

Papers relating to Anthony Phillip Gairdner

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

A. P. Gardner

Daily Notes - from 1st Aug - to 6th Sep 1912
(Kept for Dr. Price)

Aug 1-8 Kept no Daily Note up till now but can set down the following outline:-

Found work on Rockery (putting in stakes and cutting paths according to plan) very interesting and usually felt the better for it. Croquet tournament games and tennis re all most enjoyable. But in spite of all there was a marked depression of spirits, less violent than previous ones but more continuous; in general not leading to loud exclamations except at night in bed, or about 4 or 5 occasions. The main causes seemed to be (1) The suspense about everything including the treatment (2) A feeling of debility & total lack of any worth (3) Resentment at the circumstances which committed me to my profession.

A marked relief of the depression took place as from about the 5th or 6th when an idea occurred to me from looking over the ^{educational} advertisements in the Guardian which seemed to provide a prospective loophole. The notices

A. J. H. H. H.

Body Notes - from the day - to the day.

(The first of the series)

Aug 1-8 kept no body note up till now but can see

from the following outline:-

There was no body note (putting in notes and telling

body according to plan) very interesting and

usually felt the body for it. (Larger than

and some and there is all most complete)

but in spite of all this was a mistake

repetition of spirit, less than the previous

one. But more continuous; in general not

being to mind and sometimes except at night in

the morning. The morning

was more or less of the same as the

morning and the treatment of the feeling

of body and the total loss of the body

repetition of the same as the previous

one. But more continuous; in general not

being to mind and sometimes except at night in

the morning. The morning

was more or less of the same as the

morning and the treatment of the feeling

of body and the total loss of the body

which caught my eye were of an agricultural college ~~for~~ and ^{also of} private persons for pupils etc. in agriculture, surveying, Estate-Agency etc. It seemed to me that the latter would supply an alternative career (should ordinary office work be advised against) which would not throw away my previous business training and would moreover not require the same amount of capital as farming, but would ~~be~~ ^{not involve} entirely sedentary and indoor work. Further, should it be advised ~~that~~ (after the treatment here is finished) that at ~~any rate~~ some time must at any rate elapse before I can resume office work, then it ^{seemed to} ~~would~~ be the best way to spend that time ^{by} learning a second line of defence. I realised however that in the meantime it is inadvisable even to form plans, but on consulting Dr Mackenzie agreed it w^d do no harm to send for a prospectus of one of the colleges (not the "college" system is necessarily the best way of attaining this object)

This train of thought did certainly relieve much of the depression as it provided a loophole ~~in the~~ for a possible outlook: but I was a good deal agitated with impatience at the impossibility of making any further ^{communications or} plans in the meantime.

which compares my experience of an agricultural
college for one, and the various business for public use
a government, university, and other things, and the
several things that the latter would imply
and with a view to the other things, and the
to be done, and the other things, and the
my business, and the other things, and the
and the other things, and the other things, and the
but would not be entirely satisfactory, and the
the other things, and the other things, and the

(of the treatment here is finished) that at
some time must at and vote close before
can resume office work, then it ^{seems to be} the best
way to spend the time, and, during a second
and of course, I would however that
in the meantime it is inadvisable even to
form plans, but in consulting the
after it is so far as to send for a prospectus
of one of the colleges (and the "college" system
is necessary, the best way of obtaining the

office)

This is a point of thought, but certainly
there must of the government as it provides a basis
in the for a private institution; but I was a good
deal satisfied with the importance of the importance
of making any further plans in the meantime

Aug. 9. Friday. Day off with Swaine to Knaresborough. Very successful. Felt very fit on return in spite of slight cold.

Aug 10. Saturday Cold worse. Very disinclined for the work at the Rookery. In afternoon stayed indoors but for wine.

Aug 11. Sunday Stayed in Bed. Cold still bad. Disinclined to do much except read all day which did not improve my head. Had letters to write and these notes to begin but could not bring myself to start and suffered much self accusation for my laziness.

Aug 12. Monday. Cold descended to chest. Wheezing in afternoon. Strain Kettle at night. Still more disinclined except for more reading: ~~still~~ read too miscellaneously and rather taxed my head. Still could not bring myself to letters: more self accusation. accused myself that if I was to be like this in life I w^d make neither a land agent nor a farmer nor anything else. A certain amount of depression ~~but not to~~ ^{extent} accompanied such reflections.

