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WITHDRAWAL SHEET

Ronald Reagan Library

Collection Name Laux, David: Files

Withdrawer

MJD 1/24/2012

File Folder CHINA - FOREIGN RELATIONS - REAGAN TRIP -
BRIEFING MATERIALS (4)

FOIA

F00-174/2

Box Number 14

TUCKER

9

ID	Doc Type	Document Description	No of Pages	Doc Date	Restrictions
128212	MEMO	TO MICHAEL ARMACOST, ET AL RE CHINA	6	2/6/1981	B1
128213	MEMO	TO MICHAEL ARMACOST, ET AL RE CHINA	5	2/26/1981	B1
128214	MEMO	TO MICHAEL ARMACOST, ET AL RE CHINA	5	ND	B1
128215	MEMO	TO WILLIAM CASEY RE CHINA	5	9/18/1981	B1
128216	MEMO	DAVID LAUX TO ROBERT MCFARLANE RE TAKING POINTS	1	4/16/1984	B1
128217	MEMO	ROBERT MCFARLANE TO THE PRESIDENT RE CALLS TO FORMER PRESIDENTS (W/ATTACHED TALKING POINTS)	8	ND	B1

The above documents were not referred for declassification review at time of processing

Freedom of Information Act - [5 U.S.C. 552(b)]

B-1 National security classified information [(b)(1) of the FOIA]

B-2 Release would disclose internal personnel rules and practices of an agency [(b)(2) of the FOIA]

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128214	MEMO TO MICHAEL ARMACOST, ET AL RE CHINA	5	ND	B1

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128215	MEMO TO WILLIAM CASEY RE CHINA	5	9/18/1981	B1

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128216 MEMO

1 4/16/1984 B1

DAVID LAUX TO ROBERT MCFARLANE RE
TAKING POINTS

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THE WHITE HOUSE
WASHINGTON

April 16, 1984

MEMORANDUM FOR GUESTS AND STAFF TRAVELING WITH THE PRESIDENT
TO CHINA

FROM:

WILLIAM HENKEL 

SUBJECT:

Additional Miscellaneous Information
in Preparation for Traveling to China

Attached are revisions on the information we sent out on April 13 from Dr. Ruge on "Overcoming Jet Lag."

Also attached are general weather forecasts for all stops involved on the upcoming trip.

April 16, 1984

Dr. Charles F. Ehret, author of Overcoming Jet Lag, has very graciously made some recommendations which are specifically designed for the President's trip to China. Following these suggestions may ameliorate some of the symptoms of "jet lag."

The four day "Feast-Fast-Feast-Fast" regimen would occur on April 19-22 with transition to meals on "China time" on April 22. The accompanying calendar details the chronology of the regimen and Figure 1 relates "local time" to "China time" to facilitate planning of meals in Hawaii and Guam. The transition to "China time" seventy-two hours prior to arriving in China should allow sufficient time for full accommodation to the time zone change. Practical considerations will undoubtedly necessitate modifications from this plan which is provided for conceptual purposes.

Interpreting the schedule (Figure 1) is confusing at first glance. A simple solution for Hawaii and the trip to Guam would be to eat breakfast around noon and lunch at the usual dinner time and have a snack at bedtime. In Guam one would eat the three meals about two hours later than usual. The whole purpose is to be on Peking time as soon as possible. Following the above would have one on Peking time no later than April 25 and depending on one's diligence possibly as early as April 22 or 23.

THE ARGONNE ANTI-JET-LAG DIET

The Argonne Anti-Jet-Lag Diet is helping travelers quickly adjust their bodies' internal clocks to new time zones. It is also being used to speed the adjustment of shiftworkers, such as power plant operators, to periodically rotating work hours. The diet was developed by Dr. Charles F. Ehret of Argonne's Division of Biological and Medical Research as an application of his fundamental studies of the daily biological rhythms of animals. Argonne National Laboratory is one of the U. S. Department of Energy's major centers of research in energy and the fundamental sciences. Argonne National Laboratory, 9700 South Cass Avenue, Argonne, Illinois 60439

How to avoid jet lag:

1. **DETERMINE BREAKFAST TIME** at destination on day of arrival.
2. **FEAST-FAST-FEAST-FAST** — Start four days before breakfast time in step 1. On day one, **FEAST**; eat heartily with high-protein breakfast and lunch and a high-carbohydrate supper. No coffee except between 3 and 5 p.m. On day two, **FAST** on light meals of salads, light soups, fruits and juices. Again, no coffee except between 3 and 5 p.m. On day three, **FEAST** again. On day four, **FAST**; if you drink caffeinated beverages, take them in morning when traveling west, or between 6 and 11 p.m. when traveling east.
3. **BREAK THE FINAL FAST** at destination breakfast time. No alcohol on the plane. If the flight is long enough, sleep until normal breakfast time at destination, *but no later*. Wake up and **FEAST** on a high-protein breakfast. Stay awake and active. Continue the day's meals according to mealtimes at the destination.

