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4 February 1965

Mr.

When Nestor Sanchez went to see AMLASH-1 in Paris recently, I asked him to get LASH's comments on Fidel's habits, mind, et cetera. LASH said that Fidel is anything but "crazy" - far to the contrary. LASH could cite no examples of "public peculiarities". For some months prior to LASH's departure for Europe in mid-November 1964, Fidel had been taking very good care of himself. He has almost stopped drinking - he now drinks very little indeed. He no longer eats as he used to - an enormous meal, simply enormous - and then perhaps nothing for 24 hours. He eats a reasonable amount now, and with more normal frequency. In addition, he is taking exercises steadily. He also goes to the beach at Varadero every weekend, to swim and skin dive, which he is very fond of.

AMLASH-1