

The New York Times Magazine

DECEMBER 31, 1967 SECTION 6

Contents—Page 4

The Class of 1984 (Now 5) Looks Ahead



The New York Times Magazine

DECEMBER 31, 1967 SECTION 6

Contents—Page 4

The Class of 1984 (Now 5) Looks Ahead



A Trip to Esalen Institute — Joy Is the Prize

By LEO E. LITWAK

SAN FRANCISCO.

BIG SUR is an 80-mile stretch of California coast below the Monterey Peninsula. It is approximately midway between Los Angeles and San Francisco and difficult of access from either direction. Before the coastal highway was completed in 1936, the shore was accessible only by foot. The Los Padres National Forest, one of the largest preserves in the country, extends 30 miles inland and is 200 miles long; it occupies most of the area. Not much land is available for private ownership. There are only 300 residents. The rugged terrain of Los Padres includes redwood canyons, barren mountain ranges, desert flora, thick forests. It is the province of mountain lions and wild boar.

Stone cliffs rise 2,000 feet above the ocean. Beyond a wedge of meadow, the steeply inclined hillside begins. For great distances there is no meadow at all and the serpentine coastal highway hangs on the cliff-side. It is a two-lane road, sometimes impassable after heavy rains. The fog bank wavers off shore. When it sweeps in, the traveler faces an uncanny trip, guided entirely by the few white dashes of the center line that are visible. With hairpin turns, sharp rises and declines, the road can be dangerous in bad weather. On clear days when the setting sun ignites dust particles on your windshield you are forced to drive blind for dangerous seconds.

Nonetheless, 4,000 people traveled this road last year, in disregard of weather, aimed toward the Esalen Institute, famous until a few years ago under a different name, Big Sur Hot Springs. These are unlikely adventurers. They are doctors, social workers, clinical psychologists, teachers, students, business executives, engineers, housewives—or just fun lovers who have come to take the baths.

Big Sur Hot Springs was originally renowned as the Eden discovered by Henry Miller and Jack Kerouac. Joan Baez once lived there. The springs were purchased in 1910 from a man named Slade by Dr. Henry C. Murphy of Salinas. It was Dr. Murphy's intention to establish a health spa. In order to use the mineral waters he brought in two bathtubs by fishing

sloop. They were hauled up the cliff and placed on a ledge at the source of the springs. But because of their inaccessibility, the springs did not flourish as a spa. Not until Dr. Murphy's grandson, Michael, assumed operation of the property in the mid-nineteen-fifties did the baths begin to receive attention—attention that has grown with the development of Esalen Institute.

MICHAEL MURPHY at 37 appears to be in his early 20's. He is slender and boyish and has a marvelous smile. I took part in a panel discussion at Hot Springs some years ago and I was not impressed either by the topic, my performance or the audience. I did enjoy the baths. I had misgivings about Murphy's program, yet none about him. He seemed to me generous, charming, innocent, credulous, enthusiastic and enormously sympathetic. A Stanford alumnus who had done some graduate work in psychology and philosophy, he had recently returned from an 18-month study of the art of meditation at the Aurobindo Ashram in Pondicherry, India, and he devoted a considerable part of each day to meditation. I believe he had—and still has—in mind some great mission, based on his Indian experience. I am not quite sure what the scope of his mission is. A friend of his told me: "Mike wants to turn on the world." Esalen Institute is his instrument for doing so. It has come a long way from the shoddy panels of a few years ago. Its spreading impact may seriously affect our methods of therapy and education.

In the course of a year, almost 1,000 professional persons—social workers, psychiatrists, clinical psychologists—enroll in Esalen workshops. Close to 700 psychotherapists have been trained to administer techniques devised by staff members—Frederick Perls, Virginia Satir, Bernard Gunther and William Schutz. These techniques have been demonstrated at hospitals, universities and medical schools. This year Esalen has opened a San Francisco extension which in the first two months of operation has attracted an attendance in excess of 10,000, offering the same workshops and seminars that are available at Big Sur. Esalen-type communities have begun to appear throughout the country, in Atlanta, Chicago, Los Angeles, Cleveland, La Jolla. One has even appeared in Vancouver, Canada. Murphy offers ad-

(Continued on Page 28)



For the Too Well-Adjusted

Esalen is the name of an Indian tribe that once dwelt along the California coast. Esalen Institute is a nonprofit, idealistic and controversial establishment dedicated to "devising ways to extend the human potential." Its methods are varied, but are likely to center around group therapy, psychodrama, massage and Oriental philosophy.

