

Instructions for PB Helpers

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Editor’s Note: This is a compendium of information about PB’s day-to-day life from 1979 and 1980. The contributors are Devon Smith, Timothy Smith, Robert Geyer, Alan Berkowitz, and PB himself. Neither Paul (Randy) Cash nor Ed McKeown contributed – and their visits bracketed this time frame. The PDF contains a scan of the printed bus schedule and some xeroxes of Devon’s material; this was not typed. Each person’s handwriting is identified on the first page of their respective section. Finally, it would be imprudent to extrapolate PB’s lifelong lifestyle from these notes, as they reflect his needs as an aging man significantly limited by poor physical health; it is probable that he enjoyed a more robust and self-reliant routine in the greater part of his life.

For more information about the people and texts PB quotes or references here, please see the file titled “Wiki Standard Info for Comments.” For more information about the editorial standards, spelling changes, and formatting that we have implemented – including page and para numbering – please see the file titled “Introductory Readers’ Guide.” We have introduced minimal changes to the text; our changes deal with inconsistencies of spelling, educated guesses at illegible words, and the rare modification of grammar for clarity’s sake. Whenever there is any question as to whether what is typed is what PB wrote, please consult the associated scan of the original pages, currently to be found in a PDF of the same name. – Timothy Smith (TJS), 2020

¹ Manila envelope front cover

(1-1)² Maps
Where to shop
How to cook
Instruction on laundry, use of apartment building etc.

2³
INSTRUCTIONS FOR PB HELPERS

3⁴
INSTRUCTIONS FOR PB HELPERS


4⁵
INSTRUCTIONS FOR PB HELPERS

Grains

5⁶
GRAINS⁷

(5-1) BUCKWHEAT (sarrasin)

- 1) Sort, using shallow white enamel pan. Remove stones and husks.
- 2) Sautee [the raw grain]⁸ using only ¼ teaspoon oil in non-stick pan.

3) Put sauteed grain (Kasha) in heavy blue enamel pan  . 2½ water, to 1 grain.

4) Cook 20 minutes on low flame.

[5]⁹ 5 minutes before end of cooking add a teaspoon of soya powder per person (50% protein). (Make a paste with cold water and keep adding water until it can pour easily. Pour over grain. Don't add too much water or grain gets soupy)

6) 2 minutes before end of cooking add rice-germ (1 teaspoon per person) if desired.

OR

7) At end of cooking add wheat germ (1 teaspoon per person)

6¹⁰

² The paras in this entire file are unnumbered. All text in this file is handwritten unless otherwise specified.

³ Manila envelope back cover

⁴ Void page

⁵ Blank page

⁶ "1" was inserted at the top of the page by hand.

⁷ "Grains (Quick Reference)" in the original.

⁸ The original editor moved "the raw grain" from after "non-stick pan" by hand.

⁹ Devin inserted "applies for all grains" in the left margin, referring to #5, 6, and 7.

GRAINS

7¹¹

GRAINS

(7-1) CORN MEAL (polenta*)

- 1) Sort (does not usually have many impurities) (*Migros brand 2-minute polenta)
- 2) Cook 10 minutes, stirring constantly. 3 water to 1 grain.

(7-2) COUS COUS*

- 1) Sort.
- 2) Rinse under cold water in orange plastic strainer (yes, a little does fall through)
- 3) Middle grade (Moyen) cous cous from health food stores taken 20 minutes on low flame. 2½ water - 1 grain

*Moyen (middle grade, "complet" not pre-cooked)

8¹²

GRAINS

9¹³

GRAINS

(9-1) SEMOLINA (wheat)

- 1) ¾ water to 1 grain
- 2) Cook for about 7 minutes, stirring constantly. Should be dry consistency and not too wet and soupy.

10¹⁴

GRAINS

11¹⁵

GRAINS

(11-1) MILLET

- 1) Sort
- 2) Rinse well. Needs a couple of strong rinses.

¹⁰ Blank page

¹¹ "2" was inserted at the top of the page by hand.

¹² Blank page

¹³ "4" was inserted at the top of the page by hand.

¹⁴ Blank page

¹⁵ "3" was inserted at the top of the page by hand.

3) $2\frac{1}{2}$ ($-2\frac{3}{4}$) to 1, cook for 20 minutes over low flame.

(11-2) RICE (riz) (whole grain, long rice)

1) Sort. Remove coloured grains (green and brown)

2) Rinse well.

3) Cook 1 hour and 15 minutes at $2\frac{3}{4}$ - 1.

4) Put rice in heavy BRAUN Blender. Chop up rice, but do not turn into a gooey paste.

12¹⁶

GRAINS

Vegetables

13

VEGETABLES

(13-1) A = often eaten

B = occasionally eaten

C = infrequently

D = only when vegetable is of exceptional quality.

(13-2) 1 ARTICHOKES (D) medium small, hearts only are eaten. Cook 45 minutes at low boil. Heart must be an even colour, and of good flavour. (Have had bad luck for many months with them.)

(13-3) 2 BRUSSELS SPROUTS (B) tiny ones, preferably non-traite.¹⁷ Clean, slice in $\frac{1}{2}$, steam low flame 12-14 minutes. (chou bruxelles)

(13-4) 3 CARROTS (A) small (as they are more tender), and with good strong even orange colour (sweeter). Peel; slice thinly; steam 15-25 minutes over medium-low flame.



¹⁶ Blank page

¹⁷ "Non-traite" (French) means "unsprayed."

(13-5) 4 CHINESE CABBAGE (B) remove layer of outer leaves, rinse leaves. Remove thick stems and veins. Steam over low flame about 10 minutes. (chou chinoise)



(13-6) 5 CAULIFLOWER (B) small, white heads, use only the florets, remove as much stem as possible. Rinse with hot, then cold water. Steam about 15 minutes. (chou fleur)



14¹⁸

VEGETABLES

15

VEGETABLES

(15-1) 6 ENDIVE (A) (presently out of season) - use only the tips.