Aug 13. Tuesday Wheezing much better but stayed in bed. Matters much as yesterday including the procrastination.

of the letters : but got these notes made. Slept
a good deal.

Aug 14. ^{Wednesday} ~~The~~ Cold much better arranged to get up in late morning
but procrastinated that too and did not (from
one cause & another) get up till 3.15 and then
took $\frac{3}{4}$ hr to dress. However I began to
realise that this lassitude was to a great extent
caused by the cold & the wheezing & being in bed
etc so did not allow myself to be too deformed
by it. Certainly felt not fit for much on
getting up. Sing-song at night with Boddington
Gaythorne & Swaine. Went to bed ^{room} at 10
but not in bed till 10.45.

Aug 15 Thursday Got up about 10 = till when read. Rose
very ~~stoddy~~ ^{languid} ~~stoddy~~ & tired. Went to
Dentist and did some shopping in morning.
Took it easy till about 6 ~~at~~ then played
Croquet. Was very done up at end of day.
Throbbing pulsations in ears &c.

Aug 16 Friday. ^{Breakfast in Bed.} ~~Did~~ Cycled with Swaine in the morning
^{a few miles past} to Stamford Bridge &c. Felt better. In
afternoon took it easy and tried to write
to my brother about the Land Agency idea, but

could not settle to ~~anything~~ and even when I did settle could not express myself: ~~so that I began to feel~~ doubts as to the proposition to sink in me the Capital ~~so that~~ I began to feel doubts about asking them to sink any Capital in me as I seemed likely to make a mess of everything and they can ill spare the Capital unless it is made use of. I was very tired and languid & the pulsations were in my ears all afternoon & evening. Began to feel the return of that sense of revulsion at any kind of work physical or intellectual. Thus I got increasingly depressed and the Shakespeare Reading we held in the evening did not help the depression. So that at about 10 o'clock it became acute again and I ~~could~~ walked up and down my room calling out things aloud, & banging ^{things} about (I ^{was told} heard next morning that this was all heard out side of my room) Bed 10.45

Aug 17 Saturday ~~Awake~~ Slept very well but awoke languid and depressed. ~~After~~ Delayed getting up and breakfast was brought me. Got up about 9.30, but ~~was~~ could not bring myself to do anything not even dress quickly. I did not call out this time but was simply depressed, so as not to wish to speak to anyone. Saw Dr. Mackenzie & then went down to 'Dig' at 11 o'clock till 12. Felt ^{a little} better but pulsations ^{sounding} in ears again.

could not settle to ~~anything~~ and even when I did
write could not express myself. ~~or that I began to feel~~
~~bound as to the propriety to write in the Capital~~
~~so that I began to feel doubts about asking them~~
to send any Capital in as I seemed likely
to make a mess of everything and they are so afraid
the Capital which is made in it
very few and I began to feel doubts about asking them
even all afternoon & evening. I began to feel the
return of the former of them at every turn
great physical exertion. This I got
increased, however, and the 2nd of June I
was told in the evening that the Governor
so that at about 10 o'clock I began to feel
and I could not get up and down my room
and I think about 11 o'clock I was told
that I was all right and was going home.

May 17 Saturday
I began to feel better and was able to get up
and I think about 11 o'clock I was told
that I was all right and was going home.
I was told in the evening that the Governor
so that at about 10 o'clock I began to feel
and I could not get up and down my room
and I think about 11 o'clock I was told
that I was all right and was going home.

and still very disinclined to do anything. Cricket Then
Tennis singles. In evening Billiards & music.
Went to bed a little better.

Aug 18 Sunday. Minister in morning. Letters in afternoon, but
very slow to bringing myself to anything. Evening,
Meeting & hymns in drawing room. General
condition rather better.

Aug 19 Monday. Digging till 11. Then Dentist. In afternoon
wrote letters to the Agricultural colleges and to
Barton. Tennis "single". In evening
"Merchant of Venice" at the Theatre: enjoyed
it very much. But home rather late and
not in bed till about 12 o'clock. General
condition A good deal better but not ~~very~~
high spirits.

