

✓
1139

TYPCO
39¢

Composition Book

end of Pac 58
NAME

1972

SUBJECT

9⁵/₈ in. x 7¹/₂ in. — 36 SHEETS

EASTERN TABLET — ALBANY, N. Y. 12204

WAIT
CHANGE - 7IT HIT
NEED
P'S
B'S
BEER in red

a black T-shirt. long sleeve,
rounded neck, in this

D didn't come Wed & Fri
He also didn't come Thurs Sat.
So much for words!

Tonight is Sun. ~~1-2~~
↳ all the message I get
on tonight sounds like above
& more like it. ' ' ' cracks
on P's + on NEED.

NOW in yellow on mine.
1-3 . . . this is playing

my
with the thought that B
might come. D on gate.
I? # ^{left} arm flashes red
gold light. A ~~leading~~
~~spirit?~~ ~~you~~
~~appear~~ ? think ?
home alone all night.

alone
in air

gate on all B's door on
night. visit later?

2. The handwriting
I see around me
the handwriting I
could have if I
wrote more
legibly? ~~where~~
~~did the spirit~~
~~wrote get that~~
handwriting from?
This handwriting
is a little different

from my other.

~~If I had a Kilian
photography
equipment perhaps
I could photograph
the handwriting,
words, pics + colors
that I see.~~

~~I think these thought
forms are exterior
manifestations of
my unclear ~~thoughts~~
thinking - habits I'm
not full of, as waiting,
a trying to be exact in
time. (WRONG) or laying
down & doing nothing
being upset, tantrums,
impatience, wondering
if I should be at a~~

~~better (?) place, with
other people - doing
things immediately
without reflecting, a
hesitation too long.
~~Whatever else~~
seem to be mirrored
around me & ~~the~~ in
dealing with these
words I have to deal
with my own
inadequacies or rather
just perhaps my own
modus operandi. I can
in an.~~

I need some gloves &
found a pair in a
box the other night
but didn't keep them
because they made

me bump. Perhaps I was
too hasty & should
have cleaned them
up

~~I come~~ ~~to~~ ~~the~~
gate is not now an
opposition.

D's name on forehead of baby
on ~~soap~~ ^{soap} box,
across my chest. ~~Wine~~
Wine appears in wine glass.
I ~~get~~ get bottle out. D
knocks on door. The gate
is not now an opposition

KEEP on T shirt.

KEEP on duvets.

D's name in ~~front~~ T shirt.
brown

now write

drive

1-3



~~write~~

energy ~~was~~ in the corner
of my curtain, ~~as~~
~~thought form?~~

Saw clear hands ^{last night} ~~of yesterday~~
on wall, in air. ~~Said~~

~~Share yourself of your~~
~~as sheet. Light. Not of~~

~~light. Don't just~~
~~hang around, trees~~
~~me. They didn't. No~~

~~Away I don't want~~
~~spirits, only knowledge.~~

~~No more lower actual~~
~~plane.~~

Image of lifeline bottle
goes through door.

~~after a not person~~

~~Person~~

~~Person~~

NOT NOW SO LONGLY

NOT ALONE in a pink/blue

circle design

NOT A PERSON in pink &

blue design along quiet

I was thinking I might
become a leader & then I
wouldn't be so lonely.

~~Q~~ try so after. not a
spiral

I think the pink & blue is taking
the form of a mandala type
drawing ~~the~~ ~~the~~

[Faint, mostly illegible handwriting, possibly bleed-through from the reverse side of the page.]

