

OS A3

OS A3

00301



Col. A.3✓

A magical diary in A.C.'s hand.

diary T₃BA vel NIKH Part 1. The Fountain of
Hyacinth

Feb 14 1922 - March 28 1922.

At the back a "lost" will and Testament.

f. j. Gothe

Summary of hours.

Day	Reveil	Confes	Douces	Period Abstinence
♂	-	8 PM.	-	-
♀	4.4 P	7 P	8	20.4'
4	3.5	6.0	7	20.5'
♀	2.10	5.0	6	20.10'
♂	1.34	4.0	5	20.34'
○				

Summary of hours.

Day	Revel	Culver	Doves	Blind Abstruse
♂	-	8 P.M.	-	-
♀	4.4 1/2	7 P	8	20.4'
4	3.5	6.0	7	20.5'
♀	2.10	5.0	6	20.10'
1/2	1.34	4.0	5	20.34'
6				

Summary of hours.

Day	Revol	Cycles	Doses	Period Abstinence
♂	-	8 PM.	-	-
♀	4.4	7 P	8	20.4'
4	3.5	6.0	7	20.5'
♀	2.10	5.0	6	20.10'
1/2	1.34	4.0	5	20.34'
0				

LIBER
K 23
vol. NIKH sub figura XVIII

Part I
The Fountain of Hyacinth.

Do what thou wilt shall be the whole of the law.

I bet and oob us to prove the strength
of my Will and the degree of my courage
have poisoned myself for the last two years,
and have succeeded finally in reaching a
degree of intoxication such that withdrawal
of the drugs (heroin & cocaine) produces a
terrible attack by the "Stomach-pest". The
acute symptoms arise suddenly, usually on
awaking from a nap. They remind me of the
"For God's sake turn it off" feeling of having an
electric current passed through one, and of the
"Sugar-sensation" of the Baltoro Glacier. The
psychology is very complex and curious: I think

poisoned

acute

super

LIBER
K 23
N I K H sub figura xxi

Part I
The Fountain of Hyacinth.

Do what thou wilt shall be the whole of the law.

1. I have used 666 in an attempt to prove the strength
of my Will and the degree of my courage
have poisoned myself for the last two years,
and have succeeded finally in reaching a
degree of intoxication such that withdrawal
of the drugs (heroin & cocaine) produces a
terrible attack by the "Stomach-pest". The
acute symptoms arise suddenly, usually on
awaking from a nap. They remind me of the
"For God's sake turn it off" feeling of having an
electric current passed through one, and of the
"Sugar-sensation" of the Baltovs Glacier. The
psychology is very complex and curious: I think

poisoned

acute

super

Part I
The Fountain of Hyacinth.

So what then wilt thou be the whole of the few.

1. Richard 000 was to prove the strength
of my Will and the degree of my courage
have poisoned myself for the last two years,
and have succeeded finally in reaching a
degree of intoxication such that withdrawal
of the drugs (barium & cocaine) produces a
terrible attack by the "Stomach-pest". The
acute symptoms arise suddenly, usually on
awaking from a nap. They remind me of the
"For. God's sake turn it off" feeling of having an
electric current passed through one, and of the
"Siga-s-tivation" of the Baltova Glacier. The

Part I
The Fountain of Hyacinth.

Do what thou wilt shall be the whole of the law.

1. Richard B. B. was to prove the strength
of my Will and the degree of my courage
have poisoned myself for the last two years,
and have succeeded finally in reaching a
degree of intoxication such that withdrawal
of the drugs (heroin & cocaine) produces a
terrible attack by the "Stomach-pain". The
acute symptoms arise suddenly, usually ar-
ising from a nap. They remind me of the
"For God's sake turn it off" feeling of having an
electric current passed through one, and of the
"Siga-s-tivation" of the Baltova Glacier. The

LIBER
K 28
in NIKH sub figura xxi

Part I
The Fountain of Hyacinth.

To what thou wilt shall be the whole of the law.

1. Red and 000 was to prove the strength
of my will and the degree of my courage
have poisoned myself for the last two years,
and have succeeded finally in reaching a
degree of intoxication such that withdrawal
of the drugs (heroin & cocaine) produces a
terrible attack by the "Stomach-phantom". The
acute symptoms arise suddenly, usually on
waking from a nap. They remind me of the
"For. End's sake turn it off" feeling of having an
electric current passed through one, and of the
"Sugar-sensation" of the Baltoro Glacier. The
psychology is very complex and curious: I think

poisoned

acute

super

LIVER
KX
MILK H NIX

The Foundation of Hygiene.

[illegible]

a detailed record of my struggle at breaking
off the habit will be interesting and useful.

Feb 14

die ♂
Cadmian

Tuesday Feb 14 1922 E.O. At 7:11 O-
2:00 P.M. Left Paris for Fulminaceum. I stayed
Cadmian to sleep.

Walked before dinner. No school.
Harris and Corrine at odd times. Not
difficult to sleep. [N.B. Part of my plan
in coming here is to dig up the bitter
memories which have been killing me.
I was so happy and helpful here two years
ago; and now my little Porcupine
has been dead over a year, and her
little brother never came to birth;
and my motherhood-part is crushed.]

+

corpse

die ♀

Feb 15

Crisis

1 1/2 tablets "Rind Cure" Slept Feb 9-30
Café Crissant. Struggled hard to get
up, but relaxed and slept well

after 11. Delightful dreams.

harm milk

breath

12. Walked (lunch on hand with me) till about 3.30. Very tired. A nap. The heat of the forest hit me like a club, the moment I left the town. I felt cured of every thing. I broke into a series of storms of sobbing; great relief.

unbearable

1 +

residual

4.0 P.M. "Stomach-press" brought me with terrible and unbearable violence a big puff of heroin. Instant relief, but very painful. The residual symptoms abated slowly, and I was normal, nearly, at 4.17. From then I got worse again slowly.

2 +

3 +

4 +

4.30. Small dose of heroin.

4.40. do do

5.15. Medium do

+

1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

12. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

13. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

14. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

15. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

16. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

17. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

18. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

19. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

20. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

21. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

22. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

23. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

24. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

25. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

26. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

27. 1/2 lb. 11. 1/2 lb. 11. 1/2 lb. 11.

+

+

+

5 + 5.0 P.M. Rij done. I am not suffering:

The excuses are that I want to be very
fit to write this record, though I have
practically finished for the present,
and that I may as well be plenty before
Confer at 7.0, so as to make it less
difficult to do without it till Revallé
at 1.0 P.M. to-morrow.

I may find it wise to limit the
number of losses during the "Open Season"
so as to make it illegal to take a dose at
all unless the Horn-Friend is actually
on the job.

My general idea is to increase the
Close Season daily by a space of one
poultice, thus automatically limiting
the Open Season, and reaching a point
when a whole physiological cycle of

+

200 P.M. 0.00

The weather was that I could see very
little of the water, though I have
frequently looked for the vessel,
and that I may well have been before

longer at 7.0, as I could not see
difficult to see without it this morning
at 10 P.M. 0.00

I may find it wise to visit the
village of Newbury for the purpose
of making it clear to take a look at
all under the water. There is a small
boat.

My present plan is to examine the
three lower ships by a short run
inwards, then outwards, then inwards
the other three, and reaching a point
where a whole physical study of

24 hours. That, in my theory, should be
the critical point of the case.

6.12.11. It seems to be no effort at
all to stop Cocaine right away; as returns
to it from the moral impulse to "get going".
This impulse appears to depend on external
circumstances, accidental necessities to
be at one's best.

(I am now, by the way, slightly intoxicated
- positively pleased, not merely negatively
relieved - by the 5 doses of the last 2 hours.)

I am combating my access of hunger for the
day by Stuehlinic, doses of 2 mgr., and
by eating. The most important part of
the treatment is to keep the mind distracted.
The attacks of hunger seem to be
partly caused by the mental obsession,

depend

intoxicated

24 hours. That, in my theory, should be
the critical point of the case.

6.12.11. It seems to be no effort at
all to stop Cocaine right away; he returns
to it from the moral impulse to "get going".
This impulse appears to depend on external
circumstances, accidental necessities to
be at one's best.

(I am now, by the way, slightly intoxicated
- spirit very pleasant, not merely ineffectually
relieved - by the 5 doses of the last 2 hours.)

I am combating my access of hunger for the
day by Styrachin, doses of 2 mgr., and
by eating. The most important part of
the treatment is to keep the mind distracted.
The attacks of hunger seem to be
partly caused by the mental obsession,

depend

intoxicated

the critical point of the case. That, in my opinion, should be

6.12.11. It seems to me that the effect of

all the things which have happened since the 1st of July, and the fact that the Government have not been able to get the situation straightened out, is a very serious one. It is a very serious one, and it is a very serious one.

(I am sure, for the way, it is a very serious one. It is a very serious one, and it is a very serious one. It is a very serious one, and it is a very serious one.)

It is a very serious one, and it is a very serious one. It is a very serious one, and it is a very serious one. It is a very serious one, and it is a very serious one. It is a very serious one, and it is a very serious one.

and prove transient if the attention is attracted in any way.

I propose to deal with the most distressing symptom which I have experienced hitherto, viz., inability to sleep at the proper hours (with tendency to make sleep during the daytime) on the following principles.

1. Use of the 1% formula.
2. Hard physical exercise every day, with a walk of at least half an hour after dinner.
3. Hydrotherapy if to be procured. In any case, hot foots with ~~alcohol~~ can-do-alcohol rub on retiring. Cold ditto on waking.
4. Alcohol on retiring.
5. Soporific, in full dose at once, unless sleep within 30 minutes of lying down.

Hydrotherapy

hot bath

and have to consent if the other is
attracted in any way.

I have to deal with the most interesting
subject which I have experienced before,
and, in order to sleep at the proper time
I will have to make sleep my
main business (as the saying is).

1. Use of the 14th Avenue.
2. Has the same been used, with a
view of the last half - how far

known.

3. Hypothetical of the known. In any
case, but not with the same
view as before. Call this "view"
4. Obvious in view.

5. Specific, in fact here it will, when
sleep within 30 minutes of going
down.

My plan for to-morrow is this:

Breakd. whening at 8.30. Breakfast. Bath.
Walk. Lunch in forest. No heroin till 11 PM.
Doses at pleasure till Confus at 6.0 PM.

6 +

6.30. Medium dose Heroin. This was a
real indulgence, in the worst sense of
the word. It has occurred very frequently
that I have taken a dose for reasons
at present utterly unaccountable.

(This is a confession indeed, for He, who
claims to be the foremost living psychologist!)

There is not the slightest discomfort to
be removed, or the faintest wish to
reach some still superior state. It is
an absolutely powerless impulse; I can
only compare it with similar obsessional
phenomena common enough in the matter
of sex. Part of the explanation maybe

of sec. 1st of the corporation may be
pharmaceuticals and in the matter
only compare it with similar specimens
and undoubtedly produce evidence; I am
not sure of the opinion of the. It is
be removed, as the patient will be
There is not the slightest doubt of
claim to be the patenting right of the
(This is a question of fact, for the, who
at present without any doubt.
that I have taken a case for review
the work. It has become very far
and independent, as the work done of
6.20. Action done there. This was a
Order of the court of 1800 &c.
Wells. Court - Court. No case 1811 &c.
This is a question of fact. It is
of the corporation is this:

that I feel (rather, there is a physiological
uplift in the animal) we should cease
of injury, an indignant assertion that it has
a natural right to be active and pleasantly
disturbed for a certain proportion of the 24 hours.

7 + 645. Small doe. Taken partly to prove
to myself that I was not alarmed by the reflections
above set down.

Note certain pathological points.

1. Increased secretions, especially
mucous, indicate the physical need
of the lung.
2. Slight tendency to manifest the
bronchitis which introduced me
to this.
3. I think my eyesight has degenerated
markedly since I began the experiment.
Oculists, however, will not admit
this; they claim that I am "doing"

1. Increased demand for
services, in the form of
the law.

3. I have to say my wife has no experience
in this line as I have the instrument.

1. The first is the fact that the
 2. second is the fact that the
 3. third is the fact that the
 4. fourth is the fact that the
 5. fifth is the fact that the
 6. sixth is the fact that the
 7. seventh is the fact that the
 8. eighth is the fact that the
 9. ninth is the fact that the
 10. tenth is the fact that the

as well as can be expected" or even a
little better.

