

33

B

B-1

B-2

B-3



Leap Year

NOTE BOOK

5 IN. x 8 IN.

65 Sheets

K-8529 SIDE

PRUDENTIAL PAPER
GLENDALE, N. Y.

K-5829 END

29¢



YOGA

SUN.

9 hrs sleep

1) $2\frac{1}{2}$ cups blended salad *
 $\frac{1}{2}$ tsp brewer's yeast

+ $\frac{1}{4}$ cup to celery
 $\frac{1}{2}$ lettuce

$\frac{1}{2}$ cup blended sprouts
1 yellow delicious apple
1 egg yolk, raw

2) papaya
monterey jack cheese
2M nap

3) steamed zucchini
" 2 potatoes
apple

gas

4 calcium + magnesium tablets
1 200 mg E

MON

②

5 hrs sleep.

2

2 CUPS SALAD

1/2 tsp brewers yeast

2 BANANNAS

gas

4 DATE, FIG, COCONUT, WALNUT
SUNFLOWER SEED SQUASHES
CHEESE

2 hr. mdp

1 APPLE

1 glass CARROT JUICE

gas

steamed zucchini
cabbage

2 potatoes

gas

2 banana

1 date fig Squash

TUES

(3)

3

10hr sleep

YOGA

ulcer, bad at night

2 1/2 cups salad

2 egg yolks
2 bananas

3 bananas

1 large fruit square

1/2 hr nap

1 cup salad
broccoli
3 potatoes

1 apple

gas after apple

1/2 cup salad

2 tabs peanut butter

WGP

(4)

8hs sleep

4

pain in sleep

1 1/2 cups salad

1 cup carrot juice

3 bananas

cheese - monterey jack

1 1/2 hr nap

1 1/2 cups pureed cauliflower +

steamed lettuce

1 sweet potato

4 bananas

gas all day

Cheese

⑤
Thurs 7 1/2 hrs sleep

Yoga

2 1/2 cups salad
1/2 tsp brewer's yeast

1 cup chaut

1 egg yolk

gas

1 cup salad
3 bananas

gas

2 hr nap

1 cup salad
steamed artichoke & broccoli

1 banana

gas

⑥ □ 6
Fri

Went 9th sleep

2 cups salad
 $\frac{1}{2}$ tsp yeast
1 egg yolk

hotali ga

1 cup salad

2 cup steamed zucchini

2 tsp 1990

$1\frac{1}{2}$ cups steamed zucchini

ga

Wed

1/2 cup raw rice

1 zucchini steamed

1 banana

1 apricot square

1 banana w egg yolk

1 cup cooled rice w butter

1 apple

(7) - 2 7

Sat

9 hrs sleep

2 cups salad (sauce)

1 egg yolk

1 mango

small muenster

2 hr nap

ampul pain in
dizziness

1 spoon salad

2 cups steamed zucchini
blended

1 potato steamed w butter

7-5-17

del 2 wptues // ho slus

1 zucchini steamed

1 zucchini steamed +
sautéed w/ oil +
1/2 cup (dry) barley

1 baked apple
~~banana~~

1 banana
2 oz peanut butter

1 banana
horoli 1 cup

1 baked apple

~~peanut butter~~

8-3

8

Sun 8h slus

2 cups salad
1/2 tsp brewer's yeast

1 egg

1/2 cantaloupe blended

4 bananas blended

some gas

1 cup salad blended

1 " horoli u butter "

small gas

1 cup w/ water squash
u butter blended

8
8-8
Mon

1/2 cups rice coated w
cornmeal + onoboshi
butter

50 blended banana

3 Mann "

5 more bananas

peanut butter

9-11 9

Mon 9 hrs sleep

rain

4 blended banana

1 cup salad

2 cups zucchini + butter

3 potatoes + butter

2 blended coated apples

gas
pre broken out

out over

around inside

10-5

yoga

Sun.

Salad 1 cup

rice w cashew
1/2 cup coated
butter

apple

honey + juice
blended 2 cups
butter

apple coated

small peanut butter

getting better

one two

blended

10-5

10

Tues

9 1/2 hrs sleep

hair

1 cup salad

1 cup salad

1 cup salad

4 cups (2 hrs blended) bread
3 T butter

~~1 egg yolk~~ 1 egg yolk

1 MANGO

smooth wase

salad
1 cup
rice
butter
apple

01 1-01

Yoga

Yoga

Fri

Sat? T

Salad
1 cup

Salad

Small rice
Cooled veg

Natalue 4
in butter

Tahini
Custard

Juice - 1

at 1/2 E
Caldron

2 peas

Pain

small peanut
butter

1-51

11-6

912

WED

8 mos diet

1 cup salad

1 cup salad
+ a tab yeast

3 blended bananas
2 whole

1 banana

^{1 cup} dandelion greens steamed
broccoli 1 cup st. "
of asparagus blended

2 T butter

1 blended banana

1 cup salad

1 yolk
pinch salt around mouth of
then NEW ones right finger

12-7

THURSDAY

salad 1 cup

mango

William

1 Conlaton

Van et /

penetle shell well made
" it's open / clear
beamed separate

stated T.C

unusual school /

ey stream known but
ship for on 7/4

Saw Our Man Flint on a
TV - tip of land showed green
color. Same day before.
Missions showed great black.
The green color comes in the
crack in the window. The
air around Woodstock
trees was yellow. Black &
white as air designs with
little colored lights when I
close my eyes & press. The
spasm on right side of head
had circulation paralyzed near
white

nerve beginning to open
 up maybe today feet it for
 first time - like head
 crushed in granite or any
 other stone. i.e. pressure.

