

Dear Jim, it was so pleasant a surprise when you phoned! I enjoyed and appreciated it. And if from my voice you could not tell I'm ok, I repeat the assurances. And I am trying to be careful. As soon as I feel tired, whatever I'm doing, I stop and rest. The only real problem I've had from the first, aside from what a high fever does to one, is being able to sleep enough. First it was the pain, I presume from the pleurisy. And now it is just that my mind is active and ordinarily, once it is daylight, I'm up. I always awaken wide awake. Generally I stay that way.

The discomfort in the chest is almost gone. I feel it on a really deep breath only. No longer on a normal cough even. I'm breathing normally again because it is no longer necessary to breathe shallowly to avoid pain.

If anyone has to have pneumonia, I recommend it the way I had it. Flu is worse, if perhaps not as dangerous. However, I do remain weak, I do get winded easily, so I just do less and do nothing when I'm tired, except read of type.

The McDonalds were here when you phoned. Earlier I'd told Ian I had to take a short nap. He took his dog for a walk, I leaned back in the chair and in minutes I was asleep, sitting up, in broad daylight. The few minutes, interrupted by Kevin's delayed call, were enough. I really am trying to be careful. I got little sleep last night so I did no physical work today not to get too tired.

I do have to find some way of getting into bed earlier because I will awaken with dawn's first crack if not before it. When I explained this to the doctor and told him that for the first time I'm having trouble falling asleep because of what is on my mind, he gave me something called butisol, which does help me fall asleep. Once I'm asleep I do stay asleep until this wife awakening. It is 9:30 and I plan to be in bed at 10, which will give me enough time asleep.

I believe the doctors when they say I'll be exhausted for a while, I'm prepared for it, and I know it means I'll have to get back into activity gradually. It does not really worry me because I've been having to live with compromises for years. I'll do what I can and what I can't I just won't.

So thanks but don't worry. I do appreciate your concern.

After tomorrow I plan to start morning walks again, each day a little longer, each day as much as I think I can do. Then work, then a little exercise, like mowing and when I feel I can trim out the downed trees. I really will pace it.

I should have been aware that something was coming on because I was over a period of time getting rapidly more tired and shorter of breath. I just figured that finally I was beginning to feel it and did get more rest.

I'm relaxed again. I'm not even making any special preparations for the ~~finks~~ finks' press conference tomorrow. No notes on questions, etc. I'll have a few letters in my pocket in the event there is a hassle. I've decided that there are some excesses that at this juncture can be helpful, so let 'em indulge themselves. On these things, that is, not others.

There is some hazard in my letter to Bradlee but I think I have to risk it. This is a new era, with new problems. Meanwhile, there seems to have been some good from my speech. I understand the Village Voice did the right thing with the RFK-Cuba ploy and it, they want more, and New Times has confessed the beginning of learning. How I'll do it I don't know but I feel that the most important thing today is to do what can be done to unmix the coming whitewash. This has to begin with the finks so I've begun. Meanwhile, it is no secret that I alone have the feds in court. I hope the two together make for credentials. Again thanks, and the best, #W