

SENIOR RESEARCH FELLOW  
IN PREVENTIVE CARDIOLOGY

LATELY READER IN MEDICINE  
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Professor Henry Blackburn,  
University of Minnesota,  
MINNEAPOLIS.

Dear Henry,

This is a delayed reply to your very helpful and detailed letter which came in an impressive "Overnight Express" envelope. It is good of you to take so much trouble. An exchange of ideas might stimulate the un-enterprising British and perhaps one day we could put together a possible extension of the hugely successful line you have been taking in the US in reducing CHD.

What I have attempted to do off the cuff is to make a summary of what I have been thinking by way of background information for my Lancet brief on Cows, CHD and the CAP. I assume the stimulus was the forthcoming financial collapse of the disastrous Common Agricultural Policy (CAP) of the EEC. My plan is to fit as much on the causes of CHD into the dairy and beef side of the cow. In the event it is a substantial proportion and clearly factory farming with intensive feed (with potential direct human food) applies also to sheep, pigs and battery eggs because the hens are intensively fed mainly with soya beans.

First I should explain that my seemingly inexplicable reference to imported beef was when the beef side of the cow began to play a larger part in our lives. In fact most relevant facts about CHD have taken place in less than 100 years. Next came the discovery of margarine made with beef fat and then pasteurisation, which proved to be a mixed blessing, and finally factory farming with intensive feed.

In summary, most of the CHD story fits into this background. The battery system for eggs (cholesterol) enormously increased consumption. The hens, of course, are factory fed mainly with soya beans which is factory farming.

In brief, epidemic CHD is mainly due to cows, eggs and factory farming. The answer for farmers may have to be soy instead of cow milk and beans instead of beef.

How do these suggestions fit into the USA problem, and is there a combined US/UK solution which is relevant to all cow countries?

Kind regards,

*Richard W. D. Turner*

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Encl.