COMPOSITIONS

No. 1367

MANUFACTURED BY

S. E. & M. VERNON, INC.

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Diary about M-me N. Roerich's health.

from Dec. 28th 1930 —

Naggar, Kulu

Dec. 28 Night. great tension in head, headache. Numbness of two fingers 4 & 5th of left hand with radiation of pain into the elbow. General weariness. Two cachets of charcoal, Streich pergine. Pains in solar plexus beginning from 5 o'clock. Musk taken in the morning.

Dec. 29th Night, bad, burning of extremities, shooting pain in elbows Morning jumps in the heart. Cold baths in spite of snow. 2 cachets

Dec. 30th Night. Nauseaushes for a considerable time, emission of saliva. Burning of extremities, pains in region of solar plexus & stomach. In spite of cold weather and snow slept on cool bags. Morning heaviness in general, no appetite, heaviness in stomach. Aft. great tension, inflation in abdomen, flushes. 2 cachets.

Dec. 31 The whole night inner heat. ~~Strong flushes~~ flushes. Numbness of 4th & 5th fingers. Aft. Pains in solar plexus. Strong pulsation in the whole body at night.

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Jan. 1st Night. Nauseaus abundant emission of saliva, burning of extremities. Aft. jumps in the heart, tension in solar plexus and pains

Jan. 2d Headache the whole night and continued the whole day Strong flushes the whole afternoon. Nauseaus in the evening and

tension in the abdomen with inflation. No medicines.
Strong vomitting spell, abundant.

Jan. 3d Bad night. Numbness of two fingers. Nauseaus the whole day, towards evening pains in the region of chest with difficulty to breathe deep, or talk loud, Vomitting spell, 9 1/2 P.M., abundant. Nausea continuous

Jan. 4th In spite of vomitting spell felt ~~nausea~~ emission of saliva the whole night. A slight noise of the opening of a door increased the nausea. Feels nauseaus the whole day. Nausea increases towards evening.

Jan. 5th Strong flushes. Nauseaus. Exhausted after a bath in the evening. Tension in abdomen, nauseaus.

Jan. 6th Nauseaus towards 4 o'clock in the morning. In spite of cold weather and cold bags feels hot and flushes. Tension and pain in the stomach, nausea the whole afternoon. Very painful vomitting spell at 5 1/2 throwing blood. The paroxysms very strong. Vomitted saliva with great difficulty. Nauseaus the whole evening Pain from the chest radiates into the back.

Jan. 7th Burning sensation whole night. Nausea. Pains in chest and back. Morning nauseaus. Aft. Spermintorea

Jan. 8th Night irregular pulse. Burning of extremities. Nauseaus. The pulse alternated being fuller and weaker. Pains in solar plexus. Vomitting spell in the evening at 9 45. Vomitts acid.

Jan. 9th Has a cold in the head. Aft. Pains in the solar plexus.

Jan. 10th During the night 4 sensations in the heart as if the heart was dropping, these sensations were followed by palpitations. Burning sensations. Cold in the head continues. Feeling worse towards evening. Pains in solar plexus Tension of abdomen. At 3 o'clock ~~at night~~ in the morning bowels with profusion of blood. Neuralgia in the head

Jan. 11th Burning of extremities the whole night. Tension in the Cold continues. An abundant vomitting spell at 9 P.M. preceded by great tension of abdomen.

Jan. 12th Anguish in the heart felt the whole night. Flushes. Nauseaus at 5 o'clock in the morning, pains in the solar plexus. Anguish in the heart continues in the morning. Slight improvement of cold.

Jan. 13th The whole night & day Tension and inflation of abdomen. Flushes. Evening, pains in solar plexus, nauseaus.

Jan. 14th Night inflation of abdomen, inflation continuous during morning & afternoon.

Jan. 15th Nauseaus during night, vomitting spell early morning. The whole

night Burning of extremities, drawing pains in Knees and shoulders. Nauseaus the whole afternoon, inflation and tension of abdomen. At 9.30 vomitting spell, very abundant with bitter taste. The Black powder Taken at 2.30 P.M. was seen in the excretions. Great fatigue after the bath.

Jan. 16th Bad night – three times nauseaus with rotation in solar plexus, emision of saliva & vomitting. Pains in shoulders aft. Taken musk. General condition better. Even. tension & inflation of abdomen.

Jan. 17th Night – nauseaus (rotation solar plexus called forth abundance of tears & saliva). Each vomitting spell calls forth anguish in the heart. Pains in shoulders.

Jan. 18th Twice nauseaus during night. Inner burning. Aft. Tension of abdomen. Inflation. Eve. Nauseaus Flushes.

Dec. 19th Anguish in the heart at night. Inner burning. Aft. Tension of abdomen, inflation. Musk taken in the morning. Nauseaus in the evening.

Dec. 20th Nauseaus at night and vomitting. Pains in the solar plexus after dinner. Nauseaus in the evening and great fatigue after bath. Pulse in the evening accelerated 84.

Dec. 21st Night nauseaus. Vomitting spells twice during night and early morning. Pulse accelerated this morning. Short respiration. Nauseaus in the evening and pains in solar plexus.

Jan. 22d Vomitting spells twice – once in the night, once in the early morning; both times with orange juice which was taken in the evening. Anguish in the heart in the morning and difficulty to get up. Great fatigue. Evening pains in solar plexus and nauseausness.

Jan. 23d (rain) Night, Burning of extremities. Tension and inflation of abdomen. Burning of on hand in aft.

Jan. 24th (snowstorm) Nauseaus at night, Inner burning and burning of extremities. Pain in the crown of the head. Vomitting spell at night. In spite of snow storm and cold weather flushes the whole afternoon. Evening pains in solar plexus, inflation. Musk taken.

