FIVE HUNDRED AND EIGHTY
PARK AVENUE

JAN 8 1925

Dear Dr. Kellogg,

Many thanks for the check for $250 for the credit of the Committee on Food and Nutrition of the National Research Council. $200 are for awards, $50 for 1925, and I note with great pleasure that you have promised $50 annually for four additional years.

The Committee will be greatly pleased at this renewal of your

confidence.

Sincerely yours,
Nathan Lusk.

January 1, 1925

A Happy New Year.

DOCTEUR A. ROLLIER

DIRECTEUR DES ÉTABLISSEMENTS HÉLIOTHÉRAPIQUES DE LEYSIN
LAURÉAT DE L'ACADÉMIE DE MÉDECINE DE PARIS
MEMBRE CORRESPONDANT DE LA SOCIÉTÉ DE MÉDECINE
ET DE LA SOCIÉTÉ DE PÉDIATRIE DE PARIS

LEYSIN, LE 25th Feb. 1926

Dr J.H. Kellogg M.D.
F.36. S.S. Majestic
White Star Line
Cherbourg

Dear Dr Kellogg,

I was extremely sorry to learn on my return from a short absence that I had unfortunately missed the opportunity of making your acquaintance. I can only hope that in the short time at your disposal you were able to get at least a general impression of the work we are doing here. I have asked my secretary to send you a collection of photographs with a copy of my book. Need I say that if you or any of your staff should chance to be in Europe again, you will always be welcome at Leysin.

Yours truly,

A Rollier

Dr R./BM.

Leysin, 25th Feb. 1926

Dr J.H. Kellogg M.D.
F.36.S.S. Majestic
White Star Line
Cherbourg.

Dear Dr Kellogg,

Dr Rollier was very disappointed to have missed you and has asked me to make a full collection of photographs of some of his best cases for you. This collection I am sending on to Cherbourg and I enclose in this letter a typed kee giving in brief the clinical history and period of cure for each case. Dr Rollier gave me a copy of the last German edition of his book to include with the photographs and a copy of "L'Héliothérapie à l'Altitude" du Dr Mathieu who worked here for some years with Dr Rollier and whose book contains an interesting statistical section.

May I say how much I feel personnally indebted to you for the extremely interesting afternoon I had the privilege of passing in your company. If you should wish for any further informations on any aspect of Leysin activities, need I say that I am entirely at your service.

Yours very sincerely

Theo. W. T. Gillon

TELEPHONE:
25 WINKFIELD ROW.
TELEGRAMS:
NEW LODGE, WINKFIELD.

NEW LODGE CLINIC,
WINDSOR FOREST,
BERKS.

18.2.26

Dear Dr. Kellogg,

I hear that you are in London, & I hope I may have the pleasure of seeing you. I wonder whether you would care to come round to my rooms with me on Thursday afternoon? If so, I would fetch you from the Carlton at 1.45 p.m.. There is a case among those you have seen by me in my Clinic – tho' it is very confused with Bowel Crisis – & afterwards I can lunch at my home at Ascot.

Yours very truly
Arthur F. Hurst.

HURST

TELEPHONE
CROYDON 1090

THE MOUNT,
DUPPAS HILL,
CROYDON.

Feb. 19. 26

Dear Dr Kellogg,

I understand that you are in town, & I remember your kind offer of hospitality to me in the past which I am unable to accept and for which I wonder if you are free on Sunday next & if you will favour my wife & myself by coming to have lunch with us at 1.15 p.m. A telephone message to Croydon 1090 saying "yes" would

be most agreeable to us.

I will arrange to send for you by car at 12.25, if this is agreeable, & in the evening there are frequent trains back to Victoria (the journey occupies half an hour)

It will be very pleasant to talk over matters with you, especially as I am starting for the States on Mar. 27th

Yours sincerely

Arthur Newsholme

20 February 1926

MAYFAIR
6460 TWO LINES.

21, Cavendish Square,
W. 1

Dr Kellogg

I am delighted to
hear you are in town & trust
you will soon give me the pleas-
ure of seeing you. The Council
of the New Health Society is
most anxious to have the
honour of making the
acquaintance of one
whose work & name has
been so familiar to them
for many years. A meeting

of the Executive takes place
on Thursday at 8.20 but I
will suggest that you be good
enough to come at five so
that a few friends might
make your acquaintance.
If you have nothing better
to do will you dine with
us on Sunday at 7.45?
Lord Rosebery expects me
Yours
Wilfrid Laurier
The New Health Society is
after your heart

On board S.S. "Majestic."

March 5, 1910.

Memo.

Look over carefully heating, ventilating and air maintaining apparatus and consider possibility of putting in a large plant.

Make experiment in heating a room by heating the floor.

Test the bath rooms and other places with the kata-thermometer; also the factory.

Order an electric kata-thermometer from Oxford Scientific Instrument Works, Wheatsheaf Yard, High Street, Oxford (page 166 Health and Environment). It may be best to order from Siebe, Gorman, Ltd., 187 Westminster Bridge Road S. E. 1.

Consider ordering fresh air gauge (page 173 Health and Environment).

THE WALL STREET JOURNAL
C. W. BARRON, PRESIDENT
44 BROAD ST., NEW YORK, N. Y.

MAR 10

Long Key, Florida.
March 6, 1926.

Dear Dr. Kellogg:

I hope you returned from Africa in good health and spirits.

If you have any German Correspondents I wish you would inquire if the Germans ever really had any good milk.

You know the German cows are all stalled and I don't believe that makes healthy milk -- where a cow gets no sunshine or exercise.

The Germans say they can't afford to use land for pastures.

Very truly yours,
C W Barron

Dr. J. K. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

German Babies Like Meat Better Than Milk

NEW YORK, March 2 (AP)—By feeding them meat extracts as a substitute for milk as young as six months, "longer and broader" babies are being raised in Germany, Dr. Samuel Gross, formerly a lecturer at Bellevue Hospital, announced today when he arived from Berlin.

Dr. Gross has been visiting the principal children's hospitals in Germany, where he found that babies are now being fed with extracts of beef, kidney and other meats instead of milk and are thriving on it. He said that the diet was tried as an experiment during the war when milk was scarce and proved so successful that it is now widespread.

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Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

MAILED
FILE
NO. F. U.
FOLLOW

March 14, 1926.

Mr. C. W. Barron,
Long Key, Florida.

Dear Friend:

I am home and find yours of March 6.

I am glad to tell you that I am feeling, I think, a little better than ever before in my life. I did a lot of work, got a lot of sunshine and loads of ideas. I saw a great deal in the hospitals of Berlin and Vienna as well as of Paris and London and it is my opinion that Dr. Gross has given the public misinformation. In Berlin I inquired particularly with reference to the milk supply and found that the hospitals are all abundantly supplied with milk. German milk is, of course, of very poor quality. The cattle are kept in the stables constantly the whole year round. One medical institution got its milk from a dairy the cows of which had not seen the daylight for three years. Practically all the cattle in Germany are tuberculous. Slaughterhouse reports show that scarcely one cow in one hundred when slaughtered is free from tuberculosis.

I labored with the manager of the dairy very earnestly to get him to give his cows at least a little sunshine every day. I made no impression upon him. He told me he could not bring his cows out because they had not seen daylight for three years and would be blinded by the light, that their hoofs had grown

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MAILED
FILE
NO. F. U.
FOLLOW

so long standing in the soft filth of the stable that they could not stand up on hard ground and, if they were brought out in the light, they would go wild.

The art of dairying in Germany is at least fifty years behind the time.

As ever,

Sincerely yours,

v-m

P. S. Your remarks published in the "London Daily Express" are very encouraging to the English people. I confess I can not help but feel somewhat pessimistic with reference to Great Britain's future. Sir Horace Plunkett told me that the taxes are so high that they have really become a capital tax. He also told me that he felt sure that the trade lost by Great Britain during the war would never be regained.

27 Lancaster Rd

MAYFAIR
6480 TWO LINES.

21, Cavendish Square,
W. 1

APR - 7 1926

Dear Dr Kellogg

Many thanks for your letter & the MS & book you have so kindly sent us. The mention of this Council was delighted to meet you as they were all so familiar with your work & with all you have done. So am one kindly

Yours
Jennie
Wauchope Lane

P.S. The Society is progressing rapidly. It will be a great feather in your national cap.

W. Arbuthnot Lane, 21, Cavendish Square, W.1 Mar. 27, 1926

JHK

Many thanks for your letter and the book you have so kindly sent us. The members of this Council were delighted to meet you as they were all so familiar with your work and with all you have done.

egm

TELEPHONE No. 9861.
[*Museum Exchange.*]
(4 lines.)

TELEGRAPHIC ADDRESS—
AITIOLOGY WESTCENT, LONDON.

SIR DAWSON WILLIAMS, M.D., *Editor.*

British Medical Journal,
BRITISH MEDICAL ASSOCIATION HOUSE,
TAVISTOCK SQUARE,
LONDON, W.C.1.

6th April,1926.

APR 15 192

Dear Sir,

We were pleased to receive your complimentary letter about the report we published of the remarks you made at the Royal Society of Medicine, and also very gratified to know that you have been a constant reader of this Journal for so many years.

If any member of the staff of the Journal should find himself in your neighbourhood we should notify him of your kind invitation.

Yours very truly,

Dawson Williams

Dr.J.H. Kellogg,
The Battle Creek Sanitarium,
Battle Creek,
Michigan.

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CORRESPONDENCE—FILE 2—J. H. K.

MAILED APR 16 1926
FILE
NO. F. U.
FOLLOW

April 15,1926.

Mr. C. W. Barron,
30 Milby St.,
Boston, Mass.

Dear Mr. Barron:

Thanks for the clippings which you sent to me.

I am much interested in the article about Galli Curci.

The Dr. Larson referred to in one of your clippings is an old student of mine. He has become world famous by some important discoveries he has made. He began his medical studies with me, graduated at our School of Medicine. My name is on his diploma. He is now Professor of Bacteriology at the University of Minnesota. He spent a couple of days with me here at Battle Creek on his way home. He told me all about the convention and the work he has been doing.

Sincerely yours,

v-m

LUTHER BURBANK
SANTA ROSA, CALIFORNIA
U. S. A.

April 27, 1926.

John Harvey Kellogg,
Battle Creek, Mich.

My dear Dr. Kellogg:

May I take this opportunity to thank you for your kindness in replying to our wire to you during my husband's late illness and for the letter which followed. I could not fail to look to you in this hour of distress.

Sincerely yours,

Mrs. Luther Burbank

We carried out practically all your valued suggestions.

May 2, 1926

My dear Mrs. Burbank:

I thank you most heartily for your kind note of April 27th and for the lovely picture of Mr. Burbank which it enclosed. He was a marvelous man. His memory will never perish.

It is a relief to me to know that the measures I suggested were employed, as it gives me the assurance that everything was done to prolong the life of one of the most useful and best men who ever lived.

Very sincerely yours,

Mrs. Luther Burbank,
Santa Rosa,
California

MAY 5 1926

FARGO CHILD HEALTH DEMONSTRATION

Commonwealth Fund Program for Child Health

WILLIAM DeKLEINE, M. D.
Director

FARGO, NORTH DAKOTA

May 3, 1926.

Dr. J. H. Kellog
Battle Creek Sanatarium
Battle Creek, Michigan.

Dear Dr. Kellog:

I received your letter and the photograph and I want to express to you my sincere appreciation for having sent this to me. I took it down town immediately and had it framed. I now hangs in my office where I can look at it every day.

I want you to know that I hold you in my highest regard and I shall always think of you as one of the few physicians who have been an inspiration to me, not only for what you have accomplished in medical science, but what you have done for me, personally. So please accept this note as an expression of my sincere appreciation to you and wishing for you many more years of joy and happiness in the wonderful work that you are doing.

Very cordially and sincerely,

William DeKleine

WDK:P

(William DeKleine, M. D.)
Director.

2n

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MAILED
FILE
NO. F. W.
FOLLOW

May 11,1926.

MAY 1

Mr. C.W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

I am awfully sorry that I missed having the good visit with you which I had hoped to have. I went several times to your room and several times hunted for you but unfortunately always found you out of town or otherwise engaged.

I hope you have gotten a little lift by your short stay here and that you will keep up the good work by careful attention to your diet. This is a good season of the year for reducing weight for the reason that there is so much fresh fruit and greenstuffs. Look out for sugar, fats and cereals. Make your diet consist so largely of lettuce, celery, spinach, turnips, carrots, onions and fresh green things of every description that there won't be room for other more fattening things. Such a diet will give you an abundance of salts and vitamins which are especially necessary. A man of your size and particularly a man who is so tremendously active needs a lot of vitamins to keep his nervous system in good order.

I am much obliged for the things you send to me from time to timein which I am always interested.

Do not stay away too long. Come back for a little while in a few weeks so that we can keep the good work going.

As ever

Sincerely yours,

v-m

3-17-26—10M

DR. ROBERT CUNNINGHAM MYLES
123 EAST FIFTY-THIRD STREET
NEW YORK

JUN 14 1926

June 12, 1926

Dr. John Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.

My dear Dr. Kellogg:

One year ago, you, Dr. Lane, and the Hospital Staff gave to me the benefit of your years of hard work and conscientious study. I have made splendid progress in mind and body, gained over twenty pounds, and my game of golf shows a decided improvement in physical force and equilibrium.

I look back through "Memory's Lane" and find so many happy remembrances of generous kindnessus from all of you. A great many of the people of New York are more easily converted to the Battle Creek idea; in other words, they appreciate the value of many of the things that you have been teaching and working for.

I do not know how to express my gratitude, but you have all of which the human soul is capable of.

With kindest regards, and best wishes, I am,

Always faithfully yours,

RCM:M

Robert C. Myles

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JUN 21 '26
MAILED
FILE
NO. F. U.
FOLLOW

June 20, 1926. JUN 21 '26

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thanks for your article, which I read with great pleasure.

You have a wonderful way of illuminating ideas so as to make them shine and create an atmosphere of enthusiasm that gives everybody that comes in contact with you and electrical boost.

I hope you are profiting every day by the program you are going through.

Sincerely yours,

b

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JUL 1 26
MAILED
FILE
NO. F. U.
FOLLOW

June 29, 1926.

Mr. C. W. Barron,
The Oaks,
Cohasset, Mass.

Dear Mr. Barron:-

Thanks for the material you sent me. Postum Cereal is certainly making good progress. Mr. Hawk told me the other day that they increased their output this year 40% and diminished the cost of production almost an equal amount. This seems almost incredible.

Sincerely yours,

v-j

3-17-26—10M

Institut Pasteur

25, RUE DUTOT

(XVe Arrond^t)

TÉL. { SÉGUR 08-27
18-14

PARIS, le 21 Juillet 1926

JUL 22 1926

Mon Cher Docteur Rudgg.

J'ai fait le 16 Juillet comme au Congrès des Médecins Français tenu à Paris plusieurs communications au sujet de vos travaux ainsi que de ceux des docteurs Stewart et Case effectués dans notre Laboratoire physiologique

Le Docteur Verhoeven a du déjà vous écrire pour vous rendre compte de l'impression qu'elles produisaient.

Malheureusement vu la brièveté de ma mission je n'ai pas pu répéter ces communications à Bruxelles où je suis invité.

J'espère pouvoir me conformer à l'enthousiasme au sujet de nos travaux (Régime Végétarien, Rayons U et Diathermie) que

je suppose intéresser le plus les médecins pratiquant.

Et si mon congé se prolongé jusqu'à la fin du mois de septembre (de quoi je vous prie vouloir bien m'informer par télégramme American Express Paris Dr Boldyreff) j'espère faire ces communications en Allemagne.

Le docteur Virchow et le docteur Bessedka vous salueront et vous envoyent leurs voeux les plus chaleureux.

Je m'y associe de tout cœur en vous remerciant de votre aimable télégramme et vous prie de me croire, mon cher Docteur Kellogg,

Votre tout dévoué

W. Boldyreff

recherches sur l'action de la diathermie et des rayons X sur les fonctions physiologiques de l'estomac et de l'intestin.

Les médecins français ont été très surpris que vous ayez pu organiser dans un sanatorium un laboratoire de physiologie aussi important.

J'ajoute avec plaisir mon admiration et mes chaudes félicitations — et vous envoie mon meilleur souvenir.

Votre très dévoué

M Weinberg.

Prof. M. Weinberg.

Institut Pasteur
25, RUE DUTOT
(XVe Arrond^t)

TÉL. { SÉGUR 08-27
18-14

PARIS, le 16 - 7 - 1926

JUL 30 1926

Cher Monsieur Kellogg,

J'ai fait ce matin, en votre nom et au nom du Prof. Boldyreff, de M. Case et de M. Stewart, quelques communications au Congrès de Médecins français (« Journées Médicales » de Paris)

J'ai la grande satisfaction de vous dire que ces communications ont vivement intéressé les médecins français, surtout les travaux sur la digestion chez les personnes qui suivent le régime végétarien ainsi que les

Institut Pasteur
25, RUE DUTOT
(XVe Arrond^t)

TÉL. { SÉGUR 08-27
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PARIS, le 16 - 7 - 1926

JUL 30 1926

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J'ajoute avec plaisir mon admiration et mes sincères félicitations — et vous envoie mon meilleur souvenir.

Votre très dévoué

M Weinberg.

Prof. M. Weinberg.

Paris, France.
July 21, 1926.

My dear Dr. Kellogg:

The 16th of July I presented at the French Congress of Medicine at Paris several communications on the subject of your work; also those of Dr. Stewart and Dr. Case conducted in our laboratory.

Dr. Weinberg has already written you an account of the impression that they produced.

Unfortunately because of lack of time I have not been able to repeat these communications at Brussells where I was invited.

I hope to make a conference at Copenhagen which I suppose will be of great interest to practicing physicians.

If my absence may be prolonged until the end of the month of September, of which I beg you to inform me by telegram addressed to the American Express, Paris, I hope to present papers before the profession of Germany.

Dr. Weinberg and Dr. Besredka salute you and send you their best wishes with which I associate myself with all my heart and thank you for your kind telegram and pray you to believe me always devotedly yours.

W. Boldyreff

I received under date of July 16th the following letter from Professor M. Weinberg, one of the leading savants of the Pasteur Institute, Paris:

Paris, France.
July 21, 1926.

Dear Dr. Kellogg:

I have made this morning in your name and in the name of Professor Boldyreff, Dr. Case, and Dr. Stewart some communications to the French Congress of Medicine (Journees Medicales of Paris).

I have the great satisfaction to tell you that these communications have greatly interested the French physicians, especially your works upon digestion in persons who follow the vegetarian regime; also the researches upon the action of diathermy and X-rays upon the physiologic functions of the stomach and the intestine.

The French physicians have been greatly surprised that you have been able to organize in a Sanitarium a physiologic laboratory of such importance. I add with pleasure my admiration and my cordial felicitations and convey to you my best compliments.

Very devotedly yours,

Professor M. Weinberg.

TELEPHONE, COHASSET 0001

THE OAKS
COHASSET, MASS.

August 14, 1926.

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Dr. Kellogg:

Do you know anything about the enclosed?

Very truly yours,

C. W. Barron

(Copy)

Dupe

September 5, 1926.

Dr. Frank Thomas Woodbury,
47 West 52d St.,
New York, N.Y.

Dear Doctor Wood:

Enclosed find a list of the papers I have written on electrotherapeutics. My first paper was read before the American Medical Association at its annual meeting in 1888(?) In this paper, I called attention to some of the peculiar characteristics of an electrical current which I had discovered some five years before and made large use of, and which four years later was described by d'Arsonval and given the name of "sinusoidal."

I described and demonstrated this current in another paper read at the third annual meeting of the American Electrotherapeutics Association in 1893. In the discussion of my paper by Morton and others, I was accorded the honor of having first called attention to the special characteristics of the sinusoidal current. Since my discovery of this current in 1883, it has been in continuous use in the Battle Creek Sanitarium, and has been much more largely utilized than any of the other forms of electrical currents put together.

In a paper read before the International Electrical Congress, Sept. 22, 1904, I called attention to the marked influence of the sinusoidal current upon metabolism, as demonstrated by the calorimeter. From the beginning of my use of this current, or since 1883, it has been utilized as a means of automatic exercise of the muscles. Special emphasis was laid upon this point in my St. Louis paper, in 1904.

My use of electrical currents for this purpose long antedated the work of Bergonie.

I am giving you these few points as I judged from what you write that you were gathering data for a history of the development of electrotherapeutics in this country.

More than fifty years ago, I was a student assistant of the late Dr. George M. Beard, who made me acquainted with electrotherapeutics as it then existed.

I am hoping to attend the meeting at Atlantic City and may have the pleasure of meeting you there.

Sincerely yours,

John Harvey Kellogg.

Two New Electrodes, 1891.

Report of Sixty Cases of Uterine Myomata, Treated by Electrolysis, with Description of New Forms of Electrodes and a Coulombmeter, 1891.

Summary of My Personal Experience with Electrolysis in the Treatment of Fibroid Tumors, 1891.

The Relation of Static Disturbances of the Abdominal Viscera to Displacements of the Pelvic Organs (Read at Bruesels, Belgium), 1892.

The Incandescent Electric Light, or Radiant Heat Bath, 1894.

Electrotherapeutics in Chronic Maladies, 1904.

Electro-Gymnastics as a Means of Increasing Metabolic Activity, 1914.

COPY

September 5, 1926

Dr. Frank Thomas Woodbury,
47 West 52d Street,
New York, N. Y.

Dear Doctor Woodbury:

Enclosed find a list of the papers I have written on electro-therapeutics. My first paper was read before the American Medical Association at its annual meeting in 1888 (?). In this paper, I called attention to some of the peculiar characteristics of an electrical current which I had discovered some five years before and made large use of, and which four years later was described by d'Arsonval and given the name of "sinusoidal."

