

Feb 1 '82. Conversation with man in  
Cun Express Co today (Waltham?), their  
local manager, I think.

He said that it took about two weeks  
to collect a check. I had to pay out and  
an additional deposit in connection  
with changing our apartment and  
needed 950 francs. I had been cashing  
checks of \$100 with Cun Express (430 francs)  
and asked them to cash one for \$50.  
They were agreeable, but asked me not  
to ask them to cash another check  
for two weeks. Then they would be  
glad to cash one for over \$50.  
There are probably \$200 in checks in transit  
now. As Katherine will pick up a per diem  
check on Feb 7, and we have some francs  
on hand (also traveller's checks) this  
won't inconvenience us.

He remarked that they would cash checks  
up to \$1500 on a diplomatic passport.

Bernard Allen, Chelsea, Conn.

"If God had willed he might have made me a seer.  
But God, our God, who orders all things well  
said, 'You shall be a rebel and a seeker.'  
And, God be praised, I seek and I rebel.  
Arthur Guiterman

Feb 15, '62. Last October, I think, a small growth appeared on my right cheek. After a while I went to Dr. Logie and asked him about it. He said it was an ordinary wart, that I might want it removed "for aesthetic reasons" but that the removal could wait, one, three or six months, he implied longer.

The wart didn't change much, if at all, as weeks went by. About Dec 14 I cut it shaving and blood seemed to work into it. Some weeks later this had disappeared.

On ~~Jan~~ Feb 2 we went to Dr. Logie, as Katherine was feeling badly. He said she had a virus, and gave me Vitamin C pills, as a protection against the virus, one pill morning and another at night - each pill contains one gram of Vitamin C crystallized.

In about a week I noticed as did Katherine that the wart was smaller.

It's virus seemed to have gone, I had taken the amount of pills he prescribed. But I'm interested in the possible effect on the wart on continuing one pill a day.

Clifton Swager has been taking ~~one~~ two a day for a long time as a protective measure.

The wart seems to continue to shrink.

Every 1/2 hr the shrinking due to the vitamins; there seem to be the only change in my diet etc.

Every 2. If the wart disappears does not this suggest that there is a connection between warts and perhaps a vitamin C deficiency?

Feb 21. K. called Dr. L. He said go ahead with vitamin C. you couldn't over do it as the system just gets rid of a surplus to its needs. Not true of some other vitamins.

He was interested in the wart's shrinking, but not very much so.

Feb 28. About Feb 22 the wart came out with out much perspiration, with no pain, and only a little bleeding. The place has healed rapidly, and this morning I shaved right over it - beard down very lightly, but saw no blood. It seems to have gone completely.

## **David D. Lloyd**

Behind David Lloyd's exceptional gentleness of demeanor, there lay a disciplined vigor and an unquenchable fervor for reform. Behind his quiet, kindly modesty, there lay an extraordinary versatility and rich gifts of intellect and spirit. Professionally a lawyer, he was also a novelist of note, an informed writer about social and economic problems, an amateur painter of distinction, an imaginative leader in the affairs of the Episcopal Church and constructively concerned about the role of Christianity in modern society, a Government servant of drive and dedication.

It was for his service under and for President Truman that David Lloyd was best known. After more than a decade of activity as a lawyer in a variety of Federal agencies, Mr. Lloyd joined the White House staff in 1948 and a year later became the President's administrative assistant. When Mr. Truman left the Presidency, Mr. Lloyd became Executive Director of the Harry S. Truman Library, continuing as the former President's devoted friend and counselor. His life enriched and strengthened the lives of all who worked with him.

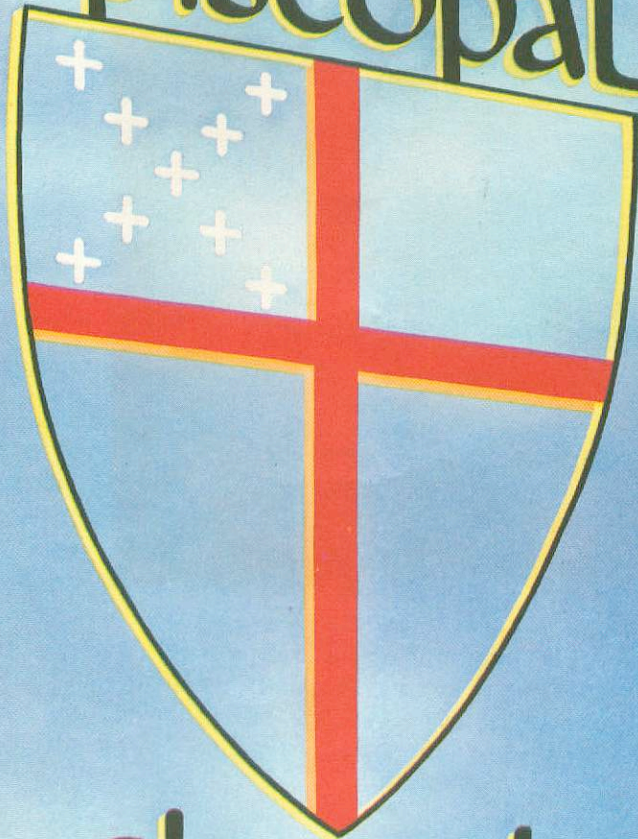
December 11 - 1962

12/12/63 Bought fireplace wood from  
Johnny Matthews Fuel Service Inc.  
It was said to be seasoned and wasn't and took  
three tries to get it. 1/4 cord 10.<sup>00</sup> carrying in 1.<sup>50</sup>  
and gave them a tip of 1.<sup>00</sup>

Salt substitute at the Georgetown Hospital  
6-15-63

Adolph salt substitute is made of  
about the same things -

Episcopal



church

See the note on the seal  
of the Episcopal church  
on the back of this.

THE EPISCOPAL CHURCH SEAL is based on the official church flag which was adopted by the General Convention of 1940. The central feature of both the flag and the seal is a red cross on a white field. In the upper left corner is a blue field on which nine white crosslets, representing the nine original American dioceses, are arranged in the form of a St. Andrew's cross. The red cross has symbolized the Christian Church since the early centuries and the sky blue field represents the traditional color of the garments of the Virgin Mary. The cross of St. Andrew, patron saint of Scotland, commemorates the consecration in Scotland of Samuel Seabury as the first Bishop of the Episcopal Church in the United States.

DEDICATION OF THE DAVID D. LLOYD LIBRARY  
IN MEMORY OF  
DAVID DEMAREST LLOYD

The Second Sunday After Trinity  
June 7, 1964  
5:30 PM

Opening Hymn No.402

Psalm 84 - Book of Common Prayer Page 445

Lesson - John 14:15-31

Magnificat - Book of Common Prayer Page 26

The Apostle's Creed - Book of Common Prayer Page 29

The Rector turning toward the congregation shall say:

We are met together at this time to dedicate the Parish Library to the service of Almighty God and the use of His church in memory of David Demarest Lloyd, beloved member of this congregation and former vestryman. It has pleased God to teach us in his Holy Word that such dedications are acceptable to Him. Let us, therefore, lift up our prayers to Him asking His blessing upon us, that His Spirit may guide those who minister here in His name and that those who worship here may draw near to Him at all times with reverence and godly fear.

Rector: Our health is in the name of the Lord,

People: Who hath made heaven and earth.

Rector: Lord, hear our prayer,

People: And let our cry come unto Thee.

Rector: The Lord be with you,

People: And with Thy spirit.

Rector: Let us Pray.

Prayers

The Dedication Prayer

The Lord's Prayer and The Grace

Closing Hymn

No.600

THE EPISCOPAL CHURCH SEAL is based on the official church flag which was adopted by the General Convention of 1940. The central feature of both the flag and the seal is a red cross on a white field. In the upper left corner is a blue field on which nine white crosslets, representing the nine original American dioceses, are arranged in the form of a St. Andrew's cross. The red cross has symbolized the Christian Church since the early centuries and the sky blue field represents the traditional color of the garments of the Virgin Mary. The cross of St. Andrew, patron saint of Scotland, commemorates the consecration in Scotland of Samuel Seabury as the first Bishop of the Episcopal Church in the United States.



President Kennedy, before his election  
lived in the red brick house on the left  
The corner of 33rd St is beyond and all  
end of the street the little brick row  
on the far side of Wisconsin Ave.

After the election the neighborhood  
around #3302 N was well covered  
by the police. Over house is a block  
away to the left.

'O' St is much like N. Some  
differences in the houses and  
cobblestones not asphalt. This is  
a good view of Georgetown in 1960.  
AMERICAN INTERNATIONAL CO., GEORGETOWN, D. C.

It's character is watched over by  
citizens' associations and first to  
people. Discordant industry, buildings  
and even signs are discouraged.  
There is discussion of reclaiming the  
river front from cement mixing etc.  
A building on N near Wisconsin was  
found to have housed a tavern in stage-  
coach days and at great cost was used  
over as an exclusive club. A hotel on  
colonial lines and expensive was built  
last year on Wisconsin to the left of N.

A long with this, it is a most convenient  
place to live and as we own #3265 - O - St  
not an expensive place.

2/14/63

CHRISTIANITY AND MODERN MAN LECTURES  
ON CATHEDRAL HILL

Five lectures with discussion

Christ in the First and Twentieth  
Centuries

By Albert T. Mollegen

New Testament Professor at Virginia Seminary

A dialogue between modern Christians and Christians of the First Century, in which each pole of the dialogue will illuminate the other.

Dr. Mollegen will present the New Testament portrait of Christ—using the language of the modern human situation and the methods of modern historical criticism. The course will deal with problems of symbolic language, of miracle and revelation, and of Bultmann's challenge to de-mythologize Christianity.

Extensive discussion will follow each lecture.

**Tuesday evenings, November 10 through December 8, 1964  
at 8:30 P.M.**

AT

**THE NATIONAL CATHEDRAL SCHOOL**

Founders' Hall 3109 Wisconsin Avenue, Northwest (corner Woodley Road)

Transit routes 30, M-6, M-8, N-2

Subscription for the course \$5.00. Single lecture \$1.50. Clergy gratis.

For information, call EMerson 2-0960. Mailing address: Christianity and Modern Man, c/o Washington Cathedral, Washington 16, D. C.

The Organizing Committee: Mrs. Irving Gumbel, Mr. and Mrs. Francis F. Lincoln, Mrs. David Demarest Lloyd, Mr. and Mrs. Carroll Perry, Jr., Mr. and Mrs. Fred Lee Preu, Mr. and Mrs. Armistead B. Rood.

The attendance at this course started over 100 and was reasonably well maintained

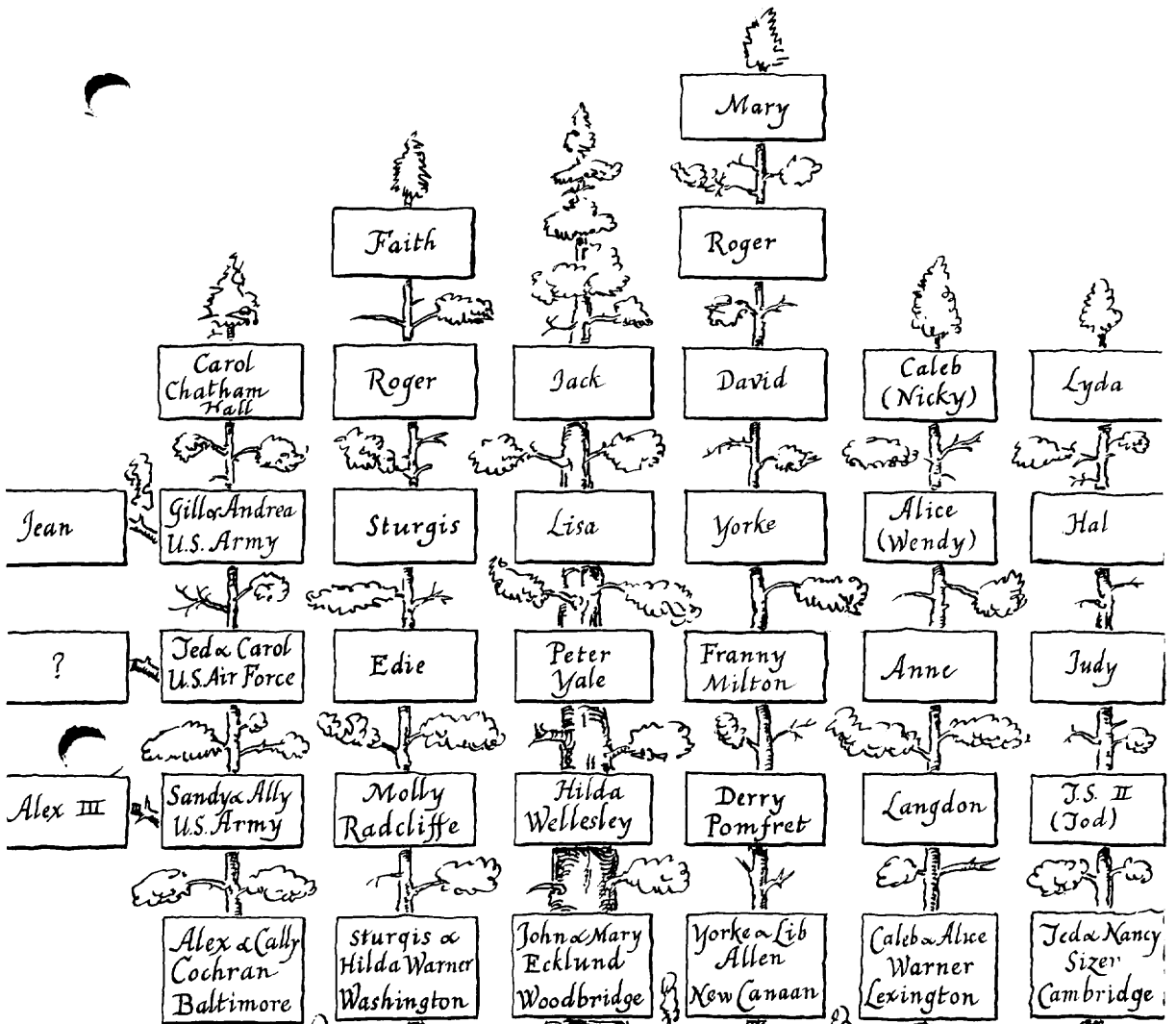
WASHINGTON CATHEDRAL  
CHRISTIANITY  
AND  
MODERN MAN  
LECTURES

These lectures have been more than one could have dreamed when Moller gave his first course in 1947. That course "Christianity and the Crisis of Secularism" makes up the substance of his book entitled "Christianity and Modern Man".

The courses of lectures have gone on year after year, many have been mimeographed and sold ~~fairly~~ very widely.

The year before the first public course, several of us organized a winter course of 20 lectures given in our basement recreation room. For two or three years before that Moller had groups come to his house for discussion.

NON. PROF.  
U. S. POSTAGE PAID  
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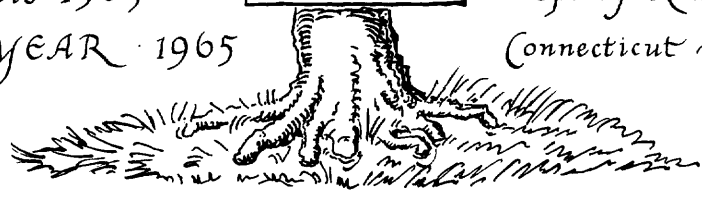
GREETINGS!

CHRISTMAS 1964

NEW YEAR 1965

Theodore and  
Caroline Sizer

Sperry Road, Bethany,  
Connecticut ~ 06525.



Apr 3 '63. After a grand 4000 mile  
drive around parts of the South,  
Florida to Louisiana, I came down  
with a virus that stirred up arthritis.  
Dr. Richard B. Perry in Dr. Daniels  
office treated me. Prescription  
Doses of antibiotic, declomycin 557-903  
that seemed to subdue the virus  
quickly.

Amnophylline given via nebulator  
to curb the attack of arthritis.  
A MISTOMETER nebulator dispensing  
ISUPREL, prescription # 557-913  
This seems better than the  
medihaler app.

Matacenter pills, these seemed to  
be the solidest medication.

Prescription no 557-911  
and Potassium Iodide  
drops taken in liquid. These  
are supposed to liquify the  
phlegm.

Quite a program - it worked  
and after a week I was  
really over the attack, though  
some vertigo hung on -

4/5. Talk with Dr. Perry -

Mistometer - don't take two breaths - one minute  
apart, not over 1 hour intervals - though  
over hour intervals can be tolerated. (see next  
page)

Potassium Iodide - if asthma is not quite fixed  
15 drops 4 times a day

Medihaler has developed a new one dispensing  
matacenter - perhaps useful in the future.  
(over)

4/7. Went out to Marshall Plan

15 year anniversary dinner last night and had an attack of asthma, not up all night. Over the phone Dr. Perry said that in an attack I could use the Miltometer as often as I needed it.

He had me take meticortin pills and use two amnophyline nebulators two hours apart.

Things eased up about 5:00 AM and I got some sleep leaning over the desk.

5/7/63 Asthma has stayed with me most unpleasantly though not enough to make me sit up at night.

Today I asked Dr. Perry about pills like amnophetina, he prescribed

Cholestyl Tablets prescription 558-370 one tablet four times a day, says they are ~~even~~ less likely to annoy one's digestion than the others....

Also said to use the inhaler that dispenses meticortin using it after a breath of Iuphal - 1/2 to a minute after. The thing is called a Respihaler, he mentioned what it dispenses - The prescription calls it a Prodecadron Respihaler.

5/8/ Dr. Perry said to use the Prodecadron Respihaler whenever I used the Miltometer when I was feeling badly. When I was feeling better only half the times. Tablets to breathe on the Respihaler = 1 meticortin.

6/14/63

so one does not approach the amount of  
injection in pills. (I came feeling 4 days  
for a while).

6/14/63 Have had somewhat of a battle with  
asthma - maybe with some nervousness  
of nerves in the background.

May 18-19 in the course of bird watching  
we got a good deal of dust. May 19 a  
dinner of St. Margarets where the men  
permed - May 24 the last of the Collected  
lectures with party afterward - I went  
down hill thereafter - poor nights and  
not worth much days.

Dr. Daniels gave me general check up May 31  
and found my general condition good -  
my heart still seems in the A - to B +

category, but breathing obviously not good  
June 4 to Georgetown Hospital where I stayed  
until yesterday, 6/7/63.

First some pressured breathing 10 centimeters  
air pressure using nebulizer in the nebulizer.  
Examinations, in which they found I would  
be receptive to oxygen, and that I  
was only getting ~~out of~~ 20% - 15% of lung use,  
with raising up vapor it doubled.

Then nebulizer tubes to oxygen tank  
using nebulizer plus a new drug.

acetylcysteine being tested by Dr. Masser  
the pulmonary man in the hospital prior to  
its introduction. It seems to have his complete

approval - mucus not yet cleared, but he  
thought it would be obtainable commercially  
in a few months. [5/11/64 return in Nov 63: Muscovy]

Dr. C. C. Dumas of his staff and going to  
St. Vincent's hospital in Worcester, Mass, worked

on me - a very excellent person.

The treatment did me worlds of good, I pulled up quantities of phlegm and the stethes copies showed no mucus after a little while, then a bit, then great breathing it seemed quiet and easy and wonderful to me and they seemed much pleased too. I didn't take offered sleeping pills as I wanted to be awake and raise phlegm, most of which came up by about 3:00 AM. Dr. Perry O.Ked the idea of taking 2 inhalant pills at about that time, if phlegm raising was decreasing then and I wanted more solid sleep.

At the hospital it seemed to be standard practice to give a person a sleeping pill at about 9:00 P.M. I could have one if I asked for it, I didn't ask, but one was sometimes brought. I didn't want more then and cut down on phlegm raising.

Consume Was out on low salt diet because of the effects of medicine - have a salt substitute that works out reasonably well. Meals at the hospital were good, but not tasty. They sent a gal around to check and see what you would like better, and do a good job in supplying needs to many under hospital conditions - but how wonderful meals are at home now. The low salt diet is to counteract a tendency <sup>from prednisone</sup> to hold liquids in your system thus putting a load on your heart. It shows up by swollen feet - <sup>particularly at ankles</sup> - <sup>maybe</sup> otherwise. Mine was badly swollen two weeks ago, nearly not swollen at all. This seems to make



6/14/63

a weight difference of maybe 5 lbs., maybe more, I don't have good figures on it. I'm to watch my weight for evidence on this, which may not be too conclusive as I'm a bit underweight now.

Coming home yesterday, we bought a power driven nebulizer, and am told to use 10 drops of respiral with 10 drops of water twice a day, and twice a week 20 drops of the new drug acetylstyrene. Dr. Hauer has supplied me with an amount that should last quite a good many weeks. This power nebulizer delivers a mist which I can breathe into my bronchials. Last night with respiral it seemed very beneficial. After using it I brought up phlegm in considerable amounts for upwards of two hours, sleeping in between, then slept solidly for three hours - then more in shorter stretches. Used mistometer once in the night. The power job delivers a ~~massive~~<sup>strong</sup> air current, the 20 drops are pretty well evaporated in about 15 minutes.

My pulse, which in latter days was often about 72, was in the 108 to 120 range before I went to the hospital, maybe from the burden of extra work because of asthma and fluid with blood and also the effects of some medicine.

