

WICKERSHAM 2-2189

John. I hate to think you aren't feeling
fit. I think what you really need
and the only thing - is to get out a bit
more. I like that man Nietzsche -
you remember - who is of the admirable
opinion that all our best thoughts
come in process of walking! He
makes the beautiful point that when
you think in a seated posture -
you think with your rump and
not with your soul! I love that.
Also he says that this queer
man animal, clothed upon with
flesh, realizes the essence of
his life best and reduces his
life to focus most easily

When he is either horizontal
or perpendicular — in other
words "in bed" — or on foot.

So here to better and bigger
walks — and ~~stretching~~ ^{stretching} out-
of doors and in. It is the caged
animal in you that is
nervous — let's let him out
and stretch a bit. Bless you dear.

Oh.

Who is it who says that "as long as
we can hear the rain streaming
on the window pane — we have
a living ladder of escape".
But unless we use a ladder to
escape — of what use is it?