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More than fifty years ago, I was a student assistant of the late Dr. George M. Beard, who made me acquainted with electrotherapeutics as it then existed.

I am hoping to attend the meeting at Atlantic City and may have the pleasure of meeting you there.

Sincerely yours,

(signed) John Harvey Kellogg

Two New Electrodes, 1891

Report of Sixty Cases of Uterine Myomata, Treated by Electrolysis,

with Description of New Forms of Electrodes and a Coulombmeter, 1891.

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of Fibroid Tumors, 1891.

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The Incandescent Electric Light, or Radiant Heat Bath, 1894.

Electrotherapeutics in Chronic Maladies, 1904

Electro-Gymnastics as a Means of Increasing Metabolic Activity, 1914.

Rare

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET. BOSTON, MASS.

Sept. 25, 1926

Dr. John Harvey Kellogg
Battle Creek Sanitarium
Battle Creek, Michigan

SEP 28 1926

Dear Dr. Kellogg:

Thank you for all your kindly advice and instructions which are ever with me, however much I may fail to comply with them.

You might be interested to know that I have written and cabled to Sir Basil Zaharoff with whom you lunched in Paris, advising him to come out to Battle Creek for a rebuilding.

Edward Tuck, whom you may recall as the richest American in Paris and who gives most to the maintenance of opera in Paris, writes me that Sir Basil is so afflicted with arthritis in his knees that he can hardly get out of and into his automobile and is much broken by the death of his wife, the Duchess d'Illa Franca, with whom you also lunched.

I have told Tuck to assure Sir Basil that if he wished me to come I would fly over and get him in Paris and accompany him to Battle Creek where I expect to spend the whole month of November and perhaps a good part of December.

I am in splendid health except for my weight and the arthritis in my knees.

Like yourself, I can keep two secretaries busy day and night; but I am seeking all the time to be relieved of the business pressure.

It seems to me that as fast as I throw off one obligation or duty, another interesting one arises to occupy my time and I am ever grateful to the good God for the opportunity to work and be happy.

I have also advised Lord Cowdray, who has been laid up with his tired heart but now much improved, to come out with Lady Cowdray and Lady Cowdray's sister, Mrs. Kinnell, to Battle Creek, and then go with me to Miami to fish on the Florida Keys in January.

Cowdray's partner, J. B. Body writes me that he will probably come early next year on his return from Mexico for a month's rest cure and "dry-docking". He will write me when he is coming that I may give him a letter to you. You will find him a most charming English gentleman.

Very truly yours,

C. W. Barron

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September 29, 192[illegible].

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

I have yours of September 25th.

Be assured we will be glad to have a visit from Sir Basil Zaharoff, Lord Cowdray, and J. B. Body at any time. We will look for them in November when you come.

You are certainly a great promoter. If we had a hundred of such boosters as you are the city of Battle Creek would not hold our patients.

Sincerely yours,

b

MR. CLARENCE W. BARRON

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November 2, 1926.

Mr. C. W. Barron,
Sanitarium.

My dear Mr. Barron:

I am very anxious to get Queen Marie here to see a real sanitarium, hoping it may be the means of helping to introduce rational methods to her people. You mention having met the Queen. If you can do anything to help us in the matter I would appreciate it very much.

Sincerely yours,

b

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FOLLOW

November 19,1926.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Mr. Edison is right in supposing that the human family are losing their hearing and are likely to become more and more deprived of this sense as he himself is almost altogether,but we ought not to be content to allow the sense of hearing to be destroyed by the jargon of city life. We ought to insist on having our city affairs conducted in a more quiet manner. More attention should be given to the suppression of noises. Grenville Kleiser has suggested an anti noise week. I think the idea is a good one.

Sincerely yours,

v-m

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MAILED
FILE
NO. F. U.
FOLLOW

January 21, 1927.

Mr. C. W. Barron,
30 Kibly St.,
Boston, Mass.

My dear Mr. Barron:

Thanks for the clippings. Vaccines for cattle have been reported several times.

I have known of a number of cases in which the heart has been set agoing after it has stopped beating. I have had one case of this sort myself.

I hope you are getting along well.

I had a nice visit with Mr. Butler the other day. He is a very interesting man.

We expect you back in a month or six weeks and to stay long enough to get your weight down 40 or 50 pounds.

I see by the Boston News Bureau that you are going fishing. It is all right to catch sharks, for they are predatory, but if one lives biologically he does not have any use for fish to eat.

Hoping you are having a good and profitable time, I am

Sincerely yours,

b

DOCTOR SAVES MAN AFTER HEART STOPS

Reported to have been revived after his heart stopped beating, David Newburgh, forty-seven, of No. 598 Howard street, Brooklyn, was in critical condition at Flushing Hospital last night.

Injured while working at his trade as a carpenter, he was rushed into the operating room of the hospital. His heart had apparently halted. Dr Rosenborough applied artificial respiration and reported he had succeeded in again starting the organ. Newburgh's skull was fractured and two inches of his skull was removed

Vaccinate Cattle Against Tuberculosis

LONDON, Dec. 7 (AP)—An important step forward in anti-tuberculosis research is reported from Geneva to the Daily Mail. The correspondent says that Dr. Henry Spahlinger, noted Swiss biologist, has succeeded in inoculating cattle against the disease.

The achievement thus claimed seems to consist of the successful use of "partial or incomplete vaccines."

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January 27, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

JAN 28 1927

My dear Mr. Barron:

Dr. Hubly is back and tells me you are considerably improved and that your blood pressure has dropped to 175. This is encouraging, but it ought to get lower yet. Most of all it is important that you should get established in a regimen which will keep it down. I am willing to admit that you have an extraordinary mind, almost a super-mind, but your body is made of just common, ordinary flesh just like that of the rest of folks, and there is no way of dodging the things that happen to other people except by removing the cause, and this can only be done by scientific physiologic living.

Dr. Hubly enjoyed his visit very much. It was very kind of you to give him the outing. He tells me you fed him chiefly on green vegetables, which was good, and you sometimes had thirteen different vegetables on the bill of fare at one time. Green vegetables are safe, but ice cream and chocolates are full of dynamite .

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Mr. C. W. Barron, No. 2.

I read the article, proof of which you enclose, with much interest. I quite agree with you and I am glad to see that you are inoculating the readers of the Wall Street Journal with such progressive ideas. You put it very aptly and epigrammatically indeed. The universal need, as you say, is to set new standards and to teach the young how to live and how to prosper physically and financially. The rest will come along in due season.

I got your message inviting Miss MacCauley and my secretary to join you in your cruises. It was most kind of you to make such a generous offer. Miss MacCauley begs me to thank you although she is so busy just now with Sanitarium work and College work and several of the dietitians are away on vacation, she will not be able to get away. I am not quite sure which one of my secretaries you refer to, as I have several, but I am working them all very hard just now as I am putting through some extra literary work on account of the patients not being quite so numerous as usual, so I really cannot let them off. But we appreciate your kind offer just the same.

Do not forget to take good care of C. W. Barron.

As ever cordially yours,

b

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MAILED FEB 11 '27
FILE
NO. F. U.
FOLLOW

February 10, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

Dear Mr. Barron:

I have had the pleasure of reading your article in "The Miami Herald" about Florida. Evidently you have found the garden of Eden. Paradise is already here. Anybody who wants to go to heaven needs only to buy a ticket for Miami. But do not forget there was a serpent in Eden scattering temptations around. Stick to the straight and narrow way which, if you will follow it closely enough, I hope will in due time bring you here before the day of salvation has passed.

Sincerely yours,

b

The Battle Creek Sanitarium
Battle Creek Michigan

Feb. 15, 1927

Dr. J. H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:-

On March 17th, the Kiwanis Club anticipates the pleasure of giving a testimonial dinner to John I. Gibson at the Post Tavern at 12 O'clock. We are extending an invitation to all of the dinner class of Battle Creek and such other citizens as may wish to attend. We anticipate having a capacity attendance which will be about four hundred. We would like very much to have you present. You, Mayor Green, and John I. Gibson are the three honorary members of our club.

The committee would be pleased if you will prepare a ten minute paper on the topic, "John I. Gibson as a Man." There will be two other speeches, the topics of which are "John I. Gibson as an International Worker in Chamber of Commerce Activities," and "John I. Gibson as a Local Secretary of Chamber of Commerce." Mr. Lou Anderson is to have the last paper and we hope that Mr. O'Leary of Washington, the first paper.

A souvenir book will be presented to Mr. Gibson which will contain the speeches that are made and I personally know that Mr. Gibson will prize your contribution above that of all others. I hope that you will feel able to contribute to this occasion, and I personally will appreciate it greatly.

Sincerely yours,

W. J. Martin

W. J. MARTIN, M. D.

WJM/MH

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MAILED
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March 6, 1927.

MAR 8 1927

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

My dear Mr. Barron:

Thanks for the clipping about finger surgery. It is quite interesting. I will ask Dr. Colver to look into it.

Sincerely yours,

Guild

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

MAR 17 1927

Houseboat Edna B,
Long Key, Florida.
March 14, 1927.

Dear Dr. Kellogg:

I am glad you are putting this finger surgery matter up to Dr. Colver. I shall be glad to know what he says. Can you also give me your idea as well as Dr. Colver's idea concerning this paragraph in my last letter from Palm Beach:

" The climate of Miami has this season another and very unusual endorsement. Dr. Curtis . Muncie of Brooklyn, N.Y. and whose finger surgery in the eustachian tube relieving many forms of deafness in the ear has received recognition in Paris and London, held a few clinics in Miami where hundreds waited in line for his finger touch, which can be compared only to that of the famous Dr. Lorenz and his hip surgery.

" Dr. Muncie says he found that in the climate of Miami the tissues were softer and could be better manipulated than in any climate he had ever found.

" He discovered some years ago while dealing with children's adenoids and tonsils that he could penetrate the eustachian tube, and he later isolated nearly a dozen different types of deformity in the ear which could be relieved by so-called finger surgery.

" He admits as do most people who have studied deafness and its cure that we know less about the human ear and its treatment than any other organ of the body. Experts tell me that we know substantially all about the heart and the lungs that can be known by physical observation and anatomy. There are millions of capital for the development of everything in relation to the teeth and the improvement of our vision. The Clarke School at Northampton, Mass. where Mrs. Calvin Coolidge taught for three years, has a wonderful record in teaching and in training teachers in substitution of lip reading for finger signs for the deaf, but there is a vast field of research in connection with deafness and the human ear which has yet to be explored.

" Alexander Graham Bell from his experiments in

behalf of his self-life insurance over the tel phone, but the bill calls for and re civil us cor. no lodge in relation to the lower cap?"

Very truly yours,

C. W. Barron.

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

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March 20, 1927.

Mr. C. W. Barron,
30 Kibly Street,
Boston, Mass.

Dear Mr. Barron:

Thank you very much for your interesting letter of March 14th about finger surgery. This is quite a novel thing and quite worthy of consideration. This further information which you have given me I will pass along to Dr. Colver.

I read with great interest your address before the Chamber of Commerce in Miami. Certainly you are giving Florida a great boost, and the magic of your eloquent paragraphs ought to be worth many millions to them.

The hard frost they have had this winter must have been quite a setback. I was told yesterday by a man whose stomach I reconstructed a few days ago that the frost destroyed about half the citrus crop in Florida this year. I was sorry to hear this.

I hope you are prospering—that is, growing less.

Very sincerely yours,

b

TELEPHONE:
HORNSEY 1314.

ALBION LODGE,
FORTIS GREEN,
EAST FINCHLEY, N.2.

Dr K - to write special letter to Ashley to go with copy

23rd. March, 1927.

APR 1 - 1927

Dear Dr. Kellogg,

In accordance with your recent wish I herewith send you a couple of articles on the wisdom of the ancients, which I have entitled "Health Building among the Ancient Greeks". I think your readers will find an all-round review of Greek life more interesting and more useful from the practical point of view than a consideration of their food, etc., from which we can learn only relatively little.

I have completed my book on intestinal stasis, and am now working on another book on cancer, which, I trust, will be vastly superior to the previous volume which, after all, was my first attempt at medical writing.

I am, dear Dr. Kellogg,

Very sincerely yours,

F. Edin Parker

Dr. John Harvey Kellogg.

THE WALL STREET JOURNAL
C. W. BARRON, PRESIDENT
44 BROAD ST., NEW YORK, N. Y.

Houseboat Edna B,
Long Key, Florida.
March 23, 1927.

MAR 27 '27

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Dr. Kellogg:

You may be interested to learn that Galli-Curci is a strict vegetarian.

She gave a wonderful concert here in Miami at the White Temple Monday evening. She is now on her way to Havana, Cuba and will be at the Metropolitan Opera House in New York for six weeks beginning in the middle of December next.

She and her husband were with me yesterday afternoon and had dinner with me at the Miami Biltmore, Coral Gables, the most beautiful and the most expensive hotel in the world - $10,000,000 for the building above ground, because it was rushed through at the labor peak in nine months with wages as high as $25 per day.

Galli-Curci told me that she never ate meat because it thickens her voice and made the throat gummy.

I have just written Senator Butler to see what time he can join me to go to Battle Creek in April, and if he or I will find out what prospect there is that the President's son can be there with us, as Dr. Hubly desires very much to give him an overhauling to insure his future.

You may be glad to know that I have succeeded in the project about which I told you before I left Battle Creek for Washington. I wish you would read over the enclosed confidential survey and give me any suggestions that may occur to you.

Very truly yours,

C. W. Barron

P.S. Tell Kresge not to eat meat and he will sing better. CWB

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MAILED
FILE
NO. F. U.
FOLLOW

March 27, 1927.

Mr. C. W. Barron,
Houseboat Edna B,
Long Key, Florida.

Dear Friend Barron:

I have yours of March 23rd.

I am delighted to know about Galli-Curci. I had an intimation before that she was a vegetarian but did not feel quite sure of it. I am glad to have the facts. Meat is bad for everybody. It lowers resistance, diminishes endurance and capacity for work and in every way lessens efficiency, all simply because it is unnatural. We only reach our highest levels when we work in harmony with Nature, which means in harmony with the Creator.

We shall be glad to have Senator Butler with us next month. It would do the President's son a world of good to come here. Secretary Davis was recently here. I am going to write him and tell him that you are trying to get the President's son here and he will put in a good word. I am sure he would be glad to see him here for he is a thoroughgoing convert to our biologic ideals and he and his whole family are living biologically and with great profit.

I am glad you have succeeded in your Washington program. I do not find enclosed the confidential survey to which you refer.

We are having a good patronage and all are very busy. I have been having a very busy time for Dr. Case has been in Mexico

MAILED
FILE
NO. F. U.
FOLLOW

Mr. C. W. Barron, No. 2.

Enc

and I have had the heavy surgery to do. I enclose a picture which will show you what I was doing on my seventyfifth birthday, or rather two or three days later.

Trusting you are prospering and hoping to see you shortly,

I am

Sincerely yours,

b

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MAILED
FILE
NO. F. U.
FOLLOW

March 31, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

Dear Mr. Barron:

I have a letter from Secretary Davis saying he will do all he can to get young Coolidge to visit us.

Sincerely yours,

b

THE WALL STREET JOURNAL
C. W. BARRON, PRESIDENT
44 BROAD ST., NEW YORK, N. Y.

Southport Lodge No. 5,
Odd Fellows Hall,
April 4, 1927.

Dear Dr. Kellogg:

I have just received word from Senator Shelton that he has at the behest of Chancellor Brice cut and regrets he can not come to Battle Creek at the present time.

I have explained that I might be able to cover anything for Mrs. Barron while I am on the day open on Saturday.

I have sent on to you a copy of the survey concerning the Clarke School and am enclosing with this another copy that you may have two.

I hope to be with you in the latter the middle of April.

Very truly yours,

C. W. Barron

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

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MAILED
FILE
NO. F. U.
FOLLOW

April 8, 1927.

Mr. C. W. Barron,
Houseboat Edna B.,
Royal Palm Docks,
Miami, Florida.

Dear Mr. Barron:

I have yours of April 4th.

I am sorry to know Senator Butler cannot be with us. We will look for him some other time. We are having most delightful weather. Spring has arrived and everything is lovely. The sooner you get at the job of getting yourself down to safe proportions the better.

I just learned today of the death of our good friend Dr. Walter B. James. He might be alive still if he had stuck more closely to biologic ways. He said to me the last time I met him, "I have often been with young Rockefeller at banquets. He usually sits beside me and I notice he sticks to the biologic idea and does not vary a hair. The trouble with me is I backslide." He improved wonderfully after adopting biologic ways and if he had only stuck to it religiously I have no doubt he would be alive and enjoying good health today.

I am sending you a copy of a recent paper by Professor Irving Fisher, which I hope you will find time to read for it presents some most interesting facts. Dr. Hart, of Bryn Mawr,

MAILED
FILE
NO. F. U.
FOLLOW

Mr. C. W. Barron, No. 2.

maintains that human life ought to be extended to 250 years and believes babies will be born in the year two thousand that will live to see 200 or 250 years.

Very sincerely yours,

b

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April 19, 1927.

Mr.William Childs,
200 Fifth Avenue,
New York, N.Y.

Dear Mr.Childs:

Our Mr.Saxton has recently returned from New York and he tells me that you are having some difficulty in getting the trade in our foods started in your restaurants, although a business of even five or ten dollars a day, of course, amounts to a good deal in the aggregate, if this amount of business could be done in all your restaurants.

It has occurred to me that perhaps one of the obstacles in the way may be the great number of our products. We have found from experience that when we present all our foods or a large number of them at once, people are often likely to be confused with the great number, and get no definite impression, and so sales are not made; whereas, when we present two or three, or even so many as half a dozen at once, we succeed better.

It has also occurred to me that the people frequenting your restaurants might be more easily interested in special foods than in our whole line. For example, practically everybody who goes to the restaurant is likely to be interested in the laxative foods, in our Health Chocolates, and in Savita in some form.

I think that perhaps a little circular presenting a few of our most attractive things of general interest, might be useful. This could be prepared in the form of a neat little leaflet and placed at each plate or, if this is not agreeable, handed to each customer at the door. It would be better, of course, placed at each plate, if possible. This would give the customer something to do while waiting for his food to be served, and would give him time to make up his mind to make a purchase at the desk, after paying his bill, or while waiting in line at the cashier's window.

Some of our things are so good and so wonderfully efficient, that it is only necessary to get the attention of the person who really needs them, to make a permanent friend and patron.

The people are ignorant and need educating, but they have been imposed upon so much, they have lost faith. Their confidence in you, and the reputation of the Battle Creek Sanitarium together ought to establish confidence, and create enough interest to make a trial of the foods and a trial of all that is needed to convince them of their value.

I am delighted to see how rapidly you are developing the vegetarian idea in your restaurant work everywhere. Your exhortation to "Go vegetable wise" will set millions of people thinking, and the splendid menu you present will convince them of the feasibility of your advice.

I met a lady the other day who I had not seen for some months, and remarked that she was looking much better than when I saw her last. "Yes," said she, "I feel like a million dollars. I have adopted a vegetable diet and it has made a new woman of me."

There are several ways in which I think we might help a little:

1. We will give you a nice ad. in The Home Digest, our trade journal, which has a circulation of 75,000.

2. We have 33 demonstrators, who are busy all the time in all parts of the United States. If you will supply us with circular literature, we would distribute this to our demonstrators and instruct them to place the circulars with people who would be likely to become patrons of your restaurants. We have agencies which are visited by our demonstrators in every city where you have restaurants, and in hundreds of others. We have about 2,700 special agencies in all.

3. Another thing we could do would be to mention the fact that our foods are served at your restaurants, in our booklet, Healthful Living, which we circulate by the hundred thousand.

There are doubtless other things that we could do, and which we would be very glad to do, by way of co-operation with you.

As regards Macy's, we deplore the fact that he cuts the price, but as until recently, he has been doing the major part of the selling of our foods in New York City, and as he was a pioneer in introducing the goods, having been selling them for more than twenty-five years, during the early part of which time he was, in fact, the only retailer in New York who kept a stock of our products, many hundreds of people have come to depend upon Macy's store for their supplies of our products. On this account, we have been more tolerant with him than we would have been under other circumstances, but since he has developed an enormous trade far beyond our most sanquin expectations, and has steadily for years carried a complete line, numbering some 120 products, some of which of course have a very small sale, we have really been compelled to make concessions to him which we would not have considered under any other circumstances. In fact, his trade to-day amounts to as much as all the other retail dealers in New York together, so you see we are in a somewhat difficult situation as regards the Macy trade. As Macy is the only dealer in New York who carries our entire line, he has naturally become the center of supplies for patients who live in New York and vicinity. Whenever they want any particular specialties, they have only to telephone Macy's and get them, and there is no other place in New York where they can get them. Then, too, he has a delivery system which is effective anywhere within 75 miles of the city.

To cut him off would be to discommode a vast multitude of people, hundreds, in fact, and we never could do this until we have some other place established which would give the same service, while maintaining prices.

We have discussed this question with Mr. Macy's manager many times, and have shown him most convincingly that to cut prices on our products was utterly useless, as he had no competition, and would sell just as many goods at the regular price as the reduced price, but they will not listen. They apparently have a mania for cutting prices and will cut prices when they are cutting off their own nose, having no competitor to be injured by their action.

They are difficult people to do business with - really, in many respects, very disagreeable people to deal with, and if you make a success of putting our goods in your stores, so that the volume of trade becomes so much greater than that of Macy's that we can afford to do so, we will be only too glad to adopt such legal measures as are available to relieve ourselves of the long-standing and vexing annoyances arising from his price-cutting policy.

