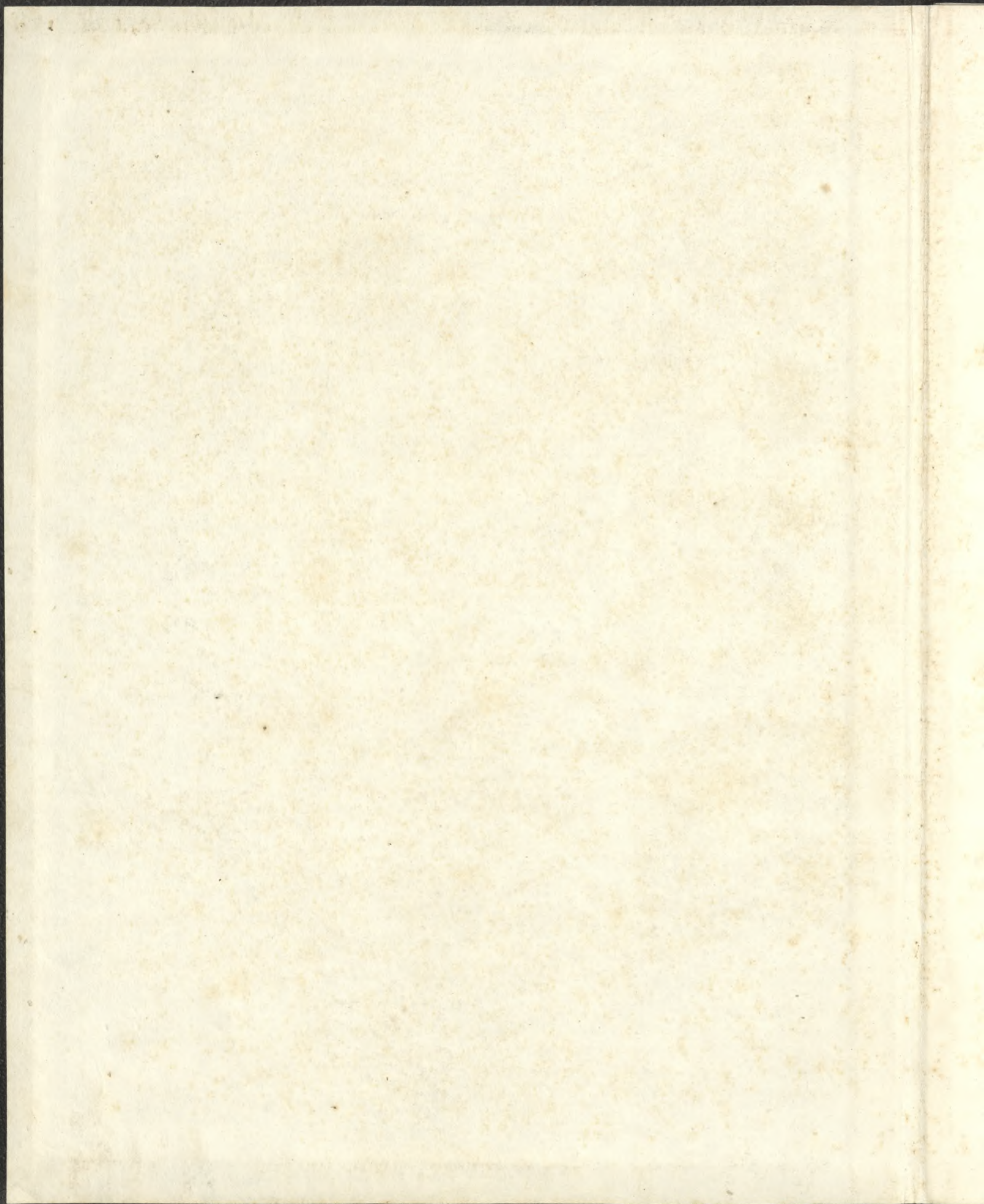


Diary
1969





Blanche Briggs.

YR 1810
1810

The Health Company (Australia) Limited

INFANT AND DIETETIC PRODUCTS

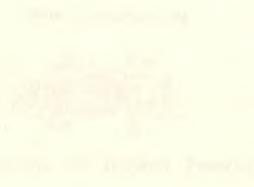
HEAD OFFICE

17 FOVEAUX STREET, SYDNEY, N.S.W., 2000

TELEPHONE: 2-0922

DIARY 1969

Office
Sydney
Melbourne
Brisbane
Perth
Adelaide
Darwin
Hobart
Alice Springs
Cairns
Townsville
Bendigo
Geelong
Ballarat
Traralgon
Mildura
Shepparton
Warrnambool
Geelong
Ballarat
Traralgon
Mildura
Shepparton
Warrnambool



The Nestlé Company (Australia) Limited

INFANT AND DIETETIC PRODUCTS

HEAD OFFICE

17 FOVEAUX STREET, SYDNEY, N.S.W., 2000

TELEPHONE: 2-0935

OFFICES

PERTH

236-238 Railway Parade, West Leederville, 6007. Telephone: 8-4161

ADELAIDE

25-27 Franklin Street, Adelaide, 5000. Telephone: 51-5751

MELBOURNE

159-189 Racecourse Road, Flemington, 3061. Telephone: 33-0211

SYDNEY

17 Foveaux Street, Sydney, 2000. Telephone: 2-0935

NEWCASTLE

Lang Road, Broadmeadow, 2292. Telephone: 57-0225

BRISBANE

Nestlé House, 188 Barry Parade, Brisbane, 4000. Telephone: 5-2911

HOBART

King's Hall, 133 Bathurst Street, Hobart, 7000. Telephone: 3-3964

Preface to the forty-fifth edition

The Nestlé Company (Australia) Limited, takes pleasure in presenting to the Medical Profession this 45th Edition of the Nestlé's Diary for 1969, 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.

Our wide range of infant feeding products includes Nestlé's Strained and Junior Baby Foods, Fruit Juice Drinks For Infants, Natural Fruit Gels and Ready-to-eat Cereals, in addition to our milk formulæ "Lactogen", "Liquid Lactogen", "Pelargon" and "Nestogen", and a number of dietetic products.

Nestlé's main wish is to be an extremely effective assistant to the medical profession in the field of dietetics, infant care and nutrition. The valued advice of the medical profession is therefore always welcome in our efforts to keep abreast of the latest developments in these areas.

With Compliments



Specialists in Infant Feeding

Preface to
the forty-fifth
edition

DIARY 1969 **INDEX**

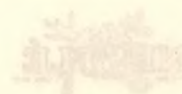
The Nestlé Company (Australia) Limited, takes pleasure in presenting to the
Medical Profession this 45th Edition of the Nestlé Diary for 1969 which we hope
will be found of interest and value to all those concerned with the health and
well-being of infants and young children.

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

The wide range of infant feeding products includes Nestlé's Standard and
Baby Foods, First Stage Formula for Infants, Natural Fruit Gels and Ready-to-eat
Cereals, in addition to our well-known "Lactogen", "Lactaid Lactogen",
"Vidogen", and "Nestogen", and a number of diabetic products.

Nestlé's main wish is to be an extremely effective assistant to the medical
profession in the field of dietetic, infant care and nutrition. The valued advice
of the medical profession is therefore always welcome in our efforts to keep
abreast of the latest developments in these areas.

With Gratitude



Specialists in Infant Feeding

"LACTOGEN"

"LACTOGEN"	vii to x
"LIQUID LACTOGEN"	x to xii
VITAMIN C LEVELS IN LACTOGEN FORMULÆ	xiii to xiv
"PELARGON"	xv to xvi
"NESTOGEN"	xvii
"NESTLE STRAINED AND JUNIOR BABY FOODS"	xviii to xx
"SUNSHINE" FULL CREAM DRIED MILK	xxi
"IDEAL" EVAPORATED MILK	xxii
NESTLÉ'S SWEETENED CONDENSED MILK	xxiii
"AROBON"	xxiv to xxv
"NESMIDA"	xxvi to xxvii
"NESTARGEL"	xxviii
"MALTOGEN"	xxix
"MILO"	xxx to xxxi
NESTLÉ'S MALTED MILK	xxxi
OTHER NESTLE PRODUCTS	xxxii to xxxiii
THE PROCESS OF MANUFACTURE OF "LACTOGEN" AND "LIQUID LACTOGEN"	xxxiv to xxxv
VITAMIN TABLE	xxxvi to xxxviii
RECOMMENDED DIETARY ALLOWANCES IN AUSTRALIA	xxxviii to xli
NUTRITION ABSTRACTS:	
Index	xlii
Abstracts	xliii to xlvi
CALENDARS FOR 1968, 1969, 1970	xlvi
OBSTETRIC TABLE	xlvi
NOTES	xlix to l
OBSTETRIC ENGAGEMENTS	li to lvi
DIARY FOR 1969	1 to 210
MEMORANDA	210 to 212
TELEPHONE NUMBERS AND NESTLÉ BRANCHES	213 to 214

**NESTLÉ'S
INFANT FEEDING
ADVISORY SERVICE**

A staff of fully qualified Nursing Sisters operates from each State capital. Their services are available free to assist mothers whose infants are being fed any of the Nestlé range of infant feeding products and is a service designed to promote proper infant care.

Nestlé's also publish a Baby Book entitled "Your Baby" (with multi-lingual supplements in Italian, Greek and Maltese) which contains valuable information for expectant and nursing mothers. Should you desire copies of this publication for reference or presentation to patients, we will be pleased to supply them at your request.

"LACTOGEN"

DESCRIPTION

A milk formula for infant feeding, specially prepared from selected high grade cows' milk. The balanced formula of "Lactogen" Powder has been developed to conform with authoritative opinion on infant feeding in Australia.

The manufacturing process of "Lactogen" ensures a standardized pure product in powder form which is readily soluble and which produces an easily digested formula containing Vitamins A, B, C and D, and organic iron.

INDICATIONS

The normal feeding of infants from birth in the absence of breast-feeding, also as a complementary or supplementary feeding.

COMPOSITION

Powder		Diluted 1 Scoop to 1 oz. Water or 8 mls. Powder to 28.4 mls. Water					
Protein	20.4%	2.76%	Vitamin A	70 I.U.	per 1 fl./oz. or per 28.4 mls.		
Fat	23.0%	3.12%	Vitamin B ₁	0.018 mg.	"	"	"
Lactose	39.3%	5.33%	Vitamin B ₂	0.031 mg.	"	"	"
Sucrose	10.5%	1.43%	Vitamin B ₆	0.010 mg.	"	"	"
Ash	4.3%	0.58%	Nicotinamide	0.18 mg.	"	"	"
Calories			Vitamin C	4.00 mg.	"	"	"
per oz.	142	20 per	Vitamin D	15 I.U.	"	"	"
		fl./oz. or	Organic Iron		"	"	"
		28.4 ml.	(expressed	0.200 mg.	"	"	"
			as Fe ₂ O ₃)		"	"	"

MINERAL CONTENT (mg. per 100 G.) Sodium 310 Potassium 765 Calcium 715 Magnesium 61

One scoop 8 mls. of "Lactogen" Powder contains 4.5 gms. (0.157 oz.) when filled level.

One scoop of "Lactogen" Powder large end 8 mls. to 28.4 mls. water yields 20 calories.

One scoop 8 mls. of "Lactogen" Powder large end to 1 fl./oz. water yields 20 calories.

PROTEIN

The "Lactogen" formula and Feeding Table provide a protein intake of 2.7 G./Kg. per day initially, increasing to 4.5 G./Kg. per day at 6 months. This provides a *lower* protein than in unmodified milk to avoid excess urea formation with consequent high obligatory urinary excretion, and to reduce renal load connected with mineral salts, but a *higher* protein than in human milk to allow for the comparably lower efficiency of cows' milk protein.

As the infant adapts itself more slowly to increases in protein intake than to fat or carbohydrate, the composition and Feeding Table are designed to provide a gradually increasing protein intake.

FAT

Fat intake is close to that provided by 1½ to 2 fl. oz. bottled milk per lb. body weight daily. This level is slightly below that of unmodified milks to obtain a greater margin of tolerance. Homogenization during processing ensures a small fat globule size for improved digestibility.

CARBOHYDRATE

Carbohydrate level is adjusted to give a caloric value of 17 cal./fl. oz. up to one month of age, and thence 20 cal./fl. oz. Inclusion of sucrose and lactose provides the benefit of 'mixed sugars', reducing the risk of carbohydrate dyspepsia.

VITAMINS

No vitamin additions are necessary as Vitamins A, B (Thiamine), B₂, B₆, Nicotinamide, C, and D and organic iron are provided in sufficient quantities to supply daily dietary requirements as recommended by the National Health and Medical Research Council of Australia, with provision of *extra* Vitamin C for added protection against scurvy. Laboratory tests have shown that adequate Vitamin C

(Continued on page ix.)

"LACTOGEN" POWDER

		FEEDING GUIDE								
		Avoirdupois			Metric					
AGE	APPROX. WEIGHT lbs.	LACTOGEN POWDER SCOOPS (Large end)	COOLED BOILED WATER Fl. oz.	CANE SUGAR TEASPOONS (Small end)	No. of FEEDS PER DAY	APPROX. WEIGHT Kg.	LACTOGEN POWDER SCOOPS (8 ml.)	COOLED BOILED WATER ml.	CANE SUGAR SCOOPS (4 ml.)	No. of FEEDS PER DAY
0-2 wks.	7½	2	3½	1½	5	3.25	2	100	1½	5
2-4 wks.	8	2½	4	1½	5	3.50	2½	115	1½	5
1-2 mths.	10	4	5	1½	5	4.50	4	145	1½	5
2-3 mths.	12	5	6	1½	5	5.50	5	170	1½	5
3-4 mths.	13½	6	7	1½	5	6.00	6	200	1½	5
4-5 mths.	14½	7	7	-	5	6.50	7	200	-	5
5-6 mths.	16	8	8	-	5	7.25	8	230	-	5
6-12 mths.	Continue full strength feeding i.e. 1 scoop Lactogen to each fl. oz. (30 ml.) of water. Make up 8 fl. oz. (230 ml.) feeds 3 or 4 a day to suit baby's changing feeding pattern and appetite. At least 1 pint (570 ml.) should be given per day (from bottle or later from a cup).									

NOTE:

1. This feeding table is a guide only based on average. The hungry or bigger baby may need to be advanced one or two steps ahead. Babies often get to a "full strength" mixture by 3 months or earlier.
2. Two level teaspoons of sugar of milk may be used instead of 1½ teaspoons (4 ml. scoops) of cane sugar.
3. This feeding guide gives quantities for individual feeds. A day's feeding may be made up at the one time by multiplying the quantities by the number of feeds. It should then be stored in the refrigerator in bottles or in a covered jug.

levels are maintained after storage of the prepared Lactogen formula in a refrigerator for 24 hours. (See page xiii).

FLUID

Provision is for 2½ fl. oz. per lb. or 155 ml. per Kg. body weight per day, with allowance for a little extra per feed if required.

METHOD OF PREPARATION

Measure required amount of warm (previously boiled) water, add sugar and dissolve. Place the required number of Scoops of "Lactogen" Powder on top of the water and stir briskly with a fork until dissolved.

PACKING

Packed in an inert atmosphere in hermetically sealed 1-lb. and 2½-lb. tins. Each tin contains a special "Lactogen" Scoop, and gives Feeding Table on the label.

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 will 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".

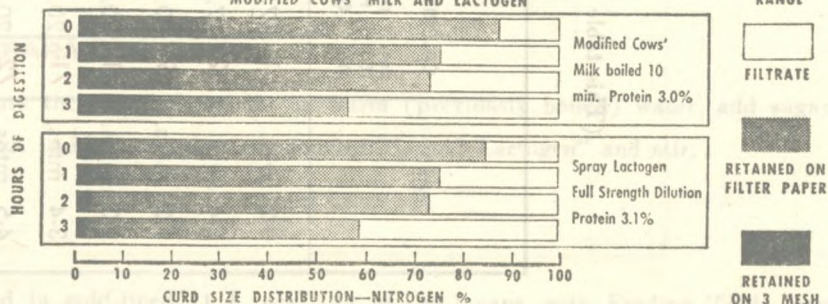
The diagram shows, in terms of curd particle size measured hourly for 3 hours, progressive changes during digestion and also demonstrates curd characteristics.

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

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

The nitrogen percentage in each fraction allows comparison of changes during digestion. The darker the shading, the larger the particle size.

MODIFIED COWS' MILK AND "LACTOGEN"



* 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.

"LACTOGEN" AND "LIQUID LACTOGEN" COMPOSITIONAL DETAILS

(This table shows the resulting formulae compositions obtained and daily intake of nutrients for each step in the Feeding Guides.)

AGE	CALORIES		PERCENTAGE COMPOSITION			FLUID		DAILY INTAKE PROVIDED BY INTAKE OF 155 ml./Kg. of Body wt. 2½ oz./lb. of Body wt.									
	per 100 ml.	per fl. oz. or	Pro- tein	Fat	Lac- tose	Suc- rose	Ml. or Fl. per Kg. Total Pro- vision	CALORIES per or per Kg. Lb.	Pro- tein G./ Kg.	VITAMINS AND IRON							
										A I.U.	B ₁ mg.	B ₂ mg.	B ₆ mg.	Nico- tina- mide mg.	C mg.	D I.U.	Fe ₂ O ₃ mg.
0-2 wks.	61	17.2	1.6	1.8	3.1	5.0	155	94	2.70	770	0.20	0.35	0.11	2.0	44	164	2.20
2-4 wks.	62	17.6	1.7	2.0	3.4	4.5	167	96	2.90	895	0.24	0.39	0.13	2.4	52	192	2.58
1-2 mths.	69	20.0	2.2	2.5	4.3	4.0	166	108	3.71	1425	0.37	0.63	0.20	3.7	80	305	4.07
2-3 mths.	71	20.0	2.3	2.6	4.4	3.6	169	110	3.84	1775	0.46	0.79	.254	4.6	101	381	5.07
3-4 mths.	71	20.1	2.4	2.7	4.5	3.2	174	116	3.90	2040	0.53	0.91	.293	5.3	117	438	5.86
4-5 mths.	72	20.2	2.8	3.1	5.3	1.4	168	120	4.53	2530	0.65	1.11	.360	6.5	145	543	7.25
5-12 mths.	72	20.2	2.8	3.1	5.3	1.4	176	122	4.57	2835	0.72	1.25	0.40	7.2	161	605	8.00

"LIQUID LACTOGEN"

DESCRIPTION

An evaporated milk formula for infant feeding which was developed by Nestlé to provide the same balanced formula as "Lactogen" Powder in a convenient liquid form. When prepared according to the feeding tables, "Lactogen" Powder and "Liquid Lactogen" give identical formulæ making the two preparations interchangeable at will.

COMPOSITION

Undiluted w/w		Diluted on a 1 to 1 basis with water			
Protein	5.3%	2.7%	Vitamin A	70 I.U.	per fluid oz. or 28.4 mls.
Fat	6.0%	3.12%	Vitamin B ₁	0.018 mg.	" " " "
Lactose	10.25%	5.32%	Vitamin B ₂	0.031 mg.	" " " "
Sucrose	2.75%	1.43%	Vitamin B ₆	0.010 mg.	" " " "
Ash	0.10%	0.58%	Nicotinamide	0.18 mg.	" " " "
Calories per fluid oz. or	40	20	Vitamin C	4.00 mg.	" " " "
per 100 ml.	140	70	Vitamin D	15 I.U.	" " " "
			Organic Iron (Expressed as Fe ₂ O ₃)	0.200 mg.	" " " "

MINERAL CONTENT (mg. per 100 G.) Sodium 110 Potassium 190 Calcium 181 Magnesium 16

One fluid oz. of Liquid Lactogen + 1 fluid oz. of water or 100 ml. of Liquid Lactogen + 100 ml. of water provides a full strength 20 cal./oz. or 70 cal./100 ml. formula.

For details on nutritional balance, see under Lactogen Powder (Page vii) as the formulæ prepared from the two products are identical.

METHOD OF PREPARATION

Measure the required amount of warm (previously boiled) water, add sugar and dissolve. Add the required amount of "Liquid Lactogen" and stir.

PACKING

Packed in gold-lined 11 fl. ozs. (12 oz. wt.) cans, with Feeding Table given on label.

"LIQUID LACTOGEN"

		FEEDING GUIDE										
		Avoirdupois					Metric					
AGE	APPROX. WEIGHT lbs.	LIQUID LACTOGEN Fl. oz.	COOLED BOILED WATER Fl. oz.	CANE SUGAR TABLE-SPoons	No. of FEEDS PER DAY	EACH FEED Fl. oz.	APPROX. WEIGHT Kg.	LIQUID LACTOGEN ml.	COOLED BOILED WATER ml.	CANE SUGAR SCOOPS (8 ml.)	No. of FEEDS PER DAY	EACH FEED (ml.)
0-2 wks.	7½	6	14	2	6	3	3.25	170	400	4	6	85
2-4 wks.	8	8	15	2	5	4	3.50	230	425	4	5	115
1-2 mths.	10	11	16	2	5	5	4.50	310	455	4	5	140
2-3 mths.	12	13	18	2	5	6	5.50	370	510	4	5	170
3-4 mths.	13½	17	19	1	5	7	6.00	480	540	2	5	200
4-5 mths.	14½	19	19	-	5	7	6.50	540	540	-	5	200
5-6 mths.	16	20	20	-	5	8	7.25	570	570	-	5	230
6-12 mths.	Continue full strength feeding i.e. 1 fl. oz. (30 ml.) Liquid Lactogen to 1 fl. oz. (30 ml.) of water. Make up 8 fl. oz. (230 ml.) feeds, 3 or 4 a day to suit baby's changing feeding pattern and appetite. At least 1 pint (570 ml.) should be given per day (from bottle or later from a cup).											

NOTE:

1. This feeding table is a guide only based on average. The hungry or bigger baby may need to be advanced one or two steps ahead. Babies often get to a "full strength" mixture by 3 months or earlier.
2. Three level tablespoons (six 8 ml. scoops) of sugar of milk may be used instead of two level tablespoons (four 8 ml. scoops) of cane sugar.
3. The feeding guide for Liquid Lactogen is for a whole day's requirements, which must be stored in the refrigerator until required.

VITAMIN C LEVELS IN RECONSTITUTED "LACTOGEN" AND "LIQUID LACTOGEN" FORMULÆ

A daily intake of 44 mg. of Vitamin C up to two weeks of age, rising gradually to 162 mg. per day at 6 months, is provided for the infant fed according to the feeding tables for "Lactogen" and "Liquid Lactogen". Exhaustive tests have been conducted in the Nestlé Research Laboratory to determine the extent of Vitamin C loss in reconstituted "Lactogen" and "Liquid Lactogen" formulæ under various conditions. (These tests were conducted with "Lactogen" and "Liquid Lactogen" containing a Vitamin C level of 3.00 mg./fl. oz. at full strength dilution.)

The results of these tests are summarised below.

A. *Effects on Storage*

Tests were conducted on opened tins of undiluted "Lactogen" and "Liquid Lactogen", and on full strength formulæ prepared from both products.

"LACTOGEN" POWDER

Test	Initial Vitamin C content	Final Vitamin C content	% Loss
(1) A tin was opened and stored for 10 days with daily opening to simulate normal conditions	23.1 mg./oz.	22.8 mg./oz.	1.3
(2) Full strength formula was prepared, bottled and stored in a refrigerator for 24 hours	4.16 mg./oz.	3.86 mg./oz.	7.2

"LIQUID LACTOGEN"

(1) A tin with half the contents removed was stored in a refrigerator for 48 hours	6.54 mg./oz.	5.63 mg./oz.	13.9
(2) Full strength formula was prepared, bottled and stored in a refrigerator for 24 hours	3.23 mg./oz.	2.85 mg./oz.	11.5
(3) A tin was left open in a refrigerator for 24 hours, then full strength formula prepared and stored in refrigerator a further 24 hours	3.09 mg./oz.	2.73 mg./oz.	11.5
(4) Full strength formula prepared, cooled for $\frac{3}{4}$ hour in an open jug, then bottled and stored in refrigerator for 24 hours	3.18 mg./oz.	2.47 mg./oz.	22.3

To provide a comparison, tests were carried out using cows' milk with a multi-vitamin preparation added according to directions:

Test	Initial Vitamin C content	Final Vitamin C content	% Loss
16 drops of the multi-vitamin preparation were added to 30 fl. oz. boiled cows' milk, the mixture cooled for $\frac{3}{4}$ hour, then bottled and stored in refrigerator for 24 hours	1.75 mg./oz.	1.03 mg./oz.	41.1

These tests show that although there is some loss of Vitamin C on storage, adequate intake of Vitamin C is assured when "Lactogen" or "Liquid Lactogen" are used. The lowest Vitamin C content recorded was 2.47 mg. per fluid ounce of formula, which compared very favourably with the figure of 1.03 mg. per fluid ounce using cows' milk with added multi-vitamin drops. A baby consuming 30 fluid ounces per day of a formula containing 2.47 mg. of Vitamin C per fluid ounce, will receive 74 mg. of Vitamin C per day.

B. Effects of Heat

Further tests were conducted to determine the loss of Vitamin C when the prepared formula is heated.

"LACTOGEN" POWDER

Test	Initial Vitamin C content	Final Vitamin C content	% Loss
(1) Full strength formula was prepared and <i>boiled</i> for 3 minutes.	3.32 mg./oz.	3.14 mg./oz.	5.4
(2) Full strength formula was prepared, bottled and stored in a refrigerator for 4 hours, then re-heated to 60° C. (to simulate unintentional over-heating for feeding)	3.30 mg./oz.	3.03 mg./oz.	8.2

"LIQUID LACTOGEN"

(1) Full strength formula was prepared and <i>boiled</i> for 3 minutes	3.87 mg./oz.	3.75 mg./oz.	3.1
(2) Full strength formula was prepared, bottled and stored in a refrigerator for 4 hours, then re-heated to 60° C. (to simulate unintentional over-heating for feeding)	3.96 mg./oz.	3.58 mg./oz.	9.6

These tests show that even when the formula is boiled, or is over-heated after storage, adequate levels of Vitamin C are still maintained.

"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

For infant feeding where a rapid weight gain is indicated — weak and marasmic infants, premature infants, infants with digestive problems, etc.

May also be used for the routine feeding from birth of normal infants in the absence of breast-feeding.

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 3.8%
Sucrose 10.7%	Moisture 3.5%
Dextrin-Maltose 10.8%	

MINERAL CONTENT (mg. per 100 G.) Sodium 295 Potassium 710 Calcium 655 Magnesium 60

The measure enclosed in the tin contains 5 G. (0.18 oz.) of "Pelargon" yielding 22.8 calories.

RECONSTITUTION

One "Pelargon" measure (supplied with tin) to 1 fl. oz. (28.4 ml.) of water provides a 21 calorie/oz. (28.4 ml.) formula, with composition of 2.5% fat, 2.5% protein, 8.5% carbohydrate, 0.57% mineral salts.

SUGGESTED FEEDING GUIDE IN BOTH AVOIRDUPOIS & METRIC FOR "PELARGON"

AGE	Quantities for one feed			Number of Feeds per 24 hours
	"Pelargon" Measures	Boiled Water fl. oz. or mls.		
1st-2nd week	3	3	85	6
3rd-4th week	4	4	115	5
2nd month	5	5	140	5
3rd month	5½	5½	155	5
4th month	6	6	170	5
5th month	6½	6½	185	5
6th-7th month	7	7	200	5
8th month onwards	8	8	230	4

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

Special Note: For the first few days, a weaker mixture of 2 measures to 3 fl. oz. (85 mls.) of water may be desirable.

STRONGER FEEDINGS

FOR 24 HOURS' FEEDING FOR WEAK, HYPOTROPHIC INFANTS, 4 measures of "Pelargon" to 3 fl. ozs. (85 mls.) of water may be given. The amount of formula given should be 1/10th the body weight in ozs. plus 7 fl. ozs., without exceeding 25 fl. ozs.

FOR ROUTINE FEEDING OF HEALTHY INFANTS, 3½ measures of "Pelargon" to 3 fl. ozs. (85 mls.) may be given. The amount of formula given should be: up to the age of 3-4 months, 1/6th the body weight, then 1/7th the body weight, without ever exceeding 35 fl. ozs.

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.

Should the prepared bottle be left standing, the fine curd in "PELARGON" will tend to settle. This is normal and the bottle should be shaken before feeding the infant.

NEVER BOIL "PELARGON".

PACKING

Packed in an inert atmosphere in hermetically sealed 1-lb. tins.

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 a valuable addition to the range of Nestlé infant feeding formulæ, particularly in those cases where a rapid weight gain is indicated.

"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 diarrhœa, 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).

"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

Infant feeding where there is fat intolerance.

AVERAGE ANALYSIS OF POWDER

Fat	12%	Sucrose .. .	15%	Vitamin A, per oz. (28.4 G.)	425 I.U.
Protein .. .	20%	Ash .. .	4.7%	Vitamin D " " "	91 I.U.
Lactose .. .	30%	Moisture .. .	3.3%	Iron " " "	1.5 mg.
Dextrin Maltose .. .	15%			Calories " " "	129

One scoop (8 ml.) Nestogen = 4.4 G. = 20 calories.

One scoop (8 ml.) Nestogen to 1 fl. oz. (28.4 ml.) water provides a 20 cal./oz. (28.4 ml.) 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 oz.; approximately 6 p.p.m. Fe₂O₃.

MINERAL CONTENT (mg. per 100 G.) Sodium 360 Potassium 830 Calcium 808 Magnesium 73

SUGGESTED FEEDING GUIDE IN BOTH AVOIRDUPOIS AND METRIC FOR "NESTOGEN"

AGE	NESTOGEN Level Scoops 8 ml.	Boiled Water		Each Feed		Feeds Per day	Calories per Feed
		Fl. oz.	or Ml.	Fl. oz.	or Ml.		
1st week .. .	1	1½	35	1½	40	6	20
2nd week .. .	2½	3¼	90	3½	100	6	50
5th week .. .	3½	4	115	4½	130	6	70
7th week .. .	4½	5	140	5½	155	5	90
2½ mths. .. .	5	5½	155	6	170	5	100
3½ mths. .. .	5½	6	170	6¾	190	5	110
4½ mths. .. .	6	6½	185	7¼	205	5	120
5½ mths. .. .	6½	7	200	7¾	220	5	130
6½ mths. .. .	7	7½	215	8¼	235	5	140
7½ mths. .. .	7½	8	230	9	255	5	150

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

METHOD OF PREPARATION

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

It is important always to use the special "Nestogen" scoop provided in every tin (large end 8 mls., small end 4 mls.).

PACKING

Packed in an inert atmosphere in hermetically sealed 1 lb. tins.

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 Food 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.

NESTLÉ STRAINED AND JUNIOR BABY FOODS

FRUIT DRINKS FOR INFANTS, NATURAL FRUIT GELS AND READY-TO-EAT CEREALS

In keeping with our policy of providing a wide range of infant feeding requirements, Nestlé introduced a range of Strained and Junior Baby Foods to the Australian market, to which are now added Fruit Juice Drinks for Infants, Natural Fruit Gels and Ready-to-eat Cereals.

These foods were developed after extensive Nestlé dietetic research both overseas and in Australia. Australian authorities were consulted throughout on the questions of texture, particle size and composition, and each variety was clinically tested for general acceptance.

NUTRITIONAL BALANCE

The range of Nestlé Strained and Junior Foods provides an "Educational Diet" meeting the infant's nutritional requirements and offering appetising variety. Compositions have been designed to minimise digestive problems, and specially designed cooking techniques preserve maximum vitamin content, original flavour and colour of all ingredients, which are largely purchased from local growers to avoid loss of quality in transit. All varieties are low in salt, most are gluten-free and many are egg-free and free of milk solids.

FLAVOURS AND TEXTURES

Taste, consistency and particle size have all been the subject of extensive research in arriving at a range of varieties most acceptable to infants, to mothers and to the Medical Profession.

STRAINED Foods have a smooth, uniform texture to help develop swallowing reflexes. Their bland flavours are readily accepted as first solids.

JUNIOR Foods have a larger particle size and slightly more "adult" flavour. The "chunky" particles encourage chewing, help promote development of healthy teeth and provide extra bulk for the maturing digestive system.

VARIETIES

The range of varieties in Nestlé Baby Foods has been designed to provide an adequate variety of new tastes to educate the infant without confronting the mother with a confusing multiplicity of varieties.

"Exotic" foods, which the vast majority of infants would be unlikely to receive during childhood, have been avoided.

PACKING

Nestlé's Baby Foods are packed in hygienic and convenient glass jars—Fruit Drinks for Infants in 5½ fl. oz., Natural Fruit Gels in 4 oz., Ready-to-eat Cereals in 4 and 6 oz., Strained Foods in 4 oz. and Junior Foods in 6 oz. to provide for the older infant's increasing appetite. The jars are vacuum sealed and the "pry-off" lid is easily removed with a special "key-opener" available free at stores, or by using the back edge of a knife. The jar is then re-sealable for safe storage, provided the infant has not been fed direct from the jar.

ACCEPTANCE TRIALS

Clinical Acceptance Trials have been conducted at a number of leading Australian Hospitals. Reaction of Doctors, Nursing Staff and Mothers to appearance, flavour, consistency and the glass packing of the Baby Foods has been favourable in all cases.

Acceptance and tolerance of the food by infants has been exceptionally good.

SPECIAL DIETS

To provide for the coeliac infant, sorghum starch, which is gluten-free, has been used in preference to wheat starch in the majority of varieties.

Thus a wide range of gluten-free varieties is provided. These are marked with an asterisk in the list of varieties on Page xx.

In addition, many varieties are egg-free and others are free of milk solids. These are also marked on the list of varieties.

ANALYSIS CHART

A detailed Analysis Chart is available to the Medical Profession on application to our Infant and Dietetic Products Department at 17 Foveaux Street, Sydney, 2000. This Chart shows, for each variety of Strained and Junior Foods, list of ingredients, full percentage analysis, caloric content, vitamin and mineral content and codings for varieties which are gluten-free, free of milk solids and egg-free.

RANGE OF VARIETIES

See overleaf for full list of available varieties.

"IDEAL" EVAPORATED MILK

DESCRIPTION

"Ideal" Milk is prepared from finest quality pasteurised cow's milk by vacuum concentration. It is then homogenised and sterilised by autoclaving. A modification of the proteins, brought about by sterilisation, renders the protein curd flocculent, quite different from the tough leathery curd of bottled milk. Homogenisation reduces fat globule size for improved digestibility.

"Ideal" Milk is recommended for infant feeding where the preference is for an evaporated milk, and particularly in cases of milk allergy and infantile eczema.

AVERAGE ANALYSIS

Undiluted "Ideal" Milk					Diluted
Water	"Ideal": Water 1 : 1½ by Volume
Fat	3.8%
Protein	3.7%
Lactose	4.9%
Ash	0.7%

MINERAL CONTENT (mg. per 100 G.) Sodium 182 Potassium 320 Calcium 297 Magnesium 26
Calories per oz. wt. = 48

½ fl. oz. (0.54 oz. wt.) }
14.2 mls. (15 G. wt.) } of undiluted "Ideal" Milk provides 23 calories.

SUGGESTED FEEDING GUIDE IN BOTH AVOIRDUPOIS AND METRIC FOR "IDEAL" EVAPORATED MILK

AGE IN MONTHS	APPROX. WEIGHT		"IDEAL" MILK		BOILED WATER up to		CANE SUGAR		No. FEEDS DAILY	QUANTITY PER FEED	
	kg.	lbs.	ml.	fl. ozs.	ml.	fl. ozs.	Scoops 8 mls. or spoons	Table-3 or spoons		ml.	Fl. ozs.
0 - ½	3.25	7	130	4½	500	17½	6	3	5	100	3½
½ - 1	3.50	8	155	5½	575	20	6	3	5	115	4
1 - 2	4.50	9-10	225	8	700	25	6	3	5	140	5
2 - 3	5.50	11	270	9½	800	28	6	3	5	160	5½
3 - 4	6.00	13	310	11	875	31	6	3	5	175	6
4 - 5	6.50	14	340	12	925	33	6	3	5	185	6½
5 - 6	7.00	15	370	13	1,000	35	6	3	5	200	7
6 - 8	7.50	17	400	14	1,000	35	4	2	4	250	8½
9 ..	8.50	18½	450	16	1,000	35	-	-	-	-	-

OPTIONAL

The above table is intended as a guide only and may be adjusted to suit the individual infant's need. It is necessary to add vitamins when feeding with Nestlé's "Ideal" Milk.

PACKING

In hermetically sealed tins 12 oz. wt. = 11 fl. ozs.

Also in 6 oz. wt. = 5½ fl. ozs.

DOSAGE **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%	Lactose	11.8%	Cane sugar	42.5%
Protein	9.0%	Ash	2.0%	Water	25.5%

MINERAL CONTENT (mg. per 100 G.) Sodium 148 Potassium 335 Calcium 321 Magnesium 31

One medicinal tablespoon (16 mls.) of Nestlé's Sweetened Condensed Milk weighs 0.67 ozs. (18.25 G.) and provides 65.5 calories.

SUGGESTED FEEDING GUIDE IN BOTH AVOIRDUPOIS AND METRIC FOR NESTLÉ'S SWEETENED CONDENSED MILK

AGE	Condensed Milk		Boiled Water		Calories per Feed	No. Feeds per Day
	Medicinal Teaspoons	or Ml.	Medicinal Teaspoons	or Ml.		
1st week	1	4	2	32	16	6
2nd week	2	8	4	64	33	6
3rd week	3	12	6	96	49	6
4th week	4	16	7	112	66	6
6th week	5	20	9	144	82	6

The above table is based on a 1 part Nestlé's Condensed Milk to 7 parts of water.

RECONSTITUTION FOR INFANT FEEDING

A recommended method for both premature and full term infants when breast milk is not available, is to begin by using one part Nestlé's Condensed Milk by volume, with 11 parts of boiled water, e.g., 8 mls. of Nestlé's Condensed Milk to 88 mls. of water, will give a mixture yielding of approximately 11 calories per fl. oz. (28.4 mls.). Then gradually increase strength to one part of Nestlé's Condensed Milk with 7 parts of boiled water, e.g., 16 mls. Nestlé's Sweetened Condensed Milk to 112 mls. of boiled water to give a mixture of approximately 16 calories per fl. oz. (28.4 mls.). The composition of this mixture is approximately 1.4% Protein, 1.5% Fat, 8.7% Carbohydrate (1.9% Lactose and 6.8% Cane Sugar). Daily fluid requirement for premature infants is usually about 3 fl. oz. per lb. or 188 mls. per kg. body wt. daily.

When using Nestlé's Sweetened Condensed Milk as the sole diet for an infant, care should be taken that the Vitamin A and D intake is adequate, due to the comparatively low fat content of Nestlé's 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.

NESTLÉ'S SWEETENED CONDENSED MILK "AROBON"

DESCRIPTION

A natural anti-diarrhœic, in powder and tablet form, prepared from the pulp of the Carob bean.

INDICATIONS

Arobon Powder

For the treatment of diarrhœa of infants, children and adults. For diarrhœas of infectious origins "Arobon" may be used together with a specific antibiotic or chemotherapeutic agent.

Arobon Tablets—are of especial convenience and value for the mobile patient.

AVERAGE ANALYSIS

Fat	1.5%	Lignin-hemicellulosis, etc.	21.0%
Protein	4.0%	Cellulose	4.0%
Soluble Carbohydrates	47.5%	Pectin	1.0%
Starch	15.0%	Moisture	3.5%
Mineral salts	2.5%	Calories	285

MINERAL CONTENT (mg. per 100 G.)

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

(Each tablet contains the equivalent of 5 G. Arobon powder.)

MODE OF ACTION

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

"Arobon" stops diarrhœa 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.

"Arobon" plays an important role in the prevention of diarrhœa-induced acidosis because of its high buffering capacity and content of soluble carbohydrates. The high content of potassium, sodium, phosphorus and chloride ions of "Arobon" helps to replace lost electrolytes and to normalize mineral metabolism.

DOSAGE AND DIRECTIONS

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

INFANTS

Mild Diarrhoea — 1 measure to each fl. oz. (28.4 ml.) of the formula.

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

From birth to six months — $2\frac{1}{2}$ to 4 measures of "Arobon" to each $2\frac{1}{2}$ to 3 fl. ozs. (70 to 95 mls.) of water.

From the 6th month onwards — 4 to 8 measures of "Arobon" to each $2\frac{1}{2}$ to 3 fl. ozs. (70 to 95 mls.) of water.

Then introduce gradually increasing quantities of Nestlé's Sweetened Condensed Milk, or "Nestogen" to the "Arobon" preparation. Once the cure is assured, return progressively to the routine diet.

Prophylaxis of Diarrhoea — When the possibility of diarrhoea by cross infection exists: routine addition of 3 measures of "Arobon" to 5 fl. ozs. (145 mls.) of formula (i.e., 2% "Arobon") has proved efficacious.

CHILDREN AND ADULTS

Two medicinal tablespoons (32 ml.) of "Arobon" Powder taken 2 to 4 times a day in $\frac{1}{2}$ glass of milk or water.

"AROBON" TABLETS

Usually 3 to 6 tablets daily. Chew the tablet then drink a little water or tea.

PACKING

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

Tubes of 10 x 5 G. Tablets.

"Arobon" is widely accepted as the simple dietetic method of rapidly controlling diarrhoea. "Arobon" is convenient, effective and palatable. "Arobon" Tablets are now available in tubes of 10 x 5 G. tablets—particularly convenient for the traveller.

Also see under Nutrition Abstracts:—

"Prophylactic Use of 'Arobon'"—A. Vianello *et al.* Page xliii.

Testimonial—Dr. Albert Schweitzer

„ xliv.

"NESMIDA"

DOSAGE AND DIRECTIONS

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 and quickly increase rate of protein intake.
2. Where there is a disturbance of the digestion and the 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	..	6.0%					
Mineral Salts	..	3.5%	including Na	0.1%	
			Cl	0.4%	
			Ca	1.2%	
			PO ₄	0.7%	
Moisture	..	5.0%					
Vanillin	..	0.02%					
Ribotide	..	0.02%					

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

MINERAL CONTENT (mg. per 100 G.) Sodium 85 Potassium 180 Calcium 1,200 Magnesium 55

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	0.3	"	
Tyrosine	1.2	"	
Aspartic acid	4.5	"	
Glutamic acid	13.0	"	
Proline	9.0	"	
Histidine	1.6	"	
Arginine	2.6	"	

100 grammes yield 360 calories.

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 may be given.
- (b) INFANTS
0.5% to 1.0% "Nesmida" (1 to 2 grammes of "Nesmida" to each 7 fl. oz. (200 mls.) 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 soup, iced tomato juice or other foods. If preferred, it may be taken in a small volume of water as a "medicine". It is preferable to administer large doses by tube.
- (b) INFANTS
Dissolve "Nesmida" in the water used to mix the milk formula and boil for 2-3 minutes; after cooling, prepare milk formula in 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 hydrolyzed 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, tryptophan, 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"

DOSEAGE

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

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

AVERAGE ANALYSIS OF POWDER

Fat	0.8%	Calcium Lactate	4.0%
Protein	5.8%	(Of which CaO=0.8%)	
Cellulose	1.0%	Mineral Salts	1.4%
Hemicelluloses	73.0%	Moisture	14.0%

MINERAL CONTENT (mg. per 100 G.) Sodium 18 Potassium 320 Calcium 600 Magnesium 30

DOSAGE AND DIRECTIONS FOR USE

INFANTS

- Breast fed infants:—

A thick pap, prepared from 3 measures of "Nestargel" to 3½ fl. ozs. (100 mls.) of water (mixed well and boiled for 1 to 2 minutes) should be given before or during the course of each feed. (The measure supplied with each jar of "Nestargel" holds, level, 1 G. of "Nestargel".)

- Artificially fed infants:—

Mix the "Nestargel" in cold water or milk formula and boil for 1 to 2 minutes. (Slightly enlarge the hole in the teat.) Normally, an addition of 1 measure of "Nestargel" to each 7 fl. ozs. of formula is sufficient. However, this may be increased if necessary to 2 or even 4 measures to each 7 fl. ozs. (200 mls.) of formula. (1 G. measure "Nestargel" to 7 fl. ozs. of formula provides a ½% solution.)

ADULTS

Treatment of vomiting in pregnancy. A boiled mixture of "Nestargel", one measure in 8 fluid ozs. (230 mls.) of water, half an hour before meals.

Radiography: Normally a 1% "Nestargel" mixture (1 measure to 3½ fl. ozs. (100 mls.) will suffice.

NOTE

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

PACKING

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

"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"—Paupe, J. page xliv.

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

"MALTOGEN"

DESCRIPTION

Malt sugars with Vitamin B (Thiamine), for infants and adults.

"Maltogen" is a dried extract of malt sugars prepared by the enzymic action of malt diastase on barley malt, and other cereals. Not only are the natural vitamins and mineral salts retained, but these are fortified further by the addition of Vitamin B (Thiamine).

INDICATIONS

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

"Maltogen" helps to correct constipation in infants. It improves appetite due to its malt flavour and richness in Vitamin B (Thiamine). For adults the malt flavour provides a refreshing variety in the diet, 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 ferment or to cause development acidosis.

AVERAGE ANALYSIS OF POWDER

Protein	5.6%	Vitamin B (Thiamine)	0.55 mgm. per oz.
Malt Sugars	90.0%		
Mineral Salts	1.4%		
Moisture	3.0%		

1 medicinal tablespoon = 7.1 G. = 28 cal.

MINERAL CONTENT (mg. per 100 G.) Sodium 210 Potassium 445 Calcium 20 Magnesium 88

DOSAGE

Infants: For constipation and anorexia, $\frac{1}{2}$ to 1 teaspoon (2 to 4 ml.) added to the feeding bottle is usually effective.

Children and Adults: 1-3 teaspoons (4 to 12 ml.) to $\frac{1}{2}$ pint (28.4 ml.) "Lactogen" or milk. May be used dry on breakfast foods and puddings, or in place of sugar in cooking.

PACKING

12 oz. hermetically sealed tins.

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
	Mls.	or Fl. ozs.	
One "Lactogen" scoop	55	2	2.5%
(small end 4 mls.) dissolved	85	3	1.7%
in diluted "Lactogen" as shown	115	4	1.3%
in next column	140	5	1.1%
	170	6	0.9%
	200	7	0.7%

"MILO"

DESCRIPTION

A concentrated tonic food, chocolate flavoured. It is prepared from milk and extracts of malted cereals and contains their naturally occurring vitamins and minerals. It is a source of vitamins A, D, B (Thiamine) and of mineral iron.

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%
Protein	12.7%
Carbohydrate	68.0%
Mineral Salts	4.6%
Moisture	3.0%

Vitamin A	per oz. (28.4 G.)	1250 I.U.
Vitamin B ₁	per oz. (28.4 G.)	0.55 mg.
Vitamin D	per oz. (28.4 G.)	200 I.U.
Calories	per oz. (28.4 G.)	124

1 medicinal tablespoon = 7.1 G. = 31 cal.

MINERAL CONTENT (mg. per 100 G.) Sodium 570 Potassium 700 Calcium 493 Magnesium 185
Phosphorus 500 Iron 14

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. (227 G.) and 14 oz. (398 G.) hermetically sealed tins.

Special bulk 3-lb. (1.814 Kgs.) 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.

PREGNANCY

"Milo" is of particular value during pregnancy as it increases the calcium-phosphorus intake.

NURSING MOTHERS

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

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 CONTAINING VITAMIN B (Thiamine)

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 other cereals, 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 (Thiamine) per oz.	= 0.55 mgm.
Malt sugars	60.0%	Calories in 1 medicinal tablespoon	= 38.

MINERAL CONTENT (mg. per 100 G.) Sodium 600 Potassium 680 Calcium 329 Magnesium 92

DIRECTIONS FOR USE

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

PACKING

1-lb. hermetically sealed tins.

Nestlé's Malted Milk provides a valuable dietary supplement, rich in Vitamin B (Thiamine), for the alleviation of mental and physical fatigue and for stimulation of the appetite. Since Vitamin B (Thiamine) 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 a source of 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 made from 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, Creme of Chicken, Mushroom, Pea with Ham, Tomato, Thick Vegetable, Spring Vegetable, Beef Noodle, Curry & Vegetable, Creme of Vegetable, Chicken & Mushroom, Vegetable Romana, Beef Stock and Chicken Stock.

"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, White, Bolognaise, Cheese, and White Mushroom.

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 and iron, 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" POWDER AND "LIQUID 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 homogenous. 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 lypolytic enzymes.
- (ii) Unhomogenized milk tends to form a tougher coagulum during digestion.

SUCROSE. Some sucrose is incorporated in the formula to provide the benefit of mixed sugars. This is added after the final process of spray-drying for "Lactogen" Powder and before the evaporation for "Liquid Lactogen".

SPRAY-DRYING ("LACTOGEN" POWDER). 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. Packed in inert atmosphere and hermetically sealed.

EVAPORATION ("LIQUID LACTOGEN"). The formula is concentrated by evaporation under vacuum, packed into tins, sealed, and is heat-sterilized to ensure bacteriological purity.

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.

To ensure the provision of minimum daily requirements, vitamin additions are made to both "Lactogen" Powder and "Liquid Lactogen" to provide the following vitamin content in a full strength 20 cal./oz. formula:—

Vitamin A	70 I.U.	per fluid oz. or 28.4 mls.
Vitamin B (Thiamine)	0.018 mg.	" "
Vitamin B ₂	0.031 mg.	" "
Vitamin B ₆	0.010 mg.	" "
Nicotinamide	0.18 mg.	" "
Vitamin C	4.00 mg.	" "
Vitamin D	15 I.U.	" "

See page xiii for details on maintenance of Vitamin C levels in reconstituted "Lactogen" Powder and "Liquid Lactogen" formulae.

Since cows' milk is lower in iron than human milk, sufficient Ferri et Ammonii Citras, B.P., is added to give 0.2 mg. of organic iron, expressed as Fe₂O₃, per fluid ounce of reconstituted formula.

MAINTENANCE OF FRESH STOCK

The date of manufacture is shown on the bottom of every tin of "Lactogen" Powder and "Liquid Lactogen". Periodic checking of all stock in the trade by Nestlé representatives ensures that fresh stock is always available, as any stock over nine months old is withdrawn and replaced.

"Lactogen" Powder and "Liquid Lactogen" are entirely Australian products manufactured by the Nestlé Company in factories situated at Smithtown, North Coast of New South Wales; Dennington, Western District of Victoria; Maffra, South East 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 B)

(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 .

FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E
	A. 1.U.s./100g.	Carotene $\mu\text{g}/100\text{g}$.	Total Activity $\mu\text{g}/100\text{g}$.	Thiamine $\mu\text{g}/100\text{g}$.	Ribo- flavine $\mu\text{g}/100\text{g}$.	Nicotin- amide $\mu\text{g}/100\text{g}$.	Ascorbic Acid mg/100g.	Probably D, 1.U.s./100g.	Total Tocopherols $\mu\text{g}/100\text{g}$.
Apple		50-90		30-120	10-50	0.9-5.0	8-22	8 (1)	0.74
Bacon				840-1,440	130-300				0.53
Banana		17		50-160	56-75	3.6-1	10		0.4
Barley				500					
Beans		221-400		198-450	110-175	3.5-7.6	7.2-20.2 (2)		
Beef				72-240					
Beef Kidney ..	1100			250		73-100			
Beetroot				10-30 (2)	50	4.6-4	5 (2)		0.2
Bread—White 70% Extraction ..				160	60	6.6-10.0			
Bread—Wholemeal				225-450	180	37-42			
Butter			1,080-5,670	0-120	10-37			8-99	2.1-3.5
Cabbage			900	30	50-57	1.2-4.0	11-57		0.11
Calf Liver .. .			{ 52,600- 159,800	198-450	3,300	120-179	30-50	0-10	
Carrot		2,000-9,600		60-70	50-60	4-14.7	4.9		0.45
Cheese—Cheddar			5,500	24-40	500-550	2	0	+	1.0
Chocolate—Milk			480	50	+				
Chocolate—Plain			36		11				0.7
Dripping	0		0					33-44	
Eggs—Hen—Whole	420-1,100			150	250-400	1.0	0	.70	1.4
Eggs—Hen—Yolk	130-8,800			300-420	520			140-390	
Figs			80	60-75	5	10	2.2-8.7		
Fish—Cod—Flesh	0							8,100-30,000	
Fish—Cod—Liver	60,000			270		16	26.7	6,000	
Fish—Herring—Canned	28							112-420	0.05
Fish Liver Oil—Cod B.P.	60,000							8,500	
Fish Liver Oil—Halibut	{ 2,000,000- 36,000,000							{ 20,000- 400,000	
Fish Liver Oil—Tunny	{ 52,000- 8,000,000			40				{ 1,600,000- 25,000,000	
Fish—Mullet ..	430-1,075								
Grape		15		50	15-40	4-8.4	4		
Ham				600-1,070 (2)	190				
Lamb Fry			{ 50,000- 150,000	300	3,300	176	25-50	20	1.4

TABLE NICOTINAMIDE

(Pellagra preventive vitamin)

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

International Unit—None has been fixed.

ASCORBIC ACID (Vitamin C)

(The anti-scorbutic vitamin—Water soluble—Readily oxidised at higher temperatures).

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

The International Unit is 0.05 mg of Ascorbic Acid.

VITAMIN D

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

Regulates absorption and metabolism of the calcium and phosphorus needed for bone formation. Similarly regulates mineral metabolism of teeth and bones. It is necessary to the pregnant mother to prevent rickets in the young.

Deficiency results in rickets and bone deformity, enlargement of the joints, beading of ribs, softening of cranial bones, etc., as well as muscular weakness, nervous instability, dental caries and so on.

The International Unit is 0.025 μ g of the International Standard preparation of crystalline D₃.

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.

FOOD-STUFF	VITAMIN A			VITAMIN B			VITAMIN C	VITAMIN D	VITAMIN E
	A. I.Us./100g.	Carotene μ g/100g.	Total Activity μ g/100g.	Thiamine μ g/100g.	Ribo- flavine μ g/100g.	Nicotin- amide μ g/100g.	Ascorbic Acid mg/100g.	Probably D ₃ I.Us./100g.	Total Tocopherols μ g/100g.
Lettuce		1,500-2,400	3,000	60-75	45-150	2-5	8-18		0.43-0.54
Maize		10-900		135-180	60-140				
Malted Milk—Nestlé's ..	400			1,900	489	84		19	
Margarine—Vitaminised ..	1,584-1,936				0-6			315	?
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
Milk—Condensed— Sweetened			144-442	50	+	1.8			
Milk—Condensed— Unsweetened			128-335	50	360-390		0.4-2.7		
Milk—Dried—Skimmed ..			410	160-200		6-8.9	1.58-6.27		0.05
Milk—Dried—Whole ..			384-1,090	300	1,500		6-9		0.3-0.5
Milo Tonic Food ..	2,200			430	500		5.5	390	
Orange—Flesh		0-22		—	30-90	2.2	16-47		
Orange—Juice		300-400		70-92			22-89		0.24
Onion		25		30	24-50	1.5	6 (2)		
Parsley		5,000-30,000		80	300		154-209		5.5
Peas				200 (2)	150-200 (1)	7-21	14-16		2.1-6.4
Peanut		63		694-1,050	160-500	86	10	0	9.3
Pineapple—Whole Fruit ..		60-160		80-90	5-55	1.36	3-13		
Plum		0-320		50-150	30-45	1.5-6	3-7		
Potato		28-50		90	29-40	11.8	18 (3) 10 (2)		0.1
Rice—Brown		34		60-290	60-80	44-60			
Rice—Milled		0		50	47	14			
Sardine				1,800					4.5
Spinach		2,630-6,500		50-120	230-400	5-7.2	15-71		1.7
Tomato—Whole—Ripe ..		400		70	40-60	5.8	10-38		0.36
Tomato—Juice		320-590				1.0	16-33		
Wheat Flour—White 70% Ext.		0		60-90	85	8.4-12.0			
Wheat Flour—Whole Meal		102-456		540-1,080	160-250	28-80			
Wheat Germ				1,800-3,750	480-1,500			—	27
Wheat Germ Oil									100-420
Yeast—Brewers'			0	7,500-24,000	1,800-3,000	300-1,000	1-2		0

(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.

DIETARY ALLOWANCES FOR AUSTRALIANS (1965 REVISION)

At the Sixtieth Session of the National Health and Medical Research Council held in Canberra on October 29, 1965, the Council adopted a revision of the Dietary Allowances for Australians, prepared by its Nutrition Committee. This revision is published as Appendix I to the Report of the Sixtieth Session. It is also published as a Special Report in the N.H. & M.R.C. series. This latter is available free on application to the National Health and Medical Research Council, P.O. Box 93, Canberra.

Dietary Allowances for Australians (1965 Revision—Abridged)

Purposes and Intended Uses

These Tables of Dietary Allowances for Australians are intended as a guide for compiling diets from foodstuffs. When a diet is designed to contain the nutrients listed, it is likely to contain all other dietary factors necessary for health but which have not been listed, such as the bulk factor, pantothenic acid, folacin, Vitamin E, magnesium, etc.

The understanding of the many aspects of good nutrition is by no means complete, but it is known that fundamental defects in the overall pattern of a diet cannot be corrected with a few vitamin/mineral supplements. A balanced diet providing an adequate amount of each essential nutrient from foodstuffs should be planned for optimal nutritional health.

Specific Uses of Dietary Allowances

The dietary allowances may be used:

- (i) As a guide to planning menus for individuals, and groups.
- (ii) As a guide to planning therapeutic diets. Although the Tables are designed for normal healthy people they can help in planning diets for specific therapeutic purposes.

(iii) For a first assessment of the adequacy of the diet of a group or individual. The use in this respect is limited because of the wide "margin for safety" incorporated in values allowed for some nutrients, variations in the needs of individuals, and the need to consider sociological factors.

Annex A: Definition of a Reference Man and a Reference Woman

MAN

The reference man is twenty-five years of age. He is healthy, that is, he is free from disease and exhibits a "normal" degree of physical fitness. He weighs 70 kilograms (154 pounds) and lives in the warm temperate zone at a mean external annual temperature of 18° C. (64° F.).¹ He consumes an adequate, well-balanced diet; he neither gains nor loses weight. His activity is exemplified by the following average weekly schedule on each working day, eight hours of physical work of the type referred to below, four hours of "sedentary" activity (for example, reading, writing), walking slowly on the level for two hours, and at least two hours out of doors; on each non-working day, the active pursuit of exercise and sport not of the extremely strenuous variety. The degree of activity involved in occupation in light industry or general laboratory work would represent approximately his working activity.

WOMAN

The reference woman is a similarly healthy woman, aged twenty-five years, weighing 58 kilograms (128 pounds). She lives in the same environment as the reference man and is engaged in general household duties, including the care of small children, or light industrial work. Non-working activities include slow walking for two hours, and two hours spent out of doors. At times she engages in activities such as gardening and non-strenuous sports.

TABLE 1

Dietary Allowances for Australians (1965 Revision)

Method of Use—

- Allowances for a "reference man" and "reference woman" (Annex A) of the appropriate age, sex and physiological state are given in Table 1.
- Allowances for calories for adults other than a "reference man" and "reference woman" are found by selecting the appropriate value from Table 2 plus the appropriate adjustment taken from Table 3.
- Allowances for B vitamins for other than for a "reference man" and a "reference woman" are found by entering Table 4 at the Allowance for Calories given by B above, and reading off the corresponding values. (See footnote 1 on previous page.)
- Allowances given are for the middle of the age range.

Subject	Age	Weight		Calories	Protein ¹ G.	Calcium (Range) Mg.	Iron Mg.	Vitamin A Activity I.U.	Thiamine Mg.	Riboflavin Mg.	Niacin Equiv. Mg.	Ascorbic Acid Mg.	Vitamin D I.U.	
		Kg.	Lb.											
Men	18-35	70	154	2900	70	400 to 800	10	2500	1.2	1.5	18	30		
	35-55			2600										17
	55-75			2200										
Women	18-35	58	128	2100	58	400 to 800	10	2500	0.8	1.1	14	30		
	35-55			1900										13
	55-75			1600										
	Pregnant—2nd and 3rd trimester	18-35 35+	+10	+20	2250 2050	(+8)66	900 to 1300	12	3000	0.9 0.8	1.1 1.0	16 14	80	
Lactating	18-35 35+	58	128	2700 2500	(+20)78	900 to 1300	12	3500	1.5 1.0	1.3 1.3	18 17	100		
Infants	1-1			110-100 per kg. 50-45 per lb.	2.5±0.5 per kg.	500 to 700	4 to 8	1500	0.4	0.5	7	30	400	
Children	1-3	13	28	1300	20 to 39	400 to 800	5	1500	0.5	0.7	9	30	400	
Boys	3-7	19	42	1700	26 to 51	400 to 800	7	1500	0.7	0.9	11	30		
	7-11	28	62	2200	37 to 66	600 to 1100	10	2000	0.9	1.1	15			
	11-15	41	90	2900	51 to 87	600 to 1400	12	2500	1.2	1.5	19	40		
	15-18	61	134	3000	67 to 90	500 to 1400	12	2500	1.2	1.5	20	50		
Girls	3-7	18	40	1700	25 to 51	400 to 800	7	1500	0.7	0.9	11	30		
	7-11	27	59	2100	36 to 63	600 to 1100	10	2000	0.8	1.1	14			
	11-15	42	92	2500	52 to 75	600 to 1300	12	2000	1.0	1.3	17	40		
	15-18	55	121	2200	60 to 66	500 to 1300	12	2500	0.9	1.1	15	50		

¹ Protein—Adults. For adults in the older age bracket, because of reduced activity and consequently lower calories requirements, the protein intake and requirements may well be below the selected figure. Adults with comparatively large calorie intakes (e.g., 4000+) within the Australian dietary pattern may have protein intakes appreciably above this figure. It is suggested that, in both these circumstances, a practical protein allowance be calculated on the basis of 10 to 12 per cent. of the calories being derived from protein. For this purpose a ready reckoner is provided in Table 4.

Children. The allowance for protein for an individual or a group can be expected to be between these two figures, and, because of the character of the Australian dietary pattern, closer to the upper than the lower.

TABLE 2

Caloric Allowances for Body-Weight and Age

Subject	Weight		Calorie Allowances		
	Kilograms	Pounds	25 Years	45 Years	65 Years
Men	55	121	2500	2400	2300
	60	131	2650	2500	2450
	65	143	2750	2600	2550
	70	154	2900	2750	2650
	75	165	3000	2850	2750
	80	176	3150	3000	2900
	85	187	3300	3150	3050
	90	198	3450	3250	3150
	95	209	3550	3350	3250
Women	40	88	1650	1550	1500
	45	99	1800	1700	1650
	50	110	1900	1800	1750
	55	121	2050	1950	1900
	60	132	2150	2050	2000
	65	143	2300	2200	2100
	70	154	2400	2300	2200
	75	165	2500	2400	2300

Note.—An adjustment will also be required for individuals whose activity differs from that of a "reference man" and "reference woman". For example, the activity level usually declines after age 25. At age 65 this would be Grade 0 in most cases. The appropriate adjustments are given in Table 3.

TABLE 3

Calorie Allowance Adjustments for Activity. (To be used when activity pattern differs from that of the "reference" individual.)

TABLE 3A

Definitions of Levels of Activity

Grade 0	Grade 1 (Reference individual, see Annex A)	Grade 2	Grade 3
Maintenance	Sleep, 8 hours; dressing and undressing, 1 hour; sitting, 7 hours; walking slowly, 2 hours; standing, 5 hours.	Skilled (tradesman, infantry)	Labouring (e.g., mining, shearing)
	Men: Includes occupations such as clerical, bus and taxi driving.		
	Women: Includes occupations such as light household duties and typing.		

TABLE 3B

Adjustments of Calories

Body Weight		Adjustment to "Reference" Calorie		Allowance for Activity Grade	
Kilograms	Pounds	Grade 0 (Subtract)	Grade 1	Grade 2 (Add)	Grade 3 (Add)
41 to 50	90 to 111	-536	0	+360	+810
51 to 60	112 to 133	-610	0	+390	+870
61 to 70	134 to 155	-690	0	+400	+900
71 to 80	156 to 177	-760	0	+410	+930
81 to 90	178 to 199	-830	0	+440	+990

Note.—Estimates of adjustments for energy requirements for different levels of activity (Table 3) were influenced by the results of the Medical Research Council Report on Studies of Expenditure of Energy and Consumption of Food by Miners and Clerks, Fyfe, Scotland, 1952 (Special Report Series No. 289).

It was found that the average daily expenditure of energy by 10 male clerks of average body weight of 64.6 kg. was 2800 Calories, compared with an average daily expenditure of energy by 20 miners of average body weight of 65.9 kg. of 3660 Calories. These figures were adjusted to the body weight of a "reference man" of 70 kg. on the assumption that the energy expenditure will vary at a rate equal to 0.75 power of body weight, as has been suggested by Kleiber (1947) for the basal metabolism component. The adjusted figures are 2900 Calories for clerks and 3800 for miners. It is assumed that the energy expenditure of clerks corresponds with that of a "reference man" (see definition in Table 3 and Annex A). This has been designated Grade 1 activity, and that of the miners Grade 3 activity. It was considered that in modern industry few activities would exceed the energy expenditure by miners.

Grade 2 activity has been arbitrarily interpolated. Some people today have a level of activity significantly less than that of a reference individual. Such a level has been arbitrarily set at a maintenance level = basal metabolism + 1/3 basal metabolism. It is designated Grade 0.

TABLE 4

Ready Reckoner for Allowances for Protein, Thiamine, Riboflavin and Niacin Equivalents Related to Calories Allowances

Calories	Protein g. Equivalent to a Percentage of Calories			Thiamine (a)	Riboflavin (b)	Niacin Equivalents (c)
	10 per cent.	11 per cent.	12 per cent.	Mg.	Mg.	Mg.
1400	35	38	42	0.6	0.7	9
1600	40	44	48	0.6	0.8	11
1800	45	49	54	0.7	0.9	12
2000	50	55	60	0.8	1.0	13
2200	55	60	66	0.9	1.1	15
2400	60	66	72	1.0	1.2	16
2600	65	71	78	1.0	1.3	17
2800	70	77	84	1.1	1.4	18
3000	75	82	90	1.2	1.5	20
3500	88	96	105	1.4	1.8	23
4000	100	110	120	1.6	2.0	26
4500	113	124	135	1.8	2.2	30
5000	125	137	159	2.0	2.5	33

Note.—The calculations are based on the following allowances:

- (a) Thiamine—0.4 mg. per 1000 Calories.
- (b) Riboflavin—0.5 mg. per 1000 Calories.
- (c) Niacin equivalents—6.6 mg. per 1000 Calories.

ACKNOWLEDGEMENT

Nestlé wish to express gratitude to the National Health and Medical Research Council for permission to reproduce the abridged version of the Dietary Allowance for Australians.

NUTRITION ABSTRACTS—INDEX

GENERAL NUTRITION

- "The Infant"—Eric Pritchard, M.A., M.D., F.R.C.P. xliii
- "Recent Advances in Diseases of Children"—Wilfred J. Pearson, D.S.O., M.C., D.M., F.R.C.P., and W. G. Wylie, M.D., M.R.C.P. xliii

VITAMINS C AND D

- "Scurvy in Australia"—Rendle-Short, T. J.—Medical Journal of Australia, September 29th, 1962 xliiii
- "Infantile Scurvy in Relation to Infant Welfare Work"—M.J.A., 21st June, 1958 xlv
- "Scurvy Yesterday and To-day"—Elizabeth Turner, David Pitt, Roderick Thomson xlv
- "Rickets in Immigrant Children in London"—Benson, P. F., Stroud, C. E., Mitchell, N. J., and Nicolaide, A., British Medical Journal, April 20th, 1963 xlv
- "Severe Type of Infantile Hypercalcaemia"—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. xlv

"AROBON"

- "Prophylactic Use of Arobon"—A. Vianello *et al.* xlv
- Testimonial—Dr. Albert Schweitzer xlvi

"NESTARGEL"

- "Habitual Vomiting in Infants"—Paupe, J. xlvii
- "Use of the Thickened Barium Meal in the X-Ray Examination of the Digestive Tract of Infants"—Monthly Documentation Bulletin, Vol. 17—Nr. 196. xlvii

"NESMIDA"

- "Amino Acid Supplement for Infants Failing to Thrive"—Ros Lavin, L. *et al.* xlvii
- "Feeding, Prevention of Infections and Utilization of Oxygen in Premature Infants"—Tobler, W. (1959) xlvii

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."

VITAMINS C AND D

SCURVY IN AUSTRALIA

Rendle-Short, T. J.—*Medical Journal of Australia*, September 29th, 1962

"Scurvy is a great deal more common in Australia than in Great Britain. In one year I have seen about 18 cases in Brisbane, compared with about 10 cases in 15 years in various parts of England. . . .

Both on the grounds of expense and certainty of action, it is apparent that fresh orange juice is a poor way of giving Vitamin C. The multi-vitamin compounds are expensive, the ascorbic acid content is not very high, and they deteriorate rapidly under unfavourable conditions."

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, 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 TODAY

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).

RICKETS IN IMMIGRANT CHILDREN IN LONDON

Benson, P. F., Stroud, C. E., Mitchell, N. J., and Nicolaide, A.—British Medical Journal, April 20th, 1963

"The prompt healing on administration of Vitamin D, which in the majority was given orally in a dosage of 3,000 units daily, confirmed the nutritional aetiology. In the remainder, who were given an initial dose of Vitamin D by injection, failure to relapse on a normal diet excluded any Vitamin D resistance.

In the dietary history of these children there were two outstanding features: (1) prolonged feeding with breast or cows' milk, and (2) failure to give either vitamin supplements or dried cows' milk fortified with Vitamin D. . . .

In the Cypriot and West Indian children prolonged feeding with cows' milk or breast milk was usual and led to gross dietary deficiency of Vitamin D. There is a large variation in the vitamin content of milk."

SEVERE TYPE OF INFANTILE HYPERCALCAEMIA

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 recognised.⁽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.

"AROBBON"

PROPHYLACTIC USE OF "AROBBON"

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 "Arobbon" 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 "Arobbon" is of undoubted efficacy in the prophylaxis of diarrhoea.

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

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 amoebic 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 medicine 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".

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 oesophagus.

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 ½% "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 ½% "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, 1968

CALENDAR, 1969

CALENDAR, 1970

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

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

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

OBSTETRIC TABLE.

Based on an average gestation period of 285 days.

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

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

NOTES

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

OBSTETRIC TABLE

For clinical indicators of pregnancy status, fill in the number and the date of last menstruation.

October	November
1	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
11	11
12	12
13	13
14	14
15	15
16	16
17	17
18	18
19	19
20	20
21	21
22	22
23	23
24	24
25	25
26	26
27	27
28	28
29	29
30	30
31	31

Time	WEDNESDAY—January 1st New Year's Day	Time	THURSDAY—January 2nd
<p>Woke at 6 after a few hrs sleep. started to go in to Wasic Kre. Andrew, & did Nam, Noelen. Nice service in it heart. though the singing lateness or were on the surface pretty awful. Went to phone at 8, missed my communion. Mr M. not well but came to the meeting. Got away at 9-ish, a full jet in 3 qibs + luggage. John Kimmer had apparently just arrived at long meeting that is useful. fell 5.15. I nearly didn't go but am glad I did, a med. fees came up, & other things. Lines in between full of useful talk. Then to Pop & home by 7:15 picked up Eileen King, Janet who spent the day at SLH. To Bay after 7:30, filthy even though rain was recent. A late dinner. Saw 2 Pengannia who were fighting: no packing power to show & glad to get to bed.</p>	<p>Slept well but still tired despite not intelligent & unspoken, all sort of odd jobs & entering. Aileen & her sister Noelen got back from Pengannia, & the Mumma stones arrived for lunch & dinner. Got a rest till 2 AM. Got a rest till 3, Benson came in jeep, & Janet Eileen there. Bath here at 6. Nobby for 1 in ill in evening for after tea. Tonight want a dinner - Read & joining tomorrow. Mumma stones on the ocean also. John should be at it go to a Wed. Tonight a bit of keep work, with a design & opened mail dresses from Nobby. A one wearable the other not. Bed by 9:15.</p>		

SLH.

JANUARY, 1969

Time

FRIDAY—January 3rd

Time

SATURDAY—January 4th

Did not do inspection. Organized a few X-Rs & sputum, saw pediatrics, got Gordon to go to Erna for frozen that day overcame. Borne went to Popi Ken early, back before 11, to fix the ticket. I blasted Lavin for deliberately coming home an hour late for duty yesterday. He argued back as usual. Got on to report in lit. pieces scheduled can't hear anyone much. Janet made a great performance at lunch of kidding Mehemich. Marcel away from our grass ship. We all felt sorry & ashamed, but I don't know if she got the message. I left before 3:30 but felt bit better for it. At 4:30 heard the Reads were at the Bay. There is a Briton she moved out of her room for them. I am so wrapped up in my own fatigue I felt I could not take going any home, then hearing them there they came at 6. Betty got a bit late dinner, saw X-Rs. Reads who took 3/4 hour, finished Ken Pearl's letter & had a much needed cuppa. So much to do.

A heavy day—officially off. Slept till 7:20. Skipped Mathis & wrote a couple of letters, did Sheila's IUCD which went in nicely. The jeep came before their X-Rs were finished. Janet came up from Enli at the same time. Felt awful all day. — sun job Borne says. Wrote letter, had bill lunch, after till 4:15, had a short rest. Got letter off & 5-Year Man, on to Marnie & to Wil Whyatt went to Ken at 4:20. (They had lunch in us). I talked on phone, then did 4:30 sched, bless her. I got my head, my sweating body, my clothes washed, some rinsing done. Everyone is feeling frayed, strained & tired. Marnie, I especially. It is hard not to look inward all the time. Tonight, bit of chat, thought out what I should do: my X was cash & my remaining 26 days, & made up the Medical feeling as far as I feel certain of them. So your job are out of the way. Les Knight came AM to talk to Janet about New Year. All well.

Time	SUNDAY—January 5th	Time	MEMORANDA
	<p>Fr. Linton celebrated & preached for once. An Epiphany collect & Christmas sermon. S.I. Jaten also for me to surrender my work to God. Names: Irene rode to the Bay for the day, I came back @ 9. at 5 when he came for me. I spoke to Irene about my Xmas money & found she could include it in Dec. Cash Statement, so I drew out \$92. People are good. Saw Jo - Harold is another amative dyp, fixed up new pt. & entered things, got the $\frac{3}{12}$ report virtually done. I asked Janet how her complexion was (she said "Regrettably better") I do wonder if she talks that way in other jobs. Talked to Rene at 1:30, she wants AM. I'm to go to Logona for meeting. Reception still bad. Came to Evng after 5, Betty leg: foot still heartlessom. She came to the Bay, also Richard Lawry, an SSF Terhainy who came down in Bros. sleig. Dinner here: writing letters. On to +D re Arleen staying on head on in M. las.</p>	<p>Wed.</p> <p>Theresa Mary did not show up to wash till 11, by which time Marie: Maude had it done. M. find the women next to the clothes, do not wash dresses in hot water to m. they cost the wages of a horsequil. She suggests we get a second horsequil & do away w "voluntary" washing women!</p> <p>a \$5 from little Lita Jenkins through Emily Clark's news in Morechy. Lita was in the hospital a lot last year.</p>	

SMT - SLH.

JANUARY, 1969

Time	MONDAY—January 6th	Time	TUESDAY—January 7th ^{8th}
<p>up at 6, made a cuppa for Mr. W. I put salt in my tea for sugar! During inspection took some photographs & finished my film. Leah's baby is terrible, head almost touching its buttocks, it still lives. Runway on deck, pieces left lunch. Noelle went to Maes at Eric, she & husband slaway came back for lunch. I had a not in real paper & ant, & got on to another circular as fees. Did a display on Jackson's Kyddie Singina - hard to do, but it came out nicely. Jackson is good. Helen up on MK sched - a ? interest. She wanted advice about. The As. came at 10 to 5, up to Eric. I wrote letters through E's song, heard Bro. Leah's speaker Stewardship, home. Mance in a ditch - had & didn't sleep last night. Janet did not come to dinner till about 7, then went to sleep. for nothing much. She is getting more & more going her own way. Maud went to Pop. to come back tomorrow. Mance gave my ten letters to Fr. also to read, offering to resign. Enough to make one sweep. Bath odd job.</p>	<p>Over slept till 5 to 7:30 prayers were scrappy. Inspection. I made an awful mistake & told Jasper he could go to the quiet day. He knew he was not intended to go but of course grabbed at the excuse: so we had 4 in there. I apologized to G. & rang up Jasper. He got full of shame: finally got home at 1, bringing Allan C. Hugh was told to get them by 5, didn't. I think there was too little clear instruction given. Laid to get reports done but did not get far. On duty at 3. Br. Andrew brought Maud at 3:20 & Marjorie Russell - Harris. at 3 Mna sang about a returned pt, & I went down & them, also Janet for Koke. W man from Karate - H6 by high temp. smells pt in hard to get out. She was also hard to anaesthetize. Mance, Mice R. had a shower & dinner late. Got circular done & a note to the Bp. He wrote several to me. Maud in to be Wed. Ser. also says O.T. position is vacant. Retreat 20-25th Br. Andrew's last night. Bed at 10. Val came. Redd did not bring her in to see us.</p>		

"AROBON" — for rapid control of fluid loss in diarrhoea.

Time

WEDNESDAY—January 8th

Time

THURSDAY—January 9th

Running to go is confusing up
at 6 ish Miss R-H had a cuppa
for breakfast in bed. I suspect all
I do long for the days of Marie's
efficiency. Norman has been fi
reaction. I stopped all drugs. I
did not cross him off the sky
book. He got another dose today
the just does not surprise. The
has been plastering of Bojin's
consulting me. The AMU muddle
c. Miss R-H being shown round
Ber. Andrew doing a double
trip to Erro, & then the staff
sang for an age so that Janet
could record it! New pt. from
MK sat for ages waiting for
attention. I separated the May
& got bloodstnd. pleural fluid.
Arnold. I cultured some sputa.
I lectured the Refoass got me
where I got a rest, running round
fixing specimens. Mr Church
came down here at 4 in
China pop. New pt. old pt.
to see. A long heavy rainstorm
& I did not bring an umbrella.
Tonight mosquitoes, flying and
vectors. Captain of Forth
creases in Prof. Geoff Dewar
was here talking of his
plans for thought.

Woke at 4:20 I could not sleep again
drizzly morning but heavy rain in
Five more or less in the day
bought pouring again. Did I resp.
slow & funny. For many hours
they kept coming, going - so did
Did. D.C. on Machine. Found a
hard, waxy, bleeding contracted cervix
& ??? placental tissue. The bleed
steadily. P.M. I put it into the
Cx, packed per. sent specimens
& letter to Worechy. Put an 10 CD
in behind, that was all. All
though Frank came. Little Elizabeth
& he is 5 been about Saccubala.
Got a real P.M. did not get to the
order till 5:15. Gift fixing the
order. She is at SLH tonight.
No gift in mail, Peggy & Noelle.
Dinner late, splashed down for
& sang, & more order till 9 P.M.
Dad wears so short dresses. They
look ugly in her fat leg. But
some of the Papuan girls wear
theirs much shorter - Jackson's
Ribon especially.

SLH

JANUARY, 1969

Time

SUNDAY—January 12th

Wakeup through the night, woke feeling unaccounted & giddy. Dazed as I skipped Mass. Nabe is good. Fr. Cother celebrated. My body aching. Got up after 10:15 phoned Mum to say I would not go down unless necessary. Had to leave the phone to wait last night. Dinner 23^d back. Slept till lunch again till 3:30. T 100°. Have read a bit, got a book on spiritual healing & trying to seek it for myself. No work done. Heard ached well on my radio. Janet came & talked, wish she could give a clearer picture of people when they are sick.

Time

MEMORANDA

Saw Jeremy who is quite down to A & his bad leg, glad to do nothing. Talked off staff moves re. SMH all in to 7, dinner talk & glad to get to bed. I don't know when I was last in Church, except I sang yesterday. Margery I pleased about her move.

To Semaculaw and/or accept and/or vocational schools only if the parents want them, pay for them. Home by 5:30, me to walk to Nalman. Shower, E. song, dinner, bath & reading. Bed at 8:30.

The Dawell are back. It is wonderful to feel free from SMH call. No home letter yet.

SLH.

JANUARY, 1969

Time

MONDAY—January 13th

I've done about 1/2 day's work today. Very grateful to have breakfast & dinner in fact, all meals, in my house. Our radio loud speaker definitely U/S & I heard schedule on my bed. Went to bank & Mr. Churchill arrived & promised a vehicle for tomorrow for Marie, & brought a new sefer. Took an belonging to SMH had some pt. got Arnold to do some x-rays which should have been done on Friday. Came to house at 11:30. Marie & Irene & Dan (justifiably so) a bit quiet stop or slow down in passing & expect people to around to the front & mail parcels. He mailed post brought & our mail. G. says he'll call but it brought!! Checked & washed in my house till 3:30 - felt better, but by 6 I was glad to accept dinner here. Just as well, as it was late, everyone was needlessly to be: sherry, Janet & Mand in a temper. I apparently: she prepared dinner for the Whyatts who have not returned. I wonder if they don't mean to. Have got a lot of little fretting jobs done today. T. N. Good old Irene came & coffee at 8:30, all the news.

Time

TUESDAY—January 14th

A full day's work but to fast in bed. Would have loved dinner in bed. Irene tried to give it me but it wasn't fair. Mtd: Marjorie & 2 Whyatts to dinner. It took till 8. Very wakeful night. Sean Jeff brought our mail per motor bike just before 10 P.M. Am so glad Marie got her from F. Alf, bringing her work & value. I read my mail after midnight. Did 4 mg. by 10, Copland K's, biopsy. Found someone had once given spelled the Wanton's fund. I couldn't make time to show Arnold how to make more. Ken Pearl, Mr. Cooper of Blue. Whyatt in a rent Bay & again after. Burns turned up about Gilda's ill-health; had pumped on M.K. 5 hotel. Our radio same good: it was a pleasure to use it at 1:30. Whyatts returned at 2:30: their plane was held up yesterday. They saw Marie on the ship this AM. She left her at 7. Janet started the drug count. John Cother here for after tea. Got to correspondence & cards at 4. Skipped 2 song Wrote letters brought till too tired to carry on. Not much up offener than the.

"LACTOGEN" — contains mixed carbohydrates, Vitamins A, B, C and D and organic iron.

Time

WEDNESDAY—January 15th

Feeling more energetic but played out by 10 P.M. Slept well. Gene sent my lifeline, bless he, though I did not need it, only wanted it. In inspection. The truck came at 9 for Marjorie & waited by the road. The story is it is too heavily loaded to turn a corner. Janet is quite useful about caring for the patients per way. She was wishing down her idea of treatment while I was opening my mouth to quizzing. Long talk over Bojan. I'll be very glad to hand over to M. I suppose working with Ken was bad for Janet. Ken S. came & we had quite a talk over coffee. He has staff problems much worse than ours. Did Ganin's scan, quite a big lump, & hope he will be free of trouble. He was a relief throughout, & quite genuinely grateful after. Got Wankou fluid made & odd job done. Meals get later & vaguer. Got a rest, did up 2 hrs for Springley & Benson, got her at 4 to 6 instead of 5. Brent came to cross for the night.

Time

THURSDAY—January 16th

Slept from 10 - 6:30, Mr. M. woke me - a cuffed! So I missed Mathew at 8 AM. Inspection fairly thorough - my last. Not in charge of it, Mrs. of staff. Got all the paper-work done. Les there as patient eating in the house & sleeping in the hospital. + George came at 1:30 & commissariat Johnson. Barbara with Miss Little service. We left at 4 to 3, & to getty where + S. cadged a lift back to Pop, but got picked up there. Saw Jeremy, a bit better. + G. saw the teachers. I admitted Moses & family. Getting a cold & taking Vit. C. Tonight did odd job that need to be done, nothing spectacular. No mail. In last back.

SLH

JANUARY, 1969

SLH.

Time

AGRI FRIDAY—January 17th

18th

Fighting a cold all day - Ditto. Family sleep & orderly but find I left much undone. Arnold. I did some spines - all uncut - factory! Work & sent school message to DMO about the broken down Mazon & alternative transport for X-ray beam. Gene. I talked about restricted staff - I shaved for Dr Wright's reporting or. Spent most of after. I can't doing the drug order. 9th, not by line of country, but she plugged on. Dan came at 3 to talk to Bernie. did not come near to bring the mail or get a supper. I went & helped myself to mail & comment. Read some in bed - a long enthusiastic one from Howard Moody, son from Lisle who did well in the exam. Chewed my slide, after dinner most of them is good. 9:45 quiet. Mrs. I to fly later together. Len arrives in Tas in a few days.

Time

SATURDAY—January 18th

Slept on till 7:30, r to fast in bed. Bled. To the school as Dan came. He told Gene (not me) that the phone was 1/5 r there was a retained placenta coming in. Got Naler on the radio, heard it was at Kofree. Got Betty on the phone: she said Kofree had asked for the post for a breathless old man at 2/108, just the time they reported the r. p. I would have to be wanted, & P.M. it looks like a put-up job. Washed my head, took to Win. Bob. I suffered clear a lot of odd jobs up. Slept till 3:15. Gene did school work to hear the truck & the Reeds, Richard Pavey, Barbara Acker. Went to ring in car. I was wanted to go for truck. No mail in house. Gene getting tea for the visitors John Reed. I went to the truck at the garage. Pushed for the mail, was 10:15 it was at the bottom of the pile but in fact it was at the top. Suggested they pick up Barbara at the house. Dan drove off & her. (of the mail) I rang Betty. In due course John Collier picked her up for motor bike. I don't think I could have faced her chatter in my house all the week-end. Richard quite pleasant. More odd jobs done. & to bed, very cold is keeping distant but I ache in all my body.

S.L.H.

JANUARY, 1969

S.L.H. 1969

Time	SUNDAY—January 19th	Time	MEMORANDA
<p>Wrecked in a cold - not a - rummy war, but thick, achy. Mass short & sung (to badly by the congregation) no sermon I have neglected the visitors who don't seem to mind. Got some Hosp. letters written & jobs done, did sched, saw some pt. St. George arrived at 1:30 can't take Richard Dacey who will try to go back to Pop tomorrow & fly to Logans on Tuesday. P.H.D. trying to get the Skyway to lift & re- in Tuesday. Got G.M. to broadcast it to W.G.L. Glen Robinson brought his Helen & Marie Edith down & a had called Adolf who was educated at High School allway, & now at P.H.T. Got mail out to a Nic. girl who flies to Worcester tomorrow. It read Richard & daughter. Tonight in pouring rain saw shells M. & Harold, sang S.L.H. all quiet so far.</p>	<p>taken off to him. The truck was in late anyway. Bob is disappointed to the Friday in time for a most unappetizing lunch. Lots of dele- gates some purposes. Lee plans would not come. Bewan & Peter not coming but Doug Cameron is. John Max here. Mackenzie Asa as well as Dangi. Jeremy on crutches 9 lay on the floor & stayed till 4:30 when +D began meditation. address in Fr. Chapel, then a list of suggested topics to dis- cuss. Very good but I could not take it in. A good supper just sat there for 2 hours, but we finally got it. Rev. Lesley tried to bring in Helen & me here, then grip had to be moved all over the place. Got here at 4 to 6. Shaver & Zeng. dinner (was hungry anyway) & now to bed - a book. +D gives us new slant - me! my lack of thankfulness.</p>		

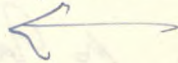
Time MONDAY—January 20th

Hella Mary was at 3 AM. Under the influence of Reddi's book: I did not know what to do medically. I laid my hands on her head, wept & prayed & asked the others to, including the old mother. All sort of comforting thoughts about simply behaving or surrendering the outcome to God, & wondering about presumption. Only day, I called at 4:30 when she had died. All in fact, I wonder if she needed electrolytes. Back to bed at 5:20 as Madeline was getting up to get the Reads' breakfast, but no sleep. Cold & heavy, my body one big ache, made way here I think by the motion of the night. The Keros jeep would not start & the Reads were in late getting away. The tractor would not start & they were taking several people trying to depart the body in. A muddled scene here or there & Don pushed us up at 10 to 11 - thank goodness Richard. I had had a suppa. Slow trip towing Don's jeep, as we had to walk to the road. Got Bob to SCMTS. & would race him to the ship but Ed had

Time TUESDAY—January 21st

22 ✓

St. Agnes. Slept deeply & felt better. Mass at 6:30: Fr Babay celebrating & stayed to a talking breakfast. Wonderful to have leisure to do odd jobs & a bit of time to spare. Medit. hours started 1/2 hour later: the Pop jeep was late. + David shaved & began of impatience which is pretty good. Discussion good! Free, & the prayers taking more & more part as the day wore on. Talk till 10/11, then 2-5. + D merely holds the reins, throws out questions & occasionally sums up. Mr. Keeley brought us at 5:15 to collect the meat. We had 'Evening bath. To the Friday. DC & Mrs. Marsh to dinner, & pleasant. He spoke well. They stayed in long, & several people trying to depart. Home per jeep 9:15. Fr Alf. Long barbeque arrived yesterday.



Time

WEDNESDAY—January 22nd

Time

THURSDAY—January 23rd

Woke at 11: could not sleep - kept hearing vehicles, thinking it was Benson coming for me. Thank God they were not, any of them. Took some Phenobarb. Woke at 6:15. Fr Alf celebrates, & we had a pleasant breakfast at Dennis then walked up to the Quarry. Fr Alf says I get 3 years allowance for penitence, as it is by Govt. decree that I go earlier - even if the Govt. did not decree it I think I would have to be going. Meditation good though I must back up Dorothy Gine's plea for renewal of religion. Put in a note for it. We got bogged down in Papuan repentance AM & European repentance PM re payment of staff on fethine & off the point. Did not get as far as my topic though it was to have been first in the agenda. Very tired. Getting better. Name for shower & 2' sq. Then brought cement - miscel for the Helms house dinner talk, wrapping eggs - 13 doz of them.

Slept well, deeply, wokes at 6:10, in a dream for Maas: Fr. Rhynd's celebrating, he does it so well. Shall try reaching esp. after meals! Through Maas, in the house: during + D's meditation which was good, thinking of what I should say, trying to leave to the Holy Spirit. + D talked with about the 4 different pro-posal or scales of wages, then Fr Alf pleaded that we recognize & not be ashamed of differences in culture. Then + D asked in hopes of the spiritual renewal discussion my silly voice choked. Took me off guard. Then discussion not much, or to after tea on it, every provoked it worthwhile & "getting somewhere" but it is only a beginning. The main idea are cores of people on each table (prayer-cells) small enough for personal care & direction; more prayer teaching, prayer to be of the right kind - Papuan extemporaneous & prayer for the whole people's the well-aching oversight of the Europeans then at 4:30 on

"AROBON" — replaces lost electrolytes and aids normal peristalsis.

← to Jan 12th

Time

FRIDAY—January 24th

Time

SATURDAY—January 25th

Another night when I could not go to sleep. Even though I was not expecting a medical call.

Tried tonight, even conference fatigue. Mass - George, bless him. Got to the Friday at 9 and collected mail since a radio from P+D

asking me to work at Pop Hill April showed + D who agreed I should turn it down. I just could not cope, even if it meant a lot of dollars, which it may not do. Conference long good but slow. After lunch I heard

They rounded off talk of Kumbhal Awakening + Stewardship, then Liturgy. P.M. was campfires after a long lunch. Time watching.

Mrs Barbara O'Keefe turned up to talk to me from 2 to 1 till 2:30.

Miss Jensen to go to Sakarina Home here at 2 to 6. Chrysenda of Tona her sister of Bernard.

E'song of St. Paul long have written to Nancy V. o. wanted

Mass c + D - St. Paul. To good. John Cather then too. Talked to + D in the chapel, bless him, cleared up some points B's fast. The men went off to get a call from Rabaul. I packed on. Helped wash up. The prof came at 9, we paddled at the

Friday till 10:30, heaven knows why. in to town got Patan tickets. Betty stopped. G. got frozen. Left at 12:30

c + G. Mr. Fekete turned up at P.H. Mission: need to see him. He got married while away to a Spanish Filipina. I hope it will work out well.

Went to Bura. G. Victoria, John C. + G. + J. Gordon. No lunch but a couple of bananas. This to see Bura again. Home at 3:15.

Much discussion about a party but it looks impossible - no transport but Eric prof. Bedford

is in pieces. Phoned out + radio also apparently. Arranged to talk to Maurice at 8:10 but he didn't

come up. Have unpacked sorted fold. Heard the news, looked at

some of Mary's X-Rs Masses yet to do. Note thundering. Helen is back again.

S.L.H.

JANUARY, 1969

Time

SUNDAY—January 26th
Anniversary Foundation of Australia, 1788

Time

MEMORANDA

A long busy day of bit & piece
& not the bit I planned. All
the others here for Mass.
To just Judy said she dressed
the children in transit on the
Norden! Bruce came & said Helen
is pregnant, & want to marry Hugh
& he has saw them. Hugh did not
want saw Garfield & Gillian Long
talk to Jack & Lillian who are not
getting on & Lillian's wife. Found
the radio works after all & talked
to Len. Worked on sock, letters,
seeing Jimmy till 3:15. He saw the
evening news & took Garfield off
board to sleep, washed head,
cappas & letters. There was
some for me & a nice dinner.
The jeep arrived as we were
finishing. In Margaret Ann
& Ken W. in the jeep. Miss
K. full of beans. An evening
of talk. To the house & did
my ironing, & now working in
bed & lantern. Dorothy Lay's
man Rom to Mr King on.

JANUARY, 1969

SLH

SLH.

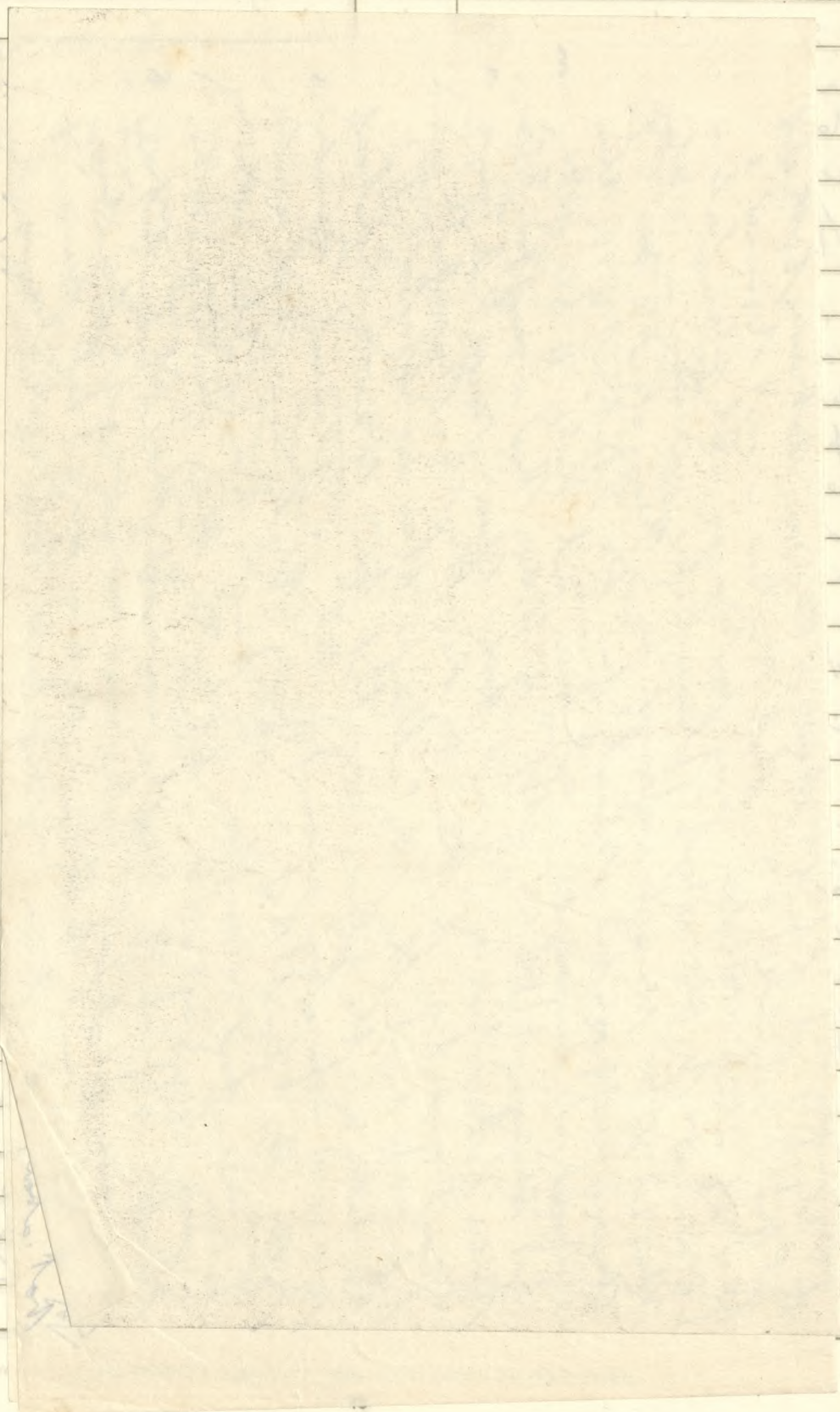
Time	MONDAY—January 27th Australia Day Holiday	Time	TUESDAY—January 28th
<p>Woke at 5, up at 7 to 6 & got on fair bit done before breakfast. Mum's birthday - parcels & happy birthday at breakfast. I met drama tonight. Benson picked up Mags K. in soon after 9, also Bruce. Long delay at Eng. to SMH before 10. Margaret Ann as well. Ken & Marie there too. Marie looks well & Mary plump! She may be pregnant? Had nearly 2 hours in M. & we discussed a lot. UCD all over again. John Francis, M. not pleased at Charing Barbara, I think. He seems inclined to take on J.F. - on his own terms. Mary had gifts for us - a lovely Florentine book leather purse for me. To Eng at 12:45, sharp. Talked late lunch. Got away at 2 in a great mood. I had booked flight in, but Quincy must have forgotten. Long argument, finally got off on a passing bus by taking off John Wetherole of MMS for the night. Family mis led. Not shabby day. Got letter done. Instruction book revised. Slaw over dinner then a long try-on. Noelene tried tonight.</p>			<p>Woke early again up before 6, got odd job done before breakfast, including Mna's reference. Spoke to new job about their treatment before Maurice came. We were all shocked to hear of Bra Luma's death yesterday while mountain climbing. One wonder if it was in the will of God. Spent the morning: Maurice who asked all sort of questions to which I had no answer. He went at 12:30. Mna rode a bike up for lunch. Not humid all day, but at least cloudy, & P.M. rain & thunder. She went up. Mna went to say good-bys to Ken. I actually got a rest. Finished 1:30 school offer of a Gona girl Julia as a nurse, who seems to be the answer to our prayers. Handed over to Janet till 8:30. We all bathed early, had a staff meeting 6-7 & I told them of next week. Have tried off some job in shop. Was 20 to 10. No packing done. Everyone friendly & kind as usual. More than we have been for ages.</p>

POP

JANUARY, 1969

MELBOURNE c/o JOHN

Time	WEDNESDAY—January 29th	Time	THURSDAY—January 30th	Time
------	------------------------	------	-----------------------	------



Wed. Jan 29th Woke at about 3 & slow to get to sleep
again. Woke again at 6:15. Fixed a few things in
Hospital after weather. Mamee wanted to show me a few
bunch things for the Friars - some very good - I sug-
gested she circulate them to see who wanted them,
fiddled & packed till 12:15, then did Hospital job.
Glad to rest 2-1/4 to 3 cups - the family for the first
time in ages. Alean was her old natural self. The jeep
came at 5:15 & off we went, Mrs. Maurine. The bridge
at Jonita was out in A.M. but fixed before lunch. Got to
top soon after 6, just as the Gooks brought in + D. 2.
Mrs. I said good-bye to them. John F. with them, Maurine
has accepted him. Dinner late. I went to F. Lowell about
Holland. Jan saying it well to all the visitors (Maurine
had a long talk to + D in the evening - + D to F. Edelstein
before dinner. Poor Bishop, what disappointments he
faces. Mrs. I slept in Maryini's parlor walking manly
on the white ant floor. Too hot to care if there were
prowlers or not.

Thurs. Jan 30th + C. celebrated at 6:30, so much to pray
for Mrs. I got to part alone. Benson took us to the ship
but first I reminded + D that Noelen is not necessary,
I fixed up about Wesley going to Maran. The plane late &
+ D arrived for the Wjgela plane before our camp in May
Khin let on J. W. all welcomed her. Heavy cloud. The
Maway approached Worety from the West at 9:15. Mrs
I fixed on luggage & got taxi into Koko (1:38). We
got things at the CG shop, to Koko had a supper; Ellen
Miss Kerkwitz, G. Janet took Mrs. Mrs. K. to town &
I said good-bye to them together. I got to the airport &
left JPA bus. The McCulloughs there too. W. took off,
her late as the plane was late for Newark. I sat next
to a U. N. forestry man from N. 2. I pleased much
talk. No lunch till 3. Judy Blackman met me at
the bank, had a supper, no time to ring Else. The
Friday, Highway at 6, a bit cooler there; early just was
to catch a plane to Newb., arrived there at 8. Sat next
to a mid school boy. John met me, we got to his house
at 2:10, a much chilly in the car, over a hot drink, I
hot about 100° & humid. Will board but needs leaving

Friday Jan 31 Weather broken sleep, worked 7 to another
holiday. Long talk over to first, phoning, heard some
messes. John took me to see Alf by 11-15. He was
waiting for me quite tired but fairer. Left at 12 as
it was lunch time. Hunted for, found St. James' ESTK
and saw dear W.G. Thomas who's wife died a couple of
weeks ago. A lovely salad lunch & walk in Fabrez,
then John dropped me in the city, I went to work
after at ABM = Bob B., Hugh Andrew came in still
looking tired, thin. He was upset over leaving his
district & only Wilma, I wanted to return there for
her in M.K. All his hard work being paid away. He
had a grand after tea, saw a new ABM film. Out has
by 5.15, Bob, Nilda both here. Mrs. B. surprisingly
little changed. Much talk & food. I got more, was
tired. Bob is tired too, poor dear. Henry Alwin &
Mrs. Wilkins talk, to bed in Mrs. B's big room.
Well not, I have dressed a la N.G.

