

IRA J. WILSON  
OSGOOD H. DOWELL  
JOHN F. McCANNA  
ANDREW F. WINTERCORN  
FRANK J. FOLEY  
EDWARD A. MORSBACH

**WILSON, DOWELL, McCANNA & FOLEY**  
COUNSELLORS AT LAW  
ONE LA SALLE STREET  
CHICAGO

PATENTS  
TRADE MARKS  
—  
ROCKFORD  
303 N. MAIN ST.

—  
WASHINGTON  
SHOREHAM BUILDING

January 2, 1936

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

Dear Dr. Kellogg:

We transmit herewith a Patent Office drawing in pencil showing your new irrigator, together with the usual specification, claims, petition and oath.

One feature that we have mentioned in the specification is that the pressure water supply system cannot in any manner be connected with the insertion member, hence there is no possibility of accidental manipulation of the valves, causing serious injury to the patient.

We have noticed in some of the patents covering devices of this character that a check valve is sometimes placed in the supply conduit in order to prevent back pressure due to muscular reactions from forcing contaminated water back up into the supply pipe. Do you contemplate employing such a check valve?

We note that you use an open top discharge tank and a window through which the contents thereof may be viewed, relying on the aspirator or ejector to empty this tank. Presumably this tank is removable from the platform scale for cleansing purposes. It might be well for you to point out to us at this time all of the advantages which you attribute to this removable open top discharge receptacle so that we may avail ourselves of such information for the purpose of addressing claims to this idea.

We would also like your comments on the effect on accuracy of measurement which is caused by the fact that the supply pipe from the supply tank may contain some water which the scales would indicate has been injected.

Perhaps we should also show a pipe leading to the sewer or into the discharge tank for draining the auxiliary supply tank 13 so that it need not be drained through the insertion member.

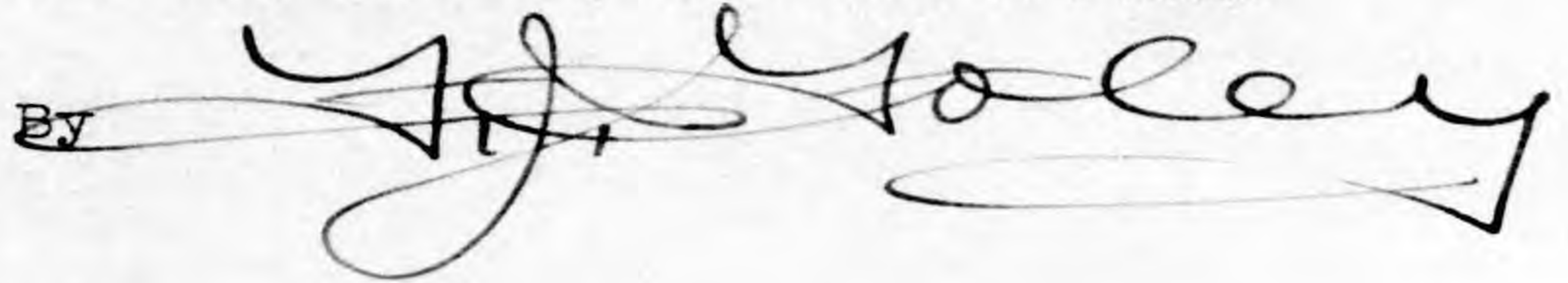
We will be glad to incorporate into the application any changes which you may suggest.

Please carefully preserve this sheet of drawing against damage and return it to us properly protected by the envelope and boards with which we transmitted it to you.

Very truly yours,

WILSON, DOWELL, McCANNA & FOLEY

By

A handwritten signature in black ink, appearing to read "J. J. Foley". The signature is written in a cursive style with a large, sweeping flourish at the end.

FJF:RO  
Enc.

*Dammann*  
*Blair*  
MADE IN U.S.A.  
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DR. WILLIAM GILBERT ANDERSON  
246 PARK STREET  
NEW HAVEN, CONNECTICUT

Jan. 2, 1936.

Dear Dr. Kellogg:-

I have known for many years that you were "many sided", but I was not aware that you had quaffed the waters of the Pierian Spring.

I have read several times the appealing lines which came under the heading THE FLOWERS AT EVENING PRAYER. They are the kind that sink into one's memory.

It has always been such a pleasure to me to look back to the days when you and I were together at Battle Creek, to the rides, the inspection of your plant and the visits.

I do not know that I can go to Miami this winter, because I have much to do and like yourself, I am slowing down a bit, but it is a tribute to right living to know that my own condition and that of my brother are so good. I am looking forward anyway to seeing you in June.

With kindest regards from Mrs. Anderson and me.

Faithfully yours

*W. G. Anderson.*

January 3, 1936

Mr. William F. Ogburn,  
Department of Sociology,  
The University of Chicago,  
Chicago, Ill.

Dear Sir:

I have your letter of December 27.

I am sorry I have not any dependable data on hand which is likely to be of service to you. I would suggest that you call on the secretary of the American Hospital Association, 18-20 East Division Street, Chicago, Ill. He will undoubtedly be able to give you just the information you want.

Sincerely yours,

b

**National Woman's Christian Temperance Union**

DEPARTMENT OF MEDICAL TEMPERANCE

MRS. PEARL KENDALL HESS, Director

631 East Jefferson Avenue

Orange, California

January 8th, 1936.

Dr. J. H. Kellogg  
Battle Creek  
Michigan.

My dear Dr. Kellogg:

Enclosed is a tear sheet from THE JOURNAL of the American Medical Association which is disquieting to me, since it is recognizing increasingly through these advertisements the desirability of cigarettes. No doubt you have been more distressed than I over this, but I do want to get some kind of an expression from somebody in the medical profession concerning this policy. I do not desire it for publicity, but it would be a comfort to learn of your reactions.

A recent editorial by Dr. Fishbein in THE JOURNAL on the food value of alcohol was just one more contribution to the liquor traffic, coming as it does from such a high source. It will bear fruit financially to the trade and destruction to the individual subsequently. Are you considering at all an editorial in GOOD HEALTH which would answer the Fishbein screed from your viewpoint?

In the June, 1933, issue of GOOD HEALTH you had an article entitled "Mate The New Poison Drink". Will you give me permission to put that in leaflet form for circulation in our national field? This drink is being advertised on the air, and I am coming upon it in many health food stores in various places where I go. A recent contact cited the fact that many doctors of that city were using this drug with very satisfactory results according to them. It has seemed to me that in view of the fate of South America on the question those in North America who know the truth concerning it should do something to prevent this product being popularized in our country.

It is rather late to bring up the question of the "Dionne Quintuplets" but you no doubt are aware that there were many syndicated articles citing the fact that these babies were stimulated by giving them a drop or two of rum. That has been seized upon with great triumph for the medicinal value of rum and incidentally alcoholic liquors in general. The fact that the lives of the babies were saved, no doubt by the oxygen tanks, will not receive general publicity. I covet a word in GOOD HEALTH concerning this. That word "stimulate" is the crux of the liquor traffic's contention concerning the medicinal use of alcoholic liquor.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

January 13, 1936

Dr. J. H. Kellogg,  
Miami Springs, Florida

My dear Dr. Kellogg:

It has been some time since I heard from  
you and I think you have two letters of mine unanswered.  
I hope all goes well.

I have several things I want to take up with  
you and particularly, the formation of a hygiene-practice  
association. *I have drawn plans for it which  
I want to show you.*

The enclosed article from Dr. Fishbein suggests  
that he thinks inorganic metals when swallowed can be as-  
similated. I supposed that that was impossible.

Very sincerely,

*Irving Fisher*

IF:M

Enc.

January 13, 1936

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

Dear Prof. Fisher:

I have glanced over your tobacco material and it looks to me as though you have gotten together a large mass of excellent data, perhaps the best of anything which has been accumulated up to the present time. Of course you have more material than you will be able to use in a "Digest" article.

The authorities you quote, so far as I can judge, are dependable. I shall be glad to see the material again when you have it digested and ready for the printers.

I wish you could see your way clear to take a more decided stand in relation to the question of moderation. There can be no such thing as moderation in the use of a poison. The only difference between a poison and a wholesome thing is that the poison is injurious in all doses whereas the wholesome thing is injurious only in excessive doses or when otherwise improperly used. There is of course a difference between a large dose and a small dose, but the dissemination of the idea that it is only an excess that does harm and that judicious use is harmless is in my opinion most harmful and should be discountenanced most decidedly. It is, in fact, a subterfuge behind which apologists for tobacco hide and also those who have not moral courage to stand by the truth.

The fallacy of the moderation philosophy becomes at once apparent when you undertake to test it by pragmatism a la William James; in other words, to try it out to see if it will work. Suppose, for

Prof. Irving Fisher, No. 2.

example, a doctor advises a young man that it will do him no harm to smoke cigarettes provided he used them moderately. By what standard, unit or scale of units can the doctor determine the number of cigarettes that this young man may use without suffering any injury. If there is such a standard, when and by whom was it created and how was it made? I have never heard of such a standard and I do not know of any attempt by anybody to make a standard.

I have never heard a definition of moderation in the use of tobacco or any other poison that would stand examination for a minute. A great biologic fact stands in the way of establishing any such standard as an utterly insurmountable obstacle, that is, the fact that no two persons have the same degree of susceptibility to tobacco or any other poison. No two persons have the same degree of ability to stand up against the damage produced by a poison. He may be able to tell the size of the dose which will produce dangerous or distressing symptoms, but he can not tell the size of the dose which will produce remote effects, the extent of which cannot be measured.

I hope you will be able to take a decided stand against the idea that tobacco may be used in any dose whatever without harm. I hope you will publish not only the "Digest" article, but a more extended treatise on the tobacco question and that the book may have a wide circulation.

Sincerely yours,

b



*Starr Commonwealth for Boys*  
*Albion, Michigan*

8  
*Floyd Starr, President*

January 21, 1936

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

Dear Dr. Kellogg:

We have received your kind gift of a magnum jar of Savita. This is a most generous and appropriate donation, and I am truly grateful to you for this evidence of your continued goodwill. When times are hard and problems are many, it does a man a world of good to have proof of the interest of his friends, and when this proof takes such very tangible form - well, Doctor, words do not express my thanks.

We are writing by this mail to Mr. Kirkland to thank him for forwarding the Savita to us, and to request a sample of soy beans. We are much interested in the use of these beans, since we have had such admirable results from the system of diet of which you are the chief advocate.

You may be interested to know that two of your Sanitarium "girls" Pearl Bliss Cox and Nora Linton, are now associated with Starr Commonwealth. We - and they! - are most grateful for their good "up-bringing"

Sincerely and gratefully yours

*Floyd Starr*

STARR COMMONWEALTH FOR BOYS.

Prof. Irving Fisher, No. 2.

Mendel was one of the first to prove this. He demonstrated  
January 26, 1936  
that inorganic lime could be assimilated by rats when the supply  
of food lime was entirely cut off.  
Prof. Irving Fisher,  
460 Prospect Street,  
New Haven, Connecticut.  
Dear Prof. Fisher:  
In regards your hygienic practice association, I can form  
not idea until I know definitely of your plans. I do not think  
the name would be popular. The word hygiene is too academic  
or formal or commonplace. I should think to be readily made  
popular surgical operations almost every day for the last 60  
or three weeks and very substantial behind it of patients  
as never before. Practically all of our patients are aristocracy  
of Health about, that is, very stubborn cases, many years, and of  
people who have been under the care of the leading physicians  
of the country but have gotten no relief of the most factors  
needed to make it usually. The inducements that are prepared to  
offer are medical, generally educational opportunities.  
The Sanitarium, the College, the Food Business and Florida  
headquarters altogether. I think supply elements which can be  
organized into a successful scheme that aim and effect of which  
I believe may be helpful. Dr. Fishbein is wrong about half the time,  
but in this instance he is right. It is possible that in-  
organic materials may be assimilated in small amount, but the  
body can by no means depend entirely upon inorganic sources for  
its food minerals. We have a fine group of splendid  
people, the house overrunning, every corner filled and a large-  
number living in rooms outside and coming in for meals and treat-  
ment. Essential mineral element that unorganized elements can be  
assimilated.

Prof. Irving Fisher, No. 3.

What is your forecast for the future of America? Is there enough common sense left to evolve safe and sound national life? I rather doubt it. There are too many demagogues, but I confess the exit of Huey Long is quite a relief.

Sincerely yours,

b

January 28, 1936

Mr. Clayton S. Cooper,  
Committee of One Hundred,  
1373 Michigan Avenue,  
Miami Beach, Florida.

Dear Mr. Cooper:

This note will introduce my guest,  
Dr. Buchman, and my colleague, Dr. Jeffrey.

Sincerely yours,

b

JOHN J. RASKOB  
EMPIRE STATE  
NEW YORK CITY

January 30th, 1936

Dr. J. H. Kellogg  
202 Manchester Street  
Battle Creek, Michigan

Dear Sir:

Beginning life as a poor boy blessed with splendid health, the finest heritage which a good father and mother can leave any child, I was able to acquire a good grammar and commercial school education before starting to work at five dollars per week, at the age of nineteen years, to make my way in the world.

It was my good fortune to be born a citizen of the United States of America - a country whose government is founded on a constitution which respects the rights of persons and property as fundamental to every successful form of government and which teaches the duty of government to encourage and protect individual and group initiative and enterprise; to foster the right to work, earn, save and acquire property and to preserve the ownership and lawful use of property when acquired. These are human rights.

Through the years I have been successful - successful in retaining good health and, through hard work and saving, in acquiring a competence for old age and the care of dependents. As measured in terms of happiness, however, greatest success has come from accomplishments made possible under our form of government, accomplishments impossible under a socialistic, communistic or other form of government which fails to encourage initiative and teaches that all property belongs to the State to be used under such conditions as the government may dictate through bureaus created for that purpose. This constitutes a government of regimentation and bureaucracy and subjects the citizen to the many kinds of tyranny resulting from such political control of our homes and all else vital to our daily existence.

Paraphrasing the words of the declaration of independence; when in the course of the life of a nation a radical minority in both great political parties becomes so strongly entrenched in public positions of power and authority as to threaten the destruction of the fine principles on which that government is built, a decent respect to themselves and posterity demands that all liberty loving citizens of that nation stand forth, rally around a common standard and fight for the preservation of those principles which for one hundred and fifty years have insured liberty and freedom for a people who declare that their Creator endowed them with the unalienable rights of life, liberty and the pursuit of happiness. In this way only can the children of future generations enjoy the same opportunities to be happy and succeed through working, earning and saving as were enjoyed by the boys and girls of past generations.

Fortunately, we have such a rallying point already created. The American Liberty League, seeking no office or political control, organized more than a year ago, has established a proud record. Thoroughly non-partisan it has stood forth, bravely defending our charter of liberty and presenting its findings through a series of pamphlets so carefully prepared that not one statement of fact has been successfully contradicted. Notwithstanding this, however, its members have been reviled and misquoted, all of which has advertised and promoted the splendid work the League is doing. The radicals are now beginning to realize that the American citizen is demanding facts and that scurrilous attacks on reputable citizens characterize weakness in their cause.

As a citizen with the responsibilities of the head of a family of twelve, as a property owner, stockholder and director in several corporations, I hope you will not think me presumptuous in calling on you and your friends to unite with others in issuing a clarion call to all liberty loving citizens to join the American Liberty League, National Press Building, Washington, D.C., which is doing everything possible to root out the vicious radical element that threatens the destruction of our government.

Sincerely yours,



February 1, 1936

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

Dear Friend Kellogg:

By the time this reaches you, you should be in possession of my latest work entitled "Efforts to Lessen the Prevalence of Heart Disease and Tuberculosis." Owing to Post Office regulations, I could not tell you in my autographed inscription how I appreciate your invaluable service in preventive and curative medicine and surgery in your long blessed life. Blessed indeed, by having rendered healthy and happy thousands of individuals and served as an inspiration to your colleagues and pupils in their work. I consider myself one among the latter and, while we may differ concerning certain features in diet and medication, our ideals have been the same. Only you were superior and certainly more energetic and outspoken in your condemnation of alcohol and tobacco, while I believe we can achieve more by teaching moderation in all things.

I am glad that you are in sunny Florida and enjoying warmth while we are occasionally having zero weather. I must, however, be frank and admit that it does not affect me. I still sleep outdoors in a thoroughly warmed bed with plenty of covering and enjoy my night life immensely. Otherwise, I am going on 79 years young, have given up all real active work, and content myself with an occasional consultation and a lot of literary work. I presume you know that besides being interested in Tuberculosis and Heart Disease (only to a small extent in the latter) I am intensely interested in eugenics, birth control, and psychical research. Have you read Carrel's latest book, *Man The Unknown*? He believes strongly in telepathy but denies the existence of spirit and does not believe in its immortality. As you perhaps know, he received the Nobel Prize for keeping the chicken heart alive long after the other portion of the chicken had gone into the pot.

My beloved Paris teacher, Professor Charles Richet, the author of that fine volume, *Metapsychique*, recently passed into the spirit life. He was one of our greatest physiologists.

If I can dispose of a little real estate I own I am willing to return to my old home in Los Angeles, where I started my medical career, and finish my days in the City of the Angels, if there are any left. I never considered myself one of them but I saw a good many in my early days, and knew some good women and some good men who helped me in my early struggles by their angelic qualities. I hope to have the pleasure of seeing you either in Florida or Michigan before I sail for the Pacific Coast.

With the best of good wishes, believe me, my dear Kellogg, with great esteem,

Yours faithfully,



223 room. Sanitarium  
Battle Creek, Michigan,  
February 4, 1936

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

My dear Dr. Kellogg:

I feel impressed to send you the enclosed tribute to your splendid Journal, GOOD HEALTH, from an aged man to whom I had sent some copies.

I have expressed to others my belief that if Dr. Kellogg had done no more than his contribution to the world in this Journal, it would be a great life work! You have, Dr. Kellogg, without ever faltering all these years, done all in your power to warn your readers of the terrible evils which have been and are increasingly bringing disaster and ruin to the human race! No other journal that I know of is so honest and fearless in its teaching the principles of right and biologic living; and only eternity can reveal the results.

It was through a sample copy of GOOD HEALTH being sent to my home in Virginia almost fifty years ago that attracted me to come to the Sanitarium to take the training. When I read of the biologic methods taught, I was at once impressed and thought how wonderful it would be to understand these principles and thereby be able to help the suffering - so you can see that I love the Journal and have always been a conscientious booster for it. During my many years at the Sanitarium, I must have secured hundreds and hundreds of subscribers.

The world needs GOOD HEALTH! May it always live is the wish of,

Your fellow worker and friend,

EMILY STEVENS



A TRIBUTE TO "GOOD HEALTH" MAGAZINE

"The GOOD HEALTH for the month of September is most interesting. It really is a splendid magazine and teaches us how to live and keep well. No doubt the less meat we eat the better and if we all ate more fruit the better for all of us. The article, "The Best Fruit in the World," is most interesting as I believe in eating plenty of fruit, especially apples, oranges, etc.

"I never get a headache now and must attribute it in a large measure to the information from GOOD HEALTH."

\* \* \* \* \*

The above was written by a man in England when in his 86th year to whom I sent GOOD HEALTH.



*The Commonwealth of Massachusetts*

*Massachusetts State College  
Agricultural Experiment Station*

*Amherst*

HOME ECONOMICS RESEARCH

February 5, 1936

Dr. John Harvey Kellogg  
Miami Springs  
Florida

Dear Dr. Kellogg:

It is just about a year since I left Battle Creek to take up my new duties here at Amherst and I assure you that I have greatly missed my Battle Creek friends and professional contacts in Michigan and I have found it difficult at times to start new in a department which is yet to be built up. It is, however, a true challenge and New England needs some place that can offer graduate work in nutrition for women. There are few such places in the East. I never cease to appreciate, however, my long and profitable contact with you and your organizations and I want you to know that I have a most loyal feeling toward Battle Creek.

I ran across a book review in a recent number of the American Journal of Digestive Diseases and Nutrition which I want to call to your attention in case you have not already seen it. The book is entitled Vegetables and Their Significance in the Physiology of Digestion by Dr. N. T. Leporsky. I do not know whether the book is printed in English or not but the review gives a good deal of valuable information in which I am sure you will be interested.

Yours very truly,

*Helen S. Mitchell*

Helen S. Mitchell  
Research Professor (Nutrition)

HSM:D

February 7, 1936

Mr. George Bernard Shaw,  
"S. S. Arandera Star,"  
Blue Star Line,  
Havana, Cuba.

Dear Mr. Shaw:

I am enclosing the results of the examinations made in your cabin yesterday. I am sorry I did not have an opportunity to take you to our laboratories where we could have made a more complete examination, including an examination of the urine and stool and the metabolism.

On the whole the results of your examination are very satisfactory, especially considering your age. The blood pressure is remarkably low. It is considerably below the average. Fortunately, both blood pressures are low, that is, the diastolic as well as the systolic. Your blood pressures, both systolic and diastolic, are the same which I found in a vigorous North American Indian in Arizona and indicate that your heart is able to do the work required of it in supplying blood to the tissues at a minimum pressure, indicating that there is no obstruction developing as a result of degeneration of the arteries. This is most unusual in a man of your age. I myself have the same condition. My blood pressure is systolic 112 to 120 and diastolic 70 to 80.

The systolic pressure is the highest pressure reached during the contraction of the heart; the diastolic pressure is the pressure which is constantly maintained in the blood vessels and is the pressure head against which the heart has to work. The blood can not leave the

REPORT OF BLOOD EXAMINATION OF MR. GEORGE BERNARD SHAW

Red cells 5,000,000	Normal 5,000,000
White cells 7,000	Normal 7,000
Hemoglobin 71	Normal 100

BLOOD PRESSURE

Systolic 106 mm.

Diastolic 60 mm.

Mr. George Bernard Shaw, No. 2.

heart until the heart by contracting raises the pressure high enough to balance a column of mercury 60 millimeters high. It is very common to find the blood pressure in a man of your age, systolic 200 or even 250, and diastolic 100 to 125 and more.

The electrocardiograph shows that the heart muscle is somewhat deteriorated. This is to be expected in a person of your age and is not sufficiently advanced to greatly impair the efficiency of the heart. It is important, however, that you should be careful to avoid any violent straining, such as lifting or doing anything that will embarrass your breathing, or, to use a common phrase, put you out of breath. It is especially important that you should avoid contact with flu or pneumonia. An attack of pneumonia might be very serious, both because your heart is a little unsound and because of the low hemoglobin.

The deficiency of blood cells and hemoglobin is a matter which needs really serious attention. The number of blood cells is 40% below the normal and the amount of hemoglobin, which is the red coloring matter of the blood, one of its most essential constituents, is nearly 30% deficient. This is a sufficient cause for the lack of endurance which leads you to take a taxi instead of walking as you formerly did.

It is of the utmost importance that you should build up your blood as quickly and thoroughly as possible. For this you ought to eat quantities of spinach, string beans and greens of all kinds. The green leaves of lettuce are also valuable, but not so rich in iron as spinach. Ordinary head lettuce has little value for blood building. Raisins, dates and figs are all rich in iron and may be eaten freely with great advantage. It is difficult, however, in such cases as yours when the blood is so much below par to eat enough of these green things

Mr. George Bernard Shaw, No. 3.

to build the blood up rapidly. On this account I have had prepared a concentrated extract of spinach which presents the essential elements of spinach in very concentrated form. To get the iron required for one day's ration one must eat nearly a pound of spinach. In the concentrate which I have prepared, which is known as Food-Ferrin, all the iron required for a day's ration is contained in two or three table-spoonfuls. I am sending you a bottle of this, and if you think worth while to make use of it, I will gladly see that you have a larger supply. It can be put aboard your ship at San Francisco when you reach that port or at Honolulu.

The soy bean preparations will be of real service to you in helping to build up your blood as the soy bean is rich in iron as well as in other blood building elements.

If you care to have me do so, I will be glad to supply you with any of our preparations of which you care to make use.

Our examination, though not so complete as I should like to have made it, shows you to be extraordinarily well preserved, and if you will take care to see that the blood is built up by the abundant use of iron-rich foods, I think you may enjoy a great increase in strength and stamina, and with the abstemious habits to which you have adhered for many years I see no reason why you may not easily finish out a century.

Hoping my suggestions may prove of some service to the most distinguished of living Englishmen, I am

Very sincerely yours,

February 10, 1936

Dr. Helen S. Mitchell,  
Massachusetts State College,  
Agricultural Experiment Station,  
Amherst, Mass.

Dear Dr. Mitchell:

I have your letter of February 5.

I am glad to hear from you and thank you very much for calling my attention to the article in the American Journal of Digestive Diseases and Nutrition reviewing the work of Dr. N. T. Leporsky. I shall certainly be glad to see the review and shall get the book. This is just the sort of work I have for many years been greatly interested in and regret very much that I have not yet been able to get hold of people who seemed to be prepared to take up such lines of research. I shall still persevere in my efforts, however, and I hope some time to see something materialize which will justify the expense incurred.

Your work in the College is of course greatly missed. I hope that your expectations are fully realized and that you are enjoying your new position.

Again thanking you for the reference, I am

Very sincerely yours,

Lincoln, Neb.,  
4827 Spruce St.,  
February 10, 1936.

Dr. H. Tullog  
Miami Springs  
Miami, Florida.

Dear Dr.:

I have a number of questions to ask you for information about. I will write each question on a separate sheet of paper think perhaps it might be more convenient for you to handle.

Hope you may be able to give me help on the enclosed questions.

Yours truly  
O. A. W. Moore



Dr. Kellogg.

In the January 1936 no. of  
Good Health I read the  
article, Babies Thrive on  
Soy Bean Milk.

I note that some  
were given skim milk.  
So as to add more protein  
to the milk.

Now could more soy  
be added and  
same results gotten?

In other records is it  
possible to raise young  
animals on soy bean  
milk without adding animal  
milk? I am very much interested  
in this point as I wish to  
try to raise baby chicks  
and some <sup>young</sup> animals such as  
pups, kittens and kids  
on soy bean milk and soy  
bean meal. Can it be done  
with the same results or when animal  
milk is used?   
Sincerely  
O. A. Moore

Mr. Kellogg

Some where in some of  
your writings I read an  
account of an experiment  
with dairy cows being  
fed fish meal.

As I recall this was  
done by the government  
and reported by them.  
I have looked every thing  
through that I have with  
out success. I would  
like to get the full report  
of this experiment. Can  
you tell where I may  
get it?

Yours truly

O. A. Moore  
P.S. a number of <sup>agricultural</sup> experiment  
are advising the use of tankage  
and fish meal as a dairy cow feed.

Dr. Kellogg:

I would like to prepare a slide for a microscope showing the vinegar Eels should I use the vinegar mother or just vinegar. As I understand the sour taste of vinegar is due to the excrement from the vinegar cleft. Am I correct on that point?

I also understand that when these excrement from the eels get to a certain per cent in the solution they die. What per cent of does this reach?

Yours truly  
O. A. Moore

O. A. Moore, 4827 Spruce St., Lincoln, Nebraska. February 10, 1936

JHK

In the January 1936 number of Good Health I read the article, "Babies Thrive on Soy Bean Milk." I note that some were given skim milk, so as to add more protein to the milk. Could more soy bean have been added and the same results gotten? In other words, is it possible to raise young animals on soy bean milk without adding animal milk? I am very much interested in this point as I wish to try to raise baby chicks and some young animals such as pups, kittens and kinds on soy bean milk and soy bean meal. Can it be done with the same results as when animal milk is used?

Somewhere in some of your writings I read an account of an experiment with dairy cows being fed fish meal. I would like to get the full report of this experiment. A number of agriculture experiment stations are advising the use of tankage and fish meal as a dairy cow food.

I should like to prepare a slide for a microscope showing vinegar eels.

Should I use the vinegar mother or just vinegar. As I understand the sour taste of vinegar is due to the excrement from the vinegar. Am I correct on this point?

I also understand that when this excrement from the eels gets to a certain percent in the solution they die. What per cent does this reach?

February 13, 1936

Dr. S. A. Knopf,  
16 West 95th Street,  
New York City.

Dear Dr. Knopf:

I have your letter of February 1.

I am very glad to hear from you again and to know that the horrible northern winter has not carried you off with pneumonia or flu. I am glad to know that you feel 79 years young. I am still keeping the pace, doing everything I ever did, though I am 84 this month.

I had a visit a few days ago with Bernard Shaw who made a short stop at Miami and heard I was here and hunted me up.

With best wishes, I am

Sincerely yours,

P. S. I believe that you are interested in the race betterment to which I have devoted my life and I shall read your book with very great interest. Thank you most heartily for the kind inscription.

I had not heard of Prof. Richet's death. He was really a great physiologist, although I never took any stock in his all meat preparation for consumptives.

**Dr. S. A. Knopf, No. 2.**

**As you enjoy cold weather, I presume your choice to go to California instead of coming to Florida will work out to your satisfaction, but from my study of both regions I am certain that Florida is in every way to be preferred to California from the standpoint of climate.**

**I should be glad to have a good chat with you about philosophy and two or three other things in which we are mutually interested.**

February 13, 1936

Miss Emily Stevens,  
Room 225,  
The Battle Creek Sanitarium,  
Battle Creek, Michigan.

My dear Miss Stevens:

I thank you very much for your good letter of February 4. I am glad to know of your appreciation of "Good Health" I have devoted all my leisure time to editing "Good Health" now for more than 60 years and without other compensation than the feeling that I was doing what I could to pass on the light of truth to those who need it and may make profitable use of it.

I am glad to know that "Good Health" was the means of leading you to devote your life to the same good cause. I am sure you do not regret the fifty years you have devoted to service in behalf of Battle Creek ideals of biologic living.

Please send my compliments to your English friend. You will be interested to know that George Bernard Shaw called on me a few days ago and he was in remarkably good health. His arteries and blood pressure are like those of a boy of 16.

Sincerely yours,

b



  
February 13, 1936

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

Dear Sir:

I have your letter of February 7.

The 78-day bean which you sent me a number of years ago reaches the shell bean state in 60 days and matures in 78 to 80 days.

The varieties which you mention which mature in 110 to 118 days will perhaps reach the shell bean state in time to escape frost, but as we sometimes have a hard frost in the middle of September and we plant four or five crops in succession a week or ten days apart, the growing time might be too short for the later plantings.

I am sending you, under separate cover, some of the beans, the seed of which you sent us several years ago which you called 78-day beans. I have forgotten the number, but I think you must have a copy of the letter in your files. I have only recent files with me here in Florida. I think it must be a different variety from the numbers you mentioned, 19,976 and 19,979, for certainly it had a shorter growing season.

I am interested in what you say about variety 81,031 which scored one hundred. We will be glad to obtain a supply of seed of this variety and as much as is available.

I think you sent me a copy of your mimeographed circular from the Bureau of Home Economics, but I am glad to have another copy which I found enclosed.

I shall be glad to have your criticism of the condensed soy milk

**Mr. W. J. Morse, No. 2.**

**sent you.**

**Thanking you for the valuable information and for your gracious  
asistance, I am**

**Sincerely yours,**

**b**

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 14, 1936

Dr. J. H. Kellogg  
Miami Springs,  
Miami, Florida

Dear <sup>Dr</sup> Kellogg:

I received your recent letter but am myself now overwhelmed with work getting ready for a speaking trip.

I shall take pains not to cross wires with you regarding a health league. I have some very definite ideas and have had them written out to some extent. I shall hope to send them to you soon for criticism. Whatever we do, I think should be done in harmony.

Mrs. Fisher and I want to thank you for the "Flowers at Evening Prayer" which impressed ~~us~~ very much. I shall hope to write you again as soon as I get a breathing spell.

Many happy returns of the day *26th*

Very sincerely,

*Irving Fisher*

IF:McK

P.S. Is there any advantage on the score of killing bacteria to have the urine acid at times instead of uniformly alkaline?

February 16, 1936

Mr. J. T. Cornelius,  
Young Men's Christian Association,  
Madura, India.

Dear Sir:

I have your letter of December 31.

I will answer your questions as follows:

1. Bran is not irritating to healthy people, but when acute colitis is present it may act as an irritant. In my opinion Kaba is the best laxative. Enclosed find a circular. Agar agar might prove to be equally as disturbing as bran.

2. The so-called Hay system of diet is not a system. It has no scientific basis. The idea originated with a charlatan living in Denver, Colorado. Dr. Hay was associated with him for a time as a student helper and he imbibed all his ideas from this source. Patients who seem to be benefited by the Hay diet owe their improvement not to the disuse of starchy foods, but to their disuse of meat.

I am glad to know that your treasurer is interested in right living and am enclosing a circular of a little book which gives a concise summary of the fine art of right living which may interest him. I shall be glad to hear from you again.

Sincerely yours,

Mr. J. T. Cornelius, No. 2.

P. S. I am also sending you a copy of my journal Good Health  
in which you will find a monthly summary of recent progress.

February 20, 1936

Dr. Howard Hyde Russell,  
The Anti-Saloon League of America,  
Westerville, Ohio.

Dear friend Russell:

I have your letter of February 18.

We shall certainly be very glad to see you down here, but I am very sorry to have to tell you that we are brim full and have a long waiting list and are likely to be full to the top until the end of March and perhaps the middle of April. We can, however, secure rooms for you near by at a very modest rate, I think about ten or twelve dollars a week for two.

Sincerely yours,

b

# The Anti-Saloon League of America

WESTERVILLE, OHIO

ERNEST H. CHERRINGTON, LL. D.  
DIRECTOR OF EDUCATION AND PUBLICITY

HOWARD HYDE RUSSELL, D. D.  
FOUNDER AND  
ASSOCIATE GENERAL SUPERINTENDENT

F. SCOTT MCBRIDE, D. D., GENERAL SUPERINTENDENT

FOSTER COPELAND  
HONORARY TREASURER

HARRY B. SOWERS  
TREASURER

February 18th, 1936.

Doctor J. H. Kellogg,  
Miami Battle Creek Sanatorium,  
Miami, Florida.

My very dear friend Kellogg:

You were as usual a wise Doctor and Health leader when you placed a House of Refuge for people eager to be at their best there in the Southland. I trust you find progressive evidence this winter of the wisdom of your endeavor.

Referring to the invitation you gave last winter, I write now to say that somewhere about the first or the middle of March I would like to bring Mrs. Russell with me for a few weeks of your helpful hospitality as personal and honored guests.

If this will be agreeable, and if it would be necessary at that time for us to provide a room for ourselves at a near-by hotel as you suggested would be necessary last winter, will you kindly write me what are the comforts and the price of hotel rooms near-by?

It would be one of the most pleasant anticipations that Mrs. Russell and I may again see your face and hear your kindly voice as you dispense your experienced counsels and loving benisons of blessing.

As ever,

Fraternally and affectionately,



Howard Hyde Russell

HHR/b

February 20, 1936

Dr. Carl Ottosen,  
Skodsborg Sanitarium,  
Skodsborg, Denmark.

My dear Friend:

I have your letter of recent date.

As always I am glad to hear from you and infer that you are still in good health.

I formed a very good opinion of Dr. David Ottosen when he was here and have no doubt that he has added much to his knowledge and abilities since returning to his native country. The present is of course our dull season at the Sanitarium and there might not be any opening for him just at the present time, but a little later I have no doubt that his services could be used to excellent advantage. I shall be returning to Battle Creek about the first of June, which is the beginning of our busy season there. There may be some changes at that time which will make an opening for him. I will keep the matter in mind and will also write to Battle Creek at once and ask Dr. Stewart, who is now in charge, to give the matter attention. It is quite possible that there might be an opening soon.

I expect to talk with Dr. Stewart by telephone this evening and will mention the matter to him and ask him to write you if there is an opening or likely to be one soon. I have no doubt that within a few months an opening may be developed for Dr. David. In the meantime won't you have him write me about what salary he would expect? This is a matter which will have some bearing on the question.

Hoping all is going well with you, I am  
As ever your friend and Brother,



*H. S. Newman*  
*No 240*

February 20, 1936

Mrs. Matilda Vance Newman,  
1802 Bonita Avenue,  
Berkeley, California.

Dear Mrs. Newman:

Your letter of December 9th was referred to Battle Creek for information as I was entirely unaware that your articles had not been paid for. I am sorry indeed that the Good Health has on account of the depression gotten into financial embarrassment. The Good Health Publishing Company is an eleemosynary or not-for-profit corporation. I have for more than fifty years edited the Good Health without compensation and it cost me two or three thousand dollars a year to keep it going. Since the depression it has cost me almost five thousand dollars a year and the subscriptions do not nearly pay the cost of the publication because we are compelled to refuse nearly all the advertisements that are offered us because we cannot recommend them from a health standpoint.

Nevertheless I feel that you ought not to be left without some compensation for your work. I am writing to the Good Health Publishing Company today urging that your account should have early consideration and will insist that something should be sent you even though I pay it out of my own pocket, which unfortunately has been since the depression drained more than dry by the numerous welfare enterprises which I am supporting.

Thanking you for your patience and consideration and with best wishes, I am

Sincerely yours,

February 20, 1936

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

Dear friend Fisher:

I have your letter of February 14.

I am certainly very ready to cooperate with you in any effort that will promote the spreading of information about right living.

As regards the urine, it is the business of the kidneys to eliminate acid wastes. Consequently the urine should be naturally slightly acid. An alkaline urine encourages the growth of putrefactive and other pathogenic organisms which cannot grow in an acid medium; hence an acid urine is preferable to an alkaline urine, but a highly acid urine is objectionable. The urine is an extract of the tissues, and when the urine is highly acid this fact indicates that the blood and tissue fluids are less alkaline than they should be. They do not become acid, of course, but the degree of alkalinity necessary for high resistance and for the maintenance of the integrity of the blood vessels and other delicate tissues is lower than it should be and hence vital resistance is diminished and degeneracy of the blood vessels is encouraged.

I have recently received a German reprint which gives an account of the great value of the soy bean as a means of curing infections of the urinary passages. The soy bean, according to the analyses given in this article, is the most alkaline of all food-stuffs and renders the urine very slightly acid. The clinical results

Prof. Irving Fisher, No. 2.

described were certainly most excellent.

I am glad that you thought it worth while to read my lines about the flowers. The idea dropped into my head one evening just as I was going to bed, so I seized paper and pencil and wrote down the pictures as they came along. I have always been impressed by what seemed to be a worshipful attitude on the part of many plants and flowers. This of course is fanciful, but nevertheless it strikes me that way. I make no pretensions as a poet, so I am highly flattered by the fact that so able a poetess as Mrs. Fisher and so keen a critic as Professor Irving Fisher should have thought it worth while to read my humble lines. You are both very gracious.

With best regards, I am

Sincerely yours,

P. S. I have just learned that Mrs. Oscar H. Rogers died at Orlando last Sunday and that Dr. Rogers lies in the hospital very ill.

b

February 21, 1936

Mrs. Pearl Kendall Hess,  
National Woman's Christian Temperance Union,  
631 East Jefferson Avenue,  
Orange, California.

Dear Mrs. Hess:

I have your letter of January 8.

I ought to have written you long ago, but have been overwhelmed with work and have been compelled to neglect my correspondence. I quite agree with you that the attitude of the Journal of the American Medical Association is very unworthy of so great and influential a journal which is supposed to be governed only by scientific considerations.

Dr. Fishbein does not smoke and does not drink. I am sure he does not approve of the use of either of these drugs, but he thinks it necessary to curry favor with men who do believe in these things, and I believe that this is the motive which prompts his editorial. I do not know of anything that can be done with a man of this sort. Arguments are of no use. He adopts a policy and follows it because he thinks it is the most profitable thing for himself to do.

I am hoping to get something started soon in the way of an organization to fight these evils by means of an educational campaign. I am glad to feel that the W. C. T. U. will cooperate in such an effort. You will find some references to what I have in mind in current numbers of Good Health.

I am looking for a thoroughly competent and efficient person

Mrs. Pearl Kendall Hess, No. 2.

to serve as executive secretary. I do not want a novice but a person who has had experience and who is enthusiastically in sympathy with the work and who has real organizing ability and experience in this line of work. Perhaps you can recommend such a person to me.

There is no objection whatever to your reprinting my article on mate. The information about this new habit forming drug ought to be widely spread.

Assuring you of my readiness at all times to cooperate with you in your good work, I am

Sincerely yours,

b

February 21, 1936

Dr. Carl Ottosen,  
Skodsborg Badesanatorium,  
Skodsborg, Denmark.

Dear Dr. Ottosen:

I have just found your letter of October 29. I am surprised to find it has been overlooked.

I have been exceedingly busy this winter with crowds of patients and my correspondence has been somewhat neglected. I am glad that you secured that fine property and have been able to make a further enlargement. You must by now have by far the largest establishment of the sort in Europe. I am only sorry that it is not altogether in your hands instead of being under clerical control. I have always regretted that I was not at the moment prepared to join hands with you in financing the institution years ago when you wrote me of an opportunity to take it over. I hope that you are enjoying an opportunity to exercise your talents unencumbered by the overlordship of men who do not understand your work.

I wrote you a day or two ago with reference to your nephew and will certainly keep him in mind in connection with our work at Battle Creek.

Always remembering with pleasure and appreciating your friendship and the splendid way in which you have represented and developed the work in Scandinavia, I am

As ever your friend and Brother,

POULAN, WORTH COUNTY, GEORGIA—CHASE S. OSBORN—'POSSUM POKE IN 'POSSUM LANE  
February 22, 1936.

Dear Dr. Kellogg:

You are your own monument and your work is your history. You are a living proof of the accuracy and value of your own way of life. Countless friends are rejoicing that you are so well and happy at 84, and all of us wish you the longest possible extension. You are wholesomely a benefactor of the entire earth.

Faithfully Your Friend,

  
Chase S. Osborn

Dr. John Harvey Kellogg,

Battle Creek at Miami, Miami, Florida.

FEBRUARY 26, 1852--1936

Dear

February 23. 1936

Dear Dr. Kellogg,

I want to send you  
my affectionate greetings  
& you on your birthday  
with the hope of many  
happy returns of it.

It's a disappointment  
that I cannot be there  
to give you my good  
wishes in person, but  
I am here for a change  
of climate to cure a  
resty cold. and I  
decide to stay on



a few days more -

We are so glad that  
you came to Miami  
and that we are able  
to know you as we do -  
and can honor and  
admire you for yourself  
as well as for the  
wonderful work you  
have done -

We are very glad  
you ~~are~~ were born -  
and I hope we may  
all be with you to  
celebrate many more

anniversaries

Please give my love  
& Mrs Butler and

those nice girls of yours -  
and believe me - dear

Dr Kellogg -

Faithfully yours -  
Marion A. Bell Fardell

ANNETTE KELLERMAN

REPLY ADDRESS

Silver Springs Fla.

EN ROUTE

Silver Springs  
Fla.,  
Feb. 25th-36

Dear Doctor Kellogg ,

This is to wish you many happy returns of the day and may you enjoy many more birthdays.

May I tell you what great joy it was to meet you personally after having followed your sincere teachings these past twenty years.

To Doctor Thomason I owe most of my inspiration to keep fit and young and as you know his teachings are your teachings.

Our little gathering of "Health Folk" last week will long be remembered by Mr. Sullivan and myself. It will certainly be an incentive to me to stick by my guns, and even the self sacrifice that keeping perfectly fit entails will not be so hard to swallow.

Now dear Doctor Kellogg I hope that we will all meet in the near future at your lovely place in Miami Springs - Miami.

May I ask you to relay a little message to Mrs. Merriam? Mr. Sullivan is posting some news items the photos will follow later as we had to send to New York for some more - due to the fact that the Press Agent of Palm Beach depleted our stock. My answers to her questions will follow with the photos.

With kindest thoughts from both

Sincerely yours

*Wm. J. Kellogg and Sullivan*

ROBERT H. MONTGOMERY  
DIRECTOR

THE COCONUT GROVE PALMETUM  
COCONUT GROVE, FLORIDA

TELEPHONE - MIAMI - EVERGREEN 28  
CABLE ADDRESS - "GROVEARBOR, MIAMI"

February 24, 1936

ADVISORY BOARD  
DR. DAVID FAIRCHILD  
PRINCIPAL AGRICULTURAL EXPLORER,  
U. S. DEPT. OF AGRICULTURE

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COMPARATIVE ZOOLOGY,  
HARVARD UNIVERSITY  
CUSTODIAN, HARVARD  
BIOLOGICAL ESTABLISHMENT,  
SOLEDAD, CUBA

Dr. John Harvey Kellogg,  
Miami Springs, Florida.

Dear Dr. Kellogg:

I enclose copies of an announcement in which I am sure you will be interested. Dr. Barbour and I decided that the time has arrived to bring together the friends of Dr. Fairchild who are really interested in starting something before it is too late.

As soon as we receive a reasonable number of favorable responses, we will ask for suggestions regarding plans for the future.

Sincerely yours,

*Robert H. Montgomery*



**HOTEL Mayflower**

ON LAKE WORTH AT EVERGLADES AVENUE

PALM BEACH, FLORIDA

Feb 27 - 1936

Dear Mr Kellogg: -

The thought of  
you last evening  
your birthday  
celebration.

In November  
I had a return  
of the ear trouble.  
It has cleared up  
very well except

that in addition  
to the ear noise  
(to which I have  
adapted my self  
there is a constant  
beating in the ear.  
Would you recommend  
cold or hot applications  
for this? Did you  
ever have a case of  
beating in the ear?

Very good wishes  
to you. Be think of  
you as a worried  
benefactor.  
Yours sincerely  
Llewellyn Keeiser.

# PUBLIC SPEAKING

*By*

*Grenville Kleiser*

*Instructor*

LESSON TWENTY-FOUR  
Your Personality

*Funk & Wagnalls Company*

NEW YORK AND LONDON

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[Printed in the United States of America]**

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## TWENTY-FOURTH LESSON

### YOUR PERSONALITY

**I** WANT you to know, in this final lesson of your course, the pleasure I have had in prescribing these lessons for you. It has been to me a personal relationship because I have throughout my teaching thought of you as actually standing before me. In this spirit I have talked to you frankly and, I trust, encouragingly.

I am glad to think that you have made great progress in speech-improvement and in self-development, that you have already made profitable use of this instruction, and that it will play a per-

manent part in your future welfare. Gratifying as these results must be to you, I am sure you will not rest satisfied with your present accomplishment, but will review all the lessons from the beginning and try to advance still further along the road of successful speaking.

As a last message to you I would like to restate some of the vital suggestions of the previous lessons. As you read the following, check each item carefully to see if you have put it into practical use.

Of prime importance is your bodily vigor and health. Without this you will always be handicapped. A few minutes devoted to daily physical exercise will well repay you. Begin the day this way: Tense and relax the arms, legs, and other parts of the body, in a series of simple movements which you can easily devise for yourself. Always couple deep

**breathing with the exercises. A brisk walk in the open air is unsurpassed for building physical vitality and endurance.**

**Here is an example of the kind of exercise I recommend:**

**Go out into the open air if possible, or to an open window. Stand erect, throw back your head, raise the arms, stretch them with palms downward. At the same time raise the body on your tip-toes, then inhale as deeply as possible while lifting the arms as high as you can. Then exhale slowly, drop the arms gradually down to the sides, and resume your normal position. Repeat five to ten times. Do this several times during the day.**

**To maintain sound health you must, of course, observe the rules laid down by the best authorities on health.**

**Chiefly these are: To eat wholesome food; thoroughly chew your food; avoid coffee, tea, tobacco, and alcohol in excess; keep the colon clean; drink sufficient water; cleanse the mouth and teeth regularly; cultivate correct posture; take daily exercise and deep breathing; get sufficient sleep; wash the entire body daily; avoid worry; cultivate poise.**

**What are called "essential foods"—fruits, vegetables, nuts and grains—rich in the organic chemical elements, build strong vigorous cells that insure growth, repair, good health, and long life. Remember that only the best food material can build a healthy body.**

**These cardinal rules are probably well-known to you, but do you put them all into daily practise? My object here is to remind you of their vital im-**

**portance and to urge you to give daily attention to all of them.**

**Cultivate cheerfulness. Work hard and regularly, but not to exhaustion. Employ yourself conscientiously. Have some hobby or interest in life that will make it worth while. Strengthen your will and keep your body sweet and clean and free from disease, and many physical troubles will vanish as does the dew upon the grass when the sun rises in all his majestic splendor in the morning. As the bad magician exchanges old lamps for new, so may we exchange old nervous systems for new, if we only will to and know how. Follow the laws of health and fill your mind with strong, clean thoughts, and there will be no room for thoughts of disease and dismal foreboding.**

**Character plays an essential part in a**

**strong personality. To make a favorable impression upon others, to be able to influence your hearers to your way of thinking, be a man of "precious contents," large-minded, magnanimous and unselfish. From the nobility and uprightness of your life and conduct will spring that sincerity which always characterizes a great mind. It was this quality of sincerity that shone through all the actions of Washington.**

**When you have resolutely set your mind and heart upon high things, you may hope to speak intelligently and impressively about high things. Truth and sincerity must first be in your mind before they can be in your utterance. If your ideals are right, they will lead to unselfishness, and this inestimable quality will be revealed in your daily life.**

**The eye has been called the window**

**of the soul. It is the most direct and magnetic source of communication between man and man. A clear, deep, steady glance of the eye is an instrument of tremendous power in a public speaker.**

**A strong personality manifests itself in one's posture and walk. You are favorably impressed when you see a man with chest held high, his chin level, head well-poised, and his walk sure and deliberate. Take a personal hint from this and carry yourself accordingly.**

**Endeavor to be at your best even when you are alone. So conduct yourself in private life that when you stand before the public to make a speech you will act and speak naturally because it is your regular habit to do so.**

**A high moral purpose and a sense of duty to be performed will impart that**

**full degree of self-confidence so essential to a public speaker. When you have a thorough grasp of your subject, as a result of painstaking study and preparation, you will have no room for self-consciousness.**

**Your mind should not only be developed and enriched by judicious reading, but you should train it to hold ideas clearly and logically. Learn to state a question correctly and boldly, and to present your ideas in their proper sequence. Take up the study of logic and learn to think things out to clear and satisfactory conclusions.**

**If you are an employee ambitious for advancement, realize that the relation between you and your employer is not merely a matter of dollars and cents. You are not engaged merely that you may earn just so much money and be**



**paid precisely the amount you earn. You are expected to give the best services of which you are capable. You are more or less under observation all the time, and possibly your measure is being taken for a higher place. You will be advanced if you are careful about your personal appearance, make yourself thoroughly familiar with your business, know how to be tactful and courteous, and show an earnest desire to do more than you are paid for.**

**Do not spend your time during business hours in reading newspapers, or in flippant joking and aimless conversation. Be careful not to dissipate your thoughts and energies, but constantly seek to use them to the best advantage of your employer. Fill every day to the utmost with good work, and if work has**

**not been assigned to you, create something useful to do.**

**Let your personal bearing always express power. The way in which you sit and stand is an index of your mind and character. Guard yourself against undesirable mannerisms and habits, such as standing with one knee bent, placing the hand on the hip, holding the chin in the hand, twiddling the fingers, stretching and yawning, picking the teeth, chewing gum, rubbing the hands together with invisible soap, sneezing unduly loud, hawking, manicuring the nails in public, contorting the features, dawdling, fooling, laughing behind another's back, and similar habits. Such habits as these militate against a man, whether he be employer or employee.**

**Constant watchfulness is essential to your success. Therefore discipline your-**

**self in the little matters which unsuccessful men often disregard. It is mainly the sum of minor qualities which will differentiate you from less successful men. If self-denial is necessary in order to make a proper personal appearance, be willing to make the temporary sacrifice for the ultimate gain.**

**Subject yourself daily to self-discipline. Many men have to conquer a natural tendency to indolence. Laziness, dawdling, and fickleness are habits easy to acquire, but difficult to eradicate. Business success in these days demands intense and steady industry, mental alertness, audacity, punctuality, promptitude, decision, and like qualities.**

**Make an appraisalment of yourself at frequent intervals. Is your personal appearance all that it should be? Are your clothes well-fitting? Do you make the**

**most of yourself? Are your associates proud of you? Do you sit well, stand well, walk well? Do you habitually carry yourself in the mental and physical attitude of the successful man? Interrogate and check yourself daily in these and other respects.**

**I want to sum up for your further careful consideration a few of the practical suggestions made in previous lessons.**

**In your daily conversation use the best qualities of your voice, and remember that agreeableness of tone arises from cheerfulness of mind. Cultivate agreeable thoughts, open your mouth well, and direct the tone of your voice to the back of the upper teeth.**

**Your voice grows through use. Your habitual thoughts tend to express themselves in your speech and manner. Speak**

**definitely, clearly, and naturally. Bring into play, in ordinary conversation, your best powers of expression.**

***Cultivate deliberateness in speech.*** I repeat this important counsel: Speak slowly and pause frequently. You will then give the impression of carefully weighing and estimating your thoughts. Observe the favorable effect of your deliberate speaking upon others. When you have a vital matter of business to discuss, first think it out carefully and in detail, then speak in measured, deliberate tones. Even in the ordinary relationship between salesman and customer, a deliberate utterance wins the greatest attention and confidence.

