

Chronicles

Newsletter of the UCSD Emeriti Association

Volume I, No. 3

March 2002

President's Report

—by George Backus

At the February 21 meeting of the Emeriti Association, Professor **Michael Bernstein** of our History and Economics Departments gave a very lively and informative talk describing how the Economics profession acquired so much political power in the US. At the meeting of the Executive Committee that day, we learned that our next speakers will be Professor **Larry Goldstein** and **Daniel Yankelovitch**.

Mark Your Calendars!

Emeriti Association
Meetings 4:00-5:00 PM

March 15
Santa Barbara/LA Room,
Price Center
Larry Goldstein
“Scientific, Ethical, and
Legal Issues in the Stem
Cell and Cloning Debates”

April 25
Garren Auditorium SOM
Daniel Yankelovich
“After 9/11 and Enron:
Understanding the Impact”

Two issues remain from last month, both discussed in my second Report to you. First, should we change our Asso-

ciation meetings to luncheons at the Faculty Club, requiring a lunch charge of about \$13 per person? A show of hands at the February 21 Association meeting was 4 in favor, 30 against, so we will drop that idea. Second was the question of whether to change our Constitution to accept active faculty as members of the Emeriti Association. As yet the Executive Committee has not discussed this issue, and we have received no comments from you. **Herm Johnson** has agreed to consider various possible forms for such an amendment. He has also agreed to write a possible rewording of the Constitution to provide a mechanism for filling the term of a member of the Executive Committee who leaves that Committee before the third year of his or her term.

The Executive Committee has learned by word of mouth that we have lost touch with several Emeriti who live in San Diego but do not receive mail at the addresses we have for them. We will do what we can to remedy this situation. In the meantime, if you know of an Emerit[a,us] who might be interested in our Association but has not received any communications from us, please phone me at 858/534-2468 or e-mail me at gbackus@ucsd.edu.

Our web site is doing well, except that the UCSD staff are overloaded, so the site is not always up to date. **Marjorie Caserio** is burdened with



trying to remedy this, as she seems to be the only person on the Executive Committee who is comfortable with building web sites. I am trying to learn, but it is possible that some of you may already be experts and may be willing to help with this problem. If so, please send me a message at the above phone number or e-mail address. I believe the work to be done is simply to add appropriate formatting commands to news and announcement files, so that they can be added to the web site.

At the moment we depend on an annual grant from the Chancellor to supplement our dues, and the Academic Senate makes available some of **Sandi Pierz's** time. She is invaluable, and we would be more secure if we could pay for her time ourselves and perhaps, in the long run, do without the Chancellor's grant. At the last Executive Committee meeting it was suggested that some Emeriti might be willing to donate money to the Association in addition to their dues. Perhaps we could work with the UCSD Development Office in soliciting such donations, so as to be sure of their tax deductibility. I have asked the Development Office about this, but must admit that I don't know whether such donations are likely.

The following is the third of a series of columns by our medical emeriti with messages of special interest to emeriti. —Ed.

The Cholesterol Controversy Or, Why It Took 50 Years to Convince the Skeptics that High Blood Cholesterol Levels Cause Heart Attack

—by Daniel Steinberg, M.D., Ph.D., Research Professor

Everyone knows the remarkable successes we have had using the new so-called statin drugs (inhibitors of cholesterol synthesis) to lower blood cholesterol levels. You can't pick up the *New York Times* or any major magazine without being reminded by full-page ads that you should "ask your doctor if it's right for you." What you may not be aware of is that it took 50 years of intensive research, and sometimes bitter controversy, before the skeptics were satisfied that lowering blood cholesterol levels would indeed prevent heart attacks and that millions of lives could be saved with the right drugs and diets.

Where we stand today

At the November 2001, meeting of the American Heart Association the dramatic results of the largest study to date on the effectiveness of statin treatment were reported by Collins et al. (the British Heart Protection Study). Approximately 26,000 subjects were studied for 5 years. Those treated with simvastatin, compared to placebo-treated controls, experienced 25-30% lower heart attack mortality, a 25-30% decrease in strokes, and a 25-30% decrease in deaths from all causes. The magnitude of the benefit was comparable in men and women; it was as great in individuals with a very low initial LDL-cholesterol level (100 mg/dl) as in those with higher initial LDL levels; and it was as great in those over 75 as in the younger age group (Emeriti, N.B.!). There were no significant toxic side effects.

