

Historic and particular comments and anecdotes are abstracted from letters of colleagues, friends, and research subjects at the time of Ancel Keys's Retirement Tea in May, 1972. The quotes are accurate. H. Blackburn



UNIVERSITY OF MINNESOTA
MINNAPOLIS

School of Public Health
5326 Mayo Memorial Building
Minneapolis, Minnesota 55455

393-3760

May 1, 1972

Dear Subject of Ancel Keys:

You may know that Dr. Ancel Keys plans to retire on June 30, from his position as Professor and Director of the Laboratory of Experimental Hygiene, School of Public Health, University of Minnesota.

As one of Dr. Keys' colleagues and friends over the years, we feel that you would want to participate in recognizing his outstanding contributions to research and education, and his years of leadership in the solution of problems of nutrition and cardiovascular disease. As a testimony of our respect and affection, we are planning to assemble a number of letters from friends such as yourself. These letters will be bound into a book which will be appropriately dedicated and presented to him at a reception to be given on May 22.

We hope you will write a letter to include with the volume. It may be long or short, recall some shared experiences, recount an anecdote, or simply express your best wishes. If in your letter, please describe the following:

1. The letter should be addressed to Dr. Keys.
2. Please do not hold the letter, and send it to:

Ms. Barbara Ketting
Box 191 Mayo Memorial Building
School of Public Health
University of Minnesota
Minneapolis, Minnesota 55455

3. Use paper 8 1/2 by 11 inches, if possible.

Since time is short, we would greatly appreciate receiving your reply no later than May 17, so we may enjoy sharing it with him on the 22nd. We hope you will join with us in this tribute to an outstanding man.

Very truly yours,

Taylor W. Anderson, M.D.
Dean Emeritus

E. J. Trautler
Dean

Joseph Anderson. Long-time Laboratory of Physiological Hygiene (LPH) biochemist.

Do you remember the satisfaction in finding significantly higher serum cholesterol levels in the schizophrenic men in Hastings Hospital when they were eating butter compared to the rice-fruit diet? I personally feel gratified that the random error of the serum cholesterol data have been kept within bounds.

Gaylord Anderson. SPH Dean and long-term supporter of the LPH as “Public Health”

During 35 years I’ve had the pleasure of watching you initiate and develop a pioneering program of research that has brought you well-deserved international recognition, broad distinction to the university, and laid the groundwork for a significant reduction in the toll of cardiovascular diseases. I can think of no one in the University who starting from scratch as you did who has achieved the same degree of eminence and scientific productivity.

Karl Anderson. CVD subject and NW Life Insurance Co. Medical Director.

It was about 27 years ago that you came into my office and introduced yourself. I was pleased with your personality and intrigued with your suggested study of heart diseases. As you will recall I then called my leading businessmen friends so you could go and interview them and get the human guinea pigs that you needed for your study. This started the most pleasant friendship over this number of years

Christ Aravanis. Greek P-I of the Seven Countries Study (SCS)

I recall the difficulties we encountered in Crete, from the dirt roads, the myriad fleas, the lack of electricity, the primitive housing, the cutting in half of the ECG paper, all now considered simply fun and the whole expedition a joyful task. I can recall many eventful miseries, some love affairs, some accidents trading gadget parts so others could survive. The study in Corfu was more civilized, more organized, more relaxed and fruitful and there is mounting interest nationally and internationally in the SCS.

Wallace Armstrong. Long-term family friend and prof. of biochemistry U of MN.

I recall particularly your work with August Krogh and Joseph Bancroft on ion equilibrium and transport, and on gaseous exchange and membrane phenomena. Just a few weeks ago I had occasion to read a paper by you and Bruce Dill on the base-binding capacity of blood proteins. Later still you made important studies in high-altitude physiology. But far more than most men you have had a varied scientific career and your work has markedly affected each of these varied fields.

Wallace Aykroyd. Nutritionist at Oxford and on the FAO Commission

I remember with pleasure your chairmanship of the FAO committees on calorie requirements. When I say pleasure, I mean it. At FAO we came across many kinds of Committee Chairmen and I know that the ones who like, yourself, could be firm and amusing at the same time, and keep members alert through long sessions, are very rare.

Reuben Berman, Mpls cardiologist and local collaborator and friend of the LPH

Let me recall with you the spring of 1955 when I had the unique privilege of working with you and Margaret on the coronary project in Italy and Sardinia. Sharply etched is the memory of our tours in Sardinia to the ancient Nuraghi led by Paul White, followed in straggling disorder by the Bermans, Margaret, and Henry and Kay Taylor.

Henry Blackburn, LPH colleague from 1954 to Ancel's death in 2004.

This event provides an occasion to say things that otherwise might not get said. That's about the only good thing one can say about a retirement tea party.

Your collaborators now express great pleasure at having been along with you in a superb adventure—one which you conceived, directed, and brought together so effectively and which fortunately will continue.

In addition to the concepts, the insights, and the great public health advances provided by the main lines of your research, the legacy of the use of regression equations to predict blood lipid responses from diet changes, and now to predict the probabilities of coronary disease from personal characteristics, has vastly enriched the biological sciences with use of the precise tools of the physical sciences.

