

Ancel Keys
410 Groveland Av. No. 802
Minneapolis MN 55403 (SA)
25 May 1998


Dear Friends,

We are just back from Minnelea, our home in southern Italy. I wanted to write to you personally, but my bad vision has worsened to the point that writing is now very difficult so I am impelled to write a common letter.

First, here is a copy of a letter from the President of the International Society of Cardiology. It is gratifying to have this recognition of my seventy years of research work.

Alas! time has taken it's toll. My vision is now so bad I cannot read newsprint or typing. My second TIA destroyed my automatic control of physical balance. After falling down several times, I can only walk carefully with a cane, most of the time with someone holding an arm. So I am only slowly active at the computer. Still I can do some useful work. Margaret, aged 88, is well and a great help.. I am just finishing writing a report on "Longevity and Body Size of Men in Middle Age.". I am sending it to Alessandro Menotti and Henry Blackburn, suggesting they be co-authors. I enclose a copy of a Table in it.

I admire all of you and am grateful for your friendship. I wish everything good for each of you. In my coputer each of your names is in my Diectory "PALS".


Ancel Keys

COPY

Ancel Keys
410 Groveland Av., no. 8032
Minneapolis, MN 55403
8 June, 1998

Dr. Lester Breslow
10926 Berango Road
Los Angeles CA 90077

Dear Lester,

We were delighted with your visit, seeing you so spry, with so many interesting things to say, all belying the fact that you graduated in medicine sixty years ago!

I am much interested in what you told me about a prospective study in California. As I understand what you said, the findings in that study are like those in the Senen Countries Study in showing no relation of disease and mortality to body weight. Can you give me some details? How many subjects, what ages, how long a follow-up, what findings in regard to body weight and incidence of illness and mortality?

In the analysis of your data, the use of so many variables in a single analysis makes it impossible to evaluate the significance of each of the characteristics. I suggest you make an analysis confined to one sex of healthy persons. That would indicate the statistical significance of those few characteristics.

I enclose copie of some unpublished tables on Seven Countries findings. These are for your private information.

The newspapers are making a great deal about body weight and health, saying that most Americans are seriously overweight and subject to illness and premature death on that account. There are no data to support all this alarm and the public is being subjected to what I consider a lot of harmful nonsense that is calculated to promote the sale of reducing pills and machines. I think we and otherw who know the facts from prospective studies should disabuse the public. At least we should demand that the promoters of the claims about body weight show the evidence for what they claim. What do you think about this?

All good wishes for you and your wife.

Ancel Keys.

Ancel Keys
410 Groveland Av, no. 802
Minneapolis, MN 55403

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August 1998

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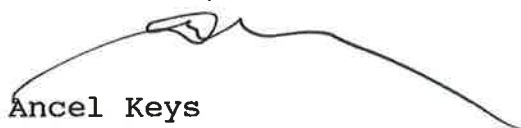
Dear Henry,

Here is a copy of a letter to Lester Breslow.

Several years ago I sent you a ms. on longevity and body weight. I now propose to replace that with a report on the relation of longevity and body size. I enclose 2 pages of the beginning text and 4 tables. Rose Hilk will add the data on Dalmatia completing Table 1. She also will make the calculations for the relation of mortality to body width as measured at the shoulders and hips.

I am now so blind I cannot go on so I must ask you to take over to complete what I think should make an important report. I will help as much as possible.

Yours,


Ancel Keys

*O.K. Ancel: maybe we can make
some progress with Menotti's visit.
Henry*