4. There has been a constantly
increasing indifference to matters of
ordinary health, cleanliness, and
vanity. I can hardly know what
the state of affairs is, as to defecation,
etc.

5. There are numerous very alarming
mental symptoms, but all really
reduce to one only, the feeling that
nothing is worth while. It is a sort of
"philosophical laziness", rather like
Tolstoy's "deafness". "A sunny
slackness!"

8 + 6.55 P.M. Medium dose. Excuse, a
perverted sense of duty. The clock had

will be in the office at 10:00 a.m.

There has been a considerable
increase in the number of
visitors to the office, and
the staff is working very hard
to keep up with the demand.

There are many new
visitors to the office, and
the staff is working very hard
to keep up with the demand.
The office is very busy
and the staff is working very hard
to keep up with the demand.

Thank you!

10:00 a.m. - 10:30 a.m.
The office is very busy.

stomach 7. There are several audible
clocks in the town, and I wanted to
assert my right to take a last doll,
between the competing chimneys.

I am now "vice versa" as Horatio
would say. The day had been one of anxiety;
Poupee prepped from every alley in the street.
I thought of her now without the least tendency
to emotion of any kind at all; it is even hard
to remember that I ever regretted her for
an instant.

7:15 P.M. An extraordinary incident has
occurred. I put a "choice cigar" in my
mouth, as the safest place, intending to
smoke it after dinner. In my mental
absorption I lit it, discovering the
fact only now when it is more than
half smoked. This sounds an absurd

"choice cigar"

2. There are several smaller
cubits in the town, and I would like
to visit my wife & take a walk
before the professor comes.

I am ever "in a hurry" as often as

possible. The day has been one of my best;
properly prepared for my walk in the forest.
I have of course not without the least feeling
of anxiety of my mind & it is a great
to remember that I can be better for
me with.

7. P. A. an extraordinary man, who has
been in my office for some time, in my
month, in the best place, a very good
course of the river, in my mind
about it, I like it, the river is
just only one when it is more than
me half covered. This is a very

trifle; but it reveals a credit in as
serious as an actor's who should
unwisely declaim "To be or
not to be" in ~~theater~~ ^{the} scene
or ~~too~~ so too early. I am smoking
these cigars, ^{as} ~~which~~ I cannot renew the
supply in this form.

I am now not only "nice drunk" but
"very drunk", not far short of "bloody drunk".
My eyes are swimming; my nose is ringing; I feel
"floppy"; and I radiate heatitude of
the most beatific ~~beatitude~~ ^{beatitude}. My
middle name is Benedict; they call
me Felix for short. Instead of Billed
and his friends, I am surrounded by
my cronies, Sat, Chit, and Maudan.
I am enjoying a formless resbasy,

Ears are

Blessedness

Billed

114
The first of these is the fact that the

second is the fact that the

third is the fact that the

fourth is the fact that the

fifth is the fact that the

sixth is the fact that the

seventh is the fact that the

eighth is the fact that the

ninth is the fact that the

tenth is the fact that the

eleventh is the fact that the

twelfth is the fact that the

thirteenth is the fact that the

fourteenth is the fact that the

fifteenth is the fact that the

sixteenth is the fact that the

seventeenth is the fact that the

unsurpassed by anything in my experience.

"Be strong, then, and thou shalt hear more of this."

Yes: the day has been a success; I have

Depend the

managed to mix my Holy ~~is~~ ^{with} the
Sauce Amrita just right for once.

I never drank a better bottle of Nectar.

It is all to the good that I can put
no name to my rejoicing.

Let me cleanse my mind "As-
perges me, Domine, etc" and
go downstairs. "It is my will to eat-
and drink that my body may be
fortified thereby that I may accomplish
the Great Work" In avant, Peyase!

10.10 P.M. The dinner, all unpleasing
as was the menu, proved excellent.

unpublished by anything in my experience

The story, then, must have been more up to date.

As the story has been a success, I have

managed to make up the story a little better

and more attractive, but not to the same

degree as the first - the latter is of course

it is all to be, and that I am not

in a hurry to publish.

Let me see if I can do better.

Perhaps we, however, will

be able to do it. It is my wish to

and much that we wish to do

and I am sure that I am not

the best of it. I am sure, I am sure!

10.10.11. T. M. G. 11.11.11

and I am sure that I am not

Marc
private

I had a glass of Nuits, perfect; and a vieux
Marc, ditto. I went to N^o 4 + N^o 6, to look
for a female primate, genus *Homo Rapiens*;
the best of a barrel bunch was a short and
sturdy creature called Paulette. I hardly
feel justified in robbing Paulette to pay her!
I drank a vieux Marc and a Courtesan to
pay my looking.

continue

amused

first

I feel wonderfully well and deliciously
tried: I am not even annoyed at the
rain. I shall not be sorry to go out and
get soaked to the skin, and slip about in
the shining slush of the sodden street. I
am honestly sleepy, and have nothing on
my mind. Except this: my ambition
to make this record "read well" may
persuade my animal to simulate all

Marc
primate

I had a glass of Nuits, perfect; and a vieux
Marc, ditto. I went to N^o 4 + N^o 6, to look
for a female primate, genus *Homo Rapiens*;
the best of a barrel bunch was a short and
sturdy creature called Paulette. I hardly
feel justified in robbing Paulette to pay her!
I drank a vieux Marc and a Courtesan to
pay my looking.

continue

amazed

first

I feel wonderfully well and deliciously
tried: I am not even amazed at the
rain. I shall not be sorry to go out and
get soaked to the skin, and slip about in
the shining slush of the sodden street. I
am honestly sleepy, and have nothing on
my mind. Except this: my ambition
to make this record "read well" may
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Marc
primate

I had a glass of Nuits, perfect; and a vieux
Marc, ditto. I went to N^o 4 + N^o 6, to look
for a female primate, genus *Homo Rapierus*;
the best of a barrel bunch was a short and
sturdy creature called Paulette. I hardly
feel justified in robbing Paulette to pay her!
I drank a vieux Marc and a Courtesan to
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continue

amazed

first

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the shining slush of the sodden street. I
am honestly sleepy, and have nothing on
my mind. Except this: my ambition
to make this record "read well" may
persuade my animal to simulate all

I have expressed my feelings in the
letter, which I send to you by the
post in a separate envelope, and I trust
the fact of my having done so will
settle any question which might arise
about my feelings in relation to you.
I have no other words to say to you
at present.

I am, my dear friend,
very truly and affectionately,
yours,
Wm. Lloyd Garrison

Excuse this: my anxiety to
make this record read well, may
be made very anxious to write all

sorts of unnecessary tortures! Shame! I thought
I had overcome that last infirmity of noble
mind! - Well, let me go to sleep over the
"Bourgeois gentil homme". I seem, by the
way, to be the actual author of M. Jourdain.
I am noble, poor, and totally delirious
on all points. I have even ceased to protest
against the fact that every step in
evolution is inseparable from species of stable
agency: and I don't "want" anything. My
Will is at last - so it seems free from
all 'last of results'

10.26. I compare myself to Molière

die 24 1.0 a.m. $\frac{1}{2}$ pill of Diablin & a glass of wine

Feb 16

My Molière became physically
illigible within 10 minutes, yet I am
awake still, but a dull half-asp

sort of unnecessary tortures! Shame! I thought
I had overcome that last impurity of noble
mind! - Well, let me go to sleep over the
"Bourgeois gentil homme". I seem, by the
way, to be the actual author of M. Jourdain.
I am noble, poor, and totally delirious
on all points. I have even ceased to protest
against the fact that every step in
evolution is inseparable from species of stupid
agency: and I don't "want" anything. My
Will is at last - so it seems free from
all 'last of results'

10.26. I compare myself to Molière

die 24 1.0 a.m. $\frac{1}{2}$ glass of port & a glass of wine
Feb 16 My Molière became physically
illigible within 10 minutes, yet I am
awake still, but a doubtful half-af

of a few minutes.

The mechanism of my insomnia is extremely interesting.

To-night conditions for sleeping were all admirable. The bed is comfortable; my fatigue is great, and normal in all respects; my body is entirely at ease, and my mind free from all pre-occupation. I cannot recall having thoughts of any special kind, such as worries, contemplations, plans; there has been no "triumph" of thought, sadness, longing, amusement, or repine!

What happens is simply as follows: I feel myself sinking into sleep, and am at about the same instant impelled to some slight physical movement, usually to seek a more comfortable position, or to scratch. The action is sufficient to

of a few minutes.

The necessity of my assistance is
extremely interesting.

To what extent is the suffering here

all unbearable. The last is unbearable;

and suffering is great, and wounds in all

aspects; my body is writhing in pain,

and my mind free from all the suffering.

I cannot recall any thought of my health

here, and no more, interrupted by

visions; there has been no trace of them at

any time, except, however, or when!

What happens is simply as follows: I feel

myself sinking in a deep, and am at

times the same without falling to

the slightest degree of movement, usually

to seek a more comfortable position, or

to swallow. The action is sufficient to

remove me from the frontier of sleep. If I refuse to yield to the physical impulse, it passes off; but when I again feel the sensation of approaching the Gates, it recurs, not necessarily or usually in the same shape, but with increased intensity. (1.24 a.m. Feeling my mental activity to have become very great, I "make" a record with a second $\frac{1}{2}$ tablet of Dink.) This episode must have recurred dozens of times in the $2\frac{1}{4}$ hours of insomnia. The only identifiable thought, by the way, in that period, is the wish to observe and record the phenomena in question.

1.25. I return to No. 1.

[Afterthought. Despite the conditions, I feel very much rested, perhaps more so

Now if I had slept deeply throughout, and been
awakened suddenly. While writing these
last entries I have felt an anxious wish to
confide the secret of this whole experiment
to T - E - on his arrival in the
Forest. I must think of why this should
be.

9.12.04. Slept all night, after only 3
a few repetitions of the "Patience called
Vigilance"; and that despite a beginning
of an asthenic attack, which is my animal's
way of asking for cocaine. Heroin which I
my husband is at once, does not touch my
asthenia: leaves it worse than before if anything.

I feel fully rested, mind and body; legs
indeed, but without irritation or fatigue. And
I feel no temptation to take heroin in order

1

2

to acquire strength enough to get up. Things
could hardly seem more favorable; but of course
they may be prelude to all sorts of horrors

12.0 Awake at last after several
relapses

3.0 P.M. Very dull damp and depressing.

Crawled up the Rockwell Avenue: no enthusiasm
no vigor, no courage.

Note that the important part of the treat-
ment is to ^{increase} ~~diminish~~ the ~~power~~ of
abstinence, and as having lost these sleep,
the best plan should be to be very regular
but careful, and allow a little habitable
to Revival

1 +

2 +

3.5 Small stuff

3.44 Big do. N.B. This is my "bad day" as
to cocaine, and the weather, as we all combine

+

to examine, and the weather, as we - all volume
 3.44 10.10.11. This is our "last day" as

3.3 Small 10.11

to examine

that center, and also a little bit of the
 the last of them, I would like to be very happy
 of them, and a little bit of them, and a little
 next is a ~~little bit of them~~ the last of them
 last that the important part of the last
 the "open, narrow"

counted up to 100,000, 100,000, 100,000, 100,000
 3.000. Very little time and laboring

replies

15.00 10.10.11. 10.10.11. 10.10.11. 10.10.11.

They may be helped to get out of there
 could hardly see how far away; but of course
 to examine them to get up. They

3 + 4.18 Machine stiff
to depress me.

4.27 Symptoms, so far, unsatisfactory. There is a dull malaise, subdued lack of any interest in anything, and the knowledge that Cocaine would put me right at once.

Cocaine is bad altogether, of course. The reason is this. The hunger for it is strictly moral, and a man ought to be able to master his moral passions. Physical torture, on the other hand, simply throws the moral apparatus out of gear: one cannot be blamed for committing suicide or doing any other ~~bad~~ act when the pain is so strong as to prevent the manifestation of the Will altogether.

I was slightly colicky, by the way, during my whole walk to-day. But I felt no

4-8-80 +

I am, dear Mr. [unclear],
 it is a whole matter, and the knowledge that
 interest in any thing, and the knowledge that
 I am not alone in my way of life.

