[Apr 5, 1875]

New York
5 mo 33 rd
April 5 1875.

This is to certify
that Dr. John H. Kellogg
has taken a course of
private lessons of me
in Electro-Therapeutics
and has furnished
a complete and faithful
student.

Geo. M. Beard M.D.

American Public Health Association.

TREASURER'S OFFICE,

LANSING, MICHIGAN,

April 6. 1878.

J. H. Kellogg, M.D.

Dear Doctor: Yours of yesterday with enclosure just received, and I hasten to reply because on Board meets Tuesday, and I shall be so driven that I may not find the opportunity soon. Find the four dollars for dues Am. Pub. Health Ass'n I must return herewith, because not due until the meeting occurs, when I trust it will be called for, though it is quite probable I may not be the treasurer to take it. as I can hardly afford the time for

the necessary work for the
Association.

Accept our thanks for your
formal and cordial invitation
to your dedication, & wish I
could go and perhaps I can
bring it about, though it
looks improbable. My wife is
particularly desirous of being
there, and it is possible Mr
may arrange for her to go with
some one, and I to go by noon
train — I cannot possibly go
before, and it may be that our
Board will then still be in
session — though we seldom
use more than one day. Whether
I go or not I trust you will
have a very enjoyable time
and I heartily congratulate you

on the completion of the fine building which you have labored so faithfully & made a model of comfort, convenience, and health. Your excellent Sanitarium starts off under very favorable auspices. You have my best wishes for its success and prosperity.

Very Respectfully,

Henry B. Baker,

Vicksburg Miss. April 9th 1878

J. H. Kellogg. M. D.

Battle Creek, Mich.

Dear Sir,

Allow me to thank you and through you the Board of Directors of the Medical and Surgical Sanitarium for the kind invitation of myself and family to be present at the Dedicatory Exercises on the occasion of the formal Opening of your said building to be held on the 10th inst,

I assure you it would have afforded me great pleasure to accept your invitation and to be present with you on that interesting occasion, but, Owing to the fact that our Court will be in Session for a few days in which I have a few cases requiring my professional attention, it will be wholly impossible for me to leave home at that time, had the opening occured a month later I would have been there, as it is my whole heart will be with it at all events.

I congratulate you upon your success in

the construction and completion of your noble building, to be dedicated to the amelioration and relief of Suffering humanity from the various ills, that are so commonly and so frequently met ake and beset mankind. Considering the financial pressure and the Scarcity of money everywhere prevailing throughout the whole Country the past year it certainly required both nerve and courage to undertake the building of an institution such as yours requiring so great an expenditure of money, but there was pluck and push at the bottom, in this case as in all others conducting the enterprise with Success. I feel a deep and abiding interest in the Continued Success of the Sanitarium in its efforts to heal the Sick and afflicted, as well as to Teach men and women how to live, this I am assured has been and Still will be the mission of the Sanitarium, personally, I can say that my own condition has been bettered in both respects and in our case reasoning by analogy I conclude what does good, may atleast, do good in many others.

On looking over the names of the Physicians under whose immediate management the Institution is mainly dependent I See they are the Same as

when I left there 10 months since, and I make no attemp at flatery when I say that under their well known Skilful and judicious treatment ~~and general success~~ of patients and universal kind ness and courtesy to all, with insure to the Sanitarium that success which it so justly deserves, and ultimately it will be looked upon and regarded as the place where the Sick & infirm may be healed and the well may learn to so live that they will need no physician

Very Truly & Respectfully
Carson Graham

P. S. Nothing unforeseen to prevent Mrs. G & I will be at Battle Creek and Spend two or three weeks the coming Summer at the Sanitarium, we now think we will be there in June, it may be a little later. G

Michegan Asylum for the Insane.
Kalamazoo. April 11th 1878.

Dear Doctor.

Upon my return this morning after an absence of several days I found your kind letter with invitation awaiting me. I regret very much that I was unable to accept it as I should have enjoyed looking over your completed building. I hope it may prove adapted to your requirements and prove of great value in the remedial work you have in view. A wide field is certainly before you and one fully calculated to realize all reasonable expectations for honor and usefulness.

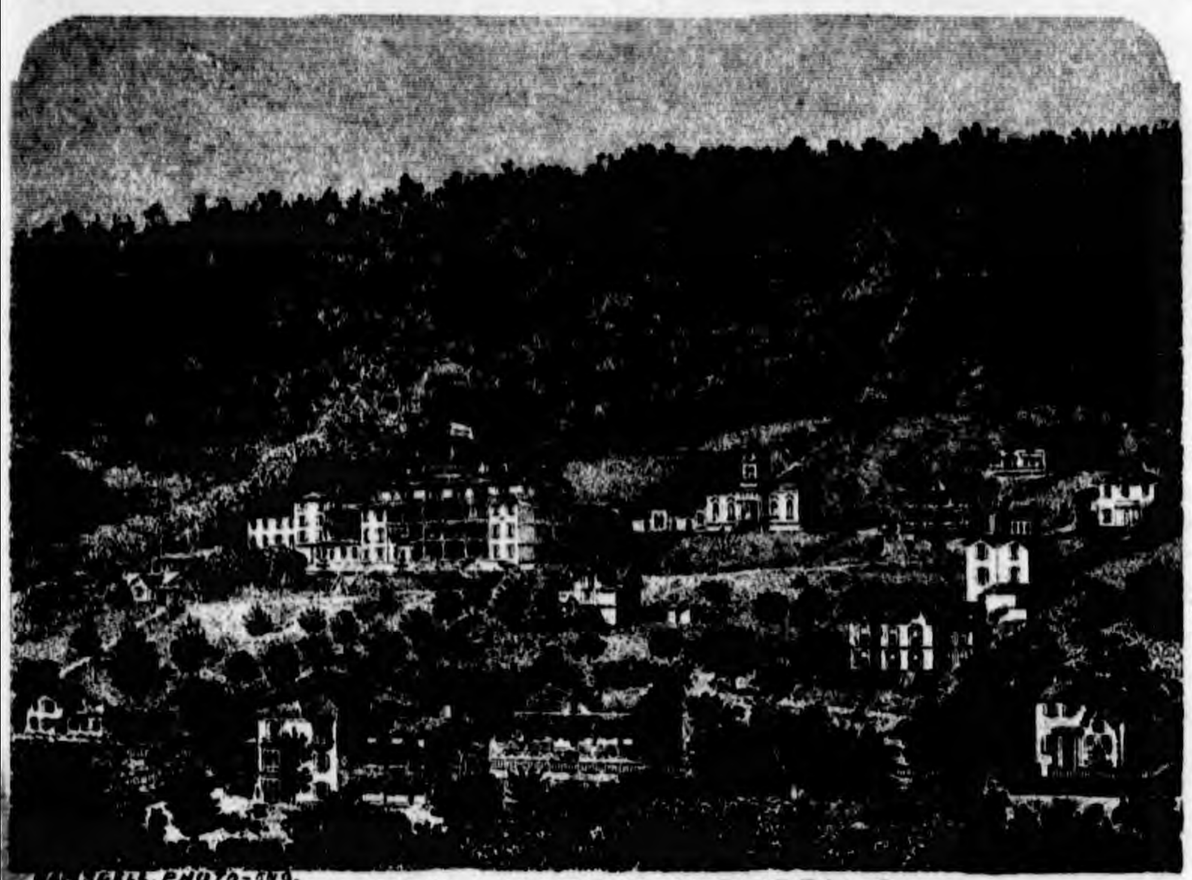
I think the Newcomer matter will eventually work itself out satisfactorily. It is however annoying in the extreme. Thanks for your Kind expressions in reference to it.

With Kind regards believe me as ever

Very sincerely yours.

Henry M. Hurd

SEND FOR THE LAWS OF LIFE AND JOURNAL OF HEALTH, PUBLISHED MONTHLY AT $1.50 PER YEAR, THE BEST HEALTH MAGAZINE ISSUED.
SEND FOR OUR DESCRIPTIVE PAMPHLET "WHAT WE ARE TRYING TO DO AND HOW WE ARE TRYING TO DO IT."



RAMSDELL PHOTO-ENG. Rochester N.Y.

ADDRESS JAMES H. JACKSON, SECY.

OUR HOME HYGIENIC INSTITUTE

DANSVILLE, N.Y.

April 15th 1878.

My dear Doctor:—

Mrs. Jackson and myself acknowledge the receipt of the invitation to be present at the opening of the new building, and I assure you we are sorry that we cannot accept.

We offer you our united congratulations upon the success which you are having, and especially upon this occasion of the inauguration of the new building. It is a pleasure to us to feel that there are persons of near our own age and education who are working along the same line as ourselves, and for such we feel regard and interest, and wish them success. You with your fine Institution and your paper, stand in the foremost rank, and I assure you we are glad of it, and shall hope that success in every direction may crown your efforts. Everything goes

well with us as usual.

Believe me very cordially yours,

Dr. James A. Jackson.

Addressed

1879

My Dear Doctor:

Please accept my hearty congratulations on your marriage relation just assumed, and my thanks for the card you kindly sent. May this find me in kind regards for yourself and Mrs. Kellogg.

Very respectfully and
Sincerely Yours
Amy B. Baker,

To J. H. Kellogg M.D.
Battle Creek,

Rolla, Mo. Sept 4 1878.

To the Patients:

Absent from home though I have been
I find just three weeks this
morning, and have sent no
special message to the invalid
inmates of the Sanitarium,
I wish to assure all who
are numbered in the
invalid corps that they are
not forgotten. I am daily
thinking of the suffering ones at
home whom I left behind
and would willingly ~~change~~ give
~~with them~~ the benefit of
the benefit of
my opportunity for
health getting if I might do so
~~& really feel quite~~

I have much here to re
mind me of those at home.
When standing on the snow
capped peaks of the "rockies",
breathing the fresh, invigorating
exhilarating air of those high
altitudes, I think of those of
our number who are suffering
with various lung difficulties
and wish they might enjoy
the same, though how they
would ever get to the
summit of some of the peaks
and crags that I have
scrambled over, I can hardly
imagine, as there is no trail

road turnpike, bridle road,
or even foot path in the
forests of ~~the~~ stunted pines
which cover their sides nor
among the huge boulders which
crown their summits. It is
a trying ordeal to one's lungs, ~~&~~
~~limbs~~ the as well as to his
limbs, to climb the steep
ascents and a novice like
myself ~~finds~~ finds himself
puffing like a locomotive
before he has hardly got a
fair start.

Cool,
Thin clear, dry, atmos-
phere, wholly free from
malaria and "germs" of every

not must be a perfect anti-
dote for "bilousness" and
as a think of its merits, I
involuntarily recall the
quiet & number of blue
"friends" at the Sanitarium,
and A ~~wish~~ wish I might
find art for their benefit
a few hundreds full of
this delightful atmosphere.
I could recommend it as
infinitely superior to all
the "bitters," "tonics" ~~blood~~
"liver tonics," and "blood
purifiers" ever conceited.

Yours

The skies are not all
dreamy here. At times they are clear
and beautiful at sunrise, but
by afternoon the ~~light~~ sky will be black with
heavy clouds ~~and~~ ~~the~~ the rain pouring down in
torrents, accompanied by
pelting hailstones, in the
valleys, while the lightning
cracks jokes with the craggy
peaks, and the thunder
reverberates through the
canons. Such sudden
weather changes inevitably
remind me of the rheumatic

5 1/2

barometers at hand, and a
trio of spectre forms just
before my professional vision,
whose ~~eyes~~ distorted visages
and wry grimaces evidenced
their sympathy with the
sufferings of Dame Nature; ~~and~~
and as I scrutinize them
closely I imagine I can discern
the outlines of the physiognomies of
Messrs B. and S., and Miss C., the
rheumatic dignitaries of the
Sanitarium.

One of our horses has
managed to fracture his leg while
another has strained his

ankle, which naturally reminds
me of the ~~xxxxxxxxx~~ cripples
which I have been hopelessly
interested in. In fact as I climb
these rugged mountain sides, per-
spiring at every pore and panting
for breath in the thin air of
these elevated regions, it frequently occurs to me that my
experience is an apt illustration
of the rugged road to health, which
we try to make easy as possible
at the Sanitarium, and as
I am reminded at me of
all the sick and suffering ones

there; and especially do I think of those who ill nesses are so severe as to confine them to their beds or their rooms. I wish they could share with me the pleasure afforded by the glorious sunrises and sunsets here among the mountains and the grand and wonderful architecture of nature in the landscapes spread out before our eyes. Nature appears here in her wildest moods, and her freaks are surely attracting.

Nothing could be a better reminder of my dyspeptic friends than the dyspepsia producing diet which the hotel waiters endeavor to palm me into eating. Although not a "dyspeptic" yet I confess that the hot pot of a good "square meal" at the Sanitarium table is not the smallest of the attractions which will abbreviate my journey

Colorado has a great rep-
utation as a resort for invalid
and justly I think in
some degree, and for some
classes of diseases; yet
I am convinced from my
observation that few
are materially benefitted
here. People come here, and
strangers in a strange
place, and soon find them-
selves ready to subscribe
to the declaration, "I was a
stranger, and they took me in.

A man can scarcely turn around, even in the mountains, without paying smartly for the privilege. He has to pay seven cents a mile for laboring up the steepest, roughest, most miserable roads. He does more in his life. He has to pay fifteen cents a pound for ~~fruit~~ peaches, twenty-five for grapes, four cents a pound for beets, and other articles of food in proportion, if he keeps house. For general strangers board a

habits, and are served with
an execrable dietary, speak
for a health climate point.
Exercise is taken in a hap-
hazard, irregular way, and
all habits are irregular. ~~And~~
The sudden changes of weather
are not provided against.
As consequence, the majority
get worse rather than better.
There is certainly great
need of a Sanitarium here,
at comfortable and safe
home for invalids and
persons in quest of

health. I have found a beautiful valley here at the foot of Lord's Hill, and have already made some arrangements for a branch sanitarium here. There is an abundance of fine excellent water, and splendid advantages for exercise and entertainment. Those who enjoy hunting and fishing, do not require to enjoy the murder of birds

innocent creatures, will find here abundance of hare, grouse, deer, and other game.

Consumptives and dyspeptics could spend a few months here during the warm season to advantage. Rheumatics and gouty people had better keep away. The sudden change would keep their joints snapping very crossly.

I am making the most of my time in endeavoring

to gain a reinforcement of
vital energy. I expect to
ever have formed as
black as an aborigine
and considerably reinforced in
muscle and adipose. I
rode about 40 miles yesterday
mostly on horseback, on a
mustang pony. I rode
about ten miles further than
I intended. Being at one
place rode #1 in the
evening, twice overtaken by
a storm and in the dark
& were got lost in the
mountains. I did not reach home

until about 1 o'clock in the morning. I am just surprised to hear to start on an expedition to the mines a few miles distant where I shall explore the bowels of a gold mine 1000 ft beneath the surface. The mountains about here are honeycombed with by the operation of miners. To-morrow I start for Middle Park, the great hunting ground of the continent. Mr. Gordon Cummings, the great African hunter is now there slaughtering the poor antelope at a fearful rate

From the foot I shall come home, stopping on my way to ascend Gray's Peak, the highest peak in the Rocky Mountains. I shall climb to the top and there drink the health of the Sanitarium in a cup of pure water from the bubbling Spring.

I am glad to hear flattering reports of the prosperity of nearly all healthward and hoping to see you all soon,

I remain, most sincerely Yours

J. H. Kellogg

OFFICE OF THE
CHIEF MEDICAL PURVEYOR. U.S.A.
WASHINGTON.

March 15, 1880

My dear Doctr

My friend D. J. H. Kellogg member of the State Board of Health, of Michigan, wishes to make your personal acquaintance

I commend him to your most friendly attention

Truly your friend

J. H. Baxter

Dr. Will Brownell

1880

Chicago 870 3rd Ave
Jan 14th 60

Prof J. Taber Johnson MD
Washington
Dear Doctor

This
will introduce my friend
Dr. J.H. Kellogg of Battle
Creek Mich. who purpose
spending a few days in
Washington. Any
favor you may extend
to the Dr will be duly
appreciated by him and
gratefully remembered
by me.

Dr. Kellogg is al-
ter head of the Battle
Creek Sanitarium one of
the largest and best
institutions of its kind in

the U.S. and a member of the State Board of Health.

Very Truly Yours

E. W. Jenks

Prof. J. Taber Johnson M.D.

Washington D.C.

Introducing

Dr. Kellogg

POSTAL CARD.

PORTLAND JAN 10 8PM ME.

WRITE THE ADDRESS ON THIS SIDE—THE MESSAGE ON THE OTHER.

Dr J. H. Kellogg - M. D.

Battle Creek

Mich

Portland 9 Jany 1882

My dear Dr Kellogg - I am just home from Medical where I stayed much longer than I had intended to do. at first I found many kind notes on my table with a great quantity of others - not one of which I have yet acknowledged. I take pleasure in - because of all the towns and families I visited in your great State - your town and your family have the pleasantest memories with me. I found here so lovely an admirable Book. with such beautiful binding - for which I thank you very much - it will always be one of my treasures - and will be an heir loom in my family

Please to give my kindest regards to the Matron of your Establishment whose attentions I shall long remember. I wish to be remembered also to your Clerk - with whom I had a pleasant drive about town. Very truly Yours

OFFICE OF

Medical & Surgical Sanitarium.

J. H. KELLOGG, M D., Sup't.

G. H. MURPHY, Treas.

Battle Creek, Michigan, Mar. 14 1882

Rec'd of J. H. Kellogg
Cash on account
the full amount of his
indebtedness to date and
in full and satisfactory
settlement of such
account.

Geo. E. Tuttle
Pres. S. T. & Pub Association

Blatt Nr. 20.

Leitung Nr. .....

Telegramm Nr. .....

Mrs Pellagg
room 101 Hotel [illegible]

Aufgenommen von ..... Telegraphie des Deutschen Reiches. Ausgefertigt den ...../.....

den 14/6 um 10 Uhr 50 M. vorm. Amt Cöln um ..... Uhr ..... M. ..... mitt.

durch ..... durch .....

Telegramm aus Stockholm 10 Worte. 188 den 14/6 um 9 Uhr 15 Min. vorm.

Arrived

John

Rec'd at
Cologne 1883

C. 187.

Blatt Nr. 52.

Leitung Nr. .....

Telegramm Nr. 4283

Kellogg Hotel du Nord
Cöln

Aufgenommen von Lu
den 16.6 um 12 Uhr 35 M. mitt.
durch H

Telegraphie des Deutschen Reiches.

Amt Cöln 6

Ausgefertigt den ...
um ... Uhr ... M. ... mitt.
durch ...

Telegramm aus London 14 Worte. 188 den 16 6 um 10 30 Min. mitt.

Cable says when do you return
Newyork answer

Gillig

C. 187.

MEMBERS.

Hon. Le Roy Parker, Flint, President.
Rev. D. C. Jacokes, D. D., Pontiac.
Henry F. Lyster, M. D., Detroit.
John H. Kellogg, M. D., Battle Creek.
Arthur Hazlewood, M. D., Grand Rapids.
John Avery, M. D., Greenville.
Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

January 22, 1883, 188

Dr James A. Russell,

Woodville, Canaan Lane,

Edinburgh, Scotland.

Dear Doctor:- It will give me great pleasure to introduce to you by this letter, John H. Kellogg, M.D., Member of the Michigan State Board of Health, member of American Public-Health Association, etc., etc. He visits your city to study methods of sanitary work. Any facilities for such study, or other courtesy shown him, will be warmly appreceiated both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

MEMBERS.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883, 188

Chas. A. Cameron, M. D.,

Medical Officer of Health,

Dublin, Ireland.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellog, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or any other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883., 188.....

Peter Murray Braidwood, M.D., F.R.M.S.,

Birkenhead, England.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

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Henry B. Baker,

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U.S.A., January 23, 1883., 188.....

Francis Vacher, M.D., F.R.M.S.,

Birkenhead, England.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the State Board of Health of Michigan, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 22, 1883. 188

Dr. S.W.North,

84 Micklegate, York, England.

Dear Doctor:-It will give me pleasure to introduce to you by this letter, John H. Kellogg,M.D., member of the Michigan State Board of Health, member of the American Public Health Association etc.,etc. He visits your country for the purpose of studying methods of sanitary work. Any facilities for such work, or other courtesy shown him will,be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 22, 1888.

J. Stopford Taylor, M.D.,

Health Officer, Liverpool, England.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country for the study of methods of sanitary work. Any facilities for study, or other courtesy which you may show him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U.S.A., January 23, 1883, 188

Benj. Browning, M.D.,

82 Paradise Street,

London, England.

Dear Doctor:- It will give me pleasure to introduce to you by this letter John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc.,etc. He visits your country to study methods of sanitary work. Any facility for such study which you may be able to show him, or any other courtesy which you may give him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker.

Secretary.

MEMBERS.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883 1888

Alex. Ramsey, F.G.S.

2 Cowper Road, Acton,

London, England.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may show him will be warmly appreciated both by him and by me.

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Henry B. Baker.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883., 188.....

Wm. Squire, M.D., F.R.C.P.,

6 Orchard Street, Postman's Square,

London, England.

Dear Sir:- it will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy you may show him will be warmly appreciated both by himand by me.

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Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 23, 1883., 188.....

Wm. Farr, M.D., F.R.S.,

London, England.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Avy facilities for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

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Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of theSecretary,

Lansing, Michigan, January 21, 1883, 188

Dr. Edward Ballard,

Local Government Board, Whitehall,

London, England.

Dear Sir:- It will give me pleasure to introduce to by this letter John H. Kellogg,M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc.,etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

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Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 22, 1883, 188

M. Roth, M.D.,

Surgeon General,

Dresden, Germany.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities you may give him for such study, or other courtesy shown him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,
Secretary.

MEMBERS.

Hon. Le Roy Parker, Flint, President.
Rev. D. C. Jacokes, D. D., Pontiac.
Henry F. Lyster, M. D., Detroit.
John H. Kellogg, M. D., Battle Creek.
Arthur Hazlewood, M. D., Grand Rapids.
John Avery, M. D., Greenville.
Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 22, 1888.

Professor E. Klebs,

Prague, Bohemia.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such work, or other courtesy shown him, will be warmly appreciated both by him and by me.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 22, 1883. 188

James B. Russell, M.D., F.R.P.S.,

Health Officer, 1 Montrose Street,

Glasgow, Scotland.

Dear Doctor:- It will give me great pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public-Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy shown him, will be warmly appreciated both by him and by me.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883, 188

Dr. Fred'k Eklund,

8 Skeppsholm,

Stockholm, Sweden.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study or other courtesy which you may show him will be warmly appreciated both by him and by me.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 23, 1883, 188

Dr. E. Janssons,

Inspector of the Sanitary Service,

Brussels, Belgium.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may be able to show him will be warmly appreciated both by him and by me.

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Henry B. Baker,

Secretary.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883, 188

N. A. Humphreys, Esq., F. S. S.,

General Register Office,

Somerset House, London, England.

Dear Sir:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may be able to show him, will be warmly appreciated both by him and by me.

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Henry B. Baker,

Secretary.

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Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883., 188.....

Prof. Buys-Ballot,

Director Meteorological Institute,

Utrecht, Netherlands.

Dear Sir:- It will give me pleasure to introduce to you John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy which you may s show him, will be warlmy appreciated both by him and by me.

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Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 23, 1883, 188

Dr. John Tatham,

Medical Officer of Health,

Salford, England.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, Dr. John H. Kellogg, member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may be able to show him, will be appreciated warmly, both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

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Henry B. Baker, M. D., Secretary, and Sup't of Vital Statistics, office at Lansing.

Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883., 188.....

To Sanitarians, Public Health Officials, etc.,

Gentlemen:- It gives me pleasure to introduce to you by this letter, John H. Kellogg, M.D., Member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may be able to show him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,

Secretary.

University of Michigan.

Department of Medicine and Surgery.

Ann Arbor, Mich., Jan. 18th 1883

The Bearer of this letter, J. H. Kellogg M.D. of Michigan, United States, is about to visit Europe for the purpose of professional observation and improvement.

It gives me pleasure to say that Dr. Kellogg has for some years held professional charge of a large and successfully conducted Sanitarium, or General Hospital; and that he stands well in his profession. He has also been for some time a Member of the State Board of Health.

As a worthy Member of the Medical Profession and a Gentleman, I very cordially commend him to the attention, kindness, and courtesy of those abroad, who may be in positions to aid him in his praiseworthy objects.

A.B. Palmer M.D. LL.D.
Prof. of Medicine Dean of the
Med. Faculty University of Michigan

NATIONAL BOARD OF HEALTH,

WASHINGTON, D. C. U. S.

January 23. 1883

Dr. John H. Kellogg, a member of the State Board of Health of Michigan, visits Europe in the interests of Sanitary Science in general and more especially with the view of collecting facts respecting Diphtheria. The undersigned respectfully commends him to the attention & kind offices of persons engaged in Sanitary work and others who may have it in their power to render him useful aid in pursuing the objects of his visit.

James C. Cabell.

President National Board of Health United States of America.

Lansing, Michigan.
February 3, 1883.

Dear Sir:- It gives me pleasure to introduce to you by this letter, John H. Kellogg, M.D., a member of the State Board of Health, and a Superintendent of a general hospital. He visits your country to study methods of sanitary work. Any opportunity for such study, or other courtesy you may be able to afford him will be warmly appreciated.

With assurances of high regard,

Faithfully,

Jno. K. Allen.

Capt. Charles Douglass,
8 South Charlotte,
Edinburgh.
Scotland.

March 29/83

Legation of the United States
London

Sir

The Speaker
of the House of Commons

has asked me to call
to visit the House of
Commons today at
to inspect the system
of ventilation -

I am sorry
unable to

Governor of Michigan.
We have issued the
two cards to which we
are entitled, but as
Dr. Kellogg desires
to make only a
brief visit to the
House for the purpose
above indicated,
we should be gratified
if he could be
admitted — He
is to leave town

tomorrow for Paris

W. J. Hoppin
Secretary of
Legation

1500 S St.

WAR DEPARTMENT,
SURGEON GENERAL'S OFFICE,
WASHINGTON. Dec. 10th 1865

My dear Sir.

If there is nothing of especial interest before the Health association this evening, could you come up to see Mrs. Murray between half past eight & half past nine o'clk.

Very truly yrs

R. Murray

Dr. Jno. Kellogg
Willards Hotel

If there is any other Letter for me could you send it to Mrs. Murrays house - and have it there by 6 PM

Mrs. M begs she may keep the books you sent home upstairs, as the boys will be sadly awkward if they are wanted during meals. The boys will return

Copy of Dr. J. H. Kellogg's hand written letter

Tampa, Fla. Apr. 11, 1885

My Dear Co-Laborers at the Sanitarium:

It has given me very great pleasure to learn on my return here of the great and good work which has been going on among you during the past few weeks during which I have been absent. I regret exceedingly that I have not been with you to enjoy the opportunity of seeking with you for a deeper experience in spiritual things and a more complete consecration to the glorious work in which we are engaged. If it did not seem that duty called me away, I should reproach myself exceedingly for having missed so great a blessing. I thoroughly believe that nothing is so important for the good of the Sanitarium and the cause which it represents as well as for the eternal welfare of those connected with the work, as that God's blessing shall be in every branch of the work, and this can only be when all are consecrated and unselfishly devoted to the cause in which we are engaged.

During my absence, although most of the time well occupied with work, I have tried to find a little more time for meditation, prayer and self-examination, and I trust with profit. My most earnest desire is that what ever else I may fail of securing, I may not fail in obtaining the favor of God, that his Divine wisdom may aid me in solving the numerous perplexing problems which constantly present themselves in connection with our work. When I think of the fearful responsibilities which are connected with every department of our work, especially those of a strictly medical character, I tremble and shrink from trying to carry that part of the burden which falls to my lot. What can we do without God to help us? How can we properly care for the valuable lives and souls committed to our care? Do we stop to think as often as we should that the life and health of each one who comes to us for relief is just as valuable as our own and perhaps more worthy? Do we seek as carefully as we ought by earnest thought and humble prayer and constant, painstaking effort to do for all these afflicted ones our very utmost to make them better physically and to elevate and benefit them morally? I am sure none of us feel that there is no room for improvement. I am certain that for myself I must recognize that I come far short of reaching the standard which I know is the true one. I continually find myself exclaiming, why did God lay upon one so weak and unworthy so great responsibilities! If our work has been a success, I deserve no credit; it is because God has prospered it in spite of our mistakes and lack of wisdom and inefficiency. I know the Lord does not require of us the exercise of talents which he has not given us, and yet I cannot hide from myself the fact that I might have done better in many ways if I had been more wholly consecrated, if my life had been a better example of Christian charity and devotion. I am

wretched when I think of how much better I might have done in almost everything I have undertaken to do if I had thought more of Christ's honor and glory and less of aims and purposes less elevated and noble. I have sometimes felt dejected because I thought that all did not appreciate the efforts I have made; but as I think over my work its imperfections are so many and so glaring that I feel convinced that I have received all the sympathy and consideration I deserve. And as I have to-day been reading the account of the last hours of Christ on earth I cannot but feel ashamed that I should ever complained or murmured at my lot. Indeed, my heart is full of gratitude that unworthy as I am, I have had a place in so noble and sacred a work as ours, and that God has given me so many associates who are devoted and consecrated to the work.

What a magnificent enterprise is ours! How full of opportunities for serving the Master and bringing glory to his name and cause, if we only work with pure motives and consecrated hearts! Oh! what a power for good we may be, with all our agencies for doing good, if God directs our efforts, and if our hands and hearts are free from selfishness! What greater honor could one wish than the privilege of throwing himself unreservedly upon the altar of such a glorious work as ours, for God and humanity, to be consumed, if need be, to be a sacrifice.

When abroad two years ago, I saw everywhere in Europe, in the hospitals, the Catholic sisters of charity ministering to the wants of the sick, those suffering with most loathsome and contagious maladies, in dark gloomy hospitals into which a ray of sunshine rarely entered, with a faithfulness and patience and cheerfulness unparalled. I never saw one unkind look or impatient word. Those kind and intelligent women had devoted their lives to their service. Some of them were young, others old and grey, but all were equally patient and ready in their attentions to the suffering ones among whom they lived, and for whose sake they had forsaken friends and relatives, home, comforts, and worldly prospects, and abandoned all social ties and pleasures to labor a life-time without remuneration, only the bare necessities of life, the most simple fare and the plainest clothing. I have said to myself a thousand times as I have recalled the picture of those faithful women ministering to the wants of wretched and wicked paupers whose vices had brought upon them the most terrible retribution, with all the gentleness and patience that could be shown toward a father or a mother, how many of us possess one-half the spirit of devotion and sacrifice which they possess. They know nothing of the great truths which we profess. They are living under the dark cloud of Catholicism and yet they set for us a noble pattern of unselfish devotion to the good of their fellow creatures, never stopping to ask whether those for whom they care are worthy of their efforts or not. The very meanest and most repulsive of human beings may have in him sufficient of genuine worth to entitle him to our regard and respect. We know at least that Christ died even for such as these. I was forcibly struck with this thought when reading of the thief on the cross this morning, to whom Christ said, "Thou shalt be with me in Paradise". He must have been a hardened criminal, an ordinary thief would not have been subjected to so cruel a punishment. He must have been a desparado, an abandoned professional thief,

perhaps a highway robber of whom there were many in those days in the vicinity of Jerusalem. But he was worth saving, and the Son of God with the death agony on his brow and the torn flesh quivering in the throes of death, thought him worthy of notice and with his parched lips said to him those words, to hear which the proudest monarch might wish to be in the place of that wretched thief.

Think of the precious souls whom we may influence, ofthe thousands of opportunities to represent Christ, to show that same spirit of tenderness and sympathy which he always manifested toward tb afflicted, to set an example of unselfish devotion to the interests of our fellow men, of true loyalty to the cause in which we are engaged. Oh! may God forgive us for our unfaithfulness and inefficiency and carelessness and selfishness, and help us to realize the grandure and the sacredness of the work in which we are engaged.

We may ennoble and illuminate with more than human glory our cause and our labors by lives of consecration and patient self-sacrifing devotion, or we may belittle and degrade our work by our selfishness and unfaithfulness, by carelessness.heedlessness, by forgetfulness of God, and of the high purposes of our mission. Let us not forget for a moment that we have in hand no ordinary work. Our enterprise is not an ordinary one. It is not a mere imitation of somebody or something, or an effort to accomplish something simply for the purpose of doing it, it is a grand effort to save men through the redemption of their bodies, to lead men and women to Christ through the correction of their evil habits and clearing away from their brains the fogs of disease, and the elevation of the mind through improved physical conditions.

I feel sure that we have not fully comprehended the breadth and magnitude of our work. We have not appreciated its full scope. Let us begin a new era. Let us take a step up to a higher platform. Let us try to grasp the grand ideas of reform, physical, mental and moral, which it is our mission to promulgate. Let us appreciate more keenly the worth of a human soul, and our obligations to our fellow men, and let us ask God to kindle in our hearts such an enthusiasm for our work and such an unselfish devotion to its interests that personal interests will be swallowed up in an all-absorbing interest for poor benighted, suffering humanity, and personal ambitions will be forgotten in the ambition to do our utmost to advance the cause in which we are engaged and to emulate each other in acts of Christian charity and disinterested benevolence toward those with whom we daily associate. Oh! how can we fail to improve such golden opportunities! and what will our condemnation be if we allow the blight of selfishness or thoughtlessness to spoil our labcrs so that the final result shows "nothing but leaves"

I feel utterly dissatisfied with myself. I must be a better man. I must give more earnest thcught to self-discipline. Put it off as we may the one great question of life, to us individually, the one awfully important question is, how to live, how to so conduct ourselves as to become each day purer, nobler, to bring our

characters nearer to the great pattern. Not one of us can afford to allow anything, no matter what its importance, to get ahead of this question of self-discipline. If we forget it, no matter if we are engaged in ever so good a work, we drift away from our highest ideal, noisome weeds grow up in the garden of our souls, and we will sometime find ourselves amazed at the downward progress which has been made while we have been asleep. Nothing can be of greater importance to any man or to his work than the discipline of his own character. I want to keep that thought in my mind. A man's work is a photograph of his character. I have felt that I would gladly <u>die</u> to advance the cause I love. If it failed, I had no ambition to live. But I must do a harder thing. I must live for it. If God permits and helps me, I will try to improve my work by improving myself, to dignify it by a nobler life, to sanctify it by a more consecrated life. Let us all seek God together for help, to cultivate and develop the good and repress the evil of our characters, and so Christlike.

