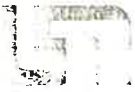


TURNER



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August 28, 1986

Richard Turner  
Western General Hospital  
Edinburgh, EH4 2XU

Dear Richard:

I had not heard of your accident and am distressed to hear about it. The blow to your head clearly hasn't muddled your senses. It is marvelous that you're back in the saddle and that you are preparing a book much needed on the same. I don't know of any major pearls of wisdom that have come from this side of the ocean in recent times. The American Heart Association has just released a new policy and I will get it to you as soon as I get a copy for myself. There is a lot of nonsense about mono-unsaturates, which probably won't hold water and a vigorous debate in the American Journal Clinical Nutrition. The American Journal of Epidemiology is increasingly involved with our concerns and you should thumb the last few years issues. Will be pleased to know that the voice of Peter Ahrens and Michael Oliver are like sounding brass and tinkling cymbals in this country. Things moved forward well. Public opinion continues to move more rapidly than the profession.

Hegsted did indeed do a marvelous job with the Atwater lecture. Thanks for the quotation. One remarkable change in this country that the old American Medical Association is coming around to the American Heart message and is the strongest opponent of tobacco smoking in this country now. I don't know who is responsible for this change in policy, but it is a very exciting one.

Cordially,

Henry Blackburn, M.D.  
Professor and Director

/dlm

Attachments

Attachments:

- The Primary Prevention of High Blood Pressure
- The Low Risk Coronary Male
- Sources of the Diet-Heart Controversy
- Risk Factor Control in Coronary Heart Disease

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*Reply on Daye  
8/27 done 8/20/86*  
*Send to Psychiatry  
+ to Psychiatry  
Hall.*  
18th August 1986.

Dear Henry,

I much regret being out of touch. One reason is having had a severe blow to my head with which I smashed a driver's windscreen from the outside but cleverly turned it in the appropriate direction so that my spectacles fell on the passenger seat, unbroken! My son rushed after the ambulance saying "he may need these later" which was true.

Anyway, the chief purpose of this letter is to thank you once again for your list of publications. I have at last found a suitable colleague in my successor in the hospital. He is going to retire, sensibly, a few years early to give up routine work and concentrate on writing up his own material and joining me in a book for the British. As you so rightly said in Berlin, Americans are not obsessional about diet but merely better informed. You know well enough some of our problems such as John McMichael but there are also some with our mutual friend Geoffrey Rose who is so kind to everyone that he will not speak up and signed the now notorious COMA 1984 Report. Since only science can win the day in the long run - it may of course be a long run - we shall concentrate on this but cannot altogether exclude UK politics and the disaster of the Common Agricultural Policy.

I am sure I have most of your publications, anyway over the last fifteen years or so, but there may well be some others with special paragraphs or wisdom needed for quotation. You very kindly gave me a copy of Levy and co's book and there is the Hospital and the Royal College of Physicians' library ready to hand for everything except the relatively obscure such as the proceedings of conferences that few take - except of course Michael Oliver. I don't think he will ever get round to what might reasonably be called orthodox preventive cardiology.

If you can think of any of your 'pearls' with spare copies of reprints it would be of great value to us. You know what we need, and the more we can quote from successful American enterprise the better.

Professor Henry Blackburn

18th August 1986.

Mark Hegsted has concisely put, for example, in a few lines in his Atwater lecture\* what many must have thought for many years but not expressed so well. Anyway, this letter is I hope to renew past acquaintance and to continue to benefit in our enterprise.

With kindest regards,  
Yours sincerely,

*Richard*

R W D TURNER

P.S. My co-author is Arthur Kitchin who, up to now, has been too busy with routine work, as I used to be. For example, if someone collapses in the CCU he insists on rushing off instead of finishing the paragraph on which we are engaged, and so on. He is going to retain one third of his job and retire from the other two thirds without non-stop routine, critically important duties at which he is expert. He has a clearer mind and can express things more briefly, to mutual benefit.

\*HEGSTED D.M. The Atwater Memorial Lecture, 1985.  
Nutrition Reviews, December 1985, 43, No.12, 357 - .

"One of the most important developments in nutrition, which is still widely unappreciated but has probably done more to influence nutritional thought than any other, has been epidemiology, especially the epidemiology of the chronic diseases. It is unfortunate that relatively few members of the nutrition community - defined as those with special training in nutrition who might classify themselves as nutritionists - have contributed much to such important developments. Rather, the majore advances have come from epidemiologists, cardiologists, cancer specialists, and the like who have no basic interest in nutrition per se. They have been forced to become interested in nutrition simply by the weight of the evidence."