



UNIVERSITY OF MINNESOTA  
TWIN CITIES

Laboratory of Physiological Hygiene  
School of Public Health  
Stadium Gate 27  
Minneapolis, Minnesota 55455

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Dr. Albert I. Mendeloff  
Chief, Department of Medicine  
Sinai Hospital  
2401 W. Belvedere Ave.  
Baltimore, MD 21224

Dear Dr. Mendeloff:

I concur with Sylvia Covet that it would be fun and useful to have your ideas on the prevention of GI diseases.

For my part, based on my personal observations, I volunteer the following preventive measures, not-so-tongue-in-cheek:

- 1) I would suggest never letting an overseas physician convince you to take Vioform "prophylactically", or otherwise.
- 2) I would suggest not drinking a large volume of cold milk shake after a return from an overseas trip with no milk drinking.
- 3) I would suggest not drinking much beer or wine on an empty stomach.
- 4) When stricken with diarrhea overseas, I would advise inspecting carefully the label on mineral waters offered as therapy for their content of magnesium and sulphate ions.
- 5) I would be very wary of MOTRIN and stop it with the first discomfort.
- 6) I would say a good deal bad about alcohol "abuse" and the esophagus and stomach, the bowel, the pancreas, and the liver.
- 7) I would say other bad things about cigarettes, cigars, and pipes, from lips to gums to pharynx to esophagus and on down.
- 8) I would talk about eating too many artichoke hearts and that ilk.
- 9) I would advise great caution about inserting things into orifices, including so-called benign glycerine suppositories.
- 10) And I would advise against having a reading shelf in the bathroom due to the serious risk therefrom of precipitating those varices having the socially unacceptable name.

Cordially,

Henry Blackburn, M.D.