

Gains for me through
suggestion & meditation

1. Development of better
driving habits in all respects.
a. Watch ahead, behind, to
right & left, watch grownups
children & animals.
b. Work out a procedure for
each type of situation; cross-
ing without stop require-
ment; with stop require-
ment etc.

2. Become a better listener,
Hear more clearly & completely,
listen better to what others
say to give them more oppor-
tunity for expression.

Incidentally, I remembered
that when Dr. Parnsfield
examined me & wrote a state-
ment for the auto insurance
co that I was OK for driving,
he had my ears tested. I asked
him about the test. He looked it up
& said it was quite complete
and that I showed no hearing
loss at all & that there was

no reason for taking another
test.

3 Improve & restore better
habits of recollection.

Remembering people's names
Remembering data: authors,
names, dates, places, dis-
coveries, philosophical con-
cepts & considerations

4 Eliminate tendency for
unnecessary concern over
adverse comments or pes-
simistic comments of
friends, relatives, etc. over
retirement.

5 Carry normal physiologi-
cal activities to completion.

Close glottis completely & thus
reduce likelihood of coughing.
- Carry on more normal activity
throughout my alimentary
canal. The drugs I take work
mainly through my nervous
system. I should be able to
affect it directly.

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- Develop & maintain better heart action & circulation.
- Sense more quickly than I do when I am tempted to overdo & tax my heart.
- Improve circulation to scalp, alimentary canal & muscles, eliminate arm pains. These all are controlled through nerve action. Suggestion should be as effective as drugs & certainly would be better.
- Control tendency, common in all older persons, to have difficulty in retention of urine. I can drive or work a long while with no urgency - when I get near home, I'm suddenly put under pressure. If my machinery can wait 3 hours it should be able to wait 3 hours & 5 minutes, (true)

Reduce need for drugs.
Eliminate all but
essential ones. Dr.
Rumsfeld implies that it
can be done - My system
should learn to do it.

I have some other
thoughts on the
general subject but
I'll write them
in a letter, Carl.