Aug 20 Tuesday Full morning's
Digging ~~in morning~~. In afternoon sat
in front of fire (weather very cold) conversing
with G. Thorne till 4. Then Croquet single
till 5 and again after tea till 7.30 (lost 2 won 1)
In evening Billiards. General condition
Inclined to be slack during the day ~~the~~ and depression
coming on at night. (Losing croquet games would
only have a slight contributory effect, and that only in respect of

and other very beautiful to be supplied
James Hingle. In evening
saw to be a little better.

Little Henry. Morning in morning. Letters in afternoon, but
very close to bringing myself to myself.
Meeting of James in morning room.
General. Condition rather better.

Chief Henry. Picking till 11. Then breakfast. In afternoon
write letter to the general and coffee and to
Baker. James single. In evening
"Merchant of Venice" at the theatre. (performed)
A very much. But have rather late and
was in bed till about 12 o'clock.
General. Condition rather better but not
high spirits.

Chief Henry. In afternoon. In evening
in front of me (weather very cold) (unpleasant)
with (perhaps) till 4. Then (perhaps) and (perhaps)
till 7 and again after the last (perhaps) (perhaps)
In evening (perhaps) (perhaps) (perhaps)
to be dark during the day and (perhaps)
coming in at night. (perhaps) (perhaps) (perhaps)
and have a slight (perhaps) effect, and that only in respect of

any marked ~~dis~~ inefficiency in my own play. I admit this much may have ^{been} a slight contributory cause, but in the main I seemed very tired & slack.)

Aug 21. Wednesday Awoke very tired & despondent and got up very late for breakfast. After breakfast very depressed and quite disinclined to apply myself to anything. Did not go down to dig till 11 (felt as if I could not bring myself to go down). When I got down ~~it~~ ^{felt} seemed quite unable to raise any vigour for it and when (after about 5 minutes) a piece of the bank fell in I just gave it up in disgust. ~~Altogether~~ ^{Altogether} went and did a little mowing and then came up and lay on the sofa. Altogether out of mood for talking to anyone and quite depressed (though no exclamations). Depression continued all afternoon and was hardly relieved (albeit perhaps a little) by my making some runs at Cricket. I ~~have~~ never have been quite so uncivilly depressed — By uncivilly I mean that I often hardly ^{could} respond to cheery remarks made to me and wished that they would not make them.

Felt as if no future lay before me at all, as the bare idea of continuous application to any work ~~and~~ and of trying to keep good spirits at the same time seemed impossible. The idea of

Holding my own in company seemed almost impossible.

To day I learned from replies of the Agricultural colleges that State Agency was practically out of the question. ~~I~~ I feel as regard to everything however that I cannot gain any efficiency &

Pulsations still sounding in ears, but not so loud.

Pleasant social evening in the Gallery. Vigorous game of General Post. On return felt ~~much~~ ^{physically} relieved in the head a bit but had the depression still on me. However I suppose if one keeps on physically improving the Depression may lift again. Perhaps one may be able in time in this way to even return to C.A. work.

Aug 22 Thursday. Lay awake ~~at~~ considerably depressed for some time before going to sleep last night. Woke up with a vivid dream about family affairs. Realized that every addition to the expense & delay before I am self-supporting is a serious matter. If possible I ~~must~~ ^{should} try and make my present training support me somehow. — But how can I to get out of this state.

Late for Breakfast as usual. Slight tendency to Depression, but managed to

to even return to C. A. work.
one may be able to leave in the evening
Depression may lift again. Perhaps
if our keeps are physically improved the
the depression will come. However I suppose
felt ~~more~~ ^{physically} released in the head a bit but had
vigorous frame of General Post. Or return
pleasant social evening in the gallery.

21st. I have to be provisioned for money to
 take for back pay as money
 can't be got out of this state.
 Having no other means of support
 I have to ~~depend~~ ^{depend} on my friends and
 family for support in a serious
 matter. That every addition to the expense & delay before
 with a very great deal of family affairs. Besides
 time before going to sleep last night.

get going at the ~~fast~~ digging and did rather an effective morning's work which reacted most favourably on my spirits. Dentist at 12 and 4.30. Afternoon

3 games of croquet. Evening. Theatre (much adv about nothing). Not home till 11.30 and in bed 12.15.20

General condition: a curious ~~vacillate~~ up-and-downness between depression and gaiety. calm.