I look forward to indefinite collaboration and consultation with you in attempts to further the concepts of physiological hygiene in the study of disease prevention.

I shall not even try to fill the big shoes you leave. But stick around and help us knock about the laboratory in our bare feet.

Warmest regards to you and to Margaret in your new tower in Minnesota and villa in Italy.

Nemat Borhani. UC Davis professor in preventive medicine.

As has been said about Sir William Osler, the mark which always distinguishes the truly great man is that his greatness is more and more appreciated as he moves farther away.

I have found your wisdom, your kindness and above all your modesty as your most inspiring characteristics. I cannot dismiss the thought from my mind that above the wisdom and the knowledge you possess you have the generosity and kindness to share your knowledge with everyone who comes in touch with you. You have a way of doing this with an absolute kindness and modesty that signifies your greatness.

Robert Bruce. Physiologist, cardidologist, author of the Bruce Test. U.W. Seattle

The clarity of vision by which you have defined your goals, critically evaluated methods and results, graciously mobilized and encouraged your colleagues, effectively developed an esprit de corps and loyalty, as well as the vigor by which you have defended and obtained your research grants, have all been outstanding.

More important perhaps than the scientific aspects is that you have been instrumental in demonstrating the feasibility and the effectiveness of teams of international collaborators--to learn to share common interests and fellowship. This has enriched the lives of participants, colleagues, and spectators alike.

I have felt some of the excitement of these endeavors. You have made the Laboratory of Physiological Hygiene one of the better known and highly respected components of the University of Minnesota.

Howard Burchell. Head of Cardiology, Mayo Clinic, then of the U. of Mn.

I think you have had a much clearer vision of the potential contributions of a health team in the prevention of heart disease than most practicing physicians.

Ellsworth Buskirk. Physiologist who left the LPH for a Penn State career

It was a pleasure to be exposed to deep human concern in investigative work oriented towards solution of some of life's major problems.

I was ever grateful for exposure to your astuteness, conceptualization skills, and diligence. The example you set was exemplary in so many ways.

Harold Carroll; CVD subject #249

All doctors agree that your routine chest x-ray detected the malignancy in its very early stage. I am now "going strong" and in good health. These facts and history justify the title: "YOU SAVED MY LIFE."

[Ed. This sort of fortuitous discovery was a not-uncommon happening in the project involving annual visits for many years!]

WO Castor; CVD subject #?

On a train ride with you from North Philadelphia to Atlantic City in 1949 you caught me off guard by questions whose substance I have never forgotten:

“Do you have a heavy load of routine work?”

“No, I have a technician to take care of most of the routine. A major part of my time is unencumbered.”

“Do you have all the equipment and laboratories you need?”

“Yes, I’m pretty well set up. I can get just about anything I can justify.”

After a moment of silence you said something to the effect of: “Well, this sounds like you have an almost ideal situation for you to demonstrate what you can do.”

I can wish no better for my students than that they learned some of the same attitudes, work habits, and talents that you passed on to me.

Mead Cavert. U of MN faculty in physiology

I have admired your intellectual and scientific leadership on our campus and throughout the world. Certainly it has been characteristic of this leadership that your laboratory has distinctively been the entire globe.

George Christakis. NYU internist-nutritionist

As a young physician I recall how brave were you to launch into the diet-heart field letting the data be your guide and not even wincing at the personal abuse you received from some of our friends in the meat and dairy fields.

Adrian Corcondilas. Greek internist and SCS collaborator.

Here in Greece, your contributions will remain everlasting. Beyond the scientific evidence establishing the rarity of heart disease in Crete and Corfu, there is undoubtedly some poetry in showing how healthy have remained the hearts in the Islands of Minos and Nauricaa.

Jerome Cornfield. Biostatistical wizard-pioneer at NIH and Johns Hopkins

I don’t suppose you remember those meetings of the subcommittee on design and analysis in which, in contradiction to orthodox statistical theory, you characterized as nonsense the idea that the conclusions we drew from a study depended on whether we

proceeded sequentially or nonsequentially! I never had a chance before now to tell you how influential your insistence on this point was in my thinking and how it helped to move me away from Orthodox Theory.

You may consider it a hell of a note to be told on the eve of your retirement that you bear some responsibility for making a Bayesian of anyone, but those are the facts, and in the spirit of intellectual honesty at all costs, that you have always acted upon, I feel compelled to place the responsibility where it belongs.

James Dahl; cardiologist. St. Louis Park Clinic

It was you, and people like Dr. Simonson and Dr. Taylor, that afforded me the opportunity to continue and complete my training in cardiology as well as introduce me to the scientific method as it applies not only to world populations but to the smaller population I deal with in clinical medicine.

William Darby; Nutritionist of Vanderbilt U.

Your classic studies on human starvation will remain a landmark; your stimulating work in relation to nutrition and CVD has had a worldwide effect. Your provocative and delightful communicative ability has added pleasant color to innumerable scientific discussions.

