

21 February 2009

Dear family and friends:

I have been avoiding the emails from sister Ruth Deery that somehow survived a computer crash and computer replacement. These run from January 2 through February 26, 2008 as we were preparing to visit Criss Taylor, Job denHeeten, and their son Mau Mau in Utrecht, Netherlands and then spend two weeks in Florence with our friend and my swimming partner Tom Dahill, artist and art historian. We had a wonderful two weeks in Florence together. Shortly after returning home, Ruth died of a heart attack.

These emails deal mainly with preparation for the trip but have many personal, historical, and philosophical asides. Some medical details might have been considered confidential during Ruth's lifetime, but she was quite open about them and their somber future consequences.

These emails show a lively and curious mature mind at work.

I have posted WORD and pdf versions of these letter at the dropsite

<http://www.eftaylor.com/pladropsite/>

and will leave them there for a month or so. Each file is about 160KB in size. If any of you would like them on a CD, please send me your current postal address.

Love, Edwin Taylor

**From:** ruthd@kalama.com

**Subject:** Good timing

**Date:** January 2, 2008 6:15:37 PM EST (CA)

**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

Thank you for having Robert send me info on the iPod charging situation.

Below is a long article sent to me by one of our Audubon members, an article which makes me glad we'll be in Italy in winter, not summer. You can get the gist by reading the first few paragraphs.

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International Herald Tribune, Dec. 22-23, 2007

A tropical epidemic - in northern Italy

Global warming lets tiger mosquitoes roam far afield and infect a village

By Elisabeth Rosenthal

CASTIGLIONE DI CERVIA, Italy: Panic was spreading in August through

this tidy village of 2,000 as one person after another fell ill with weeks of high fever, exhaustion and excruciating bone pain, just as most of Italy was enjoying Ferragosto, its most important summer holiday.

"At one point, I simply couldn't stand up to get out of the car - I fell," said Antonio Ciano, 62, an elegant retiree in a pashmina scarf and trendy blue glasses. "I thought 'O.K., my time is up. I'm going to die.' It was really that dramatic."

By midmonth, more than 100 people had come down with the same malady. Although the worst symptoms dissipated after a couple of weeks, no doctor could figure out what was wrong.

"In the bar, people were really hysterical," said Rino Ricchi, a road worker who fell ill.

They blamed pollution in the river. They attacked the government. But most of all they blamed recent immigrants for bringing such pestilence to their sleepy settlement of pastel stucco homes.

"Why immigrants? I kept thinking of these terrible diseases that you see on TV, like malaria," said Rina Ventura, who owns a shop selling shoes and purses. "We were terrified - there was no name and no treatment."

Oddly, the villagers were both right and wrong. After a month of investigation, Italian public health officials discovered that the people of Castiglione Di Cervia were, in fact, suffering from a tropical disease - Chikungunya, a relative of dengue fever, normally found in the Indian Ocean. But the "immigrants" who were spreading disease were not humans but insects: tiger mosquitos, who can thrive in a warming Europe.

Aided by global warming and globalization, Castiglione Di Cervia has the dubious distinction of playing host to the first outbreak in modern Europe of a disease that had previously been seen only in the tropics.

"By the time we got back the name and surname of the virus, our outbreak was over," said Dr. Rafaella Angelini, director of the public health department in the regional capital of Ravenna. "When they told us it was Chikungunya, it was not a problem for Ravenna any more. But I thought: This is a big problem for Europe."

The epidemic proved that tropical viruses are now able to spread in new areas, far north of their previous range. The tiger mosquito, which first arrived in Ravenna three years ago, is thriving across southern Europe and even in France and Switzerland.

And if Chikungunya can spread to Castiglione - "a place not special

in any way," Angelini said - there is no reason why it cannot go to other Italian villages. There is no reason why dengue, an even more debilitating tropical disease, cannot as well.

"This is the first case of an epidemic of a tropical disease in a developed, European country," said Roberto Bertollini, director of the World Health Organization's Program on Health and the Environment. "Climate change creates conditions that make it easier for this mosquito to survive and it opens the door to diseases that didn't exist here previously. This is a real issue. Now, today. It is not something a crazy environmentalist is warning about."

Was he shocked to discover Chikungunya in Italy, his native land? "We knew this would happen sooner or later," he said. "We just didn't know where or when."