Jan. 25th Vomitting spell at night. Anguish in the heart lasts the whole day. Nervous condition and supressed tears in the throat. Nauseaus in the evening and great fatigue and depression.

Jan. 26th Nauseaus, pains in solar plexus. Anguish in the heart and depression. Inner burning. Inflation of abdomen. Strophantus taken at night. Asbrois remedis taken

Great fatigue and depression, anguish in the heart the whole morning and pains in solar plexus. Strophantus taken at 2 P.M. & at 4 P.M. Accelerated pulse 96 in the morning. Burning-pains in the solar plexus, nausea.

Jan. 27 Night burning of extremities. Strophantus taken. Short pain in the region of the heart. Inflation and pains in solar plexus and in the back under the ribs

Jan. 28. Night. Pains in the back, shoulders, neck. Restless night and difficulty to find a comfortable position. Whole night and day pains in the region of the heart — difficult to speak or laugh. Nausea.

Jan. 29 Contraction in the abdomen, pains in the solar plexus. Pains in the heart, also felt externally when touched. Difficult to speak louder or to laugh. In the afternoon by touching the chest above the heart received an electric shock, this part also hotter than the other side of the chest. A strange sensation as if beating of the heart in this part of the chest above the heart. Tension in abdomen. Strophantus taken.

Jan. 30th 3 vomitting spells during the night, very painful and dry spasms, emission of saliva only.

Pain in the heart, difficulty to speak or laugh louder. Pains in the solar plexus in the afternoon. In the evening at 9.15 again painful vomitting spell with dry spasms emitting only saliva. Vomitting spell and nausea-ness occur suddenly.

Jan. 31st Night, tension in abdomen and inflation. Strong pulsation in the heart. In the afternoon pains in the heart.

Febr. 1st Vomitting spell with dry spasms at night. Very painful. Pains in shoulders and numbness of two 4th, 5th fingers in the right hand. Left. Pains in the solar plexus. Tension & inflation in abdomen, Nauseas in the evening.

Febr. 2d (bad weather) (snow fall) Pains in the heart during night. Tension & inflation of abdomen the whole afternoon. At 5.30 sudden pains in the heart, with needles in the hands and arms, shaky knees and great weakness. Pulse 66. Cold hands and blue nails. Nauseas before retiring. Pains in the left side of chest, difficult to touch the chest for it pains

Febr. 3d Jumps in the heart at night and pains in the shoulders

(bad weather) (snow fall) Febr. 4th Lft. pains in solar plexus. Pains in solar plexus. Pains in shoulders and numbness of fingers in both hands during night. The whole day

great tension of abdomen and pain in solar plexus.
On the evening at 9½ a sudden attack began from nauseausness,
and such acute pains that patient hardly could reach
quick enough the bed to lie down. The sharp pain was
accompanied by a very weak and irregular pulse
almost impossible to find the pulse. Pulse 54. When
the acute pain began to pass the pulse beat rose to 74
Patient had terrible shivers. The pain returned soon
after, a little milder. Strophanthin taken a valerian
Febr. 5th Sleepless night. Anguish in the heart with a radiating
pain in the back. Pains in the throat. Irregular
pulse the whole night in spite of strophanthin.
Tension in the head.
Febr. 6th Tension in the head the whole day and headache the whole
night. Pains in solar plexus. Anguish in the heart
Febr. 7th Pains in the Knees the whole night. A neuralgic pain in
the region of heart towards evening and pains in the
solar plexus.
Febr. 8th Drawing pains in the Knees. Anguish in the heart at night.
Pains in solar plexus. At 9.30 very strong pains in solar
plexus resulted suddenly in a painful vomitting spell
with dry spasms.

Febr. 9th Tension in the abdomen & inflation. Nauseaus in evening
and pains in solar plexus. Flushes
Febr. 10th A difficult day. Very bad circulation of blood. Accelerated
pulse in the morning - 94. Strong flushes the whole
day & great tension in the head & neck. Nauseaus
the whole afternoon. Tension and painful inflation
of abdomen. Pulse accelerated in the evening.
Febr. 11th Burning of extremities and inner burning. Nauseaus
in the morning. Inflation & tension of abdomen
Febr. 12th Burning at night, nauseausness, vomitting spell
with profusion of saliva. Painful inflation.
Febr. 13th Inner burning. Great tension the whole day. In the after-
noon after having taken the medicine for kidneys
a very painful vomitting spell. Very bad blood
circulation is felt the whole day. Pains in the neck
and radiating pains from the chest to the back
under the ribs. Inflation of abdomen.
Febr. 14th Strange pulsation at night. Shivers. Slight relief
from tension in abdomen.
Febr. 15th Burning of extremities. Accelerated pulse 96 in the
morning. Aft. Pains in solar plexus. Flushes & inner
heat.

Febr. 16th Flushes and inner burning as well as burning of extremities. Bad circulation of blood. Great need of coolness on account of flushes and inner heat. Patient spent the whole day in the room without stove having the window open, in spite of low temperature outside.

Febr. 17th night Sharp pain in the heart, heat in the region of heart and pains in the left arm. Anguish in the heart. Bad circulation of the blood, calls forth flushes to the head, hot hands and ice cold finger tips and feet. In spite of the gasping for cold & fresh air, patient needed the stove in the room and the window had to remain closed because of shivers. The bad circulation lasted the whole day.

Febr. 18th Strong flushes. Vomiting spell during night. Sperming (mail incase.) taken at 4 P.M. to relieve flushes. Bad blood circulation

Febr. 19th Very bad night, no sleep, anguish in the heart. Very strong flushes to the head the whole day. Patient gasping for air in spite of coolness outside and in the room. No stove in the room because shortness of breath. The fatigue increased Towards 4 o'clock considerably. Pains from the heart radiating to the back, shoulders. Great depression felt the whole day. Sperming taken at 4 P.M. Tension of whole men the whole aft. Great fatigue evening.

