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COPY

Dear Buz,

Thank you for the copy of your presentation at the meeting of the American College of Sports Medicine. I am impressed with it and, as I said before, I marvel at the amount of material you were able to gather for it. You said I should feel free to mark up the draft but I write so poorly by hand now that I'll put my comments on the word processor. Margaret, as usual, will correct my typing errors she sees on the monitor. From your letter I take it that the final ms. will use my comments and corrections made in my previous letter to you.

As noted before, we never asked permission from the USSR to go to the high mountains. We wanted to go to the Pamirs and for that we needed permission from India which was refused. The alternative was the Andes at the wrong time of the year. For that no permission from Chile was needed.

Our first war-related job came from a request by the U.S. Army Quartermaster Corps to design and test a ration for paratroops. To this day I don't know why they called on me. Neither we nor the military were interested in vitamins; the problem was to put calories in a very small packet of non-perishable food.

Col. Rohland Isker came here and he and I selected food items from a grocery store, put them in brown paper bags and tried them out with a platoon of infantry at nearby Fort Snelling. Some changes were made and, as you noted, we got help from Wrigley and others in putting the ration in water-tight packages to fit in an army jacket. I wrote before about the mistake, in my view, of using the paratroop ration for infantry where there was no real need or emergency.

In regard to the starvation study, when our work for the Army was winding down we were concerned with what would be the effects of the great food shortages caused by the war in northern Europe. The military was putting conscientious objectors in concentration camps and in my official position as a Special Assistant to the Secretary of War I could ask why not put some of them to use in an experiment to study the effects of semi-starvation so we could better cope with the post-war problems of half-starved populations.

When the military agreed to the proposition the problem was where to house the volunteers among the objectors. My friend Frank McCormick, Director of Athletics, offered space in the stadium, the University authorities approved and there we housed, fed and studied the starvation subjects with 18 assistants housed with them to monitor and take care of emergencies among them.

The end of the war brought attention to the newly recognized problem

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of coronary heart disease. Our idea was to find the characteristics of susceptible men so attempts could be made to change them. We were looking for what later would be called risk factors. Out of this work and similar work done in other institutions the major risk factors are now known -- high serum cholesterol, blood pressure and smoking. Eventually we decided to learn from the experiments of nature as revealed in different populations. The decision was made to concentrate on villages where we could be sure of well-defined samples -- not poorly defined as you wrote. The definition was all men aged 40 to 59 permanently in the village or, in Zutphen a statistically chosen four-ninths of all men aged 40 to 59.

About publications, I have no record of a paper in 1935 by Taylor and me. Please advise.

Some of the things you write about the personnel of the "Lab" are new to me. I am glad you were able to get such information.

For me there are a couple of items you might like to know, not for your paper. Besides my Ph.D. from the University of California I also have a Ph.D. from Cambridge University. To get that required no effort by me. Sir Joseph Barcroft wanted me to stay on in the faculty so he arranged for me to be given the Ph.D. from Cambridge as having more local meaning. I had moved to Cambridge because I received a Rockefeller fellowship which Krogh arranged with no application from me. I moved to Harvard because Henderson offered to double the salary I had at Cambridge and I thought it time to go home after three years. You know why I moved to the Mayo Clinic and then to the University of Minnesota in Minneapolis.

I suppose you know I was a visiting Professor at Oxford in 1951-52. My most prestigious award was election to the Academy of Finland which is patterned after the Academy of France and in Finland is similarly honored. The gold medal that went with the award is worth \$700 as gold. Finally I have big colored parchments stating that I am a Cittadino Onorario (Honorary Citizen) of two towns in Italy. One of them is Gioia Tauro, reputed to be a major headquarters of the Mafia! The other is Pollica, the city of which our village Pioppi is an administrative part. None of this is for your paper.

About other persons at the Lab you should know that Henry Blackburn just received, belatedly, the American Heart Association Gold Heart award. He is now retiring from the directorship to have the freedom of a professor. There are four good candidates for the job.

Finally, I want to stress Margaret's fifty years of invaluable help to me and to many of our projects here and around the world.

As ever,

Ancel Keys