

JUN 28 1972

6/27/72

Dear Js,

Two fat mailings each with JDW ltrs dated 24 in today's mail. one with visible postmark of 25. I've skimmed both and respond immediately without looking at enclosures for a special reason and I want to address that before getting onto work I must try to find some way of rushing, some phone calls, etc. But I must begin with a curt bow and swirling cape to the real Hoppe of what from a hasty reading may have been a JDW & Co. takeoff about the Dems. Such things make me endlessly jealous!.

The Disn Dats I want to address in these mailings will wait for a while.

On JDWs medical situation, there is a possibility I think you should raise with your doctor who, unless he is a personal friend, really has no way of making the diagnosis unless he is a genius. Some of what you report is characteristic of anxiety, a ~~catchall~~ ~~catchall~~ catchall designation. It was actually diagnosed in me as early as 1957 without my being told of it. I learned it only after the second of two frightening experiences, the first clearly misdiagnosed and the second accurately when a doctor finally came but inaccurately by the emergency-room nurse, who thought I was having a stroke or heart attack. Both were attacks of hyperventillation, something else of which I'd not previously known or even heard, again typical.

From what I know of your lives, it is consistent, as it is with mine, In my case it has a much earlier origin than the assassination work.

Tranquilizers help.

From my experience, doctors are not of much help with it, have less understanding of it than they are willing to admit, or just won't take the time to explain what they can. To this day everything I have learned about it I have learned on my own. Even the doctor who correctly diagnosed hyperventillation didn't tell me the simple means of coping with it: breathe into a bag to reduce the body's oxygen level. Knowing this, as I did with my bad back, I determined on my own discipline: I force myself to exhale heavily when I feel the symptoms. To this date I have prevented each attack and have never used the bag, which is not to say this is not good for others. I tried to resist the tranquilizers and still do (example, even though the healed ulcer is acting up a bit today and there are tensions, after 11:30 a.m. I've not taken one) but I'm by no means sure this is the correct thing. I discovered by accident and then got medical confirmation that wine is an excellent tranquilizer (apparently port best). So, although we can't afford it, we each have a glass of wine (Lil's dry) with the second two meals. I may soon try one instead of a pill. I've been trying for two years to get my medical coop to go into this with me, to this date without results. Another psychiatric director takes over 7/1, I've made demands, and he is supposed to see me. The last time I tried something, instead of answering my questions, the shrink to whom I'd been referred without his being told why actually approved us both for family therapy! So, I'm willing to make a try at anything and am going through with it, but Lil is doing it reluctantly because she has no faith in any of 'em.

There is so much you want to do that you just can't, so much unpleasantness connected with your work, you are a prime anxiety prospect on these counts alone. I think when you retire and have more time for what you really want to do if it is any form of anxiety, it will diminish. I understand that an enormous part of our population has it in undiagnosed form, and in our society, who can doubt that? It is a sort of free-floating thing, usually manifestation of the symptoms seeming uncorrelated with anything in particular. However, stronger than average tensions or the accumulation of them may trigger. And what you describe is not unfamiliar to me.

At the least I think you should check this out and as soon as you can, the sooner you do it if it turns out to be the fact, the easier to cope and the sooner you can come by the available understanding, which may not be all you'd want to know.

Ed. Bennet Williams has already responded, which is very fast considering that he was in court on bugging case yesterday.

Best,

