

HARVARD UNIVERSITY  
UNIVERSITY HEALTH SERVICES

75 Mt. Auburn Street  
Cambridge, Massachusetts 02138

September 14, 1971

Mr. John H. Beust  
St. Paul's School  
Concord, New Hampshire 03301

Dear John,

I am sure the school made a valuable contribution in cooperating with Dr. Stare's study and I trust he will let you know the results of the study in some form which you can send to the students and parents who gave permission.

As you say, you now have the problem of how much of the low cholesterol diet to continue for the coming year. There are several philosophical as well as economic points in this, and eventually you people will be the ones, of course, to make the decision. Philosophically, I suppose there is not much doubt that in a large group of people, diets low in saturated fats are conducive to longer survival from cardiovascular diseases. I do not know how much good it would do to have this program carried on in a student at the school when probably not more than half of the 365 days of the year he is eating there. In other words, if he is not consistent in this diet, I think it might be more of a gesture, but I would be interested in Fred's reaction. The ideal way would be to identify those students with a bad family history and with abnormal blood fats, and to have those students advised very strongly to be consistent about a diet low in saturated fats, not only in school, but all the time. For the rest of them who are vigorous, I think 3% butterfat milk would be fine, but I also would not object to the use of whole milk, provided the quantity is limited. I remember well as a schoolboy and as a college student, frequently drinking one and a half to two quarts a day and thinking nothing of it. For the normal young man to have two or three glasses of whole milk a day I don't personally think is harmful.

As to the spread, I think you will have to get in touch with Lever Brothers and see if they will continue with it. Certainly you can get desirable spreads in place of butter, which are cheaper, but already on the market. As to your baking and ice cream, again I would favor a reasonable compromise without sacrificing taste or too much money. As to the deep fat frying in the expensive one-pound cans or rapidly evaporating oil, I am quite certain that this could be obviated by purchasing other cooking oils or solids which

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are available at a lower price in larger containers, and would still satisfy the nutritional requirements.

Again, I feel quite strongly that for the school to make a supreme effort to save a certain percentage of its students from strokes or coronary attacks 20, 30 or 40 years later, is a bit quixotic unless this program is carried out consistently in these young people and preferably combined consistently with a regular program of exercise, no cigarettes, etc. As an educational procedure, however, I think it has great value. It is for that reason that I think the most important thing that could be done by the school would be to discuss the results of the findings, and the implications, with the students and their parents.

I look forward to communicating with you again and hope all goes well with you.

Sincerely yours,

Curtis Prout, M. D.

CP:hl

Copy to Dr. Stare