

I was very tired and decided not to type in my journal tonight but to get up in the morning and put in an hour.

I read Wilson for an hour. I fell asleep and missed the first part of "In Conversation."

I went to bed at 12.30.

22 July - T - I got up at 5.00 and before I went to work I typed in my journal an hour.

At the office I was not called upon to work for anyone and I spent a relaxing day.

I brought journal entries up to date. Then I listed all my July expenditures so far.

I prepared Carol's reading file and filed some of her materials.

At noon I saw the film in the employees' series. It featured poems of Robert Frost with scenes from his life and New England environment with some engravings of Norman Rockwell. The film was only about fifteen minutes long. I went out and ate my lunch on the PG&E steps. The day was warm and sunny.

I didn't hear from Carol.

After getting home from work, I ran in the Panhandle for fifteen minutes.

I prepared and ate dinner and washed dishes.

I typed from 9.30 to 10.30 in my journal. My progress is not encouraging. I have typed only five pages so far this week.

I mended clothes while listening to "In Conversation."

I took a bath. I have been slow to use cold water as desired by Jim. I don't have a shower and it is difficult to sit in a tub of cold water. This week I have been pouring cold water over my body.

I read Wilson for an hour.

I went to bed at 1.30.

23 July - W - I put in a call to Carol about 8.30. She said she'll take the Friday afternoon plane and be back in the office on Monday. She said she was very busy. She hadn't located housing yet. She talked to Tom and to Bob Garb.

I sent my medical receipts to the insurance company. I sent the premium for my car insurance.