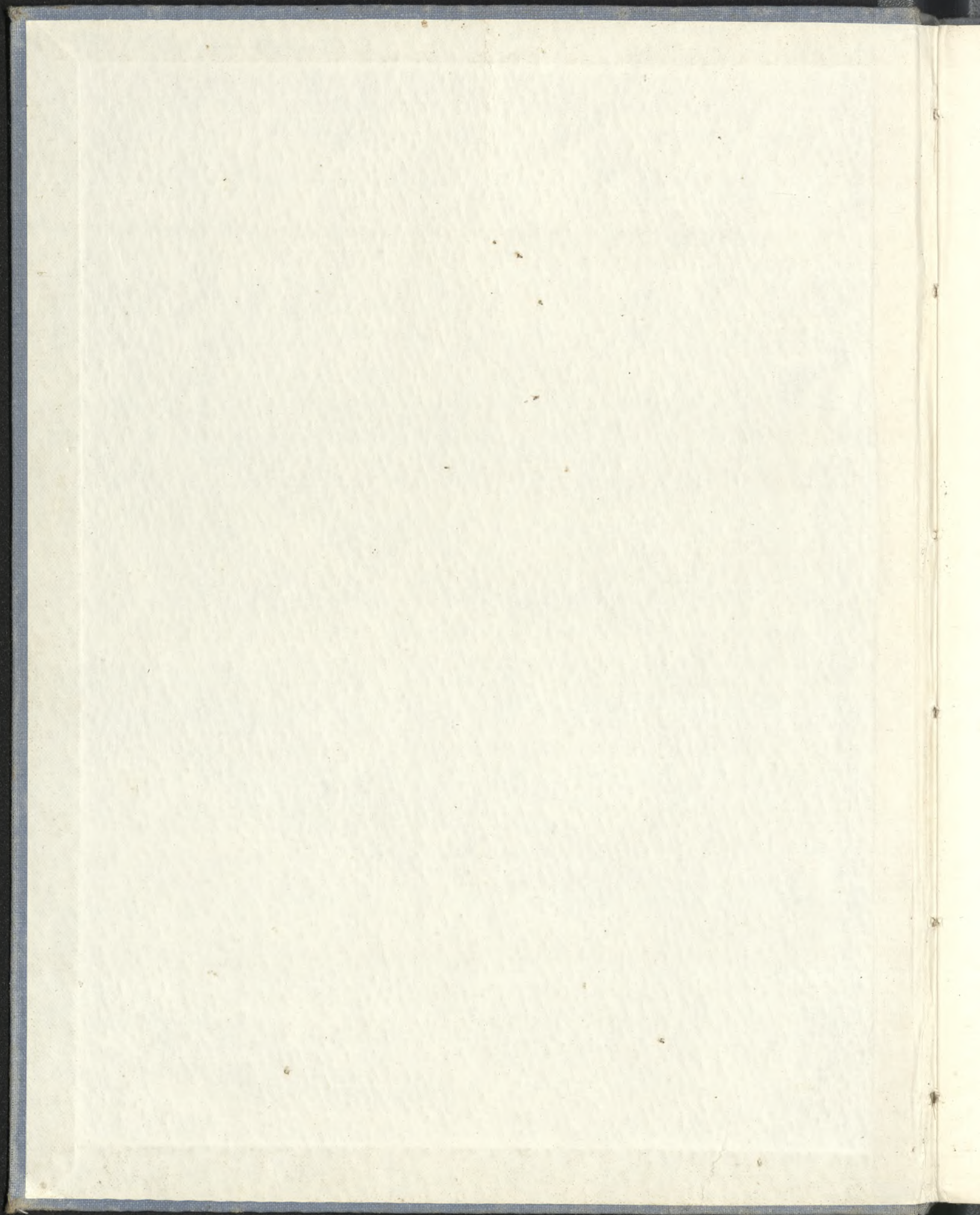


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QUALITY
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SECURITY

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Preface to the thirty-ninth edition

The Nestlé Company (Australia) Ltd. takes pleasure in presenting to the Medical Profession this 39th edition of the Nestlé Diary for 1963, which we hope will prove both interesting and useful.

All extracts of publications which have been included in this edition are gratefully acknowledged and we wish to thank those members of the Medical Profession who have provided assistance.

We are pleased to take this opportunity of recording the success with which "PELARGON" has taken its place alongside "LACTOGEN" as a most valuable infant food; a wide coverage of infant feeding requirements is provided for by these two proven formulae.

The valued advice of the Medical Profession is always welcome in our aim to follow the latest developments in infant nutrition.

**INFANT & DIETETIC PRODUCTS
DEPARTMENT**

HEAD OFFICE, SYDNEY

With Compliments
THE NESTLÉ COMPANY (AUSTRALIA) LTD.
17 Foveaux Street, Sydney

Preface to
the thirty-ninth
edition

DIARY 1963

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HEAD OFFICE, SYDNEY

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DEPARTMENT

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LACTOGEN

DESCRIPTION

Specially selected high grade cows' milk is standardised to the most suitable composition for infant feeding, pasteurized, homogenized and spray-dried by a special Nestlé process. Vitamins A and D and organic iron are added to provide essential minimum daily requirements.

The manufacturing process of "Lactogen" ensures a uniform, fresh and pure product which is readily soluble and which produces a fine and easily digested flocculent curd on contact with gastric juices.

INDICATIONS

The normal feeding of infants from birth in the absence of breast-feeding; also as a complementary feed for infants.

AVERAGE ANALYSIS OF POWDER

Fat	24.5%
Protein	23.7%
Lactose	43.6%
Ash	5.2%
Vitamin A	497 I.U. per ounce
Vitamin D	106 I.U. per ounce
Iron	0.91 mgms. per ounce

One medicinal tablespoon of "Lactogen" weighs 0.29 ozs. when pressed and scraped level and yields 41 Calories.

RECONSTITUTION

One medicinal tablespoon of "Lactogen" to each two ounces of water provides a mixture containing 20 Cals/ounce with composition of 3.1% Fat, 3.0% Protein, 5.5% Lactose; 70 I.U. Vitamin A, 15 I.U. Vitamin D per ounce; 4 p.p.m. Fe₂O₃.

FEEDING TABLE FOR 4-HOURLY FEEDS

6 a.m. to 10 p.m. (5 feeds)

	LACTOGEN Level Spoonfuls			Water Spoonfuls	Makes Fluid ozs.	Cals. per feed
	Table	/	Tea			
1st week	-	+	1½	3	1½	22
3rd week	1	+	1	6½	3½	61
5th week	2	+	-	9	5	90
7th week	2	+	1	10	5½	101
2½ months	2	+	2	10½	5¾	111
3½ months	3	+	-	11	6	123
4½ months	3	+	1	12	6¾	133
5½ months	3	+	2	13	7½	144
6½ months	3	+	3	14	7¾	154
7½ months	4	+	-	15	8½	164
9 months	4	+	1	16	9	174

Press powder firmly in measure with knife and level off.

The amounts indicated are a guide only and should be increased or decreased to suit the individual infant.

The table allows for one teaspoonful of Lactose (milk sugar) to be added to each feed for the first 10 weeks. If continued after 10 weeks, amount of "Lactogen" should be reduced by one teaspoonful.

METHOD OF PREPARATION

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

PACKING

Packed in an inert atmosphere in hermetically sealed 1 lb. and 2½ lb. tins, expiry dated to ensure freshness.

DIGESTIBILITY OF LACTOGEN COMPARED WITH MODIFIED COWS' MILK

In the preparation of an easily digested milk food for infants, it is necessary to ensure 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 normally 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" 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 gastric juices.

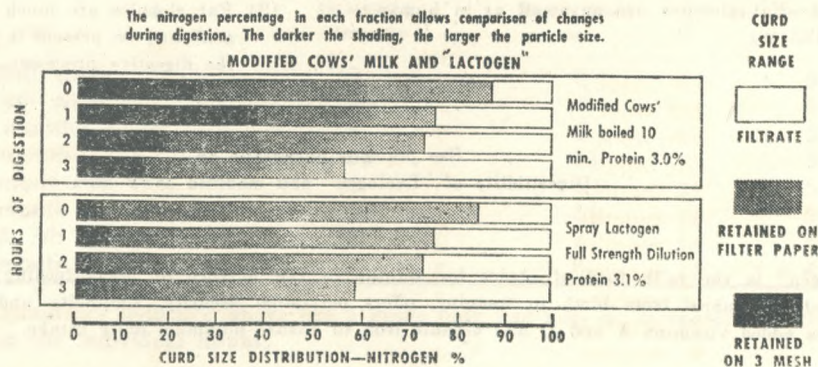
Using the technique evolved by Doan and Dizikes* the digestion of "Lactogen" as well as a modification of cows' milk was followed in the Nestlé Research Laboratory and from the results obtained the diagram was drawn (see below).

In the experiment, cows' milk modified to the protein content of "Lactogen" and then boiled 10 minutes is compared with "Lactogen".

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 an even larger particle size than boiled milk.

Even boiling modified cows' milk for 10 minutes gives less satisfactory digestibility than that of "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 Station, State College, Pennsylvania.

SOME POINTS OF COMPARISON BETWEEN LACTOGEN AND COWS' MILK

"LACTOGEN"

COWS' MILK

Composition

Uniform in composition. "Lactogen" contains some added lactose to provide a suitable balance of protein, fat, and carbohydrate. Contains 5.5 per cent. lactose in a 20 Cals/oz. mixture.

Composition

Butterfat in particular is not constant—variations of from 1.04 to 12.52 per cent. have been recorded. Contains 4.7 per cent. lactose while human milk contains an average of 6.6 per cent.

Bacteriology

Being a dried milk preparation, "Lactogen" contains insufficient moisture to support bacterial growth. Pathogenic organisms are killed in the process of manufacture.

Bacteriology

Fluid milk is an excellent culture medium for bacteria including some types pathogenic to man. Many epidemics have been traced to raw milk supplies. Bovine tubercle bacillus can cause tuberculosis in children.

Bacterial counts tend to decrease after manufacture.

Counts increase with enormous rapidity. ". . . Milk with an initial count of 30,000 per c.c. held at 68°Fah. may possess 4,000,000 bacteria per c.c. at the end of 24 hours, or 25,000,000,000 at the end of 48 hours."

Bacterial counts on dilution are very low (less than 1,000 per ml.).

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

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

Sours easily, unless kept very cold.

Little danger of contamination from outside sources.

Easily contaminated by flies, dust, etc.

Manufactured from milk within a few hours of milking.

City milk frequently is 24 to 48 hours old when delivered.

Digestibility

- (1) Protein—The process lowers the curd tension so that a fine, flocculent curd is formed in the stomach.
- (2) Fat—Fat globules are as small as in human milk.

Digestibility

- (1) With pepsin or rennin it forms a hard clot presenting a smaller surface, due to the greater proportions of casein to albumin.
- (2) Fat globules are much larger than in "Lactogen" and so present a smaller surface area to the digestive processes.

See previous paragraph on
Digestibility of "Lactogen" and modified cows' milk.

"Lactogen" is the milk food of choice for infants in the absence of breast-feeding; "Lactogen", especially prepared for babies from birth to weaning, offers maximum security, simplicity and flexibility. "Lactogen" contains added vitamins A and D and organic iron to ensure minimum daily intake.

The manufacturing process of "Lactogen" ensures a uniform, fresh and pure product which is readily soluble and which produces an easily digested, fine flocculent curd on contact with gastric juices.

PELARGON

DESCRIPTION

Selected high grade cows' milk which has been pasteurized and homogenized, then modified by the addition of dextrin-maltose, sucrose, pre-cooked maize starch and lactic acid, and which is then spray-dried.

"Pelargon" has marked anti-dyspeptic properties; mild acidification with lactic acid ensures low buffering capacity with resulting excellent digestibility and ease of assimilation. Optimum utilization of fat and protein results in increased resistance to infection, excellent tissue turgor and muscle development.

"Acidified full cream powdered milk (PELARGON) is incontestably the food of choice in the absence of breast-feeding, because of its richness, its well-balanced composition and its digestibility; it inspires a confidence that we have never known with other artificial foods. All writers are unanimous in this respect."

*Prof. P. Rohmer,
Debre, Lesne and Rohmer,
Infant Pathology, Vol. 1.*

INDICATIONS

The routine feeding from birth of normal infants in the absence of breast-feeding, as well as for premature and marasmic babies.

AVERAGE ANALYSIS OF POWDER

Fat	17.0%	Pre-cooked maize starch	8.5%
Protein	16.5%	Lactic acid	2.2%
Lactose	27.0%	Mineral salts	4.3%
Sucrose	10.7%	Moisture	3.0%
Dextrin-maltose	10.8%		

The measure enclosed in the tin contains 5 G. (0.18 oz.) of "Pelargon" yielding 21 calories.

RECONSTITUTION

One "PELARGON" measure (supplied with tin) to one ounce of water provides a 21 Cals/oz. formula with composition of 2.5% Fat, 2.5% Protein, 8.5% Carbohydrate.

QUANTITIES FOR ONE FEED

AGE	PELARGON Measures	Boiled Water ozs.	Number of feeds per 24 hours
1st-2nd week	3	3	6
3rd-4th week	4	4	5
2nd month	5	5	5
3rd month	5½	5½	5
4th month	6	6	5
5th month	6½	6½	5
6th & 7th month	7	7	5
8th month onwards	8	8	4

The quantities indicated above are a guide only and may be increased or decreased to suit the individual infant.

For the first few days a weaker mixture of 2 measures to 3 ozs. water may be desirable.

STRONGER FEEDINGS

FOR 24 HOURS FEEDING

FOR WEAK HYPOTROPHIC INFANTS: 4 measures of "Pelargon" to 3 fl. oz. of water may be given. The amount of formula given should be 1/10 the body weight in ozs. + 7 fl. oz. without exceeding 25 fl. oz.

FOR ROUTINE FEEDING OF HEALTHY INFANTS: 3½ measures of "Pelargon" to 3 fl. oz. of water may be given. The amount of formula given should be, up to the age of 3-4 months, 1/6 the body weight; then 1/7 the body weight (in ozs.) without exceeding 32 to 35 fl. oz.

METHOD OF PREPARATION

Sprinkle the measured amount of powder on top of warm (previously boiled) water. Stir briskly with a fork or whisk until thoroughly mixed.

PACKING

Packed in an inert atmosphere in hermetically sealed 1 lb. tins, expiry dated to ensure freshness.

As early as 1919 Marriott (U.S.A.) successfully demonstrated the use of acidified milk in infant nutrition. However, the difficulties of acidifying milk in the home largely precluded its use until the introduction of "PELARGON" some years ago in Europe and elsewhere. "PELARGON", now available in Australia, provides another valuable Nestlé infant milk food which takes its place beside "Lactogen" for the normal feeding of infants as well as for premature and marasmic babies.

"PELARGON" has marked anti-dyspeptic properties and offers the following advantages:—

- remarkable digestibility and ease of assimilation due to low buffering capacity and resulting fine curd formation.
- optimum utilization of fat and protein with resulting increased resistance to infection, excellent tissue turgor and development of muscle.
- spaced absorption of sugars—mixed carbohydrates reduce fermentation and avoid too rapid absorption of sugar into the blood stream.
- bacteriological safety—acidification and care in manufacturing ensures this as well as excellent keeping properties.
- single dilution factor—except in a few instances the dilution of "Pelargon" may remain constant from birth throughout—1 level measure (supplied in tin) to 1 ounce of water.

"We are confident in stating that 'Pelargon', when used immediately following the sub-acute phase of diarrhoea, has brought very valuable assistance in re-establishing an ascending weight curve. We consider it an unquestionable asset and an *excellent routine milk formula*". Prof. de la Broquerie Fontier (Quebec, Canada).

Also see under Nutrition Abstracts:—

- | | |
|--|------------|
| "Comparative Frequency of Infections among Infants fed on Half-skim Milk Powder and others on Acidified Milk Powder" | page xxxix |
| Bohn, A., and Aboulenc, A. | |
| "Feeding with Full Cream Acidified Milk" | page xxxix |
| Sancho Martinez, F. | |
| "Preventative Feeding Measures (Pelargon)" | page xxxix |
| A. LaRue, Canada. | |

NESTOGEN

DESCRIPTION

A spray-dried half-cream milk with the addition of mixed sugars (dextrin-maltose and sucrose), vitamins A and D and organic iron.

INDICATIONS

- (a) Fatty dyspepsia,
- (b) Weak and premature infants,
- (c) A suitable food for weaning.

AVERAGE ANALYSIS OF POWDER

Fat	12%	Sucrose	15%	Vitamin A per oz.	425 I.U.
Protein	20%	Ash	4.7%	Vitamin D per oz.	91 I.U.
Lactose	30%	Moisture	3.3%	Iron per oz.	1.5 mg.
Dextrin-maltose	15%			Calories per oz.	129

One medicinal tablespoon "Nestogen" weighs 0.31 oz. when pressed firmly and scraped level and yields 40 calories.

RECONSTITUTION

One medicinal tablespoon "Nestogen" to each two ounces water provides a 20 Cals/ounce mixture with composition of Fat 1.6%, Protein 2.7%, Carbohydrate 8.1%; 65 I.U. vitamin A and 14 I.U. vitamin D per ounce; approximately 6 p.p.m. Fe₂O₃.

AGE	NESTOGEN Level Tablespoonfuls	Boiled Water fl. oz.	Makes fl. oz.	Feeds per day	Calories per feed
1st week	½	1½	1½	6	20
3rd week	1¼	3¼	3½	6	50
5th week	1¾	4	4½	6	70
7th week	2½	5	5½	5	90
2½ months	2½	5½	6	5	100
3½ months	2¾	6	6¾	5	110
4½ months	3	6½	7¼	5	120
5½ months	3¼	7	7¾	5	130
6½ months	3½	7½	8¼	5	140
7½ months	3¾	8	9	5	150

The above feeding table is intended as a guide only and may be modified according to baby's needs. Press powder firmly in measure with knife and level off.

METHOD OF PREPARATION

Sprinkle the measured amount of powder on top of warm (previously boiled) water. Stir briskly with a fork or whisk until thoroughly mixed.

PACKING

Packed in an inert atmosphere in hermetically sealed 1 lb. tins, expiry dated to ensure freshness.

IMPORTANT NOTE

The label of the "Nestogen" tin is marked "unsuitable for infants under six months except under medical direction". This statement is required by law; "Nestogen" is a half-cream milk and the fat content does not conform with the standards laid down for an infant food in the Regulations under the Pure Foods Act.

"Nestogen" combines the anti-dyspeptic properties of mixed sugars with a reduced fat content to provide a food particularly suitable for the weaning of some infants, especially those exhibiting fat intolerance. "Nestogen" also contains minimum requirements of vitamins A and D and organic iron to ensure adequate daily intake.

"SUNSHINE" FULL CREAM DRIED MILK

DESCRIPTION

Selected full cream milk from which only the water is removed by the special Nestlé process of spray drying.

Prior to drying, the milk is standardised to a constant composition, pasteurized and homogenized.

INDICATIONS

Pure standardised milk for children and all household requirements.

AVERAGE ANALYSIS OF POWDER

Fat	26.3%
Protein	28.0%
Lactose	38.0%
Ash	5.2%
Moisture	2.5%

Calories per ounce 146

Calories in 1 medicinal tablespoon = 41

Weight of 1 medicinal tablespoon "Sunshine" powder when pressed firmly and scraped level = 0.28 ounce.

RECONSTITUTION

- (a) 3 oz. (10½ medicinal tablespoons) powder mixed with 18½ fl. oz. water makes slightly more than a pint of "normal milk",* containing 3.5% butterfat.
- (b) One medicinal tablespoon of "Sunshine" powder to each 2 ounces of water provides a mixture containing 3.2% Fat, 3.4% Protein, 4.6% Carbohydrate, giving approximately 20 Cals/oz.

METHOD OF PREPARATION

Add the measured quantity of "Sunshine" powder *on top* of lukewarm water and stir briskly with a fork or whisk until thoroughly mixed.

PACKING

Packed in an inert atmosphere in hermetically sealed 12 oz. and 3 lb. tins, expiry dated to ensure freshness.

"Sunshine" has excellent flavour and superior keeping qualities. There is practically no loss of vitamins during manufacture. When additional nourishment is needed, "Sunshine" may be prepared in higher concentrations than normal.

There can be no safer or better milk supply than "Sunshine" Full Cream Dried Milk, both for growing children and for all household requirements.

* As prescribed in the Regulations under the Pure Food Act.

"CAPSTAN" DRIED SKIM MILK

DESCRIPTION

A dried, separated (fat free) milk.

INDICATIONS

Wherever a fat-reduced diet is indicated, e.g. Fatty Dyspepsia, Cœliac Disease.

Infant Feeding under medical direction.

AVERAGE ANALYSIS OF POWDER

Fat	1.0%
Protein	36.0%
Lactose	52.0%
Ash	8.0%
Calories per oz.	105

One medicinal tablespoon of "Capstan" powder yields 31 calories and contains 0.3 oz. of powder.

RECONSTITUTION

A mixture of $6\frac{1}{2}$ medicinal tablespoons of "Capstan" powder with added water to one pint will give a pint of skim milk with the composition: Protein 3.3%, Lactose 4.7%, Ash 0.7% and yielding 10 Cals/oz.

METHOD OF PREPARATION

Sprinkle the powder on top of warm water and stir briskly with a fork or whisk.

PACKING

1 lb. hermetically sealed tins.

"Capstan" Skim Milk Powder has been prepared for use when medical treatment needing a low fat milk diet is necessary. As the butterfat has been removed during manufacture, "Capstan" should not be used for infant feeding except under medical advice.

"IDEAL" EVAPORATED MILK

DESCRIPTION

"Ideal" Milk is prepared from finest quality pasteurized cows' milk by concentration under vacuum. "Ideal" milk is homogenized to ensure satisfactory emulsification when diluted. After filling into cans, "Ideal" is subjected to sterilizing temperatures by autoclaving for about fifteen minutes, which ensures the destruction of all organisms. "Ideal" milk will keep indefinitely while sealed.

INDICATIONS

Infant Feeding particularly in cases of milk allergy and infantile eczema; also for premature babies. For under-weight babies and during acute infections especially of the upper respiratory tract, "Ideal" milk with added carbohydrate is often prescribed in small, frequent feeds.

AVERAGE ANALYSIS

	Undiluted	Diluted "IDEAL" : Water 1 : 1 $\frac{1}{4}$ by Volume
Water	71.8%	
Fat	8.2%	3.8%
Protein	7.9%	3.7%
Lactose	10.4%	4.9%
Ash	1.7%	0.7%
Calories per oz. weight = 43		20

One medicinal tablespoon holds $\frac{1}{2}$ fluid ounce (0.54 oz. wt.) of undiluted "Ideal" milk providing 23 Calories.

RECONSTITUTION

One fluid ounce of "Ideal" milk to each 1 $\frac{1}{4}$ fl. ounces of water provides a full cream milk of butterfat content 3.8%.

This is obtained by diluting one

12 oz. tin (11 fl. oz.) "Ideal" with 14 oz. water = 25 fl. oz. milk.

or one

6 oz. tin (5 $\frac{1}{2}$ fl. oz.) "Ideal" with 7 oz. water = 12.5 fl. oz. milk.

"IDEAL" INFANT FEEDING GUIDE

Age	Weight (approx.) Lbs.	QUANTITIES FOR ONE DAY			Number of Feedings per day	Each Feeding Fl. Oz.	Total Calories per day
		"IDEAL" Milk Fl. Oz.	Water (Boiled) Fl. Oz.	Cane Sugar Level Tablespoons			
0-1 week	7	4	15	3	5	3½	315
1-2 weeks	7½	5	15	2½	5	4	361
2-4 weeks	8	6	16	2½	5	4	372
1-2 months	10	8	17	2½	5	5	502
2-3 months	12	10	20	2½	5	6	595
3-4 months	13½	12	23	2½	5	7	688
4-5 months	14½	13	24	2½	5	7	695
5-6 months	16	14	24	2½	5	7½	780
*6-8 months	17	14	24	2½	5	7½	780
*8-12 months	18-22	13	17	0	3	1 Cup	605

13 fl. ozs. "IDEAL" + 17 fl. ozs. boiled water = 30 ozs. WHOLE MILK.

- *1. Allows for introduction of solid foods.
2. If using lactose instead of cane sugar, increase the quantity shown by ½ table-
spoon. If using Dextra-maltose, increase the quantity by 1 tablespoon.
3. The amounts indicated are a guide only and may be increased or decreased to
suit the individual infant.

PACKING

Hermetically sealed tins—12 oz. weight (11 fl. oz.)
6 oz. weight (5½ fl. oz.)

"Ideal" is a pure, evaporated milk of constant composition, perfect for all household and general uses, as well as for infant feeding.

Of all forms of cows' milk, evaporated milk is the least allergenic, and often it will be found that infants who are allergic to milk, can take "Ideal" Evaporated Milk without ill effect.

Between 1920 and 1930, Marriott and other workers reported excellent results in the feeding of infants with evaporated milk. The proteins in "Ideal", due to the heat treatment in sterilizing, produce in the infant's stomach a soft, flocculent curd, quite different from the tough leathery curd of liquid milk. It is also believed that homogenization has an effect on the protein as well as the fat, with a resulting lower curd tension than with fluid milk, and consequent ready digestion.

For infant feeding, "Ideal" is an excellent form of milk which is constant in composition, bacteriologically safe and easily diluted.

NESTLÉ'S SWEETENED CONDENSED MILK

DESCRIPTION

High-grade cows' milk with added sugar, sterilized in solution, is condensed under vacuum at low temperature (135°F. = 57°C.) until water content is reduced to 25.5 per cent. The resulting Nestlé's Sweetened Condensed Milk is free of pathogens due to the rigorous control methods employed, whilst the low temperature treatment ensures almost complete retention of the vitamins A, B, C, D and E present in the fluid milk.

INDICATIONS

For the feeding of premature infants; also for infants and children suffering from fatty dyspepsia and gastric disturbances.

Also for general household use.

AVERAGE ANALYSIS UNDILUTED

Fat	9.1%
Protein	9.0%
Lactose	11.8%
Ash	2.0%
Cane sugar	42.5%
Water	25.5%

One medicinal tablespoon of Sweetened Condensed Milk weighs 0.67 oz. and provides 65.5 calories.

RECONSTITUTION FOR INFANT FEEDING

A recommended method for premature infants when breast milk is not available is to begin by using 1 part of Condensed Milk by volume with 11 parts of boiled water—e.g. $\frac{1}{2}$ medicinal tablespoonful Condensed Milk (2 teaspoonfuls) to $5\frac{1}{2}$ medicinal tablespoons of water gives 3 fluid ounces of mixture of caloric value approximately 11 per ounce. Then gradually increase strength to 1 part of Condensed Milk with 7 parts of boiled water—e.g. 1 medicinal tablespoonful of Condensed Milk to 7 medicinal tablespoonfuls of water gives 4 fluid ounces of caloric value approximately 16 per ounce. The composition of this latter mixture is approximately 1.4% Protein, 1.5% Fat, 8.7% Carbohydrate (1.9% Lactose and 6.8% Cane Sugar). Total daily fluid intake which is of especial importance with prematures is usually about 3 oz. per pound body weight.

AGE	Condensed Milk medicinal spoons table / tea		Boiled Water medicinal tablespoons	Calories per feed
1st week	-	1	2	16
2nd week	-	2	4	33
3rd week	-	3	6	49
4th week	1	-	7	65
6th week	1	+ 1	9	81
2½ months	1	+ 2	10½	98
4½ months	1	+ 3	12½	114
6 months	2	+ -	14	131

REMARKS: This table is based on 1 part of Condensed Milk to 7 parts of water, for six 3-hourly feeds at 6 a.m., 9 a.m., 12 noon, 3 p.m., 6 p.m. and 9 p.m. For 4-hourly feeds add one fifth more of Condensed Milk and of water to each feed. To use household tea and tablespoons, take two-thirds of the medical measurements. It is best to use medicinal measures, as household spoons vary in size.

When used as the sole diet of an infant, care should be taken to see that the vitamin A and D intake is adequate, due to the comparatively low fat content of Sweetened Condensed Milk.

METHOD OF PREPARATION

Dilute with previously boiled water.

PACKING

14 oz. hermetically sealed tins.

Sweetened Condensed Milk does not undergo the same heat sterilization treatment as does "Ideal" Evaporated Milk, and relies on its high sugar content for conservation. It is essential therefore that the fresh milk used is of the highest quality and that manufacturing hygiene be strictly observed. The fact that colony counts of less than 17 organisms per gramme of Sweetened Condensed Milk are frequently recorded in our Research Laboratories is an indication of the efficacy of the methods of control adopted.

AROBBON

DESCRIPTION

An anti-diarrhoeic prepared from the pulp of the carob bean.

INDICATIONS

For the treatment of diarrhoea of infants, children and adults. For diarrhoeas of infectious origin "Arobbon" may be used together with a specific antibiotic or chemotherapeutic agent.

AVERAGE ANALYSIS OF POWDER

Fat	1.5%	Lignin	
Proteins	4.0%	Hemicellulose, etc.	21.0%
Soluble carbohydrates	47.5%	Cellulose	4.0%
Starch	15.0%	Pectin	1.0%
Mineral salts	2.5%	Moisture	3.5%

Each 100 grammes of "Arobbon" powder provides:—

Calories	285	Phosphorus	80 mg.
Potassium	860 mg.	Chloride ion	190 mg.
Sodium	20 mg.		

MODE OF ACTION

The anti-diarrhoeic property of "Arobbon" and its de-toxicating power is due primarily to its content of lignin, hemicelluloses, etc.

"Arobbon" stops diarrhoea and controls dehydration by converting loose watery stools to normal, formed stools. Bacteria and their toxins are adsorbed by the lignin, and carried away from the intestinal tract.

"Arobbon" plays an important role in the prevention of diarrhoea-induced acidosis because of its high buffering power and content of soluble carbohydrates.

The high content of potassium, sodium, phosphorus and chloride ions in "Arobbon", help to replace lost electrolytes and to normalize mineral metabolism.

DOSAGE

The measure enclosed in each tin of "Arobon" contains 1 gramme of the powder.

INFANTS

Mild Diarrhœa—1 measure to each ounce of formula.

Severe Cases—Administer an "Arobon" decoction during the first 24 hours in place of the feeding formula as follows:—

From birth to the 6th month— $2\frac{1}{2}$ to 4 measures to each $2\frac{1}{2}$ to 3 fl. oz. of water.

From the 6th month onwards—4 to 8 measures to each $2\frac{1}{2}$ to 3 fl. oz. of water.

Then introduce gradually increasing quantities of "Capstan" Skim, or low fat, milk to the "Arobon" preparation. Once the cure is assured, return progressively to the routine diet.

Prophylaxis of Diarrhœa—When the possibility of diarrhœa by cross-infection exists:—routine addition of 3 measures to each 5 ounces of formula (i.e. 2% "Arobon") has proved efficacious.

CHILDREN AND ADULTS

Two medicinal tablespoons of "Arobon" powder taken 2 to 4 times per day in half a glassful of water or milk, or

Tablets—5 G., one tablet 4-hourly or up to ten per day chewed and swallowed with water or plain tea.

PACKING

Powder—150 G. hermetically sealed tins, with a 1 G. measure supplied.

700 G. hermetically sealed tin for hospitals.

Tubes of 20 x 5 G. tablets.

"Arobon" is widely accepted as the simple dietetic method of rapidly controlling diarrhœa. "Arobon" is convenient, effective and palatable. "Arobon" tablets are now available in tubes of 20 x 5 G. tablets—particularly convenient for the traveller.

Also see under Nutrition Abstracts:—

"Prophylactic Use of 'Arobon'"—A. Vianello *et al.* page xlii

"Investigation into the Adsorption of Free Amino Acids by 'Arobon'"—
Schmidt, G. W. page xlii

Testimonial—Dr. Albert Schweitzer page xlii

NESMIDA

DESCRIPTION

A protein hydrolysate prepared by the enzymic hydrolysis of lactalbumin (60%) and acid hydrolysis of casein (40%).

"Nesmida" provides amino acids, including all those considered "essential", in their natural proportions and in a readily soluble form for oral administration.

INDICATIONS

1. Where it is necessary to substantially increase rate of protein intake.
2. Where there is disturbance of the digestion and assimilation of normal protein foods.

Specific conditions for which "Nesmida" is of proven value include:—

The nephrotic syndrome, ulcerative colitis, severe burns with plasma loss, prematurity and placental insufficiency of infants, cystic fibrosis of the pancreas.

AVERAGE ANALYSIS OF POWDER

Total Nitrogen	12.0%*	
Amino nitrogen	7.0%	
Mineral salts	2.5%	incl. { Na ⁺ 0.1%
Moisture	5.0%	{ Cl ⁻ 0.4%

* 12.0% total nitrogen corresponds to 92.5% proteins—some water combines with the protein molecule during the course of hydrolysis.

AMINO ACID CONTENT

100 grammes contain:—

Tryptophan	1.2 grammes	} regarded as essential Amino acids
Valine	6.0 "	
Leucine	9.0 "	
Isoleucine	4.7 "	
Phenylalanine	2.5 "	
Threonine	4.0 "	
Methionine	2.5 "	
Lysine	7.5 "	
Glycine	3.5 "	
Alanine	6.0 "	
Serine	5.0 "	
Cystine	0.8 "	
Tyrosine	1.2 "	
Aspartic acid	4.5 "	
Glutamic acid	13.0 "	
Proline	9.0 "	
Histidine	1.6 "	
Arginine	2.6 "	

DOSAGE

- (a) CHILDREN AND ADULTS
10-30 grammes "Nesmida" per day. In special cases as much as 1 gramme per kilogram body weight per day.
- (b) INFANTS
0.5% to 1% "Nesmida" (1 to 2 grammes of "Nesmida" to each 7 fl. oz. of liquid). The dose may be increased to 2% if necessary.

The measure supplied with each jar of "Nesmida" holds, level, 1 gramme of powder.

INSTRUCTIONS FOR USE

- (a) CHILDREN AND ADULTS
Dissolve the powder in some cold water. It may then be mixed with bouillon, in soups, iced tomato juice and other foods. If preferred, it may be taken in a small volume of water as a "medicine". It is preferable to administer larger doses by tube.
- (b) INFANTS
Dissolve "Nesmida" in the water used to reconstitute or dilute the milk feeds and boil for 2-3 minutes; after cooling, reconstitute food in the normal way.

PACKING

Jars of 100 G. with a 1 G. measure attached.

THE SIGNIFICANCE OF AMINO ACIDS

In 1904, Emil Abderhalden proved that protein may be completely replaced by the amino acids contained therein. Dogs were nourished for periods up to one year with casein or meat hydrolysed by enzymes. Growing dogs developed as rapidly as those fed on ordinary meat, and starving animals regained weight losses. It is only in recent years, however, that these facts have received their deserved attention and that suitable preparations of amino acids have become available to the medical profession.

The Essential Amino Acids—Many thousands of different protein materials exist, but there are only approximately 10 amino acids of which these materials are composed. The organism is capable of synthesizing some of these acids, but approximately 10 of them cannot be synthesized by the body and these are known as "essential" amino acids. Such essential amino acids are: lysine, arginine, histidine, tryptophane, phenylalanine, leucine, and isoleucine, valine, threonine and methionine—the last two containing sulphur.

"Nesmida" contains all these essential amino acids, which together with the "non-essential" amino acids, are directly absorbed through the alimentary canal into the blood stream. For children and adults "Nesmida" is useful in alimentary disturbances, gastric and peptic ulcers, colitis, enteritis, nephritis, debility, malnutrition, loss of appetite, loss of weight, convalescence and in pre- and post-operative surgery—increasing resistance to infection and encouraging the healing of wounds.

"Nesmida" is also valuable for feeding premature infants which begin life with a considerable protein deficiency.

Also see under Nutrition Abstracts:—

"Amino Acid Supplement for Infants Failing to Thrive"—Ros Lavin,
L. et al.

page xlv

"Feeding, Prevention of Infections and Utilization of Oxygen in
Premature Infants"—Tobler, W. (1959)

page xlv

NESTARGEL

DESCRIPTION

"Nestargel" is a dietetic preparation for the control of vomiting in infants. It is prepared from the seed of the carob bean (*Ceratonia siliqua*).

"Nestargel" has the property of increasing the viscosity of the feeding formula without affecting either caloric value or nutritive balance. This eliminates excessive aerophagy and maintains a thickened consistency of food in the stomach.

INDICATIONS

- (a) The dietetic treatment of infants (artificially or breast fed) suffering from habitual vomiting when not directly due to the physical changes caused by organic diseases; e.g. œsophageal regurgitation, rumination, dyspeptic vomiting and emetic coughing, such as whooping cough.
- (b) for the dietetic control of obesity by use of a "thickened" meal.
- (c) For the incoercible vomiting of pregnancy.
- (d) Improving the suspension of barium for radiological examinations.

AVERAGE ANALYSIS OF POWDER

Fat	0.8%	Calcium lactate	4.0% (of which CaO = 0.8%)
Protein	5.8%	Mineral salts	1.4%
Cellulose	1.0%	Moisture	14.0%
Hemicelluloses	73.0%		

DOSAGE AND DIRECTIONS FOR USE

- (a) Breast fed infants:—

A thick pap, prepared with 3 measures of "Nestargel" to $3\frac{1}{2}$ fl. oz. water, should be given before or during the course of each feeding. (The measure supplied with each jar holds, level, 1 gramme of "Nestargel").

- (b) Artificially fed infants:—

Mix the "Nestargel" in cold water or milk formula and boil for 1-2 minutes (slightly enlarge the hole in the teat). Normally, an addition of 1 measure of "Nestargel" to each 7 ozs. of formula is sufficient. However, this may be increased if necessary to 2 or even 4 measures to each 7 ozs. of formula (1 gramme measure "Nestargel" to 7 ozs. formula provides a $\frac{1}{2}$ % solution).

NOTE

The thickening properties of "Nestargel" are unaffected by temperature or by digestive gastric enzymes.

PACKING

100 gramme ($3\frac{1}{2}$ oz.) jars supplied with a 1 G. measure.

"Nestargel" is a safe, simple and effective method of controlling vomiting in infants. The use of "Nestargel" can also assist the continuation of breast feeding of infants suffering from habitual vomiting.

Also see under Nutrition Abstracts:—

"Habitual Vomiting in Infants"—Paupé, J. page xliii

"Anorexia in Young Infants caused by Minor Aerogastria"—Houet, R. page xliii

"Use of the thickened Barium Meal in the X-Ray Examination of the Digestive Tract of Infants"—Solans, M.A., Midon Layra, R. page xliv

MALTOGEN

DESCRIPTION

Malt sugars with Vitamin B₁, for infants and adults.

"Maltogen" is a dried extract of malt sugars prepared by the enzymic action of malt diastase on barley malt, wheat germ and whole wheat flour. Not only are the natural vitamins and mineral salts retained, but these are fortified further by cereal germ extract, rich in vitamins of the B group.

INDICATIONS

Constipation in infants;
Anorexia;
Additional carbohydrate intake in infant feeding.

"Maltogen" corrects constipation in infants. It improves appetite due to its malt flavour and richness in vitamin B₁. For adults the malt flavour provides a refreshing variety in the diet so necessary in cases of anorexia.

"Maltogen" is also 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.

AVERAGE ANALYSIS OF POWDER

Protein	5.6%	Moisture	3.0%
Malt sugars	90.0%	Vitamin B ₁ per oz.	140 I.U.
Mineral salts	1.4%	Calories in 1 medicinal tablespoon	= 28

One medicinal tablespoon of "Maltogen" weighs 0.25 oz.

DOSAGE

For constipation and anorexia in infants, $\frac{1}{2}$ to 1 teaspoonful added to the feeding bottle is usually effective.

PACKING

12 oz. hermetically sealed tins.

"Maltogen" is the natural sugar addition to baby's formula for the correction of constipation. "Maltogen" is more readily absorbed, better tolerated and less liable to fermentation than other sugars. Due to its high vitamin B₁ content "Maltogen" stimulates appetite and growth.