Be assured we appreciate your interest in helping us promote the movement for right living and to correct the eating habits of the American people. You have conferred an enormous benefit upon the public in providing eating places where dependable, wholesome food can be obtained, and we are glad to co-operate with you reciprocally in every possible way.

Our laboratories are now perfecting a new vegetable meat, which promises to be a wonderful success.

Our recently developed Sal-Savita, of which I sent you a sample, is the most popular thing we have introduced at the Sanitarium. Everybody patronizes the Sal-Savita shaker at every meal, and our head dietitian informs me that that nothing we have ever done in the dietetic way in improving the nutrition and raising the red blood cells, has been as successful as the introduction of Sal-Savita. We will soon have it ready to put on the market. The chief difficulty has been in getting the right sort of a container. This will soon be accomplished, however.

I enclose a copy of such a little circular as I proposed to introduce the foods to your patrons. I think if the plan I suggested were carried out, it would create a command immediately, for you have very few patrons who do not need some particularly laxative foods. Probably 99 out of 100 would be benefited by their use, and I have no doubt that one-third of all your patrons would be most happy to know of these helpful things.

The copy is presented simply as a suggestion. If you approve of the circular, we will prepare a quantity and send you at once, if you will tell us how many you can use to start with.

take the trade away from him, we would not hesitate to cease giving him special favors, which we are now giving him in common with several other large department stores in Chicago and elsewhere which are also doing large business in our line. It is to be remembered, however, that this could not prevent him from selling our goods. He could buy any particular goods through jobbers and in that way could continue his competition. He doubtless has arrangements with various jobbers which would enable him to buy at prices no more than he pays now, so that he could continue selling at a cut rate, as he has always done.

I do not know of any way in which this can be prevented, so you can see that in spite of any attempt that we might make to remedy this evil, we might find that we still had it on our hands.

HEALTH PROMOTERS

You lack pep?

Your appetite is poor?

You feel the need of something to give you a boost?

Here it is. A half dozen wonderful health promoters discovered and tested for years in daily use at the great Battle Creek Sanitarium and hundreds of homes and hospitals.

Psylla. The most efficient aid to waste elimination yet discovered. Pleasant to take, thoroughly dependable, absolutely harmless. Not a drug,-a food accessory.

Paramels. A new kind of paraffin oil which is solid at ordinary temperatures; melts at body temperature. More than twice as efficient as the ordinary mineral oils.

Lacto-Dextrin. The new food which changes the intestinal flora. No need of cultures or sour milk. Refreshing, palatable, cleansing. Clears tongue and complexion. Sweetens the breath, cures headaches, biliousness and indigestion. A real therapeutic food. A wonderful booster. Changes the disposition and outlook on life as well as the flora.

Health Chocolates. The most satisfying and palate-tickling confection you ever tasted. Made with the delicious malt sugar instead of cane sugar, so does not hurt the stomach but actually aids digestion. Good for children and invalids. Also Chocolate Bars and Nut Bars.

Laxa. Bran and agar in a crisp, toothsome biscuit, really palatable and remarkably effective. Neatly wrapped to carry in your pocket.

Sal-Savita. A real nerve food. The concentrated virtues of yeast. Vitamin B in most condensed form. Rich in food iron. A physiologic tonic. Builds up the blood and energizes the brain and nerves. Not a drug,-a brain, nerve and blood-building food.

Sold at all Child's Restaurants. Ask for booklet, Healthful Living and other interesting literature.

MAILED
FILE
NO. F. U.
FOLLOW

April 26,1927.

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr.Barron:

Thank you very much for the booklet about the Clark School. It is a splendid document. I am very glad to have it. It is a model of its kind.

Sincerely yours,

V-m

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April 27,1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron :

I am returning with this the little clipping you sent me. I think this is a humbug. Anything that would kill germs in the air would kill people that breathe the air.

Sincerely yours,

v-m

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MAILED
FILE
NO. F. U.
FOLLOW

May 6,1927.

not at B

Mr.C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for your note about the treatment of arthritis.

Sincerely yours,

v-m

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May 26,1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

I am delighted to have your suggestions. They quite agree with my own ideas. Some of our delinquencies here are not due to ignorance but to lack of time for supervision. All of our decorating will be in non-glossy tints. The tints will be light because dark colors absorb the rays of light which we need. The Bible says, "Walk in the light." We are going to have our new place artistically furnished. Your suggestions are always gratefully received.

Sincerely yours,

v-m

June 14, 1927.

President Daniel L. Marsh,
Boston University,
Boston, Mass.

My dear Mr. Marsh:

I want to congratulate you upon the happy phrasing of your description of Governor Fuller, Editor O'Brien and the others receiving honorary degrees at your hand yesterday. What I particularly like concerning your encomium of myself was the opportunity it afforded to spread in the press your happy condensation of my creed and what I have sought to make my life's expression, "the doctrine that the laws of happiness are the laws of service".

The argument is so simple - that the Creator is himself the author of all service and all happiness, and that the two must be joined in God and man - that I can not understand why I never came across the condensed expression of it, and had to formulate it myself.

Of course it is written all through the revelation of Emanuel Swedenborg, who declares "The Lord's kingdom is the kingdom of uses, and it is nothing else".

Now I want to make a practical suggestion "in service":

Robert Lincoln O'Brien and I amused ourselves on the platform yesterday by sketching in shorthand some of your remarks, and yesterday morning you expressed astonishment that I should have remembered the figures from your magnificent baccalaureate sermon in Symphony Hall. It was because I had set down all your figures, with notations in shorthand, of your essential remarks in connection therewith, and all on one page of the service program.

The effect, of course, was to better impress your remarks in my mind and memory.

Then glancing at them the next morning as I wrote them down I laughed as I remarked to myself: "I wonder if any editor will pick up these figures and declare: 'Ha Ha! the youth overvalues love, and undervalues industry as factors in life, while the mature business man emphasizes industry and minimizes love'".

Of course the real truth is that industry and everything else spring from love or affection, which is the driving force of life. A man is industrious and succeeds in the field which engages his affections.

Now this is just preliminary to say that at the very pleasant breakfast occasion where you and Dean Everitt W. Lord also honored me yesterday morning at the Copley Plaza I found that Dean Lord was also a Pitmanic stenographer, mastered the principles of the system in a few weeks and had taught it to many in his youth.

I urged upon Dean Lord the value of pushing the Boston University to the front in graduation of well trained phonographers. I believe he assented to all my declarations and said he would endeavor to push forward the matter. I declared that it was a pity that phonography and stenography were being given over to young women, while to my mind it was the greatest training force for the mind of the youth - more valuable in the university career than either Greek or Latin because it taught analysis of sound in the English language, proper enunciation and pronunciation of every word in the language, and was the greatest aid in stretching the mind for exactness in memory; as a shorthand writer has his mind continually stretched as well as forced to accuracy as respects language as the distance increases between himself and the speaker, as measured by words between them.

Sometimes a rapid speaker will be several sentences ahead of the reporter who must remember exactly every sentence and word, and bide his time for the speaker's pause that he may quickly overtake him with his pencil.

Think what a wonderful education this gives in mastery by memory and in language. Then there is added, as I explained to Dean Lord, the practice of the mind, for the thinking and absorbing ideas, while the hand is making the record, you will readily see what a training may be had learning and practicing one of the great arts valuable in modern life and business.

I declared to Dean Lord that if the Boston University would graduate 100 competent secretaries thus equipped every year such men would quickly grow up beside the great world workers and business thinkers, and get an added training of immeasurable value; and in a generation the result to the credit of Boston University would be amazing.

The young man who founded the Old Colony Trust Co., T. Jefferson Coolidge, said that after he had tried several employments and gotten no where, his father the elder T. Jefferson Coolidge placed him beside his own desk where the captains of industry daily exchanged views with his father, and in a short time the young man himself became a master in business and finance, while he might have otherwise spent a life time almost fruitlessly in minor situations.

When President Roosevelt wanted a quick and accurate stenographer he sent for the best one to be had in the Treasury Department. Cortelyou was sent over, and his next position thereafter was Secretary of the United States Treasury. Then he went to the head of the Consolidated Gas Company, where he now is at a salary of probably $100,000 a year, presiding over several hundred millions of the great light and power properties, covering the whole of Manhattan Island.

Mr. Loeb was also President Roosevelt's secretary, and he graduated thence to a $50,000 position with the Guggenheims in New York.

I think I need say no more except that I think Editor O'Brien and Dean Lord will confirm what I say as to the value to young men in a Pitmanic shorthand system which so clearly teaches analysis and the relation of sounds in our everyday English speech.

Yours for the happiness of service,

C W Barron

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MAILED
FILE
NO. F. U.
FOLLOW

June 17, 1927.

Mr. C. . Barron,
30 Kilby St.,
Boston, Mass.

My dear Mr. Barron:

Thank you very much for a clipping you recently sent me in which Coolidge said, "If we could effectively rid our systems of poisons, not only would our bodily vigor be strengthened, but our vision would be clearer, our judgment more accurate, and our moral power increased."

This is a wonderful statement coming from the President and shows that he is of a deeply philosphical mind. He has thought profoundly upon the great questions which affect all humanity.

We have a number of wholesome things which I think the President and Mrs. Coolidge would greatly appreciate, particularly Savita and perhaps also psyllium seed, Lacto-Dextrin and Laxa.

It is a great satisfaction to have in the presidential chair such a fine character as Coolidge, especially as a successor to Harding, a man of the very opposite type.

b

Very sincerely yours,

COOLIDGE LOOKS FORWARD TO ERA OF RIGHT THINKING.

"If we could effectively rid our systems of poison, not only would our bodily vigor be strengthened, but our vision would be clearer, our judgment more accurate, and our moral power increased."

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MAILED
FILE
NO. F. U.
FOLLOW

June 17, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

My dear Mr. Barron:

Thanks for the reprint of your article about Galli-Curci and Swedenborg. I have been so busy I have not made a fair study of Swedenborg, though I have for many years planned to do so. Other urgent things have gotten into the way. I shall improve the first opportunity to look into the beautiful volumes you kindly sent me.

I hope you are holding your own or at least not going back any.

As always sincerely yours,

b

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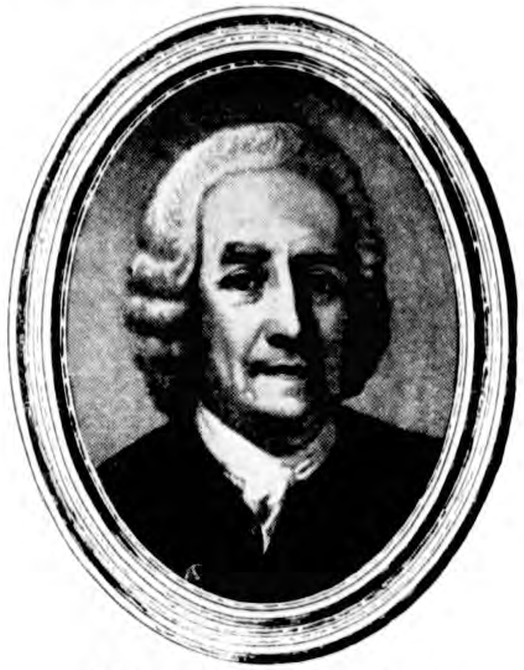

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June 24,1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

The carrot story is interesting. If true, it is really valuable but I doubt its dependability.

Sincerely yours,

V-m

Cuts

Dr Kellogg may like this — Ed

Carrot Eater Tears Phone Book in Two

Young Man, Suave, Slender, Seeking to 'Help Produce Race of Men Like Gods,' Calls at Herald Tribune

Australia's 'Little Samson'

Virile Vegetarian Also Offers to Tear Up Deck of Cards, but None Is Available

A young man, suave and slender, called at the Herald Tribune office yesterday and asked for a telephone directory. When one was given him he tore it in two without even opening it, whcih makes the chance of the next slight and suave young man to get the loan of a telephone directory at the Herald Tribune office very slight and suave indeed.

"I am," he said, as he cast the fragments aside, "Lionell Morette, of Australia, and I want to help produce a race of men like gods. It can be done. Have you two heavy draft horses?"

Two of the heavy draft horses which do rewrite on the Herald Tribune staff were led out. They shied violently on catching sight of the two halves of the telephone directory, however, and would have nothing to do with the slight and suave Lionell Morette.

"Here horsey, horsey," cooed Mr. Morette, slightly and suavely. "Come here, horsey, and I will show you a trick."

The horses were not interested in tricks, however, and clumped heavily back to their desks, where they set to work diligently at their typewriters, pretending to be very busy indeed.

"It is too bad," said Mr. Morette. "It is a very fine trick and has been performed before crowned heads in the best drawing rooms in Sydney and Melbourne."

He explained that two unwary draft horses were placed tail to tail and he took a position between them with folded arms. A strap was fastened to each arm and each strap led to a whiffletree to which a horse was attached. The horses were then started in opposite directions and if they succeeded in unfolding Mr. Mortte's arms he gave them each a carrot.

If they failed each horse gave Mr. Mortte a carrot. So far, he said, he has contributed not a carrot to the nourishment of all the horses in Australia, while his diet has consisted largely of carrots. It is to his vegetable diet that Mr. Mortte attributes his great strength. He has no teeth and never did have any and was a confirmed invalid until he was twelve years old.

"Now they call me the Little Samson," said Mr. Morette, "and diet is the secret of my power. I eat no meat, subsisting entirely upon the carrots, which I get from draft horses, and other vegetables. It is too bad that your draft horses are so busy, as my appetite is keen at the present moment.

"However, I presume I shall be able to get carrots elsewhere in your city. I wish that every one knew their value and the value of the vegetable diet. If they did, every one would be hale and strong—if not so strong as I. It is not my purpose to compete with the men of medicine. I merely want to co-operate with them and help them produce a race of men like gods."

His slight and suave tones were directed almost imperceptibly toward the rewrite desk, but the two draft horses did not even prick up their ears, but pounded vigorously upon their typewriters, merely glancing askance at the two halves of the telephone directory.

Mr. Morette also glanced at the rent volume.

"I also can tear a deck of cards into eighths," he announced hopefully.

Playing cards are not permitted in the office of the Herald Tribune, however, and Mr. Morette departed regretfully in search of carrots or gullible draft horses.

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

Battle Creek.
June 26, 1927.

Dear Dr. Kellogg:

Thank you for the lovely strawberries you have daily sent me. I am leaving this afternoon for New York and the east, and although I have had only five days treatment here, they have fully repaid me for the stop over on my trip.

You have a wonderful organization, and I do not see how you could have built it up in so few years. Nobody in Boston can fit me with glasses as does Mrs. Stegman, and I prefer Dr. Wencke and your Throat and Nose Department to even the best in Boston.

I don't understand how you get such faithful service for so little money from your doctors and dietitians and helpers all around.

I was glad to see that although everybody else shows the effects of over-work this past winter, the vacation you and I gave Dr. Hubly and Miss Keith brought them through in fine shape, and Dr. Hubly seems to be in the best physical condition of your whole medical staff which seems to be very much over-worked.

I don't think Dr. Hubly would ever be able to replace Miss Keith in conscientious care of all his diabetic patients. Will you ever be able to replace such faithful workers as Miss Zahn and Mrs. Harvey?

It was because of Mr. Henry L. Doherty's regard for Mrs. Harvey that he left John Hopkins University and came here. She is one of the most self-sacrificing and most devoted workers, absolutely forgetful of herself.

Mrs. Harvey would never speak for herself, but I hope you will look to it that in the new building Mrs. Harvey has a place where she can be more "to the front".

Next to yourself, you have no more creditable advertisement of the good will and service of the institution than you have in Mrs. Harvey and I hope she is near the front door when the new entrance is opened. It is a pity that she has been pushed down to the end of the hall, practically out of sight.

Please don't let her know that I am saying this to you, for she would be embarrassed if she thought anybody was doing anything to recognize her social talent and good hearted tact.

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

I hope to be back here early in September and that I shall find Mr. Henry L. Doherty very much improved. He can not get down to hear your wonderful Question Box talks, but if you could spare a half hour now and then to talk with him as your good heart dictates, I think it would be very helpful.

They told me yexterday at Kalamazoo that that town appears to be going down while Battle Creek was going ahead, and I could well understand it.

Faithfully yours,

C. W. Barron

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MAILED
FILE
NO. F. U.
FOLLOW

July 7, 1927.

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

Thank you very much for your note of June 26, with several suggestions all of which are as usual very helpful.

We put some chairs in the lobby. I cannot imagine why they should have been removed. It was somebody's whim.

I hope you will keep walking the straight and narrow road while you are gone and get back without losing any ground.

I have just been reading your splendid little booklet, "The Road to Prosperity." Where on earth is there another man who puts so much true philosophy before business men? The influence of your journal must be worth millions to Wall Street as well as to those who do business with the great hub of the financial world.

Sincerely yours,

V-M

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS

Enroute to New York.
July 11, 1927.

Dear Dr. Kellogg:-

Thank you for yours of July 7th.

Your mental analysis is so keen that I would like your mental reaction to my classification of the human mind, as per the enclosed, sometime when you have time to read it and give me a line of thought.

Can you also tell me sometime why it is considered bad in arthritis cases to have massage? I notice that when I have massage my arthritis is stirred up more. But, I cannot believe that the effect is permanent. It must be only temporary.

Can you tell me the reason for the edict that massage is bad for arthritis, and if I am right that the result is only temporary, and that the stir-up may be preparatory to elimination?

Very truly yours,

Dr. John Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

MAILED
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JUL 22 1927

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How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

July 21, 1927.

JUL 22 1927

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

Dear Mr. Barron:

Thanks for yours of July 11th enclosing a budget of "Knowledge, Intelligence and Wisdom," which I have read through from beginning to end with much interest and profit.

I hope you are walking in the straight and narrow way.

I have not forgotten your several suggestions. I think we are already profiting by some of them.

Sincerely yours,

b

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July 25-1927.

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

I was glad to read Mr. Fitzgerald's letter to the Boston Herald showing appreciation of the honor conferred upon you and giving an account of the introduction of Business Administration into Boston University.

If someone will find a way to introduce biologic ideals into Boston University and Harvard University, he will do the world a great service.

I have something very interesting to tell you, the next time I see you.

Cordially yours,

v-l

The World League Against Alcoholism

ERNEST H. CHERRINGTON, LL. D., LITT. D., GENERAL SECRETARY

Westerville, Ohio, U. S. A.

Office of Boyd P. Doty
General Counsel

August 8, 1927.

John Harvey Kellogg, M.D.,
The Battle Creek Sanitarium,
Battle Creek, Michigan.

My dear Dr. Kellogg:

I am sorry that there is any possibility that you will not be able to be present at Winona. But I thank you for your manuscript and we will arrange to have some one read it so that it will come before the Congress and will appear in the records.

Of course, you know that Superintendent Holsaple has arranged for the showing of your picture, "Alcohol and the Human Body", and I think it would be quite proper for him to read your manuscript and I am asking him to do so. Of course, if you should find it possible to attend the Congress we will want you to take this part of the program personally.

Cordially yours,

Boyd P. Doty

Director of Congress.

BPD/EB

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MAILED
FILE
NO. F. U.
FOLLOW

August 11, 1927.

Mr. Boyd P. Doty,
Westerville, Ohio.

My dear Sir:

I have yours of August 8th.

I am preparing another paper to send you for the afternoon, a different paper from the one which goes with the film since you have given me the honor of two appearances on your program.

Sincerely yours,

b

1-6-25—15M

AUG 1927
REC'D
DR. ALLEN'S
OFFICE

August 21-1927.

AUG 22 '27

Madame Henry Tissier,
67 Bd. Raspail,
Paris, France.

Dear Madam Tissier:

I was very much shocked and grieved to receive the news of Dr. Tissier's death. I had not heard of his illness. Be assured of my most sincere sympathy. The world has lost a great scientist and I feel that I have lost a good friend.

Assuring you of my sincere sympathy, I remain, with greatest respect,

Sincerely yours,

v-1

Battle Creek, Mich.
September 12, 1927.

My dear Dr. Kellogg:

Our mutual friend Mr. Baron of New York, spoke so much of your institution that I decided to pay it a visit.

Unfortunately, I cannot avail myself of your wonderful treatments, as I find it impossible to rest here. I am leaving today, but wish to say a few words to you on behalf of all the other patients. The Sanitarium prides itself in having made Battle Creek what it is today - why not get the Michigan Central (which carries plenty of patients) to remove the freight trains, which run all night long on Main Street and make sleep impossible to a fellow sufferer, to the Grand Trunk Line? It is my personal opinion that the Sanitarium owes the patients great consideration in the matter of rest.

Respectfully yours

Patron's Friend.

FEB 7 1890 FEB 9 LOCKS

Sept. 15, 1927.

CABLEGRAM

Dr. J.H.Kellogg,
Battle Creek Sanitarium, B.C.? M.

PROFESSOR LEONARD DUDGEON OF SIX STANHOPE STREET LONDON W ENGLAND WOULD BE GLAD TO KNOW IF YOU HAVE CURED ANY PATIENT SUFFERING FROM LYMPHADENOMA AND WHAT REMEDY YOU EMPLOYED

Reply paid for.

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

Battle Creek, Michigan.
September 22, 1927.

Dear Dr. Kellogg:

Thank you for the privilege of reading your address on Lawson Tait.

You must have impressed your hearers with your knowledge of Tait and his work, and I should have thought that they would have demanded of you that you tell them something about your own work following in the line of Lawson Tait.

I think there is a typographical error where I have noted on one of the pages. I, incidentally, think this paper ought to be published and have wide circulation. Why don't you offer it to the Medical Journal.

Sincerely,
C W Barron

Dr. John Harvey Kellogg,
Sanitarium,
Battle Creek, Mich.

