

Dear Dick,

7/31/92

Thanks for the Walt Brown book and your note with it.

Good looking cover, too.

I hope it is a good book and that it does well. To which I'll return.

I think you use the correct words, holding my own. I think so. I've not been informing friends in part because I don't want them to worry about nothing and in part so they'll not come to believe that it oppresses me. It doesn't.

A young doctor at the Johns Hopkins Research Center's Sleep Disturbance unit is changing my sleeping pattern, at least in terms of when I sleep. I have yet to be convinced that it will make any significant medical difference but I'm doing what he says. The problem for me is that he is wiping out the most productive part of my day, the wee hours. I'd been getting up as early as 11:30 p.m., retiring at about 7, and when I feel ok there ^{are} no interruptions of any kind and I can ~~write~~ write and I have been. As what he is having me do progresses it throws my writing time into when the mail comes and I have to take care of that and into when the phone rings. He also insists that I not work after supper and not read anything connected with work then either. So the time of the day I pick up as he shifts my sleeping time is for work lost time. But if it is better for my health, fine.

I can't extrapolate from the sample I have but it seems to me to be remarkable that for months, in letters and in phone calls I'm getting flattering expressions of appreciation that emphasize that my work is factual and involves no theories. Especially after the Oliver Stone movie this is surprising. And, of course, pleasing.

If from my health I'd have been setting targets, Monday would have been one.

It is our 50th wedding anniversary.

Thanks, our best, our love to you all,

Hamp

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July 30, 1992

Dear Harold,

Right off the press from Walt Brown
thanks to you.

Hope you are holding your own.
Thanks for your help to David.

My best to all.

Love,

R