I hope to see you all again very soon, and I expect to find a greater interest in the prayer meeting and the Sabbath-school than ever before. I trust it may be more than a spasmodic interest, and that it may grow and deepen, and that its influence may extend to every member of our large family, so that the very atmosphere of the house may breathe a spirit of devotion and sympathy, and consecration. What a heaven for the sick such a place would be! Let us set a high standard, and then give ourselves no peace until we have attained it.

Trusting that a kind Providence will permit us all to meet again soon I remain,

Sincerely yours,

(signed) J. H. Kellogg

J. H. Kellogg, M. D., Superintendent.

1886

W. H. HALL, Secretary.
G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.

OFFICE OF THE

MEDICAL AND SURGICAL SANITARIUM.

Supply Department.

Battle Creek, Mich., 188

Board meeting Dec 22 '86

The Secretary read a resolution that was adopted by the board three years ago in regard to Dr. Kellogg being paid his expenses, during his trips to Europe. The further action had been taken as Dr K. need give no information,

It has learned from reliable source that over $4000, was sent him during his absence, from his own personal funds, & only $1000. has been returned & pay for Sanitarium Museums &c purchased. Remarks from all members present. & pressed themselves acquainted with his unselfish devotion to the interests of the institution, and his entire disregard of his own means.

It is well known by the Board that

his European Trip has been the means of bringing thousands of dollars into the Sanitarium,

Moved by Ed. VanStone,
that in order to carry out the resolution of three years ago, and the light we now have, that we place in this Credit on the Sanitarium books the sum of $2500.00

Carried unanimously.

Congratulations in regard to Good Health.

South Lancaster, Mass. Jan. 16th. 1887.

Dear Bro. Kellogg:-

I have just received the January number of Good Health, and I thought I would like to write you a word of congratulation. I question whether you can keep up the tone as high as you have placed it. Think it is about the best number that I ever looked at. If you keep your cuts in through the year it will be a help in making it go. The first picture will take, and I think be the means of getting a subscriber many a time. I like the whole arrangement in fact. I think there must have been some inspiration getting hold in order to get up such a favorably appearing journal. We have a number of canvassers for it, and hope to be able to increase its circulation, not only among our people, but outside. I see O. G. Place, M. D. has an article in it also. I think if your doctors there could be stirred up to put in something occasionally, it would help its circulation among our people. It would help also to advertise the Sanitarium. But anyway I think this number is a splendid one. I hope it will run up its subscription list, not only 10000, but 20000 and even more, so your most sanguine expectations will be realized. Do not know as I have anything more in particular to say but I thought I would just [redacted] his, as I do no try the type-writer very much since Willie has come. H[redacted] of the w[redacted]ng but once in a while in writing to my old friends I use it a little.

My wife also thinks it is a good number, and her judgement of course is good.

As ever in Hope,

S. N. Haskell.

Board of Indian Commissioners,

Washington, D C.,

Adrian Mich., Oct 8th 1887

Doct. J. H. Kellogg, Superintendent
of the Battle Creek, Mich., Medical
and Surgical Sanitarium advises
me of a contemplated visit to the
Indian Nation for scientific Research.

Doct K. is a Member of the Mich.
State Board of Health and is Chairman
thereof. He is widely known for
his Scientific knowledge & Ranks
among the very Skilful Surgeons
of our Land. He is furthermore
a high-minded gentleman, whose
personal acquaintance I highly

esteem. — I take exceeding
pleasure in recommending him to
the kindly and cordial consideration
of all persons whom he may seek
introduction or information

W. A. Kelly,

Member Board U.S. Indian Com'rs.

616.861

If we save the children to-day, we have saved the nation to-morrow.

Department of Scientific Instruction in Schools and Colleges,

OF THE

National Woman's Christian Temperance Union.

ALICE M. GUERNSEY,
Assistant.

IDA A. MERRIAM,
Department Secretary.

MRS. MARY H. HUNT, *Supt.*,
209 East Capitol Street,
Washington, D. C.

ADVISORY COMMITTEE.

ALBERT H. PLUMB, D. D.
Pres. Mass. Amendment Society.

DANIEL DORCHESTER, D. D.
Vice-Pres. Mass. Total Abstinence Society.

HON. WILLIAM E. SHELDON,
Pres. National Teachers' Association of 1887.

REV. JOSEPH COOK,
of Boston Monday Lectureship

Hyde Park, Boston,

August 22, 1888.

Dr. J. R. Kellogg,

Battle Creek, Mich.

Dear sir:--

Your letter of August 15 was received, stating that you have requested your publishers to send me the copy of you first book on physiology.

Thank you for the kindness expressed in it, but the book has not been received. When it does come I shall be glad to examine it, and correspond further.

Very respectfully,

Mary H. Hunt,

Dictated.

What Shall be Taught the Children?

In accordance with recent legislation, thirty-two States and Territories now have temperance education laws.

What is the true, and therefore, the best scientific temperance teaching for these schools becomes a vital question. The story of the battle of the contending knights over the two-sided shield, is a fair illustration of the injustice sometimes unconsciously done each other by thoroughly honest contestants over this question.

Prior to recent discoveries of modern science concerning its nature and effects, "the abuse and not the use of alcohol" was the evil temperance advocates sought to reform. They denounced drunkenness, but said nothing against *the drink* itself. The example of abstinence for the sake of the weaker brother was urged upon moderate or occasional drinkers. That there is a danger *per se* lurking in the first or occasional glass itself, because of the nature of the drink, was not then understood, and men were urged to control, rather than warned against *forming* the drink appetite.

A text-book on this subject, from this standpoint, would

1st.—Denounce drunkenness, its consequences, and the drunkard in vivid terms—("the abuse.")—But
It would not describe alcohol as a poison.

2d.—It might tell of "discords in families, quarrels, murders, sickness, pauperism, insanity and misery, as some of the results of the action of alcohol on the nervous system"—("the abuse.")—But
It would not enlarge upon the unchanged and poisonous presence of alcohol in beer, wine and cider, and would not put strong and emphatic emphasis upon the warning against the use of these liquors.

3d.—It might teach that "the man who indulges freely in drink is likely to pay for it the next day with headaches," etc.—("the abuse.")—But
It would not emphasize the fact that, used as a beverage, alcohol always endangers the drinker in proportion to the amount taken.

4th.—It might teach that "the appetite for alcohol keeps growing and a moderate drinker is in *some* danger of becoming a drunkard"—("the abuse.")—But
It would not teach that in beginning to drink at all, lies the danger of *forming* the imperious appetite that leads to ruin, and that the moderate drinker is *always* in danger of becoming a drunkard.

A person from "the abuse" side of the shield, and perhaps some total abstainers in principle and practice, who have not thought much on this phase of the subject, would look favorably upon such a text-book.

Its strong outcry against drunkenness, its warning concerning the growth of the alcohol appetite, its vivid portrayal of the consequences of the habits of the old toper to the various organs of the body, all this to them would seem like good temperance teaching.

The student of modern research on this question sees in the omissions and qualified statements of such a book, the trace, at every point, of the old falacies that have been the cause of a large share of the drunkenness that blights modern society. In the light of modern science alcohol is a poison. Its use as a beverage *at all* is an abuse of the human system in proportion to the amount taken, and it is the nature of a little to create the appetite for more.

To the critic from this side of the shield, no denunciation of drunkenness can make up for the lack of warning against *the drink* itself. The brewers and saloon-keepers will all join in a vehement condemnation of drunkenness, but they want nothing said against the drink. The majority of the children in our public schools are not drunkards or moderate drinkers needing to be reformed, but they do need to be taught the treacherous and dangerous character of alcohol itself, especially as it appears in such lighter liquors (wine, beer and cider),

as they will be tempted to take. Instruction for them should put the greatest stress upon the insidious connection between *beginning* to drink and the condition into which the old toper is ultimately plunged. They need to be warned against the formation of appetite more than of the danger of increasing it when once formed. A description of the "joy and comfort of taking a little liquor" that fails in the context to describe the danger of that little and only tells in that connection of the consequences of "taking enough to get slightly intoxicated," is perilous teaching against which our friends on this side of the shield cry out. That the contestants looking from the other side should misunderstand and sometimes misrepresent this cry, is only a new phase of the often repeated experience of pioneers for truth.

If this new education is to give to the world a coming generation of intelligent total abstainers, as we expect, its manuals of instruction must teach with no uncertain sound the proven findings of science, viz.:

1st.—That alcohol is a dangerous and seductive poison.

2d.—That beer, wine and cider contain this same alcohol, thus making them dangerous drinks, to be avoided.

3d.—That it is the nature of a little of any liquor containing alcohol to create an uncontrollable appetite for more, and therefore the strongest warning should be urged against taking that little and thus *forming* the appetite.

4th.—This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into primary or intermediate classes will make the study a failure there.

5th.—This is not a physiological but a temperance movement. In all grades below the high school this instruction should contain only physiology enough to make the hygiene of temperance and other laws of health intelligible. Temperance should be the chief and not the subordinate topic.

Lacking in any of these five points a text-book on Scientific Temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

MARY H. HUNT,

Nat. Sup't of Scientific Instruction of the W. C. T. U.

If we save the children to-day, we have saved the nation to-morrow.

DEPARTMENT OF SCIENTIFIC INSTRUCTION IN SCHOOLS AND COLLEGES,

OF THE

National Woman's Christian Temperance Union.

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Pres. National Teachers' Association of 1887.

REV. JOSEPH COOK,
of Boston Monday Lectureship.

STANDARDS FOR TEMPERANCE TEXT-BOOKS.

The following syllabus of matter and manner of teaching Scientific Temperance in school text-books was adopted by the late Annual Convention of the National Woman's Christian Temperance Union, held in Nashville, Tennessee, November, 1887, as a standard to which all such books must conform to receive the endorsement of that Society.

If this new education, Scientific Temperance, is to give to the world a coming generation of intelligent total abstainers, as we expect, its manuals of instruction must conform to the following specifications:

1. They must teach, with no uncertain sound, the proven findings of science—viz.:

(*a*) That alcohol is a dangerous and seductive poison.

(*b*) That as beer, wine and cider contain this same alcohol, therefore they are dangerous drinks, to be avoided, and that they are the product of a fermentation that changes a food to a poison.

(*c*) That it is the nature of any liquor containing alcohol to create an appetite for more, which is so apt to become uncontrollable that the strongest warning should be urged against taking that little, and thus forming the appetite.

2. They must teach, also, the hereditary and acquired effects of these upon the human system; that is, upon the whole being—mental, moral and physical. The appalling effects of drinking habits upon the citizenship of the nation, the degredation and crime resulting, demand that instruction here should give clear and emphatic utterance to the solemn warnings of science on this subject.

3. This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into the primary or intermediate classes will make the study a failure there. Truth is just as true and as scientific when told in easy words as when put into stilted technicalities which the child cannot understand.

4. In all grades below the high school the poisonous nature and effects of alcoholic drinks, tobacco, opium, and other narcotics should be the chief and not the subordinate topic, and should occupy at least one-fourth the space in text-books for these grades, with only physiology enough to make the hygiene of temperance and other laws of health intelligible.

It is not desirable to have a separate book for the physiology heretofore studied in the high school, or limit the amount, but at least twenty pages out of that ordinarily required should be given to the question of the poisonous nature and effects of alcoholic and other narcotics, in text-books for these classes.

The effects of these substances upon the human system should be stated in each division of the subject of physiology and hygiene, and not be massed as an appendage at the end of the book.

Lacking in any of these points, a text-book on Scientific Temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

Because the question of total abstinence for the children of this country, and therefore of their well-being and that of the land soon to be governed by them, depends so largely upon the teachings in these books, we cannot lower this standard or indorse books that fall below it.

Ramachandram, Nellore District,
India, April 15, 1889.

Dr. J. H. Kellog,
Battle Creek, Michigan, U.S.A.

I received your letter in reference to the effect of abuse upon a woman's form & physical development some time since, but as I have no one who could be trusted to make such measurements as you require, & as a missionary can not command much leisure, I have not been able to answer before.

I send herewith the measurements, as medicated in your letter of twenty-four women, taken entirely at random.

The figures are underst-

Kelly remembers accurately.

No Telegraph operator knows
her own age, & we have to trust
our judgment entirely in that
point. Then with a good
many of them it was impossi-
ble to make them understand
what I wanted, so that I think
most of them could have made
more difference in the chest measu-
rements than they did; but the
exact measurements I think the
would not change much. Although
Telegraph operators do not wear corsets,
their clothes are all fastened on by
a string set just below the waist
or slightly above it & consequently do
change, & I do not see how the
diaphragm could move.

With the hope that you will
find these measurements of

Remain in your writings,

Yours, very sincerely,

E. J. Cummings,

Ramakalam,

Vellore District,

India.

India

Height	Waist
61 1/2	24
61 1/4	27
60 3/4	23
60	24 1/2
59	22
59	25 1/2
60 3/4	22 1/2
62	27 1/2
59 1/4	28
61	24 1/2
59	26
58 1/4	20
58 1/4	23
61 1/4	27 1/2
56 1/4	27 3/4
63 1/4	24
63 1/2	25
62 1/2	22
18) 1088 3/4 (60.49	18) 443 3/4 (24.6
108	36
8.7	83
	72
	11.7
	108
	90

60.49) 24.6000 (.406
24.196
40400

40.6 %

Miss Culbertson

Chinese.

Height	Waist in Repose.
58	28
60	29
66 ½	24
58 ½	26
61 ½	23
59	26
59	24
56	25
58 ½	27
56 ½	29
60 ½	28
56 ½	29
57	29
57	28
60	25 ½
60	25
59 ½	24 ½
58	22 ½
59	26
56	27
2) 115.7	20) 52.5 ½
57.85	26.27

Yuma Indians

Height	Waist
69	40
67½	41½
67	40
68	33½
63½	39
66½	32
65	42
66	26¾

8) 532½

66 5 6

8) 29.43

6 6.56) 36.84.00 (55

33 8 0

34600

33380

1220

1331

55.2%

Physical Measurements.

Blind since

Name, Chin Moon age 22 years

1. Height, ...	58½	Inches
2. Girth of Chest, in repose, .	31	" "
3. Girth of Chest, after inspiration,	33	" "
4. Girth of Chest, after expiration,	31	" "
5. Girth of Waist, in repose, .	27	" "
6. Girth of Waist, after inspiration,	27½	" "
7. Girth of Waist, after expiration,	26	" "
8. Girth of Shoulders, . .	33½	" "
9. Girth of Hips, . . .	32½	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Chun Fah, 16 years old

1. Height, ...	60 inches
2. Girth of Chest, in repose, .	29 " " 4
3. Girth of Chest, after inspiration,	31 " "
4. Girth of Chest, after expiration,	28 " "
5. Girth of Waist, in repose, .	25 " "
6. Girth of Waist, after inspiration,	27 " "
7. Girth of Waist, after expiration,	24 " "
8. Girth of Shoulders, . .	33 " "
9. Girth of Hips, . . .	33 " "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the luugs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Sue Song 26 years old

1. Height, ...	5-7	inches
2. Girth of Chest, in repose, .	30	" "
3. Girth of Chest, after inspiration,	32	" "
4. Girth of Chest, after expiration,	30½	" "
5. Girth of Waist, in repose, .	25½	" "
6. Girth of Waist, after inspiration,	27	" "
7. Girth of Waist, after expiration,	25½	" "
8. Girth of Shoulders, . .	35	" "
9. Girth of Hips, . . .	35	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Chow Lon 18 years old

1. Height, ...	60	inches
2. Girth of Chest, in repose, .	32	" "
3. Girth of Chest, after inspiration,	34	" "
4. Girth of Chest, after expiration,	32	" "
5. Girth of Waist, in repose, .	28	" "
6. Girth of Waist, after inspiration,	29	" "
7. Girth of Waist, after expiration,	28	" "
8. Girth of Shoulders, . .	37	" "
9. Girth of Hips, . . .	36	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Ah Toy 21 years old

1. Height, ...	57 inches	
2. Girth of Chest, in repose, .	27 ½	" "
3. Girth of Chest, after inspiration,	29 ½	" "
4. Girth of Chest, after expiration,	28	" "
5. Girth of Waist, in repose, .	25	" "
6. Girth of Waist, after inspiration,	25 ½	" "
7. Girth of Waist, after expiration,	24	" "
8. Girth of Shoulders, . .	33 ½	" "
9. Girth of Hips, . . .	31	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Chuck, 24 years old

1. Height, ...	56½	inches
2. Girth of Chest, in repose, .	28½	" "
3. Girth of Chest, after inspiration,	29½	" "
4. Girth of Chest, after expiration,	27½	" "
5. Girth of Waist, in repose, .	24½	" "
6. Girth of Waist, after inspiration,	25	" "
7. Girth of Waist, after expiration,	24	" "
8. Girth of Shoulders, . .	32	" "
9. Girth of Hips, . . .	29	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Yute Yow 20 Years old

1. Height, ...	60	inches
2. Girth of Chest, in repose, .	34 1/4	" "
3. Girth of Chest, after inspiration,	35	" "
4. Girth of Chest, after expiration,	32	" "
5. Girth of Waist, in repose, .	29	" "
6. Girth of Waist, after inspiration,	31 1/2	" "
7. Girth of Waist, after expiration,	30	" "
8. Girth of Shoulders, . .	34	"
9. Girth of Hips, . . .	36	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

613.71

Physical Measurements.

Name, Ah Tow **Age** 20 years

1. Height, ...	60 ½	Inches
2. Girth of Chest, in repose, .	28	" "
3. Girth of Chest, after inspiration,	29 ½	" "
4. Girth of Chest, after expiration,	27 ½	" "
5. Girth of Waist, in repose, .	22 ½	" "
6. Girth of Waist, after inspiration,	24	" "
7. Girth of Waist, after expiration,	22 ½	" "
8. Girth of Shoulders, . .	34	" "
9. Girth of Hips, . . .	31 ½	" "

Physical Measurements.

Name, Tong Yow 30 years old

1. Height, ...	57½	inches
2. Girth of Chest, in repose, .	31	" "
3. Girth of Chest, after inspiration,	35	" "
4. Girth of Chest, after expiration,	32½	" "
5. Girth of Waist, in repose, .	29	" "
6. Girth of Waist, after inspiration,	31	" "
7. Girth of Waist, after expiration,	29	" "
8. Girth of Shoulders, . . .	37	" "
9. Girth of Hips, ...	36	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the luugs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note medsurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Ah Moon No 2, age 19 years

1. Height, ...	58	Inches
2. Girth of Chest, in repose, .	31	" "
3. Girth of Chest, after inspiration,	33	" "
4. Girth of Chest, after expiration,	32	" "
5. Girth of Waist, in repose, .	28	" "
6. Girth of Waist, after inspiration,	29½	" "
7. Girth of Waist, after expiration,	27½	" "
8. Girth of Shoulders, . .	37	" "
9. Girth of Hips, . . .	35	" "

Directions for Measurements.

1. *The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.*

2. *The chest measurement should be made in a horizontal line, at the level of the axilla.*

3. *Have the subject expand the chest to the fullest extent; note measurement.*

4. *Have the subject empty the lungs as completely as possible; note measurement.*

5. *Take measurement of the waist at the point where it is smallest.*

6. *Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.*

7. *Have the subject empty the lungs as completely as possible; note measurement.*

8. *Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.*

9. *Take the measurements of the hips on a level with the lower end of the sacrum.*

10. *These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.*

Physical Measurements.

Name Mook, Lina **Age** 20 **years**

1. Height, ...	59	Inches
2. Girth of Chest, in repose, .	32	" 3 "
3. Girth of Chest, after inspiration,	33	" "
4. Girth of Chest, after expiration,	32	" "
5. Girth of Waist, in repose, .	29	" "
6. Girth of Waist, after inspiration,	31	" "
7. Girth of Waist, after expiration,	28½	" "
8. Girth of Shoulders, . .	37	"
9. Girth of Hips, . . .	36½	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Josie Lon Age 18 years

1. Height, ...	56	Inches
2. Girth of Chest, in repose, .	30	" "
3. Girth of Chest, after inspiration,	31	" "
4. Girth of Chest, after expiration,	29½	" "
5. Girth of Waist, in repose, .	27	" "
6. Girth of Waist, after inspiration,	28	" "
7. Girth of Waist, after expiration,	26½	" "
8. Girth of Shoulders, . .	36	" "
9. Girth of Hips, . . .	31	

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent ; note measurement.

4. Have the subject empty the lungs as completely as possible ; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible ; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

x

Name, Ah Cook, age 27 years

1. Height, ...	56	Inches
2. Girth of Chest, in repose, .	31	" "
3. Girth of Chest, after inspiration,	32	" "
4. Girth of Chest, after expiration,	30	" "
5. Girth of Waist, in repose, .	25	" "
6. Girth of Waist, after inspiration,	26	" "
7. Girth of Waist, after expiration,	25	" "
8. Girth of Shoulders, . .	33½	" "
9. Girth of Hips, . . .	31½	" "

Directions for Measurements.

1. *The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.*

2. *The chest measurement should be made in a horizontal line, at the level of the axilla.*

3. *Have the subject expand the chest to the fullest extent; note measurement.*

4. *Have the subject empty the lungs as completely as possible; note measurement.*

5. *Take measurement of the waist at the point where it is smallest.*

6. *Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.*

7. *Have the subject empty the lungs as completely as possible; note measurement.*

8. *Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.*

9. *Take the measurements of the hips on a level with the lower end of the sacrum.*

10. *These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.*

Physical Measurements.

X

Name, Ah Moore No 1. Age 26 years

1. Height, ...	59	Inches
2. Girth of Chest, in repose, .	28	" "
3. Girth of Chest, after inspiration,	29½	" "
4. Girth of Chest, after expiration,	27½	" "
5. Girth of Waist, in repose, .	24	" "
6. Girth of Waist, after inspiration,	25½	" "
7. Girth of Waist, after expiration,	24½	" "
8. Girth of Shoulders, . .	24½	" "
9. Girth of Hips, . . .	31	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the luugs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, La Lai, Age 20 years

1. Height, ...	59	Inches
2. Girth of Chest, in repose, .	30	" "
3. Girth of Chest, after inspiration,	31½	" "
4. Girth of Chest, after expiration,	30½	" "
5. Girth of Waist, in repose, .	26	" "
6. Girth of Waist, after inspiration,	27	" "
7. Girth of Waist, after expiration,	25½	" "
8. Girth of Shoulders, . .	36	" "
9. Girth of Hips, . . .	30	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Lew Ying. Age 28 years

1. Height, ...	61½	Inches
2. Girth of Chest, in repose, .	29	" "
3. Girth of Chest, after inspiration,	30	" "
4. Girth of Chest, after expiration,	28	" "
5. Girth of Waist, in repose, .	23	" "
6. Girth of Waist, after inspiration,	24	" "
7. Girth of Waist, after expiration,	22½	" "
8. Girth of Shoulders, . .	33	" "
9. Girth of Hips, ...	30	" "

Directions for Measurements.

1. *The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.*

2. *The chest measurement should be made in a horizontal line, at the level of the axilla.*

3. *Have the subject expand the chest to the fullest extent; note measurement.*

4. *Have the subject empty the lungs as completely as possible; note measurement.*

5. *Take measurement of the waist at the point where it is smallest.*

6. *Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.*

7. *Have the subject empty the lungs as completely as possible; note measurement.*

8. *Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.*

9. *Take the measurements of the hips on a level with the lower end of the sacrum.*

10. *These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.*

Physical Measurements.

Name, Kum Leen, Age 19 years

1. Height, ...	58½	Inches
2. Girth of Chest, in repose, .	29	" "
3. Girth of Chest, after inspiration,	31	" "
4. Girth of Chest, after expiration,	28½	" "
5. Girth of Waist, in repose, .	26	" "
6. Girth of Waist, after inspiration,	27½	" "
7. Girth of Waist, after expiration,	25½	" "
8. Girth of Shoulders, . .	34	" "
9. Girth of Hips, . . .	31½	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Ah Ais 20 years old

1. Height, ...	56½	inches
2. Girth of Chest, in repose, .	27	" "
3. Girth of Chest, after inspiration,	28	" "
4. Girth of Chest, after expiration,	27	" "
5. Girth of Waist, in repose, .	24	" "
6. Girth of Waist, after inspiration,	25½	" "
7. Girth of Waist, after expiration,	24	" "
8. Girth of Shoulders, . .	33	" "
9. Girth of Hips, . . .	30	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Woon Kun **Age** 28 **years**

1. Height, ...	60	Inches
2. Girth of Chest, in repose, .	33	" "
3. Girth of Chest, after inspiration,	34	" "
4. Girth of Chest, after expiration,	32½	" "
5. Girth of Waist, in repose, .	29	" "
6. Girth of Waist, after inspiration,	30½	" "
7. Girth of Waist, after expiration,	29	" "
8. Girth of Shoulders, . .	37	" "
9. Girth of Hips, . . .	33	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Physical Measurements.

Name, Sen Kay 19 years old

1. Height, ...	5 ft 8	inches
2. Girth of Chest, in repose, .	31	" "
3. Girth of Chest, after inspiration,	32½	" "
4. Girth of Chest, after expiration,	31½	" "
5. Girth of Waist, in repose, .	28	" "
6. Girth of Waist, after inspiration,	28½	" "
7. Girth of Waist, after expiration,	27	" "
8. Girth of Shoulders, . .	25	" "
9. Girth of Hips, . . .	26	" "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible: note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.

Number	Age	Height	Shoulders	Chest in repose	Chest after expiration	Chest after inspiration	Waist in repose	Waist after expir.	Waist after inspir.	Hips
1	20	61 1/2	37 1/2	29	27 1/2	30 1/4	24	23	25-	31
2	23	61 1/4	39	30	29 1/2	31 1/2	27	26	28	32 1/2
3	19	60 3/4	36	28	28	29	23	23	23	31
4	20	60	33	28	26 1/2	29 1/2	24 1/2	24	25 1/2	33
5	23	5-9	34	28	28	28 1/2	22	21 1/2	23 1/2	33
6	24	5-9	36	30	30	31 1/2	25 1/2	25-	27	33
7	16	5-6 3/4	35 1/2	28 1/2	28	29 1/2	23 1/2	23 1/2	23 1/2	32
8	23	60 3/4	35-	29 1/2	28 1/2	30	22 1/2	22 1/2	23	29
9	20	62	38	32	31	32 3/4	27 1/2	27	28	31
10	19	5-9 1/4	36	29 1/2	29	30 1/4	28	27 1/2	29	32
11	20	61	35-	29	28	30 1/2	24 1/2	24 1/2	24 1/2	29
12	18	5-9	36 1/2	31	31	31 1/2	26	25-	26	31
13	18	5-8 1/4	33	27	26	28 1/2	20	20	21 1/2	28
14	16	5-7 1/4	34	29	27 1/2	29 1/2	22	21 1/2	23	28
15	17	5-7	34	28 3/4	28 1/4	30 1/4	24	23	24 1/2	31
16	14	5-8	33 1/2	28	27 1/2	28 1/2	21 1/2	21 1/2	22	28
17	16	5-9	37 1/2	29	28	29 1/2	24 1/2	24	25-1/2	33
18	16	5-5 1/2	33	26	25-	27 1/2	20 1/2	X19 1/2	22 1/2 x	26
19	17	5-9 1/4	34	27	26 1/2	28	20 1/2	20	21 1/2	27
20	23	5-8 1/4	35 1/2	28	27	29 1/2	23	22	23 1/2	27

1182 3/4

474

No.	Age	Height	Shoulders	Chest in repose	Chest after expir.	Chest after inspir.	Waist in repose	Waist after expir.	Waist after inspir.	Hips
21	20	61 1/4	38	31	30	33	27 1/2	26 1/2	29 1/2	33 1/2
22	20	56 1/4	36 1/2	30	29	31	27 3/4	25 1/2	27	30
23	21	63 1/4	36 1/4	30 1/2	29	30 1/2	24	23 1/2	24 1/2	30
24	25	63 1/2	35	29	28 1/2	29 3/4	25	24 1/2	26 1/2	31
25	23	62 1/2	35	28 1/2	28	29 1/2	22	20 1/2	23 1/2	28
		1182 3/4					474			758
		1489 1/2					600 1/4			

x125

Z Lugn. women

Miss? E. J. Cummings M.D.

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Dr. letter
gymnas

Years.	Age Inches	Height Inches	Girth of Shoulders Inches	" Chest - Before Inches	" " Expan. Inches	" Waist - Before Inches	" " Expan. Inches	" Hips - Full Inches	" Thighs - Largest Inches
20	69	46	41			40		42	48
25	67½	47	41			41½			49
15	62	40	39			32			40
18	67	34½	40			40			46
16	64	40	36			30			40
20	68	38	35			33½			41
14	63	37	33	31	34	28½	28	29	36½
16	63½	37	34½	33	35¾	29	28	29½	37½
15	61½	37	35½	34	36½	30	29	31	37
16	61	39	37½	36	39	35	34	36	45½
24	63½	44	38	37	39¾	39	38	40	45
21	66½	38	38½	37¼	39	32	30½	33	39½
24	65	43	39½	38	41	42	41	43	49
19	66	36½	31½	30	33	26¾	26	28	34
17	68	45½	39	38	40½	38	37	40	44
15	62	38	34	33	35	33	31½	34	41
15	64	40	35	33½	36	32½	30	33	37
17	1101½					58 2¼		17) 71 0	

Data of Chinese, East Indian & Jamaican

Calvert Lith. Co. Detroit. Mich.

EXECUTIVE OFFICE,
MICHIGAN.

Lansing, Mar 13th 1889

To whom it may concern.

The Baron Dr. J. H. Kellogg of Battle Creek, Michigan, contemplates a foreign visit, and it affords me pleasure to emphasize his high character and standing at home upon those whom he may meet abroad. He is worthy all the courtesies that may be extended to him and any favors thus shown will be appreciated by him and also by his earnest friends.

C G Luce
Governor

MEMBERS.

JOHN AVERY, M. D., President, Greenville.

ARTHUR HAZLEWOOD, M. D., Grand Rapids.

VICTOR C. VAUGHAN, M. D., Ph. D., Ann Arbor.

PROF. DELOS FALL, M. S., Albion.

MASON W. GRAY, M. D., Pontiac.

HON. FRANK WELLS, Lansing.

HENRY B. BAKER, M. D., Secretary, Lansing.

MICHIGAN STATE BOARD OF HEALTH,

OFFICE OF THE SECRETARY,

Lansing, Mich., April 27, 1892.

Two Whom It May Concern:-

Dr. J. H. Kellogg, is Medical Superintendent of the Sanitarium, at Battle Creek, Michigan, which is perhaps the finest in the world; he is an honored Ex-Member of the Michigan State Board of Health, and a member of the leading medical, sanitary, and other scientific associations in this country.

Any favors rendered Dr. Kellogg will be conferred upon one who is eminently worthy.

Very respectfully,

Henry B. Baker,

Secretary.

MEMBERS.

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ARTHUR HAZLEWOOD, M. D., Grand Rapids.

VICTOR C. VAUGHAN, M. D., Ph. D., Ann Arbor.

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MASON W. GRAY, M. D., Pontiac.

HON. FRANK WELLS, Lansing.

HENRY B. BAKER, M. D., Secretary, Lansing.

MICHIGAN STATE BOARD OF HEALTH,

OFFICE OF THE SECRETARY,

Lansing, Mich., July 16, 1891.

John H. Kellogg, M. D.,

Battle Creek, Michigan.

Dear Doctor Kellogg:- At the meeting of the Michigan State Board of Health, at Lansing, July 14, 1891, every member being present, the folowing preamble and resolution were umanimously adopted:--

Whereas, This being the first meeting since the termination of the services of Drs. Lyster and Kellogg, as members of the State Board of Health, it is an appropriate time to place upon record our high appreciation of the value of their services, therefore,

Resolved, That (etc. relative to Dr. Lyster.)

Resolved, That the vigorous sanitary work of Doctor John H. Kellogg, during the twelve and a half years that he has been a member of the Michigan State Board of Health, is work of which any man might well be proud, and all the more because a considerable proportion of it has been done in committee and otherwise under such circumstances that general public recognition of it was impossible, work which has led to the improvement of the ventilation and sanitary condition of many public and private buildings, and has conduced to the general up-building of sanitary progress throughout the State. Dr. Kellogg's experience in the planning, construction, and use of buildings for many inmates, and his conference with architects and others concerned in the planning and construction of buildings for the various State Institutions whose plans have come before this Board for examination and report, have made him especially useful to the State in the examination of plans for

public buildings, his advice on these subjects has been especially valuable. His public addresses and discussions at the sanitary conventions throughout the State are well known. The people of Michigan are richer in money, health, and life, because of the faithful gratuitous labors of Dr. John H. Kellogg, as member of this State Board of Health.

—— X ——

Attest.

Henry B. Baker.

Secretary.

No. L 2339 X.

Library of Congress,

Copyright Office, Washington.

To wit: **Be it remembered,**

That on the 27 *day of* April, *anno domini 1892,*
Mrs. E. E. Kellogg, *of*
Battle Creek, Mich. *deposited in this Office the title of a*
Book *the title or description of*
which is in the following words, to wit:

Science in the Kitchen
A Scientific treatise on Food Substances
and their dietetic properties,
together with a practical explanation
of the principles of healthful
Cookery
By Mrs. E. E. Kellogg, M.D.
Health Publishing Company
Battle Creek Mich

the right whereof She *claims as* Author
in conformity with the laws of the United States respecting Copyrights.

B. R. Spofford
Librarian of Congress.

Ironton, Mo. August 10, 1892.

Good Health Pub. Co.,

Battle Creek, Michigan.

Dear Friends,--

I have had the pleasure of giving Science in the Kitchen a careful inspection, and find it replete with good practical hints and sound common sense. In fact, the first 20 pages contain more valuable knowledge than the average cook-book has between its lids; these pages alone are worth many times the price of the book.

The chapter on Cereals and their Preparation is another valuable one, and just what the people so much need. Then comes the one on Breadstuffs and Breadmaking which is invaluable. So is the one on Fruits. If only this excellent contribution to culinary literature receives the cordial welcome which it deserves from an appreciative public, it will do much to work out that great reform in dietetics which has only just begun. Our people need to learn that more fruits and cereals and less meat on their tables would do much to improve their health and comfort; and this I am sure is a lesson that Science in the Kitchen will teach.

Wishing this volume rapid and wide circulation, I am,

Very truly yours,

S. W. Dodds,

CONSULATE GENERAL, U. S. A.,

NUEVO LAREDO, MEXICO.

November 26, 1892.