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September 23,1927.

Mr. C. W. Barron,
Sanitarium.

My dear Barron:

My paper will be published in the proceedings of the Association of Abdominal Surgeons.

Sincerelyyours,

v-m

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

Battle Creek, Michigan,
September 28, 1927.

Dear Dr. Kellogg:

I hope you are looking carefully to the transportation interests within the Sanitarium, in connection with the new building. It seems to me you have quite a problem in elevator and floor transportation, with the motor entrance about one-eighth of a mile or more away from the north end of the building.

It seems to me it was a mistake to enlarge the main elevator in the main building, take out the settee in the elevator, and then load the elevator up and down at every floor like a freight train, so that it takes some times more than six minutes to make the round trip.

At 2:00 P. M. today, with my stop watch in hand, I timed the elevator between the time of its descending from the dining room and its return thereto, and it was just six minutes for the round trip, which meant with the loading and the descent that I was ten minutes in getting from the dining room down to the office to keep an engagement, and this at 2:00 P. M. The express elevator to the dining room was not at that time running. It had evidently stopped before 2:00 P. M., and the elevator, going and coming, had to stop at about every floor.

With two gates to open and close, this makes twelve gates, and when you miss the elevator and have to wait for the return trip, it means eighteen gates to open and close and delay you in descending from the dining room. I inquired of the elevator girl if there was anything unusual to delay the elevator and she did not know of anything.

Of course you know you have faced your

new extension in the wrong direction. You have faced it southwest for the afternoon sun.

Rose growers and builders of conservatories tell me their greenhouses should face southeast. It is the morning sun, and not the afternoon sun, that grows roses, and the same must be true of human beings.

It seems to me, as I look at the extension, that it should have had more glass, bigger windows, and balconies for sun porches, but perhaps you are arranging the roof for a great sun porch, as many buildings are being constructed now for roof gardens in the sun.

Yours for health and the Sanitarium's success,

C. W. Barron

Dr. John H. Kellogg,
Battle Creek, Michigan.

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MAILED
FILE
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RECD

September 30,1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr.Barron:

Thanks for your note.

Our new building runs northwest and southeast. This gives sunshine for both sides, the morning sun on one side and the afternoon sun on the other side but giving a larger amount of sun on the southwest side. This makes all our rooms front rooms whereas if the building faced the south, we would have the sun only on one side of the building. The other side would get no sun at all and would be back rooms. Our windows are 6 1/2 X 5 feet which is as large as patients can handle. There will be two rapid elevators of the very latest improved type in the New building. The big elevator will transport more people in a given time than the small elevator but it naturally makes slower progress.

I hope the next time you come we will be in the new building with a better elevator service.

By the way, we are tohave a college reception in the new gymnasium tomorrow evening. I am very anxious indeed

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Mr. C. W. Barron.--2

that you should be there to see our splendid crowd of Freshmen, nearly 200, and to note the improvement in the quality of our students since the first reception which you attended at my house.

I thank you very much for your criticisms which are always helpful.

Sincerely yours,

The Battle Creek Sanitarium
Battle Creek Michigan

October 1, 1927.

Dear Mr. Ashley:

Regarding the attached unsigned letter, which you passed on to us to see if Mr. Barron could identify the writer, Mr. Barron is unable to do so, as so many hundreds of people coming to the Sanitarium claim to be his personal friends by reason of being readers of his papers. However, he cannot very well be an intimate friend of Mr. Barron's or he would know how his name is spelled.

Mr. Barron, however, feels that this letter might be made a good basis of complaint to the Michigan Central, for he has often been awakened when sleeping at the south end of the building, by the railroad trains whistling and tooting.

Yours very truly,

W M McClure

Secretary to Mr. Barron.

Mr. R. V. Ashley,
Battle Creek Sanitarium,
Battle Creek, Michigan.

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October 3, 1927.

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

I enclose some material about education which may interest you. I hoped to hand it to you before you left but it reached my office a little too late.

Sincerely yours,

V-m

Editorial

TRANSLATION

October 5, 1928.

Dear Dr. Boldyreff:

Thanks for the promise to send me reprints: 50 will do.

I regret I cannot comply with Dr. Kellogg's request: in the published works of Tissier, there are no mentions of the change of flora. Ilya Iliich (Metchnikoff), in spite of the efforts of many years to change his own flora artificially, attained nothing.

Your son left the best impression with everybody here.

A few days ago I saw Dr. Westenrick, who dreams of working under you.

Yours as ever,

(Signed): A. Besredka.

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(COPY)

October 11,1927.

Dr. John Harvey Kellogg,
c/o Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Dr. Kellogg:

You will please excuse me for being just a little tardy in writing this letter, but feel that you and your Board of Directors are due recognition for the admirable manner in which you entertained the Kiwanians, during their State Convention held last week.

The outstanding feature of the entire convention was the banquet served in the Union Building, Thursday evening.

I have attended some very fine banquets, but that one over-shadows them all. The setting of the stage and main floor, with the beautiful flowers, foliage, and well appointed tables, as viewed from the balcony on entering, was the most beautiful spectacle of its kind I have ever seen.

I wish to compliment, and thank, both you and your Board for the generous and splendid cooperation shown Kiwanis of Michigan, a service which duly reflects your kindly interest in making Battle Creek, and your grand institution, so outstanding in affairs of this character that other communities can only imitate.

Assuring you of my high personal regards, I remain

Yours very truly,

H. J. Mulrine.

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October 17, 1927.

Madame Henry Tissier,
67 Bd. Raspail,
Paris,
France.

My dear Mrs. Tissier:

Dr. Tissier did such important work in connection with the intestinal flora that I am anxious to see that his work is made better known in this country. I would like to translate and to publish a portion of his book on vegetarianism. He told me he thought of making some additions to this work. If he prepared the manuscript, could you send this on to me for publication? I would, of course, expect to pay you a royalty. Haven't you some unpublished material which you could send me for publication in medical journals?

When I met Dr. Tissier last he was making a research about the paratyphoid bacillus which he found in eggs. Was this work so far completed that it could be published? It is very important that it should be published if possible.

I should be glad to have a little sketch of Dr. Tissier's life that I could publish in this country. Can you furnish me the necessary facts? A good picture of him would be very desirable also.

We are going to have a Race Betterment Conference here early in January. I should like to be able to present something

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at this Conference. If anything was published in France in relation to his life and death, I should be very glad to have it.

Hoping I may have the pleasure of hearing from you in relation to these matters, I am

Very sincerely yours,

V-m

TELEPHONE, COHASSET 0001

THE OAKS
COHASSET, MASS.

October 25, 1927.

Dear Dr. Kellogg:

Thank you for your most interesting remarks concerning education and its vital needs.

You may be interested in the enclosed copy of recent letter of mine to President Marsh of the Boston University.

Sincerely yours,

C. N. Barron

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

(COPY)

DOMINION OF NEW ZEALAND

Office of Minister of Internal Affairs,

Wellington, 26th October, 1927.

My dear Doctor:

It was indeed a very pleasant surprise to me when your letter arrived for it brought back many pleasant and happy recollections.

I will give you a thumb-nail sketch of my career since leaving you; married, three children (one girl and two boys); eldest boy on ranch, youngest at college as a law student; girl at home. Eleven years Chief Health Officer to the Maoris. During this period, stopped decline and race is now increasing. Returned to Parliament in 1911 and have occupied a seat ever since. Was created Minister of the Crown in 1912. Am now longest elected Minister in British Empire, having held office before, during and since the War. Decorated by the King with the C. M. G. and K. B. E. Held portfolios of Minister representing Maori Race in the Executive Council, Minister in charge of Maori Councils, Minister for Tourist and Health Resorts, Minister for Health and Mental Hospitals, Minister in Charge of Cook and other Islands (Dependencies), Minister for Internal Affairs. You will see that I have had a somewhat varied career.

At this remote date I want to thank you again for the vital principles which I absorbed from you during my sojourn in your country. Many of these principles I have carried out in my own life and I have no doubt that the success which attended my efforts amongst my own people was largely due to them.

I am just 51 years of age, gray, but full of vigor and expect to do more real service for my people in the future. I have met a great many men from the States. I happened to be Minister of Health when we held a large Medical Congress in our northern city of Auckland, where representatives came from all parts of the world. Amongst them were Dr. Richard Harte from the East, Dr. Martin from Chicago, and Dr. Will Mayo of Rochester. I had great pleasure in meeting them and extending to them the hospitality of our country. I have often longed to come back to the Sanitarium to see you and any of my friends of the long ago.

I thank you for your photograph which I greatly appreciate. In comparing it with one you gave me years ago I see very little difference. I am sending you a photograph of myself which makes me out to be a much older man than you.

Again thanking you for your letter,

I am,

Indebtedly and sincerely yours,

M. Pomari.

P. S. I should appreciate it if you would send me any of your recent publications. I am getting together a few articles dealing with some of our health activities, such as research into goitre, cancer and infantile paralysis, which I was instrumental in setting on foot, and will forward them to you in the hope that they may be of interest.

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MAILED
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NO. F. U.
FOLLOW

October 26,1927.

Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:

Thank you very much for the clipping from the Boston paper showing the beautiful picture of your home. I am going to have it put into a little frame.

Sincerely yours,

V-M

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MAILED
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FOLLOW

November 9,1927.

Mr. C. W. Barron,
The Oaks,
Cohasset, Mass.

Dear Mr. Barron:

I thank you very much for the copy of your letter to President Marsh of Boston University which accompanied your note of October 25. I have read the letter with much interest.

Sincerely yours,

V-M

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MAILED
FILE
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B C

November 22, 1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Enclosed find a copy of a letter I have just written to Dr. Snook. I know you will be interested in what he will show you.

Sincerely yours,

b

Boston News Bureau
C. W. BARRON, MANAGER
30 KILBY STREET, BOSTON, MASS.

Battle Creek, Mich.
November 24, 1927.

Dear Dr. Kellogg:-

I am leaving tomorrow, as I have engagements in Detroit Friday night, New York Sunday, and Boston Monday and Tuesday.

Would you be willing to put on paper, that I may take the same to Mrs. Fred Fisher, whose husband is one of the great men in Fisher Bodies and General Motors, all the treatments for Papillomas on the bottom of the feed?

If I can have this in writing before 12 o'clock Friday I shall be very grateful.

I am sending to you the Coolidge pamphlets which I hope you will read.

I hope you read my address on "What Ails New England, and The Remedy" which discussed education.

The Coolidge pamphlet and name are still confidential, but my address before the otological people and the other pamphlets are at your service in any way you like.

I should also be glad if you would give me a letter of introduction to that telephone scientist gentleman conducting experiments. I have just learned that the telephone company and its associated companies like the Western Electric spend 12 million dollars a year on research.

When we contemplate 200 millions a year being spent on research annually in this country, don't you and I feel small, although we are both pioneers in our respective fields?

Very truly yours,

C. W. Barron

Dr. John H. Kellogg.

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November 25, 1927

Mr. C.W. Barron
Sanitarium

Dear Mr. Barron:

I have ordered shipped to your home a peck of Jerusalem artichokes. If you want to raise them yourself, you can plant them in your garden now and they will grow in the spring and give you a fine harvest. I should plant them at least four feet apart because they spread rapidly. You ought to get at least half a peck from each artichoke.

I have read your pamphlet "What Ails New England" with great pleasure. I have read a portion of it twice and have saved it in my index rerum and shall refer to it.

I wrote to Dr. H. Clyde Snook of the Bell Telephone Co. and told him of your interest in the researches, he has made, and asked him to write you. You are very likely to find a letter from him when you reach home. He is a charming man, and sometime when you have an opportunity in New York, I know he would be delighted to meet you, and let him show you the wonderful instrument he has invented for the study of hearing. It is miles beyond anything yet devised.

Sincerely yours,

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NO. F. U.
FOLLOW

Prop. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
Detailed Rate Sheet
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
Med. Bulletin
What I Found at B. C.
B. C. Idea
Rates—Special Phys. Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
College Prospectus
D. S. Cat. & Appli.
K.S.P.E. Cat.& Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Pros.
Tobacco Tracts
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
Meat Poster
Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

Nov. 25, 1927

Mr. C.W.Barron,
Sanitarium .

Dear Mr. Barron;

I find yours of Nov. 24th, with reference to Papillomas on the bottoms of the feet. The one thing that can be recommended as most efficient, and on the whole most satisfactory, is the X-ray applied by a expert. This will cause disappearance of the papillomas, without scar or other defect of any sort.

Sincerely yours,

V-S

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November 25, 1927.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

I am returning with this the letter from John Hayes Hammond. I am sorry to learn that he is suffering from shingles. If he would come here, I am sure we could relieve him. We are treating many such cases. I do not think a very prolonged stay would be necessary.

Sincerely yours,

Exc

12

26 Nov. '27.

Dear Dr Kellogg

As we are now leaving on Friday, the 2nd, I must beg you to let me off speaking in the Parlor on Thursday. I have a great deal to do in these next few days and shall be too busy packing on the last day so I hope you will not mind if I say I cannot undertake to speak on Thursday. I am

sorry to have to disappoint
you in this way but I hope
you will forgive me. Perhaps
some day if I come here
again I will be happy to
comply with your wishes.

Yours sincerely

Nehru D. Dalal.

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December 10, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

My dear Barron:

I enclose a letter I have just received from Dr. Snook. He is a wonderfully interesting man and I have no doubt will be able to render you some assistance in behalf of the philanthropic institution you are trying to help.

Sincerely yours,

b

Dr. Kellogg: Many very pleasant expressions are coming in. Here are two samples:

Dec. 16, 1927

Dr. Robert Cunningham Miles:

"I regret that engagements will prevent my being with you, although my spirit will be with the grand old man, Dr. John Harvey Kellogg, who is doing things for the favorable progress of the human race, equally as important and thrilling as those which Colonel Lindbergh is doing in his department."

Dr. Francis G. Benedict:

"Will you please express to both President Little and particularly to Dr. Kellogg my great regret at not being able to accept their invitations and my disappointment at not being again for a short time under the roof of the Sanitarium, where I have always found so many friends? Please also give Dr. Roth my best regards."

E.F.R.

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MAILED
FILE
NO. F. U.
FOLLOW

December 25, 1927.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

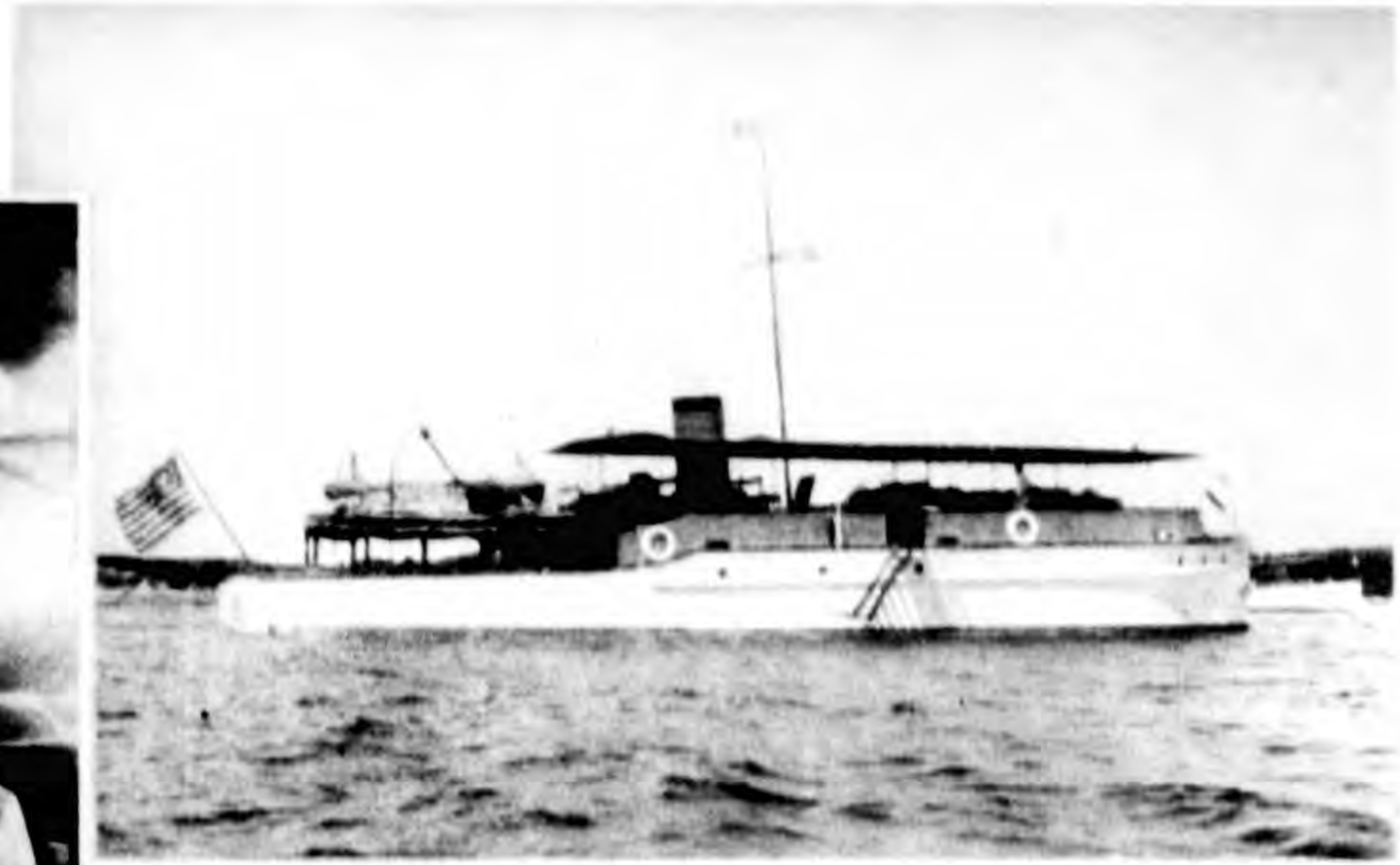
Dear Mr. Barron:

Thanks for your Christmas greeting. I have your pictures too, which I much appreciate, only I think the painter fell down badly. He did not make you anything like as handsome as you are. I think he ought to pay you damages for making such a sour looking person out of the jolliest Falstaff I ever have had the pleasure of knowing.

Sincerely yours,

b

ON BOARD
HOURLESS



CHRISTMAS GREETINGS
AND BEST WISHES
FOR A HAPPY AND PROSPEROUS
NEW YEAR
FROM
CLARENCE W. BARRON

MINOT'S LIGHT

UNIVERSITY OF MICHIGAN

SENT FOR INFORMATION OF

January 6, 1928

Mr. Shirley W. Smith,
Secretary, University of Michigan,
Ann Arbor, Mich.

COPY

Dear Mr. Smith:

A sum of $20,000 (Twenty-Thousand Dollars) has been made available through the Fellowship Corporation of Battle Creek, to aid in the work now being carried on by Prof. L. H. Newburgh. It was left to Dr. Newburgh to decide as to the spread of this sum. He has just informed me that he has elected to take it at the rate of $1,500 (Fifteen Hundred Dollars) quarterly. He has furthermore informed me that the check is to be sent each time to the University through your office, and that the administration of this money will be directed by you to carry out the purposes designed.

In accordance with this understanding, you will please find enclosed the first check for $1,500 (Fifteen Hundred Dollars) for the quarter beginning January 1st.

Very sincerely yours,

FELLOWSHIP CORPORATION

Benton N. Colver, President

El Centro, Calif,

March 9, 1928.

Mr. C. W. Barron,
30 Kilby Street,
Boston, Mass.

Dear Mr. Barron:

Thank you very much for the clipping relating to Dr. Schereschewsky's treatment of cancer by high frequency. I am glad to know of this work and shall watch further developments with great interest. I feel that the direction in which Dr. Schereschewsky is working offers the greatest hope for a cure of this dreadful disease.

I hope you are walking in the straight and narrow way and getting a little lighter every day. I am fighting against overweight myself. I have reduced my weight twelve pounds since I came to California and hope to get it down four or five pounds more. It is a dangerous thing for a man past fifty to be overweight. The life expectancy of people past fifty who are ten per cent underweight is materially greater than that of persons of average weight.

It is a hard fight, isn't it? but life is precious and we must make the fight even if it is hard.

As ever cordially yours,

b

Cures Cancer in Mice by Oscillating Current

DR. J. W. SCHERESCHEWSKY
Who is carrying on experiments at Harvard Medical School.

CURES CANCER IN MICE AT HARVARD

Dr. J. W. Schereschewsky Uses Electrical Treatment

WASHINGTON, Feb. 7 (AP)—Dr. A. M. Stimson of the public health service, has disclosed to a House appropriations committee that cancer artificially induced in mice has been cured in some instances by an electric treatment.

The method employed consisted of an ascillating current of very high frequency, and Dr. Stimson said further researches into the adaptability of the current for treating the disease would be carried on by the health service.

Use of this electric phenomenon had never before been made in conection with cancer, he said. Dr. J. W. Schereschewsky is in charge of the work.

"Thus far the results have been sufficiently encouraging so that we think they ought to be followed further," Dr. Stimson continued. "Dr. Schereschewsky has found that by submitting mice which had had cancer artificially induced in them to this high frequency current, a certain percentage of them can be cured. At the same time, he has found that some of them, if the dosage is a little too high, will die. It is a question of further investigating the exact dosage of this physical agent.

"However, he has had some 30 mice there that had terrible tumors, and after the treatment the tumors subsided and the mice were still living at the last report."

Co-ordination of the public health service with state health departments and independent foundations and research laboratories in studies to find a cure for cancer has been carried on for several years, Dr. C. C. Pierce, acting surgeon-general, said today.