Febr. 20th pains during night in shoulders and radiating pains into the hands with numbness of two fingers in the left hand & pains till the fingers in the right hand. Pains in solar plexus sensation in the heart. Flushes in the evening. Burning

Febr. 21st Night pains in shoulders. Bad blood circulation

Febr. 22nd Better night. Aft. bad blood circulation, flushes to the head and ice cold hands. Pains in solar plexus. Anguish in the heart the whole day & depression. depression in aft.

Febr. 23rd Bad night. No sleep. Feeling weak in the morning.

Febr. 24 Pains in knees during night. Pains in solar plexus Flushes.

Febr. 25th Accelerated heart action and pulse during night. Taken Strophanthus. Strange pulsation in the heart, numbness of two fingers, pains and burning of knees. Bad blood circulation, very susceptible to cold and draft. In the evening pains in solar plexus and painful vomiting spell. The knees were burning again.

Febr. 26th Tension of abdomen during night. Burning of the knees. Morning pains in region of heart & chest. Difficult to speak loud. Strong pain in the solar plexus in the evening, also shivers.

Febr. 27th Bad night, pains in solar plexus radiating to all sides. Bad blood circulation, slow heavy pulse. Tension in the morning and aft. pains in solar plexus. Vomiting spell at 4.30, suddenly. Pains in knees. 4 hours after the meal patient vomited the soup out of the whole meal, which kept its taste and contained no acid. Strong pains in solar plexus and emission of gases after a good dose of soda in the evening.
Raining weather & stormy

Febr. 28th Bad night. Pains in throat and back of neck. Irregular heavy pulsation giving pains in the ears.
Rain & storm

March 1st Night slightly better. Morning pains in solar plexus. Tension of abdomen and inflation. General condition very bad in the evening – pains in the back, in the shoulders, knees, in the back. Severe headache and pains behind the ears.

March 2nd Bad night. Pains in the whole body. Heavy slow pulse, irregular heart beat. Pains from the heart reflected in the back. Pains in hands & knees.

March 3rd Pains in solar plexus. Great fatigue in the evening. Vomiting spell during night. Irregular heart beat and pulse.

March 4th Very bad night – nervous pains in the whole body: knees shoulders back. Pains in the heart with irregular heart beat & pulse. Headache continues until morning & noon. Aft. Pains in the heart & solar plexus. Pilocarpin Tarxen & soda. Great fatigue in the evening & pains in the back of neck. Strophantin Tarxen

March 5th Pains in the whole body, slightly subdued. Pulse still irregular. Vomiting spell at night. Pains in solar plexus Musk taxen.

March 6th Pains in the whole system continue. Pains in solar plexus. Soda gives slight relief. Musk taxen

March 7th Neuralgic pains in shoulders and fingers, legs. Nauseans and vomiting spell with emission of saliva at night. Pains in solar plexus in the afternoon. Also sudden tremor in the heart and irregular pulse in afternoon. Musk taxen.

March 8th Sharp pains in the head reflected in the toes of left leg during night.

March 9th Strong flushes the whole day. Night slightly better Musk taken.

March 10th Very difficult day on account of bad blood circulation, strong flushes, severe headache, fatigue in evening and anguish in the heart. Bad night on account of flushes and anguish in the heart.

March 11th Slightly better night. Nauseans since the morning. Strong flushes the whole day. Musk taken

March 12th Bad night, anguish in the heart. Irregular pulse & heart beat the whole day. Suffering from severe headache and Bad Blood circulation

March 13th Slightly better night. Strong flushes in the afternoon evening acute pain in solar plexus and nausea.

March 14th Pains in solar plexus. Inflation & tension of abdomen. Vomitting spell in the evening

March 15th Tension in head. Flushes. Inflation of abdomen

March 16th Slightly better night. Since the morning inflation of abdomen. Strong headache the whole afternoon. Irregular heart beat with jumps in the heart.

March 17th Flushes and inflation. Bad Blood circulation Very irregular pulse with stops in between, causing flushes to the head, pulsation in throat. Nauseans.

March 18th Pains in solar plexus. Inflation and tension of abdomen. Musk taken

March 19th Slightly better night. Flushes. Bad pulse - weak and irregular. Tension in abdomen. Musk taken.

March 20th Flushes to the head. Pains in solar plexus. Inflation. Musk taken. Suffocations at night.

March 21st Better night. The warm weather calls forth abundance of flushes. Inflation very strong. Patient does not stand the food well, although eats very little.

March 22. Slightly better night. Aft. Tension in abdomen. Musk taken

March 23d Flushes. In evening pains in solar plexus.

March 24. A short walk in the garden tired patient out greatly. Sharp pains in right kidney. Nauseans and vomiting spell in evening. General great weakness and irregular pulse.

March 25 Pains in right kidney. Bad night with sharp pains. General weakness.

March 26. Pains in kidney slightly better. Strong palpitations

in the afternoon. In evening shooting pains in right arm and knees.

March 27 (warm weather) Very bad night. Burning of extremities. Pains in the whole body. Inner burning. Burning pains in Solar plexus. Irregular pulse.

~~March 28th~~ Heart was jumping in afternoon & evening.

March 28th Flushes to extremities. Inner heat. Left foot swollen. Pains in left Knees. Bad blood circulation - hands burning. Flushes to the head. Great fatigue.

March 29th Pains in Kidneys in the morning. General feeling slightly better. Night was bad - palpitations of heart. Left foot swollen.

March 30th Difficult night, bad blood circulation, irregular pulse. Difficult breathing, flushes, burning of extremities. Pains in the Kidney continue.

March 31st Irregular pulse at night & flushes to head & extremities. Pains in solar plexus. Taken soda at night. Flushes during day. Sudden acute headache in the evening caused by louder talking ~~and laughter~~. Terrific tension in the head, eyes, ears, throat with a chucking sensation.

