Fred Sanger was a very private person. When I first approached him in 1999 about writing his biography, he made it clear that he was not interested in talking to newspaper types who did not understand biochemistry. After I assured him I was a biochemist, he agreed to see me. At our first session, we talked mainly about biochemistry. When asked if I could return in a week and talk about his early life, he reluctantly agreed. I was clearly invading his privacy. At the same time, his brother Theo and longtime assistant Bart Barrell were encouraging him to meet with me. Dr. Sanger did not volunteer information. He would, however, respond to specific questions or comments. The pattern that characterized our meetings, then, was that I would interview family and colleagues; they would give me stories; and I would ask Dr. Sanger to respond to those stories. While some areas were off limits, he responded honestly. We met a dozen times over the next nine years. By the fourth or fifth meeting, he had decided that I was okay, and from that point on, he seemed to genuinely enjoy our sessions. We always strolled through the garden so he could show me whatever was in bloom at the time.

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Joe S. Jeffers
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