Dr. Schereschewsky is now stationed at the Harvard University medical school, co-operating with the Harvard laboratories and the Massachusetts board of health in cancer cure experiments.

Dr. J. W. Schereschewsky at his home, 87 School street, Belmont, last night confirmed the report concerning his cancer research. His experiments have been carried on since last September and because of the shortness of time which has elapsed Dr. Schereschewsky was reticent about giving the clinical data obtained from the laboratory experiments. One of the great drawbacks about releasing data regarding cancer cures, he pointed out, was in the false hopes which it raised in those who are being treated for the disease.

January 11, 1928.

Mr. J. F. O'Brien,
Kellogg Company,
Battle Creek, Mich.

Dear Mr. O'Brien:

Since your call, I have instructed our dietitian to put Kaffee Hag on our list. Now that you are going to give it a general distribution, it will be everywhere available and will probably drive the cereal coffee substitutes off the market.

It is barely possible some objection may be raised to the aromatic oils contained in coffee, but as yet no positive proof has been brought forward that these are harmful. The amount imbibed in any cases is so small, I do not think this will prove to be a real objection.

Coffee is doing so much harm, I am glad you are going to enter the field against it, and have no doubt you will give the business the hardest knock it has ever had.

If I can be of any service to you at any time, do not hesitate to call on me.

Sincerely yours,

3

The following letter was written by Admiral A. P. Niblack without my knowledge or solicitation. —

J.H.K.

INTERNATIONAL HYDROGRAPHIC BUREAU

MONACO

3rd October 1928.

Rear-Admiral S. S. Robison,
Superintendent of U.S. Naval Academy,
Annapolis, Maryland.
United States of America.

Dear Robison,

I am sending you herewith an article by Mr. J. H. Kellogg on the subject of posture, which please forward to the officer in charge of the training of midshipmen as it is of importance in the work they are doing.

When I was in command of "Ships Naval Academy", the new gymnasium was being built and a lot of new apparatus installed. I pointed out to Admiral Badger that all the gymnasium instructors had been brought up on the Jahn or German Turnvern or "stunt" system, whereas the apparatus was all based on the Swedish or Ling system. I soon demonstrated to him that the entire gymnasium staff were ignorant of the use and purpose of the apparatus and that the whole outlay of money was practically useless unless it was coupled with the strength testing machine or dynamometer, which Dr. J. H. Kellogg of the Battle Creek Sanitarium had invented.

At my own expense I went out to Battle Creek and with Naval Academy money bought two Dynamometers, learned how to make all the tests and came back and taught the gymnasium staff how to use them. This was in 1908 and the Pleve class, which entered in June 1909, were the first to be tested, the strength test charts having been prepared in the meantime. I subsequently periodically lectured to the gymnasium staff on the subject of "Physical training and posture." It was through my efforts that Dr. Kellogg's ideas were taken up at the Naval Academy, and it was through my last lecture that the Academy employed Mr. Langmack in the practical application of corrections to posture. (June 1927)

The visits which the academy staff have made to Battle Creek have resulted in the installation of modern instruments in Misery Hall. The last time I was at the Naval Academy in June 1927 I deposited in Misery Hall a strength test chart of myself showing the improvement I had made since 1893 and at 68 years of age exceeding the test in every group of muscles of the average midshipman of my height.

(1) The dynamometer is also a detector of defects of boats' crews and football teams, and other athletic teams, prior to games. (2) Also from the strength charts, you can almost pick out your boats' crews.

The improvement made in methods of posture in the last eighteen months at the Naval Academy, have been extraordinary. Good posture is for health, for beauty and for efficiency, and applies as well to sitting down as to standing in ranks. I have no hesitation in saying that the U.S. Naval Academy is run on the soundest system in the world and is more advanced than any other institution.

When I first put the testing machine in the gymnasium, I called attention to the various systems used by athletes at most institutions, which systems merely select the best trained individuals for physical contests. I insisted that no midshipman should be allowed to perform his stunt at exhibitions and that he should be discouraged from over-development in his speciality, to the end that if all midshipmen were developed all-round, there would be such a wealth of athletic material that star performers would develop unconsciously. In other words, I put into the gymnasium, the spirit which is now going so strong, which is, that every bit of development of the individual which is designed for his special benefit, will in future give better results than going in for the stunt system. I called attention to the fact that the Naval Academy Gymnasium Team has won every contest for a period of eleven years, because it opposed the "stunt" system, which system only allows you to do the thing you can do best, which leads to over-development in a certain line; whereas the sound principle is to develop everybody according to individual needs, and in general athletes will prosper.

For years past, I have allowed the various Medical and Line officers connected with the gymnasium to take all the credit for the splendid system of training now in force, but the institution really owes everything, along the lines of which I have spoken, to Dr. Kellogg, whose ideas I have followed since 1893. I have absorbed his ideas by spending an occasional month at his institution at various intervals since 1893, and the money I have spent to acquire the information has been repaid me many-fold personally, while, at the same time, I have passed on everything I have learnt to those in charge of the Physical training of midshipmen.

I am coming to America early in 1930 and will hope to still find you holding down the job.

I had a terrible operation in April last, but am now in normal shape and enormously improved by the operation, and am still going strong.

Mrs. Niblack joins me in cordial regards to you and Mrs. Robison.

Very sincerely yours,

APN.

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Very truly yours,

(signed) A. P. Niblack

The following letter was written by Admiral A. T. Wiblack without my knowledge or solicitation.

J. H. K.

INTERNATIONAL HYDROGRAPHIC BUREAU

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3rd October 1928.

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Mrs. Niblack joins me in cordial regards to you and Mrs. Robison.

Very sincerely yours,

APN.

THE REORGANIZED
CHURCH OF JESUS CHRIST
OF LATTER DAY SAINTS

THE AUDITORIUM
INDEPENDENCE, MISSOURI

October 21, 1928.

Dr. John Harvey Kellogg,
202 Manchester Street,
Battle Creek, Michigan.

Dear Dr. Kellogg:

Your letter of the 14th of October has been received. I happen to know who the woman is who wrote you. She is Mrs. L. E. Katschkowsky and her residence address is Lexington and Kiger Roads, Independence, Missouri. Mrs. Katschkowsky has been a registered nurse but for several years has been fighting off tuberculosis and has spent many months in Colorado Springs, Colorado. Recently she has become interested in our "Word of Wisdom", has been trying to live rigidly according to its teachings and finds herself very greatly benefited, so much so that she has become deeply interested in presenting this "Word of Wisdom" anew to our people from the standpoint of a nurse. She has been carrying on considerable investigation relative to foods and diet. In talking with her I told her of your book on"Tobaccoism" and she felt that it contained information that she needed to help her in completion of her manuscript. I gave her your address at Battle Creek.

On receipt of your letter I called Mrs. Katschkowsky up and told her of it and suggested that if she had not kept a copy of her letter to you she reproduce it as nearly as she could and send to you as you were desirous of answering her questions.

This gives me an opportunity to present a matter which I have for sometime desired to write you about. Our "Word of Wisdom" suggests the inadvisability of using tobacco in any form or liquor, or, as the expression is used "strong drink". As a rule our people do not use tobacco but in recent years as a result of the insidious and I might even say malicious advertising of tobacco companies now being duplicated by liquor interests, there has been a growth of tobacco users in our midst. I am particularly concerned about the increase of tobacco consumption by our youth.

On a doctor's table in Los Angeles some year or two ago I found a copy of your book on"Tobaccoism". Later I ordered a copy and still later on ordered three or four more, and I am still without a copy for I have loaned these books to young people whom I desired should become interested in the question of tobacco and its use in the hopes that we could curtail it.

I am editor in chief of the Saints' herald, which is our official organ and for some time I have been desirous of using as much of your article on "Tobaccoism" as I could to present to our readers in an effort to offset the effects of this pernicious advertising which I have mentioned. Hence, I would like to know from you to what extent we may copy your article. I also desire to secure several more copies of the book for use among our young people in my efforts to stop the spread of the tobacco habit. I shall be pleased to hear from you.

Under separate cover I am sending you a copy of our book of Doctrine and Covenants. Section 86 of this book is the "Word of Wisdom", and I hope you will find interest in it. You will note that it urges the temperate use of meats, suggesting that meat should be used only in winter or times of famine. It emphasizes the use of grains and puts taboo upon strong drinks and hot drinks. Many of our people interpret hot drinks to mean tea and coffee, but my interpretation is that hot drinks means any drink which is consumed at a temperature which might be injurious to the mucous membrane or esophagus. Tea and coffee, in my opinion, should be considered on the basis of their usefulness and injuriousness. Personally I strongly feel that caffeine is an element which we can well afford not to take into the system, for I am sure that it is quite a contributing factor to that group of diseases which come under the head of high blood pressure, etc.

I appreciate the good work that you are doing in better dietetics and particularly appreciate the spendid way in which you have presented the subject of tobaccoism. I hope I may some day know you personally.

Very sincerely yours,

16

Frederick M. Smith

P.S. Please accept the book of "Doctrine and Covenants" with my compliments.

P.S. It may interest you to know that I am a grandson of Joseph Smith.

Written in Chicago, Oct. 27 1928

Dear Dr. Kellogg:

I thought we hit it off very well personally when we met (was it in Detroit?) and I certainly enjoyed myself at your place in Battle Creek. I admire you and now — unless by a slip — mention you in my talks without a complimentary parenthesis. I have the friendliest interest in you and in your great success. Therefore I want to give you a tip. I (must not) cannot tell particular results of our experiments yet, but I may say in general that you will find them easier to square with your teachings than the orthodox mixed diet professors will with theirs. You are barking up the wrong tree in your October "Good Health". Things are far otherwise than you there assume, and I suspect you will be one of the first to welcome our results when they are published — perhaps next March.

V. Stefansson

Please return to S. Brownings

Permanent Address:
Harvard Club, New York, N.Y.

(COPY)

Written in Chicago, Oct. 27, 1928.

Dear Dr. Kellogg:

I thought we hit it off very well personally when we met (was it in Detroit?) and I certainly enjoyed myself at your place in Battle Creek. I admire you and never -- unless by a slip -- mention you in my talks without a complimentary parenthesis. I have the friendliest interest in you and in your great success. Therefore I want to give you a tip. I cannot (must not) tell particular results of our experiments yet, but I may say in general that you will find them easier to square with your teachings than the orthodox mixed diet professors will with theirs. You are barking up the wrong tree in your October "Good Health." Things are far otherwise than you there assume, and I suspect you will be one of the first to welcome our results when they are published -- perhaps next March.

V. Stefansson.

Permanent Address:
Harvard Club, New York, N.Y.

CITY OF
ST. PETERSBURG
COMMISSION GOVERNMENT

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BUREAUS OF THE CITY LIBRARY
AND
ADVERTISING BOARD

MUNICIPAL PIER
ADVERTISING
RECREATION
INDUSTRY
LIBRARY
RADIO

November 15, 1928.

Dr. Kellogg and Associates,
St. Petersburg, Florida.

Gentlemen:

Our Committee desires to present to you the special advantages of St. Petersburg.

LOCATION

St. Petersburg is surrounded by warm salt water, from which fresh but gentle breezes pass over the city at all seasons of the year. This results in more even temperatures, making perfect summer days and, in winter, much longer seasons, in contrast to those places far to the south which have water exposure only on one side. Frost is also more rare, and there is no overly warm weather in the spring. Government records of fifteen years show the maximum summer temperature has reached 96 degrees only five times. Many residents prefer the summers to the winters. Whether the water breezes from all directions increase our hours of sunshine, we cannot say, but St. Petersburg has more sunshine than Tampa, eighteen miles away on the main land, and has cooler summer weather. Records of fifteen years show an average of 360 days of sunshine per year.

Years ago Pinellas Peninsula was selected by a medical group as the healthiest place in America. We have no large swamp areas from which land breezes may bring obnoxious insects to the city.

The one hundred twenty mile width of the Florida peninsula greatly reduces the force of any hurricane winds so that we are immune from the severity of such storms.

THE LARGEST POPULATED PORTION OF THE STATE.

With over fifty thousand permanent population and over one hundred fifty thousand tourists in the winter season, with Tampa's population of one hundred twenty thousand, and the population of the cities of Orlando, Lakeland, Winter Haven, Plant City, Clearwater, Tarpon Springs, Dade City, Bradenton, Sarasota and others with a total of winter tourist populations of over a half million people, all within three hours drive, there is truly a metropolitan area for your institution to draw from. Many tourists from these nearby cities drive frequently to St. Petersburg

because of its attractions and would see your institution and learn of its facilities. Many will become patrons without cost to you.

St. Petersburg is already the second largest tourist city of the State. It has passed in size many places much older. (U.S.Census figures: Population, 1910---4,127; 1920---14,237; 1928---53,000.)

Through will-power, initiative and enterprise of our citizens, with our superb advantages, St. Petersburg hopes to lead all other Florida cities. Your institution will help us, as we will help you.

OTHER THINGS WHICH WILL HELP

The Piney Point Bridge, now seemingly assured, will make all the country south and east tributary to us. Over this Bridge and the Tamiami Trail, Palm Beach and Miami will be within a comfortable six hours. Bradenton, Sarasota, and Fort Myers will be at our doors.

The title to St. Petersburg Beach on the Gulf, where the Causeway lands from the west side of the City, has passed into hands which insure its speedy development. This will give St. Petersburg the Beach advantages and attractions (heretofore delayed) which Miami and West Palm Beach have.

The Perry Cut-off of the Atlantic Coast Line to be opened next month, will bring all points west of Pittsburg hours nearer by train than to Miami. As time schedules are improved it will place St. Petersburg as near the West as Jacksonville, in hours of travel.

St. Petersburg's reputation for financial stability, general attractiveness and escape from serious injury from the real estate boom and aftermath is most favorably commented on in the North.

AMUSEMENTS AND ATTRACTIONS.

St. Petersburg's parks with free amusements to the public will be open to your patrons. Thousands play daily on our rocque and tennis courts, lawn bowling, shuffle board and barn yard golf courts. There are bleachers for onlookers--cards, checkers, chess, and domino tables. Our Million Dollar Pier and Casino which had one million visitors last year, yachting, steamboat trips, speed and pleasure boating, wonderful fishing, salt water bathing in Bay and Gulf, four fine Golf courses, free band concerts in afternoons and evenings, fine theatres and picture houses, concerts and lecture courses are offered in general entertainment, Big League base ball games, climaxed ty the Week of the Festival of States. We have three hundred miles of wide paved streets and several thousand miles of paved roads to all parts of Florida and the north. We doubt if all the other cities and towns of Florida combined, furnish their visitors the entertainment we offer. In consequence our visitors stay longer than elsewhere. After visiting other places they return here to stay and return year after year, urging their friends to come. These benefits will accrue to your sanitarium.

Your own clientele which is brought by you and the clientele St. Petersburg will furnish you will stay longer, be happier, better contented because of St. Petersburg's amusements and entertainment.

ST. PETERSBURG'S PROGRAM OF ADVERTISING AND TOURIST ENTERTAINMENT.

*****

St. Petersburg's prominent position among the resort cities of the world has been achieved not alone as a result of its natural attractions of climate and location, but largely as a result of a consistent program of advertising and of entertaining and caring for its winter visitors.

This city, through its Chamber of Commerce, not only advertises widely and effectively to attract visitors but also believes in so treating its visitors after they arrive that they may ever after have a friendly feeling toward the community. It is frequently said by tourists, who have visited many resort cities, that St. Petersburg does more to serve and entertain its guests than any other resort center. Certain it is that this city attracts each year an increasing number of visitors and that an increasing enthusiasm is manifested each year by all who come to enjoy the attractions of the Sunshine City.

Perhaps the most effective way to see what St. Petersburg is doing to attract and please its annual host of visitors is to analyze the comprehensive program of advertising, publicity, tourist contact and entertainment which the city has provided this year. This includes among other things the following:

1. Winter Advertising Schedule. Some $67,700.00 has been appropriated for the advertising of St. Petersburg throughout the nation. The advertising message of this city will appear in seventy-two national newspapers and in twenty-nine national magazines. It will occupy space ranging from a few inches to full pages and the number of insertions will vary from one to forty. The total number of readers reached by this advertising will be more than twenty million.

In addition to the national advertising, St. Petersburg will advertise in all the larger resort centers of Florida during the winter season and also participates in the advertising program of the West Coast Association which will advertise throughout the state.

2. Health and Sunshine Booklet. Thirty-five thousand copies of a special booklet entitled "Sunshine - The Eternal Fountain of Youth" have been published and are to be distributed to physicians throughout the north. This booklet, consisting of sixteen pages and cover, attractively sets forth the health conditions of St. Petersburg and particularly emphasizes the therapeutic value of its sunshine.

3. General Booklet. One hundred fifty thousand copies of a beautiful booklet, sixteen pages including cover and printed in three colors, has been prepared to answer inquiries from interested prospects regarding the

varied attractions and advantages of St. Petersburg. This booklet is not only sent out in reply to inquiries by mail, which come as a result of the advertising, but are also distributed in large numbers through railway ticket offices and various travel bureaus.

Other special booklets on such subjects as fishing, yachting, hotels, apartment houses and the like are also included in the booklet program.

4. Publicity Bureau. An appropriation of $17,000.00 annually has been made to provide a most efficient publicity bureau, consisting of a staff of several experienced writers. This bureau provides news regarding St. Petersburg for newspapers and magazines in all parts of the world. Thousands of columns of publicity for St. Petersburg are secured each year by this bureau.

5. Advertising and Extension Bureau. An appropriation of $8,500.00 provides a department for the answering of inquiries of every nature whether these are by mail or personal contact. It also provides for exhibitions which are conducted at various large centers throughout the north.

6. Convention Bureau. For the purpose of obtaining and entertaining conventions at St. Petersburg, an appropriation of $10,000.00 is made. As a result of this work a number of conventions of state and national organizations are secured for St. Petersburg each year.

7. Cuts and Photographs. This is a special appropriation of $2,000.00 for the purchase of engravings and photographs to be used for various advertising purposes in addition to the allowance for this purpose included in the national advertising schedule.

8. Information Bureau. This is a special bureau of the Chamber of Commerce which is for the purpose of giving various information to visitors who come to the Chamber of Commerce. This includes information on every conceivable subject, but a large portion of it has to do with the matter of accommodations.

9. Tourist Registration. The Chamber of Commerce maintains a bureau for the registration of its winter visitors. All registrations are kept in an alphabetical file by states so that any winter visitor who registers may be easily located while in St. Petersburg. Also a general alphabetical file of visitors, according to name, is kept. During the winter season of 1927-28 more than thirty-three thousand people registered at this bureau.

10. Freight, Express & Postage. An appropriation of $3,000.00 is made to defray the expense of the distribution of booklets, advertising matter and letters.

11. Radio Station. As a part of St. Petersburg's advertising program, it has installed an excellent radio station, designated as

Station WSUN. For the operation of this station, $10,000.00 has been appropriated. The radio station is located on the million dollar recreation pier.

12. Tournaments and Sports. For the promotion of various sport and recreation activities, $6,000.00 has been appropriated. This provides for the promotion of tournaments such as national championships in lawn bowling, horseshoe pitching, checkers, roque, golf tournaments, motor boat speed races, regattas, and so forth.

13. Baseball. $10,000.00 has been appropriated for the maintenance of two excellent baseball parks which the city provides for the use of two major league baseball teams - the Boston Braves and the New York Yankees, which train here each spring. These teams stay in the city for several weeks and many practice games are staged during their period of training.

14. Portable Bleachers. Portable bleachers have been provided at a cost of $2,500.00 for the use of spectators at the various sport events which take place each winter in this city. These are used at festivals, championship tournaments, regattas and similar events.

15. Festival of States. An appropriation of $7,000.00 has been made to take care of various expenses in connection with the Festival of States, an annual event which is staged in St. Petersburg each winter. This season, the Festival of States will be held during the week of March 18th to 23rd. This event, which is one of the most colorful pageants in the South, attracts thousands of special visitors each year.

16. Band Concerts. This city has appropriated $25,000.00 to hire a nationally known band to provide free band concerts in Williams Park twice daily during the winter months.

SUMMARY.

The total appropriation for the present year for the purpose of advertising and tourist entertainment amounts to $168,400.00. This money is expended by the Chamber of Commerce, which has proved itself a most efficient organization and which is largely responsible for the favorable national attitude toward the City of St. Petersburg.

GAME	CLUB MEMBERSHIP 1927-28*	1928-29 Estimated	PLAY UNITS	COST OF PLANT	AREA	REMARKS
Bowling	270	310	16 men's 6 ladies'	$19,600	1 acre	Men's and ladies' club rooms Fees--social only.
Chess Checkers Dominoes	212	250	Tables and Boards	$ 5,000	¼ acre	Club house and park--social fees only
Archery	25	50	Target box 2 Lanes	$ 1,000	2 acres	No fees.
Horseshoes	190	225	48 Lanes	$10,000	¾ acre	Club houses, Grandstand Social fee only.
Quoits	75	90	8 Lanes	$3,500	1/10 "	Club house Social fee
Roque	250	300	19 courts	$35,000	1¼ "	Stadium Club house Social fee
Clock Golf			2 Greens	$ 2,500	½ "	No Organization.
Shuffle-board	1400	2000	50 Boards	$20,000	¾ "	Club house Terraces for cards Social fee

MAJOR PARK AREAS

Williams Park - 4.5 acres land

Waterfront Parks - 50 " "

Mirror Lake Park - 16 " "

Crescent Lake - 38 " "

Total Park areas -300 " " in above and outlying parks.

WESTERN STATE TEACHERS COLLEGE
Kalamazoo, Michigan

January 7, 1929

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:

As a member of the American Eugenics Society, I wish to thank you for your very generous entertainment during the meeting last week. It was a very enjoyable and profitable event. You are to be heartily commended for sponsoring scientific activities as you have so freely done.