April 1st Tension in the head continued during night, also very bad blood circulation calling forth numbness of extremities. Jumps in the heart during night & day. Pains in solar plexus in the evening. Feeling very thirsty.

April 2nd Very bad night, no sleep until 4 o'clock. Inner burning and tension of abdomen the whole night. Chills in region of abdomen. Morning - tension in the head, severe headache, nausea, greatly fatigued and weak. Tension in the head lasted the whole day & evening. Pains in solar plexus in the even & great fatigue & weakness.

April 3rd Slightly better night. Afternoon - bad blood circulation, irregular pulse and jumps in the heart. Flushes. Tension of abdomen. Great fatigue in the evening.

April 4th Tension & inflation of abdomen. Pains in solar plexus the whole day. Large glass of Soda Taken 4 times gave slight temporary relief. Strong flushes to the head & short breathing.

April 5th Flushes, inflation & tension of abdomen. Bad circulation of blood. Palpitations of the heart & difficult to breathe.

April 6th Irregular pulse & palpitations. Strong flushes

Legs swollen around ankles. Left leg swollen
also under the knee. Great fatigue & flushes
April 7th Very bad night. Towards 4 A.M. very painful
vomiting spell with abundant traces of blood.
Pains in the whole body & left leg. Greatly
fatigued. Musk taken
April 8th Bad night. Inner burning. Irregular pulse
and pains in the heart. Severe headache. Bad
blood circulation. Both ankles swollen. Tension
of abdomen and inflation. Pains in solar plexus
Patient feels exausted the whole day. Worse in the eve
April 9th Bad night. Painful & abundant vomiting
spells towards 4 A.M., parts of the evening meal
and an orange eaten a little later remained
undigested. Irregular pulse and flushes. Great
fatigue the whole day. Jumps in the heart &
flushes.
April 10th Bad night. Burning pains in the Knees, feet
& arms. Flushes to the head. The whole day
fatigued. and inflation & tension of abdomen
continue the whole day. Irregular pulse in
the afternoon & evening. Weak action of the
heart & Bad Blood circulation
Apr. 11th Sleepless night. Nausea & emission of saliva
Flushes. Evening - pains in solar plexus, inflation
of abdomen
Apr. 12th Little sleep at night. In the morning already inflation
& tension of abdomen. Feels greatly fatigued, pulse
very weak 71. At 11 a.m. sudden dizziness & weakness
Musk taken. At 1.30 P.M. a heart attack:- violent &
irregular pulsation & heart beat with reflecting pulsations
in the throat. Patient had to lie down & rest. Condition
did not improve. Evening - pulse 69 very irregular.
The heart functions irregularly with stops. Very strong
inflation of abdomen. Strophantus taken at 9.30, but
patient could not hold it - a very painful
vomiting spell with an abundance of blood
some saliva & strophantus. No traces of food.
The spasms very frequent & very painful. Patient
felt very feverish after vomiting spell. For the sti-
mulation of the heart action given very strong
black coffee.
Apr. 13th Bad night. At 4 A.M. another vomiting spell
with a considerable quantity of coagulated blood.

Pulse irregular in the morning. Patient feels fatigued the whole day. Pains in solar plexus in the evening.

Apr. 14th ✓ Nausea at night with emission of saliva. Patient feels exhausted the whole day. Pulse very weak.

Apr. 15th (weather cool) Burning of extremities at night. Bad blood circulation the whole day. Depression and weak action of heart. At 4 P.M. patient felt exhausted, pains in the solar plexus and weakness have suddenly overcome patient. In the evening at 9 P.M. a heart attack — irregular heart beats with stops, needles in hands and feet; a crying spell. Patient had to lie down. In spite of a cup of tea taken before dinner & 2 cups of black coffee at dinner, the heart action was very weak. Depression lasted the whole day.

Apr. 16th A very difficult day. The heart continues to act very weak, pulse is irregular and patient feels exhausted. Had to lie down for the entire afternoon. Pains in the heart in the afternoon with reflected pains in the left arm. Strophanthus taken in evening.

Apr. 17th ✓ Nausea at night with emission of saliva. Patient feels weak. Spermin taken. Heart action slightly better than yesterday.

Apr. 18th ✓ (warm) Nausea, pains in solar plexus and very painful vomiting spell at night with dry spasms, emission of saliva. Flushes during the day. Patient feels fatigued and weak. Pains in solar plexus in evening.

Apr. 19th (warm) The warm weather affects patient very badly — difficult to breathe. Flushes. A burning sensation in the heart. Irregular pulse.

Apr. 20th Flushes, pains in solar plexus. Bad action of heart in the evening, irregular pulse. 8 drops of strophanthus taken.

Apr. 21st ✓ Bad night, vomiting spell with blood and very painful spasms at about 3 a.m. Difficult to breathe and flushes on account of warm weather. Flushes continue the whole day & evening. Action of the heart is weak. Strophanthus taken in the evening.

Apr. 22nd The whole night anguish in the heart. Patient feels fatigued in the morning. The heart resents oppressing and causes flushes in the head.

Apr. 23rd Inner burning the whole night. Flushes, irregular

pulse. Fatigue and difficulty in breathing during night pains in the toes of the left foot. bad blood circulation.

Apr. 24th ✓ Very bad night – heart action very weak, 8 drops of Strophanthus taken which reacted very strongly on heart causing heavy and accelerated beats. Vomiting spell and pains in solar plexus. Drawing pains in knees and hands. Fatigued greatly in the morning. Flushes. Pains in the back in the evening.

Apr. 25th ✓ Vomiting spells twice this night. Pains in solar plexus were very strong. The second time the vomiting spell showed traces of blood. (The first vom. spell in evening, second towards morning). Patient feels fatigued the whole day.