*
D
over
left
off

1-5. visit D? visit
~~visit~~ ~~visit~~ ~~visit~~ ~~visit~~ ~~visit~~
visit to see ~~visit~~
~~visit~~ ~~visit~~ ~~visit~~ ~~visit~~ ~~visit~~
visit

~~NOT SO PER~~

The red green of ~~mandala~~ a
picture

The mandala design
appears on the wall,
smaller, & in the ~~red~~ ^{guilt}
red + green colors of the ~~red~~
~~picture~~ next to it

D's name in jeans coat
as I told it they should
~~change one to visit~~
1-5, visit D, visit

1-5. visit D? visit
on started 2-3 on ~~head~~
~~at~~ ^{gas} bubble on 3. Leave
on 3? now ~~the~~ -

Cobble in blue on chest.
~~the~~ bump. Lawson

~~leave~~ 2-3 on now. not clear

Ⓞ After 1-5? Red 5

Before 5? ~~#~~ 5
man. No clearer now

than when I started to
write. Cobble in white part ^{now}

[Faint, mostly illegible handwritten notes on the left page, including some numbers and words like 'visit', 'started', 'leave', 'man', 'write', 'part']

Red 3, its 5 to 2. Ho
now. Not wrong? Get on
toe. ~~I fast.~~ ~~the good.~~

~~Red 5~~ How longer in

white part. I don't

chest or red

How 2-3 in eyes.

Chans apple?

get dressed?

go now to ~~MD~~ D?

now in air.

~~when?~~ ~~after?~~

~~before?~~

wait to ~~be~~ come here?

215 - O's name on
telephone. I call him
she's just getting up.
I don't need any thing -
he's gone out. Now
I can't visit. I missed
you today & today.
I wish the spirit I
hang my head on
the wall & cry out
loud. They're
making a part of
my loneliness &
building on a fantasy
that I might have a
love affair with O.
now & today. I hate
their snarling, fumbling
guts for not being
clear.

~~I saw he name
all over the head why
don't they say yes or no
to it No in air instead
of leaning me in the
air. Taken them
thought who/what
they ~~is~~ are. Name?
want to do the living
& they say no to that.~~

How meditate on ~~the~~
boat color.

~~Just a net to imitates
I am ~~extremely~~ careful
about ball + which
part of my head I
bang - not the #1
side like say to I don't~~

Its mass ~~over~~ ~~below~~
the end of the forehead
of the front lobe of the
head. It doesn't hurt, a
matter of fact it
feels good - I
happen to hit a
~~rough piece of wood~~
~~to the head~~ nail
+ it hurt a little I
get upset. I suppose
if I ~~could~~ stand on
~~my head~~ that too
I want to clarify -
garage? the train
head that word
later, 5 to 3. Fast.
still has ~~from~~
~~the~~

Saw chicken says can
to through wall, ~~and~~
~~Saw~~ ~~hit my head~~
Head "conditioning" -
~~not~~ not fallaway
legs breaks down
halting of conditioning.
~~Don't~~ ~~stomach~~. ~~Yellow~~
dressed ~~spoke~~ went to
put on heavy socks ^{over} ~~down~~
Cotton ones on foot
under boat. Put on
cotton ones. ~~then~~
though. Maybe I should
put the warm ones
over them. No on
more socks. Hear "bundle
up" in mother
word. phant of X,
then D, hear "who's

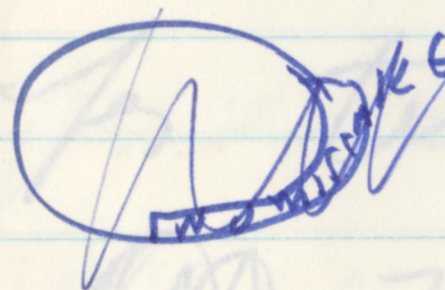
next " in father's name.


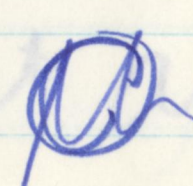
~~If I go to hit my head
too hard they stab me.
I went to hit my shoulder
once & ~~I wouldn't move~~
the hitting arm last
all of strength - as if a
~~huge~~ force were moving
against it & my arm
~~was~~ couldn't continue
in its action.~~

~~After immediate to be
continued etc etc I~~
go to the laundry and
meet Don the steward. NOW
TONIGHT out of his eye
people through TONIGHT

~~decided to go up~~

Amidst the confusion
of words printed or no,
on other, walls, curtains,
common changes, the
air riding, on the
edge of a large dot,

 spinning,
~~finished the~~

 shuffling,
cutting  I have
blended to give up

words entries being

the profession is useless.