It offers to the public weekend seminars (attracting an average of 75 participants at \$60, including room and board) and five-day workshops (\$155 to \$175, with an average attendance of 25). In addition, there are 22 resident fellows enrolled in a nine-month course (\$3,000) in Esalen techniques.

Esalen does not advertise. It mails a quarterly brochure that includes a schedule of offerings to those who have attended in the past or who subscribe for \$2 a year.

For the future, Esalen has plans to implement a new approach to psychosis developed by, among others, the British psychiatrist R. D. Laing and Dr. Julian Silberman of the National Institute for Mental Health at Bethesda, Md. Dr. Silberman will visit Esalen next summer to establish a "blowout center" for the treatment of certain nonparanoid psychoses by conducting the patient through his illness in the expectation that he may significantly profit from allowing it to run its course.

But therapy is not Esalen's primary function. As Dr. John Downings, a psychiatrist and director of the San Mateo County Mental Health Services, explains: "It is the concern of psychiatry to adjust people to the social environment. Esalen, rather, is concerned with those who are too well-adjusted, too tight and controlled. It attempts to release them for growth and greater integration."

Photographs by MICHAEL ALEXANDER

LEO E. LITWAK, associate professor of English at San Francisco State College, is the author of short stories and several novels; the latest, "In O'Brien's House," will be published in 1968.

EYE-OPENER—An "expanded capacity to learn, to love, to feel deeply . . . [to know] the joys of the senses, the immediacy of unpostponed life" is what the Esalen Institute offers participants in its workshop sessions at Big Sur. The girl at left, one of Esalen's resident fellows, leads a group, eyes shut and hands extended, in an ancient Chinese meditative exercise. Right, one member of a group is tapped, patted, thumped and slapped, in varying tempos, the better to experience "sensory awareness." Below, couples in an Esalen "encounter workshop" practice "nonverbal communication."



'68 Cat Calendar

Printed in
beautiful
FULL
COLOR!

12 new,
one-of-a-kind
kitty photos
in poses
you'll adore!



4 x 5-1/2 size. Send \$5.00
in coin with K-L SEAL from
any size bag of genuine,
absorbent KITTEN LITTER.
Sanitary cat box filter.



KITTEN LITTER, Dept. 1C, Cassopolis, Mich.
49601

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____

YOUR GLOVES NEED CLEANING?

We offer a fast, inexpensive way to clean and restore your leather gloves to their original beauty. Mail your gloves today or write for convenient mailing envelopes. Gloves promptly returned 24 hours after we receive them. Satisfaction guaranteed.

REGULAR LENGTH \$1.25
OPERA LENGTH \$1.50
GLOVE MASTERS
Dept. W, 451 East 167 St.
Bronx, N.Y. 10456
Telephone (212) LU 5-3815



PICTURES & PRINTS

ORIGINAL
LITHOGRAPHS
FINE
REPRODUCTIONS
EXCEPTIONAL
FRAMING
Oestreich's
SINCE 1906
42 W. 46 St. (bet. 5th & 6th Aves.) N.Y.C.
Phone 2-1190 / Open House: Tel. 9 PM

"How TALL is He?"

Be impressively taller.
Rise to new heights
in social and business
life with STATURAD,
the original height-
increasing shoes. Sold
to you from maker.



Call or write for FREE CATALOG T-1

JOSEPH BURGER, MAKER
Factory & Showroom Tel. CY 2-1313
781 E. 142, N.Y.C. 10454

Mail-order advertising pays off . . .

in The New York Times
Magazine. For full details,
write The New York Times,
Mail-order Advertising
Dept., Times Square,
New York, N.Y. 10036.

Joy Is the Prize (Cont.)

(From Page 8)

vice and help, and permits use of his mailing list.

Consider some offerings of the Esalen winter brochure. Seminars led by Alan Watts, the Zen interpreter, and Susan Sontag, the camp interpreter. Workshops for professional therapists conducted by Frederick Perls, an early associate of Freud and Wilhelm Reich and a founder of Gestalt therapy. A lecture panel including the psychologist Carl Rogers and Herman Kahn, the "thinking about the unthinkable" man. Some of the titles are: "Kinetic Theater," "Psychotechnics," "Do You Do It? Or Does It Do You?", "Dante's Way to the Stars," "Creativity and the Daimonic," "On Deepening the Marriage Encounter," "Tibetan Book of the Dead," "Anxiety and Tension Control," "Racial Confrontation as a Transcendental Experience."

