

22, Holmes Lane,
Rustington,

Tuesday 2.12.76.

Sx.

F.C.G. died 8.12.76

Dear Mary,

Isn't it awful to think that we are already in December and only just over three weeks to Christmas. How the time-rushes on!

I was absolutely thrilled to read about Francis and his success in designing an F.M. touch tuner and getting it (the design) accepted by Practical Wireless for inclusion in one of their forthcoming issues. It will be nice to get the money but that is of little importance compared, as you say, with the FAME. There is no doubt Francis is brilliant. How that he is stationed in Newport will he be coming home at weekends? I imagine he will though it is rather a long journey by rail.

I suppose Nicholas will be taking his driving test early in the new year. Don't forget to let me know in due course when it will be.

I was also very interested to hear about Bridget's progress with her dancing and I shall look forward to a demonstration of it at Christmas.

I was rather surprised to hear that Auntie Nell's old jig is only worth about £30 in view of the fact that it is probably the only one of its kind. How I wish I had been able to find the leaflet giving its history, which Nell said she had somewhere.

I rang Doris and told her what you said about Bernard Poock. She was interested but not very surprised to hear that he had married again. She said she imagined that he was not the domesticated type and would have found it very difficult managing alone and doubtless wanted a "housekeeper". He is just about Doris's age, i.e. 81. He didn't send her a card last Christmas and she says she will wait to see if he sends one this Christmas before she sends to him. If he does I may have to

ask you for his address which I presume is in the telephone directory.

I am glad Roger is doing well at his job and is having more responsibility but it must be a bit of a blow to him to have to give up his car. Perhaps he will get another when his pay is increased. You don't say anything about his girl friend.

As I expect the big photo of Bridget will be coming soon I am returning the small one now.

Thanks for the cutting about The Beautica Fine Arts gallery. Apart from the money of your small sketches it is a good thing to get known. I am returning the cutting.

Someone who I don't know but who evidently knows of me rang me up on Sunday to tell me that Miss Peary died on Saturday in the blind home at Bagnol. She would have been about 86 I think and as

far as I know had no relatives. In her Will she had donated her body to be used for medical research so presumably there would not be any funeral in the ordinary way.

It is evidently Angina Pectoris which is the cause of the pain I get from time to time in my chest. It usually comes on once or twice during the course of the day and it has very occasionally kept me awake at night until I have taken one of my tablets. A new bottle of them which I have just got is clearly marked GLYCERYL TRINITRATE and according to Black's Medical Dictionary it relaxes the muscle fibres and lessens blood pressure. It is the same as nitroglycerin and has explosive properties so perhaps I shall blow myself up! A tablet takes about half an hour to act and the effect lasts from a few hours to the greater part of the day or night. The doctor told me to carry

the tablets about with me and take one when required. He also told me to take things easy, to avoid stress and to keep warm and avoid going out if the weather is very cold. He has not said anything about diet but then my doctor never does. However I follow the advice in Adelle Davis's book as far as possible and take Vit. E and lecithin capsules regularly.

Must stop now.

Lots of love from

Daddy