My dear Mr. Guenther:---

The bearer of this letter, Dr. J. H. Kellogg, is the Superintendent of the famous Sanitarium at Battle Creek, Michigan, long a member of the Board of Health of my State, and now visiting Mexico as a member of the Public Health Association. Please be just as good to Dr. Kellogg as you possibly can. He won't drink with you, or smoke, but you may be able to get him to dissipate in some new and more exciting form.

Very truly yours,

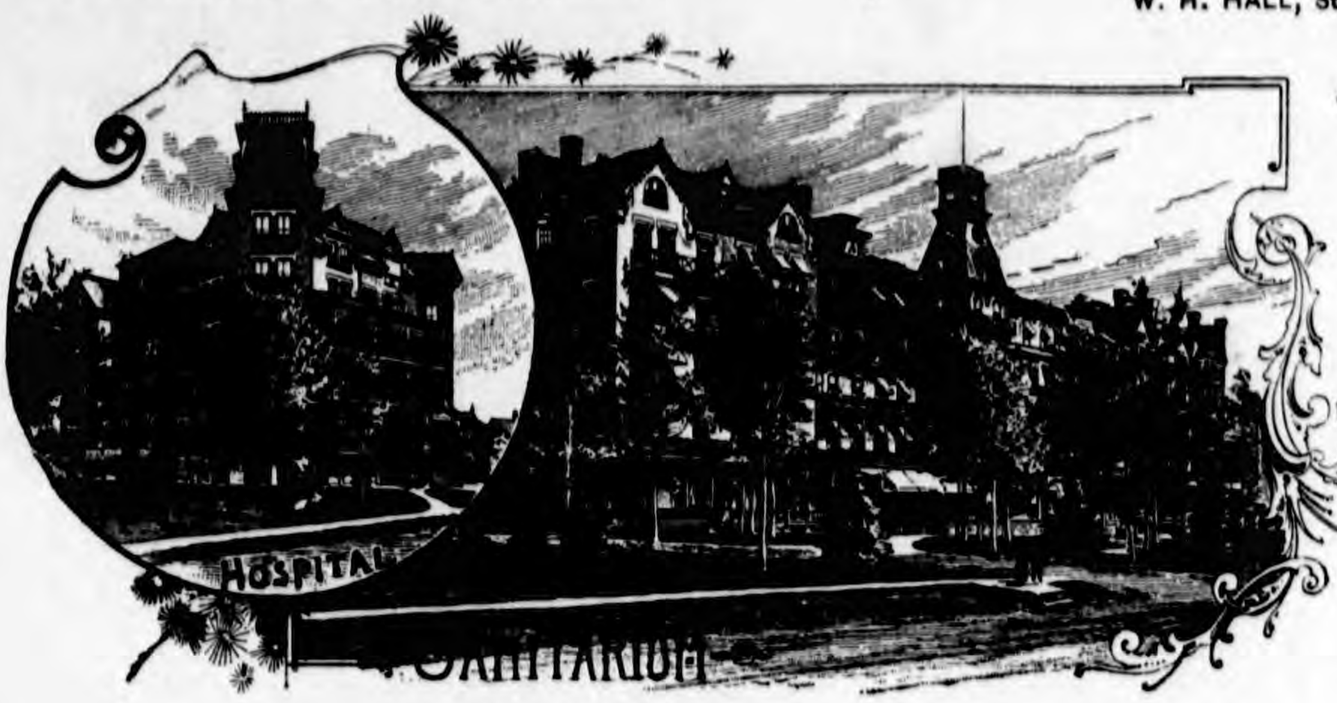
Thomas Lothrop

Honorable Richard Guenther,
Consul-General of the United States,
City of Mexico.

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



OFFICE OF THE

Medical and Surgical Sanitarium

MEDICAL STAFF.

J. H. KELLOGG, M. D.
W. H. RILEY, M. D.
KATE LINDSAY, M. D.
H. M. DUNLAP, M. D.
A. J. HOENES, M. D.
ADDIE C. JOHNSON, M. D.
RUTH O. BRYANT, M. D.
LILLIS A. WOOD, M. D.

Battle Creek, Mich., MAY 10 1893

Dear Doctor:

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.

Dear Sr.

I am at a loss to know exactly how to express myself. But can say please order me the stuff. think not over in a year no- not once in for years. think it too ~~kill~~ will more than it cured—

Yours Truly

Fulton Mf

Jane Cooper

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
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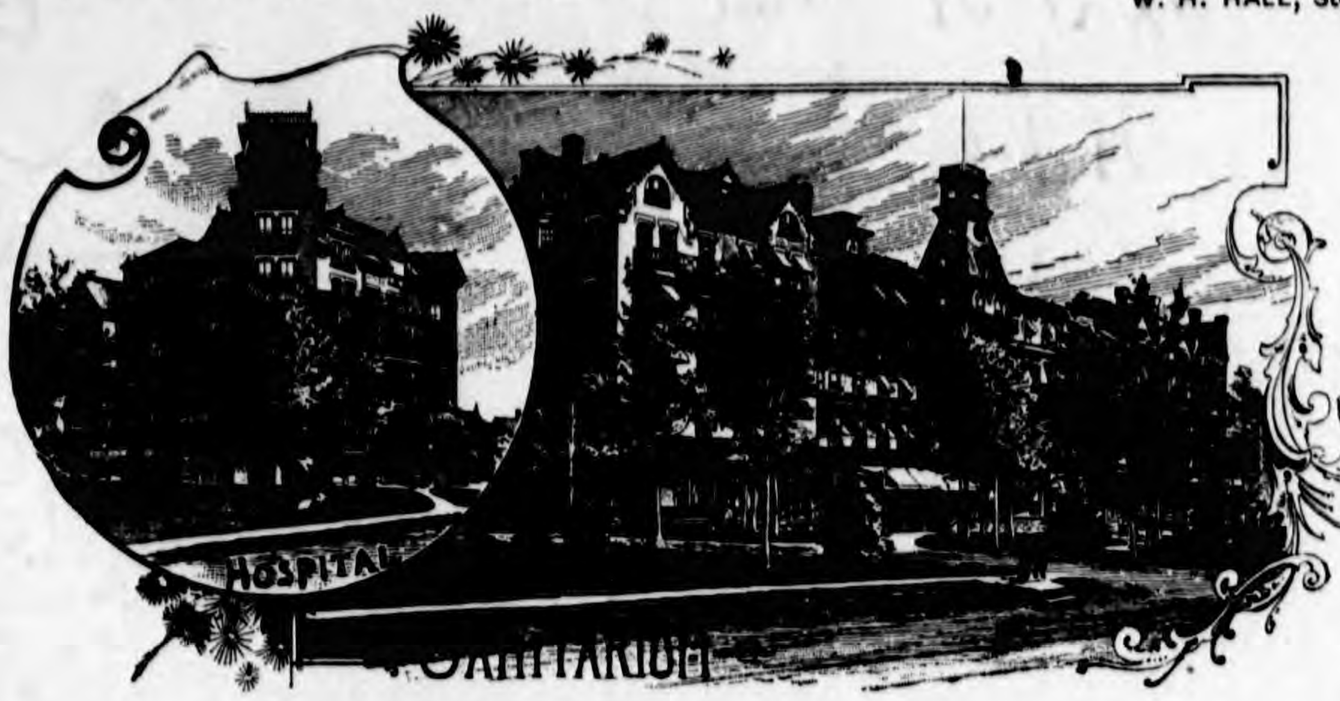

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KATE LINDSAY, M. D. ADDIE C. JOHNSON, M. D.

Battle Creek, Mich., MAY 16 1893

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Yours truly,

J. H. KELLOGG.

1621 H Street
Washington D.C.
May 20, 1893

Dr. D. H. Kellogg
Battle Creek, Mich.

Dear Sir;

I am not a physician and therefore cannot help you with your investigation. As a chemist for nearly ten years connected with the Internal Revenue Bureau the subject of alcohol has received a good deal of attention from me, but I have never made direct experiments with unhealthy subjects, which is what you desire to know. In the Annual Report of the Commissioner of Internal Revenue for 1889 page 63 et seq will be found a summary of some of the chemical facts about alcohols. In France and Germany the physiological effects of the different alcohols have been studied and the reports of the experimenters have been published from time to time in different foreign chemical ~~periodicals~~.

Yours truly
Edgar Richards

J. H. KELLOGG, M. D., SUPERINTENDENT.

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W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
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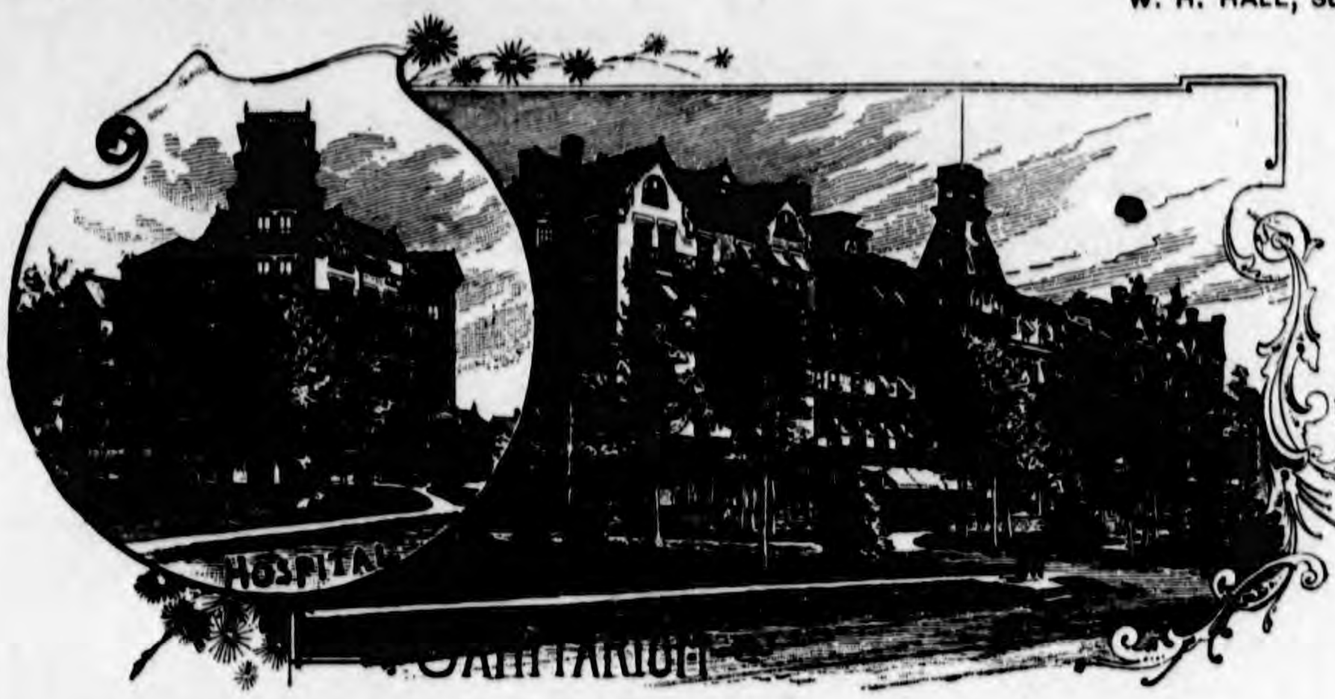

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KATE LINDSAY, M. D. — ADDIE C. JOHNSON, M. D.

Battle Creek, Mich., NOV 20 1893

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Yours truly,

J. H. KELLOGG.

J. H. Kellogg M.D.
Battle Creek Mich.

Merrill & Fenn
May 2 1894-93

Dear Dr

This circular letter just rec'd, and in reply will say that I don't think I can be called an alcoholist on this subject or any other, but that I am convinced, and have so advocated for several years, that the day has come when we can & should dispense with the use of alcohol as a therapeutic measure. I don't claim that I never do prescribe alcoholic liquors, for in consultation we often have to make compromises which involve the prescribing of drugs which we would not have prescribed on our own account. Then again in prescribing Cocoa & iodine and other such drugs as we can not get a suitable solution of except by the use of alcohol we are almost compelled to use it, and in such cases I do use it.

But it will not be too much for me to say that in a general practice, including the treatment of all diseases which we are subject in this locality, I find no demand whatever for alcohol as a therapeutic measure and never prescribe it except under conditions as enumerated above. I have kept no notes with a view to making any such report as this, consequently I am not in a position to furnish any facts, but offer this general statement for what it may be worth.

Yours truly
Sidney Thompson MD

J. H. KELLOGG, M. D., SUPERINTENDENT.

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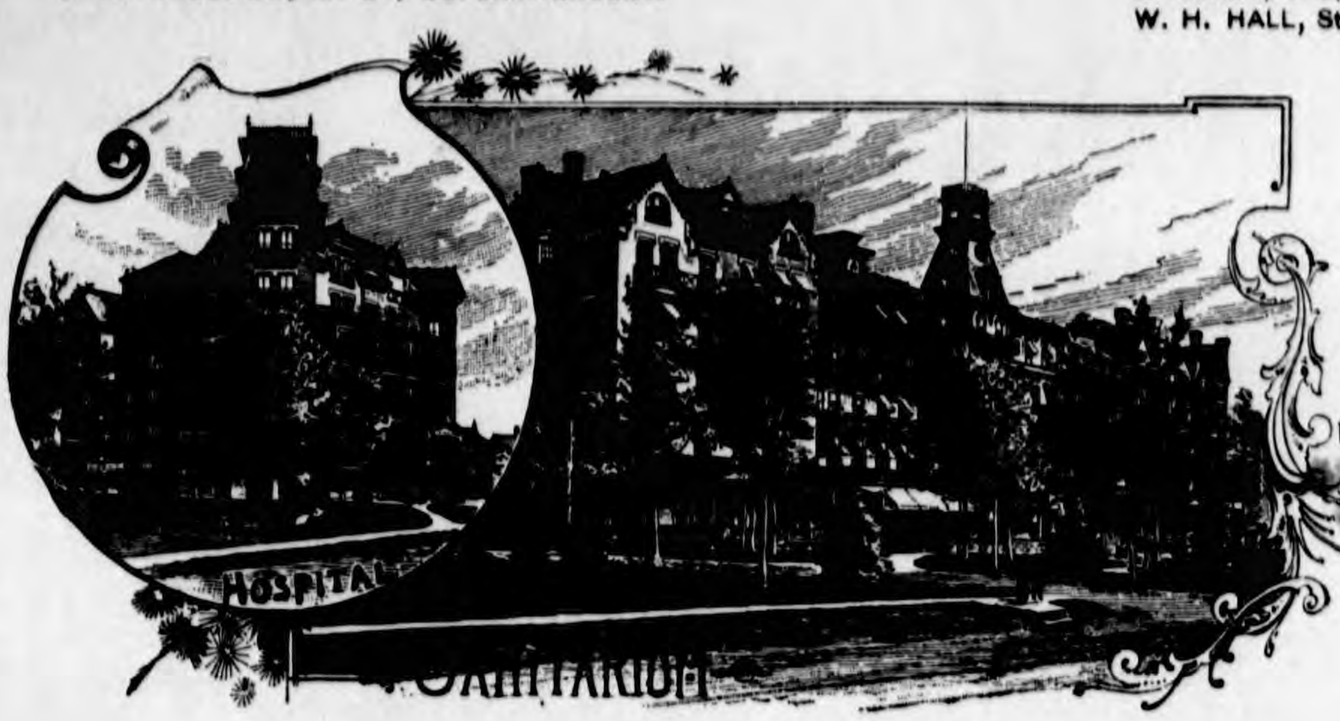

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Battle Creek, Mich., MAY 16 1893

Dear Doctor:

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.

196 Joralemon St Brooklyn
May 18th 93

Dear Dr. Kellogg.

I regret that
my interesting, and
it seems to me valuable
experience in the treatment
of disease without, and
with small amounts
of Alcoholic Stimuli,
can scarcely fail to
add value, because
did not keep a careful
record of each case
treated, with reference to the point

I can only say
that in the two years
during which I was
Physician to the "Mass.
Reformatory for Women"
I used less than three
grants of Brandy. No
whiskey at all, and
no wine. I refrained
from the use of tinctures
(except those the doses
of which was measured
by drops). I threw out
Capsicum & Jamaica Ginger
and all the remedies
of this sort with which

the women were
familiar, and my
results were quite as
good, if not better
than those of other
Physicians in similar
institutions (dealing with
the same class of subjects)

I did not once
use alcohol in any
form in delirium tremens
although I had a
number of very severe
cases. I had charge of a
Hospital there, of ninety
beds. most of which were

Poorly constituted scrofulous
besides dirty babies
or thereabouts, and a
daily "Sick Call" number
from twenty to fifty.

In my private practice
I seldom
see
I never have
believed
it right to
prescribe from our
Pharmacopoeia. Daily
believe them to be
poisonous remedies which
are likely to abuse
by too frequent use.

Very truly

Eliza M Mosher

OFFICE OF THE

★

Medical & Surgical Sanitarium.

★

A Well Equipped and Scientific Medical Establishment Open all the Year.

Battle Creek, Mich., 189

Where the child seemed reduced to the utmost limits of tissue waste, where stimulants had been tried and all other measures, begin to improve from the ~~———~~ time hot fomentations and electricity were used and all stimulants stopped. a case of this kind occured last winter in a poor family on Avon Buren St. Roomed by Mrs. Smith Jessie Walton who fractured some years ago in the bathroom and had had a battery sore ~~hot~~ the baby treatment and in two days it had made monifest improvement

and soon to my great
surprise was quite a
respectable looking baby.
There have been many
more similar cases treated
all doing well.
Kate Lindsay.

the frequency and increased
the force of the heart, heat
improved the respiration
so that the patient who seemed
a few moments before
to be right and almost
in a dying condition
would last the dusky
hue and cold clammy
sweating of the surface and
become warm and natural
in color. Anna Campbell,
Clayton Flatt, Christiana
Dahl. were marked cases
of this kind where the
heat must had to be repeated
several times daily to
keep up nature's flagging
energies. The heat to the
centers and over the heart
heart acted much quicker
than I have ever seen a
response to alcoholic
stimulants. In cases of
marasmus in children and
~~Summer~~ infants I have
seen a further good cause

HOSPITAL

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Medical & Surgical Sanitarium.

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A Well Equipped and Scientific Medical Establishment Open all the Year.

Battle Creek, Mich., 3/4 1893

Doctor Jaw with me
to give my experience in
treating disease without
stimulant as yet had without
alcohol. I have never used
alcohol
Nor given in my practice so
my statments will ~~seem~~ ~~not~~
~~s~~ not seem conclusive as
there was not direct comparison
made with other case treated
with alcahal. I in typhoid
fever I remember five very
marked cases where the
patient seemed in great
danger from heart failure
where heat over the heart and
to the spine has decreased

HOSPITAL

OFFICE OF THE

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Battle Creek, Mich., 3/4 1893

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alcohal
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Clayton Flatt. Christiana
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keep up natural flagging
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centers and over the ~~heart~~ heart acted much quicker
then I have ever seen a
response to alcoholic
stimulants. In cases of
marasmus in children and
~~Dyspepsia~~ infants I have
seen [illegible] cases

OFFICE OF THE

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A Well Equipped and Scientific Medical Establishment Open all the Year.

Battle Creek, Mich., **189**

Where the child seemed reduced to the utmost limits of tissue waste, where stimulants had been tried and all other measures, began to improve from the ~~time~~ time hot fomentations and electricity were used and all stimulants stopped. A case of this kind occured last winter in a poor family on Moon Buren St. Roomed by Mrs. Smith & Jessie Walton who Broke her leg some years ago in the bathroom & had had a battery sore for the baby treatment and in two days it had made monifest improvement

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There have been many
more similar cases treated
all doing well.
Kate Lindsay.

Iowa State Board of Health,

Office of THE SECRETARY.

PRESIDENT, J. C. SHRADER, IOWA CITY.
SECRETARY, J. F. KENNEDY, M. D., DES MOINES.

Des Moines, May 19th 1893

J. H. Kellogg M. D.

My Dear Sir: I fully sympathize with Dr A. S. Davis & Others of the American Medical Temperance Association in their efforts to obtain data respecting place that alcohol should have in the treatment of disease.

From my own observation and experience I am well assured that alcohol could be excluded from the Materia Medica without positive injury, though doubtless with some inconvenience at present. I do not believe it an essential in any disease - though a convenience and hence often an important agent in some emergencies. I do not think a conscientious physician could consistently refuse or neglect its use in such cases unless he had as good or better remedy at hand or at command. I very seldom - almost never am driven to such straits.

Respectfully J. F. Kennedy M. D.

DRS. C. D. McDONALD & SONS,
RESIDENCE 1220 TRACY AVE.
OFFICE 527 RIALTO BUILDING, NINTH AND GRAND AVENUE.
RESIDENCE TELEPHONE 361. OFFICE TELEPHONE 919.

C. D. McDonald, M. D.
Park L. McDonald, M. D.
Chett McDonald, M. D.

Kansas City, Mo. May 19 1893

W. Kellogg
Battle Creek Mich

Dear Doctor

Yours favor of the 16th inst rec'd & reply I would say that I am absolutely temperate man myself use no spirituous liquors in any form nor have ever — yet I am of the habit of treating wasting diseases with the use of alcohol in some form at certain times. Acting on the presupposition that all curable diseases will get well if we can keep the patient alive long enough, this when natural energies are unequal to the task, alcoholic stimulants will bridge over for a short time and give jaded nature a chance to rally — This is simply from observation. I believe that Alcohol could be entirely Eliminated from the Materia Medica without

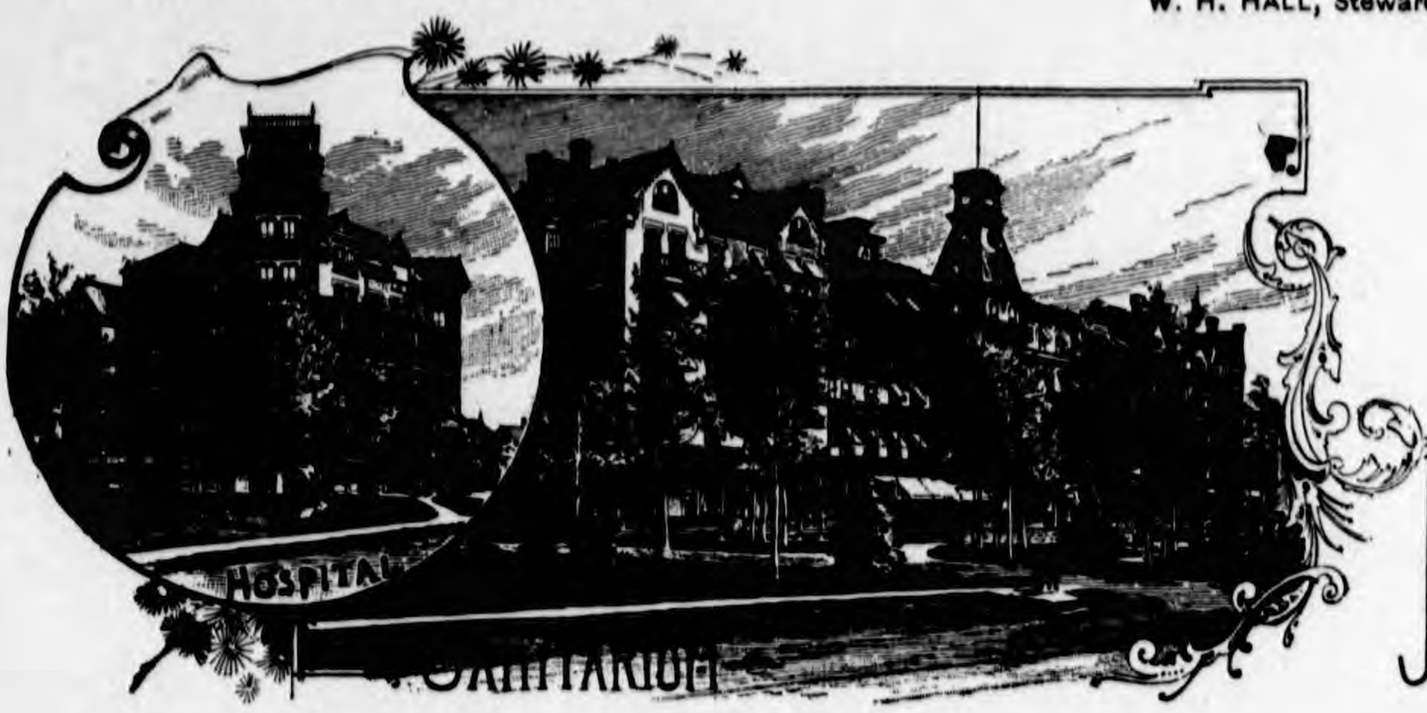
any great detriment in the
treatment of disease.

Yours truly
O'Donnell

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



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Medical and Surgical Sanitarium

MEDICAL STAFF.

J. H. KELLOGG, M. D. H. M. DUNLAP, M. D. RUTH O. BRYANT, M. D.
W. H. RILEY, M. D. A. J. HOENES, M. D. LILLIS A. WOOD, M. D.
KATE LINDSAY, M. D. ADDIE C. JOHNSON, M. D.

Battle Creek, Mich., May 19, 1893.

Dr. Kellogg.

I have had about 10 cases of Typhoid Fever
" 10 " " Scarlet "
— 1 case " Diphtheria.
about 15 cases " Measles.
" 15 " " Tonsilitis.
" 24 " " La Grippe.
" 25 Other acute diseases
in the last few years,
without a single case of death. (most of them were mild forms of the disease)

Have not prescribed Alcohol in a single case.

The case of Capt. Manning who was here 3 or 4 mo. ago, who first thought we were cranks on the liquor question. and after leaving off drink for a few months was so much improved, would be a good case to illustrate what Alcohol prescribing will do.

Resp. Yours A. J. Hoenes

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
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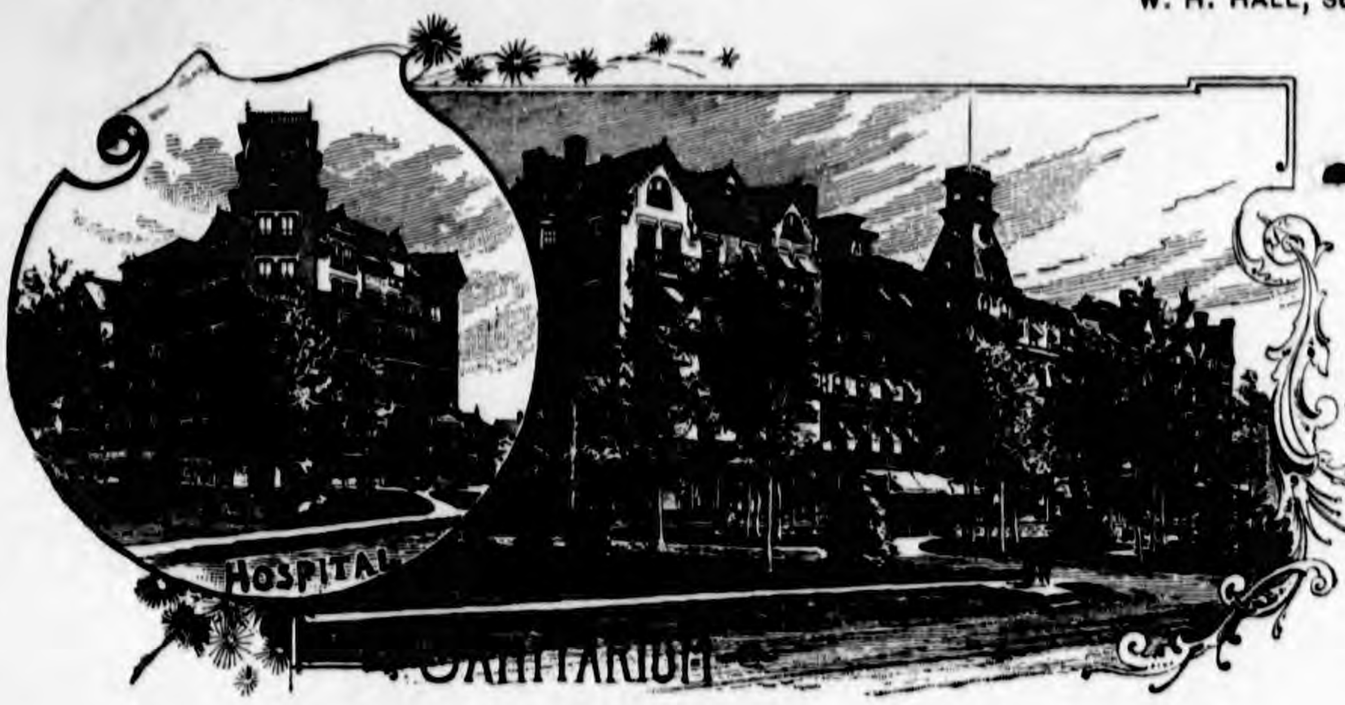

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KATE LINDSAY, M. D. — ADDIE C. JOHNSON, M. D.

Battle Creek, Mich., MAY 22 1893

Dear Doctor: J. L. Williamson Milwaukee Wis

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.

We do not need alcohol

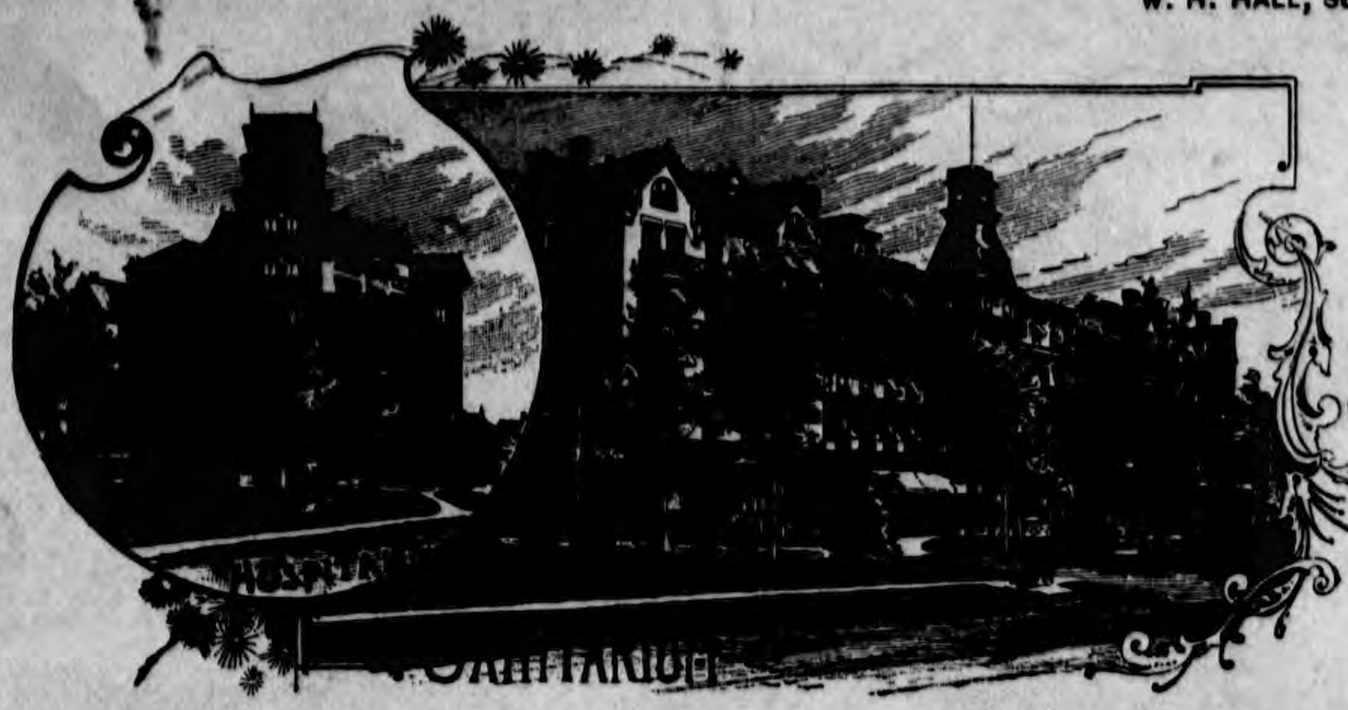
Dr K.

616.861

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



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Medical and Surgical Sanitarium

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KATE LINDSAY, M. D. ADDIE C. JOHNSON, M. D.

MAY 22 1893

Battle Creek, Mich., May 22, 1893

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Yours truly,

J. H. KELLOGG.

"In brief,"
Dr Davis, yourself,
The Committee are correct

J. Allen Lowe Esq,
"
Yr 6 "Ar Brooklyn

INLING BROS. & EVERARD, KALAMAZOO, MICH.

State Board of Health.

MICHIGAN.

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HENRY B. BAKER, M.D., Secy, Lansing.

Office of the Secretary.

Lansing, May 22, 1893. *189*

John H. Kellogg, M. D.,

Member of Committee of American
Med. Temperance Association,

Battle Creek, Michigan.

Dear Doctor:-- Replying to your circular letter relative to the use of alcohol in materia medica, I am sorry to say that I have no "material" facts, bearing directly or indirectly upon this subject.

Very respectfully,

Henry B. Baker.
Secretary.

North Dakota Hospital for the Insane.

DR. O. WELLINGTON ARCHIBALD, Supt.
DR. D. S. MOORE, Ass't Supt.

TRUSTEES:
F. B. FANCHER, Pres't.
G. A. LIEBER, Sec'y.
J. R SMITH,
GEORGE AULD.
J. E. PAULSON.

OGDEN LOVELL, STEWARD.
WM. M. LLOYD, TREASURER.

Jamestown, N. Dak., May 23rd. 1893.

Dr. J. H. Kellogg,

Battle Creek, Mich.

Dear Doctor:-

In reply to your favor just received I am at a loss to know exactly what to reply, however, my experience in treating not only mental diseases but all others, convinces me more and more that stimulants need not necessarily enter into the treatment of diseases and oftentimes that they really do harm rather than proving beneficial.

However, to be honest with my own convictions in accordance with my past treatment up to the present I have in cases of acute mania, where I feared death from nervous exhaustion continued the use of beer principally with possibly mild sedatives such as fluid extract of hops, conium &c., which in most cases apparently proved beneficial, yet such as hot milk, beef tea, etc., it is a question whether proper nourishment would not have accomplished even better results. Of course my opinion in regard to the use of stimulants in treating various kinds of diseases are based almost wholly on my experience and observation in cases actually treated and as such I am more and more led to believe that diseases of all kinds can be treated as successfully and perhaps with less danger in leaving out all forms of alcoholic stimulants than with their indiscriminate use.

I regret not being able to give more positive statements regarding the non-use of stimulants as I have up to this time continued to use them guarded quantities in cases referred to.

