Please admit Doctor Kellogg
and party to

Edward Bok
Mountain Lake Park

E B

The Bok Peace Prize
Packard Building
Philadelphia

January fourth
Nineteen hundred
and thirty

Dear Doctor Kellogg :

Mr. Bok has asked me to send you the enclosed letter and say that he expects to arrive at his Florida home tomorrow afternoon, January fifth.

He will be very glad if you can arrange to see him early next week at his residence, Mountain Lake Club, Lake Wales, Florida, on any day after eleven o'clock in the morning.

He also asks that if you will telephone in advance to the Butler at his house, he will be sure to be there.

He is most anxious to see you and hopes you can find it convenient to favor him with an early visit. His card is enclosed.

Yours very truly,

Clarence Gardner

Doctor John Harvey Kellogg

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- Kellogg Frds.
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- Race Degeneracy
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- Picture of.....
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MAILED
FILE
NO. F. U.
FOLLOW

Bird Key,
Sarasota, Fla.

January 7, 1930.

Mr. Edward Bok,
Lake Wales, Florida.

Dear Sir:

I have a note from your secretary indicating that you desire me to call on you. I shall esteem it an honor to meet you and will be very glad indeed to be of any possible service.

I have been planning to visit Lake Wales shortly to hear the chimes, but had not fixed a definite date and so can adjust the time of my visit to suit your convenience.

We can supply you with an excellent dietitian if you desire. The charge will be simply traveling expenses and the dietitian's wages. We pay our best dietitians sixty dollars a week.

Anticipating the pleasure of meeting you and hoping I may be able to offer you some helpful suggestions, I am

Very sincerely and respectfully yours,

b

UNIVERSITY HOSPITAL

ANN ARBOR, MICHIGAN.

January 8, 1930.

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

Dear Dr. Kellogg:-

I have just finished reading your letter for the second time, and hasten to thank you most sincerely for the time and effort you have given to this matter. I appreciate your consistent desire to help me, especially at a time when you might expect to be relieved of the troubles of your acquaintances.

I am writing the letter you suggested to Dr. Colver and shall see Mr. Smith, the Secretary of the University very soon. I hope he follows the advice your letter contains.

With best wishes for continued enjoyment of the tropical sunshine, I remain

Sincerely yours,

L. H. Newburgh

Dr. L. H. Newburgh
bc

Bird Key,
Sarasota, Fla.

January 15, 1930.

Food Company:

Please send a five pound can of B-Lac to Sir Horace Plunkett, The Crest House, Weybridge, Surrey, England, with my compliments.

J. H. K.

b

Bird Key,
Sarasota, Fla.

January 15, 1930.

Good Health:

Please send GOOD HEALTH regularly to Sir Horace Plunkett,

The Crest House, Weybridge, Surrey, England, with my compliments.

J. H. K.

b

Bird Key,
Sarasota, Fla.

January 15, 1930.

Extension Department:

Please send the BULLETIN regularly to Sir Horace Plunkett, The Crest House, Weybridge, Surrey, England, and also send him a copy of the Proceedings of the Race Betterment Conference with my compliments.

J. H. K.

b

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Bird Key,
Sarasota, Fla.

January 15, 1930.

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

My dear Sir Horace:

It is wonderful of you to think of me on Christmas day and write me such a nice letter. I appreciate most profoundly your kind expressions and good wishes. I do not forget how much I and the Sanitarium are indebted to you for a most extraordinary introduction to the profession and the elite of Great Britain. Because of our progressive physiotherapy we had to meet great opposition from the medical profession, and because of my opposition to alcohol, tobacco and flesh eating we were unpopular with the laity. We had few friends among the intelligentsia by whom our aims and ideals were much more likely to be understood. In Great Britain we were practically unknown until your wonderful address opened the door for us, and your address helped us even more in America because you are almost as well known in this country as in Great Britain.

I am sure there are tens of thousands of people who send you a grateful blessing whenever they note the wonderful change which has taken place in our rural life within the last 25 years and recall the fact that it was your suggestion which led President Roosevelt to appoint a commission which inaugurated the movement for the betterment of rural life conditions in this country, the influence of which may be seen in our great prosperity in recent years. This country ought to erect a monument in Washington to your memory. I am sure there is a high

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Sir Horace Plunkett, No. 2.

seat reserved for you in the Valhalla of American saints.

I always remember our debt of gratitude to Gifford Pinchot who was the attraction that first brought you to Battle Creek. What a lovable man he is. He is, as you say, a poor politician. He is too honest and frank, but during his reign in Pennsylvania he did a good deal for prohibition. I think he became a pretty thorough convert to biologic ways during his stay with us. A man who was the manager of his campaign and very well acquainted with him told me that when he had banquets at the State House he had a special tray of meatless foods brought to him and said to his friends, "I dine ala Battle Creek."

I think it more than probable that your cordial endorsement of our work was the influence which brought John D. Rockefeller, Jr. to Battle Creek. He wrote me saying he wanted to come and stay a month to learn how to live. When he came he had an announcement made in the newspapers through the Associated Press that he had come to Battle Creek to spend a month for the purpose of learning how to live. He said to me when he arrived, "Dr. Kellogg, I am 48 years old. I want to live 20 years more. If I can have 20 years I shall be perfectly satisfied. Now, I want you to show me how to do it." He was very much in earnest and I think became thoroughly convinced of the soundness of the biologic method of living.

Some weeks after he returned home he sent me a telegram saying that he had a cold and that his doctor advised him that he must eat meat in order to raise his vitality so he could throw it off. I happened to be in New York. The telegram was forwarded to me and at his request

Sir Horace Plunkett, No. 3.

I called on him at his house. He told me that not hearing from me he had yielded to the Doctor's urging and had taken meat at one meal. Instead of helping him it made him very sick and he said he resolved to eat no more no matter what the Doctor might say. Some time later Mrs. Mary F. Henderson told me that when spending the summer at her home at Bar Harbor she was a next door neighbor to Mrs. Rockefeller, and when calling one day Mrs. Rockefeller told her that her husband had been up to Battle Creek and had become a "rabid vegetarian." Shortly before leaving home a few weeks ago I had a letter from Mr. Rockefeller telling me that he was still using Battle Creek foods and that he greatly appreciated the benefits he received while with us.

I think the older Rockefeller has adhered pretty closely to a non-flesh dietary for many years. His diet, I understand, consists almost wholly of bread and milk with a little fat bacon now and then. The fat of meat is not really meat for it is the lean part that does the harm.

Dr. Newburgh, of the University of Michigan, has been carrying on for several years a very interesting research in relation to protein which has led to some very interesting discoveries. He has found that when meat is added to the food of rabbits they get hardening of the arteries within a few months, and when rats are put upon a meat diet they get acute or chronic inflammation of the kidneys. When they are fed on liverthey get acute nephritis within ten or twelve days. He has recently shown that the injury is not due to protein proper but to poisons which in the case of meat are associated with the protein. Vegetable proteins of all kinds are harmless. The same is true of the protein of milk. But lean meat, which is usually considered also as protein, produces toxic effects. He has recently found the reason to be that lean meat contains

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Sir Horace Plunkett, No. 4.

in addition to protein 25 per cent of toxic substances derived from protein, representing the waste or excrementitious matters, urea, uric acid, creatin, creatinin and various other disintegration products which are always found in the flesh of animals. When these are carefully separated from the protein of meat the pure protein remaining is found to be as harmless as that of vegetables or milk.

I presume you will see an account of the experiment carried on at Bellevue in which Stefansson, the arctic traveler, and Anderson, one of his old comrades, were said to have lived a year on a meat diet. This was a shrewd publicity scheme engineered by the packers for the purpose of persuading the people to eat more meat, making them believe that it is perfectly harmless and may be eaten in any quantities without injury. The fact is the men did not live on muscle meat. Their ration consisted of 2100 calories of fat and 550 calories of protein, about four-fifths fat, really a tallow-eating stunt rather than a meat-eating experiment. In the publicity material which the packers are spreading about they give the impression that Stefansson's diet consisted of steaks, chops and other parts of animals which are generally known as meat. Certainly suet, lard and tallow are never called meat. I enclose a clipping from my journal Good Health in which I have referred to the matter.

While the experiment was going on I had a letter from Stefansson in which he told me that the results of the experiment would not be what the packers expected but that it would support my views of meat eating rather than their claims.

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Sir Horace Plunkett, No. 5.

I am surprised that a man who professes to be a scientist should have been willing to participate in such a wicked scheme, especially when he evidently knew that a misuse was going to be made of the data. I am sure he has lost his scientific standing by commercializing himself. I have recently several times heard him spoken of derisively by prominent scientists.

I am glad to know the B-Lac reached you and that you like it. I will have a five pound can sent you. It has the same effect upon the flora that Lacto-Dextrin has and has the advantage that it may be used as a food in place of other sugar. It is unique among sugars in the fact that pernicious bacteria cannot grow when it is present. A test which we have repeated many times in our laboratory is this: 6 or 8 ounces of a 5 per cent solution of B-Lac is put in a flask. A half teaspoonful of fresh fecal matter mixed with a little water is added. The flask is well shaken and then placed in an incubator and is kept at a temperature of 100°. At the end of ten days the colon germs are found to have all disappeared and in their place is a pure culture of B. acidophilus, the protective germ, to establish which is the purpose of changing the flora. Pus-forming germs, all the pernicious bacteria which make trouble in the intestine, gradually fade away when lactose in any form is present even in small quantity.

B-Lac is necessarily expensive because it is prepared from the purest lactose obtainable. Lactose is found only in milk which contains four or five per cent of this unique sugar. But it is really not very expensive after all when compared with many other common foods. Steak, for example, is bought from the butcher at fifty cents a pound. The butcher after weighing the steak cuts off a fringe of trimmings, then

Sir Horace Plunkett, No. 6.

the cook trims off some more and there are usually some undesirable fragments left on the plate, so the consumer actually gets a little more than half what he pays for. This raises the price to at least 75 cents a pound. But the steak is three-quarters water, so the actual meat solids comparable with other water-free foods is three dollars a pound. Choice steaks are often sold at a dollar a pound, making the cost six dollars a pound. So, forgetting the vast difference in intrinsic values between B-Lac and beefsteak, the beefsteak is at least four or five times as costly.

In the use of ordinary foods we forget that they consist chiefly of water. Good clean milk, certified milk, costs at least a shilling a quart, which would be a dollar for a pound of milk solids. Even such commonplace things as fruits, salad greens and fresh vegetables when the water content is excluded will be found to equal or exceed B-Lac in price. Compared with ordinary sugar the price seems exhorbitant.

The trouble is the product has to be sold largely through drug stores who demand a very large discount, and the expense of the educational campaign necessary to create a demand is very large. For example, in introducing Lacto-Dextrin it was necessary to send four letters a year to every one of the 150,000 doctors in the United States during the last four years and more than 50,000 full sized packages as samples. The total cost of the publicity campaign for this product up to date has amounted to nearly half a million dollars. After B-Lac has been introduced, if the demand becomes large enough so that it becomes a commodity, it can be sold at half the present price. It never can compete with ordinary cane sugar, however, which is almost as cheap as dirt. Here in Florida the farmers are raising 30 tons of

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Sir Horace Plunkett, No. 7.

sugar cane to the acre at very little expense and the cane contains 16 or 17 per cent of sugar, so they get 4 to 5 tons of sugar to the acre, more than double the weight of the corn or wheat that could be grown on the same area.

The druggists charge 75 cents a pound for the best grades of ordinary lactose. In preparing B-Lac this same quality of lactose has to be re-processed. The proportion of profit is very much smaller than in such foods as Corn Flakes, for example. The half pound of corn in the package costs one cent. The package sells for ten cents. The carton and the packing case cost as much as the corn. The biggest item of cost is the advertising.

You will certainly be worn out with this long letter. I must close at once. I am glad you enjoy sea voyages, so we may still look forward to having another visit from you. I have put you on the mailing list of my journal Good Health and also the Sanitarium Bulletin. I am likewise sending you a copy of the Proceedings of the Race Betterment Conference which we held last January. It was quite a success.

Hoping this letter will find you in comfortable health and trusting your extraordinarily useful life may be spared yet for many years, I am

Most sincerely and gratefully yours,

b

Bird Key,
Sarasota, Fla.

February 5, 1930.

Food Company.

Send to Sir Horace Plunkett, The Crest House, Weybridge, Surrey, England, two pounds of Night Cup, latest formula. Send in plain can labeled outside, typewritten label, Night Cup, together with the enclosed instructions for taking.

Send me three pounds of the latest formula.

J. H. K.

b

P. S. Also send five pounds of B-Lac with my compliments.

Bird Key,
Sarasota, Fla.

February 3, 1930.

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

My dear Sir Horace:

I remember when you were last with us you had trouble about sleeping. I have devised a food which is intended to help people to sleep. The principle involved is very simple. Sleep is due to an anemic condition of the brain. So long as the brain is suffused with blood sleep is impossible. A special characteristic of this food is that it dilates the bloodvessels of the stomach and intestine and in this way diverts blood from the head and so induces sleep. The question naturally arises, then, why is this food better than any other? The answer is that ordinary food not only dilates the bloodvessels of the stomach but it excites the stomach to activity, requires work of it in other words, and while at first effective in producing a tendency to sleep, a little later the activity of the stomach excites the sympathetic and through this excites the brain. This particular food has the advantage that it requires no work of the stomach. It is predigested and does not excite gastric activity, so it simply dilates the bloodvessels and diverts blood from the brain without producing the subsequent stimulation of the brain circulation and activity.

I have ordered sent you a couple of pounds of this new food which bears the night of Night Cup, the bedtime beverage. I think you will find it very agreeable and I shall be greatly pleased if you find it helpful. The preparation is not yet on the market and so it will be sent to you in

a plain unlabeled package.

The way to use it is to put into a good sized teacup two heaping dessert-spoonfuls of the product, add a tablespoonful of boiling water, stir until smooth and then fill the cup three-fourths full of boiling water, stir a little more to completely dissolve, then add a tablespoonful of good cream and a little sugar if desired.

I am sending you some more B-Lac which I use altogether in place of cane sugar. It helps greatly in suppressing intestinal putrefactions which Metchnikoff showed to be an active cause of senility.

When I glance over the London cable dispatches I feel a sense of relief when I do not find any announcement to the effect that Sir Horace Plunkett's plane has crashed. I hope at least you won't undertake the trans-Atlantic trip. I am sure you will find a Zeppelin much more comfortable.

I am dictating this to Mr. Bloese, whom I am sure you will remember very well, while toasting my already brown skin in Florida sunshine, as hot as we have in Michigan in June or July.

Hoping this will find you well, I am

As ever sincerely and cordially yours,

P. S. The Night Cup may be repeated as many times as necessary to induce sleep. Take just before retiring. It is most efficient if taken after a warm (not hot) bath.

NIGHT CUP

The way to use Night Cup is to put into a good sized teacup two heaping dessert-spoonfuls of the product, add a tablespoonful of boiling water, stir until smooth and then fill the cup three-fourths full of boiling water, stir a little more to completely dissolve, then adda tablespoonful of good cream and a little sugar if desired.

The Night Cup may be repeated as many times as necessary to induce sleep. Take just before retiring. It is most efficient if taken after a warm (not hot) bath.

Columbia University
in the City of New York
DEPARTMENT OF CHEMISTRY

February 10, 1930

XJNK 12-10-27

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

Dear Dr. Kellogg:

Mrs. Rose tells me that she has received a letter from you suggesting the republication in your journal Good Health of the paper which I prepared at the request of the American Child Health Association, and which was originally published in their Child Health Bulletin. I am enclosing a copy and shall feel honored if you care to reprint it in your journal. If there is any technical question of authority for reprinting, the authority should be granted by the Child Health Association, who originally published the paper.

Mrs. Rose also tells me that you refer to a letter which you wrote me some time ago, and to which you received no reply. I am very sorry indeed if a letter from you was, through any oversight, left unanswered, either by me or by those who looked after my mail during my absence. Two years ago I was ill and away for some months, but I have been well and back at my regular University work for the past year and a half.

With best personal regards, I am

Very sincerely yours,

H. C. Sherman

HCS:VS
Enclosure

TELEPHONE: HOLBORN 9304. TELEGRAMS: RUSTICITY, HOLB, LONDON.
CABLES: RUSTICITY, LONDON. K. WALTER, SECRETARY.

THE HORACE PLUNKETT FOUNDATION,
10, DOUGHTY STREET,
LONDON, W.C.1.

14th February 1930

My dear Doctor,

Knowing how full your life is, and having most gratifying evidence of your astounding output of literary work, I deeply appreciate the trouble you take in your letters to an old friend who can make no adequate return. You are good enough to attach a far higher value to my endeavour to pass on some of your doctrine to others when I had a public of very limited quantity but perhaps of some intelligence. But it was a small service compared to the gratitude expressed by the multitude who know what you have done.

I must not forget to thank you for five pounds of the best food I have experienced in the B.Lac. It is the most digestible and sustaining nourishment I have taken and I shall take it regularly. I ought not to have mentioned the price as it is negligible when compared with its value. The particular trouble I have in mind is the mass of statistics you crammed into your last two letters. I see now the reason for the enormous addition to the San. It is meeting and proclaiming to the world the growing demand for the most intimate acquaintance with the great Idea.

A rather bad attack of bronchitis has deprived me of my intended visit to America. I foolishly let it go too far before I went to bed, and it took away all my energy for some weeks. I am behind in all my work and must stay at home till I pick up.

Yours most gratefully
Horace Plunkett.

Weybridge 494

The Crest House,
Weybridge,
Surrey.

15th February 1930

My dear Friend,

Only yesterday I wrote to thank you for many kindnesses, and today comes your letter of February 3rd announcing yet another service to mankind of which I am to be one of the first beneficiaries. Insomnia has been a life-long trouble with me, and I am inclined to think that the all round speeding up of life in this amazing epoch tends to increase the its victims. I look forward to/arrival of the food which I shall try with the neutral bath from which I have derived much relief, and shall report my personal experience.

I well remember Mr Bloese, to whom I send my warm regards. He not only helped me with my work but gave me lessons in billiards, which would have made me a respectable player if I could have remained under his brilliant exposition of the art.

Your people have been good enough to send me the ~~xxxx~~ third Race Betterment Conference Report. On first impression it looks to me an invaluable addition to the E.C. literature. I cannot imagine the man who would not find in it something

to interest him. Your essay on naples is encyclopaedic and, like everything you write, arresting throughout.

Yours gratefully

Horace Plunkett

I have just been up 6000 feet to give my weak lung a tonic. I always go up with a master pilot who lets me take no risks. I feel much safer there in my automobile as I can keep out of the way of reckless people who infest the roads.

20

The American Public Health Association

GEORGE W FULLER, PRESIDENT
A J CHESLEY, M.D. FIRST VICE PRESIDENT
HOMER N CALVER, EXECUTIVE SECRETARY

NORMAN MacL HARRIS, M B SECOND VICE PRESIDENT
LOUIS E SCHMIDT, M D THIRD VICE PRESIDENT
EDWIN O JORDAN, PH D TREASURER

Office of the Executive Secretary
370 Seventh Avenue, New York, N.Y.

February 20th, 1930.

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

My dear Dr. Kellogg:

The Executive Board of the American Public Health Association would like to have the pleasure of appointing you a member of the Official Delegation to the 1930 International Hygiene Exhibition and World Health Congresses in Dresden.

While circumstances may well make it difficult for you to plan a journey to Europe this summer, please bear in mind that the importance of the Dresden meeting is such that an opportunity for the multitudinous contacts it affords may not be created again for several decades.

As a member of the American Public Health Association's Official Delegation, you will meet with the Delegates of over two hundred scientific associations which have made their annual conventions converge in Dresden this summer. You will meet with the delegates of the League of Nations and the twenty foreign governments whose participation in the Dresden meeting has been specified by legislative enactment. You will meet with the health authorities of every state and city in the German Republic.

En route to Dresden by sea, you will participate in a post-graduate course of round-table discussions preparing you to derive the fullest benefit from the official program of joint meetings and clinical demonstrations.

En route to Dresden and return by land, you will be received by government dignitaries and affiliated scientific associations in Liverpool, London, Margate, Brussels, Cologne, Wiesbaden, Berlin, Potsdam, Prague, Vienna, Salzburg, Munich, Oberammergau, Lucerne, Montreux, Geneva and Paris.

Everywhere you go in Europe doors will be open to you, as an accredited delegate of the American Public Health Association, which are closed to ordinary tourists. In every city you visit,

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Office of the Executive Secretary
370 Seventh Avenue, New York, N.Y.

the program of professional contacts, scientific meetings, clinical demonstrations and official receptions will be dovetailed with a generous program of social relaxation and sightseeing.

The economies effected through concentration of the purchasing power of our delegation, plus the special consideration accorded our representatives by transportation systems, has made it possible to cover all expenses of membership in the Delegation for an inclusive price of $779.

This sum covers all costs of transportation to Europe and return on the finest cabin steamers of the International Mercantile Marine, the S.S. Adriatic and S.S. Lapland -- all transportation by boat and train in Europe, the cost of accommodations in the better class hotels, all meals, all sightseeing, all transportation of baggage, even such miscellaneous items as tips and entrance fees to public museums. It also includes the complete cost of all special post-graduate lectures and demonstrations associated with the visitation.

Enclosed you will find a membership identification card. If you can accept an appointment on the American Public Health Association's Delegation to the International Hygiene Exhibition and World Health Congresses this summer, please return this card as quickly as possible. It will be countersigned by a representative of the Executive Board and returned to you for your identification.

Very sincerely yours,

W. S. Rankin, M.D.
Chairman, the Executive Board.

The American Public Health Association

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Office of the Executive Secretary
370 Seventh Avenue, New York, N.Y.

S U M M A R Y O F I T I N E R A R Y

You will shortly receive a detailed itinerary of the European tour of the official delegation of the American Public Health Association. This itinerary will include the schedule of meetings, conferences and trips to places of scientific and general interest in:

Liverpool	Dresden
Chester	Prague
London	Vienna
Margate	Munich
Brussels	Oberammergau
Cologne	Montreux
Wiesbaden	Geneva
Berlin	Paris

Sailing from New York City
on S/S Adriatic, June 14, 1930

Arriving Liverpool, June 23

Sailing from Cherbourg on
S/S Lapland, July 25, 1930

Arriving New York City, August 3

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- Vitamin Cards
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- Reprint No.
- Health Dec.
- Meat Poster
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- After Care Surg.
- Proper Ration for Diabetics
- Spec. Dia. Lit.
- Picture of.....
- Winter Booklet

Bird Key,
Sarasota, Fla.

February 21, 1930.

Professor H. C. Sherman,
Department of Chemistry,
Columbia University,
New York City.

Dear Dr. Sherman:

I am glad to have your letter of February 10th together with a copy of your article The Problem of Sweets for Children and your kind permission to republish it in Good Health. I will of course give due credit to the Child Health Association. Your paper is most timely and so reasonable I am sure it will appeal to intelligent people. The manner in which large vested interests are exploiting eatables and drinkables these days is getting to be a serious menace to the physical welfare of the American people. It seems to me some way ought to be found for restraining these people from broadcasting the dangerously misleading statements with which the advertising columns of newspapers and popular magazines are filled.

I am delighted to know that you made such a rapid and complete recovery. I derive such profit and encouragement from your books I feel under great obligations to you. I read everything you write with the greatest pleasure. Your style is lucid and concise. Every sentence counts and you do not hesitate to state frankly facts which a good many writers dodge or camouflage. I wish greatly that I might have had the privilege of spending a year or two under your tutelage.

My principle concern for many years has been to find the most efficient practical methods of applying up-to-date scientific facts to the helping of sick people to get well and well people from getting sick.

MAILED

FILE

NO. F. U.

FOLLOW

Professor H. C. Sherman, No. 2.

Your writings have helped me more than any other.

Congratulating you on your recovery and thanking you for your courtesies, I am

Very sincerely and respectfully yours,

P. S. I am sending you a few pounds of beta-lactose. It is I think about 95 per cent pure. I am trying with some success to get people to use beta-lactose as a table sugar in place of sucrose so as to help maintain an aciduric flora. If you think it worth while to try it and like it I shall be glad to send you any quantity you may care to use.

I have received the February number of Good Health and find that the article is published in this month's number. I felt so sure of having your consent to publish it that I had it put in type from the copy of your committee report, the only copy I then had. I did not intend to have the article published, however, but on account of my absence it at the last moment slipped in.

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- Health Dec.
- Meat Poster
- G. H. Mag.
- After Care Surg.
- Proper Ration for Diabetics
- Spec. Dia. Lit.
- Picture of.....
- Winter Booklet

Bird Key,
Sarasota, Fla.

February 21, 1930.

Food Company:

Please send a five pound can of beta-lactose to Professor H. C. Sherman, Department of Chemistry, Columbia University, New York City. Be sure it is of high quality. It should test at least 41. Please send me a sample of it and a copy of the laboratory report on it.

Kindly give this matter prompt attention.

J. H. K.

b

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Bird Key,
Sarasota, Fla.

March 2, 1930.

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

My dear Sir Horace:

I have your two letters of the 14th and 15th.

I am delighted that you find the B-Lac palatable and useful. That is the universal report. I have never found anyone yet that did not like it. I use it myself daily and we serve it on our table in place of cane sugar. If we could get this sugar into use in place of cane sugar I think it would eliminate a large share of all digestive disorders.

I am not certain whether the Selfridge store carries B-Lac in stock or not, but I will suggest that they stock it at once if they have not already done so.

I have asked the office to send you another box of B-Lac with my compliments.

I am sorry that you have had another attack of bronchitis. If you will take the B-Lac regularly I think it would help build up your resistance and lessen your liability to attacks of this sort.

I am rather glad you have not been in America this winter. The whole country has experienced this winter one of the coldest and disagreeable seasons in the memory of the oldest inhabitant. Blizzard after blizzard has roared in from the northwest and just now, after having had ten days of almost summer weather, with green lawns and the birds singing, they have another blizzard. The temperature is down to zero again and it is so cold that we are getting a touch of the re-

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Winter Booklet

Sir Horace Plunkett, No. 2.

frigeration down here in Florida. There is frost promised for to-night in the northern part of the State.

On the whole there is no occasion to complain of the weather here in Florida. We have not had more than two or three days colder than some of our summer days in Michigan and many days the sun has been as warm as in our midsummer weather.

I confess I am worried about your aviation exploits. I confess I feel safer on the ground even though it is necessary to watch out for automobiles.

Always with best wishes, I am

As ever sincerely yours,

b

Bird Key,
Sarasota, Fla.

March 2, 1930.

Food Company:

Please send a five pound can of B-Lac to Sir Horace Plunkett, The Crest House, Weybridge, England, with my compliments.

b

J. H. K.

[illegible],
[illegible], Fla.

March 20, 1930.

[illegible]. Hamlin, M. D.,
The American Public Health Association,
370 Seventh Avenue,
New York City.

My dear Dr. Hamlin:

Your letter of February 20th has just reached me here in Florida where I am spending a few weeks on a work vacation. I appreciate greatly your courtesy in suggesting my name as a member for the official delegation to the Dresden exhibition, and because of the long delay in your letter reaching me have just wired you as follows:

> "Your letter of February 20th just reached me here. I accept with many thanks your invitation to become a member of the official delegation to the international hygiene exhibition. Kindly send me full instructions concerning duties, etc."

I cannot understand why your letter should have been so long delayed, as my mail is usually forwarded very promptly from Battle Creek.

I was greatly delighted when I learned that you were at the head of the executive work of the American Public Health Association. I hope some time we shall see spread all over the United States the splendid work you had started in your State and which I hope is being continued.

With best wishes and thanking you for your courtesy, I remain, dear Doctor, Very sincerely yours,

W. S. Rankin, M. D., No. 2.

P. S. Not being able to leave all my work behind, as I should like to do, I shall need to take with me one of my secretaries, a young man who I should want to have occupy the same room with me, and to avoid inconvenience with other people would wish to have the room wholly to ourselves. Of course I am prepared to meet whatever additional expense might be involved if this can be arranged.

CHAIRMAN: ALBERT SHAW VICE CHAIRMEN: JOHN G. AGAR JOHN H. FINLEY FELIX M. WARBURG CHARLES L. WHITE
PRESIDENT: S. PARKES CADMAN EXECUTIVE VICE PRESIDENT: CHARLES V. VICKREY SECRETARY: WM. B. MILLAR TREASURER: FLEMING H. REVELL

THE GOLDEN RULE FOUNDATION

ONE MADISON AVENUE, NEW YORK
TELEPHONE, ASHLAND 1177

March 27th, 1930.

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

Dear Dr. Kellogg:

On behalf of our Trustees I have been asked to extend to you an invitation to become one of the Founders or Members of The Golden Rule Foundation.

I am enclosing herewith a brief statement of our purpose, guiding principles and organization and one of our first reports.

We have just had what Dr. John R. Mott, at one of our recent committee meetings, termed "a trial run," demonstrating the values and possibilities of the organization. More than a million warm meals have in recent weeks been served to undernourished children in Porto Rico, China and elsewhere, many of whom would have died had it not been for this ministry. Appropriations have been made after careful investigation to thirtyfive different child welfare organizations.

There still remain boundless opportunities for saving and enriching life. The latest official cables from China report that: "Unless additional aid comes, 2,000,000 are practically certain to die from starvation before the next harvest." Governor Roosevelt from Porto Rico says: "The aid we have received so far has helped greatly but we are only beginning to meet the situation." Scores of scarcely less urgent appeals in behalf of underprivileged children in our own land go unanswered for lack of adequate funds.

We are now endeavoring to complete our Founders Fund of $500,000 preparatory to the larger service which we feel should be and can be rendered. In completing this Fund our Trustees hope to secure:

4	Founders contributing $25,000 each	$100,000
10	Founders contributing $10,000 each	$100,000
20	Founders contributing $ 5,000 each	$100,000
100	Patrons contributing $ 1,000 each	$100,000
1000	Sponsors and Members averaging $100 each	$100,000

We now have one of the $25,000 subscriptions; two $10,000 subscriptions paid; three $5,000 subscriptions paid and five $1,000 subscriptions paid.