It certainly caught this little town off guard on Aug. 9, when public health officials in Ravenna received an angry call from Stefano Merlo, who owns the gas station.

"Within 100 meters of my home, there were more than 30 people with fevers over 40 degrees [104 Fahrenheit] . I wanted to know what was going on. I knew it couldn't be normal," said Merlo, 47.

August is not the season for high fevers, Angelini agreed, and within days of interviewing patients she was intrigued.

"The stories were so similar and so dramatic," she said. "But we had no clue it was something tropical."

Hardworking shopkeepers like Venturi could not leave bed because their hips hurt so much. Able-bodied men could not lift spoons to their mouths. (Months later, many still experience debilitating joint pain.)

From the start, doctors suspected the disease was spread by insects, rather than human-to-human contact. While almost all homes had one person who was ill, family members seemed not to catch the disease from each other.

They initially focused on sandflies, since the disease clustered on streets by the river.

Canceling their traditional mid-August vacations (in Italy, a true sign of panic), health officials sent off blood samples, called national infectious disease experts, searched the Internet and set out traps to see what insects were in the neighborhood. The first surprise was that the insect traps contained not sandflies but tiger mosquitos, huge numbers of them.

The scientific survey confirmed what residents of Castiglione had

come to accept as a horrible nuisance, though not a deadly threat.

"In the last three or four years, you couldn't live on these streets because the mosquitos were so bad," said Ricchi, the road worker, standing at the entrance to his neatly tended garden, where mosquito traps have now replaced decorative fountains.

"We used to delight in having a garden or a porch to eat dinner. You couldn't this year, you'd get eaten alive."

Angelini, the public health director, said: "They were treating the mosquitos like an annoyance. They knew that mosquitos could spread tropical diseases, but they had peace of mind because they knew this didn't happen in Italy."

Ravenna immediately set about killing the bugs in the hopes of containing the epidemic. Workers sprayed insecticides and went into each family's garden, emptying flower pots, fountains and the rainwater collection barrels to remove the mosquitos' breeding ground.

By early September, there were no new cases in Castiglione Di Cervia. But there were a number of mini-epidemics in cities in the region - Ravenna, Cesena, Rimini - set off by tiger mosquitos there. Each was controlled in the same way.

By that point, the doctors had catalogued the patients' symptoms and tried to match them to mosquito-borne diseases.

"We realized," Angelini said, "we were seeing a photocopy of an outbreak on Reunion," a French island in the Indian Ocean where more than 10,000 people have had Chikungunya in the last two years. Blood tests confirmed the diagnosis. By summer's end nearly 300 Italians had been confirmed to have homegrown Chikungunya.

Chikungunya is spread when tiger mosquitos drink blood from an infected person and - if conditions are right - pass the virus on when they bite again. Tiger mosquitos first came to southern Italy with shipments of tires imported from Albania about a decade ago but have expanded their habitat steadily north as temperatures have risen. They now exist in Corsica and southern France as well.

But the doctors were baffled by how Chikungunya made its way into mosquitos in northern Italy since no one in Castiglione Di Cervia had been abroad. In the past two years France (especially Paris) has had a number of "imported" Chikungunya cases, in travelers returning from Reunion. But the disease has never spread in France, because the mosquito could not thrive there.

Eventually investigators discovered a link: One of the first men to

fall ill in Castiglione Di Cervia had been visited by a feverish relative in early July. That relative, an Italian, had previously traveled to Kerala, India. Chikungunya traveled to Italy in his blood, but climatic conditions are now such that it can spread and find a home here.

Now it is winter in Castiglione Di Cervia, near freezing as the sun went down on a recent evening and Christmas lights glowed across the piazza. There are no mosquitos now.

But dozens of residents still suffer from arthritis, a known complication of Chikungunya.

Ricchi, the road worker, says he still has trouble clenching his fists and his left ankle has horrible pains. Three people in the town died after getting the virus, Merlo said, although all had other illnesses as well.

From the start, townspeople noticed that the very elderly never got the disease. Now it makes sense: "If all you do is walk the 50 yards from your home to the church, there's not much chance to get bitten," Ciano said.

