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Corresp.

Dear Jerry:

Many, many thanks for your detailed letter on cigarettes to Irvine Page. I received it forwarded here to New Zealand.

I am most impressed with this little country and particularly with its remarkable diet!

Ian Prior's work is reaching a very mature stage, and he has some very valuable observations in his non-aculturated and aculturated populations of islanders, expressed in their blood pressure, body weight and cholesterol differences and changes.

What I had not realized is that one of his major island populations on Tokelau Island get 65% of their daily calories from coconut oil. Though his total samples are small add he is now dealing primarily with prevalence data, he is making claims that their high saturated fat intake apparently has no harmful effects. I have a manuscript on which I am now working, and we will see whether the cholesterol values fall off the prediction line and what the situation may be. At any rate, I've often wondered about the coconut ecology and apparently he has one. The problem will be interpretation of the limited findings. It will be of interest to compare the Puka-Puka with the Tokelau islanders having the following comparative dietary compositions:

	<i>Puka-Puka</i>	<i>Tokelau</i>
Coconut	34	63
Bread Fruit	15	18
Cereals	30	3
Sucrose	4	d
Fish and Meats	17	13
Saturated Fat	26	47
Polyunsaturated Fat	3	2
Dietary Cholesterol	73 mg	51 mg

Nelly leaves tomorrow for Tahiti and home, while I return via Australia and Johannesburg. Regards to you and Rose.

Cordially,

Henry Blackburn, M.D.

*Dictated by Dr. Blackburn, but
mailed in his absence.*

HB:msh