Aug 23 Friday

Rather tired. but ~~for some~~ not out of spirits. Very wet day: worked in greenhouse. This w? I ~~was~~ previously have depressed me but I seemed easy in my mind and with less disquiet in the head and in a more philosophical & hopeful mood. Worked quite steadily all morning which further helped the spirits.

Good afternoons work digging (in the rain). Felt much better.

Evening: Shakespeare Reading Party.

Bed. Horrible. Slept ~~the~~ well: rather perplexing dreams in middle of which the bed screen fell over on top of me. Gave me the biggest fright I think I have ever had. For a few seconds, before realising what was happening, ^{being only semi-conscious} I was literally knifed and yelled. I think I was only half-conscious as I had the sensation - horrible in itself - of being devoid of reason for about 2 seconds. Had some milk & the light turned on & slept all right after, about half an hour.

get going at the ~~first~~ digging and as rather an effective
maneuver was indeed tested most favorably in my
opinion. Went at 12 and to 30.
3 games of cricket. Evening. Theater (about 8.30)
about 12.30. Not home till 11.30 and in bed 12.15.
General comment: a curious
up-and-downness between depression and ~~excitement~~
calm.

Aug 23 Friday
Better feel. But ~~not~~ not out
of spirit. Very wet day: worked in greenhouse.
This is ~~the~~ ~~most~~ favorable time between the
I seemed easy in my mind and with low spirits.
spoke in the lead and in a more philosophical & helpful
mood. Worked about 4.30 and about 5.30.
Further helped the spirit.
Two afternoon work digging (in garden)
All much better.
Evening: Shakespeare reading party.
Bedtime. Light ~~at~~ well: rather pleasant dream
in which I think the two scenes fell over on top of me.
Gave me the biggest laugh I think I have ever had.
For a few seconds, before realizing what was happening, I
was literally terrified and yelled. I think I was only
half conscious as I had the sensation - ~~horrible~~ in
itself - of being made of tissue for about 2 seconds
the time with the light turned on & left at night after the
light was

Aug 24 Saturday Digging in morning. Afternoon too wet for cricket. Played Rannis later on.

25 Sunday Minister in morning. Easy all afternoon. Played hymns at meeting. Walk afterwards till supper time.

In general spirits kept from going low but found there was a tendency in that direction (altho' sometimes they were quite bright). I see the Honolulu affair is the one of all others I must train my mind against reflecting upon.

26 Monday Very wet day. Greenhouses in morning. Dentist at 12.45. In afternoon felt very slack and disinclined, but did not have any depression. Wrote a couple of letters. After tea some badminton. After supper bridge. Tired and low spirited in evening right up till bedtime. Altogether rather an unsatisfactory day.

27 Tuesday Awoke tired and low spirited. Was very late for breakfast. Felt as if I was letting myself degenerate & soften but had not the motive nor the energy to resist. Realised that in

27 January. The morning was very cold. I went out for a walk in the morning. The afternoon was very cold. I went out for a walk in the afternoon. The evening was very cold. I went out for a walk in the evening. The night was very cold. I went out for a walk in the night.

28 January. The morning was very cold. I went out for a walk in the morning. The afternoon was very cold. I went out for a walk in the afternoon. The evening was very cold. I went out for a walk in the evening. The night was very cold. I went out for a walk in the night.

such a spirit as this one would drop to the lowest level in any line of life. Felt desperately selfish that the thought of my people did not stir me out of the mood: and yet I remained in. In a low mood like this all day: did not dig in morning; in afternoon played ~~re~~ croquet and was a little better. Very nice dance in evening in course of which felt very much better: but took some time to go to sleep afterwards and depression returned while lying awake.

28 Wednesday Awoke rather low spirited but not so much as yesterday. Very late for breakfast again. After breakfast still low spirited. Did not go down to dig till 11 o'clock, and ^{then} threw it up at once ~~at~~. Came ^{shortly after 12} in, and lay down; went to sleep till lunch. After lunch lay down again till cricket. Continued in same state all through game which was a poor one. I have seldom been more ~~at~~ thoroughly & continuously depressed since I came, altho' I largely avoided exclamations. It would be worth a lot to be saved from such

* There is also a feeling at these times (which sometimes disappears afterwards) that I am not trying to get over the difficulty by forcing myself to work or

times as these as my thoughts are ^{of themselves} most ~~disturbing~~ ^{disturbing} to ~~recollect~~ ^{recollect} consisting alternately of hopelessness and resentment. *

Party at the lodge in the evening: went off very well and felt again a good deal better

1912
Aug 29 Thursday

Slept fairly well. Woke feeling better: but very late for breakfast again. After breakfast was distinctly better than yesterday but Dr. Mackenzie advised me not to dig but for a walk. Did some writing first and helped Swaine to make out his trains in Bradshaw: felt rather tired after this. Went out 11.30. ^{Did some shopping} Dentist 12.45 Croquet 3-4. Tennis 5-7. Sheridan reading 7.30 - 10.30. Bed about 11.30.