I have been asked, on behalf of the Trustees, to inquire whether in the light of the progress that has been made, and the tragically urgent needs of underprivileged childhood, you cannot become a contributor to this Founders Fund. If you can let us have your name and support as one of the Founders or Members, we feel confident that it will contribute much toward the success of the Foundation in challenging ever-increasing contributions from the general public for constructive philanthropy.

Very sincerely yours,

S. Parkes Cadman

S. Parkes Cadman
President

spc-se

The Golden Rule Foundation

ONE MADISON AVENUE
NEW YORK, N. Y.

The Golden Rule Foundation

Incorporation The Golden Rule Foundation is incorporated by special Act of the Legislature of the State of New York, signed by Governor Roosevelt, March 29, 1929.

Trustees The Board of Trustees is composed of well known business and professional men and women chosen, by requirements of the charter, "with reference to representation on the Board of Trustees of the viewpoints and interests of the major religious, educational, philanthropic and other organizations and constituencies cooperating with or contributing to the funds of the Foundation." A roster of the Trustees, Founders, Directors and Members of responsible committees is submitted herewith.

Purpose The purpose of the Foundation as stated in the charter is "receiving of contributions to a fund or funds and ministering such fund or funds in the spirit of the Golden Rule for the welfare of mankind throughout the world." While all philanthropy comes within the scope of the Foundation the Board of Trustees has voted to give preferred consideration for the present to constructive child welfare work.

Methods The Foundation seeks to conserve and develop the educational, spiritual and financial values of International Golden Rule Sunday and to render to the underprivileged in our own and other lands a constructive service similar to that rendered in recent years through Golden Rule Sunday observance to the children of the Near East. The Foundation does not create new administrative machinery, but works through existing approved philanthropic agencies.

Sources of Income

1. Golden Rule Sunday Contributions. On International Golden Rule Sunday, midway between the feasts of Thanksgiving and Christmas, all citizens who profess to believe in the Golden Rule are asked to partake of a frugal meal, entering into fellowship with the sufferings of those who are less fortunate and sharing their prosperity with those who are in adversity. Those who are unwilling or who deem it unwise to forego their usual bountiful dinner, it is hoped, will give with double generosity as an expression of gratitude for superabounding prosperity.

2. Legacies, Bequests and Special Gifts. The Golden Rule Foundation is authorized by its charter to receive, hold in trust and administer, money bequeathed or given for philanthropic purposes. It seeks to render to the average citizen something of the same service that the large private Foundations render to their respective founders.

Guiding Principles

1. The Foundation seeks to serve, supplement and strengthen rather than compete or interfere with appeals of existing worthy organizations.

2. Gifts may be designated as to beneficiary, institution or purpose.

3. Undesignated gifts will be allocated after careful investigation on the basis of greatest strategic need.

4. All work done with undesignated gifts shall be remedial and constructive in character rather than merely palliative.

5. Work shall be done as largely as possible by means of grants in aid to approved existing organizations.

6. Wherever practicable, grants shall be given in such a way or under such conditions as to challenge and call forth larger contributions and activities on the part of interested individuals, institutions or governments.

Analogies The Foundation has been likened to:

1. A General, or, World Community Chest, in that it proposes to minister to those great areas and types of poverty and suffering that lie outside the limits or the scope of local community chests.

2. *An Investment Trust in the Field of Philanthropy*, in that the Foundation provides for:

A. Thorough investigation of appeals for charity much as investment trusts investigate the assets, management and policies back of a security. This investigation covers questions of: (1) Intensity of the need and relation to other agencies that may be meeting the need (2) Efficiency of methods used (3) Soundness of financial administration.

B. Diversification of philanthropic investments by making moderate appropriations as grants in aid to a considerable number of investigated and approved philanthropic organizations.

C. Continuous supervision, adjusting its stewardship of funds to the rapidly changing needs, resources, methods and efficiency of the philanthropic agencies with which it seeks to cooperate.

3. *A Peoples Foundation*, in that it seeks to prevent the nullifying influence of the "dead hand" in the making of wills and offers to its Founders, Patrons and Members a continuous constructive service in the administration of Memorial Funds or other bequests, similar to that rendered by well known private Foundations.

A 100% Philanthropy

The regulations of the Foundation provide that "One hundred cents of every dollar contributed in connection with International Golden Rule Week or at other times to the general funds shall be used for investigated and approved constructive philanthropy, none for expense." Such expense as may be involved in the general work of the Foundation is met from the specially contributed Founders Fund, full audited accounting of which is rendered to Founders and contributors to this fund.

Founders Fund

The present need is for a Founders Fund of $500,000, which will serve as a capital fund available for direct appropriation for constructive child welfare work, but also available at the discretion of the Board of Trustees, if and as needed, for the promotion of International Golden Rule Week and other appeals to the public.

Gifts on the Annuity Plan

Golden Rule Annuity Bonds or Income Agreements are provided for those who wish to devote a sum of money to philanthropic work but who desire the income on the principal during the lifetime of one or more persons. The income will be guaranteed by the annuity contract of an established old line life insurance company. The annuitant may name the life insurance company whose guarantee is desired.

Strategic Giving

Some years ago Mr. Henry Ford needed an extra $10,000 with which to place his first automobiles on the market. Senator Couzens helped to provide that $10,000 with the result that last year Senator Couzens, from his profits, gave $10,000,000 at one time to child welfare work.

More recently Mr. Cleveland H. Dodge provided a generous sum of money with which to start the Near East Relief organization, with the result that since then the general public has contributed more than $100,000,000 for life saving and child welfare in the Near East. The Cleveland H. Dodge Foundation likewise made the first contribution to the Founders Fund of the Golden Rule Foundation.

Educational and Spiritual Values

More important, however, than the financial returns are the educational and spiritual values which inhere in the proper observance of International Golden Rule Week. The results of such observance can be judged only in the next generation when it will be known whether we have succeeded in planting in the hearts of the future world citizens and leaders that fundamental international understanding and good will upon which abiding world peace and progress depend.

The Trustees of The Golden Rule Foundation believe that contributions made at this time, either unconditionally or on the annuity plan, will challenge from the general public during Golden Rule week and at other times gifts aggregating many times the amount entrusted to the Founders Fund. Contributing to the Founders Fund is strategic giving.

"He gives twice who gives quickly."

Official Roster

The following are among the well-known leaders in business and professional life who are serving the Foundation as incorporators, trustees, founders, officers and members of responsible governing Boards and Committees. The index figures following the names indicate the type of service rendered.

1—Incorporator and member of the Board of Trustees.
2—Founder, contributing $5,000 or more toward the Founders Fund.
3—Member of the Executive Committee.
4—Member of Committee of Research, Information and Survey.
5—Member of the Board of Governors of Trust Funds.
6—Director of the National Board of the Golden Rule Association.
6a—Chairman National Advisory Committee.
7—Member Committee on Annuities.

MATHER A. ABBOTT, 6a — Lawrenceville, N. J.
Headmaster.

W. S. ABERNETHY, 6a — Washington, D. C.
Baptist Pastor.

JOHN G. AGAR, 1 — New York City
Lawyer.

ROGER W. BABSON, 4 — Babson Park, Mass.
Statistician.

JOHN WILLIS BAER, 1-5 — Pasadena, Cal.
Banker.

GEORGE A. BALL, 1-2 — Muncie, Ind.
Manufacturer.

CHARLES H. BARKER, 6 — Los Angeles, Cal.
Merchant

CLIFFORD W. BARNES, 1-5-6 — Chicago, Ill.
Educator.

J. KEMP BARTLETT, 6 — Baltimore, Md.
Investments

E. M. BOWMAN, 6 — New York City

CHAS. A. BROOKS, 6 — Chicago, Ill.
Baptist Pastor.

DAVID A. BROWN, 6 — New York City
Banker

ORLO BROWN, 6 — Madison, N. J.
President, Drew Theological Seminary.

WM. LOWE BRYAN, 6 — Bloomington, Ind.
President, Indiana State University

F. W. BURNHAM, 6a — Indianapolis, Ind.
Disciples Pastor

HARRY FLOOD BYRD, 6 — Richmond, Va.
Governor.

S. PARKES CADMAN, 1-3-6 — New York City
President.

ROBERT J. CALDWELL, 3 — New York City
Manufacturer.

P. H. CALLAHAN, 1-4-6 — Louisville, Ky.
Manufacturer.

JAMES CANNON, Jr., 1-4-6 — Washington, D. C.
Bishop, So. M. E. Church.

ARTHUR CAPPER, 6 — Washington, D. C.
U. S. Senator.

WM. I. CHAMBERLAIN, 6 — New York City
Cor. Sec. Ref. Ch. in America.

THEODORE CHRISTIANSON, 6 — St. Paul, Minn.
Governor.

FRANK CODY, 6 — Detroit, Mich.
Superintendent of Schools.

LAWRENCE J. COLMAN, 6 — Seattle, Wash.

JAMES S. CUSHMAN, 1-5 — New York City
President, Allerton Company

CHARLES W. DANIEL, 6 — Richmond, Va.
Baptist Pastor

JOSEPHUS DANIELS, 1 — Raleigh, N. C.
Ex-Secretary of Navy.

CLEVELAND E. DODGE, 2 — New York City

STEPHEN P. DUGGAN, 4 — New York City
Educator.

JOHN E. EDGERTON, 6 — Nashville, Tenn.
Manufacturer.

LOREN M. EDWARDS, 6 — Denver, Col.
Methodist Pastor

WM. CHAUNCEY EMHARDT, 1-6 — New York City
National Council Protestant Episcopal Church.

MRS. JEANNETTE W. EMRICH, 6 — New York City
Secretary, Com. Internat'l Rel.

ROGER F. ETZ, 6 — Boston, Mass.
Sec'y Gen. Conv. Universalist Church

MRS. JAMES FERGUSON, 6 — Kansas City, Mo.

JOHN H. FINLEY, 1-3-6 — New York City
Editor, New York Times

GLENN FRANK, 6 — Madison, Wis.
President, University of Wisconsin.

JAMES E. FREEMAN, 6a — Washington, D. C.
Bishop, Protestant Episcopal Church.

SIDNEY D. GAMBLE, 4 — New York City
Sociologist.

E. P. GATES, 6 — Boston, Mass.
Secretary World's C. E. Union.

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193

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THE GOLDEN RULE FOUNDATION
ONE MADISON AVENUE, NEW YORK
TELEPHONE, ASHLAND 1177

March 27th, 1930.

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

MAR 30 1930

My dear Dr. Kellogg:

It is my good fortune to be associated with The Golden Rule Foundation, of which I presume you may have heard, even tho we have been actively at work only during the past year--since our incorporation last March.

I am taking pleasure in sending you our first annual report feeling sure that you will be interested in the broad humanitarianism of the movement and, from your own wide knowledge of the foreign mission field, realize the urgency of the needs.

May I call your attention especially to the wide area over which the first Golden Rule Sunday funds were distributed and the suggestive needs there represented!

Of course to us it is heartbreaking that for the present we cannot even make a dent in the situation--but we have faith and vision and feel assured that in the end The Foundation's purposes will meet with an ever-widening circle of friends and supporters.

Just now we are trying to build up our Founders' Fund. We are hoping that you will see your way clear to becoming a contributor to this fund and I am writing this to accompany a letter from Dr. S. Parkes Cadman, our president, which conveys the Foundation's formal invitation to that end.

Remembering Mrs. Kellogg's interest in and her goodness to all children and your generous sponsorship of a large adopted family, I am wondering if you would not consider making a contribution as a memorial to her. Of course this goes merely as a personal suggestion from one who remembers her with affectionate admiration.

With kind personal regards to yourself and greetings to Dr. Case, Miss Cooper and other co-workers of the old days, I am,

Very sincerely yours,

Lucia Harriman Merriam

Lucia H. Merriam,
Department of Public Relations.

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THE ENQUIRER AND NEWS WITH YOU IN MIND REQUESTED A SPECIAL CALL LETTER FOR ITS RADIO STATION THE REQUEST WAS GRANTED THE NEW CALL LETTER IS WELL BATTLECREEK THE HEALTH CITY OF THE WORLD I WISH YOU WOULD WIRE BACK CONGRATULATIONS AND ANY COMMENT YOU MAY DESIRE TO MAKE BEARING IN MIND THAT IT WILL BE PUBLISHED=

LEO SHEEHAN.

TELEPHONE No 2037
TELEPHONED Dr K.

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Mr. Sheehan
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Heads of Dr. Arnold and
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Hurst Capt
Harpy eyed
Lee.

Daniel
Kegel

Bird Key,
Sarasota, Fla.

April 8, 1930.

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

My dear Doctor:

I have just finished reading your paper entitled, The Nephropathic Effect in Man of a Diet High in Beef Muscle and Liver. It is capital. I wish it could be broadcasted throughout the whole United States so that every citizen might know the facts. It is certainly a crime that the packers should be allowed to carry on without protest their deceitful campaign whereby thousands of people will be injured, their efficiency lessened and their lives shortened.

Two questions I should like to ask you:

1. Do you think it probable that the damage to the kidneys is due to the protein proper or to the 25 per cent of non-protein nitrogen which you have found associated with meat protein?

2. You will of course remember that Wilder and Boothby found something in meat protein which interfered with the utilization of sugar. They felt sure that the injurious effects of meat protein in cases of diabetes were due neither to the carbohydrate fraction nor the ketogenic fraction of the protein, but to a toxic effect effect associated with the meat protein, the source of which they did not explain. This question I should think might be readily answered by administering some of your non-protein nitrogen derived from meat, or instead, the non-toxic fraction of your meat protein might be compared with gluten or some other vegetable protein in its effect upon sugar utilization in a diabetic patient.

I am tremendously interested in the things that you are doing. I wish you would prepare an article for the American Magazine or some periodical with an equally large circulation. I think the editor of the American Magazine might be willing to publish such an article, and if he did he probably would be willing to pay a thousand dollars for it. If you have not time to write it, I know a man who contributes to the American and who gets a thousand dollars for his articles who would very likely be willing to prepare the article as an interview.

Hoping that you are well and that your interesting work is

proceeding in a satisfactory way, I am

As ever sincerely yours,

P. S. When I saw you last you intimated to me that you were not quite certain whether you were going to get the balance of the twenty thousand dollars that had been promised you by W. K. Kellogg. I have never heard how this turned out.

b

Bird Key,
Sarasota, Fla.

April 9, 1930.

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

Dear Dr. Newburgh:

I am sending you with this a copy of the Swift & Company Year Book so you may see how these unscrupulous people are deceiving the public. Under the guise of a report to their stockholders they are broadcasting pernicious lies which entitle them to accommodations in a Federal boarding house at Atlanta or Leavenworth.

Sincerely yours,

b

Weybridge 494

The Crest House,
Weybridge,
Surrey.
15th April 1930

My dear Doctor,

I have been out of luck since I last wrote to you. A dentist persuaded me that I ought to have some of my teeth out. He began by breaking off two in attempting to draw three and digging out the roots proved a rather formidable operation. I was two hours under the anaesthetic, which seems to have poisoned my lungs pretty badly. It brought on a painful form of pleurisy, so that the pain in the lungs was severe as the pain in the jaw. I am getting over it now; but I have been in a miserable state for a month.

Your Night Cup is a wonderful invention for insomnia. Will you be good enough to thank the Food Co for sending it to me? I am going to find out tomorrow if Selfridge is stocking it as I shall certainly recommend it to my friends. It is better even than flying! I find that a little B-Lac makes it a luxurious drink, though it is delicious without any sweetening.

The Naval Conference has not achieved as much as we hoped; but it has unquestionably moved thought in the right direction. After all, the will to peace is the only antidote to the disease of war. Reducing engines of destruction does

not meet the case. It is doubtful how far international agreements would hold if the madness of 1914-18 should ever recur.

Very sincerely yours

Horace Plunkett

April 22, 1930

Dr. John Harvey Kellogg
Bird Key
Sarasota, Florida

Dear Dr. Kellogg:

I am in receipt of your letter of April 8. You have asked two questions. One, "Do you think that the damage to the kidneys is due to the protein proper or to the twenty-five per cent of non-protein nitrogen?" We are at present engaged in experiments to answer that question. We have separated fresh beef muscle into four fractions; pure protein, non-protein nitrogen soluble in water, non-protein nitrogen soluble in alcohol, and fat. I expect to find injury caused by the second and third fractions but not by the first and fourth. However, we have no definite information as yet. Your second question is already answered in what I have said in answer to the first one.

Do you not think it would be better to wait to write the popular article until these experiments have reached a definite conclusion? I doubt that I should write such an article myself since I am too clumsy with the proper use of the language. I should, however, like to know the name of the man whom you say would probably be willing to prepare such an article. I am wondering whether it is Dr. Paul De Kruif.

Since seeing you last the difficulty of getting the rest of the promised donation from your brother has been settled. A recent letter from his lawyer guarantees full payment.

I hope you are continuing to enjoy the sunshine of Florida. The weather here is beastly.

Sincerely yours,

L. H. Nanburgh

LHN:RHM

April 2?, 1930.

My dear Sir Horace:

I have yours of April 15 telling me of your illness and of the suffering you have endured at the hands of a clumsy dentist. I am very sorry you could not have been at Battle Creek for this work. My son Dr. Richard Kellogg would have removed the teeth without giving you pain and I believe without breaking, certainly without the use of a general anesthetic. I feel greatly distressed that you should have endured such unnecessary pain and illness for a month.

I am delighted the Night Cup has proved to be a comfort to you. I am just wiring to the factory to send you five pounds by parcel post. It has not yet been distributed to the trade. I have been taking plenty of time to test it out thoroughly. I knew you suffered from insomnia so much I hoped it would help you and am most happy to know that it was successful. I will write the factory at once suggesting that they see that Selfridge puts it on sale immediately.

I quite agree with you with reference to the naval conference. It is, however, a good omen that men should desire such a conference. I think there is a growing purpose in the minds of our leading thinkers and political rulers to establish an international taboo against war.

You see I am still down in Florida. In this southern tip of Florida we have a little fragment of real tropical country. This spot is three hundred miles farther south than Cairo. The wild trees, shrubs and flowers are different from those found in any other part of the United States. They are identical with those of Cuba. Tropical fruits, bananas, coconuts, avocadoes, mangoes, custard apples and a hundred other tropical fruits are being grown here, besides all the citrus fruits. This is really a wonderful climate. There has been not one frost during the entire winter. On the other hand it is not too hot; even in summer time the heat is not so great as we sometimes have it in Michigan. This is just the place for you for wintering. I am thinking of opening a sanitarium down here somewhere and if I do shall send you a cordial invitation to come to the dedication.

Hoping this letter will find you better and that the Night Cup will reach you safely and continue to make you sleep soundly, I am

As ever very sincerely and cordially yours,

b

[redacted]

. .

. ril 28, 1930.

Mr. Saxton:

Please send five pounds of Night Cup to Sir Horace Plunkett, The Crest House, Weybridge, Surrey, England, with my compliments.

J. H. K.

b

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28th April 1930.

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

Dear Dr. Kellogg,

So little is generally known about the life and works of the pioneers in various forms of electro-therapeutics that I propose to publish during the next few months a series of short biographies of the outstanding pioneers in physiotherapeutics.

No such list would be complete without the inclusion of your name. I therefore would be very much obliged if you could let me have, at your early convenience, some biographical details from which your biography could be written up for this series of articles.

For your convenience I am attaching a list of some of the points which I would like to mention in each biography.

It will be quite sufficient if you put down details in the form of rough notes, adding to my list as you think fit, and I will re-write a biography from the information I receive.

There is so much interest in the personal lives of the pioneers in physiotherapeutics, that I should appreciate your giving me the fullest possible information.

I should also be much obliged if you could favour me with a recent non-copyright photograph of yourself for re-production in the biographical notes.

With kind regards,

I am,
Yours faithfully,

R. King Brown

Editor.

R.

Weybridge 494

The Crest House,
Weybridge,
Surrey.

28th April 1930

My dear Doctor,

I have just heard that you have suffered a sad domestic affliction in the loss of your brother Dr P.M.Kellogg, and that not long ago you were bereaved of a sister. I do not think I met either of them in my many visits to Battle Creek, but that does not lessen my sympathy with you. I also heard that you have been honoured by being appointed to represent the United States at the forthcoming International Medical Congress at Dresden. I venture to hope you will take this opportunity of spreading your gospel in the old world and at the same time getting a comparatively restful time. The change would be beneficial to you and - here I am not altogether unselfish - you would probably pass through this country and give me another ever enjoyable meeting with you.

I ought not to burden you with letters, knowing as I do the immensity of your correspondence but I am sure you will forgive me. If you do come this way, please give me notice of your arrival, address and lenght of stay so that I may not miss you.

Ever sincerely yours

Horace Plunkett

Bird Key,
Sarasota, Fla.

May 1, 1930.

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

Dear Dr. Newburgh:

I have yours of April 22.

The man I had in mind is Professor Wiggam. He is a well-known magazine writer and although his specialty is eugenics, he has given a good deal of attention to diet. He has been a contributor to the American for a long time and I think would like to write up your work.

Dr. Paul De Kruif would no doubt do it wonderfully well. I am not acquainted with him.

Wiggam I know very well. My idea was to have him write up the work which you have already done and with reference to which you have reached very definite conclusions. I do not know just where Professor Wiggam is at the present moment, but I can easily find him and if you would like to get in touch with him I will suggest that he write you or call on you. He travels about a good deal lecturing and could easily do so.

I am glad to know the funds you were expecting are forthcoming.

Sincerely yours,

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'Phone : TEMPLE BAR 3379

6th. May, 1930.

My dear Dr. Kellogg,

I am very grateful indeed for the honour you have done me in sending me a signed photograph of yourself, and I look forward with great pleasure to the opportunity this affords me of making familiar to the readers of "The Vegetarian News" the features of one whose fame has for so long gone abroad among them. It is indeed a most wonderful record which you have been so good as to send me in your letter of April 20th., for which, as well as for the photograph aforementioned, I now beg to offer you my most hearty thanks.

With such testimony as that which the Battle Creek institutions have been able to offer for so long a period, it would seem the whole world should have become vegetarian before this! But - as you will, I am quite sure, at once wish to remind a man who is by twenty-five years your junior - it is a world which

- or persuading.

needs a good deal of dissuading. I beg to offer you with the greatest respect my very warm, but at the same time very humble, congratulations on your wonderful life-achievement to which in the article I am about to prepare for our magazine I am only too glad to have the privilege of bearing witness.

It would be a very great pleasure indeed some day to visit Battle Creek, as you suggest, and I trust that good fortune may make this possible, though Heaven alone knows when this may be! The vegetarian movement in this country is the "Cinderella" of all the welfare movements, although we who are engaged in it naturally regard it as the most important; and the blunt fact has to be faced that at the present juncture neither time nor funds permits me to take advantage of your kind invitation.

Wishing you many more years of such high and distinguished service to your fellows, both human and sub-human,

Sincerely yours,

Upton Sinclair.

John Harvey Kellogg, Esq.,
M.D., LL.D., F.A.C.S.,
Bird Key,
Sarasota,
Florida,
U. S. A.

Weybridge 494

The Crest House,
Weybridge,
Surrey.

13th May 1930

My dear Doctor,

Your letter of April 28th, announcing yet another gift of your priceless food inventions (the Night Cup) has arrived. The package will be here in a few days. I am glad you are having it stocked at Selfridge's. When it gets known it should be in active demand. The nearest approach to it on the market over here is Ovaltine, quite good in its way but in my opinion decidedly inferior. It is enormously advertised. I should be glad if advertisements were heavily taxed so that merit would be given its due. Of course, no government would dare to anger the Press by such a righteous proceeding!

I am glad you are going to have a San in the place you have chosen for the best service you can render to your millions of beneficiaries - the lengthening of your working days. Only that my work is now centred in London, I should accept your most kind invitation to the dedication.

Two days ago I had a visitor here for whose work in the war I have the highest regard - Colonel House. If President Wilson had followed his advice in his last years, I am

convinced the war would have been considerably shortened and the peace would have been far more in accord with the principles for which Wilson stood.

I have just bought Walter Lippmann's "Preface to Morals"of which the Publisher says "Nearly 100,000 copies have been sold in U.S.A." I have barely dipped into the book, but its popularity in your country must have real significance, for it is not easy reading.

You must not think of answering this letter. It is intended to express my gratitude and not to add to your labours.

Ever gratefully yours

Horace Plunkett

To Dr. Martin

COPY

The Crest House,

Weybridge,

Surrey.

29th May 1930.

My dear Doctor,

I dislike the publicity which has invaded my retirement. It brings some compensations-- among them it reminds old friends of my existence. Curiously, although my flying was solely for the purpose of studying the probable future of aviation in days I shall not see, I find it extraordinarily stimulating once you get over the strain and the exercise becomes almost automatic. The physical effort is nil. You enjoy mountain air without having to climb.

With your enthusiasm for aeronautics you ought to learn to fly soon. The wings may not sprout if you put it off much longer! In every way you have prepared for flying in the next world, but I agree that you should begin in this!!

If ever I go again to America I shall do my best to look up my Battle Creek friends. My difficulty is that the lung which first made me spend ten years ranching along the foothills of the Rockies is giving trouble again. I cannot get away in the summer and am afraid of the winter travelling, especially the steam heat.

Yours very sincerely

(Signed) Horace Plunkett

20

Seminole Lodge
FORT MYERS, FLORIDA

June 9, 1930

Dr. Harvey Kellogg,
Battle Creek,
Michigan.

My dear Dr. Kellogg:

Thank you very much for all the samples of your products which you sent us.

I was greatly disappointed when you were here not to have seen you, but hope you will be near enough with your Sanitarium that we will be near enough to be able to enjoy some of your wonderful remedies. When you decide where you are going to settle please let us know.

We leave for the North tomorrow and are leaving delightful weather here which we have greatly enjoyed.

Sincerely,

Mina L. Edison,

By Helen Dixon
Secretary.

Mrs. Amy Pitcher, 104 Bulstrode Avenue, Hounslow, Midx, England. July 14, 1930.

JHK

We thank you for your kind letter, also B-Lac and Food Ferrin which you so kindly sent my daughter. She commenced the Food Ferrin at once and already looks a much better color and feels brighter.

I am enclosing a few small photos and will send another of her which is being taken this week. You will notice that the swelling in her throat has quite gone now, It was very big at one time and shows in all the photos except the small snap taken last summer.

I don't remember if I told you Dr. Cumberbatch sent for her to go and see him last November. He told her she was a wonder and had made history.

In your last letter you said she was to have plenty of milk. Of course she had scarcely any since you saw her as you took her right off it, so I am pleased you think she can take it now. She still remains just 8 stone for the

last three years.

She never touches meat of any kind or fish, just all kinds of vegetables and fruits, etc. as you prescribed for her. The thought of meat is repulsive to her.

I shall be only too pleased to send you the photo as soon as I get it, we are so deeply indebted to you, when I think of her condition a few years ago and now. Through all these months of trial and sadness she has been the greatest comfort.

b

104 Bulstrode Avenue
Hounslow
Midx:
July 14th 30.

Dear Dr Kellogg

We thank you for your kind letter also B. Lac and Food Ferin which you so kindly sent my daughter, she commenced the Food Ferin at once and already looks a much better color & feels brighter.

I am enclosing a few small photos & will send another of her which is being taken this week, you will notice that the swelling in her throat has quite gone now, it was very big at one time and shows in all the photos except the small snap

taken last summer.
I dont remember it I told you
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& had made history.
In your last letter you said
she was to have plenty of
milk, of course she has had
scarcely any since you saw
her as you took her right
off it, so I am pleased you
think she can take it now.
She still remains just a stone
for the last 3 yrs.
She never touches meat of
any kind or fish, just all
kinds of vegetables & fruits etc.
as you prescribed for her, the
thought of meat is quite repulsive
to her.
Again thanking you very much
for your exceeding kindness to us
Sincerely yours
Amy Pitcher.

P.S

I shall be only too pleased to send you the photo as soon as I get it, we are so deeply indebted to you, when I think of her condition a few years ago & now; through all these months of trial & sadness she has been the greatest comfort.

104 Bickfield Avenue
Homsdale
Middx:

2.10.30.

Dear Dr. Kellogg.

I am enclosing a photograph of myself as you so kindly asked for me, I must please apologize for not sending it earlier.

I would like to thank you for all your advice but words fail me in which to express my gratitude for all you have done.

With my good

Health has meant to me this last twelve months during our terrible trouble I can not tell you.

Had I not been well enough to look after my Mother and help carry on and think of our future I do not know what would have happened.

You ask in your letter what Dr Lumberbatch thought with reference to the diet.

The Doctors at St Barts: seemed to think that the diet was of the least importance, that the Diathermy

was the means of my
recovery.

My own Dr is the
only one that fully
realizes the absolute necessity
of a vegetarian diet and the
continual use of Lacto-Dextrin.

While I adhere strictly
to all your rules I enjoy
fairly good health but the
least indiscretion and the
old trouble would sure
to return.

Mother joins me in
Kindest regards
Yours Sincerely
Dorothy Pitcher.

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CHIEF

407 State Bldg.

June
18th
1930

Dr. Stuart Pritchard,
Battlecreek Sanatorium,
Battlecreek, Michigan

Dear Doctor:

Thank you ever so much for the reprint. So few people know anything about diathermy that I was anxious to do a little missionary work. If your hospital were not so far away I should spend the summer taking fomentations but I am afraid I can't make it. Next time you fly to California let me know. I had a very nice New Years with the Krauses at Tucson. I am disappointed that they do not plan to do any tuberculosis work there. I wish you would tell Dr. Kellogg that I don't care half as much about seeing you as I do him. I am not only grateful for what he has done for the sick world in general but I still remember what he did for Michigan with reference to the tuberculosis work and some day I want to see him.

