

UNIVERSITY OF *Minnesota*

SCHOOL OF PUBLIC HEALTH • LABORATORY OF PHYSIOLOGICAL HYGIENE
STADIUM GATE 27 • MINNEAPOLIS, MINNESOTA 55455

January 16, 1980

Henry Blackburn, M.D.
Stadium Gate 27
University of Minnesota
Minneapolis MN 55455

File corres.
To be done by HLT

Dear Henry,

Herewith is a copy of a letter to Harvard University Press which the Stamlers will mail from the States when they get there in a couple of days.

Note that the last letter from the Press (dated Dec. 4 and mailed to Minnelea) says that bound copies of the book are expected around January 18th. The colleagues, with addresses, named in my list to the Press are: Aravanis, Dontas, Gyarfás, Djordjević, Fidanza, Kromhout, Karvonen, Lamm, Buzina, den Hartog, Toshima, Moháček, Nedeljković, Puđdu, Púsar, Menotti, Mancini, Stamler, you and Henry Taylor. Please advise the Press to add Kimura to the list (omitted inadvertently).

/ Done.

Here we keep remarkably busy, in and out of doors. Martha is here to stay a few weeks.

Regards, as ever,

[Handwritten signature]

Ancel Keys

CORRES: KEYS



UNIVERSITY OF MINNESOTA
TWIN CITIES

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January 29, 1980

Dr. Ancel Keys
"Minnelea"
84060 Pioppi
Italy

Dear Ancel:

This is just a hurried note to let you know that your letters concerning the 10 year publication were too late for any action on our part. I only hope that your page of acknowledgements will sufficiently identify your colleagues, their contributions, their titles and their locations such that you will maintain their good will. Obviously this is a crucial issue that should have been made clear to publishers and a page of well-worded acknowledgement and description.

Since we never here saw any page proof of these undertakings, there was no way we could contribute. My understanding with you when you called me one day was that you would reproduce the acknowledgement page in the five year volume and update it. Let's hope that they do the job. We look forward to seeing copies in the next days. There was no question of adding good friend Kimura's name by the time we received your letter, but I have instructed the Press to forward bound copies of the book to him.

Thanks for your note about Menotti and a Seven Countries extension. I am sure our colleagues understand why I have not forwarded the Seven Countries continuation application since September. If not, the enclosed letter should clarify the matter. I welcome your suggestions, ideas on format and budget for the various centers, inclusion for some funds available for your travel and operations back to Minneapolis, etc. Clearly, however, I think the study should be under management which assigns responsibilities to others, to encourage their active interest, participation, and credit. If I do not feel the situation can be managed for any reason on our part, or yours, or the collaborators, I of course will not assume direction.

Here things go reasonably well and I am getting a little more on top of things. You will be pleased and perhaps amused for some news that we have made a thoroughgoing, internal evaluation of data processing in the laboratory--a little late for your purposes--and we are quite sure it will be more effectively administered in the future. With poor administration and poor machines, the situation obviously broke down badly for too many years. We now have an improved administration and it is even going to be more so with an overseeing group, and we apparently at long last have a computer that will do the job.

CORRES - KEY 5

Minnelea, 84060 Pioppi (SA) Italy

1 March 1980

Prof. Henry Blackburn
Stadium, Gate 27, U. of M.
Minneapolis 55455

Dear Henry,

Thank you for the copy of your letter to those concerned about a possible extension of the Seven Countries Study with new entrants. Aravanis, Kromhout, Menotti, Punsar are definitely interested and Menotti has given me a copy of his recent letter to you. I think the idea is good and would be glad to help but of course finance is a big problem.

Menotti and his colleagues at the Institute Superiore di Sanita, Farchi, Verdecchio and Capocaccia-were down here for two days this week and we had long and useful discussions about possible future field work and analyses of data on hand..I shall bring with me a draft ms. they wrote and they will send a copy of another that I vetted while they were here.