Thomas Dawber. Medical Director of the Framingham Study

In retrospect it does seem that the places we met were always pleasant and desirable, suggesting to us that, along with your scientific acumen, you have an appreciation also for good food, comfortable climate, and pleasant surroundings

Harold Diehl. Dean, U of MN Medical School

I will always remember your reply to Dr. Balfour and Dr. Wilson when I came to Rochester to tell them that we at Minnesota were anxious to have you for the new position we were about to establish and they asked if you were interested in it. Your reply was "yes." Then they asked why and were you dissatisfied or needed anything for your work that you did not have [at the Mayo Clinic]. Your answer was "no," but that you wanted to make some studies of normal young men such as were available at the University and that the Mayo Foundation "could never be a university."

How well over the years you have demonstrated that your decision was a wise one.

Andy Donta; Co-P-I Greek SCS.

Few of us realize the changes in mode of life which have taken place in the years since your activities have brought so many of us together and have told us to use a common scientific language. To remind you of some of these changes in one of the areas which you have helped transform, I'm attaching herewith some representative snapshots from Crête.

Richard Ebert; Prof, of Medicine. U of MN

The LPH has had an important impact on the department of medicine over the years. It has given an opportunity to many of our young men to participate in carefully designed research on human beings and to train them in research techniques. An outstanding example of this is Carleton Chapman, but there have been many others. It has also served as an important intellectual stimulus for all of us at this university.

I've been most impressed with the impact of your thinking on national research objectives. Largely because of your work, there is general agreement on the importance of diet in influencing the level of blood cholesterol and thus determining by these research findings that the diet of the American population will be changed, resulting in a great improvement for the American people.

Jesse Edwards; Pathologist at the Mayo Clinic and the St.Paul Miller hospital.

From the beginning of my career in cardiac pathology, your work has had an important influence upon me. Early, your significant contributions to the field of congenital heart disease in the form of your important study on patent ductus arteriosus is classical. Later, your profound and extensive work on atherosclerosis has, through the years, represented a contribution which has shown himself to be of lasting and significant value.

Fred Epstein. Pioneer CVD epidemiologist of the U of Michigan and Zurich.

Soon it will be exactly 20 years time we first met. The occasion was a lecture you gave at Mount Sinai Hospital in New York and where you stated formally for the first time your views on the basic nature of atherosclerosis. It was a historic occasion because you set the stage and pace for research into coronary heart disease in the years to come and along its major avenues of approach. This talk was attended as far as I can remember by not much more than two dozen people, but within a few years your work, by the sheer force of its plausibility, made such an impact that a talk by you will become a major occasion! You have not really much changed exteriorly in those 20 years, looking, standing, and striding as straight as you did then. Nor have your basic views changed as they stood the test of time. It is true that a number of your findings have become modified and the current multivariate picture has emerged to which you yourself have contributed so much in the recent past.

Great and creative ideas are usually very simple and you have been true to yours. Like all outstanding men in research, you never accepted evidence until you could prove it to your own satisfaction--especially in your own data. I learned this essential feature of great scientists as a medical student under Sir Thomas Lewis who would never believe what he had not tested himself and thereby could often be told by lesser men that he was not "up-to-date."

What makes a man great refers to what he did right and this will never be outdated! Thus, your monumental contribution will be remembered as it has become more and more part of accepted knowledge and fact, though not all who were not there at the beginning of time will be aware of who the great actors were who brought this about.

In your classical paper on "The physiology of the individual as an approach to a more quantitative biology of man," you're not only made for the first time a compelling case for longitudinal studies into the causes of aging and chronic disease, but showed by implication that it helps to be a good biologist in order to be a good epidemiologist! Thus, you were probably the first chronic disease epidemiologist who brought his knowledge of physiology and biochemistry to bear on the search for causes, as the great acute-disease epidemiologists had done through their knowledge of bacteriology..

Flaminio Fidanza. First "disciple" of Ancel Keys. U. of Naples

When I had the wonderful experience in Minneapolis with you it was a different approach to life and science. I improved always from my experience with you in scientific knowledge, and for me it was a great pleasure to collaborate for the benefit of mankind.

Sam Fox III; Former head, USPHS Heart Disease Control Program. President. American College of Cardiology

I'm heavily involved trying to get more funding from Congress for the heart effort. We're not sure what the conference committee will come up with in the appropriation area nor how the new attempts to enhance status of the Heart and Lung Institute will come out. It looks, however, as if we might get a larger increase for heart disease than ever before, but that is nothing to crow about after the many years of drought which have occurred recently.

Although we have occasionally found ourselves at different levels of persuasion relative to the emphasis to be placed on various reports of the influence of physical activity on coronary heart disease, I believe we have always been friendly colleagues in the pursuit of obtaining new and more definitive knowledge. You have done tremendous service for us all in pointing out the errors that existed in almost all of the studies (that I find strongly suggestive but certainly not providing the necessary proof) for the hypothesis that those

who are physically more active at an acceptable level will be able to retard the time of onset or diminish the severity of coronary heart disease, its manifestations and possibly even the atherosclerotic process.

[Ed. Sam spoke as well as wrote in such wandering Bureaucratese!]

There is a tremendous amount of work that needs to be done to examine this hypothesis and you have been quite appropriate in indicating the need to do this work at a definitive level.

Grace Goldsmith. Prof. of Public Health Nutrition at Tulane.