As a valuable carbohydrate for the modification of "Lactogen" or other milk in infant feeding, the following table will be of use:—

"MALTOGEN"	Diluted "LACTOGEN"	Increase in Carbohydrate
1 medicinal teaspoonful dissolved in diluted "Lactogen", as shown in next column.	2 fluid oz.	2.5%
	3 " "	1.7%
	4 " "	1.3%
	5 " "	1.1%
	6 " "	.9%
	7 " "	.8%
	8 " "	.7%
	10 " "	.6%

MILO

DESCRIPTION

A concentrated "tonic" food prepared from milk and malted cereals. It is flavoured with chocolate and supplemented by the addition of vitamin concentrates, yeast extract and mineral salts.

INDICATIONS

As a general "tonic" food, "Milo" supplies elements of high nutritive value in an easily digestible form, pleasant to take.

As a complementary food, "Milo" is particularly indicated for insomnia and nervous debility; during pregnancy; for the nursing mother, in geriatric and post-operative diets and during convalescence.

AVERAGE ANALYSIS OF POWDER

Fat	11.7%	Iron	0.02%
Protein	12.7%	Calcium	0.60%
Carbohydrate	68.0%	Magnesium	0.25%
Mineral salts	4.6%	Phosphorus	1.15%
Moisture	3.0%		

Vitamin A per oz. = 500 I.U.

Vitamin B₁ per oz. = 50 I.U.

Vitamin D per oz. = 100 I.U.

Calories per oz. = 124

Calories per 1 medicinal tablespoon = 31

Weight of 1 medicinal tablespoon of "Milo" = 0.25 oz.

DIRECTIONS FOR USE

HOT "MILO"

Place two or more teaspoons of "Milo" in a cup and add hot milk. Stir to dissolve and sweeten to taste.

ICED "MILO"

Place required amount of "Milo" in a cup and add a little hot water to dissolve. Sugar to taste. Fill glass with iced milk, and if desired, a spoonful of ice cream.

PACKING

8 oz. and 14 oz. hermetically sealed tins.

Special bulk 4 lb. hermetically sealed tins for Hospitals and Institutions.

"Milo" provides a source of essential minerals and vitamins in a pleasingly palatable form acceptable to all age groups.

NERVOUS DISORDERS

"Milo" is a valuable anti-neuritic tonic food; its B₁ content is of special interest.

PREGNANCY

"Milo" is of particular value during pregnancy as it increases the calcium-phosphorus intake, avoiding depletion of the maternal skeleton due to foetal demand.

NURSING MOTHERS

"Milo" offers the supplementary nourishment required during this period and in particular supplies the minerals and vitamins required to maintain the general health of the mother and guard against possible deficiencies in the infant.

SENILITY

"Milo" is easily digested by the aged and contains an ample supply of magnesium—frequently indicated as a result of disturbed calcium-magnesium balance in advancing age.

CONVALESCENTS, POST-OPERATIVE CASES, ETC.

"Milo" may be usefully prescribed in all cases requiring an easily digested tonic food.

"Milo" has excellent keeping qualities and is extremely convenient in use—it can be taken with either hot or cold milk.

"Milo" may also be used in place of cane sugar on cereals and puddings.

NESTLÉ'S MALTED MILK WITH ADDED VITAMIN B₁

DESCRIPTION

A preparation of milk and malt solids (in the ratio of 1:2) dried to a powder under vacuum. The malt solids are prepared by the enzymic action of diastase on malted barley and wheat flour, the whole of the starch being completely converted into soluble malt sugars.

INDICATIONS

Particularly useful in convalescent and post-operative diets where easy digestion and rapid assimilation are essential.

AVERAGE ANALYSIS OF POWDER

Fat	9.4%	Mineral salts	2.7%
Protein	12.9%	Moisture	3.0%
Lactose	12.0%	Vitamin B ₁ per oz. =	150 I.U.
Malt sugars	60.0%	Calories in 1 medicinal tablespoon =	38

DIRECTIONS FOR USE

Three or more teaspoons in hot or cold milk makes a tasty and nourishing beverage.

PACKING

1 lb. hermetically sealed tin.

Nestlé's Malted Milk provides a valuable dietary supplement, rich in vitamin B₁, for the alleviation of mental and physical fatigue, for stimulation of the appetite and for increasing resistance to certain nervous and alimentary complaints. Since vitamin B₁ is not stored in the body adequate daily intake is essential.

STERILIZED REDUCED CREAM

Percentage Composition:

Water	Fat	Solids— not fat	Wt. oz. 1 med. tablespoon	Calories in 1 med. tablespoon
68.0	25.5	6.5	.50	38.0

Sterilized Reduced Cream is manufactured in a similar way to "Ideal" Milk except that concentration is not required. Although absolutely free from preservatives, Nestlé's Sterilized Reduced Cream will keep indefinitely in the unopened tin.

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

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 the aroma, 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. It truly is an INSTANT coffee.

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, extraction and drying 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, Savoury Chicken & Rice, Turkey Noodle, Creme of Chicken, Mushrooms, Pea with Ham, Oxtail, Tomato, New Vegetable, Asparagus, Spring Vegetable, Beef Broth Cubes, Chicken Broth Cubes.

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

MAGGI SAUCES

A range of easily prepared pre-cooked "Maggi" Sauces 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 sauces reconstitute readily and require a minimum of cooking. Varieties are Savoury Mushroom, Brown Onion, Curry and White.

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 perception 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.

THE PROCESS OF MANUFACTURE OF LACTOGEN

The preparation of Nestlé milk products commences even before the milk is collected.

Each factory has its staff of qualified farm 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 timetables 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 only if satisfactory is it manufactured into "Lactogen".

The composition of liquid milk varies considerably even from day to day, so samples of each batch for manufacture are immediately analysed in the factory laboratory. The milk components are then adjusted so that "Lactogen", when reconstituted, has a reduced protein and fat and increased carbohydrate content, thus complying more closely with the requirements of the average baby.

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 valve under high pressure, breaking up large fat globules and making the milk homogeneous. The fat globules of both human and cows' milk vary in diameter from between 1/1,000 and 1/100 mm., though there are more of the larger globules in cows' milk. Homogenization reduces the fat globules in "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 lyolytic enzymes.
- (ii) Un-homogenized milk tends to form a tougher coagulum during digestion.

SPRAY-DRYING. Next the milk is spray-dried by a special Nestlé process. The milk is forced through small jets as a fine mist into a current of warm air. The water is immediately evaporated from the milk droplets, leaving behind particles of milk powder which are collected automatically at the bottom of the drying chamber by a continuous process.

This drying action is gentle, producing a readily soluble powder which when reconstituted with water compares very favourably with fluid milk. The powder so produced is subjected to check analyses before being packed by automatic machines into tins. "Lactogen" is untouched by 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.

In order to ensure the provision of minimum daily requirements, the following vitamin additions are made to "Lactogen":—

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

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

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 "Lactogen" to make good this deficiency.

MAINTENANCE OF FRESH STOCK

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

Some important characteristics of "Lactogen" are:—

1. "Lactogen" is pure, fresh milk modified and fortified with additional A and D vitamins and iron, dried by special process.
2. Composition does not vary.
3. Reduction in size of fat globules in the process of manufacture (some milk-drying processes cause fat globules to become larger than in cows' milk).
4. "Lactogen" is under close scientific control from the time the milk is obtained from the cows until the product is marketed.
5. "Lactogen" is entirely an Australian product manufactured by the Nestlé Company in factories situated at Smithtown, North Coast of New South Wales; Dennington, Western District of Victoria; and Gympie, Queensland. Milk supplies are drawn from some of the world's richest pastures.

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.	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 ₂ 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		33
2	Bacon				840-1,440	130-300				0.53		34
3	Banana		17		50-160	56-75	3-6.1	10		0.4		35
4	Barley				500							36
5	Beans		221-400		198-450	110-175	3.5-7.6	7.2-20.2(2)				37
6	Beef				72-240							38
7	Beef Kidney	1100			250		73-100					
8	Beetroot				10-30(2)	50	4-6.4	5(2)		0.2		
9	Bread—White 70% Extraction				160	60	6.6-10.0					39
10	Bread—Wholemeal				225-450	180	37-42					40
11	Butter			1,080-5,670	0-120	10-37		8-99		2.1-3.5		41
12	Cabbage			900	30	50-57	1.2-4.0	11-57		0.11		42
13	Calf Liver			52,600- 159,800	198-450	3,300	120-179	30-50	0-10			43
14	Carrot		2,000-9,600		60-70	50-60	4-14.7	4-9		0.45		44
15	Cheese—Cheddar			5,500	24-40	500-550		0	+	1.0		45
16	Chocolate—Milk			480	50	+	+					46
17	Chocolate—Plain			36			11			0.7		47
18	Dripping	0		0								48
19	Eggs—Hen—Whole	420-1,100			150	250-400	1.0	0	33-44			49
20	Eggs—Hen—Yolk	130-8,800			300-420	520			70	1.4		50
21	Figs			80	60-75	5	10	2.2-8.7	140-390			51
22	Fish—Cod—Flesh	0										52
23	Fish—Cod—Liver	60,000			270		16	26.7	8,100-30,000			53
24	Fish—Herring—Canned	28							6,000			54
25	Fish Liver Oil—Cod B.P.	60,000							112-420	0.05		55
26	Fish Liver Oil—Halibut	2,000,000- 36,000,000							8,500			56
27	Fish Liver Oil—Tunny	52,000- 8,000,000			40				20,000- 400,000			57
28	Fish—Mullet	430-1,075							1,600,000- 25,000,000			58
29	Grape		15		50	15-40	4-8.4	4				59
30	Ham				600-1,070(2)	190						60
31	Lactogen	2770			250	1,270	+	6	422			61
32	Lamb Fry			50,000- 150,000	300	3,300	176	25-50	20	1.4		62
												63

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, hæmorrhages 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 µg 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 µg/100G.	Total Activity µg/100G.	Thiamine µg/100G.	Ribo- flavine µg/100G.	Nicotin- amide µg/100G.	Ascorbic Acid mg./100G.	Probably D ₂ I.U./100G.	Total Tocopherols µg/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	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		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.

VITAMINS AND MINERALS IN FULL CREAM DRIED MILK*

Vitamin A	I.U./lb.	4,950
Riboflavin	mg/lb.	6.7
Thiamin	mg/lb.	1.2
Niacin	mg/lb.	3.1
Pantothenic Acid	mg/lb.	13.0
Pyridoxine	mg/lb.	1.5
Biotin	mg/lb.	0.185
Choline	mg/lb.	400
Calcium (Ca)	%	0.97
Phosphorus (P)	%	0.75
Calories	/lb. ⁽¹⁾	2,260

Other vitamins for example, fat-soluble D, E and K are present in appreciable quantities, also water-soluble vitamin B₁₂. Vitamin C approximates 44 milligrammes.

Milk is an excellent source of calcium and phosphorus and contains sodium, potassium, magnesium, chlorine and sulphur as well as the "trace" minerals.

RECOMMENDED DIETARY ALLOWANCES IN AUSTRALIA

In response to a demand for recommended dietary allowances recognising the influence of environment and nutritional requirements, the Nutrition Committee of the National Health and Medical Research Council in 1954 prepared a table for use in the planning of diets in Australia. Permission to reproduce this table 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.).

* Bulletin 913 of American Dry Milk Institute Inc.

(1) "Sunshine" Full Cream Milk Powder...2,330 cal./lb.

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. This is essential although insufficient information is available for the adoption of precise amounts. The usual Australian mixed diet is believed to provide an adequate amount of iron, however.⁽¹⁾

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**

Subjects.	Age. (Years.)	Calories.	Protein. (Grammes.)	Calcium. (Grammes.)	Vitamin A. (International Units.)	Thiamine. (Milligrammes.)	Riboflavin. (Milligrammes.)	Niacin. (Milligrammes.)	Ascorbic Acid. (Milligrammes.)	Vitamin D. (International 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) .. Lactating (850 millilitres daily) ..	—	Add 400	80	1.5	6000	1.3	1.8	13	80	400
	—	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

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

(1) The Food and Nutrition Board, National Research Council, Washington, recommended 12 mg. daily for men and women, 15 mg. daily during pregnancy and lactation and 6 mg. daily for children under 1 year.

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NUTRITION ABSTRACTS

GENERAL NUTRITION

"THE INFANT"

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

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 value seems 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."

GOATS' MILK ANÆMIA

Fanconi and Wallgren's "Textbook of Pediatrics", 1952 edition (p. 368)

"Babies who are fed for a long period exclusively on goats' milk may become wasted and suffer from a profound lack of appetite and a severe form of anæmia. This type of anæmia does not resemble the anæmia that may arise from exclusive cows' milk feeding; it is not an iron deficiency anæmia and does not respond to oral iron medication. It is a hyperchromic anæmia with a megaloblastic bone marrow and thus resembles pernicious anæmia, indeed, it is quite a serious condition. In some babies so affected one can observe a compensatory return to extra-medullary blood formation; liver and spleen become enlarged and the blood shows a leucocytosis and erythroblastæmia. Goats' milk anæmia responds specifically to liver and folic acid. It is considered to be a vitamin deficiency disease. It is possible that some factor essential to blood formation is lacking in the diet of poorly fed goats."

FEEDING THE PREMATURE BABY

Ford, F. J.—S. African Med. J., 1960, 34, pp. 393-396

Nothing is given in the first 36 hours after which a fluid intake of $2\frac{1}{2}$ oz. per lb. per day is maintained for one week and later may be increased to 3 oz. Breast milk is reinforced with 1 G. per oz. of a casein-carbohydrate powder so that 3 oz. feed supplies 2.7 G. protein, 8.7 G. carbohydrate, 3 G. fat and 70 Cal. If evaporated milk is used 1 G. sugar is added per oz. to give a nutrient content of 3 G. protein, 7.8 G. carbohydrate, 3 G. fat and 68 Cal. in 3 oz. feed. Feeding is by stomach tube. The system has been satisfactory.

TRIAL OF RAISING PREMATURE INFANTS ON A RESTRICTED NUMBER OF FEEDINGS: REPORT OF 207 CASES

J. R. Grislain, P. Lemoine, C. de Ferron, Y. Delaroche, R. Mainard, and F. Morin—Arch. Franc. Pedit.—Vol. 18:721 (June) 1961

“From 1956 to 1959 the authors progressively diminished the number of daily feedings of the premature infants at the Children’s Clinic, Nantes. In 1959, 109 premature infants received only 5 and 98 only 6 feedings each day, from the time of their birth and regardless of their weight at birth. Fewer feedings have the advantages of disturbing the infants less often and, therefore, of conserving their strength and of exposing them less to the danger of infection. The authors observed fewer instances of vomiting. The infants displayed a greater hunger at the time of feeding; consequently, it is probable that the infants drank and digested more easily. The same quantity of liquid as had been given in 8 to 12 feedings was divided into 5 and 6. Although the infants tended to leave a few grams, weight gains were at least as large as before and, on the whole, even noticeably larger. Diarrhoea and skin infections occurred less frequently. Radiological studies showed that the passage of fluid through the stomach is good with 5 feedings; it is less good with 6 or 8. If there were some few failures, the results were at least as good as those obtained using the usual methods. In addition, this method has noticeably lightened the many duties of the staff members, who are clearly less fatigued.

ACIDIFIED MILK POWDER

COMPARATIVE FREQUENCY OF INFECTIONS AMONG INFANTS FED ON HALF-SKIMMED MILK POWDER AND OTHERS ON ACIDIFIED WHOLE MILK POWDER

Bohn, A., and Aboulenc, A.—Sem. Hop., 1960, 36, Ann. Pédiat., No. 2, pp. 120-123

Of 106 infants in a large nursery in Paris half were fed on acidified whole milk powder, "PELARGON", the others on half-skimmed milk powder, "NIDO". Each infant had a partner in the other group and for each pair conditions were, as far as possible, identical. The infants were divided into two age groups: from three weeks to two months and from six weeks to three months. In the first group, with 29 infants given the whole milk powder, infections lasted for 95 days altogether; in the 29 infants on semi-skimmed milk powder, infections lasted 218 days. In the second group with 24 children on each diet corresponding times were 53 and 159 days. Some infants never contracted an infection while others contracted several. The two groups on whole milk powder gained, on average, 27 and 25 G. per day, respectively, while the others gained, on average, only 20.8 and 20 G. per day.

PREVENTATIVE FEEDING MEASURES (PELARGON)

LaRue, A., Canadian Medical Association Journal, 1960, 83, 1002

When the usual form of treatment failed to check an epidemic affecting the newborn, with *E. coli* 0127B8 as the pathogen, we tried to combat it by preventative feeding measures (Pelargon).

Sixteen out of 24 infants fed pasteurized milk had stools of gastro-enteritis as well as symptoms of infection, whereas as twelve on Pelargon were asymptomatic.

Acidified milk feeding was tried on chronic carriers of *E. coli* 0127B8, to determine whether this feeding technique could, by itself, reduce or destroy the pathogens in the intestinal tract.

At the end of the first week of acidified milk formula, all the infants, with the exception of those who were persistent carriers, were shown to have normal stools. The impressive result with acidified milk formula on the pathogenic flora of these carriers was due entirely to the formula. All stools without exception remained negative on follow-up tests. These results were considered impressive.

The study was intended to include all the newborns during their first three months. Identical results were obtained—a *lowering of the incidence of intestinal infection* and very few common acute infections (otitis, pharyngitis, pneumonia, etc.).

COST OF PELARGON FEEDING

Not only did these clinical results prove beneficial to the health of the infants, but they also had a favourable effect on the financial status of the institution. Although acidified milk may cost slightly more, the outlay for solutions, antibiotics, binding agents, etc., was reduced. Some figures showing the monthly cost of antibiotic therapy before the experiment in April, and after extending this type of feeding to all the newborns in May 1959, are given below:—

Before using acidified milk feedings	January, 1959	\$ 388.66
	February	537.89
	March	661.06
	April	684.76
After extending the acidified milk feedings to all the newborns	May	280.70
	June	157.75
	July	117.35
	August	116.80
	September	107.35
	October	150.00
	November	98.00
	December	79.00

VITAMINS C AND D

INFANTILE SCURVY IN RELATION TO INFANT WELFARE WORK

Medical Journal of Australia, 21st June, 1958

An investigation was undertaken to discover why, with improved standards of living and improved knowledge of nutritional requirements, that the disease not only still occurred but was apparently on the increase.

No patient had been breast-fed beyond the age of three months. Thirty-four of the thirty-eight infants did not receive orange juice for various reasons. Only four infants received adequate supplementary vitamin preparations. Of the mothers of those four children, one boiled the vitamins in the milk. One took the supplement from a bottle that had been partly used and then stored for many months; analysis showed it almost devoid of ascorbic acid. The other two babies who were said to have received adequate ascorbic acid, recovered rapidly when it was given by mouth, and the mother's account was regarded as not acceptable.

SCURVY YESTERDAY AND TO-DAY

Australian Medical Journal (August 22nd, 1959)—Elizabeth Turner, David Pitt, Roderick Thomson

It is believed that the increasing incidence of scurvy in Victoria is a real one, and may be due to many factors, chief among these being:—

- (a) profound ignorance by the parents of the importance of fresh foods or vitamin supplements in the infant's diet;
- (b) a tendency to carelessness and neglect in the management of feeding of children occurring later in the family;
- (c) the difficulty encountered because of language barriers in attempting to educate New Australians in the proper use of new infant food habits.

These people often readily abandon old food customs and discontinue breast feeding; although they readily co-operate in sterilizing the milk formula and other foods, they do not appreciate that by so doing, they have reduced the infant's ascorbic acid intake.

The authors suggest that it may be necessary to provide free orange juice, as is the practice in Great Britain and also put forward two further steps that may help to reduce the high incidence of scurvy:

- (i) making scurvy a notifiable disease;
- (ii) placing multi-vitamin preparations and ascorbic acid on the "free list" (Commonwealth Pharmaceutical Benefits).

THE VITAMIN D INTAKE OF AUSTRALIAN INFANTS AND THE INCIDENCE OF IDIOPATHIC HYPERCALCÆMIA AND NUTRITIONAL RICKETS

Clements, F. W., Macdonald, W. B., and Williams, H. E.—*Med. Journal Austral.*, 1961, i, pp. 238

Following a report on the above subject, the writers summarized their conclusions as below:—

1. The vitamin D intake of a sample of infants in New South Wales and Western Australia has been estimated. The results show that many infants receive an amount far in excess of what is considered to be the optimal requirement.
2. The incidence of idiopathic hypercalcaemia in infants and of nutritional rickets in Australia is very low—10 cases of each disorder over a five-year period from 1954 to 1959.
3. There is no evidence of any relationship between excess vitamin D consumption and idiopathic hypercalcaemia in Australia.
4. In view of the lack of standardization of vitamin fortification of infant foods and the lack of uniform advice on the administration of these foods and vitamin preparations, it is recommended that a composite body of representatives from the Australian Pædiatric Association, Department of Infant Welfare in each State and the National Health and Medical Research Council meet with a view to recommending standardization of vitamin preparations, of vitamin fortification of infant foods and of their administration.

SEVERE TYPE OF INFANTILE HYPERCALCÆMIA

B. E. Schlesinger, M.D., F.R.C.P., N. R. Butler, M.D., M.R.C.P., D.C.H., J. A. Black, M.D., M.R.C.P.—*British Medical Journal*, 21st January, 1956, pp. 127

Infantile hypercalcaemia has only recently been recognized.⁽¹⁾

There are two varieties of the disease. A simple or benign form with good prognosis. A more severe type with a definite mortality can be recognized by a characteristic facies, present from an early age. All survivors so far followed have been mentally retarded.

Naturally the key to the whole problem would be the discovery of the cause of the hypercalcaemia. There has been no evidence of hyperparathyroidism. Neither bone destruction nor immobilization plays any part in the production of the hypercalcaemia. We have been unable to find any evidence of an abnormally high intake of vitamin D by the infants under discussion, nor by their mothers during pregnancy in the four cases we were able to investigate fully. Four of our infants had been fed on dried milk—700 I.U. of vitamin D per reconstituted pint (1,232 I.U. per litre)—for some months before the development of symptoms, with the addition of vitamin supplements in normal amount.

Overdosage with vitamin D having been excluded, the possibility of hypersensitivity to the vitamin must be carefully considered. It is known that the amount of vitamin D required to prevent rickets varies enormously from individual to individual, and it is also possible that there is a similarly wide range in the amount which will produce hypercalcaemia.

SUMMARY. Excessive vitamin D intake was regarded as a possible cause, but no evidence of this could be found. An abnormal sensitivity to vitamin D, determined by individual metabolic requirements or by growth disturbance, is suggested.

(1) Lightwood, 1952a, Payne, 1952.

AROBON

PROPHYLACTIC USE OF AROBON

A. Vianello *et al.*—*La Clinica Pediatrica*, 1958, 40, pp. 532-544

The authors report on the results obtained over a ten-year period with "Arobon" given prophylactically to 738 infants in an orphanage. After a brief review of the product's therapeutic characteristics and possible drawbacks, they consider the following prophylactic indications:—

- 1) Newborn babies bottle-fed from birth or almost, and prone to dyspeptic stools.
- 2) Breast-fed infants suffering from fermentative dyspepsia.
- 3) Diathetic infants.
- 4) Children weaned normally.
- 5) Infants suffering from chronic otitis.
- 6) Children submitted to prolonged antibiotic therapy.
- 7) Lastly, all young bottle-fed infants during the summer or during a viral or gastro-enteric type of epidemic, in conjunction with specific therapy directed at the cause of the complaint.

Parenteral forms were found to be more refractory to prophylactic treatment and improvement and ultimate cure were obtained only in association with suitable anti-infection therapy.

The authors concluded that "Arobon" is of undoubted efficacy in the prophylaxis of diarrhoea.

INVESTIGATION INTO THE ADSORPTION OF FREE AMINO ACIDS BY AROBON

Schmidt, G. W., (1959) *Zschr. fuer Khde.*, 82, pp. 353

The anti-diarrhœic effect of "Arobon" is due in large part to its adsorbency (surface effect). The present investigation aims at showing whether free amino acids are adsorbed by "Arobon" and whether they thereby escape resorption in the digestive tract.

In order to show this, 2% "Arobon" powder was added to a 1% solution of amino acids. The analyses for amino nitrogen, as well as chromatography showed no difference between the preparations with and without "Arobon". The experiments were repeated with acidified and alkalized mixtures and there again, no difference was observed.

The utilization of dietary proteins is not altered when "Arobon" is added to the diet; consequently "Arobon" may safely be given even for prolonged periods (i.e. for prophylaxis).

TESTIMONIAL—BY DR. ALBERT SCHWEITZER

From the numerous references available on the excellent results obtained with "Arobon" we single out this particularly interesting statement by Dr. Albert Schweitzer, who uses a great deal of "Arobon" at his Lambaréné Hospital (French Equatorial Africa).

"We use 'AROBON' with unflinching success in all cases of infantile diarrhoea. It greatly simplifies the nursing of the children in our hospital. We also use it regularly in the numerous cases of diarrhoea occurring in adults, both white and native. It is much used in cases of amœbic dysentery. Patients accept it willingly. It keeps well in the hot, damp, equatorial climate. There can be no doubt that it has enabled us to save many babies' lives."

NESTARGEL

HABITUAL VOMITING IN INFANTS

Paupe, J.—*Le medecine infantile*, 1957, 64, pp. 5

Habitual vomiting in infants is vomiting of functional origin without organic cause, occurring in a non-infected child fed 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 thickening powder at 1 or 2 per cent. concentration and mentions "Nestargel".

ANOREXIA IN YOUNG INFANTS CAUSED BY MINOR AEROGASTRIA

Houet, R., *Pédiatrie (Lyon)*, 1961, 16, 373-377

"These are infants *who do not vomit* (or at least no more than any other infant who may regurgitate from time to time). Bottle-feeds sometimes drag out an hour or more, whilst in other cases, the baby, after having started to drink eagerly, stops half-way maybe and refuses to take any more. Very often after a period of rest he cries to demand the remainder of his meal. Naturally, this leads to discouragements and fatigue in the mother, whilst *the baby's weight increase is very slow*.

Clinical examination is usually negative and simply shows that there are no signs of illnesses such as otitis, pharyngitis, stomatitis, etc., which might impede swallowing.

When we began to investigate these complaints, we tried from the start treating them with *thickened bottle-feeds* (NESTARGEL/NESTLÉ) and observed that all the troubles were thereby improved starting from the very first meal."

USE OF THE THICKENED BARIUM MEAL IN THE X-RAY EXAMINATION OF THE DIGESTIVE TRACT OF INFANTS

M. A. Solans, R. Midon Layra
Arch. Fac. Med. Zaragoza, 1959, 7, No. 5
Monthly Documentation Bulletin, Vol. 17—Nr. 196

IV 4212
Spain

In this preliminary note, the authors mention the advantages of adding 1 to 1.5% of "Nestargel" to the barium meal for the X-ray examination of the digestive tract in infants, who take this mixture willingly. The meal with added "Nestargel" takes much longer to sediment than the ordinary barium meal which makes it easy, for example, to X-ray the œsophagus.

Moreover, the meal with added "Nestargel" clings perfectly to the walls of the digestive tract so that extremely clear pictures are obtained and the duration of the examination is shortened. Lastly, the authors noticed that in a great many cases the meal filled the appendix spontaneously.

NESMIDA

AMINO ACID SUPPLEMENT FOR INFANTS FAILING TO THRIVE

Ros Lavin, L., *et al.*—Arch. Facult. Med. Zaragoza, 1958, 6, pp. 941-55

These authors reported on the effect of adding amino acids (NESMIDA—Nestlé) to the diet of a group of six prematures and thirteen children failing to thrive. Weight increases were observed, sometimes in excess of expectation, and there was also an increase in total protein in the blood serum.

Amino acids were administered as follows:—

"NESMIDA" was mixed with the feeds without changing the diet.

The infants failing to thrive were not given any specific drug.

The "NESMIDA" was given at the rate of 1-2 grammes per kilogramme body weight per day.

Concerning "NESMIDA" tolerance, the authors wrote:—

"We adopted a technique of progressive administration by dividing the total dose between the day's meals and gradually increasing the dose. In this way every child was able to take the necessary quantity after a very short initial period. Far from being refused, the food was usually eagerly accepted. In a few cases there was some resistance initially, but it was easily overcome after which no further difficulty was encountered. We think it worthwhile stressing the perfect tolerance by the digestive tract . . ."

They also found excellent tolerance in prematures fed 1 gramme per kilo body weight per day, without any undesirable side effects.

FEEDING, PREVENTION OF INFECTIONS AND UTILIZATION OF OXYGEN IN PREMATURE INFANTS

Tobler, W. (1959)—*Pediatrics internazionale*, 9, pp. 215

The first part of this article on care of prematures in hospitals is devoted to feeding. The writer recommends half-skimmed breast milk from the age of one day in prematures whose birthweight is over 1,500 G. (approximately 3 lb. 4 oz.); babies whose birthweights are below 1,500 G. will be given a 5% glucose solution from the age of 24 hours, and half-skimmed breast milk from the third day only. The addition of $\frac{1}{2}\%$ "NESMIDA" to the diet is recommended, so as to provide for the high protein requirements of the premature baby.

Over-feeding, which promotes the onset of respiratory troubles, vomiting and diarrhoea, should be avoided. Diarrhoea itself may be prevented by adding $\frac{1}{2}\%$ "AROBON" to the food.

The author then deals with the prevention of infections and stresses the advantages of ultra-violet irradiation of premature infants. The dangers of indiscriminate oxygen therapy are recalled, and the author states that nowadays he tends more and more to dispense with this therapy whenever possible.

CALENDAR, 1962

CALENDAR, 1963

CALENDAR, 1964

January.							February.							March.						
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January.							February.							March.						
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January.							February.							March.						
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July.							August.							September.						
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October.							November.							December.						
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28	29	30	31	25	26	27	28	29	30	31	22	23	24	25	26	27	28

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
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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
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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 31 1 2 3 4 5 6 7 8 9 10 11	November September
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5.1.63 Quite a day. Started off fairly leisurely but the tempo speeded up. While at Mathis the PAT plan brought in Betty Astor, Jan met. Saw rain. One letter from Inaguchi about Bob's claim - made me furious. Went on to cook the books. The 3 F was arrived. F. Geoffrey agreed that I should call J's bluff. Trying to pack a million things. Bob Butcher came as we finished lunch. Mame in a panic. We tried to be sensible. John took over the Hosp. I talked to Joyce M who says she will come back!!! Talked to G.G. about her blues. Jan asked us then for dinner. Jeremy took an joint in. He brought Fr. Kenyon Reppins & Kroyley for aftn tea. Left Hosp. at 5:30 in great sense of relief. Dinner the usual ghostly affair of 26. Just leaving for the Bay, a cyclonic mob came in. Mame & Jan got to Bay at 10:30 & off we went M. & I on deck. Slept badly. Sea not bad.

16.1.63 DOGURA. Woke at 4:5 in rain & moved to cabin. Slept bet 7:30. Took at 10 & had a cuppa there. I like the Grants. Dogura at 2. ick, too rough at the jetty, disembarked at the point. 3 Bishops to greet us. + P. old, + D. ill at ease. Mame in Hospital waiting for baby. Had a supper, met several new staff, unpacked. Sleeping over the old library. E's very good. Sherry & M. Elas. Nid & lot of laughter. Dinner - all M. Jan, Pat + P's table. + P warned about St. George, who had a terrible trip. Offer at Ann's & medicals. Nymphred. M. & I to bed early.

17.1.63 The apricot at dinner gave almost all Conference the runs. My bowels were merely jolted out of their sluggishness. John C. & the Bishop both had to leave the altar at 6:17 Mame Mame, Teddy quite knocked, Jan not too good. Mame

17.1.63

Lay out in the shade on my Ti to last heard Conference.
A meeting of women after breakfast to organizing jobs, lot of
time muddled & wasted. Helen. I went to see Wallace
who is waiting for delivery. At last got hold of 7.1 Henry
& talked about P.W.D. No payments yet. Wrote letters
to Tracy & Peter. Muddled before lunch. U. got a
sickened letter from Dot. Bob had another of at
talking on over. Her also is shocking the moment to
propose marriage. Don Dot. Wrote to her, finished a
letter from Conference at 2.1 + P's address. I asked him
about getting Geoff Ackworth to do our plumbing -
too hurried & he didn't understand it was a very
temporary request. Don clean. However he said yes &
I spoke to George B. about it. 6.30 pm for you to 1st
this A.M. Had a short conference in the evening,
& picked a much too large committee to consult re
new Bishop. Finally left + P's 2 Arabs. to select
10-12 of the 36. Started retreat. Letters to 7 bundles

18.1.63

Retreat. Just tried, appreciating quietness
heavily - but looking towards college. Found my thoughts
longing for the calm of the old days. Moved with new
perceptions in church but 7.15. We tried to feel much.
Left heavily P.M. Very hot & sweaty. Went to prayers
at 8 but to bed before lamping.

19.1.63

Retreat. It's good. Spent a lot of time
preparing confession, screwing myself up to it. Couldn't
sleep much after lunch. To F. J. - very hard. He gives
so much that his advice to us to give freely
had all the more force. Talked about being a man
& not receiving pay. Also told him about poor Dot.
Just played out & amina.

20.1.63

Conference Sunday. To 7 AM Mass. + D celebrat.
Fr Peter Hand preaching. Rather high praise for Papuans.
3 sermons today! Breakfast after it Fr Henry who expected that I was
wanted in the cathedral at 2. I was supposed to be on the
committee, yet prayed that I wd. be constructive. Saturday
No 1. Morning preaching. Conf. sermon - good too. Talking
people mostly about medical B.C. ... but asking for opinion
from Bishop. Lunch at 12, short rest. + to cathedral where
went on by me to the vestry. It was all quite satisfactory
but took ages. For, I got out by 3.30. No letter written
to see Marcella who produced a girl during Mass. From
missed delivering her but Bp's wife was to deliver Bp's wife.
I was + G. got no sleep. nor Margaret John C. off colour. Bath
+ still no letter done. I sang Latin song + + D. sermon. Late
dinner. Meeting in Muniap. Kerapas about schismatics quite
profitable. Isaac esp. helpful. Late for supper but got some.
Also says there is a possible ser. for St P's. E. Hill.

22.1.63 Had a few pains during the night, up at 5.30 for
Requiem Mass, but had to come out to vomit after 5 min.
Later got the diarrhoea too. + same way as the others. I
suffered. Went to conference for only 5 minutes O.K. while
I lay down, but as soon as I moved the Dsr Vs came on
and give me Largactil. I nearly fainted in small house +
was put in dim dim ward for the first time in my life.
Left most of the pain gone. Man waiting on me hand
foot. Had to borrow clothes. Missed an interesting day
in Financial Report.

22.1.63 Slept heavily, woke ready for more but feeling hot
Sunday visitors bless them. Eleri, Viv & Jean
spansions nighties & I gave most attentive MK
same & short letter from Al in fountain pen. We
talked read & loafed the morning away BNO, PNU &
drank. No appetite. To Wed I see Al. Got through
quite well but a sub. cer. mark tomorrow. Beware
arrived, looking it well, bless him. Talked to + G about
Boanan girls. Shows frankly that he is sending them
to increase their opportunities esp. marriage! + I tried at
dinner. I've come to bed in Hospital as there is a dance
in Dogua House. Ticks credit can. praise to. Name
buying some Bibles & NTs for staff tonight.

23.1.63. Wednesday. Crowded day. Increased in Hospital. to
mass & then moved back to Dogua House. at 9 went
for a while to Head of Station, then Maurice. I went
to Med Sub Cer: Margaret, Charles & 2 Jans in the
bottag. agreed that both Hospital if possible should
have Govt. recognition & Maurice Jan. M. should go to
Merely to see the papers that he also that we ask for
2 labor notes. ^{also before conf.} conference in P.M. & at night.

24.1.63 Thursday. Mass at 7. Conference all day. I stopped
through the business. I saw A.J. & Clement in AM & other fl.
Hospital a bit of a mad-house with 3 doctors about.
I seem to have lost the little pencil Bob gave me
plus. Had a sherry with Eleri. Mr. Aley before
dinner. Had a talk to Mr. Henry. Solemn evening.

25.1.63. One vast mad rush but wonderful day. The Bp
celebrated at 7. + Geo's father preached, quite well too.
No fast to late, & a "free" morning. I ran round seeing
people. Hospital. & says, writing letters, scrips, quite
madly as did everyone else. Distributed Bibles for boat

No old Judy threatening a mis & bleeding all day. Ray
K not well. had a D.C. at 5 P.M. I pestering F. Henry when
he must ^{have} been worrying over Ray. Grabbed for Bishop's ear
while he was eating his late lunch, + D. chaired after
conference. We had most of our packing done in the A.M.
but hurried, + we went 3 aft. tea + shallis how I found out
I was supposed to be doing it. I sunk out + made a small
spot for Liddy + me. Frightfully hot day. + P came at 4.20 + D
made a simple speech, just right. Everyone kept the tone homely
+ P made it humorous, + all were nearer tears + couldn't
stand much else. + P told the story of the "last word" saying he
couldn't give us solemn + song. Procession very late + very
moving. Late dinner, re-started Conf. at nearly 9. Talked of
future Conf. + all in favour. Bp's charge + talk till 11.30, then
supper, lamp + Dismissal blessing at 11. Then set breakfast,
packed, got to sleep at about 2.

26.1.63 up at 4.30, luggage, breakfast, walked to
the boat, + lots of people to see us off. in. + P + D. Got
away at 6.30. Lovely day + good trip but didn't sleep
as much as I hoped. What letters arising out of conference
Morning tea at Tarak Sefoa at 4.30. Morn. I swam in a
mangrove eat, back to M.K. in a canoe, we all had dinner on
board late, + a very nice one. Glorious in the calm good. To bed
9.30. Jean trying to stop us opening the hatch for our beds
funny how she tries to stop me organizing anything, in
a repressive way. Betty's birthday

7.1.63 Mavis's birthday. A squall wet everyone at
10.30. M. came in the cabin in m. Woke before 5.30, packed
up before we berthed. Bob, John awaiting us. To Errol for
full service, not spared a thing, then buffet breakfast,
late & everyone's headaches. And then 5 guests, I did the
meals & of good. Have just jotted. Talked, got a sleep
2-3.30 when Frank called to go to Pop & Pop staff, poor
things. The Dwell came at 6.15!!! & dinner late. Truly
• Helen seeing all their pals, dainties, Prep. bath, bed.

28.1.63 Feel better after a good sleep. Mass in
cabin at 6.30, full attendance of W. singular of course
& fact: Laddy. Helen got away at 8 ish I forgot the BCG
& had to send Newton after them on a bike. Busy,
muddled day but have started out quite a lot & there
is a happy spirit abroad. John's good - did 4 twenty
& showed them the ropes re SIV & etc. I have
nothing to show. Saw Russell from Petaro who
wants to work here. Had a painful interview -
Bob who finds he cannot serve a master &
thinks P.W.D. is his master. Talking of resigning
says he won't have dinners alone. I told him
that was part of Lecky service to arrange one's own
feeding & we were under no obligation to feed him.
Will try to see Georg. J. Gummy came back from
Maf. brought Ethel, a huge baby boy. He had PPH &
a tear. Glad to see her. Tom is stand. offish & non ce
operable. Hope I will have the grace to bend to her.
P.M. Jan brought Beryl, Betty, Bwan, Mary out for
cups arrived at 4. They stayed to 8.30. M. & Helen bought
the others at Dwell for dinner. Truly to be alone.

