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Jan. 10th (Cont)

MALACAÑAN PALACE

MANILA

himself when he writes down a resolution.
And it will be harder to break it when you
have written it down."

"I had to change many habits when I became
President. Even at my age."

And I told him of my cutting out work after
lunch, a nap and then golf or exercise — all
upon the advice of the doctor.

And in school, I had to cut out ^{too much} athletics
because I had lost my scholarship (academic)

The talk seemed to do him good. And in
the afternoon I had him come to Panjuring where
I was playing golf after he came from the airport
where they put his braces on, and we visited the
horses and the dogs together, joked together.

Then we tried out the program with
submachine gun 9 men (short) with the winner
at the ball run.

And it was time to go and say
goodbye. I did not take any shower or have a
massage so we could have family pictures
at my table at the music room.

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Jan. 10th (Cont)

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I worked the whole morning on the Foreign Trade Zone - its housing, building of roads, roads, expansion etc.

Then on housing, BOI (Cesar Lim and Amb. Greg Abad, who is here a committee) and the legislative program which I must present to the congress tomorrow.