

THE UNIVERSITY OF TEXAS -- MEDICAL BRANCH  
GALVESTON

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THE SCHOOL OF MEDICINE  
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THE JOHN SEALY HOSPITAL  
THE CHILDREN'S HOSPITAL  
THE PSYCHOPATHIC HOSPITAL  
THE ROSA AND HENRY ZIEGLER HOSPITAL

July 7, 1959

Dr. Ancel Keys,  
Laboratory of Physiological Hygiene  
Minneapolis 14, Minn.

Dear Ancel:

Thank you for your note of 24 June, 1959, and I most humbly beg your gracious pardon for not having written to you sooner to congratulate you on your book "Eat Well and Stay Well". Mrs. Keys and you have certainly done an excellent job in getting your diet plans together and allow one to eat well without digging one's grave with one's teeth. I have been delighted with it and my patients who have purchased it have been very well satisfied. I have followed it fairly closely, but I have dropped only a few pounds. Anna Williams was happy to have a few of her recipes included in this scholarly work. The book is clear, concise, readable and practical. A few more corn oil recipes might be a little bit advantageous to add.

Your plan for a new section is most promising. I am glad, but not in the least surprised to hear that your work has been so well received in England, Sweden, Finland, Holland, Switzerland, Spain, Mexico, Brazil and Chile and that it is being translated. It will do a great deal of good in bringing the physicians of the western world closer together.

My heartest congratulations to you and Mrs. Keys for the splendid job that you have done, for our people and for those of the world who will listen to your more rational and helpful ways of eating and living.

With warm regards,

Cordially yours,

George R. Herrmann, M.D.  
Professor of Medicine

GRH:dn