PHONE RYE 900

WESTCHESTER COUNTRY CLUB
RYE, N. Y.

July 5, 1935

Our own dear Doctor Kellogg:

It is impossible to tell you how disappointed Henry and I were not to see you before we left Battle Creek. Our departure was very sudden and we left in such a rush I did not even have an opportunity to call you by phone. We did appreciate so much the lovely mangoes you sent us and that gorgeous bouquet. In fact I shall never forget one similar to that that you gave us when we were leaving Battle Creek some two or three years ago. I do not know who your gardener is or who arranges those bouquets but they are the most artistic that I have ever seen.

We do hope that you are well and while we know the many many demands you have on your time when you return there to Battle Creek we hope you do not tax yourself too much as you are far too precious and your wonderful help to mankind is too great for you to run any risk with your health.

Henry had to go East for the Conger case and while it was a tremendous strain on him and he was under terrific tension for days he stood the whole thing beautifully and his attorneys said he was certainly a star witness. We had the satisfaction of winning the case in a most decisive manner. We went to Atlantic City from Battle Creek thinking that the salt air would be more invigorating and give him more strength to go through the trial but commuting from Atlantic City up to White Plains we found it

WESTCHESTER COUNTRY CLUB

RYE, N. Y.

far too much of a tax on his strength so we moved back to our old apartment here at the Westchester Country Club and I must say it was a very wise move as he has really improved.

Perhaps you do not know it but Helen Lee is one of the number whose scoreis legion in their admiration for you and I think it will be of interest to you to hear of the marvelous experience she is having. She sailed on the 13th of April for San Salvador with the Mexican Minister, and his family, Dr. Manuel de Negri. She visited them in Salvador, flew up to Mexico City where she was the guest of General Calles, and then on to Nicaragua where she has been the guest of President and Madam de Sacasa. She is having a wonderful trip and her letters are so enthusiastic. She probably will not be back before the early part of August.

"Cast your bread on the water". I have ordered sent to you a lug of mangoes where we get ours in Florida and while it may be a bit late for the Haydn variety I trust that you will also enjoy the Brooks variety.

Henry joins me in a world of good wishes and our affectionate regards to you always.

Sincerely yours,

Grace Doherty

July 7, 1935

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

Dear Professor Fisher:

I have your letter of June 29.

I am sorry to say that I am not yet recovered from the injury I got in Chicago and that I am still confined to my bed, but have good reason for hoping that in a week or ten days I shall be quite well on my feet again.

I have made a lot of memoranda about tobacco since I published my book "Tobaccoism." I am having the material gotten together and will endeavor in a few days to send you a summary of it. My trouble is really pretty serious. I am to undergo an operation tomorrow, after which I hope I shall make more rapid progress toward recovery since at the present moment I am really pretty nearly down and out.

I shall be glad to see what Dr. Hunting replies to you in relation to the effect of tobacco upon the teeth. It is known that nicotine lowers vital resistance and lessens the immunizing power of the blood and smokers especially are subject to sore throat and to cancer of the throat and lips. I think it would be interesting to get some statistics concerning the comparative frequency of dental disease in men and women. In general men smoke more than women. It would also be interesting to ascertain whether dentists have observed any increase of dental disease among smoking

women.

I am looking forward with much interest to your visit with Dr. Haven Emerson and greatly regret my illness at this particular time. I hope the delay will not prevent your coming. I have some really important things I want to discuss with you.

Sincerely yours,

b

July 7, 1935

Mrs. Margaret Tjader,
Sanitarium.

My dear Mrs. Tjader:

I am sure that you are pleased with Dr. Martin. He is certainly interested in you and your work and in your case and will give you unusually excellent care. He is an unusually capable physician and one whom you can thoroughly trust and rely upon.

I was very glad to hear your voice over the telephone and to learn from you and Mrs. Alwardt of your biologic diet experiment which I hope was so satisfactory that you will think it worth while to make it a permanent feature of your assembly.

I hope to be able to see you in a few days.

With great respect and kindest regards, I am

Sincerely yours,

b

Hiwiroa
Lowers Hutt
July 8th 1935.

Dear Mr. Pellog

I eventually received your letter after going up to the De Pura Springs - then my son got it. After my mother's death I went up to the De Pura Springs for a rest before coming home. My son really wanted me to go up the coast with him to see some of his work. it came on wet & I was glad to stay quietly & get some writing done. My son met my daughter & self on the 3rd at Palmerston & we all went together to Waitara on the West coast where Mani's ashes are, to be there for the anniversary of his death - which the maoris keep each year. The children & I had not been since 1932 when we took my eldest son's ashes up to be laid in the vault with his fathers. It was a very cold & wet trip we all returned on the 28th & I have been in bed with flu & severe cold ever since - Your letter I gave my son to answer.
He is trying to carry on his father's work & is very keen, & I understand doing very well. The work had lapsed for lack of interest, his opinions

Ngata the minister in charge of native affairs being more interested in the developement of land. Things in connection with the maoris are in a very bad way. the maoris keep bemoaning their loss in the death of my husband. this boy is very like his father very keen & not afraid of anyone. he has the courage of his opinions. full of the joys of life. tactful. unfortunately our children were not taught maori. so this son is only learning it. but in spite of that he is very popular amongst these he is working with & amongst his fellow workers. It seems such a pity that more educated maori boys are not taking an interest in the maoris. Of course it is not easy. you to get on well amongst maoris you must have genealogy behind you. & either means or work that will take you amongst them.

The maoris are mostly poor. many married to Europeans. In & about Wellington there are quite a number, nearly all unemployed. I have a committee of women. we meet as often as we can. have evening dances possible sales & bazaars to raise funds to help the needy. visit the sick in the hospitals. The town did nothing for us when I was nursing my mother. But we have started again & call the lone "Lady Ponsonby's maori welfare lone."

My home is 12 miles out of town so too far out to have the meetings. At present we meet at different places which is not so convenient & mostly have to pay for a room. We are hoping to have a room of our own in time where we can have lectures & all meet more often. to study maori arts & crafts. The young folk to study maori - singing their hakas & poi dances. The maoris are blessed with beautiful singing voices & their native dances are fascinating - also their arts & crafts - weaving etc. I'm hoping to get some of the old folk to teach the younger members before they die. Unfortunately we have all been so busy learning English that maori traditions & customs etc. have been sadly neglected. If I am ~~able~~ in some small way able to get the maori folks to take pride in their race their traditions customs etc. & pick the good from the bad I shall be happy indeed. It is a slow process. but they will not be hurried. Maui gave up everything for the love of his race. he achieved much - but it needs others to carry it on - & so not lose what he did. This son was very keen to go in for medicine. but we were not able to let him. However since his father's death he got into the Health Department. studied & passed the Royal Hygiene Institute Examns - the first maori here to pass it -

New Zealand.

In fact only last year a Royal Hygiene Society was formed. All papers are sent to London to be examined.

Marie was looking forward very keenly to seeing you again when we left for California & did enjoy meeting so many of his old student friends also a couple of his Professors in San Francisco. Folks over there were wonderfully kind to me & I shall never forget it. I should so much like to go over again as I was much too tired & worried to fully enjoy all the wonderful places over there. We have seen quite a lot of Dr. Cairo who is practising in Wellington now. My daughter is still single & a great help to me in this work amongst the maoris. They look forward to her jolly smile each week at the Public Hospitals. Both the children were very interested in the photo you sent at Christmas. I'm hoping to post a photo of my son as you have asked. Ra will write & tell you of his work etc. & so able to give you a better idea about it all. Hoping this will find you in good health will close with every good wish

Yours very sincerely
Maria Woodline Pomare

Lady Pomare O.B.E.
Lower Hutt.
Wellington N.Z.

I will always find me

Y WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE 1201-S

BY THE SENDER OF THIS MESSAGE. PLEASE GIVE IT TO THE MESSENGER OR TELEPHONE IT TO

2477-0-

WESTERN UNION

WHITE
IDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

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

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 JUL 9 AM 7 19

Z6 9 NM=NEWHAVEN CONN JUL 8

DR J H KELLOGG 20

MINUTES IN TRANSIT	
FULL-RATE	DAY LETTER

PLEASE WIRE YALE CLUB NEWYORK WHETHER WEEKEND TWENTIETH CONVENIENT=

IRVING FISHER.

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

1207-A

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

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

WESTERN UNION

NEWCOMB CARLTON, PRESIDENT

J. C. WILLEVER, FIRST VICE-PRESIDENT

CHECK

ACCT'G INFMN.
Charge JHK

TIME FILED

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

July 9, 1935 19

To Professor Irving Fisher,

Street and No. Yale Club,

Place New York City.

WILL BE GLAD TO SEE YOU THE TWENTIETH

John Harvey Kellogg

Sender's address for reference

WESTERN UNION MESSENGERS ARE AVAILABLE FOR THE DELIVERY OF NOTES AND PACKAGES

Sender's telephone number

UNIVERSITY OF MICHIGAN
SCHOOL OF DENTISTRY
OFFICE OF THE EXECUTIVE COMMITTEE
ANN ARBOR

July 10, 1935

Dr. John H. Kellogg
Battle Creek, Michigan

My dear Doctor Kellogg:

I am indeed very appreciative of your letter of June 30th in which you expressed your interest in our researches on dental caries. In accordance with your request I am sending under separate cover all of the reprints of our publications which are available and I sincerely hope that at your convenience you will look over these reports of our investigations and the conclusions which we have drawn from them. When you have done so I should be very happy to have you write me to state your frank opinion of the scientific viewpoint which we have held in this study and the reasonableness of our hypothesis.

I have been very fortunate in the past five or six years in having a considerable sum of money available for the research. This money came first from the Children's Fund of Michigan and during the past year from the Rackham Fund. With this financial support I have attempted to gather together the best equipment, scientifically trained chemists, nutritionists, bacteriologists and dentists who by a group study and by coordinated efforts could attack this problem from an impartial and truely scientific viewpoint. As the result of these researches we have found that many theories which were previously held have not proven to be true and much of our work has resulted in negative findings. We have been as disappointed as anyone in this and yet we have felt that until we clear away the great mass of misinformation concerning dental caries which has been so largely a part of medical and dental thought in the past we can make no real progress toward the solution of this disease. Therefore, we have published in as impartially and as truely a scientific manner as we could the findings which we know to be true and now we wish that there might be others who would have a similar opportunity to check our work and verify our findings for until there is a general acceptance of these bases of fact which we believe to be true there can be no coordinated efforts on the part of various investigators leading to the true solution of the problem. It, therefore, gives me a great deal of pleasure to see that you know of our work and that you believe there has been some scientific accuracy and some degree of verity.

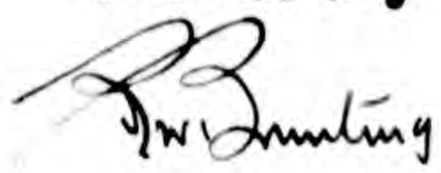
I appreciate your offer to send us the cultures of Bacillus

acidophilus which you are growing, but I must ask you to please defer this until the fall when Dr. Jay, the dental bacteriologist, will return for his next year's work. We will communicate with you at that time and ask you if you are still so inclined to send us these cultures for his information.

I thank you for your invitation to come to see you and I certainly shall avail myself of it the first opportunity I have. At the present time I am tied here by school affairs and shall be rather busily engaged during the summer, but I would like very much to make an appointment with you to come to Battle Creek and lay before you all of the evidence that we have as to the true nature of dental caries and to see how that fits into the general picture of the scheme of affairs which you yourself know so well.

Thanking you for your courtesy and with best regards, I am

Sincerely yours,



R. W. Bunting

r

4013 DOUGLAS ROAD · THE KAMPONG · COCONUT GROVE, FLORIDA

July 16th.,1935.

My dear Dr. Kellogg,

I have been meaning to write to you for some time now, not only to thank you for your order that we have been filling every week, but also to tell you that the article that you published in Good Health has been a great aid. We have already filled thre orders from your subcribers, and more are comming in I am sure.

We have really done very well this year, not only financialy but more important than that, we have reached a great many new Mangoe eaters. We have sent out to date some 230 lugs of which a good third are to new people. We have recieved very gratifying letters, and a lot of interest seams to be created. We hope to continue shipping through the first part of August, too, though of course the Hadens are nearly over now. Would you be interested to have us continue shipping to you too? Daddys pets, the Lambra Bhadra and the Kavasji Patel and also the Harris, an excellent Haden seedling are just begining to ripen up.

I supose that you can get excellent Avacados up there. Our early variety are ready to ship now.

I wank you very much for all that you

have done to help us along. It has been a most interesting experience for me, and I relly think that the Mango has made a small splash that is sure to widen out each year.

Daddy and Mother are now in Baddeck, though I have had no letter from them from there. I do hope that Daddy will be able to stand the cool climate, for it would be very good for both of them if he can. It is such a very quiet and restful place for them to work in. Down here they are really never alone.

With very best regards, and again a great many thanks,

yours most sincerley,

(Mrs Leonard) Barbara Muller

The Kampong.

July 18, 1935

Mrs. Henry L. Doherty,
Westchester Country Club,
Rye, N. Y.

My dear Mrs. Doherty:

I have your letter of July 5.

It was very kind indeed of you to write me. I tried several times to see you, but the time seemed to be inopportune and so I missed doing so. A relapse of the shingles from which I suffered severely last winter, or rather the sequelae required a little surgical attention and I have been kept in bed for the last month. I shall be very glad indeed to go into your case.

I am glad that you found a pleasant place where you are improving.

I am very glad indeed to hear from your daughter. She wrote me a note from New York saying she was going to the Caribbean. I met her briefly in Miami and was delighted to see how marvelously she has developed. She is really a brilliant and beautiful woman, a real princess among women, in fact, and evidently destined to enjoy a splendidly brilliant and strenuous career. With all her brilliant talents and qualities, she must not neglect to cultivate the superhealth which modern discoveries render possible.

I am anxious for her, as well as yourself and Mr. Doherty, to have the benefit of some very important new developments which I have made during the last two years and with which we are achieving great things in Miami. The results, in fact, are far ahead of anything I have ever seen

before. I am only beginning to introduce these new principles here at the Sanitarium, but in Miami we have them in full play, so next winter I hope I shall have the privilege of seeing all of you and getting you started in ways that will certainly add ten or fifteen years to your lives and enormously to your capacity for enjoying life.

Be assured that I greatly appreciate your kind letter and the kind expressions from Mr. Doherty.

Our patronage has increased rapidly the last three weeks. We have now between 350 and 400 patients and the number is increasing daily.

I enjoyed the mangos greatly. Thank you for sending them. A few trees of my own are beginning to bear. I have supplies coming in from Dr. David Fairchild every week and I was surprised a day or two ago to find them on our market. Very good mangos, a little smaller than medium size, are selling at ten cents each. I am glad to see that the Florida Fruit Growers' Association is at last succeeding in broadening the market for this excellent fruit.

Please give my best regards to Mr. Doherty who has been such a generous friend to us in our business trials and whose advice and counsel have been worth everything to us. We are more indebted to him than to any other living person for friendly help.

I am glad to let Mr. Doherty know that I have solved my personal financial problems which resulted from my efforts to help the Sanitarium and I am getting along very well. The Miami Sanitarium is flourishing admirably.

Most sincerely yours,

b

Mrs. Henry L. Doherty, No. 3.

P. S. Kindly send my best regards to Helen when you write her. Tell her I entertain for her the greatest admiration and hope to meet her when she returns.

July 19, 1935

Miss Angie Estill:

Mr. Bronson Bayliss, 6740 Tamiami Trail, Maile Route 1, Box 485, Miami, Fla., writes:

> "I presumed a lot from your letter and shipped you two dozen avocados today at 15 cents each. These are the first and will last only about a month or two. Shall I repeat next Monday? Crop of Dade County avocados will only be about 50% account freeze. The Cuban ones are not so good."

I thought you would like to have this information immediately.

A. F. B.

July 19, 1935

Miss Angie Estill:

Mrs. Barbara Muller, The Kampong, 4013 Douglas Road, Coconut Grove, Florida, writes:

"We have really done very well this year, not only financially, but more important than that, we have reached a great many new mango eaters. We have sent out to date some 230 lugs of which a good third are to new people. We have received very gratifying letters, and a lot of interest seems to be created. We hope to continue shipping through the first part of August, too, though of course the Hadens are nearly over.

"Would you be interested to have us continue shipping to you, too. Daddy's pets, the Lambra Bhadra and the Kavasji Patel and also the Harris, an excellent Haden seedling are just begining to ripen up.

"I suppose that you can get excellent avocados up there. Our early variety is ready to ship now."

A. F. B.

b

July 21, 1935

Dr. R. W. Bunting,
School of Dentistry,
University of Michigan,
Ann Arbor, Michigan.

My dear Dr. Bunting:

I have your letter of July 10.

I have read carefully your latest papers and shall later look over the others. I am greatly pleased with the careful and thorough-going way in which you have attacked the problem of dental caries and it seems to me that you have reached some very definite and positive results, the value of which must be generally recognized. Your conclusions seem to me to be most reasonable.

The whole alimentary canal is normally protected from putrefactive processes by the bacillus acidophilus. So long as resistance is high everything goes well. When the immunizing power of the blood is diminished, the saliva no longer protects the mouth and the mouth may become under these conditions a source of mischief. Tests of the white blood cells, as pointed out by Metchnikoff long ago, while normally serving as defenders of the body, under certain conditions attack the tissues and set up degenerative processes.

I should greatly enjoy a chat with you on this and other subjects and am delighted to know that I may look forward to the pleasure of a visit from you later in the season. Let me know when you are at

liberty and I will make plans in plenty of time for a good chat and visit when you come up to spend a few days as my honored guest.

Thanking you for your papers and with kindest regards, I am, dear Doctor,

Very sincerely yours,

b

UNIVERSITY OF MICHIGAN
SCHOOL OF DENTISTRY
OFFICE OF THE EXECUTIVE COMMITTEE
ANN ARBOR

July 24, 1935

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

My dear Dr. Kellogg:

Thank you so much for your very kind letter of the 21st. I appreciate more than I can say the fact that you find some merit in our study and that you believe that we have been pursuing our research along rational lines. It will, indeed, be a pleasure for me to come to Battle Creek to discuss this matter in detail, for I feel that you will have viewpoints and sidelights on this problem which we do not have. I should like to lay before you all of the facts that we have and see how, in the light of your experience, they fit into the general picture of what you know takes place in the human body.

In accordance with your very kind invitation, I am arranging to spend one day with you in the very near future. I could come either the latter part of next week or the early part of the following week. If you will have your secretary indicate which day would be most convenient for you, I will plan to come at that time.

With kindest regards, I am

Sincerely yours,

R. W. Bunting

R. W. Bunting

July 25, 1935

Dr. R. W. Bunting,
School of Dentistry,
University of Michigan,
Ann Arbor, Michigan.

My dear Dr. Bunting:

I have your letter of July 24.

I am in my office again and shall be glad to see you at any time you find it convenient to come except Sunday. I shall probably be out of town Sunday. I shall be glad if you will let me know a day beforehand.

Sincerely yours,

b

July 25, 1935

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

My dear Mrs. Fairchild:

I have been in bed again for several weeks with the horrible sequelae of shingles which attacked me externally and internally, infernally and it seems to be eternally. I am getting on my feet again for good and I am sending this note to thank you for the lovely box of mangos you sent us which we enjoyed and passed around among our patients as samples of what you are producing in Florida.

I am glad to hear from your daughter that the article in "Good Health" has brought you some customers. I have been receiving fine mangos from your orchard every week which we have greatly enjoyed and I am just sending an order for more mangos and avocados.

I hope that you are enjoying your summer and both building up. You need the rest and change. Give the Doctor my best regards.

Sincerely and cordially yours,

b

July 25, 1935

Mrs. Leonard Muller,
The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.

My dear Mrs. Muller:

I have been ill in bed again with shingle trouble, but am getting on my feet again and find yours of July 16th unanswered.

I am very glad indeed that you are having good business with your mangos. Your "Good Health" customers I am quite sure are very likely to be permanent patrons.

I have been greatly pleased with the lugs you have sent to us. I will be glad if you will continue sending us one lug of mangos a week after August 1st, and send us also avocados. I shall be glad to try your new variety of mangos.

We have had mangos on the markets here in abundance, selling at ten to twenty-five cents each, and really of very good quality. I am sure the mangos are getting started with the people in the North and it looks to me as though next year you will have a much larger trade than this year. The merchants tell me that the demand here is growing and they have been able to dispose readily of all they have been able to get hold of.

Congratulating you on the success of your wonderful fruit and assuring you it is a pleasure to be of every possible assistance to you in making the northern people acquainted with your superior products, I am

Most sincerely yours,

b

Mrs. Leonard Muller, No. 2.

P. S. I might mention that most of the mangos you sent to me are distributed as samples among our patients, many of whom may become customers. I shall be glad to have some of your cards to place in their hands so as to show them where to get them.

b

DAVID FAIRCHILD
BIOLOGICAL NUCLEUS
BEINN BHREAGH
BADDECK, NOVA SCOTIA

July 26 '35

Dear Dr Kellogg.

Barbara, my daughter, sent me "Good Health" and I read the Mango article with delight. How clever the printer reproduced the photographs.

If I dare say it who shouldn't" the article seems to me a very good one in favor of the Mango. If only it seems proper to ask the dealers to supply them or write to their Florida friends for them it will not have been in vain. We are having our mangos up here. They have carried

DAVID FAIRCHILD
BIOLOGICAL NUCLEUS
BEINN BHREAGH
BADDECK, NOVA SCOTIA

If I were a doctor I am afraid that I would prescribe it to my patients. — no intercourse with anybody between 8 am and 8 P.M. —

Mr. Bell taught me its charm. For 25 years he used to spend Sundays + Saturdays completely alone in an old houseboat moored on the Bras d'Or lake here. Then is when the idea all of his inquiring thinking and writing, until his last years of life.

Trusting that you are having a quiet summer and not trying to inaugurate more new things than your strength will allow you to carry

I remain as always. (and Mrs Fairchild joins me) with very kindest regards

Dear Mr Splendid Sutherland

Yours sincerely
Davis Fairchild

July 28, 1935.

This message should be telegraphed

or better still TELEPHONED.

(if the latter, may I do the talking?)

Admiral Bird:-

Join me in taking just what your Doctor Ragle prescribed only make him come and take the same dose too (stop) I should not have to sell you on the HYDROTHERAPY IDEA (stop) Your only trouble is that you stayed down there so long that your SMILE got frozen too.(stop) Join up for the rest of the summer and let's give old John Harvey Kellogg a chance to feed you up on his brothers six hour a day Corn Flakes (stop) Take off for Battle Creek and the W. K. Kellogg Airport. Answer.

Signed:

STEPHENSON from Indiana.
Rock Run Wool Underwear
that you used at the pole.

The Battle Creek Sanitarium
Battle Creek Michigan

July 28, 1935.

Admiral Byrd,
Care: Dr. B. Harrison Ragle,
Boston, Mass.

My dear Admiral:

Confirming our conversation (or wire) of today, come out here into the good old Michigan Sunshine and let nature give you the kind of rest that is most effective...a normal, natural life with a change of scene.

I was busily engaged in writing a lot of old friends and celebrities I know, trying to get a gang together that would furnish it's own entertainment; such good fellows as Frederic March, General R. E. Wood, Al Jolson, Marshall George, Bruce Barton, Jack Dempsey, Dave Crawford and Louie Landman, when I ran onto a Hearst story that you were refusing to obey orders, for the first time in your life, and I thought it was time for one of us Indiana politicians to take a hand.

Professor Irving Fisher is here. If you wire you are coming, perhaps he will join up for the duration of the campaign.

Of course I'd like to get you here but I've been laying for that Fisher guy for many years. He's the No. 1 boy in his line, and us textile guys drink up his stuff, even if it does come from Yale.

Just between ourselves, we've got a better brain factory out in Madison, to say nothing of Ann Arbor, and us westerners want a chance to wean him away from his beans and Boston.

If Fisher will come out here we'll elect him KING FISHER, and trade in the LaFollets and Glenn Frank, and Gov. McNutt, and still be ahead on the horse trade.

You've had enough of the SEA for a while. Come out here and get a load of HYDROTHERAPY and the John Harvey Kellogg way of correct living.

(Doctor Kellogg is the greatest man...since Bible times...(think it over)...

You see I'm here now and I want all the

The Battle Creek Sanitarium
Battle Creek Michigan

good company I can get.

When will it be? If our wool underwear was all right, take my word for the rest.

Yours for a normal life
in the great Middle West,

Willard L. Stephenson,

Rock Run Underwear,

Goshen, Ind.

Now at Battle Creek Michigan with Dr. Kellogg, my life long teacher and friend, He could act his age but he doesn't.

WLS

July 29, 1935

Dr. Haven Emerson,
630 W. 168th St.,
New York City.

Dear Dr. Emerson:

I cannot tell you how much I enjoyed meeting you and the little visit I had with you, only I am afraid I bored you with my loquacity. I am painfully conscious o f the fact that my loss of sleep because of pain for several weeks back seriously damaged my thinking machine and put me at a decided disadvantage. It is only a few days since I have been able to get out of bed. I have chosen to fight the pain with such physiologic measures as were available and bear the loss of sleep rather than damage myself with analgesics.

I am sending you, under separate cover, a few of my books in which you will find a fuller account of my philosophy and working methods. I make no claims to literary proficiency as I had to do my writing in the midst of my work, usually after ten P. M.

When I wrote my book "The New Dietetics" none of the books on dietetics paid any attention to the new developments of the nutrition laboratories and even at the present time none of them give proper emphasis to up-to-date findings of nutrition experts, probably because these findings are altogether on the side of the biologic idea of living and point clearly to the necessity for a radical change in eating habits. The writers of books, at least the writers of textbooks, first of all consider salability and so are careful not to arouse any obstructive antagonisms. I have within the last two or three years entirely rewritten the therapeutic part of the book and have this in manuscript. I am under contract

with the Macmillans to furnish them the manuscript for the publication of the new edition of the book and hope to have it ready for them soon.

In the back part of my book "Rational Hydrotherapy," beginning with page 1107, you will find some account of my laboratory work validating the fundamental facts of hydrotherapeutics.

You will perhaps remember that I challenged one remark you made that you are not able to recognize any bad effects from smoking in many men to whom it seemed to do no harm. I am sure that careful study of every smoker will show that tobacco is doing him vast harm and is a tremendous handicap. In my book "Tobaccoism," a copy of which I am sending you, on page 95 you will find reference to an experiment by Lombard, Professor of Physiology of the University of Michigan. An extended account was given in a paper which he published and a full text of which I have no doubt you will find in the library of the Academy of Medicine if you wish to study it. His experiment was made upon himself. He was a great smoker. He knew smoking was not good for him, but like many others thought he could not get along without it as he had become a habitue. His experiment was made with Mosso's ergograph. He found before smoking he was able to make 86 lifts and the work done was 75. After smoking for five minutes he was only able to make 12 lifts and the work done was only 15. A full hour elapsed before he was able to repeat his first performance.

Perhaps you will remember also that Dr. Fisher in experiments made at the Springfield Training School in throwing a baseball at a target found that smoking seriously impaired accuracy and performance in every case.

By the application of instruments of precision such as were used by Mills in studies of alcohol in the Carnegie Nutrition Laboratory,

it may be easily shown that very minute doses, even a few whiffs of tobacco, impair nervous and mental efficiency. Tolstoy, who was a keen observer, said, "When I smoked cigarettes I never had a twinge of conscience after the third whiff."

I believe if you will glance over the summary of facts which I have presented in my little book "Tobaccoism" (please glance at the foreword), you will see there is abundant evidence to believe that tobacco is a very highly potent source of injury to the physical organism and that an earnest effort ought to be made to spread information among the people about its damaging influence so that those who think it worth while to conserve health for salutary purposes may have a fair chance to know the truth about it before they become enslaved to it.

I assure you, Doctor, I shall always remember your visit as a red letter incident and I hope that I may have the pleasure of meeting you again under more favorable circumstances.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 29, 1935

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

My dear Dr. Kellogg:

I enclose a carbon of a letter which I am just sending to Professor Bunting which explains itself.

I received your various telegrams. I hope you are recuperating rapidly now.

I have not yet heard from Dr. Haven Emerson as to his choice for a date but I am now inclined to start the 12th, reaching there the 13th, in case this is agreeable to Dr. Emerson and yourself.

You doubtless received my letter in regard to material on tobacco. I am wanting to get at this very soon. There seems to be a stir of interest in the subject as the Life Extension Institute has received some inquiries and I have also, to say nothing of the request from the Reader's Digest which I told you about.

Very sincerely,

IFs

Irving Fisher

June 29, 1935

Prof. Russell W. Bunting
University of Michigan
Ann Arbor, Mich.

My dear Professor Bunting:

When recently in Ann Arbor visiting Professor Carver I tried to get a chance to get in touch with you but there was not time.

I am interested in your work on dental decay and am writing to ask if you can send me any monograph or other material by yourself on the subject and refer me to the work of others.

My friend, Dr. J.H. Kellogg of Battle Creek, was the one who first told me about your work.

As one of the authors of How to Live, the handbook of the Life Extension Institute, I am working on the revision of that book, to be published a year or so from now.

I would particularly like to know whether you have made any study as to the effects of smoking on dental decay. Certain theories and suspicions indicate that smoking increases the viscosity of the blood and diminishes the circulation in all hard parts of the body but I know no proof. I would be interested to know whether smokers in general have better or worse teeth than the average.

Very sincerely,

IFs

Columbia University
College of Physicians and Surgeons
632 WEST 168TH STREET, NEW YORK
INSTITUTE OF PUBLIC HEALTH

EPIDEMIOLOGY
INDUSTRIAL HYGIENE
PUBLIC HEALTH ADMINISTRATION
SANITARY SCIENCE

July 30,1935

Dr. John Harvey Kellogg
Battle Creek, Mich.

Dear Dr. Kellogg:

Your hospitality followed me apace even to the step of the train, and I have read your book from cover to cover.

Let me acknowledge, although with only the weakness of words, the exhilaration I absorbed from your evangelical conception of man's opportunity and obligation, also for wise and practical personal suggestions for health and for means to achieve it.

At the bottom of page 34 of "The Natural Diet of Man" there is a line or so of text missing that confuses the reader.

On the fifth line from the top of page 43 there is an error that contradicts the sense -"flesh abstainers" should read flesh users.

Much of the reasoning and fears and prophecy about tuberculosis 139-144, is wholly unsound and unsupported by American experience. There is not and never has been any evidence that tuberculosis is or is likely to be spread by uninspected meat of tuberculous cattle. Practically all the range or beef cattle are entirely free from tuberculosis and there are now tens of thousands of milk herds and large dairy areas with no tuberculous cows.

Tuberculosis from flesh or milk of cattle plays a wholly negligible role in incidence and death from this disease in the United States today. In England and Scotland quite a different and serious situation exists as to milk.

There is also definite error in the facts and reasoning on Cancer in non-flesh eating aborigines. The chief reason cancer is not found among them is that they die before they reach the age of main cancer prevalence.

You would not have me otherwise than frank in commenting on matters within the range of my own professional experience and study.

With deep appreciation of your many important contributions to the health of man and to the practice of the art and science of medicine, I am

Sincerely yours,

Haven Emerson

Haven Emerson, M.D.

UNIVERSITY OF MICHIGAN
SCHOOL OF DENTISTRY
OFFICE OF THE EXECUTIVE COMMITTEE
ANN ARBOR

July 31, 1935

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

My dear Dr. Kellogg:

If it is convenient to you, I will come to see you next Monday, August 5th, and will arrive some time between ten and twelve in the morning. I shall be obliged to return during the latter part of the afternoon, but hope that some time during the day it will be convenient for you to have a little chat with me over this matter that is of prime interest to me.

If you would rather have me come some other day, please let me know.

With kindest regards, I am

Sincerely yours,

R. W. Bunting

R. W. Bunting

August 1, 1935

Haven Emerson, M. D.,
Columbia University,
College of Physicians and Surgeons,
632 West 168th Street,
New York City.

My dear Doctor:

I have your letter of July 30.

Thank you very much for your criticism which I appreciate as being just. I hesitated to send you the book because it was written so long ago that new facts have arisen which have necessarily changed the viewpoint, but there are a few points in the book which I hope did not escape your attention, particularly the fact that able physiologists agree that the use of flesh is quite unnecessary and also the fact that meat is not a natural constituent of the human or primate bill of fare. The fact that meat as usually eaten is swarming with colon germs is certainly not a fact in its favor. If colon germs are unwholesome in milk and water, why are they not equally unwholesome in meat? A sanitary engineer rejects water if 100 c. c. contain 2 colon germs and lets it go if this quantity contains but one, at least I was so informed by the engineer of the Michigan State Board of Health some years ago. If one can get food that is entirely wholesome, should it not be chosen instead of that of inferior quality which promotes intestinal putrefactions which ought to be as fully as possible suppressed?

At the Panama Pacific Exposition, Hoffman of the Prudential Life Insurance Company, called my attention to statistics which he had gathered which showed that cancer is the most prevalent in countries which consume the most meat.

Haven Emerson, M. D., No. 2.

Charlie Mayo told me that they find cancer very frequent in dogs. He stated that in their experience nearly half of the dogs 10 to 14 years of age show cancer on post morten.

I thank you very much for calling my attention to the typographical errors. The book will be severely revised before a new edition is published.

Sincerely yours,

P. S. I hope you did not overlook the report of the Inter-Allied Scientific Food Commission given on pp. 339 and 340.

b

August 1, 1935

Dr. R. W. Bunting,
School of Dentistry,
University of Michigan,
Ann Arbor, Michigan.

Dear Dr. Bunting:

I have your letter of July 31.

I shall be delighted to see you. I will be looking for you between ten and twelve next Monday.

Sincerely yours,

b

RESPIRATORS
SUCTION-PRESSURE APPARATUS
FOR PERIPHERAL VASCULAR DISEASES
OXYGEN TENTS

BARCROFT-WARBURG APPARATUS
VENOUS BLOOD PRESSURE APPARATUS
SPECIAL RESEARCH EQUIPMENT

J. H. EMERSON
15 BRATTLE STREET
CAMBRIDGE, MASSACHUSETTS

August 2, 1935

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

Dear Dr. Kellogg:

At the request of my father Dr. Haven Emerson of New York City, I have enclosed all the literature we have available on the various types of equipment which we manufacture.

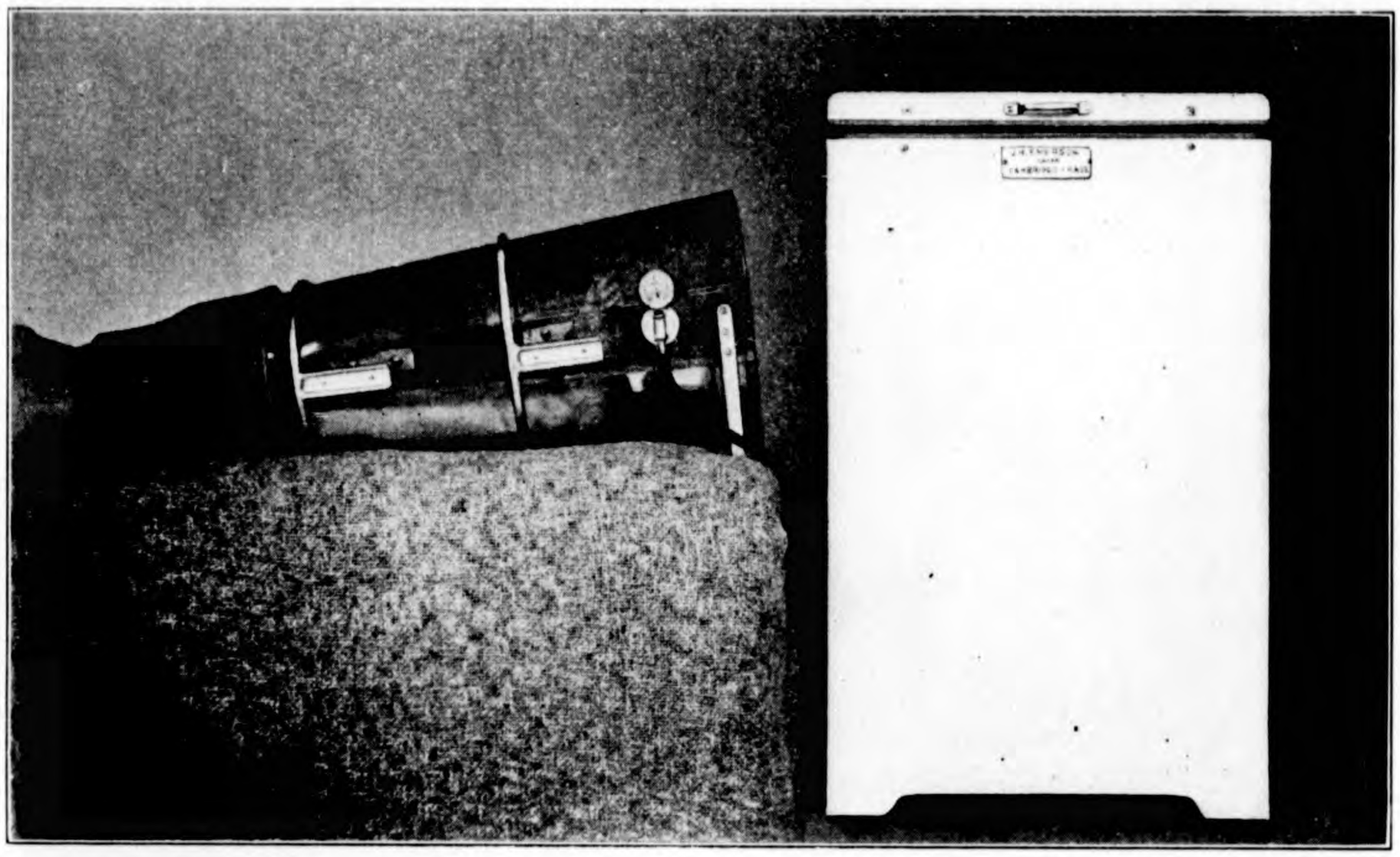
Unfortunately, at the present time, I have no descriptive sheet on the small portable oxygen tent which we make. This tent is particularly suitable for use on infants and children. As soon as I get a new sheet out I should be glad to send you one.

Sincerely yours,

J. H. Emerson

JHE:IG
Enc

EMERSON SUCTION-PRESSURE APPARATUS *for treating Peripheral Vascular Diseases*



J. H. EMERSON

15 Brattle Street

CAMBRIDGE, MASSACHUSETTS

EMERSON SUCTION-PRESSURE APPARATUS

Use

WHEN positive and negative air pressures in a chamber that encloses a patient's arm or leg are rhythmically alternated, the circulation of blood to that region is favored. It has been found that this treatment, when systematically applied, gives a passive exercise to the local blood vessels and in *suitable cases* of *arteriosclerosis, embolic occlusion, luetic vascular disease, thrombo-angiitis obliterans, etc.,* tends to promote blood flow to the affected parts. If an increased blood supply is thus provided, symptoms of coldness, pain, and occasionally ulceration can be relieved; and if, in response to this "massage," an adequate collateral circulation in the patient's extremity becomes established, a lasting improvement results.

Contra-Indications

This treatment is not recommended to displace the usual conservative measures, but should supplement them; and should be used only under the supervision of a competent medical advisor. Of the known contraindications, some are as follows. The presence of acute, spreading infection in the limb, or of encapsulated pus contraindicates suction and pressure therapy. Where osteomyelitis is present and draining from within, healing of cutaneous lesions can not be expected.

Description

The Emerson Suction-Pressure Apparatus is a simple mechanism which will automatically produce alternate positive and negative pressures in a celluloid chamber or "boot" constructed to encase the arm or leg of a human being.

Controls

The mechanism has three simple controls, to adjust (1) the amount of positive pressure, (2) the amount of negative pressure, and (3) the time taken by the total cycle of pressure changes. It is also possible to adjust the ratio of suction to pressure. With these controls, the types of pressure "curves" shown in either *graph C* or *graph D,* on page 4, are obtainable; with pressures adjustable between atmospheric and plus or minus 120 mm. Hg.

Capacity

Where *curve C* is desired the Standard Model will operate one boot and the Hospital Model two boots. Where *curve D* is desired the Standard Model will operate two boots and the Hospital Model four boots.

Compressor

The compressor is quiet, of rotary type, operating in a bath of oil at comparatively low speed. It has only three moving parts and requires practically no attention. (A rotary compressor of the type we use has been on test at the factory, operating continuously for more than eight years, with practically no appreciable wear.)

Motors

The motors used on both models are equipped with resilient mountings, and are heavy duty, designed for continuous service. They are 1/6 and 1/4 H.P. capacity, and may be used on a house lighting circuit not otherwise overloaded.

Cabinet

The cabinet is white enameled with a porcelain top; measuring 26 by 20 inches, and 40 inches high, either model. All controls, and directions for operating the machine are inside the cabinet.

Boot

The boot is constructed of thick gauge cellulose acetate ("non-inflammable" celluloid) in the form of a flattened cone. It is strongly braced with two steel rings. This shape is especially advantageous, because it will accommodate a long or short leg equally well, or an arm. The length of the boot (28 inches) is enough to allow the cuff to be drawn high up on the patient's thigh. This permits treatment to be effective well above the knee, as is often of great importance. The celluloid material gives transparency; but yet avoids the dangers accompanying such shatterable materials as glass. The stainless steel boot is similar to the celluloid boot, but can be used only when it is not necessary to observe the extremity being treated.

Cuff The sealing cuff is a thick-walled sponge rubber cylinder with an outside covering of durable gum rubber. One end is drawn over the open end of the boot, and in the other end are inserted a series of removable, smaller sponge rubber cylinders, telescoping inside one another. As the proper number of these are removed, the size of the cuff opening is adapted to fit the patient's extremity. This style of cuff is comfortable, and avoids to a large degree the up and down motion of the boot during pressure changes.

Gauge The gauge is the type used for blood pressure work, but calibrated to read in both positive and negative pressures up to 120 millimeters of mercury.

Choice of Machine The Standard Model apparatus will be found suitable for a small hospital and for home use, where the physician in charge feels it most advisable for a patient to have treatments in his own home. Many of our machines are being used by patients at home, under a physician's direction. The Hospital Model will be found especially suitable for larger hospitals, where the extra capacity is of advantage in treating greater numbers of patients.

Patents applied for

PRICES

EMERSON
SUCTION-PRESSURE APPARATUS

Standard Model, with one celluloid boot	$375.00
Hospital Model, with one celluloid boot	500.00

ADDITIONAL BOOTS

Celluloid boot (complete with gauge, cuff and connecting tube)	100.00
Stainless steel boot, complete	50.00

(*Note:* If a stainless steel boot is ordered with the above apparatus, in place of a celluloid boot, the total price is reduced by $50.)

REPLACEMENT SEALING CUFF, COMPLETE	15.00
Outer section only	8.00
Insert No. 1, inside diameter, 3½"	1.50
Insert No. 2, inside diameter, 4"	1.50
Insert No. 3, inside diameter, 4½	1.50
Insert No. 4, inside diameter, 5	1.50
Insert No. 5, inside diameter, 5½	1.50
REPLACEMENT GAUGE	15.00

June 10, 1935. *Prices are F. O. B. Cambridge, Massachusetts*

MOTORS: The standard electric motors in this equipment are for **alternating current,** 110 volts, 60 cycles, single phase. For special requirements, if specified, different motors can be supplied at an additional cost of $10 to $15.

SHIPMENT is ordinarily made by Railway Express, or, for small parts, by Parcel Post.

TERMS: Discounts will be allowed of 3% for cash with order or 2% for ten day payment. If thirty, sixty or ninety day terms are desired, suitable banking references should be provided; otherwise shipment will be made with invoice and bill of lading attached, and 2% deducted.

The apparatus is sold direct and not through dealers.