As the hospital treatments benefitted me the rate dropped gradually until it was about 96, then by the time I left about 90 and up to 100. My doses of medicine are being gradually reduced. sp. maticartin,

I'm doing more! got to the barber this morning  
taking the bus back up lake coast. and it  
is still in the 90-100 range.

*From Fran*

September 25, 1963

Dear Constance, and Peg and Head, Arne and Joe and Lu and Dick:

This is my first attempt at writing since I wrote you, Con, a fortnight ago. Somehow this plaguey stuff does things to your finger control and I doubt like its results on my hand writing. The foregoing provides justification. You know from Katherine about my fifth hospitalization stretch. This only adds how it seems to ~~be~~ <sup>the</sup> hospitalized.

It was disconcerting to be so knocked down a week and a half ago and have to come back here, but I felt so badly there was no question, as to the advisability. I admire greatly how skillfully the ambulance men carry me on a stretcher down our narrow stairs. They have now done it twice, and how very kindly and gently they treat you. I felt low for two or three days (but nothing like the way I was in the reaction to the trip from Damariscotta) since then I think I've been gaining and the numerous doctors with stethoscopes, seem to find my breathing machine gradually clearing. Today the gain seems better than on any other day. I've been walking around the room and today can walk up and down the corridor. One of the unhappy aspects of a prolonger engagement like this is that each successive setback carries your general strength a notch lower.

My weight got down to 139½. Being weighed in the day's first hospital activity. I'm now 142½ and should probably not want to regain beyond 160, about ten pounds below what I have weighed much of the last ten years.

My present status is on the basis of heavy medication. "The asthmatic cycle must be broken". and the next task is to maintain well being minus a lot of the medicine.

The last five days I've had a nasal catheter up my right nostril, the end coming down and barely visible in the back of my mouth (a small tube of some new material), feeding enough oxygen to raise the oxy content of the air I was breathing from 24.3% to 41.3% thus to make it easier for lungs and heart.

The annoyance was surprisingly small. It might have been worse at night. The docs all say my heart has not suffered material damage in the long engagement, and I can't see that it acts any differently from the way it was. With all the to-do and the medicines my pulse is still generally over 100. This does not seem to alarm folk and it came down last summer to ordinary levels.

Friday end the antibiotics, but no time for diminishing the solid doses of the hormone prednisone (meticorten) has turned up yet. I'm having two pills of digitalis a day - it was one in most of my difficulties last spring. Then there is the treatment four times a day, acetyl cystine and a bronchial spreader, via a nebulizer powered by oxy under pressure. These last five days the bed has been flanked left and right by green oxy cylinders.

Dr. Ferry expects and I hope, I'll be going home next Tuesday.

I've loved hearing from you and from grand children and expect to be able to write better and more.

Had a grand visit with Mollegen Sunday. He has recovered remarkably from a very serious sickness last winter - weeks, and weeks in John's Hopkins hospital in Baltimore. What a joy to see him.

Please excuse the extreme subjectivity of this, but thought you might like the report.

With lots of love to each and all  
Signed Francis and Gramp

Sept. 26. No, I'll not stop here but add some more.  
Since the sentence started.

1. Dinner arrived, salmon partie a request item as its pronounced flavor helps out the double portion of potato, also ear. Salad seemed to have been overlooked. Apricots, to which I added half a banana. The portions have been increased, but I'm still nearly licking the platter clean, about as well as one can do with cutlery.
2. In the first third of dinner the Dir. of the Pulmonary Lab, and his upper staff people arrived, having been told that last night the gunk really poured out of my bronchials. I had kept awake and out it came, without coughing, pretty steadily from 11.45 to 3.30 and more slowly thereafter.

Dr. Mosser was much pleased with what he listened to and is very optimistic that when I go home next week, I'm not going to bounce. I was pepped up over what had been accomplished last night and fairly dragged doctors in to listen to my breathing.

Incidentally my pulse rate has been dropping and the second digitalis pill has also been dropped.

Katherine is wonderful and does everything and stays with me all she can. I have Mrs. Tymous, an excellent nurse, though not a graduate nurse 3:00 p.m. to 11:00 p.m. and get along very well indeed. I am now patrolling the long corridor twice a day.

I'm still feeling eternally grateful to Peg and Scott for their help in getting me on the plane in Boston, and to Lu for all (and what a lot it was) that she did, and though I was too sick to get 100% of the potentiality, it was a joy too, even the ride, Peg, and am looking forward to seeing you, Anne.

Martha Fairchild was in yesterday. She is trying to line up a teaching job that she would enjoy for '64 '65 and has an immediate tentative job, or possibility, in an advertising agency in Pittsburg. Later, Martha, Byron and Katherine had dinner together at Aldos Chianti, and all, wish I could have been there too, some other day.

I have a mental resolve when the tide is propitious to have the shore dinner with Katherine we didn't have in August, maybe lobster à la Newberg at Hogates or O'Connells. Not so bad?

My window looks south and I quite enjoy the morning and afternoon parade of planes up the Potomac Valley. Mornings early white fog has reached up from the Potomac, very pretty to look at early. By 8:15 the sun has burned it off. The window also looks down on the Georgetown U. athletic field with vigorous young men disporting themselves. Much touch football.

Have read Guns of August, absolutely fascinating in several ways. I had no idea Sir John French was such a thorough-going hell?

The commend on his book "The weight of animus and selective omissions" make it impossible to use this record as a reliable source for anything but the author's character."

Joffre comes out better than I expected also Kitchener

Much love, Dad

9/16 Admitted to G. U. Hospital

1013 Returned from

This time Dr. Perry thought it best I have a nurse in the 11:00 AM to 7:00 AM period in addition to Mrs. Tynova 3:00 PM to 11:00 PM for about five days.

The hospitalization was much as before with the medicine and the insulin and antilyptine my bronchial cleared reasonably quickly. I was weaker as a result of the long prior engagements with asthma and to make it easier for my heart they installed a second oxygen cylinder and for five days I had a nasal catheter (N<sup>2</sup>) raising the oxygen percentage of the air I breathed from the normal 24% to 42%. This lowers your pulse, mine was down into the nineties and eighties.

My room looked south down the Potomac valley with the Georgetown U. track below. The distance squad did their stuff at my breakfast. I enjoyed sun rise, and the airplanes coming up from the National Airport and off on their way up the Potomac valley in the morning and returning in the late afternoon and evening. There seemed to be less traffic in reverse.

Anna came down and we had some fine visiting.

Shortly before I left Dr. Mower and his crew of pulmonary people came in and looked me over and seemed pleased with progress made. He

said in speaking of just put - load it

with  
drops

10. acetylpyristine

10. 9 isofrel

20. water

I in me draw in deep, hold and expell  
with a little extra effort.

He said that 8-10 inhalations are  
enough to give the beneficial results in  
dilating the bronchial passage and  
are enough at one time. (Dr. Perry wants  
me to take 1.5 as otherwise I don't get  
the isofrel he wants me to have, and  
Dr. Perry only has me put in 10 drops  
of water.)

Dr. Mosen said it was OK. to leave  
the preparation in the nebulizer and  
to go back to it in case of shortness  
of breath.

I questioned him and he repeated  
it.

This gives me relief with a smaller  
intake of isofrel than I get from the  
mistometer, and is interesting as  
I may have overdone the mistometer  
in June.

11/28/65 Concerning the memo on medication last June after I had come home from the hospital, it is of particular interest as Dr. Perry has speculated that my bad asthma in Maine in August and fall here in September may have been due to too rapid reduction in the doses of prednisone.

I don't know how much I had been getting in the hospital, so the 4 pills a day may not have been the longest rate, but the comparison between the reductions in June and the present technique being followed is striking.

Now  
reduction of 4 pills  
at monthly intervals

6/13	Thurs Friday + Sat in all 8 pills
	Sunday + Monday... 6 pills
	Tuesday + Wed 4 "

On 6/18 I was still 2 pills a day.

June 25 increased to 5; June 29 to 8 pills a day.

The late June-July period was complicated by the ACTH shots and I don't have at hand the schedule of medication when we went to Maine. Prednisone <sup>or</sup> Cortisone had been reduced to ~~one~~ one pill a day by July 28 and maintained at that level through 7/9. I think that was the rate when we went to Maine 7/30.

I started feeling ~~so~~ somewhat badly the second day, and didn't feel like going to dinner at the Moores the next day, and by the end of the week was in the hospital.

At the end of July my morning weight was 162.

29-July - 8 pills a day

From June 28 to July 30 the dose had been reduced from 8 pills a day to one.

## Low sodium diet

Oct 21 '63. One of the items to be avoided in this bout with asthma is liquid in my blood - putting an additional load on my heart. The hormone I am taking, prednisone (methylcortin) has that effect, so my diet is on a limited sodium basis. The real test seems to be swollen feet and ankles, and your condition, or changes in it can be seen by sudden change in your weight.

I weighed in ordinary health about ~~170~~ 170 - Dr. Perry thinks I would have been better off ten pounds lighter, my low in the hospital was 139 1/2 - Now I'm gradually regaining my lost pounds, but also have varying amounts of liquid in my blood as shown by the degree of swelling around my ankles & feet.

As sodium tends to <sup>hold</sup> back liquid in your blood I'm watching the sodium content of my meals, and use salt free and low salt things.

I'm in correspondence with companies packing fresh frozen <sup>and other</sup> stuff, but have not yet got much from them, except that the convenience canned things and frozen things and the canned soups are heavily loaded with sodium. Canned tomatoes are a happy exception, & non tables especially those in a Low Sodium Cook Book

my present diet is lower than the



1000 milligrams of sodium often suggested. Dr. Perry suggested I try to keep in a 500 to 750 milligram range.

We are making a salt free soup stock but don't really know what its sodium content is. I've been assuming that 300 soups we might have 40 milligrams, but doubt that they would really have that much. My diet shapes up at present about as shown opposite.

Oct 18 Dr. Perry examined me and said things were going very well - through his stethoscope mine sounded like the normal lungs - or they had for nearly a month.

I am walking around the block - generally twice a day, and find the stairs easier and easier to negotiate - but haven't strength <sup>or breath</sup> to carry much of a package up stairs. I lose breath but ~~not~~ does not provoke asthma.

Dec 5

Re swollen feet + diet.

Think I have kept my sodium intake below 500 milligrams right along, and there is now very little swelling. Of course the prednisone was cut to a rate of 5 <sup>per</sup> tablets a day in November, and to 4 in late November.

out to a church dinner to welcome new-comers.

On Nov 9 ~~I was~~ Bill Pack & Byron were here on Nov 10 I went to church for the first time since my sickness, in the afternoon we drove out to Sycamore Landing. This Sat Nov 10 was toward the end of the 2 day period, I had taken the 10 prednisone pills on the morning of Nov 9, and I didn't feel very feffy - nor did I get that back until the middle of the day Nov 10; this seems to be a pattern of how one feels. Something to be watched.

Nov 11 - ~~More~~ Energetic in the morning with some let down toward night - Some mucous after #1 & #2, none perhaps after #1. D. ~~Ferry~~ <sup>Ferry</sup> said that I was making very good progress in recovery.

Nov 13 A moderate amount of mucous last night. Prednisone this morning, and true to the pattern I think I see, had a let down last evening and this morning - slept over an hour after breakfast - maybe before today's pills have begun to pop me up.

(11/14) Not much mucous after #1 or #2, nor #3, but quite a little during the night

Nov 14. This is a cool north west day, the kind that of old were my worst, and I have little pep, but have done some writing, and been able to ~~stay~~ stretch out flat and rest - and willing to do so - have been bringing up a fair amount of mucous. Contrary to the pattern (if any) of feeling more energetic the morning I don't take the prednisone pills, I was ready to lie on the bed today -

Nov 15. I went to bed at 10:30 and had a good

night's sleep, waking not too often -

Today I have not felt the let down, & in afternoon  
felt the morning I took the pills. Did not bring  
up much mucus after #1 and #2. A moderate  
amount after #3, and for sometime after #4 (2nd time).

Have felt very well this afternoon & evening.  
Went to the public library.

Nov 16. Last night I read in bed and was bringing  
up mucus at intervals from 10:30 to midnight  
Then slept to 8:15 only waking up twice and not  
using any breathing aid (as I used to in years  
past). I did use putt putt this morning before  
going downstairs, then I rarely do.

I counted the number of pieces of Kleenex wadded  
together in the waste basket by the bedside -  
(It had been emptied yesterday noon). This gave  
the number of times I had raised mucus in  
the last 24 hours, and a slight understatement -  
it was 31, of which 3 after the first inhalation  
this morning - a 24 hour stretch.

Nov 16. Today felt energetic - walked to Anderson Soc.  
Store & back, then we went out to Spangere Landing  
and walked around a very little -

The let down started to hit about 5:30 & had 10:30

Nov. 18 Energy came back about 11:00, not all at  
once - Out to the Ed Wrights for tea in the  
afternoon -

Nov 18  
Slept on one rather than pillow, bringing  
up some mucus at intervals. This afternoon  
energy started to run down -

Started to work on my Aid to Grace.

Book project in some earnest today.

Nov 19. Energy picked up in late morning - after  
lunch had hair cut & went on to about 4:30  
before walking back - 8-9 blocks in all, and

I wasn't very tired from it.

Not much mucus worked out today  
 Nov 10 - Quite a little mucus after #1 and #2.  
 I think the barometer was up a bit. Anyway  
 mucus continued in some amount at night  
 and after #1 and #2 on Nov 11.

I was very tired the 10<sup>th</sup> late in the day  
Nov 11. The up + down aspect of this showed up  
 brightly. Last evening I was dead tired, tonight I'm  
 fine - Went to the Sanku Book shop in the late  
 morning, we went to Violets Park in the afternoon  
 and had dinner with a picnic + fun at the  
 W. Lee Hot Shop - <sup>(11/11)</sup> Total about 11:00 mind very  
 active - I. N. a.m. about 12:00 another 12:45 asleep  
 about 1:00 -

Quite a good deal of mucus these last two days  
 maybe in small amounts - 11/10 - 30 days of  
 bleenex 11/11 - 20 days of bleenex -

Nov 11. Slept late, for me, ~~not~~ feel well -  
 Not much mucus after 1<sup>st</sup> inhalation.

Nov 15 - Have been getting along well these last days;  
 feel the up + down that may result from the  
 alternate solid doses of prednisone -

Tonight don't feel as "if" as I might - maybe  
 because it is northwest weather - and I don't  
 feel badly. Yesterday at church, something I  
 said two months ago would be a hard work  
 if it happened - a woman in the front  
 said that she enjoyed my singing -

Nov 16. The "up" got strong last evening, it was at a  
 CMM last lecture + get together, I went to then read  
 re did to 6:00 to 11:10. Went to bed after just  
 11:10.

W back at 12:00. Took a nandrol at 1:00, also suggested  
 a second at 2:10. Then after a while went to sleep  
 brought up a good deal of mucus. 38 days of  
 bleenex in the waste basket most of them from 11:30 - 2:00

Nov 16 Dr. Perry said I was doing better in recovery than one might expect - coming along very well. Reduce Prednisone from 10 to 8 pills on alternate days.

Nov 17 8 Prednisone reduced from 10 today. As often I felt lousy in the morning. I said that the life of the last massive dose has worn off and I don't get the lift from the new until around noon. Was OK. The rest of the day. Quite a little mucus washed loose, after nos 3+4.

Nov 18. Thanksgiving with the Fairchilds in Alexandria - felt well - and did not get the let up in energy until evening.

Work but I think I used the jet-puff as a breathing aid in addition to regular schedule.

Nov 19. Lousy in the morning gradually gaining in energy - used P.P. as breathing aid - maybe three times. Bob Langford here in late afternoon -

Nov 30 Writing in late morning, feel fine - slept last night on one thin pillow - two three hour stretches with no breathing aid in between - and had slept more earlier.

No mucus after #1+2, a little after #3. Nasal 9:30  
the ~~let~~ down is not bad.

Dec 1 A north west day, after we had walked three blocks from the place we parked the car to St. Al's I wanted the H. in water. Quite a little mucus after #1 and later in the day late afternoon walked 8 blocks -

Dec 2 Mucus still to be raised - considerably let down in the evening following the potters

Dec 3. <sup>1/4</sup>G gradually regained energy - practically nothing after #1 + #2, a little after #3. more at bed time

Dec 4. Went out to Sycamore landing

Walked 8 blocks, as Dec 2 also - am getting my legs back. I could walk further -

Dec 6. Was awake and raising mucous 10.30-12.00, at longer intervals toward midnight but a good deal all in all - and some this morning walked 10 ~~14~~ blocks (depending on how you count them) this morning and could easily have gone further quite a little mucous after #2, #3 and #4.

Dec 7 Decidedly less mucous today, and following the pattern, had more energy than sometimes after the prednisone pills had had time to take hold. Am sleeping most of the time on one ordinary pillow -

Dec 8 To church and in the afternoon a party at the Patches -

Dec 9 Vestry meeting. At dinner had a chicken pie doubtless containing more salt than I usually get: no swelling the next morning. Was awake 11:00 PM - 2:00 AM maybe the result of full day and going out. Brought up mucous for show -

Dec 10. Dr. ~~Bryce~~ <sup>Perry</sup> thought progress with asthma excellent. He says he wants

Dr. Crawford Briggs to examine.

Dr. Perry says prednisone often makes one feel weak in the legs - O.K. to walk 10 blocks & walk until you are tired.

14/11 After conversation with Dr. Daniels, he said walk see Mr. Briggs, but to get dress from K. Lowman. Surged slightly 10.15-10.30 which I did yesterday. Not much mucous these last days.

- 12/13 Feeling gradually better. some mucous after using the nebulizer with Mucormist etc
- 12/14 A rainy day and I think rather more mucous but feel generally better especially when on the up side of the two day cycle that seems to go with the total dose of prednisone on alternate days. The "bushed" feeling on the down side is not as bad as some evenings when the dose was heavier. I don't have a good picture of this however, it is against a general gain in strength as I get over what was nearly two months of hospitalization in August - September
- 12/15 The rain stopped and mucous also -
- 12/16 Chert colder almost no mucous, but ~~used~~ used nebulizer twice to ease breathing.
- 12/17 Went to a meeting at \*M's last evening, my first evening activity for months. Cold weather continues. Little mucous after nebulizer breathing, but curiously quite a little ~~found~~ during a half hour yesterday afternoon.
- 12/18 went to a C.M.R. meeting in Alexandria last evening
- 12/19 We have been having colder weather. Have wanted to use the nebulizer on waking up, and a little some days.
- 12/20 2 Pills today and had the jugged up feeling - Cold weather continues - quite a lot of mucous, ~~especially the day before yesterday~~ lay awake 10:30 to 1:30 in spite of two nebulizer, my mind going pretty hard after the jugged <sup>12/19</sup>
- 12/22. Had lots of job yesterday afternoon & evening but did not lie awake as on the previous jugged day. perhaps because I had done more things -
- 12/23 Am not having as much mucous as five or six weeks ago - but today some coming up quite persistently - a north east snow storm today

12/24 Dr. Perry said my lungs were clear of asthmatic sounds. He seemed pleased with my condition. Cut prednisone 8 to 6 every other day, hopes to cut to 4 in late Jan. Then down by steps of one pill, and maybe stay at 2.

12/26 Took the six prednisone pills yesterday, and noticed no difference from the dose of eight. Actually it might be expected to show up, if at all, in less exhilaration last evening and being more shocked this coming evening. ~~Even if~~ I was less exhilarated, but Christmas activities could account for that.

12/27 This morning I was slow in feeling energetic which logically could follow the reduced dose of prednisone.

Christmas eve we had dinner at the Watergate, Christmas day at the F. L. Heritage. Both meals meant some relaxation of the care I've taken as to sodium, and swelling, not very much followed. I can well continue the care.

12/28. Very little mucous. is it a result of non-dramatic weather? Also not very much energy this morning - is it a result of the lower dose of prednisone?

12/29 Not very much mucous, but I see Puff Puff more between the regular inhalations - perhaps ~~the~~ result of the Dec 25 reduction in prednisone dose from 8 to 6 pills.

12/30 Energy dropped away in late morning - quite a good deal of mucous in the latter part of yesterday.

Jan. 1, '64 Think I have wanted more stress with the nebulizer since the Dec 25 reduction in the prednisone dose. A north east storm with north east winds for two days seemed



to be marked by more mucus. Maybe it was related to the reduction in the prednisone dose. Today I took the six pills, I used the puff ~~with~~ this morning extra times, but perhaps the dose had not had time to take effect. This afternoon have felt OK.

Jan 3 '64 To a meeting at St. M's last evening, had full quota of energy. Got to sleep with one navel. Awoke 2:45 to 3:40 my mind racing. I naved another navel, and slept finally to 7:00. Maybe significant that the reduced dose of prednisone is enough to keep me up really abnormally.

Jan 4. Lovely mild sunny weather. Little mucus, very little. Have used Puff Puff extra times to aid breathing in recent days.

Jan 6 Last evening another morning the let down was more than sometimes. By this noon I was jacked up. Late in the afternoon it began to rain (not only a bit) we were ~~out~~ in the country - much more mucus, <sup>(1/11/64)</sup> and a good deal of mucus until nearly midnight.