FEAST on high-protein breakfasts and lunches to stimulate the body's active cycle. Suitable meals include steak, eggs, hamburgers, high-protein cereals, green beans.



FEAST on high-carbohydrate suppers to stimulate sleep. They include spaghetti and other pastas (but no meatballs), crepes (but no meat filling), potatoes, other starchy vegetables, and sweet desserts.



FAST days help deplete the liver's store of carbohydrates and prepare the body's clock for resetting. Suitable foods include fruit, light soups, broths, skimpy salads, unbuttered toast, half pieces of bread. Keep calories and carbohydrates to a minimum.



COUNTDOWN

	1 FEAST	2 FAST	3 FEAST	4 FAST	BREAK FINAL FAST
B					Westbound: If you drink caffeinated beverages, take them morning before departure. Eastbound: take them between 6 and 11 p.m. If flight is long enough, sleep until destination breakfast time. Wake up and FEAST, beginning with a high-protein breakfast. Lights on. Stay active.
L					
S					
Coffee, tea, cola, other caffeinated beverages allowed only between 3 and 5 p.m.					

FIGURE 1 - TIME TABLE

Sunday 22 April 1984 in California
 is a "FAST" day: Sleep late, very
 light breakfast *
very light or no lunch.....THEN.....BREAK-THE-FAST with
 breakfast Peking Time

WASHINGTON	12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	04	05	06	07	08	09	10	11	12	13 ⁰⁰	14 ⁰⁰	h
CALIFORNIA	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	04	05	06	07	08	09	10	11 ⁰⁰	1
HAWAII	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	04	05	06	07	08	09	1
GUAM	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	04	05	0
CHINA	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	01	02	03	0

Breakfast Lunch Coffee
 or
 Tea OK
after the 22nd of April!

*Caffeine OK 0700-1200 PST only on the 22nd...thereafter "British-Tea-Time" 1530-1700 h = CHINA time 1530-1700 h

APRIL 1984

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	
8	9	10	11	12	13	
15	16	17	18	19	20	
	WASHINGTON		FEAST (on California time) CALIFORNIA	FAST CALIFORNIA	FEAST CALIFORNIA
FAST 22 (Break-the-fast with breakfast on China time) Honolulu	23 Regular Meals (on China time) Honolulu	24 Regular Meals (on China time) Hawaii to Guam (RON Lost Crossing)	25 Regular Meals (on China time) Guam	26 Regular Meals (on China time) China	27 China	China
29	30	International Date Line)				

Santa Barbara, CA - By mid April, the rainy season is coming to an end and southern California begins to enjoy the mild days and cool nights of spring. Average temperatures range from the upper 40's at night to the mid to upper 60's in the afternoons. There is less than a 10% chance of rain and the humidity is very comfortable.

Honolulu, HI - The tropical climate of Hawaii is warm and pleasant during April. Temperatures usually break 80F during the day and fall into the upper 60's overnight. The lee side of Oahu experiences showers on four days during the month. Brisk onshore breezes temper the high humidity.

Guam, Mariana Islands - The weather is warm and wet in Guam. April temperatures vary little from the mid 70's in the morning to the lower 80's in the afternoon. The chance of precipitation is 40% as tropical showers pass over the island. Sea breezes bring gusty surface winds for a few hours on many afternoons.

Beijing, China - The capital city experiences fair and pleasant weather with some afternoon cloudiness. Daily temperatures vary from the low 40's overnight to the upper 60's during the day. Skies are generally partly cloudy and the chance of rainfall is only 10-15%. Such dry and mostly sunny days make visits to the Great Wall a memorable event.