Natural the word are

clear & meaningful

do) must to have them

again. The also goes

for time, 9-11, 3-5

~~7-8~~ ~~7-8~~

now 8-9 etc. etc

what float around

unattached to

anything I can make
sense of, I'm not
asking for correct
grammar or complete
sentences but I am
asking for sense.

Just the crumple NO
WRONG can be
interpreted as NO, WRONG!
or no(+) wrong, as in
no blame, or no need

which is fairly clear.

NO MISTAKE is the same.

But later ^{to} no mistake &

no wrong I have given

the negative meaning.

that a no (it's not a)

mistake or no (it's not)

wrong. The negative

problem seems to be

enormous, as it seems

⊙ + ⊙ represent ~~the~~

~~a no. Perhaps not, I
don't want to find out,~~

No is a simple word + so

is yes + if some idiot

wants to tell me I'm

going to stay home

it's easy enough.

In their language it

NO OUT A-11 ~~NO~~ but

that's too clear. The

~~simple binary system~~

digital? J's name -

not against in phone

color, I call, go to see J.

to be continued as likely as

So fond of ~~stay~~ saying,

especially on my tax as I

put on my socks + boots!

ATJ's - 9 o'clock on in - I see

no stay beginning about

8:45 - now 4. I stay

any way as unless I go to

get my coat contradictory

words kept. I leave with

~~to arrive home 9:45~~

My words moment stopped
as yet. The best way to stop
them is not to think at all
& to concentrate on sending
^{energy} ~~energy~~ out from the
3rd eye. ~~(at the check of)~~
have a thought, I get a
response ^{before} before
ahead on thought,
waves on human lips,
This is the same struggle

I had with all these pictures
& zaps & ~~light~~ then with
light. It seems first
it was ~~calm~~ ^{light flashing ~~light~~ from nobody}; then
zaps, ~~then~~ ^{calm,} pictures,
then flashing lights &
now words. in a
also scattered through
whistles & squeaks bells
now ~~on~~ ^o on lock. beside squeaks.
All except the words are

~~down~~ to not so constant -
only in measured response.
when the words quiet down,
lock (or quiet) squeak (or
down) and it? oil it

oil. LOCK SQUEAKS

OIL IT.

when the

~~comments on what I read~~
~~to right (wow!) write~~
~~quiet down I shall~~
~~edit the first 2 ~~and~~~~

~~500 pages~~ ~~had m s.~~

Catches I heard "no imagery"

then I forgot ~~it~~ + asked ~~it~~

what it said. no imagery

~~order~~ appears on records.

~~(fetter part)~~ How write ~~as~~

~~and I read.~~ ~~son on name~~

now on ~~SUN~~. @ above SUN.

O's name on the gate. I am

being plagued by reminders

of my chat of ~~being~~ ~~him~~

having an affair with him,

to tell him. (W/ ~~stands his~~

name appears on the gate.

~~Also READ. Now learn by~~

~~mistakes)~~

~~I see in the mirror energy
leave my foot. I devote when~~

~~you are expelling (getting~~

~~rid of the physical dis-ease)~~

~~this ^{expelled} energy can be trans-~~

~~ferred by what is desired~~

You - your own thoughts,
feelings, interests, talents
concerns - write similar
things. I am a writer and
interested in color so I see
colors & words. ~~rather~~
~~four~~ ~~write~~ can

~~I assume it's~~ ~~four~~ ~~can~~
~~absolute~~ ~~this~~ ~~energy~~ So
you get back what you
give out & if they

~~scrubbed a magazine.~~

plagued me with words
about orgasm & hips &
affire & leg it's I must
be somewhere my own
fear that it the leg &
but don't get better soon
I won't have any orgasm.
~~She~~ She's quiet on
orgasm. I'm tired of
being plagued by such

(15th) ~~thought~~ words.

* what a magenta.

~~There are a few more people~~
lock on face + certain. NOW
CENTAIN on stomach. D on
~~purple hair~~ * NOW D in 2 colors of
blue T shirts. of D's
coming. let me see what
I should put on to wear
at the time I should put it
on instead of all this nonsense!