Jan 7 '64 Dr. Perry said my lungs gave no asthmatic sounds. I could ease off the low sodium a little as the prednisone has been reduced. OK to go off for a day. I had small signs of a cold, and he gave me a prescription for antibiotics. Both he and Mayer had said a rather good idea to take some occasionally with asthma.

He said I was continuing to make good progress; he wasn't disturbed by a little more use of Puff Puff since the drop in prednisone from 8-6 and still expects to reduce it to 4 in another

Two weeks.

The rain stopped about 7:00 AM and my overproduction of mucus also.

Jan 8. Cold in larynx, not bad, but not good.  
9:00 AM temp 98.8° pulse which has been at 84 was 88.  
A lovely mild day. Antibiotics

Rain at night, but no increase in mucus.

Jan 9. Cold not developing badly, larynx  
I happened to have an appointment with Dr. Perry  
yesterday when I had the first suggestions  
of the cold.

Jan 12. The cold did not develop badly at all,  
perhaps because the day I first felt any signs  
of it (Jan 7) I happened to have an appointment  
with Dr. Perry who put me on antibiotics that  
generally work well on colds for me.

Last night + this morning I am having more signs  
asthma than at any time since last September.  
It is the low (i.e. dished) time in the predomine  
two-day cycle, back edge of a cold, and a  
north east wind which is supposed to bring snow.  
Nothing bad I think, my temp was 97.8° and  
my pulse is 92, but I do want to draw on full full  
every half hour or so. By early afternoon this  
morning's dose of prednisone may be giving me  
a lift.

Jan 17. Have recovered from the cold, though  
maybe take asthma it triggered has not  
left me yet, I'm certainly raising a lot of  
mucus. Am feeling decidedly better, was  
out for eight blocks yesterday, milder  
weather having returned and hope to be  
out again today.

Jan 21. Getting really well in slow business.  
Two weeks ago, when I picked up a little

cold the predominate was pushed back to  
eight pills every other day. As I got over  
the cold down to 7 then to 6 - for schedule  
it should have gone down to 4 tomorrow,  
but that is put off a week. The pulse of  
and let down from the solid dose every  
other day is pretty marked, most of the  
time. I seem to have more mucous on  
rainy days, but this is not as positive.

Am having leg cramps, right leg almost  
exclusively - generally limited to after going  
to bed - and I generally don't feel them  
in the morning.

Jan 24. Night before last, leg cramps  
and pain in my right foot kept me awake  
nearly three hours, ~~and~~ last night they  
did not bother, and, I got ten hours  
of sleep, with interruptions and a mental  
pill at 2:30 so I would sleep late.

I seem to raise mucous more during in  
the afternoon and in the evening, maybe this  
is after I've been out.

Am trying to walk 8-10 blocks both  
morning & afternoon on decent days, and  
have to remember about the old gray mare.

Jan 27. Have been sleeping better, and after  
these last days have leg cramps. Twice recently  
have been able to get to sleep with no mental  
then with one half size pill about two, slept well  
till seven to eight, perhaps waking up, but  
getting to sleep again fairly quickly.

Much mucous generally in the afternoon  
or evening.

4/28/64 Call on Dr. Barry, he said he hoped his lungs sounded as well through a stethoscope as mine.

Next time he is going to begin immunization against dust & pollens.

Postpones reduction in prednisone dose till K. gets back from Thise is till ~~4/30/64~~<sup>4/30/64</sup> then from 6 to 5. I see him regular appointment 4/11/64 and he thinks about 5 to 4.

G.K. to put 3 or 4 drops each nasal, mucosyst & water in nebulizer and use as needed beyond 4 regular inhalations.

Talking about prednisone he said the stuff of which I had the sore, could have increased outside swelling. This level of dose should not produce leg cramps at night, it could give a feeling of leg weakness -

After walking around, I am likely to feel sort of muscle round in the legs.

4/29 Out to dinner at the Veters -

4/1 - Have had four meals out in four days and not much outside swelling, from which one can conclude that one can get a low enough sodium diet and eat out some. Tomorrow the prednisone dose drops from 6 to 5.

We have had rather mild weather, a little rain then cooler, and only moderate amounts of mucous these last few days.

4/5 The day after the reduction in prednisone I brought up from 2:30 to 6:00 a great deal of mucous - and some more in the evening. Went to bed about 10:15 and slept in 1/2 to 2 hours stretches till eight some of the time on one pillow and with only moderate amounts of mucous. It was

a cool, not cold day, with a NW wind -  
This morning 5 prednisone and little or no  
mucous and now, noon, I feel fine.

2/6 lots of mucous today - also half an inch of rain.

2/7 This morning 5 prednisone, practically no mucous:

2/9 quite a lot on 2/8 especially late in the afternoon

2/10 - Yesterday there was not much, but some  
after we were out in the afternoon -

I have had meals out some lately  
and I'm sure more sodium which I  
partly offset by holding down in meals at  
home - and rather more subtle swelling  
than a fortnight ago.

2/11 Dr. Perry said my lungs showed no  
rattles or wheezes that I was continuing  
to do well.

My sodium daily intake can go up to 1000 mg  
He thinks best stay at 5 prednisone another  
fortnight, then down to 4. Maybe wait  
there longer and feel our way to lower levels

It wouldn't be too bad to stay at 4  
every other day for three years, but he hopes  
I can go lower without asthma coming  
back. He will try, if it does not work, go back and  
later try again.

He isn't concerned over my subtle swelling  
says it often goes with my age -

2/13 Since 2/11 I've sometimes had a good deal of  
mucous. I think it has often been with a  
rising barometer rather than wet days -  
my legs still have some stiffness, but  
that goes less. We have had snow and,  
for Washington at this season rather cold  
weather, I use putt putt, beyond the sched-  
uled 4 trips, 0-3 times in a day, and  
usually twice at night, maybe not needed

always. The eight drops of each nearly always is enough - maybe when not it has leaked. Have been out to some meals and have relaxed on sodium a little, not much, and have had more ankle swelling, not very bad, but more than when I was holding around 400 mg of sodium.

2/27 Dr. Perry said lungs clear, told Katherine I could do the long letter. Cut prednisone to 4 alternate days, ~~did~~ OK to take 1 1/2 mile walks morning and afternoon.

Started immunization against West Nile fever and maybe some more, to get <sup>shots</sup> 2 <sup>shots</sup> at rate of time a week, last will take till late June. Shot <sup>1/27</sup> 1/2 and 3/6, 7/9, 11/13, 3/16.

3/3 Yesterday we took a 200 mile plus jaunt to the Eastern shore, a fine mild day - I had taken my four prednisone pills that morning. # -

3/6 On the trip to the Eastern Shore we had lunch at the Tidewater Inn in Eastern. I had another small helping of broiled Spanish mackerel and of scalloped eggplant they must have brought me much sodium - ankles considerably swollen 3/4 and 3/5, less so tonight.

3/13 Have eaten away from home several times in the last fortnight and have had some swollen ankles at night. I still must watch the sodium. Saw Dr. Perry this morning. He looked over my pulse & weight record also that of the use of the natriuretic and tapped and listened through his stethoscope and said I could do the long letter. He means to reduce prednisone

to three in a fortnight, said then or at some point in the reduction process some asthma may appear, not to be worried by it. It may mark the limit of prednisone reduction. He hopes I can go down to zero on prednisone - also remarked that ~~because~~ I could go on indefinitely with prednisone at the four on alternate days level - Heaven forbid! He remarked that we have a reserve against asthma in that I could be taking more insulin via pump just.

Today is my "down best" day and I had an immunization shot, and feel more tired than usual this late afternoon.

If there is too much suble swelling I can take an asidrex pill - not to continue just one.

4/1/64 Down to 3 prednisone on March 28, and it does not seem to lead to appreciably more asthma. Suble swelling is a little less, but if I eat out or get much sodium it shows up. Dr. Perry is optimistic about getting prednisone down to zero in time. Am about one third of the way with desensitization shots and have not felt any reaction that I could link to them. My pulse (in the morning before I get up) has been gradually coming down 73 today, not over 79 in March. Last November it was likely to be in the upper eighties, the center in the lower eighties. I asked Dr. Perry about getting off digitalis;

he thought, in view of my systematic  
watching pulse, this could be done,  
and if it saved digitalis could be  
restored.

I'm taking 10-15 block walks <sup>sometimes,</sup> morning  
and afternoon, when we don't get out  
doing things - and on mild days  
reading in the sun on our front steps.  
Before long there will be sunshine  
in the patio.

4/3/64 Yesterday was a bad day, very  
little pep, much of the day spent horizontal,  
but I did make some phone calls re  
material for ye book and pesticides -  
and walked (in the morning before I  
realized how weary I was) around a block.  
What was it? V. cholerae. In the morning  
I had a shifty nose - maybe an uninfected  
cold. Then this was a down beat day  
and the prednisone was recently cut  
from 4 to 3 on alternate days. Dr. Perry  
said over the phone - have some soup for  
supper and go to bed & read - take 4  
prednisone this morning.

Now 10:00 AM I'm feeling fine -  
My hunch - a quick whiff of a cold that  
didn't lodge. Hope it wasn't the prednisone  
reduction.

4/11/64. The "bad day" of 4/3 was repeated  
and the reduction to 3 prednisone seems  
to have worked out all right. Saw Dr. Perry  
yesterday who said I was coming along  
well, no change. He expects to reduce  
prednisone to two in a fortnight. It  
is strange, but even with this small



down there is a noticeable up beat and down beat. Am about half way through the desensitization shots and do not notice any effects.

D. Perry reduced potassium iodide from 15 drops 4 times a day to 10 drops 3 times a day, and said it was quite OK to use the power nebulizer extra, within the use of the 24 drops of material I put in every morning. He wanted me to take one asidrex full and reduce the suble swelling; one shot, not an asidrex every day.

4/12 I'm not having too much pep and energy, am staying home from church just to loaf. Maybe the prednisone is among other things an energizer and it takes time to get used to the diminishing dose. It will be well if breathing can stand the reduction as it would be good not to have the persistent retention of liquid in your blood and swollen ankles at night.

Maybe it's ~~all~~ something we must accept with the years, and be grateful for all the blessings.

4/15 I'm having varying amounts of pep and energy from day to day with no very good correlation to the days I take the prednisone, - but I'm not having asthma. Am half way through the desensitizing shots and don't feel any effect from them that I can relate to them.

4/17 The 15<sup>th</sup> shot this morning, the last one is due May 19. Am working more on the book, two afternoons at the Army historical place 1-4, @ S.W. - ~~Have~~ not been producing any mucus in my bronchids these last days -

4/22 For several days there was practically no mucus, then yesterday (a damp day with some rain) some, and whenever I woke up in the night, I cleared out quite a little, rather foggy this morning - Not a plus sign for the Maine coast. but no mucus this morning.

4/23 Some mucus continuing, not much by February standards, to say nothing of last December or November.

4/14 Dr. Perry said things were continuing to progress well, - I had "no right to be in such good health" He reduced prednisone to two every other day, reduced lithium to two a day, at noon and at bed time, and cut out potassium iodide.

Had 17<sup>th</sup> shot today, no reactions so far.

4/27 - Really no mucus the last few days, a little bit after some sessions with putt putt. This morning rather more, 7 small globes.

Feeling very well - am apt to resort to putt putt about twice day and night in addition to 4 prescribed sessions -

5/8/67 Practically no mucus except sometimes when I woke up in the night or in the morning & cough up perhaps quite a glob. Am walking further, and getting tired - maybe two miles with much standing around bird watching. Dr. Perry looked me over today just a few whizzes - maybe spring pollen he said he

felt them a little himself, but my breathing was very good, blood pressure & pulse too. May 12. Have wanted to resort to puffpuff about every hour, but no success, just a little short of breath. This the down best day, and I've been here on total a good deal, not feeling badly but no ball of fire.

Very curious that taking so little prednisone there is so much difference between the days I take it and the others.

A year ago this time I was feeling progressively badly and wondered with my present short breathing "Is pollen?" There will be lots of roses soon. We got out the old air cleaner and hung it on the floor in the back room pointing toward "O" St. There is an air current coming in the front room low and one going out up high - shown by cigarette smoke.

Though my breathing has not been as good as most of the time, it hasn't sent my pulse up - now 7:10 P.M. (before dinner) it is 68. That is about where it has been many recent mornings.

May 13. Last night was my "down best" and was not too good. With two 1/2 strength nebutal pills I slept, but woke up after and needed puffpuff. This morning, as not unusual on a "hill day" I was slow in getting under way - now 2:00 P.M. Feel fine.

May 14. The "feeling fine" yesterday didn't last. I slept, but woke too often and wanted Puffpuff -

Dr. Perry said (over phone) take two prednisone today (the off day) and make the alternate day dose three (up from two), phone him in four or five days.

I've been feeling better this last hour - all day these last months Dr. Perry has said that as the prednisone dose went down we might find a level that was too low, and I'd have to go up a bit then try reducing again -

May 15 <sup>3:00</sup> Slept much better last night, and feel better today. Have been working on my book some hours. These last days have used the power nebulizer six or seven times in the day and about night beyond the regular ~~4~~ 1.5 inhalations four times a day, but my pulse is generally in the low seventies ~~and~~ my ankles are not swollen and my bronchials are not generating mucus, scarcely any.

May 16 Slept well last night and continue to feel better, but not quite up to par, breath slows me down now & then. The roses in back have been showing a little bloom the last few days. Their pollen is said to be heavy, but we are running the old air cleaner just the same.

May 17. Slept in smaller pieces last night.  
→ over the down rest night, and have  
wanted to use putt putt every hour or  
so today -

I phoned Dr. Perry who said  
Take alisophillin 2 bottles full every 4 hours  
3 prednisone tomorrow  
Use up 16 drops insulin per day  
in putt putt.

May 18 Slept better last night  
2 hour stretches, shorter toward morning  
Needed putt putt every  $\frac{1}{2}$  -  $\frac{3}{4}$  hour after  
getting up.

Dr. Perry said reduce prednisone to  
2 tomorrow and call him.

No more immunization shots for the  
present.

May 19 | Raise prednisone to 3 today  
| Raise insulin to 16 drops  
| Take two antihistamine pills a day

I am ~~feeling~~ feeling much more  
energetic, but need to resort to  
putt putt quite a little - hot day  
May 21 - Slept right well last night and  
am really feeling better.

Dr. Perry said to reduce prednisone to  
2 tomorrow, when I am due to see him.

164 Friday Yesterday.  
 May 21. We went out into the country, I didn't  
 notice pollen. Slept reasonably well last  
 night, but my pulse was up to 99 this morning  
 and probably when I saw Dr. Perry near  
 88. He found rattle in my bronchial tubes  
 I knew he would, and laid out a heavier  
 program of medication that I am to  
 until 9:00 AM Tues May 26.

- Prothioren 4 pills daily
- Chlophyllin 2 tbsp every 4 hours
- Purium 3 daily
- Chlortrimeton 1 every 4 hours
- Tetrex 2 4 times a day
- Atropine: 16 drops sufred
- 16 .. mucomyx
- 8 .. water

Dr said I was an incorrigible optimist  
 and should I phone him if I felt a lot better.  
 He said no take this till you see me  
 Tuesday.

Now, 5:15, I've been lying around reading  
 feel much better: my pulse is 72.

STARTER-DOSE DISPENSER LIST 43489 16 CAPSULES



**Tetrex-APC**  
 with Bristamin®  
 (tetracycline phosphate  
 complex with analgesics  
 and antihistamine)

Each capsule contains:

Tetracycline phosphate complex* equivalent to Tetracycline HCl activity.....	125 mg.
Bristamin** (Phenyltoloxamine citrate).....	25 mg.
Aspirin.....	150 mg.
Phenacetin.....	120 mg.
Caffeine.....	30 mg.

**INDICATIONS:**  
 This drug is indicated for the symptomatic relief of the common cold and for the prevention of secondary bacterial infections of the upper respiratory tract (due to tetracycline-sensitive organisms) which are frequently associated with the common cold and other viral respiratory infections.

**PRECAUTIONS:**  
 Occasionally, an individual may experience drowsiness from the antihistamine contained. Such individuals should not drive a car or engage in activities which demand mental alertness. Use of antibiotics may occasionally result in overgrowth of nonsusceptible organisms. If a superinfection appears, appropriate measures should be taken. Discoloration of developing teeth may occur. Read enclosed circular.

**DOSAGE:**  
 Adults - 2 capsules 3 or 4 times a day for 3 to 5 days. Children 6-12 years - 1 capsule 3 or 4 times a day for 3 to 5 days.

May 25. Am taking the stepped up medicine -  
tion these last three days, and feel  
a lot better. The increased prednisone  
has not so far meant more ~~of~~ swelling  
around my ankles. Taking more prednisone  
I've held down on the salt, and with a  
wave of hot weather I must have lost a lot  
of salt via perspiration.

May 26. Feeling very much better. Dr. Perry only  
found rales when he said "Now really  
make it rattle. They did show up on hard  
open mouth breathing.

He reduced prednisone to 3 Tacs. Wed. Thurs  
1, Fri Sat Sun

Chlorbutolol to every six hours.

He does not want me to go out into  
the country clear.

May 29 Sunday. Shut today. I'm getting  
over this phase up.

Word of mouth reinforces the  
clipping on the opposite page.

A.S.D. was misled by folklore about  
the tenth of May last year and that  
it would be well to run away North  
away from them another year just  
to avoid the risk. Maybe thereafter  
I must have to be concerned over them.

May 31. We seem to be in a spring pollen  
season and my plaguey breathing doesn't  
get back to normal. I can go around,  
walk a fair or occasional call for, not  
too fast, but have to use some breathing  
relief every couple of hours to get along well.

A new S.E. air conditioner in the bed room  
seems an excellent machine.

June 2. Yesterday Dr. Perry found me much better. Few rattles. I have to get a light for just full on the Mistorator every hour or two - Last night brought up considerable mucus, as I did the night of May 30, but not May 31 - June 4. - Making progress. Last night slept 2 1/2 - 2 hour stretches - little mucus - but it comes slowly. But still taking 2 prednisone every day. Tree pollens are about over, but I've not been walking much - and keep air cleaner for busy.

The roses around us started blossoming about mid May and made it unwise for me to sit out in the patio.

It really is "Tree",  
Grass  
pollens  
come  
a little  
later

## Victims of Grass Allergy Suffering Worst Season

By Nate Haseltine  
Staff Reporter

This is a rough season on allergy victims of grass and plantain pollens.

Allergists, the physicians who specialize in treating such sufferers, say they've never seen it so bad. Suffering, that is, not business.

Dr. Eloise Kallin, who monitors pollen counts for the Medical Society of the District of Columbia, said her pollen-catching slides show unusually high concentrations of the seasonal pollens. A similar report came from Walter Reed Army Medical Center.

Dr. Harry S. Bernton, one of the deans of the specialty, said he's never seen so many sick people so acutely affected by the grass and plantain pollens. And there's no relief in sight, he said,

pointing out that the season runs from mid-May to mid-July.

He attributed the present distresses to an unusually wet season followed closely by an early heat wave.

Other allergists confirmed the reports. Most said they are now seeing former patients who haven't had to come to them for years. The eye-watering, nose-reddening wheezing and sneezing symptoms are similar to those suffered by ragweed pollen sensitives.

The ragweed, or so-called hayfever season, however, does not commence until mid-August, and lasts until the first frost.

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June 12. Have had more breathing difficulties these last days - went back to  $\frac{1}{2}$  prednisone on alternate days a few days ago, but today Dr. Perry put me back on 4 a day for a few days, <sup>also back with Potassium Iodide</sup> then see. Have not felt too badly, but haven't had too much breath and wanted to start to put, put, at about hourly intervals, day and night.

I seem to be more susceptible to follow than before I went through the season of last year, but I feel strong and am sure will shake it off before so long.

June 14. Hot & muggy, my kind of weather!!

Last night brought up much mucus, and more liquid (thanks to Pot. Iodide?) esp. between 2:30 AM and 8:00 AM. Today feel very much better, but am staying quietly at home.

June 15. Again brought up much - mucus in latter part of the night - 1:00 to 6:00 -

Dr. Perry found my chest much better, but still some congestion. Said how well I responded to prednisone.

June 17. Gradually getting over the pollen set back. This morning ~~was~~ was much awake by 6:00. Took some part put, pulled up an extra blanket, lay pretty flat and raised my cover <sup>at intervals</sup> for an hour and a quarter. Got up feeling full of pep. Before noon walked 16 blocks.

June 20. Yesterday Dr. Perry said to keep prednisone at 2 a day for a few days, then four on alternate days. Am feeling reasonably well walking a mile or more a day. We are having humid 90° weather.

Four on alternate days gets me back to the rate set Feb 29. Is it a time measure of the tree pollen set back? Four months. Have completed the immunization series of shots. This morning 4:00-7:00 coughed up mucus & intervals.

June 24. On the 21<sup>st</sup> I went up to bed feeling dreadfully tired, woke up still weary and with a pulse in the nineties. As Katherine had just had a "one day virus" it seemed likely I was having some of the same. Over the phone Dr. Perry told me to get a prescription of Halcomycin, the antibiotic. Take two pills at once then three more during the day, and four a day till they were gone. Felt better yesterday and also today. Have not really had had asthmatic breathing with this, there last two nights have cleared a good deal of mucus.