I particularly remember a meeting on lipids and atherosclerosis some years ago in New Orleans when, after the scientific sessions, we had dinner at Antoine's where, of course, we asked the well-known wine expert and gourmet to choose appropriate wines for the occasion. I recall that you did not like anything that the waiter brought and finally went back to the wine cellar and found something that you said you thought "would do." Since Antoine's is noted for having one of the largest wine cellars in the city of New Orleans this was appreciated by all.

I also recall you asked me to send you some New Orleans recipes for the cookbook you and your wife prepared a while back. I did not do so because as I told you it was my opinion that none of the delectable dishes could be prepared as tastily with vegetable oils or margarine as with butter. I still feel this way!

Tavia Gordon. NHLBI statistician.

We all need that kind of stimulation and critical attention you have provided to work in this field.

Jerome Green. Senior NHLBI scientist.

Your contributions to the control of human disease have been one of the salient features of medical progress in this century. It seems to me that your most unique contribution has been as an individual who stimulated and facilitated the advancement of our knowledge of human disease. You have been our persistent, pleasant provocateur.

I know of no other single individual who has done so much to bring cardiovascular disease epidemiology out of the realm of the abstruse and esoteric to the direct attention of the clinical investigator and more recently the practicing physician. You have helped us all with your penetrating insights and your sharp, ascerbic wit. The medical profession and the general public are deeply in your debt.

Herman Hellerstein, Cleveland Clinic clinical investigator.

Personally, I have appreciated the multifacets of your imagination, scientific astuteness, and good fellowship.

Austin Henschel. LPH physiologist who departed for OSHA.

Many memories push each other through the mind. Being shipwrecked off Gulfport; snowbound on Mt. Rainier; a week's activity in the French Quarter crowded into two days; six months of 10-hour days, seven days a week heat study during the cold winter in Minnesota; the V-J Day dinner party; Christmas parties; cook-outs; the never-knowing-what-to-expect-next starvation study; the publication date; and on I could go.

Robert Hodges. Prof. of Medicine. UC Davis.

The Laboratory of Physiological Hygiene will long be remembered for its creativity and productivity. You converted space that no one else wanted into a facility that everyone admired.

Hiroshi Horibe. Prof. of Preventive Medicine, Nagoya Univ.

You and your colleagues' influence was so great and insidious that I could not get back to my supposed life course to be a clinical cardiologist. . . but started the epidemiological study of cerebrovascular diseases in Akabane and Asahi village, later in Shirakaw town near Nagoya City, Japan. [Send a copy of this letter to him]

Max Kampelman. Conscientious Objector. Starvation study volunteer.
Diplomat who negotiated the SALT II agreement.

Your superior skills and understanding and outstanding leadership capabilities became most evident to me during that period. You were patient and firm. You were understanding but also demanding. You developed the staff that handled itself and the subjects in the most exemplary fashion and you earned the respect of all those associated with you.

Martti Karvonen. SCS P-I for Finland and Finnish Surgeon General.

In 1954 a young physiologist from Finland met you outside your laboratories in Minneapolis. A discussion emerged around the Finnish lumberjack and his coronaries. Mutual interests existed and you seemed already to be tuned to the puzzling problems of coronary heart disease in Finland. The year 1955 saw you in Helsinki and in 1956 we started working together in the romantic backwoods of Karelia.

There are glorious memories of tasting moonshine in the doctor's home, riding the battered POBEDA with entrance from one side only, and testing your ability to stand the heat in the local sauna.

We, your disciples and co-workers, thank you for our life adventure and our families join with thanks for our good friendship. My letter carries a whole bunch from Finland.

Albert Kattus. UC San Diego cardiologist

[In the White House Conference] our job was to point out the problems of over-nutrition in affluent society. As I recall our fulminations against the evils of obesity and rich foods were drowned out by demands of the poor peoples' lobby for a guaranteed annual wage and more food stamps.

Pavl Lukl. Pres. European Soc. of Cardiology

I cannot withhold expression of my admiration for your famous and unique achievements. How you assembled scientists 'round the globe to study with precise uniform measures the roots of heart disease, which after 20-years results point to saturated fatty acids, diet, and cholesterol as probable cause, and how you managed to give this vast treasure of information a final form with bounding practical hints—this required nothing less than an organizing genius.

Maybe the next years will bring some modifications and additions to it—this is the way of science--but everybody interested must build on your discovered and established facts. This is the right way of science.

My esteem for your work is at the same time esteem for your person. The combination of energy with broadminded judgment, of optimism and inner idealism, with sober and quick evaluation of people, courage for adventure and readiness to improvise, with a mathematical mind and a sense of humor, with grave respect for scientific truth--all this predestined you for leading; for charting a new chapter in the history of cardiology and making you a contradiction to the concept that in today's complicated world the role of an individual is more than problematic. . . . Please do not change!"

Sir Kempson Maddox. Past President, International Soc. of Cardiology

Your breadth of vision, imagination and tenacity have brought the importance of national diets and patterns of living into ever clearer focus in their relationship to diseases of the twentieth century. Your unusual gifts for organization, persuasiveness, and clarity of

expression have rallied the governments of many, often dissident countries, to a common effort of international research on a modern problem of major importance.

