

10/30/79

Dear Sylvia,

Thanks for your 10/24 and for referring Mitchell to me. I've not heard from him.

Paul has been sending me the indexes and I'm glad you are able to do them. "reat that they'll be printed with the older one!"

The neurologist concluded that my wife did not have a stroke, which was my fear, and that in all probability there was a small piece of cholesterol that broke loose, lodges in the first vessel that was too small to pass it and stayed there until it came apart. (Her cholesterol level checks normal.) The temporary amnesia was disconcerting, though. Her recollections of that period are still ~~said~~ blank and she'll probably never recall it.

By and large I do take care, I', lseeping more by going to bed earlier and I'm getting as much exercise as I can. That is best medicine for me, too. The beautiful weather enables more of it. Right now it is mostly getting in the winter's wood. Wherever on our place it comes from the house is an uphill pull, some pretty steep, and that is very good for me and the legs.

I'm hoping to get most of our heat from wood, too.

How may amuse you.

I'm not permitted to use the chain saw when bent over. I can when erect and do, but that means only on what I can put on a sawbuck.

So my neighbor Paul who is a year older, had a serious heart attack and has serious angina, fells the trees and saws up what is too large for me to handle. He wields an ax with the skill of a surgeon using a scalpel, too, and he can do it for long periods of time.

Another neighbor, Russell, is a retired vet, retired by crippling arthritis.

When I trim the trees I return the waste to nature. The small branches I lay aside for Russell, who picks them up in a gold cart and takes them home where, on sunny days, he sits and chaps them up for his stove.

Our contribution to the energy crisis and the exercise is good medicine for all of us.

Meanwhile the place is being improved by the culling of the trees. And we all feel better for it.

Best wishes,