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Dear Buz,

Thank you for your letter. I apologize that I can answer few of your questions, partly because I have forgotten too much, partly because I have no time to dig into things at the moment. In a few days we are off to Italy via a brief visit with our son Henry in Albany, New York, where he is head of therapeutic radiology at the University Medical School, the Vets Hospital and three other hospitals.

I am frantically trying to finish several overdue manuscripts. We get back from Italy only at the end of November, to Minnesota via a meeting at Key West, We plan to return to Italy early in January.

Margaret keeps well and is very busy housekeeping and helping me in a thousand ways, including correcting the mistakes I put on the screen of the computer. She has no sign of trouble at medical checkups and it now seven years from the big surgery she had in Italy eight years ago.

I am doing reasonably well after spells in hospitals here and in Italy for pneumonia (with surgery) and for TIA (temporary ischemic attack). I can do little except poke at the computer slowly but still getting something done.

Your first question about important people in getting established calls to mind Margaret, Marie Short, Henry Taylor, Clifford Stickney, Austen Henschel, Olaf Mickelson, Paco Grande, and Yoshka Brozek were most important in the earliest days. Let us not forget Nedra Foster and Angie Sturgeon, or for that matter yourself. Not in the same category was Louie Hanson in the shop who was a great help.

The move from Millard Hall was made possible by Gaylord Anderson and Frank McCormack, the Athletic Director, That move was made necessary to take over the conscientious objectors when the War Department agreed with my proposal to use them as starvation subjects instead of sending them to jail. Col. Rohland Isker aided the establishment with the War Department. Dr. Ralph Rossen made possible the long years of dietary experiments at Hastings State Hospital.

Among foreign workers in the Laboratory I recall most

Raffael Carmena and Francisco Grande from Spain, Mario Mancini from Italy, Jack Brock from South Africa, Bronte-Stewart from England, and Noboru Kimura from Japan.

Among early studies I think of my experimental elucidation of how eels can live in either fresh or salt water. Much bigger was the International High Altitude Expedition which I organized and led. John Talbot, later Editor of the American Medical Journal, drew arterial blood from me at 21,999 feet in the Andes, the highest altitude for arterial blood without oxygen until a couple of years ago. The 90-page report I wrote was translated into German by a Fellow at the Mayo Clinic and it appeared in Ergebnisse der Innerer Medizin just as the 2nd World War broke out and no-one paid any attention to it.

The reason I changed from teaching physiology in the Medical School to organizing a new department in the School of Public Health is that I felt curative medicine was not my game and I deeply felt the need to do something for prevention. I created the name "physiological hygiene" as embodying the idea of using a physiological approach to the prevention of disease. Eventually that concept led to the Twin Cities Prospective study, copied two years later by the U.S. Department of Health setting up the Framingham Study with many times the financial support than I ever had.

The Starvation Study and the 2-volume book I wrote on it you know about. The dietary experiments and papers about them you know about also.

I suggest you write to Olaf Mickelsen for more history. His address is: Rt. 1 Belton Bridge Road, Lula, GA 30554.

Perhaps more later but I must get on with the manuscript jobs.

All the best,

Ancel Keys