What principle guides a mélange that consists of dance workshops, therapy workshops, sensory-awareness experiments, the Tibetan Book of the Dead, Herman Kahn, Carl Rogers, Frederick Perls and Susan Sontag?

Esalen's vice president, George B. Leonard, has written a general statement of purpose. He says: "We believe that all men somehow possess a divine potentiality; that ways may be worked out—specific, systematic ways—to help, not the few, but the many toward a vastly expanded capacity to learn, to love, to feel deeply, to create. We reject the tired dualism that seeks God and human potentialities by denying the joys of the senses, the immediacy of unpostponed life." The programs, he says, are aimed toward "the joys of the senses."

I HAD signed up for a workshop led by Dr. William Schutz, a group therapist who has taught at Harvard and the Albert Einstein College of Medicine, among other institutions, and has served on the staff of the National Training Laboratories Internship Program at Bethel, Me. His latest book, "Joy," was published in 1967 by Grove Press.

In the brochure description of Dr. Schutz's workshop I read a warning that the experience would be more than verbal: "An encounter workshop with body movements, sensory awareness, fantasy experiments, psychodrama. Developing the ability to ex-

perience joy is the workshop's guiding theme."

Joy as the prize of a five-day workshop?

"How can we speak of joy," Leonard has written, "on this dark and suffering planet? How can we speak of anything else? We have heard enough of despair."

It was easy enough to dismiss the language. It seemed naive to promise so great a reward for so small an investment. Joy for \$175 seemed cheap at the price, especially since The New York Times was paying. I did have considerable anxieties that some of those "body movements" might be humiliating. And what precisely was meant by "sensory awareness?"

ESALEN has changed considerably since my previous visit. Rows of new cabins are ranged along terraces on the hillside. The lodge is located at the bottom of a steep incline, in a meadow. The meadow is perhaps 200 yards deep and ends at the cliff edge. The Pacific Ocean is 150 feet below. A staff of 50 operates the kitchen, supervises the baths, cleans the cabins and garden and works on construction.

I passed hippy laborers, stripped to the waist, long hair flowing, operating with pick and shovel. Dreamy girls in long gowns played flutes near the pool.

I was somewhat put off by what I considered to be an excessive show of affection. Men hugged men. Men hugged women. Women hugged women. These were not hippies, but older folks, like myself, who had come for the workshop. People flew into one another's arms, and it wasn't my style at all.

After dinner, 30 of us met in the gallery for our first session. We began our excursion toward joy at 9 P.M. of a Sunday in a woodsy room on a balmy, starry night.

William Schutz, solidly built, with bald head and muzzled beard, began by telling us that in the course of the workshop we would come to dangerous ground. At such times we ought not to resist entering, for in this area lay our greatest prospect for self-transcendence. He told us to avoid verbal manipulations and to concentrate on our feelings.

We began with exercises. A fat lady in leotards directed us to be absurd. We touched our noses with our tongues. We jumped. We ran. We

clutched one another, made faces at one another. Afterward, we gathered in groups of five and were given an ambiguous instruction to discover one another by touching in any way we found agreeable. I crouched in front of a strange-looking young man with an underslung jaw and powerful shoulders. I tried unlocking his legs and he glared at me.

When Schutz asked each group of five to select one couple that seemed least close, the young man with the underslung jaw selected me. The hostile pairs were then requested to stand at opposite diagonals of the room and approach each other. They were to do whatever they felt like doing when they met in the center of the room. A burly middle-aged man marched toward a petite lady. They met, they paused, stared, then suddenly embraced. The next couple, two husky men, both frozen rigid, confronted each other, stared, then also embraced. The young man and I came next. We started at opposite diagonals. We met in the center of the room. I found myself looking into the meanest, coldest eyes I had ever seen. He pressed his hands to his sides, and it was clear to me that we were not going to embrace. I reached for his hand to shake it. He jerked free. I put my hand on his shoulder; he shrugged me off. We continued staring and finally returned to our group.