Why the skepticism about the cholesterol hypothesis?

My interest in cholesterol and the blood lipoproteins that carry it began

almost 50 years ago when I was doing research at the National Institutes of Health outside Washington, D.C., and it continued when I moved to UCSD in 1968. I have lived through the heated "cholesterol controversy" and can tell you that it has been at times almost a bare knuckles affair. Why? How could colleagues in the biomedical sciences look at the very same sets of data and come away with diametrically opposite conclusions on the central question: Is a high blood cholesterol causally related to atherosclerosis and therefore to the risk of a heart attack?

The reasons are many, but here I'll confine myself to just one. The skeptics were unwilling to take into account the totality of the evidence available, i.e., they looked at the clinical trial data only without integrating it with the evidence coming from basic science laboratories and from studies of experimental animals. Now the early clinical trials had yielded inconsistent results. Even in the trials that were positive, the magnitude of the effect was small, simply because in those days the effects of dietary or drug treatment on blood cholesterol were limited. Later, when more effective drugs became available, dropping cholesterol levels by over 30%, there was no longer any doubt. But until 1984 the trial data standing alone could not make the case. That year the NIH-sponsored Coronary Primary Prevention Trial (CPPT) reported its watershed findings. In men with high cholesterol levels the cholesterol-lowering drug cholestyramine taken for 5 years significantly decreased heart attack risk—by about 20%. As chair of the committee that designed the protocol for this 12-center study

and director of the center here at UCSD, I was keenly aware that we might be in trouble because the degree of cholesterol lowering turned out to be much less than we had counted on. This was mainly because the drug, an insoluble powder that you suspend in juice and then chug-a-lug, is not exactly easy to take. Many of the participants stopped taking it altogether right from the beginning or took only a fraction of the recommended dosage. Yet the results in those men had to be averaged in with the results in the men who did manage to take the full dosage. Fortunately, the overall result was statistically significant...just barely, but significant.

The 1984 NIH Consensus Conference on Lowering Blood Cholesterol

The positive result of the CPPT trial prompted the NIH to convene a panel of experts to advise whether the evidence was now strong enough to justify policy recommendations regarding control of cholesterol. The panel, which I chaired, reached unanimous agreement on an interim set of guidelines and recommended that the NIH initiate a national program to educate patients and practitioners on the importance of controlling blood cholesterol levels. About 600 interested health professionals attended a 2-day set of formal presentations and were invited to comment and to add new data they considered relevant. The following year the NIH launched the National Cholesterol Education Program, which has been highly successful.

But the skeptics were not assuaged. One, a prominent British cardiologist,

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Reminiscences: Early UCSD History

Editor's Note: The Hamburger, Rosenblatt, and Jackson articles continue the series of personal histories by early faculty with insiders' perspectives on this campus.

My Recollections of the Formation of the School of Medicine at UCSD 1961-1970

—by Robert N. Hamburger, Professor of Pediatrics Emeritus, UCSD SOM

“There is no such thing as basic versus applied science, there is only good or bad science.” What **David Bonner** was telling us with his often-repeated statement became the basis for the design and underlying philosophy of the new School of Medicine (SOM) at the University of California, San Diego.

What he meant was that high-quality scientists embarking on an apparently applied investigation would as often make a fundamental discovery as so-called basic scientists would come upon a useful application of their research efforts. What the two have in common are the brains, knowledge, imagination, skills, and capacity for hard work that produce really good science. Creativity and originality were additional valued qualities that made UCSD appear to have more oddballs, eccentrics, and individualists than many other campuses, as well as a much higher proportion of “academic stars.” In today’s jargon: “world-class academics”!

The Bonner beliefs combined with his personal experience at Yale University—both in the Botany Department on the main campus and later in the Microbiology Department in the Medical School—led to the idea that we, at UCSD, would have only one group of science departments that would provide the education for all graduate students (Ph.D., M.D., D.D.S., etc.) as well as undergraduates.

The obverse of that idea, which we also put in place, was that M.D.



faculty with the appropriate skills and interests were welcome to supervise Ph.D. candidates who elected to work in their laboratories. Thus, with one “small” change Bonner removed the traditional walls between medical schools and their parent universities. The Basic Science Building and the Bio-Medical Library are the physical representation of that philosophy, with faculty from Biology, Pediatrics, Chemistry, Medicine, Engineering, Surgery, etc., side-by-side throughout the building.