June 27. Have gradually felt better. Yesterday we had a cocktail party for people coming to Martha Fairchild's wedding, and I didn't get too tired with the day and had a very good time with it all. Anne, Con & Grace stayed with us, going back north today. Am back on prednisone on alternate days at the 4 pill level. I didn't have any real asthma with the virus, but have had some mucus to clear.

June 29. Dr. Perry said my lungs were practically clear, only one spot of wheeze. I seem to be over the tree pollen - virus cuff, though I don't feel quite over it. He said to stay on prednisone at 4 on

alternate days for another week, then reduce it to three for two weeks. He will be seeing me then; his present hope is to come down at two week intervals. If this works out, it would be

July 16 - 3 ; July 20 - 2 ; Aug 3 - 1 ; Aug 17 - 0  
I'm to take a desensitizing shot once a week, and in the fall be tested again for allergies. Dr. Perry thinks it well to postpone the New England trip till post has finished off pollen. This was on my urging really, he would have OK'd my going on a slightly higher prednisone level.

July 1 - Yesterday, afternoon and after going to bed I got rid of quite a good deal of mucus - This afternoon only a little. Note this afternoon my pulse was down to 74. It has been running 80-84 since before the virus hit, in the morning. In early May before the pollen came to annoy it was in the upper sixties.

July 1. The W. Post speaking of smog said that "this week the pollution reached 0.25 parts per million, the level at which eye irritation becomes intolerable" and the D.C. Health Dept begins to give out warnings -

We are having humid mid ninety weather - hopes for a shower today and cooler by the fourth.

July 4 - A cloudy day with traces of rain but a 10 mph north west wind must have blown the smog away.

Scarcely any mucus, but I report to post post at about hourly intervals.

July 6 - Down to 3 prednisone. Practically no mucus, but not good breathing. I put 6 extra drops of isoflur in putt putt for the 14 hours ending this morning. Curious. Maybe the north west weather with a barometric high that ought to pass by today. By all the signs I'm doing fine, except I don't breathe very well.

July 8. Not much mucus, but I have to putt putt at about hourly intervals, day + night.

Today is wet + raining.

July 11. Yesterday was not too good a day. not much mucus, but a breathing reliever was handy every hour or so. Went out into the country in the afternoon and to the Walkers in the evening. There was the smell of anti terminate stuff around out of doors though I didn't notice it.

At bed time 10:15, my breathing tightened up and I had some asthma. Try a little after one could go to sleep and slept in pieces generally a little less than an hour each until I got up about 8:45. Took some extra elipofillin.

July 13. On the 11<sup>th</sup> Dr. Perry had me take 4 prednisone and raise the regular alternate day dose on the 12<sup>th</sup> to 4. I added Pat. I decide which he approves, he says to increase the elipofillin to 3 tbcaps if I want. Am breathing better, clearing mucus but want a reliever at about hourly intervals. Have been sleeping in about hourly stretches.

July 15. Gradually feeling better -

July 17. Bi weekly visit to Dr. Perry and an anti dust + feather shot. Dr. Perry said my lungs were quiet - he searched quite a bit. He said

that I was getting along very well. The 80  
pulse seemed low to him (I think with  
the 16 drops of isuprel a day). He said the  
4 prednisone every other day was a low  
dose. He is going to keep it there a while.  
The 16 drops of isuprel are also low, one  
could take a good deal more and not  
suffer from it.

He said OK to go to Mountain Lake Va.  
if adequate attacks occur, raise  
prednisone to 3 each A.M. + continue till he see  
me ① raise isuprel + acetyletyline to 10 drops  
+ 10 of water. ② Elixophyllin 3 tablets 4 times  
4 times a day ③ Chlorbutron 1 tablet 4 times a day  
He thinks that at some seasons I'll be back  
to my April level -

July 11 - Mountain Lake Va. We drove  
here July 10. A lovely 290 miles past  
Charlottesville, <sup>across</sup> the Skyline Drive and  
up, south, in the Shenandoah, at Roanoke  
we headed more westerly and beyond Blacksburg  
climbed up on the high ground. This is a  
good place but has worked out rather badly  
for me. The elevation is around 4000 ft and  
we are in clouds + fog a good deal. Then  
the coolness, so attractive, does me no good.  
I'm more comfortable since putting on thermal  
longjohns and wearing a sweater in  
the morning for a while. I went on a heavier  
prednisone diet, <sup>3 a day</sup> and get around, but  
need a breath reliever at hourly intervals  
much of the time, less after some and  
more after more.

Soft coal smoke, ugh! We moved to the hotel itself,  
the West wing is rather away from <sup>the</sup> soft coal smoke

July 14. Was better after the 3 prednisone a day she took hold. We came back to the DC yesterday, including about 110 miles of the Blue Ridge Parkway in the trip, lengthening it by 10-15 miles. Very beautiful, but it adds up to a tiring drive, for Katherine too. Last night I slept two hours over, and some hour and half then shorter stretches.

Dr. Perry wants me to keep prednisone at three daily through July 16. On the 17<sup>th</sup> take four on three alternate days.

July 25 - 11<sup>th</sup> areflex, perhaps because I'm having the prednisone and last night I was awake (mostly) for over two hours getting rid of mucus.

July 27. 4 prednisone today, also an immunizing shot.

July 31. Dr. Perry said no wheezes, <sup>the day before</sup> yesterday one of my teeth kicked up. X-ray showed an abscess in a root. Extracted. My morning <sup>pulse</sup> ~~temp~~ had been down to 76. The last two days 102 and 104, back to 86<sup>th</sup> today and my temp back to normal.

Dr. Perry said I could stop taking Pot. So since I thought I was still getting enough mucus to keep it up a little longer, he OKed the idea.

I said chlorbutol, the anticholinergic, was making my nasal passages seem over dry, and had reduced it from 3 to one a day - he said, the thing to do. I said that before the flurry at Mountain Lake and this ~~total~~ business, 16 drops of ~~infant~~ - ~~uncount~~ were hard to use up, I thought it enough, just now the 16 were OK.

he said drop it to twelve when you can. Keep the prednisone at 4 every other day the next two weeks, and keep up weekly shots. Talking with Katherine later, he said I might have difficulties in spring.

and summer as a regular feature in coming years.

Well, we won't begin spring early by a southern trip to meet it, and could well delay it by being in Northern New England as the pollen that <sup>of any</sup> bother me, refer in the D. C. Aug 5. The swelling on my jaw where the tooth was pulled has gone down steadily, but the situation isn't quite normal yet.

Breathing has been noticeably better. The sixteen drops inspired to from Aug 3 carried through to this morning, when I reduced at a 12 drop rate. Have been sleeping better maybe 2-2½ hours the first stretch, then 1½ and shortening toward morning.

The abscessed tooth may have been a bad breathing factor.

Aug 8: jaw seems about O.K. Can barely get by on the 12 drop basis, and need a breath relief at intervals that probably average hourly during the day. Very little mucus and I discontinued the potassium iodide today.

Aug 14 jaw O.K. Breathing stayed about the same. Yesterday not quite so good. Was a little con. carried for the night; it was a no prediction day, and phoned Dr. Perry at 10:00. He said to take 2 pills then and the regular 4 this morning, and one tonight if I thought I needed it. I took some extra elixophillin. I slept very decently but it rather short ~~but~~ stretches. Pitt Pitt were

Tobed 10:40-10:50-11:20-11:55-12:20-12:55-1:45-2:25  
2:50-3:30-4:40-5:15-6:05-7:20

Half hour stretches gradually lengthened.  
Have been breathing better today, fortified with 6 pred.

Aug 13. This is cool north west wind weather -  
slept quite well last night hour and a quarter stretch  
at first, less toward getting up.

Aug 14 The cool north west weather continues  
remarkably - record low reported from some places.  
Took one prednisone as Dr. P. had authorized and  
slept reasonably well in chunks of about an hour each.  
Saw Dr. Perry in regular check up. He said only  
a little wheezing - is increasing prednisone to  
5 every other day. I had said I'd rather not  
have the 4 on alternate days reduced now -  
he said better not and that one could go on  
at that rate indefinitely.

Asked about what to do if an attack  
threatens, he said get pred. up to 3 a day -  
use more aluphillin. He thought I was  
using 16 drops nebul - which is O.K. if needed.

Aug 15. A mild attack of asthma toward  
morning today. I couldn't breathe well in  
bed and got up about 6:00 - Was happily  
reading or snoozing over the card table  
for about three hours, and have been  
moving around, up-down stairs, using  
puff just as about a half hourly dose  
since - Yesterday was the no prednisone  
day in the every other day cycle, and I'm  
likely to feel a little badly toward the  
end of the 48 hours. Took the stuff about  
6:00 this morning and now, 12:00, feel  
much better.

Dr. Perry said if trouble threatens take  
one or two pred. tablets on the off day for  
a while. Also if trouble develops O.K. to  
use amonophillin supplementarily while  
taking aluphillin - and take <sup>5 drops 4 times</sup> Pot iodide.



Aug 19. Yesterday I felt progressively better as the day wore on - had a hair cut in the afternoon and walked home - 38 blocks and could have walked farther.

Last night I took a third mercurial pill (authorized) about 1:00 AM, woke up and cleared much mucus, but was heavily sleepy and went back to sleep quickly. Stretches were about an hour till 4:15 then on hour and a half - instead of shortening up. Feel very decently this morning (10:45) but the forecast is for cool north west weather and I've tried to play it safe by taking 2 prednisone just now.

Aug 24. Am gradually getting over the Aug 18 flare up. Walked 15-20 blocks yesterday - the day before. Sleeping in about hourly stretches, quit by on 16 drops in pred etc and out over half a dozen pills on the meter. Am on a 5/0 prednisone program with one or two on the zero day - one yesterday.

Aug 25. Continue to feel better. Today am trying not to take "one or two prednisone tablets on the off day". Last night the mucus loosened up and ran an hour and a half I coughed it up - 30 slabs of Kleenex in the waste basket this morning probably 25 from the night. One feels better afterwards. Ray used pollen is beginning to be around in greater amount - 38 grains in the report for yesterday.

I didn't feel like walking much yesterday

Aug 28. Dr. Perry found some, not very much noise in my lungs today. Wants me to stay on 5/0 prednisone, keep going

with elder tincture while my head is  
around, one a day. 9¢ little mucus,  
takes the Pot Iodide gradually to  
10 drops twice a day.

Been sleeping rather better, not very much  
mucus - walking up to 8/10 blocks at a  
stretch.

Sept 1 Been sleeping decidedly better - some leg cramps  
and have taken quinine sulphate the last two nights.  
Not using the fruit juice so much, and using less  
insulin etc as a result, doubt that I've used 10 drops to  
the last few days. Have felt decidedly better just  
yesterday + today.

When I'm care my denture bothered Dr. Hurst said to see  
Dr. David Swanson - 726 E St. It bothered a little and last  
week he fixed very expertly.

Sept 3 Still feeling better. Pollen count is high 192 for  
yesterday. I spent much of the last two days in the  
bed room with the air conditioner going. It does not  
filter fresh air and the room gets stuffy at night. I  
slept well. Much of the last three months I've wanted  
fruit juice on the Mictometer about once an hour or  
often. Last night it was something like  
10:50 - 1:30 - 3:30 - 5:30 - 7:00 - remarkably better, and  
about the way I've slept much of the last twenty five  
years up to a while ago -

Sept 7 Been staying near the air conditioner a good  
deal these last days and have been breathing  
better - sleeping in 1 1/2 - 2 hour stretches

On Sept 5 in the hot afternoon we took a 55.60 mile  
drive, think the air conditioner in the car took  
out the pollen well - no mucus afterwards.  
Last evening took a shorter drive, cooler, and  
toward morning raised some mucus, maybe  
at lower temp. the air conditioner was less effective.

Sept 11. Dr. Perry found no wheezes today (P) there have been the last two check ups. He cut pred-nisone from 5 to 4. Said if trouble developed to take a tablet or two on the off day - this while we are away.

This is the height of ~~the~~ required and I've stayed in the air conditioned room a good deal - but the day before yesterday walked in all about two miles. Am sleeping 1 or 1 1/2 hour stretches, sometimes less toward morning.

The 5 prednisone days I seem to need a third nambutal pill to get to sleep, then sleep heavily.

I'll be glad when I'm through with this.

Sept 14. We have had rain, presumably it washed the air clean of pollen - as of yesterday.

Am getting on well with 4 prednisone, but the first down beat day after the cut to 4 was badly down by evening - Took it easy the next morning (yesterday) and have been fine since.

Sept 16. Flu shot today, should have another in 4-6 weeks.

Pollen count has been down since the rain, up to 54 yesterday, we have been disregarding the stuff, I think safely. Am sleeping in about 2 hour stretches, with the windows open and not using the air conditioner. Have been walking a mile or two a day, but think I have less pep since reducing prednisone. This may be a delusion, and the change may have no relationship to it - just lay.

Sept 10. Went out into the country yesterday the first time in weeks; started to rain and kept raining at intervals all night.

Sept in two hour then one hour stretches.

Today is a down beat day and I may still feel  
some let down from the week old reduction  
in prednisone - certainly have less than  
desirable pep, but in church, after a  
Misto, I had much more breath for singing  
than two weeks ago.

1964

Sept 18. (Welles, Mass). We left Washington Sept 12,  
spent that night in a motel near Poughkeepsie, the  
next day came here to Amis. Spent Sept 26+27 at  
their place (The Place) on Cape Cod. In the evening  
my breathing tightened up and I had an attack of  
asthma. K. + I sat in front of an open fire and  
played cribbage until 2:30. Earlier I had been  
using a breath reliever every 15 minutes by then  
it was about 30. I was due to take 4 prednisone  
in the morning and instead took them about  
noon in the evening. By 4:00 AM I could lie down  
and sleep, I left last night 2 hours at first  
then shorter intervals. Took 2 prednisone  
this morning, have increased potassium iodide  
and diuretic and am getting along very  
decently. Pulse was 94 yesterday 86 this morning,  
Oct 10. The plans of Sept 26 didn't last. We  
went on to Amis in Hanover, spent a week there  
then a night with Constantine in New Haven.  
My breathing improved to this point. Then  
a night at the Nelsons home in Poughkeepsie  
and home yesterday. Last night breathing  
wasn't good, but I slept in bed with many  
interruptions to me the first part.

After leaving Cape Cod I had gradually  
reduced and finally eliminated prednisone  
on the "off" days. Last night I took two,  
am getting along reasonably well  
today. Yesterday the 300 mile auto trip

was long. I shared driving as on other days  
on the trip - actually people rather were  
comfortable driving than not.

Last night my sleep - weeks of record wasn't  
good - It ran

9:00  $\geq$  11:02-11:27-11:47-12:05 (two prednisone)  
12:45-1:10-1:40-2:15-2:35-3:10-3:50-4:02-  
5:17-6:10-7:15-7:55-8:45 -

In spite of the sneezing I'm rested today.  
We covered about 1850 miles on the trip.

Oct 14. Asthma gradually dying down, but I am  
using breath relievers a good deal. 14 drops of  
isipredate plus maybe 6-8 pills on the Mxto  
gets me through the 24 hours - sleeping at  
about hourly stretches. Today my first since  
Oct 8 with no prednisone - still quite a little  
mucus, but no dragging it out every  
few minutes for an hour, as after  
previously - We have had frosts in the  
suburbs, and I might be on the edge of  
feeling a lot better.

Oct 15. Flare up of asthma last evening, and  
I took my four prednisone due this morning  
about 10:15 last evening. Was using pulmicort  
at twenty minute intervals. By 1:00 could go to  
bed, and slept (I think) in about hourly stretches.  
The nebulated seems to make quite a lot of  
difference in quieting asthma as well as sleeping.  
Maybe I only think so.

Since early July have had six minor flare ups of  
asthma, each on the "down beat" part of the  
every other day prednisone cycle. Since beginning  
to do so, they have been controlled by taking the next  
morning's prednisone in the evening, then two pills  
on what would have been the next off day

The flare ups were:

July 10 At home

Sept 16 Cape Cod

.. 10 Mountain Lake Va

Oct 8 Poughkeepsie

Aug 18 At home

Oct 14 At home

Oct 16 Dr. Perry found some congestion in my lungs, not less than he expected - not much he said.

To break the pattern of recurrent flare ups - he wants me to take 4 prednisone every other day in the evening and for a week, two on the alternate days, and to see him in ten days.

He did not like the idea of taking it easy on the down beat days.

Oct 11. Used a little more prednisone on the new pattern on sleeping better, one hour sometimes two hour stretches, and feel better. The four prednisone seem to make it hard to get to sleep and out for a third ~~new~~ full. Am having less mucus hence the intercal disturbance may be quieting down.

Oct 13. Was out last evening at a two hour meeting with much tobacco smoke and did not call on Mito once. Am sleeping about hourly stretches, some a little longer. My breathing seems scarcely quiet. At first after the prednisone was stopped, my legs seemed somewhat much bowed. I've been walking in four to eight blocks bits and resting, and they seem to be loosening well - ankle swelling not bad. I had cut down on salt a little too hard, and yesterday went back to macaroni + cheese plus an egg for lunch, and slept better (I think because of it).

Oct 16. Yesterday we went to Sycamore Landing and I got some dust - not so very much. In the evening my breathing wasn't very good, but the

night went decently - finally in hour and a half stretches.

Dr. Perry saw me today, said very little wheeze; thought I was in good shape not to show the effects of the dust more than I did. In answer to my question, said much better to go places even if sometimes I get tobacco smoke and/or some dust; he also approves walking (if not done too fast) as a re-builder. Said my pulse record over the month was good. I asked whether I had come through last year's drill without hurting my heart. He said Yes. It was a normal 74 year old heart.

Re prednisone. I said I thought taking four pills at bed time, sharpened you up and I took a third nambrotal to get to sleep. He said take them in the middle of the day. For two cycles cut from 4/2 to 4/1, then

1964 4/0.

Oct 29. Am gradually taking the 4 prednisone pills earlier-earlier. Making the change gradual in that an off set to cutting out the stuff on the odd day. 11 1/2 scheduled in Oct 28 + 30 at 6:00 PM Nov 1 at 4:00 ~~at 11:00~~.

Last night I slept quite well, but when I woke at about 3:00 was thinking so much about the Am. history I'd been reading (1860), I didn't sleep well, pulse was high, but did get up some mucus, I don't think there was much to get.

If I want to do best work on my Great Road I'd best read about to see what our situation Nov 3. Am getting along on the 4/0 basis taking the stuff at noon. With a third nambrotal am sleeping in two-hour stretches, without the

Third, it is likely to be nearer an hour. Am using  
just just less in the day, and my morning  
pulse is settling down very well 74-75 the  
past week, 72 today.

Nov 3. Hard to understand the whys of asthma.  
Taking the 4/0 prednisone at noon alternate days  
I still feel the down beat the second day. Took  
4 on Nov 4. Went to a meeting that evening and  
the room was quite smoky (It may or may not  
mean anything.) Yesterday the down beat  
afternoon I was a little short of breath, not  
too bad. Taking 2 nasal inhaler then one a little  
later I sleep well on the days I have had the  
prednisone, I have been only almost as well  
the alternate nights. Last night the record  
wasnt good. The comparison when I used just just

Nov 5 11:30 - 11:55 - 2:55 - 4:50 - 5:40 - 6:30 - 7:50

Nov 6 9:45 - 10:45 - 1:00 - 11:45 - 12:25 - 12:55 - 1:55

2:35 - 3:30 - 3:50 - 4:40 - 5:10 - 5:40 - 6:10 - 6:55 - 7:10 -

However with it I'm only using about 14 drops of  
sulfur plus maybe 4 or 5 whiffs from the  
Nistometer - many days not as much from  
the Nisto. One Nisto lasted from Sept 14 to  
Nov 6 - This covered the time we were rec-  
troning in New England. The previous one  
lasted about a year - for months after  
coming out of the hospital in Oct 63 I didn't  
use it at all.

Nov 9 Last night was not a repetition of Nov 6.

However I'm finding it necessary to repeat just  
a good deal. am not coming along very well on  
the 4/0 prednisone basis as yet. Not so long ago  
it was 4/2 and it seems to take time to adjust  
later

Dr. Perry said only a few wheezes, said I was  
doing well - could discontinue chlor trimeton, keep



prednisone on 4/0 basis thought I'd gradually get along with less frequent use of breath relievers. Maybe take a Librium pill when I was awake at 2:00 or 3:00 A.M. He wants to see me in three not two weeks.

Nov 13. Since the beginning of the month have been on a 4/0 basis with prednisone, taking the stuff at noon, and have not yet become adjusted to the change from 4/1. The second night of the cycle has not gone well. Though actually the two poorest nights Nov 6 and 12 were after we had been out Nov 5 and 11 and the rooms had been fairly heavy with tobacco smoke (which may have had nothing to do with it) but Nov 6 I awakened putt putt thirteen times, Nov 12, ten times. This went very good sleeping, and after 3 nebulated inhalations. On the up beat days after the prednisone takes hold I feel very well - that morning before taking it, no.

We are off to Williamsburg tomorrow for a week. How I hope I can go through this trip without any flare up of asthma.

Nov 22. Back home again. Only a small flare up.

T2  
W2 The day ~~after~~ we reached there, breathing was not good in the evening and I took the 4 prednisone <sup>P.M.</sup> the next morning at 10:30, two days later I wanted them at 5:30, two days later I could wait till 6:30 also Nov 20 and expect to take them at 6:30 today.