Very truly yours,

(Signed) L. A. Kenoyer.

Dr. William J. Mayo,
Rochester, Minn.

February 11, 1929.

Dr. John H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Dr. Kellogg:

I am writing to thank you for the copy of your admirable article on Lawson Tait which you so kindly sent me, and which I have read with the greatest interest and enjoyment. Tait was just before my time, but the various anecdotes I heard about him are called vividly to my mind by your biographical sketch, which is so beautifully and interestingly written.

Would you be willing to revamp this sketch, shortening it a little perhaps, so that it could be published as an editorial in Surgery, Gynecology, and Obstetrics?

With kindest personal regards,

Sincerely yours,

(Signed) W. J. Mayo

Will Durant
44 North Drive
Great Neck, N. Y.

February 20, 1929.

Dear Dr. Kellogg:

I have now read every word of THE NEW DIETETICS, and I am just bubbling over with gratitude to you for the wisdom that makes every one of your thousand pages precious. If every family in America would read your book and practise its principles, they would not only save a thousand dollars a year in doctor's bills, but they would create a finer Utopia than any dreamer has yet conceived. THE NEW DIETETICS must hereafter be included in any intelligent list of "The One Hundred Best Books" - indeed, I am putting it down as fourth on the list of "One Hundred Best Books" that I am preparing for a magazine, and I am giving it a warm recommendation in a footnote of my next book, "The Mansions of Philosophy." I think you have the Way and the Life, and I wish every one could have you as his guide.

Sincerely and gratefully,

(Signed) Will Durant

COPY

Dr. William J. Mayo
Rochester, Minn.

March 1, 1929.

Dr. John Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:

Thank you very much for your letter in reply to mine concerning an article on Lawson Tait for Surgery, Gynecology, and Obstetrics.

The biographical sketch of which you sent me a reprint is beautifully written. My only thought in suggesting a change was that you might alter the phraseology just enough to make it a different paper, as I believe the journal does not reprint. However, inasmuch as it was published only in the transactions of the society before which you read it, I do not know that it would make any particular difference.

It is a pleasure to hear from you and to know that you are well and are continuing actively the good work for the advancement of medicine that you have carried on for so many years.

With kindest personal regards in which Dr. Charlie joins me,

Sincerely yours,

(Signed) W. J. Mayo

5000-9-28 C.S.M.

TATA SONS, LIMITED.
BOMBAY HOUSE, FORT,
BOMBAY.

14th March, 1929.

Dear Dr.Kellogg,

I am sending you by registered parcel post a few vegetable seeds for you to try on your farm to see if they are in any way suitable for your establishment. They are vegetables generally consumed to a great extent by the peasantry on this side of India. If you can raise them from seed on your farm and then analyse them to see how far they are suitable for your dietary you might be able to introduce new kinds of food in your country. I send particulars supplied by the Superintendent, Government College of Agriculture. After you have grown a crop you can get fresh seeds from it. They are easily cultivated. There are two packets each of five ~~seeds~~ kinds, two of which are varieties of the same--Papdee. These are eaten cooked in various ways when tender, outer skin and all. The outer covering is not eaten when the beans get ripe when the seeds inside the pods alone are eaten. They have a slightly pungent taste inclined to be bitter. There are several varieties of this bean but I have only been able to get these two

I. WALPAPDEE BEANS and

II. VALOR.

The common Vernacular name for all these varieties is "PAPDEE". The Botanical name for it is "DOLICHOS LABLAB". It is a trailing plant of the fields in the "rabi" season --(four months of rainy season -- June, July, August and September):

PETIOLES 2-3 inches long; PEDUNCLES about 6 inches long; flowers yellow; pods fulcate 2 inches by ½ inch; compressed; seeds 4.

III. Two packets of GAWAREE (also called Gowar Singh) known in English as Cluster Beans, the scientific name is "CYAMOPSIS PSORALIODES"; propagated by seeds only. This vegetable has the appearance of slender string beans and has a slightly bitter taste. It is grown in well drained soils, but not heavy black soils. This is a rotation crop with Okra and Turai. The soil is ploughed first and manured -- 15 to 20 cart loads of farm yard manure per acre. Then beds 12 x 5 feet are prepared, or else ridges and furrows are opened. The seeds are broadcast or dibbled into beds or furrows; stirring and weeding is necessary. Flowers appear after 1½ months and the harvest continues for two months more. To get a heavy yield "safflower cake" at 300 lbs. per acre can be applied as top-dressing. Yield per acre 8,000 to 10,000 lbs. This vegetable is a staple food.

IV. TURAI -- Scientific name "LUFFA AEGYPTICA" (A popular vegetable on this side of India). Another variety "LUFFA ACUTANGULA" called "Turia" in the vernacular. Both are rainy season summer crops. Both these are very similar to each other. Leaves of the former 4 inches in diameter, rough punctate, on both surfaces; male flowers towards the ends of long peduncles; petals often with elevated hairy green veins; stamens 5; female flowers solitary; fruit elongate; smooth; seeds usually black narrowly winged. The LUFFA ACUTANGULA is similar in most respects to the other but a more tender and better variety and smaller and acutely ribbed fruit.

V. PUDAVAL (also known as Kandora) Snake Gourd -- Botanical

5000-9-28 C.S.M.

TATA SONS, LIMITED.
BOMBAY HOUSE, FORT,
BOMBAY.

Botanical name, "TRICHOSANTHES AUGUINA"; Leaves often deeply palmate, hairy on both surfaces; fruit varying from 1--3 feet in length and 2--3 inches in diameter, often contorted, green striped with white when young, when ripe of a bright orange colour. Grown as a vegetable during the rains. Propagated by seeds.

I am sorry I have not been able to get the seeds of tree known as the "MORINGA PTERIGOSPERMA". It is propagated best by cuttings. It is very much appreciated and supposed to be good for rheumatic people. It can be cultivated like any fruit tree and grows to quite 20 feet or more in height. Its roots in flavour and effect are said to be substitutes for horse-radish. It bears profusely a slender fruit about the thickness of the little finger or a slender bamboo stick of the average length of about 18 to 24 inches. The common name for it is "the Drumstick tree",when in flower it is a pretty tree bearing small white flowers abundantly which can be cooked and eaten, but mostly used for pickling and curries. The fruit the "Drumstick" is a favourite relish. When boiled it becomes very soft and the seed inside becomes pulpy. It is cut up into pieces about 3 inches long, seasoned and sucked like an asparagus stick. Or the pulp is taken out mashed and served on toast. It makes a very delicious vegetable soup. A very good puree can also be made from it.

Dr. John Harvey Kellogg, M.D.,
Battle Creek Sanatorium,
Battle Creek, Michigan,
U.S.A.

Yours sincerely,

(Sd) D. J. Jalā.

DJT/SK.

Standard Health Examination of the Life Extension Institute

Copyright 1928

Printed in U. S. A.

Standard Health Examination

WHAT YOU WILL RECEIVE:

[1] The Institute's Standard Health Survey which includes a critical physical examination of your whole body and a comparative study of your daily living habits, personal and family history and activities. This standard physical examination also includes blood pressure tests, chemical and microscopical examination of the urine and hemoglobin blood test for evidences of anemia.

[2] Additional chemical and microscopical examinations of the urine are made every three months. Special containers are furnished by the Institute for these quarterly specimens.

[3] You will receive comprehensive reports recording the findings of the examining and reviewing physicians. The medical examiners selected to examine members of the Institute and to review the reports are all registered physicians of excellent standing in their profession and thoroughly qualified in every way to do this special form of examination work.

[4] There is a mid-year review of the case by means of a special form of written questionnaire. This questionnaire is sent to elicit information as to any changes that have occurred since the examination and as to the need of further guidance from the Institute.

[5] No medical treatment is given by the Institute. Members receive detailed reports covering the need for medical treatment, for correction of physical defects or regulation of the ways of living. Everything in connection with this service is absolutely confidential between the Institute and the individual examined.

[6] Subscribers to this service also receive keep-well leaflets and monthly health journals containing the most authoritative scientific information on healthful living habits including diet, food values, exercise, sleep, rest, work, worry, fatigue and correct living generally.

Standard Health Examination

Life Extension Institute, Inc., Date_____

25 West 43rd Street, New York City.

Enclosed find $20.00 for one year's subscription for the Institute's Standard Health Examination.

Name_____

Street_____

City and State_____

Standard Examination

The physical examination which subscribers to this service receive covers the following details:

Examination of the eyes, ears, nose, throat, mouth, teeth, tongue, lungs, heart, circulation, skin, glands, stomach, liver, abdominal organs and general bodily condition.

Examination for evidences of rupture, varicose veins, faulty posture, flat-foot, spinal curvature, deformities and asymmetries.

Test of the vision and hearing, and of the brain and nervous system for paresis, locomotor ataxia, and other central nervous afflictions or nervous instability.

Height, weight, chest and abdominal measurements.

Blood pressure ascertained by the Auscultatory Method.

Urine examination.

Hemoglobin blood test.

This examination can be made either at the office of the Institute's medical examiner in the subscriber's home city, or at the offices of the Institute in New York City, Boston or Chicago. In all cases the examiner's report, laboratory report, and personal history statement are interpreted at the Home Office by physicians skilled in this work. Each subscriber later receives detailed reports covering a critical scientific survey of his physical condition, and of his mode of living and activities as they relate to his general health and vitality.

Available Everywhere

The Institute's Standard Examination is available for both men and women subscribers in all parts of the United States and Canada. There is absolutely nothing unpleasant or embarrassing about this examination. The Institute examines approximately 100,000 men and women every year and the number of people taking the service is the best evidence as to the nature and character of the examination. Many thousands are re-examined annually by the Institute.

Quarterly Urinalyses

Subscribers to the Standard Health Examination are entitled to quarterly chemical and microscopical examinations of the urine. Special containers are sent to members for these periodic urine examinations. All urine specimens are examined at the Institute's laboratories. When considered and reviewed in connection with the Institute's critical physical examination of the whole body these periodic urine examinations afford members an excellent way of keeping a close watch on their kidneys in relation to their general physical condition.

Information on Hygiene

Subscribers in addition to their physical examination reports also receive instructions on important phases of correct personal hygiene. These instructions cover the proper regulation of diet, with diet lists; safe and sane exercises, with diagrams; instructions on overweight or underweight and correct living generally. The Institute since its organization has built up a vast store of information on correct personal hygiene and information on any topic of hygiene is at all times available to its subscribers without charge.

INSTRUCTIONS

COPYRIGHT 1926—L. E. I.

Instructions

AVAILABLE EVERYWHERE

THE Institute's health examinations are available for both men and women subscribers in all the principal cities and towns in the United States and Canada. Members who cannot come to the Head Offices in New York City, Boston or Chicago for their examination can express a preference as to the city or town that is most convenient for them with reference to their examination.

MEDICAL EXAMINERS

The Institute has about 9,000 Medical Examiners throughout the United States and Canada and examinations can generally be arranged at points most convenient to the subscribing member. Unless preference is expressed for some particular place, the member will be referred to the Institute's Examiner nearest to the home address given on the member's subscription blank.

STANDARD EXAMINATION FORMS

In all cases the Institute's Medical Examiners are sent the standard examination forms of the Institute and they return their examination report to the Home Office to be reviewed by physicians on our Reviewing Board in connection with all the other reports in the case and to be incorporated in the detailed report that is later sent to the member.

EXAMINATION APPOINTMENTS

In the case of out-of-town subscribers, who are to be examined at the office of one of the Institute's Medical Examiners, the membership subscription is first sent to the Home Office in New York City, and the Medical Examiner selected by the Institute is notified of the subscription and authorized to arrange an appointment with the member. The cost of this physical examination is included in the membership fee and the Medical Examiner is paid by the Institute for the examination. Complete instructions covering all of these matters will be sent to you immediately following your subscription. The whole procedure is extremely simple and the Institute examines over 50,000 men and women every year at the offices of its different Medical Examiners throughout the United States and Canada.

HEAD OFFICE EXAMINATIONS

Subscribers within convenient traveling distance, say within fifteen to twenty miles, of the Institute's offices in New York City, Boston or Chicago, are referred to one of these offices for their examinations, although any subscriber, wherever he lives, can be examined at the Institute's offices if he prefers.

ABSOLUTELY CONFIDENTIAL

Now and then, the Institute receives an inquiry as to whether or not its examination reports are confidential. We cannot state it too strongly, that these reports are treated with the strictest confidence and that no one can obtain any information about

such reports, not even a member of the subscriber's own family. The Institute does not include any form of medical, dental or surgical treatment in its service. Members reported in need of treatment are told how modern science is equipped to serve them and are counseled as to the type of treatment they should seek and are warned away from quacks and fake cures.

HEALTH PUBLICATIONS

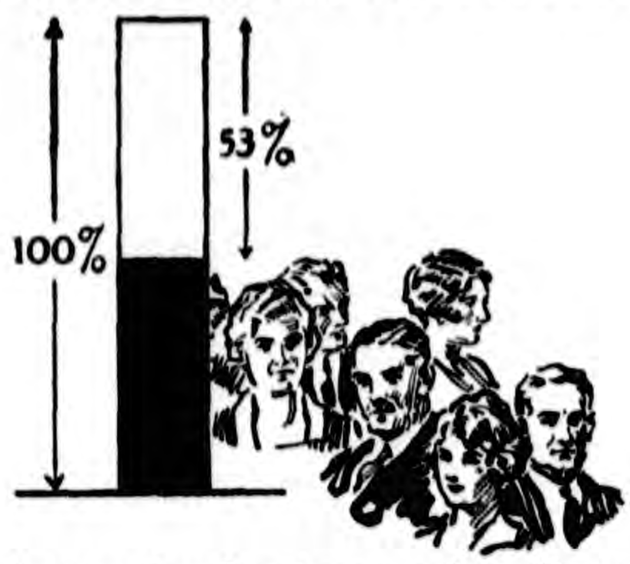
The Health Publications and Keep-Well Leaflets which subscribers receive, cover a wide range of practical subjects relating to good health and the prevention of disease. These publications have the scientific approval of the physicians, educators and public health authorities on the Institute's Hygiene Reference Board, and contain the most authoritative information on the subject matter covered.

BRANCH OFFICES

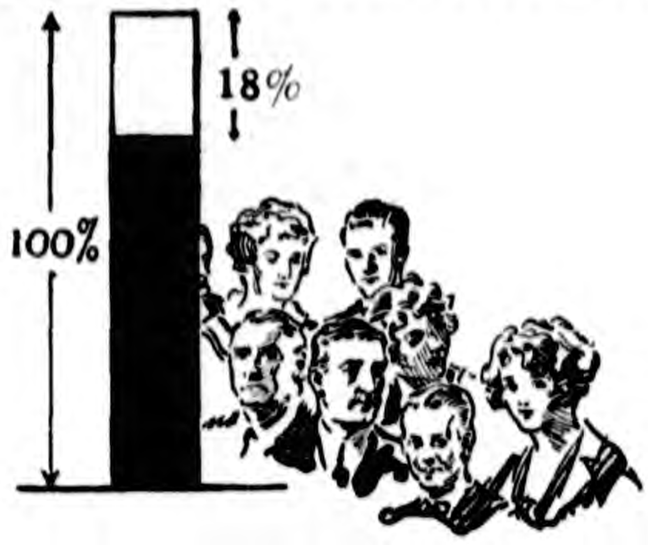
The Institute has established in the new Chamber of Commerce Building, Boston, Mass., and in the Tower Building, 6 North Michigan Boulevard, Chicago, Ill., Life Extension examination units similar to that which it has at its Home Office in New York City with complete X-ray and laboratory support. The Institute extends a cordial invitation to every one to visit its Home Office in New York City or its branch headquarters in Boston or Chicago.

Life Extension Institute, Inc.

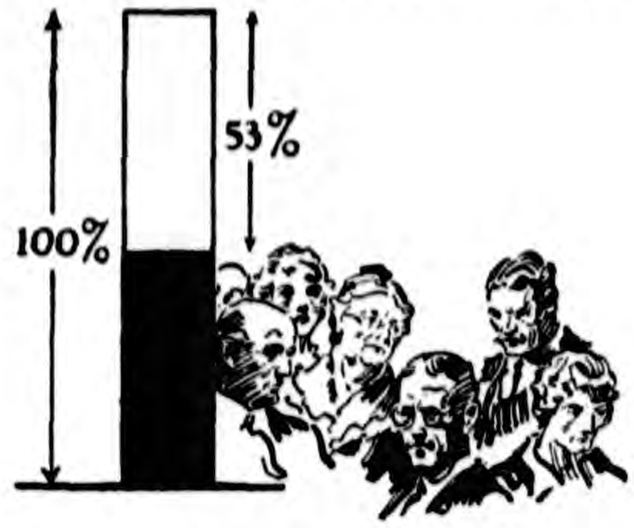
Life Extension Institute, Inc · 25 *West* 43*rd Street* · New York



Death rate reduced 53% among those discovered with serious impairments



Death rate reduced 18% for the entire group



Death rate reduced 53% in groups between the ages of fifty and sixty

The groups above represent 6,000 men and women who have been examined periodically by the Institute over a ten year period. The figures given are the best answer to anyone who is skeptical as to the benefits of such examinations. A similar study made in another group of 3,200 men and women showed a reduction in the death rate of 23% over a ten year period.

April 15th, 1929.

Mr. C. K. Butler,
202 Manchester St.,
Battle Creek, Mich.
Dear Sir:

Below is some counsel from Dr. Harvey W. Wiley, one of the deans of the medical profession. Like Dr. Wiley, all of the leading authorities in the various fields of medicine are now urging a yearly examination as the best form of living insurance that can be purchased.

Why do you not follow such wise counsel by registering for the enclosed service? What better or more intelligent means could you employ to protect yourself for the next twelve months than a service like the enclosed?

Hear what Dr. Wiley has to say on the subject:

"The man in good health never thinks of the possibility of disease. You can interest him in almost any business proposition. He is keenly alive to all political questions. He is fond of all kinds of sport. He may be induced to take a flyer in futures and he will occasionally, at least, go to church. But, when you speak to him about health you run against an impasse'.

Such a man has no time to think about his health. It is so perfect that he does not need to think about it. He will tell you, when you caution him against insidious disease, in the words of the Latin poet, "Credat Judaeus Apella, non ego." In other words, "Tell it to the Marines; they may believe it, I will not.

"In point of fact, there is nothing more important to such a man than the protection of his health and there is no surer way to protect his health than by yearly physical examinations. There is no branch of medicine which has improved in the last quarter of a century more rapidly than diagnosis.

"In the old days we could see the outside of a patient and examine his secretions. In so far as seeing his insides were concerned we could only do that through our finger-tips. Now we can see and study the appendix, the colon, small intestines, stomach, heart, lungs and brains - as the little boy said in the physiology class 'If there be any'. All of the appliances for distinguishing incipient disease have been perfected until now we are able to detect the thief before he puts his jimmy to the lock.

"The detection of an incipient disease, if properly acted upon, is almost equivalent to the conquest of that disease. As we grow older the necessity of frequent examinations becomes more and more urgent. This is particularly true of such diseases as heart disease, hardening of the arteries, Bright's disease, diabetes and cancer. If these diseases can be met at the threshold, when proper precautions can be taken, much suffering can be avoided and many years added to the length of human life."

Very sincerely yours,

J. D. Elmehan

Secretary.

COPY

BETH ISRAEL HOSPITAL
Stuyvesant Park East
New York City

Louis J. Frank
Executive Director

April 29th, 1929.

Dr. John Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

My dear Dr. Kellogg:

I should like at this time to thank you for your communication of the twenty-first and also for the many courtesies which you have extended to me during the last few weeks. I am very anxious to receive from you a bill for all the expenses, board, food, railroad fare, telegraphs, etc. I appreciate the service you have rendered me but I think it would be unfair to ask you to assume the expenses.

As to the organization of our Dietary Department, I assure you that I should be very happy to accept Mrs. Tooley for the position, if there was a vacancy in the top position. Since the position is filled just now and since Mrs. Tooley would have to come on at first as an assistant, it would be rather difficult to pay the $200.00 a month which she requires. We have no budgetary allowance for such an expenditure, but I am securing a special grant from the Board of Trustees of the hospital in order to enable me to give Mrs. Tooley the salary she commands.

During the first few months Mrs. Tooley will have to adjust herself to working with our present head and will take over the position which Miss McCauley outlined for her, namely, that of Administrative Dietitian which calls for a supervision of the main kitchen, acting as hostess in the dining room as well as assisting the head dietitian in making out menus.

You will doubtless be interested to learn that I am submitting both your communication and Miss McCauley's report to our Budget Committee with recommendations that her program be carried out in toto.

Again I should like to thank you for the courtesies which you have extended to us particularly in making available to us the services of Miss McCauley and her associate. Miss McCauley made an extremely favorable impression upon our Medical Board. She presented the case for the lacto-vegetarian diet eloquently, and I should think that you should be very proud in having her in your organization.

Very sincerely yours,

(Signed) Louis J. Frank
Executive Director.

May 14,1929

Dr. Kellogg:

Here is a duplicate set of the notes I took on cancer at the meeting of the American Society for the Control of Cancer, New York City, March 3, 1928. I promised to send you these but haven't done it yet.

James T. Case

jtc amw

Enc.

MEMORANDUM OF NOTES MADE AT THE CANCER CONFERENCE

New York Cit , March 3, 1928

Remarks by Dr. Francis Carter Wood, of the Crocker Laboratories

Cancer is very ancient.

It has been known for five or six thousand years. Cancer has been found in mummies dating back at least three thousand years.