(15-2) 7 CHARD (A) small, tender, fresh leaves, without spots or signs of exposure to heat etc. Rinse well with warm, then cold water. Remove stems and large- and medium-sized veins. Steam on lowest flame 10-15 minutes. (cote de bette)

(15-3) 8 POTATOES (B) tiny new potatoes. Peel; steam over low flame about 15-25* minutes (*depends on their size). (pommes de terre)

(15-4) 9 PEAS (B) ½ can, extra-fine, "Hero" brand. Rinse (decide what to do with the one tiny onion in the can). Put into blender. Add a little water. Grind until skins are well blended. (petits pois)

16¹⁹

VEGETABLES

17

VEGETABLES

¹⁸ Blank page

¹⁹ Blank page

(17-1) 10 SOYA SPROUTS (A) must be perfectly fresh otherwise they're stringy. Rinse; remove remaining green seed skins. Steam until no longer crunchy (about 20 minutes). (pousses de soya)

(17-2) 11 TURNIP (D) tiny white turnips only; and only when tender. Peel, slice, steam (about 10 minutes). (navet)²⁰

(17-3) 12 KOHLRABI (B) Peel; slice thinly; steam till soft (about 10 minutes).

(17-4) 13 ZUCCHINI (D) tiniest little zucchini (about 3-4" long). Rinse; peel; slice; steam about 20 minutes, low flame. (courgettes)

18²¹
VEGETABLES

Fruits

19
FRUITS

(19-1) APPLES (pommes)



Golden Delicious only. Best with a nice red blush on them (they're sweeter). Slice in rings and steam for 5 minutes

(19-2) MANGOES when yellow with red blush and fully ripe.

(19-3) SULTANAS (Dried grapes, seedless).

- Rinse well (hot, then cold water) and remove stems.
- Simmer for 3 minutes.

(19-4) DRY BANANAS (banane²² sec)

²⁰ "rave" in the original, but "navet" is French for turnip.

²¹ Blank page

²² "bannan" in the original



- Rinse each banana and rub gently to remove possible particles.
- Cut into slices, nearly cover with water
- Simmer on tiny flame for 5 minutes until completely soft.

20²³
FRUITS

21
FRUITS

(21-1) BLACK CHERRIES (cerises noires)



- Rinse.
- Peel, slice
- Steam over low flame for 5 minutes.

(21-2) DRIED APRICOTS (abricots)

- Rinse, sort (for PB use largest apricots of strong orangy colour – not small brown ones)
- Soak for 4 hours (covered with water). Sort again.
- Simmer for 20 minutes

(21-3) PEACHES OR NECTARINES

- Let stay until completely ripe and sweet
 - Peel, slice
 - Steam for 5 minutes.
- (- If necessary, sweeten with maple syrup.)

22²⁴
FRUITS

²³ Blank page

²⁴ Blank page

Nuts

23
NUTS

(23-1) CASHEWS*

- sort
 - put in small orange coffee grinder
 - put powder in small glass jar and refrigerate.
- *PB prefers South Indian cashews.

(23-2) PISTACHIOS*

- sort
- grind
- store in jar in refrigerator

*Unsalted, shelled nuts can be found at BIONA health food store in Montreux, Ave des Alpes.

24²⁵
NUTS

Cleaning

25
CLEANING

(25-1) KITCHEN

- Don't use soap on dishes or silverware
- No strong cleanser in sink
- Sweep floor frequently

(25-2) BATHROOM

- don't use cleanser in tub or sink - or on toilet seat. Use hard soap only.

(25-3) TRASH

- PB's work paper baskets should be dumped into an opaque or paper bag so items are not visible and then added to garbage bag
- glass should be taken to large garbage cans outside building
- daily garbage goes down chute to left of PB's apartment door as you leave apartment.

- pink trash bags now in use are purchased at Placette in houseware department, across from grocery section, "sachets de congélation²⁶ pour viande" 270x400 mm

26²⁷
CLEANING

Herbs

27
HERBS

(27-1) - Most often used herbs are in round plastic container with yellow lid.
- remove all tiny stems and use in powdered form
- add 3 minutes before end of cooking.
- use very little.

Bread

(27-2) - must be fresh
- PB prefers rye at lunch and cinc cereal or whole wheat for tea.
- DAR VIDA biscuits are delightful toasted.

28²⁸
BREAD

Correspondence

29
CORRESPONDENCE

(29-1) 1980

The Post Office in Vevey closes at 6:30 pm. Until 9 pm there is a service for Express, which is available from the side door nearer the railway station. The charge for "Expres"²⁹ is 3F.

On Sunday, for a "taxe suplimentaire" of 50c a letter may be placed in the baggage office at the station. Whether one first goes to the post office is unknown.

²⁶ "congélation" in the original.

²⁷ Blank page

²⁸ Blank page

²⁹ "Expres" in the original.

The Post Office in Clarens also closes at 6:30 pm; its side door closes at 7:30 pm.

30³⁰
CORRESPONDENCE

31³¹
CORRESPONDENCE

(31-1) Postal Info

Paul Brunton

Mu. Parolil

CH 1807 Blouoy (Vaud)

Switzerland

32³²
CORRESPONDENCE



33
CORRESPONDENCE

(33-1) PO Info

For Book Post cheap rate you must NOT seal (gum down) packet.

34³³
CORRESPONDENCE

35
CORRESPONDENCE

(35-1) Use the foldover white card for letters

³⁰ Blank page

³¹ Envelope front cover

³² Envelope back cover

³³ Void page

(35-2) To send a single disk costs relatively a higher rate than to send 3 or more so always include a couple of work discs with a letter.

36³⁴
CORRESPONDENCE

37
CORRESPONDENCE

(37-1) (1) Telephone No "Person-to-Person" service is available from inside Switzerland to another Swiss number, but it is available to USA from ZH

(37-2) (2) Cables by NLT not available in Switzerland so cheapest cable rate is "BRIEF Telegramme"

(37-3) (3) When giving my correspondents abroad a Swiss address, add "CH" as prefix to leitzahl (zipcode) #

38³⁵
CORRESPONDENCE

39
CORRESPONDENCE

(39-1) There are 5 different Ithacas in the U.S.A., in different states. There is only one in NY State. So the state must be specified in telegrams.

40³⁶
CORRESPONDENCE

41
CORRESPONDENCE

(41-1) WARNING
Postal

This white form is correct to send without using giro a/c. Green form is only for giro payment

³⁴ Void page

³⁵ Void page

³⁶ Blank page

42³⁷

CORRESPONDENCE

43³⁸

CORRESPONDENCE

(43-1)³⁹ HOW ZIP CODE WORKS

ZIP Coded letters and parcels go directly to the sectional center (focal points of air, highway and rail transportation) nearest their destination, skipping stops in between and reducing the number of handlings in route.

WHY WE NEED IT

The national mail volume is more than 72 billion pieces a year.