I think it important to have full agreement and understanding between LPH and the Istituto group. Best would be if you could spend a day or so in Rome before summer. In any case, I hope it would be possible to get a little help for Menotti to spend some weeks in Minneapolis. Alessandro is prepared to pay his own travel, including that of Maria Luisa and the children, but some subsistence money is needed.

I presume you and Henry T. have copies of the Harvard Press book. They had their way with the makeup, uncluding the title page (which I first saw when I received books) Menotti and the Italians are impressed but they wish more detailed tables had been included. (Impossible. Harvard Press was alarmed about so many detailed data as it was.) Martti Karvonen 'phoned from Dortmund; he also is pleased.

Henry, in my current work on old CVD data which Margaret and I transcribed some time ago by hand from original raw sources I find we missed getting death years for ten men: nos. 225, 432, 451, 455, 464, 471, 480, 484 and 488. Could you have someone dig these out to await my return on March 14?

We leave here March 8. I am to be installed by President Kekkonen as a member of the Academy of Finland on March 10 and we must stay in Finland several days as guests of the Academy.

We hope things go well with John and all the family,

PC ✓
RF6:
Please do.

UNCLES - KEYS

Minnelea, 84060 Pioppi (SA) Italy
14 May 1980

Henry Blackburn, M.D.
Stadium, Gate 27
University of Minnesota
Minneapolis, Minn. 55455

p.c. Colleen
Margaret
put in addn. file

Dear Henry,

Thanks for the copy of the letter to you from Ruth J Hegyeli (a new name to me).

Of course I am greatly interested in the U.S. - Italy Joint Symposium scheduled for Rome, December 1 - 5, 1980. I see it is "to be held in honor of Dr. Ancel Keys," but this is the first intimation about it to that person. Perhaps something was mailed to me at the University in Minnesota but anyway, where do I stand, if anywhere, in this affair?

We (meaning Margaret and I) would like to attend and, if pressed, I could even say a piece that would not be simply a rehash of old stuff. There are complications of expense and schedule.

Re schedule, we arrive in Minneapolis from Argentina via Equador November 12 and must be in Spain by evening of December 4 for Rafael Carmena's symposium at Murcia, December 5,6.

The Spaniards will pay our expenses to, from, and in Spain. To join you 3 days in Italy we'd need costs for Spain-Italy-Spain and stay in Rome arriving there November 30, leaving December 4. I'd be grateful if you would contact Hegyeli and advise me, preferably by telephone. You can dial direct (011-39-974-90-51-06) and it costs no more than a few exchanges of letters. If useful, I could 'phone Rodolfo Paoletti.

In regard to "quality control" of Seven Countries examinations in Europe, I agree that something better should be sought and that Alessandro Menotti would be the ideal person to take charge. However, I have no "leverage" on Alessandro now. He continues to be a loyal and competent colleague but I cannot pay him and cannot ask him to do this and that for old-times' sake.

Here we keep very well and trust you do too.

Best wishes,

(Signature)
Ancel Keys

P.S. Sending mail registered here only costs a lot and assure slower delivery!

(Signature)



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May 27, 1980

Dr. Ancel Keys
"Minnelea"
84060 Pioppi (SA)
Italy

Dear Ancel and Margaret:

Thanks for your 14 May note. I have sent the news by Carrie that you can surely expect to receive notification in due time about the December Symposium. I would imagine it would be from Professor Paoletti, but am not sure. I don't think you or I or anyone else should make further inquiries until the announcement has been made and sent you. Simply set aside those dates on your calendar. There is, of course, little question that your transportation would be taken care of, but I have no direct knowledge of that, or their support for Margaret's travel.

I would imagine that the meeting would be a working one at which time you might be wanted to give a formal scientific presentation as well as a personal commentary at the time of your recognition. But I am not directly involved with the details and I think we should play it by ear at the moment.

I have known Ruth Hegyeli since 1973 and she has held the International Office in NIH for at least eight years, being administratively responsible for the U.S./Russian Health Treaty, the U.S./Italian Health Treaty and the soon to be U.S./Chinese Health Treaty.