The days between have been taking one tablet, but hope ~~to~~ not to tomorrow. Keep sneezing a lot of mucus worked up out of my lungs. We are in the midst of our first north west and fairly weather of the fall, 23° this morning. My breath is not too good, but not too bad either. We walked around Williamsburg a good deal in lovely mild sunny weather, and watched ducks on the

York River, also went to Jamestown and to the Carter Grove Plantation on the James River.

I could not doze out any reason for poorer breathing, while I was there. I did not have as firm a high a build up of pillows, but I am afraid, it was more a non acceptance of the 4/0 prednisone regime. Who knows?

Nov 13. After the 4 prednisone at 6:30. dinner, some cribbage and evening medicine, including 3 nebulated slept better than for weeks, did not write down when I woke up but think it was about

11:30-1:00-4:30-7:00-8:00-9:00 - Good morning pulse 72. The north west weather is moving on, this morning was again cold but the day is warming up.

Nov 29 I got along not too well after evening home for 1 of the 4/0 cycles. Thanksgiving was a 4 day, ~~the~~ we had a family dinner party, the next day I wanted 2 prednisone, and I'll have to take one tonight to take off. The last two nights I have been making a conscious effort to clear mucous out of my lungs, going to bed and lying somewhat flat with occasional just puffs before taking any nebulated, and have in fact cleared quite a lot. This is a long road.

Nov 30 - Dr. Perry put me on a 5/0 prednisone again today. He seems to think that my repeated flare ups of the last few months show that the 4/0 was too low. Maybe later I can get back to 4.

Last winter I was at a 1000 mg sodium level with 5/0 prednisone - maybe more -

Dec 4. Beginning with 5/6 prednisone on Nov 30,  
it seems to be working well. On Nov 30, a  
sharp north west windy evening I might have  
been headed for trouble - breathing wasn't  
good, but fortified by the five prednisone at  
6:30, it gradually got better, and I had a  
reasonable night's sleep. Last night I  
slept very decently, it was the downiest night  
and still a rather high barometer but I made  
it about 12:00-1:00-3:45-5:15-7:00-7:45-8:30  
old laybyhouse.

Dec 5. Night before last Katherine thought I looked  
flushed and the thermo read 99.1. The next  
morning 99.4° - I don't often run any temp  
above normal. Dr. Perry said although in, I had  
a little fever yesterday, breathing wasn't bad.  
Today temp not normal. Last evening was  
the evening to take the 5 prednisone and after  
getting rid of a lot of mucus in an hour and  
a half or more, I slept exceptionally well.  
11:00-4:30-6:00-7:00-8:00 and up about 8:30.

It had had a virus several days ago. This  
might have been a virus - there is a lot around.

Dec 6. Normal <sup>temp</sup> - guess I only have aftereffect  
of the virus - but that is not true and last  
night was badly chopped up - some  
mucus, but not as much as evening before last.

Dec 7. Again after the 5 prednisone last evening (6:30)  
slept exceptionally well - I think it was 10:30-5:00  
- 6:00-7:00. Morning temp 97°. K. off to Roughsawie.  
I was weary, spent much of the morning reading  
on the Red and cleared a good deal of mucus -  
Over the phone Dr. Perry said to take all the decongestant  
pills, O.K. to go out and walk temp in the thirties

after today, stay in today. Make effort to eat and keep my weight up.

Dec 9. This morning the first recently, I'm felt normally well. Yesterday, the combination of post virus and down beat, was happy to spend much of the time horizontal, reading, after having a second cup of coffee + visit with Bob Blakey. Rest of the day in this noon.

Afternoon Temp stays subnormal  $97.6^{\circ}$  but feel OK. Going horizontal after just felt after lunch, I coughed up fine drops of mucus. There has been a moderate amount last night - Nothing like last year, nor the amounts a few days ago.

Dec 12. The feeling of drag out persists since that touch of virus along with a sub normal temp. The being backed in stronger on the down beat days.

And now or less mucus right along since last night. I am getting decidedly better sleep the night after I take the prednisone - which I am now taking about 6:00 P.M. - and I do feel better as the days go by. Today (down beat) is better than Dec 10.

Dec 15. Normal temp this morning and yesterday, but subnormal faster yesterday, down beat and backed. Took prednisone at 4:00 to be moved for the vestry meeting. Last night only took two nurbital, had some mucus, we had had earlier in the day, slept 11:30 - 1:30 - 4:30 then had mucus, nurbital had worn off and didn't do much more sleeping - but breathing wasn't bad - sometime the after effect of the virus were off - 12 days ago I was with me -

On my phone files to ship lithium as I was feeling let down after virus + running a sub normal temp. Dr Perry said they don't recognize a temp as

subnormal unless it is really down, 94° or so,  
but O.K. to skip lubricin as I was feeling at down.  
Dec 18. We are in a barometric high and this  
morning the first, just inland were only  
30 minutes or so. Am still getting a moderate  
amount of mucus.

Dec 21. Saw Dr. Perry today. He said only a little  
wheezing and after I coughed (at his direction) that  
disappeared. He thought I was in good shape,  
but that he might want to keep me on the  
5 prednisone pills all winter. I had told him  
that the night after taking the pills (at 6:00 PM)  
I slept decidedly better than the other night in  
the cycle, and the down heat day I was likely  
to be pretty weary. I was eager to have the  
rate down but thought that I needed the stuff.

Dec 21: The after the five drug out periods,  
especially maybe on the down heat day, but  
also every day. I sleep decidedly better after  
taking the prednisone - on the off nights  
sleep may be badly cut up. Christmas night  
it was in 40 minute stretches - some variation  
but rather remarkably consistent. I had  
now a little higher pulse for some reason, I  
don't at all understand.

Dec 30. Sleeping better on the down heat nights  
and walking more. 12 blocks yesterday, and  
1965/1966 weary legs today. Much less mucus -

Jan 3. Gradually regaining well being. Not  
very much mucus, but not sleeping much  
better - on down heat nights have even  
two stretches of sleep over an hour, but doubt  
that the average was more than the last  
two down heat nights. Temp has crept  
up to 98°, gradually.

Jan 4 Slept better last night + feel better, legs healthier  
slept 10:30-11:15-1:45-4:45-6:15-7:15-8:10.

Jan 6. Saw Dr. Daniels as he came into the outer office, he commented on how well I looked, good color. K. said I even bathed my head on over front steps, he said a good thing to do. Not much mucus. Temp still 98°, but I feel better + less tired from walking. Also I seem to be able to eat canned soup etc over a day without much ankle swelling at night, and am regaining a little weight lost last summer + fall.

Jan 12. <sup>Yesterday</sup> Saw Dr. Perry who found no wheeze and said I was in good shape. I have been feeling better. Very wetting last evening - not controversial, but as has often happened I have not fast or differ today - and this is not the down best day.

We drove out to Sycamore to see the snowy country side - it was lovely + many birds - Breathing not too good thereafter - why?

Jan 18. Have been clearing quite a little mucus and not feeling as well as I should, particularly on the down best days; the day after I take the prednisone I'm likely to have more energy. We have been having colder weather, and I've stayed indoors, as the cold air (even air in the twenties seems to tighten breathing) doesn't seem to go with me. Along with these rather negative comments, glad to record that I'm sleeping a little better, and am working more on yr book.

Jan 21. Milder weather and I've walked 6 to 18 blocks most days - Last night, after prednisone, slept in 2 hour pieces till toward morning. Then 5:30-7:15 cleared mucus at intervals, some of the time 5 minute intervals. Yesterday temp was 98.4°

Jan 24. The afternoon of Jan 22 we drove out to  
Sycamore Landing bird watching that evening.  
breathing poor, chest tight - used p. utt put a good  
deal at times 15 min intervals, gradually longer -  
and gradually better toward morning, took  
extra aliprophilin - Jan 23 stayed horizontal  
a good deal and cleared much mucus.

Katherine suggests maybe car heater plus blower  
produces dust or pollen and  
is responsible for feeling badly after going out  
driving. The 23<sup>rd</sup> was a mild day and roads  
muddy - no dust from them. I think this may  
be responsible.

Took 5 prednisone at 5 yesterday and had a  
good night. Yesterday + today both rainy and  
have stayed indoors.

Jan 28. Progress is slightly checked. After taking  
prednisone 4:00 PM Jan 26 we took parents out  
to dinner. They came back here and much talk, by  
me among others. Yesterday, the down best day,  
did not feel lively in the morning, <sup>the night had been much too quiet</sup> and went horizontal  
for some time. V. worked on the book in the afternoon  
took prednisone at 4:00 and gradually felt  
much better. 5 left in good straits at 5:45, then  
brought of a good deal of mucus for two hours -  
had brought of a good deal Jan 26 also. Now  
10:45 AM. Feeling fine.

Feb 4. Don getting on reasonably well. We are having  
quite a wave of colder weather. Barometer 30.46 is  
high for the D.C. Have been staying in doors, sleeping  
reasonably well, better after taking prednisone -  
mucus persists in considerable amounts.

Feb 6. Cold weather continued, easing today. The  
barometer reached 20.59. Was out walking yesterday  
afternoon after being in a week - even as short a time as  
that, makes your legs <sup>wear</sup> so that six blocks tire them. Ugh!

I'll get them back soon, and am working on a rubberball to get some strength back in my hands. They are better than in October '64, but not strong enough.

Feb 11. Monthly call on Dr. Perry on Feb 8. He said no wheezes, and thought I was getting along well, might reduce prednisone from 5 next time. In reply to my question after he had taken blood pressure said it couldn't be better. I still need a breath loosener (puff just) at about hourly intervals, day + night except the night after taking the five prednisone. Last night was one such, and about the last night for a long time, helped out by 3 nebulated 11:30-3:00-5:30-6:30-7:30 (I think). This is O.K., except for the nebulated. This morning was quite foggy too.

I immunization shots against dust + feathers reduced to one every four weeks. I'm coming along.

Feb 13 - Got weary in a few blocks yesterday. Prednisone last night - walking went much better this morning.

Feb 15. Went to church yesterday raw day, some N. wind, going was slow & loud. Ave to church slow. Took prednisone 5:00 P.M. slept reasonably to 4:45 - then sound racing kept me awake. Have been getting some walking nearly every day, legs better.

Feb 18. Went to supper at church Feb 16. The evening was cool, not cold, thirtyish, I was short of breath and waited at the foot of Rebo Place while Katherine got the car parked up the block.

Tuesday (the down best day) felt pretty down but worked on the book. After prednisone Tues. ~~breathed better~~ ~~Even better~~ yesterday. Not breathing quite as well today. However have been sleeping somewhat better the last two down best nights. Maybe I have had a very light touch of a cold -



Feb 23. '65 A minor flare up last evening. I had taken the 5 prednisone dose at 5:00 Feb 20, had slept reasonably well, but as is so often the case did not feel 100%, however the margin did not seem enough to lie low. Went to church and, aided by Misto, could sing. It was a mild day, in the fifties, and we went out to Yeomans Ponding and Edwards Ferry (very few birds were starting and grabbing) then, after a stop at home, putt putt and a short rest, had dinner with the Flahertys at the St. M's Hot Skop. I had been using Misto or Putt Putt at 20 or 40 min intervals. In the evening breath tightened up and they got shorter. Phoned Dr. Parry - suggested prednisone. He said take two tablets and increase other medicines. I'll be taking 5 prednisone at 5:00 today and he said no extras tomorrow if you can get along without them. Galspr extra insulin, mucosyl + water carried in bill 10:00 AM today.

I took the prednisone about quarter of ten last evening, my sessions with putt putt were at 9:52 - 10:12 - 10:35 - 10:58 - (11:15 - 11:30) - 12:07 - 12:46 at 1:15 decided I could take nebulital and go to bed. The rest of the night worked out very decently, sleep in stretches of about an hour and a half.

This morning is much like any other - there must be mucus in my lungs, but it doesn't clear. This is northwest weather, high winds night low last night 14° high due in thirties, Feb 13 forecast 15° - I stay indoors.

To date this has been handling the flare up very well. I write it up to record how it was.

It is hard to find the "why" for a flare up - perhaps a combination of factors. Maybe

though we stayed on hard top roads most of the time, the air over them was dusty, they had been sanded and there was little wind to carry dust away. My welded lungs certainly seem very susceptible to adverse stuff.

Feb 25. After the 5 prednisone on Feb 22, slept particularly well (11:00-2:45-5:15-6:15-7:15), have been reasonably near par since. Walked 8 blocks two days. The other cold and windy, but not much mucus cleared until last night. Had taken 5 prednisone at 5:00 and in the evening got rid of some. Sleep stretches were shorter than usual after taking prednisone, but what a lot of mucus worked its way out.

The Feb 22 flare up really wasn't anything, and it shows how much can be handled.

March 3. On Feb 28 we went out to Edwards Ferry, VA kept the car shut tight when dust was obvious, but I probably did get some, and did not feel at all well for a while. It was the evening to take 5 prednisone and I gradually felt better and slept normally. We drove to Belle Haven on Mar 1, looking for dust, no dust over those roads and no ill effects.

March 5. Seem to have slight cold, more viscous yellowish mucus. Dr. Perry away. Dr. Daniels said debronycin.

Have been feeling rather subdued yesterday & today.

March 15. The debronycin nipped the cold, and it only kicked up a little asthma. When I saw Dr. Perry on the 14th he found a few wheezes.

We have had regular March weather, rather windy and not really warm, and I've not walked as much as I wish I had. I have to loosen up my breathing every hour or oftener during the day but get along, generally, on the 16 drop formula and feel very decently. The record shows my

morning pulse within a 72-80 range since the turn of the year, and with 5 prednisone every other day I can take canned soup for lunch often without much ankle swelling at night, and it has gone down by morning.

March 11, '65 After writing the last entry the ankle swelling increased. I cut down the sodium: it decreased and I think I've felt better otherwise, but the causal factors of how one feels are so numerous, one hesitates to write as to cause and effect. Was out for dinner with friends the day before yesterday, legs chilly, lungs rather tight that night, and a bit so yesterday. 5 prednisone yesterday afternoon, cleared a lot of stuff out of my lungs last night, and feel much better today. I cleared the stuff out while reading before going to sleep + when I woke up - did not lie awake for one to three hours clearing it as in the first months after leaving the hospital in Sept '63.

Katherine had the gallbladder op. on Mar 12. Dr. Counally said the condition there existing could account for her ill health in recent, many, months. She is at the G'town U. Hospital. June came down and is staying with me. Katherine is making progress, but one feels very badly at his joint.

March 18 Katherine continues to make progress may be home in a few days. June went back to Norfolk + Peg + Grant came down.

I am feeling better than last jiffy alternate days. Maybe I could get along by myself, but it is ever so nice to have the girls here.

Apr 10. Saw Dr. Perry yesterday. I had some wheezes, the result I think of having picked up a very little bit of a cold. He said another series of declomylin. I asked how often one could take these. He said down once a month to extinction had been O.K. for a whole year.

With the trace of a cold I had been sleeping bas well, particularly on down last night. The night before I saw him it had been in about 35 minute stretches most of the night. Today is an up beat day and bright sunshine and I'm felt better - but in truth not too good as to breathing.

The last four months have not been as good as to breathing, as the corresponding months of year back.

Apr 11. Dr. Perry said that if I had another poor night in the week, on a day when I had not taken prednisone, that is when the poor nights come, <sup>to take one tablet.</sup> last night was such, though in its pooriness I was raising a lot of mucus, and I took a prednisone. Was rather beat in after breakfast, but now 11:10 feel better, and I'll be taking the five tablets in the afternoon - it's a long road.

Apr 20. The declomylin killed the cold and I'm feeling better and sleeping better. On the up beat mornings, especially if I've not gone out the previous evening, I have a very decent amount of energy.

Apr 21. As time is contrary. The night of Apr 20, after being out on the low path and under trees in blinson and doubtless spreading much pollen, I had quite a bit of run nose, the first for some time.

I had felt somewhat badly after a visit to the same place some days earlier.

Dr. Perry says with all the inoculations I've had pollen should not bother, but there was mucous.

Then doing things the late afternoon evening I take the prednisone (at 3:00) may result in less for the next day. Who knows?

Apr. 18. Night before last was not good. Much of the time sleep in 20 minute stretches. Took an extra prednisone tablet toward morning. Had very little for at first, gradually felt better. Took the 5 prednisone at 3:00 and slept very deeply 3 hrs, then then one hour stretches, cleared mucous in some amount every time I woke up.

I may be quite wrong but at this point I think I should avoid the low path and oak and various tree pollens. It does not seem as though elm and maple pollens bother. They are the trees by the streets in Georgetown. Avoiding tree pollens then puts a dent into bird watching, especially warblers.

May 1. We spent an hour or yesterday in the park back of Mount Vernon Oaks, I thought maybe fewer pollens from the kinds of trees there. I didn't feel it really while we were there, but in the evening my breathing was a little short. Took a prednisone, (it was the off day) and slept reasonably well. This extra prednisone seems to control a light touch of poor breathing.

Mistometers. Have used one of since March 29. in the fall + early winter they were lasting about 7 weeks.

'85

May 4. Went to a big diocesan dinner May 2, the day I had not taken prednisone.

That night I was not breathing too well, but started sleeping in hour stretchers by 1:30 they were half an hour or less. Took a fourth nebulator (it is allowed) slept better thereafter, but felt like the disease in the morning. Have been keeping away from the woods and getting on better since. All this time my pulse has stayed reasonably low - generally upper seventies - it was lower seventies before there was pollen around.

May 6 This seems to be a rather bad time for me, much mucus - We had two days in the machine and lots of things opened up. Then we went to the Craig Odette, Golf Katherine & Alan Halderman said something in the air made their eyes smart, maybe that made lung congestion for me.

May 7. Breathing not very good last evening. It was the day I didn't take the 2 day dose. Took one tablet and slept off in hour long stretchers.

Have had quite a little mucus these last days.

May 8 Dr. Perry gave me a check up yesterday, and said the machine was in remarkably good shape except for well known breathing difficulties. The cardiogram unchanged from before my hospital stretchers in '63 which he thought very good. No other bad marks. Only a few wheezes in the breathing.

May 15. Have been out into the country twice using ~~an~~ air cooler as an air cleaner against tree pollen - have not been conscious of either dust or pollen, but have had quite a little (not a lot) of continuing mucus, but am sleeping somewhat better.

May 17. The car air cleaner seems effective against dust + pollen with the temperature out of door around 80° or over. Of course to avoid pollen, when it is around, I must stay inside. Some down heat days I've felt very husked lately, even though there isn't much mucous. Bourgeois.

May 18. Yesterday husked especially in the morning, did no walking. Prednisone afternoon, gradually husker. A good deal of mucous cleared last night and feel lighter today (in the morning). Am generally getting along with Tenbre drops in pred etc and using the diuretic water at the rate that lets it last a little over a month.

Re prednisone. Constantia writes that Dr. d'Espe who is Dir. of Gen. Internal Medicine Respiratory Division at Bayland, gives her discretion in using prednisone. Never over 5 without calling him. If trouble starts, he advises immediate use of 4 a day and if it subsides to reduce to 1, then try 0. He would apparently have her operate in the 1-4 a day range.

May 19. Yesterday felt low in the afternoon and was apprehensive at the night and took 1 prednisone. Slept 10-3 about, then in hour or less stretched. I should not take prednisone then often, but yesterday it made a difference. I haven't slept that long for quite a while.

May 21. Been sleeping rather better, and feeling a little more energetic and using less of the nabilysin mixture.

Saw Dr. Rowe, the oculist, today (Dr. Perry

when he gave me a check up said I should. Pones said my vision was unchanged and good for a 75 yr. old. He said I have small (or thin?) cataracts, but that he could "almost promise" <sup>me</sup> that they would not cause major trouble. I said things sometimes seemed somewhat blurred, phone books sometimes gave trouble. He said carry a small magnifying glass.

May 24<sup>'65</sup> At this time a year ago I seemed to be running into more & more asthma, this year the reverse, partly perhaps because, I'm being careful about going into the country & its fumes. We only go out when it is hot enough so that the car cooler will be condensing water and acting as a dehumidifier, and I stay in the car nearly all, or all, of the time. Soon the tree fumes should be diminishing - indeed they are already.

Have been sleeping decidedly better than in early April. In the days I take prednisone at 3:00 - 4:00 P.M. They are marked

May 18-19 10 - 3:00 - 4:00 - 4:45 - 5:50 - 6:30 - 7:50

19-20 10 - 1:00 - 3:00 - 5:45 - 6:15 - 8:00

20-21 11:00 - quite decently

21-22<sup>x</sup> About hourly stretches

23-24<sup>x</sup> [10-12:15] - 2:30 - 6:30 [7:00] - 8:40

awake - Have had moderate amounts of mucus the last week.

May 29. Went out to DeCawson Landing yesterday, it was not very hot and the air cooler may not have been much of a dehumidifier, then I was out of the car maybe 15 min. at DeCawson Landing. Breathing was a little bad, and I



Took one extra prednisone. At first was using P.V. at 15-20 min intervals, got to sleep around ten (?) and the intervals lengthened to an hour, one a little more.

This morning rather hot, no walking around Georgetown. Now 4:00 have taken the first prednisone and am on the up grade.