It rises by two billion pieces a year.

ZIP Code helps us to keep up with this volume while keeping costs down.

* GPO: 1965 O-761-686

POD Notice 42 (Rev. Jan. 1965)

44⁴⁰

CORRESPONDENCE

45⁴¹

CORRESPONDENCE

(1-1)⁴² Hans Meirer
Thurrister 20
3005 Bern

Fr. 100.80

(2-2) BV Croix-Rouge No. 12 - 2400 Fr. 25
swisse
Genevre

(2-3) Kreistelephon No. 56 22 82 Fr. 19.85
direktion
Bern

³⁷ Void page

³⁸ The original author inserted "(memos for mail)" at the top of the page by hand.

³⁹ This page is a notice from the Postal Service. We have kept spelling and punctuation as it appears in the original published material.

⁴⁰ Void page

⁴¹ Void page

⁴² This page is a "bulletin de versement," or postal payment form. We have included only the names, addresses and payment amounts from the form.

(2-4) Banque cantonale
Raisonnement
1920 Martigny Fr. .80

(2-5) Sci Clerk No. 65 - 5233 Fr. 12
Olivone

46⁴³
CORRESPONDENCE

47
CORRESPONDENCE

(47-1) This sheet in a small or large AIR cover is just within the 5 gram overseas Airmail limit

48⁴⁴
CORRESPONDENCE

49⁴⁵
CORRESPONDENCE

(49-1) Postal Information 1980

(49-2) GUICHETS	Monday to Friday	Saturday	Sunday
Montreux	7:30 - 12:30 13:30 - 18:30	7:30 - 11:00	Closed
Vevey	7:30 - 12:00 13:30 - 18:30	7:30 - 11:00	Closed
Clarens	7:30 - 12:00 13:30 - 18:30	7:30 - 11:00	Closed
La Tour de Peilz	7:30 - 12:00 13:45 - 18:30	7:30 - 11:00	Closed

(49-3) TAXE [LATE FEE]⁴⁶

SUPLIMENTAIRE	Mon. - Fri.	Saturday	Sunday	
Montreux	6:30 - 21:00	11:00 - 16:00	Closed 50c.	at Guichet de cases.
Vevey			at Station	at Guichet de bagage
Clarens	Not available			50c. + Exprès
La Tour de Peilz	18:30 - 19:00			at Guichet de cases

⁴³ Void page (the reverse side of the payment form)

⁴⁴ Blank page

⁴⁵ "Jan 26, 80" was inserted at the top of the page by hand. This page is typed, not handwritten.

⁴⁶ The original author inserted "LATE FEE" by hand.

(49-3) EXPRES* ⁴⁷	Mon. - Fri.	Saturday	Sunday
Montreux	after 21:00 at	Guichet de bagage	at Guichet de bagage
Vevey	6:30 - 21:00	6:30 - 16:00 at side	at Guichet de bagage
		entrance facing station	
Clarens	6:30 - 7:30	6:30 - 7:30	
	18:30 - 18:45		
La Tour de Peilz	18:30 - 19:00	Go to Vevey	Go to Vevey

LAST PICKUP AT

POST BOX	Mon. - Fri.	Saturday	Sunday	
Montreux	22:00	18:00	18:00	For placing a
Vevey	22:15	17:30	17:30	telegraph by phone
Clarens	19:30	12:00	10:00	Tel: 110 is
La Tour de Peilz	19:00	12:00	Closed	always open

TELEGRAPH	Mon. - Fri.	Saturday	Sunday
Montreux Summer	7:00 - 20:45	7:00 - 20:45	8:30 - 12:30 15:30 - 19:15
Winter Nov. 1 March 31	Same	Same	Closed except Christmas, New Year's and Easter
Vevey	7:00 - 20:45	7:00 - 20:45	Closed
Clarens	7:30 - 12:00 13:45 - 18:30	7:30 - 11:00	Closed
La Tour de Peilz	7:30 - 12:00 13:45 - 18:30	7:30 - 11:00	Closed

[*See back]⁴⁸

(50-1) There is a Post Box about 2 blocks uphill from L'Oasis (on opposite side of street) on wall next to grocery store. The pickup is 10:30 am.

(50-2) Express:⁴⁹ To America, the planes leave Geneva as follows:

Mon 11:30 am

Tue 11:30 am

Wed 7:20 am

Thu none

Fri 11:30 am

Sat none

⁴⁷ "EXPRES" in the original.

⁴⁸ The original author inserted "* See back" by hand.

⁴⁹ "Express" in the original.

Sun 10:55 am.

Oatmeal

51
OATMEAL

(51-1) Ask PB how to cook his DEMETER Brand oats (I've never cooked that type)

(51-2) Add sultanas during last 5 minutes of cooking (a small teacup full).

(51-3) To prepare sultanas:

- 1) Spread small quantity out on white enamel/tin pan
- 2) Sort → remove stems and unhealthy looking ones

52
OATMEAL

(continued from the previous page) 3) Rinse well in hot water, then cold (to get off chemicals in the hot water!)

Tea



(52-1) A. Chinese pot; B. brown pot; C. teacup with [lid]⁵⁰

53
TEA

(53-1) 1) Put 2 scoops (level) into Chinese pot.

⁵⁰ The following text was deleted after this para by hand: "1) 1¼ minutes in (A) for infusion, then strain into Brown teapot (B).

2) 2 level gold scoops for 1 teapot makes about 4½ - 5 small cups.

- 2) Pour freshly boiling water (don't let H₂O from big tea kettle [Whistle is strong] boil a long time) over loose leaves - 2 gold scoops (teaspoons) per pot.
- 3) Pour rest of boiling water into brown teapot to warm it.
- 4) Stir (about 3 times) the leaves during the 1¼ - 1½ minute infusion.

54
TEA

(continued from the previous page) 5) After 1 minute of infusion, pour out heating water from brown teapot and set strainer on top.

- 6) At 1¼ minutes pour liquid from Chinese pot through strainer into brown teapot.
- 7) Cover teapot with tea cosy.
- 8) Serve PB's tea cup with

Laundry

55
LAUNDRY

(55-1) FOR LAUNDRY

- all bathroom towels
- 2 kitchen dishtowels
- tablecloth
- PB's bed linen

(- new sheets from Anna)

- The rest of the dirty laundry is on floor of hall coat closet *(over) and PB will add what he may have in his own bedroom closet.