There was a general discussion of this encounter. Some feared we might start fighting. Nothing, of course, was farther from my mind. I had gone out, intending to play their game and suddenly found myself staring at a lunatic. He had very mean, cold eyes, a crazy shape to his jaw, lips so grim that his ill-feeling was unmistakable. Back in our group he said to me, in a raspy, shrill voice: "You thought I was going to bat you in the face; that's why you turned away." There was a slurred quality to his speech, and it occurred to me that I might have triggered off a madman. I denied that I had turned away and I was challenged to stare him down. I was annoyed that I had been forced into something so silly.

WE proceeded, on the basis of our first impressions, to give one another names, which we kept for the duration of the workshop. My



nemesis accepted the name of Rebel. There was a plump, lovely girl we called Kate. A silent, powerful man with spectacles we named Clark. Our fat group leader received the name of Brigitte. A lumpy, solemn man with thick spectacles we named Gary. An elegant, trim middle-aged woman we named Sheba. A buxom, mournful woman with long hair became Joan. A jovial middle-aged pipe smoker with a Jean Hersholt manner we named Hans. A fierce, mustached swaggler in Bermuda shorts was "Daniel." A quiet man with a little boy's face we named Victor. I was named Lionel. We were addressed by these names at all times.

I considered this renaming of ourselves a naive attempt to create an atmosphere free of any outside reference. Many of the techniques impressed me as naive. It seemed tactless and obvious to ask so blunt and vague a question as: "What are you feeling?" Yet what happened in the course of five days was that the obvious became clarified. Clichés became significant.

I found myself discovering what had always been under my nose. I had not known how my body felt under conditions of tension or fear or grief. I discovered that I was numb. I had all sorts of tricks for avoiding encounter. I didn't particularly like to be

loaded with jams and sausages and wine. I was the aid man with the outfit, and was usually summoned by the call of "Aid man!" When I heard that call I became numb, and when I was numb I could go anywhere and do anything. I figured the battles were over. It came as a shock when I heard the call this time. There were rifle shots, then: "Aid man!" I ran to the guards and they pointed to bushes 10 yards from where they had been posted. They had spotted a German soldier and called to him to surrender. He didn't answer and they fired. I went to the bushes and turned him over. He was a kid about 16, blond, his hair strung out in the bushes, still alive. The .30-caliber bullets had scooped out his chest and I saw his heart. It was the same heart I put in my chest 23 years later. He was still alive, gray with shock, going fast. He stared up at me—a mournful, little boy's face. He asked: "Why did you shoot? I wanted to surrender." I told him we didn't know.

Now, 23 years later, I waited for that German boy who had never mattered to me and I heaved up my numbness. The trip through my body lasted more than an hour. I found wounds everywhere. I remembered a wounded friend whimpering: "Help me, Leo," which I did—a close friend, yet after he was hit no friend at all, not missed a second after I heard of his death, numb to him as I was to everyone else, preparing for losses by anesthetizing myself. And in the course of that trip through my body I started to feel again, and discovered what I'd missed. I felt wide open, lightened, ready to meet others simply and directly. No need for lies, no need to fear humiliation. I was ready to be a fool. I experienced the joy Schutz had promised to deliver. I'm grateful to him. Not even the offer of love could threaten me.

This was the transformation I underwent in the course of that fantasy trip. The force of the experience began to fade quickly, and now, writing two weeks later, I find that little remains. But I still have a vision of a possibility I had not been aware of—a simple, easy connection with my own feeling and, consequently, with others.

I had great difficulty emerging from my body. I was pinned against my intestines, pregnant with myself. When I finally began to move and restored all the missing organs and repaired those that were

damaged, I feared that all this work was temporary, that if I were to leave the heart would vanish, the stomach dry up, the intestines be exposed. Schutz asked if there was anyone who could help me get out. I said: "My daughter." So I invited my daughter to enter my body. She stood near my heart and said: "Come on out, Daddy," and led me out. I ran to a meadow on my chest. I ran through long grass, toward a gate, directly toward the sun. There I lay down and rested.

Occasionally, during my trip, I heard others crying, but I had lost track of the group. I opened my eyes. I had an initial sense of others as darts of candlelight about me. The room seemed to have shifted. It was pitch black outside. Everyone was very close to me—Reb, Daniel, Brigitte, Bill, Joan, Victor, Kate, Clark, Gary, Sheba. Sheba still wept. Brigitte directed us all to lie down and to reach out and touch one another. She turned out the lights and gave us various instructions designed to release us and finally we parted.