GRAPHS OF PRESSURE CYCLES

HISTORICAL

The treatments described by **Murray, Junod, Clanny** and others (Bibliography ref's 1-5) used pressures descending below atmospheric pressure and lasting for a number of minutes or even hours.

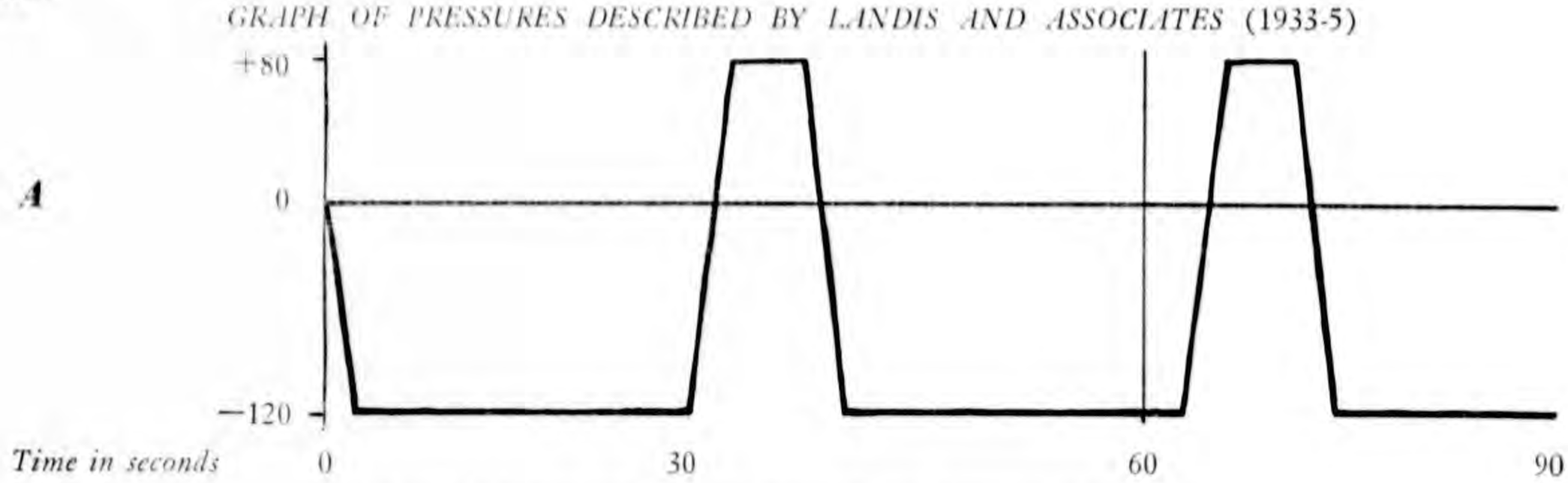
Bluck (ref. 6) used an alternation of positive and negative pressures in long cycles of over two minutes.

Bier (ref. 7) and **Herrmann** in 1933 (ref's 8 and 9) described slow alternations of atmospheric and negative pressures in long cycles of five minutes or more.

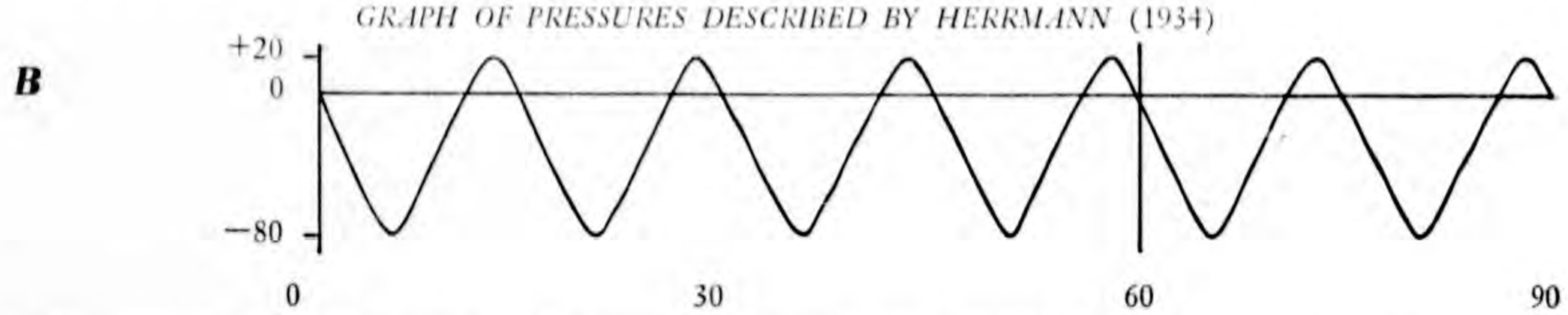
Landis and **Gibbon** were the first to advocate short cycles of less than a minute. This form of suction and pressure therapy has now almost entirely superseded the slow cycle therapy, for very good reasons, as set forth in the Bibliography, references 10, 11, 14 and 19.

MODERN

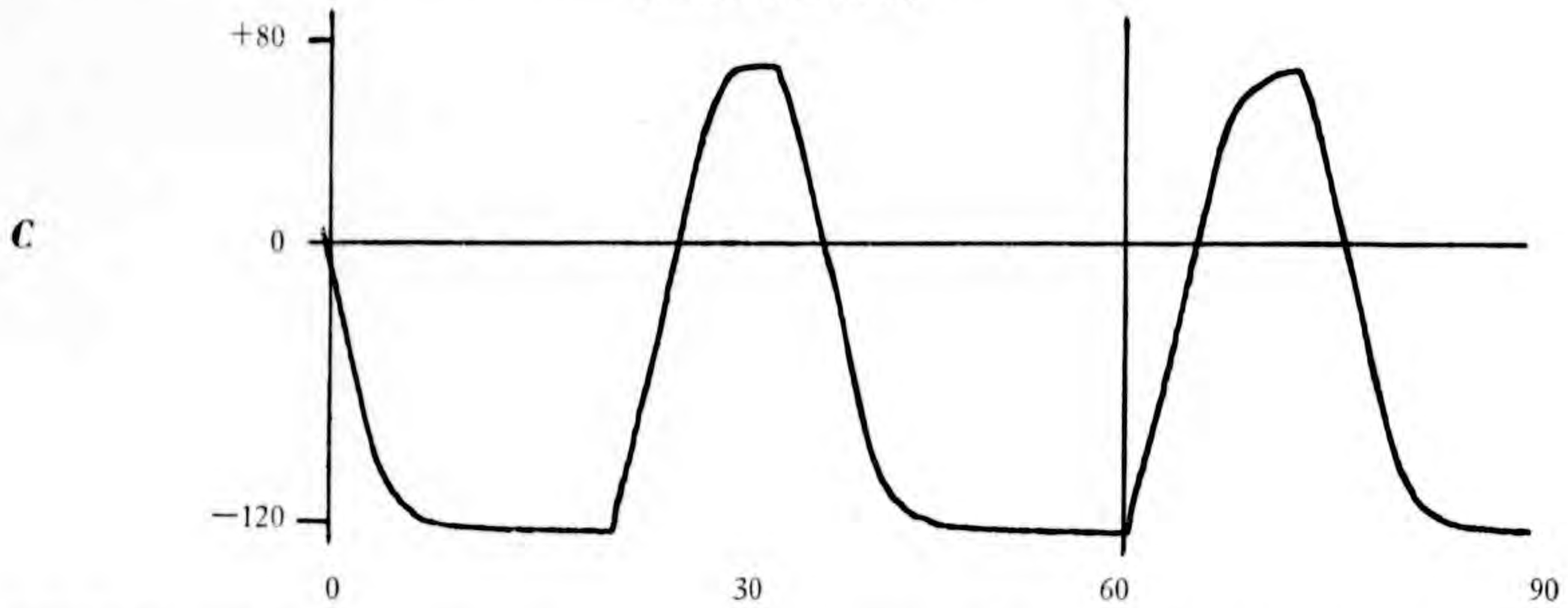
GRAPH OF PRESSURES DESCRIBED BY LANDIS AND ASSOCIATES (1933-5)



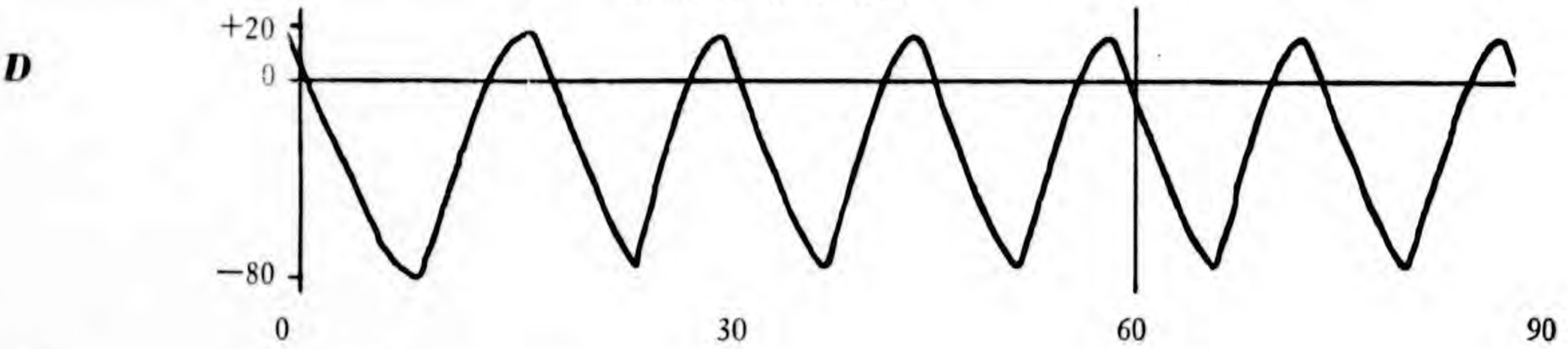
GRAPH OF PRESSURES DESCRIBED BY HERRMANN (1934)



*PRESSURES OBTAINABLE WITH EMERSON MACHINES (the Hospital Model operating two boots or the Standard Model one.)**



*PRESSURES OBTAINABLE WITH EMERSON MACHINES (the Hospital Model operating four boots or the Standard Model two.)**



**As recorded in tests performed June 5, 1935.*

BIBLIOGRAPHY

CLASSICAL

Some therapeutic value of suction was known to the ancients: **Hippocrates, Celsus** and the poet **Virgil,** according to Murray. (*ref. 2 below*).

TREATMENT BY PROLONGED NEGATIVE AIR PRESSURES

1. **J. Murray,** "Nature and treatment of Cholera. New Method Proposed." etc. *London Med. and Surg. J.* **1**:749–752; July, 1832. Ibid. **2**:185–6; September, 1932.
2. **J. Murray,** "On the Local and General Influence on the Body of Increased and Diminished Atmospheric Pressure." *Lancet* (London). **1**:909–917; March, 1835.
3. **V. T. Junod,** "Observations Cliniques sur le Traitement de Quelques Maladies Chirurgicales; suivies d'une Notice concernant l'Usage de Nouveaux Moyens Thérapeutiques." Theses of Medicine, No. 315. Paris. 1833.
4. **V. T. Junod,** "De l'Hémospasie." Papers read before the Academy of Sciences, collected. (B. Baillière, Paris.) 1850.
5. **W. R. Clanny,** "Apparatus for Removing the Pressure of the Atmosphere from the Body or Limbs." *Lancet* (London). **1**:804–5; February, 1835.

   Also: **Klapp** (Germany, 1905), **Röpke** (Germany, 1907), **Sinkowitz and Gottlieb** (U. S., 1917), **Braeucker** (Germany, 1931), and others.

TREATMENT BY ALTERNATE NEGATIVE AND ATMOSPHERIC (OR POSITIVE) PRESSURES, IN SLOW CYCLES

6. **E. Bluck,** "Improved Means or Appliances for Promoting or Modifying the Circulation of the Blood in a Living Body." (Darling and Sons, London.) 1888.
7. **August Bier,** "Hyperemia as a Therapeutic Agent" — Trans. by G. M. Blech. (A. Robertson and Co., Chicago.) 1905.
8. **M. R. Reid and L. G. Herrmann,** "Treatment of Obliterative Vascular Diseases by Means of an Intermittent Negative Pressure Environment." *Jour. of Med.* **14**:200–204; June, 1933.
9. **L. G. Herrmann,** "Syphilitic Peripheral Vascular Diseases — Treatment by Means of an Intermittent Negative Pressure Environment." *Am. J. Syphilis.* **17**:305–320; July, 1933.

ALTERNATE POSITIVE AND NEGATIVE PRESSURES, IN CYCLES OF LESS THAN A MINUTE: *THE PRESENT DAY TREATMENT*

10. **E. M. Landis and J. H. Gibbon, Jr.,** "Effects of Alternate Suction and Pressure on Circulation in the Lower Extremities." *Proc. Soc. Exp. Biol. and Med.* **30**:593–5; February, 1933.
11. **E. M. Landis and J. H. Gibbon, Jr.,** "The Effects of Alternate Suction and Pressure on Blood Flow to the Lower Extremities." *J. Clin. Invest.* **12**:925–961; September, 1933.
12. **L. G. Herrmann and M. R. Reid,** "The Pavaex (Passive Vascular Exercise) Treatment of Obliterative Arterial Diseases of the Extremities." *Jour. of Med.* **14**: 524–9; December, 1933.
13. **M. R. Reid,** "The Diagnosis and Treatment of Peripheral Vascular Diseases." *Am. J. Surg.* **24**:11–35; April, 1934.
14. **E. M. Landis,** "Observations on the Diagnosis and Treatment of Peripheral Vascular Disease." *Annals of Int. Med.* **8**:282–295; September, 1934.
15. **A. M. Shipley and G. H. Yeager,** "Passive Vascular Excercise in the Treatment of Peripheral Circulatory Disease." *Surg. Gyn. and Obs.* **59**:480–485; September, 1934.
16. **L. G. Herrmann and M. R. Reid,** "The Conservative Treatment of Arteriosclerotic Peripheral Vascular Disease." *Annals of Surg.* **100**: 750–760; October, 1934.
17. **L. G. Herrmann and M. R. Reid,** "Passive Vascular Excercises—Treatment of Peripheral Obliterative Arterial Diseases by Rhythmic Alternation of Environmental Pressures. *Arch. Surg.* **29**:697–704; November, 1934.
18. **G. de Takáts,** "Obliterative Vascular Disease — Preliminary Report of Treatment by Alternating Negative and Positive Pressure. *J.A.M.A.* **103**:1920–4; December, 1934.
19. **E. M. Landis and L. H. Hitzrot,** "The Clinical Value of Alternate Suction and Pressure in the Treatment of Advanced Peripheral Vascular Disease." *Am. J. Med. Sci.* **189**:305–325; March, 1935.

USERS

THE EMERSON "LEG PUMP" was the first suction-pressure apparatus for treating peripheral vascular diseases to be put on the market, and was originally shown at the fall meeting of the American College of Surgeons at Chicago in 1933. These machines have been sold to doctors, private patients and hospitals in the United States and Canada. The following is a partial list of hospitals where the Emerson Suction-Pressure Apparatus has been installed.

BALTIMORE, MARYLAND
- Children's Hospital School
- Union Memorial Hospital

BOSTON, MASSACHUSETTS
- Beth Israel Hospital
- New England Deaconess Hospital
- Peter Bent Brigham Hospital

BROCKTON, MASSACHUSETTS
- Moore Hospital

CLEVELAND, OHIO
- Lakeside Hospital

DETROIT, MICHIGAN
- Henry Ford Hospital

MADISON, WISCONSIN
- Wisconsin General Hospital

MONTREAL, CANADA
- Royal Victoria Hospital

NEW YORK, NEW YORK
- Presbyterian Hospital
- Mount Sinai Hospital
- Montefiore Hospital

PHILADELPHIA, PENNSYLVANIA
- Abington Memorial Hospital

PHILIPSBURG, PENNSYLVANIA
- Doctors McGirk Sanitarium

PORTLAND, MAINE
- Maine General Hospital

SCHENECTADY, NEW YORK
- Ellis Hospital

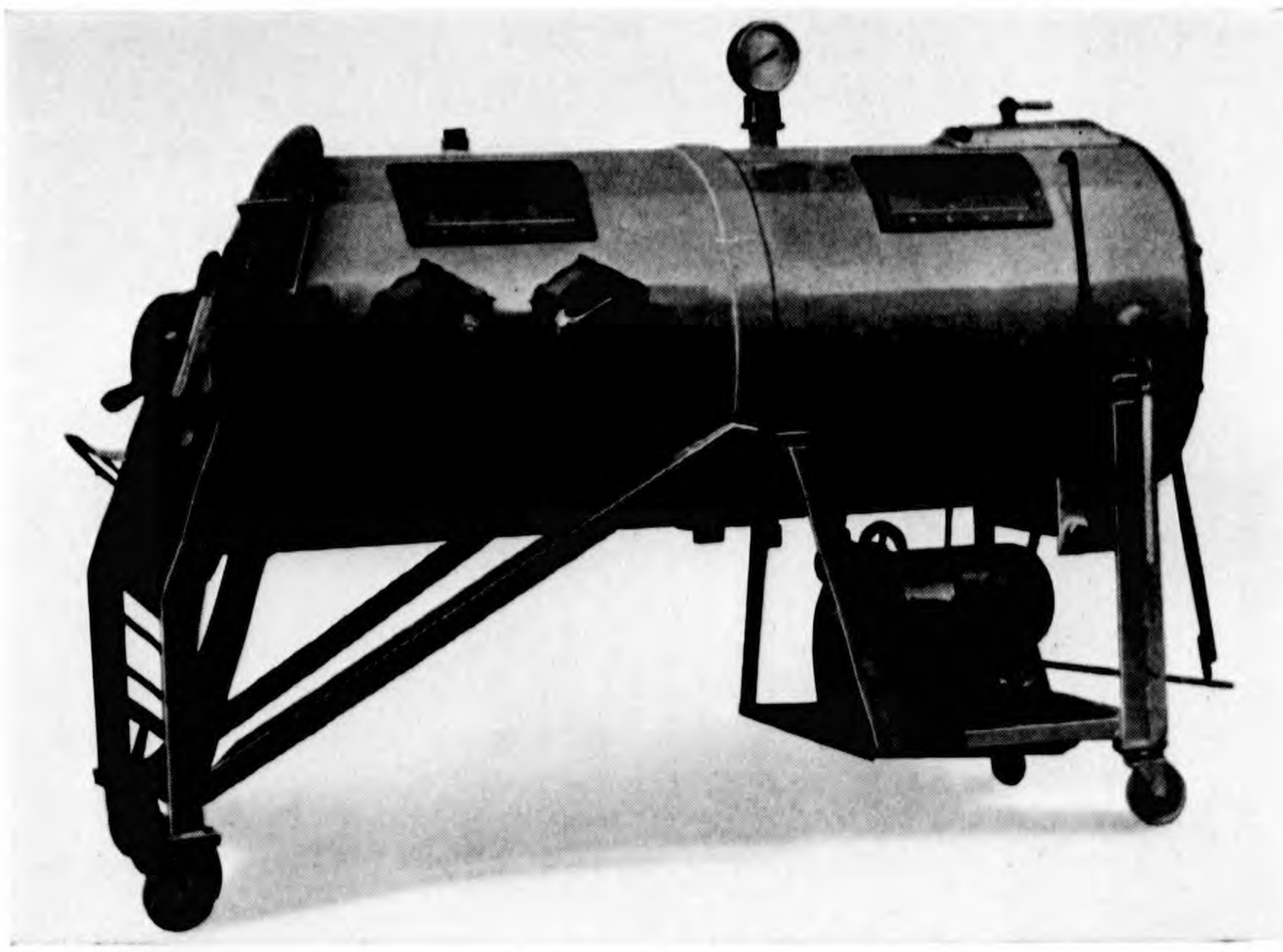
TORONTO, CANADA
- Toronto General Hospital

Manufacturers of the Emerson Respirator, Portable Oxygen Tents, Venous Blood Pressure Apparatus, Barcroft-Warburg Apparatus, and other hospital and research equipment

J. H. EMERSON

15 BRATTLE STREET, CAMBRIDGE, MASSACHUSETTS

EMERSON DIAPHRAGM RESPIRATORS



ACCEPTED BY THE COUNCIL ON PHYSICAL THERAPY
OF THE AMERICAN MEDICAL ASSOCIATION

EMERSON DIAPHRAGM RESPIRATORS

Quiet operation
Hand operation

THE EMERSON RESPIRATOR is a simple apparatus for producing prolonged artificial respiration. The machine operates smoothly and quietly, and may be easily operated by hand, if for any reason, such as current failure, this should be desired.

Speed of opening
Care of patient

The respirator opens and closes easily. The body of the machine is cylindrical, allowing the four windows (made of cellulose acetate, "non-inflammable" celluloid) to be placed at the most advantageous points for observing the patient. Five easily opened portholes are located below the level of the windows for convenient care of the patient. These are provided with sponge rubber diaphragms which allow attendant's arms to be inserted into the respirator without interrupting its action.

New Collars

The sponge rubber collars supplied with the respirator are a new development. On account of their thickness and extreme flexibility they are more comfortable for the patient, and because of their continued resistance to tearing and their long life, they are safer than sheet rubber collars which have been used heretofore.

Comfort during treatment

For patients that remain long in the machine bodily comfort is of extreme importance. For this reason we have chosen sponge rubber mattresses (made by Restonair, Inc., 10 East 43rd St., N. Y. C.) believing them to be the most resilient obtainable and the least likely to produce bed-sores.

Bed raiser

The respirator bed may be raised or lowered to center the patient's neck in the rubber collar. The bed is flat at all times.

Dial pressure gauge

The respirator is now provided with an accurate, low pressure, dial gauge which we have specially developed for this purpose, being unable to find an instrument sufficiently accurate and rugged on the market. This takes the place of the water manometer previously used. The dial gauge needs no setting, and is both more accurate and more convenient.

Variable respiration rate

An adjustment is provided to vary the respiration rate anywhere between 15 and 35 respirations per minute (between 30 and 60 on the infant model).

Positive pressure

A simple adjustment makes it possible to use either positive and negative pressure or negative pressure alone.

Instructions

Printed instructions for use and care of the machine are permanently placed in plain view on the side of each respirator.

Construction
Accessibility

The machine is constructed of a welded steel cylinder. Variations in pressure within the cylinder are produced by a double, heavy leather diaphragm. Leather was chosen for this diaphragm in preference to rubber or rubberized canvas on account of its long life and the fact that it will not dry up and crack when not in use. This diaphragm may be easily replaced if necessary. The mechanism operating the diaphragm is simply a standard worm reduction unit operated by a ¼ h.p. electric motor. These parts are in plain view and easily accessible for care and oiling, and the operation is so simple that any hospital electrician or engineer should be able to understand and care for it easily.

RECENT IMPROVEMENTS

The BED can be ROTATED from side to side to change the position of the patient while the Respirator is in operation. This is important in cases that must stay in the Respirator for a long time, where there is constant danger of hypostatic and aspiration pneumonia. *Jas. L. Wilson: "Acute Anterior Poliomyelitis." New England J. Med.* **206**: *17:887. April 28, 1932.*

The HEADREST is ADJUSTABLE to any necessary height by a screw adjustment.

The whole interior of the apparatus is in view; FOUR 18 inch OBSERVATION windows, placed above the arm portholes, give clear vision of the patient to doctor or nurse, during treatment.

ADVANCES PIONEERED BY THIS COMPANY

1. Emergency hand operation.
2. Quietness.
3. Quick opening and closing.
4. Wide range of speeds.
5. Simple, visible mechanism.
6. Thousand dollar price.
7. Sponge rubber collars.
8. Simple collar clamps.
9. Bed raising and rotating adjustment.
10. Dial pressure gauge.
11. Tilting Attachment.
12. Diaphragm to produce the changes in pressure.

EMERSON was the first to put on the market as standard equipment the improvements listed above. Many people will, in fact, remember the Emerson Respirator shown at the A. H. A. meeting in Toronto in 1931, which demonstrated for the first time the advances numbered one to six. This list is not ended, but we believe it already speaks for itself.

J. H. EMERSON

15 BRATTLE STREET, CAMBRIDGE, MASSACHUSETTS

Manufacturers of the Emerson Suction-Pressure Apparatus for treating peripheral vascular diseases, Portable Oxygen Tents, Venous Blood Pressure Apparatus, Barcroft-Warburg Apparatus, and other hospital and research equipment.

POINTS OF SUPERIORITY

The **Emerson Respirator** is the only standard respirator on the market in which the following important features are found:

BOTH ADULT AND INFANT MODELS

1. Heavy, durable **all-leather diaphragm** to create the pressure variations within the respirator, placed at the end of the machine where it will not catch liquids accidentally spilled in the respirator.
2. **Leather** relief valve.
3. Auxiliary hand operation whereby the moving of **one lever** immediately changes machine from motor operation to hand operation.
4. Variable respiration rate through a **complete range** by means of a variable speed pulley, adjustment of which is made while respirator is in operation.
5. **Durable** dial pressure gauge which needs no adjustment with changing weather conditions.

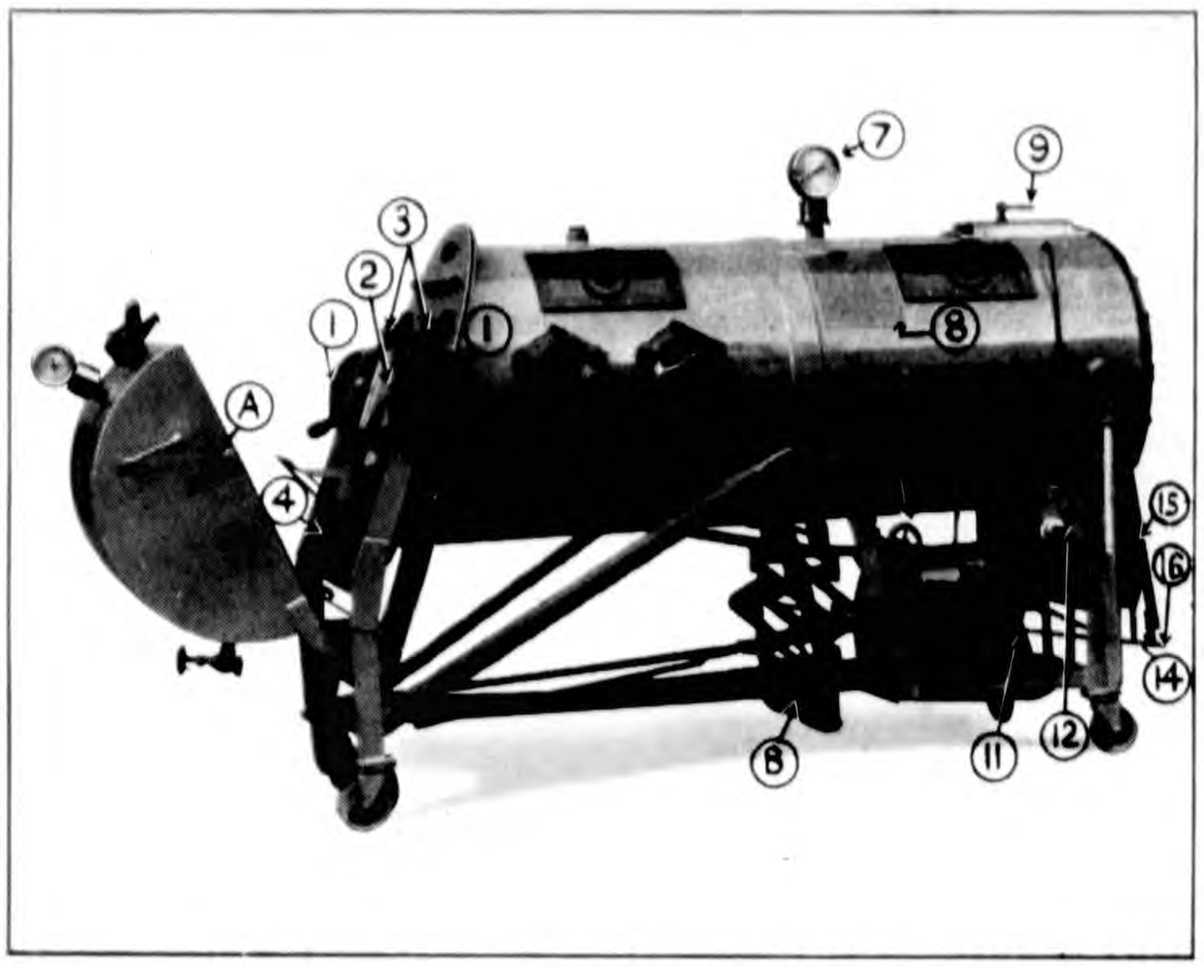
ADULT MODEL

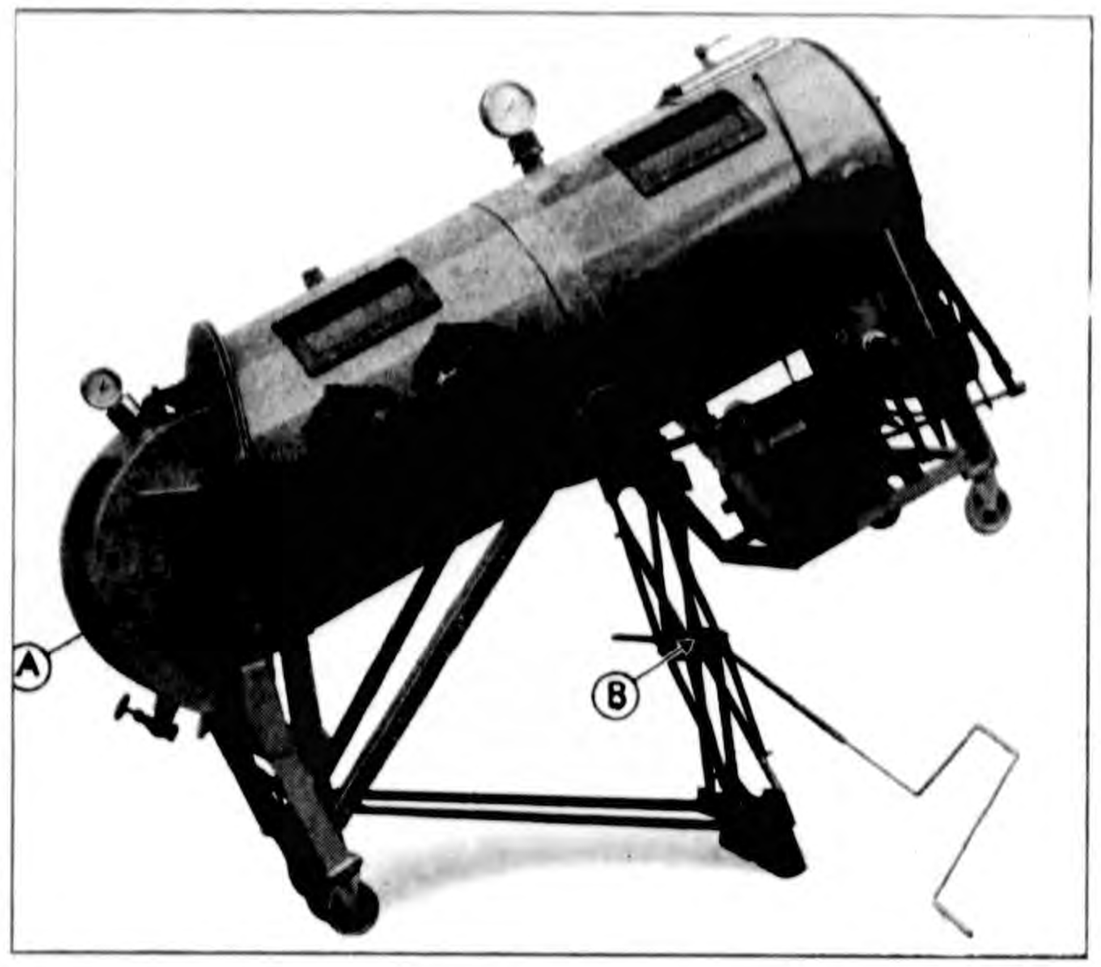
1. Bed that **can be adjusted or rotated** from side to side, from the exterior of the machine, to change the position of the patient.
2. Provision for **attaching a tilting mechanism** (at extra charge) to the standard model respirator.
3. Unbreakable **pressed-steel** port holes, five in number.
4. Four 18 inch observation windows, giving view of **whole interior** of the respirator.
5. Head rest that is adjustable up and down by a **screw adjustment.**
6. Head end of respirator that is **slanted** away from patient's chin for maximum comfort.

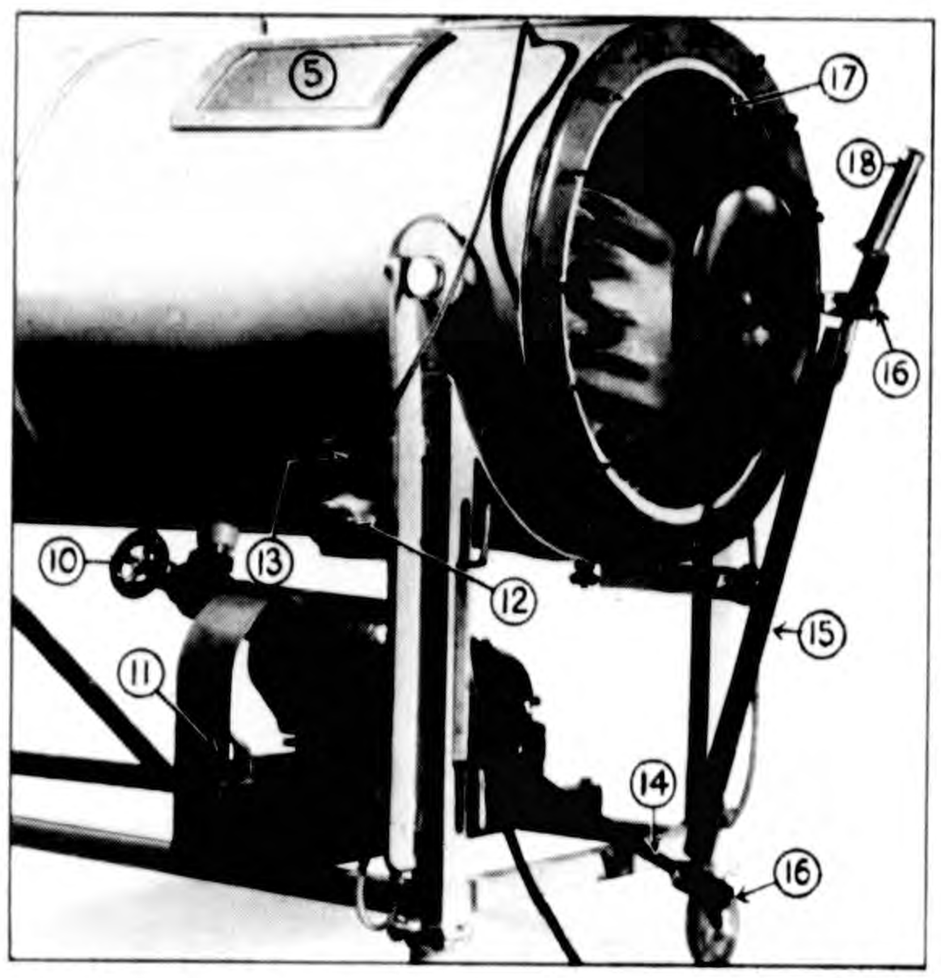
INFANT MODEL

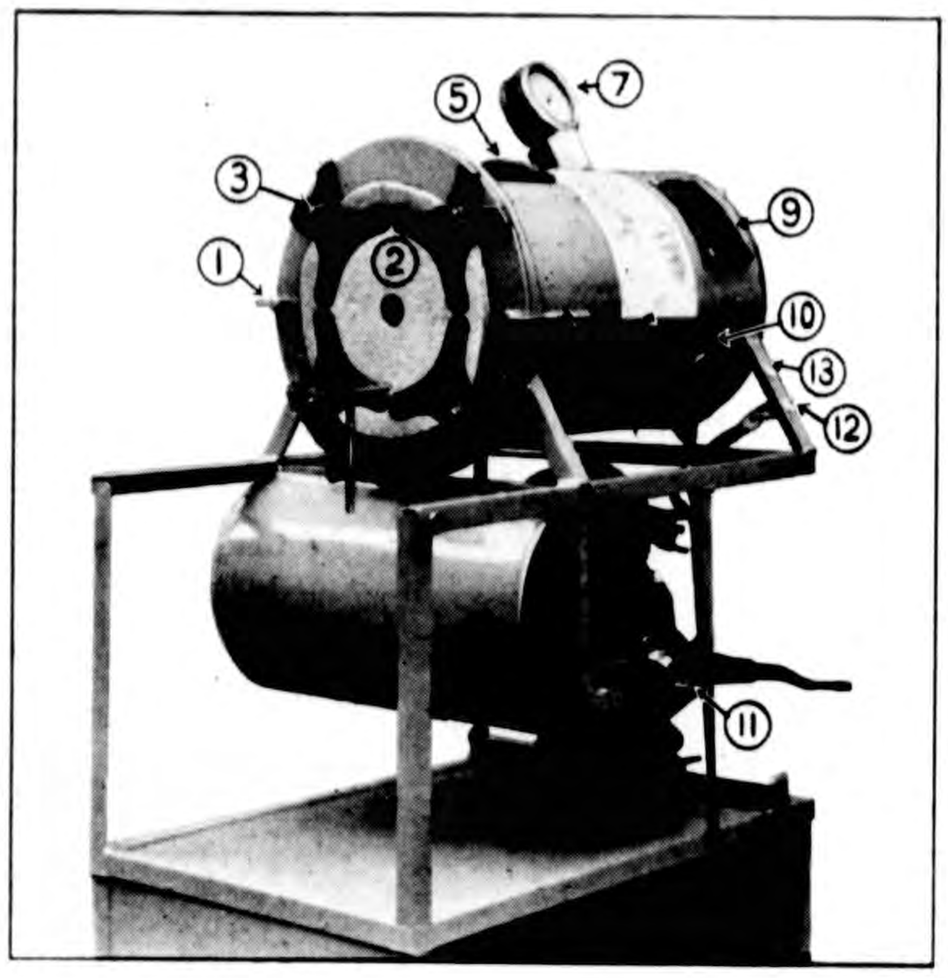
1. Simple **hood for administering oxygen** while machine is in operation.
2. Comfortable, durable **sponge rubber** collar.
3. A tilting mechanism (standard equipment on infant model) which inclines body of respirator and head rest **as a unit.**

June 1, 1935









EXPLANATION OF FIGURES

1. Clamps for closing respirator.
2. Sponge rubber collar.
3. Hand screws for adjusting collar.
4. Bed raising adjustment.
5. Windows.
6. Arm portholes.
7. Dial pressure gauge.
8. Direction sheet.
9. Adjustment for positive pressure.
10. Valve controlling depth of respiration.
11. Adjustment controlling rate of respiration.
12. Switch to operate motor.
13. Switch to operate light inside of tank.
14. Connecting rod.
15. Walking beam.
16. Lever to disconnect rod for hand operation.
17. Leather diaphragm.
18. Handle for hand operation.

A. Head pressure attachment.

B. Tilting attachment. (Standard equipment on the infant model.)

USE

Emerson Diaphragm Respirators are designed to provide continuous artificial respiration over extensive periods of time, for patients whose breathing mechanisms are temporarily inadequate or inactive. In many cases of respiratory failure, proper functioning of the lungs will be resumed, or (with newborn babies) initiated, if life can be maintained for a time by artificial means.

A respirator must be capable of giving steady and forceful but controlled artificial breathing. For a patient who remains long in the machine, however, this is only half the battle; nursing care is of the utmost importance. Frequent change of posture is essential in warding off hypostatic pneumonia. The patient must be accessible for bathing, hypodermic injection, and attention to other needs. It is often important (as in cases of poliomyelitis where paralysis of the throat muscles occurs in conjunction with respiratory paralysis) to tilt the whole body of the respirator, and allow fluids accumulating in the patient's throat to drain by gravity from his mouth.

The chief use of adult respirators at the present time is in the treatment of infantile paralysis. In not all but in a number of cases where breathing power is impaired, a return to adequate function may be expected if the patient is tided over the most acute stages of disease. The respirator is valuable in three ways: it maintains life, by providing pulmonary ventilation; it saves affected muscles from injurious strain and affected nerve centers from the damage associated with anoxemia; and it can be used therapeutically for exercising the chest muscles of convalescents.

Adult respirators are also used in cases of gas poisoning, electric shock, alcoholic coma and drug poisoning, drowning, diphtheritic paralysis, and temporary respiratory failures due to injuries of the spinal cord received in accidents or as the result of surgical operations.

Infant respirators are used for the resuscitation of new-born babies. The traditional treatment of infants with beating hearts but dormant respiration has been mouth-to-mouth insufflation, dipping in baths of hot and cold water, etc. The obvious dangers of such methods from shock and the possibility of infection are eliminated in the respirator. It gives controlled and gentle breathing to stimulate the child's respiratory center, and maintains life while waiting for this center to take up its function independently. Oxygen and carbon dioxide as a stimulant are often helpful, and a hood is provided with the infant machine to facilitate their administration. A tilting adjustment varies the degree at which the child's head is inclined downward.

Oxygen may also be administered to patients in the adult respirator through a mask or by means of the head attachment which is sold as an accessory. This attachment provides, furthermore, a means for continuing respiration independent of the body of the machine. With it in use, the respirator can be opened to bathe the patient, change bedding, etc. This attachment greatly facilitates nursing care for those patients whose paralysis is so severe that they cannot safely be taken from the machine.

EMERSON DIAPHRAGM RESPIRATORS HAVE BEEN INSTALLED IN THE FOLLOWING HOSPITALS

Adult Model

Chapin Memorial Hospital
Providence, R. I.

Massachusetts General Hospital
Boston, Mass.

Auburn City Hospital
Auburn, N. Y.

Newton Hospital
Newton, Mass.

State of New Hampshire Industrial School
Manchester, N. H.

Infant Model

Cornell Medical Center
New York, N. Y.

Southampton Hospital
Southampton, N. Y.

Nassau Hospital
Mineola, N. Y.

Saint Luke's Hospital
New Bedford, Mass.

Staten Island Hospital
Tompkinsville, N. Y.

and many others

(since the original printing of this circular)

INFANT MODEL

The infant model is similar in operation to the adult respirator, and includes the hand operation feature and a dial pressure gauge.

ATTACHMENTS FOR ADULT RESPIRATOR

Tilting

An attachment can be supplied to raise the foot end of the adult model respirator a maximum of 30 inches off the floor, giving a substantial tilt to the machine. An arrangement for tilting the infant model is regularly supplied, without extra charge.

Head pressure attachment

We have developed an attachment which can be fitted on the head end of the machine for continuing artificial respiration when the machine is to be opened. This attachment is operated by the respirator motor and therefore the respiration rate of the attachment synchronizes with that of the respirator. This attachment when connected with the circulating unit of the Emerson Portable Oxygen Tent Equipment may also be used for administering oxygen. It cannot be supplied for the infant model, but a hood for administering oxygen is provided with the infant respirator as standard equipment.

EMERSON DIAPHRAGM RESPIRATOR PRICES

Adult Model	$1,000.00
Tilting Attachment for adult respirator, when ordered with the machine	~~250.00~~ $150.00
Head Pressure Attachment for adult respirator, when ordered with the machine	~~350.00~~ $250.00
Emerson Portable Oxygen Tent Circulating Unit with connecting tubes	150.00
Infant Model Respirator	400.00

Electric Motors will be for Alternating Current, 110 volts, 60 cycles, single phase, unless special motors are requested.

