

COPY

410 Groveland Ave. 802  
Minneapolis MN 55403  
16 December 1990

Dr. Henry Blackburn, Director  
Division of Epidemiology  
School of Public Health  
University of Minnesota  
Stadium Gate 27, Minneapolis MN 55455

Dear Henry,

Thank you for your prompt and excellent response to my telling you about Darwin LaBarth's request for material he wants for his upcoming lecture. I propose to send him a copy of your letter to me together with my letter to him, copy enclosed. Please advise me if this is satisfactory or you want changes.

I have finished what I think should be the last revision of the ms. on the 25-year findings on the U.S. railroad cohort. I am giving a copy to Paul McGovern for his last comments and then I'll give you a copy with request to tell me where to send it. I plan to write another paper on the findings covering other variables in the follow-up of the railroad cohort but that can wait.

As ever,

Ancel Keys

410 Groveland Avenue No. 802  
Minneapolis MN 55403  
16 December 1990

Dr. Darwin LsBarth  
School of Public Health  
University of Texas  
PO Box 20186  
Houston Texas 77225

Dear Darwin,

I told Henry Blackburn about your request for information about Japanese-American collaboration in research and prevention in cardiovascular disease. He responded immediately. I enclose a copy of the letter he sent me a few hours after I talked with him.

Apart from the information in Henry's letter, I have difficulty in remembering what I should \* an affliction of old age! Moreover, my notes and Margaret's diary for the early period are in Italy.

Foremost in my recollection is the arrival here of Noboru Kimura with a suitcase full of almost 10,000 reports on post-mortem examinations. I helped as much as I could as a non-specialist in such matters, and others in the Laboratory of Physiological Hygiene helped. He and I were going to a congress of the American Heart Association a week after his arrival in Minneapolis. Noboru's report on that material was published as "Analysis of 10,000 post-mortem examinations in Japan", in World Trends in Cardiology, : 1. Cardiovascular Epidemiology, edited by A. Keys and P.D. White, Harper-Hoeber, New York 1956, pp. 22-35.

What I heard from Noboru on his visit here impelled me to want to find whether the absence of coronary heart disease in Japan that he reported had a genetic or environmental explanation. So I planned to compare Japanese in Japan with Japanese in Hawaii and Los Angeles. Paul White agreed to accompany Margaret and me in a survey in Fukuoka, Japan, after we did the job in Honolulu. A sample of Japanese men was examined at the Kuakini Hospital in Honolulu where Margaret's serum cholesterol measurements of serum cholesterol showed an average lower than the mean for white men in Minneapolis. Also the hospital records showed some cases of coronary heart disease but fewer than would be expected from Minneapolis experience.

In Japan Noboru had arranged for examinations to be made on a sample of men; serum cholesterol values proved to be very low. Noboru got all hospital doors opened for Paul White who failed to find a single coronary patient.

In Los Angeles we found serum cholesterol and the incidence of CHD of Japanese not much lower than for white men in Minneapolis. The report on the findings in that expedition was published: "Keys, Kimura, Kusukawa et al. Lessons from serum cholesterol studies in Japan, Hawaii and Los Angeles." Ann Int Med 1958; 48: 83-94.

Also in Japan at that time Noboru arranged for us to make a dietary experiment on Japanese coal miners and the results were published: "Keys, Kimura, Kusukawa, et al. Serum cholesterol in Japanese coal miners: a dietary experiment." American J Clin Nutr 1957; 5: 245-250.

In 1958 with Noboru we made the entry examinations of the men he enlisted at Tanushimaru as a cohort in the Seven Countries Study. In 1960 we made, again with Noboru, the entry examinations of the men he enlisted as the Ushibuka cohort of the Seven Countries Study. Over the years those men were re-examined and the follow-up has continued under Hironori Toshima's direction as the successor to Noboru after his death.

Everyone is happy at the way American-Japanese collaboration and cooperation has developed over the 35 years since Noboru Kimura and I began our collaboration. I like to think that much started with a bridge built between Minneapolis and Fukuoka. I only wish that Noboru could tell his side of the story.

Good wishes,



Ancel Keys