I have a number of letters of mine. I have
 in this. The number of it is thirty three.
 I have a number of letters of mine. I have

his great friends - physical labor -

والله اعلم بالصواب

Appended out of 1 case: one cannot be

Handwritten signature: *Handwritten signature*

the first of which is the

as to prevent the manifestation of the

Will the other

1 was slightly embarrassed, but the next day

an effort to get the whole

temptation to take my Cocaine as that save.
I am tempted strongly, though, now, to present
the tediousness of my state. I want to smoke, eat,
read, write, drink, and sleep - all at once; and
I cannot settle to any one of these with the
least enjoyment. The feeling resembles that
of subconscious worry. But I am unable to
worry about anything, my affairs, work, old
memories, nothing seems to matter. I want
to be able to get into some positive state of
mind, no odds on what subject; and I
can't. Only Cocaine could help me, and
I won't take it.

4 +

4.50 Motion. My feeling is that the safest
course is to arrange a mild, insignificant
to overcome my general lassitude, which is
beginning to make me open to a violent
suggestion to throw the whole care on board.

I am tempted to take my medicine as that was.
 The business of my state. I want to make out,
 and, with, and sleep - all at once, and
 I cannot wait to say one of these with the
 least importance. The feeling remains that
 of a nervous man. But I am unable to
 worry about anything, my affairs, and, as
 business, nothing seems to matter. I want
 to be able to get into some position, state of
 mind, as well as what I want, and I
 can't. Only business will help me, and
 I want to do it.

I am feeling better. My feeling is that the object
 of my life is to be a man of affairs, and
 to overcome my general weakness, which is
 keeping me out of the way of a - what
 I want to do. I want to be a man of affairs.

5.15 Heavy with sleep, and on the
verge of "nice drunk"

5 + 5.28 Small. I did not want this dose; but I
want to take 7 in the 3 hours, so as not to
diminish the action too quickly. I want to take 6 doses
to-morrow, and for prudences' sake, and 9 at to take
are less than on the previous day. If I take 6 to-day, &
6 to-morrow, I might feel that I was failing to
make progress; while to-morrow it might well
be that 5 were not enough to carry me over
till Saturday.

6 + 5.49 Small Routine - no impulse

7 + 6.00 Medium. Routine - no impulse.

Programme for to-morrow:

Revel not before 2.0 P.M.

Confess 5.0 P.M.

In case of early sleep & waking - which may the
Gods grant - I free myself to work to Nelson
or at least Biv. G. Rod.

all good - but - in one of the best -
the best - I have myself -
in at least 100 - in 100 -

10.40 P.M. Before dinner I went to
Thibault to get a small and commonplace
printing job done. The ignorance, stupidity,
and obstinacy of the specialist (produced
ad hoc from the bowels of the cryptic)
nearly drove me insane.

at dinner I was dropping with sleep,
an absolute agony of decline. Coffee and
2 viney Maes revived me, and I took
my walk in perfectly normal brain etc,
not in the least intoxicated, but feeling
as I used to in 1896 as a bright May
morning in a new suit, strolling up
Trinity Street.

I then went to the Café and had 3 Mandarins
(I do not mean that I committed a felony
on the persons of three Chinamen of
high official rank). I practiced billiards.
I have not touched a cue for two years.

10.40 A.M. Before this was I went to

Thibault to get a small and simple
printing, of the. The is named "The
and the name of the printer (I understand
and was from the house of the printer)
ready to be in use.

at dinner I was disappointed with the
an absolute copy of the. After and
I was then removed and I had
my work in perfectly correct form. The
not in the least in error, but feeling
and I used to in 1896 as a copy of the
printing in a new suit, a better up
Trenton, N.J.

I then went to the City and had 3
I do not mean that I committed a blunder
in the process of these changes of
but I understand that I had not told me
I have not forgotten a one for two years

or been in good form for eight. I was amazed
to find myself doing better than I have ever
done in my life. All classes of stroke seemed
equally easy. I was not trying particularly to
do my best, yet I ran off a break of 22
from a leave of no remarkable promise.
Astounding!

at this moment I feel quite normal, and
not a day over thirty!

I wish to note (before I forget it) that one of
the nuisances connected with the legends
current as the effects of drug-taking is that
one is apt to attribute any and every
unpleasant symptom either to addiction or to
abstinence. Just as the man, who fell
downstairs while reading George Eliot and
broke his leg, jumped to the conclusion
that the fracture of the femur was

as I have in my life. I have many
to find myself doing better than I have in
there in my life. All things of the world
I greatly enjoy. I have not any doubts
to my best, yet I am off - back of it
from a sense of an inevitable future.
As I am!

At this moment I feel quite normal and
not a day over thirty!

I wish to note (before I forget it) that one of
the most interesting connections with the legends
concerns the fact of being - that is that
we are apt to be mistaken and even
confused about the nature of the thing which we
believe. But in the end, who shall
know how while reading these old and
late in life, I feel the connection
that the nature of the thing was

due to the fall; so I, after a bad night and
a weary walk in wet weather, wonder
whether my settime, depression, and other
disagreeable phenomena are due to (a) lack
of cocaine (b) too much cocaine (c) too
much heroin (d) too little heroin (e) my
Freudian attitude to drugs (f) my reaction
against said attitude (g) *et cetera* (h)
et cetera. The fundamental trouble about
drugs is that they tend to obsess me,
just as in the days of Christianity people
always referred anything that happened
to the prophecies in Daniel, Matthew
XXIV, or the Apocalypse!

These considerations, however, have this
effect at least; that I am no longer in the

and the fall, so, after a long and

a hard work in wet weather, winter

weather my nature, depression, and other

inhabitable diseases are due to (a) lack

of exercise (b) too much exercise (c) too

much exercise (d) too little exercise (e) too

much exercise (f) too much exercise (g) too

much exercise (h) too much exercise (i) too

much exercise (j) too much exercise (k) too

much exercise (l) too much exercise (m) too

much exercise (n) too much exercise (o) too

much exercise (p) too much exercise (q) too

much exercise (r) too much exercise (s) too

much exercise (t) too much exercise (u) too

much exercise (v) too much exercise (w) too

much exercise (x) too much exercise (y) too

heart anxious about my alleged addiction,
my imminent insanity, or anything else.
There is yet, I regret to say, one super-subtle
whisper: "Is not your freedom from
apprehension a device of 'the devil' to induce
you to disdain your manifold precautions, and
to go on the loose in order to show your
superiority to the whole situation"?

Just so: This is a call for putting into practice
my old rule: "When in doubt, stick to the
letter of your resolution, and never mind
the spirit" I may be free from all danger
of being enslaved by drugs; I may be making
myself absurd by going on with my 'cure'; but
I shall keep my rules for the sake of keeping
them, "without loss of result".

[illegible]

11.11 P.M. Well, that's off my chest — — —

(I wish the phlegm was!)

I shall read some dimmeling tosh till I
happen to go to sleep. Good-night, everybody!

die ♀ I slept at once, woke at 3 for
a few minutes, woke back a
bit at 8.15, slept again till
nearly 12. There has been a lot
of violent sneezing. I am now very
slack still, despite the length of
the rest.

1 +

2.10 P.M. Head has been feeling very bad,
chilled, empty, etc. Some relief, not complete.

2 +

2.24 P.M. Big. This put me at ease; but
I was aware of an absurd wish to let my calf

11/11/91 Well, that's all right

I was the happy man!

I will not be thinking too much!

But I am not a happy man!

♀ I left at once, made at 3/4

in minutes, made back

at 8.15, left again for

at 12. Then for the

of violent sneezing. I am now very

stark & tired, but the best of

the rest.

2.10 P.M. Well, that's all right

+ 1

Children, I am not a happy man!

2.24 P.M. But that was all right!

+ 5

I am now of an almost good to be

go. This work had no rational basis, positive or negative; it seemed principally due to the spirit of revolt against restriction.

2.25. T—E— not at station. I began the walk along the crest back to Friburgh.

3 +

3.08 Med

4 +

4.00 Med. No need, but I don't want to risk the loss of prestige involved in having to go back on my programme some other day.

4.21 I now feel in first-class shape all round. I walk briskly and blithely, and have a ridiculous feeling that I must be looking very "best".

5 +

4.32 Sub. Pro forma

6 +

4.58 Big. The result of this dose was (apparently) that I was suddenly overcome with somnolence. I can hardly keep my eyes open, or hold my pen. I must lie down.

8. N. T. — E — W. — out at station. 1 paper
2 inch of wood point restriction.
or used up; it occurs principally in the
of. This work has no reference to basis, functions

the walk down the west bank of the river.

2M 80.8 + 8

2 + 2.00 M². No seed, but / but seeds

to be back on my programme more the day
with the two friends involved in having

4.21 I was fed in last 2 days all round.
I will keep and help, and have a
situation feeling that I must be looking up

2 + 4.35 2nd. 2nd. 2nd.

1 + 4.28 B. Is worth of the box

then, a little for him. I don't like to have
any kind of help. I can handle my own
affairs. (I don't want to be bothered)

5.06 No: the feeling passes off, to some extent.

To-morrow's programme:

Réveil: 1.30 P.M.

Curfew: 4 P.M.

Doses: 5.

I know that I am not diminishing very rapidly. But I have organized and restricted the business. Last night's natural sleep was a big stride. I find the mirror justifying my impression that I am looking like an exceptionally handsome winner of the Diamond Sculls, whose boat is returned by the loveliest lady alive.

6.15. I'm not quite 'vice drunk'. This is as it should be. A fair year night's like last night ought to clean up the worst of the nervous exhaustion.

N.B. The cigar episode of Wednesday repeated itself!

No. 1000

To the Secretary of the

General: 1.30 P.M.

Super: 4 P.M.

2: 2.

I have just seen your letter of the 1st inst. and am very glad to hear that you are so interested in the business.

and will be glad to hear from you again.

I am sure you will find the business very interesting.

and looking like an exceptionally good one.

Yours of the 1st inst. has been received, and I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

I am sure you will find the business very interesting.

828. After-dinner walk cut short by very severe fit of shivering - the worst I have had since the time when malarial cachexia was very long suit. I refuse to admit that a little Heroin would put me right.

10.50 Slept ~~uncomfortably~~, but with the start
10.30 with fever, though ~~feverish~~ day & burning etc.

Feb 18
dicty 7.0 am. Wake fresh & fit, though very uncomfortable, the bed being short being drenched with sweat. I had no idea - despite much experience of malaria in such places as Rangoon - that such quantities of perspiration could

838. After-dinner walk cut short by very severe fit of shivering - the worst I have had since the time when malarial cachexia was my long suit. I refuse to admit that a little Heroin would put me right.

10.50 Slept ~~uncomfortably~~, but not the least

10.30 with pains through forehead & burning etc.

11.58. Nearly asleep; sweating heavily

Feb 18
Diet 7.0 am. Woke fresh & fit, though being uncomfortable, the bed being short being drenched with sweat. I ^{leaving} had no idea - despite much experience of malaria in such places as Rangoon - that such quantities of perspiration could

828. At the dinner with our host and
guests of 20 persons - the work of the
the time when material conditions were
very bad. I refused to admit that a little
better would put me right.

10.30 Left Cambridge, but could not
go to the train (which was late)
leaving at 11.0.

11.28. Nearly dark; meeting party
at 7.0. car with food & drink, but
very uncomfortable, the bed & my
bag being crowded with meat. I
had no tea - but it was very
of course in the house at 10.00 -
that was the end of the night.

be produced by so small a person! The
probability was no prospect of my getting a
contract with Houbigant.

12.0. I slept off and on all morning
while my shirt dried on the radiator.

1 + 1.34 Big. a tremendous relief, though I
can hardly say from what! It seems as
if my symptoms were becoming uniform.
I have had dyspepsia, fever, bronchitis,
asthma, rheumatic pains, tendency to
headache &c &c. The trouble is that
if it were not for knowing about Leavin, I
should have accepted any one of these as
the natural lot of mankind, & treated it
accordingly. As it is, I suspect "suppression"
to be at the root of everything abnormal.

2 + 2.07. Mch. Heavy rain: it would be stupid

be finished by 10 small - 10

possibly then we finished at 10:15

continued with the work

10:00. I left off and on all morning

which was not too bad for the weather.