Very truly yours
O. Archibald. Supt

Iowa State Board of Health.

Office of Frederick Becker, M.D.

President E.M. Reynolds, M.D. *Centerville.*
Secretary, J.F. Kennedy, M.D. *Des Moines.*

Clermont, May 24th 1893

J. H. Kellogg, M.D.
Battle Creek, Mich.

My dear Doctor:

Your esteemed favor of the 10th inst. ought to have had an earlier reply. I have with joy a number of the kind indicated in your circular letter, for it has long since been my opinion, not only that my efforts, that alcohol is not only unnecessary, but in ninety nine cases out of every hundred, decidedly injurious. I speak of it in this way in emphatic terms first: because, I am well aware that many members of the profession cater to the appetite of many of their patients, not to me; second: because the ingredients of alcohol as nursing as well as a stimulating quality and their

IOWA State Board of Health.

Office of Frederick Becker, M.D.

SALUS POPULI SUPREMA EST LEX.

PRESIDENT E.M. Reynolds, M.D. Centerville.
SECRETARY, J.F. Kennedy, M.D. Des Moines.

Clermont, _____ 189_

thing especial, with its free administration, to counteract any proneness of fermentation in the organism. While I am willing to admit that we do not now have any chemical substitute for Alcohol for the prevention of fermentation of vegetable and animal tissues it is free for this purpose so all the need of it in medicine. Its application is based in my opinion on extreme, by questionable precedence, because we cannot foretell where and from all power, and a remedy will spend its force and whether it will spend it for good or for harm. I have been engaged in the practice of medicine for the last thirty years and can truly say that I should treat all with out the need of alcoholic stimulants. In further testimony I would say further, that I have tested it's use in some cases where I expected a beneficial action from it

IOWA State Board of Health.

SALUS POPULI SUPREMA EST LEX.

PRESIDENT E.M. Reynolds, M.D. *Centerville.*
SECRETARY, J.F. Kennedy, M.D. *Des Moines.*

Office of Frederick Becker, M.D.

Clermont, _____ 189_

it and have always been disappointed. Perhaps this is my fault. Perhaps I do not understand it as well. But as regards and I to do written it that I shall continue my work in the same way in the future. I have abstained from any scientific argument in favor of my position. I have only given you what I practice, but I trust that the experience of the many may be valuable for the protection of you in the future. If my testimony will be of any help to a fair cause I shall be pleased and gratified.

Will be pleased to correspond with you in the future.

I remain yours dear Doctor

Yours very cordially and fraternally

F. Becker.

B. F. BEARDSLEY, M. D.
90 Edwards Street.

Hartford, Conn., May 24th 1893

J. H. Sherwood M.D.

Dear Sir

When I began practice 28 years ago — I always gave Brandy in diphtheria — Typhoid Fever, &c, &c. Now for the last fifteen years — I never use it except under very peculiar circumstances and in my opinion my cases do better & more rapid & complete recoveries than when I used it — I have cured over of heart failure caused by Nitrite of Amyl — by inhalation & would and can much better please

B. F. BEARDSLEY, M. D.
90 Edwards Street.

Hartford, Conn., ...*189*

with Hydrocarbon Creosote and Guiacol believe it can be excluded from the Materia-Medica without loss

Truly Yours

B. F. Beardsley M. D.

Grat

Columbus: Ind. May 24" 1893

J. H. Kellogg M D

Dear doctor

In answering yours of the 16" I. U. candor compels me to say that if my observation has taught me any thing it is that alcohol has no place in curative medicine. It contains no nutritive principle nor does it by chemical action produce such an effect on the animal economy that it is entitled To be called a tonic. However I think it may be called an anesthetic. it certainly benums nervous sensibility. and impairs digestion. effects which render those who use it less able to resist. and stand the shock of diseases than those who do not. Therefore for the last twelve or fifteen years I have seldom prescribed alcoholics in my practice. and I believe my patients have made better. and more rapid recoveries than formerly. when I frequently prescribed alcoholic liquids.

Yours Grat J. S. Irwine

Green

HALL & GODDARD LITH. CO. TOPEKA.

D. C. JONES, MAYOR.

Office of Mayor.

Topeka, May 24th 1893

Dear Doctor

Yours of 22d ult
to hand and in answer to
your enquiry. is Alcohol -
of benefit in the treatment
of disease - in most cases
I would answer No - in a
few cases of wasting diseases
where. The tissue. Metamorphosis
is too rapid - it may for
a short time arrest the
change - but its effect is but
temporary. in my opinion and
in most cases - other Supporters
& Stimulants will do as well or
better - I have prescribed it for
over 32 years both in Military

HALL & O'DONALD LITH. CO. TOPEKA.

D. C. JONES, MAYOR.

Office of Mayor.

Topeka, _____ 189_

and civil practice. and
have by years and care
by care I. Lane - lost faith
in it and now it is
a very - rare thing for
me to prescribe alcoholic Stimulants
in any case

Very Yours
D. C. Jones M.D.
710 Kansas Ave
Topeka Kans

OFFICE
Joel W. Smith, M. D.
Opposite Union House

Charles City, Iowa, May 25 1893

J. H. Kellogg, M. D.
Battle Creek, Mich.

Dear Doctor;

Your circular letter was rec'd yesterday, Been too busy to reply as could wish to do, but will say I am glad to see so much interest manifested in regard to the use of alcoholics in medicine.

This many years since I discarded & discharged the whole family as a bad lot in medicine, or at least in my practice and it has been a matter of great surprise that so many in other respects fully progressive physicians still adhere to the general use of liquor

OFFICE

Joel W. Smith, M. D.

Opposite Union House

2

Charles City, Iowa, _____ 189

I was not from any
temperance excitement
or the like that I discarded
alcoholics in medicine, but
I gradually grew out of the
use, and as I thought to the
great advantage of my
patients, morally, physically
and pecuniarily. That tells
about the whole story for me.
As a man of sense, if as good
medical education as any
one could then (1850) obtain
in this county, I could not
do less than I did - discard
alcohol in medical practice.
It's a medicine, perhaps I
might use it as I would arsenic
or other poisons in some cases.
I have greatly admired Dr. B. H.
Richards comic & witty platoons
In haste, Fraternally, J. W. Smith

P.S. Mile to Chicago for two weeks

LaFayette, May 25th. 1893.

J. H. Kellogg M. D.

Battle Creek.

Bear Doctor:-

Replying to your favor of the 22nd. inst. as to the non-alchoholic treatment of diseases, I beg to state, from the standpoint of experience and observations as a physician, that I believe it could be excluded from the materia medica without serious loss to suffering humanity. I have during the ten years last past practised medicine upon this line. Occasionally I have suggested with benefit from the half to an ounce of diluted whisky for men or women of middle age or over, suffering from cold with much coughing, without increased temperature, for the night. For patients or persons in articulo mortis from disease or accident, I have never been able to demonstrate to my own satisfaction that the exibition of the agent had any therapeutic value, and I have long since ceased to recommend or order its use in this class of cases.

Yours respectfully,

W. W. Kinnedge

Fairbanks Mich. May 26 / 93

L. H. Pillow M.D.
Battle Creek
Michigan

Sir Doctor.

Yours of the 16th received,
in behalf of Mr Connelly,
I am a portion writing
back from the Spring of 1854
I can without hesitation say,
that I do not call us a
single case in dickens
Meteor with Alcohol that
was benifited by it, I have
given it to many patients,
I am quite confident that
it can be dispensed
with in the majority of
cases. that the
use of it has done

more Lawn Than ever I
think beyond question
In treatment Condition of the
patient the patient upon
relief from its use, is no
Ours widow that it is a
Curative agent, - the
Merkard fuly the Room
may God Continue his
May Blessing to good
old Dr. T. S. Davis.
I Love known of him
many years, and his Love
to his Fellow,
My Respectfully Submitted.

L. N. Jones.

W. H. Bates. S. C. Toof.

S. C. Toof & Co.

Lithographers, Steam Printers,

Blank Book Manufacturers.

276 Second Street.

Memphis, Tenn. May 26, 1893.

Dr. J. H. Kellogg

Battle Creek Mich

Dear Sir

I am today in receipt of your Type Writer Letter of the 22nd

In response, I will state, that I can give only my experience: I am 39 years of age. I have used alcoholic drinks freely, temperately, and abstained from their use entirely. My experience is today, that I feel better, cleaner, stronger, sleep better, and have a more even, temperate appetite, when I abstain entirely from the use of all alcoholic stimulants.

Respectfully

S. C. Toof

Having read said letter of inquiry I wish to say with emphasis the sentiments of Mr Toof are mine - and that our experience is identical.

F. J. Lathrop

616.861

D. R. Wallace, M. D., L. L. D.,

Neurologist—Treatment of Insanity and Other Nervous Disorders a Specialty.

No. 1101 Austin Avenue.

Waco, Texas, May 27 1893

J. H. Kellogg, M. D.

Battle Creek Mich.

Dear Doctor;

Answering your esteemed favor of recent date have to say:- While my observation furnishes no specific facts, my experience covering nearly forty years has led to the conviction that as a medicinal agent alcohol is more than useless that there are conditions in many diseases in which in absence of better diffusible stimulants it may be well to have recourse to it I do not deny. but none known to me in which there are not other agents. That its use does more harm than good I have long been convinced.

Yours sincerely

D. R. Wallace

EDITOR AND MANAGER:
PAUL PAQUIN, M. D., V. M.,
COLUMBIA, MO.

ASSOCIATE EDITOR AND MANAGER:
T. J. TURNER, B. S., D. V. S.,
MEXICO, MO.

The Bacteriological World.

DEVOTED TO THE STUDY OF

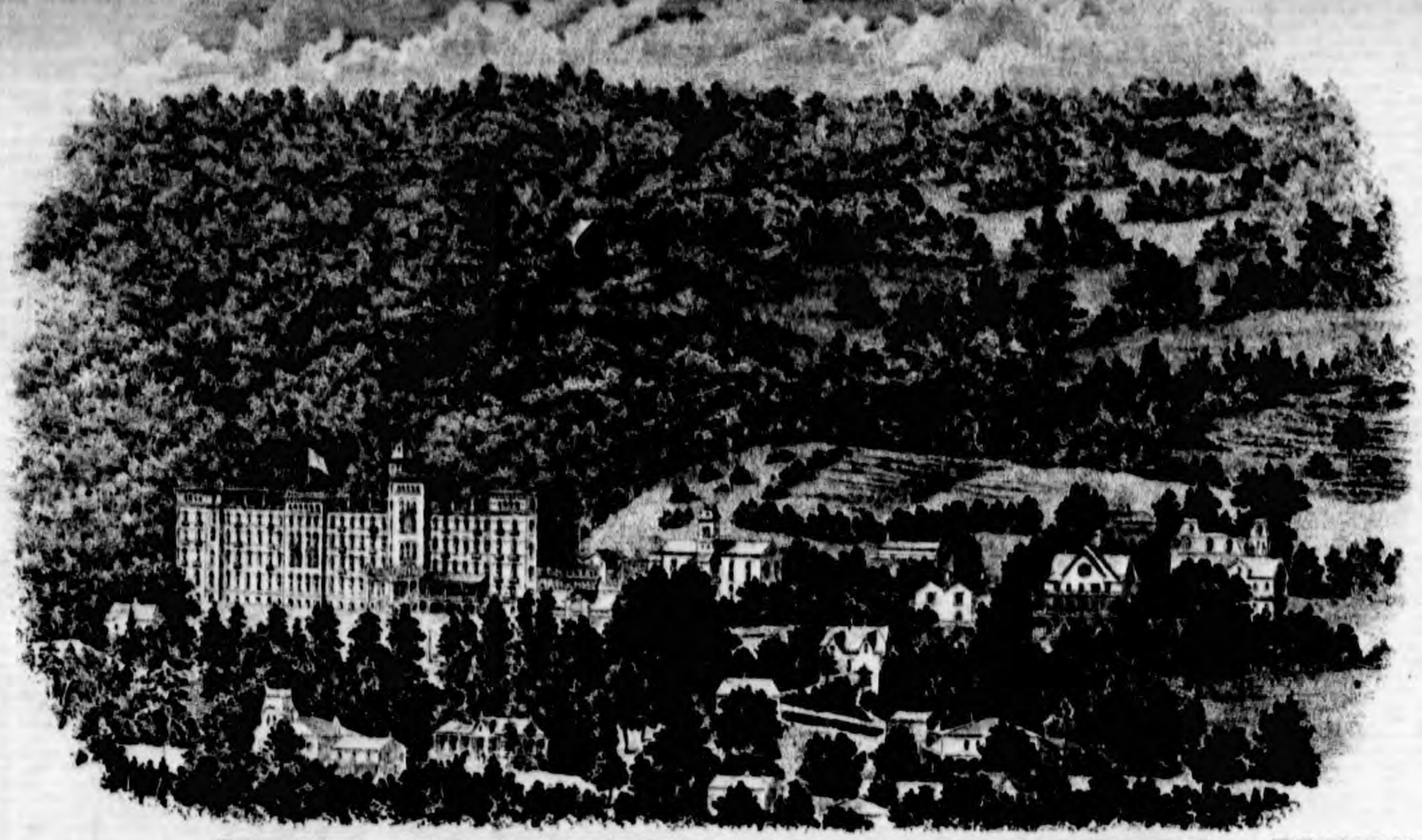
Bacteriology and Diseases Due to Micro-Organisms.

May 30 1893

Dr Kellogg, -

At the last case of toxicity I used about 4 lbs. of dog meat and reed 18 oz of unfiltered dog juice. It was so thick that it would not filter. It contained much fat. I used about 2¼ lbs of beef steak and reed 6 oz. of filtered beef juice In the first case I sent the reports to you in an envelope and in the last I saw you put them in your inside coat pocket. Mr Johnson says he distinctly recollects seeing you do so. Will try to have the next case allready on Thursday. eve.

D. W. T.



THE JACKSON SANATORIUM

(OUR HOME HYGIENIC INSTITUTE.)

DANSVILLE, LIV. CO. NEW YORK.

THE LARGEST AND BEST APPOINTED HEALTH INSTITUTION IN AMERICA CONSTRUCTED OF BRICK & IRON ABSOLUTELY FIRE PROOF.

ATTENDING PHYSICIANS
JAMES H. JACKSON M.D.
KATE J. JACKSON M.D.
WALTER E. GREGORY M.D.

OFFICE OF
J. ARTHUR JACKSON,
SECRETARY AND MANG'R.

June 3d, 1893.

J. H. Kellogg, M. D.,

Battle Creek, Mich.

My dear Doctor:-

Your letter of the 16th came to hand the day after I left for a two weeks vacation, hence it has remained unanswered.

I have no facts which I could put in order for such use as you desire. I can only say, that I thoroughly believe that with the right environment, alcohol is not at all necessary to the treatment of acute or chronic difficulties. In fact that physicians and patients would be a great deal better off if it was never used therapeutically. This judgment of mine is based upon my understanding of the effect of alcohol upon the functions and structures of the body, viewed from the vito-chemical stand-point, as well as from a large experience in the treatment of cases who have been addicted to its use for tonic purposes.

I am sorry that I am so situated that I shall not be able to be present at the meetings of the various sections of the Auxiliary Congress, which would attract me by the interest of the papers and discussions. I doubt if I get to the Fair, unless late in the fall.

Sincerely yours,

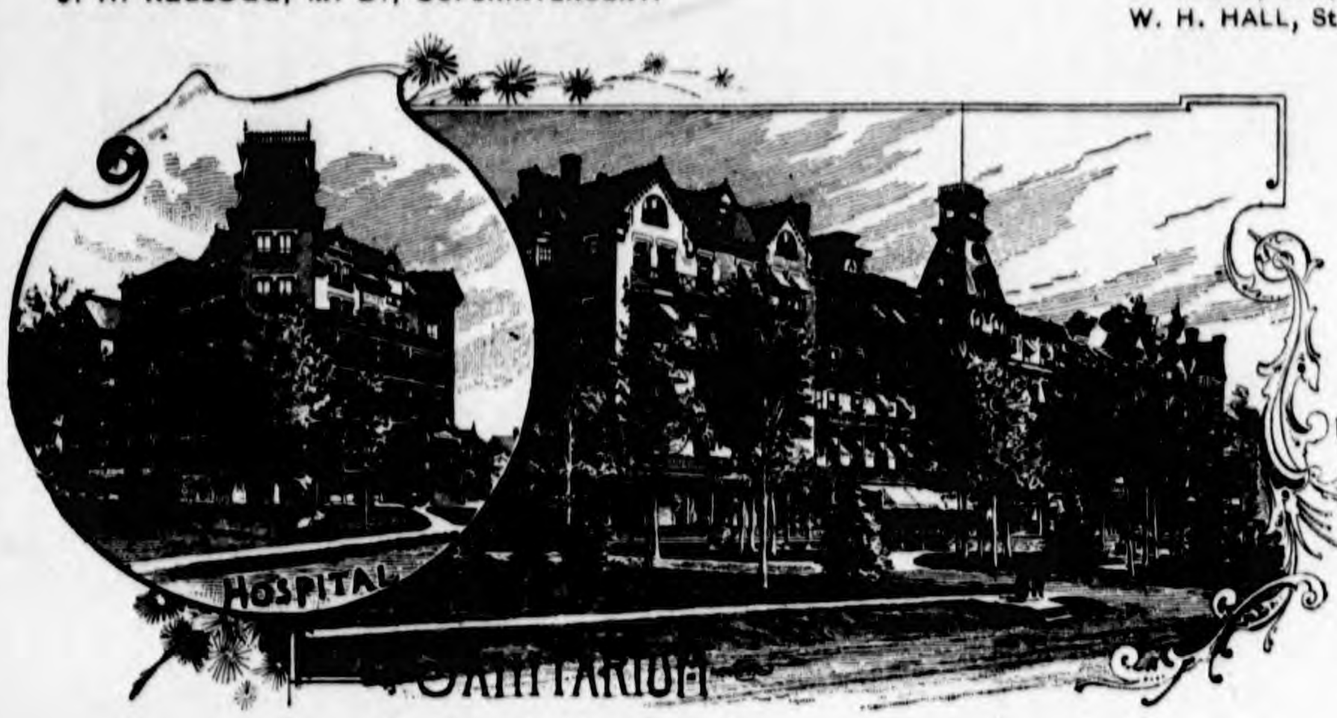
(Dictated)

Jas. H. Jackson

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



OFFICE OF THE

Medical and Surgical Sanitarium

MEDICAL STAFF.

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W. H. RILEY, M. D. A. J. HOENES, M. D. LILLIS A. WOOD, M. D.
KATE LINDSAY, M. D. ADDIE C. JOHNSON, M. D.

Battle Creek, Mich., June 6/93.

Dr. Hoenes,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg.

R.	Cases	Deaths
La Grippe	20.	2.
Pneumonia,	3	0
Scarlet Fever	9	0
Dyphtheria	1	0
Typhoid Fever.	10	0

W. H. H.

616.861

J. H. KELLOGG, M. D., SUPERINTENDENT.

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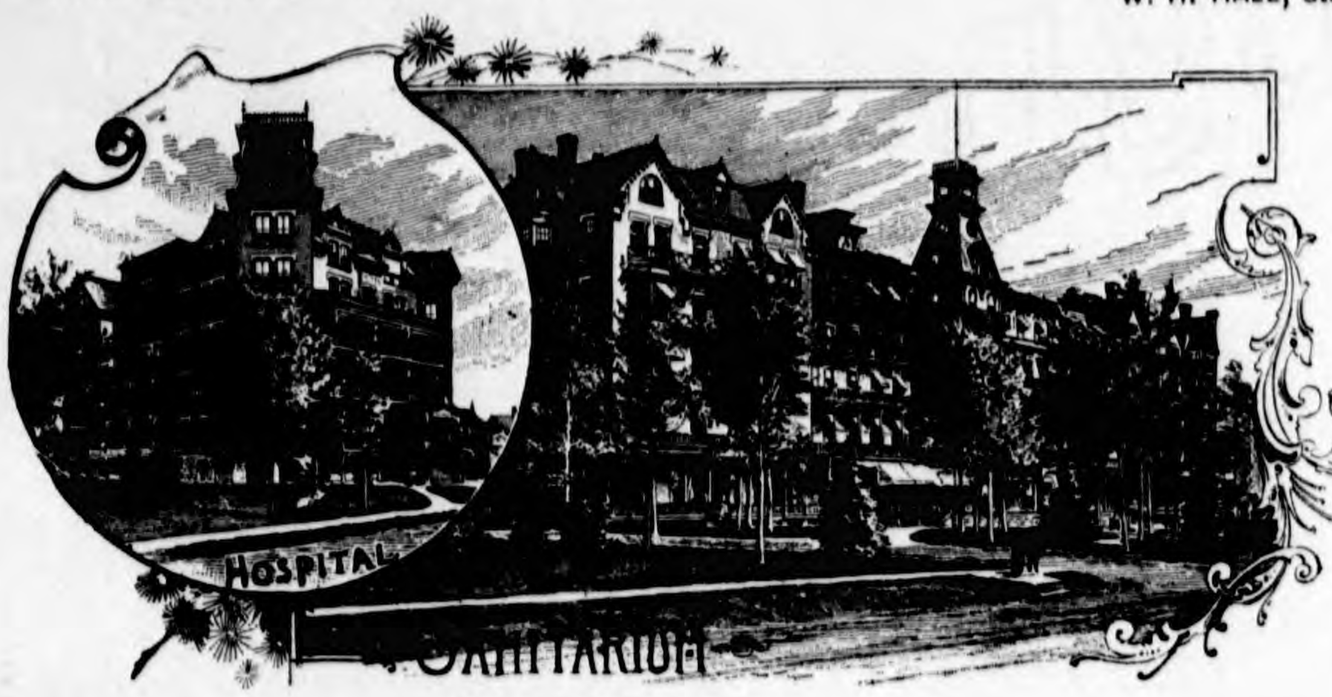

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Battle Creek, Mich., June 6/93.

Dr. Bryant,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg

R.

La Grippe 20 less than 1 cu
Pneumonia — 5
Scarlet Fever — 5
Diphtheria — 2
Typhoid — 8

20 deaths

Please do not use my name in anything.

616.861

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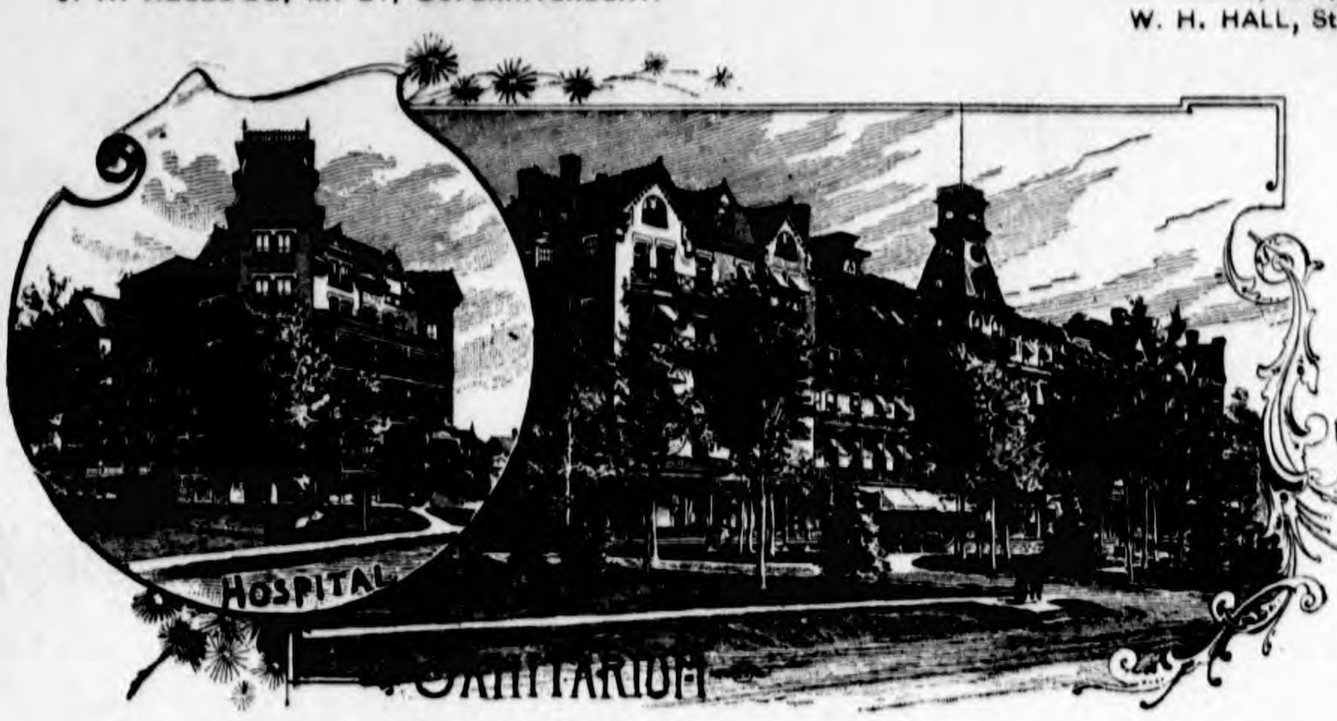

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Battle Creek, Mich., June 6/93.

Dr. Dunlap,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, 75 Pneumonia, 10 Scarlet Fever, 2 Dyphtheria, 0 Typhoid Fever. 5 Would also like to know the number of deaths. 1 death

J. H. Kellogg

Doctor. — More than 10 days since. I sent you a list of cases in which you will find that above I have had but one death. That was a case of typhoid

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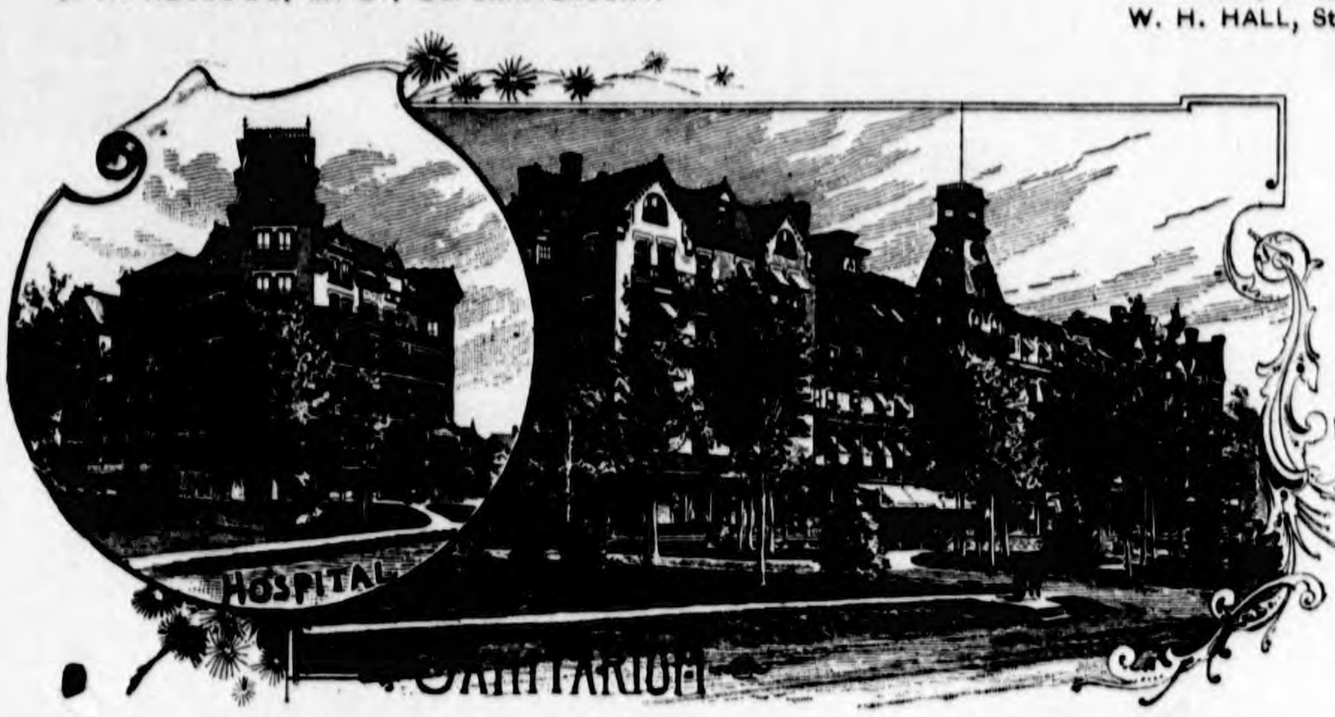

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Battle Creek, Mich. June 6/93.

Dr. Place,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

R.

J. H. Kellogg

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Battle Creek, Mich., June 6/93.

Dr. Riley,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg,

I sent you a report some time ago covering the above in detail.
Typhoid Fever 50 — 75 cases — deaths-2
Pneumonia 25 to 30 cases — deaths-2
La Grippe, Measles etc 250 to 300 cases, no deaths
I am sorry you did not get my first report, but the above is the same briefly.
If there is any point that you would like more explicit, will make it so, if possible.

over

The two cases of death from
pneumonia were in old people over
70 yrs of age.
One case of Typhoid Fever died from
perforation. Patient did not
keep in bed as ordered by his
physician.

W.T. Riley

Dr. Riley.

Will you please let me know the approximate number
of cases of the following diseases that you have treated without
alcohol. Would like the data this afternoon, as I am preparing my
paper and will leave in the night for Milwaukee: Lagrippe,
Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also
like to know the number of deaths.

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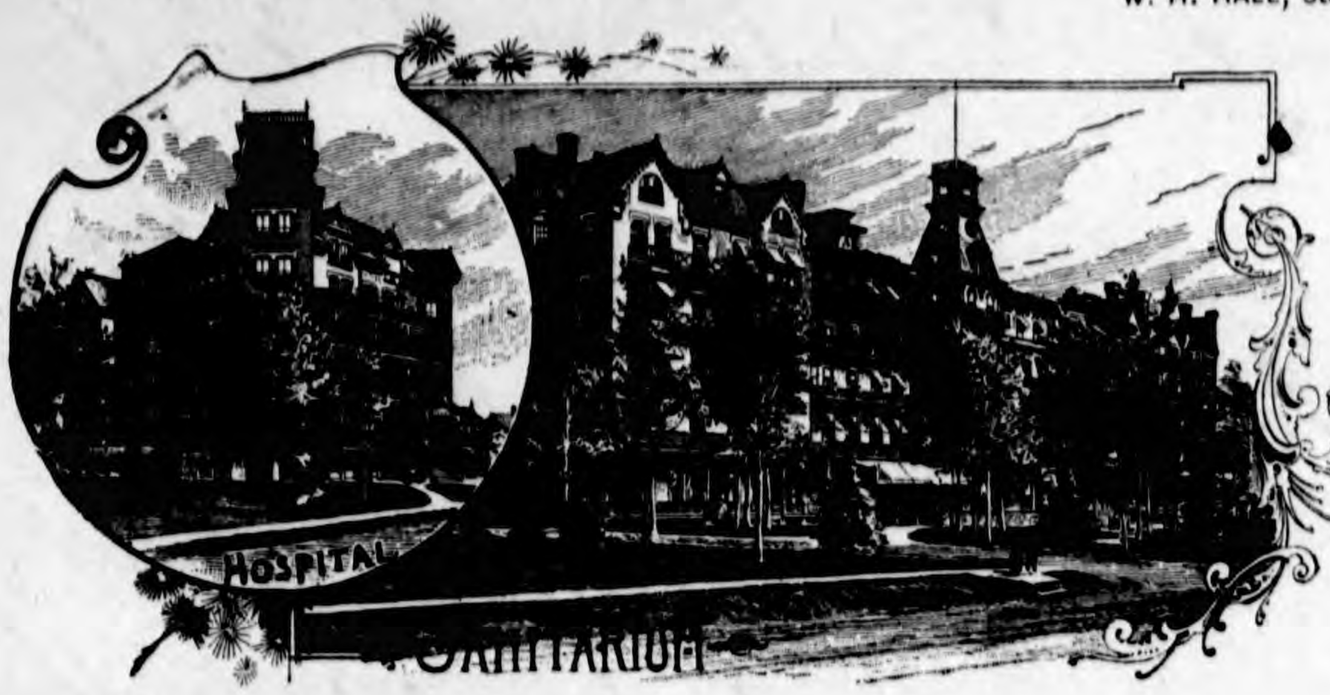

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Battle Creek, Mich., June 6/93.

Dr. Lindsay,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg

~~In~~ Case of La Grippe I think may be safely estimated at 400 with no deaths ~~at~~ Save ~~my~~ Fathers and he was treated at first by another physician I used no alcohol in any form

During the first year of our practice here we had 51 cases of fever. Typhoid in all ~~their~~ symptoms and one death a feeble young man. No alcohol after that for several years we have had from 10 to a

dazen cases of typhoid fever among the ladies helpers and students. I think it will not over estimate it to say sixty more cases with five deaths Emma Paton and a helper ~~treat~~ Anna Rees who died of sudden hemmorhage after having been ab and about for two weeks. Pneumonia I think a safe estimate would be twenty five cases with one death Jennie Stembley Richards one case Grandma Sticks of Ceresco I have ~~treated~~ twice for Pneumonia since she was 85 years old she is living still over 90. No alcohol The number of cases of diptheria were four in the Gage family one death Myself and two others at the farm all recovered and Sister Lous's little boy died Nine Severe cases with two deaths of Scarlet I think it would be safe to say 40 cases with about one fifth of which were in small children and Severe two deaths.

	Cases	Deaths
La Grippe	100	1
Typhoid fever	120	3
Pneumonia	25	1
Diphtheria	9	2
Scarlet fever	40	2

DISEASES CURED:

Rheumatism, Blood Poisoning, Skin Diseases, Paralysis, Locomotor Ataxia, Neuralgia, Spinal Difficulties, Insomnia, Hysteria, Dyspepsia, Malaria, Alcoholism, Epilepsy, Nervous Debility, Billiousness, Constipation, Kidney and Bladder Troubles, Stomach Troubles, Sciatica, Catarrh, Colds, Female Diseases, Milk Leg, Etc.

MT. CLEMENS BATH CO.,

—PROPRIETORS OF THE—

MEDEA BATH HOUSE,

OPEN SUMMER AND WINTER.

W. J. DALEY, PRES. & MANG'R. PAUL J. ULLRICH, SECRETARY. PAUL ULLRICH, TREASURER.

Mt. Clemens, Mich., _____ 1893.

