

Send 1c to Jaffe today

done

March 11, 1970

Dede and Billie Pierce
1619 N. Galvez
New Orleans, Louisiana

Dear Friends:

It was a pleasure to visit in your home last week, both as a friend and physician. I found Dede basically sound of constitution with a good strong body he should work to preserve.

First order is to get rid of the bronchitis which is pretty heavy still on the right side. If the cough and sputum don't clear in the next week or ten days I would see your physician (not druggist) about whether he thinks antibiotics would help.

Next in order is to get under a physiotherapy program for a little while and I am asking Dr. Hyman's office to schedule this. It is perfectly painless and is needed to relieve the muscle and bursa problems.

Next in order (at the same time) is to start moving around, walking when it is sunny and pleasant weather, and working on a stationary bicycle at least 20 minutes every other day, increasing the rate or load of work as you can. This is better tonic than any other procedure or medicine I know. It will improve your strength to play, and your confidence and health. If it is boring, cycle next to the radio or to the beat of your own music. It is most important for sightless people to do this so they don't get lazy and old before their time. And besides, Dede is the most lyrical and finest New Orleans style trumpet; he will want to continue to give people great pleasure for a long time.

Then, eating is important. A hot breakfast is necessary to reduce fatigue and the craving for sweets or spirits. Grits or oatmeal or eggs in the morning every day. At least one piece of meat a day; bread is fine; and of course vegetables or fruits daily. Don't ever get too hungry and then overeat.

Finally, all of us musicians need to use spirits wisely or they quickly make us depressed or uninterested in ourselves, our work or in others. We should set a close routine and enforce it. Best is to have one or two drinks half an hour before supper time, none earlier in the day and none after the meal. And best is to have none at all on tour because it gets you down quickest when you travel, and then needs more to pick you up. I almost never drink when I travel.

We all love you, both, and your wonderful music and kindness. Don't be afraid of illness, just live your best each day and you will stay strong. See you soon!

Regards,

Henry Blackburn, M.D.

HB/dh