Apr. 26th Pains in Kidneys during night. Patient exhausted in the afternoon, had to lie down in the afternoon. Heart action weak, pulse irregular.

Apr. 27th Bad day. Strong palpitations of heart. Flushes. Irregular pulse. Patient in a nervous state.

Apr. 28th Very bad night, little sleep. Nervous heart. Difficult to breathe. Inflation of abdomen.

Apr. 29th Bad night. Pains in lungs and back of neck. In the morning the pains increased. Impossible to move the left arm for the pains in the lungs reach strongly on the heart calling forth spasms in the heart and difficulty in breathing. A severe attack in the evening with violent pains in lungs and heart. Patient almost set in bed to be able to breathe. Inflation of abdomen aggravated condition. Strophanthus taken in the evening and musk in the afternoon

Apr. 30th Bad night with pains in heart and left lung. Difficulty to move. Very bad blood circulation giving the sensation of needles in the hands, feet and throat. Musk taken in the afternoon but did not help. Heart action weak, pulse irregular. Tension and inflation of abdomen the whole day with pressure on the diaphragm. Flushes to the head. Short of breath.

May 1st Bad night. The pains in the heart continue with a terrible anguish in the heart, which lasted the whole day. Numbness of left hand and foot, needles in throat, hands & feet. This anguish in the heart caused great depression and crying spells. Weak pulse and difficult to breathe. Inflation of abdomen. Pains in lungs.

May 2d Strophanthus taken & musk. Sleeps almost in a sitting position
Slightly better night but still difficult to breathe and pains in the heart continue. Patient feels fatigued. Strophanthus taken and musk.

May 3d Nausea and vomiting spell at night. Pains in heart and back slightly better. Still bad circulation is bad - giving the sensation of needles in the feet and hands. Patient feels weak. Musk taken afternoon. Strophanthus taken in the evening.

May 4th Better night with less pains, nevertheless patient feels exhausted the whole day, pulse weak. Had to take musk already in the morning. Flushes very strong. Strophanthus taken in the Evening.

May 5th Very difficult night and day. Anguish in the heart persists on account of bad heart action. In the morning taken musk a very large portion but without the usual results. The pains in the heart continued making the breathing very difficult and giving reflectory pains in the back. Spermin taken in the afternoon, also without relief. Strophanthus given in the evening.

May 6th The whole night and day anguish in the heart and pains in the heart. Difficult to breathe deep. Patient feels depressed and exhausted. Musk taken in the morning, spermin in the afternoon, soreness fatigues and bad heart action persists, strong flushes, bad blood circulation Strophanthus taken in evening. Inflation and tension of abdomen very strong

May 7th Anguish in the heart the whole night continues. Patient feels exhausted in the morning, pains and anguish in the heart. Had to take strong dose of musk after breakfast, Vomiting spell. Pulse weak

May 8th Better night & morning. Vomiting spell in the afternoon, quite abundant. Strong flushes Inflation of abdomen

May 9th Burning of extremities. Nausea since the morning lasting the whole day. Flushes to the head.

May 10th Inner burning during night. Nausea in the morning and afternoon. Strong flushes. Vomiting spell in the evening

May 11th Burning of extremities and inner burning. Pains in solar plexus, irregular pulse and great fatigue in afternoon. Vomiting spell in evening

at 11 o'clock, very painful and abundant.

May 12th Better night. Flushes and fatigue in afternoon after a short walk. Tension and inflation of abdomen in evening. Musk taken

May 13th Sleepless night. Pains in solar plexus and nausea since the morning. Flushes. Nausea continued the whole day. Musk taken

May 14th Night slightly better. Nausea since the morning lasting the whole day and severe headache. Pains in solar plexus. Vomiting with saliva in abundance

May 15th In spite of very cool weather and snow low on the mountains patient feels flushed the whole day. Pains in solar plexus and nausea in evening.

May 16th Pains in solar plexus during night and whole day. Patient had to take soda in large quantities to find some relief. In spite of very cool weather patient feels very flushed at the head, one cheek and ears burning the whole morning and evening, bad blood circulation.

May 17th Tension of abdomen the whole night.
Strong flushes. Nausea, pains in solar plexus.

May 18th Very bad night and penalgic pains in all teeth and ears, pains in the left eye. Shivers and exhaustion in the morning. Patient had to lie down the whole afternoon. Pains in solar plexus are very strong. Strophanthus taken.

May 19th The nervous pains in teeth and ear continue. Bad blood circulation, sensation of needles in hands and feet. Bad heart action, weak pulse. Strophanthus taken in the evening. Pains in solar plexus

May 20th Very bad night. The pains in teeth and ear increased. Strophanthus taken in the middle of the night. Bad day, very weak, inner tremor in whole body. Bad heart action, weak pulse. Pains in solar plexus.

May 21st Bad night, pains in teeth continue. Burning of extremities. Flushes in the head are very strong. Pains in solar plexus since the morning. Nausea. Strophanthus

May 22nd Pains in teeth of the same nervous nature. Very little sleep during night. Strong flushes. Bad blood circulation, needles in the hands and feet. Pains in solar plexus in the morning and evening resulted in a very painful vomiting spell in evening

Strophanthus taken.

May 23d Nervous pains in teeth, ear still continue. Strophanthus
Pains in solar plexus during the whole day,
the pains especially acute in the evening. Flushes

May 24th Better night, after little sleep. The warm weather
reacts very badly on the respiration and heart
action, the flushes increase. Pains in solar
plexus. Strophanthus taken

May 25 Inner burning and burning of extremities
during night. Strong flushes. irregular
pulse. Tension of abdomen. Nausea in the evening. Strophanthus

May 26th Sleepless night. Bad heart action and
irregular pulse. Great fatigue in the morning. Strong flushes. Pains in solar plexus
Tension and inflation of abdomen the whole
afternoon. Strophanthus taken.