HN

MELBOURNE

1/10 BOB

JANUARY-FEBRUARY, 1969

HOBART

Time

FRIDAY—January 31st

Time

SATURDAY—February 1st

Woke at 6, having slept deeply.
 up at 2 to 7, Bob. I went to relax.
 It was good to be walking in his age
 along the familiar street. He was
 asked to write, & Thompson cele-
 brated Mel's time. To Powell after
 & F. J. show us home. B's feet talk
 & Mr. B. decided not to go to town.
 Helped wash up, washed clothes, got
 them dry. I heard N in, Mum's
 success. Sat. tried to day but that
 was for many interruptions. Mum
 & John picked up at 1, & his last
 diggy. Mum, 3 quite large kids.
 Mum has an emphatic little way of
 nodding agreement, & has a strong
 face. Mum appeared to be but not was
 not very. Mum had a pleasant flight
 but went poor. Mrs B said Lora
 got the bush pres. I wonder if the
 BSL plane was burned? Mum
 Ella Ten Nat. kid and we very
 pleasant welcome. Mum for a cuppa.
 Such a lot of eating. It was 4:30
 my watch, but it was all in
 her time. Very good, good chatter
 had delicious dinner, eggs,
 cream to bed early. Jiddled, Ten
 Thanks any time is talking him!
 This with in great spirits!

Time	SUNDAY February 2nd	Time	MEMORANDA	Time
	<p>Woke at 2 to 6 (2 to 5) but got off again. We got off to the Cathedral in good time. Glorious flower unexpectedly caught in off guard. The Dean preached a good little sermon. Rather confused intention. Saw Joan P. I do then & friendly. Bill, Betty's son, offered us a ride home which we both agreed in refusing. Turned home. Power off. Found quite hot. It was confused to the home. W. boiled water in a spirit stove. A delicious dinner of chook at 1:30. I folded: each, but in the sun. No music yet. Gen in 1 mt of rain weather. Slept 2:30 - 10 to 4, felt better. Reg. Ethel, Ella arrived at 4:20. Talk nice tea, & talk tonight. Got mail, mail box, & met. don't know which causes which - & begged off to go to bed 9:30. Heard some of Man. Bon to be King on Tel. Little pancreas.</p>			

Time 11:00 **MONDAY - February 3rd** 11:00

Slept well. Win gave me a 'past in bed. Odd job pld up. Hair-bathing, washing basket, clothes etc. I heard some music & Guy Bransford giving the ABC Duvetard Series. She spoke well. An early light lunch so we go to Town, but the rain began just then, so I went to the slit. quilt & went off at 2 to 2. Left my typewriter for repairs, bought stationery & stamps for news sheet & 7. Pleas'd to roam round Town. Home at 5ish. Win came at 4 to 6 & we duddled over getting & eating dinner & looking at her slides. She has given me 2 fairly nice ones, one of King's College Chapel & we heard it tonight. I tried to ring Mrs. Hayward but she was not. The Boss Walkers. I am lining up a lot to do, not getting it done.

Time 11:00 **TUESDAY - February 4th** 11:00

Woke before 4:30 but got off again after 5, for no reason. B'fell in bed again, great luxury. I must stop it soon. I rang Len, I arranged to meet him at 11:30, I only had time to bath, dress, wash up by 11. Warmish, seemed to be clearing but at 4 P.M. had a thunder storm. Len bought me J. K. McCarthy's book - he is a generous soul. He gave me lunch. I think he enjoyed it. I got some pattern checked at the Tourist Bureau as to what I will pay on fares, checked re passport at Immigration Dept. Home. Went to John Bob, I have since joined, got the machine going to make a belly, I bought prepared N/lt sorted was slides to music while Win was at W.A. meeting. Quite chummy tonight. Will be had a supper, to bed = H.W.B.

HOBART.

FEBRUARY, 1969

Time

WEDNESDAY—February 5th

A pleasant day, mostly alone. Win went to school early at 8:15 & left my tray ready for me to get my own breakfast. I had done the minkie, & did N/L before lunch & prayer for guidance to say what should be said & not more. I had lunch, had a rest, then got on to altering dresses. Marge Ray came in for 2 hrs. Then I had a cuppa - she would not have me in - I sewed & listened to Kathleen Ferris. Got my slides all sorted. Win has had tonight. We addressed the envelope for N/L, & played Patience & music & talked. The park must have found Susan Young hard to entertain. Cold tonight & we sat over a radiator.

Time

THURSDAY—February 6th

The flighters promised milder weather & it was colder. I slept on till 9 when Marge Ray rang & woke me! I had chives & wrote & sorted letters in the sunroom till lunch. Did not feel like a hot cup so wrote on, then went to N.T. P.O. for exercise & to post some. Did a spot of sewing. F. Stanton & Vera rang up. Tonight Win skipped her Committee meeting & typed the permit for my N/L. Bless her. I wrote letters, sewed & read the N.G. Magazine from England. Glenda is to come on Tuesday now as the hostess of Summerton. Put her off. I don't get much reading done.

Time	Time
<p>FRIDAY—February 7th</p> <p>My imagination got working last night. I took a long time to get to sleep, so did Win. Woke at 8:00 a much milder day, trying to rain but patches of lovely sun. I sat in the sun & cleaned shoes & wrote a letter. Had an early lunch & went to town before 1. Went to DBS & saw Mr. Parkington, Jean Jackson & F. Gibson there as well as Dorothy. Typewriter not ready but Mr. Strick did Win's shoes & also my bag & suit. Let's see if Robert's workman can do a better job than Bond St. The Navy in for the Regatta. Home by 10 to 4, bought & sorted the shopping, got on to letters while I had music. Win brought home the N/C duplicated pleats & they are enveloped. Let's dress. Have hemmed up the new green dress while we heard Schubert. Der Tot und die Madchen, a most vibrant thing. Tried to come to bed at 10. A train smash at Wold Town.</p>	<p>SATURDAY—February 8th</p> <p>bold again — what a climate! Win & I took to beds, then she did the washing. Throng out, in sunshine. The a Scotch mist came over & spaled Regatta Day. Win & I used the mit vacuum cleaner. Road trip for dinner & goose-berry pot. I spent some AM & all PM on letters to go with N/C & have almost finished. Had a rest too. The sun came out at about 4 PM. Win did the ironing tonight & would not let me. I added & some sewing then we both played Patience to Beethoven. I do not get much reading done.</p>

HOBART.

FEBRUARY, 1969

Time 11:30 ~~11:30~~ SUNDAY February 9th

Woke at 4 to 7, got a shower & cups. On the way to church we passed 78 N/4. The flowers at the cathedral glorious - pink & white outside / pale blue, pale yellow at the 6 o'clock steps. I think pink & white on the altar - masses of glorious bloom. An excellent little sermon. Then by bus. Did some odd jobs - washing etc. Win cleaned cupboards. I got on to letters, a long one to D. O. W. had a late midday dinner. I slept for an hour then back to letters & bit of sewing while Win worked in the garden. I mowed a bit of lawn. Tonight posted letters while Win rang the. New sermon. Looked at the book. Heard Max King at 9.15. Thought about must put decided age it, but must start going soon. Warm this after. 10.15 AM. Tonight

Time 1:40 MEMORANDA

had brought me some mushrooms
 plus Mr. Tea, a few jobs & crawled
 off to bed by 9. The rain came
 at 7 though it was hot & fine
 5 p.m. Mrs Howard was in Molly
 (Brooks) at 5 o'clock when John
 had his appendix out, I remembered
 me.

Time **MONDAY—February 10th**

Win took up. I got to fast after she had gone, dressed, & got off at 4 to 10. Saw Ella at Liverpool St., so got off the bus & walked in to the P.O. & missed the Singapore bus. Even so, I was just to N. In the looks was fair but brought & well. Her unit is lovely & a beautiful view of the River. Mrs. Chapman, Mrs. Boss-Walker is sister & Meg's 88-year-old Aunt came, then Eve. Pleasant talk & snowing morning tea. After they went I was asked me to stay to lunch. Much talk - heard that + D begged Nigel in London to be H.M. at M.H.S! They met at Chris's bedside. Left lunch back to Tom & stopped. Ran into Val & Ella again, & they drove me home after picking up the hypewriter. Quite tired, so had a cuppa, 2/3 in's rest & was washing up the b'fast things when Win came home. Wrote a couple of letters at night, heard a spot of music & to bed. am reading much to little.

Time **TUESDAY—February 11th**

Regatta Day so Win had a holiday. We both took breakfast to bed, then got a late start to a busy morning. She looked I washed up, washed clothes & bread, changed my things over to bed, little room & fixed up Glenda's, & got lunch. A full day but warmed towards evening. I left 12:30-3:30, & found Win had prepared the vegetables. I almost cut out a new dress. Ella came at 5ish & I gave her Mrs Oscar Davis's letter to read re Old's death. F. Mervyn brought Glenda at 6.20. She seemed tired, but had a shower & the chocolate was delicious, & Win had done things well. F. M. drove us to the theatre. It was in good, esp. the leading parts. The supports were weaker. Mervyn's "The Imaginary Invalid" now by Paris, dropped the first cuppa. quite tired. She was sleep & I got the more I want.

HOBART.

FEBRUARY, 1969

Time	WEDNESDAY—February 12th	Time	THURSDAY—February 13th
	<p>Win forced Glenda's b'fast, I got mine after. I severely yawning - I, doing chores & talking. She feels as though us we do about the wrongness of having volunteers who are not professed Christians. The phone rang to Mrs. Neward - Mrs. Blyth arranging Friday's runs, Lewie a trip to Paul Arthur next Monday. Glenda can't stay for it. Mrs. Wargrave of visiting who asks this P.M. I rather unavailingly consented. Deaconess called at 4.15 to 2, took I to Kingston. I washed up, got a rest in sun room floor till 3.30, supper & changed, went off to Mrs. Gask, took a wrong turning & took ages to get there. Very nice place, 3 to 4 mile kids. Mum at 5.30. Saw rang Tea. F. M. spoke us up to go to Burnbank. W.A. C. Pleasant evening - good slides talk from S. Ch. H. & supper. Mrs. Saltmarsh brought us home. Did not see much of Miss H. What a glorious view she has</p>		<p>I took S's b'fast in, took mine back to bed. We were up & washing & done & got off at 10.15 to Town. I got more money from the Bank & paid Win my fares for March weekends. So I went to DBS & Cathedral. The flowers still lovely. We saw the closter, & ran into Mrs. Downey. Glenda insisted on paying for lunch, a 5 mile salad. Then I collected her to go to Collegiate. I had a few minutes in the Museum of an exhibit at the Ocean. I found it late & apologetic. We saw Chin, a good production of it kind but Dickens would have found in his grave. We saw the Cat. F. M. spoke to Kellark & Win arrived just after. I gave us a 5 mile dinner, seem fairly contented. F. M. pushed up to go to Moorab. We saw Hest on T.V. delightful. When F. M. spoke I gave them stayed, watched it till 9.15. Then Ella gave us supper. So home. Don't warm weather - everyone calling it unbearable! Win looks her alarm clock</p>

FEBRUARY, 1969

Time

FRIDAY—February 14th

I could not sleep - the hours were long. Maybe got off at 2 or 2:30. I don't know. Up at 20 to 7, 15.9 went to Mass. Lively fresh A.M. Lively service - the clear celebrating Dorothy 5 behind us. Got out 'for jobs done, then Mrs. Blyth came 20 to 11 - 2 nurses, Zena, Barbara Zena is Ian Darnay's fiancée. Mrs B young, easy to talk to. She took us to Kingston, we saw the Tudor Village at Shot Tower. The T.V. is bright, extremely well done. The cuppa who made them all is so knowledgeable as well as skillful. I took a couple of pictures, we bought souvenirs that were a great chunk of 29¢ steps. Salad lunch, Kingston. A Mrs. Lakin arrived - 2 old ladies for the house through the burnt areas. I gave us a good idea. To Lindisfarne Rest way - talked to the Darnays. Then Mrs. Howard took us to Mr. Darnay to Richmond. We saw the prison there, a grim place indeed. Think not/remember for the view - better than I thought - a cuppa, back to history - Mrs. H then drove me home though she had prepared tea for me to weary: glad to get here. Glenda changed & went off. Win

Time

SATURDAY—February 15th

Left long, woke now & then but felt much better this AM. I got up to find Win getting to 'fest, & both Glenda's in. We loaded & moved for the bathroom & job. Win did the washing, & later decided to go for the picnic. I did the vacuuming. Hugh picked us up at 4 to 12 & took us to his beach house, & the M. of W. A. people were already there. The sun came out & it was so pleasant. We ate an enormous lunch - cream cake or in the Madroll kitchen then sat on the beach. Mrs. Orchard asked us to talk, & I do so hate being taken off-guard, & I fear I was rather ungracious. Glenda filed the bill to hell, it burned into a chat for 1/2 hour or so. The 3 Hay sisters were there, & the Misses Evans. We went for a walk & ran into Harold & Maire. To Mewyn took us home & we had a rest (much needed) & light tea. Len arrived just before 7 Mewyn who took Glenda off to town at 6. Len fell of beans & talk. Win moved & we washed up. I cut out pants, wrote thankyou notes, & Len & I shaved slides. Win & tried too

"AROBON" - for rapid control of fluid loss in diarrhoea.

FEBRUARY, 1969

GORDON RIVER - HOBART.

Time SUNDAY—February 16th

Left fairly well, up at 7:30 helped
 Win get to "fast". - we had a rush
 to get all done though Win did
 most of the preparation yesterday.
 Got away at 9. A glorious run even
 though rain & fair visibility took
 a turn. The whole trip is lovely &
 varies from mile to mile. New Ma
 folk at its best & the hops coming
 into flower. To Russell Falls, a quiet
 spot if only one could be quiet. Con-
 versation plentiful, & a bit inter-
 esting here & there but it settled
 down. The drive pleasant & very
 fast. The scenery & rock formation
 are wonderful. varied - khaki, just
 apricot, white, green, silver, black
 not in view but we saw a
 good deal as we returned. Saw the
 gorge where the dams will be
 built - a drop of 600 feet down to
 the Gordon river. Back to a picnic
 spot out of the wind, in sun. Got
 back at 6. My camera not be-
 having, bother it. A small bear
 cleaned up, posted letters, &
 pulled to bed to hear Man
 Ron to be King. Win & I both
 tired of so much activity & family.
 Tomorrow full to the lid.

Time MEMORANDA

16th

~~No~~ A letter from SLH telling
 of flash flood which drowned
 a lot of Admin block. P.O. K
 but may please 2 wishes over
 submerged. Mave bearing the
 brunt of the cleaning up.

Time MONDAY—February 17th

My mind excited, so took 1 gm. Phenobarbital
 & read a while then slept deeply until
 7:15. Then got a taxi to town at 8:00
~~we were almost ready at 5:00 when~~
 dropping Win at work. A bright
 morning. The first snow I can remember.
 did a spot of shopping, & shared a car
 with Mrs West from Hobart, & Mrs Mrs
 Evans of Cairns, a honeymoon couple &
 I think. Glorious views & weather. It
 would have been perfect if I had not
 been so tired. My camera not behaving
 so I used Win's. The sea extremely
 blue. The sea fairly calm, so the Blenheim
 Hills was not so spectacular. Port
 Arthur green & serene. The City
 Fathers want a shake-up to keep
 the rivers clean & tidy at least. We
 had a nice lunch at a new hotel
 in a superb view. The guide young,
 looked like an ex-T.B. very poor at
 his job, we couldn't hear him. Home
 before 5:15. The driver took us to our
 destination. Then in to Ella's. Win
 showed up. Then I found Reg & I were
 expected. Ella soped happily
 enough. Reg went to Gov H after tea
 & the rest talked. I just went to
 sleep for 1 1/2 hrs. Then by taxi at
 9:30. Edith wanted for Reg to
 return.

Time TUESDAY—February 18th

I slept well. Long a lovely
 day, sunny & warmer than yes-
 terday. Got to 'fast' after Win home.
 Lin went south after to New Norfolk.
 I just fiddled & loved it. Read a good
 deal, wrote to Betty, & did odd jobs.
 Had a light lunch. Left at 4:40 to
 go to Ella. I met the St. James's
 female? Warwick Humphrey, miss
 block from St. Thomas's highway. We
 took Ella & me up to Reg. Win arrived
 after pleasant evening. I did share
 after. Pleasant evening. I did share
 ordered for 10 P.M. good idea. We
 dropped Ella. When we got home
 Win gave me \$30 from Ken for the
 boomer trip. Funny had did not give
 it home direct, I thought he had for-
 gotten or changed his mind. I wonder
 if we will see him again.

HOBART.

FEBRUARY, 1969

Time	WEDNESDAY—February 19th Ash Wednesday (Lent Begins)	Time	THURSDAY—February 20th
	<p>A good sleep. Win called me & we went to Mass. The Cathedral lit up & is bright lamps ready for winter keeping the g.M. service through altar unclotted. F. leaves celebrated & we had the ashes & incense! Very good. A hot & pleasant day. I loved the service. B' fast odd job. Wudge rang & we plan to go to New Norfolk on Monday & Sat. Went to the city & bought odds & ends, & got home soon after 1. Lunch & slept till 3:30. Now made some pants, written to Shirah. Win med & hot & went to Prof. B.W. Chert tonight. I sorted letters & heard some lovely music. I rang Len before he left this morning to thank him for the cash, bless him.</p>		<p>A day at home. Not, mass. Temp 94. I felt it hot too. Woke a bit earlier, up & did the odd job. Now written 8 letters, & tidied a bit: the dress I cut out before, running from the machine to the cooker sitting room to hear the radio. Am buying Beatles to make up for all I ate last week. The man came at 2: the new supply of cherry sh. Win came home by car hot & flushed. The wind got cool tonight & sh had every window & door open, almost had some lovely records tonight. A letter from D. T. today, she finds it hard living in suburban.</p>

NESTLÉ STRAINED FOODS—in 4 oz. glass jars; NESTLÉ JUNIOR FOODS—in 6 oz. glass jars.

FEBRUARY, 1969

Time	Time
<p>FRIDAY—February 21st</p> <p>Rain through the night & all day, tonight fairly chilly. Win had my tray ready when I emerged. Spent the A.M. writing letters, had a salad lunch, & a real reading, then sewed my dress. Heard the Schubert Parats 3-4, changed, & Nir picked me up before 5, then Ella after a long wait, then Win, & to their place for tea. The children have grown a lot, & had has come out of her shell & well. A salad tea! No view, too misty & wet. I shortened Lil's dressing gown & started hemming it. Nir brought us home at 10:30, found an old lady (Mrs Beard?) in the gutter: blood on her forehead, quite depressed but condition good. Nir rang for an ambulance, then 2 men returned who had also rung for one. It looks as if she fell on the curb & broke her glasses & damaged her leg. We stayed there in the rain & a no. of people turned up, so we left them. Home by 11, quite chilly enough for h.w.</p>	<p>SATURDAY—February 22nd</p> <p>We both overslept, so did not get really going on work till 10. Win washed, I cleaned house. A wet day in spite of good forecasts, continuing. We had a late dinner while we heard My Wood, & decided to get busy on finance. I spent the whole afternoon sorting out my money affairs - B.M.B. is hard to follow. We decided to go to Northern Safari in spite of the rain. A wonderful picture. We just missed a bus: got there about 8, & found only front seats if all available. Just then a nice man handed back 2 unwanted tickets, so we had good seats. In the bus coming home a young couple gave us their seats!! could not sleep. Now neuralgia</p>

FEBRUARY, 1969

HOBART

Time	SUNDAY—February 23rd	Time	MEMORANDA
------	----------------------	------	-----------

Slept badly & have been dopey today. Neuralgia fronto-occipital. Work at 6:30, & we were early to church. David Pearce preached a valuable little sermon. The day dull & later steadily wet, & getting colder. Max sat over a radiator nearly all day, writing letters. Win put out the washing & then was sorry when the rain returned a late dinner. I slept from 2:30 till nearly 4 & felt better. Washed my head. Tonight did not go to church. Win shaved per European slides we heard Max born to the King. I finished altering Tut's dressing gown. Supper & bed. Win & I both wrote to Mr. Chambers re money

Time MONDAY—February 24th

A fair amt. of stabbing pain through the night & today, pretty well controlled by Aspirin so I isn't too bad. Slept till Win brought breakfast. A history day, slowly turning fine & late P.M. it was sunny & warm. I did a fair bit of washing & got it all dry. Walked to Madge's & found Dave already there. A pleasant lunch & much talk, though Madge's approach to life is so different from mine. We left at 2:30 & Dave & I went shopping together. Quite a lot of fun. Though I spent a fair amount. Home at 5:30 to find Win already here. Yes, I did the ironing while she was in the garden. Then at 8:30 we saw more of her slides - all of England. She is trying to urge me to go to Ella. I must do so soon.

Time TUESDAY—February 25th

A changeable day: rain → wind → sunshine → cold tonight. My neuralgia much better. Slept till 1/2 to 9. Ella rang just as I was trying to decide when to arrange to go to her. We will join forces on Thursday. Did chores, washed some handkerchiefs & sewed the rest of the day & some mending. Have nearly finished one dress anyway. Mowed the front lawn but it was too heavy & wouldn't do properly; anyway, Win was pleased. Bought more slides - Scotland & what Win saw of England after I left. Vera rang tonight she is to have a Bia meal on Thursday.

HOBART.

FEBRUARY, 1969

Time	WEDNESDAY—February 26th	Time	THURSDAY—February 27th
	<p>The days whizz past. I got chilled this PM, my neuralgia has come back, though I have sat on top of the radiator. Up at 6:30, a fresh morning. 6 people at Mass + Fr. Peart + Kenner. Tom well before W in left for school. Odd job, read Education Minutes in the sun. P.M. had a day, at last finished our park. Had a lot of music, finished mowing the lawn. Harold came for an hour, want me to talk to all the young things on Mothering Sunday. Min went to Fr. Peart's speech night tonight. I had more music, sorted photos + cut out another dress.</p>		<p>bold still though the sun can be a bit warm. Woke at 8.15, had a coffee, did job, caught a bus to town by 10. The nice conductors wanted for me at the corner. Packed the parcels to home. Mary Carolyn to the bathhouse, met Ella inside Fr. Webber celebrated. Gwen Gillham there. Then to the ABM morning tea. Ella started us a coffee. We then + Eve, Miss H + Bp. Cranswick, talked + them. Bp. George Cranswick wife is dying of cancer. Ella + I went shopping, I got a bathing suit which fits! Cost \$6 but I want to give it to me. Home. Ella is having her house painted in side, all in a pinkish cream, which will lighten it up a lot. Dinner, sewing + talking till 5. She is needing new attachments + responsibilities to fill her life. Home to find a cheque for BM, but no statement. Lovely tea + strawberries then music esp. Kathleen Ferris + Patricia + cutting out another new dress. Tot sold to sew the one I cut at last night.</p>

Time **FRIDAY—February 28th**

A quiet pleasant day, but cold
 Sunday. Odd jobs. The mail brought
 Win's slides - many Port Arthur
 ones over-exposed badly as I was
 setting the camera wrong. I read
 from Diana, & letters. Minutes
 from the Alf I sat in the sun to
 read them. P.M. did some sewing
 cut out the spotted frock which
 was difficult. Took an egg, did
 morning, heard music. This wants
 me to go to Glynda, but Win
 happy to have her here, & I
 would asked her to come here
 direct from Melbourne. Now
 packing. Frank Harold, said
 I would speak 2nd on weathering
 Sunday, but got Win, me out
 of a whole day at the Harold's.

Time **SATURDAY—March 1st**

I could not sleep till 2 A.M. Woke at
 6.30. We got away nicely at 8.5 to
 catch the bus to town. The Cooper's dinner
 was late, & we got away at 9.15.
 Win knew a number of the people,
 including Elsie Stokes who looks so
 nice. A cold sunny day, much P.M.
 A glorious run to Traralgon then
 after morning tea on a launch to
 Maria I. - the first real tourist
 trip as the Coopers came too. The sea
 fairly choppy & 2 people felt queasy.
 We got wet, but I enjoyed it. Nice
 folk on the boat seeing to our com-
 fort. We had a picnic lunch in a
 square facing an old convict penitentiary.
 Not of old buildings around. Then
 we walked round a hill, saw some
 glorious views in a great headland,
 then the cemetery - graves of young
 people who died in the 1820s, & came
 back 4-5. The sea calmer. By the coast
 here by 10 to 7. Win. I are in No 5, &
 I think I'd Win. I had no. 7 before
 a slow but delicious dinner then
 to the other hotel to find out about
 the N.G. man who knew me - but it
 was Gilly he knew. Walked home
 in the mist - could not even see
 the man - was in bed in passing
 way. Had even looked at TV
 for a while.

DEVONPORT.

Time

SUNDAY—March 2nd

Time

MEMORANDA

Slept well, but wanted more. Had my shower at 7.30, then had breakfast in our room, & were so only just ready to go by 10.0. Misty day & the sun steadily coming through & the brightness behind us all the way till we reached here in bright sunshine & blue sky. The trip from Bicheno glorious even in dull conditions. I thought much about returning to Bicheno when the time comes. It has an attraction other towns have not. Elephant Pass is impressive going W even though we looked back for our view. A long pause at St. Mary but the Dr. was not available, so the sick kid came on, was admitted to Hosp. in 2' hon. A wonderful luncheon at the 2' hon hotel. I ate an awful lot. Wine. I tried to visit Holy Trinity but it was locked - all doors. Left at 2, crossed the Bahman Bridge after taking a picture, & to Exeter, on here. Read a bit on: off. The hotel is just behind the POTubing Rooms smaller, getting steeper than at Bicheno. Got here at 11.30, supper & changed, went exploring

Stang Pades before dinner, served Miss MacMichael got to church late: sewing at dinner was so slow. Went to St Paul's a nice church but the Rector, the service depressingly soul-less. Advertising a Betty Graham Cruise this week. Pades was waiting outside & took us 3 up to his house - a nice one in a lovely outlook esp in the sunset: light reflected in the water. Mr W. looks well but had a st. stroke, is in command of himself: he is deaf, but it was lovely to see him again, & talk old days: Greek. He gave me Xenophon in English translation. We refused supper, & he drove us home by 9. Miss to sit up in bed & read.

Time	MONDAY—March 3rd Labour Day, Tasmania and W.A.	Time	TUESDAY—March 4th
7:15	<p>up at 7:15, ready for b'fast by 8. The rooms are skimpily, the fittings & services very slow. Elaine Stokes was paid for b'fast before 8 & got sewed after 8:30 & left the table at 5:40. Win. I was later still. Much complaining. Off at 9:10, in dull weather that cleared. To Sheffield, Mt. Roland cleared as we watched. No Gornie Mark but did not see the dam, & round the mountain over a great crest, on to King Solomon's caves, very lovely & change. Narrower than I expected, but well paved. Temp. 48°. We were slow & there were so many of us. Left at 12:15 & to Deloraine by 1:10 for lunch—a 4-course dinner—at the Golden Fleece Wayside place. It was slow but everyone really looked in to serve us, & it pleasantly, & a delicious meal. Off at 2 to 3, & over the 4000 ft mt. to Great Lake, & along to W. shore to Meina & a lot of huts along the shore. A quiet supper at Meina, home through Bothwell, Kilmington & Great variation in scenery all day. Home after 7, & friendly farewell to all. Home too full for food. Letter from Betty. Unpacked, Mary Ray came over. Greeted Mrs Ball, a supper & glad to get to bed.</p>		<p>A full interesting day. First I was sun & chilly wind. B'fast on bed, did my chores & went off to town at 11:15. Did business for Win & me, & walked round town a lot. Went to Bonnas, & found the Leina place & got my passport photographs taken. She took 4 shots. Saw a Leada on 2nd hand for sale next door in a funny dirty run-down place, but it was so terribly heavy I gave up all idea of buying it. Home at 2:15, late lunch & a book. did some pressing & sewing. I brought home some strawberries for tea—huge & delicious. Win went to W.A. washing & I rang Pat: to go to lunch tomorrow. Wrote at long last to Freddie & Elsie & Win. I looked at my 9ford slides about half of them are good. Cold tonight, & rain promised.</p>

HOBART

MARCH, 1969

Time

WEDNESDAY—March 5th

Time

THURSDAY—March 6th

It was half-dark when I got up for Mass. A fresh, cold sunny morning & Mass is good. Had a busy morning as odd job. & left at 11:30. I did a spot of shopping in the City, & caught the 12:10 Sandy Bay bus to Pat. She was waiting for me, & drove me to her nice new house, but the view is blocked out in the next row. Pat told me of the hard month waiting for Tom & her father to die. She is thin but more robust & self-reliant. A lovely bunch. Tony came in - long haired but like Pat. She drives to Town to go to David. I like her unit in much except that there is little view & the porch may be built out. It is compact but seems spacious enough. Back to Town at 5, shopped a little, home at 6 to 6. We went to Far From the Wedding crowd" a nearly empty theatre. I could follow the conversation much better than in Moreauy. Excellent film, & Win loved it. We eat in some Friends' staff.

Home by 11:5.

Went to sleep in. Soon after Win went to work, Clyde's Edna rang up. They are on 3 1/2 holiday, mostly at Melbourne & their John & Joan they came to see us at 5:30, stayed an hour. Edna leads the conversation & but in a Clyde who then repeats it after her. But he is patient enough. He is carpenter at the Alfred! And Joan named there. I spent the AM on job & sewing applique. No mail. Mrs Darwin was late calling for me, but came at 12:25. The Tim is doing Secret Engineering & makes and invent special equipment for schools & university. She is a nice soul. Mrs. Haig, Miss H, Peg. I was there for lunch: Joan could not come. Vera had a delicious lunch - chicken, ham & salad. Much talk of all sort. Left at 3:30, got her in time to let in a man to see about the hot water system, at last! Fiddled in sewing till Clyde came. Win & I had a picnic tea after they went. Then she ran off to P. B. W. Club. I washed up & did a spot of sewing then wrote to Mrs Bequest, Len & Pansie. No letter from S/LH for a month.

MARCH, 1969

TA 1804

Time	Time
<p>FRIDAY—March 7th</p> <p>8th</p> <p>Got off to Town at 10 to 11, collected my watch. Mr. Dant is interested in it. Collected both light meter & was told mine is in a bit bad state, & Win's repairable, mine not! Collected Mick & ad. barag, took from PBS, ran into Jim Smith & talked. Home by 1, lunch & odd job. Ella came after 3:30, we had a supper & talked. She gave me \$5 towards the bathing suit. Got dinner under way. Reg. Edith arrived at 4:30. Win at 5:15. Much talk, & nice meal. Talk, sewing during the evening. I able to cope it's that awful & must-escape feeling so I must be better. Am to go to Ella on 21st, we go to R. G. for dinner on Friday week. They went at 10:30. Did not sleep well.</p>	<p>SATURDAY—March 8th</p> <p>Breakfast in bed at 8:30. We slipped in to work. I cleaned the house right through. Windid washing, cooked dinner & odd job. Cold AM but warmed up P.M. I got on to letters. Have written again to Chamber. Then sewing & have almost finished the blue dress. Even mowed the grass down the drive. Stayed in for tea. Win joined while I sewed then she put on a Beethoven record. I was just thinking how pleasant it was to have music at home alone & Win when the doorbell rang. Harold & Maria! They chatted & had supper. Win put back the clock then went back to Beethoven, so of course I did too, though I had promised myself that extra hour's sleep! Anyway a good day.</p>
<p>In morning rang & met Thursday. I mentioned buying a Eustetone, for rang the manager who will let me have a new \$1265 one for \$198. & teach me how to use it. Am thinking about it but have only Dant's Reg. \$400 towards it. T.M. suggested using the boy's legacy but I have my doubts about that.</p>	

MARCH, 1969 M

HOBART.

Time

SUNDAY—March 9th

Time

Time

MEMORANDA

Time

Time

Quite fine & warm - a mist at 4 P.M. up early for Mass - Anthony MacDonald celebrating & pretty certainly recognized in the past looks his 65 years. We made another gooseberry fool. I took some of my boxes of books out on the lawn & went through them. All in very good condition and only one subversive. I sorted a few out to give away. I had a keep in mind planned to have an afternoon reading, but finished my dress first, then stayed to music. Got into the book as history, a good one. H.V. Morton could have written the bit on Mr. A. Light peg. to E's song at the cathedral. A long wait for a bus before & after. The Dean preached well, but brought in missionary doctors & ST. along in salvation Army people as living sacrificially. Saw Chwin Heyward after. Lail rang up girl at Mass Bon to be King began - she is coming on Tuesday per Aunt M. I've a lot to do before then. Bob Brumby died last night.

MARCH, 1969

Time	MONDAY—March 10th Labour Day, Victoria	Time	TUESDAY—March 11th
	<p>A day at home. Win brought my liped at 9, though I had told her not to bother about mine as it is her early week at school. I got an early start. Did jobs marked up the boxes of books again, & hid my thumb-nail. Kang & her sister, she is to come for lunch on Thursday, probably Mrs. Naigh too. Kang & Mary who will bring them up here for the meeting. Prepared the talk. Did lots of sewing, wrote to Mrs. Ackhouse Mr. Bunting. Marion & Les rang to ask me to visit Norfolk on Sunday, but I have the all the do on my hands. Win take home after having her hair permed. A salad lunch, salad dinner, but I feel better now I am not stuffing myself. food. Mr. Chambers rang Win re the money from Lill's estate. There is a lot of money owing Win thinks my letter pushed him into action though he did not mention me. A late dinner. I have been sorting photos for some day, a slow business. A hot day. I enjoyed it, did not wear stockings. No mail today.</p>		<p>A hot day, & still warm after a good old thunderstorm at 4 P.M. No W. to tonight. Off for Mass, a quite high-falutin' one at La Pan Shanty in F. Street celebrating 30th 3rd in congregation + sewer. B. fact cleared up & got Lill's room & mine ready, off to town at 11.10. Did some business, read to O.B.M.s & did not obey a bunch to go straight to the Theatre bookings & thereby ran into Phoebe Gordon! Didn't recognize her. She looked quite dignified & serene but Win says she still drinks heavily! There is quite a nuisance at home. Bought a Noel Howard book as a bargain. Got bus on time. I was waiting at the wrong place while she waited by the bus! Home by taxi, long chatty lunch! Still have talk while we sewed, but came at 5, stayed an hour. A much more mature kid than she was before might we have looked at the Holy Land slides. Lined. B.M.B. sent a statement of work. Must go to see them. Win says Phoebe rang the school this P.M.</p>

HOBART.

MARCH, 1969

Time	WEDNESDAY—March 12th	Time	THURSDAY—March 13th
	<p>Woke early. Prayers & read Mance's Letter. Communion in the area today - budget out on vehicles, phone bell out, radio under repair. Messes of irons up early for shower. Leil had 6' fast in bed. Lill came at 9:30 & took us to talk. Tushles. Lovely materials & cheap, & it was great fun. I got dress length for the girls. Leil bought me a beauty. Home to morning tea, then Lill went & Leil went in to old 6 lines. I got my Asian plus anti vaccines. Lunch, we sat over a radiator & did odd job. I rang Mr. Fyfe at B.M.B. I got a mail a photographic report & some helpful information & the promise of interest in my \$1000 for the 3/2 bet. After paying up, the next morning Lill moved up again for afternoon tea & I did a spot of sewing. Tea, to as you like it, very enjoyable though some of the abby was a bit sub standard. Home for tea: Betty Lorraine & Mrs. Lill.</p>		<p>Slow in getting to sleep last night & woke early. Prayers & went through my talk before getting up for shower & 6' fast. Telt tried & still were tired by 4 P.M. - maybe the injection contributed to my fatigue. Lill did not go to the meeting. I got off at 4:10 for St. James's. A lot of women there: all in pleasant, but late in starting. I think it went well. I sat: Ella during the meeting. Mrs. Kenyon visited me to the dinner tonight, but I began off. Mervyn brought Vera & Mr. Margie & one friend, stayed for a supper. I took away the books for Mervyn to read. The lunch went well, Lill had set the table at 3:30, & they went 5' after tea. I go there tomorrow. We had a cuppa & I read my mail - one from D.O. & one from Bob, & cheque from B.M.B. I had a rest while Lill made letter dinner, sewing. Bed early. Mrs. Bignall brought me some strawberries which we had for tea.</p>

Time

FRIDAY—March 14th

omit

Time

SATURDAY—March 15th

omit

I woke at 5.30 - can only sleep when I have my responsibilities, - I had a wonderful sense of serenity with God keeping me above earthly worries - as usual it was the prelude to trouble. A letter from Irene telling me of all the aspects of S.C.H. - Gaster, Hugh in ship, Byron also who has left. No time to think about it. I got the job done & sent. I went to town about 11. A warm → hot day. Cool change & thunder storm promised but did not occur. We shopped & enjoyed it, & went to Tead 12.15. Breakfast here is a full sized dinner. I stayed off after it while Lail talked to the others. Evelyn drove us to town at 3.30 & we shopped again. I got some of the things requested by the girls, + 2 brasieres, & collected my typewriter case, promise to Lail got 2 bags of back ch. to grow picked in, so we had a load. Macaroni & tomato sauce for tea, & we went by train to the Orchestral Concert. I realized & surprised that it was my first. I think Lail was not keen to go but seemed to enjoy it. Fascinating to watch, & a very good programme, Haydn, Mozart Concerto, Brahms Tragic Overture, Beethoven's 4th Symphony. I wore my glittery dress.

Getting steadily colder today but fine. I woke at 5.30, said prayers & asked for guidance over the S.C.H. situation & planned to write to + D over this week end. Left at 7.30 for shower & took Lail's 10' pack in. Win off beat, maybe because she forewent her sleep. Lail cheered up. Lail got off at 9.15. I sat at my muddled bed. Lail & I moved back to my room. Win to bed more orderly again. Cleaned the house. Win washed. Mrs. Johnston came in & asked us to Birmingham tomorrow. It seemed right to accept, though it crowded out letter writing. A lovely dinner of roast beef. Very tired; that feeling of mental strain. Slept till 4.10 in the sunroom, while Win gardened. Then sorted photos & prepared talks for tomorrow. Win rang Nat who is back from Hospital. Breast condition a cyst: she has an ovarian cyst or tumour & is for surgery & hysterectomy in 5/52. Tella to be at the hall Wed. So my visit to her postponed to my great relief. I can get on to my neglected jobs (+ reading) & have a peaceful few days. Did some dress-making tonight. Heard a lovely concert, to bed early. Still tired. It was lovely to have Lail but am glad to be alone: Win.

Am very tired, I'm sleep in in sight. Am sorry for Win missing this.

MARCH, 1969

HOBART

Time

SUNDAY—March 16th

Time

Time

MEMORANDA

Time

A really lovely day, weather glorious too. Mass: Dean celebrating spoke of changes in the Liturgy to come. Got Sunday Bake. Mass at the 8:30 bus & so got to town home. I picked the crab-apples for Min to take to school, because the sun was so nice. Mrs Johnson called us at about 10:30. We went to Longford via ? Point Pearson, glorious views & I got a number of snaps. They had a delightful lunch at C. - all mod. food & picture windows. We had a delicious salad lunch (exquisite) & went for a walk along the beach. The day so pleasant. They dropped us at Harold's at 4:15, all to at 5:15, a nice crowd of youngsters even a mini skirt & young Mary was about as nice as she could be. This a nice kid a little like what John was. I showed them SLH. They asked questions. Then Miss Ekong & Frank & Linda - farmers; Harold taking the service. I went on too long, but I think they did not mind ask for prayers help. Fr. Wren kept the slides to take copies. Then they Harold brought us all home, but stayed here all day. I v. tired. Talking of Holy Eucharist.

MARCH, 1969

Time MONDAY—March 17th	Time TUESDAY—March 18th
<p>A day to myself, but well occupied & little to show. Warm & delightful weather, I have not worn stockings even this evening. Win brought 6 part at 8:30. I did job #11, a letter from Janet about SLH misdemeanors, & this PM I took about 2 hours to write a letter to +D & cc to Jeremy, Janet. 9 AM walked to North Hobart & back for the pleasure of it, banked my Esanda cheque & got information from the P.O. re N.G. parcels! Mrs. Cab there too, spoke to me. A large bunch 1-2 slept 2-3. Win came home early, I took some beans to Mrs. G. & packed my letters. Tonight have fiddled & sewed, checking finances etc. Still tried to hear 2 records Brahms & Beethoven that I may bring from the World Record Club.</p>	<p>Another hot-warm, humid day. Left a bit earlier, did my job, then looked for some missing money, found my NSW Bank Passbook missing & also my N.G. string bag. Hunted for them & successful so that I decided to go to Town, N.M. Got a dress, dressing gown altered, mended & put away. To Town at 10 to 2, took out at B for Savings, but I withdrew some money there & walked into Town. I need need-plates in case of need. Got Mr. Lane to straighten my glasses, also clip one. Home at 4.6.6. Have done some sewing, not much else. Did play labine to music & to bed early. I got worried about the last book, got a headache & felt too confused for a woman of my age. It quite put me off my stride. Lined tonight. No letters written & little done.</p>

HOBART.

MARCH, 1969

Time

WEDNESDAY—March 19th

A warm morning. Rain at 9
made the temp. come down a little,
& muggy tonight. To Mass, the same
group of 6 young things there, &
good. Got an early start on job.
Looked for my Pass Book & result,
& rang the Bank this PM about it.
I packed up the bit of material
& kitchen things for Mavis, just
7 lb. Began to write when Fr.
Warwick Humphrey called, stayed
an hour. He knows a lot of N.G.
Staff, is clearly interested. Got
4 N.G. letters written, & at 4
packed them & the parcel, did a bit
towards dinner & did a bit of
sewing. Win came at 5:20 & the
Malayan girl — actually $\frac{1}{2}$
Bengalee & $\frac{1}{2}$ Chinese. Very
charming, self-assured, talkative
— yet I found her fatiguing. I
wonder if I am too wrapped up in
my own affairs? Win organist
& delicious tea, they went off
to B.W.P. Club at $\frac{1}{2}$ to 8. Peg
New rang back for a piece
of last Thursday, so I did & bought
& thought out plans. Several letters
today. Elze wants me to stay
her in Bursane, bless her. John
& Nancy W. with in Melbourne.

Time

THURSDAY—March 20th

21st

It has proved cold. Did useful
job in AM — sorted out cash for B17B,
sorted letters, & did more sewing
berry dress till 3-30. Went to
Town, saw Mr. Fyle who was my
patient, & he found my supposed
missed payments had been paid,
but I was due for more interest.
He said @ 7% but the money was
not lent out for that period, so
was only due for Bank interest.
Anyway it was another nearly
\$4. Got my watch, necklaces &
met Win, & she went to Elsie Stokes
she has the old-fashioned shuff-
up type of living room, sitting and
dining, but pleasant. A delicious
meal & pleasant evening. Nolda
Stokes (W. El's mother) was there
& talked & talked. Home by taxi
soon after 10. Tired again.

MARCH, 1969

Time	FRIDAY—March 21st	Time	SATURDAY—March 22nd
	<p>Cold again. I spent the day over radiators. My a bit late, got Dew on the phone, so all 3 girls came to lunch. Got things prepared + a bit of sewing. Dew came first, + talked while I fixed the salad. She thoroughly enjoyed her trip to the 3 capitals. Talk's Mary arrived together. All went well. I think they enjoyed their first year. They insisted on washing up, + went at 13. I read Gene's + Marie's letters, sewed, had a rest. Walked to Ella's at 5, glad to walk, glad of my heavy coat. We passed to Reg's + looked at the boxes of books but none are mine. He also found the deeds of Wand's house! A pleasant home, nice dinner. I finished the pack + filled + threading necklaces. Home by taxi at 10:30! Refused the invitation to talk to U. N.</p>		<p>Not quite so cold. We were rather late up. We decided to wash, so was busy + that's preparing for tomorrow. I cleaned the house out. Queen rang up: we are to meet one day. Win told me she may not get her Easter holiday as Jack Ansell's has to go to hospital. But Coopers are running flights to take better on Easter Monday. Had nice dinner, but I got my hair washed before. Not washed up till 3. I dried for a while, + got the clothes in + ironed. No lettered weather! Tonight I worked out my flight to return, + cut out a nylon flock - quite a job to get it out! Late to bed.</p>

HOBART - TOORAK AV.

MARCH, 1969

Time SUNDAY—March 23rd

Time MEMORANDA

Nal's birthday. Slept brokenly, woke too late for a shower. No 2 to 9 bus so we started both ways. The motor spoke a long time in 2nd series. Quite a busy morning; the rooket, I did vegetables, and table etc. I got 5 short letters off. The family came about 12:30. Nal is edgy & unhappy over the coming surgery, as the kiddies were snuffed at a bit. A dull morning, lovely P.M. Delicious dinner. Washing up done by 3. I slipped off to bed down, did not know they were planning a drive. I don't think I kept them waiting long. Andy a bit assertive child, but quiet. I think easily quelled. Did not respond to my advances but willing enough to make them herself. To Haystack, back here for tea. Win, E. I over drove to St. James'. Fr. Lewis preached a well & a good service. Poor Hugh seems to be having a tough time. The Johnstons drove to home. E. I saw a bit of others then heard Man Bom to be King. I sleeping in a tiker of a room - dining cum bed cum dumping ground. Let had this room while we were in England, I think liked it.

MALTOGEN™ — rich in vitamin B₁, stimulates bowel motility.

MARCH, 1969

Time	Time
<p>MONDAY—March 24th</p> <p>Slept well. Said prayers & was reading before Ella brought breakfast. Given range to say the car was 1/5 so the picnic was off. The weather fine & mild, so we went to Town. I think to enjoy it I looked my flights on TAA. The DBS. we ran into to Peace & talked for ages. Left my camera for repair & perilled in a flight for Win Home for Easter Monday. Have to Benalla to get my Paludrine, found 4 letters, one Miquel from Fresno SLH factor which has been taken to a pos. A late dinner, had a short hoop. up, then went to Fresno on the big hypermeter in John's room. Cuppa, posted it, then wrote 2 more. Light tea & brought bar thread my green beads, cut out 2 pairs of pants. I find my best dress is light, so must cut down on eating. Ella pretty bright, only always getting back to discussing her pet worries. She is giving me a lovely Schubert record of Oscar's.</p>	<p>TUESDAY—March 25th</p> <p>Another sunny, warm day. Slept till 8:30, prayers & b'fast. Comfortably ready by 11, & Mr. Terry picked up Ella & we soon after 11, parked her car in Mt. Hobart & we went to the City by bus, to Cathedral. A good number there, including 2 R.C. women/writers. Jim Smith preached on the humility of Our Lady but failed to explain what humility is. I left them to their Quiet Day & went hunting for beads & a couple of things for Win Home here to a late lunch, then wrote letters till Ella came home, & after. An evening dinner, tried again to thread my red beads & wrote to Nancy White. A silly thing on TV till 9. Ella seems was cheerful, but is concerned over Ned who go to Hospital on Sunday for surgery on Tuesday - hysterectomy, apparently. We saw a lobectomy on TV in the Live-Up session!</p>

HOBART c/o ELLA

MARCH, 1969

Time

WEDNESDAY—March 26th

To Mass at St. James's, Warrent
celebrating. Got there just as a
storm broke. Mrs Saltmarsh
drove us home so kindly. Ella
showered her top coat & I made 2
pairs of pants. Went to ~~friends~~^{friends}
to pick up my mail - pages,
pages of minutes from L.A. so
much it is hard to follow, let
alone remember. Glad of a sleep
after lunch, sat in the sun
in E., read minutes. Win
came to tea. Sewing finished
pants & red beads bought &
saw some T.V. - example of a
woman going for her 5th
abortion. Very funny short
comedy - did bottled some find
No letters written, nor
books read. My bad nail
has come off at last.

Time

THURSDAY—March 27th

Another fine day & pleasant. B. had
in bed last, I got up, did the
washing up while Ella went to get
the dog's cat's meat. We went to
Town at 10:15, she for x-ray. I to Collier
had morning tea & Win's offering,
gladly received. Talked to Vera: (he is
back at St. Andrew's Brighton, E.)
had morning tea, went to lunch & did
some bit of shopping & sat in the
library for $\frac{3}{4}$ hour. I read a good
book in but from Prehistory to 13th C.
To the doctor to see a funny doctor
practice, we ate bananas while we
waited 13 in the theatre. Very
funny. Ella, I both had a good
laugh. I came home to N.T. ran
into Hugh H. who let me drop my
things & took me to see Gerald Dally
& St. Andrew's (so good) & opened up in
some of his trawlers for last.
Watched T.V. till $\frac{1}{2}$ to 10 - a Shaklo
Holmes & celebrity concert - & cut
out another pair of pants. Am
not especially pleased either of
the other two. Have gained $2\frac{1}{2}$ lb.

MARCH, 1969

cp WIN.

Time

FRIDAY—March 28th

omit

Time

SATURDAY—March 29th

omit

Am glad to be back at "Bunell's"
 Breakfast in bed at 9. Ella went to town
 by taxi at 10:30 to shop. Val & sister
 solicitor. I washed her nightie, did
 vegetable, vacuumed that cluttered
 room & I wrote 3 letters. Val & her
 came back & E. quite late, had lunch
 & went. N. is a very dominating young
 woman. I don't like her language, but
 if it is the done thing. Lunch over
 E. I had a rest. Gwen & Lilham came
 leaving Heather in the car, so we went
 up & chatted in the cold wind. They
 were going somewhere for a picnic
 aft. tea. We had a supper when
 they left, Ella made a cake. I
 packed, & walked back her. E. gave
 me some big mushrooms from her own
 lawn & I had them for tea. Lovely to
 be back exchanging news & Win.
 We changed into glad rags - I in my
 glittery frock, Win in her burgundy
 & by taxi to the Theatre. The taxi was
 20 minutes later & we got there just
 before the Governor. 2 in different
 Ballet - Arena modern & trim.
 Musical - no poetry except the gas
 of their movements. Then Giselle,
 delightful in all ways & exquisitely
 danced. acted. A Mr Spalding
 drove us home. Guffa & ^{much}
 talk.

A lovely sunny day & warmer. up
 late, did a spot of washing & cleaned
 the house in a scrappy way. Win
 did peaches for bottling. A nice
 road dinner. I heard my Wood Letter
 from Nance & another cheque from BMB
 unexpected. Nis picked us up at 2:30
 The party went well & small child
 ren & 3 older ones who ran the games
 & did a splendid job. Win helped a bit
 looked on, & had a large aft. tea our-
 selves. Andy thumbed to her grandfather
 present, a board for making patterns
 & coloured pegs. Nat dreading the of
 Nance at 5:30 after dropping Ella.
 did a bit of ironing. Win picked
 some delicious strawberries. Nance
 brought. I got sewing ready - pants
 & my fur dress. Very tired & heavy-
 eyed. I don't know why. Reading
 Nancy Spain's book.

NESTARGEL™ — for the control of habitual vomiting in infants.

MARCH, 1969

HOBART c/o WIN

Time

SUNDAY—March 30th

Time

MEMORANDA

Quite a cold day, no sunshine.
Up at 7. Mass is good. Joan left
me a note - \$5.00 in it from W.B.
pleas her. We just caught the bus
home. I have spent the whole day on
off writing letters, including one
to Major Lewis. The others are short.
We thought of going to church tonight
but decided on a fair - stuck to it.
Win did the lawn. I had a rest &
sleep after lunch. Reading Nancy
Spain.

Found my missing Pass Book
and \$10.00 as I was going to
bed. In a drawer in kid's room
with her things in. Lous Dec!

