

SOS

July 7, 1995

Dear Henry,

I was so pleased to receive your new book.

I haven't finished it yet, but have hit all the high spots, and found it a real experience to get it in a new perspective. Outside of a few home movies which you showed us years ago, all the names and locations were so much a part of my daily life, yet focused from the Lab's point of view. Your book completes the perspective by putting the experiments and the many people, many of whom I knew during their Lab visits, into their own home settings.

I was particularly interested in the sections on U.S. Railroad Study and the one on Junkets and Anecdotes. The latter section put the whole study into a human-interest aspect that was probably unique, and certainly great reading. The Railroad Study for me was all conversation and statistics over a period of years. I had never had any first-hand experience.

You really had some adventures! I think it would be fair to say that it is a book that needed to be written. From my own viewpoint, I had never read anything with so much human-interest slant on a scientific study so large and so long.

Good wishes for its great popularity, and many thanks for remembering me with a copy.

Sincerely,

Norris

Norris

Schultz

UNIVERSITY OF KUOPIO  
Department of Medicine  
P.O.Box 1627  
FIN-70211 KUOPIO  
FINLAND  
Telephone+358-71-172 159 (office)  
+358-71-364 2804 (home)  
Telefax +358-71-173 993

25 September, 1995

Professor Henry Blackburn  
1525 Kaltern Lane  
Minneapolis, MN 55416  
U.S.A.

✓  
pc RL  
file SCS letters

Dear Henry,

I do hope that this letter finds you and Stacey well. I have been reading with great admiration and interest the recollections of yourself and your coworkers on the Seven Countries Study. Another connection which brought you in my mind was the newly established European Society of Cardiology Population Studies Lecture. I was invited to give that lecture which now, when it was held first time at the annual congress of the Society in Amsterdam, was given in memory and honour of our late dear friend, Geoffrey Rose. Ceridwen was in the audience which gave a special momentum to my lecture. Because you were one of the most important coworkers of Geoffrey, I thought that you would be interested in getting the text of my lecture. Please find it and some of its key figures enclosed.

Send  
SCS book

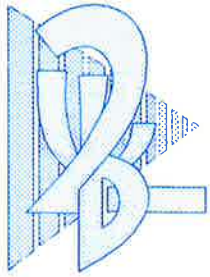
Russell Luepker has invited me to the symposium to be held in your honour in next May. I have promised to give in the symposium a talk on risk factor developments in Finland. I am looking forward to that opportunity to see you again after long time.

With warm regards to Stacey and yourself from Ritva and me,

Yours,

Kalevi Pyörälä

Enclosures



Epidémiologie, Santé publique et Développement (U. 330)

Directeur : Pr Roger SALAMON

May 10, 1996

*Folder:  
SCS book letters*

**Professor Henry Blackburn**  
Division of Epidemiology  
School of Public Health  
Suite 3000  
1300 South Second Street  
Minneapolis, MN 55454-1015,  
USA

Dear Dr Blackburn,

Thank you very much for your kind letter of April 16 and the excellent book "On the trail of heart attacks in Seven Countries" that I enjoyed very much reading.

In a few days I will send you, unfortunately only in French for the present time, the book on my quest for the healthy diet.

Thanking you very much again,

All the very best.

Serge Renaud  
Research Director



Telephone 0171 391 1680  
Ext  
Fax 0171 813 0280

DEPARTMENT OF EPIDEMIOLOGY AND PUBLIC HEALTH  
1-19 Torrington Place  
London WC1E 6BT

31 January 1996

*File SSS  
letter.*

Henry Blackburn MD  
Division of Epidemiology  
School of Public Health  
University of Minnesota  
Suite 300  
1300 South Second Street  
Minneapolis  
MN 55454 1015  
U S A

Dear Henry

I cannot remember if I wrote, but even if I did it deserves a second letter to tell you how much I enjoyed 'On the Trail of Heart Attacks in Seven Countries'. It gave me a perspective that, in my ignorance, I did not have on this wonderful era in the development of cardiovascular epidemiology. It was also a wonderful read, and a lovely account of your early history. Many thanks.

With best wishes.

Yours sincerely

*Michael*

Michael Marmot



Per RL  
file SES  
Book letters  
HP

Bethesda,  
September 20, 1995

Dear Henry,

Just a belated note to thank you very much for a copy of your "On the Trail of Heart Attacks in Seven Countries" and for your kind inscription.