56
LAUNDRY

(56-1) There used to be a gold plastic bag with a cord, but I haven't seen it in a few weeks -

Bob Geyer's Notes to Timothy and Devon Smith

57⁵¹
BOB GEYER'S NOTES
Apartment

⁵¹ "Bob Geyer's Notes" and "1" were inserted at the top of the page by hand.

(57-1) 1.0 Apartment.

(57-2) 1.1 Machines

WARNING: They are powerful machines and you could get your arm ground up

(57-3) 1.1.1 Laundry available every other Tuesday afternoon – Jan 1, Jan 15, etc. The machines are on the bottom floor near the rear entrance. Make sure the electricity switch on the wall behind the washer is turned to zero, not 1, before begin. Each of the 2 washers can be filled to the top of the drum inside. Use the blue plastic wide-mouth funnel (usually kept on the water valve when not in use) to insert the clothes in the drum. Once the clothes fall underneath the drum, it is nearly impossible to retrieve them. After filled, close the drum hatch and top. Open water valve on the wall, beside the machines. Turn electricity switch to 1 (ON). Put soap in the receptacle on the top left side of the machine. Select the cycle you want from the card on the top back of the machine. It gives the duration, temperatures, and price. The buttons on the front of the machine correspond to the cycles. For example, 2+b is 95°, 110 minutes, and costs 2F. The lint trap should be in place on the bottom front, and the screw clamp firmly on. (A flap opens to expose it.) Push the buttons you want – e.g. 2 and +b. Make sure the top lid is locked closed. Put in the money, and the rest is automatic.

When finished turn off the electricity switch again. Close the water valve and take out your clothes. Clean out the lint trap.

There are 2 dryers: one opposite the washing machines, and a whole room to the right of that room. Both are free (\$) and are activated by turning the time knob on the upper right corner of the former, and to the right just as you enter the large room for the latter. The little closet is faster, but is too small for many things. Start the whole procedure

58⁵²

BOB GEYER'S NOTES
Apartment

(continued from the previous page) as soon as you arrive. You will need the whole afternoon to get everything washed and dried.

If there are any problems ask the concierge (he's usually in between noon and about 1:30) or his wife. His name is M. Bandimante on the 1st floor.

(58-1) 1.1.2 Typewriters – normal operation except PB likes you to type with a piece of paper behind the page being typed to save the rubber drum that the keys hit. Watch the old one in his office. It often doesn't advance, especially with capital letters.

KITCHEN

⁵² "2" was inserted at the top of the page by hand.

(58-2) 1.1.3 Kitchen

(58-3) 1.1.3.1 Coffee grinder – not for coffee – for him at least. Soup powders need to be ground more finely. He uses ground almond powder and pumpkin seeds ground for his dinners. They are kept in jars in the refrigerator. Soup powders – Vogue and Sunshine Valley are mixed in a 2:1 proportion. Do not fill it above the metal bottom level inside the grinding cylinder.

(58-4) 1.1.3.2 Blender – I never used it, but I’m a dull cook.

(58-5) 1.2 Kitchen and food.

[I was not a creative cook, although you should be if you have the talent. There are many restrictions in PB’s diet however that will handcuff you on a lot of things you would like to do. I invariably made cooked vegetables and grain for lunch.]⁵³

(58-6) 1.2.1 Grains: rice, buckwheat, millet, cous cous, green [soya beans (presoak the night before),]⁵⁴ maize he will eat. Use a dry ¼ cup for each person (he has a silver cup that I used as a measure.) Some, like soybeans and buckwheat, use slightly less. Cous cous and maize cook almost immediately. Millet takes about 20 minutes. Rice and soybeans should be cooked an hour and 15 minutes. He likes everything soft. Potatoes are OK once in a while. Check soybeans for stones.

(58-7) 1.2.2 Veggies cooked: OK are carrots, Swiss Chard, bean sprouts,

59⁵⁵

BOB GEYER’S NOTES
Kitchen

(continued from the previous page) Chinese cabbage, Kohlrabi (there are several kinds, and the best is a white-light green variety that is non-fibrous and has a semi-rough surface – not really smooth: that variety is fibrous)⁵⁶ and ground-up peas (the skin is too tough). All should be cooked until soft – no crunchiness left. Take out veins of the Swiss Chard and cook only the thin green part. Stems and leaf veins are thrown out. All are thoroughly washed before cooking. No skins of anything – carrots, kohlrabi, potatoes.

⁵³ Someone later drew an “x” through this section.

⁵⁴ Someone later drew a line through this section.

⁵⁵ “3” was inserted at the top of the page by hand.

⁵⁶ We inserted close parenthesis for clarity.

(59-1) 1.2.3 His salad: Carrots grated as finely as possible are the bulk of it. Toss in some finely chopped zucchini (tender), a peeled radish or two, and endive. Total quantity about the size of a large baseball.

(59-2) 1.2.4 Fruit: fresh as possible – apples (golden), grapes, maybe Dole unsweetened pineapple, dates in season, Clementine oranges. Raisins are slightly cooked 3 minutes. The raisins are sultanas (golden or blue) sold at Shantala.

(59-3) 1.2.5 Tea: Brewed for 1½ minutes for a full pot. Strain tea into another pot – don't leave leaves in. It must be hot. Cover the brew with a pot cosy and his tea cup should have a little lid on it to keep it that way. He eats Dar Vida crackers and sometimes bread, toasted if not fresh. Ask him what he wants. It is a good idea at the start to keep extra hot water to dilute if you've made it too strong.

60⁵⁷

BOB GEYER'S NOTES
Kitchen

(60-1) 1.2.6 Bread: He eats rye and whole wheat – seigle⁵⁸ and complet.⁵⁹ There is a square (carre)⁶⁰ rye which he likes because it is less crusty. I have indicated the baker shops on the map with what they have that is good.

(60-2) 1.2.7 Garbage – bag kept under sink. There is a chute outside the apartment door on the left as you look into the hallway (circular metal). No wet stuff or glass. Glass is taken down to a garbage room around the corner from where the mailboxes are. Also large items. No oversized bags to clog up the chute.

(60-3) 1.2.8 Medicines: He makes decoctions of several things regularly – Swedish medicine, ginger, and others. He had better show you this himself. Ginger is grated, stewed in water, and the juice is strained off for use.

