

10/11/75

Dear Harold,

Sorry to hear that you're not feeling too well. I can just imagine what a pain it must be to have to restrict what you do when you're used to being on the go all the time. Every time Mary & I get together and she asks how you're doing we always end up shrugging our shoulders and mumbling "I wonder how he does it." Both of us feel that if we kept up the pace you do for very long we'd fall over. I guess what it comes down to is that when you realize that there is so much that has to be done, you can push yourself. I only wish I lived close enough to at least help you out with addressing & mailing.

The enclosed money order is for a copy of Post Mortem. It would really mean a lot to me if you would sign the book, because ever since I was down there in April and you let me have a look at some of the things that were going into the book, I've been anxiously waiting for it to be printed, knowing it had something very important to contribute.

Take it easy and give my best to Lil.

Karen

Pacing myself. I was about to say as best I can what the phone rang again. I've broadcast by phone to all radio nets besides CBS, twice to NBC and Mutual. The second Mutual call came as I was typing the ~~third~~ second word. AP and UPI too. Press conference in DC yesterday expensive for me (\$75.00 for the room alone) but there are AP and UPI wire stories plus more in foreign papers. The tragedy is that the book is not in commercial distribution. It is getting attention-fast and hard. It is now only not quite 7:30. There was an embargo I imposed for Sunday papers which actually means 6:30 Sat. nite the way it works. I made several hold-for release broadcasts, too. I'll not be surprised if individual stations now start calling, although I almost hope they don't. I'm just a little tired from a heavy week. Speech one night, doctor, press conference and now this. But the phelbitis seems to be easing. I can walk more and will much less discomfort. I always fall asleep easily. They've given me sleeping pills to help me stay asleep. I now can usually sleep six hours...Next week I debate Belin at Vanderbilt. But I'm not oberdoing it, I am trying to rest more, I am walking and doing a few other physical things but nothing strenuous. Thanks for the worry but I believe the worst is past and that with time I'll heal OK. Best, sincerely,