***Cultivate a correct pronunciation.*** Again I remind you to consult your dictionary for the correct pronunciation and meaning of every word about

which you have any doubt. Be fastidious in your use of words, but do not be pedantic. Examine the syllables of words, and sound all the letters which should be sounded. Be careful not to clip endings such as *ed, th, ful, ing, ment, ence,* and *ness*. Give to each syllable its due distinctness. Do not articulate in such a way as to attract attention to your enunciation.

***Cultivate the art of pausing.*** As I have before told you, judicious pausing, combined with a deliberate utterance, will add greatly to the effectiveness of your speech. Note how a pause, by suspending the sense; arouses special interest in a thought. Judicious pausing enhances the effect of what you say, by promoting clearness and ease of expression.

***Cultivate frankness of speech.*** Before you begin a sentence, know definitely

**what you wish to say. Never attempt to change your thought in the middle of a sentence. Cultivate the fine qualities of courtesy, tact, cheerfulness, and flexibility, so that they will unconsciously express themselves in your daily speech. Frequently examine your thought, especially upon subjects relating to your business. Be sincere in your desire for truth.**

***Cultivate tolerance of disposition.*** When you discuss a question, do it with fairness, discretion, and common sense. Make allowances for the defects and shortcomings of others. Distrust your own general impressions until you have carefully examined and confirmed them. The power of suggestion is often more effective than the power of argument. Endeavor to see a subject from

the other man's standpoint. Try to secure a comprehensive view of things.

***Cultivate special and general knowledge.*** Have special knowledge of your business, but augment this with general knowledge for convenient use in daily conversation. Cultivate readiness and adaptability in your speaking. Read only the best books and magazines. Confer with well-informed men. Take the first occasion to use newly-acquired information. Clarify your thoughts by giving them expression.

***Cultivate a correct use of words.*** I again remind you that clear and definite habits of thought will make you discriminating in your choice of words. Put your words together in concise and convincing form. Be interested in the correct use of words. Read aloud daily two or more pages of the best literature



and carefully observe the author's use of words, phrases, and sentences. Look for the inner meaning and power of words, and endeavor to use them effectively in your daily speech.

***Cultivate purity of speech.*** Avoid slang and other expressions of doubtful propriety. Observe the same dignity in your use of language as you do in your personal manner. Keep your speech pure, strong, and impressive. Make your words significant by using them intelligently. Eliminate from your working vocabulary every word which in the slightest degree impairs the strength and tone of your conversation. Do not, on any occasion, indulge in loose or slovenly speech. Make your speech worth while.

***Cultivate pleasantness of speech.*** Choose agreeable and helpful subjects.

**Avoid loud talking, wrangling, and noisy discussion. Modulate your voice to suit the circumstances under which you are speaking. Cultivate the music of your speaking voice by practising these suggestions and by occasionally thinking of this subject while you are talking to others.**

**Restrain the tendency to say "smart" things. Be modest, but not apologetic. Avoid meaningless expressions, such as "Of course," "I see," "Certainly," and "To be sure." Avoid, too, such interpolations as "Don't you know," "You see," "Listen," "And so," "However," and "I say." Studiously avoid everything which suggests resentment or impatience on your part. The better you control yourself, the better will you be able to control others.**

***Cultivate adaptability in your conver-***

**sation.** When you speak, closely observe the impression you are making upon the hearer. Try to express worth-while things. Put meaning and feeling into what you say. Maintain a uniform spirit of patience and good-will.

Altho you have used the same words and phrases many times before in your particular business, put life and meaning into them every time you use them. Make your conversation attractive and winning by putting your best qualities into it even upon unimportant occasions.

***Cultivate appropriate silence.*** This is not the silence caused by awkwardness, stupidity, or timidity. By proper self-discipline accustom yourself to long periods of silence so that you will not appear over-reserved or ill at ease in the company of others. Study the art of

**silence. Know how to restrain your speech under difficult and trying circumstances.**

**The right self-discipline will prevent you from being too positive or assertive in your conversation. Be ready to listen and to consider without prejudice the opinions of other men. Recognize the moods of others and adapt yourself to them. Be just as eager to listen as you are to speak.**

**Never press a subject too far. If a listener shows weariness, change the subject, or lapse into silence. Never tell a long or hackneyed story. Do not ask too many questions, and strictly avoid personalities. Show a spirit of sincerity and generosity in all that you say. Cultivate ease and frankness. Keep your counsel. Never overstate your case.**

**In your every-day intercourse with**

men you will meet many and varied types of human nature. It will demand great care on your part to say the right thing in the right way, and to say it most effectively. You can, however, train your power of conversation as you train any other power—through regular daily practise and observation. The right use of speech is of vital importance to you, and the time you devote to it will be profitably and pleasantly spent.

The day of “lofty” oratory and “verbal fireworks” is over, but the day of direct, convincing, forceful speech is here, and never before has the door of opportunity stood so wide open for men possessing this power. This study is as valuable as it is important, since it not only trains a man to speak publicly on great questions, but increases his efficiency in business, his influence in so-

**ciety, and builds in the highest degree his personality.**

**In these last words I again commend the suggestions of this entire Course to your thoughtful attention. Absorb them, renew your aspirations daily, look to the heights, and believe yourself capable of great things.**

**I sincerely wish you a full measure of true success.**

*Granville Kleiser*

1802 Bonita Avenue  
Berkeley, California  
February 28, 1936

Dear Doctor Kellogg:

Your very kind letter of February 20 came today. I have just written the Good Health Pub. Co. not to send me a thing. That the debt is canceled with no obligation on their part. That if I ever offer another article for publication it will be with the understanding I am to receive no remuneration, nor expect them to publish it at all unless it is entirely suited to their needs and they have room for it. I know the size of GOOD HEALTH is limited and it costs money to make it larger.

Doctor Kellogg, please accept the fact that I have already been more than paid for all I have done--and am continually being paid. Of course I am poor as far as filthy lucre is concerned, but I am rich in health (which I owe to you more than to any one else) and the blessings that go with health. And there is no danger of my suffering from want of the common necessities of life as long as there is no famine in the land.

But you say you feel that I should not be left without some compensation for my work. I'll tell you how you may do that, if you don't mind: Ever since I've seen your book advertised, HOW TO HAVE GOOD HEALTH, I have wanted a copy. And if you have them to spare you might send me three copies, as I want to give two away. Now I'd appreciate those books more than I can tell you, but if you should send me a check I'd feel terribly bad about it. I haven't forgotten that in the fall of 1932 you sent me a copy of each of your <sup>four</sup> choicest books, including the NEW DIETETICS, and how highly I value them.

2

Also I'd like to ask you another question, please.

1. What causes clots in the blood, particularly a clot in the large artery connecting with the heart? and which causes instant death.
2. Can a physical examination detect a blood clot?
3. After clots began to form can anything be done to dissolve them and keep them from forming again?

A relative of mine has recently died from a clot in the large artery next the heart. His daughter writes me: "He wasn't ill at all. He just dropped dead. It was instantly. . . He was lying down in Mother's room when he got up and went down in the basement to fix the furnace. He came up stairs and went into the closet when he must have reached up to get his hat when he fell with his head in the room, where Mother was lying down. She called him but he didn't answer. The doctor was there in five minutes and said he died instantly and did not suffer."

He was 72. He was not eating as well as he knew, because the family still held to the old fashioned way of cooking. His wife had had the same symptoms that he had been haveing, but he sent her to the hospital.

Sincerely yours,

*Matilda Grace Newman*



March 1, 1936

Mr. R. H. Montgomery,  
Fairchild Arboretum,  
Coconut Grove, Florida.

Dear Sir:

I have your letter of February 24.

Your project for a tropical garden in Miami is a most laudable one. It is most appropriate that it should be made a memorial to Dr. David Fairchild. Enclosed find one dollar membership fee and ten dollars to help meet current organizing expenses.

Yours truly,

b

Rollins College  
Winter Park, Florida  
March 2, 1936

Dr. Kellogg  
Battle Creek Sanatorium  
Battle Creek, Michigan

Dear Dr. Kellogg:

I am completing my junior year at Rollins College where I am a pre-medical student. I am trying to work my way through college and to this end would like a job this summer as waitress in your establishment. Last year and this I have been working in the college commons and feel that the experience gained there would aid me in this sort of work. I am twenty-one years old, in good health, neat, a conscientious worker, and anxious to please. I offer the following references: Mr. Stewart Haggerty, Director of the Commons, Rollins College; Professor Bernice C. Shor, Biology Department, Rollins College; and the Reverend George G. Guinness, 98 Mountain Road, West Hartford, Conn.

I shall be available from about the first of June until October. If you are interested, I should like to know what salary you pay waitresses in addition to complete maintenance. Do you pay any part of the transportation expenses? Also, could you give me a rough estimate of the amount in tips likely to be earned during a summer.

I should like the medical contacts which your establishment offers. Thanking you for your consideration, and hoping that you may be able to use me, I am

Sincerely yours,

*Elizabeth Guinan*  
Elizabeth Guinan.

March 2, 1936

Annette Kellerman,  
Silver Springs, Florida.

Dear Friend:

I have your letter of February 25.

Thank you very much for your good wishes. I assure you I enjoyed immensely the visit with you and the exhibition of your marvelous aquatic skill. It would be a very great pleasure to have you visit us here at Miami-Battle Creek.

The fact that you are leading the biologic life ought to be known to every person in America. The tobacco merchants are doing a vast deal of harm by making the people believe that all the smart people and strong people and handsome people are using cigarettes and drinking cocktails. The fact that a person of your skill and international reputation abstains from the use of the poisonous weed will lead many intelligent thinking people to avoid getting the tobacco habit and so be the means of accomplishing a great deal of good.

Thanking you for the opportunity to meet you and to witness your wonderful work, and hoping to see you again in the not too distant future either here or at Battle Creek, I am

Very sincerely yours,

P. S. I have passed your letter on to Mrs. Merriam.

4232 West Iowa Street  
Chicago, Illinois  
March 4, 1936

Dr. John H. Kellogg  
Battle Creek, Michigan

Dear Sir:

Sometime ago I had the pleasure of reading a circular stressing the medicinal qualities of the papaya.

You were quoted in this circular to the effect, "the papaya would greatly contribute to the healthtiness of mankind." Would it be possible for you to send me a letter stating the exact medicinal properties of the papaya?

Thanking you kindly in advance for your consideration in submitting this information, I remain

Yours truly,

*Chas. Svec jr.*

March 4, 1936

Mr. O. A. Moore,  
4827 Spruce St.,  
Lincoln, Nebraska.

Dear Sir:

I have your letter of February 10.

We find the soy milk acidophilus much more efficient than the ordinary milk culture. We make soy bean milk without adding animal milk. It is necessary, of course, to give them orange juice to provide vitamin C. This can be obtained, of course, from any kind of greenstuffs.

You will find the soy milk excellent for both your chickens and pups. Soy bean meal would also be excellent. You ought to add some Savita to the meal to encourage appetite.

Fish meal is not good for cattle. Soy meal is wonderful. Tankage and fish meal should never be given to dairy cattle.

The eels are most easily obtained from vinegar or sour paste. The taste of vinegar is due to lactic acid which is an excretory product of the germs which produce the vinegar. I can not tell you the per cent of acid necessary to kill eels as I have not made any experiments on this point as it has no practical bearing.

Sincerely yours,

b

March 5, 1936

Mrs. Matilda Vance Newman,  
1802 Bonita Avenue,  
Berkeley, California.

Dear Mrs. Newman:

I have your letter of February 28.

You are very generous indeed, but you spent some money on your articles and are entitled to recompense. I shall ask the Good Health to send you a check. I am also sending you a copy of my book "How to Have Good Health," which please accept with my compliments. Your articles were very much appreciated and you took a great deal of pains in writing them.

Now for the answers to your questions:

1. Blood clots are usually caused by an inflammatory process which produces a clot in a vein. It may be a small vein at some distant part of the body. It is very likely to be the abdomen after an operation or the legs, the result of phlebitis sometimes following childbirth, or an injury as from a fracture or a bruise.
2. Rarely, if ever, can the blood clot be detected at the beginning of its formation. A very small clot may form in a small vein, then getting loose and slipping on into some larger vein meets some slight obstruction and halts and grows larger until finally it becomes large enough to obstruct the vein.
3. The only thing that can be done for a clot is to keep the parts quiet. Sometimes it becomes organized and remains and in other cases it is absorbed and the obstructed vessel opened up again.
4. Sudden death from a blood clot is due to the entrance

Mrs. Matilda Vance Newman, No. 2.

of the clot into the coronary artery, thus cutting off the blood supply of the heart.

With best wishes and thanking you for your generous attitude, which I greatly appreciate, I am

Sincerely yours,

b

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF PLANT INDUSTRY  
WASHINGTON

DIVISION OF  
FORAGE CROPS AND DISEASES

March 7, 1936.

Dr. John Harvey Kellogg,  
Miami Springs (Miami), Florida.

Dear Dr. Kellogg:

I have your letter of February 13 with regard to the variety of soybean which you have been increasing at Battle Creek for the past three or four years. The sample of beans was recently received from Battle Creek and in checking it over with our samples I find that it is identical with the type we are now calling Chusei. I may say that the seed is now being distributed under this varietal name.

Concerning variety 81031, which I wrote you had given such good results in making a high quality milk, we have given the varietal name Bansei to this number. I think that we shall be able to furnish you with 4 or 6 pounds of seed and I feel that it should mature in ample time at Battle Creek. I take it that you wish this seed to be sent in your name at your Battle Creek address.

Very truly yours,

  
W. J. Morse,  
Senior Agronomist.



March 8, 1936

Lady Grenfell,  
The Deanery,  
Bryn Mawr, Pa.

Dear Lady Grenfell:

I am delighted to have your Christmas letter.  
I am highly flattered that you thought it worth while to  
mention my little poem.

Your card is very unique and lovely. What a  
marvelous work you and Dr. Grenfell have done. The Doctor  
will always be remembered as one of the greatest heroes  
of his age. I never think of him without a thrill of ad-  
miration for his character and his achievements and his  
indomitable pluck. Give him my very best regards and  
believe me

As ever sincerely and cordially yours,

March 9, 1936

Dr. Hamilton Holt,  
Rollins College,  
Winter Park, Florida.

Dear Dr. Holt:

I have received a letter from one of your students, Mrs. Elizabeth Guinan, asking for a position during the summer months. Would you be good enough to have your secretary write me about this young woman? I shall be glad to know if she has any qualifications which would justify giving her special consideration. We have, of course, many more applicants than we can receive.

Sincerely yours,

b

March 9, 1936

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

Dear Mr. Morse:

Thank you very much for your letter of March 7.

I am glad to know about the Bansei bean. I shall be greatly pleased if you will send me as many pounds as you can of this seed and tell me if it is possible for me to get a larger quantity for planting this year.

We are using very considerable quantities of soy beans for milk and at the rate it is increasing will soon be requiring about a ton a week.

I am anxious to get started with your new bean as raw material as soon as possible. I should also like to know whether the bean which you call Chusei can be obtained in quantity for seed. I am hoping to plant two hundred acres of this bean this year to be used chiefly as a shell bean for canning. Can this be obtained in quantity either in this country or Japan? Can the Bansei bean be obtained in Japan? I should also like to know if you can give me information about a bean which I am purchasing through a local agency here under the name of Tokyo. It comes from Norfolk here and I am informed that it is imported direct from Japan. Have you made any experiments with this bean? We are making a very satisfactory milk with it, better than with any other bean we have ever tried. I am enclosing a sample of

Mr. W. J. Morse, No. 2.

these beans.

I consider the soy bean one of the most remarkable of the world's food products and expect to make increasingly large use of it. I have been experimenting with it for many years, but have made rather slow progress because of the multiplicity of other matters requiring my attention. I think from now on I shall make much more rapid progress.

Could you tell me if anyone has succeeded in making a satisfactory dry evaporated soy milk which will keep?

Hoping I am not troubling you too much, I am

Sincerely yours,

b

March 9, 1936

Mr. Chas. Svec, Jr.,  
4232 West Iowa Street,  
Chicago, Ill.

Dear Sir:

I have your letter of March 4.

The enclosed paper gives all the in-  
formation I have about the papaya.

Yours truly,

b

ROBERT H. MONTGOMERY  
DIRECTOR

THE COCONUT GROVE PALMETUM  
COCONUT GROVE, FLORIDA

TELEPHONE - MIAMI - EVERGREEN 28  
CABLE ADDRESS - "GROVEARBOR, MIAMI"

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March 9, 1936

Dr. John Harvey Kellogg,  
Miami Springs, Florida.

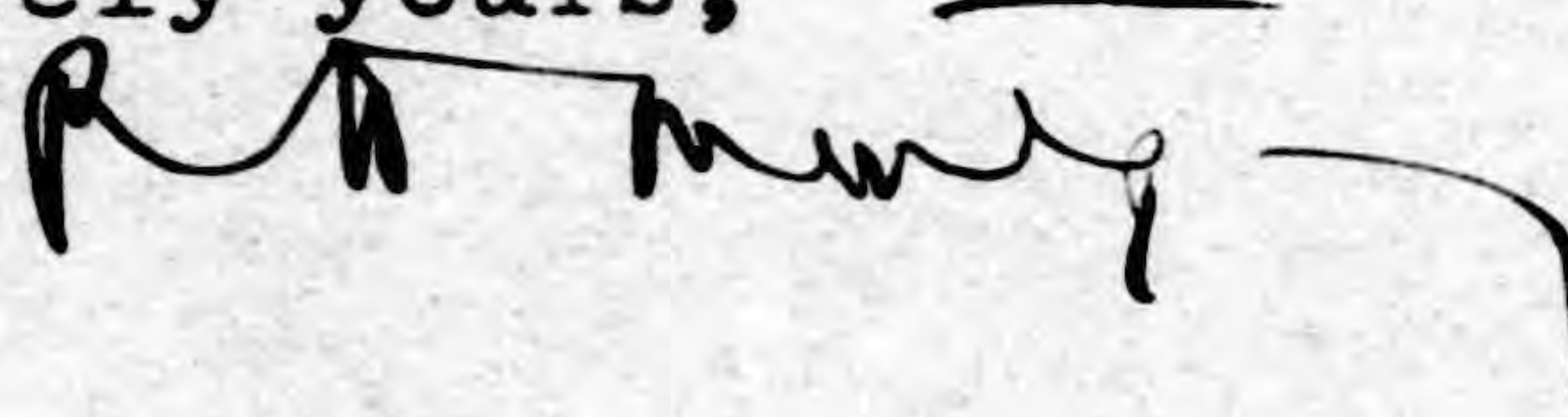
Dear Dr. Kellogg:

Thank you very much for your letter  
and check. I appreciate your very generous  
contribution towards current expenses.

The responses to my letters have  
been uniformly encouraging and I hope that  
matters will so shape themselves that we can  
make some real progress this year.

With kindest regards,

Sincerely yours,



March 11, 1936

Mrs. David Fairchild,  
The Kampong,  
Coconut Grove, Florida.

Dear Mrs. Fairchild:

Your birthday letter was greatly appreciated. It ought to have been acknowledged sooner. I have been desperately busy as our house is crowded full of people and an equal number of patients are living outside and I am only now getting a chance to acknowledge my birthday greetings.

I hope the change to Nassau was pleasant and recuperative. I appreciate deeply your kind and appreciative words which are warmly reciprocated. I cannot tell you how delighted I was after coming here that you and Dr. Fairchild were residing here. I had not known of it before. The pleasure of knowing you and meeting you occasionally I count as one of the most notable privileges I enjoy by living here in Miami. A little later in the season when the pressure of professional duties lessens somewhat I trust we shall have the pleasure of seeing more of you. I hope you and the Doctor and any members of your family who may be with you will feel at liberty to drop in at our "house by the side of the road" and make yourself at home as often as you can.

Again thanking you for your kind letter, which is one of my most appreciative birthday greetings, and with warmest regards to you and your distinguished husband, I remain, dear Mrs. Fairchild,

Very sincerely yours,

**ROLLINS COLLEGE**  
**WINTER PARK, FLORIDA**  
**HAMILTON HOLT, PRESIDENT**

**OFFICE OF THE PRESIDENT**

March 16, 1936

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

My dear Dr. Kellogg:

I am glad to know that you are considering Miss Elizabeth Guinan for the summer months.

Miss Guinan has been a student here for the past two years. She is a serious minded, earnest young woman, who would be faithful to her responsibilities, I believe. She has shown good cooperation in all of her relations with the College.

Hoping to hear that you have secured Miss Guinan for your summer staff, and with best wishes personally, I am

Sincerely yours,

*Hamilton Holt*



March 19, 1936

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

Dear Mr. Dolliver:

I am sending you under separate cover, my photograph taken on my eighty-fourth birthday. It is a glossy print, the sort I believe you like to have.

Sincerely yours,

b

THE STATE JOURNAL  
Lansing, Mich.

THE HERALD  
Grand Rapids, Mich.

THE ENQUIRER AND NEWS  
Battle Creek, Mich.

NEWSPAPER ENGRAVING CO.  
Grand Rapids, Mich.

# Federated Publications, Inc.

Office of A. L. MILLER, President

BATTLE CREEK, MICHIGAN

March 23, 1936.

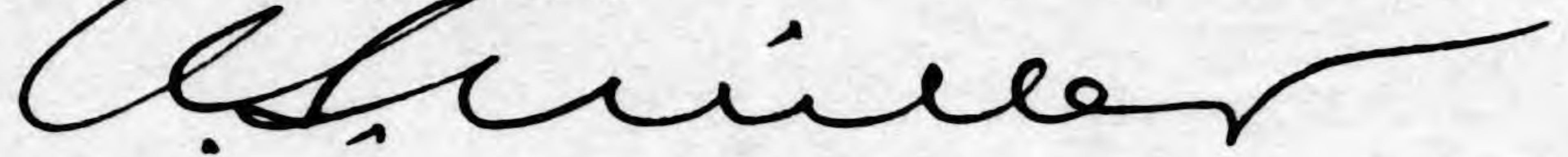
Dr. John Harvey Kellogg,  
The Miami-Battle Creek,  
Miami Springs, Miami, Florida.

Dear Dr. Kellogg:

Congratulations on the fine photograph which reached me this morning. My secretary remarked that you looked no older than I do, which was a compliment to you and the reverse to me.

I appreciate your sending the picture. I am going to use it for office purposes and then I am going to have you autograph it when you come back and then take it to my house.

Cordially yours,



ALM:JK



YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET  
GUARDIANSHIP

Callander, Ont., March 25th, 1936

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

Dear Dr. Kellogg:

I have your letter and appreciate  
hearing from you.

The babies are doing fine and are  
taking the acidophilus milk better now.

We intend to send you a sample shortly.

Kindest regards.

Yours sincerely,

*Allen Roy Dafe*

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF PLANT INDUSTRY

WASHINGTON

DIVISION OF  
FORAGE CROPS AND DISEASES

March 26, 1936.

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

Dear Dr. Kellogg:

I have your letter of March 9 and with reference to the Bansei soybean, will say that we will try to spare you as many pounds as possible. It may be that in May we shall have some seed left and I shall be very glad to send you what is available for increase work.

I regret to say that there are no large sources of either the Chusei or Bansei in this country at the present time. As to obtaining seed in quantity in Japan, it is rather difficult to say whether you would obtain the right variety. If you care to take up the matter, we obtained the seed from The Yamato Seed Co., Tokyo, Japan. The Bansei was obtained from them under the name Bansei O Sayada Mame and the Chusei under the name Chusei O Saya Eda Mame.

The sample of seed which you enclosed is the Tokyo variety and has been grown in this country for many years. During the past two or three years it has increased to a considerable extent, especially in North Carolina, Tennessee, and Mississippi. It is not imported from Japan. All of the seed which is in this country was grown in the states mentioned above. It may interest you to know that in North China and southern Manchuria this light, greenish yellow bean is used in the manufacture of bean milk and bean curd. I am quite sure that you will have no difficulty in obtaining almost any quantity of Tokyo through North Carolina growers and seed dealers. Some of the finest Tokyo seed I have seen was grown in central Mississippi. It might be that you could locate Mississippi-grown seed through Mr. W. R. Perkins, Agricultural Experiment Station, State College, Miss. In North Carolina and Virginia you can obtain the Tokyo through the following: T. W. Wood & Sons, Richmond, Va., Geo. Tait & Sons, Norfolk, Va., The Buxton White Seed Co., Elizabeth City, N. C., and F. P. Latham, Belhaven, N. C.

With reference to a satisfactory dry, evaporated soy milk, Mr. J. H. Strawser of the Washington Sanitarium, Takoma Park, Md., showed me one of the nicest samples of evaporated milk I have seen. I am sorry to say I do not know how long it will keep. I understand that Dr. Miller, who is associated with the Missionary College and now stationed in China, has one or two factories producing this soy milk powder. While Mr. Strawser was experimenting with the milk I understood that the soy milk was evaporated through the regular process used in evaporating cow's milk.

Referring to the green vegetable beans, it may interest you to know that the Seaboard Airline Railway at its experimental farm near Hamilton, N. C., has been testing some of our green vegetable varieties. Last year they froze some of the beans and have been sending samples to various places to obtain an opinion as to the product. From all reports, it is evident that the frozen bean is a most excellent food product. It may be that if you write Mr. J. N. McBride, General Agricultural Agent, Seaboard Air Line Railway, Savannah, Ga., he could arrange to send you a sample of these frozen beans that you might try them.

Very truly yours,

  
W. J. Morse,  
Senior Agronomist.

While it is impracticable to provide a complete list of dealers, this partial list is furnished for your information, with the understanding that no discrimination is intended and no guarantee of reliability implied.

398 MAIN STREET  
BATTLE CREEK, MICHIGAN

Mar. 28. 1936.

Dr. John Harvey Kellogg.  
Miami, Florida.

My dear Dr. Kellogg;

The Three-Quarter Century Club ~~has~~ been receiving several copies of the Good Health Magazine, sent by your order. We thank you very much for your kindness in sending this interesting and useful publication to us. We read it with delight and I hope profit also.

This beautiful Spring weather makes us think of you and your official family, with the hope that we may soon see all of *you* back in Battle Creek, full of good health and good works as usual.

As you already know, we are out of the severest Winter in many years.

If we could go with the birds, we would all be with you in that delightful Sunny South next year.

Battle Creek is not so hard hit as other places just now, so we are glad to be where we can lead the "Biologic Life" in safety and without the necessity of swimming.

We shall be glad to see you soon, or sooner; any old time will please us.

Most sincerely yours;

*F. J. Harvey*



# Dade County



## One Hundredth Anniversary



1836 ❖ 1936

March 31<sup>st</sup> to April 14<sup>th</sup>

Miami, Florida

March 20, 1936



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

Dear Dr. Kellogg:

Several days ago I wrote you a letter as Chairman of Finance of the Dade County Centennial Celebration Committee, soliciting a donation of \$100.00 toward the budgeted expense of \$5,000.00 in commemorating the one hundredth anniversary of Dade County.

This celebration is to be held in Miami, Florida, from March 31 to April 14, 1936. All the civic organizations in Greater Miami are combining to make this affair a success.

In order that I may have positive information, and not run up any bills unless finances are on hand, I am asking that you write me immediately, if you will, please, stating the amount of your contribution and sending us your check with the reply.

We certainly will appreciate this contribution, and know as usual we shall receive your prompt reply and a check for as much money as you feel that you can approve at the present time.

Please make your check payable to H. Blake Oliver, Treasurer, mailing same to me.

Very truly yours,

*C. W. Peters*

250 Halcyon Arcade,  
Miami, Florida

C. W. Peters, Chairman,  
Committee on Finance,  
Dade County Centennial Celebration.

March 24, 1936

Mr. C. W. Peters,  
Dade County Centennial Celebration,  
250 Halcyon Arcade,  
Miami, Florida.

Dear Sir:

I have your letter of March 20.

You may not be aware of the fact that I have recently deeded the Miami-Battle Creek institution to a board of trustees to be used for the promotion of the public welfare. The institution has been conducted on this plan from the incipency of the work six years ago. I have given my services and paid my Board and have accepted no salary. We have treated here free hundreds of Miami citizens and besides have paid several thousand dollars in taxes notwithstanding the eleemosynary character of our work.

Every dollar I can spare is needed for the promotion of this enterprise. I shall have to leave to others who have made fortunes out of Dade County development to meet the expense of the celebration. Personally I have contributed a good many thousand dollars to welfare work of this county and have never been benefited personally in any way shape or manner.

Sincerely yours,

b



March 30, 1936

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

Dear Mr. Morse:

Thank you very much for your letter of March 26 which gives me much valuable information.

We are having great success with our soy acidophilus milk. It cured the quintuplets of serious bowel trouble and keeps them in good health. They have now been using it regularly in their daily food for more than a year and a half. Dr. Dafee writes me he cannot get along without it. When he stops the use of it the bowels get bad and he has to resume its use at once. I shall be glad to have a liberal sample of this milk sent to you if you would like to try it.

Sincerely yours,

b

P. S. Dr. Miller of China is one of my old students. He sent me a sample of his soy milk powder. It was very fine in appearance, but had a rancid flavor.

In my experiments I have found that flour made from raw beans keeps well, but when cooked a rancid flavor develops.

Mr. W. J. Morse, No. 2.

I shall be very glad indeed if you will let me have as much seed as you can of rapid growing vegetable varieties of soy beans. I am planting 150 acres this year, but will be glad to plant 50 more if I can get sufficient seed for the purpose.

March 30, 1936

Mrs. Phoebe Oliver:

Will you have looked up for me the date when Professor Rettger of Yale came to Battle Creek? I think it was somewhere about twelve or thirteen years ago. I had correspondence with him about coming and I think you can find the date most readily from the letter files.

J. H. K.

b

April 3, 1936. Dr. Kellogg: Our records show that Prof. Leo F. Rettger, Professor of Bacteriology, Yale University, New Haven, Conn., arrived in Battle Creek January 2, 1920.

P. Oliver.

March 31, 1936

Mr. John Hays Hammond,  
120 Broadway,  
New York City.

My dear Sir:

I was exceedingly pleased to have the pleasure of shaking your hand at the meeting of the Committee of One Hundred. I have read everything you have written with the greatest pleasure and have greatly admired your great achievements of which I have taken note as soon as they became known to the public.

I shall be very happy to accept your invitation to send a photograph for your famous gallery. I am sending my eighty-fourth birthday photograph with this.

With best wishes, I am

Sincerely yours,

b

March 31, 1936

Rev. P. J. Maveety,  
398 Main Street,  
Battle Creek, Michigan.

Dear Friend:

I have your letter of March 28.

I am glad to hear from you and to know that you escaped from the awful winter alive. I certainly wish the Three Quarters Century Club could be moved down here to spend the winter season. This is the only proper place in the United States during the winter months for people advanced in years.

Give my love to all the old boys and girls and tell them I hope to be with them in a few weeks. I shall see more of you this summer than last. Last summer I had a very trying experience which I hope I may never have to repeat.

Sincerely yours,

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF PLANT INDUSTRY  
WASHINGTON

DIVISION OF  
FORAGE CROPS AND DISEASES

April 4, 1936.

Dr. John Harvey Kellogg,  
The Miami-Battle Creek,  
Miami Springs (Miami), Fla.

Dear Dr. Kellogg:

I have your letter of March 30 and was very much interested in the use of your acidophilous milk by the quintuplets. It seems that Dr. Dafoe certainly should give a good recommendation for your product.

About a year ago when you returned from Miami you left at the Union Station about a half gallon of this acidophilous milk. I liked the product very much and found no difficulty at all in keeping it in the ice box. I should be glad to receive another sample from you.

I presume that after May 1 you will be at Battle Creek. It will probably be some time in May before I shall know just what amount of seed of Bansei I shall have available. I am planning to send you all that we have left at that time.

Very truly yours,



W. J. Morse,  
Senior Agronomist.

**April 5, 1936**

**Mr. Clayton S. Cooper,  
Committee of One Hundred,  
1673 Michigan Avenue,  
Miami Beach, Florida.**

**Dear Mr. Cooper:**

**We are making plans for erecting a large addition to our building this summer and so have decided to postpone our dedication until that is completed, which we hope will be some time next fall if plans under consideration work out satisfactorily.**

**Thanking you for your readiness to help us in this matter and hoping I may have your valued assistance later, I am**

**Sincerely yours,**

**b**

Dr Kellogg:

I have just found this unrecognizable re-write of your fine article, in which the high points of the story were left out, your name converted to "James" in both body of the article and the head, and the entire story so twisted and distorted as to fact that it would have been better if that had not used it at all--note final statement. I called up the City Editor and asked him how it happened and he said he had it re-written by "one of the best men on his staff." I asked him why it was necessary to re-write it and he said that there were so many medical terms that were not familiar and the subject matter was not one suitable for news columns. He regretted the wrong name and sorry said he would see that that never occurred again. I think he was really that it had been so carelessly handled but he couldn't think of any way of correcting it. If that is the best his crack reporter can do we are helpless. So sorry!

L.H.M.





STATE OF FLORIDA  
EXECUTIVE DEPARTMENT  
TALLAHASSEE

DAVID SHOLTZ  
GOVERNOR  
J. P. NEWELL  
EXECUTIVE SECRETARY

April 10th, 1936

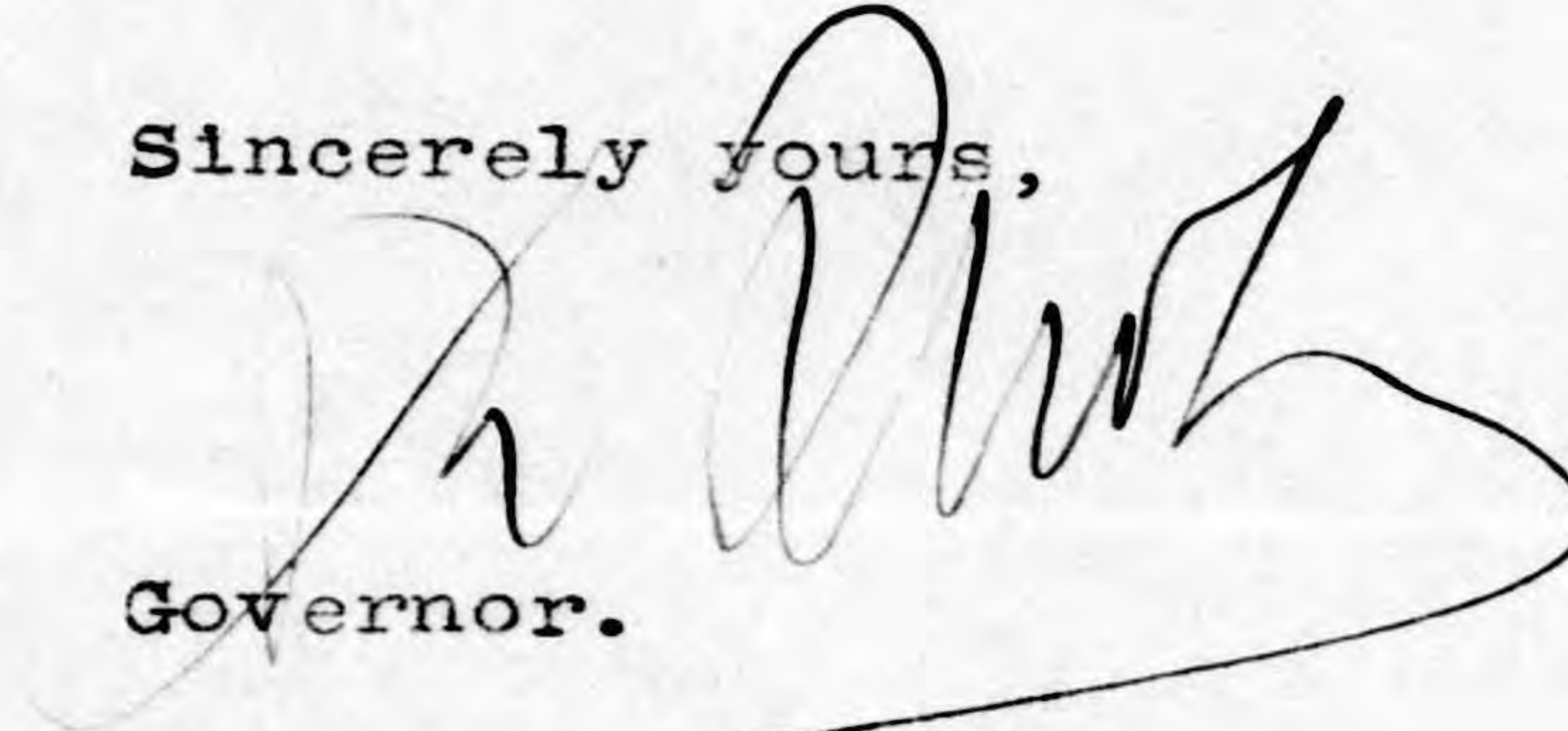
Dr John Harvey Kellogg  
The Miami Battle Creek  
Miami Springs, Florida

Dear Dr Kellogg:

Just a line to acknowledge receipt and thank you for your letter of April 5th, which evidently crossed in the mail with mine of the 7th to you, notifying me that your dedication has been postponed.

With all personal good wishes,

Sincerely yours,

  
Governor.

DS/NJ

*Died soon after.*



April 11, 1936

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

My dear Dr. Kellogg:-

I am deeply appreciative of your very friendly letter of March 31st. Commendation from a man so highly esteemed as my friend, Dr. John Harvey Kellogg, is most gratifying even when not fully deserved.

I have notice from my office that the photograph which you kindly sent me has arrived. It will be a highly prized possession, for which many thanks.

Hoping I shall have the pleasure of seeing you again sometime in the near future, and with best wishes,

Sincerely yours,

*John Hay Hammond*

April 11, 1936

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

Dear Mr. Morse:

I have your letter of April 4.

I have some friends who are going from here to Washington about May 1st and will have them take along several bottles of soy acidophilus milk to hand to you. It is becoming quite popular here. We have been using 30 to 40 gallons a day for several months. It is much more popular with our patrons than cow's milk.

Sincerely yours,

**April 13, 1936**

**Miss Gertrude Estill:**

**In a letter to W. J. Morse, Bureau of Plant Industry,  
U. S. Department of Agriculture, Washington, D. C., Doctor  
states, "I have some friends who are going from here to Wash-  
ington about May 1st and will have them take along several  
bottles of soy acidophilus milk to hand to you."**

**A. F. B.**

IRA J. WILSON  
OSGOOD H. DOWELL  
JOHN F. McCANNA  
ANDREW F. WINTERCORN  
FRANK J. FOLEY  
EDWARD A. MORSEBACH

WILSON, DOWELL, McCANNA & FOLEY  
COUNSELLORS AT LAW  
ONE LA SALLE STREET  
CHICAGO

PATENTS  
TRADE MARKS  
—  
ROCKFORD  
303 N. MAIN ST.  
—  
WASHINGTON  
SHOREHAM BUILDING

April 13, 1936

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

Dear Dr. Kellogg:

Re: Colon Irrigator Patent  
Application, Docket 5186

On January 2, 1936, we sent you a patent application on your new Colon Irrigator. The papers have not yet been signed and returned to us.

This reminder is sent to make sure that the matter is not overlooked.

Very truly yours,

WILSON, DOWELL, McCANNA & FOLEY

By



FJF:CP

April 16, 1936

Mr. John Hays Hammond,  
The Breakers,  
Palm Beach, Florida.

My dear Mr. Hammond:

Many thanks for your kind note of April 11.

I wish very much that I might have the pleasure  
of adding your fine face to my collection of friends.

Some time I hope I may have the pleasure of a  
visit from you here. We have several things we find of  
great value in combating the incursions of old Father Time.

Sincerely yours,

b

# COMMITTEE OF ONE HUNDRED

1673 MICHIGAN AVENUE  
MIAMI BEACH, FLORIDA April 17th,  
TELEPHONE 5-3827 1936.

BYRON D. MILLER  
VICE-PRESIDENT

E. R. THOMAS  
VICE-PRESIDENT

JOSEPH E. WIDENEH  
VICE-PRESIDENT

ROBERT W. GIFFORD  
SECRETARY

F. LOWRY WALL  
TREASURER

DAVID HUYLER  
ASST. TREASURER

CLAYTON SEDGWICK COOPER  
PRESIDENT

GEORGE ADE  
VICE-PRESIDENT

HARVEY S. FIRESTONE  
VICE-PRESIDENT

CARL G. FISHER  
VICE-PRESIDENT

J. B. FORD  
VICE-PRESIDENT

WEBB JAY  
VICE-PRESIDENT

CHARLES F. KETTERING  
VICE-PRESIDENT

M-A-I-N-E R-E-U-N-I-O-N

September 1st - 4th, 1936.

DEAR MEMBER OF THE COMMITTEE OF ONE HUNDRED:

The State of Maine will act as host to the members of The Committee of One Hundred and their guests for the Seventh Annual Northern Dinner at the Poland Spring House, Poland Spring, Maine, on Tuesday evening, September 1st. This dinner will be followed by three days of unique entertainment, schedule of which is enclosed.

For the accommodation of Governor Brann and our Maine hosts, you are asked to return the enclosed card promptly, informing us if you expect to be present and if you are planning to bring your wife or a lady guest and a gentleman guest.

This preliminary letter is for the purpose of finding out in advance the number of people planning to attend this Reunion. Formal invitation will be sent you later by Governor Brann.

Hotel reservations should be made in advance by writing direct to the Poland Spring House, Poland Spring, Maine.

This Reunion promises to be one of the most unusual and notable occasions in the annals of our Club and we hope that every member may avail himself of the privilege of accepting the invitation of the State of Maine.

The following members of our Club, who have summer homes in the State of Maine, are cooperating with Governor Brann and his staff in the arrangements:

Col. W. N. Campbell, chairman,  
Sanford.

Elcazer W. Clark, Portland.

Walter S. Hammons, Portland.

Byron D. Miller, Portland.

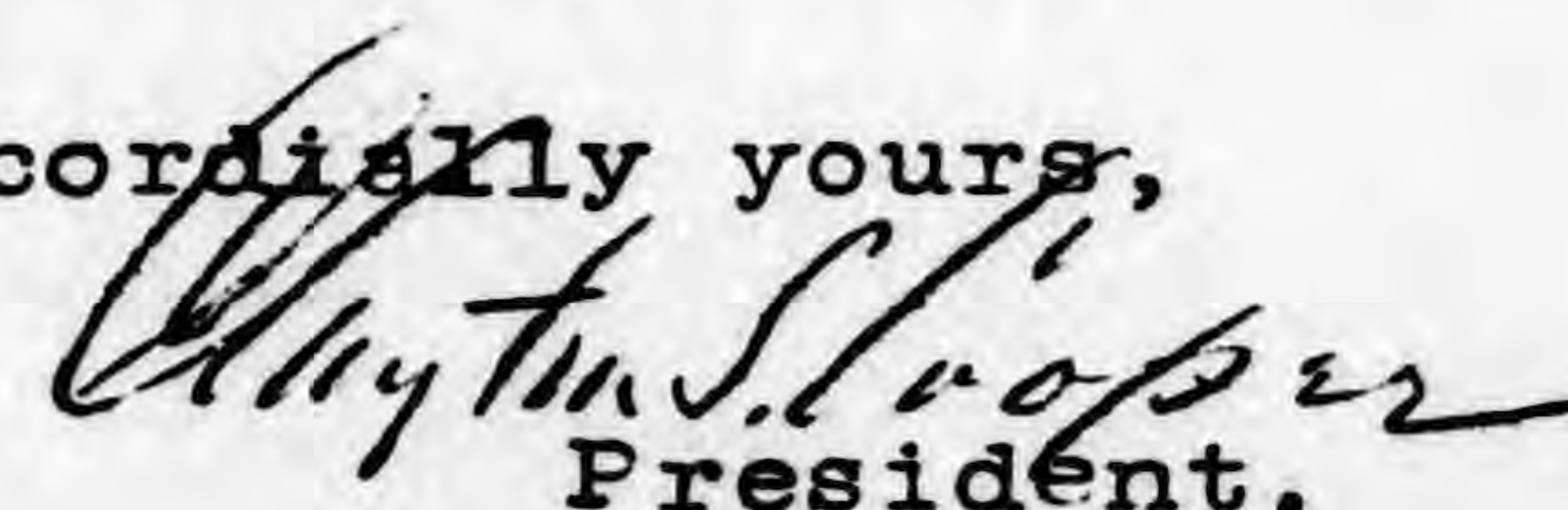
J. A. Turrell, Lewiston.

Dr. E. C. True, Auburn.

George Harrison Phelps, Bayville.

With sincere regard, I am

Very cordially yours,

  
President.

SEVENTH ANNUAL NORTHERN REUNION

OF

THE COMMITTEE OF ONE HUNDRED

September 1st - 4th.

with

Governor Louis J. Brann and  
the State of Maine as hosts.

September 1st - Tuesday - Arrival and registration at Poland Spring House, Poland Spring, Maine. Annual Northern Dinner for members and their gentlemen guests at 7:30 P.M., at Poland Spring House.

Dinner for ladies (wives and lady guests of members) at 7:30 P.M. at Mansion House, Poland Spring.

September 2nd - Wednesday - Members and guests, including wives and gentlemen guests, will go by automobile to Sam-O-Set Hotel, Rockland, Maine, for clam bake on shore. There will be sight-seeing enroute and other entertainment upon arrival at Rockland. Entire party to be guests at Sam-O-Set Hotel Wednesday night.

September 3rd - Thursday - Entire party of members and guests will board the P. & O. Steamship "Florida", which has been chartered for the occasion for a five hours' sail along the beautiful coast of Maine. There will be entertainment at Bar Harbor and the party will spend the night of Sept. 3rd, on the boat.

September 4th - Friday - Party will arrive at Portland aboard the "Florida", where the Reunion will end.

- -

Each member is allowed to bring one gentlemen guest. The Seventh Annual Northern Dinner at the Poland Spring House on September 1st, will be limited to 500 men. Each member may also bring his wife or one lady guest for the Reunion.



Eustis

21 IV 36

Dear Dr Kellaggs want  
you have your secretary drop  
a line to Robt W Bowles,  
836 N Orange Ave, Orlando, Fla  
and tell him where he can get  
Lacto-bacillus milk, or if  
not prepared in O, how he  
can get it.

Faithfully

Howard A Kelly

MADISON GRANT  
101 PARK AVENUE  
NEW YORK

April 23, 1936

Dr. John Harvey Kellogg  
Kellogg Sanitarium  
Miami, Florida

Dear Dr. Kellogg:

I wish to express my personal thanks, and my official thanks, on behalf of the Zoological Society, for your courtesy and generosity to Dr. Charles H. Townsend. I was delighted to find him, upon his return from your sanitarium, an entirely changed man. I want you to know that my thanks are very sincere and heartfelt.

If I go to Battle Creek this summer, I shall try to take Dr. Townsend along as I think a visit there will prolong his life for years.

I will write you more about my own plans in the future but, at the present time, I am moving to my new apartment, 960 Fifth Avenue, (my new telephone number is Butterfield 8-8644), and I have little time to think of them.

With best wishes, I am

Faithfully yours,

Madison Grant P.

April 24, 1938

Dr. Howard A. Kelly,  
C/o Robert W. Bowles,  
636 N. Orange Ave.,  
Orlando, Florida.

My dear Dr. Kelly:

I have your letter of April 21.

I wrote you several days ago suggesting I would send half a dozen bottles of soy acidophilus milk if you would tell me where to address it. You mentioned when you were here that you were traveling about, so I thought it best to get a permanent address before sending it. Now that I have the address of Mr. Bowles, I will send you six bottles in his care. If he wishes some milk we can supply it from here as we have a bacteriologist here and make it for our own use and supply the local demand. It is also obtainable at Battle Creek. The regular selling price of the milk is forty-five cents a quart.

I am sending you six bottles for your own use with my compliments. In using it take one glass at each meal and a heaping tablespoonful of Lacto-Dextrin or plain sugar of milk. Lacto-Dextrin is preferable because it has better flavor. It contains one per cent of dried lemon juice which is rich in vitamin C and may be more freely used without causing a rise of the blood sugar because it contains 30 per cent achroodextrin.

Sincerely yours,

April 25, 1936

Dr. H. C. Sherman,  
Columbia University,  
New York City.

My dear Dr. Sherman:

My attention has been called to an article by Howard W. Blakelee dated Ithaca, N. Y., in which reference is made to a research being conducted for the purpose of determining the influence of diet upon longevity in rats. The suggestion is made that the dietary employed in nutrition experiments with rats for the purpose of promoting growth tends to shorten longevity rather than to increase it. I am much interested to know whether these men expect to obtain results not in harmony with your findings in the feeding of a super abundance of vitamins for producing super health.

