

4

Mr. Alfred L. Robert,
Columbia University,
College of Physicians and Surgeons,
630 West 168th Street,
New York, N. Y.

Dear Mr. Robert:

Replying to yours of March 19:

Thanks for your suggestions. Beginning with the
May number of Good Health, you will find the volume and num-
ber in Arabic numerals at the top of the first cover page.

It will not be convenient to change the plan
of paging before the beginning of another volume.

Sincerely yours,

B

CLASS OF SERVICE DESIRED	
DOMESTIC	CABLE
TELEGRAM	FULL RATE
DAY LETTER	DEFERRED
NIGHT MESSAGE <input checked="" type="checkbox"/>	NIGHT LETTER
NIGHT LETTER	SHIP RADIOGRAM

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

WESTERN UNION

R. B. WHITE
PRESIDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

CHECK
ACCT'G INFMN. <i>Charge</i>
<i>Sen</i>
TIME FILED

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

19__

To New York State Journal of Medicine
 Street and No. 33 W. 42nd St.,
 Place New York City

We are brim full and shall
 have a waiting list rest of
 season.

John Harvey Hellogg

Sender's address
for reference

WESTERN UNION GIFT ORDERS ARE APPROPRIATE GIFTS
FOR ALL OCCASIONS.

Sender's telephone
number

ALL MESSAGES TAKEN BY THIS COMPANY ARE SUBJECT TO THE FOLLOWING TERMS:

To guard against mistakes or delays, the sender of a message should order it repeated, that is, telegraphed back to the originating office for comparison. For this, one-half the un-repeated message rate is charged in addition. Unless otherwise indicated on its face, this is an un-repeated message and paid for as such, in consideration whereof it is agreed between the sender of the message and this company as follows:

1. The company shall not be liable for mistakes or delays in the transmission or delivery, or for non-delivery, of any message received for transmission at the un-repeated-message rate beyond the sum of five hundred dollars; nor for mistakes or delays in the transmission or delivery, or for non-delivery, of any message received for transmission at the repeated-message rate beyond the sum of five thousand dollars, *unless specially valued*; nor in any case for delays arising from unavoidable interruption in the working of its lines; nor for errors in cipher or obscure messages.

2. In any event the company shall not be liable for damages for mistakes or delays in the transmission or delivery, or for the non-delivery, of any message, whether caused by the negligence of its servants or otherwise, beyond the sum of five thousand dollars, at which amount each message is deemed to be valued, unless a greater value is stated in writing by the sender thereof at the time the message is tendered for transmission, and unless the repeated-message rate is paid or agreed to be paid, and an additional charge equal to one-tenth of one percent of the amount by which such valuation shall exceed five thousand dollars.

3. The company is hereby made the agent of the sender, without liability, to forward this message over the lines of any other company when necessary to reach its destination.

4. Domestic messages and incoming cable messages will be delivered free within one-half mile of the company's office in towns of 5,000 population or less, and within one mile of such office in other cities or towns. Beyond these limits the company does not undertake to make delivery, but will, without liability, at the sender's request, as his agent and at his expense, endeavor to contract for him for such delivery at a reasonable price.

5. No responsibility attaches to this company concerning messages until the same are accepted at one of its transmitting offices; and if a message is sent to such office by one of the company's messengers, he acts for that purpose as the agent of the sender.

6. The company will not be liable for damages or statutory penalties in any case where the claim is not presented in writing within sixty days after the message is filed with the company for transmission.

7. It is agreed that in any action by the company to recover the tolls for any message or messages the prompt and correct transmission and delivery thereof shall be presumed, subject to rebuttal by competent evidence.

8. Special terms governing the transmission of messages according to their classes, as enumerated below, shall apply to messages in each of such respective classes in addition to all the foregoing terms.

9. No employee of the company is authorized to vary the foregoing.

THE WESTERN UNION TELEGRAPH COMPANY

INCORPORATED

R. B. WHITE, PRESIDENT

CLASSES OF SERVICE

TELEGRAMS

A full-rate expedited service.

NIGHT MESSAGES

Accepted up to 2:00 A.M. at reduced rates to be sent during the night and delivered not earlier than the morning of the ensuing business day.

Night Messages may at the option of the Telegraph Company be mailed at destination to the addressees, and the Company shall be deemed to have discharged its obligation in such cases with respect to delivery by mailing such night messages at destination, postage prepaid.

DAY LETTERS

A deferred day service at rates lower than the standard telegram rates as follows: One and one-half times the standard night letter rate for the transmission of 50 words or less and one-fifth of the initial rates for each additional 10 words or less.

SPECIAL TERMS APPLYING TO DAY LETTERS:

In further consideration of the reduced rate for this special Day Letter service, the following special terms in addition to those enumerated above are hereby agreed to:

A. Day Letters may be forwarded by the Telegraph Company as a deferred service and the transmission and delivery of such Day Letters is, in all respects, subordinate to the priority of transmission and delivery of regular telegrams.

B. This Day Letter is received subject to the express understanding and agreement that the Company does not undertake that a Day Letter shall be delivered on the day of its date absolutely, and at all events; but that the Company's obligation in this respect is subject to the condition that there shall remain sufficient time for the transmission and delivery of such Day Letter on the day of its date during regular office hours, subject to the priority of the transmission of regular telegrams under the conditions named above.

NIGHT LETTERS

Accepted up to 2:00 A.M. for delivery on the morning of the ensuing business day, at rates still lower than standard night message rates, as follows: The standard telegram rate for 10 words shall be charged for the transmission of 50 words or less, and one-fifth of such standard telegram rate for 10 words shall be charged for each additional 10 words or less.

SPECIAL TERMS APPLYING TO NIGHT LETTERS:

In further consideration of the reduced rates for this special Night Letter service, the following special terms in addition to those enumerated above are hereby agreed to:

Night Letters may at the option of the Telegraph Company be mailed at destination to the addressees, and the Company shall be deemed to have discharged its obligation in such cases with respect to delivery by mailing such Night Letters at destination, postage prepaid.

FULL RATE CABLES

An expedited service throughout. Code language permitted.

DEFERRED HALF-RATE CABLES

Half-rate messages are subject to being deferred in favor of full rate messages for not exceeding 24 hours. Must be written in plain language.

CABLE NIGHT LETTERS

An overnight service for plain language communications, at one-third the full rate, or less. Minimum of 25 words charged for. Subject to delivery at the convenience of the Company within 24 hours.

SHIP RADIOGRAMS

A service to and from ships at sea, in all parts of the world. Plain language or code language may be used.



Jan. 1 until Jan. 13
Goldman Hotel
Fort Smith, Arkansas

[1-25]

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

My dear Doctor Kellogg,

I was mighty glad to see you riding towards me on your bicycle, looking so very young and virile. You certainly are a fine demonstration of your system of living.

I expect to be in Florida during the last half of February and possibly most all of March. I hope I can have a chance to see you.

Last year you spoke of some club that might want me to give a program for them. If that situation still exists, we had better plan ahead of time for it.

Please accept for yourself and extend to all the folks of your fine organization my kindest regards and best wishes.

Most cordially yours,

Walter Dillinger

HR:GM

*saw one of your old
men here today Dr. Kerr,*

WILLIAM GILBERT ANDERSON, M.D., M.P.E., DR. P.H.

Director Yale Gymnasium · Emeritus

BOX 1802 · YALE STATION · NEW HAVEN · CONN.

Jan. 2, 1935.

Dear Dr. Kellogg:-

Your unique and appealing Christmas card makes me envious. For the sake of my heart if nothing more, I wish I could ride a bicycle with the ease and grace which you show in the photograph.

I do not forget the past and Mrs. Anderson and I send to you wishes for your health and contentment for 1935.

Faithfully yours

A handwritten signature in cursive script, appearing to read "W. G. Anderson". The signature is written in dark ink and is positioned below the typed name "Faithfully yours".

January 2, 1935

Mr. Thos. L. Gardiner,
New York State Journal of Medicine,
33 West 42nd Street,
New York City.

Dear Sir:

As you suggested, when Mr. Ostriker arrived we discussed the matter of rates and arranged a program which we believe would secure for him and his family the best results obtainable in the short time he had to remain here. The time was so brief a considerable part of it was occupied with examinations and reexaminations, although treatment was begun at once and every day was filled as full of as thoroughgoing medical attention as we know how to give. The time during which they remained was not long enough to show the results of the treatment applied, but benefit will be derived from the following of the program marked out for them, which I am quite sure they fully believed when they left here.

The guests proved to be a family of three rather than a single person as we supposed. We charged them our regular rates for examinations, room, board, treatment, etc. The examinations included under our fifty dollar fee are more than double what New York doctors give for the same charge.

The bills for the three amounted to \$783. Enclosed find copies of the bills which Mr. Ostriker O. K'd before leaving. This,

Mr. Thos. L. Gardiner, No. 2.

at your regular rate of \$160 a page when several insertions are made, would lack about twelve dollars of paying your regular full price for five full page insertions. Our understanding is that we will receive five insertions, three of which we will reserve for next fall, starting with the October number and running through the November and December numbers. I hope you will give us liberal editorial mention.

If we get substantial results we will become permanent patrons of your advertising columns.

Yours truly,

P. S. Please send us a receipted bill for the two pages you are giving us now and an order for the pages in the October, November, and December numbers.

b

WILLIAM GILBERT ANDERSON, M.D., M.P.E., DR. P.H.

Director Yale Gymnasium · Emeritus

BOX 1802 · YALE STATION · NEW HAVEN · CONN.

Jan. 7, 1935.

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

Dear Dr. Kellogg:-

There is in Miami, a young man age 26, a personal friend of mine, who wants to do something. If he can get enough for his room and board and be under the guidance of the right man he will be in every way satisfied. I do not know that there are any vacancies in your Florida Sanitarium, but I can quickly surmise that you have many requests. If it is possible for you to assist Mr. Jacobs, I will surely appreciate whatever you can do.

His name is Curtis B. Jacobs and he lives at 48 West 30th Street. If you can give him an appointment he can be reached by telephone under the name of Madden, 2-2964 Miami. Mr. Jacobs is not a Jew. He is desperately in need of assistance, so that if you are not able to use him in your sanitarium, perhaps you will be willing to aid him in some other way. He is a splendid worker, but his prolonged failure to secure any kind of a position has, I believe, caused him to lose faith in himself. I endorse Mr. Jacobs.

I want to thank you in advance for whatever you may do for him and me.

Faithfully yours



WGA/LAP

WILLIAM GILBERT ANDERSON, M.D., M.P.E., DR. P.H.
Director Yale Gymnasium · Emeritus
BOX 1802 · YALE STATION · NEW HAVEN · CONN.

Jan. 16, 1935.

Dr. John H. Kellogg
Miami Springs, Florida

My dear Dr. Kellogg:-

Thank you for your two letters. I was sure you would help my friend Mr. Curtis Jacobs if you could and I still hope that you may be able to do something for him. He called upon you last week but failed to meet you.

I fear that I gave the wrong impression of myself for I am in excellent condition and feel twenty years younger than my years indicate, but I know that active leg work is good for the heart, hence my wish that I could ride a bicycle.

If we go to Miami you will surely see us, but I am not at all sure that Fate will be thus kind.

With best wishes

Faithfully yours



WGA/LAP

January 12, 1935

Dr. W. G. Anderson,
Box 1802,
Yale Station,
New Haven, Conn.

My dear Dr. Anderson:

I have your letter of January 7.

We have not at present any position we could offer the man, but I will ask him to call so as to form some opinion of his capabilities and later may find need for his services.

We have a full corps at present, but as our patients increase in number we shall have to add to our force and I may find a place for him.

Sincerely yours,

b

January 12, 1935

Dr. A. G. Anderson,
Box 1802,
Yale Station,
New Haven, Conn.

My dear Dr. Anderson:

It was exceedingly kind of you to write me such a nice letter. I am sorry, however, to find in your letter an intimation that you are yourself not in good health. Why not run down to Florida for a month and let me look you over? I have made a number of discoveries along the line of rejuvenation and I am sure can give you some hints which should be of real value to you. It is to these things that I am indebted for the degree of health and vigor which I enjoy and which enable me to still maintain the entire program of activities in which I have been engaged during the last sixty years. I work from twelve to sixteen hours a day, examining patients, operating, lecturing, in fact, doing everything I ever did.

I do not get a chance to ride a bicycle every day, but I improve every opportunity to get out for a ten or fifteen mile ride and shorter rides when I do not have time for a real spin over these lovely Florida roads.

One never tires of the sunshine, the flowers and many natural beauties of this tropical region.

Hoping this will find you in comfortable health and with best wishes, I am
As ever sincerely and cordially yours,

January 14, 1935

Mrs. Henry L. Doherty,
The Waldorf-Astoria,
New York City.

Dear Mrs. Doherty:

It was most gracious of you to send me such a nice little note. I am glad that you liked my Christmas card. The picture was taken last summer and in looking about for a suitable Christmas token it occurred to me that it might serve a useful purpose as a suggestion of the importance of keeping up exercise.

I was the pioneer bicycle rider at Battle Creek nearly 60 years ago. I had a severe attack of acute infectious rheumatism which affected my heart seriously, leaving it so weak that very little exercise would send my heart rate up to more than a hundred for half an hour or more. I cured myself by carefully graduated cycling.

I resumed bicycle riding a couple of years ago as a precaution against the senile changes which usually occur after three score and ten. I had some symptoms which I had been feeling for a year or two. In a few months the symptoms entirely disappeared and I am at the present time able to take with ease six to eight mile rides on ordinary country roads and ten to thirteen mile rides on the splendid Florida roads. Systematic exercise is one of the most valuable of all means for combating the changes in the heart and blood vessels which are Old Father Time's most destructive weapons.

I am delighted to know that Mr. Doherty's health is fair, but he

Mrs. Henry L. Doherty, No. 2.

ought not to be satisfied with fair health but he should make use of every available means to make his health as good as possible.

I hope that you are planning to get back to Florida sunshine very soon, for the frigid temperatures of the North are highly dangerous for one in Mr. Doherty's condition. The world cannot afford to lose such a genius as Mr. Doherty. His wise counsel and guidance have been of incalculable service to the Sanitarium and have placed us under the deepest obligation to him and to you as well, for your skill and devotion have been the dominant factor in keeping him alive.

I wonder if you are going to be in Florida again soon. I am very anxious to have a brief conference with him with reference to Sanitarium matters. What a marvelous man he is and what wonderful things he is doing. His extraordinary genius is unparalleled. I will be very glad indeed to have an intimation about what time Mr. Doherty is likely to be in Miami. Please assure Mr. Doherty that I warmly reciprocate his kindly sentiments.

Please tell your charming daughter that I heartily congratulate her on the success of her diplomatic services in Copenhagen. I wonder if while there she got in touch with a little sanitarium at Skodsborg, a suburb of Copenhagen, which I aided in establishing more than 30 years ago. I received her note telling me she wished to consult me at once after her arrival here. I shall be very glad to see her and place my services at her disposal.

I am very anxious to get you started on a program of regimen and treatment which will astonish you by the results obtained not only in the arrest of senile processes but in actual rejuvenation. I have developed in the last few years some really remarkable rehabilitation

Mrs. Henry L. Doherty, No. 3.

methods which enable us to do things we have never before been able to accomplish.

Assuring you of my very kindest regards to you all and that I am most happy to be at your service when opportunity offers, I am

Your friend

b

January 15, 1935

New York State Journal of Medicine,
33 West 42nd St.,
New York City.

Gentlemen:

I have received your wire and have answered as follows:

"We are brim full and shall have a waiting list the rest of the season."

I am glad the Ostrikers were pleased with what we did for them. They were splendid people and it was a pleasure to make their acquaintance and to do what we could for them in the limited time they were here. They ought to have had a number of weeks more with us. I hope, however, they will receive substantial benefit as a result of their stay here if they will carefully follow out the instruction given them.

As regards more advertising, I will first of all want to have a definite understanding as to the present deal. I am awaiting your answer to my letter in which I sent you a bill and made a statement of my understanding of the transaction.

Your reference to a lower rate in your wire leads me to doubt as to just what your charges are going to be. Does the expression lower rate mean lower than \$160 a page, which I understand to be your rate when several pages of space are used, or does it mean a rate still lower than \$160 a page, which is a very high rate because of the limited circulation which your journal enjoys compared with that of the Journal of the American Medical Association.

New York State Journal of Medicine, No. 2.

Later in the season we shall probably have some unoccupied rooms and we will be prepared to consider a favorable proposition.

Awaiting your reply to my letter, I am

Sincerely yours,

b

New York State Journal of Medicine

JOURNAL MANAGEMENT COMMITTEE

FREDERIC C. CONWAY, M. D., *Chairman*

PETER IRVING, M. D., *Secretary*

THOMAS M. BRENNAN, M. D.

SAMUEL J. KOPETZKY, M. D.

GEORGE W. KOSMAK, M. D.



Business and Editorial Office

33 West 42nd Street
New York, N. Y.

Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*

JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE

Medical Society of the State of New York

January 15th, 1935

Dr. John Harvey Kellogg,
Miami Battle Creek Sanitarium,
Miami, Fla.

Dear Dr. Kellogg,

We wired you today as follows:-

OSTRIKER SO PLEASSED WITH YOUR SERVICE THAT TWO RELATIVES WOULD LIKE TO COME DOWN JANUARY TWENTY SIXTH FOR TEN DAYS TREATMENT PROVIDING YOU WILL TAKE AMOUNT OF CHARGES IN ADVERTISING STOP THIS ADDITIONAL AMOUNT WOULD ENTITLED YOU TO LOWER RATE ARE YOU INTERESTED ANSWER COLLECT.

As stated in the wire, Mr. Ostriker was more than pleased with everything during his visit, in fact so much so that his two brothers-in-law, Messrs May and Rose, are exceedingly desirous of going down for a few days.

I am of the opinion that their bill would run approximately the same during their ten day visit as Mr. Ostriker's bill, which would make it possible for you to use twelve pages at the twelve-time rate of \$140.00 per page.

However, should you not care to use the additional advertising or to accommodate Mr. May and Mr. Rose on this arrangement, we will, as per your instructions, run a full page advertisement in our issues of October, November and December, 1935 in addition to the two pages that have already run - a total of five pages, to offset the charges incurred by Mr. Ostriker.

We would be happy to hear as to the results of the two pages of advertising in the Journal. We trust that the results therefrom surpassed your expectations.

Thanking you for past courtesies, we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Business Manager

TRG:NP

January 13, 1935

Mr. Homer Houghover,
11 West Jackson Blvd.,
Chicago, Ill.

Dear Friend Houghover:

I have your letter of January 1. It reached me several days ago at Tampa. In addition an attack of sciatica. I have been laid up for a month and am just beginning to get on my feet, so I have not had an opportunity to do anything in the way of looking up an agent for you. I had thought of speaking to Clayton Cooper, President of the Committee of One Hundred. Do you think you could arrange a program which would be likely to please these worldly business men? The Committee of One Hundred, as you know, is mostly made up of millionaires or wealthy businessmen who have winter homes on the Beach. I think I mentioned this to you last year. I hope to be on my feet again in a couple of weeks and will see what can be done about the entertainment.

Miami seems to be overrun in the winter time with entertainers whose programs are by no means equal to yours, and they are constantly on the job and quickly pick up every opportunity for earning a little money. I will make inquiry from such people as I can find who will be likely to be interested, but I am afraid I can not hold out a very alluring prospect. I will do the best I can.

I am sure it will be a delight to meet you again. You always seem to be full of the joy of living.

Mr. Homer Rodeheaver, No. 2.

Always with best wishes, I am

Sincerely yours,

P.S. If I can find time I will challenge you to a bicycle race.

CLASS OF SERVICE DESIRED	
DOMESTIC	CABLE
TELEGRAM	FULL RATE
DAY LETTER	DEFERRED
NIGHT MESSAGE	NIGHT LETTER
NIGHT LETTER	SHIP RADIOGRAM

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

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CHECK
ACCT'G INFMN. Char e San
TIME FILED

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January 19, 1935

19

To Thos. R. Gardiner,

To

New York State Journal of Medicine,

Street and No.

33 West 42nd St.,

Place

New York City.

ACCEPT YOUR PROPOSITION PROVIDED THE PATIENTS WILL COME AT
ONCE OR MAKE THEIR VISIT IN APRIL OR IF NECESSARY TAKE ROOMS IN A
HOTEL NEARBY AT OUR EXPENSE. WILL EXPECT THREE OR FOUR EDITORIAL
MENTIONS DURING YEAR.

JOHN HARVEY KELLOGG

b

Sender's address
for reference

WESTERN UNION GIFT ORDERS SOLVE THE PERPLEXING
QUESTION OF WHAT TO GIVE.

Sender's telephone
number

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SHIP RADIOGRAMS

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BATTLE CREEK PUBLIC SCHOOLS

W. G. COBURN, SUPERINTENDENT

January 21, 1935

Dr. John Harvey Kellogg
The Miami-Battle Creek
Miami Springs, Florida

My dear Doctor Kellogg,

As I look back over the two weeks that Mrs. Coburn and I spent with you in Miami-Battle Creek it was nothing but a pleasure and a profit to both of us for the full time.

We appreciate very much the personal attention you gave us, the wonderful visit we had that Sunday morning going out to see your little garden in the country, the privilege of being your guest when Captain Rickenbacker gave his talk at the Miami Beach Club. I was much rested when I arrived home, thanks to your kind foresight.

Mrs. Coburn joins me in expressing our appreciation of all that you did for us. I think, Doctor, that you have an ideal place in Florida and I am telling our mutual friends so every chance I get. I am sure that you must be very happy in your surroundings.

Very truly yours,

Mrs. W. G. Coburn

WGC:J

7, Usandizaga, 1.º D. San Sebastián,
21/1/5 Spain

Dear Dr. Kellogg,

Do you still remember when
in 1915, on my way to California,
you so kindly & generously offered
me your hospitality at the Battle
Creek Sanitarium where I spent
several days in close touch with
you, with so much profit & plea-
sure to me, & when we discussed
fully my long fast at the Ame-
gic Institute under Prof. Benedict?
Since that time I have delved
into the matter more carefully
and have come around to your
point of view that fasting is a
very dangerous & harmful thing
if too much prolonged & carried
out without the utmost care, ~~it~~
therefore, I have not fasted any

more nor encouraged others to do so; ~~and~~
not only I have not given up my
interest & study in nutrition &
dietics, but I have spent of these
years travelling thru the States,
Canada, Australia, New Zealand,
Japan, France, Italy, Germany etc
& now in Spain studying the best
& has fixed on nutrition in health
& disease & especially the foods &
cuisine of the different peoples.
I do not need to tell you that
I have always considered you
& still do so, as the best, if
not the best, authority on nutri-
tion & dieting, & I have kept in
touch with you at times etc.
As in my work, study & practice
I have come to some conclusions
that I hesitate to give to the world
without consulting myself with
well-informed & disinterested persons,
I beg you to pardon me if I am
going to trouble you with a few
questions that I hope you will
be so kind to answer at your
best convenience & opportunity.

