



VERNON

VR  
ROYAL

455

COMPOSITIONS

*The left*

*body*

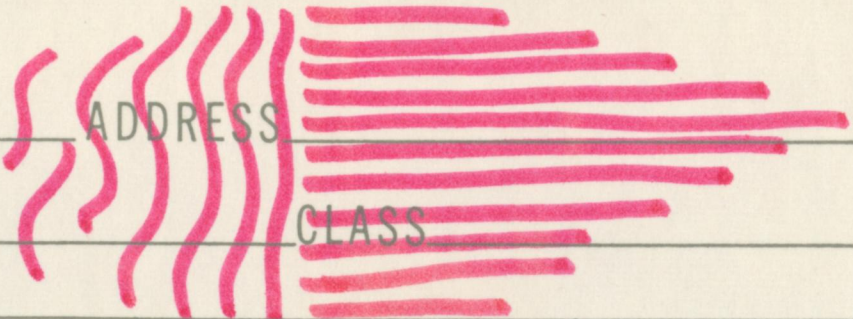


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# CLASS PROGRAM

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_

SCHOOL \_\_\_\_\_ CLASS \_\_\_\_\_



		PERIOD 1	PERIOD 2	PERIOD 3	PERIOD 4	PERIOD 5	PERIOD 6	PERIOD 7	PERIOD 8
TIME	FROM								
	TO...								
MONDAY	SUBJECT	Pianos		Thurs 29		10:30			
	ROOM								
	INSTRUCTOR								
TUESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
WEDNESDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
THURSDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
FRIDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								
SATURDAY	SUBJECT								
	ROOM								
	INSTRUCTOR								

THE COVERS OF THIS BOOK HAVE BEEN TREATED WITH A SPECIAL VARNISH THAT PROTECTS AGAINST MOISTURE AND RUBBING  
NOTICE HOW SMOOTH THEY ARE



No. 101 · WIDE RULED with MARGIN

60 SHEETS

9¾ IN. x 7½ IN.

**S. E. & M. VERNON CO.**

Elizabeth, New Jersey 07208

A Division of THE MEAD CORPORATION



That one does not mention  
the value of her socks.

Mum are studied, like a tiger

but in different glasses, &

Cost 5 pairs for \$1.00 in

~~the~~ Bayana store. The

old green & beige & brown &

had striped one are ~~setting~~

(e) in the wooden box under

the radio. I had asparagus

in supper with butter



He had asparagus &  
mushrooms, noodles. I  
said bring me some  
asparagus. He gave me  
a bowl & said this is for  
you & C. I had given C  
some of yours. You have  
a bigger plate. I  
hadn't eaten all day  
except a bowl of fruit.  
Later I advised him of



not offering a supper.  
He got angry & said I was to  
show my face well &  
I said how come he had  
asked me if I wanted  
needles? Mrs. said of  
selfishness, & B for not  
asking & for keeping the  
big plate to himself, & one  
for not sharing. We also  
for recriminations later



Last night I read this  
I was asked  
instead of speaking us  
at the moment. Which  
is more interesting? The  
subject the advantages of  
the selfishness?

I forgot the chief line  
I thought of last night.  
Cause Lombard to the  
benefits

Last night I read  
again. I was asking



Last night I heard this voice

I was asking  
myself who it was that  
answered me? My

begin self? ~~I answer?~~

I heard a voice say  
FRIEND. It different

then when I hear my  
own voice talking to me.

That clear - that like all  
the thought I think

coming had to not in

my own voice, in when  
I think, they do the right.

I hear answers I thought



Came to a pre-thought.  
 thought. I'd as I've  
 noticed the thought  
 occurs in a verbal  
 form before I actually  
 say it myself. I'd also  
 reading without  
 mouthing the words.  
 (Used to difficult for  
 me to do). I laugh. In a  
 slum building - didn't  
 I once feel pity for poor  
 folks living in there



places? Yes I am of the  
building, as in some  
worse condition man -  
no seat, lousy sewer  
etc. I think I got the man

~~Londoner hitler  
set diabetes that  
course than the place -  
an angry as just what  
an attack does whenever  
to live... Had a fever for  
2 days I couldn't walk.~~

STET



3  
that what I admire about  
a thin but very day.

when a heavy user fans  
me all my energy goes

to it & I can't think

put up a pen. You see

a lot of interesting material

this way. Sorry.

