

12/20/77

Dear Anita and Ted,

A thanks, an apology and an explanation.

Apology for forgetting to put the package of clips into the mail this morning. With what snow now means to me I just forgot it. It was sealed, reinforced and ready.

925- Under any circumstances any gift is much appreciated. Yours came in the same mail with a bill for just under \$100 from DJ and the day after Lesar filed another suit for me. I do not yet have the complaint or the costs of filing.

The explanation follows Ted's appreciated inquiry about my legs. I'll explain the situation as best I can.

In the legs the only trouble I have is circulatory, not muscular. To illustrate this take this morning. In bad weather I do not walk. I use an exercycle. After a simulated 5 miles at speeds of 13 mph and up to 20 my legs did not bother me a bit. No aches or tired muscles. But not long after I felt I'd done enough and had better stop and rest I was tired. Only not in the legs.

A really good friend has been coming and cutting firewood for me, the tress my own. He puts the firewood on our porch. I have a garden cart on which I wheel it into the living room, where the fireplace is. (There are still days on which we can economize with it and not use the furnace - which we never set higher than 60 now anyway.) Loading that relatively small cart and wheeling it only a few feet plus the handling of the green wood to get the sizes I wanted tired me for another two hours. It has not yet passed off. Only that tiredness is in neither the legs nor the arms.

Early this year periods of fatigue hit me with unexpectedness. My own doctors paid no attention. When I was in Dallas in June and more after my return this grew greater. So I went off on my own and wound up being examined by an outstanding specialist, a cardiovascular surgeon. I know of his diagnosis only what the bill indicated. We got the laymen's interpretation of the medical language. It means that I also have some kind of arterial blockage under the shoulder blade. So when the blood works more I guess there is an inadequate supply of it and/or the oxygen it carries and this is what makes me feel so tired.

Other than this I never feel badly except that sometimes when the venous supports I have to wear are out of adjustment it is annoying. I don't know what a headache is. I sleep well, if I get up often. (Last night I tended the fire three times after I went to bed and was up at 5:30 for the last time.) I can and I do fall right back to sleep. The problem is that I wake up wide awake and am anxious to get to work. Now I restrain that.

So I have to adjust to reduced physical capabilities and I'm trying. But I'm also doing what tires me on the theory that the exercise is more important than the tiredness is. As an example, putting the storm windows in on our porch. (It is jalousied. If there had been an adequate heat source when the house was built it would be like another room even in the winter.) When I grew tired after putting the second of the first two in I stopped. After that I never did more than two a day. I did them all without help.)So it took longer. No big deal.)

Thanks for asking. I hope this explanation makes sense.

I'll be sending you a copy of what I've just received, a quote from a novel by John Le Carre (Spy Who Came In From the Cold) applicable in news management as in the recent FBI releases. And apropos of your fleecing by Lane, John Henry Faulk had a suit against him and others for \$5,000 to replace a rubber check and other considerations. It has just been settled out of court for \$4,000. You are in good company if you are out some money to a man of some means. (His Washington town house is worth more than a hundred grand.) Thanks and hope you have a good holiday and a good year ahead.