

It's Friday – another day of rest

As my body returns to normal, I'm finding more strength to function, and keep my daily record-keeping up to date. I have three remits; BrianSnellgrove.net 5Gexposed.com Extinction-rebellion-exposed.com.

Although it is two weeks away, I decided I didn't have enough oomph to go to London for a conference on Sunday, 27 November. All in all, it would have cost us £400 (three nights hotel plus food plus travel) plus another £100 for the conference itself.

I am sorry in a way, as the day will have a lot to say on climate change, the back story. Unless you understand the back story you don't understand anything. We are therefore going to apply to stream it and watch it from the comfort of my own home.

My hernia operation is certainly working through. My male member has turned almost black. Funny, it is not hot or painful, but that's just the way it is. As I said before, nature must carry on do what it has to do. I turned to the Internet and found the answer “ ***Bruising** tends to track down from your wound, and if you are a man into your testicles and penis. This can be quite dramatic but looks worse than it feels. Don't be alarmed – it will fade within one or two weeks*”.

Once again, nothing wildly exciting to tell you. Françoise has been feeding me easy to digest food and I have had two lots of painkillers instead of three.

Rain continues incessantly but I'm glad I'm not in Tokyo, where a hurricane is due to hit tomorrow.