(60-4) 1.2.9 Nut powders: Grind up in the coffee grinder. Use the skinless organic varieties if possible. Break up some before putting them in the grinder to save the machine. He keeps about ¼ cup of powder in jars in the refrigerator.

(60-5) 1.2.10 Soup powders: Sunshine Valley must be ground in grinder and mixed with Vogue in 1:2 portions. Stored in refrigerator.

⁵⁷ "4" was inserted at the top of the page by hand.

⁵⁸ "seigle" is French for "rye."

⁵⁹ "pain complet" is French for "whole wheat bread."

⁶⁰ "carré" in the original, which is French for "square."

(60-6) 1.2.11 Dishes, etc: Lunch - Serve bowl on plate with a spoon and fork. There is a white lid that fits on his bowl (to keep it hot). Napkin. Grains are best cooked in a heat-retaining pot called Duratherm. It is served on a

61⁶¹

BOB GEYER'S NOTES

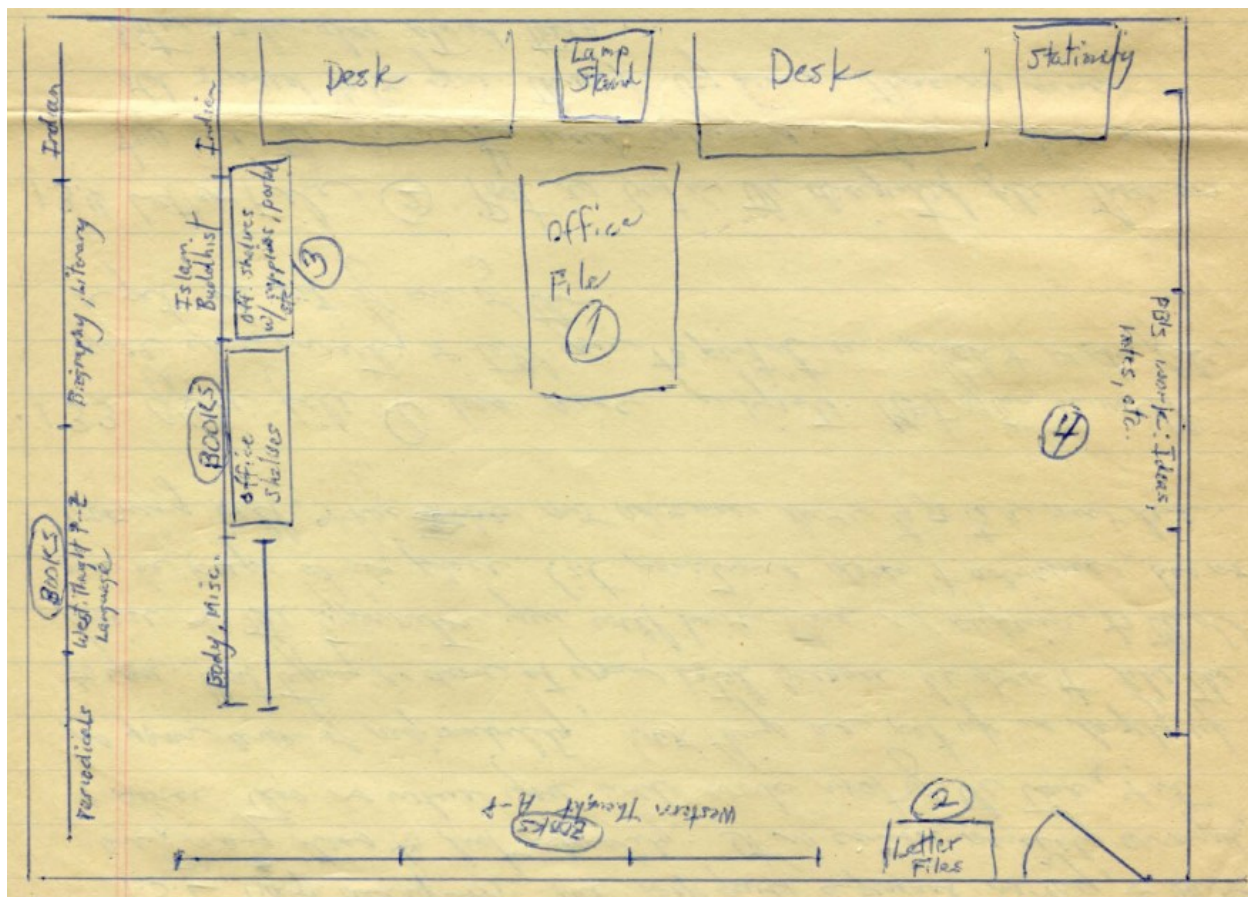
Kitchen

(continued from previous page) gold-coloured base for heat retention. He keeps his spoon and fork in a special place so he can find it. Ask where. Wash without soap. At the end of the day, the dishes and pots should be dry and put away

OFFICE

(61-1) 1.3 Office

(61-2) 1.3.1 Rough Map



⁶¹ "5" was inserted at the top of the page by hand.

(62-1) 1.3.2 Rough description. The map gives a general outlay, and there are too many items to list separately. It is common-sensibly arranged, and since this is where you will work most of the time, and it is your area of responsibility, how things are set up is largely up to you. Most typing is done at your hotel because he doesn't like the noise and the typewriter you will have there is superior to the old one he keeps at his place (it sometimes doesn't advance, has no working bell, and has no advance lever to go to a new line).

(62-2) 1.3.3 Office file (1) has miscellaneous subjects. Most often he will give you something and tell you to put it in such and such file, or get it out of one of them.

(62-3) 1.3.4 Letter File (2) Post is best in the designated file. Those on top are the frequently used categories. Those below are old and need to be gone through by him. These is some Note work also stored there.

(62-4) 1.3.5 Books - his library is a recent arrival to L'Oasis. It is roughly ordered as indicated on the map according to groups and then alphabetically arranged. You may be refining the setup. Be careful not to pull on the shelving as it is not super secure - particularly the round post shelves (weak compression springs in the posts).

(62-5) 1.3.6 Office supplies - general office supplies and gadgets. Post scales, stamps, address books, and rate charts there. Also dictionaries, dictaphone discs there.

(63-1) 1.3.7 PB's work (4) Typescript of his ideas on various topics. There are 28 classes of ideas ranging from the absolute to the body. They have been done in both top and side binders, but he is discontinuing the former. All future work will be done on 6" x 9" size paper and 3 hole punch. Also book notes from what he reads. You will be typing these up as he reads.

