I found John still winking. Rested mine got an en & decided he might be a pancreatitis or subhepatic. Decided to operate. At 6 called Gran as Betty had had a day off but came on. was rain, rain. Started at 9 P.M. didn't finish till nearly 12. Epigastrium OK but appendix a bit red & caecum is red. Bound down. It hard to remove the appendix condition good. Bob stayed up. made us delicious tea & hot-buttermilk toast. Bed 12:15. dawn in. Gran caught a cold.

Time

MEMORANDA
MONDAY.

Lovely to have no housekeeping on my mind. Didn't do much in the way of prayer. Betty & Clin Lab start in Hsp. 9:40 way to hurry. Then I said something that upset her, she went off nearly in tears. has been greatly silent ever since. I think she was wrong but I suppose I shouldn't been outright I just then. Maragalaia came in. odd job till lunch. Did radio, called off from my rest before that. Did my paper for DPH but too tired to stick at anything. I might finish family letter. saw a few X-rays. Bed by 9. Another wet day & clothes wet. One slates in water & mud all day. 7 cash are on

APRIL, 1959

Time	TUESDAY MONDAY —April 13 th 14th	Time	TUESDAY—April 14 th
	<p>Woke & tired, feeling I couldn't cope with all that had to be done. To Mass which helped. Bob went off to Doqwa, Kelly did Keam's lunch after inspection. Got X-rays done before 11, & tried to do Gilman's paracentesis after but it took an age. Things not ready. Couldn't get any fluid. Deprocks in the morning tea with Mr. Hoberken who is trying to organize Chinese boat to sail at One Bay. Nice chap & looks familiar. Radio from Dr. Stragg, can see me Monday. Cold job in afternoon, seeing the Gura holes. Heard nice music after dinner sorted linen, looked at X-rays. Had a supper in Gian at 9:30 & she apologized. All is well.</p>		

E R O R O.

APRIL, 1959

PORT MORESBY.

Time	WEDNESDAY—April 15th	Time	THURSDAY—April 16th
	<p>No sign of Bob or Bishop. I did housekeeping. Mr Paula says his mother wants to keep her in the village. Too short-staffed housekeeping a muddle. I said prayers in odd times while Missie girls did the house - no quiet spot anywhere. Muddled interrupted inspection. Two sick babies improved. Did A/N. Dymocks. Mr R in again for a blessed hour. I did radio as B. I was doing Zupf antigen injections. Long slow session. Tashford can have me tomorrow night. Gene pleased to have the John of Koene has TB X-R. Told him about it. Lunch late. muddled. P.M. writing a letter from Hospital. Dinner late as meat not cooked. Sorted linen. Can say this sister due Moresby in Feb so I will meet her if I can. More work in Luvien. Am weary to death of problems racing to it in A.M. Must pack now.</p>		<p>Plan due 10.45. up to Mass. Felt rather pissed-up over packing, much as I imagine a hypochondriac feels. Got all my job done saw Simon who professed repentance. Had a cuppa - just ready to leave as the blessed flew over. It was hell up at Dogra by high winds. To the ship in time to see + Peter talked to me about the resignation. Apparently hasn't talked to Bob yet. They + Elizabeth went off to Ulan. PAT phone came + we got off 11.15. Flew over K'lon for Roberben's sake. Saw Mrs Lee at Pop, a bit cool maybe. Unbarasak. Gerard + I picked up at the ship, in here. F.L. gave us lunch. G. has flu or Echo virus, looks wretched. They all went off. I slept on the floor. Joan + I came + we had a cuppa together + wine. Mrs. Tashford came at 4.15 pleasant + well coming folk. Much talk + little else. In the parlour room they went off to rehearsal. The bed of P.M. after writing 2 letters. Ted booked a Malanta same cabin as Murray + M. + the Briggs sisters + pleased + each others acquaintances.</p>

APRIL, 1959

Time	FRIDAY—April 17th	Time	SATURDAY—April 18th 19
	<p>Went a day, Neoplan & friendly even shop assistant. up to 6:30. For I didn't eat any breakfast later went to bed. diagnosed himself as Echo 6, disease. I sang DPH, got nowhere, went to P.O. tried to catch Tamara bus, it stopped at a different place from what I was told, so took a taxi boat 11/8 but called 9 and saw Dr. Mason, K. S., Taylor, Dr. Campbell, miss woman. Talked of Betty. Ken drove me back & took me to Karedolu & Tan's A'writer & to Med. store to see whether got my missing shoes seen in the rare getting more. Back to lunch about rest after, shopping till 4. Couldn't get shoes. F. Z. better. Landed it late, had cuppa, went to Kave again to pick up Melinda. guessed about & not about Admin. Kay for Dr. W. Gray who is away for 2 1/2. alas. All 3 of us tried to get 10 to 9. Still not much, time seemed a weary to think. + P not coming till Sunday. My Radio I feel he's got way, have had a radio. But radio from Joe & a plane may have had trouble.</p>		<p>Had a good sleep in. Took breakfast did some ringing up trying to get hold of Beth Stewart on the Bulolo who berthed at 6:30, also Gene Gene took breakfast, went shopping, to Bulolo. Found Beth & took her round the town. Met Mr. Shubb, who offered me anything he could help me with & Mr. Roberts of DNA. Drink in Beth & shaved for the Church. Got ready & went to customs wharf at 12, & canoe had gone. Mrs. Lashford & I got lunch. Caught launch to Uapa Uapa at 2 & across to Gene New welcome, esp. from Joan Rachel looked a 9 feel about visitors. I sympathized she gave me a lot of time & talked of policy & we had a cuppa. Then to Les Brown who went into great detail over bookwork. Beth dinner prayers in chapel in Mohr, work till 10:15. Les. 10 helpful, pleasant. Supper Bed at 11. Called 12:30 to a collapsed sleep & couldn't sleep after for a while. Meagunton in my net.</p>

GEMO.

APRIL, 1959

Time	SUNDAY—April 19th	Time	MEMORANDA
	<p> up 7:15 Cuppa, late b'fast & shower. Dressed. Walked. Joan & Les. "Church" under the trees at 10 in AM. I got to chapel. Walked. Les & all lunch. Talked over a cuppa. Short rest. Left soon after 3. Car had come again, so I walked. Deacon-med boy carried my case. Miss Lad. Found + P here & talked. Couldn't get much further but he seems to have agreed to print up further copy. Says that paying Govt. wages will split the unity of the Mission. No decision about Kipling. Knew nothing of Lyfester. R. Geoffrey arrived & talked to him. Sandra looked awful, said she was better. Gerard came later. Slap-up dinner. E'song & all 4 present in the sanctuary + P preached. Such a feeling of home to have Les & Joan were E'song & good singing in spite of few numbers. Guys there. Got the family supper. Talk & bed 10:30. </p>		

APRIL, 1959
 MORESBY ERORO

Time	MONDAY—April 20th 21 st	Time	TUESDAY—April 21st Birth H.M. Queen Elizabeth II., 1926
<p>Up at 6.0 to Mass S.I. for TB.H. I + P prayed also for it. Moresby is the only place I know of who has prayed for it. Sandra said she was better, went to work + was sent home to bed. Frank DeSerao who sent a car from. Spent the morning with Mrs. Young from Hill who looks like a Hemlock alcoholic. To I.W. + B.M.S. also left my printer + Charles called + Fran + F.T. collected mine I.M. Talke is good + helpful. Caught a few back at 12. Lunch. Talked to + about it all. He is pessimistic about wage question. Left 1.15 till 2.45. Went shopping ran into all sorts of people. Budo still there, so I went down to see it off, introduced Joan. Beth met the Parkins + Mrs. + her sister Mrs. Mueller. Back for supper. Leg. Council over + P cheerful in spite of protesting agst Tax Bill. Wash home bath packed. Ken S picked me up 6.40 + to dinner. Pleasant. Miss meal + friendly folk. Russell Abel came in at 9.15. I got home soon after 10, coffee + P. F.T. couldn't sleep till over 10.00, wakes after + P gave a sort of hint I would be right for the ones leaving. "Lactogen" resembles Breast Milk in composition. Things are grim.</p>	<p>Woke 5.15 up got 6.15 past. F.T. dropped me at hotel 6.40. Sandra + P card good. by in uniform. Arrived Entic 8.40. To Deprock saw Brian picked up Union + in to Missie. a lot of talk over a supper. Victor + Bethy missed + headache? Ebs 6.1? from Robertson. Unpacked. sent. Ray Stuart came at lunch. Little Charles covered in blood. Tell pen jeep. had a great cut on his scalp. Ray let us take him to hosp. stayed talking. Fran gave him a whiff of Ell. I sewed it up. Kiddie shaken. Rest 2-3, + tried. Muddledly from seeing people, trying to work. too tired. Gave Eudora a pop talk. saw Kendall. don't know whether to take him or not. E. Lang Felix had a haemorrhage from his human. Bath + washed some clothes. late dinner, sorted clothes. saw Victor + to hosp. Deprock in again to check on a radio re getting them. Soldier settlement fund. To bed at 9.19. Think G. B. have gone too.</p>		

ERORO.

APRIL, 1959

Time	WEDNESDAY—April 22nd	Time	THURSDAY—April 23rd
	<p>Funny day. Decided Joan and do Elthin & Betty keep away. B. only too glad to put off Karstain walkabout. Victor impressed & brought quite bright. I had a good sleep. Prayers in house. Did O.P. A/N quite a big job & pray till 4 to 11. Ken & Joan came in for morning tea. I saw sundry people. Watchers to be a bandyman at T.B.H. (maybe) saw Ray Chapman, & Benja. P.M. rest & night letters night ones - 2 Bryan, Red Cross. Agreed that I will keep clear of hospital & get order done. Just on call for review thing. Temp. to E'song. Working & trying to clear the ground for doing the orders tonight. Have bought some pretty material for curtains for spare room from Minor.</p>		<p>My housekeeping up at 6 & found 17 R. scratching herself - anything. Couldn't see any cause for the itch. Took her to Hosp. & gave her anti-histamines so late for lunch. She was pretty good till 4 & was warded? Neurotic cause? Paula warded tonight. Wot a tip! Victor near me to shut! Bramwell too. Got there about 5 mins before plane. Mr Barnett on it also wet for Ken's figs. Picked up Minor. to T.B.H. talked to George had a cuppa, we drove in. Victor feeling rather off. Got to order after 11.30, & had washed off on. Rest after lunch. Typing. seeing to dinner & Joyce sent silverware & it would be well looked as it should be. To Hosp to see Paula. Working tonight typing & in came Gerald Reynolds. I called to Ellenor & abdo pain. Ordered Pethidine & as we were going to make supper Jackson reported she had died. She was breathing shallowly & semi-conscious. Picked up soon. ? Pulmo oedema. Chest sounds like it. Supper Bed 10.15</p>

APRIL, 1959

Time	FRIDAY—April 24th	Time	SATURDAY—April 25th Anzac Day
	<p>up 6:30. Prayers in my house. Got 8.5 shed 2 radios for me, one from + P, one from Fr Zachford. Dr. Kelleher arriving tomorrow, to go to Dogra on N.K. Good. bad. I'd only the others don't come. Raining tonight so New Baden mightn't get through. A rat in Hops. Ahern, a Congain man, attracted all the world. I did order all the morning, but saw Felix's dressing came off, a few other pt. saw Gerald re. Two since. George of Tongan who thanked me for rephrasing him to Dr. Menes. Wonder drift & song both, tonight letters. Got a long one off to Mame. Very tired. We could of her, think some must have been stolen. Jeep has broken down, & I am going to the thank tomorrow. All the teachers in.</p>		<p>Lent a day. Jan called me at 2:30, Reryl in Nabam. I saw her then. irregular pants so gave her Chloval 1/42. we all went back to bed. Wrote her to keep at 7, she needed Methidine. Victor. I got to church, Ted had up a list of only Mission kids to help. So thankful it was her hum. I wrote notes to all at top, the thank came at 9:00, took them. Fixed Dr. Kelleher's room put up new curtains & did one page of order only. Dyrach brought her in at 11:30. Die had fixed the jeep, bless him. D.K. is small & rather animated. Lunch later to potato. Brian is a track brought an food from the Bay. M. went off at 1. I washed B. what I had a rest, did some 3 am drugs. Dery came by plane. Caroline too, at 3:30. N. went to B. was good. her, Kate on view 20 to 4, got away 4:20, tried her: pushing but not so a open hole, P.V. ed, found P.O.P. My the grace of God I turned the boat, put sheep as perfectly, delivered: an episcopium. Little girl good condition. Late bath. Dinner. Dery her sweet grateful self. I am grateful to God that all went well. Heavy rain.</p>
			<p>Red to 69. Very tired.</p>

ERORO.

APRIL, 1959

Time	SUNDAY—April 26th 28	Time	MEMORANDA
Wakened T101 ⁶	<p>2:30 - baby (watching) ? Echo 6. Woke by 7, steadily weary, & paid little attention in church. Fr. Van took service & then went to bed in Echo 6. No tent headache & acute depression. B. fast, did Q.P. in Reef & shaved Dennis around, got in little hyping done from surprisingly alert, though she has lost more sleep than 4. I slept like the dead 1-3, didn't wait for lunch as the others were at Base B. Bits of writing, bath, E. song, & went to Eruma & the others and condition we came home early. Everyone agreeable. Maxwell's dinner as usual, & dopey. Home by 10. Found Fr. assembly miserable & organized pathetic order. 3 Pargana & 2 influence Bed 11. B. fast & bought 2 sparkling. Saw Dambada & Emboga / igababada & building TB houses.</p>		

APRIL, 1959

Time	MONDAY—April 27th	Time	TUESDAY—April 28th 29
	<p>Caroline, please her a Stars and Stripes, did my housekeeping for me. In the Northday. B' fast lateish seeing while pt. wash rig woman etc. got to hospital 11. I did O.P. started 4 ref 9:30 long. slow. Finished at lunch time. P.M. rest, finished Garadung, organized Koko one till 5:30. Noct. visit to Mr. Koldhemmer, I did TB food order till 4 to 11.</p> <p>Bethy asked Eubis to build a TB house. Sambada inilling. Karian came in about his infected ear, said he wd. take me to Pop. Later wrote to say I pay out of order, couldn't go.</p>		<p>Jan's housekeeping but Caroline helped. I don't know what we would do without her. Many Ras' last day, alas. Lamb well off the map. Fr. still miserable but looking better. Embogs came up. Will build a house. Radio for Denial asking her to go to Soqma as soon as Mission plane returns. I organized more drug, did X. copy, fiddled a bit. Radio came on Samarai sched to say Beth should arriving on Res 3 P.M. Jan + Bethy cleaned out G's end of Mission + moved Doctor to Fr's house. I felt mean but sloped away on T.B.H. It is important. Beth came seems thrilled with things. a few Hospital folk + Echo of most of them in ill. take dinner, sorted linen + back to list. Bed 10:30 a 11.</p>

APRIL, 1959

ERORO.

Time	WEDNESDAY—April 29th Capt. Cook entered Botany Bay, 1770	Time	THURSDAY—April 30th
<p>up 6.30. Loll's day, again Caroline to the fore. Planning to go after 6:30, & organized eggs & a dump. & odd things then to offer. Got on to appeal to Kate of Stabins & got the lot drafted & typed up. praised to. Jan & Fred. It promised to believe her tonight, but Fat's deuced otherwise. Nina in for morning tea. upset: Willy's misbehavior I ran off the road. She is to stay here tomorrow, heaven knows where. Bob flew over at 5.45 & has brought Liz & Tom Watson. Liz & Caroline in Kay sitting-room. Tom on Fi's veranda. I think in Sally now is 15 - & only drunk as houseguest. I helped in a few odd. hrs. Late dinner. I felt achy & not inclined to eat, so didn't. Loll achy no headache. Donald took T - over 100. Have written to Dr. Tragg. can hold Visitor went over my house & says Jack & beavers are O.K., only the floor is bad. Thank goodness.</p>	<p>Have had the day in bed, T → 99.8, & feel achy, no more definite symptoms. No headache, but glad to do nothing most of the day. Jan & Caroline did the housekeeping as it was my turn. A fuss over the gift box took Bob to the ship to go to Wigela, Betty to do Christmas & had to get back to meet MK. Liz went to MMS Nina came in & is sleeping in Kay's house. I got the checker down so that she could sleep here. Keping came. I lectured him on printing. John Wye came to say good-bye. Donald arrived back & will blow him tomorrow. Wrote some MK mail than heaven the circular letter is ready. MK. came only a few yk. & no white passengers praised to.</p>		

MAY, 1959

Time	FRIDAY—May 1st	Time	SATURDAY—May 2nd
	<p>Feel better. T. normal. But I'm quickly. Caroline came to say good- bye. got off at 7:15. Denise & Beth & Ann went at 8 to Doqum. I have just fiddled with frame & little else. Looked at Ken's mine & found it loaded: spurs - on halfbar T104 again tonight. Looked at Matthew's parasite stool found no amoebae. Bob & Betty & Beth came back at 4:30, Betty & violent head ache, nausea, T 99.6 & a rash. There seems no end to it. Nina sleeping in my house. Fr. I am up about & a bit faint from being weak feels well.</p>		<p>More aches & pains today & still a sl. temp tonight. at 12:30 the Emma tractor brought back John in a few feet, having walked home yesterday a bit misty. I thought it must be a mud bog up. Lillie doing housekeeping but not so thoroughly together. Little school quite helping. Packed up a radio for Nina at 8:5 to say Brian delayed in Moresby so she is still with us. Now does a bit of writing reading Journals & sleeping. Betty & Beth both improving. Fran had a quieter day. I do have to wash my dirty head & a thousand and one jobs that shall be done. Interwined new boy Davidson & Donald as his long stay away. Donald looking ashamed.</p>

ERORO.

MAY, 1959

Time	SUNDAY—May 3rd	Time	MEMORANDA
	<p>Feeling better, but still no energy. Headache probably P.M.T. Had Sacramento & Benj in her ward. She is improved. Betty too but I haven't seen her. Went to Fr. Charles, did some mend-rip washed my head. Not much else. Mira has been doing a lot of housework, & the men helping.</p>		<p>decided to wait for me. Could look only to Mr. Phuleman got 9/12. I wasn't even called. Got away at 5, saw Prout for a few seconds in Hospital - Echo, & (with permission) gave him his N.T. Had a punchline. To M.K. at 7:30 - rearranged boat to go on Thursday. To Gona, rode bike in the dark. Dinner & talk. Very sick babe - encephalitis, & triplet in! Maurice wants to buy Caroline shell away at last a bath, talked a good bit. Bed at 11. Not so tired as I expected.</p>

MAY, 1959

ERO RD - POP - GONA

Time	MONDAY—May 4th Labour Day, Queensland	Time	TUESDAY—May 5th 6th
	<p>up all day after 6' fast. Odd job, a few in hospital. Terry O's, John came in, had a Wankour. Betty did her Beauty Clinic but had no lunch after it. Got in report about the poor cement sent. I am to have a conversation in Henry if I can. Romance thriving between Dick & Beth. Joan seems less strict but developed bad stools, later vomiting. An chloroquine, Phenobarb, purified tonight. Beth might go with in tomorrow. I am tired but not too bad. Nearly packed.</p>		<p>Woke day. up 6:15, helped a bit. breakfast. Got off 8:10, 5 to arrival just as plane was circling. Brian on board, a Miss ? Meal in dog with the Dymond bought. Judge Reginald on board, said the Cotton Treasurer had missed the plane. I asked if that would postpone the court, he said yes, so I nearly got off. Luckily I didn't. Mr. Palmer of Govt for a board, wanted me to see his wife for an article about TBH. at Pop saw George B just off to Waresby. Graham met me. To Dist. Office. A man had just come to fit radio as Samaritan asked was out. Had a coffee in the Lakes (with people) I saw the 2 kiddies in Brisbane to Mieser, Hank with a blue ch. lunch & says Shirley's anniversary. Heard C.P. coming by special plane at 2. To John up for the rape case, unknown to get back: of M.K. I had call in Henry about cement or repaired radio. No plane till 3:35. Went to see Mrs Palmer who was out. At 4 to 4 told my case wd be on this P.M. & 7 John</p>

CONA.

MAY, 1959

GONA ERORO MK.

Time	WEDNESDAY—May 6th	Time	THURSDAY—May 7th ASCENSION DAY 8th
	<p>up at 7. John, Marnie got off at about that time. returned at 4:30. base wasn't finished when they left. B'ed. I went to bath at 2/109, did 2 P. for age, saw sick kid, who surprised a lot but was much worse again at 12. a Angel died early A.M., & the other 2 baptizd. Wrote to Henry & frequent interruptions tonight wrote to Helen & that's all. Saw Mary who is 8/14. Saw Melita after E'song & Kenneth's kiddie, a great kid. also saw Bern's baby looks marvellous. has been sick. Saw Chris after mumps. Vincent? return of TB. Much talk off & on. Heavy rain tonight. Talked to Marnie re 5 MH & X-ray re.</p>		<p>up for 7 AM Mass MK came round at 9, got away 10:30. Long drink & over-friendly. Good trip. Wrote a good bit. slept. Found Christopher on board & mumps. Rob flew over boat & gave just as we were leaving on Bay 2:45. Spoken in Gona at ship. Had a drink in Gona, walked up arriving 4:30 Found PO Gaster's here. everyone in the kitchen boiling away. Beryl up about. Only 2 new pts. Lots drunk, fixed boat pt, talked to Mr. G. Nick about new houses, got on to mail after supper. Then slept in my house. Offered to sleep. beds full left it finally to the cook. Betty Jones keeping just runwell. Bed 10:30, didn't sleep well.</p>

MAY, 1959

Time	FRIDAY—May 8th	Time	SATURDAY—May 9th
	<p>my housekeeping. only Susan & 2 milking kids to feed. Lollie not well, & Betty down to heart pain. Had spent the day in the kitchen in spite of help & a lot of help from Fran. Mr. did not want me, but went off in jeep & fixed up the contract. Had lunch here & went. I did not see a couple of pt. in Hoop, not much else. Talked to Cooks & decided they could go home. Fr. grumbles about too many visitors in their hearing & has hurt their feelings. Had a check for dinner. Now got 2 letters written, one to Dr. Bowden. W. can't open like this & no help in the kitchen. Those who come work nobly but A. is too much for everyone.</p>		<p>my housekeeping though Fran & I did breakfast. The Cooks got off at 9, Victor. Fran went to Wagon & did Hoop & here, it kept me busy seeing Betty. Lollie Mrs. Smart brought in Charles at lunch time & a painful knee. Found Beth had got lunch. Vic & Bob returned at 2. Fran stayed at Erina & came back & then at 8.30. No typing done, but a bit of typing out. Adm. pt. at night. Had to see Brian & see a doctor. He gave me a check for \$20. Loll had to have Methidine. Very tired, bed 10 P.M.</p>

ERORs

MAY, 1959

Time	SUNDAY—May 10th	Time	MEMORANDA
	<p> Jan housekeeping. I helping. Drink on, got a little quilt. To appealed to church. Phonda Ethel are coming. Betty shall rather miserable. I did a P. while Jan cleared up that awful Mission House. Saw the pt. just starting typing. called to Resp. Used the new microscope. Everyone has bad stools. Early lunch, no sleep. Ted on my veranda & pretty much. I did look on, off. Tonight saw X-ray film of 3/5 ago. Took my radio, saw a fascinated audience Ant boys child pop-eyed & wonder of a sort of fear. Beth went Dyrnack last night to go to P. today but they didn't get through the river of course. Frank brought her back tonight at 9:30. Managala boy is sick & dysentery - amoebae & quads. I very irritably let Mrs K. Phenobart help. </p>		

MAY, 1959

Time	MONDAY—May 11th 12 th	Time	TUESDAY—May 12th
	<p>Betty up but pale & quiet. The boys did the cleaning at Ethel's house. Keeping. Mob of little girls came to help, we had 7 in the kitchen so B cleaned some out. Now we have 4 permanent 5 Paula. Doing good odd job, late started 7 up & only up to 10 done by 11. Dyrnocks came in B to be seen, that took till after 2 then they stayed to lunch after saying Mr. G. did lunch which I did as 5 & 6. Got up to meals except to part is quiet & tired. PM busy on a little but dinner the Maria glass boy died at 4 to 5, we were called to the death of a young man at 3:30 AM couldn't sleep after it. Beth went to O's, arrived angry. Mike went for her at 10:30, & they didn't get back till 10. Jeff took down, & they had dinner at Emma's (wedding a week) & then the rain panned. We had 150 ft. Sented a bit of linen & wash to Lil.</p>		<p>Wish to have nothing to do - read. Jan. I shared them. To Mass. odd job & portable & work. arrived at last. Sented Jan. Beth's. I did a P. tried to get on to a ray but Arthur during the evening so did it at 11:30. No more except another second painting. Slept till 3, couldn't wake, did order from & work it up till 9. sent tonight adm. to new girlfriends. Sented linen looked at plans & checked stock by then is to 10. Not tonight. Like Charley hasn't been brought back</p>

ERORO.