OTHER MODELS WHICH CAN BE SUPPLIED

(Write for information)

Simplified adult model for hand operation only	$ 400.00
Simplified infant model for hand operation only	100.00
Adult model respirator, which may be tilted and rotated	1,800.00

Prices do not include packing or transportation charges. Packing charge on the adult respirator $50.00. *If shipped by moving van packing is unnecessary.*

September 10, 1932. Prices subject to change.

We agree to undertake full responsibility for any patent suits which might arise in connection with the use of our respirators.

Sales are handled direct and not through dealers.

J. H. EMERSON
15 Brattle Street
Cambridge, Massachusetts

DEVELOPMENT

It has been well known that varying pressure at regular intervals on the chest of a patient, without varying the pressure at the nose and mouth, will produce artificial respiration. Numerous devices of this nature have been evolved in many parts of the world during the last half century. They vary in design from simple, portable bellows strapped over the chest of the patient, to chambers in which variations of pressure may be produced, enclosing the whole body of the patient with the exception of the head. In America the best known machine of the latter type was devised by a number of people in Harvard University Medical School.

In the summer of 1931, during a widespread epidemic of poliomyelitis in the East, while the demand for respirators was so general that the regular supply was not sufficient to fill the demand, the Emerson Respirator was developed with the purpose of designing a machine so simple in construction that the price would be within reach of a larger number of hospitals; at the same time having the machine practical and convenient. In it we incorporated a number of improvements never before put on the market in a device of this nature. These developments included a respiration rate variable over a wide range; quiet operation; quick opening and closing; and means for operating the machine by hand in case of current failure. Still other new developments have beeen worked out for the latest models.

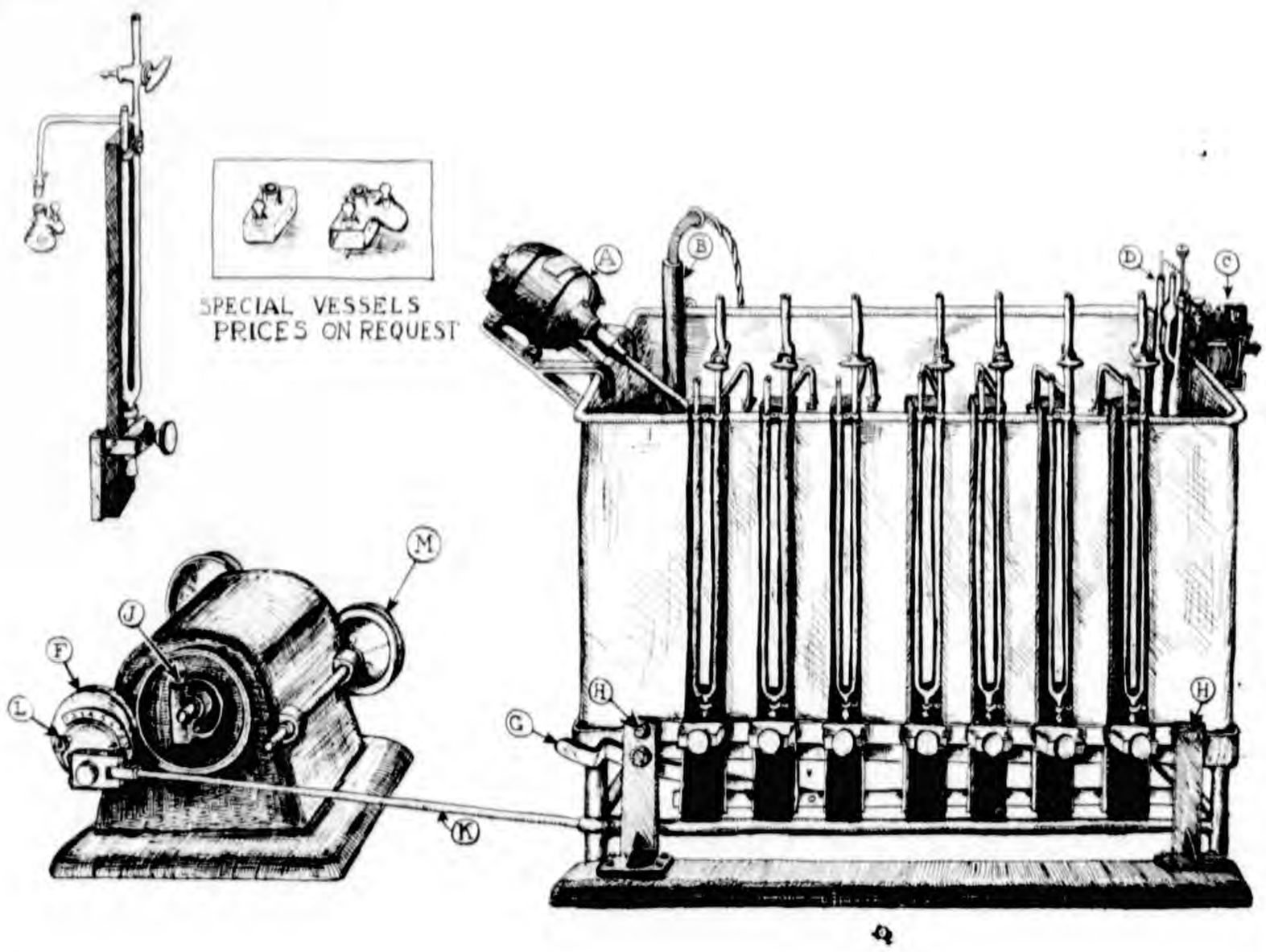
The Emerson Respirator was shown for the first time at the meeting of the American Hospital Association in the fall of 1931, at Toronto, and was so well received there that it was determined to continue manufacturing it. It has been used at the Massachusetts General Hospital and the Providence City Hospital, and machines have been delivered to various other hospitals in the East.

The Harvard-developed respirator was patented, and the professor most closely connected with its development received for a time a substantial royalty on each machine sold. Recently its manufacturer has filed suit against us. We believe that in manufacturing the Emerson Respirator we infringe no valid claim of the patent on the Harvard development; and we believe furthermore that Harvard University, in allowing the monopoly to be controlled by a single commercial concern outside the University, is obstructing development and improvement.

We intend to continue manufacturing respirators, keep up with new developments, and maintain service for owners of our machines.

J. H. EMERSON
15 Brattle Street
Cambridge, Massachusetts

Referring to the lawsuit mentioned above ("Warren E. Collins et ali v. John H. Emerson, Equity No. 3699"): on April 29, 1935, Judge McClellan of the United States District Court for the District of Massachusetts handed down an opinion holding that the Emerson Respirator infringed no valid claim of the three Drinker and Shaw patents in suit.



BARCROFT-WARBURG APPARATUS

as used in the determination of lactic acid production in cancer tissue and for studying other types of cell metabolism and certain chemical reactions. Equipment includes 7 manometers with conical reaction vessels of approximately 15 cc. capacity; 7 wooden backs for mounting manometers, with screw compressors and fittings to attach backs to shaking mechanism; stand for manometer backs; shaking device with improved system for bringing manometers to a vertical position for reading; driving device with a simplified control for adjusting the amplitude of shaking; copper water bath and stand, equipped with separate motor stirrer; glass thermo-regulator (mercury not included); and relay.

Price complete as listed above, for 7 determinations . . . . . ~~$350.00~~ 336—

Packed ready for shipment.
Transportation charges not included.

Same equipment for 6 instead of 7 determinations; including 6 manometers, and 6 manometer shaker . . . . . ~~225.00~~ 313—

Same for 3 determinations; with small tank and no stirrer, thermo-regulator, or relay 175.00

Vessels of special shapes can be made to order. (Two special shapes frequently supplied shown in the above drawing. Standard vessel regularly supplied shown with manometer.) Vessels may also be made of quartz if desired. For prices on special vessels send drawings. Thermostatic tank can be supplied in monel metal, at an additional cost of $10.00, or in galvanized iron at a reduction of $10.00.

J. H. EMERSON
15 Brattle Street
Cambridge, Massachusetts

CONSTANT TEMPERATURE AND SHAKING EQUIPMENT

BARCROFT-WARBURG APPARATUS — SEPARATE PARTS

Drive—with pulleys and belts to obtain various shaking speeds	$50.00
Shaker for 6 manometers with connecting rod and eccentric to mount on drive	55.00
Copper tank, approximately 16"x16"x28", with stand	30.00
Shaker for 7 manometers with connecting rod and eccentric to mount on drive	60.00
Stirrer for water bath	20.00
Mounted mercury regulator (without mercury)	15.00
Sensitive tube relay	30.00
300 Watt immersion heater	$6.00
Manometer back	5.00
Stand for manometer backs	5.00
Standard manometer with conical vessel (pyrex)	15.00 *
Standard manometer with conical vessel (quartz)	25.00 *
Manometer with rectangular vessel (pyrex)	16.00 *
Manometer with rectangular vessel and side arm	17.00 *

(Other shapes of vessels will be quoted on request, when accompanied with drawings and dimensions.)

* 10% off in lots of 6 or more

WE ALSO MANUFACTURE THE FOLLOWING EQUIPMENT

Device for shaking thirty-four 125cc. Erlenmeyer flasks in our standard Warburg apparatus constant temperature bath using standard drive. This apparatus includes, the shaking device, connecting rod and eccentric	$40.00
Shaking device for four Clark hydrogen electrode vessels	60.00
Clark hydrogen electrode vessel without thermometer	9.00
Clark hydrogen electrode vessel with thermometer	12.00

Insulated tanks and cooling equipment for running constant temperature bath below room temperature.

Various shaking and stirring devices.

Variable speed drives.

High speed centrifuge operating at 10,000 R.P.M.

Dialysis Apparatus.

Emerson Micro-manipulator.

Improved heart lever.

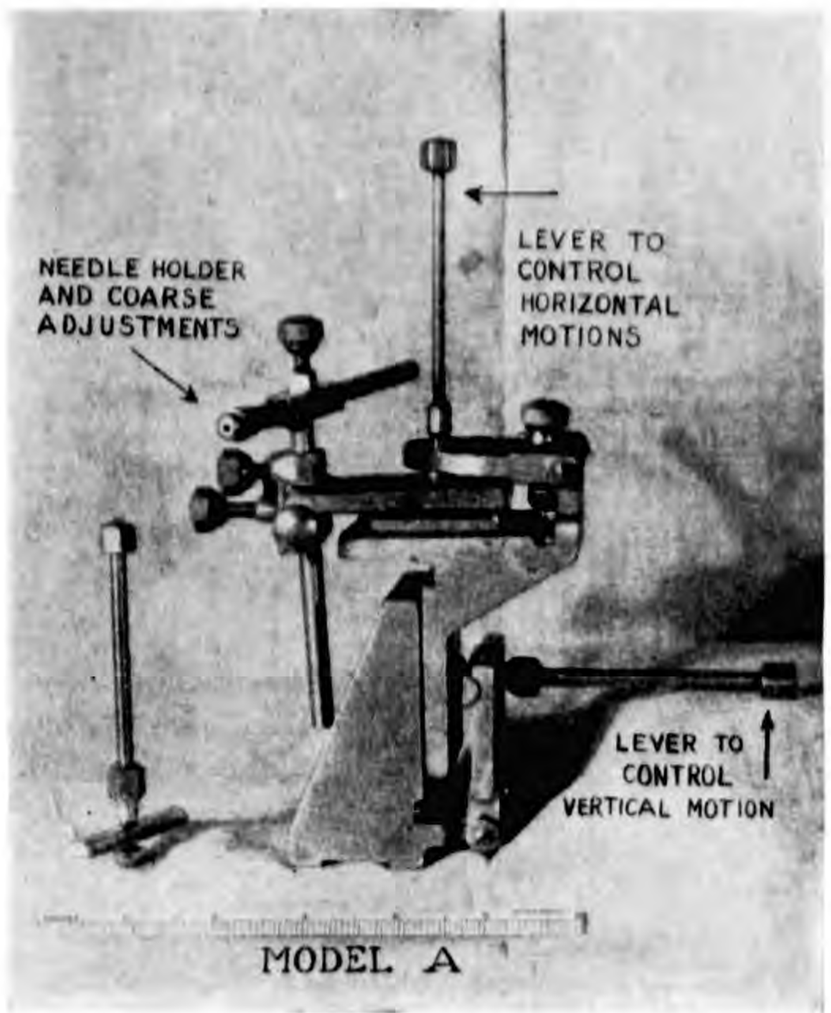
Emerson Portable Oxygen Tent.

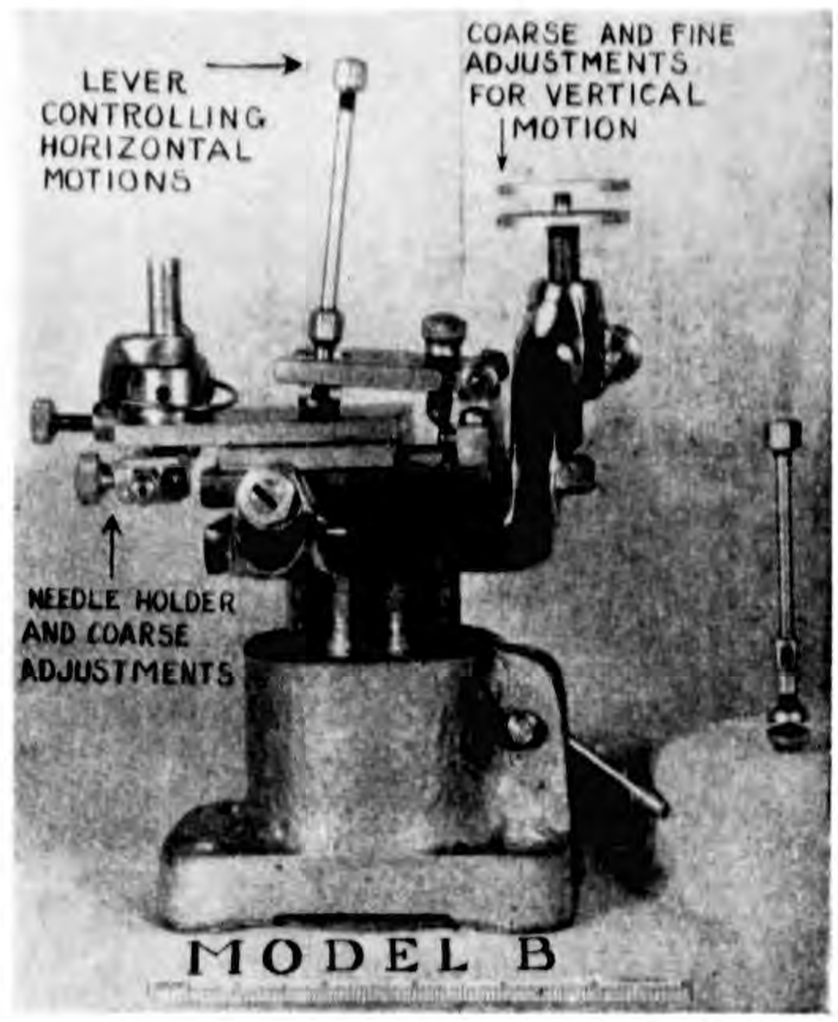
Emerson Diaphragm Respirators.

J. H. EMERSON

15 Brattle Street

Cambridge, Massachusetts





THE EMERSON MICROMANIPULATOR

This is an apparatus for controlling micro instruments under any magnification of a microscope. The machine operates on a simple lever principle whereby horizontal movements are so coördinated that the apparent motion of the needle under a compound microscope is identical with the actual motion of the controlling lever. As a result slow or rapid motions may be carried out under the microscope with both accuracy and speed. An exclusive feature of this machine is that the amount of motion of the operating needle for a given motion of the handle is adjustable.

Model A is very simple in construction, coarse adjustments being performed by hand. Fine adjustments are controlled by two levers, one for horizontal motions and the other for vertical motions.

Model B is a heavier machine than Model A and is capable of carrying greater weight. A whole microscope slide may even be supported by the needle chuck. Unlike Model A all coarse adjustments are controlled by screws. This makes it possible to locate the needle more rapidly. The fine horizontal motions are controlled by a lever and the fine vertical motions are controlled by a screw.

Model C is a mechanical stage of limited range giving very accurate control of horizontal motions of a microscope slide.

Model A —	Double Instrument, 2 operating stands on base	160.00
	Single Instruments, 1 operating stand on base	90.00
	Operating stand without base	70.00
Model B —	Double Instrument, 2 operating stands on base	400.00
	Single Instrument, 1 operating stand on base	210.00
	Operating stand without base	190.00
Model C —	Single Instrument, 1 operating stand on base	90.00
	Operating stand without base	70.00
Accessories —	Micro Injection apparatus	23.00
	Moist chamber	5.00
	Micro burner for making glass operating needles and pipettes	5.00
	Automatic needle puller for making needles and pipettes	25.00
	Oxygen burner for making quartz needles and pipettes	15.00

Prices on request for the following — Soft glass, Pyrex and quartz rod and tube to fit manipulator chucks. Soft glass, Pyrex and quartz needles, pipettes, electrodes and thermo couples.

J. H. EMERSON
15 Brattle Street
Cambridge, Massachusetts

August 4, 1935

Dr. David Fairchild,
Biological Station,
Beinn Breagh,
Baddeck, Nova Scotia.

Dear Dr. Fairchild:

I have your letter of July 26.

I have ordered a dozen copies of "Good Health" sent you and hope they will reach you safely. There is no charge. Your article was a fine presentation of the merits of the mango. Your daughter writes me that they are having a very good season and had a good many orders, some of which she thought came from the "Good Health" article. I am sure your article created quite a demand for mangos here in Battle Creek. To my surprise mangoes appeared on our local market in quantity for the first time. Nearly all the fruit merchants had them and sold them at 10 to 25 cents each, fine large ones for 25 cents, good sized ones for 15 cents and small ones for 10, and of very good quality. I am glad to see that the mango is working its way into the market.

I should think it would be a good thing for you to have a reprint made of your article and use it for publicity purposes. It seems to me very few people could resist the impulse to open their pocketbooks and enclose $2.50 in an envelope and mail it to you after reading your eloquent description of your wonderful fruit.

The later varieties of mangos to which you refer are just coming in. Two kinds arrived. Unfortunately the box in which they were packed

was not quite large enough so they were compressed too much and bruised and fermented before arriving, so I have not had a chance as yet to test their quality.

I am glad that you are having such a delightful summer. It will do you a world of good and you need it. How much I would enjoy such an opportunity. I have never had a vacation in my life and fear I never shall have. I am just one of those poor people you commiserate who never have a whole day of quiet. I have had to do my work in the midst of pell mell racket and have suffered no little distress from the consciousness that my work was not being as well done as it might have been if I could have had an opportunity to do it in a quiet, leisurely way instead of in the midst of confusion and constant interruption and usually when worn threadbare with work. It is pleasant to think of you as having such a delightful opportunity for rest and recreation and contemplation. Concentrated thought, how profitable it is!

With best regards and wishing to be kindly remembered to Mrs. Fairchild, I am

As ever sincerely and affectionately yours,

b

August 4, 1935

Good Health:

Please send twelve copies of the number of Good Health which contains Dr. Fairchild's article about the mango to Dr. David Fairchild, Biological Nucleus, Beinn Bhreagh, Baddeck, Nova Scotia, with my compliments.

J. H. K.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 5, 1935

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

My dear Dr. Kellogg:

As I was leaving Battle Creek, you mentioned the proposal that the Sanitarium should serve meat and have a smoking room. I assume that tea and coffee would also be served. Later, if the experiment was successful - that is, if it added to your patronage, you might add coca-cola and other drug-drinks and then a "tap room" serving at first only "near beer". Later it could be "real" beer, endorsed by my neighbor, Yandell Henderson, Professor of Applied Physiology, up to 4%. Then it might "pay" to remove any restriction on the percentage and progress successively to "light" wines, all wines, "moderate" cocktail drinking, and finally a full fledged saloon, on condition, of course, that your chaplain should bless it as Bishop Potter blessed one in New York when that method was tried to reduce drinking and on condition that you should constantly warn your saloon patrons against "over-indulgence". I could go on with "liberalizing" suggestions and would do so, if I could write like Will Rogers.

But, seriously, my advice would be to move in the opposite direction. As I have said to you, I would criticize your menu for having too few natural and raw foods. I feel sure that your guests do not average enough vitamins, average too many

calories, and too much variety. I would have nuts, bananas, oranges, and raw greens explicitly printed on every menu.

Whether you move in the one or the other direction should depend on the principle you choose. I can think of three principles: (1) the principle of making the Sanitarium earn the maximum possible; (2) the principle of making the Sanitarium regime the most hygienic possible; (3) the principle of accomplishing the maximum effect in improving human health.

Your creditors may prefer principle No. 1; you, personally may prefer principle No.2; I prefer No.3.

The conflict among the three principles is, I am sure, not as great as would seem.

Consider principle 1. Any banker-creditor should know that it is dangerous to throw away established good will. Without arguing the question whether anyone has a right to destroy your life work, anyone should think twice before radically disturbing an established good will. Newspapers like the New York Evening Post and magazines like the Independent have demonstrated this. Even the soap manufacturers, Proctor and Gamble, found, to their surprise, that they could not afford to lose the good will in the mere name "Ivory Soap". You have developed a tremendous goodwill which your creditors simply cannot afford to risk destroying, or even impairing. It most certainly would be impaired if you had, say, a smoking room. The Sanitarium would lose friends very fast - me included. Even those who "kick" because of the non-smoking rule, would despise such a surrender and think of the San as a purely commercial concern whose opinions on hygiene were vacillating,

unreliable and insincere. They would see and say you had "sold out".

Personally I would have no use for the San if I felt it had sold out and would feel that it had made itself ridiculous, not to say contemptible.

The only justification for admitting tobacco, tea, coffee, meat would be a reasoned opinion, that they were wholesome. If, as and when those who make this proposal are prepared to argue for it on hygienic grounds they will deserve a hearing.

Personally I am sure that alcohol, tobacco, tea and coffee can never be proven to be wholesome and should never be permitted in your Sanitarium dining room.

As to meat I am convinced that it is not a natural human food and that, for those who go through the Sanitarium and so learn to do without it, it is better hygiene never to use it.

Therefore, I think the Sanitarium ought not to have it in its dining room but should endeavor to wean its patrons from it.

As you know, as an ex-consumptive, I feared giving up meat and, for years, ate it whenever I felt a craving for it which it satisfied. I never seem to have such a craving today and so avoid its use except when it seems unavoidable without hurting a hostess' feelings. One reason for my being so slow to follow in your footsteps was the fact that I found, by extended correspondence, cases of persons who had, they believed, been injured by giving up meat and I could not tell why. But now I think I could. At any rate, I think the Sanitarium can. I think one of the chief advantages of the Sanitarium is to show people how they can dispense with meat. This advantage would be lost if it introduced meat into its dining

room.

If, as I understand, liver is now known to be good for pernicious anemia, I would certainly prescribe it at the Sanitarium and I would make other exceptions, if any, which science may indicate. I would not allow sentiment not to "slay to eat" to deprive anyone at the San of the speediest road to health. I suspect that this sentiment has also proved a stumbling block to some of your colleagues and has deterred those of them who put human hygiene far above such sentiment from following you on the meat question even when hygiene is on your side.

In short, I would like to see the San continue to be a beacon light for health - for health, first, last and all the time whether that means no meat, or some meat, like liver, and in continued defiance of custom. The greatest glory of the San has been that it has defied custom. The spread of the custom of smoking is a reason for defying that custom more not less.

I may seem to be arguing in favor of principle 2 rather than 3. But I would not want to push the return to nature so far as to defeat itself. I think you should continue offering meat substitutes. Otherwise it might be so difficult to wean from meat that you might lose the chance to wean. It would, I suppose, be possible to go so far in your efforts to revolutionize human living as to repel your clientel until ultimately you would have none and so your efforts would defeat themselves.

The solution seems to be to hold up the ideal, while offering such half-way measures as are needed to keep your patrons travelling toward it. I do believe you compromise more than you

should or need to. It is all right to have a cooking school and, without cooking you might find it impossible to have patrons. But I believe in your cooking school you should (perhaps you do!)include teaching how to have no cooking. Cooking seems to me unnecessary and, except for potatoes and a few other vegetables, more harm than good. In these days of economy, it would be a boon to many of your patrons to learn how to dispense with a cook.

But, whatever you do, don't haul down your flag nor let anyone else haul it down. Its very defiance of the enemy has been a chief basis for your success. Your difficulties now are depression difficulties only and will disappear as the depression does. You will not have to wait long.

If you are right about the very great harmfulness of tobacco, science will surely justify you and you will gain enormously from having held fast. I see signs of a new interest in that problem. The time may soon be ripe for people coming to the San in increasing numbers because a wife wants her husband, son, or daughter to learn what no other institution is equipped to teach.

With best wishes,

As ever,

Irving Fisher

Columbia University
College of Physicians and Surgeons
632 WEST 168TH STREET, NEW YORK
INSTITUTE OF PUBLIC HEALTH

EPIDEMIOLOGY
INDUSTRIAL HYGIENE
PUBLIC HEALTH ADMINISTRATION
SANITARY SCIENCE

August 5,1935

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

Dear Dr. Kellogg

I did note with interest throughout your book the accumulated evidence and opinion of competent persons here and abroad to the effect that meat was not an essential diet of humans as to growth and development of functions in perfect health could be maintained without its inclusion in the diet.

While the cooking of meat in large measure destroys the pathogens including the colon bacillus which practically always contaminates meat, I recognize the esthetic offense which you mention even if I cannot convince myself that colon bacilli in cooked meat are as harmful as the same organism in raw water.

In spiteof the comment of Frederick Hoffman,Ph.D., and Dr. Charles Mayo, I believe it is still to be proved that the incidence of cancer in humans has any relation to the fact of or amount of meat in the diet.

With best wishes, I am

Yourssincerely,

Haven Emerson

Haven Emerson,M.D.

Columbia University
College of Physicians and Surgeons
632 WEST 168TH STREET, NEW YORK
INSTITUTE OF PUBLIC HEALTH

EPIDEMIOLOGY
INDUSTRIAL HYGIENE
PUBLIC HEALTH ADMINISTRATION
SANITARY SCIENCE

August 6,1935

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

Dear Dr. Kellogg

I have now at hand your letter of earlier date, July 29th, announcing your further generosity in sending volumes from your authorship. I shall read them with care, not only for their intrinsic value but also for the character of the man who wrote them.

I am sorry that the herpes still disturbs your rest . I think nature gave us drugs to use, not abuse. I think you make a mistake in failing to use analgesics, when you know so well how to discontinue them when they have achievedtheir objective.

I realize your priority in many aspects of nutrition now solidly founded on the best of corroboration.

Concerning tobacco, I suspect if we could agree upon definitions we should soon find ourselves in agreement on conclusions. I have not the slightest doubt that tobacco promptly deteriorates many of the functions of the body particularly of the neuro-muscular mechanism. I am not surewhether the continuation of the repeated disturbance of this function has any permanent effect on the structure and longevity of the individual. A question in my mind of importance is whether the harmful aspects of tobacco are what the biologists call reversible reaction, or whether they are registered in the form of permanent change.

With strong convictions and something of a New England conscience I find it difficult at times to retain entire objectivity in studying questions of personal hygiene. What I prefer for myself and in the main believe good for others, may not necessarily be the only good or right way of achieving health.

Appreciating the pains you have taken to give me the many facts of your own experience and thanking you again for your hospitality, I am

Sincerely yours,

Haven Emerson

Haven Emerson,M.D.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 5, 1935

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

My dear Dr. Kellogg:

Thank you for yours of August 3 returning my Detroit News article. I am glad they have invited you. I think your suggested article ought to be very good. I have no improvements to offer.

Let me take this opportunity to thank you again for all the kindnesses of yourself and the Sanitarium last week.

Very sincerely,

Irving Fisher

IFs

August 5, 1935

Mr. J. H. Emerson,
15 Brattle Street,
Cambridge, Mass.

Dear Sir:

Thank you very much for your letter of August 2 with literature enclosed which I have perused with much interest. I will keep it on file and will very possibly be sending you an order for something later.

I have made considerable use of the vacuum boot and other vacuum appliances and also have found it useful to combine heat and in some cases heat, electricity and light therapy in connection with the vacuum treatment.

Sincerely yours,

b

August 5, 1935

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

Dear Mrs. Dolliver:

I have shamefully neglected your kind note of June 10th, which I assure you was very greatly appreciated. I have not yet quite recovered from the severe attack of shingles from which I suffered last winter which attacked me externally and internally and I am tempted to say infernally and eternally, for it seems almost impossible to get rid of it. It is one of the most treacherous of maladies. At last I am able to get on my feet again and I hope to be able to make better use of my opportunities than I have been able to do during the last few weeks.

I assure you your very kind note was quite refreshing. I have for many years had great admiration for you and your husband, especially for the sturdy way in which good ideals and standards have been held up in the "Moon." Your husband's associates must have been a pretty serious handicap, but he rose above them all and he is making a splendid success of his work of which every Battle Creek citizen ought to be proud.

I want to see more of you and hope I may have the opportunity of doing so before the summer is over. I shall be glad to have you both at our home some evening and to keep in touch with you, especially since I know of your interest in the things that we are trying to do.

With best wishes, I am

Sincerely yours,

Mrs. George B. Dolliver, No. 2.

P. S. The mango season is nearly over, but we may get a few more, and if we do I will remember you. The avocados will also be coming in soon.

Kind regards to Mr. Dolliver.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 5, 1935

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

My dear Dr. Kellogg:

I enclose a letter which you may like to show to those proposing smoking rooms, etc. There may be a few sentences which you would have wished otherwise. But I think the whole of it should be used, especially as Dr. Eggleston and others have heard me talk. Moreover I think those sentences will help you. Even when I found difficulty in keeping on a non-meat diet at home I did not think the San should give it up and though I still make exceptions for social reasons (and sometimes eat canned salmon at home and sometimes liver, if others have it and it tastes good to me) I do not think the Sanitarium should make exceptions for social reasons. The situation with an individual is different from that of an institution, purporting to stand for the highest hygienic ideals.

Thank you again for all your kindnesses to me and Dr. Haven Emerson. Thank you for answering the specific questions. As we didn't finish, I'll send you some more soon!

Please remember to send me the references to the experiments in switching off a dog's liver and dwarfing by tobacco.

I want once more to emphasize the hope that you will

take care of yourself better, getting your weight down, getting more sleep and avoiding fatigue. I'm sure you are not obeying all the rules of health and never have! Why not now? Your "alibi" of belonging to the rescue class is, if I may make bold to accuse you, an evasion of plain duty and a "rationalization" of your own bad habits as reprehensible as the smokers'!

You have done a great work; but you can multiply it by two, or ten after your death, if you live beyond the century mark, even if you should never do a stroke of work more. And you cannot accomplish much by the pressure-work which kills you. The term would be too short.

I suggest you henceforth become "converted" to a new idea, namely that your supreme duty to which there must be no exception, is to preserve your health as long as possible and that henceforth any work you do must be a part of your hygiene, like gymnastics, and not an interference with your hygiene. I predict that if you will try this for three months you will find you will then be doing more work daily than if you were still following your life-long habit of "squeezing your orange dry" every day.

Incidentally, if you find such a three months' experiment turns out as I predict, you will have a new preachment of value to your patients.

Finally, let me appeal to you on another and more scientific ground, your death before the Sanitarium solves its financial problem and begins rapidly to expand on its present regime of no tobacco, alcohol, tea, coffee, chocolate, meat. The danger of a change of policy will be very great. You simply

must live to put the Sanitarium, as is, on its feet again. Such letters as mine enclosed may help you stave off the evil day during your life. But the only thing which will insure you against that evil day after your death, is living long enough to see such prosperity for the San under your policy that the desire to change that policy will disappear. If you kill yourself by fatigue or other unhygienic conditions before such results are attained they may never be attainable at all. Moreover, I for one, will feel that you have been derelict of duty!

Your frank friend,

Sc

August 7, 1935

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

Dear Doctor:

I am glad to have your letter of recent date and to see that you are getting along so well on the biologic diet. I quite agree with you that the more closely we can keep to the natural diet the better.

When Captain Cook discovered the Ladrone Islands he found the people living on a strictly natural diet and without the use of fire, so we know cooking is unnecessary. We also know this from the experience of the gorilla, chimpanzee and other non-flesh eating primates.

Sincerely yours,

b

August 7, 1935

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

Dear Professor Fisher:

Thank you very much for your letter of August 5.

I appreciate greatly all your efforts to help me and will certainly make a great effort to profit by your good advice.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 10, 1935

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

My dear Dr. Kellogg:

I am looking forward to receiving the answers to the various questions which Mr. Bazy (?) took down. If you have no objection I should like to bombard you with further questions, helping me to revise "How to Live" and perhaps being of use to Dr. Emerson and others in reference to other literature of the Life Extension Institute.

I have all ready a lot of questions. The only one I will put up to you in this letter is, What do you think of the theory that an ordinary man can sleep too much and it would be better to wake him up with an alarm clock?

I enclose an article by Leonard Bacon whose mother was a sister of Mrs. Fisher. You may have heard of him as he is one of the best known American poets. I thought you would be interested in his article as it connects somewhat with your thoughts on philosophy. You need not return this as we have another copy.

Very sincerely,

Irving Fisher

IFs
Enc.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 10, 1935

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

My dear Dr. Kellogg:

Thank you for yours of July 29 with the enclosed amusing letter, which I am returning.

Very sincerely,

Irving Fisher

IFs
Enc.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 10, 1935

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

My dear Dr. Kellogg:

Dr. Eggleston has sent me his report in regard to my gallstones which evidently are of many years duration, I imagine at least twenty-five. I am rather surprised that I never got any intimation of them before.

In your Rational Hydrotherapy (pp.928-929) you speak about water drinking as dissolving and removing all "concretions". I wonder whether this has been corroborated by more modern investigation.

In our talk before last I spoke about Drs. Jackson and Hay and I evidently did not make clear my attitude toward them. It was not that I had accepted anything definitely but I thought both of them deserved very serious study.

The so-called Hay diet seemed to me originally quite absurd for the simple reason that nature combines all sorts of food elements in one food.

Nevertheless, the fact is that increasing numbers of people believe that they have been benefitted by following the Hay diet. Either they are deluded or there is some explanation or perhaps more than one.

I do not think your suggestion that there has been less eating of meat is likely to be the sole or even principal explanation.

What you wrote me in regard to length of time to digest different foods, basing what you said on Cannon, did not seem to me to militate against the contentions of Hay and Jackson in regard incapabilities but rather to conform to these contentions.

I am merely from Missouri on the subject and recognize, as I always do, that careful laboratory and clinical investigation must be appealed to.

The thing that has interested me most in Dr. Jackson is in regard to what might be called skin gymnastics. I am wondering whether a perfectly healthy skin behavior (of a naturmensch) should have a warm or a cool skin in all seasons. Some of your writings would seem to indicate the latter but I should judge that the Indian's famous supposed remark "Indian face all over" meant that the skin surface was warm all over. Are there no normals established as to skin temperature and have there been no scientific studies of this and particularly studies of naturmensch such as you have made in respect to blood pressure for Indians, etc.?

Assuming that a warm skin temperature is normal, I do not understand how this is brought about under various circumstances, particularly in cold weather.

Very sincerely,

Irving Fisher

IFs

Enclosed photographs to amuse you. Dr. & Mrs "Nucleus" on front in the Bells last invention — a sun-still from which without the slightest work I get about a quart of distilled water every other day.

DAVID FAIRCHILD
BIOLOGICAL NUCLEUS
BEINN BHREAGH
BADDECK NOVA SCOTIA

August 12th 1935.

Dear Dr. Kellogg;

I am much concerned about your health. You are made of other stuff than are those of us who lead ordinary lives but after all your cells are filled with protoplasm and protoplasm needs a rest sometimes.

I do hope that this illness will give you a better chance to rest than that other spell of illness or than the shingles seem inclined to give those unfortunate enough to be struck with it. If I were within reach of Battle Creek and thought I could do you any good I would run over and see if I might not at least amuse you with some story of plants. Your love of them has always seemed to be a deep seated affection that so few people appear to possess.

There is a touch of the melancholy in your reference to a vacation. I had not thought of you as being always tied to the ills of others. I have not quite realized how your studies and writings had to be wrested moment-wise from the immediate calls of those who depended on you for help. I fear that a poor one track fellow like me would never be able to write anything that anybody but some Government man who had to would read, unless he got away from the crowded thoroughfares of life.

I wish that you might wade through the surf today and spend an afternoon here completely shut off from every call on your time. I am sure that you would have an inspiration of some sort that might in the long run be as valuable as some of the work done under

DAVID FAIRCHILD
BIOLOGICAL NUCLEUS
BEINN BHREAGH
BADDECK NOVA SCOTIA

pressure from without.

I could show you my latest pot-herb for example. It has been growing all about me here on my little sandy island and I am quite ashamed that I have passed it so many times without trying it for luncheon.

Its name is "Sea Rocket"(Cakile edentula). Asa Gray's Flora says it occurs on the Atlantic Coast and the shores of the Great Lakes but neglects to state that it has antiscorbutic properties. This fact I gleaned from the remarkable book of a German;Baron Von Mueller who built up the great Botanic Gardens of Melbourne in Australia and wrote "Select Extra Tropical Plants for Introduction" in which German-like he gathered a most amazing amount of data about all kinds of plants. This book has been my "Bible" for years and just the other day I ran across the statement about the Cakile and I walked out onto the sandy shore and gathered some of the fleshy plants and had them in my little laboratory sauce pan immediately. I threw away three waters, simmered the result in butter and served. DELICIOUS is the right word to use in respect to this new pot herb. It is a close relative to the cabbage, mustard,radish,etc--a Cruciferae in other words.

Engler says there is a species that grows on the shores of the Black Sea, Europe, and the coast of North Africa and I have caught butterflies on another species on the sandy shores of the Bahamas. Nicholson calls it"a pretty little annual found frequently on sea shores" but neither of them mention that it is delicious.

DAVID FAIRCHILD
BIOLOGICAL NUCLEUS
BEINN BHREAGH
BADDECK, NOVA SCOTIA

When I consider the miles of strand that I have walked in different parts of the world and which would be easily tilled because few other plants grow on them, I am sorry that there is not somewhere a Society for the Utilization of Plants which would be interested in my little discovery and where might be started some experiments in Cakile Cultivation. Who knows but that it has more vitamin C in it than the cabbage or cauliflower?

Civilized man seems to have stopped trying the wild plants in his kitchen.

Thank you very much for the copies of Good Health which magazine I would like to get regularly if your secretary would send me the bill so I can subscribe for it.

I think well of your idea about having the Manso article reprinted. Could your Editor give me the price for 500 reprints and for 1000? I have written to my daughter to get her interested in the idea for next year. I also told her about the bruised mangos that were sent you from the Kampong and I hope there are some of a late sort that she can send to replace them.

Mrs Fairchild, were she here with me at the moment would add her sympathy to mine and wish that you may soon pass out from under the shingles which have made these latter months so miserable to you.

Please remember us both to your two devoted assistants and companions and tell them that we shall expect to see them with you in Miami Springs in October,

Very sincerely yours,

David Fairchild

The Biological Nucleus on the Bras d'Or Lake. Nova Scotia.
Mr Graham Bells SUN-DISTILLING-APPARATUS IN Foreground.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 12, 1935

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

My dear Dr. Kellogg:

I meant when seeing you last, but there seemed to be no opportunity, to tell you of my correspondence with Professor Bunting. I enclose his reply to me and also some of his papers which he sent me. I would be glad if you would return the letter and these papers.

They seem to indicate that while dental caries is a matter of eating it is not a matter of nutrition but of the effect of the food in the mouth on the acidophilous bacillus.

Very sincerely,

Irving Fisher

IFs
Encs.

August 13, 1935

Dr. Haven Emerson,
Columbia University,
632 West 168th Street,
New York City.

Dear Dr. Emerson:

I have your letter of August 5.

If it is admitted that meat is not essential, that at least half the human race make practically no use of meat, that it is not the natural diet of man, that it was not used by the first representatives of the race and it is still excluded from the dietary of man's nearest relatives, the anthropoids, it would seem to me that this evidence would be sufficient to settle the question as to the advisability of eliminating it from human dietaries since there is no dodging the fact that the use of meat involves various risks that may be very wisely avoided, such as the introduction of Welch's bacilli and other organisms which produce putrefaction together with putrefaction products which meat contains. No one has ever undertaken to show that there is any advantage whatever in maintaining in the intestine a laboratory for the production of indol, skatol, pyrrol, brenzcatechin, and a long list of other toxins which are readily absorbed and must be dealt with by the liver and kidneys.

The risk involved in meat eating from contamination with tapeworm, trichinae and other animal parasites is not a small one. The death rate from trichinosis is one out of twenty of all who contract the disease. In a recent government bulletin it is announced that one to two per cent of all hogs are infected with trichinosis and an extended report on the results of a study of a large number of outbreaks showed that in more than

half of the cases the pork had been cooked. Of course it is well enough known that in steaks, chops, roasts, sausage and many other meat dishes as ordinarily served, the temperature to which the interior of the meat is exposed is not sufficient to destroy the spores of Welch's bacillus and other spore-bearing proteolytic organisms.

The thing I am particularly interested in doing is to demonstrate that it is possible for one to live comfortably and efficiently on a diet which is strictly biologic and eliminate so far as possible all risks and handicaps so as to lighten the functional burdens of the body as much as possible. My aim is to show that such a life is not only possible but practicable, and it seems to me a fair presumption that a thoroughly physiologic and biologic life ought to be more efficient and freer from disease and more promotive of longevity than a mode of life in which physiologic requirements are less meticulously observed.

As regards the relation of meat eating to cancer, while I agree with you that it is not proven that meat eating is a cause of cancer, the recent results of cancer research certainly show a strong trend in that direction. You doubtless noted the recent suggestion that cancer is the result of endocrine disturbance. Crile and many other observers have clearly shown that meat eating is a very potent cause of endocrine imbalance with highly disastrous results.

Crile insists that every person upon whom he operates for disease of the thyroid should refrain from meat eating for several months after the operation and in conversation he remarked to me that of course it would be much better if they discarded meat permanently.

It is not my contention that a man cannot live and live fairly well on a mixed diet, but rather that he can live better and longer without meat than with it. Certainly the effects of a meat diet upon endurance

suggest very weighty implications. If, as you say, the proofs are not absolute and complete, certainly it seems to me they are amply sufficient to justify putting a big question mark after meat as an article of diet and discouraging its use instead of encouraging it. It is very gratifying to me to note that all the leading physiologists take this attitude.

Fifty years ago all the leading physiologists laid great stress upon meat as a highly essential element of the human dietary, but the packers have in recent years searched the world over to find a single prominent physiologist who would support them in their effort to induce people to eat more meat but without success.

I hope this letter will not create any apprehension on your part that I am going to pester you with arguments against flesh eating. Unless you raise the question I shall not mention the matter further.

I remember your visit here with great pleasure because I found so many points in which we were quite in accord and I certainly have the highest admiration for the courageous stand you have mantained for so many years against those monster evils, tobacco and alcohol, as well as those lesser but still not insignificant mischief makers, tea and coffee.

With best wishes, I am

Sincerely and cordially yours,

b

August 19, 1935

Mr. R. C. Ray,
Hare Pharmacy,
37 Amherst St.,
Calcuta, India.

Dear Sir:

I have your letter of July 11.

Certainly I shall be glad to send you the soy beans which you desire. I am sending you two pounds of Mammoth Yellow and will later send you a pound of a quick growing variety which matures in 78 days. We call it the 78 day variety, though this is not its proper name. You can get full information concerning it by addressing the Department of Agriculture, Washington, D. C. I will ask them to send you information about the soy bean.

I hope you will call on me again if I can be of service to you and trusting the seed will reach you safely, I am

Sincerely yours,

b

August 19, 1935

The Department of Agriculture,
Washington, D. C.

Gentlemen:

Will you please send information about the soy bean, especially the 78 day variety, to Mr. R. C. Ray, Hare Pharmacy, 37 Amherst St., Calcutta, India?