But the biggest mystery is whether Chikungunya will emerge here next summer. In the tropics, it is a year-round disease, since the mosquitos breed continuously. But the virus can winter over in mosquito eggs, too, and no one knows if there are reservoirs of sleeping eggs in some pool of water in Italy.

With climate change upon us, said Bertollini, the WHO official, Chikungunya will surely be back somewhere in Europe again.

----- End of Forwarded Message

**From:** ruthd@kalama.com  
**Subject:** Melanoma info  
**Date:** January 3, 2008 3:30:26 PM EST (CA)  
**To:** lupine@yogamidlife.com, edncarol@myoasismail.com, kdeery@scattercreek.com, shirleyhlutz@comcast.net, charlottekmitchell@gmail.com and 3 more...

Greetings, all. I had my last radiation treatment of this series yesterday, followed by a talk with Dr. Kim. I'm passing along what I learned from him to certain friends and relations because you may be in a position to notice a future problem, as follows:

As I mentioned before, melanoma that has escaped into the lymph system is incurable, but also highly unpredictable. It can hide for months or years and then show up

elsewhere. The likeliest spots for it to land are in the lungs, liver, or brain. Therefore there will be periodic scans from the earlobes to the groin (poor Medicare!). When I asked about detecting it in the brain, he said that in that case it would be detected by symptoms, not scans. When I asked what symptoms, he said "stroke-like".

With my low blood pressure, stroke is unlikely; so I'm suggesting to you that if I should show up with stroke-like symptoms (which can, after all, be mild) you call it to my attention so I can deal with it earlier rather than later.

On the History Channel lately I've been seeing programs on Vesuvius, Thera, Krakatoa, and the Yellowstone caldera. Quite possibly such matters as where a cancer will show up next will soon be the least of our worries! But in the meantime, let's all eat more chocolate.

Cheerio

Ruth

**From:** ruthd@kalama.com  
**Subject:** Aha! Gotcha!  
**Date:** January 6, 2008 5:49:52 PM EST (CA)  
**To:** edncarol@myoasismail.com, kdeery@scattercreek.com, lupine@yogamidlife.com, snelson2024@yahoo.com, eftaylor@MIT.EDU, kirmani@MIT.EDU, [shirleyhlutz@comcast.net](mailto:shirleyhlutz@comcast.net)

Justified at last!

In the AARP magazine for Jan/Feb 21008 on p. 28 is the following item:

Sipping wine has long been linked to lower heart-disease risk, but an alcoholic drink isn't the only way to get that benefit. Purple grape juice proved just as effective at lowering total and LDL cholesterol, in animal experiments conducted at the University of Scranton in Pennsylvania. What's more, scientists at Université Louis Pasteur de Strasbourg in France recently found that purple grape juice mimics red wine's ability to stimulate nitric oxide production in arterial cells. Nitric oxide is a natural chemical that keeps blood vessels elastic.

You're welcome, Mother.

Nyaah nyaah, you vintners.

Imagine a French institution finding anything good about unfermented grape juice!

Love and chortles,

Ruth/Mother/Marz

**From:** ruthd@kalama.com  
**Subject: Re: Aha! Gotcha!**  
**Date:** January 7, 2008 4:19:13 PM EST (CA)  
**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

Yes, I never thought to wonder; but I'm going to assume that Concord grapes are "purple grapes."

However, Shirley, with her passion for health foods and high-quality documentation, went right to work on me, as follows:

...alcohol in moderation promotes cardiovascular health by boosting concentrations of good cholesterol and inhibiting the formation of dangerous blood clots (SN: 2/28/98, p. 142: [http://www.sciencenews.org/sn\\_arc98/2\\_28\\_98/bob1.htm](http://www.sciencenews.org/sn_arc98/2_28_98/bob1.htm)). Additional compounds in red wine seem to benefit the heart and blood vessels (SN: 1/5/02, p. 8: Available to subscribers at <http://www.sciencenews.org/2/2/05/note11.asp>).

Now, the brain joins the list of organs that seem to benefit from alcohol.

Alcohol doesn't often get billed as a brain food, but new research suggests that booze offers at least one cerebral benefit. It may reduce aging drinkers' risk of developing Alzheimer's disease and other forms of dementia. Drinking also appears to guard against macular degeneration, an incurable eye disease.  
Etc.