MAY, 1959

Time	WEDNESDAY—May 13th	Time	THURSDAY—May 14th
<p> Tell's housekeeping Betty did blimey. I slept till 4 to 7 even so said some prayers before breakfast. Just settling down to job & Bob returned from Pop's letter Bunting. Mr. Kearney from KARN of the group of school boys. I slipped in the mud. had to change from waist down. Cuffor talk till 11:15 never heard such a talker. He was flatteringly attentive to me - I am bald I suppose did A/N & saw pt. let lunch. job was late just going to rest when nephthie child died suddenly about rest, did A/N to. & after after he got on to letters. Just going to E's room when Bob called me Cooked back. W. all groaned. They are such a weight on our shoulders. I tried to cheer it up. & worried. The baby had stool but condition good. we were feed them. They got off to N's on that day fairly late. I think they are glad that I was staying anyway. Lunch here present to & put a dinner together. Made quite dinner. I fixed Nere & had letters did milk. saw med. boy. 'Apoll' in ship. Red 21/10. it tried. </p>	<p> Another crazy day. The family got home 11:30. 14 old game 2 nurse was still missing to do. Bob went hunting & found them in Arthur's house. M. Raphael Jr upset. upset me. However, got off to sleep 12:30. didn't wake till 8:5 got up to find the jeep at the door both going off in a hurry's breakfast. Plan didn't get here. I am. 6 days at Erana. Finally Bob took Betty to Pop. she got the PAT plane at 5 PM. No mail. 3 1/2" rain in the night. No Mass, we were late. I missed 7 up after MD. John's head. headache & Echo. Nere much improved. Brian in. to the Bay, got back at 2 for treatment. munched up on rest. I not so pleased. Brian apparently upset. P.M. job. piece of work bought doing cards. March's report not finished yet. Waked till 20 to 10. then a late coffee. It came. sailing was for Tarakua nurse. Betty housekeeping & at we dinner. I was late. I spent her. I dropped my pen today. Feeling of apprehension brought after a wonderful realization of God's surrounding love at E. King. </p>		

When Maltose and Maltodextrin are indicated prescribe "Maltogen."

MAY, 1959

Time	FRIDAY—May 15th	Time	SATURDAY—May 16th
	<p>Another Tefotapo day. My house-keeping at 8' past started talking about Jean going to Goma on the Chirimpu. Then decided she was going to P.P. on from there she packed in a flurry & got off in 2 hrs. I went to the shop to see the Bishop. Went to Nestor Cesana returned 10-15. + P. i. lot of staff problems. I don't know that I helped much. Dr. Thomson is coming, June will not return after leave (I think of further revelation) Olive has had a breakdown & must have 2 1/2 leave before revelation to come, & apparently a man in the case) He wants to send Caroline to Wari, then to Goma & later Olive back here. Not sure about Dixon. To Eraina, had coffee, saw Frank & Echob. To TBH, saw buildings. Die marked out the married houses. Home 12-20. Loll had done lunch. To: pass Haf all after. Brian came in. He didn't get his land, & disappointed. Got little done except dinner. Tonight doing report on working on outboard motor. I don't think he has seen any of the evening boys & girls, certainly not the girls. Learning it to G.N.!!! Kathy stepping into the breach wobbly</p>		<p>Lays off - first for months, I seem. Slept on till 7:15, & nice. Bob went to Managala & got some more potatoes & welcome. I headache & vaguely tired & nauseated but nothing like yesterday's bad head. Got report done as far as possible, have done some TBH order off on. Bob brought mail M.D. long interesting letter from Oliver one from Nancy. Wiser, who sounds a bit downhearted. Washed head. Dymock came up after tea. I forced Brian, took 2 hrs. Tonight did mine & lamp to forced. To: had to go to Pungam AM but sea too rough, will try at 15:30 tomorrow. Verb. up today. Got a radio to cancel T.B. staff building by village people. Rather poor.</p>

MAY, 1959

Time	MONDAY—May 18th	Time	TUESDAY—May 19th 20 th
	<p>very housekeeping. Very wet morning. Betty did Beama Clinic to us. Postponed. Got letters done for Lois. Got Bob, took the cooks at 11, great relief to see them. Got work done ship early 4 for lunch. Radio from Bp. - June suggests name of them, but if C. is to replace Olive it seems silly to have the double expense of transport. Suggested a. schist baroline. Lancelot a bit sillier I think. Muddly day of small accomplishments. Got report & reqn. ready for posting. Tonight misc. work to L & Marie. Letters for 2 Mangala men.</p>		<p>To Mass. Got the 2 Mangala in off on the plane. Muddly morning. Started 4 resp. by myself. Betty caught up. This stand ing up to things very well. Kells. Clocks aghay, morning tea. In early. Britain came, then Luan looking awful, i fever. a rotten heart. Very unwell. I admitted him. Betty got Lancelot typing. he typed nonsense. Radio came for me to meet Dr. Wiggley at Pop on Thursday. Got cards done in afternoon. evening. also sorted linen. Bed 10.14. Lancelot rather worse.</p>

ERORO

MAY, 1959

ERORO POP. ERORO.

Time	WEDNESDAY—May 20th	Time	THURSDAY—May 21st
	<p>I did housekeeping. Got some prayers said. Was awakened at 5:20 by a noise. Went to hall to find him ringing bells. Shouting to all ft. to get up. He got quite violent & I pushed Murphy into him. I was at 4:11. Did radio at Ket's request, asked ans about Division. P.M. Got after lunch late to rest. Slept till nearly 3. No office work done but saw Sumapa. Went to same trouble over dinner. At night Brian brought in Paul's sick & he & M. stayed for supper. I got Helen's & M. in letter written & scratched off an air flimsy to Olwa by flashlight.</p>		<p>up to 15, got ready for flight. Left in Boat at 7:30. Raphael came by after perempary note from Radd, who sent me note to Necker. Perfect morning. Got in to Pop strip just as PAT took off, so missed Mr. Barrett. My vehicle started to walk in R Hill Graham met us. Took me to Keat House where Dr. W. Gley & the Nurses were organizing campaign on a grand scale for July. He & his team will be here for 8 days. Saw D.C. Mr. McCallagh gave me a list to Mission. Saw a no of prospective TBH boys. Lunch. Boat flew over 1:45. He took Agrie to Nogeta via M. Las. Back via Tufi. Called at Dayrocks, TBH after seeing George at Pop strip. Heard Terry D. supposed to be coming in for a check-up, his vehicle passed but didn't call in. Lanelet a trouble again. Read mail etc. Tonight Mrs. Bishop's Mrs. Wolstone craft came in. I spent evening Kang went all my letters!</p>

MAY, 1959

Time	FRIDAY—May 22nd	Time	SATURDAY—May 23rd th 24
	<p>Up to Mass. Haf 8:30, wash at 9. Did not finish till 11 D. Lynne in for morning tea. Radio to say Myrtle not coming. Did L.P. on Laurel St. G.A. Lint clean, juice quite clear. P.M. did cards & other job. Tonight letters for mail. Dixon said H.L. in, said good bye to him. Amy staying. Had Hank down to see if H.L. were in. He said there is no boat yet. Snow much better but still has gastritis.</p>		<p>On duty & housekeeping. up at 6. Found Bob getting to fast as he wanted to leave at 7. Got him, Vic & in road Tom Watson from H.L. & mail. Had to fast. Bp. wrote to say a live better & returning to Meri, so all is 150. At least John Wesley to help. I i. F. has put him in his house, brought him to meals & to bad grass. Bp. pleased about my radio. Got Hosp. job done, did cards off & on. Bob returned 3:30, after taking Wynne to Greg Farm. Graham to Maragala's, brought gas bail full of beans. 91 seeds Bob, Bob had it out over Kaphael, & the jeep. Bob came home tired out & very run. Bob-like temper. He has been difficult for a couple of days. Jean says to Cassid's brother is here to work. Snow went home at 11 D. At night did more cards & talked to Jean. Eleanor's moonlight night. Mackenzie came here to teach.</p>

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

E R O R O.

MAY, 1959

Time	SUNDAY—May 24th	Time	MEMORANDA
	<p>Day off. Very good to be free to think & get at things Sunday interspersed however. Mass over 8:30 John is much a lone wanderer & quiet. Did odd tidying up, sorted mail & read some & pared & saw pictures of the houses. Jean called me to Hosp 2nd & over to see a school, & then Llew & the shark came then to see the new shark wh are various colors. Did a little before lunch, but have got in a order for staff house. Tonight started a letter to + P. not much else. Day rocks in. I went over for supper Am feeling less tired. Talking P. when I think of it. May be a connection</p>		

MAY, 1959

Time	MONDAY—May 25th 26 th	Time	TUESDAY—May 26th 27 th
	<p>First peaceful morning for months. Said Mathews. Jean started first in fair time & finished by morning tea. Thereafter odd job arising out of round & some books. Betty did Emily Clinic, ph. Bob had lunch at Enigma. I had an first lectures for 2/12. Got 3:30 ahead for Ben's arrival. At 4 people arrived for talk vaccine. I took till 5. did letter during evening. Bob didn't want talk & Betty pulled him into it & I am apparently in the grey about asking him personally. I was wrong of me, & I was going to apologize but he didn't & a shame. Bob all his most offensively defensive. Ben came at 6: Jean and I brought Mame McHugh & I very lively practical class. Then when came in in a bad foot, had auto just as dinner bell rang. Dinner late. Got a number of letters off & finished the Bishop's. The prep nearly in halves. Bob going to put on a new chassis at the week end. Wandering to Malabar sailed. Lancelot typed some bits correctly.</p>		<p>To Mass. Seemed to have spare time between to fast & work, for one. Lunch mess. X. camp. All morning tea. Got on to 1959-60 estimates & got them done by dinner time. Lecture. Mock ended dinner, looked at X-R, Enigma para fracture. Bob went to see. Mima & Frank went too.</p>

"Vi-Lactogen" does not need the addition of Emulsion or Lactose.

ERORs

MAY, 1959

Time	WEDNESDAY—May 27th	Time	THURSDAY—May 28th
<p>I have been feeling much better lately? Thanks to Fe tabs, but very tired tonight. Loll did housekeeping for pay back for last week. I got A/M or done pretty early. Name helped Betty. Old Serembe is all tired to do an l.t. couldn't get in. Reduced Eugene's packing (9 hops) & did plaster finished card to end of April by 3:30, did TB food order. Brian came to dinner was late, so sorted linen while waiting. Tompkins looked at dinner & started report. 5 men from TBH came in for a few minutes. Brian still there.</p>	<p>Am very tired tonight & don't know why, as the day has gone fairly well. I have been housekeeper & hated it. To wash (Casper Christie), got an early start on wash & done by 10:40. Name came to report. Mr. Esdaile came at 12:15 & brought Bob & fixed up the contract. He got through easily by Landrover. Bob going out of his way to be nice. He has apparently got a job in the lab but has heard nothing since that rest, did school, lectures, did dinner. Gigan had a mob of women sewing. Serembe died just after dinner & I admitted 5 new pt. did some report. Letter from Win on for Name, who has struggled too hard & disappointed, but will miss her on the trip. I saw Charles looking so ill, & sure then he has had a shock & is in bad condition. Now hearing the Kerouac (Seymour) in bed.</p>		

MAY, 1959

Time	FRIDAY—May 29th 30 th	Time	SATURDAY—May 30th
	<p>Peaceful day. Only one admission Drayton in house then Jean came for Watkins & us. i. Mame went over short problem i. Jean Family how hard we find to do just things like that, yet not complement each other. Got on to cards & worked all lunch & lunch wrote letters to Gora. E'seng. Again after dinner got it hid & discontinued to work. Wrote to Lib & Mame by John. The Lypay brought in Mailda sick at 4 to 10. I blew up Mame who let nineteen day kind vehicles to pass. Nina & Brian were in bed when the message came. Supper. Brian took the mail bag for us. Betty got back safely at 5:30. Medred boy painting some of my furniture ready for Lib.</p>		<p>Day off. i. quiet period to. I still disinclined to work. i. sleepy again tonight. Got up at 7:20' waiting for to fast bell. my Drayton were blue Jean. Me to sit alone & read. eat. head in bill to 10. Finished H. Lib's order at long last. Dymock brought the mail, one pen for Kristiane, one pen for Pat. Have filed my correspondence washed my head & written 2 thank you letters & that's all. Was in bed soon after 9. Called to Hospital to see a shot so that the day should not be completely off. Bob going out of his way to talk of their future tonight, just the opposite of last week. He has a job in MAL goes on a boat in mid June & Betty stays at Gorka till their house is available. He is arranging for the disposal of his house. He is to stay there till the Sewells come & if the new pilot comes he will have it.</p>

JUNE, 1959

Time	MONDAY—June 1st Foundation Day, W.A. 2nd	Time	TUESDAY—June 2nd
	<p>My h' keeping. rep at 6. Mattie & Joan. Bob still working on the jeep, but Victor did so all the week-end. Guss. Mr. Palmer brought through the rations & had mounting teacher. Best of the day muddled & kitchen work & odd job. Leeches. Mary coming & foring about flight. Bishop going to Madras via London! Bob doing a charter flight after all. Note saw 3 prospective TBH boys who walked through from Pop. finished off some letters. Supper in Joan's room & Mary in bed after packing to go to Logans. An insect went down my neck. I lost my supper & what was left of my dinner.</p>		<p>To Mass. Went to Graham before 6' fast. Guss & some delays with irritated me last PM again - got on to X rays. All chest so did them quickly. Synrockin again at morning tea & went up to dinner on Sunday. Bob announced that he, Betty & Bill & Joana tomorrow take + 16 to Murchison. Then on Friday Joan & Ted going to Bengain for 3 days. I feeling well unwilling to do all 3 hospital stays + whole hospital. However it will pass. Letter from Fred saying Charlie did die about the 24th I think. Harold may not have got there in time. I'm glad to be spared a time of half a year. Did few cards up hill lunch after 4. Snow came AM & GB gentle. Wallace Noble & doctor shoulder seeding reduction. X.R. & X-rays at 5.30 & cut foot for sutures. Tonight sorted linen & looked at all the X rays. Malanta to berth 11 PM so Ted will have only one night at the hotel for me.</p>

ERORA

JUNE, 1959

Kid arrived

Time

WEDNESDAY—June 3rd^{5th}

Got to M.H. 6:30. Very wet morning but Gram & I got away soon after Rob. Kathy went 9 P.M. The boy did blinin' very well too, I was kept busy on the rest of the Hospital. Shubb's boy came in to use the power for some drilling work. Odd job kept me busy. P.M. did some cards till 3:30. I got May's finished Ray & then brought up little Walter T104. I diagnosed fever. Sweet kid getting hot & certain was diagnosed. S. I had a cuff & had a chance to chat.

Time

THURSDAY—June 4th

Up 6, read the weather & head in to Winesky to get it & find out about the place. Left 7 AM. Drove to breakfast, bless him. I am drove in and before 8. Just joy to see the place come in. Kid looking well, rather plump. Mr Bishop & Mr Barnett came. Drove straight in. I am in granova. Had a cuppa. A wonderful talking day. Fortunately Hospital is closed, & did a morning about meals. Kid brought a nice bedside lamp for me & lot of food, bless her, & some runner beans. She had had little sleep but didn't sleep after lunch, had a rest. Showed her the Hospital. Cuff Bishop & Ben Zell came in for after tea. I sang till brought a tin of chamberlaine & well jilted them for dinner & popular. I did Hospital job & mine, & a bit of report after dinner.

JUNE, 1959

Time

FRIDAY—June 5th

Time

SATURDAY—June 6th 7th

Lil. I to Mass, & early for me! She helped me in wash. Several other ruffies. Tessa and boy came in a letter 7 pm off 1/2 plough. Necker like a deer went for the non-walkers, just got back in time to get the stuff for the boys & just missed Jan. Tell who got a gift of the Olympicks to all back to lunch. B.B. & Fred but seem to have a nice time. Jan full of beans too. Lil helped church. I got back to adm. the poor side of the folk. Had a rest, muddy after. Lot of this that the maternal cooking was though Lil did the pudding. Tonight saw Margaret to admit & got to letters. Toferred to do much but ordered batteries & wrote to let puffin. Bob confided that he. But think Lil is the nicest guest we have had yet. The other call her by her Xian name.

The equivalent of a day off. Ref at 7. After hi' fast Lil. I went to TBH & Nic. Bob dropped us off. went on way to Koene. Mr Bishop showed us over. & good. Lawrence in the bar & very nice. Cuffa talk, wrote a bit. Home 12:30. Only one letter, from June, saying she is leaning to be married but to have her leave first. Doesn't want it known, & in strict confidence, but to tell the family she is probably leaving. Told them, they all started guessing why I guessed right among other surmises. Well, odd gold in West. long report etc. at night, saw some ears. It is lovely to have Lil to talk, but I am pulled in 2 directions at once.

JUNE, 1959

Time	MONDAY—June 8th	Time	TUESDAY—June 9th 10 th
	<p> Pretty good day but it is hard to be systematic. Lollie has drain block, off colour. Jean Lill & I said. Mathias Gush down by morning tea till got on to shake & made flapjacks. Jean sprayed my ears & they feel much better. Sunday ph. to admit & I haven't seen the Trip. No. Had a lecture PM & adm. more ph & did a few cards. Missed E's song. Bob full of beans & teasing all the Sunday. Thought a TBH than came ph learned (& another at 4-PM) I looked at a lot of sun cans & made a couple of notes. Supper. Jean spelling because I'm making bread after the light shd be out. I went to bed at 10 PM. </p>		<p> My housekeeping. Had the P.M.T rather badly; a feeling of how can I live through the day, in spite of the sunbath. Had an involved breakfast: the rolls had to go in & we couldn't have toast. Kala big X.R. morning feed up. Bob. I am decided to overhaul the engine. Let Gush & looked at some of the new ph. quite a long process. Lill made scenes & did almost all the cooking, plus her. Radio batteries didn't come, blew them. At 4:00 did a few X-rays. I do 10 years brought in Douglas & ulcerated mouth, everything was late. We had some peas & then saw for morning tea, I do for after tea. Lynne's for dinner, supper. After dinner I looked at ph & sorted linen. Finished Monica Baldwin's book in bed. </p>

New batteries for radio.

JUNE, 1959

ST. MARGARET'S DAY.

Time	WEDNESDAY—June 10th	Time	THURSDAY—June 11th ^{JK} ₁₂
	<p>70's Mass, & Mercedes mended but rather a lovely service just the same. ^{July} med boys sewing. Procession to Hospital for prayers. Late by fact, a funny broken morning. A M. & saw a couple of TBs. Had a real then this abstract social effort. I did a lot of working. My young came at 4, then TBH men. Frank Maria here all day. The Bay didn't come. Seeming great good but Jackson had his headgear so tight that he fainted, & really good less of consciousness. After tea after 5. The mob went at 6 to 6. Bath. Everyone too tired & full of after tea to eat much dinner. Tonight saw some sneers—Barbara gave loads & AFB - wrote a couple of letters & actually in bed before lights out. Joan brought over a supper. Now decided all being well that Kathy told I go to Gona on M.K. Bob with bring us back on Sunday, which sent beautifully.</p>		<p>To Mass. In Remegins as Joan went to Barrean. Katie I ref saw a couple of TBs before lunch & not much else. Long letter from W in about arrangements of the night. We all get 2300 now. Rosephone had a w of bed through the night & crank. Lumping at 10:30. I admin her & she went crazy at 11, & walking perfectly. Kept her sedated all day. By 1 M admin a lot of people again. Little Channel came in cancelling & kept on now stop, & all through the night, waning & waning. Bow bell 5:30. M.K. brought Denise, Name, F. Cassidy's brother, also reported the Dard in Nplangili. Making beds right & left, but M. didn't come. Admin. M.K. got all the evening, a polio going on holiday. Packed by bright light & C. ridiculously like his brother & F. Remegins' face was a study when he found it was a different member of the family.</p>

ERORO-GONA

JUNE, 1959

GONA-POP.

Time	FRIDAY—June 12th	Time	SATURDAY—June 13th
	<p>Wakened through the night i bath & Elijah. up at 5 helped Jan i b'fast. W got away 6.15. had boy, Waiwira Good trip. Picked up a canoe floating in mid ocean, off Killebon. Gona 12.30 5 of us. Made welcome. Showed Shout i Mrs Colliers, ma in law, arrived for lunch. Decided Betty, F.C. should go off on M.K. get to Pop for her new's bath. Let I grabbed a bit of a snooze in Nigiquita Early supper. The M.K. went. Let & sleeping in Wandman. horse. Showed let the Church, school, bath another supper. E sang, show Taught much talk, complain Sleepy lay day.</p>		<p>Slept till 7.15. Mrs. K came. M.K. came early. John, Caroline, Mary D. & Marlene went off before we had b'fast. Tuesday day. Had Mary, showed let the Hoop. & Marlene did my WBC - 8500. Elsie showed let Kikiin what I did a P.V. on Mary. Elsie had my hypermeter. Bless her. Sunday rest & Dennis let. I rode off in lakes. Very slow in the canoe as hole was low. We whizzed round Pop & saw Mr. Barrett. Tractor trailer delivered to Kbr. to Mission, supper. Gredy i good but let. I slept at Shout Dennis i Hark. Betty i Shout. She went to bed i a cold shed nothing all the evening. Bed early</p>

"Lactogen" is easily digested by the aged.

JUNE, 1959

Time	MONDAY—June 15th Queen's Birthday Holiday 15 th	Time	TUESDAY—June 16th 16 th
	<p>rep at 6, organized washing & breakfast. Lill came over to see how it was done & did h'keeping the rest of the day, bless her. Late breakfast, late start in Wash & Kosh not finished till M.D. then saw M.K. pt. pretty solidly. Made heavy rain again looked at slide & wrote to Mary. called M.F. during Sunday night. Not in like asthma Saw thing Ambody</p>		<p>up to Max, found my pen wh. I dropped the night before. Had a big X-ray morning. Name helped. After 11:30 saw pt. re. No hope of lecture. P.M. worked solidly. The family went for a picnic, dull, rainy, but they enjoyed it. I had TBH pt. re. & didn't get much done. Gran. Name went to Ermania for dinner. I sat & listened, looked at film till 9:30. Lost my pen between X-ray & M.H.</p>

M.K. ex K'lon.