May 27th In spite of cool night inner burning
and burning of extremities. In the morning
pains in solar plexus. Irregular pulse and
weak heart action with jumps in the
heart. Flushes to the head. At 10.30 in the evening
a very painful and abundant vomiting spell
after nausea which lasted the whole evening
and very strong inflation and tension of abdomen.

May 28th Strophanthus taken at night. Patient slept towards
morning. Feels weak in the morning. A strong
dose of Musk taken in the afternoon. Nausea
in the evening. Strong flushes in spite of cool
rainy weather. Strophanthus taken in the
evening.

May 29th (cool weather) Better night. Fatigue in the morning. Musk taken
in the afternoon. Nausea and strong tension and
inflation of abdomen in the evening.

May 30th Burning of extremities, and inner burning.
Pains in solar plexus and very strong inflation
of abdomen, making breathing difficult. Pulse
irregular. Flushes

May 31st Strong flushes. Dizziness in the morning and
great fatigue. Heart action irregular. Pulse
weak. Tension of abdomen.

June 1st Nauseous during night. Pains in solar plexus
Vomiting spell with abundant emission of saliva.
Dizziness in the morning. Tension and inflation
of abdomen. Strong flushes.

June 2d After bad night with retation in solas plexus and abundant emission of saliva, nausea patient feels better in the morning. Tension & inflation of abdomen in the evening. Flushes.

June 3d Dizziness, irregular pulse. Strong flushes to the head. Tension of abdomen. Nausea in the evening. Fatigue

June 4th Very bad night great tension in the head and whole system. Irregular pulsations in the heart Little sleep. Patient feels very fatigued in the morning. Dizziness in the afternoon and evening. Fatigue lasted the whole day. Patient feels very weak. Bad blood circulation with strong flushes to the head.

June 5th Little sleep on account of heat. Bad blood circulation, pains in the left knee. Fatigued the whole day. Nausea in the evening.

June 6th Pains in solar plexus. Inner burning and tingling of extremities. Irregular pulse. Difficult to breathe. Nausea in the evening.

June 7th Palpations in the whole body during night Patient suffers very much from the heat. and is short of breath. The flushes to the head are very frequent and very strong. Feels fatigued the whole day. Pains in solar plexus in the evening.

June 8th Very difficult day on account of bad blood circulation, patient is short of breath on account of heat. Severe heart attack in the evening. Pulse 139. A fainting spell later in the evening. Heart very weak and difficulty to breathe. Used stimulants to regulate heart action. Used ice-bags.

June 9th Patient feeling very weak. Strong flushes to the head. Nausea. Irregular pulse, palpitations The heart reacts exhaustingly on patient. Patient short of breath. Strophanthus taken

June 10th Very difficult night. Tension in the whole body, especially in the extremities. Blood circulation so bad that drawing pains are felt in hands and feet the whole night. Strophanthus taken in the middle of the night. Heart action very weak. Pulse irregular, difficult to breathe The heart affects patient very badly.

June 11th (very hot) Very bad night, inner burning and burning of extremities. Patient exhausted in the morning from bad heart action and anguish in the heart. Neither musk nor Strophanthus give any relief. General weakness, tension in the head, depression last the whole day. Heart action weak and pulse irregular. No relief in the evening. Patient feels exhausted. Strophanthus given again before retiring for the night. Pains in the whole body, nausea.

June 12th (very hot) Very bad night. Another attack during the night with fainting spell. In spite of Strophanthus no relief. Musk given twice because of very low pulse and stopping of pulse. After all stimulants pulse was 60. Pains and anguish in the heart. 5 motions during the night. Tension in the head. Heart action very weak, pulse irregular, the whole day severe headache from the very morning. Pulse after strong coffee 69, beats irregular and weak. Bad blood circulation, blood pressure high. Flushes.

June 13th (cooler) Towards evening slight relief from the severe headache.
Better night, because weather cooler. Patient feels weak and fatigued in the morning. Pulse 84, after having taken musk. Tension in the head and severe headache persist. Strong flushes. Nausea in evening.

June 14th (cool rain) Burning of extremities during night. Pulse still weak 63. Patient feels relieved because of very cool rainy weather, the drop of temperature facilitates the breathing and flushes are less. In the evening pains in solar plexus and tension of abdomen.

June 15th Slightly better night, because of cool weather. Still the pulse is very weak. Even after coffee pulse is 65, which is quite unusual for patient. Strong flushes and tension of abdomen.

June 16th Very little sleep. The heart acts weak, pulse low 65 in the morning, in the evening 72. Flushes are very strong. Pains in solar plexus in the evening and inflation of abdomen very strong. Patient feels very fatigued in the afternoon

June 17th (Cool) Patient awoke with sudden pains in Knees. Pulse still low in the morning 64. Nervous tension the whole day. Tension in the head. Flushes. Pulse 74 in the evening. Musk taken

June 18th (Cool) Better night. Pulse in the morning 69. Patient fatigued the whole day. Heart action low. Depression in general. Pulse irregular and weak. Strong flushes to the head. Pulse in the evening 76. Nausea in the evening with vomiting of saliva. Musk Taken

June 19th A very difficult day for patient — anguish in the heart with strong flushes to the head. Low pulse - 63 - and irregular. General weakness.

June 20th Drawing pains in the Knees. Heart action weak in the morning. Patient feels very fatigued. Pulse irregular, 76 in the Evening. Strong flushes. Pains in the Knees continue.

June 21st Pains in the Knees continue. Inner burning during night. Pulse weak and irregular. Anguish in the heart in the evening and depression. Pulse 72, irregular with sudden accelerations. Strophanthus taken in the evening.

June 22nd (very hot) A very difficult day. Anguish in the heart, and low pulse the whole day. Pulse irregular, flushes very strong and are accompanied by nausea. Difficulty to breathe. Patient suffers very much from the heat. Feels exhausted the whole day as well as depressed. Musk taken in the afternoon. Pulse in the evening 73. Strophanthus taken. Nausea in the evening.