I have been wondering also whether in feeding rats you give attention to the matter of intestinal putrefaction, that is, do you aim to maintain a high percentage of bacillus acidophilus in the stools through the feeding of acidophilus cultures or lactose or dextrin. If I am not troubling you too much I should like to have a word from you on this point at your convenience.

I hope that you have been keeping well this winter notwithstanding your severe blizzards and tornadoes. I sincerely wish that you might enjoy the benefits of this delightful health promoting climate. Can you plan to spend two or three weeks as a guest next winter? We will be delighted to have you do so and I am sure you would be more than pleased with the results. I hope we may also

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

**have a visit from you in Battle Creek this summer. I shall be at my post in the Sanitarium from June 1 until November 1. There is no one in the world who will be more welcome than yourself, and I shall be glad to show you the multitude of ways by which we make profitable use of the sound information you give concerning foods, food qualities and values in your several works. Your last book on vitamins is a veritable gold mine of information.**

**Hoping to hear from you at your convenience, I remain, dear Doctor,**

**Very sincerely yours,**

**P. S. I am taking the liberty of sending you a snapshot made by a newspaper photographer on my eighty-fourth birthday.**

**b**

# Miami-Battle Creek

MI SPRINGS (MIAMI), FLORIDA

99-  
New-  
4/12/36

## Protein Cells In Human Body Energy Source

Each a Minute Dynamo, Providing Essential "Spark of Life," Is Claim

(By Associated Press)

KANSAS CITY, April 12.—Solution of a major puzzle of science, the source of man's internal electricity, by discovery that his billions of giant protein molecules are electric dynamos, was reported to the American Chemical society here today.

These protein molecules—the "lean" of the body—had been supposed to be electrically neutral, the same as fats and sugars.

Instead they are electric-magnets, carrying complex electrical charges. When they move they create momentary electric current like the armature of a dynamo.

This discovery goes far toward establishing electricity as the essential "spark of life."

The electrical charges of proteins were found in 10 years of research at Harvard Medical school, and reported today by Dr. Edwin J. Cohn, professor of biological chemistry. Associated with him were Profs. John T. Edsall, Jeffries Wyman, jr., and Ronald M. Ferry. Co-operating were Dr. George Scatchard of Massachusetts Institute of Technology, and Dr. John G. Kirkwood of Cornell.

Herald - Apr 12/36

## e of Life Extension Attacked In Experiment

ARD W. BLAKESLEE

A Press Science Editor

N. Y., April 10.—The ending the span of human life, looked from a new angle, in the last half of adult year experiment, the beneficial was announced to Cornell University.

Livingston Farrand made of \$42,500 by the Rockefeller Foundation to support the new years. The investigation a Cornell discovery that which science has hitherto upon, those for most of the young, are an-longevity in rats.

an of these animals was

increased by diets low in calories, diets the opposite of the "optimum" feeding for growth of the young.

Many body, bone and internal organ effects were noted as a result of the long life diets. The new study proposes to find out the meaning of these changes and whether some of them can be applied to adults not only to prolong life but to retain mental and physical vigor to the last.

The amount of exercise beneficial after middle life will receive special study. The investigations will be conducted in the laboratory of animal nutrition in the New York State College of Agriculture at Cornell. They will be directed by Dr. L. A. Maynard, Dr. C. M. McCay and Dr. S. A. Asdell.

(Handwritten mark)

**SPEAKER WARNS  
TAX BILL MUST**

## Miami-Battle Creek

SPRINGS (MIAMI), FLORIDA

Weather—General

*Herald - April 12/36*

# Riddle of Life Extension Is Attacked In Experiment

By HOWARD W. BLAKESLEE  
Associated Press Science Editor

ITHACA, N. Y., April 10.—The riddle of extending the span of human life was attacked from a new angle, that of diet in the last half of adult life, in a six-year experiment, the beginning of which was announced today at Cornell University.

President Livingston Farrand made public a gift of \$42,500 by the Rockefeller Foundation to support the new study for six years. The investigation is based on a Cornell discovery that the diets which science has hitherto concentrated upon, those for most rapid growth of the young, are antagonistic for longevity in rats.

The life span of these animals was

increased by diets low in calories, diets the opposite of the "optimum" feeding for growth of the young.

Many body, bone and internal organ effects were noted as a result of the long life diets. The new study proposes to find out the meaning of these changes and whether some of them can be applied to adults not only to prolong life but to retain mental and physical vigor to the last.

The amount of exercise beneficial after middle life will receive special study. The investigations will be conducted in the laboratory of animal nutrition in the New York State College of Agriculture at Cornell. They will be directed by Dr. L. A. Maynard, Dr. C. M. McCay and Dr. S. A. Asdell.

*(Handwritten mark)*

April 25, 1936  
April 24, 1936

Dr. Madison Grant,  
101 Park Avenue,  
New York City.

Mr. Palm Smith,  
Junior Chamber of Commerce,  
Miami Beach, Florida.

I have your letter of April 23.  
Dear Sir:

I am glad to know that you found Dr. Townsend so much improved.  
I am sending you, under separate

cover, four copies of my booklet "Tobaccoism". He is so completely

occupied with the public interests confided to him that I dare say  
to loan to your members.

he gives almost no thought at all to himself and so his friends must  
Sincerely yours,

look after him. I am very glad indeed that you have him under your  
wing. You may be assured that I shall miss no opportunity to do all  
I can for him. The things we can do for him are just what he needs  
to help him hold Old Father Time at bay, but he did not have a chance  
to get anything like all the benefit we could give him. He ought to  
devote two or three months to health building and rejuvenation. If  
I can have him under supervision for that length of time I could  
recommend him to a life insurance company as a good risk for 25 years.  
That will give him a chance to see his tortoises grow up and to be-  
come thoroughly acquainted with their social life, their family life,  
and their methods of training the young tortoises to live sober and  
temperate and strictly vegetarian lives.

The Galapagos, like the Sphinx, which you visited in your young  
campaign days, is a profound secret. Dr. Townsend ought to be care-  
fully coached for the task of discovering the secret of the Galapagos  
and revealing it to the world and incidentally to continue making the  
New York Aquarium the greatest thing of its sort in the world.



Dr. Madison Grant, No. 2.

I do hope that you will come up to Battle Creek next summer and bring Dr. Townsend along with you. Now that the fires of your disease have burned out, we can do a lot to lighten the burden on your vital organs and improve your chances for a 25 or 30 years' longer sojourn in this mundane sphere, which I am sure that you are in no hurry to leave.

Give my best regards to the Doctor and be assured of a cordial welcome when I meet you in Battle Creek next June or later. My advice is to come early and stay late.

Sincerely and cordially yours,

b

April 25, 1936

Mr. A. L. Miller,  
Federated Publications, Inc.,  
Battle Creek, Mich.

Dear Mr. Miller:

Thank you very much for your  
note of March 23.

We have had a very successful  
winter. We have been brim full the whole  
winter and have had a waiting list.

Sincerely yours,

b

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF CHEMISTRY AND SOILS

WASHINGTON

Stanford Univ. Med. School, San Francisco, California.

CHEMICAL AND TECHNOLOGICAL RESEARCH

Department of Pharmacology,

April 25, 1936.

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

Dear Dr. Kellogg:

Receipt is acknowledged of your letter of April 21,  
1936.

Sufficient work has been done to justify a preliminary report that phenthiazine shows promise as a possible new urinary antiseptic. However, further study is necessary before the compound is to be made available for general use by physicians.

At present a supply of pure phenthiazine for therapeutic purposes is not available. Since our investigations are an outgrowth of work done for the United States Department of Agriculture, final decisions on various matters pertaining to phenthiazine rest with the authorities of the Bureau of Chemistry and Soils.

Very sincerely yours,

*Floyd DeEds.*

Floyd DeEds

F D : M H J

April 30, 1936

Dr. Roy A. Morter,  
Kalamazoo State Hospital,  
Kalamazoo, Michigan.

Dear Doctor:

I wonder how you are prospering in the use of the acidophilus therapy. I have been making large use of it this winter and with phenomenal success. For our family of 75 patients we used from 200 to 250 gallons a week. I shall be glad to know whether you have met with any success with this method, and if you have not, I may be able to offer some suggestions by which the difficulties may be overcome.

We have made a lot of progress within the last few months in improving the technic so that now we are able to achieve rapid success in cases which formerly proved somewhat tedious. We have considerably simplified the technic of making soy acidophilus milk and considerably improved the quality of the product.

Hoping to have the pleasure of hearing from you, I remain, dear Doctor,

Very sincerely yours,

Mrs. S. M. Drake, No. 2.

The next time you come down you should have some treatment. Kindly remind me of this and I will see that you get it.

Sincerely yours,

b

# THE BILTMORE

MADISON AND VANDERBILT AVENUES  
 FORTY-THIRD AND FORTY-FOURTH STREETS  
 AT GRAND CENTRAL TERMINAL  
 NEW YORK

460 Prospect Street, New Haven, Conn.  
 May 1, 1936.

DAVID B. MULLIGAN, PRESIDENT  
 WILLIAM H. RORKE, MANAGER

REALTY HOTELS, INC.



Dr. J. H. Kellogg,  
 Miami Battle Creek,  
 Miami Springs,  
 Miami, Florida.

My dear Dr. Kellogg:

Although the enclosed was half ready some months ago I was so overwhelmed with work that I could not get to it again until recently.

I don't want to go ahead without hearing favorably from you and I am not sure that the enclosed is enough to give you fully my idea. But if you approve, I will go ahead with it at once. If you do not approve, please let me know just as promptly.

Of course I would feel better pleased if you would take hold of it yourself and let me merely be in the Amen corner.

I judge from your letters that your own idea of a health society and this one of mine are rather different and would not conflict so that the fact that you have your idea does not seem to me to interfere with the immediate progress on mine.

When I speak of immediate progress I do not mean anything big nor anything fast but merely mean that I would undertake to push a little on it almost every day until the time is right some months from now to actually organize.

At any rate, I hope you will be able to find time<sup>soon</sup> to read the enclosed and let me hear from you.

I would like particularly to have the names of physicians who would carry weight and ~~would~~ be willing to join the society and abide by its rules. I shall, of course, expect to take it up with Haven Emerson as soon as I can, but I shall first leave you time to answer so that I may have the benefit of your ideas and criticisms when I speak to him.

*might*

Dr. J. H. Kellogg

-2-

May 1, 1936.

I find very few people like him, who stand well with the medical profession and at the same time have what you and I believe are the right ideas on health.

It ought to be possible, however, to find more than one such man and if anyone can help me find them, it would be you.

I am more and more convinced that the power of individual hygiene is far beyond what even those who have used it realize, except in the case of a very small number.

I am not at all wedded to the name of the society as proposed, in fact, that is a matter which can be left undecided for a long time.

Very sincerely,

*Irving Fisher*

Enclosure

# COMMITTEE OF ONE HUNDRED

CLAYTON SEDGWICK COOPER  
PRESIDENT

GEORGE ADE  
VICE-PRESIDENT

HARVEY S. FIRESTONE  
VICE-PRESIDENT

CARL G. FISHER  
VICE-PRESIDENT

J. B. FORD  
VICE-PRESIDENT

WEBB JAY  
VICE-PRESIDENT

CHARLES F. KETTERING  
VICE-PRESIDENT

1673 MICHIGAN AVENUE  
MIAMI BEACH, FLORIDA  
TELEPHONE 5-3827

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

May 1st, 1936.

Dr. John Harvey Kellogg  
Miami Springs, Fla.

- - - - - TO THE COMMITTEE OF ONE HUNDRED - - - - -  
Dues for Year May 1st, 1936 to April 30th, 1937 .....\$100.00

Make Check Payable to:

F. Lowry Wall, Treas.,  
1673 Michigan Avenue,  
Miami Beach, Fla.





# THE BILTMORE

MADISON AND VANDERBILT AVENUES  
 FORTY-THIRD AND FORTY-FOURTH STREETS  
 AT GRAND CENTRAL TERMINAL

NEW YORK

460 Prospect Street, New Haven, Conn.

DAVID B. MULLIGAN, PRESIDENT  
 WILLIAM H. RORKE, MANAGER

May 1, 1936.

REALTY HOTELS, INC.

Dr. J. H. Kellogg,  
 Miami Battle Creek,  
 Miami Springs,  
 Miami, Florida.

Dear Dr. Kellogg:

I haven't answered several points in various letters of yours.

As I think I said in answer to yours of January 13th, I agree with your idea about moderation.

I am greatly interested in what you said of soy bean and of soy bean acidophilus.

If you can send the milk to Canada could you not send it to New Haven, or send directions as to how it can be made, or both?

I am interested in what you say about inheritance of acquired characters and would like to know where I could hear about the worm who eats a hydra.

I hope Dr. Buchman was "converted."

If the urine should be slightly acid, how can one tell? Litmus paper would not measure the degree.

You ask what my opinion is as to the future of America. I am rather more optimistic, certainly less pessimistic, than most people because I know that despite all their mistakes, the present administration has started some sound things which are fundamental and are not understood or even known to exist by the general public, particularly in regard to the money policy and the future of the Federal Reserve Board.

Very sincerely,

*Irving Fisher*



# THE BILTMORE

MADISON AND VANDERBILT AVENUES  
FORTY-THIRD AND FORTY-FOURTH STREETS

AT GRAND CENTRAL TERMINAL

NEW YORK

460 Prospect Street, New Haven, Conn.

DAVID B. MULLIGAN, PRESIDENT  
WILLIAM H. RORKE, MANAGER

May 1, 1936.

REALTY HOTELS, INC.

Dr. J. H. Kellogg,  
Miami Battle Creek,  
Miami Springs,  
Miami, Florida.

Dear Dr. Kellogg:

*Life Exten.*

You will be interested to know, confidentially, very confidentially, that there is likely to be a change in the medical leadership of the Institute and I would greatly appreciate it if you can suggest possible candidates. Dr. Biehl of the University of Minnesota impresses me as a good man but he smokes! I think it important to get someone who exemplifies the rules of hygiene. Who are available?

Very sincerely,

*Luning Fisher*

May 2, 1936

Mr. F. Lowry Wall,  
1673 Michigan Ave.,  
Miami Beach, Fla.

Dear Sir:

Enclosed find my check for one  
hundred dollars as membership fee due  
the Committee of One Hundred.

Sincerely yours,

D

Supreme Court of the State of New York  
Westchester County  
White Plains, New York

May 4, 1936.

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

Dear Dr. Kellogg:

My brother, Philip A. O'Neill, who has been a patient of your sanitarium, suggested that I write to you about an article that appeared on page 116 of Good Health for April last, entitled "Home Treatment for Arthritis."

I am much interested in knowing how to make the apparatus giving a sinusoidal faradic current which is there mentioned. Will this give approximately the same results as those produced by the ordinary diathermic machine?

My brother told me about a book published by you called "The New Art of Cookery." As I do not know the price, will you please be kind enough to have it sent to me c. o. d.?

I assure you that I shall greatly appreciate your kindness in giving me this information.

Yours respectfully,

*James O'Neill*

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 4th, 1936

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

Dear Dr. Kellogg:

I have yours of April 30th.

I have purposely waited before sending back the collection of items re tobacco which you so kindly lent me until I was sure they were not needed to check up the proofs of the article for which they were used. This article has not yet been published. I wrote a tremendously long article as the editor of the Reader's Digest said he would prefer that I do that and his experts would condense it. He wrote me that it would be sometime before this condensation is completed because it is a "vast" job.

I am therefore writing to ask whether you prefer that I send back the material to you at once or wait and if so, how long I could wait without inconvenience to you. There is no telling how long the Reader's Digest will require for their condensation and I should not be surprised if it were three or four months, or even more.

Incidentally, I would like your ideas as to what to do with the rest of the article. It is enough to make a small book. I thought of writing to Huber in regard to it. Probably you

Kellogg

-2-

know the other publishers. I also thought of offering it to you for your Battle Creek publisher but I think, as I know you will, that it will be better not to hitch it up so specifically with Battle Creek but to make it an independent push.

Very sincerely,

*Irving Fisher*

IF:M

May 5, 1936

Research Department,  
Bureau of Chemistry and Soils,  
Department of Agriculture,  
Washington, D. C.

Gentlemen:

I have under my care several cases of infection of the urinary tract which have proved incorrigible to all therapeutic efforts made in their behalf and in which I should like to make use of your phenthiasine. One of these patients was at one time Assistant Secretary of Agriculture. The others are persons of equal prominence.

The results reported from the use of this urinary antiseptic are so remarkable I shall be anxious to give it a trial in these cases. If you can send me a small amount for this purpose, I shall be glad to meet any expense which may be demanded, besides greatly appreciating the favor.

Hoping my request will receive favorable consideration,

I remain

Very sincerely yours,

b

May 7, 1936

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

Dear Dr. Fisher:

I have your letter of May 4.

As regards the tobacco items, keep them as long as you need them.

I think it would be fine to make a book out of your articles. It will be the best thing out. If possible send it out as a Yale publication. The Good Health Publishing Company could sell a lot of them.

I have gotten started on the outline of your plan for a health organization. I think it is capital. I hope you will push it along. I will write you more in detail a little later.

Sincerely yours,

b



May 7, 1936

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

Dear Professor Fisher:

I have yours of May 1 with several enclosures which I will study carefully at the first opportunity and then write you.

I am sending this note to answer several questions which you ask. After some months of experiments I succeeded last year in perfecting a process by which acidophilus milk can be made at home. The factory provides the soy bean milk, condensed and sterilized, in tin cans and sends along with it a culture to be added to the milk after diluting. This plan works very well with very little trouble. It is only necessary to put the milk into a fruit jar and add hot water and the culture and set it away in some corner in a room at ordinary living room temperature and in the course of a day or two it will be ready for use. It matures more rapidly if the temperature is kept near one hundred.

The most convenient way, of course, would be to have the milk sent to you all ready for use. The factory is sending out soy acidophilus milk to all parts of the United States.

I think Dr. Buckman is not only thoroughly converted but "sanctified" as the Methodists say, that is, he has become so thoroughly converted that he has no temptation to backslide, but sets a dependable example wherever he goes and advocates biologic living enthusiastically. He had about 25 or 30 of his workers here this winter at different times

Prof. Irving Fisher, No. 2.

and I think most of them were also soundly converted.

Bushman is a remarkable salesman. He seems to be making some headway and I think is doing some good. He has hit upon an ingenious way of propagating his ideas of taking advantage of the crowd spirit as a psychologic instrument in what he calls house parties. He expects to hold a big house party here in Miami next winter. His greatest success is with young men who have sown wild oats until they have but a very few left. He gets the poor fellows to confess by doing a little confessing himself which he calls "sharing," and they apparently feel a whole lot better after they have unloaded and for a time at least behave better. I think the confessional of the Catholic church operates on the same principle.

Slight acidity of the urine is normal. If the urine gets a little more acid than it ought to be, it is likely to be dark colored and often produces a smarting sensation when passing. Litmus paper will tell if the urine is acid but will not measure the acidity. This has to be done by laboratory methods. The best measure of urinary acidity is pH.

I am glad that there is going to be a change at the Life Extension Institute. I shall be glad to do anything I can to help you. If you will write me a description of the sort of man you want I will try to help you find one, that is, I should like to know what the man's duties are, what he is required to know and to do. Are his duties strictly professional? Does he have to be an organizer, an executive, a salesman and a diplomat, etc.

On another sheet I am enclosing a copy of an interview an English newspaper reporter recently had with George Bernard Shaw. The article was published in an English paper. Shaw liked the soy

**Prof. Irving Fisher, No. 3.**

acidophilus milk very much and told me the next day that the meal he ate with us, which was our ordinary everyday dinner, was the best meal he ever ate in his life. I think I shall write him and see if I can not get him to devote some of his literary talent to helping to propagate the idea sane biologic living.

We have had a wonderfully successful winter. We started in last fall as usual with nothing in the bank, borrowed three thousand dollars for three months, paid it off in six weeks and today have over thirty thousand dollars in the bank and bills paid up to date.

I am planning to put on an addition that will nearly double our capacity. We could have done 50 per cent more business if we had had room to accommodate our patients. Whatever may happen to the rest of the country, I am quite sure that there is a rosy future before Florida. It is the warmest place in the winter in continental United States and it is never so hot in summer as in Michigan, Connecticut, and Canada. The temperature hovers around 86. Once or twice during the summer it will reach 90. Miami has never had a temperature higher than 94 and has reached this temperature only twice in 25 years and then for a few hours only. There are no sultry days and no sun-strokes.

There is a little excitement every fall because of the Caribbean hurricanes, but this is never anything worse than high wind which is said sometimes to reach a velocity of a hundred miles an hour, which is not half as fast as the airplanes, but it is a real blow, though nothing compared with the tornadoes of the North with their velocities of two or three hundred miles an hour. No damage is ever done to well constructed buildings whether made of stone or wood. I had the pleasure

**Professor Irving Fisher, No. 4.**

of witnessing a hurricane last fall the next day after I arrived. I enjoyed it very much. Our solid stone building did not even quiver. After the first two or three hours I fell asleep and rested well during the balance of the storm which did our building no harm. It blew down a couple of palms and trimmed the tops of a few others. Though reported to have done three million dollars damage to Miami, it did, in fact, no damage at all and did nothing more than tear down a few shanties and poorly constructed houses which will be replaced by substantial buildings.

But I must stop lest I demonstrate to you that I am getting garrulous with old age.

With kindest regards to Mrs. Fisher, I am

As ever sincerely and cordially yours,

P. S. I wish I could send you some of our delicious cocconut soy milk. It is made by the addition of a cocconut to a quart of soy milk. The cocconut is ground fine in a vegetable grinder and then mixed with the milk and put through a viscolizer. It takes out all the pulp but the woody fiber. I intend to introduce it at Battle Creek. I will show you some if you drop in some time during the summer. I may in time be able to put it up like condensed milk so it can be shipped. Mixed with puree prepared from very ripe bananas it makes most delicious ice cream.

May 9, 1936

Mr. James O'Neill,  
Supreme Court of the State of New York,  
Westchester County,  
White Plains, New York.

Dear Sir:

I have your letter of May 4.

The sinusoidal electrical current is not a new discovery and is not by any means a panacea for rheumatism. I was myself the discoverer of the current nearly fifty years ago. I described it and exhibited it before a medical society and I have, I believe, made more extensive use of it than any other physician, but find its chief value to be the development of wasted muscles which have been weakened by lack of use because of diseased joints or paralysis. On the whole I believe diathermy or the more recently developed inductotherm is of greater value than the sinusoidal current.

If you desire to purchase a sinusoidal machine I can recommend the apparatus made by the Sanitarium Equipment Company, Battle Creek, Mich.

I ought perhaps to say further that I am sure that diet and climate, especially change of the intestinal flora, are measures of far greater value in the treatment of rheumatism than the sinusoidal current. I have never known a case in which the sinusoidal current alone had effected a cure or any very pronounced amelioration of symptoms in a case of rheumatism.

Sincerely yours,

UNITED STATES DEPARTMENT OF AGRICULTURE  
BUREAU OF CHEMISTRY AND SOILS  
WASHINGTON

May 9, 1936.

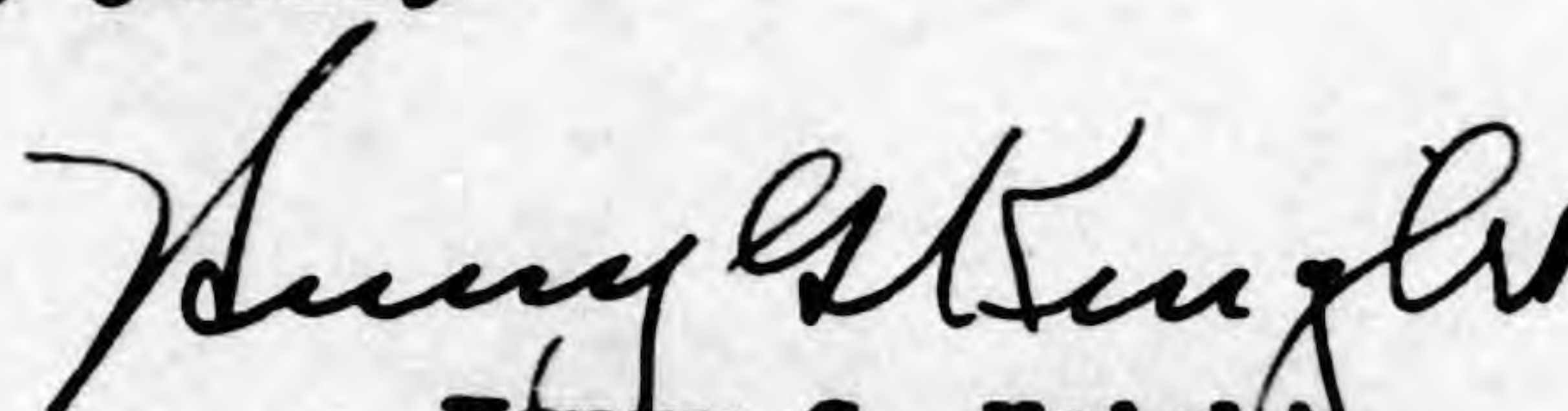
Dr. John Harvey Kellogg,  
The Miami-Battle Creek,  
Miami Springs, (Miami), Florida.

Dear Dr. Kellogg:

In reply to your letter of May 5, relative to your desire to use phenthiazine in several cases of infection of the urinary tract, I am requesting our Dr. Floyd DeEds, who has been studying this compound, to send you full instructions regarding its use as well as a supply of the material for which there will, of course, be no charge.

You, of course, recognize the fact that this type of research is still in the experimental stage and we should also like to have your experience in covering its use in the urgent cases which you have under your care.

Very truly yours,

  
Henry G. Knight,  
Chief of Bureau.

**ROLLINS COLLEGE**

**WINTER PARK, FLORIDA**

**HAMILTON HOLT, PRESIDENT**

**OFFICE OF THE PRESIDENT**

**May 13, 1936**

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

**Dear Doctor Kellogg:**

**Will you kindly send me  
2 copies of your booklet  
"MENUS FOR SUMMER CAMPERS"**

**With much appreciation,**

**I am**

**Sincerely yours,**

*Lida Woods*

**Lida Woods  
Secretary to President Holt**

**ROLLINS COLLEGE**

**WINTER PARK, FLORIDA**

**HAMILTON HOLT, PRESIDENT**

**OFFICE OF THE PRESIDENT**

**May 13, 1936**

**Dear Doctor Kellogg:**

**All winter we looked for you to visit us. I imagine you have gone North by this time and that we shall not see you until next season.**

**I recall that a year or so ago you asked me if I would be interested to come back to Battle Creek and help Miss Browning during the summer with her hostess work and looking after guests in general.**

**This came back to me when one of our loveliest women asked me last week if I could suggest such a place for her this summer.**

**The woman I refer to is a very handsome, charming Southerner - Mrs. Georgia Enwright. She has been with us as a hostess for ten years and she is considered our star hostess. She is an artist at handling people of the type we have here coming and going. She is always beautifully gowned, is very gracious, altho regal in manner, and is "to the manner born". She is exactly your type and I would not mention her if I did not feel sure she would prove a treasure to you as she has to us.**

**If you could use Mrs. Enwright, will you let me hear from you?**

**My best wishes to you and to dear Miss Browning.**

**Sincerely yours,**

*Lida Hood*



C O P Y

9 Brimmer Street,  
Boston, Massachusetts

14 May 1936

My dear Doctor Kellogg:

I am delighted to get your letter and am going to take advantage of your invitation at the first opportunity to visit Battle Creek. That will be within the next month. As a matter of fact, I have long wanted to do this.

I am already greatly indebted to you. I got in very bad shape on account of the fume poisoning I received at Advance Base near the South Pole and upon my return to civilization I started taking Lacto-Dextrin and attribute that more than anything else to my rapid recovery. Of course, I haven't entirely recovered yet. As you know, we took Psylla seed with us the last time and I found that splendid. I am now reading your book entitled "The Itinerary of a Breakfast," and I am greatly impressed with it.

I took your large book on Dietetics south with me but unfortunately it was lost before I got a chance to study it much.

So you see I am deeply interested in your work and to a degree follow your teachings, which I shall probably follow to a greater degree when I learn more about them.

Cordially yours,

(Signed) R. E. Byrd

Dr. J. H. Kellogg  
Battle Creek Sanatorium  
Battle Creek  
Michigan

P. S. Since dictating this letter I have read something in your book which has got me a little balled up. On Page 145 you state as follows:- "when by the use of cow's milk overwhelming numbers of putrefactive germs were introduced into the intestine." Then, on Page 149, you state: - "Fruits and milk are substitutes which ferment but do not putrefy. Hence, when the diet is exclusively confined to these articles, fermentative changes rather than putrefaction take place in the intestine." I will appreciate it greatly if you will straighten me out on this point.

R. E. B.

Miss Goodwin:

Will you kindly send the material called for  
by this letter?

A. F. B.

May 15, 1936

Mr. T. J. Cornelius,  
Y. M. C. A.,  
Madura, India.

Dear Sir:

I have your letter of recent date.

Lying on the left side does not subject  
the heart to injurious pressure.

I am glad to know that there is considerable  
interest in your country in biologic living.

I have ordered sent you some back numbers  
of the Good Health, some of which I hope you will find  
of interest. I am sending you no books as I have no  
memorandum indicating what books you have at the present  
time. If you will send me a memorandum of what books  
you now possess I will send you some.

With best wishes, I am

Sincerely yours,

May 15, 1936

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

Dear Prof. Fisher:

I am herewith returning the manuscript. The idea is capital. The trouble will be to find a sufficient number of people who have given the subject of health sufficiently deep and earnest study to appreciate the importance of the fundamentals and will be willing to commit themselves to their promotion. The idea of making your association consist of enthusiasts is most excellent, but I doubt if you can find in the country 15 enthusiasts whose names and standing are such as to make them worth while charter members or members of your directorate or your committee on rules. It will be worth while to make the effort.

I notice you hesitate to exclude meat. I should think this ought to be done if you really intend to restrict your membership to one hundred per cent biologic enthusiasts. Suppressing intestinal putrefaction is in my opinion one of the most important of all the fundamentals, perhaps the most important of all. I am inclined to think it is the greatest factor in the promotion of health, efficiency, and longevity. If you have my book "The Grippled Colon" and will read in it an abstract of the discussion before the Royal Society of Medicine of Great Britain on the subject of alimentary toxemia, I think you will

be compelled to agree with me that abuse and neglect of the colon and its misuse in compelling it to deal with material for which it is altogether unsuited, such as decaying beefsteak, is one of the most potent of all factors in breaking down vital resistance and wearing out the human machine prematurely. Intestinal putrefaction can not be suppressed so long as meat is included in the dietary.

Still I recognize the fact that it will be difficult to get people you want for your society if you exclude meat eaters. The trouble is people think it is going to be a hardship to dispense with meat. Here at Miami-Battle Creek I find it easy to make converts because without saying much about meat we present them with something which they like better so that they do not miss meat and pretty soon they discover that they have lost their appetite for it. It is very interesting to see how quickly in a large number of cases the gustatory sense recovers its normal aversion to meat. Occasionally I have met persons in whom the repugnance to meat flavors is so strong that even Savita is disliked. I think the normal human instincts lead to craving for the flavors of fruits and nuts, tender shoots and succulent roots rather than the very pronounced osmazones of meat which nearly always carry with them a suggestion of putridity.

By the way, I have recently received a very interesting report from an army officer who lived a long time among the Chinese and came in contact with great numbers of Chinese peasants whom he employed in the construction of extensive government works. He makes a very striking contrast between the simple living Chinese peasant and the meat-fed American soldier. The Chinese rarely suffered from anything except diseases due to bad sanitation, the natural result of their ignorance, and showed much greater resistance to disease. He mentions the fact also that the Chinese peasant always moves his bowels after eating. I will try to send you the reference.

Prof. Irving Fisher, No. 3.

I intend to publish an abstract of this valuable report in an early number of Good Health.

I hope you receive Good Health regularly. If not, I will have it sent to you. Nearly every number contains some things that I think would interest you. I am giving more thought and time to the journal and I believe I am making it more worth while than it has been heretofore.

If you find time to glance over what I have written about Stefansson, clippings of which I am enclosing herewith, I should be glad to have your reaction. I wrote him not long ago and recently received a reply. He is as slippery as an eel. He knows that we are right with reference to meat eating, but I guess he is impecunious and needs money so badly that he thinks it necessary to keep on the popular side as does McCollum. Poor Mendel fell in the same trap and I think sacrificed his life because of it. H. C. Sherman is a different kind of man.

I shall be returning to Battle Creek in a couple of weeks. I may have some interesting news to give you later on. You will be glad to know that I have the situation there wholly in hand and have worked out plans which I hope will within two or three years place our work on a higher level than it has ever reached before.

I am glad to know of your continued interest in the promotion of biologic ideals and assure you I shall be glad to cooperate with you in every possible way.

Sincerely yours,

P. S. I am working out some new ideas which are both interesting and practical of which I will tell you later.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 15th, 1936

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

My dear Dr. Kellogg:

I have yours of May 7th. I am waiting however, for your criticism of my set-up for the proposed new health organization. I am glad that you want me to go ahead with it and will do so as soon as I hear from you.

Thank you for your information about soy bean milk. I will try to get some of the milk and powder.

I am interested in what you say about Dr. Buchman. I wonder if you know his full name and address. He ought to be in the new organization and could probably give us names of others who should be members.

I know something about Buchman and his work and his methods.

You offer to help further by suggesting a man for medical director for the Life Extension Institute. [Of course, you will be very careful not to say anything about this to anyone as there has been no change yet and everything I have written and am writing is confidential.] The man's duties are first, to supervise other medical men who make the examinations; second, to report to the examinee the findings of the various examiners with synthesis of their findings. He should be an executive, a good judge of men, have tact, have a good standing with the medical profession and particularly, with the medical departments of the life insurance companies.

The present incumbent was selected because of his past relations with life insurance companies and his success in getting them to patronize us. He has not really cared, as you and I do, about individual hygiene. My first requirement for such a man is that he should be one who really cares about individual hygiene and who believes that the ultimate mission of the institution is to alter habits of mankind from the present tradition to scientific living. Dr. Fisk had those qualifications but he was not a good organizer nor an economical business man.

Thank you for giving me the interview in regard to Shaw. He is a very lively writer. If you can get him going it will help a lot. As you know, I myself, like 99 people out of 100, have very little interest in the sentimental side of vegetarianism. I think also that it doesn't "take" today as much as it did a generation ago. On the other hand, the scientific proof that man is frugivorous and better off on his natural diet has grown.

I suppose today I am more vegetarian than omnivorous as I used to be. My first efforts, made even before I saw you, were failures. I am now inclined to think the reason for <sup>my</sup> the decreased hemoglobin and the reason that vegetarianism so often fails is lack of greens. I now use them three times a day and seem no longer to crave meat. I taste it once in a while to find out, but never seem to have any real craving for it any more. I have tried for years to get along without it <sup>except</sup> as I have <sup>had</sup> no such craving.

Incidentally I think the term vegetarian is not a good



Dr. Kellogg

-3-

one to conjure with today as several other possible terms which make more of an impression and have less repulsive associations for most people as for instance, a "scientific diet, a natural diet or *fruitarian* or *frugivorous* one or as you like to say, a biological one.

Shaw ought to be in our new organization. He might not be willing at his age and with his independence to submit to all the rules. I wonder for people over 75 or 80 if you might not have honorary members, but I do not think many honorary members, old or young, should be permitted. We do need such a man for "window dressing".

In all my work of organizing associations, I have found we need window dressing or prestige, money, a plan, and workers, as I believe I wrote you.

The first is what I am trying to get at just now.

I congratulate you on your successful winter. It is splendid.

I note what you say about coconut soy milk. I wish I could try it.

I am glad to have your advice in regard to my little book on tobacco. I am writing to Neisel of Funk & Wagnells who published "How to Live". I am telling him that you think a publishing company could sell a lot of them. I think that will count.

Very sincerely yours,

*Loring Fisher*

IF:M

P. S. Can you tell me whether lima beans are more alkaline than soy beans, and how has this been determined.

May 17, 1936

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

Dear Prof. Fisher:

I have your letter of May 15.

I am mailing you today a letter which I dictated several days ago with reference to the organization. I am so crowded with work in closing up the year's business and in making plans for my new building that I have not had an opportunity to make as critical an examination of the manuscript as I otherwise would have done. I have looked it all over carefully and made a few suggestions. It would be a capital idea to get Shaw in it.

As you say, your plan is different from mine. My plan is to get in a multitude of folks and take them in without making any pledges simply to get an opportunity for instructing people who are seeking for light. Your plan to enlist enthusiasts and set them all at work is a good one, but the trouble will be to find the enthusiasts.

I think Shaw has rather of a hard time trying to live the biologic way as he has no sympathy from his wife. She is a strong minded person and thoroughly conservative. When I asked her if she was a vegetarian like her husband she said, "No, indeed. I eat everything that comes along and drink tea and coffee, too, and I am just the same age as my husband and am just as good an example of the good results of living in the ordinary way as he is of the vegetarian way," a statement which I could not dispute as she is really a robust woman and remarkably well preserved for her years.

Prof. Irving Fisher, No. 2.

I think as you do that Mr. Bushman might help you considerably in finding people to join your society. I spent a good many hours with him and his company, several of whom I found to be very intelligent and earnest people and a good many of them became convinced converts. I presented them with copies of my book "How to Have Good Health" together with a little resume of the whole subject of biologic living as I understand it, and from the reports I get they are living right up to the code one hundred per cent and they are not ashamed of their ideals and are ready to defend them. I recently received word from one of them who is over in Denmark, where they appear to be having a very successful campaign and to be getting much attention from the "higher ups," that in the banquets being given them special provision is made for them because of their vegetarian proclivities.

I quite agree with you that vegetarianism is not a good word. I reached this conclusion many years ago, and it was because of this that I coined the phrase biologic living. You have invented several phrases which I like and use a great deal, such as meat abstainers, non-flesh eaters, etc.

As regards a man to lead your Life Extension Institute, I am afraid I shall not be able to assist you, for the men I know who might possibly fill the place know nothing about life insurance and would not measure up to the requirements of the position. It really needs a man who has been trained up in the business as the man you now have has been. What a pity he is not interested in hygiene. Can't you get him interested? It is this that has troubled me about the Institute. Every person engaged in the work, especially your examiners, should be health enthusiasts and should be interested in biologic ideals.

Prof. Irving Fisher, No. 3.

When I get to Battle Creek I am going to make some experiments with the coconut soy milk and will see if I can not sterilize it so it will keep and then I will send you some.

Lima beans and soy beans have about the same alkalinity. According to recent German authorities, the soy bean has slightly greater alkalinity than the lima bean, the lima bean being rated at 12 and the soy bean 13. The figures given indicate the number of cubic centimeters of deci-normal acid solution required to neutralize the excess alkalinity in the given substance.

I am convinced that you are right in feeling that the sentimental appeal is not effective with the majority of people. It ought to be, however, and it is only because we have become callous by familiarity with leathsome things that we do not appreciate how hideous they are. I find children are always responsive to the sentimental appeal. I said to a little boy yesterday, "Are you fond of chicken?"

"Yes, I like chicken," he said.

I said, "Would you kill a hen and eat it?"

"No, indeed," he said.

Perhaps you recall that Plutarch of "Lives" used the sentimental argument, suggesting that if one insists on eating meat he should be required to kill the animal himself and devour it as a carnivorous animal would do. This is of course carrying the argument to an unreasonable extreme; but to me the fact that flesh eating is not natural and that it is repugnant to the finer human sensibilities appeals even more strongly than the fact that it is detrimental to health.

I will remember your request that your references to the Life Extension Institute should be in strict confidence.

Sincerely yours,

**ARTICLE I. NAME AND ORGANIZATION**

The name of this Society shall be The Society for the Practice of Individual Hygiene. The Society shall be incorporated as a membership corporation under the laws of the State of \_\_\_\_\_.

**ARTICLE II. PURPOSE**

The purpose of the Society is to promote the intensive personal practice of Hygiene and Eugenics, in order that thereby, benefits might accrue to the individual members, their descendants, their families, friends and to the general public of this and future generations.

**ARTICLE III. MEMBERSHIP REQUIREMENTS.**

The requirements for membership shall be:

- (1) Filing annually, by the individual member, of the signed agreement of the Society, accompanied by a health examination blank duly filled out and the membership fee.
- (2) Reporting by the individual members quarterly on blanks furnished by the Society, data as to interruption to health.

**ARTICLE IV.**

The affairs of the Society should be governed by a Board of 15 Directors elected for three years. One-third of the Directors shall be elected at the annual meeting held on the last Tuesday in January at 2:00 p. m. at the offices of the Society. Notice of the meeting shall be sent to all members 30 days in advance. Members unable to be present shall be allowed to cast their vote by mail.

**ARTICLE V.**

At the annual meeting the Board of Directors shall

elect the following Officers:

President

Secretary

First Vice President

Treasurer

Second Vice President

Assistant Treasurer

Third Vice President

Counsel

The Directors shall also elect at the annual meeting a  
Committee on Health Rules.

ARTICLE VI.

The Officers at the annual meeting shall appoint for  
one year

- (a) an Executive Committee of Five
- (b) an Executive Secretary
- (c) an Editorial Board.

AGREEMENT

(1) I agree, as far as possible, to live hygienically.

(2) More specifically, I agree to observe, so far as possible, the following rules:

- I. (a) To live and sleep in well ventilated rooms or out of doors whenever possible.
- (b) To bathe the skin with water at least weekly and with air and sun or artificial sunlight daily, when feasible.
- (c) To wear light, loose, porous clothing.
- II. (a) To drink an adequate amount of water, and eat an adequate amount of vitamin-containing raw foods such as fruits and greens as well as hard foods and foods with bulk, and alkali-forming foods.
- (b) To avoid over-eating (as indicated by overweight) especially by eating only when hungry and avoiding excessive variety of foods at the same meal.
- (c) To be guided largely by natural and unperverted taste and appetite in the selection of food as well as to taste thoroughly chew thoroughly, and eat slowly and naturally.
- (d) To avoid taking in poisons such as alcohol, tobacco, coffee and tea; and excessive use of condiments and proteins, especially in flesh foods.
- (e) To secure thorough intestinal elimination after every meal, as nearly as possible.
- III. (a) To secure daily proper proportions of work, play, rest relaxation, and sleep.
- (b) To properly exercise muscles and voluntary functions, take deep breathing exercises, maintain an erect posture.
- (c) To keep the mind free of fear, worry, anger and other unhealthful emotions.

- IV. To marry and procreate with due regard to eugenics, the physical, mental and moral fibre of future generations.
- V. To secure at least one new member annually, or else to forfeit two dollars.

Any substantial exceptions to the above specified agreement will only be made if, as, and when they are believed to be advantageous to health. Such belief should be communicated to the Society and referred to the Committee on Rules of Hygiene for study in the hope that any new ideas may be tested and when found sound, incorporated in these rules.

It is understood that this agreement may be cancelled at any time by resigning from the Society. Minor infractions of this agreement from inadvertence or when required by a situation in which some duty obliges to make a temporary infraction shall not require resignation. The conduct of a member is answerable solely to his own consciences.



May 19, 1936

Miss Lida Woods,  
Rollins College,  
Winter Park, Florida.

Dear Miss Woods:

I have your letter of May 13.

You see I am still here. I always leave Florida just in time to arrive at Battle Creek June 1.

I should have enjoyed very much a visit to your place this winter, but have been just overwhelmed with work the whole season through. We have been crowded from early in January until the middle of April and had a waiting list nearly the whole season and am building a large addition this summer to take care of our increasing numbers.

As regards a position for Mrs. Knwright, I am sure she would be a great addition to our work at Battle Creek, but I can not tell just what the situation is until I get there. If you will write me about two weeks from now, when I shall be in Battle Creek, that will be a reminder for me to take the matter up at once and report to you.

With best wishes and kind regards to Dr. Holt and with congratulations on the wonderful growth of your work, I am

Sincerely yours,

May 10, 1936

Dr. S. A. Knopf,  
16 West 95th St.,  
New York City.

Dear Dr. Knopf:

I have your letter of May 12.

I do not know what seems to be the delinquency. My secretary informs me that the order was sent in immediately by air mail and that it is not clear why there should be any delay. I will give the matter immediate attention.

I mentioned that I had developed new methods of rejuvenation but I have not yet finished the paper. The method consists essentially of the following features:

1. The arrest of intestinal putrefactions. Intestinal putrefactions are, I am sure, the chief cause of senile decay and premature breakdown of the heart, liver, kidneys and other vital organs.
2. Careful adjustment of the diet to immediate individual indications, especially with reference to food minerals and vitamins.
3. The arrangement of a program of daily living strictly in accordance with biologic requirements.
4. The application of light, heat, radiant energy and other physical measures in such ways as may be helpful in the promotion of the normal vital activity of every vital organ. When this is done in a thoroughgoing way, the vital response, if the reserve energy of the body is not completely exhausted, is prompt

**Dr. S. A. Knopf, No. 2.**

**and wonderful. It often develops a degree of rejuvenescence which seems almost beyond belief.**

**I shall be very glad indeed to have a little visit with you the next time I come to New York and will make it a special point to see you if I find you at leisure.**

**I am as hard at work as ever and this summer am putting on a large addition which will nearly double our capacity.**

**Always with best regards, I am**

**Sincerely yours,**

**b**

May 21, 1936

Mrs. Mary H. Niblack,  
2129 Florida Avenue,  
Washington, D. C.

My dear Mrs. Niblack:

I was delighted to receive your note. It certainly was most kind of you to remember me. I never forget your husband whom I valued as one of my most highly esteemed friends. I admired him not only for his great abilities, but for his keen zest for new truths and scientific facts.

I thank you for calling my attention to the movie Shipmates Forever. I have never seen it, but should like very much to do so.

If you come to Florida be sure to visit us here at Miami-Battle Creek. We have here really a delightful place and our work is proving very successful. I am just leaving for the North for the summer for my work at the Battle Creek Sanitarium of which I am still Medical Director.

Thanking you for writing me, I am

Sincerely yours,


b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 22, 1936

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

My dear Dr. Kellogg:

  
The enclosed will interest you. Dr. Grad is  
the surgeon for the Woman's Hospital in New York City.

His letter illustrates what I have in mind as to  
the new society. It ought to be possible to have not only one  
but many such testimonials from reliable sources and backed up  
by medical examinations. They are the proof of the pudding.

Very sincerely yours,

IF.T

*Irving Fisher*

COPY

DR. HERMANN GRAD  
West 57th St.,  
New York

May 19th, 1936

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

My dear Professor:

At the Woman's Hospital I received a small package containing printed matter regarding the Health Society you are speaking about in your letter. I am going to go up to the mountains for my vacation on the first of June and will take this literature with me and read it and give it thought. I am unable to do so at present as I am very busy and well occupied until I leave. When I am in the country I will have more time to give the material consideration and as soon as I do so I will be glad to let you know what I think about it.

It might be of interest to you to know how my endurance has developed since I have last seen you. I am able to walk 10 miles without any fatigue and I can run, in a continuous run, four miles without fatigue. About two and one half years ago, when I first started, I was unable to run a half block without being completely undone. For anyone, at 64 years of age, to be able to do this there must be a considerable regeneration of the muscular tissues in my body as a result of the exercise. I do not believe that exercise alone will accomplish it but a combination of exercise and the proper food will bring the desired results.

At present I am partaking of food in combinations which, according to present teachings and knowledge about food, is contrary to everything that is taught or written. I take no animal proteins at all, only things I take from the animal kingdom, and these in moderation, are, honey from the bee, a small amount of cream about twice a week, and butter daily, to the extent of one quarter of an ounce. Aside from that I eat everything from the vegetable kingdom or from fruits. I keep my weight perfectly and neither gain nor lose and in the month of April I walked 260 miles. This is accurate because it was measured by a pedometer. I have written you about these points to show you what I have been able to do with the mode of living I have outlined.

With best wishes and kindest regards, I remain,

Yours truly,

(signed) Hermann Grad, M.D.

HG:CS

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 22, 1936

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

My dear Dr. Kellogg:

As you see from the enclosed, I wrote to Davenport in regard to the inheritance of acquired characteristics and received from him the enclosed reply.

I see that he does not deny your contention but he does not admit that within the meaning of "acquired" as used by biologists you can say that acquired characteristics are inherited.

Probably it will be better not to use that phrase if something else can be found. Possibly you can make the distinction between characteristics acquired by use and characteristics acquired by trauma or other external, extraneous, sporadic, or whatever else will describe it, causes.

Very sincerely yours,

IF:1

*Irving Fisher*

*Return to*

**CARNEGIE INSTITUTION OF WASHINGTON**  
**DEPARTMENT OF GENETICS**  
**EUGENICS RECORD OFFICE**  
FOUNDED BY MRS. E. H. HARRIMAN

COLD SPRING HARBOR, LONG ISLAND, N. Y.

May 18, 1936.

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

Dear Doctor Fisher:

It was a pleasure to hear from you in your letter of May 15th.

On this point I think all must agree, that the only bridge between the generations is made up of the sperm and egg. Whatever get into these cells can take part in directing the development of the child. All else has no genetical significance.

The story of the Microstomum eating tissues of Hydra and making use of its stinging cells is a discovery now about fifty-five years old, and seems to have been confirmed more than once. It is an interesting and surprising finding, but I fail to see what it has to do with inheritance of acquired characters. So far as I am informed the stinging cells do not reproduce, and even if one of them could get into the Microstomum egg it would not account for the large number that are found in the adult Microstomum. My recollection of the original study was that the young Microstomum is without nettle cells and gains them by feeding on the Hydra. I am not sure that the nettle cells in the Microstomum function, and they must have very little function in Hydra.

There are far better examples which come nearer to the old ideas of inheritance of acquired characters, though they do not seem to me to support the old theory.



Some years ago Dr. Riddle fed laying hens a dye called Sudan III. A lot of this Sudan III was stored in the egg yolk <sup>of these hens</sup> and when the chicks hatched <sup>out of such eggs</sup> they had absorbed in their bodies much of this Sudan III in the process of absorbing the egg yolk. That is as far as Riddle went, but one can see that possibly when these Sudanized chicks formed eggs they might possibly deposit <sup>in them</sup> a minimum of Sudan III, so that their children in turn (the grandchildren of the mother originally experimented upon) might show in their tissues traces of Sudan III.

Somewhat similar, perhaps, is the case reported by Rowntree, who injected thymus extract into breeding rats and found that the growth of the young was accelerated, that the effect of this original injection showed itself even in a later generation by an exceptionally rapid growth of the grandchildren. I believe this result has not been confirmed, but if it is, the interpretation would be something like this: the hormone gets through the placenta into the young rats and stimulates their development, and possibly their endocrine system, so that when they in turn breed their stimulated endocrine systems send growth promoting hormones via the placenta to their young. This effect again fades away.