I took it to North Carolina's Outer Banks to read and enjoyed it tremendously. Not only do you write very well, you make it fun to read and almost let me pretend that I was there too.

These were such important studies that it is valuable to have word from the "trenches" to put a human sense on the scientific journal publications. Again, thank you very much.

You will have been saddened, as we were, to hear of Fred Epstein's death. A major loss for us all in epidemiological science and in friendship.

Best regards  
Gardner McMillan



**BAYLOR UNIVERSITY MEDICAL CENTER**

An affiliate of the Baylor Health Care System

Baylor Cardiovascular Institute

July 12, 1995

*7 American book*

Henry W. Blackburn, Jr., M.D.  
Professor and Director of Laboratories  
Physiological Hygiene  
University of Minnesota  
Stadium Gate 27  
611 Beacon Street SE  
Minneapolis, Minnesota 55455

Dear Henry:

Many thanks for sending me a copy of your new book, *On the Trail of Heart Attacks in Seven Countries* and for writing your gracious note to me on its title page. I appreciate both very much indeed. I am really delighted that you did this book and I congratulate you for doing it in a style which makes the reading so fascinating. I do a yearly column on good books in cardiology and the next one will appear in the January 1, 1996, issue of the *American Journal of Cardiology*, and I will be sure to make some comments on your book there.

I hope things are going well. Thanks for remembering me and congratulations! All the best.

With warm regards,

William C. Roberts, M.D.  
Executive Director

WCR/mm

(313) 995 4360

1602 Leaird Drive,  
Ann Arbor,  
Michigan, 48105,  
U.S.A.

August 29 1995

Dear Henry,

### **THE SEVEN COUNTRIES STUDY**

It was a real pleasure and a great privilege to receive a personally inscribed copy of what is already a classic tale of epidemiology! It was also great to know that the author was still gainfully employed but beginning to enjoy a little more well-earned leisure in Stacy's company.!

I'm still commuting to the Edinburgh College and the Diabetes Registry (2400 insulin-treated diabetics screened six-monthly for albuminuria and followed up to five years) ; and at home here I have embarked on the Women's Pooling Project (Tecumseh, Framingham, San Antonio, Evans County, Charleston and Rancho Bernardo) - with males and Paisley / Renfrew still excluded by EB-C! But time will tell!

Thank you again for the remembrance - a wee minding they would call it in Scotland!

Kindest regards,

Sincerely,



Victor Hawthorne, MD  
Professor Emeritus of Epidemiology



HARVARD SCHOOL OF PUBLIC HEALTH

Department of Nutrition

February 26, 1996

*Please return mic.(pc.)  
to book to Fred - Stone.  
fill SCB book letters*

Dr. Henry Blackburn  
Epidemiology - University of  
Minnesota  
1300 South 2nd St., Suite 300  
Minneapolis, Minnesota 55454

Dear Henry:

Your brief Reflections on the Seven Countries Study  
was most interesting.

Please send me a copy of Reference No. 2. My check for  
\$20.00 is enclosed.

Regards.

*Fred:  
my treat!  
Thanks for your interest.  
Jenny*

Sincerely,

*Fred*

Fredrick J. Stare, M.D.  
Distinguished Professor  
Emeritus  
Founder, Harvard's Depart-  
ment of Nutrition

FJS:ims

Enclosure



## KURUME UNIVERSITY SCHOOL OF MEDICINE

67 Asahi-machi  
Kurume, Fukuoka 830  
JAPAN

Department of Internal Medicine (III)

phone +81-942-31-7562  
fax +81-942-33-6509

July 6, 1995

Henry Blackburn, MD

Mayo Professor of Public Health,  
Division of Epidemiology  
School of Public Health, University of Minnesota,  
1200 Second South Street, Suite 300,  
Minneapolis, Minnesota 55454 USA

*file HB SCB  
Sook Anney*

Dear Professor Blackburn :

Thank you very much for the beautiful book , On the Trail of Heart Attacks in Seven Countries. I am deeply impressed by your book which describes another important aspect of the Seven Countries Study. It is indeed wonderful and exciting for me to know from your book how the idea and concept of the Seven Countries Study arose and how the extensive international collaborations and freindship were conducted. I am sure that this is the most important point we should learn from the pioneering investigations by Professor Ancel Keys and you. I am grateful that we now have a trio of monographs on the Seven Countries Study.