With kindest regards.

Very sincerely yours,

Edythe Tate Thompson

Chief.

June 23, 1930

Dr. Kellogg:

You will note what Mrs. Edythe Tate Thompson the ex-secretary of the California Tuberculosis Association says about you. She is one of the most capable women I have ever met and has done a good deal for us in California. I met her in tuberculosis work and three years ago went out there and talked to the National Tuberculosis Association.

I sincerely hope that in the near future you will accompany me on another very pleasant aeroplane trip.

Pritchard

Weybridge 494

The Crest House,
Weybridge,
Surrey.

24th June 1930

My dear Doctor,

Another Night Cap package! Its effect does not wear off - it increases. I hope it will get on the market wherever your influence extends.

I wish I could have flown across the Atlantic and been present at your great educational week at Battle Creek, the invitation to which came today.

The weather is glorious over here just now and I am hard at work. I have never known our public life in such confusion. Three dominant factors are are radio, the popular press imitating the Hearst press and the recent extension of the franchise to the limit of any sane demand. Hence the masses are more widely informed than ever before, while the politicians have to recognise their unprecedented power to decide the urgent problems clamant for solution.

Of these problems Unemployment is the most baffling. You have it; but there is enough to go round at present, whatever future years may bring forth. Some relief here is possible through the development of agriculture. In this the British people are more interested than ever before in my mem

ory. Having views upon the subject, which I expressed in a letter of over 2000 words in the London Times of June 5th, I am overwhelmed with correspondence, mostly calling upon me for activities beyond my strength. Today the second volume of the Simon Report upon the Government of India is published and has given advice which will, if I am not greatly mistaken, please the civilised world. Soviet Russia, with its blatant anti-God propaganda, alarms me more than it does most people. The whole world is passing through a phase of unrest, the end of which no man dare forecast.

I see our old friend Gifford Pinchot is back in Pennsylvania politics. Personally, I could wish that all men like him and your good self would leave politics alone and concentrate on doing good wherever the truth as they see it leads them. Citizenship of course includes politics, but not necessarily party politics. Your life is good enough as an example for me, though once I had to enter Parliament. I was glad when I was found and turned out.

Yours as always

Horace Plunkett

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The filing time as shown in the date line on full-rate telegrams and day letters, and the time of receipt at destination as shown on all messages, is STANDARD TIME.

Received at 71 West Michigan Ave., Battle Creek, Mich. TELEPHONE 5115

1930 JUN 28 PM 4 14

C84 11=GD GLENDALE CALIF 28 1257P

DR J H KELLOGG=

BATTLECREEK MICH=

MAUI POMARE PASSED AWAY FRIDAY THREE PM AT GLENDALE

SANITARIUM HOSPITAL=

LADY POMARE.

Am greatly surprised and shocked at ear news. I loved and admired your husband and am profoundly deplore his loss. Be assured of my most sincere sympathy.

J Kellogg

THE QUICKEST, SUREST AND SAFEST WAY TO SEND MONEY IS BY TELEGRAPH OR CABLE

HOUSE OF REPRESENTATIVES
N.Z

282 Vallejo Drive
Glendale.
July 8th. 1930.

Dear Mr. Kellogg

Altho' my husband was so desperately ill we were very hopeful for over a year he had begged Mr. to be allowed to come over. He always said if he could get over here he would be alright - He always spoke so affectionately of you & was so looking forward to coming & seeing you when he was well enough. He was so happy getting over here - that - & was a shock - when the end came so suddenly - Very many thanks

for your kind telegram & letter of
Sympathy - I had intended re-
turning to Maryborough by the
boat leaving Frisco today - but
the Doctors here strongly advised
waiting till next boat which
leaves Frisco August 6th (R.M.S.
Makura -) It is simply wonderful
the kindnesses I have received here
amongst Mavis old friends - I do
appreciate it will so much -
Again thanking you
Yours very sincerely
Nina W Shine Romare

Miria Woodbine Pomare, 282 Vallijo Drive, Glendale, Calif. July 8, 1930.

JHK

Although my husband was so desperately ill we were very hopeful. For over a year he had begged the doctors to be allowed to come over. He always said if he could get over here he would be all right. He always spoke so affectionately of you and was so looking forward to coming and seeing you when he was well enough. He was so happy getting over here that it was a shock when the end came so suddenly. Very many thanks for your kind telegram and letter of sympathy. I had intended returning to New Zealand by the boat leaving Frisco today, but the doctors here strongly advised waiting till next boat, which leaves Frisco August 6th (R. M. S. Makura). It is simply wonderful the kindnesses I have received here amongst his old friends. I do appreciate it all so much.

b

P. J. C. Kellogg.

The Battle Creek Sanitarium

Battle Creek

Michigan

Weybridge 494

The Crest House,
Weybridge,
Surrey.

21st July 1930

My dear Doctor,

Your letter of June 26th brought me the joyful news that Dr Johnson's ailment had been accurately diagnosed and successfully treated. She has always looked rather frail, but she never complained. I feared her condition might be much more serious than she had told me.

Not only a further large package as Borax-Cup but one of B-Lac came. There is no question whatever as to the merit of the soporific. I avoid late meals and our social habits sometimes make it rather hard to avoid going to bed too hungry. This delightful food-drink, with about one third of the quantity of B-Lac gets over the difficulty. It is a wonderful invention.

I hope the Florida scheme will materialise. You have all the details so thoroughly worked out at Battle Creek that it ought not to put too heavy a strain on you. From what you tell me of the climate, the attention you will have to give to the starting of the great undertaking ought to lengthen your life of service. It will be a great pleasure seeing the project grow. There will be none of the slow development which was incidental to the pioneer work at B.C. I am a great believer in pleasure as an antidote to fatigue; and this you will have in good measure.

Your grateful friend

Horace Plunkett

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23rd July 1930.

Dr. John Harvey Kellogg,
Battle Creek Sanatarium,
Battle Creek,
Michigan,
U.S.A.

Dear Dr. Kellogg,

In April I wrote you on the subject of a series of biographies of pioneers in physiotherapeutics which I propose publishing in this Journal, and requested that I might have some biographical details of yourself for inclusion in this series. So far I have not heard from you in the matter, and I am wondering if you received my letter (a copy of which is enclosed) ? I should be greatly obliged if I might hear from you in the matter, as I am anxious to have the series complete as early as possible.

Believe me,
Yours sincerely,

Editor.

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- Health Dec.
- Meat Poster
- G. H. Mag.
- After Care Surg.
- Proper Ration for Diabetics
- Spec. Dia. Lit.
- Picture of.....
- Winter Booklet

August 4, 1930.

Dr. R. King Brown,
The British Journal of
Actinotherapy and Physiotherapy,
17 Featherstone Buildings,
London, W. C. 1, England.

My dear Doctor:

I have your letter of July 23d together with a copy of your letter of April 28th which I had not previously received. I will prepare a brief outline in reply to your questions and send it to you in a few days.

Sincerely yours,

b

MAILED
FILE
NO. P. C.
FOLLOW

August 5, 1930.

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

My dear Sir Horace:

I have yours of July 21.

I am delighted that the Dormi still works. I assure you it is a special pleasure to contribute in the smallest way to the comfort of one who has rendered the world such great services as have you. We find the Dormi is quite as popular as a table beverage, either hot or cold, as it is for a bedtime drink. I am going to have a supply sent over to England so any of your friends may have it if they wish.

The address of our brokers in London is Coates & Cooper, 41 Great Tower St. We are sending them a supply shortly, and I presume Selfridge will soon have it on sale; but if he does not, our brokers will see that you are kept supplied if you simply drop them a line.

Your formula is just the same as the one we use at our house, two parts Dormi and one part of B-Lac. It gives an adult an opportunity to safeguard his flora in the same way that Nature has provided for protecting the young infant against intestinal disease. We use B-Lac regularly in place of cane sugar. If it could be introduced universally and employed to the exclusion of cane sugar I believe that half the doctors would have to retire because of lack of business. The fact is the country is getting healthier all the time through the propagation of rational ideas of eating, and the death rate is steadily falling, with the result that business for physicians is decreasing. The doctors

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Picture of.....
Winter Booklet

Sir Horace Plunkett, No. 2.

at the present time are having a pretty hard time. With the business depression the people do not have time to be sick.

Dr. Johnson is doing very well indeed. I never saw her in such good health as she appears to be at the present time.

As regards Florida, I am sorry to tell you that the unexpected death of Mr. Curtiss has upset our plans, so I am not sure just what we shall be able to do. A suit for a million dollars has been brought against him, which complicates the situation.

I am sending you one box each of B-Lac and Dormi so as to make sure you do not get out of it.

Always with best wishes, I am

Sincerely yours,

b

(Dr. Benedict's birthday, Oct. 3, 1930)

August 25, 1930.

My dear Dr. Benedict:

Having learned from one of your associates that you are approaching an important milestone in your life history, my mind naturally runs back to the time when I first met you in your laboratory at Middletown. I have very good reason to remember that occasion because of the punishment inflicted upon me, which indeed made me the object of sympathy to at least one of the citizens of the town. I started to find your laboratory soon after six A. M. Being a stranger, I found it necessary to inquire the way of a man I met on the street. He pointed out the building but informed me that the laboratory would be closed at that hour. I told him that I had a special appointment with a professor and that I was to be shut up in an iron box for ten hours and without anything to eat. "Ah!--ha!" said the man," you've been on a lark then and they've caught you at it. Well, they've got a lot of wild boys here and I understand they're getting pretty severe with them but it seems too bad to starve ye. Maybe I can get a sandwich foryou."

I didn't take the sandwich but I confess that the ten hours I spent in your iron box and especially the observations I surreptitiously made of the doings in your laboratory through the small peep hole in my prison cell, made a deep impression upon me. The solemn stillness, the intense concentration upon the matter in hand, the absolute exclusion of every extraneous thing, the serious,earnest attitude of every participant in the work, made the whole experience seem like a religious service and invested your work-shop with the sanctity of a shrine and yourself withthe authority of an oracle.

As the years have since gone by, a full quarter of a century, I, and my colleagues of the Battle Creek Sanitarium, have watched with eager interest the progress of your unique work which has placed America in the front rank in metabolism studies and has made every student of this most fundamental of sciences, greatly your debtor.

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J. C. WILLEVER, FIRST VICE-PRESIDENT

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Received at 71 West Michigan Ave., Battle Creek, Mich. TELEPHONE 5115

RECD SEP 1 AM 11 34

Z20 10=JF DETROIT MICH 1 1146A

DR JOHN HARVEY KELLOGG=

BATTLECREEK MICH=

THANK YOU HEARTFULLY FOR MOST GENEROUS MESSAGE MAKES ME HAPPY=

CHASE S OSBORN.

THE QUICKEST, SUREST AND SAFEST WAY TO SEND MONEY IS BY TELEGRAPH OR CABLE

Fellow Citizens

Chas S. Osborn

Sault de Sainte Marie,
Sault St. Marie
Michigan

Gov. Osborn

Peace

I present to you my
worthy opponent
Hon. Chas. S. Osborn
and congratulate him
on his excellent
address last evening. From
the applause I took a
favorable note of sales-
manship and discretion, to
which one would refer to. Re-
turned with thanks duly appreciated.
John Harvey Kellogg

Weybridge 494.

The Crest House,
Weybridge,
Surrey.

5th September 1930 9-16-30

My dear Doctor,

You will wonder at not having heard from me in reply to your exceedingly kind letter of August 5th. The sad truth is that I have been very ill with pneumatis. My own doctor was away, as was the nurse who usually attends me when I am sick. I am thankful to say that I am over the attack: but it has left me very weak, my weight being reduced to 108 lbs. Your foods, I really think, very materially helped to pull me through. We have had a hot wave - not as fierce as yours but high up in the 80s. The violent coughing and consequent cold sweats night and day were very distressing.

I cannot tell you what a disappointment it was to me to hear that your great Florida extension seems likely to miscarry. I had you pictured, doing a marvellous sowing in the south of the same seed you had sown in the North, but with a great difference. In the new soil the growth would have been magical: the first winter in Florida would have out-distanced the first thirty years or more in Michigan. Besides, it seemed an ideal development of the Battle Creek idea that its real author should have in his own life the supreme satisfaction of demonstrating in so sensational way the applicability of the great health scheme to a set of conditions, climatic and other, widely different from those in which the San had triumphed. However, your friends need not worry. Your success has been greater than the most sanguine of them could have anticipated a few short years ago.

Words fail to thank you for the further gifts of B-Lac and Dormi-cup. I am glad to have the address of the agent with whom, failing Selfridge, I can make arrangements for future supplies.

very sincerely yours

Horace Plunkett

September 9, 1930

Dr. M. Hindhede,
Frederiksberg Alle 28,
Kobenhaven V,
Denmark.

Dear Doctor Hindhede:

It has been some time since I have heard from you, but I have not forgotten my promise to try and find some financial help for you. The Wall Street crash last fall has made hard times in this country. Everybody has suffered in consequence. I have not been able to find the help that I expected to get for you so I have determined to try to help you a little myself.

My resources are very severely taxed this year because of a $250,000 building we are putting up for the College, more than half of which I have to supply from my own purse. But I am going to send you a thousand dollars myself, asking in return that you will serve as a member of a research committee for Battle Creek College. All the work I will ask of you will be to help me in planning research workfor the school and to criticize the results.

We have about 600 students in attendance at the College, four-fifths of whom are young women. They are all of mature age, having graduated from high school and passed the usual college entrance examination.

The greater part of these students are taking professional courses--nursing,home economics, dietetics and physical education. A small minority are academic students.

I am going to make research a part of the regular work of the school. Every student must take part in this research as investigator, subject, or both.

I am sure you will be interested in this scheme, and I am equally sure you can give me great help in outlining things that need to be done--studies that need to be carried on on a large scale. I propose to study such subjects as diet, exercise, sleep, elimination, clothing, sunbathing, light bathing, etc. We are prepared to make critical studies on all subjects relating to physical strength and endurance, mental efficiency, digestion, etc.

I will send you a thousand dollars in the course of the next year and a half, in installments of $200.00.

I am so sure that this plan will please you, that I am going ahead on the supposition that you will be agreeable to my suggestion, and so I am enclosing herewith a draft for $200.00.

School is beginning in a couple of weeks, so I shall be glad to hear from you as soon as convenient.

As always

Very sincerely yours,

Enc.
B

The Anti-Saloon League of America
WESTERVILLE, OHIO
HOWARD HYDE RUSSELL, FOUNDER
AND ASSOCIATE GENERAL SUPERINTENDENT

September 13th, 1930.

Doctor John H. Kellogg,
Battle Creek, Michigan.

Dear friend Kellogg:

You will agree that Bishop Joseph F. Berry is right when he declares: "Unless Christian voters are instantly awakened, prohibition faces a humiliating defeat . . . By far the largest question now before our people is whether the authorized liquor traffic shall come back."

Recent months have shown clearly two new crisis conditions: First, the new Challenge of the Lawless and Defiant Wets who are now more notably manned, more shrewdly managed and more strongly financed than ever before; Second, the New Hope in the Sky which has come from the election of 1928 and the firm, steady stand for obedience to all law by the administration.

The Anti-Saloon League of America, with expert leaders in each state, accepts the challenge of the Wets and will rally anew the millions of law-abiding Americans to support prohibition. The League invites your approval of its strategy formulated and undertaken by its National Executive Committee, as follows: (1) We shall reorganize our church and moral forces more powerfully than ever before to effectively obey and maintain Amendment XVIII. (2) By greatly enlarged education, publicity and organization, we shall arouse, awaken and inflame the people to fight even more militantly than in the former glorious and victorious campaign.

We shall raise immediately sufficient contributions to insure success. An initial guaranty fund of $10,000 has been quickly pledged, and the League is proceeding now to obtain the "sinews of war."

The League must at once organize a new National Advisory Committee, also state and local committees, to carry its program rapidly forward. There is no time to be lost. Every friend of this freedom must be up and doing! We ask the help of your name to hasten the campaign. Please sign the enclosed enrollment card and return by first mail. My associates upon the Campaign Committee, Bishop Thomas Nicholson, F. Scott McBride and Ernest H. Cherrington, join in thanks for your attention and prompt reply.

Yours very truly,

Howard Hyde Russell

Howard Hyde Russell,
Secretary Campaign Committee.

HHR b

POSTSCRIPT: My dear Kellogg: The defeat of long-time friends in the primaries this week in Michigan and Washington presents fresh evidence of the activity of the the enemies of sobriety. We must all get busy together in this new "Forward March!"
H.H.R.

THE JOHNS HOPKINS UNIVERSITY
SCHOOL OF HYGIENE AND PUBLIC HEALTH
615 NORTH WOLFE STREET
BALTIMORE, MARYLAND

DEPARTMENT OF
CHEMICAL HYGIENE

1

9-17

September 15, 1930.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

Dear Doctor Kellogg:

I have been acting in an advisory capacity to the Research Laboratories of the National Dairy Products Corporation, located in Baltimore. Among other developments we have perfected a procedure for growing B. acidophilous in a whey medium, centrifuging the organisms to pack them and subsequently dispersing the culture in perfectly fresh sweet, pasteurized milk. We make a milk which tastes like ordinary house milk of high grade but containing as many organisms as would a typical cultured sour milk such as is now delivered. The manufacture of this on a commercial basis is just being undertaken by The Chestnut Farms Dairy in Washington, D. C.

I am writing to ask whether you would be interested in case arrangements could be made to produce this unfermented acidophilous milk somewhere near Battle Creek.

Yours sincerely,

E. J. McCollum

1926
Oct 12-4-30

Prosp. De Luxe
Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
2 in 1 rm. Rate Sheet
Pat. Exp. Card
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
Biologic Life
Med. Bulletin
B. C. Idea
Rates—Special Phys. Clergy, Teacher Nurses
Soul of B. C.
San. Experience
News Bulletin
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
Clean Milk vs. Past. Milk
No Brh. Fldr.
Bond Bkts.
Kellogg Frds.
Menus
College Bulletin
Conference Proceedings
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Pros.
Tobacco Tracts
Diet List
Spec. Diet Leaflets
Vitamin Cards
Intestinal Stasis
Reprint No.
Health Dec.
Meat Poster
G. H. Mag.
After Care Surg.
Proper Ration for Diabetics
Spec. Dia. Lit.
Picture of.....
Winter Booklet

September 26, 1930.

Dr. E. V. McCollum,
The Johns Hopkins University,
616 North Wolfe Street,
Baltimore, Maryland.

Dear Dr. McCollum:

I am interested in what you write of your new acidophilus concentrate. I tried this myself a number of years ago, installed a centrifuge and made active concentrates, but after considerable experimentation with the B. acidophilus we became convinced that a more dependable, effective, less troublesome and expensive method is by the use of lactose and dextrin. The acidophilus is always present even in the worst stools. It is only necessary to provide adequate nutrient material and to get a luxuriant growth of the protective organism. I should, however, be very glad to see a specimen of your product.

Sincerely yours,

b

October 2, 1920.

My dear Sir Horace:-

I am home from Florida and find your letter of September 5th. I am very sorry indeed that you have been ill again. It is really dangerous for a man at your age to have such an attack as you have suffered, it is so likely to develop a pneumonia. I am very thankful that you have gotten through with it.

You ought to have every possible protection against the cold during the coming winter. Why not come to Florida? I see you have been misinformed about the Florida project. I own a beautiful place there, which I have bought personally. I enclose a post card picture showing part of it.

Southern Florida is, I am convinced, the finest climate in the world. They have a little frost there about once in twenty years, nothing severe. Their rainy season is the summer and fall. Through the winter it is fairly dry, just rain enough to keep vegetation growing. It is an interesting country. Why not come over and spend the winter with me? I will assure you every comfort that sanitarium doctors and nurses and dietitians can supply. I am sure you will find the sunshine most helpful. If you are interested I will send you further information. Expect to be open by the first of December, perhaps earlier.

Hope by this time you are much better and sincerely hope that we may have you with us in Florida during the cold months, which are trying and dangerous for a person at your age, especially with your tendencies. Hope Dormi is still keeping you comfortable. A lady told me a day or two ago that she found it so pleasant she had been taking it in the daytime but had given it up because it made her so sleepy it interfered with her work.

Sincerely yours,

JHK:c

John Harvey Kellogg

Sir Horace Plunkett,

The Crest House,

Weybridge, Surrey,

England.

JOHN HARVEY KELLOGG, M.D.
MEDICAL DIRECTOR

CHAS. E. STEWART, M.D.
ASSOCIATE MEDICAL DIRECTOR

INTERNAL MEDICINE
DISEASES OF THE CHEST

STUART PRITCHARD, M.D.
J.K.M. GORDON, M.D.

The Battle Creek Sanitarium
Battle Creek Michigan

October 15, 1930

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

Dear Doctor:

The following is a list of my scientific work as you requested in your note of October 8.

1. The Early Diagnosis in Pulmonary Tuberculosis.
2. Free Tuberculosis Dispensaries.
3. Differential Diagnosis of Pulmonary Diseases.
4. Physical Examination in Diseases of the Adult Chest.
5. Complement Fixation Test for Tuberculosis.
6. Non-Tuberculous Pleurisy.
7. Pulmonary Findings Due to Circulatory Changes.
8. An Unusual Case of Pulmonary Neoplasm.
9. The Value of Rest in Cases of Empyema and Lung Abscess.
10. Some Interesting Cases of Calcareous Degeneration Found in the Thorax.
11. The Value of Oblique Films in the Study of the Thorax.
12. Changes in the Lungs and Bronchi Due to Upper Respiratory Disorders.
13. Intrathoracic Malignant Tumor Simulating Tuberculosis.
14. Radiographic Findings Diagnostic of Pulmonary Tuberculosis.
15. The Value of Lateral and Oblique Roentgen Light Exposure in the Diagnosis of Thoracic Affections.
16. Use of Iodized Oil in Diagnosis and Treatment of Bronchial Affections.

17. Conclusions Regarding Technic Following One Thousand Intra-tracheal Injections of Iodized Oil in Adults.
18. The Combined Use of Diathermy and Oxygen in the Treatment of Broncho-Pneumonia.
19. Etiology of Cough.
20. Relation of Pain to Pulmonary Tuberculosis.
21. Medical Treatment of Chronic Suppurative Non-Tuberculous Affections.
22. Bronchiectasis.
23. Rollier's Treatment of Tuberculosis.
24. Chest Conditions Simulating Tuberculosis.
25. Important Factors in the Study of Childhood Tuberculosis.

Yours sincerely,

Stuart Pritchard

JOHN HARVEY KELLOGG, M.D.
MEDICAL DIRECTOR

CHAS. E. STEWART, M.D.
ASSOCIATE MEDICAL DIRECTOR

INTERNAL MEDICINE
DISEASES OF THE CHEST
STUART PRITCHARD, M.D.
J.K.M. GORDON, M.D.

The Battle Creek Sanitarium
Battle Creek Michigan

October 15, 1930

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

Dear Doctor:

In reply to your request of October 8, the following are the papers either published or written since 1926:

1. Use of Iodized Oil in Diagnosis and Treatment of Bronchial Affections. (Drs. Pritchard-Whyte-Gordon)
2. Conclusions Regarding Technic Following One Thousand Intratracheal Injections of Iodized Oil in Adults. (Drs.Pritchard-Whyte-Gordon)
3. Massive Collapse of the Lung.
4. Tubercle in Relation to Early Pulmonary Tuberculosis.

Yours sincerely,

J.K.M. Gordon

BOARD

WM. H. MAYBURY, PRES.
WM. A. EVANS, M. D., VICE-PRES.
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City of Detroit

DEPARTMENT OF HEALTH

1300 BEAUBIEN STREET

SEVENTH FLOOR

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MEDICAL DIRECTOR

Nov. 28-1930.

Mr. John H. Kellogg,
Battle Creek, Incorporated,
Miami Springs, Fla.

Dear Mr. Kellogg:-

I certainly appreciate your courtesy in sending me your note of Nov. 22nd. I had just heard that Dr. Pritchard would devote his entire time to the child health work which has been made possible through the generosity of your brother, W.K.Kellogg.

Acting upon your suggestion, I have telephoned Dr. Pritchard, and we are planning to get together sometime next week to discuss a matter which I have in mind and which I outlined to you when you so graciously received me in Battle Creek.

You are indeed fortunate to be in Florida at this time. Yesterday was the coldest Thanksgiving Day in the history of the local weather bureau. This morning, the temperature at our tuberculosis sanatorium near Northville was two below zero, so you can readily appreciate that Michigan is shivering under the influence of an early winter spell.

I sincerely trust that yous plans are developing satisfactorily in Florida. With kindest personal regards,

Cordially yours,

HFV-Mc

SEASON'S GREETINGS

MERRY CHRISTMAS HAPPY NEW YEAR

in splendid
health - thanks
so much of it
to you.
all good wishes
Elizabeth &
Edward
Wiggam

Dear friend:
will be on CBS.
Dec 23rd 7-7.30
P.M. E.T. nation
wide hook-up
Peoples Platform
hour discussing
with Mrs. Lein
Futang & Irwin
Edman "Is Life
Worth Living"?
It is as long
as we have
men like yourself
in the world
& live biologically
we are both

Form 1204

CLASS OF SERVICE	SYMBOL
Telegram	
Day Letter	Blue
Night Message	Nite
Night Letter	N L

If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

WESTERN UNION TELEGRAM

NEWCOMB CARLTON, PRESIDENT GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

CLASS OF SERVICE	SYMBOL
Telegram	
Day Letter	Blue
Night Message	Nite
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If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

RECEIVED AT 71 WEST MAIN STREET, BATTLE CREEK, MICH.

227CHOG17

CHATTANOOGA TENN 911PM 15TH

DR J H KELLOGG AND FAMILY

202 MANCHESTER STREET BATTLE CREEK MICH

I AM SORRY WITH YOU MAY GOD BE WITH YOU IN THIS TIME OF TROUBLE

MUCH LOVE

MRS O W REEVES

945PM

PUTNEY 3353.

IBSTOCK PLACE.
PRIORY LANE,
ROEHAMPTON, S.W.15.

15th January 1931.

Dear Dr. Kellog:

Many thanks for your kind letter of 16th December. In the near future, I shall be honoured to write an article for your journal.

In the meantime, I send you a short article by myself in "New Health" although I only point out the physical decline in England, a good deal of what I say applys to your great country also.

Yours sincerely,

J. B. Paget

A Happy New Year

from

Major and Mrs. J. B. Paget.

Ibstock Place,
Roehampton.

MRS. THOMAS A. EDISON
Seminole Lodge
FORT MYERS, FLORIDA

Feb. 8 - 1931

Dear Dr. Kellogg.

Thank you many times for the interest you take in Mr. Edison - Your visit helped him and me very much and he seems to be resting much better. I shall do my best to follow your advice.

I trust that you trip over here did not fatigue you too much and I want you to know that I did so greatly appreciate your coming. I wish that we might

se coming over to see you sick my
visit and Mr. Nichols but Mr.
Edison has his heart so set on
us that we cannot get him
to leave it. You certainly speak
volumes for the depths your
admiration.

Yours sincerely,

Mina M. Edison

Seminole Lodge
FORT MYERS, FLORIDA

February 18,1931

Dr John Harvey Kellogg
Battle Creek, Inc.
Miami Springs
Miami, Fla.

Dear Dr Kellogg;

Mrs Edison sends you her very sincere thanks for your letter of February 9th, with it's full explanation of what you feel is essential for her.

She hopes that perhaps later she can arrange to have a nurse come over here to them. In the meantime Mrs Edison will try to carry out the suggestions you have given both for herself and for Mr Edison, and she wishes to have you know that she is very happy to have you near them this winter.

With Mr and Mrs Edison's regards

Very truly yours

Secretary to
Mrs Thomas A. Edison

February 21, 1931.

Major J. B. Paget,
Ibstock Place,
Priory Lane,
Roehampton, S. W. 15,
London, England.

Dear Sir:

Thank you very much for calling my attention to your most interesting article in the NEW HEALTH.

The facts you present are more striking than any I have seen before, and give undoubtable evidence of the very rapid rate at which degeneracy is proceeding in your country.

There is evidence of degeneracy in this country, but certainly not so rapid as in England.

I shall quote your article in Good Health, and hope in due time to receive an original contribution for my journal.

Again thanking you for your courtesy, I am

Sincerely yours,

P. S. I am glad to see you are promoting the circulation of NEW HEALTH. I judge by the number of advertising pages that the journal is getting on a good financial basis.

B

Form 1201

CLASS OF SERVICE	SYMBOL
TELEGRAM	
DAY LETTER	BLUE
NIGHT MESSAGE	NITE
NIGHT LETTER	N L

If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

WESTERN UNION TELEGRAM

NEWCOMB CARLTON, PRESIDENT GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

CLASS OF SERVICE	SYMBOL
TELEGRAM	
DAY LETTER	BLUE
NIGHT MESSAGE	NITE
NIGHT LETTER	N L

If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

The filing time as shown in the date line on full-rate telegrams and day letters, and the time of receipt at destination as shown on all messages, is STANDARD TIME.

Received at 21-23 West Flagler Street, Miami, Fla.

56BC A 6 A33

BC BOCARATON FLO 830P FEB 27 1931

DR JOHN H KELLOGG

BATTLECREEK INC PHONE MIAMISPRINGS FLO VIA MIAMI

CONGRATULATIONS ON YOUR SEVENTY NINTH BIRTHDAY

MADISON GRANT

840P

No.		To H.T
By All	At 845P	To be Mailed

Mr Roe
67 W. E. Miami Conn
Cor 68

Commonwealth of Pennsylvania

Governor's Office
HARRISBURG

THE GOVERNOR

March 13, 1931.

Dr. John Harvey Kellogg,
Battle Creek, Inc.,
Miami Springs,
Miami,Florida.

Dear Doctor Kellogg:

Very many thanks for your letter of March 7. I am delighted to get it, and shall look forward with great interest to receiving the samples--and I am particularly pleased to get in touch with you again.