MARCH-APRIL, 1969

Time	MONDAY—March 31st	Time	TUESDAY—April 1st
	<p>a happy day - r a cold one. Madge rang before I was up. Left for Town at 10:15, went to the Bank & they advised Samarai for me, & let me draw money. Shopping till after 1. Don't know yet about Coogan's flight on Monday. Got some Library Books for Win. Last bunch of huge mushrooms bought @ 25c each/lb. Washed up, washed clothes, lay down in the sun in the sunroom for about an hour, finished my pants & started the pretty nylon sock. Win & I hurried to tea & walked to balcony to see Nat. The family there too & drew us pants. Balcony is very nice. We looked at my slides that came today, my old sentimental ones, then a collection of Win's. Muddling over the radiator bundles. Win wants to give me \$2000 for the Gestebeener.</p>		<p>Cold again but the sun was lovely. up at 6:30, forced a shower & the radiator on, & to Maas 51. for Nat. Had job. Ella rang at 10:15 to say all was well but Nat was in a hell of a mess before they operated. Walked to Madge, had coffee & talked of illegitimacy etc. she gave me a book of exercises. To the Bank & banked my cheques. Home to pick up mail - letters from Gene, Maes, Gaspa is packed. Am a little surprised but think it is right. Lunch in the sun, did a pot to the green nylon dress, changed. to Town at 5. Collected my camera, & even fitted in a bit of Ewingsong. Win & I caught the Tarona bus at 5:34. Glorious colours in the sky, river & sunset & a full moon just up. The Cheesmans were to think pleasant, we had a delicious dinner. Dr. C. quite a pet. Billie drove us home at 10:30. Win looks best.</p>

HOBART.

APRIL, 1969

Time	WEDNESDAY—April 2nd	Time	MAUNDY THURSDAY—April 3rd
<p>up a bit earlier, & went to Town at 10.40. No one has booked for Monday's flight to Lake Pedder so it will probably be off. I went to Mothers to ask about Banda duplicators. None in stock but saw the lists for \$160. priced paper &. Tried to get a percolator for Win. One at Davis's only \$2 but not quite suitable. None at 1.30, lunch & bit of sewing. Felt tired & vaguely anxious all day. Had a rest & felt better sewing letters. Win came home late. Tried & did not go to her meeting Queen rang. I went out to post Papuan letters in the cold. Have written letters, read an AMJ & played Nohemi & Kathleen Ferriter's glorious voice. Val doing well. Have been asking grandma about Lill's namaji. It seems right to reveal it in NSW Trust rather than let the Mission have it at 3/6.</p>	<p>Win. I both went to Mass at the Cathedral. Cold but sunny. Later the sun was delightfully warm. Could not worship but felt an assurance that what I offered God accepted. None for companionship to fast. Mary Kay came in for a few minutes making us later leaving for Lill. Techie! We got there at about 10.30. Win got nice curtain material & 2 dress lengths! I wanted a parcel for Mame, so bought a patchwork for the Whyatts at \$2.00 & got the last parcel - lovely job in G.W. Win is pleased with all. Got a supper in a shop, then to Moorah shopping for groceries, called to see Barbara who doesn't go to the shop much, & came from Liden. A scrumptious lunch. Mame & Les rang & we go out to them on the 12th. Win went to see Val who was pretty flat. I had a bit of a rest, sewed 7. Rang Logan & no takers for the S.W. flight, so scrapped it & rang the Turgid. Barbara after Win's return I went in & got my ticket for Washington Monday. Am sorry but we save money. A nice dinner, have done bit of sewing & heard the glorious 9th Symphony of Beethoven - still tired. B & B sent the cheque for Lill's estate & I am to have \$1,934. Dear Mame sent \$10.00.</p>		

"LIQUID LACTOGEN" — contains mixed carbohydrates, Vitamins A, B, C and D and organic iron.

54 Am thinking of buying a record player

APRIL, 1969

Time	FRIDAY—April 4th Good Friday	Time	SATURDAY—April 5th Easter Saturday (Easter Eve)
<p>Left bed 8:ish. Win brought me a cuppa. We had another at 11:15. Atheris I fasted I think Win had a piece of toast she kept silent except when I broke it, but I think found it a strain as she did at all St. Margaret Street. Read St. John's Passion, up & washed some clothes & did some apples. No letters written! We caught a bus at 1/2 to 12, ran into Dan leaving the children's service at the cathedral as we arrived. Ella was there too & the kiddies. The Dean read account of the Crucifixion from a no. of writers, inc. Dag Hammarskjöld. It was magnificent till the last reading which was too heavy for wearied brain. Dorothy Stephens drove us home & we had chance to thank the Dean. She came in for a cuppa & stayed quite a time, glad to, I think. I did bit of mending & sewing till 6 & we had tomato-macaroni for tea & then progressed into the cathedral for Schütz's Passion. Other things the singing excellent, & the whole thing well done. Sera there: Ian - Oliver & sons taking part. Harold Morris drove us home, stayed for a cuppa & Man Born to be King. Feel somewhat rather played out. Lovely sunny day & multicolor tonight!</p>		<p>A bright, sunny day. Up pretty late, & read The Bible as history in bed! Win did washing, some cooking & cooked a shock drink. I cleared out the house. Late dinner, then I went to see Val. Found all the family there & Val feeling wan, & hot flushes after her oophorectomy. Stayed only 1/2 hour. Talked to Win about record players & later went to ask Julie to price them in Las. Went to New Town to buy Val some oranges & got some letters written. The days are drawing in fast. Tea by the radiator. Bit of sewing & cut out pants from the pretty blue stuff.</p>	

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

APRIL, 1969

HOBART.

Time	SUNDAY—April 6th Easter Sunday (Easter Day)	Time	MEMORANDA	Time	Time
	<p>A lovely Easter, & the Cathedral services glorious & full of joy. Weather variable, not so cold, a few showers. Ella, Niv & the kids at the 7.45 service. The Bishop celebrated & preached. I could not enter into it as fully as I wished, but brought out E's song chain & people all sang praises to their heart's content. Niv drove us home this AM. We got things done for dinner. I wrote letters & did a bit of sewing. The family arrived for dinner at 25/01, F by arrangement waved to Nat at 1/4 to 1 of she waved from the window of her ward. Very nice dinner. The family went at 2:30. I glad to get in a bit of sun. We played the Brahms' Concerto at after tea. I love this & it is much. I have typed the list of records I want to buy - it will be about \$25.00! After E's song half cut out another dress & W in permed her bedroom curtains which are going to replace her bedroom no end. Vera Jan & Oliver at church tonight. Vera wants us to go to a film on Wednesday.</p>				

HOBART.

APRIL, 1969

Time

WEDNESDAY—April 9th

Lunch a day. We both overslept, & had to hurry to be ready by 1/2 to 10. In Mervyn's deal on truck. We went to Mr. Crawford(?) the Gesteher man, & pleasant & too persuasive. He showed us the "300" gave me literature on it. It seems clear it is better to buy in Brisbane than to friends. We couldn't make much of the Bandow. Then home as I had forgotten my Bank Book, so we all 3 had a cuppa. F. M. dropped us in town at the B.P.S. Mervyn dealt the aff. of Lil's estate & then we went to Bank of N.S.W. A nice chap Foster faced us with 9 months trust i.e. we get about 7 1/2% interest, & we both arranged for interest to be added to capital. What is 1800 units. A quick lunch, & we met Vera all the way to see the shoes of the Fruehman. A wonderful film. The Dakian operated marvellously in the filming. We dined home, brought Vera to tea. Mrs. Saltmarsh took us 3 to the ABM WA meeting. Pleasant, & everyone re-elected. Supper at home. John Atkins in the chair. We saw the Budget film.

Time

THURSDAY—April 10th

I get it sleepy. Slept in bed with brought to bed at 1/2 to 10. Did a spot of washing, peeled apples for stewing, finished washing my pants, sorted out my cash. In Mervyn rang to say Gesteher have an almost new 300 for \$130, will forego their commission & guarantee it in good order at the exact amount I have in hand. God is good. We agreed that the boy's legacy can pay freight & basic supplies to go. It. Win did gooseberry fool for dinner, delicious! I walked over to see that while Win cut out her foot. Wal much better, & we chatted for an hour. Went to St. James's & collected Lil's prayer book & left there. Home for cuppa, sewing, & wrote to John. Running more or more steadily & we faxed to the Theobald Royal to see the Engel family - perfectly charming the show & its presentation. Posing again so we faxed home saw Dorothy & Wendell that was her husband. Miss Looking couple.

"AROBON" — replaces lost electrolytes and aids normal peristalsis.

APRIL, 1969

TRABON

Time	FRIDAY—April 11th	Time	SATURDAY—April 12th
------	-------------------	------	---------------------

I was so aware of Christ trying to draw us all to worship God in my prayers - the usual feeling of apprehension. Win. I got off to the City at 10:20. she couldn't get the copy of Maud's property deed from the Bank 5 Reg's signature. We looked at things, bought odds & ends, had a supper. Ran into Madge. Win couldn't get a bit to mend the hair - nurse's thing, so let me buy her a new one for her birthday. To Mr. Crawford, paid for 'saw the architect' - I rang Mr. Hay this P.M. - ask him to forget it by T.A.A. To Mr. Hobart, ran into Mr. Morris in Purdy's Supermarket & he drew us from. He was best man at Ken & Lynn's father's wedding! Late lunch, I had a rest. Win brought her bedroom curtains which make a lot of difference to her room. She said I wrote a few letters & sent off a present for Maud's birthday. To the ptm on Ball & the Fresh-Nellery crossing of the Antarctic - perfectly lovely, all of it. They showed Le Bouraine house. Margaret Fundergan & Murray wonderful indeed. A well presented cat next to us & seemed to want to be friendly. None at all. The evening quite thing.

How the days fly! We were up early to get our showers, & in fact were soon after 8 when the 2 plumbers came. They did the job & we now have good pressure in the hot water. Win had to miss the trip this P.M. No washing done. I cleared the house & she shifted the desk. We had an early dinner. Letter from Gene & Marie. Did bits of sewing & writing & heard My Word. Max & Marion came at 2:30. took me beyond New Norfolk. Their two boys & a good kid. The wind bitter & sunshine & rain chased each other. The country lovely & the leaves just turning. We picked some blackberries till rain stopped us, then back to a delightful orchard-house for succession after tea. The lady is pleasant. Max bought pears for me. I bought a hand-painted jug & Win was so thrilled I gave it to her. She gave the 9 lbs some grapes. We had a fire. A light tea, have written a couple of letters, played Patience & to bed early. 10 weeks bought since I came home.

"NESMIDA" — a hydrolysate of the milk proteins, casein and lactalbumin.

HOBART

APRIL, 1969

Time

SUNDAY—April 13th

omit

Time

MEMORANDA

omit

A cold day, snow on the mountain
 I woke a bit late for a shower
 anyway, but the flow of hot
 water is beaut. Church lovely for
 the last time. They used Service
 in good, & shorter than usual
 although David Pearce seemed to
 talk longer. Caught a bus home
 easily. Quite a busy morning.
 Win made packing for the black-
 berries, I washed kitchen & bath
 & scrubbed the tiles, & washed
 our clothes. Ray then the sun was
 coming through. The duck was
 lovely. Had a sleep, wrote to SLH
 & D & packed them, have done
 up a present for Lot O, written
 to her & Olive Gill. Win got on
 well - her dress Vera long to
 see if I was going to Church but
 the rain & cold were forbidding
 We had some lovely music
 tonight, I finished my paint
 & played Pachelbel. Win did
 her jigsaw. We had the Beethoven
 & Mendelssohn Violin concerti,
 the record I am ordering
 Glorians.

APRIL, 1969

Time	MONDAY—April 14th	Time	TUESDAY—April 15th	Time
	<p>Very cold again. A bright sun that got warm but the cold wind all the time got out of bed to find Win doing my b'fast. It is her early work. The new shower is good. Got away at 10 to 10, walked to church in the pm. D'ers is good & helpful over sternal etc. & I sorted some drugs. She drove me to the DBS at 12:10, Vera was waiting for me & ordered Marao Polo. Vera gave me a lift & to me lunch. She hasn't been well over the week end. Said good-bye to her, did a spot of shopping & home before 2:30. Had a supper & sewed my foot, head mail - out from + D about medical policy, so did some homework about it. Also a nice one from Julie about record players. The radio in Win's room broke down just as they finished Schubert's Great Symphony. Ella sang & am to go there tomorrow. Tonight wrote 2 letters, did some sewing & played Patience. W. tried out Win's record player but it is poor. Win doing her paper.</p>		<p>Chilly day but a glorious sun. It got off soon after 4 & got cold again. Win gave me b'fast in bed. I heard some of the Pastoral Symphony when I got out of bed, did chores & a bit of dressmaking. Mr. Thy is doing the front fence, so I got us both a cuppa at 11, & went at 11:30 to Val's. Just started to think that hell when Lorna Jones picked me up. She had had in the car, mousing a 5/12 baby & thudded to bit. Val looking a bit tired, & both of them talking at every opportunity about mistakes, theirs & others. A nice, & light lunch which was good for me. We sat on the sun deck & Inel played it quietly - her blocks. She is a little grouse. I think hungry for love. Left at 10 to 3, into Town & bought a sus-pender belt. Reg's birthday torch not here yet. Home for a cuppa, read mail & more sewing; walked to with Hobart & busied up to Reg's. Was reproached for being late but did not know of the 5:30 bus by another route. A glorious sunset. Elzeth gave us a delicious dinner. Reg humed on Santems. Nothing to do. I droned off in that stuffy atmosphere. Taxied home at 10:30.</p>	

NESTLÉ'S STRAINED and JUNIOR BABY FOODS — optimum consistency, texture and flavour.

HOBART.

APRIL, 1969

Time	WEDNESDAY—April 16th	Time	THURSDAY—April 17th
	<p>For no little reason, I could not sleep last night. Heard all the clock chime except (2 AM) until after 4. up at 6.30 for Mass. Had a shower & could not undo the bathroom door. The latch had packed up. Called Win who got a ladder to the window. I clambered out. She did not get her shower. Caught the usual bus by not plaiting my hair. Service late but very worshippful. Mr. Shy got the door open. I went to Friends by 10.30 for my 2nd Aeron the vaccine. I was away for 1 hr. Mr. Shy: I shared a cuppa, & I made Lettas hot lunch. Had an hour's sleep: felt better. Wrote another letter: got on: my foot, but can't finish it. A dull raw day. Win sorry to have to go to B. P. W. C. I washed my head, sewed it & heard an interview: Mr. Wilson on BBC. The interview gave him no mercy, & dug out all his personal reactions. I read Mr. W. stood up to it wonderfully. In bed at 10 to 10. Win is clearly having the idea of parking. I had sensed myself up to it but had it just the same. Rang Law tonight.</p>		<p>Slept well. Tried tonight, all the same. Win brought my breakfast in bed for the last time. I did odd jobs gave Mr. Shy a cuppa: found he collected china: glass, & he invited me in to see it. To town at 11, got the porch for Keys to day 2 pretty brooches for my spotted sock, & met Law for a light lunch. She told me her unit cost \$8430, just about the kind of what I could buy. She said she agreed that these are the happiest days of her life except for a fear of helplessness in the future. Bumpy rang, but I can't see her: Win may. Rang Reg to wish him a happy birthday. Got on to sorting, packing, ironing etc. Win got dinner. We went in tonight to see Mr. Shy's treasures. He has a beautiful house & lovely & valuable china things some 200-250 yrs old, & Bohemian glass. Irish china, & Nevers. A housekeeper sitting at her table eating ring perhaps, about 14" high. Even the figures in her book legible - the base of her pedestal clearly done, & the date of ink on her pen. Back to odd jobs: Win cut off the pattern of Mrs. Harp's frock for me, & then finished the top part. Win rang to say good-bye, not proper yet.</p>

"LACTOGEN" — scientifically balanced milk formula for infant feeding.

APRIL, 1969

MELBOURNE c/o JOHN.

MELBOURNE c/o BOB

Time	FRIDAY—April 18th	Time	SATURDAY—April 19th
------	-------------------	------	---------------------

Woke early, said prayer & was up before 7 AM. We had a chummy breakfast of eggs, bacon, were ready in good time. Mary Kay came to say goodbye. Dearness took Win & me, the bulky luggage, to the airport, to be told that the strike had disrupted services in spite of the Mercury's statement to the contrary. Allan Stokes forced us to thoroughly send message to John & Madge, let my luggage through for me, & gave me a free ticket on the bus. We drove back, had a supper. I said good-bye, had an early lunch & caught the bus to T.P.A. Took off in a friendship at 1/4 to 2, came through cloud rain, cold via Weymouth, & got to Melbourne at 4:32. John met me, & I took 2 hours to drive home, cooked a quick dinner. I rang Marion Green & I have talked + +, mostly about his affair. He gave me a book he had written!! We had some music. Dear John to bed at 11:30. Lunk cold.

I find it bitterly cold - the others are cheerfully enjoying the weather & feeling warm! A pleasant day & much a fuss. Said my prayers & showered by 9, then John appeared. We sat & cold. I went shopping, took Peggy's children to the dentist. I phoned people, wrote letters & pictured to the radio. A sensibly lunch & heard my Wal-Frank & Win & cheer. Then to Madge in her lovely flat where we had a large after tea. She asked if I was interested in having any of the family treasures. I rather brushed the idea aside as I shy off possessions I can't reasonably get. I would rather like Great-grandmother's tapestry picture. To Balls at 4. Mrs B has had a heavy cold & warding off pneumonia - antibiotics she is full & tried but mentally about. Bob wrecked: the cold too. Gosh here, older, but his old self, a little more hesitant. The boy got sea. I rang Mary. she sang the picture of Katie Campbell who found her Andrew had John's back. I thought Kate had retired. Bob went to bed & Gosh. I sat & him & argued about everything C. of E. I got cold, called. Now in bed: the web, radiator going. Dear John argued a bit. reticent at great length, & only 63 too laze to bring the subject back again.

"LIQUID LACTOGEN" — scientifically balanced milk formula for infant feeding.

MELBOURNE (BOB)

APRIL, 1969

Time

SUNDAY—April 20th

Time

Time

MEMORANDA

Time

Time

a lovely day. Cold but sunny at midday. Up at 7, Bob brought me a cup of coffee. We walked to C.C. - Bob served. A lovely service, & who should be there but Mick Shawcross! He works in Engineers in B'wick & board in Park St. He is to be a sewer. I Dwell is so extrovert, merry & businesslike. Bob went home to breakfast. At the 9:30 service, also is good, S.I. for greater dedication. Saw Miss Kempson & Mrs. Boag, Wimpfield, & c. A cuppa, & Mrs Boag drove me home. She advised me to ring Miss Searby about Franis' patterns. Dinner: Bob who seems better, Mary Joan, little Andrew came at 2:30, & Hugh called for them at 4:40! Bob got them a cuppa. Much talk by a gas fire. I got sleepy. Hugh snuffled - asthma & on his home Rang. Yes, Miss Searby who asked me to visit her at Trinity's Warden's house. She has a nice flat - a most charming woman & sister of Mr Searby the surgeon. Another brother died as a result POW sufferings in Changi. Lamm service lovely. Junes high. Home by 9, Bob in bed. Talked to him

Mrs. B. rang

"PELARGON" - outstanding digestibility provides increased resistance to infection.

behind my bed. Much talk while dinner cooked, & then M. showed me scores of slides of her European trip. Lovely ones but I almost went to sleep. To bed about midnight & read this crazy N.G. novel till 1 P.M. Still a cold but a bit milder. Maryjo's has wide interest & is active in all of them. John rang me again.

23rd Waited, looked for him & had a look at the church - on the style of Coventry - gave up at 4 to 6 to find the poor man freezing at the front gate. A misunderstanding. Much talk, mostly on O.P. part, & a delicious dinner & sherry, kissing & Lia Maria. Oliver is happy at M.A.'s. The talk well distributed. We drove him home at 9:30, back by 10. M. & I washed up.

MELBOURNE c/o MARJORIE

APRIL, 1969

Time	MONDAY—April 21st Birth H.M. Queen Elizabeth 11, 1926	Time	TUESDAY—April 22nd
------	--	------	--------------------

Gladys & Jack sailed from Sydney. I got up at 8 after Bob brought me a cup of coffee, bless him. I was allowed to organize my breakfast, wash up, said good-bye to dear Bob, packed. Milda arrived by 3.30, we talked, I got off at 5.15. Mrs B. insisted on showing me a taxi, Joan Muslaren at ABM alone radiating happiness & enthusiasm. I did some shopping, bought a nice new handbag for \$6.00. I had a blue stone from Auntie's ring but they say it would cost \$70 to remodel as well as a new stone, & not worth it. Back to ABM & rang Mrs Henderson. Lily Best showed up, she is doing deputization in Melbourne. To M. Kitcher, met Sheila for a museum lunch & much talk. She is well, sails on Friday fortnight. She drove me in a hurry as she had another engagement at 4, dropped me at Glenbury Rd, I caught a train to Denbier. Alf as before, very pleased to see me. I had only 1/2 hr there, Marjorie picked me up. This was a delightful flat, of course beautifully furnished & cared for. 2 little pyjama pants & a misericord supporting a shell

Slept till after 8, when M. brought to fast to bed, bless her. Dressed, washed & changed a few clothes, M. drove me over to see Alf again for a few mins. I lost my glass on the way. An early lunch, we drove to the bath & ran with Lily Best again. M. went to W.A. street to see Helga, a film on sex education, or good indeed, & ending in the filming of a birth. M. collected me at ABM & we drove home via a green where we bought presents for Joanne & Butteres. Then for a coffee & changed to the Butteres for dinner, which was delicious. Lily there again, & reasonably under control, though she warned M. The B. children are growing up & well. Lovely kids. A late dinner, much talk about missionaries, ABM, Bishops, etc. & home by 11. Mrs Woods seems to be a trial to all & sundry. The future of the H of G. to be decided at the next Board. We drove home in the rain about 11 P.M.



Time	WEDNESDAY—April 23rd	Time	THURSDAY—April 24th
	<p>A full & lovely day. Weather sunny wind cold. B'fast in bed. We got away at 10, C.F.N. at 10.30. Everything perfectly organized. We talked to Sr. Clare, Josephine (Margaret Warrs) brought in a cuppa & started the den for Sarah who walks in 2 walking sticks & a caliper, but her mind is as bright as ever. Sr. Clare Christina showed us the new infirmary, lib- rary & inf. chapel. The buildings are beautiful but the chapel too severe. Left at 12, bought some eat at 6les & drove down the coast road to Die- wana by 5 to 1. Nancy looks well & much plumper. She has a tough time in her Mamma & one understands why she is what she is. A large lunch & much talk all at once, I saw what a lot of labour W. had put into the garden. She is covering areas & later will correct prop of Orokaiwa Gapet (? which one) Left at 3, Frankston at 3.30. Dr. Smyth, his stepmother & W.G.T. in a perfectly lovely home in an equally lovely setting. It was a coach house. We finished a history of A.B.M. Dr. S. produced a very elegant after tea. On St. Andrew's at 5 PM. No show</p>		<p>up to b'fast, packed my bag. M took it to A.B.M. at 9. John came at 9.15 for an hour & talked nice tad. Then I caught an earlier train than I had intended, walked under Flinders St. from the station & bought a card for Margaret Batters. Met Mark who was a bit late. We had a night lunch & talked nicely. She is looking older but well. Keith Reynolds drove me to T.A.A. & they did not charge me extra for luggage. A good flight to Sydney & Ray met me. He looks better than he did, but lost the strand look. He took me to A.B.M. & Philip gave him a cuppa while I talked to Mrs. Jaffender & Frank. They wanted to find out if Lot & Morn are short of anything they need, saw Philip for a while. He has John's fat the little awful. Day is faint here at 6.20. M. much older & found she has been quite sick. Co. N.D. & other hormonal imbalance. Very talkative, & we have eaten & talked all the evening. Rang Nell & Binky but B was out. Am in Alison's room & nice. A. is doing well in Long Range appears unimpaired Graeme & Freddy to have a baby in August.</p>

"LACTOGEN" and "LIQUID LACTOGEN" give identical formula compositions

APRIL, 1969

BRISBANE c/o ABCHBISHOP

Time	Time
<p>FRIDAY—April 25th Anzac Day</p> <p>Glorious weather, cardigan off, on according to location. We three had to part in the kitchen. Frank, Binky, Joyce, & Ray drove me to catch the 10:30 train, which had double decker carriages. I got so confused as to direction for 'Get to Hill' at 10 to 12. She gave me a nice welcome, & looks well. Much talk, & Elva & Jenny came up after 9. Her first eyes, & is like her father. Nearly 19. Binky called for me at 2:30, drove me to Concord, talking all the way, & she showed me through looking for some, all the unusual things - 2-R, sheakes through Steve's pants - Steve was a ray technician. We saw the intensive care unit, full, & Byrd's pressure respirators, & the Rodney dialysis section explained in great detail by Dr. George. Saw the chapel, some of the wardens Nam to the wood - help of map. B. left me & Joyce while she saw an Aunt Joyce well, full of activities, & entertainment. She told me Joan Hay lives near her. B. drove me back here for dinner. Philip here. Much talk saw in little ornament, watched TV re. Bed earlier. Head last night had 1 AM & finished the awful N.G. novel 'A Time For Soon by Edward Lindell</p>	<p>SATURDAY—April 26th</p> <p>Another day of lovely sunshine. We all slept in till after 9. A leisurely morning of odd jobs, & getting ready for Grace. Freddie came to lunch. She is a voracious young thing, all straight hair, & expressive eyes. Grace is like his father. Had a dinner - & another bright. Rang Raymond Swift & Maida, could not raise the Warden, Fredley, M. was so pleased - the N.G. mark I gave her. We left at 2, & Ray showed me to house. Margaret came too, & stopped at her tennis court, while we went to G's home. No extra charges at the airport! Good flight. Elva met me at Brisbane, I saw Br. Tim & Br. George. Tim is well, off to Cairns. This is a glorious party. Elva & Joy both putting a weight, & P not. He is now stooped & slower in movement. He greeted me, but seemed shy. I too, as of old. Much talk in the kitchen over a cherry & washing up. The gal call + P in which seems best. Talk pretty general at dinner: + P bob in & out of it. A nice mail for me; Mavis, Eleanor, & my fan Maja Lewis. Watched TV. Later to bed than I meant.</p>

when diluted for the various age brackets and are thus interchangeable at will.

BRISBANE c/o BISHOPSBOURNE

APRIL, 1969

SYDNEY

MAR 27 1969

Time

SUNDAY—April 27th

omit

Time

MEMORANDA

omit

A lovely day in all senses. Up at 7, Elsie drove + P. me to the cathedral. S.I. for Dot O. + Rob. for greater devotion. Elsie shaved in the new extension to the cathedral + I met Mrs. Morgan, Mr. Taylor, friend of the Bob Hacks, + Judy G. As fast, washing up, odd jobs + work to Win. E. I had a bit of a rest after dinner then Dot + Rang up. Elsie took me at 3 to see Mr. Eckhoff who is much aged, + talk about a little weepy. This was a good day for him. Then to Brookfield, greeted by Br. G. Lloyd who shaved in the new vicarage, explained how they packed up the house to put in cells below, + of young things there of all kinds + gardens. We saw to had Rodney, Bartholmas +; the chapel, the pottery dept. + I got a band + ring for G.L.H. chapel. They would not let me pay. Left before 5 to go to St. Augustin's Hamilton for a confirmation service, got there late. Frank Deacon + P's chaplain + P was preaching in "Loves Show me" + "If we go + do something to prove it." Back here for tea then

Elsie, I went to Deacons for the evening. A charming home made out of a shack type of house. Pleasant talk till 10.30. They are + happy in Brisbane, Frank chaplain at St. Paul's.

29th

Emboji, I was asked for baptism + was named John. Whether John was Emboji he wasn't sure, he couldn't fit John Francis into the picture. I urged him to write what he remembers. He is rather vague, forgetful, + I do also is repetitive. Maria was alert than any. Lovely for us all to be together.

APRIL, 1969

c/o DOT T.

Time

MONDAY—April 28th

Time

TUESDAY—April 29th

Captain Cook entered Botany Bay, 1770

Another happy day. Mass at 8.15.
 + packed on train, + all + P's thoroughness
 in Intercession. It does make me feel
 as if all the Church is one. It was the
 Mass of the ~~Mass~~ Process of Brisbane in
 this Province. + as in Australia for intercession
 + he prayed for me also. Rang the Newman
 + Fr. Geoff rang me. Else showed me her
 filing system + rang Barbara + introduced
 me. I went to the Valley in a taxi + P's
 Bp. Hudson, stopped merely + met
 Eleonora at 7 to 1. We had lunch in a cafe
 + I heard of her Peter Dickson who can't
 marry her till he gets a divorce. Was sad
 it all is. She sees something of Joan
 Ref. Bill is here too opening a TB
 conference. Then I went to the City to ABM
 + saw Albert Haley. Roy F. Fr. Geoff did
 not manage to get there. I got a filing
 cabinet + folder + folders from Barbara
 + it all came to \$17-odd, which left
 me enough to splash on books at G. BD
 I got some gifts for Marva + Bess + home
 on the bus. Have written letters tonight
 + got my dresses pressed before
 dinner. Else + Gus busy so I had
 myself to myself. Tried to ring the
 Elliotts + Fr. Geoff. To a away on holiday
 Fr. Geoff rang me, + wants to see me.

Another good N.G. day. Mass at
 8.15 again - wide cover of Interces-
 sions. They + P's quiet speech seem
 to draw me a long quarter than my
 mind could follow! Talk to fast. Else
 had to dash off, post letters to the
 Prime Minister + G-G-elect by 9.30
 as + P can't beat the weather to-
 morrow. Odd job, packed + also sent
 off John's N.G. mail to him. Luscumb
 + Bess arrived at 11.20 had a coffee
 + talked to + P. Then we went off to their
 home in Sth Brisbane somewhere. Both
 look well but B has a chronically
 worried look. She turned as a delicious
 salad lunch, + then shaved off their
 juice extractor. Bess + own their
 home which will soon be pulled down
 for a new highway. They drew me her
 to Lot's. A little wooden house on
 shlb. + Lot making all her im-
 provement to it, + a room below for
 writing in. Cuffa, talk +++
 everyone talking at once (except B)
 Marva looks well. I took photos.
 The Ms + I went along the shore, a
 lovely spot at times. They stayed to
 dinner we watched TV + talked
 old times till 9.30 ish, + then we 3
 talked on till 11.30. Luscumb says
 he prayed for a group of 5 + later
 later a group of 17 + before their
 execution at Nagasaki. One was

Time	Time
<p>WEDNESDAY—April 30th</p> <p>My last day of leave. Slept deeply till 7, up for 7:30 breakfast - much talk caught a 7:10 bus to Town. Got seeing me off. She makes one feel so welcome it is apt to take credit for it, quite a reason. We passed through a lot of virgin bush between Wapuan and the City. Got to the Cathedral at 11:15 saw Dr. Jeff going to Ch. House as I did. We had a long talk - a lot of meat to digest from him about evangelism. He was off to an Estate agent to find a site for building in or near the City for their Lane dogs. We had lunch together in a cafe. He is a most companionable person. Then I read in ABM Bill Ray came got money from the Bank. stopped till 1:30. Got nearly everything needed. Ray drove me home via St. Margaret's School, a big place. + P had already gone to Adelaide. Found the house full of Gen's friends making decorations for them etc at the west end. I packed + got everything ^{extra} into the filing cabinet. Dinner frightfully late. Elsie thought she had better not go to the pictures tonight. She took me out on a message, + D. am doing preparations + D. write + will meet me tomorrow at Jackson's.</p>	<p>THURSDAY—May 1st May Day</p> <p>It is hard to believe that I am back again in fact 5:10, long 10:10. Elsie + we got off to the airport. 10:30 the luggage + my blue case. The blighter charged me to the hilt - \$24.60. Elsie came along in hand to see it. insisted on giving me a cheque for \$12. She is the most generous of souls. Got a nice lad going to D.A.F. called David Macdonald. who pretty soon told me he is an atheist though his g'parents were CofE. boy here for 23 years; also Dr. Kern who was an early member of S.L. My flight, arrived 11:40. + D. + D. got my luggage on per. Long talk, cleared up some problems. The DC3 was delayed 3/4 hour + then had to fly to 13000 ft above cloud. I even felt a little O. at Lima. The BP man gave me a note from Marie telling me to go to Pop. saw Frank Aisin, D. Morrison. Gota nice welcome from Jean. Arthur brought me home in an crowded jeep. I felt the heavy luggage at Cathers. feeling the heat. Gota nice welcome. Miss Jefferson in my house. she is in an awful mess after the others. Must spend time sorting things. Bobby came tonight with him. saw the W. who do outwardly cheerful, ambrose aboutage.</p>

"MALTOGEN" - rich in vitamin B₁, stimulates bowel motility.

Time	FRIDAY—May 2nd	Time	SATURDAY—May 3rd	Time
	<p>A busy day spent mostly in catch ing up. Did not wake till 20 to 7 after a disturbance at 11:30. Mrs Jefferson's dog barked. Ambrose is at large again. We could not find anyone. I took some phenobarb. Miss G. Noelene were out all day, & Miss G. went at 4. Janet told me of patients, she Alexia. I went round, saw every one, a lot of new ones & investigated 3 Army Blakes came at morning tea. New pt came at 11, was 4. Mamma came at 11:30. He won't go to square unless Mrs Hummer has. Kathy has come off. I did 1:30 sched. Fixed up my bed, had 2 hrs on it. Then did out a lot of empty shelves & shelving. The place is chaos. Did washing too. Tonight talked to Janet, Gene & Marie about affairs. As Jacqueline is at meals we can't talk freely. Jerry came back & Kathy, Betty & my luggage in pouring rain at 12 to 10.</p>	<p>I slept well & was not so hot. Vagin brought my 2 fast to bed, to see, I spent the entire day preparing, unpacking delivering things to the girls, and writing a letter or two. I did some evening thoughts, my pain does not seem to warm up as much as W's for a corresponding heat. I did the 1:30 sched. no word from the Bishop yet. Janet reported Char to me & a temp of 104. A new study patient. Lidocaine for Dennis. I read John Cranford's annual report most interesting.</p>		

S. L. H.

MAY, 1969

S. L. H.

Time	SUNDAY—May 4th	Time	MEMORANDA
	<p>Had to take Phenobarb last night - I will go projecting myself into the job of tomorrow or next week. Left L.L. 6:10, but got to church in time. Lillian preached quite well. At the end I was able, genuinely to thank God that I was back here. Did all 3 scheds, spoke to Pres. Jean Lanelet at the meeting, a bread to Helen + G. at Wanan gave the O.K. for us to travel per St. G. probably on Wed. I got a number of letters written A.M. P.M. & Fred + John + King + Wm + wife Lucille arrived before 2. I had a long talk to Fr. Brian at the Farm. All seem promising. A pastoralist in history attached to the Friars is coming up to advise, & the Reserve Bank may advance a loan. The profits before went in wages & that will now be over. Grey brought Betty + Sir Little + Mrs. + some + have done more working & written to D. G., but feel had started physical pains acc. to Madge's Book today.</p>		

"NESMIDA" — for the restoration of nitrogen balance.

MAY, 1969

Time	MONDAY—May 5th Labour Day Holiday (Queensland)	Time	TUESDAY—May 6th
	<p>A full day. Work at 6, did the Waly exercise for 12 minutes. I think they will be good. Spent AM organizing 8th, Maarten & Arnold & examining new ph. Had a talk with Hugh who says he is going to marry Helen. Got 5¹ mins lunch, then to phone at 1:15 but we have now arranged it for 1:25. 1:30 sched pretty good. Ed came up in MG. Olive & David. I secured a seat back on Monday. 4:30 sched is poor, couldn't get any traffic over. Ken came AM. Bruce, quite cheerful but only a spirit because I took the initiative says he will send my radiogram. Jeremy left Betty. N.D. to have a haircut here while he went to Garro. Tonight have written a circular letter to CCME & re conference, & on to Michael Price.</p> <p>Ken sent a message that Leigh Ashton has died. The news said in Australia, possibly at Betty Ann's wedding here!</p>		<p>Work at 6, did the exercise. Nance had a coffee full of washing out before to fact. A long inspection but interesting because I was fresh to it. Saw Randolph, did the needed necessary report from then till 6. Found that St. G. is due tomorrow at 11, said Thursday at 7. M.K. due at 11 in Thurs. Helen got my message O.K. Jeremy, Betty, Betty & N.D. arrived after 6:30. Had nice dinner, Whyatt's came too. Much talk tonight. Pop & Ian & the Browns & our mail they stayed for supper, & still here at lights out.</p>

S.L.H.

MAY, 1969

MACKING.

Time	Time
<p>WEDNESDAY—May 7th</p> <p>Found I had no tea at 6 AM so went without my supper. Prayers exercises etc. At 8 on the phone found Jeremy not well, but he meant to come in AM for Mass. Mrs. Munnerstone had a baby last night at 5 AM all well. Tried to see J.P. AM but many not there. Young Lemieux has come back as John Lemieux, nice child. Arnold is really unteachable, does his x-r work so badly, though he is a nice bloke. I had some done in M's sewing centre: she has got it fixed so well, efficiently & throws the rest of everything to the last cent. M.K. & M.G. both at the Bay, M.K. in trouble. And I arranged for Annie to go on her to Maggie for holidays! Schedules had to be made & infuriating, — a mountain! Came to the phone at 4.45, raised, sorted, packed, & again tonight. Have a lot of homework to do as the boat, hope the seas are good.</p>	<p>THURSDAY—May 8th German Hostilities ceased in Europe, 1945</p> <p>9th</p> <p>up at 5, got to bed. The Pop. yet pushed me up at 6.30. My little Mary came on it at the Bay found it leaving at 7 as planned. M.K. sailing for Samarai at 4 PM so I decided for M.K. Back: Andrew & got some photos & x-rs seen. Got a rest & a shower. Bob arrived at 2 to 3: mail, freezer, & worried: his parents hadn't turned up. The Ashton family went to the Bay, & we all had after tea: Mary saw Clarence H. the baby in relay. Val asked me to the Secker's house, opened up on the Mary situation. Kesley on patrol M. to difficult & trying to edge her way in to a place of "responsibility". N. says she can be firm; I urged her to do so. But it is making tension bet. Wannie & Mary. Poor thing all of them. Bob got word his parents had arrived in Pop, so he went up & took Mary to meet Maureen this AM. Wannie served dinner. Read stuff for meeting & Journals & M. & Bay put me on M.K. at 10 P.M.</p>

Time	FRIDAY—May 9th	Time	SATURDAY—May 10th
<p>Slept poorly in forward cabin. It bounced a bit - not much cargo. Woke at 6:30, managed a wash but doing my hair was my undoing & I rebbed quite a bit. At 8:30 kept a cuppa down. Couldn't read, heard scheds & managed to do some preparation & even wrote two letters. Mr. Glover in mid-cabin, we had coffee & biscuits at 12:30. Got heard 3:15, nice welcome, & a cuppa. Pauline looking after us & we are in her house. M.G. arrived at 5:15. + G got a welcome. Helen - pin. Much talk. The M.U. organized an enormous dinner for about 30-40 people & went on in the cool evening & electric lights overhead. + G told them of his overseas trip in Madan. He presented the Queen as a little girl, & he had 5/60 talk & Queen Mother: said she was a fine hair lady. He speaks & the Mukawans were raft - many chucking. A Mr. Robert of Sabakaba per, the Tedi as well as Mr. Glover. Mr. R. interest but got. started. Bed at 10.</p>		<p>Slept well - a few wakings: up at 4:45, we had 6 feet: + George went aboard at 5:30. Marygold's sister who was painting us last night tried to go aboard, but the Thelboms got her off. She has an obsession about going to her sister. Don thing look verified. I sent a message to Elizabeth to get her back on Tangahua. A smooth passage, slept & did "house work": Dogura at 10:30, met by John W. Smith looking & to them! worn, & to do Muriel. Ben Jean's Glenda too. Saw the new Hoop Block: New, unpacked. Ben got in a boy: his scutum almost cut off, teeth a.k. She said, it repaired easily + D came at M.D. He came to the meeting party & I got a few guide lines, & then spoke to us. Left us to it. It looks as if Sep or Lancelot may be elected, but + D hinted that he might nominate me as an observer to present this, & said I'd be the C⁹ for We worked well: hammered out a lot 2:30-5, & 7:45-8:45. E'zeng full burning, & + D installed JD Bas a Canon. F. Remajus in, lot of old friends. We went to Kendalls for supper & talk. + D interested in Leah & her trip. There is a + Lucy, tried</p>	

Time

SUNDAY—May 11th

Time

Time

MEMORANDA

Time

I am so lucky to be here today, but
 one doesn't have a minute of solitude
 & I have been a bit irritable. Slept
 well in spite of a dream of Viet Cong
 terrorism. New went to 6 AM Mass,
 so ya had a supper first. The service
 packed, joyful, joined in by all, took
 2 hours. I got some photos. Fried + D
 installed H. Wallace. JDB preached a
 pretty long sermon in English &
 Wedan an. Pictures after, birthday
 greetings to +D. We had b'fast in Pent
 house, 1/2 hr. New Helen. G. Meeting
 till 2 lunch, everyone sat as a table
 start. Buffet lunch quite nice, lot
 of talk. Then back to meeting till 2:30,
 then Panel & +D. I got my voting
 paper, was not nominated. Was
 invited to CHN for after tea but was
 too late to go so had after tea + D's
 birthday party. Weather hot & sunny
 shower, sick, b' song, slipped out
 through the screen to finish Miss
 letter. Luncheon on the debate &
 lot of speeches, some for the long.
 John Lurie showed up unexpectedly
 Went to Barbara A. the Kendalls to
 get to talk about M's problem &
 treatment. Back at 10 & New has been
 talking for an age of her problem

Dogura problem, her future the
 is in a bad state of fatigue, spirit
 mental & physical. I urge her to
 get to Woreby for a break.

12th
 Tavia fell on a stick & cut her
 perineum & I had a awful job.
 New absconder back & I have
 new job to see. New started
 on Mungie tonight, written
 to Alf & Revan.

MAY, 1969

S.L.H.

Time	MONDAY—May 12th	Time	TUESDAY—May 13th
<p>What a life! Up soon after 6. New much earlier. Breakfast & packed, I saw Mr. Gaffet who was a medical at SBH. Plane in at 9:10 & off quickly. 2 tickets, + G. Helen. she. The wangled Mark buying all way to get a lovely trip, saw Barry Gohet & Peterson at Sand. 1st before 11. Andrew & wife helpful. I whizzed round town saw Mr. Churchill, got home & R. P. & I argued about G. & L. at Treasury saw Larry Parker about the book. John said Jan's mother died on Saturday. Home by 2-ish. Name upset about Maclean having to pay \$4 to go to Pop. I think recent very going away so much. We had a coffee, Bruce came in, took up staff mail, I then asked him to leave it, he shivered like a lion & demanded why. I said it was the custom. He took them just the same. Spent an hour tonight over the silly stuff, but we parted assuming each other of friendship. He really is murderous. He wanted it at before dinner but I put him off. Then Jimmy came to pick up Name & I told me Nat has come to the end of her father's Maurice. Mary. They had a 3-hour session on Saturday. I don't know. Noa thing. Also a M.V. about because Mary appointed General 77 on M.V. rep. Jimmy working to + D.</p>	<p>Left well, I woke at 6. My stove is working thanks to Bruce. Had exercise again after a lapse. Found Janet & Allison talking of this blessed mail & I, in fear I broke in, suggesting that the molehill had better reduce back to size. Am wondering if I ought to write to Dan, I'm suspicious! Major? same re maintenance. This was seen some new job, but saw dodging me. After asked talked to Maurice re meeting. Said Bishop had right of veto, he bit - said it was time we grew out of that. I said we could not while under an vow of obedience just as well it came up. Rest from 2-30-3, got on to Minutes till 9:20 P.M. Had to be talking to Name, quite profitable. All the girls are better & quite out of focus over this charging for vehicles. I asked G. to get Finance to put it all clearly for staff. The Crossley called & Ken at dinner time but did not come in. They seem so pleasant. Brian Waddington sent me greeting by them. Ken says he will take me to D.A.C. Have written to Jean about who's mother died.</p>		

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

MAY, 1969

S.L.H.

Time	WEDNESDAY—May 14th	Time	THURSDAY—May 15th
<p>Woke in a dream that a man was trying to rape me, & could not get off that after. Up at 6:10. I respected St. Mary's. Frank Aisi came for an hour. We cleared a lot of ground. Saw Augustin Pappa who looks like a long time - it's odd job. A lot of things going about + Eng coming. I'm going. She got away about 2:30, so her wish to have Ascension Day at the Priory. Chad. Norman being professed in Brisbane. Vane goes tomorrow in Erav jeep. Had an hour's sleep, cuff, have got an 5 year plan. I'll do it. E'sang tonight. Saw AAFB + + in Elaid, a pub & had some trouble getting pieces into action again. Bruce has done a good job at fixing them. He is also quite friendly for Kemp. It's both days. I did evening tonight 9-9:30. Missed my record players. DC. has invited me to a meeting at the Administrators on 30th.</p>	<p>Ascension Day Woke at 6:30. Greeny sang the service. Janet chose, announced & started the prayers, & 3 was quite changed to all. Also the E'sang on tonight. I got a duplicate of the TB statistics off to D. Wiggley. Vane got off in Reason after 10. I did 2 biopsies, a L.P. & got the spec. done up for posting tomorrow. That & a 2-N skin was my morning's work. Maurice can't find Olive's. R's letters & I asked on the 1:30 sched for a repeat. Report from that I have finished the 5-year plan. Got a rest. Ambulance brought a sick woman at 3. Jeep came in there at 4:15. Also Mary Baker to get see Maurice. He lives by it but here but I should collaborate. Miss letters from Wing, Fran Sullivan 2-3/4 old, & Bob & my Florence funeral. John Mar want to go to Lay, his artificial leg - I respect the turning & conference is not accidental. Korian breaks here for lunch - a very attractive girl.</p>		

"NESTOGEN" — contains mixed carbohydrates, Vitamins A and D and organic iron.

MAY, 1969

Time	Time
<p>FRIDAY—May 16th</p> <p>A full day. Arnold really is drunk & wastes time. I can't trust him to do anything beyond what he is famed for. I must do all my entering filing etc. Mr. A. Martin of AUA arrived. Very cashed, beautiful, pleasant. We talked of volunteers etc. in general, & a bit of the Whyatts in particular. Bruce went to the builders to Pop at 7:45. Mr. W. talked to Alison, & saw Bruce in Pop. P.M. He came and that Alison is unhappy, & Mr. W. told her he was glad. — that he was worried when AVAs thought every thing in the garden was lovely. Got X-ray done, did some entering up. Janet went to lunch. Alison At 1:30 I got Roman's medical needs, could not get Mori or Sumban at 1:30 or 4:30. Offer work till 5. Grep back at 4:25, but no room for Wane. Tonight did more & saw X-rays till 9. Got Jimmy at 8, back from Pongani. Spare part came for Dan's truck & Bruce is working on it tonight!! Dear Gene is finishing my strength tonight. Every day it is still so hot.</p>	<p>SATURDAY—May 17th</p> <p>A busy day "on duty" & little TBH work to show for it. B' fastin bed & a sleep in till 7 for which I was truly grateful. Dick, Shecks + G came & Janet & Moles asked him if they could have a few days away. I did a smear, culture of Venereal fluid from Memera & about an hour in lib on the inventory, & saw some X-Rs. Lesley, Maurice came out at 9. I talked to Lesley in lib about SMIT affairs. She said Maurice was a different person when Mary went to Pongani. Things have settled down somewhat uneasily. — needs guidance on her role as hitor sister. Washed my head after 2 P.M., rested for 2 hrs. Rodd came. Professor brought Wane, all slight because she made \$43 at the market & could have sold more. Also she got in a word: the Mark about mail which she had been thinking herself to do. Much talk & her. I got the duplication of 5 year plan off to Judy thanks to Gene's help. A great relief CCMC mail, mounting up. I got a bit of Win's letter done before bed. Mine. A dull cool day</p>

SLH.

MAY, 1969

Time

SUNDAY—May 18th

Time

MEMORANDA

Day off. Woke at 6. Lillian celebrating
Nippon chosen by Florence on pt. 1
we knew the tunes again I
starting the ringing again.
Spent AM writing a stack of
letters. Did 1:30 sched, slept till
3, wrote more letters, heard My
Word, & did up John's book &
N.G. book for Major Lewis. Tried
tonight, have opened advertisement
sheet, read St. P. & letter to
Mama & bits & pieces, & dried
out my siltia qt. Still
hot. A sunny day, I washed
& dried my cardigan.

MAY, 1969

432

Time 12:55 ya MONDAY—May 19th

The job pile up. Woke at 6, got a letter to Mrs. Tappenden before breakfast. There's radio have been long. I spent the morning almost entirely on inventory. Don came up, & Bruce brought him for a supper, & both as pleasant as could be. Irene kept out of the way. She is deeply hurt. My next on 1:30 sched of M.K. but SMH has packed them for me & we have to receive radios from A.D. Slept till nearly 3, checked on an old trunk of mine & found lot of things to send out. M. want the trunk for storage. Got on to the order in lib & pieces. M.K. came up at 4:30, done her 6:30 AM. Lail came up to say O.K. for Annie to go. Got them sent out. To my house late for a shower. Ran Robinson here for dinner, with Nance cooked Neal's cutlets! Found her another 4 CMC letters, but not Mission ones.

Time 12:55 ya TUESDAY—May 20th

I woke at 6:5 as the tractor was driving out. Jacqueline did not come to breakfast - no apology. I think she just no poor company, as we are. Nance thought I was going to blow her up but I don't think I would have: she wasn't there, anyway. Busy morning, inspection & called to school which was a poor. & rayed Seches, had a talk & high re marriage & holiday, did the order in between times. The tractor brought Gaphet & Don brought old Ganderbari, but I think he is an SMH pt. really. Bob Crasle came from top & mail, gave it to me at the request of Irene (I found later) said he would not wait till I sorted it, & floundered off. Was quite rude to Irene. What a poisonous spirit this all is. A nice mail. That lunch, school hard. After 3 I finished the order. A box came from Samarai & the precious Seches for Ed & Bob C. - not unpacked yet. Judy C sent the Minute's bless for. Then Morris, the Small's & Mrs Bond came at 12, went to SMH & here for dinner. Irene did in front. They went at 8:30. I wrote notes, did mine. X R. then morning Ann tried.

S.L.H.

MAY, 1969

Time

WEDNESDAY—May 21st

Manuel seems to be in a flap these days - too much dashed homework. I did St. Mary's inspection, examined the new fabric Arnold. I did culture. I got them ready to go - too late for Benson who came at 11 & brought Betty out for lunch. Got a fair bit of writing up & sorting out Mrs. Bury on asked, & showing Ken re buying cocoa etc. He came in & quite his old affable self. At 1.30 Doquora said Manuel is med. representative. He heard it so it was no news when I told him. I told Alf through AJ at 4.30. Benson came * at 4 in the Davells' guest, & nice people from Brynmay. Bruce got Dan's bunch grounded. Dan came up for it. Beat went after 6 - Win, F. Alf + DC asking me to "dunk" in the Admin. After dinner got Alison's present ready - the dress length I bought for her. Unpacked Denise's box, saw X-RS & wrote letter to W.D. re reqt of staff.