→ POP

29.1.63 Written 31st Trayer in bed, sorted washing. Busy with morning packing for Pop etc. leaving a few things in car. The Linto vehicle. Pop came at 2.15, so in I got John did not go, but with Preston later. Harry drives like John. Met Ken ^{CROCOMBE} the University man, shook hands in the middle of the Green. Road much better. Friday at 3.30 I had supper, saw the new building which is 2 miles. Bro Mark goes on 16th. It is curious to see Bright. Pop 4.30 ish, too late for business. Budget, Pat Batters Harry, John G. at bank. Harry showed pictures, I slept. Bed 9.30

30.1.63 Quit a day, up to Mass at 6.15; 6.15. Harry took us to town, saw wengen. Saw Trayer & prayed for guidance. We parted more friendly, understand each other a bit more. I think saw Peter W. Palmer, Robinson, Georg, DC. policeman Treasury, Paul, stopped a lot. All is satisfactory. Pecks arrived from Northampton 2 miles people, I went to town after lunch. We left at 11. ish, got home just before 6. Dennis late I sang late. Wrote some letters. Light failed for 2 hours. Bob still disquibled. Saw Nicholas at Pop. Still want to return.

31.1.63 Wot a day! up at 6 for Mass, is good. Saw to Prep. etc, & sorted mail. at 11 Betty rang - plans to go to Samarian at once! Spent most of the day on the phone, writing radio, chasing Jerry, I saw. Arranged for G. to go tomorrow. Aber Jimmy tried to get her off today. The poor kid sat on the shop for 3 hours. The Natan plan had already arrived at Pop's flying car here. Too busy & muddled to greet over her loss. Got late done, we all went in to Eric for dinner in the Tavern. Jim & Budget there, & Howard Moody arrived today.

Miss but got Bedion: over 20 there. Got home at $\frac{1}{4}$ to 10.
New + I sent a message by Dick that Pen goes by bus
next week all radios to be cancelled! But at least she can
help for a few days. Dot hopes to come back at the end of
the month! Poor darling. Pen goes on leave next Thursday
I am very tired.

1.2.63 I am finding the daily routine of antenatal
+ extras rather hard to take + am tired already.
Got some conference washing done before breakfast. Pen not
well - too much waiting in the sun yesterday but
she worked this after. Newm. I x-rayed her 10.30. +
I helped them to the order + sundry other things.
Heard school - poor! Bev didn't call. Splangiti brought
only Rev. + Mrs. + me, on Gurban. Bob's tractor back late
from the Bay as tractor broke down, took Mr. McHugh
at 7 P.M. Long talk to Leary about his Miniap. (Little
work done. Richard (Beak) arrived + Mally (M.C. dead
drunk) had some food here. Ah pop came for him.

2.2.63 A busy day. I got up. Must go at 8 P.M.T.
Quite irritable at times. Up to breakfast, to Hospital. Finished
the order after countless interruptions early P.M. + also got
Pen to do $\frac{3}{12}$ Statement for Samara + balance the cash.
She has typed the order, we checked it tonight. I have
got a few things ready to go to Pop. Betty came at 4
+ saw to school. In evening I talked to him, useful
talk but bang went the time. Rev. + Mrs. were hurried
up too early. I x-rayed them after 6. + they kept me
waiting. Saw pt. tonight, washed head, moved + changed
things, finished off order + rest to + D after lights out.

3.2.63 (on 4th) Bray day. To Church, to fast. Nancy V. has
the wool. Talked to Mackenzie about returning. She is
is mobile and having to live in the ward. Got back at
10.30. Father on our heels in a lagged tractor, M.M.S.
boy. Took a lot of mail. Rev. and about 2
I chased up visitors to go at one, but they left
at 3. of course missed the boat. Prayers by the Y is
singing. After work all day, at night saw X.K.
& did my rousing at long last. Gg off & I went
did H.K. bless her.

4.2.63. Up early & hoped to write a letter before
to fast but it didn't come off. Inspection in Lorna in
W.3, offered John Stafford a job. P.M. he fixed
some histories for me. Which started on trial under
David. A rushed day, going from one person & job
to another. I'm slackening & believe lying. He
didn't do the work he said he did. Not doing all
sort of jobs but not his house. Father got back at 8 P.M.
very tired. Brought Nicholas & Luleid, truly. Also
+ D want to pull off seeing DPH about new training pro-
gram - crazy idea. Got a letter written to Dot, bless
her. M. writing till 10 P.M. Am full of P.M.T.

5.2.63 Another Bray day. Sorted linen etc. Gloria
Theresa of Kopum came to help G.G. Prayers by at 1/2
a day. Inspection W.1 in Lorna. I have to make all the
running. Nicholas on duty, a great joy. Spent A.M. writing
& getting others busy. Also P.M. at Robinson drove in
with 1000 lb. food. Lorna off, so of course I copped the

weighing John Stafford doing office job, ~~and~~ does it
efficiently so far. Nplangili called. Left at 6 P.M.
Tonight talked to the boys about their crosses. Came
over with letters to P. & V. Mrs. Williams, & Henry
& home, Aching back.

6-2-63. Wednesday. A busy day of jumping
from one thing to another, back again, but suppose
I got some things cleared up. A good deal of mail
ready to go out. Inspection W4. I've did typing of
all sort. At 4:30 she went in to the Mission to say
good bye, not back yet. I saw Metrolas admitted
Machiziz's ambulance came before 2:00 way they were
we sent off Florence M. When too late Kuppelby
saw a story of a sick father dying & could he
well send a radio to Simon Peter. Father talked
to med. boy for crosses, but he did not care.
Obviously doesn't want it. I think it must be the
stealing affair. I saw tonight, was writing, getting
Russell 2 off for holiday. M. inevitable. I thought she
was fairly fit of pension - maybe that is why
she flared, because she is not under rigid
control.

7-2-63 Thursday. Quiet a day, I am to bid
& heavy. Mrs. K came tonight at last. Mass A
5 baptisms - twins are Fred & Charles & Jasper! -
4 of the staff received crosses. Got Father Betty off to
ship (Betty here for Mass & saw Ruth on school's)
& went off to Nplangili. Saw to a few things then
Georg came in. Mr. Miquel, new chap leaving round

them all A.M. Lunch at 12, they went, Jan went or leave
Hoop up & read mail. Post has booked for 28th, thank
God. May nothing happen to prevent it. Ran round
all after. I did office job after bath & doughnuts.

Friday 8.2.63 Crazy day. Had a blessed shower of
rain 5 PM but not much. Felt in my prayer that the
day would be difficult. Bob slept all night - bike
broke down but I thought he was on the go. Sent for
Joshua to do engine but he was hunting. Rang SMH but
Maurice arrived, then went to the Bay & collected Bob.
Started X-raying after 10, finished 12.30 Got M. & M. home
going, had Susan's knee aspirated, & we had crying
kids & sewing machines ran on and to the other. Just
got down to X-ray. Bob & Barbara came. The N. & M.
got them a supper, I shaved them @ the hospital, at 2.30
had a meeting & told the boys about conference. Paid
Nancy's boy 10.00. Mr. Browning & a load of boys down
sent M. gave him a supper while I was bathing.
They went back cans light at 6 PM! Paid boy tonight
& added their needs for 1 hour. Then started on the
only quiet hour on a bother. I am a tired M. too.

Saturday 9.2.63 B' fast in bed. is good. Home
went to Pop & the Earners. Bob in back, M. I had a
nice quiet morning but she was tired & hot up.
I arrived back as we were ready for lunch so some-
thing new had to be devised. Then spent the day
in the order, got ahead well. Tonight looked at X-ray
meal of them very poor. Area has dysentery, blast
it.

Monday Feb. 11th

10th In for mass, got here a bit earlier than usual because rain was threatening. Betsy doing to fast. Got to the order at 12:30 since I've brought a new patient Alfred. Dr. Seagrave & another Papuan sister on board. Papuan Sister came on the Malanta - our crew. Finished the order before dinner. Other odd jobs after dinner & washed my head.

11th No inspection. Spent the day getting ready for Squigley. Saw a few ft. sorted out X-Rs. Just saw 4 Ms at 6 X-rays. Nembosa & Lihinjaja. & dev. films tonight started the washing.

12th Dr. Wigley arrived at Vinto at 8 AM! But just happened to hear the plane, & brought her in the tractor. Fed her, & we have seen all the food today. I am tired after the effort but she & name should be near so. Some housekeeping but M. keeps our eyes on things. George Micea arrived for BT's check, a X-ray of her, & a photo at 6. Got a bath, cream at 7. Dr. W. went to bed & developed films. Ed & Don came demanding an op. in Moreely! I'm they know not what they ask. Lights out at 9. a inquiry to get a boy called Walter just arrived, to work in the Hospital.

13.2.63 A mad day. I fed Dr. Wigley & bring, maybe I am thrown out of my routine. He saw some X-Rs. Then entered up his cards for me, & saw the check-up X-Rs. Then P.M. tipped list that seem unnecessary to me. I took him home. We had in hel to go making dinner in lab & we were at 4:30. Worked on hel 10. I got some necessary mail done. Maurice brought out some ft. P.M. & Mary & Jeremy were here for after tea. Luda M.

7th.

Bab's rash, do pay then (irritating). Put it on Levan-
cin, got Maurice to see it. He suggested Prednisone
10th was at 6.30. For her on Mike Diet. but came in
Prof. Dr. W. typing till 1/2 to 12. Then whizzed through some
inquiries & all. got away at 12.15. Letter from Dot. was
mention of return. so I suppose it is fixed. Dr. W. in
note - the tide has 70. - a wonderful idea. + I coming
for farewell on Sat. Wednesday. Had a rest P.M. then Jerry
came from M.K. - Joyce Mary, 3 new nurses & David!
Got ph. off per doctor to M.K. checked Warrington's
head & x-r. them at 6 P.M. fixed nurses on. New
also patient tonight. Glenda Pearl arrived by plane
young, pretty, inexperienced. I caught a muddle of
mail, interruptions etc. Russell turned up again
from Managala! Horribly tired. Everything in a
muddle.

15th Friday. Leta M's baby much better. Saw ph. &
in to x. raying in Newton. Glenda on duty & 2 new staff
& Lona did out the blanket store. Then sorted out my
troubles then helped M. in new nurse uniforms. I
saw Russell, who said he wanted to work here so took
him on as office boy - power to switch to store boy.
A lot of joy - the gardens are all spoiling - the drought.
D.C. came in the middle of x-r. Saw the Hospital, had a
supper. Miss chap. Say we may get the charter next
Saturday. Finished x-r. sorted out some of the muddle after
Wigley's visit. Organized Benson's trip to Pop after Compline &
wrote a couple of letters. Too tired for more & came to bed
Nancy out there for her day off.

Saturday Feb. 16th M. arranged for me to have breakfast
in bed which was nice. Borden got off - plenty of work
at 6.10. Worked in my office nearly all day
after seeing a few jobs. Dispersed Stephenson
during the night. Had to borrow some from S.M.H.
Sented out & put away some X-rays to Glenda's
help. Later Stephenson's. Felt very weary &
unwilling to work. Then got a bit of pain in
my hip. It could be the weather as we had
a blast storm at night. Saw some X-rays at
night but too tired to finish. The Popoqui
family had a row and ran away. John Max
reported that the jobs are gambling again.

Sunday 17th A day off. - of work. Rep at 6 had
a cuppa we all got off to work. The usual mob at break
fast. Back at 11, found the plumber had arrived &
left his things. Just sent out & dried odd ends
in my room & wrote a couple of letters. Tom &
Glenda stayed at home to go for a picnic & not back
yet. The feet is on its last leg too. At afternoon
John Max reported gambling in garden house, so
I went to Newton & Russell. Alpin has the cards
wouldn't give them up. Then plumber came &
it was late for the song. It wouldn't come over to dinner.
Tonight looked at films till 9.

Monday 18th Got job going for Stephenson &
Russell. Inspection. Add job. Glenda typed up
services for us from Sacred Synod Note. Got office
job cleared up. Some notices restored. Talked
to Newton after luncheon. No more content to be a
stop-off. To bed early. Sented washing.

Tuesday 19th Now felt heavy of mind & body
& most unwilling to work so if I must get off

the chain. Inspection, did claims all lunch, saw
letters. After bath read a who did it + all the evening
I just finished it! Now I can go back to work.
Sulzer paid for 16. Today I bought a lot, that's
all. ? M.R. H.N.F. Madies - DC₃ charter next
Saturday - 32 ppl on board.

Wednesday 20th. Muddled day. Inspection W4 + odd
job + correspondence. Glenda did claims for me. At night
Mr. Kingrose + Bob went to the Bay on the bike. We had
E. Long then wrote letters. Bob asked M. where his chair
was. M. told him to get it from Lerna's room. When I found
he had been in her room she performed like a spoilt
child. She must have a complex about such things.

Thursday 21st. F.R. + Deacon walked out, got there at 6.
Lerna was in good form. Got Ella ready for the plane + saw
Mey. Ran into K. storming at Bob over yesterday's episode
so I butted in + defended Bob who was very upset. I
was supposed to have a session + Dick + Ann were the
factor but they didn't bring it up. Geary came, also
Dr. Hill from Fairbairn, pleasant but looks unwell. M.
I talked about + Geary, we picked spots for staff to do
lunch 12-30 + they + Kingrose got off at 11. Rest, read mail,
some of it long + red. tape. Sorting papers at P.M. tonight
M. + Glenda + Betty had a sewing session + Neapital women
+ seemed to enjoy it. Good to see M. relaxed. A radio
to say the charter comes tomorrow.

Friday Feb. 22nd a family big x R day: 1.P. Newton Devel
pool. Kept busy, hell lunch on fiddling job. Saibe
ambulance came at 1 to see if there was anything to go,
I sent Phyllis Ward's record & a note to Elvira
Bob went to shop at 1:30, plan in at 2:30, ph. her by 3:20
Admitted Mervyn & Newton as interpreter - 30-odd ph.
Finished 6:15. Quincy rang to say Katili had brought
our drugs. Bob went down at 7:30, & Joshua's night off.
I am engine bay. Glenda taking in more studies &
a nice efficient lass she is. Had a bath after dinner
& got out + rayi et et. brought.

Saturday 23rd On duty but to fast in bed, slept till
7:15. Lorna went to Pop & the Earnest. The new Mission
jeep was mended went to Pop, did some shopping
for us. at 10:20 in draw. Rod's fuel & Mark, Secor,
Hydra, & 3 carpenters. I had just got down becoming
new ph. M. I stuck to feeding & entertaining till they
went at 1:30. Glenda too. I went to Mission after
lunch & Bob on the motorcycle. Lunch a sandwich affair
on the verandah. Beat & some work, & again at night.

Sunday 24th Tried to have a day off, but a very
broken one. Mervyn sick, I had to wake Bob to drive
us to church. Home at 12:11. Got some mail done for John
Newman to take to Pop. Hoop up till 3:15 ready for it
Worked & I sent to get drugs put away. Sorted letters
etc. & wrote a couple at night, & read a bit. Lorna
& Glenda on duty.

Monday 25th Inspection W3. & spent the rest of
the day examining the new ph. till 6 PM. Father here
for after tea, jeep went to Pop & took mail. Sleek
shell after the sort of co-operation we can't quit
odd job after dinner, Fred & headachy, can't be
Lorna & Glenda on duty.

Tuesday 26th Mervyn & Quincy. Inspection W1

After office work. Tried, pushing myself to think I got
broke down in Kent's Village. Tracy went up in a fever
& brought back Nancy's bedgones she had a hot lunch
here. I spoke to Jb at 11 past about stealing nails
kids' shirt etc., & they went to pull down garden
houses to collect his nails - didn't get many. 40 lbs
have been stolen. Dull headache at lunch, didn't
work much this afternoon. X-rays of Wagon kids. Filled
bought & to bed 8.30. Very disinclined to work, golly
as soon as I left my head.

SLH.

FEBRUARY, 1963

Time	WEDNESDAY—February 27th Ash Wednesday (Lent Begins) <i>Wed 1st</i>	Time	THURSDAY—February 28th <i>1st</i>
	<p>At last the Diary has come. Woke at 6.15 in a brant earth tremor felt in N.G. & in Trobrants. Another at 2.15. I decided not to go to church, as the others don't get Mass till 2.10. I don't think I could have "taken" it. After breakfast wrote a difficult letter to "PW" & other mail. Muddled day, mostly correspondence. Left for Ewood at 6.15. Found the Bishop had arrived. Has he got through his programme goodness knows. He was shockingly tired, yet bearing an appropriate pastoral manner. I talked to Maurice about the curiously interview. We just sat & sat till the Papuan dinner was ready. All on kids + P walked round to talk to everyone. Randolph made a speech. To solemn singing at about 9. Called to the school but couldn't hear Barry's words, only his voice. Out of church at 10.30 after a long but simple & touching farewell sermon. His message "Be faithful". Got home at 11.30. Not to bed until having a small haemorrhoid. Bed after 01N.</p>		<p>Dep 5.20, left for Church at 6-ish 9.15 of messages reviewed & given including Simon Donald & Bryan Long series. slow to fast & Masked about Joshua & said to keep him on!!! All had a glimpse of new agreement, but was called away, still don't know about an hour! Rang to ask Eileen to come bring Dot, but I arrived - Thomas & Wandie to have her, but she looks thinner & tired. We all went for tractor to airstrip, saw good by there + P. shook hands here the littles. He said to name "Don't work too hard" & to me to my amusement "Thank you for all your help" Liked book off between three of people then circled over again. Back here after 11, muddled day talking to Dot, trying to read mail & at night write to P. Feeling mentally confused, only able to think of one thing at a time. M in her element. Talking to Dot. Not not too well again, alas. Dot brought me a book & a jug, been her. To bed so weary at 1/4 to 10. Mplangli brought visitors all making a noise at 10. I went to shut them up. My determination to have the mob out.</p>

"Pelargon"—its mild acidification is the answer to many feeding problems.

MARCH, 1963

Time	FRIDAY—March 1st	Time	SATURDAY—March 2nd
	<p>Glenda called in at 9 to Newton; hair split haemophysis up to the couldn't sleep. He had another later in the morning. Got 1 punt in all. Had a bray x-ray morning. Then some desk work. Just after lunch dear Richard's sister intervened in a fight; got a nasty cut on L. hand & an acc. I think sister's under must be cut, but couldn't find it. Kept it under G.A. The whole time not saw to dinner, the Eames & in came the Wiggins, already fed but had some more. Dot's Mann had it very well done & everyone seemed to enjoy it. They would put on Dot's new beethat record & then talk at the top of their voices. It began to rain at 7 & we had heavy rain, praise be! but the Eeroads got soaked going home. Dick & Gene came on the new motor bike. Wonderful to get to bed. Betty came & asked about & went to bed after dinner. Jimmy is at the house.</p>		<p>Meant to work AM. after dinner, Dot on both days. Had to put in my dressing gown. Kept a bit busy in hospital then settled to office work at morning tea in dress. Rayford Pop, Inspector Graham & Mrs. Worsley a nice chap. Had a supper, talked till 11.30. Waked till almost lunch-time. Slept till 3.30, heavily. Wrote 3 letters. Too tired to work at night.</p>

S.L.H.

MARCH, 1963

Time	SUNDAY—March 3rd	Time	MEMORANDA
	<p>Today was to be a day off, but - got Betty & self a cuppa at 6.15; I decided to stay in bed to church, sermon longer than usual. Betty asked in to see Gorden who is round the bend again. Mob of village people there. Wynns at church. Dr M. in town. Went to hospital to have a short session. Got hauled into seeing pt. then in drove back to river & Helen on board. She flew up on a Maggie yesterday. I recovered Gordon to get a stab wound pt. I returned & John Owen. Mr. Bergin was the pt. I had gone ahead. Little Michael about also came - a bear in his was but the girls must have swamped. John P. Shin, died In between I helped Glend write little Brenda P.M. sleep much talk, some writing, numerous interruptions, Hospital. Helen in my room. Betty went home & Ker at 5</p>		

MARCH, 1963

Time	MONDAY—March 4th Labour Day, Tasmania and W.A.	Time	TUESDAY—March 5th
	<p>Up 6:15, prayer & look out my washing. In aft. W 3, in slow & many discussions. Saw to a few things then felt so weary I came & lay down & slept till 2:30 then up. did some office work, at night looked at some X rays but too tired to do more, sent some washing in the house & to bed. Betty has 4 cases of measles & they ran away. Graham, David & Michael came from tea & I sang I worried about Judy, who took her mix in badly. Graham went on Bus. 4 AM today (Tue).</p>		<p>Dark morning. odd job till 8:30. In aft. W 1. It is a pleasure to inspect in Linda. Saw other job. Then writing PM got to little done. Ken came & talked at 4 PM tea & sing, saw Percy about Helen going somewhere. Tonight saw X. P.S. did church ironing & wrote to Helen re new house quilt. Tried around. No been better written, but sent the washing. Saw Joshua re staying in & in mental state.</p>

MARCH, 1963

Time	WEDNESDAY—March 6th	Time	THURSDAY—March 7th
	<p>Dick rang at 7 to say Helen could not go to him. at 12 he rang to say she could go if she went in alone she caught the tractor-ride, & so she went. 9 resp. re " & a dream lot of interviews - grandsons & visitors re going on a plangti. 3 blessed ones - Eric. Custance who seem to live on the very edge of a grand. Finally agreed I would go & would stay. Heavy rain. Leason came from Lancaster & time stayed here. Samples. Prep in Mess Hall, after interview can over hied out.</p>		<p>Mass at 6:30 The 10 gals the 100 was off to the plane & only just caught it. George came; not much to see there about but he found Bob to do. I ran round on various matters. We heard the Y. had brought cargo, & Bob went down at 3. Alquin's wife did not go on the boat & he had said she did. Eric went down & took his wife off the boat. Haven't seen them yet. Maurice came for X.R. at 11:45; said the talk was fairly satisfactory, nothing definite. Joan Sharp did not go. We would continue to receive subsidy for Joan if she does not sustain's course. Nonequels behind the work - will do everything together & as slow as I can get. I'll say poor old Daw had a stroke on the ship & went to hospital in London. Got some office work done after evening. Saw Jocelyn who denies that med. bag went to her. Bob went to the ship after dinner, got some mushrooms.</p>

MARCH, 1963

Time	FRIDAY—March 8th	Time	SATURDAY—March 9th
	<p>Big x-ray day, finished after morning tea! Got in a lot of x-rays, quite an embarrassment & very hectic concerning. Did Dr. Wiegley's report. Betty over for afternoon tea. Looked at film & got them done by 9:30. Newton's show on the other side of things. Mushrooms were lovely. Bob started to pull the truck down.</p>		<p>Day off!!! Slept till 7:20. B'fast in bed, G.G. on, & work well till 5:15. came along, & then they both go to the park. My at 9 & wrote letters till 12:30 lunch & read = Ballant panel. Noop up till 2:30 John Dawson came & took letters to post. Dolar duty & mending = N.G. food all day. 1/8 in eye. A bit more mending. PM After bath, early tea, & the Mission truck came, took us in at 5:15. Confirmation not as long as expected. Annie's not having the names spoken clearly & I don't like the little buffet on the check. No spoke well. Had a supper. Got down home in the moonlight. Mr. Smyth arrived 10:30 tomorrow.</p>

S.C.H.

MARCH, 1963

Time	SUNDAY—March 10th	Time	MEMORANDA
	<p>up at 6. Glad of a cuppa. The washed pens & quills and not wash up last night. Although they didn't go in in the tractor, service finished at 9:30. Job of communication. Long to fast. Talked to Wainwright about his leave & about Board's suggestion for development. The quill began to walk back as Dick had the tractor, I stayed & finally saw + D at about 11:30 about leave claims, ABM etc. He certainly has a large & complicated job. The old of the L's departure from Maree, absolutely done, yet found energy to call the FAA people & arrange for giving him a seat (he didn't let's Ted Wainwright on the same plane & changed with him. Smyth, de Kempsey, Noah arrived & I had at 11. Last lunch & Dorell. I had book me to the ship. I talked of plans trip for Wed 13th. Back to S.C.H. at 3:30. Cuppa. I had measured Hunt, WT & Albert. To long drawn out but he was in pain. Had an awful job</p>		<p>getting Tanager & Co off. we both felt rather ashamed if it all, yet the right thing to do. He got off at 4:10. Bath, dinner, load of laundry & writing. Dick & I will have a lovely plan for a house above the ship & cement for one room down.</p>

MARCH, 1963

Time	MONDAY—March 11th	Time	TUESDAY—March 12th
	<p>Maurie rang before breakfast. Sent her for X-R for the lungs. I did them. The wound, & got some cover spandens done. Working up the mob got her at 3:30 - Surg. team. Dwells or Glenda went in by letter to see the surgeon. Maurice talked to Sarah, who wants a year & Glenda been to go to school bars- line. We gave them a supper & saw pt & fixed up cases. Mr Jung had seen Zofain before they got away at 1/2 to 6 got newton to see X-R of W. M. K. After dinner a bath then in plus surgery cases went in to Erer, not to see Mr. S's sheds. Pity mob of kids came to look at pictures, also rumours of them by 11. Bob went to the Bay to see if the Way Nat was in, it wasn't</p>		<p>A new set of wearance after riding the bike to Erer. back Bob's hair I forgot it. I got the washing sent before breakfast, got the school to do Erer. I fell on the bus. Len is to visit the A.M. in May. Saw John Lyle's stump mobilized & 2" fleshy it interesting though he was in affe- benzoin & L.A. not effective. Then a skin graft, & after lunch, Boston Dr. Kennedy ran out of stent guns & after a struggle John came out bored out. No cohesion or organization among the different groups in the greeting sound fed up mostly on the kids account. I rode home at 3. Ten to after tea, got no office work done before 7:30. Then news of Zofain being here & patient. Bob went got back at 7:30. Only 3 pt - Mickey studies as still, admitted them 1 X-rayed knees ad lib all the evening. No correspondence done</p>

"Lactogen" combines security with simplicity for infant feeding.

MARCH, 1963

SCH

Time	WEDNESDAY—March 13th 14 th	Time	THURSDAY—March 14th
	<p>odd job before breakfast. Mr. Casperbin saw a few fish: got on to corner pondhouse in the channel inter-rapports. So much to do, it takes a time. Glenda came with a cold & did not get any hyping done. Got I did it at night between us. To came for class. Humphrey of Embargo offered for a job, said he would be in the bay to start today (Thurs). Ben came at night. John C. & Russell blank tank. Lorna in ship & med boys. Got to W in after light out about leave. Got writing full after 4 N. Deacon here, way for the last time.</p>		<p>Another day. Mar at 4 to 7. Glenda in bed to breakfast. Got some hospital job done & then Betty's little Robert turned, both is well. Much fall & mudles with work, but got 14th mail ready by lunch. Hoop up interrupted by Mr. Dewell, but didn't see Mr. Smyth to say good-bye. Mudall over a bed. Tadman & tractor. N.K. in at 1:30 - 10 ft only on adm. then, & Newton's help. Steven saw get the sails over the work. Staff got out of them again. Got some hyping finished before dinner. Thought saw Edmund & took him on, as Humphrey ran away! & bought out some stores, about a Mr. Muckelstein (?), Miss Kulschodt, he for Grog, she visiting Nancy White. Poor Jimmy hearing sound like a wind thing. Came to bed, read mind. Staff notes & Lesley Chestolm. It again. + P has his brothers here for the enthronement. News rarely. Win port & Glenda cash.</p>

MARCH, 1963

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Time FRIDAY—March 15th

1963

Time

SATURDAY—March 16th

M. called me at 3 AM, Duleis 16 but only mild pain. at 4:30 after waiting she had Largactil. At 6 before we got there she pushed the baby out & no pain! All well except for a tear. Thank God. Dear little girl & vigorous very tired - el day for little enough reason. Did X-raying of P. turning up when it was nearly over. The new X-R film was as nearly out, blew them. Saw the check-ups at 12 Marnie rang to say Leta (G.K. wife) had a miscarriage. The plane was going to pick her up at Habakaba if could. Gladys & M. Tarakwarun. Leta old nurse to pack eat lunch & q. Mada's jeep & Phil on board arrived & was going to take her in but F. came for her. We do miss the kid. Muddled after called from our job to another. Saw X-R's at night that we tried to see them all

I had 9 hours sleep & felt much better. To fast in bed! I spent the day in settling, deciding, writing about things, esp. the investment of my cash & my leave. Got Marnie of the phone. He said it would be O.K. with him to take leave early & let me go next year. I have passed the bill to W. to let her decide, see whether she can quit while at this stage. W. told her about it, wrote W/L & to Arthur & Shawb. We 3 girls went through parcel. I spent the evening doing up mail things for expectant mothers. Betty went at 9:30 - Bob wanted all day & back at 6:30. The beam did 2 flights to Maravale, on to Safi & Waringla. At 6:30 Marnie got in touch. DCA & found thick clouds & forced landing on W. gela. No one hurt, thank God. The National news said it was as if back in long grass. Could be a dead loss & we might get a new one. I wonder what will happen about Caroline & Judy? I see muggy every & lightning. The pb I thought it was not Lammington. Panicked. Marnie told me her family would have to stay down next leave & take over the care of their mother. That to think of life & her.

"Pelargon"—outstanding digestibility provides increased resistance to infection.

S.L.H.

MARCH, 1963

Time	SUNDAY—March 17th	Time	MEMORANDA
	<p>Storm at 6 AM but it cleared & we went to church. I did want to go back to bed! Everyone overslept of course & we were late getting away. In fact suddenly & hardly saw any one. Went to see Zeila, G & K's wife who came by herself & Evelyn's baby. Then by 11:00, did a spot of work then Dar came & got in the rain to take Betty to school. They gave it a go & got through. So we were all off getting to work. Worked through after evening, finished seeing & doing med. stock cards. Light failed at 9 PM.</p>		

"Lactogen"—the standardised milk food for infants.

MARCH, 1963

Time	MONDAY—March 18th	Time	TUESDAY—March 19th ^{20th}
	<p>Muddled day, having a go at every thing, getting nowhere & anything. Bob found something vital broken in the engine & went to Pop's this afternoon to get part for power-surge. Frank was supposed to bring the part back part of the way, didn't. When the boys went to walk till they picked them up. P. went right to the room, is furious - Bob. Odean these two do not put each other of the wrong way. I sent Newton to S.H. this P.M. asking him to ring H about masts etc. also about Albert's bike, also to come out for something. I sat, much talk, endless bits, pieces, saw often H's sketches out. Then a bit of ins. M. came at 1/2 to 4. & the name. I talked over A.B.M.'s proposals till 6:30. I am to write them up. Lampfold dinner bath. W.T. came & wanted something to himself! Disappointed when I refused. Finally got to road for the Bev & a bit for Pop.</p>		<p>Bob's birthday. We gave her pyjamas, a dress length, sang Happy Birthday all in different keys. A day of interruptions & annoyances for all of us. I respected W. to numerous other calls, i.e. Percy wanting to paint the altar (P. looks to miss). Stephenson went to Phys. class. I got Newton thinking up the people to go on the Bev, & Eric, who said he wd. go to Pop. The night before, Aia had a noisy quarrel in the best house. I went over to the lamp, sent them off. Then Newton's visitors came into the conversation. N. said his cousin aged 15, wanted to be a M.B. at Exeter, only M.I. & said the boy wd. wait & see. I said it was hopeless, the boy hadn't been 7, on arrival. It developed into a clash of wills. Newton walked out such a small external thing to hear about. Bob returned at 11:30. I would get him no more lunch than bread & cheese. No part available for engine. P.M. got off some people to the Bev. Had bit of P.M. bit lamp etc. after bath. Watched on A.B.M. report all the evening. To bid.</p>

"Lactogen" contains vitamins A, C and D and organic iron.

MARCH, 1963

Time	WEDNESDAY—March 20th	2 nd	Time	THURSDAY—March 21st	am/pt
	<p>Muddy day. Decided I had better see Newton before he possibly whizzed off on the Mission trailer. Talk lasted a long time - don't think he will stay. Marie put out about late 9:00. He looked deadly tired. 9:00 finished at 11:00. Order off in little mail parcel to Tractor did not go to Top. She showed card P.M. M. had MU & reported that someone had been walking on the altar. From one end you could see spruce at the other end. When we measured them they were quite big, about 8". Her prayer book gone. I sang in Chapel, May all nearly 10.</p>			<p>Have a shiner head. ah tonight. Still no Vets. no electricity. Marie lab as the morning was dark. Marie early letter from Mr. Collins. Mice on pen Feb. The cant case agst Mr. King re the accident on the Straban Rd. was to come up last Monday. Poor man. A muddled morning up. down to this. That. Got the order down the night. Got typed it this afternoon. I signed it tonight. Marie to Dulis said Nicholas slept in his "cousin" last night. Stanora - she slept in the bag down by the night before. Saw her & sent her back to Cross. Haven't seen M. but D's story pretty convincing. 5-6 investigated small bag stealing Marie's prayer book & walking on the newly painted altar. The book was locked in Stanora's case! Tonight ~ spot of mail. M. talked more of her family. she feels she must go before her heart is due. ala</p>	

Time	FRIDAY—March 22nd	Time	SATURDAY—March 23rd
	<p>Am getting a sore throat. I suffered a cold the first family day for ages - one X-R, but Col had a cough one day. I saw pt. & odd beds - Melinda Patricia etc. I saw A/Ns. Mr. Melinda came tonight the machine is going. I got cold entered. A lot of other odd beds written up. Has not yet seen G.M. Quite heavy rain this after. The tractor went to top at 8. Took papers. got back at 6:25 - a cold & flu. They got off plus food at 2:30. Late dinner here & rang to say G.D. start tomorrow not tonight. Got 3 X-Rs done at 6. developed them tonight. Found 5-6 flutters in the dark room & disposed of them. Wonderful job. Longing to have a quiet evening but not achieved. At 9:30 Bob came as I was making supper & offered his resignation a few days a time. Would stay till we get a replacement. I'm not surprised. I thought he has some to give qualities in some way & am relieved.</p>		<p>Quiet Day. The jeep came at 2:00 for us. The Day was quiet again. I saw new squinting point. That all people are children of God. by remembering that I may be able to see them to be more patient. I very sleepy & drowsed in church. Next a sore throat. Slept from 1:30-3:30. felt better. The meal was hard to take & so many there. Charlotte of Embargo died the night before & we stayed for her funeral at midnight. Betty told me it was meningitis again. The girls came here at 8:30. I stayed in there & was in bed by 9 in the guest room. Med made for Judy Webb but she is going to Cameroon for the baby.</p>

S L H.

MARCH, 1963

Time	SUNDAY—March 24th 25 th	Time	MEMORANDA	Time
	<p> up at 7. Service long. Pedicure on many out. station people were there. the M.V. in for Lady Day. In stepped road is quiet. Said to follow journey at Emlu. Out at 9.30 . got away at 10.15. I took the day off, apart from seeing Kenbe. I wrote quite a lot of letters but many more to write. New over it is good to have some done. Mavis off too, wrote out her resignation (could leave of absence) for Bp. David. She wants to go at the end of May. Dear, we will miss her in all ways. It is good to have the people again. Have a cough but no nose trouble. April 6. </p>			

"Nestogen"—a half cream milk food for infants, containing vitamins A and D.

MARCH, 1963

Time	MONDAY—March 25th	Time	TUESDAY—March 26th 27 th
	<p>Very cold heavy but seemed to get a lot done, don't know why. Did 4 ref. saw senior boys who were giving some trouble. Tried to see sailors to send on the M.K. but didn't succeed. Newton indicated that he wanted to see me (5 for offer) indicated that he wanted to return to the fold, so he is back again. Started the 312 report. While we were at lunch Ken brought Mr. Bunting, General MacArthur. Ourselves. Like him. They borrowed our camera, went off to Kuna, when S.O.M. was in charge of tanks. To rang to say M.K. then so I got the tractor. All off: a lot of discussion about taking sweet potatoes. The visitors went to see Joyce M. at last. She is 29 1/2 pregnant: say a folio is the father well well! Got the engine started early, x. rapid the Dona + Mambas that came on M.K. + Maurice came for the x-ts, brought Allan Paul, teacher for before. Showed him round when Ken came back. We talked till 6.30 after dinner talked to John Max, South: bed. Felt rather wretched, vomited my dinner.</p>		<p>Very miserable: the cold. The jeep did not come in: Fr. Stephens so we did not get an mail out. 4 ref. W. Newton a model of writing Golon's Report. Wrote letters at night.</p>

"Ideal" Milk, an easily digested milk for infant feeding.

SLH.

MARCH, 1963

THE ENTHRONEMENT

Time	WEDNESDAY—March 27th	Time	THURSDAY—March 28th
	<p>bold in passing. M sensed up & blasted W.T. & he got the buff & went off for the day. I was that part of his absenteeism was: Lorna asked him to do a job. Feel they can't much to blast him except his reaction. He hasn't seen home though I think he expected to be sent for. Sent Newton to Turk, & Ojibado, Policeman. I packed Henry & ordered him to take away his garden, hence on Hospital land. Spent the day blasting people. It is wearying. Got mail written P.M. & 2 to + D on about Bob on about Nance. A dismal business. I think this mail describes my feeling about Nance. Lorna wants to get the dentist. I plumped for Zee though she obviously wanted Mabely.</p>		<p>A heavy, dreary day both the aftermaths in an spirit I woke at 11 N. - horrible dreams, a sense of evil, yet too heavy sleep to reach myself out of it. I just put myself into God's care & went back to sleep. Dull morning. Mabely, & F.R. & Deacon. Mabely sent a note that Caroline had a quilt in Sam 2 days ago. Muddell, & rush getting the job off, getting ahead the plan early. Ledy came, also Stik who says they have ordered a new plan for \$11,000. Tried to get the bus, van service & all the stuff. The bus but it must have been big & expensive. Talked to George Bob & water supply. Lunch 1/2 to 12, got George off then Lorna on tractor to catch M.K. Such relief. Nance weary & driven I suppose worried about her family. Got work done P.M. & admitted 12 people per M.K. got a good evening in on regards & report. Wiser up against Lorna - I mis-handled him. I talked to W.T. who talks of leaving. I of W's blasting yesterday. I hope I put M's case fairly. Left him to think it over. Such a relief to be per of L's presence for a while though it means more work.</p>

"Maltogen"—rich in vitamin B₁; stimulates normal bowel motility.

MARCH, 1963

Time	FRIDAY—March 29th	Time	SATURDAY—March 30th
	<p>A busy day. Got on to x-raying pretty early. Found Newton. I got the fact for P. I put down on developing this to keep off 7 spots & others soon. We must deny something else. Marine sent out a man for a R. a note "I suspect you heard about the new Bishop" which we hadn't. Finally Mary rang. told us it is + D. Henry Lipton. have no comment, seem pleased. Not said that + P was motivated at the lack of support + D had from the whole staff at Conference (through Geoffrey apparently) yet he felt that + D must be it. Stephensen is a painful fool. Got Wambour done. then we installed the sputa. It took me some time to do up sputa. got Gwag ready to go to catch the boat. L & H both work done. At night looked at x-rs through a sea of flying ants. Betty's Howard arrived per tractor at 6 PM. I acted hostess. Marie getting off duty early in spite of no Loma & boiling away at the quilt sewing.</p>		<p>Day off. Dull after a wet night, & cool. Howard did not get to Pop. Betty. I had to be in bed. Marie. Not on duty. I started writing letters. kept that it pretty well all day. It is a relief to have them done but plenty more remain. Betty made uniform. Howard read. slept. Dan brought leaves. Had a farewell party. had dinner here. They went at 9.30. Went to Oliver tonight. He is at St George's, Malvern.</p>

"Arobon" for rapid control of fluid loss in diarrhoea.

S.L.H.