Sincerely yours,

b

Reply

Columbia University
College of Physicians and Surgeons
632 WEST 168TH STREET, NEW YORK
INSTITUTE OF PUBLIC HEALTH

EPIDEMIOLOGY
INDUSTRIAL HYGIENE
PUBLIC HEALTH ADMINISTRATION
SANITARY SCIENCE

August 19,1935

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

Dear Dr. Kellogg

As I leave for vacation today you will let me acknowledge yours of August 13th, elaborating further on the subject of meat in the human dietary.

I am in general accord with your conclusions and advice. I believe you are in error to some degree in minor phases of your supporting argument. I believe it unnecessary to bolster your sound reasons with some of less authentic and convincing nature.

Best wishes and sincerely yours,

Haven Emerson

Haven Emerson,M.D.

COPY

COLUMBIA UNIVERSITY

College of Physicians and Surgeons

632 West 168th Street, New York

August 19, 1935

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

Dear Dr. Kellogg:

As I leave for vacation today you will let me acknowledge yours of August 13th, elaborating further on the subject of meat in the human dietary.

I am in general accord with your conclusions and advice. I believe you are in error to some degree in manor phases of your supporting argument. I believe it unnecessary to bolster your sound reasons with some of less authentic and convincing nature.

Best wishes and sincerely yours,

Haven Emerson, M. D.

August 19, 1935

Mr. Kirkland:

Enclosed find a copy of a letter to Mr. R. C. Ray, Hare Pharmacy, 37 Amherst St., Calcutta, India, which is self-explanatory. Will you kindly have the beans tested to see if they will sprout before sending them?

A. F. B.

b

OUTLINES OF MEDICAL JURISPRUDENCE AND TREATMENT OF POISONING : : : :

BY R. C. RAY, L. M. S.,

Emeritus Lecturer on Forensic Medicine, College of Physicians and Surgeons of Bengal ; Examiner, Calcutta University.

Rs. 5. SIXTH EDITION. 9s.

2 Crown 16 mo., p.p. 429 + 24

No better treatise can be placed in the hands of teachers or students. It is a marvel of condensation and systematic exposition'—and 'compact, admirably arranged, well-balanced, wonderfully exhaustive.'—**British Medical Journal.** 'We can cordially recommend it to readers in this country.'—**Lancet.** 'A compact, upto-date, and accurate work, which every student and practitioner will find of great use.'—**Australasian Medical Gazette.** 'We have no doubt it will prove useful.'—**Therapeutic Gazette.** 'It is wonderfully compact, exhaustive and accurate.'—**Indian Medical Gazette.**

'Will prove amply useful to legal practitioners' —**Calcutta Weekly Notes.** 'Specially useful to members of legal profession.'—**Calcutta Law Journal.** 'Eminently useful to students of Law.'—**Madras Law Journal.** 'Useful to the legal profession.'—**Bombay Law Report.** 'No practitioner in the criminal courts should go without a copy of it.'—**Allahabad Law Journal.** 'It is bound to be serviceable.' **Lawyer (Bombay)**

Recommended officially to all Police Officers throughout the Provinces, by notification in the Police Gazettes of Calcutta (2-5-1918), Bengal (30-10-1910), East Bengal and Assam (10-11-1910), United Provinces (23-12-1910), Bihar and Orissa (8-11-1912).

Officially recommended by Surgeons-General with the Governments of Bengal (6-9-10), Bombay (12-12-10), Madras (15-3-1911). And by **Inspectors General of Civil Hospitals** of—East Bengal and Assam (12-1-1913), Bihar and Orissa (10-3-1913), Central Provinces (15-12-10), Punjab (10-12-10).

Recommended by all **Professors** of Government Medical Colleges and **Superintendents** and **Teachers** of Medical Schools **throughout India.**

This letter was to have been written in April: but I have been hesitating. Having failed everywhere — I at last dare trouble a Sahib & a world's benefactor!
RcR

Hare Pharmacy,
37, Amherst Street,
Calcutta, the 11th ~~April~~ July 1935
(India)

Dear Sir

I am an old admiring reader of Good Health and a regular reader at that. I read again and again about Soya Bean preparations. Here we do not see the like of it except among a few Chinese slum dwellers. They sell their own preparations — not the pure stuff. At Kalimpong (on the Himalayas) they cultivate small varieties which are too tough for human food.

Can you very kindly send me a couple of pounds of entire Mammoth yellow variety of Soya Bean — the edible variety? On hearing from you the charge (cost of bean, freight etc), I shall send you money. I know I am asking too much of a man like you: but it is tallest trees that have to bear the greatest brunt.

Wishing you several more years of health and useful life & thanking you in anticipation,

With kindest regards,
yours in admiration
R. C. Ray.

Returned

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 19, 1935

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

My dear Dr. Kellogg:

At the request of Professor Fisher, I am send ing you enclosed a letter which he has recently received from Bunting. Professor Fisher will be glad to have you return it at your convenience.

Very sincerely yours,

T.t

Amelia G. Sudela
Secretary to Professor Fisher

COPY

COLUMBIA UNIVERSITY

College of Physicians and Surgeons

632 West 168th Street, New York

August 19, 1935

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

Dear Dr. Kellogg:

As I leave for vacation today you will let me acknowledge yours of August 13th, elaborating further on the subject of meat in the human dietary.

I am in general accord with your conclusions and advice. I believe you are in error to some degree in manor phases of your supporting argument. I believe it unnecessary to bolster your sound reasons with some of less authentic and convincing nature.

Best wishes and sincerely yours,

Haven Emerson, M. D.

August 19, 1935

Dr. R. W. Bunting,
University of Michigan,
School of Dentistry,
Ann Arbor, Michigan.

Dear Dr. Bunting:

I have your letter of August 7.

It was certainly a pleasure to meet you and to discuss the question of hygiene of the teeth and I am eager to cooperate with you in every way possible that may add anything to the valuable data which you have worked out.

We have an exceptional opportunity here for such a study. I have Mr. Howe here only for the summer as he goes with me to Florida in the winter. I wish we might make a beginning, especially as he is not burdened with other laboratory work now and has plenty of time for research work.

About what date will Dr. Jay be getting back? If we cannot get the work started before he comes back, I should be glad to get in touch with him as soon as possible after he returns.

Thanking you for the courtesy always received at your hands, I am

Very sincerely yours,

b

UNIVERSITY OF MICHIGAN
SCHOOL OF DENTISTRY
OFFICE OF THE EXECUTIVE COMMITTEE
ANN ARBOR

August 7, 1935

Dr. John Harvey Kellogg
Battle Creek, Michigan

My dear Dr. Kellogg:

I want to thank you for the courtesy which you extended to me on my visit last Monday and to assure you that it is always a pleasure to have an opportunity to discuss a matter of mutual interest and to see the energy and enthusiasm with which you attack any problem pertaining to human welfare.

It is very kind of you to send me preparations which you mentioned and I shall be very glad to try them in the environment of my own home to see if they are as pleasing as they were when I took luncheon with you.

I would be very glad if an arrangement could be made to study the oral bacteriology of the mouths of patients who are regularly taking acidophilus milk. This is a study I have long desired to make and have never had the opportunity. In the fall when he returns, I shall be glad to have Dr. Philip Jay, the dental bacteriologist, come to Battle Creek to discuss with your laboratory men the possibility of undertaking such a study. I know he will be glad to cooperate with you in any way.

With kindest personal regards and good wishes, I am

Very sincerely yours

R. W. Bunting

R. W. Bunting

m

August 19, 1935

Food Company:

Please send a quart of soy acidophilus milk and a quart of the new fresh soy milk with fat added to Dr. R. W. Bunting, University of Michigan, School of Dentistry, Ann Arbor, Michigan, complimentary. Put a piece of carbon dioxide ice in along with it to be sure it keeps cool.

J. H. K.

b

August 19, 1935

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

Dear Prof. Fisher:

I have your letter of August 10.

It is not likely that gallstones have been present for many years. It is more than likely that they have developed rather recently. It may be you have not been eating enough of vitamin A. A Japanese bacteriologist found that when vitamin A was very deficient in the diet, gallstones developed and also other calculi. Mendel found the same thing to be true in rats. The Japanese investigator found that when he fed his animals which had developed gallstones large quantities of vitamin A, the calculi disappeared. Farmers have noticed that their cattle suffer from gallstones in the winter but that their gallstones disappear when they are fed on grass.

As regards the theory of Jackson and Hay, they have no theory of their own. What they are passing on to the public is information they got from a Denver doctor who has been teaching the same thing for the last 25 years. He used to publish a small monthly for exploiting himself and had a small following. Hay went out to Denver and studied with this man for some months. A woman doctor who was associated with the Denver doctor for a number of years was his teacher. This woman called on me last winter and told me about Hay's visit. She also told me, as I think I stated to you, that she was thoroughly convinced that the principal benefit people obtained from their special diet was in reducing the protein, particularly eliminating meat.

Prof. Irving Fisher, No. 2.

If you will have a talk with your professor of physiology or anyone else who is posted in human physiology, I am sure you will be convinced that Hay's teaching has no scientific foundation.

I cannot understand your remark that you think the observations of Cannon confirm their teaching. As I said to you, the Hay practice is harmless and the results are likely to be good. It is only the theory that I criticize. This is certainly unsound.

The digestion of starch takes place very rapidly, especially when the food is prepared by thorough chewing. The time required for the conversion of starch into sugar when it is brought in contact with the diastatic ferment, such as is supplied by the saliva or by malt, is less than five minutes; but even if the starch is not digested in the stomach, when it gets into the duodenum it comes in contact with the pancreatic juice which contains a much more powerful diastatic ferment than does the saliva and is even able to digest raw starch, at least in the case of cereals.

As regards a serious study of the Hay-Jackson teaching, I do not see anything to study since their statements are not based at all upon scientific or laboratory facts and the subject they deal with, the digestive process, has been so thoroughly studied by Pavlov and other investigators that there is certainly nothing left for Hay and Jackson to find out by the superficial methods which they employ.

Sincerely yours,

b

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY
WASHINGTON

DIVISION OF
PLANT EXPLORATION AND INTRODUCTION

August 22, 1935.

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

Dear Dr. Kellogg:

Mr. J. E. Higgins, Director of the Canal Zone Experiment Gardens, Summit, Canal Zone, has very kindly sent us a number of mangosteen fruits in order that we may secure seeds from them in an attempt to raise seedlings at one of our plant introduction gardens. Referring to previous shipments and correspondents in regard to this fruit, we find letters from Doctor David Fairchild in which he expresses a wish that you could have an opportunity to see and taste these fruits. The plant quarantine restrictions on the distribution of these fruits are very strict but we have made arrangements to have six of the fruits sent to you. The only manner in which this could be done was to have them subjected to a fumigation treatment and although we are not sure that this fumigation will not affect the taste of the mangosteens, we have had to take this chance.

These fruits were mailed to you yesterday and we trust that they have arrived safely and in good shape. We will be interested in knowing whether the quality of the fruits which you received were impaired by the fumigation treatment.

Very truly yours,

W E Whitehouse

W. E. Whitehouse,
Senior Horticulturist.

WEW/aar

August 22, 1935

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

Dear Prof. Fisher:

I have looked over the letters from the members of the Hygiene Reference Board. They are just the sort of letters I would expect to receive from these men who are not especially interested in promoting reforms and are accustomed to compromising as the most tactful method of disposing of a vast number of social and ethical problems.

Dr. Snow says, "I am personally in favor of moderate statements especially in reference to minute quantities of alcohol, tobacco, coffee and so forth." If a small quantity does no harm a larger quantity does none, for there is no evidence that the effect of large and small quantities differs in any respect except in degree. A poison is always a poison and is recognized as such by the body which destroys and eliminates it as quickly as possible, the effect of large doses and small doses differing only in intensity. The idea that small doses do no harm is false and misleading. As pointed out in my letter, the amount of injury done various through a very wide range. A person with very low resistance and small reserve may be much more damaged by a single cigar than another person with a large vital reserve by half a dozen cigars. No standard for moderation

has ever been established and neither can such a standard ever be established, for the variable factor is something which can never be determined in any individual case. This fact alone at once puts the moderation idea in the discard.

I am exceedingly sorry to see the Institute committed to this principle against which you know I have always made the same objection I now offer. During all the years I have been making this contention no one has ever offered any reasonable answer to the objections I have raised. The moderation idea is so patently specious and groundless it cannot be regarded other than a mere camouflage which the habitues and partisans of evil habits adopt because they have no sound evidence to offer.

I think an effort should be made to get the Institute to modify its attitude toward moderation. I am not sure that you or I can consistently appear before the public as sponsors of the work of the Institute under a moderation policy.

I will try to find time to give the pamphlet "Common Sense in Living" another reading and a little further study.

You will be glad to know that our patronage has built up well this summer. For several weeks our number of guests has nearly reached the 500 mark and on August 14 went above this figure. We were 80 ahead on the same date last year.

Sincerely yours,

b

August 23, 1935

Dr. David Fairchild,
Biological Nucleus,
Beinn Bhreagh,
Baddeck, Nova Scotia.

Dear Dr. Fairchild:

Thank you very much for your letter of August 12.

I appreciate greatly your sympathy and I am much interested in the picture of the sun still? I should think that this would be very practical in Florida. Is the device manufactured for sale?

Sincerely yours,

August 25, 1935

Dr. I. P. Pavlov,
Institute for Experimental Medicine,
Leningrad, Russia.

My dear Doctor:

Permit me to congratulate you on your eighty-sixth anniversary. I know of no living man who has made more important contributions to human welfare than have you. Your discoveries in relation to digestion supply physiologic foundations on which to base a thoroughly rational therapy for a great number of digestive disorders.

Your discoveries have been made the basis for therapeutic work in this institution since I first became acquainted with them through French literature. The whole civilized world, through the medical literature, has profited greatly by your labors.

Hoping your wonderful life may yet continue for many years, and with kindest regards to Mrs. Pavlov whom I remember as one of the most charming women I have ever met, I remain, dear Doctor, with sincere regards and homage,

Your humble follower,

b

August 26, 1935

Dr. Haven Emerson,
College of Physicians and Surgeons,
Columbia University,
632 West 168th St.,
New York City.

Dear Doctor:

Thanks for your kind not of August 19.

I am glad to see that you agree with me in the main point and I also quite agree with you that a weak argument is worse than none.

My greatest objection to the use of meat is the fact that it infects the intestinal tract and leaves residues which promote putrefaction and must compel the body to do unnecessary work which shortens life by exhausting the reserves of the body and producing premature senility.

Sincerely yours,

b

August 26, 1935

Mr. W. E. Whitehouse,
Bureau of Plant Industry,
U. S. Department of Agriculture,
Washington, D. C.

My dear Sir:

I have your letter of August 22.

The mangosteens arrived in good condition and we find them delicious. While these are the first mangosteens I have ever seen, I find no evidence that they have been in any way damaged by fumigation. I shall save the seed of this fruit. I wonder if they could be made to grow in Florida. I have a place in Miami, a commodious slathouse, and will be glad to make the experiment if there is any hope of making it successful. Thank you very much for remembering me with these delicious fruits.

I have received many favors from your department and feel that it makes larger contributions to the welfare of the American people than any other department of our government.

I have endeavored to keep in close touch with all your work for many years, especially since the time when Dr. Dabney was Assistant Secretary of Agriculture. I think this was somewhere about 1899. He predicted that the time would come, which has already arrived, when meat would be high in price and scarce and that on this account we should have a vegetable substitute, and in complying with his request I prepared from the gluten of wheat and peanuts a product which I called Protose. This consists of about equal parts of pure wheat gluten and peanuts and nothing else except a little salt. The peanuts are processed for the purpose of removing the strong peanut flavor. The gluten is

simply the residue left after washing out the starch from wheat flour. These are thoroughly mixed and sterilized at a temperature of about 220 degrees.

If you are interested I shall be glad to send you a liberal sample of Protose and let you judge for yourself whether it is a worth while product. For more than 30 years we have been making about 75 to 100 tons of Protose a year and there are hundreds of people who are using it in place of meat. A large quantity might be produced at a cost a mere fraction of the present price of meat as you can readily see from what I have told you of its constituents.

Hoping to have the pleasure of hearing from you, I am

Sincerely yours,

b

August 26, 1935

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

Dear Prof. Fisher:

Enclosed find a letter I have just received from Dr. Haven Emerson which leads me to hope that your effort to bring him here was not altogether fruitless.

I have read Dr. Bunting's letter with interest and return it herewith.

I am beginning a study of acidophilus in the mouth and other parts of the body. I have found it about the nipple of a woman who was nursing a baby and also in the mouth, but as yet have not found it growing in the mouth in any great abundance.

Sincerely yours,

b

Encl. 2

August 28, 1935

Dr. Morris Fishbein,
The Journal of the American Medical Association,
535 North Dearborn Street,
Chicago, Ill.

Dear Doctor Fishbein:

I have your letter of August 26.

I shall await with interest to see your review of Dr. Rettger's book.

I see no reason for disagreeing with your remark that you find nothing in the book which would influence your report with reference to Lacto-Dextrin; in fact, I see no reason to complain that Lacto-Dextrin is excluded from the list of new remedies. It should not be listed with remedies and ought not to have been placed in this category in the first place. It is a food. The committee, of course, have reason to complain that the advertisement does not conform to their standard. We could not do this and do our duty to the public that have a right to all the knowledge available respecting foodstuffs.

I presume you have noticed that Dr. Rettger's experiments showed that the acidophilus culture alone when given to rats will not change the flora. It is necessary to give lactose or dextrin with it. Lactose and dextrin will change the flora without the addition of the culture because the lacto bacillus acidophilus is so widely distributed there is almost certain to be a few organisms present which under the influence of lactose may be stimulated to such luxuriant development that they become dominant.

No doubt you are familiar with the experiment made by Cruickshank of Aberdeen who found that by the addition of two grams of fecal matter to a pint of milk and incubating for ten or twelve days a pure culture of

acidophilus will be obtained. I have repeated this experiment some scores of times and have never failed to verify his results.

I think the cases in which the lacto bacillus acidophilus is entirely absent are rare, for the opportunities of becoming inoculated, though less in adults than in the case of an infant are still very abundant.

Thanking you for your courtesy, I remain, dear Doctor,

Very sincerely yours,

P. S. It is evidently necessary that Lacto-Dextrin should be presented to the profession as well as the public as a food which like bran, milk, lactose itself, orange juice and many other foods possesses remedial properties when employed with the proper technic.

b

acidophilus will be obtained. I have repeated this experiment some scores of times and have never failed to verify his results.

August 23, 1935

Dr. Morris Fishbein,
The Journal of the American Medical Association,
535 North Dearborn Street,
Chicago, Ill.

Dear Doctor Fishbein:

I have your letter of August 26.

Thanking you for your courtesy, I remain, dear Doctor,

Very sincerely yours,

I shall await with interest to see your review of Dr. Rettger's book.

I see no reason for disagreeing with your remark that you find nothing in the book which would influence your report with reference to Lacto-Dextrin; in fact, I see no reason to complain that Lacto-Dextrin is excluded from the list of new remedies. It should not be listed with remedies and ought not to have been placed in this category in the first place. It is a food. The committee, of course, have to the profession as well as the public as a food which like bran, milk, lactose itself, orange juice and many other foods possesses remedial properties when employed with the proper technic. reason to complain that the advertisement does not conform to their standard. We could not do this and do our duty to the public that have a right to all the knowledge available respecting foodstuffs.

P. S. It is evidently necessary that Lacto-Dextrin should be presented

I presume you have noticed that Dr. Rettger's experiments showed that the acidophilus culture alone when given to rats will not change the flora. It is necessary to give lactose or dextrin with it. Lactose and dextrin will change the flora without the addition of the culture because the lacto bacillus acidophilus is so widely distributed there is almost certain to be a few organisms present which under the influence of lactose may be stimulated to such luxuriant development that they become dominant.

No doubt you are familiar with the experiment made by Cruickshank of Aberdeen who found that by the addition of two grams of fecal matter to a pint of milk and incubating for ten or twelve days a pure culture of

COPY

The Journal of

The American Medical Association

535 North Dearborn Street

Chicago

August 26, 1935

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

Dear Doctor Kellogg:

We have seen Dr. Rettger's new book and a review is pending is pending publication. We have of course been cognizant of Dr. Rettger's work for some time. I doubt, however, that any of the material reported in the book would have a direct influence in causing the Committee on Foods to modify its report on lacto-Dextrin.

Very truly yours,

Morris Fishbein

b

acidophilus will be obtained. I have repeated this experiment some scores of times and have never failed to verify his results.

I think the cases in which the lacto bacillus acidophilus is entirely absent are rare, for the opportunities of becoming inoculated, though less in adults than in the case of an infant are still very abundant.

Thanking you for your courtesy, I remain, dear Doctor,

Very sincerely yours,

MRS. DAVID FAIRCHILD
BEINN BHREAGH
BADDECK
NOVA SCOTIA

Aug. 27th 1907

Dear Mr. Whitlock,

A note from Whitlock, my office says that a man succeeded in getting the Quarantine authorities to allow some fruit of the Mangosteen to pass through to you after a fumigation.

I am delighted to know this and hope that the disinfection has not ruined their flavor.

I hope they give you an idea of the deliciousness of the Mangosteen. They are very delicate - not at all like the mango.

I have been laid up with sciatica for a week but am better now. It's a painful disease isn't it? Is there anything new known about it I wonder? If so could your secretary inform me where to

get such remedies as are obtained. I have an abundance of fresh lettuce here & almost live on it.

I trust your troubles are leaving you for good.

With best regards I remain as usual. Very sincerely yours

David Fairchild.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY
WASHINGTON

DIVISION OF
PLANT EXPLORATION AND INTRODUCTION

August 31, 1935.

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

Dear Doctor Kellogg:

This is to acknowledge your letter of August 26. We are very glad that the mangosteens arrived in good condition and were not injured by the fumigation treatment.

We note that you are planning to save seed of this fruit and grow it in Florida. Although they do not grow readily under Florida conditions you may be interested in trying them out. We had the fruit sent in for the purpose of growing the seeds at our Coconut Grove station. If you are not particularly anxious to grow the seed we will be glad to add them to the collection of seed which we are sending down to Coconut Grove in an attempt to raise seedlings.

Very truly yours,

W. E. Whitehouse,
Senior Horticulturist.

WEW/aar

September 1, 1935

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

Dear Prof. Fisher:

Thanks for your letter of August 12 enclosing some material from Dr. Bunting which I am herewith returning.

Sincerely yours,

b

September 3, 1935

Dr. David Fairchild,
Beinn Bhreagh,
Baddeck,
Nova Scotia.

Dear Dr. Fairchild:

I have your letter of August 29.

First about yourself. I am very sorry that you are suffering from sciatica. This is a form of neuritis. It affects one of the largest nerves in the body and so is sometimes exceedingly troublesome. Rest and heat are the best remedies. The heat should be applied not only to the leg but to the lower part of the back. Very often the trouble is induced by infection of the colon, so this ought to be looked after. The photophore or radiant heat is a most excellent measure. It is of the highest importance to get the bowels active and keep them active by the free use of Lacto-Dextrin and Kaba and an enema at night if necessary. Rubber bags filled with hot water applied almost continuously are of great comfort. The pain is due to spasm of the small blood vessels in the nerve trunk. Hot bags to the legs are useful. I do not know of any drugs that are at all useful.

In acute cases a very hot bath sometimes gives almost immediate and permanent relief. I have observed this in a number of cases. You sit in a full bath tub with the legs extended and let water in sufficient to cover the legs. The temperature of the water should be gradually raised until it reaches as near 110 degrees as possible. The hotter the better. It should not be prolonged more than ten or twelve minutes. Heat to relieve pain must be very intense.

70 Старци — шопи на пазара въ София ◇ Vieillards-paysans au marché à Sofia

Dec. 14, 1935
Sofia, Bulgarie

Dear Dr Kellogg,

Kindly accept my congratulations and best wishes for the Christmas and the New Year. I have not heard for a long time from you.

Yours truly
George Efremoff
Bul. Totleben 2, Sofia

Dr J. H. Kellogg
The Battle Creek Sanit.
in Miami
Florida
U. S. A.

Copyright by GR PASTOPPI

Dr. David Fairchild, No. 2.

A half dozen mangosteens arrived a few days ago. It is a very handsome fruit. It looked quite different from what I imagined it to be. We have eaten one and found it very delicious. We have a dinner party at my residence tomorrow evening and shall then sample the rest. I want as many people as possible to enjoy them. It is a wonderful fruit. The flavor is extremely delicate.

If you are not entirely rid of your sciatica drop into my place at Miami Springs after we open up, which will be about November 1.

With best wishes to both yourself and Mrs. Fairchild, I am

Sincerely yours,

b

COPY

September 4, 1935

Dr. John Harvey Kellogg, M.D.,
Battle Creek, Inc.,
Miami Springs (Miami) Florida.

My Dear Dr. Kellogg:

I feel sure that you will be pleased to learn that we have organized the Inter-state Narcotic Association, the object of which is to warn and educate against the use of all narcotics. Our doctors agree with you, that opium and its derivatives, cocaine, marihuana, alcohol and tobacco are all links in the one and same chain - all are narcotics and habit forming; that the use of one leads to the use of another and another, etc. In light of this, they have urged the organizing of the Narcotic Association. Herewith copy of letterhead.

The Anti-Cigarette League will continue to function as in the past. Any work accomplished against the use of tobacco will supplement the good work our League is doing. This double and yet distinctive program should help materially in getting tobacci included in the Pure Food and Drug Act, also in the Uniform Narcotic Drug Law. Our program properly followed up should lift tobacco out of its present classification, that of a food, and place it with narcotic drugs where it rightfully belongs.

We have prepared copy (Dummy) for the first issue of our periodical, "The Narcotic Review". We have devoted weeks of time to study and research in efforts to substantiate our stand that tobacco is a narcotic. This we feel we have accomplished, and to make realistic this fact, we quote the greatest authorities of the past and present time. Our endeavor is to treat all narcotics equally with that of tobacco and vice versa. This we do so as not to make a special point of the fact that tobacco is a narcotic.

Our copy, including makeup and half tones, is all ready for the printers. It includes 16 pages, eight by eleven inches. We are anxious to get it ready for circulation and it has occurred to us that perhaps you would be pleased to help us by way of cooperation, that of having it printed as an exclusive medium for advertising your product "Crispy Bran". Herewith ANNOUNCEMENT which will bring before you further details.

Won't you please let us hear from you at your earliest convenience?

With best wishes, I am

Sincerely yours,

(Signed) Alice Hyatt Mather
Executive Secretary

B R O A D C A S T from H E A D Q U A R T E R S I.S.N.A.

Announcement, -

"THE NARCOTIC REVIEW", official organ, INTER-STATE NARCOTIC ASSOCIATION, Inc., issued QUARTERLY, will make its initial bow October 1, 1935

OBJECT: To sppress the use of habit forming drugs.

Publication Manager	Editor	Associate Editors
Franc Tracy	A. H. Mather	B. Van Hoosen, M. D.
		Wm. D. McNally, M. D.
		H. A. McIlvane, E. E.

Content (briefed):

Narcotics - Sources, Classification, Effects Differentiated, etc. ..... Great Authorities

"Thrombo-Angiitis Obliterans" ..... Samuel S. Silbert, M.D.

Cannabis Indica - "Marihuana Most Serious Menace to Youth" Lieut. Wm. Cusack

Solanum - Night shade Family ..... Great Authorities

"Why Women and Children Smoke" ..... Gertrude Charny

Cocaine; Opium - "Morphinism" ..... Iwan Ostromislensky

Alcohol - 50 Questions Answered Scientifically .. Approved by Wm. D. McNally, Consulting Chemist and Toxicologist

Illustrations: Appearance (gangrene feet) after healing;

Marihuana Plant - Seeds; Marihuana Cigarette; Dried Tops of Hemp;

Oriental Poppy - Opium Exudate on Incised Capsules;

Depression in Heel for Holding Match Box Filled with Morphine;

Deadly Nightshade, Nicotanium Tobaccum

Circulation: Hand picked - inestimable value as an advertising medium

Sale: In Bulk for Free Distribution, also by Subscription

For Further Information Write
INTER-STATE NARCOTIC ASSOCIATION, Inc.,
60 West Washington Street, Chicago, Ill., U.S.A.

Telephone State 7676 Attention: Franc Tracy, Publication Manager

PRESIDENT

Peter A. Mortenson
Formerly Superintendent of Schools, Chicago

BOARD OF MANAGERS

Thos. E. D. Bradley
Attorney-at-Law
Chicago

Elmer D. Brothers
Attorney-at-Law
Chicago

Mrs. Elizabeth M. DeBoer
Club Woman
Chicago

Mrs. Elizabeth M. Fihe
Formerly Referee Juvenile Court
Chicago

Clara G. Gottschalk, M.D.
Chicago

Robert C. Hardy
Attorney-at-Law
Chicago

A. N. Marquis
Founder and Editor
"Who's Who in America"

Geo. S. Marsh
Accountant
Chicago

A. H. Mather
Chicago

Hubert A. McIlvane, E.E.
St. Charles, Ill.

Wm. D. McNally, M.D.
Chicago

Peter A. Mortenson
Chicago

Wm. T. Smith
Chicago

John Timothy Stone
Chicago

Arthur G. Taylor
Business Counsellor
Chicago

Bertha Van Hoosen, M.D.
Chicago

ADVISORY COUNCIL

Glen D. Adams
Boys' Working Assn.
Chicago

O. C. Andreen
Excelsior Printing Co.
732 Federal St., Chicago

Miss Jennie Beardsley
Director, Chicago Methodist Ministries, Chicago

A. Esther Camfield
Teacher (retired), Chicago

B. A. Camfield, M.D.
Chicago

Arthur Burrage Farwell
President, Chicago Law and Order League; Hyde Park Protective Association, Chicago

Katharine M. Finnegan
Artist
Chicago

W. W. Hallam
Vice-President, Illinois Vigilance Assn., Member Chicago Vice Commission, Chicago

A. C. Kerr
Kerr Typesetting Co.
Chicago

W. A. Mueller
West Virginia Pulp & Paper Co.
Chicago

Helga M. Ruud, M.D.
Obstetrician, Norwegian-American Hospital; Medical Women's Council

Rev. Paul S. Johnson, D.D.
First Presbyterian Church
La Grange, Ill.

Maude H. Winnett, M.D.
Formerly Member of Faculty
Rush Medical College, Chicago

VICE-PRESIDENTS

Clara G. Gottschalk, M.D.
Chicago

John Timothy Stone
President, Presbyterian Theological Seminary
Chicago

Bertha Van Hoosen, M.D.
Professor and Head of Obstetrics
Loyola University Medical College
Chicago

COUNSEL

Thos. E. D. Bradley
Attorney-at-Law

Elmer D. Brothers
Attorney-at-Law

Robt. C. Hardy
Attorney-at-Law

Telephone State 7676

EXECUTIVE SECRETARY

A. H. Mather
Office of the Association

TREASURER

Wm. D. McNally, M.D.
Physician and Surgeon
Chicago

INTER-STATE NARCOTIC ASSOCIATION, Inc.

(Not for Profit)

60 West Washington Street
CHICAGO, ILL., U. S. A.

OBJECT: To suppress the use of habit forming drugs.

September 5, 1935

Miss Martha Berry,
Berry School,
Mount Berry, Georgia.

My dear Miss Berry:

I am very sorry indeed to have you leave us still suffering from a cold, which was undoubtedly an infection. Evidently you are very susceptible to the particular class of bacteria which cause colds and pneumonia, and on this account should protect yourself against exposure to cold or anything which will lessen your immunity. Exposure of the skin to the sun and air, out-of-door life and rest will do more to build up resistance than anything else I know of.

You need very much a personal attendant whose business it will be to look after you and will keep you in the finest physical condition possible. You are so interested in other matters you forget yourself. I hope you will send some one here and let us give her some training. Of course a person to fill such a place properly should be a trained nurse, for it would be impossible for a person to learn in a few short weeks all that it is necessary to know to be a competent health supervisor.

I hope you will not forget my invitation to come to Miami-Battle Creek in December if you cannot come sooner. Your sister needs treatment and ought to come with you. We will be looking for you next December and I feel sure we shall be able to do you both a lot of good, should you come.

Miss Martha Berry, No. 2.

Hoping we shall have the honor and the pleasure of having you with us and assuring you that I am most anxious to cooperate with you in every way possible in your good work, I am

Sincerely yours,

P. S. We could in some ways do more for the young lady in Miami than here, but will be glad to see her in either place.

b

September 6, 1935

Mr. W. E. Whitehouse,
United States Department of Agriculture,
Bureau of Plant Industry,
Washington, D. C.

Dear Sir:

I have your letter of August 31.

I have ordered most of the seed returned to you, keeping only a few for planting. I think your people will be best prepared to handle them and hope they will let me have a few of the seedlings if they make them grow.

I should be very glad indeed to obtain a few more of these fruits if it is possible to do so. I shall be glad to meet any expense involved for a dozen of the fruits. I should like very much to make a study of the nutritive value of this fruit, its vitamin and food mineral contents and other nutrient properties.

Sincerely yours,

b

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF PLANT INDUSTRY

WASHINGTON

FORAGE CROPS AND DISEASES

September 7, 1935.

Charlotte Marlowe

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

Dear Dr. Kellogg:

Referring to your letter of August 19 asking that we send information concerning the 78-day variety of soybean to Mr. R. C. Ray, Calcutta, India, I am taking pleasure in enclosing a copy of our letter to him for your information.

Very truly yours,

W. J. Morse

W. J. Morse,
Senior Agronomist.

Enclosure
WJM VMD

Sept. 7, 1935.

Mr. R. C. Ray,
Hare Pharmacy,
37 Amherst St.,
Calcutta, India.

Dear Sir:

In a recent letter, Dr. John Harvey Kellogg of the Battle Creek Sanitarium, Battle Creek, Mich., asked that we send you information concerning the soybean, especially the 78-day variety.

The variety to which Dr. Kellogg refers was obtained from Japan. During our agricultural exploration work in that country we found that the Japanese had many varieties used solely as green vegetable beans. We obtained a large number of these varieties and found that they range from 78 days to about 170 days maturity in the United States. I am listing the 78-day varieties by Japanese name under the seed company from which we obtained them. Undoubtedly, by sending the Japanese name to the seed company you will be able to obtain the desired seed.

T. Sakata Seed Co., Hoicohama, Japan
Daikoku Eda Mame
O Tsuba Wase Ao Shiro Eda Mame
Eda Mame Wase Ao Sakigake

Yamato Seed Co., Sapporo, Hokkaido, Japan
Sousei Ao Sakigake
Goku Wase Tolca Eda Mame

Very truly yours,

W. J. Morse,
Senior Agronomist.

WJM VHD

THE BERRY SCHOOLS

TRUSTEES
ROBERT C. ALSTON, CHAIRMAN
J. K. ORR
S. F. BOYKIN
JOHN A. SIBLEY
DR. ALBERT SHAW
FRANK R. CHAMBERS
ROBERT W. WOODRUFF
GEORGE LISTER CARLISLE

ESTABLISHED 1902 INCORPORATED 1903

MARTHA BERRY, FOUNDER AND DIRECTOR

CHRISTIAN INDUSTRIAL SCHOOLS FOR COUNTRY BOYS AND GIRLS

EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA

MOUNT BERRY, GEORGIA

TRUSTEES
ROBERT F. MADDOX, TREASURER
SAM FINLEY
W. L. MCKEE
MARTHA BERRY
DR. H. A. MORGAN
J. BULOW CAMPBELL
M. G. KEOWN, ALUMNI TRUSTEE

September 9, 1935.

Dr. J. H. Kellogg,
Battle Creek San.,
Battle Creek, Michigan.

Dear Dr. Kellogg:

I have just received your kind letter and appreciate it more than I can tell you.

I left Battle Creek in a wheel chair and had a wheel chair meet me in Detroit and Cincinnati, so got through very well. Was just in the hands of the Railroad and got very good treatment. My Doctor at Battle Creek felt sure that I was well enough to make the trip.

As soon as I reached home I went to see my Doctor in the town and he had me come in for treatment, so I have really been under the care of two Doctors since reaching home. The treatment is similar to some of the Battle Creek treatments. I have been living the life of an invalid since my return, but am hoping to be able to do some work, soon, as I have an accumulation of things to do.

Thank you so much for your offer to train a girl, but I really do not think I could send one up to be trained. I think I will have to get a trained nurse, as you suggested, to help me, however, I appreciate your kind offer more than I can tell you. If I am in Florida at the time you are at Miami Springs will try and go by and see you. Wish so much that you would stop and see us when you come South.

Always appreciating your interest, and with best wishes to you for a successful Season,

Faithfully yours,

Martha Berry

COPY

September 6, 1935

Dr. Haven Emerson
336 Central Park West
New York City.

My dear Dr. Emerson:

The enclosed came some time ago and I meant to have sent it to you before.

I agree with Dr. Kellogg. I do not think scientific men should compromise with truth for fear of Mrs. Grundy; but they are human and so almost always do when truth is unpopular.

Very sincerely,

signed: Irving Fisher

PRESIDENT
PETER A. MORTENSON
Formerly Superintendent of Schools, Chicago

TREASURER
WM. D. McNALLY, M.D.
Physician and Surgeon
Chicago

EXECUTIVE SECRETARY
MRS. ALICE HYATT MATHER
Welfare Worker
Chautauqua Lecturer
Office of the League

Auditor—Jonathan B. Cook & Company, Chicago

BOYS AND GIRLS ANTI-CIGARETTE LEAGUE

(INC.)

Room 410, 58 West Washington Street
Telephone State 7676
CHICAGO

Sept. 9, 1935

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

My Dear Dr. Kellogg:

I sent you an air mail letter on Sept. 4th, copy of which I am enclosing herewith. I have been deeply distressed because of the hurricane that prevailed so long in your midst. It seemed, at the time I wrote you, uncertain that mail could reach you promptly. This is what occasions my sending you copy of my former letter. If you are interested, I shall be glad to send you a copy of dummy now all ready for the printers, along with manuscripts complete, including makeup.

Sincerely hope that you escaped that terrible windstorm. It must have been very disconcerting to know that so many were suffering and dying around you. Hope this finds you well and enjoying the best of health, and that we may hear soon.

Sincerely yours,

Per Alice Hyatt Mather

Alice Hyatt Mather
Executive Secretary

AHM-MD

OFFICERS

PRESIDENT
PETER A. MORTENSON
Formerly Superintendent of Schools, Chicago

TREASURER EMERITUS
M. C. BOLT
Hollywood, California

TREASURER
WM. D. McNALLY, M.D.
Physician and Surgeon
Chicago

EXECUTIVE SECRETARY
ALICE HYATT MATHER
Welfare Worker;
Chautauqua Lecturer
Office of the League

VICE PRESIDENTS

Wm. L. Bodine
Superintendent of Compulsory Education, Chicago

Clara G. Gottschalk, M.D.
Chicago

Dr. Howard Agnew Johnston
Immanuel Presbyterian Church
Milwaukee, Wis.

John Timothy Stone
Fourth Presbyterian Church
Chicago

Bertha Van Hoosen, M.D.
Professor and Head of Obstetrics
Loyola University Medical College
Chicago

ADVISORY COUNCIL

Glen D. Adams
Boys' Working Assn., Chicago

Henry F. Arneman
Veneers & Panels, Chicago

F. W. Arnesen
John Anderson Publishing Co.
Chicago

Miss Mary D. Bailey
Asst. United States Attorney
Chicago

Miss Jennie Beardsley
Director, Chicago Methodist Ministries, Chicago

A. Esther Camfield
Teacher (retired)
Chicago

B. A. Camfield, M.D.
Chicago

Chas. E. Coleman
Merchant Banker
Chicago

C. E. Delaporte
Director, Physical Education
Amundson High School
Chicago

Geo. W. Dixon
Pres. Dixon Transfer Company
Chicago

Rev. S. B. Edmondson
Methodist Episcopal Church
Kansas City, Mo.

F. F. Ehlers, D.D.S.
Oak Park, Illinois

Arthur Burrage Farwell
President, Chicago Law and Order League; Hyde Park Protective Association, Chicago

Hon. Guy Guernsey
Lawyer, Chicago

Rev. Paul S. Johnson, D.D.
First Presbyterian Church
La Grange, Illinois

Steve C. Sumner
Rec. Secy. and Bus. Agent,
Milk Wagon Drivers Union
of Chicago

Dr. Frederick F. Shannon
Central Church, Chicago

Mrs. J. L. Trunck
Club Woman, Chicago

Miss C. E. Waddell, R.N.
Superintendent, Woman's Hospital
Detroit, Mich

Maude H. Winnett, M.D.
Formerly Member of Faculty
Rush Medical College, Chicago

Lorraine Elizabeth Wooster
Formerly State Supt. of Schools
of Kansas

Mrs. Edward L. Wickwire
General Charities, Chicago

COUNSEL

Thos. E. D. Bradley
Attorney-at-Law

Elmer D. Brothers
Attorney-at-Law

Robert C. Hardy
Attorney-at-Law

LECTURERS

Mrs. Elizabeth M. DeBoer
(See Directors)

Alice Hyatt Mather
Office of the League

OBJECT

To safeguard the health and morals of the boy and girl from the use of cigarettes and tobacco in every form; to carry on an educational campaign as to the evil effects of cigarettes and tobacco on the growing child; to aid with advice and cigarette treatment prescription, those who ask for help in overcoming the cigarette habit; to work for the enforcement of existing laws and ordinances, and for the enactment of such new legislation as is needed to prevent the sale to and use of tobacco in any form by minors, and to enlist in these efforts all educational, civic, moral reform, religious and social service organizations as co-operating agencies.

DIRECTORS

Arthur G. Taylor, Chairman
Business Counsellor
Chicago

Mrs. Elizabeth M. DeBoer
Chairman, Civil Service Committee
Hermosa Women's Club
Chicago

Mrs. Elizabeth M. Fihe
Formerly Referee, Juvenile Court
Chicago

A. N. Marquis
Founder and Editor
"Who's Who in America"

Geo. S. Marsh
Accountant
Chicago

Alice Hyatt Mather
Chicago

Hubert A. McIlvaine, E.E.
St. Charles, Illinois

Peter A. Mortenson
Chicago

Wm. T. Smith
Department Manager
Marshall Field & Company
Chicago

W. W. Hallam
Vice-President, Illinois Vigilance Assn., Member Chicago Vice Commission, Chicago

A. C. Kerr
Kerr Typesetting Co.
Chicago

R. F. Hinman, M.D.
Chicago

Mrs. C. L. Holtzman
Past President, Woman's Dept., Chicago Church Federation

Dr. Edwin Holt Hughes
Senior Bishop, Methodist Episcopal Church, Chicago

Alonzo C. Mather
President, Mather Stock Car Company, Chicago

Dr. D. P. MacMillan
Director, Bureau of Child Study, Dept. of Education, Chicago

Mrs. Catharine Waugh McCulloch
Attorney-at-Law
Chicago

W. A. Mueller
West Virginia Pulp & Paper Co.
Chicago

Helga M. Ruud,, M.D.
Obstetrician, Norwegian-American Hospital
Medical Women's Council

Philip L. Seman
General Director, Jewish People's Institute, Chicago

Edward W. Mills
Chautauqua Lecturer
Fairmont, W. Va.

Mrs. Lucille W. Downey
Teacher (retired)
Chicago

Bertha Van Hoosen, M.D.
(See Vice-Presidents)

REPRESENTATIVES

Dr. Sarah B. Detwiler
Supt. Travellers' Aid Dept., Canadian National W.C.T.U., Kitchener, Ont.

James L. Jefferies, M.D.
Spartanburg, S. C.

