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May 23, 1995

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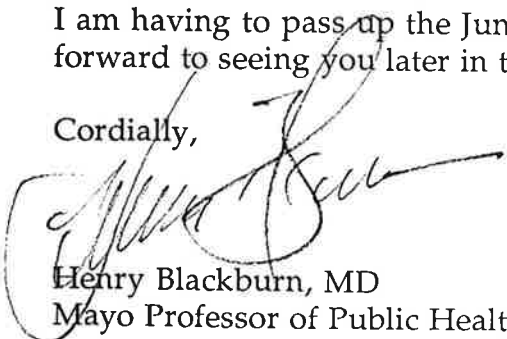New York, NY 10012-1172

Dear Colleague:

I am belatedly getting around to reading your marvelous draft on Mediterranean diets. Please send me a reprint when it is published. I believe it is the first time I have seen the recommendation made so clearly to adopt a cultural pattern of eating rather than just addressing foods and nutrient composition. That's always been the way I have attempted to educate our students and experimental participants and communities. But as you point out, it runs headlong into the pressures of the meat and dairy food producers.

Particularly in the cardiovascular and cancer scientific community, there has never been adequate resolution of the issue of the relatively high fat diet of Greece and its freedom, until recently, from specific diseases and its good general health and longevity (under all the conditions of living in Greece).

I just finished the enclosed edition of the first of my "memoirs." I hope to get a better reproduction of photos in a separate printing, I send this along for your amusement. Clearly it is not oriented specifically toward observations of diet, but is more a general reflection of our trials and tribulations in the field.

I am having to pass up the June meeting of the FDA Advisory Council but look forward to seeing you later in the year.

Cordially,

Henry Blackburn, MD
Mayo Professor of Public Health

p.s. I also send along the little volume from our Japanese 35th Anniversary of the Seven Countries primarily because of its chapters on changing characteristics of these populations. Unfortunately, these have not been adequately or systematically approached. We ran out of money a long time ago for the Seven Countries Study.

w/2 books