

My Blessed.

Aug 16.

Well, here we are two days toward our meeting - we are getting nearer all the while! How did your work-out go this morning? Did you have a good swim? - Can you beat Bill by that ply Italian Round of yours in deck tennis? Was it worth it to refuse the dessert for dinner - the extra portion of potatoes - could you hear my spirit hands applauding? - Have you faced the scales squarely and taken the trainer into confidence and said "Here is an extra dollar for each pound of my flesh! You can use all the Douglas technique for nothing - we know all the tricks and we know that they do work!"

I have begun my game too - but for me it is much easier to play than for you - I may beat you if you aren't careful. I can kiss the waiter and take my simple loaf of bread and bit of cheese and be content - while you have the waiter at your elbow to tempt you ever. I shall say, get thee behind me Satan. - It is good to feel one's hunger - to feel the fat of life turning in its own grease - to pull the new suit in a notch. This is Wednesday in my imagination. I am lunching with

Gertrude in their flat. It is as I knew it
would be - filled with lovely things to touch -
it is all in my imagination already where I
can keep it for you. London is empty without one
person - but my mind travels quickly across the
blue - nothing can keep me from your side - nothing -

It is almost a relief to have the decision over - and I
do not question it. we tried to do the right one - now
we will try equally hard to get all the good we
can from it. There is only what we make it - but

the Ponchiers demands that we make it into something to
bring to each other - something beautiful and shining.

It was too awful the last week - being born about so -
now I know one reason why men take to drink - it

is to evade facing life - to avoid - to run away -
now you are gone I know that joy in me that comes

like a song is the secret sweetness of our union -

your eyes are the blue sky - ~~by~~ mine are the brown earth
and all is ours - Already I have forgotten the
rest for they do not matter - they just don't!!

What was the score for today? Make Bill score-keeper.

Exercise - $99\frac{3}{4}$? - Diet? - Poundage? Everything