1 + 1.24 10:24 10:24 10:24 10:24

can hardly say how what! It seems as

if my system were becoming more

there had the same, 10:24 10:24

10:24 10:24 10:24 10:24 10:24

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10:24 10:24 10:24 10:24 10:24

10:24 10:24 10:24 10:24 10:24

10:24 10:24 10:24 10:24 10:24

to go out walking, as I have not a
Barkington or a change of clothes, and in
view of two nights of violent fever. Yet
I suspect myself of exaggerating the rain,
as an excuse for relaxing my regimen.
This is all absurdly over-honest; the good
point is the proof that I am taking the case
seriously, the bad one that it shows a
tendency to scold. But in a case of this
sort it is ~~an~~ error on the right side to
be slow to make excuses.

2034. This is true, although at best a bit silly;
that all unpleasant symptoms, diverse as they are,
depart unceremoniously on the arrival of Heroin.
The converse proposition (is it converse, obverse,
contrapositive, or what? My logic is rusty) thus
appears tenable: that the symptoms arise from

It is not necessary to have a
particular or a special
view of the subject of natural
law, but it is necessary to have
a general view of the subject.
This is all that is necessary to
know in the first place. The
second thing is to know that it is
not a science, but a study.
It is a study of the law of nature,
and it is a study of the law of
the universe.

The law of nature is a science,
and it is a study of the law of
the universe. It is a study of the
law of the universe, and it is a
study of the law of the universe.
It is a study of the law of the
universe, and it is a study of the
law of the universe. It is a study
of the law of the universe, and it
is a study of the law of the
universe.

a single cause, the withdrawal of the drug.
Why then do not I get more symptoms still?
Obviously enough: the action of the heroin is
to prevent one's natural tendencies to illness
from manifesting. ~~and~~ I can well understand
(in this light) the claim made for opium and
its congeners that addicts are practically
immune from most types of disease. If then
one could be sure of not abusing such drugs,
it might be a tenable thesis that their use
prolonged life. (Excuse me if I do touch
the above remarks! May not such thoughts
be the seeds of my soul's enemies? I might
easily change my plan of campaign, aiming to
limit my doses instead of suppressing them. The
next step would be to employ cocaine to
enlarge the limit, or at least to become endless

and I am sure, the will power of the body.
What then do we do? I am sure you will
be interested in the action of the body.
to prevent any further inactivity, to others
for manifesting. I am sure you will
in the light of the same work for the
its purpose that exhibits are particularly
innumerable for each of the body. If the
we could be one of our own body, and
it ought to be a whole body that we
body of life. (Examine one of the body
the above remarks! I am sure you will
be the result of our body's action. I am
certainly changed in the body, and
heart and there is a great difference
and that will be to supply energy to
include the heart, and to lead to better

so that I slid back into the way of taking
a dose whenever I felt like it.

I think it very important for humanity to
set down all these subtleties; it has never
been properly done, either by an artist or
a psychologist. I am not sorry that I un-
dertook the experiment. These mental
analyses have analogies in other departments;
they will be extremely useful to the young
Yogi, for example.

3 + 2.53. Med. I must make a point of
analyzing the precise motives that operate
the actual decision at any moment as to
when and how much I take.

I observe, by the way, that the above
entry is accompanied by a moral collapse.

I have observed that the
 more I read of the way of the

Let there be these substitutes; it is wiser
I think it wiser in fact than to burn them.

I have not seen the manuscript. I am not sure that I am
 not making some mistake in my estimate.

1000, in example.
 that will be extremely useful to the young
 and inexperienced in the
 study of the subject.

375. 82.5 + 8

The school year is at an end
 and we have had a
 very successful one.

1. The first is the fact that the
the first is the fact that the

Such analysis strikes me as demandably difficult; and I instinctively cry out for a stenographer to save me the trouble of writing, and a dose of cocaine to brace me up to the intellectual fatigue.

8.58. I see no difficulty about this 'cure' which reminds me of Russell and his 'zig zaggingness'. Suppose I succeed in securing moral tone, I am liable to discover it to be my 'duty' to spare this campaign as selfish and trivial, and to sacrifice myself to humanity (or something pompous and piggish of the kind) by going off to establish the Law, aided by adequate doses. I can think of about a million outful arguments of this kind. The sole rebuttal is - as in learning

[illegible]

concentration of my heart - to stick to the
letter of the law, without heart of revolt.
I must emphasize this danger to the utmost;
I have seen too often in the past how one can
become obsessed by some ordered mass of
ideas, which are utterly irrefutable, and yet
are the purest & plainest falsehoods when
once they are set aside. The moral quality
required to do so is Resolute Stupidity;
it is his possession of this that has made
the Englishman master of the world. It
is the infiltration of the poison of intelligence
that is reducing him to a rational rabbit.
Tommy Atkins is immeasurably superior to
a Chinck the Emperor; if not, by what
right does England rule the waves?

unpleasant of my last - to look at the
little of the last, without any of my
last - and having this day a to the last;
I have been in office in the last year in
some degree of some of the last year
of some of the last year, which are
as the last of the last year, which are
more than one last year. The last year
of some of the last year, which are
it is the last year of the last year
the last year of the last year, which are
in the last year of the last year, which are
that is the last year of the last year, which are
The last year of the last year, which are
I think the last year of the last year, which are
with the last year of the last year, which are

3. 16. I have made one gigantic stride
towards recovery. I have regained my
belief in myself as a World-Force. Despite
the general indifference to things at large
which still leaves me without magnetism,
I am genuinely interested in this record, and
think it will prove one of the most import-
ant documents ever offered to psycho-pathology.

3. 26. I am calculating the best way to use my
last two doses. I feel no need of any thing, as
on previous days at this stage; and the
reason for taking them is as before. Yet I am
hunted by the argument of further disinclination.
I think: Hadn't I better take two big doses
as late as possible, so as to suffer less
before Revival to-morrow? as against

I have made no progress since

travelling resumed. I have not even

been in England as a whole force. Besides

the general in difference to him? at large

which still remains without exception,

I am a completely different person, and

think it will have one of the most

and fragments are of the best - but

200. I am calculating the best way to me

but two days. I have no more of my

a certain day of this day, and the

reason for taking them is as before. But I am

hunted by the agents of the administration

I think: I think I shall take two

as late as possible, as to the

before I reach the river? as

47
This: hadn't I better advance the price and
diminish the amount, so as to force myself
to fight through as much suffering as possible
— get used to it, like cells to being skinned?
For as I have hitherto managed ~~to~~ keep
strictly to my programme, I am getting to feel
confident that my friends will help me out in
a pinch.

The final argument is this: let me be
careful not to be over-careful. There is danger
in attaching too much importance to the
matter. On the other hand, no danger is so
great as over-confidence; if I get careless,
good-night! The bottom of the business is the
dear old oar-club bottom; to work without
back of oar-club. One must act with all the
candour and integrity possible; yet with

There is a great deal of
difference in the amount of
the light which is sent out
- but not in the way of being
For as I have noticed many
times that the light is
reflected from the surface of
the water.

The light is sent out in
waves and it is not
in a straight line as the
water is not a solid
body as we see. The light
is sent out in waves and
it is not in a straight line
as the water is not a solid
body as we see. The light
is sent out in waves and
it is not in a straight line
as the water is not a solid
body as we see.

indifference, as if one had no interest in the
upshot.

4 + 3.38 Med. I took this dose with very
marked reluctance. I am tempted to stamp
brutally. "To hell with the beastly stuff!" is
my reaction.

I am quite uncertain whether to regard
this attitude as a symptom of moral
convalescence, or as a subtly false attempt
of the subconscious craving to trick me into
rashness. It is certainly wise to repudiate
both claims and to maintain the Letter of
the Law.

While writing this, I observe a powerful
undertone of craving. The effect of the dose
seems to have been to make me eager to

~~not~~ continue the drug with enthusiasm.

[This effect, by the way, is exceptionally well
marked when taking cocaine] Now, what
may one deduce from this? Is it that the
stimulus, consciously recanted, is subconsciously
demanded? It seems that the gain in power,
the return towards the normal, gives us
confidence in one's mastery over oneself?
In other words, is one — — —

There is a marked confusion of thought in
my mind on this point; I feel acutely
that I am not expressing myself well,
and that I am not clear what I want
to express. This suggests that I must be
the "ticking near the nerve" of some
complex. My mind is simply bewildered.
I don't know how to formulate my question.

~~not~~ continue the drug with enthusiasm.

[This effect, by the way, is exceptionally well
marked when taking cocaine] Now, what
may one deduce from this? Is it that the
stimulus, consciously resented, is subconsciously
demanded? It seems that the gain in power,
the return towards the normal, gives one
confidence in one's mastery over oneself?
In other words, is one — — —

There is a marked confusion of thought in
my mind on this point; I feel acutely
that I am not expressing myself well,
and that I am not clear what I want
to express. This suggests that I must be
the "drilling near the nerve" of some
complex. My mind is simply bewildered.
I don't know how to formulate my question.

~~that continues to run with the current.~~

This of it, if the way, is exceedingly well

under what being become [Mr. W.]

and we believe from this? But that the

studies, current of matter, is undoubtedly

demanded? It seems that the way is open,

the system towards the universal, since we

existence in our material world?

In the world, is one — — —

There is a number of things in

and mind in this world; I feel myself

that I am not experiencing myself with

and that I am not clear what I want

to express. This suggests that I am to be

the "thing" seen the sense of some

complex. My mind is simply bewildered.

I feel sure that the foundation of my mind

properly. I am aware of a sort of shame
or embarrassment. It seems as if my
mind wanted to evade the analysis, and
took refuge in deliberate obfuscation.
This is of course what regularly happens to
the average man whenever confronted by
any moral problem. He shies with confused
consternation on such subjects as hygiene,
morality, and disease, because his
fear of what may happen to him is so
vast and so vague. This inhibition has
been responsible for all the ignorance
which has disgraced the history of the race.

5+ 3.58 Med. This spinal disc was taken
with a certain anguish (here this word is
equivalent to 'anguish') which I instantly

perhaps, I am aware of a sort of shame

and embarrassment. It seems as if my

mind wanted to make the analysis, and

took refuge in elaborate abstraction.

This is of course what we usually happen to

the escape was however frustrated by

my moral habit. The facts with respect

to the matter are not subject to dispute,

morally, and hence, because of

lack of what may happen to him is so

not and so vague. This condition has

been unfortunate for all the persons

which has exposed the nature of the case.

3.28 Feb. This kind of case was then

with a certain amount of loss to work on

perhaps to (perhaps) which (perhaps)

requested as saying: "All very well for
to-day! but what about to-morrow, when
the hunt is 4 doses?"

This sounds absurd, as three doses have so
far put me all right. But I am thinking of
the question of cumulative counter-poisoning.
and I feel a passionate impulse to break
down at this very moment, to "go on the hunt"
regardless. Yet the thought of taking another
dose is extremely repugnant. The last has
not made me feel any better; it has
simply dizzied me, and filled me with
querulous impatience. It has stopped
scrivining, I think; I will go out, and if
too wet, try what a Mandarin and an
hour with a candle will do for me.

I am with a one will do for me.
 To wit, try what a Mountain and on
 evening, I think; I will go out, and if
 possible, experience. It was still
 comfort and joy, and filled me with
 but made me feel very late; it was
 there is extremely dependent. The last
 regardless: yet the thought of looking another
 there at this moment, & so on the last
 and I feel a passionate impulse to break
 the question of cumulative results. I am
 for but one right. But I am thinking of
 This sounds absurd, as there is no
 the limit is of course?

4.14 Just a note before going out:- I am not
nearly "nice drunk", I am glad to say. But I
am tremendously encouraged by the thought
that this record will be a model by which
~~one~~ many ~~other~~ sensible men to work out
their own mastery of "habits" without
compulsion and alien assistance.

5.40 It was too wet to walk: I call to
witness the umbrellas of the indigènes.
I want book-buying and proof-inspecting; in
the shop I nearly collapsed. Fresh air restored me.
I want billiard-playing and Mandarin-drinking.
My billiards was again astonishingly admirable.
~~But~~ I was then overcome by sleepiness;
deciding to go home and lie down I had a violent
impulse to vomit; but after a disclaimer-
graver, I felt perfectly well again, and the

It is not a new before you at: - I am not
nearly "nice drunk"; I am glad to say. But I
am tremendously encouraged by the fact that
that this record will be a model of which
may ~~be~~ serve as a model out
than our mastery of "habits" without
confusion and clear structure.

