30 October 1990

Henry E Isaacs
Executive Director
African Research and Communications, Inc.
1325 18th Street N W
Suite 201
WASHINGTON D C
20036

Dear Cde Isaacs

Very many thanks for your warm letter of August 15, 1989.

Messages like the one conveyed through your letter have really kept my spirits high and have been a source of inspiration during my illness.

You will be happy to hear that my health has greatly improved; in fact, early December, I will be going to South Africa, and I look forward to this occasion.

Once again, thanks very much for your kind thoughts and prayers.

Sincerely yours

ar Tambo

cc. ANC Office, London