E. L. Koenig
Pacific Palisades, Calif.

Rev. O. R. Miller, A.M.
Supt. National Civic League
Albany, N. Y

CHICAGO CO-OPERATING AGENCIES

Boy Scouts of America
Bureau of Compulsory Education
Camp Roosevelt
Boys' Workers Association
Chicago Boys' Club
Chicago Fed. of Settlements
Chicago Hebrew Institute
Department of Education
Lower North Com. Council
Juvenile Protection Assn.
Salvation Army

UNIVERSITY OF PENNSYLVANIA
PHILADELPHIA

GRADUATE SCHOOL OF MEDICINE
THE MEDICO-CHIRURGICAL COLLEGE

Cancer Research
Ellice McDonald, M. D.
Director
133 So. 36th Street

September 10, 1935

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

Dear Dr. Kellogg;

My daughter, Miss Virginia Hoffman, expects to leave for Battle Creek about the first of October or a little later. She will have definite instructions on the points to be covered in our inquiry, briefly set forth as follows.

1. Promptly on your arrival get in touch with Dr. Kellogg and conform precisely to his suggestions. He will put you in touch with the Director of Nutritional Research, whose acquaintance I am very anxious for you to make. Whenever you are in doubt consult Dr. Kellogg or those to whom he will refer you.

2. Keep in mind that I desire information regarding the dietary habits of both cancer patients and others. Always be very careful to state precisely the diagnosis for whatever ailment the patient is being treated for. Explain to Dr. Kellogg our method of procedure regarding clinical data and perhaps go over the entire questionnaire with him.

3. You want to keep in mind the required differentiation of patients according to vegetarian habits as to
   a. Consistent vegetarian - avoiding all animal protein
   b. Semi-vegetarian - indulging in animal protein derived from dairy products, chiefly such as milk, cream, cheese, butter, etc., also eggs and other sources.
   c. Non-vegetarian - for the time being on a strictly vegetarian diet at the Sanitarium.

   In all cases you want to make sure to determine the length of time vegetarian habits have been practiced, chiefly in the case of consistent vegetarians.

4. Make every effort to acquire a thorough understanding of Dr. Kellogg's principles concerning diet and their application in actual practice. In this connection I would also like you to look into the question of hydrochloric acid and see if there have been any investigations made as to the importance of hydrochloric acid in various diagnostic procedures in gastric impairments. Explain to Dr. Kellogg what you have done at the Lankenau Hospital in this respect and study the method followed in the fractional test meal at the Sanitarium and the results disclosed in different types of the disease.

5. If Dr. Kellogg is able to do so, ask him to let you have a statement showing the number of cancer patients in the total number of patients treated at the Sanitarium during each of the last five years, differentiating the cancer patients according to the type of the disease.

6. Please obtain from Dr. Kellogg any reprints or papers bearing on the dietary treatment of disease, as well as cancer and any chronic diseases otherwise. Say to him that I would like to obtain as thoureugh an understanding as possible of the medical principles which underlie the Sanitarium treatment for different diseases.

7. Express my regret to Dr. Kellogg that I cannot come out myself at this time but that there is a hope that I may do so later on.

The foregoing will explain to you with reasonable thoroughness what I have in mind and my daughter will give you any additional explanation you may desire. She has not had any medical training but has had a wealth of medical experience having worked for me in hospitals in San Francisco, Philadelphia and Boston during the last five years and also for two years at the Mayo Clinic. She has tact and discretion and will not give you the slightest trouble.

Thanking you once more for your exceptional kindness, I remain,

Sincerely yours,

Frederick L. Hoffman

P.S. I am also anxious to know what you think of the Hay diet with which, no doubt, you are familiar. In that diet there is no mixture of protein and carbohydrates as a fundamental principle. I have heard Dr. Hay but I cannot take him seriously, although some of his patients, whom I know, insist the results are very good. Furthermore I would like to know what you think of the purine free diet and the ketogenic diet, and finally of an exclusive protein diet.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY
WASHINGTON

DIVISION OF
PLANT EXPLORATION AND INTRODUCTION

September 12, 1935.

Dr. Harvey P. Kellogg,

Battle Creek, Mighigan.

Dear Doctor Kellogg:

In your recent letter I note that you are sending the mangosteen seed to us and we shall be on the lookout for it. If we are successful in growing seedlings from this seed, we shall be very glad to send you one or two.

As to the possibility of obtaining a few more of these fruits this year, I do not know just what to say. I rather feel that the season will be over by the time such a request reaches the Canal Zone, but we shall be very glad to write to Mr. Higgins and tell him of your request.

Very sincerely yours,

W. E. Whitehouse,
Senior Horticulturist.

WEW.MMB

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 13, 1935

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

My dear Dr. Kellogg:

I took the liberty of sending your letter of August 22 (about objecting to "moderation" as a policy of the Life Extension Institute) to Dr. Haven Emerson. I felt that you would not object to this in view of our visit together.

I now enclose his reply.

It seems to me to all reduce to a matter of emphasis. No one can deny that a healthy man with good liver and kidneys can handle a minimum of almost anything. The organs were made for that purpose.

If this is true it is perfectly proper that it should be stated but it should also be stated that it is dangerous to willfully ingest any poisons, as the minimum limit is always sure to be overstepped and the simple easy effective thing to do is to avoid all poisons so far as it is humanly practicable. Such a statement, I am sure, would not be objected to by Dr. Emerson and whatever he says would go with the Institute. By such a distribution of emphasis we can, at any rate, see that the book "How to Live" can be written to my satisfaction as I have the initiative in that book.

But the leaflets of the Institute, like the one on "Moderation", are intiated by Dr. Sykes who has low health ideals and anything that he or his staff gets o.k.'d by Dr. Emerson will be published even if I would rather a more emphatic statement should be made.

Very sincerely,

Irving Fisher

IFs

Did you get my letter commenting on the proposal to introduce meat and smoking into the San? you have never mentioned it tho you answered a letter of same date. I enclose a carbon which please return.

September 15, 1935

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

Dear Prof. Fisher:

Thank you very much for the clipping. I have written the father and sent him a copy of my book "Tobaccoism" as a birthday present for the little boy.

Evidently this man knows nothing of the harmful effects of tobacco or he would not be feeding it to his son.

Sincerely yours,

b

Skodsborg Sept. 15.
1935

Dear Dr. Kellogg:

For a long time it has been in my mind to write you. I have the picture you sent me (on the bicycle) on my desk and my thoughts are going across the ocean very often, hoping that you are feeling all right and enjoying your work.

It must be nice to start a perfectly new institution as you have done in Florida and it is wonderful that you are able to give time for both the Sanitarium

would understand. The fact is that the board consisting of our medical men wants to run a Sanitarium which really only the doctors should do.

Hoping this line will find you hearty and happy whenever you look in occasion I would be very happy to have a few lines from you. My uncle is enjoying quite a good health, but I am sorry to say that his income is the Sanitarium very very big any bags.

With my best regards

Yours very truly

Gridlton

September 15, 1935

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

Dear Prof. Fisher:

I have your letter of September 13.

Thank you very much for sending me Dr. Emerson's letter. His mind seems to be closed to the consideration of the tobacco question. He continually reiterates the statement that small doses do no harm because he sees no immediately fatal effects.

Mr. Burbank put it very forcibly when he said, "Smokers imagine that tobacco is not harmful because a man does not drop dead before he can get out of the cigar shop."

The liver and kidneys do destroy and remove nicotine along with other poisons, but this is a superfluous task imposed upon these highly essential organs that have for their duty to keep the blood clean and thus prevent senile changes by giving the poison destroying organs unnecessary work to do. They wear out the machine and use up the reserve prematurely and thus shorten life even though the resources of the body are able to maintain a normal equilibrium in spite of the harm done by the poison.

I fear Dr. Emerson's mind is frozen on this subject, so it is no use to discuss the matter with him any further.

I am very sorry indeed that the work of the Life Extension Institute has fallen into the hands of men not in sympathy with the high ideals which you and I entertain. In the end this compromising attitude will ruin the usefulness of the enterprise. Certainly my enthusiasm is greatly lessened.

Prof. Irving Fisher, No. 2.

I met this morning a lady patient who first came here 31 years ago. She lives in Texas and is a very intelligent woman. She said, "I have been here five times but have not been here before for several years as I happened to find it more convenient to go to the Life Extension Institute for a checkup when visiting New York City. When I was first examined there they told me I would live 150 years and asked me where I had learned how to live in such a way as to maintain such perfect health."

Many of our old patients have been visiting the Institute because they felt that the same principles were maintained and respected there as here. I am of the opinion that in the end the compromising attitude will result in the loss of business rather than an increase. No one respects the compromising attitude.

The idea that so-called moderate use of poisons does no harm is a delusion. It is difficult for me to understand how such an idea can be for a moment entertained by a man of scientific training.

It could not be proved, perhaps, that the removal of a small bit of flesh, say a quarter of an ounce, from a man's body would do him any harm, but if this were repeated every day for a few years there would be little left of the man.

I owe you an apology for not having written you sooner for the wonderful letter you wrote in relation to the introduction of smoking and meat eating into the Sanitarium. I thought I had written you. Dr. Stewart and I feel under great obligations to you for taking the trouble to write us so implicitly and emphatically upon this subject. Your letter will have great influence with the Court and will go a long ways toward counteracting any adverse influence that may develop. I do not apprehend any serious

trouble, in fact, because I find that all of our leading doctors with the exception of two most emphatically favor holding to our old standards.

I have recently sent to each member of our constituency a letter, a copy of which I am sending you herewith. Replies are already coming back, and I find the feeling among the members is unanimously in favor of holding to our old standards. As a matter of fact our organization is so constituted that they cannot be changed.

Thanking you for your support, I am

As ever cordially and sincerely yours,

b

September 16, 1935

Mr. W. J. Morse,
Bureau of Plant Industry,
U. S. Department of Agriculture,
Washington, D. C.

Dear Mr. Morse:

Thank you for your letter of September 5.

I am expecting to have 75 or 80 bushels of soy bean seed of the 78-day variety. I shall be glad to know if there will be any demand for this seed and at what price.

You may be interested to know that our company is making a condensed soy bean milk which may be used either as it comes from the can or with the addition of one or two equal volumes volumes of water according to the degree of richness desired. If you care to have me do so, I will be glad to have sent you a sample for your criticism and also a sample of our soy acidophilus which we are using extensively and with great profit.

Sincerely yours,

b

NEW YORK STATE JOURNAL OF MEDICINE

and the

MEDICAL DIRECTORY OF NEW YORK, NEW JERSEY, AND CONNECTICUT

THE
OFFICIAL
PUBLICATIONS OF THE

MEDICAL SOCIETY OF THE STATE OF NEW YORK

Journal Management Committee
THOMAS M. BRENNAN, M. D.
SAMUEL J. KOPETZKY, M. D.
WILLIAM A. GROAT, M. D.
GEO. W. KOSMAK, M. D.
PETER IRVING, M. D.

Business and Editorial Offices
33 WEST 42nd STREET, NEW YORK
PHONE CHICKERING 4-5570

THOMAS R. GARDINER
Business Manager

September 16th, 1935.

Miami Battle Creek Sanitarium,
Miami,
Florida

Gentlemen:

Last Winter we arranged with you for services which were to be paid by us with advertising space in the New York State Journal of Medicine.

We carried a full page of copy for you in the December 15th, January 1st and 15th issues, and you still had a credit of three full pages to be used.

We have scheduled them for October 1st, November 1st, and December 1st and will run same copy in these issues unless we hear from you to the contrary.

There is another member of our organization who would like to come down for treatments during the coming season and should you care to make a trade arrangement for further advertising, we would be happy to entertain same favorably.

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

BUSINESS MANAGER

TRG:MB

TRANSLATION

Leningrad

September 18,1935

Very honorable colleague:

Best thanks for your friendly greetings upon my 86th birthday. I am happy to be able to work again after a very severe illness, as well as simply to be alive and able to witness modern life which is highly interesting since such extraordinary discoveries and events are taking place before our eyes.

With cordial greetings and best personal wishes for your happiness,

Most sincerely yours,

(Signed): I. PAVLOV

Leningrad
18.9.1935

Sehr geehrter Herr College

Besten Dank für Ihren freundlichen Gruss zu meinem 86ten Geburtstage. Ich bin glücklich, dass ich nach der sehr schweren Krankheit noch weiter zu arbeiten im Stande bin, auch einfach zu leben und zu sehen um sich gegenwärtig ist es in höchster Grade interessant, weil solche ausserordentliche Entdeckungen und solche Begebenheiten auf unseren Augen stattfinden.

Mit herzlichen Grüssen und Glückwünschen

Ihr ergebener
I. Pawlow

UNIVERSITY OF MICHIGAN
SCHOOL OF DENTISTRY
OFFICE OF THE EXECUTIVE COMMITTEE
ANN ARBOR

September 20, 1935

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

My dear Dr. Kellogg:

Dr. Philip Jay, the bacteriologist of whom I spoke who is associated with our group, has returned to Ann Arbor and is beginning his work for the coming year. I have talked over with him the projects which we have discussed and he is very much interested in cooperating in any way that he can in this study. There are a number of very definite questions upon which he would like to have information: First, in cases that are being fed bacillus acidophilous cultures for intestinal therapy over a considerable period of time, is acidophilous always present in the mouth and to what extent? Second, is it always possible to implant B. acidophilous in the intestines and in those cases in which it is difficult to do so what is the status of dental caries and how much B. acidophilous is present in the mouth?

These and other questions Dr. Jay would like to take up with your bacteriologist and if there is any possibility of some of this work being carried out this fall, he would be glad to come over to talk personally with your staff about them. He would like to come the early part of next week in order to get started as soon as possible, but only in case there is a reasonable expectation that something may be done the early part of this year. If it has to be deferred until later, he would rather wait until that time before coming to Battle Creek for his visit with you.

We will be glad to have you inform us at your convenience as to what you think should be done in this regard.

Very sincerely yours,

R. W. Bunting

R. W. Bunting

September 23, 1935

Dr. R. W. Bunting,
School of Dentistry,
University of Michigan,
Ann Arbor, Michigan.

Dear Dr. Bunting:

I have your letter of September 20.

We will be glad to begin the acidophilus study right away. The sooner Dr. Jay gets here the better. We will be looking for him the first of next week. We can easily arrange to find answers to the questions you ask.

Sincerely yours,

b

September 23, 1935

Mr. George Dolliver,
The Moon Journal,
Battle Creek, Mich.

Dear Dolliver:

Enclosed find a circular announcing a book said to have been printed here in 1833. Do you know anything about a Col. Geo. Hunter who was credited with being the author of the book? If the matter is of any interest I will follow it up.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 25, 1935

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

My dear Dr. Kellogg:

I have yours of September 18. I fear it is too late to make any change in my Dictator article but I am writing Mr. Sheldon.

Very sincerely,

Irving Fisher

IFs

UNIVERSITY OF MICHIGAN
ANN ARBOR
SCHOOL OF DENTISTRY

September 26,1935

Dr.John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek

Dear Doctor Kellogg:-

Your letter was referred to me by Dr.Bunting.

I am very glad to have the opportunity to talk over some of the phases of the acidophilus work with your bacteriologists and I shall plan to be in Battle Creek about ten thirty Monday morning.

Looking forward to seeing you at that time,I am

Sincerely yours,

Philip Jay

Philip Jay

MICHIGAN STATE HISTORICAL SOCIETY

CENTENNIAL MEETING

BATTLE CREEK

Lansing, Michigan
September 27, 1935

On Saturday evening, October 5, the State Historical Society will meet in Battle Creek to commemorate the 100th Anniversary of the adoption of Michigan's first State Constitution. This will be an informal dinner meeting at Post Tavern. Dinner will be served at 6:30 o'clock. Tickets $1.00 and tax.

This should be a distinguished event. Members of the Supreme Court, State Legislature, members of Congress, and their predecessors in office, are invited to be present. Special invitation is extended to all living members of the Constitutional Convention of 1908 and to members of the State Bar Association. The wives are included in this invitation.

Speakers will be Justice W. W. Potter of the Michigan Supreme Court, Professor Harold M. Dorr of the Political Science Department of the University of Michigan who is a specialist in our early constitutional history; and Mr. A. L. Miller, Editor and Publisher of the Battle Creek "Enquirer-News" who will represent Governor Fitzgerald upon the program and will present the colorful history and background of Michigan's pioneer days.

Professor Smith Burnham of Western State Teachers' College will preside, and Mr. Burritt Hamilton of Battle Creek will act as master of ceremonies.

The dinner hour music will be provided by the Kellogg Sextette through the courtesy of the Battle Creek Chamber of Commerce. Music for the program is in charge of Mr. Fred Gage and Mrs. Gordon Riley. We are sure that all who attend will find the entire program most enjoyable.

This is a special invitation to yourself and lady. Reservations should be made before noon of October 5, directly with Post Tavern.

Faithfully yours,

G. N. Fuller

Secretary.

September 29, 1935

Mr. W. E. Whitehouse,
Bureau of Plant Industry,
U. S. Department of Agriculture,
Washington, D. C.

Dear Sir:

I have your letter of September 12.

I am sorry to have to report that I did not succeed in securing seed of the mangosteens you sent me as I hoped to do.

Regretting that I am not able to send you the seeds, I am

Sincerely yours,

b

September 29, 1935

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

Dear Sir:

I am glad to have your letter of September 16 relating to advertising in your journal. I do not happen to have a copy of the advertisement here. I will be glad if you will send me a proof sheet. I may like to make some changes.

As regards further advertising, I think we could make an arrangement for any time during November and December, April and May. We are pretty well booked up already for January, February and March.

The three pages we have already paid for will be sufficient for general advertising space, but a good writeup would be of some service to us. What is your proposition for a three page writeup?

Sincerely yours,

b

Dr. A. Levanzin, 11 Boria Terreno, Palma, Majorca, Spain. 9-30-35

JHK

I have received your last letter and was very much disappointed about it. I asked you definite questions. You answer me with the old joke of the chimpanzee, as if I were one and you another. I wish you would answer in your Good Health the question of the vegetable foods and acidodis thoroughly and scientifically if you know how and don't beat about the bush and avoid discussion. I do still think that you are the only gentleman in the medical profession of the U. S. A. although you do not live up to your promises as you should and send me the Good Health numbers you promised me long ago. Growing too old?

(Good Health containing his letter and old copies were sent from Florida)

I 596279

TARJETA POSTAL

POSTALES AEREOS

REPUBLICA ESPAÑOLA

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

En este lado se escribe solamente la dirección.

11 Boria - Terreno
Palma - Majorca, Spain
Oct 9/15

Dear Dr Kellogg,

I have received your last letter and was very much disappointed about it - I asked you definite questions & you answer me with the old joke of the champagne, so if I were one & you another! I wish you would answer on your G.A. the question of the vegetable fats & acidosis thoroughly & scientifically if you know how & don't bet about the subject & avoid discussion. I do still think that you are the only gentleman in the medical profession of U.S.A. who you do not live up to your promises as you should & send me the G.A. numbers you promised me long ago. Growing too old? Good luck

September 30, 1935

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

Dear Prof. Fisher:

I have your letter of September 25.

I saw Mr. Sheldon the other day and from what he said I think it will be some little time before the articles are published, and in discussing the paragraph to which I referred I thought his feeling was much the same as my own. He promised to take the matter up with the editor of the Detroit News I really think the matter should have very serious consideration, for I think there might be some pretty serious repercussions grow out of it.

As ever yours,

b

American College of Surgeons
40 EAST ERIE STREET
CHICAGO

PLEASE ADDRESS ALL CORRESPONDENCE TO
40 EAST ERIE STREET
CHICAGO

October 1, 1935

OFFICIAL NOTICE

ANNUAL MEETING OF THE FELLOWS

OF THE

AMERICAN COLLEGE OF SURGEONS

In accordance with Article III, Section 2, of the By-Laws, the annual meeting of the Fellows of the American College of Surgeons is called for 1:45 o'clock on the afternoon of Thursday, October 31, 1935, in the Gold Ballroom, Fairmont Hotel, San Francisco, California.

In addition to the routine business and reports of officers and standing committees, consideration will be given at this meeting to the following subjects:

1. Proposed revision of the Articles of Incorporation of the American College of Surgeons, enclosed herewith as Exhibit "A".

2. Proposed revision of the By-Laws of the American College of Surgeons, enclosed herewith as Exhibit "B".

Immediately following the annual meeting there will be presented an important symposium on Standard Methods for the Treatment of Cancer.

Each Fellow of the College is respectfully urged to be present.

GEORGE CRILE

Chairman, Board of Regents.

American College of Surgeons

40 EAST ERIE STREET, CHICAGO

EXHIBIT "A"

Proposed Revision of the

Articles of Incorporation

of the

American College of Surgeons

Article 3, present form:

The management of the aforesaid corporation shall be vested in a board of sixteen regents, fifteen of whom shall be elected from among the Fellows by the Board of Governors in a manner to be determined by the Board of Regents. One member shall be elected by the Fellows of the College at their annual meeting as hereinafter provided, the Fellow thus elected to membership in the Board of Regents to be President of the College.

Article 3, proposed amendment:

The management and control of the affairs and funds of the corporation shall be vested in a board of sixteen (16) trustees who may be known as Regents, and who are to be elected as the By-Laws provide.

NEW YORK STATE JOURNAL OF MEDICINE

and the

MEDICAL DIRECTORY OF NEW YORK, NEW JERSEY, AND CONNECTICUT

THE
OFFICIAL
PUBLICATIONS OF THE

MEDICAL SOCIETY OF THE STATE OF NEW YORK

Journal Management Committee
THOMAS M. BRENNAN, M. D.
SAMUEL J. KOPETZKY, M. D.
WILLIAM A. GROAT, M. D.
GEO. W. KOSMAK, M. D.
PETER IRVING, M. D.

Business and Editorial Offices
33 WEST 42nd STREET, NEW YORK
PHONE CHICKERING 4-5570

THOMAS R. GARDINER
Business Manager

October 2nd, 1935.

John Harvey Kellogg, M. D.,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:

Your letter of the 29th ulto. reached us too late to withhold your copy from the October first issue.

We are enclosing a copy of that issue, and should you desire to make some changes in it, would appreciate your making them and returning same to us at an early date as possible so that we can make the desired changes in your November insertion.

The Journal Management Committee does not permit our carrying write-ups unless of a scientific nature. If you could prepare an article of a scientific nature regarding your Miami institution, the writer will do everything possible to see that it is run for you.

The writer anticipates being in Florida during the months of December and January and was thinking somewhat of spending sometime at your Miami Sanitarium to have a complete check-up on himself. That is why I suggested additional advertising to you. Should you be interested in having us run additional advertising for you, we would be happy to do so on a trade basis.

Thanking you for the opportunity of being of service, we are,

Yours very truly,

Thos. R. Gardiner

BUSINESS MANAGER
NEW YORK STATE JOURNAL OF MEDICINE

TRG:MB

UNIVERSITY OF DELAWARE

AGRICULTURAL EXPERIMENT STATION

C. A. McCUE
DEAN AND DIRECTOR

NEWARK, DELAWARE

C. A. McCUE
HORTICULTURIST

T. F. MANNS
SOIL BACTERIOLOGIST AND
PLANT PATHOLOGIST

L. R. DETJEN
HORTICULTURIST

G. L. SCHUSTER
AGRONOMIST

C. C. PALMER
CONSULTING VETERINARIAN

M M DAUGHERTY
AGRICULTURAL ECONOMIST

L. A. STEARNS
ENTOMOLOGIST

A. A. HORVATH
CHEMIST

J. F. ADAMS
ASSOCIATE PLANT PATHOLOGIST

H. C. HARRIS
ASSISTANT AGRONOMIST

G. L. BAKER
ASSISTANT CHEMIST

L. H. STRUBINGER
ASSISTANT HORTICULTURIST

A. E. TOMHAVE
ANIMAL HUSBANDMAN

F. S. LAGASSE
RESEARCH HORTICULTURIST

C. E. PHILLIPS
ASSISTANT AGRONOMIST

H. S. GABRIEL
ASSISTANT AGRICULTURAL
ECONOMIST

G. M. GILLIGAN
ASSISTANT CHEMIST

R. O. BAUSMAN
ASSISTANT AGRICULTURAL
ECONOMIST

M. W. GOODWIN
ASSISTANT CHEMIST

DONALD MACCREARY
ASSISTANT ENTOMOLOGIST

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

October 7, 1935.

Dear Dr. Kellogg:-

I have your letter of October 4-th and would be glad to come over to Battle Creek to discuss with you the manufacture of a high grade whole soya flour and shall bring a sample of same with me. Please let me know whether Thursday morning, October the 17-th, is convenient to you. If you shall be already on your way to Florida I may come earlier, at a date which is convenient to you, but if possible, I would prefer October the 17-th.

Please find enclosed (under separate cover) two pamphlets of mine on whole soya flour, one of which has been just published in the British Journal of Food Manufacture.

Very sincerely yours,

A. A. Horvath

A. A. Horvath
Chemist.

October 9, 1935

Dr. A. A. Horvath,
University of Delaware,
Agricultural Experiment Station,
Newark, Delaware.

Dear Dr. Horvath:

I have your letter of October 7.

I shall be glad to see you and a sample of your flour and to confer with you about it.

I leave for Florida November 1.

I shall read your papers with great interest.

With best wishes, I am

Sincerely yours,

b

October 9, 1935

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

Dear Sir:

I have your letter of October 2.

I am glad that you are coming to Florida. When you come look me up at once and I will try to find some way to accommodate you. I should like to make you acquainted with what we are doing and with our aims and methods of which I think you will approve. We will establish credit with you on the same basis as last winter, but can use the advertising space later.

I will prepare two or three articles of a purely scientific nature which I think you will find it worth while to publish in your journal.

We are usually crowded after the middle of January and have a waiting list, but we will find some way to take care of you if you will let me know in advance about what day you will arrive.

Sincerely yours,

b

UNIVERSITY OF DELAWARE

AGRICULTURAL EXPERIMENT STATION

C. A. McCUE
DEAN AND DIRECTOR

NEWARK, DELAWARE

C. A. McCUE
HORTICULTURIST

T. F. MANNS
SOIL BACTERIOLOGIST AND
PLANT PATHOLOGIST

L R. DETJEN
HORTICULTURIST

G. L. SCHUSTER
AGRONOMIST

C. C. PALMER
CONSULTING VETERINARIAN

M M DAUGHERTY
AGRICULTURAL ECONOMIST

L. A. STEARNS
ENTOMOLOGIST

A. A. HORVATH
CHEMIST

J. F. ADAMS
ASSOCIATE PLANT PATHOLOGIST

H. C. HARRIS
ASSISTANT AGRONOMIST

G. L. BAKER
ASSISTANT CHEMIST

L. H. STRUBINGER
ASSISTANT HORTICULTURIST

A. E. TOMHAVE
ANIMAL HUSBANDMAN

F. S. LAGASSE
RESEARCH HORTICULTURIST

C. E. PHILLIPS
ASSISTANT AGRONOMIST

H. S. GABRIEL
ASSISTANT AGRICULTURAL
ECONOMIST

G. M. GILLIGAN
ASSISTANT CHEMIST

R. O. BAUSMAN
ASSISTANT AGRICULTURAL
ECONOMIST

M. W. GOODWIN
ASSISTANT CHEMIST

DONALD MACCREARY
ASSISTANT ENTOMOLOGIST

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

October I5, I935.

Dear Dr. Kellogg:-

It was a great pleasure of having had the opportunity to discuss soya foods with you. I have the greatest respect and admiration for your knowledge, achievements and humanitarian ideals, and am getting new inspiration from conversation with you.

Your canned green soybeans are delicious and will be a tremendous commercial success. I would be glad to have two dozen cans for propaganda work in connection with my public talks on soybeans. Your condensed soya milk is the best I have ever tasted. I am anxious to receive a sample of your new soya flour.

I am enclosing a copy of the very interesting paper by Dr. Christian Becker on "Soya in Purulent Urinary Infections, in Eczema and Diabetes" and have mailed to you under separate cover copies of my two new articles dealing with the utilization of soya flour.

Wishing you a pleasant trip to Florida, I am,

Very sincerely yours,

A. A. Horvath

A. A. Horvath
Chemist.

NEW YORK STATE JOURNAL OF MEDICINE

and the

MEDICAL DIRECTORY OF NEW YORK, NEW JERSEY AND CONNECTICUT

Journal Management Committee
THOMAS M. BRENNAN, M. D.
SAMUEL I. KOPETZKY, M. D.
WILLIAM A. GROAT, M. D.
GEO. W. KOSMAK, M. D.
PETER IRVING, M. D.

THE
OFFICIAL
PUBLICATIONS OF THE

MEDICAL SOCIETY OF THE STATE OF NEW YORK

Business and Editorial Offices
33 WEST 42nd STREET, NEW YORK
PHONE CHICKERING 4-5570

THOMAS R. GARDINER
Business Manager

October 15th, 1935.

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

Dear Dr. Kellogg:

Thanks for your letter of October 9th. I will get in touch with you upon my arrival in Miami, and look forward with pleasure to a visit with you.

As soon as your scientific articles are prepared, if you will forward them to me, I will do my utmost to see that they are used in an early issue.

Sincerely yours,

Thos R. Gardiner

Business Manager
NEW YORK STATE JOURNAL OF MEDICINE

TRG:MB

THE BERRY SCHOOLS

TRUSTEES
ROBERT C. ALSTON, CHAIRMAN
J. K. ORR
S. F. BOYKIN
JOHN A. SIBLEY
DR. ALBERT SHAW
ROBT. W. WOODRUFF
FRANK R. CHAMBERS
GEORGE LISTER CARLISLE

INCORPORATED ESTABLISHED 1902

MARTHA BERRY, FOUNDER AND DIRECTOR

CHRISTIAN INDUSTRIAL SCHOOLS FOR COUNTRY BOYS AND GIRLS

EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA

TRUSTEES
ROBERT F. MADDOX, TREASURER
SAM FINLEY
W. L. MCKEE
MARTHA BERRY
DR. H. A. MORGAN
STANDISH MEACHAM
J. BULOW CAMPBELL
M. G. KEOWN, ALUMNI TRUSTEE

MOUNT BERRY, GEORGIA

October 16, 1935.

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

Dear Dr. Kellogg:

Won't you please autograph a copy of your book, "The Crippled Colon," and send to me. I am most anxious to have a copy so that I may read it and pass it on to the Library. It would be splendid if we could have two copies for our schools.

At last, I am beginning to feel some better and am so happy to be back at work. I have so many things to do this Fall, and very soon I must go to New York and do some work.

I do hope that you are quite well, and that you will stop and see us when you come South if you possibly can. I appreciate your interest and help more than I can tell you and we shall be so glad to have the autographed book.

With kindest regards,

Faithfully your friend,

Martha Berry

October 17, 1935

Dr. A. A. Horvath,
University of Delaware,
Agricultural Experiment Station,
Newark, Delaware.

Dear Dr. Horvath:

I have your letter of October 15 with a copy of the paper by Dr. Morawitz which I am already reading and find very interesting.

Sincerely yours,

b

October 17, 1935

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

Dear Sir:

I have your letter of October 15.

I could send you very soon an article on the suppression of intestinal putrefaction if you consider an article on that subject acceptable.

Sincerely yours,

b

T E L E G R A M

Forwarded to Hotel Statler,
Detroit, Mich.

c35 16 XU-HM. Chicago Ill 18 1023A 1935 Oct 18 AM 11 36

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

Spencer Kingman desires conference Monday at Battle Creek on soy patent interference stop Will you be available.

Wilson, Dowell, McCanna & Foley

UNIVERSITY OF PENNSYLVANIA
PHILADELPHIA

GRADUATE SCHOOL OF MEDICINE
THE MEDICO-CHIRURGICAL COLLEGE

Cancer Research
Ellice McDonald, M. D.
Director
133 So. 36th Street

October 22, 1935

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

Dear Dr. Kellogg;

I wish to thank you most sincerely for your exceptional kindness and courtesy to my daughter. She has written me very enthusiastic letters and seems to be getting along very nicely. The results will be very interesting for I am not aware that any previous study along these lines has been made.

The final analysis of my own work is practically completed. The results are very interesting and suggestive of overnutrition in every direction. I find no evidence of undernutrition, or vitamin deficiency particularly, but I realise the inadequacy of my scientific foundation for a full understanding of all the facts I have collected. I wish I could have come to Battle Creek myself and talked over certain matters with you for the more I study your methods the more I am convinced you are on the right track. My daughter never falls to comment on your wholesome robust appearance, wonderful vitality, and intellectualy energy.

Assuring you of my sincere personal regards, I remain,

Very truly yours,

Frederick L. Hoffman

NEW YORK STATE JOURNAL OF MEDICINE

and the

MEDICAL DIRECTORY OF NEW YORK, NEW JERSEY AND CONNECTICUT

Journal Management Committee
THOMAS M. BRENNAN, M. D.
SAMUEL I. KOPETZKY, M. D.
WILLIAM A. GROAT, M. D.
GEO. W. KOSMAK, M. D.
PETER IRVING, M. D.

THE
OFFICIAL
PUBLICATIONS OF THE

MEDICAL SOCIETY OF THE STATE OF NEW YORK

Business and Editorial Offices
33 WEST 42nd STREET, NEW YORK
PHONE CHICKERING 4-5570

THOMAS R. GARDINER
Business Manager

October 23rd, 1935.

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

Dear Dr. Kellogg:

Would appreciate your mailing the article on "The Suppression of Intestinal Putrefaction", and I will see if we can't arrange to use same.

Thanking you for your usual prompt attention, I am,

Cordially yours,

Thos. R. Gardiner

BUSINESS MANAGER
NEW YORK STATE JOURNAL OF MEDICINE

TRG:MB

October 28, 19[illegible]5

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

Dear Sir:

I have your letter. I will prepare and send to you within a few days an article on the suppression of intestinal putrefaction which I trust your editor will think it worth while to publish.

Sincerely yours,

b

SKODSBORG BADESANATORIUM

OVERLÆGEN

Skodsborg 29-10-35.

Medical Director Dr. John Harvey Kellogg M.D.

Battle Creek Sanitarium, Battle Creek, Mich.

My dear Dr. Kellogg:

Your very kind letter of October 7 is recieved and made me very glad. I admit that I would be very happy to hear some about how you personally are getting along healthwise. I am one of the many thousands who pray for and earnestly wish that you may live yet in many years and perform your grand and noble work for the uplifting of humanity. Dear friend take care of your health do not work to hard the world needs you. You do not know what an encouragement it was to me to visit with you for a few days four years ago and I shall never forget your brotherly love and kindnes it is all the time highly appreciated.

And now the generous invitation to come and spend a month with you at your place in Florida oh my what a feast it would be and how I wish that it might be possible but I see no possibility. I am needed here at Skodsborg and not les at „my Florida", Frydenstrand, of which I with the same mail send you a picture. I do not know if I have written you about our enlargement at Skodsborg, A year and a half ago we secured a neighbour property of about ten acres with a beautiful park and a old royal palace. I have prayed to God that we might get that property for over 30 years and now we have got it. The property is situated right south of the Sanitarium the mainbuilding marked b on the little picture but the great and beautiful park is not seen on the picture. As we at the same time had just erected our new and beautiful surgical department on the picture marked a we had to go into considerable debt to secure it but it has in a degree that you cannot imagine without seeing it completed our institution. Besides we have made many other improvements that have cost a good deal of money.

Hoping in a near future to hear from you that you are getting along very well healthwise and hoping before very long to meet you either in Europe or in the States I send my best wishes for a very happy and prosperous New year and remain as ever

sincerely your friend and brother

Carl Otto Ken.

Battle Creek, Michigan,
October 31, 1935.

Lady Pomare, O.,B.,E.
Lower Hutt,
Wellington, New Zealand.

Dear Lady Pomare:

I am so glad to have your letter of July 8th, which I find most interesting.

I have always had a very deep interest in the Maoris since my acquaintance with Maui, in whose welfare I was very greatly interested. I was out of touch with him for many years as he became so thoroughly engrossed in the work he was doing for his people. I recognized his unusual qualities and considered it a privilege to help him to make preparation for the work for his own people,which seemed to be very near to his heart. It was a grief to me that I was not able to see him when he was in this country.

I had not known about your children until I received your letter. I wish I might have pictures of yourself and your children, as well as your husband, and, if possible, his mother, if you have extra ones.

I await with great interest the letter from your son. I am very happy indeed to know that he has taken up his father's work for his people, and has his father's interest in them.

I am sending a copy of one of my books for him, also a copy of my journal, "Good Health," which I will be glad to send him regularly, every month, if he desires it. As I do not know his address, I will mail the journal to you until I hear from him.

I would especially like to know what connection Sir Maui had with the work for young babies which reduced the mortality rate during the first year of life lower than that of any other country.

I hope sometime you may be able to return to America and to become better acquainted with this country.

I am leaving in a day or two for my Florida home for the winter. The enclosed postcard shows a recent picture of

it, from which you see that we have a real tropical region in the United States.

Thanking you for writing me, and hoping that I may have the pleasure of hearing from your son, I remain as ever, your husband's devoted friend, and

Very sincerely yours,

Enc.
B

1935 OCT 31 AM 7 11

Z4 15 NM 7 LOS ANGELES CALIF OCT 30

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

Tom Mackey passed away at seven thirty tonight.

Mrs. Tom Mackey, 410 East Avenue 28.

b

P. J. MAVEETY
398 MAIN STREET
BATTLE CREEK, MICHIGAN

Oct. 31. 1935.

Dr. John Harvey Kellogg;
Battle Creek, Mich.

My Dear Dr. Kellogg;

Thanks for yours of the 29th, confirming your very kind offer of your acidolphilus milk to the members of the Three-Quarter Century Club, made last Saturday, and telling me how the members may avail themselves of your generous donation.

They have been calling me up on the phone, and speaking to me on the street, asking for particulars as to how they might secure the milk. They greatly appreciate your generosity, and from indications many of them intend to avail themselves of your offer.

I will call at the creamery, and arrange the details so that I may make announcement of them to the club at its next meeting on Saturday.

The club is always glad to see and hear you, and we shall look forward to your return with much pleasure. May you have a prosperous and enjoyable Winter in the Sunny South is the wish of every member of the club.

Very sincerely yours;

P. J. Maveety.

October 31, 1935

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

Dear Professor Fisher:

Thank you very much for your article "Mussolini and Fruit."

Sincerely yours,

b

UNIVERSITY OF DELAWARE

AGRICULTURAL EXPERIMENT STATION

C. A. McCUE
DEAN AND DIRECTOR

NEWARK, DELAWARE

C. A. McCUE
HORTICULTURIST

T. F. MANNS
SOIL BACTERIOLOGIST AND
PLANT PATHOLOGIST

L. R. DETJEN
HORTICULTURIST

G. L. SCHUSTER
AGRONOMIST

C. C. PALMER
CONSULTING VETERINARIAN

M M DAUGHERTY
AGRICULTURAL ECONOMIST

L. A. STEARNS
ENTOMOLOGIST

A. A. HORVATH
CHEMIST

J. F. ADAMS
ASSOCIATE PLANT PATHOLOGIST

H. C. HARRIS
ASSISTANT AGRONOMIST

G. L. BAKER
ASSISTANT CHEMIST

L. H. STRUBINGER
ASSISTANT HORTICULTURIST

A. E. TOMHAVE
ANIMAL HUSBANDMAN

F. S. LAGASSE
RESEARCH HORTICULTURIST

C. E. PHILLIPS
ASSISTANT AGRONOMIST

H. S. GABRIEL
ASSISTANT AGRICULTURAL
ECONOMIST

G. M. GILLIGAN
ASSISTANT CHEMIST

R. O. BAUSMAN
ASSISTANT AGRICULTURAL
ECONOMIST

M. W. GOODWIN
ASSISTANT CHEMIST

DONALD MACCREARY
ASSISTANT ENTOMOLOGIST

Dr. John Harvey Kellogg
Battle Creek, Mich.

October 31, 1935.

Dear Dr. Kellogg:-

I have your letter of October 28-th and am enclosing four copies of publications containing soybean recipes, of which one is from London, England, and one from Germany by Dr. Gössel. I would appreciate having Dr. Gössel's booklet returned to me.

I am glad to hear that your acidophilus soya milk is a success. Your tanned green soybeans are delicious and I demonstrated them, and gave a few cans awy, at my talk in Philadelphia before the Hauser Harmonised Food Club.

Please send me a one pound sample of your new edible soya flour.

Very sincerely yours,

A. A. Horvath

A. A. Horvath.

Ways of Using SOYBEANS AS FOOD

Attractive Dishes for the Home Table

SOYBEANS are being raised in Illinois in such quantities that a part of the crop can very well serve as a low-cost human food. Soybeans are sufficiently different from other kinds of beans and soybean flour from the ordinary wheat flours that the Department of Home Economics of the University of Illinois has received many inquiries concerning ways of cooking and using them. The recipes given will answer some of these questions and will suggest still other means of making palatable dishes from soybeans and soybean flour.

The soybean owes its nutritive value principally to its high percentage of proteins of good quality and to a high calorie value due to its richness in oil. While soybeans have not yet been proven to be a comparatively rich source of all vitamins, they contain especially vitamin B and certainly some of the other vitamins. Proper combination of soybeans with milk and other vegetables makes good their dietary deficiencies. The minerals of soybeans are apparently well utilized, and such important elements as calcium, phosphorus, and iron are present in generous amounts compared with other vegetables.

Mature beans and the flour made from them contain little starch; even though some of the other carbohydrates are assimilated, soybeans are much lower in carbohydrate content than other dry beans and are sometimes recommended in diabetic diets for that reason. Green, immature soybeans contain small amounts of sugar...Department of Home Economics, College of Agriculture, University of Illinois. (Revised September, 1935)

UNIVERSITY OF ILLINOIS COLLEGE OF AGRICULTURE
AGRICULTURAL EXPERIMENT STATION AND EXTENSION SERVICE

WAYS OF USING SOYBEANS AS FOOD

Cooking Green Soybeans

Immature soybeans are a very welcome early fall green vegetable. Many of the commonly grown field types of soybeans are good to use in this way, though "vegetable types" which are being developed by the Illinois Agricultural Experiment Station have one or more advantages over them; they have a good color and flavor and can be hulled fairly easily.

Soybeans are ready for table use as soon as the pods have completely filled out and while they are still of a green or yellow-green color. This is in late August or in September, depending upon the variety and the time of planting. Not all plants of the same variety mature at the same time, but most of the pods on a single plant are sufficiently uniform in maturity to warrant pulling the entire plant as the most feasible and rapid method of harvesting. The plants can then be taken to a shady place and the pods picked off.

To make hulling easier, pour boiling water over the soybean pods and let them stand 10 minutes in the hot water. Drain, and hull the same as peas or lima beans. Cook as follows: To one pint of hulled beans add one cup boiling water and 3/4 teaspoon of salt. Cover and boil for nine minutes. Drain, and season with butter or in any other manner desired. The soybeans of the table varieties should still be of a bright green color after cooking and will have a nutty texture. They can be used in any of the ways that green peas or green lima beans are used.

Cooking Dry Soybeans

A number of varieties have been found to be very agreeable as food--Illini, Dunfield, Manchu, Easy Cook and also those which are being developed as "vegetable types." The light tan colored beans are more attractive when cooked than the mottled or black ones.

The dry beans should be soaked for three hours or over-night in three cups of water to each cup of beans, then drained and cooked in 5 cups of fresh, salted water for 1 1/4 to 1 1/2 hours. They can be seasoned with either butter or meat and served as they are; or they can be made into any of the dishes for which navy or lima beans are usually used. They are more nutty in texture, however, than ordinary beans. Or after soaking over-night, they can be cooked in fresh salted water to cover in a pressure cooker at 10 lbs. pressure for 15 minutes. They increase about 2 1/2 to 3 times during soaking and cooking.