It might be worthwhile for Raphael to consult with Paoletti on the possible overlap of one day between his and the Italian symposium, particularly if it will be involving any similar people. Otherwise, we'll simply have to hope that the conflict is not serious. At any rate, I suggest that you not contact Paoletti or Hegyeli until you are notified directly. I will ask Colleen to follow your mail carefully and let you know if there appears to be any news arriving here.

We are terribly busy planning for the community prevention program. I have just had the blow of having to return to San Francisco to pick up John and bring him home with a recurrence of his cerebellar mass. He is on the borderline of internal hydrocephalus with some unpleasant cerebellar symptoms. We brought the whole family home for the Memorial



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COMBES - KEYS

June 3, 1980

Dr. Ancel Keys
"Minnelea"
84060 Pioppi (SA)
Italy

Dear Ancel:

Every time I think things are getting settled on CVD and Seven Country analysis, it continues to fester. Epidemiologists and statisticians very generally work on physiological data in which they are not expert, as you well know, Ancel. Dr. Gillum is a distinguished young cardiovascular specialist with special training in epidemiology. He has a grant and the responsibility to produce data in the young CVD group. He has agreed to leave the adult CVD to you. That hassle was too great for him and I'm sure you have enough to do otherwise.

I am closer to your philosophy than his on the competence issue, but these data were indeed lying very fallow and I for one am happy that he is exploiting them in the young CVD group. He and we would welcome your collaboration (a giving collaboration). We have asked you to state very explicitly the publications that you plan to prepare in the next period and work out a way in which these do not conflict with his responsibility in the young CVD. I don't think you'll hear anything more from him on the older CVD.

What is so terribly unfortunate is that the climate I've tried to develop here, with people interacting with different skills, each seeking out the other, doesn't involve you. But you need to come halfway and give some of yourself to those who follow--other than the distant Grant Ol' Man. We, and they, are here, with open arms, good heads and strong legs.

A new abstract will go to American Heart arranging to remove your name.

It has been marvelous to see how rapidly you have moved along with the alpha lipoprotein article. You will be accused of "me-tooism", but I'm sure it's worthwhile to get an independent look at these matters.

John is in recovery after an extensive five hour procedure in which they were much more radical than the California surgeons. They seem pleased with their handiwork and I'm just crossing my fingers to see whether he can talk when he wakes up! (He can and does!)



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CORRESPONDENCE - KEYS

June 3, 1980

Dr. Ancel Keys
"Minnelea"
84060 Pioppi (SA)
Italy

Dear Ancel:

I'm having the visit in my home this week of T. Fukumoto from Ushibuka-shi. When I thought about passing him on a copy of your new book I was mortified to find that his name was not mentioned (he was our principal host in Ushibuka) and number two, the name of his brother A. Fukumoto was misspelled Kukumoto! Just in case there is a future addition!

Cordially,

Henry Blackburn, M.D.
Professor and Director

HB:mb

Minnelea, 84060 Pioppi (SA) Italy

16 June 1980

D. Henry Blackburn
Sadium, U. of Minn.
Mnneapolis, MN 55455

file correct

Der Henry,

Your letter of June 3rd is most welcome. First, of course, is the encouraging news about John. We trust the more radical 5-hour surgery, plus radiotherapy, does a real job. In the meantime it is rough on you and Nellie as well as for John.

Re Gillum, I well know that currently epidemiologists and statisticians very generally work on physiological and other data with no expertise except some statistical theory and experience in pushing stuff into the computer. That alone might be acceptable but too often they end up by drawing conclusions and writing papers for publication. I deplore this innovation in which statistical theory and computer output pretend to replace real knowledge about the variables, the methods used to measure them, the subjects of reference and all the accumulated biological science that may be concerned.

As I write this I can't help contrasting Donald Reid and Bradford Hill on the one hand, and Jerry Morris, Tavia Gordon and Jerry Cornfield on the other. Donald and Bradford Hill helped with statistical design and theory in many investigations but never presumed to first authorship except when they really were truly knowledgeable in the subject matter.

If the Gordon-Morris-Cornfield, and let us add Gillum, approach persists, it is dangerous for medical science to submerge everything in a welter of statistical manipulations with little foundation in the medical sciences.