Yes, I know Horace Plunkett is in bad shape, and I am awfully sorry to know it.

With all good wishes and much appreciation,

Sincerely yours,

Gifford Pinchot

May 6, 1931.

Dr. David Starr Jordan,
Leland Stanford University,
Leland Stanford, Calif.

My dear Dr. Jordan:

I have learned through Miss Helen Forbes that you are quite ill. This is just a note to express to you my sincere sympathy and to tell you that the noble ideals and standards you have held up before the American people have always had my most hearty endorsement and support. Your life has been an inspiration to millions and the influence of your teaching and your leadership will be felt during all the years of this great nation.

I hope this finds you more comfortable and that your grand and useful life is still to be spared for some years to come.

With grateful homage, I am

Sincerely yours,

b

Office of the Governor-General
of the Philippine Islands

Manila
May 13, 1931

Dear Doctor:

I want to congratulate you on the launching of the Battle Creek Sanitarium in Florida. We were most interested in the pictures. It gave me a thrill of pride to read that you had passed the State Medical Examiners Board in Florida. Most men of your distinguished standing would consider it beneath them to take such an examination and want to be admitted by some special act of the legislature. You have set all medical men a fine example in taking this examination as you approach 79 or 80 years of age.

Nellie is making good recovery. Olga is improving, and my work is going splendidly. I hope that you live to be a hundred in order that you may have more time to dontinue the good work you are doing.

Sincerely,

LOUIS J. VAN SCHAICK

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

DAVID STARR JORDAN
STANFORD UNIVERSITY P. O.
CALIFORNIA

May 15, 1931.

Dr. John Harvey Kellogg,
Battle Creek, Inc.,
Miami Springs,
Miami, Florida.

My dear Dr. Kellogg:

When your fine note arrived, my husband was already too ill to know what it was about. I am very sorry. He has always spoken of you with admiration and gratitude for your various kindnesses to him. Indeed, if you had not discovered the diabetes when you did, things might have gone very differently then, before insulin was to be had. But even with that his condition became alarming several years ago on account of the ravages of arthritis, arterio-sclerosis and bad heart-action.

Please accept my thanks for your continued devotion to Mr. Jordan.

Cordially yours,

Jessie K. Jordan

Mrs. David Starr Jordan.

P. S. The above was no sooner ready for signature than Mr. Jordan had one of his sudden changes, this time for the better, so that I did read your letter to him, to his great pleasure. But his mind is very variable; and he lives in two worlds at once, hardly knowing much of the time whether he is at home, or "traveling" about the country or back immediately from a journey! J. K. J.

JAMES THOMAS CASE
CHICAGO

Aug. 12, 1931

Dear Doctor:

I mailed you two copies each of Dr. Kendalls reprints. Dr. Kendall is not around just now, and I can't ask him about Grant coming down. Perhaps you had better write him. It would be well to mention he is a Yale Ph. D.

As for a French journal, I think the Presse medicale is the best all round medical newspaper from France.

I have particular reference to the reports of Society meetings given there in brief abstract. Then you can look up whatever greatly interests you. The Journal de Physiologie et de Pathologie generale which you used to like so much is still good but awfully brief and very technical. Fr gastro intestinal advances, the abstracts in the "Archives des Maladies de l'Appareil digestif" are splendid.

I hope my family are not too much bothered. Sorry I can't be with them.

Affectionately

[illegible]

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

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

August 25, 1931

Dear Nurse:

I am writing you this note to tell you that we are sending you some literature in which I feel sure you will be interested and which we want you to have regularly, -- three periodicals, Good Health, our popular exponent of biologic living, the Sanitarium Medical Bulletin, which is a record of the research and other scientific work being done at the Sanitarium, and the Sanitarium News Bulletin, a weekly periodical which represents the current life of the institution. In addition to these I am sending you a few little reprints and circulars of the Sanitarium. I know you will be interested in all of this literature and you will probably want a number of copies to hand out to your friends. Please mark on the enclosed card the ones you want and the number.

It is most encouraging to see how popular Battle Creek methods are becoming in recent years. Fifty years ago Battle Creek methods were laughed at. Today they have become so popular and so wide-spread they are to be found everywhere. When I had the first electric light bath made more than 40 years ago and for the first time made use of the electric light for curative purposes it was ridiculed. Today not less than 50,000 light baths and other light appliances are in use in this country and they are to be found scattered throughout the civilized world. I received not long ago a letter from an American gentleman, written in Sebastopol, Russia, in which he stated that he had the day before taken an electric light bath which the bath man told him was a Battle Creek invention. Foods first developed in the Sanitarium are now to be found on breakfast tables throughout the civilized world. Various electrical appliances and many methods of treatment which originated here are used by medical men everywhere. The Battle Creek system of diet and treatment has become widley known and many thousands of physicians are making use of the methods more and more every year.

I am sure you have found your training in Battle Creek methods has been a great advantage to you not only in the treatment of patients but in getting patients to treat. Wherever I have made inquiry, which I have often done at nurses' exchanges in large cities, I have always found that Battle Creek nurses are in the greatest demand and are rarely idle.

The methods that we pioneered at Battle Creek are coming to be recognized as the most efficient means of combating disease. The editor of the Journal of the American Medical Association in a recent address announced his belief that biologic and physiologic methods were the means on which the physicians of the future will depend in their conflict with disease.

I feel sure that your personal experience since leaving your alma mater has been such as to increase your faith in the things you learned during your training here. It is a great satisfaction to know that we have so many able and

loyal representatives of these progressive methods scattered not only throughout the United States but in many foreign countries, holding up Battle Creek standards and ideals and letting their light shine in dark places as pioneers of an advanced movement of world-wide importance.

The fine family of patients we have at the Sanitarium this summer notwithstanding the hard times (nearly 600), including nearly a hundred teachers and a larger proportion of persons of influence and high social standing than we have ever had before at one time, is a good foundation for optimism respecting the future development of our work.

A feature of our work which has become more and more noticeable, especially during the last two or three years, has been the rapid improvement which patients make. I believe at the present time we are doing more for our patients in three weeks than we were able to do in three or four months 20 years ago. The improvement is often so rapid that it seems to the patient almost miraculous. Increased accuracy in diagnosis and new and efficient methods which strike directly at the roots of the patients' maladies furnish the explanation of the almost magical change which patients often recognize even three or four days after their arrival.

With very few exceptions, patients who come to us have sought relief at home from all available sources but without success. These are just the cases for us. People who can get well at home do not need to come here, but there are certain classes of patients who need institutional care and training as well as thorough-going diagnostic methods that can only be utilized in a well equipped medical establishment.

It is appalling to think of the millions of people who need just the sort of treatment which we are prepared to give them but who will not receive it because they do not know about it. How many thousands there are suffering from colitis, thought by many doctors to be incurable, who might be delivered from their distresses by spending a few weeks here at the Sanitarium and learning how to eat and how to give themselves the simple treatment which is so wonderfully effective in these cases. Then there are thousands of persons suffering from high blood pressure, Bright's disease and other maladies whose days are numbered but who might easily double and often triple and quadruple their life expectancy if they could have the benefit of a month's treatment and instruction here in this university of health.

The Battle Creek Sanitarium is a life saving station. The patients we want are those who do not get well at home. We shall be pleased to send them literature which we believe they will be very glad to receive. You must know scores of such persons, some of whom would be glad to know of the opportunity offered here and who are entitled to a chance to profit by the use of these life saving methods. If you will take the trouble to fill out the enclosed blank with the names and addresses of such persons as you may know you will confer a favor upon them and we will be glad to cooperate with you in your efforts in their behalf.

And here is another thing we should be glad to have you do for us: We are collecting from all sources records of personal or professional experiences which illustrate the value of biologic methods and biologic ideals of living. You must have had many such experiences. If you will send us the records of a few of the most striking ones we will appreciate it very greatly. Of course names will be suppressed when desired.

But I am making this letter too long. Just a word or two more and I will close. You will be glad to know Battle Creek College is making splendid advancement. Last year was the best in its history. The number of students registered in advance for the year is much larger than ever before at this season. I am sending you a copy of the announcement for 1931-2. We believe we have the finest body of young people here to be found in any college in the country. We have room for one hundred more students. If you will interest some suitable young folks and send us their names and addresses we shall be glad to send them literature. I have written you thus at length and told you of our plans, feeling sure that as a respected and loyal alumnus of this pioneer school you will be glad to cooperate with us, in our efforts to promote this great work for the advancement of truths and principles which the world needs.

Please fill out and send us the literature blanks at once as we are preparing for a "broadcast" in the near future and are depending on your cooperation to enable us to reach those who will most appreciate what we will put in their hands.

Hoping for an early reply and thanking you in advance, I am

Very sincerely and cordially yours,

b

John Harvey Kellogg

P.S. When we hear from you we will enter your name on all our mailing lists.

VEGETARIAN CYCLING & ATHLETIC CLUB.

Originated in 1887 by LESLIE LARGE.
Constitutionally founded in October, 1888.

Please reply to: MR. H. LIGHT,
2, Harlington Road East,
Feltham,
Middlesex.

Telephone: FELTHAM 204.

Headquarters:
2 & 3, FURNIVAL STREET
HOLBORN, E.C.4.

Sept 17th 1931

Dr John Harvey Kellogg
Battle Creek Sanitarium
U.S.A

Dear Doctor

Though snowed under with work and anxious responsibilities (somewhat like yourself I suspect), I feel that I must spare a few moments in reply to yours of 9th ult.

First of all: Please let me have the photos of our boys (whom you supplied us with through Mr Oliver) back after you have finished with them. I have no duplicates of them and do not want to lose them.

You ask: does the fact that most of the athletic records sent to you for publication in "G. Health" are dated some years back, indicate that the interest is declining.

No! The current year beats all preceding years. To such an extent does it do so, that "Cycling" refers to us as "The all-conquering Vegetarians", and that does not flatter us. Our successes this season have been more than marvellous. I enclose a circular which I have just drafted for the Secretary to send out to Patrons, because such successes cannot be obtained and maintained without great outlay, and therefore the question to be put to them is: "Are the successes for the Cause worth the financial outlay?" All services are gratuitous and costly to those giving them, in time labour & ~~expense~~ money, yet there will be over £100 deficit at the close of the season to be found, unless we curtail our efforts considerably next year. This kind of thing happens every year, and hitherto, by dint of much pleading the money has been provided – principally

P.T.O.

by two or three exceptionally generous supporters whom we have been lucky enough to attract to us and our work, and who wish their names to be kept anonymous. One of them is our President, Mr Ernest Bell, who is also a very close friend of mine, but unfortunately I fear will soon be taken from us. He is turned 80 and is fast failing. Loved by all.

The doctors no longer smile pityingly at us as being merely amiable misguided fanatics. Our Athletic triumphs over the greatest champions of the land have transformed their smile and their thoughts in a way that nothing else could have done. A Dr Fleming, whose car broke down just outside my house the other day, knocked at my door and asked could he use my telephone on which to ring up the garage for another car to be sent him. He saw vegetarian literature lying all around him in my room and asked how long I had been a vegetarian. I replied "only 4 5 years". He was silent for a moment then remarked: "well if everyone was a vegetarian we doctors would have less to do." The doctors dare not wear that superior pitying smile any longer.

Professor Cathcart of Glasgow University (one of the six appointed by the Government to enquire into the food question of the nation, lately) delivered a series of three lectures to a college of medical students in London at which outsiders were permitted to attend. At the close of the lecture, which of course favoured flesh-foods, especially fat bacon, I button-holed him, and asked would he read my book on "Common-Sense Vegetarianism" and my Athletes pamphlets. He was very reasonable and said he would if I would send them on to him. I sent them, and after reading, he wrote a eulogistic letter of thanks admitting that he had been favourably influenced and that he believed a vegetarian diet, judiciously selected, would tends to lengthen life. The leaven is beginning to work and we have reason for rejoicing, eh?

I am wondering if it would be asking too much for you to send a copy of Good Health has which contain McGlivin's articles (Sept + Oct I assume) to each, or for each of the Athletes whose photo appears therein.

The photo which contained no information as to whom it represented, was L. Cave. He was picked to represent England in the World's road racing Championship in Denmark last month. I had myself given on the back of each photo, the name performances. Cave's photo was sent direct to Oliver and I did not see it.

Yours Sincerely H. Light

September 28, 1931.

Dr. William Mayo,
Rochester, Minnesota.

My dear Dr. Mayo:

I am sending you with this some copies of snap-shots I took of Dr. Tait when I was with him, with the little kodak Eastman had then just put out. One of these shows Mrs. Tait. They were sitting on a bench at the railway station waiting for the train. I think we were going out of town for an operation, and Mrs. Tait was going along to visit a friend.

At another time, I caught him asleep in a compartment of the train as we were going up to London to attend a meeting of the British Gynecological Society; it was later merged with other associations into the Royal Society of Medicine.

Hoping that you are enjoying good health, and that your great work for the uplifting of standards and ideals in American medicine is, as always, prospering, I am

Sincerely yours,

B

November 1 , 1931.

Mr. H. Light,
2, Harlington Road, East,
Feltham,
Middlesex, England.

Dear Mr. Light:

Replying to yours of September 17:

Your records this year are certainly marvelous. Your victories are unanswerable arguments. The world is steadily moving in the direction of non-flesh eating. Meat consumption has fallen in this country 25% in 30 years. Nearly all the people engaged in the packing business have failed. Armour, the biggest of them all, lost more than $60,000,000.

I think you should make a special appeal to the people engaged in the manufacture and sale of so-called health foods and the Vegetarian Restaurants. Dr. Arbuthnot Lane might help you. He is against meat-eating. I think I converted him from meat eating.

I have a whole college on my hands which costs me nearly $100,000 a year--more than one hundred thousand pounds in the last six years. If it were not for this, I would send you a check for $100. I will send you a few books if you think you could work them into cash.

I should think Gandhi's visit would be a help to your cause.

I note you referred in one of your friends as 80 years old and rather feeble. That is my own age, as you may not know. I shall be 80 years old next February. I am as hard at work as ever, doing everything I ever did,- writing,lecturing, often working all day and nearly all night, so I am not quite worn out yet, though I have been a strict vegetarian for 65 years.

I am writing this on my way to Florida, to my winter headquarters, where I shall spend the next few months.

South Florida is as tropical as Cuba. We have flowers and fresh things in the garden all winter. In fact, the winter is the growing season. The sun is too hot in summer. It is just the place for vegetarians--those who wish to live the biologic life.

With best wishes,

Sincerely yours,

B

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y. 8th December 19[illegible]1.

My dear Doctor Kellogg.

I owe You many apologies for having failed to acknowledge earlier Your interesting letter of [illegible]th July last. The fact is that I have delayed my reply until I might consult some of the records here in New York. I have also been handicapped rather sadly in my handwriting and have had to take to a machine which I am only gradually learning to use. Beside all this we have been having rather hard times since we returned from a rather long stay in Europe. I developed, very soon after our arrival at home a rather severe bronchial cold and, when that had cleared up, we had to go over to Boston to have my son, Dr William Rogers operate for hammer-toe on Mrs Rogers right foot. We were at Joslin's hospital in Boston to which Billy is orthopoedic surgeon and Mrs Rogers had the benefit of Dr. J's advice as well. I am glad to say that we are both well now and Mrs. R. is in better condition than in a long time. Last spring, while in Santa Barbara on account of the illness of a dear friend Mrs R. spent a week in Sansum's Hospital and underwent an overhauling. He put her on a fat-free diet and urged upon her to reduce her weight

considerably. She has been following that course since then and is very much less in avoirdupois than when You saw her last. She uses more carbo-hydrate than in a long time and without damage to her chemistry. Joslin told her recently that she could eat whatever she pleased provided she held her weight at its present level. I think that Sansum has made a real contribution in his low fat and relatively high carbohydrate diet.

Now, as to Your cards on the effect of B.P. on longevity. I agree with You that the so-called Normal is not the best B.P. The best is some ten to fifteen M.M. below the Average. I have not seen Riesmann's article but I am skeptical about any data so far available from which to draw such large conclusions as those contained in the card. The life Companies made a study in 1925 of B.P. as developed from their records and I have been waiting to have the result before me. A review of their data satisfies me that, in the field of high B.P. the material is too meager for me to be of help to You. I sh'd have to let your conclusions stand. One suggestion I feel like making however, You put the mortality among High B. P. cases as so many years lost. I am disposed to think that the case might be made stronger if You were to express the same idea in mortalities compared with the normal. If You say to a man that 150 persons like him will die

foods and Your baths and Your schools and a hundred other things that will last long after You and I and all of the present generation are gathered into dust. I have been sitting on the side lines now for a year or two and have had a taste of a life of leisure. I used to think that I would enjoy such a life but I am changing my mind. You are right. It is better to wear out than to rust out. More power to Your arm. Keepup the good work. Have lots of fun in doing it.

Mrs Rogers asks to join me in kindest remembrances to You. We may see You in January.

Yours faithfully,

Chas. A. Rogers.

I should leave out of the
last edition of the card all
relative to Dietetic. This
is little known to the laity.
- agree with Your fighting
in general way
)

in the same time that 100 average men die, You are giving him a ~~xx~~ sense of immediate urgency. He does not care nearly as much if he is allowed to feel that his day of settlement is post-

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

poned until some future time. Those high B. P. cases can not count on living like anyone else for the length of their impaired expect~~anx~~ancy. I think, then, that Your card would strike home more surely You should say to a man that he has a mortality of 140% or 200% or and so on. He will see then that he is more liable to die tomorrow than a healthy man. I donot know that I have made my point clear to You. The man is more liable to die tomorrow or next day or any day thereafter. We may be down in Your country sometime next month. We are due to attend a meeting in Miami early in January and should like to see You and Your plant. Let me know how to find You. Send us one of Your circulars for 1941-42.

We had the pleasure of a call from Dr Gertrude Johnson of Your B. C. staff a few days ago. She was looking remarkably well for her. She tells us that You are very well anf full of energy and that You are working just as hard as ever and with the same splendid ~~energy~~ enthusiasm. Good for You. We are all admiring Your work and the way You are able to do it. You have already written Your name large in Medicine with Your splendid dietetics and Your

foods and Your baths and Your schools and a hundred other things that will last long after You and I and all of the present generation are gathered into dust. I have been sitting on the side lines now for a year or two and have had a taste of a life of leisure. I used to think that I would enjoy such a life but I am changing my mind. You are right. It is better to wear out than to rust out. More power to Your arm. Keepup the good work. Have lots of fun in doing it.

Mrs Rogers asks to join me in kindest remembrances to You. We may see You in January.

Yours faithfully,

Chas. H. Rogers.

I should leave out of the resolution for card all reference to Socialism. This is too little known to the laity. Agree with Your fighting in a general way

H.H.K.

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y. 13th December 1931.

My dear Doctor Kellogg;

In my letter to You of a few days ago I told You that we were expecting to be in Miami between the 5th and 11th Jan, and asked You incidentally to send me a circular of Your place as we might wish to stop over for a day or two. This evening, in the course of a talk over our plans, Mrs Rogers raised the question why would it not be a good idea for us to stop over at The Battle Creek for a couple of weeks to take the baths and go through the routine of the old San of which we are so fond? My reply to that was that nothing would please me more provided we could make arrangements to that end. We are going out to Chandler this winter as usual and we were planning to go from Miami across the southern states, New Orleans, El Paso etc, reaching Chandler about January 16th. Now, if we stop over at Miami Springs for two weeks we shall be able to reach Chandler sometime near the end of January. It may be that You will be too crowded to accommodate us for so short a time. Please do not hesitate to tell us if such is the case. We shall not care for de luxe accommodations. Have

Your people send us some idea of rooms and prices so that we may be able to form an idea of the costs. Will You also ask your people to let me know about reaching Your place, whether by taxi or Bus or railway. We should have a faid amount of baggage which we should wish to carry with us as we shall be away from home for some time. Hoping to hear from You soon and looking forward to seeing You during our stay in Miami, believe me, with kindest regards from us and best wishes for a happy holiday season,

Cordially Yours,

Wm A. Rogers

P. S. A night-lettergram at our expense would be appreciated as we are anxious to make our plans well in advance.

Effects of High Systolic Blood Pressure in Shortening Life

Normal Systolic Blood Pressure			High Systolic Blood Pressure +10 to 25			+26 to 35			+36 to 50		
Age	B. P.	Expectancy	B. P.	Expectancy	Years Lost	B. P.	Expectancy	Years Lost	B. P.	Expectancy	Years Lost
20	120	45	130	31	14	146	24	21	156	18	27
25	122	41	132	28	13	148	21	20	158	16	25
30	123	37	133	25	12	149	19	17	159	14	22
35	124	32	134	22	10	150	17	15	160	13	19
40	126	28	136	20	8	152	15	13	162	11	17
45	128	24	138	17	8	154	13	11	164	10	14
50	130	21	140	14	7	156	11	10	166	8	13
55	132	17	142	12	5	158	9	8	168	7	10
60	135	14	145	10	4	161	7	7	171	6	8
65	138	11	148	8	3	164	6	5	174	5	7
70	142	9	152	6	3	168	4	4	178	4	5
75	146	7	156	4	3	172	3.5	3.5	182	3	4
80	150	5	160	3	2	176	2.5	2.5	186	2	3

Your people send us some idea of rooms and prices so that we may be able to form an idea of the costs. Will You also ask your people to let me know about reaching Your place, whether by taxi or Bus or railway. We should have a faid amount of baggage which we should wish to carry with us as we shall be away from home for some time. Hoping to hear from You soon and looking forward to seeing You during our stay in Miami, believe me, with kindest regards from us and best wishes for a happy holiday season,

Cordially Yours,

Wm. H. Hodgson,

P. S. A night-lettergram at our expense would be appreciated as we are anxious to make our plans well in advance.

Effects of High Diastolic Blood Pressure in Shortening Life

Age	Normal Expectancy	90-100 Expectancy	90-100 Years Lost	101-105 Expectancy	101-105 Years Lost	106 and Above Expectancy	106 and Above Years Lost
20	45	28	17	21	24	13	32
25	41	25	16	20	21	12	29
30	37	23	14	17	20	11	26
35	33	20	13	15	18	10	23
40	29	18	11	14	14	9	20
45	25	15	10	12	13	7	18
50	21	13	8	10	11	6	15
55	17	10	7	8	9	5	12
60	14	9	5	7	7	4	10
65	11	7	4	5	6	3	8
70	9	5.5	3.5	4	5	3	6
75	7	4	3	3	4	2	5
80	5	3	2	2	3	1.5	3.5

December 15, 1931

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I am delighted to have your letter of December 8 and especially to know that we are going to have a visit from you in the near future. I am also greatly pleased to know that Mrs. Rogers is so much better.

I think Dr. Samsun is right in relation to the feeding of diabetics. I have seen exceedingly bad results from excessive fat feeding in these cases, and Dr. Joslin has for years been insisting that the large use of fat is responsible for the arteriosclerosis which carries off so many diabetics. In spite of the discovery of insulin and all we have learned about metabolism in recent years, the mortality rate from this malady has steadily increased. Something is wrong with our method of dealing with these cases.

I have for years been urging our doctors at the Sanitarium to keep the fat low as well as the protein. We have made it a constant aim to make our patients independent of insulin whenever possible and have succeeded in doing this in an increasing proportion of our cases.

I thank you very much for giving so much attention to my little card. I find it very useful as a means of impressing upon patients the fact that blood pressure is a matter of sufficient gravity to be worthy of serious attention. Patients are apt to say, "Oh, I have had this high blood pressure for years," not realizing that the longer

they have had it the nearer they are to the tragedy which will end all.

I am more gratified than I can tell you that Mrs. Rogers is so much improved. I am sure a few months in this delectable region would be an excellent experience for her, so I hope you are making your plans to stop here a little while as you really acquainted with this delightful country, the only part of the United States that is really tropical. I have now been here nearly five weeks and there has not been one day when one could not spend hours in the open without clothing and with perfect comfort. I am using it as a outerout from head to foot. The temperature is just right.

Florida has the advantage over California in having the tropical weather weather program, which gives the rainy season in the summer instead of the winter.

We have a number of new things in diet which I think will interest Mrs. Rogers. Our papayas are most delicious both as a fruit when ripe and a vegetable when green and chayotes another delicious garden fruit related to the cucumber and that wonderful fruit the avocado, or alligator pear. It is more abundant this season than ever before, great luscious fruits for fifteen cents. Then there are sugar apples, guavas, egg fruit and citrous fruit of many sorts which are unknown in the North, besides all the summer vegetables with which we are familiar in the North, such as green corn, string beans, summer squash, and green peas. We expect to have watermelons for Christmas dinner as we did last year.

Everything is fresh and green here. There are no brown fields because of the heavy dew which waters the earth and freshens up the trees

and shrubs every night.

I shall take pleasure in showing you the sights when you come, including my six acre banana grove. We have the most delicious lady finger bananas you have ever tasted.

Thanks for your suggestions respecting my blood pressure card. I am sending you two or three of the latest edition.

Hoping to have the pleasure of seeing you soon, and with kindest regards to Mrs. Rogers, I am

Very sincerely yours,

b

Postal Telegraph

(THE MACKAY SYSTEM)

ALL AMERICA CABLES

TELEGRAMS CABLEGRAMS RADIOGRAMS

COMMERCIAL CABLES

CLASS OF SERVICE DESIRED			
DOMESTIC		CABLE	
TELEGRAM		FULL RATE	
DAY LETTER		DEFERRED	
NIGHT MESSAGE		NIGHT CABLE LETTER	
NIGHT LETTER	X	WEEK-END CABLE LETTER	

Patrons should check class of service desired, otherwise message will be transmitted as a full-rate communication

RECEIVER'S NUMBER

CHECK

TIME FILED

STANDARD TIME

Send the following Message, subject to the terms on back hereof, which are hereby agreed to

Form 11

December 16, 1931 **19**

To Dr. Oscar H. Rogers,
264 Palisade Ave.,
Yonkers-on-Hudson, N. Y.

BE DELIGHTED TO HAVE YOU WITH US TWO WEEKS OR LONGER REGULAR RATES FIFTEEN. ONE*THIRD LESS TO YOU. NO EXTRA CHARGES. WILL MEET YOU AT TRAIN WITH MY CAR AND TRUCK FOR BAGGAGE. MOST DELIGHTFUL WEATHER I HAVE EVER EXPERIENCED. KINDLY WIRE DAY AND HOUR OF ARRIVAL

JOHN HARVEY KELLOGG

December 16th, 1931.

Export La/T.

The Battle Creek Food Company,
BATTLE CREEK, Mich. US.A.

Dear Sirs,

We beg to confirm the receipt of your favour of Nov. 30, and have taken best notice of its contents.

We are very pleased that you have taken up the valuable relation with the American Medical Association and with the following we might give you the necessary details in this respect:

SAVITA - Extract as we deliver it to you, is a concentrated yeast extract made of brewer's yeast with additions of an extract made of vegetables, as they are used in the kitchen.

Description of the manufacturing process:

The brewers' yeast which is available in the manufacturing of beer is used in our factory the same day when the yeast is separated from the beer. Firstly the (yeast is purified with clean water of the clinging, bitter materials of hops thus entirely debittering the yeast. Then the yeast is treated by applying higher temperatures and adding some salt, in order to separate the celljuice which is the most precious part of the yeast. This juice of the cells, which contains only the precious soluble ingredients and the vitamins of the yeast, is separated from the coagulable albumen) and receives an addition of extract of pot-herbs and is freed from the water in the Vacuum-Evaporator, at a temperature of 50 to 55° C till it has the consistence of the marketable goods. Thus, the yeast is worked into extract 24 hours after it has been separated from the beer.

The making of the extract from pot-herbs is always executed at harvest time, the gardeners of the environs of our town bringing the fresh pot-herbs in the morning to our factory e.g. parsley, leach, celery, onions, carrots, and these are extracted after being thoroughly cleaned and are condensated at once in the Vacuum-Evaporator. This vegetable extract, to which salt is added merely for preserving purposes, is then used in the manufacturing process of the yeast extract Savita. The proportional quantities of the extract are the following:

Portion of water	ca. 22 - 25%
Portion of salt	ca. 15 - 17%
Extract of pot-herbs	ca. 15 - 20%
Pure extract of brewers' yeast	ca. 48%

After the extract has been treated in the Vacuum-Evaporator, it is filled at once into the canisters which are then hermetically closed. An analysis of the yeast extract (Savita) showed the following figures:

Water	21,68%
Dried mass	78,32%
Nitrogan	4,90%
Nitrogenous substances (albumen)	31,62%
Fat (ether-extract)	traces
Mineral	29,63%
Chloride (salts)	17,40%
Phosphates (as P_2O_5	5,19%
Carbon hydrates (calculated)	18,07%
Food units (Calories as per Rubner)	199,6%

The yeast extract Savita does not contain any ingredients of animal tissues, nor those collagneous ingredients which have a disagreable flavour.

Moreover, the yeast extract, (Savita) does not contain the Kreatin and Kreatinin of the meat extract which have no effect on the stomach.

With the following we might add some general information:

Y E A S T (Saccharomycetaceae).

Yeast is a single cell plant and is found everywhere in nature, above and below the ground and in the water. Yeast is a yellow and or muddy-brown mass of a peculiar flavor. the form of the yeast cell is round or egglike and its size from 6 - 10 . It consists of a plasma with a kernel and vacuol envelope of a soft elastic membrane.

According to the manner of its use and appearance, we distinguish between cultured yeast and wild yeast. The wild yeast is generally unsuited and even largely injurious for the industry of fermentation. Here we might mention: The Apiculatus-yeasts, Pastorianus-yeast, Torula-yeast, red yeast, Exiguus-yeasts, the Fruit-Ether-yeasts, Kahm-yeasts, and others.

./.

Cultured yeasts are sorts which have always been used exclusively in the industry of fermentation, and by continuous culture have aquired valuable qualities.