1. Slipper in mid air ~~in~~
~~Article~~

Magenta or was bitched in
hood I'm reading. I'm
magenta! ~~from the~~
the last time I masturbated
I turned old green, not
purple

yellow now on 915
yellow now on sweater
~~dotage~~ of 11 on t shirt.

yellow now on 11
of pm I get a head rush,
break out in rash -
2nd time that happened
in plus sweats

~~the words are slow in
apposition. TOO SOON
when it means "not
too soon to leave" a TAKE
when it means don't take!
After taking my coat
with me my whole
2 arm flashes red
a reddish glow + take
appeared on the upper
arm. ~~Is not~~ ~~of~~
~~there at~~~~

~~If I can't understand why
they say the opposite of
what they mean. The
words are opposite at
home but still all
over the place when I'm
with ~~with~~ someone
else.~~

Yes today I did what
I wanted. I got up for
listening to the time
master instructions.

I decided to visit ~~for~~
D + I got 1-2 with red
2. He doesn't get up till
2 or later. But about
2, after my stomach
calmed down, no
more hump + faint -
I saw the energy
use in my body.

right
+ come out the top #2
side of my head -
a purple blue + red.
~~As it went through my~~
~~body it was a light~~
~~color. These colors were~~
~~lighter, + ~~more~~ ~~more~~,~~
~~some white seem to be~~
~~there, but + more~~
Translucent. As I'm
beginning now to
think ~~the time~~
seeing all those 1-2,
3-5 etc - have to do
~~at least partly with my~~
body's health, the
raising of the energy,
as well as the right
time to see ~~what~~ tomorrow.
Last night I saw 9-11
on your T-shirt ~~have~~

red 9 + I thought I

was supposed to wait til
after 11 to go out but
about 10 I couldnt
take waiting any more.

I got to P's. no one there
but I saw NO W & GAVE
on a forehead. I left

anyway but met
D on the street & went
back in & met some of

the ~~bro~~ Navaho's
I wanted to meet &
went to their apt &
heard some good Indian
music. ~~Ida~~ We

left P's at 11 so I dont
know what would
have happened if I
had waited til 11 but

I do know I liked what
did, ~~to do~~. When I came
home I grabbed a can of
soup & it appeared huge
in the middle of the
room & so did the can
opener but I was too
cold & hungry to
wait & see what they
meant - like clean it
up, wait, & eat out,
eat in air. listen one
eat. So I had some
soup it didn't bother
my stomach too much
& I read for a while &
went to sleep. No
words last night & I
tried really hard not
to think too much

about how my visit might
have been longer if I hadn't
taken my coat, or I have
I might have seen
someone else if I'd gone
out to eat. Crooks or
one of someone. The day
was successful in my
own mind, after visiting
~~D~~ I visited R, ~~for the~~
~~of~~ ~~the~~ ~~evening~~
~~D, R, & the~~ ~~Midnight~~
~~evening~~ ~~to~~ also, because
~~after visiting D~~ R came
over to D's & I spent
some time with him
also. Perhaps I will
~~go to the place to~~
~~you getting over the~~
~~has called~~ ~~the~~ ~~on its way~~
out.

USEFUL INFORMATION

MULTIPLICATION TABLE

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|-----|-----|-----|-----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 2 | 4 | 6 | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
| 3 | 6 | 9 | 12 | 15 | 18 | 21 | 24 | 27 | 30 | 33 | 36 |
| 4 | 8 | 12 | 16 | 20 | 24 | 28 | 32 | 36 | 40 | 44 | 48 |
| 5 | 10 | 15 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 |
| 6 | 12 | 18 | 24 | 30 | 36 | 42 | 48 | 54 | 60 | 66 | 72 |
| 7 | 14 | 21 | 28 | 35 | 42 | 49 | 56 | 63 | 70 | 77 | 84 |
| 8 | 16 | 24 | 32 | 40 | 48 | 56 | 64 | 72 | 80 | 88 | 96 |
| 9 | 18 | 27 | 36 | 45 | 54 | 63 | 72 | 81 | 90 | 99 | 108 |
| 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 | 110 | 120 |
| 11 | 22 | 33 | 44 | 55 | 66 | 77 | 88 | 99 | 110 | 121 | 132 |
| 12 | 24 | 36 | 48 | 60 | 72 | 84 | 96 | 108 | 120 | 132 | 144 |

Cubic Measure.

