

Dear Alma,

11/20/92

Thanks for Ruth's note. I'd wondered whether Robert was Seymour or Harry's son and now I know.

I had an experience yesterday that prompts me to write you again to encourage you again to start and keep a walking program. Not just being on your legs, as in shopping. But walking until the pain makes you stop. As I asked Gloria to try to persuade you, you should have a cardiovascular consultation and get expert advice on this.

Yesterday I was at Hopkins for my six-months check on the legs. For the first time they goofed. The clinic was in the new outpatient hospital building but nobody told me. So, I walked from the main entrance to where it always had been, about the limit of my safe walking capability, found nobody there, asked and learned where it was. That meant going back to the main entrance, with my legs already in unsafe discomfort, and then going a little more distance still. I had a chance to sit briefly a couple of times and made it. I felt a couple of times like I was going to collapse and on the elevator when I was in the correct building thought I was going to pass out. I was quite unsteady when I got to the suite in which he had the clinic.

He was late so I'd revived a bit by the time one of his staff came in and did a Doppler examination of my circulation in both feet. He was quite surprised when he saw the results. He said that my right foot was 10 points better and my left 8 points better. I could not believe it because the artery and vein damage is permanent. I asked him how that could possibly have happened. He smiled and said one word, "walking."

Sorry we forgot your birthday. Lil has not been able to use her voice for more than two weeks and I've had a viral bronchitis that long. Plus we had two trips to Hopkins. So our forgettery was in better than average forgetting condition.

Thanks for the review of the Frontline JFK assassination nonsense. Not a word of truth to it. I did not stay up for it.

Thanks also for Ruth's note. I think I'll write her.

Our love,