2. So it was to me & well: I will be
in the hands of the ship crew.
I want back. I want and I want; in
the ship, I want to be. I want to be
I want to be. I want to be. I want to be.
My children was of an extraordinary of children.
I want to be. I want to be. I want to be.
I want to be. I want to be. I want to be.
I want to be. I want to be. I want to be.
I want to be. I want to be. I want to be.

soundness resumed its sway.

5.55. It is worthy of remark that my regimen seems to have restored my "drug-virginity" so-called by writers on the subject. The fact is that most of the fixed ideas about drugs are superstitions: I have long observed this fact with regard to a great many. But the more I learn, the larger is the rubbish-heap of accepted statements.

For instance, with ether, laudanum, nescal, opium-smoking and morphine, I find no tendency to habit whatever. More still, I am unable to force myself to use these drugs at all, except on the rarest occasions. Yet I have nothing but the most pleasant and profitable experiences in connection with them. With heroin and cocaine, on the

somehow resumed its way.

2.5. It is a matter of course that my opinion
seems to have returned my "day-vision"
so-called by me in the past. The fact is
that most of the cases which I have
as a subject in mind: I have not observed this
with regard to a great many. But the more
I learn, the more is the number of
accepted statements.

For instance, with the, as I said, several
of the cases, and perhaps, I find no

any more a subject in mind. However, I

am unable to free myself to use these

statements at all, except in the most occasional
cases I have written but the most frequent and

accepted statements in connection with

them. With these and others, in the

contrary, I have not much to thank them for;
and there has been a good deal of annoyance
connected with them. Yet it is for these and
these only that I thank. I begin to have a
grave suspicion that there is a masochistic
complex at the bottom of all this: a "will-to-suffer",
integral with the sense of 'sin' which accounts
for the popularity of humiliating creeds such
as Christianity in all its forms among
degenerate races. (I include such infantile
wish-fulfilment-phantasm reactions as
"Christian Science" among these morbid
phenomena.)

6.30. I have been noticing in myself a
tendency to irritability and suspiciousness.
It is not very acute or very persistent; but it

certainly, I have not much to thank you for;
 and there has been a good deal of correspondence
 connected with them. Yet it is for these and
 these only that I thank. I hope to have a
 more sufficient that there is a necessity for
 a number of the latter of all this is well & happy,
 entered with the sense of it, which accounts
 for the frequency of limiting circles and
 so Christianity is all its forms and
 represents well. I include such a number
 not sufficient - but can see that it is
 "Christian love" - and there is no doubt

(overlaid)
 6.30. I have been working in myself a
 tendency to visitability and responsiveness.
 It's not very late or very pleasant; but it

is sufficient to be evidence of a state of mind exceptionally free, if not to my disposition, at least to my assent-required habit of thought. It has appeared by fits and starts during some months.

6.44. Programme for Sunday.

Reveil 1.0 P.M.

Confew 3.0 P.M.

Dress 4.

As adj wants: stychamine appears of great use physically. I think I will try emphasizing this in the two or three hours before Reveil. Alcohol is a decided moral aid; but I suspect it of lessening physiological resistances, & unless one is careful to restrict its scope to erasing appetite and digestion or promoting sleep.

I am somewhat astonished to notice how

is sufficient to be evidence of a state
 of mind reasonably created by the
 treatment, at least to my satisfaction - requires
 light of thought. It has appeared to me and
 it has been my own words.

6.44. Programme for today.

General 1.0 P.M.

Conference 3.0 P.M.

Less 4.

as my words: the machine of my mind
 physically. I think I will try understanding this
 in the two or three hours before then. I should
 is a recorded sound and, but I repeat it of
 becoming physical and resistance, & unless one
 is content to accept its state to understand
 of the mind and its action in functioning. I hope.
 I am somewhat reluctant to write here

prolonged my lethargy is. The impulse is to
be checked; but Nature knows best, this is Her
way, presumably, of replenishing the resources

9.0 a minor incident took place before dinner.
after leaving my room, I began to think of
my supply of cocaine - was it safe? I went
back, assured myself of its integrity - and that
of the servants in respect thereof - and put it
back, with elaborate precautions against
a grain of it reaching my anatomy.

I now wonder whether this action was
dictated by the subconscious wish to take
some.

8.8. I dined slowly on light food in great
moderation - and was instantly impelled to
violent and voluminous vomiting. Painless,
almost pleasant. It leaves me, like the
previous entry, doubtful as to whether this

looking at my letter, is. The ink is
 is done; but the name is not, this is the
 way, however, of explaining the evidence.
 p. 0. a name is not to be taken from
 after leaving my room, I have a letter of
 my wife of course - was it safe? I want
 back, never myself, it is safe - and that
 if the name is not to be taken - and that it
 back, with the name of the person of course
 a piece of it, and my letter.
 I was under the impression that the name was
 dictated by the person who was to take
 the name.

8.8. I think that in light of the fact
 that it is - and was not to be taken
 violent and otherwise. I think
 about the name. It seems to me, like the
 name is not, and that it is not to be taken.

die. It is not a "device of the demon". Yet
there is an ample explanation elsewhere: I
was reading the Life of Lord Russell of Killowen
by R. Barry O'Brien. Probably the sickness
has saved my life.

8.50 I feel as if another shivering fit
were about due, so I get to bed and take
3 or 4 Quinine.

9.50 The shivering was avoided. I feel
generally washed-out, ~~and~~ rather tired,
sleepy, hungry, not anything else. My
thoughts are similarly colourless. For instance,
I wonder, without interest, whether I might
die before morning.

10.36 I now feel quiet and comfortable,
but rather bored.

It is not a service of the church. It
is an ample opportunity to
see ending the life of an individual
in R. County O'Brien. Probably the richness
of the land and life. It is a
service of the church.

8.20 I feel as if another service
were about due, so I set a date and told
the committee.

9.20 The service was arranged. I feel
generally satisfied - not, as with the last,
sleepy, but up, and very close. The
thoughts are somewhat scattered. The outcome,
I wonder, what a task, what a long

the before morning.
I have been quiet and comfortable,
at other times.

Feb 19

1152 M.A. Throat congested, stomach
irritated, sleep coy; will take
 $\frac{1}{2}$ tablet Dial Curo.

1153 a second $\frac{1}{2}$ tablet, then sleep res
nearly 9, & does till 11.20.

Suffering acutely from dyspnoea,
eyes watering, yawning, lassitude,
etc. I suppose this is the cumulative
trouble: I have means of my daily ration
to make up. I must admit a very strong
temptation to break my rules not
by artifice and cheating, but by
sheer weariness of the struggle. Shouldn't
be surprised if to-day was a severe
test of the treatment. If I break

3 + down, it is obvious that I need chemo
4 + aid. It affects me & weakens me that I
have no news of 31-666-31

1 + 1.1 P.M. Lunch & Stychemine helped
Big. 1 out, but I was glad when Revell
came.

2 + 1.21 Big. I didn't really want this; but he
"hopping mad clean through" to say about
nothing. I had no letters. It is now
cold weather. I am upset about all sorts
of things, and can't put names to them.
I expect a brisk walk would put me
in good condition.

1.50 Feeling particularly well after a
short stroll. Refused for my sweater as
it is very old.

down, it is obvious that I need chemo
aid. It frets me & weakens me that I
have no news of 31-666-31

1 + 1.1 P.M. Lunch & Stychemie helped
Big. out, but I was glad when Revell
came.

2 + 1.24 Big. I didn't really want this; but he's
"hopping mad clean through" to-day about
nothing. I had no letters. It is now
cold weather. I am upset about all sorts
of things, and can't put names to them.
I expect a brisk walk would put me
in good condition.

1.50 Feeling particularly well after a
short stroll. Refused for my sweater as
it is very cold.

then, it is obvious that I need them + 3
 and. I get me + washers one lot + 4
 have no more of 31 662 - 31

1.1 P.M. lunch & 1/2 hour in kitchen + 1
 1.20 P.M. out, but I was, and when I went

1.20 P.M. I didn't really want this; but I + 2
 "happily" went down to the "L. 2nd" and
 nothing. I had no letters. It is now
 cold weather. I am afraid about all this
 of food, and what but names to them
 I expect a lot of work would be done

in next condition. 1.20 P.M. + 3
 1.20 P.M. feeling pretty well after
 kind that. I should be up in water, it is very old.

3 + 2.20

4 + 3.00

8.44 back from a really good long fast walk. Feeling very much better. By a very curious paradox, I want to break the regimen, so as to make better best!

However, I made certain considerations, as follows: Having been busy reducing the doses, I have not been able to extend the intervals. I wanted to advance the hour of Curfar so as to avoid heroin insomnia. But I may now go on the other track. I will maintain Curfar at 3.0 and make Revil later.

E.g. @ Revil 1.30 / 3 doses
♂ --- 2.30 2 doses
♀ --- at 3.0 1 dose.

2.20 + 3
 2.00 + 4

4.00 took from a really good trip fast
 well. Feeling very much better. It is a
 minor headache, I want to break the
 regimen, so as to make better use!
 However, I made certain considerations, as
 follows: Having been long recovering the body,
 I have not been able to resist the temptation
 I wanted to enhance the tone of English
 so as to avoid nervous exhaustion. But I
 was not for the other task. I will mention
 further at 3.0 and make further later.

5.3.0 level 1.20 3 days
 2.00 2 days
 2.3.0 1 day.

3 +

4 +

It is no plan of my plan to drop from one dose to none, until I have reached the interval of 48 hours. The only plan to the attention to making my one-dose days 25 hours long is this: to replace the heroin on alternate days by cocaine. The objection to the whole scheme is this; that the hour of taking the dose always approaches bed-time, while it is most desirable (on the contrary) for it to be as early as possible. Suppose, however, I extend the two-dose period in this way: I dose a waking, the other at 3.0 P.M. and extend the interval by advancing Cutfew to 2, 1, noon, or reducing to one dose when the times coincide. This scheme has the advantage of changing the physiological cycle, which compensates (I think) for the temporary reduction of the interval which it is desired to extend.

which it is desired to select for the temporary retention of the material, which is required of the physical and the chemical properties of the material, and the manner in which it is to be used. The material is to be used in the form of a solid, and the manner in which it is to be used is to be determined by the physical and chemical properties of the material, and the manner in which it is to be used.

5.0 I may observe that I am recovering to a great extent my normal healthy interest in ordinary affairs, and also that I am not in the least suspicious as to my motives in making the above entry. I feel, in fact, quite considerable confidence in myself - for the first time. Indeed, I should have little hesitation for my own sake in going on the loose entirely; I refrain from so doing chiefly because it would apparently vitiate my record.

8.42 Dined rather well; feel all right, but a tendency to indigestion observed as an intra-scapular discomfort. But I observe that my virile reaction to various matters is remained like the eagle's, and a pretty rusty-ten-

2.0 I had heard that I was receiving a
great amount of support, feeling in fact
a strong opinion, and also that I was not
in the least suspicious as to my position
in making the above entry. I feel, at last,
that my terrible confidence is unjustified
- for the first time. Indeed, I shall have
little confidence in my own words as long
as the above entry; I remain in so doing
chiefly because it will apparently
injure my work.

8.42 Since that time, I feel all right,
have a tendency to keep my hand
as one in the - perhaps the right.
But I have that my wife reads
to remain matters is somewhat like
the capital, and a happy one. The

hard eagle at that. I find myself
wanting "an eye for an eye" from
certain people.

No. 20. Heroin was originally prescribed
for my bronchitis. It stops an attack
in a few seconds. Now, I have spent
this evening fighting the aforementioned mal-
ady with compresses and pastilles,
obtaining practically no relief.

Am I morally justified in resort-
ing to heroin out of business hours?

If it were a moral question the
problem would be pertinent; but
it is not. I am making a purely
scientific experiment with no

had right at that. I did not
wanting in any way to
control people.

Mr. Brown was not in old
for my knowledge. It is an
in a few seconds. Now, I have
this evening fighting the
up the conference and
obtaining practically no relief.

As I would, I wish to
in to know at of human
If it were a great
problem would be
it is not. I am
even like

40
moral implications cover; there is
therefore no difficulty whatever
in deciding to abstain. Mention this
as an example of the astonishing simpli-
fications effected by referring all
questions of conduct to the Law of
Thelema.

There is nevertheless a 'critical tem-
perature': I should take the heroin if
not to do so would spoil the record
in any case; for example, if the spasms
of coughing increased so as to endanger a
life. The use of the drug in such an
extremity would indeed form a
pertinent episode in the experiment.

