OBSERVING NOTES FROM LEONARDO DA VINCI

When you have well learnt perspective and have by heart the parts and forms of objects, you must go about, and constantly, as you go, observe, note and consider the circumstances and behaviors of men in talking, quarreling or laughing or fighting together—the action of the men themselves and the actions of the bystanders, who separate them or who look on. And take a note of them with slight strokes, in a little book which you should always carry with you. And it should be of tinted paper, that it may not be rubbed out, but change the old when full for a new one; since these things should not be rubbed out but preserved with great care; for the forms, and positions of objects are so infinite that the memory is incapable of retaining them, wherefore keep these sketches as your guides and masters.

The Da Vinci Notebooks, Arcade Publishing, 2011 Emma Dickens page 81

I know that many will call this (journal work) useless work, and they will be those of whom Demetrius declared that he took no more account of the wind that came out of their mouth in words, than of that they expelled from their lower parts: men who desire nothing but material riches and are absolutely devoid of that of wisdom, which is the food and the only true riches of the mind. For so much more worthy as the soul is than the body. And often, when I see one of these men take this work in his hand, I wonder that he does not put it to his nose, like a monkey, or ask me if it is something good to eat. P.34