All animals have cancer. Mice and rats have cancer and can be used as research animals.

Fifteen months of the life of a mouse corresponds to about fortyfive years of the life of a woman.

The whole experimental study of cancer really began about thirty years ago when we discovered that white mice and white rats have cancer, and bytaking a small particle of such a tumor, the cancer can be grafted onto the skin of another animal.

An expert can make thirty grafts in one hour and a large percentage of the grafts grow.

These tumors preserve all their characteristics and qualities for at least twentyfive years, although during that time transplanted through thousands of mice.

We can obtain a large series of these animals for any given experiment. In the study of certain problems, this is important.

For instance, does cutting into a tumor spread the disease? In other words, is it dangerous to subject a

supposedly malignant tumor to biopsy?

Many notable medical authorities have said it was extremely dangerous.

It is impossible to do this experiment on 100 human beings because no 100 human beings can be found with identically the same tumor with the same growth characteristics; but it is perfectly easy to accumulate 400 rats with just the same tumor in the same place, inoculated the same day, a piece being cut out of half of these animals on the same day, all kept about three months and then after about three months, all killed on the same day and all examined pathologically. In the lungsof each series, the percentage was found to be just the same. In other words, cutting into a tumor of that particular kind in the rat does not spread the disease.

This shows that in all probability cutting into a human tumor, provided the cutting is carefully done, is not so dangerous as was formerly thought.

What do we really want to know about cancer? Not so much the cause as the cure.

However, reasoning on the line of other research, we must seek the cause in order to reach the cure.

The more we research, the less we believe that any individual germ is responsible for cancer.

Gye's work was discussed but "we can certainly lay a wreath on that particular germ."

We can freeze a rat cancer and then it cannot be transplanted.

We can macerate these tumors with sand and they cannot be transplanted.

Neither of these phenomena occur with any known bacterial organism.

We know we can produce cancer, so to speak, easily.

For instance, we can give the eggs of a tapeworm of a cat to a rat and the eggs burrow through the intestinal wall and go to the liver where they form cysts. In the wall of that cyst in which the egg lives, cancer develops, showing how efficiently this particular method of production is.

There are seventeen different kinds of tumors which have been produced in the liver of rats by this particular egg.

Workers in shale oil distilleries of Scotland and other workers in the coal tar industry have a death rate from cancer still above five times that of other workers of the same age despite the fact that every effort has been made to take precautions against the danger of cancer of coal tar workers.

Tar will produce cancer in mice.

Some tars will give seventy to eighty per cent of cancer in mice.

Certain kinds of mineral oil used for lubricating machinery has caused cancer of the skin in over 500 known cases in the last few years.

There are a very large number of cases in garage men and others who have had cancer apparently the result of lubricating oils with which they work.

The oil first produces so-called tar wart.

Men showing these tar warts should be sent to other kind of work.

It is true that not every individual is susceptible to this kind of tar cancer.

A mouse at fifteen months is at the same age as a woman of fortyfive years.

HEREDITY

We cannot necessarily and absolutely transfer to human beings what we have learned on mice, but the breeding of mice shows that we can pass on a tendency to cancer. (He then gave results of research in several families of human beings where grandfather and grandmother have both died of cancer. In one family there was only one case of cancer (that of the stomach) which developed in the last few months, although three generations were followed; but in other families the instance of cancer was very high.)

Heredity only makes a liability to cancer - it does not make cancer.

It is always well not to rely too much on one type of animal.

In one ~~animal~~ human family, Wood found three cases, out of sixty descendants of double cancerous grandfather and grandmother, who had cancer; and in another family with double cancerous father and mother and grandfather and grandmother, none of the offsprings had cancer as yet.

Of course, statistics of human beings are very difficult to work out.

There is needed evidently a susceptibility to cancer and an irritation in order to start the growth.

We know that if a mouse never got in contact with a certain kind of tar in this laboratory, he never would have cancer.

There never has been a cancer of the liver in a rat in this laboratory, many thousands of them, which had not been in relation to a cat with tapeworm.

A tar which has produced thousands of cancers in mice has only once produced a cancer in a rat and that was probably an accident.

The skin of a rat is not susceptible to cancer, whereas the skin of the mouse is very susceptible.

Mice and men both have cancer of the skin when they get tar on the skin.

SMOKER'S CANCER

It occurs especially with cigarette smokers and especially in those who let the cigarette burn down to a very short end and the paper stick to the lip so that in removing the cigarette butt it does a little damage to the skin.

It also occurs with clay pipe smokers.

It is very interesting that in the Irish who first came to this country, especially in New York City, cancer of the lip was very common because they still smoked their clay pipes; but now a days they smoke cigars and they don't have cancer of the lip so much; but back in Ireland, cancer of the lip is still frequent enough.

Some rats will cure themselves of cancer.

There is evidently some difference between the rats. This difference can be transmitted by heredity.

In some rats, the tumor will disappear. This is true, however, only of grafted tumors and that is why in human beings we practically never see a spontaneous disappearance because we deal in human beings only with primary tumors, not with grafted growths.

We know there are slight differences between cancer cells and normal cells; but one of my assistants has taken tumors that are not malignant and has made them grow in animals through 100 generations by grafting.

That breaks one of the cardinal rules of the definition of a cancer.

We finally have to kill such animals to relieve them of the enormous tumor which does not kill them by its poisons as a cancer ordinarily does.

It is a perfectly harmless tumor and so it knocks to the ground one of our time honored criteria of a cancer cell.

These experiments explain the following circumstances:

We sometimes treat a skin cancer in human beings and get an apparent cure and then afterward, maybe several years later, we make a biopsy in the site of the old malignant tumor of the skin and find a few viable cancer cells surrounded by fibrous tissue and yet we go on watching the patient and find the cancer does not return. It has become invested by fibrous tissue and rendered harmless. This is what occurs in some of our cases where we obtain a clinical cure by shutting up some of the remaining cancer cells in scar tissue. It shows that we can shut cells up in an animal and leave them there and they may be harmless.

Now they are not harmless if the tumor is handled.

In one series of experiments, very gentle massage caused growth in the lungs in twenty per cent of the cases.

In a large series of experiments, they obtained metastases of the lung in sixty to seventy per cent, according to the type of growth, by giving gentle massage to the tumor.

It is especially important to observe some precautions in our hospitals in examining suspected tumors.

In St. Luke's Hospital, for instance, only one interne is allowed to examine a growth of the breast. The rest of the internes have to take his word for what he finds, whereas in the old days, a breast tumor might be examined by anywhere from five to twenty internes.

Very gentle and gingerly performed manipulation is allowed by only one interne in diagnosing these cases.

Can lymph channels be closed by x-ray treatment?

In animals, at least, there is no closure of lymphatics by x-ray treatment.

This hoped for effect of our x-ray is very improbable.

In sections of human cancer treated by x-ray, the lymphatics are enlarged and in one case, thrown on the screen, at least enlarged two times instead of being closed.

The opposite is true of the blood vessels.

The x-ray does check metastases carried by the blood stream, even though it does not shut up the lymphatics.

Many other problems connected with the x-ray.

What kind of x-rays shall be used -- low voltage or high voltage?

Dr. Wood then related a number of experiments, using different kinds of tumor cells.

(He described a method which I want to work out for using the common fly that gets around bananas to get a biological erythema dose. J.T.C.)

Each tumor has its own death point.

It will die if it gets that radiation, no matter whether administered with high voltage or low voltage rays or through thick or thin filter.

Question of voltage and filter is to be decided by the conditions of individual treatment.

A cell which does not have to grow would not be easily killed with the x-ray.

Heart muscle, for instances, does not have to grow. One is born with just so many heart cells and heart muscle cells just like he is born with just so many nerve cells and he has to live on those. When they are ruined he is done for. It has to last until death.

The heart simply has to beat, it does not grow.

A cell which is dividing is easily killed; but heart muscle cells cannot be damaged by x-radiation short of actually killing the cell and then it goes right on beating until it dies.

This has an important bearing on the question of heart damage from x-ray treatment. There is no practical danger.

With surgery, x-ray and radium, we can cure all animal tumors except those like the rat fibroma which have an extremely slow rate of growth.

DISCUSSION OF COLLOIDAL LEAD - BLAIR-BELL TREATMENT

Colloidal lead produces necrosis in the liver of animals.

It is interesting to note the large thrombi which form in the tumor under the lead treatment.

The tumor does actually necrose and that is the process which takes place with the lead treatment.

When we treat a mouse tumor, most of that tumor dies but unfortunately a little bit of it lives and the tumor recurs.

In certain tumors, it is possible to increase the percentage of cures under the x-ray twenty per cent by the addition of ~~radium~~ lead treatment, thus combining x-ray and ~~radium.~~ lead

On the other hand, a large number of people are not at all benefited by the lead treatment.

The method is like all our attempts thus far. It applies only to a small percentage of the population.

We only cure by all our methods combined about ten per cent of the cancers which are presented to us in our hospitals and clinics.

There is not a bit of truth in the fear of using mineral oils - fear of producing cancer of the alimentary tract by the use of mineral oil in the treatment of constipation.

We have a large series of rats which every morning get a drop or two of oil and will get it for the next year, and then they will be killed and examined. I am perfectly sure we will never get any cancer, but we will see.

Think of the thousands of ~~dressings~~ tons of vaseline which have been spread upon the skin without producing an increase of cancer of the skin.

It is crude oils and not the purified oils which are causative of cancer.

Cancer of the lung is definitely on the increase. There is no definite explanation of it.

The increase of tar roads has been suggested as the cause of increased cancer of the lung. People traveling along the road and inhaling the dust from the tar roads.

Influenza has been blamed for increase of cancer of the lung, and smoking.

Autopsy records are responsible for the statement that cancer of the lung is genuinely on the increase.

There has not yet been discovered a cure for old age and we may never discover the cure for cancer. We may have to breed it out.

There has been no headway at all made in the serum diagnosis of cancer.

C

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P

Y

May 15, 1929

H. C. Moore,

American Potato Journal,

East Lansing,

Dear Sir:

At a meeting held yesterday at Stevens Point, Wisconsin, a Wisconsin local of the National Potato Institute was organized. On the phase of stimulating demand I referred to the article written by Dr. Kellogg which was published in your April number.

There was so much interest manifested in this article especially by the newspaper men present, who desired to publish it, that I told them I would send them copies.

The April number that I had with me was in some manner lost and I am writing you asking if you will be good enough to send me another copy if you have one on hand. I can then have this article run off on separate sheets and give to different newspapers.

J. F. Jarding, President
A. M. Penny Co.,
Waupaca, Wisconsin

F. M. HARRINGTON, PRESIDENT
UNIVERSITY OF MONTANA
BOZEMAN, MONTANA

J. R. TUCKER, VICE-PRESIDENT
CENTRAL EXPERIMENTAL FARM
OTTAWA, CANADA

H. C. MOORE, SECRETARY-TREASURER
EAST LANSING, MICHIGAN

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East Lansing, Michigan

May 16, 1929

Dr. J. H. Kellogg,

Battle Creek Sanitarium,

Battle Creek, Michigan

Dear Dr. Kellogg:

Replying to your recent letter I wish to advise you that there has been considerable interest in your articles and many requests have come to this office for additional copies of the Journal containing your articles. Several of the articles have been reprinted many times by various organizations. I consider that they have done a great deal of good to the potato industry.

I enclose a copy of letter that came to me in the same mail with your letter. This will give you an idea of the interest that is being created through the work you are doing. I would be very glad to get from you at any time material for publication.

Yours sincerely,

H. C. Moore

H. C. Moore

Secretary-Treasurer

HCM/B

John Harvey Kellogg, M. D.,
Battle Creek, Michigan.

6-6-29

NOTES ABOUT BETA-LACTOSE,

A NEW SUGAR

It has long been known that lactose possesses special and valuable dietetic properties. In recent years it has been shown to be highly serviceable as a means of changing the intestinal flora. These excellent qualities led to attempts to increase its solubility and sweetness, so as to render it more palatable and make possible its use in place of cane sugar. These efforts have been for some years in a measure successful; but within the last few months a lactose product has been developed which is so readily soluble and so sweet that it may take the place of cane sugar for table use and some culinary purposes.

The lactose of commerce has a very low coefficient of solubility, 11, and a sweetness coefficient of 18. The new product (beta-lactose) has a solubility of 33 and a sweetness coefficient of 60. Examination with the saccharimeter shows a rotation of 85 for ordinary lactose and 35-40 for the new product.

The method of producing in quantity a sweet and soluble lactose, was developed empirically as the result of an effort to meet a dietetic need. As a matter of fact, however, it has long been known to chemists that lactose exists in more than one form.

According to Hudson,* lactose, as found in its natural state, in milk, for example, exists in two forms, and in definite proportions, so-called alpha-lactose, ordinary milk sugar, 40 per cent, and beta,

*Zeitschrift für Physichalische Chemie 44, p. 487 - 1903.

60 per cent. In the process of making the ordinary commercial sugar of milk, beta-lactose is converted into alpha, so that ordinary milk sugar is practically pure alpha-lactose. Hudson described methods for producing beta-lactose, but his processes were not adapted to quantity production and were never made use of, so that beta-lactose has not been heretofore available for use.

The presence of lactose in the milk of all animals is a biologic fact of much significance. Milk is liquid flesh. Flesh consists of protein and fat. Milk likewise contains protein and fats but has in addition lactose, a carbohydrate. Meat readily putrefies, while milk does not putrefy but sours. Meat placed in milk or in a solution of lactose does not putrefy and may be preserved for an indefinite length of time. It is only necessary to change the solution frequently.

Nature protects the young infant by supplying it with a food so rich in lactose that its alimentary tract will be fully occupied by a vigorous aciduric flora and thus protected from the invasion of parasitic proteolytic or putrefactive and pathogenic microorganisms.

The great vogue of lactose and lacto-dextrin as a means of restoring the infantile aciduric flora or "changing the flora" in adults suggests the great rôle which lactose may play in the dietary if given a chance. The change of flora so readily induced by lactose or lacto-dextrin is, of course, temporary. When ingestion of this special carbohydrate ceases, the protective acid-forming organisms rapidly become reduced in numbers and in ten days or two weeks the old putrefactive flora is again flourishing, as shown by the putrid character of the stools, and often by a return of headache, coated tongue, foul breath and other symptoms which had disappeared with the suppression of

intestinal putrefaction under the use of lactose.

By the use of beta-lactose in place of cane sugar as a table sugar, a normal aciduric flora may be maintained, and such pathological conditions as are due to a flora rich in proteolytic organisms may be suppressed.

Beta-lactose looks like powdered cane sugar and tastes much like it though not quite so sweet. Its superiority over other sugars, cane, malt, glucose, honey, etc. may be due to the fact that it is absorbed so slowly that when used in liberal quantities a sufficient amount reaches the colon to supply there a nutrient media favorable to the development of B. acidophilus, B. bifidus, and other aciduric organisms. Other sugars are absorbed so rapidly that they do not reach the colon.

According to Cruickshank, of Aberdeen, (British Medical Journal, Sept. 29, 1928), there is experimental evidence that cane and malt sugars and glucose not only do not promote the development of an aciduric flora in the intestine, but instead cause an increase in the various forms of streptococci and ~~the~~ enterococcus.

John Harvey Kellogg

b

DR. WILLIAM J. MAYO
ROCHESTER, MINN.

June 13, 1929

Dr. John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek, Michigan

Dear Dr. Kellogg,

Thank you very much for the splendid article, with photograph, on Tait. I have read it with the greatest interest, and am sending it down to the Journal for publication in due time. It is a little longer than the articles that have been published in the Department of Editorials, but because Tait was such an outstanding figure and your article is of such unusual interest, I am asking that no deletions be made. I am suggesting further, since we have biographies of men from abroad less often than American surgeons, that it be published near the anniversary of Tait's birth.

I hope that you are well.

With kindest personal regards,

Sincerely yours,

W. J. Mayo

DR. WILLIAM J. MAYO
ROCHESTER, MINN.

June 22, 1929

Dr. John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek, Michigan

Dear Dr. Kellogg:

Thank you very much for your letter of June 17.

My brother and I have always followed with the greatest interest your work in Battle Creek, and congratulate you on the great contribution you have made to the advancement of medicine. I always remember the profitable days that I spent with you at Battle Creek some years ago. After all, idealism gives contentment as we grow older.

Mrs. Mayo and I appreciate your invitation to visit you. Nothing would give us greater pleasure and we hope it will not be long before we will be able to do so. We are leaving June 30 for England, to attend a meeting of the British Medical Association in Manchester.

With kindest personal regards in which Mrs. Mayo joins me,

Sincerely yours,

W. J. Mayo

EDITORIAL DEPARTMENT

The Journal of the
American Medical Association
535 North Dearborn Street
Chicago

July 1, 1929

In your reply please refer to these initials	EMB

Use for Medical

Dr. John Harvey Kellogg,
Battle Creek, Michigan

Dear Doctor Kellogg:

We regret that we cannot avail ourselves of your paper, entitled, "Notes about Beta-Lactose. A New Sugar." While the discussion is of interest, according to the routine of our work it would be necessary for you to submit your product to the Council of Pharmacy and Chemistry before it could be made known to the medical profession through the medium of The Journal. Incidentally, the clinical evidence in support of the product is hardly sufficient on which to base claims of its value.

Thank you for your interest in sending this paper to us.

Very truly yours,

EDITOR JOURNAL AMERICAN MEDICAL ASSOCIATION

The Eyrie
Seal Harbor, Maine

July 23, 1929

Dr. Kellogg
Battle Creek Sanitarium
Battle Creek, Michigan

Dear Dr. Kellogg:

Your letter of July 5th and the several packages of Battle Creek products of which you write are received. It was good of you to remember me although so many years have passed since I spent two or three pleasant and profitable weeks with you at Battle Creek. I am interested to know of these new products which you are developing and thank you for sending me samples of them. I am still using Laxa Biscuits and have ever since my visit to Battle Creek.

Hoping that you are well and with appreciation of all that you are doing to make so many people healthier and happier, I am

Very sincerely,

(Signed) John D. Rockefeller, Jr.

The Eyrie
Seal Harbor, Maine

July 23, 1929

Dr. Kellogg
Battle Creek Sanitarium
Battle Creek, Mich.

Dear Dr. Kellogg:

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(Signed) John D. Rockefeller Jr.

b

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Seal Harbor, Maine

July 23, 1929

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Battle Creek Sanitarium
Battle Creek, Michigan

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Very sincerely,

John D. Rockefeller, Jr.

IMPRIME

Dr John H. Kellogg,

Battlecreek Sanatorium,

Battlecreek,

Etats-Unis d'Amerique. Michigan.

THE DIRECTING COMMITTEE OF THE INTERNATIONAL HYDROGRAPHIC BUREAU DEEPLY REGRETS TO ANNOUNCE THE DEATH OF ITS PRESIDENT

REAR-ADMIRAL ALBERT PARKER NIBLACK

OF THE UNITED-STATES NAVY ;

American Distinguished Service Medal ; Spanish-American War Medal ; West-Indies War Medal ; Philippines Insurrection War Medal ; Vera-Cruz War Medal ; World-War Medal ; Great Officer of the Order of St. Charles ; Knight-Commander of the Order of St. Michael and St. George ; Commander of the British Victorian Order ; Commander of the French Legion of Honour ; Great Officer of the Italian Order of St. Maurice and St. Lazarus ; Second Class Serbian Military Order of the White Eagle ; Commander of the Japanese Order of the Sacred Treasure ; Great Officer of the Portuguese Order of the Avis ; Great Officer of the Oussan Alaouite ; Great Officer of the Nichan Iftikhar ; Great Officer of the Chinese Order of the Wen Hu ; Commander of the Danish Order of Danebrog.

WHICH TOOK PLACE AT MONTE-CARLO ON THE 20TH AUGUST, 1929.

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6 NORTH MICHIGAN AVE.,
CHICAGO

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Crockett Hotel Coffee Room
San Antonio, Texas

ED. B. VENABLE
Venable's Restaurant
Atlanta, Ga.

September 7, 1929

Dr. John Harvey Kellogg
Battle Creek Sanitarium
Battle Creek, Michigan

Dear Dr. Kellogg:

... We are very glad to learn through our past president, Mr.J.O.Mills, that you will appear on our Convention program in the Jefferson County Armory, Louisville, Kentucky, on Tuesday morning, October 8, at 11:30 o'clock.

... We understand the title of your talk will be "The Restaurateur's Opportunity As a Health Leader". We presume that you can develop your subject to your satisfaction within the course of approximately forty minutes. We shall appreciate hearing from you if this allotment of time meets with your approval.

... We shall appreciate it if you will advise us what your traveling expenses are from Battle Creek to Louisville and return, as we would like to take care of these.

Sincerely,

NATIONAL RESTAURANT ASSOCIATION

Frank J. Wiffler

Secretary.

FJW:IE

5,000 Restaurateurs Will Attend the Eleventh Annual Restaurant World's Fair
Louisville, Ky., October 7 to 11, 1929
"In the Cool of Autumn"

Weybridge 494.

The Crest House,
Weybridge,
Surrey.

9th September 1929

My dear Doctor,

Your letter of August 28th found me in bed with pretty bad bronchitis. After some ten hours practical instruction in the air, I could cruise about without trouble or fatigue. I then had to study landing which is rather monotonous. You have to keep going up and down till you can land near where you want and at the right land-speed in any kind of weather or any direction of wind. My instructor let me fly him some eighty miles to the coast, and I foolishly got a chill which settled on the lung that took me to America half a century ago. I am all right again but very weak and shall have to be more careful in the future. I took to flying for a study I wanted to make in order to help me in some work. But I was astonished to find the immense benefit it can be to an old man. It takes many qualities, no doubt, to do it well; but it needs no more muscular strength than this typewriter! It is a wonderful tonic and for insomnia is a sovereign remedy.

