

Dr. David J. Vail  
Medical Director  
State of Minnesota  
Department of Public Welfare  
St. Paul 1, Minnesota

Bear Dr. Vail:

In pursuit of views developed in our talks with you, with Dr. Ivan W. Sletten at the Hastings State Hospital, and at the Faribault State School and Hospital, we propose, with agreement of all concerned, to develop detailed plans to remove our metabolic research operations from Hastings to Faribault. It is not yet possible to provide an exact timetable but, in general, we propose to vacate the unit at Hastings in the summer and to start work at Faribault in the fall.

While the move from Hastings will entail some difficulties and we are not pleased with the added distance for travel, we believe that the situation at Faribault will be more suitable for the type of research program we wish to conduct. The "climate" at Faribault is more suitable and we were most pleased with what we learned and saw in a recent visit to Faribault. Finally, the greater stability of the Faribault patients is important for all concerned.

We propose to start at Faribault with simple exploratory measures and to evolve the program as experience and the joint interests of the Faribault Staff and our own develop. To begin with, we believe it would be simple and useful to conduct some studies on the lipid metabolism of cretin patients at Faribault and to make comparisons with age-and sex-matched non-cretin patients.

A first stage would require simply blood samples, after assuring comparability of diet, which would be analysed for cholesterol, phospholipids, and triglycerides. Thyroid function would be evaluated by  $I^{131}$  uptake. Next, responses of these serum lipids to simple diet fat changes in the cretin and non-cretin patients. By the time this work would be nearing completion, we should be well prepared to propose the next steps.

It is understood, of course, that this work at Faribault would be in no way dangerous or disagreeable for the patients, that it would not interfere with

Dr. David J. Vail

the patient care and treatment, and that no new to the Hospital would be involved. This program would not interfere or compete with the program proposed by Dr. I. Frantz to study long-time effects of a "prudent" diet on blood lipids and arteriosclerotic disease.

At Faribault we should propose to station three attendant-assistants from the Brethren Service Committee, a dietitian, and a medical technologist. Their salaries would be paid from outside research funds.

I trust this proposal meets with your approval.

Sincerely,

Ancel Keys, Director

AK/ji

CC: Dr. E. J. Engberg  
Dr. H. H. Bruhi  
Dr. J. T. Anderson  
Dr. F. Grande  
Dr. I. Frantz



STATE OF MINNESOTA  
DEPARTMENT OF PUBLIC WELFARE  
ST. PAUL 1

May 3, 1962

Dr. Ancel Keys  
Director  
Laboratory of Physiological Hygiene  
University of Minnesota  
Minneapolis 14, Minnesota

Dear Dr. Keys:

Thank you very much for your letter of May 1, 1962. I think the plan to move your research endeavors from Hastings to Faribault is very sound. It seems that the new group at Hastings has encountered pretty much the same difficulties in implementing the research study as was the case previously. One of the important problems, of course, was the continually shrinking pool of subjects, so to speak.

I think you could consider this letter as the necessary approval to begin developing the program at Faribault. We discussed the entire series of your projects at the Policy Committee meeting in January, and I think that there a broad policy agreement was reached. The move of this project to Faribault, along with Dr. Frantz's, which I realize is quite separate, is, I would say, consistent with the general outlook of the Policy Committee.

To clinch the matter, we will bring this up again at our next Policy Committee meeting on May 18, and if there should be any further suggestions as a result of that meeting, I will be in touch with you.

Yours sincerely,

David J. Vail, M. D.  
Medical Director

DJV:rcj

cc - Dr. Richard Anderson  
Dr. Richard Bartman  
Dr. Ivan W. Sletten  
Dr. E. J. Engberg  
Dr. H. H. Bruhl  
Dr. J. T. Anderson  
Dr. F. Grande  
Dr. L. Frantz