21

There is no difficulty in seeing; there is
therefore no difficulty in understanding
in reaching to objects. In reaching to
as an example of the nature of things
figures affected by reference all
questions of conduct to the law of
Thelma.

There is no doubt that a certain kind of
nature: I shall take the form of
not to do so with regard to the second
in any case if the example, if the object
of any kind is created so as to be
life. The use of the thing is not an
intentional world without form or
purpose of the object is to be understood.

die

Feb 20

12:21 A.M. I am making a regular
St. Patrick's Night of it. Throat-trouble
acute with phlegm standing like the Old
Guard, and fever, insomnia, etc on
top; my mind saying with phantoms
of projects of various sorts - persistent,
but without alacrity or ability to
hold my interest. There is no definite
dumb-burger solver; but I suspect my
quite undeniable symptoms to be in
reality so many "legal arguments" of the
body, too numerous to explain partly
what it wants.

1:11 A.M. Nothing for it but a Good Night.

die

Feb 20

12:21 A.M. I am making a regular St. Patrick's Night of it. Throat-trouble acute with phlegm standing like the Old Guard, and fever, insomnia, etc on top; my mind saying with phantasms of projects of various sorts - persistent, but without alacrity or ability to hold my interest. There is no definite drug-hunger solver; but I suspect my quite undeniable symptoms to be in reality so many 'local arguments' of the body, too cunning to complain frankly what it wants.

1:11 A.M. Nothing for it but a Quick Cure.

U.S.

Dear Mr. [unclear] [unclear]

St. Patrick's Night of it. That table
seats with [unclear] [unclear] [unclear]
[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

of [unclear] of various [unclear] - [unclear]
[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

[unclear] [unclear] [unclear]

[unclear] [unclear] [unclear] [unclear] [unclear]

once more

2 AM. 6 respiration follows another.
Each ending in complete exhaustion.
I have tried wheezing *can-de-choque*:
no good. I will make one last stand
at Fort Vaux.

2.21. Unless sacrifice of human life. Relief
on second line. *Ils ne passeront pas.*

- 1 + Slight Relief very slight
- 2 + 2.36 Med. almost calm
- 3 + 2.45 Slight Med.

I could almost certainly have cut short the
attack with less trouble if I had not let it
go so far. I am "all in" from exhaustion.

one more

Mr. Desjardins follows another
that ending in complete exhaustion.

I have been watching the progress:

the foot. I will make no last attempt
at Fort Vancouver

2.2.2. When confined of some life. Ladies
in general time. As we passed the pass.

1	2	3
1	2	3
1	2	3
1	2	3

I could almost certainly have cut the
attack with the table of 100 and let it
go so far. I am all in from exhaustion

- away myself aching from the strain - breath
still quick & laboured - traces of 'phlegm-
ball' still in throat.

3.7 Practically - all better - though frightfully
tired. A noticeable phenomenon is a keen
ambition to write a play in French verse!
(Suggested, probably, by picking up my pocket
Tartuffe)

3.8. I shall consider myself provisionally
as having "borrowed" the three doses due
to-day, and pay them back if practicable
by total abstinence till Tuesday 2.30 PM.
I think also I shall go to Paris on Tuesday
and ask Dr E - G - for help to combat
these emergency attacks; it shall be worth
while, now that I know more or less what to
expect!

away myself aching from the strain - breathe
still quick & laboured - traces of 'phlegm-
ball' still in throat.

3.7 Practically - all better - though frightfully
tired. A noticeable phenomenon is a keen
ambition to write a play in French verse!
(Suggested, probably, by picking up my pocket
Tartuffe.)

3.8. I shall consider myself provisionally
as having "borrowed" the three doses due
to-day, and pay them back if practicable
by total abstinence till Tuesday 2.30 P.M.
I think also I shall go to Paris on Tuesday
and ask Dr E-G - how best to combat
these emergency attacks; it shall be worth
while, now that I know more or less what to
expect!

...the ...
...the ...
...the ...

...the ...
...the ...
...the ...

...the ...
...the ...
...the ...

4
6
6

5.2. Woke with access of spasms more
violent than before. As soon as I got
respite enough to control my muscles
at all, Wed. I have been asleep
dreaming voluptuously and planning
various projects in my puppet-show
5.11 Wed. Also I have been
sweating violently.

6 + 5.23 Still in the woods. Sun

9.0 AM. Woke very succinctly, my
chest still raw and distressed, but
a voice in my ears, clear as ever came
to me in my life, and proposed
nothing! NOT 12.1P.

Now the Fi had indicated this before

5.2. Woke with access of spasms more violent than before. As soon as I got respite enough to control my muscles

4 + at all, Med. I have been asleep dreaming voluptuously and planning various projects in my puppet-show

5 + 5.11 Med. Also I have been sweating violently.

6 + 5.23 Still in the woods. Sun

9.0 AM. Woke very succinctly, my chest still raw and distressed, but a voice in my ear, clear as ever came to me in my life, and proposed nothing! NOT 12.1P.

Now the Fi had indicated this before

x 4

72

70

• *phalaena* *phalaena*

Dr. O. W. Whitehead, M.D.

د افغانستان د اسماعیلیتو د ټولنې د ټولنیزو او سیاسي فعالیتونو د راپور په نوم یادېږي. د دې راپور په ټولنیزو او سیاسي برخو کې د اسماعیلیتو د ټولنې د فعالیتونو د راپور په نوم یادېږي. د دې راپور په ټولنیزو او سیاسي برخو کې د اسماعیلیتو د ټولنې د فعالیتونو د راپور په نوم یادېږي.

9656576

Now the fog has cleared & this before

Mark.
Train

and I had found excuses to dodge it.
I don't like the idea even now, since
fully settled. But I have cleaned up the
Fountain Clean formula and Prof's,
thank, with Mark Taming's story "The fine
hours of life" and NOT J2IP means
finishing my humble blue "Weep no
more, gentle shepherd, weep no more", after
the best possible conditions for the rest of
my case, including the 18°-41° remedy,
and is in all ways satisfactorily indicated.
With my habitual prudence I ask Thelem
for an order. 19th VII. I. 53. The applic-
ability of the passage may or may not be dis-
cussible by those who are not initiates of the VI°
of O.T.O.!

I had like the idea one more time
and I had found answers to doubts &c.

...the ...

For an album / under the paper /

...the ...

91517011

...and the ...

... and the ...

the last favorable condition for the rest of

مجلس، منقذ من

مسألة من ملازمة
ملازمة من ملازمة

1880

1847 Nov. 1. 23. The office

...the ... of the ...

10.5.0.1

It may involve my death, as "an
enchantment to unbind the bound"

8.36. I am a little calmer, now I am
sitting up in bed. By the way, I had a
strong "lunch" last night to play a
blat action against Arnold Bennett
for ~~My~~ "Paris Nights" reference,
acted out in a friendly spirit to gain
publicity. On this point Thelma says:
CXX I 50. end of news. Doubtful: the
suggestion seems to be not to let Bennett
know what is going on.

Made with Lark for not having written
Went out about 10 & started for home before
11. Shaved away from Golf course.
Exhausted by night's struggle; much

It may involve my death, as "an
enchantment to unbind the brand"

8.36. I am a little calmer, now I am
sitting up in bed. By the way, I had a
strong "lunch" last night to play a
blat action against Arnold Bennett
for ~~the~~ "Paris Nights" reference,
acted out in a friendly spirit to gain
publicity. On this point Thelma says:
CXX I 50. end of news. Doubtful: the
suggestion seems to be not to let Bennett
know what is going on.

Made with Lark for not having written
Went out about 10 & started for home before
11. Shaved away from Golf course.
Exhausted by night's struggle; much

It may be noted that the
"constant" is not to be confused with the "constant"

1.2.9. am a little nervous, now / am

... in the ...

...the "Lancet" ...

Wish to see you in the fall

Handwritten signature: [Illegible]

may be highly pleased - in the above

... of the ...

xx I 20. and are. 1888. 1888.

...to be not to be ...

...or going in the road

My dear Mr. L. I have just received your letter of the 10th inst.

Went out about 10 & 20 miles in front of

— same for 2nd year —

Fürwahrheit und Gerechtigkeit; er; auch

residual cough & soreness as well as
fatigue. A fine day and a fresh cool
morning rising wind; but I could hardly drag me
leg after the other - I make no apology
for

7+	1.04 P.M.	} med
8+	1.21 P.M.	
9+	1.36 P.M.	
10+	1.58 P.M.	med

Crawled in, still weak, about 2.30 P.M.

11+ 3.22 P.M. on bed
wrote a letter from bed

3.40 Eyes keep on closing with sleep

5.0 P.M. a nap, interrupted by a
fool bell, and the waking hidden
with a bronchial cough.

I have no shame in going for it at
once with an old friend Cocaine - partly

residential, except 2 corners at well as

for 1/2 hr. a fine day and a fine view

everywhere; but I will not say

any of the other - I make no objection

for
1.049.1 M. 7
1.019.1 M. 8
1.039.1 M. 9
1.089.1 M. 10

mounted in 1/2 hr. at 5.30 P.M.

8.50 P.M. 11

with a view to the

8.40 P.M. 12

8.0 P.M. 13

foot hill, and the valley below

with a panoramic view.

I have no change in going for it at
one with an old friend - but

as a change from the heroin, and partly
because it seems possible that it will
touch the spot better. The first small
sniff does indeed seem to clear the
matter up remarkably; but I will go and
see if the chemist can find me some
faler in Eiland.

1.2 # The small Cocaine. Note that in
all this business there has not been
the slightest concern "hunger and
thirst for nightmarish" but
sheer physical distress. And believe
me kid I know why - from my
own, by this time.

Write Workman (Pans the writing) by

as a change from the heroin, and partly
because it seems possible that it will
touch the spot better. The first small
sniff does indeed seem to clear the
matter up remarkably; but I will go and
see if the chemist can find me some
faler in Eiland.

1.2 # The small Cocaine. Note that in
all this business there has not been
the slightest concern "hunger and
thirst for misadventures' sake" but
sheer physical distress. And believe
me kid I know why - from my
own, by this time.

Write Wadsworth (Pans the writing) by

the way, about history.

The two little Cocaine sniffs have removed the bump from my chest & throat for the first time in 15 hours or so. The sinister circumstance is that this is just a week to-day since my Coco went away and it's all quite poor Tany now. I shall put the case before Gros belly and meanwhile roam along and ask the chemist if he can suggest some patent pulmonary purgative and promise me a purple plenitude of serene shusha, stainless of

التمهيد، ملخص الكتاب، الكفة:

الحمد لله رب العالمين

removed the lamp from my desk &

Handwritten text: "Handwritten text in 15 lines"

وہ کہ انہوں نے جو مسودہ

الملك الناصر المنصور بالله

It is not only the

John W. Smith

the one before the other

[Handwritten signature]

فصل في بيان

the first hundred years of the

... me a couple hundred

of some kind, kind of

fractured trouble, immune from
the perfidious and protesting pangs
of intercostal inhibition, of
respiratory reluctances, breaking
the bone of bronchial bulbars,
the cause of ^{any} cumbersome chest.

(and please observe how without-
anously the cocaine settles itself
in my style. The last few phrases
-redundant-syllabic-flayed;
nominally! I shall have supposed
that another dose was due, and

that makes me see, and
circumstances! I shall have to
re-examine the subject - I have
in my eye. The last part
merely to examine with it of
I am these things in my
the case of ^{my} children that
the case of learning history,
of introductory volumes, I have
of introduced a list of
the history and book of
the subject, in my
the subject, in my

loaded some more alterations
and parentheses on my mechan's
back!)

5.24 I do take a third; but that is only
to complete the rocks to ~~the~~
Street from the ^{Boulevard} ~~the~~ ~~house~~ ~~house~~ ~~house~~
from the Impasse Infernal

(Note. corrections and cross corrections,
pences, and peacockery!)

5.28 # 5.28 The Third One
3.

Interesting to note that just
23 years ago - early in '99 -

worked more and more difficult
and sometimes in my opinion.