1728 cu. in.-----1 cu. ft.
 27 cu. ft.-----1 cu. yd.
 128 cu. ft.-----1 cord
 1 cu. yd.----1 load (of
 earth, etc.)

24½ cu. ft.-----1 perch

Note: A cord of wood is
 a pile 8 ft. long, 4 ft. wide
 and 4 ft. high

A perch of stone varies
 in different parts of the
 country, but is usually
 considered as 1 rd. long, 1
 ft. high and 1½ ft. thick.

Avoirdupois Weight

16 ounces make...1 pound
 100 lbs. make.....1 cwt.
 2000 pounds make...1 ton
 24 grains...1 pennyweight

Troy Weight

20 pennyweight...1 ounce
 12 ounces.....1 pound
Apothecaries' Weight
 20 grains make...1 scruple
 3 scruples make...1 dram
 8 drams make...1 ounce
 12 ounces make...1 pound

Miscellaneous Weights

1 keg of nails....100 lbs.
 1 bbl. of salt....280 lbs.
 1 bbl. of Flour....196 lbs.
 1 bbl. of Pork or
 Beef weighs....200 lbs.
 1 firkin of Butter...56 lbs.

Square Measure.

144 sq. in. make...1 sq. ft.
 9 sq. ft. make....1 sq. yd.
 30¼ sq. yds.....1 sq. rod
 160 sq. rods.....1 acre
 640 acres....1 sq. mile, or
 1 section
 36 sq. miles....1 township

Miscellaneous Cubic Measure.

231 cu. in. make...1 gallon
 2150 cu. in.-----1 bushel
 40 cu. ft.----1 ton shipping

Dry Measure.

2 pints make.....1 quart
 8 quarts make.....1 peck
 4 pecks make.....1 bushel

Liquid Measure.

4 gills make.....1 pint
 2 pints make.....1 quart
 4 quarts make...1 gallon
 31½ gallons.....1 barrel

2 barrels, or 63 gallons,
 make1 hogshead

Miscellaneous Measures.

12 units make....1 dozen
 12 dozen make...1 gross
 12 gross.....1 great gross
 20 units make....1 score

Miscellaneous Long Meas.

4 inches make....1 hand
 6 feet make....1 fathom
 120 faths...1 cable length
 1.15 miles, nearly...1 knot

Surveyor's Long Measure

7.92 inches make...1 link
 25 links make....1 rod
 4 rods or 100 links...1 chain
 80 chaine....1 mile

Long Measure.

12 inches make....1 foot
 3 feet make....1 yard
 5½ yds or 16¼ ft.
 make 1 rod, pole or perch
 320 rods, or 5280 feet
 make.....1 mile
 8 furlongs make...1 mile
 40 rods make...1 furlong
 69 1-6 miles.1 degree

Paper Measure.

24 sheets make....1 quire
 20 quires make....1 ream
 2 reams make...1 bundle
 5 bundles make....1 bale
 1 bale contains 200 quires,
 or 4800 sheets.

480 sheets.....1 ream

For convenience in
 counting, 500 sheets are
 more often called a ream,
 and the word quire is used
 only for the folded note-
 paper.

Measure of Time.

60 seconds make...1 minute
 60 minutes.....1 hour
 24 hours.....1 day
 7 days.....1 week
 30 days.....1 commercial
 month

12 months.....1 year
 360 days...1 commercial yr.
 365 days...1 common year
 366 days.....1 leap year
 100 years.....1 century

United States Money.

10 mills make....1 cent
 10 cents.....1 dime
 10 dimes.....1 dollar
 10 dollars.....1 eagle

English Money.

4 farthings.....1 penny
 12 pence.....1 shilling
 20 shillings...1 pound,
 Sterling