Pure yeast cultures are raised from a single, specified mother cell. For the technic of the fermentation industry are bred and vine yeasts, baker's yeast (press-yeast) and brewers' yeast.

BREWERS' YEAST (Saccharomyces cerevisiae).

The original material for dietetic, pharmaceutical and medical yeast products is brewers' yeast and especially the brewers' yeast with lower fermentation, which has received its name from its property of forming a sediment in the fermentation tub, whilst the brewers' yeast with higher fermentation forms a scum on the surface of the fermenting fluid. On account of the better nutritive medium and the slower growth, the cells of the beer yeast of lower fermentation are larger and especially richer in albumen than those of higher fermentation (white beer, alcoholic and press yeast).

CHEMISTRY AND PHARMACOLOGY OF THE YEAST:

The analyses of dried brewers' yeast had the following medium value: 54% albumen, 28% extractive materials, free from nitrogen (about 204 Glycogene) 3% fat, 7% ash, 8% water. Meisenheimer devides the nitrogen of the yeast albumen into 8% ammonia, 12% Purin - and Pyridinbases (Guanin, Adenin, Uracil, Cytosin), 20% Diamino acids (Histidin, Arginin, Lysin), 60% Monoamino acids. The extract materials free from nitrogen are composed of grape sugar, Invert sugar, Glycogene, Mucus, Glycerin. In the yeast fat are contained Palmitin, Stearin, Cholesterin and etheric oil and Lecithin (about 20%). The ash of the yeast shows in the average the following ingredients: 2,39% lime, 3,77% magnesia, 31,52% pot-ash, 9,7% natron, 53,54% phosphoric acid, 2,73% ferric oxyde. The yeast albumen is easily digestible and is almost entirely absorbed. Accordingly the yeast contains essentially all ingredients which are required by the cells of the human body for its growth and its sustenance and for combatting any noxious products in the body and increasing its vitality and energy.

THE VITAMINS OF THE YEAST:

A new angle for the importance of the yeast as a remedy has been construed by the research work on vitamins. Eiykmann was the first who succeeded in 1897, while investigating the beri-beri disease, in finding the anti-beri-beri vitamin which is now known as the anti-neuritic or B vitamin. This supplimentary ingredient which is soluble in water is found in all natural products but mostly in yeast. Funk has succeeded in producing the B vitamin from the yeast

by means of hydrolysing through cooking for 44 hours with a 20 p.c. sulphuric acid. He gave it the formula $C_{26}H_{20}N_4O_9$.

./.

Abderhalden, Hopkins, Schaumann, Stepp and others have excelled in vitamin research especially the yeast vitamins and have found that besides vitamin B the yeast contains 2 other vitamins, D and E, of which the vitamin D and B are invariably found together. Chik, Hoscoe and other American investigators have proved that the B vitamin is no simple body, but a vitamin complex which is composed of the anti-neuritic factor B, the browth promoting factor, the anti-pellagra-vitamin of Goldberger. Windaus and Pohl have succeeded in producing from the pro-vitamin of the yeast, i. e. the ergosterin, the anti-rachitic vitamin in a pure form by means of irradiation. The yeast contains up to 0,18% ergosterin. The importance of the vitamins is accepted to-day by all scientists without any exception. The vitamins have the same effect as catalysators on the organism, which guarantee the normal transformation of carbonic hydrates, by which metabolism is made possible and accelerated. The growth-promoting factor of the yeast promotes the activity of the digestive gland and protects the endocrine gland against degeneration. Foods rich in carbon-hydrates make the presence of B vitamin necessary for their assimilation. The B vitamin contains also an ingredient which sustains therespiration of the tissues and accordingly sustains the living tissue.

THE INSULINE INGREDIENTS OF THE YEAST:

Kaufmann has referred to the relations of biological, physiological and chemical nature between the insuline and the supplimentary ingredients. Collip called these ingredients which are in their effect similar to the pancreas-hormons Glucocinin. These are found to a considerable degree in the yeast. Glaser and Halpern have found in the yeast an activator for insuline. The diabetical dermatitides may be explained only by thedefective metabolism of the diabetic patient. Since we know exactly the function of the endocrimous apparatus and the similarity of effect between the hormons, insuline and vitamins, the healing effect of the yeast in cases of diabetes have found a scientifically correct explanation. The publication from Bickel, Nigmann, Mankowski and others are based on this fact, who have found, that under the influence of the vitamins and stimulating ingredients of active yeast the contents of glycogen in the liver is incresed. Also Euler and Myrback found a anti-diabetic substance in the yeast which is chemically and physiologically related to the insuline. Mils has proved that vitamin B decreases the secretion of sugar and the sugar of the blood in case of diabetes, whilst in normal cases this effect does not occur. 30 ccm vitamin solution can replace 30 ccm of insuline. Funk and Schonborn found that the liver glycogen disappeared whrough nutrition free of vitamins and carbonhydrates, whilst an addition of yeast caused a new increase of the glycogen in the liver.

./.

YEAST EXTRACT (SAVITA) IN THE THERAPEUTICS:

The higher albumen derivatives (formic acid, purinstuffs etc.) of the yeast, gained through hydrolitic separation of the yeast, stimulate on a large scale the secretion of pepsin hydrocloric acid in the stomach and have according to the latest investigations an antitoxic quality. Combined with the vitamins and the minerals they assist in and accelerate the whole metabolism, support the assimilation of facts and carbonhydrates, accelerate the growth and promote the digestibility of the food. Yeast extract (Savita) is the most effective and most suitable, because physiological, stomachicum.

INDICATIONS:

Loss of appetitie in every form, acute and chronic catarrh of the stomach, deficient secretion of stomach juice (anacidity and subacidity)
to increase the possibility for taking in food and for better utilizing the food,
for reconvalescents, weak persons,
after fever, operations, in case of chlorotic, anemic and tubercular patients,
for mast-cures in case of infections diseases, diseases caused by deficiency of vitamins, polyneuritis, sumptoms of paralysis, weakness in the limbs, withering of the muscles,
increase of food range in case of diabetis.
Contraindication: hyperacidity, stomach ulcers, nephritis.

Yeast extract (Savita) is especially suitable as a pill excipient designed as Extractum Faecis spissum. Pills made with yeast extract (Savita) as excipient do not harden and are therefore easily dissolved in the alimentary tract, prevent injury to the coating of the stomach and intestines caused by the medicines and guarantee a complete resorption of the medicine.

ABOUT THE GROWTH PROMOTING AGENTS IN YEASTS.

By Priv.-Doz. Dr. Th. Sabalitschka in Berlin.

Yeast extract (Savita) is not exclusively manufactured in order to gain a vitamin-product, but the yeast extract (Savita) has some specific valuable feature, which yeast does not possess. Various examinations by different scientists e.g. by George R. Cowgill have proved that also yeast extract can act as retainer of vitamins and yeast extract often is used in cases where an increased supply of vitamins is intended. But the a bove mentioned special features of the yeast extract (Savita) are the reason why it is frequently and successfully used, namely on account of its flavour and the favourable influence on the secretion of the stomach juice. The use of yeast extract (Savita) for soups, sauces, vegetables etc. has become wide spread not only in Germany, but especially in the U.K. and America. According to my examinations yeast extract (Savita) of good quality is superior in flavour to meat extract, to which it is partly related in its chemical composition.

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The examinations of Heinz proved that yeast extract (Savita) is especially suitable as a stomachicum, which he attributes to its contents in purin ingredients, formic acids and higher albuminous derivatives. Heins says: "really yeast-extract (Savita) is the best stomachicum because it is physiological." These valuable features, in dietetical as well as in the rapeutical respect of the yeast extract do render its manufacture superfluous but rather welcome and even necessary.

LITERATURE:

W. Stepp: About the actual standing of the science of vitamins especially regarding their importance to clinical medicine. (Klin. Wochenschrift 1922, No. 18)

"The B Vitamin is universally found throughout nature. The highest contents show one-cell animalcules, which increase rapidly, as yeast."

C. von Noorden & H. Salomon (Booklet for the science of nutrition, Handbuch der Ernahrungslehre, 1st volume, General Dietetic, Berlin 1920 page 232, 645, 795)

"The savouriness of yeast extract (Savita) is the same as that of meat extracts: The deficiency in Kreatinin is no disadvantage, because this is no necessary part of nutrition. The considerable lower price justifies the good reception, which yeast extract (Savita) has found for flavoring soups and sauces."

Heinz: "On yeast extract (Savita) as a stomachicum and its medical utilization" of the pharmacological Institute of the University of Erlangen (The actual Therapeutica - Die Therapie der Gegenwart, Mai 1921)

"The extractive ingredients of the yeast are the most effective stimulators of the secretion of the stomach juice, as the well-known Pawlow experiments proved. Yeast extract made of yeast i.e. of purified debittered beer-yeast by the same process as meat extract, contains the same extractive substances as meat extract viz: Meat-lactic acid, Purin substances, except Kreatin and Kreatinin, higher albumen derivatives produced by hydrolytic separation. The experiments by Kleeblatt with healthy persons, show best the increased secretion of juice of the yeast extract. Yeast extract is really the most effective, because physiological, stomachicum. Moreover, yeast extract is suitable for other medical purposes, namely as a combination with yeast powder for making pill excipients. Pills made of yeast extract and yeast powder are easily digestable in the stomach-intestinal-tract. There are no undissolved pill parts to be found in the stool. The yeast extract of the pills begins to dissolve already in the mouth and exercises its stomachic effect in the stomach, whence it is especially suited for such medicaments as are apt to injure the stomach. (Iron, arsenic, quinine, digitalis etc.) There is no other substance, by which pills can technically be made more easily, safely and exactly than with yeast extract and yeast powder. The production is, moreover, more convenient and cleanly than if made with succus and pulvis liquiritiae."

Kleeblatt "The effect of yeast extract (Savita) on the secretion of human stomach juice" of the pharmacological Institute of the University of Erlangen (Medical Clinic - Med. Klinik 1921 No. 34)

"Since yeast extract (Savita) contains many of the same ingredients as (meat extract) it was very natural to examine the effect of yeast extract (Savita) in respect to the secretion of stomach juice. The resume of these examinations show uniformly a great increase of the juice secretion of the stomach after giving yeast extract (Savita), in the average 32%. The increase of juice is the principal factor for stimulating the appetite, as already Pawlow says: Appetite is stomach juice."

Sabalitschka "The importance of yeast and yeast extract (Savita) for our nutrition, especially about the flavour of yeast extract (Savita ". (German Medical Journal - Deutsche Med. Wochenschr. 1922 No. 47)

"To-day we know that for the conservation of life certain substances, the so called vitamins are necessary, about which so far we did not see clear. Yeast contains the vitamin B. The factor B is the substance which prevents the beri-beri-disease. Feuerhak says that it is found principally in the seed of vegetables and in the eggs of animals and is found also in the liver and in the brain, in a lesser degree in the meat, but especially in the yeastcells and in the yeast extracts (Savita). Klotz and Hopfner report one case in which the addition of yeast made the secretion of albumen disappear. All these reports make it clear that we must designate yeast and yeast extract (Savita) in every case as a very valuable food, from the physiological point of view. But if yeast extract (Savita) is to be used generally it must meet the taste of the masses. Generally yeast extract (Savita) is used as an addition to soups and sauces similar to meat extract and accordingly it will compare favorably with meat extract as to its flavour. Of the 43 persons of this examination 32 persons preferred the flavour of the yeast extract, 10 persons that of the meat extract and one person remained undecisive. Whilst of course the tastes differ this examination of 43 persons will have shown that the flavour of yeast extract (Savita) pleases the greatest part of the population. The really low price of the yeast extract favours its general use. According to the judgment of the physician, of the chemist and not least, of the taste, yeast extract (Savita) can well be used instead of meat extract."

M. Winckel "The economical importance of yeast as a food, feed and remedy" (Munchen 1916).

"There is no doubt, that the nucleins in the yeast cell have the greatest therapeutic value, because they stimulate the process of fermentation and accordingly the metabolism, as experience showed. Judging from the chemical ingredients of yeast it seems to me that for their physiological nutritive valuation the albuminous ingredients and among them the phosphorous and ferruginous neu-

cleoproteid of the yeast are the most valuable. The special aromatic spices of the yeast were the cause to make those nutritive and seasoning preparations, which lately find a larger sale than meat extract, which is getting more and more expensive. These products also have the advantage of being poor in bases of meat but rich in nutritive values and therefore can be recommended to the vegetable kitchen on account of their vegetable origin.

Sobalitschka: "The utilization of dried yeast by human beings and the importance of yeast extract as a food." (Deutsche Med. Wochenschr. - German Medicinal Journal 1926 No. 44).

"The preference for yeast extract I observed in my former experience. I found also in my practice, that people today use yeast extract in a large measure as flavouring and appetising products aside from its use for physiological and therapeutical reasons, but on the physicians' prescription. As in preparing yeast extract the cells are opened, the objection of C. S. Engel, that human beings do not take sufficient advantage of the yeast with an intact membrane falls to the ground. Yeast extract in the kitchen may be considered in the first place as a food, but it is also of importance for the nutrition as a container of vitamins."

G. Massatsch "Critics of modern food preparation" (Archiv of pharmacie and reports of the German pharmaceutic Society - Archiv d. Pharmazie u. Berichte der deutschen pharm. Ges. Heft 5, 1925.)

" In the yeast extract (Savita) we have an extract of excellent quality which cannot only be considered the equal in quality of common meat extract, but is also in flavour superior to meat extract."

YEAST EXTRACT SAVITA IN THE KITCHEN:

Yeast Extract (Savita) is an excellent and very cheap product for the kitchen, it gives flavour to all dishes, as soups, fish, salads, cereals, farina and flour, sauces etc. Yeast extract (Savita) has the great advantage of being rich in vitamins and nutritive salts compared to meat extract and the other spices of animal origin, whose flavour is disagreeably influenced through glue substances. Yeast extract (Savita) increases the nutritive value of every food, as it accentuates the character of the meal without giving it a too pronounced spicy flavor. On account of its vegetable origin yeast extract (Savita) is preferred especially by the vegetarians and other persons who either restrict or altogether avoid the use of meat. People recognize the nutritive and health promoting qualities and the appetising flavour of yeast extract (Savita). The dishes, suitable for patients, and made of vegetable, soups, oat meal and rice, which if taken for a longer

time, become stale, are made appetising by a small addition of yeast extract (Savita) to the patient's meal and thus the following of the dietic prescriptions is made possible.

The various possibilities of yeast extract in private kitchens, in kitchens of hospitals and institutions can be learned of the following recipes which may be complemented or enlarged according to taste and experience.

COOKING PRESCRIPTIONS:

VITAMIN TOAST:

1) Vitamin butter:
Mix thoroughly 10 parts of good butter with 1 part Savita-Extract in a dish, with a wooden spoon. Spread upon white or black bread, these vitamin sandwiches are greatly liked by young and old. These sandwiches are to be especially recommended for traveling and for the school. Instead of butter, margarine or, in case of vegetarians, vegetable butter, may be taken. Margarine is highly improved by yeast extract (Savita) and its manifold uses thereby increased.

2) Leckerstulle:
Mix 10 parts of fried drippings and 1 part yeast extract (Savita). Spread this on black bread and it renders the sandwich extremely savory. The presence of vitamins quickly helps to assimilate the lard which otherwise is difficult to digest.

3) Vitamin-cheese:
Good sweet whey-cheese is mixed thoroughly with yeast extract (Savita) and is spread on bread.

FILLED EGGS:

Shell hard boiled eggs, cut them into halves, take out the yellow, fill them with butter, some vinegar or lemon juice, pepper, salt, mustard and yeast extract (Savita) mixed to a paste. These eggs are served with or without a mayonnaise.

SAUCES:

1) Egg-Sauce for six persons:
Stir 1 spoonful water with 1 spoonful flour to a paste, add 1 spoonful yeast extract (Savita) and as much boiled water (about a pint) as is necessary for a sauce, as well as 1 spoonful sour cream, salt and 3 hard boiled and chopped eggs. If you wish you can add some lemon juice, to make the sauce piquant.

2) Herring's-Sauce for six persons:
Take 1 spoonful butter and 1 spoonful flour in a frying pan and heat until brown. Pour into it about a pint yeast bouillon (Savita) - by dissolving a teaspoonful yeast extract in water - put all into a dish, add thereto 2 spoonfuls

vinegar and 1½ clean chopped herrings, a finely chopped, or grated onion, a teaspoonful mustard, 6 grains chopped pepper and 1 spoonful sugar. Let this sauce boil and serve with potatoes. Instead of herrings sardines may be taken.

3) Horse-Radish Sauce for six persons:

Cook 1½ glass water, dissolve therein a teaspoonful yeast extract (Savita) add ½ horse radish root, a teaspoonful sugar, 3/4 teaspoonful flour pressed in butter and diluted with 3/4 spoonful of the boiling sauce, ½ spoonful sour cream. Before serving add therto ½ newly grated horse radish.

4) Onion Sauce

Cut 3 or 4 onions in thin layers and stew in butter, add some flour mixed with water, salt and pepper, add vinegar and some sugar according to taste, let it come to a boil and add finally a teaspoonful of yeast extract (Savita). This is served with boiled potatoes.

5) Mushroom-Sauce.

Additions and proportions the same as in onion sauce, with addition of ½ lb. mushrooms, take only 2 onions.

6) Lard-Sauce:

Cut lard into thin strips, or cubes, and fry it in a pan with a chopped onion, salt and pepper and some fat, add some flour twirled in water, and stir continuously till boiling; add finally vinegar and lemon juice and some sugar. Add yeast extract (Savita) according to taste, serve with hot boiled potatoes.

VITAMIN BOUILLON:

Boil the usual pot-herbs with the necessary quantity of water, add to it a good sized piece of butter, some chopped parsley, dill, chive, add yeast extract (Savita) and salt according to taste. A little nutmeg increases the flavour. You can also add twirled egg yolk.

VITAMIN SOUPS:

Every soup can be enriched in vitamins by an addition of yeast extract and be made nutritivus, strengthening and beneficial, thus economizing in meat.

1) Vegetable Vitamin Soup:

A very tasteful vitamin soup which does not contain any meat is prepared according to the following recipes: Cut red beets in long strips, add some chopped pot-herbs, fry slightly with butter and lard; add some water

to the fried pot-herbs and roots, the necessary aromatics and spices, salt and pepper, boil and add to this boiling bouillon some finely cut white cabbage. After taking the soup from the fire add the juice of some red beets, some vinegar or lemon juice, several spoonfuls of sour cream and before serving yeast extract (Savita) addording to taste. For 1 quart of soup 1 teaspoonful yeast extract (Savita) should be taken.

POTATOE'S SALAD:

Potatoes are cooked and peeled and cut into slices. Dissolve 1 teaspoonful yeast extract (Savita) with boiling water and pour hot over the potatoes, then add salt, petter and some chopped onions, vinegar and oil and mix all thoroughly. All salads are improved in taste by an addition of yeast extract (Savita).

FISH PLATES:

Fish jellies are improved in taste, flavor and palatability by an addition of yeast extract (Savita). A very nutritive and pleasant fish dish are green herrings made in the usual way with the above mentioned egg- or horse radish sauces.

REMNANTS OF ROAST MEAT:

Soup meat egc. left over may be prepared with an addition of yeast extract as very tasteful hash etc.

MEALS OF WHICH WE EASILY TIRE:

Among these dishes are understood the preparations of cereals in hospitals, gruels, oatmeal, rice, etc. whose continued use spoil the appetite. With a small addition of yeast extract (Savita) this may be remedied and the dietetic prescription can be safely continued.

We hope that these details will serve you to get the Savita Extract accepted by the Food Committee of the American Medical Association and we hope to be favoured soon with your further good news in this respect.

P.S. Perhaps you could summarize these informations in a booklet which later on you could send to all doctors in your country as we have done here.

Yours Very Truly

CENOVIS-WERKE

May 31, 1934.

Dr. Julius Schulein, Director General
Munchen, Germany

Dear Dr. Schulein:

There are appearing on the market in this country various dried yeast products some of which, according to information given us, are higher in vitamin potency than the yeast we are purchasing from you.

Recently tests have been made on your dried yeast in comparison with Mead's dried yeast with the following results:

Cenovis Yeast (dry) contains:

One gram -
36 units B -- 24 units G. (Sherman)
9 " B -- 6 " G. (Chick & Roscoe)

Mead's (A.B.)

One gram -
48 to 56 units B -- 40 to 48 Units G. (Sherman)
12 to 14 " B -- 10 to 11 " G. (Chick & Roscoe)

There was recently submitted to us by the Anheuser-Buch people the following report on their Dried Brewers' Yeast:

	Range	Average
Moisture	2.75 - 4.50	4.0
Ash	6.5 7.5	7.0
Protein (Nx6.25)	45 - 55	50
Fermentability	None	
Flavor	Yeasty - Hop-free	
Vitamin B1 (F)	12 - 14	Chick & Roscoe units per gram
Vitamin B2 (G)	9 - 11	
Vitamin BC	9 - 11	

I wonder if you will kindly send us a comparable report to the Anheuser-Buch report so we can compare your product with the Anheuser-Buch product.

In trying to market our Savita Yeast Tablets, which of course, are compressed from your Cenovis dried yeast, we are in competition with the other products on the market and should have a yeast comparable in vitamin potency.

Very truly yours,

THE BATTLE CREEK FOOD COMPANY

Dec 16 1931

2

Dr John H Kellog.
Battle Creek,
Mich.

My Dear Dr Kellog. Just a note wishing you a a happy Xmas. and may the new Year 1932 have many rich blessings for you.

Also a note of farwell as we sail Jan 8. We are longing to go back to dear old Africa. The natives are calling us and the love of God is urging us to go, for there is so much suffering and so much sin that would not be if the Redeemer of the world was reveal. We want to go back to reveal Him and to relieve some of the suffering.

We carry back a lovely memory of the year we spent in the states. and will often think of you and your kindness when I ride my mule over those hot jungle paths. May God's richest blessings rest upon you is my earnest prayer

Sincerely yours

C. J. Stanford

MRS. OSCAR H. ROGERS
264 PALISADE AVENUE
YONKERS, N. Y. 27th December 1931.

Dear Doctor Kellogg;

You were very kind to send us the splendid specimens of the fruit of Your country. The alligator pears reached us safely and, today, had come to maturity so as to appear in our salad. No finer specimen ever came to be served on our table. We are looking ~~fo~~ forward to spending some days with You. Our meeting is to be held at Miami Beach at the Roney or the Roney Park or some such hotel. We are usually very much occupied with the meetings and the social activities of these meetings and probably shall be with this one so that we may not be able to call upon You before the meeting ends. This will be on the 11th and it is likely that we shall come over that evening to Your place. However I shall get in touch with Your people well in advance of our coming so as to be sure that You will be able to have us. Meanwhile, our best wishes to You and to Mrs Butler, if she is with You, for a happy new year.

Yours faithfully,

Oscar H. Rogers.

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Send the following Message, subject to the terms on back hereof, which are hereby agreed to

Form 11

December 28, 1931 ***19***

To Dr. Oscar H. Rogers,

264 Palisade Ave.,

Yonkers-on-Hudson, N. Y.

EXPECTING YOU THE ELEVENTH. LOVELY ROOM AND CORDIAL WELCOME AWAITING YOU.

JOHN HARVEY KELLOGG

B

December 31, 19 1

Dr. Oscar H. Rogers,
264 Palisade Avenue,
Yonkers, N. Y.

Dear Dr. Rogers:

I have your letter of December 27.

I am glad the fruit reached you and that you found it good.

We will be looking out for you when your party gets here but will not trouble you until you are disengaged and ready to see us. You can call us by telephone at any time you like. Our number is Canal 3.

With best wishes for the new year, I am

As ever sincerely yours,

b

MRS. EFFIE TYREL, TREASURER
KELLOGG HALL
BATTLE CREEK, MICH.

OFFICERS
MISS OLIVE SHELDON, PRES.
MISS LEONE SWEET, VICE PRES.
MISS GRACE DARLING, REC. SEC.
MISS BERTHA WELLINGTON, COR. SEC.
MRS. EFFIE TYREL, TREAS.

THE ALUMNI ASSOCIATION
OF THE BATTLE CREEK SANITARIUM AND HOSPITAL
SCHOOL OF NURSING
BATTLE CREEK, MICH.

MISS BERTHA WELLINGTON
SANITARIUM H. P. O.
BATTLE CREEK, MICH.

DIRECTORS
MRS. MARY STAINES FOY
MISS EDNA FAY SYFERT
MRS. MARGARET LASSEN
MRS. HILDA HAMILTON
MISS ELLEN BUCK
MISS JESSIE MIDGLEY

Dear Alumni:

January 1932.

A Happy New Year to you all!

What will the new year bring to you? It is full of anticipations and hopes for us all. The new year is a good time to check on all our own performances. Are we grateful for a little happiness, or are we embittered because it is not more? Do we make the most of our opportunities? Do we count our blessings? Can we meet trouble; endure it and think up a remedy? Do we have patience to start all over again if we have failed? Can we keep our faith alive in the future?

Let us make this year the best ever, and

"Just give the world the best you have
And the best will come back to you."

Our President and members of our School of Nursing staff, send the following messages of greeting:

"Old things are passed away; behold all things are become new." Even your old president of last year has been persuaded to again accept the presidency for the new year, 1932 -- this year that awaits us with its rich blessings and privileges as well as with its anxieties and perplexities.

My sincere greetings and good wishes for every member of the Alumni! May we enter into this newness with high hope and out of its experiences receive a

"Deeper faith and truer courage,
A clearer vision for life's way."

Sincerely,
Olive B. Sheldon.

I am sorry that it has been impossible for me to send Christmas greetings to many of those to whom I have been accustomed to send them. I sincerely appreciate the messages which I have received and take this opportunity to wish each one of you a happy, healthful, prosperous New Year.

Very sincerly,
Jessie Midgley.

May I make use of our News Letter tc say how much I appreciate the many Christmas greetings which I have received. I only regret that my personal greetings did not reach each one of you. My thoughts are going out to you with best wishes for your happiness and prosperity in the New Year.

Sincerely,
Leone Sweet.

Dear Alumni Friends:

Another year has come and gone--some of our members have gone to rest--and new members have entered our ranks with a purpose to "carry on."

With the Holiday Season I was again reminded of the love and loyalty of hundreds of our graduates for their Alma Mater, which was so beautifully expressed in the deluge of greeting cards that have come to us at this time. We especially appreciate the little notes that were written on the back of the cards. The Holiday Season seems to be the only time that we hear from some of you.

You know we are always glad to receive a letter telling us all about yourself and your work. We greatly appreciate the remembrances and would gladly respond personally to each one, but neither time nor strength will permit, so I take this opportunity to acknowledge your Greetings, but do promise a personal reply to each letter you write. We are interested in each and every one of our large family of graduates and would like any item of interest about yourself or anyone else. We are particularly anxious to get the addresses of those we do not have, so will appreciate your looking over the list of names with each News Letter calling for addresses and see if you cannot help us. We would like to reach every living graduate of our School of Nursing to tell them of our fifty-year reunion in 1933.

Due to the fact that so many nurses are on the unemployed list, which means that there is an over supply, your Alma Mater took only small class in January of 1931 and none this past fall. We are not planning on taking a class this winter. This does not mean a closing of our School, but a period of adjustment for those who are already graduated.

We truly hope the coming year may have many rays of sunshine along your pathway of life and wish you a Happy and Prosperous New Year.

"Let me do my work from day to day,
In field, in forest, at desk or loom,
In roaring market place or room;
Let me but find it in my heart to say,
When vagrant wishes beckon me astray,
'This is my work; my blessing, hot my doom.
Of all who live, I am the only one by whom
This work can best be done in the right way.'"
(Henry VanDyke.)

Mary Elaine Fry

The local Alumni held a Christmas party at West Hall December 17th. Each member brought a gift which was distributed later among poor children of the city. Preceding the party the annual business meeting was held. The following officers were elected:

Olive Sheldon, President
Leone Sweet, Vice President
Grace Darling, Recording Secretary
Bertha Wellington, Corresponding Secretary
Effie Tyrel, Treasurer

Mrs. Foy was re-elected as director and Miss Edna Fay Syfert, new director.

Visitors.

Mr. and Mrs. Fred Strohm, of the Bethany Hospital, Chicago, graduates of the class of 1917, called November 5th. Mrs. Strohm is Director of Nurses at the Hospital and Mr. Strohm is anesthetist.

Miss Helen Sheils ('28) called on us November 18 enroute to Detroit where she was to take a post graduate course at the Women's General Hospital.

Dr. C. J. Stauffacher, former member of the medical staff and a graduate of the American Medical Missionary College, spent a few days at the San. recently. Dr. Stauffacher, after leaving the San. a decade ago, became engaged in missionary work in East Africa and is now the head of a medical missionary station on the Zambesi river. From a talk which he gave while here:

"Africa is a great country. The women do all the work. Housekeeping is an easy task in East Africa as compared to this country. The natives live principally on gravy made of peanuts, corn meal mush and greens and eat no meat at all. All natives eat out of the same bowl. The men come first followed by older boys, while the women and children take what is left."

To illustrate the hardiness of the natives, Dr. Stauffacher related the incident of a chieftan who was brought to the mission hospital with an injured hand. The medicine man had put mud on it to stop the flow of blood. A badly infected hand had resulted and it became necessary to amputate the arm. The patient refused to take an anesthetic, saying: "That isn't anything. I don't need chloroform."

Dr. Stauffacher discussed many other medical cases, particularly those pertaining to the several hundred lepers, on which disease he is regarded an expert.

Miss Rena Wing, '19, with her friend Leone Hartleine, called at Mrs. Foy's office December 1st. They have both accepted positions as School Nurse under the W. K. Kellogg Foundation, beginning in early January.

Other nurses who made short calls at the Sanitarium during December:

Miss Esther Karr, '27, who is accepting a temporary position at the Madison Sanitarium, Madison, Wisconsin.

Miss Louise Boland, '30, who has been at her home for a time.