Kays went

JUNE, 1959

Time

WEDNESDAY—June 17th

Time

THURSDAY—June 18th

Gran h' keeping did 7 up. I told
 Sunday ft. I say result re.
 A N. got in to M.K. mail.
 W. gold drugs. Gran cooking
 a giant dinner. Lil helping
 nobly. D. John cooked killed
 the turkey. M.K. came 3.
 Arthur met it vs F. Cassidy
 Found the jeep tipped over in a
 drain & so he missed the boat
 to Hugh coming later. Dymocks
 in to dinner. Kays sent all
 their heavy stuff in the truck
 truck to the Bay & tried to do
 M.K. stuff in between visitors
 I grew to dread & dislike these
 parties more & more. They had
 sherry here. Lil got horse ready.
 Found only a little sherry. I
 gave my little bit but wouldn't
 open my new bottle. Selfish
 I suppose but I hate it all so.
 Then they drank claret at table
 in front of John. Got muddled
 by 10. Bob showed pictures
 but I missed them. Still
 have 2 weeks' washing to
 pay for. O, med. bay
 had philet after tea in M.H.
 George N. Lanelet said farewell

up soon after 6. Lil did h' keeping
 I had had quite a day. Kays went
 at 8.30. It is a wrench to part
 with them. We were all near
 tears. Then found Dick 16. Did
 4 up. 123. M.O. Vera to many
 her. brought mail. planned to
 take Nam out at 1 to catch plane
 (as day). G. later in 2nd stage, 11:30
 but from a ^{shell box} breach through partly
 dilated cervix. 1 P.M. She had felt
 a bit a Ux. I had no doubt that
 she passed meconium. M. went 12
 M. B. W. got lunch to 2.
 went back to remove placenta &
 sew up a tear. Came a little better
 but c+ bled a lot. Finished 3:15.
 had a supper. I had a rest. Fanned
 on having her watched sewing class
 to Cassidy. Skipper Chumapa arrived
 5 P.M. for dinner. Then Name turned
 up again as it missed the plane.
 Tedious slow dinner, dressing,
 did seem nice. adm an
 old woman from Danbado supper
 at 9. new frightfully tired.
 This tough a Lil. Gran tried
 out but bargan to the Bay. the
 men

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

JUNE, 1959

Time	FRIDAY—June 19th	Time	SATURDAY—June 20th 21 st
	<p>Thurman: R.R. found my pen on the X R plant under the sheet. My housekeeping but did wash clothes & a cake & pudding. She has also written up the inventory. I am ready to pay for washing women's lab to Hosp. Lunch resp. but not much more. Jean trying to get Samaria & not succeeding. I tried at 11:15 & success. TB pod came for truck so sent outbanding radios to Pop & cash. To say 12-1. Had a rest & odd jobs. The mob came at 4 for talk vaccine & got that done. I saw Heather & 2 fever. Tonight tried to look at mice & couldn't see H's blood. Got impatient, went on to R. 20 weary & feddup that I left most of them wrote to Dr. Barnes who has just arrived at Sarbo, M. Bishop in. 40 there for supper. They went to bed. Good day. I'll have a lot of bites food bed.</p>		<p>Joe's birthday today. Did work. I slept till 7:15 yesterday & needed it. I am to visitable & feddup & show it. Jean & Heather edgy but it went no further. Name went off at 9:30 & Jean & Iie & caught the plane this time. Easy day. Kept going nicely but no effort work done. Saw Dorothy who seems worse. Abel's child in & cerebral malaria. T. in bed & a cold. Wait at lunch time. + I wrote to all of us. Say Chauvin offers a day to Malanaria Camp. has to feared he might be too late to get her. Last lunch left at 12. Iowa came at 4. Heather 104⁵. She went 2:30, I washed my head. Evening, TBH men came during it, so I slipped and faced the dressing. The plumber gave advice to the stove. At night did chores & saw rest of plans. The other played basketball. I don't get much of my company.</p>

EROTO.

JUNE, 1959

Time	SUNDAY—June 21st	Time	MEMORANDA
	<p>Day off. Dull morning. Mac late. To 4 am shell miserably collapsed, went back to bed. Jan asked me to see to it fast while she did M.U. I wasn't too enthusiastic, I couldn't say heartily. I just said ok. I was full of the worries & silly rebellious thoughts, but they passed off. Read + P over of LA, it good, put new heart into me. Zenta Wanjoro's bat wounding went to it at 10:45 I again tonight. To asleep now. Decided not to go to Umania - Frank's birthday. Wrote letter most of day & interruptions. Had finished shirt, sewed the canvas for my chain. The poor lass didn't enjoy doing it. I fear Victor did the milk bottle for me, it is mended. Koda nest. Wanjoro in in just for after. Ben. The others left for Umania 6:20, John & I had dinner in peace. He talked more than usual, I suggested a job at TBH. He didn't answer that one. Letter full nearly 10, supper, I bed 10:30</p>		

JUNE, 1959

Time	MONDAY—June 22nd 23 ^d	Time	TUESDAY—June 23rd 24 th
	<p>Lil housekeeping. I went to Hosp 7 AM 'saw baby signs of obstruction & decided to operate. Father up to 6 past. I bathed the babe after. Tried to do a subcut drip, it was poor, swabbed a lot of him, did laparotomy under LA & babe stood it well. abdomen full of pus. Drained it & got out. It did well til. 6 then collapsed suddenly & died inotomy. I saw to Hosp in AM while Gran prepared. after lunch rest muddled up over silly old batteries. Adm. pt. on. off. wrote a letter or two. after dinner TBH man came for dressing. I looked at same. Gran said she wd. housekeep. The Dymocks were coming in to dinner. I just blew up over the visitor situation & felt a lot better for it. I just don't know what is happening today. Wrote more letters, but tried to shut, & to bed. Gran started making bread 10 PM. Investing £600 in Esanda</p>		<p>Gran's birthday. My house keeping. I got to Church late. Lil did lunch for. I did inf. A lot of muddle at morning tea & radio, but Gran finally got out at last. Did paracetamol an. tuberc. & deffinit but got 16 points in the end. Poor old thing. I in Hosp. I. adm. pt. full bed, then had a bit of a rest. Gran took full to be Ray. I do dread these awful dumbers & did a bit. Left the rest to Gran. Lil. It seems so silly that 3 whites & 5 Papuan should get a dinner for 10. TBH. man Bill came & had to have a cuppa. get his dressing. Worried about Mary to Hosp at 6. Dymocks arrived & had sherry in my house. Gran seemed pleased w. it. Dinner nice. I sorted linen. We were all, we tried but got cuppa & they want at 10. Toll gave F. a dish of bars, potatoes & fruit for us all, done up in pretty paper.</p>

ERORO.

JUNE, 1959

Time	WEDNESDAY—June 24th	Time	THURSDAY—June 25th 27
	<p>St. John Baptist's day but I slept in till 7:15 & felt better for it. An easier week than usual day & no visitors! I wash & AIN. I did some inventory for me AM, PM. I did some to 1/2 till 2 to 1. Rest, radio, 1 to 1/2. Found Lotimom in pain! Paracetamol after yesterday. At 4 did another paracentesis & got fluid: differently more cloudy than yesterday. Julia Penicillin. Had a lot of trouble getting it to flow & she failed. It took a long time. Started rest of linen! Bath or tonight did order: Jean, looked at Kilmoran's amc. Henry F. Henry's letter at last.</p>		<p>To Mass. Started I wash late: Jean was typing list, but got done by washing tea. Got out on the radio. Odd job & muddle but got a bit of inventory done & I did some. Jean went off to do Bannister's dinner. Left her food box behind! I was doing dinner which meant I did it. After dinner started on mine & told Barbara! She was in WB. I slithered through mud & rain to find her feeling & cross. Well on 1/2. I long pause & FH done to 80! Jackson on evening duty. I'm grateful Barb's bath 9:15 & a bit hard to arrive, but came good. B. had a tear & lacerated vagina. She bled a lot & hurt her & had to pack her. Washed her while I washed the baby. To bed 11:30.</p>

JUNE, 1959

Time	FRIDAY—June 26th 27 th	Time	SATURDAY—June 27th
	<p>Left on hill at 6 past bell till dang h'keeping Lancelot on, frankly for Teachers in seeing them about TB survey. I ref. saw to mind removed Barbara's peck x-ray till lunch, even so didn't do Michael's survey Koroia came in snake bit, that's sched. & Gian's scheme kept me busy till 9:45, had a rest, & then didn't do much 4-5 but kept joggling Expecting TBH men, but they did not come at all. The Papuan came at 6.30 in a feast, danced & stayed all night. I looked at the film then watched dancing - hula & European style but not particularly ugly or at least or anything. One man came at drink & had alcohol (? whiskey) & the village people got angry & a scene was developing. I questioned them & sent some home & sent Elijah (i.e. handcuff) & Joseph back to hospital. I had a cuppa alone & to bed 9.30 both to bed.</p>		<p>Day off. Had a good sleep in spite of disturbed nerves. The party went on till 6.30. Left on hill to 8 when 6 past came, - lovely I had her tray brought to. Read a while till 9.15. ref. have done bit of writing & interruptions. Wrote to R. Kendall, W. in & some other letters. I not well, heard sounds in his chest & put him on shelves. Shipping list for TB & drugs came. "Accept" relaxed till Gian came before dinner - 30 sick pts to see. also a note from Rob Roy who has walked out: he was late from his dinner & Gian rebuked him. It put me out of gear again. Suffered & need my leave. To stay after dinner to see pt but finishing my dress, bleed her.</p>

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

ERORO.

JUNE, 1959

Time	SUNDAY—June 28th	Time	MEMORANDA
	29th.		
	<p>A dreadful day, & thoroughly exhausting. Woke at 7.15 AM getting to fast, so made a cuppa. R.R. in lunch, sent for him long interview so that the other had finished to fast before I came. He determined to go. This dislike of Lancelot the main reason & the old story of "You do not trust me" sent him off to think about it. Late to Hoop, lunch etc. & did a bit of the drug cupboard & med. boys ill. Gift that came during rest-time to see me. Saw him from 3.20 till 4.40. Same thing, dislike of Lancelot, would leave. Reported a misunderstanding & confessed it was a payback. We had quite a session on forgiveness. Had a fresh cuppa & talk before Elsing. He'll call & speak to Jan all the thing was more advanced. R.R. came at dinner time to say he would live in village, come up to do X-ray work. Had Hoop job that a talk to Tr after Elsing as Lancelot had been to both sides of the story before the cause of offence had occurred! He said he wd. speak to them. Also said he had heard (Bergan?) that the reason the MMS boys weren't came was as Jan's stern disapproval. At night did Hoop job & tried to do three in hands. Lil seemed pretty disappointed: she had done my housekeeping, bless her. I don't give her much time. R.R. came (after a talk to Tr) & says he will come back full time. Went to give report to Jan who was let up & burst out that "it was ridiculous" maybe it was but it was not the less a fact. Then she burst into tears & ran off. Later came back & seemed to expect not told R.R. to apologise to her for going off duty! I just stayed blind to that. I wonder if she has a conscience about it. As I was undressing she came & apologized but apart from a pointed threat to go to the Bishop I don't see what for.</p>		

JUNE, 1959

Time	MONDAY—June 29th	Time	TUESDAY—June 30th
	<p>called at 3 AM to Lett's Lube in a lot of same kind. I thought of a cerebral embolism as he has a very heavy but it must have been epileptic. Had to get back to sleep. Normally tried to get up today after yesterday. Was held in an evening cold. G. Man of St. Peter's Hospital came afterwards in an apology: "his thoughts were bad ones and my words were good ones" - not so sure that he has forgiven I lot for former grievances though. Just at 1 didn't finish till lunch. Saw TB kids their Red Cross gift. PM hoops up, radio & found Radick & Barry Holloway here. Talked a while then to Jean about Manager epidemic. Tried to do inventory then at breakfast. Worked till 5. Several jobs in after & tonight. Too tired to concentrate. Fed about paid order a lot of inventory. Bed 9:30. Die didn't come back till this morning.</p>		<p>called at 2 to Joyce trying to have a nurse. Got a fair bit. Gave her worth. Let, housekeeping & said prayer in my house. Wanted to see the Joyce but she refused. Had the day with on leave for inventory. at 12 Joyce still being coughed down a bit. Gave PM. It produced the goods. Wish I had given it earlier as she is a pale. Next lecture after all this time at 4:15. G. Luman became unresponsive. I came over & said prayer. G. improved a bit but died at 7:15. Uracema? Mollie worried: she paid many to the nurses & Ernest still getting worse. I want to go to D.C. looked Luman tonight. Did w. order & drug list. Got photo back same & good but by 6 had up over housekeeping. DC coming paper TBH on Thursday. M. Barrett.</p>

ERORO.

JULY, 1959

Time	WEDNESDAY—July 1st	Time	THURSDAY—July 2nd
<p>A smooth day though busy very housekeeping but I did a lot of dinner. G & I started freshening early, got it done by 10-15 instead of tomorrow. A/N road job till about lunch time. Had a conversation with Kendall about cement, but it was hard to hear him. Gran had sewing class from 2:30-6:30 - I couldn't endure it. Loll has the cold. Shynock in to after tea. I got on to J Border's statement, & no call to Hospital. Finished tonight & have written a couple of other letters till finished & my notes & my pack, both & since.</p>	<p>This day. To Mass, didn't know till I got there that it was U.B.M. Left 8:25 for ship, got there as plane was coming in to land & followed it up the ship. Leary & DC on board also Mr Bishop. We heard that the plane that flew over on Tuesday had + P. & Paul on board in out Milos Bay. We saw the Hosp. wh. is 5 miles. DC is interested said he wd. take policeman come down to ground it while underwated. Leary says tractor OK. Mission must get builders. DC came in here for a supper. We drove him to back to Innama to wait for plane. Did in. till lunch after reading mail. Dorothy Osborne became as see praise God! Alagota ^{tab} cheque & letter from Harris, saying goodbye. P.M. letters, balanced Hosp. cash brought and saw mine & odd jobs. Loll's startinger was bassie for me. Bless her Gran had another long sewing session. We not sure about getting cement.</p>		

JULY, 1959

Time	FRIDAY—July 3rd 5 th	Time	SATURDAY—July 4th 5 th
	<p>Prayers in house. Gran late to keep & so I miss. Late. Did x. raying by morning tea. Odd job order P.M. Leaked, order, Mr Bishop came as we were having dinner & to keep. to see films & fix up Lancelot. Napoleon who were to go to Managalan, saw films, adm. Channel Lymocks brought him in late supper</p>		<p>My day on housekeeping called several things in the yard for minor things. B's fast lat. Busy day in keep till lunch time Put Michael & Pamela Faith on TB treatment. G-tit did lunch. Rest till 4 to 3. got a bit of order done. Ken Wilson came in at 4, so fed him & didn't get much done before E's song. Phil had made a pudding so dinner easy. I was gray, then we went to MUSA for sherry Gran. Keep job took a good while, did order. The others playing Canada. G-rassie Jean she took an egg after the game finished to care for the report. Boys did not go to MUSA as someone had taken the canoe away.</p>

"Vi-Lactogen" is free from all pathogenic organisms.

ERORO

JULY, 1959

Time	SUNDAY—July 5th	Time	MEMORANDA
	<p>Day off I wonder if, when I will have a complete day off! Job hard + full of weary + resentful thoughts. I do need a change! Prayed for a better friend of mind; it came but I do find Sunday's service so utterly boring. Poor old kid home keeping. I did not tell her then wrote to Dorothy Osborn. Long rest. Jan went to Beacon to get a kid. I told her she should insist on the people carrying her, but she went. Marie's Theresa + we will be called out tonight. N is ill + can't sleep. T.O. bought poor kid. Wynne family came in to afternoon so + there! M.T. the afternoon was much up. Stayed at home from 5:30 + drove to Ocean H. + felt better. Tonight to see M.T. again, wrote to Marie + little else. Got undressed + talked to kid. The girls brought over a supper. Alan Daws on the hymn session tonight.</p>		

JULY, 1959

Time	MONDAY—July 6th 7th	Time	TUESDAY—July 7th
	<p>Bob's birthday. We sent a radio up at 6:15 & went to see Marie Theresa who hadn't had us up in the night. No change worth mentioning. W. 3 said Watkins did a P.V. after he had found her to be a bit of a thing head presenting high. Got Joan off to clinic at 9:15 and popped a sperm but lots of blood. Not very funny. Babe looked awful. I got to baptizing it. M.T. had a lot. Started at 10:25, did W2 & 3 after morning tea. Joan took oil to Enki & they got back quite quickly. Taylor of the Bar came & some dirt on his corn & it took a bit of removing to real 10 to 2. I tried after restless night. Lech's Ryan changing duty agst. walls! I had to interview him & put it off till he had settled down & he saw the error of his ways I tried to write letters, didn't get much done. After dinner wrote to P & others. Bed 10 P.M.</p>		<p>She had died at 1/4 to 2 A.M. Stanton was told to dig the grave & he buried the child to be kept of the church! I did not have it disinterred but said prayer over it. A muddy day, Mary & nothing to show for it. W. 3 Joan & Joan. she died 1 W.C. I kept prayer odd & ends. At 14:15 came to see microscope 11:30-12:15. Has between John & Adelbert & is still sulking. He a bit better but is miserable. Lech's late. Dennis' fan T.B.T. came to do thing to her electric system self invited. The very talkative chap, knowledge able in many ways. Stayed to dinner & tried to fix my radio wh. is O.V.T. Must go to W. 3 that took the whole evening apart from sorting pins. Hardly any order done, curse it. Miss mail letter from Mary H & N/C from Crawswocks. Peter in heat & very dog in the place a perfect nuisance, prefer worse than any.</p>

ERORO.

JULY, 1959

Time	WEDNESDAY—July 8th 9 th	Time	THURSDAY—July 9th 11 th
	<p>The days go by & I just muddle at that cursed organ. Then late to Mass, & then at 9:30 she is here, I know Victor's T is still 100-101 & he's not eating. Still has a rash too. I wash A/N, did Barbara Anne left in an undwelling catheter. I checked brought radio from Bp. David - The Kai's mother died suddenly on Tuesday. Poor Kai is upset & did not appear all dinner time. Nina came in early. Gertrude for for nothing much to show. P.M. did up my radio & did some order, I think the electric plug came over again & much of a word. Indian man. Brian came in to dinner, very late but got rather fed up to housekeeping not knowing who was coming or when. Laid down & went to bed P.M. & that's about all. All deadly tired.</p>		<p>Requiem Mass for Louis & da Stuart. I wash done by 11:11. Lecture. Polder's note. Ken Wynn brought in Douglas at 5, he had swallowed, he's here, but vomited pretty summatly. Synovial in 1st supper. I brought my shopping. I got some order done. Will finished my blue frock, plus that that mail.</p>

JULY, 1959

Time	FRIDAY—July 10th ¹² H	Time	SATURDAY—July 11th ¹⁴ H
<p>9 da to 11 Wym to but at</p>	<p>Mathias & Grant Lil. 9 up. & two X rays. Had trouble engine. Got an undischarged period before lunch on order. got the dashed thing finished P.M. after seeing X rays. seems work to Helen. Keef got stuck in the sewer won't go.</p>		<p>Day off, mostly nearly complete I've had for many a day. Ref to 6 past as Jan had a lot to do. Did Newsletter at long last. sundry thank you letters. Jan & potted & radio too. Snow brought the mail. Miss Cat had kittens. I got Rob Kay to check form 3 of M 4. I suppose we will have to have me at St. J's at night too. I had a talk over cherry; it is rarely that we can talk at any length. Fr put the photo of "Burdale" & Loll's slide through the pro- jector. Read a W. he didn't finished it in bed.</p>

E R O R O.

JULY, 1959

Time	SUNDAY—July 12th	14 th	Time	MEMORANDA
	<p> Mass at 7 (has been 7:15 lately). B. fast on time. Joan had a long session - the M. U. Fridge misbehaving. Got up at 12. We had 12:00 lunch, quick bath & Brian came for us. Fan was at Erviana for lunch; had the jeep. Vic went Mo. Went to Gropo & the redoubtable Gelli. Pat Benton entertained us. She is certainly an unusual person. We saw her menagerie beautiful creatures. They have put up a bit of a house & it is full of all sort of things - Chinese chest, various craft Bali figures, books, crystal etc. Laughed but odd after Bea. Her talk was restrained, but vigorous. Will see the sea pounding in. Left at 10 past 5, for N. Li wanted. To Erviana 6:15. Talk dinner, sleep home 10 P.M. Edith Mary is present. </p>			

JULY, 1959

Time	MONDAY—July 13th	Time	TUESDAY—July 14th
	<p style="text-align: right;">Sh 14</p> <p>Mrs K came to 6. My house keeping but not as usual did lunch. Dinner & busy call catch up with yourself Mary. Ray Stuart came about dental admissions. Late sparking trap & didn't finish, fill lunch. Admissions struggling & fudge & radio till 3 ad late check Gan did Beama & him after after tea jeep took down. is at Base B. & busy in Neep dang Barbara Ann reading TBS etc. At night more ad- in thing, sent Lumen, prints Win's letter all horribly fried but got supper to bed</p>		<p>Have been dreadly tired & more un- able than I have ever known myself in spite of 2 gr of Phenobarb. Planned a day on cards after lunch & almost yapped at every ol that came. Paula came in & discharging acellat & adm here. Anthea was going wh added to my irritability. Ted is patient & me but by this P.M. when I was more awake she seemed a bit fiddly. Mass was another Keapman for Gan's mother! Mr Kishit came in after lunch & got me off my couch. Gave him the book for the engine. Have stopped at cards till 4-5:15 & again bought & got a good lot done. Til still doing phant.</p>

ERORO.

JULY, 1959

Time	WEDNESDAY—July 15th	Time	THURSDAY—July 16th
	<p>A busy day. I am terribly tired. I don't know how Jean keeps going. She still has to look for Clinis & start doing all sort of jobs that normally she not. "Put off till tomorrow" in for the day. Brian for dinner. Busy at Clinis AM & couldn't get out of CL. Constant baby: encephalitis full perian. Faced it on 9 nap but it convulsed readily. I died suddenly just as we started lunch. Caught up on job till 4:30, supper & did cards & saw pt till 5:30. Bath quite a talk to her over cherry & wrote a couple of letters before dinner. Tonight was cards. Unexpected heavy rain. Too tired for more, in bed by 9:30. Be pleased to being polite.</p>		<p>Jean got away at 6:15 but had to go to Base B to embark. She took 6 in spite of Jean's insistence that 5 is the way. Arthur Kelly it is more per boat than his. To Maes. Nap 8:30. Belly original over not enough TB food till 9. Nap. went at 11. Hunt-hunt. Lil watched the primers & came! Jonathan did his Arithmetic. Radio kept me busy a few late. Fife Day wanted a conversation. Jean will try on Saturday. PM Leashes odd job & cards. Did Barbara's call. She fought like a demon. Then this evening she pulled it out! She is PU undoubtedly. Baby Bamps not so well at 5, & at 6 it died suddenly! 2 in 2 day. I think it was Meningitis encephalitis & pneumomania. Cards bright. Plans did not get in today as my specimens did not get out. Tell! Paracetamol she does make heavy weather of it. Die working/hanging lockable today.</p>

JULY, 1959

Time	FRIDAY—July 17th 19 th	Time	SATURDAY—July 18th
	<p>Busy but smooth day. Did b'fast. Lil had a bilious headache & had to stop during Wathin. Had b'fast in bed & felt better & in sick on during the rest of hours keeping did Hresp. a few X-ray aspirated Kumpas & did BAS catheter which the pump had pulled out. Delay over radio & had short lecture. Did cards aft. & evening. Very tired they night. Gnan got back at 5 Mr Bishop brought her up for the Bay. Told her of Kumpas! she accused me of making a dragover to suit myself. I told her to stop criticizing when she didn't know anything about it.</p>		<p>Busy day. Gnan had to rest in bed. & resp. a lot of desk work till lunch. P.M. did BA. Sunday interruptions but started report at night. Radio came back, & going well. Big mail. Mame wrote painting 2nd. Gerard came on plane - new attack of jaundice. Looks awful but is bright. Saw him & put him to bed. T.B.H. man came in during E'ing for treatment. Gave report to Gnan & she apologized. Lil during the dress. Muna gave me starting on new love. The 4 played Canasta & I got supper.</p>

E R O R O.

JULY, 1959

Time	SUNDAY—July 19th	Time	MEMORANDA
	<p>my day off, deliberately busy just didn't want to show myself. One was all sort of dreadfully & wrong thoughts in church. I was late, as was Joan. Trying to get Gerard ready for Mass. Talked to her. Spilled in A.M. Went to choir & thought to self, read, slept. Had quite a talk to Joan about Polycy & she's so operative. She seems to be dreading the coming of Maria Let. I was going for a walk in the moonlight, but Gerard wanted to play Banasta, & Let is playing, Bless her. Mamma is supposed to be lost, & people searching for wreckage & survivors.</p>		

JULY, 1959

Time	MONDAY—July 20th 21 st	Time	TUESDAY—July 21st
	<p>Mathias & Jean Let had up it's put early start at 9:30. Guep took the bay out, came back for Jean. Jean shot a few crew bay. brought shipping list for food. Jean did things had lunch at the main, came back to go to the Bay for food. to buy things for Gerard. I finished Guep's lancelet, did radio along session, asked OMO to take John for Jean Johnson. Ray at 1 P.M. late to telephone thank to radio. Ray went thinking. Adm several 4-5 did some report after dinner asked lunch & notes & letter Ray throat! TB!! Much collected. had came here & shaken, sent radio. I gave him some brandy. Edith report not eating, Jean feed drip feed.</p>		<p>Expected a good day, it has been sunny, muddily & nothing done & Jean deadly weary for as Jean my to keeping up 6:15. got the John an early to fast, then some. late start in Hospital, heaven know why. Lots of people in O.P. coming on. Did bit of report in between while. P.M. No lecture: of Jean's exam, got a bit of report after radio. bit supervising exam & puddling round & dinner & exam & getting members. Move in for the day, expecting Brian to take her home, but he didn't come, so let me make "passage" & we had the usual late dinner & muddily for Edith Mary died in the middle of it. Learning to her & next job & Jonathan said I do Mary was in between. That seemed the last show early 16. came & asked lunch & put some away. to bed early. 15th admission</p>

ERORO.