Xian, China - Nestled in the central highlands of China, Xian's spring climate is warm and only moderately wet. Daytime high temperatures reach the low 70's and nighttime lows are near 50F. The daily chance of precipitation is about 20% with some chance for a thundershower. The humidity this early in the year is quite pleasant.

Shanghai, China - This region of China, bordering the East China Sea, is cloudy, mild, and humid with abundant precipitation. Morning lows are in the mid 50's while afternoon highs are near 70F. Rainfall is frequent and occasionally heavy with about a 45% chance of occurrence. The chance of a thunderstorm stands at about 10%. The relative humidity is rather high, contributing to an increased incidence of fog.

Fairbanks, AK - The interior of Alaska experiences mostly cloudy skies and cool temperatures during May. Daily high temperatures range from the mid 30's to the upper 50's although temperatures will drop below freezing on about eight days during the month. The chance of rain stands at about 10%.

Washington, DC - Pleasant spring weather prevails during May with overnight lows in the mid 50's and afternoon highs in the comfortable mid 70's. Temperatures above 90F can be expected on about one or two days. Thunderstorm activity increases significantly during May with thunderstorms occurring on an average of five days. The mean relative humidity, like temperatures, is on the rise and can be a bit uncomfortable on the warmer days.

CLIMATE STATISTICS

LOCATION	TEMPERATURES (F)				AVERAGE NUMBER OF DAYS PER MONTH			RH %
	HIGHEST ON RECORD	AVERAGE DAILY HIGH	AVERAGE DAILY LOW	LOWEST ON RECORD	RAIN	SNOW	TSTMS	
Santa Barbara	94	67	48	33	4	0	*	74
Honolulu	89	82	69	56	4	0	1	68
Guam	94	83	76	69	12	0	1	71
Beijing	96	68	44	26	4	0	*	42
Xian								
APR	88	69	48	25	6	0	2	64
MAY	97	77	56	39	8	0	2	69
Shanghai								
APR	95	66	51	30	13	0	4	79
MAY	97	74	60	39	12	0	3	82
Anchorage								
APR	62	45	29	6	1	6	*	64
MAY	77	56	39	7	6	*	*	60
Fairbanks								
APR	70	39	18	-26	*	6	*	55
MAY	88	59	37	14	3	0	*	59
Washington	97	76	56	33	8	0	5	64

NATIONAL SECURITY COUNCIL

ACTION

April 19, 1984

MEMORANDUM FOR ROBERT C. MCFARLANE

FROM: DAVID LAUR *DL*

SUBJECT: Talking Points for the President's Telephone
Calls to Former Presidents Nixon, Ford, and Carter
re the China Trip

Attached are suggested talking points for the President's use in the telephone calls he will be making April 10 to former Presidents Nixon, Ford, and Carter with respect to the visit to China.

DL
Gaston *DL* concurs.

RECOMMENDATION:

That you approve the memo to the President at Tab I forwarding the talking points.

Approve _____ Disapprove _____

Attachment:

Tab I McFarlane memo to the President

DECLASSIFIED
Sec.34(b), E.O. 12958, as amended
White House Guidelines, Sept. 11, 2006
BY NARA *mn*, DATE *11/24/11R*

Sec.34(c), E.O. 12958, as amended
White House Guidelines, Sept. 11, 2006
BY NARA _____, DATE _____

~~SECRET~~
Declassify on: OADR

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TENTATIVE ISSUES

FOR WHICH GUIDANCE WILL BE PREPARED

Bilateral Issues

-Cultural and Educational

- The Brooklyn Museum exhibition
- The Cultural Agreement and Implementing Accord
- The Science and Technology Agreement and Educational Exchanges
- Problems in educational exchanges
- The private sector and educational/cultural exchanges

-Science and Technology

- The Science and Technology Agreement
- Technology Transfer
- S&T and Chinese modernization

-Political and Diplomatic

- Invitations
- Agreements
- Consulates
- Taiwan

-Trade and Commerce

- Civil Aviation
- The Trade Agreement (s)
- Maritime Agreement
- Grain trade
- Textiles
- BIT
- Concessional financing
- Tax Agreement

-Security and Defense

- Nuclear cooperation and nonproliferation
- Arms Sales
- Military training and exchanges

-Multilateral Issues

- Arms Control
- Korea
- The Soviet Union
- Afghanistan
- Kampuchea and Vietnam
- ASEAN
- Japan
- The Middle East
- Central America
- South Africa
- Technology Transfer and COCOM