I would like to express my sincere appreciation for your kindness in presenting my name in the acknowledgements of this important monograph.

With best regards,

Sincerely yours,

*Yoshinori Koga*

Yoshinori Koga, M.D.

The Third Department of Internal Medicine,  
Kurume University School of Medicine,  
67 Asahi-machi, Kurume 830, Japan

The Bowman Gray  
School of Medicine

At meeting folder  
11/4  
SCS book letters

Curt D. Furberg, M.D., Ph.D.  
Professor and Chairman  
Department of Public Health Sciences  
(919) 716-3730

Winston-Salem 12/24/95

Dear Henry,

I can't tell you how pleased I was getting your letter and the book. You, Jerry S and others have taught me to speak up when you believe in something, even if it hurts. The debate on calcium antagonists has turned. People realize that the issue is broader -- the importance of documentation of safety, industry's priorities and ethics (or lack thereof), colleagues all too willing to put an industry-biased interpretation of data, etc. Knowing that more damaging data are coming and having support from colleagues and friends keep me going. The story around the debate -- the good, the bad and the ugly -- is more interesting. Maybe I should follow your lead and publish the anecdotes. Your book is very well written and a joy to read.

Best personal regards

Yours Sincerely

CDF

Dear Henry

File ACSM  
5/95

1/10/95

Many thanks for the interesting letter and attached information re the Seven Countries Study and the review by Leonard Wilson.

In regard to the gathering of the ACSM folks in Minneapolis 5/31-6/3/95. I was asked to put together a 90 minute show and tell re LPH's efforts pertinent to Sports Medicine. After contacting Ancel to see whether he might be available (apparently he will not be available because he plans to return to Minneapolis in mid June) I contacted several of the ACSM members who worked at LPH and we mutually set up the enclosed program which was forwarded to the ACSM program committee.

After contacting the School of Public Health some time ago I learned that you were in Florida. Now that I know that you will be in Minneapolis at the time of the meeting perhaps you would like to participate in the gathering by offering either the introduction or the summary - let me know re this and we'll make a change.

By the way your tribute to Martti Karvonen was excellent - most thoughtful.

Sincerely  
B.

# UNIVERSITY OF MINNESOTA

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*Twin Cities Campus*

*Division of Epidemiology  
School of Public Health*

*Suite 300  
1300 South Second Street  
Minneapolis, MN 55454-1015  
612-624-1818  
Fax: 612-624-0315*

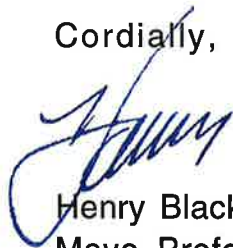
July 12, 1995

Professor Daan Kromhout  
Director, Public Health Research Division  
RIVM  
PO Box 1  
Antonie van Leeuwenhoeklaan 9  
3720 BA Bilthoven, The Netherlands

Dear Daan:

Thanks for your good note about my Seven Countries story. I have felt pretty good about it, but, of course, was particularly anxious to get your and Alessandro's and Ancel's reactions along with the PIs. So far everything is generally favorable. I had a good time putting it together.

Cordially,



Henry Blackburn, MD  
Mayo Professor of Public Health

# Northwestern University Medical School



Department of Preventive  
Medicine

680 North Lake Shore Drive  
Suite 1102 [D335]  
Chicago, Illinois 60611-4402  
(312) 908-7914  
Fax (312) 908-9588

**Philip Greenland, MD**  
Chairman and Harry Dingman  
Professor of Cardiology

Joan S. Chmiel, PhD  
Martha Daviglus, MD  
Julie Dunn, PhD  
Josée Dupuis, PhD  
Alan R. Dyer, PhD

Peter Gann, MD, ScD  
Susan Gapstur, PhD  
Flora Gosch, MD  
Kiang Liu, PhD  
William McGaghie, PhD

Alfred W. Rademaker, PhD  
Jeremiah Stamler, MD  
Rose Stamler, MA  
Randal J. Thomas, MD, MS  
Linda Van Horn, PhD, RD

July 10, 1995

**Henry Blackburn, M.D.**  
Division of Epidemiology  
School of Public Health  
University of Minnesota  
1300 South Second Street/Suite 300  
Minneapolis, MN 55454

*7/27/95  
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file → comprise letter*

Dear Henry:

Thanks much for your thoughtfulness and consideration in sending us a copy of your book, "ON THE TRAIL OF HEART ATTACKS IN SEVEN COUNTRIES". Rose and I look forward to reading it in the days ahead.