But enough of that noise. I should be glad to collaborate in analysis of data on the young CVD group on subjects on which Gillum is "expert" and would not ask to be an "author." On the other hand, I want to analyse the data on body form and basal metabolic rate of that group, quite apart from their subsequent disease experience.

- 2 -

Re the older CVD men, you will have seen that what I sent to the Lancet could never suggest "me-tooism;" quite the opposite. Currently, I have been working diligently on mortality of the older CVD men and the results are most interesting.

Finally, I enclose a check for \$500.00 for Alessandro Merotti. He was anxious to have some dollars as soon as he gets to Minneapolis. When we arrive on July 9th I'll advance him another \$2,000.00 which he'll repay in Lire here.

All the best to everyone,



Ancel Keys

copies - keys

"Minnelea" 84060 Pioppi (SA)
21 September 1980

H.W. Blackburn M.D.
Stadium Gate 27, University of Minnesota
Minneapolis, Minn. 55455

file correct.

Dear Henry,

Time flies in a blur of too much to do. Early tomorrow morning we'll drive to Rome, leave the car at the airport and fly to Stockholm where I'll mail this in the hope of less delay than mail from Italy.

From Minneapolis we came through direct, including 5 hours' wait at JFK, taking a taxi from Leonardo da Vinci to the Stazione Termini just in time to struggle aboard a train with no time for tickets, let alone lunch. By telegram we had asked our car to be at the station of Agropoli and when we got there only a few minutes late the car was there and Beppe (I don't know his full name) was there to drive us to Minnelea in the fading light. A few minutes later the Karvonens turned up; they had arrived by car from Germany an hour earlier.

Three days later we had repacked and were on our way back to Rome to leave the car at Fiumicino and fly to Athens where, changing planes for Chania, we joined the Carmena and the Grandes and eventually we all joined for dinner at 9+ pm, we at least, again very weary.

Chania was alright but much time was lost waiting for the buses that took us back and forth between hotel and the meeting place (25 minutes each way), So the days were long, the food so-so but overly abundant, and nothing new of consequence was reported. My duties were done by the third day of the 5-day schedule so we ~~wegged~~ off and flew to Athens to stay overnight before flying back to Rome and the 5-hour drive to Minnelea.

Our six weeks in Minneapolis were busy, busy for me and absolutely at the worst of times to talk with you. We were greatly pleased to see you and Nellie return from the west in far better shape than when you left. I am reminded that at no time did I talk to you about your loss == what was there to say? But time heals -- or at least it dulls.

Here our phone has been overly demanding and the film crew from London descended on us, ten strong, for three days, as agreed to long ago when I learned that the job was to be a straight-forward documentary on the coronary problem, paid for the Merck, Sharpe, and Dohme with no advertising

They have already done pieces with Daniel Steinberg, Jack Strong, Tom Clarkson, Norman Miller, Harry Keen and all is under editorial control of Barry Lewis. Holmes and Associates, who are doing the job, are competent decent people who are getting to be highly respected in the medical documentary field, at least in England and Australia.

By now you may have seen the review of the Harvard Press book in BMJ 6 Sept., p. 671. Eventually I trust we'll see reviews in The Lancet, N.E. J. Med., etc. Incidentally, the Lancet paper on HDL cholesterol should be out any day as will be, also, my Atwater Memorial Lecture (in full in Nutrition Reviews.)

I have been spending many hours with cholesterol and other raw data on the CVD men but I find some serious discrepancies in computer printouts so must again go back to the original chem lab notebooks in Minnesota to untangle the story. But some things are crystal-clear, including the fact that serum total cholesterol is not a risk factor for anything after about age 65 to 70.

Some time before I left Minneapolis Karen Virnig said that John Vilandre was putting the physical exam data of the cvd on the file for the years after the 20th anniversary of entry and she would have a printout for me before we left. I did not get it but it would be helpful to send it here. I yielded to entreaties to act as chairman of a round table at Fiuggi early in October but otherwise we'll be here until October 30 when we take off for Argentina and thence, eventually, getting to Minneapolis about ~~October~~ ^{Nov.} 13th. Two weeks later we must leave for Rome and then to Spain for December 6 and 7.