My work & study changed more
possibly to a deeper study of
the New Physics & its implications.
As there is only one substance
that we know of in the universe
our body cannot be but one of
the manifestations of that one
substance. and as that one substance
is of an electronic, electromagnetic
nature our organism must also
be an electromagnetic apparatus
for transforming the incoming
energy into heat, work, movement,
metabolism, etc. We use to look
at the source of this energy from
food & oxygen, but as light is
of a corpuscular nature (photons)
& substance derived from the sun,
without which life is impossible,
I have come to consider light,
& radiant energy, also as a food,
absorbed by skin & mucous mem-
branes etc. & transformed
in our organism into other forms
of energy, life, work, movement, meta-
bolism, etc. As you have made

a life study of light & food, I try
to be so kind to let me know what
do you think of such a conception
of light; that it nourishes the body
directly as it does indirectly thru
foods, etc. and that it acts therefore
as a great tonic especially to the
endocrine glands that in two con-
stellations headed by the 2 glands
(acids) & the Langerhans islets
(insulin, as desligning), or as
positive & negative electricity regul-
ate the so called acid-base equilib-
rium that when quasi-balanced
within normal limits is the cause
of normal health, & when unbalanced
abnormally by excesses of + or - elec-
tricity makes an effort to get rid of
these excesses in the form of what
we call "disease". This brings life,
"light", the "organism" health & so called
"diseases" into one category of pheno-
mena - electromagnetic balance
or unbalance to keep the energy-
transformer, the body in balance - in
health. Hoping to hear from you, & thanking
you in advance, with best wishes &

Augustin Fedanym

New York State Journal of Medicine

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THE OFFICIAL ORGAN OF THE

Medical Society of the State of New York

January 21st, 1955.

Dr. John Harvey Kellogg,
Miami-Battlecreek Sanitarium,
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

I received your letter of January 15th, also your telegram of January 19th, today. Sorry that the party who decided to come down for treatment find it impossible to get away as they had planned. Should they be able to arrange to come at a later date, I will advise you accordingly.

Enclosed herewith is a receipted statement covering the five pages of advertising paid for by Ostriker's account. You ask in your letter, as to whether we have a lower rate than \$160.00 per page. This rate is for a six time order and where a full page is used for twelve times, the rate comes down to \$140.00, so that should it be possible for us to use further services, it would probably be possible for you to take advantage of the \$140.00 rate.

It is barely possible that the writer may arrange to come down for treatments himself at a later date. Mr. Ostriker has said so many nice things about your service that he has created a real desire on the part of the writer to pay you a visit, and if it is at all possible, he will arrange accordingly.

Trusting you are having a **successful** season, we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner
Business Manager

TRG:MB

STATEMENT

New York, January 21st 19³⁵

Miami-Battlecreek Sanitarium

Miami Springs (Miami), Florida

To New York State Journal of Medicine, Dr.

33 West 42nd Street
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Telephone, CHickering 4-5572



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SEMI-MONTHLY

The Official Organ of the Medical Society of the State of New York

1935

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N. Y. STATE JOURNAL OF MED.
By Thos. R. Gardiner
Business Manager

January 24, 1935

Mr. Thos. C. Gardiner,
New York State Journal of Medicine,
53 West 42nd Street,
New York City.

Dear Sir:

I have your letter of January 21.

I am glad to see my understanding was correct.

I am glad that your friends are not coming now,
for we are brim full and have a waiting list and would
be hard to squeeze them in. I hope you will yourself
visit us and I believe you will be pleased with what you
find here and what we are trying to do.

Sincerely yours,

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DR KELLOGGS BATTLECREEK SANITARIUM=

:MIAMISPRINGS FLO=

PLEASE SEND ME SIX ONE POUND BOXES KABA KINDEST

REGARDS=

:ROGER W BABSON.KABA.9 17A.

January 25, 1936

Dr. Roger W. Babson,
Mountain Lake Club,
Lake Wales, Fla.

Dear Dr. Babson:

A few moments ago we received your telegraphic order for six cans of Kaba. We shipped it immediately and hope it will arrive promptly.

Thanking you for your order, we are

Sincerely yours,

THE MIAMI-BATTLE CREEK

b

b



Cambridge, Ohio
January 29, 1935

Dr. John Harvey Kellogg
Miami-Battlecreek Sanitarium
Miami Springs, Florida

Dear Dr. Kellogg;

I certainly am surprised to find a young fellow like you troubled with a disease like shingles. If it had been croup or something like that, that would have been better. I certainly hope you are well and out and around and as good as ever by this time. Yes, I feel fine.

Sure I can arrange a program that would be interesting, entertaining, and helpful to that group of business men. I have done it many times for similar groups and I am constantly doing it in the big Rotarians and Kiwanis and other groups of men. We would let them sing and play something for them and tell them some stories and recite some poems that I know they would enjoy. I could be over there most any time during the ten days or two weeks following March 3. I will be in a big Tabernacle for two weeks beginning February 17. However, you can reach me through my Chicago office, 28 East Jackson Blvd.

My I certainly am looking forward to a visit with you.

Most cordially yours,

A handwritten signature in cursive script that reads "Homer Rodeheaver".

HR:HM

COPY

412 Penn Ave.,
Pittsburgh, Pa.

January 29, 1935

Dear Battle Creek:

I want to thank you for all the advice you so generously give us and I want you to know that I have profited immensely by taking it home to myself. It must be forty or more years since I began to live by the Battle Creek plan. My friends took it as a joke and laughed at me and said I was eating wood, hay and stubble, but I stuck to it, never thought of stopping after I began. It was mighty fine eating and I enjoyed it and today I am still putting into practice all the lessons I have learned from Battle Creek. All the people who laughed at me are dead and I am still putting into practice all the lessons I have learned from Battle Creek. All the people who laughed at me are dead and I am still here, having on November the fourth celebrated my ninety-fourth birthday, born in 1840. I am in good health and fine spirits and want to do things just like I always did. I don't feel old and I don't think I am old. I am very much interested in everything that goes on. I am congratulated on keeping my mentality. I thought people grew wiser as they grew older, but they are expected to become old fools, I find. Well, not in this case, I hope, thanks to Battle Creek.

I have come through two spells of pneumonia. The doctors say I will live to be a hundred or more. Let's hope, for I have no desire to make that journey. The doctor tells me I am here because of the way I have lived, so don't get discouraged up at Battle Creek. There isn't anything I would rather do than spend some time at the Sanitarium, but that is out of the question, so won't worry about it. In all these years I have interested many people in your health plans and the results have given me much pleasure. I hope you will keep me on your mailing list.

With love for Battle Creek,

Sarah Archer

Chemical Formula For Vitamin B Is Discovered

NEW YORK, Jan. 28. — (A.P.) — Columbia university tonight announced discovery of the chemical formula of vitamin B, an epochal step toward preservation of health.

B is the nerve vitamin, without which the nerves go to pieces. The discovery gives hope of more effective treatment of nerve disorders.

It also promises an improved approach to some of the puzzles of insanity for vitamin B is in use experimentally at the Elgin, Ill., state hospital for the insane as a remedy for dementia praecox, one of the most widespread forms of insanity.

The importance of the Columbia discovery lies in the fact that vitamin B can be synthesized in pure form, that is artificially produced from the chemicals which compose it.

Until now vitamin B has been available only from foodstuffs such as tomatoes, spinach, legumes, eggs, yeast, liver, kidney and other glandular tissues. Its extraction was difficult and it has not been obtained entirely pure.

Synthesis will produce the pure vitamin, and it is expected to do so in virtually unlimited quantities.

The formula was discovered by Robert R. Williams, of Columbia. It is described in the Journal of the American Chemical society.

Set down on paper the arrangement of atoms forming the vitamin roughly resembles an airplane towing a huge target for gunnery practice.

The atoms composing it are carbon, nitrogen, hydrogen, oxygen and sulphur. This fact has been known for a long time. The discovery is how to hook them together so that they will be vitamin B.

Williams learned the secret of this arrangement by extracting a comparatively large quantity of pure vitamin B. He got it from rice polishings—one ton of these polishings producing one-sixth of an ounce of pure vitamin.

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Please check up on the
desert clipping and let me
hear from you.

MOUNTAIN LAKE CLUB
LAKE WALES, FLORIDA

Dear Dr. Kellogg: January 30/35-

I am leaving this
week for California to
address the Chambers of
Commerce of Los Angeles and
San Francisco. I shall
be back here February 23rd.

Mr. Brewster tells me
that he is to give you
all ~~Wednesday~~ Tuesday Afternoon
Feb 26th at the Conference.
Your talk will be on
the "Health Qualities of
Citrus Juices" to be followed
by a Quaker's Clinic - such
as you hold at your Sanitarium in the evenings.

Now Mrs Babson
and I want you to
spend at least one
night with us here.
I assume you will
leave Miami early
~~Thursday~~ Wednesday morning arriving
at Balboa Park about
1.00 P.M. in time for
lunches. Then spend
Tuesday night with us
returning to Miami
Wednesday morning.
But suit yourself.
Whatever you and Mr.
Brewster agree upon will
be okay - Sincerely,

John W. Babson

A. A. HORVATH, PH. D.
P. O. Box 385
NEWARK, DELAWARE

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

January 30, 1935.

Dear Dr. Kellogg:-

Would you be interested in publishing in your "Journal of Good Health" an article of mine on "Some new facts about soya flour" written for the physician and nutritionist? It contains mostly new facts which I have gathered from the scientific literature and has references to about thirty names and papers. The size of the paper is about that of your pamphlet on "Soybeans as Human Food". If such an article is acceptable to you I could send it for publication at once. It contains references to your work relating to *B. acidophilus* with quotations. I would like to get 250 copies of the paper free of charge.

Awaiting your reply, I am,

Very sincerely yours,

A. A. Horvath

A. A. Horvath.

February 1, 1935

Mr. Homer Rodeheaver,
28 East Jackson Blvd.,
Chicago, Ill.

Dear Mr. Rodeheaver:

I have your letter of January 29.

Why haven't I just as good right to sow a few
wild oats as other young fellows?

I will drive over to see Clayton Cooper, President
of the Committee of One Hundred, and see if I can secure an
engagement for you, but before I see him I ought to know what
your charge will be as I am sure he will ask me that question.

Sincerely yours,

b

February 1, 1935

Miss Martha Berry,
The Berry Schools,
Mount Berry, Georgia.

Dear Miss Berry:

Your letter received and to my great distress I have just learned that it was not answered. I have been quite ill, confined to my bed for six weeks, and am just getting on my feet.

Of course we will be delighted to have you visit us. It has always been a pleasure to have you with us, and by doing something for you to contribute in a small way toward the success of your great and good work.

We have been quite full for nearly a month, so if you will let us know a few days in advance we will make a place for you.

I was glad to hear through a gentleman from Atlanta that your sister and Mr. Campbell are quite well.

Hoping we will have the pleasure of having you with us soon and with my very best regards, I am

Sincerely yours,

b

February 6, 1935

Dr. Roger W. Babson,
Mountain Lake Club,
Lake Wales, Florida.

My dear Dr. Babson:

I have your letter of January 30 enclosing a clipping about vitamin B. This seems to be really a great discovery. It is not surprising, however, because the great chemists of the world have been working hard for more than ten years to determine the chemical constitution of vitamin B and to find a synthetic method of producing it. They seem to have succeeded at last. This is really a great discovery if it turns out to be as dependable as it seems to be. I am very well acquainted with Dr. H. C. Sherman and other members of the faculty of Columbia University and I am certain they would permit no announcement to be made which was not soundly based.

I have been having a tough time with shingles, but I am getting on my feet again and by February 26 hope to be well enough to do my part on the program. Your people have been very liberal in giving me so much time. I will condense my paper so as to give the salient facts in less time and that will give me more time for the question box, which I hope we shall be able to make very profitable. It will be a great help if some one will see in advance that a good assortment of practical and carefully considered questions are in the box.

You ought to run over here for another checkup some time during the winter. Men who are doing such basic and important work as you are doing should watch their physical condition very closely. A careful examination should be made at least twice a year. A captain who

Dr. Roger W. Babson, No. 2.

did not take care to note the direction in which his ship was traveling only now and then instead of every hour would be regarded as a very reckless mariner and no one would want to travel with him. It is amazing how we neglect our most precious interests.

If you do not get around this way before, drop in in May. We are brimful and have a waiting list and we will probably keep full until the middle of April or the first of May. We made practically no effort to get patients. Those who are here have come spontaneously. We have made scarcely any announcement and have sent out very few circulars.

Hundreds of old Battle Creek patients come here every year and there are plenty of chronic invalids drifting about who have been pronounced incurable by leading specialists and really are incurable by the archaic methods in current use by the specialists as well as by ordinary physicians. I certainly would not practice medicine if I had only the so-called classic methods to rely upon. But it is a great satisfaction to be able to offer a way of escape to men and women who have for many years been the victims of disease and suffering due to ignorance and misinformation often received from physicians. The pleasure of seeing these chronic sufferers on their feet and enjoying life again and appreciating the help they have received is great compensation and makes life seem worth living.

I shall be glad to have you as my guest for a few days at any time you may run over.

Greatly appreciating your confidence and cooperation in efforts to spread the gospel of biologic living, I am

Sincerely yours,



"General Howard, you can trust the people in this section. I come from them and I know them. If you come out of this horror alive, and I pray God that you may, I want you to do something for the education of these mountain people who have been shut out of the world for all these years."

(President Lincoln to General O. O. Howard in 1863, as he was starting on his Tennessee campaign.)

Lincoln Memorial University is unique in its field, and numbers among its students young men and women who are struggling with the true Lincoln spirit to qualify themselves for a larger life. There is an ambition that ennobles mankind—the ambition to be useful. In common with all other Americans I rejoice that an opportunity is afforded them that was denied to the youth of Lincoln's time. The entire country will be the beneficiary of the work that is going forward in the depths of the Cumberland mountains.

—Herbert Hoover

"I have every hope that the Lincoln Memorial University will so strongly appeal to national sentiment for Lincoln and for the fine mountain people of the Southern Appalachian area that the Institution may be placed upon the firm and assured basis upon which such a work should rest."

—Calvin Coolidge

"I have for a long time been genuinely interested in the welfare of Lincoln Memorial University."

—Woodrow Wilson

"There is no part of the world where education can do so much as in the region for which Lincoln Memorial furnishes the opportunity for advanced education."

—William Howard Taft

"There could be no finer memorial to Lincoln than this University placed just where you have it."

—Theodore Roosevelt

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February 9th,
1935

My dear Doctor Kellogg:

I trust you will pass from Purgatory to Paradise without any intervening affliction. I know of no man more worthy of the best God and Nature can bestow than my dear friend, Doctor John Harvey Kellogg, concerning whom I love to think as my physical redeemer. You may not be aware of it, but since I last sat under your medicinal direction and guardianship I acquired a new lease of life.

Why in the world don't you come to Lincoln Memorial and give our Students one of your beneficent and encouraging smiles? Your presence would be a great Benediction.

I am overwhelmed with the responsibilities of a campaign to provide \$50,000. with which to keep our flag over the Campus and our Students at their tasks. I have all but \$10,000. which must be provided before I can raise any part of it as the subscriptions are conditional. Last week I started a Drive among the Honorary Alumni of the University feeling quite sure that those who have received Degrees from this worthy institution will be glad to send \$50.00 as a little testimonial to their abiding love. I am sure you will be happy to be one among this number and your check will come as a Lincoln Birthday Gift and it will be deeply appreciated.

With all good wishes,

Faithfully your friend,

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



MICHIGAN CENTENNIAL CELEBRATION



1935 AND 1936

Under direction of

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Feb. 20, 1935

Dr. Emil Leffler, Pres.
Battle Creek College
Battle Creek, Mich.

My dear Dr. Leffler,-

In recognition of your distinction and service as president of Battle Creek College, we have taken the liberty of placing you on the Honorary Committee of the Michigan Centennial Celebration. We hope this meets with your approval.

With warmest regards and best wishes for your continued success.

Sincerely yours,

G. N. Fuller
G. N. Fuller

GNF/NA

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 PRESQUE ISLE—Joseph M. Whitsitt
 ROSCOMMON—Henry J. DeWaele
 SAGINAW—Charles W. Bois
 SANILAC—John Morris
 SCHOOLCRAFT—Charles H. Howard
 SHIAWASSEE—Oscar Barnes
 ST. CLAIR—C. Lincoln Boynton
 ST. JOSEPH—Joseph D. Sturgis
 TUSCOLA—Walter Heckroth
 VAN BUREN—R. B. Fox
 WASHTENAW—Mark Sugden
 WAYNE—Richard Lindsay
 WEXFORD—Louis A. Skinner

February 21, 1935

Dr. G. N. Fuller
Michigan Historical Commission
Lansing, Michigan

My dear Dr. Fuller:

I consider it an honor and a pleasure to have my name used in connection with the proposed Michigan Centennial Celebration. Personally I am looking forward to the Centennial with a considerable degree of interest. I certainly wish you every success as you plan for it.

Very sincerely yours,

Emil Leffler
President

l:s

He died not long after.

Franklin G. Martin, M. D.
54 East Erie Street
Chicago

February 26, 1935

My dear Dr. Kellogg:

Cordial greetings on
your birthday.

Always sincerely yours,

Franklin N.

*How long oh how long -
Following your foot steps*

FA

February 28, 1935

Mrs. David Fairchild,
4013 Douglas Road,
The Kampong,
Coconut Grove, Florida.

My dear Mrs. Fairchild:

I was so surprised when you came into the dining room and brought me that wonderful orchid I did not half express to you my appreciation of the honor of your visit and your gracious gift. We will take good care of it and will be reminded of your wonderful smile and your greatly appreciated friendship every time we see it.

Had I not been so much occupied with the Mayos, I am sure I would have remembered that you are interested in the acidophilus culture which we are now preparing ourselves and with better success than we have ever had before. We have developed a marvelous strain of soy acidophilus which is far hardier than any organism ever known before. The milk cultures of acidophilus are short lived and I think it is this which accounts for the lack of its success in changing the flora. The American Medical Association standard for acidophilus forbids its sale after it is six weeks old. We found last summer one of our cultures of soy bean acidophilus which had been left over from the year before. It had been standing on a shelf without any attention. When a culture was made of it, to our surprise instead of being dead as expected, it sprang into vigorous growth at once and has proved to be the strongest growing and the hardiest strain of acidophilus we have ever encountered and far ahead of anything we have ever dreamed of.

Mrs. David Fairchild, No. 2.

This is very good for all of you and especially good for Mr. Fairchild. A glass or two taken every day will keep the colon germs away, and we find it is an enemy against the ameba and various other parasites.

I was sorry to see the Drs. Mayo looking so badly. They have aged rapidly since I saw them last. Dr. Will Mayo especially appeared to be in very bad condition. What delightful men they are and what a splendid work they have done for the medical profession.

I must not forget to tell you that the soy acidophilus milk saved the lives of the quintuplets up in Canada. Last summer they were attacked with bowel trouble and I am afraid they would have been carried off if it had not been for soy acidophilus. I immediately began sending it to Dr. Defoe for the quintuplets and he has been using it ever since. I sent them two quarts two or three times a week. I have had several letters from him and had a letter from him a short time ago stating that they were thriving and that he had found the soy acidophilus of great help to them and begged me to continue sending it, which I shall be glad to do.

This is a rather long note, so I shall stop right here.

With great respect, I am

Sincerely and cordially yours,

P. S. Kindest regards to Dr. Fairchild and to your daughters.

February 23, 1935

Miss Nancy Bell Fairchild,
4013 Douglas Road,
The Kampong,
Coconut Grove, Florida.

Dear Miss Fairchild:

I am very glad to have your letter. I felt quite anxious about you, fearing you might have found the prescription I made for you working so much more slowly than you expected that you had become discouraged and had abandoned the effort, so your letter telling me of the success of the treatment is a great relief to my mind. The external appearance of the skin, which we call complexion, is really an important indicator in relation to internal health; but the remedies required to correct these conditions do not work as speedily as cosmetics. Fortunately their effects are more lasting. I am hoping that you are realizing other physical benefits in addition to the improvement in your complexion.

Miss Estill and others were very glad indeed to have an opportunity to make you very much at home at Miami-Battle Creek. This is a house by the side of the road and I hope to establish so firmly its character as a place where good fellowship as well as good health will always be found that it may continue for many years a work of beneficence and good cheer.

We had a delightful visit from your wonderful and charming mother who called and brought me an orchid as a birthday present as I had the misfortune to have an eighty-third birthday two days ago. What a terrible thing these birthdays are and they come rushing along

Miss Nancy Bell Fairchild, No. 2.

so fast I have heartily wished that I might find some way to abolish them and slip over a few without their being noticed.

I thank you very much for your letter and am proud to number you among our professional triumphs in dealing with annoying dermal troubles by physiologic means.

Hoping that you will enjoy your journey and get back to your lovely home in Coconut Grove safe and sound, I am

Very sincerely and cordially yours,

b

[Feb., 1935]

4013 DOUGLAS ROAD

THE KAMPONG

COCONUT GROVE, FLORIDA

Dear Dr Kellogg,

These last weeks have
been so busy, our days
so full that I have
not been able to get
over to Batimur to
show you how much
better I am. However,
I could not leave for
a 2 weeks trip to
Guatemala without at

was trying to thank
you for all you have
done for me. As
you know, Mrs. Amberson
is very important to
myself and you
certainly let wonder
with mine, it is
better than ever.

We are all very
well and busy, there
is almost too much
going on these days
and there is absolutely

No sleeping dead, as I
was in the rest of it
together in 1904.
Up some other honey
to the species was some
two 'months' ago, but
I need is a short that
was a young buck some
it fits best of you.

I wonder what sort
of diet the specimens
subsist on and what
we shall be obliged to

has in the way of strange
incidents.

I like the fact long
that I have seen a
letter from you in
that I am coming out
to see her when I get
back, I only wish it
might have been before.

Thank you so much,
I know that is inadequate
but truly I am very very
grateful to you and
all those nice people at
Sattie's creek.
Very sincerely yours
Mandy Bell Fairchild



International Headquarters,
London, E. C. 4.

March 7, 1935

Dr. John Harvey Kellogg
Miami-Battlecreek Sanitarium
Miami Springs, Florida

My dear Doctor Kellogg:

Your letter of February 11 did not reach London until sometime after the General had left for Australia. I am however forwarding it to her as I know how deeply she will appreciate hearing from you.

In the meanwhile, we are looking up the information you ask for and it will be forwarded to you in due course.

Thank you very much for
your interest.

