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Dear Harold,

I hear you've been in hospital having a big op.  
Good luck — and get better!

Best,

Tracy.

P.S. Hope progress, slowly

Dear Tony,

Thanks for your note and good wishes.

I hope you never need major surgery but that if ~~you~~<sup>you</sup> do, it goes as well as mine did and has. It was 12/11 and three bypasses.

The surgeons at John Hopkins were so please<sup>d</sup> they were going to discharge me the sixth day! Transportation home delayed me a day.

I've not had to take anything for pain although I presume that whole I was in intensive ~~emergency~~ care and with IVs there was something in those fluids.

I was lucky to be a man because they could not get any veins from my legs of thighs to use as replacement coronary arteries so they sited my mammary arteries.

No major problems with the operation since, although I'm having more of the old trouble with the legs and impaired venous circulation in them.

I've learned something I pass on in the event you know someone who has the same operation. A byproduct is restless and interrupted sleep, something I never had.

One wakes after a couple of hours but falls asleep again immediately. My sleep is OK and I wake without tiredness. I was curious so I asked a couple of friends who had this operation ~~two~~<sup>five</sup> years ago and it still happens to them. I then asked about a dozen who had it and I see in my walking therapy and without exception, it happens to them also but their sleep also is satisfactory. Noen had had it explained by his doctors. A week ago I counted the number of times I was up. 12! But felt fine on getting up.

If needed, it is nothing to fear, from my experience and that of the others, some of whom despite their years, are quite active and vigorous.

Sorry the Hoover book progresses slowly. Hope it is the magnitude of the material and not your health. I've not heard of any new competition for it or of any new material.

Best wishes,

Harold