Frank

1. The lake is a lake; but that is only

AS.2



to complete the record of

Handwritten signature: [Illegible]

from the Infants' School

Note: corrections and cross corrections

1. published in 1882

بسم الله الرحمن الرحيم

Interlocking & interlocking

23 Jan 20 - 1911

I was saving Allan Bennett
from his cycle of: Asthma,
Opium, Morphine, Cocaine,
Chloroform, Exhaustion,
Asthma ——— recurring,
fit took him 1 to 2 months to make
the round trip) by sending him
out to Ceylon. Perhaps I made
some good Karma when I
saved my master's life (at the
risk of my own, as it happened)
perhaps some one I never thought

has been called a
from his side of it
them, perhaps, because
celebration, and for

perhaps —
fit for the 15th and 16th
the same time (by the way)
out to (perhaps) 100
some good to come when
same and was his life (at the
right of and over, as it happened
perhaps one or two things

1 4

1000

of may be on the way to some
mine.

4 #

6.35. To cap the pyramid.

8.38 P.M. I had a long delightful
talk with a charming little chemist,
bought some iodine to paint my chest
& some ether in case of a bad night,
played a little billiards, read some
more Nordmann, drank some hot
milk, ate a small piece of bread,
wrote Nordmann a P.S. to plead my
sanity — and took several more
sniffs of Cocaine and one of
Heroin!

5 #

I did this day dead quite delightful

of may be on the way to some
mine.

4 #

6.35. To cap the pyramid.

8.38 P.M. I had a long delightful
talk with a charming little chemist,
bought some iodine to paint my chest
& some ether in case of a bad night,
played a little billiards, read some
more Nordmann, drank some hot
milk, ate a small piece of bread,
wrote Nordmann a P.S. to plead my
sanity — and took several more
sniffs of Cocaine and one of
Heroin!

I did this deed quite delightfully

5 #

of any be on the way to love

mine.

0.3.2. To up the payment.

A

8.3.8 P.M. I had a day off

talk with a young little lady,
thought was coming to see me

& was then in case of a day off,

happy & little children, and was

more than enough, thank you but

with, the small piece of bread,

wrote them a P.S. to thank you

very much - and that's all

uffs of love and one of

! Love

#

I like this best with letters

by. It seemed not worth while to minimize my "fall from grace", but to treat the situation frankly, get myself into a state of mind and body such that I could look at it from outside. Attempts to attenuate the assassination and trammel up his consequence would have been pitiful, and writing insincerity. My plan is to begin again tomorrow, with the week's experience to guide me as to what is wise. It is clear, for instance, that I can cut out the cocaine completely without fear

page

by. It seemed not worth while to minimize my "fall from grace", but to treat the situation frankly, get myself into a state of mind and body such that I could look at it from outside. Attempts to attenuate the assassination and trammel up his consequence would have been pitiful, and inviting insincerity. My plan is to begin again to-morrow, with the week's experience to guide me as to what is wise. It is clear, for instance, that I can cut out the cocaine completely without fear

peace

It seemed not worth while to
write my "fall from grace", but to
leave the situation frank, yet
myself in a state of mind and
body such that I could look at
it from outside. Attempts to
attain the necessary
tranquillity of his everyday
would have been fruitless,
in fact, as I am in a
hopeless state of mind, with the
week's experience to guide me as
to what is wise. It is clear, for
instance, that I can cut out the
correspondence without fear

of being distressed, and that I can start with a two-hour spell of 4 doses of heroin; having this advantage, too, that I can make Reveil my time of waking, which will ensure early rising.

I am quite satiated with steychaine to avert collapse, and to control craving. I am confident of my ability to adjust the hours of "indulgence" cleverly enough to keep the "storm-friend" from the door. I can rely on quinine in case of fever. My one weak spot is the original emphysema - asthma - bronchitis; and I must find a

of being distressed, and that I can
start with a two-bar speech of
4 bars of baron; having the
advantage, too, that I can make
them in any time of morning, which
will ensure early rising.
I am quite satisfied with my scheme
to erect colleges, and to extend
myself. I am confident of my
ability to assist the poor of
"Philadelphia" severely enough to
keep the "Star-Lined" from the
door. I can help a famine in case
of hunger. My one weak spot is the
art and mystery of making
bread; and I must find a

sure fortress against their ferocity,
which was solely responsible for
the present "regrettable incident."
~~Now~~ E - G will probably be able to
help there; and I dare say my own
iodine and other defences may
turn out impregnable.

I am quite contented with my
week's work, and proud that all
moral attacks were detected and
defeated. My sole uneasiness is
as to whether the severe physical
assault had not a Freudian
basis. To that suggestion I reply
with some conviction that fences and

sure fortress against their ferocity,
which was solely responsible for
the present "regrettable incident."
~~Now~~ E - G will probably be able to
help there; and I dare say my own
iodine and other defences may
turn out impregnable.

I am quite contented with my
week's work, and proud that all
moral attacks were detected and
defeated. My sole uneasiness is
as to whether the severe physical
assault had not a Freudian
basis. To that suggestion I reply
with some conviction that fever and

the further up with their servants,
which was easily responsible for
the present "respectable" incident.
The F - G will probably be able to
help there; and I have said my own
fortune and other defenses may
turn out unpropitious.

I am quite contented with my
weekly work, and know that all
moral attacks were detected and
defeated. My sole weakness is
as to whether the severe physical
account has not a fraction
less. To that I am I hope
with some conviction that I am

vomiting were natural effects of the
general strain (as I have seen often
in past years) and that last night
may well be set down to my
imbecile conduct in sitting on
a damp log in an incipient drizzle
after a long cold walk in a heavy sweater
to watch thirty "muddled oafs":

~~but~~ I blame myself, however, for
carelessness in (a) observing my
physiological state in several obvious
ways (b) keeping even the rules
of hygiene & therapy, even those
formally laid down in this record
(c) forcing myself to follow the

arranging were natural effects of the

general strain (as I have seen often
in past years) and that last night
they well be set down to my

incurable cough - in a thing as
a lamp had in my mind but thing as
the - had all work in a lamp
to watch thing "muddled up".

~~There was~~ / I have my self, however, for

children - (a) observing by

physiological state in several others

way, (b) keeping me the rules

of hygiene & therapy, and those

finally laid down in this record

(c) forcing myself to follow the

prescribed course when unwise, e.g., getting up and going out with fever on me.

I am pleased with the frankness and candour of this record; I think it is full, and free from self-deception, or stupidity, or cowardice. I think it assesses justly the dangers, difficulties, and determination which apply to the case. I feel that it has helped me, and will help others, to audit accounts; and I am sure that the week's trading shows a good profit; judged either by the figures themselves or by my demeanour and appearance. Unfortunately, there are no figures for the week previous, but my memory is quite clear that I have been taking heroin continuously for

presented some other course,
up and going out with deer or me.
I am pleased with the freedom and course
freedom of his words; I think it is full,
and free for self-expression, a simplicity, or
simplicity. I think it is a very
the simple one, difficult, and
determination which apply to the case.
I feel that it has helped me, and will
help others, to avoid accidents; and
I am sure that the work is being done
a good profit; I expect other of the
figures themselves as of my business
and of business. Unfortunately, there are
no figures for the next period, but
my account is quite clear that I have
been taking better advantage for

many weeks: three or four doses to help me to get up, and others practically all day at short intervals. As to Cocaine, I must have had at least two or three prolonged bouts of it every week, plus a few "lairs of the dog" on most of the 'off-days'. Most of my mental and moral powers were seriously affected in various ways, while I was almost wholly dependant on them for physical energy, in particular for sexual force, which only appeared after unusual excesses, complicated by abnormal indulgence in alcohol. My creative life had become spasmodic and factitious. I could not even

many weeks: there is no doubt to help
me to get up, and other breathing
all day at short intervals. As to coming,
I must have had at least two or three
hundred or more of it every week,
thus - "a few times of the day" or more
of the "off-days": Most of my numbers
and several former ones revised
after a various way, while I was
almost wholly dependent on them for
physical energy, or particular for
several years, which only appeared
after unusual exercises, complicated
by abnormal indulgence in alcohol.
My creative life had become spasmodic
and factitious. I could not even

take interest in any kind of work; what
I did was forced, feeble, and ill-sustained,
dependant on drastic drugging even
at that. I could not even face the
task of dictating important letters,
and shrank from contact with business
of all kinds. I could take no pleasure
even in eating and drinking, except
when the stimulus was ^{more} savagely spurred
by the stimulants than usual. I had
^{become} incapable of
all human reactions, from love and
self-respect to hatred and self-preser-
vation. I avoided washing, dressing,
shaving, as much as possible. I was
unable to count money properly, to
inspect bills, and so on; everything

take in trust in any kind of work; only
I did not force, feel, and the satisfaction
dependent on drastic surgery was
at that. I could not see how the
lack of thinking in patient letters,
and I want from contact with business
of all kinds. I could take no pleasure
even in eating and drinking, except
when the stomach was, and only spent
the 2 minutes then and. I had
all the human reactions, from love and
self-respect to hatred and self-hatred.
I wanted nothing, anything, I was
unable to count on anything, to
infect with, and so on; everything

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bores me. I could not even feel alarmed
at obviously serious symptoms. My
memory, though reliable, was very dull; it
It strikes me as astonishing that
so complete a cachexia as this should
not have been accompanied by the
slightest psychical disturbance. I
had no trace of hallucination, or
pseudotri- mania, no tendency to
deceit or concealment, no delusions
or ~~defects~~ defects of judgment; not
one (in short) of the classical psych-
oses which occur normally in cases
far less grave in other ways than
mine. This is especially strange,
in view of the fact that I had been

refused to
make any
efforts

of course
 memory
 of the

in view of the fact that I have been
 since. This is especially the case
 for last year in the way that
 was which even now is
 me (in fact) of the classical part
 or ~~the~~ defects of judgment; not
 sufficient or overabundant, no delusion
 present in mind, no tendency to
 has no trace of rationalism, or
 of which had failed the tendency.
 not have been occupied with the
 is complete a collection of this kind
 of obviously serious is important.
 of memory, though reliable, was very small; it
 took me. I could not even for a moment

462.
subjected to extreme mental worry of
many kinds for many months, and that
I had lost almost entirely the faculty
of sleep, which ensued only on (a)
extreme exhaustion, say after fifteen
hours painting and dictating, followed
by perhaps six hours severe frenzy (b)
hypnotics, such as veronal, reinforced
by desperate determination to sleep, or
(c) heroic doses of strong alcoholic
drinks, when the, brandy, a hot rum.

Yet I have not even had as much
as one unpleasant dream. The only
sustaining symptom has been occasional
feelings of inhibition
disproportionate to the
exciting cause, and of ^{mental} anxiety to

462
subjected to extreme mental worry of
many kinds for many months, and that
I had lost almost entirely the faculty
of sleep, which ensued only on (a)
extreme exhaustion, say after fifteen
hours panting and dictating, followed
by perhaps six hours severe frenzy (b)
hypnotics, such as veronal, reinforced
by desperate determination to sleep, or
(c) heroic doses of strong alcoholic
drinks, when the, brandy, a hot rum.

Yet I have not even had as much
as one unpleasant dream. The only
sustaining symptom has been occasional
feeling of inhibition
~~disproportionately~~ disproportionate to the
exciting cause, and of ^{mental} anxiety to

subjected to extreme mental worry of
many kinds for many months, and that
I had lost almost entirely the faculty

of sleep, which ceased only on (a)

extreme exhaustion, say of the fifth or
sixth month, and following, followed
by perhaps six more years of (b)

hypochondria, not covered, continued
by constant determination to sleep, or

(c) severe cases of sharp delirium

attacks, when the, finally, a last year.
But I have not even had a week
as one unpleasant dream. The only

relief, which has been occasional
of this kind, is due to the
resting case, and of course to

avoid allusions to subjects liable to annoy me.

That I should have been able to get back so nearly to normal good health - on all planes - in a single week: this seems to me almost miraculous, by the sombre standards of the text-books on drug-neuroses.

10.40 P.M. The above entry is a fair sample of what I can do when thoroughly drunk on a mixture of heroin and cocaine. But it should be compared with a similar effort last month. To-night I am clear, clear; not too verbose, redundant, detailed, or frenetic. The basis of the

and allowing to subjects to be able to
answer me.

That I should have been able to
get back so nearly to normal
good health - on all planes - in
a tiny week: this seems to me
almost miraculous, by the standards
of the best books on
drug-remedies.

