

August 12, 1964

Dr. Esko Orma  
Institute of Occupational Health  
Haartmaninkatu 1  
Helsinki, FINLAND

Dear Esko:

Things move fairly well from here. Ancel is back for 10 days and says he has written Martti about the Ilomantsi visitors. Presumably the whole Helsinki conference (20 - 30?) will want to come to Ilomantsi for a day or so and Ancel suggests they be lodged in Joensu and driven up. The burden of this socialization at the opening of the field work is regrettable but politic. If any of us can help in the routine (anthropometry, blood, etc.) to free up your people for the social guide work, we will certainly do it. Ancel says that besides Dontas and Pentti who will stay for Karelia and myself who will stay about 2 weeks, there will be one working observer, Dr. Lamm from Hungary and possible the assistant of Dr. Lukl of Prague.

Mohacek with one technician, can operate the conventional ECG procedure through Karelia. I will do tape-telemetry pulse rate at the bicycle station and teach it to the technician of that station and Pentti will take orthogonal leads before, during, and after the work load you prescribe, (Forget the treadmill. We won't be bringing it) but only on every 5th or 6th man.

Will you have a defibrillator and cardiac drugs available on the rare chance of an accident?

We will discuss the microfilming when we come. I still feel we must have the step test in everyone, not random sampling. I believe 45 - 60' will be sufficient interval before the bicycle, but for intra-group comparisons it is not so important if everyone has the preceding step test. I regret we have not been able to explore this question further but will still try to get some older men in the next 10 days.

We, if Goldwater approves, will pay the expenses of the tape operation.

Page 2  
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The technician for blood could easily do the hematocrit with our little electronic meter. I will see how interested Ancel is in this. A blood drop from the syringe is placed on parafin paper and pipetted into a standard cell pipette and hematocrit read directly (a function of electrical resistance across a standard blood column).

I leave here tomorrow and can be reached Tuesday, 18th, c/o Hotel Palace, Prague. I will fly to Helsinki on the 24th or else be driving in with Gunnar.

Best regards,

Henry Blackburn, M. D.

HB/cjh