JULY, 1959

M. Lee Samara

Time	WEDNESDAY—July 22nd 23 rd	Time	THURSDAY—July 23rd 24 th
	<p>Boats arrived before our arrival at 10:30 P.M., all well. Slept in bed 7:15 & feeling markedly tired. Quas, A/N. DC came - his birds & talked for a few minutes. He will send a policeman on Aug 3rd. Early lunch for me, & long desk. Couldn't get out on radio. Dad saw Dad bet 3:30. Year ago in some infra-note & gave her B. I. I did feel better as a result, or anyway I did feel better! From 4 on did report & sampled them. At night wrote Anne's letters, & sent claim for Santa's drugs & shells all. Let making a new pack for me, & mending the cascade.</p>		<p>To Mess. Quas. All lunch time & a. stream in. Got on radio & saw health, so late for lecture. Boat left at 3, to Lerand over to Bay, but as they didn't get back till nearly 6 he was tired. No white passengers, grand he, but a mob of what Big Samara mail. Letter from + I but no answer as keeping & nothing conclusive about anything. Had a session & Johnston at 10: he didn't want to go. He went off to the Bay in the after. I'd decided not to leave away. Leave Jean alone & all the job. Mail letter from Win & one from Reg. Edith. I'd from Tide not opened yet. New med. bag for TB it came on boat.</p>

ERORE-GONA

JULY, 1959

GONA POP. ERORE

Time	FRIDAY—July 24th	Time	SATURDAY—July 25th 26th
	<p>up 4 to 6, packed, fixed up Johnston's camp, b'fast & roll. Got away at 20 to 8. A. came & surprisingly good trip, wrote letters all I felt for had read & P's letters. Staff Notes: d'gd. Gona 12:30, met welcome & usual. Talk, lunch, just saw Mary, decided that I shd come here for the confinement. Talked to Caroline, Margaret, Bath, & sang. After dinner played Thutter to try to concentrate. Then to bed. Thought sketch to go out & broke the dam thing. Messed Campbell & to bed.</p>		<p>To St. James' Mass, to govt. b'fast. rode off at 8:15. Cardman helped in my gear, mail & gay had 30 lbs. Khoul for like. No Mission lunch but caddy a note: a truck bound for Laika. It also took Elze Wesley. Johnston asked Mr. Tinsley for a note to assist, I caught the plane nicely, but did not see mission folk. Frank Gosses on board, served up a lunch! 7:45 at Laika. W. had a look at Ray's place. T.B.H. back here 12:15. My new shoes and my back. Nice letter from Dorothy Osborne. Rest, unpacked, went through my mail: at night wrote letters while Ted played Canasta most untravically.</p>

ERORO.

JULY, 1959

Time	SUNDAY—July 26th	Time	MEMORANDA
	<p> I am doing Hoop's house but did not all but to fast. Was 7:15, 9:1 had a cuppa first. Her people then on teachers; footballers away; school children have long week-end. John away since lunch yesterday & Gerard saw him helping himself to Math spirit. It looks rather bad. I wash, did Wambou, adn 3 ph. PM did same as I new papers & bought scanned them. No work anywhere! Shaved Gideon how to use microscope. Haven't achieved anything else but put on her nice new frock & was pleased in herself & then spill tea on it! Poor lass don't think it is stained. They were at Caravats again. </p>		

JULY, 1959

Time	MONDAY—July 27th	Time	TUESDAY—July 28th
	<p>A good day. Holiday for school as of slack. Year I read Mathias. I got to bed. I ref. done by 11, did odd jobs + an aspiration before lunch. No one has praise for Gerard up all day. Bay off duty burned the grass behind the Hospital's perimeter & was late for lecture, so I lectured them on that. John came back 2 M. Said he had given to top of hope. F. does talk to him ref about the spirit. Checked numbers & listened to a lovely program 10:15. A coma woman had T 106° at 8:30, came down quickly. Tonight looked at a sun ear & wrote letters. No M/K letters done yet.</p>		<p>To Maes. Everyone tried heavy disinfection of work, yet weather doesn't seem to be the cause. Gerard is down in the dumps. Was pain. Work to Mrs. Weston before to feed. Cash done by 9:00, it took me solidly all 10' to do the X-ray, & from 8-9:30 brought to examine them. I really had much R/R done. Found 3 more TB's & some odd things I want Dr. Wiggley to see. Ratic kept me late, & when pt kept me from my trip up hill to bed. Late for lecture, examined a few pt, work some M/K letters. Tonight heard Unpublished symphony & other nice things. My pulse is rather hard & lean, usually 96 when I take it even at rest. Cheque from Adamsdown & one from Mrs. East.</p>

ERORO.

JULY, 1959

11 K to Sam.

Time	WEDNESDAY—July 29th	Time	THURSDAY—July 30th
	<p>My housekeeping. Got some prayer said. Quite smart stuff as I ref. saw various pb & A/Ws PM letters, & also evening</p>	<p>3:00 Lil. 9 to Mass. she v hot up on the job of getting to fact. I ref. & seeing pb re! No lecture, Bert Shells came. Bp reviewed about 6K for Ted to come but I detect a note of apprehension. Ted did lunch for dinner while I peddled round & helping. Bert & myself snatched tea. Boat bell at 2:30. I left Lowell here by a pa tea Brian, T B truck, & F. carted their stuff, 3 new pb. wh I admitted & got departing folk away. got Lowell beds made. Edger did not come. Had check for dinner. T B truck carted St. Luke's drugs. Finished mail, only a note to David's boys & must write again. Went to Bay & Lil who was quite excited in her quiet way. Brilliant starlight night. Wish I could have gone 11 K to see 4 AM. I was in my newest dress, great success</p>	

JULY-AUGUST, 1959

Time	FRIDAY—July 31st 2 nd	Time	SATURDAY—August 1st 2 nd
	<p>Missing Lil at every turn. Hope she is enjoying the trip. Prayers in hands. She went off at 10 AM to de Parisian. W. Busy morning in A.P. but got things done & all went smooth. Father paid the boys at 2:30 & they copied up their last lecture after. Kenneth & I semi-conscious? wala. Did L.P. - we. She arrived back at after tea. Did more or a bit of writing at night.</p>		<p>My last full day on duty in SMH. Horse-keeping also, for the most of 10. Hospital easy, slash but I did some X-rays. The whole procedure took me 3 hours. A number of new cases have rotten lung. I expect an TB. Jean went out in Nite to shop to give Brian Penicillin. The Shwells went W.C. got back at 11 after seeing T.B.H. Kent S. gave Jean enough money to build a new house. He grab the money & then is generous. Strong person with those hard eyes. Publs for after tea - Ken & kids in the kitchen, then Nina popped in. Messed round in shiner who was really fairly easy thank to the Tide parcel. At night did smears & saw films, talked to Jean & she was rather affectionate. Kipling went on holidays. Edgar arrived on foot at night. Eleanor's Beethoven concert while I did more films.</p>

E R O R O .

AUGUST, 1959

Time	SUNDAY—August 2nd	Time	MEMORANDA
	<p>I thought I had shaken free of hospital calls, but not a bit of it. Gran called me at 5:30. Berne L. Waking a great paper on small short hair. Gran asked toll to do B'fast, he had a supper. To Mary. Called out at the seminar book had arrived. I to bed placid but baby not breathing. Took 20 mins to get it breathing. Coramie of sucker or. Back to church to receive B'fast slow. Mary shaking down can. Schubert on Vic's new radio. Couldn't take it, getting more irritable so came to my house. Heard the Beethoven in piano. Called to Hoop to see Stuart. Then saw Gerard. Little dandy morning tea but hidied up a bit. Gran came at 12:30 worried over Frederick, & after lunch did a bit. Talked to Mrs. Bishop & dit = sp of disp. job to rest after 2, 4-5 work to Tids. E' song. Lot of washing & pinning job after 1 denia hourly hats to that. A 21 CSF screen (NAD) 1 ad</p>		<p>Eather's baby too tired to do more, & can't be. MO 9 out. Mary's gran a party tonight. She is to bed but playing barasta.</p>

AUGUST, 1959

Time	MONDAY—August 3rd Bank Holiday, N.S.W.	Time	TUESDAY—August 4th
	<p>Mather & Fran O.P. & Maurine I was done by sunday. Handed over the papers to him. At 2:20, called, Mrs. Bishop phoned up. I gave him a cuff so we left for lecture. Did order Fran started TB food order back to Hosp. to do urine. Really proud of Fran too. Dr. in a lab. rain in rains, feeling of cold, came to bed & extra blanket. Lovedly to hand over new pp. to Maurine. My eyes did not seem to hurt, praise to.</p>		<p>7 felt ill so sent Fran who took my T. wt. wa 100. Maurine came & of course can't disagree in better to stay in bed. read. Not interested in food. Got the old stabbing pain through brow. A eye localizing in eye on left temple in K. Oberfeld area as before. Most of the folk came to see me. Not much in the way of work from Mame & no Mame. Mrs. Bishop came & left the Hospital key, but I did not see him.</p>

E R R O

AUGUST, 1959

Time	WEDNESDAY—August 5th 6 th	Time	THURSDAY—August 6th
	<p>T102 when I woke. Was a bit cold in the night. Shooting pains through R eye. pronounced & tenderness of scalp just as before. Many seeing to my meals. Gran seems to be taking it like a lamb. Slept all morning but lay still after lunch. Mamma did a WBC count & made it 3000. Put me on Amicromycin. T has dropped since. 5 P.M. I typed out TB food order. Aghemal read "Aunt Clara" all day.</p>		<p>Woke at 3: stabbing pain in R eye, took aspirin then began to move since on walking. 4 P.M. Even so, the pain took a long time to settle. I was regularly crying: it at about 11 however since 3 has had more with most going. Wounded by Amicromycin though: a bit deaf? The Aspirin Dopey, slept a lot A.M. - 6 P.M. Was wakened at 10 P.M. to get some bed ground: the flies up after all: + P. Had a hot day at perfect Paradise: I've loved it. She looks well & wanted to see her. Much talk: per. Read a bit. Interviewed 3 boys for St. Luke's: accepted 2. T normal all day. No more. Reading Dr. Fox's book at last.</p>

ERO Ro

AUGUST, 1959

Time	SUNDAY—August 9th	Time	MEMORANDA
	<p> Feel a bit better but am miserable & snappy. Slept right on full after church. Didn't want to wake them. Slept through the day but had a good bit. After lunch saw a pen- point rash over my thighs which comes & goes. Mamma thinks this might be dengue. 7:00⁴ tonight. 3 Kandareet came at 12 MD, Myrtle & got on board. Fairly much Mrs. Pearl. They had a picnic lunch at the Bay & came here for after tea. In Barge came to see us nice folks. Harold Palma has closed surgery as a mission medical shr. The mob went to Enamua for dinner. Name Jan John had dinner in my house shed off my coat. Found myself longing to shake things & go home or leave now. </p>		

AUGUST, 1959

Time	MONDAY—August 10th	Time	TUESDAY—August 11th
	<p>Still tired & no energy, but a bit better. Mrs K came in AM Slept a lot. Wrote to Mary. Mary leaving home at the rate of knots. Mary getting tired of housekeeping. Was sat with in most of the evening</p>		<p>Cold morning stayed in bed. Had to get my feet warm, & slept till 11-30. The mob arrived before 12. in 2 trucks. They came on to see me. Have did a lot towards getting their home ready & the doing fast minute job. I got up for lunch & after tea. Went to hospital weighed myself. Now lost 5 lb. Still have no appetite. The men have established themselves in WI. All is pleasant, Holmes an N.M.P. is one of the party. Have written to my Mother & Henry. Feel useless but cannot face the task of helping in the mob. Margaret haven't come in the sweeps.</p>

ERORO.

AUGUST, 1959

ERORO-GONA

Time	WEDNESDAY—August 12th	1st	Time	THURSDAY—August 13th	1st
	<p>B' had in bed. Mame gave me the first cinema of my life, felt better for it but not a pleasant proceed. We went to M.H. for lunch & dinner. In evening we went to St. G. at 4:30 but she didn't come till after dark. We ate a dinner, then lay straight forward up the Bishop. Lil & Nina Colby brought Sat up, talked till 9:ish. Lil thoroughly enjoyed her stay & managed the dog-steward well & was to be thanked; everything & I full of Dr. Thomson, & was all ready offered her a job & she accepted, & I'm so glad to be rid of her. Lil decided to come to Gona Mt. Lona brought up little weather in A.M., apparently it was malaria all the time. Don had to HB 33%</p>	1st	<p>up to Mass, sat through it. B' had & packed. we got away at 9:15. We came to to try, get the factor. Gram began leave in early night, is thankful about it. Nina quite a glamorous girl. Nina D. came to, took Nina & C to the Bay. The Wynnes came in for. We had a good trip of St G & left for 2 houses board. Talked to & after lunch with Lil prepared to bless her, & I say to put the flies at Gona, 2 Oshy, not too pleased also discussed my leave but to left the decision to me. Got to Gona 2:15, after coming along inside passage. Lil & I in the Dewell's flat, is pleasant. Had a coffee. The St. Pie went & glad to sleep for nearly 2 hours. Hardly tired. Had dinner & now to bed.</p>	THURSDAY—August 13th	1st

AUGUST, 1959

Time	FRIDAY—August 14th	Time	SATURDAY—August 15th 16th
	<p>Slept till 6:30 a.m. Feeling a bit better today but have done nothing but see Mary & go to hospital. Have just called & talked & left. Two boxes for wash. Lid serving an all offering shelf in the kitchen. W. with over Edith's parcel. it was welcome. Mr. Norton came for lunch, nice chap. Took Lil's letter for Santos hoping to post some by flight. Everyone is kind. I feel so dull & nervous. Haven't been able to pray since I got ill.</p>		<p>Someone called Caroline at 2. I squealed just like Fr. John's voice. I got up but it was Mellie in Gona village in strife & he had to go. I went up & got back after 4. Mellie had membrane stuck & had a big tear. We all had 6:30 a.m. in bed. sep. soon after & I sewed up Mellie - waxy tear. Did nothing else all day. Lil & I went for a walk along the beach in the afternoon. David came too. Elsie mended my hope with a bless her.</p>

GONNA.

AUGUST, 1959

Time	WEDNESDAY—August 19th	Time	THURSDAY—August 20th
	<p>ref to 6 fact. Saw some pt in Hospital & read a who down it. Jean sent the 2 Ag. bags through to mail. She plans to fly to Mexico next Tuesday. We in sent 2 letters & Lil & cheque. Still don't feel up to making decision. She went paddling & Lil before lunch. Left hill 3:30. Tonight same as usual, listening to record & radio.</p>		<p>ref to Maer in English B fact. Lay down for a while then to Pop. Lil showing tea. Lil helped in M.H. a while. Mr Esdale & Mr. Bellfield came for morning tea, planning yet again to put through the road to Pop. This time to open up 100 acres of cocoa. John Sewell came in & Collier fractured - Sylvester's son reduced it, put a plaster before lunch. Left hill late, after tea & usual routine. Lil packing. Her radio came & she goes on 25th or the same plane as Jean. Lois & Fay Elair brought a grass skirt, little clay pot for hill & she is thrilled. Pp. David came at lunch time but Michael Thomas had gone to Erso to help Nii & cement. He got the tractor. I wrote some letters for Erso & on to Mr Wigley. + D. Telling us about Arch B. Sangr who seems to be the right man for that difficult job.</p>

AUGUST, 1959

Time	FRIDAY—August 21st	Time	SATURDAY—August 22nd
	<p># D celebrated at 6:15. I went to Lil's fast. They got off at 4:00. I hated to say good by yet feel as if my purchase will help. Lately calm sea. On off my bed to Hospital. I saw Mary. Under review 2 applications for T.B.H. After lunch slept till 3:30. moved upstairs, which is better now Lil has gone. After her bath to sleep. Clair gave me some whiskey as she says her but I hated it. To sample & after it John Daniel in front of the plaster & cut some away. I reread Mr. Young's letter, it seems we are expected to make the beds! Damn them. Mr. Barnett said Works was doing them.</p>		<p>We all had breakfast in bed 8:15. I went to Hospital at 9:15. worked steadily till lunch time. Had to take off John D. plaster & put on a new one. Slept after lunch till nearly 4. Had a pt. Cuff. Else, I went for a swim. It was quite chilly. Caroline did pt. kit night after we had had our game of 7 letters. Wrote a couple of letters. Have had dinner in my mind so much this week.</p>

AUGUST, 1959

Time	MONDAY—August 24th	Time	TUESDAY—August 25th
	<p>To Church St. Bartholomew. Saw Mary, head pining, & some fish in trap including Beatrice who was gone in SMH. This time a threatened miss. Lay down & read, then got on to letters to P.P.H. 9:15 slept only till 2:30, more letters, supper + Carolin. I went for a swim & saw the last stage of opening of the river. A big net across the mouth & over a man one-man nets behind. The fish were leaping out of the big net only to be caught by the net behind. After dinner wanted to suggest a med skin for Mary & she + John agreed. Organized it + Carolin. Beatrice miscarried just before E's surgery.</p>		<p>Very tired. Laid a day. Carolin started the med skin. I got up at 7. Had O.P. for C, P.V. on Beatrice who still returned to pt. Dressed on a O.C. Runny to go to Mary. Though I didn't do much. Started the O.C. at midnight. No Award's, speeches & had other troubles. The placenta was glued on to internal wall just about the CX. Got it finally loose. Finished med skin which she had didn't work. Slept for 2 hours & found it hard to wake up. Poor Carolin had another babe in trap. I got a supper. To E's surgery, & bath. F. John took kids to a morning feed. Joshua, Jan Henderson. We played Flutter & daddling. Found one job to another getting nowhere. However a week ago I couldn't have got through today's work. Sent mail out.</p>

GONA.

AUGUST, 1959

Time	WEDNESDAY—August 26th	Time	THURSDAY—August 27th
	<p> still tired & have a part of freckles so didn't smoke today. Many doing nothing I slept on, didn't go to Mass. Odd job to Hoop for a couple of hours. Saw 1 P1 a P rested a while. Wrote letters all lunch & again after Hoop-up. After a cuppa Elai, I went for a swim. The breakers were really heavy & knocked the wind out of me. To T'sang, was letters - I thought actually won. Flunked, & talked to Wang till 9:30. Heard Sir Edmund Hillary speak, in simple speaker. </p>		<p> up to Mass. To Gregory in Mohr's book again. After to pad felt droopy & lay down. Left & drooped till 11. After that wrote letters. To John went to Kahunabain. Slept, read then after lunch, got on to those regulations & more letters. Elai had her maidens cleaning the house. Late cuppa, to Hoop to see 2 new sp. to T'sang, after that Elai. I had a swim. No My Wood tonight. Have been piddling. Many had rummel tonight. I sleeping in the M.H. </p>

AUGUST, 1959

Time	FRIDAY—August 28th	Time	SATURDAY—August 29th
	<p>up in time for breakfast. Saw many at 9. H.F. sent a note through to Crew: Christopher saw a few pp. Wrote to P + made out stationery order. Felt hard by lunch-time & then found M.K. was here. To Jan Collier, & Bob Lurie came on her. But Bob went off after lunch to go to M.M.S. Lunch & got a rest till after tea & badly needed it. Cuppa, Elsing, etc. at night. Flutter & heard drop of a hat. Great muddle over M.K.'s movements as it is waiting for a radio & going to sea. T. John wondering whether to pack for Ambari & finally suggested that M.K. bring the teachers back here for shore. Letter from Nanni: list of discharges, quite a few. Josephine trying to swammy something. He refused & she took Lynd, but presents little.</p>		<p>We all slept in Elsi got up soon after 7 & made a cuppa for everyone. Breakfast in M.H. to Hospital a slack day. Wrote to Pat ^{Swain} Dunder. Lunch by lunch-time & slept till 3:30. Cuppa, & talk. Tonight had drink for dinner. Heard "My Fair Lady". To sleep after sherry & beer. A spot of rain tonight.</p>

GONA.

AUGUST, 1959

Time	SUNDAY—August 30th 31 st	Time	MEMORANDA
	<p> Church 2 hours. I am just in congregation. Saw Oswald after appearing unwilling after his father spoke; said he did not want O. to come to do Mission work, but both O & Winton told to report today. Saw Perkins Paulus, another volunteer; said he is to come as shore-boy. B' had called to Haf. to 9-day infant convulsing - looked like infection of umbilicus. Saw Penicillin line. Back several times. Baby died at lunch - this 9 same another child convulsing aged 2^{1/2} lovely kid, as Murgins. Did CP after I sang I 7th giving ether. Had rest in between, & feeling tired. At 3:30 Shook came. Gudy Webb, suffer in Virginia. They went at 4:30, took I am. Told with them to sleep on M.K. or Upla- giti. Gudy W. Hall a big hook is possible. Agreed to send him Mary in AM. Heard Selwyn Baker as a great speaker - hard to hear all he said </p>		

AUGUST-SEPTEMBER, 1959

Time	MONDAY—August 31st	Time	TUESDAY—September 1st
	<p>24 hours of beautiful rain. The tanks are full. Wonderful, up at 6:30 today. Elsie & Judy went off to Ambasia. Mr. M.K. came round at 7:30. Mary's med. skin under way. I did O.P. - not many. Little Virginia infinitely better. Did 4 resp. Had cuppa & a rest, then tried A.R.M. - I remember that Mary fight & struggled though she doesn't remember that I couldn't do the job. Having contractions all day, painless, & irregular. Tonight have given her a rest in R1 & a big strain on John all this P.M. fiddled & did little sleep. cuppa. went for a walk & Mary stopping now & then. Feel her firm! I sang washed my head at last. Tonight played Flutter & made to bed early.</p>		<p>Fr. John came at 12 to say the contractors had eased off. Back to sleep. Woke at 6:30. Mary 150, a bit fast. Anne in bed & a cold. I did O.P. - in slat, with made to Dr. Thorne & did up films. Mail went out at lunch-time - in laundry. I only had 5 hours on my bed. Rest after lunch till 3, M.K. here & the girls back. M.K. to go to Las & Monday morning. In high asking for 6, I got it done up. Elsie 6, I went for a sewing cuppa. "E'song". Mary had an in at 4:30 - contractions now strong & painful. Has gone to bed. Wonderful lovely day. Flutter - a lot of laughter. Telling how she gave an old deaf man an ear in the middle of Ward prayers. Going to bed early.</p>

GONA.