On the whole a good deal better today.

In afternoon was a bit upset ~~by~~ ^{by} gathering

~~30~~ Friday from a letter from my Mother that she was rather expecting me to be quite well by now: am afraid she will be disappointed. ~~I~~

30 Friday

Slept fairly well; rather broken though. Awoke distinctly tired, but not depressed.

In morning went into town with Swaine.

In afternoon tennis with - D.^o. In

evening party at Mrs Mackenzie's.

Stupidly sat up late again after getting home.

On the whole was free from depression today.

31. Saturday

In morning did not settle to much.

(Read a bit) till seeing Swaine at 12.20.

Mr. Thompson

Slept fairly well. Took a walk after breakfast. Went to the bank for a walk. Had some shopping. Went out 12.42.

August 3-4. Thomas 5-7. Slept about 11.30.

Received 7.30 - 10.30. On the whole a good deal better today. In afternoon was a bit upset & giddy. From a letter from my mother that she was rather expecting me to be quite well by now. An affair she will be disappointed.

30 Friday

Slept fairly well. Rather broken though. Took a walk in the afternoon. In morning went with some to the bank. In afternoon some with C. In evening back at the Mackenzie. Slept out of bed again after getting up. On the whole fair for the day.

31 Saturday

In morning 6.30 and with Thomas. (Back a bit) In evening 12.42.

Cricket then Croquet in afternoon. Bridge in evening. Again stupidly sat up till 11.15. Was free from depression today altho in a lazy mood and by no ~~means~~ ^{altogether} in high spirits. But felt as if I had a ~~lot of myself~~ a better power of resistance. In evening even felt ~~really~~ much better. Felt that the weeks slacking may have been what I needed.

Sep 1. Sunday Had breakfast in bed so as to make up for late rising. Felt very well on rising. Went to Minister. In afternoon slept till nearly tea time. On waking up had trouble with my thoughts dwelling on binding, which weighed on my mind during evening. Went to meeting & accompanied the hymns. After supper wrote letters or till 11. Bed at 11.

On the whole though not depressed my spirits were not so good as yesterday. I seemed to have no conversation ^{Had headache in evening and woke up once or twice with depressed thought owing to bad dreams about home matters.}

2 Monday

Good 3 hours digging morning. Slept 2 1/2 hrs afternoon then Croquet from tea to supper time. After supper perfectly quiet evening. Dumbells at 10.15. Bed 10.45. Felt ~~the~~ ^{for some time} better for a well ordered day. Did not go to sleep immediately however and was troubled with "binding" thoughts ^{again}.

I have been thinking
 much lately
 about the
 future of
 the world
 and the
 human race.
 I feel that
 the world
 is in a
 state of
 confusion
 and
 I feel
 that the
 human race
 is in a
 state of
 confusion.
 I feel that
 the world
 is in a
 state of
 confusion
 and
 I feel
 that the
 human race
 is in a
 state of
 confusion.

Afternoon the Captain from the 10th Regiment.
 Captain.

Good mornings Digging 3 hrs. Felt the better and
 congratulated myself that perhaps I had seen the last of de-
~~pression~~ ^{Good mornings Digging 3 hrs.} ~~pression~~ In afternoon did

not sleep but did various odd things including copying the
 words of two songs on small paper which slightly made
 my headache. At 7 o'clock party in ~~the~~ East Villa
 went to bed rather tired and ~~with a headache.~~
~~whole it had been a good day and~~

4 Wednesday Very restless night. Did not
 sleep for some time and then had dreams.
 Woke up with a fright in one and yelled
 (again like on Aug 23rd). I think the
 fright was partly that in my dreams I
 did not get my reason to work and ~~the~~ coming
 to half consciousness with it still in this
 state ~~before~~ I seemed to be in a
 serious condition.