The initial results were astounding and exciting but as with most radical innovations, with time, they tend to drift back toward the “norm.” It takes too much energy and commitment to maintain unique academic arrangements, and academics tend to be conservative.

Roger Revelle indicated that it took a large number of creative indi-

viduals to produce the UCSD whose twenty-fifth anniversary we celebrated in 1985. But it was Roger’s leadership and his “taste” in people that are responsible for the remarkable UCSD campus and School of Medicine. The theme of “sacrifice” must also be introduced when trying to describe what occurred in the 1961-1970 decade. Director of Scripps Institution of Oceanography (SIO), Roger Revelle, gave up the opportunity to be the first Chancellor in order to “win” the battle over the location of UCSD on the cliffs of La Jolla. Later, **John Galbraith** had to give up being Chancellor in order to win a great research library for us. David Bonner, in my opinion, gave up a number of years of his life in order to participate in the formation of a new department in a new university and in the design of a new school of medicine. Creativity and sacrifice were the components of excellence.

The first Dean of the School of Medicine, **Joseph Stokes III**, M.D. embodied the principle which he coined the “Retep Principle” (the reverse of the Peter Principle where you climb to your level of incompetence). We brought Joe here (from Harvard’s Framingham Study via Hawaii) as the first Dean; President **Clark Kerr** fired him for disobedience with regard to the budget, and so he became the first Chair of the Department of Community Medicine (created for him), re-

[Continued on p. 4]

[Hamburger, from p. 3]

tired from the Chair to be a very successful Professor in his department, and returned to Boston to finish his career with his first wife (whom he remarried after two intervening wives), and returned to his previous studies in Framingham.

After Joe Stokes' "resignation" as Dean, U.C. President Kerr went over the head of our Chancellor Galbraith and appointed a UCLA School of Medicine Professor, Dr. **Robert Tschirgi**, as "Acting Dean." I, as the only ongoing Assistant Dean, made it my goal that Tschirgi would not be appointed as the next Dean, because we viewed him as the President's hatchetman sent to UCSD to curtail our exciting innovative plans; in other words, he was to cut the \$135 million budget that ended Joe's tenure as Dean. With the assistance of the senior faculty members in the Biology Department, we succeeded in having **Clifford Grobstein**, a Ph.D. Biologist from Stanford, appointed as the second Dean of the School of Medicine at UCSD. That helped to continue the Bonner plan to have only one set of science departments for both the medical school and the main campus.

One final concept needs to be recalled (as mentioned in Professor **Brueckner's** article in this series): "Building from the top down." More humorous cartoons and jokes have revolved around that idea than all the other proposals that were presented seriously to the "statewide administration" in the design of UCSD. This was a philosophic concept of Revelle's, not a structural one for the buildings. What it involved was recruiting the chairperson first, allowing the chair a free hand in selecting the initial faculty members, and letting them begin their research and graduate programs before designing an undergraduate curriculum or teaching undergraduate students. We used this identical method in recruiting for the School of Medicine.

In my opinion Roger Revelle

played the key role in the design of UCSD and David Bonner designed those aspects of the UCSD School of Medicine that made it truly unique. My role was "second-in-command" to outstanding leaders: to David Bonner, to Joseph Stokes, to Clifford Grobstein, and to **William Nyhan** (the first Chairman of my Pediatrics Department, whom I knew at Yale and recruited to UCSD SOM). After "retirement," I have for the first time taken on the role of "leader" in organizations: President, American In Vitro Allergy Immunology Society; President, UCSD Emeriti Association; President and CEO, RNA & Co., Inc., etc.

So, what remains of the Bonner dream?

The key regressive departures from the original plan during the 1980's include:

- a) Transition from a strict-full-time pay plan to an economic incentive pay plan; and changing from a schoolwide pooling of clinical income to departmental, divisional, or even individual responsibility for earning the additional component of one's SOM academic salary.
- b) Shifting the emphasis from research to clinical practice as the basis for academic advancement and economic reward.
- c) Changing the pass/fail system to an honors/pass/fail to grades.
- d) Decreasing the personal interactions between students and the faculty by increasing class size without proportional increase in faculty numbers and assigning too many students to those faculty members willing to be student advisors.
- e) Degrading the thesis requirements.
- f) Transforming the position of the dean, from chairperson of the council of departmental chairs into CEO of the School of Medicine.
- g) Driving a wedge between the "pre-clinical" campus science departments (e.g., Biology and Chemistry) and the clinical departments; dividing and conquering their faculties as well.

h) Increasing the number of administrators twice as fast as the faculty, resulting in an inundation of paper, regulations, oversight, required reports, unions, health & safety inspections, distrust, etc., leaving less time for research, teaching, and clinical care.

