



Conway Rd.
Cardiff
Sept. 10th

Dearest Justin

Father had your letter last week, I am so very sorry to hear you suffer from sleeplessness, Father thinks the best thing is a change of air but you really ought to consult the doctor about it as it is not to be trifled with, of course taking the drug will seriously undermine your health & constitution, why don't you try reading at night before going to bed? Looking fixedly at anything while always brings on sleep.

What a great pity it is you are losing your colonel, still the new one may be just as nice do write & tell us all about him.

I am sending you a little photo of Indmilla & myself we had taken together last summer.

We are beginning to discuss plans for the winter, I am going to try & persuade Mother to go out to India as well, it would be so much better if she would.

I suppose you are still going up to the hills next month the change will be sure to do you a lot of good you must try & arrange to get you leave at the beginning of February, Father ought-

to be there by that time if
he leaves here at the beginning
of January.

Ella has been laid up with
a nasty attack of jaundice &
is still very weak but she will
be able to sit up a little on
Thursday.

Mrs. May was here to tea this
afternoon. Edgar has just come
home from his holidays with a
very bad cold.

We have just come back
from the Sanatorium, Dr
Broad is away on his holidays
but is having atrocious weather
he is expected home on Saturday
& Marion is going to Scotland
for her holidays on Monday.

Last Saturday week, Sister Maude
Father & I went to Ilfracombe for
the afternoon & had an awful
time, it was dreadfully rough &
I was ill nearly the whole time
& we were a very long time on
the way owing to the bad
weather. We had a break-down
on the journey & were not able
to leave Ilfracombe till 11 at
night so that we did not
get home till 3 in the morning
& you can imagine how glad
we were to get back even at
that unearthly hour.

Did I tell you that Arthur
Broad is coming home at
Xmas?

To-morrow night we are
going to see the Mary Widow

it is all the rage just now, I saw it up in London & enjoyed it immensely, last week we went to see a piece called the White Man, it was a splendid thing & most exciting, it takes place out in the Wild West & a lot of cowboys & desperados come in, the hero marries a native Indian, a squaw, who has saved his life but she dies in the end, it gives me an excellent idea of life out there.

I am sending you the I sketch this week would you like it every week? Father wrote an article on Athens in yesterday's paper, it is very good, I am

sending it out to you.

I do so hope you will soon get rid of that sleeplessness & mind you see the doctor & give up the drug, try to get back your natural sleep without taking anything as it is so very bad for your health.

How did the group turn out? I have just had mine taken at the Central Welsh Board & it isn't half bad.

With fondest love & ever so many kisses from
Gladys