MARCH, 1963

Time	SUNDAY—March 31st	Time	MEMORANDA
	<p> Mame not well: am so glad won the battle of her having the day off. She wanted things she might - for days or off all day. Just won't, I think, she refuses to have tomorrow off. a quiet day. Prayers to Bob off till dinner-time. I have felt tired & disinclined to work but got a good bit done checked the new bk. did some report supervised the Hospital through Nick. Spring Theodor T 106. Church says I sleepy. Kananington preached his farewell sermon in Nohu & I did say. The Sharps & John Willmott arrived yesterday. </p>		

APRIL, 1963

Time	MONDAY—April 1st	Time	TUESDAY—April 2nd Bank Holiday, Tasmania and W.A.
	<p>A busy day but got things done. A wet day, full M.D. steady rain, so no washing done. Felt very tired & unequal to work as I do, but got it in alright. Breakfast for M. to late - of wet aboard. I spoke to them about the "Councilors". Inspection & did some repeat x-rs & odd end of washing re. by lunch. Father came & after lecture saw Richard about his rudeness, Joyce Mary & poor Julia who is sorely ridden. I got on my report. Tonight looked at a few x-rs & got on to M.K. mail Bed at 9:15. They sold a bill pretty heavy.</p>		<p>A dull day: clothes only 2 days. Still it is pleasant weather to work in. Got not well. No breakfast & no work. Got 9 ref. done, have done a fair bit of mail & writing up. Newton did not do the Henry's capsule up the day, went silent when I asked why. Father said it is not contrary to custom for busy PM to get it done. At 3:20 Landover came in & Tom & Maska. M. pursued the M.K. by & have to wait here for the usual boat north. Heard a lot of the enthusiasm & festivities connected with it. + P. on top of his form & leaving it all. Was pretty tonight & got reports done. Now had a feeling of depression all the P.M.</p>

SLH

APRIL, 1963

Time	WEDNESDAY—April 3rd ^{5th}	Time	THURSDAY—April 4th
	<p>Small day Listening for sheds. Did a long x-ray day, 1 P. was slower in better result. Got mail done for both MK & post.</p>		<p>Mass a bit late. Prayed about Henry's garden. The only light I got was that we must be fair to Ullman who would not understand the garden being destroyed. Muddy day but easier than I expected. Many were feeding me, everything saw fit.</p>
			<p>Wesley went to the Bay in the jeep in the hope of getting in the barn, but didn't. Hoped to get on the Abel Tasman last night & boat in yesterday. I sitting on sheds. Mary went to Bow at 12:30 & took John to Mass. I spent most of the day sorting the medical samples from WA, finished 7 P.M. sent a box to Ken. Stephenson. Newborn spring cleaning. Med. for Wesley, Lorna had a row, W.T. all set to leave. I talked him out of it, how nasty I don't know. It is so hard to be both loyal & fair & one never gets the complete true story. Wit has leave of absence for next year so I must get busy. I got my 1/1000 invested funds @ 10 1/2 %.</p>

APRIL, 1963

Time	FRIDAY—April 5th	Time	SATURDAY—April 6th
	<p>Got the tractor off to MK. at 9 AM. but found later it didn't get in till noon. Tractor away all day. Dot didn't get her pretwood in. Then I rang at dinner to ask for the tractor last night & today because the Mission only had a purchase. He seemed flat out, poor dear, had no hope of coming for dinner & to sleep. New for S. finished the Medical Lib. I visited Wd 4 & 2, then M. moved all the ph out of Wd 2 to her vast relief, the DC. came at 10:30 & had a cuffa. Writing up things in all the morning, P.M. & at night looked at the ph till 9:30. MK didn't part till 11, so Joyce Mary walked back here & down again! I don't know what happened but Gg was in a mood, did not have dinner ready & generally out of sort.</p>		<p>Have had a real, wonderful day off. Slept on till my breakfast time & went in to rest after the fast till 9, reading & browsing. Baked the Church luncheon & got to bed & have been a bit peckish & chilly. While I listened to the kids & then I did some mending & bought & revised several things. Thought about my £300 investment or had didn't get far. A heavy morning. The car came, went to Pop. Then Jeremy & the Sharps. He got back just in time for lunch & has at least had a restful half day, sleeping, reading & is most happily tonight. He has been really down & I wonder if there is something wrong between him & Betty? M. has been relaxed, sewing most of the day & the Hospital has had an easier day.</p>

S.L.H.

APRIL, 1963

Time	SUNDAY—April 7th Sunday before Easter	Time	MEMORANDA
	<p>I can scarcely call this a day off. I tried to offer the long service to God, but it was long & dreary. Got out at 10:15, & got home at 11:30. Don tried to mend the Mission tractor but the valve blew out of the new hub. Wanted to borrow an trailer but I said they must cut down numbers. I decided to call it off. Elvie came at 11:25 in route Oro Bay to meet Mr. Lunn, malariologist. To come here this afternoon. Lorna did not get bread made yesterday. I said I wd. make her. so I made pears, D made cake. M. made bread preparing for a mob P.M. Lettles if S. or her came so I in the kitchen a lot. Hoop up, Elvie came but they didn't stay for a supper. Now to take thick & thin smear of all Ab & T up. Blew em. Nothing done till tonight. I then filed my letters too fedded to write letters.</p>		

"Pelargon"—its mild acidification is the answer to many feeding problems.

APRIL, 1963

Time

MONDAY—April 8th

The first reasonably easy day
for a long time. M. rode in to work, looked
knocked up for the rest of the day.
Bob had stool on his bed all day,
& hardly ate a thing & resp. W 3.
Entered up, tried up or. Started the
business of blood screens for all:
a temp. but I had just cleared up
the way tonight when Lily sprang
a temp. I showed it & didn't take
her blood. Michael & Simon!!
rushed up for a check-up. I raged
them at 6. Have done some personal
things, checked my December(!)
statement, wrote to the family, &
sorted some of the washing. Listened
to the Euthronement all the evening
but did not hear it.

Time

TUESDAY—April 9th

Another quieter day, I of only
Mame when it is strained, but
up over very interest trip & breast
on the staff of course. Maybe
Tomorrow's trip will help the sled
& resp. in W 1, new ward a Dept.
of Lands block called Wally
thought Beatrice of all people for a
check-up. Miss Block have got my
cards up to date & sorted out all
the cards of clean patients. Fixed
Haemoglobin & Stephenson, threw
out some more old samples. Tonight
stayed in the house (!!!) finished
the family's & Vera's letters, read
the alb. & then felt very tired
& pre-menstrual. Have had head-
aches was hoping I might be able
to see Banks, cutting down on
by 1/2 % Bob better today, working
Ken came, & is invited to Ag Office
for the week-end: the whole family
is terribly thrilled, poor block.

APRIL, 1963

Time	WEDNESDAY—April 10th	11 th	Time	HOLY THURSDAY—April 11th	SWIT
up 2 to 6, 10	<p>1. I rode in for Mass. The early morning ride was lousy. The Mass team in jeep, N.D. Bob got off to Pop at 9. Lorna had a quiet day. I saw pt. did odd job. Jeff got back at 5. though we expected it at 3. Track type had a fumble! everything waiting for Bob. They brought Jeff Ackworth, had a fuffa. much talk evening. Jeff & mail all bed time. Too lazy to write p. D. Cook. I just can't push myself into same job these days.</p>		up at 6.	<p>Mass is good. Edna S. interpreted to sky about it & fumbled it on that account, but should do well. Bob had the jeep till 8:30 to mend the tracks. He heard Confession after he got the mail. Georg didn't come. blew him. Saw pt. n. Lot of 9 wt. mail, did not read personal mail all rest time. Doing X-ray feet, longardus. Arranging for Honoras. I arranged that everyone ought to walk in Honoras - the Harlin of in empty! He is determined to walk herself, man's the fish. I said I didn't agree. It made me feel like the Lent at the Hof E. being bulldozed into "self" discipline. Anyway the staff can have their share! Talked to pt. at dinner about arrangements at 7 went in to High Mass. I found it all to trying & hard to take. Probably a bit bad spirit. Got back in flowers moonlight at 10 to 10. Kuffa.</p>	

APRIL, 1963

Time	FRIDAY—April 12th Good Friday	Time	SATURDAY—April 13th Easter Saturday (Easter Eve)
	<p>Woke a bit late - prayers. I got on cuffa for us at 7:30. Mathias & Lutany! I told the staff about Sunday arrangements. Did odd job in the office & saw a patient a bit, & had a short rest. Cuffa then MD sent Mackenzie quite incapable of an address. We just copied and read out the trial before Pilate, I saw Barth interpreted. We walked in to St Andrew's & I took over as pen man. I was dragging behind of all people. I did miss the had yesterday service in Church till 3 & changed them. Barth had a cuffa with us & pretty soon after that went to bed early after seeing X-rays & read a novel.</p>		<p>Very off, & really relaxed. Lorna managed to fast so well. I slept till the tray came. Had till 9:30 up, & wrote letters nearly all day. Washed my head. My usual came AM & some & drugs. The tractor went in to the service tonight but I jibbed. I had bamflint & preparation to them left behind. To bed after 9.</p>

S.L.H.

APRIL, 1963

Time	SUNDAY—April 14th Easter Sunday. (Easter Day)	Time	MEMORANDA
	<p>The girls didn't get back till 10:30 last night. T. was on fire, tractor overloaded 12 bags cycled in. Interesting in M.U. done by the Graduate, Gababada summarizing the people at the affair very (but) dreadfully long. I in a bad mood - hung over fault. Got out before 10. Sent the tractor to slick & got it back soon after 11 & home. Dobadum V.C. has a complaint for the Govt. about that before lunch, got mail ready for Pop. Jeff came at 3 - for for Bannan walkabout, Betty, Betty, John to Gwa. Examined Maurice & Dennis, with to Dr. Cooke & that all. M. put on a lovely dinner & Ken's father, Maselle, the Lamesse came. They enjoyed themselves & started till 9:15. Bang goes the evening. Hospital again.</p>		

"Arobon" replaces lost electrolytes and stimulates normal peristalsis.

APRIL, 1963

Time	MONDAY—April 15th Easter Monday	Time	TUESDAY—April 16th
	<p>A holiday air & less feeling of strain. Inspection & odd job & started & checked new drugs; Newton P.M. odd job, but not what I anticipated. 1/2 staff off at 1 instead of 3, the other half tomorrow. Dot had a bad day & 1000 lb of yps. Richard came to dinner, wife had, shaved. Thoda & Irene tonight. I meant to write letters but in champagne, shoes & smelling saw dancing (Gina this time) got more done. Read a couple of Journals. The organ played up & we had lamps for about 3 1/2 hours. Bob cut the grass (at last!!) & tonight changed a tyre.</p>		<p>As soon as one yields to the feeling that things are going well, the opposite happens. I think it is this constant coping with people's behavior that is so tiring. The job, led by Oswald, went on steadily from work yesterday. Dot couldn't get them to collect the food they were to cook for themselves. Nand & I did inspection in W 1 & 5 next ward. I got things off my conscience & wrote notes, drawing new staff etc. Bob cutting the aridif all day, got home at 2:30 ish & tractor stalled at the strip in a hollow. Great I tried to find out if Oswald had arrived at the Mission but he hadn't. Mr. Ray came at 1 P.M. & 3 females to be shown the Hospital, but he took a dead syringe back for us. Spent the evening in Oswald, who is really out, not so much against stopping dancing, but family affairs. He demands pay 6/- a day! Wrote a couple of letters.</p>

APRIL, 1963

Time	WEDNESDAY—April 17th ^{18th}	Time	THURSDAY—April 18th
	<p>We are having a lot of muggy hot weather, need rain. Thunder tonight. Fran & Pauline did not arrive for x-rs, sang several songs, couldn't get Money. New for. I got through an afternoon except some P. That didn't turn up did bit of mail, meant to run in the afternoon at 4th. Girl turned up to Betty & John, they demanded a supper, stayed on phone. They demand felt to be M. mess, half asleep. I had aches in my back I skipped a song. Half & did what had to be done & came to bed. Head quite a bit. Felt as if I had a temp.</p>		<p>Def at 6 felt C.K. Warkentin had got the chapel decorated after a lot of pushing. No Greg came, then Jim. Miss Marshall, had time to read it for me. Warden had to have a day when I am actually looking for job. Left at 3. Newton. I left my books below at long last. I cleaning & dusting, putting on Dildin. Only got the books put back by 10 to 10. They wanted to show his column slides & Bob read the long lead, so they had to be shown in our house. Some asked the staff, all the fabric stood outside & made noise. Staff arrived in bit, pieces. They showed lot more than we bargained for. So it was not a howling success. No x-rs seen yet. Oswald coming round but he appeared to fall to dot except by prey. Elsie wrote to name, describing how she has become P's Secretary. Neither of them had a clue how much she should be paid!</p>

S.L.H.

APRIL, 1963

Time	SUNDAY—April 21st Birth H.M. Queen Elizabeth II, 1926	Time	MEMORANDA
	<p> Percy + his boys took the tractor to O.B. while we were in church. 'we came home again straight after + had to fast here. It is very pleasant but probably doesn't have much pine. The Sains ambulance brought a new pb., 2 women + washed L. things + admitted them. Just at lunch in came the University Research Team's 21 rovers + a Mr Carmi intelligent. Testing our ambrey! We stayed to lunch. Left at nearly 3, stopped rain ball-kicking + wrote some letters. at 4:30 the tractor brought Glinda back, bless her! She got quite a welcome. Nicholas' baby is a bump again. Tonight washed my head (filthy after the dusty drive to church), made a couple of dresses + wrote a letter + read a Journal. Pleasant day but I feel tired, made goats + out of town + God. I would love to get away. </p>		

APRIL, 1963

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Time MONDAY—April 22nd 23

I woke through the night with the old pain in my R side & back & both felt if I lay still it would go & get broken sleep. O.K. in working hours, but had it at noon. I'm in bed last night. Inspection W.I. A feeling of tension & of washing time. Lots of problems unresolved. Father asked us in past night to see Betty's pictures of Green. He came for class. Our H.W. system misbehaving because H.S. did not pump on Sunday, so Jeff came out to fix it. I found it harder than he bargained for. We heard through Sylvia that Glenda is 21 on May 4th. I felt tired & out of sorts at dinner. Almost did not go to the Mission. The rough road gave me pain but the pictures were so lovely I am glad I went. Gerald had pictures. Home 10:30, Jeff came in to fix H.W.S. today.

Time TUESDAY—April 23rd

Did round: Glenda in W.I. — when Jay Traczyk came. cyfron, was rather abusive to Bob, blast him. Mattered over a glass of Rifo & finally was quite amiable. Interesting to see Bob's reaction to him. Poor lad. He brought new batteries so maybe now we won't have to push the tractor. Muddled day. Tonight planned to visit Father. Winnipeg coming. I had a long long tedious argument, getting nowhere. Newt came along & was the day. Thank God. Don't know what he said. Then I got George to talk to them. Mean while the Gons started up. Matthew S. appeared round before lunch. Dot had a talk & a word tonight who comes back to work, so Dot is much happier. All this is so very wearying.

SLH.

APRIL, 1963

Time	WEDNESDAY—April 24th	Time	THURSDAY—April 25th Anzac Day
	<p> Joshua started engine early. NP came & R's did earlier. Busby really UPS. OPs came. I screamed them after 11. Robina & Chinese boy came. Food nearly half of it bad. Kitchen fainted & I miss it to get bad to normal meals again. Oswald back on his job but in few workings. PM planned a lot, but small things prevented all 5. Then got on to mail Lemby tried. I know just what a heavy body is. Pain better. At night I sang & finished off mail. Mackenzie read preparation, called the roll. Alivia is queer, crying & worried but wouldn't tell me why. Glenda washed the mail & found out A. is worrying over her relatives for fear they have TB! </p>		<p> up at 6, baptism of Edith Mary Nicholas' baby. Mass. Good, not many there. Saw JB after he had had the plane come in & D. M. George, blew him out a letter suggesting P & PWD get together about this building programme. Coler doesn't want to come here & I have asked if Dorothy Rogers could. Much talk of the Enthronement over a supper, good pictures. They went off, I just diddled on a job - all useful but don't seem to get forward. Newbr went in the plane at 11, & G. came in very bright & happy. Oswald came to his left couldn't get a word in so I asked G. to come back. Interesting mail letter from P. On full of plans from W in, picture from Mr. Eckhoff. Did not my drawers PM. I sent Sheldon in. A plan. H.W. S. up again. The girls didn't pump it. Mr. Ken went to P of Anzac Day saw bathed in the hospital tonight. He danced in garden house. I didn't try to stop it. Talked to George & John bowls, Eric & I saw X's </p>

APRIL, 1963

Time	FRIDAY—April 26th 28 th	Time	SATURDAY—April 27th 28 th
	<p>Had an old dress as we are was expected! I expected w4. talked to the 3 seniors, etc. at 3 P.M. drove in 2 MSLA. Bensen, Bumbler, and young Bensen who is a P.O. showed them the Hospital at length, I gave them a cuff, trying to buy an etc for Bumbler. Bury on this that, all the evening.</p>		<p>bray day, on off duty. B' fast in bed. Had MK in night before, went back to before. Adm. on child sees pt, w all fiddled: preparation for MK. visitors, dinner, lot doing most. MK due 2. Ken helped to call store. Lacey, Elsie arrived at 4 per Jerry. I did gracious better act. ft. dubbling in. Mob came after 7. John Jones not as professional as an wd. expect, very relaxing. Dinner went well. Saw Elsie's slide of the Enthronement. I talked to + P, helpful about everything. Leave O.K. as far as he can make it. Agreed that I go to Pop: him, talk to George, & later to Worely Rose Glenn. He talked to Bob a long time, I we also talked of Marie. He will explain to home about Dorothy Rogge going in air her head. They all went home at 10:30.</p>

S.L.H.

APRIL, 1963

Time	SUNDAY—April 28th	Time	MEMORANDA
	<p>Another Super-Save day. My alt we got off alright. Wonderful to have the tractor starting & being pushed. MMS tractor here. Took some Church song but pretty good. Sermon 36 min. Rerald of Penguin got another commissioning at the end of the service. We got back & found a lion sitting under an house apparently round the bend. Glenda wandered in her lunch to fast canned meat & back again. Late, but had to wait for the foundation stone "de" Measant under the trees. Christy, Peter, Bevan, shocking thin & hollow, checked. Much talk & wipers. Lunch & milk & we got away at 3.2. P.B. went in to a dinner bought milk couldn't take another horn on the tractor. Cuffa, odd job, sabrog out of it & much talk. Elsie the bath. Measant dinner, the Labap milk. Ruay evening, plans letter packing. Lived.</p>		

Time MONDAY—April 29th
6:55 AM Captain Cook entered Botany Bay, 1770

Time TUESDAY—April 30th
11:45 AM

Had a bit of a bustle getting ready Dorothy Lakey nauseated? frequent vomit up to 6:30. Frank + D. suggested she fly to Lae. Elsie suggested S.M. take her. They did this after John Mac organized John Lewis to talk to the congregation of all, were G.S. Got packed & we got off at 10 AM by 11:30. Arthur driving rather like John but pleasant. Got some business done before lunch. At 2 we went to Gona, but G.S. to Aq. arrived at Gona after 6 PM. Gona road is much improved. Gona seem disoriented w/o sunifying influence. Mind (!!!) got a puff. Then she spent the after. at the hospital. Game practicing in R is was unfrustrated - her than i medicine put it show that way. Finally got bath & bed made up. Went to dining at 7, but Martin Section. G.S. Phil arrived & dining much later & again disoriented. John tried to go to the Phillips to work up cards & to bed before the other. The phosphorescence with waves is lovely. Miss to see lot of old friends

7:30 Mac + D. in mess. 7 salti melita. Lot of bees were renewed after the service, so we were late. Talked to the Curia, & sundry other B's fast before 10 AM, a + P spoke at the school, & M.K. arrived. Elsie & G. saw ashore, but the other not, though they rocked at anchor for an age. B's fast, & got away at 10. Got back at Wangata, but finally found the new house which is lovely. Although un-finished. Cuffa, talked with G. to 12 got the gist of it + P spoke as if he wd. fix it all this week-end & my help, but wd. let me know. I want to go, & w/arely for several reasons. To D. Office at M.D., while + D. talked to DC. May. Johnson D.O. Subie. I argued about implementing the T.P. Law. It isn't worth a 2 cure if Ray's right. To Butters for lunch but + D. went to Aq. Arthur nearly went home 5 me but I caught him & he draw me shopping. Didn't see George again though he said he would come in. Left at 4. Then soon after 5. X-rayed Wainwright's kiddies. Spent the evening sorting & fixing up odd things. She got pregnant again while Ken was in Australia. Poor Ken.

SLH

MAY, 1963

Time	WEDNESDAY—May 1st	Time	THURSDAY—May 2nd
<p>Work has piled up. Saw job & got to X-ray. No OP's came up to blow them. Writing letters saw things about this stolen food when he collected the ph. what gardens had been robbed. They said they wanted to "make court" to tonight I wrote to Kay & hope to take action.</p>	<p>Wrote to Kitafaka & Matthew & after after tea Koina reported small children throwing byunumba out of the chapel - dinner with Betty, Erisa - seeing them & took eggs. I haven't started to set out new patient yet either. Tonight I sang, was letter & all after 9.</p>	<p>Quite a day. Elijah didn't show up to make. Although he had said he would anticipate. Betty here & seeing school, so had a 'flat' lunch. Saw a few ph, but the plans on him. Ling came & me busy till 11, planning what the carpenters can do till he returns from leave. John Collins arrived & seems a nice chap. Taking her till he settles in. I got little done.</p>	<p>Lunch at 12. Talked to JC after till 1:30 & settled affair. Hoop up & saw a few check up ph. then & evening. Saw to his and finished late. Was rain from to Sister may have to stay. A crocodile seen swimming up stream yesterday after.</p>
<p>a lovely downpour of rain from ph. Betty sang about coming to maras. I thanked Betty for the model lungs. They cost £10.</p>			

MAY, 1963

Glunder 21.

Time	FRIDAY—May 3rd	Time	SATURDAY—May 4th 5th
<p>Looks a rushed day Poor old Dot seems to be bearing most of the worries. She saw to the ducks today for the party is grumbling about it. Rather amusing. I have always been the only grumbler. M.K. did not call today. Mellingli did not give an ETA. I spent the day examining parking out all these checks up for had to do some extra & R.S. culture the afternoon. I kept both boys on till 3. Glenda unwell last night but O.K. today. I got for visitors off to the Bay, wrote things up tonight. Father asked for an tractor to take Popuan staff to the Kanan feast, but they wouldn't have got there till 8 or 9. had to get back tonight. I think I was right to refuse, as we must meet the M.K. tomorrow. Bob, Glenda off to Pop tomorrow. I think Mrs K has arrived after 3/12!</p>		<p>We all sang Happy Birthday at 4 to 7. G. Bob went to Pop. Ken & Mr. C. the Tameas. Both house and on I worked in Nest, had lunch, sat up entering & holding off loose ends. Schied gave me M.K. her radio V/S. M. Langfli came at 9. I then had to abscond, but I sent Newton who got her back. After 2:30 we all stopped for the party, poor Dot tired & despondent but she cheered up after Nance got back at about 5. Betty E. was a great help. Nance got a lovely muskail jewel case in a imitation mother's pearl. The only work up to the party at staff tea was in factful, a bit overwhelmed. The web late of course, dinner began at 8. It was delicious everyone enjoyed it, most of all Glenda so M. does take away some of the dread & drudgery. They danced & enjoyed that some of the boys drank too much - Bob provided that F. supplied Drambone who was lovely. He was M.C. made the speech, we all gave present which quite bowled her over. She cut the cake & got them off about 11:30 & in bed soon after M.N.</p>	
<p>Called at 12:30 last night by John Max, Dennis who found Oswald, Greta in an empty house. They went to H. for discipline this P.M. The murres saw the croc. on the river bank today, it came towards them as they ran about 5-6 feet apparently.</p>			

MAY, 1963

Time	Time
<p>MONDAY—May 6th 7th Labour Day, Queensland</p> <p>Inspection W3. Lots more angry than I have ever seen here. Some because she accused new job entered them in the wrong place not at all. Wanted to prevent her access to the blanket store. Nada pep talk in 2 Boranai girls who neglect their job & their instructions. Examined new job. Father came for lecture & we talked over after tea. He has a bad back & under Betty's shoulder son.</p>	<p>TUESDAY—May 7th</p> <p>Got washing sorted before breakfast. Inspection in Glenda. At least 9 suffer - worst high. She is a joy to work with. Paul coughed up pink blood, had IV. Calcium. We had a staff meeting about church offering. We've had much to say. Did send M.K. mail. Father went to Pop at 9 & brought back + G at 1:30. The other girl took down on Nancy's blurring. At 4 I rang to get off. Was ill Thursday again. Dot drew up John's agreement. He signed it tonight. His little daughter is going to be quite nice. Jessica came crying. It was stolen last week. Had a meeting of nurse tonight as it looked like an inside job. Got washer of course. Started on the hem letter. Did some ironing. M. doesn't seem any better for her trip & everything I do seems to make her furious.</p>

"Arobon" for rapid control of fluid loss in diarrhoea.

MAY, 1963

Time	FRIDAY—May 10th	Time	SATURDAY—May 11th
	<p> did 4 refs in W4 & Mavis who did not take the day off after morning tea. I got on to correspondence for MK (inc) & speaking in P of the sent in the application got me permits & reference I wrote to Frank Coaldrake about D. Roger & David. Father went to Dobson & collected Douglas who seems to be getting the sack from this district. MK to be by 3:30 I sent off from old Livingston on it. He was going to die here but he may pick up in the night. The gleam of hope in his eyes when I reached - I was picked up by Gov people on the boat - thank to Kelly! Mavis N. came on the tractor for the week end arrived late for dinner. Jeremy brought out Judy shorts Betty B. for supper. Judy to say good-bye to Mavis. I happened to see a spot of hand holding as I helped B out of the jeep. I thought it was off. They took my mail for F. K. Russell T. came during supper, asked to see me. I got the hammer out of him. bed in at 10 P.M. Barton talking hand words: he was out walking & Mavis. Mavis threw punches at 10:30. I had to slap her with quackies </p>		<p> Day off Lorna copied: Kefield & house keeping & little H.S. I slept till 4 h 8, just going to bed. it came off. making papered uniforms. I am always tired in P.M. up at 9 & put on the patch. Mavis packed the machine under my nose at lunch time & I sewed some of it. Saw Russell T. also packed Lorna about 1. It is exactly like water off a duck's back. I don't require. Christine brought 2 Mrs Hammen at 10 to 1 for lunch. Lorna copied. Quite pleasant, but I curried them. Christine taking 2/10 leave & pay. They went after 2. Noop. up till 3.45. Gerald here feathers. I did bit of sewing pressing washing & etc. came to bed & read a journal. Stephenson went to Fran's & then this AM. I isolated little Lorna Joyce: ? measles. </p>

S.L.H.

MAY, 1963

Time

SUNDAY—May 12th

Time

MEMORANDA

Another day off - a few re-
 servations. Bob came to church
 for once. We stayed to breakfast
 as it was Glenda's last chance
 & wanted for her to take a photo
 afterwards. Got home earlier just
 the same & wrote four letters
 for the day. Slept till 3. Don
 came on TV and Bob's hair & had
 aft. tea. Bert came at 4 &
 brought Graham about going to
 give evidence in the Beggin case.
 He came out to see his parish-
 ioners & had dinner here. I
 talked to him quite a bit. He
 went at 8. Got the Gora boys
 together & found they read John
 Mac talking in I and I agree
 that they are right. Finished a
 letter & read a bit of a journal
 then waiting started. Richard's
 father has died in the village.
 I went over to try & comfort them.
 Richard flew into one of his
 rages & knocked me down. Don
 flew to my rescue, & it seemed
 best to do nothing but go. Another
 party started laughing in the rect
 house. Quilt by 11:15. It is really
 HAD Richard.

MAY, 1963

Time	MONDAY—May 13th 14 th	Time	TUESDAY—May 14th
	<p>Called at 4:30 to Julia Mary, who looked unwell. ? Anas of pneumonia ? Julia older. I aspected W3 saw for elsewhere. I expected Boraini nurses, fixed up their apprehensions. I came for lecture, went to see Richard. A very sick cerebral malaria kid came at 11, we nursed it till 7. Took it to SMH at 3. Glenda looked after it. I saw Janet at 6. She came in. I saw a very tired at night. Writing up in the office. I expected that we kept up for some on ND. I sent a message the nurses could do it. I sent a message that either he would come at once or get the sack. I accepted the latter. I called Russell T on. While chasing him caught Rennie stealing firewood. Remonstrated, he took no notice. I pushed the wood away from the fire. I my foot he pushed a pit up. I thought he wd hit me, but he didn't. Had I wd report him to F. To bed utterly disappointed.</p>		<p>Slept till 6:30. The Lamber can for Lend quite early. Took Glendoff at 8:15 after Wathin's farewell. I is sed to say good-bye to the kid. I returned from hospital. I expected at 2. Name. It is slow to talk things in her brain just bog down. Saw WT. at 11, defiant. I thought sorry to go. However I told him he couldn't hang round here indefinitely awaiting for the next boat, but he could come back for TW: if he wanted to go home. I am very sorry to see the kid but could do him other. Office work till 1:15 P.M. Started out the staff for promotion. F. came at 10 to be brought Betty to stay, and took Ella back in to SMH. He saw Rennie did not see the stick but said he would if he misbehaves again. I caught getting ready for the trip in various ways. Still weary. Not tried to write to Betty.</p>

S.L.H.

MAY, 1963

POP.

Time	WEDNESDAY—May 15th	Time	THURSDAY—May 16th
	<p>No major calamities. Old Anson has wandered off to Pop. 4 or 5 arrived & we had quite an x-ray. O.P.'s kept on coming & we used up all the film but one 17x14. Examined the job. P.M. got things ready for the trip. Thought Elson & saw x-rays & packed. Headache & irritability. Not languid to work much. Have not prepared the pack. Samson brought cash for Pop. I forgot to tell Dot - it scarcely registered that the cash had come - & now it is a shak. Betty has slept a lot of the day, as must need it.</p>		<p>To Remegins came for Mass - lots of course. Started at 10 to 7, my service. The offering was over a basket of sweet potatoes got packing & finished & saw Mr. W. who should run on the plan but Arthur! To help Dick & go on the N.K. to Menapi. He told Betty one of his vocations, how he fought agst it, & found peace, new life when he decided to accept. Not much of a night. Dot is upset by her, she had one from Ken & A. gave a hint that there is thinking of marriage. Moon Dot. The wrecked Director. Tragedy did not come, George died in his own vehicle. Arthur to lunch. After it Alis had quite a large haemorrhage in the groin. Got Maffa, Calcium out for, did last bit of arranging. Newton. Veronica left on tractor & got bed on at 3. George picked up at 3:30. Bumpy trip but pleasant. I try to think. It says on the Rover, 2 Barrett 12 visitors, wanted a swim. We stopped at the new pool on the Samborg, lovely spot. To Pop at 6, & with welcome Margaret B looks rotten & bavel infection. Take a pet. Dinner & talk bed 7.</p>

AGENE HAMBO

MAY, 1963

Time	FRIDAY—May 17th	Time	SATURDAY—May 18th
	<p>18th</p> <p>Hefton & missed Mass. Said some prayers before breakfast. Got away at 8:30. Pleasent run but the road is all potholes. Stopped nearly as far as Sangara. F. Bot took us to 1445, we saw F. Byam. Then to Ag. for coffee & had a cuppa. Lovely house. The two Nines take care of some, no fuss. Our would get to know them slowly. F. Bot left us at 11, & M. I did Mambas till 1 - 192 of them. Each teacher made the list as we did his class. Lunch & an all-male cast, is pleasant. Then I spoke to the boys in chapel. They listened well. Saw talk back to Ag. Lois made me a cuppa. Both it's song, I saw Ambrose there, to see Nancy again & much talk. She came to dinner. We talked all the evening about nothing in particular, which means M. did the talking & the interrupting. Lois kept quiet! The kiddie in spite of having pneumonia & scampford played till our bed time.</p>		<p>Mass is at 7 but I slept in again. Up to breakfast, we went to Las. Delightful prof. of songs & hard on the feet. We went fast & walk up a new road. Clare & Margaret welcomed us. I saw F. Cebe, Justin, Merrill & Donald. Cuppa, I saw the lovely house, & to the Hospital to see M. all check. Got away at 11:30. I brought Margaret to A.M. Hoop up after lunch, washed head, clothes. I have written 3 letters. Ambrose took Evening, I saw Erica. Selby after. Michael's learning the language. I did a painstaking & a dream. Am reading Autobiography of a Saint.</p>

AG - ~~MORE~~

MAY, 1963

MORESBY

Time	MONDAY—May 20th 22nd.	Time	TUESDAY—May 21st
	<p>Went to Massaly + to MMS after 6 past. The Brighton people setting off on a picnic to Sas + And. I saw 30 odd boys. Newton entered card. Fr B years organized. Stayed to lunch. Then to Ag for shop up + we all went to hair at 4. Waited for ages. Nancy saw Chris about her leg. He reassured her. Timothy waited for ages to see Mar. I arranged X-PS for MMS boys 26. The usual long wait in the dark for bus but got some parking done at 8 for jeep to MMS for event - started poorly, got better. The last item, a recital of the history of the Mission, was very good. A lot of nerves + jitters in them. Some good singing too. To bed 11 P.</p>		<p>Usual broken sleep, got up at 4:30 instead of 5:30. U. came over to say good by. Chris called at 7, instead of 6:30. Dorothy Rogan arrived per PAT so I had to welcome her. Bob B. worried about Margaret. Kenyl suggested spins. If it could be done. I + the Brighton mob on the plane, also Robinson's drunk. Dr. Ayres drove in in to Koh. I said good by to Chris. Cuff + to town shopping. Heather Collins + G arrived by Catalina. Talked to both. Lunch. Pan S came, same old Pan. I saw flesh on him. Eileen is well. She had her club. I saw Felicity. Heather. I went shopping. After dinner tried out my typewriter to write some post going to bed, dog feed. The ble came. Very useful talk but I could hardly keep awake. They were obviously <u>want</u> to come back! Bed after 10.</p>

MORESBY.

MAY, 1963

Time	WEDNESDAY—May 22nd 24 ^h	Time	THURSDAY—May 23rd 24 ^h
	<p>up for 6:15 Mass, S.I. for interview K. Brian celebrating. B'fast H. I went to Chinese shops, couldn't get Name's tray. Br Andrew picked us up. Took us in to Town Got the rest of my shopping done H. I saw Vic Martin. I got my glasses straightened. Then into Mrs Price who said she wd ask Lady Cleland to ask me to get it done to a "do" - but I think I was more select than she thought. Then for lunch. F. Terdford + D picked me up at 2:30. To Kenel Mrs Jamison, Mr Couch there & all so pleasant. C. agreed to everything. Pop Elen does. Thred up. Chlam too. Got away at 4:10. Mr C. talking us to coffee coffee. + D waked. H. I am picked us up at 5:30 + to dining + G. Elen. H. + me. A really delicious meal but too large. He gave + G some "pubbly" which he took not knowing it was alcohol. I think. Then he took us to Town + G. H. I saw salad. Very very good. Got the last hair done. Suffered at 12:23. at about 12:55-12:10. Weather had an</p>	<p>up for 6:15 Ascension Day Mass + G celebrating, a good number there. B'fast to Andrew took us to Hosp. as he was taking Trevaens back. Saw Squigley who looked at film. I was concerned about the non-implementation of the Act. Saw Warrington who looks better (Newton & I smiles). Sundry stuff. Charlotte left on the plane. Saw the X-ray mendus. Had a coffee + them. Met Dr. Cooke, so pleasant. P.M.C. man gave me a gift home. I wrote to R. Henry. Weather doing letters ad lib. After lunch a sleep + a canned Peter took me to see a duplicator for 76:15. Coffee, + R. Peter took Elen + me to Hosp. Prof. Ferris's lecture on viruses recalled sat next to Dr. Gannock. Another gave me a gift home. Found Mr. Sharp there. See in Hosp. Several calculus Dimer. Cole took us to the Ministry service. Sat with Mrs Lashford. Very good, spirit wonder- ful, + singing so good but too long home + D too. Shipper, packing + moving to Heather's room. Both bed about 11:11.</p>	

"Arobon" replaces lost electrolytes and stimulates normal peristalsis.

[back overleaf

POP- EMBL.

MAY, 1963

Time	FRIDAY—May 24th	Time	SATURDAY—May 25th
	<p>Slept brokenly after 3. up at 5:30. Evelyn got up. Fed me in spirit of protest welcome. The jeep came out. John Deere Andrew took + G + me at 6:20. Took to Brian to Hospital: Blessed Sacrament. A moving experience to drive in a car in the West. + D + him + Bob + Kenning. They took off to Las Vegas just before I did. + D said he did not know how Station was being arranged for 29th but would like me to come also several members of staff. To Pop by 8. read travel brochures. Bob B met me, much more cheerful over M. D. Was seems to think it is spurs. she is on. John and he took me to see Georg. I did M's H. Dorothy has made herself useful looking after the baby. Found Mrs K had come again. Ken + John Newman at 4/10/11 D. quite at home. Laid up. Saw people + had a bit of hoop up. Bought nothing essential letters. The MMS tractor came at 4:40. To Kemp. Michael W. came to Elsing. Brought Emmanuel very tired + dopey.</p>		<p>On duty but had to feed in bed very. The jeep came out. John Deere + Nancy to Mook U. Dorothy over the Hospital + much talk. They had a coffee + got off. The MMS tractor also came. got off. I plugged in odd job + told Bob about D + W. heard for trouble, but seem to have accomplished little. Slept till 3. Talked to Jeremy for phone about the duplication of Enthronement. He is going to put priority names in a hat + draw one tonight got nothing done. Gerald here + his pictures. The Royal Visit of 1954. we saw it. Sound track frightful. Got back to house at 9:30. coffee + bed.</p>

MAY, 1963

Time	MONDAY—May 27th 28 th	Time	TUESDAY—May 28th
	<p>More alert than before my trip - prayers more efficient, work more quickly done. Did W3 with Lorna & Dorothy, saw other pt. & then these awful interviews on streeting from the story - Newton, the shoe boy. I got under the skin of Walter who wanted to walk out - saw him again after complaint & still thinking about it. Promised to go on duty in A.M. Did bit of correspondence & at night started on the order. Father came for lecture, stayed for a cuppa & talk. Asked M. to go to Pop on Thursday, she accepted. Doree trying to be U. but HNF & I told her to get up & walk about, she did. Diana distressed - pain wh. seemed to be lower intestine. No fec. FHT O.K.</p>		<p>Saw W. Louis & Angela nurse at their rashes. A real crop of rashes round the Hospital. Bot putting papers in the end of the ward. Russell in such & interviewed him. Then I went to sk sk. all after. evening. Bot seem to be getting more confident. W yourself came today & more careful. At 9 PM dancing thought it might be MMS but found later it was Gona. They stopped & interfered from me.</p>

"Lactogen" combines security with simplicity for infant feeding.