Puree of Soybean Soup

1 c soybean pulp	1 Tb flour
1 Tb finely chopped celery leaves	$2\frac{1}{2}$ c milk
2 Tb chopped onion	1 Tb butter
$\frac{3}{4}$ c meat stock	1 t salt
	1/8 t pepper

Cook the soybean pulp which has been put through a coarse sieve, with the celery, onion and meat stock. Add it to a sauce which has been made of the other ingredients. Serve hot with crackers or toast. Serves 6 persons.

(All measurements are level)

Soybeans Boston Style

3 c	cooked soybeans	1/8 t	pepper
3/8 t	mustard	¼ lb.	diced salt pork
2 Tb	molasses	1 c	boiling water
		1 t	salt

Season the soybeans in a baking dish, place squares of salt pork on top and add 1 c or more of boiling water to keep the beans moist as they bake slowly at 350° F. for 2 hours. Serves 4 to 6 persons.

Soybean Savory Scallop

3 c	cooked soybeans	½ t	salt
1	chopped small onion	1/8 t	pepper
1 c	diced celery	1 c	water from beans
½	diced green pepper	½ c	dry crumbs
½ c	tomato sauce	3 Tb	butter or other fat

Place soybeans and seasonings alternately in a baking dish. Cover with buttered crumbs and bake slowly at 350° F. for 1 to 1½ hours. Serves 6 persons.

Casserole of Soybeans

¼ c	diced salt pork	6 Tb	flour
2 c	chopped celery	2 c	milk
2 Tb	chopped onion	1 Tb	salt
2 Tb	chopped green pepper	2 c	cooked soybeans (ground)

Brown the diced salt pork in a frying pan. Add the chopped celery, onion and green pepper and saute for about five minutes. Add flour and milk, and cook until thickened. Pour thickened sauce over soybeans and bake slowly at 350° F. in casserole for 1 to 1 1/2 hours.

Stuffed Tomatoes

2 c	soybean pulp (cooked and ground)	1 t	minced onion
1 c	diced celery	½ t	minced green pepper
¾ t	salt		

Remove pulp from center of large tomatoes. Sprinkle inside with salt. Fill with mixture of pulp, celery, onion and pepper. Cover top with buttered crumbs. Place in greased pan and bake in moderate oven, 410° F., 20 to 30 minutes or until tomatoes are soft. This amount fills 8 or 9 tomatoes.

Stuffed Peppers

2 c	soybean pulp (cooked and ground)	¾ t	salt
1 c	celery	1 t	minced onion
½ c or more tomatoes			

Remove seeds and partitions from insides of green peppers; parboil them for 3 minutes. Sprinkle inside with salt. Fill with mixture of bean pulp, celery, tomatoes, and onion. Cover top with buttered crumbs. Place in greased pan and bake in moderate oven 410° F., 20 to 30 minutes or until peppers are soft. This amount fills 8 or 9 peppers.

Baked Soybean Croquettes

1 c	tomatoes	1 t	salt
2 Tb	minced onion	3 c	soybean pulp, cooked and ground
4 Tb	flour		
2 Tb	fat	1½ c	celery, diced

Add minced onion and salt to tomatoes and bring to a boil. Rub the flour and fat together, add to boiling tomato and cook to a thick paste. Cool and add to mixture of celery and soybean pulp. Shape into croquettes; roll in corn flakes. Dip into egg and milk mixture and roll again in corn flakes. Place on a greased sheet and bake in a moderately hot oven, 410° F., for twenty minutes. This amount makes eight croquettes.

Soybean Chili

1 lb.	ground beef or pork	1 Tb	chili powder
1	chopped small onion	1 c	water from beans
2 c	tomato puree	3 c	cooked soybeans
1 t	salt		

Brown the meat and onion in fat from the meat. Add all other ingredients except the soybeans and simmer slowly for 3/4 hour. Add beans and continue cooking until they are thoroughly heated. Serves 6 to 8 persons.

Soybean Loaf

3 c	cooked soybeans	1	chopped small onion
1 c	broken macaroni	1	egg, well beaten
1/4 c	tomato sauce	1/2 t	salt
		1/8 t	pepper

To the soybeans add the macaroni which has been cooked in salt water and drained. Mix with the seasonings and egg and bake in a greased loaf pan in a moderate oven (375° F.) for 40 minutes. The loaf can be sliced to serve 6 or 8 persons.

Soybean and Vegetable Salad

Blend cooked soybeans with any cold diced cooked vegetable or any raw vegetable such as carrots, celery, cauliflower, beets, peas and season with French dressing or mayonnaise.

Soybean Perfection Salad

1 c	cooked soybeans	1 Tb	minced green pepper
1 c	shredded raw cabbage	1	package lemon flavored gelatin
1 c	shredded raw carrot	1 pint	water

Add to the mixture of vegetables the dissolved gelatin which has been cooled until it is partially thickened. Mold in a pan 1 1/2 inches deep and cut in squares or mold individually. Serve on lettuce with mayonnaise. Serves 8 to 10 persons.

Soybean Sandwich Filling

1 c	chopped cooked soybeans	1 t	chopped green onion
¼ c	chopped olives or pickles	¼ t	salt
		2 Tb	mayonnaise

Blend the ingredients to the proper consistency for spreading. Serve the sandwiches either toasted or plain. This amount will fill 4 larger sandwiches.

Soybean Pie

¾ c	soybean pulp (sieved)	¼ t	mace
¾ c	milk	¼ t	salt
½ c	sugar	1	egg
1 t	allspice	1 Tb	butter
			Pastry

Heat the soybean pulp, milk, sugar, spices, and salt in a double boiler, add to the beaten egg and butter and mix well. Pour the hot mixture into a deep baked pie crust and bake in a moderate oven (350° F.) about 30 minutes or until the filling is set in the center.

Soybean Spice Cake or Cottage Pudding

½ c	butter	4 t	baking powder
1½ c	sugar	1 t	lemon extract
2	eggs	1½ t	cinnamon
2 c	soybean pulp (cooked and ground)	½ t	cloves
1 c	milk	1 t	allspice
1¾ c	flour	1/32 t	mace
¼ t	salt	¼ t	nutmeg

Cream fat and sugar. Add the beaten egg and the ground soybean pulp. Then add alternately the milk and the sifted dry ingredients. Bake as a loaf or deep layer in a moderate oven (375° F.). May be served hot as a cottage pudding with lemon or raisin sauce.

Soybean Drop Cookies

2¾ c	flour	1 2/3 c	sugar
½ t	salt	2	eggs
4 t	baking powder	2¾ c	soybean pulp (cooked and ground)
2/3 c	fat	1/3 c	milk
		1 t	lemon flavoring

Sift together the flour, salt and baking powder. Cream the fat and sugar. Add beaten eggs and soybean pulp. Add milk and sifted dry ingredients alternately. Drop by teaspoons on a greased baking sheet and bake 15 minutes in a moderately hot oven (410° F.). This amount makes 4 dozen small cookies.

Roasted Soybeans

Roasted soybeans are somewhat like roasted peanuts in flavor. Soak washed beans overnight. Boil them for one hour in salted water, spread in a shallow pan and roast in a moderate oven (350° F.) until browned. Sprinkle them with salt while still warm.

WAYS OF USING SOYBEAN FLOUR

There are several very good refined soybean flours on the market and most of them taste and behave very much alike. They can be substituted for part of wheat flour in ordinary recipes and have the advantage of giving a moist product which keeps fresh a long time on account of the extra moisture which can be added with the soybean flour. The soybean flour also improves the crust of breads and causes them to toast even better than usual. Only a small amount of soybean flour can be used in yeast bread without changing its texture beyond acceptability. More can be used in "quick" breads made with baking powder. Soybean flour cannot be used alone in ordinary recipes because it has no gluten or starch to bind the mixture together.

Soybean flour, as well as wheat flour, should be sifted before it is measured. One cupful of soybean flour weighs about 75 grams where one cupful of soft wheat flour weighs 100 grams and 1 cupful of hard wheat flour weighs 113 grams.

Soybean Yeast Bread

1 cake compressed yeast
2 Tb sugar
1 c skimmed milk
1½ Tb fat
1¾ t salt
3½ c soft wheat flour
or
3 c hard wheat flour
¼ c soybean flour

Soften the yeast and dissolve the sugar in the milk which has been scalded and cooled to lukewarm temperature. Let stand for 1/2 hour. Add the melted fat, salt and then the flour, reserving a little of the wheat flour for the board during kneading. Knead for 10 minutes, let rise in a warm place for 1/2 hour then knead again for 1 minute. Repeat the rising and kneading twice more. Shape into a loaf and let it rise in a greased pan for about 1 hour or until double in bulk. This amount of dough will fill a pan 4 x 9 x 3 inches and the dough should rise to 5/8 inch above the edge of the pan before it is placed in the oven. Bake for 50 minutes in a moderate oven (375° F.)

Soybean Rolls

7/8 c milk (or very slightly less depending upon soy flour used)
1½ t salt
¼ c sugar
1 cake yeast
¼ c fat
3½ c soft wheat flour or 3 c hard wheat flour
¼ c soybean flour

Scald milk and cool to room temperature. To it add salt, sugar and yeast and let rise for 30 minutes. Make into dough by combining with melted fat and flour and knead thoroughly. Let rise for 30 minutes. Knead lightly and let rise 30 minutes. Knead lightly and let rise for two more periods, the first 25 minutes and the second 15 minutes. Shape into either cloverleaf or parkerhouse or any other desired. Let rise until double then bake at 385° F. for 15 minutes.

Soybean and Whole Wheat Bread

Use 1/2 c soybean flour, 1 1/8 c whole wheat flour and 1 3/4 c white flour and other ingredients the same as for Soybean Yeast Bread. The method of handling is the same also.

Soybean Baking Powder Biscuits

½ or 1 c	soybean flour	½ t	salt
1½ or 1 c	wheat flour	5 or 6 Tb	fat
4 t	baking powder	2/3 c	skim milk

Either combination of soybean and wheat flour giving 2 cups of total flour is satisfactory. If the larger proportion of soybean flour is chosen, use the larger amount of fat called for. Sift the dry ingredients together, cut in the fat and add the milk quickly. Roll or press out with fingers on a floured board, cut and bake for 8 to 10 minutes in a very hot oven (465° F.). This amount makes 18 small biscuits.

In the above recipe 4 Tb peanut butter and 3 Tb fat can be used satisfactorily in place of the fat called for. Soften the peanut butter in part of the milk and add the fat in the usual manner.

Soybean Muffins

½ c	soybean flour	½ t	salt
1½ c	white flour	1	egg
4 t	baking powder	4 Tb	melted fat
4 Tb	sugar	1 c	milk

Sift all dry ingredients together. Combine the beaten egg, fat and milk and stir these quickly into the dry mixture. Bake in deep, greased muffin pans for 8 to 10 minutes in a hot oven (450° F.). This amount makes 9 to 12 muffins.

Soybean Griddle Cakes

½ c	soybean flour	½ t	salt
1½ c	white flour	2	eggs
2 t	sugar	1¾ c	milk
4 t	baking powder	2 Tb	fat

To the sifted dry ingredients, add a mixture of the beaten eggs, milk and melted fat. Bake as small cakes on a hot griddle. Serves 4 to 6 persons.

Soyflour Waffles

½ c	soybean flour	½ c	sugar
1½ c	soft wheat flour	6 Tb	melted butter
2 t	baking powder	7/8 c	milk
½ t	salt	2	eggs

Sift dry ingredients together. Add melted fat and milk to form a batter, then add eggs beaten until foamy. Bake on a hot waffle iron.

Soybean Flour Pastry

2 c white flour
½ c soybean flour
1 t salt
1 c shortening
½ c cold water

Sift the flours and salt. Chop the shortening into the flour and next add all the water at once. Mix lightly, work into a smooth ball and roll out for 2 nine inch pie pans, using as little flour as possible on the board. Bake at 450° F. Pie crust browns more quickly when made with part soybean flour.

Soybean Nut Bread

2/3 c soybean flour
1 1/2 c white flour
1/3 c sugar
1/2 t salt
3 t baking powder
1 egg, beaten
2 Tb melted fat
1 c milk
½ c nuts

To the sifted dry ingredients add a mixture of the egg, fat and milk. Stir in the nuts last and bake in a greased loaf pan for one hour in a moderate oven (375° F.). This loaf gives about 18-20 slices.

Soybean Drop Cookies

1¼ c soybean flour
1¼ c white flour
½ t cinnamon
½ t ginger
1 t soda
½ t salt
½ c fat
½ c brown sugar
½ c molasses
½ c sour milk
½ t vinegar

Sift together the flours, spice, salt and soda. Cream the fat and sugar; combine the molasses, sour milk and vinegar. Add the liquids and flour alternately to the creamed fat and sugar. Chill in the refrigerator for 3 to 4 hours. Drop by teaspoonfuls on a greased baking sheet and bake 15 minutes in a moderately slow oven (350° F.). This amount makes 2 dozen cookies.

Soybean Sugar Cookies

1 c sugar
½ c fat
1 egg, beaten
½ c milk
½ t vanilla
2 c white flour
½ c soybean flour
3 t baking powder
½ t nutmeg
½ t salt

Cream the sugar and fat; add the beaten egg, then add alternately the milk and other ingredients sifted together. Roll to 1/4 inch thickness on a floured board, sprinkle with sugar and cut into cookies. Bake on greased sheets for 8 minutes in a moderately hot oven (400° F.). This amount makes 4 dozen cookies.

Soybean Cottage Pudding

¼ c fat	1 c soybean flour
2/3 c sugar	1 c white flour
1 egg	4 t baking powder
1 c milk	½ t salt
½ t vanilla	

Cream the fat and sugar and mix as for any cake. Bake as a deep layer cake in a moderately slow oven (350°F.) for 40 minutes. Cut into squares and serve while hot with a lemon sauce made by cooking together in a double boiler:

1½ Tb cornstarch	½ c sugar
1 c boiling water	1 t grated lemon peel
3 Tb lemon juice	1 t butter

Serves 8 to 12 persons.

Soybean Spice Cake

½ c fat	½ t salt
1½ c sugar	1½ t cinnamon
2 eggs	½ t cloves
1 1/3 c milk	1 t allspice
1 c soy flour	1/32 t mace
2 c white flour	¼ t nutmeg
4 t baking powder	1 t lemon flavoring

Cream fat and sugar. Add the beaten egg, then add alternately the milk and the other ingredients sifted together. Bake as a loaf or a deep layer cake in a moderate oven (375° F). It can be served warm either with or without an icing.

Soybean Applesauce Cake

1 c fat	1 c soybean flour
2 c sugar	2½ c white flour
2 eggs	1 t salt
1½ c thick applesauce (unsweetened)	2½ t baking powder
¼ t nutmeg	¾ t soda

Cream fat and sugar; add beaten egg and applesauce to which the nutmeg has been added. Stir in the flour with which the remaining ingredients have been sifted. Bake as a shallow loaf or deep layer cake for 40 to 50 minutes in a moderately slow oven (350° F.). Serves 20 to 24 persons.

Printed in furtherance of the Agricultural Extension Act
approved by Congress May 8, 1914. H. W. Mumford,
Director, Agricultural Extension Service,
University of Illinois

November 1, 1935

Dr. Frederick L. Hoffman,
133 South 36th Street,
Philadelphia, Pa.

Dear friend Hoffman:

I have your letter of October 22.

Your daughter is leaving us and I am sure you will find her improved. She has gained five pounds since she came here and we have, I hope, cured her of the tobacco habit, of which I am sure you will approve.

I note what you say about over-nutrition being a cause of cancer. One evidence of this, and of which I have no doubt you have knowledge, is this: Fifty years ago it was a current idea that the Jews were much less subject to cancer than other races. This was based upon observations made among the poor Jews of the east side of London; but later observations made among the rich Jews of Hyde Park showed that they are as much subject to cancer as other high livers. I am quite sure that you are right in this thing.

Sincerely yours,

b

Nover 1, 1935

Dr. A. Levanzin,
11 Boria Terreno,
Palma,
Majorca, Spain.

Dear Sir:

I have your letter of November 1.

I have been quite ill this summer and able to do comparatively little work. I am sorry that some of your inquiries were overlooked.

I will answer your inquiry respecting the acid or basic properties of almonds. I find by referring to my tables in my book "The New Dietetics" the almond is basic, the figures being 100 calories 1.8 and per ounce 3.3.

I am hurriedly disposing of my accumulated mail as I am starting on my annual migration to Florida in the morning.

Sincerely yours,

b

P. S. My secretary informs me that the copies of "Good Health" were sent you, so they no doubt went astray. I have ordered additional copies sent immediately.

November 1, 1935

Miss Goodwin:

Please send the copy of Good Health which contains a letter from Dr. A. Levanzin, 11 Boria Terreno, Palma, Majorca, Spain to him and also some copies of old numbers you can spare.

A. F. Bloese

November 1, 1935

Department of Agriculture,
Washington, D. C.

Gentlemen:

Kindly send me any information you possess concerning the food value and the vitamin content of tangerines and grapefruit.

I am just leaving Battle Creek for my winter home in Florida, so please address your reply to Miami Springs, Florida.

Sincerely yours,

b

MICHIGAN CENTENNIAL CELEBRATION

1935 AND 1936

Under direction of MICHIGAN HISTORICAL COMMISSION *and* MICHIGAN STATE HISTORICAL SOCIETY
GEORGE N. FULLER, *Ph.D., State Historian, Secretary.*

MICHIGAN CENTENNIAL
JOINT COMMITTEE

MICHIGAN HISTORICAL COMMISSION

Frank D. Fitzgerald, Governor
Augustus C. Carton, Pres., Lansing
Emanuel M. Clark, LL.D., V. Pres., Big Rapids
William L. Jenks, M.A., Port Huron
Charles A. Sink, LL.D., Ann Arbor
William F. Murphy, S.T.D., Detroit
Lew Allen Chase, M.A., Marquette
G. N. Fuller, Sec'y.

MICHIGAN STATE HISTORICAL SOCIETY

Carl E. Pray, M.A., Pres., Ypsilanti
Smith Burnham, M.A., V. Pres., Kalamazoo
G. N. Fuller, Sec'y., Lansing
Ransom E. Olds, Treas., Lansing

TRUSTEES:

Claude S. Larzelere, M.A., Mt. Pleasant
Lew Allen Chase, M.A., Marquette
Charles A. Weissert, Kalamazoo
Edward D. Dimnent, Litt.D., Holland
R. Clyde Ford, Ph.D., Ypsilanti
Clarence E. Bement, B.A., Lansing
Arnold Mulder, Litt.D., Kalamazoo
William L. Jenks, M.A., Port Huron

EXECUTIVE STAFF
LANSING, MICH.

G. N. Fuller, Sec'y.
P. H. Andrus, Asst. Sec'y.
H. A. Perry, Program Dir.

November 1, 1935.

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

My dear Mr. Leffler:

In recognition of your splendid cooperation and services in staging your local Centennial Celebration, we take pleasure in mailing you a "First Day Cover" with our Centennial postage stamp.

With highest regards and best wishes for your continued success, and again expressing appreciation of your valuable cooperation in making the first year of our Michigan Centennial a great historical event,

Sincerely yours,

Henry A. Perry

HENRY A. PERRY
Program Director

HAP:EO

HONORARY COMMITTEE

Michigan Centennial Celebration

STATE OFFICERS

FRANK D. FITZGERALD, Governor

THOMAS READ, Lieutenant Governor

ORVILLE E. ATWOOD, Secretary of State

HARRY S. TOY, Attorney General

THEODORE I. FRY, State Treasurer

JOHN J. O'HARA, Auditor General

PAUL F. VOELKER, Superintendent of Public Instruction

MURRAY D. VAN WAGONER, State Highway Commissioner

P. J. HOFFMASTER, Director, State Conservation Department

MEMBERS OF CONGRESS

JAMES COUZENS, Senior Senator

ARTHUR H. VANDENBERG, Junior Senator

GEORGE G. SADOWSKI, 1st Dist.

EARL C. MICHENER, 2nd Dist.

HENRY H. KIMBALL, 3rd Dist.

CLARE E. HOFFMAN, 4th Dist.

CARL E. MAPES, 5th Dist.

WILLIAM W. BLACKNEY, 6th Dist.

JESSE P. WOLCOTT, 7th Dist.

FRED L. CRAWFORD, 8th Dist.

ALBERT J. ENGEL, 9th Dist.

ROY O. WOODRUFF, 10th Dist.

PRENTISS M. BROWN, 11th Dist.

FRANK E. HOOK, 12th Dist.

CLARENCE J. MCLEOD, 13th Dist.

LOUIS RABAUT, 14th Dist.

JOHN D. DINGELL, 15th Dist.

JOHN LESINSKI, 16th Dist.

GEORGE A. DONDERO, 17th Dist.

FORMER GOVERNORS

CHASE S. OSBORN, Sault Ste. Marie
ALEX J. GROESBECK, Detroit
FRED W. GREEN, Ionia
WILBER M. BRUCKER, Detroit
WILLIAM A. COMSTOCK, Ann Arbor

COLLEGE PRESIDENTS

ALEXANDER G. RUTHVEN, University of Michigan
ROBERT S. SHAW, Michigan State College
W. O. HOTCHKISS, Michigan College of Mines
FRANK CODY, Wayne University
ALBERT H. POETKER, S. J., University of Detroit
JOHN M. MUNSON, Michigan State Normal College
DWIGHT B. WALDO, Western State Teachers College
E. C. WARRINER, Central State Teachers College
WEBSTER H. PEARCE, Northern State Teachers College
JOHN L. SEATON, Albion College
HARRY M. CROOKS, Alma College
CHARLES T. GOODSELL, Acting President, Kalamazoo College
JOSEPH BREWER, Olivet College
WILLFRED MAUCK, Hillsdale College
WYNAND WICHERS, Hope College
RALPH STOB, Calvin College
EMIL LEFFLER, Battle Creek College
HARLAN L. FEEMAN, Adrian College

CIVIC ORGANIZATIONS

LESTER O. MOODY, State Commander, American Legion

RALPH TROTTER, State Commander, Veterans of Foreign Wars

EDWARD M. LACY, State Commander, United Spanish War Veterans

MRS. GEORGE D. SCHERMERHORN, Regent, Daughters of the American Revolution

WALLACE C. HALL, President, Sons of the American Revolution

MRS. HELEN BAKER ROWE, President, United States Daughters of 1812

MRS. SEARS MCLEAN, President, Michigan State Federation of Women's Clubs

MRS. LOLETA D. FYAN, President, Michigan Library Association

MRS. DAVID W. STEWART, President, Michigan Congress of Parents and Teachers Association

E. T. CAMERON, Executive Secretary, Michigan Education Association

A. G. KETTUNEN, State Club Leader, 4-H Clubs

C. H. BRAMBLE, Master, Michigan State Grange

C. L. BRODY, Executive Secretary, Michigan State Farm Bureau

FRANK B. WADE, President, Michigan Federation of Labor

JOHN L. LOVETT, Executive Secretary, Michigan Manufacturer's Association

PAUL MACDONALD, President, Michigan Press Association

THOMAS CONLIN, Vice President, Michigan Press Association

TOURIST AND RESORT ASSOCIATIONS

GEORGE E. BISHOP, Manager, Upper Peninsula Development Bureau

T. F. MARSTON, Manager, East Michigan Tourist Association

HUGH J. GRAY, Manager, Michigan Tourist and Resort Association

J. LEE BARRETT, Manager, Southeast Michigan Tourist and Resort Association

C. L. EDWARDS, Chairman, Mackinac Island State Park Commission

CHAIRMEN COUNTY BOARDS OF SUPERVISORS

ALCONA—J. H. Hayes
ALGER—Charles R. Little
ALLEGAN—Charles B. Myers
ALPENA—Raymond J. Bushey
ANTRIM—Losey L. Wright
ARENAC—Edgar Shaffer
BARAGA—Olie Olsen
BARRY—William Schader
BAY—Charles Sass
BENZIE—E. E. Pettengill
BERRIEN—John Warman
BRANCH—Warren D. Rose
CALHOUN—B. G. Clothier
CASS—Daniel W. Mannix
CHARLEVOIX—William H. Tindall
CHEBOYGAN—Charles A. Peterson
CHIPPEWA—John Bergsma
CLARE—John Burnett
CLINTON—Nelson R. Pratt
CRAWFORD—Frank E. Love
DELTA—Sanford Harrod
DICKINSON—Harold Eskil
EATON—Eugene L. Stewart
EMMET—Fred Feily
GENESEE—Rollin Payne
GLADWIN—Rufus W. Card
GOGEBIC—Patrick Kelly
GRAND TRAVERSE—Chas. A. Wood
GRATIOT—Orlin L. Fletcher
HILLSDALE—Omer Null
HOUGHTON—A. L. Burgan
HURON—Paul Champagne
INGHAM—Charles W. Reck
IONIA—S. Wilson Keefer
IOSCO—Elmer J. Britt
IRON—Charles Uren
ISABELLA—Arnold Kent
JACKSON—Harry W. Helmer
KALAMAZOO—Clyde Alford
KALKASKA—Clayton Eckhardt
KENT—Henry W. Walstrom
KEWEENAW—Wm. T. King
LAKE—Frank A. Smith
LAPEER—Otto S. Whitney
LEELANAU—Theodore Esch
LENAWEE—E. Stacy Stone
LIVINGSTON—Fred Berry
LUCE—P. S. Hamilton
MACKINAC—James F. Miller
MACOMB—Robert J. Kern
MANISTEE—Alphon H. Lyman
MARQUETTE—H. E. Perkins
MASON—H. O. Loken
MECOSTA—Ora A. Root
MENOMINEE—Walter A. Brandt
MIDLAND—Charles Lamphierd
MISSAUKEE—Darwin Dickerson
MONROE—Fred J. Gruber
MONTCALM—Earl C. Jenks
MONTMORENCY—Guy Ellsworth
MUSKEGON—Edward J. Lorenz
NEWAYGO—Chas. Eady
OAKLAND—Oliver P. Gibbs
OCEANA—Frank Miller
OGEMAW—Horatio S. Karcher
ONTONAGON—Edward Carroll
OSCEOLA—James B. Sprague
OSCODA—Henry H. Stickfort
OTSEGO—Ray McKinley
OTTAWA—George E. Heneveld
PRESQUE ISLE—Paul H. Hoeft
ROSCOMMON—Henry J. DeWaele
SAGINAW—Charles W. Bois
SANILAC—George Parks
SCHOOLCRAFT—Charles H. Howard
SHIAWASSEE—Joe Fields
ST. CLAIR—C. Lincoln Boynton
ST. JOSEPH—Joseph D. Sturgis
TUSCOLA—Robert MacFarlane
VAN BUREN—R. B. Fox
WASHTENAW—Fred H. Sodt
WAYNE—Edward J. Jeffries, Jr.
WEXFORD—Gilbert Valleau

November 1, 1935

Mrs. Alice Hyatt Mather,
Boys and Girls Anti-Cigarette League,
Room 410, 53 West Washington St.,
Chicago, Ill.

Dear Mrs. Mather:

I have your letter of September 9 which has just reached me. I am in Florida from November 1 until June 1 and here the rest of the year. My mail is usually promptly forwarded, but your letter seems to have got hung up somewhere. Your good enterprise has my hearty sympathy and best wishes.

Sincerely yours,

b

UNIVERSITY OF DELAWARE

AGRICULTURAL EXPERIMENT STATION

C. A. McCUE
DEAN AND DIRECTOR

NEWARK, DELAWARE

C. A. McCUE
HORTICULTURIST

T. F. MANNS
SOIL BACTERIOLOGIST AND
PLANT PATHOLOGIST

L. R. DETJEN
HORTICULTURIST

G. L. SCHUSTER
AGRONOMIST

C. C. PALMER
CONSULTING VETERINARIAN

M M DAUGHERTY
AGRICULTURAL ECONOMIST

L. A. STEARNS
ENTOMOLOGIST

A. A. HORVATH
CHEMIST

J. F. ADAMS
ASSOCIATE PLANT PATHOLOGIST

H. C. HARRIS
ASSISTANT AGRONOMIST

G. L. BAKER
ASSISTANT CHEMIST

L. H. STRUBINGER
ASSISTANT HORTICULTURIST

A. E. TOMHAVE
ANIMAL HUSBANDMAN

F. S. LAGASSE
RESEARCH HORTICULTURIST

C. E. PHILLIPS
ASSISTANT AGRONOMIST

H. S. GABRIEL
ASSISTANT AGRICULTURAL
ECONOMIST

G. M. GILLIGAN
ASSISTANT CHEMIST

R. O. BAUSMAN
ASSISTANT AGRICULTURAL
ECONOMIST

M. W. GOODWIN
ASSISTANT CHEMIST

DONALD MacCREARY
ASSISTANT ENTOMOLOGIST

Dr. John Harvey Kellogg
Battle Creek, Mich.

November 7, 1935.

Dear Dr. Kellogg:-

I wish to call your attention to U. S. Patent 1,265,700 of May 7, 1918, issued to Arnold C. von Hagen ,which,I am sure, will interest you very much.

I am propagating your green canned soybeans and everybody is delighted with their flavor and taste.

Very sincerely yours,

A. A. Horvath

A. A. Horvath,
Chemist.

P. S. : Please mail me a one pound sample of your new edible soya flour.

November 12, 1935

Mrs. Matilda Vance Newman,
1802 Bonita Avenue,
Berkeley, California.

My dear Mrs. Newman:

I have your letter of November 1.

I will answer your several questions as follows:

1. Malaria is caused only by the bite of an anopheles mosquito which has become infected by sucking blood from a patient suffering from malaria. It cannot be caused by drinking contaminated water.

2. The free use of calomel undoubtedly damages the liver and also the intestine and predisposes to colitis and intestinal toxemia. Such injuries promote degenerative changes in the liver, kidneys and blood vessels.

3. I have made no analysis of psyllium seed, but from the experiments I have made with it I believe that it contains no oil or at least very little. It has no food value.

4. Glycerine suppositories are not a cure for constipation. They sometimes give temporary relief. They are not harmful if used in such a way as to avoid producing local irritation.

Sincerely yours,

P. S. The best remedies for constipation are Kaba and soy acidophilus milk. I have known of success in cases in which they resisted every other means. They are thoroughly physiologic remedies and may be used indefinitely without possible injury.

1802 Bonita Avenue
Berkeley, California
November 1, 1935

Doctor John Harvey Kellogg

Miami Springs, Miami, Florida

Dear Doctor Kellogg:

I'd like to ask the following questions, if you please:

1. Can malaria be caused by drinking contaminated water; that is, water contaminated by open toilets?

2. Would (or could) taking a good deal of calomel to cure malaria (or for any reason) be liable to injure the valves of the veins so that the feet and legs would swell?

3. Does psyllium seed contain much oil? And about how many calories does it contain per pound? Or has that been determined?

4. Are glycerine suppositories a good remedy for constipation? Or are they harmful?

Sincerely yours,

Matilda Dance Newman

UNIVERSITY OF PENNSYLVANIA
PHILADELPHIA

GRADUATE SCHOOL OF MEDICINE
THE MEDICO-CHIRURGICAL COLLEGE

Cancer Research
Ellice McDonald, M. D.
Director
133 So. 36th Street

November 12, 1935.

Dr. J. H. Kellogg,
Miami Springs,
Florida.

Dear Dr. Kellogg:

I am writing to thank you again for the pleasant month which I spent at Battle Creek. Everyone was very kind and cooperative in every way. Father seems to be pleased with the cases which I collected and I am sure you will be when you see the final tabulations. Only one of the 130 cases smoked and he was not a strict vegetarian. In fact, he was a patient and had not entirely given up cigarettes.

Father and mother both thought I looked extremely well upon my return and I thought so myself. Seven pounds added to my ninety-eight was a great help. I have not used coffee since my return and have succeeded in persuading Father to use Sanka at night. In fact, I may be able to persuade him to use it entirely. I find it difficult to abide by all the good health rules, one learns in Battle Creek, in the ordinary course of life outside the Sanitarium. However, I try to eat as nearly like your rules as possible and I seldom touch the cigarettes. My friends urge me on to keep up the battle against them.

Thank you again for your interest in my behalf and for the delightful and instructive month I spent as your guest. I more than appreciated such an opportunity to work and learn at the same time.

With best regards,

Sincerely yours,

Virginia Hoffman

PS I wonder if you would ask Mr. Bloese if he received the Diet Questionnaire and if so, if he would fill it in and return it soon, as I cannot go on with the final tabulations until I receive it. He was so busy before I left Battle Creek, I was unable to have an appointment with him.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF CHEMISTRY AND SOILS
WASHINGTON

November 14, 1935.

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

Dear Sir:

Your letter of November 1, addressed to the Department of Agriculture, requesting information relative to the food value and vitamin content of tangerines and grapefruit, has been referred to this Bureau and Division for reply.

We are sending enclosed a copy of an article entitled "Food Value of Oranges and Grapefruit" and also one on the "Vitamin C Content of Frozen Orange Juice." This is the only material we have available on the subject.

Very truly yours,

D. Breese Jones

D. Breese Jones,
Chief,
Protein and Nutrition Division

Enclosures:
Food Value of Oranges
and Grapefruit.
Vitamin C content of Frozen
Orange Juice.

UNITED STATES DEPARTMENT OF AGRICULTURE
Bureau of Chemistry and Soils
Washington

THE FOOD VALUE OF ORANGES AND GRAPEFRUIT

By D. Breese Jones, Principal Chemist
Protein and Nutrition Division

THE FOOD VALUE OF ORANGES AND GRAPEFRUIT

The importance of oranges and grapefruit as American food articles is strikingly shown by the rapid growth of their production and consumption in the United States during recent years. The production of oranges in seven States in 1930-1931 amounted to over 50,000,000 boxes, and 16,500,000 boxes of grapefruit were produced during the same season in four States. The farm value of oranges produced during the season 1929-1930 in the United States amounted to $100,447,000, and that of grapefruit was $26,142,000[1].

The desirability of having available information relative to the food value of any article which occupies as prominent a position in our dietary as do oranges and grapefruit is obvious. It is the purpose of this article to present in a summarized form some of the more important data regarding the food value of these two citrus fruits.

In order to satisfactorily meet all the nutritional requirements of an animal a food must supply material in sufficient quantity and satisfactory quality to provide for the growth and maintenance of body tissues, the normal functioning of all physiological processes, and the necessary energy for the activities of life. As far as known, these requirements are provided by protein, fat, carbohydrate, mineral salts, and vitamins. No single natural food adequately supplies all these factors, hence the importance of variety in the diet. Oranges and grapefruit are particularly important as sources of vitamins and mineral salts. Their content of protein and fat, as shown in Table 1, is so low as to be relatively of little consequence in nutrition.

Table 1 shows the proximate composition of orange, orange juice, grapefruit, and grapefruit juice.[2] The data refer to the constituents of the edible portion, but are calculated as percentages of the "as purchased" weight. The percentages given are the averages of a number of determinations.

Analyses of both California and Florida grapefruit published by Zoller[3] are in close agreement with those given in Table 1. No marked differences were noted in the composition of Florida and California fruit.

There is contained in the white peel and membranes of the grapefruit a bitter glucoside, Naringin.[4] So far as known, it has no food value. This product decreases in amount with the maturity of the fruit.

VITAMINS

The importance of vitamins in nutrition is so generally well known as to require here no detailed discussion. Fruits and vegetables are among the best natural sources of vitamins. Prominent among them are the citrus fruits. Although oranges and grapefruit contain vitamins A and B, their chief value lies in their high vitamin C content.

Vitamin C. This vitamin, also known as the antiscorbutic vitamin is active in the cure and prevention of scurvy. It also plays a part in bone and teeth development. From many points of view, orange juice is the most valuable antiscorbutic. It has a high content of vitamin C, it is easily and conveniently prepared, and is palatable. Under normal conditions oranges are relatively cheap and plentiful. The orange is a fruit of great importance in clinical medicine.

Vitamin C is contained mostly in the juice, the orange containing somewhat more than the grapefruit. Modern investigators (6, 7, 8, 9,) have demonstrated that 1.5 c.c. of orange juice or 2 gms. of grapefruit will supply enough vitamin C to protect a guinea pig from scurvy.

It is recognized by pediatricians(10) that infants fed many of the artificial food mixtures, and even cow's milk, particularly if pasteurized, are likely to develop scurvy. The addition of orange juice to avert this difficulty is quite generally practiced. Fifteen cubic centimeters daily of orange juice is considered the antiscorbutic dose.

A number of investigators have studied the influences of vitamin C on teeth, (8,10, 11,12,14,15,16,17) and it is generally agreed that the antiscorbutic vitamin has a definite influence on the structure and preservation of teeth. Methods have been proposed and used for the qualitative assay of this vitamin based on the claim that the teeth show specifically in three weeks or less the absence of an adequate amount of vitamin C in the diet. Disturbances in tooth structure occur. The true dentine is reduced. It appears that tooth protection demands more antiscorbutic than does the prevention of external symptoms of scurvy. Eddy (8) states that "if tooth health is so directly related to vitamin C content of diet as these studies imply, we must not only give more antiscorbutic, but greater quantities for tooth health alone." Hanke (18) found in studying 100 cases afflicted with dental disorder that the diets were not greatly lacking in vitamin D, but that 40 per cent were markedly deficient in vitamin C. Howe (14) has also emphasized the importance of an abundance of vitamin C in the diet for the production of solid gum tissue, the arrest of caries, and inducement of bone regeneration in the alveolar tissue.

Vitamin A. Vitamin A is present in significant quantities in oranges, both in the peel and in the juice. When vitamin A was first detected in orange juice the quantity present was rather underestimated. It has been shown (16) that the juice of fresh ripe California oranges, when carefully collected and used, contains much larger quantities of this vitamin than previously supposed. Osborne and Mendel showed that 10 c.c. daily of orange juice was adequate for the vitamin A requirements of the rat. Willimott(19) found that 5 c.c. of navel orange juice were sufficient.

Orange rind oil is an exceptionally rich vegetable source of vitamin A, comparable with some of the most potent animal sourses. Morgan(20)

Table 1. Composition or Oranges and Grapefruit

	Water	Protein NX 6.25	Fat	Ash	Total Carbo-hydrate	Fiber	Invert Sugar	Citric Acid	Fuel Value per 100 gms.	Fuel Value per lb.
	per cent	percent	percent	percent	percent	percent	percent	percent	Calories	
Grapefruit. (Av. of several varieties)...	88.8	0.5	0.2	0.42	10.1	0.3	6.5		44.2	200
Grapefruit juice (Florida grown).....	90.1			0.4			6.65	1.42		
Grapefruit juice (California grown)...	89.3	0.4	0.1	0.4	9.8		7.03	1.77	41.7	190
Oranges. (Av. of several varieties....	87.2	0.9	0.2	0.47	11.2	0.6	8.65	0.78	50.2	230
Orange juice (California grown)...	85.7	0.6	0.0	0.58	13.1		9.14	1.23	54.8	250

found that orange peel oil obtained by ether extraction and by cold pressure contained this vitamin in quantities not far from that present in fresh commercial cod liver oil. Oil from fruit that had hung on the trees for several weeks after reaching maturity was practically devoid of vitamin A, while a fourth sample obtained by steam distillation was also valueless. Dried outer peel in doses of 0.5 to 1 gm. (single dose) was effective in curing xerophthalmia.

The grapefruit contains practically no vitamin A either in the juice or in the rind, and is of slight value as a source of this vitamin.

Vitamin B. Both the orange and grapefruit contain considerable amounts of vitamin B. According to Willimott, it is concentrated mainly in the flavedo, the outer pigmented part of the peel. He found that 2 to 3 gms. of orange flavedo or 1 gm. of grapefruit flavedo was enough to supply the vitamin B requirements of the rat. This, however, has not been fully confirmed. Osborne and Mendel (22) found that fresh orange juice contains about the same amount of vitamin B as does the same volume of milk, 10 to 15 c.c. being found adequate for the rat. Other investigators (23,19,24,25) have found practically the same value.

Vitamin D. No evidence of the presence of vitamin D has been found in either oranges or grapefruit.

ORANGE AND GRAPEFRUIT PRODUCTS

Orange juice and grapefruit juice can be concentrated either by evaporation *in vacuo* or dehydrated by the spray process and still retain to a high degree the vitamin activity of the original juices. Desiccated orange juice has been found to be effective as an antiscorbutic from two to five years after dehydration. (26,27) On account of the lability of vitamin C, unless special precautions are taken, this vitamin may be lost entirely if the juice or a product made from the juice is subjected to heat treatment or stored for long periods.

Both orange and grapefruit juices desiccated by concentration in vacuo show the same vitamin B potency as equivalent portions of fresh juice (22) and the vitamin A of the orange juice suffers little or no loss.

It has been found that commercial, canned grapefruit compares very favorably with the fresh fruit as regards its vitamin C content. The destruction of this vitamin resulting from the canning process has been estimated not to exceed 10 to 15 percent. Two grams of fresh grapefruit were found adequate to protect guinea pigs from scurvy, whereas the protective dose of the pulp and the liquor in the canned product was 2.2 cc.(8)

Commercial and homemade orange marmalades and crystallized orange peel have been tested for their vitamins A and B potencies. (28) Upon a 3 gm. daily intake of the commercial products, rats failed to recover

from symptoms of vitamin A deficiency. The animals fed a similar quantity of the homemade products, however, made fair increases in weight and regained nearly normal eye conditions. The total time of boiling and the temperatures reached in the preparation of the homemade products were less than in the case of the commercial preparations, which doubtless accounts chiefly for the higher vitamin content of the homemade products. The same general results were observed when these products were tested for vitamin B.

As a result of a two year study which has recently been completed by the Bureau of Chemistry and Soils, it has been definitely established that arsenical sprays reduce the vitamin C content of oranges. Studies to determine the effect of freezing on vitamin C content of orange juice, together with the effect of storage under various conditions, are now in progress. The present indications are that freezing alone does not materially decrease the vitamin content.

MINERAL CONSTITUENTS

Fruits contribute to the diet significant quantities of mineral elements which are necessary for the growth of the skeletal parts of the body. Mineral elements also play an important role in the proper physiological functioning of many of the body tissues and organs.

The ash yielded by incineration of the edible portions of oranges and grapefruit varies from 0.4 to 0.5 per cent of the weight of the fresh material. Table 2 shows the ash constituents expressed in percentages of the edible portion. (29)

Table 2. Ash Constituents of the Edible Portion of Oranges and Grapefruit.

	Oranges	Orange Juice	Grapefruit
Calcium.....	0.045	0.029	0.021
Magnesium.....	0.012	0.011	0.009
Potassium.....	0.177	0.182	0.161
Sodium.....	0.012	0.008	0.004
Phosphorus....	0.021	0.016	0.020
Chlorine.....	0.006	0.003	0.005
Sulfur.....	0.011	0.009	0.010
Iron.....	0.0002	0.0002	0.0003

Another important though less appreciated dietetic value of oranges and grapefruit, oranges particularly, consists in their content of basic mineral elements. In health the tissues of the body are slightly alkaline, and a condition of what is called alkaline reserve is maintained. A slight departure from this condition to the acid side causes serious consequences. Certain foods, such as meats, eggs and cereals, when taken into the body and oxidized yield acid-forming products which tend to reduce the alkaline reserve. Other foods have an alkaline effect, and thus tend to increase the alkaline reserve. Most fruits and vegetables belong to the second class of foods. Although such fruits as citrus fruits taste sour and contain certain organic acids, they yield products when burned which are strongly alkaline and are, therefore, alkali-forming foods. This is because they contain certain basic mineral elements such as potassium, magnesium and calcium in excess over the acid-forming elements. Oranges are particularly valuable as an alkali-forming food, both because they possess a preponderance of alkali-forming over acid-forming constituents and also because of their availability at all seasons, their palatability and their tolerance by persons having weak digestive powers. For these reasons orange juice is frequently prescribed for infants and invalids when the need of increased alkalinity in the system is indicated.