June 23? (hot) Bad night. About six o'clock at night a vomiting spell, very abundant. Fatigue in the morning. Strong flushes the whole day. Tension of abdomen.

June 24th (hot) Anguish in the heart. Pulse irregular and heart action weak. Strong flushes. General weakness

June 25th (cool & cloudy) Better night. Flushes continue calling forth a burning sensation in the head. Patient feels very fatigued. Tension & inflation of abdomen.

June 26th Bad night. Nausea and vomiting spell with abundance of saliva. Low pulse. Flushes to the head

June 27th Nausea at night, vomiting with abundance of saliva. Inner burning. General fatigue the whole day

June 28th Little sleep. Irregular and low pulse. Weak heart action. Difficulty to breathe on account of hot weather. General fatigue. Pains in the back.

June 29th (hot) A trying day, irregular pulse, heart weak.

short of breath. Heat is very trying on patient
Sleeps on ice bags. Nervous condition of heart.
In the evening a sudden and very strong
swelling of the lower lip

June 30th (hot) Slightly better night. General weakness and short of breath the whole day. Patient suffers from heart. Pulse irregular.

July 1st Very bad night - 3 painful vomiting spells during night. Fatigued greatly in the morning. Flushes very strong. Low pulse

July 2nd Inner burning during night. Strong flushes. Nausea and vomiting spell in the evening at 9.30. Pulse irregular. Heart action weak. Strong flushes to the head. Strophanthus taken

July 3rd Little sleep. Burning of extremities. Irregular pulse. Flushes are frequent.

July 4th Little sleep the whole night. General fatigue. Anguish in the heart and strong flushes. Pulse irregular

July 5th Patient feels exhausted the whole day. Heart acts weak and irregular. Low pulse. Strong flush Pains in Knees. Headache. Strophanthus taken. Sensation of needles in the hands & feet.

July 6th (hot) Heat affects patient very badly. Difficult to breathe Pains in the heart and spasms during night. Irregular pulse. Heart is weak. General fatigue. Pains in the back.

July 7th (hot) Little sleep. Heart functions weak, pulse irregular An attack in the evening, suddenly stopping of pulse, ~~numbness~~ + needles in hands and feet and then numbness in face, neck, hands, feet and stomach, hereafter needles again in the extremities and afflicted parts. Given twice Strophanthus in the evening. Flushes strong

July 8th (hot) Patient feels exhausted the whole day. Anguish in the heart. Irregular, weak pulse. Stimulants act weakly. Strong flushes to the head. Burning of hands and feet

July 9th (hot) Patient feels very tired and weak. Flushes are very abundant. Nausea. Pulse weak. Heart action weak. Depression.

July 10th (Departure for Lahore). Very bad night. Heart attack during night. Anguish in the heart Strophanthus a large dose given in the middle of the night. Vomiting spell, very painful

and abundant. Patient fals exhausted in the morning and is carried down in a dandy to Kätnäm.

July 11th Khoy-Rolla Pains in solar plexus, in back and knees Sleepless night. Fatigue. (We stopped at Khoy to give a rest to patient)

July 12th Rolla Koksan Nausea. Tension of abdomen. Little sleep. Bad blood circulation. Irregular pulse. Patient felt dizzy and bad. Arrived at Koksan with headache, pains in back and neck. Shivers in the afternoon. Headache continued the whole day. Patient got into bad. Strophanta taken. Severe headache.

July 13th Koksan Sinn Shivers continue. The altitude gives however relief in spite of fatigue.

July 14th Sinn-Gundla Little sleep. Tension of abdomen. Pains in knees. Feeling weak.

July 15th Gundla-Kyd. Pains in solar plexus. Nausea. Patient fals reaction from the journey. The dandy aggravates the bad blood circulation, giving the sensation of needles in hands and feet.

July 16th Reaction from journey continues. Shivers and general weakness. Sore throat, pains in knees and whole body.

July 17th Patient feeling the same - pains in the back and knees. Irregular pulse 96 - Heart jumps Shivers. Musk taken.

July 18th Tension in the head. Irregular pulsation of heart Pains in knees and nervous pains in the back.

July 19th Vomiting spell after severe pains in the solar plexus. Tension in the head in the morning. Fatigue and flushes.

July 20th Better night. Tension in solar plexus in the afternoon. Several times taken soda without relief. Strophantus taken, smaller dose than in Kaja

July 21st Severe headache. Flushes. Irregular pulse. Heart action weak, with anguish in the heart.

July 22d The cold in the head and the throat still persists Pains in solar plexus. Tension of abdomen. Flushes.

July 23d Better night & day. The coolness and high altitude react as a tonic, thus the dose of musk & strophantus are lessened.

July 24 Pulse 92, more regular than before. General condition better.

July 25 Vomiting spell, with acute pains in solar plexus. Headache in the morning. Fatigue and depression in the evening. Flushes, bad blood circulation

July 26th Better night. Heart action more regular and stronger. Flushes diminished Pulse 94.

July 27th Vomiting spell during night, in spite of very little and very light food. Tension in the head and solar plexus.

July 28th Slight cold in the throat, nervous pains in the back. Shivers, general depression. Pulse 84.

July 29th Bad blood circulation, flushes and burning of extremities. Tension in solar plexus.

July 30th Better night. Pulse 94. Heart action stronger

July 31st Vomiting spell. Irregular pulse. Tension in the head. Nausea in the afternoon. General fatigue and depression

Aug. 1st Feeling better. Easier breathing. Less flushes. Tension in solar plexus however persists

Aug. 2d Better day & night. Feeling relief in breathing. Pulse more regular 93. Patient feels rested and sleeps better. No stimulants for two days.