MAY, 1963

Time	WEDNESDAY—May 29th 30 th	Time	THURSDAY—May 30th
	<p>Got an early start on X-R. & a stat list. Christopher seeing the floor down on the bank. On to order bill late after. then mail before. after E's I got through a good bit, done by 2 to 10 o'clock quite tired. Expected standing but thank God there was none</p>		<p>Wacs at 6:40. Kent interpreted & appeared welling though yesterday he seemed most unwelling. Wacs early. no Georg. seemed to run round on little job. Father rehired & went off to Pop at 10:30 & Name & Arthur. I entered up cards. Decided to leave after off, but got little done. A bit of thinking & 2 letters. Samari broadcast sent radio to Grubb to say Mrs Law died yesterday, poor old soul. Arthur came to dinner. I talked about Cliff coming here. We had started dinner when (a) light went out, then came on again (b) Bob came late (c) grief rehired. Name had a lovely day, quite animated. Law lot of people. Margaret B much better. F. Browning funny about G.G. who has asked him to be his guest next leave. Tonight saw X-ray. spoke to people about food - the throwing out meat & hair. Then Freda crying because she couldn't keep her. To home at 9:30 supper in Ken's.</p>

MAY-JUNE, 1963

Time	FRIDAY—May 31st	Time	SATURDAY—June 1st
	<p>Woke very tired. Inspection of W.C. can't decide what is wrong with Alfred. His x-r is wonderfully improved. Dot remained in all morning then that May is the month for the report. I was thinking it was June. Saw A/Ns. Dorothy came at the end, wants to do it, I want to teach a batch to the nurses, I want adult education in the Hospital. She is right in principle but I am afraid I was rather crushing. She admitted later she could not do it all. Mary came for check-up & a new boy for action. P.M. wrote letters up till bed time. Go to Pop today. Mavis went to Eric for drinks. Bob told me after dinner he was willing to stay till Xmas! I wrote to D. & I think Bob wrote too. Ken phoned up again for supper. Poor I did. There will be a blow up soon, but she brought it on herself. Father J. Mavis arrived just at light out.</p>		<p>Day off. Lorna went to Pop; the same back before; Bob, Bob & Ken, they Clare all arrived at 1.45, had hot fed. They also brought Charlotte to Jeremy came for visit at 9.30 & it was a stream of to feed. Mavis in bed. Wrote N/C by 12.15, after that wrote several other letters, Francis to Jeremy, wrote Gary football typed page! Bob, Clare went to Mexico at 4. back to dinner. M. phoned a quite a slap up affair. M. found Ken boys had cheated in their exam. Pop sleeping - Ca of stomach Haemorrhage, peritonitis, coma. I told in I am to go to the furtherment. Am glad, on the whole</p>

JUNE, 1963

Time	MONDAY—June 3rd	Time	TUESDAY—June 4th
	<p>Name supposed to be off duty & packing but she was in the hospital a lot. I got 4 inspection done over chatty & home which is a good thing. At the job got back at 10 to 9, Dot would because she couldn't do the shopping. Dorothy had mass & 6' pad at Ernie & rode out. At 11:15 Name & I had the scanners & exposed their cheating. To repeat the scam tomorrow got a gland from John Morris, I have worked on. Off on the report. Leroy here & saw her P.M. Name went to drama in the Davells quit sun will night & is to go to Wabasha tomorrow. The Pope shall live. He seems to be spending his dying time praying for church unity. "The prayers of a righteous man"</p>		<p>Heard on the 6:45 AM news that the Pope had died. Great tribute to him. Did 4 work of WS & news ward. We have the Labor Inspector came & took up 1/2 hr. after 6 cups. I was called to the phone - a radio to say Name's mother died yesterday. Poor Name. Her first thought was that she must get to her at once. We worked out radio to. She was quite dead after a while but did her packing. I sent a message to her as she was to have you there this after. - I sent off radio. She had lunch in her room. A tape tape here & she got off just before 4 to 1:30. Radio got out late, but all got out except + D.S. We all feel spent & empty. Dot is very upset. All the staff wanted to come & say good-bye but I headed them off. She couldn't have done it. Bob took her & got back at 6:30. Tonight I got some office work done. Melodrama is having a party for little Nick.</p>

S.C.H.

JUNE, 1963

Time	WEDNESDAY—June 5th 6th	Time	THURSDAY—June 6th
	<p>a busy day of tension - a feeling of not much to do & not getting to it. X, saying, & the 10's didn't come. Did mail, P.M. sent Stephenson to get visitors off to catch Nylangili (her last trip). Took blood from Ebe. Did up packets & 1 Evenceng in the middle of it. Dorothy visited the alb. blees her. She is full of building a club house for the women. Way came out to talk to M.V. but also talked & lunch. Stayed to have her hair pinned by Betty E. & so late she stayed to tea. Father got back late, willing to have a Requeim.</p>		<p>Crappy day. Not tonight. Family tried Mass early. Fr. decided the last minute he couldn't have a Requeim at Whikem. He is tired. No. Saw a few ph. then just came. Ledge. No. mail. Dot told Aubrey to get out of the kitchen to struggle at her. Bob intervened & was all for knocking a down, & a got ph. vision. Dot kept the peace but was upset. I asked Father to cop. but G. marched off, refused to see him. Dot still upset. G. working out building programme. He, Dick went at 12:30, Dick collected the new plans. I got some writing up done & a good bit P.M. No. mail on return trip. M.K. due tonight. Bob took the engine down & no light till 7. Something wrong in our stove door we can't unlock it, & couldn't get out lamp. Bob up all day. Wanted to go to Wain-sota for dinner but too late. Bob tried. Newton didn't want to X-R. Maddeins late but did. Blees him. Saw X Rg did M.K. mail. Dorothy went to Erre & brought M.K. mail. a Brochemist back came.</p>

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JUNE, 1963

Time	SUNDAY—June 9th	Time	MEMORANDA
	<p>up at 6, coffee for M. in Long Kong Service. I get worked up into one of my rebellious can't-be-kept moods. Tried to offer it all to God Long Procession, longer sermon than usual, blessing of Local Opt. Councilors out in line to hear school. Had to fast by spirit imitation. Dot, Dorothy went home first to Dorothy rang for me to Wilson, Jimmy dear M. in home after I had seen her. She baby, a pet. Wilson collapsed, dying. M. helped a lot. I.V. Hydrocortisone & took. First fluid from his pleura. Died 12:30. Bot took the body to Anger for transfer. Glad father was here. Next 2 - 4 to 3, I woke up about 4:30. Other of the, saw Stern, Betty E. & after a coffee M. and Betty were pressing bed dinner. Tot night meant to relax & a ride or between Hamlet CM & Edith Mary. Felt I couldn't take it, but saw some of them & hope they stay settled for the night. I'm trying to "help". Still some washing. Longing for some lessons.</p>		

"Nestogen"—a half cream milk food for infants, containing vitamins A and D.

JUNE, 1963

Time	MONDAY—June 10th	Time	TUESDAY—June 11th
	<p>W1 a day. Margas till 7. Margaret & I did W3 & ref. Dot came after to count jeans. We interested in our food TBS never seen in Australia I had a talk - her name as the Hunt L.M. - E.M. a kitchen - decided it was probably all L.M.'s suspicion - one likely back. Debated whether to talk to her - decided not. I prayed for guidance & cannot know if this is right. Eating lunch - called to L.M. who had taken Lydia. Her skin around the small shaly. Margaret came over & gave good advice. We gave her egg white & milk. She wanted some streaks of blood. Not much smell of lymph. We sent to Ernie for lunch. Dorothy was staying overnight. Meat at 4 to be interesting. at 4 to 4. Dore had her baby. 4 long or. Arthur came to dinner. We staying at Ernie for the night. Trouble between Betty & Wany. Odean Tonight I wrote some M.K. mail, counted & Rs or. L.M. started crying & making a shanty after 9. but quietened - talk "Largachit. all the off duties still at Ernie. Dot had & trying to do the order.</p>		<p>A quieter day, or what a difference it makes to one's state of weariness Dorothy stayed in bed all day & diarrhoea, but fatigue was the main complaint, I think. Lorna managed pretty well. She, Dot had a bit of a passage of arms about issue. Zeila W. much better hungry & less emotional - just depressed. We did inspection & I got some office job done. Margaret returned per prof at lunch time. I had a sleep, & was off work. Talked to W. about documents etc. No news of ships. Wrote letters tonight & some talk Edna Gladi's people pressing her to leave this work, she doesn't want to, or doesn't want to go home.</p>

S.L.H.

JUNE, 1963

Time	WEDNESDAY—June 12th	Time	THURSDAY—June 13th Corpus Christi
	<p>A busy day. I saw Mrid again. Dorothy on duty but not taking much. X-raying was a rush as Maurice brought out some of his and old Mook. Asked Ken to show us the plantation. She said some pt. at 11:30, I got odd jobs done before lunch, putting away washing etc. Baker rang a radio for D. Wally does not want pt. yet so I will not be going on the 20th I suppose. Interrupted rest. Father came at 2:30, after saw Mrid, Zeila. Considered there was no cause for worry. That the anger of both is gone. L.M. very miserable a run about after seeing people chasing people. Lorna did "blub" & Hospital didn't get much attention. Adolf came for check-up & Newton was at the Bay. Gusted to school & heard nothing. Thought to go & get several things done. Writing this at 10 P.M. & L.M. started hauling the place down outside per house. Margaret & Maxine & Dorothy. Back to bed after 11.</p>		<p>A day of whizzing. Margaret was for Mrid. Elliott & I. Spoke to Jeremy about Mrid & L.M. Have calls. I didn't do much before George was here. Much talk. I too tried to think very clearly. Everyone heard up to Ken, a lot of young Christian. Jeremy took George & Kar (Dr) the thin. Bloke to the plane, then saw H & L.M. I read most in bits. Lot of it for decision answering etc. + D asking Maurice, no comment on Tupperware. Did job of work, saw Christians. Talked a bit with Margaret. Arthur came for dinner. Bob who was unloading M.K. We had eaten nearly all of it. Dorothy did things in style for farewell. Mr. supplied charab. Had an argument & Lorna's people who wouldn't get out of the way. Maurice came out for supper. Took A. & Margaret to the M.K. I too tried to talk. Asked Lorna if she got + D's letter. She said "No thanks at all for the great big dirty insult."</p>

No peas or lemons.

"Maltogen"—rich in vitamin B₁, stimulates normal bowel motility.

I thought + D handled it pretty well, but L is better.

JUNE, 1963

Time	FRIDAY—June 14th	Time	SATURDAY—June 15th
	<p>Got some odd jobs done before 6:30 fast- Dorothy in bed in a heavy cold looking wretched. Hope she gets acclimated soon. Kerna. I did 4 nap. I got into office job entering up r. Went through Director's letter. Got about staff. Heard that Maurine was called at W.N. to go to Saito - a? ectopic or Caesarian. The Caesarian was Lydia. He got back all per ambulance. r There also came a shockingly ill NG man in meningitis. Too sick to L.P. as yet. Broken rest at hosp. up. Worked on till 2:10 tonight - have cleared up a fair amount.</p>		<p>"Day off" in bib. B' feet in bed & very glad to sleep till 7:15. Dorothy still off colour & in bed most of the day. Hospital at 9 - more meals to admit. Saw Sara + Zelma & the father very sick. Purther as all the Vitamin 'stuff', Penicillin. The bar a very poor month. List on L.P. on Sara who was rather restless Went to + David Sleff till 3. In Hospital read other read letters & O.V.C. literature & tonight wrote to Win. Bob John + Don went to the trash to get paper & wire, but most of the wire has gone. They got back at 4:30. Still arrived with new Caesarian just before 5. Great excitement. I seem to be very busy getting me forwarder, but I am more rest. Discharged 6 M. today</p>

JUNE, 1963

Time	MONDAY—June 17th	Time	TUESDAY—June 18th
	<p>Traynor for guidance. Inspection of W3, sent the address, both look a bit better. No opposition from the family. Had meeting at 11:30 about staff changing over to pure mission. Out S-T. again P.M. brought in interrupt notes. Ken came for Douglas's dress (found his fingers in a crecker). Maurice went to Pop for a court case & posted an letter. It goes to a higher court possibly during his leave. Tonight saw Bebal Gashua who did not sign their papers. Long talk in A. who was to leave & go to Govt Hospital. Decided to stay till he got his Grade 7. Saw rain at last.</p>		<p>345 per inch of rain last night & nearly 1 inch today. No washing day. The rain washed away the dirt in front of the White House. Betty spent the night worrying Perry had to build it up today. Everyone late on duty. I told the pastor about the Admin. visit. A quiet day for ones for penacolding, all dirty, and much more. The 2 sickness improved but rather out of danger. Gylona being difficult. 2 new headles, Fred blacked out. Spent the rest of the day on inventories & cards - half of the 2 boys. Uthra absconded. sent a radio to Tufi.</p>

S.L.H.

JUNE, 1963

Time

WEDNESDAY—June 19th

Time

THURSDAY—June 20th

22*

I prayed for guidance about the
Worcester trip. asked for a sign.
Dorothy came over to breakfast
saying something so that was my sign.
I sent a radio to Dr. Wright to
ask if July 16th would be O.K.
Went to see Sara who fell off
his bed twice in the night.
found him dying. He died at
9:45. Very disappointing. Lorna
worried for fear it was the neg-
lect. Small x-R list. Car with
S.T. re. Lorna had a battle. Glycerin
before lunch over catheter. Molarcam
at 11. At 3 called to Jelena who
was already dead. Her daughter
screaming as if she was a mad thing.
a child, going for Dorothy Lorna.
but did no harm. Newton. S.S.
a great help. Reproaching us
about tubes & milk re. Father has
mercifully demanding Zion!
Finally settled down & apologized
& we were wailing full strength
in the nearest garden house. Bit
of S.T. & bit of wait tonight &
evening. Very tired. But
had right to get off the Worcester
trip. Went to Dr's party for
Chlands. Mission not invited.

Dot, I declining.

More serene day of steady work.
Mass late dull dark morning.
Oswald: Erika restored Aaron
warranty pleased. Saw film read
mail. Inventory. Stocktake.
Saw films at night. Father
took gift to Pop. Dorothy had
the day off to see the Dr.
The gamma globulin came & Lorna
gave it to the sick one. Radio
from Dr. Wright urging me to go
to Worcester by rail means.

"Lactogen"—security in the routine feeding of infants.

JUNE, 1963

Time	MONDAY—June 24th	Time	TUESDAY—June 25th
	<p>A dull day; heavy rain at 5 P.M. Rain must have been heavy in the hills as the river is higher than I have seen it - it looks about 5 feet below the bank just in front of the house. We are working hard cleaning up for the Administrator. - and at 6 o'clock the news said he could not come to P.O. this A.M. I wonder what will get messed out of his programme?</p> <p>I reflected w/3. Maurice brought the news N.G. Pt. & Newton & says he has tonight seems to have a pleural & pericardial effusion - probably no F.B. Very sick, though. I have done a good deal of stock talks, lots of evening correspondence & Betty could not get Hawaiian for a talk.</p>		<p>Another dull day; a little rain. Very black P.M. but a strong wind drove it away. I reflected w/3 by 10:30. Gasper shows no sign of measles. I reflected w/3 again & got 3 or 4 fine blood. I washed my share of the stock talk. I said to Death Cent. I said to Newton. I reflected w/3 again. I fear he will not recover. Now finished my dress at last, & done up a couple of parcels. Eleanor's has been waiting for 6/12. Betty had talk to Henry who can't arrange a trip to W. coast. Must wait. He, Dogue has the Hawaiian & is wondering if any planes will land. I tried to pack tonight but can't settle or believe I am going. Spoke to the medical who was playing football on Saturday. They told the f.b. to stop. I said to. We parted good friends, also friend to.</p>

S.L.H.

JUNE, 1963

Time	WEDNESDAY—June 26th 27 th	Time	THURSDAY—June 27th
	<p>A complete muddle today. Everyone late as it was dull. Got my packing done. Raw Gagan, went from house to shop & back. The official party got here just after 11. D. I had things very nice. Dot is a real power of strength. I was nervous for no reason at all. All went well. Cuffa paid. Lady C. Skuffled with the hand, even his D. was very appreciative. Must let George know. They had a quick job over but did not see the beds in the chapel & went at 12. They are cutting out the Trip. Early lunch with a feeling of ambivalence. I set off at 1:30 for Erre, to catch plane at 2:15. Rowan then to John Don. I went up to the ship. I was wanted for 3 hours. I talked to her, advised the bats, read, sleep. She gave us all a coffee. At 5:15 I had over to go to Pop. Mary brought a message that we were not to fly but go in MK. (Kannagar she banka) Back to Erre. I was seeing the</p>		<p>Another crazy day. Up at 5:20 to meet & depress. ^{by} at 6:15 fact. saw the guests off. Bob took them to wash, just nothing damn to fact. called to little Charlotte her finger bleeding. Had to give her a GA & take off the nail to stop it. Breakfast at 9:15. Aspects Gagan heard of pneumonia another shot & wearing but kept one lot of instructions. I landed not come. I set them till 11:30. If came on return trip at 1. Mary took the job up & called the small prayer. Sorting it all & running till 13, & finally got my feet up for a while. I read the offer but no hope. Even had to see a job from Rowan & they took her to Erre tonight. Tonight did a bit of sorting packing, & read what I had early. In range at lunch to say I am to go in AM to Pop then Rowan. John may go. I suppose God wanted me to be here today for the job. esp. a job is away in Manan.</p>

"Ideal" Milk, a safe standardised milk for routine infant feeding.

← overleaf 102

Time	FRIDAY—June 28th 30 th	Time	SATURDAY—June 29th
<p>Quite a day. Got Bob. I got away at 7:15. Shortly called by Mum at 4 AM. Mrs. F. W. were quarrelling! At the ship, we admired the new glass. Went to Pop, then all piled in for Dogura, leaving Slot. Got to as Triggah ch. F. Byron Mrs Merrill, Archie, Sam Richards, John Grampsey. I brought quilt to our mess. Dogura got out after a while. Found the fuel by 10:15. John met us a very pleasant muddy print seeing a many people all alone. I made sausage rolls & Mrs. Hand did lunch Emily did marvellously. Had a hoop up at the Cottage, to the Hospital to see X-Rs = Keh who was so pleasant, a cuppa at Monks when M.G. arrived & nearer station also the busena & Nat Moresby people. I found myself looking after Mrs. Johnson. The Lachford girls & sang in the lovely cathedral, one feels as if one has come home, but more + P at every hour. Dinner buffet style. I eat: F. Maudsloni & David Patoka, Fr Frankie R.C. of Rabaul there. M.K. arrived at 7, Nancy W. got news of her father's death as she arrived, but she is relieved more than anything else. Fred beds, a bit of a fact, cuppa. Had a rotten head all day, a horrible period.</p>	<p>Up to 6 for English Mass. B' fact of hours. Hear Bob Bunting eating opposite me. Got tray on bunking down. Putting on Man, folded up my bed. Packed Helen, 9 in M. Peter's house. Service very inspiring. I was moved but not inspired. Adam a bit late. Lady G. had to sing difficult. + G did his job well. + D's sermon was very comprehensive but too much. Spoke of P much as he used to speak of P. as a saint. Spoke under the trees but I missed most of them. Seeing people re. Lunch is informal & informal but plentiful. I finally went to ship about 2-30. I wanted to see Mr. Smithers & the Chancellors, really got off. Very interesting hopping over G. F. ride to Mutus Bay (Fisher) in the T.A.L. lesson, S.L. also furnishing. Got to DC3. Moresby weather, got to Moresby at 5 to 6 & Mr. Smithers drove me there. Margaret H. had gone. Mrs welcome, dinner. Bath & bed. Too tired to go to chapel.</p>		

"Malogen", the dietary solution to constipation in infants.

MORESBY.

JUNE, 1963

Time	SUNDAY—June 30th <i>Go Gy!</i>	Time	MEMORANDA
	<p>Mass at 7:30. 3 Bapkins. Fr. Brian doing the lot. Fr. Stephen at St. John's. Saw sundry old acquaintances after & there was no one for a supper, so Eileen & I had a leisurely breakfast. I tried to write this letter but there were constant interruptions. I helped feel those awful vegetables for dinner. Terence's birthday. E. gave him a party. 14th style & the teachers. Just finishing lunch & in walked the Coles & stayed a blessed hour, & spilt Eileen's hope of a rest. I came at 3 & slept till 4:30, & felt better. Everyone came at 5:30. E. brewed us beer & hot water. Fr. S. got quite festive & filled my glass & his. E. & Terry is disappointed: the teachers did not come. To rising at 7 in the Chapel: a sermon, back & washed up for an hour & supper & read in bed.</p>		

JULY, 1963

Time	MONDAY—July 1st	Time	TUESDAY—July 2nd
Slept till 6:30, prayers, got to fast.	<p>Wrote W. & Mary rang at 8. F.S. drove me to the Hospital at 8:30. Mr. Meeks sawfully nice. The rest of the team, not so forthcoming. Saw a lot of surgeons all interesting. a Fall to pathology, diagnosis not certain but of the heart was abnormal. Theddie's heart almost or quite stopped beating. had cardiac massage. They gave me lunch, in need of them. Went till 1:30. P.M. on thoracoplasty, dissecting down of an apex in a cavity. Saw a lot of pt. too - Aubrey's been & said they want to operate!! But at 4:30 I did not ring the house as I wanted some fresh air. Home at 6:10, found the house locked. Eileen out till 20 to 7. Dinner, wrote a letter or two, bath, bed.</p>	Woke at 6	<p>after a good sleep. 16 Mass. S.I. for Sumner B. fast caught a line for Sumner. got there at 8:35 just as they were draping the pt. - a Dem. lacer in mitral stenosis. Right a dramatic operation, r. as blood is steadily going in to the pt. they don't get in a flap about blood loss. I went to see yesterday's little girl, the kuren boy was attempting to walk - Mr. Meeks is that little bit. It looks as if they meadow is a cure. Also saw Mollie Eileen, Theresa Mary, I ran into Rob Kay. Also 5 minutes to Phelps about what. Started Sumner at 11:30. The whole lung adherent. you couldn't tell pleura from muscle. Finally they got it out. sh. bled. bled. Eileen Meeks said it was hell. He had over 7 litres, received 23 bags of blood (? pink) I feel I must stay. I prayed while they worked. Out of theater at 5:30 after a teacher's bag. Cup of coffee for which I was most grateful. Mr. Foley gave me a lift home in his car. Bath. Eileen gave me a sleep-out dinner. Finally came & we talked as we sat but she would not go till 8:30! Glad to get into bed. Mr. Meeks does</p>

"Nesmida"—a hydrolysate of milk proteins casein and Lactalbumin.

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not seem to want to go to Eileen & mother?

MORESBY

JULY, 1963

Time	WEDNESDAY—July 3rd 5 th	Time	THURSDAY—July 4th
	<p>Prayer in bed, & went to Hospital. Found Lumenra had been taken to theatre again in the night. Had a lot more blood & infection good. Saw Warrington. Dr. Arthur gave me a puff, packed about W. who is responding to F.B. therapy; is to come to us. Dr. Wright out, but saw Dr. Cooke, who is beginning quite a good path museum. He goes to England in September for 2 years. He drove me to town. I got a passport photograph taken, saw Travel Office of Bank of N.S.W. Home, got some letters written, went to town to post them. Eileen out to dinner. I read a bit, & ate fish & chips along very nice. Work home, read a bit, & went to bed 12:30 like a fool.</p>		<p>To Mass in pred. sleepy, & posted family letter. To Brian drove me to Koko. I saw Mrs. Lamluse who was very helpful. all DPIT are did some business, & came home. To Brian, then to Bedili but could see nothing I wanted to suit my purpose. Home to lunch, slept till 3:30. Puffin Eileen, & bath. we all went to the Hospital. Lumenra was bleeding into her draughting. He was 9 yrs. B.P. 70 but under blood packed her up. Talked to Bob Rago for a hour at 6. Eileen. I had a bit of a meal, went to prayer, & wanted for Peter Hopkinson to take us to C.S.G. barbecue. Office in Church. I am conducting it. F. Z. at the organ. Then a long dinner and had pleasant barbecue. F. Richards, F. Byrnes, then Max Gadeba running round to eat & drinks. Home at 10:30.</p>

JULY, 1963

POPONDETTA - EMBI

Time	Time
<p>FRIDAY—July 5th 7th</p> <p>Spent a day slept in bed 4 to 7. To Brian drove us to Town, saw Dr. Hughes bus arrived at 6:10. Eileen Clayton most helpful suggesting a Medical Refresher Course. Saw Mr. Cox back at work. Lenta died, spent a long time in Papuan Print over film & getting a present for Dorothy. To E.C. where I spent an age, could not get a ride for Joshua. Home to church, decided to go to Town saw Travel Agent again, BP's ran into Anne Martin's sister, went to Reeborg to see + D who arrived for DC3. of Refresher Course, discussed staff re. He is tired & rather overwhelmed. work I think Lashford is pleasant & funny in bed. Sandy drove us back after 5, had a quick bath - had to break into the house - I am packed up to go to dinner. The party Mrs. Merrill there. Much talk, a slap up to home's dinner I am drove us to Hoop, very good looks by Mr. Nicks & slides. supper Dr. Sragg introduced I Metadayan to come to Saito's Mr. W. Dr. Mackenzie & me home very gracious. Packed bed after 11</p>	<p>SATURDAY—July 6th 7th</p> <p>up 5:15, to fast, just ready as bus arrived at 6:10. Eileen Clayton Brian saw me off. I am, F.H. at Jacksons, & Betty arrived on DC6. Kettle Robert. Miss to see her. She went on to Lae, & H. Ross also F.H. to Pop. F. Geoffrey going back. He agrees to be heat, suggest Joyce path. Vera drove us to Kuttles. much better cuppa. talk. Bot says Clara & John Owen engaged to be married in Jan. Also CHN planning a Noble House in Pop. 2 postulant have offered to E.V.B. man. Mr. Fry. Lunch. Ken brought me home Bob Bunting up to his tricks again. Ken I wouldn't tolerate it in his shoes. called at carpenters. Name to find there was a great row last Sunday - several Mumuk have gone away. Apparently Lorna's bad judgment. Dot told Bob about K. law while I kept Dorothy out of the way. No fast, that's heard the news, unpacked. Dery tried. Lenta M. attacking Edith Mary again. Saw Hunt about this also the Mumuk fight.</p>

"Lactogen" combines security with simplicity for infant feeding.

S L H .

JULY, 1963

Time	SUNDAY—July 7th	Time	MEMORANDA
	<p>up at 6, 5 to church. Englisher. Stayed to breakfast & lunch talk to Maurice, later. Father spent Sunday next. Saw Baker who is in bed & a leg. John drove home, me home. We got Edith, Mr. Wilford in at S.M.H. & John. I saw M but got nowhere! A busy day, accomplishing little. Dinner finished & went to lunch. I saw Ryzgial about future work. Held mail & filed some & wrote up absconders. Ken Law arrived on M.K. Dishes for lunch & dinner. Still pretty tired but have a fresh outlook on problems present for S.I. After morning for Ph, pretty anxious about his anxiety.</p>		

JULY, 1963

Time	MONDAY—July 8th	Time	TUESDAY—July 9th 10 th
	<p>This morning I was full of vim & seemed to get through a lot of work in good time. This afternoon constant interruptions & the time went on small things, & thought a bit like that. Ken came on Tuesday & we had a pleasant round, saw the wrecks. Examined Ken saw people & the new job. Left at 3, John G. here for lunch & after tea, fixing up the Mission tractor. Mentioned I & raised Ken, which took a while. Tonight did some entering, seeing people have written some letters anyway, & feel rather tired. Lunch & back.</p>		<p>Ray & I inspected Ken in house, it took quite a time. On to hospital in late afternoon. At dinner I said Alan looked blue, but was well. Ken's eyes were bad. He looked like cardiac asthma. Saw Murphy & worked & worked him all bed time.</p>

S.L.H.

JULY, 1963

Time	WEDNESDAY—July 10th	Time	THURSDAY—July 11th ^H 12
	<p>called at 1:40 to Aaron who was dead when I got there I thank goodness Mabel was on duty. I brought things to look after children to look after. Couldn't get back to sleep. I had all day. At 6 went to funeral about funeral & sang Trane, etc. & washed washing. Long x R day. At 11 went to do D. Long repair constant interruptions. It's with came, was good about it had some sleep after lunch. Ken at Trane. We all went to the funeral service in chapel. I did repair for Dr. Wright. He had tonight, acting night. That I almost missed E. Long. Fred went to bed.</p>		<p>Very dark these mornings. Father came early. The new plane scheduled makes it due at about 10. I saw young Dennis. Clement for then for Norman. Dot. The other jeep went to Pop. it brought Mrs. Rose & took Ken. F., Mrs. R. wanted the ship till after 2 & no plane for thing. Mr. Trajcek & Mrs. Martin for He came, talked affably, we asked out some of our queries. Had a cuppa. With up cards, I am trying to get order out of chaos. Slept till 3. I can never get enough sleep. Worked on & looked at x-ray at 7. Just finished dinner. Gastric vomited ++ c blood in it? aspirin. Told Lorna to give morph. then changed to Pethidine found her giving 1 cc instead of 2, questioned it, & I shall don't know what happened. He had 2 empty ampoules morphine & one Pethidine, but I think he got only 1 cc Pethidine.</p>

JULY, 1963

Time	FRIDAY—July 12th 13 th	Time	SATURDAY—July 13th 14 th
	<p>A muddled day of coming, going & little done. Mavis flying over head, tractor V/S, Ken came in to help. DC₂ came in late, jeep here, met it. I read mail in Hib & pieces called from hosp. up & read, reading 3 pines. School office came to collect tax. A truck brought us a brand new fidge! Gashin & mebaena, reported report casually. Condition fair. Adam Samson & his boy, X. said him at 6. Spoke to pt. about pulling out Percy's stake. Max Takedo came at 6, & long talk to him about Red Cross & he spoke to the patient. Talked to nurses about cooking. Then took late for work. Found some clothes. Don. Ken to supper - Don shaved slides. + D. wrote about moving Loma to Yoma for temp. Win wrote, Ok in labway & what sound like a coronary. Ellen right on top of the situation. Thank God John & Ruth have their boys.</p>		<p>A sort of day off. Dorothy m. I had blessed breakfast in bed. Washed church things & John Dan & Harry (Clare's old friend) helped Bob to fix the tractor & came for a supper. I got on to mail work to Ok. John started on to blow at long last. We & slept till 4:30, & after that the jeep arrived & to Harkness & to Noeham. We called the grand boys. Jeremy took Max home. H. staying here. Much talk - he is a dead. We had sherry, & after dinner complaints & I read his shake & church things & the others set to fast & packed the cats. Thought about D's letter & decided not to discuss it. Loma & Dorothy. Think I was right. Mavis: El</p>

POP.

JULY, 1963

Time	SUNDAY—July 14th	Time	MEMORANDA
<p>up 5:20 & fit lamps, got chapel ready: Mick. Little Yvonne came & said "I come for advice" but I told her to do it after b'fast. Tractor came at 6:10. Mass is nice but I for dull to appreciate it fully. I do dread these rainings & loneliness in the dark. Lunch b'fast. Dorothy went for tractor. Just at 8:30 lunch. I first talked about Lady's being too jumpy. I put 65 on the wheel just. Jeremy is upset. He had an edge on his voice again. Found out about my Phillip. I thought he thought I was not hearing him as a Friar should be treated. He don't know if he is all against me personally or has a THING about these things. Certainly most on Jeremy. He raised to Pop. Grand. They may seem everyone - same as patient. Changed & the service started. Very like the Enthronement. People apparently very impressed. But I was not. Maybe because I know spirit it for me or I hate too much "do". Church not, someone long. Let i Grandhouse</p>	<p>much talk about these meetings & got nowhere. Lovely to see her. A lot of speakers in hot sun, & lunch in shade. Still more talk. Clare there & John, both looking in baffling. I hope they will make a do of it. Saw several packets, little Kristin Section, a Taram woman Dulcis in coat & boots. She had a shellborn fernal bab this AM without a face (but it had a head) & they buried it at once. They said rather vaguely I did not breathe. Sunday is in! Left to come home at 5:25, could have come earlier. I talked to + D about Zerna. He saw her & told her to go to Yma. He seems to pleased. The story is that James is displeased. Very funny act. up - G. does not seem to fit in anywhere but in Vans' affections. Marilynne apparently doesn't want him. Pop all goes well. Got home at 6:30. Not got delicious dinner in no time for D's weeked birth. Day D has wakened up that I am forced to bear with bearing after birthday every 10 minutes. W.T. wants to come back.</p>		

JULY, 1963

Time	MONDAY—July 15th	Time	TUESDAY—July 16th 17 th
	<p>Lorna called me at 1:30 to Evangelina. She was already dead, seemed to have been dead some time - yet Lorna couldn't recognize it. I wouldn't let myself be upset, but it has rocked me. Couldn't sleep after - has spent the day in a blur of weariness, digging mess. Rang Evans at 6:20. Lorna got came out, began to thing Lorna off duty all day packing. I do not wish to say about herself I hope all goes well. Take a look at infection. Mangan had run away in fear. Funeral at 10:30 jeep arrived in bar board. Got them a coffee, got them off to a picnic. Muddled home in little time. Got busy in house, giving Lorna a farewell dinner - Ernest John here. Philip has all day staying to us. Felt better after a sleep. Saw Frank Murray at 4 jeep returned. I went to Eric, saw Maurice is nice. We went to Dick arranged flight. Back for 5 more drinks. Got the life off the party. Saw Ann people, & the X target finished. Showed letters. Told about hel nearly 10. O for a quiet day & night! Still digging.</p>		<p>Slept till 6:25, G-g also back, but Philip. Lorna was nearly ready when jeep came. Lorna says getting off. A infection WS I + new wound & old job. Tried to get shot 1.4 but Santarian off the air. Got my D. Robin case fixed, mostly X me presents - whether for last or next X me I don't know! After E's party washed clothes, head, put away linen. Meals are all getting later, later. At night took to camp etc, busy till 9 P.M. I back on housekeeping.</p>

JULY, 1963

S.L.H.

Time	WEDNESDAY—July 17th	Time	THURSDAY—July 18th 19 th
	<p>ref at 4 to get a woolly rug. Called at 4:30. Dennis Oswald brought Ambrose of Embury, found i. G. G. G. i. G. G. called D. and for Dennis to help. Couldn't sleep, when I got up couldn't say prayers. Small x-R first but late in starting. Terence S had an in- jured elbow. x-R showed up for talked to Greta, Dennis, Oswald about A, D. O's stores did not fully quit. Found A. visited Kirkal pier. Also observed that Greta is pregnant - 25/52. Also Newton interpreting. Fr came for lecture: I told him x-R is going to report it to DC as x-R already reported A to him. Sam shed bill off the air. Fr writing for a book about Palestine tour. I stayed in house rest of after writing letter & again tonight after on a late evening. At 9:30 Newton reported "breathing badly". For a quiet condition good. Gave him Largactil. Pop. per the fact. Somehow left is pretty hard to take.</p>		<p>Wass. baptism of Grazi. book law patient. Mother very dopy, wanted to work but went back to sleep. Old job went came Mrs Rosell at 10:45 & she had a cuppa after our Ray went but read it in patches. Mamma's say asking to bring Mrs Allot for x-R. He looks better. x-R took an age & kept me running till 1:20. Heck's sched said Bas due 9 AM today. printed up Nicholas's interference number visitors. Decided to go to Euro i D. in back to talk agenda to Mani Alf Pallia here all day & returned i us at night. Keen to come here but his back may prevent. Very cold. Home 10:30. Lil tells me Ok has had 2 coronaries i week: the second or all i anxious. Ella wonderful but Lil i her. Ok improving now Noon Ok.</p>

JULY, 1963

Time	FRIDAY—July 19th	Time	SATURDAY—July 20th
	<p>Had the feeling of carefree-ness along prayers that usually heralds the appetite. I came before to fast to say Anemia again had sent me into 5 contractions. Not shocked but in great pain. ? Accidental poisoning that B.C. nurse A.K. Gave Methidol watched. Did I resp. it, saw nothing got on to unpacking the tea chest (2nd attempt) called to Nangpa is pretty pink - heart palpable symptoms he hasn't had before. Worry about him read up on what I could do heart. Praise to his wife is her Lat to rest & early up. Ray & Mr. Nelson came. Brought back Lubidac Long Gyp a policeman. Sgt. staff! Seems a nice chap. They talked of Ambrose but did nothing about him or Henry. Stayed for a supper & went at 4:15! Not having a bad day. I got little done. Newton better & working at his own request. Got some MK meat done after 3 p.m. & again tonight work at out Meade's given. Saw He had talked to Kuperai about staying on. I all fed up & no let up from constant demands for - anything pointless conversation</p>		<p>Day off, interrupted. Not called last night, slipped after 7. Post went in to Meas. Bob took her on road are Bay to M.K. I called in a boat/Hanger but I didn't go until after 6:30. I found him improved & his systolic minimum gone. Anemia better. Work better, odd jobs, & got a desire to pressure & have a push out out in between other job. Tractor cannot \$12.45 in numerous patient, shoes I admitted them & so had lunch. Noop up, & at 3:15 in came the Peab & Kise, Kivari, Hurray! But the Peab stayed nearly an hour not quite at ease but Ken was here & chatted & small boy. They are SDA's & drank water. Has killed & asked or, since nothing definite but some mess at of the way. Cold tonight, my feet cold I have a H.W.B.!!! Nangpa not so well. Henry Newton's wedding feast & the staff have gone to it.</p>

S.L.H.

JULY, 1963

Time	SUNDAY—July 21st 22nd	Time	MEMORANDA
	<p>On duty as sister. Did not go to school. Nangosa better but pulse pink. Had a pleasant breakfast alone. Walks not as long as I expected. I got a fair amount of work done in my office & saw some patients from M.K. Lunch late, called from road to Nangosa who was already dead. The end was a quiet. Benson took the body on the tractor to Amemi. Thank goodness his wife was here. Finished unpacking Vic. box at the 4th attempt. Did odd jobs in the office in the evening. Dorothy went to Wausita & Charlotte for a walk & stayed to dinner. Dick rang up, what gracious & willing to take anyone in his plans. Taking Kupwai to Managulas & back to W'gala. Andrew caught Ambros & captured him in his house. Newton on duty normal.</p>		

JULY, 1963

DOG URA

Time	MONDAY—July 22nd	Time	TUESDAY—July 23rd
	<p>Miss to have a normal morning on waking. Wrote up agenda for meeting before breakfast. Got the papers off in reflection, saw the Wangiguan did death certificate etc. Father was going to bring Gran's bagging but he came late. After tea when I came to say Brucella had bathed baby by the creek - or miss plump boy all well. Gief came during Ewensong. Gran, Betty came too & Jeremy announced their engagement. Drank their health but they seem ultra-normal in their reactions. I repeated it but not yet. Wedding about next May in Australia. Youngest looked at rays at this, said it saw things for Logura & light out before I am ready for bed.</p>		<p>Up at 6, Gran, I ready by 7, we go by 7:20. Like took on lateres calmly. Wonderful day. To Pop. picked up Sh. Helen & said good by to Mother Faith who went off on PPT at the same time. W. gela, great welcome. Miss to see Liavel. M. saw some fabrics, no saw Mrs Richter. To Tarak. I picked up Mor & saw Dong for a minute. On 6 Luaba Kuaaba & dropped Mor, then Logura 11 A.M. Luvu & welcome. Had proceeding solemnly till 3, & large supper & eat. Did plus Mor with Dong. Saw little George & Marcelle. Gohit shaved us the Cathedral being done out the in paper cloth. Stone club for candlestick. Paddles & a hook on the front-cover. Ken H. not in a popping mood. Things went agreeably, & we got through an agenda. Took off at 10:5 from Logura, back at 5 through cloud which threw a weird light over Maiker. W. gela. Then I loaded for the Managald. Picked up + D. We wanted to see him & he was late. G. drove us home by 10 to 7. Tall, food & rays. Bath, supper, & glad to get to bed.</p>

SLH.

JULY, 1963

Time	WEDNESDAY—July 24th 25 th	Time	THURSDAY—July 25th
	<p>Said prayers quietly. Saw Jean off, sending liner which should early breakfast. We sent Andrew & Ambrose in but they could not go. Margaret brought them back when we came up for X-R. He kept us late, so finished X-R about 11. Alfred has a collapsed vertebra. Shows much pain & we sent the physician to look, but D.C. took him to P.O. from the ship. Wendell P.O. came back to beg some water. We gave him a buffer. He went back to the ship to wait for a DL3 load of work from Madang. Andrew looked after them. They are for CSIRO. Worked through PM on mail. Tang & prep. Then looked at X-R's & finished mail. F.G. rang to say we were today as Fr. R. was not back from walkabout. Glad to crawl to bed.</p>		<p>Jeep came at 6 after all. as Fr. R. returned at 2 AM. A good morning to Max all the same. I wrote a note home before breakfast. Saw Mr. Piddell. I have early Garrison got off safely. A letter from Ob. Smith a chatty one, & also quite resigned to hospital care. Thank heaven. Read mail & did odd job P.M. doing M.K. mail. Bought saw the rest of the X-rays at 14:30 Glen & another PWD was 'Lazych came, had a great look all charm & in a hurry.</p>

JULY, 1963

Time	FRIDAY—July 26th 28th	Time	SATURDAY—July 27th 28th
	<p>A repetition W.G. David M.K. mail Non Dot cooking like mad for the party for Genevieve & Betty. Maull & Mrs. Garry came at 10:15, brought John West's rabbits, some toys & New Testament books. Stayed for morning tea. They said the D.C. might come in the Army, which is coming to top in force, but he didn't come in, but passed by. We got off to the party late. Maull for we didn't dance. Had dinner to 2nd course then beer plus then coffee & cakes. That eliminated supper so we got home at 10.</p>		<p>On duty. Up at 6-ish. Did not do much of Sister's work, but entered things & actually tidied my desk & how it more or less in order. Betty drove Pat Russell out about 10 & both slept here. Pat R a pleasant, at-ease person who fitted in well, & Betty always does. Uncertain about boat, at last got word finished via a letter to W.T. welcoming him back if he will see the line and if there is a place for him. At long last got my writing done. Tried mentally & physically.</p>

S.L.H.