May 31. The touch of asthma the evening of the 29<sup>th</sup> quitted early. Yesterday was a lovely day and we went out again. It was only 71° at high and the air clearer in the car may not have worked. I didn't get out but we drove down the causeway into the marsh and just down the car windows I saw a few swarms of pollen, but said it may not have been them, but in the evening breathing was poor. Took a prednisone, but it didn't clear, so at 11:30 took a second. By one I had given a half hour between puff with Took<sup>3</sup> nebulator and slept in stretches of over an hour and feel less down beatish than usual today. We had best avoid the country now on the hot days.

June 1. A dead nerve, irritated, dealt with by Dr. Louis Milobsky who seems to specialize in dealing with dead nerves in the roots of your teeth.

Dr. Perry said take a course in deblowycin. He approved the two prednisone taken May 30 and said take one today. He also said that spring pollen had been very bad this year.

(I suspect they are bad every year)

'65  
June 6. A rather touch of asthma last evening worse than usual. Took one prednisone and extra alixophillin (Dr. Perry spoke of this as being to do, also St. 9000). The time intervals between resort to the former substances were more or less characteristic of how an extra prednisone breaks

up a light touch. I took it at 10:05  
min interval 22 25 38 45 47 45 1hr 50 1hr 40 55 45  
10:05-10:27-10:52-11:30-12:15-1:05-1:50-3:40-5:20-6:45 -  
45 1hr 5

7:00-7:45-8:50. There isn't a precise pattern, but it gradually helps, sometimes it takes 2 hours to show much, then in about 4 hours you are decidedly better.

June 8. Best down best day for quite a while, maybe because lots of gunk cleared out of my lungs last night 9:30-12:30

June 12. Paddling along. This is a down best day and more than many. Prunell is blossoming, I dislike the odor, and there is lots of prunell or shrubs that look somewhat and smell a lot like it around this part of G town. Maybe it's a foo - ?

June 17. Took the 5 pred. on June 16, the next day was not feeling as well as I should and took 2 pred. in the afternoon, and had a not bad night then on the next off day took one pred and slept reasonably. Today is the off day and I expect to sleep reasonably without pred. Have had quite a little mucus, but not as much as some times. Have walked about 14 blocks today, legs not very sprightly. Try to walk 8-10 blocks anyway. Sometimes I don't do it.

June 18, my poor day, had north west weather, breezy but neither very cool or high barometer.

June 19. Yesterday I cleared a lot of mucus, took the 5 prednisone in the afternoon and slept 10:30-4:00 with only one break, then awake, too awake, but

not short of breath. Breathing seemed quiet, the first time recently. Now, noon, am getting along well. This may be a turn for the better.

June 23. Went out for dinner on June 21. The next morning, breathing had and moved the 5 prescriptions up from three to eleven A.M. gradually felt better, slept at reasonable intervals till 6:00 then stayed awake - lay on the bed all this morning clearing mucus, now (8:00 PM) breathe normally and don't expect a bad night - This morning my pulse was 92, it was down to 86 after I'd cleared a lot of mucus. My temp was 98.4.

June 25 Saw Dr. Perry, this is a cool clear off, not my weather; he said my chest wasn't bad. Comments on the higher pulse, perhaps due to retained liquid, (though my weight does not show that), I had a salty salad on June 21. He said my heart had a slight gallop, characteristic of retained liquid (I think) He is having me take ~~aspirin~~, one a day for three days, then twice a week till I see him in two weeks.

June 29 Have not been feeling at all lively, the fluid seems gone out of my blood to a very good degree - but pulse stays up, much of the time 96 to 102 and I've not walked around the streets for three or four days. Dr. Perry says walk if you want to.

June 30. Am well dehydrated, but pulse still stays around mid nineties. Dr. Perry said a second digitalis tonight & twice more.

July 1. Saw Dr. Perry. Thinks high pulse may reflect medicine and maybe infection. Says my heart shows nothing bad and now. Take another course of dechlorogen, up lithium to 4, omit chlorbutin. Try to hold minto on the PM to every two hours. This seems hard and I don't have to follow it, rounded

especially at night. I've just taken 5 prednisone and to my surprise did stretch the last interval to two hours. I can certainly reduce my intake and will. I'm to phone him July 6. He quizzed me hard on naysa - a digitalis byproduct. I had none.

July 7. Yesterday the morning was a bit bad. It was a "down beat" morning, the virus seems to have hit more than sometimes and I think I may have been chilly in the night. I needed PN every twenty minutes. Dr. Perry ~~said~~ I phoned said you I could move the prednisone up from 3 PM to noon - by 3:00 or 4:00 was feeling quite decently. Had been in bed most of the time till then. Katherine brought breakfast + lunch up stairs on a tray.

Today is a new day, I'm not tearing around but feel far better and going over the stairs easily.

July 12 The virus (or something) has bothered the July 2 course of declomy in was lengthened two days. I gradually felt better, morning pulse getting into lower eighties. Today was very asthmatic this morning, moved the prednisone up to 9:00 and it was slow in taking hold. Saw Dr. Perry this P.M. said my chest wasn't so bad. If tomorrow I have trouble at last time take one prednisone + get back to the 3:00 or 4:00 schedule. Take 3 tablets of ou full of diprophelin whenever every 4 hours when in difficulties. No more gallop in my heart.

July 16. Phoned Dr. Perry as instructed. Breathing still bothers. He said, as subles keep being swollen, add dex every other day for a while. I took one 7/14 so that means today. Start new course in declomy in 2 fronts then

one every 4 hours.

My present is prehandling 16 to 20 drops and get by with it as well as I can is O.K. While taking the decalomyin limit walking to 4 blocks, morning and afternoon and only if I feel like it. Took prednisone at 1:00.

He thinks I can shake this stuff soon, but said a few days pressure breathing at a hospital might be necessary. Oh hope not - July 20 '65. Called Dr. Perry as instructed -

14 decalomyin course ends today - he said continue it two more days, and continue prednisone at 3 a day - I'm to be in touch with him Friday 7/25.

Have not felt very lively - decidedly better today July 25. Am in the later stages of the virus and to remain things a bit. Beginning about Apr 20 I think I began (in spite of precautions) to get <sup>quite a little</sup> ~~lot~~ of pollen on bird watching trips. This may have made my bad lungs more susceptible to virus later. In early June after having some but not a lot of trouble, I had a course of decalomyin. Breathing continued less than good - About June 23 morning pulse went up to 92 and stayed there several days, July 2 another course in decalomyin - this helped but not enough, after a weeks break another course of decalomyin. This was extra long, six days, 34 long red pills - That began 7/16 ended 7/21. I'm doing better now. Prednisone in 3 a day, up 1/2 a tablet, but is pre which I used 16 from 7/16 to 7/23 that was 12 drops the last two days, Have been having Enderex alternate days back 7/16, now a bit less. Feet very edgy instead. Morning pulse down to 84. This isn't good. It was low seventies in April for a while

but it is at least down from the nineties.

Yesterday dragged up mucus at intervals all day long. There has been a lot this last month - Today decidedly less. This may be turning the corner to being really better.

7/27 Dr. Perry found only one small nodule. When H. gets back from Paris 7 prednisone alternate days. Evidence, twice a week. Drink enough to keep up balance - in answer to my question a cow of beer is O.K. Today, while I felt rather low early, I was feeling very O.K. by the time I saw him - I'm getting away from the virus, and can walk as much as I feel like walking.

8/13 Saw Dr. Perry on 8/10, more stuff in my chest, but without net virus, said not of much account should increase steroids i.e. prednisone. I urged some on the off days and he prescribed a 6 and 2 hour. Hobos some vacation and I rest in these weeks. Have not been feeling very ready (chest fully some down best morning). I got myself taking too much sodium by eating more bread wanting to keep up my weight. We again have low sodium bread, and the foot swelling is less. However, am not doing much going around until this phase of, which began about June 20, is liked.

8/17 Am now beginning to be free of the post virus or post flu dragged out feelings and some days they have been bad. Still having plain asthma, and a good deal of mucus, but am getting reasonable sleep.

8/20 Sleep pattern with this 6/2 prednisone has been the last few nights - on the six pred. day three or four hours, then one, one and a half hours stretches or so, on the two pred day night

two hours, gradually becoming less. A good deal of mucus still, and this much food seems to just drag back into your legs. I'm walking eight blocks or so a day - and should do more.

8/25 Feeling rather better and using less insulin in just fact. Whereas in the latter part of July I was using up a 16 drop of each charge, occasionally got along with less and some-times needed more, on these last few days on a 14 drop basis - and maybe a little less mucus. The  $\frac{6}{x}$  prednisone rate does things to your legs -

8/29 Continue feeling better. Morning pulse is lower, apt to be so after the 2 prednisone dose about 8/4 after the sex, and am sleeping decidedly better; a 3-4 hour stretch after the 6 dose and in stretches of  $1\frac{1}{2}$  hours after the 2, and some nights I make it with only 1 nambuted.

9/4 - Continue feeling better, but not enough. Required pollen count has been high and the stuff is no tonic.

On 8/31 Dr. Perry reduced prednisone to 5 and 2 and said that on 9/7 I should make it 5 and 1. Am sleeping decidedly better; have quite a little mucus but less than most of the summer, not much left for walking but I try to walk at least 10 blocks a day; some days I don't, some more.

9/10. Required pollen is heavy this year. I've been staying in with the air conditioner going, and getting along well on the  $\frac{5}{x}$  prednisone basis. Yesterday made it  $\frac{5}{1}$  (a bit late) and last night went as good as others. The pollen will soon be past - in any event, and I'm sure I'll feel better.

1/65

9/11 Sleeping has been much better of late, particularly after the heavy dose of prednisone. Last night (after 5 tablets at 3:00) 11:30-3:30-5:10 (when took breakfast elerophyllin) - 7:30 the ~~bed~~ night after the low prednisone is no where near as good -

9/14 Tried to make it on a 5-1 basis - it didn't work. Saw Dr. Perry today, he says all asthmatics are catching it from the abundant rag weed pollen - which he blames for my feeling somewhat badly these last few days. Says to stay with 5-2 for two weeks and feel free to take a third on the off day - and the rag weed will soon be over.

I asked "how do you think I have a fair chance to be getting on well on a 5-1 basis in a month?" "yes" says he.

9/14. Had had relatively poor days, and have taken the third prednisone on the off day. Last evening my heart seemed to feel weak after going up stairs, slowly, but not super super slowly. I called Dr. Perry's office and asked to talk with him. He had me come in - said my heart was O.K. but to take an extra digitalin today and tomorrow; he is giving me a new antibiotic Polycillin, a six day course, and to begin taking 3 prednisone <sup>each</sup> a day. He said it was O.K. for Katherine to go to Poughkeepsie Monday. (9/16)

9/19. Katherine due back tonight. Sat. & Sun. were rather rugged. I counted ten on each step going up stairs, progressively better since. I think the two extra digitalin will they didn't seem to be stabilizers. I've not been out of doors since 9/15, but intend to go while Veard is here today, or after the 3 pred. have had their chance to fend me up. Anticipating a reduction in the pred dose and we have had a barometric high go over us. Been quite able to get around, not fussing on the



stairs to count since Sunday - and done a good deal of work on ya book. Am sleeping quite well

Monday 11:15 - 1:07 - 3:21 - 5:07 - 7:15

Tuesday 11:47 - 1:10 - 2:10 - 3:30 - 4:40 - 5:00 - 6:40

Oct 11/65. Am working on 3 prednisone each afternoon. The system seems to practically insure reasonably good sleep, something like the nights shown above, but I've very little jumpy in the morning. The three a day is at a slightly lower rate than toward the end of the ray need fuller season - and maybe I'm not over the after effects of the fuller. This morning thought I had just about no pep, but walked to Wisconsin Ave and back - along in the afternoon have been walking 4 blocks - maybe twice some days.

Oct 19 - With Dr. Daniels agreement, Perry is over on taking 2 pred at 1:00 or 3:00 one early in the morning, hoping to have more pep in the morning, but haven't had much. So, late this afternoon Katherine and I walked eight blocks with only one stop, looking over the books in Sandler's windows. Her guess, and mine, is that I'm finding the reduction to 3 pred a day, hard to get used to.

Oct 21. Saw Dr. Perry - routine, also took second flu shot. He thought my chest not so bad, though I really was pretty short of breath this morning. Am staying with 3 pred a day. Re W. Williamsing, he said he in touch with him a few days before we go, he will increase the pred. to 4 the day before we go and keep it at 4 while we are there, and give me a course with polycillin. Had an immunization shot + a follow up flu shot. "1/23 that flu shot!

Oct 23. Yesterday I was awful, I think the

plee booster kit. Phoned Dr. Perry, we had felt  
badly Friday (10/22) and he had given me  
polycellin & pills each time for the first four.  
He thought maybe the plee booster plus the  
heavy dose of anti-vitic. Well along in the  
afternoon felt better. Oh he stepped up the chlorophyllin  
to 3 table-spoonfuls 4 times a day.

Had an extra good night, and less particularly  
hydrated  
de. flushed this morning. A in no ball of fire  
but a lot better than yesterday.

Nov 6. We have seen to Williamsden Ridge for  
four nights, no place of an asthma, but I  
had little leg strength. Bird watched from the  
car mostly - "Foliage weed" in the Tade-water  
and magnificent. There were some shore birds,  
I saw a brown-headed nuthatch - many deer  
on Jewettown Island.

Nov 11. On 11/9 Dr. Perry found some not very many  
nuttles. Will see me 11/22 as of now thinks O.K. to go to  
Cune's the next day for Thanksgiving. One hour twenty seven  
min. Nat Airport to Logan in Boston. My days very, some I  
would decidedly better.

Nov 13. Saw Dr. Perry yesterday only a few nuttles - said  
O.K. to go to Cune's <sup>today.</sup> Cold air would not do damage to my  
breath, perhaps temporary shorten breath. My morning  
pulse has been in lower eighties lately, and I've been  
sleeping very deeply. I don't have much pep, particularly  
until I've shaken loose overnight thicker mucus. Walking  
up to 8 or 10 blocks a day, mostly in the afternoon.

Nov 30. Trip to Cune's a joy; plane tears made it  
so easy. Weather mild + no problem. Yesterday over  
the phone Dr. Perry said to reduce prednisone by 1/2  
tablets: now one in the morning 1/2 at about 2:00 -

12/15 On 12/11 I felt full of pep and seem to have done too much. The next day my breath was poor. I took an extra prednisone the morning of 12/12 and 12/13. The thirteenth I had a routine check up with Dr. Perry. My pulse was 100 that morning, it had been 84 and gradually going down. Dr. Perry stepped <sup>prednisone</sup> up for a few days - didn't think this would last long. Temp Dec 15 - 102°

Jan 2, '66. Apparently I had a touch of grippe. (flu) that came back Christmas day. Took eight days of polyadin, prednisone back to 4 a day, and about the 29 have been decidedly better, down stairs for meals, but (partly as we are having a spell of winter rain) not going out much. Temp Dec 25 showed lungs in good shape.

The four prednisone seem just a bit more than I can take without feeling it in my legs. The 2 1/2 to 4 per day seem about the critical area. Have been sleeping really very decently, and lately morning feels has been aroused slightly. Think when I'm back to 2 1/2 pred. I'll feel better than for a long time.

Jan 11. Was back to 2 1/2 prednisone on Jan 7 and felt the difference soon. Saw Dr. Perry had not taken a visit since leaving the house, the nebulizer half an hour before he went over my lungs. My breathing seemed a little restricted to me. He only found a very little wheeze, was much pleased with my general condition, wants me to go down to 2 prednisone in 10 days. Said he would rather have me on less prednisone now if it meant a little asthma. O.K. with me.

Jan 27, 66. After getting on well with asthma  
until Jan 21, an infection (?) picked up at the  
Margaret's annual meeting (?) started up  
had breathing which has been with me a  
week. Am taking a five day course in polyglobin  
beginning today (saw Dr. Perry this morning)  
to extra digitalin for two days. Actually  
I feel better now than a few days ago, but  
after snow yesterday we are due for a little  
colider weather, and I'll stay in. It is  
surprising to be so susceptible to bugs, but at least  
the set back isn't because I walked a few blocks.

2/15 The infection proved stubborn, and kicked up  
had breathing. On Feb 4 prednisone went up to 50 mg,  
and I seemed to need that much. Feb 11 down to 40 mg.  
We had a big snowstorm the end of January with  
cold weather following. A big + warm rain cleared  
the streets Feb 13. and it has been warmer since.  
Am having some but not too much poor breathing at  
4 prednisone a day. Am only walking 2-4 blocks  
and slowly. But think the stuff may ease off soon.  
Rather disgusting. This time I am taking prednisone  
5 AM and 5 PM; hoping to have it carry over to  
morning better than at 3:00 PM. as breathing has  
been poorest 6-8 A.M. rather heavy phlegm seems  
to block it. After hot grape fruit juice. Breakfast and  
moving around it warms loose. Hope this lasts  
for long. With this my morning pulse has been around  
90 since late in January, and earlier in January  
it had two weeks in the mid seventies. It must be a bad bug.

2/17 Saw Dr. Perry. He raised prednisone to 3 AM and 3 PM  
and 9 AM to see him in a week. Thought it would be  
good to go to Florida for two or three weeks, fly  
rather than drive. Not a must which health  
requires, but a good thing to do and likely to do me

good to have the sun and warmth.

2/21 With the six prednisone a day breathing is slowly getting better. On 4/9 went onto a tea party. In morning hours I am having yellowish rather heavy phlegm. Today little yellow, and less of it - and morning pulse has been 86 two mornings. We are in a period of northwest weather likely to last a few more days. <sup>2/24</sup> Prednisone down to 2 1/2 and 3, on Mar 3 to 2 1/2 + 1/2. 2/27 Decidedly better, sleeping much better and less stuff in my chest. Walking four or five blocks without having to stop to catch breath.

March 7, '66. Feeling progressively better, though the 5 prednisone a day makes one's legs a little wobbly in walking about a mile a day. Yesterday at church I could sing all the verses of the four hymns - doubt whether I could have done this since last June. My morning pulse is down to about 80 - low considering the 5 prednisone, decidedly less mucous in the breathers, and sleep in hour stretches or more, after have one of two hours in the night.

March 11. Saw Dr Perry. No wheezes. Could report going places nearly every day past week - walking about 3 blocks. He said reduce prednisone 1/2 making it 2 1/2 morning & at night in a week another half to 2-2. Then 2 again. He hopes to bring it down by steps to 30 day may be then pause. Said one could live with that - I asked about robitussin said I thought maybe it helped, how soon did it take effect & how long lasting - He said in half an hour and should have some effect for three. Maybe a just before breakfast dose. Apr 2. Saw Dr Perry March 25, a few wheezes, he said to reduce prednisone March 27 to 2 1/2 a day. He said better take 1 in the morning as one's own production of cortisone is low in the early morning and the 1 1/2 in the afternoon.

With the gradual reduction in prednisone the

woodenness is going out of my legs. Breathing is better some days than others, we have had a lot of March North-west winds. Am sleeping very decently, though some evenings I wonder whether or not I am going to.

Just had a grand visit from Ben + John, with good news that Deck's health is good and on a low drug level.

Apr 6. We have been having much "north west" weather minus high barometer. Night before last I had bad breathing from about 1:00 AM on, sleeping in 10 to 15 minutes pieces and sat up and read a little. Rest night slept O.K. The most likely cause of trouble ~~last~~ before last seems to have been taking a 4 block walk after dinner. It should not have bothered, but something did. My breathers didn't clear the mucus.

Maybe it is getting used to the step down in prednisone.

Apr 8: Saw Dr. Perry. Breathers not too bad but not as good as two weeks ago. Keeping prednisone at 2 and 1/2 is 3/2 a day. A course of 13 polyellin and some antihistamine.

Apr 26 Asthma has been rather troublesome these last weeks. After getting down to 3/2 prednisone a day, it dumped down again about the week ago and I've been back to 5/2. With that I don't get along too badly if I don't do much. I think, but don't know, that elm and/or maple pollen that have not bothered before made trouble.

Under the regime I feel reasonably well, am somewhat better now and again walking five blocks or more most days. The thing is quite unpredictable. Yesterday I could get along from morning on only using puffs every hour or less frequently. Had not had a long night the night before. Rest night I had much more sleep, a high fever this AM 100 that did. quit to 90.

Dr. Perry OKed a second digitalis, and said I could reduce prednisone to 5 a day. Today breathing has been good. Maybe more accumulated stuff in the lungs night - maybe completely other factors. Am using the GG air cooler as a cleaner with the vent closed, and think it does some good.

May 13. Breathers have been getting better - a cool spring with fairly frequent rain has probably kept pollen down. Have used air cooler with vent closed in the day time a good deal and think it by clearing the room air, helps. Vent open at night and I've been getting along decently nights. Have not gone out into the country much. Prednisone has varied. Apr. 23 -  $2\frac{1}{2} + 2\frac{1}{2}$

May 1,  $2\frac{1}{2} + 2$ ; May 8,  $2 + 2$  am using the fowen nebulizer varying and having reasonably good days and better nights. Regs a little waddy. On Apr 11 we went with 56 M people to St Marys Md. I went getting up at 7:00, was back at 6:00. Fine day. I was rather bushed and took an extra digitalis that evening and felt better. Morning pulse sometime after taking digitalis - some fast and lying in bed a while is down to about 84; it was about 90 in late April.