ANALYSIS:

Grains in Imperial Gallon of Water:

Sodic Chloride,	5,957.350
Calcic Chloride,	4,128.530
Magnesic Chloride,	1,656.200
Magnesic Bromide,	8,540
Magnesic Lodide,	.070
Calcia Sulphate,	144.430
Calcia Carbonate,	.910
Magnesic Carbonate,	.070
Ferrous Carbonate	8.540
Silica,	28.090
Alumnia,	42.070

Gas, cubic inches, 40.

J. H. Kellogg, M.D.
Battle Creek Mich.

My Dear Doctor Yours regarding the report cases just rec'd. I am very sorry I cannot report a good number of such acute cases as I have treated without alcohol, but I have no names or dates, or reports of cases which I have especially watched only as appears in the regular books of the two institutions. I of course could few in mind but no date or no trip. record which would seem important in such a report. I got everything which I could in shape before we left Mich and Mr. Place desired my much to visit her old home over near which is a few miles north of here so we came this way.

I have gained considerably the last 10 days for the first real gain since I left B.C.

I am now rested from patients and that side of work as I have not been for 3 or 4 years. Am anxious to get to work again.

I am very sorry about the reports as I feel sure that physicians can treat without alcohol morphine or in fact the general class of Stimulants, hypnotics, and tonics too much used. Especially have I been interested to see how quickly patients suffering from insomnia will improve when whisky and all "Sleep medicines" are taken away and warm full baths, fresh &c are substituted at night with all sorts of concoctions used.

We have been over in Ontario and some of our meals has been much deranged.

Yours truly A. G. T. Place

Macomb Feb. 22nd 94

Dear Mrs. Kellogg,

I have been
writing a number letter to
Mrs. Whitney, but find that
I am not content to send
you my regards. So of two
I here thought I replying
to your last kind letter of
1892, tho the days are so
full. I think of the Sani-
tarium with pleasing
real affection, and am in-
terested in all the work go-
ing on there.

Three years ago this even-
ing I called upon you,
+ listened to the Children
"Reping" Washington Birth-
day. I wish that I might

look in to-night. I wonder if I would find them much changed. I suppose dear little Willie seems much older, and no doubt the little girls have grown still more. I have an impression that you have another little girl. I wonder if it is so.

I read with so much interest all that I can find in the M. M. about the children who come to you. With what interest I shall look forward to their developement. I intend to see them all some day!

And the Chicago work — I did so want to visit the mission last fall, & Dr Bushnell was to have gone with me, but her sister was quite ill, and her time in Chicago was filled with meetings. I too was far from well while there, and could not accomplish what I wished. During this winter, when there is so much suffering everywhere, I think so often of the mission & feel so thankful for the work going on there. I wish I might be "in it". It's just the sort of a good time I should enjoy.

I have had a busy winter, owing principally to the fact that I have not had efficient domestics — sometimes none at all, and the days are so short, & house-work swallows up so many hours. My present helper is a young Swedish

woman, a widow, with a little
boy 4½ years old. She is not
very strong & is rather deaf, &
very deiderly, & needs con-
stant help and supervision;
the little boy is not very trouble-
some, & might not object
& not very much. We get
along better than I had dared
et hope, and I attend to his
wardrobe as she never finds
time, & I find all am help.
We goes out with me whenever
it is practicable, and Sun-
day's is shatter. I am glad
they have a good home for
the winter, & she appreciates
it. Of course people think
she "ought to", & say they would
not have the child. "Oh, for
the rarity of christian Chari-
ty!" I dare blame them for

nothing here, but there seems
to be so little reason to do so,
& working-woman's kid-sup-
posed to have any rights to
feel ill on said.
He had such a fine lecture
the other night upon "The
Cause of The Toiler, as repre-
sented in the Arts Palace at
The World's Fair." It was a
wonderful resume of the
pictures there which portray-
ed scenes from the life of
the workers of all nations. It
showed how much thought
it must have cost to the
toilers, & was full of encour-
agement.
By the way, Mrs Helen Camp-
bell of whom you no doubt
speak as the author of "Prison-

ers of Poverty" & much besides, is spending some months in Madison. She came to us at first, & we see her nearly every day. She is in many ways a charming woman, & has been giving some papers to the public. She is attending Economic lectures, & is constantly writing. My sister attends some lectures too, & they have both joined a class in gymnastics at the University. I meant to attend lectures, but it was impossible. Lately I have been taking up a little French, with Annie, who is studying a little preparatory to going to England in the early Spring. Her cousins there have invited her to visit them, and if all is well she will go in a few weeks. We shall miss her, but she has been away most of the time during the past two years - teaching music a part of the time - and this will be a lovely outing for her.

Poor Katie Jagg has been so very ill lately. We quite despaired of her recovery - she was so prostrated after six weeks in bed & great suffering; but she is really on the mend again, & I mean to have her here for a rest and change before very long. I went to see her yesterday, & found the three little brothers & one little sister spread out in the little sitting-room, all suffering from the effects

I vaccination. I deemed it
best that Katie should have
any care while still a nurse,
but she has a brave and
cheery nature. She is such
a noble girl. The Dr. fears
that her trouble - internal ob-
structions - will ultimately af-
fect her lungs, but we are
thankful for all the time
she can be here. Her mother,
who has been for so many
years an invalid, is so much
improving, and that is a
great comfort to all. She
takes a little walk every day,
& is beginning to talk and
do spend much time with
the family.

I received my first letter
(since her departure) from Dr

Buchwell a week ago. Dr Lee
writes Jan 6th at Rangoon.
She was well, had visited Cal-
cutta & Bombay & expected to
sail for Hong Kong, Feb. 25th
Her address is Shanghai,
China, care of Presbyterian
Mission Press. She hopes
to return to this country
next summer.

I suppose you have received
my little leaflet, printed
at Lodi by Chas. H. Kerr of
Chicago. I have obtained from
Dr. Mary Wood Allen the name
of State Superintendents & sent
one to each. I have just re-
ceived a nice letter from
Dr. Allen, ordering 2 one leaf-
lets, and one from Mr.
Kerr containing 2 one pleas-
ant noticed from Detroit.

and Rochester papers. I
am greatly pleased to feel
that my words may do a
little good. I have lately
sent to a young colored la-
dy in Chicago, Miss Ida
Wells, formerly editor of a
paper in Memphis, fifty
of the leaflets for a distri-
bution which she is interested. She
has sent me such a nice
account of the Club meetings
and aims. She writes well
and is a very bright girl,
working bravely for the darken
race of "her race" - I suppose
she has some claims in our
two - & deeply interested in
fighting the lynching ma-
nia in the South. She has
now gone to England for
the second time, by invita-
tion, and expects to be absent
four months. If she comes
West again I wish you might
have her to the Settlement.
I am sure she would inter-
est you. I feel such sym-
pathy for one like her there
is so much race prejudice
to encounter aside from
any other hindrance.

I must close my long
letter, hoping that I may
hear again from you some
day. I am not quite as
well as I would like to
be, but am not a great deal
unable to do as much as
most persons, & don't con-
sider myself an invalid
at all. I have quite given
up Swedish gymnastics, as
I have so much housework,

and some other hygienic things
as I find it quite impossible
to attend to them, but I am
still called a "vegetarian"
I never touch meat,
and I still regale my friends
with granola etc, and espe-
cially upon Sanitas nut food
and other delights.

Please remember me
cordially to Dr. Kellogg,
and give my love to Dr.
Lindsey.

Very sincerely yours,
Blanche L. Delafleure
Redmond,
Wis.

Mrs. E. E. Kellogg.
Battle Creek. Mich.

Detroit. July 27. 1894.

Dear Sister.

I have rec'd a card from Dr. Fitch asking for directions for making the pigeon's gluten biscuit. I had such much faith, & am I began in being able to combine them, &. I took just what I happened to be working with. which was the gluten from 2 lbs. of Pillsbury flour (about 19 oz's after it is baked) and ½ lb. of pigeon's.

I washed and dried the pigeons, then put them through a meat chopper. (such as they use at the Sanitarium for grinding the nuts through. for soup. and for mashing potatoes.) I then cut the gluten in strips, and. after draining and & squeezing it to get out as much water as possible. I put that through the chopper. I, then, mixed the nuts and gluten and put them through through the chopper to-gether. Then. I took the machine apart, to get the material, (separated nuts & gluten) from the places where it was clogged. mixed that and all the other to-gether and put it through the chopper again. Then. I took up small pieces, and

fully. without crossing them & quite. drop them on to a dripping pan (without oiling it), put them into a rather quick oven, until they rise well, (To bake gluten biscuit well, it requires an oven that bakes well on the bottom) let them gradually cool. for 1-2 hrs. then put them in a warming oven for 12 hrs. or more. If ever, it requires care not to scorch them, and yet to brown them, because the crusts and gluten scorch burn easily. and they will be tough if not brown.

I have had quite an experience with gluten biscuit, & with bread. having, already, found seven different kinds of flour. & got the proportion of gluten.

~~I find that the whole wheat flour you are using at the Sanitarium, now, contains from 8-12% more of gluten than the Franklin Mills flour. (besides being much better in other ways) about 20% more than the Pillsbury. 25% more than the Akron White & Buck and about 27% more than the Farwell & Rhines. (Watertown. N.Y.) pure gluten flour. which sells for 75¢ p. lb.~~

By the way. We have come across a spring Wheat graham flour. Of course. it comes higher than the other. about the same price of the Pillsbury's Best. but the bread made from it is so much better, that the other will not bear any comparison with it at all. Besides. I do not count that it will go 3 parts as much as the winter wheat flour. We are going to try bread from this. of all grahams, and think that one

that we get here, which is so much superior to any that I ever saw before, ~~and~~ which sells for only 10¢ per lb. at retail, and has more ounces to the lb. than any I have compared it with.) that I have made up at different times. Will write them out in full. just giving ingredients.

Pignolia Macaroni.

1 cup macaroni. 1 pt. milk. 2 tablespns flour. ½ - ¾ teaspns salt. 6 tablespns pignolias roasted and chopped. Bake.

Swiss Cutlet Macaroni.

½ cup. mac. ½ cup cutlets. 1 cup rich milk. 1 tablespoon browned flour. 1 teaspn leaf sage. Salt.

Onion Soft Aroma - with cream a brown sauce is a good substitute for potato. Make cook oats in a little less water than for mush. With two grated diced onions to 1 cup oats. salt. Serve with brown sauce a cream sauce.

Here is a simple cake recipe.

Cream Sponge Cake.

Beat yolks 3 eggs to cream. add 2 tablespns cream and 1 cup sugar, gradually, beating well. Flavor if desired. Beat whites, with pinch of salt to very stiff froth. Chop in, with 1 cup (3 times sifted) flour to yolk mixture. Bake in slow oven, that bakes well from bottom. Do not bake too long as it will shrink and fall.

For the tops of dishes when we usually use bread crumbs, take the broken pieces of whole wheat wafers dry well, and delicately brown in the oven and roll fine. I think they are nicer than the bread crumbs. besides using up the pieces of crackers. Cracker Crumbs

may be made by stirring these crumbs into boiling milk.
Apples stewed in tomato without the addition of sugar, are
very nice. The combination of the apple and tomato
makes them seem sweet. If anything is added, salt
is nice.

There is a brick oven in this institution here. and. the
women. the ladies have had the foreman of the
leading bakery in the city, come and teach us how
to use it. so. We are using it for all of our baking.
and words cannot express the delight-fulness of it.
Besides. the foreman invited us to visit their bakery.
so. We have been one slow but night (in the night)
to see them making their bread. shaping rolls &c.
The privilege has been immeasurable to me.

I attended one of Mrs. Parris lectures and learned
a good many things. some positively. but more
negatively.

I was in hopes to learn something of the new things
developing at the sanitarium. from Dr. Waldron
when she was here. but. did not get as much as I
would have liked.

I am enjoying my work this summer, more, if pos-
sible than ever before. The Lord has led me to go to dif-
ferent ones, to help them without any financial remuneration
a knowledge of food & raiment (a lauudry work) and.
I have been richly blessed in it. in the pleasure of doing
for them. Then. it has given the Lord a chance to
work for me temporally as well as spiritually.

Several weeks ago, I began (by an arrangement with the

ladies of the board.) making the graham bread for the "Home" in payment for my room. after the cooking classes closed. and that was a great privilege. because the cook did not keep them supplied with it all the time. and when she did make it, she just stirred it with a spoon, so it was not wholesome. then, too, I got a chance once in a while to make some gems (about 9 each. for 1 meal, at present. while the family is small.) or a dish of some toast. then. I use all the left over pieces of the graham bread. for zwieback & croutons. and besides all that. working right with the others, as I do. I can give them little helps and do them kindnesses and let the bad sins out to them, as I could not in any other way. and. he does work with force. Well, after I began my dressmaking work. the food came in, by littles, sometimes 2 & in one place. a few dollars in a little at another time. sometimes a quarter or 50¢ or 75¢ from some source. and. at the same time. I was saving every little thing I had on hand. in dried and canned fruits. I always had all I needed to sustain my strength, for work. though. sometimes not what my taste craved, and, sometimes, I just loathed the dried or sweet fruits, or even, the fresh ones around me (I write this for the encouragement of others, who may be similarly situated sometimes) but. it was a blessing & experience to me. and kept

me very near to the Lord. and praising him continually. One day. when it looked, from a human standpoint, as though the food supply was exhausted, I had not the least fear. for I knew that he knew all about it. as I came in after a meeting of the House committee the Superintendent met me in the hall. and said the Ladies had entrusted him to say to me that after this I was to use anything in the line of fruits or other foods that I could use, from the House. and whatever else I needed that was not in the House, they would pay for. and. that I was to reckon up what my food had cost for the two weeks before, and. they would pay that. Words cannot express my joy, not at the prospect of the food, but at seeing the Lords work. because no one knew the circumstances, but him. and it was entirely unlooked for by me. Though. Of course. I am never surprised at anything the Lord does. and. I am always expecting more than I can ask or think.

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thought was that, of course I would not, even if I was altogether out of the line of work that I had called me to. and in doing that, I would be just working for the money. The little girl said that I was a educated family man there. She wanted a teacher for their little girl. and she thought as I would gone for her mama. In a moment, the second thought came that I might be a help to them in other ways, so. I finally said I would pray over it for a day or two. then get out and see them. While thinking and praying over it. I thought how foreign missionaries and others began by teaching. to reach the people, and that perhaps this was the way the Lord was taking to help this family, (because. I would have a great chance to help them. by going there every week) and to broaden my field of usefulness. and. (coming, as it did, right after making that pledge.) to pay the pledge for the home. So. I went out there. and as soon as we began talking together. the mother seemed to think I was, just one she wanted, and. I promised to begin lessons with her. and. I promised the Lord that the first money that came in from the tuition should go to the home. and, last Wednesday. I had the privilege of paying the pledge.

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putting up fruit for Sun, while she looked, calling upon physicians and others with the bread, or looking around in regard to flour, baking tins, scales and what-not-else needed. and, it has been remarked to me on the part in all this. for instance, one day, I was in a store and one of the proprietors, an old school mate of mine introduced me to the wife of his partner. (His happiness (?) to be in just then. and, when she learned who I was the conversation turned upon health subjects) ensued and, just at the close, I told her of this lady who was making cheese bread. and. she said she was so glad I mentioned it, for, she had stalled out that afternoon to see if she could not find some better bread than she was getting, and she has, ever since, been a steady customer.

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work for his congregation, during the winter. night schools, classes in German. lectures on hygiene by the leading physicians of the city &c. with the cooking. As soon as we began to talk. I told him that I wanted him to understand that my work would be to teach them practical cookery, with the object of helping them to be better Christians. and. or him he learned that I was from the Sanitarium, he was ready to put everything right into my hands. and he talked so freely with me in regard to my his plans, and, as he asked me my terms, and learned that I did not make any charges, he seemed to feel more and more that much good would be done. and. we made arrangements, right then, for me to be ready to begin a series of lessons the 15th of Oct. he said he should expect me to make all the plans for the work and they would do the advertising, furnishing &c. and he would see that the faithful part was amply rewarded.

You can imagine that I was praising the Lord. inside. all the time I was there, and that, after I came out, I could hardly feel my feet touch the ground. to see how the Lord was answering my prayers. for him to work with power. as this gives us a chance to reach a great number of people. more than such circumstances as to do them so much more good.

When Bro. Wood was talking, I happened to think

what a good thing it would be for this congregation to have a lecture from the Dr. on healthful dress. from the chart. do. I mentioned it. and. he was very much pleased with the idea. and. wanted me to let him know some time when the Dr. would be here. Of course. it will be some time after Oct. 1st.

The Lord encourages me every little while. by letting me see some of the results of the seed sown. not long ago, I called upon a family, but young ladies of which. attended the cooking classes the first winter I was here. and they told me they had never used any tea a coffee. since the lesson on beverages. and that they had discarded pork in every form, lard and all.

A passage from the testimonies has come to me with special force of late. "The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulation of the blood, and induces mental and physical health." (Vol. 4. test. p. 56.)

The word and work of the Lord grow more precious to me each day. as, I come to know more of them.

Whatever I have written is for the purpose of testifying to this power. for. it is all of him. and. I know. by the way I drink in the reports of labors in the home, and medical missionary. that these experiences of different ones are a help to all.

Please tell Dr. Whitney, if she does not read this letter. that

Miss Gibson is back home in the city. perfectly recovered from her mind trouble, and well in body.

She thinks that she will never get back in the old way again, and, that nothing but going to the Sanitarium, would have helped her.

I am sorry to be so lengthy in my epistles, but I do not know how to write without giving particulars. because it seems as though generalities have not much force.

Rejoicing in the thought that our Father is doing just as great things for his children there as here. I am

Truly your sister.

Emma Buckwalter.

Young Woman's Home.

Detroit.

Mich.

Delint. July 27. 1894.

Mrs. E. E. Kellogg.
Battle Creek. Mich.

Dear Sister.

I have rec'd a card from Dr. Tilch asking for directions for making the pigudia & gluten biscuit. I had such much faith & am I began in being able to combine them, so. I took just what I supposed to be working units. which was the gluten from 2 lbs. of Pillsbury flour (about 19 oz. after it is baked) and ½ lb. of pigudias.

I washed and dried the pigudias, then put them through a meat chopper. (such as they use at the Sanitarium for grinding the nuts through. for soup. and for mashing potatoes.) I then cut the gluten in strips, and. after draining and & squeezing it to get out as much water as possible. I put that through the chopper. I, then, mixed the nuts and gluten and put them through through the chopper 2-times. Then. I took the machine apart, to get the material, (separated nuts & gluten) from the places where it was clogged. mixed that and all the other together and put it through the chopper again. Then. I took up small pieces, and

fully. without pressing them to gether. drop them on to a dripping pan (without oiling it), put them into a rather quick oven, until they rise and (To bake gluten biscuit well, it requires an oven that bakes well on the bottom) let the oven gradually cool. for 1-2 hrs. then put them in a warming oven for 12 hrs. or more. Of course, it requires care not to scorch them, and yet to burn them, because the crusts and gluten scorch burn easily. and they will be tough if such burn.

I have had quite an experience with gluten biscuit, or rolls here. having, already, (2) wolfed down dozens of them. I got the proportion of gluten.

~~I find that the (1) whole (2) meal flour you are using at the Sanitarium, over contains from 8-12% more of gluten than the Franklin mills flour. (besides. being much better in other ways) about 20% more than the Pillsbury. 25% more than the Akron (1) whole (2) meal and about 27% more than the Farwell & Rhines. (Battle Creek. Mich.) (1) pure (2) gluten flour. which sells for 75¢ per lb.~~

By the way. We have come across a offering of meal graham flour. Of course. it comes higher than the other. about the same price of the Pillsbury's Best. but the bread made from it is so much better, that the other will not bear any comparison with it at all. Besides. I do not count that it will go 3 parts as far as the similar wheat flour. We are going to try bread from this. of all grahams. and think that our

blue. It will be lighter than with the other, using
⅓ & ½ of white flour. The flour is made by a
Dakota firm. but M. H. Ingram, 176. King ave,
Columbus. Ohio. has the agency for the U. S.

I get pigndias, Jun, from a wholesale confectioner,
who buys from Appel & Co. New York and Chicago.
and, they have always been better than those from
Koerber. N. Y.

Of course. this time of the year. they are not as
good, any where.

You asked me, in your letter, last year, which
I have been trying ever since to answer. I experi-
ment on fruit soups. and veg. broths.

I have not had any inspiration, yet. on the latter,
and only a few months ago on the soups. That
is in connection with the bean stock.

By the way. I think a great deal of the bean stock.
and nearly every one likes the soups made from it.
especially. Veg. Soup No. 4. Cook Book.

I explain to them. from the chart. What a large
proportion of gluten we get from the bean. and compare
it with meat stock as to nutritive value. and purity
When I use tomato a fruit juice with it. I use 2 cups
of bean to each qt. of stock. Put. with vermicelli,
only 1 cup. I will give you the recipes for fruit soups.
which I have made, of the materials I happened to
have. over.

Fruit Soup No. 1.

1 qt. bran stock (2 cups bran) 1 cup dried apples (or which had been cut in small pieces and stewed until tender until just dry, without scorching.) 3/4 cup currant juice. 3/4 cup pineapple juice. 1 tablespoonful sugar. A little, finely sliced candied lemon peel.

No. 2.

1 qt. bran stock. 1 cup strawberry juice and 1/2 cup of the berries. 2 tablespoonfuls lemon juice, 2 of sugar. each seeded 1/2 dried currants and raisins. 1/2 cup dried apples. (as above.)

Vermicelli Soup.

1 qt. bran stock. (1 cup bran) 1 large onion grated, or finely sliced or chopped. 1/2 cup bitten vermicelli which has been cooked in 1 cup boiling, salted water for 10 minutes.

I forgot to say that. I am calling it graham stock instead of bran stock.

Here is another soup recipe that is delightful.

Corn Cream Pea Soup.

1 cup dried green peas. 1 cup canned corn pulp (or pomace) 1 small head celery for flavoring. 2 tea-spoonfuls flour. milk to make of the right consistency. Salt.

I have made it only once, and thought that half as much corn would be sufficient & if we wanted to economize. I am going to try a graham stock and corn soup. as soon as possible.

I will give you two macaroni recipes (did I tell you. when I was in Italy before about a genuine Italian macaroni

that we get here, which is so much superior to any that I can buy here. ~~Which~~ Rich sells for only 10¢ per. ca. at retail, and has more ounces to the lb. than ours I have compared it with.) that I have made up at different times. Will write them out in full. just giving ingredients.

Pignolia Macaroni.

1 cup macaroni. 1 pt. milk. 2 tablespns flour. ½ - ¾ tea-spoons salt. 6 tablespoons pignolias roasted and chopped. Bake.

Swiss Nutted Macaroni.

½ cup. mac. ½ cup nuts. 1 cup rich milk. 1 tablespoon browned flour. 1 teaspoon leaf sage. Salt.

Onion Soft Aroma - with cream a same thing is a good substitute for potato. Make cook oats in a little less water than for mush. With two good dried onions to 1 cup oats. salt. serve with brown sauce a cream sauce.

Here is a simple cake recipe.

Cream Sponge Cake.

Beat yolks 3 eggs to cream. add 2 tablespoons cream and 1 cup sugar, gradually, beating well. Flavor if desired. Beat whites, with pinch of salt to very stiff froth. Chop in, with 1 cup (3 times sifted) flour to yolk mixture. Bake in slow oven, that bakes well from bottom. Do not bake too long as it will shrink and fall.

For the top of dishes when we usually use bread crumbs, take the broken pieces of whole wheat wafers dry well, and delicately brown in the oven and roll fine. I think they are nicer than the bread crumbs. besides using up the pieces of crackers. Cracker Crumbs

may be made by stirring these crumbs into boiling milk.
Apples stewed in Dates without the addition of sugar, are very nice. The combination of the apple and Dates makes them seem sweet. If anything is added, salt is nice.

There is a brick oven in this institution here. and. the summer. the ladies have had the foreman of the leading bakery in the city, come and teach us how to use it. so. We are using it for all of our baking. and words cannot express the delightfulness of it. Besides. the foreman invited us to visit their bakery. so. We have been over there two nights (in the night) to see them making their bread. shaping rolls &c. ~~The privilege has been invaluable to me.~~

I attended one of Mrs. Rorer's lectures and learned a good many things. some positively. but more negatively.

I was in hopes to learn something of the new things developing at the sanitarium. from Dr. Waldron when she was here. but. did not get as much as I would have liked.

(some of our sisters and

I am enjoying my work this summer, more, if possible than ever before. The Lord has led me to go to different ones, to help them without any financial remuneration. a daily food & raiment (a loving work) and. I have been richly blessed in it. in the pleasure of doing for them. Then. it has given the Lord a chance to work for me temporally as well as spiritually.

Several weeks ago, I began (by an arrangement with the

ladies of the board.) making the graham bread for the "Home" in payment for my room. after the cooking classes closed. and that was a great privilege. because the cook did not keep them supplied with it all the time, and when she did make it, she just stirred it with a spoon, so it was not wholesome. then, too, I got a chance once in a while to make some gems (about 9 each. for 1 meal, at present. while the family is small.) or a dough or some toast. then. I use all the left over pieces of the graham bread. for zwieback & croutons. and besides all that. working right with the others, as I do. I can give them little helps and as them kindnesses and let the hard things out to them. as I could not in any other way. and. he does work with power. Well, after I began my dressmaking work. the food came in, by littles, sometimes 2 & in one place. a few lamps in a little while sometimes a quarter or 50¢ from some source, and. at the same time. I was saving every little thing I had on hand. in dried and canned fruits. I always had all I needed to sustain my strength, for work. though. sometimes not what my taste craved, and, sometimes, I just loathed the dried or sweet fruits, or even, the fresh ones were all around me (I write this for the encouragement of others, who may be similarly situated sometimes) but. it was a blessed experience for me. and kept

on my way near to the Lord. and praising him continually. One day. when it rained, from a human standpoint, as though the food supply was exhausted. though, I had not the least fear. for I knew that he knew all about it. as I came in after a meeting of the house committee the Superintendent met me in the hall. and said the ladies had entrusted him today to see that after this I was to use anything in the line of fruits or other foods that I could use, from the house. and whatever else I needed that was not in the house, they would pay for. and. that I was to reckon up what my food had cost for the two & months before, and. they would pay that. Words cannot express my joy, not at the prospect of the food, but at seeing the Lords work. because no one knew the circumstances, but him. and it was entirely unlooked for by me. Though. of course. I am never surprised at anything the Lord does. and. I am always expecting more than I can ask or think.

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thought was that, of course I would not. now, as that was altogether out of the line of work the Board had called me to. and in doing that, I would be just working for the money. The little girl said that was a colored family near them. He Wanted a teacher for their little girl. and she thought they would gone Sun beams. In a moment, the decision and thought came that I might be a help to them in other ways, so. I finally said I would pray over it for a day or two. then go out and see them. & Rule thinking and praying over it. I thought how foreign missionaries and others began by teaching. to reach the people, and that perhaps this was the way the Lord was taking to help this family, (because. I would have a great chance to help them. by going there every week) and to broaden my sphere of usefulness. and. coming, as it did, right after making that pledge. I to pay the pledge for the home. So. I went out there. and as soon as we began talking. I question. the mother seemed to think I was just one she Wanted. and. I promised to begin lessons with her. and. I promised the Lord that the first money that came in from the customs that should go to the home. and, last Wednesday. I had the privilege of paying the pledge.

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Please tell Dr. Whitney, if she does not read this letter, that

Miss Gibson is back from the city. perfectly recovered from her mind trouble, and well in body.

She thinks that she will never get back in the old way again, and, that nothing but going to the Sanitarium, would have helped her.

I am sorry to be so lengthy in my epistles, but I do not know how to write without giving particulars. because it seems as though generalities do not have much force.

Rejoicing in the thought that our Father is doing just as great things for his children there as here. I am

Truly your sister.

Emma Buckwalter.

Young Woman's Home.

Detroit.

Mich.

(COPY.)

I O W A S T A T E B O A R D O F H E A L T H.

Office of the President.

President,
Frederick Becker,M.D.

Secretary,
J.F.Kennedy,M.D.,Des Moines.

Clermont, Oct.19, 1894.

J. H. Kellogg, M. D.,

Battle Creek, Mich.

My Dear Doctor:--

Pardon me kindly for not having replied to your highly esteemed favor of Sept. 30th ere now. I also have to acknowledge a copy of your very timely and valuable address "The Influence of Dress," and the Sept. number of "Modern Medicine." Permit me to thank you very cordially for both, and to assure you of my high appreciation of the compliment. Now, permit me to say to you that the address is the scientific embodiment of good common sense, and the delineations and tracing of costal and abdominal respiration the scientific proof of the mischief produced by modern female dress. All the remonstrances against lacing have thus far only fallen upon deaf ears, perhaps because we could not demonstrate the harm done by it. This objection can no longer be brought forth since the publication of your little work. I wish that it could be at once placed in the hands of every mother in our fair land,and that the many ills produced, and the many untimely deaths induced by modern dress might be clearly demonstrated to the minds of all. I shall use the little volume to its utmost advantage wherever I can, and labor with you as I have done in the past against the evils of modern dress, its interference with normal respiratory movements alone is enough to condemn it,to say nothing about

the displacement of the abdominal and pelvic viscera. Of "Modern Medicine" I beg to say that I know I shall read it with interest and profit, as I have already done with Vol. III No. IX. I shall investigate the matter of the Sinusoidal electric current more fully and will take advantage of your kind hints thereon. When we were in the City of Mexico two years ago and your name was announced in the daily bulletins for the reading of your paper on "The Relations of Recent Bacteriological Studies to the Etiology of Typhoid Fever" I was very anxious to see you and make your personal acquaintance, but, as you well know, I did not see you, and your paper was only read by title. It was quite a disappointment to me at the time, and has been since. But I am in hopes to some day meet you. In the meantime let us continue to work together for the uplifting of the feeble and the strengthening of the weak as much and as long as we can. Our mutual friend, Dr. Kennedy, is a valuable man on our Board and a No. 1 sanitarian. May we be able to keep his services to the state for many years to come.

Please to once more accept my sincere thanks.

With highest esteem, I have the honor to be,

Very sincerely yours,

F. Becker.

613.2

J. H. KELLOGG, M. D., Supt.

BATTLE CREEK

Sanitarium

A Well-equipped and Scientific Medical Establishment.

Open all the Year.

Battle Creek, Mich., Dec. 18 1894

Dr Kellogg

The raisin juice after standing with the yeast contained .04 1/3 grams of sugar. per 100 c.c.

The 1% cane sugar sol. contained .01 2½ grams glucose per 100 c.c.

50 c.c. of raisin juice with yeast added to 50 cc 1% sol. of cane sugar and allowed to stand in a warm place for 30 min. contained .33 1/3 grams glucose per 100 c.c. of the mixture.

W. B. Holden

613.2

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Battle Creek, Mich., Feb. 5 1895

D. Kellogg -

I took 1 cc of malt and found it would convert 1 gram of starch in 2 min. the second gram it took 3 min, the third it took 12., and the fourth was incomplete after 22 min. The change until the violet was reached was rapid and then in the last two cases change took place very slowly. The behaviour of the Maltine was almost exactly the same as the malt.

W. W. Holden.

BATTLE CREEK

Sanitarium

A Well-equipped and Scientific Medical Establishment.

Open all the Year.

Battle Creek, Mich., Feb. 5 1895

Dr. Kellogg

Estimating all the sugar in malt as malt sugar there are 93.088 grams of sugar for 100 cc of the malt.

I found 93.384 grams of malt sugar for 100 cc of maltine.

Very Truly

613.12

OFFICE OF
UNION COLLEGE

College View

JOS. SUTHERLAND, Sup't.
M. W. NEWTON, Sec'y.

College View, Neb., Apr.5, 1895.

J. H. Kellogg, M.D.,

Battle Creek, Mich.

Dear Brother,-

Yours of the 30 ult was received. We have five good rooms for patients, well furnished for the following prices; $12.00, $12.00, $14.00, $15.00, and $18.00 per week.

We have made arrangments so we can get all the rooms we need in the College Dormitory just across the street, so we can accommodate all who come. We have a neat parlor, dining room and kitchen. Capacity in the bath room for giving fifty treatments daily. At present our rooms in the building are full, but have not had occasion to send any to the dormitory yet.

Hope you will be able to visit the institution soon. In regard to the apparatus purchased from the Sanitarium there, we have been unable to pay it yet, but will try and do so next month. We have managed to pay everything else so far except some on salaries.

Yours very truly,

J. Sutherland

W.

The Nebraska Sanitarium

The broad and smiling prairies of the West, with their health-giving atmosphere and enterprising people, present to the seeker after health inducements not to be found in the overcrowded portions of the East. Here one feels that he has room to breathe, room to exercise, room to regain health and to keep healthy. "Life is not to live, but to be well."

The Nebraska Sanitarium, located at College View, a quiet suburb of Lincoln, the capital city of the State, affords a rare opportunity for the invalid not only to regain his wasted energies, but to learn how to maintain health, "that chiefest good bestowed by Heaven, but seldom understood."

The Building

The building faces the South, overlooking the campus of Union College. It is beautifully located on an elevation of ground, affording a delightful view of the rolling

prairies to the south and east, while the capital city, with its population of about sixty thousand, lies in a valley to the north and west.

The building is fitted up with modern conveniences, and is well equipped with appliances for the proper treatment of the sick; and with its pleasant rooms and broad verandas, it affords a delightful home for health-seekers.

Treatment.

The best of medical and surgical attention is here secured. Modern rational medical treatment is given, including Electric, Electro-vapor, Turkish, Russian, Spray, and Shower Baths; Scientific Massage; Faradization, Galvanization, and Static Electrization; Swedish Movements (by trained manipulators) Rest Cure; Physical Training, etc., etc., etc.

The institution is manned with a full corps of nurses, both lady and gentleman, who have had a thorough course of training at the world-renowned Sanitarium at Battle Creek, Michigan. Everything is done

with a view to the speedy return of health to the afflicted; and the hearty cooperation of all concerned is secured to make the Nebraska Sanitarium a real "Home" for those who stray for awhile bid adieu to familiar scenes, in order that they may thereby be fitted to again engage in the active duties of life.

Rates.

All charges are reasonable, and in accordance with accommodations, treatment, etc. Good hygienic fare is served in the cheerful dining room of the Sanitarium. Room, board, treatment and medical advice, ~~for~~ from ten to twenty dollars per week.

The Board of Managers require that the institution be run on a strictly cash basis.

How to Reach the Sanitarium.

Lincoln being an important railroad center, is easily accessible from all directions. College View is connected with the city of Lincoln by an electric street-railway. Cars leaving the Post-office Square in Lincoln reach College View in about forty minutes. Take "Union College cars, which run from 7:12

(4)

a. m. till 10:24 p. m.

