UNIVERSITY OF MINNESOTA
TWIN CITIES

Laboratory of Physiological Hygiene
School of Public Health
Stadium Gate 27
611 Beacon Street S.E.
Minneapolis, Minnesota 55455

Fredrick J. Stare, M.D.
c/o Department of Nutrition
Harvard University School of Public Health
665 Huntington Avenue
Boston, MA   02115

Dear Fred:

Our daughter Martha, aged 31, an accomplished devotee of the arts and a semi-vegetarian, has been asking about a book on nutrition to help her sort out the truth from the garbage. She often visits us at our home, "Minnelea," and like her mother, Margaret, she is an extremely good cook, partial to the Italian and Chinese kitchens.

Searching in our home library I came upon your book with Margaret McWilliams. I confess that I did not go through the book with care when it came out in 1973 but now that I look at it with Martha in mind I find it sound, well balanced, and probably the best in the field. I was impressed with Chapter 2 which I had not read before.

I note that you were more equivocal about the diet and cholesterol than you might be today. Still, all the answers on total and HDL cholesterol are not in, as you will see in my Lancet paper of last year, copy enclosed. I also enclose my latest. A third paper will show that the serum cholesterol and mortality story gets complicated when we get to old age.

Anyway, I am giving Martha my copy of your book and will be interested in her reaction. Let me know if you have, or contemplate, a new edition. Incidentally, we spend more time in Italy than here. The address is 84060 Pioppi (SA), telephone 0974 90 51 06.

Last month we enjoyed a 3-day international symposium in my honor at Anacapri a few hundred yards from where Paul White wrote the ms. for the first edition of his book on heart disease. Seventeen countries were represented and the day after the meeting most of the participants enjoyed an excusion by chartered hydrofoil from Capri to our home 100 miles south. We return to Italy at the end of August to stay until late November.

All good wishes.

Sincerely,

Ancel Keys

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enclosures