

corres - Hawthorne



The University of Michigan

SCHOOL OF PUBLIC HEALTH
DEPARTMENT OF EPIDEMIOLOGY

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Dr. Henry Blackburn
Professor and Director
Laboratory of Physiological Hygiene
School of Public Health
University of Minnesota
Minneapolis, Minnesota

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CB

Dear Henry:

It was most kind of you to let me have a pre-print of your excellent review of Diet and Hypertension. I found the presentation easy to read and culturally stimulating and I did not lay it down until I had got to the Public Health message! I think I now understand you and certainly Dr. Freis rather better in your support of salt. Your well-reasoned, rather low-key presentation was most convincing. If nothing else, you have moved me towards a much more enlightened state of mind as to the strength and significance of the association! I do hope something emerges from the North American studies now in progress.

I seem to remember from the CDC document on promoting health and preventing disease, that there were measurements of salt intake in the American population. It would be interesting to know what contribution change in salt intake has made to the current status of CVS in US; and whether a more sophisticated study should be set up to monitor future change. The salt problem is probably like tobacco with some important political lobbies to keep things going, but I am impressed by the public attitude to salt in America compared to Scotland where food tends to be salted before tasting. A simple question like, "Do you add salt to your food before tasting it?" might be the basis for a telephone-type survey of a very large population.

Henry, congratulations to you both. The paper is the sort of thing I would like to have accomplished. I am sure others will find it as useful and stimulating as I did.

Kind regards and best wishes,

Yours sincerely,

Victor M. Hawthorne, M.D.
Professor and Chairman

P.S. You have probably noticed there is a line missing at the top of page seven.

IEH in Edinburgh last 2 weeks without rain! I was at the "Computers in Medicine" meeting at Strathclyde in Glasgow but committed to Edinburgh for two days for our 2 papers. I missed Giff personally but he gave his usual excellent keynote address. Met Patric Hermiter and many of our mutual, old friends!