There have been two positive changes that have occurred during this same (1980-1985) interval:

- a) The university hospital for the La Jolla campus was put back in the plan again. Groundbreaking for the new Thornton Hospital occurred in 1990. It is now a "showplace" for academic medicine and surgery.
- b) The clinical faculty salaries, which had gone from the 90th percentile to below the 50th, returned to about the 78th.

It would be tempting to blame most of the "regression toward the norm" that has occurred in the UCSD School of Medicine on the 1982-86 Dean, **Robert Petersdorf**; it would certainly not be correct. The forces driving in that direction were apparent almost from the start, but the resistance to "normalizing" this medical school was very strong until we lost, exhausted, or silenced the critical mass of founding faculty who were deeply committed to this exciting experiment. The design and curriculum of Yale University School of Medicine, which we used as a model, is still apparent at UCSD SOM today as both medical schools continue to evolve.

For my discussion of the present state of our "beloved" UCSD School of Medicine with its continued outstanding reputation, defects, problems (Bonner called them "opportunities"), inability to get a clinical appointment with a physician for 3 or more months, etc., wait for my next article in this "opinion" series.

There are unabridged versions of this article in the UCSD Library. Or look under the heading "Historical Narrative" in the "Patient Services" section at the author's website <www.rnh.salu.net>

Early Days at UCSD

—by Murray Rosenblatt

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I put down here some of my impressions and memories of early days at UCSD. In 1963 I had a professorship in Applied Mathematics at Brown University. A number of factors led me to investigate other possible positions in 1964. I had offers from California Institute of Technology, the University of Minnesota, and UCSD. The reputation of **Steve Warschawski** as a chairman who had built an excellent mathematics department at the University of Minnesota before coming to UCSD and the exciting prospect of a university oriented to graduate studies persuaded me to choose the offer at UCSD. I have admitted that my wife's allergies may have also been a factor. Steve Warschawski had come to UCSD in 1963 to start building a mathematics department. **Clay Perry** who operated the computer center may have already been a member of the staff. Unfortunately Perry died a few years later.

In 1964 extensive recruiting started and the senior appointments were **Glen Baxter**, **Jaap Korevaar**, **Helmut Röhrl**, and myself. **Burt Rodin** and **Jay Fillmore** were junior appointments. Warschawski, Korevaar and Röhrl had interests in complex analysis, while Baxter's was in probability theory. My interests lay in probability theory and mathematical statistics.

The very next year I went off to University College and Imperial College in London, making use of a Guggenheim Fellowship and some Office of Naval Research contract funds I had at Brown that were transferred to UCSD with Steve Warschawski's help. The groups I visited were those of **Maurice Bartlett** and **David Cox**. In passing, the family and I managed a brief trip by car through France and Switzerland, down to Paestum in southern Italy. During the year I was away in England, **Erret Bishop**, with interests in analysis and mathematical foundations, and **Ted Frankel**, in geometry and mathematical physics, were appointed. Baxter left. **Hubert Halkin** and **Gil Williamson** arrived as junior members of the department. The year of my return from England, 1966-67, **Adriano Garsia** and **Ron Getoor**, with interests in probability, arrived. **Pat Ledden** (topology) and **Don Smith** (differential equations) were also appointed.

Steve Warschawski, who had been doing an excellent job of recruiting at this time, unfortunately had a heart insufficiency. I agreed to take on the chairmanship for the year 1967-68. **Carl Fitzgerald** (complex analysis), **Al Manaster** (logic) and **Michael Sharpe** (probability theory) were the new additions to the faculty that year. Luckily I was able to give up the chairmanship, and Helmut Röhrl took up the chairmanship for the next three years.