Haqvim Malmros. Prof. of Medicine of Lund.

When I met you in Helsinki last month you were just as you were 20 years ago: alert, buoyant, and interested in everybody and everthing. I am sure you will remain like this for many, many years.

(
George Mann. Vanderbilt. Long-term critic of Keys and (his term):

“Keysian sycophants.”

If your friends knew you as well as your antagonists, they would realise that, while you may shift positions, you will never retire.

I have an ancient Eskimo friend with a crippled right hand. Ekak injured that hand years ago when a harpooned whale dragged a damaged umiak and its men far out in the Arctic Sea. The only chance of their returning was to hold on to the whale until he took them back to land ice. Ekak held the bowline alone and they were saved, at the cost of his hand.

I see your role, Ancel, as a kind of Ekak in the front of the boat. Don't let go of the line!

Fred Mattson, chief chemist of Proctor and Gamble.

Personally, I am looking forward to many more years of being on the same, or opposite side of the fence from you—but never either of us straddling it. Let me add that even when I was on the opposite side I could not help but admre you and at the same time learn how experiments with humans should be conducted.

May all your years be *cis* and none of them be *trans*.

Frank McCormick. U of MN Athletic Director

Your coming to the university was at the suggestion of President Coffman that the Athletic Department conduct fundamental research. It was decided to study the effect of competitive athletics on the athlete heart. Dean Diehl of the Medical School selected you to conduct the study.

Alessandro Menotti, Italian investigator in the Seven Countries Study

My introduction to Prof Puddu, looking for help in the SCS field work in Italy, was due to my observations of the rarity of myocardial infarction in the undernourished patients of the hospital wards of Libya. A few days later you were so kind to correct, or better,

rewrite my article on those observations. In the paper I had quoted basic papers of yours before any idea about the possibility of meeting you.

From a common hospital doctor I have been transformed to an epidemiologist, thanks to your continued help, friendship, stimulating advice, and opportunity of cooperation with your laboratory and international program.

Olaf Michelson, collaborator in the MN Starvation Study, later at Michigan State.

There is no need to recount the many instances when you astounded those about you. Such was the case on the desert at Indio, CA early in WWII. The K rations were being parachuted by planes flying overhead; the temperature in the shade was 120 degrees. The heat did not phase you. While the rest of us attempted to benefit from the limited shade provided by the open jeep, you dashed across the desert to examine the ration cases as they reached the ground.

Then there was the time you were building the stone wall along the front of your home at Lake Owasso. Margaret mixed the mortar while you laid the stones. You had been conscious of an older man observing you over a protracted period. Finally, he came over and said, "Young man, I am a contractor and I can see that you are an experienced stone mason. If you will work for me, I will pay you \$10 over the going union rate. And if your girlfriend wants to join you, I will hire her also to mix the cement, at the going union rate."

There's not only your physical prowess and manual skill. You could have the lab group in for dinner and a long evening of interesting and stimulating discussion and then after the guests left, settle down to write out in longhand a review article. The next morning when you passed it around for comments and suggestions, we could only marvel at the perfection of the manuscript that you called "a rough draft."

Gordon Moe. Cardiologist. Masonic Medical Institute. Utica, NY

I merely want to say that I have mixed feelings about any s.o.b. who, upon reaching retirement age, still looks the same as when he joined the MN faculty over 35 years ago. Through those many years I have treasured, as a claim to fame, that you once offered me the chance to work with your enormously productive team.

May your wine cellar be full but always active!

J. Arthur (Jay) Myers. Senior faculty of the MN SPH and journal editor.

I have not forgotten those marvelous letters you wrote over a period of years from various countries where you were conducting research and the honor you gave me and the Journal Lancet by permitting us to publish them.

Irvine Page; grand muketymuck of cardiology.

As a scientist, gourmet, bon vivant, and valued critic, your retirement is anachronistic. You will never cease being any of these—and thanks God!

Fred Plane CVD subject #264

Where now do we get that water test, blood test, and 99 other tests warranted to a concientious guinea-pig?

Vittorio Puddu, ISC President and cardiologist of Rome

fin dal primo incontro-attraverso tanti anni di lavoro comune—ed anche di piacevoli convegni gasronomici e condominiali—ho sempre trovato in te un incomparabile Maestro di scienza, di vita e di mutua comprensione tra uomini appartenenti a tutti I popoli del mondo.

Charles Rammelkamp; internist-researcher of rheumatic fever.

I remember our joint service on the AHA Research Committee and our pleasant times together on travels to Europe. Since both of our interests were in the broad area of epidemiology, although using different technologies, you opened a broader vision of the field of cardiovascular disease to me.

Zdenek Reinis. Director of the angiology lab at Carolinae University in Prague

When I visited your laboratory for the first time I asked a cabman to take me to the U of Mn football stadium, Gate 27. He said: “Sir, you must wait a little. It’s only Friday today. The U of MN- Iowa game is on Sunday. Be sure it will be very exciting.” He couldn’t understand I preferred to see a famous scientist and pioneer of the epidemiology of heart attack whose laboratory was situated there!

