

*Women stop test
bike
20-30"*

~~SB~~ (long)

TYÖTERVEYSLAITOS

INSTITUTE OF OCCUPATIONAL HEALTH - L'INSTITUT DE MÉDECINE DU TRAVAIL - INSTITUT FÜR ARBEITSMEDIZIN

HAARTMANINKATU 1 — HELSINKI — FINLAND

DIR. PROF. LEO NORO, M.D.

*Pulse during
same instead
of ECG.
Pulse sitting before test*

July 17, 1964

Dr. Henry Blackburn
Laboratory of Physiological Hygiene
Stadium Gate 27
University of Minnesota
Minneapolis 14, Minnesota
USA

Dear Henry:

(70 kg men?)

I have been thinking more the loads in the bicycle ergometer. Perhaps the values I wrote you are too high in your country, at least. It seems possible that the load of 600 kilobond meters per min. is best in the group aged 44-63 and 900 for ordinary students and 1200 for only young subjects with reasonable high habitual physical activity. As you know, sub-maximal exercise only is proper for the test. The load which increases the heart rate to 140 (older) or 150 (young) should be the best. I feel that it is important to inform you about this my second thought because if the test has to be stop e.g. because of too heavy load, it does not provide any useful information.

You will hear more in few days. I think that now testing of the interaction between two exercise tests should be OK.

Sambora Co.

Regards,

E. Orma

E. Orma, M.D.

2310

*Living
San Francisco*

P + BP 902