There were interesting limited contacts with people at Scripps, the nucleus that UCSD was initially built around. In spite of the initial hopes of a graduate center, pressure to take on increasing numbers of undergraduate students inevitably arose; the mathematics department was especially subject to these pressures, since introductory mathematics courses were required as background for majors in the sciences and engineering. The initial drive for a college system patterned on that of Oxford and Cambridge was radically modified. There were many discussions on education and how to run classes with a limited number of students. Most of these idealistic conceptions vanished beneath the pressure of dealing with increas-



ing numbers of undergraduates. At this time the Viet Nam war, of course, intruded into many of the faculty senate meetings, as they must have on many other campuses. I remember one of these meetings in particular as having been cancelled, perhaps due to a student having run amok.

So I think of the mathematics department as initially based strongly in complex analysis, probability theory, and related areas of analysis. In later years, efforts to establish a base in the areas of algebra, topology, and numerical analysis were set in motion.

I found UCSD to be a fruitful location in which I could develop my own research interests further. And I had the good fortune to have a number of excellent graduate students who wrote strong doctoral theses and developed later into strong independent researchers on their own.

Necrology

*As I have reported previously, someone in the UC Office of the President has agreed to make available to us a list of UCSD faculty deaths since the inception of this campus, and I still hope to publish as much of that list as space allows. I am now told that the list will be forthcoming soon, but unfortunately too late for the present issue of **Chronicles**. For the present issue, the Office of the Senior Vice President for Business and Finance has provided to our Division of the Academic Senate the names of the following friends and colleagues we lost last year:*

	Deceased
Helene Keyssar	02/05/01
Walter P. Heller	03/02/01
Italo Scanga	07/27/01
Henry Wheeler	10/12/01

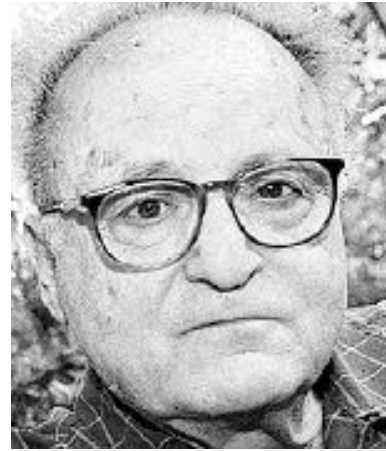
Ten Years That Shook My Life

— by Gabriel Jackson

I welcome the opportunity to contribute a “chronicle” to the Emeriti newsletter if only because the first decade of my experience at UCSD was unquestionably the richest institutional experience of my entire life. In the spring of 1965 UCSD did not yet have a department of History. I was being recruited as the junior member of a founding “troika” to consist of **Geoffrey Barraclough** (British apostle of “world history”), **Leften Stavrianos** (American apostle of same) and **Gabriel Jackson**. The principal attraction for me personally was the Revelle College Humanities program. I had majored in History and Literature at Harvard, and had taught high school English before taking a doctorate in history at the University of Toulouse, with minor exams in philosophy and literature. The dozen or so persons who interviewed me were members of the philosophy and literature departments, and scientists keenly interested in having a humanistic formation for their own students. I felt very much at home with the idea of dividing my time between the humanities and my specialty in Spanish history. But in the summer of 1965 Professor Barraclough took a year’s leave of absence and Professor Stavrianos postponed for several years his move to La Jolla. So that I found myself the involuntary and totally inexperienced chairman of a new department. Fortunately, the distinguished historian **John Galbraith** was Chancellor during my first year, and gave me invaluable and affectionate assistance in learning the ropes of UC administration.

As chair I hoped to build a department which would be balanced between colleagues of a primarily humanistic bent and those of a social science bent, and Galbraith was generally sympathetic with that motive. In those early years I felt very pleased to have as humanities-oriented colleagues **Stanley Chodorow**, **David Luft**, **John Marino**, **Alden Mosshammer**, and **Curtis Wilson**; and as more social-science-oriented colleagues **Sam Baron**, **Tom Metzger**, **Michael Parrish**, **Ed Reynolds**, and **Ramon Ruiz**. I was able, with the help of John Galbraith, and of our first university librarian, **Mel Voigt**, to obtain the world’s finest single research collection on the Spanish Civil War, property of the great bibliographer and historian **Herbert R. Southworth**. I also recall being congratulated by the then Dean of Graduate Studies, **Roy Harvey Pearce**, for recruiting a Japanese-American woman historian, **Frances Tanikawa**, at a time when affirmative action on both gender and racial grounds was just getting started.