Yours very sincerely

Florence Farrington

BRIGADIER

Babson Finance Company

Babson Park, Florida

March 5, 1935

Walton R. Brewster
Vice-President

Winslow L. Webber
President

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

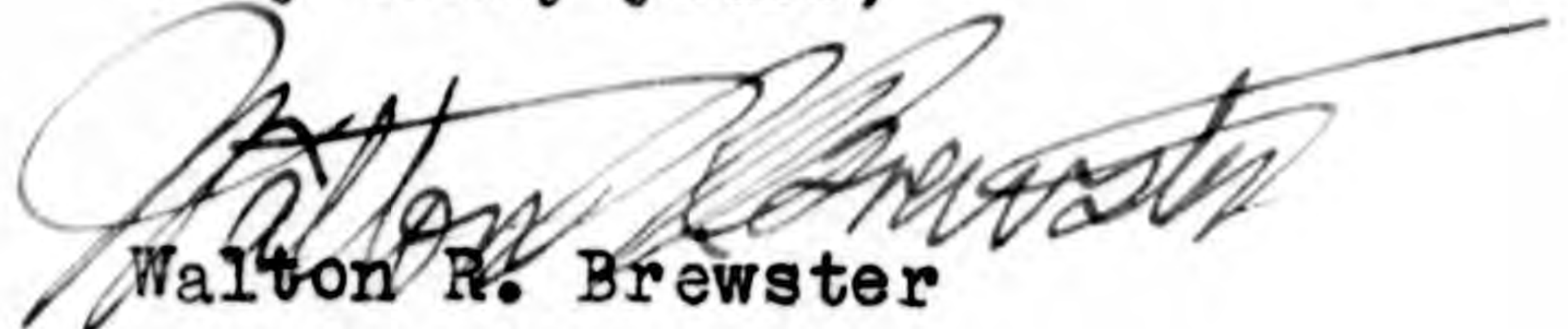
Dear Dr. Kellogg:

I want to express my great appreciation to you for your courtesy in being here during the Business Conference and delivering such a splendid talk. Unquestionably, you were the most interesting speaker we had and I have heard more comments about your talk than any other; although we feel that in any event our Conference which just closed was the best we have ever held both from the standpoint of the high caliber of speakers and the size of our audiences.

Your secretary, Mr. Bloese, says that you are willing to have copies of your talk printed up provided no one is given exclusive rights for publication. A number of people have asked for copies, so no doubt this will be done by someone.

Again thanking you for the honor you conferred upon us by coming, I am

Very truly yours,


Walton R. Brewster

WRB:h

March 8, 1935

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

Dear Prof. Fisher:

Enclosed find a copy of a letter I have just written to Dr. Arthur Hunter. You remember I discussed this question with you some years ago, soon after I learned from Mr. Rockefeller's secretary of his willingness to finance such a research. He asked for an outline of a plan. I feel that I was remiss in duty in not pressing the matter more vigorously at the time, though I confess I was so dull that it did not occur to me that the insurance people could within a few months and at moderate expense acquire information sufficient to give a very definite intimation of the influence of tobacco upon life and health. I believe Mr. Rockefeller might still be interested in the matter. If not, maybe the life insurance people could be induced to take it up in their own interest and in the interest of their policyholders.

The tobacco habit is making rapid strides toward the subjugation of the entire population in this country and every other civilized country and even some semi-civilized countries through the pernicious activities of the tobacco companies.

On the whole, civilization is doing the world much more harm than good. If our whole civilization could be abolished with all its achievements, putting us back in the primitive simplicity of our remote ancestors, the sum total of human joy in living would be vastly

Prof. Irving Fisher, No. 2.

greater than it is today and human misery would be diminished in equal proportion. It is terrible to contemplate what our boasted civilization has done to the human race.

I see by the papers that winter is still raging in the North. It is delightful summer here. I think you and Mrs. Fisher are overlooking an opportunity for a great boost healthward and an addition to your life expectation by not spending at least a month or two in Florida every winter. Why not spend the month of May with us? We will be glad to make you a very low rate, say half the regular rates.

Hoping that you are well and prospering and with very best wishes for you and Mrs. Fisher, I am

Very sincerely yours,

P. S. You will be glad to know Mr. Roger Babson was with us a week last year and became a most enthusiastic disciple of the biologic life. He is doing much to spread the idea among his wealthy and cultivate friends at Mountain Lake. They had a conference there last week which was very largely attended. I had an audience, I should think, numbering at least a thousand of unusually intelligent and cultured people. They were so much interested in the question of health that they gave me the whole afternoon and kept m. going steadily from 3:30 until 6:30. Very few of the audience left before the last half hour.

Prof. Irving Fisher, No. 3.

It will perhaps interest you to know that the quintuplets are taking soy acidophilus and with great benefit. I received a nice letter from Dr. Dafoe just a day or two ago telling me how they had prospered by following the suggestions I had sent him (this is not for publication), together with the soy acidophilus culture which I have now been sending them regularly for more than four months. I saw last October in the papers that they had contracted bowel trouble and I knew this would soon carry them off if it was not stopped, so I began at once send^{ing} them every day a bottle of culture sufficient to supply them with protective bacteria. The poor things were put on a bottle soon after they were born and have never had a chance to get a supply of the protective acidophilus which the baby normally gets from its mother's nipple along with other germs from the colon which are spread over the whole surface of the body, and so were defenseless against attacks of putrefactive organisms.

The soy milk cultured acidophilus has proved to be an extraordinarily vigorous organism. I found last summer in our laboratory a tube culture which had been left over from the year before. An attempt was made to culture it, although no results were expected. It was found, however, that the culture was still alive and burst at once into vigorous growth and required no training to increase their activity and proved to be the most fertile strain we have ever encountered.

I am more and more convinced of the importance of changing the intestinal flora. It is a fundamental thing in therapeutics. The

Prof. Irving Fisher, No. 4.

old physicians who practiced two hundred years ago knew this principle very well and practiced it by giving almost every patient suffering from acute or chronic disease "an opening purge." I remember when a boy I was kicked in the side of the head by a horse and knocked out one of my milk teeth and did no other harm than to make me unconscious for a few minutes. The doctor prescribed for me a couple of compound cathartic pills so bitter that I had to bury them in a whole tablespoonful of molasses to get them down.

I am glad to see that the more recent books written by the younger generation of specialists who have attained prominence within the last 25 or 30 years are beginning to follow more and more closely the physiologic and biologic way of feeding and dealing with their patients by making use of these fundamentally important physiologic means. The old materia medica is dead. I am certainly thankful to have lived long enough to see a partial triumph of truth over error.

We are making an interesting study just now of the stools of a baby, a little son of our bacteriologist, born just four or five weeks ago. Soon after he was born the father began studies of the baby's stools. He found acidophilus the first examination made, which was a week or two after the baby's birth. The proportion has steadily increased until it is now 90 per cent and no dangerous germs at all. The baby is most prosperous.

Every baby fed on a bottle ought to be given bacillus acidophilus. Prof. Rettger ought to stress this point in his communications to the

Prof. Irving Fisher, No. 5.

dairies which he has supervised in the production of his acidophilus milk culture. The milk cultures is good and millions of babies' lives would be saved if they could get all bottle-fed babies to use it. I find the soy milk acidophilus strain better because it is a hardier organism and not so easily killed off. We get almost constantly in our cultures four billion counts and even more.

Do come down with Mrs. Fisher and any other members of your family and let us give you a few new points in rejuvenation and longevity culture.

Encl.

b

THE BERRY SCHOOLS

INCORPORATED

ESTABLISHED 1902

TRUSTEES

ROBERT C. ALSTON,
CHAIRMAN
DR. ALBERT SHAW
JOHN A. SIBLEY
GEORGE LISTER CARLISLE
J. K. ORR
W. L. MCKEE
STANISH MEACHAM

MARTHA BERRY, FOUNDER AND DIRECTOR

CHRISTIAN INDUSTRIAL SCHOOLS FOR
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EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA

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MARTHA BERRY
M. G. KEOWN, ALUMNI
TRUSTEE

MOUNT BERRY, GEORGIA

March 9, 1935.

Dr. J. H. Kellogg,
Battle Creek San.,
Miami Springs, Fla.

Dear Dr. Kellogg:

I appreciate your kind invitation to come down to Miami and rest at your wonderful place. I have been so busy with things at Berry that it has seemed impossible to get away.

One of our College Seniors, who is graduating in May, is very anxious to continue her training in Diatetics and wants very much to go to Battle Creek and study next term. I feel that she is a worthy girl and that she would make good. Do you think this could be arranged? I am wondering if, perhaps, she could secure a Scholarship since she is very poor and seems anxious to have the training.

If you can stop off and see us on your way North it would be a real joy to have you. The latchstring is on the outside.

With sincere greetings from everyone at Berry,

Faithfully yours,

Martha Berry

THE BERRY SCHOOLS

INCORPORATED

ESTABLISHED 1902

TRUSTEES

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CHAIRMAN
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If you can stop off and see us on your way North it would be a real joy to have you. The latchstring is on the outside.

With sincere greetings from everyone at Berry,

Faithfully yours,

Martha Berry

March 10, 1935

Dr. A. A. Horvath,
Box 385,
Newark, Delaware.

Dear Dr. Horvath:

I have your letter of January 30th.

I feel sure a paper by you on the soybean
would be interesting, but I am afraid it would
be a little too technical for the readers of
Good Health. I shall be glad to see a copy of
your paper when it is published.

Sincerely yours,

b

G. H. 1
May

THE
HELIOPORE
ENGINEERING LABORATORIES
COMPANY
HELIOPORE BUILDING
COLORADO SPRINGS, COLO.
CHICAGO OFFICE - 307 N. MICHIGAN AVE. - ROOM 922
PHONE STATE 7347

700 Investment Building
Washington, D. C.
March 11, 1935.

Dr. Irving Fisher
New Haven, Conn.

Dear Dr. Fisher:

As per promise, I am enclosing copy of the "clipping" in re the effects of cigarette inhalation "on eye hand and hand co-ordination," which may account for the startling increase in automobile accidents. Further studies of this subject would be well worth while.

The enclosed typed page, "a vicious, a problem a program," embodies, in the rough, one of our "Helioport Hunches". It certainly suggests a clue to the labor present employment problem and a means of mitigating, if not solving, the same.

Very truly yours

A. S. Bauman

A.S.B. dt J.S.B.

Copy

Few People see what they are looking at.

Experiments indicating^{ng} that coffee acts as an antidote for nicotine were described by Dr. A. L. Windsor of Cornell University. The subjects of the experiment first smoked a cigarette inhaling the smoke, for three minutes. It was found that there was unsteadiness in more or less failure of eye and hand co-ordination which lasted as long as 45 minutes. * The same subjects drank a pint of coffee at another time and showed very much slighter effects. Then they were made to drink the coffee before smoking the cigarettes. The effects found previously for the cigarettes alone were almost entirely lacking.

The capacity of automobile drivers to judge distance falls off rapidly once the vision falls below 70% of normal, it was reported by Dr. Alvah R. Laurer of Iowa State College. The deficiency need be only in one eye to greatly interfere with efficiency as a driver, he found.

* Which may explain the alarming increase of automobile accidents. If 3 minutes inhalation has a 45 minute effect, what will be the effect of constant inhalation?

A VISION--A PROBLEM--A PROGRAM.

"A People Without Vision Perish", wrote Isaiah nearly three thousand years ago. In the early days all young men and women visualized themselves as parents, founders of families, owners of homes; and a young couple always went from the altar to their own home, often a meagerly furnished one-room log cabin in the wilderness. And why not? Procreation, the Creator's means for accomplishing a great purpose, implies fatherhood, motherhood, children, families, and is the greatest fact in human experience. If we would check the disintegration of the home, with the consequent disintegration of the ideals on which our institutions and our Government are founded, we must re-create in the minds, the hearts, the souls, of young men and young women a vision of themselves as parents, as founders of families, as makers and owners of homes; as co-partners with the Creator in the marvellous business of procreation; and then provide the means to translate that vision into reality.

FIVE FACTS--

1. Every normal man ought to be a "husband", "father of a family," the "provider," a home-owner; and every normal woman ought to be a wife, "mother of a family," the maker and the keeper of a home.
2. Economic conditions ought to be such that every man could provide a comfortable home and a decent living for his family; and no woman should, henceforth, be forced to neglect children and home to obtain a livelihood.
3. Every family should own a home, so built and equipped with modern conveniences that a woman can do her own housework, without drudgery, and still have time for social and cultural affairs. For the first time in human experience it is possible to thus build and equip homes, and constant improvement in the means of production makes it possible for the men of America to provide every family an ideal home and to supply both the necessities and comforts to every family, without forcing our girls out of the homes and into industry. But--
4. Instead of owning their own homes, millions of families now live in rented "pigeon-holes", called apartments, and in "shacks," called houses; and millions of girls, a majority before their education is half completed, are compelled to enter industry to supplement the inadequate incomes of fathers or mothers.
(Many young women can not be blamed for seeming to prefer "business careers" to housework in old-fashioned homes, with the inconveniences, discomforts and drudgery incident thereto; and the best way to hold them in the homes is, first, to lift the economic burden from their shoulders, and second, make homes and home life so attractive that girls will prefer homes of their own to jobs.)
5. 99% of farm homes and 90% of urban and suburban homes are improperly built and inadequately equipped; half of which can be remodelled into good homes, but the remainder should be replaced.

A VISION--

Half a million new homes, properly built and equipped, and half a million old homes, remodelled and re-equipped, annually, for one generation, implying an expenditure of three or four billion dollars per year, would initiate a new industrial, economic and social era; solve, permanently, unemployment and a dozen other vexing problems and, for the first time in human history, enable a great people to adequately house themselves. When and How?

A PROGRAM--

Immediately inaugurate a 30-year home-building and equipment program, the primary purpose of which is to enable every newly married couple to occupy, and ultimately own, an ideal home; assuming, of course, that the husband has the opportunity, ability and the inclination to support a family, and the wife is capable of and willing to make and maintain a home.

It is easy to evolve the details of the program provided "gumption" and "grace" are applied to the problem; the latter implying recognition of the Creator's part, and partnership, in the procreative plan, as well as in family and national affairs.

7. The constant improvement in the means of production makes it possible for the men of America to supply all of our home needs and to produce all we may hope to export, therefore, twelve to fifteen million women in industry will always mean, under normal conditions, equal numbers of idle men. The spending of billions annually on public works, to make jobs and affording only temporary relief, is the wrong approach to the problem.

8. America's most tragic blunder, with so many terrible and far-reaching consequences, was the "feminist movement"; one result of which was the entrance of millions of women into industry at the very moment when Science and invention were multiplying man's productive capacity many fold.

9. Permanent solution of the un-employment problem can be effected only by stopping the entrance of women into gainful occupation and the gradual return of the millions now so engaged to the homes. But the women can hardly be blamed for "breaking out" of old-fashioned homes, with their discomforts, inconveniences and drudgery; and the only way to get them back into the homes, and keep them there, will be to make "home" so attractive that young women will prefer homes of their own to jobs.

March 12, 1935

Dr. Howard Kelly,
Johns Hopkins Hospital,
Baltimore, Maryland.

My dear Dr. Kelly:

When Dr. Ida Scudder was with us a few days ago, it occurred to me that she ought to be made an honorary member of the American College of Surgeons just as Dr. Grenfell was a few years ago. I know of no one whose name would be a greater honor to the College than hers. I was about to write to Dr. Martin about the matter when I learned of his death. I am not personally acquainted with the other men who are in charge of the affairs of the College, and it has occurred to me that you are the proper person rather than myself to present Dr. Scudder's name to the College with the suggestion that she be made an honorary member, an action which I am sure the College membership will be glad to take at its next annual meeting.

Dr. Scudder was very much interested in the matter when I suggested it, and from a reference she made to it in a letter received from her today, I see she has set her heart upon it, and I have written her that I was writing you and felt sure that you would be most happy to present her name. I know you will agree with me it will be not only a graceful thing to do, but a just recognition of the noble work the Doctor has done not only as a humanitarian but as a brilliantly successful surgeon.

Dr. Howard Kelly, No. 2.

I trust that you are in good health and enjoying this delightful Florida weather.

Very sincerely and respectfully yours,

P. S. I have been told that you were spending the winter at St. Petersburg, but not having your street address I am sending this letter to your Baltimore address with the expectation that it will be forwarded.

b

Antigua

Guatemala

March 14 1935

Dear Dr Kellogg,

Mother forwarded your letter to me here among the old Spanish ruins and I just cannot hel writing again to thank you for all your kindness and to assure you that I never felt better in my life; just full of beans one might say.

This is a wonderful place of old memories and past glories. This house was built in 1569, destroyed by two earthquakes and now has just been restored as it was. We have patios, and fountains, great high rooms and lovely old carved furniture. It is unbelievable lovely here in the moonlight with the fountains tinkling and a church bell ringing across the city. We have read so much old history, books of travel, and Mayan lore, that we find it easy to imagine ourselves back in the 16th century.

Under the spur of Dad's pleadings we have been haunting the market in search of interesting fruits and have already quite a few little envelopes of seeds to take back with us. Here we live almost entirely on fresh fruit; four and five oranges for one cent, a huge avocado for one half cent, mangos, sapote, caimitas, and many others that we do not know yet. I have always found markets fascinating but now, with something definite to look for, they are even more fun.

I hope that everything goes well with all your nice people and that your new birthday does not weigh too heavily upon you.

With very many thanks again, I am

very sincerely yours

Nancy Bell Fairchild

March 15, 1935

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

Dear Professor Fisher:

I enclosed a letter and a leaflet which I
have recently received from the Life Extension
Institute together with a copy of my reply.

Sincerely yours,

b



Not used
The Salvation Army.

WILLIAM BOOTH, FOUNDER.

on 1st
1

EVANGELINE BOOTH, GENERAL

TELEGRAPHIC ADDRESS:
SALVATION, CENT, LONDON

TELEPHONE:
CENTRAL 2350

LITERARY
DEPARTMENT

International Headquarters,

101, Queen Victoria Street,

London, E.C.4.

15th March 1935.

DR. JOHN H. KELLOGG,
Battle Creek,
Miami Springs,
Florida. U.S.A.

Dear Sir,

Your letter to General Evangeline Booth has already been acknowledged I understand, and it is now my pleasure to send you some information on the matter to which you refer.

Speaking generally, I may say that in many parts of the world Salvationists are doing what they can to help serious cases of drunkenness. Among the most outstanding examples is New Zealand where we have two islands for the reception of patients, men and women respectively. These patients are either committed by the State or they commit themselves voluntarily for a certain period and are thus completely under our control. In Australia we have a place for women only with Government assistance but where entry of the patients is more or less voluntary. Everywhere the problem is handled in ways most suitable for the region in which our work is operating.

In London we have an Institution for the treatment of women inebriates, and the information I



International Headquarters, Queen Victoria Street, E.C. 4.

-2-

send you has particular relation to that Institution. As you will see, the notes are taken from an Address delivered by our Chief Medical Officer.

Trusting this will be both of interest and service to you,

I am, my dear Sir,

Yours very faithfully,

Albert Powley

COMMISSIONER.

Literary Secretary.



International Headquarters, Queen Victoria Street, E.C. 4.

EXCERPTS FROM A PAPER READ BEFORE THE
TWENTIETH CONGRESS ON ALCOHOLISM. ILLUSTRATIVE
CASES FROM A WOMEN INEBRIATES' HOME; AND
SOME UNDERLYING CAUSATIONS.

The Salvation Army for the last thirty-six years has had a Home for Women Inebriates, which up to January 1934 had admitted 1,194 cases, the great majority of which have been considered satisfactory in their results.

A doctor visits the Home regularly, but beyond some sedative at the very beginning, or a "tonic" as indicated, very little in the way of medicinal treatment is used. The use of alcohol is entirely stopped from the beginning.

The method of treatment is pre-eminently affectionate moral and religious influence.

Although on admission some of the patients are in a shocking condition, surprisingly soon they begin to get better and to take their place in ordinary routine of the house.

The following among the questions which have to be answered by applicants for admission give a good indication of the attitude it is desired to produce:-

Are you really anxious to give up the drink and lead a new life?

Do you believe that God is willing and able to save you from drink and all sin?

Are you willing to come into the Home for a term of not less than 12 months?

Are you willing to undertake any employment in the Home for which the Warden may consider you suited, and generally submit yourself to her direction?



International Headquarters, Queen Victoria Street, E.C. 4.

-2-

The keeping of the promises following these questions is entirely a moral obligation. The front door of the Home is never locked, except at night, and if a patient says that she cannot stay and wants to go, she is allowed to do so. Very few, however, have ever taken advantage of this liberty, and those who have done so soon come back of their own free will.

An ordinary, everyday diet is given, not containing very highly-seasoned items and including as much fruit as possible.

A special treatment (described below) is used for patients who on admission may be bordering on delirium tremens.

"Such are generally kept on lemon jounce and soda, given a blanket bath and sponged with hot water in which a little vinegar is placed. A small mustard pack is applied at the bottom of the spine and the back of the neck, and the feet are placed in hot mustard and water, with a cool bandage on the head....."

To judge from the histories it would seem that most of those admitted are of middle age. I am informed that almost without exception they have a history of drinking in the family, while a summary of the principal underlying causes gives these as: temperament, loneliness and depression, and temporary conditions of ill-health or weakness.

Quite a number of the women begin by taking Wincarnis or other so-called medicated wines or cheap wines. Others begin about the menopause, when friends have advised them to take hot gin or whisky; and convalescents and nursing mothers are misled by fallacious advertisements that some form of stout is "good for you."

Archdall Reid stated the motives for drinking as (1) To satisfy thirst, (2) To gratify taste, (3) To induce euphoria.

For the alcoholic, the euphoria is the great object.

Some form of psychological or mental condition is a commoner cause of escape into alcoholism than purely physical



International Headquarters, Queen Victoria Street, E.C. 4.

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ill-health. It may be taken as an antidote to fear as in conditions of loneliness, actual danger, and the fear of fear. There are people who are afraid to go out, people who are afraid of being alone or in the dark, and people who are shy and self-conscious in company. Hence the popularity of the cocktail as a beginning to social intercourse. Lastly are the conditions of depression, of "the blues", of anxieties, and tendencies to panic and sleeplessness. One or a combination of these causations is very likely to cause the sufferer to seek alcoholic euphoria as an escape.

There is a better way. It will be noted in the case precis how the finally good results are attributed to "conversion," to "giving herself to God," to "getting really saved." These and similar phrases all referring to that fundamental experience in which a soul enters into a new life by faith.

Salvationists believe that no permanent good can accrue unless the heart of the individual is changed; that indeed "Except a man be born anew he cannot see the Kingdom of God."