Another case which is often cited in the inheritance of acquired characters, is that of certain germs, like that of syphilis, which may pass from the infected mother through the placenta into the young and may develop there and, in turn, affect the grandchildren of the originally affected mother. This case must be very rare, but its reality has been insisted upon by some workers and there is no very great improbability about its

Dr. Irving Fisher

- 3 -

May 18, 1936.

occurrence. In all of these cases, it will be observed, we have not to do with inheritance of acquired characters as originally visualized, nothing like Lamarck's theory of the origin of the neck of the giraffe by the constant stretching of the neck on the part of the parents. The foregoing results all depend, in part, upon the fact that the egg is a fairly large cell which has a function of storing things that may reappear in the embryo, or that things may pass through the mother <sup>and</sup> through the placenta, to the offspring. This latter case, however, is confined to the mammals or to a few other instances in which there is a direct communication between mother and offspring.

Sincerely yours,

  
Chas. B. Davenport.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 22, 1936

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

My dear Dr. Kellogg:

I have been so much impressed by the ~~processes~~<sup>results</sup> of skin training as to wonder whether the outdoor treatment for tuberculosis and other diseases is not 99% skin training rather than having any relation to breathing.

I was reminded of your own hydriatic treatment which is a skin treatment.

Enclosed is a copy of a letter to Dr. Winslow who made the investigations years ago to show that so-called freshness of air was merely coolness, motion and dryness, in other words, conditions making for the dissipation of heat from the body. I am anxious to get to the bottom of this so far as any knowledge exists in the world and wonder whether in your encyclopedic surveys you know who are the people to whom I should write. Winslow tells me there are no special authorities in this country.

Very sincerely,

*Irving Fisher*

IFs  
Enc.

May 21, 1938

Dr. C.-E. A. Winslow  
514 Prospect Street  
New Haven, Conn.

My dear Dr. Winslow:

Last week in New York you spoke about a foreign authority on skin. I think he was a Dane. At any rate, I would be glad if you could give me the reference or references to his work and any others that would bear on the problem I mentioned.

At the meeting of the Board of Directors of the Gaylord Farn Sanitarium last Saturday I talked with Dr. Lyman, the head of the Sanitarium, and found that the suggestion I made that possibly curing lung tuberculosis was via/skin rather than via the lungs did not seem to him at all absurd and I think he will probably make some clinical observations or experiments.

Meantime, I would like to get hold of all the available literature throwing any light on the subject.

Very sincerely,

May 26, 1936

Miss Gertrude Estill:

A check, please, for twenty-five dollars made payable  
to Mount Holyoke College, South Hadley, Mass. This is a donation.

J. H. K.

b

MOUNT HOLYOKE COLLEGE  
SOUTH HADLEY, MASSACHUSETTS

1837 . *One Hundred Years of Holyoke* . 1937

OFFICE OF THE PRESIDENT

May 21, 1936

Dr. J. H. Kellogg  
Battle Creek  
Michigan

My dear Dr. Kellogg:

Mount Holyoke will celebrate in 1937 its one hundredth anniversary - a century of education for women and a century of graduates who have put its first-class teaching to good use; a century of capable financial management and a century of gifts from men and women in whom the College has inspired confidence.


Our endowment is comparatively small, but, although we hope it will be increased by the time of our Centenary, we shall continue to need annual contributions to supplement the income from endowed funds.

This Living Endowment of annual subscriptions has a deeper significance than the money which it provides towards our budget; it carries with it the expression of present appreciation of the need for this institution and of current confidence in our efforts to meet the need. So long as we are dependent in part upon the support of our own day and generation, Mount Holyoke College can never become complacent or lose its incentive to service.

Will you help us to maintain this nice balance between the past and the present by contributing to our Living Endowment? Any amount will be gratefully appreciated but we rather hope that a \$100 may be possible for you. At current interest rates any such gift is equivalent to twenty-five times as much in endowment.

Believe me,

Sincerely yours,



Mary E. Woolley

P.S. A blank and a return envelope are enclosed for your convenience in signifying your approval of Mount Holyoke's program.

May 26, 1936

Dr. Mary E. Woolley,  
Mount Holyoke College,  
South Hadley, Mass.

Dear Dr. Woolley:

I have your letter of May 21.

I have the greatest admiration for your college and hold you and the work you have done for the college in high esteem.

My father was born in North Hadley and my forebears lived in that vicinity since 1650.

I send you congratulations on the great contribution you and your predecessors have made to character building in American womanhood. I should be very glad to send you a handsome contribution if it were not for the fact that I have a whole college with 500 students on my hands to support (Battle Creek College) which taxes my financial resources to the limit.

I enclose a small check (\$25).

Dr. Helen Mitchel and another of your graduates were very much appreciated members of our faculty.

Congratulating you on the great work you have accomplished and with best wishes for your future prosperity and development, I am

Sincerely yours,

May 28, 1936

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

Dear Prof. Fisher:

I have your letter of May 22.

Dr. Winslow is right. I have been convinced of this for many years. This is why I attach so much importance to the cool air as well as the sun in air bathing. Some experiments I had made a few years ago showed this very clearly. When a person who is having a metabolism test made is moved by rolling his cot from warm air into cool, the change in metabolism is shown right away by the deep respirations. The graphic curves are doubled in extent. This seems to be the effect of the cold air coming in contact with the face which at once calls the heat making processes into greater activity and the lungs respond by deeper breathing to supply more oxygen.

Dr. Leonard Hill of London, the Secretary of the British Medical Research Committee, has made more researches on this subject than anybody else. One of his books deals incidentally with some points of interest in this connection. I think it is "Sunshine and Fresh Air."

I have frequently remarked to my patients that they get more benefit from contact with the air through the skin gymnastics which is thus produced and the influence on metabolism than from the sun. To interest the patient I call the air treatment without the sun



**Prof. Irving Fisher, No. 2.**

the skyshine bath. However, I am confident that the body is influenced by radiation from the sky. It is possible the cosmic ray may have some influence. There are many things that we do not yet know about Nature and the influence of our environment.

**Sincerely yours,**

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF PLANT INDUSTRY

WASHINGTON

DIVISION OF  
FORAGE CROPS AND DISEASES

June 3, 1936.

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

Dear Dr. Kellogg:

In our correspondence concerning varieties of edible soybeans, I promised to send you, if available, more seed of the Bansei variety. You will recall that we found this type one of the most promising for making soybean milk. I find that we can spare you more seed and I am sending you 12 pounds.

At this time I wish to thank you for the bottle of Soy Acidophilous which one of your assistants brought to Washington a few weeks ago. I like this milk very much and am planning to use the acidophilous culture with some soybean milk.

Very truly yours,

  
W. J. Morse,  
Senior Agronomist.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

June 4, 1936

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

My dear Dr. Kellogg:

Thank you for your letter in regard to skin and tuberculosis. It is interesting that so many people tell me they think the theory is correct and yet I doubt if it has ever been put on record or that it has been proved to be either correct or incorrect. *"sky-shine" to me means light, not air.*

My manuscript on tobacco was shown to James H. Rand, Jr., President of Remington Rand, and I think has induced him to give up smoking.

I asked him how he was impressed by the article and he said that it seemed to him very 'authoritative' and his only criticism was that I gave no directions or technique as to how, without discomfort, a smoker could give up smoking. He said "I tried it <sup>for</sup> one day and felt so uncomfortable that I had to smoke a cigarette or go home. Evidently there is more nicotine in my system than I thought".

He said, "What I did was to go out on the golf links, play eighteen holes of golf, which I have not done for some time. I played a better game than usual too!". He said that he got in a perspiration.

I said that I thought that would help as you *he*

~~you~~ could eliminate some nicotine in that way and that a Turkish bath or any other perspiration-inducing-procedure would help.

I ~~think~~ his criticism of my article is a good one and that before it is published, even in the small abstract of it which is to be published in the Readers Digest, something should be said as to how a smoker can best give up smoking. Rand has the idea that it should be <sup>"tapering off"</sup> gradual. This I greatly doubt and I should like very much to have you send me anything that you have written on how to give up smoking or refer me to anybody who has written on that subject.

Very sincerely,

Irving Fisher

IFs

THE STATE JOURNAL  
Lansing, Mich.

THE HERALD  
Grand Rapids, Mich.

THE ENQUIRER AND NEWS  
Battle Creek, Mich.

NEWSPAPER ENGRAVING CO.  
Grand Rapids, Mich.

RADIO STATION WELL  
Battle Creek, Mich.

# Federated Publications, Inc.

Office of A. L. MILLER, President  
BATTLE CREEK, MICHIGAN

June 4, 1936.

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

Dear Dr. Kellogg:

I found at my home the other night a characteristic expression of your interest and friendship.

Mrs. Miller is temporarily visiting in the west and I am saving the fruit which you sent until her return. In the meantime my gratitude, and the appreciation of both of us for the privilege of your friendship.

I was thrilled by your confident and courageous statement concerning the Sanitarium and I am going to write a piece about it.

Sincere good wishes.

Cordially,



ALM:JK

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

June 6th, 1936

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

My dear Dr. Kellogg:

I have not yet done much more about the health society but expect to as soon as I can get rid of some other work.

I hope you will remember to send me names, as you originally suggested, especially prominent men like Shaw and more especially, medical men.

I have written Hindhede.

There are various points in your letters and in my notes which I would like to take up with you. You note in reference to the proposed society I hesitate to exclude meat. I originally had a stronger anti-meat statement than I sent you but it was toned down by those to whom I showed it although they were almost as strongly against meat as you.

I think you are doubtless right about the naturalness of the repugnance to meat flavors and odors and have noticed a considerable change in myself during the many years I have been eliminating meat.

You speak of an interesting report from an Army Officer who lived among the Chinese and who made some observations in regard to their diet and bowel movements. You were going to send me the reference. I shall be glad to have it.

I do receive "Good Health" regularly but often do not have much time to read much of it. I like to keep up to date but assume that the great majority of the articles are merely

re-emphasis of what was known many years ago.

I wonder what your opinion may be on "Hygeia".

You speak of Stefansson and clippings but I think the clippings must have been overlooked and not included in your letter. If you still have them I shall be glad to see them.

I do not know what you mean by Mendel "falling into the <sup>same "</sup>trapez St.

I congratulate you on putting this Florida Institution on a good financial basis and a prospect of expanding it.

I note what you say in regard to Shaw and his wife. Thank you for giving me the facts in regard to the alkalinity in soy beans and lima beans.

Can you give me the address of Dr. Buchmann and his full name and also such of his followers as you have a memorandum of. <sup>They</sup> he should be good material to join the health league.

I hope you will not fail to give some thought to the proposed successor <sup>of</sup> the present incumbent in the L.E.I. You remember that you wanted to resign. It will still be sometime until the change is made but when it is time I want to be able to make suggestions. <sup>of V. J. Mann</sup> Dr. Diehl was my choice before. Unfortunately he smokes somewhat although he is greatly interested in student health.

Can you tell me whether it is true, as I have seen stated, that muscular exercise increases the bacteria <sup>power</sup>cidal of the blood.

Is it true that boiling eggs hard kills vitamins more than soft boiling? Is it true that raw white of eggs is not digestible at all? I knew that it was not as digestible as hard-boiled white of eggs.

Do you know about "99% cellulose", a product made in Chicago <sup>flaked</sup>  
F. Haelzel 1818 W Ogden Ave  
and claimed to be superior to any other sort of "bulkage"  
IF:M Very sincerely, *Jessie Fisher*

June 12, 1936.

Dr. Madison Grant,  
950 Fifth Avenue,  
New York, N. Y.

My dear Doctor:

Yours of June 6th just received.

Certainly, I am here. I am always here June 1st. I am as regular as the equinoctial and the hay fever season. With all my peregrinations, I have never failed to be on hand June 1st. I am more or less like yourself, a good deal of a peripatetic valetudinarian, but I settle regularly in Battle Creek from June 1 to November 1, then I join the robins and the ducks and geese, and a large section of the intelligensia, in migration to the sunny South.

What your weak muscles need is exercise. If you will dance half an hour every day and chop wood for another half hour, your muscles will grow space. But you have been pampered and coddled for so many decades that I have no hope you can be persuaded either to dance or to chop wood.

A good many years ago I discovered an electrical current especially adapted to painless stimulation of the muscles, and so I devised a machine by means of which the electric current could be utilized in making the muscles do the work necessary to make them grow without voluntary effort or taxation of the spinal nerve centers, so without weariness.

I have been making very extensive use of this means of automatic exercise during the last winter, and it has proved the most popular of all our methods of treatment. Patients enjoy it so much that they often go to sleep while their muscles are working hard.

I am glad you are coming out to spend a few weeks with us, and only wish you would come with the determination to stay long enough to give us a chance to really do you some substantial good. It takes about the same length of time to secure the organic changes necessary for real betterment as it does to raise a crop of corn, and for the same reason. We have to wait for Mother Nature to do her part.

I am sure I can make out a program for you that will make your visit here extremely profitable. The measures of greatest importance that I would suggest would be, first, a careful regulation of your diet with reference to food minerals and vitamins and a thorough change of the intestinal flora.

Another measure would be the use of automatic exercise twice a day.

Third, would be exposure of your skin to light and air,



Dr. Madison Grant - No. 2

so as to increase your vital resistance and lessen your sensibility to atmospheric and weather changes, and relieve the internal congestion due to inactivity of the muscles and the skin, thereby greatly increasing the peripheral blood circulation.

I am sorry to know that you are delaying your visit until the middle of July. From now until September 15, the season and the weather give our patients the best possible opportunity for the open air exposures which are the most efficient means of vital stimulation and rejuvenation. If you could get here soon and remain until the middle of September, and then go to South Florida, and so avail yourself of the climatic advantages there afforded for the winter season, and will consistently adhere to a course of biologic rectitude, you might expect to attain in the course of a few months or a year, a very pronounced degree of improvement. Be assured there is nothing that would afford me greater pleasure than to be of every possible help to you toward achieving this.

Dr. Stewart will see that every preparation is made for your comfort.

Anticipating the pleasure of meeting you and wishing you a safe and comfortable journey, I remain as ever,

Sincerely and cordially yours,

B

June 14, 1936

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

Dear Mr. Morse:

I have your letter of June 3.

The seed has arrived and it has been planted and I hope will mature in this climate.

We are planting this year a hundred acres of soy beans of the 78-day variety. We expect to can a large part of these beans as shell beans. We shall let part of the crop ripen and may have some surplus as seed. I should like to know if there is a demand for seed of this 78-day variety, and, if so, about what price it would bring?

Thanking you for your courtesy in sending us some more Hansel seed, I am

Sincerely yours,

b



STATE OF MAINE  
OFFICE OF THE GOVERNOR  
AUGUSTA

JULY  
15  
1936

My dear Doctor Kellogg:

The Committee of One Hundred is cordially invited to meet in Maine September 1.

As Chief Executive of the State it is my happy privilege to forward to you this invitation, to which I add my sincere personal regards.

You will honor our State by meeting here.

Naturally we are quite proud of our State - its scenic beauties of almost endless variety, but we treasure still more the traditional and rugged character of the Maine people.


Here you will find no controversy over the fundamental ideals of American freedom and liberty.

Here you will find habits of thought that will appeal to your sense of the soundness with which our forefathers built, - how well the passing years have proved, - and withal a kind and warm hospitality.

We feel it a great honor in Maine to be permitted to entertain the Committee of One Hundred.

We should feel highly honored to receive your acceptance.

Faithfully yours,



LOUIS J. BRANN  
GOVERNOR

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

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

*Director Yale Gymnasium · Emeritus*

BOX 1802 · YALE STATION · NEW HAVEN · CONN.

June 15, 1936.

Dr. John Harvey Kellogg, Pres. Emeritus  
Battle Creek College  
Battle Creek, Michigan

My dear Dr. Kellogg:-

I will not make a great effort to let you know how highly I appreciate, first - having been associated with you for many years and second - for the great honor which through you was conferred upon me by the Battle Creek College.

I want to take this occasion to thank you for the beautiful compliment you paid me and for your interest in what I have tried to do for the cause of physical education during my fifty seven years as a teacher, leader and organizer.

You are a remarkable man and it gives me pleasure to hold you up as a model when I am speaking of health, strength and ability.

I sincerely hope that we will have other meetings, but if not, please bear in mind that memories live and that the results of your teachings will remain for many, many years.

With high appreciation and thanks, I am

Faithfully yours

*W. G. Anderson.*

WGA/LAP



UNIVERSITY OF LONDON, UNIVERSITY COLLEGE

GOWER STREET, LONDON, W.C.1

Telephone : Museum 8101

Reference :

16th July, 1936.

Dr. J.H. Kellogg,  
Sanatarium,  
Battle Creek,  
Michigan, U. S. A.

Dear Dr. Kellogg,

You may be interested to know that in September I am coming out with the first issue of a new scientific journal to be called "Science and Society."

I shall occasionally be running articles dealing with aspects of the tobacco question. It is extremely difficult to get really scientific articles acceptable for such a journal. Could you suggest some writers who I might approach.

I am enclosing one of the proofs I have received of the prospectus of this journal which we are just about to put out. This will give you an idea of its purpose.

I trust your health is better than when we last corresponded.

Sincerely,

*Byron Hopkins*

# Science and Society

October 1936  
to  
January 1937

a journal portraying the  
interdependence of techniques  
of social amelioration

Volume 1,  
Number 1.

Editor :  
PRYNS HOPKINS

Associate Editors :  
William Stephenson and Alexander Farquharson

Special Topic of this Number

## THE CONDITIONS OF RATIONALITY

• • •

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N.K.

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*Prospectus*

# SCIENCE AND SOCIETY

*A journal devoted to the portrayal of human progress in its inter-dependent forms, and appearing on the fifteenth of September, January and May.*

**T**HE LAST FEW decades will be known to posterity as those in which the physical sciences blossomed and matured. Given a reasonable opportunity, with freedom from wars and other stultifying calamities, the rest of this century gives promise of no less rich and brilliant achievements in the mental, moral and social sciences.

But whereas we cannot fail to appreciate the benefits bestowed on mankind by the physical sciences, for they are part of our everyday comforts, the same cannot be said about the social and personal sciences. The results of the latter are less spectacular. A mended human soul is not as tangible as a repaired motor car or wireless set. A group of cultured human beings, each individually fulfilling all that is freest and best in mankind, has none of the striking force of a regimentalized nation. Therefore a magazine which can offer its pages to the description of the less obvious, but far-reaching achievements of human thought and freedom, as the present one proposes to do, should commend itself to educated men and women.

The maturity of a social movement is characterized by its abandonment of arrogant claims to self-sufficiency and its admission that the success of

other movements is important and contributory to its own success. The maturity of a science is characterized by a fertile exchange of services with other sciences.

In this journal, we aim to show how a plurality of factors goes to make the right or wrong of, and the impulsion to, conduct; and so we hope to move our readers to a broad-minded attack on evils. Any single-track theory of society or life is sure to be a distortion and hence to discredit itself; whereas if combined into a wider viewpoint it might do great good.

The fields which this journal will be especially interested in inter-correlating correspond to the three essential functions of sustenance (economic sciences, movements such as socialism), reproduction (genetic sciences, movements such as eugenics), and combat (political sciences, movements such as internationalism), and to the three mental functions; sensation (aesthetic sciences, movements such as anti-tobacconism), feeling (psychological sciences, movements such as mental hygiene), and reason (metaphysics, movements such as rationalism).

Each issue of the journal will concern itself with a particular social or human trait. An attempt will then be made to examine the efforts and institutions which are active in helping or fighting this trait.

The simplest way we shall try to do this will be the most direct one. Men representative of different fields of knowledge or endeavour will tell our readers how they believe their own field can contribute to solving the problem.

The magazine is to be open to all branches of science, for we realise that these all overlap, and that each has something to learn from every other. The physicist might have saved himself many needless ventures if he had had knowledge about certain elementary psychological truths. And it is in the marginal fields, where one science impinges upon another, that perhaps the greatest advances are being made to-day—as in the case of astro-physics, physical chemistry, and the psychopathological study of delinquency, to mention only a few.

A second way is that by which we shall try in these pages to utilize the failures and successes of the crusaders for the various forms of social progress as a means of guiding and inspiring others.

That which is complimentary to progress is order, or establishment. Through history, order was ever promoted by a traditional code of morals, based on a set of scriptures—or at least this view can be plausibly maintained. Our forefathers quaintly believed that mere hearing of the chanted Vedas or Pitakas or Mass was magically beneficial. We to-day explain the effect more satisfactorily as an establishing in youth and a revivification in later years of a *super-ego*. But the point is that the *result* was to stabilise conduct in accord with certain norms.

The limitations of the traditional reference to scriptures lay in the nature of these as at once unrealistic and static.

There is a way, however, to build up an anthology of well-phrased *dicta* which would avoid these faults. The way consists in collecting the best of those passages in the literature of science and humanism which have marked precisely our breaks with the past and which are milestones of human liberation. In the hope of gradually accomplishing building along these lines—a path indeed already blazed by Dr. Stanton Coit, Mr. Upton Sinclair and others—it is proposed to include in each number of *Science and Society* some quotation from a writer of olden times who had already guessed at certain truths which the science of our day—as bodied forth in the other pages of the same number—now founds upon an evidential basis.

Our intention is to print some such classical passage large in each issue of *Science and Society* to enable each reader to form gradually, by collecting them, an anthology of enlightened, socially inspiring literature, comprehensive as to the fields of conduct covered, yet harmonious in outlook.

A typical issue of *Science and Society* will contain a symposium of papers, all bearing on a common social problem, but from the diverse points of view of different sciences. A specialist within the field to which the problem featured in that issue primarily belongs will in many cases formulate the difficulties. Men and women of acknowledged



competence in other departments of life will then contribute what their respective fields of study have to offer towards a solution. The problems will be taken from economic, social and political sciences, from eugenics, aesthetics, mental hygiene and psychology generally, and even from the more rarified regions of philosophical and metaphysical thinking.

Among the writers who have consented to contribute papers to *Science and Society* are :

J. D. Bernal, Esq., M.A., lecturer in structural crystallography at Cambridge; Prof. Cyril Burt, director of the department of psychology at University College, London; Mrs. Janet Chance, author of "The Cost of English Morals" and other books; Dr. Stanton Coit, prominent ethical leader and founder of the Ethical Church; Dr. J. C. Flugel, assistant professor of psychology at University College, London, and author of works on psycho-analysis and the history of psychology; Dr. Morris Ginsberg, professor of sociology in the University of London and head of the Department of Sociology at the London School of Economics; Dr. Edward Glover, director of research to the London Institute of Psycho-analysis; Dr. G. P. Gooch; Dr. J. A. Hobson, noted writer on economics; Prof. C. E. M. Joad, head of the department of philosophy, Birkbeck College, University of London; Prof. Harold Laski, professor of political science at the London School of Economics; Miss Barbara Low, psychological assistant to the London Clinic of Psycho-Analysis

and well-known writer; C. A. Mace, M.A., reader in psychology at Bedford College; Prof. Bronislaw Malinowski, head of the department of anthropology at the London School of Economics; Prof. T. H. Pear, director of the department of psychology at the University of Manchester; The Countess Dora Russell, noted lecturer and writer on the school and the family; Prof. Charles Spearman, first incumbent of the chair in psychology at University College, London, and noted for his 2-factor theory of intelligence; The Rt. Hon. Lord Snell, leader of Labour Party opposition in the House of Lords, chairman of various parliamentary commissions and prominent ethical leader; Prof. Godfrey Thomson of the department of philosophy at the University of Edinburgh, keen controversialist on scientific methods, and Sir Francis Younghusband, explorer, leader of the British expedition to Lhasa and chairman of the 1936 World Congress of Faiths.

Our appeal is, admittedly, to an intelligent public; and we shall in no way attempt to "write down" any subject to an adolescent level of comprehension. Nevertheless, all papers will be expressed in simple and non-technical language.

In appearance, the new magazine will be dignified and pleasing. It is to be printed on good rough-surfaced laid book paper, thread-sewn and well bound in a heavy cover-paper, square backed. The print will be modern and clear, set in two columns for greater ease in reading. Occasional resort will be had to photogravures and lino cuts.

## **SCIENCE AND SOCIETY**

The journal will be edited by Pryn Hopkins, M.A., Ph.D. With him are associated William Stephenson, M.Sc., Ph.D., of the Department of Psychology at University College, London, and Mr. Alexander Farquharson, secretary of the Sociological Institute.

### **APPEAL**

Will you not help in furthering this new venture on behalf of scientific and humanistic advance?

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TO

SCIENCE AND SOCIETY

BUSH HOUSE, KINGSWAY

129 South East Wing, LONDON, W.C.2

Gentlemen,

I enclose ten shillings. Please post six issues of your journal  
to the address below, and oblige,

Yours,

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

June 17, 1936

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

Dear Sir:

I promised you last fall I would furnish you an article for your journal, but failed to do so because I was so busy. I am enclosing an article herewith. Kindly inform me of the date when the article will be published, or if the editor declines to publish it, please return it at once. The information the article gives is important and ought to be gotten before the profession as rapidly as possible.

We are putting on a large addition to our Miami building, so next year we will have plenty of room. This year we had no vacant rooms between the first week in January and the first week in May. We had a long waiting list the whole season.

Sincerely yours,

b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

June 17, 1936

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

My dear Dr. Kellogg:

The enclosed to Bernard Shaw explains itself.

I am so anxious to be sure he says yes that I am asking you to mail the letter and to enclose with it or put in a separate letter which will reach Mr. Shaw at the same time a word urging him to say yes.

I may be wrong but I thought it was better not to send him the manuscript until he had replied that he would be glad to see it.

Would you also be so good as to have your secretary change the date on the letter to correspond to the time that it is mailed.

I hope all goes well with you.

Very sincerely,

*Irving Fisher*

IFs  
Enc.

June 21, 1936

Mr. George Bernard Shaw,  
4 Whitehall Court (130),  
London, S. W. 1, England.

My dear Mr. Shaw:

Professor Irving Fisher has asked me to join him in a request to you to look over an outline for a new health society which he proposes to organize, and to become one of the initial members if you approve of the project.

Professor Irving Fisher is one of the foremost leaders in this country in matters pertaining to hygiene and eugenics and in his new organization will bring together the most eminent and influential persons who believe it worth while to live in harmony with the biologic and physiologic laws which govern human life.

I hope you will find that the project merits your approval and the support of your signature as a member.

Remembering with great pleasure your visit to Miami-Battle Creek last winter, I remain

Very sincerely and respectfully yours,

b

June 18, 1936

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

Dear Prof. Fisher:

I have not had much time to think of your Society, in which I am of course greatly interested, as I have been overwhelmed with work. I am having almost daily conferences with the Bondholders' Protective Committee and attorneys with reference to our settlement.

I am afraid you will find it difficult to find but more than a very few persons who will be willing to accept the whole code of biologic living or a sufficient amount of it to give the movement a sufficiently distinctive character to arouse much interest. Something very different, strikingly different from current usage and the established mores, seems to be necessary to attract attention and to create enough zeal and enthusiasm to maintain an effective propaganda.

I am sorry I can not find the report of the British Army officer which I mentioned to you. It somehow has got out of sight, but I hope I shall eventually be able to run it down, for it is really a very important document. Possibly you may find it in your library. The Doctor takes a very sensible and rational view concerning the causes of disease and degeneracy among highly civilized people and attributes the pronounced deterioration to a change of habits in prosperous nations in modern times. He makes a strong contrast between the diseased conditions which he found among the Chinese and the white persons who were engaged in some extensive harbor improvements in which he was engaged for many years. He found the Chinese suffered almost exclusively from infectious diseases due to lack of sanitation. They were almost wholly free from digestive disorders,

Prof. Irving Fisher, No. 2.

appendicitis, colitis, gallstones and troubles of that sort. He stated that the Chinese invariably have a bowel movement after each meal. His paper was illustrated by a great number of graphs and a great many graphs of the data which he collected showing exceedingly interesting relations of different disorders to habits of living.

The paper is invaluable and I shall continue my quest for it until I find it. It was somehow mislaid or probably folded into some other pamphlets which after a while will come to light.

If you will have your secretary keep a little watch of the digest of health progress which each number of Good Health contains, I think you will find something which you will consider really interesting and valuable in every number.

I think Fishbein is making quite a success of Hygeia. Unfortunately the material which goes into it is of very uneven quality. Some of it is most excellent while some is very rotten. In the question box, for example, a lady asked some time ago what she should give to a constipated baby in place of castor oil. The answer was to give the baby nothing, that is, if his bowels moved once in two days that is quite sufficient.

Exercise certainly increases the bactericidal power of the blood in four different ways:

1. During active exercise the amount of oxygen stored in the tissues is diminished. The increased activity of the lungs continues after the exercise is over and the tissues in this way become surcharged with oxygen.

2. Another way in which the defensive power of the blood is increased is by the increased alkalinity which exercise induces. The increased supply of oxygen burns up the acids and thus raises the alkaline



Prof. Irving Fisher, No. 3.

level of the blood.

3. Exercise also increases the number of white blood cells in circulation in the blood, especially when the exercise is followed by a short cold bath. Winternitz showed many years ago that by this means the white blood count might be increased to 300% the normal number.

4. Still another way in which exercise increases the germicidal power of the blood is by increasing the production of blood cells through the increased supply of blood to the bones. The same arteries supply blood to the bones and to the overlying muscles, so when the muscles are made active by exercise the increased amount of blood movement affects the bones as well as the muscles. The difference between an idle muscle and an active one as regards the blood supply is very great. An experiment made by a French physiologist many years ago on a horse's chief masticating muscle showed that while the horse was chewing oats the amount of blood passing through the muscle was 30 times as great as when the muscle was idle.

Dr. Buchman's permanent address is 61 Gramercy Park North, New York City. Any of his chief followers I am sure can be reached through a letter addressed in his care.

As regards the Director of the L. E. I., I have not been able to think of a man who will exactly qualify, but I will keep looking out for a good prospect. I hope you will not give this place to anybody who smokes. Perhaps the superintendent of the Springfield Training School could suggest somebody. A man who has had experience as medical director of a life insurance company would perhaps be suitable for the position.

I am enclosing a little booklet which we have recently been

Prof. Irving Fisher, No. 4.

sending out. We have received 11,000 inquiries for it within the last two weeks, among others the president of a life insurance company who wants to put it into the hands of all his policyholders. As you will see, I have not minced matters at all in this booklet, but have presented the whole truth as I see it. The prejudice against biologic living seems to be much less than formerly.

Eggs should be hard boiled. Vitamin A, which is the most important vitamin supplied by eggs, is not affected by boiling at ordinary pressure even for some hours. It even withstands pressure cooking for more than an hour. The few minutes required for hard boiling an egg in no way diminishes its nutrient value, in fact, improves its digestibility. I formerly discarded eggs entirely because they nearly always contain germs, especially commercial eggs. The germs may be of the sort that produce colitis. Eggs are very unwholesome unless perfectly fresh. We have a chicken ranch of our own and take great care to supply the chickens with just the right sort of food and to keep them in the most sanitary condition and are able to serve eggs to our patients within 24 hours after they are laid. The white of egg is very hard to digest in the raw or partially cooked state and greatly promotes intestinal putrefaction. This is not true of the yolk of the egg especially when it is hard boiled as it should be.

I am using eggs now more than formerly, the yolks only, because of their richness in vitamin A, of which they contain half as much as does cod liver oil. Besides the important vitamin A eggs contain easily assimilable food iron, lime, lecithin and other highly essential nutrients.

I am sending you, under separate cover, the clippings mentioned. I have since had a letter from Stefansson in which he tries to explain his anomalous position, but with very poor success.

My "Rules for Right Living" are far from perfect. I shall be glad

Prof. Irving Fisher, No. 5.

to have some suggestions from you. You send me many things for criticism and suggestion and I always do the best I can for you, but you rarely ever write anything about the things of my own I send to you, from which I infer that you consider them so bad that improvement by constructive criticism is hopeless. To tell the truth, however, I strongly suspect that your reticence is due to kind consideration for my feelings, but I assure you nothing hurts me so much as to discover that I have written or spoken something in relation to health which I can not successfully defend.

Sincerely yours,

b

June 18, 1936

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

Dear Dr. Anderson:

Thank you very much for your kind letter of June 15.

Your cordial friendship is most heartily appreciated. I know no one in the physical education field who has done so much as you for the promotion of high standards and rational methods. Your exemplary life, abstaining from liquor and tobacco, has been a potent power for good.

I am very sorry indeed I missed the good visit I hoped to have with you. One emergency after another poured in upon me and robbed me of the opportunity. I did not intend to let you get away without a nice long chat. The Bondholders' Protective Committee came in unexpectedly and simply monopolized every minute of my time.

I sincerely hope to see you before long either here or in Florida. If you come to Florida next winter be sure to look me up at Miami Springs. We are located in Greater Miami just adjacent to Miami proper.

Sincerely yours,

June 21, 1936

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

My dear Prof. Fisher:

I have your letter of June 17th enclosing a letter addressed to Mr. Shaw. Enclosed find a copy of a note I have enclosed in the same envelope as yours and forwarded to him.

The impression I got from Mr. Shaw is that he is very temperamental and his decision will depend very much on how he happens to feel at the moment, so let us hope that your request will reach him at an opportune time.

Sincerely yours,

b

June 21, 1936

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

Dear Dr. Anderson:

I fear in writing you I neglected to tell you how much I appreciated your address, which is brimful of wise advice, suggestions and admonitions. I thank you also for your kindly reference to myself, though I do not deserve all your compliments. I was grateful, however, for your recognition of my interest in posture. I was much gratified to see that the standards which I adopted at that time are now generally accepted. I spent much time in those early days in trying to get at basic facts and truths. I was surprised to find a great difference among authorities and nothing that seemed to me a really satisfactory standard.

When Jay Seaver's wife was at the institution here while we were out driving together, he and I in the front seat and my wife and his wife in the back seat, Mrs. Seaver said to her husband, "why don't you sit up like Dr. Kellogg? You are humped over like an old man." He paid no attention to the remark and soon she said, "Do sit up, Jay, you don't look good." He was still obdurate and finally she gave him a smart punch in the back and said, "Sit up, Jay, like Dr. Kellogg; you don't look good at all." He did not straighten up a bit and defended himself by saying, "Dr. Kellogg has lordosis, and haven't you noticed that sagging of the other men of the football team and they all have round shoulders and flat backs. It is because of their big muscles. All the men have that figure."

Dr. W. G. Anderson, No. 2.

I think my outlines convinced him that he was wrong and he changed his mind later, although he remained round shouldered and flat chested, the result, I suppose, of a great amount of desk work.

You have kept your splendid military figure, doubtless because of the fact that you have maintained a posture conscious attitude, and this is what everybody has got to have to neutralize the ill effect of our many vocations and avocations which tend to pull us out of shape.

I was, I think, the first to call attention to the relation between external contours and internal disequibrations as the French would call it. My paper, contributed to the International Congress at Brussels was the first contribution, I think, on this subject. I have learned much since that time and have become convinced that the pelvic displacements from which so many of our civilized women suffer are the result of wrong posture. I have seen these cases recover as a result of correcting the posture and have found from experience that when surgery is employed to correct a retrodisplacement by shortening the round ligaments it is necessary to correct the posture also in order to prevent prolapse.

I am more and more firmly convinced of the importance of support between the shoulders when the body is relaxed in the sitting position. I find properly constructed chairs a great help in assisting patients to acquire and maintain correct posture. I think special exercises are of some value, especially in developing a proper attitude toward the posture problem. But I must not weary you with a longer epistle.

We all greatly enjoyed and appreciated your splendid address and hope you will be able to continue for many more years your splendid work.

Sincerely yours,

July 24, 1936

Mr. Pryn Hopkins,  
Psychological Department,  
University of London,  
University College,  
Gower Street,  
London, W. C. 1, England.

Dear Sir:

I have your letter of July 16th together with your very attractive prospectus. I shall look forward with interest to the development of your project.

Sincerely yours,

P. S. Professor Irving Fisher of Yale University would be able to furnish you excellent articles against the use of tobacco.

I am sending you, under separate cover, a copy of my book "Tobaccoism" from which you are at liberty to make extracts if you desire to do so.

b



**THE DIONNE QUINTUPLET**

**GUARDIANSHIP**

**Callander  
Ontario  
June 24  
1936**

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

**My dear Doctor:**

**Thank you for your kind letter of  
June 19th.**

**I have noted what you say about address-  
ing the Battle Creek Food Company and have made note  
of same.**

**In a letter today from the above company,  
they say they are shipping the balance of the culture.  
They ask whether we are supplied with Soy Acidophilus  
Milk, and I would like to inquire whether you think  
we should have some more at this time.**

**Thank you also for the new preparation,  
Nuflora which we see you are having sent to us, and  
for the explanation you so kindly gave.**

**I trust that you have received much good  
from your winter in the South.**

**With kind personal regards, I am**

**Sincerely yours,**

**Allan Roy Dafee**

# HOTEL OUBWAY

SAULT STE. MARIE, MICH.

MAKE THIS HOTEL  
YOUR WEEK-END  
HEADQUARTERS  
BEAUTIFULLY LOCATED  
OVERLOOKING THE  
FAMOUS LOCKS



EXCELLENT CUISINE  
PRIVATE DINING ROOMS  
MARINE LOUNGE  
100 DELIGHTFUL ROOMS  
WITH WONDERFUL BEDS  
CHOICE SAMPLE ROOMS

A MODERN, FIREPROOF TRANSIENT AND TOURIST HOTEL

LEON A. DEGLMAN, Associate Prop. and Manager

Care of EVENING NEWS,  
Sault Ste. Marie, Michigan,  
June 27, 1936.

Dear Dr. Kellogg:

In all my life I never heard so eloquent and rich and meaningful a statement as yours to me about the religio-philosophical and scientific value and proof of prayer. You must put it into enduring form, for you are now a great spiritual doctor as well as a physical one.

It was deeply satisfying to find in such completely perfect condition, as living evidence for your own theories.

Best wishes always.

Faithfully,

*Chase S. Osborn*  
Chase S. Osborn

Harvey Kellogg.

July 24, 1936

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University of London,  
University College,  
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Chase S. Osborn

Dr. John Harvey Kellogg.



**THE DIONNE QUINTUPLET**

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**I trust that you have received much good  
from your winter in the South.**

**With kind personal regards, I am**

**Sincerely yours,**

**Allan Roy Dafee**

July 2, 1936

Hon. Chase S. Osborn,  
C/o Evening News,  
Sault Ste. Marie, Michigan.

Dear Friend:

I have your kind note of June 27.

Thank you very much for your appreciative words. I am glad that you approve of my philosophy and hope to have the pleasure of seeing you again some time after the election when the Democrats still hold the fort and Republicans have plenty of leisure time on their hands waiting for a chance to get at the spoils.

Sincerely yours,

6

**YOUNG MEN'S CHRISTIAN ASSOCIATION**  
**MADURA**

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OLOF A. JOHANSSON.

July 6, 1936.

Dr. John Harvey Kellogg, M.D.,  
The Miami-Battle Creek,  
Miami Springs (Miami)  
Florida (U.S.A.)

Dear Dr. Kellogg,

I am thankful to you for your letter of May 15th, promising to present some of your books to the Y.M.C.A. Library. You ask me to tell you what books we have so that you may send the rest. You need not worry to send fresh copies, even shop-soiled ones will be of great value here. At present we have the following 2 books: New Dietetics and How to have Good Health. I hope it will be possible for you to send copies of other books, for they will make a very good addition to the Health Portion for our Library.

May I remind you of my letter of April 21st for which I have not yet received a reply. I am eagerly awaiting your advice on the points raised in that letter. When you send a reply please be sure to return the enclosures sent along with mine.

With best regards and thanking you for your kindness,

I am,

Yours very sincerely,

*A. Cornelius*

July 9, 1936

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

Dear Professor Fisher:

I have your letter of July 6.

I have discovered a man who I think will be just the person for your Life Extension Institute. He has for many years been a director of some of the big copper mines in the north and has had a number of men under him. He is a very able man. He believes thoroughly in Battle Creek ideas. His name is Dr. Philip D. Bourland, 129 Calumet Avenue, Calumet, Michigan. I am writing him a letter today and suggested he may receive a letter from you. I am sure he is just the man for you. It would be well worth while to have an interview with him. I think you would like him.

With reference to the Mormons, I am pretty well acquainted with their views on the subject and I think just as you do that they ought to be and I have no doubt are a living example of the advantages of temperance, sobriety and biologic living to a very considerable degree. In latter years they have been backsliding and some of them I think use tobacco, but their leaders still stand for the old ideals, and I am quite sure that the majority of them do not use tobacco and are temperate and are far ahead of the average individual in biologic living.

I would suggest that you address a letter to the President of the Mormon Church or you might write to Senator Smoot who, as you know, is a Mormon. Tell them just what you want and I have no doubt you will get the information.



**Professor Irving Fisher, No. 2.**

I am acquainted with a good many Mormons and the best of them are thoroughly acquainted with hygienic living. Some years ago a book agent who had the sale of one of my books sold five thousand copies in Utah within a short time.

Here is another suggestion. Dr. Anderson has a pupil who became a Mormon, married a Mormon elder and is very prominent among them. Dr. Anderson frequently goes out there to lecture in their summer school. I am sure he could get authentic information for you and a copy of "The Book of Wisdom" if you wish it. I have had for many years a copy in my library, but I am not sure whether I have it now or not.

Sincerely yours,

**Doctor:**

"The Word of Wisdom" was sent to you  
by Dr. Oran Raber, Conservationist,  
Forest Service,  
945 "K" Street, Washington, D. C.

The pamphlet is in Florida.

I have looked in vain for the book on  
Mormonism, but cannot find it. Cannot  
obtain it at the College Library or the  
Willard. Am sorry.

Clara K. B.

*Not used*

**METROPOLITAN LIFE INSURANCE COMPANY**  
**NEW YORK CITY**

July 10, 1936

**LOUIS I. DUBLIN**  
*Third Vice-President*  
*and Statistician*

Dr. John Harvey Kellogg, Editor  
Good Health Publishing Company  
Battle Creek, Michigan

Dear Dr. Kellogg

In the May, 1936, issue of "Good Health" there appeared an article entitled "The Word of Wisdom". In this article, you quote certain mortality statistics compiled by John A. Widtsoe. We would like to consult the original article from which this quotation was extracted, and would appreciate any information you can give us as to where this article may be found.

Very truly yours



**Third Vice-President**  
**and Statistician**

*L.I.*

e-s

July 11, 1936

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

Dear Dr. Kellogg:

I wrote you the other day, but am writing this because of a letter just received from Haven Emerson. He questions the evidence in favor of frequent bowel movements.

I am very anxious to convince him, because I am very anxious to have in the rules for joining the New Health Society this as one of the rules of hygiene. But if I put it in against his opinion, he will very likely not join and if to please him I leave it out it would be a great lack.

In your last letter you say that the British Army officer stated that the Chinese invariably have a bowel movement after each meal. I would like if you can find the reference to be able to quote it to Haven Emerson together with any other specific data<sup>x</sup> proving this point.

I wrote him that Professor Mendel had at first objected to this in "How to Live" but finally came around to it.

I think I ought to <sup>get up</sup> have a mimeographed statement of all the arguments on this subject. I think that Alvarez has dissuaded many people from a belief in this because of his experiments on the average duration of the passage through the alimentary canal. He chose young man twenty years old, as I remember, and assumed that because they were in good health that this average time for them must be the normal, which, of course, is begging the question at the start.

Very sincerely,

IF:KEB

Levin Fisher

<sup>x</sup> in addition to those in  
How to Live

July 14, 1936

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

Dear Professor Fisher:

I have your letter of July 11.

I am very sorry indeed that I can not give you the reference of the report of the English naval officer as I am not able to lay my hands on it at the present time. My semi-annual migration from Michigan to Florida and from Florida back to Michigan cause me no little inconvenience. There is always something left behind. I am having a search made in the literature for this reference and hope to find it after a time, but in the meantime I am writing to a number of medical men who are located among primitive people in China, Turkey, and other oriental countries and will in time have plenty of authentic data to give you.

The late Dr. Shepard spent thirty years in Turkey and acquired a great reputation in that country, enjoying the full confidence of the government. After one of the great Armenian massacres over there when the government made reparations, they put the money in his hands to spend instead of the hands of their officials who they knew would waste it. Dr. Shepard first wrote me and afterwards told me personally that the Turk always moves his bowels three times a day. If his bowels move only twice a day he considers himself ill and consults a physician. He told me that a common remark of a Turkish patient is, "I am sure I am sick because my bowels move only twice a day."

The Chinese peasant eats twice a day and moves his bowels twice a day.

**Professor Irving Fisher, No. 2.**

**The strongest evidence of all is that given by Dr. Cannon in his book "The Mechanics of Digestion." He states that the residues of a meal reach the colon in six to eight hours and that evacuation of these residues might occur in fourteen hours from the time the food is eaten. No one can show any advantage whatever in a longer retention of these useless materials. If you have not a copy of this book I will try to look up the reference and send you a copy of it.**

**The observations made by Alvarez are entirely worthless. The surveys made by the Life Extension Institute show that the average man who considers himself in good health is really sick. I think the survey of bank clerks showed evidence of disease in about 97 per cent of all the persons examined.**

**Sincerely yours,**

**b**

**Professor Irving Fisher, No. 3.**

**P. S. One of the surgeons of the Mayo Clinic was here some time ago as a patient. He spent three months with us. I asked him how much weight was attached to the ideas of Alvarez by his colleagues of the Mayo faculty. He said, "We do not pay the slightest attention to Alvarez or his ideas." I can hardly understand why the Mayos tolerate him. He ought to know that the average civilized man is sophisticated and perverted to a high degree and so far removed from normal conditions that he dies when he ought to be just beginning to enjoy the highest degree of usefulness and efficiency. There is nothing more absurd than to take the condition of the average civilized man as a standard of health.**

July 15, 1936

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

Dear Professor Fisher:

Thank you very much for your article,  
"A New Thirst for Knowledge," which I have read  
with much interest.

I have so many new things to tell you,  
I am hoping that you will be dropping in one of  
these days.

With kindest regards, I am

Sincerely yours,



A NEW THIRST FOR KNOWLEDGE

by Irving Fisher, LL.D.  
Professor Emeritus of Economics, Yale University

New Haven, Conn., July 12, 1936

Writing from Colorado Springs attending the "Advanced Seminars in Economics and Statistics", I am impressed by the earnest interest of the typical summer student of today. It is one of the many evidences of a new thirst for knowledge, especially as to things political and economic, not only in America but throughout the world.

On the train which brought me here I met students bound for the same destination from Indiana and from Holland.

A few days earlier I had addressed a large audience at the summer school at Mt. Pleasant, Michigan. A bank economist there reported his "astonishment" over the interest displayed in his lectures at a summer school in the east and also over the maturity of the students in attendance. At Mt. Pleasant the average age of the audiences was said to be about 30.

Undergraduate interest in the nation's problems is also a striking fact today. Probably not since the Civil War have American college students shown so much interest in their country's burning questions.

This new thirst for knowledge has doubtless come about through the depression. This has made the whole world "sit up and take notice". It brought fear - first fear of the individual as to his economic situation, his solvency if a propertied man, his employment if an employee - and later fear as to our institutions. So many foreign governments have tottered or fallen and our own rulers have engaged in so many new experiments that many have become terror-stricken as to whether our Constitution and the Supreme Court will stand the strain.

Probably not for three generations have the American people been so anxious to know what the future has in store. This is evidenced by the emphasis now being given to the "Gallup poll" of public opinion and the supposed findings of Mr. Hurja. Prodigious efforts and considerable expense have been laid out in collecting representative samples of the people's opinions. Much ingenuity has been developed in devising methods of insuring fairness in the sampling. Not all of these have been published.

One result of these efforts is beginning to stand out, namely that it is increasingly possible to forecast elections. The success of the

Literary Digest polls has impressed us all. But it is now clear that such large samples are not necessary. The samples of Gallup are much smaller; but small samples if fairer samples will almost invariably yield more accurate forecasts.

In fact rumor has it that the Literary Digest authorities have, for their own private use, employed small preliminary samples on the basis of which they "knew" in advance what their larger samples would show, though they contrived to feed out the returns in the order which would make the race, like a horse race, the most exciting.

Another fact seems to be established or, at any rate, very nearly established, namely that the public seldom or never changes its mind very greatly as a consequence of campaign arguments; it had already made up its mind long in advance.

Until recent years the thirst for advance knowledge was not great enough to have called forth any efforts like those of the Literary Digest, Gallup, or Hurja. But the records existed even if no one then read them. Almost without exception, the Congressional elections foretold two years before the Presidential elections which party would be successful in having its Presidential candidate elected.

Only in particular cases, as where the election was close, did this not hold exactly. For instance, the Congressional elections of 1874 indicated that in 1876 a Democratic President would be elected. But a Republican president, Hayes, was installed. Yet the forecast for a Democrat was statistically a good one; for the Democratic candidate, Tilden, received the larger popular vote, and was defeated in the electoral vote, only after a contest which was not settled until it was brought to the Supreme Court.

It is popularly believed that in 1896, McKinley was elected over Bryan because of the extensive and expensive "Campaign of popular education" on the Silver question. But there are those, well qualified to form an opinion, who are convinced that McKinley would have been elected anyway. Moreover they can point to the Congressional elections of 1894. These same people insist that Wilson's election in 1912 was a foregone conclusion even if Theodore Roosevelt had not split the Republican vote; and this seems plausible not only on the basis of the Congressional election of 1910 but on other grounds.

One enthusiastic forecaster, who has not yet published his results, claims that to forecast a political election we not only do not need any such elaborate statistics as those of the Literary Digest or even of Gallup but can sometimes find adequate data from the daily

newspapers. With very little expense and with only an ingenious technique to help him, he made a private forecast in 1932 which proved to be substantially correct. His method, applied to the Maine elections, would, very likely, make even more reliable, the old aphorism "As Maine goes, so goes the nation".

All of this exemplifies the fact that the American people "want to know". They want to know now whether Landon or Roosevelt will be our next president and what his policies will be as affecting the depression, unemployment, social security, money, the Federal Budget. They want to know what are "the rights" about these great public questions. That is why both young America and old America are, in college and in summer school, busily engaged in studying these problems.

At this conference in Colorado Springs, held under the auspices of the Cowles Commission for Research in Economics and the Econometric Society, a large assortment of subjects and lecturers has been assembled. My own lectures came first - on the reform needed in our income tax, the capital gain tax and the tax on undivided profits which was so bitterly contested in the last session of Congress. Professor Abbott of Colorado College spoke on Keynes' Theory of Unemployment, Carl Snyder, recently economist and statistician of the Federal Reserve Bank of New York, spoke on Credit and Monetary Problems, and will speak on Capital Accumulation. Mr. Dickson H. Leavens, special agent of U. S. Treasury will speak on Gold and Silver in China and India; Professor Charles F. Roos, formerly with the N.R.A., will speak on Wage Regulation and Interstate Commerce. The statistical genius of England, Professor R. A. Fisher, will speak, July 27th, on "Regression Coefficients". Corrado Gini of Rome will speak, July 31st, on Eliminating the Influence of Certain Statistical Factors. Alfred Cowles, 3rd, the director of the Cowles Commission, will speak, August 6th, on Structure of Common Stock Prices.