Woke with bad headache having
 overslept ~~the~~ breakfast. Did not get down
 to dig till 10.30 and was in a very depressed
 state all morning so that I nearly gave
 up digging, but managed to stick to it.
 At 12.30 came up and had a sleep till
 lunch. After lunch still was depressed
 and might have got worse but for a call

As far as I can make out the immediate
 cause of this depression
 is almost entirely
 physical

from D. Whistby ^{came in for a chat} which just prevented it
 in time. Cricket then croquet & very

tired at night and almost depressed. It has been a disappointment to go back to this state again.

Just before going to bed had a little trouble with "binding" thoughts: I tried to pinion my arms with my belt. It was just a sudden idea that occurred to me as I was taking it off and the act did not last more than three or four minutes, and I do not wish too much credit to be made of it. It shows ^{again} however ~~how~~ that these thoughts hang about me. Another incident of this is that I hardly ever pass a paper or magazine with pictures but I look it through to see if there any pictures of "boys" or "binding".

S

Sep 5 Thursday Slept well (except that I took some time to get to sleep being a bit depressed at having to read the last paragraph, fearing that the act recorded might unduly influence Dr Pierce in deciding whether I was to stay or leave or not). In morning was late for breakfast again, and though ~~for~~ ^{on} the ~~whole~~ ^{whole} ~~ways~~ ^{ways} was rather depressed after breakfast.

This got worse for I stupidly allowed myself to settle on the sofa and ~~then~~ I lay there for a long time. I could not make out whether it was depression or sheer laziness and the thought that it might be the latter worried me greatly. I seem to have

no incentive or motive. I do not know what is to happen if I am to degenerate so.

Went to dentist 12-45

Went down to rock garden for an hour at 4 o'clock.

Took it easy outside after tea.

Shakespeare reading in evening.

★ Sep. 6. Friday.

Slept well. Felt a good deal better in morning

no mountains or hills in the distance
 except a few hills in the distance
 there is a small hill in the distance
 there is a small hill in the distance

at the end.

There is a small hill in the distance
 There is a small hill in the distance

at the end.

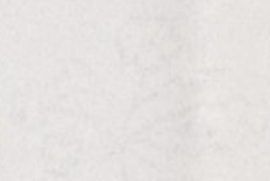
There is a small hill in the distance
 There is a small hill in the distance

at the end.

CHARTA

REGIA

BRITANNICA



A. P. Gardner

Daily notes for
Dr. Pierce

1st Aug to 6th Sept 1912

Sep. 9. Saturday Good morning's digging. Cricket in afternoon.
 + Croquet . Dumbbells 9.30 Bed late 11.15.
 On the whole felt very much fitter.

8. Sunday Late for breakfast. Headache. Went to
 St Lawrence Church, wasted time looking
 through periodicals (always ~~this~~ when I do this
 I am looking ~~for~~ out for pictures of boys).
 Went to sleep after 3 o'clock tea time.
 Felt rather soft & headachy afterwards.
 Played hymns at meeting. After supper
 wrote home during which I started to
 drawing a boy in kilts on a piece of blank
 paper. It came out realistic and pursuing
 the drawing led to a discharge of my sexual
 glands. This is the first time for years I
 have actually given in to this. In immediate
 circumstances the sort of ^{this} cause of weakness is
 I think the relaxed state of body after a slack day
 and a sleep, the ~~head~~ slight headache, and the
 dwelling of ^{my} ~~one's~~ mind on the subject when ~~one~~
 am looking at pictures.



Dr.

Barth

Patients Daily Notes kept for
Dr Pierce, 1904



Sep. 9 Monday. Slept fairly well: but did not go to sleep for a good while. Had a "wet dream": connected, I think, with "binding" but not "bogo". All I remember of it is that we^x had a man tied up in a box and forgot about him.

x: who the other person was I do not know

Digging in morning: felt rather slack, doubtless owing to the matters of the previous evening & night. Played off "bowling" semi-final.

afternoon :- went to Dentist & played off Bowling final, losing 15-21

Evening :- the word analysis with Dr. Pierce. The change & the interest of the occupation left me feeling much better.