Miss La Rue Clark, '26, spent a few days in Battle Creek,visiting friends. She still holds her position at the Illinois Central Hospital, Paducah, Ky.

Mrs. Margaret Williams-Baker, '27, and her four-months-old Charles Ernest, visited friends here. Her address is 775 E. Broad St., Columbus, Ohio.

Miss Pauline Glerum, '31, who has been at her home for a time.

Miss Annamay Loupee, '31, who is doing nursing in her home town. Her father is a physician.

Miss Wandah Pratt, '31, who joined the army nursing service the past fall and is stationed at Ft. Sheridan, Ill., recently made us a short call. She says she is enjoying her work very much.

Among others who made short calls around the Holidays were:

Erma Scramlin, '26
Alda Emery, '27
Lois Wroten, '27
Lucille Brickley-Grover, '28
Hilda Lanham, '30
Helen Cropper, '30
Aleida Beuker, '25
Marion Richmond-Jones, '28, who is still doing school nursing.

Mrs. Helem-Ross Kerswill, '17, spent Christmas in Battle Creek with her daughter and mother at their home here. She is still making a brave struggle for her health.

Marriages.

Mrs. Capitola Rodenberger announces the marriage of her daughter, Alpha Lorraine, to Dr. Robert Burns Sanderson, on Friday, December 25th, 1931, at Springfield, Illinois. Mrs. Alpha Rodenberger-Sanderson is of the class of 1921.

Miss Margaret C. Sheldon, Class of 1926 was married at her home in Alger, Michigan, December 24th, to Mr. George Henson. Her address for a time will be 900½ Prospect St., Lansing, Michigan, care of Miss Frankie Henson.

Mr. Joseph B. Allen and Miss Daisy Dee Furrow, announce their marriage December 17 at Boulder, Colo. Their home address is 1927 Eleventh Ave., Greeley, Colo.

Miss Kathryn Cunningham, Class of 1926, was married Wednesday, December 23rd to Mr. John Byron Howard, at Elgin, Ill., they will live at Atlantic, Iowa.

Miss Olive McCampbell, class of 1922, was married at the Little Church Around the Corner in New York on December 30, to Lt. Joseph L. Dark, U.S.A. They will be stationed at Ft. Oglethorpe, Ga., where they will be at home about February 15.

Mr. and Mrs. T. L. Simons announce the marriage of their daughter, Marion Ursula, to Mr. Joseph P. Sproat, January 1st, at St. Andrews Episcopal Church, Flint, Mich.

February 7, 1922.

Prof. Irving Fisher,
460 Prospect Street,
New Haven, Conn.

Dear Professor Fisher:

From what you wrote me of your plans while here in Florida, I understand that you will have a breathing spell between your engagements.

I wonder if you would like to give one or two addresses here in Miami? I am a member of the Miami Beach (Millionaire) Club, and have no doubt this Club would be glad to hear from you.

There are about three hundred members, most all of whom own property at Miami Beach and spend their winters here, though at home, they are scattered all over the United States. Meetings are held once a week, and a monthly meeting of the Club is held .

I am sure, also, that Professor Ashe would be most happy to have you address the students of the University if you care to do so.

I am hard at work on "How to Live." Will try to get it off in time to reach you by the 15th if possible.

Sincerely yours,

B

Institut Pasteur
25, RUE DUTOT
(XVe Arrond.)
TÉL. SÉGUR 08-27
— 18-14
— 85-96
INVALIDES 18-99

PARIS (6e) 8/II 1932

Mon cher et très honoré Collègue,

Permettez-moi de Vous offrir, à l'occasion de Votre quatre-vingtième anniversaire, mes vœux les plus chaleureux de santé et de longues années de belle activité.

Je garde le meilleur souvenir de
votre passage à Paris, il y a quelques
années, et j'espère vous y voir
de nouveau prochainement.

Veuillez croire à mes sentiments
les meilleurs et les plus
distingués.

A. Besredka

S A N M A R C O S
CHANDLER - ARIZONA

9th February 1932.

My dear Doctor Kellogg;

You were quite right, as You are apt to be, when You told Mrs Rogers that she was near the breaking point and w'd have to take care of herself, for we have been here now for more than two weeks and she is only now coming back to her normal self. I have urged upon her to rest long hours each day and to take very little exercise and to eat more. She seems to require more food than the amount which will hold her weight at 100 pounds and I am inclined to think that her normal weight must be rather above that amount. We should have written to You earlier but I have put off from day to day a letter to You because I wanted to send You favorable news and she has not been really able to write. My apologies for having delayed so long. After we left You we stopped for a day at West Palm Beach to spend the time with our friends Dr and Mrs Hobbs. He was a Medical Director of the N. Y. Life and a most splendid man. He was at Battle Creek some years

on account of her health and to some extent of his own. He had Tb. many years ago and has now had to give up his position and go into retirement on account of a recurrence of it or of a resulting fibrosis. He is very sadly depressed but is a good sport and is taking his punishment like a man. After the day there we stopped for a day at St Augustine to call upon our friends the Devlins. They have recently bought a place there, a beautiful house next door to the north of the old fort, and one of the show places in St A. My impression is that he got it for a song. Our next stopping place was at New Orleans. For a few hours only but long enough to permit us to dine at one of the celebrated restaurants of the old french city. I got there what You will think was my just deserts, namely, a fine upset of my digestive tract which required a lot of orthodox Battle Creek attention before I was fully recovered from it. On our arrival here Mrs Rogers was quite out of the picture and had to remain as nearly as possible at rest. Rest and sunshine have done their work so that now she is beginning to be herself again. Our stay at Your Sanitarium was an interesting experience and we enjoyed it very much. We were partic-

[illegible] Your [illegible] very [illegible] will never forget our visit. [illegible] I might also say [illegible] that You should find Yours [illegible] a load whilst I, Your junior by a number of years, should be retired from active work and sitting on the side lines. By the way, when I told You about low pulse rate and the possibility of thyroid insufficiency, You suggested that Infect'n of the Colon might be the explanation. On that hint and with Your B-Lac, and Paramel combination I have been making some experiments and so far with the result that I am provisionally accepting Your view as the correct one. The pulse-rate has come back to the normal.

Mrs Rogers asks me to give You her very kindest remembrances and to remember her particularly to Mrs Butler whom she enjoyed so much. As for myself, I heartily second everything She says about Your good self and about Mrs Butler. You are certainly two very fine people, even if, so far as You are concerned, we do not always see things alike. May You go on in

Your good work for many years to come.

Yours always sincerely,

Oscar A. Rogers

P.S. When I was at Your place Dr Norton made an Electro-cardiographic examination and, as I understood, found nothing out of the way. I have noticed some occasional intermissions of my heart at night just as I drop off to sleep. I was disposed to think that these were due to too much tobacco but, when I was under the influence of Your establishment I did not use the ~~was~~ weed at all and have not done so since but without any difference in the intermissions. I am not disturbed by the incident excepting that I should like to know what Dr Norton really found, if anything. Will You ask him to let me know.

Yours,

O. A. R.

CHARLES WM. DABNEY
WINTER PARK
FLORIDA

February 15, 1932

My dear Friend:

I thank you very much for your cordial letter of the twelfth. I appreciate heartily your invitation to visit you and maybe I shall be able to do so. My daughter and son-in-law, Mr. and Mrs. Thomson, are recreating in Miami at present and it would be very nice indeed to run down to see you and to take them around to see your new place. I do not know now when I can come, but probably next week for a couple of days at the week-end. I have been in the town of Miami and at Miami beach, but stopped only one day and shall be pleased to see them again.

You are a wonderful man for starting new things and in helping people to live as they ought to and I hope you will be very successful in this new enterprise.

My old friend of forty years, Charles Wardell Stiles of the United States Health Institute, is here near me and he tells me that the Florida people certainly need to be taught how to live.

Cordially yours,

Charles W. Dabney

Dr. John Harvey Kellogg,
Battle Creek, Inc.,
Miami Springs, Miami,
Florida.

CLASS OF SERVICE DESIRED

DOMESTIC		CABLE	
TELEGRAM		FULL RATE	
DAY LETTER		DEFERRED	
NIGHT MESSAGE		NIGHT CABLE LETTER	
NIGHT LETTER		WEEK-END CABLE LETTER	

Patrons should check class of service desired, otherwise message will be transmitted as a full-rate communication

Postal Telegraph

(THE MACKAY SYSTEM)

ALL AMERICA CABLES

TELEGRAMS CABLEGRAMS RADIOGRAMS

COMMERCIAL CABLES

RECEIVER'S NUMBER

CHECK

TIME FILED

STANDARD TIME

Send the following Message, subject to the terms on back hereof, which are hereby agreed to

Form 2

February 18, 193[illegible]

Dr. Oscar H. Rogers,
San Marcos,
Chandler, Arizona.

BY ALL MEANS GIVE MRS. ROGERS MORE FOOD. I THINK HER WEIGHT SHOULD BE ONE HUNDRED FIFTY-FIVE OR SIXTY. WRITING YOU.

JOHN HARVEY KELLOGG

b

February 18, 1932

Dr. Oscar H. Rogers,
San Marcos,
Chandler, Arizona.

Dear Doctor:

I am glad to have your letter of February 9.

I was rather shocked when I met Mrs. Rogers when you arrived here as she looked so haggard. She has been starving herself for a long time. When one takes less food than the amount required to maintain the basic metabolism the organic structure of the body is damaged, and not only the voluntary muscles but even the muscles of the stomach and other smooth muscles are robbed of their cytoplasm in the effort of the body to maintain the vital fire. I remember how surprised I was many years ago to find that in complete starvation a temperature close to the normal is maintained until a few hours before death; but of course the heat production is kept up in face of a deficiency of sugar, the ordinary floating fuel, by the destruction of the fixed structures of the body.

It is absurd for me to be telling you this because you know it as well as I. I am only telling you these facts for the foundation for my argument that Mrs. Rogers, as I reminded her several times when she was here, needs more food. She is not a phlegmatic individual but an intensely active, high strung organism whose vital machinery is going at top speed all the time and needs more fuel to support it than the average slow going homo. I am very glad to see that you are both realizing the need of more calories, Dr. Sansum to the contrary notwithstanding.

By the way, I have been looking into his high carbohydrate scheme and fail to find anything new. It is just what Guelpa, the Frenchman, and his followers have been teaching for twenty-five years or more. Sansum is a brilliant man with fine publicity talents and is doing a great deal of good, but of course, like the rest of us, he is not infallible. Mrs. Rogers needs feeding up. The Israelites could not make brick without straw and the body cannot make energy without fuel.

I am having sent you a can of soybean milk. This preparation is two-thirds protein and one-third fat. The protein is strongly basic and so better for her than eggs or wheat gluten, which are highly acid. If she likes it I will send you a larger quantity. The flavor does not greatly impress one at first, but after a little time becomes quite agreeable. The addition of a very small amount of rich cream greatly improves the soybean milk. Even a teaspoonful of rich cream will quite change the flavor of a cupful. Avocados are excellent for Mrs. Rogers. I wonder if they are plentiful in your market. They are abundant and cheap here at the present time. I bought a quantity of rather small ones the other day, but of excellent flavor, two for a nickel. Beautiful pears are offered for ten and fifteen cents. I am going to send you a little box.

You inquire about your electrocardiogram. This should have been sent to you before. I am sending it under separate cover. As you will see by inspecting it, your cardiac energy is low. In lead 1 the T wave, which represents the combined energy of the whole heart, is very small. The slow pulse indicates clearly enough that your heart is inefficient

to a marked degree. There are certain cardiac depressants, particularly one, which on this occasion shall be nameless, which may decidedly increase this condition and certainly will have no tendency to ameliorate it.

I am more than delighted to know that you have not smoked since you left us and am quite sure that you maintained an innocent record while you were here and I have faint hope that the inducement held out to you of a few years more of happy existence with so charming a companion as Mrs. Rogers will prove sufficiently attractive to lead you to resist the blandishments of my Lady Nicotine.

I am glad to hear Mrs. Rogers is to remain to recuperate and sincerely hope you will terminate the starvation program which she was following and insist on her taking more nourishment. I think an increase of both fat and carbohydrates will be an advantage to her.

We are still having most delightful weather here. I see by the papers that you are having some very pronounced meteorological disturbances in your region, particularly farther west.

We certainly enjoyed your visit here immensely and we were only sorry that you did not remain with us longer. Maybe after further experience with Arizona you will after all discover the great meteorological fact that southern Florida has the most equable and on the whole the most salubrious climate in all America.

With best regards to Mrs. Rogers, I am

Most sincerely and cordially yours,

CLASS OF SERVICE DESIRED

DOMESTIC		CABLE	
TELEGRAM		FULL RATE	
DAY LETTER		DEFERRED	
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JOHN HARVEY KELLOGG

b

February 19, 1932

Food Company:

Please send a pound can of soybean milk to Dr. Oscar H. Rogers, San Marcos, Chandler, Arizona, with my compliments.

J. H. K.

b

PHYSICIANS
DR. JOHN HARVEY KELLOGG
DR. R. C. NORTON
DR. ESTELLA NORMAN

CONSULTANTS
DR. THOS. W. HUTSON
DR. J. W. SNYDER
DR. B. H. PALMER

Battle Creek in Florida

Miami Springs, (Miami) Fla.

February 20, 1932.

Mr. Henry Ford,
Dearborn, Michigan.

My dear Sir:

This is a note about my device for taking the discomfort and fatigue out of automobile seatings. Your secretary wrote me more than a month ago that it was being tested and that a report would be sent to me soon, but I have heard mothing.

I have not offered the device to any other automobile manufacturer, awaiting your decision. I would be very glad to know the results of your tests. Having done a good deal of testing myself, I might possibly make a suggestion or two if difficulties have appeared.

Since I wrote you, the device has been adopted by the American Seating Company, the largest manufacturers of seatings for theaters, churches, schools, and other public seatings, in the world.

The Paramont Publix have also approved it and asked their manufacturer$ to provide it for them. It gives universal satisfaction in homes, offices, and auditoriums where it has been introduced.

The Posture Panel I gave your expert is not, of course, the solution of the seating problem for an automobile. It only demonstrates the advantage of support between the shoulder blades, which I have shown to be absolutely necessary for health and comfort in the sitting posture. After more than three months' study of the subject, Dr. Bennett, the seating expert of the American Seating Company, is so thoroughly convinced of this that they are preparing to add this device to all their various models.

I have been hoping that the wonderful new car we are expecting from your factory in the near future might be equipped with this simple and inexpensive device, which will add much to the comfort and pleasure of riding in the automobile, and so increase its use.

I have been hoping
that you would
come over and see me
for some time
and have been
disappointed
each time
but I suppose
you have been
very busy
and I will
be patient
and wait
a little longer
and hope
to see you
soon
I am riding
around
in my
automobile
and enjoying
the fine
weather
very much
Hoping
to hear
from you
soon
I remain
Yours very truly
Edward Harvey Kellogg

February 20, 1932.

Mrs. Henry Ford,
Dearborn, Michigan.

My dear Mrs. Ford:

My friend of many years, Miss Martha Berry, who was with us last year, told me of the wonderful gift you and Mr. Ford have made to her splendid work in Rome, which I have known and greatly admired for many years. It is a pioneer work and one of the most useful and significant educational enterprises in the world.

I was pleased to learn from our good friend, Mr. J. B. Campbell, of Atlanta,who has recently been spending a month with us, that you and Mr. Ford make an annual visit to Rome. It occurred to me that perhaps you would be glad to know that I have established a place here at Miami (suburb)which we call Battle Creek in Florida, where all Battle Creek advantages are afforded. We have a small group, only about [illegible] of lovely people here, among others, just now, Mr. and Mrs. Cyrus H. K. Curtis, of the Ladies Home Journal and Saturday Evening Post; and we think we have found the most ideal place on earth for health betterment by natural living.

The building was put up by Glenn Curtis, the aviator. He offered it to me for $1.00. I refused to accept it at so small a price and paid him $10. I have fitted the place up with all Battle Creek advantages and facilities,and we are getting with this combination of Battle Creek methods, with this marvelous Florida climate, results in rapid health building such as I have never seen before.

When you and Mr. Ford come South, why not drop in here for a little rest. With all our facilities for rest and recuperation, I think you would rest twice as fast as under ordinary circumstances. Besides, we have in the last few years, learned a number of new and highly important things which are wonderfully potent in fortifying the body against the encroachments of Old Father Time. I try everything on myself first. I am eighty this month, and working hard as ever, writing, operating,lecturing, experimenting, and enjoying life immensely.

I see I forgot to mention as one of our guests, Miss Forbes, the niece of the las Henry Watterson (Marse Henry), the famous Kentucky editor, and fiancée of Lord Kitchener. She is a very charming person, a real joy maker.

Prof. Irving Fisher, whom you met at the Race Better-

ment Conference, will be with us this week.

We have lovely out-door gymnasiums, where one can get a full suit of tan in a few days and with it a great lift in vital resistance and rejuvenation.

I have a lot of food ideas I would like to discuss with Mr. Ford. His secretary wrote me twice about Mr. Ford's coming to Battle Creek to talk about foods, but he did not get time to come. I have a new vegetable meat prepared from the soy bean that Mrs. Swift of Chicago (packers), a recent guest here, with her sister, declared to be "delightful;" and a really excellent milk that is cleaner and safer, and even raises babies better than cow's milk (if given orange juice.

I would be pleased to have some specimens of new foods sent to you if you would care to examine them.

But I am making this letter too long. I must, however, not forget to tell you how much good your help in introducing the old fashioned dances did us. We have the work well established in our program in both the Sanitarium for patients and helpers, and in the College for our students, and in our curriculum for the training of physical directors. With thousands of others, I am most grateful to you and Mr. Ford for what you have done in substituting the good olf fashioned dances for the ugly modern styles. The moral benefit to the country from this work is uncalculable.

If you come to Miami, we can make you very comfortable here, and I believe I could show you and Mr. Ford how to increase your life expectancy ten or twenty years.

Begging pardon for this intrusion, I remain

Very respectfully and gratefully yours,

P. S. I must not forget to thank you for handing to Mr. Ford a letter I wrote to him and addressed to you. May I venture to ask the same favor again?

B

February 21, 1932.

Mrs. Henry Ford,
Dearborn, Michigan.

My dear Mrs. Ford:

My friend of many years, Miss Martha Berry, who was with us last year, told me of the wonderful gift you and Mr. Ford have made to her splendid work in Rome, which I have known and admired for many years. It is a pinneer work and one of the most useful and significant educational enterprises in the world.

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I have been hoping that the wonderful new car we are expecting from your factory in the near future might be equipped with this simple and inexpensive device, which will add much to the comfort and pleasure of riding in the automobile, and so increase its use.

Hoping to hear about the tests in due time, I remain

Yours very truly,

B

CABLE ADDRESS "LEXTEL"

THE LEXINGTON

LEXINGTON AVENUE AT FORTY EIGHTH STREET

NEW YORK CITY

American Hotels Corporation N.Y.

J. LESLIE KINCAID
PRESIDENT

FRANK GREGSON
MANAGER

February 24, 1932.

Dr. John Harvey Kellogg,
Miami, Florida,

My dear Doctor Kellogg:

Heartiest congratulations and greetings on your birthday, February 26th. Am leaving for Washington tomorrow, where I am pursuing my genealogical research for clients in the Buchanan family. I am in that work professionally now.

Sincerely yours

George Lewis Stevenson,
4704 Drexel Boulevard,
Chicago, Ill.

March 2, 1932.

Mr. A. L. Miller,
c/o The Battle Creek Enquirer,
Battle Creek, Michigan.

My dear Mr. Miller:

I am writing just to thank you for your very kind notice of my birthday.

Birthdays are most unwelcome, because they remind one of the little time left; hence, the kind words of friends are the solace that is very much appreciated.

Thanking you for your generous recognition of what I have accomplished in trying to do my duty, with best wishes, I am

Sincerely yours,

P. S. I am sending you a little box of Florida products. Please accept with my compliments.

B

April 1, 1939

Dr. Oscar H. Rogers,
San Marcos,
Chandler, Arizona.

My dear Dr. Rogers:

I am glad to have your letter of March 24, although I am sorry to learn that my apprehensions concerning Mrs. Rogers were realized. It is one of the unhappy experiences of our profession that we so often have an opportunity to warn people of menacing dangers only to see they deliberately walk straight into the fire which they ought to have avoided. I do not know of anything more dangerous for a really sick person than an excess of pluck and grit. There are certain mental attitudes that can be conquered by a determined attempt to throw them off, but organic disease and nutritive disorders dependent upon a crippled condition of some vital organ are entirely different things. No amount of pluck and determination will compensate for a lack of calories.

Mrs. Rogers ought in my opinion to weigh not less than 165 pounds and certainly never an ounce less than 160. As I think I mentioned to you when you were here, I regard Mr. [illegible]'s advice to Mrs. Rogers with reference to keeping herself in a low state as very bad for her. I was really very distressed when I met her to see plainly indicated on her face the signs of malnutrition. I am glad to know that she has been resting in bed. I hope she is spending every minute of the 24 hours in the open air. There is some

subtle curative potency in the open air which one misses in the house, some highly sublimated but mightily potent influences from the sky I think there must be to account for the wonderful benefit people get from living in the open, the cosmic rays of Millikan, perhaps.

I am glad that you are going to take that trip on the desert. I wish I could take the trip with you. I do not know of anything in all the world to compare with the splendor of the desert in bloom. I have had glimpses of it and have seen colored pictures which were certainly correct. I have recently obtained a new German camera which makes colored pictures wonderful, true to life, much better than the old Lumière process.

We have had a wonderful winter here, the most delightful weather I have ever experienced. There has not been one day since I arrived last November when one could not be out of doors in perfect comfort, at least for a few hours although without clothing. There is sunshine every day. There has not been enough frost to do our garden or our tender tropical shrubs and trees any harm. Our papayas have borne abundantly and have kept us supplied with most excellent fruit. We had green corn weeks ago and a couple of weeks ago a huge watermelon from our garden, as luscious as any I have ever tasted, and of course tomatoes and every variety of garden stuff that can be produced in any climate at any time. And our tomatoes and cabbages and melons and other garden plants do not have to wear caps and hoods and overcoats as they do down in Arizona and even in the Imperial Valley. The contrast between the day and night temperature is not great, rarely more than 10 or 15 degrees.

Dr. Oscar H. Rogers, No. 3.

This is really a land of perpetual summer. There is nothing else like it in America. I think it has a great future.

Our business has been very successful this winter, much more than last winter. The Sanitarium patronage is a good deal below normal. I believe it will improve somewhat next summer. I have some plans which I think will help meet the situation.

I had a letter a few days ago from a medical friend who had recently visited the Mayos. He found things very dull there. He was amazed at the drop since his previous visit. In one department which formerly employed 26 persons he found only 6 people at work. The Mayos depend almost entirely on the farmers of the Northwest for their business. They have now and then a patient from the east, but the number of such persons is comparatively small, I understand not more than ten per cent of their patronage. But they are maintaining a wonderful clinic, in many respects the most remarkable in the world.

We are getting more and more closely in touch with the elite class of the permanent residents of Miami as well as the tourists. We have had Mrs. Cyrus Curtis with us for eight weeks. Her husband also stopped with us for a part of the time. They left their beautiful yacht in the bay and came to our humble place and were among our most contented and appreciative patients. Mrs. Curtis has had severe rheumatism for fifteen years. For several years she has not been able to walk without braces. It was a great satisfaction to deliver her from her fetters and see her walking off more easily and painlessly than for many years. Mr. and Mrs. Curtis are very fine people and have become very warm friends of the biologic ideas. We have had a number of other distinguished people this winter and have succeeded in helping a

lot of people who were in a very bad way when they came.

I hope Mrs. Rogers will continue to improve and that she will return East with her vital resistance raised to a little higher level. But you are quite as familiar with these facts as am I. I am referring to the matter only because of my apprehension that Ransum's advice might still have more weight than it should. Allen, of course, showed that semi starvation controlled the sugar output and is a protection against coma. But I must close.

With kindest regards to you both, I am

As ever sincerely and cordially yours,

P. S. I am glad that you are thinking of spending the summer at Battle Creek. I think of nothing likely to do Mrs. Rogers more good. It would be very wise indeed if you could go directly from Arizona to Battle Creek instead of going back to New York. I wonder if you are not planning to return a little earlier than you ought. I understand there are predictions that the spring is going to be late this year. April and even May weather are very uncertain at the best in the lake region as well as in the Atlantic states. I should think if you delayed coming East until May 1 it would be safer than to go earlier. I am not going North until June 1. Winter residence in a warm region unfits one for the adverse weather conditions of the North. It is much safer to wait until the weather is really settled.

SEMINOLE LODGE
FORT MYERS, FLORIDA

April 1, 1932

Dr. John Harvey Kellogg,
Battle Creek, Inc.,
Miami Springs, Florida

Dear Dr. Kellogg:

You are dear to want us to come to you and I am anxious to do so. I will let you know in another week or ten days whether I will be able to accept your kind invitation.

Sincerely,

(Mrs. Thos. A.) Mina M. Edison

MME/HD

April 2, 1932.

Dr. W. A. Evans,
c/o The Chicago Tribune,
Chicago, Illinois.

My dear Doctor:

A friend has called my attention to your eulogy on the potato, in the Tribune for April 1. This is rare wisdom for April Fool's Day. It is certainly a good thing for the American people to know the virtues of the potato, which, since the great vogue of breakfast foods, which has grown to mammoth proportions within the last twenty-five years, has been rather neglected.

Your article presents the main advantage of potatoes in such a tactful and pertinent way, I am sure a great many people will be impressed. You have a rare talent for presenting facts in such a way as to carry conviction, and to give them enough momentum to really set something going.

I was greatly impressed several years ago with your idea that winter is the proper time for school vacations instead of summer. I think that is one of the most sensible suggestions that I have ever seen made with reference to the school program. The great popularity of summer schools seems to indicate that this much needed reform is already being evolved, and that the time may not be far distant when your plan will be found in general operation.

I haven't forgotten that interesting walk I took with you some years ago, thanks to your courtesy.

By the way, I heard not long ago that you were not well. Why not run down here for two or three weeks, and get the benefit of this delightful air and sunshine? A full suit of tan would do wonders for you. We have a regular little paradise down here. I would be delighted to have you as a guest for a week or a month.

When one thinks of all the good you have done by your column in the Tribune during all these years, and of the courage it took to pioneer this mode of public instruction, it becomes impressively evident that if there is anything anywhere that is extra worth-while in the way of rest and rejuvenating experience, you are entitled to it. And that is the thing we have here.

I shall keep this place open till June 1, and will then

go to Battle Creek for the summer. If you don't get down here, run over to Battle Creek for a week or two this summer, and let me show you some of the schemes for outwitting Old Father Time.

What has become of our good friend, the president of the Hobo College? The last time I saw him, he wasn't looking well.

Always cordially yours,

B

4-28-32

Dr. Orcutt Rogers 3:10 a.m. (7)
Battle Creek Sanitarium
Battle Creek, Mich

Am delighted to learn that
you and Mrs. Rogers are at
the Sanitarium. Both of you
need just the care you can
get there for at least three
months. Will see you
about June 1. Best regards
for both of you. John Harvey Kellogg

May 27, 1907

Hon. Gifford Pinchot,
Harrisburg, Pa.

My dear Governor:

I am getting out a little book entitled How to Have Good Health. I am putting into this book the pictures of a number of notable men who have abjured alcohol and tobacco and have lived temperate and rational lives and in consequence have enjoyed an unusual degree of vigor and physical and mental efficiency. Professor Irving Fisher has kindly consented to the use of his photograph, and I should like to publish your picture on the same page with his. If this is agreeable to you, would you be good enough to send me one of your recent photographs?

With many thousands of other people who are interested in human welfare I have watched with great interest your battle with the whisky crowd in Philadelphia and have greatly rejoiced in the victories you have won over those scallawags. I am especially pleased with the triumph of your last election.

Hoping you are in good health and prospering, I am

As ever sincerely yours,

b

P. S. I am just leaving for Battle Creek. I am here from November until June.

May 29, 1932

Dr. Oscar H. Rogers,
264 Palisade Avenue,
Yonkers, N. Y.

Dear Dr. Rogers:

Many thanks for sending me the clippin~~ which presents~~ in admirably worded phraseology a very concise account of your great contributions to science, medicine and sociology. To my mind the most important thing that has ever happened in life insurance lines, aside from the invention of this method of protecting one's family, is your discovery and development of sub-standard risk insurance. How many homes it has protected. How many men who have found their lives waning have been comforted by the assurance that their families would be cared for. Your contribution to life insurance has been a blessing of untold value to tens of thousands of homes. I dare say that a hundred thousand widows and orphaned children would rise up and call you blessed and do homage to your name if they knew their obligation to you.

I am making use of your discoveries to help these sub-standard risks to prolong their lives. How I do wish I could get hold of a larger number of these people. Now is just the time when they need just the training and the help we can give them. We can double their life expectancy. If I could in some way get access to these people it would enable me not only to save them but to save the Battle Creek Sanitarium as well.

Dr. Oscar H. Rogers,

Confidentially, I will tell you that we find ourselves at the present moment in an extremely critical condition. The next thirty days will determine whether we go on as we are and have an opportunity to gradually work ourselves out or whether we pass into the hands of the bankers.

I count you as one of my dearest friends who fully appreciates what I am trying to do. If there is any way in which you can help me to get into the hands of these people who need just what we are prepared to give them, the information that will help them will perhaps bring some of them in sufficiently close contact with us so that we can give them the training needed to double or triple their life expectancy, I am sure you will do it. We have really come to a great emergency and must have some very substantial help, not in the way of gifts but of a well secured loan. We have ample security to give, but banks are so frightened that they shall have a run that they are not making loans and our only hope is to get a number of our old friends who would not like to see our work go to pieces to join hands in giving the needed help. Perhaps you can offer some suggestion. I should be most grateful to receive it.