The attainment, then, of this spiritual experience, this Conversion, by the patient is to the staff of Springfield Lodge the all-important means of cure to which all others are accessory; and it is in this manifestation of the grace and power of the Great Physician that these devoted workers place their greatest reliance.

PERCY E. TURNER, M.D., B.S., D.P.H.,

Chief Medical Officer,

The Salvation Army, I.H.Q.



Breakers, Hotel
Salm Beach Fla.
Mar. 16, 1935 -

Dear Mr. Kellogg,
I have
expected to hear from
you about the program
there. I will be here
at the Breakers thru
this week and next.

Will be at the First
Baptist church in
Miami Friday night
the 22nd. Could come
down most any other
night for the club
affair. Glad you are
having such a fine
season. Cordially
Yours
Home Rodeheaver

Mr. Homer Rodeheaver, Breakers Hotel, Palm Beach, Florida. March 16, 1935

JHK

Have expected to hear from you about the program there. I will be here at the Breakers thru this week and next. Will be at the First Baptist Church in Miami Friday night the 22nd. Could come down most any other night for the club affair. Glad you are having such a fine season.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

March 16, 1935

Dr. J.H. Kellogg
The Miami-Battle Creek
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

Thank you for yours of March 8 with the copy of the letter to Arthur Hunter. I hope the investigation may be made. I wish also a study could be made to prove or disprove the hypothesis that smoking increases the viscosity of the blood. That would give a simple explanation for almost everything else - the higher blood pressure, the lowered temperature at the finger tips, the slow growth of the bones of a young smoker, the eye troubles of smokers, and ear troubles, and perhaps several other things.

I am interested in your sweeping ^{denial} ~~contention~~ of civilization. I suppose you have read the book of thirty years ago, I have forgotten the name of the author, on Civilization, its Causes and Cure.

I have sometimes thought of writing a book on the Illusions of Progress. We seem to be going forward when we are really going backward.

But I think there is a great deal in civilization worth saving.

Thank you for again inviting Mrs. Fisher and me to Florida. Isn't May rather warm there? I am hoping next winter actually to come.

Dr. J.H. Kellogg

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I am glad that you have gotten Babson interested.

I am very much interested in what you say about the quintuplets and about the soy milk.

Could I get a supply of this regularly here? I did not suppose it could be transported so far. I note your suggestion that Dr. Rettger should advocate ^{the} ~~its~~ ^{of said} use for babies and shall hope to tell him your suggestion when I see him.

Very sincerely,

Erving Fisher

IFs
Enc.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

March 18, 1935

Dr. J.H. Kellogg
The Miami-Battle Creek
Miami Springs (Miami), Fla.

My dear Dr. Kellogg:

My daughter, Carol, now living in Switzerland writes that she is suffering from prolapsed uterus.

You will remember the operation you performed before she was married, foreshortening the round ligaments, and I remember your saying that this operation had been well tested by marriage and child bearing.

Since she first wrote about this she says she is much better in view of some special exercises which she has been taught.

She had said in her previous letter about this that she had been advised to have an operation but did not mention what it would be.

Inasmuch as you performed the original operation

I am writing to you in order to get if possible any suggestions ^{or} ^{questions} which I might transmit to Carol.

You remember that you performed the same operation on Mrs. Fisher a long time before and I am glad to say she had no trouble since.

Very sincerely,

IFs

C. had a tear at
the birth of her first
child about eleven years ago

and thinks that weakened the muscles holding
her up. Mrs. Fisher thinks that would have nothing
to do with it.

Irving Fisher

THE HOWARD A. KELLY HOSPITAL, INC.

1418 Eutaw Place

Baltimore Maryland

March 21, 1935

Dear Dr. Kellogg:

I am in Baltimore on the point of leaving for Tennessee-- Chattanooga, Dayton and Knoxville-- to deliver some 14 or 15 addresses within the next few days.

I may get a chance to see you some time towards the middle of April in which case I will call up and find out if you are "at home." I expect later to spend a few days in St. Petersburg.

I agree with you thoroughly about Dr. Scudder. I already had the matter in mind and will write and recommend, as you suggest. I have just also read a letter from you to Mr. Wall in Tampa and am much interested in hearing of the crowding in of the patients to your fine institution.

Always faithfully,

Howard A. Kelly

March 22, 1935

Mr. Homer Rodeheaver,
First Baptist Church,
Miami, Florida.

Dear Mr. Rodeheaver:

I should have answered your letter sooner. I wrote you some days before telling you the situation about the club. The club is closed for the season, so there is no opportunity to get a chance there. They had every opportunity filled with people from Washington and elsewhere.

I have been in bed nearly all the time since the week before Christmas. I had a relapse two and a half weeks ago and have been quite ill since. I wish I could hear you at the Methodist Church. I always enjoy your concerts very much. Come out and be my guest while you are in Miami.

Sincerely yours,

April 1, 1935

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

Dear Professor Fisher:

I have your letter of March 18.

I am sorry to hear of the condition of your daughter Carol. The difficulty from which she is suffering is probably the result of the tear which she suffered at the birth of her first child. The perineal muscles are the floor of the pelvis and when these are weakened by a laceration, the under support of the pelvic viscera is lost and as a natural result a hernia develops as may happen to any other part of the great cavities of the body.

I could not, of course, make any very definite statement with reference to her case without an accurate description of the injury. If her doctor would send a statement of the exact conditions present, I would then be able to express an opinion as to whether the present condition had anything at all to do with the operation or the condition for relief of which I performed the operation. The operation for shortening the ligaments really improves upon nature and in this respect is unique. A woman who has had the operation performed is less likely to suffer from prolapse than the average woman because the ligaments are made shorter than the normal ligaments and are firmly attached to the abdominal wall at a point at which the ligament is very much stronger than at the point of usual attachment. In the normal case the ligament is wedge shaped, the point of the

Prof. Irving Fisher, No. 2.

wedge being attached to the wall and the ligament growing larger as it nears the uterus. More than half of the outer end of the ligament is taken up and woven in and permanently secured to the abdominal wall, making a better anchorage than the normal one. But loss of the under support or so-called weakening of the pelvic floor is so serious an injury that the strong ligaments would in time yield as the constant stretching would lead to a gradual lengthening which finally might even allow the pelvic viscera to emerge from the body.

In a case of this sort where the perineum has been torn, the ligaments have to support not simply the uterus but the intestines together with their contents, and the bladder. These hollow organs when filled may have very considerable weight, amounting to several pounds, and no bodily structure could resist such a degree of tension or pressure without yielding in time.

The fact that 11 years have elapsed since the tear occurred is evidence that the ligaments have performed their function in a most remarkable way, for the difficulty would naturally have occurred before if they had not prevented it.

I am sorry I am not able to give you something more definite in this case. I can only give my general impression, which is that your daughter probably needs some surgical care. I would advise, however, that she postpone operation until she returns to this country if she can do so, and it is quite possible that she will receive sufficient relief from certain exercises or postural treatment that will enable her to get along comfortably for some little time. I would keep out of the hands of continental and English surgeons as long as possible,

Prof. Irving Fisher, No. 3.

for gynecology has never been so well developed abroad as in this country where this branch of surgery originated.

Please remember me cordially to your daughter whom I remember as a very charming young woman.

Very sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

April 1, 1935

Dr. J.H. Kellogg
Battle Creek in Miami
Miami Springs (Miami), Florida.

My dear Dr. Kellogg:

The other day in the Brady Bacteriological Laboratory at the Yale Medical School I saw some white mice being experimented with and was told that they became quite ill-tempered when fed on any meat. When I asked why, the answer was that that was not their natural diet, which was grain. I also was told that when they were fed on banana flour or meal that they had acidophilous, almost, I think, a pure culture.

I asked if the use of meat might not produce putrefaction because of the spores of germs and was very much surprised to hear Dr. Weiss say that cooked meat would be practically sterile. I asked him a second time and got the same answer.

I remember that you reported quite definitely and told me Rettger's young man, who was with you at the time in the Laboratory, had confirmed the conclusion that ordinary cooked meat has spores of putrefactive germs.

As I shall want to be sure of my facts in revising "How to Live" I hope you can give me chapter and verse on a separate sheet so that I can send them to Dr. Weiss and check up with him in case he has any "come back".

This, of course, is not for publication and doubtless it and other interesting particulars which were told me will probably

Dr. J.H. Kellogg

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be published some day by Dr. Weiss.

Very sincerely,

Irving Fisher

IFs

April 4, 1955

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

Dear Professor Fisher:

I have your letter of April 1.

I am pleased to know of your interesting observation. It is well known to zoologists that mice and other rodents are naturally vegetable feeders. The domestic rat becomes perverted through his association with man.

Some years ago when Cheplin was working with Rettger on changing the flora, I had him come out to Battle Creek for two or three weeks to check up methods I was employing to see if they could be in any way improved. Cheplin said, "First of all we must have some rats with a very bad flora" so he could test our methods for changing the flora. So he proposed to feed the rats meat for several days until the flora was very bad and then give them our acidophilus culture, which at that time was associated with lactose in dry form. When he gave the meat to the rats they refused to eat it, and it was only after they had been starved for several days that they could be induced to eat meat. This was due to the fact that for several years we had given no meat to our rats but had fed them on vegetable products.

Another circumstance may interest you. For many years I maintained a vegetarian restaurant or cafe at which no meat at all was served. Through neglect of the man I had in charge, the place became overrun with rats. I received a letter one day from a man in town who made a specialty

Prof. Irving Fisher, No. 2.

of clearing stores and homes of rats, cockroaches and other vermin, who said he had been employed to drive the rats out of this restaurant and failed. He said, "I have tempted these rats with the most dainty bits of meat of various sorts with which I bait my traps but to no purpose. I got no rats. I have been very much perplexed to know why because I have never failed in this way before. One of the young fellows in my employ as a helper suggested to me the other day that it is possible that these rats have been living with Dr. Kellogg so long that they had become vegetarians and for that reason the meat was no inducement to them, so I am writing you to find out what you use for catching rats." I called up the man in charge of our storehouse and asked him what he used for baiting his rat traps and he told me that he used Protose. I sent the man some Protose with which he baited his traps and he soon had the place cleared of rats.

I am surprised at the statement made by the man in charge of the bacteriological laboratory of Yale Medical School. It is a fact known to all bacteriologists that the spores of Welch's bacillus and numerous other bacteria require a temperature of 240° to insure their destruction.

Perhaps you will remember calling on Rettger once with me to discuss questions relating to changing the intestinal flora. He gave me information about his method of making the acidophilus milk. He stated that he heated the milk to 240° for 10 minutes to sterilize it. Boiling raises the temperature only to 212° . Broiling and frying raise the temperature of the outside of a steak, for example, to a higher temperature; but the inside often does not reach even the boiling point. In the roasting of meats the outside is heated to a high temperature, becoming dry, and then is a good non conductor, so that the interior of the mass often does not

Prof. Irving Fisher, No. 3

reach a temperature high enough to kill bacteria. In fact, some authors state that the temperature on the inside of a mass of meat which is being roasted only reaches a temperature high enough to stimulate the growth of bacteria so that the number increases during the roasting process instead of diminishing. This is of course true in cases of slight roasting or the so-called rare roasting.

The inefficiency of cooking is well shown by a recent report in relation to trichinosis resulting from infestation with trichinae. The government warns people not to eat pork unless it is cooked. Somebody recently investigated cases of trichinosis which have been reported and has found that the meat was cooked in three quarters of the cases.

The trichina is an animal parasite which is readily killed at a temperature much less than required for the destruction of bacterial life. So you see if this delicate trichina parasite is not killed by the heat of ordinary cooking, you would not expect such tough organisms as spores of bacteria would be injured. If you will have a talk with Rettger, I am sure you will find he supports my statement and will give you all the authority you want if you need any further backing. To tell the truth the statement made by your laboratory man is simply ridiculous and I am sure will be laughed at by any competent bacteriologist.

The man in charge of the Franco-American Canning Company that puts up enormous quantities of meat told me that he cooked his meat at 240° for several hours. I have had a lot of experience in this matter in connection with the preparation of our various canned goods, particularly Protose and Nuttolene, which are highly nitrogenous products and undergo decomposition unless made thoroughly sterile. I have also had large experience in the preparation of soy bean milk for use as a culture medium.

Prof. Irving Fisher, No. 4.

The best way to settle this question would be to have your cook prepare meat in different ways, stewing, broiling, and roasting. Take this to a bacteriological laboratory without giving them any hint of your purpose and simply ask them to make a bacteriological examination.

Here is a little incident that may interest you: Some years ago we employed a new bacteriologist. I wanted him to be sympathetic with our biologic ideals, and so I thought I would put him in the way of getting some definite information in such a way as to be more convincing than any arguments I might present to him. So I said nothing at all to him about abstaining from meat, but suggested I should like to make a survey of the meat supplies of the town and asked him to get samples of meat from each one of the different shops where meats were sold and to make a bacteriological study of the samples. This he did. At the end of three or four days he called me up by 'phone and said he was very much surprised to find that these meats were swarming with germs and more surprised to find that the germs were mostly colon germs. I later had him collect and examine the droppings of animals on the farm and he did not in any instance find so many bacteria to the gram as he found in some of the specimens of meat bought over the counter of the dealers.

When the bacteriologist told me about finding so many bacteria in the meat, he remarked, "I bought and sent home to my wife this morning a piece of mutton to be prepared for dinner as a pot roast. When I examined my cultures and found the meat so full of colon germs, I telephoned her to cook the pot roast five hours instead of two hours as we usually do. That I am sure will kill all the bacteria."

I told him I was sure he was in error; that it would kill part of them, those that were on the outside, but those on the inside of the mass would be still alive because the temperature of the interior would not be

Prof. Irving Fisher, No. 5.

sufficient to kill all the spores. The bacteriologist was certain I was in error about it, so I asked him not to eat all of the meat but to bring back a portion for examination. A couple of days later he told me that he was astonished to find in the interior of his pot roast that had been cooked at a high temperature for five hours the bacteria were still alive.

These are simple facts which can be verified in any laboratory which has a microscope and an incubator.

I fear I have made my letter too long and perhaps have not given you the sort of answer you want, so close.

Sincerely yours,

P. S. I do not recall whether or not I have written you with reference to a remarkable find I have made in relation to an astonishingly hardy strain of acidophilus which I have discovered. Last summer we found in our laboratory an ordinary tube culture of acidophilus which had been left on a shelf from the summer before, so it was approximately a year old. The bacteriologist thought of course it must be dead, but out of curiosity made a test and discovered it was not only alive but very much alive. In ten hours and a half it had made sufficiently strong growth in soy milk to produce a decidedly acid flavor, stronger than that of ordinary buttermilk.

We have since been using this strain and find it not only rapid growing but extremely prolific. We often get a culture with a count of 4 or 5 billions to the cubic centimeter. The organism is larger and evidently hardier and I think this accounts for the fact that we have no trouble at all in changing the flora by the use of this culture.

Prof. Irving Fisher, No. 8.

The soy bean promotes the growth of the acidophilus in a very remarkable way. I have no doubt that the dietetic use of the soy bean will encourage the growth in the intestine of the protective flora and on this account an effort should be made to extend its use as much as possible in this country. If you would make mention of this in your book it might do some good. I make it a routine practice to change the intestinal flora of every patient who comes under my care here at Miami-Battle Creek and see most wonderful results. Our success is certainly better than the average at Battle Creek, for practically every patient leaves us better and usually very much better. We change the flora a few days after their arrival here and in two weeks they see a marked change for the better in lessening of the putrid odor of the stools.

For several years I have taken care to keep my stools wholly free from offensive odor. This takes an enormous load off the organism beside removing a cause of degenerative changes in the blood vessels, liver, kidneys, heart and other organs.

I think you ought also to mention in your book the fact that ordinary cooking does not insure against trichina infection. The Journal of the American Medical Association published last year an article about trichinosis, the author of which claimed that one in five of all the people in the United States was infected with trichinosis. If you are interested in this I will give you the reference of the article. The government is making no inspection of meats for trichinae. A very recent study of cases of trichinosis showed that in three quarters of all the cases of infection, the meat had been cooked.

I think special emphasis should also be laid upon the importance of thoroughly sterilizing home cooked vegetables and fruits and the disinfection of the hands of persons who are handling foods-- waiters, cooks,

Prof. Irving Fisher, No. 7.

and grocery clerks-- to stop the spreading of the *Endameba histolytica*, the parasite which produces tropical dysentery. This is spreading rapidly in the United States. Its growth in the intestine and its virulence are encouraged by a meat diet. Changing the flora and abstaining from meats cause the parasite to become latent.

I think the publication and circulation of your book is a matter of tremendous importance as a means of spreading facts about biologic living in a way to arrest the attention of worth while people without creating prejudice.

I hope the Funk & Wagnalls Co. will have moral stamina enough to stand up against the efforts the packers will be certain to make to suppress the truth.

I am sending you with this a few copies of my paper on Florida fruits.

April 5, 1935

Dr. Howard Kelly,
The Howard A. Kelly Hospital, Inc.,
1418 Eutaw Place,
Baltimore, Md.

Dear Dr. Kelly:

I have your letter of March 21, which found me in bed with an attack of shingles, which seems to be a senile edition of chicken-pox. I am getting on my feet again and hasten to answer your letter.

I shall certainly be most happy to see you whenever you come this way. I hope you will stop with me a few days. I have found out a few things which I think will interest you. I think I have discovered methods by which Old Father Time can be arrested in his work of reducing us to the junk heap, or at any rate can be greatly slowed down as Benjamin Franklin said he had done when he was 74. In writing his wife he said that by certain changes he had made in his habits when he was 70 years of age, returning to the frugal ways of his youth, he had walked back four years, so that she might at that time consider him to be 66 years of age instead of 74.

I very much want to see you. When you arrive in Miami I hope you will call me on the 'phone. My number is Canal 3. I will immediately come for you in my car.

I am very glad that you agree with me with reference to Dr. Scudder. I do not know of any person more worthy to be honored by the American College of Surgeons than Dr. Scudder. Her work is fully equal in its importance and influence to the work of Dr. Grenfell, who at my suggestion some years ago was made an honorary member of the

Dr. Howard Kelly, No. 2.

College.

We have been very full all winter, but now that the season is over our numbers are diminishing. We are not sorry to have a little let up in the tension.

Hoping to have the pleasure of seeing you soon, I am, dear Doctor,

Very sincerely yours,

P. S. You do not mention any Florida address, so I am sending this letter to Baltimore and a copy to St. Petersburg.

April 5, 1935

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

Dear Prof. Fisher:

Since writing you last I find I have not yet answered your letter of March 16.

I have been in bed for a couple of weeks with a relapse of the shingles and am just getting on my feet again and am trying to catch up with my work.

I think you will be interested in the reply I received from Arthur Hunter, a copy of which I enclose herewith. I am sorry he does not seem inclined to take up the research. The reason he gives for not undertaking a special research in relation to tobacco seems to me to be entirely inadequate. They can make the research very easily, it seems to me, by sending a circular letter to policyholders asking them to state whether or not they make use of tobacco and to what extent. They could ask their agents to ask these questions and may need make no other change in their program for getting the information required. It would be a very simple thing indeed to compare the life expectancy of persons who do not use tobacco with those who do. I do not think it very important to ask questions with reference to the amount of tobacco used, for any use of tobacco is excess, and in some persons a very limited use of tobacco would do more harm than a much larger use in other persons.

My honest opinion is that the life insurance companies do

Prof. Irving Fisher, No. 2.

not dare to undertake a research of this sort because they must know well enough that the habitual use of a poison such as tobacco cannot be otherwise than harmful and that the results of the inquiry would be a strong condemnation of the use of tobacco. We have certainly reached a pitiful situation when the forces which are dragging the race down to destruction have a strangle hold which nothing can break.

I have in my library the book "The Cause and Cure of Civilization" which I purchased many years ago, and I confess though I found it interesting it was not quite so convincing as I thought it ought to be.

I think it would be a capital thing if you would prepare the book you have had in mind. It would be an eye opener to a multitude of people.

As regards the general results of civilization, it seems to me on the whole it has done the race harm both physically, mentally and morally. Of course there is another side to the question which is not to be forgotten, but if we consider ultimate results, civilization on the whole must be regarded as a failure.

Thank you very much for the enclosures which disclose facts which certainly ought to have consideration.

You ask about the weather here in May. It is the most delightful month of the whole year. Although there is no severe cold weather here, the growth of vegetation slows down greatly here in the winter and there is just the same spring awakening here as in the North, though not quite so striking. The weather of May is very equable. The heat is never oppressive. There is a constant breeze.

Prof. Irving Fisher, No. 3.

It is really a very delightful month. We enjoy May better than any other month here, although in Miami the whole season is really very delightful. The temperature rarely reaches 90 and in 20 years has not exceeded 94. There is always a cool sea breeze.

I hope we shall have the pleasure of seeing you here. We are not crowded now as we have been most of the season, though we still have a goodly number of guests and fortunately our guests are for the most part very delightful people.

With best regards to Mrs. Fisher, I am

Always sincerely yours,

P. S. I have several very important philosophical questions I want to present to you for criticism when I have an opportunity. I have reached some conclusions which I think ought to help settle some very important questions in philosophy, but which have heretofore been almost wholly ignored by writers on psychology and philosophy.

April 9, 1935

Professor Irving Fisher,
460 Prospect St.,
New Haven, Conn.

Dear Professor Fisher:

Enclosed find a letter I have just received from the man who is exploring in New Guinea. I am sending the material along to you at once, for if I keep it long enough to digest it well it might be considerably delayed in reaching you. I sent you a copy of the questions when I wrote him.

Sincerely yours,

b

April 9, 1935

Miss Martha Berry,
The Berry Schools,
Mount Berry, Georgia.

My dear Miss Berry:

Your letter found me bedfast with a very severe attack of shingles. I have been quite incapacitated for work for several weeks and am just beginning to get on my feet again. As always, I am very glad to hear from you and will be glad to do anything I can for the young lady to whom you refer. I will write at once to Prof. Leffler with reference to the young lady to see if anything can be done for her. We have a few scholarships, but the depression and the depreciation of securities have hit the College so hard that our resources have been more than exhausted and just at the present time are at their very lowest ebb. I will ask Prof. Leffler, who has charge of this, to do the very best that can be done for the young lady and to write you.

We were disappointed not to have a visit from you this year. We are going to be open for several weeks yet, so why not come down and spend a week or two with us and let us give you the benefit of some of our perfected methods which are proving of very great benefit in cardiac affections.

Miss Martha Berry, No. 2.

We have recently had a very pleasant visit from Mrs. Nichols and Mrs. Hitchcock, sisters of Mrs. Edison. We expected Mrs. Edison also, but unfortunately she was at the last minute detained.