Aug. 3d Although little sleep but general condition satisfactory. Pulse 92, fuller and more regular than in Niagara. Easier breathing and less flushes. Still patient stands neither heat nor sun.

Aug. 4th Pains in solar plexus. Nervous pains in the neck, tension in the head Low pulse 81.

Aug. 5th Bad night. Vomiting spell. Tension in solar plexus lasts the whole day in spite of large doses of soda. Patient feels fatigued. Flushes stronger and tension in the head.

Aug. 6th Better night and day. Tension in solar plexus

Aug. 7th During night strong vomiting spell, very painful and abundant. No sleep. Heart action weak, pulse irregular, heart jumps. Anguish and depression.

Aug. 8th Better night. Pulse fuller and more regular. Tension in solar plexus in the afternoon.

Aug. 9th Although not much sleep but general feeling not bad. Easier breathing. In the afternoon tension in solar plexus, increasing towards evening.

Aug. 10th Difficult night. In spite of coolers inner burning and burning of extremities. Tension in solar plexus. Pulse irregular.

Aug. 11th Tension in the head. Bad blood circulation. Heart action irregular. Flushes.

Aug. 12th Better night. Tension and pains in solar plexus since the morning, increasing towards the evening. Flushes to the head.

Aug. 13th General condition better because of easier breathing. Pulse more regular. In the evening pains in solar plexus.

Aug. 14th Bad night. Pulse weak, irregular, flushes. Vomiting spell, very abundant.

Aug. 15th Heart action irregular, pulse 82 - irregular. Jumps in the heart. General depression, fatigue.

Aug. 16th Strong flushes and burning of extremities. Bad blood circulation, pains in the head, palpitations. Pains in solar plexus.

Aug. 17th Better night. Still blood circulation irregular. Pulse 80, and weak. Tension in the head.

Aug. 18th Flushes very strong to the extremities. palpitation strong. Pulse 94. Tension of abdomen.

Aug. 19th Better night. Patient feels more rested in the morning. Pains in solar plexus the whole afternoon. Heart action very irregular in the evening. Pulse 82.

Aug. 20th Very bad day. Tension in the head and severe headache since the morning. Pulse weak Heartaction slow. Patient feels exhausted and lies down in the afternoon. Pains in solar plexus in the evening become very acute. Shivers during night.

Aug. 21st Anguish in the heart during night. Burning of extremities in spite of very cool and rainy weather. Bad blood circulation reflects on the head, giving great tension. Very bad evening. A sudden heartattack in the evening which was preceded by pains in the heart, needles in hands and feet and

very strong flushes. We gave to patient
strophantus to relieve her. Patient feels exhausted.
Aug. 22nd Better night. Fatigue in the morning. Bad
blood circulation still continues with flushes.
Pulse weak. Tension in the head
Aug. 23d Very bad day. Bad blood circulation. Severe
headache the whole day. Patient is very flushed
Heart action weak and irregular. Burning
of extremities. Pulse 79. General depression. Tension
of abdomen in the evening
Aug. 24th Vomiting spell during night, very abundant and
painful. Tension in the head in the morning
Flushes during the day.
Aug. 25th Nausea & vomiting spell very painful with
emission of saliva during night. Irregular
pulse in the morning. Pains in Solar plexus
in the evening
Aug. 26th Better night. Flushes in the afternoon. Tension
of abdomen in the evening. Pulse 82.
Aug. 27th Burning of extremities during night. General
weakness and depression. Tension in the head.
An excitement & worry caused patient an
attack (in the evening) with pains in the heart reflecting in the
back and difficulty to breathe. Nervous crying
spell. Pulse irregular, heart action weak. Severe
headache the whole day. Strophantus taken.
Aug. 28th Tension in the head since the morning. Very
strong flushes the whole day due to bad blood
circulation, General fatigue. Pains in solar plexus.
Aug. 29th Bad day & night. Bad blood circulation the whole night
& day affecting the heart ~~badly~~ badly. Tension in
the head and severe headache lasted the whole day.
Pains in the region of heart & lungs make breathing
difficult. Strong flushes. Pains in solar plexus.
Pulse 91. Heart beat irregular.
Aug. 30th Vomiting spell during night. Tension in the head
in the morning. Flushes, pains in one knee.
General fatigue. Pains in solar plexus in the
Evening.
Aug. 31st Better night. Sudden pains in the knees in the morning. Flushes in the afternoon.
Sept. 1st Tension in the head in the morning. Pains in solar
plexus. Flushes. Irregular pulse.
Sept 2d Burning of extremities during night. Flushes and

pains in solar plexus

Sept. 3rd Sudden vomiting spell in the middle of the night. Tension in the head in the morning. Pains in solar plexus the whole afternoon

Sept. 4th Anguish in the heart. Pulse irregular. Flushes Pains in solar plexus.

Sept 5th During night anguish in the heart. Headache in the morning. Pulse weak. Tension of abdomen in the evening.

Sept 6th Bad blood Circulation flushes to the head. Anguish in the heart. Pains in solar plexus since the morning. Irregular pulse.

Sept. 7th Irregular heart beat. Strong flushes. Pains in solar plexus in spite of little & light food. Tension in the head

Sept 8th Very bad night. Inner burning & burning of Extremities in spite of cool weather. Difficulty to breathe, short of breath. Severe headache the whole day, irregular pulse, bad blood circulation causes strong flushes to the head. Anguish in the heart.

Sept. 9th Inner burning & burning of extremities during night. Pains in solar plexus. Tension of abdomen.

Sept. 10th Pains in Knees, Tension in the head. In the evening pains in solar plexus.

Sept. 11th Better night. Fatigue in the afternoon with tension in the head.

Sept. 12th Feeling better. Restful night. Pains in solar plexus in the afternoon

Sept. 13th Better night. Easier breathing. Feeling better

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