

April 12, 1982

Dear Ida Rose,

I was really pleased to hear from you in your far away country. I guess that you are having some really interesting experiences.

The name of the lithium capsule or pill that I take is lithium carbonate #60. I take one capsule twice a day. When I started taking lithium, I took 4 capsules a day. Then I was able to gradually cut down to two a day. It really has made all the difference in my life. I have not had a moment of depression since I started taking lithium. I hope that she can be helped. According to an article that I read, lithium gets into the nerve connection & creates a blockage so that dopamine can't get into the system in large quantities.

We're all fine but extremely busy with Howard's campaign for U.S. Congress. It's unbelievable how much time & money it takes to run for office. It is fun.

I guess you heard that Mary Lee has a baby boy. He's so cute, and she is such a good mother.

Jim is enjoying his job in Texas. We hope that he finds a suitable girl to marry.

We saw David & his wife over,

Julie Nielsen  
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Pawo, Utah, 84604

USA 22



Ida Rose Hall  
106 Churchill Road  
Glenhill, Salisbury  
Zimbabwe, Africa

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VIA AIRMAIL  
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Additional message area

at one of Howard's open houses.  
She is a cute girl.

We miss you & Tracy in the  
ward, but we know that you are  
doing what the Lord wants you to  
do. May you have success & the  
blessings of the Lord with you,  
Love,  
Julie