Also at (4) are miscellaneous envelopes, label stickers (he loves to label things), empty binders, maps of the area and elsewhere, and a holding place for work he is dealing with.

There are separate binders for unrevised work, and this should not be incorporated into the IDEA volumes until he has done this.

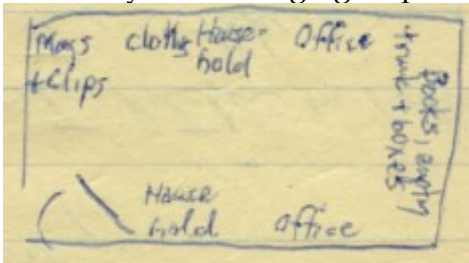
⁶² "6" was inserted at the top of the page by hand.

⁶³ "7" was inserted at the top of the page by hand.

(63-2) 1.3.8 Generally you work here unless he invites you to help him in the living room. Crank down the shutters when it gets dark.

(63-3) 1.4 Storage Areas (Caves)

(63-4) 1.4.1 Attic compartment #14 on the left end of building as you come out of the elevator (top floor). Go through door and it's on the right. Has books (foreign editions), office, household, clothes, empty boxes, and some magazines and articles therefrom. They are in rough groups:



The key is kept in a little box in the closet opposite the kitchen door and is labelled.

(63-5) 1.4.2 Basement. Near rear entrance and laundry room. You need both the apartment door key for outer door and cave key to get in (kept in the same place). His is No. 7. Go through entrance to laundry room area and the outer door (white) is on left. It is small and hence not as well organized. Contains art objects,

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BOB GEYER'S NOTES
Office

(continued from the previous page) electrical stuff, miscellaneous household, a couple of book boxes (which should eventually go to attic), a few clothes.

Both caves could be better organized. They were just dumped in by the movers who were impatient and I spent a little time getting it a little more organized. A good project for you. - nice sorting.

(64-1) 1.5 Closets opposite kitchen in hallway: Hardware and linen closet. Sundry items. Poke around to see what's in there.

(64-2) 1.6 Bedroom. You will do little in there except make the bed when you come in, clean it up from time to time, and crank down the shutters when it gets dark.

⁶⁴ "8" was inserted at the top of the page by hand.

(64-3) 1.7 Bathroom – Keep it clean and use freely anytime

(64-4) 1.8 Living Room – He works there during the day. Keep clean. Water the plants here and in the office

ERRANDS OUTSIDE

(64-5) 2.0 Errands outside

(64-6) 2.1 Shopping – It is your job to buy everything and bring it there – food primarily, but also office, hardware, etc. The map shows the places where I shopped frequently although it isn't complete.

(64-7) 2.1.1 Food – fresh, organic if possible. In season the market in Vevey Tuesday and Saturday a.m. is the best. One person sells unsprayed (non traite).⁶⁵ Don't buy large quantities so it is fresh when eaten. Open market is best also because it is direct from the farm without being housed with meat. I suggest you buy a back pack about the size of a shopping bag.

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BOB GEYER'S NOTES

Transportation

(65-1) 3.0 The bus is the way to go. The stops you need to know about are indicated on the map. Get a monthly "abonnement" as it is the cheapest and can be used for as many rides as you wish for that month. These passes are gotten at the Clarens Depot. It is about ¼ mile from the bus stop to PB's apartment.

You will probably go to Lausanne from time to time, although he said he was going to cut it out in the cold months of January and February. I used to meet him at the Vevey pare, and he usually took the 11:03 train. He prefers riding the train over a bus to Montreux.

(65-2)⁶⁷ 4.0 Before you come: He wants you to get your "excuse" together for the Swiss government as to why you will be staying longer than 3 months if you do stay that long. Ed used language and vacation as his reason. I had a job-related excuse. Under no circumstances say that you have an interest in or need for working while there. You will be on the plane if you do. You cannot take a job away from a Swiss citizen. Get papers, letters, and whatever documentation you need for your excuse before you go. If

⁶⁵ "traité" in the original

⁶⁶ "9" was inserted at the top of the page by hand.

⁶⁷ PB himself deleted this para by hand.

Om⁶⁸ will write something for you about a job-related excuse, fine. I don't think it is really very difficult to get the visa extension, but it is best not to take any chances. Do not use PB's name. He wants to be left out of it.

(65-3)⁶⁹ 5.0 What to bring: 2 weeks of clothes. The washing machine is available every other week on Tuesday afternoon, from Jan 1, Jan 15, Jan 29, etc. Back pack, radio and/or tape recorder with tapes if you like music, 1 extension cord, pocket knife, alarm

66⁷⁰

BOB GEYER'S NOTES
Arrival in Switzerland

(continued from the previous page) clock that runs on batteries.

In general, if you are going to need it, buy it and bring it over. Everything costs at least twice the American price in Switzerland.

(66-1) [There is there - I'll leave behind:]⁷¹ Office supplies, soap, 1 set of dishes (for 1 person), water boiler, [hot cup, 1 pan, 1 hot plate,]* 1 cutting board, large French dictionary, typewriter*, current adapter* (not good for high current levels like an iron - I found out - nor for things that keep time like clocks and tape recorders - they will slow down to 5/6 speed), a few books Ed {McKeown} bought.

*These are PB's and will be stored at his place until you arrive.⁷²

(66-2)⁷³ 6.0 Money. It costs a lot to live here relatively speaking. Less my plane tickets, I spent \$2,200 for 5½ months. I don't think you can live much more cheaply, except that I eat a lot! With 2 people you should be able to live on less per person (rent). Rent for me was 260 Fr. or about \$156.⁷⁴ Transportation is 39 Fr./month/person for a bus pass. Food will probably cost you about 10 Fr./day so fixed expenses are about 600 Fr./month. (1.6 Fr. \cong 1 \$)

Pick a bank that has offices in both Vevey and Montreux. Ed and I used Credit Suisse but Banque Cantonale Vaudoise has a branch in Clarens as well as Vevey and Montreux. You might want to get an efficiency rather than a room since there are 2 of you. A kitchenette and shower would have been a real boon, but you have to pay more of course. However 2 people in 1 room could get heavy - but you will only be there part of the morning, and the evenings. There are \$ exchanges

⁶⁸ Om Gupta was Timothy Smith's boss before he went to Switzerland to work for PB.

⁶⁹ PB himself deleted this para by hand.

⁷⁰ "10" was inserted at the top of the page by hand.

