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organization shape up, give accurate written reports, and improve ~~their~~ <sup>secretary's</sup> appearance. He wants them in uniform at all times; they have not been wearing uniforms on Wednesday.

The meeting was out at midnight.

I read Wilson and ate a snack.

I went to bed at 2.00.

14 August - Th - I had only one memo to do for John.

I spent a good part of the day drafting a letter to Mabs.

This afternoon, before leaving work, I started on Carol's time card, having received information for it from her secretary in Gaithersburg.

I left at 4.00 for an appointment with Dr. Fudgen who wanted to see me after the hygienist had cleaned my teeth. He checked me for oral cancer, took my blood pressure. He was pleased that it had gone down to 135/80. He found some plaque and said I wasn't cleaning my teeth properly. I have to have another appointment with the dental technician for more instruction.

At home I exercised.

I washed my hair.

Had my juice and buttermilk.

Washed clothes.

I read Wilson.

I went to bed at 1.30.

15 August - F - I got the time cards in for Carol and myself.

I typed a memo on the Martin Marietta Aerospace agreement for John.

After I had my juice and fruit for lunch outside on the PG&E steps I felt sick as I had yesterday after lunch. I lay down in the sun until I felt better. Then I went to the post-office and bought stamps. I needed an air mail stamp for the letter to Mabs.

I retyped the letter. I tried to indicate to Mabs that, though I may have been unjust to Dorothy, she (Mabs) had been unkind to me, citing her attitude, as I perceived it, about my affiliation with the Temple. I stressed that true love was doing something about the condition of minorities and other disadvantaged people.

At home I packed for the weekend.