Time

THURSDAY—May 22nd

Woke at 4.15 & could not sleep again. Heard someone cross the ditch at 9.30. Maas. Talked to Gremmy & asked him if he can do some peacewalking between us & the Shuldars. Have had a fairly clear day & tidying up the office by making a freight mess. It is still scattered & x-b & Gremmy helped me to put things away. At 11.0 the walking came for 2 hrs - motor of Swansea. A nice couple. Benson brought the mail, an awful muddle over the books, Major Lewis' book is costing \$1.20 postage!! Bought a book at Kears & x-ray. Tried, unpacked a trunk & fiddling for an hour.

* Corbett - Jones

"NESTARGEL" — reduces aerophagy in the bottle feeding of infants.

MAY, 1969

Time	FRIDAY—May 23rd 24 th	Time	SATURDAY—May 24th British Commonwealth Day
	<p>did the usual chores & wrote to the DC. before breakfast. At 9.15 school heard that the VSO Elizabeth Hammit was to arrive at Pop P.M. Could not raise SMH so at 1.30 asked Rodd to send her in a jeep. At 4.30 heard R. had no jeep till today. Finally Dan is to get her today. Spent the day looking at x-rays, entering, sorting & tidying. Still have the x-rays to her. Lyle came for a check-up. Got a sleep till 10 to 3. Mavis organising dinner & in a flap. Just before Betty came & not till 7.1. I got peddled & waiting & did my bit of minding till they came. Pleasant evening. Faxed bus cash & passport to Jeremy. Raining. Tried head & magazine after light out. Got some hidden marked from the old trunk & cleared.</p>		<p>It has rained all day. Breakfast in bed & welcome. Got to work after 10 after going to school & see Mavis. Have put my "Medical Secretariat" in order & written a few letters. The house is still in a muddle but much less so. I do miss music. Did school at 11.30. Rest till 3. Dan went to Pop & was to get the new VSO. Pop had not seen him at 4.30. Jeremy went to see if all was OK & met him on the way. Got here at 6.30. I met Elizabeth Hammit in the dark. She seems nice. Called from 7.15 to Robinson who had a fall & was confused before or after a bath? Had a bloody stool crawling with hookworms. Shaved the trap under the microscope. Got my Kodachromes, some poor, some good. Need a new light meter. Watchmaker of the Whynette bought recently - in the repaired trunk.</p>

S.L.H.

MAY, 1969

Time

SUNDAY—May 25th

Time

Time

MEMORANDA

Time

Ti

A day off - in theory only.
 Was a muddle - no dinner,
 no one, including myself, had
 organized the ritual communion.
 However a good service & dear
 Quenny again & did all 3
 robes & spheres, did house-
 keeping; a Keama boy got a
 fish hook in his finger & I
 took blood from Morris, did
 it up to go to Martin Savell in
 the A.M. I washed the new
 towels, wrote C.C.P.C. letters
 & did not get to Win's letter
 till 8:30 tonight. How came
 buzzing round & worrying
 that she doesn't get her dinner
 to Brian & 3 boys came for
 after tea. Lena then had
 made a cake. I dodged it
 to hear my word. It was
 good.

MAY, 1969

Time MONDAY—May 26th

Raining again. A busy day: little to show for it. The jeep came before 7, I ran over to see that May had remembered the blood: she seemed unable to concentrate last night. Martin is growing up fast. Saw her when we got to Robinson it was clear he was on the way out. Sent for 7. Lister put R. down before I got here. I stayed & had the funeral at 12. I think the old man had made up his mind to die. Had some X-Rs, cultured 2 urines. got out Trip X-Rs. Green has put away a lot left from the flood. The jeep came as the funeral crossed the road. Letter from Dr. Wrigley who will not come till Aug. or Sept. He is off to Wth. Africa for 8/52. School had a long rest, then went to Dr. W. & Dr. Russell. MK in at 2:30, brought Janet & Noelene who got here at 3. Noelene a different quilt, brought, carefree. Tonight cleaned shoes for Friday, washed the linen I washed, got things ready for pb's departure, wrote to Helen, & began to sort out S.C. stuff.

Time TUESDAY—May 27th

Another day: a death. Did not wake till 6:30. Did 4 inspections. Gaffer had a T of 104 last night, I believe by now ill. Also Mavis was sick, or? no urine passed for 24 hours. Saw Bernard, did some X-Rs from Trip survey. A short school at 1:30, was resting & called to Gaffer who had had acute pulmonary oedema. He was probably dead when I got there. The police came to see me first then I missed them: they sailed past on the way back. Brian Hayes dropped in: Coland Rothfield from Sydney, met blocks but I think a one block mind. I had called Dally Cole during. They had a cuppa. Betty on the phone re funeral. Jeremy came home tomorrow F.A.A. Betty's luggage in Moresby!! It is funny. I did get TWS done, not much else. The Wrigaths came for Beth's study tonight to our surprise. Not much to it. Then read DAC Minutes re.

S L H.

MAY, 1969

Time

WEDNESDAY—May 28th

Woke from a light sleep, took a long time to get off again. Woke at 6:15 & got to chapel just as Dr. Eudd was ready to begin the funeral service. A lot of people there so of course the morning work was out of gear for Haphet. Rang at 8:1 got Maurice saw Morris who seemed a bit better, changed, was nearly ready when then came. A pleasant note both ways - him: he full of cocon & lumberhytes & meseron a some such. Had 2 hrs to spare so saw Mr Cooper, went to B's & paid for John's book. Meeting good, rather poorly attended, rather a monologue by the DC but a worthwhile one. 2 questions on Mission schools by Mrs Kikedi, he handled beautifully. Lumbi: Maddy, pleasant but she had forgotten me. Supper at 6:30. Dan sharp who returned yesterday has her father will just alone. Home at 6:15. big mail. Just missed pref. Dan left ahead of me. Talk & sing, ironing & washed my head though I missed exercises.

Time

THURSDAY—May 29th

Life is too full of pieces & I don't settle to finishing a job. Mess-
In Lidean he did not stay for breakfast, but came for the mail. Walter did not know the mail was there. I had to send Arnold in just. Did inspection - Lumbi ^{and} Stanley not back yet. Morris asking to go to the village Augustus and wanting to cooperate & washing his hands. So Morris set to the garden, house! The power was on late so I saw & interest of a lot of Tufi 7-12s but took more beds. I rang SMH, asked the barbett Jones to after tea: the Dwell. They arrived after 4. I shaved them the Wash. They get off at about 6: the W. Hyatt. We got a nice Kerandi man in: & a w. spunkum. Tonight did washing, note to John, & did some sorting & packing.

Time	Time
<p>FRIDAY—May 30th 31st</p> <p>Had a fairly busy morning, writing to PHD etc. The vehicle came for me at 12 but waited while I changed & swallowed a bit of lunch. John driving & Arnold & family went. Got to Pop at 1:10, had a cup of tea. Mr. Hammond drove me to the Library by 1:30. Jean & I went to Gova. The Medsons, Mr. May's sister & b. i. a. l. Meeting is good though they addressed Dr. Niggip & gentlemen as I was the only ♀. The suggestions, give & take is good. H.H. got the best from the Papuans. Talked of roads, establishing businesses mostly on the land. I brought up Sorabing schools for the dropouts & Business colleges for the educated. The Papuans looked up the post to the hills, an attempt to raise the status of all eye life. H.H. appeared of the flight round the district. Shopped to Messian, changed & sent the mail, then - Jean & John to the cocktail party, more pleasant than I expected. Fourth evening of the flag quite impressive. Home to dinner & early bed. Will letter from + P</p>	<p>SATURDAY—May 31st</p> <p>Slept well, woke at 4 to y. I saw Jean before she went to the market. Got to shops at 8 & did what I could on my shopping list. To PHD at 8:20 which was shut up. To Hospital found Dr. Brown, Mr. Churchill & found Frank had gone fishing!! I was not exactly surprised & not as angry as I might have been, but poor old Paul & Irene turned out to drive me home, which was long. He brought Peggy Ann, an attached lass of about 12. Paul is a w. ente-fairing talker. We gave them a cuppa. Janet off, Alison on. I did T.B. repair & a few jobs. The American people came to Staks Mouri's home, then couldn't or wouldn't pay for a vehicle & wouldn't carry him. He refused to come back here, but walked back tonight. Gummy they are the world's worst humbug. Got some writing tonight. Betty in labour, at 8 & 9 heard Gummy was taking her to S.M.H. AWM v/s because of the radio. Win Dora had her baby last night 5 pounds & 10</p>

SLH

JUNE, 1969

POPOWDETTA

Time

SUNDAY—June 1st

Time

Time

MEMORANDA

Time

A pretty fair day off. Was in
 Linton & he preached a good little
 sermon on the meaning of the Trinity.
 Have written a no. of letters includ-
 ing one to Major Lewis, & one to
 Wadge. Asking if I can have
 great grandmother's sampler
 affair. Was at the phone at 8,
 was there; then at 9:30 got Ja-
 cqueline heard that a daughter ar-
 rived at 3 mins to 12 last night.
 Gene did the 1:30 sched, sent out
 radios. I did 4:30 - terrible
 interference, no one got anything
 much. AWM not up; no one
 knows about transport. G am to
 go to the barbett Openses. Jacquie
 me got back at 4 to 8. I was
 got for a dinner. I shaved my
 shaves - Maner is thrilled in
 the Bousbain ones. News sorted
 papers & packed tonight.

A.M. POP.

JUNE, 1969

POP.

Time	MONDAY—June 2nd Foundation Day, W.A., Public Holiday	Time	TUESDAY—June 3rd
<p>A topsy-turvy day. All ready for opening by 7:30. Saw a pt. or two. Found (I think) Morris went to his village yesterday. Begawa, 1. Mrs. Sarah may have absconded today. Gief came out in the q. & the Corbett Joneses. I had a nice trip to Popo. A cool day. Got her just as the school finished. We took 2 hrs to ring out Marcella (MAP) 1901 + D. Then rang Lae. Peter John stayed on the M.K. No planes, no information. John S + G arrived at 11:15 from Kokoda. The opening of the Lae church went well. The school told us to wait till 4:30, & 4:30 told us to wait till tomorrow AM. I went to see Frank Anis & Kefay Kewey, suggested we sleep in the village. All down on time, also to begin next week rather than the week after. Quite useful. Fr. Bodger & Fr. Dunphy (a friend of + D) arrived at 4:15. Bob Cross at 5:30, quite friendly. Dine also large dinner, bath & to bed at 8:30 in Maryjane's house. Donaldson the builder gave Fr. Bodger a great welcome.</p>	<p>Still here & feel I am washing him though I have kept occupied. JDB celebrated. I tried to have a quiet time after but Maryjane be glad to lounge going pretty busily. Breakfast, exercises, etc. asked which told us to stand by in case of a flight. Read a lot, Minutes, Journals etc. 1:30 asked told us tomorrow AM we will go. The Russell Clarke should have come at 1:30 but did not get to Lae. Marcella till P.M. Lay down & read Bp. Sharmah's book. 4:30 asked said M.D. tomorrow. 5:30 E'ing being in the Sharpi's pleasant upstairs sitting room. Dinner & talk with Fr. Dunphy & Tom J. Early to bed. Went to see Marcella in the plane AM, Caroline & Trina up for the day, we went to see Clansons, Hummerstone & Maryjane Clarke. JDB went to Gona Caroline.</p>		

L.A.E.

JUNE, 1969

L.A.E.

Time

WEDNESDAY—June 4th

I began to feel we would never get here. F. Smyth celebrated had a quick breakfast & went. Russell Clarke came in on that plane. We talked a long time to me. Ed did not come up on the sched. Frank Ann about Leprary survey clashing. Mrs. Grossen's inspection. Walked down for the wait & got 2 boxes of strawberries for Fran. Don brought Lesley who went on the 11:45 plane which brought Mrs. Clark so I hardly saw her. A WM flew over at 2:15 & warning. We took off at 10 to 2, a lovely flight. I regret that it is my last flying in my conscience, my self-imposed part-time over these VIP jobs generally. All met us, we had a quick supper, changed to S.C. Busch this afternoon & painting bought over Trust Funds, also D.H. Farm. I feel hurt (?) at not getting all the conference material which is wrong. Julie acting as Sec. Susan had. Quasimodo dinner Julie giving me pamphlets on tape recorder, redograms. Late to bed.

Time

THURSDAY—June 5th
Corpus Christi

Woke at 6:15, a lot of people at Mass. Martin's celebrating. William Coston sewing. Saw Mitchell who is much better, was smiling P.M. is a delightful child. Annie looking much better. A hard slog all day at S.C. rather dull & routine. + D & F all brought up the case of Peter John, one who are not elected. With PJ the belief is that everyone thought he belonged anyway to conference. Ken M. said that S.C. was in the saddle till the next SC appointed. The Constitution bears this out. Anyway we are both invited, I will be told later if we have a vote and for can stand again for S.C. Medical stuff deal with 1 med sterals must be done tonight dialy. Don Workman at length. Worked till 10, then all had supper here. Julie is a bright lass, most efficient. To bed.

"PELARGON" — where a rapid weight gain is indicated.

L A E

JUNE, 1969

S L H

Time

FRIDAY—June 6th

7th

Time

SATURDAY—June 7th

To Mass, Peter celebrating. S.C. left
nearly lunch-time, mostly for
process of the Transport report. I also
got pictures of Mag. Michelangelo's
Annun. At 12:30 Liberyl drove a
W.1 me to the market & we bought
vegetables madly. Sean & little Annun
sent a gift of potatoes to Mance. Then
Grand Med. Stores, then went
shopping at 2. It was very hot &
tiring but the shops cool. I did
other people's shopping, & spent an
hour at the Chinese shop Wang Hin²
buying out the Miris. Glad I took
my own record. A deal of a European
trying to fit me then a sensible
Chinese called Robert. The Miris
handcans, had all I want, but an
awful one. Tried 2 Nationals, decided
on one for \$88 & it was gone. all I
want - Bought a little box for staff
records, a new Parker pen, etc.

Dinner at 4:30, supper stewes & song.
Dinner to meet them + D + Dean + G
John S Mackerzi. me to Balob.
On 6 AM student debated & all
on the AM should build their own
college. F. Ryan adjudicated. Kay
& Gna gave us coffee & pleasant talk.
Talked to + D re conference & also

met Art Roger Martin who
want to join us + D a bit earlier
Washed & to sleep 11:30

Woke at 6:15 & was packed & helped
Julia get to fast (for ones). Saw Mag
& Annun, was called to the office to
see + D's leg, & saw calf at the same
time, who O. had flying to Las on the
23rd. Typed the new medical stuff &
the plane got in at 9:20. Alf drove
us to the ship. We skinned a storm
just along the coast & got to Pop. Dan
waiting to take Leahy, me home.
Margaret PHD people got none, but
Grah came later. Pleasant trip home
got here at 4:30. Mance tired &
driving herself too hard. Gota sleep
after sched. To school after. Jeremy
came out for 4:30 sched, phone pretty
awful, but I got my information to
Maurie. X. raised 2 new pt in lib
Bene came, respect: Hugh bas' A
married Helen, can't realize it is
their affair not ours. Noelene at
Cross for the night. Busy bought in
to go by ambulance at 4 P.M. on
Monday

"NESTOGEN" - a half-cream milk formula for infants, containing Vitamins A and D.

JUNE, 1969

SLH

Time	SUNDAY—June 8th	Time	MEMORANDA 10th (cont.)
	<p>Jeremy celebrated. Noon singing about food service. S.I. for Ella. Asked Jeremy about calling barns for Hugh. Washed dress & did patch & spent most of the day learning how to use the Tecther & doing Medical things for Conference. Finished at 4:30. Tried to get Peter balanced on the patch but the joints had gone. Got a bit of rest. Betty & Shie came for afternoon & B. talked of Augustines who is still worried about himself. Got minutes ready for Committee. cc. Noelens came back at 6, better for a week—had away. After tea Trent wished she could come on patrol, I didn't see why not. She is shriller. Tonight have written letters, mostly CMC. & mailed. Very tired esp the legs—probably from standing.</p>		<p>Overcast, saw Saurip Farm. George a wonderful one to get people working. Dinner in G's house & glad of an coffee, heard the news on his beautiful Saurip radio. The MV came at 8 & was good! after we had said Compline & thanked & apologized in way out & got to work at figures till 10. A glorious night & brilliant stars. Not with a magnifying net.</p>

POP.

JUNE, 1969

SAIROPE

Time MONDAY—June 9th	Time TUESDAY—June 10th
<p>Woke at 6: a lot of work ahead, no plans. Mural job + work to cameras before breakfast. Saw pt. am not happy about Res. Memes then saw new pt, spurtum. X's</p> <p>Wrote to Adair re staff promotion spoke to Peter Lambert at 12:30. He might be able to get into Worely in July. Did sched at 1:30, got word the ambulance would leave at 2. That put Green into a panic but we got packed + showered. The gold priced on food for us. Then the ambulance passed us en route SMH at 4. Green got off: Glen Robinson at 4:15, Jacques departed at 3. We have found her rather a funder + she probably has found us a worse one. I wonder how she will get on: the babies, I doubt if she will be a baby-murderer: can't keep number the job as yet. Got here at 5:30, Clark + JDB here for Mor. Jan. + song, much talk, + they went off to a party given by Donaldson. Green + I had a nice dinner slow + quiet. Thank God U.S. is going to begin withdrawing troops from Vietnam.</p>	<p>Overlept + was a bit late for Mass. F. Clarke celebrated + slowly. all SCMTS there. Green + I got packed before breakfast in a bit of a flap as no vehicle turned up. Rang Transport co. it was to be ready by 9:30. Repacked my test camera to Frank Cui + Henry. chased Council rolls + Gordon Brown is helpful. Got away at 4 to 10. Pleasant run in new vehicle, Kai's driving picked up Graham + Malcolm at bank wh. was dead as a doornail + not cared for. Hard even to find the Queen's tree. The road good beyond where Jeremy brought us then the same road awful. The driver went on to Kothoda. We saw Rembe people. The pastor was buying cocoa there. The woman first unwilling then willing. Walked 1 hr to Sarop, a big long village, to Mission George + Mary. Maclean gave us a wonderful welcome supper in his house. Station beautiful + well-kept, house good. Maclean gave us his house. We saw people + school-children all + had a supper + drinks + much needed wash.</p>

"AROBON" — for rapid control of fluid loss in diarrhoea

Time

WEDNESDAY—June 11th

H
12

Time

THURSDAY—June 12th

We woke before 6, glorious morning. We had to pack then got asked to Georg's house for pass pass. Got off at 7:30, went to Ayika, on a cliff right above the Kummusi - a good view of the bridge. Good turn-up, then Ayika school & then to Eric. We got right there by vehicle to our surprise. Pretty station. Good welcome, saw Kenneth, her meningitis kid who is improving; heard about Roland David's suspension & the (bat. girl walking out. The "balsa" Kypun was supposed to have done on a cat was an epiphany. Back to Embremu, then had lunch under a tree in the bay. Lovely country & picnic at Wasaka. Then to Wasaka. + G just leaving after dedicating the church, confining people & celebrating for their Festival. We were welcomed in well, saw dancing. Front took me to Kap & saw the + heard of his problem. Pleasant people, the Bonds. Saw for A/W. Bath, a short dinner tried to work but could not stay awake.

Woke at 6, decided to go to Wau. The new church is nice. Albert was celebrated in Orohaina it well. B'past. off at 8:30 + took Pruit. To Koropata - saw crowd. Frank Aisi came to see how we were going! Lunch by the Kummusi, 19 by that time. Fried & heady. Green is good companion. Pruit also. We had lunch while Eruben Malchus + Kairo went off?? thinking a sick pt. We worked on papers. Back home via Anwala (Graph not there), Ag (Ann's baby A.K) M.O.S. Saw Marie's small, Pop. to see PH.D. got mail or. We were to pick up + Dal the Friday but Benson wanted for him. He seems to have fixed the Fann problem. Home at 4:40. Big mail. Arnold's wife had just had her baby. Ready getting job done. Letters & signs off or. Shall have to do the report.

JUNE, 1969

412

Time	FRIDAY—June 13th	Time	SATURDAY—June 14th
	<p>Many morning. Memera holding his gun but not improving. I had to do proper on helicopter but ran into some + nerve. I had to scribble his fleura. got nothing. Work letters is a lot of odds + ends to Frank Aisi. Also saw Marie's garments - a lovely job, all made at of his + price. I came at 12:00 + I + picked up Marie. We were told to photograph Noelapa ABM, so took a couple this P.M. He is change at meals + Jacqueline. Had Aleson as Marie went to P. as he was - filthy about + nothing else. I had to be away. couldn't get in + urgent traffic. 4:30 P.M. all disturbed + we can't hear anything much. I had to. Reached bed 3, worked on the report till 4. Odd. ends till 6. At 6:30 Jeremy brought F. Barnes to stay in my house so we had a late dinner. I looked at x-rays + did a bit more report till 9:15. Loved + leg aching. F. Barnes still talking to the girls.</p>		<p>On duty. Slept till 6:30 which was pleasant; got a cuppa for F. Bob. + prayers. exercise. I went to + fast + small Maoni bringing + tray + grate. fully at alone. Spent the AM on Trip. x-ray. at last finish! them. Mr. Bassett brought back Gashua. stayed for a cuppa. Washed my head between lunch + bed, which Rene did + got irritated at butter-in. I'm + sorry she didn't get away for a change. Slept + at last finished the labo report. I drove in + Marie at 4. She sold \$45 of goods + is pleased. I sorted the mail + beside the truck while De was talking. Don't think he was especially pleased. He is not going to Conference: of MMS building. Bob C. is going. I bought E's song + did some x-ray tests. Jeremy on the phone at 8. He is sending my TW out. Suggests this job takes me to see Mawiri. Clear afternoon cool "dry season evening. M. had a letter from Dot. Rob much better.</p>

S.L.H.

JUNE, 1969

Time	SUNDAY—June 15th	Time	MEMORANDA
	<p>"Day off" in lib. Mass & Fr. Barnes went well but everyone was late. My radio was behaving worse than ever A.M. but O.K. for My Wood (what I heard of it) & the sched. Did sched. & saw Weners. Had muddled through a good bit of work, 4 airports. Went to Win & some local ones, read some of Conference paper. find that a talk & a report on medical affairs may be demanded of me. Sorted out all my Conf. & S.C. papers, some for Maurice. Packed a suit case for Las. Just got into a dog P.M. & Mr. Helen came in had ankle. Glen brought her down. Spoke to Maurice on the phone at 4 as a replacement for Sarcot for Conf. Pure can't, we can't get anyone there in time, & we decided to miss Conference. Got some CMC stuff done by 10 to 9 tonight. Saw Janet's pictures, & good. Augustus came in his muskies & worries. He is a problem child. Am tired.</p>		

JUNE, 1969

Time	MONDAY—June 16th Queen's Birthday Holiday, N.S.W.	Time	TUESDAY—June 17th
------	--	------	-------------------

Woke at 6:15, so not much time for extras before 8:00. Phone awful, but thought I could talk to Becky. Bob had been checking it. Did list for PHD for review AM in many interruptions, & rapped the spines in Arnold. Don took care mail, quite friendly. He took Gordon & Len to see the police. Augustus was punching their sweet potato. Name in a flap & sent the 2 STC machines back in a hire-vehicle: radios & letters in all directions. STC has been after hamburgers over the whole show. Marnie a mechanic 5/52 age who hasn't turned up yet. She has worn herself out but is glad she did it. She & Moelen between them gave me a new shade for my Chindaman lamp to handcarve. Marnie came at 20 to 4 in Fred. Freda got word of the death of her husband & wailed a lot. I haven't seen her yet. Long talk to Mr. He is going to do the med. report. Tonight have done stocktake job at last. Very tired maybe because I sit badly in my chair.

Fr Barnes went as far as Erso and least has us in reasonable communication in SMH & Erso. Thank be He also is having a go at Moelen's tape-recorder & looked at my radio gram. Inspection went fairly quickly. Lancelotti came for review. I went to DMO as absconders including Lucia & got on to the stocktake. Marnie was sitting up at 4:15 & by 5 he was dead. Poor old man & such a nice one. Tried to inform his "brother" at Sangara school & QD did not come up on the sheet. We had a pouring rain 11:30 onwards. Also M. G. had it at Refoa. & Dagna had it. + Henry came off the G. out her for dinner, Lali: & Ken came of his own accord while we were having dinner! Just like old times. Bruce shaved pictures brought on G's projector. Marnie came in in a haemophysis of sorts. Not much done.

SLH.

JUNE, 1969

Friday 20th
~~THURSDAY~~ June 19th

Time

WEDNESDAY—June 18th

Time

~~THURSDAY~~ June 19th

Mass at 6.30. Malchus on
 sine to sew. Nancy still as
 ferus as can be, poor darling.
 Hull stay but ping up, we
 got to the dry. I saw the
 Repers, Janet in a snappy
 mood but got out of it a bit.
 Saw poor Theda who husband
 died a few days ago. Begging
 to go home. Of course she's on
 the boat for weeks which help
 me as she would not return
 if she did go home. Saw new
 Mr. Miriam coughed up 1-2g
 blood, she has a new shade.
 Geph brought mail at 12.30
 McLaussa, Rhonda whom I sent
 on to Mauril. To Bob freed in
 aerial for me, bless him. A
 muddle very transparent. Rodd
 brought delegate down at 5a
 Dan was going up for them.
 Womers' s' brother not a teacher.
 We had him buried at 5.15.
 even then things were rather
 unpleasant. To Bob went to
 road in Dan at 5.30. Tonight I saw
 new M's paper-records works
 wrote to F Womersley & finished
 Dot D. Letter part of Dot T, feeling
 the social

Left better. Got away at 8-10
 in Benson to SMH. We picked
 Betty, the baby whom I saw for
 the first time. A dear wee
 thing, skimming a bit. Victoria
 escorted me upstairs & put
 yesterday's in sick pneumonia
 had improved. I thought it was
 gone. A long inspection
 but interesting. Adm August
 when I has been → 3g. Had
 talk: Hal who says the site
 is in trying. Mary has
 not accepted the Bishop's verdict
 willingly yet. Dan brought Andrew
 in in a washy cut in his fore-
 head down to the bone & gland
 it. Lecky cleaned & sutured it.
 Am a bit worried about it. It
 was done who flaked out. Betty
 12.20 in Betty who had lunch here
 did some inventory. At 3.30 had to
 type blood but the serum is 0/5.
 Little Malina & pneumonia sudden
 by got worse, grunting resp. a bit
 of a fever or. ? Pulm embolism
 she is still with us but worrying
 Govt films tonight. I got out
 entering Stocktake.

"LIQUID LACTOGEN" — contains mixed carbohydrates, Vitamins A, B, C and D and organic iron.

JUNE, 1969

SMH

Thursday

Time

FRIDAY—June 20th 19th

Time

SATURDAY—June 21st 24th

Forgot to make up last night. I do
get tired & feeling my energy used up.
MK got off at 4 AM. Bothilda
came for x-R. Got air entering &
shockable & letters & death cert.
lot of odd job. Copland finished
his help. The 3/2 repeat & started
on fixtures. A most willing
worker. In in, out & did not
send the urgent message to Doc
that they kept asking for. He
went to Pop, back at 7:15 &
want your freezer missing. Win
says Ellen had last week-end &
her she is having shock treat-
ment over 3/2. She won't bath, but
Win got her in to us.

At 7 PM saw little Wilma
pneumonia. Earlier in the day
she was off colour but almost
responded to my greeting.

A note from Juliet who has bought
the record player. Bless her.

W' fast in bed & on duty by 8. Runy
day on Queenway & get it nearly done
Willma improved. Thank God. Well
still about 9, washed my head & we
drying. A wicker bar & Keeley draw
in for me. Kensen's baby & teacher
bunchies. I took down night things
& got to bed about 11:30
when the baby was surprising
could not sleep.

Pop

JUNE, 1969

Time

SUNDAY—June 22nd

omit

Time

MEMORANDA

Overslept till 7:20 missed water
 but better. Saw Augustine still
 worried about himself. Dan drove
 me home by 10 & thank God to
 Rosemary. Kids went to Peter's
 home for a cuppa. 5 strain on
 anykwardness. Everyone & thank
 for. Wilma sitting up eating
 rice. Ken sent a querson
 note of thanks at dinner man,
 just like old times. Had to
 wd. get my electric finger
 repaired at his repair. Even
 up not, the breach is healed.
 Work to Win & F. Haley did
 up slides. At 1:25 called to
 SGT again for an acute abdo
 (Lilly) & a Bander meningi
 6 days' duration. I was so
 weary & fatigued already but
 God helped me through. Dan
 came from again; he & centrally
 & good. Spent P.M. doing C.P.
 PVs & n. When the sehed was
 over she got worse. I decided to
 take her to Top, dashed to SCIT
 & took Annie back for food,
 packed, back & put in a drip
 Betty came to give blood but

2 hrs. Kurler's done, was
 not there. Betty gave Benson
 we saw food at 8:30 & we got
 off at 10 to 10 Lilly's pull 112
 Pop at 10 to 10, to Hoop. Fry
 Frank who got Bill Morrison,
 a good quiet chap, who was
 willing to have a go. He got to
 PATI buy up & Donald collected
 their blood as well as Betty's. The
 Benson took her home Frank took
 me to his house for coffee. We
 scrubbed at 10 to 1 - 4 of us -
 Mr. Churchill gave the anaesth.
 In spite of next sign she
 was an ectopic & masses of
 blood. Bill did a good job &
 did Frank & Gshura. Finished
 at 10 to 3, cuppa & home to
 Sharpe's by ambulance at 3:30
 Got had to think that Lilly
 pulses much improved.

L.A.F.

JUNE, 1969

Time MONDAY—June 23rd

Woke at 7:30, longing for more sleep. Got round in a haze, had a shower, after b'fast, must needed a plan. Took on down town thru the last word in construction saw Kelly, much improved - 2 bags of blood to go. Booked a train for Worcester. Letter from 2 good children bless them, John & his manager, it's anti God :: of Eln. Got off at 11:20, less than 1000 feet, whole way below 1000 feet, mostly at 100 through drizzle, picked up Mauris & Susan with 12 children at 10. Gave John brought us to the mission for lunch, Alf Hill had just arrived, I am staying in the Rectory. Balok saw a lot of old friends & knew the joy of affectionate reunion, barstibuben still. Taught on teacher's & staff wages, a great outburst from the class & a perfect call to renewal for +D. Then home. John got the radiogram - 10% off, bless be. Have neuralgia on R side of head, beastly headaches. Am blind a week tomorrow.

Time TUESDAY—June 24th

Slept deeply but not long enough to mean I got John B. actually got my hair shined before b'fast packed things for Balok. You see he produces wonderful meals. To Balok I had to lead 12 parsons in Spiritual Renewal. The best of them said too little & the other wobbled away from any vital involvement. Report presented took a long time. Larry Parker did ours, better than I expected. What I saw here for lunch & got 10/00 lying down. We made a strong earth fever at 1:30 P.M. Bill Mangton brought us down to earth - why do parsons think impersonally? Then John sharp began stewardship. What I cannot do & I can't not stay awake. Got a sherry & a shower in the girls' house. Tonight Peter talked of Mission B'casting Service & we had plan the Muller, Anactames - all Mission staff - came to see plan. Home at 9:30. Mr Booth in early labour in my room. I longing for bed.

LAE

JUNE, 1969

Time	WEDNESDAY—June 25th	Time	THURSDAY—June 26th
<p>Got off rather slowly but felt better AM. Neuralgia still bad. Up for Mass & found there was none! Also no baby. Then out of labour. Martin up for 2 hours: of the death of Cornelius of Sambada's baby. Then drove me to Conf. the whole day till 3:30 on stewardship but every hour the talk turns to money. Pouring & rain all day. I got on the phone at 3:30 to Crawley (Spring not found) B.M.S. & Mr. Barnes as well as Mr. & Dr. Becker re Jim & Anna. Presentation of Division's report. Maurice did ours & D left the decision to me. Late evening. No bath. Thought John Key had & commenced session & good & amusing too. Rep Henry D of R.C. Lae, Wally Landon of United Ch. a pastor of Lutheran & our + G + Caedon. The students gave them a quiz. John Laurel Kuyvet's son there; a student at Lae Tech. Home by 10. Shower & coffee.</p>	<p>Mr Booth having 1/60 pains again through the night & again this evening. She is good about it. I got to Mass in mid June this AM. Caedon celebrating. To all took us to Kalo. We got into Suirara pretty quickly. A hold up in bit. Guess was a matter of David Weather all the "Free Choice" in West. Brian + D edge a bit impatient about it, + D wary; but most of Conference felt we must do something. 2 W. Papuan theologs told us how they escaped: we were in prison for 3 1/2 yrs for speaking against Indonesia; after release he pretended to be a school inspector & worked his way to the border. The other had a friend who paid (a pastor) for a passport and for ticket on a ship. They spoke of torture & punishment. AM. Service of N.G. - much good talk & Europeans. P.M. & N.D. & quite strong, discouraging & wearying. Rebelling agst. the Medical fees after after tea - M.B.D. peaceful, not much doing & we went on after Zubray talk tonight. I had to scrap my shopping. Then vomiting & got to Sangarit, & he got no shower. R.C. Rep there again tonight & spoke & prayed & not so well. Back here late 1/4 to 1/10, coffee shown & bed to bed.</p>		

"AROBON" — replaces lost electrolytes and aids normal peristalsis.

JUNE, 1969

Time

FRIDAY—June 27th

Time

SATURDAY—June 28th

Mrs Booth's pain got more painful & speeded up. She took her to hospital at 11. - a boy from after 2 AM. I was sleep till well after 11. Then I then bank. Droopy eye all day. Woke at 5 to 7, after to fast (lovely food!) went to see May. Then collected. Looked at my recent plays. News not tried start properly. Went shopping - made more expensive. Tried tape-recorder at several places. Finally decided on a cassette type Toshiba. Gave pleasure: it's top & will continue to be. Brian & me will draw me home for cash, but had to get an order. Then for a supper: to Bald & Martin. The rain began again & I was lucky to shop in the day. The day spent in Woking, election re. Maurice is on S.C. & also Bishop's nomination board. Now had to fight: my guttoney though it is not a really bitter thing. In Evening brought an impassioned plea for de-sensitizing penicillin, + Do all dead - it is well, all gave lot of humors. Dinner here: Doug Archd. Maxam: Bill Gammage, Doug's nephew. Lovely meal back to make in. Mrs. Booth spoke at some length re. Ball, & we gave him \$100 for Libram. Maurice flies home in A.M. Home late. Nov 03

Conference is almost over. Did not sleep till after 11. To Cardiff 8.30, was here all day in being & bed. Got down by 5 by dent of going 5 after tea. They passed a motion forbidding paying Hosp. fees for little children but + D said to take in action till S.C. tried things up. Maurice got off on AWM today, but it radio broke down in Moresby. A whole lot how to fly Ansett tomorrow. Bad luck. A great ovation for F. Alf today. F. Bryan got his yesterday. F. Alf said he was sorry I was not on S.C. & he had suggested I might be invited to Moresby, but I wouldn't invite to the first one tonight. Maybe as well, a my brain was quite addled. We are sending a radio to the Premier of Wales. Martin brought me home after O. Lovely dinner, chat, bath, & a spot of packing re. Had had not tried the radio. Sail at 4 P.M. tomorrow. I am not going to Moresby till next Friday.

"ESMIDA" - a hydrolysate of the milk proteins, casein and lactalbumin.

On 17/12

JUNE, 1969

Time

SUNDAY—June 29th

Time

Time

MEMORANDA

Time

Ready by 20 to go Frank Stevens,
Guthrie. My friend took her Travel
Maiden Roger, a boy called Philip's
me to Babel. I having a lot of
pain & worry & pressures,
though I know the Eucharist
was wonderful & the sermon too,
I was not really "with it". I
gratulated + D afterward on his
19th Anniversary & his manage-
ment of this Conf. He patted
my shoulder. The first informal
gathering I have ever had from him
said some good things from the
fact, talking to him of our
early days & attitude to prayer.
Left for 1 1/2 hrs, packed, had
out my precious stereograms.
Pleased & it though it volume
is not great. Told Fr. Dams.
Tim Wooderson to lunch who
was lovely. Said good-bye to
S.P. M. packed W.M. letters
enjoyed the walk & the 10 draw
with Nov 11. Everyone has
to wish us good-bye. It may
be good-bye to the Muller
but all day he will try to get
me to S.C. Landed just after 4

a fairly rough sea & the only
woman on board & rather nicely
paced over. Got on a bank & Aspin
of the boat & shared it. David
Wetherall, Fr. Dams, Maurice Heywood
on the other, John S. John on the
floor. Fr. Laker had my little cell
quiet by about 8 PM.

S. L. H.

JULY, 1969

H J E

Time	Time
<p>Shenanigans day. Overslept bed 6:20 so not much extra done, little physical jabs. Inspection of St. Mary, Linn back. 3 new refer in in 2 ambulance vans one got me off my couch. Finished the $\frac{3}{12}$ report but getting fuzzy & irritated at the end. Wilma perhaps a little better. New Sholah instructions. They came yesterday too late for my idea of ST. I might E sang at 7:30 then meeting, no chairs & chairs. Weekly talk of Conference. Marie is concerned about Graw Darling almost certainly preg. want seems to want me to do something about it. I suggested looking for a new girl. Let Helen may have an Arkawa girl waiting to come to her. No want today, no records. In children's session heard the life of CSI: reference to brother. It brought it all into my orbit. Got back the little electric machines today, said to be in going order. Sent a note of thanks to Ken.</p>	<p>called at 1:30 - Peggy in Lebanon & produced a car at 2:15 though she looked like being a transverse arrest. Both Janet & Alicia up & delivered. He. Could not sleep till about 4. Trayed to wake at 6 & did. Was in good in spite of wooliness. Dient money for fares to for Monday. Got report done. Frank Aidi came; Seragis has written about 56H, no cc volume. Frank says over 30 new c/s Jeffrey found so far. Et flying again not sure if he can take me on Monday. Wilma thirsty & hungry. Thank God. Davell's Mr. W. K. Durina, he much better after leave. Mary unwell but took M.U. wanted I settled a good deal of business. Jeep light W/S. Den came at 2/6 10 c truck & took them home. He brought mail & freezer. Bruce silent about Sunday's trip, so I went to see Gordon who says he is happy to drive. It rains every night. Am still behind in my work. Berthaven's prave Concerts are - glorious. The Emperor.</p>

JULY, 1969

Time

FRIDAY—July 4th

Time

SATURDAY—July 5th

6th

Still tired + longing to catch up on sleep + leisure: but the work is not ending. Up at 6:15 saw pb, did sheets - reception is poor but my radio much better to listen to than the transceiver at times. Little Wilma jaundiced today. Looked at means organized Lincolns X-ray had to do it 3 times - got on Stocktake + brochures for medical staff. I've learned how to use the Geestelmer, did the sheet for me. Tonight have been enveloping them up to go on M.K. There awful. All our communications are hard to hear but valuable. S.G. here but we saw no one. Tonight spoke to the pb + staff about conference, a full attendance, class attention. Though interpreted very boring, glad it is over. After 19 heard the Trout + Chopin which I did envelopes. When I am tired I get sickily. The Whyatt's went to Pop early to see S.L. friends + the dentist.

up to do fast for once, but sleep till after 7. Worked hard on this, that, all day. Got S/T done + papers signed by 6 P.M. also spent some of the AM getting out writing papers + records to cheer me. The pot is rather chill in the hall, nice in the base. M.K. came at 3, Bruce went down + took M.K. mail. Greene brought out + Henry at 5:30 for the night. Had a few mins after E's song reading + H's account of Conference simple, clear + brief yet full. News + Greene cooked all night AM. for the home. Message on sheet to say I have a sheet on A.W.M. done 8 AM Monday. To sleep at Pop. Begged a nice last thing for Samuel's "brother" Austin.

P.O.P.

JULY, 1969

Time	SUNDAY—July 6th	Time	MEMORANDA	Time
	<p> Slept so badly & feel weary for the time up at 10 to 11, got + H a cuppa early church meal. A busy, mentally worrying day getting tractor back off. Poor Charlie muzzed it, & would not face tractor a touch. I wanted did not ask for Rodd's jeep Jeremy thought of going but didn't. I did packed, saw pb, sorted papers packed, cleared some of the mud. Did not get W in's letter written. G. B. came 4 after tea. I wrote to Bob (his b'day) while I waited for the vehicle. Left at 6, came at break speed, stop in town for dinner + H here + D + G. A 7^{1/2} Drudge (?) here, full of beans + got, talk & showed in nice pictures so badly. Showed mine, some so good. Sleeping on my tils in Margie's house, Susan too. </p>			

JULY, 1969
 MORESBY — KOKE.

Time	MONDAY—July 7th	Time	TUESDAY—July 8th
	<p>Slept well. up at 6.30, still tired. Early 6' fast & Ed flew over at 8.10. We took off soon, but climbed to >13000ft through liquid rather wet cloud, then returned to 10,000 ft. cloud still above us. +D upset but philosophic. Arrhd. Gabey missed his Fiji plane. Back to Sharpe for a cuppa. I wrote to Win. & Wren, lunch & a rest. while Ed took + H & B teachers to Logona. Their mother too, looking better. I'm happy about yesterday. W. got off at 12.15, went to 11,000 ft. sky clear, sunny, got to Jackson's at 3.40. Ed took us in, we had a cuppa. His wife & 2 kids to arrive. They go on Wed. for leave. The new Auntie (Rough Young) comes tomorrow. Ed will fly me back on Saturday. Susan at last pushed us up. Both John & Angela to the University, my first sight of it. The Admin' College, the 'Shaw' grounds, preps for SI Pacific games etc. Then they dropped on here. Mr. Alfred is helpful, also Janet Eileen went on leave last Monday. Mrs. Kellogg (?) rehearsing her. Auntie Leeson from Hoi to here on road Logona. Dinner with all the teachers. Mary Ann + D came for hand over while Mary taught St.6. English. Quite a lot of useful talk, but was to do. Cuppa, bed. Tired but stimulated. Much to do, need time to prepare.</p>		<p>Woke in a muddle wondering what to do more urgently than what else. I tried to remember "Are there not 12 hours in the day?" To Mass. Phil's celebrating, felt better. at 8 sang Dr. Hymns - he has no dates yet, so I don't have to hurry back. found Dr. Russell is away: sang to Thyrum & asked for today to do my homework. Ben sang. I am to go to lunch there on Thursday. Wrote to Mavis. To Mary Ann. I am to go to Town. Did not get much done but it was pleasant. High winds so it is cool. Back to get a cuppa & lunch, then had a blessed sleep for 1 1/2 hrs & wanted more. Worked on CCMC stuff, have it in order, bathed. +D pushed me up (date) at nearly 6. He had had a big meeting about Combined Teaching Scheme. To Bryan's. Travel had gone out to dinner, the Buller. Mary produced a nice meal, we sat at table & +D brought in home at 8.30. Now to bed to read his files & maybe record anything important. Mr. Lilli was a Smith, shared a photo with Basil. Auntie Lillie Brady! To Geoff came on Thursday. Letter from Win. Ella remarkably unfeared, about God. She has a married couple as tenants.</p>

KOKÉ

JULY, 1969

Time

WEDNESDAY—July 9th

Time

THURSDAY—July 10th

Left better, still much to catch up. To Mass & not so attentive. Kang & an Waddock's see, tried several tubes for Lemo's success finally wrote a letter. Worked at Postoff. Alex had a coffee, & he picked me up at 11:0. I was talking to young Matthew & runner, what here in Mass. The whole family here to Ken, & had 40 more. Mr. Will's opinion of LGCs is pleasant. Offered to appoint me medical advisor to Hig. & O. B. LGCs. He said LGC. APOs are PHD course play's, therapy said not. We had an hour & half, he giving away almost no information. Dr. Lyons is to copy SCU. + D brought to the training for lunch, stayed himself, Bro Andrew, a Jean Douglas & Napuan, med student there. About rest to J. Flynn. Some talk then he drove me to Mother Michaela, a nice young & so helpful. They gave us a coffee, we went to Whole, very suitable place & to nice. Wanted for a bus home & a driver offered me a lift in his own car!! Then the bus has turned. Bought a fr of sandals tonight same work, but must do it properly. Anne goes tomorrow a nice enthusiastic child.

Up for Mass again. Anne was so quiet when she got up at 2 to 5 but she was grumpy. She had a few people. Anne's change \$ 8/10. Went to Town & just got a bus. Got most things on my list. BKs tell me an AC-DC adaptor is built in to my set, so no need to get another. A nice woman in 5th is helpful: Mann's need. I ran late, but + D picked me up on his way to the airport. I was not late for bus, I found time for a much needed coffee. I bought Ben a nice sturdy bed. Pleasant lunch, I did not see John who is improving. Ann talked of her problems: said I am full up to proposing her for Mrs. C. She is doing a talk for Symposium. She took me to P.M.C.; Jan gave me a coffee. J. F. when he came, very helpful. We saw Peter Booth & arranged a meeting & saw discussion. J. F. dropped me at Laurson corner bus home. Tonight have read files & organized ideas. Mrs. Lillie out! Am glad I have some work here - much to do.

"LACTOGEN" and "LIQUID LACTOGEN" give identical formula compositions

KOKE

JULY, 1969

S.L.H.

Time

FRIDAY—July 11th

Time

SATURDAY—July 12th

Woke at 2, deep mosquito spray
 inside my bed in effect, but slow
 to get off. Woke at 4 to 7. Met along
 session on the phone again; Dr. Byrne
 most cooperative. Say we can send
 Logan nurse to her if we wish. Well
 same & talk as Chairman of Nursing
 Council. Michael Mice pushed me off
 & was in helpful. Saw Dr. Douglas,
 Mykins (two high powered) & Foley.
 Mr. Sumner. Then looked at the book-
 binding place (to good) & Alfred then
 on a big smile. Found Barb; little Flor-
 ence in WS; the child injured her eye.
 Then Gladstone Mavis. Dashman. Then
 Lepreap. TB Control, & R. Ken S away
 Dr. Wagner is helpful, & Dorothy S
 gave me a supper. Then 25th anniversary
 most work. Wanted to go more for her
 & got a taxi. Miss Hunt; Fitzhym
 then wanted to go for lunch & finally
 got to Leno. Made it welcome much
 talk. Joan looks older, & Mrs. Small
 doing the office. Back at 4:20, got a
 new stereo needle & ran into Susan.
 Louie as shop shut. To Koke in time
 to go to Falotki; B. Alfred moved
 Alfred Mai but with his wife. At
 your. Matt then a lift back, met
 last date dinner, talk to the Browning
 & sang sang. Very bath & packing

Have again & me to be among
 my last at quiet penates, not to
 mention the family. The mosquito
 woke me at 4:30, up at 5:30 & got off
 at 6:25; B. Alfred & all the gear. B.
 is a nice bloke. We got to Jackson's
 at 4 to 7. Ed got there at 7:15. Met
 Roger Young, a quiet chap. Good
 flight, & Bob Chassali came to pick
 me up. The Sharper moved to their
 new house yesterday - far from
 finished. The Hammond are
 settling in. To Mark & Rod got Bob C
 to bring Mavis & me down. M. got
 \$45 - market a bit sluggish but
 she seemed happy. Got her to find
 Lesley here, & Marilee not going on
 patrol till Wed. Much talk & in-
 packing re. Wilma sedentary but
 seems better. Gaudine is on. Had an
 hour's sleep after lunch & felt
 better. Went to K. Alf. & the CMC
 to 6 & sorting myself out. My
 old radio seems O/S. Locked myself
 out! I went to Bruce for the key.
 He is affable & a keen family man.
 Thank God. Bruce over-fixed my
 hot water system - it is below
 pleasant heat!

when diluted for the various age brackets and are thus interchangeable at will.

S. L. H.

JULY, 1969

ROSE

Time	ditl ylu	SUNDAY—July 13th	Time	Time	ditl ylu	MEMORANDA	Time
------	----------	------------------	------	------	----------	-----------	------

A day of accomplishment but
so much yet to do. Church
began late thanks to Susan
being late. Lillian to breakfast I
shipped school & phone. Did copies
of the programmes for the CP
duplicated circulars, 9 news
(Wesley) addressed the envelope.
A few other letters done, & W in S
had to go to sleep after lunch.
W began to sing at 4:30 today.
Water still under blood heat,
so Bruce fixed the thermostat.
I might enveloped the circulars
& mailed & had lot of music
on the record player. Shaved
my pictures after dinner &
all as usual in the care of
Magdalena & Michael. Am
very tired.

JULY, 1969

Time

MONDAY—July 14th

I seem to pack each day full & still get not much forward. Woke at 6, got back to physical job my radio playing up - 7 flat batteries. Jeff came at 8.25, 9 am P. back again. Betty came to the Bay M. I did a slow round. I got it sleepy & a dull headache. Some interesting patients there. Jan brought me back by 12. 2 new letters in, I admitted them. Slept till 3.15 after the school, they faced a lot of end-of-year forms from Grew & P.H.D. saw division of his pension & Noah Rose whom he reported to Janet. Copland K has been sending her letters - well substantiated. Saw her at 20 to 6, she admitted seeing him but not worse. I told her she must go home on the next boat & she went in tears. at 9.30 not to be found: ? in garden fence. She should be on N.D. Long talk to Grew at 8, the phone is better since he cut some foliage away. Talked to Annie who wants to move on. Appointed her prefect one more. Wrote to P.H.D. the Bishop, & at long last unpacked Margaret's parcel & good. All this to the Water Museum & Oscar's record.

Time

TUESDAY—July 15th

Woke at 6 to 6. My job keeps me going till 6 past. I suspected leisurely that done by 10. Whelan's sedema better. Then did some writing up. Saw Noah has still in tears, but I don't know what is the upsetting factor. I think she is ashamed to go home. Had quite a sleep pill nearly 3, & tackled the report for P.H.D. an unseemly muddle & I came down at 4 for Isabel's baptism & called in on the way back at 7. Some uncertainty about our Bible study & its topic. Reminded a rather blind stupid sermon on the 2nd coming, pleasant talk after it & criticizing it. I suggested Gey David-man for next week. Back to report to music. Am tired, aching a bit physically & sleepy. The new radio would not take the more record W. gave me for my birthday - basal; playing of Dvorak. Old radio behaving better since I fiddled: the batteries.

"NESTOGEN" — a half-cream milk formula for infants, containing Vitamins A and D.

S L H.

JULY, 1969

Time

WEDNESDAY—July 16th

Maurice & Mary went off today on patrol. Betty to Sakharina. I woke before 6. I respect the St. Mary, which is filling up. Mr. Churchill came & we talked of this officious bloke in PHD who said I should not write T.W.s. Mr. C. told me to carry on. I saw a pomegranate & the. wrote some letters. got on to claims for Mission. Long Pedrow got put. I've did the copies for me. Tonight she had the stencils done for Marie's N/C. I duplicated them before after 3/4 song. Annie was to come & see me but I think Janet kept her away. Not tonight. I tried: I think the physical jinks make me tired. Bummer: Alison is affable these days. Thanks to Hugh went on holiday all prepared for marriage. Listened to my remarks on the tape-recorder today. My voice is utterly different from what I expected.

Time

THURSDAY—July 17th

Slept a while then woke and realised too late I might have heard the astronaut blast off to the moon. The U.S. is making much more fuss of it than previous ones, possibly demanding more courage. Mass to good, & Jeremy paid a cheque for me for the Field of the Thengy. S.M.H. has been good. Maurice got to Sakharina 1 AM. did their sched at 1:30 & 4:30. I put new batteries in my old radio. The sched foamed in while the transcription fluttered & cracked. Worked in my house P.M. & got the returns & letter done by tonight. Also tried recording on the cassette off the record player. Tone a bit blurred - might be better if I can plug it in. Beethoven's Pastoral, glorious.