IT was not easy leaving these people I had met only five days before. Time was distorted and we seemed to have lived years together. It was not easy leaving Big Sur. On the final morning, the entire workshop met to say good-by. Our group gathered in a tight circle, hugging and kissing, and I found myself hugging everyone, behaving like the idiots I had noticed on first arriving at Esalen. I hugged Rebel. I told him he was a great kid and that a few years from now he might not even recall his present trouble. I told him not to envy his peers. He was probably much better than they.

Schutz ended our last meeting by playing a record from "The Man of La Mancha," "The Impossible Dream." We were at that point of sentiment where corny lyrics announced truths and we could be illuminated by the wisdom of clichés.

The condition of vulnerability is precious and very fragile. Events and people and old routines and old habits conspire to bring you down. But not all the way down. There is still the recollection of that tingling sense of being wide awake, located in the here and now, feeling freely and entirely, all constraints discarded. It remains a condition to be realized. It could change the way we live. ■

CAMPS

CO-EDUCATIONAL CAMPS

28th YEAR
8 weeks \$495
(All inclusive)
4 weeks \$275

BETAR
ביתר

Not Just Another Camp

Liberty, N.Y.

- Complete Site Swimming Pool
- 200+ Ft. Electric Slide
- Modern Cabins
- Sewing & Mending
- Swimming, Boating
- Doctor, Nurse
- All Sports & Crafts
- Jewish Antislavery
- Trained Counselors
- Individual Attention

• **CO-ED 6-16**
116 Nassau St. • N.Y. 38, N.Y.
(212) BE 3-2180

Member, Ass'n of Jewish Sponsored Camps

CAMP REUNION
January 7, 1968—2 P.M. at
Community Center, 270 W. 89 St. N.Y.C.

TO LE DO

Boys
Girls
6-16

High Falls, N.Y., 2 hrs. N.Y.C. via Thruway
Stress on individual development.
Excellent facilities, private lake.
Understanding, mature supervision.

New **OLYMPIC POOL!**
Expert coaching in sport skills:
baseball, tennis, golf, riflery, swimming, water-skiing, fishing, soccer with Jerry Cohen (top soccer coach).
Cultural program: theatre arts, crafts, guitar, folk dancing, woodwork projects.
Science: individual research projects.
Outdoor Camping: pioneering, woodcraft, nature study, trapping, canoeing.
Saul & Grace Stein, 21-40 143 St., Whitestone, N.Y. 11357 Tel: IN 4-7287

