

Dear Lady:

Such mean news I hear from J.S. P. about your wrist.

He speaks of a break, but also says that you expect to be using in ten days from the time of your phone to him, so I hope the worst is over by this time.

I am impelled to speak my sympathy, and also I feel an urge to communicate a recent great improvement I have achieved in the firmness of my footing.

It was getting so sadly faltering, and tho I escaped any bad fall I wondered how soon I must give up daring New York street crossings at all.

My trouble took sometimes a form peculiar to myself, as my troubles usually do, and with no giddiness whatever I would stagger wildly, precisely as if I were drunk. I had an osteopathist weekly for months and he made passes, but he nothing for this and an M.D. refused to do anything, thought I did very well for my age.

I have long been doing a number of exercises in bed from that book especially adapted for the old. I had a thought and went to work not more

than five days ago earnestly trying one that I had not given adequate energy: lying on my side and clasping both hands around the uppermost knee and ~~pulling hard~~ *pulling*; letting the knee break thro only by the stiffest pull I

can put up. I felt the difference right away and a day or so ago going to the Hoffman's open door down stairs, walking along the porch I was greeted with cries of astonishment that it was I-- since they said they never had heard me walk anything like that and were waiting to see who could be coming.

I certainly am getting another lease of normally safe locomotion.

Now your fall may have been one that any young person might have had, it has always seemed to me your step was unchanged, but I am doing that pull at least thirty times a day on each knee and I am going

to do more.

It is a small price to give two minutes to it.

I do hope this time off actual writing is not being lost from the book; that you are able to do a grand thinking part and some note making.

We have been having the nastiest weather of the summer, such humidity so that 86 would be a worst temperature than than those days that went up

over a 100 here. I thought them very nice, they reminded me of the California I knew as a child. I am glad you missed this spell. relief is promised for tomorrow, but the weather department is singularly untrustworthy these days.

With greetings to your dear family

and love to yourself,

Viola R--

VR