10.40 P.M. The above entry is a fair sample
of what I can do when having the
trouble or a mixture of nervous and
cramps. But it should be compared
with a similar effort last month.
To wit: I am clear, calm; not
too verbose, redundant, tedious,
or frenetic. The basis of the

entry is mental and moral health.
I write what I want to write, without
excitement or effort. The drugs
merely inhibit my inhibitions. On
previous occasions, one may observe
an insane intensity, an impatient
fury. There is a delirious outburst,
and I am enraged at my slowness
and my lack of mastery. To-night
there is none of this. I feel myself
in full control of all my faculties.
Also, there is no impulse to appeal to
the drugs to "drive like the devil".
I no longer crane to push on from
one piece of work to another. Before,
I have "sped up" Pegasus, though
I have had no idea where I want

I have had no idea where I want
to have a picture of "Peppercorn" made.
one piece of work to another. Before
I no longer came to lunch or from
the shop, to drive like the devil.
Also, there is no impulse to appeal to
in full contact of all my faculties.
There is none of this. I feel myself
and my lack of direction. To wit
and I am wrapped at my shoulders
fury. There is a delicious outburst,
an intense interest, an important
person on occasion, are my obvious
easily in touch with nature. On
occasions out of effort. The things
I write what I want to write, without
any is wanted and moral health.

to go. The result has often been that
I have spent a furious night with
the Hounds of Hell, hunting some
horrible hyaena in the dark
across the sterile sands; I have
finished the work for the sake of which
I started dungging myself, and gone
on with some quite useless stuff
like "Limericks", or some shapeless
idea-less ranting raves of
obscene and obscene tergidity.
~~His inner identity says~~
~~that~~ "to worship me take
wine and strange drugs whereof I
will tell my prophet, and he
drink thereon": it is lawful to
do this, for to worship Him is

to go. The result has of ten been that
I have spent a glorious night with
the Hounds of Hell, hunting some
horrible papers in the dark
across the wide sands; I have
printed the work for the sake of which
I started jumping up and down
on with some quite useless stuff
like "The Immortal", or some such
other less interesting names of
obscure and obscure popularity.
~~The Immortal~~ ^{the Immortal} is worth a look
and a change about, wherever
will tell my husband, and be
thankful thereon: "it is laughable to
be this, for to understand this is

Miss

to make Him manifest, and so to
fill the world with Truth and Beauty.
But I have erred in going too far; the
worship has become forced, and
fallen into fanatical frenzy, which
blasphemes Him. He bids us also
to "exceed by delicacy", to "drink
by the eight-and-ninety rules of
art"; but I have exceeded by
depravity, and drunk by the three
hundred and thirty three rules of
the toper. He gives His guarantee
that these wine, these dregs, will
not harm me; but the condition
is obviously that expressed above.
I must justify Him (and myself) by

this wine

I must justify this (and myself) as
is observed that expressed above
not known; we; but the exhibition
that these wine, these things, will
the paper. He gives this, accounts
numbers and things these numbers of
depreciated, and drunk by the three
out; but I have succeeded by
for the right and - right rules of
to "exceed by delirium," to "delirium"
blackness. This. The balls are also
fallen into fantastic forms, which
worship has become forced, and
But I have never in going too far; the
fall the world with Truth and Beauty.
to make this manifest, and so to

making myself unchallengably master
of these "means of grace". I must be
as capable of using them, and as
confident in my capacity, as an
engineer is of handling high
explosives; and every piece of
work undertaken with the aid of ~~these~~
tools, must prove by its perfection
that His precepts and His promises
are wrought of Righteousness and
tested by Truth.

In the past, despite my ~~disappointing~~
errors and excesses, these ~~outpourings~~
Ongis have brought me beyond
all previous human attainments;
and I must not fear to follow

and I must not fear to follow
all previous human efforts; and
I have bought me books
and exercises, these without
to the best, definite and systematic
tutor in books.

are ready to be taken and
that his efforts and his knowledge
tools, must have by its perfection
work undertaken with the aid of the
expressions; and every piece of
and more it is of building days
confident in my capacity, as an
as capable of using them, and as
of these "means of grace." I must be
making myself unobtainably accurate

the flag and fight the good fight
with all my might. But I must
not get an arrow in my eye, like
Harold at Hastings, and so lose
control of my English that they
break out of their lines, drunken
with victory, ~~to~~ fall into disorder,
and perish beneath the lances of
the invaders.

For the present, then, I must pursue
my plan of suppressing the use of
drugs, altogether. That duly done, I
must lay down those "right and
winning rules of art", and keep
them. I must be able to use heroin

the day and night the good light
with all my might. But I must
not get on wrong in my way, like
Homer at the top, and so lose
contact of my English that they
break out of their mind, and then
with victory, to fall into error,
and bring down the banner of
the winners.

For the present, the first lesson
is to be of a different kind, the use of
hand, which is the first step, and
must be done there in the end
and the end of it, and keep
them. I must be able to use them.

and cocaine as adequately and
auterely is Rembrandt used his
paints. One should not smear
a nocturne with Rose Madder
because one likes the colour!

In practice, then, I go to bed instead
of continuing this persistent painting.

11.53 P.M. So, as promised, also get them!

(I will NOT disgrace this record by giving it
the title "Hero versus Heroin")

die ♂

Feb 21

12.01 am. I have painted my chest and
throat with iodine. The last of the phlegm
seems to have come away. I don't expect
to sleep soon with all this stuff in me,
in spite of last night's struggle and
the shortness of the final sleep.

a machine with two rollers
point. One should not wear
material as it will wear his

of carrying this house that building.

to give, but some are not

Heart with lobes. The last of the pharynx

♂

But my programme for the ^{week} day is this:

On waking: Café & croissant.

The first main hour: Ravel

Two hours later: Gurfew

Four doses of heroin: no cocaine.

In case of physical trouble, treat symptoms as

they arise, without narcotics.
Walk in 'boust if fine.
(Provided money exists)

4.26 to Paris.

Dine cheap, Lavigne

Look for putres for 18°: as no account

have anything to do with 31-666-31 unless

the magnetic conditions are totally reversed

Use putres for acid when found

Sleep early: wake early & repeat

Tuesday's programme: but 1½ hours heroin
in 3 doses

Thursday ditto but 1 hour & 2 doses

Friday ditto but 1 dose on waking

But my programme for the day is this

On waking: Café - constant.

The first walk: Paris

Two hours later: Café

Four hours of work: in evening.

In case of physical trouble, treat symptoms as

the cause, without necessity.
With in fact if fine.
(provided mind and body)

4.26 to Paris.

Three days later

Look for letters for 18.8. as no account

have and try to do with 24.000-31.000

The magnetic condition is not totally cured

The books of science are found

Keep early: make early a report

Travel's programme: but 1 1/2 hours later

in 3 days

Thursday with 1st hour & 2 hours

Friday with 1st. 1 hour & 2 hours

Saturday ditto but I have after waking

Sunday, - ~ 2 - - - - -

Monday ~ 3 - - - - -

Arrange to go to Epinal if C.F. likes. Otherwise,
(very) find an Epinal near Paris. (Quen)

1 + 12.30 P.M. Epinal

2 + 1.0 - - - - -

3 + 1 - - - - -

6.44 P.M. Near Paris. It has been
a bad day: chest never really free,
moral confusion re. Dr. Damp & death.
Had to use one or two extra leaves.

Letter from Angers! Camille is there.

What about journey? Last night I

had excited vision of you, & Epinal

Epinal

Saturday ditto but I have after waking

Sunday, - ~ 2 - - - - -

Monday ~ 3 - - - - -

Arrange to go to Epinal if C.F. likes. Otherwise,
(very) find an Epinal near Paris. (Quen)

1 + 12.30 P.M. Epinal

2 + 1.0 - - - - -

3 + 1 - - - - -

6.44 P.M. Near Paris. It has been
a hard day: chest never really free,
moral confusion re. Dr. Damp & dolls.
Had to use one or two extra Levis.
Letter from Angers! Camille is there.
What about journey? Last night I
had excited visions of you, & Epinal

Epinal

I want first an opinion from Paris. I expect
to be there in 2 weeks if C.F. will. Otherwise,

[illegible]

without reference to Camille, vague
phantoms of a marriage (suggested
by seeing one yesterday) & playing chess
as a way of getting into the game. I
think all these should be dismissed;
they had not the ring of truth.
5 - to this train!

PARADIS.

March 6 die One 11.30 P.M. Lie left
last night for London. Awake till after
6 a.m. then deep sleep (after much thought) till
2 P.M. when Berman woke me with difficulty.
Heroin & a little Cocaine. Wrote a bit
before dinner.

This whole period since my return to Paris
can be summarized "From Bad to Worse"
Lie is a violent spiritual prison to me. We
love deeply & truly; we sympathize; we

without reference to Councils, we have
 planted us of a country (supposed)
 by some one yesterday) & being in
 as a way of getting into the room I
 think all there & under the best
 they had at the end of last
 - to this town!

TARANTULA

March 6 the day 11.30 P.M. the day
 but not for London. Some little
 1 P.M. the day (the same day) the
 2 P.M. the day (the same day) the
 3 P.M. the day (the same day) the
 4 P.M. the day (the same day) the
 5 P.M. the day (the same day) the
 6 P.M. the day (the same day) the
 7 P.M. the day (the same day) the
 8 P.M. the day (the same day) the
 9 P.M. the day (the same day) the
 10 P.M. the day (the same day) the
 11 P.M. the day (the same day) the
 12 P.M. the day (the same day) the

do all we can to help each other: but we
act on each other like Cancer. It is the
formula of the independent growth in the
One Flesh. Already I feel a new man; I
have recovered my interest in life & work; I
have even the direct sensation that I am
"cured". I wrote to Dr. Edmund Ross last
night, telling him the whole story, & asking him
to call and fix a sanatorium for me
where I can direct my own treatment. To
submit to medical treatment would be to
destroy my whole theory, and blaspheme
the Gods whose chosen minister I am.

~~With~~ I have been morally paralyzed
by Lin's presence. I will now begin a
new diary describing the completion of
my mastery of myself in the matter
of heroin and cocaine.

of all we can to help each other: but we
not on each other like cancer. It is the
formulas of the independent growth in the
One Field. I don't want a new enemy!
I have enemies up in front in life & work!
I have the strictest confidence that I am
"cured". I wrote to Dr. Channing last
night, telling him the story, & asking him
to call and sketch a reconstruction for me
where I can stand up on treatment. To
submit to medical treatment would be to
betray my whole theory, and I have
the faith whose chosen ones I am.

~~But~~ I have been awfully puzzled
by this business. I will now begin a
new diary detailing the confusion of
my mastery of myself in the matter
of heroin and cocaine.

March 7
die ♂
Fernald?

2.10 am. Seals still cony. Assuming
Fermat's Last Theorem to be true,
that (2.21) $x^n + y^n = z^n$ has only
one integral solution ($x=3, y=4, z=5$)
must be as fundamental a peculiarity
of the cosmos as the unique fact
that water is the sole exception to the
rule of progressive contraction on with-
drawal of heat. Why should water expand
between 4° and 0° ? To bring together
these two facts and find a common
explanation would be to establish
a totally new principle in Nature.

2.20. Impressed on me strongly that I
must "go to Spain" i.e. by an angry carrier

2.10 on 2nd floor. 10.00

Transit from the room to the street

that (1.51) $x^2 + y^2 = z^2$ has only

one integer solution (x, y, z) = (3, 4, 5)

and is an example of Fermat's last theorem

of the case n = 2. The only integer

solutions are the trivial ones

where one of the variables is zero

or all three are zero. This is well known

and is the only case where

there are two solutions and a common

multiple would be the product of

the two solutions. It is not known

whether there are any other solutions

except the trivial ones. It is known that

March 8
die ♀

Actaeon

3.21 A.M. Heard from Mammals
& Actaeon. A foul mass of filth
from a Detroit garbage-can. Evening
with Année.

4.50 P.M. Couldn't sleep till after 6 A.M.
Woke now.

9.30 P.M. Bright & lively till 8.30

Then weighed down with weariness.
Will take Nostalg till sleep. Must call
on Edmund Gros at 2.30 P.M. tomorrow

Mar 9.

die ♀. Saw Gros (Method: nostalgic, slept till
1.30 A.M. Took more nostalgic, & was kicked
up at 11 A.M.) He prescribes Luminol &
Divonne-les-Bains (Air) near Geneva.
D^r Boninus. I feel better already!