I have a memo & report

balance on channel H. D.

rolls up a mud as it

roll down. Are there

melianne interesting?

what has happened to



~~The last 10 minutes of~~  
~~your life?~~ In the  
 last 10 minutes of my  
 life (I walked in I said  
 she started an affair  
 must be gulping I also  
 her than so felt she  
 must guess. I said  
~~at that~~ <sup>over</sup> it was told a  
 friend. If he says I said  
 her father was her first  
 lover. ~~As~~ they she  
 didn't really meet her  
 a lot of heavy ups



At she was 16 - ~~As so~~  
 it's not quite the same  
 emotional feelings  
 I guess. I said at least  
 she was busy enough  
 to have a father. You  
 can't want to go to bed  
 with - in reality & not  
 just as a child's fantasy.  
 If we could all sleep with  
 our parents mothers &  
 father & sister & brother  
 we could get through  
 a lot of busy ups



a lot of fancy ups & downs.  
I always wanted to sleep  
with my back - he was  
the only person I knew whom  
I loved & felt friendly &  
warm towards. I was  
younger enough for me  
to snicker & laugh his  
enough not to take  
too much of that & he  
further I never got was



5  
opened my robe  
when I was 11. It was  
in bed under the blanket  
I got a hard on. It was 7.

Many years later I  
found feel a love  
with an image of  
my heart. not a  
sadest like my father,  
but also. He  
wanted a blonde.



Channel 4 has good quality  
 images. Today the level  
 is gone & I begin to  
 see colors again on the  
 pole. Today I have eaten  
 1 apple 1 banana 2 oranges  
 1 melon 1 red honey  
 2 ~~sp~~ have raw milk cheese  
 some asparagus in butter &  
 a game apple juice - all  
 this in 4 hours. Fatty

Fruit alkaline, chemo system, give energy



But at least I'm getting  
into alkaline foods.

I think caffeine is  
addictive. I think all  
acid foods are addictive.

The honey on the fruit &  
the butter on the asparagus

is about double the  
satisfaction in eating. In  
concerns @ ~~the~~

Orchard, fruit in  
fruit alkaline, chass system, give energy



27

~~the morning. I  
 didn't sleep today - but  
 I ~~was~~ did tons when I  
 first switched to fruit.  
 Anyway it's alkaline  
 cleans the system & gives  
 you energy. Organics  
 best - no chemicals.  
 does the most good with the  
 best food - but as atherose  
 eat the other. I want~~



to get a blender & make  
soya milk drinks with  
huttiin & ~~calico~~ and 2  
other goodies & flavours  
more protein than.

What an ideal wife  
Judith would be. ~~M07-7340~~

~~Bette Davis in love.~~

~~Hahum father is  
more a less legible?  
who can ever type~~



this mess but me?  
when we'll see want  
to sit down ~~stays~~ type  
up without after notebook.  
Why Carol is going  
to many 10000 a year  
but want admission  
the county however  
the city earnest money  
to pay the expenses  
fees are paid &



have a car to get  
between the 2.

Blum & Co. small of  
many are for in  
coasters & no

immigration on the  
decoration. The pen

is at the far left of all  
the colors on the 24 color  
set. I got B. They're

actually for 2+



It seems to me the last  
 time I ~~got~~  
 had my foot on the hidden  
 sink (also written in  
 lesson)

I could get on the  
 readily standing on  
 front of it (flyer on?)  
 putting the right foot  
 on the right sink  
 (the one with the higher



bottom) + then  
 swinging myself up  
 + sitting on the Caustic  
 edge not putting my  
 feet down  
 until I was on the  
 right side (the floor  
 was green, remember)

then the chain ~~let~~  
 foot could ~~go~~ <sup>rest on the</sup> ~~the~~  
 ledge between the 2 sink  
~~could sit down~~  
 wanting to go on the clean  
 left sink.



When I washed the  
 right foot, washed the  
 right sock, sat in the  
 right seat & put my  
 clean feet in the clean  
 left seat. I had to  
 think this through  
 every time for some time  
 in my experiment to  
 get to water I would  
 put my dirty left  
 seat.



found on the clean  
left side & have to  
wash both sinks.

The water definitely  
helped take away  
the bad smell.

~~space?~~ I covered set all  
folded together on the  
deep left sink, or set  
on the right side with  
my feet on the left  
sink. Or I covered



set on either side  
 + had my feet in ~~the~~  
 side seat. To sit in  
 the left side + had my  
 feet in the right side  
 was not possible.

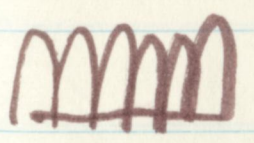
I could also get into  
 the seat by sitting  
 myself up, with my  
 arms resting on the  
 edge of the seat, either



my ass on the edge  
 + worked my feet  
 before I put them in  
 the clean sink. But  
 I was remember  
 getting on the other  
 way. It was  
 difficult to balance  
 on the edge of the  
 seat as I <sup>SWUNG</sup> ~~swung~~ up  
 & still <sup>DEAL</sup> ~~did not~~ my  
 hair & later the



Weakness  
 Chexall 9 reads  
 as slowly that most  
 of the time the bottom  
 half of the picture  
 is at the top of the screen  
 & the top half at the  
 bottom.