JULY, 1969

Time

FRIDAY—July 18th

Had a wakeful midnight again - sleep for a few minutes then awake. Took 100g. Amobarb. Heavy med today. Got away soon after 8. I expect in pleasant. Found Josephine just beginning labour & she'd not descending much & good pain. Am trying to leave her in God's hands. Found Jamie Darling's sister: a probable T.B., saw a lot of staff. The vet clinic played up Got home at 12. & got on to the inventory then after 1 a bit bought. 4 in the middle of a mid sleep & the 7 year came & so Name. I both wakened. Then came up at 1:30 asked from Dogura - Ann Leeson she'd at W. G. L. something wrong at Sag. Pictures bought. I watched for a few minutes. Trying to find out how radio & tape reader work.

Time

SATURDAY—July 19th

20th

Slept well after doing my best to hand over my worry to Got Josephine in labour & head not descending. B fast in bed. I slept till 7:10. Very good. On duty, asked, phone to & got the machinery: order done by 5:30. Bought a nice chi made by Jane many for \$1.40. but want a smaller one. Jeremy. Nri came at 5 to hear about asked to. Just beginning dinner. Don came for me. Rosemary who had been 1.6 all day sluggishly suddenly produced a babe & a bear. Fixed it & got some fruit at 5:45. a cuppa & Bob drew me back. I saw his new horse - in nice for a to cheap one. Bob said he had shared the wire & replaced inside above in the past 3 weeks - all without a word to anyone!

S L.H.

JULY, 1969

Time

SUNDAY—July 20th

Time

MEMORANDA

A real day off, a part from radio
phones. S.M.H. reasonably quiet.
Another period of wakefulness
last night though I was asking
in bed. Woke at 6:15, no
time to do my hair or have a
zuppa. Grumpy here, bless him
I just refused to do anything
from a sense of duty & have
wobbled in some result. Did
the W/L at long last, & suggested
to Win I might take over I think
she will refuse. Wrote MK mail
& asked Julie to price a truck
change. Slept 2:15-4:04, felt
heavy but better. Opened old adv.
book, checked statements. &
heard music. Win's b'day
present the Dvorak, is bent, &
that is why it won't play.
Am trying to press it flat.
Experimented more in the tape-
recorder & it records direct
very well, much better than
in the little microphone. Ramsey
Jill's lamp is not functioning.
I hope someone can fix it. Am
in bed before 9. We got our mail
out today.

JULY, 1969

Time MONDAY—July 21st

Today from 6 AM - 7 PM has been dominated by broadcasts of the landing on the moon. To me it seemed more wonderful that we could hear Neil Armstrong's voice clearly from the moon than that he was actually there. I suppose the mind boggles at accepting it. I went to bed at 6:25.

wanted more. I am P. came at 10:08. Arnold & raged Ethel Garris & came in to clean the phone line. I repeated pleasant, supper, wrote to Alf to close my fees up & help pay Noelene's subscription. Got back at 20 to 1. Heard the actual landing here just before 10:00. A dopey afternoon with sleep & fiddling. Thought that matter to the 2 Professors & Dr. Jacobs for CMC, done a spot of remaining & had very much. Many much more cheerful since I assumed her she is not pregnant. I hope it is true. Trains brought Larry J, John the farmer, John Thomas (!) & the Blodgen down at 5, straight past her. Hope Ernie was ready for them. M.K. out 6 AM.

Time TUESDAY—July 22nd

Still kind but less so. The man got off the moon alright. I repeat he saw Alison who has infected board on Penicillin Ganet showing me her allergic fungus. M. Kea got a dose of INH & objected to much. @ these allergies! Have done some writing in the office, nothing in the house. Am now recording Brahms' Symphony No 1 but the radio is not so clear.

After lunch Noelene told me of a note from Gray Darling saying she is pregnant. M. organized a visit for me at 5. She is 24/52, poor little thing - Davidson being responsible. Jeremy came at 5. I told him M.K. this AM, brought 2 lepers both Grace J.D.B. had to return to Pop at lunch-time so just popped in in passing. Thought I took the Bible study affair. Bruce came, not Alison. I doubt their value per se, but we all joined in. Dan brought the mail in the middle of it.

S L H.

JULY, 1969

Time

WEDNESDAY—July 23rd

Slept well but woke a bit late. Told the girl the news from the mail + Mahon's visit today + the Redpaths. Got 4 inspection weekly done - 26 letters now - Frank Anis Mahon Parker + Dolan arrived at 10-30 Janet showed them the Map. Frank talked to me while I organized morning tea. Neil + young women. Dolan was a Methodist Deaconess + knew Alison. Back to writing up X rays + list. Talked to + Berwan at 1:30 + have to be arranged for, except a message to + D. Slept till 3:5, then did Med. work in my house, heard a Mendelsohn lymphoma on new radio beautifully. It would have recorded well but my tape was not cleaned off. Berne firing intercom - hurry! Tonight taking med information off the tape. News written to lens + Joan. I read. Heard some of the tape recorded last night - it blurred + poor as the hearing was, so rubbed it off. Danden ran away last night. The Redpaths due tomorrow.

Time

THURSDAY—July 24th

25th

Mason: F. Linton who came to 6:30 + had his X-ray. Jeff came before 8: + Felix, Ellen, Mary, Gally at Bussey, invited W. L. Train to come as a medical boy - Betty recommended him. 4 inspection late + long. Got home at 20 to 1. Got a short rest, then Berne came to fix my intercom - but she said she still has breaks, + I asked her to help to get me more. Bad luck for all B's work too. It also fixed an aerial for me. I said I would get Arnold to do it. Writing list + sched. Got bath early + waiting for jeep to arrive: Redpaths. They came at 6:15. Big mail, which I sorted while the Rs bathed. Miss family. Julie thrilled. Janet had a mid dinner + we spent the evening talking. Genny + Stephen came out at 9 to arrange transport for the Rs. 2 spent in my house. Bed at 10, read a few letters could not sleep. W. in says Ellen slept stayed in her own house! 3 lovely records are coming.

JULY, 1969

H 2

Time	Time
FRIDAY—July 25th	SATURDAY—July 26th

Deadly tired, fighting a cold still
 & brought a bit of neuralgia in my
 R ear. I have just come to a stand-
 still, don't do more than fiddle
 & work. Woke at 6.25. The 5th guests
 up promptly, & pleasant people.
 Noelene showed them the Hospital. I
 saw pb, did sched & wrote some letters.
 saw some pb - Luvera & Charlotte
 having an affair. Benson took the
 party Noelene to SMH at 11.15 &
 there for lunch. Back here at 2.30,
 good by. off. Janet & Noelene
 went to M.K., got back at 6.45
 sent a mail to M.C. ch. This PM
 have been sorting papers, writing
 letters & trying to get order from
 chaos, also tonight. Marie sent
 the parcel of pieces from Wjin &
 I'm pleased & them. Anne. Rose.
 many came just now for per.
 mission to go to Pop tomorrow.

Slept well & had more or less of
 a day off. Woke at 7.20, to get in bed
 & went to the Hospital only at 9 to look
 at X-rays, answer phone & sched. Also
 had to see some pb & getting bangles
 on on the boat. Back by 10 & sorted
 the papers (Conference in) cluttering the
 table, filed my letters for the first
 time since about November. Did M.K.
 mail & work to W in P.M. after a rest.
 M.K. due tomorrow. Have had a lot of
 lovely music. Fr. Tim came P.M. & a
 mass for SMH. At dinner Janet told
 me Gladys K shipped N.D. last night
 & was presumably out & Alan C.
 Must get some confirmation. New
 nurse Peggy is on M.K. due tomorrow.
 Stella to be discharged. I blew up
 Alan C. yesterday for putting pb. &
 was! Too much high spirits.
 On bed at 9.20. I would love to read
 a light novel but am trying to
 clear up lot of other reading.

S. L. H.

JULY, 1969

Time

SUNDAY—July 27th

Time

Time

MEMORANDA

Time

Jerry here for Maas bless him.
 He saw Grew Darling. SMH. quiet.
 Thank heaven. On the scheduled spring
 14K behob to. I trying to find
 out the delinquencies of the staff.
 Wain at the Bay all day. I got a
 lot of letters done, but did not
 seem to accomplish much. Stella
 went for tractor at 1/22, Grew
 went for the trip. The news news
 came that is still at SMH with
 her Mamma, a patient. I got a
 sleep till 20 to 4, is good. Thought
 the boys split that Maas Gladys?
 had their things packed I grabbed
 them for interview. Got vouchers
 in Friday night's escapade, but
 both girls are all for going home.
 I am sorry about both, I think
 both might have made good,
 but could not persuade TG to
 stay. Saw Fulbat, Alan Cabat
 playing round the nurse's down
 at night & fined them both
 \$1-00. Noah Rex ran off
 to Pop this A.M. Things are
 grim. Annie, Rosamary saw
 Hugh in Pop - marriage seems
 to be off.

S. L. H.

JULY, 1969

Time

WEDNESDAY—July 30th 31st

Time

THURSDAY—July 31st 1st

Work dreading the day: I was going to speak to the patients - the old phobias. It went alright - told them Samson, Giasis was Councillor, warned them off land the side of the ditch & off Kapok trees. Got Lepus' inspection done before Mr. Reid, Dr. Morrison came & pleasant. Saw Boyan Lincay, Bina: had a suppa. Writing till lunch. Great got on my couch, was called to Mr. Woodruff's Lincay & Quepeter. He tried to tell us that we were ~~doing~~ paying our people wrong. Friends came over, got a bit hot under the collar. I showed him Tom Lincay's letter & he changed his tune. Mr. Reid, Dr. W. came in the middle of it early, & things a bit of a mess. Mr. M. talking to Joshua & holding up the surgeon. The power of I blind in, put that right. Boyan refused of Nance. Lincay persuaded him. I whizzed from here to there. Janet did a good job. They went at about 5. Early Europeans: in late. I went out to talk to Jeremy, & the phone works. No late CMC letters did printing to Dorrah. Thought of dear Ted.

Jeremy here for Mass. A most serene day. Cleared up desk work most of the day and did scheds. Talked to Peter Calvert for about 20 minutes on CMC plans. At 5 PM Naomi announced that Grace Darling ran away at midday, her luggage was labelled Toyoko, Bantua, Malaga. Poor little Naomi was upset. I am sorry for G. D. must let her parents know on the sched. We are trying for Monica's daughter. Nance was showing picture to the M.V. & the W. by the way walked off: the projector to show slides to Wednesday. I offered M. my projector but she wouldn't. Finally she got the Hospital one, the W. near mine & all was well. Got the circulars done. Taped Beethoven's 1st Concerto till 1/4 to 11 - & then couldn't sleep.

AUGUST, 1969

Time	FRIDAY—August 1st	Time	SATURDAY—August 2nd
	<p>I find I am in a bit of conflict because I can't keep pace with the other. I suppose if I am flat out on my own work I get tired out; if I can take a spot of leisure I feel guilty that I am not fulfilling my weight in the house. Spent the morning on end of month reports re. the mid Army war book the mail this P.M. I spent the afternoon writing CCMC stuff. Jeremy & Vic came, I- for a haircut, & was here for the school. A man Robin Linnin has died in Lae tonight I tried out last night's recording - the first part was ruined too late & didn't record, the later part blurred & poor, so tonight I rubbed it off. Have been doing medical cards & writing to Mr. Chatterton. Dan left the freezer - the mail "underneath everybody" & had left the C² letter open in case mail came in. Hedric brought young Fenlon back again & advice disease. We sent Peggy to SMH to see her mother for her op. & it wasn't done. I was in the Davells but I suppose it was my fault for not asking. If the phone was working life would be easier.</p>		<p>Day off or on? I wouldn't know. I got dressed but my 6' fast came, I was thankful. Trying to get a quilt to replace GD but Janak not coming up on the school. Did all school, but then took over the 4:30 one. Have been busy & little to show for it; a bit of CCMC, work to be in washed my head, did a few cards, a bit of writing, read a lot of mail. Jeremy brought some A.M. the Joneses P.M. 2 lovely records from Win Boyles from Marjorie Orchard. A card from Squiggles. Poor Mrs. W. fractured her femur in a fall, they are hurrying home poor dear. Joneses came at 4:30. The blarney. Mrs. Jones seems too small to have Doug for a son. She loves her stay. Poor Mrs. Wilton going & Staff nurse ^{Ernie} pregnant & getting married.</p>

S L H

AUGUST, 1969

Time SUNDAY—August 3rd

Time MEMORANDA

Jeremy brought Noelene back
 after 10 last night—rather fed.
 up & her slouches to make
 up her mind by his tone —
 came over to see me by torchlight
 before her this AM, started
 the service 10 min. late, we had
 the baptism of Noel's baby, and
 a sermon. All in all, I tried
 to see the worship as a thing
 over & above the tedious. We all
 helped in the service — I mostly in
 singing up. I firmly kept to
 nothing personal letters & enjoyed
 it. Fr Miller is mistaken in
 my statements, Mary Carolyn,
 Howard Woody & brought full
 the unpiled to write to Waver
 Lewis. Noelene has my stereo
 gram & some records brought
 to record on to her tapes. None
 went to Embi AM for M.U. —
 is to find. The Frasers & High
 School teacher came late AM
 2 car loads. Surgeons have given
 them a cuppa. They took
 our mail.

AUGUST, 1969

Time	MONDAY—August 4th Bank Holiday, N.S.W.	Time	TUESDAY—August 5th
------	---	------	--------------------

It has been a day of plodding along a little chain - I feel as if I should be under chain: M. is so much. I logged. I did suggest that she. I might get a week-end at the Franny while F. Geoff is there. We got a lot of mail off: Dan, also a note to Ron Morris & my visit. The miss soldier brought some mail - inc. one from Major Lewis! I slipped mine to him from the post. but did not re-open it. He is so pleased - the N.G. book. I wrote letters, & did the list for P.H.D. The 1.30 sched was full of Lewis's funeral arrangements. Admin finally brought the body down at 4 P.M. I had the after. in my house on cards & recorded some unmain. Tonight have written more letters. We all washed up. Am not quite sure why Maom is off.

Slow in getting to sleep last night. Janet did the washing: Maom, but Irene says M. has a painful elbow. I respect. I put Janet out, but she is so impulsive - then explains away her unfortellable behaviour. Called away to Mr. Churchill, who was so friendly. He thinks I'll get the T.W. books back. He came to see about LGC & Mission medical affairs. Saw Mabo who is $3\frac{1}{2}$ pregnant. Finished the Mission claims. Slept 2-3. Maom came at 3.45, talked of C⁹. Mary came on the back of the bike. Tonight Bible study taken by Noelene in her slow way but very good. The spirit between us is wonderfully better than it was, thank God. Dan brought mail in the middle of it, no word from Ron Morris. Heard the other side of the Greg record & in sent me what I did job.

AUGUST, 1969

3 L.H.

Time

WEDNESDAY—August 6th

7th

Rit & pieces day. St. Mary's inspection. Malana men came down & cleaned up their jobs. George (the O.I.C.) is away so they can't tell us about pull-nig down the old houses. Martin came for a long talk about his (? invalid) wife. A came out that Mhyllis Mary Blanche (N.D nurses) & Stanley P. were playing St. Mary's radio through the night. Had P.M. on the mat.

Sched a muddle: a lot of brain mess. Slept full after 3rd worked on Med. C^o in my house.

Cleaned up a lot of mess. Tried to record the music but after various experiments

decided the tape-recorder is U/S! Did some household ironing. Name to keeper, weary to the boys, won't give in. The

soldier-lad Neville Patterson came for dinner. Mies had but a bit too Neville-centred. P.M.

did not come on duty. Annis hunted for her. I looked at x-rs 7-30 - 9 till I got her & blasted her. ? an affair: S.P.

could not sleep.

Time

THURSDAY—August 7th

Mess of the Holy Name - Green 51. for C.H.N. He is a dear! Got a letter off to Martin & but just

messed Kensen. Saw pt. several sick. Matthews & John in sewer

reaction. Karita in fears. Lucien trying to have an affair: her!

she is only a kid. Lucien of course not to be found. I bought the string bag she made for a dollar

to repay the dollar he gave her. I hope she will. Put in some new screens in some cassettes. Radio

went out of action at 1:30. Bore fixed it but it went wrong again at 4:30. Sched finished

up in other ways too. Big mail AMI was brought. I take him

bread & digest. Spent after on MK mail, doing up my U/S tape-recorder & tonight mail arriving

4- Me all help Naomi. Tried

AUGUST, 1969

Time	FRIDAY—August 8th 9 th	Time	SATURDAY—August 9th
	<p>Not asleep, had MDI again. Tired & dull all day until 4 P.M. anyway. Did not proceed in the Hospital. All our people went on the M.K. - new patient came at 11:30, but we wait. Leah came too, it must at home. I took her to the house, admitted the newbies. Microphent V/S again at 9:15 someone wanted out urgently. Main ic operating, Peter catching a plane. They finally got someone in the Highland being pulled at 1:30. I could speak to Betty. Got a rest, wrote to Flynn & Dredgold, shower, we got off at 4:30. Name got out AM. 2 Lowell, Mr. M. Zealey, 4 Ashton, 9. Pleasant to get away, think new thoughts. Mr. M. playing - Dicky who is delightful. Had a punctured Lucia. Got just before 6, saw the Amber. Marcelle had not taken her Barbara's. din. & I talked of Hugh's morality. The party lovely. About 4:5 there, a wonderful lot of eat, cherry, white wine. Bot Batters should be had. It was a lovely family gathering. Got some useful planning, talking done. Name in the desert at 10:30.</p>		<p>Bed in bed but washed my dusty head before I slept, managed to get ETA of A.W.M. let Jeremy know. Did a bit of house cleaning, folding, then some sorting & pairing of papers. Jeremy put my parcel to Eric Anderson on the plane + D on board. Mured will not be going home to nurse her mother. Leah went to the ship. Joan & Lancelot arrived, all had a cuppa. P.M. got a good rest, not much sleep. Got preparation then a long talk to Hugh about his marriage, that didn't come off. Poor Helen must be angry, mortified. Her uncle made a public spectacle of Hugh so he went talk to Lancelot. Showed I started Win's letter. Janet housekeeping & doing well. Joan came in for a long talk tonight, training Leah. She was put to bed. I read & had a cuppa. Name not back. I do hope she is enjoying herself.</p>

AUGUST, 1969

S.L.H.

Time

SUNDAY—August 10th

Time

MEMORANDA

Very good service Jeremy celebrating
 • Laurence asking for Deacon M.
 Laurence. We all got to bed, all
 helped in all the washing up. A
 day of being wanted. Talk to Leah,
 tried she ached but more of heart
 still poor. The jeep came in at
 11. Mary, Bob, Barbara, the
 Hummestones, Margaret & Lybil
 boy. Got a bit of mail. Mashed
 still looks tired. Got to Wm's
 letter after 11, & to preparation
 for Gen. Laurence at Erco, Leah had
 lunch. Anne, the Whyatts
 came to lunch, & Lesley who had
 the day in Joan. I got a bit of
 sleep & back to work. The mob,
 Marnie arrived at 3:30; after
 that John Cother & his Nanay V.
 was with them too. A mob to
 afternoon tea. Then a session in Marnie
 till 5. M. trying to make de-
 cisions ahead of time Jeremy came
 at 5 for visitors. Then I felt I must
 relax, & did so. Tonight washing up
 final typing of agenda, & sorting
 papers. Marnie brought her
 mat, & nice. Glad to be in
 bed by 9:15.

AUGUST, 1969

COM^{FE}

Time	MONDAY—August 11th	Time	TUESDAY—August 12th
	<p>Felt fever for the week-end. up at 6. did some typing, preparing for visitors, before 6:30. Then took the morning off for work, cleaned my house, helped in the kitchen. I hope when I write some letters, saw new pt. looked to sched at 1:30 long enough to hear the Kal plane was not in. Had a rest, prepared for meeting. The Council House should have given the Unfinished Symphony but gave Elgar, the Fire Bird music. Ready by 4:30. Gert arrived at 4 to 6. Talked to + D while Bevan bathed, to + B while + D bathed. 14 to dinner, buffet, in unit. Gert did not come. Her break-down is more than imagined. + D advised her to go straight home. I feel guilty that I have not prayed for her much in her extremity. Meeting 4 to 8 - 9:30. Maurice took + B off, Gert, Rosemary + D. I had a cuppa, then I gave + D the Adam correspondence to read. He wants copies of it. + B concerned about the morale of staff.</p>		<p>Did not sleep well after M.N. Woke at about 5 chilly but done a Mass of the Holy Spirit, in good, a lot of people there. Talked to Rosemary, others. Rang Jeremy at 8 - I should have rung last night. The phone, a receiving radio has been in useful today. A fair bit of lengthy talk, some waffling. Got through staff meetings by about 3 after preliminary decisions. Long talk on morale - Bevan worried about it, the morale, looking of staff. Cards to be kept on the health of staff - a lot of work, will take a lot to get it off the ground. Went on till 6. Lovely lunch. Gert produced cuppas. Pp. Rosemary to Eric. D on at 4 to 7. Gert got her ball in + D. Leak out of things since lunch in fever. A late drama has but plea cant, talked to Joan in Anne, Lancelot talked of Malcolm making passes at Myranda, she would speak to him. Had late bath, sorted out things in Joan who typed full minutes, trying to prepare for 1948 but am too tired. Dr Russell due on Friday.</p>

"LIQUID LACTOGEN" — scientifically balanced milk formula for infant feeding.

AUGUST, 1969

SLH - MMS - SLH.

Time

WEDNESDAY—August 13th

th
14

Time

THURSDAY—August 14th

Slept a bit better, woke before 6
 said some prayers then over to the
 house to see the three off. Lancelot
 told me that he thought Malcolm
 Miranda had not gone beyond the
 point of no return. I told + P about
 M. + asked him to post him. They
 got off at 7:30 + took an taxi
 I had preparations + job in on took
 me off at 10:30 in a Tony Baker
 working on the wharf. + Brian
 Am from at bothies, when I had
 a drink of real milk. We whistled
 off as lunch was ready, got
 to MMS where I got a nice welcome
 from Kay Sanchez. Had lunch
 then took me to park after I had
 seen Sylvia + her baby. The small
 baby. Saw Joan Craft, had a
 talk for 10/60. Back to 2 talk
 was thoroughly tired, don't
 know if I made any impact.
 Then spoke after in to Tom + 3.
 Then off to Pop in a hurry - dust
 awful - to PHD or Russell not
 coming. A spot of shopping, got
 to Mission to see groups on the
 grass hearing Kent open the Games
 then by 6 in a crowd of St Christophis
 bay + the blankets. Rosemary here.
 I added for the evening, steadily
 tired.

Got to sleep a bit late. Bruce woke
 me at 1. Dorian + people had a
 rest child + wanted the pastor, B.
 was willing so went. I could not go
 back to sleep for over an hour. Was
 at 6:30, organizing things. Mavis
 did washing. Marea came for
 the money for day at long last.
 I inspected of St. Mary, worked
 in deep hill 7, wrote letters +.
 listened to 7:30 sched. Slept till
 2 to 4 + felt better. Started on
 at 5 + saw Hugh. Tonight have
 done a fair bit. Janet want
 on weekend full makes it
 3 1/2 days if she can. Bruce
 supposed to be going to the Highland
 Talked to Noeline who is doubt-
 ful about her leave, may take
 local leave. Rosemary + Janet
 enjoying her visit. I news
 typed 1 set of Minutes tonight
 for me. We all sorted the
 washing. MK due tomorrow.

AUGUST, 1969

Time

FRIDAY—August 15th
Hostilities in Pacific Area ceased, 1945

Time

SATURDAY—August 16th

Don came in the Redford at 7 for Rose-
mary who scrambled into her clothes
& all something as she went. Don is
quite unpredictable, I fiddled in
Hospital till 11. The ambulance came
w/ 2 new pt & bedrie. Janet doing
unfathomable things - just unrespectful
- tonight quite snuffy. Maybe I
am neglecting her for the others. I
got an M letter in my house till
lunch. Gene did the duplicating
of the minutes so that I got 100 on
the jip as it returned from Pop. I
hope they put them on the M.K. which
sails at 11. Many went up to
meet Warkie. I got more letters
done. Nancy housekeeping, getting
to the stage of pushing along with
out reasoning. I do hope she'll go
to the Friday next week-end. The
truck did not come from the Bay till
12:30. It brought Elfreda thank
goodness she is the surrogate of
Bruce. Funny that I have 2
ex-medical children here. Tonight
helped wash up, talked to Gene
about staying. Miss Nagel at
Gene Abbas, talked to Gene, &
raised & tried out my new needle.
It is the Beethoven record that is
fancy - almost unobtainable in
places.

Janet called me at 11. To Bruce. She
seemed to dramatize a situation that
needed playing down. Their cat has
been squawking for night. B. slipped
out of bed & tried to drown it (didn't
succeed) & got a hit on the thumb. It
bled not much, there was an air of
panic to stop it. It could have done
a better job but I decided against it, it
should heal. More panic was not
indicated. I thought a lion ought to
suffice but seemed cheerful enough. He
sleep for me for an hour or two. Great
CSL. Slept on till 7:30. Mame brought
a tray. She is wearing herself to a
state of exhaustion. I did committee
correspondence all day till 4:30, but
slept 2:15-3:45. New back at Dogue's
sent me a message not to do postings
till I hear from her. I hope she got
my letter in P.M. At 4:30 saw Fulbert
who whizzed off to Pop last night round
11:20 in a surprising mode. Then saw
Stephenson who is in such. Talked
Janet who was obviously dying to go
for her week-end & her conscience was
haunting her. I told her she must
decide & fully thought she was staying
but she jumped on a vehicle while
not were at Esang. Apparently she let
Alison know. She is a funny girl
No balance in her judgment.

S.L.H.

Time 11:51 12:00 SUNDAY August 17th

Slept well, but still want more. Woke at 5 to 6. got to church early in case things were not ready. Linnin told me Myra Jay's bab was to be baptized - first I had heard of it. I was not pleased. No Lidean. We started Mathias at 7:07, Jimmy brought Lidean on the motor bike at 7. G. had overslept after the wedding feast. We postponed the baptism. I tried to lift my mind & prayer above the irritations of it all. Maonin on duty. Got notes off to Waverly & Dal & Lesley going to Conference. Saw Stephenson who seemed a bit better. Lots settling to letters, got a few long outstanding ones written. Told Win about Major Lewis. This came at 11:30, & Betty fed the baby here so we jiggled till they got off to a picnic at Hango-ratal Lesley, 2 VSOs. I went. Man. I declined. Got a sleep till 4:03. The picnicers got back at 6, & the men bathed here. G. told me it is almost settled that they were on four Erros to new work. S.C. is to approve. But they go on leave in Feb. I had to think of

Time 11:51 12:00 MEMORANDA

Erros without them. G. thinks he has shot his bolt here. A Papuan priest tried up to follow him. All hush-hush as yet. They went at 8:20. I'm having music in bed. Beethoven's Ninth Concerto. Feet tired & in need of relaxation.

FRI

FRI

Time MONDAY—August 18th

Time TUESDAY—August 19th

Slept well, but always want more. I had planned a day to catch up on records, but other things happened. The surveyor Bob Semelone came, & was going to show me the boundaries but I was busy so he showed Irene. The DC family came, Mr. Ward & Susan stayed to see me about 5^{1/2} Mercedes, they were here for 2 hrs but in good about being neglected. Talk about Stephenson book and app. I did an LP under GA, CSF clear or to st. pellucid. Sent it to Morley to the Warshes. Their came in fears: her son died. I wish to get the rest of the family in. Alison likes feeding Stephenson much more satisfactory. P.M. slept till 3, wrote histories till 4:30, E'seng, then to the house for bath & Mission records. Tonight saw 5, caught up on 2 hrs more Mission cards to music. It is pleasant in just the 4 of us, Janet is apt to be a prickly neighbor. No less thinking of local laws. Clear, some rain, lightning bright.

Did 4 inspections. Stephenson failing in continent. Saw Simian the cook who is willing to stay on as cook after discharge. Irene delighted. Saw Elpeda who apparently is not yet 16! Must check in my diary. Wrote some letters. P.M. slept on till 3:20, I did cards till 4:30. Maurice was supposed to call in & didn't, nor has he sent any messages. Janet returned in a P.M. car at 4:30, enjoyed herself but went off to bed straight after dinner. The basin cold. A big meal, a worrying one. Pire asking for all the best men in her area & they just can't be spared. Helen wrote a rather better letter about Hugh. I don't like the look of Bruce's tank though it is pretty clean. Tonight study of 6th Commandment. We got right off the point & went on, on till 9. Excused myself, finished Papuan cards. Glen Robinson showing films at Cross. John Laban took in 5 of our staff. I think Winona has absconded in family.

S L H.

AUGUST, 1969

Time	WEDNESDAY—August 20th	Time	THURSDAY—August 21st
	<p>could not get off to sleep till 11:45 then woke up for an hour or so. Many today. Janet has Noel's heavy cold & went back to bed for the day. Stephenson finishing tonight her people came so I let him go home to die. I suspected St Mary's Army pulling in. I prepared her & had to be cheered back to cooperative. Elsie's family came for ambulance & the dead series is in much alive! Quite well, now Victoria. Talked to Fren & staff plans. When shall I see but Lesley says it works between SMH & Gov. Maurice came here at 4 to 3 so I only got 2 hr's sleep. Useful after till 4:30, listened to radio, & brought home written letters & more. 5:30-6:30 had 6 visitors!! + numerous calls. Davidson came for Grass Darling's things or so. Bruce still trying to kill the cat which keeps it die. Janet tonight did writing to Mrs Wm's records & was interrupted. Nevill Paterson can take us on Friday.</p>		<p>Left 7:30 bus but was heavy all day & slept till 3:25 P.M. Janet stayed in bed to breakfast & obviously wanted me to advise her to stay there. She came on duty 3-6. Gidlean out for Mass. only a little late, & had to fast in us. Janet decided to wait for her presence before doing Lura's plaster. Went to the cinema at 8:30. Some & entered up X rays or. till lunch. P.M. only got in about 2 hr on Wednesday. Penner brought the mail at 4, I sorted & delivered. We are with phone in SMH at last, but not in time. Janet collected some items for me. I didn't go over; I felt sure the phone was O/S. Have got some Mission work done & wrote to Mrs. The Whyatt's cat drank milk & about 20 gr of chloral. I got ether etc. to finish job but it was pretty clear that the chloral had done it. Bruce was going to call me if there were signs of waking. We are for all made up their mind about leave.</p>

"PELARGON" — where a rapid weight gain is indicated.

FRIDAY

AUGUST, 1969

FRIDAY

Time

FRIDAY—August 22nd

Again slow in getting to sleep & read by torchlight. Drove out of our museum again by the same way at 6:30, I wrote to Larry before I past asking him to send Mattie as a medical. Janet & Betty - perhaps - of her old saw a few pt - Elsie's family decamped. Did a claim road job. Sent Arnold to SMH - a letter as they did not come up on the phone. M. got some traffic out for me at 1:30. I wrote Mission letter 11:30 - 1. Got a sleep till 3 & Muriel Paterson came at 3:15 instead of 5. Everyone but me at the Jubilee sale! However Noelene got a cuppa for Muriel & Mavis. I got packed & off by 4 to 4. Breakfast - little dust after the rain. Got here at 4:25, & had a cuppa. The Friars - 17 of them! Fr Geoff has put on mt. M. I talking at lecture, such pleasure Fr Geoff. Brian went to Mary's party. M. to E. Song & Rosemary. Muriel & Mavis then a large dinner, M. I talked while the Friars went to prayer. I had 8:30. 91 is sold. I did not bring my paragon. Mavis then shot as the cover.

Time

SATURDAY—August 23rd

Slept well & did not wake up enough to go to Mass. Did not realize I had fired 9 was. Mavis had dull headaches, dull thinking, heavy eyes all day. But it is wonderful to give in to St. F. Geoff brought what A.M. - all local Mass. I wrote letters in M. Clare A.M. stayed after lunch read on my bed, wrote to M. in lovely talks over cuppas, as the English Friars are very keen on cricket. M. I showered at 4:30, walked to the machine for 10 minutes' chat & back for 3' song. Much talk: the American who through a doctor aunt has lived in the shadow of the hospital, want Aunt to come & relieve out her. John Redman must be a diuromphic influence here. He may have been drunk tonight. We went to Leo's house. I was nearer worship than I have been. Mavis bed.

"NESTOGEN" - a half-cream milk formula for infants, containing Vitamins A and D.

FRIARY

AUGUST, 1969

Time

SUNDAY—August 24th

Time

Time

MEMORANDA

Time

A good day, but still enthusiastically in the doldrums. Slept till 6:30 AM, woke me in case the morning was foggy but it wasn't. Cummings' Karamo is the new movie. We sat just inside the door, the warmth was welcome at first, later very hot. I wondered if I could see it on 7. Geoff celebrated; Brian assisted. Had written letters most of the day. Rosemary came to talk re Nightlands then John Max about Jacqueline. He was going to see her P.M. to try & persuade her to leave Andam. The time left is being in the house & then! Slept till 3:30 AM. I strolled round, talked, saw the new semi house going up. To sleep at 6:30 & light from Max writing brought. John Sharp came out P.M. He has asked Roger Tedgold per for 2 days. John went to the seminar in Brisbane & flew back yesterday. M. went to see if she could go to the conference, was post it in case Janet want to go. What a woman.

S.L.H.

AUGUST, 1969A

Time 11:55 12:00 MONDAY—August 25th

Time

Time 11:55 12:00 TUESDAY—August 26th

Time

Slept well & dreamed a lot of
 drawing & last month resumes.
 To Waas for Tim celebrating here
 may there be something welcome
 in communicating in a circle
 in the future. Got off soon after 8, I
 got a note: Got vehicle, John
 driving at 4 to 5, all quiet here.
 Did some M.G. mail re. the very
 house. Unpacked & sorted the
 bunch. Had talks on the phone with
 S.M.H. & the bell ring faintly! Pro-
 serpine in Kamran. Boy to top on
 next move. Had less than a bit
 rest. Meille Paterson came in
 for a. St.G. Worked on CCMC all
 afternoon after dinner. Went over on
 stereo for 4 hrs to 8:30. The
 As. came out, got the mail. Burns
 came in from top after taking the
 S.M.H.'s bag back. David came on
 board, waiting for Dan in the
 smaller bunch. M. got them all
 coffee, found David had had no
 food all day! Then Dan came,
 looked but did not wait for
 David, drove off slowly but I
 missed him, he came back. New
 person Modere took him to show
 we all heated some food. & Jeremy
 is coming back for thing after
 taking Betty home. He did want
 to sleep here

Slept well, a bit slow getting off.
 rep at 6. Got some jobs done before
 breakfast. I suspect her quilt for pain
 strain. Found odd jobs, letters kept
 me going. Have at long last revised
 the rules! I've taught Hugh to do
 a stereo, use the duplicator to
 do them. He did the CCMC circular
 & enveloped them P.M. then he did
 CCMC letters P.M. On 1:30 sched had
 a stack of traffic put over by Mr.
 Mauland. Here on MK & talking
 to old Joan about the Workshop. Then
 she came up, said Proserpine is
 getting married, has resigned. Get-
 ting staff is hopeless. Got Mr. M.
 tonight to suggest Dan going to
 Mori. I did Bible study, much
 talk but not at great depth.
 Washed my head & sent a Newsletter
 to Dot.

Time	Time
<p>WEDNESDAY—August 27th</p> <p>Burns got off at 7. Took Genney, others to Transport Bank with the meeting. Mantras went on route to Australia. We got a lot of mail out. In respect of S.M. Janet seems to take job piece dillies as a personal insult which forces me to take them lightly. Had just finished & Arthur came for me to go to SMH - very sick kid & a dreadful explosion, woman in shock car of uterus. Saw "Mammogram" newest babe. Got home via taxi at 20 to 1, & got a cuppa. Gen took the kids for a picnic. Janet angry. Anne refused to go. That two are always at headheads. Janet had meant to go but didn't. Read the Premier's agreement, copied letters & wrote to R. Miller W. Heard all 3 scheds Bishop. Nell died this AM in Rabaul & to be buried at Honiara. I sent a radio to + P & Dan going to Honiara & got reply at 4:30 sched. Dan to go on Friday. Lunch back at 7. big mail. 3 glorious reads & song & morning brought. A woman in pain trying to be in labour at SMH</p>	<p>THURSDAY—August 28th</p> <p>Mass is good - St. Augustin of Hippo. Have done odd jobs, Lucas accepted for plaster. Noelene did a v good job. Got some letters & entering up diary. Dan draws slowly past the part entrance but did not give us time to quit him on mail. Have looked to all 3 scheds - Anne's Grace is returning, Donald is not. Ann Fransewer is mended & will come back in a few days. P.M. did cards & mail & brought to & heard some of ^{my} recent record - fairly. Janet & Noelene wanting to get good singing into the sew. sees: I feel ashamed that I don't back them up. I feel hope. Fear about it. The kids might rally but Janet is (I think) unpopular & Noelene not forceful enough. SMH quiet thank goodness</p>

"MSMIDA" for the restoration of nitrogen balance.

AUGUST, 1969

Time

FRIDAY—August 29th

A day of steady plodding - Hosp. AM, heard P.M. saw pb, heard pched, went up to trays & went through O.P. cards. Staff meeting 11:15-12:30 w/ M. Luke's day. Quite pleasant, a few outspoken remarks - staff unwilling to provide a "feast" for their guests. I made it clear that neither G.W. nor Mission would. They weren't either - rather about an gift of after tea as we are happy to but it out. Have cool drinks only. Jeremy left at 4 to 10 - don't know Kamraw on board. Had a puncture beyond Etnia. Mr. Schrie came & helped in his vehicle. I talked about little Nancy, also the High Helen situation. Glep returned at 6:10 after several punctures. Jeremy duty & tried. Betty back. Maurice came on 2nd plane at 5:10, & called in at 7. Larry S.C. agreed to Med C4 plans. Madeline came, & passed while we talked, after her bit of business was roped with, took no hint. Jimmy kid. Big mail received & to be answered + D flew to Rabaul yesterday to take + Alfred's Requiem, back today. is at MMS. Wank Needham for Doquna but M. is working for L.G.C.

Time

SATURDAY—August 30th
31st

Irene talked me into having to put in bed. I slept till 7:30. To good. A day, today as well, of running to & fro to phone & sched. to see jeps & people. Worried over postcard list in the A.M. Ben said at 1:30 she would not part in Napoleon without a replacement. Maurice refused on the phone to send anyone, so I left them to work it out, but it worried me. Asked Jeremy to take me to Pof bought to see the Bp. but there wasn't room. I could manage a letter. The A are talking about their future. The Morkinias for I fancy, they don't expect to get them till about 2 AM. Irene went to MMS do at 2:15 yesterday when I went to get H.G. + G. family arrived at 5, & I wanted Hugh, Helen & she was had been to him. Saw Hugh after E'seng, he had seen + I, refused to marry Helen to our relief, though I had to be impatient. Helen came to me after about Hugh's "rudeness" - nothing we can put a finger on. We talked till nearly 10. I told her the situation. Told her about Helen was trying to make use of them. She accepted it. Had my hair in bed reading. Had some music AM

"NESTARCEL" — for the control of habitual vomiting in infants.

S L H.

AUGUST, 1969

Time	SUNDAY—August 31st	Time	MEMORANDA	Time
	<p> Greeny took Maas, a good person for those who could understand. After school went to Hosp. to ring Greeny, & got caught up in a quarrel between Matthew & Koenig. K. really upset, would not settle down. Both better off. I got to work after 11, the only off duty letter I have written is Win's. Tonight tried out the tape recorder, working alright, & taped Bro. William & at long last started cleaning my shelves & sorted my books. Merle Thul- bow seems to have found a house girl for us. </p>			

SEPTEMBER, 1969

P.O.P.

Time MONDAY—September 1st

Time TUESDAY—September 2nd

Read on while last night then could not sleep. Got up at 11:30 to take some Phenobarb, a great noise rose from the Hosp. Went over to find Ward & Barbara trying to restrain Pain who was out of control & blowing s/s. All the world watching. I sent for Samson & gave Pain some Paraldehyl. The jet got back just after & Irens who stayed her week-end at GMS. Spent today on Mission & Hosp. desk work. Grebe did the Parking list P.M. Becky came, talked of Sakarina affairs. She says the 2 nurses are running wild & Agrie, Bay, & Nancy too possessive. Trying to run the Station. Bill possessive too. I can't finish & Maurice that Pine goes finish on Sept. 24th. My heart is sad over that. I listened to all 3 scheds. Slept till 3:20 & had to wake but after a cuppa got on to C.C.M.C. stuff. Name said thought she had sent the letter to her friend & was going to Woreahy. Melanie says his father is coming up to visit. I am still sticky though I must have caught the bugs. The H.W. system started working up by itself but I think has stopped again.

Marby's Day Name, Janet & some staff went to Emli for Mass. I did inspection & Janet, Irens & I got on to Staff Moves. Found the duplicator printed 102 instead of 150 - the numbering system must be wrong - so she did more & we've got them off. I started a Springfest list. Got a rest in after sched. Maurice & Mary came at 3 & mail. I got a shower & packed. Jeremy packed in up at 4:15 & we wanted at Emli till 5 to 6 while + G swatched the dance ring, joined the feast. I saw a no. of old patients & invited them to come for St. Luke's day. John Newman came & packed us up. We & Malahus left at 5 to 6, got here at 25 to 7 - to find the Bp not coming. I, in bed & flus in Woreahy! The Hannumards hadn't got my request to stay, but took it calmly. The offer is to be a VSU's & spare room. I am there - when did I sleep at about this time in 1959. I settled to write in schedule after dinner but Mrs H came & talked - v interesting about her Nov. books but for so long - I escaped to bed. My R shoulder v painful. Nothing worse.

"LACTOGEN" contains mixed carbohydrates, Vitamins A, B, C and D and organic iron

SEPTEMBER, 1969

Time	WEDNESDAY—September 3rd	Time	THURSDAY—September 4th
<p>524 701</p> <p>Woke a bad night so long as I did not move. Woke 4:30 but not able to dress or plait my hair as usual. Mrs. Hammond helped me down to Jefferson from Sara & Judy don't started from home + 2 cab. I went shopping - Matchus, saw Dr. Mouson about my arm. He saw me about his possible TB for lead. He is working colossally hard. Saw Dr. + got my passport. He told me PWD are taking our tractor away Jeremy to us just for reimbursed. I got no supper but John Randolph gave me some Codein. Dr. M. prayed me. decided I was a tendon rupture of supra-epincher. After lunch went to PWD + ambulance took Ben + 2 Milani + Matchus + me home. Admitted them. Had a shower. Irene helped me dress + made my bed + did my washing. Went for dinner in dressing gown. Read a big mail another from Major Lewis. his photo. He had received the conference W/L by air. Too dopey + Codein for much else.</p>	<p>Slept well sitting up, + Codein. Irene came at 6 to help me dress. Was good, \$1 for Dr. Mouson. Talked to Jeremy about claiming just expenses for us. I suspected St. Mary, saw new pb. Hand. pamphlet for write typed Mearon slants in L hand. On 1-30 ahd heard that Annabella, Roland both out of the service. Slept till 3:20, a bit of writing. Then to 5:14 v/s so wrote to Mearon + heard 4:30 ahd. Lutheran pastor at Pop bay died. Nam helped me bath. Irene worried my dress, bless them. Tonight talked to Jeremy for phed. Am writing to Major Lewis but now tired. Think I am running a temp. New medical Matthew came.</p>		

SEPTEMBER, 1969

Time FRIDAY—September 5th

Woke at 4 to 2 not in pain but
 lot of discomfort & couldn't get off bed
 nearly 5. Nurse piddled all day. Nurse
 helped me dress Janet in one of her
 fluffers but calmed down & spoke
 to her (who in part) occasioned
 it. Did bits of writing & interviews.
 Jimmy told me his father. I am to
 announce it on Sunday when it is
 announced at St. Andrew's Har-
 ington to be in charge here (to Brian
 told me that, possibly Bill James)
 to work. St John's. Meham for
 then leave in England in Sept. to
 see as Lieut. Regent. Chaplain
 at Regent. Maurice came at 11:30
 injected me. Larkins is really
 & my arm is certainly improved to
 night. But I have felt bird's nest.
 After school. Reby came.
 talked. I had to compose & read
 a letter to Alan but couldn't get
 in it. Spoke again. He helped me
 in my bath. I read & piddled, again
 tonight when I had March, King,
 Clegg, John; finished my bookshelves
 & finished Major Lewis letter.
 What a lot we have to talk about.
 Glad to be in bed by 2 to 3. Must
 get busy tomorrow

Time SATURDAY—September 6th

My arm is much better. I just
 have to be careful, not reach very
 forearm backwards. The PM Nurse
 only had to do up my bag & sleep
 well, deeply till 7:30 to back in
 bed. Spent most of the day sorting
 out CCMC stuff & hearing sched.
 also wrote to Masard & told in
 A couple of HMS boys here for
 holidays, one is Jackson, son brother
 of an Equatorial twin.
 Have been looking up CSI -
 reference to Charles Williams.
 He was deeply grieved at his
 death. Their ideas are similar
 in many ways about life after death,
 the survival of real things, death
 of chams.

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

SEPTEMBER, 1969

3 L.H.

Time 11:50 am SUNDAY—September 7th

Time MEMORANDA

My arm still improving but I
 am a bit tired, a bit more socially
 tired. Slept well, could have
 slept more. Eddie celebrated
 I don't know why I feel his
 services as a lifeline, meaning
 less - technically he celebrates
 well. He blessed the new mat
 in Barbara Joyce kneeling on it.
 I announced Jeremy's move
 next year to Birmingham's coming.
 Have spent the day on school
 letters, mostly come, got 26
 taken off my chest. Bruce
 came, walked for the boys, I
 we covered a lot of useful
 ground in pleasant conversation.
 Not a sign of opposition!
 They will go before Xmas - or
 for a certain Alison will. Got
 a sleep P.M. After dinner washed
 my head & hands, talked on
 the phone to Jeremy. He also got
 no comment. M. I to bed
 dinner there on Tuesday.
 Jackson, Petra married
 Robert of Baraaga today. He
 was a frail friend about 1952
 & now is a solid lump. There
 seems to be a story behind the
 marriage.

"NESTOGEN" contains mixed carbohydrates, Vitamins A and D and organic iron.

Time 11:15 AM MONDAY—September 8th

Am pretty good, but I am tired & vaguely irritated at times. TN I think I had something approaching diarrhoea - remarkable. Have had an odd job day. The jeep came at 6:30 taking Martin to the plane; Wang went too of course & the jeep was back soon after 11. Lettles from + D, John Hunt, who suggests a C⁴ meeting on Saturday night. + D sent for Estelle's letter, she will take Anne at the end of the year. I told A & had a horrible suspicion her burning is enlarging. Hope to heaven not, but it would explain her sulky behavior. Sched has been a bit useful. I started the inventory for drug order & meant to do more tonight but was caught up in washing up, talk, trying on the frock M. is fix- ing for me & fatigue, so came to my house, fixed from letters & moved to music. Gene did my letter to Mr. Adam but I decided to let + D see it first. I have proved up Gordon so much they might cut out our maintenance man. Janet trying to send Alison, Annie off to Lake for trip "to see the world" I am again it. Not sure that I am right that it could lead to a lot of jealousy.

Time 10:15 AM TUESDAY—September 9th

Head last night till 11, then slow to sleep. I felt closer to God in my prayer & carried through the day. Inspection, inventory, started the order Gene duplicated my programmes & made a v good job of them. Sched rather frustrating as AWM did not come up. I shd' den't know when I am going to be ready. At 2 PM Maryine Cherrington & Martin Rambla arrived, stayed through. Both staying in the back house. Rene put a new switch on my h.w. system so I hope it will be O.K. Jeremy took me in at 6:15 on the back of the motor bike, quite exhilarating. Then he brought Nana. A pleasant evening that I could have done a lot more in my time. Bethy & Betsy in new dresses. We all nursed & said a v good baby. She has a staring quality in her eyes. We can have in the jeep as the motor bike got another puncture.

POP.

SEPTEMBER, 1969

MORESBY

Time

WEDNESDAY—September 10th

Time

THURSDAY—September 11th

A day of school: phones, the phone was up between 5/14: no information. I expected St. Mary did a briefing on dinner, saw the new nurse Bruce, David, daughter did a bit of the under, found about 3 AAFB in Brian's kitchen. Martin, Maryon went to the Bay & was back the lunch it seems a rather unhealthy friendship. At 1:30 Moyn spoke from the Nagan said he was stuck there in weather the big gift was down. I went on to the Pop. I tried much trying to phone packing, but I went to shower & left at 4. Got a mail mail. Win says Ella is so bad again. New VSO Paul at Pop. did packed. I saw Gran S. Stein house & nice. I + G. + Rodd. Went to work, tried to bring PNC to lunch, read S.C. Minutes. The Bond there, the new surveyor person. Made up my little bed in it before 10.

left at 4:46 slept well. In Raymond celebrated. Got away at 7:20. Paul helping luggage, wanted for Patan bus. The teacher gave me a gift. The ship - just as well, a Patan's bus. Took down a Dr friend of the house came for looking, all - so does Dr M. read S.C. Minutes, good ship. At Jack's saw them playing Parachuting. Then Mary helped me to meet 4D. He said Roger + I drove me to Koko, also had Jack sharp. Mrs. of O.C. I spent 4 AM on the phone, also PM. Then F. Reynolds who walked in from Lapa came to town & me. I shipped + D packed us up at 3:30. Had a supper, we both had a talk & him then he brought us home. Linnel's house he set up a meat & order by. F. Reynolds. I saw the new RC. Bathed & shower. Shower, soaking out & dinner. I sang & talk to F. Geoff. Please him a spot of typing. No bed is tired. The evening quite chilly. The new VSO Wendy quite charming. I think she had paid Mrs. Lilli on his head to get on with. Got to look out, look nice

Time

FRIDAY—September 12th

13

Time

SATURDAY—September 13th

The anniversary of this day has to remember - life is so full. I had but little. I slept badly with mosquitoes, nasal & full bladder. Up at 5:25 to work, felt a con- pulsive urge to go to bed. F. (off) celebrating. Much prayer, intercession. But felt asleep all day. Men phoning, then caught a bus to Hosp. P.M.C. Saw Dr. Booth, Dr. Searle (Dorothy had another thrombosis, flew south), to P.M.C. Saw Mr. Lounsbury, Mr. Smith re catering, Jan W's, who was helpful, also Bro Andrew. Saw Mr. Alfred, Gladstone (member of choir) Lashman, Maria, & Mr. Alfred. Fetched me up at 12 after taking to Reynolds to Jackson's, he fetched up that evening & her lovely look sharing my room, in like a patient of water I saw Fr. Frank who fetched up Maurice, me to go to hyperbaric. Very good, but I had tried to pay attention & drifted off to sleep. Dr. Theoclet drove us home to see so many familiar faces feel at home. Dr. Morrison then looking in. After dinner is a bit of huff & puff. Prayers dinner got mixed. Mr. I packed back for evening session. Ray Mylius in sex education is good. None about 10, in weans.

