

# UNIVERSITY OF MINNESOTA

Twin Cities Campus

Division of Epidemiology  
School of Public Health

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February 6, 1995

TO: Dr. Ancel Keys

FROM: Dr. Henry Blackburn

*HB (copy)*

Dear Ancel:

Many thanks for your January 9th letter and the collection of Sabbatical 1951, letters that you sent to J. Arthur Meyers. Somewhere in my files I have the Journal Lancet issue that published all those together. I had forgotten how fresh those letters are and how important they are to the development of your thinking and all of our activities since. I think it would be very useful for you to excerpt those letters in your current memoirs because they would lend a great deal of vitality and presence to your retrospectives.

With respect to my taking a longer, thoughtful approach to the history of cardiovascular disease epidemiology, I am still toying with the idea with Fred Epstein. Neither of us has the courage right now; let's put it another way; we have other more pressing priorities. Our history of the Council on Epidemiology just came today in galley form and will be printed by *Circulation* next month and also in the CVD Epi Newsletter for the membership shortly thereafter, with a collection of appendices in the Newsletter, including your after-dinner lecture in Tampa at the Council meeting in 1970.

I have estimates on printing my Seven Countries field memoirs here in Florida. I decided to proceed with it on my own as there appeared to be very little chance of support from the University or otherwise. I have a book designer who has given me a firm estimate of \$1800 for designing the book and putting it in photo-ready form. I have a printer's estimate for 500 copies at \$2000. I will let you know how it goes in case you decide to take a similar route. The estimates I got from University Printing and from other sources in the Twin Cities, as well as the Dutch

people that published the historical volume, are out of sight, all in the realm of \$8,000. I haven't asked Russ Luepker outright for support. Have you?

I am sure your current priorities are to work on the revised Eat Well, Stay Well, for which the world is waiting. At any rate, I will keep you informed. Following publication of my reminiscences about Seven Countries Field Adventures, the manuscript of which is ready (you have seen 95% of it), my next priority will be my own personal medical memoirs starting with a part-time job with an ambulance company and mortuary next to my college fraternity house as a college freshman, going on from there to medical school, to internships, to residency in Paris, to public health service in Austria to the University of Minnesota to international activities. Then there will be a segment on history, which will probably include the history of the laboratory I did for the first Division brochure, which I am sure you have seen a few years back. And then there will be a section of essays in which I have written about high-tech medicine, about the dangers of technology transfer and conflict of interest from collaboration with industry, and a few other matters. Down the line after that are my personal childhood memoirs, which are easy to tap into these days as I pass my childhood home daily in small-town Bradenton, Florida. (I am also going to a church service tomorrow morning at the African Methodist Episcopal Church of Bradenton, where I will meet Thelma Smith, my nanny from the time I was a boy in Bradenton. She is still well and quite bright and we have a good time talking about old times. She has a very clear view of life in Florida in the '30s, and can without any trouble cite the names and occupations and interests of my father's 11 siblings! My next major project is what I call the Academic Doctor Spock--on the care and nurture of young academics. I just completed a chapter on memo- and letter-writing, and have ideas galore on the largely unmet needs for mentoring among the young and ambitious ( and spoiled and insecure!).

Meanwhile, I am about to bite the bullet and buy the last nice lot on Anna Maria Island, though I can ill afford it. Once having bought the lot I won't have enough money for awhile to build on it. But it's the last one. It is not gulf shore as those lots now go for several hundred thousand dollars. But it is pleasant, on a lagoon away from the coastal control regulations and insurance rates that exist along the edges of all barrier islands. I am hopeful that with my friends and relatives down here who helped me remodel our wilderness cabin the last few years that we can put up an

COPY

"Minnelea", 84060 Pioppi (SA)  
Italia  
15 February 1995

Dr. Alessandro Menotti  
Cardioricerca  
Via Bormida 4  
1-00198 Rome, Italy

Dear Alessandro,

I strongly approve of the idea of having a small committee overseeing proposals to do something with Seven Countries data and Martti Karvonen agrees. We dug out of our files what I wrote about this in 1987 and here is a copy. We agree that proposals and plans be checked by our collaborators before going ahead and certainly before submitting anything to a journal.

Margaret wants to know if you have received the English version of "The Italians" by Luigi Barzini which she mailed to your home address three weeks ago. You had mentioned wanting to compare it with the translation into Italian, and we had a copy here.

With best wishes to you and Maria Luisa,

Ancel Keys

410 Groveland Ave. No. 802  
Minneapolis MN 55403  
24 June 1995

Dr. Henry Blackburn, Mayo Professor  
Division of Epidemiology,  
School of Public Health  
University of Minnesota  
1300 South Second Street  
Suite 300  
Minneapolis MN 55454-1015.

