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March 22, 1972

Henry Blackburn, M.D.
Laboratory of Physiological Hygiene
University of Minnesota
Stadium Gate 27
Minneapolis, Minnesota 55455

Dear Henry:

This is just a brief note to let you know that I have been leading a merry chase since you casually passed me a note during the meeting of the Central Committee requesting data on safety in exercise programs. To date I've come up with a big fat zero. I've talked to several individuals all of whom say that, if anyone else had asked the question, they would refer them to Henry Blackburn! John Hagan, who, as you probably know, staffs the Rehabilitation Committee here at the National Office, has also been trying to gather data on this problem and has been equally unsuccessful.

The only suggestion I can come up with which might perhaps be worth following up, though I doubt it, is to write to the AMA. As you know, they have recently published their own statement on evaluation for exercise participation in the JAMA, February 14, 1972 issue. I doubt that they have organized to collect the sort of data in which you and, indeed, anyone involved in this field is interested, but it might be worth a try. The person to write to there, I imagine, is Fred V. Hein, Ph.D., American Medical Association, Department of Health Education, 535 North Dearborn Street, Chicago, Illinois 60610. Since you, Herman Hellerstein, Bob Bruce and Sam Fox probably have as much experience in this field as anyone, and since you will all be together at Airlie House next month, I imagine you can learn more from "personal communication" than any feeble efforts of mine is likely to turn up. This is obviously an issue of great

Henry Blackburn, M.D.

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concern and, if your efforts do not turn up the requisite information, it might well behoove the AHA to try to undertake the data-gathering effort; Herman Hellerstein is Chairman of the Rehabilitation Committee and you might discuss this with him when you meet at Airlie House.

I am sorry not to have been of any help whatsoever, and wish you luck in your inquiries. Needless to say, if you do manage to gather some useable information I should be delighted if you would be willing to pass it along to me.

With all best regards and with sincere hopes that your health is rapidly improving, I am

Sincerely yours,



Ezra Lamdin, M.D.
Assistant to the Medical Director

EL/ef