

September 17, 1962

Dr. D. W. Winnicott
87 Chester Square
London, S. W. 1, England

Dear Doctor Winnicott;

We are anticipating with pleasure your approaching visit. However, in view of the apprehension, expressed in your letter to Miriam, of becoming exhausted, we have re-evaluated your schedule.

As previous letters have indicated, we were at all times cognizant of your coronary condition and of any strain that might be imposed upon you. Accordingly, we had thought that after twenty-four hours of rest and acclimatization you would be desirous and physically able to meet with us socially. Larger social evenings were arranged only on the days that you would not be lecturing. Your entire daytime activities were left unplanned so that they might be determined solely by your own wishes and judgment with due regard to your immediate feelings and state of health.

Upon arrival here from the East one does experience a period of physiological readjustment due to the time differential. One can easily forget that and so be tempted to plunge into activities after which considerable fatigue and drowsiness may plague one the next day. (Tea-time in Los Angeles is sleep-time in London.) I can assure you that this results from nothing deleterious about California or its sunshine, which largely promotes relaxation, or laziness, as reflected in our more informal way of living, dressing, and socializing.

Despite Miriam's alarm, I can assure you that there is nothing indigenous to California per se, nor in the schedule, that need promote fear of exhaustion or detract from the enjoyment of your trip. The only basis for apprehension could come from ignoring such signs of fatigue or drowsiness in the early period of time readjustment which rest or a nap could quickly overcome. Far from considering such regard for your health as an indication of rudeness, we would on the contrary deeply appreciate your unhesitatingly informing us at any time of any

fatigue or discomfort. I can assure you that any measures you may then deem advisable for the sake of your health will be sympathetically understood.

In this light, Dr. Friedman is writing you of his cancellation of the gathering at his home. We propose to cancel any dinners or gatherings on the evenings of your talks. Subject entirely to your approval a dinner party will be given at my home on Tuesday instead of Monday. Of course, any other social or recreational activities may be arranged after you are here.

Mrs. Sperling and I are looking forward to renewing the acquaintance we first made at Dr. Scott's dinner in Amsterdam.

Cordially,

Samuel J. Sperling, M. D.
President

SJS:jk

cc: Drs. Friedman
Vatz
Van der Heide
Rollman-Branch
Handel
Williams