All those desiring to avail themselves of the ample opportunities here afforded for regaining health, and learning how to keep well, are requested to correspond with the Medical Superintendent,

A. N. Loper, M. D.,
College View,
Nebraska.

Dr. Kellogg:—

Dear Friend: Please criticise, add to or take from, as may seem best, and oblige

Yours, etc.,

A. N. L.

A. N. LOPER, M. D., Medical Superintendent.

J. H. KELLOGG, M. D., Med. & Surg. Counselor.

OFFICE OF THE

NEBRASKA SANITARIUM.

BOARD OF MANAGERS:

A. R. HENRY, President.
A. N. LOPER, M. D., Secretary.
JOS. SUTHERLAND, Treasurer.
J. H. KELLOGG, M. D.
W. B. WHITE.

College View (Lincoln), Neb., 4-16 1895

J. H. Kellogg M. D.
Battle Creek Mich

Dear Brother:

Yours of the 12th inst at hand I have talked with Dr Loper and Bro Kirk in regard to using cut of the Sanitarium in the Circular and refer to this as a Branch, and we all think it a good idea.

Everything running nicely

Yours very truly
J Sutherland

613.2

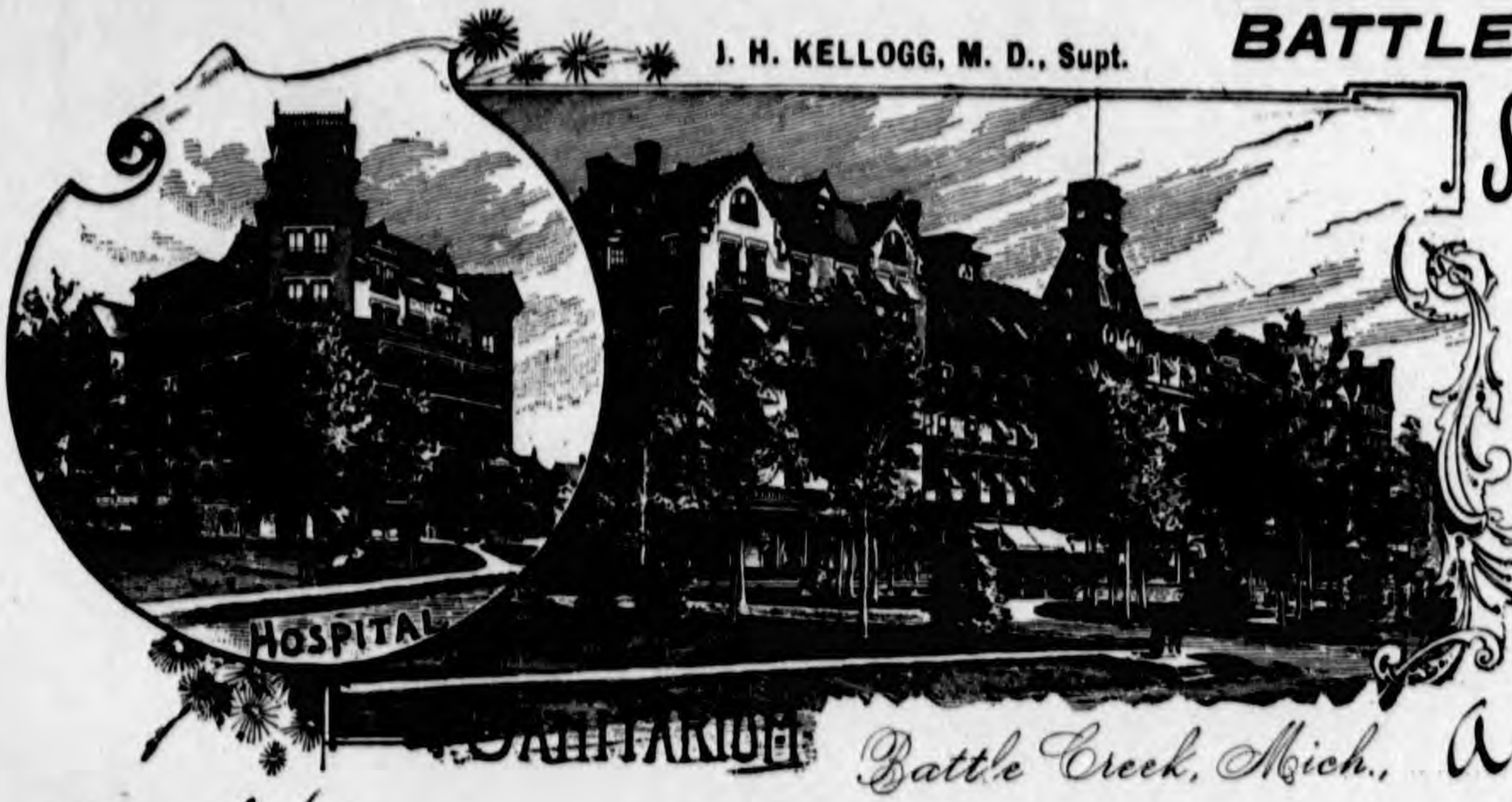
Battle Creek, Mich., Apr. 16 1895

Dr. Kellogg —

I found by the usual method in one gram of the Battle Creek Food Co. Zwieback 0.774 grams glucose; in Uneeda Biscuit one gram had 0.722 gr. glucose, and in Shredded Wheat Biscuit one gram had 0.697 gr. glucose per gram.

Respectfully

W. B. Stoddard



Battle Creek, Mich., Apr. 19 1895

Dr. Kellogg.

Took 1 g. of whole wheat flour, digested in 50 cc of water & milk 37.5 C 4 ofs and 42 cc. filtrate, 5 cc of which had .0965 g. of glucose. Calculating the 42 cc of filtrate would give .810 g. per gram.

Respectfully.
M. D. Stoladen

Battle Creek, Mich., Mar. 18 89

Dr. Kellogg.

The sugar and starch of this specimen is made peculiar because of the proper sugar in the milk. This could be estimated but it would not be possible to get very accurate results because of the absorption in the stomach.

Respectfully
W. S. Haskell

TRADE MARK

Paskola

A FLESH FORMING FOOD

(ARTIFICIALLY DIGESTED)

Prepared by

THE PRE-DIGESTED FOOD CO.

Sold by

A. J. WHITE,

REMOVED TO 30 READE STREET.

New York. No. _____

PLEASE AFFIX THIS NUMBER TO YOUR REPLY

April 26, 1895.

J. H. Kellogg, M.D.,

Battle Creek, Mich.

Dear Sir:-

In the April issue of "Good Health" you answer certain queries regarding PASKOLA from one of your Ohio correspondents, to the effect that the chemist of the Department of Agriculture at Washington recently made an analysis of our preparation and that in your opinion the product has no merit.

In the first place permit us to say that no such analysis has to our knowledge, been made. As we frankly state in all our literature the basis of PASKOLA is a form of glucose and if you will turn to Bulletin 13 as issued by the Department of Agriculture, you will find that Mr. Wiley, the head chemist, states that glucose is in no way harmful and in fact is a pre-digested form of starch.

To the starchy base as described, we add 2/10 of 1% of hydrochloric acid and a variety of proteid or meat digesting ferments. PASKOLA is therefore not only a heat-producing, fat-forming food, but it aids the digestion of nitrogenous foods.

We know that you are perfectly honest in the opinion that it has no merit, but feel that this opinion is based on faulty and deficient information.

We wish you would let us send you a case of PASKOLA for use

in your Sanitarium, confident that you will find it of exceptional value. Surprising as the statement may appear, we have received over 300 unsolicited letters of endorsement from members of the medical profession alone, during the past 60 days. This morning's mail brought us no less than 20 and it is unreasonable to believe that a worthless article would call forth such praise.

If you desire to test the digestive properties of PASKOLA, it will only be necessary to treat either meat or coagulated egg albumen with it, observing the conditions governing natural digestion.

We hope to have an early reply and beg leave to remain,

Very truly yours,

A. J. White
R.

The experienced investigator knows that in conducting digestion experiments of this kind, a great deal depends upon certain, apparently minor, questions. Probably the most important of these is the fineness of the egg albumen; as the finer the albumen, or the greater the amount of surface exposed to the action of the ferment so much the more rapidly will digestion take place. Therefore, the time which a mixture remains in the water bath is not such an important element, In fact, its importance is only to be considered when comparative tests are made; or when one is working to a standard, in which case the fineness of the particles of egg albumen is regulated by passing the albumen through a standard sieve. Again, the degree of hardness of the egg albumen must be taken in to consideration; and, as has been stated, in these experiments the albumen was subjected to boiling heat for fifteen minutes.

This work was undertaken to determine the simple question whether Paskola was possessed of any digestive properties. From what has been said and shown there is but one conclusion: Paskola has marked digestive properties.

Respectfully Yours,
Chas. H. Stowell.

IOWA PRINTING CO. DES MOINES IA

Calif

IOWA State Board of Health.

Office of the President.

PRESIDENT, Frederick Becker, M.D.
SECRETARY, J.F. Kennedy, M.D. *Des Moines.*

Clermont, May 6th 1895

J. H. Kellogg, M.D.
Superintendent Battle Creek Sanitarium.

My dear Doctor:

Allow me to thank you most cordially for copies of your very valuable contribution, on investigations of Tuberculosis and your description of an aseptic drainage tube. I have read both papers with a great deal of interest, as both cover very important fields in sanitary science and surgery. Our state board has carried on investigations on the lines of tuberculosis for some time and is still doing so. We would have a number of tuberculous cows and calves, with which we intend experimenting and I trust that we may be able to procure some valuable information with these experiments. Please to excuse accept my thanks.

Very sincerely Yours
Fred'k Becker.

613.2

J. H. KELLOGG, M. D., Supt.

BATTLE CREEK

Sanitarium

A Well-equipped and Scientific Medical Establishment.

Open all the Year.

Battle Creek, Mich., Apr 27 1895

Dr. Kellogg:—

I repeated the work of Dr. Stowell on "Packola" I did the work just as he did. I found that his work was confirmed tho' I did not get the same results in respect to the amount of corrections. I then estimated the chlorides as in stomach fluids

(5cc)

Meat 1 oz with ½ oz Packola in 1 pint water with 40 drops pure HCl, for 7 hours	Total Acid	8.2cc
	" C	8.5
	Free C	0.3
	Comb. C	7.8
	Fixed C	0.4

2

J. H. KELLOGG, M. D., Supt.

BATTLE CREEK

Sanitarium

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Open all the Year.

Battle Creek, Mich., 189

The same without Paskola gave

Total acid	7.8
" C	7.8
Free C	0.2
Comb. C	6.4
Fixed C	1.2

The same with one g Egg albumen + 5 ss Paskola

Total Acid	5.0
" C.	6.9
Free C.	4.3
Comb. C	0.8
Fixed C	1.8

The same with Paskola added

Total Ac.	5.4
" C.	8.2
Free C.	1.9
Combin. C.	5.3
Fixed C.	0.8

J. H. KELLOGG, M. D., Supt.

BATTLE CREEK

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Battle Creek, Mich., 189

The same with egg 1 oz + ½ oz Potassium Iodide without acidifying

Total Ac.	.9
" C	1.8
Free C	0.1
Comb. C	1.2
Fixed	.5

The last experiment showed less egg undissolved than any of the others. All the bottles were warmed at the same time and kept at a temperature of 102°-106° F for seven hours on a water bath.

Respectfully

W. B. Holden.

The bottles are still in the laboratory and show the results as at first.

TRADE MARK

Paskola

A FLESH FORMING FOOD

(ARTIFICIALLY DIGESTED)
Prepared by
THE PRE-DIGESTED FOOD CO.

Sold by

A. J. WHITE

REMOVED TO 30 READE STREET.

No. _____

PLEASE AFFIX THIS NUMBER TO YOUR REPLY

New York. May 1, 1895.

J. H. Kellogg, M.D.,

Battle Creek Sanitarium,

Battle Creek, Mich.

Dear Sir:-

Agreeable to your request of the 29th ult., we are sending you a case of PASKOLA which please accept with our compliments.

We enclose herewith a couple of reprints and feel very sure that you will find the product of great value.

Kindly let us know as to the results you obtain, and thereby oblige,

Very truly yours,

A. J. White

615.1

J. H. KELLOGG, M. D SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.

OFFICE OF THE

Battle Creek . . . Sanitarium

MEDICAL STAFF.

J. H. KELLOGG, M. D. H. M. DUNLAP, M. D. ADDIE C. JOHNSON, M. D.
W. H. RILEY, M. D. A. J. HOENES, M. D. RUTH O. BRYANT, M. D.
KATE LINDSAY, M. D. O. G. PLACE, M. D.

Battle Creek, Mich., 5-17-95.

Mr. Holden --

Please make following experiments --

Mix sulphur and subnitrate of bismuth, moisten, leave an hour, and test for free nitric acid.

Mix sulphur, charcoal and subnitrate bismuth, test in same way.

Mix subnitrate bismuth and charcoal tablets, mix well, test as before.

J.H.K.

R

May 19. 1895

Dr. Kellogg.

I found no free nitric acid after manipulating in any of the cases as above directed.

Respectfully

W. H. Holden

3/4

1 1/2 3 3/32 4 3/32 5

615.1

Battle Creek, Mich., May 22 95

Dr Kellogg -

I have done the following work on Bi subnitrate ÷

2 ook 1 g. Bi subnitrate added 100 cc water, shook 5 min, found no free acid, and no acidity with naoh.

Did the same with sulphur with same results -

The same with charcoal with same results.

Took 1 g. Bi subnitrate + 1 g. Sulphur moistened with 10 cc water, let stand 12 hours then added 90 cc of water. Congo Red indicated a very

slight amount of free acid.
10 de of filtrate gave 0.2 cc
acidity with NaOH.

Manipulated the same
with 1 g. charcoal + 1 g. Bi sub-
nitrate. Congo red showed no
free acid. No acidity with
NaOH.

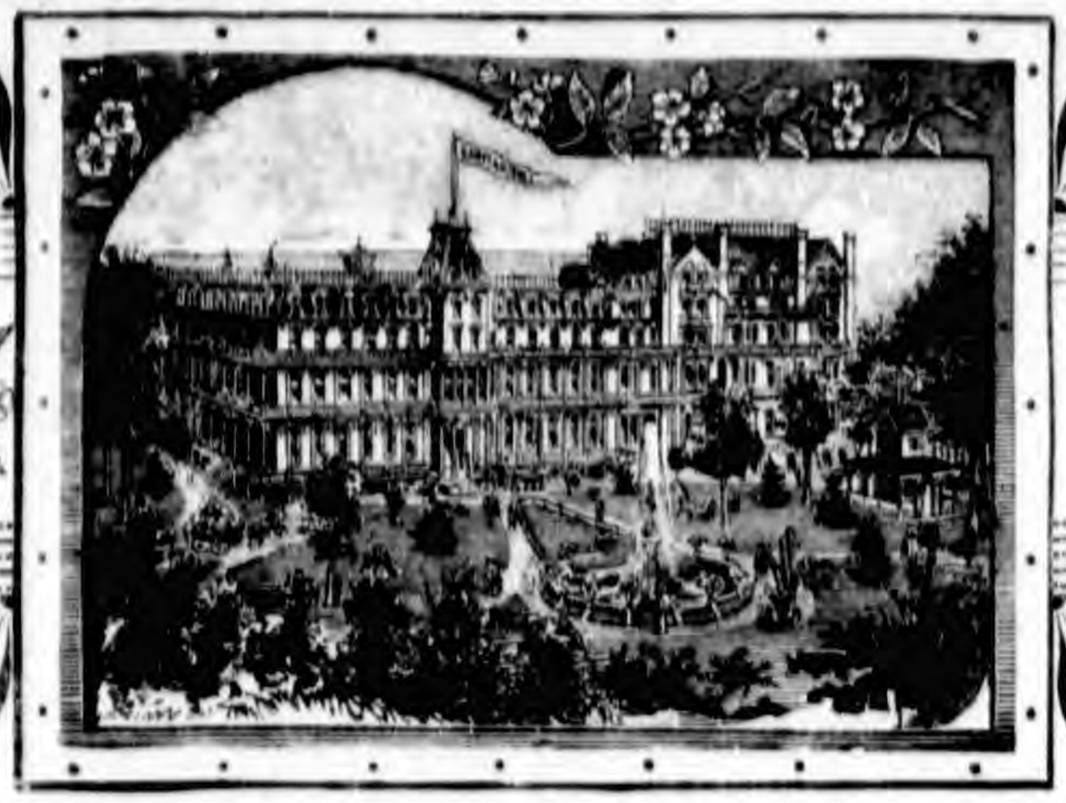
The same with Bi subnitrate
sulphur + charcoal. Congo Red
showed a very slight trace
of free acid & 10 de with
NaOH 0.05 cc

The same with charcoal + sulphur
Congo Red showed neutral. NaOH gave
0.1½ cc of acidity

Respectfully

W. B. Holden

673.1



OFFICE OF THE.....

Medical & Surgical Sanitarium.

THE LARGEST SANITARIUM IN THE WORLD.

SEND FOR CIRCULARS.

Battle Creek, Mich. 188

Dr. Kellogg
Dear Sir

"Clear Branch" contains
9% of Morphine and in
the analysis it seemed as
though the Extract Opii had
been used as there did not
seem to be enough inert material
for the pure Opii.

Respy
Jas. S. Allen M.D.

616.34

Catarrh of bowels

Feb. 20, 1896.

W. H. Fitch, M. D.,

Rockford, Ill.

Dear Doctor:-

I have yours of the 17th. We have excellent success in treating this class of cases. They are generally very slow, but, nevertheless, they finally yield to persistent, energetic measures. We find the best diet for them to be bromose, granose and kumyzoon. I send you samples of granose and bromose. The patients must take an antiseptic dietary (I inclose a card). Sometimes a kumyzoon and egg diet suits them best. Starchy foods all disagree, but I find bromose suits such cases admirably; a diet of bormose, kumyzoon and eggs is best suited to the worst cases. In addition we employ the antiseptic charcoal tablets, of which we make great use. We use large tannin enemas, and sometimes a capsule containing 1-8 grain of podophyllin, 2 grains of gallic acid, and 1-2 grain of hydrastis. Before meals I give 5 to 10 grains of subgallate of bismuth. Each day the patient takes a colo-clyster (an enema in the knee-chest position) to wash out the bowel, then receives a quart of water containing a dram of tannic or gallic acid. The patients generally have dilated colons and dilated stomachs, hence attention must be given to the stomach and bowels. Fomentations to the abdomen, a wet girdle at night, and tonic treatment including mild eliminative treatment, are also necessary. I find our electric-light baths

very helpful in these cases.

We have a large number of these cases here at the Sanitarium and always succeed in curing them. I genreally find it is necessary to cure the stomach, however, first before the bowels can be improved. The patient must avoid the use of meat, fish, especially oysters, cheese, and other foods which readily decompose in the alimentary canal. Some cases cannot tolerate milk in the ordinary form. Such should use kumyzoon. Some do well with buttermilk.

It is not always easy to cure these patients One has to wrestle with them, but in my experience they are always curable. I remember one case which I gave up as a hopeless case, but the patient, a lady, refused to die and got well notwithstanding my prediction. Some cases recover in three or four months; others require a year. All the conditions must be made as favorable as possible. A few days digression in diet will undo all that has been done by months of treatment. Researches in Pasteur's laboratory a few years ago showed the cause to be a special microbe which forms colonies upon the mucous membrane. Gallic and tannic acids were found to be the best germicides for destroying these microbes.

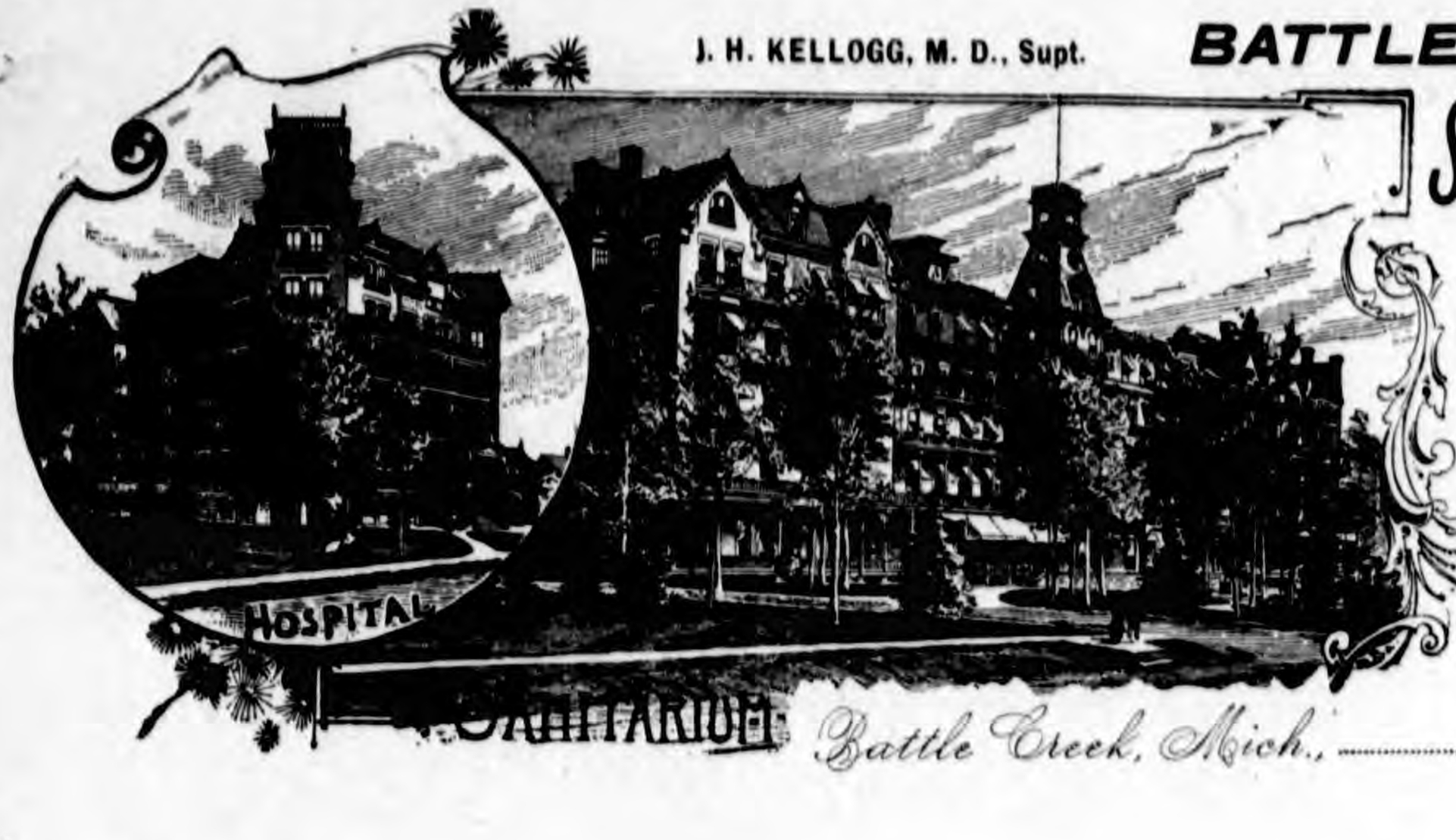
I have in preparation, an article for Modern Medicine, in which I shall present my experience with these cases.

I remain, dear doctor--

Very sincerely yours,

S. 3 Encs.

616.076



J. H. KELLOGG, M. D., Supt.

BATTLE CREEK

Sanitarium

A Well-equipped and Scientific Medical Establishment

Open all the Year.

Battle Creek, Mich., 7/13 1896

Dr Kellogg -

As you have stated, and as my experiments have demonstrated, time is a very important factor in injecting urine for toxicity. You say Bouchard based his experiment upon the rate of 1 c.c. per record. I have gone back over the (our) records and taken a few at different dates, so you can see at what rate these experiments have been made, and thus judge for yourself of the value that is to be placed in deductions from them. I have selected them at random, subtracting the time for beginning injection from the time of death. Several of these, I am satisfied died from air bubbles.

J. H. K.

Over

1895 10/16	108 sec.	20 cc.	5.4 sec to 1cc
"	200 "	48 "	4.2

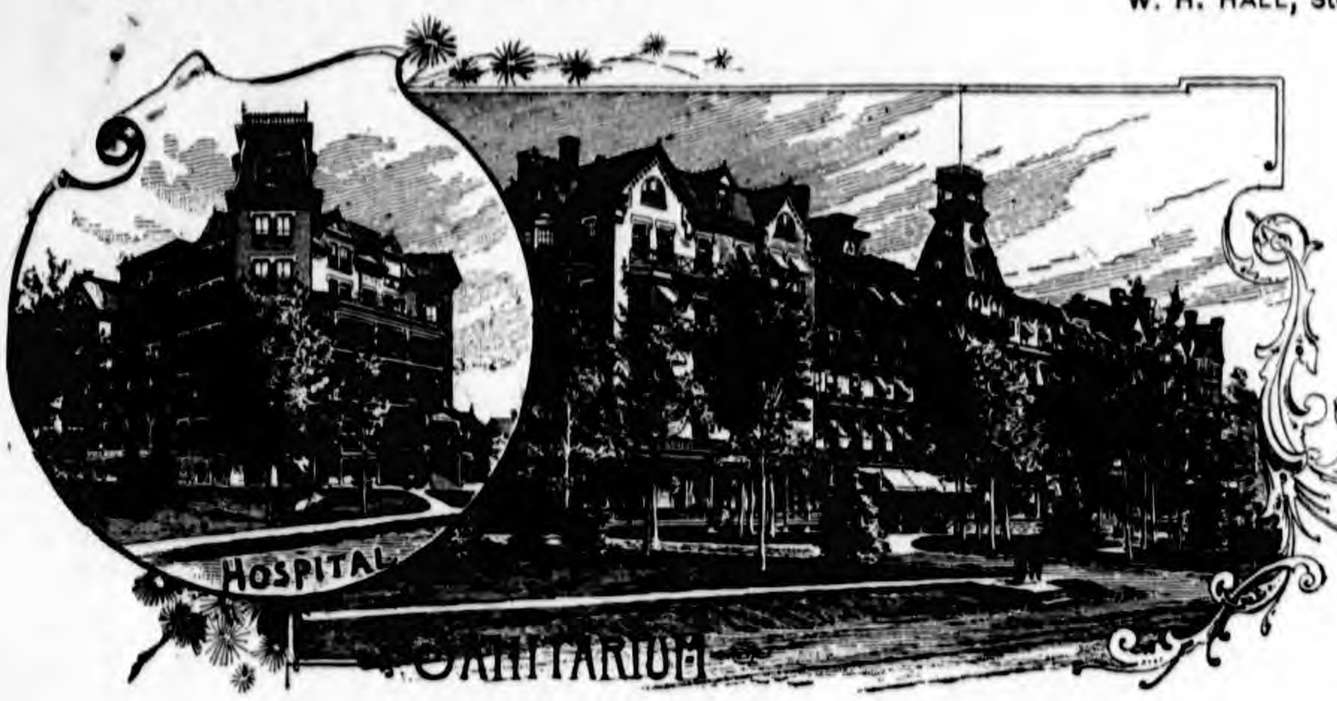
Some of these figures appear absurd; but they are what I find on the reports. With mice, a variation of much less than the variations here, gave such a vast difference in amount required to kill that I could hardly know how to place credit on any of this work — J. H. K.

613.21

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



OFFICE OF THE

Battle Creek . . . Sanitarium

MEDICAL STAFF.

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KATE LINDSAY, M. D. — LORETTA KRESS, M. D. — GEO. W. BURLEIGH, M. D.
H. M. DUNLAP, M. D. — ABBIE M. WINEGAR, M. D. — LOU C. CLEVELAND, M. D.

Battle Creek, Mich., 8-3-96.

Dr. Kellogg -- I have your note with reference to bills of fare. My experience has been rather limited in reference to this matter and I have not yet crystalized into definite principles many things in reference to this subject. Will say however, that in cases of

Hyp. of a high degree, I have been the most successful in excluding fruits of all kinds for a short time, with the exception of perhaps stewed prunes, and putting the patient on a dry diet made up principally of granose, toasted wafers, and zwieback. Cases where I was not successful the addition of kumyss had a most marked effect, while in other cases the discontinuance of kumyss was an advantage. In several instances I found the dry diet did not avail, and by changing and putting patient on liquid diet, consisting of gruels, bromose, etc., he gained.

Hop. without fermentation, I have acted on the theory that nitrogenous foods were natural peptogens, and have recommended poached eggs, cottage cheese, granose, lentils (I have found that peas and beans did not agree as well with these patients as lentils), toast with bromose, esp. if starch digestion is low. I have advised muttose in a few instances with apparently marked benefit. I have found that when patients will content themselves with only a few articles at a meal, and adhere rather strictly to those even at different meals for a time, they get along better.

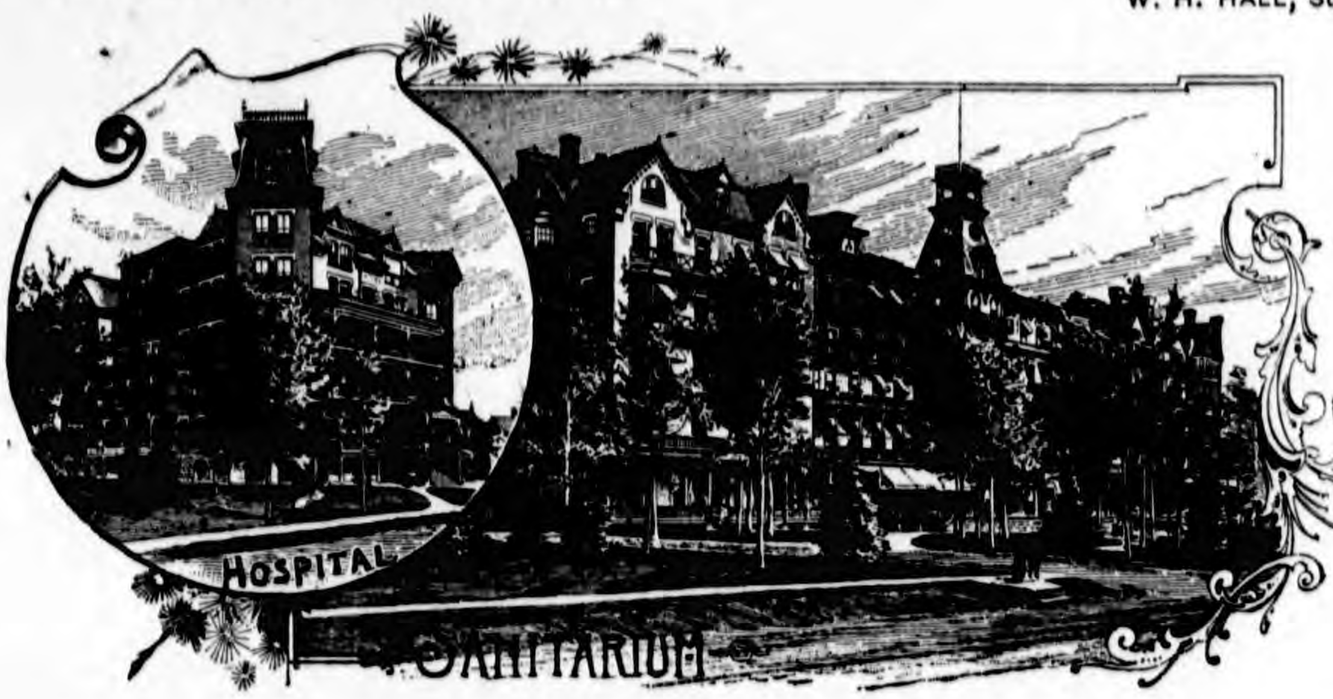
Hop. with fermentation, or germs. I feel as though I need some more light, must admit my success has not been as marked as I would like to have seen, and this is a matter about which I would like to see you. I try to exclude milk in all its forms, fruit juices, esp. any that has any sugar in it, aseptic dietary, used antiseptics, hydrochloric acid, given the appropriate treatments, and then been chagrined to find the next test worse than the first. I am anxious to give a more thorough study to this diet question, and I wish that we inexperienced physicians could get together and arrive at more definite ideas so that we could grasp the matter more clearly.

Dr. Paulson.

J. H. KELLOGG, M. D., SUPERINTENDENT.

L. McCOY, Chaplain and Sec'y.
W. H. HALL, Steward.

G. H. MURPHY, Treasurer.
Mrs. L. M. HALL, Matron.



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Battle Creek . . . Sanitarium

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H. M. DUNLAP, M. D. | ABBIE M. WINEGAR, M. D. | LOU C. CLEVELAND, M. D.

Battle Creek, Mich., 8-3-96.

Dr. Kellogg --

I find in most cases granose, nuttose or bromose and subacid fruits made an ideal diet.

In cases of hyp. with extreme acidity, I find kumyss and perhaps a little cream more beneficial than fruits. One case of hyp. gained 12 lbs in 12 days on granose, nuttose, bromose, and subacid fruits. In apepsia, nuttose, bromose and subacid fruits.

A very interesting case, patient not able to take any solid food for 3 yrs, took nothing but milk, improved wonderfully on granose, nuttose, bromose, and fruits. Case of extreme acidity, could not eat fruits, did well on granose, nuttose and kumyss. Another case of hyperacidity, diet at first granose, bromose, nuttose, and kumyss, second test showed improvement, is now able to eat dry food, nuttose, bromose and fruit freely. Gained 10-lbs, doing well.

D.H.Kress, M.D.

Chautauqua N.Y.
Aug. 11. 1896

Dear Dr. Kellogg:- You may
doubtless surprised at receiving
the telegram from me asking
whether you would be at
Chautauqua upon Aug 20.
It will take some words how-
ever but I hope you will
have time to read it all, as I
am sure you will be interes-
ted

A Miss Baverel, teacher of
physical culture in the Univer-
sity of Utah learning that I was
from the East, said she would
like to talk with me about it
and learn all she could in
regard to the principles advocated
there. In my talk with her, I
learned the following: Two or three
years ago she found her
health giving way. She knew
she was living health fully in

every way unless it was in her diet, so she began to reform in that. A Miss Sorensen, a scandinavian professional midwife who is much interested in health work, got for her Mrs. Kellogg's Cook book. She tried to get her land lady to use it & cook the food according to its recipes & finally succeeded in prevailing upon her to do so. She says that for two months she almost starved, but after that her landlady had learned how & since she has cooked accordingly for her hygienically. She has advocated her ideas on food and a great many became interested, both in the University and out. But some thought they couldn't have much to eat mixed meat, and wanted to know what she lived on. At last visit, at the house of a

2

many friends who also has become a convert to healthful cooking, she gave a dinner to 100 prominent people of Salt Lake City including the Governor of Utah. Everything on the menu was prepared according to Mrs. Kellogg's recipes. She said they made about 100 pounds of genuine ~~was~~ it not remarkable, that with no other help than the cook-boy she should have accomplished so much? All the guests were delighted with their dinner.