Your untiring efforts to bring medical doctors, nutritionists, and statisticians all over the world closer together in the international struggle against coronary heart disease were extraordinarily fruitful.

Richard Remington; Dean, SPH U of Texas Houston and statistician

As a professional statistician I have personally found our hours together both interesting and stimulating. I wish more members of our profession were as critically curious concerning the methods they develop as you have been. If that were true, a great deal less nonsense would have appeared both in the statistical and epidemiological literature.

Carl Rice. Surgeon and Editor of *Minnesota Medicine*

If we could somehow or other have a new breed of civic do-gooders who would preach the value of maintaining good physical trim at all times; dietary control, weight reduction for the obese, exercise for the somnolent, rather than constantly proclaiming the need for better health care delivery—as if we could put it on a platter and bring it over—then I am certain that a great many of our physical and psychological ailments would mysteriously disappear.

Eldon Rice. USAID in Delhi. Nutritionist. Diet-Heart Study collaborator.

I've gotten rather far afield from diet-heart activities during the last year or so. Concern here in India is to produce enough of the right kind of food rather than to encourage selection of the right kind.

Simon Rodbard; Head of Cardiology at City of Hope; Duarte, CA

All of us in scientific pursuits greet you for your continuing contributions to man's understanding of himself.

Geiffrey Rose; Internist-epidemiologist. St. Mary's Hospital Medical School

Your thoughts have manifestly developed beyond their recent predecessors; your slides are always new ones and they present your own results. For showing that mental life and creativity can be maintained, for your intellectual straightness and intolerance of cant, and for your warmth and friendship—thank you.

Ralph Rossen; Former MN Commissioner of Mental Health.

I recall enjoyable evenings spent with you and Margaret, with conversations and arguments ranging from how to build a house, to wrestling, to the proper method of raising and caring for dogs.

You actually started a laboratory at Hastings State Hospital, the first step in linking our work with university research. Through the cooperation of your department, I have come to know the people working with you as close friends: Nedra Foster, Ernst Simonson, Henry Taylor, Henry Blackburn, Francisco Grande, and Joe Anderson.

Howard Rusk. Rehabilitation Institute, NYU Medical Center

I will remember our first meeting in the National Research Council during the war when you started your fundamental studies on bedrest. I know of nothing else that did more for rehabilitation than these baselines that you established. Let me predict that your retirement will be a myth . . .

Bernie? Rehabilitation Medicine. Brooklyn Kingsbrook Jewish Medical Center

I had a fleeting picture of you sitting in a rocking chair staring at the horizon--an amusing thought--highly improbable. I remember your darting intelligence and your kindness—although I think you took pains to hide the latter. It would be hard to find a more congenial and stimulating setting than the LPH.

Gerhardt Schettler; University Medical Clinic, Heidelberg

With all your energy and purposivity during the last decades you have contributed so much to clinical investigation around the world. It may take another few years before all your projects are fully recognized. [Ed. I love “purposivity”]

Although it was hard for you to keep contact with Germany after the early thirties, you always tried to be in connection with us your friends. This is highly appreciated and we will keep it gratefully in our minds.

Neven Scrimshaw. MIT. Nutrition Big Person

The encouragement that you gave me on a number of occasions during the early days of the establishment of INCAP and since, have meant more to me than you can possibly realize and the help and stimulus which you use to give your colleagues and students at Federation and other scientific meetings, I have tried in vain to emulate. By far the most memorable occasion for me is the event which introduced me to you. The second joint FAO/WHO Expert Committee on Nutrition held in Rome in 1951 for which your chairmanship was doubly distinguished professionally and socially. How nearly a dozen of us distributed ourselves in a horse and carriage for four passengers to search for a hamburger in Rome at 4 AM will forever be a mystery to me.

Nathan Shock, Guru on Aging. Gerontology Research Center NIH

Retirement is such sweet sorrow! Sorrow for the things undone and sweetness for the promise of the future. With your record of accomplishments I'm sure the occasion is one of sweetness.

How well I remember the battles joined and the victories won in the Research and Central Committees of the American Heart Association over the years—and after a night of discussion, hunting for a place that was still serving waffles at 3 AM.

Your contributions to science stand as a monument for which you may be justly proud. The Laboratory of Physiological Hygiene, for which you were the architect and builder, will, I am sure, continue the tradition of scientific excellence which you established.

Ernst Simonson. Physiologist and electrocardiographer in the LPH

It is now nearly 28 years that I joined the Laboratory of Physiological Hygiene. My long association with you was always stimulating, most rewarding, and a great pleasure throughout the various phases of our work: starting with poliomyelitis and the semi-starvation experiment and ending with the CVD and related projects.

Without your encouragement and criticism, my accomplishments, whatever they may be, would not have been possible.

James Sletto. CVD subject #?

With all your interests I am sure you will be as happy and as busy as you have always been. I hope that you will write your book on wines, a copy of which I surely want to get.

In these days of materialism, you must derive a great deal of satisfaction in the knowledge that you devoted your life to the betterment and advancement of your fellow men. So, in the future when we speak of you, we will say: “There was a dedicated man.”

Leon Smith. CVD man #?