SEPTEMBER, 1959

Time	WEDNESDAY—September 2nd	Time	THURSDAY—September 3rd ^{4th}
<p>No calls in the night. Left unsuicely. Ref to go to Mary's day Maes. Caroline called to say she had the Dr. Vs. Talphu came to say that Mary's contractions had stopped & she was in fact. Got Caroline a basin of bloodys, went to try to reassure Mary who was in tears, made a cuppa for us as we missed Maes. Caroline in & out of bed but better tonight. From the Hospital saw Mary. Head finally fixed but a little descent. Saw A/NS. P.M. rest & slept heavily. Manual chores. No swim. Wrote letter for Errol, & med bag going through tomorrow. Mary doing precious little.</p>	<p>To Maes in English Mary then too. Did o.p. & saw nothing till lunch. No rest during morning for the first time but slept 2 hours after cuppa & swim = Judy. Played Flutter head my Wood, wrote a bit to Gladys. Mary had a few contractions through the day worried. Feddy & I told her to forget it. but a normal left if on Monday will have another go. John Bodge went to Errol for mail.</p>		

SEPTEMBER, 1959

Time	FRIDAY—September 4th 5th	Time	SATURDAY—September 5th
	<p>Slept in till nine to get up to bed. Did Nap. A.P. & P. & wrote letters. Palmer came just before lunch. Lot of bright talk, really interesting. F.H. took on meat for packing. I slipped off at 2:15 for a rest, slept for nearly an hour. Off. Dean in M.H. & Harold went. Bessie Hall at P. They say she had Ca of breast & recurrence, & still has a swollen arm, yet long to find a job in the mission. Rather glib. Judy & I had a swim. We had a game of Flutter before dinner & an cherry. Much talk in M.H. at night.</p>		<p>Baroline's day off. up 2 to 8, found all M.H. in kitchen as Jessie failed to turn up. Got C's 16 past nap. To Hap. had morning tea, cuppa & talk. My word, Myrtle talks! Wrote letters all bunch. Not much rest, medical boys kept coming. John Bodger returned, meat. On food. Win. Mrs. Atherton to say Jack died in June! Shang. I didn't come do PNA news. I must write. Dr. Wigley wrote a nice letter. Not many folks. Works are making the beds, praise be! He advises me to take leave now, & it seems like clear guidance. I do long to get away, find normality again. Must write to + P. Ned's talk: Many who gave the opening as I mentioned the possibility of a Caesars, she accepted the idea. Haven't spoken to F. John yet. He is preoccupied poor dear. Judy left the table, was sick. More letters brought, only 2 for the day. Still dull & raining. Had a nice swim & Judy</p>

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

GONA

SEPTEMBER, 1959

Time	SUNDAY—September 6th	Time	MEMORANDA
	<p>Up at 7 & deliberately missed the Captain. In spite of the long services & dreary singing we were much more able to worship them at Eros, perhaps. I am more relaxed but this the Wardman preamble & my worry into his hands. Maybe 'Ella at Church. Have achieved almost nothing today. Late start to breakfast, had a rest, did TB food order. Lunch rest. Talked to the John about pass. The bassan examined Mary at 4:30, found surprising advance. Tonight played Flutter, Mary getting severe pains, have sedated her & ready for what comes. Wrote to girls. Mrs K. came tonight.</p>	9 th	<p>Got her sutured up at last, finished 3:30. M. had I.V. glucose saline going before we began. Thank heaven Mary's condition poor but could have been worse. Finally got away at 4:30. M. & I stayed. She had lunch. Alas! Anne saw me in my bloodstained dress. Had a shower & some fluids. M. 70-80 to 90 many pulses 160. She was good. But a dear we thought to decided to treat it a central for 24 hours a lot of other off. We showed each other off. I got to bed at 9 & M. was moved to bed.</p>

SEPTEMBER, 1959

Time	MONDAY—September 7th	Time	TUESDAY—September 8th 2:30 AM 10
	<p>In P. called us at 2, Mary distress in pains. As soon as I arrived they went off. I thought an en med. rest for them & she had that & morphia but went right out of labour. John b. I up till 3:30 & had a cuppa. I was appalled AM. Missed Mass for Mary. Did P.P. & I.P. & made packs & watched Mary have the rest of her med. pain. Had pain after Pit, but not orderly mes. Decided to send for Marnie & Mame & Rob Ray down & mail. so took ans back to Agente. Got letter done, cuppa & med I slept through V. long. Taught Mamey, Kipting & piece game in unconscious. Did L.P. & Caroline catheterized her a lot of sugar in urine & sent her off to stop & letters. Ann Quashin expired in 1957 but gave her 10 U. Enock is so operable. Hope the kid will be alright. Very proud & to bed after supper Found 5 mushrooms on the lawn.</p>		<p>I called us again at 2:30. Mary in distress & strong pain. I found them weak & apparently my coming distressed them. Gave her Methidone, had a cuppa, I stayed in her watching pains & dying. To Mass for Gregory, Mame. Did A.P. Mary in & out of labour, but ad- vancing. 0 & 4. 2 P.M. Had a rest. Marnie & Mame & Graham arrived before 6 A.M. I went straight through. They slept for AM. Made the B. U. I did hour about & Mary. Strong Weak pains & C+ contracted evening. Strong pain in early AM. Caroline set up in after.</p>

GONA.

SEPTEMBER, 1959

Time	WEDNESDAY—September 9th 2.30 10	Time	THURSDAY—September 10th 2.30 11
	<p>Did P.R. at 6, or not detaching - all 3" & pains poor. Condition good. Head up feet books dressed & talked it over. Maurice & pray for prayers for guidance. We agreed to Caesarean her. Told Dr. John. Caroline & Name set up. Dr. John willing to quit anaesthetic. Head up feet books had a rest. Went to start at 10 but the usual delay. I was scrubbing at 11 to 12. M. induced her. Name did push & inst. M. assisted. Thanks to Caroline baby out. As we started had a great fear & determination to make the incision. Slow & lots of bleeding pink. As we opened the peritoneum she went horribly blue. Thank God we had O - 2 cylinders & the sucker working. M. was a great help. The uterus bled like fun, got the baby out, a girl. M. got the pt. & the uterus bled. bled in spite of P.A. Ergometrine & packs. At last got it under control. I cut through the lower edge of a fibroid. Dr. John sat like a rock. Caroline gave us major. I thought the baby was dead, but age after found it was out.</p>		<p>Name called me at 12: Mary's pulse rising. up 1.30 had a cup at Elsie's bar, bless her. M. went to bed. M's pulse still rising & skin aching + + +. Galled Maurice & Name & M. got Caroline's blood & did transfusion. Everything looks long. I was panicky. Got saline going. M. blood ready. I just looking confident in transfusion. Gained hard on M. God sent me a train at 7 & Elsie organist Robert Tech. I asked DC to send for blood. It arrived at 2.30, by special. 3 lovely bottles, blood taken today. Caroline anxious to give more if blood hadn't come after 9 A.M. Mary stopped skin aching. Pulse gradually dropped. Baby lovely. Did O.P. Caroline. I on M. slept. I had an hour in bed before lunch. Spent after. odd job x. fixing blood. b. off, but didn't rest much. M. went to Graham at 4.30. Dr. John just wonderful, & everyone pulling their weight. Mary steadily improving - a wonderful patient. Kuddies saw her at 5 & Anne brought her orchids. I to bed before 9.</p>

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"Vi-Lactogen" babies are not troubled with constipation.

SEPTEMBER, 1959

Time	FRIDAY—September 11th 12 th	Time	SATURDAY—September 12th
	<p>up 1:30, was kept moderately busy but wrote Abrahamson & letters for the blood & M.K. letters. Mary's blood finished & the catheter came out. Came to house to get up for 6:00 & found a tray sent over. Did Hosp. P. Mtg 10. Mary moved to the house. I came to bed & slept 2 1/2 hours up at 1:30 & wrote M.K. letters. M.K. didn't come running to or go to M.H. & Hospital. Dinner & bath. Bed before 10. Mary to bed. Caroline looking after M. She had after off.</p>		<p>Slept 10-8:15 when 6:00 fast tray came. I on duty in Hosp. the 2 cycles looking after Mary. M. lunch unphased but tries & easily. Pulse falling 104-116. T. still up. Baby drinking well. Can't void. except & difficultly. Busy in Hosp. seeing Mary up lunch. Typed list. Had dinner on my bed but no sleep. Judy, Elsie washing sheets, sweeping etc. Myrtle has been a trick. Harold came for late lunch, both went 3:30. Caroline resting a lot of the day. Mary on all day. Missions children returned Judy. I got a swim - lovely, washing away the cares of the week. Dr. Thomson wrote - leaving the Territory, can't take DPH who apparently can't take her!!! Tonight odd job. Bed 10 P.M. Baby to be Monica Margaret.</p>

SEPTEMBER, 1959

Time	MONDAY—September 14th	Time	TUESDAY—September 15th
	<p>Holy Cross Day. Many markedly improved thank goodness & T normal all day. Still working & difficultly. To Holy Cross was Fuljohn preached on the Cross & said from his heart, "Great joy & great sorrow are the only two things that make life worth living" & went on to say both stem from love, & the greater the love, the greater are both joy & sorrow. Without them life is flat & dead. Mass then the offering. Kate to fast. & the usual jobs. at 9:01 had a good sleep then tried to push Dancer off, but O she is a shaker. She only got a few minutes. Judy had a quiet & lovely swim. 2 lot of dancers Kieran & Gona & Lisa on the debaradeba. Early dinner. News at last got 3 letters written. News for supper & bed & hope.</p>		<p>Slept till 7:45 & have felt more alive - oh thought O.P. is weary because sedition. Many better, still having difficulty in working, but better. Baby is 9 lbs! & demanding still more food. Let O.P. & I.P. till morning tea had a talk & F. John told him for a future pregnancy if any. Many must have a hospital obstetrician. He is still having pain & it is worse, he is worried about it. Ordered another trip to Waresby. Sent in order for boys equipment. Rest 2:30 - 3:30, supper & swim. Tim & Les arrived at 6. Brought news that M.K. won't come this week. Has not yet gone to Wastang. Graham coming for me in A.M. Feel it right to go. Name. Obviously worried Caroline not M. staying in. Tonight W. Trip & Julia too after being up. Tonight getting mail ready. Find a time had.</p>

GONA-POP

SEPTEMBER, 1959

POD - ERORO

Time WEDNESDAY—September 16th '60	Time THURSDAY—September 17th
<p>up to Mass. Eva got out to Glen. Finished packing to fast. Saw Mary's suitcase out, wound to me. Left at 1/2 to 10, after a slightly fearful farewell. Bay took me across lagoon, no ship. Wanted heli 40 or an odd. Looking get turned up. Graham's had broken down. He put on me, my luggage but no more. Got to Pop at 11, lunch, down the Town, saw P.O. DC. Linsley who took awful, as if his melanoma may be extending, though no local signs. Did shopping. New packed me up, took me to the Farm to see a boy beal who had a fall. No fracture detected but a cuff. It looks old, as if life is hard, but is his genuine self. Carrie lovely. Back has the Park. Margaret still a pudding. Pleasant chat. Saw a bit of the alteration. Mussed E'song. Bath dinner, pleasant chat. Michael is lovely. Bed after writing a letter. It showed me a letter saying Hosp. & to be called 'Embodys & best Hospital'.</p>	<p>up 6:20. Had to be at ship at 1/2 to 8. Got there on time, no plans heli 8:45. I sent the boat off, the Waltham asked me to sit & them. Nice young couple & baby. Her mother flying out. Took age in loading, loading the DC 3, a lot of Dr. Mervin's stuff. Until 1/2 to 9. No one there, but the Emma Frantz so went to Seymour's. Brian upset. They didn't take his present. Had a supper. Frank drove me in stopping at T.B.H. to see the crack in the concrete. Arrived here 12:40. Wob. her, Beanie tall. Bob & me die up but not looking the best. Somehow I cannot feel at home & happy here. My niece in a muddle. Polishing up. Manda's things about. Lot of things missing. Good mail. Read it in my couch. Beanie tall in my home. She looks fresh. News picked, news packed. Looked round Hospital & heard some of Nina's troubles. Can't get back 2 days ago.</p>

SEPTEMBER, 1959

Time	FRIDAY—September 18th	Time	SATURDAY—September 19th
	<p>Up 6:30, prayer in office. After breakfast took collected round radio. Nic asked if he could go to top, take the jeep. Redbe took well till Mr. said no. I got Niwi & Mami's things ready. Bob Price went to F. they got off at 10:30. Talk to F. about things. He is very depressed over the news set-up. It always takes ages for news staff to settle in. He told me Lancelot has admitted to misbehaviour in Josephine & he has reported it to the Bishop. It may mean a move. I picked up & did lot of odd jobs. Crossed swordii Mary who was going to scrub my small house. Mrs. O'Hispan came to lunch. Mr. Kithen & Mr. Gann's Works supervisor, came for after tea & took Mr. O. back. Mr. G was to look at TBH cracks in cement front to. They brought Brent who looks a bundle of nerves & thinnies. Nice to see him. Next night to the Tachford re my booking. 'Jan 11.</p>		<p>Have jogged through the day, & keep on finding new job to do. Up for breakfast. The Ps. all breakfast & dinner in their house, & went to Warrick for the day. We had a pleasant day. Now done the cutting, done of the order. It is ready to go to Laminar. It took a long time. Mami & Frank brought the meat at lunch time. Had a good sleep till 3, then wash. Have washed my head. Tonight went to Mrs. W. F. & listened to music & went through TB list.</p>

"Nestogen" is indicated for babies showing fat intolerance.

SEPTEMBER, 1959

Time	MONDAY—September 21st	Time	TUESDAY—September 22nd
	<p>To Mass of St. Matthew. As we went to Mass Ken Wynne brought his TB pt. whom I saw & K. stayed. He also said he wd. spend my typewriter, what of the local pt. came. I spent till 11 explaining to them: adm. thing then Lecture, then TB food & clothing, paraap caps, I took delivery. Rest after lunch, old M.K. due tomorrow probably saw me pt. & doing writing in evening: then E's say re. Talked to med boy after bath time. & talked to M. & Nina & sending boys to college, about order. Wrote a few letters. Organized TBH bags to go out, call grass</p>		<p>Woke with the old sense of urgency. • pray. said prayer in office. wrote medical boy's recommendation for P.D. The TB bags went off in the tractor at 7:30 to cut grass. TBH & meet plane. I saw Beane TBs & odd jobs till 11. Lecture. Wrote to F. Henry slept heavily till 3. Got 3:30 robot head. George say he was still at Keller. Also a radio went through to him offering him a job in the St. Lawrence at \$18 a week. I wonder if Stanley has taken on the M.K. Work sorted my own clothes & looked at plans till 9:45. Made a cuppa & tried to read M.H. very dull: it may be my own attitude but I find food & conversation dreary. Can does Mr. Maria & selected up on a peak has to be annotated. Am thoroughly enjoying the Cheshire book</p>

MK from La
ERORO.

SEPTEMBER, 1959

Time	WEDNESDAY—September 23rd th 24	Time	THURSDAY—September 24th
	<p>Prayer in house. To Hospital 8:15 + saw new TB pt. All morning tea + in, left pieces in P.M. Lecture. Boat came 12:30 I went down on tractor. Name came as well as Bob. Judy & Nic sat lunch, short rest, & to sleep. Mary managed meals so well. Stanley did not come on MK - what a punching. George seemed happy but was skeptical at Manda Name - a heavy cold & went off to bed before dinner. Nick wrote letters & fiddled. Had a short passage of arms Maurice. He told Nina he was sending 2 med. boys to Wigala on holidays. I said they were not due for 2 years & he said in effect. Kept out of this. I apologized but did explain the setback. That it was Gen's job to organize holidays. We were a bit nice to each other at supper. Finished the Cheshire book in bed - is interesting.</p>	<p>Maurice's birthday. We all had to fast at 6. The MK folk went at 20 to 7. Nic, John & making 5. Nina went on walk about at 8. Name had to fast in bed. Seemed bright but down in tonight. Refused to go to bed but sat through dinner feeling of laziness, but adm. was TBs. Handled a few things & Maurice & talked over many things. Name. Lecture boy is sleepy. surprised about holiday of Patrick. Matthew They thought they had rather walked out or got the sack. Very odd. Slept heavily all after Cuppa & birthday cake in the Dawelling. I went there at 6 for cherry. P.M. dinner lasted till 8. Not particularly enjoy at all, though everything was pleasant. Food good. Mar can at dinner, lovely letter pen + quibbling over P.H.D. In pen lid pen has a coronary. 2 top medals long came tonight & they odd job took the whole evening. Can't get all the job done & no energy to finish.</p>	

SEPTEMBER, 1959

Time	FRIDAY—September 25th	Time	SATURDAY—September 26th
	<p>Up to Mass. Name up to breakfast but actually went to feeling lousy. Stayed on her bed in couch all day. I had dinner in bed T → 100. Told had T 101 at 3 PM normal up to dinner but in bed miserably afterwards. I seem to get little done a long time. Adm. a few skinned saw some teachers at 11:30, wrote letters the rest of the day. Miria got back at dinner time & Frank as Frank did not have to go for her. The 2 new boys had 2 day off. asked to go to Pop. I asked the road mending team to give them & left both ways. I like Maxwell.</p>		<p>Up to help i breakfast. found the housequils getting busy for everyone including me. Name seemed better but T up 100 again at 2. Chest sounds had gone. but I put her on Aureomy. Not so depressed as she was & had a few getting mail out I found the lab that plans come at 8:30 on Saturday. Miria C-C had written something about it being early but it had registered. I was sure but that didn't help. I my own fault as much as anyone's I had 2 new dyerocks in 10 money bag & adm 3 TBS talked to me, I sent out a cupboard burnt a lot of old records P.O. sat of man McGrath came to lunch I took the Pop letters stayed till 2:30 & left till 3:30 PM I went through papers in till 5. I sent lab. Dyerock. Fk dinner perfectly lab. I was the whole Area. Miria gave me shot X-R, 8-10:15. Heard some nice music. A cold cut of tea the others playing Canadian "Scrabble" & to bed!</p>

ERORO

SEPTEMBER, 1959

Time	SUNDAY—September 27th 1 AM	Time	MEMORANDA
	<p>rep to Maas Got a cuppa for M. & Mrs. Maas pretty long. F.R. conscious of it + trying to hustle the dear old thing. Jewell went for a picnic. I had a good morning packing goods for TBH & was quite it. P.M. washed head sleep, set cream papers sundry TB's came, G. Dean & Olga & had over her sickness. I'choy. Talked to M a bit after dinner. He feeling a bit better & T not so high, thank God. Had visions of foot- poisoning my head if she didn't improve. Bant explosion & Embury people went. M. went off in tractor, I stayed behind to stand by. G. Dean & family walked in quite soon, & returned home with looked more like scalds. Skin smothered in band to adhere to get off. It took literally hours to clean them up. Stephen ² had deep lacerations, but wife & I nurse. Noella used a bomb to suck her cooking pot in the fire!! All the med boys are to help the staff. Cuppa to bed!</p>		

SEPTEMBER, 1959

Time	MONDAY—September 28th	Time	TUESDAY—September 29th Oct. 3.
	<p>Woke early up 6:15. No Polly to sweep the house she just in the end of Russian quilt down. Got Herbert to sweep later. Prange odd job. Name a bit better but has been worrying, working too much all day. Quite reasonable with a sweet smile. Name I think she is thinking agst the pressure of work. Her judgment goes being just as brain does in similar cases. Lab to fast. Mob of Banders came, quite difficult about staying in hospital. We had quite a session till morning tea Exam 11:40 - 1:30, sorted out my mind + some job. Decided to leave my stay in Melbourne indefinite. Work to all to suggest he come down. That rest need of after to do doing little but to pray. Frank had a go at the engine. Bless him. Niny here for the day. Exam 5 on have done a lot. Corrected exams. Miss a hopeless failure. Gp that passed. Got each side mine. 7:15 ay films. Bed 11. Little Johnland in + needing transfusion - haematuria? blackwater. Name be for plastic blood set. Jan going out of her way to be nice to me.</p>		<p>To Mass St. Michael 9 A.M. then went on tractor to the Bay. met Dorothy + some. Talked to Ken. to the bank. back for 1/2 past 5. at home at once. full of talk. Tall pleasant face with a frightful dream. Bfast showed her behind. Mamma - I made a plaster for John King. a bit of work. Dorothy + i Mamma looked up real things. All that night. Name to head 6/10th here all day. so depressed + worried. T. still up. 9:45. To dinner at a huge lot of a wonderful meal. I got quite busy on my first cocktail. It was nice. Name 11:30</p>

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

ERORO

SEPTEMBER-OCTOBER, 1959

ERORO - MORESBY

Time	WEDNESDAY—September 30th Oct 3.	Time	THURSDAY—October 1st Oct 3.
<p>Mame D. I went on tractor to F.B.H. Very dusty where road, workers are working & we were smothered in dust. W, B were discussing the plans & along came George B. Very pleased! Did not think the cracks important. Talked about spiritum proposal & lot of things. Thinks it is OK from B live in the new rooms. Saw no builders yet, he had with revised - no applicant. In for morning tea, D. not well. an abscess in pericardium. I'm off work. It is very worrying. leaving two cracks. Got office sorted out in afternoon, packing & sorting till midnight. For 9 am drew in aside to say he is unwell mentally, has asked + R. if he can get away for a few weeks.</p>	<p>up to 6, finished packing re. Frank came at 8. The boys came over to say good-bye but were so slow that I didn't want to see all of them. They seemed genuinely sorry to say good-bye, bless them. Waited at Symonds till 10:30, plane got off at 11. Neil Phipps, Tom Leonard on board who installed the leather. Got to Moresby at 11:00. Staying at Hotel. Lunch at Lachford's & I who had just made a speech at Leg. Council & was tired. Then drove to Taurama saw the seals, Dr. Farago saw films. Saw Cromwell's Philip of 9 am & went to town on the bus. I had shopped madly & collected ticket to hotel at 4:30. Hardly had wrote letters & rested a bit. Rang Bert Shubb to Moresby for dinner & to Stephen too. I pleased with Rang. Gems & had a chat. Bed 10 P.M.</p>		

MORESBY SYDNEY

OCTOBER, 1959

C/O FRED

Time	FRIDAY—October 2nd	Time	SATURDAY—October 3rd
	<p>Woke about 3:30 couldn't sleep To Mass of Guardian Angel, lovely service just + P. m. in congregation. He said he wd go to DPH in m. glad he did. The kashford took us + dropped the apprentices + Scragg quite pleasant. Want to be in TBH parents. Say we must have leave every 21/12. Useful talk. Govt. Missionary will receive Popuani pay. Neil finished shopping bet. 8 + 9:30 Had a cuppa. Fred drew me to dress + we saw the Treasury on the way. F. Left rev. Bro. Mark Andrew. Met a D. Nolan (?) of S.P. Service at airport + talked at Terminal Also for Clark flying to Tafe Bay + the Samoan nurses. Took off at 12 + tourist class is good. Tours will be 2 hrs 45 mins after an excellent lunch. Binobani 2 hrs 20 mins. Rang + Hawkey. Departure 10 P.M. Fred met me + show me home in the car. Neil will leave. Very very fried. 2 NB girls on the plane to train at mins down here</p>		<p>Left Mt 8:15. dull day + warm becoming chilly. Glad of cardigan. Had a bath + first talked a lot + did some washing. went to shop + went shopping. Got a bat water bag + jolly glad of it. Nice going to the shop but not the hard pavement. Dinner, slept Mt 3:30 + fooled away the after. I have nothing to read + there is almost nothing in the house. A nice long talk to Wanda + to Margaret. Fred not due back till Wednesday + am postponing visit. trip till Thursday + will have a night + Margaret + the Jay family came for an evening to T.V. Am shocked at Kevin's appearance + think he is in a sad spiritual mess. The kids are nice. Bed 11 P.M. T.V. quite amusing.</p>

OCTOBER, 1959

Time	MONDAY—October 5th Labour Day, Sydney <i>6/16</i>	Time	TUESDAY—October 6th
	<p>Public holiday sunny weather. Breakfast & clock polished & washing, pressing, went to P.O. to post my letters. Fred took me to Elva's where I heard Jimmy play violin & piano, & both St. G. on their record. I unavailably booted Jimmy play & well. I had a nice lunch too. Dinner & a short sleep. Thought I was condemned to an after evening of TV but Fred took me out in the car for a couple of hours. TV is nice for a hour or two if you can neglect one's programmes, but when it dominates the house it is a bore. Too cold to get away from the radiator. Bed late. Good film, "Cheers for Miss Bishop".</p>		<p>Didn't get away to Inn or soon a 4 meat. Left at 9, to A.B.M. much talk to Mrs. Tappenden & Weston & Mr. Hollis. Went to Weston for lunch & pleasant. 2 others there Mrs. Hill, Mrs. Mansland. Pleasant here, I liked Mrs's Weston. Must write to Marg. Back to A.B.M. for money wh. I had forgotten got tied up to Eley, a R.F.S. girl & David Semson of C.S.G. Away at 4, got Mavis's ring, bought an X-ray book from A.P., cancelled subscription to Thrackham, went to Wm. Pearce & home. Fred went to Lodge, St. Elva, Tel. I watched TV till from tel. Joe. Joe has had the D's & V's & can't come to Melbourne. Marg. wrote to say Len was in proving.</p>

SYDNEY

OCTOBER, 1959 SYDNEY. MELBOURNE

Time	WEDNESDAY—October 7th	Time	THURSDAY—October 8th
<p>Up at 7. To fast in Fred. To the took my typewriter. On their advice took a taxi to the Ash field Str. to take my case. It opened & did cold dull day but fine & warmer P.M. Dropped case at TAA to ABM, made a recording for CEBS. Talked to Frank for about an hour. He at leisure. Talked of reasons for losses in missionaries & did a spot of chopping. met Fred for lunch. A nice one but terribly expensive. Caught a train at Town Hall, and good by to Fred. To Resemble (Pain again from Str.) & had a lovely after. Maids. The kids are beautiful. Mr. find playing 2nd table to Frank pretty hard. Margaret came at 1/2 to 5. To Durramma. Ray has gone to Tas. his father is sick. Zakam quite a man, Alice developing too. but nice kids. Much talk. had a short rest. Noth saw the transparencies wh. are beautiful. cold, had neuralgia. deadily tired but enjoyed it. To bed 11</p>	<p>Up 8.15. leisurely breakfast. much talk. caught 10.16 train Mrs. Steven on the plane is pleasant talk but I grew weary. Fine, warm in Sydney, cold, wet in Melbourne. John Rodman, Joan met in Essen- done, Joan father, well but I should bring the much I repeat an invitation to a party for brought. Much talk the P.M. again & tired. It is hard to separate boredom from weariness for I just can't be skulled over anything. Mrs. H came at 5, had Harry, Helen, Pessie & some. In boarder turned for dinner. They went off at 8.15 after watching TV, then I fell at peace. Rang Bob for a lovely long talk. His niece is out of it up for murder- the trial is on now. Poor thing Don't want to talk about it! Rang Mary who was in bed, so talked to Hugh. He says he can't come permanently last week. Bed. Now 10 P.M.</p>		