Beer: Mind over Fatter from Harvard Health Letter, October, 2003

In honor of Oktoberfest, we hoist two studies related to beer. The first, in the March 19, 2003, Journal of the American Medical Association, found that moderate alcohol consumption could reduce the risk for dementia. As part of the Cardiovascular Health Study, about 6,000 people age 65 and over from four communities across the country answered questions about their eating and drinking habits. They also took a series of tests to check for dementia. Researchers compared the drinking habits of the 373 people who developed dementia to a like number of those who didn't.

Their analysis shows that people who have one to six drinks per week have a 54% lower chance of developing dementia than teetotalers. But heavy drinking is unhealthy for numerous reasons; this study adds another one. It shows that people who have 14 drinks or more per week have a 22% higher risk for dementia.

Wine connoisseurs, fans of the dry martini, and beer lovers can all be

happy about this study. The type of alcohol didn't make a difference at the relatively moderate consumption levels that protect people from dementia.

Shirley

Previous to this, we had this exchange which may amuse you:

On 1/6/08 5:37 PM, "Shirley Lutz" <[shirleyhutz@comcast.net](mailto:shirleyhutz@comcast.net)> wrote:

> Yes--I read that and anticipated a note from you. However, this does  
> not explain the benefits from other alcoholic beverages such as beer.

To which I responded:

As to beer, let's give the credit to the hops. And then there's the barley, the corn, the rice, the dandelion, the berries, the potato peelings--alcohol has to be made out of SOMETHING, after all.

Let's face it--most of the benefits from alcohol go into the pockets of the producers and distributors thereof.

Ruth

**From:** ruthd@kalama.com  
**Subject: Information, please**  
**Date:** January 7, 2008 4:34:36 PM EST (CA)  
**To:** [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU), [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

I need flight numbers, times, etc. for the Amsterdam-Florence-Boston tickets, which you are purchasing for me. I want to forward the total schedule to my children.

As of right now, my check to you, #1987 dated 12/14, for roughly \$800 to pay for these flights had not been cashed. Did you receive it? It would have arrived, unfortunately, about the time you were busy in connection with Carla's sister's last days.

Love, Ruth

**From:** ruthd@kalama.com  
**Subject: Re: AA Wright etc**  
**Date:** January 7, 2008 4:44:56 PM EST (CA)  
**To:** [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)

I do get the Alumni Magazine, but have not yet looked at the current issue. Thank you for scouting it out.

No, I don't remember the year of the house purchase. What I do remember is that we rented for many years (was it \$60 a month?) during the time that Norman Wright wanted to sell it at \$21,000; if memory serves, Father purchased it for \$7000.

I also remember that he did a lot of rewiring (was that when we went from gaslight to electricity in the upstairs bathroom?), thereby saving the owners a LOT of money--at least \$40, I was told. I think I was about 10 at the time, before we went to England.

It occurs to me that since he had to borrow money (\$500) so we could go to England, he may also have borrowed to purchase the house, in which case perhaps the Oberlin Savings Bank still has those ancient records.

When he borrowed that \$500 for the trip, I remember Mother telling me with pride that the bank was willing to lend it to him "because he is such a very good risk."

Love, Ruth

On 1/7/08 1:13 PM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

Ruth: Do you pay attention to the Oberlin Alumni Magazine? I just looked at the Fall/Winter 2007 issue and found a very interesting article, starting on page 12, about Emma Dorst, class of 2010 (wrong graduation year in the chart at the bottom of page 12) most of whose ancestors graduated from Oberlin. This line goes back to one of the three first women graduates of Oberlin, Caroline Mary Rudd, graduation year 1841.

About half way back is AA Wright, his second wife, ne Mary Pamela Benton Hill, and their son Norman Wright. The article mentions 123 Forest several times.

I remember Father talking on our front sidewalk with an old woman dressed in black, and remember being told she was Norman Wright's mother (died in 1940). If so, that would have been Mary Pamela Benton Hill.

Do you remember what year Father bought the house from Norman Wright? I recall a letter from him to Wright offering a compromise figure of \$7500 for the house, but cannot recall the year.

If you do not have the Alumni Magazine, we can look at our copy when you arrive --- in a couple of weeks!

