

1952
Kyoto, March 28th

Dear Family,

Arrived here this afternoon by Japanese Airlines plane from Tokyo to Osaka , from Osaka to Kyoto by train. The plane and train service are both vry good, the only problem being to keep one's feet in the football-like charge the Japanese make whenever a gate or door is opened. Ordinarily a very polite people, they push and shove thru a doorway like a pack of hungry dogs who smell some food inside. Kyoto was sunny and some ten or fifteen degrees warmer than Tokyo when we arrived, and after checking in at the Hotel we went out to walk around and explore. There are hundreds of Shinto and Buddhist shrines and temples here, old castles, art museums, and so on. We took a few pictures but are planning on taking one of the conducted tours in the morning to see the places of most interest and get ourselves oriented.

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Out to dinner at this point--we had a delicious fish called amadei cooked in a very good wine sauce. Afterwards walked along the streets where the shops are--all open in the evening and gay with neon lights, which are really artistic with large Japanese characters in all colors. About every fifth store is a camera shop with everything in lenses, cameras large and small, and tripods, etc, all Japanese made. The fruit and vegetable stores are attractive, with many strange vegetables as well as many familiar ones. Their fruits are quite familiar, with oranges, tangerines, grapefruit, apples, and the largest, reddest strawberries I've ever seen . We had some for breakfast and they were delicious.

This morning is grey and raining, so we decided to skip the tour fo_r the time being, hoping for an improvement in the weather. Meantime we're going to a lacquerware factory nearby after a bit to see how they make their lovely cups and saucers, lacquer boxes, etc., and perhaps to buy some.

While I think of it would someone please look up for me in the Saturday Evening Post of March 10th the article by Alsop on a restaurant in Tokyo and send me the name of it. I read the article on the Plane to L.A., but have some how lost the paper on which I wrote the name. We'd like to try it when we return to Tokyo.

To go back to Honolulu, we stepped off the plane to find sunny, very warm, and very windy weather. The United Airlines people hung leis of a kind of aster around our necks. We'd gone two steps when we were greeted by Dr. Larsen with more leis---mine was plumeria, a white flower somewhat resembling a gardenia, and very fragrant. Our pictures were taken (The one Evelyn sent to the Haney's) and Ancel answered a hundred questions for the reporters. Dr. Larsen took us to our hotel where I bought a bathing suit at the McInerney branch in the Hotel, their newest branch store, and we all went out on the beach, where a large group of tourists were playing guitars and singing Hawaiian songs under the guidance of a very dark and wrinkled Hawaiian who looked at least seventy, if not a hundred years old. The music was very pleasant, the beach wide and sandy, the water lovely (73 degrees) with no breakers on shore because of the reef a few hundred feet out. Newcomers

were easily spotted as every one else had a beautiful tan. We'd no sooner finished our swim and were dressing for dinner when Dr. and Mrs. Warren White arrived to greet us, with more leis--mine was of orchids this time---and invite us to a reception at their house for Dr. and Mrs. Paul White and us on Wednesday . We had a quiet dinner at a nearby restaurant (I had lobster) and early to bed. The next morning we were up early, had papaya and rolls and coffee---I loved the papaya-- and by noon had met all the people with whom we were to work at the ~~Kuakini~~ Kuakini Hospital, which is the Japanese Hospital, had unpacked and set up our equipment and were all taken to Queens' Hospital for lunch, followed by a quiz session. Back to the Kuakini where we got everything ready to begin operations on the following morning. Had dinner at the Halekulane Hotel, next to the Reef, with Mr. and Mrs. Mal Herz and their son Mike, who was having his spring vacation from College. The Herz' live at Excelsior---you remember we went out there for dinner last fall. After dinner, which was Hawaiian food, we watched a delightful performance of hula dancers and Hawaiian music on the terrace in front of the hotel facing the ocean.

Next morning twenty-six volunteer Japanese-ancestry subjects---- All went very smoothly---the Kuakini people were really wonderful--not only in their co-operation with our work, but in things like driving us here and there , bringing us morning coffee, feeding us lunch in the diet kitchen---very good food too. That evening was Ancel's lecture to the Dietetics Society, and before the lecture we were the guests of Mr. and Mrs. Cooksey (Mrs. C. is president of the Dietetics Society) and Miss Miller, the head of the department of Nutrition at the U of Hawaii. The dinner was at a restaurant called the Tropics, and we had our first taste of mahi-mahi, a local fish and very good. At the meeting afterwards we were again presented with leis--this time mine was pink carnations. Also we were introduced to Mrs. Boatman who is a cousin of mine.

Saturday was a workday, too, followed by cocktails at Dr. Larsen's home, a lovely spot on the beach south of Waikiki toward Diamondhead. The Herz' were there, too, and we joined them and some friends of theirs for dinner at Fisherman's Warf---avacado stuffed with crabmeat and baked---yummy.