Camp NIMROD
LIVINGSTON MANOR, N.Y. 37th YEAR

Good 5-17, athletic, no. boating, canoeing, golf, basketball, Lake, pools, Tennis, 1968, 1969, 1970, 1971, 1972, 1973, 1974, 1975, 1976, 1977, 1978, 1979, 1980, 1981, 1982, 1983, 1984, 1985, 1986, 1987, 1988, 1989, 1990, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 2681, 2682, 2683, 2684, 2685, 2686, 2687, 2688, 2689, 2690, 2691, 2692, 2693, 2694, 2695, 2696, 2697, 2698, 2699, 2700, 2701, 2702, 2703, 2704, 2705, 2706, 2707, 2708, 2709, 2710, 2711, 2712, 2713, 2714, 2715, 2716, 2717, 2718, 2719, 2720, 2721, 2722, 2723, 2724, 2725, 2726, 2727, 2728, 2729, 2730, 2731, 2732, 2733, 2734, 2735, 2736, 2737, 2738, 2739, 2740, 2741, 2742, 2743, 2744, 2745, 2746, 2747, 2748, 2749, 2750, 2751, 2752, 2753, 2754, 2755, 2756, 2757, 2758, 2759, 2760, 2761, 2762, 2763, 2764, 2765, 2766, 2767, 2768, 2769, 2770, 2771, 2772, 2773, 2774, 2775, 2776, 2777, 2778, 2779, 2780, 2781, 2782, 2783, 2784, 2785, 2786, 2787, 2788, 2789, 2790, 2791, 2792, 2793, 2794, 2795, 2796, 2797, 2798, 2799, 2800, 2801, 2802, 2803, 2804, 2805, 2806, 2807, 2808, 2809, 2810, 2811, 2812, 2813, 2814, 2815, 2816, 2817, 2818, 2819, 2820, 2821, 2822, 2823, 2824, 2825, 2826, 2827, 2828, 2829, 2830, 2831, 2832, 2833, 2834, 2835, 2836, 2837, 2838, 2839, 2840, 2841, 2842, 2843, 2844, 2845, 2846, 2847, 2848, 2849, 2850, 2851, 2852, 2853, 2854, 2855, 2856, 2857, 2858, 2859, 2860, 2861, 2862, 2863, 2864, 2865, 2866, 2867, 2868, 2869, 2870, 2871, 2872, 2873, 2874, 2875, 2876, 2877, 2878, 2879, 2880, 2881, 2882, 2883, 2884, 2885, 2886, 2887, 2888, 2889, 2890, 2891, 2892, 2893, 2894, 2895, 2896, 2897, 2898, 2899, 2900, 2901, 2902, 2903, 2904, 2905, 2906, 2907, 2908, 2909, 2910, 2911, 2912, 2913, 2914, 2915, 2916, 2917, 2918, 2919, 2920, 2921, 2922, 2923, 2924, 2925, 2926, 2927, 2928, 2929, 2930, 2931, 2932, 2933, 2934, 2935, 2936, 2937, 2938, 2939, 2940, 2941, 2942, 2943, 2944, 2945, 2946, 2947, 2948, 2949, 2950, 2951, 2952, 2953, 2954, 2955, 2956, 2957, 2958, 2959, 2960, 2961, 2962, 2963, 2964, 2965, 2966, 2967, 2968, 2969, 2970, 2971, 2972, 2973, 2974, 2975, 2976, 2977, 2978, 2979, 2980, 2981, 2982, 2983, 2984, 2985, 2986, 2987, 2988, 2989, 2990, 2991, 2992, 2993, 2994, 2995, 2996, 2997, 2998, 2999, 3000, 3001, 3002, 3003, 3004, 3005, 3006, 3007, 3008, 3009, 3010, 3011, 3012, 3013, 3014, 3015, 3016, 3017, 3018, 3019, 3020, 3021, 3022, 3023, 3024, 3025, 3026, 3027, 3028, 3029, 3030, 3031, 3032, 3033, 3034, 3035, 3036, 3037, 3038, 3039, 3040, 3041, 3042, 3043, 3044, 3045, 3046, 3047, 3048, 3049, 3050, 3051, 3052, 3053, 3054, 3055, 3056, 3057, 3058, 3059, 3060, 3061, 3062, 3063, 3064, 3065, 3066, 3067, 3068, 3069, 3070, 3071, 3072, 3073, 3074, 3075, 3076, 3077, 3078, 3079, 3080, 3081, 3082, 3083, 3084, 3085, 3086, 3087, 3088, 3089, 3090, 3091, 3092, 3093, 3094, 3095, 3096, 3097, 3098, 3099, 3100, 3101, 3102, 3103, 3104, 3105, 3106, 3107, 3108, 3109, 3110, 3111, 3112, 3113, 3114, 3115, 3116, 3117, 3118, 3119, 3120, 3121, 3122, 3123, 3124, 3125, 3126, 3127, 3128, 3129, 3130, 3131, 3132, 3133, 3134, 3135, 3136, 3137, 3138, 3139, 3140, 3141, 3142, 3143, 3144, 3145, 3146, 3147, 3148, 3149, 3150, 3151, 3152, 3153, 