

DEC 6 1976

jdq,

12/3/76

very glad get you 11/29 & its assurances you are both well. had been concerned over long silence. if you dug, framed, poured and smoothed 14 yds concrete with all that hillside levelling you have to be in pretty good shape for a man whose entire life was not spent in hard physical work.

your gha observation correct, oddly here first recent time i was there with satisfaction, i am sure because it was out of old channels. whether or not expert on the post phlebotic condition turner's replacement is a compassionate man. I waded in off the street yesterday p.m., told his nurse that i was having some right-arm trouble, and because he had 3 patients waiting he arranged for the emergency-injury clinic to see me. did, promptly and with refreshing honesty and good humor. i told first doctor no great pain but could hear and feel grating noise, sensation as i used thumb on forefinger. so did, too, then went for another doctor. they were smiling, surprised, went for still another. all new to me. third specializing in rheumatoid medicine, is internist. his was more careful examination because, as he actually said, he was indebted to me for a rare treat! all his years never saw such a thing. surprised only low-grade pain. he mixed intent others to start cortisone injections for three days during which i am to use old-fashioned remedy, hot soaks. he said it appeared to be what i had thought, scraping of tendon against sheath. so i am using rt. hand as little as possible. do not know how this will work when i start going through some 3,000 pages fbi king n indexes, 500 king pages and more than this many on jfk after i take lil grocery shopping this a.m. my whole office setup that of strongly right-handed person. may use tape if necessary if this kind of typing too awkward.

actually, despite hard emotional stresses of many kinds and frustrations over official stonewallings i have felt excellent since the misfit supportd were replaced, the most recent set, only problems minor, like corn from misfit. still walk vigorously but between that and bitter cold spend more time on exercise. this is boring so i time it to tv news, which keeps mind occupied. do four mile equivalent at 15 mph easily, stop then because seat becomes uncomfortable, cuts off circulation some. local bicycle shop washed out in flood. when rebuilt i will go back for larger seat and do more at a time. do not know if good feeling from stabilization, body's rebuilding circulation by enlarging minor veins, which is visible at surface or intense vitamin E therapy. but i do feel fine despite the stresses, like committee. ray another ans serious one. hope his is only flipped-out lemming. more later on this.

wisconsin trip big lift. from kids to chancellor, local ultra bigwigs, conservative press and birchers, all from left to right went for it big. keep getting favorable reports.

also encouraged that despite much lowered physical activity adequate strength remains. carried full xerox-paper carton official records about 2 blocks yesterday p.m. lesar had feared i would not be able to lift it. made out okay with left arm. got into house no trouble, either, so all current indications are reassuring.

reassuring also to get mature opinion re my handling committee. carried it farther with lardner who was doing story. lane and fensterwald will love his page-ones quoting them, esp. lane in detail an almost elation in sprague owing them/him his job. lesar got pitch immediately. congress will not react as lane did.

your analysis korea-park developments simple, brilliant. thanks. now nothing else seems to explain it. if you need more on this I'm filing wx post stories. that they are after jack anderson on it also fascinates. if as you say that it is sensible worries, it is not original. it is overt switch on jfk of late 1962, early 1963. this is play for China against russia. what a way to run a world!

thanks for clips. plenty reading time with 2 hours a day to spend soaking arm. if you see anything on lane, committee at all, can be useful in end.

best,

hw