

Saturday.

[early June 1950] JTB

My dear Ron,

It was indeed the greatest pleasure to see you yesterday. But how difficult to discover anyone again once lost! The crowd shifted and I lost sight of you. Then at 4.45 when I had undertaken to be at the car to allow Sinclair, who was driving me, time to reach Oxford for an official dinner, I could not see you even to say good-bye.

It is very difficult to explain things in crowds of people, so I may have given you too alarming an idea of my health. Though it is idle to suggest that having heart-attacks at my age makes me what an Insurance Agent would call a particularly "good life", yet they say that at present there is nothing of a dangerous character. If I can get over the rather trying Symptoms, which they are - with some success - attempting to cure, I should be pretty well all right. These involve three main

difficulties :-

(1). Occasional periods of faintness.

(2). Periods of breathlessness when, for some hours, it is sometimes necessary to stand in order to breathe.

(3). A difficulty, connected with the breathlessness, that there is no doubt some sensitized nerve-center associated with respiration and with the heart-condition. I am now liable to rather violent attacks of asthma brought on by tobacco-smoke. Even a trace in the air may be sufficient; and it is a vicious circle, since the heart does not stand up well to the strain of the asthma.

You can hardly picture how much this spoils one's ordinary social life and happiness. It is most difficult wherever one goes, in meetings or in public gatherings of any kind, to keep free of tobacco. And some of my friends hardly attempt to conceal that they feel it a hardship to come and

talk to me for as much as an hour and
be told they must not smoke. And this
makes me rather shy of asking them.

However, I am hopeful that all
these difficulties will, in time, be overcome.

I will write more fully shortly
and let you know the progress of things here.
Sheppard has, I think, a good deal on hand
to interest you. He would, I know, be
~~very~~ immensely encouraged if he might send
you one or two of his typescripts for proposed
papers - if you can spare the time to look
them over when you must have a great-
accumulation to attend to after America.

Yours ever,
Huxley