OCTOBER, 1959

Time	FRIDAY—October 9th	Time	SATURDAY—October 10th	
	<p>Life with Henderson is somewhat hectic. Work at 7:30, at last fast in dressing gown. Then 9:00 folded record & washing clothes. ourselves left for city at 2:00 to 11:00. Shopped, I was great fun. Bought a nice carry-all bag for \$7.20, we both bought frocks. To A.B.M. John also said he would take us out to lunch. met Salb from Melanesia, & nice couple, Mr. Widdowes, & lots of others, I finally got away at 2:00. Delicious lunch in a charming cafe. John is a bundle of energy. Want me to fly to Melb. him at their expense, one for CBS, one for Caven Chen's welcome. See wrong to me. Stopped 3-4, saw Mike Gray Mitchell. At 4 left for Murray Hill, to see Columbia. John took photos to 299 at 2:00. Then gave a cuppa. Mr. Cook took us to 3 with Nearing. When all is pleasant. They have 3 lovely birds. We think May's better. Then I went to 5 song & feel the need of worship. Then at about 10, watched TV news, bed at 11.</p>	<p>10th</p>		<p>Then slept in, at described night. up at 8, fast & then very. Mary asked her to take us to C.H.W. What a note here. Mary called: 3 times at 10:30, we got to C.H.W. at 11:15. Bought a Mother, Flora, Pat, & Clare, & a Greenery. Pat looks fat & well. Greenery also looks nice. rather scrappy talk, I asked if they would do S.M.H. certificates. To be honest saw Dr. Ware, very anxious about 9 am. Got away 12:30. & mad. went back to 299, snatched dinner. then I drove in to the Majesty. My Fair Lady was delightful. Would like to see it again. I think Ely's father stole the show. Much talk after the show. To 168 A, had a lovely welcome. all look well, though Mr. B is fraile. Hilda there. No hint of the murder but Bob told me of it in his bedroom. Much talk. Frank Mary. Bob sent H. in then in a taxi, & pleased. Bob is affectionate. Bless him. Reached 299 at 9:15, the other out at Rafe's. Did washing up. had a cuppa, did some washing & to bed.</p>

MELBOURNE

OCTOBER, 1959

Time	SUNDAY—October 11th	Time	MEMORANDA
	<p>A cold showery day. Up at 8. 19:9 were ready at 10 to 9 when Alan Largent picked us up. Got to church early. Lovely service as always, though the choir is rather thin such a lot of thought & emotions run through one's mind, which calm one's prayer, which were for the parish: for the late Marion Bob did not sit with us, but a surge of tenderness swept over me whenever I saw him. Saw lot of the old folk, kissed Miss Kemper Dona not then Daisy (Lifton was Cuffa after & then a stery in the Dearing Kawaka well, as nice as ever. H B drove us to 168A. We sat mostly in Mrs B's room, & I talked. Hope Jean wasn't bored. We left at 2:30, Bob took us to the Old People's Chapel, wandered the Lydney Rd. with us, I was con- scious of the bond between us. Home by bus, supper, wrote letters & watched TV. Too lazy, cold to go to church.</p>		

OCTOBER, 1959

Time	MONDAY—October 12th Labour Day, S.A.	Time	TUESDAY—October 13th 14 th
	<p>Everything is unexpected. W. got up & w.c. Mrs H went to the City at 10:15. I shopped in Myers all I got is shoes. She got frocks. Then I bought much of everything, I on feet dis-inclined to make a choir to Cathedral Bazaar. Talked to Mr Westbrook then stopped in to M.U. to see Mrs Hendy. Met Mrs Woods, a charming. She asked us to meet the ArchB. to show tonight. Saw number others. Finally got lunch at nearly 2. Rang Alf. I dropped a note home. Saw John & arranged to come for Canon. There's welcome only. to stay. Mr. Letbridge of Murrumbidgee tried to get some red beads. John took Mrs H & me to CHN Fitzroy where Ann had been showing slides. Saw over the converted St Mary. Had a supper, back to town to drink coffee. Then I took the other 2 to Cinema. Very in pressure both right & sound. The staging of Aida in the Milan Opera House was terrific. We had a lovely dinner at Paul's expense, then home by train & taxi. Very cold. Rang Mrs Woods, Dr Bolton (re Dr Wilson) tried & fail!</p>	<p>With a life! B' fast in bed, dressed at leisure & by Town via B'el. A permission before hand. I can see how grain. Mrs H knew the scene obviously. Walked in Fitzroy but thought the hot here was poor. To Bishopscourt. all I saw ArchB not at home. Mrs Wood seems a bit vague, on the ball at the same time like Mrs Cant. What sherry. her, a Mr Williams & Mrs. Mrs Wear. He is the ArchB's chaplain. Lot of talk, seem repeat when. Got away at 10 to 3, to 184, Alf waiting there. Had a supper. Tom Math (Greece) came also. Long Colebatch who manages to NG at Xmas. Talk & other. We 3 went shopping, got some beads. Sat in Victoria. Talked then met Alice at Russell. Lillian, had a huge nice meal. Parted at 8. Alf hooks, ask well. News by train. Talk, T.V., late bed. Bitterly cold except in sun.</p>	

Maltogen corrects constipation.

OCTOBER, 1959

MELBOURNE - HOBART

Time	WEDNESDAY—October 14th	Time	THURSDAY—October 15th
	<p>B'fast in bed. Alf, packed. Rang up Bob who thinks he can be at the Chapter Home on the 6th. Bless him they expected Marion's verdict today. Jan. I went to the shopping centre & I bought some casual shoes, looked at skirt & coat. Margaret came & we had a coffee then at 11:30 she drove Jan & me off to Launceston, dropped my luggage. To Mary for lunch. She is rather hesitant in speech. Has only just come out of hospital permanently. Goes for a check-up on Friday & will see Rae Campbell. Margaret picked us up, took us to Ansett ANA. Took off 10 to 2. Good flight. Came down at W.J. Clear over the sea, cloudy & showery in Tasmania. To Cambridge after 4. To Lily. Oh Lil! W in the mood. My type-writer did not come. Have to see Ella at 23, then here. Had a cherry, saw the delightful house. All a clean bright & happy. Tea by the fire. Talk with John. Bed 10.15</p>	<p>Slept well. Now Mother's rubber mattress. Lil gave me B'fast in bed. Cold. A shawl. Fresh patches of snow on the mountain top. Bathed, washed head, clothes, unpacked my N's things, then started on the stored things. Had forgotten I had so many woolies. Lot of cupboard space. Dinner. Lil then a bit of a rest in the sun. Lil went to St James' WA. 9 to 11. She speaks hesitantly. I suppose thank to tranquillizers. She read me 2 of John's letters. He boy has my book. Got himself into the London newspapers! Lecturing quite a lot. Oh came in looking old & tired, worse than Ella. But his care of her is rather lovely. He drove me home. Tea, then to a Repertory play, a good murder story, & on the whole a well acted Home & cold & warmed up over supper & a radiator. Dr. Christy finished us. Spoke to sundry folk on the show in. Vera. Don't know</p>	

much of Cheri's plans

OCTOBER, 1959

Time	FRIDAY—October 16th 17th	Time	SATURDAY—October 17th
	<p>Bkfast in bed 9 AM. up & got ready & left for the city just before 11. Called to see Reg, then to G.D. saw La Downie, & pleasant. To Bank shops & did not find dress or coat to suit me. Lunch at a sandwich place. Ed went off to Lillham. I went to shopping to Stat Library. got envelope & 2 checks, & 10 pence, which will cost about £5. To Reg's office, then home. Got a nice welcome from them both. Tea, helped, sandwiches & talk having an evening to raise money for a new church. Pictures & Reg spoke surprisingly well. Mr. McNeill there. NZ a very beautiful country & we also saw some of S.W. Tasmania. It went on for long. A massive supper. Washed up & by then it was after 11 PM.</p>		<p>Did not wake till 10.20! Couldn't believe my eyes. Bkfast in dressing gown over radiator. Still awfully cold. Dressed, much talk & at a busy dinner. Still more talk & came away at 4.30. Walked to Ch. & gave Ed the money from the bank. Nat there, also met Keith & Ann, nice couple. Had a sherry, cigarette. Address in home. More sherry, tea by the fire & pleasant evening. Shortened new nylon footed, heard some nice music & did a spot of sewing. Just a contented, pleasant evening. R.I. gave me £3. Bless them. Edith surprised me by saying that Frank was her favourite brother-in-law certainly he kept his sweetness in spite of very encouragement to the contrary.</p>

HOBART.

OCTOBER, 1959

Time	SUNDAY—October 18th	Time	MEMORANDA
	<p>Lil woke me at 7:30 Sh. 9 M. James' for Miss Eric celebrating service seemed col- onless Saw Eric after, he is to come to tea on Thursday. Dr. Hudson & Michael drove us home. A fast W in garden all day. Lil cooked dinner & sorted things washed clothes & wrote 2 letters in the sun wh. was pitiful. Large dinner left in sunroom at 3:30. Lil & went for a walk, bracing but pleasant. Found an Shing Ag. to Cathedral, all 3 of us Sat. Sh. Keywords Vera looks faint. Frank C. & good + presented 2 new ideas - one that + P propounded in another way. That the Asian churches insist that Xian service is for the sake of the service & not for any gain not even to win conversions + P said that my service would be through my work. Then he said that at times the claims of human affections might override one's normal work as when Paul called</p>		<p>Timothy to minister to him in prison. All new, rather dis- puting. A cuppa after in the Parish Hall, met shoals of people. Talked to Frances McLeod, a shy girl whose self expression tumbles through A. Want to nurse anywhere I urged her to do Infant Welfare first. Sybil, Steve & Joan P. Frank told me he had forbidden Melbourne to get in way for banner club. "do" Am rather disappointed but it is logical enough. Now have a feeling that all this shepherding of my activities has some pur- pose as yet unknown. Some new demand to be made on me perhaps. W. took a taxi home. Cold but not as bad as yesterday. This AM 51. For + P. Felt he had some hard decision to make</p>

OCTOBER, 1959

Time	MONDAY—October 19th	Time	TUESDAY—October 20th
	<p>B' fast in bed, then up. Lil. I went to the City at 10:30. Got £8.10 out of Bank for Savings. with C.B.A. & then distributed £4 to each of us. I took cheque to Reg, while Lil did brasses at bathed. Bought a woollen dress & overcoat, & suit but need altering. Home after 1, late lunch, sleep & wrote letters all after. most of the evening. cold again though the sun was nice. We went off to a Garden C'ce meeting. Letter from Marie Pat, sent on from N.G. In the B for S we saw a young man so like Linn in colouring features, being that I think he must be an illegit. son. He would be about 25. I wonder how little Margaret is.</p>		<p>2d wet day & spent of sunshine. B' fast in bed dressed. Decided to go to the City PM as was Wm's thick knitted dress, cleaned out my room, turned the bed round, washed & cleaned up the little cabinet of Pat. It is a handsome little thing. I want to take it back to N.G. in Did some work. Early lunch. Lil. I went to the City. Drew another £20, looked through Vogue patterns for Lil, but saw no few decent ones. Lil went to see the. I came home at 4:30. Lane Street land came. I gave him a cuppa, then Lil, & later Lil. Much talk mostly of L's affairs. Lane coming to show his shoes next week. He went, we had tea by the fire light helped me mend an old cardigan, then I shortened my new dress. I is so full of her trip to England.</p>

HOBART.

OCTOBER, 1959

Time	WEDNESDAY—October 21st	Time	THURSDAY—October 22nd
	<p>Have not been out today till went to Mass but I pleaded cold weather. B fast, read in bed, did a spot of work, by then the sun was creeping out. Snow night down on Wellington's shoulder. Read the arrival of Lord & Lady Rowallan. Did some work, cast on of few finished South Pacific book, very American & quite good. The Keywards, Miss Thomas & Sylvia arrived. Lot of talk. Miss J is so sorry for her age. Didn't talk to Vera as much as I would have wished. She brought me 3 pr. stockings in Xmas present, bless her. Reading Noel toward, have read & thought all the eve- ning so pleasant. Wm went to Friends' Speech Night till. I glad to miss it.</p>		<p>Stayed home. Wm had show holiday. I read in bed till late got Staff Notes in the mail Ph. Ella came, we had a cuppa & much talk, Ella seem better. Did work. Lunch in sunroom. The sun came out P.M. lovely all the after. Slept & read Noel toward, mowed the lawn, cuppa & went for a walk. Eric Wood came to tea & has talked of to the dozen ever since. Lil pinned on a dress made & we ate chocolates, smoked by the fire. It is to go to Res after Christmas. Went 10.30 to news of Jan.</p>

OCTOBER, 1959

Time	FRIDAY—October 23rd	Time	SATURDAY—October 24th
<p>26th</p> <p>B'fast in bed. No word from Joan as rang ABC, who said she might be on the 830 plane. Walked to 7th street as W in forgot some papers framed to town. 2 letters from Nance, Dorothy, & Geyz Harris. Read them while waiting at Ansett. No news from her, all business. Richard Perry at Ansett too. No Joan. W. made inquiries here. Sheel, rangful who said a telegram had come saying she wd arrive on 1:45. News to lunch Bright warm day. I tried Lil went to Lillham. I had a rest, then rang Vera to thank her for stocking Pub down. To J. B. mean, got hypemeter met plane, a Joan. Richard gave us coffee & drew us home. Had tea, Richard called at 7:30 to take Joan to an affair where Anna was receiving an award for life savings. I knitted. He got home after 10:30, we had supper in bed, she in my bed. I in the Sunroom.</p>		<p>W, all had to fast by trays at 8:30, up & bed. Talked. The Perry family came at 10:30 ish & all had a huge morning tea then Joan went to show, though she didn't want to. Cold & showery. I like Richard but I don't think he likes me. A letter from Joan asking to come her on Monday night, ar- riving on night plane. Lil asked of an seat for Ulakama. Decided to ring up Mrs. Leighton who is quite glad to have her. Vacuumed a bit & got on to new top coat. Slept late after dinner. Went to wash but rain came on again. Sewing Lil got her washing dry & ironed. Queen John arrived at 5:30 & stayed for an hour. So nice to see them. Mrs. Rose has been 5 all. She has a fractured hip. I finished my coat except the belt. Tea by the fire with 2 letters knitted & listened in & read Noel toward. Very pleasant. Lil talked of possible trip to England & Oberammergau next year.</p>	

HOBART

OCTOBER, 1959

Time	SUNDAY—October 25th	Time	MEMORANDA
	<p>Started off warm, but a bitter & high wind sprang up & full sunshine. I bet Joan is having snow. To wait Lil. Win, a bit late. Eric celebrating Ok & Ella show & drag us home. Ella did not see Joan G. on Friday. After I fast used the Hoover to do some washing, washed the kitchen floor & started letters. Took for dinner & nice sleep a while, back to writing. Type water roller and to night work to name Dorothy & BBH. did writing. Lil. I went to Evening at All Saints. Taylor the Mission & Seaman priest preached, & well too. He reminds me of Bruce McCall. Much talk afterward. We walked to town in the cold wind, got a bus home. Read, comforted by the radiator. Joan P rang up & said Madge's little daughter died last night. Must write to her.</p>		

OCTOBER, 1959

Time	MONDAY—October 26th 28th	Time	TUESDAY—October 27th 28th
	<p>A fast in bed went to New Town shopping. Lil. Bought a pair of red shoes. Lil went to the city P.M. I stayed at home & wrote letter. At night we went to Oklahoma. It came on the rain so we went by taxi. The new on-way traffic seems to work very well. The show was delightful pretty-pretty with a touch of grinnies & very well staged. Saw Bruce Warshaw there. Saw quite late</p>		<p>Remained in bed till 10-ish. Miss Abbott rang & asked me to go to a W.F. picnic & rang Bruce & mention I got an appointment. Went through my money affair. She had \$2500 - \$3000 by 1970 if I don't go to England. Want to put money into Esanda. Rest work to + P. mowed the lawn, not much else. Decided I ought to go to Steve's flopping party. I went all S. Keyton. All night a parker go John Gray had a tape recorder. John & Mary brought us home 11:30.</p>

HOBART.

OCTOBER, 1959

Time	WEDNESDAY—October 28th	Time	THURSDAY—October 29th ^{JK} 30
	<p>M. Simon. St. Just. T. Wandy straight after to fast a bit. After to fast washed a few clothes, cleaned out my room, did flowers, & washed the bathroom. Did not see John in the sun but went to sleep. Glorious sunshine all day. Lunch: to Bruce Hamilton by 2. He full of a trip to Alice Springs & Tennant Creek. H. is well run, has most cows & a S. has a swimming pool full of the town rubbish. The Govt does nothing about it! Why the people themselves don't do something about it I don't know. An Ophthalmologist's Conference next week. Mr H. drove in to town, bought some lawn for pants, looked at dress patterns, & other odds & ends. To O.D. where Lil was doing up 4 more panels & we got it off then home. Lil tries easily she went to see Ella first. Then to look at Jean's colon slides before, after tea. Less cold but was glad of a fire. Win had a check-up. Jan Gimson "nothing" does not need the addition of Emulsion or Lactose.</p>		<p>glorious & warm day. Got to Hamilton at 10, got away after 12.30. Rather nice to sit with eyes closed & no need to talk. In H. day 9.0. Morn. someone else are talking, & having plan on Sunday week. Then to lunch after 1, Sybil & Miss Thorbridge already had their lunch left in the sunroom. I got tired & deadly bored. They went at 2.30. Lil. I had a cuppa, went down the street shopping then, I started to shorten Mother's & many skirt. Lane came at 5.30 and talk was sherry after tea he showed us his colon slides which were interesting & the quality good in spots. Then he showed the N.G. ones. Supper & he kept on talking till 11.15. all 3 of us glad to flop into bed. Didn't quite finish the Alan Paton Book. Excellent as far as I went.</p>

OCTOBER, 1959

Time	FRIDAY—October 30th	Time	SATURDAY—October 31st
	<p>b'fast, read paper & up. Didn't want to keep til waiting, suggested we go to the City each when ready & not keep each other waiting but she chick round till I was ready. She packed parcels all the morning & got my typewriter adjusted. changed knitting books. Spent an age at the O.D. organizing the St. James' de & finally arranged for me to talk at St. James' Hall for men. St. J. people, I gave approval. I had a business lunch in the bank, sun chll glous. Shopped till 3:30, saw Esanda who open a new what-hew. yon in 3/52 at 3:30 went up to Ella's had a cuppa, Oh, Ella. I went down to a beer, til arrived 4:30 & we went on board. Saw quite a lot of it, & luxurious lounges & a huge ship. Talked to Steve till 5:30. Then down to 23 where Win had tea ready. Pleasant meal, til I washed up. & pretty tried to Sandy Bay to see the sea sail down the river. Aug. & lovely. Oh dropped me at St James' Hall for a film evening. Only fair. News, cuppa & bed.</p>		<p>a pleasant go-as-you-please day. Warm but overcast, & I worked in a cotton dress. We all had b'fast in bed. Ref. Win. I did own washing. I washed my head. It came on a rain heavily just before dinner, & I got the clothes in & put 'em out again after dinner. but then it rained again. However I got some mended & pressed other things. Finished my gloves, hemmed many skirt, mended up slide & bits of mending. Saw read a lot of Noel Coward. Heard Bill tell speak about his flying saucers in "Lepi" & he sounded quite convincing - was called "The Other" thought. Went with Win to get a paper bought, a pleasant stroll. Had a radiator brought.</p>

HOBART.

NOVEMBER, 1959

Time	SUNDAY—November 1st	Time	MEMORANDA
	<p>No letters written except a note to Mrs. Echlin. Day of alternate clouds, sun to Miss Lil. She told brought us home to fast & odd jobs. She got came at 10:30. took us for a spin to Claremont, & pleasant. Back for a cuppa, & bang went the morning.</p> <p>Dinner, & bit of a sleep. To St. John's to see Vera. I saw little of her, but she looks quite well. Talked to Harold. Was Greenwood, a mile past. Miss Kinslow came, looking tired & thinner. Harold told me the latest of Oliver: her arthritis, coming home by degrees through Belgium, Luxembourg, & to N. Africa, & will probably get home about February. Am horribly disappointed that I shall see him - alas that he never writes.</p> <p>I ought to be used to these disappointments by now. Harold dropped me in town, here by 10 to 5, fell & died - ? P.M.T.</p> <p>Didn't go to church tonight, but read. Tried to prepare N/C & when Lil returned we counted our stamps for OK.</p>		

NOVEMBER, 1959

Time	MONDAY—November 2nd 3 ✓	Time	TUESDAY—November 3rd Melbourne Cup Day 4 ✓
	<p>Wf. 6.15 to all Souls' Day Mass at the Cathedral, 7. Latto celebrating. Ed. & I both found it very boring. Although it was a lovely service Met Joyce Watchorn, who quaked. B'fast, Muriel cleaned the house. I went to the dentist. Muriel chap. X-rayed my teeth. Went to gym. Ed went to the City at 3. I made myself beautiful & waited for the photographer who didn't arrive at 3.30. He rang at 4. to 5. I came then took my picture & drove in to town. Got to Cathedral for most of 5's song. Ed & I to the bus & Win arrived. We went to Bandy Bay. Win picked us up in the "ink", we climbed up to their home. Glorious outlook & the house is good as far as it has gone. We also massive tea after 2 sherris. Heard "At the Drop of a Hat" & a very funny record of My Fair Lady à la the great composers. Home 10.30. It is wonderful what those 2 birds have done, even with their double income.</p>		<p>Ed. & I slept in, & fast in bed at 9. Read, did some washing, wrote N/C on part of J. Phoned Dave Koopman & got ready for Meringue Les. Muriel Weldenhofer, who is the daughter of the one who interviewed me in Waverley. Had a chat, she is inexperienced, Ed brought in a cuppa. Went to Joyce Harris. Win came home late, then we went to pictures at with Robart, it is amusing one on an Orphanage & "The Many Splendored Thing". Very beautiful & well done. We all enjoyed it though Win was tired. Cuppa & to bed. Couldn't sleep. Letter from Keys Smith.</p>

HOBART.