But both California politics and the Vietnam war interrupted my purely academic activities from the beginning. Within a few weeks of my arrival in La Jolla, Governor **Reagan** fired the UC President, **Clark Kerr**, and the years of Reagan’s governorship were to be years of constant scaling back of budgets and a general sense that the governor was no friend of the university. The years from roughly 1967 to 1973 were also years of strong campus opposition to the Vietnam war, growing concern for the educational needs of minorities, and frequent changes at the top of the administration, both locally and in Berkeley. As a longtime member of The American Civil Liberties Union and as a member of several civil rights organizations, I could not say no when asked to chair the Senate Committee on Academic Freedom. A year in this post was followed by two as Chair of the Academic Senate, and one each as Chair of the Committee on Academic Personnel and as statewide Chair of the University Library Committee. It would take much more than 1000 words even to summarize the problems, the endless meetings, frequent press conferences, telephone calls, meetings with irate student or citizen delegations, etc. But I want very much to say that in those years I learned a great deal I would otherwise never have known about how large



institutions with strong-minded competing interest groups actually function, and I came to admire enormously a few great administrators, such as **Paul Saltman** on our campus and **Charles Hitch** as University President, dealing with a largely hostile Board of Regents and a hostile governor. I have a special favorite memory of a senior colleague’s appreciation for my efforts in those years. Once, after an exhausting crisis meeting, **Martin Kamen** put his arm around my shoulder and said: “Gabe, when all this is over I’m going to give you a Kamen fellowship.” “And what might that be?” I asked. “Relieved of all duties except teaching and research.”

Following the years of intense Academic Senate activity, I used a sabbatical to write a novel about a political trial set in the McCarthy era. When I was due for merit review I brought the manuscript of the novel and my translation of a highly favorable review from the Spanish newspaper *EL PAIS* to the then History Chair, **Earl Pomeroy**. He put his hands behind his back and said: “I don’t know what you want me to do with these, Gabe.” This was a clear sign, and others followed, that although I was teaching humanities as well as history, I would receive “merits” only for history. It was a disappointment but not exactly a surprise. I began to think of some way eventually to rearrange my life so as to include the broader-than-

[Continued on p.7]

[*Jackson*, from p. 6]

scholarly-history which I felt motivated to write. Thus I took early retirement, at 63, in 1983, since which time, living in Barcelona, I have published two more novels, a short biography of Mozart, about 150 op-ed articles in the Spanish press, have served on numerous Ph.D. committees on these having to do with modern Spanish history, and have served for ten years now on the Commission for Educational Exchange between Spain and the US (Fulbright). The sum of my long humanities concentration, which began as a Harvard undergraduate and flourished greatly during my years at UCSD, is contained in *Civilization and Barbarity in 20th Century Europe*, in which I have given much more attention to the arts and sciences, and less to diplomatic and economic history, than is usual in such books.

Editor's Remarks

Since articles in *Chronicles* prove that we don't all remember the early stages of the University in the same way, I would welcome letters (e-mail preferred) or responsive articles for a "Readers Respond" section in future issues.

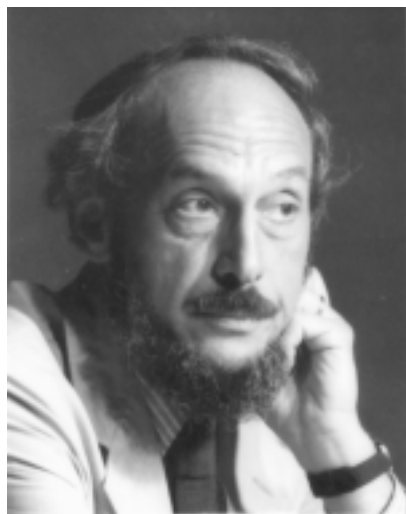
On the one hand, I have been much encouraged by the response to the first two issues of *Chronicles*. Readers have been generous in their appreciation of the format and content of the newsletter. I like that a number of readers have found some articles informative and useful, and I even like that some readers have found some parts of some articles offensive, so that their dopamine fires, memories improve, and in general, life is made more interesting at our emeritus ages.