With kindest regards to Mrs. Rogers and with great appreciation of all your courtesies and again congratulating you on the greatly deserved honors you have received, I am

As ever sincerely and devotedly yours,

b

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

U.S.A.

Saturday
14th May 32

My dear Doctor Kellogg- We have been hoping that you would return as soon as the weather was settled. We have had perfectly good weather now for two days and you have not made use of it! Please don't continue to neglect us. We have been here four weeks Lacking Two days and Mrs Rogers has only begun to show well-marked improvement. She was, indeed, very low. Hardly able

to be out of bed. As a matter
of fact she has been in
the dining room only twice
since we came. But in fact
that she has turned the cor-
ner and that two weeks more
of this treatment here shd
restore her to health. It was
very kind of you, very, to write
to us as you did and I should
have acknowledged your
kindness with the cordial
thanks Your thoughtfulness
called for but I have been
quite miserable myself, a
lumbago, which has kept
me much below my usual
level of health, and made
me very blue besides —
Between fomentations
and sprays and a bib

and various Expresses I am
coming around and be-
ginning to catch
up with life,
I charge myself with the

The BATTLE CREEK SANITARIUM
BATTLE CREEK, MICHIGAN
GUEST STATIONERY

most
ified Stupidity in the matter
because my Son had ad-
vised me strongly long ago
not to neglect my Expenses.
But when the 'Devil is sick
does he show any Symp-
toms of Sainthness? Not
he!
We hope to see
You before we leave
Sanitarium Regards
cordially
Sarah Rogers

May 17, 1932

Dr. Oscar H. Rogers,
Battle Creek Sanitarium,
Battle Creek, Michigan.

My dear Dr. Rogers:

I have just received your letter of May 14.

I am glad to know that you are still at the Sanitarium. I have been very much afraid that your peripatetic tendency would be likely to carry you off before my return to Battle Creek, which I am planning to do make June 1.

I am glad you have Mrs. Rogers in Battle Creek. I am not surprised that she was in bed, for when I met her here I felt she ought to be in bed. I was a good deal concerned about her and I am still anxious, for I am very much afraid that neither of you appreciate the gravity of her condition. She has not gotten into her present condition in a day or a week, but has been gradually drifting into it during a long period of time. Evidently her nutritive functions are greatly depreciated. It will take several months to build her up. I am prompted to write this because of your remark that a couple of weeks will put her on her feet. That might have been the case ten or fifteen years ago, but the fight she has made against the metabolic disease from which she has suffered has used up her reserves almost to the end, so if she gets back upon anything like a good foundation again it will be by prolonged and persevering effort.

Mrs. Rogers ought to spend the summer at the Sanitarium and from what you write me I think you owe yourself the same opportunity for doing works of supererogation. Life means so much to you and Mrs. Rogers, every year you can add will be worth while, and although

the Good Book says one cannot by taking forethought add an inch to his stature, I am as certain as that I exist that it is entirely possible to add many months and even years to one's span of life by a rational and thoroughgoing application of biologic methods of health training. A renewed reserve can be built up, or if not an entirely new reserve, what reserve is left may be augmented and its expenditure economized by stopping leaks and eliminating unnecessary and unprofitable drafts upon the store of vital stamina.

But I am not writing you this to instruct you, for you know all these things as well as I, but to put the facts in evidence and to emphasize my appeal that you give yourself and Mrs. Rogers an ample opportunity for rebuilding your wasted energies and not to make an end of the effort when you have only just begun. Do listen to reason and stay right by your present program until you have gained the maximum benefit to which you are entitled.

Hoping to see you soon and with kindest regards to Mrs. Rogers, I am

As ever sincerely and cordially yours,

P. S. I wrote Dr. Riley about Mrs. Rogers and have a letter from him from which I see he fully agrees with me in my views respecting her case. She has carried the reducing idea too far and in so doing has undermined her resistance. It is important for her to regain some of the weight she has lost by building up new and healthy tissue, the most effective means by which vital resistance may be increased.

b

Commonwealth of Pennsylvania

Governor's Office
HARRISBURG

THE GOVERNOR

June 7, 1932

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

Dear Doctor Kellogg:

Many thanks for your courteous letter of May 27th, which would have been answered earlier had I not been away. I shall be delighted to send you my picture, and I am doing so under separate cover.

With all good wishes and high appreciation,

Sincerely yours,

June 17, 1932

Hon. Gifford Pinchot,
Harrisburg, Pa.

My dear Governor:

I have received your letter of June 7 and have been waiting for the photograph which has just arrived and which I am delighted to have. I see Old Father Time has been making some marks on you since you were here and the great battles you have been fighting and the heavy burdens of responsibility you have been carrying have bent your shoulders a little, but on the whole you look stronger than when you were here and I hope are in better health than at that time.

Very sincerely yours,

b

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

My dear Doctor Kellogg;

Mrs Rogers and I reached home safely after our very delightful visit at Battle Creek and after a day or two of rest were able to go up to Schenectady to attend my 50th reunion at my old Alma Mater, where I received the honorary degree of Doctor of Science. It was all very lovely and all the more so because our son, Dr William A. Rogers and his charming family were able to get over to see the coronation.

Our young grand-nephew, Eric Louse, about whom we were so anxious, is much better and You will be glad to know that his improvement is in part at least due to Your resourcefulness. When we reached home he was suffering a good deal from digestive disturbance. Acting on my suggestion they began the use of B-Lac, both orally and in enemas. He responded at once and since then has been using it frequently. At first I found myself worrying about having intruded my advice in a case so seriously ill but with the improvement have come to think that, after all, there are few persons in this wide world quite so wise as I am. An interesting side light on the incident is the re-

action of Mr Nease. He is an expert in advertising, was for a number of years an editor of Printer's Ink and later Secretary and manager of the Association of National Advertisers. He is a highly intelligent and a thoroughly honorable man. He has become very enthusiastic about B-lac and says of it that it is so valuable that it should have a wide publicity and a wide and systematic distribution. I have no idea about that phase of the matter but if You would be disposed to place that product on the general market through an organization accustomed to dealing with the general public I should cordially recommend Mr Nease as a well qualified man to handle the business. Indeed You might be interested to have Mr Nease call upon You at Battle Creek to discuss the matter. Even if You should not care to embark upon such a venture You might get something out of his point of view.

Just now Mrs Rogers and I are catching up with the arrears of business which has remained unattended to for the past six months and when we shall be on the way to B. C. is still in the lap of the Gods. We hope to be with You before many moons pass. With our very kindest regards to You and to Mrs Butler,

Cordially Yours,

Oscar H. Rogers,

July 1, 1922

Dr. Oscar H. Rogers,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I am glad to have your letter of June 28 and to know of the great benefit your nephew has received from the use of B-Lac. It certainly was a fine display of wisdom on your part in recommending B-Lac to him and he is most fortunate in having an uncle who is wise enough and shrewd enough to recognize a good thing when he sees it.

Little by little we are coming to see more and more clearly how much the smooth running of the vital machinery depends upon the maintenance of normal conditions in the alimentary tract. The duodenum especially is a veritable Pandora's box of troubles of various sorts,-mental, nervous, muscular, digestive, etc. The rich distribution of the pneumogastric nerve in this region makes possible upsets of almost any organ or any function of the body or of the whole body because of the extremely wide distribution of this greatest nerve of the entire cerebral spinal system.

I am glad the boy is better and is justifying the wisdom of your council. With the care you are giving him I have no doubt he will continue to improve.

I am glad to hear about Mr. Haase. I shall certainly be glad to have a little chat with him. I have several things which he might

be interested in promoting, and if he has in mind some plan in which he has sufficient faith to be willing to invest his own money as well as his own time and effort, I shall be very glad to talk with him. Your recommending him inspires me with hope that he may prove to be just the sort of person who can render us assistance.

I wrote you a letter a day or two ago which I presume you have received by this time. I have got my hands full just at the present time for the reason that we have been compelled to pass our payment and are worried last we shall not have quite enough to meet our July payment. We have paid $30,000 and have $48,000 more to pay, and this I have got to raise from some source. We have abundant good security--nearly $2,000,000 of property free from lien and among other things milligrams of radium which at the low market price has a value of $35,000. This of course is as good as gold as security. We would even sell it at a large discount, for I have got somehow to raise $48,000. We cannot raise it in a lump sum from the banks, for the banks have not any money, but I hoped I might perhaps pick it up in small amounts from friends who do not care to see the Sanitarium go to the wall. We are really in a critical position. I have to raise this money before August 1. Any suggestion you can offer me will be greatly appreciated.

Sincerely yours,

b

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

5th July 1932.

Dear Dr. Kellogg;

You are too kind in Your estimate of the value of my work. I happened to enter the field of Life Insurance at a time when not a stroke of work had been done in the vast field of research into the underlying facts and it was simple enough to break a little ground along very simple and obvious lines. It was a good deal like a lot of pioneer work that has been done all over this vast country in the course of opening it up. The discovery of the Mississippi or of Pike's Peak is in the same class. Both were there and the credit should be very small indeed to any one who happened along to find what had been there all the time. Such discoveries are not so creditable after all. They are more like accidents, more like luck. Thank You just the same. I am very much distressed that You are worried about the Sanitarium. When we were there we saw the situation quite plainly and I worried about it. The solution which occurred to me lay in the direction of curtailing expenses to meet the times, to close the new building altogether, go back to the simpler old building and thus reduce current expenses so as

to conform to the serious economic conditions everywhere. There could be no adverse criticism of such a course because everybody doing the same thing. Whether such a course would have helped the situation sufficiently I do not know. At least it would have done something toward it. I am sorry to hear You talk about the banks. They are a soulless lot of people and have no breadth of vision or intelligence. Your whole plant, Sanitarium, College of Arts, of Nursing, of Physical Training, is doing such unique and valuable work that it should be maintained in its integrity in perpetuity. It should be studied by efficiency experts and all superfluous elements weeded out ruthlessly and the simple fundamentally necessary elements endowed so that it would continue indefinitely in the future to carry on the teaching You have established and built up for so many years of valuable service to humanity. You have revolutionized the habits and customs of the people of this land more than any other person or institution in it. I have the strongest conviction that somehow, some where, there will come help to so noble a cause. The condition of the Sanatorium should be made public to all of its friends and supporters. Few know that it is not now flourishing. All should know and it would be strange if, out of all that number, some should not be found with resources to help

along the good work. I do not mean that an appeal for help should be issued but rather that the friends should be informed. Now if there is anything which I can do to help I should like to know it. My heart is in Your Institution unreservedly and I want to be of service. I shall be hoping to hear from You or from some one for You if and when anything occurs.

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

Mrs Rogers is much better. She received at Battle Creek just the push she needed to put her on the track toward good health. We may be back to see You within the next four weeks or we may not, depending upon her further progress. She sends her affectionate greetings with mine, to You and to Mrs Butler.

Yours Cordially;

Kurt Rogers.

EDITORIAL DEPARTMENT

MORRIS FISHBEIN, M.D.
EDITOR

GEORGE H. SIMMONS, M.D.
EDITOR AND GENERAL MANAGER EMERITUS

In your reply please refer to these initials	MF

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

July 6, 1932.

Dr. John Harvey Kellogg,
Battle Creek, Mich.

Dear Doctor Kellogg:

Replying to your letter of July 3: I will be glad to see you here any time you come; in fact, I will be glad if you will bring along Doctor Eggleston or Doctor Mortensen or both, because it is pleasant to meet all of you on every occasion.

Of course, it is ridiculous for you to suggest that I be compensated in any way for any advice I may be able to give you, for the simple reason that you have been exceptionally kind to me and to mine.

If you will come to Chicago next Monday or Tuesday [redacted] I will be glad to invite you to have dinner with me at the Tavern Club and we can then talk for the rest of the evening.

With best wishes, I am

Sincerely yours,

Morris Fishbein

S.

July 8, 1932

Food Company:

Please send to Dr. Oscar H. Rogers, El Roncador, 264 Palisade Avenue, Yonkers-on-Hudson, N. Y. 5 ounces of yeast, complimentary.

J. H. K.

b

July 8, 1932

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I have your letter of July 5.

Your letters always do me good. It is always heartening for one to know that he has a real friend who understands what he is trying to do and who can appreciate his perplexities. The sudden slump in business has brought upon us a very trying financial situation. The first year after our new building was completed was the best year we ever had. The new building as well as every one of our other buildings was full. Our net earnings for the year were over $500,000. At that rate six years would have been sufficient to pay all our obligations. Our weekly receipts were over $100,000. The sudden drop from $100,000 to $25,000 has given us knotty problems to solve. We have cut our payroll from $46,000 a week to $18,000, but this is not sufficient. We must cut it still further and are doing this. We are going to pull through, but it will be with difficulty.

The immediate difficulty which has worried me greatly for a month I have at last succeeded in solving. I needed $50,000 to meet interest which is due August 1. I put the matter up to our local Chamber of Commerce and they have undertaken to raise the money. We have got to do a lot of business in the next three months to carry us safely over next

year. It is something of a problem whether or not our patronage this summer will be sufficient to enable us to earn the amount required to meet our January interest and carry us over the low business period from December to March. An upward turn in the tide would give us a great boost.

But I ought not to worry you about this. You have plenty of worries on hand, I am sure.

I am exceedingly pleased to learn that Mrs. Rogers is improving. What marvelous vitality she has. I have just got a new thing from Germany which I am sure will interest you. It has been discovered that a certain variety of "beer yeast" that is developed in Munich, Bavaria, has curative virtues against diabetes. Six cases have been reported which have been cured by the use of ten drams a day of this special yeast. I am sending you a package of five ounces, sufficient for two weeks. It may be taken mixed with a little hot or cold water or with soup or fruit juices, with psyllium seed or in any convenient way. It may be taken all at one dose or in divided doses. If insulin is used this is gradually withdrawn.

The yeast has a further advantage in that it is very rich in vitamins, especially the vitamin A complex. It is a specific for pellagra. We had last winter at our place in Florida a bad case of pellagra which we cured by the use of this yeast. It is more than six times as active as Fleischmann's yeast which is sold in the groceries, which is a bread yeast, a strain which is quite distinct from the Bavarian beer yeast.

I hope you will be back next month as you suggest. If Mrs. Rogers is feeling so well that it does not seem necessary for her to come back that is just the time she should come, because then is the time when she

can get the greatest benefit. She never gives herself a chance to reach the top in the improvement which it is possible for her to make. She only gets a start and stops there. If after she has made a little improvement she would take advantage of the increased vitality she has acquired to combat her disease and build up resistance against her malady she might acquire a degree of improvement of which she little dreams. I do wish you would give us a chance to do all we can for her, which I am sure would be a greater pleasure than to be medical adviser to the Queen of England. I sincerely hope we will have you with us soon. The weather is delightful here and I am sure you will see every day a little progress upward.

Always with kindest regards to you both, I am

As ever cordially yours,

b

July 8, 1932.

Morris Fishbein, M. D.,
535 North Dearborn Street,
Chicago, Illinois.

My dear Dr. Fishbein:

I greatly appreciate your kind letter of July 6.

It is very nice of you to invite us to dine with you, but the train we will have to take will get us into Chicago so late it will delay your dinner.

If you will tell us where we could meet you on Tuesday, Dr. Eggleston and I will be on hand at seven o'clock.

Thanking you heartily for your courtesy, I am, dear Doctor,

Sincerely yours,

B

July 10, 1932

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

Dear Dr. Rogers:

Enclosed find a copy of an abstract that gives information respecting the use of yeast. The results mentioned will not be obtained by the use of the ordinary Fleischmann's yeast, the properties of which are very feeble compared with the beer yeast of the sort referred to in the extract. The comparative values in vitamin units are 150 for the bread yeast and 1,000 for the beer yeast.

It just occurs to me that I neglected to refer to one suggestion you make by which I see that you have somehow gotten a wrong impression. The operation of the new addition to the Main Building is not a burden but an advantage. The modern equipment is much more economical than in the older building. Our expense for fuel the first year following the completion of the addition was less than the year before. As regards earnings, that year was our banner year and it seemed to justify that the expenditure be made in answer to the constant demands for better and up-to-date hotel equipment. Six or eight years of equal prosperity would have placed us free from debt. The world-wide

depression has caught us at a very unfortunate moment. It has not reduced our business as much as that of most other medical institutions. The majority of health resorts are closed. Mayos are running very low.

By the way, an idea has occurred to me that I am going to put up to you. You know how anxious I have been about those rejected applicants to whom your agents are every day refusing insurance and also the great number of substandard risks that you are taking in. Most of these people might have their life expectancy doubled just as well as not, but they do not know it. They have a right to know it and there must be some way to get the information to them. A new idea has occurred to me which I am going to submit to you. It is this: to advertise for these people in suitable publications. The advertisement, for example, might run something like the following:

LIFE EXTENSION

The New Life Insurance

Substandard policyholders and persons who have been refused life insurance may receive valuable information whereby their life expectancy may be increased by addressing

Life Extension Bureau,
Battle Creek, Mich.

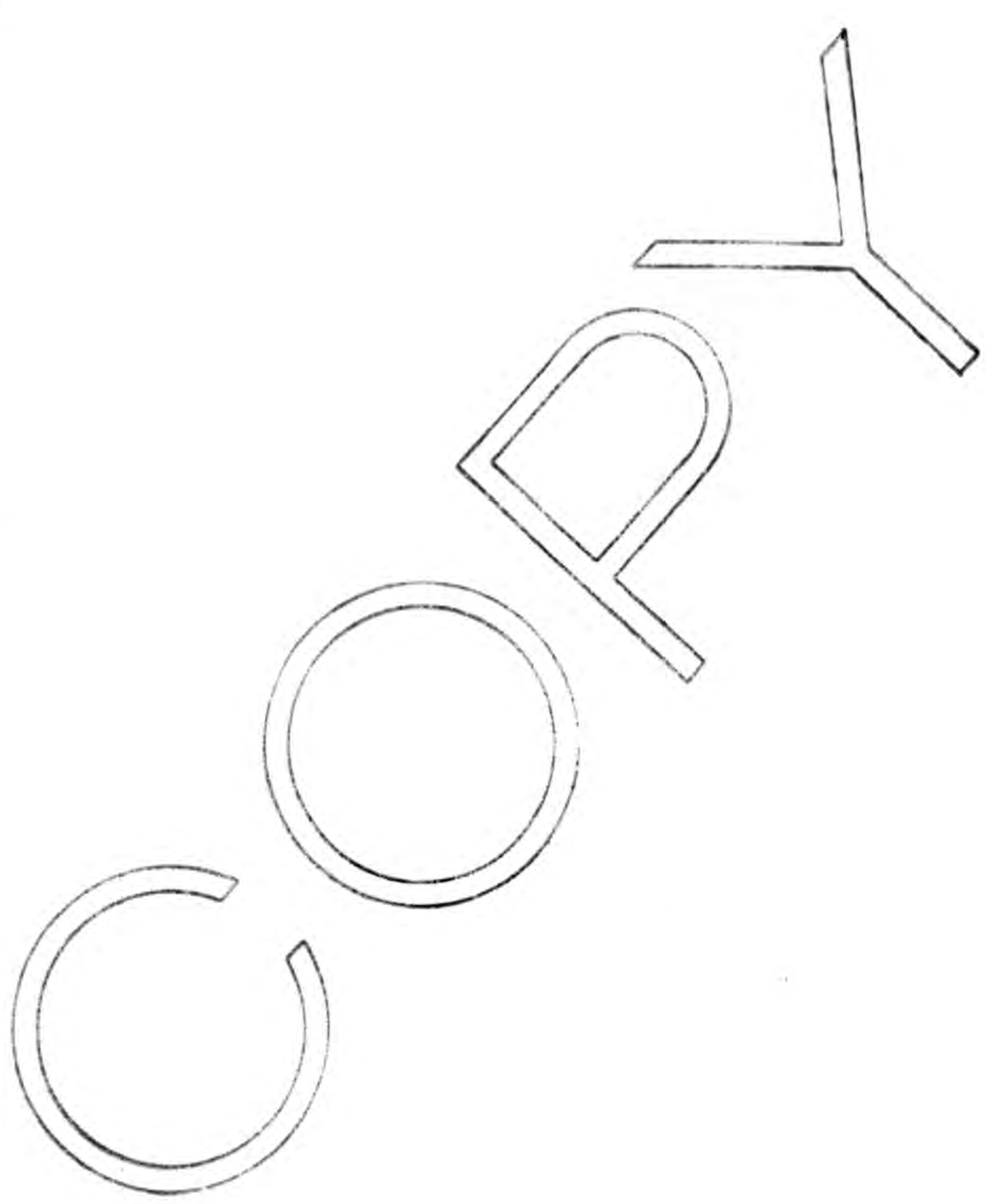
Inquiries received from such an advertisement would be answered by literature about biologic living and the Sanitarium. Every one will be sent information which if followed would almost certainly prolong his life. I feel guilty that I have not found some way to get to these people the information to which they are entitled.

I shall be very glad indeed to have your criticisms of my plan and any suggestions which may occur to you. I should add that this

plan is not definitely settled upon but is tentatively under consideration.

As ever cordially yours,

b



UNIVERSITY OF MICHIGAN
ANN ARBOR

UNIVERSITY HOSPITAL
DEPARTMENT OF INTERNAL MEDICINE
CYRUS C. STURGIS, M.D.,
PROFESSOR OF MEDICINE

August 8, 1932

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

Dear Doctor Kellogg:

I was very glad indeed to receive your letter several days ago, and should be delighted to see you in Ann Arbor. I intend to be here continuously until the eighteenth of August. I will be only too glad to have a chat with you any day before that time.

Sincerely yours,

Newburgh

LHN/JDG

L. H. Newburgh, M.D.

August 17,1932

Dr. Kellogg:

I am sending to you herewith two references concerning the therapeutic value of vitamin B in treatment of diabetis. Both papers appeared in Am. J. Med. Sc. 175:376-386,1928. These observations were made at Peking Union Medical College by Dr. Mills And his associates. I think this would be of some interest to you.

Ephraim Boldyreff.

Aug. 23, 1932. Sent to Mrs. Wagner for this jl.- CKB

eb-tb

Ephraim B. Boldyre

Reprinted from
THE CANADIAN MEDICAL ASSOCIATION JOURNAL
XXIII, 348, 1930

A PRELIMINARY NOTE ON THE DETECTION OF AN INSULAR HORMONE IN THE DUODENUM*

By N. B. Laughton and A. Bruce Macallum,

London, Ont.

Monro (Manual of Medicine, London, 1906, p. 241) credits C. Workman with the statement that he found pronounced hypertrophy of the duodenal mucosa in cases of diabetes mellitus which came to autopsy. Heller (*Arch. f. Exper. Path. u. Pharm.* **145**: 343, 1929) has shown that extracts of duodenal mucosa when injected into normal rabbits prior to an injection of 0.5 grm. glucose per kgm. weight prevented as marked a hyperglycæmia as in rabbits not so treated and also caused the blood sugar to return more rapidly to normal or subnormal levels.

Extracts prepared by us have a similar physiological action in normal rabbits and dogs. In depancreatized dogs with marked hyperglycæmia these extracts have no influence on the blood sugar. Heller's extracts were slightly coloured and gave a trace of protein with Millon's reagent. The extracts which we have prepared have been water-clear, gave none of the colour reactions of proteins or peptone, and were entirely negative to Millon's test. The active principle is not adsorbed on bone charcoal or purified Fuller's earth, which has a high

* From the departments of Physiology and Biochemistry, University of Western Ontario Medical School, London.

capacity for removing alkaloids from solution. Further work is in progress regarding the possibility of separating the active principle, which must be a relatively simple compound..

Secretin is a factor which must be considered, but Still and Shpiner (*Am. J. Physiol.* **91**: 496, 1929) have shown that pure secretin has no hypoglycæmic effect. The criticism might also be raised that these extracts contain traces of insulin, but Heller claims that his method of preparation eliminates the presence of insulin. Furthermore, since the active principle did not influence the blood sugar of depancreatized dogs the possibility of insulin being present can be definitely discounted.

It would appear from these experiments that a substance exists in normal duodenal mucosa which has a specific stimulating influence on the islets of Langerhans, in other words, an insular hormone. This, coupled with Workman's observations, introduces a new factor into the etiology of diabetes mellitus. Insular failure may result from excessive stimulation of the islets by the duodenal hormone produced as a result of excessive sugar intake over long periods. Secondly, inflammatory conditions in the duodenum may lead to a deficiency in the hormone, followed by a diminished activity in the islets themselves resulting in a hyperglycæmia.

We are indebted to Dr. A. B. Macallum, F.R.S. for his suggestions and criticisms throughout the course of this work.

DR. AUSTIN FLINT
OVERLOOK FARM
MILLBROOK, NEW YORK

Aug. 14/32.

Dr. John Harvey Kellogg.
Battle Creek, Mich.

Dear Dr Harvey,

Your letter about Mrs. Oakleigh Thorne was received a few days ago. I hear that she is getting on well and is very much encouraged by her improvement.

Your first very cordial letter was also received and I thank you for it, and for your invitation to visit Battle Creek & sanitarium. I hope that I may be able to do so some day and know that I should be very much interested in seeing for myself some of the splendid work you have been carrying on for so long. I should also be very glad to see you personally. What you told about your old Business days when you knew my Grandfather & Father has peculiar interest to me too. Even in my day, I was graduated in '69, it was a really great school

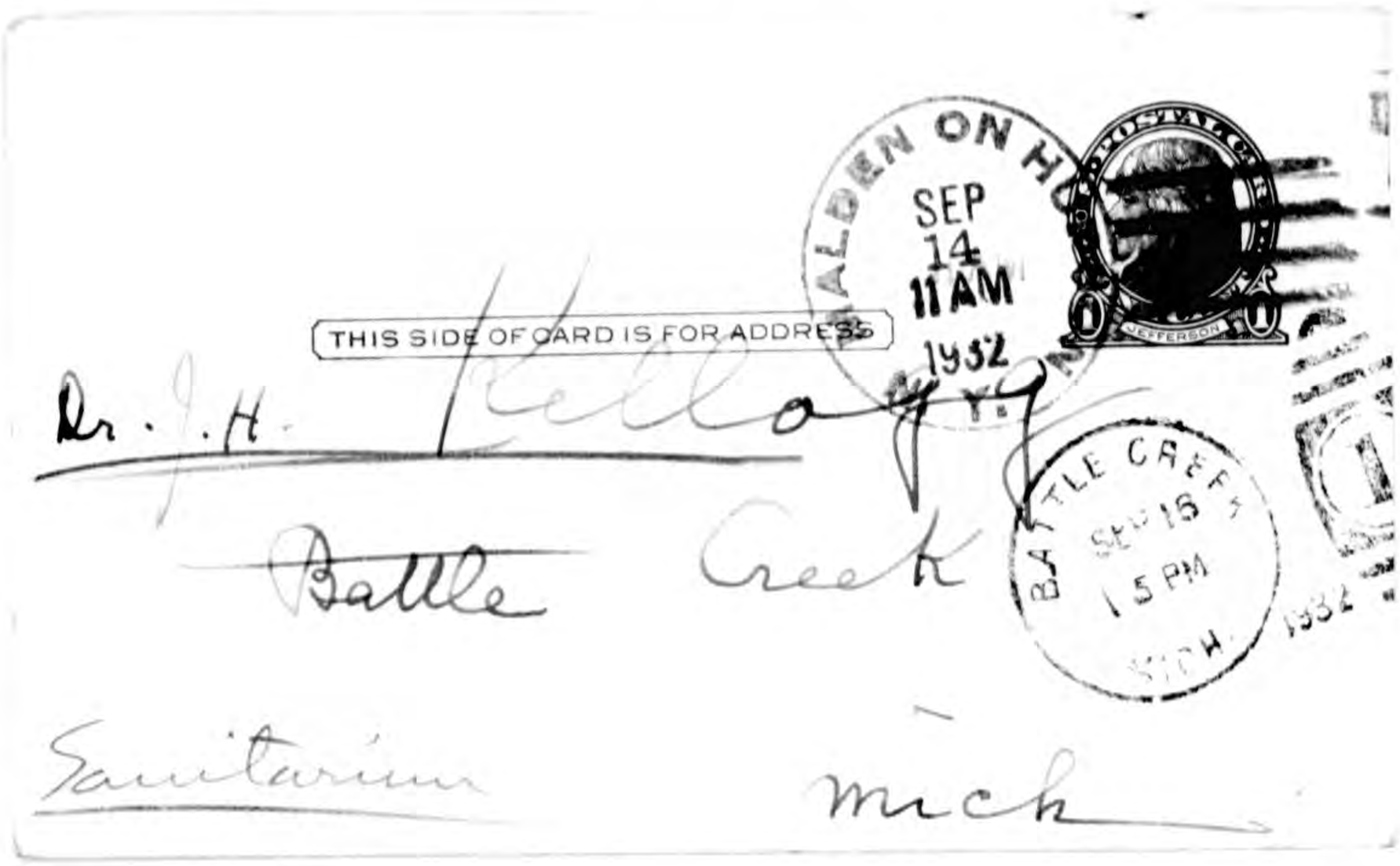
DR. AUSTIN FLINT
OVERLOOK FARM
MILLBROOK, NEW YORK

and inspired an enthusiasm in ad its graduates which carried many of them to success. My Grandfather died in '77 so I never knew him as a teacher, but I always was our teacher in Medicine & my father in Physiology, and shortly after I became a teacher under Lusk and succeeded him in the chair of Obstetrics.

I was obliged to retire 4 or 5 years ago on account of my health, but still do some work though very little. I live up here in the Country and rarely go to New York. With kindest regards and hoping I may have the pleasure of meeting you.

Very sincerely yours,

Austin Flint.


THIS SIDE OF CARD IS FOR ADDRESS
Dr. J. H. Kellogg
Battle Creek
Sanitarium
Mich
ALDEN ON H
SEP
14
11AM
1932
JEFFERSON
BATTLE CREEK
SEP 15
5 PM
MICH.
1932

am a vegetarian as usual & as my father was before me.
Thanks for your letter and success to your great efforts to make hygiene popular.