With best wishes for your work and hoping you will honor us with a visit soon, I am

Sincerely yours,

b



The Handel Society
New York

April twelfth
1 9 3 5

My dear Doctor Kellogg

Thank you so much for your letter of April fifth. I knew you were very busy the day I was there for luncheon and I did not want to bother you then.

I am back in New York now and am sailing for Central America tomorrow. I expect to be gone several months but when I return I will be so glad if I may get in touch with you then.

Many, many thanks for everything.

Sincerely

Handel Society



The Waldorf-Astoria
New York

Dear Dr. Kellogg:

We were so pleased and delighted to get your holiday greeting. It was such an original and clever message. You are looking just fine and "more power to you".

With all good wishes and a happy,
happy New Year to you.

Sincerely,

Grace Hakey

Henry is fairly well

January 7, 1935

Affectionate regards from
all three of us -

April 13, 1935

Mr. Augustin Levanzin,
29 Usandizaga 1^o D,
San Sebastian, Spain.

Dear Sir:

Your letter of January 21 should have been answered long ago, but I have been ill in bed for nearly three months which accounts for the delay. I have been interested in your theories and have taken the liberty to publish your letter in my journal "Good Health," a copy of which I will send you.

I am glad to see that you agree with me in opposing the fasting idea as a routine.

Sincerely yours,

b

Infant mortality in continental United States: \downarrow 1915-1933

Year	Deaths under 1 year from all causes		Deaths under 1 year from diarrhea and enteritis	
	Number	Per 1,000 live births	Number	Per 1,000 live births
1933	120,887	58.1	11,653	5.6
1932	119,431	57.6	10,791	5.2
1931	130,134	61.6	14,024	6.6
1930	142,413	64.6	17,292	7.8
1929	146,661	67.6	15,444	7.1
1928	153,492	68.7	17,228	7.7
1927	138,017	64.6	16,648	7.8
1926	136,118	73.3	18,031	9.7
1925	134,652	71.7	21,002	11.2
1924	136,730	70.8	17,850	9.2
1923	138,259	77.1	20,702	11.5
1922	135,228	76.2	20,741	11.7
1921	129,588	75.6	23,207	13.5
1920	129,531	85.8	22,504	14.9
1919	119,000	86.6	21,560	15.7
1918	137,647	100.9	25,855	19.0
1917	126,950	93.8	27,107	20.0
1916	82,734	101.0	18,941	23.1
1915	77,572	99.9	18,103	23.2

\downarrow Birth registration area (See accompanying table).

Department of Commerce
Bureau of the Census
Division of Vital Statistics

Infant mortality in New Zealand: 1930-1933

1933	770	31.6	22	0.9
1932	777	31.2	20	0.8
1931	856	32.2	33	1.2
1930	924	34.5	29	1.1

Des. Return to Pappua April 17-1935

11

71

DEPARTMENT OF COMMERCE

BUREAU OF THE CENSUS

WASHINGTON

April 18, 1935.

Dr. John Harvey Kellogg,
Miami-Battle Creek Sanitarium,
Miami Springs, Florida.

Dear Dr. Kellogg:

I am pleased to furnish you the enclosed table, which shows the number of deaths under one year from all causes and from diarrhea and enteritis, with the respective rates per 1,000 live births, for the years 1915 to 1933, inclusive, in continental United States and the number of deaths under one year from all causes and from diarrhea and enteritis, with respective rates in New Zealand for the years 1930 to 1933, inclusive. There is also enclosed a table, giving the population, number of births and deaths with rates per 1,000 population.

We do not have any information which would enable us to answer the other inquiries listed in your letter of April 8.

The Bureau is pleased to furnish you with this material.

Very truly yours,



T. F. Murphy, M. D.,
Chief Statistician for Vital Statistics.

TFM:EP

DEPARTMENT OF COMMERCE
BUREAU OF THE CENSUS
WASHINGTON

Division of Vital Statistics
GROWTH OF THE REGISTRATION AREAS

showing

POPULATION, NUMBER OF BIRTHS AND DEATHS WITH RATES PER 1,000 POPULATION,
AND NUMBER OF STATES, BY YEARS

Cal- en- dar Year	Estimated population of continental United States	Death registration area in continental United States					Birth registration area in continental United States				
		Population		Deaths		Num- ber of States	Population		Births		Num- ber of States
		Number	Per cent of total	Number	Rate per 1,000 popu- lation		Number	Per cent of total	Number	Rate per 1,000 popu- lation	
1934											
1933	125,693,000	125,693,000	100.0	1,342,106	10.7	48	125,693,000	100.0	2,081,232	16.6	48
1932	124,822,000	120,122,200	96.3	1,308,529	10.9	47	118,858,000	95.2	2,074,042	17.4	47
1931	124,070,000	119,421,000	96.3	1,322,587	11.1	47	117,460,000	94.7	2,112,760	18.0	46
1930	123,191,000	118,560,800	96.2	1,343,356	11.3	47	116,644,000	94.7	2,203,958	18.9	46
1929	121,526,429	116,317,515	95.7	1,386,363	11.9	46	115,097,972	94.7	2,169,920	18.9	46
1928	119,861,607	114,258,516	95.3	1,378,675	12.1	44	113,050,663	94.3	2,233,149	19.8	44
1927	118,196,785	108,177,568	91.5	1,236,949	11.4	42	103,575,656	87.6	2,137,836	20.6	40
1926	116,531,963	104,938,301	90.1	1,285,927	12.3	41	89,682,479	77.0	1,856,068	20.7	35
1925	114,867,141	102,951,999	89.6	1,219,019	11.8	40	87,486,096	76.2	1,878,880	21.5	33
1924	113,202,319	100,082,062	88.4	1,173,990	11.7	39	86,256,025	76.2	1,930,614	22.4	33
1923	111,537,497	97,816,104	87.7	1,193,017	12.2	38	80,694,406	72.3	1,792,646	22.2	30
1922	109,872,675	93,866,240	85.4	1,101,863	11.7	37	79,415,841	72.3	1,774,911	22.3	30
1921	108,207,853	89,102,434	82.3	1,032,009	11.6	34	70,738,177	65.4	1,714,261	24.2	27
1920	106,543,031	87,632,592	82.3	1,142,558	13.0	34	63,740,689	59.8	1,508,874	23.7	23
1919	105,003,065	85,166,043	81.1	1,096,436	12.9	33	61,483,423	58.6	1,373,438	22.3	22
1918	103,587,955	81,333,675	78.5	1,471,367	18.1	30	55,515,241	53.6	1,363,649	24.6	20
1917	102,172,845	74,984,498	73.4	1,068,932	14.3	27	54,771,416	53.6	1,353,792	24.7	20
1916	100,757,735	71,349,162	70.8	1,001,921	14.0	26	32,788,670	32.5	818,983	25.0	11
1915	99,342,625	67,095,681	67.5	909,155	13.6	25	30,936,179	31.1	776,304	25.1	10
1914	97,927,516	65,813,315	67.2	898,059	13.6	25					
1913	96,512,407	63,200,625	65.5	890,848	14.1	24					
1912	95,097,298	60,359,974	63.5	838,251	13.9	23					
1911	93,682,189	59,183,071	63.2	839,284	14.2	23					
1910	92,267,080	53,831,742	58.3	805,412	15.0	(1) 21					
1909	90,691,354	50,870,518	56.1	732,538	14.4	18					
1908	89,073,360	46,789,913	52.5	691,574	14.8	17					
1907	87,455,366	43,016,990	49.2	687,034	16.0	15					
1906	85,837,372	41,983,419	48.9	658,105	15.7	15					
1905	84,219,378	34,052,201	40.4	545,533	16.0	10					
1904	82,601,384	33,345,163	40.4	551,354	16.5	10					
1903	80,983,390	32,701,083	40.4	524,415	16.0	10					
1902	79,365,396	32,029,815	40.4	508,640	15.9	10					
1901	77,747,402	31,370,952	40.3	518,207	16.5	10					
1900	(2) 75,994,575	30,765,618	40.5	539,939	17.6	10					
Census Year											
1900	(2) 75,994,575	28,807,269	37.9	512,669	17.8	9					
1890	62,947,714	19,659,440	31.2	386,212	19.6	8					
1880	50,155,783	8,538,366	17.0	169,453	19.8	2					

(1) North Carolina is included, although returns were received only from municipalities of 1,000 population or more in 1900; the remainder of the State was added in 1916.

(2) Census year ending May 31.

Note: For every year the District of Columbia was in both areas, but is not included in the "number of States"; the death area also included a varying number of registration cities in nonregistration States.

C O P Y

DR. A. R. DAFOE

Callander

Ont.

April 19, 1935

Dear Doctor:

I have used the soy acidophilus milk quite steadily since I first got it from you. I find if I discontinue, that the stools become bad, and the children do not do so well. Too much gas and distention. They will only take 1 teaspoonful 3 or 4 times a day. They refuse any more. The Beta Lactose I did not use very much of, using dextrine in its place. Did not have enough of the Lactose and children seemed to do well on the other.

The children at present are not very well, suffering from colds in the head, temp. up and off their feeding. Bowels are not too bad. It is rather unfortunate in that this is the first cold they have had. It certainly involves a lot of work and some anxiety as after all they are only little babies.

All this letter of course is confidential, but I thought you might be interested.

Best wishes,

Sincerely,

A. R. Dafoe

All thru this winter with the exception of a week in all, they spent 3 hours daily outside. 30 below was the coldest they were out in. 50 below was the coldest day.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

April 26, 1935

Dr. J.H. Kellogg
The Miami-Battle Creek
Miami Springs (Miami), Florida.

My dear Dr. Kellogg:

I have several letters of yours unanswered.

I am sorry to know about the shingles.

Dr. Tarbell has had wonderful success in using diathermy for that. Some years ago he cured ~~up~~ a case which had been considered almost hopeless, a cousin of Mrs. Fisher.

Gifford Pinchot also was suffering from it. In New York he had tried diathermy. The doctor bungled it and hurt him so it was only with the greatest difficulty that I could induce him to let Dr. Tarbell try. Dr. Tarbell was finally permitted to do so and with very successful results.

I have come to believe that diathermy, especially as used by Dr. Tarbell, is a very important medical resource.

It apparently saved my life ~~with~~^{from} pneumonia and quite definitely saved the life of a friend of Mrs. Fisher who was visiting her here. Her pneumonia case cleared up so fast as to astonish the local doctor who had been called in while Dr. Tarbell was out of town and who could scarcely believe his eyes and ears a day or two later after Dr. Tarbell had arrived and applied the diathermy.

Apparently Dr. Tarbell has had ~~almost~~ 90% success with his cases of pneumonia, including those he treated when

with you at Battle Creek and ^{but} ~~these~~ cases include many which were given up by other doctors.

Dr. Tarbell has also used diathermy for Mrs. Fisher's heart, for me in various ways and in his practice generally. His practice has grown with great rapidity here. I am very grateful to you for having sent him to me in 1929 and think it is about the best investment I ~~have~~ ever made.

A letter from my son, Irving, who is on his wedding trip and who writes from New Guinea says that diathermy applied there by a local physician for Irving's wife cleared up a cold in her nose. He used her two fingers pressing against the two sides of the nose as electrodes, attaching I suppose the metal electrode, to the wrists or arms.

Thank you for the material in regard to the New Guinea people. It is an important memorandum, but the unanswered questions which I hope you can get answers for later, are the most important.

As you probably know by this time, I am expecting to accept the invitation I have received from Battle Creek College to speak there at Commencement. I wrote that I would do so, assuming that you would be there as I want to talk with you about our various interests and also assuming that my expenses are to be paid.

I should like to talk with you about the "important philosophical questions".

Thank you for all your interesting letters and answers.

I am sorry that Arthur Hunter would not take

up the tobacco problem. *I wish you would follow up the viscosity tests for tobacco (and for meat too)*
 I have some dreams I once mentioned to you but

have never had a chance yet to take up about forming a joint health club and insurance company or group, the experience of which during the next generation might be extremely valuable.

I am now interested in the so-called "Hay" diet and in Hay personally and also Dr. Jackson. While these men are not altogether scientific, and this is especially true of Dr. Hay, they seem to have made some important observations.

They both agree as to a point which you have more or less brought out but I think probably not stressed enough, the distinction of food in reference to whether it is digested in the stomach or not and whether it takes a long or a short time to digest. In brief, as you probably know, they advocate instead of a balanced meal, a meal which may be rather one-sided which is ^{either} almost wholly starch or almost wholly to be digested in the stomach ^{such as} (or not to interfere with the stomach digestion). The former includes cereals, potatoes and ⁱⁿ the latter protein predominates and acid containing foods (which does not mean acid-forming), that is acid fruits belong to the latter or acid-containing and stomach digesting group.

Vegetables and most fruits can combine with either of the two groups.

I was told that a Boston physician recognizing the signs of unscientific and half-digested theories in the writings of Hay undertook to disprove him and ended up with the conclusion, "The damn fool is right".

Of course the ration gets balanced by having one meal of the starch kind and one of the protein kind. If a third meal is eaten it should be mostly fruit.

But the thing that interests me most is that Dr. Jackson is like the James Rawnsley, Rochester physical culturist that I once brought to you for observation, a most remarkable example. He is now, he says, 78 years old and I never saw any one at that age as spry as he seems to be. I had two hours with him in Buffalo. He says that at 50 he was bent up with arthritis, had heart trouble and expected to die shortly, but a certain jolt, rather interesting and amusing, started him along the path of nature which you ^{whose ideas he largely adopted} have so successfully followed.

He apparently works very hard, does not need much sleep, spends many hours in cultivating health each day, including strenuous exercise. On his last birthday he ran five miles. His eyes and skin are clear and one would pick him out anywhere as a healthy and happy man. You once said that you would rather take your cue from a healthy monkey than from an unhealthy college professor with all his supposed knowledge of physiology and hygiene.

On this basis, even if Jackson should prove to be an ignoramus, I am proposing to make a special study of him. I judge from my talk with him, however, and what little I have so far read of his writings, that he is in general very intelligent and at least more scientific than Hay. He graduated from Jefferson Medical College.

Very sincerely,

Lucy Fisher

Medical Women's National Association, Inc.

NEXT ANNUAL MEETING AT ATLANTIC CITY, NEW JERSEY



Permanent address;
Room 938-50 West 50th St.
New York, N.Y.
Temporarily in West Palm
Beach, Fla.
May 5, 1935

J.H. Kellogg M.D.
Miami Springs, Fla.

Dear Dr. Kellogg:

It was truly a great blessing to me to have had the privilege of being your guest in your splendid institution and the opportunity of knowing you and your colleagues. The unusual and entirely unexpected health examination was a delightful surprise and has encouraged me to hope that perhaps the time may soon come when I can return to my beloved China; and when I do, shall plan to take with me the Christian health message for the individual for I cannot see how one can be a real Christian without being a healthy Christian.

Altho I have had one year of study in the Johns Hopkins School of Hygiene and Public Health and had twelve years of experience in China and the U.S.A. never have I had or seen so thorough and careful an examination as received this past week. Am tremendously interested in the use you have found for soya bean in the diet especially in the preparation of buttermilk. I shall write Dr. Ernest Tso of the Peiping Union Medical College (Rockefeller) about it and ask him to send you his reports on soya bean milk in infant feeding.

I sincerely hope that it may be my privilege to work with you in further study of such conditions as my own personal problem presents. There is no doubt that at least 50 per cent of the Chinese women have crippled colons. Not only they can be helped but there is hope for the next generation through instruction which can be given to the girls now in school. There are many Chinese girls studying medicine who would be happy to spend a year or more in study with you and carry that knowledge back to their Chinese patients.

I have spent the day here in West Palm Beach with my friends, Mr. and Mrs. W.J. Bedell, who are becoming interested in your methods of treatment and want to visit the sanitarium. As I am leaving here early Monday morning, will you write them a note and suggest a Sunday this month when you can see them for a half hour or so and tell them about your studies. ~~or~~ They are not accustomed to the idea of annual health examinations, nor have they ever had a complete examination of any kind so far as I can learn. I have suggested that they plan to reach there in time for dinner as I suppose outsiders are welcomed to meals at a certain rate. Mrs. B. is a Red Cross social worker and is at present the administrator for the seventh district under the FERA

Hoping that you may be able to talk with them and they may become loyal friends of you and your work, I am

Very Truly Yours,
Lva M. Townsend Miller.

MEDICAL WOMEN'S NATIONAL ASSOCIATION, INC.
1934 - 1935

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"WOMEN IN MEDICINE"

(OFFICIAL PUBLICATION)

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Medical Women's National Association, Inc.

NEXT ANNUAL MEETING AT ATLANTIC CITY, NEW JERSEY



P.S. Mr. and Mrs. W.J. Bedell, live at 225 Lakeland Drive, West Palm Beach.

Am finding your book intensely interesting and helpful and shall carry it with me study it. Again thanking you for your kind consideration and your colleagues for their share. I am

Very Truly Yours,

Iva M. Miller

Iva M. Townsend Miller M.D., C.P.H.
Vice-chairman
Com. on Organization and Memb.
Medical Women's National Association

Dr. Kim Chung Sei as often spoke to me of you and your exceptional kindness to him.

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5-6-35

Dr. Augustin Levanzin, 11 Bori~~e~~ Terreno, Palma (Majorca), Spain.

JHK

I have just received your kind letter. I was greatly disappointed as you have failed to touch the two most important items that I was expecting an answer for.

You wrote me that you published my letter and promised me a copy. *Sent*
Never got it yet. Please send it.

I have asked you to give me a chance to publish my views in your Good Health. No answer. Does your silence mean a negative polite answer or an oversight?

b

WILLIAM GILBERT ANDERSON, M.D., M.P.E., DR. P.H.

Director Yale Gymnasium · Emeritus

BOX 1802 · YALE STATION · NEW HAVEN · CONN.

May 6, 1935.

Dr. John H. Kellogg
Sanitarium
Miami Springs, Fla

My dear Dr. Kellogg:-

I have read with more than passing interest,
your paper on the Dietetic Importance of Florida Fruits. This was
sent to me by Mr. Fletcher.

With best wishes

Cordially yours

WGA/LAP



11, Boria - Terreno

Palma (Majorca) - Spain

2/5/5

Dr. John Harvey Kellogg,
The Miami - Battle Creek
Florida.

Dear Dr. Kellogg,

I have just received your kind letter of the 13th ultimo, and I thank you very much for it. Not having received an answer from a courteous and perfect gentleman as I have always known you to be, I understood that something serious had happened; and I ^{am} very sorry to learn that you have been ill in bed for such a long time. I hope that by now you have regained your health to such an extent as to ^{be able to} continue your crusade for the right kind of living - the biological way. as you have done in the past for suffering & benighted humanity that needs very, very badly generous &

P.S. I have not read any of your recent contributions. Would like very much to see some of them. A genuine copy was mailed to me from 1037th Creek, would like to see others, etc.

You probably know that I have been very inhumanely treated at the Nutrition (Carnegie) Laboratory at a great risk of my life, (and also at the Massachusetts General Hospital) that I had to ask for help at the door of the Street yellow papers who after exploiting me, a poor stranger reduced to only 96 lbs and without having seen Boston except at a distance they refused to help me, as they had promised, to get a little money to cover even my food & shelter expenses; and if I did not get the assistance of a Maltese writer who took me in his home & helped me to recover, I would have certainly left my bones (all that I had left at that time) to decorate the Museum of that wonderful Hub of America. On leaving the Laboratory I had to call the assistance of the British Consul to get the few hundred petty dollars promised to me on my contract for my travelling expenses, when to come over & risk my life in that heroic experiment I had sacrificed

experienced men like you to help them
to step out of the lurch of what we
ironically call "civilization."

I not only give you full &
unlimited permission to publish
my correspondence or extracts
from it as most convenient to you,
but also I wish that you would
kindly give me a fair chance
to submit more in extenso my
ideas on diet and health in your
excellent and elegant "Good Health."
I have been spending my last
thirteen years travelling to study
the most vital problems of
cancer, diabetes, tuberculosis, etc -
not only in the most important
clinics, laboratories & universities
of Europe but I have even gone
as far as Australia & New Zealand
& Alaska to study the influence
of the different climates & ways
of living on these "scourges" of
humanity, and I am convinced
that I have garnered a great deal
of very valuable information that
I most gladly reveal to the
American people that I like

So much we
have treated me
of their many
imitations.
of the very
unkind way
they
treat
them.

& lost, up to the present day, my wife
and my daughters (I have been living
all these years as a wandering Jew
without a home - all alone in this
vast world like a manny out) and
my very profitable professional
career & my popular magazine
that was enough to make me enjoy
life with all its comforts.

In California, because I tried to
help the people with the right
dietetic & health advice that I
had gathered with so much
hard experience, I was dragged
in jail with the worst kind of
criminals & lice & I had to pay
heavy fines to get out & go to
Canada where I got a more
liberal treatment.

I am not saying this to complain,
but simply to make you understand
that I do, very heartily, appreciate
the kind & courteous treatment
that I had from you and a few
more in that wonderful country
where I would like to come over
again and spend the balance of
my life doing, like yourself,
some good & help - even my enemies -
to get out of the depression by the
right ways of living. Please do not
forget to send the "Good Health" as
promised.

recalled his
visit
the most pleasant
of my few happy days with you or my friends.
with best wishes, yours sincerely
H. Lee Van Kim

WILLIAM GILBERT ANDERSON

M.D., M.P.E., M.Sc., DR. P. H.

Reprint from the Program of the
Golden Anniversary
of the
American Physical Education Association
April 24 to 27, 1935

Adelphi Academy

Brooklyn N.Y. Nov. 17th 85

Dear Sir

At the meeting of persons interested in Physical Training to be held at the Academy in this City Nov. 27th.

The following Gentlemen among others, will be present.

Dr Edward Hitchcock Amherst. Dr Dio Lewis N.Y.
Prof. A.C. Burnham Brooklyn. Dr R.A. Cheyuek Canada
Dr J.H. Haven Yale. Dr Edward Hitchcock Jr. Lowell.
Dr. Chas. W. Tuttle Jr. & Dr. Updegrave Lafayette
Dr. Turner Timonah. Dr W.A. Ford Hartford. Dr. Quetton
Dr. C. Tutman Vassar. Dr. C. Ladd Brown Maine. Dr. H. H. West
West Point. Dr. W. H. H. Sturges. Dr. C. L. G. Garden City School. Geo. Jordan N.Y. Dr. Andrew Mc
Prof. R. L. Dowd N.Y. Dr. Barrett M.D. Phila. Prof. Robert
W.M.A. Boston. At Howard University of Boston.

On this occasion papers will be read relative to these subjects: Methods of teaching. Systems of Measurements. Necessity of organization. After which informal discussions will follow. Morning Session 10 o'clock, afternoon session 1 o'clock.

Mr. Blaker of the N.Y. Bar & author of "How to get Strong" will speak on the occasion.