I surely enjoyed my visits to your laboratory for the annual examinations. The courtesy, respect, and friendliness displayed by you, your associates and entire staff, to us the “guinea pigs,” was beautiful. I have the greatest regard for all of you and I am sure that I’m healthy because of your reports to my personal physician and the guidance I received as a result.

There were some amusing incidents along the way, such as the time Fred Goff lost his dentures in the underwater weighing tub. Also the frustrations I faced trying to find a pair of trunks that fit. Then there is the statement I credit to Nedra Foster that over the years she observed that our legs got skinnier and our trunks got shorter!

In my book, retirement was the world's greatest invention. If you ever go this way and would like to wet a line, I'm not hard-to-find!

Wesley Spink. Prof. of Medicine. U. of MN

I recall in your young bachelor days before World War II the best dinner ever served up to me and a few others that I've ever had in a private home! There were six or seven courses with appropriate vintage (all imported) for each course. Furthermore, you supplied us with a mimeographed sheet describing the history of each wine! When I returned home to my young wife that evening she said that I gave off the odor of a grapevine!

Jeremiah Stamler; fellow traveler.

Congratulations on evolving into this next fruitful, and pleasant stage of work and living, here and abroad.

Retirement? Hokum!

Lee Stauffer, Dean of the U of Mn School of Public Health.

It is probably true that's the School of Public Health is better known to many foreign countries than to several of the states of this country, due largely to your wide-ranging research efforts and the great identity this gave to the school in those efforts. I believe you can justifiably take great satisfaction in the achievements of your still-growing career, and the achievements of those scholars whom you assembled about you and helped guide in their own research accomplishments. Certainly the staff of the laboratory has been over the years one of the most productive units on this campus or virtually any other. In addition, those efforts are now providing the base for other wide-ranging research efforts in the applications of your findings to the control of chronic heart disease

Joseph Stokes III. Dean. UC Medical School. San Diego

For me you are a legend who became human. You're one of the stars which I used to chart the early course of my own career. Despite the fact that my maturity has turned you from a demi-god into a man--you remain one of my few idols whose feet have not "turned to clay." You are one of the most charismatic scientists that I know--full of restless energy, with zest for a good intellectual tussle and a passionate involvement in your work.

I recall with special pleasure the hour or two we spent together in the airport in Calcutta in 1962. You were in high spirits, warm and human. It was then I realized that, in addition to all else, you were most certainly dedicated to the improvement of the human condition.

Thomas Strasser. Belgrade colleague who became an officer of WHO.

I hear you are leaving the Great Old Stadium to become chairman of the World Academy of Epidemiology and Physiological Hygiene with headquarters in Pioppi. That's wonderful!

By the way, I'm not joking. You really did found such an academy in the classical sense of the word, a 20th century peripatetic School, walking not only on the hills of Athens but from country to country and continent to continent, acquiring disciples all over the world. I am happy to be one of them. You made the whole world a big epidemiological laboratory, punching weights and heights and lipids and ECGs on countless cards to summarize millions of data in a few lucid formulae.

I evoke an everyday detail from the lab. when you wanted to have a few minutes privacy (too many of us were dropping by your office with trivial questions). You used to hang on your door a big bunch of signs: "Do not disturb" in 17 languages, [signs] that you may have pinched from 17 countries' hotels!

I found this had the force of symbol. It meant there are differences between peoples and nations but they do not disturb men of science. On the contrary, they are a challenge to do ones best to overcome them. You did your best by setting a model of international scientific cooperation, an inspiring model that worked from the very beginning. I wish you, in Serbocroatian: Sretno! {"Good luck"}

Henry Taylor. Physiologist and longest-term, closest Ancel Keys colleague.

I believe that it was 38 years ago last October that I kept an appointment with my new tutor in biochemistry at Harvard College. The dialogue started at that meeting has been going on with some interruptions ever since.

You established the Laboratory of Physiological Hygiene in 1938 and I joined the staff as a graduate student in the spring of 1939. You defined physiological hygiene to me by stating your belief that the mode of life and the differences between individuals in biochemical variables should be related to the development of subsequent chronic disease. The years have proved your insights to be highly useful.

It is certainly not an understatement to say that the activities of the laboratory group going forward under your guidance have been for me the major preoccupation the last 32 years. By any reckoning, the accomplishment has been substantial. What has been done,

as you and many others have pointed out, has been worthwhile and, for me, the doing of it has been on the whole, great fun.

Finally, I got the benefit of your advice (some of which I have not taken) for four decades. While the directorship of the laboratory is now passing into other hands, I personally look forward to more of the same both here and in Minnelea. As ever, Henry

Richard Varco. Prof. of Surgery. U. of MN.

It is reminiscent of two termites floating on an ever smaller chip of wood, with one musing lugubriously: "Surely, we can't have finished off the entire Ark."

Just so, you and I might recall, with clear memory, delightfully pleasant months as younger men working together in Millard Hall and today note, with surprise, that time, inexorably, has consumed with equivalent voracity our elapsed years. Yet, confronted by the certainty of the real world about us, we know it is true.

On that basis it is particularly reassuring to look at how much, and in so many ways, you have accomplished within that period of grace.

