

5<sup>th</sup> July 53

Dear Miss Lea  
I have reports that several letters I have written to U.S.A. have not arrived and in case this has happened to the last letter I wrote, in which I wished you and the Friends Room to you who have met me, I fear this note to renew my good wishes for '53. The news that you and Judith hope to come here at no distant date is indeed good news. I hope ere this you have better news of Alma's condition and that you and Judith are in good health and able to do your work without undue fatigue. It is my well considered opinion that fatigue is one of the most

forms of disorder + disease. It looks as if we are to have three books published this year, the subject matter being concerned with the technique. I think that the one by a Fellow of the Royal College of Surgeons may prove the most important. Another one is on the legal action, a tremendous one in the legal field, and the third is by a very well known journalist, written for "the man in the street" will let you know more about these later on.

With my good wishes & thanks to you and Judith in which all here join me,

Yours sincerely  
J. Matthias Alexander

BY AIR MAIL

AIR LETTER

IF ANYTHING IS EN-  
CLOSED THIS LETTER  
WILL BE SENT BY  
ORDINARY MAIL.



Mrs Gladys Lee,  
353 East 50th Street,  
New York City

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To open cut here

Sender's name and address:-

Mr. Arthur J. ...  
16 Ashley Place  
London, S.W.1  
England

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