To reach the Adelphi Academy, Cross Fulton Ferry or Bridge, take the Elevated Road & get off at DuSable Ave. & go one block to the left.

The Principals of a number of Institutions have notified us that they will be present besides prominent Physicians in New York & Brooklyn. Leading News papers will be represented.

This notice was written by
Henry S. Anderson } Yours truly
W. G. Anderson
Instructor Physical Training

Nov. 16 - 1885

Facsimile of letter calling the meeting in 1885 which led to the organization of the American Association for the Advancement of Physical Education, now the American Physical Education Association.



William B. ... M.D. M.P.H. M.S. D.P.H.

DR. WILLIAM G. ANDERSON

Seldom indeed does a man who has played an important part in the creation and development of a great institution live to see the full consummation of his dream; even more seldom does he survive to attend its golden anniversary. Yet such a happy consummation will be witnessed at our April meeting by Dr. William G. Anderson, who is to be the honored guest of the Association he helped to found.

When in 1885 in Brooklyn, a small group of men under the leadership of William G. Anderson gathered together to form a new society which they called the American Association for the Advancement of Physical Education, they could not realize what rich results the foresight and perseverance of their leader would bring about. Nor could they foresee that this group of thirty-five men would in a half century grow to be a nation-wide organization of more than sixty-five hundred trained and capable men and women.

This was not his only achievement; in his busy life he has had tremendous influence on succeeding generations of college youth, and has made numerous contributions to the rapid development of physical education.

Dr. William G. Anderson was born in St. Joseph, Michigan, September 9, 1860, the son of a minister. As a young boy he watched another lad exercising on a horizontal bar, and imitating his actions, began a devotion to gymnastics which has lasted many years; this natural inclination was intensified by an opportunity to work in the Y. M. C. A. gymnasium in Boston, under the direction of R. J. Roberts, a foremost teacher in the field; at this time he was attending the Roxbury Latin School in that city. Later, after two years at the University of Wisconsin, he taught for a time in county schools.

Entering Western Reserve University, he combined teaching in the Y. M. C. A. with the study of medicine, gaining his degree in 1883. A year later a summons to Adelphi Academy, Brooklyn, to teach physiology and physical education, launched him on his true life work. In 1892 he became medical examiner and director of the new gymnasium, later being made director and given a full professorship.

In 1885, while in Brooklyn, he called together a few men to form a new society known as the American Association for the Advancement of Physical Education, with a membership of thirty-five. He is the sole survivor of this original group, from which has grown the present American Physical Education Association.

He was also instrumental in organizing the Society of Collegiate Physical Education, which is still flourishing, and in bringing about a Physical Education Section in the National Education Association.

From 1886 to 1907 he was associated with the parent Chautauqua, in New York State, formed clubs for boys and girls, and organized the Chautauqua Society of Physical Education.

Numerous trips abroad to study physical education in Germany and Sweden have kept him in close touch with the best that Europe has to offer in this field of endeavor.

Dr. Anderson, in addition to his medical degree, has received his A.B., A.M., M. Sc., and as a crowning achievement, the Doctorate of Public Health, conferred by Harvard in 1912. In 1931 he received the fellowship award of the American Physical Education Association.

May 9, 1935

Dr. Iva M. Townsend Miller,
Room 938-50 West 50th St.,
New York City.

Dear Doctor:

I am glad to have your kind letter of May 5. It is very good indeed of you to speak so generously of your appreciation of the little we tried to do for you. We were exceedingly honored to have you in our home. Miami-Battle Creek is "a house by the side of the road." We want missionaries and welfare workers of all classes to feel at home here.

I shall be very glad indeed to see you in Battle Creek in summer and here next winter or at both places and to be of every possible service to you.

What an interesting work you must have had in China. I am greatly grieved to know of the death of Dr. Kim. I remember him very well indeed and lament that his useful career has been cut short.

We shall be very happy to have a visit from your friends, Mr. and Mrs. Bedell. I am sending them an invitation to lunch with us next Sunday and will take pleasure in giving their cases such attention as may be indicated.

Anticipating the pleasure of meeting you again and thanking you for your appreciative words, I am

Sincerely yours,

P. S. I shall be glad to know Dr. Tso's views about soy acidophilus milk. I shall also be glad to send him a sample if you would like to have me do so and will give me the proper address.

May 13, 1935

Dr. David Fairchild,
The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.

My dear Dr. Fairchild:

I have your letter of May 1.

Thank you very much indeed for the seed. Would you kindly tell me whether these seeds should be planted in Florida or in Michigan? It would be a good plan to plant them in Michigan and then bring some seed back here and plant it in Florida next winter, or what would be your suggestion?

I hope to be able to send you over some bamboo sprouts before going North. We will have plenty of them during the summer. Come over and help yourself or telephone my gardener, Mr. Lewis, and he will bring you some. I have spoken to him about it.

Dr. Dabney told me of his early interest in your plant introduction work.

I hope to see you again before I leave for the North.

As ever yours,

P. S. If the melons succeed, I will send you a sample.

May 14, 1935

Dr. W. G. Anderson,
Box 1802,
Yale Station,
New Haven, Conn.

Dear Dr. Anderson:

I have your letter of May 6.

Thank you very much for your courtesy in acknowledging my paper. Be assured I have not exaggerated the value of Florida fruits. I am more and more enthusiastic about their value as I have an opportunity to enjoy them.

I hope you will come to Florida next winter and give yourself an opportunity to become acquainted with this heavenly climate. I am dictating this letter while absorbing Florida sunshine. I am cultivating nudism (almost, not quite). We have, in fact, two nudist colonies here. Mixed nudism will never become popular. Most women past middle age have such horrible figures that they would not for the world allow men to see them.

I should like to have an opportunity to show you the remarkable effects of one hundred per cent biologic living. I am sure you would be amazed to see how rapidly long faces shorten up and wrinkles disappear.

Always with best wishes, I am

Sincerely and cordially yours,

May 14, 1935

Professor Irving Fisher,
480 Prospect Street,
New Haven, Conn.

Dear Professor Fisher:

I ought to have replied to your letter of April 26th some time ago. I have gotten such behind in my correspondence because of my illness with shingles, a disease against which no amount of healthful living will protect one. The situation seems to be the same as with the Indians. Measles, which is a very mild disease among white people, is a very fatal disease among the Indians. Tuberculosis usually runs a rapid and almost certain fatal course with them.

I have of course made use of diathermy, for which I have the most approved apparatus. It gives only temporary relief from the pain and makes me very uncomfortable from overheating. I find the infra-red the best remedy. My worst suffering has been from the fact that the disease attacked my internal viscera, a somewhat unusual complication.

I am well acquainted with diathermy. I learned of it in Berlin where I became personally acquainted with Dr. Nagelschmidt, the inventor and discoverer. I brought to America the third diathermy apparatus that was brought to this country. This was in 1911.

When Dr. Tarbell was in Battle Creek I tried to make a physiotherapy expert of him as he had had some little special training in that line and so put the diathermy in his hands, but found he

Professor Irving Fisher, No. 2.

was interested in nothing but electricity and exercise.

It is possible that Dr. Tarbell had the good fortune to get hold of Gifford Pinchot's case when the disease had run its course and had reached a convalescent stage. It takes a good many repetitions of a therapeutic application under different conditions to make sure as to whether the success of the application is due to its potency or to a fortuitous catenation of conditions. It is an excellent remedy but in this respect is not always superior to infrared when properly applied. However, diathermy should not be relied upon alone as a remedy for pneumonia. There are several other highly potent measures which should be employed simultaneously or in succession as indicated. It is very common to see cases of pneumonia suddenly terminate in what is known as a crisis. The temperature falls, the patient perspires freely, the salt, which has disappeared from the urine, suddenly reappears, the exudate is absorbed from the lungs, and the patient in a few hours passes from a state of great suffering with apparent pending death to one of comfortable convalescence.

When I was giving personal attention to these acute cases some years ago, even before diathermy was discovered, we had only five deaths in a hundred consecutive cases, and these were cases that were received too late for thoroughgoing treatment.

I am glad indeed Dr. Tarbell's practice is growing. I hope he will prosper sufficiently so as soon to be able to make payments on the loan I made him to help pay up his college debt. I got five dollars on the occasion of his last visit to Battle Creek. I had to dun him right sharply for this in the presence of his new wife. I am glad he has been of benefit to you, but have to confess his conduct has greatly impaired my confidence in his integrity. I received

Professor Irving Fisher, No. 3.

a report recently from a collection agency that he was entirely bankrupt, owing several thousand dollars and had nothing at all and gave no hope of his ever paying anything.

Diathermy is very good for colds.

The General Electric Company have devised a new apparatus which is much better than the old diathermy. It works on a different principle. No electrical current is passed through the body. A closed circuit is applied near the surface and an induced electrical charge is produced in the body; in other words, the effect is produced by induction rather than conduction, so there is no possibility of the patient being burned or shocked.

I am much interested in your proposition of a health club. It would be an excellent means of promoting biologic ideals. Within the last two or three years I have thought much of a project of this sort and have several times had conferences with life insurance people in relation to it. At one time I thought I had a plan arranged which might prove successful and had considerable encouragement from an insurance company, but the company finally turned the project down.

Now, with reference to the Hay diet. Hay is not a physiologist. His theories are not sound. He has originated nothing. What information he has he got from a Denver doctor who became a charlatan and worked the gullible public in a variety of ways for a good many years. Many years ago, before locating at East Aurora, Elbert Hubbard, then a wild young fellow sowing wild oats, worked for him as a publicity agent. A woman doctor who was associated with the Denver doctor, whose name, I think, was Tilden, has been here in Miami this winter giving public lectures. She did me the honor to invite me to sit on the platform at her opening lecture, which of course I did not do. She told

Professor Irving Fisher, No. 4.

me that she was Hay's instructor when he was with her chief in Denver. From the details she gave me I think she told me the truth.

Notwithstanding the unsoundness of the theories which Hay puts out, which have no physiologic basis whatever, many people are benefited by his practice, not, however, because they do not mix protein and starch at the same meal, but because the program of diet which he arranges for the patient almost wholly excludes meats.

The physiologic facts in relation to the digestion of the various food elements and their relation to one another as regards digestion were worked out very thoroughly by Cannon of Harvard University. You will find a full account of his researches in his most interesting work, "The Mechanics of Digestion."

Here is a brief summary of the facts: Starchy foods are digested more quickly, that is, remain in the stomach a shorter time than any other food element. Starch does not stimulate the acid-forming glands of the stomach, although some experiments seem to show that the products of starch digestion act as peptogens, stimulating the formation of gastric juice. Some carbohydrates, such as cane sugar, serve as an irritant to the stomach, causing it to pour out protective mucus. This was shown by Ogata, an Italian investigator, some years ago, whose experiments are very striking.

Protein remains much longer in the stomach than does starch. It stimulates the gastric glands to activity and remains in the stomach two or three times as long as does starch.

Fats remain in the stomach longer than any other food element. The gastric glands do not act upon fats, but the duodenal fluids, the bile and the pancreatic juice regurgitate through the pylorus to

Professor Irving Fisher, No. 5.

a greater or less extent during gastric digestion during the momentary relaxations of the pyloric muscle as the food which has been liquefied in the stomach is passed out in small quantities at frequent intervals.

It is well known that starch digestion, which begins in the mouth when the food is well chewed, continues in the stomach for an hour or two or until a sufficient amount of gastric acid has been produced to neutralize the lime and other alkalies in the food to render the mixed material in the stomach sufficiently acid to stop the action of the ptyalin, the diastatic ferment of the saliva. The time required for this degree of acidity to be reached is from one to two hours. Starch digestion then ceases temporarily, but, according to German physiologists, after the food is passed out into the duodenum where the acidity is neutralized by the bile and pancreatic juice, the salivary ferment resumes its activity and continues to act upon the starch along with the pancreatic juice, and the pancreatic juice is a better digester of starch than is saliva. It acts not only upon cooked starch but upon raw starch, though more slowly than upon cooked starch because cooking bursts the starch granules, so the contents come in quick and complete contact with the digestive fluids. In the case of raw starch, the juice must penetrate the capsule of the granule, a slow process which is not likely to be completed in the time ordinarily occupied by food in passing through the digestive tract.

Meat and bread are a very bad combination, not, however, so much because of incompatibility because of their relation to the digestive juices, but because of the fact that both leave acid ash residues in the body and so produce acidosis, and also because the meat promotes intestinal putrefaction and introduces highly toxic proteins and nitrogenous residues and overloads the body with waste nitrogen.

Professor Irving Fisher, No. 6.

Making the third meal a fruit meal is an excellent plan. I have been recommending it for more than 40 years and practice it myself with profit, although I rarely take more than two meals a day. If I eat a third meal it is always purely a fruit meal.

Dr. Jackson certainly is a remarkable man. He probably had an opportunity to take good care of himself. Biologic living is the best means of combating old age and comes nearest to being a panacea for physical ailments than anything else. I envy a man who can spend many hours cultivating health each day. A man could not run five miles at seventy unless he had kept himself in training during many years.

I quite agree with you that intelligent practical experience in health culture is worth any amount of theory, and I have often said that if one wishes to get information about diet it would be far better to sit down and watch the behavior of a gorilla or a chimpanzee than to consult a college professor.

I should be very glad to meet Dr. Jackson and will send him through you an invitation to call on me at Battle Creek where I shall be glad to have him as my guest for a few days. I often get some valuable hints from men who have made an intense study of health and have profited by it even though they may have entertained some views which I have been compelled to regard as vagaries.

I wonder if you have noticed a report recently made by Professor Bunting of the Dental Department of the University of Michigan who has been experimenting on the cause of dental decay in an orphan asylum. The gist of his discovery is that the real cause of decay of the teeth is the loss of immunity against bacterial infection; in other words, that it is a general rather than a local condition.

Professor Irving Fisher, No. 7.

He maintains that 7 per cent of the people have and maintain throughout life a high degree of immunity, 10 per cent have little or no immunity, and 83 per cent have a sufficient degree of immunity to maintain the teeth in good condition provided they make proper use of them and adhere to a proper diet.

He thinks the acidophilus germ, which is present in the alimentary canal from one end to the other, damages the teeth only when the immunity falls below the normal. This seems quite a plausible theory because the lactic acid which is produced by the bacillus acidophilus might readily attack the enamel of teeth which are defenseless because of a general loss of immunity. The immunizing power is in the blood.

Dr. Bunting's views fit in perfectly with my own views respecting dental decay which I formulated some 40 years ago in a paper read before the Michigan Dental Association. I insisted that decay of the teeth was due to general bodily conditions and not to merely neglect of the teeth. I was much laughed at. Dr. Bunting and his associates ridiculed my ideas for many years. Finally, about 15 years ago, Dr. Bunting and one of his leading associates made me a visit at Battle Creek and told me that they had come to apologize for ridiculing my ideas with reference to the cause of dental decay, for their investigations had led them to the conclusion that I was right and they were wrong. Dr. Bunting made a public statement of his new views in a lecture to the patients. Some years ago he announced that the bacillus acidophilus was the cause of dental decay, but it is only recently that he has reached the conclusion that the real cause is loss of immunity and that the acidophilus becomes harmful only when the immunity has been lowered by some cause or when it is entirely lacking.

Professor Fisher, No. 8.

The great causes of lowering of immunity in civilized people are, in my opinion, lack of sunlight and intestinal putrefaction.

Dr. Bunting finds that sugar is particularly harmful to the teeth because it encourages the growth of acid-forming bacteria in the mouth; but it is not the cause of the loss of immunity, without which the teeth do not suffer from the acidity.

Dr. Bunting made a careful study of the teeth of Dr. Richard Kellogg, the dentist at the Sanitarium, during four years while he was a student in the college. He found his mouth highly acid all the time yet his teeth were the most perfect teeth he had ever seen. I have heard him make this same statement publicly before the State Dental Association. His teeth were so remarkable that the faculty had a bronze model made of them and placed it in the university museum. His teeth are still perfect.

If Dr. Bunting's views are confirmed, and I think it entirely probable that they will be, the dental decay problem will seem at last to be pretty well solved. Of course it must not be forgotten that a deficiency of vitamins and food minerals and various other causes may influence immunity as well as diet, such as intestinal stasis and lack of sunlight.

I am making this letter too long, I fear. I hope to have the pleasure of meeting you soon at Battle Creek and then we will have an opportunity for discussing these matters at length.

Please give Mrs. Fisher my best regards. I hope that she is enjoying good health. Next winter I hope you will spend some weeks in Florida so we will have an opportunity for many good chats about philosophy and other things.

Very sincerely yours,

May 15, 1935

T. F. Murphy, M. D.,
Department of Commerce,
Bureau of the Census,
Washington, D. C.

Dear Doctor:

I have your letter of April 8.

Thank you very much for the in-
formation you have taken pains to send me.

Sincerely yours,

b

May 19, 1935

Dr. Augustin Levanzin,
11 Boris Terreno,
Palma, (Majorca) Spain.

Dear Doctor:

I have your letter of February 5. I am just packing up to return home to Battle Creek. As my vacation is drawing to a close in a few days, I shall leave for Michigan where I spend the summer as Medical Director of the Battle Creek Sanitarium and come back here again next November for the cold months.

We have practically no cold weather at all here in South Florida. It is perpetual summer. It is never so hot as it sometimes is in the North and never very cold, the temperature reaching the freezing point scarcely once or twice in 20 years.

I am sorry to know that you had such an unhappy experience in Boston. You have certainly made great personal sacrifice in the interest of science.

I am glad to know that you are interested in my writings and that you look back to your experience at Battle Creek with pleasant recollections. I have ordered sent you some of the back numbers of *Sent*
Good Health.

This is just a brief note to acknowledge your interesting letter. As I am extremely busy packing up for my return North, I will close my letter, assuring you of my good will and best wishes.

Sincerely yours,

May 21, 1935

Dr. David Fairchild,
The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.

Dear Dr. Fairchild:

I have your letter of May 21.

I have several suggestions:

1. Send a circular to each of the people who have been patients with us this winter and have learned more or less about the advantages of Florida fruit. I will enclose a list of these patients.

2. Send out to people who you think will be good prospects a copy of my paper about Florida fruits. This paper was published by Congress. I will bring over to you a hundred copies in franked envelopes all ready to send out. You have only to address them.

3. Supply me with an article for publication in the June number of my journal Good Health which will be going to press within about ten days. If I get the article within two or three days I can get it in. An article of 600 to 1,000 words would be suitable. It would help if you had a cut to illustrate the article. My journal will reach several thousand people who are interested in biologic living and in fruits.

If you are going to be at home I will try to make a brief call within a day or two. I am leaving for home on the 28th.

As always cordially yours,

David Fairchild
The Kampong, 4013 Douglas Road
Coconut Grove, Florida

May 21, 35

Dear D. Kellogg.

We are trying to interest as wide a circle of our friends as possible in the mango. If people down here are to plant mango orchards there must be a large clientele for the fruit in the North; and as an experiment our daughter Barbara and her friend Betty Bartlett have formed a "conspiracy" in order to lure mango friends into their toils.

^{muller} Barbara has painted a lot of postal cards. Like the enclosed and Betty has been looking for lists of people who might like to try these mango.

I wonder whether you might not feel inclined to give them just a little advice about how to place their postals to advantage. I would appreciate any help you could give them. In the cause of the mango I remain
Very sincerely yours
David Fairchild

May 25, 1935

British Guiana Expedition,
Essex House,
New York City.

Gentlemen:

Some time ago when I will ill and unable to attend to my correspondence, a letter was received from Capt. R. Stuart Murray enclosing the itinerary of the British Guiana Expedition for 1935 under the auspices of the Heye Foundation. I am interested in the project and shall be glad to know more about it.

I am particularly interested to get information concerning the diet habits and the bowel habits of the primitive people of British Guiana, concerning whom I know very little, though I have considerable information concerning the primitive tribes of Africa and some other regions. I presume it is now too late to get in touch with the explorers, but shall be very glad indeed to be informed concerning the present situation.

I shall be glad to hear from you.

Sincerely yours,

P. S. The enclosed memoranda, which was sent to an explorer in will give you an idea of the things in which I am especially interested.

British Guiana Expedition - - 1935

Auspices

Museum of the American Indian (Heye Foundation) N. Y.

Capt R. Stuart Murray
M.E.C., F.R.S.G.S., F.A.E.S., LEADER

ESSEX HOUSE
New York City

Field Headquarters:
Via: Georgetown, Demerara, B. G.

S U M M A R Y

1. PURPOSE:

The British Guiana Expedition 1935 has been organized under the auspices of the Museum of the American Indian (Heye Foundation) as a fully accredited scientific expedition for the purpose of conducting important ethnological research among the Indian aborigines of the remote Rupumuni District of British Guiana which is urgently necessary in order that permanent records and collections of these tribes may be kept for all time before impending colonization by the British Government, destroys forever these primitive cultures. This work is sanctioned by the United States State Department and authorized by the British Guiana Government.

2. PERSONNEL:

- The Leader, Capt. R. Stuart Murray, is an active member of the Explorers Club, Fellow of the Royal Geographical Society, Fellow of the Royal Scottish Geographical Society, fellow of the American Ethnological Society. Capt. Murray recently successfully completed the First Expedition of the National Museum of Honduras 1933-34, which resulted in extensive and complete collections of Indian ethnology and archeology being distributed to such institutions as the Department of Middle American Research of Tulane University, the Museum of the American Indian

the American Museum of Natural History, and the University Museum of Philadelphia, as well as valuable map memoranda to the American Geographical Society. This was the third of a series of planned expeditions which have been conducted for the purpose of recording and preserving isolated American Indian cultures, conducted by Capt. Murray.

The party will include an archeologist, a geologist, a photographer for still and sound moving pictures, and a fully licensed radio operator.

3. EQUIPMENT:

In addition to the full assortment of vital equipment necessary for the maintenance of the party during four months of intensive field work, the expedition will carry, through the cooperation of the New York Times, a powerful short wave sending and receiving set which will permit direct, scheduled, press communication with the New York Times for release to other associated papers. Exclusive distribution of still photographs has also been arranged through Times Wide World Photo Service. Through the courtesy of Universal Newsreel, complete newsreel moving picture equipment will be carried in order to record incidents of color and human interest appeal for newsreel release throughout the world. For the purpose of recording accurately the customs of the tribes to be studied, and for supplementary uses the expedition will also carry complete sound moving picture apparatus supplied by RCA Victor Corporation. A

complete still photo laboratory will enable us to keep a vast number of interesting and unusual photographs enroute via air mail to the sponsor and to the photo and news services of this country.