After Spain we think to return to Minnelea and forego Christmas in Minnesota. Too much ^{travel} ~~rare~~ for us at this age! So it seems that we will celebrate the holidays here with the Karvonens and the Stamlers.

Forgive the lousy typing! It is not all my fault; this machine is very much out of order.

Margaret joins in sending all the best to you and yours,


Ancel Keys



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October 2, 1980

Dr. Ancel Keys
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Dear Ancel:

Many thanks for your September 21st note. Yes indeed Nelly and I were far better off on our return from backpacking in the West. We had an unimaginable period of suffering in support of our dear old JB. We have both returned more or less to full function but not with as great enthusiasm as usual. We are now enjoying John's last two gifts to me, the first a Cuisinart and the second my old MG in the shop to have the motor rebored. We did a TD tour of Lake Pepin this weekend in the fall colors. I highly recommend to you a stay in the impeccably renovated St. James Hotel on main street in Red Wing. The restaurant is passable and the rooms in the hotel are charming and there are very pleasant walks, museums, antique stores and bluff climbs about.

It is marvelous to see your remarkable activities, professional and social. I am sorry that the Olive Oil meeting was not more fun but was glad to get a postcard from all, presumably at the head of the gorge at Samaria. You will recall that Noboru and I descended it a few years ago. I am anxious to do it again but climbing up this time rather than down. My hip still hurts a little from that 26 km. ordeal, down and down.

I have not yet begun to plan for fall travels where I will spend a few days in Thessaloniki at a European Society meeting presumably with Christ and also with the Epsteins. And then later, of course, we will be involved at Rome. I really have little idea about what new to say about the nutritional aspects of hypertension but maybe I will come on to something. Any ideas?

I am looking for the 7 Country book reviews. If you did not see the remarkable review by Stalloner in Science last year, you must see it on your return here.

In regard to your finding on cholesterol and risk I see no reason a priori to suspect that any primary risk factor would be particularly important after age 65, and don't quite understand placed emphasis on that message. I would be surprised if anything less than the equivalent of 2 liters of wine or 2 packs of cigarettes or a blood cholesterol of 400 would have a very strong influence on anything for you hardy survivors to age 70.

October 2, 1980
Keys Letter
Page Two

We now have a computer center manager in the young, ambitious and apparently effective person of Dean Surbey, who has been around the Lab for a couple of years. He is taking to the job very well. We were unable to get a Paul Canner or a Curt Meinert type but are pleased so far with Dean's performance. I have addressed your request to him for the CVD clinical endpoints data which I had laboriously updated through the 60's and Richard Gillum, with similar labor, through the 70's. In the future your data request may be made directly to Dean, please with carbon copy to me and Davd Jacobs and I think you will find that our service will be better. I'm shoring up alot of things that have been unacceptably sloppy, as you well know, over recent years. The first, of course, is to have a data center committee and an effective production manager that will bring the place on line and accountable. Dave Jacobs has finally acknowledged that he has a better investigative mind than administrative and we are proceeding accordingly. You may also be interested in the enclosed on laboratory organization. It makes a totally different outfit but is becoming more efficient. I am obviously having to delegate a lot of responsibility with attendant errors of commission rather than omission. With soon to be 25 faculty, 200 employees, and a 5 million dollar a year budget, in four centers, it is an institution of considerably more difficulty and complexity (and less fun) to manage, but we will do our best.

We enjoyed our evening with you and the Fetchers and subsequently have had an evening at their place with the new director of the Science Museum, an interesting family. Our youngest, Heidi, started veterinary medical school today and so far it seems a breeze. She is a solid worker. Katia is a converted Westerner in Oregon. Best regards to Margaret.

Cordially,

Henry Blackburn, M.D.
Professor and Director

HB:jml

Enclosure

*Roughly please:
all
Janet - need enclosures
attached before.
Sipping. Thanks*