JULY, 1963

Time	SUNDAY—July 28th	Time	MEMORANDA
	<p>Day off New Mex. Weather hot & humid. Left 6:15 & off to Church. Keegan took job to Bay & got back to Mission in which time to bring us here. Church so large. I could not enter into it, yet felt I should be giving thanks. Geneva announced the engagement, but "Eureka" translation changed a bit of family news into an official announcement. Have written 3 letters. Thought about the finished Palestine book, & filed correspondence. Raymond before lunch & again after. Washed head, iron clothes. Maria C-C found apt at 4:15 for M.K. & returned on yacht at 5:15. Dot still upset & worried about Rob. She looks tired & dispirited. She has done stencils most of the day.</p>		

ERIT JULY, 1963 JUL

Time	MONDAY—July 29th	30 th	Time	TUESDAY—July 30th
	<p>A help W3. Dot getting all the men to put the roof on the club house. Just getting to order at 10:00 in case Mary Cox! Dr. McFadden & Kamen had a supper, then Cox stayed till after 12, said we can build main house, suggested extending the cement behind the nurse's dorm. to make a dining room. Very helpful generally. Mr. Sebie came to camp on Thurs. to do the canvas roll. The Mrs. brought a new pt. after rest got to order & worked on it well. Thursday a bit before 10:00 D. not on duty at night. Getting a mail lot of eggs & sent 12 doz into the Messia. A little rain - 1.2 ft. D. upset about placing new pt. & passed the buck to me, & we worked it out in the end.</p>			<p>Big 4 inspection I raised sword in Russell who is a slave & got proud when I rebuked him. Did order all 8:30 bought a substitution. Dot to buy & finding things hard. Porta-gas not working in the kitchen, Bob had gone off saying anything. Dorothy, I had to help to move Kama to ordinary coffee. Weston not well</p>

S.L.H.

JULY-AUGUST, 1963

Time	WEDNESDAY—July 31st 1 st	Time	THURSDAY—August 1st 3 rd
<p>Newton off duty, L.P. I got through the X-rays by starting late, finding the washing tanks empty, having to fill them in the middle of things & finishing late. Few pt. but the spines took a time. Jessica still vomiting: her history indicated pregnancy: P.V. pretty well confirmed it. Stephenson the other party, & neither want marriage. I didn't speak to S. but he came to me, said 'Wanda is his girl of the moment'. I saw them both - only to direct. I most amazingly indubitable all day, & it drew suspicion on him of course. Got mail done in bits & pieces. Very tired. Radio to say electricians coming, also range for Percy & Betty Ann.</p>	<p>Mass. & I made up beds for electricians. A muddled morning. The " Tony to lift, his officer Willie came & masses of stuff. Father offered to drive the tractor up to pick up it. Palm & was away till 1, for dear. Tony on mid chap. Shaved him round & fixed him up. The Altops came, the P.O. Farbell came to fix the bumper bell, & we seemed to have callers right & left. P.M. read mail. Alan still improving. Name has any easy & warm got at R.M.H. which sounds ideal. She feels she can't come back yet, & also that because she wants to come back it may not be the right thing. Four blessed grass pieces lit all senseless ones.</p>		

"Pelargon"—its mild acidification is the answer to many feeding problems.

AUGUST, 1963

Time	FRIDAY—August 2nd 3 rd	Time	SATURDAY—August 3rd
	<p>Spoke to the patients at breakfast about fighting grass fires taking firewood etc. Jessica seems to have given up vomiting & Newton quite kind but not eating. I suspect I got some odd jobs of writing done with sundry other calls on my time. Bob mending the pump & so we were out of water from 12 onwards. Nurses slack & lazy about cleaning their dormitory. I talked to them after 3. Achill wrote about Norman Stella's deformity, & wrote up some outstanding stuff. Jeremy & Betty came for dinner (half) & Ken came at 7.15 & stayed the evening. I didn't get much done. Staff notes came. + D seems actually to enjoy his Liturgical rehearsals!</p>		<p>Day off though I got a few jobs back to hospital affairs. Arranged to get up for 6.15 but someone arranged otherwise. Was quite grateful for it. Read & meditated for a while. Sewed most of the day on my new frock, but the instructions are rather hard to follow. Dot went to the mission, also Tony. Betty up late, & talked a bit. I heard the Beethoven D major Concerto - glorious. Could get My Word books. Phil Shea came at 8.15, & the Beaton came next week. After dinner very tired for no reason. Read a Journal & wrote one letter & then to bed. Rain at night. Bob's going to Worcester.</p>

AUGUST, 1963

Time	MONDAY—August 5th Bank Holiday, N.S.W.	Time	TUESDAY—August 6th
	<p>6⁴⁵</p> <p>Inspection w 3. Bad day as regards water. Bot working on the pump. can't understand why the pump well is emptying so quickly. Just coming to lunch. David came. his mother to talk about his father's Bank book; then Sister Schaefer(?) Schopfeld(?) came & brought a news pt. It is 1 W. I wanted to see how AM Eras was doing. I remembered her vaguely from her being at bank before. At 1:30 Ken called & saw lovely fork, then he returned & parted our wait— but asked all sort of questions that I didn't choose to answer. Then for afternoon, much discussion of things. Had a meeting of staff at 11:30 about bad attendance at chapel & asked them about waiting at Eras for breakfast on Sundays. They do not like it, & I told Father we would abandon it. Tony a mischief.</p>		<p>An easier day - there is a sense of leisure nowadays which is delightful, yet I feel uneasy and almost guilty at being able to slack. I feel slippy a good deal too. I expected 2 boards came out & lesson in the packet, & odd job, started on the 3rd report, which is infinitely less work when I don't write all the particulars. No prep till 2:10. Then lesson after a cuppa with 2 letters, heard the Mission asked, Maurice, John, Doug, Peter talking 'Ebe can't talk tonight of his own accord'. New not spoken to Russell</p>

AUGUST, 1963

Time	MONDAY—August 12th	Time	TUESDAY—August 13th 17 th
	<p>We got 4 inspections done by 10:00. Other orders done by 10:30, when the Evans mob came. Had a supper. Such a stack of them & was glad to see them go. Bob & D. went, but not Kathy after all. I had lecture & saw to Hospital, read the Red Cross literature. Was called from hospital at 2:25 by Richard on the motorcycle. The rain poured down & called an end to their picnic so they all came back here for a supper, all soaked even if they hadn't been swimming. He fed them again, & they ate Nancy's birthday cake. Newton a bit green, I didn't feel happy about him. Ken brought in green veg as a gift, brought George. Benito, very little altered. Alvin & I raised members - N.P.P. Tonight John Mac came; all sort of depressing stories. Then Walter and said he wanted to leave. No sign of him changing his mind. Had to check the church thing that Wanda saw washed today. I was glad that D. had supper. Bob. They play song chess.</p>		<p>4 inspections of the WI. Kept going along. Finished News Letter.</p>

AUGUST, 1963

Time	WEDNESDAY—August 14th 17 th	Time	THURSDAY—August 15th 16 th Hostilities in Pacific Area ceased, 1945
	<p>Mr X-ray film as I suspected W4 in preparation for seeing surgery on Friday. Father came for his class & I felt that as few came & many of those came late. He won't make attend- ance compulsory, decided he would rather speak to them than have me speak - & then he forgot. Walter who went early A.M.</p>		<p>At Mass Fr admitted a mob of catechumens. A long sermon lovely but for no serg's involved Mr serman. Albert served for the last time. I have late because it was diverted to look for an army helicopter, but it was only its radio out of order. Big mail in. The complaint from Top Govt Council. Found nothing from Dr. Byrnes. A radio from Dr. Wigley who comes 22nd - 24th. Would wait for the milk run. The surgical team reported at Erno did not arrive. I got ready to begin to dinner then hang many. I decided not to go as they hadn't arrived then found Dr. Byrnes' letter & program. I waited. I to quit lectures. So I went in & Dorothy on the tractor after dinner & broke the news to M. Heard a bit of Father's lecture, said goodbye to Betty. Home at 10:36. Gave money & playing cards.</p>

AUGUST, 1963

Time	FRIDAY—August 16th 17 th	Time	SATURDAY—August 17th 19 th
	<p>Saw some pts. spent the day on correspondence, answering Thursday's mail & sending out letters for Medical Conference. Got to Tracy's classes etc. got tired & finally by night poor. dear. Our hiker, Abbe is getting slack; it bothers her as it bothers me. There is a general slackness when D. is off duty which I don't like. About finished up. said good by. alas! Ben came to visitors. Talked to John Mas. about Red Cross. Lights on in new wards. Tony was finished but says he would do one to chapel.</p>		<p>Day off. Breakfast in bed. Finished my pack at long last; got on it. Nancy Stella's. Nancy hangs to ask if then two visitors could cycle out to after tea. after all they walked with John G. — Gillian Harris, a graduate in Botany, quiet; and Barbara Ayton, grad in Biochem & Open Med. very talkative. She wants 300. support for her course I suggested she need. Wrote a note to Director about being a cadet. Dear Dot had made a cake on her day off too. I showed them the Hoop, they came to 9. evening & walked home. At night I wrote to Gran & Viv. not much else. Got to bed. Nicholas came just before 10 because of trouble. Dulcie. Dulcie refused to come over & talk. but I was up till after 11. I think Dulcie's accusations are unfounded. Jeremy going away, so the matter must wait! Maurice brought through for Jig.</p>

S.L.H.

AUGUST, 1963

Time	SUNDAY—August 18th	Time	MEMORANDA
	<p>On duty. Up at 6, ran round the sheep hill 7.1 to church, Maurie not in church, Mary went out. Mary said it was an impending basson so I went out before the end. There was Margaret Rose - A-IV bleed. came home. Found Maurie - her old uterine pain but not !L. Kept quite busy - this & that. Bob did up the fridge with a recommendation of fuss, & after lunch took it down on the tractor to the Bay. Don't know why he set his heart on giving the fridge to Ray Taylor. At 3:30 called to S.M.H. as the surgical team had arrived. A lot of delay & muddle, finally I got the Pentothal ready. Maurie died a P.V. No P. praevia but a laceration of an oedematous vulva wh. Dr. Badger repaired. It bled a lot during repair. Members to go to Wesley Hall dinner. Ken's turkey - saw Betty's Betty home by just 10:20. Bob still late lot of patients at Ore Bay.</p>		

"Lactogen"—the standardised milk food for infants.

AUGUST, 1963

Time	MONDAY—August 19th	Time	TUESDAY—August 20th 21 st
	<p>The patient today went off hunting. A windfall this AM. Tony Blessheim did the lights in the chapel. Kept me for some time. Various turned up. I talked of Emborg's trouble in the pt. There has been some ill. feeling between them. Paul denied it! I. reflections told them John W. saying. The Arminia still in pain. Consent to go to Worcester & sent a radio. Letter like & short. Getting cards ready for Dr. W. Wakened from proofing by the jeep. Dr. Cadogan to see pt. but the hunted people all absent, except John L. Mannie drove the party to Pop. I saw John who asked about building programme & possible breach of contract. I have been worrying me how ways maintenance man's home with keep them going. Tonight have been writing 19th mail etc.</p>		<p>Ordinary job. Inspection after 11:30 did Edna's engraving. Wrote Noel thick. Also tough. It took a long time. Lecture, printing. Doing MK mail. Stephen asked for early holidays to see to some hard dispute. Got him letter written, a bit of H.S.'s done. A hot-r-freeze day.</p>

AUGUST, 1963

Time	Time
<p>FRIDAY—August 23rd 25th</p> <p>Started work at 9. Lots of pb. asked for favours when we finished at 3. And Dr W. went through his list & checked on also under a lot of squinting ahead for me. I told him the story of Elijah & the Miniac absconding & showed him the Tufi letter. He was horrified at Lorna's behaviour. Said we should cut out sheep on Sundays!!! & more or less denied that we said any different. We went to the Mission at 6.30 for dinner. very pleasant but lamed beef for the third meal! Much talk, saw Mary's film of Managala, & supper in her house. Mine after 10.30. Our bathroom tank empty, having water trouble.</p>	<p>SATURDAY—August 24th 25th</p> <p>up soon after 6, & keep job before 6.15. The Embis asking for help to take food to the penit & I asked for operation when Miriam ran away. Tractor left at 8.20 for ship, just when the plane flew in, 20 mins early. It landed but did not wait. Dr Wesley came back at 10.30 previous. Got out a radio, but a Landrover came & Mr Rudge of DPH from Pop. I think he is staying at the Mission & he sent 2 pb to S.W. saw them in the interim. Adm. pb & saw check up & got on to Dr Wesley's orders & putting things for night. Did better in the shop. Very tired. glad of a heap-up. D. went to the Mission for the day, & only 3 for lunch & dinner. Everyone going to the pad the D.C. came at 11 & asked for drinks, but would not stay. He is taking no action about the Tufi letter. Robert & kids dancing beside Alquin's garden house at 8.30. Next I went over & they all ran away. Anyway it stopped it mainly Gonds, I think. Washed head.</p>

AUGUST, 1963

Time	MONDAY—August 26th 27 th	Time	TUESDAY—August 27th
	<p>A rush of a day. I expected Ranni missing. Draying check up of St. I. For P. Lane and MK due 1:30. Had a rush getting to bed late evening people getting visitors walking on ahead etc. Russell did not return from the week-end. I told 3 son he could not go. He went into his usual arguing that had little to do in the kitchen & mostly went off to Father on his new bike. Megaphyllis 7. referred it back to me. I stayed away at Bay until 4:30. I was with pleased. Thursday unpacked the drugs. I 4 interrupted. M.K. came late. No patients. Early bath. Looked at most of the X-ray before the visitors came for dinner - Barbara Gillin 12 & 30. Late dinner (to suit me) bath. They went just before 10. Howard a good talker. Russell turned up after 9.</p>		<p>A quiet day. Percy came at 7:50. Talked of this. That. Started the nurse's dining annex. Got 4 up done. The member of the full of interest after the Wright's visit. Had a lecture at 11:30. Stephen's returned but working well though after lunch he did almost nothing. I know quite well that I knew it. We did check & put away the drugs though. I did bits of writing up. Dorothy saying Charlotte gets paid. I asked her & she quite briefly said Ms. Wainwright came announcing in the usual oblique way that she wants to marry R.T. Seems to have got little done. Herbert Oswald wants to go to Iowa via Landisport. Trying to send Oswald. At 10 to 11. I did some sorting of washing.</p>

AUGUST, 1963

Time	WEDNESDAY—August 28th 30 th	Time	THURSDAY—August 29th 30 th
<p>I had a fairly big x-ray program and mercifully got an early start. Was going well & who should arrive but George his son Bruce. Much talk mostly about water supply. Bruce checked the output of the water they were here till 3. Newton not well. off duty from 10:30 onward. George says to call for contracts for 2 new houses at once & we looked at sites. Father came for lecture, much talk. Then at last got on to mail for St George the bishop & South. It was reported to Dorothy that Russell Taylor had Maurice in M.B.O while on night duty. I asked Andrew for information, but he seemed to give a clean bill to both.</p>	<p>Was earlier. The lighter morning makes a difference those to have nothing extra happening - visitors for coming or going. I had a pretty clear go in my office. Stephenson went on St I which didn't sail after all till 9 P.M. Newton better but refusing Largachil. Mail brought programs for Conference & got copies off to nearly everyone by St G. and by Bob who went to Pop for Hactor. I got Norman Stella's dress finished at last. The 2 VSO's came to say good-bye. Miss Lads. Saw all the x-rays for quality. I think in the developing!</p>		

"Maltogen"—rich in vitamin B₁₂, stimulates normal bowel motility.

AUGUST, 1963

Time	Time
<p>FRIDAY—August 30th 31st</p> <p>Got inspection done. Noon Bob had all the boys he could muster, had to clean out the sewer. Dean old Bob saw the burnt of it, provided gloves & encouragement & cup of tea at the end. He did a topay on little Stephen. It was very good. Then bookwork. After lunch Fry turned up with a teacher Page, 2 Papuan. I got him to check Tony's work, he looked at the generator. Bob was bit up because he was doing odd things & refused to start the engine at night. Betty came at 2 for a rest & hoofing stayed for dinner. The next came at 8.30 & we had a meeting about the conference & supper till after 10.30.</p>	<p>SATURDAY—August 31st</p> <p>Day off, almost full for hospital affairs. In a restless mood, wanted to stop pen job to job. Break fast in bed very pleasant. I got my bedspread made at long last, & opened the 4 parcels that came last night. They were some very nice things including a pack that fits G.S. & I won't have to make her one very heavy. sleep after lunch. New written some long letters — Bob, Mrs B. Elan & Mr. Correll came in & paid Fry, 3 Papuan, fixed the engine, so we have light tonight.</p>

SEPTEMBER, 1963

Time MONDAY—September 2nd 4 th	Time TUESDAY—September 3rd
<p>I overleft till after 6:30. Did 4 ref. had a lecture - a short test which had very poor results - and spent the rest of the day on Dr. Wiegley's work and 3/2 ref. worked till after 9 P.M. then wrote to David. In a hyperactive but headache phase.</p>	<p>Spoke to the patients at breakfast about no water. They have to go to Mike to unlock the tank. Spoke to staff about Zivert Day - a slow response & inspection & various interviews. Veronica pt. says she is threatening someone against her. Aie has an eternal quadrilateral - 2 wives & one rival. I got on with report & finished it by 5. Had a lecture - 11:30 not satisfactory as it is usually 20 to 12. Weston got back for Brazil at 3, the harbor at 8 P.M. after 3 breakdowns! They finally came in Rodd's. Got in a rush after dinner getting off to the mission to drop Betty's birthday. We just rang her up. I packed up 2 day bags for Francis & got her off. A little boy brought pictures. I saw lots of them. Write home. Very tired. We killed a snake on our verandah.</p>

964.

SEPTEMBER, 1963

Time	WEDNESDAY—September 4th 6 th	Time	THURSDAY—September 5th 6 th
	<p>The plane flew over at 7.45. Hope got enjoy her retreat. Ken came & we got through a fair amt. of x-ray, but Georg came near the end, so I cancelled them. Georg & Mary, I marked out sites for the 2 new houses. We will have to destroy Senora's garden & garden house. Father didn't come for lecture but brought the fluorescent light for the chapel. Bob doesn't know how to install it. Cancelled lecture & got on with mail. Radio came quite late for Ebe to go, so I organized him. Ann in a P.M.T. state & get very irritabbe with Dorothy.</p>		<p>In Memorias came for Mass which started pretty well on time. Miss old thing. Ring arrived just after we started to do the plumbing. Weston. I got on to x-raying & finished after 11. Got some papers & done. Results still not good, though possible. Arthur met the plane, Memoria & Veronica plus new babe returned. Sorted the mail, paid out eye & Miss mail, nothing from name. Dorothy organizing the Luncheon Day. Bob got a radio that Ken would come at 1 P.M. Mary sent the tractor for cement but Ken came on the tractor. Veronica trying to abandon lecture, writing up &. The boy went to Pro Bay but back by 6.30. Bob playing 'fookies' me at dinner. Thinking it was D! Quite an eye opener, when he can be almost unwilling to be looked at x-ray & pencils self 9.15 3 boys out from Envo. I came to bed at 10 to 10. A letter Donna wrote to say she is to come here, has seen + D!</p>

SEPTEMBER, 1963

Time	FRIDAY—September 6th 7 th	Time	SATURDAY—September 7th
	<p>Busy day: Inspection eye, entering up to. Lecture, mail for Bob to take to Prof. Bay practicing dancing at Danville till 10:30. I went over & stopped them in my dressing gown. Bless them. Maurice came at 5:30 & asked me to give Bless anacoth. for a D.C. Saw a U.S. 3rd yr med. student want to come here for vacation next year to study rare diseases!! 30 part of rain Thurs night - at long last. finished looking at films</p>		<p>A busy day up at 6, but the boys got away about that time in our tractor to bring home the mission one. Ran round trap, late to 6:15. Maurice came at 8:45 for me. He did went slowly anacoth, slow as he would not breathe well. Jeremy drove me home & saw John Stafford. I did tobacco, eye, etc & admitted Poplar & family again. Did not get back soon after 12. Nothing reflected. P.M. Cathy came to after bed. I packed a truck box & had done it in 100 - pieces since. Tractor returned 5:15 & broken one on the trailer, boys very tired. Tonight busy & odd job packing etc. Dorothy went to Trip to lunch & got back at 8:30 dinnerless.</p>

3 CH, - GONA

SEPTEMBER, 1963

Time	SUNDAY—September 8th 9 th	Time	MEMORANDA
	<p>Got to church early, Maxwell driving I passed a middle-headed saw Lucy Mary & Selma in church, Lucy a very small lady in well fitting white breeding Anglaise. She looks older. B'p & packed. Greeny fetched me up at 11:15 in a full jeep & rather knocked by my baggage. Good trip, nice to see Fr. Geoffrey at the Friary. They are getting on the college & Benedict's & Goulet's help. Went into heavy rain & passed mob of Trinity Grammar boys caught in it beautifully. Ran out of it before turning off to McCullagh who are low dry & carrying water from Pop. Graciosa living there but too much to eat & drink. Very good dinner. The men say Peter Shanahan played Liar dies. I wrote to Mrs Baker. Kid as nice. Got to Gona at 5:15. The mobs had gone. They said bumper cab is nice, but Pop not at all pleased. T.G.S. All T.Bs waiting & saw them till after 7 went to dinner dirty. Men alcohol & "gracious living". The T's talk about talk rather like Pan. Bath late & bed. Lorna seems happy there. They all want her.</p>		

"Pelargon"—its mild acidification is the answer to many feeding problems.

GONA - KATUNA

SEPTEMBER, 1963

AMBASI - OPI.

Time	MONDAY—September 9th	Time	TUESDAY—September 10th
	<p>Momoe's 4th birthday. Nice that I was at Gona. To Mass, saw Betty who is still beautiful. Got away at 9:20 with 2 fruit bags, 2 medical cases at Kuron, Gona. my absconders in the garden. Rough sea at Bakumban so followed water ways, swice, lagga pleasant if longer. Preparing my lecture, I went to St. Dun. To Thurenda I changed canoes. On to Katuna through rough sea by 4:45, saw a few birds & fish. The bay looked after us well, but shipid Gona did not tell us that Alex. under was going to Gona, & F. Lester when we passed on the sea. He had small sails up. also the new A.P. bay is at Saibe. E'sargat & me had lunch & was longing for bath & bed.</p>	<p>Up at 5:30, but even so the boys were waiting for me before I was ready. Lintizahi makes life complicated. We left at 7: had dull weather all most all day which was a help. Even so, I my umbrella I am quite a bit sunburnt. 3 hours to Opi. I was not sure of my welcome from the V.C. & an aggrieved pt but they have all beaten me handsomely. Saw some pt & had a bit of a rest, then I's home to Ambasi. Beautifully kept & organized station. Very few people there at it is today. F. & I. had a rest at Gona. Had a cuppa, rest, a spot of lunch, saw pt. A woman's very bad burn to come in to Maurice. On the whole the TBs attend well. Left at 4:10 & got back to Opi after 6. Full hills, the sand heavy for walking. The VIPs of the village brought a small feast, they the boys. I had dinner together. I offered some meals. Later I got in a bit of TB propaganda. Bath & bed by 9. I even had a small game of Patience!</p>	

OPI- KATUNA

SEPTEMBER, 1963

KATUNA - GONA

Time	WEDNESDAY—September 11th 12 th	Time	THURSDAY—September 12th 14 th
	<p>up 5:45. Rain in the night & slight rain still. Ready at 6:30 but everyone said it was too wet. Later that the sea was too rough. I slept, did some lectures, even played cards. Lunch 11:30, we set off on foot at 12:01, got to Katuna 20 to 6. Pleasant walk. I not too tired, only my glutei ached. Had a real swim, washed some clothes, used ^{all} my water. In both villages the "good water" was brown & not so pleasant, but got rain water at Opi. Did a lot more lectures, even some in the dark, the VIPs to dinner again. Most interesting food. Pleasant company. Bed 9 P.M.</p>		<p>up 5:25 & we got away at 20 to 7. Perfect morning, partly overcast & the sea flat as a table. Most of the boys walked along the beach. To Khereda 20 to 9, saw Gublin & changed canoes but not crew. Wrote letters. The boys had a job crossing a flooded river, but went upstream & let the current sweep us down still within the line of waves. Gona at 1 P.M. saw Wand, Mollie & Blanche. Everyone dressing up in feathers - dancing for the dedication of the new St. Martin's. Larara + George there so I did not see him. Gona Mission at 2:30. Supper. Talk, rest. Saw some fish in a Simbai Bay: ? golles feathers. Talk to Larara. Bath late. Dinner long, but is well-cooked. I would not be happy there for long; there is almost an artificial atmosphere. However they are happy. To bed early, but read till late while the others played & slept. Betty R. still there.</p>

Time	FRIDAY—September 13th	Time	SATURDAY—September 14th
	<p>Did not get up for Mass. B' fast: away at 8-30. to Nasagato. George could not take us so K. Kelly took us to Pop. Much talk: delay there. Rowan in charge: looking better than I, watched & waiting. I gave her a script for Phenobarbital & Rowan. I ordered & persuaded her to give up the medical work for the week till her leave. Foreys there in rank. Gona. Ken helped & saw luggage, as Betty had arrived with Klunig, Betty's aunt. John N. drove us home, arriving at 1:00 all stayed here for lunch. Poor old Dot. Alimony came for them. Heard the Hospital news, rested, read mail unpacked saw a few of the Victoria: abd. pain. X-rayed the boiler bag in Newton's shelf at 6. Then Douglas here for dinner. Then she mob came in the rain at 8. M. saw the bag no fracture. Working till 10 about 6 am. Ferene, i suffer. Mrs K. came in slight.</p>		<p>Day off. Looking forward to getting packed out. B' fast in bed. Spent an hour in Reef & Victoria organizing casting cement. 5 hrs at Base Bay: no transport. Ken came to the rescue. Prepared on lecture. Heard Graham's concert to Violin. Unpacked a mail parcel from home. Stewart's candlesticks!! Just finished lunch & poor old Bartholomew had another paen- of phis, & quite shocked. Left at 2:30. Washed head: clothes, have finished some letters begun on the canoe. Ken came all 6: opened up about 9:00 & the child. Want to know the right thing to do. Think of sheltering behind the Mission. Bot returned from Pop somewhat dizzy & drunk. Plans for tomorrow. I can't see. I do hate organizing these complicated jobs. But poor old Dot looked tonight & she not well.</p>

S.L.H.

SEPTEMBER, 1963

1963 1963

Time	SUNDAY—September 15th	Time	MEMORANDA
	<p>a busy day but satisfactory rep at 16. The jeep pretty well on time. F.R. began wash at 6:40 a good number there saw to odd things, quick breakfast discussion as to who should drive. Bob went, bless him I think to save Bob, who did go after all. When tractor jeep went - peace. Rich father's comfortable. Got in pretty solid work all day on lectures & writing up cards from walkabout. Ken & Dong at 10:30 for a supper. Lovely solitary lunch & after tea. Quiet out of my bath at 5:30 when both vehicles returned & jeans shattered. All went well at the friary. Talked to Freda & not going to E's song - sh down to read it, & on duty. I wonder if she is hiding something? Kelli's wedding party at Embargo, but few went. Zeila M's father dying, so there is born between the two. Poor Yogan died today. Busy working on odd job, & finished lectures, & even played 2 games</p>		<p>of Patience Pump engine of S & Bob pessimistic about it Gil Benton taking over the cutting of the artist's</p>

"Arobon" replaces lost electrolytes and stimulates normal peristalsis.

SEPTEMBER, 1963

Time	MONDAY—September 16th 17 th	Time	TUESDAY—September 17th
	<p><i>Paper Day</i></p> <p>Rain in the night. No water. Bob worked on the pump. Had it going before 5, praise to. It is still very disassembled with it. I suspected W3. New Ward by 10:30. Newton being a bit strange & difficult. Wanted to change lines off duty, but I said she couldn't as Russell didn't want to. Tried to aspirate her - small chest cavity but got nothing. Wiping up records all my spare time. R.G. came early for lectures, I took in slides on table. Ken in & out, had after. Hear us. Albert returned, came last night & said he will wait at Pop for a week then return to catch a boat. Trying to see answers. Mick came & said the nurses are getting out at night 2 or 3 very bright? & patients. Russell Taylor on duty too. Talked it over with Dot before coming over for supper.</p>		<p>Dot. I went prowling round nurses' dormitory after 10:30. rain coming on - & found all in order. I worked at 12:30 & went to see if Russell 7 was behaving on N.D. & checked dormitory & all clear again. But I took a long time to go back to sleep & had all day. I told D. about RT, not the others. I saw W1, then George came in a hurry. He got away at about 12. I did Breen's plaster & some writing. No lecture. Blue desk work, after after tea wrote to the Hugs. Muddled thru till dinner. Teiler. Hunt fighting again P.M. but it hasn't come to my official notice. Wilhelm dying by inches. John Wren coming on M.K. All lunch I got really impatient but under control. Dorothy. Dot packed the situation so sensibly yet humorously. At such times the Holy Spirit just shines through her. All over mending the wards. Tonight work done & to Freddie B. & planned a bit of the trip.</p>

SEPTEMBER, 1963

SCH.

Time	WEDNESDAY—September 18th	Time	THURSDAY—September 19th ^{2th}
	<p>Am very tired tonight. Got the washing sorted before I fell asleep. Spoke to the staff about missing Fr's lectures, after Mattie got on to x-ray early but even so finished late. KATH Paula & Adeline here for check-up. Got some mail about & numerous interruptions. Bob was out-spoken. D. objecting to the Dean's "Love" business which I think is sensible of him. Fr. brought Betty's Auntie at 2:30, & we looked at the Hosp. till 3:30 then supper & a lot of pleasant laughter, photo etc. Newton all behind & his work which left none for me. Fr. rang to say M.K. due 11 P.M. & going straight back to sleep for another load, due 1 P.M. Barbara tried to get the washed female waiter off, but no go, cross'em. I got cross at P.M.T. Mail or tonight missed the ally feeling really cross because I couldn't get in mail, yet too tired to write</p>		<p>Washed 6.30 Told the pb to keep away from end of W4 when Percy is demolishing. Fixed pb for Patain pleasant to part. Muddled AM. Did the culture & sent on M.K. Barbara new looks a bit better. Nice mail. Win's letter told of Fr. West's death - struck by a car. Poor Mrs. Mac. Ok back at work. Bob took Ken's tractor to help unload M.K. which came after 2. A fair no. of check-ups & lots of visitors blew them also MMS boys in route school. Adm. pb. 5:30. Brian Hughes to dinner. Wesley J. Mainie & I ran back of taking this as fun holiday. Saw them after campfire & adm Lily Davis. Got the exam paper, & typed it up. Doh! I checked tomorrow Wed night & all O.K. but I is hiving.</p>

SEPTEMBER, 1963

Time	FRIDAY—September 20th 22nd	Time	SATURDAY—September 21st 22nd
	<p>Busy day. W.T. on duty. 5' saw which helps. I expected we'd did the X-ray in Newton only helping. Finished quite late. Then office work, & saw new pt. Exam at 2.15. I wrote to Mr. MacFarlane, Major Eblin. The Ashton-Randall folk here for dinner, arrived throughly tired & out of joint, but the relaxation cheered them up. They arrived late so I got some X-ray seen. Dorothy told me L.M. is accusing Charlotte of doing a bit of Munt.</p>		<p>On duty. I was planning to be on but I said there was no need. Ref at 6/30 sent a message to be called. Went the day in the office, examining the check up, seeing their X-R's. The lesson got back from Doqwa very early. Helen & John came here at about 10. They saw their old pal. The Pop girl got here at 12. & Brian from S. Dunst from Wexley, Joanna from H.M.S. Drums in. They went, discharging to work. I got the tickets ready for people for discharge & things in order as far as possible. Betty E. has been changed. Jeff called at 6.15 to take us in to dinner. Elan, John already there. I asked J. to take George the Tuffie down to Pop to make count agst. Eric & his wife for stealing food. But he didn't go. Nice to see everyone, & D. there. He put on a couple of show I should think. He talked to us after a long evening, & want to put more responsibility on medical shoulder people. The dinner does not necessarily seem here. He is going to see about Dr. Key. I am to write. He approves of my having 2/2 leave - but I say only if there is a relief in silence after + D's talk!</p>

"Lactogen" combines security with simplicity for infant feeding.

ERORO.

SEPTEMBER, 1963

Time	RETREAT SUNDAY—September 22nd	Time	MEMORANDA
	<p> Got hold in last night that CM attacked Charlotte, pulled her hair out & very upset. I decided I must do something, so took them & me to his home this AM & gave an ultimatum. Any more trouble they must go. LM in tears. I think she was surprised. To church in Reheat & D preached - in good but too long. He certainly can put things within the compass of the people's understanding. I gave him back the letter about Mr. Drum. Very dopey & have dressed, slept a lot & read. Cannot yet show up my will & my interest but content to be passive. I didn't realize I was tired. A hot steamy day too. Arrangement going very well. Jeremy & Betty got off for their picnic - the VSO. & D. D. I Mrs. Johnson came wanting an examination, Mary saw her & rather confused the result but I put her off till next week. </p>		

SEPTEMBER, 1963

Time	MONDAY—September 23rd	Time	TUESDAY—September 24th ²⁸
	<p>Second day of retreat. Better than yesterday, less tired & more able to think. I thought a bit about the conference tomorrow & somewhat about my failing - not sharing with the love of God in my work because of full work for God & 2 rods - Dr. Sykes coming by train. Name sent greeting - I ran sent them to Maurice. Got. Boat came in. Then, 13 others for check-up. Also 16 new pt. from Sails. Interesting tonight - covered a lot of ground. New day 9.</p>		<p>Mass. out of session. Conference began on time. Better than I expected. Some surprising decisions esp. to request that both training be done at SMH when new hospital begun. Also the need for a training school in the Highlands to West as after lunch for an hour, everyone too sleepy to respond much. Then a few came to SMH to visit. Standing C² met. Ken has a great ability to say nothing & one doesn't know how much if any interest he has. Had a bit of a huff up after a bath. Conference dinner with drinks & everyone there but Dot wouldn't come. Then we 3 eds. met to discuss staff. Maurice is a good Conference delegate. Slept at Mission.</p>

ERORO.

SEPTEMBER, 1963

Time

WEDNESDAY—September 25th 28th

Time

THURSDAY—September 26th

Slept in a little prayer, prepared my lecture. We were in the middle of breakfast when the breeze flew over, & the 2 Drs. arrived & "Auntie" went. I had met Dr. McKay he said. Began at 8.30. Lecture is good, program went well, on time. Beth handled meals very well & calmly. Got jingling & pretty busy between afternoon tea & dinner. The S.L.H. got tired & wanted to come home after evening lecture & before films. Was busy after I got home, & saw Thia & Bartholomew. Talked to Helen, paid things till 11.

Up 2.10 to 6.30. Was in Rensselaer nearest day. Programme flat but lectures went alright, Tom Beth in bed & had bath, & getting best at night. I got home, apparently news things are afoot & she & I went had an interview with the Bishop. Lectures till 3.30, photos. The Logona nurses came out. I got busy, checking minutes or, & later had a session: Janet heading who writes what, thereby miss. ing lectures again. After dinner questions & discussions at break went on & on, & lectures in late John & were brought the Land Rover & they decided to leave that night. M.K. in & sailing at 11, so we were drinking coffee, trying to get off a boat for M.K. who left 10.15, then project. ional who took Lorna, then John who took the Mrs. Joanne to law. & Joan went to Waiwaka in A.M. M.K. is full, but very few of our mob. Bob drove D. & we home at about 11.30, finally bed M.N. Very successful & pleasant but glad it's over.

"Lactogen"—the standardised milk food for infants.

SEPTEMBER, 1963

Time

FRIDAY—September 27th

Woke 6:15, got a bit of clearing up done before breakfast. Very tired but got through a good deal, & have seen all the news & check up on St. George's came at 10, & talked to him & saw things in him. He says we can find the nurse's dormitory. Made a rest, broken by Maurice ringing up & telling me of laundry job & he went to Mr. Has P.M. Arranged & Rs at 6 had a bath, called to Eric radio of toilet emergency at Tampora. Betty took me in by 6 & we fought on which we talked to Kimbun helping. John is doing his best but giving a fantastic picture. Could only sedate & warm her & ring him to get her to Logona. St. G. in Samarai & due to come I tried to get Mercedes to get Samarai to finish it up but could not get them. No one knew much about the technique. Dinner at 7:30, got a coughing fit & vomited & couldn't eat. Saw Sam go to packhouse for X-R & tried radio again at 8:15, & couldn't get anything. Betty & Budget brought me home supper. Letter from G. Very tired.

Time

SATURDAY—September 28th 29th

1/2 time + P's enthronement. My day off - someone playing a month ago & a guitar work is at 5 - Arnold said the latter I think. At 6:30 Bartholomas had another haemorrhage - only about 5 cc but he was pretty knocked. Breakfast in bed. Got job of Betty brought 2 packages at 9:30, & we were busy till 12:15. The tube was a wedge shaped fracture no displacement thank God. Just plastered it. The ?? of the arm proved to be a radius - a good deal of displacement but 2/3 old. Pelvic intact. At 4 pm plastered it. Got like Betty slept till 3, then made a whole lot to + O. At 6:30 The 3 Highlanders & Betty to dinner. We had Kingfish Dorothy is a good cook. Pleasant dinner. Talked & got very tired after 9 & longed for bed. Did training of Church & my things & undid the Dennis parcel. Dorothy undid Vans & we had a grand distribution. Supper & they went to 5 to 10. Bob out most of the day fixing his motor bike, nothing to wish for. Betty said John Chaw's car delivered himself before St. George's came, mother & baby both living & proud to.

SEPTEMBER-OCTOBER, 1963

Time	MONDAY—September 30th	Time	TUESDAY—October 1st
	<p>up on time. Not for night, off my oab, but did a full day's work. He I usf. but tried to stick to office work. Saw news pt. Had a crossed sword: A man who got offended, I told him to act like a man, not a child — he did! Tried to spend after. in my room, got some mail done. F. Henry's to all those complicated T. Warrant. At 7:30 Barth had a haemophyes → 15 oz, settled fairly quickly. Got x-rays outstanding seen in to bed late.</p>		<p>A day of confusion & stupid weariness Can't think or get on top of my work. Veronica knocked at 4 to 5 to see Barth was coughing in a little blood. Actually I was already over there: it was about a 10g bar. The first misarrangement up 10 to 6, organized blood typing & rang for R. to come. I don't recall not see the cards, so we were both messing round in demers & blood till 12:30. Barth looks awful. Got another 6g at 5, & 12 at 7. Now given up trying to do the order. Got a rest PM but bedless & in & out. Got mail out anyway. Ken & Dennis to help eat his delicious pork. I shed off my oab. Doing a bit of office work tonight. Tanks supply bits of rain. Pat is such a strength & comfort. Bob in his way too. Mick started polishing story of Emboages working out their boundaries on our land. Radio from Frank could be about the appeal for Pat.</p>

S.L.H.