By way of follow-up on a matter you mentioned in your letter to us in Pioppi a few weeks ago, you share our gratification -- I am sure -- in learning that INTERMAP has been funded, including awards for all the U.S. centers and for the U.S. coordinating facility here and its arms in Chapel Hill, London, and Minneapolis. We are up to our proverbial eyeballs in further work (efforts have been ongoing for months) in preparation for the field work ahead.

All the best to Stacy and yourself from Rose and me.

Cordially,

Jeremiah Stamler, M.D.

August 8, 1995

*SCS letters*

MARSHFIELD



HEART CARE

1000 NORTH OAK AVENUE  
MARSHFIELD, WI 54449-5777

1-800-888-4755

FAX  
715-387-5240

Henry Blackburn, M.D.  
Mayo Professor of Public Health  
University of Minnesota  
1300 South Second Street, Suite 300  
Minneapolis, MN 55454-1015

Dear Henry:

I am very grateful to you for sending me your book On The Trail of Heart Attacks in Seven Countries. I have only had a chance to skim through it, but it looks to be a fascinating narrative of a very important comparative study. Just think how much more we would understand about our current approaches to medical practice if all researchers took such careful notes and spent the time putting them together in such a thoughtful and lucid manner.

With warm best wishes,

Sincerely yours,

W. BRUCE FYE, M.D., F.A.C.P., F.A.C.C.  
Chair

WBF:mkt

**INVASIVE CARDIOLOGY**

KAMILLA J. BUODEMEIER, M.D.  
MARTIN G. DUFFEY, M.D.  
DAVID S. GRIERSON, M.D.  
CHARLES S. MCCAULEY, JR., M.D.  
SHEREIF H. REZKALLA, M.D.  
RICHARD H. ULMER, M.D.  
DIETER M. VOSS, M.D.  
KEVIN G. WOLSCHLEGER, M.D.  
SUHAIL H. ZAVARO, M.D.

**NONINVASIVE CARDIOLOGY**

W. BRUCE FYE, M.D.  
P. DANIEL HORTON, M.D.  
ROXANN ROKEY, M.D.

**INTERVENTIONAL CARDIOLOGY**

KAMILLA J. BUODEMEIER, M.D.  
DAVID S. GRIERSON, M.D.  
SHEREIF H. REZKALLA, M.D.  
RICHARD H. ULMER, M.D.  
KEVIN G. WOLSCHLEGER, M.D.  
SUHAIL H. ZAVARO, M.D.

**ELECTROPHYSIOLOGY**

JOHN J. HAYES, M.D.  
PETER N. SMITH, M.D.  
HUMBERTO J. VIDAILLET, JR., M.D.

**PEDIATRIC CARDIOLOGY**

JULIE C. DIETZ, M.D.  
KATHLEEN M. FINTA, M.D.  
KENNETH M. WEESNER, M.D.

**PEDIATRIC CARDIAC SURGERY**

JOHN W. E. DOUGLAS-JONES, M.D.

**CARDIAC REHABILITATION**

P. DANIEL HORTON, M.D.

**CARDIOVASCULAR & THORACIC SURGERY**

JOHN W. E. DOUGLAS-JONES, M.D.  
HOPE S. MAKI, M.D.  
WILLIAM O. MYERS, M.D.  
JEFFERSON F. RAY III, M.D.

UNIVERSITY OF KUOPIO  
FINLAND

Kuopio Department of Community Health  
and General Practice  
No August 3, 1995  
Ref.

*SCS books.*

Prof. Henry Blackburn  
Laboratory of Physiological Hygiene  
School of Public Health  
Stadium Gate 27  
611 Beacon Street S.E.  
Minneapolis, Minnesota 55455  
USA

Dear Henry,

*Henry!*

Very many thanks for your "On the trail of heart attacks in Seven Countries".  
It is extremely interesting part of the history of the study.

With best regards.

