

WOLMER WOOD,

MARLOW COMMON,

MARLOW, BUCKS.

October 29th 1936.

My dear Philip

I was exceedingly glad to see your handwriting again and to gather from your letter that you are making such good progress. I hope you have had the letter I wrote last Sunday; I sent it to no. 3, but I expect it has been forwarded to you, so that you have had what little news there was in it. Yesterday I had a letter from Miss Abernethy enclosing copies of the two I. A. L. letters, which certainly make perfectly clear what your position is with regard to the reproduction of your portrait; I do not know what action you have taken since you had these letters but you could, if you thought fit, ask the I. A. L. to deal with the whole matter on your behalf and save you the trouble and worry of discussing matters yourself with the engraver woman. That is what the I. A. L. is for - to look after the interests of the artist

and for the sake of your health and your responsibility as an artist you must give up everything that makes an unfair demand upon your vitality and your store of nervous energy. I have often, as you know, suggested that you have been apt to waste energy by taking too seriously — and worrying yourself about them — trivial happenings which really do not matter and which are scarcely worth noticing at all; do try to cultivate a more placid attitude towards the world about you and to develop a habit of ignoring the small everyday annoyances. None of them probably are important but if you let yourself be conscious of a succession of them they produce a sum total of strain which is a quite serious addition to the inevitable strain caused by the demands of your work — the more you can simplify your life the better can you keep your vital energy fresh and vigorous and fit to deal with the big things that are, after all, the things that concern you most. I know, of course, that what I should

and to protect him against all attempts to take advantage of him. You have the excellent excuse for putting the affair into the hands of the League: — that you are not well enough to see to it yourself and so you have asked the League to act as your representative.

I particularly welcome all the promises in your letter that you will mend your ways and for the future live a reasonable and properly balanced life. I do hope that when you are out and about again you will have the strength of mind to resist temptation and to avoid filling up your days with so many exhausting engagements — even if you think you feel strong enough to go through with them. You know the lines: —

"When the Devil was sick, the Devil
a monk would be.
When the Devil was well, then
devil a monk was he."

Promises of amendment have
got to be remembered and kept,

call your restless activity of mind and body is a matter of temperament but a temperament can be modified by will power and the exercise of will power is very necessary and very wise when it makes for better health and a higher quality of achievement. Nature has given you a very rich endowment of capacities but you cannot make the best use of them if you do not consider very seriously how you can best keep your physical powers in a perfectly efficient state.

Don't laugh at all this preaching, it is necessary because of late years you have been wasting yourself rather recklessly and recklessness waste leads to trouble.

Give so many thanks for asking me to come to you at Hove; I wish I could but the weather now is pitting so uncertain that I am afraid of railway journeys - I must not run risks.

Our love to you and Lucy, who is, I hope, keeping well.

always yours

A.L.B.