CARBOHYDRATES

Because of their low fat and carbohydrate content as compared with many other food articles, oranges and grapefruit do not have a high fuel value, that of oranges being somewhat higher than that of grapefruit, as shown in Table 1. Myers and Croll, (30) in a special study of the available carbohydrates in a number of fruits and vegetables mostly used in feeding diabetic patients, found the values for oranges and grapefruit as given in Table 3.

Table 3. Carbohydrates in Oranges and Grapefruit.
(Free sugars are expressed in terms of glucose.)

	Reducing Sugar	Non-reducing (Glucose)	Total Sugar
	percent	percent	percent
Grapefruit.....	7.28	1.35	8.63
Grapefruit, Cuban...	5.23	3.72	8.95
Orange, Florida.....	5.01	4.57	9.58
Orange, California..	6.08	8.10	14.18
Orange Juice.....	2.70	4.08	6.78

PROTEIN

Little is known regarding the nitrogenous constituents of the citrus fruits. Although the percentage of protein in oranges and grapefruit as given in food composition tables is about 0.5 percent, it must be remembered that this figure does not represent real protein. It is simply the nitrogen content multiplied by the factor 6.25, and, therefore, includes all the nitrogenous compounds present in the fruit. The actual amount of protein present must be considerably less. With such a small amount of protein present, oranges and grapefruit play a minor role as substances in the diet which contribute to the growth and maintenance of tissue proteins in the body. On the other hand, it is possible that the small quantities of protein found in such products as fruit may be of such a nature as to have a significance in nutrition in some way as yet unknown. This view finds some support in the findings of Smith,(31) who isolated a protein from orange pulp which is distinguished from any of the conventional classes of proteins by its unusual properties.

UTILIZATION OF CITRUS WASTES

Experiments have been conducted to ascertain the value of orange and grapefruit refuse as a feed for domestic animals. At the request of the Agricultural Committee of the National Research Council, the University of Maryland conducted experiments on the effect of cooked citrus rinds on hogs. (32)

The University of California Experiment Station (33) found that orange residue is readily digestible and "should have a feeding value approximately that of barley, dried beet pulp, and other feeds of a similar nature."

Experiments on feeding dried grapefruit residue and orange residue to dairy cattle have yielded conflicting results. (34,35) The material should have a feed value as a source of carbohydrates. The process used in its preparation probably destroys most of the vitamin contained in the original materials.

Investigations on methods of drying, or reducing citrus waste to a concentrated, stable and marketable form, have been conducted by the Laboratory of Fruit and Vegetable Chemistry, Bureau of Chemistry and Soils, U. S. Department of Agriculture. (36)

References Cited

(1) Marketing Florida Citrus. Summary of 1930-31 Season, Bureau of Agricultural Economics, U. S. Department of Agriculture. December, 1930, Crop Report of Bureau of Agr. Econ., U. S. Dept. Agr.

(2) U. S. Department of Agriculture Circular No. 50, 1928.

(3) Zoller, H. F. Ind. and Eng. Chem., 1918, x, 364.

(4) Fellers, C. R. Glass Packer, 1929, ii, 509.

(5) Fisher, N. F., and McKinley, E. B. Proc. Soc. Exp. Biol. and Med., 1924, xxi, 248.

(6) Willimott, S. G. Pharm. J., 1927, cxviii, 773, 793; Chemist and Druggist, 1927, cvii, 33.

(7) Davey, A. J. Biochem. J., 1921, xv, 83.

(8) Eddy, W. H. Am. J. Pub. Health, 1929, xix, No. 12, 1309.

(9) MacLeod, G., and Booher, L. J. Home Econ., 1930, xxii, 588.

(10) Editorial. J. Am. Med. Assoc., 1920 (June 19), 1718.

(11) Zilva, S. S., and Wells, F. M. Proc. Roy. Soc. London, Series B, 1917-19, xc, 505.

(12) Robb, E. F., Medes, G., McClendon, J. F., Graham, M., and Murphy, I. J. J. Dental Research, 1921, iii, 39.

(14) Howe, P. R. Dental Cosmos, 1920, v, 62, 921; 1921, lxiii, 1086, 1152; J. Dental Research, 1921, iii, 7; J. Nat. Dental Assoc., 1922, xix, 55.

(15) Bahrdt, H., and Edelstein, F. Zeit. f. Kinderheilk, 1913, ix, 415.

(16) Toverud, G. J. Biol. Chem., 1923, lviii, 583.

(17) Goettsch, M., and Key, K. M. Quar. J. Pharm. and Allied Sci., 1928, i, 168.

(18) Hanke, M. T. Abstracts xiii, Internat. Physiol. Congress, 1929, p. 10.

(19) Willimott, S. G. Biochem. J., 1926, xx, 31.

(20) Morgan, A. F. Am. J. Physiol., 1923, lxiv, 522.

(22) Osborne, T. B., and Mendel, L. B. J. Biol. Chem., 1920, xlii, 465.

(23) Stammers, A. D. Biochem. J., 1924, xviii, 9.

(24) Davis, E. M., and Stillman, H. A. Am. J. Disease Children, 1926, xxxii, 524.

Reprinted from
INDUSTRIAL AND ENGINEERING CHEMISTRY
Vol. 25, Page 216, February, 1933

Vitamin C Content of Frozen Orange Juice

E. M. NELSON AND H. H. MOTTERN

Bureau of Chemistry and Soils, U. S. Department of Agriculture, Washington, D. C.

Orange juice that has been frozen quickly and permitted to liquefy at room temperature shows no significant loss of vitamin C. Under the conditions of this experiment there is no apparent advantage from the standpoint of vitamin C preservation in excluding atmospheric oxygen during the freezing process. Three preparations of orange juice, frozen, respectively, in an atmosphere of air, nitrogen, and oxygen, and stored with the same gas in hermetically sealed containers at 0° F. (17.8° C.) for a period of 10 months, all show approximately the same vitamin C potency as fresh orange juice.

Data concerning the use of 2,6-dichlorophenolindophenol as an index of vitamin C potency are presented and discussed.

CITRUS fruits, as a class, differ from most fruits in that practically all their nutrients exist in the natural fruit as a liquid. This fact makes it possible and practical to preserve and distribute the juice of such fruit and collect the other portions for the manufacture of valuable by-products. This practice, which is growing rapidly, has many advantages from the standpoint of economy. The difficulties which have been encountered have been largely in the development of methods in the preservation of the juice—that is, methods which will satisfactorily preserve the natural flavor and full nutritive value. Particular attention during the last two years has been given to the application of quick-freezing methods to orange juice. Extensive distribution of frozen orange juice in retail packages about a year and a half ago

called attention to the necessity of obtaining fundamental information with respect to the stability of vitamin C in such juice.

Many recent publications, particularly those of Tillmans (*6*) and his co-workers, have provided evidence of the reducing property of vitamin C and emphasize the possibility of determining this vitamin by means of a suitable oxidizing reagent. This subject is discussed further by Mottern, Nelson, and Walker (*1*). 2,6-Dichlorophenolindophenol has proved to be a promising reagent, having a distinct advantage over other commonly used oxidizing agents. This reagent has been used previously in this bureau for following the oxidative changes that take place in the deterioration of orange juice (unpublished data). It was found that, when orange juice was allowed to deteriorate while exposed to air in a flask with a cotton plug, the diminution in reducing value was accompanied by the development of a dark brown color. When air was excluded, the development of the dark color was delayed, but a direct relationship between change in reducing value and development of color could be established. To obtain further information in regard to the oxidative changes taking place in frozen orange juice and also to correlate vitamin C content with reducing value as determined by the use of this dye, titrations were carried out on frozen juice which had been stored under different conditions.

The purposes of these biological and chemical investigations with respect to frozen orange juice were to determine (1) whether vitamin C is damaged during the preparation and freezing process, (2) whether any change in vitamin C content takes place during storage of the frozen juice, and (3) whether atmospheric oxygen influences the stability of vitamin C or oxidative changes in the juice during freezing and storage.

Frozen orange juice was prepared by three methods: (1) extraction in air and freezing under head space of air, (2) extraction in atmosphere of nitrogen and freezing under head space of nitrogen, and (3) extraction in air and freezing under head space of oxygen.

The first method compares with ordinary methods of handling the juice in a container which is not air-tight. The second method compares with commercial methods of handling the juice with precautions to exclude atmospheric oxygen. In the third method any changes due to atmospheric oxygen should be increased.

Tests on Guinea Pigs

The frozen juice was prepared from Florida valencia oranges late in the season and gave the following results on analysis:

Brix	12.4	Brix-acidity ratio	13.3
Titratable acidity as citric acid, %	0.93	pH	3.7

Ampules of about 50 cc. capacity were prepared from Pyrex test tubes. About 30 cc. of juice were placed in each

ampule and the neck sealed in the flame. In those cases where nitrogen or oxygen was used, the appropriate gas was introduced into the ampules by placing the empty ampules in a vacuum desiccator, exhausting, and releasing with the desired gas. The juice that was put into the nitrogen-filled ampules had been extracted in an atmosphere of nitrogen and kept under that gas. Upon filling the ampules, part of the gas was displaced by the juice and the remainder was contained in the head space. The juice was frozen with solid carbon dioxide within 30 minutes from the time extraction was begun. About 10 minutes were required for freezing, after which time the ampules were stored at 0° F. (−17.8° C.).

Vitamin C assays were begun a few days after the juice was frozen, and a portion of the frozen juice was retained for a later test to determine the effect of storage. The first vitamin C test was begun in May, 1931, and the second test on the stored material in March, 1932. Both tests were conducted in exactly the same manner, except that ten animals were used in each group in the first test and eight animals in each group in the second test. Guinea pigs weighing from 250 to 325 grams were given the following basal ration:

	Parts		*Parts*
Rolled oats	69	Casein	5
Autoclaved alfalfa	25	Sodium chloride	1

One and a half cubic centimeters of each of the frozen orange juice preparations were fed daily to each of the animals in three groups. The frozen juice was permitted to liquefy at room temperature before feeding. One group of animals received the same quantity of fresh juice from oranges which had been reserved from the fruit used in the preparation of juice for freezing. These oranges were stored at 40° F. (4.4° C.). Another group received no vitamin C. The average survival of the negative control animals in each test was the same, 26 days. The first symptoms of scurvy in the negative control groups were evident before the end of 2 weeks and the animals showed severe scurvy on post-mortem examination. Failure of the negative control group of the first test to increase in weight at the beginning of the experiment is not due to a deficiency of vitamin C. All the animals had been fed a ration rich in vitamin C four or five days before the experiment was begun. The negative control group survived the same length of time in both tests. The broken curves indicate that one animal in each group had died before the end of the fifth week. There was no significant difference in growth rate of the groups fed orange juice, irrespective of whether the fresh juice was fed or juice that had been frozen with exposure to air, oxygen, or nitrogen. Neither was there a significant difference in growth rate between the first tests conducted just after the juice had been frozen and the second test after the frozen

juice had been stored for 10 months. At the end of 4 weeks in the first test the average gains of the animals in the groups fed orange juice ranged from 50 to 76 grams. In the second test the corresponding weights were from 58 to 77 grams. At the end of the fifth week of the first test the average gains ranged from 70 to 97 grams, and in the second test the corresponding weights were 62 to 94 grams. After the fifth week, variations in weight in both tests were great, and numerous deaths occurred. The average weight changes of the groups are shown in Figure 1. Only twenty-one of the forty animals fed orange juice in the first test and 20 of the 32 animals in the second test survived the 8-week test period. All the animals which survived the test showed some evidence of scurvy upon post-mortem examination and, with a few exceptions, the animals which died showed extensive scorbutic lesions.

2,6-Dichlorophenolindophenol as Index of Vitamin C Potency

An approximately 0.01 *N* solution of 2,6-dichlorophenolindophenol was prepared. Portions (10 cc.) of the juice that had been frozen and stored for about a year were titrated with the dye after the addition of a sufficient quantity of sodium acetate to neutralize the solution. The average value of the titrations of six groups of juice frozen, respectively, with a head space of nitrogen, oxygen, and air, were 7.1, 6.7, and 6.6 cc. With one exception the titrations of the juices given the same treatment did not vary more than 0.1 cc. from the average. Until further evidence is available as to the effect other substances that are present in orange juice may have in reducing the dye used, the above titrations cannot be interpreted accurately.

The following experiments were conducted to obtain further information with respect to the relationship between reducing value with 2,6-dichlorophenolindophenol and antiscorbutic properties: The reducing substance from orange juice was prepared in concentrated form according to the following procedure: Orange juice was fermented with yeast at 30° F. (−1.1° C.) for 24 to 48 hours. The juice was then just neutralized by the addition of a hot saturated solution of barium hydroxide. The barium hydroxide was filtered off and the filtrate concentrated to about one-tenth of its original volume under reduced pressure. Upon standing overnight, further precipitation of barium citrate took place; this was also removed by filtration. Copper-free lead acetate was added to produce a concentration of about 2 per cent. The solution was made strongly alkaline to bromothymol blue test paper by the addition of dilute ammonium hydroxide. The yellow precipitate was filtered off, washed with water, and extracted with 10 per cent acetic acid. The acetic acid extract was separated from the insoluble residue by filtration. This filtrate was made alkaline to bromo-

thymol blue by the addition of ammonium hydroxide. The resulting precipitate after filtration and washing was decomposed with hydrogen sulfide. After filtering off the lead sulfide, the excess of hydrogen sulfide was driven off by distillation under reduced pressure. The concentrated reducing substance was diluted with water so that 0.5 cc. had a reducing value equivalent to 2 cc. of orange juice as determined by titration with 2,6-dichlorophenolindophenol. The concentrates were prepared as needed at intervals of about 2 weeks and stored under nitrogen at 40° F. (4.4° C.). There was no loss in reducing value during storage.

It has been demonstrated (*4*, *5*) that hexuronic acid, which has a high reduction potential, possesses antiscorbutic properties. Glucic acid which had been prepared and described by Nelson and Browne (*2*) has a reduction potential similar to that of hexuronic acid, and, as it is also a carbohydrate

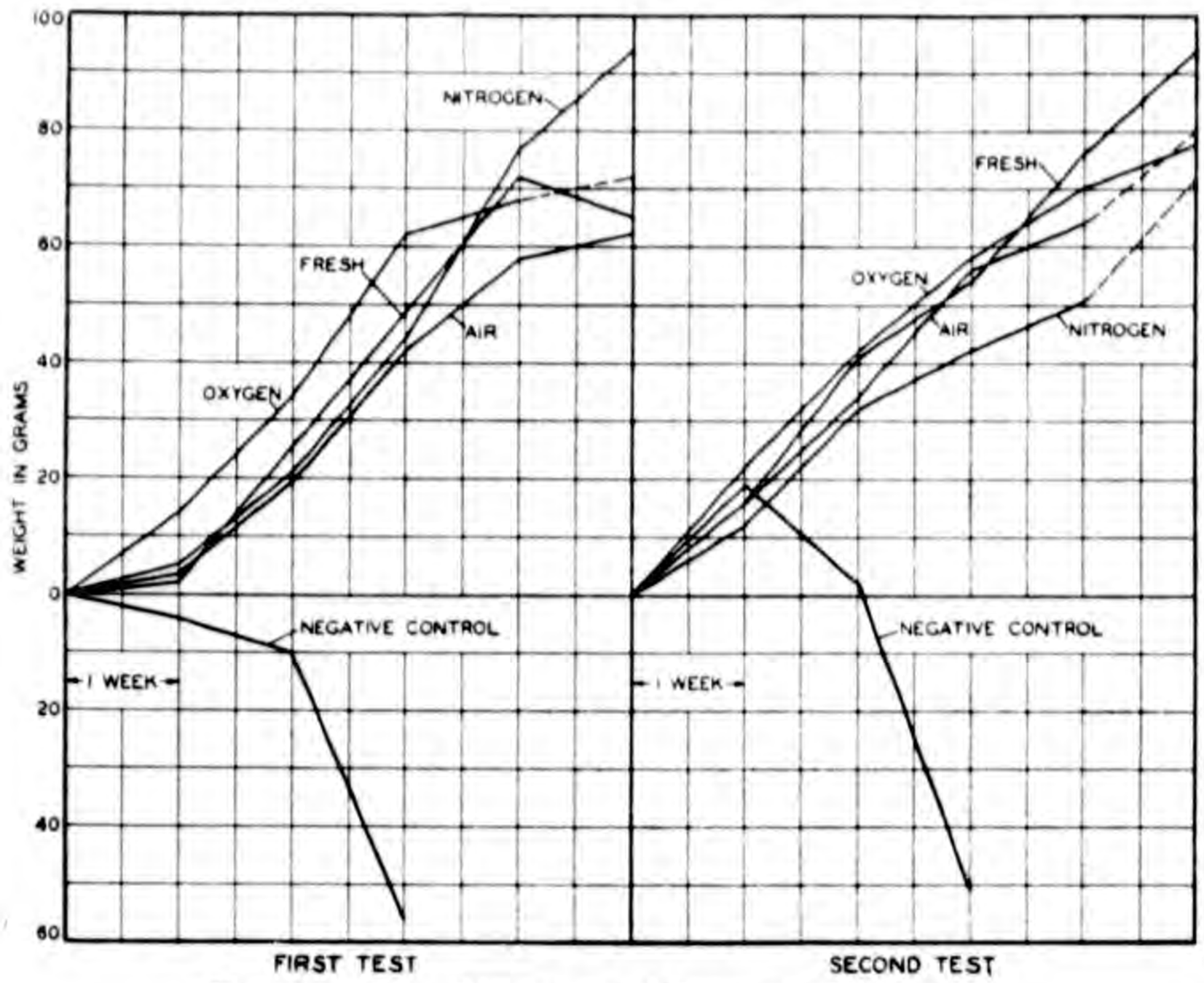


Figure 1. Average Weight Changes

derivative, experiments were made to determine whether it may possess antiscorbutic properties. Glucic acid was dissolved in water, so that 0.5 cc. contained 2 mg. of the acid. A 0.5-cc. portion of this solution reduced 4.75 cc. of 0.01 *N* dichlorophenolindophenol, and this quantity was equivalent in reducing value to about 7 cc. of orange juice. Twenty-four guinea pigs, ranging in weight from 240 to 312 grams, were divided into four equal groups. They were fed the scorbutic ration given above, and one group received an additional 2 cc. of orange juice daily. The second group received 0.5 cc. of the diluted orange juice concentrate. The third group received 0.5 cc. of the glucic acid solution, and one group received no vitamin C.

On the tenth day of the experiment four animals in the glucic acid group and five animals in the negative control

group showed signs of scurvy, and on the eleventh day all the animals in both groups showed swelling and soreness of wrists or stiffness of the hind legs. The glucic acid group survived an average of 23 days, and the negative control group 21 days. Post-mortem examinations showed that all the animals died with severe scurvy. The orange juice and orange juice concentrate groups were discontinued at the end of 5 weeks, owing to the exhaustion of the available supply of concentrate. Both groups grew at approximately the same rate and were in excellent condition throughout the experiment. The orange juice group made an average gain of 87 grams in 5 weeks, and the concentrate group 83 grams. There was no macroscopic evidence of scurvy upon post-mortem examination of the animals.

Discussion of Results

It is apparent from the biological experiments with frozen orange juice that this juice can be frozen quickly and permitted to liquefy at room temperature with no appreciable loss of vitamin C, and under the conditions of this experiment there was no discernible advantage from the standpoint of vitamin C preservation in excluding atmospheric oxygen during the freezing process. Even after storage for 10 months the juice retained its vitamin C potency, irrespective of whether it was preserved in an atmosphere of oxygen or nitrogen. These facts showed that vitamin C in orange juice is quite resistant to oxidation at low temperatures and in an acid medium.

The variation in vitamin C content of oranges is worthy of further investigation. In the present studies 1.5 cc. of fresh orange juice did not afford the same measure of protection from scurvy as in previous studies by Nelson and Mottern (*3*) on normal fruit. The difference in response cannot be attributed to experimental procedure in so far as the animals, the basal diet, or laboratory technic are concerned.

Titrations with 2,6-dichlorophenolindophenol show that there is a measurable difference in the reducing value of frozen orange juice that has been preserved in an atmosphere of nitrogen and air or oxygen. Assuming that this difference is due to a 7 per cent loss in vitamin C, it would not be readily detected by biological experiments.

The reducing value as determined by 2,6-dichlorophenolindophenol is not necessarily an accurate measure of antiscorbutic potency. Szent-Györgyi (*5*), Zilva (*7*, *8*), and Svirbeley and Szent-Györgyi (*4*) have published several papers dealing with this point. There may be many substances present in plant material which have some similar reducing properties. While glucic acid and hexuronic acid have similar reducing properties, the former has none of the physiological properties that have recently been attributed to the latter. However, in attempting to eliminate undesirable effects on vitamin C in commercial processes used

for the preservation of such products as orange juice, the colorimetric titration may be a very useful guide.

ACKNOWLEDGMENT

The glucic acid used was kindly provided by E. K. Nelson.

LITERATURE CITED

(1) Mottern, H. H., Nelson, E. M., and Walker, Reed, *J. Assoc. Official Agr. Chem.*, **15**, 614 (1932).
(2) Nelson, E. K., and Browne, C. A., *J. Am. Chem. Soc.*, **51**, 830 (1929).
(3) Nelson, E. M., and Mottern, H. H., *Am. J. Pub. Health*, **22**, 587 (1932).
(4) Svirbeley, J. L., and Szent-Györgyi, A., *Nature*, **129**, 690 (1932).
(5) Szent-Györgyi, A., *Ibid.*, **129**, 943 (1932).
(6) Tillmans, J., *Z. Untersuch. Lebensm.*, **64**, 11 (1932).
(7) Zilva, S. S., *Nature*, **129**, 690 (1932).
(8) Zilva, S. S., *Ibid.*, **129**, 943 (1932).

RECEIVED August 10, 1932. Presented before the Division of Agricultural and Food Chemistry at the 84th Meeting of the American Chemical Society, Denver, Colo., August 22 to 26, 1932.

PRINTED IN U. S. A.

CORNELL UNIVERSITY MEDICAL COLLEGE

DEPARTMENT OF
PHYSIOLOGY AND BIOCHEMISTRY

ITHACA, N. Y., November 15, 1930

Dear Dr Kellog,

On the advice of Dr Horvath , whose letter I am adding I am asking you, whether there might be a chance for me at Battle Creek Sanitorium as an intern or in a small position. If as an intern I could only just get a room and food, I would be only too happy.

You can see that I did really work in the line of nutrition quite extensively .

Do let me know please .

Yours very truly
Dr Helene Wastl Lipray

Dr. Helene Wastl Lipray .

P.S. Dr Martha Tracy Dean of Woman's Medical College of Pa, 516 W. Coulter street, Philadelphia would write a recommendation, if requested.

PRESIDENT
PETER A. MORTENSON
Formerly Superintendent of Schools, Chicago

TREASURER
WM. D. McNALLY, M.D.
Physician and Surgeon
Chicago

EXECUTIVE SECRETARY
MRS. ALICE HYATT MATHER
Welfare Worker
Chautauqua Lecturer
Office of the League

Auditor—Jonathan B. Cook & Company, Chicago

BOYS AND GIRLS ANTI-CIGARETTE LEAGUE

(INC.)

Room 410, 58 WEST WASHINGTON STREET
Telephone State 7676
CHICAGO

November 15, 1935

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

My Dear Dr. Kellogg:

Indeed pleased to hear from you. The cooperation and help you have given us throughout our fifteen years of existence as an Anti-Cigarette League are appreciated perhaps more than you realize. With your permission, we have incorporated many of the pictures and slides shown in your motion picture "Tobacco Plague", in our filmstrip "The Truth about the Cigarette". It is self-explanatory and a very constructive work is being done throughout the country with its aid.

I am enclosing herewith copy of the first issue of our official organ, THE NARCOTIC REVIEW. Hope you may like it. As you know, we have been striving for years to lift tobacco from its present setting - that of a food, into its proper classification - that of a narcotic. We have proven this point by authoritative statements which we have skillfully compiled into what is to be a standard issue of our paper. We hope to incorporate more advertising in our next issue and also should like to quote extensively from your writings should you give us permission to do so. I should also like to have one of your recent pictures for display. Should you care to advertise any of your products through this medium, we shall be pleased to have such cooperation and help. Should you care to be exclusive advertiser and finance the cost of the printing that would please us still better.

Wishing you continued success in your activities, also continued good health, I beg to remain

Most sincerely and gratefully yours,

Per Alice Hyatt Mather

Alice Hyatt Mather
Executive Secretary

AHM-MD

OFFICERS

PRESIDENT
PETER A. MORTENSON
Formerly Superintendent of Schools, Chicago

TREASURER EMERITUS
M. C. BOLT
Hollywood, California

TREASURER
WM. D. McNALLY, M.D.
Physician and Surgeon
Chicago

EXECUTIVE SECRETARY
ALICE HYATT MATHER
Welfare Worker;
Chautauqua Lecturer
Office of the League

VICE PRESIDENTS

Wm. L. Bodine
Superintendent of Compulsory Education, Chicago

Clara G. Gottschalk, M.D.
Chicago

Dr. Howard Agnew Johnston
Immanuel Presbyterian Church
Milwaukee, Wis.

John Timothy Stone
Fourth Presbyterian Church
Chicago

Bertha Van Hoosen, M.D.
Professor and Head of Obstetrics
Loyola University Medical College
Chicago

ADVISORY COUNCIL

Glen D. Adams
Boys' Working Assn., Chicago

Henry F. Arneman
Veneers & Panels, Chicago

F. W. Arnesen
John Anderson Publishing Co.
Chicago

Miss Mary D. Bailey
Asst. United States Attorney
Chicago

Miss Jennie Beardsley
Director, Chicago Methodist Ministries, Chicago

A. Esther Camfield
Teacher (retired)
Chicago

B. A. Camfield, M.D.
Chicago

Chas. E. Coleman
Merchant Banker
Chicago

C. E. Delaporte
Director, Physical Education
Amundson High School
Chicago

Geo. W. Dixon
Pres. Dixon Transfer Company
Chicago

Rev. S. B. Edmondson
Methodist Episcopal Church
Kansas City, Mo.

F. F. Ehlers, D.D.S.
Oak Park, Illinois

Arthur Burrage Farwell
President, Chicago Law and Order League; Hyde Park Protective Association, Chicago

Hon. Guy Guernsey
Lawyer, Chicago

Rev. Paul S. Johnson, D.D.
First Presbyterian Church
La Grange, Illinois

Steve C. Sumner
Rec. Secy. and Bus. Agent,
Milk Wagon Drivers Union
of Chicago

Dr. Frederick F. Shannon
Central Church, Chicago

Mrs. J. L. Trunck
Club Woman, Chicago

Miss C. E. Waddell, R.N.
Superintendent, Woman's Hospital
Detroit, Mich

Maude H. Winnett, M.D.
Formerly Member of Faculty
Rush Medical College, Chicago

Lorraine Elizabeth Wooster
Formerly State Supt. of Schools
of Kansas

Mrs. Edward L. Wickwire
General Charities, Chicago

COUNSEL

Thos. E. D. Bradley
Attorney-at-Law

Elmer D. Brothers
Attorney-at-Law

Robert C. Hardy
Attorney-at-Law

LECTURERS

Mrs. Elizabeth M. DeBoer
(See Directors)

Alice Hyatt Mather
Office of the League

OBJECT

To safeguard the health and morals of the boy and girl from the use of cigarettes and tobacco in every form; to carry on an educational campaign as to the evil effects of cigarettes and tobacco on the growing child; to aid with advice and cigarette treatment prescription, those who ask for help in overcoming the cigarette habit; to work for the enforcement of existing laws and ordinances, and for the enactment of such new legislation as is needed to prevent the sale to and use of tobacco in any form by minors, and to enlist in these efforts all educational, civic, moral reform, religious and social service organizations as co-operating agencies.

DIRECTORS

Arthur G. Taylor, Chairman
Business Counsellor
Chicago

Mrs. Elizabeth M. DeBoer
Chairman, Civil Service Committee
Hermosa Women's Club
Chicago

Mrs. Elizabeth M. Fihe
Formerly Referee, Juvenile Court
Chicago

A. N. Marquis
Founder and Editor
"Who's Who in America"

Geo. S. Marsh
Accountant
Chicago

Alice Hyatt Mather
Chicago

Hubert A. McIlvaine, E.E.
St. Charles, Illinois

Peter A. Mortenson
Chicago

Wm. T. Smith
Department Manager
Marshall Field & Company
Chicago

W. W. Hallam
Vice-President, Illinois Vigilance Assn., Member Chicago Vice Commission, Chicago

A. C. Kerr
Kerr Typesetting Co.
Chicago

R. F. Hinman, M.D.
Chicago

Mrs. C. L. Holtzman
Past President, Woman's Dept., Chicago Church Federation

Dr. Edwin Holt Hughes
Senior Bishop, Methodist Episcopal Church, Chicago

Alonzo C. Mather
President, Mather Stock Car Company, Chicago

Dr. D. P. MacMillan
Director, Bureau of Child Study, Dept. of Education, Chicago

Mrs. Catharine Waugh McCulloch
Attorney-at-Law
Chicago

W. A. Mueller
West Virginia Pulp & Paper Co.
Chicago

Helga M. Ruud., M.D.
Obstetrician, Norwegian-American Hospital
Medical Women's Council

Philip L. Seman
General Director, Jewish Foreign Institute, Chicago

Edward W. Mills
Chautauqua Lecturer
Fairmont, W. Va.

Mrs. Lucille W. Downey
Teacher (retired)
Chicago

Bertha Van Hoosen, M.D.
(See Vice-Presidents)

REPRESENTATIVES

Dr. Sarah B. Detwiler
Supt. Travellers' Aid Dept., Canadian National W.C.T.U., Kitchener, Ont.

James L. Jefferies, M.D.
Spartanburg, S. C.

E. L. Koenig
Pacific Palisades, Calif.

Rev. O. R. Miller, A.M.
Supt. National Civic League
Albany, N. Y

CHICAGO CO-OPERATING AGENCIES

Boy Scouts of America
Bureau of Compulsory Education
Camp Roosevelt
Boys' Workers Association
Chicago Boys' Club
Chicago Fed. of Settlements
Chicago Hebrew Institute
Department of Education
Lower North Com. Council
Juvenile Protection Assn.
Salvation Army

One West 72nd St
New York
Nov 16/35.

Dear Doctor Kellogg:—

I thought you might like to know that I have spent several months in reviving my Course in Public Speaking — (originally issued twenty-five years ago) — & it is now "going strong!"

I enjoyed immensely

doing this work and the publishers, Funk & Wagnalls, are highly pleased with results.

I trust you keep well. I always picture you as very active & alert & gracious.

= Mrs Keiser joins me in best regards —

Yours sincerely,

Grenville Keiser.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

November 16, 1935.

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

Dear Dr. Kellogg:

I came across a very interesting set of facts the other day in New York which I want to relay to you. In transmission they may have become somewhat inaccurate, but if you want a check up and will say so, I can do so.

As I remember it, it has been found

(1) that Porto Rican children living in Porto Rico never have rheumatic hearts;

(2) that Porto Rican children living in New York have an abnormally large number of very virilant cases compared with other races;

(3) that test treatments with ultra-violet rays and with certain vitamins did not seem to take the place of the Porto Rican climate and conditions.

I am wondering what suggestions you, with your skill in "smelling" the truth before it has finally been proved up, may have as to the explanation.

I have a lot of other questions on a lot of other subjects which I want to take up with you when I can get the time, provided you can get the time to answer them. They are in connection with revising "How to Live" and writing my tobacco article.

I hope all goes well with you.

As ever,

IF.W

Irving Fisher

November 18, 1935

Miss Virginia Hoffman,
University of Pennsylvania,
Graduate School of Medicine,
Philadelphia, Pa.

My dear Miss Hoffman:

I am glad to have your note and to learn that you have not abandoned all the reforms you started at Battle Creek. Did you read my little book "Tobaccoism?" If you did not, I will send you a copy provided you will persuade your father to look into it.

I am certainly pleased that you improved so much under the biologic regimen. What improvement you made is only a small foretaste of what you may achieve if you will adopt the whole program and adhere to it rigidly. In a few weeks the difficulties in making the change will be surmounted and you will be forever grateful for having been delivered from the tyranny of bad habits with the certainty of retribution to come. Whatsoever a man soweth that shall he also reap (Bible).

With best wishes and asking to be kindly remembered to your father, I am

Sincerely yours,

b

HORACE L. CARTEE, D.D.S.
SUITE 810-811 HUNTINGTON BLDG.
PHONE 3-2462
MIAMI, FLORIDA

November 19, 1935

Mrs. L. H. Merriam
Battle Creek Inc.
Miami Springs, Florida

Dear Mrs. Merriam:

Thank you very much for the enclosed information which you loaned to me and asked me to return. It was indeed generous of you and I appreciated having it.

Please thank Dr. Kellogg for his kindness in interviewing me last Saturday afternoon.

Cordially,

Horace L. Cartee

Horace L. Cartee, D.D.S.

C:H

No mention of him on Committee in his people friend his talk - letter harassed.

MIAMI DENTIST CALLS HEALTH PURCHASABLE

Dr. H. L. Cartee Speaks On Advantages of Living In This Area

"Men who have lived under strain brought about from business and professional worries may come to Miami when they retire and under climatic conditions live much longer and have much less distress from heart troubles than in any other place in the world," Dr. Horace L. Cartee, dentist, told members of the Advertising club of Miami yesterday noon in the McAllister Hotel.

"Men first begin to worry about their stomachs and then their hearts," Dr. Cartee said. "Relaxation is easier here because of our climatic advantages and that is what heart weakness needs.

"Health is purchasable. There are many persons financially able to buy our health giving advantages and at the same time be a most desirable type of resident."

Dr. Cartee's topic was "The Health Protecting Facilities and Health Giving Opportunities of Miami."

Mrs. Cartee entertained with readings.

George R. Hilty, president, named J. F. Orthner, chairman and L. C. McAskill, Bernal E. Clarke, E. Y. Leith and Charles E. Albury as members of a nominating and constitution and by-laws revision committee.

The memory of Harley J. Freeman, club member who died Monday, was honored with the adoption of a resolution and a minute of silent pause.

POLICE

November 20, 1935

Mrs. Tom Mackey,
410 East Avenue 23,
Los Angeles, Calif.

Dear Mrs. Mackey:

My attention today was called to the fact that your husband died October 30. On inquiry I learned that your telegram announcing his death was received at my office just as I was leaving for Florida. In the confusion and stress it was overlooked and because of this I did not send a floral tribute to the funeral as I should otherwise have done.

I esteemed your husband highly as a loyal friend and an efficient Christian worker. His remarkable reclamation and steadfast course during forty years of Christian activity bear high testimony to his character. I shall never forget him.

With very sincere sympathy, I am

Very sincerely yours,

b

November 21, 1935

Mr. Grenville Kleiser,
One West 72nd St.,
New York City.

Dear Mr. Kleiser:

I have your letter of November 16.

I am glad to hear from you again and to see that you are still on the job doing good and making money.

When you come to Florida drop in and see what progress we are making in producing an earthly paradise here at Miami-Battle Creek.

Thanks for the booklet, which I have looked over with pleasure and profit.

With best regards to Mrs. Kleiser, I am

Sincerely yours,

b

November 21, 1935

Dr. David Ottosen,
Skodsborg Sanatorium,
Skodsborg, Denmark.

My dear Doctor:

I have your letter of September 15.

I am glad to hear from you. I have not forgotten your visit to Battle Creek. I regret that you had to leave us.

I am very sorry to see by your letter that Dr. Ottosen is not appreciated as he ought to be by the Sanitarium management.

It is a great misfortune that the institution is under the shadow of a sectarian influence. No scientific establishment should be controled by clericals. They are usually poorly educated, narrow minded and prejudiced individuals and most of all unprepared to control a medical institution. I have always been very sorry that Dr. Ottosen did not obtain control of the institution at a time many years ago when an opportunity to do so seemed to present itself. I would have been very glad if I had been prepared to help him out, but I was overwhelmed with obligations which made it impossible for me to do so. I fear such an opportunity may never occur again, or at any rate not in time for Dr. Ottosen to make use of it. Doubtless the time will come when a hange will be found necessary and some other man, perhaps yourself, will be prepared to step in the breach. I do not wonder that you are finding difficulties, and if you think I can help you by advice or otherwise, do not hesitate to write me fully and frankly. Of course your letter will be strictly confidential if you desire it to be so.

Dr. David Ottosen, No. 2.

Give my best regards to Dr. Ottosen and to any old friends who remember me.

Sincerely and cordially yours,

b

November 21, 1935

Dr. Helene Mastl Lippay,
Department of Physiology and Biochemistry,
Cornell University Medical College,
Ithaca, N. Y.

Dear Doctor:

I have your letter of November 15 together with the numerous documents which you enclose which I have read with much interest and am herewith returning.

I am very sorry indeed I did not get an opportunity for an interview with you before coming South, as I think it more than probable that I could have worked out some plan which would make use of your valuable services. You certainly have had an unusual preparation, both theoretical and practical, for a high grade of professional work. I wish that I might have an opportunity to meet you, but am so far away this may be difficult to arrange. If you were near by I should invite you to come and visit me here at my Florida Sanitarium where I spend the winter months, and should be glad to make you my guest for a week or two so that we might get a little acquainted and talk over plans in which you might be interested.

In looking over the documents you sent me, it occurred to me that you would be able to render exceedingly valuable service to the New York State Board of Health. I wonder if you have looked into this. I think it would be well worth while if you have not done so. From my experience during 18 years membership of the Michigan State Board of Health I am sure you might be very valuable for thatwork. It also occurs to me that you

might be especially fitted for work in connection with the national welfare work at Washington. Your talents and expert knowledge certainly ought to be utilized with great advantage to the public weal.

Assuring you I shall be glad to assist you in any way possible and practical, I am

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

November 21, 1935.

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

Dear Dr. Kellogg:

As you know, I have been asked by one of the magazines to write an article on tobacco, expanding one that I wrote for Mr. Ford's journal, the Dearborn Independent, many years ago. I am inflicting the manuscript upon you, although it is at present very crude, merely copied from preliminary working sheets, and will have to be rewritten probably several times before it is really a finished product.

I am not asking you to help in any verbal way, as I know that would consume a great deal of your time, but perhaps you can tell me whether there are any particular points which you think are wrong. I want particularly to avoid overstatements. Perhaps also you can refer me to material not included here.

Some of your material is already included in the article. Dr. Emil Bogen saw the original of which this is an expansion, you remember, and gave me some interesting suggestions also. He and you seem to be the leading scientific students of this subject today. Dr. Frank Wood of Lyndon, Washington, likewise seems to have made a special study of it. If you know of others who are equally or more scientific in their treatments, I would be very glad if you would put me on their track.

Very sincerely yours,

Irving Fisher

AW.t

November 25, 1935

Dr. Helene Wastl Lippay,
Department of Physiology and Biochemistry,
Cornell University Medical College,
Ithaca, N. Y.

Dear Doctor:

Since writing you it occurred to me that possibly there might be an opening for you at Battle Creek as assistant to Dr. Boldyreff in our Pavlov Laboratory. Dr. Boldyreff was formerly assistant to Professor Pavlov of St. Petersburg and is now in charge of a physiologic research laboratory connected with the Battle Creek Sanitarium, and so I would suggest that you send your credentials to Dr. Chas. E. Stewart, Associate Medical Director of the Battle Creek Sanitarium. I am writing him about you and suggesting what I have intimated to you.

Sincerely yours,

b

November 25, 1935

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

Dear Prof. Fisher:

I have your letter of November 16.

I have had no personal experience in relation to the matter of which you write and I am not at all sure that I have any psychic olfactory sense that will render any service in the matter, but I offer the following suggestions:

I think it would be first of all important to know whether the number of observations made is sufficiently large to justify the conclusions. It is worthy of note, however, (1) that the climate of Porto Rico is tropical and that it is well known that acute rheumatism, which is the cause of rheumatic heart, is very rare in tropical countries. This seems to be an established fact which is noted in standard works on rheumatism.

(2) Because of the rareness of the disease in tropical countries natives of the tropics would naturally have less immunity and be much more subject to the disease on removal to a locality like New York where the disease is very prevalent, the climate unfavorable and frequent contact with the virus of the disease inevitable.

(3) Ultra-violet rays and vitamins are never so potent in their curative effects as are favorable weather and climatic conditions, although in many cases they may suffice to secure highly useful results.

I am always glad to hear from you and to pass on any information which I may have, which unfortunately is not likely to be adequate to

satisfy a man whose inquiries cover so broad a field and penetrate so deeply as do yours.

Are you coming to Florida this winter? The weather is delightful here. The hurricane did really very little damage, practically no damage at all to substantially built buildings, though quite a number of shabby cabins of the negroes and poor whites were demolished. I am suspicious that the estimate of the damage done was greatly exaggerated for the purpose of getting liberal help from the government.

A month of real biologic living in Florida sunshine would be a valuable experience, I am sure, for both yourself and Mrs. Fisher, to whom I shall be glad to be kindly remembered.

Sincerely yours,

b

November 23, 1935

Miss Ida M. Tarbell,
Bethel, Conn.

Dear Miss Tarbell:

I wonder if you remember a short visit which you made to the Battle Creek Sanitarium a good many years ago. If you do and if you visit Florida in the winter season, as so many famous writers are in the habit of doing, you may be interested to know that I have opened here in Miami an institution on the same plan as the Battle Creek institution of which I am still the Medical Director though making this my winter headquarters.

I am sending you our announcement and am enclosing a few picture cards from which you will see that we have a very pleasant place and we have a very pleasant clientele largely made up of persons who have been guests at Battle Creek, people who desire a quiet restful place where they have an opportunity to enjoy to the full the advantages of the Florida climate together with the most wholesome food selected with special reference to their health building qualities, prepared and served under the direction of skilled dietitians and carefully adapted to individual needs; baths and other treatment afforded by a fully equipped sanitarium with all the conveniences of a first class hotel service and without the tobacco smoke, confusion and undesirable contacts of a hotel.

We have an excellent organization of physicians, nurses,

dietitians and technicians thoroughly trained in Battle Creek methods. We have made many important advances in methods of combating Old Father Time. If you come to Florida this winter we shall be very glad indeed to have you visit us and feel sure that you will be pleased with what you find at the Miami-Battle Creek.

Sincerely yours,

b

1802 Bonita Avenue

Berkeley, California

November 24, 1935

Dear Doctor Kellogg:

I have just finished writing an article about oranges that I thought you might be interested in, and which I am inclosing for your consideration. As you know, during the last several years, a great deal has been learned about vitamin C and oranges. Also, I have learned much from my own experience. For six or seven years (for my general health's sake and to keep pyorrhea at bay) I have used at least a pint of orange juice a day. Occasionally a quart a day.

During the last year I wrote for GOOD HEALTH I knew there was a chance that my articles could never be paid for. But I offered to wait till times got better. The depression seems to have come to stay.

I am referring to this because I do not wish the GOOD HEALTH PUBLISHING COMPANY to feel under obligations, for I have canceled the debt in my own mind long ago. And also because I don't wish you to feel reluctant, on this account, to publish any more of my articles.

And really, I have been getting paid all these years. You answer any questions I wish to ask you. This is of priceless value to me, for I have more confidence in you than in any other doctor. Also THE GOOD HEALTH MAGAZINE is coming to me all the time, "without money and without price."

But I should be glad if you could use an article of mine in

GOOD HEALTH now and then, say two or three or four a year. But if you haven't room for them, of course it will be all right.

Lately I have become acquainted with several fine old people who would make interesting story material. I have in mind a couple of articles I'd like to write for GOOD HEALTH, about old people.

Sincerely yours,

Matilda Vance Newman

P. S. I have not offered the inclosed article to any one else because I hoped you would like it for GOOD HEALTH. So if it pelases you I should rather you would use it, even if it can't be paid for. If you can use it let me know, please, and I'll send some good photographs of oranges to go with it.