NOVEMBER, 1959

Time	WEDNESDAY—November 4th	Time	THURSDAY—November 5th
	<p>up at 10-ish Letter from Olivia at long last! Sent on from Taroom. To City, had small X at TB Bureau. Stopped, had sandwiches for lunch. Ran into John May/Dant, later, David & Ian. Looking for my son for a frock, hard to find. To pictures at 2 to see the Dam busters, excellent! in English. Out at 5, Ted met me. Home, had a supper. Headache, PMT. Ted & we 3 went to the Kings for the evening. Rather cold, strong wind. Pleasant evening. Home before 11. Eric escorted us.</p>		<p>Very day. B fast in bed at 9. Mrs Keane, has had some pain. Strong thursty & slow in some chawer. yet the sunroom PM was to hell. Went into N/L, after keep up, reading made Mrs Henderson's caption. Rang TB people, got Dr Young who was in my year, I've chatted a bit. The rainy P.M. & say film is a K Margaret Mitchell from St Johns rang to ask me to talk to the nurses, but I declined. suggested Yegan if she is here on the 27th, I'll get her letter from Aunt people suggesting of 300 stg return both, I sh went to town PM to see what I was like. It was on H deck I think, she didn't like it so per wiped the idea of going to England. Walked to N7. P.O. caught the bus, Reg sat on board. To Reg's. W in church there with quite shulled; but poor. The usual gigantic mess sat, talked, binttel at 5 pleasant. Home by train 10.45.</p>

NOVEMBER, 1959

Time	FRIDAY—November 6th	Time	SATURDAY—November 7th
	<p>A lazy day. Stayed in bed till 11. The work up was in the Mercury run.prisingly full, the picture pretty awful. I said Joan was to be at St Luke's, no other great error. Real Noel toward. Ref. changed my room & washed clothes. Lunch till went off to all So. Joan Intercession service I went at 2:15 bought some flowers, went to see Vera. She looking much better. Oliver & entire family arrived. lovely kids. I like Peg. Evelyn came in too Vera gave me Oliver's last letter to read. I did appreciate that. I think I guess that I am wanting to see Oliver. Harold drove in to the City. I bought some books at P.B.S. Henry, cuppa, & mowed the lawn. Lil came in at 6 from Gilham. Tonight have written letters, nice to get some off my conscience. Cold night but clear. Harold Biggs rang up for a talk.</p>		<p>Bfast in bed, all of my ref. got ready for picnic. Lil felt brilliant. stayed at home. I got to St. James at 10:30 & 3 car loads went. I & the 2 Kay in Miss Evans car. Lovely run. lovely spot at Tremont. Perfect weather. Stuck to eat but a rather static sort of picnic. We lay on the beach, talked, couldn't walk far as the hole was coming in over the rocks. Home at about 5:30. Lil feeling better. We went to the Friends' Fair, on the M.L.C.O.G.A. afternoon. Rather sorry I wasn't there. Tea, we 3 all sorted & counted stamps. Bed early. The sea air made me sleepy.</p>

HOBART

NOVEMBER, 1959

Time	SUNDAY—November 8th	Time	MEMORANDA
	<p>Up for Mass. Found the weather cold & came back for my overcoat. The kids there again & drove us home. Eric celebrated. The day got colder, colder, & sun & shower alternating & the wind bitter. Sat over the radiator all the morning & wrote letters. Had gooseberry fool for dinner. Hoop jump in the sun. The sun soon & warm all the after. Finished Mrs H's apron. & the book on Windsor Castle. Miss Cox came at 4:30 pleasant soul. Talk, a cherry. Her & I sang at Cathedral. Miss service but Charley Krammell's sermon got no on any further. Got a ride home in the Rays & Rays. Sat over the radiator & wrote more letters. Had a stiff neck this AM. but now it has become neuralgia of the R ear. Feeling myself on A.P.C. Joann Phillips rang after lunch. Would like to know whether to tea but Lit seemed enough under the weather & Miss Cox.</p>		

NOVEMBER, 1959

Time	MONDAY—November 9th	Time	TUESDAY—November 10th
	<p>Such a lazy day. Still cold. B' fast in bed, read the paper. Then read Douglas Baden etc. & not up till 2 to 1. Lil went to the city. Letters from Don Joan, Margaret & Iren. W. I want us to look up a Mr. Fisher. I expected groans but she poh it is much less hostility than Joan. Bath, lunch. we went to Glenorhy. I bought a w pretty length of nylon at last, & on the 1st John they nice pleasant, vague, shy man. Talked a lot about Tanganyika & after a lot of hesitating, convinced me also convinced my ears didn't take a history or get my address. He has a long nose bent to the left. Back late to Glenview where Lil was nearly ready to come home. Bish has aged, but is her cheery self. A delight ful atmosphere of lovin'ness among all these old & not so old ladies. We had a cups, Lil went, I stayed on till 5:15. Bish asked me to go again. I will say home. Lil went to Gardening Club. Lil did stamps, I addressed 11/6 envelope & wrote to Olive & Lil.</p>		<p>Read till 1, up 10:30 odd job. Dried on frock to be altered. Early lunch, and I went to town to Claremont at 2, lovely trip. Sun warm, wind very cold. Bad bump most interesting machine fascinating Mrs Cox, her friend were there. Back 4:30, to Odian to see "He who must die" Very good, well acted, but quite different from what I expected after parsons' recommendation. Home 8:15, had something to eat & W in. Lil went to a meeting home at 9:30. I enveloped & was cards. I wrote a couple of letters. Bed to 11. Am tired I don't know why.</p>

HOBART

NOVEMBER, 1959

Time	WEDNESDAY—November 11th Armistice Day, 1918	Time	THURSDAY—November 12th
	<p>up to Mass. 5 in congregation not many for Armistice Day. Dante forgot 11 o'clock service. Lil had been busy & preoccupied all day. She had another letter from Pam. Any near Tom's, may be reconsidering it. I got on to dresses & have made one new one ready to wear by tonight. I rang Joan P. but she has engaged meals today & tomorrow. Am to meet her on Friday. Hoop up & read Douglas Baden. I used dress in City. Lil at 4, to 4. Got patterns & talked to Ted & Ann to Lenah Valley, who has a new seminar as I got overcame. Arrived at Doreen's first. Later Lil then Win Pleasant talk of old friends & acquaintances. Doreen is quite plump & looks well. Mr D is painfully thin & rather vague, but appears well. The same old sofa I used to day on. They both seem happy enough. Home by 10:30.</p>		<p>up just in time to get to dentist at 10:30. Still warm & muggy. Dr. Herburger's wife but had to wait a long time to just cleaned my teeth, part of AgNO₂ on a bar area. Home 11:30 Early lunch, hoop up. Lil went to Town at 3, I enveloped, added P.S. to my N/6, have most of them ready for posting. Then started to alter the other new dress ok. Ella came. I mowed the lawn while Win watered Leo, to the pictures to see "Betrayal" & Separate Tables. Former quite good, latter excellent & is good cast & acting. Home 11:30 suffer. Friday rainy slightly but still warm & no rain.</p>

NOVEMBER, 1959

Time	FRIDAY—November 13th	Time	SATURDAY—November 14th
	<p>B'fast - read in bed. Letter from John Bathed & got off to the City at 11:30 to Mel Joan who is thinner. We packed my N/6, went to library had lunch & tried to ring Mr Fischer but she was out. We chaffed went to C.D. when they gave us a supper, I met Bob Coogan. To the Fed Cross Flower Show, but it would have been much better yesterday. Nevertheless the flowers, esp. their arrangement were lovely. To Art Gallery, & interesting to see the range in type & style of pictures. Home, & felt tired. Had a supper & read Douglas Baden till 6:30 AM. got home late, we had a meal. Dorothy Cunningham, looking so well. Pleasant talk all the evening. I altered my pocket came in from her meeting - chap. Ring at 9:30, Murray C. came we had supper. Murray small misquifant looking chap, but like his mother wife does not look misquifant. Bed 11.</p>		<p>Quite a busy day for me up by 10, & got on to washing. Got W in & my blouse, my stockings caught in the wringer, & had to untie the stockings out. W in had a great old time getting the roller feet. The damn thing won't reverse. I was doing Cathedral brass. How been getting so restless today esp. in my thoughts about Lil & Mr. Fischer rang at 8:30. Lil criticized her for ringing early wh. started it. Nothing much avert. Must be getting flabby. P.M. I washed my hair & dried it, did washing & pressing, cut out petticoat & one pair of pants to see how it goes. Day got colder, quite all tonight. W in in garden, thought putting up her new bamboo curtains. Can't say I am thrilled in them. Tonight have sorted Kodachromes & combed a few stamps. Lil did stamps.</p>

HOBART

NOVEMBER, 1959

Time	SUNDAY—November 15th	Time	MEMORANDA
	<p>To Mass. Mr. Mason gave a lift. Nice morning but cloudy later & cold wind & clear. Breakfast & did some jobs & vacuumed & did flower etc. Then made up a pair of pants & started the patchwork. At dinner I talked about her letter from the Orient Line. seem inclined to go to England. We looked at the plans of the 2 ships. Nada sleep, was sewing. At 5:00 we went off to 23, taking the clock. Val. & I drank a lot - Oh's own wine, sherry then Barossa fruit & the meal. The quite a lay out for Ella to have done, & we all ate to much. Oh gave me the clock, she is thrilled. Got it on the wall as soon as we returned. We heard Gerald Moore on accompaniment is good & enlightening. Also heard Jung's & Sylvia's record from 7:45 to 10. Archbishop Teall was preaching at the cathedral, I was so sorry to miss him.</p>		

NOVEMBER, 1959

Time	MONDAY—November 16th	Time	TUESDAY—November 17th
	<p>A domestic day til started up rising University exams, so she I W in left soon after 8.30. I read paper, called to phone Mrs door once before I dressed up bathed, washed up, cleaned my room. W in sitting room got lunch ready. Miss music all the time. Fr. Davmie brought Joan on the back of 1/2 to 1. She looking tired & has a cold, then a/c pain in R side. Gave her lunch & looked after. 3 shrink no rash yet. Got her lying down Aspirin. H.W.B. Joan came had a talk all the after. I went to chemist to get some, found it was Mrs. Newber. Had a cuppa Joan went as W in came. We had sherry, then an extremely nice dinner & chicken. pork & "Est", a delightful wine, then fruit salad. W in to a meeting, Joan til. I round the pie. Let to bed. She. Joan to bed before 9, I wrote to Mrs Warkings F B unwell. bed.</p>		<p>Up 8.15- to find Joan ready to go to OHS. I had b'fast after she had gone, up & did odd job. Fr. Davmie brought Joan back, had a cuppa. Til went to town, I down the street, 9. I had lunch to. I met 2.30 train. Mrs Frisker brought her a pleasant, pretty & talkative woman. Miss Newlaw plenty of talk. Was It told us Fr. Amos had died. They went at 5. Letter from Fr. Henry & Marie, at long last. Tea by fire (beastly cold) I went through G's, my sheets heard Lehankowsky's career to be 1. lovely, music. talk. to bed.</p>

HOBART

NOVEMBER, 1959

Time

WEDNESDAY—November 18th

Time

THURSDAY—November 19th

Up to Mass. Joan got up to
in spite of suggestions to stay
in bed. It cold wind. Late
had to catch a train. Eric cele-
brated. Home Joan lousy, got into
bed but said she wd. come in
at 10. Then decided she couldn't.
I got a bus to St. Hamilton &
got my scrip. Joan & I came in
by taxi, we met at Cathedral,
Joan too, ran into Mary & H.G.
Kriger to Miss Kinslow.
Pleasant lunch. Joan went to
New Norfolk though I suggested
I would go. She was sorry I felt
lousy. I went to Bank, arranged
a fee of £50, then I tried. Had
a supper smoke, rest. Prepared
talk, did vegetable family
returned had tea. Joan looking
rotten, at last consented to
stay in bed. I did both part of
our meeting. Good crowd there
& appreciative, all went
well. Fr. Mr. Williams there who
knew Madaren & to plant King in
1891. Joan Phillip asked to
speak, did it well. Many
gifts & talk on supper. Home
at 11, Oscar Davis brought us
Mrs D. was Miss Walker.

Am finding life a strain, asking
as nurse & housemaid - that isn't
bad - but it is bad having no
time for my own company, my
own affairs. I'm finding the
whole set-up a strain for the
brought to fast to bed, I ch. I in
went off. Joan happy to stay
quietly in bed though less weary
thought she got up in dressing
gown for tea & the evening. I made
her bed, dressed, washed up etc.
Alice Wall came for 2 hours I got
tea for us in my room, & left them
to talk. The mail brought a letter
from F. Goodman saying the
2 boys are going as carpenters
Great Thanksgiving Party to
Dawnie to let them know. Also
name Evelyn, part of an night to
New Lunch & to St. James. I heard
after & the talk went well. They
gave me £5, bless them. Reckon
showed the slide. Home to find
Joan Phillip just going I had
left after tea ready. Tea by fire
Joan Perkins came for the
evening, went 10.30. Everyone
inviting us out next week, we
can't make arrangements: we
don't know how Joan will be or
if she will be here.

NOVEMBER, 1959

Time	FRIDAY—November 20th	Time	SATURDAY—November 21st
	<p>Joan much better, has been up since 10 A.M. Lil. Win away all day. I uncertain & not happy about being tied to Joan all day. She rang Miss Kendrew & Joan rang her. I was put in the position where I had to ask them to punch. Found it hard to be anything but funny - still finding it hard to be tied to other people's visitors, however nice they may be personally. Had a letter addressed to Oakland from a Miss Knight, enclosing £5 cheque for some money. "perfect pleasure". What strangely wonderful people there are in the world. Feel I should do something special with it. Went shopping for cat, & found both her when I returned at M.D. Both had brought cat. Joan helped quite pleasant once the phlegm was taken but they stayed till after 4.30. I both very tired. Lay down in sun & slept till 6.15. I felt much better. Win in hat, sea. Lil came here after tea at 8 o'clock. I cut out part. Joan wrote letters. Lure's ready for bed.</p>		<p>A real summer day: hot wind! T 90°. Joan much better. B' fast in bed. Win went to a Garden club "do". I up & helped Lil: job, hanging out clothes etc. Ann Perry came & talked to Joan. Miss had a lot of character developing, I fancy. Ted came at 11.30, I took Ann back to Friends' as they went. Dinner, hoop up on sitting room floor to be cool but got chilly as the sea breeze came up. Book on medical aviation - interesting but the laws as it was cool, coffee. Joan went to tea with Mrs. Leighton. I had rung Eblin & Evelyn, & couldn't go to either place. Mr. E. unwell, & Neraen pushing Nigel. Saw 4 P.M. I wrote some urgent letters, but still plenty to write. Tea & sewed up some part. Bed early. 10 P.M.</p>

"Vi-Lactogen" babies are not troubled with constipation.

NOVEMBER, 1959

Time	MONDAY—November 23rd	Time	TUESDAY—November 24th
	<p>up to the city by 10, met Joan. G.I. booked their seats for Friday. Plans we bought new frocks, or had a supper & Joan & met Eric late of course to the Botanical Garden where we had a delicious lunch & sat outside. Talked till 3, but it was very cold. The hot-house was glorious. Fr. Coop picked us up at 3 & of all things took us to Sgt. House to sign the visitors book, enjoying himself like a naughty schoolboy. He took Joan off to all S., dropping Eric & me at P.O. Was shopping, got Joan's birthday present, a purse, took my scrip to Lane, & home at about 4:30. Mary Kay asked us then for a supper one day. Had a supper, rest. A letter from P., & G.W. won't allow any cash for T.B.H. - She £8000 allotted is already spent. I drink! Read, drank sherry, too lazy to write letters as I should. Joan was given beds, cot by St. John's. To Rep. Play bought "Hotel Paradise", not hardly funny. Then Joan took us to supper & a lot of giggling. Now 1/4 to 12.</p>		<p>A big, hiving day I can't get hived quickly enough. To be free, not tied to the wheel. Mind that is Joan. She is like a great overgrown schoolgirl, always having to have comb, wicks, or found or supplied, & always in a muddle. A bit so lovable in her ways. Now she wants me to have lunch in the City & her Miss H., & Joan tomorrow. Hope I can get out of it. Late to bed, up to Mrs. Ecklin, & will visit & Ugan sewed a cuppa. The Knave Big. Cleeland. Mrs E. gave us £1 each for I was on to Edla, who was well. Quick to mind lunch, to City. Met Joan. Who should be going to the pictures but Maude. Mrs G. says we did our best to dodge her, then put right behind her. A rather hard show but we enjoyed it & our giggles. Oh draw & shame. Eric came & Lil. had a sherry. Then tea & rushed out to Perkinses. Pleasant evening of talk, Sam Vincent drove us home in the car. Not a moment of relaxation or silence.</p>

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

HOBART

NOVEMBER, 1959

Time

WEDNESDAY—November 25th

Since M.D. have enjoyed perfect relaxation. feel better already. My so-called P.M.T. has gone. Jan Lil. 9 to Mass, Jan having pain still. we didn't really start or would have trimmed B's feet, she packed & insisted on cleaning out room - & started dusting in a W.B. cover! To Maryon's at 10.25, Betty, Dorothy, then brother Fred came in. She had a nice fire. Rained through the night & quite cold. Pleasant talk back at 2 to 12, got a taxi. Jeff Jan went, I declined an invitation to lunch. Tidied up, washed out hair, bathroom etc gave me great satisfaction, did flowers, lunch. Slept for an hour, went to Bank, banked £10. Then for a supper, mowed the lawns, got on to new paint & have almost finished 7 pm. Helped Lil - stamps. She rocked me by calmly announcing that she had been booked for England!! Am far more glad than she is. She is scarce, poor dear, but she will have help all along. Sub in Feb. Rang

Time

THURSDAY—November 26th

Pleasant day. Warm too. up at 10. Letter from Mrs. Zappenden saying can get booking only for 7th not 6th. Did washing, house cleaning, & wrote thank you letter. Hoop up, slept. Lil went 1.15. I went to Textile Factory, got some pieces of material, to pretty dress length for myself. Back for supper, read Jan's card & talked to her. Got on to patch coat, finished it tonight, did a few stamps & read, early to bed. Lil busy on her way out for England. Tonight I rang Wedge, am to see her on Tuesday.

Vera who is at home. My
I am go to shack so bang got my Rep.

NOVEMBER, 1959

Time	FRIDAY—November 27th	Time	SATURDAY—November 28th
	<p>up before 10, washed head, picked flowers, made poses for Mrs. Thundersen, Margaret. Joan came at 11:30, had a cuppa, saw talk & went to see Mrs. Wall. Lil. I had early lunch & caught 1:10 bus to the City. Shopped, she had X-ray, I went to library, ran into Mrs. Hicks & bought a new dress at Fitzgerald. We went up to Ansett to say goodbye to Joan. Joan & Peg were there. Raining quite heavily after forecast for fine weather. Lot of people caught in summer frock. Lil had a cuppa, booked seat for Pat Arthur on Monday on New South Wales money, bought groceries ++ & home. Lil & Mild. Mild tea, then I tried Lil baby-sitting at Mays. I read a bit of the clasp in park. Then helped W in new shoes inferred bamboo blinds of hers, that are falling to bits at the least provocation. Saw & Helen's work. Ran into Beatrice New. said too, she looks better than cardigans bought. she has looked for years</p>		<p>up 9:30 had a difference of opinion about the washing in good old PMT style which upset me more than the others I am sure, but I got Phens back fixed it. Sultry warm easterly day & we got a big wash dry in no time. I sat in at lunch. Mrs. I did a bit of W in blind before dinner. Hoop up: Dorothy says, ready slept till 10 to 4: up for cuppa & put on the iron: Reg: Edith arrived. Had a cuppa: them. The bears arrived. They went at 5, the Reg had an hour in the garden with W in who apparently enjoyed it, & I got almost all the evening done. They & late slow tea. W in. Reg had a long involved discussion about the will in relation to Charlie's. I worked on my 2 new frocks, altered the waist & started on the hem. Lil broke the news about her trip to England, all is pleased. Reg went off with a torrent of reminiscences. They went before 11. Bully enough for cardigans bought.</p>

PORT ARTHUR.

Time

MONDAY—November 30th

Time

TUESDAY—December 1st

Lovely day. up at 6:15, we went to the cathedral after all, glad we did. Choral Eucharist & lovely service. Think sing much of + P at Eves: the folk there back by 8:10 to fast, got ready & then called for us at 9:30. A chef who knew W in draw us, nice bloke, easy manners called Maurice Walker. Talked well. A New Aust. couple called Larsen & the wife of a full of life & talk most of party. We were kept in a ruffle of laughter esp. on the way home. Really violent wind but bright sky & mostly sunshine gave us glorious views & light & shade & the bluest of seas. All very lovely. The quiet at Port Arthur was a terrible bore, you couldn't hear oneself think at all. I had lunch in the shelter of the bank of the blow-hole & pleasant. Calm sea & not much blow as the wind was N.W. aft. tea at Dunally & wonderful how a hair-do & a cuppa refreshes one. Got put down in the city & stopped home by 6. Staff notes from + P re conference poor Eves will have a time. Very tired tonight. Had a fire, did a bit of sewing & read a bit. Mrs. Heyward rang to go to Lovell on Thursday.

Pleasant day but the weather wet PM, getting colder tonight & quite bitter. Nice to be in bed 10. Letter from Lil, who sounds tired but glad to hear me. Finished both dress alterations today. Early lunch, I went to the City. Glasses not ready. Browsed round the shop, bought a book on England for Lil, to tourist Bureau, find there is a ferry service across the Tamar to Wady, before 3, she looks older, far more tense & hyperbolic. She talked about her dead baby, even after it bordered on the hysterical. A lass called "Partie" met "Edwina Coghill, who traveled at St Thomas, with Olive Blake, came in. Her husband is a psychiatrist & kept over busy. Pleasant girl & charming little son. Mat Wady's husband, attractively odd. Much talk & they drove in to Ella's where P. At (not Parling) arrived with daughter. P. At has had a breast off. Has a huge oedematous left arm. Poor kid Martant & quiet, yet more animated than before. Seem to look on the LPH days as the golden age. Tea. Tel. some lovely records. Kath been Fernier & Ella. Home at 9.

HOBART.

DECEMBER, 1959

Time	WEDNESDAY—December 2nd	Time	THURSDAY—December 3rd ^{4th}
	<p>Cold day, wet morning. Tried to jibbed on the Dyrnnyne morning ring. Can't decide if it's justifiable laziness or self-indulgence. Left it too late to catch 10.30 bus to Edith's so pattered round, caught the midday one. Had lunch, which both an hour to prepare, an hour or more to eat. However, chat & Edith was pleasant enough. Went through the book a few altogether & of those few of mine. Mostly Dad's & Mother's. Cuffin & talk interspersed, reading the Duke of Windsor's memoirs. Reg came down & talk. All the Biggs bay except I saw considerable variation must be a wonder & it got more, more boring. At 9 am more fond of Reg than ever before, in spite of it. Caught 8.15 bus home, & he's wait for a tram. Talk, supper, rang Daw & they are to come to tea on Friday. We had thought of pictures but all tried.</p>		<p>up at 10-ish. Mrs K trying to con a day was a got a head, headachy & a pain in my arm & a little fever. Left for Cishy before 12, got my glasses from Lane & took them to Dr Hamilton. Linn with Gilbert. Mr Kenley in Dawey St. Hadn't seen him since Feb 1936. He's the same old Gilbert. Late for lunch. Linn in the park, she went off to her exams. I booked my seat T.A.R. for Jan. saw Esanda when the young man remembered me, & picked up a prospectus. Can put in £350. Waited for Keyword at Cathedral, off to Laell. Lovely day again, good trip, delightful. Rectory, delightful family, Postea also present, of course. Back to city 5.30. In Downie draw me home. He picked me up again & to 8 & took me to Taromua. Felt a bit tired but anxious to see Papua pioneers, & it is a good. Only 12 women there, but a pleasant. a massive cream cake supper. Home at 11.</p>

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

DECEMBER, 1959

Time	FRIDAY—December 4th	Time	SATURDAY—December 5th
	<p>Lay in bed reading till 11. Demand for insurance came. Rep. dusted rooms, & cleaned out sink. Lunch at 12. Lil went. I washed up. at 1:30 felt tired again so lay down. slept till 3:15. Supper, cut out my nylon socks changed at 5. Drovers to her. all a pleasant but rather full. Lil had to go to cathedral meeting a big day for her. They went 9:30. Win tried too. Less cold today, but raining now. First day for ages I haven't been out.</p>		<p>Raining early, but a hot east-wind day after. up 10:15, helped i washing & did more odd jobs. 4 letters, one from Dean Fr Charles. Got the idea to give \$50 to G.S.F. Had a short rest after dinner, & we 3 went to Glenview for the fair, all in summer frocks. did a bit of buying, had after tea, bought a frock for 5/- but spent most of the time with Bish, dean sent. Again aware of the loving consideration & minutes & staff have for each other. bp Blackwood there, sorry I didn't speak to him. Met Ian MacDonald, a F. Shubbs, weird bird who was in College; Lily Young; John Anderson. Harold drove us home in his new car. Mowing is a nice thing. did mowing mowed the lawn wh. was a long & thick & quite a task. Tea & got to my nylon frocks till 11 to 10. The pattern will have to be adjusted. Played a spot of Patience, & bed. Now had a bit of pain under my R shoulder. blade bought & fast night, but not in the daytime.</p>

HOBART.