Sincerely Yours

*Aulikki*

Aulikki Nissinen, MD, Professor  
University of Kuopio  
Dept. of Community Health and General Practice  
P.O.Box 1627, FIN-70211 Kuopio, FINLAND  
tel. +358-71-162912, fax. +358-71-162937



8 WENTWORTH HALL, THE RIDGEWAY, MILL HILL, LONDON NW7 1RJ

2 August 1995

TELEPHONE 0181-959 8742

Dr Astrid James,  
The Lancet,  
42 Bedford Square,  
London WC1B 3SL.

*Dear Henry,  
The 2 copies arrived  
this morning - herewith a copy  
of my letter to Lancet - I will  
keep you informed of progress  
Yours, Jerry*

Dear Dr James,

You may recall that last year I wrote a review of a monograph **"The Seven Countries Study. A Scientific Adventure in Cardiovascular Disease Epidemiology"** edited by D Kromhout, A Menotti and H Blackburn (Lancet 1994;344:736-37). In the run-up to that review, Dr Imogen Evans suggested (her letter 27 June 1994) that when the next publication in this series became available, I might do a commentary "which could be a more reflective piece". The book has arrived this morning - **"Lessons for Science from the Seven Countries Study"** edited by H Toshima, Y Koga and H Blackburn and published by Springer-Verlag.

I would be pleased to do a review/commentary on this book and would ask for your agreement to go ahead with this project. I would add that I have also received another book in the series **"On the Trail of Heart Attacks in Seven Countries"**, a personal memoir by Henry Blackburn which is delightful to read and very stimulating. Comment on this book could be included in the article if you thought it reasonable.

If you are willing for me to proceed, please let me know what style and length you would like and if there is any particular timing for this article.

With kind regards,

Yours sincerely,

*Jerry Shaper*

Professor A G Shaper.

Prof. Henry Blackburn  
University of Minnesota  
Division of Epidemiology

Bilthoven : June 29, 1995  
Our reference : 225/95 SB2 DK/ar  
Your reference :  
Subject :  
Faxnumber : .. 31 30-282316

*file  
Special correct.  
SCS Buh*

Dear Henry,

Thank you very much for the two copies of your book "On the trail of heart attacks in Seven Countries" and for the kind words that you wrote about me. The book gives insight in the human aspects of epidemiologic research that have never been expressed in this way. Together with the Toshima's book and our book on the "Adventures" a complete picture emerges about the different aspects of epidemiologic research. I am very grateful to you for your support in the different activities that I took up in relation to the Seven Countries Study. From a scientific point of view there are still a lot of things to be learned from this magnificent study.

I was <sup>st</sup>uck by the death of Fred Epstein, our eminent colleague and great friend. I am thinking of writing a short paper about the dynamics of coronary heart disease in the Seven Countries Study, a theme that was close to his heart. If I succeed I hope that you will join me.

With best regards,

Sincerely yours,

  
Daan Kromhout

W W Holland, CBE, MD, FRCP, FFPHM  
11 Ennerdale Road  
Kew  
Richmond  
Surrey TW9 3PG  
Tel: 0181 940-4883

7 Cambria letter 18/7/95.

Dear Henry,

How very kind of you to  
send me your fascinating account  
of the "Seven Countries" — I really  
enjoyed it. Epidemiology was fun —  
it had become less — but retirement  
has made it come true again.  
I am writing a history — of public  
health in the UK since 1918 —  
absolutely fasci-ating. But depressing  
how little we have learnt.

Dear Henry: <sup>please</sup> file = SCS <sup>book letters</sup> 07/28/95

Thank you so very much for your comments and edits of the manuscript (sent to you in a "crude" state - I apologize for it). I rushed the manuscript (unformatted) to catch you in Minneapolis before you leave to Grove, but you ended up doing the job in your favorite getaway. THANK YOU. I have completed "missing" parts, worked a bit on reducing the final version and the paper is sent to the publisher. You will get the published copy. (I thought it was good - as much as it can be when almost NOTHING is known with certainty about Alzheimer's disease. We have a long way to go to reach standards and results of the CVD Eps).

Your "Seven Countries Study Book" is a true DELIGHT. It was so smart of you to make notes - we remember, but nothing lasts longer than a written word. I also enjoyed the photographs. I still love the best - the last one, made in the 1990s. It shows a man with the HEART and MIND of gold.

Caro Enrico, enjoy the rest of the summer with tua bella Stacy. Love to both of you,

Faseema