

[Written after very bad
episode of sciatica]

9/29/99

Near Boston

Dear Margrit,

I'm just beginning to feel able
to sit upright for 20-30 min at
a stretch in the car so I'll send
you a couple of notes that I would
have otherwise left for you yesterday.

You must have been relieved to
arrive and find no housekeeping
notes by Margaret. I only hope
that I did not misplace too
many things. I could not put
things away in undercounter
cabinets very neatly.

The heating pad cover was already
somewhat yellowed. I don't think
that I made it much dingier. We
used abt $\frac{1}{2}$ of one of Roses $\frac{1}{2}$
pound cakes and some of still large
supply of bread in freezer. Thank you!

When I was up in the night,
trying to stretch and to get my leg
more relaxed, I put in a nightlight
in living room so that I could

more around safely with good
vision of furniture but not be so
stimulated as full illumination
ensures. That way I was able to
return to bed a couple of times
and fall asleep. If I had had
more night lights I would have
used them. One mild full-moon
night I walked up and down on
the sidewalk outside the kitchen.
The crickets were trilling, and much
lower down the scale the cicadas
continued their mysterious calls,
answering each other from tree to
tree. In spite of the full illumination
from the moon, I could clearly
see the Big Dipper and Orion.
The Hunter. The only constellations I really
know.

One housekeeping note (from a Belmont
Library book) which I have found useful: Lemons,
anyway cut lemons, can be frozen, defrosted and
used quite successfully. A good note on which
to end. Love Margaret

Today
I sleep
in
the
kitchen
at
night
I
can
see
the
stars
so
clearly
I
can
see
the
stars
so
clearly
I
can
see
the
stars
so
clearly