

~~The City Campus~~

Express mail to AK and copy to Carrie Keys D'Andrea August, 1995

Division of Epidemiology
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Ancel Keys

Dear Ancel:

I much enjoyed reading the latest draft of your memoirs. I have little substantive to offer, and have mainly served as proofreader. It is a fascinating story and well-told. I think your addition of many sub-titles has been useful to break up the narrative. You might want to think of formal chapters and presumably they would be more or less chronologic. In that regard, obviously, there are several sections now considerably out of order.

I think the Szent-Gyorgy story deserves not only a sub-title, but, if possible, a more extensive recounting of your relationship.

My comments are hardly adequate to be called a true edit and your delightful account still could use a "real" and objective editor.

The section on physiology at high altitude comes on page 22 and another version appears later on. So there is some duplicated effort here that needs editing at your end before it goes to a true editor.

There is also some duplication in a section in "File Europe," page 1, called "The coronary problem and longevity." Duplication of page Minnesota 1, paragraph 1, needs to be worked out.

It might be helpful at this stage to put the entire document on one disk and renumber all the pages and provide a table of contents which would help get things in proper order, if not chronologically, at least in a developmental progression of the memoirs. I can talk to R. Luepker about our helping on this, if you like, but I suspect it first needs at least one more round of your own edit.

On page 6 of the section on Japan, you make the statement that "men of Ushibuka have differed little in mortality from the men of Tanishimaru." I suggest that you contact Toshima for a recent paper in that respect that I have seen in draft that shows a consistently higher mortality in Ushibuka which has become significant with time. He is submitting such a paper to a Japanese journal at this moment.

You have the larger problem of how much of the Seven Countries results

There is a need for dates in the introduction to each section so that the reader can put them in context. For example, there is some confusion about the Greek collaborators in Nicotera agreeing to work with you "the following year." Unless I am mistaken, the Greek pilot was the same year as Nicotera. Maybe you could straighten that out.

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Clearly the section on "changes," starting on page 9 toward the end, needs to be highlighted in a separate chapter. You might want to refer to the Fukuoka publication for that, as well.

Obviously your early visit to Hawaii in '56 is considerably out of place at the end, but that's a general issue throughout, to organize this into a developmental and/or chronological document.

I stopped doing copy edits toward the last third of the draft because the typos became too numerous and I don't feel that you really need me for that function. The section on Spain is particularly full of typos, though it's a good story. The section of Copenhagen also needs to be inserted at an appropriate place rather than at the end of the document.

The section on doctors and health services toward the end seems to me a bit out of place. It is clearly an essay, an editorial, and perhaps, as such, doesn't contain enough documentation to be convincing. You might want to consider starting from your direct experience with doctors and health services in Italy.

I raise some question of telling the story of your own personal health problems. They are interesting and gripping, and cause acute pain to your friends, family, and colleagues. But I wonder whether the memoirs would be just as well off without those details, other than a mention of your effectively beating the odds.

I have one more personal commentary which you may reject entirely. When I wrote of my experience in the surveys, you suggested twice that I overdid characterizing our colleagues and that the descriptions should be shortened or eliminated. I quite failed to take your suggestion, so I will perfectly well understand if you don't take mine: that is, adding a short segment, as you have done for your mentors, on your closest, longterm Minnesota colleagues, either not mentioned or only in a social context in this draft. Now none of your colleagues, living or dead, needs eulogizing.

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you want to put in the memoirs and, Division of Epidemiology importantly, Suite 300 how you do it in a form 1300 South Second Street that's consistent in style and in completeness of information. Minneapolis, MN 55455-0115 It might be well to eliminate the results now reported in the ongoing narrative and 612-624-1818 have a separate chapter: "Results of the Seven Countries Study." Fax: 612-624-0313

There is a particularly large gap between the Sardinia "Study" and the International Picture, jumping to Hungary, and omitting the years of 1958-70 of the major formal Seven Countries surveys. It would probably be well to put the preliminary explorations that I have called your "peripatetic period" separately from the pilot period, and, in turn, separately from the formal surveys. A brief transitional sentence or paragraph is needed to link them. If you are going to omit the formal surveys which are now largely omitted, that is, surveys between 1958 and 1970, then the reason for the omission might be explained in a transitional paragraph, perhaps explaining that you and others have dealt with these in greater detail in other publications.

Stacy has been useful as an occasional editor for my writings to point out the things that are just as well left out, usually fairly personal things. As an example in your story is the sentence at the bottom of page 2 where you describe George Lamm's teen-age son asking you to do something to prevent the break-up of his parents' marriage. It's a gratuitous piece of personal memorabilia that probably doesn't contribute much to your narrative. You might find other examples.

There is a problem with the dates in the section on Russia with your introduction referring to the World Congress in Mexico City (which I believe was in 1962) as preparatory to your first visit to Russia -- in 1961. So that should be worked out.

You barely allude to Stalin's death and Myasnikov's role as his personal physician. That was such a subject of international intrigue, the claim that Stalin had been done in by "his Jewish doctors," that it would be useful to help put that rumor to rest by whatever other historical information you may have on the issue from Myasnikov.

Your description of life in the Greek Islands and in Russia and elsewhere at the time of your visits is colorful and good. There are a number of good stories throughout.

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Their careers and association with you have been fruitful and provided many professional and personal satisfactions. You wouldn't need to go "overboard," as you thought I did, in laudatory or detailed characterizations -- just a word?

About publication, I wrote a detailed letter to Carrie Keys D'Andrea when I heard from Rose Hilck that she was looking for a means of publication of your memoirs. An update of my communication with her is that I am still quite satisfied with the book design I had done at a very reasonable price by a colleague in Florida. I am not happy, however, with the printed production that I sent you and Carrie a copy of. The photographs aren't adequately printed. If you are not having photographs, then I can certainly recommend the inexpensive Shoreline group in Florida for design and producing the camera-ready copy, and the Country Press in Lakeville, Massachusetts, for the printing. Their rapid process does not allow adequate reproduction of photographs, which, it turns out, is very expensive. Depending on the number of copies you want and assuming that you don't find a publisher for these memoirs, you may want to have it set up by a book designer which costs somewhere between \$1,000 and \$2,000 and have them run off at an institution that simply makes copies and binds them. Any way you cut it, a high quality printing, on a high quality paper, with good photographs, is going to cost \$4,000 to \$5,000 in addition to the book design and editing costs (\$2,000 to 3,000).

Because I have two or three memoirs yet to come (Medical, Youth, and Musical), I've written to a number of so-called vanity publishers who seem very anxious to take people's money and publish their books (and, they claim, promote and market them). They won't quote any rates without seeing a manuscript.

Finally, the Division will shortly obtain an apparatus that brings us very close to desktop publishing on our own. You may want to address the possibilities with John Finnegan on your return.

Thanks for letting me see your memoirs. I strongly encourage you to have them published, with or without these "editorial suggestions," but with the service of a professional editor. It's an important story from a first-order scientist, and should be "done right!"

Cordially,

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