Many of these and other subjects are highly technical. But almost all of them are of vital interest in this depression and to all who have the new thirst for knowledge which the depression has brought.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 6, 1936

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

Dear Dr. Kellogg:

Thank you for yours of June 18th.

I shall be very glad to see the paper by the British army doctor which you say you cannot place your hands on now.

I shall try to keep track of "Good Health" more thoroughly. I note what you say about "Hygeia".

I am still much concerned about getting a successor for a director of the Life Extension Institute.

I shall be very glad to go over the pamphlet you enclosed and will give you any criticism which occurs to me.

You say I rarely ever do this.

Intimes past I used to do it a good deal, but laterly it may be I have not. Perhaps I felt that I either saw no worthwhile criticisms or felt they were such as would not appeal to you.

I have had some correspondence recently with Arthur Hunter of the New York Life and mentioned the article in "Good Health" concerning the Mormons. I would like very much to know on what basis the article in "Good Health" on the "Book of Wisdom" was written. It speaks rather mysteriously of some prior article.

If the statistics are correct it seems to me they are about the most important testimony on a large scale of the value of individual hygiene which has ever been brought forward. But until I know their source I am not ready to trust them, particularly as Arthur Hunter points out that the expectation of life at birth for white males in Utah ranks 37th among the States and white females 16th while the mortality is not greater than from all whites in the United States. Since three-fourths of all church members in Utah are Mormons, it would seem that the Mormons cannot have any such low mortality as represented in the article in "Good Health".

Dr. J.H.Kellogg

- 2 -

July 6, 1936

I am very anxious to know whether those figures can be authenticated. Perhaps you will take the matter up directly with Arthur Hunter.

Sincerely,

*Livingston*

IF:KEB

July 21, 1936

Dr. George Kfrenoff,  
Bal. Tutleben 2,  
Sofia, Bulgaria.

Dear Doctor:

I have received a letter from a man who signs himself Dr. George A. Tabacoff, 13 fr. Nansen Boul., Sofia, Bulgaria. He wants information about the Sanitarium and desires he says, to write articles about it for the press and concerning myself. I am not acquainted with this man and am writing for information about him.

Hoping that you are in good health and prospering, I am

Sincerely yours,

b

July 21, 1936

Mr. Bond:

Please send a tube culture of *Lactobacillus bifidus-acidophilus* to Dr. George Eframoff, Bul. Tottleben 2, Sofia, Bulgaria, with Dr. Kellogg's compliments.

A. F. Bloese

July 15, 1936

Dr. George Kfrenoff,  
Sofia, Bulgaria.

*Beul. Tottleben, 2*

My dear Friend:

Dr. Norman has handed me your letter of June 16.

I am delighted to know that you are still spreading the gospel of good health. You are a real missionary and I am sure are making good use of the opportunities you have to plant important truths in a needy field.

You will be glad to know that the Sanitarium is coming on very well. We have now nearly five hundred patients here and in August will probably have seven hundred.

You speak of acidophilus milk. I will have sent you a culture of my new type of acidophilus, so-called soy acidophilus, and will also send you a copy of a paper I have recently prepared which will tell you something about it.

By using ordinary bacteriological methods for sterilizing, inoculating, etc. you can easily make this preparation in Bulgaria. The soy *Lactobacillus bifidus-acidophilus* differs from the *Lactobacillus bulgaricus* in the fact that it will live throughout the whole alimentary canal. It thrives in the colon, being a facultative organism, more anaërobic than aerobic. When cultivated externally it grows best under anaërobic conditions.

Your old friends do not forget you. Dr. Harris, Dr. Risley, Dr. Eggleston and others are as warmly your friends as ever and all will be glad to know about your work. Won't you write me and tell me what you have accomplished in the way of establishing and spreading the gospel of biologic living as represented here at Battle Creek.



Dr. George Efremoff, No. 2.

A word further with reference to soy acidophilus milk. We make the soy bean milk in the usual way, which I presume you understand. We soak the beans over night in cold water, preferably ice water, then grind them through a peanut mill so they are crushed into a smooth pulp. Cold water is then added of sufficient weight to equal five or six times the weight of the original beans. Mix thoroughly, then strain through a cloth and squeeze the mass that is left on the cloth with a cider press or its equivalent. Get out all the soluble part of the bean possible. Boil the liquid thus obtained for a couple of hours and then let it cool down quickly to blood temperature by placing the container in ice water. Keep it at blood temperature for four hours, not longer. This is to allow spores to germinate. Boil again for an hour. Cool down to 105 degrees and inoculate with a culture which I will send you. If you make a small culture, sufficient to be able to inoculate a larger batch with two per cent, that is, two ounces of culture for a hundred ounces of sterilized soy milk, you will get the best results. The inoculated milk should be allowed to stand quietly with no disturbance after the culture has been well mixed through. Be careful not to contaminate the milk after it has been sterilized by stirring or any other means. I am sure a few experiments will show you how to make the cultures and you will find it of very great help.

A pint and a half or two pints of culture, that is, of soy acidophilus milk should be used daily, a half pint at each meal. In bad cases of constipation and chronic auto-intoxication with coated tongue and bad breath, the colon should be washed out every night, using one pint of soy acidophilus milk, one ounce of milk sugar or Lacto-Dextrin, and four to eight c.c. of lactic acid. This should be used at bedtime so as to thoroughly empty the colon. Bulkage such as psyllium seed or

**Dr. George Efremoff, No. 3.**

cashaya gum or some other bulkage should be used in sufficient quantity to secure at least two natural evacuations daily besides the enema at night. The moist abdominal bandage is helpful. The colon must be kept clean. Meats must be discarded. It is a good plan to discard eggs also for a time. The worst cases of colitis yield rapidly to this treatment.

I am sending you with this a card giving three views of the same colon. First, as you see, it shows a very spastic condition of the descending and pelvic colons. This was an exceedingly troublesome case. The patient suffered great pain, had colitis for many years and an exacerbation of the trouble some months before as a result of an attack of shingles. It was almost impossible to get anything out of the colon. Enemas had very little effect. The soy acidophilus enema which I have described gave immediate relief and in six weeks effected almost a complete cure. The appearance of the colon six weeks after beginning the acidophilus milk enemas is seen in figure 2. The third, or right-hand figure, shows a roentgenogram showing the appearance of the colon after the barium enema was evacuated. You see the colon is almost completely evacuated. Before the use of the acidophilus enema the colon remained more than half full, even after the enema had been repeated several times. I find this a wonderful help, practically a specific in bowel cases. The quintuplets are using it constantly and it has been the means of saving their lives from bowel trouble. So long as they use the soy acidophilus they have no bowel trouble and when bowel trouble appears through wrong feeding they are at once relieved by using acidophilus. I make use of it every day at every meal and with very great benefit. At my place at Miami last winter we used forty

**Dr. George Hrenoff, No. 4.**

**gallons a day of this excellent milk, more than any other kind.**

**With very best wishes, I am**

**As ever yours,**

**b**

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 22, 1936

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

My dear Dr. Kellogg :

The enclosed literature from "Battle Creek"  
is apparently another attempt to cash in on your good  
name.

Sincerely,

*Irving Fisher*

IFhct



# BATTLE CREEK HEALTH PRODUCTS COMPANY

ANALGESIC HEALING AND ANTISEPTIC—CLEANLINESS AND PERSONAL HYGIENE

BATTLE CREEK, MICHIGAN

July 13, 1936

HERE IS THE GOOD NEWS  
ABOUT THE SENSATIONAL

CREAM FROM THE HEALTH CITY:

We want you to know about the BATTLE CREEK AVOCADO CREAM----it is such a superior product that all of our customers should take advantage of this chance to secure a large three ounce jar at a special price. AVOCADO CREAM is proving to be a sensation. You will be delighted.

Be prepared for the Summer Season with this protection from wind, sun, and heat---use AVOCADO CREAM. (Described on the enclosed insert.)

A bottle of Battle Creek FOOT HEALTH, the specific for Athlete's Foot, should also be included in your Medicine Cabinet. It is "Goodbye, Athlete's Foot," when you use FOOT HEALTH.

Then there is the Battle Creek Vaporizer for those who suffer from Hay Fever. When ordering a Vaporizer just mention that you want relief from Hay Fever, and we will include a bottle of No. 5 Vaporizer Solution.

HERE IS THE OFFER: To make sure that you will try this delightful, new BATTLE CREEK AVOCADO CREAM we are going to send you a \$1.50 jar for only \$1.00, with each order for Battle Creek Health Products, placed during July.

Use this order blank and return envelope enclosed for your convenience. Order at once----because you will want to tell your friends where they, too, may secure this NEW BATTLE CREEK AVOCADO CREAM----it is a truly wonderful preparation.

Very truly yours,

BATTLE CREEK HEALTH PRODUCTS COMPANY

President

HMB-MB

# THINK OF IT !

A specific for Athlete's Foot, also combining a splendid, powerful liniment that does not soil the clothing and is not in the least offensive.

**BATTLE CREEK FOOT-HEALTH** is a non-greasy liquid, stainless, with special ingredients which penetrate deeply and kill the germs.

Battle Creek  
**FOOT HEALTH**  
Is Sold on a Positive  
Money Back Guarantee

It is also astringent (drying, causing contraction and arresting discharges). Not only is **FOOT-HEALTH** a noted specific for Athlete's Foot, but you will find it to be an exceptionally fine and effective liniment. Unlike most preparations, it is pleasantly scented and leaves no offensive odor.

## ALWAYS INSIST ON GENUINE BATTLE CREEK PRODUCTS

### ECONOMICAL

Just a little goes a long way. Our dollar size of **FOOT-HEALTH** is sufficient to clear up all the average cases of Athlete's Foot in a good-sized family. We have known of one bottle entirely clearing up cases of as long as twenty to thirty years' standing. However, it is a serious mistake to neglect a case of Athlete's Foot, as this malignant infection may lead to the most serious consequences, such as infection to the point where amputation may become necessary. Do not take chances.

### SUMMARY

We believe there is absolutely nothing on the market today which compares favorably with **BATTLE CREEK FOOT-HEALTH**. It is non-greasy, stainless (does not soil), stops itching, heals rapidly, has a pleasant odor, is fine as a liniment, requires no dressings or bandages and, **BEST OF ALL, IT IS EFFICIENT**, and is sold to you on our **SATISFACTION OR MONEY BACK** policy. Try **FOOT-HEALTH** for Poison Ivy, for Bee Stings, Mosquito and Insect Bites and Skin Infections. You will be pleased with results.

Keep a bottle on hand. Price \$1.00, postpaid.

**BATTLE CREEK HEALTH PRODUCTS COMPANY**

(The Health City)

Battle Creek, Michigan



There is Danger afoot= Guard Against Exposure.

# Athlete's Foot! What Is It?

Athlete's Foot is really the old enemy or infection known as Ringworm or Eczematoid Ringworm, correctly termed Epidermophytosis.

## WHY CALLED ATHLETE'S FOOT?

It is highly infectious and thousands and thousands of athletes contract it each year, because the germ or parasite, "Tinea Trichophytin," thrives in the damp floors of clubhouse locker rooms, especially in the spray rooms where a great many people walk in their bare feet. Even one member of the club or athletic team, with a ring worm affection of the skin, may distribute the infection to dozens of others using the same spray or locker room. Hence the term, "ATHLETE'S FOOT."

## IT HAS REACHED EPIDEMIC PROPORTIONS

Many contact this germ in public schools, others become infected at bathing beaches and public sprays and showers, until "Athlete's Foot" has reached an epidemic form. The American Medical Association says, "Probably 75 to 80 per cent of the adult population have ring-worm of the feet as shown either by clinical or by laboratory examinations."

## HOW TO RECOGNIZE ATHLETE'S FOOT

One of the most favorable breeding grounds for these germs is between the toes, as they thrive in the moist, tender skin. Here they become firmly established, causing intense itching and irritation. There are seven layers of skin and these ringworm germs soon imbed themselves deeply, which is why many of the so-called remedies are ineffective and often worse than useless.

## IS ATHLETE'S FOOT SERIOUS?

**IT CERTAINLY IS!** Ringworm is a difficult condition to control, the resistant germ soon becomes a deep-seated, persistent infection, and tends to become chronic. It not only attacks the feet, but spreads readily to all parts of the body, and is often especially stubborn on the hands and face. When it reaches the stage termed "Chronic Ringworm Poisoning," one is indeed unfortunate, as it then seems almost hopeless to overcome. Because the germ spreads readily and becomes firmly established quickly, it is most important that you keep a bottle of Battle Creek FOOT HEALTH convenient.

## WHY FOOT-HEALTH IS SUPERIOR

Battle Creek FOOT-HEALTH is prepared from the private prescription or formulae of an eminent skin specialist of international reputation. Consider what it would cost you to consult such a noted specialist, plus the cost of having his special prescription compounded, and you will appreciate something of the great value which Battle Creek is giving you in FOOT-HEALTH, the specific for Athlete's Foot.

We do not use the ointment or paste form, because this would make a messy, greasy preparation, soiling the hosiery, sheets and bedding. It would also have a tendency to keep the skin moist and tender and would hold most of the ingredients on the surface.

## ARE OUR CUSTOMERS GRATEFUL? HERE IS A SAMPLE OF WHAT THEY WRITE:

"Gentlemen: I am enclosing my check for one dollar for which please send me one bottle of your "Foot Health." I secured a bottle about a year ago. It completely cured an infection I have had between the toes for thirty years, and which stubbornly resisted any of the many other treatments I have tried.

"I am ordering this bottle for the home medicine kit, for use in case of foot infections in the future. Most of the first bottle was used to clean up itching foot infections among my four youngsters and their young friends. (Signed) Henry Fink, Detroit, Michigan."



A GENUINE BATTLE CREEK HEALTH AID





# BATTLE CREEK FEMININE HYGIENE NECESSITIES

\* Hygiene—Science of Health and Its Preservation \*

ORDER FROM BATTLE CREEK AND USE WITH COMPLETE CONFIDENCE

## Battle Creek Vaginal Jelly

After years of research work we now offer this Vaginal Jelly with a NON-SOLUBLE base. Each application gives from eight to twelve hours' protection. This jelly is non-irritating, non-toxic, stainless, astringent, deodorant, and is healing and soothing to the delicate tissues. It is healing and effective and also serves as a tonic and deodorant par excellence. An absolutely safe and positive feminine hygiene preparation, for vaginal antiseptis and hygiene, inhibiting gonococci, staphylococci, streptococci, and colon and typhoid bacilli. Always insist on Battle Creek Vaginal Jelly, with the NON-SOLUBLE base. Literature sent upon request.

**Small tube (sufficient for about ten applications).....\$1.00**  
**Large tube (sufficient for about twenty-eight applications).....\$2.00**

## Battle Creek Douche Powder

A safe, cooling, healing, and exhilarating cleansing vaginal douche preparation. Soothes, cleanses and refreshes delicate tissues; very effective in the treatment and correction of Leucorrhoea. It is deodorizing and antiseptic. Invaluable for fastidious women and can be used advantageously in conjunction with Battle Creek Vaginal Jelly, if desired for Leucorrhoea or personal cleanliness.

**8-ounce jar ..... \$1.00**

## Battle Creek Lubricating Jelly

This efficient lubrication is used for orificial applicators or for a surgical lubricant. It is sterile—non-greasy—stainless—and water soluble. Superior and greatly preferred to lubricants formerly used.

**Per tube .....\$0.30**

## Battle Creek "Foot-Health" for Athlete's Foot

You need not suffer from itching feet and toes. FOOT-HEALTH stops the intense itching of this skin infection and promptly and efficiently kills the germ. A specific for ATHLETE'S FOOT, also a preventive. The Battle Creek Way is the BEST WAY because FOOT-HEALTH is greaseless and does not stain sheets or hosiery. Penetrates infected tissues deeply, heals quickly. Always insist on BATTLE CREEK FOOT-HEALTH.

**Per bottle ..... \$1.00**

## Battle Creek Pile Ointment

You will appreciate this smooth ointment, white in color, odorless, stainless, soothing, healing, antiseptic and analgesic. Relieves itching, burning and pain. Order a tube of this fine Pile Preparation.

**Per tube ..... \$1.00**

## Battle Creek Unguent

A fine unguent and surgical dressing, a leader among leaders of ointments, salves and dressings. Valuable and efficacious for first, second and third degree burns; cuts, bruises, sprains, eczema, boils, ulcers, blood poison and infections. Among other choice ingredients we use Aluminum Carbonate Dioxide, Resorcinol, Anhydrous Lanolin, etc. A colloidal preparation with a low grease content, mildly astringent, promotes healthy granulation of the tissues, and is analgesic. This Battle Creek preparation has no objectionable physical qualities—it is non-toxic and can therefore be used no matter how large the burned area. Keep a tube on hand at all times.

**Large tube ..... \$0.85**

## Battle Creek Cleansing Cream

A preparation that will delight the most particular. Carefully blended in accordance with the prescription of skin specialists. It penetrates into the pores, melts instantly and soon floats to the surface all the imbedded dirt. The skin will be cleansed thoroughly, in less time. Soft, smooth, leaving the skin delightfully cool and refreshed. Those who really care, we highly recommend this as one of the leading quality cleansing creams, regardless of the price you pay.

**3-ounce jar ....\$1.00      8-ounce jar ....\$2.00      16-ounce jar ....\$3.00**

## Battle Creek 4-in-1 Cream

(Cleansing, Melting, Skin-Tonic, Massage)

To keep the skin soft and elastic and free from wrinkles through the use of a stimulating massage, we offer this famous Battle Creek massage cream, with which we have blended our well-known Cleansing Cream and our Skin-Tonic. It is for skins which need toning or firming and rejuvenating. A most satisfactory preparation, having a vegetable base. Customers tell us this is superior to expensive creams from Paris.

3-ounce jar ....\$1.25      8-ounce jar ....\$2.50      16-ounce jar ....\$3.50

## Battle Creek Avocado Cream

A truly wonderful Night Cream. A pure vegetable cream, easy and refreshing on the skin, made from the pure oil of the Avocado Pear. Is proving to be a sensation—women are simply delighted with this NEW CREAM. Effective in eradication of pimples; invaluable for removing wrinkles.

The most penetrating of oils (Avocado Oil Cream) does not make your skin dry like the numerous mineral oil and mineral wax creams you have been using. Keeps skin soft, clear, beautiful. This will be your favorite cream.

3-ounce jar ....\$1.50      8-ounce jar ....\$3.00      16-ounce jar ....\$5.00

## Battle Creek Massage Cream

Battle Creek Massage Cream enters the pores and absorbs the dirt and waste products, leaving your skin soft and clean. A soft, smooth cream, delicately perfumed. Increases the benefits of massage.

No. 1 Extra Fine, 16-ounce jar \$1.50      No. 2 Quality, 16-ounce jar \$1.00

## Battle Creek Vaporizer

For Colds, Asthma, Catarrh, Hay Fever

The BATTLE CREEK VAPORIZER combats infection by sending into the nasal cavities a stimulating vapor, which arouses the inactive serous glands and causes a copious outpouring of healing blood serum over the whole mucous lining of the nasal cavity and the various accessory cavities. This flood of serum flushes the entire diseased surface and carries away the germ-harboring mucus. This is accomplished by reflex action and thus the frontal sinus and various other cavities connected with the nose which are affected in catarrh and cannot be reached by direct application are as effectively treated as the most accessible portion of the nasal cavity.

### Battle Creek Vaporizers

De Luxe type (with No. 1 and No. 2) .....\$2.00  
Pocket type (with No. 1 Solution) ..... 1.00

### Battle Creek Vaporizer Solutions

No. 1—For Head Colds and Cold Prevention.  
No. 2—For Chronic Catarrh, Asthma and Bronchial Trouble.  
No. 5—For Hay Fever  
Three-dram vial, \$1.00; one-half ounce .....\$1.25  
One ounce (8-dram flacon) ..... 2.00



De Luxe Vaporizer



Flacon of Solution  
With Compo Cap



"Pocket"  
Type

*Outstanding Quality and Proved Efficiency*

### **Battle Creek Facial Pack**

This Face Pack represents an entirely new idea in the proven field of skin improvements. A light application to the face, permitted to remain from 20 to 25 minutes, absorbs all dirt and grease from the pores, removes blackheads and nourishes the skin. Has a mild astringent action and does not leave the pores open or cause their enlargement. A valuable aid in cultivating beauty.

Large Tube ..... \$2.00

### **Battle Creek Shampoo**

(Soapless)

A Hair Beautifier most pleasing and satisfactory in its results. Possesses the most unusual features of being non-alkaline and non-acid. Ideal for proper cleansing of hair and scalp. So efficient that it needs no lemon or acid rinse afterwards.

Use Battle Creek Shampoo, the hair will be wonderfully soft and fluffy — and so clean that it squeaks when rubbed between the fingers.

Large bottle ..... \$1.50

(Enough for 20 Shampoos.)



**BATTLE CREEK HEALTH PRODUCTS**

SOLD ON SATISFACTION OR  
MONEY BACK BASIS

# YOUR HEALTH MESSAGE



## *Battle Creek*



BATTLE CREEK HEALTH PRODUCTS  
COMPANY

48 N. Washington Ave.

Battle Creek - Michigan

**From** \_\_\_\_\_

**City** \_\_\_\_\_ **State** \_\_\_\_\_



***BATTLE CREEK***

***Michigan***

***For***  
**BATTLE CREEK HEALTH PRODUCTS CO.**      **48 N. Washington Street**

# ORDER FORM

For Your Convenience in Ordering from the

**BATTLE CREEK HEALTH PRODUCTS COMPANY**

**BATTLE CREEK, MICHIGAN**

Date \_\_\_\_\_ 193\_\_\_\_\_

**Gentlemen: Please send to me the Battle Creek Health products listed on the opposite side of this Order Form.**

I enclose check  money order  or currency  for \_\_\_\_\_ Dollars \_\_\_\_\_ Cents  
with the understanding that you are to send the health products postage charges paid. I know that **BATTLE CREEK GUARANTEES SATISFACTION**, and if I wish to return any of the merchandise within five days, you are to at once refund my money, less postage charges.

Ship to:

Signature \_\_\_\_\_

Street or R. F. D. \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

(WRITE NAME AND ADDRESS PLAINLY)

Send Money-Order if possible. Make money-orders, drafts, checks, etc., payable to the **BATTLE CREEK HEALTH PRODUCTS COMPANY**, Battle Creek, Michigan. To insure safety, money sent in any other manner should be registered.

JUL

# ORDER

## (For the Scalp)

Battle Creek Shampoo CHECK SQUARE  
\$1.50

## (For Skin Health)

Battle Creek Cleansing Cream \$1.65

Battle Creek Massage Cream \$1.50

Battle Creek 4 in 1 Cream \$2.00

## (For Feminine Hygiene)

Battle Creek Vaginal Jelly \$2.00

Battle Creek Vaginal Jelly (small) \$1.00

Battle Creek Douche Powder \$1.00

## (Healing Antiseptics)

Battle Creek Unguent \$ .85

Battle Creek Surgical Lubricant \$ .30

Battle Creek Foot Health \$1.00

\* for Athlete's Foot \* \$1.00

Battle Creek Pile Ointment \$1.00

## (For Colds, Catarrh, Asthma Hay Fever and Bronchial Trouble)

Battle Creek Vaporizers CHECK SQUARE

\*DeLuxe Model\* Complete \$2.00

\*Pocket Type\* Complete \$1.00

Battle Creek Vaporizer Solutions  
(Check kind wanted)

No. 1—For Head Colds and Cold Prevention

Three Dram  One-Half Ounce  One Ounce

No. 2—For Chronic Catarrh, Asthma and  
Bronchial Trouble.

Three Dram  One-Half Ounce  One Ounce

No. 5—For Hay Fever and Rose Fever.

Three Dram  One-Half Ounce  One Ounce

(Three Dram Vial) \$1.00

One-Half Ounce Flacon) \$1.25

(One Ounce Flacon) \$2.00

***HERE IS SOMETHING NEW - -***

***A MOST REFRESHING SURPRISE***

**BATTLE CREEK AVOCADO CREAM**

Our Research Laboratories have perfected a truly wonderful Night Cream. It is proving to be a sensation . . . women are simply delighted with this NEW cream. Made from the pure oil of the Avocado Pear. (It is a pure vegetable cream, easy and refreshing on your skin).

A bulletin issued by the U. S. Government Laboratory says this is the most penetrating oil known. Forms a fine emulsion which clings pleasingly to the membranes of your skin. Replaces those natural skin oils that the wind, indoor heat, dust, and sun remove.

This most penetrating of oils (Avocado Oil Cream) is splendid to use before exposure to intense heat, wind and sun; also unequalled as a night cream. Battle Creek Avocado Oil Cream does not make your skin dry like the numerous mineral oil and mineral wax creams you have been using. Beautiful Senoritas of South America use the Avocado Oil Cream to protect their skin and keep it soft, clear, beautiful. This will be your favorite cream . . . order a jar today.

Three-ounce jar, \$1.50, postpaid.

**BATTLE CREEK HEALTH PRODUCTS COMPANY**

**Battle Creek, Michigan**

July 27, 1936

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

Dear Professor Fisher:

Thank you very much for your letter of July 22 enclosing a circular which is being sent out from this city. More and more Battle Creek is getting to be a nest of quacks exploiting the health prestige of the town. Two firms are manufacturing health foods for dogs and are getting rich.

Again thanking you, I am

As ever sincerely yours,



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 28, 1936

Dear Sir:

I am sending you enclosed copy of my syndicated article "Inflation Stopped?" in which I hope you will be interested.

I should be glad to have your comments on the subject of credit control by the Federal Reserve Board, in particular as to whether you agree with me that the recent increase in reserve requirements marks a revival of Governor Strong's stabilization policy.

In order to obtain the best possible control of credit I have proposed in my book "100% Money" that reserves against demand-deposits be raised to 100%. At the same time this measure would rid us of the inflation menace of our Government debt. As you may read in the attached circular, the proposal has been received enthusiastically by men who have made a serious study of the problem. I should appreciate having your own reaction.

Very sincerely,

*Irving Fisher*

P.S. If you have not already received it, I shall gladly send you a reprint of my article "100% Money and the Public Debt".

INFLATION STOPPED?

by Irving Fisher, LL.D.  
Professor Emeritus of Economics, Yale University

New Haven, Conn., July 26, 1936

The financial and commercial events of last week reflected a growing business confidence which must have astonished those who believed our recovery has been illusory and a mere expression of a dangerous and run-a-way boom and inflation.

The most important event was the raising, by 50%, of the reserve requirements of commercial banks as a means of arresting any incipient inflation. Had the common opinion been correct, that the rise in the stock market was a mere anticipation of inflation, the unexpected and drastic action of the Federal Reserve Board would, we might suppose, have resulted in a sudden collapse of the market. The fact that, instead, the market immediately reached new highs may be interpreted as a sign of confidence in the soundness of our recovery.

It demonstrated that Chairman Eccles of the Federal Reserve Board is not the "arch inflationist" which Senator Glass would have us believe. Had he been such and had he desired to play politics with his high office he might well have helped rather than hindered an inflation-boom.

But, being a man of high integrity and being surrounded by colleagues on the board who are like-minded, he has done what he and they conceived to be the duty of the Federal Reserve Board. Their action is a landmark in monetary history and represents the first time that the Federal Reserve Board has avowedly tried to head off inflation.

As I see it, this board's primary duty consists of heading off both inflation and deflation. If, under the Banking Act of 1935, which authorized the raising of reserves, the Board can and will perform this duty, it will spell the greatest prosperity for these United States which they have ever seen.

Ever since knowing Mr. Eccles and his colleagues, I have never had the slightest doubt that they would do what they could toward this great job, which, unfortunately their predecessors almost repudiated. Only Governor Strong of the Federal Reserve Board of New York performed this task and understood it. When he died his stabilization policy practically died with him -- although he had stoutly maintained that it would not -- and had so convinced me.

Had he not died in 1928 or had his policy of safeguarding against inflation and deflation survived him, there would have been little or no depression.

His policy has now apparently been resurrected. It has been in suspended animation in the minds of many economists and a few bankers and business men and has had a transmigration of soul to Sweden where Governor Rooth, who had visited

the Federal Reserve Bank of New York to learn its methods, kept the process alive.

Sweden, unlike Governor Strong, openly confessed what it intended to do, and even set up a definite official index number of the cost of living representing the purchasing power of the Krona.

And she has succeeded admirably. Since September, 1931 in not a single week has the Krona's value in commodities at retail varied from par by over 1 3/4 per cent.

And now the Strong policy has returned home.

But is it feasible to do here what Sweden has done for nearly five years and what Strong did for six years until he died?

Undoubtedly yes! The fatalistic idea that we must have inflation because the dollar was devalued 41% or because "Eccles is inflationistic" or because "Roosevelt is inflationistic" or because "Congress is inflationistic" is false and based on myths, misunderstandings, and slanders. If we have run-a-way inflation it will not be because anyone wants it. Nor will it be because nobody can help it. It will be because of ignorance or neglect.

The raising of the reserve ratios by 50 per cent has reduced but not wiped out the "excess reserves" of 3.4 billions of dollars which might have supported 34 billions of credit currency. There will still be nearly 2 billions excess capable of supporting 13 billions of credit currency.

The reserve-raising, while drastic, has not exhausted the powers of the Board. By a further rise it could wipe out all the remaining excess. Even so, however, there would still be possible much inflation, though not probable in the immediate future.

What we need to be safeguarded completely is a three-fold change in our laws. One would give the Board more freedom of action and the other, less. The Board should be free to raise reserves indefinitely even up to 100%, which would be ideal. But the Board should not be free to act except in accordance with a policy laid down by Congress, prescribing the criterion for avoiding inflation and deflation, that is, prescribing the price level to be maintained.

Here Sweden is ahead of us, having an official index number, just as England is ahead of us in the other respect, having a 100% reserve -- in one way at least -- i.e., requiring 100% of Government money behind every added pound sterling of Bank of England notes. This principle, extended to demand deposits, which are the modern equivalent of bank notes as they were when, in 1844, the Bank of England Law was passed, would give us what we need.

Finally the price of gold should be free to change as in England.

With these three changes we would be free of the menace of inflation and deflation alike.

# *These National Problems Affect You Personally*

Are YOU going to be wiped out by *Inflation*  
which lurks in the Government debt and huge excess reserves?

Are YOU headed towards another *Depression*  
which may be the result of the attempt at credit control?

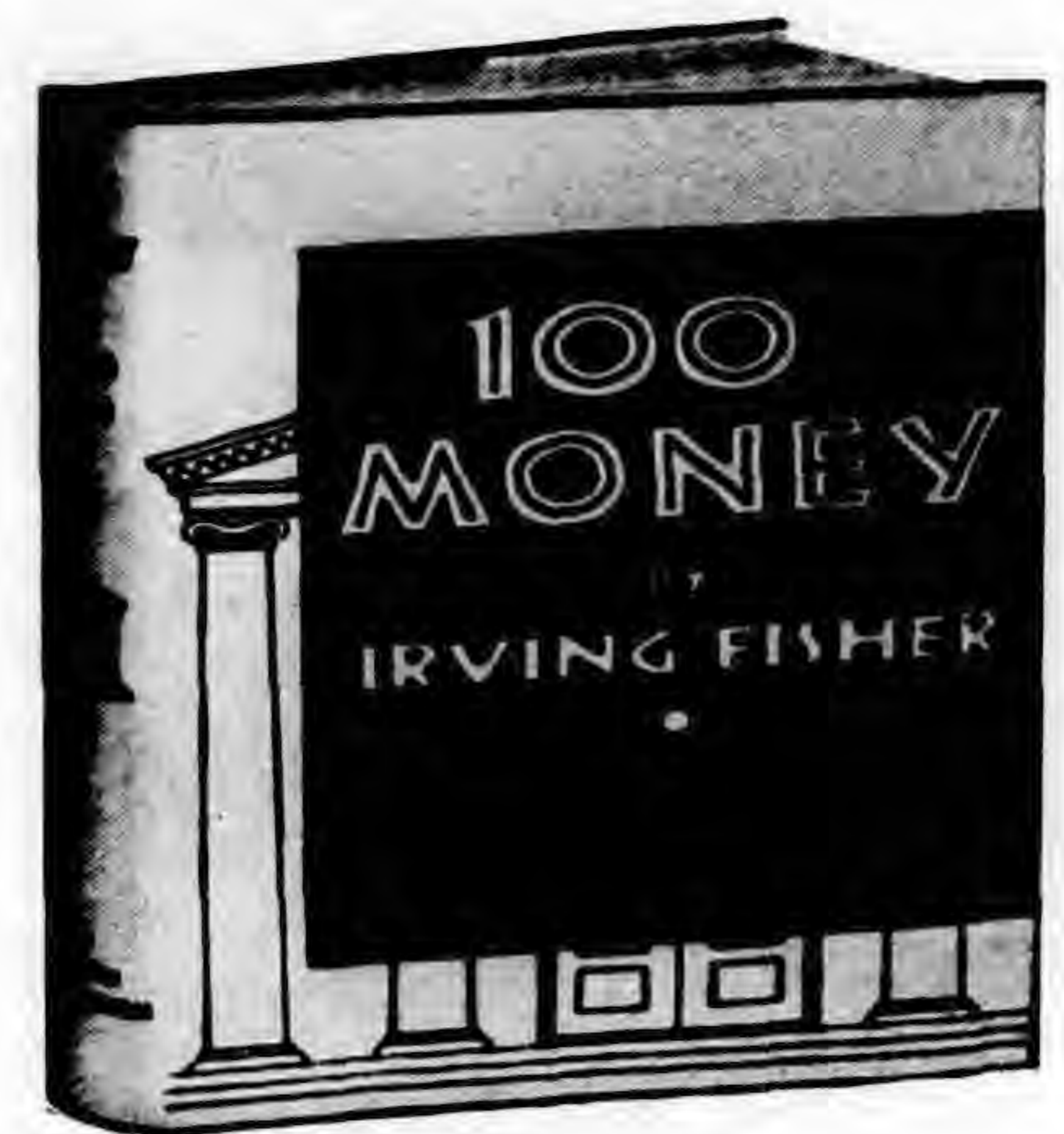
YOU—all of us—desire the security of *Stabilization*  
but do YOU know what kind of stabilization is best for You?

What is YOUR future under a system of managed *Paper Money*?

What would *Branch Banking* and the *Nationalization of Banking*  
mean to YOU? Should we retain *Deposit Insurance*?

## *Professor IRVING FISHER*

answers fully the above and every  
other vital question pertaining to  
*Money, Credit and Banking*  
in his latest book . . . .



The 100% Money plan has rightfully been called one of the most important and most practical proposals for ending the depression and avoiding future ones. Forceful and lucid, this book pictures the dangers of our present money and banking systems and outlines the necessary reforms. Every banker *should* and every intelligent person *ought to* read "100% Money".

*This book is the latest shot in the ancient battle over the right to manufacture money on private account. It is not impossible that it may yet be heard round a world which has become so accustomed to the "traditional" banking processes as to have lost all sense of what they mean.*

PROF. FRANK D. GRAHAM, Princeton University

## Excerpt from the Table of Contents

How the 100% System Would Work as to Deposits  
How the 100% System Would Work as to Loans  
How Money Management Would Work Under the 100% System  
Booms and Depressions  
Significance to Business  
Significance to Government  
Outlines of a Statute

Your proposal is convincing. I am for it.

PROF. JOHN R. COMMONS,  
University of Wisconsin.

Chapters III, IV and V explain to the average reader in the most direct and concise language he has ever heard or read what the trouble has been with our "10% System", and all of your readers will favor some legislation akin to your "100% System".

ROBERT W. POMEROY,  
Investment Counsellor.

At the very least your book is a major contribution to the banking problem and will, I hope, be read by enough thinking men to accomplish a large measure of its high purpose.

F. R. VON WINDEGGER,  
President, Plaza Bank,  
St. Louis.

I believe that your "100% System" is aimed directly at the vital part of our credit system—the part that is responsible for disastrous inflation and deflation.

DR. WARREN M. PERSONS,  
Consulting Economist.

It is the clearest and most convincing description of our present banking system, including the Federal Reserve system, I have ever seen.

SENATOR SMITH W. BROOKHART.

In Professor Fisher's book, he presents in lucid detail the operation of this erratic banking-monetary system, and the obvious remedy. It is the most important subject intelligent persons can investigate and reflect upon. It is so important that our present civilization may collapse unless it is widely understood and the defects remedied very soon. It is *your* problem and *mine*.

*From the Foreword to "100% Money"*  
by ROBERT H. HEMPHILL, former  
Credit Manager, Federal Reserve  
Bank of Atlanta.

Index Number Institute, Book Division,  
New Haven, Conn.

Gentlemen:

Please send me postage prepaid.....copies of *100% Money* (\$2.50).

### Special Offer

Complete Set  
(\$12.50 value)

**\$9.50 post-free**

Please send me.....sets of Professor Fisher's books, *A Complete Library on the Money Problem*, at \$9.50 each, consisting of the following:

100% Money (\$2.50)                      Stable Money (\$3.50)  
Booms and Depressions (\$2.50)  
Stamp Scrip (\$1.50)  
The Money Illusion (\$2.50)

Name.....

Address.....

City and State.....

Check or Money Order Enclosed.

Sofia, Bulgaria  
August 2, 1936

Dear Doctor:

Your letter, dated July 21, was handed to me this morning, as I was sitting at my desk and translating "The Sag after forty" from your "How to have good health."

You could hardly imagine how much pleasure gives me every letter from you, for it reminds me of those most happy years that I spent at the Sanitarium - the best place on earth, indeed. I do not believe that there is another person who appreciates more your work (please, do not take this as a flattery) and who has been more profited from his staying there than myself. So many years have passed since I left it and still my thoughts are constantly there. I am only sorry that thus far I have been unable to visit it once more and to have a long chat with you. I am longing for this time, and when it comes it will be the best in my life.

As for myself at present I have no reasons to complain. My health is fine and my work is prospering as it has been always. My "Good Health" is entering its 14<sup>th</sup> year, and my "World and Science" - its 4<sup>th</sup> year. Two of my daughter have married and have nice babies, so that I am a ~~grand~~ father already.

Now about your inquiry of Dr Tabacoff. He is a graduate of our University and I meet him occasionally in the streets of Sofia but that is all I know of him. His desire to write articles about the Sanitarium is rather queer.

By the way. This reminds me of a promise that I made sometime ago. I was asked by a ~~member~~ coeditor of the Journal of our medical Association to write an article about the Battle Creek Idea. Before I have done that, I should like to

have some of the new descriptive literature and some new illustrations. I beg you, therefore, to arrange to be sent such to me as soon as possible.

I beg you also to enlist me for "the Battle Creek Sanitarium News" from which I get valuable material for my health paper.

Hoping to hear from you again and wishing you every blessing, I am

Sincerely yours

George E. Frenoff



August 10, 1936

Mr. T. J. Cornelius,  
Y. M. C. A.,  
Madura, India.

Dear Sir:

I have your letter of July 6.

I am sending you, under separate cover, a copy of two other books which I hope will be of service to you, Tobaccoism and The Itinerary of a Breakfast.

The letter of April 12 to which you refer I do not find on file and have no recollection of having received it.

I will be glad to answer so far as I can any question you may have to ask me.

Sincerely yours,

b

August 10, 1936

**Good Health:**

Please send a copy of TOBACCOISM and THE ITINERARY OF  
A BREAKFAST to Mr. T. J. Cornelius, Y. M. C. A., Madura, India, with  
my compliments.

J. H. K.

b

August 11, 1936

Mr. Louis I. Dublin,  
Metropolitan Life Insurance Co.,  
New York City.

My dear Mr. Dublin:

I have your letter of July 10.

I would suggest that you address a letter to the President of the Mormon Church or you might write to Senator Smoot who, as you know, is a Mormon. Tell them just what you want and I have no doubt you will get the information.

Sincerely yours,

b

August 13, 1936

Hon. Lewis J. Broad,  
Office of the Governor,  
Augusta, Maine.

My dear Governor:

Thank you very much for your kind invitation to the meeting of the Committee of One Hundred in your State September 1. I regret very much that it will not be possible for me to attend this meeting as I should be most happy to do. As this is our busy season here at the Sanitarium, I shall not be able to get away.

Sincerely yours,

August 16, 1936

Dr. George Efremoff,  
Bul. Tottleben 2,  
Sofia, Bulgaria.

My dear Doctor:

I have your letter of August 2.

I am very glad indeed to hear from you and especially to learn that you are still pushing your good health journal and that it has attained its fourteenth year. You are really well established and I hope that you will be able to keep it going for many, many years to come.

As I understand it, your program is essentially the same as mine, that is, you oppose the use of alcohol, tobacco, tea and coffee and flesh eating, all unwholesome and unnatural things, and advocate living a biologic life.

Did I send you a copy of my book "How to Have Good Health"? If not, I will do so.

I have made some interesting discoveries which you ought to know about if you have not already received the information. One of these is a new type of Lactobacillus bifidus-acidophilus. I will send you an extra copy of a paper which I have written on the subject. Soy acidophilus milk is doing much for our patients here. We find it of great value. It changes the flora quickly and regulates bowel action, cures colitis and is one of the most potent aids I have ever discovered for promoting recovery of chronic patients. I will send you copies of our new literature together with some copies of a little booklet I have recently issued, "Rules for Right Living." I have had your name added for the "Sanitarium News."

Dr. George Efremoff, No. 2.

If you think it will help your cause to have Dr. Tabacoff publish an article in the medical journals, you can furnish him with the material which he needs. I will refer him to you.

Our work is going on very well here. We have about six hundred patients.

The institution I started in Florida six years ago is making wonderful progress and I am this year enlarging it.

Sincerely yours,

b

August 16, 1936

**Miss Ruth Kelsey:**

Please send a full assortment of Sanitarium literature, including several copies of RULES FOR RIGHT LIVING, to Dr. George Efremoff, Bul. Tottleben 2, Sofia, Bulgaria. Also send THE SANITARIUM NEWS to Dr. Efremoff regularly.

J. H. K.

b

August 18, 1936

**Good Health:**

Please send a copy of TOBACCOISM to Mr. Prynns Hopkins,  
Psychological Department, University of London, University  
College, Gower Street, London, W. C. 1, England, with my  
compliments.

J. H. K.

b



# REPUBLICAN NATIONAL COMMITTEE

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Publicity Dept.

20. AG. 36.

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

Dear Dr Kellogg :

I have your brusque letter of July 23 - which overlooks the fact that you could do a great deal more good for Human Health and Happiness by broadcasting your ideas and "principles" properly in books and articles in national magazines, than you ~~can~~ ever hope to do single-handed thru personal effort.

Your life has been a remarkable career. I suggested the biography, however, not to glorify you in it so much, as to propagate the sound principles and the wealth of experiences which you have had - - - believing it could be made an inspiration to a million young medicos who will be coming along in the next 100 years, reading it, learning from it.

Of course lots of books miss the mark - fail to get anywhere - because not properly conceived or worked up.

May I ask merely, in this letter, if there are any books or articles anywhere that would give me a review of your work at the Sanitarium there ? I'd like to study what's available before I talk to you some time next winter, when I will have some leisure.

Sincerely yours

*R. M. McFarland*

*Just now I'm doing Gordon biographies.*

August 21, 1936

Mr. R. M. McFarland,  
Republican National Committee,  
Palmer House,  
Chicago, Ill.

Dear Sir:

I have your letter of August 20.

As regards publication of such an article as you desire, I have allowed as little as possible relating to myself personally to get into print. These have been my reasons:

1. In general I think such articles are considered as having been inspired or even paid for.
2. They are likely to be considered unjust and, in fact, may be decidedly so because they seem to give an undue amount of credit to an individual whereas large numbers of people have contributed to whatever success may have been attained.

I do not know of any book which would give you such information as I think you want. I have endeavored to suppress my personality in connection with my work so that when the time comes that I must leave it my departure would make as little disturbance as possible.

Appreciating your interest, I remain

Sincerely yours,

August 23, 1936

Admiral R. E. Byrd,  
West Tremont, Maine.

My dear Admiral:

Some time ago you wrote me that you were using Lacto-Dextrin and had been greatly benefited by it. No doubt it would be advantageous for you to continue this for some time. I am sending you half a case and a half case of B-Lac. Lacto-Dextrin is to be taken by itself. B-Lac is to be used on the table in place of cane sugar. It is excellent on fresh fruit, such as strawberries, peaches, raspberries, etc.

I hope by this time the new acidophilus milk has reached you and that you find it palatable.

Have you tried the powdered soy milk? I am having experiments made to perfect a method for making soy acidophilus milk at home from the powder and the culture sent from the laboratory. I hope to get this method perfected within a few weeks.

Sincerely yours,

EPIDEMIOLOGY  
INDUSTRIAL HYGIENE  
PUBLIC HEALTH ADMINISTRATION  
SANITARY SCIENCE

Columbia University  
College of Physicians and Surgeons

632 WEST 168<sup>TH</sup> STREET, NEW YORK  
INSTITUTE OF PUBLIC HEALTH

August 26, 1936.

Dr. John Harvey Kellogg,  
Battle Creek, Michigan.

Dear Dr. Kellogg

A graduate of our school and of Dartmouth College who in 1916 suffered serious physical disability from poliomyelitis, has found it necessary in order to aid his aging mother to leave his work in New York and go to Miami for his professional work. His disability prevents the usual activities of the private practitioner in going from house to house, but he is a temperate and competent physician and could serve particularly well in any connection with institutional medical care. He will probably apply to you for an opportunity to work in some minor capacity in the Miami Springs Sanatorium, and I should like to say a word in his behalf and hope he may have a chance under your favorable auspices.

This will serve as an introduction to my friend  
Dr. Leroy B. Vail.

With best wishes to you personally and for your continued good health and success in your medical evangelism, I am

Yours sincerely,

*Haven Emerson*  
Haven Emerson, M.D.

August 26, 1936

Dr. David Ottosen,  
Kommunehospitalet,  
Aarhus, Denmark.

My dear Doctor:

I am glad to have your letter of August 11.

I am glad that you have secured such a fine opportunity for getting splendid experience.

We have secured Dr. R. H. Harris who will be able to do the work for the present. There will doubtless be a good opening for you later a year or two from now. In the meantime you will be getting an excellent experience. I suggest you write me again about the first of June next year. There is an opportunity here for building up a wonderful work in the treatment of cancer as well as other lines of surgery. Dr. Harris is getting along in years. He is nearly 60 and of course it is important to have a younger man working along with him. Your experience would put you in charge of the X-ray therapy and associate surgeon with Dr. Harris, and as Dr. Harris advances in years more responsibility would come upon your shoulders.

I am glad to know you would feel like settling down permanently in America. This is important. Do not forget that I am counting on you to become a member of our faculty, if not in the near future a little later as you suggest in your letter.

I am sorry to hear that Dr. Ottosen has been excluded from the work at Skodsborg which has been built up almost wholly as a result of his efforts. This is a tragical thing about working with these Seventh-Day Adventists. The preachers think they

are commissioned of high heaven to rule even in things concerning which they are utterly ignorant. I remember very well the distressing experience Dr. Carl Ottosen had with a Conference president by the name of Haasen, an ignoramus of the first water. He would not consent to some small expenditures required for decency in connection with the swimming baths-- a dressing room for the ladies if I remember rightly-- and I outwitted him by getting the Board to invite several members of the General Conference Committee who were present to act with the Board and so got the motion through to allow the small appropriation needed. The President became so angry when he saw he was outwitted that he sprang to his feet and shouted, "I don't care a fig for Dr. Kellogg or the whole Medical Missionary Board. I would rather be a farmer pitching manure on a dung heap than to be a member of the Medical Missionary Board-- the Medical Missionary Board."

The Doctor has had a very trying experience getting along with these ignorant unappreciative men. I remember very well a time when the institution was embarrassed and the Doctor came very near buying it out. He asked me for the loan of ten thousand dollars which would have enabled him to do it. I would gladly have helped him if I had not been at that time very deeply involved myself so that I could not spare the money.

It is a pity that a cultured and highly educated man after devoting his whole life to building up a splendid institution must be brow beaten and bulldozed and driven away from his work. The denomination tried to do the same thing to me in this country. Thanks to a kind Providence we survived their attacks.

Now they are pretending to be very friendly and trying hard to get on good terms with us.

Please give the Doctor my very best regards. Tell him I will be very glad to hear from him.

With my very best wishes and kind regards to any old friends who remember me, I am

Sincerely yours,

P. S. I shall be glad to keep in touch with you. Write me occasionally.

b

August 31, 1936

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

My dear Doctor Emerson:

I have your letter of August 26.

I also have a letter from Dr. Leroy B. Vail.

At the present time our organization is complete and I can see no opening for the Doctor, but if he will get in touch with me in January we may have so big a crowd of patients that we will have to have some more help and we may have something we can offer him. I shall be in Florida after November 1.

Sincerely yours,

b



# Science and Society

A JOURNAL PORTRAYING THE  
INTERDEPENDENCE OF TECHNIQUES  
OF SOCIAL AMELIORATION

Editor: PRYNS HOPKINS

Associate Editors: William Stephenson and Alexander Farquharson

**BUSH HOUSE · KINGSWAY**  
129 · South East Wing · LONDON · W.C.2

Psychological Department,  
University College,  
Gower Street, W.C.1.

Dr. J.H. Kellogg,  
The Battle Creek Sanitarium,  
Battle Creek,  
Michigan,  
U.S.A.

[Aug, 1936?]

Dear Dr. Kellogg,

I appreciate your letter of 24th July and  
the name you so kindly give me of Prof. Irving Fisher .  
It is extremely kind of you to send me a copy of your  
book with permission to make extracts from it. Doubtless  
it will arrive within the next few days.

Sincerely,

*Pryns Hopkins*

# 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  
ASSOCIATE HORTICULTURIST  
G. L. SCHUSTER  
AGRONOMIST  
C. C. PALMER  
CONSULTING VETERINARIAN  
M. M. DAUGHERTY  
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A. A. HORVATH  
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Dr. John Harvey Kellogg  
The Battle Creek Sanitarium  
Battle Creek, Mich.

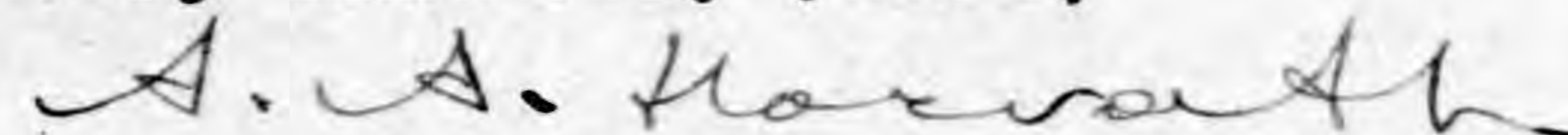
September 12, 1936.