I have not made my winter plans. I want to write two books before I leave this world and at 75 the time may be short. If I cross the Atlantic, I must have a last look at Battle Creek, to whose idea I owe what little use I am. I am not sure that the monster buildings bulk as large in my Battle Creek picture as your earlier struggles. It is as a pioneer I like to think of you and your staff of those

days when they supported you against the most influential section of the profession to which they belonged won bitter victories than those which saved civilisation in those awful four years. Still I should like to see the final triumph in its externals as well as in its moral aspects.

I am afraid this is rather a muddled letter as I have been several days in bed. ~~xidinx~~ Reading the letter of a tired man is like riding a tired horse. So, as says Fonvi, to bed.

With affectionate regards to you and all my friends with you, I am

always gratefully yours

Horace Plunkett

Jan 5 54

A-7 5M 6-27

Chicago Tribune

THE WORLD'S GREATEST NEWSPAPER

EDITORIAL ROOMS

HEALTH DEPARTMENT

W. A. EVANS, M. D.

August 8, 1929

Dr.John Harvey Kellogg
Battle Creek, Mich.

Dear Dr.Kellogg:

I am very much obliged for the can of B Lac. We will find an opportunity to try it around here.

I wrote an article on the report on Stefansson and his comrade. However, it was not as fiery as yours. I lack that enthusiasm of youth which you seem never to lose.

Very truly

WAE:C

W A Evans

UNIVERSITY OF MICHIGAN

SENT FOR INFORMATION OF

September 19, 1929

Mr. Shirley W. Smith,
Secretary, University of Michigan,
Ann Arbor, Michigan.

COPY

Dear Mr. Smith:

July 26, 1929, H. P. Wagner, accountant, addressed a letter to Dr. L. H. Newburgh setting forth that there is due from funds in the hands of Fellowship Corporation a sum of $6,000 for use in certain research work conducted by Dr. Newburgh.

Payments had been suspended because it was understood here that the work to which the fund above mentioned was to be devoted had been discontinued.

We are not yet clear that the work is going forward in accordance with the understanding under which the fund was donated. This will be discussed between Dr. Selmon, representing the donor, and Dr. Newburgh a little later.

In the meantime we are sending you a check covering the last quarter of the year 1928 and the first three quarters of the year 1929 in the total amount of $6,000.

The question of further remittances will be governed by the result of the conference between Dr. Selmon and Dr. Newburgh.

Yours very truly,

Burritt Hamilton

Oct. 23,1929.

Food Co:

Please send a package of B-Lac to Sir Horace Plunkett, The Crest House, Weybridge, Surrey, England.

J. H. .

v-m

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FILE
NO. F. U.
FOLLOW

RECD PM OCT 25 1929

October 23,1929.

Sir Horace Plunkett,
The Crest House,
Weybridge, Surrey,
England.

My dear Sir Horace:

I am delighted to learn from your note of September 9th that aviation has not smashed you up. I confess I felt a little frightened when I learned that you were flying, and Bernard Shaw's suggestion really stirred up quite a good deal of apprehension among many of your American friends. I am glad to learn, however, that you have found flying beneficial though it seems to have been responsible for your lung attack, which for a man of your age is really a very serious matter. I am glad that you are pulling through it.

I am delighted that you are turning your eyes toward America again. I was afraid that you had thrown us over. We will certainly be most happy to have you with us once more and will take better care of you. We can give you much more comfortable quarters and in every way care for you better than when you were here before. We are steadily trying to advance and I believe with a considerable degree of success. The work of our research laboratories and the opportunities we have for clinical observation is continually putting us into possession of new facts of which we are able to make great practical use in dealing with our patients.

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We are having splendid patronage. Our business last week was the largest in our history for the corresponding time of the year.

I am sending you a little package of a new sugar which we are preparing by a method which I had the good luck to discover a few months ago. Chemically, it is known as an isomer of lactose. It has the same chemical composition of ordinary lactose, or sugar of milk, but it is three times as sweet and three times as soluble and so can be used as a table sugar in place of cane sugar. This new sugar is protective, that is, it promotes the growth of friendly germs and prevents the development of unfriendly germs. I hope that you will like it.

You speak of the days when our work was little understood by the profession and almost universally opposed. Your endorsement and support at that time were of untold value to us. Your strong endorsement gave us standing with people of influence and won many friends for us on both sides of the Atlantic.

Within the last twelve or fifteen years, especially since the war, physiotherapy has made wonderful progress in this country. In nearly every medical office will be found one or more of the appliances which I have developed in our work here, and which are now being manufactured by scores of different firms. Thus doctors are no longer detractors but have become competitors. But our work continues to grow notwithstanding. It is not based upon appliances or buildings or equipment but on ideals and training methods. Health by training is our slogan,--training of the muscles, the skin, the nerves, the digestive functions, the whole body out of abnormal disordered

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functioning into physiologic behavior.

We are constantly obtaining better results and I am sure accomplish more for the average patient in two weeks now than we did in three months twenty years ago.

I do hope we shall have you with us this winter. I want to show you our new methods and our new equipment.

Assuring you of a cordial welcome and with kindest regards, I am, as ever

Faithfully yours,

v-m

Oct. 24, 1929 .

Mrs. Niblack,
2168 Florida Ave., N. .,
Washington, D.C.

Be assured of my deepest sympathy.

John Harvey Kellogg.

EL RONCADOR
YONKERS-ON-HUDSON

Dear Doctor Kellogg.
The artichokes are delicious,
and the kindness which remembers
my limitation and helps me to
more thorough enjoyment of my re
fects, is truly appreciated. I wish
you had some one to spoil you as
your thoughtfulness spoils me. Some
how as we grow older it is especi
ally delightful to be pampered,
fresh breath need it, but age does
long for it, and so I thank you
again for the treat. Yours

are one of the most considerate men
I know, and it never ceases to be a
marvel to me and to others, how you
in the midst of your most active
life find time to help and com-
fort the rest of us.

With cordial admiration

Yours

Thomas Scribner Christopher

November the twelfth
17 2/1929.

UNIVERSITY OF MICHIGAN
ANN ARBOR

HYGIENIC LABORATORY

Nov. 12, 1929

Dr. John Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Dr. Kellogg:

Professor F. G. Novy will be 65 years old on December 9, 1929.

In order to celebrate his birthday in a fitting manner we are going to present to him on that date the personal greetings of his fellow scientists and friends, the same to be bound in a suitable form. We know that you want to have included in this volume an expression of your own sentiments. They are to be to and for Dr. Novy alone.

For purpose of binding it seems better to use a standard form and we are therefore sending the same to you with a second sheet.

Please return the material as soon as possible since the time is very short to prepare such a volume. To avoid soiling and folding the paper, it is requested that you use the same envelope for the return and send to the undersigned.

Very sincerely yours,

M. H. Soule

Dr. M. H. Soule,
Hygienic Laboratory,
University of Michigan,
Ann Arbor, Michigan.

Battle Creek, Michigan,
November 15, 1929.

Dr. F. G. Novy,
University of Michigan,
Ann Arbor, Michigan.

Dear Doctor:

Permit me to congratulate you on the attainment of the 65th anniversary of your natal day, and to assure you of my great appreciation of the noble service that you have rendered to the University, your profession and the nation, by your long years of devotion to arduous labors as an inspiring teacher and an indefatigable investigator.

Dear Dr Kellogg:

I hope you will pardon my intrusion upon your vacation. But really I do not feel that I can get on without your advice. I am sending you copies of three letters so that you may see what my difficulty is. You will see that there is a certain unwillingness on the part of the law firm to pay the grants made me by your brother. I have tried to make the law firm understand the nature of

the agreement, but do not seem to have accomplished much, judging by the letter of Nov 29/29.

Do you think you could, without too much effort, discover what the real difficulties are? Is the money being used in a way that is distasteful to your brother? Any suggestion you can make will be appreciated by me.

I hope you are enjoying a well earned rest.

Sincerely yours

L.H. Newburgh

UNIVERSITY OF MICHIGAN

SENT FOR INFORMATION OF

November 29, 1929

Herbert G. Watkins,
Assistant Secretary,
University of Michigan,
Ann Arbor, Michigan.

COPY

Dear Mr. Watkins:

Dr. Selmon states that there is no understanding between himself and Dr. Newburgh.

We understand that Dr. Newburgh has employed a chemist of approved ability to carry on the work. Mr. Kellogg suggests that we ascertain the period of time covered by the chemist's term of employment in his present task for Dr. Newburgh, and the amount of salary to be paid to the chemist, with a view to arranging to supply the funds required to take care of the obligation to the chemist, or some part thereof, with the understanding that when the chemist's special work above mentioned has been completed some other department of the University will undertake to carry out a line of investigation in which the Kellogg Company is especially interested, similar to the line of work carried on by the Mellon Institute.

Yours very truly,

Burritt Hamilton
Secretary Fellowship Corporation

The BATTLE CREEK SANITARIUM

INCORPORATED

MICHIGAN SANITARIUM & BENEVOLENT ASSN.

BATTLE CREEK, MICHIGAN

OFFICE OF
GEORGE EDWARD JUDD, SECRETARY

December 15, 1929

Dr. J. H. Kellogg,
Bird Key,
Sarasota, Florida.

Dear Dr. Kellogg:

There came to my hands a few days ago a little booklet issued by the Henry Ford Hospital entitled "Information for Patients of the Henry Ford Hospital, Detroit, Michigan", copy of which I am sending you.

I am deeply impressed and have been for several years that we should furnish something like this to patients when they arrive, or it might not be out of place to send it to those making inquiry, especially to those asking for special rates. We could copy some things from our "Articles of Association" for the first part of the booklet. If you do not have the Articles of Association I am sending you copy at this time.

Perhaps some day you may have a chance to write out something you think we might incorporate in a booklet that we could give the patients. I think it would save a lot of embarrassment at the Cashiers window and in my office, and the patients would not go away unhappy because certain things had gotten on their bills they did not understand. There may be many things we could put in our booklet which is not in this one, and some things in the Ford Hospital booklet which would not be applicable to our work.

I shall be glad to hear from you at your convenience.

Very Sincerely yours,

George E. Judd

J/E

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FILE
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RECD AM DEC 1 1929

December 15,1929.

Dir Horace Plunkett,
The Plunkett House,
84, Merrion Square,
Dublin, C. 18,
Ireland.

My dear Sir Horace:

Your letter of November 20 to Dr. Kellogg is at hand. The Doctor is at present in Florida where he may remain for some weeks. He will be greatly pleased to know that you contemplate another visit here during this winter and I wish to assure you that all your friends here are looking forward eagerly to renewing acquaintance with you. Personally, I shall be most happy to see you again and I hope you will let me know when you arrive as my office has been moved from Dr. Kellogg's Office to our Extension Department across the street from the Sanitarium, but I can be easily reached by telephone.

Your friends here often speak of you and have frequently expressed the hope that you would come again and that we might see something of you. We were all very much cheered recently to find out that,as Mark Twain used to say,reports that had been circulated in this vicinity of your death had been very greatly exaggerated.

I will forward your letter to Dr. Kellogg who I know will be very glad to have it and will perhaps write you again in reply.

Very sincerely yours,

R. V. Ashley.

v-m

12/17

DEC 20 1929

Mr Eoks Office
Packard Building
Philadelphia

December sixteenth
Nineteen hundred
and twenty - nine

Dear Doctor Kellogg :

I have had indigestion for now nearly thirty-five years and have been to the best doctors in Philadelphia and New York, without any notable results.

I cannot come to your Sanitarium because I do not like cold weather, and I would not be happy in a Sanitarium's surroundings. I am writing to you, therefore, to ask if you ever send experts out from your Sanitarium to patients. My idea would be to have such an expert come and live with me for a week or two - or as long as you think wise - let him

Will you tell me if this idea is practical and what would be the approximate expense of such an experiment - I mean the expense by the week ?

Believe me,

Very cordially yours,

Edward W. Bok

Doctor John Harvey Kellogg

observe my mode of living and my diet, and then suggest or advise me as I went along; giving me a diet list etc.

I have been X-rayed and the trouble seems to be that my duodenum opening is not large enough to discharge the food and, therefore, I suffer from gas caused by the fermentation of the food being too long in the stomach. Can you help me with such an expert ?

Within two weeks I leave for my Winter home in Florida and your expert could come there and live with me at my house, or we can wait until April, when he could live with me here in my house at Merion.

Mr. Bok's Office
Packard Building
Philadelphia

December 16, 1929.

Dear Doctor Kellogg:

I have had indigestion for now nearly thirty-five years and have been to the best doctors in Philadelphia and New York, without any notable results.

I cannot come to your Sanitarium because I do not like cold weather, and I would not be happy in a Sanitarium's surroundings. I am writing to you, therefore, to ask if you ever send experts out from your Sanitarium to patients. My idea would be to have such an expert come and live with me for a week or two-- or as long as you think wise-- let him observe my mode of living and my diet, and then suggest or advise me as I went along; giving me a diet list etc.

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Within two weeks I leave for my winter home in Florida and your expert could come there and live with me at my house, or we can wait until April, when he could live with me here in my house at Merion.

Will you tell me if this idea is practical and what would be the approximate expense of such an experiment-- I mean the expense by the week?

Believe me,

Very cordially yours,

(Signed) Edward W. Bok.

Weybridge 494

The Crest House,
Weybridge,
Surrey.

Christmas Day 1929

My dear Doctor,

I am wishing you and all your associates what is almost too much to hope for in this incarnation - the Christmas and New Year you deserve. You surely have all the makings of happiness around you. Looking back on the long and often hard road you have travelled, the memory is bright indeed. The outlook for the future in the still many years biologic living will, I devoutly hope, spare you to us, and/in the centuries to come after your day is done, is brighter still. You have earned your happiness and all your friends can enjoy it whenever they think of you.

I fear my work will keep me here for the winter, and this is a great disappointment to me. The journey across the Atlantic, which I always take in a slow boat, gives me fresh strength, and my American friends are ever kind and helpful. But we are going through difficult times and I do not like to lose any chance of handing on my task to younger people, who will soon have to do it all, in the best shape my longer experience can give to it. Thank God, I can still do my work; but it takes more time as I get older. I am now in my 76th

year, and I can say with conviction that I should not be alive had I not had the good fortune to learn the lessons of Battle Creek.

B.Lac was delayed but came through. I find it all that it claims to be and only wish it could be produced at a price which make it a widely used food for the old. Selfridge sells it at four shillings a can of the same size as the one you kindly sent to me. (12½oz). It has none of the digestive difficulty of lacto-dextrine. I suppose it has not the same beneficial effect on the intestinal flora, but it fattens the thin people. I shall strongly recommend it.

Very sincerely yours

Horace Plunkett.

I have just received a cheery letter from our old friend Gifford Pinchot, to whom I owe my first introduction to the San. He seems to be taking up forestry, water power and such matters of national importance. I wish he would leave Pennsylvania politics for which he is not so well fitted.

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

December 26, 1929.

OFFICE OF
JOHN HARVEY KELLOGG M.D.
DIRECTOR
CHAS. E. STEWART M.D.
ASSOCIATE DIRECTOR

Mr. Edward Bok
Packard Building
Philadelphia, Penna.

Dear Mr. Bok:

Your letter addressed to Doctor Kellogg has in his absence in Florida, been referred to me for reply.

I am very sorry indeed that you cannot find it convenient or practical to come to the Sanitarium as I am sure we could render you a service that could not be rendered to you by the plan you suggest. I imagine the winter weather here is somewhat similar to that in Philadelphia. The accommodations in our building are quite equal to the best hotels in New York and Philadelphia.

Judging from the symptoms which you enumerate, I believe we could render you real service, but if it is impossible for you to come to the Sanitarium, I would suggest that when you get to Florida you get in touch with Doctor Kellogg, whose address is Bird Key, Sarasota, Florida. Doctor Kellogg has a car and chauffeur and I am sure would be glad to run over and see you, and I am sure would be able to advise you just what course to undertake. If, after seeing Doctor Kellogg, it is thought best to have someone come to Florida, I believe we could make the necessary arrangements. I assure you, Mr. Bok we should be happy to be of service in helping you overcome your difficulty.

Under another cover I am mailing you a little booklet "An Inventory of Vital Assets" which will give you some idea of the work which we are doing.

I am,

Very sincerely yours,

Chas. E. Stewart,

ces-o
enc.

Bird Key,
Sarasota, Fla.

December 30, 1929.

Dr. L. H. Newburgh,
University of Michigan,
Ann Arbor, Mich.

Dear Dr. Newburgh:

Your letter of recent date has found me down here in Florida. I am very sorry to see that the situation is as it is. It seems to me, however, that you have rights which cannot be ignored and that the proper thing for you to do is very amiably but firmly assert your rights and stand pat. The correspondence, copies of which you sent me, shows very clearly that W. K. appropriated twenty thousand dollars to the work under your direction; that he placed this entire sum at your disposal and authorized you to designate dates when the money should be paid in. Your instruction with reference to payments covered the entire sum. You employed a man and have since spent a large amount of time instructing this man in getting him started in a research which is yet unfinished

I think the proper thing for you to do is to write a letter to Mr. Burritt Hamilton, who is Mr. W. K. K.'s attorney and is also attorney for the Fellowship Corporation through which he distributes his funds, setting forth the above facts, making plain to him that you will need all of this money and more to complete the work which you have in hand, and that the contract was made with you and not with the particular man who is doing the work under your direction. This money has been set apart for your use and belongs as much to you as though you had it in your hands. They have no right to divert it to something else. If they want another

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Bird Key,
Sarasota, Fla.

December 30, 1929.

Dr. L. H. Newburgh,
University of Michigan,
Ann Arbor, Mich.

Dear Dr. Newburgh:

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Dr. L. H. Newburgh, No. 2.

research made they are perfectly able to pay for it.

The work that you are doing is the most important work in relation to food which has been done in this country in many years and far more important than anything else which is at the present time being done. It will have more influence upon the food habits of the American people than any other research that is being made. The cereal companies should all be anxious to promote work of this sort and should generously encourage it as a small offset to the vigorous propaganda which is being continually carried on by the packers to increase the consumption of meat. People cannot eat more meat and also eat more breakfast foods. It is necessarily more of one and less of the other. When the people know the facts about meat which you are bringing out, they will certainly eat less meat and have more money to spend for Rice Crispies, Corn Flakes and other cereal products. The cereal manufacturers will get waked up to this fact after a while and will give researches like yours more generous support.

It would be better, of course, to have this correspondence done in the name of Mr. Shirley W. Smith, the University Secretary, who has handled the correspondence heretofore. In the meantime I think it would also be well for you to write Dr. Colver the same sort of letter you wrote me. His address is Dr. B. N. Colver, Glendale, California.

Very sincerely yours,

P. S. Enclosed find a copy of a letter I have just written to Dr. Colver.

I think you ought to get hold of Dr. Selmon and get him to come down to see you and explain to him the situation. To me it is very plain

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Dr. L. H. Newburgh, No. 3.

that the twenty thousand dollars was given to your department and that it belongs to you not only ethically but legally. I hope Secretary Smith will take this view of it and see that you get it. It looks as though somebody else in the University was trying to get it away from you.

What is this Mellon Institute research that somebody at the University is carrying on? I had not heard of it.

Get Dr. Selmon to come down to see what you are doing. Selmon is a good fellow and I have always thought him honest. If he has not been prejudiced against your work he ought, it seems to me, to recognize your rights and stand by you. I shall be glad to know of any further developments. Be assured I shall be glad to do anything I can to help whenever opportunity offers.

Bird Key,
Sarasota, Fla.

December 30, 1929.

Dr. L. H. Newburgh,
University of Michigan,
Ann Arbor, Mich.

Dear Dr. Newburgh:

Your letter of recent date has found me down here in Florida. I am very sorry to see that the situation is as it is. It seems to me, however, that you have rights which cannot be ignored and that the proper thing for you to do is very amiably but firmly assert your rights and stand pat. The correspondence, copies of which you sent me, shows very clearly that W. K. appropriated twenty thousand dollars to the work under your direction; that he placed this entire sum at your disposal and authorized you to designate dates when the money should be paid in. Your instruction with reference to payments covered the entire sum. You employed a man and have since spent a large amount of time instructing this man in getting him started in a research which is yet unfinished

I think the proper thing for you to do is to write a letter to Mr. Burritt Hamilton, who is Mr. W. K. K.'s attorney and is also attorney for the Fellowship Corporation through which he distributes his funds, setting forth the above facts, making plain to him that you will need all of this money and more to complete the work which you have in hand, and that the contract was made with you and not with the particular man who is doing the work under your direction. This money has been set apart for your use and belongs as much to you as though you had it in your hands. They have no right to divert it to something else. If they want another

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Bird Key,
Sarasota, Fla.

December 30, 1929.

Mr. Edward W. Bok,
Packard Building, Mountain Lake, Fla.
Philadelphia, Pa.

Dear Mr. Bok:

Yours of the 16th addressed to me at Battle Creek has reached me here.

You have already learned that I am in Florida and from your letter I understand that you doubtless will be in Florida within a few days.

From what you write I judge you are suffering from stasis in the duodenum, very likely a chronic duodenitis. It is quite likely that there is mechanical obstruction which may render radical relief difficult, but from experience with many cases of this sort I have no doubt that the inconveniences you suffer may be greatly mitigated by simple means which you may employ which are readily available.

If you will run over here some day I will be very glad indeed to see you and to make any suggestions which may appear to be indicated. It would be very helpful to have the X-ray report of your case and any other laboratory findings you may have.

Assuring you it will be a very great pleasure to be of any possible service to you, I am

Sincerely yours,