

JL,HR,

2/8/76

Yesterday I received a very thoughtful letter from Jim White, one it probably took him some time to decide to write and then did reluctantly. Because he addresses what ordinarily he would not (and this is based on my long friendship with him, if mostly by letter), which tells me the kind of person he is and his special sensitivities) I report it and ask if either has any opinion. I'll take silence as none.

He believes I am at the point of exhaustion, his word and in the sense of nervous or emotional exhaustion; and about to come unglued, my paraphrase.

While I've not sent Howard everything I've given Jim to have on hand/file, I have sent him everything I have sent the Whites except perhaps several letters in which I sought to reassure about my physical condition and my capabilities and my not, except in rare needs, either overdoing it or not getting enough sack time, now mostly good sleep, by the way.

My own view is that he has misread my normal intensity, haste and passions and the time I take to make a record and to get into a position to do something about further medical care I can't expect from GHA and may need. I have some anxiety about my physical condition and believe that GHA now has and recognizes it has a conflict of interest in waring for me because it now has a professional opinion in writing that in reality is practically an accusation/proof of negligence and maybe malpractice. Recognizing these realities, reacting to them and trying to cope with them is not, in my not detached belief, indication of any unusual mental state. With it I have had no difficulty keeping myself under control when I had to and wanted to, as in meetings and phone conversations with the GHA doctor. (Lil, by the way, has read and approved all the letters and has found them quite restrained both for me and under the circumstances. And an understatement of her own views.)

Whether or not these anxieties of which I am well aware and have discussed with JL are as normal as I think the condition/situation warrants, I believe that if there was either the imminence of nervous exhaustion or worse I'd not have been able to do what I have going back to the late-April/early May illness and particularly since hospitalization and knowledge of the clots and their extent. Nor do I think that with my almost life-long record of little sleep, especially in the past decade plus, if I had these kinds of problems I'd be able to sleep as I have and to have, in so short a period, have come to where I do sleep almost all the time I'm abed. At first I'd awaken and have trouble going back to sleep. I'm taking fewer tranquilizers than I can recall, almost none, and the only time I take the sleeping pills prescribed at the hospital is when I determine to go to bed when my mind rebels, wanting to continue to work and is too alert. In fact, on JL's prodding, I made an immediate reduction in my cigarette consumption of at least half, until the GHA delayed reaction to the letter from the New York doctor and mine told me they had reached a policy decision to stonewall.

(So if you later want it you can have a record, that was Dr. Robert Segal, 35 East 85, NYC 10028, 212/ SA9-9251.)

Looking back on performance alone for this period, in analysis, in doing, particularly after all the false optimism, the hospitalization, the later added concerns and problems and their manifestations, whether physical or psychosomatic, my own belief is that it is a rather good record. I do not want to appear to boast and I do not pretend expert knowledge, but being able, under all the handicaps I then had, to figure out what to do with Balin, how to do it and then actually to accomplish it with so hardheaded a psycho; and more recently on the one hand inhibiting what both CBS and the NYTimes were up to and then correctly reading the invisible in the Adams statement to the Church committee and then going ahead and establishing the factual record persuades me that while I do have anxieties over my condition they have not impaired my ability to function well. In turn this persuades that the nervous/emotional situation is not what the Whites seem to fear. However, as soon as I could drive and again about three weeks ago I have sought what I can't say for, psychiatric consultation. No word yet. HW 2/8/76