

Minnelea, 4 June 1973

Dr. Henry Blackburn
Stadium, Gate 27, U. of Minn.
Minneapolis, Minn. 55455

file correct.

Dear Henry:

I hope you approve the enclosed response to the request to me by Chasov to "prepare for our journal "Therapeutic Archives", which issue is 25,000, an article devoted to the problems of prevention of the most important cardiovascular diseases."

Given to Fred by Margaret
I enclose also material to incorporate in two lantern slides (2 x 2"). Margaret H. should see to it that Fred makes these, and two 5 x 7" glossies of each, in time for me to incorporate the latter in the ms. I must provide the Fogarty Center before the end of July.

Here I view with distaste the trip to Washington at the end of September for the Obesity Symposium and the completion of the ms. for this. I also shrink from the necessity of preparing the talk for Verona in September which also calls for ms. by the end of July. And I have a bad conscience for flatly rejecting invitations to speak in Ancona and Rome this month and to participate in meetings in Milan and Berlin in September - October. At the moment I fear I should accept the invitation to be University Guest Lecturer of the University of Saskatchewan at a time of my choice in 1973-4. Once upon a time I thought of retirement as a time to do what I want to do!

As usual, we are greatly enjoying Minnelea - - the climate, the view, the local folk, the sea bathing, the quiet, the way things grow in our gardens and orchards, and the pleasures of the table, mostly furnished by our own garden and other local produce. "Tutto genuino!"

Margaret at this moment is making choices for dinner from a plethora of possibilities - -two very fresh fish, two-thirds of a lovely rabbit left over from yesterday, a basket of beautiful zucchini blossoms (Why never available in the U.S.?) and any God's quantity of green beans and lettuce all gathered from our gardens a few hours ago, a pound of fresh mushrooms (from the "falde di Vesuvio"). Anyway, besides figuring that the latest boost in gasoline price will mean \$1.25 per gallon here, Margaret joins me in sending all the best to you and Nelly.

Sincerely,

[Signature]

3 June 1973

Slide 4, Bethesda, 1 October 1973

LIMITATIONS OF INSURANCE INDUSTRY TABLES

- The insured*
1. ~~Population~~ samples are clearly biased.
 2. Measurements are crude or only guesses.
 3. "Desirable Weight" ignores other variables.
 4. "Frame Size" is actuary's imagination.

am

Slide 5, Bethesda, 1 October 1973

SUMMARY POINTS

1. For relative weight body mass index should replace insurance tables and ponderal index.
2. No measure of relative weight can reliably estimate body fatness or obesity.
3. Insurance industry data on height-weight and mortality are unreliable guides.
4. "Desirable Weight" tables are not based on proper data or scientific analysis.

Minnelea, 4 June 1973

ar Jerry,

I trust you approve the letter to Chasov, copy enclosed. He wrote "We should be much grateful if you could prepare for our journal "Therapeutic Archives" which issue is 25,000, an article devoted to the problems of prevention of the most important cardiovascular diseases."


We await your arrival. Margaret has listed some things to bring. I suggest you bring at least a couple of sill cocks or other U. S. faucets for use with your garden hose. *And I need four!*

Kurt Biss will have given you the offending valve for the cold water at the sink in the W.C. next to your kitchen. I suggest you bring also a bunch of washers for this and similar faucets.

If you stop over in Naples you must remonstrate to Spena that the radiator in your living room on the Pioppi side continues to leak a liter of water a day. In February I pointed out this leak to De Feo and he assured me that they had just fixed it. Also, there are several problems of avvolgibili that do not work. Finally, I think some revision of the entry "acquadotto" is needed; probably another pipe to supply the garden should be arranged.

We eagerly await your arrival,

All the best,



RECEIVED

JUN 14 1973

2 June 1973

LAB OF PHYSIOLOGICAL
HYGIENE

Professor E. I. Chasov, Editor-in-Chief
THERAPEUTIC ARCHIVES
Myasnikov Institute of Cardiology, AMS, USSR
Moscow, Pemrozerts. 1er. 10
U.S.S.R.

Dear Professor Chasov:

Thank you for the invitation to prepare, for THERAPEUTIC ARCHIVES, an article on the problems of prevention of the most important cardiovascular diseases. I shall be glad to undertake this responsibility but must ask you to be patient; I have other commitments to fulfill so there will be some delay before I can provide a manuscript.

It occurs to me that it would be well to consider a series of articles for THERAPEUTIC ARCHIVES.

- 1) The Primary Prevention of Coronary Heart Disease
- 2) The Secondary Prevention of Coronary Heart Disease
- 3) The Prevention of Rheumatic Heart Disease
- 4) The Prevention of Hypertensive Heart Disease

I myself could write on the Primary Prevention of Coronary Heart Disease

An article on secondary prevention of coronary heart disease might well be entitled "The Prevention of Relapse in Coronary Heart Disease" and for the author I could suggest a choice among:

- 1) Prof. Jeremiah Stamler of Northwestern University, Chicago,
- 2) Prof. Henry Blackburn, my successor as Director of the Laboratory of Physical Hygiene, 3) Prof. Paul Leren of the University of Oslo Medical School, Dr. Gösta Tibblin of the Medical School of the University of Göteborg.

Regarding rheumatic heart disease, there are many experts who could provide a first-class up-to-date article. The same is true about the prevention of hypertensive heart disease. Most appropriate, perhaps, would be an article under the title: "The Control of Hypertension and the Prevention of Its Complications."

About authors I would defer to the judgment of my colleagues Drs. Stamler and Blackburn; both of them are well informed on the subject and on experts on the world scene.

I am taking the liberty of sending copies of this letter to Drs. Stamler and Blackburn. Dr. Stamler and his wife will be arriving here at "Minnelea" about June 19th and will stay all summer. Mrs. Keys and I return to Minnesota late in July but will be back in Europe at the end of August.

With good wishes,

Sincerely,

Ancel Keys, Professor Emeritus
"Minnelea"
84060 Pioppi (SA)
Italia