

November 1, 1962

Dr. Arnold Blumberg  
Hillside Hospital  
P. O. Box 38  
Glen Oaks, New York

Dear Arnold:

It has been many weeks - sometimes it seems years - since we have had an opportunity to talk about research problems. The work here is going very well, and for the last few weeks I have had my first opportunity to work with patients in the new setting. I am writing because I believe we have an unusual opportunity to carry out a study which may be of interest to you. As I review the charts of each of my patients, I find that they have been on psychotropic medication for months, and in some instances, for years. Today I saw a woman who has been receiving a variety of phenothiazines since 1956 without a significant period without medication. As I recollect, you were quite concerned some years ago about the long-term effects of such medication. I do have the opportunity to take these patients off medication, and this will be done. None of the patients have had an adequate work-up before hand so that it would be impossible to make any statement regarding a "change" in any medical measures. However, if we simply survey a large number of subjects we should be able to make a determination of whether or not certain blood constituents or functions are "abnormal" for the age.

Hence my questions. We could first ask for a white count, differential hemoglobin and other of the blood elements. Also, a "liver profile". These are the routine studies which could be done. However, I am concerned that if we were to take such measures only, then we would probably gain very little information. Are there some laboratory studies, albeit not routine, that you or Harry might suggest to make such a study worthwhile?

As you can guess, it is a lot of work. I moved patients to the wards in mid-October, and we had our dedication on the 22nd. That went very well and I believe that we have a great deal of support, not only from the Governor and the politicians, but the public as well. My staff is growing and if all the candidates who have agreed to come, come between now and next June, I should have a very well qualified experimental group. I have just let it be known that I am interested in the assistance of a full-time physician for our research programs. The hospital has a large medical staff and my relationship to these men has been quite good. I hope, on one of your visits to the

Midwest, that you will have the occasion to visit with us and by then I should be able to show you laboratories that may be a happy outgrowth of our Hillside experiences.

The children are quite happy in school and have made friends very quickly. Our home is very satisfactory and I am pleased with much that I have found in St. Louis. As one can expect, the most difficult part of such a move is the loss of friends.

One last note. I have had some opportunity to go over the Hillside data on a few occasions. I know that Max has written to the computing center at Washington University requesting some assistance in the analyses, and I hope that these will be helpful.

My best regards to Barbara and yourself.

Sincerely yours,

MISSOURI INSTITUTE OF PSYCHIATRY

Max Fink, M. D.  
Director

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