DECEMBER, 1959

Time	SUNDAY—December 6th	Time	MEMORANDA
	<p>Happy day. Showery & sunny by turns. To Mass. Tel. & the Teds brought us home. Spent the morning writing letters, & had a sleep till 3.30 after lunch. Read till 1 AM & was sleepy. Cuppa, wrote to Fr Charles about gift of £50, & to her Mother. No visitors. Early tea, Tel. I went to St. John Baptist's. It's a lovely church, big crowd there & we sat at the back. Fr Downie preached & afterward showed us "The Power Within" an excellent film of the work of the Canadian Church. Walked to & from the church. The Rays gave us a lift in & we bussed home. Harold rang to say they can't come tomorrow - rather a relief. Cuppa - bed. The law still out of order.</p>		

DECEMBER, 1959

Time	MONDAY—December 7th 8th	Time	TUESDAY—December 8th
	<p>Lil had the whole day at exams. I got up 8:30, got my breakfast. Hot water not behaving. Tank supplied by tap to system. However got a hot shower at 10. The plumber came at 10:30. Fixed both laws. I in an upping part of PMT meet, took the bank. Did a bit of my nylon dress, early lunch, went to North Hobart at 1:15, drew out £350, left my debentures & insurance policy there for safekeeping, to the city. Took out £300 in Esanda, paid my insurance, & ran round the city till 4:30. Ran into Red Thudsen in New Town, he worrying of 9 months anniversary, wondered if he was too much attaching Mary's illness to other people. Anyway, I have been feeling so tired, perhaps of last night. Mary got a cuppa, did sewing. Felt tired after tea, disinclined to go out. We got a taxi, we went to St. Paul's Assn. meeting at Downey. Knew most of them. Pleasant enough but cold. Mrs. Kay, Mrs. Weir, Mrs. I received presents of £3! Talked to Mrs. Kay about B. B. Ruth there, such a pretty girl. Woman's supper, here at M.N.</p>		<p>Dull cold bleak day, getting worse towards evening. Had first strawberries for breakfast at 11, odd job, early lunch, Lil went to city at 2:15. I spent the afternoon on my dress, got on well. Mail brought letters from Dot & Mame, which I answered at once, also mowed the lawn. Late tea by fire. Lil tried to do a thing after for a while but had W.A. meeting. You dear. I got on to fresh & bought at Glenview. We're doing a statement about the Estate for Reg to send a Charlie's will. Why do we 3 girls all get so tired? We're both knocked out each night. Rang Mildred Button today.</p>

HOBART.

DECEMBER, 1959

Time	WEDNESDAY—December 9th	Time	THURSDAY—December 10th
	<p>boldish, showery day. Up to Mars, Mrs Davis there too. Had quite a morning on the vacuum cleaner & doing flowers & wrote a couple of letters. Early lunch, & til 9 went to town together. I changed the dress saw gave me for an 7/6 cleaner, but it's pretty. Saw Reg & went to the picture a delightful short film show- ing the bird of London, lots of London scenery too. Then a shehan called "Desire", quite different from what I expected but it's well done. Action too slow. Home, had a supper. Win, & Viv & Val came to tea, all is pleasant. Sat & sewed tonight. The kids went at 9. Played Patiens, bed 10.30. Received a Xmas gift of £5 from C.C. Bless them, & cashed the Money Order.</p>		<p>Funny day, warm morning, cold after. rain & thunder. The poor snow orchardist copped bail. Up 10.30 & had a day of sewing. Til went to town at 11.30, sh & Win both to tried tonight. I finished my box pack except for belt & altered the 5/- one wh. took a lot of time. I paid a couple of pethroat. & bought got the box pack ready for bearing. Got on to mail & did up presents for Jan, Mrs. Elliot, & a few cards. Still no letters written. Eric came in at 9 & brought the snaps. stayed till 10, chatting about N.G. Why it had to be tonight when the girls are so tired. Win doing up Xmas pres. & til doing mail. She got a letter from her English friend saying she can get badging & letters off St. Margaret Ch. Westminster all St. Margaret St., very cheaply.</p>

DECEMBER, 1959

Time	FRIDAY—December 11th	Time	SATURDAY—December 12th
	<p>Another warm morning. cold wet after. Lil went to cream early. I up at 10, to go to post, bath & house hold job. Letter from Wardman & I wrote to Mrs. Tappenden. Lunch & read through Dampier's book, interesting but not enough to keep out another 2/50 to the City, paid Taxation clearance, library, & chopped them into Alice Wall who insisted on giving me £1-10 to buy a few more. I pocketed it in my pocket & had the £1 note, probably on the way home. Was rather overwhelmed by the gift & wish the poor soul wouldn't. Home & found Wil in changing for Leaver's Tea, so Lil & I had tea alone, mushrooms! I cut out my silk sock & hemmed my Coler sock & odd job.</p>		<p>A day of getting things done but tried to tonight for no reason & an ache in my R. shoulder. We all had to fast in bed, up at 9, shower, Wil & I did washing, I washed kitchen & bathroom & cleaned my room. Lil came at lunch time to talk plans for Monday. Sat dinner, rest & day & sewed a bit, then to sewing, finished off several jobs: started green silk dress, rasing off, on P.M. some quite heavy rain, but Wil worked on, outside all dark. Five tonight, I sewed, too busy to complete my job & played Catherine til doing Xmas presents & cards. Not a word from Joan since she went back.</p>

HOBART.

DECEMBER, 1959

Time	SUNDAY—December 13th	Time	MEMORANDA
	<p>Another cold, showery day. Woke depressed in sun but felt better in church. Got a lift both ways. To Lil's delight. She has a thing about lifts. B'fast, washed head, wrote to Bishop. After dinner mowed some of the lawn - between us was the lot - wrote more letters. Had an hour's sleep which was more than I meant to. To church at the cathedral - another lift by good Methodist, such a nice young couple - but were late. Harold preached, quite well too then saw Christopher Fry's play "The First Born". It was done in front of the screen, & it hard to see. The language is rather strange & difficult to hear so it was hard to follow. Acting good. It would have been good for one who knew the play. Didn't finish till 11. No buses so took a taxi home. My feet frozen. Haven't packed yet, nor written enough letters.</p>		<p>room, to where the staircase was. Lil's sleep on a lovely kitchen. Maud wrapped to us, she looks older & has been ill. Saw the memorial at the church, & improvements to grounds, Mrs. Propsting in the hall, talked to her. Also saw Mrs Athol Mideman, Mr Loamas, Mr Mulligan & Phil Wind. Back to Bradford via Shandy's Lane still lovely, the road much shorter & quite a speed trap. To see Joyce Athill (Mideman), bought 13 dressed books. They are working colorfully hard. Had dressed 120 checks AM & still had more to do. Home via same route, much more lovely, & slanting sunlight. Home 1/2 to 6, 10 in. I got tea, read paper, quick bath after brush in the theater & bed at 10.</p>

LOW HEAD

DECEMBER, 1959

Time	MONDAY—December 14th	Time	TUESDAY—December 15th
	<p>Weather warm & balmy - only word to describe it. up at 8, we had to fast: got ready to depart. Got mail - letter from Mother. Floer, one few cat who will be away when I go, alas! Tide came at 10:30, we got away 10:45.</p>		<p>Lovely day. Glendy AM but warm & mostly sunny PM. Lil brought on to fast at 9. She & Ella handkerchief, ref. to P.O. but couldn't raise Lil. Pleasant women in my P.O. Spent morning, after till 4 & some of evening writing numerous letters, as did the others. Later beach in W in afternoon. Herd of school children on beach pinching & most of them swimming! Cuddled children her too. At 4 went with Georg, Town, found at last by phoning that there is no regular ferry. Oh, phoned a beer, then at 5:30 Rang Lil at 7:30, to go there on Sunday. We all combed stamps. Then read till bed time. This is a lovely peaceful spot though not outstandingly beautiful, unless the river makes it so. Ella didn't sleep, has been tried today. Ok's care of her is lovely to see.</p>
	<p>Lovely trip, lunch at Reas by the bridge. Low at about 3, called at Green Villa Lil. I called to see Grace who was out, so we went to Town, did a spot of shopping & had a supper. Left at 4:30 Low Head 5:45. The Tysons cottage is in a lovely spot, is comfortable & attractive. Only drawback is no sink in the kitchen. Made beds, settled in, late tea, news from Ok's new little transistor set. Reading Jessie Limer's book, bed at 10. W in I sharing a room.</p>		

DECEMBER, 1959

LOW HEAD - S'DALE - LOW HEAD

Time	Time
<p>WEDNESDAY—December 16th</p> <p>A perfect day - even the weather apart from a high wind ref 7:30 AM in. I seeing to house as got to facts packed lunch. Left at 10, through Lepra, saw the site of the old house, W.P. Per-River where we saw the shop, beams in its new site, same old counters. The man in charge is wide awake to B'port & to Truroa where we got an enthusiastic welcome. Both the Macs look better than I expected, Mrs M. much thinner. Much talk over a cuppa, to S'dale. Saw the new swimming pool, had lunch at the old one, to Bobbett. Found they have sold the house again. Went to Merrill, the man in charge showed us over. The 2 doctors have bought it. Such changes, all for the good except the staircase. Some of the blackwood put into the outside stairs - least all its levelly surfaces, & the rest burnt. Mother's room is waiting room, Dr. Kaymer has sitting room, Dr. Younger the dining room. Den, a par room eventually to be a dentist's rooms upstairs & is spacious flat, the old bathroom a bedroom & a bath.</p>	<p>THURSDAY—December 17th</p> <p>Another pleasant day till brought on to bed, I read in bed till 10:30, finished Jessie Simons' book. ref. The other brought a large mail, & will see. Have written letters most of the day, partly per, & partly on the beach. Ok draws us in to G.T. at 4:30, I posted them, bought a card for Claire. Back to Sherry & were writing. We 4 women played bridge tonight, quiet game for year for all of us. Bed at 11. Rain tonight.</p>

[back to 13th

DECEMBER, 1959

Time	FRIDAY—December 18th	Time	SATURDAY—December 19th
	<p>Sunny morning, cold stormy early PM, sunny & cold wind brought. Win. I housekeeping. Wrote letters most of the day. Ch. I went to P.O. in the rain, quite pleasant. Later he took us to George Town & on to see the West Bay Administration. Work tonight we & 3 girls went for a walk & found the Ocean Beach. For evening played Patience & read DH Lawrence, don't think much of him. During afternoon talk swinging on to England & Ch urged Elsie to go & she is coming round to it. Still got hazy about work asking about a berth for her on the Orontes. The suggestion is for Anne to look after Ch if she is sailing.</p>		<p>A very cold windy day: patches of pleasant sunshine. I helping & housekeeping: I must go tomorrow. Lil brought our breakfast to bed. John did some washing, to P.O. & collected mail, wrote to Nestor. PM read a bit. Ch took us to the lighthouse at 4:30, glorious view but we did not climb it as the keeper was not yet on duty. Saw a couple of boats go out, bucking on the rough sea even inside the head. Sherry, tea, played bridge. My blue Bire has run dry.</p>

LOW HEAD - ROWELLA

DECEMBER, 1959

Time	SUNDAY—December 20th	Time	MEMORANDA
	<p>9 am 50 today a happy day up 7:15 to G.T. for Mass in Warren trying to do a good job Had a X mass tree in the Church. Met him after, he wanted in to speak at Church tonight. B'fast, the family gave me a dear little travelling clock. Day morning, wrote a letter & read. Very nice dinner & tender chook & tea to drink. Lay in the sun, read after packing. To 2 pm 3:40, got there before 5 & called on Grace, not there. Dropped Lil's car at Co. grave yard such a pleasant place. To Town: the kids went, then Win for Mrs. John came 5:40 - a pleasant drive down her. Lil looks a bit tired. We walked till milking. Lil separated, we saw the feeding of the pig. Late tea. Wandy shaving off & being rather object visible. She worries John. Lil washed up, talked Bed 10:30 Lil a sensible youngster! helps in outside chores. John as usual, perhaps a little over subdued</p>		

ROWELLA.

DECEMBER, 1959

ROWELLA - HOBART

Time	MONDAY—December 21st 22nd	Time	TUESDAY—December 22nd
	<p>Pleasant busy day. Nice to wake in that pleasant room & glorious peaceful view up 8.15. B'fast: Wandy, John & 2 kids went to town 9.30. Laid & did washing & stalked all the chores off on finishing about 8.30 P.M. Helped Ted pick loganberries. Poor kid does slog hard. Nice to chat to her as we worked 5 interruptions. John brought her a pyjama, which she used pronto. He went to bed meeting, we sat down to read 9 P.M. Bed 10.30. Too lazy to write</p>		<p>Up soon after 7, glorious morning B'fast & kid, got soon ready for the Ted & Myranda. Picked some flowers from Lubyana for Vera. John Laid. I got away after 10, very late. Pleasant run got to town at 11, 1/2 hr late. Oh upset but cheered up. Off to Kenneth Luper's had a huge morning tea, saw some old school photos. He hasn't changed much. Called at Bessant for petrol, home by 4. Ella drew part of the way. When she & her both get jittery they don't help each other. They had a ruffa here then went. I finished mowing the lawn but had started: between us we did the washing. Win came in for a late tea. Mary. Marion May came in for a few minutes & we heard Myr War. extremely funny. I got down to reading a stack of mail: my Napuan mail has a stack of problems. TB H. x. Letter from Dad Campbell after all these years. Miss on from Fr. Charles. I got sold, so came to bed to warm up.</p>

"Nestogen" is indicated for babies showing fat intolerance.

HOBART.

DECEMBER, 1959

Time	WEDNESDAY—December 23rd	Time	THURSDAY—December 24th ^{25th}
	<p>A day of pleasant things, & pleasantly warm weather too. But how quickly the day flew. B'fast in bed at 9. M. The Teds came at 10.30 to Taronga. Glens blue hills, river. A mob there. My Dick Cranovich, Mr Haig, the Butcher, & next came Mr Hop. We talked. Miss Pam, both dears, & the Mrs C. about Forrest River. An enormous morning tea. We told me that Olive has a job for me as Chaplain in Algeria & I should. They want him to stay over Easter. Teds dropped us in town 12.45. Lil. I stopped, got the 1 W in's present. Then 2.15, had a cuppa. I read The Harold arrived after 4. H had a new transistor set, a very nice set of figures for a time. They drove us to Reg's, arrived 2 to 6. The usual sherry, an enormous hot dinner. I sewed my dress all the evening & we had some nice records. Exchanged presents & home at 11.</p>		<p>This day. B'fast in bed, up & got job done. Lil went to help. Cathedral flowers "in to". I swept out the house, did my green dress which goes slowly. Had some lovely music. Lunch by myself mushrooms & toast, & read my book. To the City, saw Nat & looked for present. To O.D. got my ticket & some gift, & said good-bye to Dorothy, nice thing. Went to the yard & saw the Norman, a blunt-bowed solid ship, loaded high at the stern, crates, gas-bottles, drum of fuel. No sign of kennels. Would love to have gun over her. Bought slippers for Lil & a flower, was thing for W in's home. Cuppa, sewing. Lil came in later, she & Ella gave the Lillians aft tea in town. Tea, sewing, did some phoning. We went to bed at 9.30 up at 11 to midnight. Was at All Saints, Full Church, lots of light, lovely sung service, with many nice avenues for prayer. Got at home, home 1.30, cuppa. Read in bed a while.</p>

DECEMBER, 1959

Time	FRIDAY—December 25th Christmas Day	Time	SATURDAY—December 26th Boxing Day
	<p>We all had to fast in bed at 9, pretty busy morning. Everyone loved their present. The quilt gave me a frock, which fits me well except length. I shelled peas & tid. In the evening, I did sewing. Lovely chocolate dinner: Zephyr, strawberries, cream. Had a bit of a boop up! sleep changed, was sewing. Dad & N. I came to gift. Had sherry. The kids - mad sherry & gift. Large & delicious tea. Oh draw in in the Cathedral for 2 songs, Carols, for a pretty lovely. Nam lateish supper & bed discussing the whereabouts of Walsingham as til got a book on the Shrine. A perfectly lovely Christmas.</p>		<p>A quiet uneventful, pleasant day. all had to fast in bed & worked on my green dress all day till 9:30 PM & it is finished except for the buttons. I am pleased with it. but it was tedious to make it in bed. worked on stamps nearly all day. til bottled plums, did juncal & P. of Fred my Xmas frock, which is so nice. Heavy rain & thunder-storm all the morning, overcast ever since but no further rain. Have eaten too much, smoked too much & had too little exercise. til. I went for a pleasant walk after tea. We played tables & bed at 11. Heard the Queen's broadcast - very short.</p>

DECEMBER, 1959

HOBART

Time	SUNDAY—December 27th 28 th	Time	MEMORANDA
	<p>Lovely day, dull weather. rain at night. Lil, 9 to Mass, home to breakfast. Washed head, did odd sewing job putting in pockets & got a number of Shemkyan letters written. Hoop up after dinner, slept over my book. Lot of lovely food & no exercise & feeling full. Am sure 4' in putting on weight to the cathedral at night, lovely service & some of Friday's cards. The entire Tarzova Keyward family there & Vigil said Fr. Chir was at their wedding. His preaching was a most stirring call to abnegation for his sake. A most powerful speaker, though he heartache way his precise method of saying it. Lil, I went & met him afterwards, again I had the recognition of the force behind him. It relieved my longing for ease.</p>		

DECEMBER, 1959

Time	MONDAY—December 28th Proclamation Day, S.A.	Time	TUESDAY—December 29th
	<p> Lil went to Mass I didn't see straight after b'fast, helped w in washing, cleaned my room, washed kitchen bathroom. Got under the house. My boxes of books are so well done up I wouldn't disturb them, but I went through three open boxes & threw out some rubbish. Miss West door gave us some fish for lunch. Letter from Fred & Lil got her Min. cheque & decided to show us to the pictures. Heard the Emperor concerto while doing bit of sewing glorious. I will miss all this lovely music. Did my share of the sewing. Warm day becoming hot. Wrote to Fred. We went to the Prince, Ulla too, & bk took us. Saw Alec Summers in the Plaza. Worth but we were all disappointed though it had its bright spots. Home by taxi. Bed 11.0. Now the day fly. I dread going back, though I have my moments of insight when I accept it. </p>		<p> Pleasant day but I am tired & aching? M.P. on the way. Now needed Phenobarb. up 10 A.M. out and took from I dal material, changed to City at 11.0. Had many tea, skipped lunch. Got £55 from Bank, got £50 Bank draft for Charles bought lot of odds, and took back my Library books. Ran into Charlie Brammell & Mary Margaret who is the prettiest thing. We 3 met Claudia & Beatrice at the P.O. had afternoon tea at the Emperor & pleasant. Now I will read a letter from +!, bless him, & started wash- ing clothes re. Barbara Richard came at 6.15, looking so well, & I to see her but she stayed till after 8! Wouldn't stay to tea & wouldn't go. Dear Betty in Hospital: prestat trouble sound a bit like G to me It is her uncle. Late tea 11.0. did bit of sewing for m. I did a bit on the new frock. Patience supper & bed by 11. Bless morning sunny hot after. </p>

Time	Time
<p>WEDNESDAY—December 30th</p> <p>Lil bought peaches for an iPad. Last day are sad things. It has & we've had quite a lot of straw been pretty busy. Finished Fuchs's berries. With letters all the book in bed. Vera, Joan P. Eric have morning in letters, bank draft ring to say good by. I washed, did to Fuchs & Charles got them in the lot of shoes but Lil & Win helped post by 2. Letter from Nance on all day. Lil cleaned shoes Win & long list of handles, & 9gs worked on new dress, & Lil on it back via Eric. Am accepting. We've finished it tonight & it is the inevitable new Lil went my. Got letter off to Charles, D.W. to Ella's at 2, & Win came in Lashford. They gave me check for hot from the garden - quite a dinner & strawberries & cream. good warm day - & offered Lil went to town, posted my letters to sew. She did brasserie & I went to Nth. Hobart, got her some & I did new frock changed. Benadryl cream for her rash she to Ok's, me in my new green bought me a pack of Patience cards, dress wh. is quite a success. Oh bless her. The kids came PM to picked us up. The Regs. & I went back up fish. Lil, Ella both us all at 2.3. Large meal, lot busy in passport. Quite a hot to drink, had some music & Gerald day. I posted the contents of my more again. Not here till 11. room & packed a case. Tonight we Ella grows prettier as she worked on dress, Win. I remade grows older. Talking more N/L list. Bed 10.30. Will not about England. Ok is in a bad be seeing New Year in. new as states if she doesn't go now she never will. Not pushing her a bit. Sleepy after all the alcohol.</p>	<p>THURSDAY—December 31st</p>

1960.

Jan 1st HOBART - MELBOURNE MEMORANDA

NOTES FOR 1960

Woke feeling depressed - partly PMT I expect. News felt disorientated as I left is going on without, outside me. I went to Maas, said good-bye to St James folks. B's fast & final job, & the Tids picked me up at 9:30. Had to wait 15 AA. Ella gave me £2 on parking, bless her. Plane delayed much by weather but clear, hot in Melb. Edgar Wood met me at Essendon. Bless him, & drove me here to CHN. To Community A, I sent to Retreat House which is quite different. Friendly but more sloof. About 10 people staying here I think but they come & go all the time. Letter from Alf, Bob, all not coming, sent me £5. Mrs B had a collapse at 8 was, improving now. Hilda is her usual but goes away for week end. Shared them, Joan who goes tomorrow, Fr Drought. In Bara as sweet as ever. In Clare came tonight for a talk. She will take some of my luggage for me. News been to Wessers. Campfire was in store.

2.1.60 Retreat. Sisters & guests & considerable weather variable sat in sun in patches, mostly cloudy. No emotional response, but heart swathed pretty hard, & tried to let God in too.

3.1.60. A lovely day, yet I have been rather dead to its joys, in a mood which is about it, yet not really exultation. Sister left in a cuffed dampstain, I was glad of it. Got to Str. @ 30ish to find train didn't go till 9. In a carriage: a lot of typical Jews. Went to Key Smith City @ 9:35 missed a train, so got a taxi & arrived 9:45. Did communicate. No hat. Met the mob after two went to Niagara for cherry Mrs B's day. I wanted for tomorrow night. Miss Kempson, Bara full of talk. Dan Bowale to work in lower dishes. The Thompsons, nine people, dropped me at Balli. Mrs B much more frail & thin but talked brightly. Hilda in charge, bless her. Pleasant talk, nice cherry luncheon dinner. Trig not as pher. Miss Fox out so didn't go visiting. Miss K came after a lot of pain & headache all day. Left at 4. Bob hadn't returned. He was away: Rocco. CHN 5:40, late for tea. Talked to In Bara, Mother Flora, An Gracemary, Clare, & Fr Drought, miss man but shy. I cold as I left. Phoned till supper, Campfire, bath, bed, to finish Clive's letter. Talked to Jess, couldn't raise the Tars.

MEMORANDA

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Donald Gifford

TELEPHONE NUMBERS OF CONSULTANTS, HOSPITALS, NURSING HOMES, NURSES, AMBULANCES, ETC.

Nestlé's—Sydney	17 Foveaux Street.	Jackson Lamer Lamer	B 0935	Nestlé's—Perth	256 Railway Parade, West Leederville	W 4161
.. —Melbourne	159-189 Racecourse Rd., Flemington, W.1.	FF-1812		.. —Newcastle	Darby & King Streets.	B 4916
.. —Adelaide	25-7 Franklin Street	LA 5751		.. —Hobart	King's Hall, 135 Bathurst Street.	B 2791
.. —Brisbane	Nestlé House, 188 Barry Road	L 2911				

Jan 3. Lit planning trip to NG
 10. +D brought a lot of H. Linder & N. Billings to Napier for schooling
 16. Betty May's birthday
 17. Joan Phillip's birthday
 MW 22. Michael Stout born (2nd)
 26. 6 Deacons retained - who? ^{GN?} Graydon?
 Med. wing comm. at SAC suspended.
 Feb 2. Gordon began.
 9. Temple antique begun
 Names for visit Hobart.
 Mch 9. Fr Jeffrey arrived
 Stanton began for TBH
 Sylesister at W. John retraining
 stay, died at Franklin
 12. Two women killed by husband
 15. Betty Cook at two pregnant
 26. Joyce O-H visited for teacher
 G.K. left for college
 29.
 Apr 8. Eclipse of sun, cloudy.
 9. Hay resigned - Kipling's madame
 at home.
 May 2. Davidson began
 mid May Lamer lot open
 Dixon to N.B.
 23.
 25. Mavis McHugh visited
 24. Lit mailed, Phantie died
 June 4. Lit arrived
 18. Hay left
 July 12. Day at Bentons
 25th Rob Roy left
 Aug 6. 2 boys accepted for TBH
 Kipling to 9 yrs.
 (put in jail)
 10. Lamer's husband to be above boy

Sept 9. Monica born
 17. Went out of jail
 24. 2 new TBH med penops Maxwell &
 27. Bomb exploded on beach. Gordon's Noella.

to be changed

unloph
low

