

September 6, 1972

Mrs. Goodwin Johnson  
Sacred Heart  
Minnesota 56285

Dear Mrs. Johnson:

Little information exists on the health effects of chewing tobacco. There is a slight tendency to more mouth and stomach irritation and cancer. It is surely less harmful than smoking.

As for the esthetics, only you can say.

Cordially,

Henry Blackburn, M.D.  
Professor and Director

HB/rs



31 Aug. 1972

Dr. Blackburn,

I recently saw an article in the Minneapolis Tribune as to a center will be set up to study heart attack prevention.

I have noticed that it is mentioned about smoking - this I see all the time in regards to heart problems and also in Cancer.

What I wonder about and never see mentioned is the effects of chewing tobacco <sup>or snuff</sup> on a person's health. Is that considered the same as smoking?

My husband will be 42 in December - is somewhat overweight and chews or rather always has snuff in his mouth - he doesn't spit it out but swallows it after keeping it in his mouth awhile.

Is this harmful to his health?

I would be interested in hearing from you about this.

Sincerely

Mrs. Goodwin Johnson  
Sacred Heart, Minn  
56285



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Ordinarily

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