

Ottawa  
Nov. 22. 97

My dear Mother,

I got here today  
very comfortably & on time.  
I'll follow I have written  
to Mr Griffith about the  
Committee.

One thing I forgot to urge  
particularly on you &  
that is the care of your  
own health - out of  
door exercise etc. With  
a good nurse there is

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Such we need that  
we should be perpetually  
on Call.

Yours  
George