Maurice Visscher. Prof. of Physiology, U. of MN

It is hard to believe that you have reached the ripe old age at which academic apples fall off the tree. It seems only yesterday that you joined the Department of Physiology and we remodeled the northeast portion the third floor of Millard Hall to accommodate your treadmills and other laboratory and office needs.

It seems a little more distant that Frank McCormick had such surpluses in the athletic department funds that he was anxious to fund a large share of the expenses of the scientific program on the physiology of exercise. There was a far different environment from the one in which his successors are crying about deficits and legislative appropriations to meet them.

The whole face of science was changed by World War II and its sequelae. Who would've dreamed that a man who discovered the chloride-secreting cells of the fish would become a leading epidemiologist in the field of acquired cardiovascular disease by the time of his retirement.

Like your uncle, Lon Chaney, you were able to do well whatever you turned your hand to! You have brought distinction, albeit with some healthy controversy, to the University of Minnesota. Congratulations on several jobs well done.

Owen Wangensteen. Pioneering professor of surgery, U. of MN Medical School

Ancel, you undoubtedly have unfinished significant contributions still to be infused into the literature of nutrition, physical activity, and atheromatous disease. Therefore, despite the magnetic attraction of the warm Italian climate, lovely home by the sea, and Italian cooking, sweetened by Margaret's deft hand, I believe we shall continue to have the pleasure and opportunity of seeing you occasionally on the Minnesota scene.

Sally and I hope you have happy cruising in your official but only ostensible retirement. Those who have found great happiness in satisfying work will not be content to remain idle and I know that neither of you be willing to forego the keen and felicitous pleasure of contented industry, which, as Will Mayo said, is the Mainspring of human happiness.

C J Watson. Prof. of Medicine. U of MN Medical School

I have followed your work over the years and I do congratulate you on making so many important contributions to our knowledge of the metabolism of starvation and of the chemistry and epidemiology of arteriosclerosis. I think of your early, stimulating studies of the porphyrins, and then one way count myself fortunate that I did not have you as a competitor over the years, but on another, I regret your giving them up when I think of how much more we might know now had you continued in this area.

I remember with keen enjoyment our expedition to Mount Rainier with the Mountain Infantry, Col. Isker and others and how I strove to treat your laryngitis with a ham sandwich on the grounds that the persistence of your ailment might be due to a deficiency imposed by the K ration! That was a memorable adventure!

Ever since you showed me pictures of your home in Italy, then still an embryo, I have held in mind it might be a fine idea to drive by someday and have a look at it in the flesh and enjoy a visit with you. . . It is nice to think about.

Paul Dudley White. Companion medical Marco Polo

Buon Viaggio to the gentler climes and new pastures of Magnum Grecia, more suitable to the greyer locks and thinner blood, and nearer by some thousands of kilometers to your epidemiological subjects scattered throughout the old world.

Ina and I have delightful memories by the score of our travels together and of the things you have taught us to delight our tastebuds, to entrance our vision, and to stimulate the cells of our cerebral cortices. And we hope that our reunions are far from over.

One that we must make up for was that one last September when fate demanded that we visit Peking instead of the lovely isle of Corfu and your own Minnelea. Better luck another time!

Meanwhile have a little rest from your pioneering labors of mid century and beyond. I for one and we for two send you our special thanks for having dislodged us 20 years ago from our dedicated pursuits of the single sick man, woman, and child, to the broadest field of public health to complete the orbits of the individual and the common good.

Arrivederci!

Robert Wissler; Pathologist of atherosclerosis. U. of Chicago.

I remember so vividly the days in the early 1940s almost 30 years ago when I first heard about this earnest and brave scientist from the north who was interested in protein deficiency and its correction in Man--subjects that my chief, Prof. Paul Cannon, was deep into studying in experimental animals. So we followed his work with great interest and benefited from it as he worked ahead to develop for the Quartermaster Corps rations to be used to rehabilitate the starving millions.

To my delight I found a very few years later as I turned to the study of experimental atherosclerosis that this same stellar scientist was also pioneering in this important field of endeavor, with an emphasis once again on what was really happening in Man.

And so, over a period of 30 years I have followed in your footsteps and benefited from your work and your example. What has impressed me has been your concern for humanity and the dignity with which you have approached each facet of the many important problems you have studied. Your scientific contributions are great but your contributions to the brotherhood of man must be at least as great.

Stewart Wolf. Clinical investigator. Marine Institute. Galveston

Your work on semi-starvation during the war was one of the real beacons for me as I was coming along; and although we have not always taken the same view of the phenomena associated with atherosclerosis, I think that our interpretations are growing closer and closer together. In any case, you have my warm wishes for further achievements.

Luther Youngdahl. Senior United States district judge, CVD subject #?

Having been one of the some 300 original guinea pigs in the cholesterol tests commencing a quarter-century ago, I've come to appreciate the high-quality leadership you have rendered in this and similar programs relating to research, education and in the solution of problems with nutrition and cardiovascular disease.

I shall always remember the conferences held with you in your office after annual examinations and the confidence you instilled with respect to my health [Ed. we

discovered Gov. Youngdahl had malignant hypertension, one of the main reasons he took a federal judgeship over continued political activity].