Saw Dr. Perry today. 92 things continue to go well can reduce pred to  $2 + 1\frac{1}{2}$  May 13 or 24 call him after a week, and maybe get down to  $1\frac{1}{2} + 1\frac{1}{2}$ . He said OK to drive to PH 312 and Hanover. Take it easy. Said my chest did not sound badly, my heart very much OK.

no more gray hair - in answer to my question.

May 14 - Aphoradox. 5 left extra well last night 11:40 to 4:20 in one stretch - and breathing is worse today apparently because I was not awake at intervals in the night to clear mucus out of breathers.

June 3 '65. Saw Dr. Perry today after three weeks -  
Said my breathers seemed in good shape, thought  
I was doing very well getting along on 3 peds a  
day. Not to change it for a month anyway  
I had taken an extra one June 1. He said that  
was OK also OK to take two extra table spoonfuls  
of Chlorophyllin. Could reduce just iodide to  
10 drops 4 times a day.

Today word of turn for worse with Mrs. E. probably  
pneumonia. Katherine took off pronto for Beacon, where  
her mother is hospitalized. Reached Alice Potter in  
Maine first to pass word to Marcia.

I am to get in touch with Dr. Perry in about a month  
unless I feel badly and need to sooner.

June 5 '65. Breathing better today, after two not quite  
so good nights took an extra ped last night, had  
much better sleep, and have raised quite a bit of  
rather thick stuff. Maybe swelled too far 6/5; it  
was northwesterly weather then - we are now with  
south winds and more heat.

June 17 '65. Back after 10 days, plane to La Guardia,  
Katherine met me - the service for her mother - 6/18 on  
to Honover till 9/14. Three nights in Binders motel, home  
today. Had ped on 2 and 2 and made it 2 and 3  
6/14 and 6/16. Have not much breath tonight and Dr. P. says  
keep it at 2 and 3 tonight and two more, then (Monday)  
I should be able to go back to 2 and 2.

6/10 Dr. Perry here and looked me over, breathers  
pretty good. Said I had interstitial film and as my  
6/18 my temp was 102° in the evening  
one might get. Continue course in antibiotics,

keep prednisone 2 and 3 through June 15.

Am encouraged that driving around and being  
away from home environment, did not seem to hurt  
breathers. With higher ped. I slept extra well  
last night - 11:45 to 5:00



6/22/66 Phoned Dr. Parry, as instructed, and could report good progress. Temperature below on reading normal. Morning pulse count in lower eighties. He said keep pred. 1 and 3 through weekend (June 25) then 3 and 1 for a week, then 3 and 1 1/2 or 3 and 1. No other changes. O.K. to walk some today (to the corner), make an appointment in early July.

6/27 - Getting along well same for some woodiness in my legs, which after all generally goes with 5 pred a day. Am reducing that to 4 today. Am walking about six blocks a day, slowly. Sleeping well. Pruritus was in full bloom when we came back on June 17. a week of 90° weather did it in.

7/18. Made progress. we had much heat - also a good deal doing. Margie Fairchild's wedding 7/1. Katherine gave a luncheon for 26 - Con. Grace Peghara and much continued heat. 7/13 long meeting meeting 54 John Newwood - took on extra pred. Last night breathing was bad in evening. This morning fever showed a paracetamol high - phoned Dr. Parry (having already taken 1 pred. above the regular 1 1/2. He said take another which I did at 10:00. Breathing easier at 11:50 and slept in hourly stretches and better (but not too O.K. today). Dr. said to reduce the evening pred. 3 1/2 to 3 tonight 3 to 2 1/2 tomorrow - I see him that next day anyway. This is plus 1 in the morning.

We have been out and are working hard on the book.

Aug 4. Have been having it out with long piles up at the meeting - long course in hydrocortisone. Pred up to 6 a day for a while, 5 recently, down to 4 1/2 yesterday.

Pearly. 5 sleeping better generally two stretches of nearly two hours. Last night I think I had a five hour stretch. The book is with a publisher's consulting editor: we hope! He remarks they have to decide "whether it can be published at a profit."

Aug 6 - Talked with Dr. Lawrence over the phone yesterday - as morning pulse has stayed close to 100 for some days with no assignable cause, he said extra digitalis wouldn't make much difference. If it stayed up 110 or over could take 3 extra a week. Breath not too bad, sleeping quite decently, prednisone now at 4 1/2.

Aug 16. Have been feeling better, but not much on the walking, down to 4 pred. a day and hope to be on 3 1/2 tomorrow - 5 sleeping has been good stretches of an hour or more, sometimes two. Sunday I could sing the bass of both hymns and chants.

We are working on the book pretty steadily as have real hopes of a publisher.

Aug 26. Sent two copies of the manuscript for review in the big league. John Howard in the Ford Foundation, Carl Kayser in the Inst. for Advanced Studies at Princeton. Perhaps we slow down on that - and Aug 28 are going to Bermuda. Dr. Perry says if breathing trouble develops stop prednisone right up to 2 tablets 3 times a day, keep other things (some maybe Elixinol) as is.

Sept 6. Bermuda is beautiful and the swimming is superb but it didn't work out for me. Contrary to literature there were pollens. Prednisone went back to 6 a day, and that kept asthma more or less under control, but did not keep me in as good shape as I had been and we came home yesterday. Still OK last night. Dr. Perry says to keep pred 2 tablets, 3 times a day, start a course of polyallin and solum Sept 9. Sept 13. My breathing went so bad under the attack on Sept 9, reduced pred to 5 a day yesterday. Legs not so good. Katherine felt the pollens too first day even though knowledgeable -

My sleeping is good, in stretches of one to two hours most of the night.

9/19/66 Prod down to 4 a day today. The day at Gaults have put wood in my legs, rather badly, now it should diminish. Sleeping has been reasonably good, stretches of one to two hours. Today I've been wanting to go horizontal a lot, perhaps the reduction in prod.

9/24/ Yesterday Dr. Perry found my chest quite good, only a few wheezes. Prod of 7/27 will reduce prod. to  $2\frac{1}{2}$  a day, hopefully to 3 a day a week later. Had a flu shot yesterday. We went out to 5 acres. Landing 5 left well last night - apparently no bad reaction from the flu shot - unlike last year.

4 prednisone a day means stiffness in the legs. This seems about the critical point - legs better below 4.

~~Prod~~ 10/4/ Phoned Dr. Perry, I think I felt the flu shot a little, at all events doubt he'd I want to reduce from  $3\frac{1}{2}$  to 3, also Katherine is in Poughkeepsie. Legs no longer stiff, breath is the limitation on walking, and not too much a limiter, but I'd rather keep prod at  $3\frac{1}{2}$  until he sees me on 10/7. Have a good deal of mucus but sleeping reasonably well, some nights well.

10/14/ Breath not quite so good, have run into a little trouble from driving in the country though not seriously dusty, from a long party - study group meeting. Dr. Perry said up prod to 4 a day for 4-5 days - I have been sleeping quite well, with care about getting to sleep and a little alco alixofillin perhaps. This is rather disappointing.

Oct 28. back to  $3\frac{1}{2}$  on Oct 19 + got along reasonably well. John Cofford came Oct 21, a shadow of himself he left last evening going to the Wesley REC Cruise. There have been very good days and on extra prod Oct 26 and 27.

Nov 15. Have kept pred at  $3\frac{1}{2}$  a day and not had to take  
aspirin this last fortnight. Less mucous and am  
sleeping reasonably well, generally, not every evening,  
want to be careful to get to sleep OK. We have been  
going out quite a little too. I am certainly in better  
shape than a year ago. Flu booster shot yesterday.

Nov. 20. Had more mucous after the flu booster shot,  
seemed to take 2-3 days to develop, have held down doing  
things and now a week later, seem to be rid of its  
effects. Last year it hit pretty hard.

Dec 1. Visit with Anne was not troubled by any flare up  
of asthma. I raised pred by  $\frac{1}{2}$  tablet for 2 days. on return  
Dr. Perry said it was quite OK. He listened to my breathers  
on Oct 28 and said they had not seemed better in the  
past year. Reduce dexamethasone to 2 tablets four times  
4 times a day. If I seem OK reduce pred to 3 a  
day on Dec 5. Two at 6:00 AM one at 6:00 PM.

Am walking 8-10 blocks a day, pretty slowly.

Dec 20 Anne's asthma flared up a little and it has  
hung with me, no I had some poor breathing earlier. This  
last week I have sat up at night a little on 12/23 most of  
the night, but it has not been rugged. Pred in hand to  
5 for a few days, am taking another course in polyvidin  
and have to take more aspirin. Breathing is getting  
better. Dr. Perry didn't find it so bad today. Saw the  
phlebom 12/23 and maybe reduce pred to 4.

12/23 Reduce Pred. 5 to 4 a day phone him in 10 days, perhaps  
reduce to  $3\frac{1}{2}$ .

12/25 Breathing has been much better. I think I had a  
small infection that made trouble about 12/20.

Phoned Dr. Perry today he OK'ed reducing pred to  
to  $3\frac{1}{2}$  a day. I am to see him 1/10/67 - At 4 a day  
legs are wooden to some extent.

1/10/67 Saw Dr. Perry today, he found no wheezes and  
made my next appointment 4 weeks hence.

the longest interval since I left the hospital over 3 years ago. He reduced prednisone to 3 a day 1-1-1.

I'm getting on well after two weeks reduce chlorophyllin from 3 table spoons full to 2 per dose. Keep the prednisone at 3 until I next see him.

Said to vary the Eucodex with the usual swelling I could stretch it out, if the situation improved.

1/16/67 - Getting along very decently on 3 prednisone a day - generally walk about 10 blocks (a mile) my legs are weary but not wooden. They ought to improve with the regular exercise.

1/30 - When the day came to reduce chlorophyllin had a little bad breathing (not consented until that I think) and did not make the reduction. Have not been quite so good fixed for breath. We have done a little more, on Jan 27 I took an after pred. but have gone along on the 3 a day basis otherwise, not feeling quite as well, but not too badly. Jan 28 started a new course in polyvidin, and started taking anti-histamine again.

2/5 Saw Dr. Perry 1/30 who put pred at 5 for one day, 4 for two days then 3 1/2, the asthma flare up is not bad - curiously I have trouble breathing when horizontal in the morning sometime 6-7, but don't care too badly when I get up. Went to Charlotte Floyd's wedding yesterday then the luncheon (?) at her house, and to a 34th men lunch Friday. I suspect I may have picked up a little cold there, ought not to though with the anti histamine.

2/13 - Saw Dr. Perry. Am back to 3 pred a day after a flare up that had it at 6 a day Feb. 6, 7 and 8 then 5 on Feb 9, 10 and 11 then 4 for three days, then 3 1/2 for three days. Have been back to 5 for 5 days. He said some tightness but not much, stay at 3. Take Eucodex as I need it. He gave me a prescription or order for a

Insurance in Misc papers

Dec 29 '66 Constance health has given trouble. Some three weeks ago she seemed very confused over things to be done re Farley's insurance.

She put them in David Dagggett's hands and herself went to Gaylord.

Dr. D. G. G. told me he thought she had had a very slight shock which was responsible for her mental confusion and he thought it would clear quite soon. He said this is very common at her age.

Today I talked with him again and asked did she have Parkinson's Disease. Yes, it was minimal and was being controlled by medicine.

When she left Gaylord would she be able to go on living as she had at 278 Corner St.

He thought so, she should be able to handle the stairs and did not require a companion.

He thought that within six months or a year she should make a basic decision as to how she would live. He thought it would be preferable to have an apartment with

someone who would feel some responsibility for looking out for her. He did not think it his function to lay down how she should arrange things.

1/16/67. Constance is home again much better but not what she was last summer. She no longer takes prednisone.

For Parkinson's disease she takes Benadryl and Artane and expects to take them the rest of her life.

1/29/67 Con has been quite confused. On the phone today she was much better. Says the doc has discontinued Artane for a week, that it often results in confusion.

She is having trouble deciding on moving to the Masonic Home, and it is not completely clear that they will take her. She also has own questions as to leaving #278 and how to arrange life thereafter.

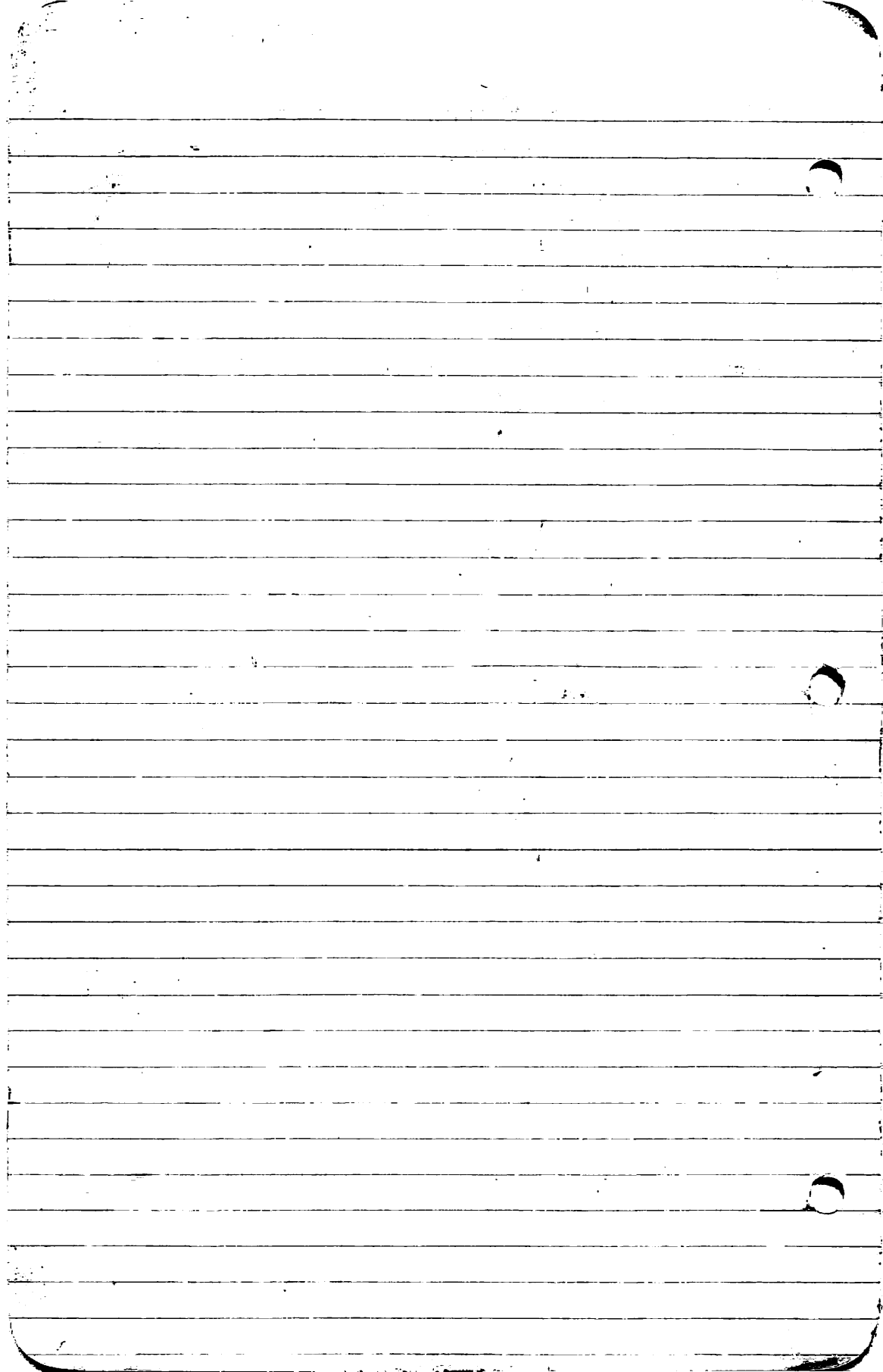
2/24 Dr. Parry gave me for eczema a cream Cordran Cream the prescription number was 573-087 - rub into area 3 times daily, for six days. The eczema was quite completely cleared in that time. He said later it could be continued. It is on a lanoline base but has drug added.

# Tax

6/12/67 Byers stopped by and returned the material we had given him to use in defending our medical deductions in the 1965 tax return, and the material for the 1966 tax return.

He said that the "higher up" in I.R.S. had supported the Washington I.R.S. official's recommendation that the action proposed by I.R.S. be cancelled (marked Void) and that this was done and we were completely in the clear as concerned their raising question on our medical deductions in the 1965 return.





aspirin for ex put on 3 times a day for a week.

3/1/67. Dr. Perry said OK. to take 4 pred 6:00 AM and 1 - 6:00 P.M. Try it and if not feeling better in the mornings we can talk about it some more.

He said exhausting a Viscometer in the days was not so bad. Actually they generally last longer. I had said 1 1/2 weeks recently but found that wasn't justified, but they are apt to last two weeks.

3/17. The three pred did not work out, and have been back on 4 a day. Today Dr. Perry found me in reasonably good shape. My pulse has been higher mornings, and on my question he said my heart was OK, no adverse developments. He remarked when he took it that my blood pressure was "just right". I've been doing more and sleeping better.

He said take 4 pred another week on the six hour spacing, then reduce it to three on an eight hour spacing, he didn't care how I arranged the hours. I'll be seeing him in 3 weeks, after two weeks on three, phone him if necessary sooner.

5/12. Have had varied luck in the last two months, and had to increase the prednisone then gradually bring it back. Am taking 4 a day now, getting over an infection that took polyillin, the second course in quite a short time, and prednisone up to six. It has been a wet, cool spring. I've not done much, but most of the time have walked at least four blocks a day.

5/24/67. Dr. Perry yesterday found a little coughing quite spread around. I am to stay at 4 prednisone for another week and phone him, and to take them one at a time at 6 hour intervals. He says you get benefits from a pill, and it trails off. I'm trying 5-11-5-11 on the house.

6/16/67. Have looked over the record on doses of prednisone for the last two years.

Two years ago I was trying to keep to a 3 a day level, but it did not work well for long, and I would be taking five or six for a while then gradually lowering the dose. That has really been the pattern ever since - only in most of 1966 it seemed necessary to keep putting it up. I was not breathing well and was not under  $2\frac{1}{2}$  a day for long. An infection in July - followed in Bermuda in Sept. and seemed to require more than 3. Have done rather better since - but the pattern is the same. Over the last six months the record at 3 a day is

(1966) Dec 5 -	Dec 13	8 days	
(1967) Jan 11 -	Feb 2	22	" (one day 3 took) (an extra)
Feb 17 -	March 2	15	"
March 14 -	April 3	20	"
June 8 -			

#### of prednisone

The timing has gradually changed. The 8 days dose then wait was given up about two years ago in favor of three doses a day. Beginning May 24 it is four doses a day, with heavier in the morning 1-1- $\frac{1}{2}$ - $\frac{1}{2}$ , to keep one supplied with the stuff -

Sleeping has been remarkably good, by my degraded standards - even when breathing has been below par and I've wanted more pred. I have slept. Of late the power nebulizer has not been as effective a reliever as Misto. This year we have gone out into the country quite a lot,

avoiding dustiness - and there has been lots of rainy weather, and it does not seem to bother me. Sometimes maybe a little, maybe extra exertion - who knows.

Nambutal seems quite effective as an anti arthritic drug as well as being a sedative. Last winter + early spring I was taking 3 nambutal plus 4 lithium taken with Chlorophyllinum and thought I was over dosed with sedative - no sleep in the mornings especially. I reduced the nambutal to 3 and the lithium to 2, and think this is decidedly better.

7/18/67 Saw Dr. Perry today. I've been a little unwell over the last month. Have been on 3 1/2 prednisone a day, <sup>most of the time</sup> since June 18 and get along reasonably well, but have felt less well after going out and doing things such as entering the jazz at St. Margarets. Sometime I've gone out and not felt it. The jazz was a week ago the place was crowded, rather smoky, then cold and my breathers has not been as well since - have used up more Kleenex, exhausted Mito Foster. Dr. Perry thought I was not doing too badly, and approved our going to New England. He is having me take a course of Polyallin first and says to step prednisone to 4 when we go, and to 5 if I have trouble. He does not consider using up a Miltometer in 5 or 6 days bad at all, and they have usually lasted 8 days for me.

7/25 Talked with Dr. Perry re dose of medicine, he said 4 prednisone O.K. now and to continue till home again. If necessary go to 5 a day and keep on vacationing. Could go to six. Continue Chlor-trimeton. Elixir every other day.

Arthrus right now is a mixture, am sleeping

very heavily last night -

11:35 - ? - 1:00 - 2:15 - 3:40 - 4:55 - 6:10 - 7:15 -

but not doing so well during the day.

8-23-67. Back from vacation, during which asthma gave little trouble and now we could not handle easily. I think we have learned how by varying the prednisone to avoid any trouble and taking it fairly early to go off this.

I seem to feel long driving when the air is loaded with diesel fumes etc. Driving around Northern New England seemed to go well.

We left 7/27 with pred. at 4 a day, put it to  $4\frac{1}{2}$  the 28<sup>th</sup> to 6 the 30<sup>th</sup> and 31<sup>st</sup>, by then in Hanover and gradually reduced it till it was 4 when we were home (6/19). Breathing was better north of the White Mts and we hope to work out a considerable stay in Randolph next summer.