Edwin

**From:** ruthd@kalama.com  
**Subject:** Have you read?  
**Date:** January 8, 2008 9:59:28 PM EST (CA)  
**To:** [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU), [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

Edwin, a member of my lively Lunch Bunch group asked if you'd read a book she's all excited about, *Electric Universe* by Walter Thornhill and David Talbott, ISBN 10 0-9772851-3-8. Publishers: Mikamar Publishing.

What turned her on was that certain seemingly contradictory current ideas about the universe cease to be contradictory if the universe is considered to be electric.

Or something.

Seems the authors are electrical engineers.

Another book my friends are all excited about is Naomi Klein's *Shock Doctrine*. Have you seen it?

I have extra copies of all but one of the *Deery Diaries* that you seem to be missing. I'll bring them along. Also the deMedici DVD, which I thoroughly enjoyed. I'm reading about 100 pages in my college art appreciation text, *Art Through the Ages*, pages which deal mostly with Florentine art in the 16th century.

Thus far you haven't answered my question about my uncashed check for the flight. It is still uncashed. Should we start worrying?

Love, Ruth

**From:** ruthd@kalama.com  
**Subject:** Shall we chat?  
**Date:** January 9, 2008 4:58:11 PM EST (CA)  
**To:** [httaylor1@comcast.net](mailto:httaylor1@comcast.net)

Greetings, Helen.

I'll be in Boston for a few days around our trip to Utrecht and Florence. Will we be able to get together either before or after?

Here are the dates (Fates and the weather permitting):

I arrive in Boston in mid-afternoon on Wed. Jan. 23

We depart for Amsterdam late Friday Jan. 25

We return to Boston late afternoon Monday Feb. 18

I leave Boston mid-afternoon Thurs. Feb. 21

How does that line up with your always-busy schedule?

As always, Ruth

**From:** ruthd@kalama.com  
**Subject: Re: Copenhagen**  
**Date:** January 13, 2008 9:24:25 PM EST (CA)  
**To:** [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)

Thank you. The plan sounds wonderful.

On 1/13/08 3:25 PM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

13 January 2008

Dear Ruth and Helen:

Almost always I am very careful not to interfere in any way with the plans you two have to get together. But we have just broken our do-not-interfere policy: We have scheduled a conflict with your planned lunch on Thursday, January 24. Today we saw the play Copenhagen by Michael Frayn. It is the story of Niels Bohr, his wife Margarethe, and Werner Heisenberg in a meeting they had during the Nazi occupation of Denmark in 1941 that dealt with building the German and US nuclear bombs. Physics, philosophy, and history combined.

We thought of you, Ruth, so often during the play. With your background in the WAVES during WW II and your position as science resource leader in schools, this play is right up your alley.

We were so taken with it that during intermission we bought three tickets for the only performance which you, Ruth, can attend, which takes place from 10 am to 1 pm on Thursday, January 24.

We can deliver Ruth anywhere in the Boston area after about 2 PM on Thursday and will pick her up later.

Edwin

**From:** ruthd@kalama.com  
**Subject: Re: Thank you -- but what to do?**  
**Date:** January 16, 2008 9:10:32 PM EST (CA)

To: [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU), [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

Very, VERY interesting. Isn't the "no-carb" diet the old Atkins diet? It works but is tough on the kidneys. Anyone with a history of kidney stones better beware.

As I recall, it works by forcing the metabolism to go through some other route—was it the Krebs cycle? When there are no carbohydrates to burn, the body burns protein, as I recall, which gives you bad breath and overworks the kidneys.

Anyway, this seems like courting disaster. But then, so is obesity.

See you in a week.

Love, Ruth

On 1/16/08 12:51 PM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

Very interesting, Lloyd. A closer reading near the summary on page 454 led me to believe that that is what Taube is suggesting. It does not make sense to try this during a trip to pasta-rich Florence. (Leave Jan 25, return Feb 18.) So when we get back, I will check with you on your experience. Thanks for being the guinea pig. Love, Dad

Dad,

I just got off the phone with my Cenegenics physician. What I'm going to do for the next month or so is to reduce/eliminate \*all\* carbs, and eat only protein and fats. The data that carbs (especially refined ones) are the root cause of obesity and all other 'western diseases' is sufficiently compelling that I'm going to try it on myself to see what happens.

This flies in the face of accepted diet wisdom ("eating fat makes you fat"), but this 'wisdom' has quite likely been the cause of the obesity explosion in this country over the past 30 years.