OCTOBER, 1963

Time	WEDNESDAY—October 2nd	Time	THURSDAY—October 3rd
	<p>Still very weary. For dinner muddled to think. Described 2nd in the night - soon got to sleep but lightly. Barth pulled for L.V. out. I did not start. He has not bled today. Has been away: quiet all day, but refraining to eat. Organized 8:00 & started them. F. Reheg the car in jeep to give comment to Barth, I rehegged him at 10. Saw a no. of pt. dead on L.P. on a quilt. missed nurse. Jeremy returned from walkabout. Dress on home at 12:30. Also saw Ethin about the land Embog's claim. Had a rest, disturbed Jeremy brought Miss Ryan & Joyce Wang at 2:30. They read a letter I did T.W.s for Bert done 6:30. got people faced. off Kent took pt. on his truck, plus him. Talk to G. at after tea, got family correspondence or done for mail. Still uncertain about Moresby. G. advised me to go. Mrs. R. for dinner. G. W. & Belabola girls were letters or a start at speaking tonight.</p>		<p>Called at 3 AM - a further muddle. D. told Barth to call me, but I didn't register in him. Barth lab about another 6g. Couldn't get back to sleep. up at 6:15 saw him. Met Jeff John Banyan & family on board plus Yb. for Moresby. at Moresby I must not go to Moresby. Too tired to concentrate but prayed hard. sent radio, with letters & food parcels. after jeep went handover came to take Miss Ryan, Joyce Wang & G. back after a cupful & another mail got going on Barth's 1-V, couldn't get in his collapsed, slippery vein. tried to get Patricia's blood again failed. He had to perspire & B at least no worse. Lunch & read mail. Letter from Mrs. MacF & Miss Eblin, Win wrote her friend Joyce took an overdose of sleeping tabs & died. Win doesn't think it was intentional. She is in fact. I laughed through odd job. Radio came for pt. for Laball & food histories: tried to get 3 medicals as donors & they refused. Bob not to dinner, I eat tonight. Blessful & just got me a bit of a workday & bed before 9.</p>

"Nestogen"—a half cream milk food for infants, containing vitamins A and D.

OCTOBER, 1963

Time	FRIDAY—October 4th		
	<p>A better day for Barth, eating a bit, talking fluids better. P.N.U. all day yesterday, till 2 P.M. (??) anyway is writing now. Slept till 6:15. 5 disturbances except noisy homecomer last night. Planned a full office day I remember but was up, blown like a yo-yo - Embrog people, Mr. Stephenson typing blood etc. P. has a cold, is a very inefficient. T. of came at 9:30, gave B. Holy Mackerel staff there very good. Georg B. came at 11:30, talked about boundaries. P.M. slept heavily till 5:03, then back to inventory, it is almost done. Tonight just, nothing better to R.M.O.s & saw a few X-Rs. Feel more nearly normal than I have for over a week. Still off my oak.</p>		
			<p>On duty. Early went to Hosp. to see Barth before breakfast. He had a good night. I tried to keep clear of hospital affairs but was called a lot away from work. Finally got the drug order done. Got myself a coffee dinner. Had a good sleep after lunch. The VSOs came to dinner on tonight, but I got away quickly and worked till 9:30, wrote letters till 10. The boys slept here. Miss Jean English schoolboy type - Andrew & Colin. I like Colin better. News of him from Pergami for 5/11, arranged to see her after 6 hours.</p>

OCTOBER, 1963

Time	MONDAY—October 7th Labour Day, Sydney	8 th	Time	TUESDAY—October 8th
	<p>Phone rang 9:30 PM on Sunday. George M. i cord prolapsed. I dressed. Dad took me in car for jeep. Becky had tried to replace it 5 times, I ditto. Cr 25, head a high as ever, unable to push it down. Contracting buttocks pain. Sedated her & went to bed 11:45. Up at 4. Cord right out, not pulsating. Decided to send her to Waverley. Went to sick at 6:45 to use bus radio. He suggested taking GM to Pop. him self in milk run to catch train - much quicker & cheaper than getting a plane out. Got her off at 7:50. B's feet saw some pt's gastro enteritis, came home 9:15 in Ken's Landrover. Did a bit of inspection supper. saw to have a sleep till lunch. A Govt. officer came at 1. Full of talk & helpfulness. At 2:15 ^{Becky} rang to say + D on his way out to confirm Bartholomew. 2 Friars on board. Conversation in the air. + D talked about Dogma to us, K & M. almost at each other's throats. M to me. I suggested Gona. Went in c them to see 2 new pt's, interesting ones too. Back at 5 c Becky still expect medicines. Emmanuel here</p>			<p>Slept 10 hours. A really relaxed prayer time which I am sure helped me through the day. Told after breakfast that Andrew went to music dormitory in spite of their protest last night fairly obviously drunk. Talked to all staff in the Chapel after Mattins about drink, also attendance at 6 hours. Told them immediate expulsion if drunk on duty. Lots of staff cold. 9:45. W. 2, saw Russell who admitted drinking gin & clearly ashamed. Then Andrew, had to get across to him. Did J. Wiggley's report. Slept heavily till 3, then odd job today up to. Sent note to Ken to see if Emmanuel. Mr. Dekker caught him but he can't take them. Thought odd job & seeing Maurice. RT. M. says she is pregnant, RT says he is responsible. They want to marry. To see G. for horror. Started a letter home. Dorothy put on sherry, special soup, & percolated coffee (latter & sherry) in honor of Bob's 3rd anniversary in the Territory.</p>

S.L.H.

OCTOBER, 1963

Time	WEDNESDAY—October 9th 10 th	Time	THURSDAY—October 10th
	<p>Rather dreading the day. Andrew came to say Emborg & Orobairas fighting at C. Indeed I have village's support, asked to go. I notified Jeremy. Matter of land ownership. Emborg kid did not come for X, but Dan & Ladas did. Saw them & raged. Betty brought 3 pb. out. Old man = saw found committed for lib. lib. Escorted, reduced to Betty giving GA. & D. helping apparently all to gracious. prayer for finished 1:30. B. to lunch. At 3 saw Jeremy about Russell T & Warran. he saw them. Last night I formally sacked R.T. Henry to do it. He gave verbal threat that W. would commit suicide or "get sick" or run away to him. Muddled after working on mail, wrote to Ted & Will presumably as well as a summer letter.</p>		<p>Maas & 2 bapheims. Mine but my mind was wandering. Mine with have pb. to feed on route to the plane. B' fact: got an Rabat pb ready to go. a PAT plane. Said to push door in at 9:30, so they went on that, plus Rev. Emanuel. Lunch brought 2 new pb, one Cecil Clark, 1946. ENT pb. back. Sated, read, saw some P. Interviewed Maas & talk for being ready to Dorothy fast tonight! Desk work then. P.M. saw walking out the mess a bit. Tonight before after dinner saw X & R & entered scene up. Talked to Glen, Max & Arnold D. about Red Cross. A.D. wants to run it, but lost the book! Will write to Max for another. Kivari has settled in wonderfully & clamouring to be baptised. I got in to Eric for lecture in the Watkins Land never! Mine for date, you to be alone. Blowers Beethoven vocal concert. Oct 10-15.</p>

OCTOBER, 1963

Time	FRIDAY—October 11th 12 th	Time	SATURDAY—October 12th
	<p>A peaceful time of prayer, family good day. Saw staff at last unexpected New Ward. Did some entering up N. Newton in a funny mood, would not speak to me. I say for a change working well. Vera has amicable departure. I showed I son how to read the short Read. didn't sleep after lunch. By dinner felt horribly tired. Planned to go to bed early. Ken came & some park as we were finishing dinner, & put Douglas to sleep in my room. I finished off some jobs in the shop. & tried & success to help lot, doing mail for Benca. Co. to talk to Mr. Wang rang about Jan Douglas & her friend. Don Anne coming & replace. Many get hold of an other & someone I like a better. Greeny Betty arrived after 9. still here. bathed. Supper till 10. then getting people off to bed. I to bed too tried to think or sleep. Then a woman crying (Lana) got me out at 11. I really asleep all midnight.</p>		<p>"Day off". Slept till 7.30 & didn't want to work. B' part in bed. Slept ref by 9. Dof & I went in to Erv & G. B. I call worked till after 11. I saw several of the European & lovely German lad. Back at 11.30 heard the end of a Beethoven concert. Thought about that & felt I should do the earlier. Holy hand one if possible. Went to Mrs. Arcanti enormous lunch. Slept till 3.15 & heavily started a letter to Grandpa. I called to a packer of business. Bob. Don on tractor but Bob started the engine. Fixed Middle by 10 to 5. & he was in good. Washed head & bathed & wrote a bit. Then to dinner, & the park lovely. Barbara, Lana fighting & called to them but it was over before I got there. Talk tonight. Then to sleep. To see young W. Lan & work off to bed. To bed to write the number letters I owe. O. for a day for four packets!</p>

OCTOBER, 1963

Time	MONDAY—October 14th Labour Day, S.A. 15 th	Time	TUESDAY—October 15th 16 th
	<p>An easier but rather tiresome & boring day. 7 PM. I expected Ws 3 & 4. Lorna Stuart came in the middle in a perfectly rotten leg. Fa x R tomorrow. Fell through the rusty screen of her small house 1/2 way. Little weather growing fall. Big box is miserable. Humming pain out of preparation for her amoxicillin. Turn as soft as butter. Had a lecture in my office & lots of hammering going on. PM tried to get on to letters, & got a bit done. Radio for Ken, he waved him in at 3.40 & he got the school & stayed 2 hours. E. Wang, did some local letters before. After dinner, Sunday call to see people in the evening. I read some books. David had asked to dance at 6 AM. I said yes, but realized at 10.30 that he meant to dance till 6 AM. Felt I couldn't bear it, & told them to stop. I suppose it was selfish, but if I could detach myself from the decision it had at least something to comment it.</p>		<p>Preparation W1, our archives moved. Mrs. D. moved Bartholomew back to W 3. George came at 10.30 & brought his very attractive niece Barbara. No forwarder's new house or water supply. PWD not answering about the latter. Got mail off. Mob in & out, many pineapples. Gave a h/eng. Wash of cards in patches. Boy studying medical store. Not much work at writing letters. Ken went on holiday. Mail back again.</p>

SLH.

OCTOBER, 1963

Time	WEDNESDAY—October 16th	Time	THURSDAY—October 17th ^{18th}
	<p>up before 9 spoke to the pt. at 6 past about St. Luke's day. Sorted letters in between Bob went to the Mission again. A busy morning & work in for health. Kerna to have her leg x-rayed, my old packman, & the Porgani's unexpectedly. Kerna left 11:30, then saw Porgani & Manella family admitted 3 new pt. from Haiti, one is sick. To come for lecture Kerna on small things all the afternoon. Mail done! Went to see Betty Good rain almost continuous from 3 onwards & some last night. Road might be impassable. X-rayed an extra Porgani at 6, & wrote letters. Tonight odd & prod or raised altar linen. Not pushed me out of it. Bless her. Too tired to write all I should. I always feel fatigued.</p>		<p>A busy, fairly day getting little done. Saw several patients! Newton doing slow work. Wait late. Miled one stacks of parcels. A letter from the They Pass, who is willing to come. Fixed the altar after after. Rev. John M. & the children cleaning & decorating madly - had a very impulsive ST LUKE in leaves in the flanking behind the altar. E' sang. Preparation then a million jobs in Hospital & pressed some linen. Had to get more chapel candles made.</p>

Time	FRIDAY—October 18th 1963	Time	SATURDAY—October 19th 1963
	<p>One can only feel profoundly relieved it is over. Actually it went very well in spite of threatening asthma. Was long & SUNG. I did rebel. H. Albert couldn't come. Lancelot was thinner & interpreted some - in good way for J. Procession round J.M.'s path of magic branches. 15 past 10 & walk had. And I was in few present. Edwin arrived for check-up. Dot preparing everything. Dorothy in a bit of a daze. I happened. After lunch we all + Bethy putted. John's room at 10. I had got the table & seat over. Barnabé hit the coffee. Kenyon cut grass. Weather good until 1.4. Dancers to sport at 1.15 but did so at 3. Both top excellent. We saw football & b'ball. Scratched up a bean at the end. We here. aft. tea went well, but the usual bed-rooms much. Threatening rain. People went at 5.30. Lab E's day. 9 x-rays 3, late dinner. Developing chest to stop pt. dancing but they did so as soon as I went. John M. not cooperating. Dog died.</p>		<p>up at 6.15. Kept quite busy in the hospital till 10. Got Jan M. off. saw Edwin & his par. got them off. A wearying, non-accomplishing sort of day I tried to stay in the house to make parcels after aft. tea but dithered from this to that. Don, Phil "helping" Bob all the morning & aft. after tea, saw had them for meals. They took Bob to the Bay & Dorothy to Erro for haircut at 4. The 2 back at 6.30. Jeremy got a letter from + D. to say the ordination will be at Erro at Epiphany. Good to have George ordained at home. I did a bit odd job in the evening. No energy for anything. Played patience for 1/2 hr. To bed at 6.0</p>

OCTOBER, 1963

S.L.H.

Time	SUNDAY—October 20th	Time	MEMORANDA
	<p>Day off. Very tired last night but roused by dancing which went on. Thought it was pt. in garden fence but it was at David's. Went at 11 to Kingsley Benson in charge. Couldn't sleep till after 12. Woke 6.15. Tired & found chunks in hard to take. Singing awful. Curand. Coathy remarked on how lovely the church was. Home to 6.30. Just played out & couldn't rest or concentrate. Mended parcel & packed them out & repacked them. Lovely things. Slept after lunch till Melanoid returned at 3.20. At 5 to 4 a Borow man came to say his wife had a shellborn babe & retained pt. Told him to bring her for check, rang the phone for a hr when answered it was U/S. Borrowed as tractor & Brown knew nothing of the pt. Jeep came for & went to visit - no pt. After dinner pt. turned up. Dotted back in. I went to M. Jeffrey or. I drove tractor back. Road awful & poor pt. shaken to bits. Returning again. at David's</p>		

OCTOBER, 1963

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Time	MONDAY—October 21st	Time	TUESDAY—October 22nd
	<p>Work tried but much better tonight. B'frank Matheson here. I expected w's 3 + 4, saw one or two people, then at 11 came off duty + got on to writing. Did a lot of letters for the Cream tomorrow, + a p.m. have done some personal long. antekindig letters. Lesley C wrote last May, + did in June. Menby was waiting. Slept well after lunch, did not work till nearly 3, still wanted more. In here + took the Cream mail. He is feeling the need of his leave. Bob's heavy cold, working on Mission tractor all day + tonight. Had dinner at the Mission. Gene had another bacemphysis tonight - more filly small.</p>		<p>Much better + on the ball today. I expected w1, 1/2 way through. George arrived though we thought his radio meant he wouldn't. We have to choose colors for painting admin block. odd job seeing the sick or had 1st Ty injection. Feeling a shape best tonight. Hoop up + odd job that add up to nothing, just up cards. The Cassara arrived at 3:30. Jeremy brought out John Willmott. He fixed on phone bless him, sent him after bath. Newton came to me after camp time - want to marry Edna Glade. He is marrying a jolly nice girl, but she will be at least 10 yrs. Great secret so far. Ken + Ray dinner came. I got supper for them, gave them some eggs. Halted of food many want to take to take home + to Pargain. Ken's John decided agst. Kit saw gang + old Eray. Helen having trouble - dear Richard.</p>

SLH.

OCTOBER, 1963

Time	WEDNESDAY—October 23rd 24 th	Time	THURSDAY—October 24th
	<p>Pleasant meditation before breakfast. Busy morning. A lot of check-ups came in. X-rayed Lot, John W. & self. Very awkward lunch in. out over rubble bags of cement etc. The afternoon ran away. Little to show. Father here. Newton saw him. Lot had a meeting of the club to arrange the opening. D.C. came in A.M. & Miss Ryan had already asked Mrs. Williams to open the club so that's it. We are stuck with an affair on the 9th. Evening at night & Govt. mail. Went to dance after 9 P.M. Baphin said dates having special gin, but I don't think they made their confession. Fred & Arkey. TAB</p>		<p>ref at 6. Started church on time, & all went well except that the Baptist people made their responses so poorly. Late, saw job. & did some interesting up. feel pretty well up to date. Beth came out about the pastor & had a supper. This went but not as much as expected. P.M. got little done. Slept till 3. To her for afternoon tea again. Wrote mail for Governor's waras, but like has? fever & may not go. Ken's car. sent Ray Turner asked to drive. W. decided at 4, by they weren't coming, after some they arrived in a polite way. Ray had to eat. They brought some more pork. Ken talking D. to this infernal ball on Saturday, & some of the Euro. Tonight escaped from the crowd & saw X-ray plus sundry job. odd job for Dorothy ran a sheet.</p>

S.L.H.

OCTOBER, 1963

Time

SUNDAY—October 27th

Time

MEMORANDA

Still terribly tired. - This is
 becoming a chorus! Just getting
 to sleep, those wretched John Skf.
 Ford, Karmi walking up the
 road & again guitars! What
 b r saw to pt. Dot had to
 back the tractor for her first
 time. Douglas is good. Church
 not so long. R. G. announced
 Newton's Baynes, also John's
 elevation. Runy day. Edward
 looks better. Steery news pt
 & the Ball people returned. I
 did not see them. Then Dr.
 Met. & the dentist Mr. Mason
 arrived at 12:30 - another MMS
 day as pt. Stayed to lunch. Saw
 May H. & organized x-ray of
 jaw. Had to wake Bob to
 start engine. Did 3 films, finally
 got a pair on! No rest.
 They saw back for after tea,
 off at 4:30. Dotthy on duty at
 5. I had a shower, washed head.
 Then Sylvia announced Gretta
 had her baby - a boy 5 lb 10.
 Oswald in attendance. Long
 wearying walk to John's
 tonight as he said some bad
 things at Mother's Te bed'ing.

Very little done today

"Nestargel" reduces aerophagy in the bottle feeding of infants.

OCTOBER, 1963

Time MONDAY—October 28th 29 th	Time TUESDAY—October 29th
<p>a day that needed careful reading so special prayers for a rush to get through all the jobs, doing 2 wards sub out other jobs. Then a meeting about the toilet for medicals, cleaning thereof. Also we chose the babies' names for the wards. I sat on Dorothy at breakfast as she again pumped for Bishop's names. I must learn the new names myself. S' son getting sinner for the newest ward. I saw some new job, but you still cackling up. I saw Paul & sent a radio to Luddy about Emboges. After E's song Jarvis hummed up to ask for the tractor to take copra to the Bay - said I had promised it though I had no recollection of it. After dinner started MK mail. A tractor came from Kai bringing visitors, 2 Mukawa job. For admission. Fused them later John Consonom hummed up. Boat sailing at 3 AM so X-rayed him there.</p>	<p>I wake earlier with the earlier morning. A smoother day. Insp. w/ Mr. Barley ADI & PO came in. Mrs. Rylah. Barley wanted to know about a contract for buying food for pilloques also about Embog water duffly. Saw the 2 Mukawa job & got a lot of deck work done. All 4/5. Heard Muesin faked. John C. broke in to say ABC was wrong; he is not 51 but 41! John or MK (? John Cother) with something being carried a bowd barbing linen, tied up parcel for Mard, Lintain & Agag bag. Tumpit said Over T 104. & wrote MK mail.</p>

S.L.H.

OCTOBER, 1963

Time	WEDNESDAY—October 30th	Time	THURSDAY—October 31st ^{1st}
	<p>Woke at 6. Got laundry put away before breakfast. 1 P. early: we got an early start on X-PS - all new pb & reviews - but Maurice came & packed mid. I gave G. again but results no better. Running to + po examining pb. re. finished X, saying at 12. W. I worked out the conference delegates, I have written to + D. Asked Edward if he wd. go to Worcester. He is willing. This much better. Slept & read Hill 3, running to po about paint & i. Mary. He also was working out the sub-division of territory for New York. Could not get any sheet - new bought fail but said there was a radio black-out. Got some correspondence done. Felt a bit lousy by dinner time - I had T.A.B. at lunch - did not go to E's song band church picnic. to bed 8.15. Mrs K. came - to miserable effort.</p>		<p>Everything happening. Mass. left late. Saw pb. in kit & prices. Ella's husband signed up for 14. at 9. I have v/s. Jeremy went in & got a driver while Bob finished a job on the tractor. George came in the middle of it. for only 3/4 hr. saying we can use tiles. Not much mail - so much outstanding. W. in say tail is tied. removed & seeing Nigel on Tuesday & feel worried. Letter from Ok & Ella. Entered card. re. Slack till 3.30 when not come - Grabam & Kiddy (G. Maxwell) Muriel Wellmott & Mrs Crisland. buffer. They saw West Carol for they had it of promptly. It's arrived - in few but some visitors. Adm. people. read mail a. to bread at dinner no temp. saw X-rays all of some in poor & must be repeated. Liba caught up contents of an abacus, thick pus & blood.</p>

NOVEMBER, 1963

Time	FRIDAY—November 1st 3 ^d .	Time	SATURDAY—November 2nd 3 ^d .
	<p>Returned through inspection to Agnes ward - very hard to remember the new names - I saw others at 11:30 got on to X saying the night ones, I arrived to do his. The reduction of the new patches required Francis to. We found the Developer was to make 5 gals. I had not noticed the label. It was in 4 galls - hence our black pickles. Did mail for Lesana & saw Caroline's. Mary organized her to go on Lesana. We got ready for Mary's party & dug out present for Betty. Jeff came at 8:00 & brought a mob of men for Bob's party. Bob a transformed man, brought beer & fruit, stealing our tomatoes for same. Mary's party was mercifully brief, brought to bottles. Home 10:30 after eating too much. Betty came too. Lights on till 11. Bob cleared up & washed up!</p>		<p>On duty up at 6. Dorothy went off at 7:00. The Eameses Bob gloomy at 6:30 as pump engine off. Got gut stitches dug, then Bob got going again. Francis to. Betty busy & short staffed. Saw some new job. Eameses back at 12, & brought 9 bats the young scamp. Mary H, still a bit off colour. Just muddled through the day. We tried to think of an official wage at night but saw X-ray. Packed up 13 1/2 doz eggs for Ernie, & bed at 9:15. Lesana milk run, took + D to Laguna, & brought back Beth to Pop! Bob brought news that Margaret R. is to come to Ernie.</p>

"Pelargon"—outstanding digestibility provides increased resistance to infection.

S.L.H.

NOVEMBER, 1963

Time	SUNDAY—November 3rd	Time	MEMORANDA
	<p>A day off, as nearly as one gets it. up to 20. Bob was left, & quite readily agreed to ride to bike in & let Maxwell drive us - which he did very badly. And Bob stayed at home. Church fairly shut in English. Maurice, confirmed Margaret's move to B.M.H. which Maxwell's drum due here: Penny pretty hard. Teachers galore seem to be arriving. After 6:00 washed feet, balanced each etc. Have written some letters. Feet finally dried & played out. Slept after lunch till 3:30 & even then in dopes, but feel better tonight. Goshima came wanting the tractor - Terence of Nataka having a wedding feast. It took ages to get that, took out drawers etc. Hanson brought a cousin to be store boy but I know nothing of him. Tonight have written more but so much owing to bed at 9 with a book. Malaria here, & offered him job as store boy</p>		

NOVEMBER, 1963

Time	MONDAY—November 4th 5 th	Time	TUESDAY—November 5th Melbourne Cup Day
	<p>A relaxed prayer time - am working earlier in the earlier morning. We got through 9 of 2 wards. The new DMO Mungiter called in, again P.M. Saw 4th absconders, Micoeans, 9 bats, a prospective store boy Maxwell who is not too promising. Ted up Matthias, Russell Taylor, Florence Mary to go to DMO & write their letters. Jeremy came at 2 E Nancy, should be back for her. Dorothy, saw an evening pain, & had to go to meet Lesana bringing a pt. from Janet morning & Margaret R from Doreen. Got out of Hapt as soon as possible after compliance & wrote her. Called to Doreen 9:30, in sent abd. pain again. Bethedini & I had her on my mind, but slept heavily. I got more, more tired, pretty useless from lunch time onwards.</p>		<p>Woke before 6. Prayer & washed arms. To bed. Saw Doreen. Tender over lower arm. Sent a message to Mammie to come & between us we spent a lot of time in her, but got tired. Decided it was a flare-up of former poli infection. Not a case for surgery. W. is a comfort. Got him to B. off for back & sent other pt & started W. G. L. report. George came as we were at lunch. With him talking water supplies till 3:15, shall rest, but cups couldn't get asked. G. went to 15th. I did odd jobs. Graham Stout came during E. G. said, DC has arranged for flight to W. G. for 3/12. I got a letter off B. + D. by tomorrow & Mammie when Mammie brought his pen ink for X.R. at 6. Also asked + D. for another nurse. Y. might say N. Charlotte came about the jealousy of L.M. Dulis. I tried to reassure her, finished Dr. W. G. L.'s correspondence. No energy for more. Not making sure. W. G. L. for Mammie, bless her. She steps into the breed every time.</p>

NOVEMBER, 1963

SLH.

Time	WEDNESDAY—November 6th ^{4th}	Time	THURSDAY—November 7th ^{5th}
	<p>A lot of x-rays done. Waver mind Nicholas butted in, prevented Leslie from doing it so little Mamma Stella died: Sarah. Dorothy & John did 2nd exam in afternoon. I fairly busy on mail etc. No energy to go ahead, got things done still waiting for Betty Ann. Maud got the doc. etc.</p>		<p>Was on bus, also blessed the blackboard. We got off at 8.30 & took thru hills. Dorothy began her exam at 8.20. I ran round seeing people. Jeremy brought radio (sent on 2nd) giving per- mission for Edwards's transfer. I argued with him, his wife for a while as he was jibbing PAT her by about 9. I brought news they wouldn't land a second time, as it was a charter. We got Mr. to ring up. PAT rang also, & finally DPH instructed PAT to land again. I went to the ship & Milt in the jeep, we had to wait 1 1/2 hrs. Plane appar- ently had to land again at night to pick up Jonathan's brother and auntie's friend's. Took Edwards's family Betty late to lunch. I later should rest. Odd jobs. At 4:30 Betty brought W. L. to stay (Thore fell), letter from + D. about Gillian coming here. Saw x-rays. Rose Waver had a baby boy 9.20 P.M. I had a big meal. Lil has only anemia - I hope.</p>

NOVEMBER, 1963

Time	FRIDAY—November 8th 9 th	Time	SATURDAY—November 9th
	<p>Lunch on the work. Inspection M. Agnes. I am slow in learning the new names. Finished quit after 10. got away at 10.25 for Erav. Will be cycling again though the road is dreadful buff. much talk trying to find out about boat etc. sent a radio to Betty Ann & to DO. Popoki absconded. Saw Pt. Maunui before lunch. Lunch an uneasy meal - people don't mix. New VSO's don't fit in as the old ones did but it is early days yet. Had a hoop up & wade. Maurice left 4.30. Dismissed staff moves etc. E'eng. Had to go after my bath. The kitchen house is a really set-up in the dry season. 3 showers, a toilet up & everyone carries buckets to Maunui. Bath done late, everyone there to say good bye to the Duvells. Maunui massive affair & drinks. A bit of Scotch dancing. Rain came on but none there. Home after 11. Nancy too.</p>		<p>A day off, but the house swamped with people. My face in bed was heavenly. Jeremy came for an hour. Road. Co. in. dit. Res there for lunch. of course the W. & Nancy. I think Alan, Bob were at Loggerheads both like bears & saw heads. I got N/C done & off to the Park, & have written some thankyou letters. Had a sleep. Mrs. Williams & Mrs. Rylah came at 2.30 & stayed till 5.15. Went to this blessed club affair. It went off well, but took a whole after. Joe & Bob had to umpire in the heat. Mrs. W. is pleasant, & Mrs. R. - just me out of time. Tried to work at the Land house, can't find the correspondents. Just jotted for the evening. Mr. Bailey & Mr. Paul came for a Dr. O. & to a child - ? nothing. Might be spent some time as M. went to work teaching things. I sent O. & drug. Nancy went & Mary too!! Got bed 9 PM. Now I hang for a day or two away from it all, from the need to take responsible action.</p>

S.L.H.

NOVEMBER, 1963

Time	SUNDAY—November 10th 11 th	Time	MEMORANDA	Date
	<p>In drubg. John drove in to Church I said good bye to the Davells. Obe's bedema improving & no one terribly sick. Examined the Hoens children. John W. & got a fair amt. of writing up done. A.M. P.M. Bob away for the day. Dorothy did her exam at 1:30, has now finished. I got letters written & feel as if I am plunging a cleaver through the mias. Lancelot having a second party for his kid (on Friday) & Newton keen to go. Very few interests & we had the old business of no one knowing asking about it until the last minute. Worked till 8:30, more writing heard my word at 9:15.</p>			

NOVEMBER, 1963

Time	MONDAY—November 11th Armistice Day, 1918	Time	TUESDAY—November 12th
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Naval Monday routine, wds 3:4, finished party on time. John W. brought out the ^{phone} wire from Eric & he & Bob were mending it. Bob very sunny, said he was well. Michael cooked dinner & lectured to school. Ken brother in south Tarak. to see her. He had done the crash course for the Govt. & appointed to Maline Bay. Now on the missionary ship. Fr. came out, took in mail & says to go to Woreby today. They: Ken sharing boat. Katili & Betty Ann, neither came. Dorothy gave me my 3rd I.A.B. Worked in office till 8:30, wrote to Fran. Maurice rang to say good by

I rep W. St Mary, settled down to desk work. Work finished came at 12 & 2 Woreby PWD blobs, Oswald & Beech Laggach & George. DC3 landed here, they went up but it was for Camwork. The men talked of water supply stayed to lunch. Bob did wonder those men. Got them off to the Bay. George stayed & talked of orders. Finally they went at 3. Dairig lab, press. Feeling awfully tired. Had Ham Mac back from holiday. At dinner decided to go to bed, & I went to Felton. Name a D. someone from MU - the blob who came for Camwork - arrived at 9 & an injured ankle I stepped it, got began. It was having a lot of pain. Microchop & reader in Engineering. He in dressing gown.

SLH.

NOVEMBER, 1963

Time	WEDNESDAY—November 13th	Time	THURSDAY—November 14th
	<p>A good show yesterday, a bit more today. Will not be thick - just to have some water in the tanks. Muddled morning. IP late & raying a bit of a cone. New shell open shell much too powerful. After morning tea got a change & correspondence - in fact had had a change all day since Jeremy here P.M. Takatori sent pasters New written to B.P. asking it to call in future. Mr. Betty Ann no drugs, building math. Lesson returned today - had radio pen. Letter from Charlie Elliott a lot of CSL hand books & plan for aqua-privis etc. Distributing them all - quite a task. Writing mail tonight to Aust & the mission.</p>		<p>Mars went smoothly. Ken came to take the Ws to Pop. before they had had their breakfast but wanted 10 mins. Finished mail & got asked - Mr. Betty Ann. Saw in 10:30, sorted mail & in to Eng. Did 9 resp. - 3 Nancy, Betty, Margaret. Left nearly 1:30. Got lunch, about rest & read letter saw Dixon's kid - I came to see me here & means to give up the work. To see + D in Jan. Then he said Gildor, many ways too thin, actually not too bad. I saw Mr. did nothing re. I had a talk to Margaret. She does like to give false impressions - if she had not spoken before all. Ken I would have believed she wanted to stay at Dogging after all. Got gramophone for John. Betty Ann needs. Left 4:45 met a sick man from Dobaduna 2-way so went back. Very sick & died a few minutes after admission. Came back in Ken's Landrover to lat driver unpacking & repacking DPH stuff & mail ready for A.M. Betty Ann came at last - also Abing - ph. To bed for other work.</p>

"Maltogen"—rich in vitamin B₁, stimulates normal bowel motility.

NOVEMBER, 1963

Time	FRIDAY—November 15th 17 ^{JK}	Time	SATURDAY—November 16th 17 ^{JK}
	<p>Inspection New Ward in a hurry. MK did at noon. Bob went down. I examined the Kafas. Further rang at lunch - over 90 on M.K. + 53 disembarking here. None could go - but he sent Gladstone + Bothwell! He borrowed Andrew to police it. I got things up to date. Fred Nakh of Mamba + Gwas came in P. + Landover! 1.2 of them. Others later. Adm. after dinner. Jeff came at 5- Dorothy Steep in sent Brian + James Mchelen to stay here marking time. Everyone returning round - Lot + in - but Dorothy talked to D. Steep. not readily away. What would name be doing in a similar situation! Looked at x-Rs + worried about Mary H's. Horribly tired, but tried to sleep. read</p>		<p>On duty 1/4 to 7. Bob went off: the Eamcaer caught the DC3 to Moraby. I saw a few things here + Betty came at 9.15 + took me to Erso to see the new M. Beth + Murrell here at last. Cuffa + John went off in the jeep. I had two transport here. It really came on Betty's bike + arrived 12.40. Michael Lane was arrived at Erso. did offer job. Lot had James helping - charts. Anne Melder cut beauty Rex's foot. I had to do the sutures. Nicholas nearly faint! Fanny Mid. Andrew did not get away! I examined the Mamba + sent out some books to send on Essena Kain again after dinner. I finished x-rays. There was a new Aubrey hit a before boy Maxwell because he was talking to Kate. Aubrey is now having an affair - Kate all the before ready for action. I felt I couldn't cope, anyway it could have turned ugly, so saying The dear thing came out, but all was quiet partly of the rain that came on Andrew at the Bay! I think Benson was drunk yesterday.</p>

"Arobon" for rapid control of fluid loss in diarrhoea.

Time	MONDAY—November 18th	19 th	Time	TUESDAY—November 19th
	<p>a much day. W. early, did get of preparation before breakfast. 9 nap. Both wards by 10:30, found Aubrey & Clement off to Ketha Pt. & letter Kathleen alone: T 103. Sent for G.M. & told her to take charge, but she won't & Aubrey's consent. Got away soon after 11 & rode to G.M.H. Gladys made it pleasant. 9 nap. All punch again after then into extra job & a rest. Kept meaning to get out again on to next job. Spunk hypoid is Co of uterus. Did 20 p.p.m. Melanoma bleeding hard to stop. Lots of putting up. more nurse 11. Baby draw me back at 20 to 6. Games went on shore fresh. Lot of haffi. muddle for poor old D.H. Stopped in the evening. X-ray of Tulpia as D.C. sent a message that Ubrina due 8 AM. Bed is full & read myself calm.</p>			<p>Woke at 6. To sleep at 7 & finally got Savire Co. off per tractor to Ubrina. Late start by 9 nap. moving to laundry etc. 9 nap. W.L. M. and for George didn't come. Vehicle in doubt but all for ^{Kathy} Robert consentable. Mr. Paul brought Miss Lewis a charming hat but whisked off. D. didn't ask for a note for Mr. Dobler who came on clinic jeep. Talked to Miss D. after morning tea & saw a new pt. ? haemophyic. Letter from R. Barron wh. I half answered in bit. Wrote bill 3. Can I come late but Weston. I started X-rays of Mamba. Some lot of delays muddle. D. didn't think of after tea till 4 to 4. I couldn't get over. Messed 2' long for X-ray. Bath & finished letter to & flecking talk to Lt. Dobler departed at 6. Looking at damp future this evening. I'd see come a desire to leave the work get a job elsewhere & return again. Conversation turned to marriage. Maria's people opposing it, we discussed the ethics of elopement. Oera had another bleed.</p>

"Nestargel" for the control of habitual vomiting in infants.

SLH.

NOVEMBER, 1963

Time	WEDNESDAY—November 20th 22 nd	Time	THURSDAY—November 21st 22 nd
	<p>Got home tonight started out before 6' past. Late starting x-rays. Newton most difficult & delicate. I was in a feasting hurry. He won't be pushed. Got out of order as SMH people couldn't come. Edward from Panamanians at last minute. Doing mail, more x-rays for Dr. Wiggley but sending them. Beth, Veronika for Merrill to go out came on after school. Laura just having a quiet look see & organizing Joshua & Theresa W. to health basket wearing. She went to club in P.M. poor thing. Got in 9:00. Got the Gural met off on shores beach which came at 5. Talked to Aubrey & ever work pushing responsibility onto her wife & me.</p>		<p>Very tired. Masses on time. B had to be feeling just a bit - still feeling the had to get Perry to remember to the ship. That summer Parable Captain refused to land again. I mentioned my working & work in the field had the infernal check to say he must have forgotten to post the letter. Jerry Alexander came to look at H.W. system. Vehicle came for him AM so we bundled off Laura & Beth to Pop. Laura's mother was Edith Clarke of Derby!! This like Laura C. Bo. A big mail but nothing from Dr. Wiggley. No Bob. Went to Mission! The parking bill (late) then odd job bill 4:30. Perry Key arrives about three days & M. Linn by Paulolo. Home trouble. Newton who wouldn't work for dot. Wanted to talk it out. I said I was too tired, it must wait. Did look at x-rays bet 8:30. Then bed & to sleep before 10.</p>

NOVEMBER, 1963

Time	FRIDAY—November 22nd	Time	SATURDAY—November 23rd
	<p>Frightful row in St. Agnes W at 5:30. Reported at 6 that Lorraine fell off her bed & broke her collar bone. Found her up just after Mathias & charter plane flew in. Bob had edged a left on it. Plane fell yesterday. Quasi & got some dark-walk down. Trying to feel at Lorraine to get ahead with it. A passage of farm in Weston who wanted the work off. I told him it was a farm & his behaviour had been so bad I wouldn't grant it. He went back to work quite meekly. Have written letters. At Mathias I was sure it shipped the 5 suits, John M. said he did. The 2 Ds say definitely she said it. It worked me it may attention really is so far. Betty came at 5:15 & after some delay we prayed 3. I reflected about the get away at 6:20. To ask Fr. Henry about arrival of Heister. Bob talking of going to the mission & overseeing this place from there. Also trying to book for Hong Kong and Japan.</p>		<p>Day off. much needed. Could not sleep till after MN - over tired. Woke at 5:30 but slept again. B'fast in bed & joy then Dorothy told me of Mrs. Kennedy's assassination. Shaking thing. Too dense to concentrate but would take parcel then on to Trip. Decided to take the late Holyland trip. wrote to sundry people, would not a lot of things. Not much to show for it. Mrs. Butler of Council came at a pt. at 4 to 4 she told me Andrew has been seen to Gene for 6/52. Rain tonight, please to write letters. read one journal.</p>

NOVEMBER, 1963

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Time MONDAY—November 25th 26 th	Time TUESDAY—November 26th
<p>Got through inspection in good time really + 2 wards. At 10:20 am came W-O Boris & his wife + kiddie + dragage. The Army is taking over from P.W.D. Meis couple; he was Sec. to Bp. of New castle, was asking after Fr. Charles. One cannot define what that man had that attracted so many people except to say it was the Spirit of Christ. We gave them a coffee & they posted an mail, praise for Fall into Mission. Inspection till lunch, after 2, & sent out oddso, evd. Greeny signed by my passport papers, & at night I got them ready for posting. Rode home by 10 to 5. Overcast both ways. Got on to order before after dinner. A good old storm at 8:30. Feeling more relaxed & happy about things. Possibly the effect of IAB wearing off.</p>	<p>Went to Hosp. at 7 to see the Tarak. people + Damaris off to Gorilon. Insp. just down in came George in his new Gap. Landrover, very smart. Just down to breakfast & in came Cheatham the Ag officer & Andy McC. to hooked at the gardens, & says it is nice rather than exhaustion of the soil. Reminded us some cassava? rain trees. Not helpful. George stayed to lunch, then off. P.M. odd job, letters, putting away books. Working till late. Very tired.</p>

S.L.H.

NOVEMBER, 1963

Time

WEDNESDAY—November 27th 29th

That x-ray list, but Miss
people came in, & scanned
them. Busy on this, that
& can't remember what.

After Evensong pushed myself
into visiting to General
Mr. Mick & Frank C.