4. ITINERARY:

The expedition will proceed by steamer from New York to Georgetown, the capital of British Guiana, thence to the river port of Bartica on the Essequibo River, where it will load four months' supplies in huge dugout canoes, powered by 16 h. p. outboard motors. It will proceed up the Essequibo to the Rupumuni River and thence to the headwaters of the latter, where a base camp will be established out of which all field work will be carried on, about four hundred and fifty miles in the interior, in the heart of a region that is virtually unmapped, unexplored and potentially of great geological richness. Under this routing, the party will necessarily require two months in which to reach base of operations.

5. INCIDENTAL ACTIVITIES:

In addition to the ethnological and archeological recording that will be done, the Leader has been requested by the American Museum of Natural History, to secure a specimen of the Arapaima Gigas, a rare, land-locked fish which attains a maximum length of fifteen feet and a weight up to five hundred pounds. This specimen would be impossible to secure without the benefit of a highly organized party such as is represented by this expedition.

Dr. Evans, of the Massachusetts Institute of Technology has requested the party to keep a close lookout for geological specimens of fine grain structures (such as amber) through which the study of terrestrial time relation may be conducted. Dr. Mead, Chief of the Department of Geology, of the same institution, has requested a quantity of geological specimens of this unexplored region.

NOTE:

Originally planned and publicly announced as a one-man expedition, the scope of potential activity and the co-operation received by the Leader from some seventy leading industrial concerns of America which have contributed vital supply materials, has made it quite apparent that the expedition could be strategically enhanced by the addition of aerial transport facilities. In order that this may be accomplished, additional funds would be necessary and in this respect, it becomes obvious that an opportunity exists for an alert commercial sponsor to tie in with this fully organized scientific expedition for the purpose of using the extraordinary, unusual and unique publicity and advertising material, toward a specific public relations objective. If aeriually equipped, this expedition would enter the field as an outstanding demonstration of the application of modern facilities to the problem of tropical exploration. In order to power the New York Times radio, the expedition has acquired a 110 volt portable generating plant, and the extension of facilities provided by this unit alone, will be history-making

in that for the first time an expedition will penetrate the South American field capable of setting up a base camp equipped to enjoy all types of electrical accommodations, such as refrigeration, electric fans, electric lights, electrical cooking devices, scientific apparatus, et cetera.

The addition of aerial equipment, aside from the inland transport of personnel and supplies and aerial mapping and photographic activities, would permit bi-weekly dispatches of special news features and photographic material to the coast for relay to New York City by airmail together with confidential reports which it might be desirable not to transmit by radio. This would permit of five day communication from base camp to New York City and vice versa.

The facilities enjoyed by this expedition for the dissemination of news releases assures a large volume of publicity material for such a sponsor as is required.

TIME FACTOR:

It is important to note that the comparative shortness of the interval of this expeditionary work assures, within six months, three news spot divisions. These are:

1. Pre-expeditionary activities.
2. Field activities.
3. Post expeditionary activities.

The sales promotional opportunities that are offered to the sponsor are obvious. The expedition is so geared that it could depart within an interval of thirty days from the conclusion of an agreement.

May 25, 1935

Mr. George B. Dolliver,
The Moon Journal,
Battle Creek, Michigan.

My dear Mr. Dolliver:

I am sending you by parcel post a little package of Florida fruits just coming into season. The peach mangoes I am sending are not the best, but are earlier than the Haden and other larger varieties. The brown fruit is the sapodilla. The fruit is as sweet as honey and very palatable when it is thoroughly ripe. When ripe both fruits are soft and mellow as a peach.

I shall leave here with my party Tuesday morning, May 28th, and will arrive in Battle Creek Thursday P. M. in an air-conditioned car which makes the through trip from Miami to Battle Creek.

I am very sorry to leave this delightful climate, but love Battle Creek and Battle Creek folks and anticipate a pleasant summer season at the Sanitarium.

I hope that you are well and profiting by your trip to Florida last winter.

Sincerely yours,

May 27, 1935

Dr. John Wesley Hill,
Munsey Building,
Washington, D. C.

My dear Dr. Hill:

Your letter of February 9 found me in bed with shingles and so seriously ill that I was unable to give my correspondence attention. After this long lapse I am just beginning to get on my feet again and have found your letter still unanswered.

I am delighted to know that you have found a new lease of life. I wish you would write and tell me about that.

Of course I am interested in your splendid university. I want some time to visit the place. I wish I could send you five hundred dollars, which I have several times tried to do but failed because of the pressing demands of Battle Creek College to which I am devoting all my resources, and it takes every penny I can raise to keep it going. However, I must give you some assurance of my appreciation so enclose a small check which I hope will prove acceptable even at this late date.

I am just starting home to Battle Creek where I hope to arrive Thursday afternoon.

Always with best wishes, I am

Sincerely yours,

(COPY)

COLUMBIA UNIVERSITY

IN THE CITY OF NEW YORK

Department of Chemistry

June 1, 1935

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

Dear Dr. Kellogg:

It is some time since we have exchanged letters, and this is largely to send personal greetings.

Recently, partly because retirement questions are so much to the fore nowadays, and partly because my research has brought me into contact with the problem of possible extension of the productive portion of the life cycle, I am wondering if you would be so good as to write me something of how these matters appear from the vantage points of your rich experience. To what extent should we believe that capacity for a long career of usefulness is something that depends upon what one is born with, and to what extent does it depend upon what one is born with, and to what extent does it depend upon what one can do for himself? Through about what ^{age} range can one reasonably expect, or be expected, to carry full responsibilities and do work which approximates his best? In what sense would it be correct to say that you had attained or achieved "full opportunity" or "opportunity for highest service" when you entered upon your official position at the Sanitarium in 1876? Obviously, the growth of the institution under your administration had constituted a growth in professional opportunity. Might other scientific and professional

workers in their own lines hope to enjoy anything approaching such outstandingly unified careers? And am I correct in thinking of your career as one of "full" opportunity for service ever since 1876?

Such questions seem to me to come very near to the heart of the significance of the efforts for higher health and efficiency which have constituted our common interest for so long, and afforded me the pleasant contacts with you and the cordial letters from you, which I have so greatly enjoyed and esteemed.

With highest regards, I am

Very sincerely yours,

H. C. Sherman

HCS:VH

Columbia University
in the City of New York

DEPARTMENT OF CHEMISTRY

June 1, 1935

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

Dear Dr. Kellogg:

It is some time since we have exchanged letters, and this is largely to send personal greetings.

Recently, partly because retirement questions are so much to the fore nowadays, and partly because my research has brought me into contact with the problem of possible extension of the productive portion of the life cycle, I am wondering if you would be so good as to write me something of how these matters appear from the vantage points of your rich experience. To what extent should we believe that capacity for a long career of usefulness is something that depends upon what one is born with, and to what extent does it depend upon what one can do for himself? Through about what age range can one reasonably expect, or be expected, to carry full responsibilities and do work which approximates his best? In what sense would it be correct to say that you had attained or achieved "full opportunity" or "opportunity for highest service" when you entered upon your official position at the Sanitarium in 1876? Obviously, the growth of the institution under your administration has constituted a growth in professional opportunity. Might other scientific and professional workers in their own lines

June 1, 1935

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With highest regards, I am

Very sincerely yours,


H. C. Sherman

HCS:VH

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 1, 1935

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

My dear Dr. Kellogg:

I received yours dated March 15, which I take it meant May 15, enclosing a letter of April 30 from Dr. Sykes, with a carbon of your reply to Dr. Sykes, dated May 15.

I am, confidentially, very glad that you had this correspondence but I do not want to have your resignation accepted, nor does Mr. Ley.

On the contrary, I am anxious to have Dr. Haven Emerson come out with me to Battle Creek and make your acquaintance. He has opinions very similar to yours and I am sure that with his strategic position now in the Life Extension Institute he could help maintain an attitude more in tune with what you and I would like.

When I see you I can explain more fully.

Very sincerely,

Irving Fisher

IFs

June 4, 1935

Dr. H. C. Sherman,
Columbia University in the
City of New York,
Department of Chemistry,
New York City.

Dear Dr. Sherman:

I have your kind note of June 1.

I am very glad indeed to hear from you. I cannot tell you how much I appreciate the information you have made available in your masterly books which to my mind are wholly unequalled in the literature of foods. Your method of dealing with every subject on which you write is so definite, comprehensive, lucid and convincing that it is a pleasure to read and to re-read every paragraph. Nevertheless I never lay down one of your books after reading it without a feeling of dissatisfaction because I have not an opportunity to read at least an abstract of many of the multitudinous references which you list. The index of your work and every other feature of it shows such an amount of painstaking labor I cannot imagine how you find time to do it all and I hope that you have a large corps of efficient helpers to do the research abstracting which is incident to such a comprehensive treatise as yours.

I have a copy of every edition you have published and your books are always close at hand for reference and are more often referred to than any others.

I have been greatly interested in the things that you have written in recent years about super health and extending life expectation. Your paper before the Chemical Society at Chicago was a masterly contribution. It opened a new door for human betterment and provided means

Dr. H. C. Sherman, No. 2.

by which not only a few individuals but the whole human race may be lifted to a higher level.

I think you have done more for the promotion of progress in nutrition and stimulation of efforts for race betterment than any other person in America. When I caught the word retirement in the third line of your letter I felt a little startled, for I thought you yourself were contemplating retirement, which would certainly be a great calamity.

I am very much interested in the questions that you raise, though I find it rather hard to answer some of them.

First let me say that I regard the things that you have done with reference to the prolonging of the life cycle the most important communications that have been made on this subject.

I am sending you herewith a copy of a manuscript I have prepared this winter for circulation to doctors. It relates especially to blood pressure. You will find on page 14 a reference to your work to which I am glad to call attention whenever opportunity offers.

Now as regards the factors which promote long life and efficiency, I must say I think heredity is the dominant factor, for a man cannot by any sort of training or education acquire fundamental qualities which he does not possess. "What one can do for himself" I am sure depends primarily on "what one is born with," although capacity for development and achievement might prove to be ineffective without an opportunity.

As regards the age range at which one may reasonably expect to carry full responsibilities and to do his best work, I find it difficult to formulate an answer for the reason that I think the significance of the term best undergoes a change as age advances, so the answer depends considerably on just what you mean by best. In the earlier period energy

and imagination are in many cases the leading factors which promote highest success, whereas in later life mature judgment and accumulated expertness reach their highest development. From my personal experience I may say that I did my first surgical operation just 60 years ago, and within the last ten days before I left Florida I did four major operations, employing methods which I devised more than 40 years ago, and I am sure that the operations were done a little better on the average than the same number of consecutive operations at any time in my life. Skill and experience are cumulative if they are constantly cultivated.

I began my medical work here at Battle Creek when I was just entering my 24th year. I am now well started in my 84th year. I have during this entire time carried a very heavy load. I have had in addition to the main responsibility for financing and general superintendence of my work as President of the Board of Management constant active service as medical and surgical consultant and chief surgeon, operating usually several hours daily and spending several hours in consultation and in giving office treatment as a specialist and in addition have developed and conducted for nearly 50 years a food business which has grown steadily in volume from a very small beginning to an organization employing nearly 500 persons and doing a volume of business of nearly \$3,000,000 annually. The only helpers I have in the business are persons who I have myself trained. All are employees as I am not only president but the sole stockholder. I give several lectures a week, publish my journal Good Health, of which I have been sole editor most of the time without assistance for 62 years. I keep two highly efficient stenographers busy answering letters. The work done, I think, would fully occupy the time of four ordinary

Dr. H. C. Sherman, No. 4.

stenographers. Battle Creek College, which I finance, with a student body of five to seven hundred, takes some of my time; and I have a good many minor activities, so that altogether I am kept busily at work from 12 to 15 hours daily. I have never had vacations and rarely have found time for recreation. I lost my left lung before I was 20 years of age from tuberculosis. There is no motion in my left side when breathing. This has been something of a handicap to me, but I have managed to carry on and am still at work. All my life I have been conscious of the fact that I had too much to do and that I was not doing as good a quality of work as I might have done if I could work more leisurely and did not have so many things to divide my attention.

As regards full opportunity, I had the advantage that I began with practically nothing and was given a free hand to do what I liked so long as I could make a success; that is, I had no hampering board and neither did I have any organization to assist me. The little water-cure of which I was elected superintendent just 60 years ago, after a successful career for a few years had declined until the situation was regarded as hopeless. The buildings consisted of two or three small cottages. The facilities were of the crudest sort. There was a baker's dozen of patients, half of whom were not paying their bills, and a debt of several thousand dollars had been accumulated and was increasing every day. I took the place in charge with the understanding that I should be permitted to reorganize it and put it on a scientific basis and to do anything I pleased so long as I could make it succeed.

The thing I undertook to do was new. It was to bring together in one place all the different kinds of physiotherapy and to correlate them into an organized system. This had never before been done. I had the good

Dr. H. C. Sherman, No. 5.

fortune to see the need and to undertake this task at an opportune moment and I attribute whatever success I have attained to this fact rather than to any special ability on my part. I think my success is due to the fact that I have been able to work harder and more continuously and for a longer time than most men, and the fact that I have been able to do this I attribute to the simple biologic mode of life which I adopted more than 70 years ago, to which I have closely adhered,-- no tobacco, no tea and coffee, no alcohol, no flesh foods of any sort and as close adherence as possible to a course of life in harmony with biologic and physiologic requirements.

I want to say further with reference to full opportunity that my road was by no means free from obstacles. I have had many and very great obstacles to overcome. I have had no gifts or endowments, but have had to earn every dollar accumulated.

The first obstacle was of course financial. I found a debt of \$10,000, with property worth perhaps \$25,000. I undertook to give my services to the institution and to receive no fees. Until within the last ten years I worked for nothing and supported myself and never received one cent in fees for more than 20,000 surgical operations, including several thousand abdominal operations. During the first 20 years of my connection with the institution, the fees from my surgical operations alone amounted every year to more than twice as much as the total net earnings. As the work enlarged and I trained other men to work as assistants, they were paid straight salaries and received no fees, and thus the institution has been financed by the fees which physicians usually put into their own pockets. I think this is the only way any medical institution can be made to finance itself.

At the end of the first six months of my incumbency I started a new building. It cost \$125,000, all of which was borrowed except \$10,000, which was the net earnings of the first six months of my work. The money was borrowed on short time notes in small amounts from several hundred different persons. Before this debt was paid off, the increase of patronage required additions on each end and at the top. At the end of 25 years I had a debt of \$240,000, with three large buildings instead of one, and 400 patients.

Thirty-three years ago a fire came and burned up the two larger buildings, which were of brick veneer construction. I was away from home at the time. On getting home I found a heap of ashes and a debt of \$240,000 with assets lacking \$20,000 enough to pay the debts. I nevertheless made plans for a million dollar building and started with \$150,000 insurance and spent \$20,000 every week for a year without ever having at any time money enough to meet the bills for the next week. The money mostly came from voluntary loans of small amounts from one hundred dollars to \$10,000 by our old patients and friends and came along just fast enough to meet our need. For five years I had no credit, but the money always came just fast enough to meet accruing obligations, so never a note went to protest. The financing was of course a great burden and gave me constant anxiety, though after a time I ceased to worry, for I found that the money had a habit of coming just fast enough to meet my needs, although never fast enough to give me anything ahead until about 15 years after the fire, when with the great increase of prosperity, especially during and after the war, finances greatly improved and our property gradually increased until five years ago its estimated value was nearly \$11,000,000. This was entirely due to the

Dr. H. C. Sherman, No. 7.

accumulation of fees and would have been impossible if I and my colleagues had received the usual fees which doctors take for operations, examinations, etc.

Among other obstacles that might be mentioned was the fact that the characteristic features of the institution were extremely unpopular. No smoking, no tobacco, no tea and coffee, no meat, no alcohol and a very restricted use of drugs. None of these things were popular either with the laity or the profession. I saw the need of an active educational work which I undertook to carry on through books, monthly publications, booklets, etc. The opposition of the medical profession was bitter at first. So far as I know I was the only physician with regular standing who was interested in promoting the physical methods in which I specialized. Most of them were at that time regarded as highly quackish by the medical profession. Medical practice was very different 60 years ago from what it is now.

I received my diploma from old Belleview College. I was a private student of the late Austin Flint, Sr. and the late E. G. Janeway, both men very eminent in the profession. Dr. Flint, under whom I studied, was the grandfather of the present Austin Flint of New York. My credentials compelled the medical society to admit me as a member, but a few years later a very persistent and violent effort was made to put me out of the medical society, the charge being that I was trying to found a new school of medicine to be known as rational medicine. When it came to a final decision I was saved from being ousted by one vote and that vote was my own. Gradually medical opposition diminished.

When I discovered the value of the electric light as a therapeutic measure and made the first electric light baths no interest was shown by

the profession in this country until after the bath became popular in Germany where it was introduced after the first Chicago exposition where I showed it and where it was seen by a German who established a factory in Berlin. Six years later when I visited Berlin I found a thousand cabinet baths in use in three hundred institutions. The bath was widely advertised and used as the Kelloggische licht badt. A year or two later it was imported from Germany and offered for sale in New York by the Kny-Scheerer Co., and from that time grew in popularity until at the present time every hospital in the world is supplied with some modifications of the light appliances which I was the first to employ. The sinusoidal current and other methods which I developed likewise became popular.

More than 50 years ago I placed upon the market the first ready-to-eat breakfast food.

At the present time the foods and methods of treatment which I have developed have become so popular that they are available almost everywhere. There are still some physicians who oppose our work. They are for the most part narrow commercially minded doctors who are more concerned about their fees than the patient's interests.

Another very serious obstacle that I have had to contend with has been conspiracies and machinations of a narrow minded denomination, so-called Seventh-Day Adventists, who when the institution began to prosper laid claim upon it because of the fact that the men who first promoted the enterprise were members of that church, although the church never raised money for the enterprise and never had any control of it. It was purely a private enterprise. The Adventists greatly desired to get control so as to use the institution as a sort of church trap for increasing their membership. These people sought to frighten people away from

Dr. H. C. Sherman, No. 9.

the institution by publishing the so-called visions of their pretended prophetess to the effect that the institution would be destroyed by thunderbolts or by an earthquake, by libeling our bonds and by endeavoring to entice nurses away or to frighten them. I was pronounced possessed of the devil by the prophetess, and the nurses, many of them who had been members of their church, were threatened with divine vengeance, etc. if they did not leave the institution. On one occasion these people came to Battle Creek and for weeks held forth publicly denouncing the institution and endeavoring to frighten our helpers and patients. I have had plenty of perplexing things to deal with and the full opportunity I have had has been by no means a soft snap.

For several years back I have spent the winters in a warmer climate, thinking it prudent not to risk exposure to the cold weather as I am susceptible to respiratory troubles and have but one lung which would make me an easy victim in case of a severe attack of la grippe or pneumonia. I have established a sanitarium at Miami, a small affair with accommodations for only about a hundred; but with a good prospect for development and work enough to keep me busy during the winter months.

Now this is a very rambling letter and I fear has not answered your questions.

I assure you I am tremendously interested in the wonderful facts that you have unfolded within the last few years. I should like very much to have an opportunity to talk with you about this.

Some years ago when I discovered a method of making corn flakes and sold out my interest for a half million dollars, I put the money in the hands of a board of trustees and established the **Race Betterment Foundation.**

Dr. H. C. Sherman, No. 10.

I have devoted all of my resources to promoting this idea. The geneticists, Davenport, Major Darwin and others, have abandoned all hope of saving the human race and believe it will become extinct. I feel quite different about this. I think the intelligence of the human race ought to save it and believe in time we shall find out how to apply to human beings the same methods of improvement that are employed in the development of fine horses, cows and other animals as well as flowers and food plants and so a new human race may be created. I have devoted, in fact, all my resources to this idea. We need a health aristocracy. In order to establish this it will be necessary to educate men and women to live in harmony with the requirements of biology and physiology.

Mendel's discovery of the laws of inheritance and your discovery of a method by which human beings may be enabled to enjoy super health are two great levers by which the human race may be lifted to unpredictable levels of betterment which within a few generations might make men and women so superior to the present average human being as will astonish the world.

I wish you would come out to Battle Creek this summer and let us discuss some plans which I have in mind and for which I believe I could secure abundant financial backing.

We have with us Dr. Porter, who has taken the place of Dr. Mitchell who was formerly here, and has proved to be a very able person indeed. I find her very much interested in the effort I am making to prove the value of meticulous physiologic living as a means of promoting health betterment and race betterment. We have a summer school and she will conduct a department of nutrition and medical dietetics. If you will come out to give us a few lectures I will undertake to gather together a

Dr. H. C. Sherman, No. 11.

notable group of dietitians, graduate nurses and others interested in nutrition and will be glad to pay you such fees as you may think it proper to charge and will be delighted to entertain you for a month as my guest here if you will come.

I shall be very glad to undertake under your supervision a large experiment with human subjects for demonstrating the validity of your idea of super health. We have every possible facility for doing this here. We have a good physiologic laboratory and a splendid student body who are interested in progressive ideas and I shall be glad to give such financial backing as may be needed.

Dr. Porter will begin her course in nutrition about July 1. I will be delighted if we can put you on the program for one or several lectures.

I thank you very much for writing me and for your kind expressions. I assure you that I cannot find words to express my sense of obligation to you for the splendid, thorough and honest work which you have done in the promotion of the health of the American people and the great help I myself have obtained from your work in what I have sought to do for improving such opportunities as have been presented to me for making efforts to promote the welfare of my fellows.

Again thanking you and hoping to have the pleasure of hearing from you again and possibly having a conference with you, I remain, dear Doctor,

Very sincerely yours,

P. S. I am sending you a little box of mangos I brought up from Florida with me which I hope you will like. I have a nice tropical orchard down

Dr. H. C. Sherman, No. 12.

there which produces a considerable variety of fruits, including in addition to mangos and avocados such fruits as loquats, cherimoyas, soursops, sugar apples, sapotes, rose apples, guavas, etc. I shall be glad to send you a box from time to time if you are interested in these fruits and also fresh bamboo shoots. I have several large clumps of edible bamboos.



GEORGE B. DOLLIVER
PRESIDENT AND MANAGING EDITOR

The
Battle Creek Moon-Journal

Battle Creek, Michigan

June 4, 1935.

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

Dear Dr. Kellogg:

Please accept my thanks for the package of Florida fruits which you sent from Miami Springs. I had never tasted the sapodilla and I enjoyed it as well as the peach mangoes.

I am glad that you have reached the city in good health, and I hope you will have a very pleasant and profitable summer.

Sincerely yours,

GBD:BC

E 653178

TARJETA POSTAL



Dr. John Harvey Kellogg
Battle Creek Sanitarium

Battle Creek
Michigan
U.S.A.

En esta tarjeta se escriben solamente la dirección.

11, Botia - Terreno
Palma - Majorca - Spain

5/6/5

Dear Dr. Kellogg

I have just received your kind letter, after such a long delay that I that you were sick again, but I was greatly disappointed as you have failed to touch the two most important items that

I was expecting an answer for:-

1) You wrote to me that you have published my letter & you promised me a copy! Never got it yet! Please send it.