Slept better in spite of a little crying up at 6:30. But a lunch away at 8:15. Septimus arrived just after F.F. fetched us up at 8:15. Good session, I in better time to appreciate them. Nothing next to be too good fit. The lab work did not amount to all that morning for dear. We had session full 20 to 3, Dr. Mylius but Maurice has car & we went to the Mini crane. The cause compressive but the same spall by the death of an aunt of all 5 fibres involved. Back for bath, to P.M.C. by 4:30. Med Soc meeting at 5, is good. in a summer of laughter. Then cocktail party lovely eat, I did not feel deprived of dinner. Met Mrs. Morrison, Prof. Mr. Bleant - much talk to her, & the bearded W. F. in doctor. We had a meeting 7:30-8:30 them by a rich phrase to. Got a lot of samples, another time!

"NCSMBA" is a hydrolysate of the milk proteins, casein and lactalbumin.

MORESBY

SEPTEMBER, 1969

Time 11:50 SUNDAY—September 14th

A lovely day. Slept till 7:15, washed my clothes, had a supper before war at 8. There is a great contentment when Fr Geoff is about: nothing spectacular, but just serene. Holy Cross day: sermon. Saw Robin, Max, Zaida, Henderson, Giffiths (ex TB) had a chat before Fr Frank picked us up at 11, & we picked up Fr Zube & off to Br-mare in the rain. On to picnic place, where hills were shing steep masses. Lot of delay, talk. They returned in bits & pieces & then ^{why} had not lunched at all. The entrance, pleasant & silly: mixed up apple tart → tomato → chicken → apple tart → lemonade. Got same map. Muddled over com, but we had it at Bowlers after watching the formidable Mr. Marlow, charming in a charming home & garden of glorious colour & design. Then Dr. draw us home, took me to Pan & the labwork, saw Pan W's fantastic home, built on stilts over the water on the village. Relations: the people seem excellent. Bach a sunset

Time 11:50 MEMORANDA

in was rain. I got a bath. Mr. Ellis looking for the 7 near in a panic - B.P. up to glory, & poor Wendy get the rough end of it. I think she is rather naughty but need some gentle guidance. Talk & dinner, plans. Fr Geoff talked to M. of action. I wrote note to Win after organizing the program. avoided dresses, & have done a bit of packing for the 14. Very tired again. Maxine staying a day longer. It seemed right to tell her I would not be so. They suggested getting M. on the Green Hill.

19th The dress is gone to the. Max & Wendy like an igloo in chicken. In Margaret's room they cheerful, common sense. Wendy in the big room. I slept through & very did not get to bed till about 9.

HOTOLA

SEPTEMBER, 1969

Time MONDAY—September 15th

Time TUESDAY—September 16th

A busy day but it went well. I visited Charles Williams & could not sleep till after midnight. Ref. at 6, got packed, & fast & away at 8:20. A good morning at S.M.C., then Peter both excellent. I missed Fran M. to do some phoning. Found after some inquiry that the girls were coming on A.W.M. Sunday people in. 2 SDAs just turning up, wondering why they had not been invited - though they were. Went to sleep P.M. Prof. Black para monotonous voice, also Dr. Meyers, Luffa, Dr. Hay brought us first had to check my luggage. Healey, Glenda here. Lot of news. A very friendly atmosphere. Mother Michaela is helpful. Lovely dinner. The Chatterbox came early, Mr. C. warmed up to a good speech - good advice & a good devotional. Everyone talked to everyone at supper which was lovely. So good to see Marie here. A bit of trouble, transfer lovely to get to bed in an inner spring mattress, pleasant room & a chair & table!

Have got through today well, but - some delays that I couldn't help. Everyone is so helpful & encouraging. Ref. at 6, did not get much done before leaving but sorting my paper. Rev. Andrew was excellent at morning devotion. Mr. Loholko came after all, spoke briefly & encouragingly. Dr. Keragg outlined the new method of subsidizing, but I can't tell how it will work out. Dr. Loholko excellent on aborigine in Sydney (15000 of them). The sandwiches arrived late for lunch but all was well. Frank Roger is returning - probably on Saturday. The business meeting went well - John is a good chairman. Dr. Long also gave a good clinical session but I missed much of it. Then at 5 shower, & then 10 mins on my bed. My tape recorder is not recording, admit! Lovely meals. 2 charming Brazilian men, one cooking & Dr. Annette came tonight from Chester Home. Dr. Sykes brought on train msg is good, as was at work. Then supper & talk. Bed is good.

H O H O L A

SEPTEMBER, 1969

Time

WEDNESDAY—September 17th

A good day, but one gets so tired. Up at 2 to 6, to Mass downtown. They countenanced had pewes ready for us. Archib's Copas gave a meditation good, but not enough prayer in it. A middle one, Dr. Russell who had slides. The dark room was being used so we were late. Even later. Singing 8 M as he was wound up. Dr. Jameson & Prof. Jordan quite useful. Not so much hearing from Mrs. Johnson. Can't see most helpful. Short prayers meeting, Dr. Foley good. They saw the P.M.C., Mass. U. I went to find Alfred. read U. is looking to old to draw when her face is in repair. I was dropped me at Weddie's. I borrowed a map. Tonight Morality good, constructive but a bit bit. I find my tape recorder has recorded so I hope it went well tonight. Talk after, to bed at 10/30. To glad I brought my typewriter & projector to the recorder. Everyone getting to know each other.

Time

THURSDAY—September 18th

Well it is over, everyone seems to think it has been a success in all ways. Some are rather stony eyed. I found the tape recorder did record, praise be. Dr. Benedicta is an LBE, the German nurse as pleasant, so as the Brazilian charming. Dr. Peter Raphael could be a battle-axe. Fr. Flynn is a poor lecturer but nice bloke. The U.C. did a good job of showing HM. John Short excellent tonight. Vetter Booth made a fusion in good. Prof. Black good, but his voice makes one day, it is so quiet. Laura Lewis took Myra, St. Caia, no to lunch, so pleasant. They ran late P.M. I was in a panic. The cat for the student did not come. I was showing here, there they came in the nick of time. I missed the student's session, but Ben Andrew said they all thought it good. Dynamic session with Fr. Flynn & Peter remain in the C⁴. Lyle Wark the new ten. Dr. Zedgold tonight amazing at evoking response. The talk was a dialogue on the frustration of missionary life. People thought it good. I talked a lot. It is about 6/1/6 talk all day. Worked at Sepie's movement in the celebration.

SEPTEMBER, 1969

3 C H.

Time

FRIDAY—September 19th

20th

Time

SATURDAY—September 20th

When the bus was over & other demands
I was too tired & weariness for
was could not sleep on Thurs night
all after. Glenda up at 5:20. I up
at 6:30, saw Glenda off, packed a
genuine farewell ball, & 2 v.c. ch.
Keeley. I got off; Mary Belfry,
Kang Brian at the L. I was picked
up by Marie's friend Jess at the
M. L. I shopped. Then to the Bank
at 10 met Brian & also Jan S. I met
after his 2 1/2 in England. He is the one
who has written the history of Worcester
by So. Berke. I got a project for
Jan. Brian took us to the bank for a
cuppa. Then all back to P.M.C. M.
not is happy about the three some but
it was a K/A sandwich lunch I
had 20 mins or so, bed. M. I
went to see Mrs. W. in hospital.
She was is bright; had a good report
from her X-ray. She has aged a lot.
Then to P.M.C. for an intermed. - type
W. R. Russell. All bound by the
new policy but D.S. assured me
she just will do the building & sub.
judging then Jess took us to the
Aesthete Home for. Ann's does a
fantastic job. 9 children, only
one mentally normal. M. has a v
right attitude. That they are
specially loved by God & are saved.

Left well. up at 5:30 started the
ging. But Mrs. Belfry said he could
mend it. I had to fast. Boys came
for an luggage & we got off at 6:30.
Picked up Marie & to Jackson's
before Roger. Mrs. Rogers, the kiddie
came on the flight; 5/1 pleasant M.
dropped some cargo at the L. & to L.
right on time to G. Jeremy & Nii
there. Then all our gear. Cuppa
with; unpacked & read mail. Ellen
to go to a nursing home. I got many
in the flat glass. I hope how
shattered the Oval W in gear
me for my birthday. The die was
quite workable. Did the school
(good to have the radio back again)
Left 3:10 - 3:45, cuppa. Peter
Robin came. Talked to me about medi-
cal things till 6. Have heard of the
misbehavior of a few of staff -
the nurse med. rebellion. Blame
refusing to work tomorrow & on duty
today except. members I will be
to obey or catch the next boat home.
I hope I'll give in a lot of talk,
not much done. M. to be at home
but I hope I'll catch up on every
thing.

"LIQUID LACTOGEN" - scientifically balanced milk formula for infant feeding.

51

SEPTEMBER, 1969

SLH.

Time 1105 15min SUNDAY—September 21st 5min

Time 1105 15min MEMORANDA 5min

Slept well. Woke with a feeling of too many things on my agenda & prayed for orderliness. 7th grade celebrated. Junior sewing & Hugh & his supposed to be mabe having. At first I just planned to go to the Franny, but did not check if there was room in the jeep. Noelens & Mary looked Janet decided to go to course. Marie stood down. Henry was cross. He is a short-tempered these days, most unlike him. I did a bit of school work to Rev. & sent her CSL's letter as a farewell. Washed my head & wrote to Win & Zen. The jeep came at 4 to 1. I slept from 10 to 3 till 3:30 & wanted more. Just to get out CMC stuff, all in a muddle. I taught Janet & Noel we talked of their holidays. I will not make decision. M. should go to PM & be surprised. I took 2 hours. Then waving by the pit. She'd work record is really flat & is good as we able to tell Win. A letter of apology from Holona on behalf of A'lain + Kwan in dishes over Mori.

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

SEPTEMBER, 1969

Time MONDAY—September 22nd

Slept deeply once I got off. Up at 6. Tried to sort out my multiple city of jobs. Spent the day seeing disciplinary cases, saw the new staff, saw the drug order. Had a heart to heart talk with Annie who shed a few tears but seemed happy I had spoken. Hugh agrees with me that the staff are upset & that there is a sort of epidemic of swearing. Mr. Senior on going to call a meeting of staff. Did school P.M. & slept till after 3.5, needed more. Marnie came at 4 & is with the new scheme for TBs & lepers at S.M.H. He will come up & talk to Springley. He says Trasher has walked out & gone to Morarty. Have sorted out a few facts & figures & tonight wrote to Norman Banks BAW about a replacement for Pene. + Kevan worried about Merv & wrote to M. as well as me.

Time TUESDAY—September 23rd

10.20. A full day - Inspector D. Kachhofer popped in her in mistake for SMH, saw Grace Darling & pronounced her hospital Georgina's father came, talked to Simon & Charlotte & their misbehaviour. Checked the order book. Eric not in phone contact. Just got on my combi. Jeremy came & caught up on arrangements & stayed for a coffee, so no rest. Talked to Pene at 1.30 & said goodbye. She wants me to go to Doguwa for St. Luke's day to see TBs. Wrote to P.H.D. did mine & XRS & some P.M. school. Suggested to Janet she rehire Pam all Mori for B.S. & she jumped at it, at the expense of her holiday. He tried at 6 & lay down & heard some music, dozed off, was late for dinner. We heard the Morarty talk from C.M.C. & talked till 9.30. Bruce still fatter than Hugh was not sacked. B. said Helen was sacked; I thought she went of her own accord. Pene came at 10 to say Phyllis is accusing Fulbert of chasing Peggy R. & he is ashamed. Maki had her baby in the garden house

S L H

Time

WEDNESDAY—September 24th

Slept well, but in bed today. Janet was a less off duty packing. Alison did the prep. I was quite pleasant. Found that babe in a reddened area round the umbilicus on Percillin. Checked the order & got it off. Entered cards etc. Shuttleboroughs came at 11.0. & brought mail - Win's Joyce P-Harris & Major Dennis again! Win says they got Ella into the Severn Park place where the limit is 1/12. She got the AM off to take Ella up. They are going up each week - and to see her. Went to sleep over the letter! Went saw medical letters. In scheds found AWM not flying till Monday one way. TAA went today. Peter buying SIL. After my shower trying to summarize message off my tape, Alison came to talk re being in charge. I think she wanted reassurance I would tape tonight, typed it & typed plan for +D - to Alf. +D in the news interviewing Mr Barnes.

Time

THURSDAY—September 25th

Greeny here for Maas & blessed the mat made by Miranda & Barbara Gage. Talk at 10 past & the possibility of Noel's. Janet getting off to Pop quickly. I found Graham who found James at 18.30! Both went off in a great flap. I saw a few ph. X rays & came to Norma in my house. A lot of talk on the sched, & at 1.30 Mari said they wanted help in Nov. not now as the hospital was easier. Janet at 1.0th agreed but is deciding whether to take a short holiday now. P.M. slept till after 3.30 & Heavy shell. Went saw letters, Maas's, Maas's came per ambulance! Maas's over them & joy. Only 3 for meals. Maas's at 1.0th us tonight. Have written re Green's vaccinations & sent out some things, need a bit. Peggy Rose has run away? to Pop, not seen since 1.30. Hugh went looking for her & success. I think Phyllis M's long tongue has something to do with it as Felber absent yesterday.

Time

FRIDAY—September 26th

Time

SATURDAY—September 27th

I think Alison is managing quite well. Lissen a superb! Bart Waki, Maiko & Waki's delight ful child, sent through off on the bus to look for Peggy Reed. Saw Fulbert & Thyllis Mary about her. Frank Ann came & brought Noelene. I have to write to the Med Dept about her. He talked for about an hour about the work during his absence, plans for the future etc. Even put his arm around my shoulder. A big mail needing answers to keep me busy. Have got things almost ready for Dr. Wigley. Slept till 3:20. Have prepared a circular for medicals & brought work to it. Alf. Janet work asking to go to Mar for $\frac{2}{12}$ (would be more). I wrote back not to go, not fair to Alise. I hope she doesn't do anything silly. Alison showed enough confidence in me to tell me that her pin sister's marriage has broken up. It appears to be adultery in slow friend. It has rocked the poor kid. Mad in bed, glad to be here.

Slept till 7:30, blessedly, & to fast in bed. "On duty". In Med Dept sorting out x-ray re for Dr. Wigley. did sched. Then sat down & thought about the new TB plan, & wrote to Helen. Grey did 1:30 sched ⁹⁻²⁶ & 4:30. The Ashbros here for lunch & got their hair cut. I talked to me about affair. Even people don't want Manning for, but I think it may merely be that they want a European in charge. Also things at SMH unbearable. Nat & Lesley have written to the Bishop (Nat is away on a week's holiday sent by Maurice) & Lesley says Mary is psychotic. There seems to be no cure for it. Grey did my circular for me & brought I have been addressing them re. Janet came in as we were pushing dinner. I am glad to say she does not seem upset at re- turning. Dorothy Rogers in Prof. asking to go to Gova. I don't know if she will say to come here. Hugh not back yet.

SLTA

SEPTEMBER, 1969

Time 175 1969 SUNDAY—September 28th

Time 175 1969 MEMORANDA

Day off, but got "work done".
 up at 6, Genevieve started 5 mins
 early & we were late. S.I. for
 Mary who is on my conscience
 of some dinner after 6:15 fast. Gave
 on duty after lunch, Alison before.
 My radio pretty U/S for school
 I asked at 1:30 re AWM's
 flight on 1st & asked Song about
 Barbara Faith, who has not turned
 up. I wrote to Win & some personal
 letters, C.M.C. Thanks, & got the
 circulars off, & a letter to Jean.
 Had a rest, & not so hard to
 wake up. Have had some records
 today, inc. the Pastoral Symposium
 done my morning. The staff at
 football & basket-ball ready for
 M-Luke's day. Allan C.
 back from holidays. Had 1/2
 hr's talk to Marvies about
 plans.

4.2

Time MONDAY—September 29th	Time TUESDAY—September 30th
<p>I went to hospital to speak to patients at their b'fast re Squigley's visit & the fact that there is no replacement for the broken radio. Dr W. did not arrive till 11. Frank said that he had a cuff & we 3 went to SMH. Frank in a suit at first - ? Dr W. telling him off - but cheered up. We hammered out a plan for TBs & Maurice in charge of staff at SMH. I as "consultant". I suggested Pop might be a better place for me to live as the MA would live there & all seemed to agree. Dr W. went to see Mary. We got back after 1.30 for lunch & to see Mrs. Mann housekeeping. Then to pt. All is friendly. Got to charged. Finished at 4 to 6. Hugh came back without Peggy R. The little camp is at E. Coll. proposing marriage to a student. ad drama & the W. says there. Action came at 9 (instead of 8). Dr W. talked & talked of Africa, Ethiopia etc. - interesting! It went on till after 11 & we asleep on our feet. Standards at Gen. Staff is poor. Janet & Ward at odds again all over on Angli. By the time I went over he was co-operated 9.30. Christine losing his wife & I trying to send him as OP felt not heard.</p>	<p>He'll like a log for 6 hrs. up before 6. called W. Henry came in the ambulance for him. They left at 7. W. did 7 resp. Janet brought forth a plan to immerse Bojin in a garden house to prepare him for village life. I said "Heavens, no shared an interest" she nearly burst into tears. W. talked it over later, but it is <u>inadequate</u>. She had to stop to find out if Mann had a garden house; proposed to leave the bed-sheets not dressed, or at least say wouldn't go over. Then she came for Paris. I think she sees the impossibility of it. I got records done & lists made, did ratheds. Flight for 18th OK. My radio punk. Have been to bed & dozey but better after a P.M. sleep. Tonight a rather further talk about making new rule on morality decided to scrap it as a talking basis. Noelene did the 100 phidyon stealing. Ken came in in a suit bag. I think dying, & obviously wanted me to take him on but I sent him to SMH. He thought his car would not make it but I think it was an excuse. Anyway he just drove back. In Christopher losing his wife, I trying to send him as OP at Pop.</p>

"NESTOGEN" — a half-cream milk formula for infants, containing Vitamins A and D.

S.L.H.

OCTOBER, 1969

Time

WEDNESDAY—October 1st

2nd

The first normal morning for days. Got ready for Pop. The car came at 8.30 & we got off at 4 to go. Ewang, Anne, Meke had already & we overtook Anna, Meke & d's husband near Samboga. The driver picked them up. We dropped Wane at Marb, then to P.H. D. the absconders & also Rosemary for transport for her holiday. Frank sent us to Mr. Feltre & he sent them back in the vehicle: us P.M. Mr. March with Mr. Johnson a poor substitute. I wish I could count the times he said "I don't know" understandable, but the way he overrode Papuan items was poor. Mrs. Curtis invited me to lunch & her at the club. Bless her. Very pleasant. Rang bossess re my T.B. discharge. Got out of the meeting at 4.20 got some sherry, chocolate, brought Eric Alfred here to see Elpeda. He is a sweet looking youngster. Brought Noel home. She established the SMH situation is intolerable. Genny came & picked up Val & Long, numerous interviews & winning & minus all 10 P.M.

Time

THURSDAY—October 2nd

Maas & Lideon on time too. 51 for SMH. Got Pop job off on jeep & truck saw X-RS & some other things. Many insup. Seeing job for H. Long, & got on to $\frac{3}{2}$ report. Brian had made a lot of mistakes. Sled a muddle. H.S. still down the coast. Margery, Nancy & I went to do the Family Planning census at Goska. No relievers there to SMH U/S. P.M. work ambulance brought Hankin. Found the policeman Jacob took Mura off to make count & Charlotte per mother did not go. Long talk to C who seems to have sold Mura to a Laga man for a few pounds & Mura got some of the loot. So C says Mura must marry him. Mura is under the age of consent. Nav told C she can't go home on H.S. & Mura & C is unwilling to get mixed up in Mura's business. Nav seems to go to talk to Maurice per Eric & re this business, written to Paul Feltre & the Bishop. The weather is heating up.

OCTOBER, 1969

Time	FRIDAY—October 3rd	Time	SATURDAY—October 4th
------	--------------------	------	----------------------

What a day! The tractor got off at 6:30 with Charlotte & back at 8:30 & 8 P.M. from SBH, some awful X-Rs got them admitted & sent out but not required. Mavis, Charlotte & I & I saw a Dr. & neither turned up. I went in a flap over 2 pb. reports & Mavis being rude, but she does irritate it. When I tried to point it out that the blame was not all his she got fearful again. Talked to Simon cook re discharge, & to Senior Berens meeting the. Hugh had brought in bad language & rule to help morality. At 11:30 asked for Govt vehicle for C. & Jeremy sent out 4 Arab people. They sat there till 12:30 when James phoned up just as we were organizing Benson. Mavis went to Mrs. Mavis for sequel Valerie came by, thank goodness. Maurie came at 3, said Val was coming. Val has got to the limit of her endurance & blew up this A.M. I tried to be fair to Maurie but he cannot see things from any point of view but Mavis. I got him thinking one or two. Val came in Benson at 4:30 fearful, taking her share of the blame. She is due here now to stay, won't stay at SMH. We all went to the Bristle. Tonight did some of the work not done through the day.

On duty all day. My watch last to have for the first time in years. I was late for hospital. The new house quit in Mavis. I got all the reports done except the Lepray one. I washed my head after lunch & Mavis did the asked for me at 1:30. Lealey rode out to talk to me about SMH. She is very lightly to things than Val & thinks she & Mavis can put along for a while on their own. I think Maurie, Lealey are less in sympathy than M. & Val. Don brought Mavis back at 4:45. I took Lealey home. Tonight I did TW claim & had interviews. Simon "telling" or Eric Alfred who is staying here. Mavis says her parents want her to go to sea, she has agreed. I am sending for David. It is a poor show.

ROBON — for rapid control of fluid loss in diarrhoea.

S. L. H.

OCTOBER, 1969

Time	SUNDAY—October 5th	Time	MEMORANDA
	<p>"Day off" — the only day off thing I did was to write to Win. Church rather hard to take — though some sang some of the hymns. No sermon again. No house call. Mame bled on to part dinner & washing up. Janet cooked lunch, that is all, though she was on duty & everyone expected her to house-keep. She wasn't in hospital much. Miss Jefferson came at 11:30, the two VSOs Paul & Philip arrived at 2/01. Lunch at 1. I talked to Miss G. & little Nancy then was social till 3. Got a bit of a rest, & the whole of the day has been on letters — still have to do. Tonight had to do some thank you reading & prayer notes. At 9:15 sched I dropped the battery & cracked it. Burns came over, may (?) be able to mend it. I wanted Alfus might have to buy another. I got traffic out to Joan, & then heard & talked — 15 calls at 1:30.</p>		

Time	Time
<p>MONDAY—October 6th Labour Day, N.S.W.</p> <p>came to bed ^{before} after 9 - too tired to write my letter. a muddled day up at 6. Nal packed the Record by rings, needles for me, wrote up some recipes. Arnold limped in after football, x-rayed him Noelens - hers rather better. On the phone a good fit. Laked said than past due at 8 AM tomorrow. Caroline Kearney P.V.? miss did the leprosy report, lab cards for tomorrow. David & Purni came, quite sure he want to take Brian away, & we in sorry about it. Mum's hair-keeping again. Will bet Janet get out of it tomorrow. She'll sleep P.M. wrote to + Bevan, tried to record after nursing. It sounded lovely but am featuring to the tape which is in blurred. ? old batteries. Maybe it needs electricity in. Wrote a few letters. Jeremy came out & talked of his 2 hours & Mary last night - she said all the things Maurice said to me & to Mary. I tried to be constructive. It looked thick. Janet quiet. I think resent being cut off from some of my concerns. M-Thinking of going to Doona.</p>	<p>TUESDAY—October 7th</p> <p>up at 6, prayer for + D's guidance & 9:14, nurse: Dr Russell. Vehicle due at 8, but did not come till 20 to 10 - ambulance. Got Mabo & family Mamama & MaryDora off Road in rough. Nal did shopping, 9 to P.K.D. with Russell. Organized the pt. saw Mr. Weame & Christopher again later. Gave permission for him to do light duties. Later found the whole family have gone off. The wife won't have C. back. To Prof. Mission & read mail over a cuppa & stayed to lunch. Talked to + S. re S.M.H. + D's publicity over Mr. Barnes, Mr. Churchill rang at 2:30 to say Dr. Russell is not coming till 13th. Went to Mr. Selbie who took me to the Mabo Magistrate re Mrs. He thinks it is fixed: Mrs. has given family on the Munnickto. To Hosp. & picked up some things home by 10 to 5. I am through a great grass fire beard the road. I wish I had had my camera. Tonight a pretty good Bible study. My pul's 9 to 6 & I've tried heaven knows why to bed: Brenda Concub.</p>

OCTOBER, 1969

SCH. 2-109

Time

WEDNESDAY—October 8th

I have been so tired-aching & sleepy, for no reason that I know of. Did St Mary's insp. saw x-Rs & people did monthly claims & I've done the rest of them tonight. Had to have a rest & I sat & worked in the house P.M. & heard Margaret's ^{hair} triumph from Edinburgh Festival. I got the staff cards up to date. No word from the Bishop yet. Rene has the D. vs. but only a mild attack. Janet seems to be opting out of housekeeping & spent some time on Sunday she's done nothing for days yet she works shorter hours than any. + Kevin's father died last night.

Time

THURSDAY—October 9th

Not a tired today, but my mind got fuddled when everyone demanded my attention at once. Win's letter suggested much the same - her typing though she has been worse. Not would not have a visit last week. Win went alone by bus. Marc is good today & Greeting. I suspect, saw Marie & Kelly & Bojan too, also talked to Paul. Elizabeth & little Paul. They accept his poor prognosis & well. Doing better up to & x-rayed Fabian's spine - has TB. Benben took Mr Lowell. Mr. Maudslaid to Pop this AM. & small mail back at 1.15 P.M. The ladies. Query went to the Bay at 4 & got an mail. His what Don brought at 1.15 last night + D. sweet & under & well can when he can. Bill Wilson has died. Tonight a bit of office work. I have written letter letter from Alf Miller & Staff Note tonight.

OCTOBER, 1969

Time

FRIDAY—October 10th

Woke at 6—always want more sleep but am sleeping well. Did casts, suturing, seeing X ray. And did max X-R's & then we did leprosy smear. I sent my Phillips radio to Brian yesterday for repair. Ganette's M's pretty hopeless so I took my Mahan who will take the aerial & is fair. Battery died at 1:30. Trying to get hydrometer from SMH 5th. + D looked for Building Cee on 16th so suppose he wants to set out SMH then. Spent after seeing Kuddies & seeing them get little Samuel King has polio later disease, & is more helpless than a week ago. Tonight saw Noelen's colon slides, started microscope work but tried. Ken says he will lend us 2 x 6 volt batteries, hope he does. Came to bed to hear the temperance concert.

Time

SATURDAY—October 11th

Slept till 7:15—blew—& b'fast in bed. Went on duty at 10 to g. Bruce brought Ken's hydrometer & found the battery VSO wen: H₂SO₄ added. I looked at leprosy smear for ages. got a strained peaback but atleast I am seeing them. the fragmented forms. Went to Dr. Wigley, which took time, A.M. P.M. At morning tea Ganette upset over pt. Lute's arrangements or lack of them. I think she wants it run her way, I say the papers must run it their way. I suggested a staff meeting, she said it was no good as no one would talk. Had a talk: Noelen about Wareby. sh. 9: I run re job to learn. Got to my home at 3:30 & have done CCMC stuff since. I brought mail (no freezer) at 5:30. A nice letter from fine from Palm Beach. & the Kathleen Ferrer, Trouthead. I had forgotten they were on the way. I ought kept on typing so did not try them. Brian sent back the Phillips mended blew him but suggests that the Sakarima VSO could improve reception. I took Oil B+C today in case lack of fruit & veg is causing my fatigue.

S.L.H.

OCTOBER, 1969

Time 11:11 1969 SUNDAY—October 12th

A real day off, though I did
 spare c.c.m.k. correspondence.
 Max & Jeremy celebrating
 preaching on fast & forgiveness
 & trying to be in for charity
 & Mary & Janet. Went to Marie
 re possible meeting on Wednesday.
 Listened to school on my radio
 but reception poor - atmosphere
 Mended some new & old linen
 - 2 new pcs of sheet. Wrote
 my N/C to Win. Kesley here
 for lunch she seems well.
 P.M. slept & wanted max, odds,
 ends of local writing. Tonight
 sent off Susan's N/C to Win
 Vera & Oliver, Sandra, Patricia &
 instead to one side of Kathleen
 Ferris lovely. More light
 rain tonight. Marie is going
 to Logans Prairie Co. I suggested
 she talk to F. Alf about the
 about material for altar
 cloths. She is worried; she
 is getting a bald patch. I
 would not have noticed.

Time 11:01 1969 MEMORANDA

Had a talk: + D. K. & I seem
 to agree together about the
 problem. I had seen Ross &
 well so Jack who is refusing
 to marry her. I am to see her.
 Then an English comedy
 supper. bed. My finger
 improving.

Time	MONDAY—October 13th Labour Day Holiday (South Australia)	Time	TUESDAY—October 14th
<p>9 fiddled i odd job till 11. Caroline i more uterine polio. Changed in house i the ambulance came at 11.30. We did the 23 miles in 1/2 hr! Road awful but i numerous showers the dust was laid. Fixed trauma i prands i Paul. Got i had lunch. PHD was in a muddle over the ETA of the plane wh was 20 to 3! Frank wanted i the shift from 1 - 2.15, was crav. I talked to Mr Churchill i Frank, i tried to get a truck changer. STC had sold their last, it was \$53! Dr Russell arrived at 3, much talk. Frank gave an exaggerated report of the Leprosy survey i'm sure. Then we saw pt. till 5, i a vehicle brought me, Win Lee, family (i unwilling) freezer, mail here by 6. Looked at sunear, patched cards after dinner. Staff had a meeting. I broke it up at 10 to 10.</p>	<p>I work i a throbbing finger i took some boding but awake a good while. By day it gives no trouble. Dr Russell arrived at 9.15. He is a i permissive man over the details of life but I think would throw his weight about in pro- fessional matters. He talks a lot i is i interesting but he surtches any question into his own channels, one does not get all the advice one needs. after a cuppa he saw all the pt. i made it a lesson in diagnosis rather than a study of each pt. I realized after lunch that he was a diabetic, but he is i adaptable i diet. We talked w pt. (did not get far) till 3, + Leo called i took us to Erso. + G's being wt. John M. took us to the Bay. Phoebe having a big haemophysis. Many i granier Maurice has good plans drawn out for new wards. near the present chapel. Cuppa, i was was just ready to go. John M. went off i us twidlers waiting. Maurice went to look for him got to Erso, Benson was h come finally I arrived i flat tyre. Got home at 6.30. Late dinner i Whypth. Dr R. showed slides to the staff i talked leprosy till 1/4 to 10. I had i effort of entertaining him.</p>		

S L.H.

OCTOBER, 1969

Time	WEDNESDAY—October 15th	Time	THURSDAY—October 16th
	<p>Woke at 5:30. Dr. R. fits in so well as regards bathrooms etc. He came to Matthews, saw & we photographed Luvera & he went at 9, & Dadd King. Georgia went too. Tried & wring a unfinished job, so sent card records & orders to Bruce came: of trouble between Peggy & Lena and/or Gordon. Not things in order by 1 P.M. Came to rest at 2 to 2, meaning to stay in my room 2, but the ambulance brought 2 new lepers at 10 to 3. Have sent papers in my hands, heard school, then gave them her TAB: Cholera! Wal gave me cholera. Have a sore arm, sore finger & to throat tonight. Started Schubert in bed. Have seen all the leprosy amears at last. Janet had a talk to Hugh & St. Luke's day so hope she feel better. +D may come before or after the week-end to us. Don sick & Bly C^{ee} off also on Med. in.</p>		<p>Quite light headed in bed last night. Had to take Phenobarb. Got to W was really because I wanted to. S-I. for Ch, Ella - the anniversary of his death - & fa + D. A scene from Janet at 6' past over St. Luke's day as the staff aren't cooperating. Then says she's "had" St. Luke's day. I could scarcely catch Janet to tell her I wouldn't do inspection & then gave in to have a lay day. Unsatis. of lot of sleep & a bit of reading. I feel better but still aching & heavy. Washed my head P.M. Mail came - a nice letter from Mrs! & acc from +D to Lyman & Corbitt who has resigned & want to join the Govt. Poor + D. Signs of staff rows resurging. I hope so. Went in bed & Bentham's 2 Concerto. I don't know it well.</p>

Time FRIDAY—October 17th

Time SATURDAY—October 18th

19th

A crazy day. Feeling better but
 tried to do job & ending up all
 the morning. Janet absent &
 trying not to burst out over what
 on feeling not difficult things
 AWM on 9.15 sched, E + D on board
 asking one of us to step down for B
 Gelped who had been promised this
 up month ago. We kept it for
 name. I had to go on Monday, return
 on Wed. But + D coming here on
 Wed. AWM not up again to check
 flight. An. off sched. phone all
 day. Mawm came at 2.15 &
 Mhoob's X'Rs. & promised to talk to
 + Pat Logue. I would listen in. Jan
 started beating his wife. I missed
 some of it. The ambulance brought a
 new haemopt. pt. at 2.30. I missed
 any rest. Frank Arai used most of
 1.30 sched to talk re Asian flu.
 At 6.30 Kenan brought Becky, the
 Truair came unannounced!! A
 middle Britin. Br. Brian went
 to Duell, to dinner. I det. I think
 to man Becky who spilled the
 bean to Mawm who now won't even
 pack bag tomorrow. We are all
 disappointed. Britin: Whyatt.

up at 2.15. As I was going to
 Mass. Arian said angustab was
 bleeding a bit, so I gave him 1V
 Ca & massed the proccasion. The
 chapel crowded, service good. Dived
 then from SMH, old Felix. Janina
 leaving. B'fast, off by 8.15; Kenan
 driving. Nada punches 1 mile
 from the ship. I walked on. The plane
 late. Took off at 8 to 10. I in the
 back - Br. all. A good flight &
 quite a welcome here. They had
 delayed the opening so we got
 a supper. Then it began. I sat in
 the official party. Paul Spencer from
 Katakaba there. Good, short
 speeches. F. Miller cut the
 barge in a scallop. The Hospital
 beautifully decorated & fragrant.
 I saw. A late lunch. Emily
 off the Leeds, Septimus there. And
 Molly Gallahan (?) who knawed.
 On the sched, saw the Kabanaba off
 & Ray brought me to bed, where
 I share a room with Lois Aelf.
 Mawmick next door. Ashton in
 Mrs's house. I had a rest, then
 a cuppa. At 7.15 sched, back to
 John W. & F. A. & G. & G. & G.
 E'seng to good, postal, Sherry in
 the job. All the Hosp. people at
 a buffet dinner.

"MALTOGEN" — the dietary solution to constipation in infants.

over ←

DOGURA

OCTOBER, 1969

Time

SUNDAY—October 19th

20th

Time

MEMORANDA

22

up for Mass at 6:15, F. Alf celebrating, he also preached well at 4 song w social response. I had to fast. Joan in the cottage, after she saw the bill 12.00, again bill nearly 3. Had a short rest 4 song festival, quite lovely. F. of Norwich Cape id. a late party dinner: sherry, wine, sherry, by candle-light as a farewell to the Mullers, & some good speeches. Back to see X-R's, to cottage to see Glenda, had a supper, & we walked back, talked in the moonlight. To bed at about 11. Dogura has its own magic. Very conscious of Pat R.

on flat. Tonight looked at slides, E's song, talked to M. I sent a mail. W in say Ella is physically dreadful looking 20 years older. She still trying to play her future. Dr. W. sent a mattress for Boyan.

SLH.

OCTOBER, 1969

Time MONDAY—October 20th

Woke at 5:30, up for Mass & Eucharist celebrated. St. Peter assisted. Good mass, section of Xmas. Breakfast at 7. The Muller at Led. is pleasant. Saw & parted out a few things at Hoop. The plane came at 8:30. Ahma the teacher took R. Alfred's place. Very nice. Landed just on 10, & home in the dust. Bobby got a gift to Pop. We had another punchline here as we arrived so they all stayed for a supper. On on the way to Hospital in Moreau. Much talk saw Augustus who is down. Last about 2-3 p.m. Got on to job. Spent & slept in the plane. till 3. Tried to tape a Mahler symphony but it doesn't seem to have recorded. Heaven knows why. Wrote numerous missing letters. Maureen went to Gma. Janet had the day off, heaven knows why unless she "worked" all the week end. She supervised the team & went to SMH for dinner was fairly remarkable. Letter from Lundy's Bond & Stephen son who is still alive! Much prayer by the people. I'm rather dizzy tonight

Time TUESDAY—October 21st

I have worked 5 a plan today which is bad. Woke at 6, started on Mpali's tea which was new in her parcel last week. Teesley, Jeremy, I spent 2 hours on the plane & ached messages, plans. Hospital report. Janet obviously did not want inspection but agreed even though she was supposed to be running the exams. When I asked if Paris's splints were being made she said the definitely. I said with an edge on my voice they were to be made. She is just worried about messing up treatment. She & Junia went in at 12 & did the St. Chad St. 6 BCGs. Education which came at 3, I then went for an overnight stay. Useful for Moreau. It is Whiyath's wedding anniversary so Janet & I had dinner there 10. I blissfully alone. Looked at X-Rg, wrote to D. Wiggley; copy of Lundy's letter. Tonight wrote to Mary. A B.M. on phone & solid to have then evening. Resthaven.

OCTOBER, 1969

S.G.H.

422

Time

WEDNESDAY—October 22nd

Time

THURSDAY—October 23rd

The Bp. told me a most wonderful thing today: I am bringing to tell and must not. Susan is offering to quit Mavis a trip to Oberammergau, possibly the trip I'm was interested in? I muddled say. I suspected before Janet got married, more independent than, while being dependent in things where she should make up her own mind. Her latest cry is an interview car ward - whatever that may mean in this plan.

Odd job till the Bp. arrived at 12. An awful muddle over jeep, 1 & 2 jeeps did the trip. There came back + D talked to Nat till lunch. Mavis came at 1 P.M., had not seen Stephenson after all. He looked tired. I think apprehensive + D also saw the Whyatt after lunch. Mavis going on 23rd as well as Aileen. + D had a whole in his thought are running like mine but making more allowance for Mavis. I suggested reach for her. I had a port rest

up at 5 to 6. Mavis is good. Jeremy again + D celebrated at Ernie. 9th Nov. paper went wrong. Janet blew up - not at anyone in particular. She settled down + sent of a delayed letter. Took Randolph blood, after she settled down I did a biopsy on Victor. + D came while I was at it. He told me of the talk - neither Davel being down to earth. But everyone trying to be conciliatory. Nat to go to Gora. Lealey said she wanted to carry on + feels she can speak out to Mavis in charity. Every I didn't talk about Ernie. + D left at 10.20.

Odd job & registering papers. Nat. I slept till 3.20, but she caught the jeep, is packing. sleeping at 3 M H tonight. Have written some letters, talked to Jeremy & Greta. High came in pain in required region. Mavis has a sore mouth.

then letters & sorting in my house. Tried to record Beethoven 5 success. I think the battery

NESTARGEL - reduces aerophagy in the bottle feeding of infants.

OCTOBER, 1969

S.L.H.

Time

SUNDAY—October 26th

Time

Time

MEMORANDA

Time

A day off. Slept poorly, the first night for ages, maybe because I had the shoes of the Fisherman by torch light. I lean here on this in spite of rain, I had to fast - us. Greeny came at 11:45 & took Janet to Pop. Name for a picnic. It didn't go according to plan but it got her away from the place for a few hours. I got a few letters off my chest, W in, John Biggs, Len, Dennis, Major Lewis, Mary Jane Green. Sent out stahanday & books for CMC. but shall have to get the Bank book & do the stuff up. Got specimens away for Dr. Wadley in the jeep. Had a good sleep. Air school heard of a Varak - girl yest. 6 days 14' abducted. A plane got her to Soqura yesterday but weather bad they arrived per Pop today & Jan in charge but eventually got her to Wadley. Poor little ear they, I had a milk & quiet lunch & only 3 for dinner. I back on housekeeping tomorrow.

4112

Time MONDAY—October 27th	Time TUESDAY—October 28th
--------------------------	---------------------------

My first day of housekeeping for nearly 2 years! All very easy with only 3 of us. It is pleasant too. Janet can be charming but she can be an awful strain. Alison seems cheerful. One was chicken-pox. I took blood from Angus & typed him tonight. Also X-rayed Ethel Joyce (only one tooth) & gave Irene T.A.B. Wrote letters to DMO re Stephenson & co. Gave my first lecture for months. Maurice got a message to go to Rabaraba tomorrow, after scheduling. phoning found it was re Phil's apartment. He came out to tell us at 3:30, so I didn't get finished my session in Irene. Her friends the Walkmans came at 5:30. She gave them a cuppa then went to Ashtons & Benson for dinner. Many went to Moresby today till then - heaven knows why. A letter from Elena - they had one from Richard. Marie - Talens for dinner. I writing letters, at last packed up CMC things. Marie washing "soft" things in the washing machine tonight!

Wet all day. Irene's friends: the patients didn't come off. Washing still wet. Inspection went off well. Maurice went to Liria saw a plane where pilot said Rabaraba was closed so he can't back. Saw Ethel Joyce, well, confirmed he. Kowenba reported Mr. Atten, Marie sleeping in Liria & Florence. All 4 denied it. K. & Nanwar said it was fine. A fantastic story later that Benny the Emborg's bridge was. Teddy has been visiting the girls. Where is Smith? Lechur, a session in Irene. Jeremy went to Lira in the rain. At 2 P.M. F. Browning came in: has been sick but seems better. We got off for a rest about 2:30. Have written some letters, & kept an eye on the Hospital.

Time

FRIDAY—October 31st

Time

SATURDAY—November 1st

Woke sleepy & still wanting sleep after broof up - maybe because of the sultry weather. My h'keafig saw the news Ambasi ph. & saw of Soqura x-rs of Brian Mr. Lelli for Nalman & saw Lapras per each came for coffee & talk. I asked what to stay here, probably next week-end. Technol finished the Lapras register P.M. checked cash - Hugh who is a methodical 52 cent over! Sheds had to follow & phones & poor. Radio for Rosemary M - her father is ill & she wanted at home. I sent it to Betty, who went down to see her. In Terzick came in American & I shuddered so far. Nana - Terry on my meals together. Mushrooms for lunch & dinner. M. gave some to Mr. N. Increased the mail & I shaved my color shades quite good. After the phone shaved myself Italian & some English shades & heathered to the radio Brahms record I disappointed in the tape ready done last night. Poor recording & the early part not recorded.

Day off, except scheds & phones. Not humid. Slept till 7:15. Nana was bringing my trays as I went over for h'fast. Misunderstanding. Any way we had a pleasant h'fast and lunch together. Rosemary went at 9:30 to school & collected. I got about 5 letters written that's all. Also tidied up the stationery & files in my store, which is something. Heard some music, also an Aust. architect who designed Melb's Art Gallery, very interesting. I slept 2:15 - 4 to 4! M. G. came but Linaen missed it! Noelene came back - Bob C. at 5. My finger playing up again.

S L H.

NOVEMBER, 1969

Time	SUNDAY—November 2nd	Time	MEMORANDA
<p>I have accomplished a good bit but there are still lots of jobs waiting. John Bohler arrived early—about 6:10—this AM. He was for all parts & a good little sermon illustrating Christian attitudes to death. He went to Cross the Bay & picked up our Pop mail at lunchtime. I got one off to the Bishop at Lyman & to Fall for BMS. I saw pb, & wrote letters all the morning & much of the afternoon. Noelene brought & gave us lovely meals & cabbage from P.M. & much rooms etc. Aiden reported at 5 that Miss Rhylin Wang went off to the village chicken pen & all, so I blasted the rock off for when she returned. 4:30 sold taken up & a probable ectopic at Wanan, then Maurice rang P.M. to ask for a helicopter from Lee, & G.G., S.Y. & Z.L. all listening in. It couldn't get there before dark. Poor Wangery. Tonight I showed colour slides to the staff, so not much else done. Morning & rain.</p>	<p>5th Sat down at 5 to do some writing, felt sick, feverish, T 100, did not want any dinner. ? Malaria ? Chicken pox. Went to bed. Aiden C rang to say Nanward was in a rage & breaking up the cupboards. Aiden entertaining Jim, Bob C, Ken. I'm going out on leave. So I told him to get Simon who was ineffective. Then David stepped in & finally I went over. In the end Arnold questioned him. We couldn't get any drugs into him. Back to bed & read shoes of the Fisherman. T 101° I think the new battery & brush charger came — too hot to investigate.</p>		

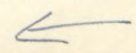
Time MONDAY—November 3rd

Time TUESDAY—November 4th
Melbourne Cup Day 5th

A miserably day very housekeeping
- easy but still burdensome. Did few
of my planned jobs - called better
- the other 2 men - Devone, Leslie
- came to see the plans for
Ed. Dept. I showed them round, gave
them a cuppa. Bob C. came, left a
pkt. for Buckley & ray. I got a lecture in
diddled - lunch. A helicopter came
from Japan to Womarr, took the pt.
to the plane at Goma. I had 5 mins
on my couch - the ambulance brought
back - our Morris! - much better
but still I think sick. He agreed to
stay - Eric says Stephenson is alive
but has a hemiplegia. Siblings all
& says. Maurice came at 2:36, we
talked of bonds etc. - he decided to
drop into my paronychia. Beata asked
but painful now & clumsy. - on the
most useful finger. He & says his
men. Bruce talked of trouble - his
men's families & would like to see
Hed in the cause of peace! I said
that would be most unjust esp in
view of Lena's past. Had to get to
my house; then Jack came to arrange
spraying tomorrow. Much talk to
night - though no pay etc. I talked
playing up. Nance washing again -
wash etc. I think we
have finished the mushrooms.

Quite a day - almost nothing done
that I set out to do. Inspection of front
back ward while Malara me
sprayed the front one. The leprosy
heads took advantage of it to wait
into the end empty tray which would
have spell trouble. I told them if I
they must move back. Once got me to
for the worried staff breakings.
Nancy told me a beautiful account of
her mischief making agreed to apolo-
gize, so I got the others in Jordan &
unwilling to shake hands but in the
end did so. I told Goshua the bees he
had cut down were not his - he argued
then I dealt with Fulbert about Sunday
& also for teasing Nance's girls. He
promptly resigned. I talked to him
about growing up, though had a go at
him, but he shut his mouth at 3:36 he
came & said he would stay - Goshua's
words were the final turning point!
Thank God. Nance told me Phyllis
W. entertained John Laban in the ward
352 age. Betty came at 3, so did the
ambulance - Stephenson, family.
walking - apparently well. He
repacked to go to Worechy or to stay
or I kept him while we X-rayed him
- almost clear what is him - Betty I
got nothing else done & used
the shed - Jean's E.T.D.

When diluted for the various age brackets and are thus interchangeable at will.



S L H.

NOVEMBER, 1969

Time

WEDNESDAY—November 5th

T. 99⁴-ish all day. A bit
headache + tired + cross,
certainly not wanting to work.
Mama + Sister here, had tempted
me - nice food but not so hungry.
No sex yet! Went to the shop, A^{ny}
for a few jobs, admitted 3 new
pts. Had heard school read,
Lloyd +. Lots of calls in tubercular
+ breakdown the door to keep me
on the go. St George came at
3:30, school 4 AM so we got off
Pain + family. Gave Mary + Roland
got 2 letters written only. Jack
came from Pop, Paul called in
at 4:10 for mail. I saw + G
re Morality Committee, Jeremy
got back from finances at
5:15 I did not see him.
Had had some music, + wrote
a few letters + done some
evening bought, but nothing
needing effort.

Time

THURSDAY—November 6th

Felt better, a bit shaky. I did not go
to Mass, but slept in + had to fast in
bed. Jeremy came + talked. He has
bought a house in Lae furnished for
\$16,500. We do talk on the same
wave length. Heard the school then to
Pop. I had a programme but things
were against me. Saw Donald, Phyllis
Mary + discharged per. Haven't sent
out the missed yet. Mary + Jefferson
came + Benson's daughter + Isabel. No
response yet from Jasper, + Ethel +
Muriel + Jackie about it. Got great
after 2. Jeremy went to Pop + talked to
the Kirkham so we didn't see him.
Bruce got the new battery into action
so we are back on the school. Sunday
Bord came, had a supper + talked
nice chap. I managed to get Maria
claims typed by dinner - time.
Dinner interrupted by G's return.
Letter from Gene, 25 lb. beans +
sakariva!!! Felt tired then but
had written a few letters tonight
+ now have my radio back in
good order - bless Simon.
Ken sent a gift of \$20.00
+ thanks! I thanked him + said
we did not have an opportunity
these days to earn his thanks
It can go towards the kitchen
shop.

Time	FRIDAY—November 7th	Time	SATURDAY—November 8th
------	---------------------	------	-----------------------

Did not sleep too well, began the day at 20 to 6 & felt alert all day, till I stopped work, was a bit dizzy & tired. A good day & busy one, getting job. Spouses down after some trouble, found I can get the job on my old Phillips still & it cut out Worecky's interference. Kamenas came, angry & wanting to take Nina away, threatened to cut her throat if she got pregnant but settled down. Nina allowed to go home for the night. Saw masses of AA FB in board's spectrum show everyone. Checked the cash. Myggs PM Working tonight, till 9. Bume is friendly & listening to school. I, Childs came AM. I gave her a IVCD. Phyllis M. is interested & expectable. I faced her: Blanche & John Laborn & showed she had told a lie. Suggested I might tell her parents. Maybe that would be one key to solving moral problems.

Yesterday I was alert & "in orbit". Today I work at 20 to 5, sleep a bit, but woke played out & felt worse as the morning wore on. B' fast in bed, but saw to a dispute. Mekeia accusing Auntie of stealing several things, by the family at school I think it true. Told A. to go home. Tried to see Beran but he ran away. Ken brought Brian & 2 MMS girls. I was not so gracious. Felt ashamed. Got on to writing & cleared off a fair bit by lunch. Meme terribly tired too, but won't ease up. Sched. then slept till 3:30. Felt a bit better. Got more done & tonight after I sang got some of the St. Cth stuff done.

S L H.

NOVEMBER, 1969

Time

SUNDAY—November 9th

Time

Time

MEMORANDA

14

Slept fairly, but again a fall of tiredness is with me all the time. Hugh came at 5:30 for the day. He told me tonight he began office work at 2:30 AM, then took a nap at 4:30 - worked till 1 P.M.

Back 2:30-6. He simply must not work like that. Lillian had a puncher & arrived at 10 to go for mass, is a pelegitic. Books, work to Win & that is about all of my personal writing. Finished the Standing C^e stuff, wrote some Mission letters, & 2 Xmas cards, on to Major Lewis & on to Nestor, & that's the lot. Had a sleep P.M. & did a bit of house-keeping in badly. Noelene at Erro for the day. did a spot of mowing for Brahms' Violin Concerto - glorious.

r told her to say what she wants she wouldn't reply so she walked off & dressing. Examined Alice who goes well. Jeremy wants M. & me to go to America next Wed but MMB has asked us for Thursday got down morning down to music & work to PHD for the vaccine. Too tired to visit Arnold finished up for Holiday

Time MONDAY—November 10th

Time TUESDAY—November 11th
Armistice Day, 1918

A strenuous rather worrying day, trying to make right decisions. When hot & physically tiring too. Saw pt, X-rayed Alula but nothing complete. many things to repeat. I don't know how the mounts claim my concern. Ken walked in get filled but they do. Lecher, working at 6 past 10, waited till I finished then told me his sorry tale of moral breakdown. One he faced if he was easier. He came back at 12:30 for the result & treatment, put me in touch. The girl who took up quite a part of the after. I think she is $\frac{2-3}{12}$ pregnant & sent a word spec. over did 4 wks. no chance to inquire into Simon's alleged taking angustas out on Sunday, my into the Thomas - John W. in. Suburban. did X-rays. P.M. did hookworms. Tried to start inventory, but bandy got started. P.M. got a rest at 3. Bob brought Betty & Mr. Little: a nasty lot, so I put her in Tren's room wh. is a relief for me. Maresa orbit & getting started up if things go unexpectedly. At 5 X-rayed Mura, skinned & looked at the gill, smear tonight stayed for most of Alena's. Betty study, then Hoop. job till 4:10.

