

Dr. Murray's daughter said to me 8 years ago, My father cannot rest the way you do; two or three days does not do him a bit of good; he just goes all the time; it takes him 3 weeks to unwind. So in the summer he tries to get up to Canada, and it takes him 3 weeks to unwind and then he can really rest, after that. But I've been fortunate that I could take a few days and get myself in pretty good shape.

About 12 yrs. ago in the spring I'd go to California. I would take 2 weeks walking in the mountains. It would do me a world of good. I found that a month later I was no better off than if ever 2 or 3 weeks taken a couple of days. So I decided it wasn't worth the expense-- out to Death Valley or to the Sierras. I decided as far as I was concerned it wasn't worth the expense. Now I can't walk as far as I used to. I'd walk 10 or 12 hours a day. Once at college I walked 40 miles one day. Only time I went that far. Now I get tired much more quickly.

It used to be if it was pouring rain, I could keep walking. Now I have to stop and rest. If it's bad weather I would not mind walking, but I don't want to stop and rest in rain. One day 12 yrs. ago, 50 mi. north of here, I walked in pouring rain, and could not get a minute to stop till 3 p.m. Finally then I found a little shelter, got under it, and ate my lunch. But now I can't do that. Lately I've been getting up in the morning and taking an hour or hour and half before breakfast. It's been doing me a world of good.

Neher: Just walking here you mean.

Yes, I've walked out toward the packing company. I used to walk $\frac{1}{2}$ or $\frac{2}{3}$ the way there and there was a long stretch with no houses, and there was a big rock by the side of the road and I'd sit on it and rest a while. Now they have built all those houses on the right hand side which is miserable. I just noticed on the left there's a place the sign says Hatfield Auction. Up there is a place you can sit. I have rested there several times. Out of the way. Nice walk to and a rest and then back. I've gone longer right now without rest I normally take. than I have done for years. These morning walks have been tremendously helpful.

Neher: That's great

It's just the particular constitution I've had. The Lord has taught me, and I've gotten through my life with it. It might be if I'd exerted more discipline and worked a lot harder that I'd have broken to pieces a lot younger. My nerves would not have stood it. I don't know. When I see what a man like Teddy White has done, the way he worked all his life, I sometime wish that as a young fellow I'd learned more of that discipline.

Whether I could have turned out a lot more work than I have I certainly could have planned my work a lot better than I have. I'm getting near the end of my book on Prophecies of Daniel. I believe I can have it inside of the next month ready to send to the publisher, at least, within the next month I could have it