Pauline Bigelow

November 22, 1932

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I have not heard from you and Mrs. Rogers for such a long time I am getting worried about you. I have come to hold you and Mrs. Rogers in such high esteem that if either one of you should slip off the stage of human activity before I do I shall experience a sense of loss that never will be repaired. I do hope that all is going well with you and that Mrs. Rogers has steadily experienced betterment as the result of herchange of regimen.

I am sending this letter to your New York address, although I hope you got off to a warmer climate before that terrible blizzard struck your section of the country. Here we are having the most delightful weather, regular June weather. While the blizzards have been wildly blowing up North there has been no hint of winter down here. I believe this is one of the most wonderfully protected regions in the world. I wish you were going to be spending the winter here. We have a lot of interesting things here which you did not have time to see when you were here last year.

But I am most anxious to know how you are getting along. Do write me as soon as convenient.

With kindest regards to both of you, I am

As ever your most obedient friend,

P. S. I have just recently come to appreciate something relating to blood pressure which I am sure is no news to you. It is the simple fact that one hundred plus one half the age almost exactly equals the normal systolic blood pressure, that is, the average blood pressure less ten. On the slip enclosed I have arranged the figures in columns for comparison. I was really surprised to find the agreement so close. Is there any reason why one hundred plus one half the age may not be regarded as the normal systolic blood pressure? It is possible this rule may already be in use and I am a quarter of a century behind the times in not having learned of it.

b

November 29, 1932.

Mr. George N. Fuller
Michigan Historical Commission
Lansing, Michigan.

Dear Mr. Fuller:

Your letter addressed to Dr. Voelker has naturally been referred to me. We will be pleased to furnish you with a manuscript of 1,000 words on the subject of the History of Battle Creek College for the forthcoming Encyclopedia of Michigan. I, personally, will be very interested in this project of yours, and wish for you every success in your undertaking.

Sincerely yours,

Emil Leffler
Dean and Acting President.

STATE OF MICHIGAN

Michigan Historical Commission

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Dr. Paul Voelker
Battle Creek College
Battle Creek, Michigan

Nov.
25
1932

Dear Dr. Voelker,-

Would you be so kind as to write, or cause to be written, a history of Battle Creek College for the Encyclopedia of Michigan. One Thousand words (1000) have been assigned to this subject. The manuscript would be due on or before Sept. 1, 1933.

With cordial greetings,

Very sincerely yours,

G.N.Fuller

GNF/NA

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Michigan Historical Commission

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Dr. Paul Walker

Nov. 25, 1932

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A Letter to My Friends,-

With the consent of the Governor of Michigan and the Michigan Historical Commission, I am employing my leisure time with a project that I have long contemplated as my contribution to the Centennial of the State of Michigan,-- namely, the preparation of an Encyclopedia of Michigan.

I have discussed the general plans for the work with Prof. Boak, chairman of the history department of the University of Michigan, with Dean Bates of the University Law School, Dean Edmonson of the University School of Education, Prof. Worley of the Transportation Library, President McKenny of the Michigan State Normal College, and Supt. Pearce of the State Department of Public Instruction, and I am proceeding in accord with plans approved by them.

The work is to be built cooperatively by a group of scholars, mainly from the University and the Colleges of Michigan. There will be five volumes, covering some 2,000 subjects, relating to the economic, social, political, intellectual and religious life of Michigan. The volumes will be appropriately illustrated, printed on high grade paper, and substantially bound, with general format similar to that of the Dictionary of American Biography.

For the articles there is provision to pay $5.00 per thousand words. The sum of $15,000 will be provided to build these volumes, and the capital to publish them is in sight.

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I am therefore coming to my friends with this proposition, in the belief that together we can render an important public service. To date, 102 faculty members of the University of Michigan and other Michigan colleges have consented to write. If you will come with us, please let me know at your early convenience, and we will take up the question of subject, aids to research, and other details later.

Sincerely yours,

George N. Fuller.

GNF/HF

Not answd

Kno

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

29th Nov '32

My dear Doctor Kellogg-

Your letter of 22d instant gave both Mrs Rogers and me a great deal of pleasure. Between the lines it told us that You are well and Enjoying the balmy weather of Southern Florida, and that means a great deal.

We have been having a rather hectic time, several trips to Boston, on one of which we had a superb view of the Eclipse. We also motored and visited in the Adirondack Country. On the whole we had a very comfortable and

happy summer. Of course the serious illness of our dear friend H.P. Kingsley was all along in the back of our minds. And to day Fully we were glad, for his sake and Mrs Kingsley's when the End came. He was a strong man and she, a most charming and able woman. Our summer with them a year ago was a most enjoyable one.

Now as to Mrs Rogers' case. On the whole I think that she is in better health than she has been in several years. She is using insulin as she did at B.C., is sleeping better and is able to do much more than she has done in a long time. Apparently she must watch her

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

vitals of food both as to amount and kind and must not allow her weight to increase much bryond the limit which you put upon her. If she does all these, and no one could be more faithful, she gets along very well. Just now we are getting ready to go out to Chandler. We hope to reach there about 15th Decr and to stay there until Early in April. We shall not be able to drop in on You at Miami as we did last year because there is no life Ins Convention to take us South. We shall be missing the sight of You and Mrs Butler. — which we so greatly Enjoyed last year. How as to Your Sug-

gestion of a rule to Express L.P.'s
at the different ages. Life Ins
Averages Giv Your rule

age 20 —	120	110
" 40 —	127	120
" 60 —	134	130

My impression is that the L.I.
averages may be a shade high
and that your rule yields results
a shade low. However it is a good
rule and will go far to put a stop
to the use of that wicked rule of
"+ the Ages" which is wrong ~~from~~
~~out~~ very wrong at the later ages.
and no doubt has done much harm

By the way. You never realized it,
but you are an ingenious Devil &
this rule. "+ ½ the Ages", is another
Evidence of it. Mrs Rogers joins
me in Cordial greetings

Sincerely
Albert N. Rogers.

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Dec. 1 1932

Dr. Emil Leffler
Dean and Acting President
Battle Creek College
Battle Creek, Michigan

Dear Dr. Leffler,-

I appreciate the cordiality of your letter of Nov. 29. It had escaped my attention that Dr. Voelker was not at the College, and if he is no longer connected there, certainly I should like to have you instead upon the writing staff of the Encyclopedia, in behalf of the College. I have so entered you (may I have your degree to complete the record?) and I enclose a guide sheet that may be helpful.

Heartily,

G.N.Fuller

GNF/NA

Emil Lefflar
"History of Battle Creek College"

A CHECK LIST TO GUIDE THE PREPARATION OF ARTICLES FOR

THE ENCYCLOPEDIA OF MICHIGAN

Use thousand (1,000) words

It will greatly assist the editor if contributors will observe the following:

1. As early as possible, send to the editor

   a. A brief bibliography of the subject assigned.
   b. A tentative outline of the subject.
   c. A list of outstanding persons in the given field whose biographies should be in the Encyclopedia. Make separate lists of deceased persons and living persons.

2. All manuscript must be typed.

3. Carbon copy should accompany the manuscript. This will prevent delay in case of accident to the original.

4. Length of article should not exceed the assigned space. The editor prefers that writers do their own "cutting" and readjusting.

5. Titles of articles should be alphabetized -- i.e., so worded that the articles will take their proper alphabetical places in the volumes. Also suitable cross reference words should be indicated.

6. No footnotes are desired, but a brief bibliography should follow the article.

7. The article should be indexed, with page numbers referring to pages of the manuscript. This index will be used by the indexer in compiling the general index for the Encyclopedia.

8. All manuscript must be in the editor's hands by Sept. 1, 1933, unless deferred by special arrangement.

9. Accepted manuscript will be paid for on receipt at the rate of $5 per thousand words.

10. Pictures or portraits to illustrate the article should accompany the manuscript -- averaging a picture for about every 2000 words. Illustration will of course depend upon the nature of the article. The judgment of the writer will in general be accepted. The cost of making "glossy prints" from the originals will be remitted. Originals will be returned if desired.

Note-- Please give special attention to Number 1.

George N. Fuller,
Mich. Hist. Comm.,
Lansing, Mich.

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THE COMMITTEE ON THE COSTS OF MEDICAL CARE

Organized to study the economic aspects of the prevention and care of sickness, including the adequacy, availability, and compensation of the persons and agencies concerned

910 SEVENTEENTH STREET
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December 2nd, 1932

Dr. John Harvey Kellogg
Good Health
Good Health Publishing Company
Battle Creek, Mich.

Dear Dr. Kellogg,

Attached are two of the principal addresses that were made at the National Conference on the Costs of Medical Care which was held at the New York Academy of Medicine, November 29th.

Dr. Barker, who was one of the sixteen physicians who signed the majority report, presented the point of view of that report. Dr. Van Etten is one of the signers of the principal minority report of the committee and spoke on the subject of "The Minority Reports."

You are at liberty to use these two addresses in any way you see fit in your publication.

Sincerely yours,

Alden B. Mills

ALDEN B. MILLS

THE PRESENT AND FUTURE SIGNIFICANCE OF THE FINDINGS AND RECOMMENDATIONS OF THE COMMITTEE ON THE COSTS OF MEDICAL CARE - FROM THE PHYSICIAN'S POINT OF VIEW

An address by

DR. LEWELLYS F. BARKER

Delivered at the

National Conference on the Costs of Medical Care

New York Academy of Medicine November 29, 1932

- - - - - - - -

As a physician, I feel that both the public and the medical profession should be very grateful to this Committee, first, for its careful analysis of the whole situation; and, second, for pointing out the paths that it regards as most promising for better things in the future.

No one is more proud than I am of what the medical profession has done in this country in the way of medical research, in the way of medical education, and in the development of the possibilities of medical practice, but no one knows better than the medical profession that there are still great inadequacies of medical care and great difficulties in the distribution of medical care and in the payment of the costs of medical care.

There is something wrong in the country where provision is not made for the 80 per cent of the people whose incomes are insufficient to supply them with proper medical care during serious illness. Of course, the medical profession does the best it can and the public is doing the best it can, as it thinks, but there is something wrong in an organization that does not make definite provision for the care of serious illness among 80 per cent of our people.

The medical men all agree that patients should have competent doctors, that patients should have access to good facilities, that the personal relations between doctors and patients should be maintained, and that the costs of medical care should be within the reach in some way or other of everyone who needs the care; in other words, the costs must be in some

way distributed so that every patient who needs care can have it.

In this report all kinds of efforts that have been made have been carefully summarized. There was a large variety described, some of them excellent methods; some of them are very defective; some of the methods of medical care are actually pernicious, as we medical men know perhaps better than the public knows. The Committee has recommended progress by a process of evolution rather than by revolutionary change and, as a medical man, that appeals to me as a wise recommendation.

In the discussion of agencies and distribution of costs, the Committee has avoided, on the one hand, the laissez faire attitude of doing nothing and, on the other, any sudden and rash venture into dangerous areas. It has recommended experimentation, especially by local groups.

As a doctor, it seems to me that if the recommendations of the Committee could be widely adopted, many of our present problems would be definitely solved; that there could be adequate curative and preventive medicines applied for all income classes; that ways of distributing, coordinating, and financing the costs of these services would be determined; the medical profession would be properly safeguarded and more adequately remunerated than now; the danger of degradation and demoralization of the indigent would be lessened, and the bugbear of a huge and dangerous bureaucracy would lose its terrors.

This Committee includes physicians and surgeons, social workers, public health workers, administrators, government officials, and representatives of the public. As has been said by several of the speakers, it is inconceivable that there could have been unanimity of opinion in such a group, undesirable that there should be unanimity of opinion. How could there be at this stage of development? Conclusions cannot be equally acceptable to all because of such varied interests and such different viewpoints represented on the Committee. The two things that are most criticized are the recommendations regarding group service and group purchase, and those are the two main recommendations of the Committee.

As to group service, there is great fear on the part of many

in the medical profession that the domain of the individual doctor might be encroached upon, that doctors would come under lay control, and that the personal relations of doctors and patients would be interfered with. When it comes to group purchase, there you run up against one of the things that immediately excites the fear of state medicine on the one hand and of compulsory insurance on the other. This violent opposition, talk of Socialism, talk of Communism, as we have heard, result largely from the bad patterns of group purchase that were established at first in Europe when the attempts were made to distribute costs. It is no wonder that those bad patterns should be feared; they should be, and they should be avoided.

The Committee foresaw a good many of these objections and in the majority report it laid great stress, as does the principal minority report, on the complete separation in any insurance principle of the costs of medical care from the cash benefits that go for loss of wages due to illness. By that single recommendation the Committee removed one of the chief apples of discord. If those two things could be kept absolutely separate in any general provision by distributing cost, you would avoid a great deal of trouble, for the principle of insurance was introduced in the first place not to provide medical care at all but for the relief of poverty. Medical care was tacked on as secondary consideration and in most of the European patterns the two were kept together and there was a continual clash between the physicians on the one hand and the social workers on the other. There always will be clash between social workers and politicians on the one hand and doctors on the other if those two things go together, cash benefits and care of illness; but even if cash benefits are kept entirely separate from the medical care, there are enough problems connected with insurance. Dr. Van Etten has referred to some of them.

In European countries the mortality rate has not decreased under this insurance system. In the second place, the average number of illnesses has been increased. In the third place, the average duration of illness has increased under the insurance system; and,

in the fourth place, some wholly new diseases, namely, the compensation neuroses, have come as a result apparently of these laws.

However, bad as it has been in Europe, bad as some of their patterns established have been, the average care of the sick is better than it was before insurance was introduced. The average income of the doctors concerned is larger than it was before; and, a third point, no country that has resorted to the principle of insurance has given it up. Those three things must be remembered.

The doctors on your Committee are members of the American Medical Association and they feel a great responsibility both to the public and to the medical profession, but we must not forget that doctors in general have a very individualistic attitude. They fear any mass action, any mechanization of medicine, and they are right, quite right. They realize, and rightly, the great importance of the personal relationship of doctor and patient, and they are very likely to react with violent opposition to any innovation on account of their conservative, individualistic attitude. They are afraid of innovation, very much afraid of it.

I want to warn my colleagues in the profession against too negative an attitude. This world is not static. This world is changing all the time. The medical profession must change with the rest of the world and keep pace with it. The negative attitude of our English and German confreres was very disastrous to the medical profession. That negative attitude did not prevent the development of health insurance in England and Germany. It put the doctors in a very false light. It excited public hostility against men whom the public were led to believe were acting from a selfish attitude rather than from a public spirited attitude; and, worst of all, the medical men lost their influence and leadership and had very little to say about the patterns of insurance that were established.

Recently medical men have waked up to that fact in Europe and have seen that some kind of insurance was inevitable, and helped to form new patterns of health insurance, tried to protect both the public and the profession and tried to keep the medical control of the purely professional aspects of the work.

Shouldn't we in this country profit by those mistakes that were made in Europe? In my opinion forms of health insurance are bound to be tried out in this country. They should be tried out. We must watch them and try to direct them in the right way and discover what place, if any, health insurance has in the American program. Let the doctors lead in this and try to determine the policies and make them good, instead of bad, and in doing so the publications of this Committee will be very helpful to them, and if doctors take that attitude, instead of the other, negative attitude, we will keep the good will of the public, avoid hostility, and maintain the dignity and ideals of the profession.

I welcome the minority reports. I welcome the statement of Mr. Hamilton. It is well to have those things put down, to see what groups and persons are thinking. I welcome the criticism of group practice, of the community center, of voluntary insurance. I see the danger of new evils and they have vividly portrayed them in their reports. Their emphasis on the county society method is well worth listening to. What the Milwaukee County Society has done might be imitated in other places. I should like to see that method tried elsewhere, but these minority reports and single statements ought to be very helpful. They ought to make everybody act more cautiously and more warily. To be forewarned about possible evils and dangers is to be forearmed against them.

Aside, wholly, from these differences of opinion, there are a host of opportunities for action. These opportunities ought to be recognized promptly and acted upon all over this country. There should be community organizations to study and to take the lead in the work, possibly some state organizations; no harm in a general national organization that will help and advise.

This Committee on the Costs of Medical Care goes out of existence this year. That must not be forgotten. What hard work they have done! What noble contributions they have made! The fact-finding alone is worth the cost of the whole Committee. The advice they have given has been very carefully considered. Surely it is up to the leaders of thought and action in this country to pay serious attention to the report of the Committee and to do what they can to bring about reforms.

I think we owe a great debt to the Director, to the administrative staff, to the research staff, and the foundations who have made the study possible, and I believe that the publication of this report today marks the beginning of a new epoch in American history.

THE MINORITY REPORTS OF THE COMMITTEE ON THE COSTS OF MEDICAL CARE

An address by

NATHAN B. VAN ETTEN, M.D.

Delivered at the

National Conference on the Costs of Medical Care

New York Academy of Medicine November 29, 1932

I have the honor, Mr. Chairman, to comment briefly upon some divergent visions of a few members of our Committee upon the solution of the problems of "The delivery of adequate scientific medical service to all of the people, rich and poor, at a cost which can be reasonably met by them in their respective stations in life." All of the studies were pointed at this target or at sources of reflected light which might illuminate it.

The work of the Committee carried on by an exceptionally able director and staff, is monumental and we learned much about adequacy, costs, and distribution, and the details of many experiments supported by masses of statistics which were delivered so rapidly and so continuously that there was some inevitable indigestion when we suddenly changed into gentlemen of the jury who must weigh evidence and recommend cures for a faulty social operation.

All concurred in praise of the diligence, skill, and logical presentment of the findings and in most of the interpretations. All tried to harmonize themselves into unanimity with such success that upon only a few fundamentals or implications are there dissentient opinions. One believes that the report has missed the target; another that the recommendations have fallen short; and others believe that the mark has been overshot by excursions into Utopian idealism.

The objections of the minority composed of eight physicians and a clergyman, are to the recommendations in "Organization of Medical Services," and "Group Payment for Medical Services." The minority report of two leaders in the national dental organization is in general accord with the first minority, but

in agreement with the majority upon "Group Payment."

The minorities desire changes in medical education, urging - in addition to the present scheme which seems to qualify sufficiently for the care of 80 per cent of the ills of mankind - emphasis upon the development of clinicians and added accent upon the importance of teaching disease prevention. They wish that mere prudential ethics may be strengthened by spiritual ethics and that only those possessing high character and high educational qualifications be admitted to the professions.

Premature specialization and overspecialization will be cured by the special societies acting within themselves, and the evolution of dentistry into whatever its destiny as a department of medicine will be determined by the concerted action of a well organized profession.

The minorities object to contract practice whenever it operates in restraint of opportunity for all competent and reputable physicians in the community, or results in unfair competition or furnishes inferior medical services. The same objections are made to pay clinics when operated for profit by laymen as "exploitation of the public and of the medical profession" through inferior quality of service with no lessening of the costs of medical care to the patient who must add operative charges to the normal or average fee prevailing in the community.

The minority claims overemphasis upon the virtue of group clinics and cites in opposition the large number of groups treating patients under workmen's compensation laws, in active competition one with another, "soliciting patients through paid agents." Many of these groups are under lay control - keeping down costs by employing physicians of low ability, commercializing medical practice, lowering ethical standards, demoralizing physicians into undignified advertising in factories, reminiscent of the old lavatory posters, leading physicians to compete for practice by buying cases for one-third or one-half of their fees and, in collusion with agents, prolonging treatments far beyond reasonable limits and padding their bills, as developed publicly by the Seabury investigation this year, and not denied.

The minority objects to the influence of this Committee being used in the promotion of new forms of political bureaucracy, feeling that the unsatisfactory operation of the forms of compulsory sickness insurance now carried on in forty-four states under workmen's compensation laws has degenerated into racketeering in our large cities and should be corrected by legislative action which should lead to real revision of these operations and carry them into the administrative hands of those who represent the higher medical honor and higher medical intelligence of the community.

Here the hospital or medical center may furnish the place and the skilled staff service all of which should be amply paid for.

No arguments demonstrate a <u>quality</u> of service, in countries where compulsory health insurance prevails, which is superior to the admittedly inadequate and badly distributed service now operating in the United States. Quoting from Simons and Sinai:

> "Contrary to all predictions, the most startling fact about the vital statistics of insurance countries is the steady and fairly rapid rate of increase in the number of days the average person is sick annually and the continuously increasing duration of such sickness. Various studies in the United States seem to show that the average recorded sickness per individual is from seven to nine days per year. It is nearly twice that amount among the insured population of Great Britain and Germany, and has practically doubled in both countries since the installation of insurance."

The minority report states:

> "It ought to be remembered that compulsory insurance will necessarily be subject to political/(control control will inevitably destroy professional morale(and that and ideals in medicine. Since a qualified and (such untrammelled medical profession is the only agency through which scientific medicine can be applied for the benefit of the people, it follows that any plan which destroys professional morale will bring disaster to the public."

Quoting again from Simons and Sinai:

> "While the statement might be disputed by insurance societies, a comparative study of many insurance systems seems to justify the conclusion that the evils of insurance decrease in proportion to the degree that responsibilities, with accompanying powers and duties, are intrusted to the medical professions."

This statement is both a challenge to the medical profession and a warning to those who, without proper consideration of that profession, are willing to recommend the adoption of various new plans for the care of the sick.

The minority feels that our Government has strained paternalism far beyond moral justification in the extension of veterans' hospitals and in the hospitalization of veterans with non-service disability and has spent the people's money with inexcusable recklessness. This sorry exhibition should make us all shy of Government invasion into control of any phase of medical practice except, of course, in the field of public health and in the institutional care of those unemployable wards of the State - the tuberculous, the insane, the feeble-minded, or the hopelessly crippled.

The minority objects to the large medical center as projected by the majority on the ground of exclusion of many physicians, of oppressive competition, of big business technique erecting machinery which eliminates personality and destroys personal relations by factory forms. Mere bigness is often a liability. The city of New York is so big that real community interest and civic pride are crushed and the citizen taxpayers are too dumb to protest against a self-perpetuating political machine which rules them.

The minority recognizes the practicability of centering medical service in small places where there are only one or two hospitals and where all of the physicians of the community are permitted to use all of the facilities of the hospitals in a true community spirit, the institution being supported by taxation or by gifts. My personal opinion is that if all hospitals were open to all reputable physicians(not merely the laboratory facilities, but beds as well) many of the problems of public service would be solved. I had always believed this to be administratively impossible until it was positively demonstrated to run smoothly in a very large hospital. Places where there are no hospitals and few physicians, dentists, or nurses, must be served in other ways with the entire health service of the county concentrated upon ways of distributing urban surpluses into neglected fields.

The minority favors continued study of group practice, coordination of the medical, dental, pharmaceutical, hospital, and nursing professions, the study of the application of the insurance principle to the accumulation of reserves, and to the assurance of solvency of institutions.

The "challenge of the future" in the majority report is a vigorous, stimulating statement that the work is not only not finished but only just begun, and that continuous widespread efforts must be carried on through all medical, educational, and all other agencies whose interest leads them earnestly to desire the prevention of disease and the general health of our people.

M E M B E R S

of the

NATIONAL CONFERENCE ON THE COSTS OF MEDICAL CARE

November 29, 1932

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December 8, 1932

Dr. Oscar D. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I was glad to have your letter of November 29.

I am glad to know you have been having such a pleasant time this summer and that you have been comfortable and happy. I was very sorry to learn about Mr. Kingsley's death. He and Mrs. Kingsley made such wonderful improvement while they were with us I hoped that they would adhere to biologic rules after returning home. I was very sorry later to learn he returned to smoking. It is pitiful to see a man of such distinguished abilities throwing away so many good years to say nothing about the burden imposed upon others. What a terrible load poor Mrs. Kingsley has had to carry. I am so glad to know Mrs. Rogers is in better health than for several years.

I am glad you condemn so vigorously the old rule of 100 plus the age. That rule has done a vast deal of mischief. I am surprised to find what a large proportion of doctors still follow this absurd rule. I wonder where it originated.

You suggest the rule to add 100 to one-half the age will give too low figures, but if you will subtract 10 or 15 points from the figures of the standard as you wrote me you and Arthur Hunter think should be done to find the real normal, the result will be at nearly every age almost exactly 100 plus one-half the age.

Since you tell me I am "an ingenious soul" I would really like to know whether my suggestion is really a new one. It fits the case so well I can hardly believe that it has not been known before.

I am more pleased than I can tell you that Mrs. Rogers is better than when I saw her last. When you were here a year ago I was greatly distressed and really alarmed by her under-nourished condition. The fact that she has made such a great gain by adopting a rational program indicates that she still has a great fund of vital stamina which I trust promises her many more comfortable and happy summers.

Dr. Oscar H. Rogers, No. 2.

How I wish you were not so far away so I could drop around to see you once in a while. You and Mrs. Rogers have such a wonderful faculty for creating about yourselves an atmosphere of good cheer and optimism one always feels lifted a little by contact with you. I hope you will let me hear from you once in a while as I shall be anxious to know how Mrs. Rogers is getting along.

By the way, I wonder if you know about the discovery in Germany that the use of Munich yeast-- Savita yeast we call it in this country-- seems to take the place of insulin, causing sugar to disappear from the urine. If you have not tried this it will be worth while to do so. When insulin was first announced some English physicians claimed to have discovered a similar principle in yeast, so I am not surprised at the recent report. I got some tests started before I left Battle Creek. I have not yet seen a report.

I am sure much more can be done for diabetics than is ordinarily accomplished. Insulin does nothing but supply something which the pancreas is unable to produce. It does nothing whatever toward checking the diseased process which has damaged the pancreas and which is also working damage to other organs, liver, kidneys, blood vessels, etc., which finally results in arteriosclerosis and its consequences.

The mortality rate from diabetes is increasing notwithstanding the use of insulin. The number of deaths from coma is of course diminished, but deaths from arteriosclerosis have increased. This is exactly what should be expected when nothing whatever is done for the primary disease. Insulin treatment is purely symptomatic. Every case of diabetes should have treatment for arteriosclerosis. By treating the patient for arteriosclerosis before the disease has developed, its development may be prevented. This is clearly proven by the fact that a retrograde process may often be set going by suitable treatment when the disease is not too far advanced. Sunshine, fresh air, a strict biologic diet, changing the flora, hydrotherapy and all the other measures which promote the physiologic functioning of the body are needed and should be systematically applied in every case in order to give the patient a fair chance for his life.

These remarks are not made because I think you are ignorant of them, but only to urge that they be not forgotten. I reckon you and Mrs. Rogers among the salt of the earth and count you among my most precious friends and I do not want you to pass off before I do; hence my solicitude which, if it seems obtrusive, I hope you will pardon.

But I fear I have made this letter too long and will stop right here, in fact, I have to stop as there is a lady from the Indian village waiting for a consultation about the Indians, so I have to hurry into my clothes and see what our poor Seminoles are wanting.

With kindest regards to you both, I am

As ever sincerely and cordially yours,

b

Dr. Chas. E. Sherrett
Sanitarium
Battle Creek
Mich.

Dear Doctor: A cordial greeting to each guest of the Battle Creek Sanitarium and congratulations that you have found the road that leads to health and best wishes for your continued health betterment, and prosperity and happiness, during 1932

John Harvey Kellogg

December 6, 1932.

Mr. George N. Fuller
Michigan Historical Commission
Lansing, Michigan.

Dear Mr. Fuller:

May I suggest the name of Dr. John Harvey Kellogg as one which should be, by all means, in the Encyclopedia of Michigan. His contributions both to the state and to medicine at large are so well known as to warrant a sketch of his career both personally and in connection with the Battle Creek Sanitarium. Another suggestion would center around the fact that Dr. Kellogg is probably the father of the various types of breakfast foods and other health products which have made the name of Battle Creek world famous. Several possible articles suggest themselves from this simple statement.

Very cordially yours,

Emil Leffler
Dean and Acting President.

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Mr. Emil Leffler,
Battle Creek College,
Battle Creek, Michigan

Dec. 8 1932

Dear Mr. Leffler,-

I appreciate your suggestion, most heartily. The more so because Dr. Kellogg is a warm personal friend. But the policy has been adopted of not including in the Encyclopedia the biography of any living person, following the example of the Dictionary of American Biography. It is barely possible that this decision may be modified, and in that case Dr. Kellogg would be eminently qualified for inclusion.

However, in any case the Battle Creek Sanitarium will be adequately represented in the Encyclopedia, and Dr. Kellogg's work will of course come in for appropriate mention.

May I inquire whether Dr. Paul Voelker has severed his connection with Battle Creek College?

Most Cordially yours,

G.N.Fuller

GNF/NA

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December 12, 1932

Dr. John Harvey Kellogg
Battle Creek, Inc.
Miami Springs, Florida

My dear Dr. Kellogg:

Thank you very much indeed for your letter of December seventh which crossed mine in the mails. I do appreciate so much your interest and I hope that my article may prove of value in stimulating the protection of wild life.

I was very difficult indeed for my husband to take any of the gorillas in the Belgian Congo when he saw how mild and inoffensive they were. But it was a great satisfaction to him to be able to mount them showing their true character in their benevolent, intelligent faces, so that he might use his group to show to the world how maligned they had been and how greatly they were in need of protection.

With sincere appreciation of your interest and with kindest regards, I am,

Very cordially yours,

Mary L. Jobe Akeley.

Mrs. Carl Akeley

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THE WHITE HOUSE
WASHINGTON

December 28, 1932

My dear Dr. Kellogg:

The President and Mrs. Hoover have requested me to send an invitation to you, and any adult members of your family that you might indicate, for one of the Receptions which will be held at the White House on the evenings of January 24th, February 2d and February 16th, at nine o'clock.

Will you be good enough to let me know if you have any preference as to the date for the invitations? You understand, of course, that your acceptance of the invitations will depend entirely upon your own convenience.

Very sincerely yours,

Campbell B. Hodges,
Lt. Colonel, Infantry,
Military Aide to the President

Dr. John Harvey Kellogg
Battle Creek
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