Dear Dr. Kellogg:-

I would appreciate receiving two dozen cans of your green soybeans for distribution to interested persons and organizations. The ones you gave me last year were very delicious and met everywhere with great success.

Thanking you for your courtesy, I am,

Very sincerely yours,



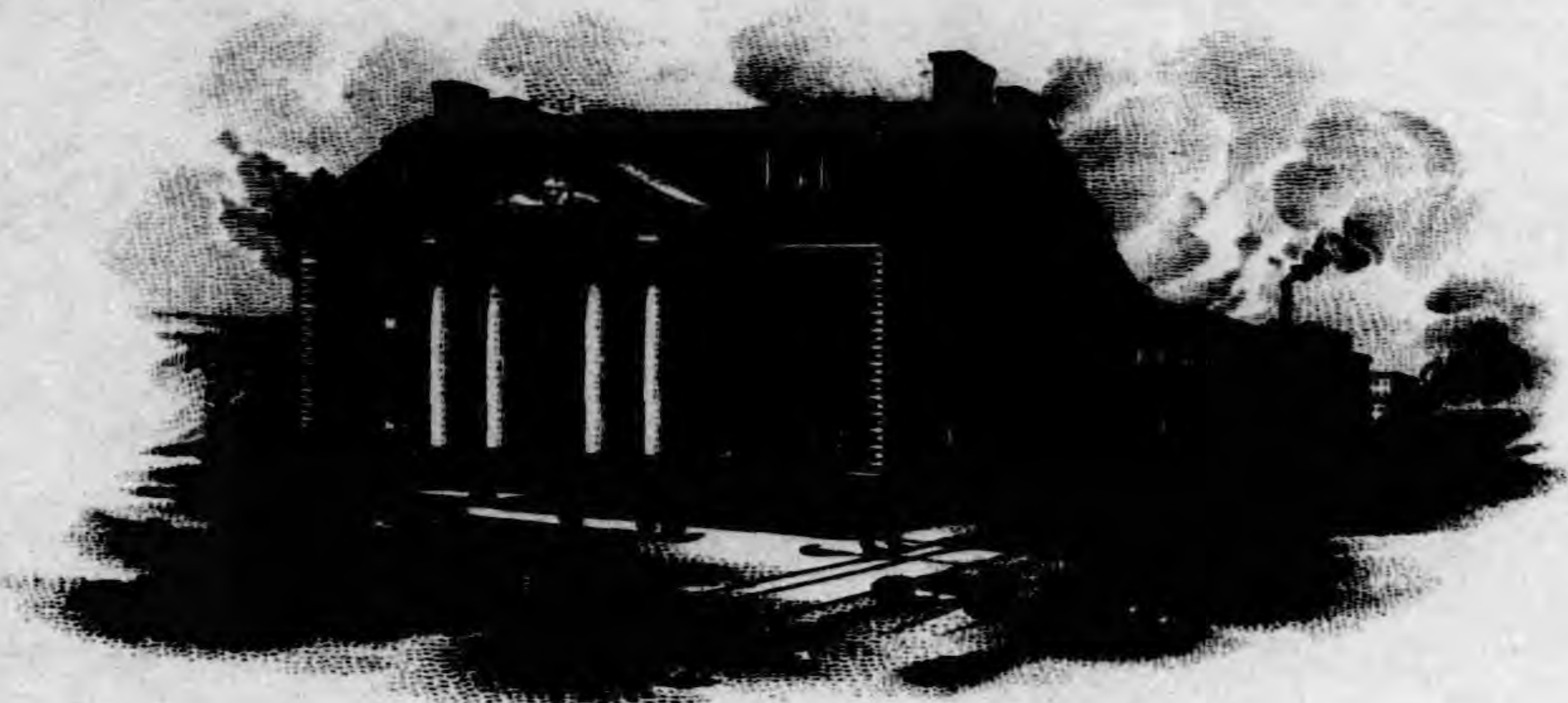
A. A. Horvath.

1929

P. S.: In ~~1930~~ I made the discovery that a diet of sprouted soybeans made the blood of hens to clot in a few minutes, even in the presence of 0.2 gram per cent of potassium oxalate. I made this observation while working at the Reckefeller Institute for Medical Research in Princeton, New Jersey, and published it in 1930 in the American Journal of Physiology (Vol. 94, p. 65). In 1935 Dr. H. Dam from the Biochemical Institute, University of Copenhagen, published a paper on "The Antihaemorrhagic Vitamin of the Chick" (The Biochemical Journal, Vol. XXIX, 1935, p. 1273) where he ~~suggested~~ obtained similar results with a number of oils, among them soybean oil, and proposed to name the new ~~fact~~ antihaemorrhagic factor -"Vitamin K!"

I would appreciate receiving in the future copies of "Good Health" ~~which~~ containing your articles on soybeans.

A. H.



GEORGE B. DOLLIVER  
PRESIDENT AND MANAGING EDITOR

The  
**Battle Creek Moon-Journal**

**Battle Creek, Michigan**

September 12, 1936.

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

Dear Doctor Kellogg:

Under Mr. Kirkland's administration I have been allowed a liberal discount on your products purchased from the plant. It has been our custom to telephone our orders to the plant, have the package made up, and to call for the order in person. I am wondering if the change in the administration will affect this arrangement, since our family depends to a large extent on your products for its regular diet. Will you kindly let me know if this kind of arrangement can be continued?

Sincerely yours,

*George B. Dolliver*

GBD:DF

September 13, 1933

Mr. Geo. B. Dolliver,  
The Battle Creek Moon-Journal,  
Battle Creek, Michigan.

Dear Mr. Dolliver:

I have your letter of September 12.

I think we should charge you full price,  
but we will take our pay in advertising for foods you  
may need for your family or members of your organization.

Please send us your rates.

Sincerely yours,

b

**NATIONAL ASSOCIATION of  
MARGARINE MANUFACTURERS**

**CHARLES H. JANSSEN, *Secretary-Manager***

**705 OHIO STATE SAVINGS BANK BUILDING**

*Tel. ADams 1741*

*Columbus, Ohio*

September 15, 1936.

Dr. John H. Kellogg, President,  
Race Betterment Foundation,  
Battle Creek, Michigan.

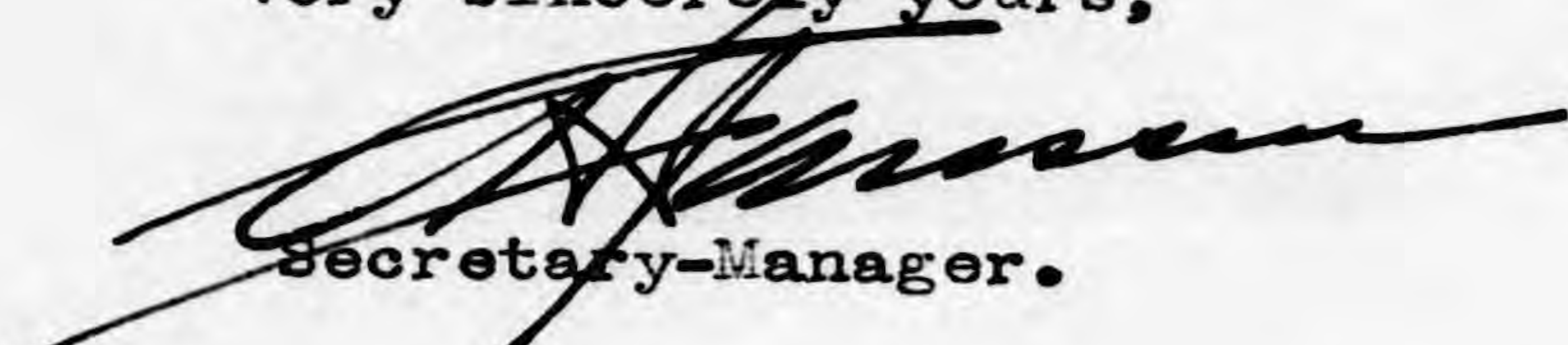
My dear Dr. Kellogg:

Under date of September 4th, we wrote you from this office asking whether the proceedings of the Third Race Betterment Conference held under your auspices in 1928 were printed and available. So far we have not had a reply to our communication and just wonder whether or not it may have gone astray.

For your information, please be advised that we are particularly interested in the address and the report made by Dr. M. Hindhede, Director, Laboratory for Nutrition Research of Copenhagen, Denmark. That report dealt with the use of Margarine and presented record of some highly interesting experiments. If copies of this address are available, we should like very much to have several of them. We have several references to statements claimed to have been made in that report. We would like to verify their correctness and whether the proceedings of that Conference were printed and may be quoted.

Your courtesy in this matter will be greatly appreciated.

Very sincerely yours,

  
Secretary-Manager.

# Kentucky State Medical Association

## McDOWELL MEMORIAL COMMITTEE

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C. A. VANCE, M. D., Lexington.

LOUIS FRANK, M. D., Louisville.

MARSHALL McDOWELL, M. D., Cynthiana.

A. T. McCORMACK, M. D., Louisville.

532 West Main Street,  
LOUISVILLE, KENTUCKY.

September 16, 1936

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

Dear Doctor Kellogg:

This will acknowledge receipt of your check for \$100 toward the purchase of the McDowell home, at Danville.

I am very happy to inform you that this makes you one of the sixty-two original Custodians of the memorial. There are thirty-eight other invitations out, after which time Custodians will only be admitted upon the nomination of one of the members and the unanimous vote of the whole group. We are hoping very much that we will be able to complete the entire list of Custodians and Donors within a short time.

We are particularly anxious to secure enough money, after paying for the property, to have two bronze casts of the Niehaus statue of McDowell, which is in the Capitol at Frankfort, made, one of them to be placed in the Capitol at Frankfort and the other in the yard of the McDowell home in Danville. To this end we will very greatly appreciate your assistance in securing additional Custodians and Donors.

Again thanking you and with personal regards, I am,

Very truly yours,



Irvin Abell, M. D.,  
Chairman.

September 17, 1936

Hon. David Croll,  
Minister of Public Welfare,  
Parliament Buildings,  
Toronto, Ont.,  
Canada.

Dear Sir:

On inquiry of Dr. Allan Roy Dafoe you will learn that under his advice the quintuplets make daily use of soy acidophilus milk, a preparation which cured them of bowel trouble and keeps them free from this distressing ailment. For many months, under instruction from Dr. John Harvey Kellogg, who gave us the formula for making soy acidophilus milk, we supplied the quintuplets with this preparation without charge and even paid the expense of transportation by parcel post. For several months we have been supplying it at a nominal cost. Dr. Dafoe has mentioned the use of acidophilus in papers published in medical journals and the same fact has been broadcast through the newspaper press.

Our Dr. Kellogg was prompted to send this remedy to the quintuplets because he knew that every other known measure of preventing and curing the infection from which they were suffering had been tried without results, and knowing that the quintuplets would be immediately relieved of their trouble by the use of soy acidophilus milk through the change of the intestinal flora which this remedy would produce, he ordered the milk sent to them daily at his personal expense because he felt that he would feel himself responsible should one of these wonderful little ladies die as was almost certain to happen because they had had no opportunity to receive the protective

Hon. David Croll, No. 2.

germ which the infants usually get through nursing their mother. The soy acidophilus milk is an artificial culture of this wonderful germ which Nature supplies to all young mammals for the protection of the intestinal tract.

We are anxious that other infants, thousands of whom are dying of this same trouble every year, should have the benefit of this most efficient and practically unfailing remedy for this very common affection from which all bottle-fed babies are likely to suffer and with a mortality rate of ten times that of breast-fed infants.

We are preparing to introduce this preparation to both the profession and the public and desire to refer to the experience of the quintuplets as evidence that the claims made for the preparation are valid.

Will you kindly write us whether we will be expected to pay a royalty for mentioning the fact that soy acidophilus milk is used by the quintuplets and, if so, how much.

Hoping to hear from you at your early convenience, we remain

Sincerely yours,

THE BATTLE CREEK FOOD CO.



1802 Bonita Avenue  
Berkeley, California  
September 20, 1936

Dear Doctor Kellogg:

I shall be very grateful if you can take time to answer a few questions on a diet for stomach ulcer, before operation has been performed

1. Would not one objection to meat in a diet for stomach ulcer be that meat stimulates the flow of hydrochloric acid, which is necessary to the digestion of meat or protein in the stomach, where protein digestion begins. And the H. C. L. would of course irritate the ulcer.

McCollum says that any kind of meat, fish, or fowl (if not fried) may be used in a diet for stomach ulcer.

2. Is Agar-agar non-irritating and would it be advisable to use it in a diet for stomach ulcer? <sup>for bulkage?</sup> And about how much?

3. Would a little whole wheat flour (say an ounce) used in mush, or one small slice at a meal of whole wheat bread be permissible in a diet for stomach ulcer?

4. In putting a patient on a diet for stomach ulcer, is it best to begin the diet by changing the intestinal flora?

5. Can soy acidophilus milk be obtained anywhere nearer than Battle Creek? That is, nearer to Berkeley, California.

Sincerely yours,

Matilda Vance Newman

September 20, 1936

Mr. Charles H. Jensen,  
National Association of Margarine Manufacturers,  
705 Ohio State Savings Bank Building,  
Columbus, Ohio.

Dear Sir:

I have your letter of September 15.

We have a very few copies of the report of the Third Race Betterment Conference left. The price is five dollars each. We could not spare you more than one copy.

You are at liberty to quote from Dr. Hindede's address, but should not give the impression that Conference endorses his address or is in any way responsible for it. There was no discussion of his paper and no action taken with reference to it.

Sincerely yours,

b

September 21, 1936

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

My dear Doctor:

I have your letter of September 12.

I am much interested in what you say about soy beans.

I last winter tried feeding hens with the residue left in the making of soy bean milk and found that they did not thrive on it. They got sick and quite a number of them declined and never came out of it. This happened to fully half of a lot of one hundred. I was greatly surprised at this result and I could see no reason then or now why such results should follow the use of the soy bean in poultry feeding. Perhaps sprouted beans act differently.

The soy beans are not yet ready for the market. I will make a note to have a couple of dozen cans of soy beans sent to you.

I will instruct one of my secretaries to see that you get copies of Good Health containing articles on the soy bean.

We are putting up a lot of soy beans this year and have perfected a new harvesting machine and nearly perfected a shelling machine, both of which are necessary to make the green soy bean practical.

Sincerely yours,

September 21, 1936

Memo. for J. H. K.

Send to Dr. A. A. Horvath, Agricultural Experiment Station, University of Delaware, Newark, Delaware, two dozen cans of green soy beans.

b

September 21, 1936

**Mrs. Butler:**

Please send to Dr. A. A. Horvath, Agricultural  
Experiment Station, University of Delaware, Newark, Delaware,  
future numbers of GOOD HEALTH containing articles about the soy  
bean.

J. H. K.

b

September 21, 1936

Dr. D. L. McBride,  
Anti-Saloon League,  
416 Mutual Bldg.,  
Lansing, Michigan.

Dear Dr. McBride:

Thank you very much for your kind invitation to speak at your convention. Unfortunately I am leaving for Florida on the 20th of October and so can not come.

Sincerely yours,

b

DRD L Mc Bride

Anti-Saloon League

416 Mutual Bldg  
Lawrence

My Conversation  
Oct 25-26

24  
M, 2019

1802 Bonita Avenue  
Berkeley, California  
September 21, 1936

Dear Doctor Kellogg:

Yesterday I wrote you asking about the diet for stomach ulcers. If you don't mind, I'd like a little further information, please.

1. For stomach ulcers without operation, should the diet be confined to three meals a day, or would it be all right to give fruit and raw vegetable juices between meals. For example:

hour  
2. Would there be any objection to a glass of orange juice an hour before breakfast and another before going to bed?

3. Also would it be all right to give a glass of raw vegetable juice between breakfast and lunch and between lunch and dinner? Such as raw cabbage juice, carrot juice, celery juice, the juice of raw turnip tops and mustard greens. Also a little carrot top juice, perhaps one third of a glass mixed with other vegetable juices occasionally.

That is, if it agrees with the patient. Or would it be better to begin with a half glass at a time and increase if it agrees with the patient?

4. Does soy acidophilus milk entirely take the place of whole milk for calcium and protein? Or should a glass or two of milk a day be given in addition to the soy acidophilus milk?

Sincerely yours,

M. Stilda Dancer Newman





**The Home of Dr. Dafoe, doctor of the Dionne Quintuplets, Callander, Canada.—11.  
La maison du docteur Dafoe, médecin des quintuplettes Dionne.**

POST CARD  
Carte Postale



Dr. Harvey, Hello  
Battle Creek San  
Battle Creek  
Mich.

PHOTOGELATINE ENGRAVING CO. LTD. OTTAWA



Copyright  
Sept 9, 1936

Can. Copyright

Prescribed you  
your letters of introduction  
to be before. He was  
very nice to me.

Post marks

Quantity

Number of letters

September 21, 1936

Dr. Allan Roy Dafoe,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Doctor:

We are seeing such wonderful results from the soy acidophilus milk that I feel the time has come when it should be placed before the public so that a larger number of people may be benefited by it.

I have written two or three times to the people whose name you gave and get no satisfactory answer. As you volunteered some time ago to assist me in making terms with the trustees, I am writing you now and hope it may be possible to expedite some arrangement with them.

This business of making soy acidophilus milk is purely a philanthropic effort. No one will make any money out of it. The patents have been turned over to the Race Betterment Foundation and any profit accruing will be used for educational work along health lines, chiefly the support of Battle Creek College, which is a regular college in good standing, a member of the North Central College Association. Yale, Harvard, Johns Hopkins and all the other universities accept its credits for advanced graduate work.

The manufacture of soy acidophilus milk will never be a large business, but the manufacturers will, I am sure, be glad to pay a modest royalty for use of the pictures of the quints in selling the idea to the public. Any assistance you can give me in arranging this matter will be greatly appreciated. I shall be glad to hear from them soon as there

Dr. Allan Roy Dafoe, No. 2.

are parties waiting to undertake the manufacture and distribution of soy acidophilus here in the South.

Trusting that you and the quints are doing well, I am

Sincerely yours,

P. S. I enclose a letter I have just received from Admiral Byrd who has been using this milk and with great benefit. During his lecture tour he has been having the milk sent to him all over the United States. He became acquainted with it during his stay at Battle Creek last fall and has been using it ever since. We are succeeding in improving the quality all the time and find it is much better when made from the milk by the cold process than when made from the condensed milk. The high temperature to which the milk is exposed to make it keep in the cans somewhat lessens the solubility of the protein so that it does not make so smooth a product as when prepared from the raw beans without heating.

In a few days I will be sending you a package of fruit and will put in a couple of bottles of freshly prepared soy milk.

b

**NATIONAL EXECUTIVES ASSOCIATION**

**400-404 VENDOME BUILDING  
NASHVILLE, TENNESSEE**

September 22, 1936

Dr. John Harvey Kellogg, Pres.,  
Battle Creek Food Co.,  
Battle Creek, Mick.

Dear Dr. Kellogg:

Would you be interested in interviewing an unusual executive who could be of great value to your organization?

Contrary to the usual qualifications, this man has handled transportation in all its phases from the raw materials through the industrial shops, shipping and receiving rooms to handling the finished product to the consumer's doors by rail, water, truck and express. He has actually worked in the shops of diversified industries, in the yards and general offices of rail carriers for many years.

His remarkable training achieved through these unusual experiences qualifies him as an exceptional authority in all matters pertaining to such items as schedules, distances, rates and routes. He has a thorough knowledge of terminal facilities throughout the country based upon personal observation. Competitive conditions governing transportation, including storage and storage in transit, are also factors in which he is well versed. He is a keen and fearless judge as well as a respected authority on carriers' legal liability as it relates to loss and damage claims, the Produce Agency Act, the Standard Trading Rules and the treatment to be accorded in disputes between carrier and patron. His thorough knowledge and keen insight developed through many years contact enables him to solicit business and keep it where others might fail because of lack of experience and understanding. He is an executive of unusual ability who would make a valuable addition to your organization.

If such a man interests you, we should be glad to send you additional information covering his experience and a photograph. There is, of course, no obligation attached to a request for additional information.

Yours very truly,

*G. D. Jennings*  
Secretary.

GDJ: CH

## MR. JOSEPH W. HARRIS

Mr. Harris' first position was secured with the Curtis Leger Fixture Company. He left it to accept a better offer with the Cuthbert Electrical Construction Company. Later, he returned to the Shipping Department of his first employer. He next became associated with the A. T. & S. F. Railroad. During the seven years that he remained in their employ, he rose rapidly in his department, handling Diversions, abstracting Way Bills and Car Records.

Following the World War, Mr. Harris accepted an offer from the Baltimore & Ohio Chicago Terminal Company. He soon resigned in favor of a better position with the Chicago, Milwaukee & St. Paul Railroad Company in the Auditor's office. His next position was with the J. Ellis Slater Company, Chicago, as Traffic Manager. This organization handled approximately 2,000 carloads of fruits and vegetables annually. Mr. Harris was then employed by the Associated Fruit Company, Chicago, in a similar capacity. He remained here for two years, handling approximately 25,000 carloads of perishables annually. He at this time was also working in the evenings as Assistant Manager in a number of Chicago theatres.

Following Mr. Harris' resignation from the Associated Fruit Company, he organized his own business as a General Traffic Manager which he now operates, serving, among others, thirty-nine firms such as commission houses, grocers, and similar organizations, supervising the handling of from eight to ten thousand carloads yearly by truck, rail, etc., shaping the entire policies of the carriers and patrons. He employs seven inspectors and personally supervises his own yard work. He is well acquainted with storage conditions, both common and cold. In the supervision of his clients interests, he has become personally acquainted with important traffic officials in all of the large terminals from coast to coast. Mr. Harris realizes at this time that he is limited in his present position. He feels that his experience, contacts and training should qualify him for something better with a large organization.

### Position Desired

Mr. Harris is interested in securing a position with large responsibilities and offering wide opportunities as

Traffic Manager  
Secretary  
General Manager

or a similar situation with a progressive organization. He is willing to start at a moderate salary if the future possibilities are attractive.

### Conclusion

While he is married and only thirty-nine years of age, a careful analysis of his remarkable record has convinced us that Mr. Harris is unusually well qualified for the positions mentioned. Detailed information regarding his ability, integrity and efficiency will be forwarded upon request and without obligation by the National Executives Association, Nashville, Tennessee.



# MICHIGAN TUBERCULOSIS ASSOCIATION

HEALTH SERVICE BUILDING

535 South Capitol Avenue

LANSING

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DR. JOHN W. TOWEY  
Powers  
DR. W. H. WINCHESTER  
Flint  
MR. CURTIS P. WYLIE  
Grand Rapids  
DR. HENRY F. VAUGHAN  
Detroit

September 23, 1936

Dear Member:

The 29th annual meeting of the Michigan Tuberculosis Association will be held in the Union Building at Michigan State College on Thursday, October 29th. As in the past, there will be a morning Christmas seal session and a luncheon held jointly with the Michigan Trudeau Society. Further details will be sent you later.

This is the official notice to members of the Association.

Very sincerely,

*Theo J Werle*  
Executive Secretary

TJW:AF

*Health for All—*

*All for Health*

September 24, 1936

Mr. G. D. Jennings,  
National Executives Association,  
400-404 Vendome Building,  
Nashville, Tennessee.

Dear Sir:

I have your letter of  
September 22.

I shall be glad to have  
additional information.

Sincerely yours,

b



# UNIVERSITY OF DELAWARE

## AGRICULTURAL EXPERIMENT STATION

C. A. McCUE  
DEAN AND DIRECTOR

NEWARK, DELAWARE

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HORTICULTURIST  
T. F. MANN  
SOIL BACTERIOLOGIST AND  
PLANT PATHOLOGIST  
L. R. DETJEN  
HORTICULTURIST  
G. L. SCHUSTER  
AGRONOMIST  
C. C. PALMER  
CONSULTING VETERINARIAN  
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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  
ELMER W. GREVE  
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.

September 24, 1936.

Dear Dr. Kellogg:-

I have your letter of September 21-st and wish to thank you for your intention to send me a couple of dozen cans of your green soybeans. I am very much interested in your perfected shelling machine and can see a great future for it. I wish to thank you also for the promise to mail me your soybean article.

I would like to have more information regarding the ill effect of hens of the residue left in the making of soybean milk. I am wondering whether any chemicals were used for the treatment of the soybeans.

With the best regards to you,

Very sincerely yours,

*A. A. Horvath*  
A. A. Horvath.

THE STATE UNIVERSITY OF IOWA  
UNIVERSITY HOSPITALS  
DEPARTMENT OF PEDIATRICS  
IOWA CITY, IOWA

September  
Twenty-Fifth,  
1936.

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

Dear Doctor Kellogg:-

This is in response to your letter of September 22nd, received to-day. I am sending you reprints of our two publications on Vitamin A. We are preparing a third publication at the present time. The new one concerns a new type of photometer constructed especially for this test. It is more accurate and much easier to use than the one previously employed. We shall be pleased to demonstrate our procedure to your representative, should you care to send him here.

Sincerely yours,

PCJ/FT

  
P. C. Jeans, M. D.

HOWARD A. KELLY, M. D.  
LIBRARY  
1406 EUTAW PLACE, BALTIMORE, MD.

26 September 1936

Dear Doctor Kellogg:

Your interesting letter greets me on my arrival from the Canadian North country, not far from the quintuplets. I am just at present dealing with a massive mail.

Thank you for such an explicit, kindly letter. I wish it were possible for me to drop everything and go to Battle Creek as you so graciously urge.

I feel just as you do about Doctor Scudder and would love to help in the matter of the nurse, but I have given recently five hundred dollars to carry another nurse out to Dame Edith Brown's clinic in Ludhiana with whom I have long had intimate association. I have already contributed largely <sup>\$1000</sup> to Doctor Scudder's work and

have put in a claim for her F.A.C.S. standing. I forget whether this has gone to completion, but I think so.

I am having a little difficulty in taking up the Acidophilus dietary, solely due to the slowness of advanced years in making changes.

The tumor case is a wonder and reminds me of one of my very first I had in Philadelphia in the late eighties, the patient living until a few years ago. I think some one ought to have tickled that girl in the ribs to make her laugh a little, showing her surprise and pleasure when she looked down over the flat abdomen. I packed a pillow on to my patient's abdomen to make up the loss in size, for a time. How proud the doctor ought to be. There was a case just like this up in China about fifty years ago. I had a picture of it that appeared in a Chinese newspaper.

Faithfully,

*Howard A. Kelly*

# NATIONAL YOUTH RADIO CONFERENCE

DR. DANIEL A. POLING, DIRECTOR

E. C. SANS, CHAIRMAN  
A. H. DIEBOLD, TREASURER  
FRANK C. GOODMAN, SECRETARY

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EXECUTIVE OFFICE  
419 FOURTH AVENUE  
NEW YORK, N. Y.

October 1, 1936

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

My dear Mr. Kellogg:

For the past four months I have been convalescing from a serious illness that followed immediately after my world visitation. Although I have made a complete recovery, I have been convinced that for the next year at least I must reorganize my entire program and concentrate my activities in fewer fields. My acceptance of the pastorate of the Baptist Temple, Dr. Russell Conwell's old church in Philadelphia, has added further emphasis to all this.

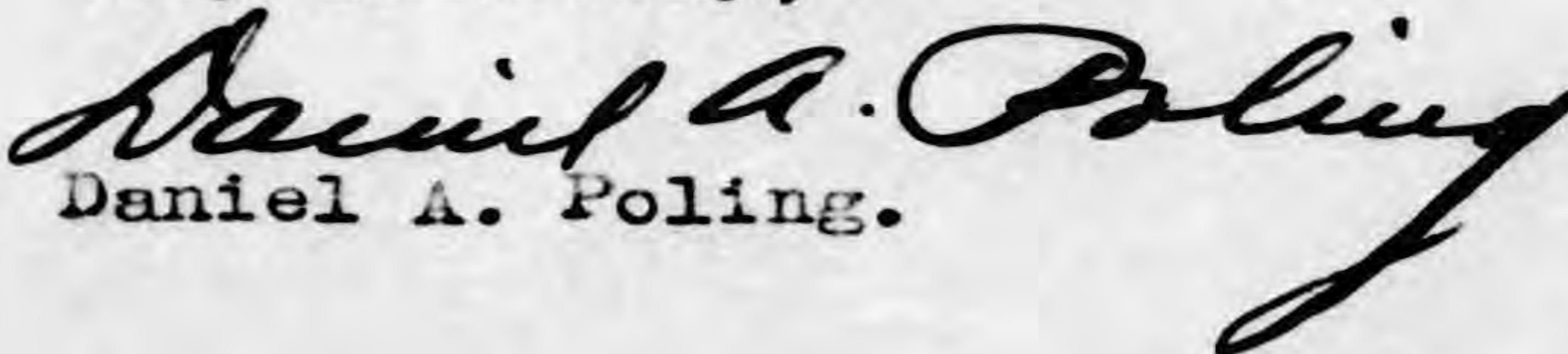
Although it has cost me a greater wrench than I can say, I have decided to discontinue my regular broadcasting for one season. I have a profound gratitude to you who have made this program possible through eleven years and to the National Broadcasting Company for placing their facilities at our disposal.

But these activities of more than a decade have certain continuing responsibilities. We have touched the lives of tens of thousands of young people and with many hundreds of these we have continuing inspirational or advisory relationships. We shall do our best to maintain the contacts by correspondence from the New York office of our Committee. We shall maintain and enlarge the question and answer department of the Conference in Christian Herald and through my other youth relationships.

This minimum program will make necessary the raising of a minimum fund at least. Should you care to have your part with us in this, we shall be happy indeed and I am enclosing a subscription blank for your convenience. Those who contribute two dollars or more will receive a year's subscription to Christian Herald with the department to which I have referred. In this way they will be kept in touch with our further plans and also receive additional great values from the editorial content of the publication.

Thanking you for your support in the past and with every good wish,

Very sincerely,

  
Daniel A. Poling.

9 BRIMMER STREET  
BOSTON MASSACHUSETTS

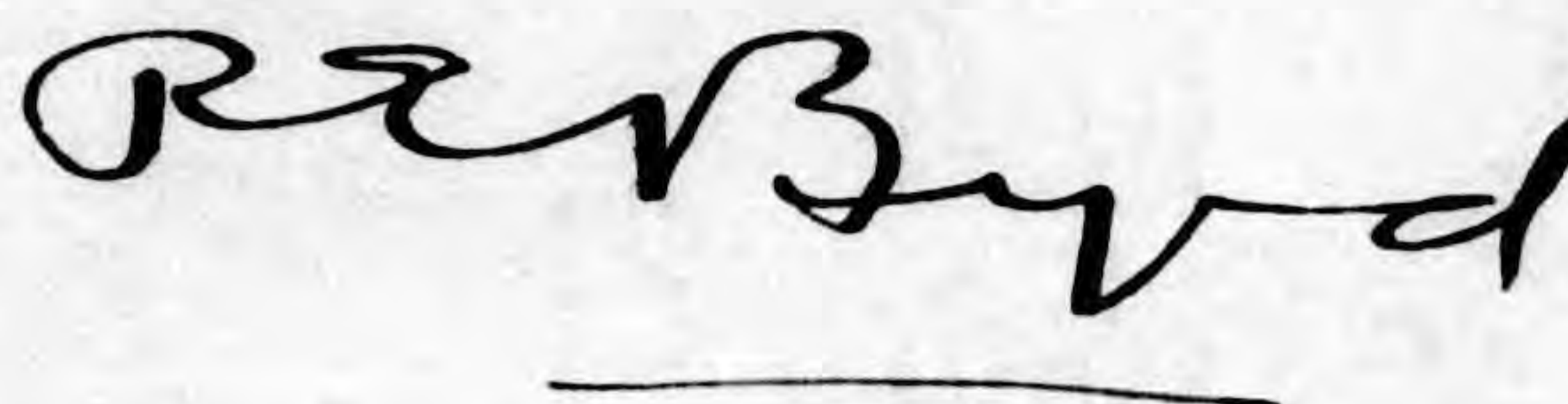
1 October 1936

My dear Dr. Kellogg:

I want to send you my sincere and enduring appreciation for the wonderful hospitality you extended to Mrs. Byrd and me. I know that our visit is going to do us both a lot of good. It was both an inspiration and revelation to meet you and to hear your views of life. You have done an inestimable service to the world, but I believe if you should give to the world the things you have learned on the philosophical and mystical side that you would make another great contribution.

With highest regard and admiration,  
I am,

Cordially yours,

  
A handwritten signature in cursive script, reading "R. V. Byrd", with a horizontal line underneath.

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

October 2, 1936

Dr. Howard Kelly,  
1406 Entaw Place,  
Baltimore, Md.

My dear Dr. Kelly:

Thank you for your kind note of September 26 and also for the check enclosed for Dr. Scudder. I will forward it to her with other money I have secured for her. What a noble work she is doing. I am sure she is very grateful for your help.

I am glad that you have not forgotten soy acidophilus milk. It is of such great service I hope you will persevere in efforts to use it. If you cannot take it by mouth use it by enema. This method acts more quickly and is highly efficient because it secures complete emptying of the bowel and leaves behind a supply of protective bacteria which prevent gas formation and induce normal peristalsis.

The young Indian doctor who assisted Dr. Scudder in removing the tumor and who appears in the photograph was doubtless very much awed by the occasion as she graduated only last spring on one of two scholarships which I maintain in Dr. Scudder's school.

I am interested to note that your experience as an ovari-otomist was similar to my own. The first tumor I ever removed, which was some 55 years ago, weighed several pounds more than the patient left on the table after the tumor was lifted off.

**Dr. Howard Kelly, No. 2.**

**You have been most generous in helping Dr. Scudder. I think if the value and importance of the work she is doing were better known in this country, she would receive ample support.**

**I am always glad to hear from you and hope you won't forget my invitation to visit me for a week or a month at any time you find it convenient either here or in Florida. The latchstring of my door is always out for you.**

**Always with warmest regards, I remain**

**Your admiring friend,**



October 2, 1936

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

My dear Dr. Fuller:

I appreciated receiving from your office a list of completed articles for the Encyclopedia of Michigan.

I would just like to call attention to the fact that my name has been misspelled as given on page 10 of the material submitted to me. Perhaps this is merely a typographical error in the mimeographing, but if not I would like to have it corrected on your records.

Sincerely yours,

Emil Leffler  
President

l:s

## ENCYCLOPEDIA OF MICHIGAN

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Lansing, Mich.  
September 1936

To the Writers:-

Attached herewith is a list of the completed articles which have been received for the Encyclopedia of Michigan, together with a list of other articles assigned. Articles checked (X) have been received.

The two lists are placed together in order that a glance may show the proportion of material received in the respective fields.

Names of writers are attached.

This group arrangement has of course no relation to the placement of the articles in the Encyclopedia. The articles will be distributed alphabetically, with proper cross references.

Each article is accompanied with an appropriate bibliography prepared by the writer, received with the article.

Some of the articles were completed as early as 1933, and will need to be brought up to date. The chief task has been to get the articles written, and needless to say, we were able to achieve this only because of the stimulus of a great inspiration and the faithful cooperation of the writers.

We shall hold it a favor if you will kindly mention any subject that seems to you not to be included. Many minor subjects are taken care of in cross-references to major subjects.

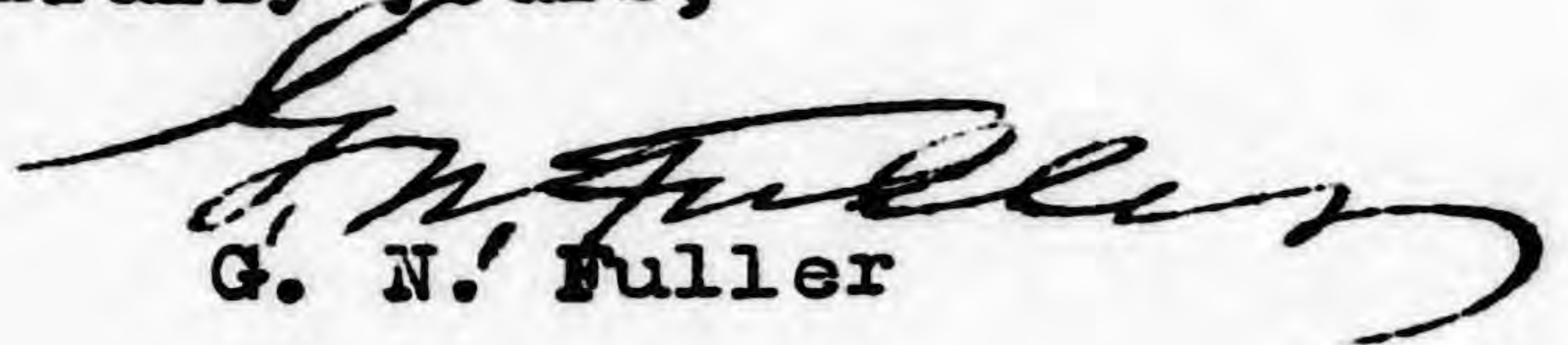
The list of completed biographical sketches is too voluminous to be given here. No living person is included in the Encyclopedia. No sketch is included for any reason but merit.

The financial cost of supplies, postage and clerical work has been borne by a few persons of nobility and faith. It has not yet been possible to pay writers of articles.

When we can publish depends upon improvement of the times.

My own sacrifices in this cause I hold of little account. With your continued patience and loyalty we shall see this work through.

Faithfully yours,



G. N. Fuller

GNF/PA

## ACCOUNTING

- (X) Springer, D. W. -- History of Accountancy in Michigan

## AERONAUTICS

- (X) Altman, P. -- History of Aviation in Michigan  
(X) " " -- Selfridge Field

## AGRICULTURE

- (X) Brown, George A. -- Stock Farming  
Card, C. G. -- Development of Poultry Husbandry  
Chase, L. A. -- General Agriculture  
(X) Giltner, Ward -- Veterinary Science  
(X) Hill, E. B. -- Farm Management  
Kelty, R. H. -- Beekeeping  
(X) Lamb, Leland W. -- Dairying  
(X) Millar, C. E. -- Soils and Fertilizers  
(X) " " -- Land Economic Survey  
Musselman, Henry H. -- Agricultural Engineering  
(X) Patton, H. S. -- Agricultural Marketing  
(X) Rather, H. C. -- Farm Crops  
(X) Stockman, Mrs. Dora H. -- Home Economics

## ANNIVERSARIES

- (X) Dunbar, Willis F. -- Celebrations in which Michigan  
has had a part  
(X) Nash, Mrs. Donna M. -- Michigan Century of Progress  
Exposition

## ARCHEOLOGY

- (X) Greenman, E. F. -- Indian Village Sites and Cemeteries  
" " -- General Archeology

**ARCHITECTURE**

Lorch, Emil -- Development of Architecture in Michigan

**ART**

(X) Burroughs, Clyde H. -- Painting and Sculpturing in Michigan

Moore, Earl V. -- History of Music in Michigan

**ASSOCIATIONS, HISTORY OF**

(X) Alden, John -- G. A. R. and W. R. C.

(X) Atherton, Lewis O. -- Michigan Industrial Council

(X) Atkinson, O. C. -- Michigan Gideons

(X) Auberlin, L. G. -- Purchasing Agents Association of Detroit

(X) Bervig, Harold W. -- Michigan Retail Hardware Association

(X) Born, Samuel -- Michigan Musicians Association

(X) Brown, George -- Michigan Association of Insurance Agents

(X) Browne, Mrs. Grace G. -- Women's Press Association

(X) Bruer, Walter P. -- Michigan Osteopathic Association of Physicians and Surgeons

(X) Brunner, E. J. -- Builders and Traders Exchange of Detroit

(X) Burns, Kenneth M. -- Michigan Bankers Association

Bryar, William -- Order of Elks

(X) Busch, Henry W. -- United Spanish War Veterans, Dept. of Michigan

(X) Carlson, Emil L. -- American Legion in Michigan

(X) Carmody, Martin H. -- Knights of Columbus in Michigan

(X) Chase, Jessie C. -- Michigan Society of Mayflower Descendants

(X) Clapp, J. W. -- Michigan Berkshire Association

(X) Cross, Orien -- Michigan Judges Association

ASSOCIATIONS (Cont.)

- (X) Curtiss, Francis -- Michigan Dames of the Loyal Legion Society
- (X) Daley, H. C. -- Michigan Association of School Superintendents  
and School Board Members
- (X) Davidson, J. A. -- Michigan State Poultry Improvement Association  
and Michigan Record of Performance  
Association
- Delevan, Marjorie -- Michigan Public Health Association
- (X) Dice, Lee R. -- Michigan Academy of Science, Arts and Letters
- (X) " " -- Natural History Societies
- Donaldson, H. T. -- Michigan Building and Loan League
- (X ) Douglas, Edward C. -- American Guild of Organists, Michigan  
Chapter
- Drees, Frank B. -- Michigan State Millers Association
- (X) Durell, Marian -- Michigan League of Nursing Education
- (X) Edenburn, W. D. -- Michigan Automotive Association
- (X) Farley, George D. -- Michigan Funeral Directors and Embalmers  
Association
- (X) Ford, Mrs. Frederick C. -- Garden Clubs of Michigan
- (X) Freeman, F. B. -- State Y.M.C.A. Associations
- (X) Fuller, G. N. -- Michigan Authors Association
- (X) " " -- Michigan State Historical Society
- (X) Gaines, Hunter M. -- Michigan Retail Lumber Dealers Association
- Gallup, E. E. -- Future Farmers of America, Michigan Chapter
- (X) Garfield, Charles W. -- Michigan State Horticultural Society
- (X) Gowing, Delmar C. -- Exchange Club
- (X) Gray, H. J. -- Michigan Tourist and Resort Association
- Green, J. Frank -- Christian Missionary Society
- (X) Griesemer, Douglas -- Red Cross in Michigan
- (X) Grimes, Lucia V. -- National Womans Party, Michigan Branch

ASSOCIATIONS (Cont.)

- (X) Guimond, A. G. -- United Commercial Travelers of America,  
Michigan Chapter
- (X) Halpenny, E. W. -- Michigan Council of Religious Education
- (X) Hamilton, Burritt -- Michigan Bar Association
- (X) Hammond, Jason E. -- Michigan Retail Dry Goods Association
- (X) Hampton, Will E. -- Order of Knights of Pythias in Michigan
- (X) Hannon, J. W. -- Michigan State Good Roads Association
- (X) Hardy, H. H. -- Michigan Furniture Warehousemen's Association
- (X) Harrison, Samuel J. -- Michigan State Epworth League
- (X) Hedrick, W. D. -- Farmers Cooperative Marketing Association
- (X) Henn, O. M. -- Michigan Inspection Bureau
- (X) Hepburn, Sarah K. -- Michigan Mount Holyoke Association
- (X) Hibst, Fred -- Michigan Potato Growers Association
- Hoffer, C. R. -- Michigan Conference of Social Workers
- (X) Holloway, Ross L. -- Gleaners Life Insurance Society
- (X) Holt, Frank W. -- Society of Colonial Wars, Michigan Chapter
- (X) Hoyt, J. L. -- Michigan Rural Letter Carriers Association
- (X) Hubbell, J. H. -- Michigan State Fire Prevention Association
- (X) Hudson, R. S. -- Michigan Horse Breeder's Association
- (X) Jocelyn, Louis P. -- Alumni Association of University of Michigan
- (X) " " -- Michigan Schoolmasters Club
- (X) Joy, Mrs. Henry B. -- Descendants of Colonial Governors
- (X) Keister, Fred D. -- Michigan Press Association
- Kelty, R. H. -- Michigan Beekeepers Association
- Kennedy, Emilia -- Michigan Federation of Business and Professional Women
- King, Paul -- Michigan Constitutional Convention Association
- (X) Knapo, H. F. -- Michigan Association of Purchasing Agents

ASSOCIATIONS (Cont.)

- (X) Kremer, L. A. -- Outdoor Advertising Association of Michigan
- (X) Larsen, S. E. -- Michigan Farm Equipment Association
- (X) Leonard, Donald S. -- Michigan Association of Chiefs of Police
- Lovett, John L. -- Michigan Manufacturers Association
- (X) MacLachlan, D. A. -- Michigan State Homeopathic Medical Society
- Mann, Geo. A. -- Michigan State, County and City Sealers  
  Association
- (X) Marks, Ernest S. -- Michigan Christian Endeavor Union
- (X) Marr, Geo. A. -- Lake Carrier Association
- (X) Marston, T. F. -- East Michigan Tourist Association and North-  
  eastern Michigan Development Bureau
- (X) Mason, George D. -- American Institute of Architects, Michigan  
  Chapter
- (X) McBride, D. L. -- Anti-Saloon League of Michigan
- (X) McGiverin, Miss May -- Michigan Association of Occupational  
  Therapy
- (X) McLean, E. O. -- Michigan Motor Bus Association
- (X) McMurtrie, F. J. -- Sons of Union Veterans' of Civil War,  
  Michigan Chapter
- (X) Metcalf, Mrs. Charles H. -- Historic Memorials Society
- (X) Milliman, Elmer E. -- Brotherhood of Maintenance of Way  
  Employees
- (X) Moore, Vivian Lyon -- Daughters of the American Revolution,  
  Michigan Chapter
- Mumford, Eben -- Farmers Clubs of Michigan
- Mumford, Mrs. Eben -- Michigan State Federation of Women's  
  Clubs
- (X) Murphy, Edward H. -- Michigan Association of Detective Agencies
- Murphy, Gervase T. -- Ancient Order of Hibernians in Michigan
- (X) Nauman, Mrs. Genevieve M. -- Order of the Eastern Star
- (X) Parker, Fred C. W. -- Kiwanis Clubs in Michigan



ASSOCIATIONS (Cont.)

- (X) Payne, John H. -- United National Association of Postoffice Clerks, Michigan Branch
- (X) Perry, Chesley R. -- Rotary Clubs in Michigan
- (X) Pickford, I. T. -- Michigan Milk Producers Association
- (X) Radkte, Wm. A. -- Michigan Federation of Postoffice Clerks and Michigan Cooperative League
- Ranck, Samuel H. -- Michigan Library Association
- (X) Ray, J. G. -- Modern Woodmen of America in Michigan
- Rice, Arthur H. -- Michigan Education Association
- (X) Richards, Miss Harriet C. -- Zonta Clubs in Michigan
- (X) Robinson, E. L. -- Lions Clubs in Michigan
- Rogers, Fred A. -- I.O.O.F. in Michigan
- (X) Scholler, P. -- Michigan Society of Optometrists
- Saunders, A. H. -- Foresters of America, Michigan Chapter
- (X) Schurtz, Shelby B. -- Greek Letter Societies in Michigan
- Selleck, H. B. -- Brown University Alumni in Michigan
- (X) Sewell, Miss Olive -- Michigan State Nurses Association
- (X) Silvester, Herbert -- Michigan Electric Light Association
- (X) Simons, Herbert C. -- Michigan Chiropodists Association
- (X) Slomovitz, Philip -- Society of the Occident and the Orient
- (X) Smith, Mrs. Etta M. -- Rebekah Assembly, I.O.O.F. in Michigan
- (X) Smith, Harold D. -- Michigan Municipal League
- Smith, Mrs. Lloyd D. -- National Society, United States Daughters of 1813, Michigan Chapter
- Smith, F. Willard -- Michigan Title Association
- (X) Smith, Mrs. Maude -- P.E.O. Sisterhood, Michigan Chapter
- Smith, William E. -- Michigan Association of Probate Judges
- (X) Smithe, Geneva -- Michigan Audubon Society
- (X) Spooner, Harry L. -- Michigan Laundryowners Association

ASSOCIATIONS (Cont.)

- (X) Stace, Arthur W. -- Michigan Gas Association
- (X) Steelman, Ben L. -- Michigan Retail Jewelers Association
- (X) Stevenson, Charles H. -- Michigan Hotel Association
- (X) Stewart, Mrs. Clara G. -- Michigan Congress of Parents and Teachers
- (X) Stewart, Donald F. -- Loyal Order of Moose in Michigan
- Stockman, Mrs. Dora H. -- 4H Clubs in Michigan
- " " " -- Michigan State Grange
- (X) Storms, Lillian B. -- Michigan State Home Economic Association
- (X) Stowe, E. A. -- Retail Grocers and Meat Dealers Association
- (X) Strawhecker, C. H. -- Shorthand Reporters Association
- (X) Taylor, Bert L. -- Michigan State Association of Ginseng Growers
- (X) Terrel, R. A. -- Michigan State Pharmaceutical Association
- (X) Thomas, Arthur W. -- Veterans of Foreign Wars, Michigan Dept.
- (X) Thompson, Ethan W. -- Maccabees in Michigan
- Vander Slice, Mrs. Edwin R. -- American Association of University Women, Michigan Chapter
- Vannette, G. A. -- Michigan Chiropractic Association
- (X) Van Syckle, Raymond E. -- Sons of American Revolution, Michigan Chapter
- Vivian, R. A. -- Telephone Clearing House
- (X) Wagner, Rudolf -- State Eclectic Medical and Surgical Society of Michigan
- (X) Walcott, A. E. -- Michigan Bean Jobbers Association
- (X) Waldon, Sidney T. -- Aero Club of Michigan
- (X) Walker, Alice H. -- American Association of Hospital Social Workers
- (X) Webber, Louis -- Michigan Real Estate Association
- (X) Weeks, Charles L. -- Michigan Retail Lumber Dealers Association

### ASSOCIATIONS (Cont.)

- (X) White, E. C. -- Michigan Retail Furniture Association
- (X) White, Milo A. -- State Association of Mutual Insurance Companies
- (X) Whitney, Mrs. Dora B. -- Womens' Christian Temperance Union
- (X) Wichtman, Frank A. -- Michigan State Association of Letter Carriers
- (X) Williams, L. E. -- Michigan Sand and Gravel Producers Association
- (X) Winsor, Lou B. -- Masonic Order in Michigan
- (X) Wode, D. Hazen -- American Business Clubs in Michigan

### ATHLETICS

- Pack, Philip C. -- Inter-Collegiate Athletics
- (Not Assigned) -- Non-Collegiate Athletics

### BANKING

- (X) Jenks, William L. -- History of Banking in Michigan

### BUSINESS

- Dunford, C. S. -- Development of Business Administration

### CHIROPODY

- (X) Quick, R. J. -- Chiropody in Michigan

### CHIROPRACTIC

- (X) Vannette, G. A. -- Chiropractic in Michigan

### CITIES

- (X) Gamber, M. P. -- Cities, towns, and villages, history of each

### CLIMATE

- (X) Seeley, D. A. -- Climate in Michigan

### COMMUNICATION

- (X) Hoyt, J. L. -- Rural Delivery in Michigan
- (X) Kelly, Robert L. -- Radio Development in Michigan
- (X) Stackhouse, W. L. -- Telegraphic Communication in Michigan
- Starr, Thomas I. -- Telephone Communication in Michigan

**CONSERVATION**

Hyer, Edward A. -- Conservation in Michigan

(X) Pirnie, Miles D. -- Wild Life Reserves in Michigan

**COUNTIES**

(X) Gamber, M. P. -- History of each County in Michigan

(X) Jenks, William L. -- Origin of County Names

**CUSTOMS AND SOCIAL LIFE**

(X) Terpenning, Walter A. -- Customs and Social Life in Michigan

**DENTISTRY**

(X) Vedder, F. B. -- Development of Dentistry in Michigan

**EDUCATION**

Boynton, R. J. -- History of the Business Institute of Pontiac

(X) Brumm, John L. -- Michigan's Provision for Education in  
Journalism

(X) Burnham, Ernest -- History of Western State Teachers College

(X) Button, G. A. -- History of Button's Traverse City Business  
College

(X) Carlisle, Chas. -- History of Ferris Institute

(X) Clark, H. M. -- History of Ann Arbor Secretarial School

(X) Cleary, P. Roger -- History of Cleary College

(X) " " -- History of Business College Movement in  
Michigan

(X) Crooks, Harry M. -- History of Alma College

(X) Davis, C. O. -- Public Secondary Education

(X) " " -- Branches of the University

(X) " " -- Junior High Schools

(X) Denise, M. F. -- History of Lansing Business University

(X) Dunbar, Willis F. -- History of Kalamazoo College

(X) Ebersol, J. A. -- History of Acme Business College

(X) Fisher, James -- History of Michigan College of Mines and  
Technology

EDUCATION (Cont.)

