

# Text of "Message from Fidel to the people of Cuba," published Sept...

The Miami Herald  
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Text of "Message from Fidel to the people of Cuba," published Sept. 5 in the Cuban daily Granma, translated by The Miami Herald

Dear compatriots:

In recent days, some film images and several photographs were published, which I know much pleased our people.

Some opined, with reason, that I looked a little thin, as the only unfavorable element. I am very glad that they perceived it. This allows me to send you several more recent photos and, at the same time, to inform you that in a few days I lost 41 pounds. I add that very recently [the doctors] removed the last surgical stitch, after 34 days of convalescence.

Not on a single day, even on the most difficult ones since July 26, did I fail to make an effort to rectify the adverse political consequences of such unexpected health problem. The result is that, to my relief, I moved forward on several important issues. I can tell you that the book "One Hundred Hours With Fidel," by [Ignacio] Ramonet -- in which, during the days I was ill, I reviewed in detail every answer I gave -- is practically finished and will be published soon, as I promised you. That did not keep me from strictly performing my duties as a disciplined patient.

It can be affirmed that the most critical moment has been left behind. Today, I recover at a satisfactory pace. In the next several days, I shall be welcoming distinguished visitors; that does not mean that each activity will be immediately accompanied by film or photographic images, although the news of each event will always be presented. We all must understand that it is not convenient to systematically present information or offer images about the state of my health. We all must also understand, with realism, that the duration of a complete recovery, whether we want it or not, will be prolonged.

At this moment, I am not in any hurry, and no one should hurry. The country marches on well and moves ahead.

Today began the School Year, with more students and perspectives than in any other moment for our country. What a marvelous event!

One detail remains: to ask each of the honest compatriots who together constitute the immense majority of our people not to blame anyone for the discretion that, for the sake of the security of our Homeland and our Revolution, I asked everyone to observe. Infinite thanks!

/signed/ Fidel Castro Ruz

Sept. 4, 2006