

SCHOOL OF PUBLIC HEALTH • LABORATORY OF PHYSIOLOGICAL HYGIENE  
STADIUM GATE 27 • MINNEAPOLIS, MINNESOTA 55455

April 6, 1965

Dr. E. J. Engberg, Superintendent  
Faribault State School and Hospital  
Faribault, Minnesota

Dear Dr. Engberg:

The research fund supporting the dietary study in Springdale expires on May 31, 1965. We have recently learned that the continuing research funds which will be available during June, July and August will support only the salaries of the dietitian, Miss Judy Erickson, the food service supervisor, Mrs. Florence DeCoux, and the three volunteers from Brethren Volunteer Service. Consequently we will have to discontinue the other jobs, 1 cook, 1 assistant cook and 3 food service workers.

This means that we will be unable to carry on the food service or the maintenance of the area after May 31st. We must return this function to the staff of the Faribault State School beginning June 1st.

During June and July we would like to make very accurate measurements of the food eaten by about 20 patients while they are receiving the institutional diet and to take one fasting blood sample from each man who has been on the Hickory and the Springdale special diets during the past several months. This work is actually to be done for Dr. Frantz but our staff will do most of the work. The plan is to assign 2 Brethren volunteers (under the supervision of Miss Erickson and Mrs. DeCoux) to collect portions of food exactly like that eaten by 5 patients during a 7-day period. The volunteer will take a food tray exactly like that taken by the patient, will add any seconds taken by the patient and will remove amounts equal to the foods rejected by the patient. Then each item will be weighed and the whole scraped into a large container and frozen. After collecting each composite for 7 days it will be taken to Minneapolis, homogenized and analyzed chemically. In this way we plan to evaluate the diets of 10 Hickory patients and 10 Springdale patients chosen by random sampling from the group now receiving the special diets. These data will certainly be of interest to the staff of the Faribault State School, especially the dietitians.

In addition to this, during the summer Miss Erickson and Mrs. DeCoux need to complete a vast amount of calculations and report writing. For these purposes we would like to have the continued use of the office room in Springdale.

Near the end of July we will know about funds available for the period beginning September 1st and we will plan to discuss with you possible further dietary programs at that time. It is already clear that we will not again in the foreseeable future be able to afford a staff large enough to take care of food preparation and service and maintenance of the food service area without any assistance from patients. If we do get a new research grant in September it will be only enough money to support the 5 persons mentioned.

I am hoping that some time next fall or winter we will be in a position to request permission to conduct a dietary study for about 3 months involving a group of about 28 subjects only. I believe that the staff of 5 could cook and serve a carefully controlled diet for 28 men and could manage the supervision of patient workers in washing dishes and cleaning the food service area. For the present I would like to store the scales and other special equipment involved in the metabolic experiments in the screened enclosure in the basement of the Springdale Dining Hall.

We are all pleased that the Springdale dining room and kitchen were improved by adding a dishwasher, fluorescent lights, an extra refrigerator, a freezer, a ventilating system and a sink for washing large food containers. Most of these improvements will add to the comfort of both patients and employees.

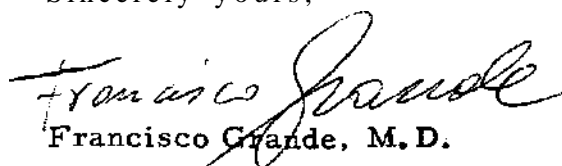
Since October 1963 this research program has carried out 3 major dietary experiments not counting the present one. The topics studied were the relative effects of saturated and polyunsaturated fatty acids in the diet, the effects of the unnatural isomers of fatty acids produced during the hydrogenation of natural fats as occur in margarines and shortenings and the effect of natural fats containing a large proportion of the fatty acid of 18 carbon atoms (stearic acid) as found in the fat of chocolate (cocoa butter). The current experiment deals with the effect of dietary cholesterol when administered in the form of egg. In all these experiments the behavior of the various serum lipids, in particular cholesterol, have been studied in order to complete our knowledge about the relationship between the composition of the diet and the blood lipid levels. Such knowledge is needed in order to be able to influence the serum lipid levels by dietary means with the object of preventing the development of the atheromatous lesions and eventually the manifestations of coronary heart disease.

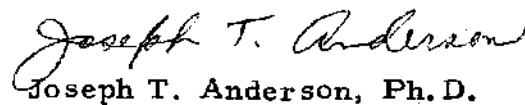
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The results of these experiments are being prepared for publication and some of them will be reported in a few days at the "Federation Meeting" in Atlantic City. Credit will be given to the Faribault State School and Hospital as one of the institutions sponsoring this research work.

Dr. Grande and I are grateful to you and all the Faribault State School Staff for the wonderful cooperation you have given us in this research program. We look forward to continue again our experimental work as soon as the necessary grant support is forthcoming.

Sincerely yours,

  
Francisco Grande, M. D.

  
Joseph T. Anderson, Ph. D.

FG;JTA/ab

cc:Dr. A. Keys  
Dr. D. Vail