3154, 3155, 3156, 3157, 3158, 3159, 3160, 3161, 3162, 3163, 3164, 3165, 3166, 3167, 3168, 3169, 3170, 3171, 3172, 3173, 3174, 3175, 3176, 3177, 3178, 3179, 3180, 3181, 3182, 3183, 3184, 3185, 3186, 3187, 3188, 3189, 3190, 3191, 3192, 3193, 3194, 3195, 3196, 3197, 3198, 3199, 3200, 3201, 3202, 3203, 3204, 3205, 3206, 3207, 3208, 3209, 3210, 3211, 3212, 3213, 3214, 3215, 3216, 3217, 3218, 3219, 3220, 3221, 3222, 3223, 3224, 3225, 3226, 3227, 3228, 3229, 3230, 3231, 3232, 3233, 3234, 3235, 3236, 3237, 3238, 3239, 3240, 3241, 3242, 3243, 3244, 3245, 3246, 3247, 3248, 3249, 3250, 3251, 3252, 3253, 3254, 3255, 3256, 3257, 3258, 3259, 3260, 3261, 3262, 3263, 3264, 3265, 3266, 3267, 3268, 3269, 3270, 3271, 3272, 3273, 3274, 3275, 3276, 3277, 3278, 3279, 3280, 3281, 3282, 3283, 3284, 3285, 3286, 3287, 3288, 3289, 3290, 3291, 3292, 3293, 3294, 3295, 3296, 3297, 3298, 3299, 3300, 3301, 3302, 3303, 3304, 3305, 3306, 3307, 3308, 3309, 3310, 3311, 3312, 3313, 3314, 3315, 3316, 3317, 3318, 3319, 3320, 3321, 3322, 3323, 3324, 3325, 3326, 3327, 3328, 3329, 3330, 3331, 3332, 3333, 3334, 3335, 3336, 3337, 3338, 3339, 3340, 3341, 3342, 3343, 3344, 3345, 3346, 3347, 3348, 3349, 3350, 3351, 3352, 3353, 3354, 3355, 3356, 3357, 3358, 3359, 3360, 3361, 3362, 3363, 3364, 3365, 3366, 3367, 3368, 3369, 3370, 3371, 3372, 3373, 3374, 3375, 3376, 3377, 3378, 3379, 3380, 3381, 3382, 3383, 3384, 3385, 3386, 3387, 3388, 3389, 3390, 3391, 3392, 3393, 3394, 3395, 3396, 3397, 3398, 3399, 3400, 3401, 3402, 3403, 3404, 3405, 3406, 3407, 3408, 3409, 3410, 3411, 3412, 3413, 3414, 3415, 3416, 3417, 3418, 3419, 3420, 3421, 3422, 3423, 3424, 3425, 3426, 3427, 3428, 3429, 3430, 3431, 3432, 3433, 3434, 3435, 3436, 3437, 3438, 3439, 3440, 3441, 3442, 3443, 3444, 3445, 3446, 3447, 3448, 3449, 3450, 3451, 3452, 3453, 3454, 3455, 3456, 3457, 3458, 3459, 3460, 3461, 3462, 3463, 3464, 3465, 3466, 3467, 3468, 3469, 3470, 3471, 3472, 3473, 3474, 3475, 3476, 3477, 3478, 3479, 3480, 3481, 3482, 3483, 3484, 3485, 3486, 3487, 3488, 3489, 3490, 3491, 3492, 3493, 3494, 3495, 3496, 3497, 3498, 3499, 3500, 3501, 3502, 3503, 3504, 3505, 3506, 3507, 3508, 3509, 3510, 3511, 3512, 3513, 3514, 3515, 3516, 3517, 3518, 3519, 3520, 3521, 3522, 3523, 3524, 3525, 3526, 3527, 3528, 3529, 3530, 3531, 3532, 3533, 3534, 3535, 3536, 3537, 3538, 3539, 3540, 3541, 3542, 3543, 3544, 3545, 3546, 3547, 3548, 3549, 3550, 3551, 3552, 3553, 3554, 3555, 3556, 3557, 3558, 3559, 3560, 3561, 3562, 3563, 3564, 3565, 3566, 3567, 3568, 3569, 3570, 3571, 3572, 3573, 3574, 3575, 3576, 3577, 3578, 3579, 3580, 3581, 3582, 3583, 3584, 3585, 3586, 3587, 3588, 3589, 3590, 3591, 3592, 3593, 3594, 3595, 3596, 3597, 3598, 3599, 3600, 3601, 3602, 3603, 3604, 3605, 3606, 3607, 3608, 3609, 3610, 3611, 3612, 3613, 3614, 3615, 3616, 3617, 3618, 3619, 3620, 3621, 3622, 3623, 3624, 3625, 3626, 3627, 3628, 3629, 3630, 3631, 3632, 3633, 3634, 3635, 3636, 3637, 3638, 3639, 3640, 3641, 3642, 3643, 3644, 3645, 3646, 3647, 3648, 3649, 3650, 3651, 3652, 3653, 3654, 3655, 3656, 3657, 3658, 3659, 3660, 3661, 3662, 3663, 3664, 3665, 3666, 3667, 3668, 3669, 3670, 3671, 3672, 3673, 3674, 3675, 3676, 3677, 3678, 367