Sunday morning Dr. Larsen picked us up at ten to take us on what he called a "photographic tour" of Honolulu. We stopped to take pictures of a fascinating assortment of churches, were taken to call on Dr. and Mrs. Liljestrang who have a magnificent modern house halfway up the mountain commanding a complete view of Honolulu, and sea and the mountains. The house itself was really out-of-this-world, complete in every detail with huge picture windows, a dream kitchen a huge rec. room with pool table, built in movie projector, ping-pong court, trapeze, punching bag, etc. etc. Marvellous closets which appeared out of the ~~wal~~ panelled walls at the touch of a finger. The kitchen was all organized in work centers, with a baking center, wonderful storage cupboards with everything within easy reach---a foldaway ironing center, ditto sewing center, two

electric ovens, a huge custom built stainless steel stove with large serving space and six burners and a deep well. One refrigerator in the kitchen, another in a sort of alcove where there were all the glassware and supplies for drinks, as well as a separate sink. Of course, dishwasher, automatic clothes washer and drier---work desk with built in typewriter, recipe files, telephone etc . A lovely breakfast nook looking out on their swimming pool, with the mountains and sea beyond. One room was a hobby room for the children (4). One was a dark room for the development and projection of pictures. Built-in Hifi system in the living-room. Nothing that one could imagine was left out.

We went from there to see Mrs. McCoy's orchid greenhouse. I've never been particularly enthusiastic about orchids, but then I'd never seen the hundreds of different and beautiful varieties which I saw in Hawaii---they were marvellous.

Back to the hotel, a drink with Lucy and Bud Chandler, a simple supper and wearily to bed. Monday morning 37 subjects, lunch at the Straub Clinic---with a lovely spray of orchids at my place. That evening Dr. and Mrs. Chinen took us to have dinner with an 88-year old Buddhist priest who was a friend of theirs. He was a darling little man, with a long white beard. Unfortunately he spoke no English, but the Chinens translated for us. His housekeeper had been busy for two days preparing a Japanese dinner for us. We sat on chairs at a table, but ate with chopsticks, which I quickly learned to manage---I didn't want to miss any of the good food! We started with raw fish with a mustardy sauce, served with shredded raw turnip, followed by rice cakes made of cooked cold rice arranged in little cakes wrapped in black sea weed and decorated with bits of carrot, etc. for color, and the whole arranged on a big tray with green leaves so the result was of a beautifully arranged centerpiece. We then had tiny shishkabob---very good. Then the main course which was sukiyaki. This was cooked right at the table in a chafing dish sort of thing and consisted of thin slices of beef, sliced onions, celery, mushrooms, tiny peas in their pods, bean curd in little cakes cooked in soy sauce and rice wine---very good. This was followed by shrimp tempura, which were huge shrimp dipped in batter and fried in deep fat. We had quava juice to drink. Then a lovely green salad, then little pink cakes which looked like very stiff jello, but was made with agar-agar and flavored with cinnamon. Then tea, then rice-flour cakes with fortunes inside, then fruit, then the problem as to whether or not we could stand up and walk out to the car.

Tuesday, our last day of subjects at the Kuakini, we had dinner with Andre Mott-Smith, his wife Elaine, and his sister Virginia at the Outrigger Cane Club, another lovely spot on Waikiki beach. They were all darling youngsters--- Andre has grown a bit since I last saw him twenty years ago on St. Paul. He's well over six feet tall.

Wednesday we loaded up the Chinen's car and Dr. Larsen's car with the

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whole team and equipment to study subjects at two of the sugar plantations. We had an interesting drive around the island, a beautiful lunch at one of the sugar plantations, a trip thru a sugar refinery and back to town in time to do our chemical work and dash to the hotel to dress for a dinner given for us by ~~the~~ George and Mildred Burr, who used to be at the U. of M. and have been out here for ten years. Another lovely lei---this time pikake, tiny white flowers, very fragrant, much like jasmine. A good U.S.-type dinner at the Pacific club, and an interesting group of about twenty people. Thursday was a tag-end-errand sort of day, with the Annual Dinner meeting of the Heart Association in the evening where Dr. Paul White spoke---this time a lei of elima, a tiny orange flower. We did manage to see the ~~Aquarium~~ Aquarium and Kodaks' free Hula show given outdoors so that everyone could take pictures--it was given in the morning.

Friday we packed up at the lab., Mack and Gladys Riley picked us up at five and took us out to their house for drinks. They've just completed a new house, another simply elegant modern house, built with a small old Hawaiian house as a beginning with the whole thing in the same style outside. They gave me a beautiful lei of gardenias. After we'd seen their house and eaten some divine canapes with our drink, they drove us to the Larsens, where we were invited for dinner. This was another huge party, another pikake lei, a lovely dinner of curried chicken rice, tiny Chinese peas, baked bananas. Very good indeed. After dinner Dr. Larsen showed us some of his color slides of Japan and Hong-Kong----fascinating.

Saturday we took all the gang to lunch at the Willows---a perfectly charming Hawaiian-style restaurant--all outdoors with grass roofs over the tables. We had a Hawaiian meal of poi, chicken luau, lomi-lomi salmon and cocoanut pudding.

In the afternoon was the Warren White's reception which had to be postponed from Wed. because the Paul Whites were delayed by the snow storm in Boston. The Warren White's also have a lovely house on the mountain side---we stood in line, decorated this time with white carnation lei, and shook hands with 250 guests. After this Dr. Larsen took us out to his house to relax a bit, then to the Hawaiian Village where we saw the floor show and had a bit of supper, then to the Airport where we had a tremendous send-off by the Warren Whites, the Paul Whites, the Chinens, the Mimotos, the Mott-Smiths---all with leis.

Such was Honolulu---about Japan, more later. Please send this on to Carrie, Martha, and Henry and Joan and the Haneys and Aunt Edith.

With love to all,

Margaret