In regard to nephritis and Addison's disease being forms of scurvy, I came to that conclusion myself, from my own study of the subject. It seems reasonable to me. But if I am in error, I shall be glad to be shown.

Doctor Milton T. Hanke, of Chicago University, is my authority for saying that orange juice has stood for 24 hours in an open vessel without losing any of its vitamin C; but it acquires a brackish taste.

K 7[redacted]987

TARJETA POSTAL

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

En este lado se escribe solamente la dirección.

Terreno, Palma, Majorca
25/11/5
Spain

Dr. Kellogg

Many thanks for the G. H. numbers you have been so kind & generous to send me. Many interesting articles as usual especially that on Dr. Boldyreff on pancreatic juice deficiency. Wrote to him to get more information. Can we get the dried extract to test. Wish I could get some of your articles on Nuts especially almonds. Have you any? My question is still unanswered. If fats cause acidosis why are almonds alkaline?

Hope you are better now. Have you a deposit in Europe of your foods? Can I get a small & simple assortment of Protamels & Kaba. Thanks for recovery & wishes

Dr. Kellogg

Battle Creek. Mich.
Nov. 29. 1935.

Dr. John Harvey Kellogg;
Miami. Fla.

My dear Dr. Kellogg;

Thank you for half a dozen copies of Good Health, sent to the last meeting of the Three-Quarter Century Club.

I gave them to such of the members as I felt sure would read and appreciate them, and would pass them on after reading them.

Our meetings are well attended, and we all enjoy them. We hope to see you more frequently next year.

I am enclosing a note, which was handed to me by Dr. Winslow. It relates to a testimonial proposed for an old physician at the "SOO". If you happen to know him, and can find time to drop him a line it would undoubtedly cheer the dear old man on his retirement from the active practice of his profession.

Most sincerely yours;

P. J. Marvety.

Dr. E. H. Webster and other members of the medical profession of Sault Ste Marie and of the surrounding towns propose giving a testimonial dinner to Dr. Charles J. Ennis. The date has not been decided upon but it will be shortly after the receipt of letters from members of the medical profession who are acquaintances and friends of Dr. Ennis.

Dr. Webster has kindly asked me to assist him in getting the information to friends of Dr. Ennis in this vacinity and I am taking excerpts from his letter to refresh our memories, as follows:

"C. J. Ennis:--Born Dublin --85 yrs.--son of prominent (very) Dublin Barrister--that's English--pardon, Irish--full of life as a boy. Father believed in the rod. Charles hid whenever he had given cause for a caning. Tells of taking his pony to a race on a Sunday--henious offence in a Christian and devout family. Family returned unexpectedly just as his pony, running away with him, dashed into the carriageway; dignified father waited until Monday; Charles stood up for meals for a day or two. Innumerable stories of his exciting boyhood. Has Irish faculty of giving the answer before the question is asked.

His latest--earnestly addressing the Woman's Auxillary Mich. Med. Soc. at the Soo Country Club. Inviting them for a lecture at seven o'clock. Giving it allure, exciting their feminine curiosity. He with inimitable drollery announced it as a talk at the Christian Science Church. You know the Petosky stories in Burr's History of Medicine in Michigan. Educated Bellividere College, Dublin. M. D. at Carmichael College, Dublin. Pupil of Stokes. Ennis knew lot of heart and had a quick ear for valvular defects. I know he helped me out of holes when I was a cub. Practiced in British Service in Australia. Came to Soo 1882. He's been Dean of profession ever since. Rugged. Honest to the core. Never did an unmanly thing. Often gruff in serious cases. Gruff to hide the tear, like Osler who whistled on going out of a death chamber. Callous they said. "To hide the tear" said Osler; Ennis same. Grand host. Hospitable, witty, more so than I can tell, for many of his shafts (and I never hear one with out news in it) went over my head. He has been a joy to the Soo for all of his years here. I've known him for 38 years, and my pleasure and profit in seeing and hearing him have grown constantly.

Affiliations: Dean of Soo Physicians for over thirty years
Staff Chippewa County War Memorial Hospital
Past president U. P. Medical Society
Counsellor Old 12th, District Michigan Medical Society
Devout member Catholic Church
Toastmaster at numerous events in past forty years
Generous and friend of the poor."

If you will join in this tribute to Dr. Ennis, please have your name and address upon envelope, seal and send either to Dr. E. H. Webster, 413 Ashmun St., Sault Ste Marie, Michigan, or to me.

Sincerely yours,

R. C. W.

R. C. Winslow, M. D.,
65 W. Michigan Ave.,
Battle Creek, Michigan.

November 29, 1935

Mr. D. Breese Jones, Chief,
Protein and Nutrition Division,
Bureau of Chemistry and Soils,
U. S. Department of Agriculture,
Washington, D. C.

Dear Sir:

I have your letter of November 14 with enclosures. Thank you very much for sending me this information.

Sincerely yours,

b

November 30, 1935

Mrs. M. V. Newman,
1802 Bonita Avenue,
Berkeley, California.

My dear Mrs. Newman:

I have yours about the orange. It is really a good article. I have already in hand a long article about Florida fruits which we expect to publish soon, so I think it might be better to find another medium for this article. There are several journals which I think would be glad to have it.

I notice your intimation that there is something due you for your articles for Good Health. I did not know about this. I will ascertain about this at once. In the meantime I should like to have you write me your understanding of the matter as the office may have overlooked it. I will see that the matter receives attention right away.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 2, 1935

Mr. J. H. Kellogg
The Miami Battle-Creek
Miami Springs,
Miami, Florida

Dear Mr. Kellogg:

Thank you for yours of November 23rd. Mrs. Fisher and I cannot come to Florida this winter either. I had really set my heart on it at one time but it cannot be. Thank you for your answer to my question about rheumatic hearts of Porto Ricans.

I had hoped, if I came to Florida to have been able to go over thoroughly little by little, and without draining your time too much at one time, a number of points on which I am not clear, and which I ought to clear up in my own mind before the revision of "How to Live" is compiled, -- to say nothing of my desire to learn and apply personally.

Incidentally, you will be glad to know that I have greatly increased my stamina by applying more vigorously the hygiene which you taught me and which has been accentuated and carried to a very high point by Dr. Jackson, of whom I told you.

I have been particularly helped by more skin exposure and skin gymnastics, and probably by the greater use of greens and other dietetic measures, including more alkaline forming foods, and less acid forming foods.

In this last connection, I would like to ask whether it is true that one can have an excess of alkalinity. I understood you to say at one time that this would be impossible.

Mr. J. H. Kellogg:

On the other hand, in the recent rather absurd controversy over milk advertising, Fishbein is quoted in the newspapers as stating that the claims for more use of milk on the ground of alkalinity are greatly overdone, and that "alkalinosis" is just as bad as "acidosis". Very likely he was not correctly quoted, but I am wondering if alkalinity can be overdone.

I have also been told that where there is any infection in the bladder, acidity is of advantage and that ~~the~~ an alternation between acidity and alkalinity will help fight the germs.

My present tentative working hypothesis is that the latter statement is true, but that, in the absence of an infection, the best policy is to have a continuous alkalinity and that this cannot be overdone.

You will remember my mentioning to you the mystery of the fact that so many people seemed to be helped by the Hay diet. I can see from my own experiments with it, no advantage, and on the face of it it seems absurd. You attributed the good that it seemed to do to lessening of meat consumption. I am inclined to add to that the reduced consumption of calories.

Nevertheless, I am still not sure that either, or both, of these explanations can be complete.

In any case I am anxious to learn in regard to food combinations.

I was surprised to hear you say that milk and meat ought not to go together and that, in general, two different proteins, one requiring a very acid gastric juice, and the other not, are incom-

Mr. J. H. Kellogg

patible. This admits the whole theory of incompatibility of foods, whereas ever since, Horace Fletcher, and I have been working on the idea that there was no incompatibility provided one ate properly (insalivating etc)

If this is wrong I want to know what are compatible and incompatible foods.

I sometimes wonder whether it is not an advantage to avoid trying to "balance" one's ~~diet~~ individual meal as to protein, fat, carbohydrates, mineral salts, vitamins, bulk, water, etc., and ~~that~~ whether for a healthy man it is not better to eat somewhat one-sided; first in one direction and then in another, so that the digestive apparatus can be better exercised, so to speak, by being put through all its paces, just as in skin training it is well to subject the skin alternately to heat, cold, moisture, dryness, prespiration, etc. As you doubtless know, experiments with schools have shown that a carefully maintained proper temperature is less advantageous than the alternation of different temperatures.

Certainly, primitive man could not have balanced his diet at each meal. He would make a meal sometimes of nuts, sometimes of fruits, primarily, and sometimes perhaps of leaves, the balancing being not a matter for each meal, or perhaps even each day, but rather for each period of a week or a month; instinct being relied upon ~~in~~ to make a person having all one-sided meals turn to the other direction and ~~requiring~~ correct~~ion~~ the unbalance.

From this point of view the Hay diet may have the ad-

Mr. J. H. Kellogg

vantage, not as claimed, of reducing the strain on the digestive organs, but rather of exercising their facilities in handling one sided meals.

In regard to the use of dry cereals I remember when you, Dr. Emerson and I were talking, you repeated a statement which ~~that~~ years ago we all believed that dry cereals stimulated the flow of saliva.

I did not want to start an argument at that time for special reasons, but if I am not greatly mistaken a Dr. Hawks, in a series of articles on water drinking, pretty well established the conclusion that the opposite is true, and that saliva flows better in presence of water. It still remains true that one should not wash down his food with water, but the wetting of one's food helps the flow of saliva if it is held equally long in the mouth. Certainly, milk, the first food, is supplied with plenty of water and the flow of saliva wets all food soon after it is in the mouth.

If Hawks has been controverted I would like to know.

There are a number of statements in Dr. Jackson's book which I would question and I am referring some of them, or some questions suggested by his book or other reading, to you.

Is it true, do you know, that a child before he is trained otherwise, will refuse condiments of all kinds?

Is there any truth in the statement that all condiments produce catarrh?

Is ~~this~~ catarrh a physiological or bacteriological result?

Is it true that nearly all sufferers from stomach cancer

Mr. J. H. Kellogg

have used condiments extensively?

Is the same thing true as to stomach ulcers?

Dr. Jackson maintains that 4/5 of the food volume should be alkaline and 1/5 acid forming. He gives as a reason that "in our blood and cellular intersteices" so-called acidosis takes place that is accumulated acid residues. These acid residues are all irritants and sooner or later destroy all function and initiate disease.

Speaking of ~~roots~~ fruit- containing vitamin C as preventing scurvy, Dr. Jackson adds that they also prevent a host of other but less refined infections of the human body, ~~and~~ which are probably early and very slightly progressive manifestations of scurvy. I wonder whether there is any basis for this last statement.

He says that colds are the reaction to get rid of "debris-burdened" cells via the mucous membranes. This seems to imply that colds are a physiological rather than a bacteriological phenomenon. He says that fasting and water drinking made blood "hydremic" and restore the specific gravity which re-absorbs the debris. I suppose this is a popular statement of what occurs when the body cleans house with the aid of water. He also says that the debris is thrown out via the mucous lining and that the process simulates a cold.

Is there much difference, do you find between gray clothes and white clothes, so far as letting light through is concerned?

Mr. J. H. Kellogg

Is there any truth in the statement which another correspondent makes that the tiny seeds of tomatoes are troublesome to some people because they remain for a long period in the folds of the intestine? If that were true I should think psylla seeds would be a lot worse.

Complaint has been made of the statement in How to Live on page 99, "If one goes to bed with an empty stomach he can often get along with six or seven hours sleep, but if he goes to bed soon after a heavy meal he usually needs from eight to ten hours of sleep." The comment is that from the above statement one might be tempted to conclude that if a man requires eight hours sleep something is wrong with his health or his eating habits. I have come to wonder whether eight hours is not an excessive time for one who lives hygenically.

Dr. Jackson only gets five or six hours sleep, I think, but he uses more than the difference in hygenic practices and seems not to require more. He thinks this is because he keeps his body so free of poisons. I wonder if Dr. Jackson is entirely correct when he says that blood less alkalined than normal means sickness, which may be called "relative acidosis," a disease in itself, although not yet properly recognized by the text books and the authorities.

It is also a primary cause of most of our minor or common, and many of our major diseases.

Can you tell me whether the skin reabsorbs prespiration, or water, or salt? I believe it is true that it does "breathe" air a little.

Mr. J. H. Kellogg

Please don't try to answer all these questions at once, nor at all, if you cannot conveniently find the time.

I am giving more attention to hygiene now than ever before, both practically and as a study.

A doctor in New York who claims to be a great hygienist (improperly it seems to me) thinks that among his patients 50% of the troubles are due to allergy, some 35% to one of the following: obesity, arterial hyper-tension, arterio-sclerosis, and degenerative arthritis, and that 5% are mental; thus accounting for 90% of disease.

Very sincerely,

Irving Fisher

Irving Fisher

IFc

My son is having shingles. It was taken in hand very early when discovered some ten days ago, treated with diathermy and now is giving no trouble tho not quite eradicated yet.

Mr. J. H. Kellogg

P.S. I wonder whether, from the experiments in Ann Arbor, the decay of the teeth is any more associated with cane sugar than with any other kind of sugar. I should think that milk sugar might be worse because it feeds acidophilus, better, I think than the other sugars.

I wonder if you have seen the article by Arthur Hanszen, M.S., Volume, No. 10, December 1934 Issue of the American Journal of Digestive Diseases and Nutrition, on the Bactericidal Power of the Stomach and Some Facts Which Influence It, from the Department of Bacteriology and Preventive Medicine, University of Illinois.

According to this bananas eaten an hour before infected food is eaten will result in killing the bacteria.

Irving Fisher

COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-8827

CLAYTON SEDGWICK COOPER
PRESIDENT

GEORGE ADE
VICE-PRESIDENT

HARVEY S. FIRESTONE
VICE-PRESIDENT

J. B. FORD
VICE-PRESIDENT

WEBB JAY
VICE-PRESIDENT

CHARLES F. KETTERING
VICE-PRESIDENT

BYRON D. MILLER
VICE-PRESIDENT

E. R. THOMAS
VICE-PRESIDENT

JOSEPH E. WIDENER
VICE-PRESIDENT

ROBERT W. GIFFORD
SECRETARY

F. LOWRY WALL
TREASURER

DAVID HUYLER
ASST. TREASURER

December 4th, 1935.

Dr. John Harvey Kellogg,
Miami Springs, Florida

Dear Dr. Kellogg:

I am having a small group of our members of the Committee of One Hundred at my home, 4665 North Bay Road, on Friday evening of this week, December 6th, at eight o'clock. It will be an informal gathering and a part of a series of meetings, we are holding in our home this winter to bring about closer acquaintance among our members and opportunity for discussion of various topics of the hour.

I have just learned that Dr. Frank N.Buchman of New York, founder of the Oxford Movement, is one of your guests. It occurred to me that you might wish to bring him as your guest for this meeting at my home on Friday evening. I am sure the men would be interested to have him speak for them for a few minutes on the Oxford Movement. If you could let me know by telephone, I should appreciate it.

With very kind regards, I am

Very sincerely yours,

Clayton S. Cooper

csc-f

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 5, 1935

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

My dear Dr. Kellogg:

I am now sending you, in accordance with my last letter, the addenda to my tobacco manuscript and have underscored the proper names as before. In particular, if you feel that any of these authorities or any mentioned in the previous manuscript are not thoroughly reliable I should be very glad to have you tell me.

Very sincerely,

Irving Fisher

Dictated by Professor Fisher and
signed by his secretary in his absence.

Sc
Enc.

P.S. The above letter was written before the manuscript was copied and I realized how long it would be.

I have therefore gone through it and underlined the names of those whose work is referred to. If, as may well be, you cannot spare the time to go through the manuscript itself, I would be grateful if you could at least comment on the reliability of any of those people.

I meant to have had all the original references inserted in this first copy but this was overlooked. The result is that very likely you will find it hard to identify some of the writers.

In any case, don't let this absorb any more time than you can spare.

Since this manuscript was prepared I received a mass of other data and shall hope in a few days to send it as an addendum which I will later waeve into the article itself.

It will greatly save your time - and mine also - if you <u>interline</u> your comments and send back the manuscript. I enclose a stamped envelope.

I.F.

COMMITTEE OF ONE HUNDRED

1673 MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

CLAYTON SEDGWICK COOPER
PRESIDENT

GEORGE ADE
VICE-PRESIDENT

HARVEY S. FIRESTONE
VICE-PRESIDENT

J. B. FORD
VICE-PRESIDENT

WEBB JAY
VICE-PRESIDENT

CHARLES F. KETTERING
VICE-PRESIDENT

BYRON D. MILLER
VICE-PRESIDENT

E. R. THOMAS
VICE-PRESIDENT

JOSEPH E. WIDENER
VICE-PRESIDENT

ROBERT W. GIFFORD
SECRETARY

F. LOWRY WALL
TREASURER

DAVID HUYLER
ASST. TREASURER

December 6, 1935

SPECIAL NOTICE

DEAR MEMBERS OF THE COMMITTEE OF ONE HUNDRED:

The members of the Committee of One Hundred and their wives will be privileged to hear Dr. Frank N. D. Buchman, the founder and head of the Oxford Group, who will speak at our Michigan Avenue Club House auditorium next Thursday evening, December 12th, at eight o'clock.

Dr. Buchman's subject will be "Vital Forces in Europe Today".

Dr. Buchman's celebrity is world wide and there has been remarkable progress of this Oxford Movement in Great Britain, Denmark, Scandinavia and Switzerland. Dr. Buchman has spoken recently at the Metropolitan Opera House in New York before an audience composed largely of the New York social register, while his addresses at the Hotel Plaza, Briar Cliff Manor and other parts of the United States have assembled a large number of representative people.

Dr. Buchman comes to us through the courtesy of one of our honored members, Dr. John Harvey Kellogg, at whose Miami Springs home he is a guest for a brief time.

We enclose herewith admission card. Members desiring additional cards for guests may secure them at the Club office. Informal dress.

Prompt reply will be appreciated as the admissions will necessarily be limited to the capacity of the auditorium.

Very truly yours,

Robert W. Gifford
Secretary

Clayton S. Cooper
President

December 8, 1935

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

Dear Prof. Fisher:

I have your manuscript. I will look it over as soon as possible and send it back to you before very long.

By the way, I am sure you have not forgotten the numerous discussions we have had about the inheritance of acquired characters. I have never been able to believe that evolutionary progress could be possible in any other way than by the slow accumulation of changes acquired and passed on through the chromosomes by heredity.

Now that acquired characters are being manufactured at will by the X-ray , the possibility of the transmission of acquired characters is no longer questioned, so I think that question may be considered as settled, although I am sure no one would nowadays think of contending that skill or strength of either brain or brawn by a parent could be immediately transmitted to an offspring, although I doubt not that this same thing repeated through a long succession of generations would give rise to definite changes in the same direction, and admitting this it is impossible to deny that slight changes too small to be recognized must be transmitted from one generation to another so as to produce in time an accumulation.

This old discussion was brought to mind a day or two ago by a short article in the "Science News Letter" for November 30, page 342 entitled, "Worm Eats Small Enemy Merely to Get Its Weapons," a story

about how a certain worm sets a Hydra in order to get possession of the stinging hairs which the Hydra carries as a means of defense on certain parts of its body; the Microstomum swallows the Hydra, hairs and all, and after digesting the rest of the animal carries the stinging hairs by the aid of its white blood cells and plants them in the skin in such a way that they can be used as means of defense. It seems that this acquired armor is inherited to the third and fourth generation, which certainly is a very remarkable instance of the inheritance of acquired character,-- character acquired not by culture or education but banditry. It is a glaring example of highway robbery and assassination in the natural world and the fact that it receives the seal of approval through the creative act of heredity certainly sets one to thinking.

The famous Dr. Buchman is here with a half dozen of his lieutenants. They are all thoroughly converted to the biologic ideal and he proposes to make biologic living a part of his propaganda. None of his men smoke and they are becoming exceedingly enthusiastic as they are themselves improving from day to day.

I am rather anxious to get you down here for a week or two this winter at least to put you through our new program for changing the flora by which we get quick results and are able to bring the acidophilus up to a very high level, 85 or 90 per cent.

I received a letter from Dr. Dafoe a day or two ago (I hear from him very often). He is still feeding the babies soy acidophilus milk and with wonderful results, keeping them wholly free from bowel trouble and they are thriving in a most remarkable way. I believe he has adopted the biologic philosophy himself. He was greatly interested when I visited him and in every letter I have received from him he expresses very great

appreciation of the things he has learned from the literature I have sent him. He certainly would be glad to get a copy of your new book when you get it out.

Sincerely yours,

b

December 8, 1935

Prof. A. Levanzin,
11 Boria-Terreno,
Palma,
Majorca, Spain.

Dear Prof. Levanzin:

I have your card.

Our research department is still at work on the pancreatic extract and it will be some time before it will be possible to make it in sufficient quantity to put it on the market.

Sincerely yours,

b

December 9, 1935

Mr. P. J. Maveety,
Battle Creek, Mich.

Dear Mr. Maveety:

Thank you very much for your letter of November 29.

I wish you would let me know if there is anything I can do to promote the interest of the Club. I have a high regard for all the members.

The doctor referred to in the note which you enclose I am not acquainted with. I think I will let his friends take care of him since I have so many people on my hands.

Sincerely yours,

b

December 9, 1935

Mr. W. J. Morse,
Bureau of Plant Industry,
U. S. Department of Agriculture,
Washington, D. C.

Dear Sir:

We have been doing some experimenting this year with growing and canning shell soy beans. I am having a couple of cans sentyou so you can see what our product is like. We think it is very fine. The few thousand cans we put up went off like hot cakes.

We are thinking of doing rather extensive planting next year. We shall not have any seed to sell but may need to buy some more seed.

Here are some points on which I should like information:

1. Do you know of anyone in this country who is putting up shell soy beans?

2. Are shell soy beans canned in Japan and China, and if so can they be purchased there and brought to this country?

3. We find the 78-day bean adapted to our climate. We will be glad to get a shell bean that has a still shorter growing period if it is available. Could you tell me whether this is possible? I should also be glad to know if you have other varieties of shell beans of good quality with a growing period of about the same length.

I am also having sent to you samples of our condensed soy milk. Diluted with two or three times its volume of water, it is, I think you will agree, a very palatable product. We supply this to people who are interested in soy acidophilus milk and willing to take the trouble to make it at home. We supply them with the culture. They simply put the condensed milk into a clean fruit jar, add hot water, let it cool

to body temperature and then add the culture and wrap it up in a blanket and set it on the kitchen table and the next day the buttermilk is ready.

Soy milk produces a much more vigorous growth of the bacillus acidophilus than does cow's milk. The organism is more than twice as large and it grows twice as fast and does not require the long training, 25 or 30 transfers, required when cow's milk is used for the culture medium. In other words, the bacillus acidophilus seems to like vegetable products for a culture medium better than animal.

I shall be glad to know how you like the milk. If you would like to try making it at home, I will have some more cans and cultures sent to you. The process is so simple any housewife can do it. Slight contamination occurs, of course, but by using a large inoculum this does not matter for the first culture; but a fresh pure culture has to be used every time. If an attempt is made to make a culture from the home made culture it will be likely to fail because of the contamination likely to occur.

Thanking you in advance for any information you may be able to give me, I remain, dear Sir,

Very sincerely yours,

P. S. Soy acidophilus milk has become so popular at my institution here that dairy milk rarely appears on the table. Everybody likes the soy milk better, and of course when people have been properly informed they want the soy acidophilus milk to change their flora and to get rid of intestinal putrefaction and to encourage bowel action. The

effect of the soy acidophilus milk in this particular is very remarkable. In cases of very chronic constipation I have observed complete recovery with two or three normal bowel actions daily.

The Canadian quintuplets are taking soy acidophilus milk at every feeding and have been doing so since last September when they had an attack of bowel trouble which disappeared as soon as they began taking the soy acidophilus milk which I sent them and have supplied to them ever since.

I am accumulating evidence to the effect that the soy bean encourages the growth of the protective organisms in the human intestine to a very pronounced degree and by producing acids not only prevents putrefaction but encourages bowel action.

I think every effort possible ought to be made to spread information among the people respecting the value of the soy bean, which I am sure is some time destined to become one of the most important staple foods in this country as well as in China and Japan.

Here is another question: One of the difficulties in the way of the soy shell bean business is the expense of picking from the vines and shelling the pods. Do you know of any machinery that is used for either of these purposes?

b

December 9, 1935

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

Dear Professor Fisher:

I have gone through your tobacco manuscript. It is the finest collection of facts ever made and will have great effect coming from you as an international authority and with the prestige of Yale University behind you.

I see no reason to object to any of the authorities you have quoted. Most of them I know to be of excellent standing and the few others whose names are not familiar appear to have good connections.

I hope "The Reader's Digest" will publish the whole document.

You have covered the ground so thoroughly you have provided a veritable mine of information for those who want scientific data for opposing this terrible evil.

Senator Walsh of Massachusetts is with us under treatment and I am going to put your manuscript in his hands and ask him to read it. He seems to be willing to investigate. He has visited Battle Creek a number of times but still continues to smoke. I think he drinks some also. It is certainly time for him to stop.

An article appeared in "The Medical Record" of June 5, 1935, by Dr. Walter A. Bastedo entitled "What the Physician Should Know about Tobacco." I think you would find it worth while to looks this over.

Sincerely yours,

The difference between the systolic pressure and the diastolic represents the useful work of the heart. This is due to the fact that the heart must overcome the pressure in the arteries (diastolic) before it can force the blood into them. Since the effect of nicotine is to raise the diastolic pressure, to the same extent affecting the systolic pressure, the pulse pressure is diminished and thus the useful work done at each beat of the heart is lessened. This makes the man who smokes short winded and lessens his ability to engage in vigorous muscular effort of any sort. It is for this reason that all trainers of men who are to engage in athletic contests strictly forbid the use of tobacco. The effect of nicotine in increasing the work of the heart while at the same time lessening its capacity for work is so pronounced that even a very slight indulgence produces very marked evidence of impairment.

Prof. Lombard, head of the department of physiology of the University of Michigan, found that smoking for five minutes reduced the working power of his arm muscles 80 per cent and a whole hour elapsed after the smoking ceased before the muscle recovered its normal working power.

* p. 30.

To call an increase in sugar in the blood a "lift" is a very decided error. Every informed physician knows that while a slight rise of blood sugar naturally follows the taking of food, a rise of blood sugar without an intake of food is an indication of a disturbance of the liver function or an increased activity of the adrenals in an effort to defend the body against injury.

1802 Bonita Avenue

Berkeley, California

December 9, 1935

Doctor John Harvey Kellogg

Miami Springs, Florida

Dear Doctor Kellogg:

As you requested, I am sending you a statement. I certainly didn't want to do this, and would have never referred to the subject only I thought you knew, and I didn't want you to feel that I thought the Publishing Company still owed me. The Orange article seemed unusual to me and I wanted it to come out in GOOD HEALTH; and I thought if I explained to you how I felt about the matter, you would feel free to accept an article if it was something you specially liked.

I understand, perhaps better than you think I do, the struggle you have had to keep GOOD HEALTH from going under. Of course I've had my share of the depression; but with me a great cause was not at stake.

I owe to you more than to everybody else, my knowledge of how to keep the body in health. Nearly all my life--long before I ever wrote for GOOD HEALTH--I followed your teachings as best I could. The knowledge of how to live that I have gained from you has been, and still is, worth more to me than any amount of money.

For seven years I wrote for GOOD HEALTH and was always paid promptly until the last year, which covers the list of articles I am inclosing, all published during the depth of the depression. So after you have been through all you have to keep the good ship from sinking, just consider I have already been remunerated.

Sincerely yours,

Matilda Vance Newman

December 9, 1935

Following is a list of my articles not paid for, though I have received two checks since then, which I will deduct.

	Published
The Carrot	September, 1931
The Pumpkin	November, 1931
Time to Eat Wheat	December, 1931
Training Children to Like Vegetables	January, 1932
Busy and Happy Though Past the Century Mark	February, 1932
King Corn and Pellagra	March, 1932
Olive Oil	April, 1932
The Banana	May, 1932
String Beans	June, 1932
Canteloups	August, 1932

Total, at thirty dollars an article, ---------$300.00

Since then I received a check dated December 5, 1932, for thirty dollars.

I received another check dated June 28, 1934, for thirty dollars.

Total for two checks ----------$60.00

$300.00 less $60.00 ----------$240.00

Matilda Vance Newman

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 10, 1935

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

Dear Dr. Kellogg:

I am sending you some additional material on tobacco, including extracts from an article on "Alcohol and Tobacco" in the September issue of Fortune magazine. There are a few statements in this which are not in agreement with the data I have collected, and on which I should therefore value your comments.

Very sincerely,

Irving Fisher

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 14, 1935

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

My dear Dr. Kellogg:

Thank you for yours of December 8th. I shall be very glad to get your comments on the manuscript. You will note that I have taken over bodily a good deal of the material which you sent me. I assumed that you would not object if I did this without always making quotations, ~~so~~ tho I have mentioned you and Good Health from time to time. I know that you like me to feel that I should not over-stress yourself and Battle Creek, if I am to have a balanced presentation which will command interest and confidence.

All the more, therefore, am I anxious to be sure that no exaggerated statement, especially one based on data from you, shall creep in. It is much better to tell half the truth and have it believed and avoid disturbing confidence, than to tell 101% and let the 1% "queer" the 100%.

I think all the other critics to whom I sent the manuscript, Emil Bogen, Roman, Dr. Wood, Dr. Emerson, Dr. Johnson, etc., have sent back their manuscripts already.

Do not, however, hurry yourself as I know you have much more important things to do. Apparently the manuscript has made a good impression on these critics on the whole, and

Dr. J. H. Kellogg

I am hopeful that it may have a real influence, although only a small fraction of it can be actually published in the magazine (Readers Digest) which asked for it.

I believe they have several hundred thousand circulation.

I am interested in what you say about the inheritance of acquired characters. I think, however, that the critics make a distinction between the manufacture of characters by X-ray, etc., and their acquisition by use, as originally claimed by Lamarck.

No one, of course, can deny that all characters possessed must have some day been "acquired" in the sense that they were produced by some cause, whether they be X-ray, use, or anything else. But the question at issue is perhaps not so broad.

I am especially interested in what you say about Hydra.

I am glad to know about Dr. Buchman and his associates. I have never met him but I have a good many friends who have.

I appreciate very much your wanting me down there, but I do not see how it can be.

As to the acidophilus, could you not send me some as you sent it to Dr. Dafoe? I should be glad, of course, to pay all the necessary costs. I think you may have overlooked my previous request last year about this. You will remember, however, that before that, the specimens you sent me were criticized here

Dr. J. H. Kellogg

in the laboratory.

Very sincerely,

Irving Fisher

IFc

P. S. You will be interested to know that I made the decision today to proceed with a new health club.

You will remember my speaking to you about it many years ago, and have had it in mind for twenty years, I think. Now I think I see how it can be planned and worked so as to help materially in the health movement. I shall expect to write you pretty soon to give me your advice on various features of the plan, that is, if I am not overloading you with too many requests at the same time.

I am hoping to make this a major matter from now on, as long as I live -- and I am hoping that that will be a long time! The one fundamental part of the plan will be to admit no one to membership who is not willing to agree to live hygienically according to some pretty strict rules.

Incidentally, I am not at all sure that you will measure up! But if, in order to get into the Society, you will promise to try very very hard to be a very very good boy, perhaps you can gain admission!!

As ever,

Irving Fisher

100

December 16, 1935.

Dear Dr. Kellogg:

I am inviting fifteen or twenty men to meet me informally in my home, 4665 North Bay Road, next Friday evening, December 20th, for better acquaintance and discussion of some of the problems of the hour.

I should like very much to have you join us. Kindly let me know if you can come. Eight o'clock. Informal dress.

Cordially yours,

Dr. John Harvey Kellogg
Miami Springs, Florida

December 16, 1935

Dear Dr. Kellogg:

You ask if I remember the little visit I made to the Battle Creek Sanitarium a good many years ago. Certainly I do. I imagine one could never visit an institution of yours and forget. I remember it with pleasure and interest - the most exciting a Sanitarium I ever found.

What surprises me, however, is that you should remember that I was there. You were very kind to me, dear Dr. Kellogg, and if I were free to run about or if I needed a Sanitarium you may be sure I should be glad to take advantage of what you are offering at Miami. I am sure your present clientele will be glad enough to winter with you in Florida if they can possibly make it.

The very best success to The Miami Battle Creek and a Merry Christmas and a Happy New Year to you, dear Dr. Kellogg.

Very sincerely yours

Edwin Markham

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

ROLLINS COLLEGE
WINTER PARK, FLORIDA
HAMILTON HOLT, PRESIDENT

18 December 1935

OFFICE OF THE PRESIDENT

Dr. John Harvey Kellogg
Miami Springs
Florida

Dear Dr. Kellogg:

Last year you were good enough to contribute $10 toward the $500 I needed to raise to enable Miss Mia Rutz to spend a year at Rollins. As you will remember, Miss Rutz is the sister of Anny Rutz, who played the role of the Virgin Mary in the last two Passion Plays and Mia is likely to be the Virgin Mary when next the play is produced, as her sister has had the role twice and that role has never been played three times by the same person in the three hundred years of the play.

Miss Rutz did remarkably well last year in her studies and we are renewing her scholarship of $850, but I must again raise $500 which will pay for her board and room, as I cannot take this amount from our budget.

Would you be willing to renew your subscription of $10? I am sure you will agree with me there is no more useful or satisfying way of spending money than to help a worthy young man or woman get an education.

Very sincerely yours

Hamilton Holt

HH:J

December 20, 1935

Miss Goodwin:

Enclosed find a letter I have received from Mrs. Newman, 1802 Bonita Avenue, Berkeley, California. This is quite new to me. Won't you tell me about it?

J. H. K.

b
Dr. Kellogg:

GOOD HEALTH owes Mrs Newman the sum of $240.00 -for eight articles at the rate of $30.00 per article. This account has been standing for some time as you see by her letter. You told me that we would have to let these accounts stand as they were until conditions made it possible to take care of them. Mrs Newman has written many interesting articles and has been most considerate.

G Goodwin

December 20, 1935

Dr. Hamilton Holt,
Rollins College,
Winter Park, Florida.

Dear Dr. Holt:

I have your letter of December 18.

I should be glad to help Miss Rutz, but, as you know, I am supporting Battle Creek College with 400 students and my resources are taxed to the limit, so I will leave the pleasure of helping Miss Rutz this year to some one whose welfare burdens are not so heavy as mine.

With best wishes for you and your great enterprise, I am

Sincerely yours,

b

Form 1207-BP

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

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

WESTERN UNION

NEWCOMB CARLTON, PRESIDENT J. C. WILLEVER, FIRST VICE-PRESIDENT

CHECK

ACCT'G INFMN.

TIME FILED

HAVE YOU TELEGRAPHED FOR HOTEL ACCOMMODATIONS?
PLAY SAFE BY WIRING AHEAD

Send the following message, subject to the terms on back hereof, which are hereby agreed to
Pullman employes are required to furnish receipt for all paid messages

DECEMBER 25 19 35

To DR ALLAN DAFOE

Street and No. CALLANDER

Place ONTARIO CANADA

BEST WISHES AND CORDIAL HOLIDAY GREETINGS TO YOU AND

YOUR WONDERFUL PROTEGES

JOHN HARVEY KELLOGG

SENDER'S PERMANENT ADDRESS:

PULLMAN EMPLOYE'S RECEIPT
for Western Union Telegram

Amount received $ _____ to pay for

Telegram destined _____

Filed at _____

Date _____ 19____

AGENT OR OPERATOR

Pullman employe will attach this coupon to trip report

PASSENGER'S RECEIPT
for Western Union Telegram

Amount received $ _____ to pay for

Telegram destined _____

Filed at _____

Date _____ 19____

PULLMAN CONDUCTOR OR PORTER LINE NO.

Pullman employe acts only as agent of sender. No responsibility is assumed by the Pullman Company. This coupon to be given to the passenger

December 25, 1935

Dr. Allan Dafoe,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

Thanks for your letter.

I am glad to know that the little ladies survived the movie ordeal. Hope you will be equally fortunate in getting by the Christmas turkey. I can appreciate something of the anxiety and worry that such an occasion must make you. I hope some extra doses of acidophilus will expedite their recovery from Christmas festivities.

I sent a little Christmas box which I hope will reach you safely. I put in the box a few oranges for the quins, a pineapple for you, and a box of chocolates for each of the nurses and yourself.

I hoph the"quins" had an opportunity to enjoy the advantages of our lovely Florida winters. We have May and June weather here all winter.

I am waiting with interest for the arrival of specimens, and would appreciate it very much if the nurses would take the trouble to send me specimens regularly once in a couple of weeks.

With best regards and cordial holiday greetings, I am

Very sincerely yours,

The University of Chicago

Department of Sociology

December 27, 1935

Dr. John Harvey Kellogg
Battle Creek, Mich.

Dear Dr. Kellogg:

I am making a study on specialization in cities and I wondered if you could help me on this by having some one in your outfit look over the enclosed list. I am sending you a list of cities that I think are health resorts or centers. I would like suggestions as to deletions, additions, or questioning any that are doubtful. I would appreciate anything you could have done along this line.

Very truly yours,

William F. Ogburn
MR

William F. Ogburn

WFO/MR

Encl.

LADY GRENFELL
THE DEANERY
BRYN MAWR, PA.

27th December 1935.

Dear Dr. Kellogg,

We have just received your perfectly delightful Christmas poem and Sir Wilfred and I want to thank you ever so much for remembering us in such a very nice way. We sent you a little Christmas calendar to Battle Creek Sanatarium, so in case you do not receive it I want to add this line to let you know that we do not forget all your kindness in the past and your long friendship.

With best wishes,

Yours sincerely,

Anne Grenfell

Miami Springs
Florida.

All Communications to be addressed to the GENERAL SECRETARY.

New Health Society

"THE FIRST WEALTH IS HEALTH"

39, BEDFORD SQUARE, LONDON, W.C.1

Telephone: MUSEUM 8444-5.

President and Chairman of Council: SIR W. ARBUTHNOT LANE, Bt., C.B., M.S., F.R.C.S.
Vice-Chairman of the Council:
MAJOR J. B. PAGET.
Honorary Treasurer:
C. HAROLD VERNON, ESQ.
Chairman of Finance and General Purposes Committee:
DR. S. HENNING BELFRAGE.
General Secretary:
C. M. KOHAN, O.B.E.
Assistant Secretary:
MISS A. M. SUNLEY, B.A.
Honorary Solicitors:
MESSRS. LEWIS & LEWIS.
Honorary Auditors:
MESSRS. BARTON, MAYHEW & CO.

AMS/EW

30th December, 1935.

Dear Dr. Kellogg,

Thank you very much for your letter of the 14th instant.

Sir Arbuthnot Lane will be highly gratified to know that we shall continue to have the privilege of your support.

Yours sincerely,

pp. C. M. Kohan

General Secretary.

ams

Dr. John Harvey Kellogg, LL.D.,F.A.C.S.,
The Miami, Battle Creek,
Miami Springs,
(Miami)
Florida.
U.S.A.

YOUNG MEN'S CHRISTIAN ASSOCIATION

MADURA

President:
H. M. HOOD Esq., C.I.E., I.C.S.

Vice-President:
PETER ISAAC Esq., B.A., L.T.

Treasurer:
K. R. SUNDRAM Esq.

General Secretary:
T. J. CORNELIUS, M.A.

Secretary, Ponnagaram Branch:
OLOF A. JOHANSSON.

Dec. 31, 1935.

Dr. R.K. Kellogg,
Battle Creek, Sanitorium,
Battle Creek, Mich., U.S.A.

Dear Sir,

The Treasurer of our Association wishes to know the following, and I shall be thankful if you will kindly send your opinion as early as possible.

1. He has been using your All-Bran for bulk purposes, but suddenly he has been told that it is likely to serve as an irritant, and hence cause Cancer. Do you agree with this opinion? If it really irritates, would you advise Agar-Agar in the place of Bran.

2. What is your opinion about the Hay System of Diet? He has been following your advice all along and would like to know your opinion on the Hay System.

Yours sincerely,

T J Cornelius

General Secretary.

For publication in "Good Health" magazine, please!

Light as Food

"Fiat Lux!" Genesis

Dear Dr. Kellogg,

I have just received the April (1935) number of your excellent Health Mentor magazine, (so aesthetically and exquisitely "togged up," full of nut-meat and the perfumed ambrosia of Ceres and Pomona, with no carrion toxins to taint it's delicious perfume), and I thank you kindly, my letter to you about the harmfulness of long fasts and "light as food"; and I am very glad that you do not only agree with me on this matter, but also that you have so substantially confirmed the fact by very apposite illustrations.

Since I wrote that letter to you I have made some more experiments on this vital subject that fully confirm my previous views. I have here an apartment, in a garden, facing south, and therefore I have floods of sunshine pouring thru my door and windows from early morning till very late in the afternoon.

2) With the gentle caress of the first rays in the morning I jump out of bed and get out in the garden to munch my almonds with my crisp lettuce, that I find an excellent combination to balance the mineral quasi-equilibrium of both acid (from the protein & fats) and the alcaline (from the green leaves). I do not sit down, animals never do, but I walk up and down, planning my days work while chewing thoroughly my food.

While writing about almonds I want to avail myself of this opportunity to ask you a question that I am sure you can answer & this facto-rily having made this your staple food for the greatest span of your life. Nearly all writers about "acidosis", Dr. McCollum in his latest book included, state that almonds are highly alcaline in reaction, while other, like Dr. Joslin, in his book on Diabetes, state that fats, even if vegetable in nature, produce acidity in the system; in fact he mentions the case of one of his patients, a young lady, who, when she ate a good quantity of almonds ~~too expects~~, had an attack of coma.

Please be so kind and tell me who is right of the two - do almonds produce acidosis? and if one eats a little too much of them is there any danger of coma?

3) Your kind and illuminating answer will help many diabetics who are afraid of substituting nuts, meat, especially almonds and walnuts, because of their richness in fat. Another objection to their use by diabetics is that they are rich in phyto-cholesterin that, when it accumulates, especially in the lower extremities, may develop gangrene, the terror of diabetics, and that when it accumulates in the skin and is exposed to intense and prolonged sunshine may produce epitheliomas, as confirmed by Dr. Roffo's (of Buenos Ayres).

I wish you would ~~a~~ throw some light on this vital question too, because many diabetics are scared to indulge in nuts as ~~protein~~ meat-substitutes because of the results of these experiments.

They say: "to get the 70 grams of protein necessary for an adult from almonds you have to eat a very large quantity of them;* and as half of their weight is fat, their is danger of provoking a comatose attack", the other terror of the diabetic. I daily indulge in a pretty large quantity of them and never had any untoward result. But what about others?

4) Regarding my "light as food" experiments I have noticed, for many years, especially lately, that when I expose my skin to a moderate amount of sunshine, and especially my mouth and throat, and to a large amount of light during the very warm hours, I do not feel hungry at all, especially for fats and proteins, and that the sugars and starches from fruits and a small amount of potatoes satisfies me fully; while when the shadows of the evening steal in, my yearning for them is stirred up. In very warm weather and in southern climates I can easily get along with 25-30 grams of protein a day; while when the skies are clouded or muggy I need very much more in order not to lose weight. I notice too the "alcalinizing" effect of the "caloric" rays of light just as I notice the "acidifying" effect of the "actinic," so destructive to the protoplasm and therefore so harmful when one exposes his body to them for a very long time.

Therefore "light-food" must be used wisely and moderately as all other kinds of food not to upset the quasi-balance of the body, which when neutralized or pushed to extremes produces death-

With my best wishes for a long, healthy life

Prof. Hugo Schulz
3. Ph. Ph. Ph. Ch.
H. Boric-Teirens

Dr. Bernard
Cincinnati, Ohio