Feel free to try this along with me, or wait until I have a couple of weeks experience and then make a decision.

Check out William Banting's "Letter on Corpulence" published in 1869 at <http://www.lowcarb.ca/corpulence/>. It's a fascinating read.

--Lloyd

On Jan 10, 2008 10:07 AM, Edwin Taylor <[eftaylor@mit.edu](mailto:eftaylor@mit.edu)> wrote:

10 January 2008

Lloyd: I am grateful to you for sending me Good Calories, Bad Calories by Gary

Taubes. But frustrated too. I have more or less given up dieting, but am upset about the added weight. I am willing to give any possible formula a chance, even if expensive in the short term, just to see where it begins to lead.

I need a formula to try -- as I have tried many other things. I am not a speed reader, so skimmed the last part of the book, starting with Part Three: Obesity and the Regulation of Weight. Taubes is reflective and careful and faithful to his sources, but I want a formula for action, even if a radical one. The nearest thing is his set of conclusions on page 454. But what am I to do with them? I need something like:

1. Throw out all bread, honey, and sugar, and eat Arkansas clay for three weeks, boiled to kill the weevils.
2. Drink two ounces of whiskey four times a day.
3. Jump up and down in place 521 times twice a day.
4. Swim across the Rappahannock River twice a month.

Can you find me a source that gives instructions like these, based on Taubes' conclusions?

Love, Dad

--

Edwin F. Taylor  
[eftaylor@mit.edu](mailto:eftaylor@mit.edu)  
<http://www.eftaylor.com/>

**From:** ruthd@kalama.com  
**Subject: Re: Anatomy of a Murder**  
**Date:** January 18, 2008 6:59:24 PM EST (CA)  
**To:** [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)

No, I haven't seen it. I would like to.

Also, Carla, I plan to (1) retrieve the book Laughter which I hope you can find, and (2) have you write down for me how to count from 1 to 15 in Urdu.

Love, Ruth

On 1/18/08 1:38 PM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

Ruth: Have you seen the movie Anatomy of a Murder. Joe Welch of Army-McCarthy hearings (and Grinnell graduate?) plays a judge. I have been thinking of seeing it again and will order if you are interested --- to be seen either before or after Florence. Edwin

**From:** ruthd@kalama.com  
**Subject: Re: Your Holland holiday schedule**

**Date:** January 20, 2008 4:29:55 PM EST (CA)  
**To:** crissman.taylor@casema.nl  
**Cc:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

WOW! You are indeed amazing—what a combination of warm heart and superb organization.

As requested, I'm not bringing a gift for MaoMao; but I plan to bring something that I trot out for nearly every visiting child for us to enjoy together, and then I'll bring it home. I'll show it to you first so we can inoculate against possible problems.

Love, Ruth

On 1/20/08 3:36 AM, "Criss Taylor" <[crissman.taylor@casema.nl](mailto:crissman.taylor@casema.nl)> wrote:

Hallo you three. Packing your undies? Don't forget your swimsuits. The reason why is in this fun-packed schedule for your den Heeten-Taylor Holiday. Take a look, digest it all and we'll talk a lot when you get here. Pay attention to all the bold underlined bits as these apply to you. As you see, we are coming to pick up, one or three of us, that's as yet unclear. We are looking forward to it! Love and kisses, Criss

#### **EFT, CKT and RD's visit January 2008**

**From:** ruthd@kalama.com  
**Subject: Re: JAMA Diet comparison study**  
**Date:** January 20, 2008 4:34:33 PM EST (CA)  
**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

FUD! A most excellent acronym. I expect planting FUD to be a major part of the Republican strategy during the next few months.

Love, Ruth

On 1/20/08 1:38 AM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

Lloyd: Thanks. One month sounds fine, and will end about the time we return from Florence, February 18.

I will offer Ruth the book. Thinking carefully is something entirely different and much more problematic.

Love, Dad

Ruth's concerns are fully addressed in the book. Short answer from Taubes: those statements are from folks who wanted to shoot down Atkins, and so spread fear,

uncertainty, and doubt (FUD). For example, 'ketosis' is a normal state for the body when it is metabolizing fat (that is, free fatty acids are circulating in the blood and being burned by cells for energy), while 'ketoacidosis' is the kidney-killing disease found in type-II diabetics. They're not the same thing.