⁷¹ Bob Geyer changed "Don't buy" to "There is there - I'll leave behind" by hand.

⁷² Bob Geyer inserted this sentence in the left margin by hand.

⁷³ PB himself deleted this para by hand.

⁷⁴ Bob Geyer did the math for this in the left margin by hand: "260 x .6 = 156.0"

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BOB GEYER'S NOTES
Arrival in Switzerland

(continued from the previous page) everywhere - all banks in Switzerland, the airports and the large train stations. If you have a Master Charge, bring it. Visa is also accepted (in some stores), but several banks honour Master Charge and you could use it for cash if you get stuck. My bank (Credit Suisse) and most honour American Express Travellers Checks.

(67-1)⁷⁶ 7.0 Hotel. Write to Madame Chamorel of Hotel Erica Villa Dubocket 3, 1815 Clarens/Montreux to notify her of your plans. She expects you to stay from mid January on. There are some complications. She wants to sell the place, so the continuity is unclear. Also in mid February she has the place rented out totally for a few days. You may have to relocate for that time. Also I have 2 boxes with stuff I left behind at the hotel for you. She can get them for you.

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BOB GEYER'S NOTES
Arrival in Switzerland

69

BOB GEYER'S NOTES
Note on Where to Deposit Glass

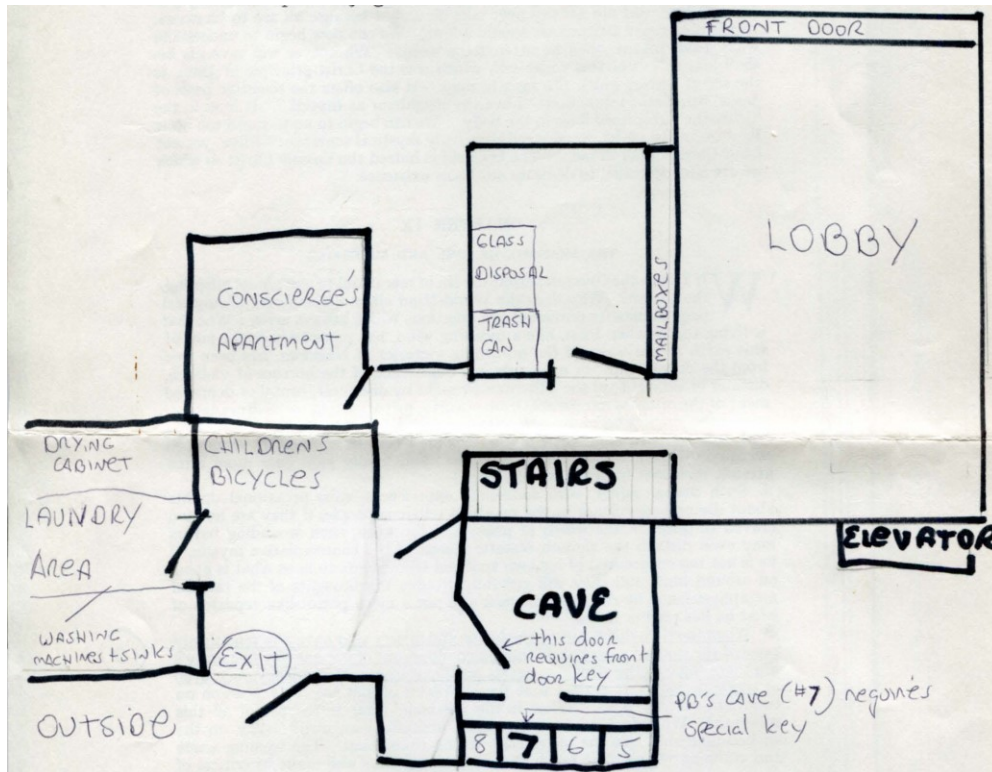
(69-1)⁷⁸ As you exit from the elevator on the ground floor on your left (opposite the staircase) is a door with an F on the front in red. If you go in this room to your left is a large trash can into which falls the trash which is dumped down the chute. Next to it, either on the floor or in bags or boxes, is where you can put any glass which must be discarded.

⁷⁵ "11" was inserted at the top of the page by hand.

⁷⁶ PB himself deleted this para by hand.

⁷⁷ Blank page

⁷⁸ This page was typed, not handwritten.



Note on How to Leave Building After Front Door Is Shut

(69-2) After leaving the elevator go to your left. On your left is a door which goes into the laundry and storage areas. If you go through {this}⁷⁹ door, immediately turn to your right. On the left, opposite the children's bicycles, is a white door which can be opened if it is locked by turning the [knob]⁸⁰ below the door handle. This will allow you to leave the building after it has been locked at 9 pm. Note: There is no way to enter the building after 9 pm. Once you go outside you cannot enter without possession of a key or buzzing PB's apartment, in which case he will have to come down and let you in.

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BOB GEYER'S NOTES

Note on How to Leave Building After Front Door Is Shut

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BOB GEYER'S NOTES

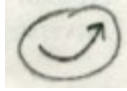
Laundry

⁷⁹ We deleted "your" before "this" for clarity.

⁸⁰ The original editor used white-out over the original word and inserted "knob" by hand.

⁸¹ Void page

(71-1) (1) (a) before inserting \$ push



bottom right button until light switches off

(b) make sure electricity is off



(2) fill w/ funnel

close hatch and top

(3) open water valve and elect → 1

(4) 2 DL soap in receptacle, sprinkle some on clothes

(5) make sure lint trap is screwed in

(6) cycle: 1.20 normal; 1.60 sheets, towels (usually 3 + 5) +, not +b (usually 3and5)

(7) after rinse, press kundalini button for spin

(8) after finish, turn off electricity switch and water valve

(9) clean out lint trap, leave on top.

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BOB GEYER'S NOTES

Laundry

73⁸³

BOB GEYER'S NOTES

Stores Most Frequently Used

(73-1) VEVEY continued

13 SHANTALA, best Health Food store around.

For: tahini

grains

Dar-Vida Biscuits

Nuts

Dried Fruits

29 VITA-SANTE Health Food, near Vevey open market. Rue de Lausanne behind

Migros

6 Migros soy sprouts on Friday, some vegetables

74⁸⁴

BOB GEYER'S NOTES

Stores Most Frequently Used

⁸² Void page

⁸³ The paras on this page follow the paras on page 75.