Dear Henry,

Many thanks for the copy of your story in "new clothes". It is a great improvement, especially in the illustrations, but it is also good to have it printed on much better paper.

~~Margaret~~ ~~has~~ ~~so~~ ~~far~~ ~~but~~ fine story and she will be happy to finish with the more elegant printing. There is some hope I can read it after the cataract is removed

Yours,

  
Ancel Keys

Minnelea, 84060 Pioppi (SA).  
ITALY  
10 March 1996

Dr. Henry Blackburn, Mayo Professor  
Division of Epidemiology,  
School of Public Health  
University of Minnesota  
1300 South Second Street, Suite 300  
Minneapolis MN 55454-1015.

Dear Henry,

I am delighted with the program in your honor. We are changing our airplane tickets to be in Minneapolis in time.

I enclose 2 tables and 2 printouts. Table R shows death age tends to be directly related to body mass index at entry; the relation is significant in the U.S. railroad and Velika Krsna cohorts. Table S shows age at death is negatively related to entry smoking habit in all cohorts except Corfu.

The printout shows that in the U.S. railroad cohort, when both entry BMI and smoking habit are independent variables, death age is not significantly related to BMI but is negatively related to smoking habit with high significance. BMI is negatively related to smoking so its relation to death age is explained by smoking.

The second printout concerns men who had never smoked or had stopped 10 years before entry. In those 220 men death age was negatively related to BMI. The regression shows the negative relationship would occur by chance in only 9 of 100 trials.

I do not propose to publish these findings as such but summaries of them should be made public. The practical significance in detail can be argued but I conclude that in healthy middle-aged men longevity may be positively related to BMI short of gross obesity of BMI over 29. Clearly it is not a risk factor.

We were pleased to read about your planting in Florida. Are you now Henry the agriculturist?

Regards,



Ancel Keys

Minnelea, 84060 Pioppi (SA).  
ITALY, FAX 011 39 974 90 5140  
5 April 1997

Dr. Henry Blackburn, Mayo Professor  
Division of Epidemiology,  
School of Public Health  
University of Minnesota FAX 001 612 624 0315  
1300 South Second Street, Suite 300  
Minneapolis MN 55454-1015.

Dear Henry,

Thank you for the copy of what you said at Nedra's funeral. It is a splend speech. You have a remarkable ability to say the best things on such occasions. You told many things about what Nedra did I had forgotten or did not know.

Here we enjoy a wonderful spring after too much rain and cold. Flowers and vegetables galore and the mimosas and wisteria unbelievable massers of color. We are starting to eat the best peas and artichokes the world can producre.

I send you a copy of a list of chaptrrs in my memoirs. I still have no idea about a publishrer but have not explored the possibilities.

We have tickets to leave Rone on May 2 to go to Lisbon for a 2-day visit with Tony and then to Ninnea[olis on May 4.

Regards,



Ancel Keys

**Henry Blackburn and Stacy Richardson**

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**Minneapolis, MN 55416**

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**790 North Shore Drive**

**PO Box 1825**

**Anna Maria, FL 34216**

**phone/fax 941-778-5017**

**Cellular phone 941-730-0508**

**April 8, 1998**

**Dear Ancel and Margaret;**


**We were pleased to hear you have now a direct  
fax line. We'll be cautious not to have it ring in  
the middle of the Italian night.**

**I got a copy of your touching soliloquy**

410 Groveland An, no, 802  
Minneapolis, MN 55403  
8 June, 1998

Dear Friends,

A few days ago we took flowers to the cemetary. It was our daughter Martha's birthday. Coming home I lookrd long at the picture on the wall, It was Martha who smiled at me. But Martha is no more; she has gone away and I am left with endless grief. Come weep for me; these old eyes of mine have no more tears,they have long gone dry.

Ancel Keys 



Reiss - So there we are.  
I'm out of it & you, too,  
except, of course, when & if  
this tentative fails.  
Henry.

110 Groveland Ave. No. 802  
Minneapolis MN 55403  
19 Oct 2000

pc Anna Madsen  
GOLDEN VALLEY MN 55416

Dear Henry,

We are pleased with your interest in a new edition of Eatwell and Staywell and appreciate your readiness to help forward the idea of the book. There is much interest in the idea of a new edition as you will see from material enclosed. *(no enclosure)*

Margaret and I have decided on the format for a new edition and I have written several pages of tentative introduction.

Anna Ferroluzzi was the first to urge a new edition and she offered to help with the work in doing it. We plan to write the text of the new edition with Anna helping to edit our writing. Our idea is when we have finished our version of the new edition we will engage a professional editor to prepare the book for an agent to offer to a publisher.

If the book is printed by a commercial publisher eighty per cent of the net royalties will be given to the Division of Epidemiology.

Regards.

Ancel Keys