10 Tuesday Slept well; but awoke slack - Late for breakfast. Felt particularly slack during Digging. Slept a bit before lunch. ^{afternoon} Tried to ~~express~~ ^{write} my thoughts on the subjects to be discussed with my brother but found they moved very slowly. After tea. Croquet. After supper intended to continue writing but felt disinclined for it & put it off till 9 when I did very little. Read a little. Bed. 10-30-11 work

2 of 1

What the other
person was
saying to me

some food
 enough to keep
 "battered around to the waters of the province
 dropping a heavy
 for better luck

Afternoon - went to Bank &
played off bowling found I was
the only one who was not
there. The change in the interest of the
occupation life was feeling much better.

Sep 11 Wednesday Slept pretty well. DREAMT ~~that~~ that I was at School at Rugby. I was first in a dormitory which later became a class Room. There were various incidents but all I remember was tripping upon & knocking over the masters' desk, which mistake was quite kindly received. I was to have special lessons owing to my unusual age. The only person known to me was a ~~man~~ boy "Younger". This boy used to sleep next me for some ~~years~~ ^{terms} at the preparatory school (my age 14-15). The only thing of note between us was that I used to talk to him after lights out, sometimes crawling into his bed to talk. There was nothing specific in our conversation and nothing unhealthy in our ~~not lying in the same~~ being in bed together or in anything about our acquaintance.

I also DREAMT that I was trying to catch a train to some sea side town (I think Scarborough). The trains were frequent and, missing one I soon caught another. I met one of the ~~part~~ partners of my old office and his sister. I spoke to the latter but the former to my anger took no notice of me. Latterly he seemed worried over some business one of his clerks was not doing right. On returning I found I had left something at Scarborough & had to go back for it.

26th 11th 1864

Dear Mr. [unclear]

I have just received your letter of the 24th

and am glad to hear that you are well

and hope you are enjoying the same

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was very slack ~~at~~ and slightly depressed on awaking. A sort of inconfidence in myself was on me. I didn't get up till nearly 9. ; this of course rather made me feel worse ; and after breakfast I felt little inclination for work and the general outlook on life seemed rather hopeless. I think this was partly caused by ~~my~~ ^{my being rather} ~~did appoint~~ ^I ~~at~~ having to continue here and at the same time not having the conviction ^{and confidence} to oppose the suggestion strongly. Thus I literally moped ^{indoors} all the morning and did no Digging.

Dentist in afternoon, short cycle run then croquet. After supper was a little better but still rather flat. Played 50 at Billiards

Sep 12 Thursday Still ~~rather~~ tending to slackness & depression.

Went down to dig but ^{took to it} with difficulty, at first stopping to sit down & mope for considerable intervals: thought I w^d have to come up, but eventually got onto it more steadily. Bowls & then croquet in

afternoon. Very off form at latter which helped to maintain the depression on account of the analogy I instinctively drew from progress at croquet to progress at business.

Shakespeare reading at night. Bed 10.45.

Sep. 13 Friday. Awoke with a headache and languid feeling. Could not bring myself to get up. allowed time to drift along with this moping and all the while the depression increased as I felt I was allowing myself to degenerate lower & lower. On getting up found it was fine outside & the contrast with my own depression seemed to "touch the button" and I simply broke down & wept violently. This continued (at intervals of trying to wash) for half an hour, when Dr. Pierce came in &.

Cycle ride (arranged by Dr. Pierce with Dr. Whitley) to Well-drake.

Planting Bulbs, then Tennis in afternoon. Tea with Dr. Whitley. after supper billiards with Dr. Whitley. Bed 10.15 sharp.

The agitation and depression which injured a good deal in the morning & afternoon, gradually wore off. Felt much better by night.

14 Saturday Slept well till about 1 o'clock. When woken violently by a WET DREAM. I was going down to the Cellar of our house in Edinburgh to speak to some friends, who attacked me with pillows and ropes to bind me in detention. It all took place very suddenly and the

Sept 13 Friday

Spent the morning with a headache and longing feeling
 to get out and go up to the top of the mountain
 to get some more of the same. I felt I was
 getting myself in a better position to do so.
 I got up at 10:30 and went to the top of the mountain
 and got some more of the same. I felt I was
 getting myself in a better position to do so.
 I got up at 10:30 and went to the top of the mountain
 and got some more of the same. I felt I was
 getting myself in a better position to do so.

