

1528 West Capitol Street,
Jackson 16, Mississippi,
January 4, 1949

Dear Sina:

Thank you so very much for your lovely letter of recent date; at Christmas-time, it is not easy to get time to write letters, so yours is doubly appreciated.

At once to the important questions about herpes and Mme. Reerich. I am so sorry she has had this atrocious illness; it is extremely difficult to describe how distressing it is. Mine has lasted since May 30, 1948 and while I am much much better, still it lingers and is disturbing, especially when I am fatigued. You ask about the treatment I had and prescriptions and procedures by the doctors. I had something to lessen the pain at the beginning of the illness---it contained opium or morphine in some amount---it was not a prescription but a prepared tablet the doctors use. Then, the only treatment of the disease was by X-Ray; I had 5 treatments on the spine; and over the gall-bladder, 4 treatments. It seems that if the inflammation of the nerve goes to the right side, the gall-bladder is involved; if the inflammation of the nerve goes to the left side, it involves the colon; mine went to the right and I had the gall-bladder complications. This means that I cannot eat rich fatty foods---(I am a vegetarian, but I eat cheese, eggs, and milk at times). Very little butter and very little cream---none at all is best. BUT THE THING THAT HELPED ME MOST was Goat's Milk. Fresh warm goat's milk, as much of it as I wanted was the thing that helped me the most. Campher in very strong solution applied on the back and around the waist helped, too. The X-Ray prevented the Herpes from going to my eyes and ears. It seems it has a way of spreading from the waist to the shoulders and thence to the arms, eyes, ears!

This letter is in two sections so that you may send this to
Mme. Reerich if it could do any good.

Plenty of sleep; fat free diet; fruits, cooked and raw; and some preparations of eucalyptus, or campher or both rubbed on the "shingles" together with X-Ray---that is about all I have had. No prescription except the one mentioned above to stop pain---this was a tablet that most doctors use---a combination of several pain-killing things and to be bought only on a doctor's prescription.

I hope this may be of some use. Please remember me to Mme. Reerich anyhow, when you write her. With best wishes for 1949, as ever with

Loving thoughts, your friend,

Leroy Harrison