- (X) Ford, B. J. -- History of the Hartland Area Project
- (X) Glazer, Sidney -- History of Wayne University
- (X) Goodrich, F. S. -- History of Albion College
- Greenman, E. F. -- Federal Education of Michigan Indians
- (X) Grimes, J. O. -- Michigan Academies
- Haigh, Henry A. -- History of Michigan State College
- (X) Hay, Fanny A. -- History of Adrian College
- (X) Henderson, .. D. -- Adult Education in Michigan
- (X) Hickey, Paul -- History of Detroit Institute of Technology
- Humberstone, James -- History of Edison Institute
- (X) Jackson, George L. -- Public Education in Michigan
- (X) Jewell, G. A. -- History of Howell's Business College
- (X) Kenny, Lawrence J. -- History of the University of Detroit
- Kindig, R. E. -- History of Bay City Business College
- (X) Kuiper, B. K. -- History of Calvin Seminary
- (X) Lamson, Mary E. -- History of Emmanuel Missionary College
- (X) Larzelere, C. S. -- History of Central State Teachers College
- (X) Lefler, Emil -- History of Battle Creek College
- (X) Lucid, M. J. -- History of Lucid School, Grand Rapids
- (X) Menz, Charles -- History of Argubright College of Business
- Fare, George -- Catholic Educational Institutions in Michigan
- (X) Parker, Earle M. -- History of Northern State Teachers College
- (X) Putnam, Mary B. -- History of Michigan State Normal College
- Roberts, E. A. -- History of Monroe Business College
- (X) Rooks, Albert J. -- History of Calvin College
- (X) Schurtz, Shelby -- History of the Seals of the University of Michigan
- (X) Shaw, Wilfred B. -- History of the University of Michigan

**EDUCATION (Cont.)**

- (X) Smith, K. G. -- Trade and Technical Schools
- (X) Smith, Merlin G. -- History of Spring Arbor Seminary
- (X) Tull, A. F. -- History of the Business Institute of Detroit
- (X) Van Syckle, R. E. -- History of the Detroit College of Law
- (X) Vass, B. L. -- History of Jackson Business University
- (X) Voelker, Paul F. -- History of Olivet College
- (X) Wargelin, John -- History of Suomi College
- (X) Walker, L. -- History of Cloverland Commercial College
- (X) Walsh, M. B. -- History of Walsh Institute of Accountancy
- (X) White, Lee A. -- History of Cranbrook Foundation
- (X) Wichers, Wynand -- History of Hope College

**ENGINEERING**

(See Agriculture)

**FAUNA**

- (X) Blanchard, F. N. -- Reptiles
- (X) " " -- Amphibians
- (X) Chickering, A. M. -- Arachnida
- (X) Creaser, Edwin P. -- Crustacea
- (X) Dice, Lee R. -- Fauna
- (X) " " -- Mammals
- Ehlers, G. M. -- Paleontology
- (X) Goodrich, Calvin -- Mollusks
- Hall, Maurice C. -- Flat Worms and Round Worms
- (X) McDaniel, E. I. -- Insects
- (X) O'Roke, Earl C. -- Protozoa
- (X) Smith, Frank -- Annelida
- (X) Van Tyne, Josselyn -- Birds

**FINANCIAL**

(X) Hedrick, W. O. -- Taxation and Financial History in Michigan

**FISHERIES**

(X) Van Oosten, John -- Great Lakes Fisheries

(X) " " " -- Fish Fauna

**FLORA**

(X) Ackley, Alma B. -- Algae

(X) Baxter, Dow V. -- Mycology

(X) Darlington, H. T. -- Flora

(X) Lowe, Jesiah L. -- Lichens

(X) Steere, William C. -- Mosses and Liverworts

**FORESTRY**

Dana, S. T. -- Michigan Forests and Forestry

**FUR TRADE**

(X) Stevens, Wayne E. -- Michigan Fur Trade

**GEOGRAPHY**

Prophet, Edward -- Michigan Geography

**GEOLOGY**

Martin, Helen -- Michigan Geology

" " -- Lakes and Rivers

Scott, I. D. -- Dunes

**GOVERNMENT**

(X) Bromage, Arthur W. -- County and Township Government

(X) Calkins, E. A. -- Government Service in Relation to Public  
Utilities

(X) Cargo, Ruth E. -- Michigan Government Under Ordinance of 1787

(X) Florer, Frances -- Legislative Branch of the State Government

(X) Hamilton, Burritt -- Organization and History of Judicial  
System

GOVERNMENT (Cont.)

- (X) Hendrickson, H. O. -- Territorial Government 1805-1835
- (X) Larzelere, C. S. -- Government of Michigan
- (X) " " -- Constitutional Convention of 1850
- (X) Olander, Oscar -- History of Department of Public Safety
- (X) Russel, Robert R. -- Executive Branch of State Government
- (X) " " -- Executive Departments of State Government
- (X) Russell, Nelson V. -- Governmental Organization of Michigan  
1760-1787
- Upson, Lent D. -- City and Village Government
- Leadock, Thomas A. E. -- United States Courts in Michigan

HEATING

- (X) Stace, Arthur W. -- Manufactured Gas Industry in Michigan

HISTORICAL SKETCH

Miller, R. E. -- History of Michigan 1835-1936

- (X) Quaipe, M. M. -- Early History of Michigan 1634-1835

HISTORY, MISCELLANEOUS TOPICS

- (X) Chase, L. A. -- History of the Upper Peninsula
- (X) Dilla, Geraldine P. -- Michigan Politics 1860-1878
- (X) Dorr, Harold M. -- Michigan Constitution of 1835
- (X) Emery, Benjamin F. -- Old Forts in Michigan
- (X) Erichsen, Hugo -- Cremation in Michigan
- (X) Farley, George D. -- Art of Preparing the Dead for Burial
- (X) Fuller, G. N. -- Settlement of Southern Michigan 1835-37
- (X) " " --- World War
- (X) " " -- Detroit in Territorial Days
- (X) Gibb, Harley L. -- Michigan During the Revolution
- (X) " " -- Michigan Under British Occupation 1783-1796
- (X) Greenman, E. F. -- Indian Treaties



## HISTORY (Cont.)

- (X) Hinsdale, Mary L. -- Michigan in the Civil War
- (X) " " -- Michigan in the War of 1812
- Humberstone, J. A. -- Ford Museum and Greenfield Village
- (X) Humphrey, Helen -- The Pontiac War
- (X) Jenks, William L. -- Creation of Michigan Territory
- (X) " " " -- \$5,000,000 Dollar Loan
- (X) " " " -- Admission of Michigan into the Union
- (X) " " " -- Immigration
- (X) Keith, Hannah E. -- Internal Improvements 1836-1846
- (X) Larzelere, C. S. -- Boundaries
- (X) Lawler, Wm. F. -- Michigan Islands
- (X) Paxson, Frederick -- The Old Northwest
- (X) Shilling, D. C. -- Political Parties 1876-1933
- (X) Streeter, Floyd B. -- Political Parties 1835-1860
- Van Eyck, Wm. O. -- Mexican War
- " " " -- Spanish-American War
- (X) Wiarda, Cornelius -- Michigan Soldiers in National Cemeteries
- (Not assigned) -- Great Lakes and St. Lawrence Deep Waterway

## HORTICULTURE

Taft, L. R. -- Horticulture in Michigan

## HOSPITALS

- (X) Babcock, W. L. -- Grace Hospital, Detroit
- Barrett, Albert M. -- State Psychopathic Hospital
- (X) Campbell, E. H. -- Newberry State Hospital
- (X) Christian, Edmund A. -- Pontiac State Hospital
- (X) Darling, George B. -- W. K. Kellogg Foundation
- (X) Douglas, Bruce H. -- Tuberculosis Sanitaria
- (X) Hamilton, Stewart -- Voluntary Private Hospitals, Detroit area

## HOSPITALS (Cont.)

- (X) Inch, George F. -- Ypsilanti State Hospital
- (X) Leslie, G. L. -- Michigan State Sanitorium
- Morrill, D. M. -- Voluntary Private Hospitals
- (X) Ostrander, Jessie M. -- Kalamazoo State Hospital
- Pare, George -- Catholic Hospitals
- Peterson, Reuben -- University Hospital
- (X) Puffer, Will M. -- Protestant Sectarian Hospitals
- (X) Robertson, P. C. -- Ionia State Hospital
- (X) Sheets, R. P. -- Traverse City State Hospital
- (X) Smith, Richard -- Municipally-owned Hospitals

## IMMIGRATION

- (X) Herman, Abbott P. -- Negro Migration
- (X) Jenks, William L. -- Immigration

## INDIANS

- (X) Greenman, E. F. -- Indians in Michigan
- (X) " " -- Indian Ethnology
- (X) Hinsdale, W. B. -- Indian Trails and Waterways
- (X) " " -- Indian Trade and Lines of Overland Travel

## INSURANCE

- Wade, Ralph -- Insurance in Michigan

## LANDS

- (X) Havens, R. R. -- Federal Land Surveys
- Schoenman, L. R. -- Land Use in Michigan

## LIBRARIES

- Adams, Randolph G. -- William L. Clements Library
- (X) Coffey, Hobart -- Law Library, University of Michigan
- (X) McAllister, S. W. -- College Libraries
- (X) Partch, Isa L. -- Public Libraries
- (X) Quaipe, M. M. -- Burton Historical Collection, Detroit

**LIGHTING**

(X) Bishop, James W. -- Electric Lighting

**LITERATURE**

(X) Mulder, Arnold -- Novel and the Short Story

(X) Rankin, Thomas E. -- Michigan Essays and Essayists

(X) Rawlinson, Eleanor -- Children's Literature

(X) Scholl, John W. -- Academic Literature

(X) " " -- Literature (General Article)

(X) Sprau, George -- Poetry and Poets

Waldo, L. P. -- Little Theatre

" " -- Drama

Walton, Ivan H. -- Great Lakes Lore

**LUMBERING**

(X) Bowman, James C. -- Paul Bunyan

(X) " " -- Songs and Folk-Lore in the Lumber Woods

(X) " " -- Life in the Lumber Woods

Dana, S. T. -- Lumbering in Michigan

**MANUFACTURING**

Gamber, M. P. -- Furniture Industry in Michigan

(X) Seltzer, Lawrence H. -- Automobile Industry in Michigan

(X) Wood, Leslie -- Manufacturing in Michigan

**MAPS**

(X) Karpinski, Louis C. -- Maps of the Great Lakes Region

**MARKETING**

(See Agriculture)

## MEDICINE

Begle, Howell L. -- History of Medicine and Surgery

Delevan, Marjorie -- Public Health

Ind, Allison -- Bacteria

(X) MacCraken, W. H. -- Detroit College of Medicine and Surgery

## MICHIGAN

(X) Special Days

(X) Flower

(X) Bird

(X) Flag

(X) Motto

(X) Coat-of-Arms

(X) Seal

## MINING

(X) Baxter, C. H. -- Mining Methods and Practices in the Copper  
Districts

(X) Chase, L. A. -- Mining in Michigan

(X) Manderfield, N. H. -- Copper Ore Dressing

(X) Parks, Roland D. -- Mining Methods used in Michigan Iron Mines

(X) Slawson, Chester B. -- Gem Minerals of Michigan

## MUSEUMS

(X) DuMond, Frank L. -- Kent Scientific Museum

(X) Smithe, Geneva -- Michigan Museums

## OSTEOPATHY

(X) Conklin, H. -- Osteopathy in Michigan

## OPTOMETRY

(X) Springborg, W. A. -- Optometry in Michigan

## PHARMACY

(X) Stocking, C. H. -- Pharmacy in Michigan

## POPULATION

- Becker, Jakob -- Hungarians
- (X) Ciarrocchi, Joseph -- Italians
- (X) Dancy, John C. -- Negroes
- (X) Fisher, James -- Cornish
- (X) Florer, W. W. -- German
- (X) Ford, R. Clyde -- Canadian-French
- (X) Franklin, Leo -- Jews
- (X) Lagoudakis, Charilaos -- Greeks
- (X) Miljevic, June N. -- Jugoslavs
- Pawlowski, Felix -- Poles
- (X) Quaife, M. M. -- Mormons (Beaver Island)
- (X) Qualey, Carlton C. -- Scandinavian
- Russell, John -- Irish
- (X) Ryskamp, Henry J. -- Dutch
- (X) Thaden, J. T. -- Population Trends (Numerical & Compositional)
- (X) Wargelin, John -- Finns

## POSTOFFICES

(Not yet assigned)

## PRINTING

- (X) Bailey, W. C. -- Newspaper History of Branch County
- (X) Baker, R. Ray -- Newspaper History of Washtenaw County
- (X) Banyon, Walter E. -- Newspaper History of Berrien County
- (X) Beck, A. J. -- Catholic Publications
- (X) Brown, James H. -- Newspaper History of Calhoun County
- (X) Campbell, J. E. -- Newspaper History of Shiawassee County
- (X) Catlin, George B. -- Newspaper History of Detroit Area
- Conlin, Thomas -- Newspaper History of Iron County

PRINTING (Cont.)

- DeFoe, Murl -- Editorial Writing
- " " -- Newspaper History of Eaton County
- Douglas, Robert A. -- Newspaper History of Gogebic County
- English, G. E. -- Newspaper History of Tuscola, Huron and  
Sanilac Counties
- (X) Fretz, Wm. G. -- Newspaper History of Luce County
- (X) Glaspie, A. B. -- Newspaper History of Oakland County
- (X) Gorman, Michael A. -- Newspaper History of Genesee County
- (X) Herman, Abbott P. -- Negro Publications
- (X) Hunt, Henry L. -- Newspaper History of Jackson County
- (X) Ind, Allison -- Periodical Publications in Michigan
- (X) Jamison, James K. -- Newspaper History of Ontonagon, Houghton,  
Baraga and Keweenaw Counties
- Katz, Wallace R. -- Newspaper History of Lenawee County
- Kidd, Fred M. -- Newspaper History of Ionia County
- (X) Lillie, Leo C. -- Newspaper History of Ottawa County
- (X) Moore, Vivian Lyon -- Newspaper History of Hillsdale County
- (X) McMurtrie, Douglas C. -- Early Printing in Michigan (to 1850)
- Norton, John -- Newspaper History of Delta County
- (X) Osborn, George A. -- Newspaper History of Chippewa and  
Mackinac Counties
- (X) Ferry, Henry A. -- Newspaper History of Menominee County
- (X) Redmond, Lillian C. -- Newspaper History of Lapeer County
- Russell, Frank J. -- Newspaper History of Marquette (X) and  
Dickinson Counties
- (X) Shepherd, Grace S. -- Newspaper History of Livingston County
- (X) Silliman, Sue I. -- Newspaper History of St. Joseph County
- Smith, James L. -- Newspaper History of Upper Half of Lower  
Peninsula
- Sparks, Frank M. -- Newspaper History of Kent County

PRINTING (Cont.)

- (X) Vaughan, Coleman -- Newspaper History of Clinton County
- (X) Weissert, C. A. -- Newspaper History of Allegan, Barry and  
Kalamazoo Counties
- (X) Whiteley, Harry -- Newspaper History of Cass County
- Wright, Robert H. -- Newspaper History of Alger (X), Manis-  
tique and Schoolcraft (X) Counties

RELIGION, HISTORY OF ORGANIZATIONS

- (X) Appold, L. -- Lutheran Bund of Michigan
- (X) Beets, Henry -- Christian Reformed Church
- (X) Bos, Jacob -- Volunteers of America
- (X) Bradley, C. L. -- Church of Nazarene
- (X) Burgess, S. A. -- Reorganized Church of Jesus Christ of  
Latter Day Saints
- (X) Comin, John -- Presbyterian Church
- (X) Cox, John, Jr. -- Quakers
- (X) Dancy, John C. -- Negro Church
- (X) Drury, A. W. -- Church of United Brethren of Christ
- (X) Feeman, Harlan L. -- Methodist Protestant Church
- (X) Ford, Charles O. -- Episcopal Church
- (X) Franklin, Leo M. -- Judaism
- (X) Goodsell, Chas. T. -- Baptist Church
- " " -- Protestant Missions
- (X) Green, J. Frank -- Disciples of Christ
- (X) Griffin, E. B. -- United Brethren, Old Constitution
- (X) Hall, Royal G. -- Methodist Episcopal Church
- (X) Harger, Charles H. -- Congregational Church
- (X) Jandron, Francis L. -- Church of Christ, Scientist
- (X) Johnston, W. W. -- Theosophy in Michigan
- (X) Mayer, E. A. -- Lutheran Church in Michigan

RELIGION (Cont.)

- (X) McCune, N. A. and Jordon, O. F. -- Community Churches
- (X) Nettinga, S. C. -- Dutch Reformed Church
- (X) Norris, Albert S. -- Salvation Army
- (X) Olsen, M. E. -- Seventh Day Adventists in Michigan
- Pare, George -- Roman Catholic Church
- (X) Porterfield, S. H. and Smith, M. G. -- Free Methodist Church
- (X) Qualey, Carlton C. -- Swedish and Norwegian Church
- (X) Reccord, A. P. -- Unitarian Church
- (X) Rennels, C. S. -- Wesleyan Methodist Church
- (X) Scott, Nancy -- Moravian Mission
- (X) Snyder, William L. -- Universalist Church
- (X) Watson, W. H. -- Evangelical Church

SOCIAL MOVEMENTS, HISTORY OF

- (X) Beattie, Joseph A. -- Franklin Settlement
- (X) Boyer, Kenyon -- Marquette Prison
- (X) Broan, Phyllis E. -- Girls Training School
- (X) Brown, Cecil H. -- Child Placing and Children's Aid
- (X) Browne, Grace G. -- Y. W. C. A.
- (X) " " -- Camp Fire Girls
- Champney, Don -- N. R. A. in Michigan
- (X) Cornell, R. F. -- Evolution of Marriage and Divorce (Law)
- (X) Dixon, R. L. -- Michigan Home and Training School
- Ettinger, Clayton J. -- Criminal Law in Michigan
- (X) " " -- Michigan Prisons and Prison Reform
- (X) Farra, E. Ross -- Accident Prevention in Industry and Home
- (X) Freeman, J. P. -- Boy Scout Movement
- (X) Friedman, William -- Detroit House of Correction
- (X) Gilbert, Isaac B. -- Michigan School for the Deaf



SOCIAL MOVEMENTS (Cont.)

- (X) Glazer, Sidney -- Liquor Traffic
- (X) " " -- Labor Activities and Labor Groups
- (X) Haber, William -- Unemployment Relief
- (X) " " -- Social Legislation
- (X) " " -- Rise and Progress of Social Insurance
- (X) Hardwick, Mabel H. -- Homes for Dependent Children
- (X) Haskell, Robert H. -- Wayne County Training School
- (X) Hedrick, W. O. -- Recreational Use of Northern Michigan  
Cut-Over Lands
- Higbee, Clark E. -- Sterlization
- (X) Hoffer, C. R. -- Rural and Urban Social work
- (X) " " -- Social Reform (Lead Article)
- (X) Holmes, Clarence -- Michigan School for the Blind
- (X) Howett, Harry E. -- Michigan Crippled Children's Commission
- (X) Hunt, H. R. -- Michigan Institutions for Epileptics and  
Feeble-minded
- (X) Ingraham, Don C. -- Michigan Soldiers Home
- (X) Johns, Ray -- Y.M.C.A.
- (X) Johnson, Fred R. -- State Emergency welfare Relief Commission
- (X) " " -- Governor's Conference on Child Welfare
- (X) Keeney, Nancy B. -- Birth Control
- Kerr, Sara G. -- Visiting Teachers work
- (X) Lee, John L. -- Vocational Rehabilitation
- (X) " " -- Michigan Institutions for Physically Handi-  
capped Citizens
- (X) Marsh, Robert E. -- Boys Vocational School
- (X) McDowell, Harriett C. -- Girl Scouts
- Mumford, Eben -- Town-Country Community
- (X) Nicholson, E. C. -- County Infirmaries

**SOCIAL MOVEMENTS (Cont.)**

- (X) Norton, Wm. J. -- Community Chests and Councils
- (X) " " -- Children's Fund
- (X) Ramsay, C. F. -- Michigan State Public School
- (X) Robinson, Wm. G. -- Playground and Recreation Movement
- (X) Rounds, H. O. -- Accident Prevention on Michigan Highways
- (X) Rounsville, Helen -- Probation
- (X) Sanders, Claire M. -- Juvenile Courts and Probation
- (X) Valentine, Mildred A. -- Private Family Welfare Agencies
- (X) Vander Slice, Mrs. Edwin R. -- Child Study Movement
- (X) Wendell, Mrs. Harmon -- Catholic Settlements in Detroit
- (X) Messborg, Eric S. -- Michigan Employment Institution for the  
Blind

**THEATRE AND CINEMA**

- Shaw, Len G. -- Theater and Cinema
- " " -- Motion Pictures

**TRANSPORTATION**

- (X) Brown, J. H. -- First Motor Touring and Camping Caravan
- Gamber, M. P. -- Railroads
- (X) Morrison, R. L. -- Michigan Highways
- (X) O'Geran, Graeme -- Street Railways and Interurbans
- (X) O'Neil, Emmett J. -- Transportation (General Article)
- (X) Walton, Ivan H. -- The Great Lakes
- (X) " " -- Political History and Aids to Navigation
- " " -- Shipbuilding and Lake Transportation

See Also Aeronautics

**TRAVEL**

- Ford, R. Clyde -- Michigan as Seen by Early Travelers

**WOMEN**

- (X) Fox, Karolena -- Woman Suffrage

October 5, 1936

P. C. Jeans, M. D.,  
The State University of Iowa,  
Iowa City, Iowa.

Dear Doctor:

Thank you very much for your kind letter of  
September 25.

Since I wrote you I have had a chance to talk with  
my good friend Dr. H. C. Sherman who spent a couple of days  
with me a week or two ago.

I am interested in the new photometer of which you  
speak which I should like to know more about. If it is  
practical I should be glad to obtain it for use if you will  
tell me where it can be secured.

I am today writing to my friend Dr. Jeffrey of Miami-  
Battle Creek, now in Chicago, asking him to visit you and to  
obtain as full information as possible concerning your new and  
interesting developments.

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

Very sincerely and cordially yours,

b

October 5, 1936

Dr. A. A. Horvath,  
University of Delaware,  
Newark, Delaware.

Dear Dr. Horvath:

I have your letter of September 24th.

We have harvested and canned our shell beans and have about 250 bushels of seed of the 78-day variety of beans. They did fairly well considering the weather this summer. However, our crop was not more than half what it ought to be under good conditions. I think the 78-day is the shortest season bean of any variety, but perhaps it does not produce as heavy a crop as some other varieties. It is an excellent green bean variety.

I have been using the Tokyo bean for milk and find it very satisfactory. Do you know any other varieties of beans equal to it or better? I need a few tons more beans for milk before the new crop arrives, which I understand will be in about two months. I do not find the Manchu or the Dunfield as good for milk as the Tokyo. I find the Tokyo is out of the market. Can you give me any helpful information respecting other varieties that are still available?

As regards the effects of the soy beans on laying hens, I have not the precise information I ought to have, but I can tell you this: I fed the hens with the residue left after making soy milk. They did not like it very well even when it was mixed with other foods. I used it as a substitute for meat meal and was very much disappointed in the results. The number of eggs began to fall off almost immediately, the chickens lost weight and though I soon discontinued the use of the soy bean they did not

Dr. A. A. Horvath, No. 2.

seem to recover, but continued to deteriorate. I left them in charge of an experienced poultryman who has hens of the same variety, white Leghorns, which were in fine condition and continued to do well although my hens, receiving the same care, including ordinary meat meal feeding and plenty of greenstuff consisting of the grass cuttings from the lawn and spinach, continued to languish. They began to moult very early and 25 to 30 per cent of them died. It appeared as though the feeding with soy residue produced a permanently damaging effect.

This experience was certainly very disappointing because I thought the soy bean would certainly prove a complete substitute for meat. I even tried to encourage the chickens by feeding them Savita mixed with the residue. This seemed to help a little, but not very much. If you can give me any light on this problem I will be greatly obliged.

Very truly yours,

b

October 5, 1936

Mrs. Allard:

If you have not already done so, please send two dozen cans of green soybeans to Dr. A. A. Horvath, Agricultural Experiment Station, University of Delaware, Newark, Delaware, with my compliments.

J. H. K.

b

# Michigan State Historical Society

ORGANIZED 1874

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10/1/36  
S

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

Oct.  
6  
1936

Dear Dr. Leffler,-

That was a typographical error. Your name has  
the two "f's" on the manuscript.

Cordial greetings,

Very sincerely,

  
G. N. Fuller

GNF/PA

October 7, 1936

Mrs. Matilda Vance Newman,  
1802 Bonita Avenue,  
Berkeley, California.

My dear Mrs. Newman:

Your letters of September 20 and 21 somehow escaped attention until now, which I much regret. I have been overwhelmed with work and have had to neglect my desk work. I will endeavor to answer your several questions:

1. Meat stimulates the flow of gastric juice and requires more work of the stomach than other food. In addition to this it is swarming with germs that produce gastric ulcer.

2. Agar agar when softened is not at all irritating, but since it is not dissolved in the digestive juices it increases peristalsis. On this account it sometimes increases pain.

3. Whole wheat flour in which the wheat is thorough comminuted may be used in gastric ulcer when food is permissible.

4. It is highly important to change the intestinal flora in cases of gastric ulcer and to keep the flora changed. This ought to be done in every case in which surgery is required.

5. The Battle Creek Food Company laboratories have perfected a method by which soy acidophilus milk may be easily made at home.

In answer to your letter of September 21:

1. Mild vegetable juices if well tolerated may be used between meals in cases of gastric ulcer. Purees of bland fruits may also be eaten between meals. Carrot top juice may be used either by



Mrs. Matilda Vance Newman, No. 2.

itself or mixed with other vegetable juices. A great variety of juices is not necessary. I think all the advantage to be derived from fruit and vegetable juices may be gotten from carrot, orange and tomato juices. In nearly all cases it is best to begin with moderate doses to make sure that there is no idiosyncrasy or other contraindication.

8. If the intake of greens is limited, one or two glasses of milk should be taken to insure an abundant supply of food lime.

Sincerely yours,

October 7, 1936

**Food Company:**

Please send information about making soy acidophilus milk at home to Mrs. Matilda Vance Newman, 1802 Bonita Avenue, Berkeley, California.

J. H. K.

b

THE STATE JOURNAL  
Lansing, Mich.  
THE HERALD  
Grand Rapids, Mich.  
THE ENQUIRER AND NEWS  
Battle Creek, Mich.  
NEWSPAPER ENGRAVING CO.  
Grand Rapids, Mich.  
RADIO STATION WELL  
Battle Creek, Mich.

# Federated Publications, Inc.

Office of A. L. MILLER, President  
BATTLE CREEK, MICHIGAN

October 8, 1936.

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

My dear Dr. Kellogg:

I have consented under pressure to do some work for this political campaign. Although I have observed and commented upon politics all my active life, I have left the active campaign work to those who seem to me to be directly interested. This year I have a feeling that all of us are directly interested. Responding to that feeling John Mustard has taken the leadership of the county committee to make an intensive campaign here for the election of Landon--which also I think is a campaign for the preservation of our form of government.

He asked me to help him in the matter of getting the necessary finance. We are trying to raise enough money outside the usual procedure of assessing the candidates so that we can bring the truth as we see it home to everybody.

Frankly, I think I am a poor money-raiser. But I do think this situation contains something vital for every one of us. If you can and would care to it would be gratifying to have your help in any amount. Any contributions should be made to the order of the Republican County Central Committee.

With sincere personal good wishes, I am

Cordially yours,



ALM:JK

October 8, 1936

Dr. Daniel A. Poling,  
National Youth Radio Conference,  
419 Fourth Avenue,  
New York City.

Dear friend Poling:

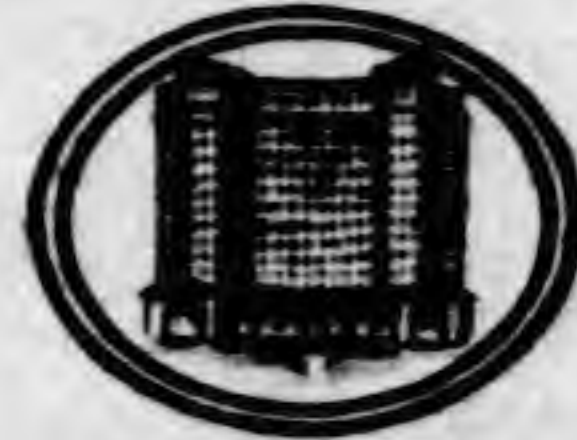
I have your circular letter of October 1.

I am glad that you are recovering. I appreciate the splendid work that you are doing and shall be glad to receive your paper. Enclosed find check for two dollars.

If you come to Florida be sure to visit me at The Miami-BattleCreek, Miami Springs, Florida, where I shall be in a couple of weeks from now. I will be delighted to make you my guest for a week and I am sure could give you a few points which would help to prolong the splendidly useful work which you are doing in helping you to maintain the physical fitness which you need for the work.

Sincerely yours,

b



The Battle Creek Sanitarium  
Battle Creek Michigan

October 8, 1936

Dr. Daniel A. Poling,  
National Youth Radio Conference,  
419 Fourth Avenue,  
New York City.

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Sincerely yours,

*John Harvey Kellogg*

October 8, 1936

**Miss Gertrude Estill:**

Please send me a check for two dollars for a year's subscription for The Christian Herald. Also kindly return the enclosed letter.

A. F. B.

*ch sent - H. E.*

460

# UNIVERSITY OF DELAWARE

## AGRICULTURAL EXPERIMENT STATION

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NEWARK, DELAWARE

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ECONOMIST  
G. M. GILLIGAN  
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ASSISTANT AGRICULTURAL  
ECONOMIST  
M. W. GOODWIN  
ASSISTANT CHEMIST  
DONALD MACCREARY  
ASSISTANT ENTOMOLOGIST

*and send to Food Co.*

*copy and attached*

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

October 8, 1936.

Dear Dr. Kellogg:-

I have your letter of October 5-th as well as the two dozen cans of your green soybeans. They are delicious, and are a great success with everybody who has a chance of tasting them. The cans which you sent to me are full sized cans, and if you have a small sized can, similar to the one you put out last year, I would like to receive a dozen or two of them, as a number of people are asking me for a sample.

You probably know that a futures market in soybeans has been established since October 5-th at the Chicago Board of Trade, and that beans of the new crop are already available.

In China the varieties of beans preferred for soybean milk are the ones having a light yellow colour, of small ~~at~~ equal size, are well dried, have a bright lustre but are poor in fiber. These kind of beans are generally rich in protein and have a large proportion of other valuable nutritive compounds. I am sorry that I am not in a position to recommend to you any particular variety of soybeans.

As to the residue left after the manufacture of soybean milk, I wish to say that its feed value is almost negligible. It contains about 85% of water, 3.6 - 5% protein, 1.5% fat, 7% carbohydrates, 2.7% fiber, and 0.6% ash. In case the residue contains some Sodium Carbonate or Bicarbonate it is likely to affect the hens. On the other hand, it is possible that during the time of the manufacture of the milk the enzymes of the beans (the lipase and peroxidase) have a chance to exert their action on the fatty substances. While the milk is rapidly inactivated by heat, the residue is allowed to stand raw for hours and days, thus enabling the enzymes to exert their detrimental action.

Very sincerely yours,

*A. A. Horvath*

P. S. I am inclosing my recent pamphlet from the British Journal of Food Manufacture.

Lancaster, Ohio  
October 12, 1936

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

Dear Dr. Kellogg:

I read with much care, your little book, How to Have Good Health. I think it is very splendid and I have already benefited from some of the things I learned from it. I congratulate you most sincerely on the contribution you have made to humanity.

With kindest regards,

Faithfully yours,

  
\_\_\_\_\_

REB:DJB



**C O N T I N E N T A L**  
**H O S P I T A L S E R V I C E**  
**I N C O R P O R A T E D**  

---

**C L E V E L A N D , O H I O , U . S . A .**

October 12, 1936

Battle Creek Sanitarium,  
Battle Creek, Michigan

Attention: Dr. John Harvey Kellogg

Dear Dr. Kellogg:

We acknowledge receipt of your letter of October 8th and as our Mr. E. C. Dixon will be in the neighborhood of Battle Creek within two or three days we have written him requesting that he call and give you any information you desire concerning the Transnental products.

We trust this will be satisfactory to you as he can explain the Transnental material much better than we can describe by correspondence.

At the present time, the demand exceeds our ability to supply this material and we are about two weeks behind in shipments. However, we are in hopes of catching up with the orders soon.

We are pleased to state that the Mayo Clinic has decided to use Transnental material with their oxygen tents as has also the Cleveland Clinic as well as a great many other institutions throughout the country and we hope to have the pleasure of supplying to to the Battle Creek Sanitarium.

Thanking you for your inquiry, we are,

Very truly yours,

CONTINENTAL HOSPITAL SERVICE, INC.

*A. E. Dixon*  
Vice-President

AEDixon/K

# TRANSNENTAL PRODUCTS

---

  
**SEEING**  
is  
**BELIEVING.**

## THE IDEAL MATERIAL

For Oxygen Tents

Wet Dressings

Surgical Drains

Comfort with Economy

for Bed Sheets, Pillow Cases, etc.

Attached is the material, available for the first time to the medical, surgical and hospital fields, that solves many problems you have faced in the past, the greatest, probably, being the utter inability to assure a frightened patient against that "trapped" feeling, ever associated with the use of the old oxygen tent—claustrophobia.

### CHARACTERISTICS ALL ITS OWN

It is a material that is **TRANSPARENT**, soft and will roll, fold and bend without injury: it is hard-glazed and though resistant is elastic: it is moisture and air-proof, will not leak, resists oils, greases, acids and alcohol, is not affected by molds and will not afford a lodging-place for micro-organisms or spores.

Due to pliability, it is a marked improvement over that material of protective nature which you have used in days past for wet dressings, etc. It moulds itself to any shape or form desired, leaving nothing weighty or bulky to be unsightly or harass the patient.

### PERFECTLY SAFE FOR USES PRESCRIBED

In its use, you need have no feeling of danger, as it is non-explosive and if an open flame should, by any chance, come in contact with it, the material would melt and leave a residue that would not ignite or smolder.

**TRANSNENTAL** products, in or out of use, have no taste or odor and are made of the lightest weight material ever offered for its many functions. We have a special fabricating department where we can duplicate many of your present pieces of equipment that are no longer usable or that have, thru some very patent objection, demanded replacement.

### THE LOW COST

It is remarkably and comparatively inexpensive, so much so that after use, it can be discarded at a much lower cost than to clean and sterilize the old fabrics of other days. **A CLEAN, FRESH CANOPY FOR EACH PATIENT.**

It will be our pleasure to consult with you on your needs and an inquiry made or a sample pattern sent to us will result in an immediate reply and a quotation for replacement in this material. It can be furnished in bulk if you desire to construct your own equipment but, with our machinery for sealing seams and other facilities that we place at your disposal, we recommend it as being in the interests of economy and standardization to make use of our skilled service.

Stock shipments now ready. **ORDER** in the handy low cost 25 and 50 yard random rolls, 40 inches wide @ 35c per yard.

## CONTINENTAL HOSPITAL SERVICE

INCORPORATED

1950-54 West 114th Street

Cleveland, Ohio

CONTINENTAL HOSPITAL SERVICE, INC.  
1950 West 114th Street  
CLEVELAND, OHIO

Sec. 562, P. L. & R.

SMILING  
THRU

### A WELCOME PICTURE

is the countenance of a contented patient. No greater aid towards recovery can be courted than to have so added to his comfort, assuaged his mental and nervous strain and consulted his complete relaxation.

You may accomplish all of these with most any patient  
in the use of

TRANSNENTAL PRODUCTS

October 13, 1936  
250 East Ninth  
Elyria, Ohio.

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

Dear Dr. Kellogg:

I have recently become interested in "The New Method of Cooking," i. e. without peeling, without the use of any water or grease, and at a low temperature. I would greatly appreciate any information you might give me on this subject as to its merits, and if you recommend it.

I would also be interested in finding out whether or not there is such a thing as "Aluminum Poisoning"; and if so whether it can be contracted from the use of pure Aluminum Cooking Utensils; or if the element Aluminum seems to be a necessary dietary mineral.

Thanking you in advance,  
I remain,

Respectfully yours.

Theron L. Peterson

October 13, 1936

Dr. A. A. Horvath,  
University of Delaware,  
Newark, Delaware.

Dear Dr. Horvath:

I have your letter of October 8.

I am sending you two dozen samples. I do not expect these samples to do us any good commercially. They will undoubtedly encourage competitors, but I hope they will help to promote the use of the green soy bean, which I think is one of the best of all the green vegetables.

Thanks for the information relative to residue. The residue which I fed to my hens had nothing whatever added to it. No chemicals or anything else were used for de-flavoring the beans.

Sincerely yours,

b

# Starr Commonwealth For Boys

*Floyd Starr, President*

Albion, Michigan

October 13, 1936

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

My dear Dr. Kellogg:

How many, many time since the Starr Commonwealth was established have you come to me with assistance in a time of real need. I only wish it were possible for me to express the appreciation which I really feel. I find myself falling back upon the quotation from George Elliot, "Words are but broken light on the depths of the unspoken." I can't begin to tell you how much I appreciate your kindness in donating \$200 worth of health foods for the use of these blessed boys. It is very gracious of you, and I appreciate your kindness deeply.

Sometime before you go to Florida, I wish you might come over and visit these lads. I think they are unusually healthy specimens of American boyhood. They certainly speak well for the value of the vegetable diet.

Again thanking you for your generous contribution, I am

Very sincererely yours,

*Floyd Starr*

STARR COMMONWEALTH FOR BOYS

FS:MW

ALFRED UNIVERSITY  
CENTENNIAL FUND  
ALFRED, NEW YORK  
1836 - 1936

No.....

Date ..... 193....

IN CONSIDERATION of the efforts of the Trustees of Alfred University to raise a Centennial Fund for an Alumni Sustaining Fund, Endowment, Liquidation, Betterments, Scholarships and Miscellany, and in consideration of my interest in Christian Education and others subscribing toward the Centennial Fund, I hereby pledge and will pay to Alfred University, a corporation, at Alfred, New York,

The sum of ..... Dollars (\$.....)

This subscription is made upon the following terms and conditions:

1. This pledge shall be paid in twenty equal quarterly installments, beginning ..... 193....., and thereafter on the first day of ..... and ..... until fully paid, unless otherwise designated.
2. This pledge shall not bear interest except on overdue installments. These shall bear interest at the rate of five per cent per annum, payable semi-annually until fully paid.

Name .....

Street No. ....

City ..... State .....

J. Wesley Miller

J. NELSON NORWOOD  
President

C. LOOMIS ALLEN  
Chairman, Finance Committee

A. L. SHANER  
Chairman, General Council

ALFRED UNIVERSITY CENTENNIAL FUND PROGRAM

J. WESLEY MILLER  
Counsellor and Director

ALFRED, NEW YORK

October 14, 1936

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

My dear Doctor Kellogg:

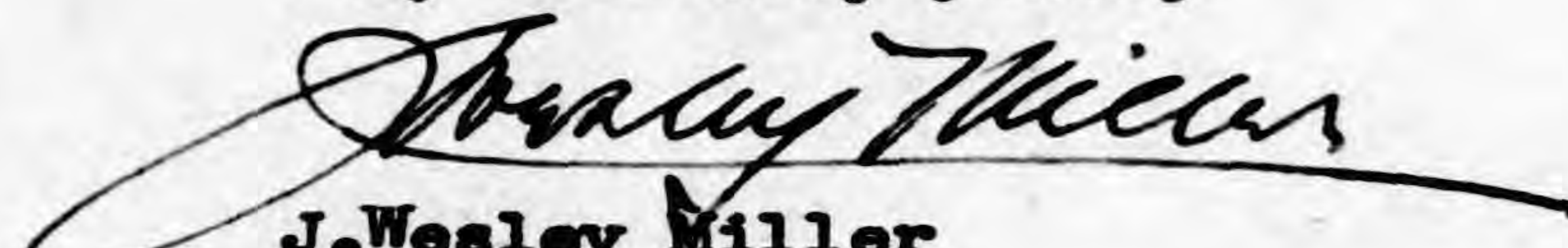
As you probably know Alfred University is celebrating this year its Centennial. As a part of the year's program it is undertaking to raise substantial capital funds for the purposes outlined in the brochure which I am sending to you under separate cover.

We do feel Doctor Kellogg that if your good wife, who was an alumna of Alfred University was here that she would want to register her approval of this program with others by making a subscription to the Fund.

We feel confident that you will want her to be remembered in connection with the Centennial Fund Program. I am therefore writing to ask you if you will not give us a pledge for some amount on the enclosed blank pledge form in memory of your good wife.

I assure you Doctor Kellogg that we will greatly appreciate your gracious consideration. May we not hear from you at an early date as we are putting forth every effort to get in every pledge that is possible before the closing day of the Centennial - December third next. Thanking you for your cooperation which we fully anticipate and awaiting your earliest convenience, I remain

Very sincerely yours,

  
J. Wesley Miller  
Director



## CLASS OF SERVICE DESIRED

TELEGRAM	<b>X</b>
DAY LETTER	
NIGHT MESSAGE	
NIGHT LETTER	

Patrons should mark an X opposite the class of service desired; OTHERWISE THE MESSAGE WILL BE TRANSMITTED AS A FULL-RATE TELEGRAM

# WESTERN UNION



# TELEGRAM

NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

NO. CASH OR CHG

Charge  
San.

CHECK

TIME FILED

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

OCTOBER 15 1936

To GOVERNOR GIFFORD PINCHOT,

Street and No. (or Telephone Number) HARRISBURG, PA.

Place \_\_\_\_\_

SHALL BE GLAD TO HEAR YOU TOMORROW NIGHT. WON'T YOU REST

WITH US SATURDAY AT THE SANITARIUM? HAVE A LOT OF NEW

IMPORTANT HEALTH PROMOTING THINGS TO TELL YOU FROM WHICH

ADMIRAL BYRD FISHER AND OTHERS ARE PROFITING GREATLY.

JOHN HARVEY KELLOGG

B

SENDER'S ADDRESS  
FOR REFERENCE

SENDER'S TELE-  
PHONE NUMBER



The Battle Creek Sanitarium  
Battle Creek Michigan

October 16, 1936.

Dear Dr. Kellogg:

In connection with your sixtieth anniversary as Superintendent of the Sanitarium I extend to you our heartiest congratulation. I am greeting you also in behalf of all my children. We all, as well as many others who are acquainted with your brilliant and highly productive activity, wish and hope to see it continue for many years to come.

Your jubilee is one of a rare kind. And it is not only the date -- 60 years of uninterrupted work, but much more so the surroundings in which it was carried and the results attained.

I believe that as a comparatively recent newcomer in Battle Creek it would be easier for me to appreciate your work unbiassously and justly. All your efforts were directed to benefit the sick and the employees of the Sanitarium. I had the honor to witness surgical operations performed by you as well as other methods of medical activity and may unhesitantly state that you are one of the most skilled physicians, and that your chiefest concern is the welfare of the patient, and that you know how to attain it.

Like a father you always took care of all the employees of the Sanitarium. As the best known to me example I may cite my own family. All of my children were given work and in this way they were enabled to get their education, and to become useful citizens of this country, and this was accomplished with your kind help. In a likewise manner you helped many many others, and I am fully convinced that every member of the Sanitarium Family present here is indebted to you some way.

If we scan hurriedly through your scientific and medical career it would become quite apparent why you are so well suited to help the sick. You have a rare education which you ever extended further and further by collaboration with such masterminds of science as Louis Pasteur(Paris), Billoth(Vienna), Eiselberg(Ber-

lin), Lawson Tait(England), Ivan P. Pavlov(St.Petersburg), and many others.

Your knowledge of the physiology of digestion is so vast and so profound that only a few among professors of physiology and medicine may be compared with you in this field. Equally well you mastered pathology. Your translation of famous book of Carl von Noorden is the best proof. Although you are so well versed in physiology and pathology, you know equally well if not even better other branches of medicine and biological sciences. Every one present knows your excellent knowledge of bacteriology. You are even <sup>more</sup> learned in the theory and art of the practice of medicine. In your person the nature has a rare combination of gifted educator, and a physician, with exceptionally talented administrator and a leader of society. To this testify your striking achievements in all spheres of your tireless and fruitful work for the benefit of afflicted and poor mankind.

To conclude I wish to state that although I visited in this country over 15 universities and other institutions of science, including the Mayo Clinic and the Rockefeller Institute, and have met such outstanding men as Dr. Vernon L. Kellogg, Dr. Simon Flexner, Dr. Alexis Carrel(Nobel prize winner), Dr. W.H. Howell, the dean of American Physiologists, and many others still you are the most remarkable man I have met in America. And this opinion is also shared by others here and abroad. At the time of your 80-th Birthday among those who wished to pay you the tribute were Prof. I.P. Pavlov(Leningrad), Prof.L. Pasteur-Vallery-Radot(Paris), Prof.R. Barany(Upsala) and others.

You did so much good for others that one may cherish a desire that they would fully reciprocate and that you may at last be pleased with the fruits of your labor and find full satisfaction. The success of Dr John Harvey Kellogg, all unprejudiced must admit, is first of all success of the Sanitarium, then the city of Battle Creek and finally of the whole country

W. N. Boldyreff

W.N/ Boldyreff

*Put this back with 60th Ann. tributes.*

**HENRY F. VAUGHAN, DR. P. H.**  
COMMISSIONER

**BERT U. ESTABROOK, M. D.**  
DEPUTY COMMISSIONER

**FRED M. MEADER, M. D.**  
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# City of Detroit

DEPARTMENT OF HEALTH

3919 JOHN R. STREET

Oct. 16, 1936.

**Dr. Walter F. Martin,  
The Battle Creek Sanitarium,  
Battle Creek, Michigan.**

My dear Dr. Martin:

Your kind letter of Oct. 14th has just come to hand. It is a keen disappointment that I shall not be able to attend the testimonial dinner to Dr. John Harvey Kellogg to be given next Monday evening, Oct. 19th, - this in view of the fact that I am leaving here tomorrow for the annual meeting of the American Public Health Association at New Orleans. Incidentally, Dr. Kellogg is the oldest living member of that Association.

The name Kellogg will always stand foremost in the history of preventive medicine in not only Michigan but throughout our country. Dr. Kellogg's pioneer work with the State Board of Health fifty years ago paved the way for the present day system of health education. I have frequently referred to the bold attitude which he and Dr. Henry Baker assumed toward the communicability of tuberculosis. Even before Koch discovered the tubercle bacillus, basing their judgment upon the animal experiments of Villemin, they were convinced that tuberculosis was a communicable disease and they incorporated in the physiology books used throughout this state this viewpoint. Unquestionably, this is the most important single reason wherefore the tuberculosis death rate in Michigan remained for so many years far below the average for other states.

Dr. Kellogg's contribution in the field of nutrition, house hygiene, and community sanitation, is too well known to require comment. He has been one of those unusual individuals who combined a lovable personality together with a leadership in medicine and surgery. I wish him good luck on the sixtieth anniversary of his continuous service as Medical Superintendent of the Battle Creek Sanitarium.

Cordially yours,



Henry F. Vaughan, Dr. P. H.

HFV-Mc

KEY PITTMAN, NEV., CHAIRMAN  
JOSEPH T. ROBINSON, ARK.  
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ROBERT M. LA FOLLETTE, JR., WIS.  
ARTHUR H. VANDENBERG, MICH.  
WALLACE H. WHITE, JR., MAINE

## United States Senate

COMMITTEE ON FOREIGN RELATIONS

EDWARD J. TRENWITH, CLERK

Grand Rapids, Michigan.  
October 18th, 1936.

Dr. Walter F. Martin,  
The Battle Creek Sanitarium,  
Battle Creek, Michigan.

My dear Dr. Martin:

Your letter of October 14th catches me at my desk for the only moment I have been home in some time. I am leaving again this afternoon in connection with the campaign.

It is very generous of you to think of Mrs. Vandenberg and me in connection with your Banquet honoring Dr. Kellogg. I should greatly enjoy participating in this interesting function if it were humanly possible.

Dr. Kellogg is one of Michigan's great citizens. No man has made a finer contribution to human welfare.

Unfortunately, I am speaking in Trenton, New Jersey, on the evening of October 19th. This will explain why I cannot be with you. I wish you would extend my greetings to Dr. Kellogg.

With warm personal regards and best wishes,

Cordially and faithfully,

*A. H. Vandenberg*

Signed in the absence of  
Senator Vandenberg.

October 17, 1938

Gov. Gifford Pinchot,  
Harrisburg, Pa.

My dear Governor:

I intended to go to the train with you and waited at my office, but at the last moment found myself unexpectedly detained.

I have for some days been arranging the transfer of a million dollars worth of property as a gift to the Race Betterment Foundation. The attorney was also just leaving, and at the last moment found it necessary for me to execute several documents which he had brought in. I was doing this just as you were preparing to leave for the train. I rushed to the train, but after all, had scarcely time to say goodbye.

I wanted the opportunity to tell you how much I enjoyed listening to your address, and to tell you how much the people appreciated it. It was most enlightening, and was greatly enjoyed by the entire audience.

I took my little book along, thinking you might find time to peep into it while on the train.

