

March 26, 1970

Dr. James B. Murray
1702 S. University Drive
Fargo, North Dakota

Dear Dr. Murray:

It was a pleasure to have you and your wife in our place in the bowels of the stadium.

Your project should serve as a first stage in introducing a reasonable approach toward physical activity as a therapeutic method in your clinic. As I mentioned, we like to look at exercise as we would a very potent drug, with dramatically good effects in some, contra-indicated in others, and with distinct toxic side-effects. We also like to think of the therapeutic pendulum, now swinging widely away from crippling inactivity toward enthusiastic (over?) activity. I would like to see the pendulum swing toward the middle, as it should with any therapy, seeing its clear uses and limitations.

I. We discussed that you might want to consider ~~your~~ program in two parts: 1. Exercise in normals and in the coronary prone (primary prevention)

2. Exercise in cardiac patients (therapy and secondary prevention)

II. You may want to consider the etiological role of exercise and its lack, in chronic disease, and have a review of this evidence.

III. Accepting the view that exercise is beneficial in some patients you may want to consider:

- A) Indications--who should be exercised and how they are selected
- B) Contra-indications--who should be excluded and how determined
- C) Testing--progressive stress tests to determine those at high risk, to assign work levels, and to evaluate progress in performance

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- D) Work level prescription--starting and progression of exercise load, criteria for increasing dose, type of exercise, supervision and safety precautions.

IV. We discussed that you might want one person to put exercise in proper context, as a necessary and facilitating part of a general hygienic way of living involving nutrition, smoking, behavior, and other risk factors as well as activity.

V. We discussed that you might want a good demonstration of the progressive test routine, criteria for stopping the test, etc.

For effective presentations in these areas we suggested

For II - William Haskell (U. S. Public Health Service
Room 2607 S, HEW Building
330 C Street S.W.
Washington, D.C. 20201)

For III A, B, C - Dr. Hal Kattus (University of California
Professor of Medicine
School of Medicine
Los Angeles, California)

For III D - W. Haskell &
Herman K. Hellerstein (Department of Medicine
Lakeside Hospital
2065 Adelbert Rd.
Cleveland, Ohio 44106)

For IV - Jeremiah Stamler (Chicago Health Research Foundation
Chicago Civic Center - Room LL139
Chicago, Illinois 60602)

Mr. Quinton (W.E. Quinton, President, Quinton Instruments, 3051 44th Avenue West, Seattle Washington 98199) should be contacted about demonstrating the treadmill test with Dr. Kattus or Hellerstein. Dr. Taylor and I will be glad to help if you have other questions. Regards to Dr. Ulmer.

Cordially,

HB/dh
cc: H. Taylor

Henry Blackburn, M.D.