She found that she could not get good wholewheat x graham flour in the stores, so a few of them clubbed together and got a miller to make it specially for them.

Before coming here, she

met Dr. Anderson & inquir
whether there was any
boarding house on the
grounds where they cooked
according to "Sanitarium
ideas." He made no reply
at all, altho' she met him
since she has been here
she has had gems sent
her from Salt Lake City.

She wants a dynamo-
meter for the University gym.
and thinks when she can get one.
that price she can get one.

She knows nothing of the
Sanitarium foods, and has
much delighted when I
promised to bring her some.
She has never had any
corn-pone nor milk-Butter
cure, all the cream she
has got from the Cook-book.

She expected to leave for home next
Friday, but said that if
you were coming next week,

3/

the mail stay altho' she
hasn't been home for 3 yrs.
and has to go back about
Sept. 10. She said she must
pay for the telegram if
must send it, so I did.
She is very anxious to stop
at the Sem. on her way to
Utah, when what she
can. She wants to visit the
cooking school. Food Co. &c.
I told the responsibility of
inviting her to spend 3 or
three days on her return
about Sept 10. If that was
presuming, you may have
her expenses charged to me
along with the rest of the
summer expenses, and I
shall feel that it is only
missionary work

I hope you will be
able to come down here
before the Assembly closes.
The phys. Cult. School closes
Aug 20, or 21. You could

learn on Wed. after operation
on the 7:58 P.M. train & get
here Thursday at noon.

Dr. Mosher inquired this
afternoon after you & Mrs. Kellogg. Dr. Bainbridge
our physiology teacher, asked
to be remembered to you.

Dr Farrar & Mr Bolin
both seemed pleased with the
book. Mr. Bolin spoke of it
in class, & gave them
the name & address of
the publishers. I think several
may get it
think that a book published
about a year ago in Indiana
by a Dr. V— (I don't recall
the name) is better than
that by Hartelius, however.

Very sincerely yours,
Lenna E. Whitney.

Please hand this to Mrs Kellogg
as I am sure she will be glad

616.12

Battle Creek, Mich., 10/8 1896

Dr Kellogg.

I enclose some results of repeated blood counts so you may judge of the accuracy of the work. This work was carefully done by Mr. Evans, who made all counts, as near as possible, under the same circumstance.

By this you will see that a single count is unreliable. I have given some thought to the matter but cannot suggest a remedy except to repeated countings, which would involve perhaps more time and expence than the results would justify.

For Malaries it is sometimes customary to count make 3 counts of 50 squares each, by 3 different individuals and averaging the result. This would

give a count of 150 squares, instead of 16.

In the count of white cells the sources of error are, (1) overlooking white cells. (2) Mistaking crenated red cells for white cells. These mistakes ought not occur in careful work and I do not think the great discrepancies in accompanying counts are due to this, but to unequal distribution of the white cells. I have noticed in stained spreads that certain parts of the field may have few or no whites, while another part may have an abundance. The effort is made to obtain a thorough mixture of the blood before putting it in the counting cell, and it is covered immediately before the corpuscles have had time to settle to the bottom. At least this is the attempt.

C. H. Keller

By means of our present method we can determine whether or not a person has a marked anaemia, which perhaps is all that can be expected. I have been having the needs for statistics [illegible]

Battle Creek, Mich., ... 189

Red cells in 16 squares, Hæmoglobin in head of patients name.

Patient No.				Hæmoglobin
1.	104.	93.	82, 97	100
2.	96.	86.		85
3.	99.	116.		100
4.	90.	86.		93
5	80.	83		93
6	53.	53	(Very large cells.)	93
8	65.	54		64

White. Cells. No of fields to 10 whites

1.	63.	44.	86.	44.	.
2.	56.	17.	31.	19.	48
3.	58.	48.	28.	37.	17
4	39.	49.	27.	31.	32
5	44.	42.	38.		
6	117.	114			

613.2

Battle Creek, Mich., July 11th 1897

Mr. W.K. Kellogg

Dear Sir—

Enclosed find report of experiment with Postum Cereal. Do you think it necessary to carry it any further. If so, kindly let me know this afternoon if possible

Geo. T. Shannon

San. Lab.

Rabbit No 1. Postum Cereal.

		Weight in Kilos	Hae	Red Cells	Wht Cells
June	15th	1.540	13+	6,850,000	4000
"	20th	1.330	13+	6,550,000	4400
"	23rd	1.290	13+	6,600,000	4500
"	27th	1.225	13+	6,800,000	5300
July	1st	1.300	13+	6,500,000	4500
"	4th	1.200	13	6,300,000	4400

Rabbit No 2. Postum Cereal and grass.

June	15th	1.830	14	7,100,000	3700
"	20th	1.720	14	7,250,000	4000
"	23rd	1.650	14	7,400,000	4200
"	27th	1.605	14	6,950,000	4100
July	1st	1.610	14	7,000,000	4000
"	4th	1.760	14-	6,900,000	3700

Rabbit No 3. Control.

June	15th	1.760	13+	5,900,000	4600
"	20th	1.775	13+	6,300,000	4600
"	23rd	1.720	13+	6,300,000	4900
"	27th	1.785	13+	5,950,000	5400
July	1st	1.800	13+	6,150,000	5600
"	4th	1.720	13+	6,500,000	5700

BUFFALO, N. Y., July 28 1897.

Received of Mrs. J. H. Kellogg

Two ~~ONE~~ DOLLAR $

Annual membership fee in the COOKING SCHOOL TEACHERS' LEAGUE from July 1897 to July 1899.

No. 33 Mary Caldwell Secretary.

PETER PAUL BOOK CO.

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Committee on Course of Reading.

Miss M. Millar, Mrs. S. V. Atwell, Mrs. Anna C. Pollok, Mrs. C. M. Knapp, Miss M. Belcher.

Mrs. J. H. Kellogg

Chautauqua, N.Y.,
August 12, 1897.

Dear Madam:-

At one of the meetings of the Cooking School Teachers' League which convened at this place during the month of July past, the above Committee was appointed to arrange a Course of Home Readings suitable for women in rural districts, and for Women's Clubs. An Advisory Committee, of which as you will see you are a Member, was also appointed.

We, the Committee on the Course of Home Reading, immediately conferred with the authorities of the Chautauqua Literary & Scientific Circle, and obtained from them a most cordial expression of their readiness to adopt the proposed Course as one of their Special Courses, the readers of it to be the recipients of all the privileges extended to those taking any of the C. L. S. C. Special Courses, viz., to receive a certificate for the first year's work, a seal to be added for answering the questions upon the work, and a seal for the reading and another for the questions of the second year. At the same time they impressed upon us the necessity for haste in arranging the Course as it was important that circulars advertising it should be issued as early as possible.

We then, after consulting with such specialists as were accessible, proceeded to the selection of the books, and have prepared a

...Cooking School Teachers' League...

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Committee on Course of Reading.

Miss M. Millar, Mrs. S. V. Atwell, Mrs. Anna C. Pollok, Mrs. C. M. Knapp, Miss M. Belcher.

Two Years' Course of Reading, with a suggestion of other books to be read during the time should the student desire further knowledge on the subject presented. This we now submit to you, as one of the Advisory Committee, for approval, and soliciting a speedy reply subscribe ourselves,

Respectfully yours,

Mary E Millar
Anna C. Pollok.
Lonie M. Knapp
Maud Belcher
S. Virginia Atwell

Please return papers to
Miss Anna C. Pollok,
of Miss Louie Connally,
American Book Co.,
Washington Square,
New York,
N. Y.

aug 12 1897

Chautauqua, N. Y.,
August 9, 1897.

My dear Mrs Kellogg:

The Cooking School Teachers League at a recent meeting appointed a committee (Miss Miller chairman) to select a certain number of books, as a course for home reading which the League proposes to recommend.

It has however taken the precaution to provide that Prof. N. S. Kedzie, Prof. Helen Kinne, Prof. Helen Campbell, Prof. Theodosia G. Ammons, Dr. Mary E. Green, Mrs. Dr. J. H. Kellogg, and Miss Anna Barrows shall approve the books selected for this purpose.

As chairman of the Executive Committee of the League and a member greatly interested in its work, I write you this, that you may fully comprehend the situation and understand that the League desires you to act as an advisory committee and to suggest other books than those chosen, if you see fit to do so.

Would you not like " A Course in Household Economics" better than "A Course in Domestic Science"?

I think there are some grave objections to the latter name.

Let me hear from you in relation to this matter.

Yours truly,

Emma P. Ewing

opy.
o. 419

Consulate of the United States, Santiago de Cuba,
January 4th, 1898.

onorable William R. Day,
Assistant Secretary of State, Washington, D.C.

ir:-

I have the honor to say, that having learned through the public ress, that the Honorable Secretary of State has called for contributions to aid suffering Cubans: the Consul-General approving, I beg to offer some suggestions from my standpoint as a physician as well as a Consul.

The prevailing diseases here are fevers and diseases of the alimentary tract, such as indigestion, dysentary and diarrhoea.
Externally the people are afflicted with ulcers and sores.
The remedies most largely needed are:

Quinine, principally in 2 grain pills
Antikamia, or Antipyrine.
Digestive tablets.
Pills of champhor, opium and ipecac.
Bismuth sub-nitrate in powder.
Rhubarb root in small cuts.
Morphia Sulp. in 1/4 & 1/8 grain granules.
Vaceline, or cuticura ointment.
Cheap pill and ointment boxes.
Bandages and antiseptic dressings, in moderate quantity.

In the matter of clothing or cloth, I would suggest that it be confined to cotton or linen goods. Shoes should be strong and run large.

Any food sent should be such as keeps well in warm climates. I would suggest: Rice, Beans, Corn Meal, Codfish, Dried or Pickled Beef, Lard and Potatoes. Also Extract of Beef and Condensed Milk or Cream for children and the sick. Garden Seeds I think desirable.

Clothing, Rice, Beans and Codfish can be purchased here to fair advantage. Outside of staple goods named, it would be best to purchase here.

Over one-third of the people in this part of Cuba are sick.

Respectfully submitted,

(Signed) Pulaski F. Hyatt,

U. S. Consul.

The following cablegram from Consul General Lee, addressed to The Central Cuban Relief Committee, gives in detail all articles that are urgently needed to alleviate the suffering in Cuba:

"Havana, January 11th, 1898.

Central Cuban Relief Committee,
Temple Court, N.Y.

Summer clothing second hand or otherwise, principally for women and children, medicines for fevers, including a large proportion of quinine, hard bread, flour, cornmeal, bacon, rice, lard, potatoes, beans, peas, salt, fish, principally codfish, any canned goods, large quantities condensed milk, blankets and charcoal, money will also be useful to secure nurses, medicines, and for many other necessaries."

(Signed) Lee.

AMERICAN NATIONAL RED CROSS
WASHINGTON, D.C.

THE CENTRAL CUBAN RELIEF COMMITTEE

Appointed by the President and Acting Under the Direction of the Department of State, Issues the Following Appeal:

The President of the United States, by recent proclamation, has laid before our sympathetic people the sad condition of affairs now prevailing in Cuba. Multitudes of the peasantry, who have taken no part in the war are suffering for the barest necessaries of life, and thousands have already died of starvation. In consequence of the stringent martial laws, tillage was prohibited, and there has been neither sowing nor reaping for several seasons. The result is widespread famine, which is gradually becoming worse, and unless substantial help is soon extended, the sacrifice of human life from hunger alone will be appalling.

According to the figures published in the press of Havana, by the *Diario*, an influential newspaper, there are now **99,312** persons in a single province—Matanzas—who are absolutely without resources. Up to Nov. 30, 1897, **20,044** had perished of hunger, while **17,456** had disappeared, many of whom had doubtless also succumbed to want. At this time there are in the same province over **60,000** persons of whom **20,000** are women, and **24,000** are children, actually starving. Of these, it is declared by the physicians, that a majority will surely die of the diseases induced by famine. The same authority adds that in all the provinces fully **200,000** pacificos (non-combatants) have already died of hunger, and an equally large number must miserably perish from the same cause, unless relief is speedily afforded.

These revelations must awaken a deep sympathy for this unfortunate people, regardless altogether of the military and political aspect of the struggle now going on in that island. The question is one of humanity alone: Shall these unhappy sufferers be permitted to perish miserably of want and starvation while we have abundance? It is not desired by this appeal to excite any feeling that may be hostile to the Spanish nation, but solely to invoke public sympathy for human suffering, and we are confident that the people of this free and prosperous republic will not hesitate to respond promptly and generously.

The committee, in the name of the President of the United States, earnestly appeals to the Governors of States, the mayors of cities, and officials of every village; also to the public press and religious bodies to organize relief committees and engage in a systematic gathering of money, food, clothing and medicines. This committee will cheerfully furnish all information relative to the formation of relief committees, the remittance of funds, and the free shipment of supplies.

It is a work that should be conducted with great promptitude and vigor, as the need is extremely urgent. We ask the public to contribute liberally for this laudable purpose, making the gift in all cases as generous as hearts touched with sympathy for human suffering may dictate. Remember that even a single dollar, small though it may seem, will **save life and avert hunger** for a time, in at least one poor Cuban home, while **ten,** a **hundred** or a **thousand** dollars will rescue the starving and produce beneficent results in due proportion. Every contribution will be duly acknowledged by official receipt.

All money and material contributed will be immediately forwarded to United States Consul-General Lee, in Havana, under whose supervision the distribution will be made and reach all parts of the island.

Checks and drafts for Cuban relief should be made payable and addressed, "Treasurer Central Cuban Relief Committee, Temple Court, New York City."

(Signed) STEPHEN E. BARTON, Chairman,
Of the American National Red Cross.
CHAS. A. SCHIEREN, Treasurer,
Of the Chamber of Commerce, New York.
LOUIS KLOPSCH,
Of The Christian Herald.

New York, January 7, 1898.

January 13,1898.

Dear Sir:-

I am in receipt of a telegram from Hon. Stephen B. Barton, chairman of the Central Cuban Relief Committee appointed by President Mc Kinley, urging upon me the appointment of efficient committees for the collection of funds, food, clothing and medicines in Michigan, to be sent to Cuba's starving people and transmitted free by the above committee to Consul-General Lee at Havana.

In compliance with Mr. Barton's suggestion I have today appointed a number of representative citizens in various parts of the State as members of the Cuban Relief Committee for Michigan. I have taken the liberty of sending you a commission to act as commissioner for your vicinity.

Permit me to suggest that whatever supplies are collected should be shipped to Hon. Allen Sheldon, Hon. Levi L. Barbour or Hon. Clarence A. Black, Detroit, so that they may thus be centrally collected for transmittal to the National Committee.

Very respectfully,

H. S. PINGREE,

Governor.

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OFFICE and DEPOSITORY,
VILAS, MINER CO., S. DAK.

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N. P NELSON, J. W. WATT,
LENA FREDERICKSON.

Hurley 1/17 1898

J. H. Kellogg, M.D.
Battle Creek, Mich.,

Dear Brother. — Some time ago, I received your manuscript of "Is the Soul Immortal" Myself and others have read it through, and find nothing objectionable in it, except the first part of it is a little hard to understand, and I fear the less educated will get a wrong meaning out of it, as it takes quite deep knowledge and reasoning powers to get the right meaning out of it. I fear it is not simplified enough so all can get the benifit from reading it that could be desired. I will not criticise, but give my opinion as a brother.

Yours in the good cause,
N. P. Nelson

LEVI L. BARBOUR.
DWIGHT C. REXFORD.

BARBOUR & REXFORD,
Attorneys and Counselors,
29, 30 & 31 BUHL BLOCK,
ELEVATOR ENTRANCE, 91 GRISWOLD STREET.

DETROIT, MICH. Jan.21"98. 189

Dr.J.H.Kellogg,

Supt.Battle Creek Sanitarium,

Battle Creek,Mich,

My Dear Sir:

In reply to your letter of the 18th.inst.the Cuban Relief Committee here think best to advise you to ship directly to New York to the Chairman of the Central Cuban Relief Committee,Hon.Stephen B. Barton. He is so well known that no further directions are necessary.

If there are any questions as to free transportation he will attend to them. The Committee thinks that nothing is to be gained by transshipment here.

Will you kindly advise us regarding any methods for obtaining supplies which you have to suggest,also of the amount sent so that we may keep track of Michigan.

Yours Sincerely,

Levi L Barbour

For the Committee.

Dict.

ALLAN SHELDEN & CO.
42 CONGRESS ST. WEST.
SECOND FLOOR.
ALLAN SHELDEN.
HENRY D. SHELDEN.

In reply to yours of 18th inst. DETROIT, MICH. Jany 21st 1898

Dr. J. H. Kellogg
Battle Creek Mich.
Dear Sir.

All I know is that I am appointed one of a Committee. It occurs to me here that every thing better be sent direct to Hon. Stephen B. Barton Chairman Central Relief Committee New York. It will save time to have it sent direct and not be transhipped here. The Governor may be able to give you information that you want. I know no more about the matter than you do. Instructions will soon be published how to ship

Yours very truly
Allan Shelden

The following cablegram from Consul General Lee, addressed to The Central Cuban Relief Committee, gives in detail all articles that are urgently needed to alleviate the suffering in Cuba:

"Havana, January 11th, 1898.

Central Cuban Relief Committee,
Temple Court, N.Y.

Summer clothing second hand or otherwise, principally for women and children, medicines for fevers, including a large proportion of quinine, hard bread, flour, cornmeal, bacon, rice, lard, potatoes, beans, peas, salt, fish, principally codfish, any canned goods, large quantities condensed milk, blankets and charcoal, money will also be useful to secure nurses, medicines, and for many other necessaries."

(Signed) Lee.

OFFICE OF

NORTHERN STEAMSHIP COMPANY.

FREIGHT DEPARTMENT.

EDWARD W. BISSELL,
LOCAL AGENT.

DETROIT DOCKS, Jan. 29th. '98. 189

Dr. Kellogg,

Battle Creek, Mich.

Dear Sir:-

By request of Hon. Allan Sheldon, Chairman of the Cuban Relief Committee, I enclose a slip giving list of articles needed to alleviate the suffering in Cuba.

Having been appointed Custodian for the receipt of such goods, anything sent direct to me will be duly acknowledged, and promptly forwarded to Consul-General Lee, at Havana, Cuba.

Very respectfully yours,

Edward W. Bissell

Custodian for the Cuban Relief Com.

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PUBLISHING HOUSE OF
FUNK & WAGNALLS COMPANY,
30 LAFAYETTE PLACE.

EDITORIAL ROOMS OF THE STANDARD DICTIONARY.

New York, Feb. 21st, 1898.

My Dear Dr. Kellogg:

Have already written you in reference to the enclosed I read it through very carefully, and was deeply interested in much of its theorizing. I am afraid it is too suggestive of materialism to please a large majority of our clergymen. It does not suggest materialism to my mind, as I can myself readily reconcile your philosophy of spiritual life and of God with a personal God, and a personal God who is apart from matter. It is a very interesting study. I thank you for permitting me to read it.

Yours as ever,

I. K. Funk

Dr. J. H. Kellogg,
Battle Creek, Mich.

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The American National Red Cross.

INCORPORATED UNDER THE LAWS OF THE DISTRICT OF COLUMBIA, OCTOBER 1, 1881.
REINCORPORATED, APRIL 17, 1893.

For the Relief of Suffering by War, Pestilence, Famine, Flood, Fires, and other Calamities of Sufficient Magnitude to be deemed National in Extent. The Organization acts under the Geneva Treaty, the provisions for which were made in International Convention at Geneva, Switzerland, August 22, 1864, and since signed by nearly all civilized nations. The United States gave its adhesion by Act of Congress, March 1, 1882. Ratified by the Congress of Berne, June 9, 1882. Proclaimed by President Arthur, July 26, 1882.

HEADQUARTERS: WASHINGTON, D. C.

Washington, D.C., April 12th, 1899.

Sanitas Nut Food Co.,

Battle Creek, Michigan.

Gentlemen:-

Although not accustomed to subscribing my name in support of any manufactured product, I gladly so do in this instance.

Your nut products are choice, appetizing, wholesome foods, very pleasant to the palate, and exceedingly rich in nutritive and sustaining properties. Bromose and Nut Butter particularly are ideal foods.

Very truly Yours,

Clara Barton.

Executive Office.
Detroit. Mich.
William C. Maybury, Mayor.

Detroit, Aug. 22, 1898.

J. H. Kellogg, M. D.,

Battle Creek, Mich.

My dear Sir:-

I have your most cordial invitation to attend the Anniversary Exercises of the Sanitarium on Sept. 5th, and I keenly regret my inability to be present owing to the fact that it is Labor Day, and I have already made appointments that I cannot defer or avoid. I regret very much that I shall be denied the privilege of personally congratulating you, more particularly upon the magnificent memorial you have raised, and which will continue to pronounce blessings upon your memory, and upon the generations to come, long after our course is run.

I have come to the time of life which is apt to bring conclusions, and one of the foremost convictions which I have today is, that the only thing in life worth living for, and the only real wealth to be obtained, is in seeing just such institutions grow for the betterment of mankind. All other possessions and accomplishments are fleeting and ~~illusionary~~ illusory but such as you have established are alone permanent.

I tender to you, and to your associates, my most hearty congratulations upon what you have done for our common humanity, and I trust the reunion will be filled with such manifestations of gratitude and joy as befits the occasion.

Again thanking you for your courtesy, I am, my dear sir,

Most respectfully yours, William C Maybury

LOUIS H. JACKSON, President. W. E. SWEET, Vice-President. JOHN MAC MILLAN, Treasurer. F. B. SPALDING, Auditor.

THE YOUNG MEN'S CHRISTIAN ASSOCIATION

OF DENVER

W. M. DANNER,
General Secretary.

CENTRAL DEPARTMENT
COR. SIXTEENTH AND GLENARM STREETS.
Telephone 1224.

RAILROAD DEPARTMENT
1040 W. Eighth Avenue.
LEROY BURDICK, Secretary.

Denver, Colo. Aug . 25,1898.

Dr. J. H. Kellogg,

Battle Creek, Mich.

Dear Dr. Kellogg:-

We cannot tell you how much we regret our inability to be present in person September 5th.1898 to join with the Sanitarium family in the big celebration. Let us say to you again, as we have often said to our friends, that we wish for the Michigan Sanitarium, the best success imaginable. Your personal example of interest in other people and sacrifice for their interest is a constant inspiration to us. Deeply appreciating not only our obligation to the Sanitarium but particularly to you personally, we remain, with kindest regards,

Yours very truly,

W. M. Danner & wife
~~General Secretary.~~

Dictated.

LINCOLN PARK CHURCH
PASTOR'S STUDY
1040 N. CLARK STREET

CHICAGO, ILL., Aug 25 1898

J. H. Kellogg M. D.
Battle Creek
Mich.

My Dear Dr. Kellogg

Your very kind invitation to attend the Exercises of the Sanitarium is at hand. I regret very much that I am unable to attend. Nothing would have given me greater pleasure for I can assure you I think your Institution and System one of the most advanced from a Scientific point of view and one of its noblest expressions of our Christian faith. Wishing you ever more prosperity and blessing

I am yours truly
David Beaton

C. F. RAY,
Real Estate and Mortgage Loans.
Fire Insurance.

CARE OF RENTAL PROPERTY A SPECIALTY. INTERESTS OF NON-RESIDENTS CAREFULLY LOOKED AFTER.
RANCHES, FRUIT AND GARDEN TRACTS IN GREAT VARIETY.

No. 328 SOUTH UNION AVENUE.

PUEBLO, COLORADO, August 26th.1898.

Dr. J. H. Kellogg,

President Battle Creek Sanitarium.

Dear Sir:-

I acknowledge with much pleasure the receipt of your kind invitation to be present on Sept.5th. at the celebration of the 32nd. anniveisary of the noble and successful institution of which you are the honored head.

Holding as I do in the very highest esteem, the grand, progressive work you are doing in the treatment of the sick, and teaching how to live to avoid disease, it is a matter of very great regret that I find it quite impossible to be present at your anniversary.

I congratulate you sincerely upon the wonderful results thus far obtained. And hope to live to see even greater and richer successes for the early future in the God- inspired efforts of your institution to benefit mankind. Premit me to subscribe myself.

Most Faithfully Yours,

C F Ray.

C. F. Ray

SCOTCH OFFICE, 100 Wellington St., GLASGOW.
ENGLISH OFFICE, 16, Silver St., Wood St., LONDON.

Memorandum.

FROM

Pratt & Watkins,

Importers of Dry Goods and Manufacturers of
Ready-made Clothing.

16 AND 18 JAMES STREET NORTH, HAMILTON, CANADA.

2000-4-89-950.

Hamilton, Canada, August 26, 1898.

To J. H. Kellogg, M. D.

Supt. Battle Creek Sanitarium

Battle Creek, Mich.

Dear Sir,--

Your kind favor extending an invitation to myself and family to be present at the 32nd Anniversary of the opening of your celebrated insitution to hand. In reply would say I beg leave to thank you most sincerely for your kind invitation, but regret that circumstances are such that it would be impossible for me to avail myself of your courtesy and kindness. Permit me to add that in consequence of the great good which your Sanitarium has been instrumental in doing both to my wife and myself, I have very great pleasure indeed in speaking a good word for Battle Creek and hope that the future years may give to your institution all the success, all the prosperity and all the financial aid which could possibly be desired for the same.

Wishing for you, Dear Sir, and your hundreds of associates every blessing which a kind and benevolent Providence may see fit to grant, I remain, with kind regards,

Faithfully yours,

Frederick W. Watkins

The College of
Physicians and Surgeons of Chicago,
School of Medicine of the University of Illinois.

Office of the Dean.
103 State St.

Chicago, August 26th, 1898.

Dear Doctor Kellogg:- I am sorry that Mrs. Zuine and I shall not be able to attend your anniversary exercises but we are able to, and do, wish you Godspeed in your great work.

Yours ever
Wm. E. Zuine

From
Dr E M Hale

Chicago Dec 7
1896

L N Kellogg M. D.
Dear Dr.

I am in
receipt of your kind
invitation to attend the
Exercises & be held at the
Battle Creek Sanitarium.
and I regret that previous
Engagement will not per-
mit me to attend them.
With my best wishes for
the future success of your
great and noble work. I am
Sincerely Yours
E M Hale

OS. E. CHILTON Wm A MAC CORKLE. Wm E. CHILTON.

CHILTON, MAC CORKLE & CHILTON,
LAWYERS,
CHARLESTON, W. Va

Aug. 31, 1898.

Dr. J. H. Kellogg,

Battle Creek, Mich.

My dear Dr. Kellogg:-

Your kind invitation to be present at the anniversary exorcise of the Sanitarium, is at hand. I would love to be there with you, and Mrs. MacCorkle joins with me in this statement, but I am so situated that it will be impossible for me to come at that date, ~~as I am somewhat ill and will be compelled to be in the East if I am able to be away from home.~~

~~Both of us hold you and your dear good wife in most affectionate remembrance for your very many coutisies and kindnesses extended to her and to me.~~ My wife ~~She~~ has been perfectly well since she left your splendid institution. I regard it as the best managed institution in the country of its kind, and join with Mrs. MacCorkle in our congratulations and felicitations to you upon its present success.

~~We would be wonderfully glad if you and Mrs. Kellogg,~~ or ~~either of you, in coming through or near this section of the country, would stop and see us, and no matter what time of the night you will come it will be very pleasant to both of us to have you come.~~

I hope that you will have most pleasant exorcises, and I am sorry that we can not be with you. ~~Please express our kindest regards~~

~~to your dear good wife, and believe me, Dear Doctor Kellogg~~,

Sincerely your friend,

W. A. Parker

Northern Michigan Asylum,

Traverse City, Mich. Sept. 1, 1898.

Dear Doctor Kellogg:

Your kind invitation for myself and Mrs. Munson to attend the exercises of the Battle Creek Sanitarium in celebration of the 32d anniversary of its opening has been received. I thank you kindly, and assure you that it would be a great pleasure for us to join with you on that occasinn. A press of work, however, will preclude the possibility of our leaving home at that time.

Allow me to congratulate you on the great work that the Sanitarium has accomplished; and best wishes for its continued success.

Yours very truly,

Jno. D. Munson

J. H. Kellogg, M.D.

Battle Creek, Mich.

Form 59-4000-3-8-98.

THE JOHNS HOPKINS HOSPITAL,

NORTH BROADWAY.

HENRY M. HURD, M. D.
Superintendent.

Baltimore, September 1st. 1898

Dr. J.H.Kellogg,

Battle Creek,

Mich.

Dear Doctor, I write to acknowledge with thanks the reception of your kind invitation to be present at the 32nd. Anniversary of the opening of the Battle Creek Sanitarium. I regret to say that it will be impossible for me to be present. I know however, that you will have a numerous attendance and an extremely pleasant occasion.

With thanks,

Very truly yours,

Henry M. Hurd

H. L. CHAPMAN, PRES'T. C. J. BENTON, SEC'Y.

Chapman Mine, Springfield Mine,
Grace Mine, Slope Mine,
Warth Mine, Keystone Mine.

CHAPMAN COAL CO.

MINERS AND SHIPPERS OF

CHAPMAN COAL CO.,
Dealers in General Merchandise.

Celebrated Jackson Hill Coal.

OFFICE AND MINES AT JACKSON, OHIO.

Jackson, Ohio, Sept. 1, 1898.

J. H. Kellogg, M. D.,

Battle Creek, Mich.

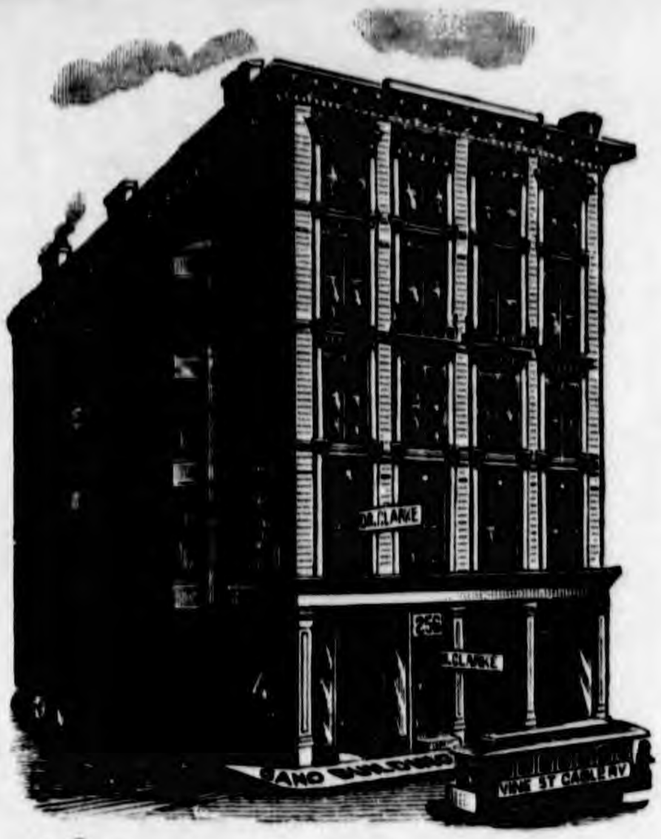
Dear Sir:-

Your letter and invitation of August 27th has been forwarded to me here, for which you will please accept the thanks of Mrs. Chapman and our daughter as well as myself. They are both absent from home at present and I regret exceedingly that other engagements will prevent me from complying with your request; but you have our best wishes for a good time on the occasion and for the future success of your institution in every respect, doing great good to the many thousands throughout the world.

With kindest regards and best wishes, I remain,

Sincerely yours,

H. L. Chapman



OFFICE OF

Drs. Clarke & Bush.

PRIVATE,

NERVOUS AND CHRONIC

DISEASES.

Established 1851

~~256~~ ~~Vine Street.~~

Chicago ~~Cincinnati, O~~ Sept. 2 1898.

58 State St.

J. H. Kellogg M.D.

Battle Creek, Mich.

Dear Doctor:- Your kind invitation to attend the anniversary exercises of the Sanitarium has been forwarded to us from Cincinnati. We regret that we cannot be present, but we extend our congratulations at the successful termination of another year in its history, and join heartily in the good wishes of its many friends for its continued prosperity!

I have closed out my business in Cin. and hope eventually to be led to join directly in the grand, good work. I have been thinking more of late that I ought to.

Very sincerely yours,

C R Bush

House of Representatives, U.S.

Washington.

Kalamazoo, Mich. Sept. 3, 1898,

J.H. Kellogg, M.D.,

President Michigan Sanatarium and Benevolent

Association,

Dear Sir,

Allow me to thank you for your kind invitation to be present at the 32nd anniversary of the founding of your institution, which I shall most gladly accept if my many duties will permit.

Fearing, however, that the many demands upon my time may debar me from the pleasure of being with you, I desire to express my gratification as a citizen of Michigan that your great Institution is at the threshold of a future more brilliant still, if possible, than the successful years which it has already counted. It gives me pleasure to say that I have personal knowledge in various ways of the good work you have been doing, and as a citizen of our great Peninsular State, join with your many other friends in congratulating yourself, and your colleagues, upon your successful labors, as well as the people of Michigan and surrounding states upon being able to enjoy in their midst an institution so beneficent in its results.

Wishing you all possible prosperity, I am,

Very respectfully yours,

A. M. Todd.

Woman's Baptist Foreign Missionary Society of the West.

1535 MASONIC TEMPLE.

Foreign Secretary, Mrs. A. M. Bacon, 5658 Wabash Ave.
Home Secretary, Mrs. E. H. Griffith, 5656 Washington Ave.

Miss Mary W. Ranney, Treas., } 1535 Masonic
Miss A. L. Stevens, Sec'y for Publications, } Temple.

Chicago, Sept. 3, 1898.

J. H. Kellogg, M.D.

Battle Creek,

Mich.

Dear Dr. Kellogg:--

Your invitation to attend the exercises to be held at the Sanitarium on the 5th inst. is received. I much regret that it will be impossible for me to do so. I should be very happy on that auspicious occasion to give my testimony as I do everywhere, to the value of the work done in this admirable institution. The treatment and instruction I have received in the Sanitarium have been a great blessing to me, and I shall always be glad to send my friends and all over whom I have an influence, to the Michigan Sanitarium and Benevolent Association.

