

Friday Oct 18, 2019  
Jeremiah Stamler, MD  
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Dear Jerry,

This is to let you know how sorry we are to miss your 100<sup>th</sup> celebration! I do pretty well going into the office a few hours at a time. But I'm still quite frail. Ancel was right when he found those who had lost 20+% of their body mass needed to eat 4000 Kcals/day to recover. I barely can get down 2000! The idea of a day of airplanes and conference and banquet is quite beyond me. I'm coming back, but am not there yet.

We are happy in our new apartment, with a treadmill and a salt water pool handy. I am writing on the 40-year and 300-letter correspondence of Howard Burchell and Frits Meijler they sent me before they died--great fun--and the JUMBO piece I sent you is accepted by AJE.

We'll be thinking of you and Gloria on the big day and during the week's deliberations to rehabilitate the International Society, all with interest and spiritual support.

I enclose my copy of the personal note sent you at the time of the 85<sup>th</sup>, which, along with the 90<sup>th</sup> in Pioppi and the 95<sup>th</sup> in Chicago, we were so happy to attend!

With warm regards and gratitude and affection.

Henry (with Stacy)

November 19, 2004

Jeremiah Stamler, M.D.  
Preventive Medicine Dept. Northwestern  
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680 North Lake Shore Drive. Suite 1102  
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Dear Jerry:

For some reason I missed the invitation to send a personal letter on the occasion of the recent delightful StamlerFest. I send along these heartfelt notes that you can include in the volume or just read and throw. I never knew, at the time you involved me in the

Coronary Drug Project, whether you knew how deeply I was in (temporary) disfavor in my beloved Minnesota institution at 'The Lab.' The details are not important now, but I felt I was at a dead end. Getting the ECG Center, and then sitting on the CDP Steering Committee, involved me in an exciting investigation, provided a needed and useful occupation and research experience, and started my education in the design and operation of trials. More important, you provided a model of team research leadership that guided me over the long term at Minnesota (while at the same time the contrast led to my intense dissatisfaction at the early direction of MRFIT!).

When you get back to writing your memoirs, which all your colleagues would love to read, I hope you also will get back to reading mine, if only to see some thoughts about our long association. I quote a segment in my chapter on MRFIT:

“ ... the model I had in mind for such a large and complex project was that of the Coronary Drug Project, which had Stamler in the chair, a trial-experienced Steering Committee, and the savvy University of Maryland Coordinating Center. Few participants will forget the effective and harmonious pursuits of that study, with its knowledgeable national leadership working side by side with a strong steering group and an out-going, involved coordination center. Not seeing these happy parts falling together for MRFIT, I became frustrated and impatient.”

The recent Chicago evening at the ‘working session’ of INTERMAP at Bice Restaurant took me back to those fine times, seeing again the salubrious ambiance you create for a study, the individual contributions, and the cohesion and effectiveness of your far-flung crew. Quite remarkable.

I once rationalized that my energies directed to ‘institution building’ at Minnesota were important, though carried out at much sacrifice of collaborative researches. Witnessing the fragility of academic institutions nowadays, I find your model of research leadership the more focused, viable, and satisfactory one.

Thanks for the good years. I look forward to your contributions to our present history project in CVD prevention research and to conversations during its several stages of preparation. Check out the site and use its Google Custom Search:  
[www.epi.umn.edu/cvdepi](http://www.epi.umn.edu/cvdepi)

With best wishes, regards, and affection,

Henry Blackburn