In the beginning  
 was the (highest peak)  
 and. I'm not careful  
 enough of what I say.  
 That is I should say.



I showed no more  
careful of what I say.  
He use of the negative  
is negative. I thought  
cute. Ward went.  
We went to Ls in another  
state. The state of New  
Jersey L wants to  
have dinner with me.  
~~She asked me.~~ My  
first date with a girl



She wants to take me to  
dinner. I love her too.

I love her cause her  
kisses are good, that  
hears at see. I'm  
not interested in sex  
at the moment. Use  
see. Next week.

~~I love her too like the last~~

~~to good~~

~~16.~~ So I come home



angry at G + E + my  
my career the —  
broader into his me

in the feeding place to

me for not saying

what I thought "oh,

does the medical

division have a day

& night care center as

well as the psychiatric

division? I didn't

<sup>know</sup> ~~know~~ the Dr. <sup>was</sup> ~~was~~ a



psychiatrist. So when  
she saw you don't  
need a hospital I  
should have agreed,  
instead of thinking she  
was just coping  
out on genuine me  
a place to keep warm  
& sleep + eat + wash.  
But I still had to wash  
+ had the image of 5



changing of ideas

the time so the thought

of clean slate violence

I needed them appealed

greatly. But the shock

was enormous to go

whatsoever I find I was

or a psychiatric ward

I had to tell them who

the Vice Pres of the U.S. had

been, backwards. Well



#  
~~more when that  
comes. Except for the  
~~the patients~~ I used a  
bar place. Some of  
the patients were  
really nice.~~

This morning I  
awoke angry at R  
for reasons etc but  
I'm not getting into it  
except for why do I get  
angry in the morning?



16

What do I go away & -  
will from there,  
things were fully  
devised when  
I made one. I have to  
shear out to feel myself  
from a burden inside.  
Fishes are a sort of  
disfavour things, not as  
conscience of me as I have  
seen of him.

Mame over the other night.

I started to go into my own theory



~~with time~~ ~~He says the body~~  
 turns all most food into glucose  
 & mops everything from that  
 except some protein. So I ate  
 some salami. (He red dye  
 leapt off it - ugh!) I've had  
 bad dreams ever since. but  
 they seem to be working out  
 my angers & fears & settling  
 them down into acceptable compromise  
 solutions. about to take place

(Faint, mostly illegible handwriting, possibly bleed-through from the reverse side of the page)

(Faint, mostly illegible handwriting at the bottom of the page)



One of the reasons I'm still angry  
 with F is that, for other reasons of  
 my own, I cannot face him  
 with what he's done, so I'm  
 frustrated & it builds up. ~~When~~

~~got angry at my brother & cousin~~

~~for the hospital.~~ ~~I'm sure~~

~~about losing my <sup>brother</sup> extra job -~~

~~it was a pure run around -~~

~~I got to talk with no one who~~

~~could help me - so I felt helpless~~



intimidated + being unfairly  
 treated. On the other hand, if  
 no one like I comes through  
 I can take 3 mos off this  
 autumn & work on the boat.

~~to the ~~delivered~~ ~~delivered~~ ~~delivered~~~~  
 It was ~~my birthday~~ Early in the  
 morning I went to the studio  
 to see if the bed had cooled  
 off enough for me to lie  
 down on the edge for a while.



Everytime I fell asleep on  
 the bed I wase up feeling  
 my back was glued to the  
 mattress. a terrible  
 heaviness was in my spine,  
 & the colors always regressed.  
 I scraped myself on the  
 boards that had supported the  
 ping pong table - I had  
 moved the ping pong table  
 top off the boards. The



place was a mess. I found  
that ~~been pushed off~~ the  
table were all over the floor.  
Paper that I had used ~~wiped~~  
with was in a bunch by the  
mattress. I had gone through  
almost a whole pile of  
yellow second sheets for the  
typewriter. However, my  
little dog I decided to dress  
carefully for my walk



back to the sink. I put on  
 wads of paper towel. mustered  
 they could be ripped off in  
 pieces to fit the soles of my  
 feet & tied them on with  
 pink velvet ribbon. I had  
 run out of masking tape  
 but discovered a box of velvet  
 ribbons I could use. I only  
 had to find a pair of scissors to  
 cut them - metal - I was



even a piece of the tiny  
 staples on the ribbon but  
 tried not to touch them.  
 My mind was telling me  
 now insisting I keep to  
 the rules of the game, no metal.  
 To touch I was to know, feel  
 the principle & I wanted no  
 more pain. So I crossed  
 my feet carefully & hopped  
 in pink ribbon, pedaled up



some cups to wash at the  
sink & some paper and  
some ribbon for the next  
journey & showed the jewelry  
I took to the sink, past the  
pile of purple records. the  
huge metal + v, over the  
electric wires & over the  
backs of the rug (darker  
& full of hair) past the  
metal ladder & the metal door



past the Stone I re-requests  
to the safety of the sink.