Yours most sincerely,

Dict. Mrs. E.H.G.

Mrs E. H. Griffith

Form No. 1.

THE WESTERN UNION TELEGRAPH COMPANY.

INCORPORATED

21,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD.

This Company **TRANSMITS** and **DELIVERS** messages only on conditions limiting its liability, which have been assented to by the sender of the following message. Errors can be guarded against only by repeating a message back to the sending station for comparison, and the Company will not hold itself liable for errors or delays in transmission or delivery of **Unrepeated Messages**, beyond the amount of tolls paid thereon, nor in any case where the claim is not presented in writing within sixty days after the message is filed with the Company for transmission.

This is an **UNREPEATED MESSAGE**, and is delivered by request of the sender, under the conditions named above.

THOS. T. ECKERT, President and General Manager.

NUMBER	SENT BY	REC'D BY	CHECK
Chr 4	Cd	A	Cable

RECEIVED at San 630 pm Dept 4 1898

Dated Kaltenleutgeben 5

To Kellogg Battle Creek Mich.

Congratulations

&

Wintermitz

Hulbert & Mechem,

Attorneys at Law,

Battle Creek, Mich.

STEVEN S. HULBERT.
GEORGE W. MECHEM.

ATTORNEYS FOR MICHIGAN CENTRAL R. R. CO.
AND FOR CINCINNATI, JACKSON & MACKINAW RY. CO.

September 5, 1898.

Dr. J. H. Kellogg.

City.

My Dear Doctor:-

A legal holiday often means just its reverse to the lawyer, who makes it a welcome time to lock his office door from the inside. Such a necessity controls me today, and "Labor Day" is indeed a labor day for me.

A bad corporation, like a bad man, can have too much and live too long, but a good corporation, with ends, aims and purposes like the Sanitarium, cannot prosper too much, and can well laugh at "winding up" laws and treat each Constitutional period of limitation, as only a fresh starting point.

From the standpoint of your corporate adviser for nearly twenty years, with a knowledge of the good done in the past and projected for the future, I give you this sentiment:

May the Institution whose interests are so close to your heart and those of your faithful co-workers, prosper in the future as in the past, and ever enlarge its radius of usefulness.

With regrets,

Sincerely,

S. S. Hulbert

Form No. 1.

THE WESTERN UNION TELEGRAPH COMPANY.

5—

INCORPORATED

21,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD.

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This is an **UNREPEATED MESSAGE**, and is delivered by request of the sender, under the conditions named above.

THOS. T. ECKERT, President and General Manager.

NUMBER	SENT BY	REC'D BY	CHECK
No 2 bh	A B	G	11 Paid

RECEIVED at BATTLE CREEK, MICH 1203 PM Sept 5 1898

Dated Bee Grand Rapids Mich

To Dr J H Kellogg

Sickness family prevents being with you accept again my sincere congratulations

Fred A Maynard

Form No. 1.

THE WESTERN UNION TELEGRAPH COMPANY.

INCORPORATED

21,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD. 3

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This is an **UNREPEATED MESSAGE**, and is delivered by request of the sender, under the conditions named above.

THOS. T. ECKERT, President and General Manager.

NUMBER	SENT BY	REC'D BY		CHECK
a	6	4	32 DH	

RECEIVED at 10.15 am Sept 5 1898

Dated Albion Mich 5

To Dr J H Kellogg

Regret cannot be with you today. Long life and health to the Michigan Sanitarium & Benevolent Association May a successful past be but the promise of a more successful future

Washington Gardner

Battle Creek Sanitarium
Sept 9th 1898

J. H. Kellogg - M. D.
President

Battle Creek Sanitarium -
Dear Dr. Kellogg
I am most unfortunate -
late to be present at
the celebration
of the Thirty - second anni -
versary of the opening of
your justly famous

last, intended to avail myself of them.

Her had the highest respect not
only for your Institution but, if you will
allow me to say so - for yourself personally. It was his pleasure always to speak
warmly of the aims and purposes of
your work - and the skill with which
it is conducted - and he took much

institution should have
been acknowledged days
ago - but it has been for-
warded several times before
reaching me here - when
my daughter and myself
came from silent in Lafi-
dat rock - among the soldiers.
My most happy married
life came to an end last
February - My husband
greatly appreciated your
visit to Battle Rock -
and, up almost to the

with comfort and benefit some of your food preparations -

I am

Very truly yours

Ezra T. Clark

Dexter Selwyn Clark,

1839-1898.

(From the Rockford Daily Register-Gazette, Saturday, Feb. 12, 1898.)

Dr. Dexter Selwyn Clark, one of the best known physicians and citizens of Rockford, died this afternoon about 1:30 o'clock at his home on South Third street.

The announcement of his death will prove a great shock to his hundreds of warm friends and acquaintances all over Rockford, for while they had known that he was in declining health it was not supposed that the end of his long and useful career was so near at hand.

Dr. Clark was born in Chili, Monroe county, N. Y., Jan. 10, 1839, and was the son of Lucius Clark, who was born at Amherst June 10, 1813. With his parents he came to Rockford in 1845, and since that time has made this city his home.

Dr. Clark was graduated from Beloit college in 1860. After completing his college course he entered the medical school of Columbia university but on the breaking out of the war he left Columbia as assistant surgeon of 25th Illinois volunteers. He was afterwards made surgeon of the same regiment. Dr. Clark was captured at Chickamauga, with a number of other surgeons, and sent to Libby prison. After his discharge from the army he returned to Columbia, completed his course of study and was graduated. Then he went abroad and remained some time in Paris, London and Vienna, being engaged in the study of medicine. He enjoyed the distinction of having practiced medicine in Rockford longer than any other physician here.

He took an active interest in all educational matters and was one of the first to assist in the organization of the university extension circle in this city.

Rockford college always commanded his warm regard and he served for years as a member of the board of trustees of the old seminary, succeeding his father, who was one of the original members of the board at its organization.

Dr. Clark was a comrade of Nevius post No. 1, G. A. R., and was well known to its members, being one of the organizers of the patriotic veteran organization.

On April 11, 1872, Dr. Clark was married to Eva F. Townsend. To them was born two children, Faith B. and Selwyn Clark, Jr., both of whom are now attending the University of Chicago. They will reach home this evening. In addition to his immediate family one brother survives him, Dr. L. A. Clark, with whom he was associated in the practice of medicine in this city for many years.

Dr. Clark recovered from a very serious illness in 1895, and until last spring enjoyed fairly good health. Then he began to fail again and with his wife took an eastern trip last summer, which was extended to a journey to Nova Scotia, in the hope that he

would find renewed health. He came home somewhat improved but it was evident that his condition was not permanently benefited.

Dr. Clark was a man of high literary attainments as well as a most skilled physician and surgeon. His ideals were high; he was a broad humanitarian and a thoughtful student of means that promised the betterment of the conditions of men. He loved his fellow men and had a keen sympathy for their misfortunes. In hundreds of Rockford homes he was trusted as the minister of health and happiness and his cheerful presence has made him a welcome visitor at the bedside of rich and poor alike. He had a sincere and beautiful faith that passed beyond the limits of creed and sect, and the memory of his life will not fade with its passing.

(From the Daily Register-Gazette of Tuesday, Feb. 15.)

Neighbors, relatives, brother physicians, comrades in the G. A. R., friends —but these are all friends—gathered this morning to pay a last tribute to a most noble citizen, Dr. D. S. Clark. The services were held at the home on South Third street and were conducted in a very simple and impressive manner. Mr. Henry Goodwin of Chicago was assisted by Dr. Barrows in officiating, and a quartet sang.

One of the most romantic periods of Dr. Clark's life were the days spent with the boys in blue, and most appropriately one of the rooms was filled with his comrades of the G. A. R. post, while about the bier was draped the old flag. In another room were the physicians, who came in a body, and the other rooms upstairs were occupied by friends and relatives. The rooms below were left vacant.

The services were opened by the quartet singing Lead Kindly Light. This hymn with the two songs from Tennyson which followed, verses from the prologue to In Memoriam, and Crossing the Bar, made music appropriate and characteristically suited to the man in whose honor they were sung. The quartet was composed of Miss Radecke, Mrs. Elliott West, Mr. Barnes and Mr. Olson.

Dr. Barrows read from the Bible and Mr. Goodwin spoke a few words suggesting the honor and reverence which those assembled might silently pay. He began by acknowledging the inadequacy of human words at such a time, but as a friend he could not but feel it a privilege to be present. His words touched on different phases of Dr. Clark's life, and the tribute he paid him was not one of eloquence but of simple friendship and love. On such an occasion he felt that it was not so much a day of mourning as it was of rejoicing. Sorrow there must be and a sense of personal loss for each one, but knowing that it is only a change that has taken place, and that a life already partly of heaven had widened into a more complete being, mourning could not come.

Mr. Goodwin spoke of his personal reminiscences and of Dr. Clark, whom he had known as a friend from boyhood. Those who listened were led not so much to his thoughts as to the things that for them had a tender and personal meaning, for to have known Dr. Clark was to have had some kindly act to remember. The "Twilight and evening star, and one clear call for me," was a last calm look over the bar that had been crossed, as it was sung by the quartet.

This afternoon the interment was held privately from the home. Among

those present from out of town this morning were Dr. Merriman of Chicago, Dr. E. N. Clark of Beloit and Mrs. Bacon, wife of Prof. Bacon of Beloit college.

RESOLUTIONS OF PHYSICIANS.

No member of the medical profession in this city was held in higher regard by his fellow practitioners than Dr. D. S. Clark. His opinion in medical matters was no more highly respected than his friendship, and in cases of consultation he was one of the final authorities. The physicians have expressed themselves in the following resolution:

"Resolved, That in the death of Dr. D. S. Clark we have lost a true friend, whose example of professional culture and delightful courtesy, untiring devotion to duty, kindness and purity of heart, we will hold in reverent memory.

"That the community has lost a noble and upright citizen, ever zealous for the welfare of the people.

"That we extend to his family our heartfelt sympathy in this their loss. But they have the consolation of looking back on his well-spent life in the service of humanity."

The Faculty of Rockford College to Mrs. Clark and to her Children: Because Dr. Clark was for many years a trustee of this college, and because since his formal relationship with us ceased, his professional counsel and his personal friendship have not ceased, but have always been ours, we feel that we may express the honor which we delight to render him.

We recognize in Dr. Clark one of the heroes of God. Whether fighting the battles of our native land so dear to him, or struggling to relieve and to save the sick ones who were entrusted to him, and whom he ever bore on his heart, or battling against the disease which for years sapped his physical vitality, but could not touch his beautiful unselfish soul, Dr. Clark has fought the good life, he has kept faith with himself, his fellow men and his God.

It was impossible to hear him pronounce the name of the Diety without feeling that he was one of nature's noblemen, who day by day walked reverently before the holy One who inhabiteth eternity.

That the flowers which we sent as a tribute to him should have served to confer upon us an honor that we shall never forget, is typical of the man who never received but to give with open hand, and in overflowing measure. These last days have been like a solemn festival in which we have been celebrating the birthday of our beloved physician into fullness of life. May God grant that he may never die to us, because, in whatever feeble measure it may be possible, we shall ever follow on to know the Lord as he knew him, and to make our own in some degree the patient courage and the wide human sympathy which he has shown to be possible.

Lena C. Leland,
Julia H. Gulliver,
Elizabeth L. Herrick,
For the Faculty.

Rockford College, Feb. 16, 1898.

J. H. K.
Residence

ROCKFORD HOSPITAL ASSOCIAT

Report for Year Ending April 1, 1898.

MORNING STAR, APRIL 10, 1898.

The annual meeting of the Rockford Hospital Association was held in the hospital yesterday afternoon. The election of officers and trustees resulted in the re-election of the old officers, as follows:

President—William Lathrop.

Vice-President—Mrs. J. G. Wilkins.

Secretary and Treasurer—William A Talcott.

The trustees re-elected are as follows: William Lathrop, Mrs. Wilkins, John H. Sherratt, Kate F. O'Connor, Antes S. Ruhl.

The report of the treasurer showed over $10,000 has been received and disbursed. A comfortable balance remains, and the work will not be interfered with on the score of insufficient funds.

The report in full is given below:

Cash on hand April 1, 1897—		
Cash in Winnebago bank ...	$623.38	
Cash with Mrs. M. J. Smith ..	17.45—	640.83
RECEIPTS BY SOURCES FOR YEAR.		
From churches and Sunday schools—		
Court St. M. E. church, 1896.	$100.10	
Court St. M. E. church, 1897..	102.60	
First Lutheran church	28.70	
St. Mary's Catholic church	14.88	14.88
First Presbyterian church...	31.35	
Second Cong'l church	394.57	
Second Cong'l Sunday school	25.00	
First Congregational	53.92	
Christian Union church	22.92	
Christian U. Sunday school	18.00	
St. James' Catholic church..	40.35	
Westminster Presbyterian...	19.99	
German Lutheran church ..	7.84	
State Street Baptist	39.66	39.66
Emmanuel Episcopal	20.00—	$19.88
From societies—		
Lyran Society oyster supper.	62.58	
Gas Co., seat sale, July 4.....	10.00	
Camp 21, Modern Woodmen..	25.00	
Rockford Germania society..	50.00	
Rockford college faculty and students...	30.00	
Illinois Dental association..	10.00	
F. and A Debating club.....	2.11	
Waltonian club ladies, "Waltoniana"	32.82—	222.51
City of Rockford, last half		500.00
Winnebago county, whole year		1,000.00
Sundry articles and cash donated at hospital		427.49
From pay patients		3,343.76
From private nursing		153.83
From interest		1,079.21
From bequests—		
Swante Saaf $1,500.00		
Jonathan Peacock 1,000.00		
Charles M. Eaton ..... 100.00—		2,600.00
From special subscriptions		630.00
Total		$11,527.51

DISBURSEMENTS FOR YEAR ENDING APRIL 1, 1898.

Repairs	$	90.00
Matron's salary		360.00
Servants and nurses' wages		2,571.68
Expense account and bedding and table ware		5,532.80
Total		$8,554.48
Permanent fund account investments—		
Bank certificate Peacock bequest $1,000.00		
City orders, Swante Saaf bequest ..... 1,500.00—		2,500.00
Total disbursements		$11,054.48
CASH IN HAND APRIL 1, 1898		
Cash with Mrs. M. J. Smith..$ 27.15		
Cash in Winnebago National bank ..... 445.88—		473.03
Total		$11,527.51

WILLIAM A. TALCOTT,
Treasurer.

Rockford, Ill., April 9, 1898.

The matron's report contains some interesting figures. There have been 422 patients treated during the year, with 35 deaths from various causes. In the surgical wards there were 202 operations and the work ranged from the operations of minor surgery to the most formidable of the capital operations. There were nine births during the year.

The matron's report is as follows:

MATRON'S REPORT—April 1, 1898.

Patients in house April 1, 1897	21
Admitted during the year—male.....	209
Female	204
Out patients—Male	4
Female	4
Total	442
Nationality—	
American	267
Swedish	68
Irish	35
German	19
English	12
French	2
Italian	4
Scotch	9
Norwegian	4
Swiss	1
In house reported April 1, 1897	21
Total	442
Pay patients during the year	234
Free patients during the year	208
Total	442
Days of pay patients in house	3295
Days of free patients in house	3331
Total	6626
Average price per week for pay patients	$7.14

NATURE OF WORK.

Medical cases	119
Surgical cases	188
Gynecological cases	73
Eye cases	12
Obstetrical cases	9
Births	9
Friends and nurses admitted	10
In house April 1, 1898	19
Out patients April 1, 1898	3
Total	442

RESULTS OF TREATMENT.

Recovered	253
Improved	100
Unimproved	13
Births	9
Friends and nurses admitted	10
Deaths	35
In house April 1, 1898	19
Out patients April 1, 1898	3
Total	442

CAUSES OF DEATH.

Burns of third degree	3
Phthisis	1
Caisson disease—bends	3
Diabetes	3
Typhoid fever	4
Cerebrospinal Meningitis	1
Inanition	1
Cancer of abdominal viscera	1
Bright's disease	1
Apoplexy	1
Tuberculosis of bowels	1
Erysipelas	1
Septicaemia result of gangrene.....	2
Gastritis	1
Organic heart disease	2
Stenosis of trachea	1
Shock following operation	2
Shock following severe railway accident	3
Exhaustion following fracture of spine	1
Crushing injury of skull	1
Total	35
Emergency cases	108

The hospital is one of the institutions of the city which causes the hearts of the people to swell with pride at the thought of the good that is being done for suffering humanity every day of the year. The facilities offered for the treatment of emergency cases is the means of saving lives every year. The training of the nurses makes it possible for the best of trained nurses to be obtained on short notice and from among home people. The class is graduated each June, and the school has been the means of making a large number of young women self-supporting and in the noblest of work, the caring for the sick and dying.

That the institution is appreciated is shown by the generous support that is given by all classes of citizens. Contributions of money, food, dainties, bedding and reading matter come in every day, and all are gratefuly received.

The present trustees of the Rockford Hospital association are:

For term ending April 1, 1899:
- Mrs. Adeline E. Emerson.
- Mrs. Frances I. Price.
- Mr. John Barnes.
- Mr. H. H. Robinson.
- Mr. A. P. Floberg.

For term ending April 1, 1900:
- Mr. William A. Talcott.
- Mr. Frank R. Brown.
- Mr. B. F. Whipple.
- Mr. William C. Butterworth.
- Mr. Loren L. Morrison.

For term ending April 1, 1901:
- Mr. William Lathrop.
- Mrs. Jane G. Wilkins.
- Miss Kate F. O'Connor.
- Mr. Antes S. Ruhl.
- Mr. John H. Sherratt.

At a meeting of the trustees
Rockford Hospital associ
April 9, 1898, on motio
minutes upon the deat
Clark were unanim

With profound s
nounce the dea
Clark, who died
Rockford Fe
ganization of th
had been a mem
and a most discreet
for the upbuilding o

From the opening of
his death, he served as co
cian on the medical staff.
1892, he was elected presiden
medical staff, and filled that office
acceptably until Jan. 1, 1898, when he
signed on account of his failing hea

From childhood, the home of Dr. Cl
has been in this city, and by his abil
and devotion to his profession he ha
built up for himself, both in the community and with the members of his profession, a most enviable reputation.

It is the fortune of but few men in any community to have so lived and acted as to command from their associates and acquaintances so full a measure of esteem and confidence, as has fallen to the lot of our deceased friend.

This association acknowledges with gratitude the many favors and services professional and personal bestowed upon it by the doctor. And we join with the community in mourning the death of one endeared to it by so many ties of sympathy and esteem.

To the widow and children of the deceased we extend our heartfelt sympathy in their bereavement.

It is ordered that the secretary furnish to the family a copy of the foregoing minutes.

Montego Bay
Jamaica W.I.
Sept 12th 1898

Mr & Mrs Chas Renwick
return thanks to the
Management of the
Battle Creek Sanitarium
for their kind invitation
to the Exercises held
on the 5th Inst.
While regretting that
they were Unable to attend,
they much appreciate
the courteous Remembrance

& offer these best
wishes for the
success & prosperity
of the Institution.
where from her treasurer
Mrs Spencer Lowndes
that she has received
some benefits - &
experiences - which -
are now useful -
to her - for health
guidance -
to L. H. Ellis S. M. D
Superintendent

COPY.

Oct. 19, 1898:

Dr. Kellogg,

Dear Bro.:

Enclosed please find a short summary of experimental work on fruit diet.

I observe that while there is a loss in weight, there is a gain in strength throughout, possibly due to the cleansing effect upon the tissues, allowing of greater contractility of the muscules. Also that in one week's time the weight had been regained, and on regular diet in some instances more than regained.

I notice that all fruits (even acid) render the urine more alkali, proving that organic acids are changed into alkaline carbonates in the blood. Urea and solids were decreased with the exception of those on peaches, in which mea. and solids were inc.

In many instances amorphous phosphates were present after the test.. Those using the seeds with the grapes suffered considerable tenderness of the bowels, and stomach, and some diarrhoea.

Those without the seeds, no tenderness, but with some a slight diarrhoea.

Those on raw fruits (2 or 3 kinds at a meal) made no complaint, but did well.

Those on all fruits, a mixture, suffered from considerable fermentation, and consequent headaches, and had to be stopped before completing test.

Some tried the nut preparations, and where over 8 or 9 ¢ worth was taken at a meal, suffered from albuminous fermentation and showed symptoms of autointoxication, with some gain in weight, but great decrease in strength, and had to be stopped before test was completed.

SUMMARY OF EXPERIMENTAL TESTS ON DIET. by Dr Herr Reported Nov 3-1898.

Fruit	No. Persons	Weight, average End test	Weight, average 1 wk. later	Strength average		Amt.	Urinary Report. Acidity	Average. Urea	Solids	
1 week.		lbs.	lbs.					G.	G.	
Bananas	7	lost 6 4/7	Gained 6 3/7	1 lost 600 61 gained 415 2/3	—	1.700 cc.+ 6.200 cc.−	less	1.3−	6.03−	
Peaches	4	" 7	" 7 1/4	" 309	——	433 cc. +	more	4.1+	8.55+	
Dates	4	" 4 3/4	" 6 3/4	" 317	——	50 cc. +	less	2.85−	2.18−	1. trace sugar
Grapes	3	" 7	" 5 1/2	" 571	——	Same	---	---	2.3 +	
Raw fruits	3	" 3	" 3	" 296	——	300 cc.+	sl more	1.03+	3.91+	
5 days										
All fruits mixed	2	" 2	" 2 1/4	Lost 660	——	525 cc.−	less	5.5−	7.2−	Stopped test Much fermentation
Apples	3	" 4	" 5	Gained 134						
6 days										
Tomato	2	" 5	" 4	Lost 432						
3 - 5 days										
Nuts	6	" 3	" 3 3/4	" 232	——	133 cc.−	More	3.5−	8−	
Figs	1	" 9	" 10	Gain 410	——	600 cc.−	less	less	less	
Pears	1	" 3	"	Lost 195	——	300 cc.+	less	60.2−	81.5−	
Bread & fruit	9	" 2	" 2	" 84	——	140 cc.−	more	4. −	11.2−	
Bread, fruits, nuts	2	Gained 3 1/2	"	Gained 765	——	400 cc.+	more	4.2+	7. +	Ideal diet
Nuts & fruit	1	Same	" 1	" 679	——	600 cc. −	more	4.4+	12.5+	
Beans & fruit	1	Gained 1		Lost 125						
Breads	7	Lost 3 1/2	Gained 4	Gained 163	——	250 cc. −	---	.5−	3.64−	Granose, rolls, zwieback, breads
Grains	7	" 2	" 3	" 284	——	300 cc. −	More	8 −	20 −	Oatm'l, cornm'l, wheatose, rice, crystal wheat
Legumes	4	Gained 2 1/2	Lost 1 1/2	" 384	——	300 cc. +	---	30 +	41 +	
Potato	4	Lost 1 1/2	Gained 1 1/2	" 280	——	125 cc. +	---	4 −	same	
Milk	1	Lost 1	" 1	" 1075	——	600 cc. −	more	26 +	---	Beans, peas, & lentils
Macaroni	1	" 8	" 8	Lost 290	——	750 cc. −	"	18 −	43 +	
Macaroni & tomato	1	Gained 6	----	Gained 515	——	1300 cc.+	"	26 +	55 +	
Peas & tomato	1	Lost 1	Gained 1	" 636	——	200 cc. +	---	1.6 −	1.4−	

Those on breads and one kind of fruit maintained their usual weight (as a rule) and also gained in strength.

Those on bread fruit and nut prep. maintained weight and gained considerable in strength.

In looking over my charts, I find that there was but one instance when a young man lost as high as ten pounds. This was J. E. Harrington, who lost just ten lbs. and later on volunteered a sedond test of a different nature.

I learn of one case sent to the lake-- this was a lady, Miss Ware, who lived 5 days on nut prep., advised to stop by myself.

Mrs. Herr and myself both took the test one week. I saw or received a written report daily from each experimenter, and was therefore careful to guard them against any permanent injury, and in many instances advised them to stop. And others who were doing extra work not to undertake the experiment, who volunteered to take it.

Some learned valuable lessons, so they say, one that he could get along with much less food than he had been eating. Others in conquering appetite, some in proper food combinations. Some testified that they "felt better physically and spiritually." Some that they never felt better in their lives. Many learned the lesson of simplicity in diet.

As soon as I have time to make a summary, I hope to give you a full report. However, believe me sorry wherein I have offended by not laying the matter before the faculty.

Resp.,

A. W. Herr.

BATTLE CREEK SANITARIUM

J. H. KELLOGG, M. D.,
Supt.

A Well-equipped and Scientific Medical Establishment

Open all the Year

SANITARIUM

Battle Creek, Mich. 12-26-1898

— Partial Report —

	natural state	Dried
San Aerated Breads		
Graham-dough	9,390 gms per g. or	5,070
White — "	1,290 " " "	658
Graham — fresh	6,830 " " "	3,688
White — "	170 " " "	92
Graham (20 hr. air exposure)	605 " " "	327
White (" " ")	405 " " "	219
Graham (20 hr. incubation)	1,620 " " "	875
White (" " ")	330 " " "	178

Graham - shortened with cream.
White — no shortening.

San. Bak. Gems (made w. eggs.) 417,650 " " 179,590

E. T. Otis

Battle Creek, Mich. Jan 4 1899

Partial Bacteriological Report.

I was told that the aerated bread would not keep nearly as well as the yeast-bread. Accordingly I gave it a thorough trial with the following results. The incubated bread and "air exposure" lots always dried-out; so I had the baker set part of a loaf aside in a moist warm cupboard — where they say it is impossible to keep the Aerated.

Baked white aerated bread — no shortening —

	Natural state	Dried
Fresh — 170 germs perc		92
"Stale" (3 days in keeping) 240		130

The bread showed no signs of spoiling.

Work on the miscellaneous supplies of the G. H. Food Co. is progressing —

Respectfully
E. H. Otis

311 Century Building,

Cleveland,Ohio,Jan'y 17,1899.

J. H. Kellogg,M.D.,

Battle Creek,Mich.

Dear Sir,-

Herewith please find Courses of Study for Correspondence School of Health. You will notice that in a few instances I have taken the liberty of curtailing some of the Lectures and combining others, in order to make room for "Scientific Cooking" and "Child Life." Your arrangement leaves nothing to be ~~desired.~~ desired.

I think it would be difficult to make the temperance cause a popular one in the space devoted to these hygienic topics,and so would suggest the sending of regular Tracts upon the evils of tea, coffee, tobacco, alcohol and narcotics.

In regard to the handling of "diet" we must not forget that each subscriber is furnished with a copy of "Science in the Kitchen",which alone contains a dozen treatises thereon. The Cooking Course must not be omitted, else what use would be the book.

These headings as now submitted are what I propose canvassing from, and trust that the same will prove satisfactory to you. If not, kindly advise me at once.

Cordially yours,

C. R. Cooper

BATTLE CREEK SANITARIUM

J. H. KELLOGG, M. D.,
Supt.

A Well-equipped and Scientific Medical Establishment

Open all the Year

Battle Creek, Mich. 1/18 1899

Mr Eggleston:—

I herein give you the results of the estimation of albumen in the samples of Glutin you sent me.

Pure Glutin Biscuit	69.4 % Albumen
Raw Glutin	73.7% Albumen
Glutin Cooked in Retort at 212°	82.7% "

E. B. Burleigh

Feb. 7, 1899.

J.H.K.

I return you with this your note of Jan. 28, in which you wished to be reminded to prepare some tracts and bills of fare for diabetic, rheumatic and obesity cases. I have collected and am sending you with this all the literature I can get hold of on the subjects referred to. I am sure the tracts would be very useful in promoting the sale of the health foods.

W.K.K.

S. Encs.

Jan. 28'99

W. K. K.

I ought to prepare some little circulars giving bills of fare for diabetes, obesity, rheumatism and other maladies. If you will remind me of it, I will try not to forget it.

J. H. K.

R. E.

Hotel Metropole, Paris, April 10-99

N. K. Sheldon,

Battle Creek, Mich.

Dear Brother:-

Please send to M. le Docteur Tripet, 122 Boulevard Magenta, Paris, complete circulars of the Sanitarium, also copy of Modern Medicine and Good Health, copies of my principal reprints; & also copy of my book on Massage, writing in on the fly leaf, "With ~~th~~ the Author's compliments."

Please keep a special list of all the addresses which I send you while on this trip, as I shall want to make use of thep.

Sincerely yours,

N.

J. H. Kellogg.

1899

Mod. No. 832

ADMINISTRATION DES TÉLÉGRAPHES.

No. d'ordre — BUREAU

No. d'origine 2263

Mots 10 Date.....

Reçu de

Employé

OBSERVATIONS.

* Heure de la réception } h. 10 m. 42

Transmis à

Date 189

H. m.

Employé

OBSERVATIONS.

REÇU LE TÉLÉGRAMME SUIVANT

De Cairo daté 189 * Heure de l'expédition } h. 10 a m.

à Docteur Kellogg

Port Said

Fabrique ipsekian

tabakian for Lindsay

expédition

Le public est prévenu que l'Administration des Télégraphes Egyptiens n'accepte aucune responsabilité pour le retard ou les erreurs dans le service des Dépêches Télégraphiques.

Legoudakis, Alexandrie.

* REMARQUE. — Dans le cas où des retards indus auraient lieu entre l'heure de reception et l'heure d'expédition, le public est prié de porter plainte à l'Administration.

Gattung des Telegrammes.	TELEGRAMM Eingangs-Nr. 4890	Dienstliche Angaben.
	an = doctor kellogg hotel bristol wien =	23 MAI 3 52
Eingelangt von 23/5 Blr. 61. auf Leitung Nr. am 189 um Uhr Min. Mittag Aufgenommen durch Franz Fischer.	Von Aufgabe-Nr. mit Taxworten (Worten Chiffern)	Aufgegeben am 18 um Uhr Min. Mittag

Text.

de copenhagen 4770 14 23 2 20 s

olsen should leave 29 come early as possible = ottosen +

Am Amsterdam telegram.

JHK

D. S. Nr. 759. (Auflage 1899.)

1899

Bemerkungen.

Die Telegraphen-Verwaltung übernimmt für die rechtzeitige und richtige Übermittlung der Telegramme keinerlei Verantwortung.

Wird eine Verstümmelung des Textes vermuthet, so kann vom Adressaten innerhalb des Zeitraumes von 72 Stunden nach Ankunft des Telegrammes die Berichtigung im telegraphischen Wege verlangt werden. Fällt die Verstümmelung der Telegraphenanstalt zur Last, so wird die Gebühr für das Berichtigungstelegramm nach Lage des Falles entweder zur Gänze oder theilweise zurückerstattet.

Der Pneumatik übergeben.

..... 189 .....

um ..... Uhr ..... Min. ..... Mittag.

Dem Boten übergeben.

..... 189 .....

um ..... Uhr ..... Min. ..... Mittag.

451 Holloway Road N., London. June 12,99.

Chas. E. Stewart, M. D.

Battle Creek, Mich.

Dear Doctor:-

Dr. Kellogg wishes you to send a copy of the Modern Medicine in which he wrote an article comparing the effects of cold water and alcohol on the heart to L. J. Lock, The London Temperance Hospital, Hamstead Road, N. W., London.

Also put the London Temperance Hospital on the regular mailing list of the Modern Medicine.

I enclose Dr. Lock's card which please hand to Mr. Sheldon to be filed with other addresses.

Very truly yours,

C. C. Nicola

Lyon J. Lock
The London Temp: Hosp.
Hampstead Rd
N. W.

July 2, 1899.

Dr. Thomason:--

I hand you with this a few addresses which have been placed in my hands at the request of J. H. K. They were sent in while abroad. I think the notes will explain themselves. I refer the addresses to you in order that the Doctor may give them such further attention as he may desire.

N. K. S.

C. 1 enc.

613.2

Y.

Sept. 13, 1899.

W. K. K.:-

I inclose a memoranda for some further exp[illegible] hope you will not, lose. It may develop something val[illegible].

Mix with raw moist gluten a sufficient amount o[illegible] make a dough of the proper consistency adding a tri[illegible] in the form of cakes, some thin and some thick. More o[illegible] be worked in the thin cakes;, that is, a very stiff dough can be made. For the thick cakes, leave the dough a little moister and do not put in o much flour.

2. Make the same experiment with potato flour, peas flour, bean flour, Soja bean flour, lentil flour. Make another series of experiments with the above, adding 5 % nut meal.

3. Make another series adding 5% malt.

4. In both series, adding both malt and nut meal, 5% each.

Another experiment.--Wash and pare raw potatoes, cut in slices one-fourth inch thick, put on tray, cook one hour in retort at the highest temperature you can get, 300 if you can. Take out and dry. Keep the slices separate and distinct if you can. Would like to see some of it as it comes from the retort and also after drying. It ought to be ground and properly cooked. Also try experiment cooking on trays in this way, then carrying to the bakery and brown slightly to about the color of zwieback.

Another experiment.--Soak some rice over night. Turn the water off [illegible] morning and put on trays and steam in retort one hour. Take out [illegible] htly, then put through the mill. The drying should be just [illegible] the rice should make a paste as it goes through the mill. [illegible] sheets about as thick as a dime. Dry these sheets with [illegible] ome of the sheets and toast or brown in the oven like

W. K. K., 2.

zwieback. Let me see the result.

Remark.--The rice meal and other meals can be mixed with the flour by the use of the shredder.

F.

Vienna 2nd of December 99.

Dear Sir.

Yesterday only, the bones, the arrival of which, you were kind enough, to announce to me, finally have landed. We impatiently had looked forward for them, and now are in the very satisfactory possession of their rich and magnificent contents. I am very happy indeed, to have now at my disposal the numerous litterary remarks and various kinds of food, both of the highest interest for me, so that ere soon as possible, I meant to try them, ready to communicate to you the result lonely lucky results of my trials meant. And how Winkernitz

two ours we very much pleased by the charming photos and thinks you so very amiable to have by this kind of way communicated to her the acquaintance with your wife and the lovely children. She wants me to express you all her greatfulness for it and your own portrait. Mr Strauss and Dr Kraus have the intention to send you some essays within short and I too, if I find time, think of doing so next. Actually several of your own interesting articles are to be translated, so that you soon will find them in our medical journal. Be sure that Mrs Winternitz and myself kept a most pleasant remem

brance of your visit, and that we are so very sorry you live so far off, so that by consequence, we are deprived of the pleasure to call on you and admire your wonderful creation. Believe me, dear Doctor, the most sincere admirer of all your great works and accomplishments and most truly yours

Winternitz