Simon took Angustas
Mouran, Litus to Oro Bay on Sunday!
Nawen't tackled him right frontal
but distressing meeting. Hugh
says the X-ray teaching on last
was taken as "free love" hence the
framicity! Lited at 4:30. Gregory
went through. At 5 Simon took us
to see Bewah who is still avoiding
everyone. I am worried. Maresa still
pounding herself into the ground.
Luntay brought mail, a letter for
Naomi obviously: money in it. I
tackled her & she admits to accepting
gifts from Wm John Maise of
Daga! Sent the letter unopened to
George. Naomi upset. I fear
the boy has already tempted her.

it has been a crowded day: nothing complete. many things to repeat. I don't know how the mounts claim my concern. Ken walked in get filled but they do. Lecher, working at 6 past 10, waited till I finished then told me his sorry tale of moral breakdown. One he faced if he was easier. He came back at 12:30 for the result & treatment, put me in touch. The girl who took up quite a part of the after. I think she is $\frac{2-3}{12}$ pregnant & sent a word spec. over did 4 wks. no chance to inquire into Simon's alleged taking angustas out on Sunday, my into the Thomas - John W. in. Suburban. did X-rays. P.M. did hookworms. Tried to start inventory, but bandy got started. P.M. got a rest at 3. Bob brought Betty & Mr. Little: a nasty lot, so I put her in Tren's room wh. is a relief for me. Maresa orbit & getting started up if things go unexpectedly. At 5 X-rayed Mura, skinned & looked at the gill, smear tonight stayed for most of Alena's. Betty study, then Hoop. job till 4:10.

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

Time

WEDNESDAY—November 12th

Time

THURSDAY—November 13th

A busy rushing day. Inspector
 then Dr. Morrison & two cars.
 + brought Bertha (!!!) back with
 severe haemoptysis & fever, which
 also a m'lars woman we had
 had before. We checked all the
 O.P.s. + they went at 12.1. Both
 Rosemary's room. I saw the pt
 P.M. got 1th, typing done.
 also some relatives but no
 one compatible. Kim came
 P.M. + we made plans. He
 talked more rascally, like
 his old self. I worked - I
 forget what at - till 9.30, was
 going to bed, called back
 to Bertha. Her condition
 worsening.

14

14

Wiser cabled us at 3.15. Bertha
 had died. They wanted to bury her
 at Roma. I did get back to sleep
 after a while. To Mass (Z Lulea)
 then asked Gordon to take the body.
 A busy day + a little inventory done.
 Got news of death of Anna Arnold
 at. on the radio. Child & babies
 just going to rest at 2.15 when Dr. M.
 Mr. Dunphy came, talked till 3
 over a cup of coffee. Mr. S. came
 about this place + absolutely fed
 up: fragg, PHD policy, lack of
 necessities (esp. nurses) in Umeå.
 Then I had a bit of rest + got on to
 the inventory. Benson came back.
 did not want to take Ethel Goye.
 Nance went for the day to measure
 people for clothes. Noll had his
 court case + won it!! Gordon till
 Ullin go to jail. Phyllis M.
 reported at 6.15 that Gordon + Lena
 were at it again, + a. refused to come
 for treatment. Wiser said + accused
 G. of "playing" with the women com-
 ing from the funeral, attacked him
 with a small knife, so he took up
 the cooking pot + cut her shoulder.
 She came to hosp. at 7.30, looking
 like thunder. I took a high band,

NOVEMBER, 1969

Time

FRIDAY—November 14th
Birth H.R.H. Prince of Wales, 1948

We are all tired. Many weary^{to} death. Disappointed. Smallie + Joan's girl have let her down. This coming out in ragging Noelene who is reaching. M. has done 3 days' housekeeping. Alison is tired but happy + achievement. She wasn't going to have a day off but I persuaded her to. Jules Little is having punctual shows + upstating. Mamed. All because we can't or won't ease up! The police came at 8.15 + brought Hugh Sumner for 27th at Pop. I urged him to ask + G to be a witness. He was the only disinterested party present when Hugh walked out. Koeman 1 lb. quite strong all day, needed 2 lob of Pethidin for - post but turned + delivered to me at 5 P.M. Thank goodness. Benson took Becky to Pop at 6.15 + came back at 12. To Kirkham, + took Ethel Gye to SMH. I got a rest, trying to get Smallie ships sched for M.W. Papua. Tonight tried to balance cash + Hugh + got the inventory finished in bits + pieces. Miss note from + D.

Time

SATURDAY—November 15th

I housekept, + overcooked the roast. However, we arrived. Ran round after phones + scheds till 10, but Harold told me on Mission sched that the Papua wd. sleep at Tuf. P.M. we heard she is still at Tarak + bringing Eyekid's pt. up too - so it came on Monday. Worked on the order all the morning. Got to rest at 2.20 + slept till 3.30. Bob C. arrived + brought F. Kirkham. Made a gaffer + left him talking to Mrs. A. while I saw to dinner, sched orders. Noelene went to SMH for the night. To sing, showed F. K. the hum of the horn + put on Beethoven. He is writing in bed, I did writing + came to bed too. Tried to concentrate. Mame took a gallon bottle of keros + was late for the song. She always cops things. She would make a cake for SMH tonight though she has got to the stage where things do not register with her.

S. L. H

NOVEMBER, 1969

Time SUNDAY—November 16th

"Day off." Slept refreshingly but have felt a strain all day & Nance was moxy, & I became of a Wok at 4 to 6, got a cuppa for F. Kirkham + self. He took Mace & well, but this summer was a bit too much of a flitting from one idea to another. Aunt wanted Naomi to play basketball at SMH, but M. was on duty. Nance H.K. I said Valerie couldn't work 2 days & I should have asked during the week. A. sulked, & Nance was all for sending Naomi (i.e. slaving herself in the dam kitchen). I put my foot down. M. was crazy in me. Anyway, Nance had M's help for lunch. I shaved Tak the Hoop & later the Hammonds came. I shaved them on bid. Noelene was back. did the rest. I got a few letters done. Nance went to SMH P.M. Arney came in the jeep, took the 4 of them. I relaxed. A good sleep. Long sessions on sketches a lot of sth. Not much done since. To H. is at Cross. An Embury mid arrived just as the jeep

Time MEMORANDA

brought people back but had to go to Barisan for another mid 12 more patients. I thought M in Mary(?) would deliver there but she did not advance in the home. SMH had already had 3 deliveries today, Lesley on crutches & Maryon doubt being gracious hostess!! I felt selfish but as if I could not take any more here. Tonight have written to Bob, Adele & music. Am wondering how to get Nance away, possibly myself.

NOVEMBER, 1969

Time MONDAY—November 17th

An easier day. up before 6. Heard on 8 AM phone that the boat will not be here till tomorrow noon! A lot of static & scheds hard. Got the order done. Relations is pleasant & Alison. Dicksons was to come to lunch but came at 1:30 & Betty had her hair cut. Isabel yawning & as good as gold. Mrs. Lillie more cheerful. Talked to the staff about blood typing but did not get it done. Put up the claim done. At dinner tried, can't work in my house, began to read Dr Wright's stuff in Health Educ. when I went to sleep in the chair. No work done but maybe it's better that way.

Time TUESDAY—November 18th

Felt better for last night's laziness. Did inspection in no time. Bob C. came to talk about MMS dinner but I said we had pinned it down. Then came in a brand new Toyota utility - he traded in the Landrover - & offered to bring pt. up from the Bay & did so. The Papua came with the jetty & has a big hole in her side a few feet above the water line! I spent the AM getting ready for & typing the stuff. All co-operated. I have kept it running well but it went well thanks to M. seemed to break. It began running at 2:30 - 16 of them & 3 more later - quite like old times. Some thin & sick. One is Charles Niran related to the C.V. who was a teacher at Eroro 21 years ago, Blake's friend. Got off for a heat after 3:30. Walked till 4:30 to Mrs. L. Taping our girls singing but her recorder went wrong; she had to borrow mine. Tonight she took Bible study, & well too. Then I worked till 9 & have written to John Woods. Jeremy left as a nice mail last night. Joan P. sent a cheque for \$25 for day & Xmas with pay for the truckle charges, records, & parcel from D&T, & a letter nice & easy, from Major Lewis.

Time 11:18 WEDNESDAY—November 19th

Time 11:17 THURSDAY—November 20th

Quite a day. Did Freshman & work is quite pleasant. Alison Jeep came at 10:30 in Perry, Carolin we had a cuppa. I asked Long to look up Beran & see what he could do. I had all the pt waiting for Manibus. Then the ambulance came in 2 babies & I labored when Eppay is active again. Examined the sickest pt. then P.M. The records ^{take} quite a time to set out. The gift came, took Long away at 2 so I got out the U/S vaccines Radio reception awful. Waked at 5:30, ready by 6:30. Jeremy took me then Mavis in on the table for dinner. The 8th anniversary (on 15th actually) of his coming, so they asked old staff to dinner - Dorella, M. & me, Benson, Arthur J. Murray, Gretzel & Gerald, Lydia. Pleasant but a late dinner. Maurice read from his diary of 18.11.61, also of Betty's coming of Long & M. home. Maurice brought me in the rain. Home by 10. He heard the astronomer fixing TV camera in the moon. Could not sleep. Father Gilham died last week end - another mercy.

Up before 6. Mavis: Jeremy after a long period without him Carolin got there: she is a goer. She did 9:15 sched, cooked much of the dinner. A busy clapping day, in spots. X rays, Manibus & working my way through the pt. I predicted just arrived developed chicken pox & one yesterday measles. Bot C called in & Barbara takes on board & I said good, bye. Had a sleep & rest for an hour, otherwise all work. Tonight looked at spots & then spent new records & heard Beethoven's 4th concert while I joined.

"LIQUID LACTOGEN" contains mixed carbohydrates, Vitamins A, B, C and D and organic iron.

S.L.H.

NOVEMBER, 1969

Time

SUNDAY—November 23rd

Time

Time

MEMORANDA

Time

A real day off, apart from
 scheds & the reception so poor
 I shut off early. Nancy was
 making her patient who may be
 Co. Lidian came on point, no
 sermon again. The hymns pretty
 awful - glorious ones badly sung
 or not at all. Have written a
 great lot of letters but still
 have more of course. Tonight I am
 having the No. 1 record of
 Brandenburg Concertos which I
 moved & actually did a spot
 of mending. Had a good rest
 & nearly finished Leighton's Hymns.
 Heavy rain from 6 PM onwards.
 Some people came to buy from
 Noelen's store & took our
 mail out.

NOVEMBER, 1969

Time 1175 1969 MONDAY—November 24th

Time 195 1969 TUESDAY—November 25th

A busy day. I felt a bit over-whelmed but settled down. Fulbert has a paper & unfortunately I can't blame Phyllis Mary! Hugh Noel & I talked of substitutes. I X-rayed & did Charissa's property. got sac-cous material. The new PHD Admin officer Mr. Kila came. Charming. I hope he is efficient & ray plant arrives tomorrow for Kokoda runway; Graham is doing the Oro Bay Leprosy runway now. Developing plans up hill lunch Caroline went at 12:30 for lunch: Ashbury then SMH. Little Kathleen, John T. Russell & Tall came. Kila. News today much about them yet. Scheduled a little better, watching on 3 Mc tonight & it was in poor. Nancy's M. Gerald died in the plane today. People want the body taken back for burial, but others want to make point: he was involved in a fight too. Mr. doing a PM in the AM. Bill Gannon came up on VW 9. Think on the Minnesota today.

Another busy day. Am just scribbling away at all the correspondence. Wish to Eileen before breakfast. Inspection. X-Rs saw the check-up pt. & gave a lecture. Fulbert behaved himself: we kept him busy. The Willmott went today, & Yvan as far as Melrose + D goes to Selwyn tomorrow. This PM got some cards written up. Scheduled reception much better. Tonight we had a reading from a rather silly book instead of Bible study but I think Noelene & Alison liked it. M. in hay fever. Tonight saw X-Rs & wrote a couple of letters. The President came at long last - 1/2 hour after Bob C had made a special trip up in a 44-gal. drum!

NOVEMBER, 1969

S.L.H.

Time WEDNESDAY—November 26th

Woke Fred at 6:30. Lepreary
 infection - Naline - a sunny
 ache & nausea - am wondering
 if she got a bit of backshot in
 her mushrooms. Condition good
 did one catheter, got specimen
 off. The ambulance brought
 back Gladstone all smiles &
 he got a great welcome here
 but I sent him on to S.M.H. The
 ambulance took back 3.30 pm
 & I sent Hugh off. He
 could do his business today -
 got on my couch at 2.15, up
 again at 2.20. Then Morris
 came & brought mail. He recom-
 mends Benson. As thin as a
 rake, but won't come here for
 his holiday. Listened to a
 Schubert symphony & read
 it, read mail, wrote some.
 Tried to send things out. Little
 done. A confusion of mail. To-
 night did some E. King, then as
 flat as can be. M. came at
 9.15 to say it is Noelani's holiday
 tomorrow, so we dug out some
 presents. Simon just rang
 to say he lost the vestment
 enboard Kay on Sunday!!!
 Told him to try ring Jeremy

Time THURSDAY—November 27th

That wicked Kawari & Lepreary kid
 sang, played a ukulele at the top
 of their voices in the moonlight last
 night. I went to shut them up &
 chased them up the road but it
 became ridiculous. ND boys made a
 list of the absentees. I talked to H
 then 10.01 who professed repentance
 then I could not sleep & today has
 been lifeless & weary. Have pulled
 at job & kept Hugh's necessary
 job going - quite demanding
 He could not get here tonight. Max
 is good. Simon rode in at 5.30 to
 ask if he bring his own vestment
 Noelani's holiday. She seemed
 pleased & her present. Went to S.M.H.
 for lunch & the after. Fenber was con-
 firmed by + G. This P.M. H. & Betty
 came back & + G. Now talked to B
 this evening. Don very morning.
 Precious few letters written
 Heard a bit of the Walpurgis
 Thomas show on W.I. Hagen
 show - quite good.

Time A.D. FRIDAY—November 28th

Time A.D. SATURDAY—November 29th

Woke rather tired. Prayers, wrote a couple of letters before breakfast. Betty died the phone at 8. Nancy not well. Co. B. decided not to go to Pop. but cycled in. I ran round organizing Hugh's job, seeing Mr. Mugh came on P.H.D. vehicle at 4 to 9. Jeremy picked M. me up at 10:20. Gideon on board. I'ferred to Pop. in a note from Lesley who has got to walking but point at SMH. She wrote to +D. G. for pleasant trip. Pleasant talk. I sent a rather cryptic radio to +D. Doqura from Pop, asking him to reply the same way. Poor D - the Kammonds are walking out of the mission at the wah. end. Could not get a map from Dist Off. To P.H.D. saw Kula but no one else I wanted. Miss Jefferson asked me to lunch!! Libicins, unexpected, in up cherries! To S.T.C. saw a Graham record for sale - am asking Paul to get it. Maxine in bed talk, so did seem rebel. I saw some of St. C's play. it good. Home by 4. making talk in Mr. Fuglis rather difficult. Did rebel a snobbish man at Trip. J.W. reporting the ambulance came in so I sent the message to Dr. Aizi. Kuntla came but not the sick nephew! I came in Bob at 7:45. I had a good market. I expect my but she didn't come. Talked to Ful about who cycled to Bay.

A day of waiting for people impatiently. Woke at 2 to 7, prayers for guidance for the day. This was wonderfully given in small ways. I fast in bed but went to the phone at 8. No one up. A lot of little things to fix did saked. Glenda had a woman 11 L. she was worried about. Expecting Maurice until I heard on the radio he was at church, kept on expecting him but he arrived as we were having lunch. Meanwhile I shaved Moelen hair to use the Gesteher. It was spotted - mould. Got bits of junking done. M talked till 3, not one word about Lesley. I wanted for my queue. Sent a message to S to ring me up, but she rode out at 5. Mean while Hugh could not do the cash as I had had my bath & washed my head. Lesley upset but determined to stick it out. I urged her to stand up for herself. Many seems to be happy only if she can subjugate people. M. & Moelen rode out there for dinner so. Name. I were slow quite pleasant & sang a lot of fiddling queue in Hesp. I got here at 8:30 to have some lunch for remain. I do odd job I changed to the shanid needle today. A parcel full of thick woolly baby jackets!! People just do not think.

NESMIDAN - a hydrolysate of the milk proteins, casein and lactalbumin.

S L H

NOVEMBER, 1969

HJ 2 - 909 - HJ 2

Time

SUNDAY—November 30th

Time

Time

MEMORANDA

Time

It is folly to make up one's mind
to be free of the Hospital - one never
is, then one feels resentful. No
boys left Simon in Church. Referring
to an overturned truck at the home
Water - it was bringing out the
food gift to us - which I think is
all that. No one hurt! - drove
down. Gordon dragged the truck
out - my permission. The owner
was back at 4:30 wanting more
help. I got a message at 9:30
schoed M + D re Leahy. Settled to
letters at 10 - W in Len + D,
I fell & Fred I lay down - then
my car came the gift - Maureen
Bond & the Hunt family, so farewell
giving Maureen napkins for
him. Got a good sleep till 3:20.
After schoed Whyllis Mary gave
2 pk. Mawolin instead of PAS
- I looked up, mixed up dilute
HCL pattern. Tonight have filed
my letters & heard Kathleen Fering
Lectures o Schubert. So little done
& not rested. Would like to go to the
Fringy next week-end but doubt
it. Am sending my tape records
to Len.

Time MONDAY—December 1st

I tried to take things as they came today; not to fret if I didn't get things done. Had to take a checkbook last night. Marie took what I thought was my housekeeping; they seem to be relieving me of it. Had inspection, spent a lot of time on the phone: asked Ned & few people on the mat, priced Fulbert one dollar for going to St. Andrew's feast; he took it well. No time for lecture. I got the TB report done. P.M. balanced the cash; Hugh + D spoke from Agamem at 4:30, I read used him over SMH affairs. He wants to postpone Wed. C's running round hill after 6 PM when measles? measles, + Ethel Gyes brought her baby back. Tokoda Runway began tomorrow. Frank Aisi said generator got a leaking hose, Noel need to SMH, a radio, just caught the morning school so wear back on power tonight. New with N. G. hi, John Woods, Tahaia people, I drew a spot of morning bright—That's all. The police came, are trying to get a runaway prisoner, hiding near Alison's house.

Time TUESDAY—December 2nd

At last Marie's dazzling offer has come - it came on Sunday - she is in tears "fighting it off". She thought I was giving it. I in league with her! I think the letter convinced her because it said the sponsor had accepted her name. Poor darling. A hard, hot, boring day. The dangerous school children came at 10 - 26 of them, nicely behaved, w/o the team in charge. Lillian Annie Aileen, I took them in hand, + showed X-Rs. Mike + Wainy had a cuff in us off they went. I gave a lecture. Bob C took mail at 10 AM, brought some tonight. Lillian Budge based for the week-end so that sets out my small dream of a week-end at the Friday school frightful - static + black. No message from + D, but the last said Bruce. Janet return tomorrow Alison has sparked up. I have done Mission claims in pit, pieces. Judy Woodings brought out her school children to do a St. Andrew's play. I missed a lot of it as John Taban was going to the Bay. I gave him things to take. For Bible study I read the chapters on the birth of Christ in Bible as history.

S. L. H.

DECEMBER, 1969

Time	WEDNESDAY—December 3rd	Time	THURSDAY—December 4th ^{0th}
	<p>Woke after 1/2 hr's sleep last night. Too concerned over Nancy's distress. Had a few words to the man (Tom Director) but does not say what she will write. I suggested writing to Fr. Geoff. I have glimpses of her point of view — the integrity the Francis can talk about in the last issue.</p>		<p>I forget most of the event. Slept better but still tired. Waked: ^{Alison} Janet did bring. The ambulance brought patient, a boy in mass. I don't know his mother who had more English than the son. She went to Patricia school brought by Fr. Holland! He not at school at all. Bensen brought a letter from Nancy V. — sick again & drained.</p>
	<p>Woke tired, & just plug on a job. Inexp. Alison, the jeep came at 10:00.</p>		<p>at 4:30 I arranged for her to come out, & AWM was mercifully flying.</p>
	<p>Bensen, Janet, all executed. Nancy interviews & muddle.</p>		<p>she brought a sick motherless baby for SMH. Bernard sent of our old TB Gombora came to see me straight from St. Christy.</p>
	<p>Talked to Mrs. M. at 11:00 AM, & I want to see on Jan 28th. Have not been able to get him on the sched since. Informing Bensen say Minnesota will carry only 27 passengers: of steel decks. Got a heat. Capt. Casey came at 3:00 to Flynn Bagh to Mission letters all a labor & not really packing the brain problems. Writing tonight.</p>		<p>A very attractive lady to start medical after Xmas. Worked in Hosp. till 9, then came to house & joined to remain, I wrote to + David (last chance to go mail out), telling him of Nancy's dilemma as well. She wrote to Fr. Geoff. To bed by lantern light, mind about read.</p>
	<p>Marcel came on the 10:00. To my house just before 9, & I had to do but no energy. Thinking hot hot.</p>		

DECEMBER, 1969

H 12

Time FRIDAY—December 5th 6th

Time SATURDAY—December 6th

Slept badly, but then bank, & woke doper. Saw ph: Janet & Alison, & commented on ph giving their own treatment. Janet well not organizing her staff. I don't know if I felt so much after it's perfection but I is a lousy nurse. The old Fulbert to leave his things for disinfection as discharged him. He disobeyed her. me; after some frantic phage I decided I must make an issue of it, told him he would not work (he get pay) till he obeyed. 9:15 sick quite good - Ronel did it - PM about 11:30. Got traffic out then. 1:30. Slept 2:15-3:15 & wanted more. The jeep brought Wang at 20 to 4, looking pretty washed out, & sped to get to bed. Talked her a lot, balanced cash: high: that was my aftn's work. Called for dinner to Kanward in another senseless rage, why, why, why he had stolen this pair. Then medical Matthew was carried in in a stur ceremony: a snake bite. I had to slap him with a spider. Saw Fulbert who gave in graciously. Thank God, a small car came to see Annie! Her "brother" got phageley's letter. x.RS off. to my hand at 9:30. opened some mail had a cuppa. Not nauseated to sleep till 4:15.

Another night of broken sleep. Took then bank at 5, slept till my bed came at 7:50 - so much appreciated help in this job. She asked & saw Nancy spent the day "fiddling" & supper I have cleared up some job - entered staff cards & mail list. Slept 2-3:20. Sicked hard in hear, but heard from + Bev on 25th Jan is o.k. in, Mrs. Cee I opened some parcels - a SW pair of pants & a new Bire pen law. The pants are a bit but I must give them away. Bought 4 work to W in Mr. Gunthinson. A terrific storm brought waves of rain & thunder & lightning. I had to change & also put on a cardigan after I sang. Slept, Nancy the ambulance deputy. Nancy bookkeeping & slaving away.

"LIQUID LACTOGEN" - scientifically balanced milk formula for infant feeding.

DECEMBER, 1969

S L H

Time SUNDAY—December 7th Time MEMORANDA

Slept well - 7 1/2 hours. Less weary.
 Mass went well though I feared
 Fr Maurice might be late or
 some such. He stayed after he had
 talked to Nancy (she was too
 tired). I spent the morning on letters
 & Xmas cards. On the radio, asked
 Jimmie if he could come & fix our
 radio after Xmas. At 1:30 Paul
 said Fr Flynn was coming at 2:30
 that meant the bridge was open.
 I felt I couldn't bear being any
 day off, however. However I got 1/2
 hour on my couch before they came.
 Then he had no intention of staying.
 Major Hodges & family came to
 pleasant. Much talk over a coffee
 & he saw the Hoop Talk of the refer-
 al to join P.M.C. University - I
 Kerag said at a public meeting
 it was a private vendetta bet
 Dr Luther & Barnes!! What sort
 of Govt. have we? Lesley was here
 for lunch & they took her home.
 Went to Walter Lewis tonight,
 told him of Mass & asked his
 opinion. Oliver of Porgain died
 today at 50 yrs. I told Perry he told
 Oliver B. Listening to Lil' Dood
 lovely.

DECEMBER, 1969

Time MONDAY—December 8th

A family good day. Saw Pt, & talked to Haruwaise who will not turn up to repentance. Did 3 scheds. Bruce in one of his almost sneering mood - co-operative but seems to think if he can find the Mission at fault in any way - quoting + Bewan!! This is a funny day. There is a streak of cruelty in him somewhere. Bob brought mail at 11 - on from Bob B is a cheque from CC. A mail one from Dr High. Lecture, then to my phone & have cleared some mission phones off. This P.M. tried to work out how far the new subsidy scheme will help us. But it all depends how much P.D. will approve of New Gwendoline's blood to go in AM: Jeremy. Nancy improving. Had a man-to-man chat with Janet this P.M. which was a help - she thinks of staying on till June but wasn't coming with herself. Writing letter tonight & on the phone Mary said Caroline is in early labour.

Time TUESDAY—December 9th

Called from my prayer AM to Douglas, who just wobbled between life & death all day. died at 5:30 P.M. Inspection, X-rays, saw people, lecture M. Scheds, phones, got to a rest at 2:25-3. Wrote letters & ran for 10 to Douglas. Jeremy called her at 5:30 this AM. Took mail etc. Got to Inf. & return next week. A P.O. came & tried to clear out our garden - hard dwellers bless him. Of Caroline had a daughter just after M.N. Doug went through at 5 P.M. brought mail Dr. Smith & Shirley someone came at 2 P.M. in rent 9 M.H. & back at 4 and saw a bit of the Hospital Road came at 6:30 & young Rodd - quite a nice looking kid, has his first job, & Marie to get her new frock. Maddy is miserable, insecure in Brisbane. Had reading from Bible as history & left at 8. Have music, weather some notes. Am tired, stale, hunched in on myself & wondering if ought to go to the Friary this week-end - if I can get there!

SLH.

Time WEDNESDAY—December 10th

Time THURSDAY—December 11th

Another time late to sleep up at 5 to 6, + trying to be ready to see the Council truck at 7 to ask them to take D's body. I came late, but Hugh tried to say the Pop "sons" wanted him buried here so I asked him to organize dinner. When I couldn't sleep I thought of letting Waddy have my cc cheque, asked N. this AM if M. would accept it, she thought she would, so I got the letter written before he left. During nap. ~ Govt. vehicle came in request to bury D. at Pop, so I got it back him. She then returned PM + the man took more mail. Odd job all day. Betty came at 1:30 till 3:30, so I did not see much of her. + D came up at 4H inevitable, but he says he will visit her before Xmas a great comfort. Have written a letter for Miranda re maintenance from her husband, + Xmas letter to Theresa. Mrs. Gend trying to give or sell in a prob.

A slacker day: little to show for it + not much energy. Saw Ph. Little here for review. Frank came, took particulars of what I want but I fancy that will be the end of it. He wanted to see Nancy V. who was sitting up for the first time. Frank says he will get some figures next Tuesday + I can go. I wonder if it will come off? + D said on the phone that I am to see him at G. garage on Thursday. Bob C. took Long + Nancy off at 11. to go to the school break-up. A terrific storm 12-2 + the river came to within 4' of the top. Leda came for Pop, mail chit. Maurice H brought mail. Nancy more. A card from John Woodman who says he will see us in Jan. Betty asking me to come for the week-end. + D wants to say that KVA's Davis can come. I will confirm this.

Time	FRIDAY—December 12th	Time	SATURDAY—December 13th
<p>Decided to accept the unit² for the week. After breakfast Nance gave me Fr. Geoff's letter to read. He analyzed her problem perfectly. It seems to me - urges her to accept it as a gift from God. To try to use it to deepen her own life, help others. She tried to think it out early AM got interrupted by Noelens about making bread got in a flap. That was that. She is much too tired but won't listen to reason. Seemed to spend a lot of time doing little all day, but got some letters done at 1:30. Kim & Douglas came to see us nice kids. I got a book from Ken. There is a pilot's strike, no TAA. Aircraft flight today. Such a confusion. I did get by my permission for us to go over on Tuesday. Let the Bp. know on 4:30 sched on St. George. Minnesota really sailing tomorrow AM!! Noelens went to SMH at 12:30, wanted to ride home but rain + + makes it impossible for a high again Janet invited but refused then thought she was going to Whyalla + was in. I stayed tonight partly to talk to M. over a quiet meal, but it didn't work off. Macey V. improving</p>	<p>The river was in spate. I could not sleep for wondering if it would overflow the banks. Went out at 1/2 to 12:15 the water was well up the ditch but about 2' below the bank, I seem to be queering so I got off to sleep. Woke at 6:15. Kathy went through at 7:15. I took mail + only Benson brought the fishing mail back. Decided to go in + him on his return. Fiddled a bit, did claims, packed, heard some music + started Wm's letter. Nance had digested Fr. Geoff's letter. Decided to accept the hour, thank God. We had a bit of a talk before breakfast. Tried to reassure her about the formalities, suggest she ask to stay longer in England as she does not want to go to U.S. Arrived Eoro at 12:15 - nice mail lunch + slept till nearly 4. Cuppa, wrote some letters, bath, E song in the big old church now so shabby. Dinner + talk, mostly about Bishop's. Glad to come to bed at 9 P.M. Ewin's making court agst Bob C. E fell off the truck as it started up. Ewin's he is not hurt. Syd Smith came in the truck!</p>		

ERORO

DECEMBER, 1969

Time	SUNDAY—December 14th	Time	15 th MEMORANDA
	<p>A pleasant day. Betty & thought ful. She brought me a cuppa at 4.67. I missed Mathew (also E'eng, & Kaphain) & got to Mass at 7.30. Min been hymns sung almost exclusively by Europeans. I had CSL a good deal but could not enter into the service. Maurice, Lealey, Marilyn there. Marilyn felt faint & vomited 2-way through B's feet over by 10.30. I did a no of letters, cards, talked to Lealey who has is doing extra work & not coping - work but coping - Mary. Marilyn not involved in the tension I talked to Maurice about Maerey. Had a rest before lunch which was at 1.30 Gief came at 3 & + Rewan, Betty, Stephen Tara, Rodd, his 2. + B took me to 9.14 on the lake to talk & M. about Limbai. They took our mail. Work was letters, drank cherry 1/2 glass 12 glasses. Masell is an excellent dinner & we all laughed a lot, quite pleasant. Judy of the Whangtu went to the Bay for a farewell dinner to Charlie Gregg. Syd Smith there, is thin & hollow-eyed & panted - his asthma. Raining now.</p>		<p>her thought. Arrived 10 PM & sang Frank. We were deistant by Smith was in us for dinner Charlie Gregg, Bob at Whangtu. Maurice cooking & washing thought. I wish she wouldn't mail mail. Paul was in jeep full of life, & b & hybrid putting me up graciously.</p>
		16 th	<p>Cherry at her home. Peter has just left school. Alistair still unpolished. Shema & the Fris E'eng, & a bit of talk & E'een shd is Fred. No Mass tomorrow.</p>

ERORO - SLH - POP

DECEMBER, 1969

MORESBY

Time

MONDAY - December 15th

Time

TUESDAY - December 16th

Dep at 20 to 6, Maurice H. d...
 me here by 6.20. Maas found
 Nancy I was having sacrament in
 bed. She has not been well -
 counting re. ? Mwaigine ? Emebu
 (was punished) ? No much Shioda
 again heard that. A muddly day
 seeing Pt (more measles and it)
 did biopsy on bedi who was in good.
 Arnold came in - word that he was
 pack his things, transfer to Pop. When
 I saw A, he said he reported on
 being last Wed. I was told then to work
 at Pop - yet Frank came down on
 Thurs. I said nothing. I was too angry
 to be sure of saying the right thing,
 so merely wrote. I said I would have
 my say tomorrow, I asked for a vehicle
 in the AM. Got a message at 1.30
 that the vehicle would come at 3.30, I
 said I couldn't be ready. I packed
 at 5 got ready to X-ray Whyath's
 bedi. A vehicle came then. Mark
 a letter asking me to go on it. I said
 I was in the middle of X-raying
 could not leave, so postponed my
 flight till midday. However Mary
 who had a second '6 fast in us, went
 to Pop on Arnold's vehicle, returned
 Martin, that Jeff brought us

Woke at 4.15 in a full bladder, could
 not sleep again but stewed over
 my medical work. Dep at 20 to 7,
 Frank called for me at 5 to 8: his
 whole family, has not allowed us
 1 second alert. Came in Maway, Ed
 of Aresan camp in Shywan, not sure
 sure of herself. Chris Gule's nephew of
 John gave F. in a left to Tom. He
 reminded me of us travelling together
 on the St. Laurence in ? 1956. Later he
 packed for police in an accident
 (drunk I think), had a year in B' Bay
 Got a good welcome at Koko. + D could
 not get across : of thick weather. Really
 had some phoning. Day down, later
 slept. Eileen so well, had a Mrs Ruth
 Dair's her. They were out to lunch, Weng
 I at last. I did was phoning, first
 appointment for 8.30 tomorrow. got a
 flight back at 12.30. To keep, saw a
 lot of Pt. including Ella in oedemat.
 ons. Edil. To Path, saw Ken S but not
 John Kibirin, went to Graduation
 of 6 med. student. Missed Tan W's
 speech wh. I believe was quite a
 hell. fire one. Saw everyone. Mother
 Michael, Chatterton, Tara, last night
 her wife, Dorothy Roger (on second)
 Mr Turley drove me home after a

"NESTOGEN" - a half-cream milk formula for infants, containing Vitamins A and D.

Time

WEDNESDAY—December 17th

Time

THURSDAY—December 18th

Woke at 6, prayer for help & quiet.
 am, could not think of much to do.
 Got paper ready every-
 one up late as I started to eat
 alone. Rather wonderful for the
 Transit House to have such an
 air of relaxation. The car was late.
 To Koro by 10 to 9, the talk quite
 satisfactory but dear Dr. Hughes
 trying to push things on the
 Malaria - I am to call tenders
 for building. Should have seen
 my friend Adair but he was out.
 As saw about the
 new subsidies. Could not see
 Dr. Ender as Sumbar, nor could
 I get + Brian on the phone. Back to
 Koro, Brall gave me a welcome cup
 of coffee, packed. Patain picked
 me up at 11:25. Bruce Barrett,
 good friend on board. Waited 2
 hrs at Jackson's - but saw Albert
 of Goro at Patain, Wilson, then the
 Mays! just going on leave. Went
 to Helen's read. Pop to 3, to Muriel
 for a much needed cupper. Brian
 took me to Grog, saw + D for an hour
 at Colthard. Grogly made in & out
 come in spite of dozens of luggs
 we had a gorgeous omnibus for
 dinner, then to Pop to see A.B.M.
 film + Francis of Assisi. Lot
 of parents here.

Met a sleep till after 11:30. Got a cold
 shower before 11:45. Then came 1. Both in
 to see + Long who cannot have flour,
 much for the school. Local school brought
 barlines + jumped into it. High after
 food. Bob C. turned up + probably took
 Kelly; we have Bob is going on
 leave on Sunday; everyone is pleased.
 Bob is in a bad emotional way.
 Saw Dr. M. who is quite happy to
 let me have Arnold on day + week.
 Had read mail, written mail,
 + talked a good bit. Lot of recent
 Xmas cards. The plumbers came
 to do my 11 w- tank; can't do
 a bath in the other house.
 Tonight did my washing, sewing
 + phot mail.

"MALTOGEN" - rich in vitamin B, stimulates bowel motility.

DECEMBER, 1969

Time

FRIDAY—December 19th

20th

Time

SATURDAY—December 20th

Woke 6:15. Back to normal prayers
—perhaps I am in a rut with my
prayers. A busy hot sweaty
day in the X-ray room till 1,
P.M. hooking films & at night
looking at them. Ben Morris brought
a radio from Win at 11, bless the
No mail checked cash & Hugh P.M.
& we between us did some copies
of Mavis's letter. Janet had
asked a mob to dinner - but
Maurice H & Lealey were not back
from patrol, so only Judy, the
Whynns came. I cleaned after
dinner washed till 20 to 10 then
actually had a few minutes &
Mavis in the kitchen. She was
making a cake for the Wynns.
Man of off colour & was drunk
Gains & at temp. & is disappointed
I put her on barbasco, & pray on
EB? Bob C. went out, &
has "gms finish". A nice lad
spoiled, but would come good.

could not sleep again. Woke early,
slept again, & I organized my
to fast in bed. She made me quality
she gave me SCMTS book-ends & a
map of New Guinea, most ingenious
The other gave me nice toilet thing
Did school, odd job, & read the
Empire Concerto - glorious. Got on
to letters, but not much done. At
1:25 I picked up the news that post
were coming to after tea & groaned
in spirit. Got a rest, & the prof came
at 3:30 ish. N. pleasant "mud" but
I wish they wouldn't. Confirmed
that Maurice Heyward is the new
Rector instead of Mannington. I feel
bereft. He is staying here tonight,
heaven knows why, to celebrate in A.M.
Mavis V. to dinner but brighter P.M.
At 6:15 the Sewells came & a present
& had a cherry. Was poisonous!
Stephen Morgan arrived yesterday
Minnesota arrived 11 A.M. & they
say she looks lovely. Mr. Walker
sent a wonderful gift of cat, bless
him. Have achieved little, a few
letters. am dreadfully tired. Betty
gave a LBx on my cake. I
did think she had more back. Mary
brought it up too though she did
not see the cake.

"AROBON" — for rapid control of fluid loss in diarrhoea.

Time 105 SUNDAY—December 21st

Time

Time 101 MEMORANDA

Time

"Day off", Buary, is a lot of running about but seem to have got a lot done. Gave J. Manning a cuppa at 6. He greets me very & pretty well. Took I. M. Smith there, & went on the jeep back to Gona. I will be married on 26th.

Have got off Xmas cards, & D's business (as far as possible) & letters to Stanley W. & friends. Got envelopes through on the school. Rodd came at 10. Like a fool I forgot to ask about an X+K boy. He & Jimmy returned together & both off my mail. Rodd brought mail - to meet Wang and G. wrote. She is much better thank goodness. She sent me \$25, so I decided to send it & all my spare cash to Bank of NSW Income Trust. Can spare \$85 by making my Bank sp. pretty low. Wrote to Stephen Morgan to welcome him, & to Brian & Kheal. Jimmy says Maurice is going! So now I don't know. Have not done Xmas presents. Opened Win's - lovely. & was able to thank her as I kept the letter back for the cheque. Mum & Conthool's

report about the removal of Nicholas, but I can't assume for of a swift replacement.

Time 25 10pm MONDAY—December 22nd

Time 25 10pm TUESDAY—December 23rd

A muddy day. Slow getting to sleep again, woke at 6.15 in sleep. The jet went to tip, took an mail Jeremy sent the cheques & I sent off the money to W in New York, & have entered card in many interwith. Janet had a morning to do for the staff. Name gave 3 certificates to Anne, Phyllis, M, Alan C. I said good by to the Whyatts & we gave D. a spray (made by Mandy V) & Anne "Road from Goro". He got 5 envelopes as he said good by. Dave & Anne & an MMS master had to be out at 1.30 but got traffic out at 4.30. The Whyatts went off in the truck at 2 to 3. I got a short rest. Got on to presents, after 6 to letter tonight Mandy came, saw the presents really interested. Shuffled esp. in some nice clothes for Margie. She says both her sister shuffled to bits about her hip. Hugh kept away from the farewell - he had a lot of eyes but I think he did not want to come. He is going to be hard to manage. I think - a right good "big head". The rowley pilot who is least married an ex school teacher I did not know her.

More serene. Inspection went in a more friendly atmosphere Janet is undoubtedly better since her holiday. School have been worse time & bad reception, crowded school but got traffic over at 4.30. No fewer AM as we expected. Elect people but they did not come. Got Mervin to help me make level & piece & he worked in a will, if very slowly. Then Alan C. & Wilfred helped me fetch the drugs. P.M. & this evening does take time. The truck whygited past both ways but Jeremy went down & talked to them about it. G. is so helpful. Mandy improving again praise to. Mandy to her told the Ashlons about her hip - Betty very urgent that M. should make her flat on H. Q.

S.L.H.

DECEMBER, 1969

Time	WEDNESDAY—December 24th	Time	THURSDAY—December 25th Christmas Day
	<p>Where does the hunt go? Little done but have been busy. Insp. St. Mary's. sched. some entering up of records. P.M. did up panels (also before 10 past) & got the top ones off them in the punch. Erno over on return trip. 5 MTH ones on blinin job. Met Stephen Morgan who went to blinin, & the American Natl. girl returned in them. Big mail - read it tonight after a long & singi bowls in pouring rain & a storm. Maryjane Green is coming in February. Betty came hrs to see Nancy & returned in evening after he heard her. sessions there. Gudy rd. to lunch: is pleased in her new frock (Xmas present) Electric hairs came at 2, had some trouble in generator & left at 6. did not do my hot-water system. The Prince of Wales sent a radio to all at Doquirra for happy Xmas & New Year. Very good. It was in the news tonight & some people won't like that.</p>	<p>A good day. Maes is good & dean yesterday celebrating & he blessed the Brit & gave a little talk in lieu of sermon. He said the MN & morning Evro services were poorly attended. The rain would ruin the MN one. The musical programme went quite well. I wondered how to face it but we got through. Nancy & up for Maes - all the day. The nice thing was the arrival of Ken, the 3 boys, they stayed for drinks & talk. They brought us a ham which Ken had killed & cured, cooked. & good. also 2 shocks & a box of chocolate. I did lunch & we opened my presents. Scheds is slack. I slept till 3:30 & could have slept longer. Went to Bto Munch & bought to Win, & did some ironing to Katherine. A delie pour dinner, & some claret. Janet went to the staff dinner, I would love to know if she or they initiated the ^(with good) initiation. Peter Calvert came at 5 P.M. & worked us a happy Xmas. Maurice H. had back from Pongam & made the water like to Erno at 5 P.M.</p>	

DECEMBER, 1969

Time	FRIDAY—December 26th Boxing Day	Time	SATURDAY—December 27th
	<p>Muddled day. I tried. Did seem X-raying + bit of work in hands. in sleep. Night vomited P.M. quite flat for a while. so we did not balance the cash. At night got my X was present sorted with put away. We had Francis to morning tea & they stayed ages. They took Betty back P.M. She is probably in Hong Kong now.</p>		<p>Woke at 4. Took an ag. to get off. A muddled day. it confused think ing up to 6 fast. Mame had done been fast night off her oak but worked just the same. Schedules glorious by clear for ones. Susan has an infant at leg so Janet came on duty. She works the queerest hours - 19-11:30 then off till 14:30. I was weasles I got Sam. Letter done P.M. Ashburn came late. The Companion + Melon knew later still. I waffled between both. The school. Tonight Moelew. I struggled in Statement re. She has done the spade-work. To bed 10:10 Have not washed my head. Write to Dr. Glover. Heard Noel Coward on Profile - his voice deeper than I remember it, it sounds like 70-year old. Mame had a nice letter from the Tom Leader. Mame V much better.</p>

DECEMBER, 1969

S.L.H.

Time	SUNDAY—December 28th	Time	MEMORANDA
	<p>Slept badly again. Today have been quite flat - could not push myself into activity. Gerry celebrated New Year's Eve & out of the Hospital - she saw Richard & transferred. Wrote a few letters & put away some things. Read a novel after lunch - feel I must read something light & not N.G. Slept a little. MMS people came at lunch, time to go to Minnesota. Maurice & Mary came at 1 PM but en route Maurice's plane to Maurice came at 4 PM, we worked out quite a bit & did asked tonight balanced cash & Hugh, still out but both of us too tired to continue. Now pouring & rain & I in bed, though the housegirls were not in. The Retreat can't come soon enough.</p>		

FRIARX

DECEMBER, 1969

FRIARY

Time **MONDAY—December 29th**
Proclamation Day, South Australia

Time **TUESDAY—December 30th**

It was nothing but a tremendous relief to get away in the jeep at 2:45 this PM. I feel as if I can't rise to the effort of grappling with problems & responsibilities for a while - quite weary. At 11:30 Janet mentioned that Hugh had the motor still & I don't doubt mentioned it. I had quite forgotten that S spoke to me & felt I must deal with it. Hugh advised it, then left the keys on my desk & walked off. Jeremy came to do GCS, & I told him I'd offer to hunt him up & did so. Hugh clipped back into the job. Janet nearly all the morning on GCS. Saw Bernard & indoctrinated him. PM got a short rest, & was ready in time for 2 meals. Noel & me from SLH. 3 Jewells from SMH. Raining heavily since we arrived. Got mail - Gopher saying he's flying over on Friday. I prayed it over & am sending a radio to tell him to wait for Tim in good form. I've had to take in much Annie letter from Major Lewis, & Mance & charity & receiving

A dull day - no rain. I have been dull & sleepy & have slept a great deal, so felt a bit brighter tonight. But Tim probably good but I am too dull to take much in, but have tried to put something into it now & then. Have read the life of Bishop Agassiz by Lord Graham quite good; & an on Chesterton's Francis of Assisi, & CSL thrown in. I wish I could stay till Thursday.

FRIAR V!

DECEMBER, 1969

S. L. H.

Jan 1st 1970

Time **WEDNESDAY—December 31st**

Time **MEMORANDA**

I have some men on leave to help again! Deep sleep all night. Mauris & Mary went after 8:15, & the two girls did not get here till after 11. Kenyon said he would not get back for me till about 5. Have read a lot - seem to be receiving notes in for gospel!! & they got off after of putting my own effort into the Retreat but it seems right. Have read St. Francis & nearby friends CSL on prayer. Mrs Tim good but no voice is too quiet & does not penetrate my dullness as it should. Kenyon came at 5-ish in a loaded jeep, no room for me. All A-K's family & them. The skies is threatening. As there was little chance but to stay. I hope rain at 52 H is dampening my high spirits. I was annoyed even though I was pleased maybe because I don't like being doubted from my patch.

New Year's Eve 1969 I was on leave - just after Tom's visit here.

Was in bed & just going to put out the light when Mauris & Mary came for us in the jeep!! The girls had asked for the jeep to go up, - at Martin's request. I felt I must go. Drove slowly out of a bad type. Home at 11:10, Janet asked them to go. I felt I must go. They got off after 11:30 & I to bed. At 12:5 some noise started up - helpers & some staff. I thought I should stop it, bless him - but it was late when I got to sleep. Up at 6 for 6:30 Mass. Settling in roughly at the desk. Generator up & Bassett came down to fix it. Bless him. He turned on the water in my pens left off yesterday when they took my H-W tank away, & was gone off; my key St. Christopher had been missing but arrived at Sag Sag at 7 P.M. tonight after they had asked DCA to send searcher out tomorrow. QD phoned again. Wendy Mauris came to stay at Friar brought back the family Noelens thought the Retreat good. Got Min's letter - Ella much better thank God.

2.1.70

MEMORANDA
NOTES FOR 1970

Have spent most of the day on repairs. Wendy is in guidance of
on to nurse's uniforms. Miranda was making them up. Janet helped
this P.M. I'm glad to say. We had to have the light off for 1/2 hour
brought to refill the oil tank which is still leaking. The Army
took away the tractor & the sergeant had a cuppa with us. Tonight
heavy rain. Looked at X-Rs moved to tubelens which I could
barely hear. Janet showed us slides of the Highland. Mavis thinks of
taking to Paris on.

3.1.70. Saturday. B'fast in bed at Noelen's offer last night,
Tom N. in bed all day & fever, vomiting & Wendy rode a
bike into town, was sent (?) on to SMH for lunch & a school bag.
Many at short notice passed the 5 on to the 2 sisters, to
their consternation, Stephen got the lunch! I did the Mission
claims & fixed up a lot of kiddy jobs. Wendy brought back a
letter for +D & 'cc. copies' for me from Lesley & Marilyn. Poor kid.
A talk to Jeremy back from patrol. Sean, how I will miss
him! Could not sleep last night after reading an exciting novel.
Win will be in Melbourne next.

FRIDAY

MEMORANDA
NOTES FOR 1970

S.L.H.

05/11/70

MEMORANDA

[Faint, illegible handwritten notes covering the majority of the page]

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

Nestlé's—Sydney	17 Foveaux Street. 2000	2-0935	Nestlé's—Perth	236-238 Railway Parade, West Leederville. 6007	8-4161
" —Melbourne	159-189 Racecourse Rd., Flemington. 3031	33-0211	" —Newcastle	Lang Road, Broadmeadow. 2292	57-0225
" —Adelaide	25-27 Franklin Street. 5000	51-5751	" —Hobart	King's Hall, 133 Bathurst Street. 7900	3-3964
" —Brisbane	Nestlé House, 188 Barry Parade. 4000	5-2911			

[Faint handwritten notes and bleed-through from the reverse side of the page are visible throughout this section.]

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

Nestlé's—Sydney	17 Foveaux Street, 2000	2-0935	Nestlé's—Perth	236-238 Railway Parade, West Leederville, 6007	8-4161
—Melbourne	159-189 Racecourse Rd., Flemington, 3031	33-0211	—Newcastle	Lang Road, Broadmeadow, 2292	57-0225
—Adelaide	25-27 Franklin Street, 5000	51-5751	—Hobart	King's Hall, 133 Bathurst Street, 7000	3-3964
—Brisbane	Nestlé House, 188 Barry Parade, 4000	5-2911			

Birthdays

Name	Date	Event
Gene	Jan 27	
Dot O.	Feb 4	
Dot T	Mar 19	
Ganet	Apr 26	
Isabel Marion Ashton	31.5.69	
Jimmy	8.7.69	
Maclene	27.11.69	
	4.1.69 - 14.1.69	Whyatt in Breabary
	7.1.69	Val returned from leave
	14.1.69	Name at Wigala Inf.
	25.1.69	Dawley returned
	30.1.69	Helena on leave - she left
	5.2.69	Flood at SLH.
	12.3.69	1st flu vaccine
	16.4.69	2nd flu vaccine
	11.5.69	Installation of Dean Wallace + David's birthday
	21-28.6.69	Dinner conference at Balot
	1.7.69	Investiture of Prince of Wales
	6.7.69	Profession of vows, Edith
	18.7.69	Isabel Maria's baptism
	27.8.69	Bishop Hill died
	26.10.69	Ganet left for Moss
	30.10.69	Gene went on leave
	30.11.69	Gene flies from Sydney
	29.11.69	Began drawing needles
	3.12.69	Brian + Ganet ret. Highland
	22.12.69	Bruce + Alison left
	7.5.69	Clairissa Hummerston's baby
	31.5.69	Isabel Ashton born
	1.6.69	Sagar Church dedicated
	23.5.69	Synod at Lae
	18.10.69	Opening of Admin Block SBH

8-4161

17-0225

3-3964

ban
pen
Tup.
left

las

st
Wale
H

sin

arr
thin
ey
ll
blend

ahy.

d

SBH