On the other hand, I am disturbed that a number of eligible readers did not receive the copies to which they were entitled. One of those readers was me. I have just now received the second issue of *Chronicles*, although my name and address was as clearly as anyone else's on the mailing list I myself submitted to Mail Services. There was a gremlin afoot—if that's the way gremlins travel—that didn't like editors, former deans and department chairmen, widows, and who knows who else who did not get that issue on time. In my peregrinations between La Jolla and the lands of Del Mar, I have encountered eligible readers who never received even the first issue.

I can now explain why some of you—all of you who had indicated a preference to receive communications

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[*Steinberg*, from p. 2]



wrote a letter to *Lancet* entitled "Consensus or Nonsense Conferences" and charged that "The panel of jurists... was selected to include experts who would, predictably, say... that all levels of blood cholesterol in the United States are too high and should be treated." My reply entitled "Consensus Minus One?" pointed out that "...there were no more than a handful among some 600 conferees who appeared to dis-

agree with the general terms of the recommendations." Later *The Atlantic* featured on its cover an article titled "The Cholesterol Myth." The author dismissed the 1984 Consensus Conference this way: "...the dissenters [were] overwhelmed by the extravaganza put on not just by the heart institute but by a growing coalition that resembles a medical version of the military-industrial complex. This coalition includes... the 'authorities'... the heart institute itself... and the American Heart Association..." Finally, he suggested, in all but libelous fashion, that I and four other proponents of lowering cholesterol levels must be in the pay of the drug companies.

What should you be doing about your cholesterol level?

First of all, know what it is. That's now an almost automatic part of any clinic visit. If the total is over 200 or if the LDL cholesterol is over 160 you should ask your doctor for advice about diet and/or drugs to lower it. No matter what the cholesterol level, I think everyone should follow the cholesterol-lowering diet recommended by the American Heart Association

and the NIH: 1) reduce your total intake of fat calories to 30% of your total calorie intake (for most Americans it currently runs about 40%); 2) reduce intake of animal fats (saturated fats) to a minimum (avoid butter, cream, cheeses, and fatty meats); 3) emphasize fruits and vegetables, fish, chicken (skin removed); 4) substitute vegetable fats wherever possible in dressings and in cooking (corn oil, canola oil, safflower or sunflower oil); 5) keep cholesterol intake below 300 mg/d (eggs only occasionally, avoid organ meats); 6) keep body weight at the ideal level for your build and age; 7) exercise at least 30 minutes every day—does not have to be vigorous; this helps a great deal in accomplishing # 6).

A Request for Help

Yes, 'The Cholesterol Controversy' has been colorful and heated. I am in the process of writing a book that will analyze the reasons why. If any of you have anecdotes relating to the issue, I would be glad to receive them. Let us all be grateful that the naysayers did not hold sway. And let's keep those cholesterol levels down!

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[Editor, from p. 7]

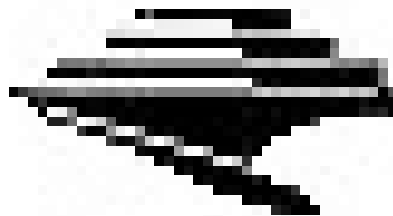
from the Association at your campus office address—only recently received their copies of the second issue of *Chronicles*, while others had theirs by the middle of February. The problem was that the mailing list for the issue was waylaid by e-mail, which apparently took some invisible control character in my Microsoft Excel file to be a close-file signal, cutting a large portion of the mailing list out of the automatic process that generates the mailing labels. Sorry about that. Thought you might like to know.

There are also emeriti who, at some date, indicated on a questionnaire that they wanted communications from the Association sent to their campus offices. But later, those emeriti seldom or never visited those offices, so never saw the later communiques reminding them to update their preferences; they also missed the reminders to join the Association, so their absence was not even noted.

There are other emeriti whose names never made it even to the initial list of eligible members. We are trying to track that error down. The only clue we have so far is that at some point the Academic Senate office, loaded down by paper, returned its noncurrent faculty files to departments, so that now there is apparently no central repository of information on faculty and former faculty. Wait, that can't be true! I get

mailings from somewhere that seem to be addressed to all members of the Academic Senate. I think the problem must lie in the existence of independent mailing lists that don't talk to each other, so that each list never finds out what names it should have from the other lists.

Leonard Newmark
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UNIVERSITY OF CALIFORNIA,
SAN DIEGO