What color phone?

black

pink

blue ← lights up

yellow

green

teal

red

white

1
that's the one I want too.

Open vitamin C caps,
rub on face & neck.

Massage when doing yoga.
Need to tighten skin!

6 weeks on pureed salads
steamed veg diet. Good
results. not excellent.

Better than before. No
pains at all entire
period. Have last craving
for chicken salad sandwich
with mayonaisse on white
bread & sweet pickle.

Spent ^{1/2} 25 on blender, \$6 on
steamer, \$2.29 on ^{double fitted} sheet,

\$1 on towel, 30¢ on 2 face
cloths, ^{1.89 on 3 white enamel pots,} ~~1.89~~ 39¢ on wooden

spoon, 39¢ on spatula, 59¢

on measuring cup, 59¢ on

[measuring spoons.

Didn't need measuring

cup & 2 hot plastic

spoons cheaper. Got

top for table. Need pillow

for chair & lamp for

table. Maybe jugs. Call

A B C for review.

Notebook in 3 ms.
 No desire write. No
 events. Gaps on fingers
 arms to toes constant.
 I listen to some. Not to
 others. Left eye a
 confusion. eye for eye.
 or left for no?
 egg on eye. Red on eye.
 pink light on egg.
 black on confusion.
 2 caps 200 mg rubbed on still
 neck tendon helper to loosen
 it.

(17)

Looking at food list -
what to eat - a red leaf
through cottage cheese
& the choice of Chinese
cabbage. Pick glaucon
Chinese. Yassy I guess.
Broccoli parts today.
Sweat smells. It's a. Ji-
ee-thus diet. Too much
potatoes, cheese, bananas.
Hes on too much. I don't
doesn't want to write.
wanted to call I. She
appeared 2 minutes later.

(18)

Guess another layer
of cleaning - feel
lousy all week, no
period. Trying to
align alkaline - acid
with you - going doesn't
work. Sugar gives
acid forming. ~~Acid forming~~
~~works so~~. ~~How can~~
~~best also~~. Cheese ~~is~~
~~alkaline~~ acid
forming, yogurt
alkaline. ~~Butt acid~~
~~must alkaline~~

Main acid forming
also protein

Feel like I have a fever

but at 97.2. Diarrhea

and smelling. Must

be expelled again.

~~another layer?~~ into

the cells? They have

to change too. What

o body process this

body clearing. They

2 years plus since I

began the change from

a meat & sugar American

(70)

diet. Gradual change.
~~but~~ Ulcer has last
few days but OK
as soon as I stopped
~~heavy~~ concentration
of palatable cheese
bananas.

I wonder if I have a
damaged adrenal body,
so much (50.50) I
suppress. Must feel a
psyche + few other cells
+ cell.

(20)

rarely flush from
stomach after eating
squash. Uter happy
with lettuce on veg +
potatoes. Blended
bananas really sweet.
Yum. Blended cottage
a drink. Uter happy
with blends. Soft.
also blending brings out
flavor. See actual body
of 3 toes. Potatoe flush
Laron left arm other day
a no skin. Phosphorus

(27)

flashed across ^{edge} left arm &
little finger today, also
right heel. Washed hair
very fuzzy. Pleaded
eyebrows. Have mirror
up now. He'll tell
I. Slight burp after squid.
Almost succumbed to
post-thought - veg tired
before supper but better
after veg. Don't really
want fish. just some
vitality - see before meeting
Salon.

(23)

Some tension in meridians
from sprain. That
why red flat on sprain
before I ate it. Slender
in cold full of water.

See flat picture of it on
left arm. Warning.

What for. I spoke of
plenty hand in - and -
hot water! My subconscious
must have known before my
conscious mind that I was
planning to put my

(24)


hand in that hot water
& sent me a warning
signal - all before the
action became conscious.

I say action because I
didn't think I put my
hand in I just put it
in to clean it. Automatic
reply to clean it? Easy
gesture? OK but not
then. Going to acupuncture
tomorrow. Bet I find out
zaps on fingers, arms etc
mean different organs

(25)

of pelling. Pimples
around mouth & chin
last few days. Squirmy
expelling from stomach
& intestines. Expelling
mucous like lumps for
days - purifying
Diet consist of raw &
cooked vegetables, ~~and~~
fruit, cheese, nuts
butter when I can
digest them, potato
egg yolks raw, potato,

Bananas as often as
 I can digest - one one
 day, one next. Is well,
 & half. better. Very
 satisfying. Negative on
 melon. Banana OK.



Had to already today -
 must I had more.

I'm hungry but
 that's my limit. Don't
 follow my diet.
 Get your own. I'm
getting a lot of A, C,

Th - 1 ●

~~Wed - 10~~

Tues - 2.³⁰

Number

332
250457



History of Architecture
Book on Art