I now see it as a great blessing.

If my shoes had no wax on

yet I might do no more even -

like run to the bathroom

for more soap, or look

at in the cabinet under the

counter (you had to go on

the way to toilet) for soap.

In the early days soap



helped wash up the  
kettle. I can't explain  
that at all. ~~Maybe~~. When  
Myra's soaped accumulate  
a lot of hair soap would  
soothe it, & particularly the  
pink dishwashing liquid  
(fortunately very mild) that  
I had. It seemed to keep the  
energy in, & quiet the  
transitions... I would put a



hand of a around my  
upper arm, it worked the  
larva, & the soaps helped  
the bad energy from  
travelling up the arm. This  
was also true of my leg.  
The right knee used most  
of the soap. I was just  
getting into the realization  
that in the water I could  
wash off a great many



more pockets of tension  
 than with wood. If I  
 worked too long on my calf  
 muscle however the pain  
 would shoot to the knee & if  
 I worked too long on the thigh  
 the pain would shoot  
 to the groin. So I will  
 have to be balanced  
 carefully & never over done.  
~~Only~~ slices - I was making



29  
19

for a visit from the man

I loved on my best day

but I also feared if he came

he would get that luminous

purple all over him. I also

realized he would have

to deal with it. I

was feeling badly that my

mother would not be able

to reach me on the phone &

that I could not call her



(far too much electricity!)  
She worried a lot & I didn't  
want her to worry. I knew  
the rest of my family  
would rationalize it in some  
way but not her. But  
there was nothing I could  
do, except keep reassuring.  
Towards evening I took to bed  
a party! I was feeling sorry  
for myself & demanded a



present from the reviewer!

If she set up a little ~~part~~

Indication were to get  
any favorite

~~the~~ painting & hang it

over the sink. I put on

some paper towel shoes,

wrapped them in ribbon &

went off to get the painting

which I learned in & being

attached to the lowest

picture shelf. When I



got the miserable blob  
of candle I had burned in  
the studio. I had several  
colours in it but the mess on  
the floor indicated all these  
colours had melted together  
in one greyish black mess.

I wasn't supposed to light  
the water fountain  
candles so this was a treat.

I took the candle to the holder  
(same trip as the painting -



I never made more use than  
necessary - I put it on the

chest of drawers & let it

had a beautiful odor,

<sup>It was indicated to me to</sup>  
then I splashed the

paunting wet water - one -

(It was my work, then somehow,

as well) & to my surprise  
the water formed

a mass on a long long stem

~~appeared~~ on the paunting

exactly like the long



stem had that appeared  
 on my leg when I sat  
 at ~~the~~ <sup>the</sup> ~~table~~ <sup>the</sup> ~~table~~  
 long table! I splashed  
 & one more hit me  
 more ~~and~~ <sup>and</sup> ~~the~~ <sup>the</sup> ~~water~~  
 water dried very fast - the  
 seat in the place was very  
 comfortable. - ~~at~~ <sup>at</sup> ~~the~~ <sup>the</sup> ~~table~~  
 later I looked to the canal,  
 It has ~~been~~ <sup>been</sup> ~~known~~ <sup>known</sup> ~~site~~



this beautiful leaf shaped  
object, each leaf separating  
into another overlapping  
petal. The green & bronze  
& blue that had made  
such an ugly mess in the  
living room had fanned  
out into overlapped layers  
of separate colors leaves.  
There was still a little  
muck left so I carried



At the front window  
I put it on the edge of the  
table have to let it burn  
and it was supposed to  
be a signal to my lover  
that I needed him. Five  
leaves broke off when I  
carried it. So I took these  
2 back with me to the  
sent to smell & love. The  
beautiful canal was



my birthday present  
& I couldn't have been  
happier. It is the smell  
after 2 leaves that comes  
back to me often now,  
the shape & green & hoarse  
class of the leaves ~~leaf~~.  
leaves. They come back,  
think, a promise <sup>and</sup> of hope.  
Twice I have seen the <sup>& smell</sup> the  
leaves as they appeared at



my typewriter, & one ~~when~~  
I was writing letters for an  
extra job, & one here, for  
no reason. that I could  
figure out, except that  
perhaps it was a promise  
that I could live here  
for a while.