⁸⁴ Blank page

(75-1) * = the best quality

(75-2) CLARENS

21 Pitteloud, grocery. some vegetables and fruits

(75-3) MONTREUX

* 22 COPPI'S (open Monday am). Rue de la Paix, vegetables – best in Montreux.

23 SCHRANERS (open Monday am) Rue Eglise Catholique, canned goods, some vegetables

24 MIGROS (closed Monday am), soya sprouts on Fridays, 3-minute polenta, paper products.

* 26 BIONA Health Food. Ave des Alpes.

27 MONTREUX SANTÉ Health Food (only if necessary)

* 25 OPEN MARKET Friday morning, just off bus stop “Place de Marche.”

(75-4) VEVEY

BAKERIES:

*8 DURIEU good complet et seigle (round)

seigle ready after 10:00 every day

9 NEUHAUS excellent seigle (ask for “seigle long, carre.”)

fresh Tuesday, Wednesday, Friday after 10:10

*closed for vacation 14 July-3 August

10 TITUS Rue de Deux Marches

- wonderful “cinc cereal” bread. (It's their complet.)

Open: Monday, Tuesday, Friday 7:15-12:30/13:45-18:45

Saturday: 7:15-12:30/13:45-17:00

Sunday: 7:15-14:00

- fresh every day

*18 - open market, Tuesday and Saturday morning

28 - in winter it moves inside in nearby gymnasium 1/2 a block away.

7 PLACETTE grocery department downstairs. Vegetables and pink plastic garbage sacks (in Housewares department) (are really freezer bags.)⁸⁵

⁸⁵ These paras are continued on page 74.

⁸⁶ Blank page

Stores Most Frequently Used

77

BOB GEYER'S NOTES
Phone Numbers

(77-1) PB (021) 54.96.71
Apt 22
107 Ave. des Alpes
La Tour de Peilz (Vaud) 1814
Switzerland

(77-2) PENSION MARTIN
61.43.48
Madame A. Doleyres
35 Rue de Lac
1815 Clarens

(77-3) PITTELOUD, grocery, Clarens 61.41.41 (grandmother Pitteloud speaks English)
will deliver groceries, if quantity warrants it.
- HERO extra-fine peas
- Dole pineapple in own juice (non-sucre) etc.

(77-4) HOTEL COMTE 54.14.41

(77-5) HOTEL de FAMILLE 51.39.31

(77-6) DR JEAN MORIER-GENOUD* 54.12.77
14, Ave de Blonay
Vevey
*Doctor who performed hernia operation, Jun. 20, 80

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BOB GEYER'S NOTES
Phone Numbers

79

BOB GEYER'S NOTES
Daily Sample Schedule

(79-2) MONDAY

Most stores, except bakeries, are closed till afternoon. So shopping is much more limited. So I begin at:

- 1) Coppi's, Montreux for vegetables and fruit
- 2) Schraners, Montreux
- 3) Pittelouds in Claren
- 4) Then: to Vevey to get fresh bread at DURIEV (closed July 14-Aug 3); petit complet et pain seigle.

(79-3) TUESDAY

- 1) Open Market in Vevey (Grande Place)
- 1B) can also try Placette (groceries in basement)
- 2) fresh rye at Neuhaus (long, square rye)
- 3) fresh petit pain complet at Durieu - closed July 14-Aug 3
- 4) possible groceries needed at health food store: Shantala.

(79-4) WEDNESDAY

- 1) Coppi's, Montreux
- 2) Schraners, Montreux
- 3) Pittelouds, Clarens
- 4) fresh bread in Vevey: Neuhaus and Durieu (closed July 14-Aug 3)

(79-5) THURSDAY

- 1) Coppi's, Montreux
- 2) Schraners
- 3) Pittelouds
- 4) fresh bread in Vevey
- 5) a good day to get paper products etc. at Placettes, Vevey

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BOB GEYER'S NOTES

(80-1) FRIDAY

- 1) Open Market in Montreux,
- 2) then to Migros, Montreux to see if they have good fresh sprouts (soya)
- 3) fresh bread - rye at Neuhaus, Vevey

(80-2) SATURDAY

- 1) Open Market in VEVEY (buy extra for Sunday)
- 2) fresh bread (that lasts well over the weekend) at TITUS Boulangerie "cinc cereal."
- 3) Shantala, health food store

(80-3) SUNDAY

No shopping

During summer months, POINT ROUGE in Montreux is open (for emergency shopping only!).

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BOB GEYER'S NOTES

Key to Maps of Vevey and Montreux

- (81-1) (1) PB's apartment - #22 L'Oasis, 107 Avenue des Alpes.
- (2) Bus stop from Clarens
- (3) Bus stop to Clarens
- (4) Food store open Monday a.m.
- (5) Post office (PTT)
- (6) Migros - Groceries, Vevey
- (7) Placette and Coop city - Department store, grocery downstairs
- (8) Baker - good whole wheat (complet) and seigle (Durieu)
- (9) Baker - square rye - (seigle carre⁸⁸) (Neuhaus)
- (10) Baker - very good complet ("cinc cereal") and seigle (Hirshbrunner) (Titus)
- (11) Coop - grocery
- (12) Migros - grocery
- (13) Shantala - Health food store
- (14) UNIP - Department store
- (15) Baumans - like Ithaca's Bishops
- (16) Sudi - Grocery
- (17) Post office
- (18) Open Market on Tuesday and Saturday a.m. - when operating in season. Best fresh vegetables available. One stand is non-sprayed (non-traite)⁸⁹
- (19) Kramer's office supply
- (20) General store
- (21) Pitteloud (grocery)
- (22) Coppi's - best vegetables in Montreux
- (23) Schraners - #2 for vegetables in Montreux
- (24) Migros
- (25) Montreux Open Market - Fridays morning
- (26) Bidna - health food store
- (27) Montreux Sante - health food
- (28) Winter open market - Tuesday and Saturday, Vevey
- (29) Vita-Sante health food store, Rue de Lausanne, Vevey

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BOB GEYER'S NOTES

⁸⁸ "carré" in the original.

⁸⁹ "non-traité" in the original

Change of Address

(82-1)⁹⁰ Please note that from 25th February 1976 the residential address of Paul Brunton will be changed from Montreux to the following:

Paul Brunton

Au Jordil - A

CH 1807 Blonay (Vaud)

Switzerland

It will help me if this address is not given to others.

⁹⁰ This page is typed, not handwritten.