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LAB OF PHYSIOLOGICAL  
HYGIENE

Campbell Moses, M.D.  
Vice President Director of Medical Affairs

May 7, 1975

Henry Blackburn, M.D.  
Laboratory of Physiological Hygiene  
School of Public Health & Medical School  
University of Minnesota  
Minneapolis, Minn. 55455

Dear Henry:

Many thanks for your reprint from the EUROPEAN JOURNAL OF CARDIOLOGY. As usual, you write without an extra word and with a minimum of disagreement with my concepts. In this regard, I was very pleased to see Dick Ross's presidential address in Circulation. Evidently, becoming president of the American Heart Association can provide a useful learning experience even for a professor from Johns Hopkins.

I have a few suggestions to call to your attention because I know you will be going over similar ground in future publications:

On page 255, you indicate that lobster, shrimp and shellfish are high in cholesterol and low in saturated fat. I think if you consult the latest actual analyses as recorded on page 394 of the American Heart Association cookbook, you will find that one-half cup of lobster has 62 milligrams of cholesterol, 11 large shrimp provide 96 milligrams of cholesterol and one-half cup of crabmeat provides 62 milligrams and six oysters - 45. This is slightly less than the cholesterol content of three ounces of lean beef, lamb or veal. In the section on calorie content of the diet in the EUROPEAN JOURNAL, perhaps it would be appropriate to call attention to the caloric consumption of wine at the table.



Dr. Henry Blackburn

May 7, 1975

I found almost no reference to females or indeed even to sex in the article and think that we all err too often in not calling attention to the problem of coronary risk factors in females, and perhaps in a subsequent article you can include a paragraph on this topic.

I do think you were just a little hard on the stress, personality and behavior area. While I cannot disagree with anything you said, I'm impressed (on purely anecdotal grounds) with the relationship with a period of unusual stress combined with fatigue as a precipitating factor in coronary disease. I hope someday more than anecdotal data will be available on this.

The correct address for Medcom is: (pg. 267)

2 Hammarskjold Plaza  
New York, N. Y. 10017

Finally, I know you appreciate how much I respect your ability to communicate your vast experience in such an effective manner, but on page 261 in your discussion of smoking, I was absolutely convulsed by the sentence "Finally it may be that smoking has, as some consider pornography, 'no redeeming social value'". To find such a lovely sentence in the middle of coronary risk factors is most refreshing.

Best personal regards.

Cam

CM/em

P. S. What the heck is the significance of the leaf that is on the end page in the reprint? My secretary says it's a marijuana leaf.

cm