Spent the afternoon with a headache and longing feeling
 to get out and go up to the top of the mountain
 to get some more of the same. I felt I was
 getting myself in a better position to do so.
 I got up at 10:30 and went to the top of the mountain
 and got some more of the same. I felt I was
 getting myself in a better position to do so.

Sept 14 Saturday

Spent the morning with a headache and longing feeling
 to get out and go up to the top of the mountain
 to get some more of the same. I felt I was
 getting myself in a better position to do so.
 I got up at 10:30 and went to the top of the mountain
 and got some more of the same. I felt I was
 getting myself in a better position to do so.

erection and Discharge ~~were~~ very seemed
to be very sudden and very violent, so that
I was very upset for some while. Got some
hot milk and slept again ~~at~~ till morning
but with many dreams, all of which however
I have forgotten.

Roused at 7.30 sharp. But delayed
in the bath room so that it was 8.15 before
I came into breakfast. This is as bad a
habit with me as not getting up.

Sep. 14 Saturday (Contd)

Bulbs in morning.

Cricket.

Then croquet in afternoon.

15 Sunday

Went out to go to church in morning: but having a headache and as it was a fine day went on walk instead. Had depressed Rendencies during the walk but on the whole they were fairly limited in extent.

Quiet afternoon with some sleep. Felt much better. The music at the meeting was acceptable and I went out a sharp walk afterwards and felt very much more vigorous and fit. Altogether a well regulated day.

16 Monday. Excursion to Goatlands. Then walk over moor + hill to Sleights. ~~Then~~ Then Train to Whorby. Had Tea there + saw Abbey + Parish Church and a row up the River. Home about 9.30. Fine weather all day. Enjoyed it all very much and finished off feeling very fit.

Noticed however coming back in train that reading a magazine brought on headache. Possibly the artificial light + vibration contributed.

24th September (Sat)

The weather was very

pleasant

The weather was very

pleasant

25th September

The weather was very

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Sep. 17 Tuesday.

Bulls in morning. 1 hr. Digging in afternoon. But in both cases I ^{started at} kept rather irregular ^{hours} ~~times~~ my attention being disseminated by various things. This rather worried me.

Played Wilson at Croquet. Got beaten owing to a series of very stupid mistakes which threw away the results of much otherwise good play. Had tendency to get depressed as my mind formed an analogy between ~~the~~ ^{my} mediocrity and frequent discomfiture at games owing to my not concentrating on any one ~~and~~ and my possible failings ~~in~~ ⁱⁿ ~~life~~ ^{unimportant} ~~life~~ ^{life}. However and discomfiture in the vital matters of life ~~rather~~ & progress & character. However I managed to resist the depression. I ^{only} mention this to show the way incidental matters ~~will~~ ^{will} start introspection with me.

A little music & some bridge in evening. Then a conversation with Dr. Pierce as about the coming conference with my brother: the tenor of the conversation gave me considerable confidence that things were being rightly tackled.

Sep 18 ~~17~~ Wednesday Visit of my brother Eric. Saw most of York sights and played Tennis. In evening meeting discussion of plans with Dr. Perie. All went off very successfully. Felt in very good form all day.

Sep 19 Thursday Slept well but woke once or twice with rather a headache and a somewhat panicky feeling. However felt all right in morning. Went to Garden rather late but planted till lunchtime. Dentist in afternoon. Then tea party with music at East Villa. Shakespear at night.
 In felt pretty well though slightly headachy today.

Sep 20 Friday. Slept well but woke again with headache and on sleeping again had rather turbulent rest. Good day with Gardening. & in afternoon croquet. Had a slight cold coming on in evening and was very slack. TOOK

~~Sep 21 Saturday Slept well but had waking interlud~~
 again a hot bath after supper.

Just before going to bed my eye caught a picture of bending in a magazine & I foolishly allowed myself to read the story. In night had a WET DREAM correlated to the story.

2nd Sep 18th Wednesday
 List of my letter from
 your work of
 1st of Sept. and place between
 meeting tomorrow of place and
 to be. All
 felt in very
 great form all good
 with great success.

Sept 12. Thursday
Left well for water one or two
miles with a horse and a cow
feeding. However got all right in morning.
There is garden water to be planted till
about 11 afternoon. Then
the party with horse at East Villa
Stables.
In fall fruit will be good
probably today.