

severe as he has seen. & that all my pains are a result
 of it. I have been having thermal baths, massage, & medicines
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 Montreal doctors put me on a diet, but he says I am too thin
 & must eat as much as I can. Further I must sleep more,
 for the last few years I have had little sleep, due to pain
 at night. So now I shall an opiate every night, & with this
 I sleep from between 11 & 12 to 5.00 am. He assures me I shall
 not be a drug addict as the stuff he gives me is harmless. Then
 there are other medicines. Radium Poultices etc. I must not
 walk for more than 5 minutes & then rest. It keeps me busy
 on his time table. This has now gone on for about 6 weeks
 & now I start a different regime. as the place is shaking
 up, & is getting cold & damp I am to go south, as he has
 warned me about catching cold. probably go to Morocco
 & later on he suggests Egypt. Any way the road to
 recovery seems long, although I feel better & my nerves are
 better, but still am full of aches & pains, especially after
 any little extra exertion. This seems an infliction on you
 describing all this. Please excuse. The place itself is lovely
 spruce forests all around, a mountain brook babbling through
 the town, with shaded walks on both sides, a good orchestra
 an entertainment hall for pictures, playote, & everywhere chairs
 you can rest in. & they are needed, so many here limping
 or afflicted with many different ailments.
 With kindest regards & all good wishes, & thanks for
 all your kindness
 Sincerely yours, F. Harrison