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Dear Mother:

This Sunday you looked very tired and thin. Please try and not worry. Just go in the garden or take little walks. You will really see the beautiful surroundings we have. Why not take advantage of the air. It will give you a appetite and also take your thoughts from unpleasentless to beauty. When you feel like just lying and doing nothing constructive, but just sit brooding, then is the time for your will power to take

command.

2

Please excuse me
for writing this letter,
but you do not look
well, and you are
not getting better; there-
fore, try and regain your
health, for you can do
nothing to help the work
unless you are physically
capable.

Love
Spencer.

x x x x x

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