Please read the book and think carefully about whether or not you buy the logic therein before doing anything about diet changes. I'm sufficiently convinced to give it a one-month trial to see what happens. That doesn't mean that you should (or should not) do the same.

Perhaps you could encourage Ruth to read it as well. There's nothing like scientific data carefully analyzed to address FUD.

--Lloyd

**From:** ruthd@kalama.com  
**Subject: Re: Coming soon**  
**Date:** February 23, 2008 2:31:24 PM EST (CA)  
**To:** kirmani@MIT.EDU, [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)

Linda found the rolley online. I can't pull up the exact website, but attached is a screen shot from another site. It was an unbelievable bargain--about \$45, free shipping, weekend special and bah blah. She ordered one for herself too.

Great! I accept your mutual news exchange proposal. First installment: Linda called Dr. Curti. He opined that there would not have been enough time since my last (clean) scan for a melanoma to have advanced in the liver to the point that it would cause such nausea. I'll be seeing my regular doc next week and ask about possible other causes. Next scan Mar. 4, next visit to Dr. Curti Mar. 11. My appetite is still wimpy; the nausea returned last night after two blessed days without it. Since it was also starting to hurt to swallow as it did during radiation, I took another pain pill and both the nausea and painful swallowing disappeared. I like this double-duty cure.

I didn't have the same luck with Italian overeating as I did with Norwegian overeating; I've gained 5 pounds, despite a week of very little food since. But there is the cheerful forecast that weight gain is seldom a problem with cancer patients, so I shall find things other than weight gain to worry about.

Gerry spent the night here, followed by breakfast. I had an egg, a slice of toast, and pills. He had a glass of water.

Kevin came over yesterday to turn the heat up for me and found that the furnace refused to turn on (no, it wasn't the circuit breaker; other items on that circuit work). So, bless him, he chopped and stacked several days'

worth of firewood and laid a fire for us. I'll get the furnace man up pronto.

The cloth scrap that Linda used for the grain bags is an Escher-looking batik in Delft blue. Along the selvedge, where you'll sew it up, it says GUARANTEED DUTCH WAX VISCO. !!!!!

Love, Ruth

On 2/23/08 9:31 AM, "Carla Kirmani-Taylor" <[kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)> wrote:

Ruth,

I assume you are now home...I mean really HOME, in your own comfy place in Longview.

Congrats on finding a sturdy roly to replace that darned wimpy, uncooperative one you had. Which one did you order? I went online to look at them ( <http://www.calpaks.com/>) and would love to sneak a peak at yours. Is it one with a 2-prong pulling handle rather than a single prong which your broken one was?

Most important: How are you feeling? Do please keep us updated. We can NEVER get too much info from and about you.

Edwin and I are both doing well--I think we're pretty much recovered from our travel adventures.

Re your email below, you really are so sweet. We will definitely accept your ideas and generosity re the grain bags and mini-microwave. And lucky me! I will get to sleep every night with warm bags and warm thoughts of comfy-cozy you and Linda. Thank you, thank you. (No wonder we love you and love being with you--you are sweetness galore!)

I have printed out in bright orange all your grain-bag instructions twice and have (of course!) taped them to:

- a) a kitchen cupboard door so we can get them filled correctly, and
- b) to the 3rd floor cupboard where I can note how long to microwave each of them for optimal temperature for me.

I hope your mail sorting isn't as great a quantity as ours, which I'll be finishing today.

OK, looking into the future, let's make a deal:

- a) >YOU< keep us updated at least WEEKLY about your health -- or

oftener as new info comes in.

AND...

b) >I< will keep you updated each week (yup, I'm putting it on the calendar ... of course!) on my weight and clutter loss efforts.

Do you agree with this deal?

Much love to you, dear Ruth, and thank you and Linda for your kindness and generosity.

Carla

**From:** ruthd@kalama.com  
**Subject: Re: Religion Map**  
**Date:** February 23, 2008 11:28:21 PM EST (CA)  
**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

Interesting Maybe the message is "Looky here, we got'em surrounded now." I Googled Roy Lister and ended up with info titled Roy Lister Papers, put out by Connecticut Wesleyan. Seems the collection takes up 35.2 cubic feet. Roy Lister is characterized as "mathematician, novelist, musician, publisher, and social critic. Roy Lisker. Lisker publishes Ferment magazine." Nothing about history or religion.