8-31. Breathing has not been quite so good; may use maybe? Have exhausted last two meters in 4 days <sup>each</sup>. They usually last 7 or 8 or longer, but I've been <sup>getting</sup> out reasonably well and sleeping very well, (by my short leg standards, and the legs were longer last night). Now prednisone at  $4\frac{1}{2}$  after having tried  $3\frac{1}{2}$ , - and hope to drop it to 4 soon. In the last two years I've felt better after about Sept 15-20 when rag weed pollen disappears - here hoping.

Sept 15. Another small setback - I hope and expect it to be minor. Had been down to 4 prednisone a day and getting along reasonably well, and was thinking about  $3\frac{1}{2}$ . Sept 10 a bad fire in <sup>next door</sup> the Hammer, we were not conscious of getting inside, certainly much odor - Yesterday had what may have been a light cold especially in my larynx, my voice was something. We thought of polyzellen, could not get doctor on phone.

we have Dr. Perry's approval on taking a course supply -  
if we thought on infection and situation warranted,  
and started in at 6:00. This morning over the  
phone, he approved, said to lift prednisone to 5 for  
one day and phorhain.

Last night I left in shorter stretches 40 min often  
and cleared lots of mucus - little this morning  
again a good deal early this afternoon. I don't feel  
badly though a bit weak, and can't believe this is  
going to amount to much.

Sept 16 Saw Dr. Perry Sept 11. He found my chest "fully tight"  
said to take 4 more days of prednisone and to regard  
28 capsules as a normal dose. They last about 6 mo, so must  
be careful about left over. P. tapered back up to 5 and while  
I've slept well, have had much stuff in my chest and little  
breath - actually quite a considerable attack of asthma.

Katherine broke her right forearm, close to her wrist the  
day of the fire incident (Sept 10). It is mending, but after  
painful and at this stage she can't make right hand much,  
feeling that I should be so incapacitated right now.

Sept 17. Asthma somewhat worse. Dr. Perry said to phorhain  
if it were worse, coded. Over the phone he said to take  
2 prednisone every six hours for 3 days, begin now (6:00 PM)  
but the time can be a little flexible. This obviously is 8 a day.  
4 polycillin on a day to day basis for seven days -  
Use Panax Nebulizer 10 min every 4 hours  
3 Euphyllin 4 times a day.

Nov 4, 67. On Oct 31 came home from C. U. Hos-  
pital after being there most of the month. First  
on a bad attack of asthma 2 weeks plus, then  
the day after coming home had a very mild  
stroke and was back for nine days more.

Now with my weight off nearly 50 pounds on  
my neck - my legs just won't take me up stairs  
without hands pulling on the banisters, but

have a good appetite and am gradually gaining weight and more strength. D. Perry encourages me to go over the stairs four times a day, walk around out of doors increasingly, as what is needed.

My medicine schedule is

1 digitalin or lanoxin each morning  
1 coumadin, an anti coagulant, each evening  
Prednisone 1 - three times a day  
1 Cisidex on alternate days  
With the prednisone three times a day  
10 drops potassium iodide

1 teaspoonful potassium chloride  
Elixophyllin - 1-3 tablespoonfuls 4 times a day  
Lithium - one twice a day

For power metabolism

10 drops inpral  
10 " mecomyst  
5 " water

use every 4 hours for (Twenty) minutes  
11/10 " fifteen

While in the hospital I was taking 12 prednisone at first and for several days, then down to 9, then to six.

The light stroke may have been a valuable warning, that I should be taking an anti coagulant, as to this I'll learn more.

11/6/67 Walked slowly on the sidewalk maybe two-thirds of a block, and it was plenty.

Nov-11. Dr. Perry called at 8:45 yesterday.

He found my breathers in relatively good shape. I agreed with my suggestion that I try to get along with five prednisone instead of six a day. He took some blood which he reported later showed up well in

Then when tested in the office H. thought I was getting along in proper style.

He did not think the small stroke left damage, nor did it mean that I would not be able to walk around the block a mile a day said to give others their essential exercise.

Later in the day had breathing closed in on me sharply, I was in a bad way. Instead of reducing the 2:00 PM prednisone to one, I kept it at two and took an extra a little later. The breathing loosened up and (aided by an extra ~~prednisone~~) inhaler I had a normal or better than normal night.

I think the asthma may have been a reflex of the extra effort, in getting under way early to see the doc - sort of a paradox. Anyway we made next week's appointment in the afternoon.

11/14/69 I saw Dr. Perry 11/17 - he thought I was getting along as well as could be expected and the weakness that I find hard to take, what a person of my age who has been through what I have must expect. Dr. Blanche in conversation echoed the idea. I still need a cane to walk up stairs, but am putting decreasing weight on it.

Yesterday morning I could not breathe horizontal and sat up, not uncomfortably actually after about 4:45 AM.

In the afternoon (first I should say that on 11/17 Dr. Perry put me back on 6 prednisone) I took an extra prednisone and got along better there after.

Today I'm on the six schedule 1 1/2 four times a day. They are not too convenient to schedule 5-6 in the morning, then about 11:00 AM about 4:30 PM and about 10:00 P.M. This is a slow business.



I find it hard to eat as much as perhaps I should and am adding half a Carnation Breakfast with milk, preferably quite early in the afternoon. Early so it won't hurt my appetite for dinner.

11/30 Am starting a course in poly clinic today.

Went to Spredisone on 11/14 and have been getting along right as to breath, but my legs are slow to regain strength. Yesterday walked to W. Cousins and back, and earlier had been to Dr. Perry's office for them to take a test blood. It was OK. This is regards coagulation - and I think the dose of Coumadin, which stays at one a day. Today we are having a considerable snowstorm, not snow but a good deal of it.

12/7 Saw Dr. Perry 12/4, he said my breathers were better under his stethoscope than for many months. Could reduce prednisone to 4 a day. He gave me a flu shot, and said if it caused more asthma to hold off the prednisone reduction. That not, and last night and this the last prednisone dose is one - so 4 1/2 for the day. On

12/16 I hope to reduce it to 4. That ought in a few days to mean that my legs have more strength.

The blood test caused him to increase the dose of the anticoagulant, <sup>coumadin</sup> to 1 1/2 every third day.

Yesterday morning I had a much needed hair cut, Katherine taking me to the barber shop, then in the afternoon people were in to see us from about 3:30 to 6:45 - and I was tired out - something to check back on, as I pick up strength.

Jan 18, 68. Just before Christmas I picked up a cold and my breathing suffered. Dr. Perry came to the house and put prednisone at 6 a day for a few days, about New Year I seemed to be getting on well, then a good deal of adenoids, particularly in my

right foot and ankle, which were greatly swollen at night and not too well cleared in the morning. I could get on my right shoe but not easily and it was very tight.

Dr. Perry <sup>with 5/68</sup> replaced Enderin with Aldactazide, 3 a day reduced as the edema cleared to one a day, this did not prove enough and on Jan 15 the dose was made 2 a day.

As the edema put a load on my heart, and while it was bad to stay quite quiet, to hold down sodium and limit my intake of liquid to 1200-1500 cc. I've been holding down on the sodium, not over 200 mm since generally nearer 500. The liquid quota is easy to handle. Prodnorm came down to 5 1/2 Jan 12 and to 5 on Jan 15 and to 4 1/2 on Jan 20.

I have not walked much, three or four times to the rear edge of the school, today to Wisconsin Ave, and still want a cane coming up stairs, but my legs are picking up a little more strength. I saw Dr. Perry in the office Jan 15 and am to go in again Feb 1. He wants the pred to stay at 4 1/2 until then, at least, to take 1 aldactazide a day + certain potassium <sup>chloride</sup>.

The edema was better (after the first big swelling was reduced it sort of remained unchanging for several days) this morning. I think the aldactazide at two a day is taking hold.

It seems that endrin consumes your body's potassium, you take pot chloride to restore it, aldactazide does not eat up the potassium, so the pot chloride can be discontinued.

Feb 4. On Feb 1 Dr. Perry seemed generally pleased with my condition. I am to reduce Prodnorm to 4 a day on Feb 4 and it will stay at that level quite a while. Tests show the Coumadin

dose of  $1\frac{1}{2}$  and 1 on alternate days to be O.K.

He said I could relax somewhat on sodium and the amount of liquid I take, and suggested a can of beer at bed time, and hoped with it 2 neubital would be enough. Of late I have done better with three.

He would have a test as to the potassium in my system, and might restore some pot. chloride, <sup>if needed</sup> so to then he would let me know soon; silence meant the situation O.K.

Am regaining strength, as shown by walking up stairs but slowly.

Feb 27. Reducing prednisone to 4 a day did not work out, breathing got worse and I went back to 5 a day on Feb 28. It is better now and I'll try  $4\frac{1}{2}$ .

Have not relaxed on sodium and have very little fluid. Three last days have felt less weak, and yesterday walked to Wisconsin Ave + back without using the cane at all.

Taking a can of beer with the neubital does increase the effect of the neubital and in a big way. The most effective procedure seems to be to take the neubital after I'm all ready to go to bed, then the beer, slowly then diphenhydramine, take out dentures and to bed. There are no doubts about going to sleep.

March 1. Saw Dr. Daniels on a slightly fever, not hard, lump(?) inside my right calf, which when I touched the skin outside (there was no swelling, merely a matter of flexing it, sent tingles into the places on my right foot that sometimes hurt. Dr. Daniels handled it very carefully [A Perry was off skiing in Vermont]. Then said it was a neuroma, a swelling of the nerve in the calf and would be relieved by a hot pad and to take 2 aspirin every 4 hours.

March 18. Am having somewhat of a time with Elixir  
and the results of beginning to use it. It is a paper effar  
and people ordinarily take two tablets twice a day,  
and after 5-10 days begin to feel its effect.

Occasionally it first shows some sedative effect.  
Apparently it teamed up with other sedative medicines,  
librium and gave me a rather rough time. very much  
sedated. I woke up in the night and was really out of my  
head for a short time. I started with one tablet on 3/22  
and one 3/23. Then as my inner works were so loped, I  
stopped. 3/25 I started 1/2 a tablet twice. At present I remain  
unduly sedated. Dr. Perry stopped by yesterday 3/27 and  
said he found comment about Elixir occasionally.  
Being sedative at first, to take only 1/2 a tablet at  
bed time, with one prednisone and a can of beer.

My sleep intervals have been quite good, and remained  
so recent nights on one mandental and a can of beer.

Not quite so good last night but not so very different.  
But when I woke up about 4:00, I must have lost my  
balance and half fell into the big chair by the door.  
It was noisy but I was not hurt. In the morning I  
found some blood on the pajama sleeve, probably  
a small bloody nose. Went back to bed and  
finished the night normally.

The doc thinks it may take a week to work out  
of this unsorted over-sedation. He has had me stop  
librium and ~~and~~ <sup>keep</sup> mandental at one a bed time dose.

He found my heart and lungs very good, and  
said this was a complaint (?) of drugs.

Just for the record I am taking medicines as  
follows:

4:00 AM 3 ballish sleepolyphic

6:00 AM 2 prednisone, 1 digitalis

15 dose Potassium Acetate

8 reallact - 1 Aldozide

10:00 A.M. 3 tablet elixophyllin  
1 tablet prednisone  
15 drops pot iodide  
1 teasp. pot chloride syrup  
1 " thermagen (vitamin)

4:00 P.M. 3 tablet elixophyllin  
1 tablet prednisone  
15 drops pot iodide  
1 teasp. pot chloride  
1 " thermagen

Dinner 1 tablet Aldactazide

Bed time 1 tablet prednisone  
Comradin 1 one day 1/2 the next  
3 teasp. elixophyllin  
1 tablet nambard (sleeping pill)

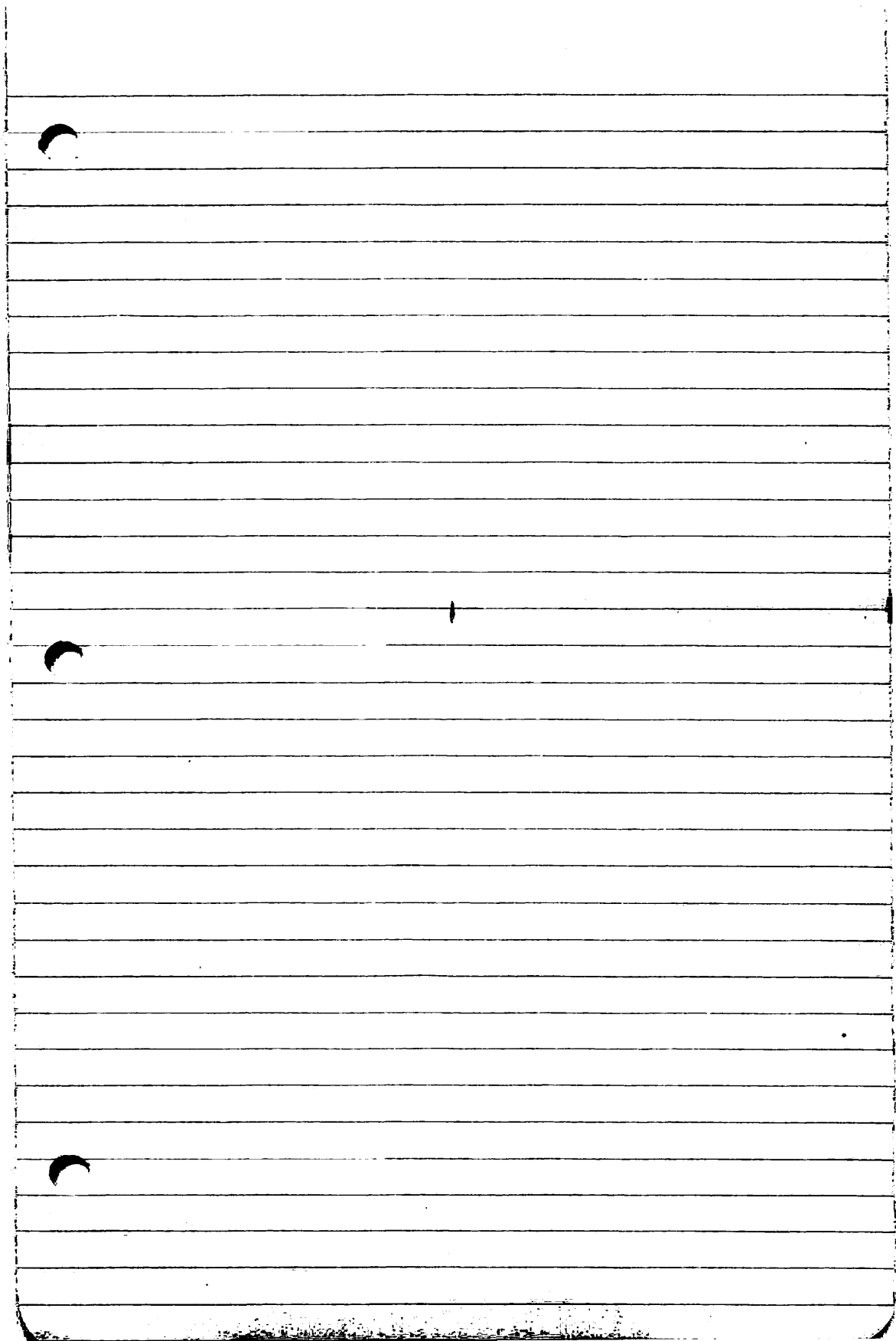
Chard as prescribed, but this has not yet become regular - as of now 1/2 a day but maybe not.

Apr 15. Have been having a bad time really with blood circulation in my brain rather than asthma. The night of Apr 12, I woke up with my left leg jerking convulsively, and keeping it up all under round the clock nurses (better than hospital) I did it now what ailed my leg. Katherine called Dr. Moore who said circulation. He would be in later. I found that legging on my left side I got on better. And then I worked out the night.

Dr. Moore gave me a pretty good look over; said to go on with massage and a sedative dilantin, to deal with circulation in my brain. This is not good, as my left side hitherto has not returned. He also said to stay in bed, save for the bathroom.

Dr. Perry came today and wanted detail of my night

Apr 13. I found hard to supply, but I could say that we decided my right side was not involved. He said O.K. to walk around up stairs and sit in the leg chair. On my question he said he thought I had every chance of going up and down stairs. This is important and I'm sure will lead to getting out in the car as I recapture strength. Medication as now laid out is:



Ray-Verle

July 14 '57. Paid 8.75 to Internal Revenue Service as a social security payment for Verle. This is  $4\frac{1}{2}\%$  of wages paid her in the preceding quarter, and should be made in the first two weeks of the new quarter. The government arrangement is that the employer deducts  $2\frac{1}{4}\%$  from the wages paid and matches it. It seems reasonable for me to pay the  $4\frac{1}{2}\%$  - I have been paying her \$15 a week and there being 13 weeks in the quarter, the total amount of wages paid was \$195 and  $4\frac{1}{2}\%$  would be \$8.75.

Verle's full name is  
Verle P. Plempton Alexander, and her social security number is  
578 - 30 - 0138

The check was sent in an envelope supplied by them to  
District Director

Internal Revenue Service  
Baltimore 2, Maryland

Motherine had obtained the first one by phone from the Dept of Health, Education & Welfare here in Washington.

Oct 4. Another 195.00 wages 8.75 tax  
June 27 (July) " " " " " "



I received April '62 Uncle's began receiving  
 \$17.00 instead of 15.00 per week.  
 Later \$19.25 a week to take care of  
 doing floor cleaning & increased bus fare.  
 \$19.50 a week when bus fare increased (2-1-68?)

# New Benefits Table

Associated Press

Here are tables showing Social Security benefits and tax levels in present law and in the compromise Social Security bill agreed upon Thursday night: Retirement benefits (these are maximum potential payments and are not available in all cases to a person retiring now):

Average Monthly Earnings	Individual		Couple	
	Present Law	Bill	Present Law	Bill
\$ 67	\$ 44.00	\$ 55.00	\$ 66.00	\$ 82.50
\$150	\$ 78.20	\$ 88.40	\$117.30	\$132.50
\$250	\$101.70	\$115.00	\$152.60	\$172.50
\$350	\$124.20	\$140.00	\$186.30	\$210.60
\$450	\$146.00	\$165.00	\$219.00	\$247.50
\$550	\$168.00	\$189.90	\$252.00	\$284.90
\$650	\$168.00	\$218.00	\$252.00	\$323.00

Maximum taxes payable each by employer and employee:

Period	Present	
	Law	Bill
1968	\$290.40	\$343.20
1969-70	\$323.40	\$374.40
1971-72	\$323.40	\$405.60
1973-75	\$356.40	\$440.70
1976-79	\$359.70	\$444.60
1980-86	\$366.30	\$452.40
1987 and thereafter	\$372.90	\$460.20

The maximum annual earning now subject to the Social Security tax is \$6600. Under the pending bill this would increase to \$7800 next year.

Washington Post  
 Dec 9 '67

Working 4-6-68: \$22.00 (on acct extra pay)   
 " 4-13-68 " " "   
 " 4-20-68 22 " "   
 " 4-27-68 22 " "   
 " 5-4-68 22 " "   
 07-20-68  
 07-21-68  
 07-25-68  
 07-31-68  
 Paid to 19.50 - Aug 17 68  
 Paid to 11-9-68 \$20 on acct plus pay  
 " 3-29-69 \$20.50 " "  
 " 12-1-69 20.75 " "

07-20-68  
 07-21-68  
 07-25-68  
 07-31-68

April 8 '58 Paid 1 year's social security tax. Her name in full is

1 year's Alexander  
Her Social Security number - 578-30-0138

The normal quarterly payment is on 13 weekly payments of \$15.00 or on \$195.00. I pay her share too hence 4 1/2% or \$8.75. This month she had stayed late three Saturdays and received for the period \$22.50 so my payment was \$10.13.

2/4/68 We raised 1 year's pay from 19.25 to 19.50 per week

Oct 1 '58 Paid 8.78 on \$195.00

Jan 3 '59 " 9.90 " \$220.00

Apr 1 '59 " 10.75 " 215.00

July 13 '59 " 9.75 " 195.00

Oct 1, '59 " 10.25 " 205.00

Jan 2, '60 " 11.05 " 221.00

Apr 12, '60 " 12.36 " 206.00

July 1 '60 " 12.90 " 215.00

Oct 1 '60 " 11.70 " 195.00 (6%)

Jan 4 '61 " 13.86 " 231.00

April 1 '61 " 11.70 " 195.00

11% April 5 '62 " 12.19 " 195.00 (6 1/4%)

Thanksgiving 15.00 bonus July 21 '62 " 13.56 " 217.00 (6 1/4%)

Special work Oct 1 '62 " 14.92 " 221.00

Jan 2 '63 " 15.44 " 247.00 (6 1/2%)

Apr 1 '63 " 16.02 " 221.00

Payments to (also checks to)

Internal Revenue Service

Baltimore 2 Md

[Apr '59]

My number as shown on the addressograph card seems to be

-57 BX1

53 0236705

Tracy & Reynolds  
3285 - G - St NW  
Washington D.C.

H

This card acknowledges the receipt of my request for "service credit" under the Civil Service retirement Act and gives me the number of my claim  
CSD - 342 863

A letter dated June 4 '58 tells me my period of service on which I had not made retirement payments is from 2/11/35 to 1/23/42 and the total amount due is \$1997.<sup>00</sup>. I can make partial payments.

I paid it up in full, acknowledgment  
10/30/58

115159 Group Hospitalization  
Service Code 12-10  
Contract No 242,478

D.W. Nell

10/1/58