2) I've asked you to give me a chance to publish my views in your G.H. no answer! Does your silence mean a negative polite answer or an oversight? Please answer to the point & oblige. Yours truly

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LIFE EXTENSION INSTITUTE, INC.

25 WEST 43RD STREET

NEW YORK

HAROLD A. LEY, *President*

June 5, 1935.

John Harvey Kellogg, M. D.,
The Miami-Battle Creek,
Miami Springs, Florida.

Dear Doctor Kellogg:

I have a son who will be a senior at Princeton this coming fall and in discussing with him the question of his thesis for graduation I suggested that it might be worth-while for him to make a study of the effects of the use of tobacco.

I thought we would take ten thousand examination reports of life insurance policyholders all over the country and divide them into smokers and non-smokers; and then make a report to determine whether there is a greater effect on the symptoms and physical findings on the enclosed list in those who smoke in comparison to those who do not. This list was prepared by our Medical Department.

I am also sending you eight or ten examination reports so that you can see the material we will be working with. We are planning to make the study of people over twenty-five.

In discussing this matter with Professor Fisher, he said that your comments on a study of this kind would be valuable. Would you be so kind as to glance over this material and let me know whether there are other things we should include in this study?

Hoping I can have an early reply as my boy is anxious to tackle this work as soon as school closes, I am

Yours very truly,

Harold A. Ley

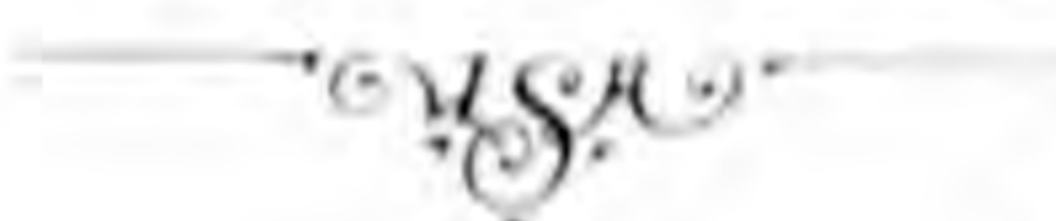
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PRESIDENT



The BATTLE CREEK SANITARIUM
BATTLE CREEK, MICHIGAN

GUEST STATIONERY



June 7, 1935.

Our own dear Dr. Kellogg:

We are so happy to know you are back and we hope to see you very soon.

Henry wants me to thank you for the delicious Mangos and the beautiful flowers all of which he appreciates to the utmost.

I am sorry to tell you he is feeling quite miserable the last few days but now that the weather is again beautiful hope he can get out for a ride and get this wonderful air.

It seems to me Battle Creek never has been as pretty as it has been this year.

Henry joins me in a world of good wishes and our repeated thanks,

Sincerely yours,

Yours truly,
Harold Roberts

I believe he is in
Central America

June 7, 1935

Professor Irving Fisher,
Sanitarium.

Dear Professor Fisher:

Enclosed find a communication I have received from a lady who wants to have an interview with you. I pass it over to you to give it consideration and to meet her if you think it worth while.

Sincerely yours,

b

Mrs. George B. Dolliver, Battle Creek, Mich.

June 10, 1935

JHK

Many times when I am being helped out of physical problems here I think how very fortunate I am to live in this city. So many privileges of life I could not have enjoyed had it not been for the great benefit received here. So may I tell you how deeply appreciative I am of your work, your sincere efforts to benefit mankind?

I continue to hear most delightful reports of your splendid talk to the graduates recently. Delighted for yourself and your hosts of admirers that you are well again.

We enjoyed our day with the Battle Creek friends at your place the most of any day of our short vacation.

And such a treat as your box of interesting delicious fruit. The mangoes were especially delightful. Kind indeed to remember us.

Thanking you and wishing you many, many years of continued health to enjoy your beautiful work.

June 10, 1935

Dr. F. G. Coburn,
Battle Creek, Michigan.

My dear Dr. Coburn:

I am sorry to learn that you are retiring from the position of Superintendent of Education for the city of Battle Creek which you have so ably filled during 40 consecutive years, and in which you have made a most extraordinary record of efficient and successful service. As I have all my life been interested in education, I have closely observed your work and have greatly admired the high standards you have maintained and the progressive spirit that has characterized your work and the earnestness and enthusiasm with which you have inspired the fine body of teachers which you have selected for your associates.

As the result of your arduous efforts, Battle Creek has during these many years enjoyed the advantages of a Public School System second to none in the United States, a fact which has not only added to the prestige and renown of an internationally known city, but has influenced the lives of nearly four school generations of pupils. It is only a very moderate expression of fact to say that you have done more to mold the characters of the citizenry of Battle Creek through your training of these thousands of young people than any other person, and have earned for yourself a measure of love, respect and gratitude such as has not been accorded to any other individual in the history of this community. You have assured to yourself a large and permanent place

Dr. F. G. Coburn, No. 2.

in the respect and affections of the citizens of Battle Creek by your manliness, moral courage, and exemplary living and your leadership in wholesome and uplifting activities and most of all your unwearied and successful work as a builder of character in the men and women who will in the years to come lead this city on to the fulfillment of its destiny as a world center of activities for human betterment.

When the annals of the blest are written up I am sure you will appear along with that of Abou Ben Adam as "one who loves his fellow men."

I am proud to subscribe myself, with respect and homage,

your friend,



WESTERN UNION

SIGNS
DL = Day Letter
NM = Night Message
NL = Night Letter
LC = Deferred Cable
NLT = Cable Night Letter
Ship Radiogram

R. B. WHITE
PRESIDENT

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FIRST VICE-PRESIDENT

The filing time shown in the date line on telegrams and day letters is Standard Time at point of origin. Time of receipt is Standard Time at point of destination.
Received at 71 West Michigan Ave., Battle Creek, Mich. TELEPHONE 5115 1935 JUN 11 PM 7 09

Z176 17 NM=NEWHAVEN CONN 11

DR J H KELLOGG=

BATTLECREEK SANITARIUM BATTLECREEK MICH=

MAILED LARGE ENVELOPE TO PROFESSOR FISHER YESTERDAY IF TOO LATE PLEASE FORWARD TO NEWHAVEN BY AIR MAIL=

A SUDELA SECRETARY.

alone

FISHER

MINUTES IN TRANSIT	
FULL-RATE	DAY LETTER

June 12, 1935

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

My dear Professor Fisher:

I am herewith returning the manuscript you left with me. I have today received from the Institute a copy of the questions which you told me had been sent together with a letter from Dr. Ley, so I am returning to you the papers you left with me.

I hope that you arrived home safely and that you had no further gall bladder attacks and that the truss gave you no trouble. I did not have time to fully adjust the truss and thought possibly you would find something which you would like better, but as the appliance was not expensive and as you needed some support immediately I thought it was best to try it as a temporary expedient. I would suggest that you improve the first opportunity to visit a specialist and have a careful study of your condition made and an appliance adapted which will fit you perfectly and comfortably and with the hope that by wearing it continuously and taking care to avoid all strain and never to get on your feet without having the truss in place, you may secure a spontaneous cure. You might try this, at least for a few months, before submitting to an operation.

I enjoyed very greatly a visit with you and am looking forward with pleasure to another visit on the 28th.

Professor Irving Fisher, No. 2.

I have the work by William James to which you referred and shall be dipping into it tonight. Thank you very much for calling my attention to it.

Sincerely yours,

b

C O P Y

June 13, 1935

Mr. Harold A. Ley, President,
Life Extension Institute, Inc.,
25 West 43rd St.,
New York City.

My dear Sir:

I have been looking over your questions and your records of cases. I have a few suggestions. First, as regards the questions:

I think it will be important in making your survey to determine the average of the diastolic pressure. The characteristic effect of tobacco is to raise the diastolic pressure by contracting the small arteries. The effect upon the systolic pressure seems to be less because of the depressing effect of tobacco which increases the work of the heart while at the same time diminishes its capacity for work.

As regards the effect of tobacco upon the blood vessels, note should be made, I think, of the condition of the large blood vessels. Any enlargement or evidence of atheroma should be noted. German specialists state that nicotine is one of the most active of all known toxins in producing vascular changes.

As regards the lungs, the presence or absence of rhonci should be noted. During the draft examinations a very able Colorado Springs lung specialist was employed by the government to visit the different military camps and examine special lung cases. He published an article in which he called attention to the fact that rhonci were always present in the lungs of smokers.

In relation to gastro-intestinal disturbances, it should be noted that smoking is recognized by eminent English and some American gastric specialists as an active cause of peptic ulcer. Moynihan has for years required patients on whom he performed the operation of gastro-enterostomy to abstain from smoking. He himself a few years ago renounced smoking so as to be able to more forcibly impress his patients with the importance of giving up the use of the weed. Smoking leads to gastric or duodenal ulcer by lowering vital resistance and inducing local irritation.

I think it highly important to note the effects of smoking upon senility. Its damaging effect upon the heart and blood vessels leads directly to the development of old age stigmata. The effect of nicotine as well as other toxic agents is especially pronounced in damage to the yellow elastic tissues of the body. This is recognizable in loss of elasticity of the skin. It may be readily tested by pinching up the skin transversely on the back of the hand with the hand fully extended, noting whether it snaps back quickly into place or remains as a transverse ridge because of loss of the skin elasticity. This is a very simple readily applied preliminary test of senility. When the skin elasticity is lost there will always be found other marked evidences of degeneracy.

It is also important to note the condition of the urine. Smokers are likely to show traces of albumen and often hyaline or granular casts.

I hope your research will be most fruitful and I shall await with interest the results.

I will be very glad to have two or three blank copies of your

record sheet.

Trusting that your work is prospering, I am

Very sincerely yours,

(Signed) John Harvey Kellogg

b

Oscar H. Rogers, 264 Palisade Avenue, Yonkers-on-Hudson, N. Y. June 14, 1935

JHK

Mrs. Rogers and I were delighted to receive the very delicious evidence of your thought of us and thank you for it. We are glad, too, to be able to infer that you are once more back in your place at Battle Creek which you have made so famous and so dear to us all. We have often thought and spoken of you and have wished that you were not so far away. We should like to see you and to know how you are getting along in this very much upset world. We do wish that, if you ever come to this part of the country, you would stop here and make us a little visit. We are getting on fairly well. Mrs. Rogers still has that wretched noise in her head and can not mix much with her friends and as for myself, I have not as much energy as I used to have.

All the same we are and always shall be your devoted admirers.

(COPY)

COLUMBIA UNIVERSITY
IN THE CITY OF NEW YORK

June 14, 1935

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

Dear Dr. Kellogg:

I appreciate very highly indeed your good letter of the 4th, and promise myself the pleasure of answering it more adequately at some less hurried time.

I should, however, not delay answer to your suggestion that I come to Battle Creek this summer to give some lectures in your college, and to work on a plan of experimentation with human subjects. Both these suggestions I appreciate very highly indeed, and I certainly intend, when circumstances permit, to avail myself of the invitation to visit Battle Creek which you have now been good enough to give me on more than one occasion; but the work to which I am already committed for this summer would not permit me to do justice to what you suggest my doing at Battle Creek, so that, insofar as your hospitable invitation is specifically for this summer, I am regretfully unable to accept.

I feel that you are over-generous in your expressions of appreciation of my scientific work, and also that you over-rate my ability to contribute to what you are doing at Battle Creek. Any specific suggestion regarding experimental work on the question of race betterment which I could make would be primarily with reference to the food supply aspect, and in this you are already doing at Battle Creek the things I would suggest; so that, while I look forward with great pleasure to visiting you when I can, I shall come essentially as a learner.

Again let me express my appreciation of your letter and my admiration for what it represents. I beg to thank you also for your thoughtfulness in sending the mangos, which we both appreciated and enjoyed very much.

With highest regards, I am

Very sincerely yours,

(Signed) H. C. Sherman

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

14th June '38

My dear Doctor Kellogg -

Mrs Rogers, ⁸⁹¹ we were delighted
to receive the very delicious evi-
dence of your thought of us and
thank you for it. We are
glad, too, to be able to infer that
you are once more back in
your place at Battle Creek
which you have made so
famous and so dear to us
all. We have often thought
& spoken of you and have wish-
ed that you were not so far
away. We should like to see

You are to know how you
are getting along in this
very much upset world. We
do wish that, if you ever come
to this part of the country, you
would stop here & make us a
little visit. We are getting
on fairly well. Mrs Rogers
still has that wretched noise
in her head and can not mix
much with her friends and,
as for myself, I have not as
much energy as I used to have.

All the same we are and
always shall be your
devoted admirers
Osbert Rogers,

June 14, 1935

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

Dear Prof. Fisher:

Enclosed find a copy of a letter I am just sending
to Mr. Ley with reference to the tobacco survey.

Sincerely yours,

b

June 19, 1935

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

My dear Dr. Rogers:

I have your letter of June 14.

I am glad to know that the fruit reached you safely and I hope you enjoyed it.

I am sorry Mrs. Rogers is still plagued by that wicked noise in her head. I wonder if you have tried an application of the new form of high tension current, the inductotherm? I have been using it for several months back and with very remarkable results.

Since I saw you last I have perfected two or three things that I have been working on for many years which I believe would interest you and be of service to both you and your wife. One of the most important is a method for completely suppressing intestinal putrefactions. When this is done the vital reaction is most remarkable and there is such a physical uplift it seems almost incredible. The elasticity of the skin improves and as a result the face lifts, often a half inch or even more. Wrinkles disappear and there is such marked rejuvenation in a variety of ways it seems almost unbelievable.

We have had a very happy time at Miami-Battle Creek this winter lifting faces and rejuvenating people. I can not remember a single occasion in which a person left the institution without being remarkably bettered.

I would so like to do something for you and Mrs. Rogers for your

Dr. Oscar H. Rogers, No. 2.

great courtesy and the good cheer your kind messages have brought to me which sometimes happened to come when I was bearing extra heavy burdens which seemed a little more than I could endure. You always put something into your letters which gives one a little thrill of joy and strengthens his morale to meet the problems which each day brings. I cannot tell you how precious to me is the friendship of Dr. and Mrs. Rogers.

I hope next winter you will permit me to make you my guest for a couple of weeks at Miami Battle Creek in November, December or May, the most delightful months. I promise you good weather and the best care and entertainment we can give you. The place has wonderfully improved since you were there and we have learned a lot of things that will be of use to you. I do hope that you will come.

My tropical orchard is beginning to bear now and we have most delicious fruit,-- loquats, kumquats, rose apples, soursops, sugar apples and cherimoyas as well as the better known mangos and avocados.

By the way, I am much ashamed to learn from Miss Gertrude, as we have recently been going over our account books in making comparative statements of our operations for the various years, that a charge was made you at the time of your brief visit to us. I am more sorry and ashamed than I can tell you for this blunder. I am overcome with shame as I reflect upon your forbearance in so graciously overlooking such a stupid blunder.

I do hope that you will accept my invitation next winter and permit me to make amends.

I had a very pleasant visit from Professor Irving Fisher a few

Dr. Oscar H. Rogers, No. 3.

days ago. I am expecting another visit from Dr. Fisher and Dr. Hayden Emerson in a week or ten days.

I am enclosing a copy of a very nice letter I received from Professor H. C. Sherman the other day. It is encouraging to see so many evidences that the intelligensia of the country are coming to look with increasing favor upon the physiologic plan of living.

I hope to make Battle Creek the center of a super health movement which will contribute something worth while to the race betterment program which is my principal life interest.

Thanking you again for your gracious letter and with best regards to Mrs. Rogers, I am

Yours devotedly,

b

P. S. On inquiry from Miss Gertrude I find that she recalls the amount charged you, so I enclose a check covering the same.



"General Howard, you can trust the people in this section. I come from them and I know them. If you come out of this horror alive, and I pray God that you may, I want you to do something for the education of these mountain people who have been shut out of the world for all these years."

(President Lincoln to General O. O. Howard in 1863, as he was starting on his Tennessee campaign.)

Lincoln Memorial University is unique in its field, and numbers among its students young men and women who are struggling with the true Lincoln spirit to qualify themselves for a larger life. There is an ambition that ennobles mankind—the ambition to be useful. In common with all other Americans I rejoice that an opportunity is afforded them that was denied to the youth of Lincoln's time. The entire country will be the beneficiary of the work that is going forward in the depths of the Cumberland mountains.

—Herbert Hoover

"I have every hope that the Lincoln Memorial University will so strongly appeal to national sentiment for Lincoln and for the fine mountain people of the Southern Appalachian area that the Institution may be placed upon the firm and assured basis upon which such a work should rest."

—Calvin Coolidge

"I have for a long time been genuinely interested in the welfare of Lincoln Memorial University."

—Woodrow Wilson

"There is no part of the world where education can do so much as in the region for which Lincoln Memorial furnishes the opportunity for advanced education."

—William Howard Taft

"There could be no finer memorial to Lincoln than this University placed just where you have it."

—Theodore Roosevelt

Lincoln Memorial University

A Living Memorial Sustained by a Grateful People

at

Cumberland Gap, Tennessee

CHANCELLOR'S OFFICE

MUNSEY BUILDING,

WASHINGTON, D. C.

June 20th,
1935.

My dear Doctor John Harvey Kellogg:

Your letter comes as a combination of sea breeze and mountain air, a stimulant, tonic, inspiration and revelation. The fact is you have always been a revelation, and during the years of my acquaintance with you, I have found your advice, example and sympathy a source of constant comfort and uplift.

I can hardly explain the new lease of life to which I referred. It is like most of the great experiences, something almost miraculous, and yet a combination of psychology and biology, which constitutes the ground work of health, progress and usefulness. I had a terrible experience battling against the "golly-woobles" and kindred ills incident to my aphasia. However, I held with a strong grip upon the human side of my restoration, — diet, medicine and exercise. Aside from this, I found self-renunciation, prayer, faith and hope, and the constant use of God's Word brought therapeutic relief. There were times when I could do nothing but hold on to God, not knowing in the midst of these struggles whether He cared, but in the midst of all these experiences, I constantly thought of the slogan emblazoned in one of the windows of Battle Creek, "God is our life", and I never gripped that declaration without catching something of its electric and vitalizing force.

I have had the feeling for sometime that usefulness is the secret of longevity. However, at any rate without going into details, I am on my feet working really with greater efficiency than for the past twenty years. My blood pressure is running on an average of 160. A few weeks ago Dr. Kress found it 156, for which I am thankful.

I thank you for the check. We are badly in need of money, but a check for five dollars from John Harvey Kellogg is worth at least \$500. because of the memories, service and sympathy and friendship and love which it represents. And so, I thank you and pray God's richest blessing to rest upon you.

We certainly would greatly appreciate a visit from

DR. JOHN WESLEY HILL
Chancellor

DR. STEWART W. McCLELLAND
President

R. L. MOORE
Vice-President
Jellico, Tenn.

F. W. LAFRENTZ
Chairman of the Board
New York City, N. Y.

HON. WADE H. ELLIS
General Counsel
Washington, D. C.

C. P. WILLIAMS
Treasurer
Cumberland Gap, Tenn.

you at Lincoln Memorial. At our recent Commencement Attorney General Cummings delivered a remarkable Commencement Address, while Mrs. Lucille Foster McMillin, a Member of the Civil Service Commission delivered the Baccalaureate Address.

We have recently opened a Hall of Holography at the University in which hundreds of photographs are on exhibition. The object of this Hall is the study of personality and character thru photography and chirography. Some of these photographs are accompanied by letters. You sent your autographed photograph, and now if you would send me a letter touching the high spots of life, health, service and character, I would frame it with your photograph, and it would be of great value to the Students, as it would be a sort of biologic sign board pointing to the conditions of efficiency and happiness in life.

With my love and all good wishes, I am

Devotedly your friend,

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

John Harvey Kellogg

*When I think of your service
to humanity, spiritual, mental
& physical, I never
cease to thank God for
having known you &
for all your achievements
for humanity. Well bless you.*

J. M. D.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 26, 1935

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

My dear Dr. Kellogg:

Your ^{first} wire came when I was out of town. I am exceedingly sorry you had an injury in Chicago but am glad you are making a good recovery.

I had already written you suggesting later dates for the visit of Haven Emerson and me. I hope the other details in that letter were not too annoying. Had I known my letter to you would arrive when you were in bed, I would not have bothered you.

I have just received a letter from a magazine, "Reader's Digest", asking for an article on tobacco. I am accepting. I shall hope to send you a draft of it later and hope you can help me with criticism. Meanwhile, if you have any material collected since your book was published I would be grateful to have it sent to me.

Sincerely,

Irving Fisher

Sc

^{second}
P.S. Your telegram saying that you are recovering rapidly has just come. I am very glad. I will write you definitely later as to the time we can start, assuming that any time is convenient - unless I hear from you to the contrary.

June 28, 1935

Mr. Roger Babson,
Babson Park, Mass.

My dear Mr. Babson:

I am going through your wonderful book for the second time. The subjects you discuss and the manner of discussion are thought-stimulating, and lead one into the pondering of fundamental problems which involve the very continuance of civilization.

Race betterment, as you kindly intimate to your readers, is the great problem which interests me, and for this the subjects you have discussed have most important relations.

But I hope to write you further along this line when I have finished reading your book a second time, and when I have a little more time than at present.

The purpose of writing this note is to tell you that I have recently evolved an idea of considerable proportions in which I believe you would be tremendously interested, an idea which will be promotive of your ends as well as mine, and in a stupendous way, and will be a big uplift to the whole country.

The time has come, it seems to me, for launching a great super-health and super-man movement. If the human race is ever saved, it will have to be by the development of a health aristocracy, men whose self-respect and pride, and ethical standards lead them to place the rules of physical rectitude a part of their moral code.

We could easily get together a group of from one to three hundred able, scientific men and hold a two or three days' meeting, with a tremendously interesting program. We could get a lot of foreign countries represented through their ministers and ambassadors. We could start off a new and tremendously interesting movement, with a big push. We could have a wonderfully exciting program, covering every subject concerned in race betterment, and make a volume of Proceedings, which would be notable as a historical document, and as an incentive and guide to future development.

I don't know of any one better-qualified for the leadership of such a movement than are you. Your book is a long step toward the same goal. Won't you write me if this matter interests you? If it does, let us try to arrange for a conference at an early date.

Mr. Roger Babson - No. 2 -

Prof. Irving Fisher was with us a few days a couple of weeks ago. He gave the commencement address at Fattle Creek College this year. He is coming again in a few days bringing with him a leading New York physician who doesn't smoke, doesn't drink, or use tea or coffee, and he wants me to convert him from meat-eating, which I think will be very easy to do when I lay the facts before him.

I hope you and Mrs. Babson are in good health and that you are prospering in the biologic way.

Very sincerely yours,

B