On 2/20/08 9:14 AM, "Edwin Taylor" <[eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)> wrote:

..

^

A curiosity. Not sure of what it means. is it "Might makes Right", or "Right makes Might"?

<<http://mapsofwar.com/images/Religion.swf>>

Ferment and Ferment Press  
Dr. Roy Lisker  
Ferment, Ferment Press  
<<http://www.fermentmagazine.org>>  
8 Liberty Street #306  
Middletown, CT 06457

Never miss a thing. Make Yahoo your home page.  
<http://www.yahoo.com/r/hs>

**From:** ruthd@kalama.com  
**Subject:** Grain bags  
**Date:** February 24, 2008 10:35:42 PM EST (CA)  
**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

I expect to put the grain bags and check in the mail tomorrow. I was going to print out a tale of woe about trying to extract the info I wanted, but my printer gave up so here is what I hoped to enclose with the check:

I looked on the Web for microwave prices and found booming, buzzing confusion. I couldn't believe how fast the pages are modified. I'd go back for another look and it no longer said "free shipping" or "gift wrap available," or whatever.

I think the features you want are removable glass turntable and end of cooking alarm. Yahoo Shopping had an Emerson, 025806092806, .9 cuft, 900 watts, in stainless and black with removable turntable which first time I looked they said they'd ship free and the second time I looked they didn't say that.

Sigh.

What features do you need? Rotating turntable? End of cooking alarm? Forget convection, rotisserie, cooking probes.

I got far more than I wanted to know by Googling [microwave oven](#).

The check is in the mail, along with unfilled grain bags. I hope you'll let me know pronto how you'd like size or shape modified for the next ones. Maybe larger, like hot-water-bottle size. I think you should have at least two for each of you.

Love, Ruth

**From:** ruthd@kalama.com  
**Subject:** Filling the bags  
**Date:** February 25, 2008 12:36:04 AM EST (CA)  
**To:** eftaylor@MIT.EDU, [kirmani@MIT.EDU](mailto:kirmani@MIT.EDU)

While watching a wonderful OPB program on raptors, I just filled and stitched shut my two wheat bags which are identical with those you're getting. I offer the following observations:

The temptation is to overfill. For the long, narrow one which may be draped around the neck, one-quarter full seems optimal. For the other, fatter rectangle, about a third full.

Yesterday I had the first wonderful, almost uncontrollable belly-laugh of the year.

Background: for Christmas I had found a source and purchased for Gerry a kapok pillow, at his suggestion. His old one is way past its prime, and for reasons which elude me he prefers kapok to down or polyester. But it was fuller than he likes and he asked me to take out some of the stuffing. He brought it over yesterday.

Two furnace people arrived shortly before Gerry did. He got out of his car carrying this big white bed pillow, rather like Piglet with the balloon for Eeyore, and saw them exchange startled glances as he walked toward the door.

I was so overcome with mirth at considering what was probably going through their heads that I could hardly settle down for reading.

The book we're working on right now was handed to me as I left by Linda; it is *The Birth of Venus* by Sarah Dunant, ISBN 0-8129-6897-2. It's historical fiction about life in Florence in the 16th century. The prologue is pretty gruesome, dealing with the strange death of a nun. But then it seems to go into her life as the daughter of one of the powerful families of the time, and presumably what led up to the final scene.

Love, Ruth

**From:** ruthd@kalama.com  
**Subject: Re: New Travel Vests for Hands-free Travel!**  
**Date:** February 26, 2008 8:02:22 AM EST (CA)  
**To:** KIRMANI@MIT.EDU, [eftaylor@MIT.EDU](mailto:eftaylor@MIT.EDU)

On 2/26/08 4:36 AM, "Carla Kirmani-Taylor" <[KIRMANI@MIT.EDU](mailto:KIRMANI@MIT.EDU)> wrote:

Ruth,

Look familiar?!

love, Carla

Sure does! And the price was less than half what I paid. However, mine has already been to Holland, Denmark, Greece, Turkey, Norway, Sweden, Russia, Estonia, Finland, and Mexico—and you can't buy an experienced vest like that for \$49!

Love, Ruth