Glad to get them off. To bed
to try to sleep. Very
heavy storm - 2 1/2 inches.
Good to hear banks running
over.

Time

THURSDAY—November 28th 29th

Fr. brought out Michael Lane to
revisit the school, & was late
He had not finished in church
when the DC3 flew in. I went to
the ship & bin. Bob put the
mail in the bag, left the keys
in the lock. They went to library.
I blasted poor old Hank in
view of the management. Penny
came - better father than I
reflected: quiet & perhaps ill
at least. It is a lot to swallow
at once. Back to office, saw 2 ph.
& in to Mission. Saw a few phs
settled Penny in. Saw Edmund
& suggested retirement. Lunch & rode
back. Big mail but little x was.
William can't come for 6/52. It may
solve - certainly dead, some
problems. Read mail & listened
to school etc. At night saw 2 phs
centered cards at last. Got
papers over the way our funds
are cut down, & between us we
are protesting. Dr. Wright
wrote at last & we are
to lose Charlotte alas.

NOVEMBER, 1963

Time	FRIDAY—November 29th ^{1st}	Time	SATURDAY—November 30th ^{1st}
	<p>a day of strain—maybe over things that should not be a strain. Miss to have prayers quietly in bed. I respect Ken called to say Betty Ann coming. Bob went down on motor bike. I asked the skipper to take the Mambas. He was drunk & getting worse. We was agreed, so I organ-ized them & then packed & letters, also for Linda to go to Lae. She didn't go in the end. Didn't get to correspondence till after hook up. Wrote to Carl about funds, scrapped it & wrote again. Got other letters out. Ken came to dinner, & was to take an mail to Pop yesterday but Fr. & Betty came & took it to Erv for Tom's to take. I finished work soon after 9 & flopped into bed. Didn't get to sleep, or read.</p>		<p>Up room after 5.30. Dot, I rode in to 6.30 Mass in Hospital. A glorious morning. T. R. slower than ever. None by 8, passed a tractor load from plane going in. Our tractor got to Erv before we left. Saw essential job re. tried to do some office work. Terry came over & my much worse, he & Betty obviously worried stiff, so I got them off to Moresby. They drove me in, Frank Medaunt. we chased Tom Barry May re. was in charter, the skipper, Moon only for one, so they decided to ask Dick, who agreed. Back here by 12, Dot just driving the off-duty in for tractor. I wrote to Medaunt & the E. got off. Lorna Cole said B. could stay there. The Banks not arrived & I showed them the Kap & they went near 1.30. I got lunch. What a blessed time of quiet till after after for Ken came. Mid. E'ang. Dot announced Zumbal had a pain in his R side. He appeared but not certain. Looked at W.B.C. count re. after dinner rang Perry the. Dorothy & Betty came out. L. much worse then, so we operated. B. did it. I was most grateful to</p>

overleaf →

S.L.H.

DECEMBER, 1963

Time	SUNDAY—December 1st	Time	MEMORANDA
	<p>Got to sleep at 1:30, slept on till 9:30, waking, sleeping again. We called to Lambert, found Dr. ref. + found Bob getting breakfast. Saw D. + fixed a few things in Wash., washed head, wrote M.K. mail as M.K. due at 3, + going straight on. Bob left at 1:30, took Don Samson + John. He muddled the mail, sent bearing mail on M.K. Am so tired. I slept till nearly 4 + heavy sleep. Evening: wrote other letters, had dinner after. Bob returned at 8:30, mail plus. Still tired! Dulci attacked little Bear - the usual thing.</p>	3:00 ^{PM}	<p>her. To God, I was too tired to take more yet God gave me the strength. Preparation surprisingly quick efficient + D. + B worked in harmony. I gave anaesthetic, Nicholas + Charlotte helped. The appendix already bound down + hard to find, but P. did a good job. Finished by 4 to midnight. They went home, I watched D. + the others cleaned up. To bed + not in the mood to sleep, so read till 1:30. St. Andrew's day a disappointment at Truro too, it seems. No dancing, but we had basket-ball, we are organizing things + according to the Mrs Ds the quest disgruntled. Jeremy doing good all the morning.</p>

"Arobon" replaces lost electrolytes and stimulates normal peristalsis.

DECEMBER, 1963

Time	MONDAY—December 2nd	Time	TUESDAY—December 3rd
	<p>Was dreading today - too much to cope with - but God helped me through. To keep before 7, saw Ben asked Dennis what Aubrey's request for a meeting was about. He said - no work on Saturday! Lambert dehydrated - in pain. Gave Morphine. I suspected 2 waders of pharynx to Eric in hot sun. Because of being what next in there. Talked to P. about pb, procedures. Lunch. Not a happy atmosphere at all, too much of a mixture of cultures. I think. Told Jeremy about Dulcis. I hope he saw them. Left 1/2 hr before 10:30. I got a pyloric stenosis but could not get to the point. As it was not just as well. Came home before 4. In great pain. Lambert - unhappy but did - no very good grace; but it is paying dividends. I think saw the Kabinat en masse. Lunch. The meeting - part of some. Martin interpreted. Aubrey, Arnold P. John S. spokesman, almost but not quite absent. Saw AD. J.S. also latter - best thing I could have done. They recanted, said they were happy but spoke for "the other". Aubrey threatened D.C. - hope he does. Most pb. thought it an interesting. Wearying.</p>		<p>Could not sleep for some time, too tired. There was a noisy storm. Woke 6:15, prayers - few jobs returned got to fast & got back in the job. I.D. forgot to come & help her. Job's miss - trying to get on to odd job. Lambert not having much residual in stomach pulse better but dehydrated. I worried. Got M.M.S. letter done, suggesting the suspect came here, 1 on to 3/2 before. After lunch hoping but worried about 2. Planned to give him 1-1/2. Left him in 300' before. Then I reported no residue, in case. I take passed a lot of flaps. I feel he is on the up & up. George came at 3:15, full of plans, showing places for electrical of things. Mr. Preator also came. Took an hour. I went to 10:5. I got him away, started home letter before dinner, since then interviews & report till 9:15. 23 of the 50-odd pb refused to work today. We needed it in grave.</p>

"Nesmida" - hydrolysate of milk proteins casein and Lactalbumin.

DECEMBER, 1963

Time	WEDNESDAY—December 4th 6 th	Time	THURSDAY—December 5th 6 th
	<p>Saw Lambert after 6:00 am who was unimproved, demanding food. Still distended. Got on to X-rays, a big morning. Newton blew off the marks. Then Agui sent 5 boys for an X-ray, cream too. I fitted them in. Examined them & all the Katusas by lunch time. P.M. doing correspondence & report till bed. time but work here. Flopped in to bed at 9:30 & remembered to write to Betty Kay for Clarie's present. More rain though the day. Very heavy storm at 12:30 previous night overhead. Kept us all awake & all tired. I was praying for Penny who was reached in the previous heavy storm, but she slept through this one! They called in bank Barriati, P. decided not to operate on Augustin. They also called on way back they're here for after tea. Penny offered me her seat in the jeep for Friday.</p>		<p>Father late Newton's, Edna, Made up to Mass. all went well. Wairis, Stephenson attended. Photos after Myra dressed in a black calico! Edna wore Charlotte's bridesmaid's hat. Saw Pt. & mail came. 2 from D.W. who also was on the plane going to Kirivine. Saw Kenneth & got report done. Spent all day on correspondence. X-rays at night. Came over at 9:20 & stayed in. Newton put off her wedding feast because he couldn't get food up in time & we went to the river. I decided to go to Pop. found the phone working when I tried to ring. After dinner Fr. rang to offer on Mamba a ride in the plane to Foma. Pt. coming back to work with apologies.</p>

DECEMBER, 1963

Time	FRIDAY—December 6th 7 th	Time	SATURDAY—December 7th 8 th
	<p>Left on hel 6:15, prayers odd job. Lambert improving, and worried about Timothy. Jeep came at 9:15 & off we went 3 VSOs. Betty, Jeremy, I. I took some eggs. Horribly weary all day - I am past the feeling of glad-to-relax & just feel dull & tired all the time. Rivers fairly deep but we got through alright. To Frain's office, I work the Com. session. To Cop 't to 12, Cassara flew in at the same time, & went off for the second time within our week. + League arrived, looking played out & admitting it, but he can be bright. Cracked me for my photo. Haven't got one. Saw the M.C.'s display ready for the annual party. Maddy in good form. Saw D.C. who was in good about providing transport to Gov. Store some work's shopping. Left at 4:11 & got home 5:11, over new bridge. Quite spectacular but road still being made. Newton's party didn't start all year on hel 11. I did not, pieces but couldn't concentrate. Got a headache & dull too.</p>		<p>Day off. Woke at 7, glad to have to fast in bed. Felt like plugging in a job but dragging my anchor the whole time! Unpacked parcels & etc. I did the Red Cross one. That was all I did before lunch. Kendra in at 11:30 & brought the Terrace. Herey with me at 3:30. Still has decided right & some doubt. No variation, but settling is down. He is on Prednisolone. Glad I sent him. Did some & was not much. Glad Gideon son of Evangelist came & talked 1/2 hr. - obviously instructed by Papa. To bed at 9 & cleared up papers & waiting to be read.</p>

S.C.H.

DECEMBER, 1963

Time	SUNDAY—December 8th	Time	MEMORANDA
	<p>Muddy day up at 6, saw to Hoop. Arranged for Kahunaka & made a note to descend. Bob drove us to Church. Got SM. girls admitted. D. & I stayed to breakfast, Bob drove us home to breakfast, got Lambert's ambulance out. It is much better but has a hard area at Aender in R.I.E. Ethel reported that I've tried to reduce the last night. Dear how beautiful these people are! Got almost no work done. Hoop up hand. over. Bob drove in on tractor at 4. I rode bike soon after. Mission jeep broke down. Bob didn't take the trailer, as they had jeep trailer in awful state. 4:30 sched. said + Dal Pop. + Gen. M. G. at the Bay. + D came before + G who paid Marcella, Kestler at Beana Michael G. when came, also Kungly from S.A.C. Met David Wetherill. 7 to dinner, so late. Jerry + G so late. Pouring rain. Ken + Peter + John came in grab. Evening in rain. + D. I talked in</p>		<p>Rayellens. Waste can next Kumblo. Had coffee, phone in lampoon in Ken's Landrover. found to + D still flat out in interview. He + G is tried. + D losing his hairline. Only the grace of God keeps him going. wanted to beat Anomthay of Augustine but it was too wet + too late. Bob had an awful day as he still prevents. The boy pulled an old house to help to cook the dinner. Breakfast in A.M.</p>

DECEMBER, 1963

Time	MONDAY—December 9th 10 th	Time	TUESDAY—December 10th
	<p>Was reading the day. Started program early, to West at 7. Collected the people. Blasted them about stealing firewood. Carson made a long speech of protest, but it settled down. I banished fire. Then told D & she blew up because she wasn't consulted. Got through 4 refs in good time. Aubrey absent. A Kurembi man came to ask for tractor for sick Ogebadu. Too much pain to be carried per sketch. Tractor out & must wear thama sketch, as told him to carry it in. Betty said they didn't. Got on to desk work & manual inter-ruption & again P.M. Went to see the Eo. The trip has done Betty good. The girls put on a birthday dinner, I present for me as they didn't know when it was! A lovely present. Went till 9.15 & saw Stephenson, who admitted the Ethel business, & took the wind out of my sails. A spot of raining, but light. Radio from Margie & them to say she came today. 5 P.M.S. Boy came</p>		<p>A much easier day. 4 refs. H. Wang done by 10.10. Cleared up lot of petty office jobs. Mr Bailey arrived at 11.30 with Margie & them - a different presentation of her - & returned on a bit of Irene Markham. Thought, talkative & one-eyed, cap-able. Settled her in & she had a cuppa. Bob returned after a 7.30 start - got a spike of Maraden watching in the trailer type. Muddled after showing Mr. Arnold & Bro. Alfred arrived & Lesley's arm injured hand. Made beds & fixed them. & rayed L & late for dinner. Tonight I fixed L's finger in a plaster. Talked to Mr. Mr. personal work done. Made supper.</p>

DECEMBER, 1963

Time	WEDNESDAY—December 11th 13 th	Time	THURSDAY—December 12th 13 th
	<p>a lot of noise in Hef. 10.15 P.M. went over. Found it was Russell drunk & dinnerless. Had trouble in getting him to the dormitory. Got at to X-ray. had quite a big day. Henry came & is a quick learner. Aggie brought a lot more boys for X-ray & exam? which did not please me. kept me going till nearly lunch. The 12.15 Johnson is quite pleasant. Medell came to talk about Leo's job & coming today to talk to J.H. P.M. P.M. Mail at 6.30 & may till after 9. Report to Gerry & Stephenson whom he saw & Russell whom he didn't. Stephenson admitted he had been drinking too.</p>		<p>Mass started late & was long. Jeff, Kenneth, David Weatherall, Henry all here. for 6' fast. Bob not back till 2.30. 5th Raphael's 6 masses admitted to the Guild. Jeff took photos for an afternoon. Jeff got off to Pop before 9. I heard ahead, once I got down it I had a clear morning; did Cream. M.K. mail about goodness. George came at 2.20. I had talked electricity re. & heard after 4. I fixing mail heard mission started at 4.30. M.K. did 7.30 P.M. loading A.M. Jeff returned during 8' long - NO MAIL. I sent a radio for it to come today. Got 2 MMS. boys ready for M.K. an interrupted evening in traps J.M. came & gave list for Cupra after. Saw Fr. rays & came over at 9.30. I do need a break away - am as dull & away as ditch-water. Wesley Taylor has gone off. the story is he is going to Lae. Very disap. pointed & can't understand it - not in character. 2 Os doing X-ray bag</p>

Time FRIDAY—December 13th 14th

Time SATURDAY—December 14th 15th

Threatened to have prangus alone, but woke late. Did 9 rap. i Mary one alone saw sundry people. Bob went to the Bay to unload the MK at 6:30 & back at 9, not much on board. Heard that W.T. slept here & walked down again early AM - also Edna J. said he had been planning this for a long time. It left me dumb, & not in the character I thought W.T. had. We are a short-staffed lot. I undid pants till lunch - we are so short of dilly. bags & I thought we had stacks & gave a good many away! Rap. up interrupted by Radell the 10. coming to talk to me about voting, & he stayed to aft tea sat for ages, which put me out of gear. I spoke to Russell T about drinking. Bro. Alfred came for after tea, but went in & then brought back Erv's gift & mail. I got a stack very nice. Read it in bits, organizing & says to me. We left at 7:30 for Erv's dinner. Sing held up from 8-9 to hear Radell talk to station but I read mail. Bro. Alfred started 9 & spoke in simply & to the heart.

Woke at 5:30. Was called at 7:10 to Opera having a haemorrhage, not a large one. Couldn't get back to sleep, for a long time. up to 6:6 & told the others I would stay at home as the show is up. We went to Mass & back. I came back at 8:30 & Tala John. All quiet. Gave I.V. Ca to Vera, read & entered up mail. Very stupid & fatigued & lay down, but read, did not sleep. Lunch & Bob & slept heavily till after 3. did some Christmas mail till bed. Q. D. ended at 4 & the family came home. Marjorie went on duty. I went to bed 9:30 & read a while.

Home at 10.
went too.

"Lactogen" contains vitamins A, C and D and organic iron.
John Marjorie
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S.L.H.

DECEMBER, 1963

Time	SUNDAY—December 15th	Time	MEMORANDA
<p>Another day off. Wonderful. Still kind of vaguely out of harmony. G's temper even more high. Father than usual about the go. G's didn't know a word for it - used "dumb" or a word like it. Got down the tractor. M. stayed in. B' fact. sent a message to the self invited visitor Doreen to go in the afternoon. When he arrived Lily refused to let her go. G's turned to a battle of wills. Lily went off too in a temper. We are a short of staff, otherwise she is little loss. I never knew a nurse so determined to have her own way. Phil then brought the pair of Jane Olden(?) & Elbe before lunch, came back for after. Then John O. brought 2 new for Joseph & Mosaic. I got quite a lot of letters written. My 5 had had letters but wrote home, then filed letters for months past & even played Nativity while listening to My Word. M. very quiet in her room all day.</p>			

DECEMBER, 1963

Time	MONDAY—December 16th 17 th	Time	TUESDAY—December 17th 19 th
	<p>I inspection. Started Dorothy job had a funny aspect, she finally went off early & M. took over. Bobbie brought a kid: a nasty supra. dandy for patches. I sent it to Henry. He arrived at 10:45: kid had a supra, we took till lunch. Time to get it reduced - nice job in the end. Hoop up & saw new pb. 2 MMS boys arrived yet to be seen. & at 7:30 Seware Thomas returned. Seware had sp. Thomas didn't. At 5 pm Bartholomew had another haemophys. very upset & apprehensive about it. Worked till after 9 then sparged & pressed blue chasuble till light out.</p>		<p>Wish to say prayers & love. I wish W2 & numerous intermissions of grief. Henry: MMS check up. Wanted for Georg to come PM 1st the weather was didn't. I did wait at night & read late by torch light. Little Emma's birthday party, so women did not join. Had a talk to John Man about Xmas, no dancing. & asked for his cooperation. I think he saw the point.</p>

DECEMBER, 1963

Time	WEDNESDAY—December 18th 19 ⁶³	Time	THURSDAY—December 19th
	<p>Ready for a big day but it was a muddle. Got on to x-Rs & some didn't turn up. Henry brought 2, Mit's arm pretty good, much better than I wd. have achieved. She seems more at ease now. Gled down x-R & got on to other job, in came Andy Mc C. to 2 Agnis bags. I wd. to cross but wd. put them through. PM muddled. Ken brought a big ham as a xmas present & the kids played for a supper & bang went better than. Got breast mail down for 7K & plane. Don her for dinner. I put the hard words on about phones & sang, rubber-riens galore, & trying to see x-Rs, I get MMB bag off. Wheel ran away early AM - we all assumed it was but Anwarba found him not her. at 9:30 Marcell reported to. wait ed to marry him! Then it seem she is chasing Lambert. I read her a lecture. Finished mail by lantern. May 14 had myptches after 10.</p>		<p>A busy day accomplishing almost nothing. Dep at 6 for Mass. Jan came out in 7. Saw to him after Mass & tractor getting off to the day. The muddled plane went straight on at 20 to go didn't land. Even got penins. Quarry went in & took me early, after seeing little Lammithy & prayed in him. Saw pb at SMH. in Paul's mother is a G. did the report in Betty, ready to come back, but no transport to bot. Phil's bus arrived - 12K. sailing at 7 PM, heaven knows why. Read mail & staff notes lunch time. Ken & kids had tea again. I after inspecting the cemetery in. Met new pb. to see. a muddled over some Ambasis I. put them straight in the ward. fed them then found out they are visitors. Bath, seated penins. I. Tonight saw x-Rs, raised Church linen & same punning in the other, quite good.</p>

"Nestogen"—a half cream milk food for infants, containing vitamins A and D.

DECEMBER, 1963

Time	FRIDAY—December 20th	Time	SATURDAY—December 21st
<p>No one knew it was my birthday. I nearly told Dad, but he would have gone to a lot of trouble over drinks. Got on to inspection quickly. They went at 8 to meet the plane which arrived at 8:15. It brought people several Mexican passengers but NO MAIL! Everyone feels hollow inside. They took frozen mission to see if Jeremy could handle Pop as Betty might have picked up at Pop, but no luck. The murderers thoughts going round about Britain! Got quite a big X-ray day done & nearly finished when in came George plus his boys & a John Stevens! With him till lunch mostly on electricity. They did not stay. Woke from booting a jeep car in front on board. His mother has gone to the village to dis office got examined to his 7. Took him off after after tea & read a novel till 11 song. X-ray 6-6:30 or after dinner, interviewed the MMS check up & arranged for them to go. Suffered bed. At 10:15 in came vehicle: projected. He got to cross too fast to show pictures. Dorothy said saw on board were drunk.</p>		<p>Woke a day! Certainly not a day off in anything but water. Dorothy woke me at 6:15 - projector boy had just come to say return would be at the Bay at 6 to pick up the & sail at 7. D. ran round & arranged I went later (like foot not at work) I couldn't find her or do much but good by. I took bid & didn't go. Got went to Pop. I said saw prayer to fast in bed & read a little. Then to X-ray present & only finished at 9 tonight. I can't go off duty so I had to read Wanton's also interviewed Sunday MMS boy. Got returned at 10:15 with Ben Davis to be seen - NO MAIL. Major's blew up! I was disappointed enough to be near hear. Took up bell 3, Ling both Brian came, & brought both much talk examined Dabro, & at 6 X-rayed him. Heard that suspect at 6 Graham on the new tonight talking of his parked near hotel.</p>	

S. L. H.

DECEMBER, 1963

Time	SUNDAY—December 22nd	omit	Time	25 th	MEMORANDA	omit
<p>Got off to church on time, took Tam in. Church late. Grammy did not realize that Graham's interpreter did not know the word for Peace & the whole sermon was on it! He used dubio swamin for joy & also for peace. Some ladies got settled to work & in came a mob of a few - 2 car load - bringing toys for the kids. The kids had a wonderful time, & so did the men & the mothers real toys. Gave them tea & sandwiches, or rather Dot did, bless her, & they went after. John O. & class among them & they took Davis back. Bang went my morning's work. David W. Russell for lunch. Worked P.M. & till 9 P.M. got some booklog made up. Buffer. heard most of my word - it funny. Russell went to top to get his bike & not back. Charlotte asked to go home for Xmas & I had to refuse. She saw the point a lot of stormy reactions about look of mail - Margie, Nummy & Nancy.</p>	<p>for that. E'cong. bath. I slept for a short while. No one wanted much dinner. Finally got to bed about 8:30 & read until I found peace. Lovely handbag from the family. Just of tributed a lot of goodies from various people. Grand sent a card to all, & said Ben is building a house at Pat Macquarrie (2) & is marrying a W.A. girl. I kept it hidden. But Dot must know she has looked very sad in her unguarded moments, for dear.</p>					

"Maltogen"—rich in vitamin B₁, stimulates normal bowel motility.

DECEMBER, 1963

Time	MONDAY—December 23rd 26 th	Time	TUESDAY—December 24th 27 th
	<p>I refashioned slow-mechanical slats & D. whisking off, back like a yoyo. Then got some deck about up. to -blat. Dorothy cooking the ham Ken gave us. Several interruptions to hoop up. Tried to get Harry to mark out the cemetery but the grass is too long. Got the 3:30 shed & Takahiro calling at 7:15 so spent an hour organizing the Mambas to go, whisking letters etc. After the flight came on finished reading the X-ray. Too tired & fed up to write to Aggie so came over & read a couple of AMTs & Anglican. Bob & Dorothy took school children in for the maturity play. They got back quiet before the rain. The sental note offering an offering to Pop today. No one wanted to go. I should have to have gone just to get away, but had no real reason. 3 bags of mail at 9 o'clock. Got a joyful spirit keeping us all cheered up until her Confession.</p>		<p>Genevieve: Mamey went to Pop for mail & freezer - got the mail due last Thursday but no freezer. Did 9:30 or 10:00 returned before lunch & sorting it was quite a task. A lot of misdirected or mis-sorted mail - a tender for George Barrett, due there on 24th! I got a lovely big mail, but no time to read it. A radio to say Alabama bringing patient at 12 - we had sent Mambas off at 6 to catch Takahiro. I got here at 4, I admitted, examined them & sang preparatin, & we fixed the crib. The children had made the chapel look nice. Genevieve came after 8:30 for Confessions & to sleep. Read a lovely letter from Elwin in the bed, & it made Christmas for me. Good from P. Heavy rain & storm.</p>

DECEMBER, 1963

Time	WEDNESDAY—December 25th 27 th Christmas Day	Time	THURSDAY—December 26th Boxing Day
	<p>Broken night with carolers & the usual procession to the la. Woke 5:30 & up. Still raining. Service late: everyone woke late: of the dull morning. Lovely, quiet service. Wynne came late. B'fast took ages to prepare, then we gave each other presents, & to Miss. I do dread these things. I got the ice checked out the tree: bag & organized the tolly-water that after brought. Bob & wife left after 10. Mavis & after late B'fast he got the drinks across. Gave out the bags in usual parade manner. Then staff morning tea: they cleared everything pretty well. John W. thanked me & sang. Turned in to Kerbin too late & P. preaching at the cathedral. Bitter disappointment but I heard his blessing at the end. Changed a cuppa & to the Mission! Usual long. drawn out pot & drinks. All very nice, but an endurance test. Not home till 4:30. Ken brought Marjorie earlier. Have to all quiet here - can't be too thankful</p>		<p>Used to have a sense of peace this AM, but job were waiting. Then Dorothy came about 10:30, who had 2 doses of Meringine last night: I putted in & ordered it: I thought it was a bit of a surprise not cordial, the kid was a bit queer - & one-sided really. Meringine. Better later on. Got some X-rays done - I.P. Kerby O/S. Charlotte went off in a wood to arrange John Stafford. We went after that & got back at 3. She is off to a family party. Dorothy is let down. I thought J.S. she would be stopping, glad if I was wrong. Then spoke to her about about cheating 11/- from Pot. Received last Friday but I let it go till after Xmas. M. cut her out for after tea & cheered up quite a bit. I sorted out & put away presents & mail, & wrote to the family. Off for Hospital. Tonight Matthews wanted to take his report in to S.M.H. per sketch, came at 10 saying they hadn't given checks for apparently. Took a X-ray tonight, got a few letters written. A horrid day</p>

"Nesmida" for the restoration of nitrogen balance.

← overleaf

DECEMBER, 1963

Time	FRIDAY—December 27th 28 th	Time	SATURDAY—December 28th
	<p>An easier day. Dorothy has a heavy cold. stayed in bed. M. managing quite confidently. though I. went in to Mass. got a net, down St. Agnes, saw people & got things entered up in order. My desk is actually nearly clean. Saw George about 2. who obviously means to check & Oswald & George fears fight between Gonas & Minnie. I told him I would ask + G to cope. Jeff went to Pop at 8.30. back at 11.45. a small amt. of letter mail is interesting, almost no pay. Penny went & chopped wood. interesting letters from Violet. Pam. from Madolen, also one last from Elsie. Muggs day & M. to kind. Dan came out to work. Bob on motor bike. stayed to dinner. bed after 10. Bob & moody, unsettled. I looked at 7. days, back her early & to bed & read long-outstanding Journals & a letter from Ray G. to P. 20, & news about Philip is to be Principal of H. of Epiphany. Don't know what to do in the morning.</p>		<p>Day off. Lovely to sleep in till 7.30. I. back to work in bed. Spent the morning packing woolies for the Highlands. tidying out drawers to put presents away & washed my head & wrote a bit. Staff till 3, wrote some long-curved letters. Tried to plan my trip & decide what to do in the morning sent to me but unable to concentrate in that direction. I may be diving sometime or just mental fatigue. Ray Cott called at 3.30 & took some mail for posting. Dorothy in bed all day. Heavy cold & is not going on duty tomorrow. I & shall chop. Penny, David came for dinner. N. to hot-up over her brother's wedding. He & the boys (Lareday!) took in wine. We drank sherry & beer. I got put on a very brief dinner. I sent up special bouquet. suggested P. ought to go to Gona. They went at 9.15. I had 4 long to shake off work, responsibility!</p>

DECEMBER, 1963

Time	MONDAY—December 30th Proclamation Day, S.A. 31 st	Time	TUESDAY—December 31st
	<p>Dorothy still out of action heavy cold. I listened to her chest, quite clear but put her on oral Peni- cillin. Her T. normal. M. gets bored & seems to feel that 6 AM - 1 PM is a hard days work. It was hot & oppressive yesterday and tough, odd job in office. Stoves on at lunch-time. Stephenson on. Russell pinned up. At lunch I asked their views about R which I did not appreciate. Prayed about it & decided to give him another chance, but this one only. Tried to have after off after cuppa. Bro. Alfred came in a pt. took our man to Euro Sq. to Moseley by 10:00 9:00 to Fr. Bryan. Uberg, or. Henry brought people for x-ray at 5:30 - 6:30. There is not going to be fall next week. An eclipse of the moon but we saw nothing because of a big storm. Betty, Don came out to borrow tools. got home in a hull. River rising & high 3 feet below our bank. Got a A went over at 10 AM as if the Tames were 2.5</p>		<p>I up. about after 11:00, did 3 PM handover. That's all. M. gets bored in little effort. I feel the work is not supervised as it should be, but I can't do anything & in fact don't want to. I def. W2, did D. W's report & saw Jatta's entering up. Expected Lullabon in afternoon got the pt. off at 3: Bob who was quite willing to do. Tried to be fed after 3 but not successful. At 5:00 found an egg on the altar! At 5:00 bath. Ken on rank W2 Henry, Mary, John, Don brought in some frozen. Camera took us at 6, D. M. not going. Ken's horse is in a lovely lap. He is top of his form. 7:00 PM Papuan, 6 Euroan then I think they enjoyed. Barbara part is good. When I got bored & read: the other danced & got the Papuan which was good. Henry got tired in dance! & Betty quiet & strained. Alan for + P. critical to wagner. We satan, danced on to M.N. Don enjoyed it & danced. Mary blossomed out. Old Lang Syne & here. All to bed on the full of joy to want to stay. I am glad to have good days to 1963</p>

1.1.64 Wednesday MEMORANDA

NOTES FOR 1964

Got home 12.20. Am read & I went. stopped at Party on Rd
uneasy. John was sitting in a lock in the dining hall. I told him
to go to his house. I was in a few minutes, the most colossal din
began everywhere, & furniture banging. Dot & I & later Dorothy
tried to stop it, then called the Tansers. John to help. Great
wild spirits but organized & teachers much in evidence but
not John. I finally settled down. 5 tables, at least 2 seats
broken. Too tried to sleep till after 3: half of them back. It
looked as if J.M. organized it. Tackled him after weather. he admitted
it. I dated him for disciplinary, & pointed out that 200 wild
heads can't be allowed to do what a dozen disciplinable people
could. Said I thought about reporting him to + D. Got hold of
George from Trip. showed him the damage suggested L.A.C. might
do something. G himself spoke to the wildhead. X-ray: 11.
P. & some mischief. Too messy. headed to do much, & everyone
the same. Slept till 3. Don't out here. New pt. came in
Gordon, adm. per. Melita had her baby in garden. house.
We all peered per up in a muddled way. Tackled him. Tangled
George, odd job, in bed 1/2 to 9. Dick brought 2 tea chests yesterday.

2.1.64 Thursday. rep at b. Mass began late. David Withers
here for mass b'fact, & they got off to the plane which brought
nothing but one Works pt. One frozen order is all a muddle.
Lab of ph. & Ts. saw them, took out 2 teeth from Subiraja. The
Kensin. work is less in the trap, but the medical aren't doing
them. The place is filthy. It rained P.M. I tried to have after. off.
did write to Bob Haste. The Ee. John to dinner. we had Kim's pork
Mashed. Don came later to borrow me & stayed to supper. I saw
X-ray anyway. Talked to John C. in A.M. He will come & board
us when the Wastes come.

3.1.64 Friday. Gues. St. Agnes. With me, got a big man
Mastep. John C. came per. Cream. M.G. arrived A.M., brought
new pt. Gordon. Sick old man. George sent Anderson accepting
Watkins for £12,930. Dick brought the Army to look at
Ere. Ch washed-out bridge.

MEMORANDA

NOTES FOR 1964

4.1.65 Saturday. On duty. Lined: post throat. kept jiggling. Told of
 about arrangements for cemetery. Shows in order, Francis Mr. Little Emma
 has passed, & Benny said she would take her. Jeep came at hoop of
 pins & also Angus schille. They tried to go to top but river too high.
 bridge out. 2nd went in truck, got taken across river by bulldozer
 or to top. Kudd. Brought back 2 Burmese + Papuans, had punctures. They
 finally got here at 18.30 in pouring rain. Then coffee tea. Bps arrived
 at 4.45. Dedicated Cemetery in light rain. E sang a short speech.
 + G. saw Oswald, later tractor, + D saw the carpenter. John C. here
 nice to see him, + Lancelot here too. Dinner in mess, last too. Long
 talk in my room + D. suffer after 10, they got away at 11.
 all looked terribly tired. Put up the 2 Burmese

5.1.65 Sunday. "Day off" rep at 6. to church. Tractor had to go had
 to unload & find seat etc + did not get to church till 20.10, even so
 were in time. Wall out of ch. altar up on a platform. Miss to see G.K. to
 John C. administering on our side. Singing couldn't have been worse.
 Church finished at 9. + D talked till 10.20. Good talk but D so long
 got B⁷ fast at 11.30. + D made it brunch. Feeling giddy, still giddy.
 Ray down 12-2, mended a parcel, tidied up it. Wrote a few notes
 for MG. Hanna S. making pills all day, we buttered them tonight.
 + rang suggested mass here in AM. Giff A. to dinner. Prep.
 Miss Jk only saw Barnson who is sick. Spent ages trying to look
 up Tabitha Doxas in my diary for + D. In bed 9/1. Trays
 or foods sent by Winnie Harris

6.1.65 Monday. Epiphany. John C. F. Remegins + John G. arrived at
 6.15 + D in mess in mess, lot of chasing round + breakfast. The
 jeep went off, we put eat on rolls, got ready + off row after 9, a lot
 of delay. Got there just as it was starting. A lovely service really.
 + Geng preached first, on "He humbled himself" became obedient
 + emphasized obedience throughout. G.K. was the first to be ordained.
 Mob of relations of course. The blessing of their friends was in a
 shelter near Mission House. They related their gifts, much talk
 + lots of business fixed up. + D gave in Alays's letter to read, a
 horrible thing. + G. + I had our photos taken together, + cameras
 checked everywhere. K. Bayan took me to his bedroom (!!!) to talk

MEMORANDA

NOTES FOR 1964

about MMS boys. We got away at 1:30-ish. Medicals receipt at leaving to leave before the dancing. We had a much needed cuppa & I had a sleep. Then saw news ft. At night looked up information about Dorcas, wrote h+d, & wrote to Sir Henry & Joan Ref. Reason left 1 AM - in great haste. Wonder why?

7.1.63 Gled to start the day normally, or a bit late. Got in a fucker, getting lest the tractor break down, but it got wood early. got confirmation people in on this. Got road in for the 9 got ahead at 9, who's still at Killerton, then inspection. Then saw Kingsley who got in a state & brought his things over to leave long talk, somewhat thing. He said (what I had heard before) that the boys have all advised their friends not to come here. I pointed out what a mean thing it was, & I think got the meaning over. Don't know why he is disgruntled. He is thinking it over. Brenda's husband making court agt. Miss Dennis (JL) for sleeping in his wife. Left P.M., we had to leave at 3:30 for confirmation but even as it didn't start till 5:30. Met mob of visitors at Erve, poor things. F. Horton from Rockhampton, to come here in 12/12 confirmation in Noh & a bit of Mr for our folk. Then to staff brewed Mrs. Borne. Got came in for us, & here at 7:30, & Marilyn too. Got still in a fucker & scrubby & me. 91 may be the backbone or fudge or something I have done. Well a bit late clean lot.

8.1.63 Wed. (10th) Got x, saying done. Bartholomew came in a wheel-chair but stood quite steadily, dear old thing made time in after. to write a letter or two, & after E's day read a few films. Jeremy came at 4 to 4 & I + D. he & the 2 visiting Berrans off to Pop. Then Thursday going early so F. R. coming for Mrs. Kingsley came & is

8.1.63 Thurs. (10th) up before 6 to see jeep, hand them mail. F. & Betty off to Worechy. F. R. started series at 6:30 gave a sermon (mostly boosting me up!) finished at 8. He & Dan²¹² to breakfast. Was quiet

MEMORANDA

NOTES FOR 1964

- busy even if no inspection. Got the Ambasis office saw
 March & most of histories. Stools a bit loose. Wrote a letter
 4 P.M. began to feel feverish. To E'sang. Henry brought
 X-ray people at 5:30. I got her fixed & got to bed.
 Charlotte returned, praised for T → 101. No symptoms
 & no more chills, just fatigue. Read till 9:30.
- 10.1.64 In bed all day, & blessed to feel a sense of leisure. Felt
 only weary. Wrote a few letters, read books & pieces & cleared up
 some mess. Ken & kids to dinner. T, only 99
- 11.1.64 Felt better, still lay. Mrs K came. Washed head. Fixed up
 Brenda's going to Pop. to camp in jeep. Wrote N/L. Jeep came in 4 to 1, &
 Dorothy went to Lina. The E. got to Pop. Reichbach gave them a lift.
 Sambo's approach is washed out too. Slept till 3:30. Jeep came after 4.
 4 bags but not much mail for us. How good to get it! & few beans.
 On open Marie, I spent the evening bartering it. Plenty of
 problems, Charlotte in strip: Aubrey, who seems to be the world's
 worst.
- 12.1.64 Could not sleep. Prayed with Charlotte, read, was disturbed.
 Took Phendak saw boys going across dubalaba. Playing guitar so went
 across to shut them up. Bwas off their beds too. Got to sleep after 3.
 Woke at 6, had a cuppa but felt funny so missed church. Prayed
 & slept till 10. On duty. Saw Jackson. Jellie, new ambulance,
 Charlotte. Slept till 2 to 3, Dot. I heard talk bet. Charlotte Aubrey
 & G.M. went on till 4:30 & everyone denied everything. Bob stayed at
 the Mission & left us waterless. He is stiff-necked. & says Jellie
 & Ambasis till 6:30, developed, gave boat & Rs till 8:30. Trying
 to sort out things for Conference. Jeff here & cutting hair.
- 13.1.64 Monday. On full duty, saw 2 wards. Runy on working
 up to. Bora crying over her treatment in AM. 1 bad N2 pt, P11
 Marjorie's report: she hadn't been warned, but she hasn't had
 one for 18/12. Lined to have after off for desk work. Looked at
 plans at night. I get dizzy & so lacking in energy.
 Should take BP. Got all mail at 9:30.

MEMORANDA

NOTES FOR 1964

14-1-64 Tuesday. Resp. M. Wang. Dorothy & another cold & miserable.
Mrs Ambrose came. Saw them AM & x-rayed tonight. We
had 3/4" rain last night & a great sheet of water on the doka
diba all day. Busy on correspondence etc. P.M. slept heavily
& felt better! Getting ready & packing for Conference.

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

Nestlé's—Sydney	17 Foveaux Street.	B 0935	Nestlé's—Perth	236-238 Railway Parade, West Leederville.	8-4161
" —Melbourne	159-189 Racecourse Rd., Flemington, W.I.	33-0211	" —Newcastle	Lang Road, Broadmeadow, 2N.	57-0225
" —Adelaide	25-27 Franklin Street.	LA 5751	" —Hobart	King's Hall, 133 Bathurst Street.	B 2791
" —Brisbane	Nestlé House, 188 Barry Parade.	5-2911			

*Keenan Ah Gies of March
TEK EDO
Rawland Wasi*

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.. —Adelaide	25-27 Franklin Street.	LA 5751	.. —Hobart	King's Hall, 133 Bathurst Street.	B 2791
.. —Brisbane	Nestlé House, 188 Barry Parade.	5-2911			

14.2.63 Glenda arrived
 28.2.63 Pat returned.
 18.3.63 Glenda to Tarakan
 2.5.63 John Collier arrived
 21.4.63 Glenda returned Tarak.
 14.5.63 Glenda went
 25.5.63 Dorothy ^{Roques} came.
 4.6.63 Mabel went. Her mother died
 15.6.63 Mrs Bevan arrived.
 29.6.63 Enthronement.
 8.7.63 Jeremy's birthday
 14.7.63 Dorothy's birthday.
 16.7.63 Lorna to Iowa.
 22.7.63 Jeremy & Betty engaged.
 22.10.63 1st Tx injection
 30.10.63 2nd Tx "
 11.11.63 3rd Tx "
 12.11.63 Donnell went on leave
 10.12.63 Marjorie Drum arrived
 15.1.64 Elda's wedding.
 26.1.64 Betty's birthday.
 3.3.64 Marjorie went. Gill Toll arrived.