46 Westwood Avenue,  
St. John Harvey Kellogg, M.D., Timperley,  
the Battle Creek Sanitarium, Altrincham,  
Battle Creek, U.S.A. Cheshire,  
England.

Dear Sir,

17/10/36.

Many thanks for your letter of the 5<sup>th</sup> inst. It is very kind of you sending me the several copies of your journal "Good Health" containing your series of articles on changing the intestinal flora. I await with much interest their receipt.

Meanwhile, I am writing at once to save time, as I am startled to read your following remarks: "Milk is not a favourable medium for the culture of *Lactobacillus bifidus-acidophilus*. Acidophilus milk is generally considered a failure in this country". I am somewhat anxious about this, as I have just spent most of my savings in fitting up a small laboratory with a view to making this product, from Professor Rettger's culture, for sale. Your letter suggests, however, that I shall be producing something which is about to be superseded by something much better. If the journals you are permitting do not explain the reasons on which the above remarks are based, please indicate where the subject is dealt with.

Perhaps such failure is partly due to much of the acidophilus milk offered on your market being seriously lacking in viability and percentage purity? There is no doubt that viability and purity are of paramount importance in such a product. In regard to this I may say that a sample of my make has been tested in the above respects by Dr. Eric Biddle the Physician in charge of the East Suffolk and Ipswich Hospital, Ipswich, Suffolk, and his report was very favourable.

Dr. Biddle has experimented with acidophilus milk and frequently prescribes it. He tells me he has cured colic disease with it. This appears to be new, as I have not seen it mentioned elsewhere, but he has not published anything thereon.

It goes almost without saying that I am exceedingly interested in all you say regarding your new type of acidophilus. Naturally also, I am very anxious to know if you would be willing to supply me with a culture of it, and information how to propagate it. I would, of course, be very willing to pay you for it and I shall consider it a great favour if you will be so kind.

Yours sincerely,  
John W. Lonsdale



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R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

# WESTERN UNION

**SYMBOLS**

DL = Day Letter

(42) = Night Message

= Night Letter

LC = Deferred Cable

NLT = Cable Night Letter

Ship Radiogram

The 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

1936 OCT 17 PM 2 47

Z102 12 COLLECT=RICHMOND IND 17 114P

JOHN HARVEY KELLOGG=

KELLOGGS SANATARIUM

I AM UNABLE TO COME BEEN VERY ILL WILL WRITE LATER=

LOUISE BURKHART.

1020 Wood Avenue,  
Muskegon, Michigan,  
October 17, 1936.

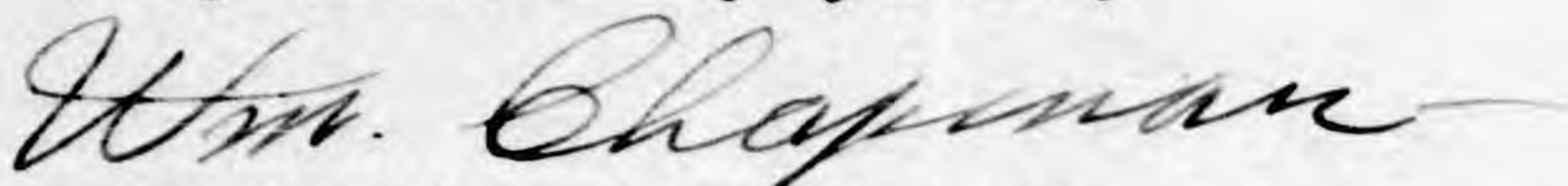
Dr. Walter Martin,  
Battle Creek Sanitarium,  
Battle Creek, Michigan.

My dear Dr. Martin:

Thank you for the letter of invitation to the banquet for Dr. Kellogg. I surely would be with you if I were not so far away, or even if duties did not keep me here. I hope the great and worthy event will be all that you hope for in every conceivable manner. I wish Dr. Kellogg many more years of useful service, he surely has been a blessing to thousands of men, women and children. God has surely used him in a most wonderful way.

My personal regards to you. I miss seeing you and the other men of the Kiwanis Club. There is a good club here but it is not the Battle Creek Club. Some day I may be able to visit you.

Very sincerely yours,



Rev. William Chapman.

GIFFORD PINCHOT  
MILFORD PIKE CO PA

*Mrs. Butler*  
October 19, 1936.

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

Dear Doctor Kellogg:

I can't refrain from dropping you a line on my return to say how immensely I enjoyed my visit with you; and I greatly appreciated your courtesy. My stop at the Sanitarium was beyond all question the pleasantest episode in my whole trip, and the one which I shall longest and most pleasantly remember.

Thank you, too, a thousand times for what you wrote in the book you were good enough to give me, and for your coming down to hand it to me on the train. I certainly did appreciate that too.

Mrs. Pinchot and I are counting on getting down to Miami when the campaign is over. I am sure it will be an excellent thing for both of us.

Faithfully yours,

*Gifford Pinchot*

# Smith G. Young

Dealer in all kinds of City and Farm Properties

1906 OLDS TOWER BUILDING

Lansing, Michigan

October 19, 1936

Walter F. Martin, M.D.  
C/o Battle Creek Sanatorium  
Battle Creek, Michigan

Dear Mr. Martin:

Your kind letter of October 15 received on my return from Kalamazoo College Saturday.

I regret very much that I will be unable to attend the splendid meeting you are having in honor of Dr. Kellogg. I must leave at once for Detroit to attend the Michigan Baptist convention which will be in session for the next three days.

I know Dr. Kellogg well, and I respect him most highly for the good work he has been able to render. He is one of the choice men of our country. It is certainly a great disappointment to me that I will be unable to be with you.

Wishing every success for the meeting and the splendid cooperation I know you will have, I remain

Very truly yours,

*Smith G. Young*

SMITH G. YOUNG A.P.

SGY:ap

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# WESTERN UNION

(47)

R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. G. WILLEVER  
FIRST VICE-PRESIDENT

**SYMBOLS**

- 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 5118 1936 OCT 19 PM 7 47

C115 32= WY CHICAGO ILL 19 72 0P

DOCTOR JOHN HARVEY KELLOGG=

SANITARIUM

HAVING BEEN SO CLOSELY ASSOCIATED WITH YOU FOR TWENTY FIVE YEARS WE JOIN IN HEARTIEST CONGRATULATIONS ON THIS IMPORTANT OCCASION AND DEVOUTLY HOPE FOR YOUR CONTINUED HEALTH FOR THE BENEFIT OF MANKIND=

JAMES T AND HELENA M CASE.

## CLASS OF SERVICE

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# WESTERN UNION (30)

R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

## SIGNS

DL = Day Letter

NM = Night Message

NL = Night Letter

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NLT = Cable Night Letter

Ship Radiogram

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

Received at

1936 OCT 19 PM 3 31

Z124 106 DL=LANSING MICH OCT 19 310P

DR JOHN HARVEY KELLOGG=

BATTLECREEK SANITARIUM

DEAR DOCTOR I WAS PLANNING TO BE AMONG THOSE PRESENT TONIGHT TO FELICITATE YOU UPON YOUR SIXTY YEARS OF SERVICE TO THE SANITARIUM BUT JUDGE NEIL REID GRAND MASTER OF MICHIGAN MASONS HAS CALLED A MEETING OF THE MASONIC ORPHANAGE COMMITTEE FOR TONIGHT AND AS I AM A MEMBER OF THAT COMMITTEE I MUST BE PRESENT STOP I THEREFORE TAKE THIS MEANS OF CONGRATULATING YOU AND THE SANITARIUM AND I ASSURE YOU THAT THIS GREETING IS JUST AS SINCERE AS IF I WERE PRESENT PERSONALLY STOP MAY YOU LIVE FOR MANY YEARS TO CARRY ON THE GOOD WORK THAT HAS MEANT SO MUCH TO SUFFERING HUMANITY=

JAMES G FREY.

## CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable sign above or preceding the address.

# WESTERN UNION

R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. C. WILLEVER  
FIRST VICE-PRESIDENT

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Ship Radiogram

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

**Received at**

Z62 69 DL 5 EXTRA=HO ANNARBOR MICH 19 1122A

1936 OCT 19 AM 11 51

DR W F MARTIN=

BATTLECREEK SANITARIUM

I DEEPLY REGRET THAT MATTERS WHICH CANNOT BE SET ASIDE PREVENT MY JOINING YOU IN PERSON IN PAYING TRIBUTE TO YOUR DISTINGUISHED GUEST THIS EVENING MAY I ADD MY APPRECIATION AND THAT OF MY COLLEAGUES AT THE UNIVERSITY TO THAT GREAT NUMBER OF BOTH THE PROFESSION AND THE PUBLIC WHO HAVE BEEN BENEFICIARIES OF DR KELLOGGS SIXTY YEARS OF DEVOTED PERSONAL AND PROFESSIONAL SERVICE=

JAMES D BRUCE MD VICE PRESIDENT IN CHARGE OF  
UNIVERSITY RELATIONS UNIVERSITY OF MICHIGAN.

**CLASS OF SERVICE**

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN UNION

(29)

R. B. WHITE  
PRESIDENT

NEWCOMB CARLTON  
CHAIRMAN OF THE BOARD

J. G. WILLEVER  
FIRST VICE-PRESIDENT

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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

1936 OCT 19 PM 5 32

Z161 62=LANSING MICH 19 514P

DR JOHN HARVEY KELLOGG=

SANITARIUM

STATE REPRESENTATIVE JAMES G FREY INFORMS ME THAT THE CITIZENS OF BATTLECREEK ARE MEETING TONIGHT TO CELEBRATE YOUR SIXTY YEARS WITH THE BATTLECREEK SANITARIUM STOP THE WORLD WIDE REPUTATION OF THIS INSTITUTION REFLECTS THE GOOD WHICH YOU HAVE DONE FOR HUMANITY STOP MAY I JOIN WITH YOUR MANY FRIENDS IN EXTENDING MY PERSONAL CONGRATULATIONS AND OFFICIAL GREETINGS OF THE PEOPLE OF MICHIGAN=

FRANK D FITZGERALD.





Z50 10=NORTHBAY ONT 19 1040A

DR JOHN H KELLOGG=

CARE DR WALTER F MARTIN BATTLECREEK SAN

DIONNE QUINTUPLETS JOIN WITH ME IN SINCERE AND HEARTY  
CONGRATULATIONS=

DR A R DAFOE.

# RESOLUTION

---

Battle Creek, Michigan October 19 1936

**Resolved by the Commission of the City of Battle Creek:**

That congratulations be tendered Doctor John Harvey Kellogg, on this sixtieth anniversary of service with the Battle Creek Sanitarium, and appreciation for his great gifts to mankind in the development of medical and surgical science and the large part he has played in the progress of our city.

Ayes; Commissioners; Genebach, Kulp, Reid, McAuliffe.  
Mayor Murphy.

Charles H. Giles  
721 Post Building  
Battle Creek, Michigan

October 19, 1936

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

My dear Doctor:—

May I join your other friends in congratulating you on your long and successful career as an health educator?

On September 5, 1876, I arrived with my mother from New York State at the old Health Reform Institute just as the photographer was leaving after taking a picture of the staff and patients on the tenth anniversary of the starting of the institute. An earlier arrival might have placed us in the published picture.

When you took charge in October, I had been working there for my room and board for some weeks while attending the College. I used to take the patients riding in the old "ark."

I earned my first dollar by working with hammer and saw in the building of the first Sanitarium in the summer of 1877.

Later, as an apprentice in the Review and Herald, I handled your copy for the Health Reformer and for several of your books.

In 1897 an operation performed by you cured me of an ailment of twenty years' standing.

I shall be 78 next month, and I owe my present health very largely to my observing the health principles which you have taught for so many years.

I wish you many more years of usefulness in your chosen work.

Very sincerely yours,

  
Charles H. Giles

P. S.—It may interest you to learn that I have a letter written by G. H. Bell to his daughter, Eva, which is dated as follows:—

"Health Institute, Battle Creek, Mich.  
Thursday Evening, Dec. 12th, 1866."



October 20, 1936

Mr. D. L. Peterson,  
250 East Ninth,  
Elyria, Ohio.

Dear Sir:

I have your letter of October 12.

The new method of cooking has some advantages in that it preserves all the vitamins and food minerals. There is certainly no harm in it.

As regards aluminum poisoning, I have given this matter careful attention and I have not so far been able to discover any scientific foundation for assuming that injury results from preparing food in aluminum vessels. There is doubtless some aluminum taken into the system, but the same is true of iron. The body seems to have become accustomed to these metals so they may be regarded as non-toxic.

Sincerely yours,

b

# THE SPARKS-WITHINGTON COMPANY

SPARKS-WITHINGTON

JACKSON MICH. U.S.A.

OFFICE OF THE VICE PRESIDENT

October 20, 1936

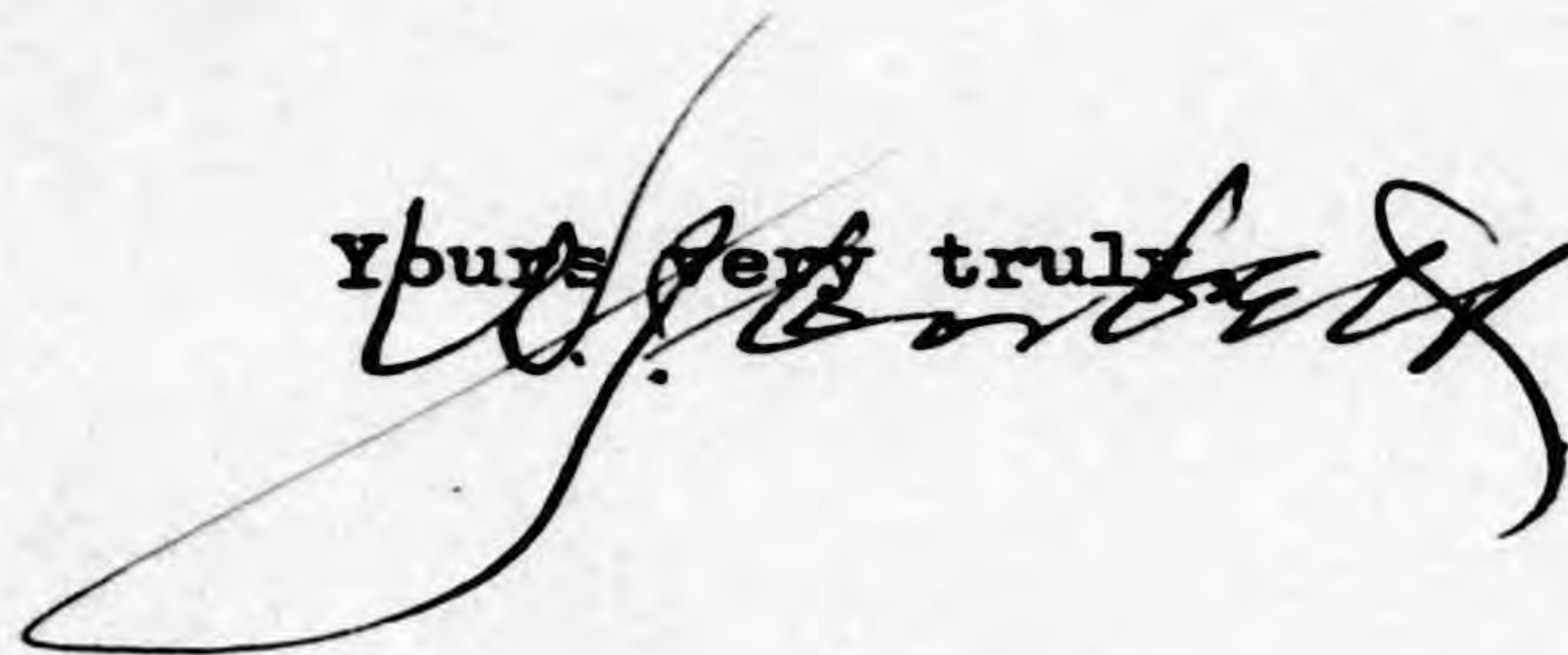
Dr. Walter F. Martin  
c/o Battle Creek Sanitarium  
Battle Creek, Michigan

Dear Doctor:

After being out of the city for several days, I read your letter of October 15 Monday evening too late to consider participating in the testimonial dinner to Dr. Kellogg.

I appreciate very much being remembered and am very sorry I could not attend. Certainly Dr. Kellogg deserves all the recognition and honor we can give him because he has made a wonderful contribution to humanity. I am sure the party went off with great success.

Yours very truly



WJC-cw

October 20, 1936

Mr. Theo J. Werle,  
Michigan Tuberculosis Association,  
535 South Capitol Avenue,  
Lansing, Michigan.

Dear Mr. Werle:

I have your letter of September 23.

I am sorry I shall not be able to attend your meeting October 29th as I am just starting for Florida.

I trust that your work is going on satisfactorily. I am glad that you have made a success of it.

Sincerely yours,

b

# THE SPARKS-WITHINGTON COMPANY



SPARTON

JACKSON MICH. U.S.A.

OFFICE OF THE PRESIDENT-GENERAL MANAGER

October 20, 1936

Dr. Walter F. Martin  
Battle Creek Sanitorium  
Battle Creek, Mich.

Dear Doctor Martin:

Mrs. Sparks telephoned me and said that they had received at the home an invitation for Mr. Sparks to be present at the testimonial dinner for Doctor Kellogg; and she asked me to write you as to why you did not hear from Mr. Sparks.

On September 29, he sailed for Europe, and is at present in Paris, where he will remain until about the middle of December.

I know how much Mr. Sparks will regret having missed this event, and in his behalf may I thank you for the invitation.

Very sincerely yours,

*Anne L. Scofield*  
Secretary to Mr. Wm. Sparks

ALS

October 21, 1936

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

Dear Mr. Dolliver:

Some time ago you addressed to me a note about the purchase of foods at the factory. I suggested that we would supply you with all the foods you want and take our pay in advertising. I have not had a reply and am not sure that you understood my note. I want you to make use of our foods as freely as you will as I believe the use of our foods will keep the Moon up to the high level as a city newspaper which it has maintained for many years under your management. If you prefer the old arrangement which I understand you made with the Company, it will be perfectly satisfactory, of course.

I also want to express my appreciation of your saying as little as you can about the misdoings of the men who have recently dropped out of the Food Company. All of these men have fine wives and grown up children who should be as much as possible spared from suffering for the misdoings of their fathers.

Enclosed find a little note which I have addressed to my fellow citizens, friends and colleagues. I am sending a copy to both papers. I will be glad if you will make such use of it as you deem proper.

If you and your wife come to Florida this winter be sure



Mr. George B. Delliver, No. 2.

to drop in. We will be pleased to make you our guest for a few days at any time you find it convenient to call.

Very sincerely yours,

October 21, 1936

Mr. A. L. Miller,  
Enquirer-News,  
Battle Creek, Mich.

Dear Mr. Miller:

Enclosed find a little note which I have addressed to my fellow citizens, friends and colleagues. I am sending a copy to both papers. I will be glad if you will make such use of it as you deem proper.

Sincerely yours,

b

P. S. If you and your wife come to Florida this winter be sure to drop in. We will be pleased to make you our guest for a few days at any time you find it convenient to call.

October 21, 1936

Admiral R. C. Byrd,  
9 Brimmer St.,  
Boston, Mass.

My dear Admiral:

I received your telegram and forwarded the articles you desired to have. I hope the shipment reached you promptly. I find the report of your case was sent you some days ago. I am glad to see that the electrocardiographic tracing indicates no very serious changes in your heart. There is some degree of myocardial degeneration, doubtless the result of the CO poisoning to which you were exposed.

Your blood pressure is very fine for a man of your age. The diastolic pressure is particularly favorable. The thorough physical examination you had here I think supplies a dependable basis for a good prognosis. You may look forward with confident expectation of gradual restoration and rejuvenation as a result of meticulous biologic living. The beneficial results you will secure will not be evident immediately but will be gradually built up and become increasingly recognizable as the months and years ago by. You ought to years from now be marvelously better than at present and I see no reason why you should not expect to leave practically all of your disabilities behind.

I hope that you are holding up well in your lecture work. I am leaving for the South in a day or two. I have left instruction at the factory to take good care of your dietetic needs. Do not hesitate to call on me by letter, telegram or telephone at any time I can be of any service to you in your good work in which I am greatly interested.

I hope you will give me an opportunity to entertain you as

**Admiral R. C. Byrd, No. 2.**

**my guest some time during the winter and to give you the benefit of the combined application of correlated physiotherapy thoroughly applied and the unsurpassed Florida climate. November and December, April and May are our very best months.**

**With best wishes, I am**

**Very sincerely yours,**

**b**

# COMMITTEE OF ONE HUNDRED

CLAYTON SEDGWICK COOPER  
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GEORGE ADE  
VICE-PRESIDENT

HARVEY S. FIRESTONE  
VICE-PRESIDENT

CARL G. FISHER  
VICE-PRESIDENT

J. B. FORD  
VICE-PRESIDENT

WEBB JAY  
VICE-PRESIDENT

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE

MIAMI BEACH, FLORIDA

TELEPHONE 6-8887

CHARLES F. KETTERING  
VICE-PRESIDENT

BYRON D. MILLER  
VICE-PRESIDENT

JOSEPH E. WIDENER  
VICE-PRESIDENT

ROBERT W. GIFFORD  
SECRETARY

F. LOWRY WALL  
TREASURER

October 22nd, 1936.

Dr. John Harvey Kellogg,  
Battlecreek, Michigan.

Dear Dr. Kellogg:

I am sure that Mr. Clayton Cooper would be very proud to know that the ideals for which he stood and upon which this Club was founded have been rewarded by the thoughtfulness that prompted the message to me. I conveyed your sympathy to Mrs. Cooper.

Very truly yours,

*Lennie E. Fuller*  
Secretary.

ALF M. LANDON  
GOVERNOR OF KANSAS  
TOPEKA

October 22, 1936.

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

Dear Mr. Kellogg:

Governor Landon has asked me to thank you for the extremely cordial reception which you gave him during his recent visit in Michigan.

He was greatly pleased over the friendliness and enthusiasm of Michigan crowds, and now feels confident that Michigan's electoral vote will be found contributing its quota to the Republican victory in November, which he deems certain.

With best wishes, I am

Very truly yours,

*Willard Mayberry*  
S e c r e t a r y

ms

# COMMITTEE OF ONE HUNDRED

CLAYTON SEDGWICK COOPER  
PRESIDENT

GEORGE ADE  
VICE-PRESIDENT

HARVEY S. FIRESTONE  
VICE-PRESIDENT

CARL G. FISHER  
VICE-PRESIDENT

J. B. FORD  
VICE-PRESIDENT

WEBB JAY  
VICE-PRESIDENT

1673 MICHIGAN AVENUE  
MIAMI BEACH, FLORIDA  
TELEPHONE 5-3827

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

October 23rd, 1936.

TO THE MEMBERS OF THE  
COMMITTEE OF ONE HUNDRED:

For the purpose of administering the affairs of the Committee of One Hundred until such time as a successor to our late President shall be appointed, an Executive Committee was appointed by the chairman of the Board of Governors at a special meeting held Sunday, October 18, 1936.

This Committee consists of George Harrison Phelps, chairman, Thomas J. Pancoast and F. Lowry Wall. They have been instructed to supervise the functions of the association and in accepting the appointment as members of the Executive Committee, they have pledged themselves to follow and uphold the policies which were founded and so ably administered by our late beloved President.

You will receive from time to time the regular notices of meetings as heretofore, with reports of the activities of the association, and it will be the constant endeavor of your Executive Committee to act at all times in the best interests of the members of the Committee of One Hundred.

Faithfully yours,

*George Harrison Phelps*  
George Harrison Phelps,  
Chairman.

*Thomas J. Pancoast*  
Thomas J. Pancoast.

*F. Lowry Wall*  
F. Lowry Wall.

# A LETTER FROM DR. J. H. KELLOGG

Physician Expresses Regret  
On Leaving Battle Creek for  
Winter in South.

## PRAISES HIS COLLEAGUES

(The following letter has been received by the Enquirer and News from Dr. John Harvey Kellogg, who left last week for his sanitarium at Miami, Fla. to spend the winter. On the eve of his departure for the south a testimonial dinner was held for Dr. Kellogg at the Sanitarium, marking his 60 years as head of the Sanitarium.)

To My Fellow Citizens, Friends  
and Colleagues:

In leaving Battle Creek for my enforced winter sojourn in the South, I feel more keenly than ever before how much both myself personally and the Sanitarium are indebted to the fostering friendship of the citizens of Battle Creek and I wish every citizen to know that it is with deep regret that I am compelled to leave this beautiful city which is rarely equalled for its salubrity, its orderliness and the possession of the qualities necessary to make the city a desirable place to live in. I particularly appreciate the friendly attitude of our excellent city papers and the Chamber of Commerce and the physicians and other professional men and wish to make it clear to our citizens that I make no claim to any great achievement that has put my fellow citizens under any sort of obligations to me. Whatever success has been attained by the Battle Creek Sanitarium or whatever benefits the city has derived from the work of the institution must be attributed to its ideals and not to the management; and if the institution succeeded, this, too, is wholly the result of the ideals which it represents and the teamwork of the men and women who compose the organization.

### Thanks His Colleagues

Particularly I appreciate the support which I have received from my many colleagues, especially those who have given 25 or 30, some even 40, and in the case of Dr. Riley, more than 50 years to the work, and especially during the early history of the organization, in the most self-sacrificing way. I ought particularly to mention such men as Dr. Riley whose work in his specialty, nervous diseases, has made him internationally known; and Dr. Mortensen whose excellent work as a heart specialist I heard spoken of by eminent specialists in Vienna at the time of my last visit there.

Dr. Eggleston, who I think has saved more people from the operating table than almost any other man I know of through his skill as a gastric specialist.

Dr. Martin, who numbers among his several specialties that of an expert joy maker and I suspect enjoys more personal friends in the profession and out of it than several of the rest of us put together.

For more than 40 years Dr. Charles E. Stewart has devoted his life to the promotion of the Sanitarium interests and as receiver of the institution has helped to operate it successfully through some of the most trying experiences of its long career.

Dr. Ben Colver, who on the death of Dr. John Byington, one of our most promising specialists, fitted himself to take his place and attained distinction in his specialty not only by his expert execution of highly technical surgical work, but by devising new operations which mark a distinct forward step in the progress of nose surgery. He is now with us again to the great satisfaction of old patients who enjoyed the benefit of his services.

Dr. R. H. Harris, who as a student distinguished himself in passing the rigorous examinations of the Edinburgh medical faculty and became a Fellow of the Royal College of Surgeons the first time trying, a very unusual achievement, after a few years absence is now again with us to the great satisfaction of many of our old fellow citizens as well as a multitude of new ones.

Dr. Paul Roth, our able physiologist, has made through his skill and ingenuity notable contributions to medical progress which have come into universal use by leading medical men not only in this country but abroad.

Dr. Boldyreff, head of our Pavlov experimental laboratory, for many years executive head of the famous laboratory of the world's foremost physiologist, Prof. Ivan Pavlov of Leningrad, Russia, brought to the institution a share of the great renown which his vast researches have won and which have put his name in every medical textbook which deals with the physiology of digestion and the nervous system.

Dr. C. V. Radabaugh, now our senior woman physician, has successfully won a following which rivals that of any our men physicians by her thorough knowledge of and loyalty to the ideals and characteristic features of our Sanitarium work.

In length of service, however, no one rivals Mrs. Mary S. Foy, for so many years head of our nurses' department and for two generations recognized as leader in the physiotherapy type of medical and surgical nursing for which Mrs. Foy has won recognition by able and tactful management.

In the business department Mr. George E. Judd takes precedence for able and long time service.

Among those who have passed on



Mr. M. W. Wentworth will always be remembered for his many brilliant qualities as a leader.

I must not neglect also to mention our charming hostess, Miss Leta Browning, who renders material service in creating a cheerful, optimistic atmosphere which makes every one immediately feel at home and helps to bring them back the next season; Miss Zahn, who has for so many years presided in the receiving department and whose remarkable memory rarely fails to recognize at once each one of the thousands of former patients who return every summer for a Battle Creek outing; Mrs. Montgomery, the genial and highly efficient head of our dining room service, equally remarkable for her quick recognition of returning patients and her ability to make them feel at home.

In the educational department, represented by Battle Creek college, Dr. Leffler's fine leadership and able administration, with the able support of Dr. West, who has made the department of biology a drawing feature of the college; and Miss Ritchie, able successor of Miss Cooper, whose capable service in building up the school of home economics, led the government to place her in charge of the dietetic department of the army hospitals during the war and to send a group of its ablest experts in the ambulance department to study our methods and to take special course of training; Dr. Porter from Stanford university and the University of Chicago where she held enviable positions as a faculty member, but prefers Battle Creek because of her interest in the ideals and principles of the Sanitarium and the college and appreciates the high quality of the community life of our splendid city.

Mr. Sparks has been the leader in the physical education department of the Sanitarium, and Miss Messner is equally capable as head of the department of corrective gymnastics for women; House Manager Aagaard, a natural born boniface, and scores of others equally loyal and capable, each in his own place.

Among those who have passed on and will always be remembered

should be mentioned Dr. Gertrude Johnson, Miss Margaret Hall, universally loved Willie Drever, good Elder Tenney, our beloved pastor for many years, and our able Dr. Stegman who attained high honors in her profession as an eye specialist, and Dr. Lindsey, one of the chief founders of our training school. All these and many others through their loyal service and fine personalities have made the Battle Creek Sanitarium what it is and have helped to lay the foundations on which will stand its future development as an agency for the promotion of human welfare.

I might justly mention among others who by years of loyal service have helped the work forward in our food laboratories, the Good Health Publishing Company and in other capacities, my good friend Henry L. Stegman, a staunch supporter of our ideals and an able contributor to our literature who joined us first as a patient after many years of arduous work as city editor of the New York Herald. I venture also to mention Mr. Jack Haas who recently joined our army of workers as managing head of the Battle Creek Food Company which for many years under my personal supervision has always been regarded by me as an accessory branch of the Sanitarium work. Mr. Haas brings to the food company the fruits of many years' experience as head of a large automobile business and more than 20 years' experience as salesman and manager.

I should also mention Drs. Jeffrey and Norman, my chief lieutenants in the building up, development and management of a sanitarium of like character with the Battle Creek Sanitarium at Miami, Florida.

Nothing of even very ordinary moment could ever have been accomplished here without the teamwork which has been carried on by the leaders whose names I have mentioned and ten thousand others whom memory fails to recall and limited space does not permit to mention.

#### Credits James White

I must not forget to record my indebtedness to a very remarkable

man, a natural born leader of men, James White, a descendant from the first white child born in the colony planted by the Mayflower Pilgrims. A movement started by him through an impulse received from the works of Sylvester Graham, the originator of graham bread, led to the starting of the Health Reform Institute, which, although it failed because of its obsolete methods, was the nucleus from which has grown the broader development of the Battle Creek Sanitarium. Without the encouragement and backing of James White, I should never have ventured to undertake the task of conducting the enterprise, small as it was; and I am sure that my feeling of incompetency for the task was shared by all who knew the pale youth who had acquired his sheep-skin only a few months before. I keenly felt my unfitness, but was stimulated by the confidence placed in me to utmost endeavor to succeed or die in the attempt, and as I was still suffering from the tubercular trouble which deprived me of my left lung, I feel that I owe to a merciful Providence my survival and support during the many arduous years since. That the enterprise started under so unfavorable auspices did not fail as was predicted and expected by most of its friends was undoubtedly due to the fact that the time had come when the world was ready for a new development in curative methods. I cannot take credit for conceiving and carrying to completion a great project. I saw only the beginning of a new idea, was put on board, so to speak, and have come along with it and watched its development.

To all these I owe a deep debt of gratitude for loyal support and sympathetic and appreciative cooperation, and when in the not distant future Old Father Time or some accident or emergency shall remove me from the work which I have loved better than my life and to the upbuilding of which I have devoted my utmost efforts and energy, I hope and pray that the ideals and standards of wholesome and scientific living which have

been here erected may be loyally maintained and supported and that the atmosphere of kindness and sympathy for the unfortunate victims of disease and misery may continue and that the institution may stand as a great lighthouse sending forth illuminating rays to brighten dark places and gloomy homes and that the Battle Creek Sanitarium shall ever be known as "a house by the side of the road" where suffering ones may find succor and the weary and despondent rest and peace and sunshine.—Dr. John Harvey Kellogg.

xx

# Dr. Kellogg Voices Regret Over Being Forced To Leave City During Winter Months

Reiterating his statement that whatever success has been attained by the Sanitarium or whatever benefit the community has derived from its work must be attributed to its ideals and not to the management, Dr. John Harvey Kellogg, in leaving for the south last week took occasion to express his appreciation of the friendship displayed by the people of Battle Creek toward himself and the institution.

Dr. Kellogg left last week on his "enforced winter sojourn in the south," where he will supervise the work of his southern health resort, Miami-Battle Creek at Miami Springs, Fla., until returning here in June.

On taking his departure Dr. Kellogg declared that: "I feel more keenly than ever before how much both myself personally and the Sanitarium are indebted to the fostering friendship of the citizens of Battle Creek, and I wish every citizen to know that it is with deep regret that I am compelled to leave this beautiful city, which is rarely equalled for salubrity, orderliness and the possession of the qualities necessary to make the city a desirable place to live in." Adding to this his appreciation to the organizations and individuals who honored him at a testimonial dinner Monday night, Dr. Kellogg declared that he desired to make it clear that he has no claim to any great achievement which would put his fellow citizens under any sort of obligation to him.

Dr. Kellogg, in reviewing the development of the Sanitarium, recalled that it was the inspiration which he received from James White, founder of the Health Reform Institute, that led him to undertake the task of conducting this health enterprise. "Although it failed because of its obsolete methods," Dr. Kellogg commented in referring to the Health Reform Institute, "it was the nucleus from which has grown the Battle Creek Sanitarium."

"Without the encouragement and backing of James White," Dr. Kellogg continued, "I should never have ventured to undertake the task of conducting the enterprise, small as it was. I am sure that my feeling of incompetency for the task was shared by all who knew the pale youth who had ac-

quired his sheepskin only a few months before. I keenly felt my unfitness, but was stimulated by the confidence placed in me to utmost endeavor to succeed or die in the attempt. I was still suffering from the tubercular trouble which deprived me of my left lung. I feel that I owe to a merciful Providence my survival and support during the many arduous years since. That the enterprise started under so unfavorable auspices did not fail, as was predicted and expected by most of its friends, was undoubtedly due to the fact that the time had come when the world was ready for a new development in curative methods. I cannot give credit for conceiving and carrying to completion a great project. I saw only the beginning of a new idea, was put on board, so to speak, and have come along with it and watched its development."

"When in the not too distant future," Dr. Kellogg added "Old Father Time or some accident or emergency shall remove me from the work which I have loved better than my life and to the upbuilding of which I have devoted my utmost efforts and energy, I hope and pray that the ideals and standards of wholesome and scientific living which have been erected may be loyally maintained and supported; that the atmosphere of kindness and sympathy for the unfortunate victims of disease and misery may continue; that the institution may stand as a great lighthouse sending forth illuminating rays to brighten dark places and gloomy homes, and that the Battle Creek Sanitarium shall ever be known as 'a house by the side of the road' where suffering ones may find succor and the weary and despondent rest in peace and sunshine."

## "Y" LISTS THREE NOVEMBER EVENTS

On the Y. W. C. A. calendar for the month of November are listed three major association events, including a benefit bridge, observance of World Fellowship Week and a marionette show.

The bridge party will be held the evening of November 4 at the association building, and the committee in charge includes Mrs. W.

Oct. 25, 1936

GIFFORD PINCHOT  
MILFORD PIKE CO PA

October 26, 1936.

Dr. John Harvey Kellogg,  
Battle Creek,  
Michigan.

Dear Doctor Kellogg:

Hearty thanks for yours of October 17,  
which would have been answered earlier had  
I not been away campaigning.

I certainly did appreciate your coming  
down to the train, and I shall read your  
book from cover to cover.

When are you going to be in Miami?  
I was thinking about coming down about  
November 20, and I think Amos will come  
too. Do you expect to be there then?

I am not doing so badly for an old  
fellow after all. Last Thursday I made  
nine speeches in a campaign day of fourteen  
hours and felt like a fighting cock the  
next morning.

With all good wishes and highest ap-  
preciation,

Faithfully yours,

*Gifford Pinchot*

Received at Main Office  
CENTRAL NATIONAL BANK TOWER  
11 North McCamly St.  
Telephone 6101  
BATTLE CREEK, MICH.

STANDARD TIME  
INDICATED ON THIS MESSAGE

# Postal Telegraph

THE INTERNATIONAL SYSTEM



This is a full rate Telegram, Cablegram or Radiogram unless otherwise indicated by signal in the check or in the address.

DL	DAY LETTER
NL	NIGHT LETTER
NM	NIGHT MESSAGE
LCO	DEFERRED CABLE
NLT	NIGHT CABLE LETTER
	RADIOGRAM

Form 16

C4 34 NL=SPRINGFIELD MO 26

DR HARVEY KELLOGG=

BATTLECREEK MICH=

1936 OCT 27 AM 9 04

*Called Food Co at once  
a. F. B.*

WILL SPEND WEDNESDAY HOTEL ROBIDOUX STJOSEPH MISSOURI SEND MILK  
IF IT CAN BE DELIVERED THERE THAT DAY OTHERWISE EXPRESS TO ROCHESTER  
MINNESOTA I WILL CALL AT EXPRESS OFFICE ALSO SEND SOME SOVITA  
TABLETS REGARDS=

R E BYRD.

Telephone Your Telegrams to Postal Telegraph

## CLASS OF SERVICE DESIRED

TELEGRAM	
DAY LETTER	
NIGHT MESSAGE	
NIGHT LETTER	

Patrons should mark an X opposite the class of service desired; OTHERWISE THE MESSAGE WILL BE TRANSMITTED AS A FULL-RATE TELEGRAM

# WESTERN UNION



# TELEGRAM

NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

NO. CASH OR CHG

CHECK

TIME FILED

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

OCT. 31 1936

To HON. GIFFORD PINCHOT

Street and No. (or Telephone Number) MILFORD, PIKE COUNTY, PA.

Place

YOUR LETTER JUST RECEIVED. I AM HERE AT MIAMI WAITING FOR YOU.

GLAD YOUR BROTHER AMOS IS COMING AND GREATLY ANTICIPATE THE

PLEASURE OF MEETING MRS. PINCHOT. EVERYTHING IS LOVELY HERE.

REGULAR JUNE WEATHER. BRING SUMMER CLOTHES. EXPECT YOU TO

WALK BACK FIVE YEARS.

JOHN HARVEY KELLOGG

B

SENDER'S ADDRESS  
FOR REFERENCE

SENDER'S TELE-  
PHONE NUMBER



The  
**Battle Creek Moon-Journal**

**Battle Creek, Michigan**

**October 29, 1936.**

**GEORGE B. DOLLIVER**  
PRESIDENT AND MANAGING EDITOR

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

**Dear Dr. Kellogg:**

Following your recent suggestion, I arranged to get my supply of Battle Creek Food Company products at the factory, the cost to be taken out in advertising at the pleasure of the management. I believe the plan will work satisfactorily. Regarding the mis-doings of the men recently dropped by your company, I would say that we handled the news story very carefully, and I am glad that it was satisfactory to you.

It is probable that Mrs. Dolliver and I will visit Miami in December, and I will, of course, pay your very interesting institution a call.

With best wishes, I am

Sincerely yours,

*George B. Dolliver*

GBD:BC

# THE AMERICAN PUBLIC HEALTH ASSOCIATION

50 WEST 50th STREET • NEW YORK, N. Y.

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CARL E. BUCK, Dr.P.H.  
*Field Director*

REGINALD M. ATWATER, M.D.  
*Executive Secretary*

October 31, 1936

Dr. John Harvey Kellogg,  
Miami Springs,  
Florida.

My dear Dr. Kellogg:

In Dr. Atwater's absence from the office I am replying to your letter dated October 28th.

Dr. Atwater picked up your certificate at the banquet to avoid its being lost in the general confusion. I brought it back to New York with me and had it mailed to you yesterday. I do hope that it reaches you safely.

We were all delighted that you attended the banquet to receive your certificate and we hope that you enjoyed the ceremony.

I appreciate your thoughtfulness in offering to pay the postage incurred in mailing the certificate but it is not at all necessary that you do this, so I am returning the check to you with thanks.

Very sincerely yours,

  
Elsie A. Siemer, Secretary  
Committee on Fellowship and Membership

SIXTY-FIFTH ANNUAL MEETING — NEW ORLEANS, LA. — OCTOBER 20-23, 1936

The American Journal of Public Health is the Official Publication of this Association

October 31, 1936.

Mr. John M. Lonsdale,  
46 Westwood Ave.,  
Altrincham,  
Cheshire, England.

Dear Sir:

Yours of October 17 has just reached me here at my winter headquarters.

I first obtained the organism *bifidus acidophilus* from Dr. Tissier, of the Pasteur Institute, in 1912, and have been making use of it ever since. A report from the laboratory that made the culture for me, a short time ago showed that between 1912 and 1935, we had received from the laboratory over 28,000 gallons of the culture.

Dr. Tissier informed me that he could not make the organism grow in milk. My laboratory succeeded, however, after some months in making it grow in the whey of milk, with the addition of peptone, and later, a type of *acidophilus* was developed by making 25 or 30 transfers which grew quite well in milk.

The trouble is, it seems to me, that the long process of adapting the organism to a cow's milk medium, denatures it so that it doesn't do well when attempts are made to reimplant it.

The new type, Soy *Acidophilus*, is easily developed by planting the organism in soy milk under exacting laboratory conditions. It starts off a vigorous growth at once.

The clinical results obtained by the use of the soy *acidophilus* type appear to be much better than those obtained from the dairy milk cultures, and the count is very much higher.

It is easy to obtain cultures with a count of four or five billions per cc., which certainly is not often obtained with cow's milk.

There is no doubt that when the organism *bifidus acidophilus* is carefully cultivated under most favorable conditions, in



Mr. John M. Lonsdale - Page 2

cow's milk, and used in sufficient quantity and in an efficient manner, excellent results are obtainable.

I wonder if you have seen Prof. Rettger's last book about "Acidophilus?" If not, you certainly ought to have it. You will see that Rettger recognized the difficulty to which I have called his attention.

Now that you have made arrangement for making and introducing the acidophilus milk in connection with Dr. Rettger, I would advise you to proceed with your matured plans.

Soy Acidophilus is new and has not as yet the prestige behind it that acidophilus milk has.

With efficient management, I see no reason why your enterprise should not meet with success, especially as you seem to be the pioneer of acidophilus therapy in Great Britain.

You will find it highly advantageous to make use of Lacto-Dextrin in connection with your product. I happened upon this combination as the best means of promoting the growth of acidophilus in the body, and it has proved very successful in this country.

The organisms have to be especially fed to make any material headway in changing the flora; that is, feeding the culture alone is inefficient. Lactose or Achroo-Dextrin in some form must be added. Both together succeed best.

Very truly yours,

P. S. Selfridge has the London agency for Lacto-Dextrin in London.

B

EPIDEMIOLOGY  
INDUSTRIAL HYGIENE  
PUBLIC HEALTH ADMINISTRATION  
SANITARY SCIENCE

**Columbia University**  
**College of Physicians and Surgeons**

630 WEST 168<sup>TH</sup> STREET, NEW YORK

INSTITUTE OF PUBLIC HEALTH

November 2, 1936.

Dr. John Harvey Kellogg  
Battle Creek, Michigan.

Dear Dr. Kellogg

Your are courageous and optimistic as ever, and I appreciate deeply your complimentary suggestion of my capacities. If Governor Landon is elected he will doubtless be advised that the opinion of the American Medical Association and the American Public Health Association will be a necessary preliminary to any public support for a Cabinet officer and a consolidated federal health service.

I entirely agree with you as to the desirability of a Secretary of Health and such a service for the Nation. In England the Minister of Health is always a layman and also in Canada. I can think of a dozen reasons why I would probably not be considered for such a position, but I shall vote for Landon.

With best wishes for your health, I am

Sincerely yours,

*Haven Emerson*  
Haven Emerson, M.D.

# Battle Creek College

BATTLE CREEK, MICHIGAN

November 2, 1936



In an age when women are invading fields dominated by men, Charles Alcorn, of Indianapolis, is turning the tables on the fair sex by entering the field of hospital dietetics. The only man to receive a Bachelor of Science degree in food and nutrition at Battle Creek College, Alcorn recently was accepted as student dietitian at Grasslands Hospital, Valhalla, N. Y. He was an outstanding track man and president of the senior class of 1935.

\* \* \*

John Harvey Kellogg  
Miami-Battle Creek  
Springs, Florida

My dear Dr. Kellogg:

I don't know whether by any chance you saw the enclosed clipping from the Free Press of last Friday. I thought you would be interested in it. We are trying our best to get as many notices of this kind into the papers as possible, so as to keep the name of the college before the public.

Sincerely yours,

  
Emil Leffler

l:s

# Battle Creek College

BATTLE CREEK, MICHIGAN

OFFICE OF THE  
PRESIDENT

November 2, 1936

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

My dear Dr. Kellogg:

I don't know whether by any chance you saw the enclosed clipping from the Free Press of last Friday. I thought you would be interested in it. We are trying our best to get as many notices of this kind into the papers as possible, so as to keep the name of the college before the public.

Sincerely yours,

  
Earl Leffler

l:s

**WAYNE COUNTY MEDICAL SOCIETY**

**4421 WOODWARD at CANFIELD**

**DETROIT**

**8**

November 4, 1936.

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

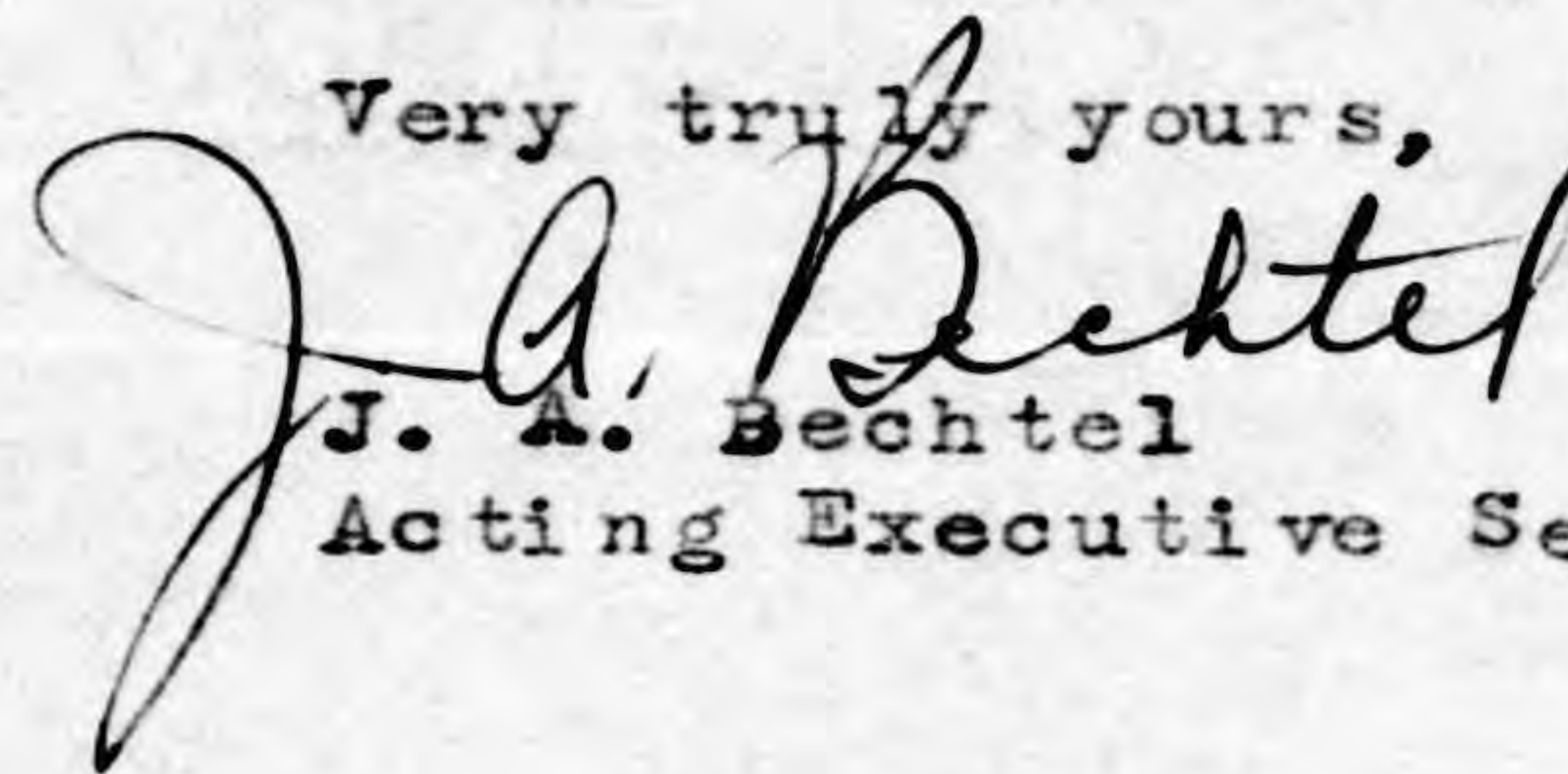
Dear Dr. Kellogg:

We have been indirectly advised that the Battle Creek Sanitarium has used an apparatus for weight reduction alleged to be manufactured by the Battle Creek Equipment Company, called an Automatic Exerciser which is run on the interrupted Sinusoidal Current principle.

Would you be so kind as to advise us whether or not you use a machine of this type and what your impressions and advice to us would be relative to answering inquiries from physicians about its use?

Your kind assistance will be greatly appreciated and we urge you to call upon us whenever we may reciprocate.

Very truly yours,



J. A. Bechtel  
Acting Executive Secretary.

TEmples 1-6400

W. C. M. S. Executive Offices

Medical Service Bureau

Medical Dental Bureau

W. C. M. S. Club and Dining Rooms

# PROCESS ENGINEERING

TRADE MARK

MEMORANDUM

BY

M. G. MERRITT

Battle Creek, Michigan  
November 4, 1936

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

Dear Dr. Kellogg:

Permit me to thank you personally for your from-the-heart remarks at your recent dinner. The Society of Friends background in your make-up so handsomely came to the front. The acknowledgment of the wee small voice always sounds so wholesome.

This much by way of introduction, and I will proceed to uncover a confidential message, regarding the enclosed printed couplets. They came to my consciousness on a memorable occasion many years ago. Difficult to understand, but I had them put into type for a very limited and private circulation. Your expressions prompt me to send them along herewith.

An explanation is in order and without it the lines are not much. At the time which we call "turn of the century" I was here alone for a few days at the old Quaker homestead that we in the family call "home-house". I spent the evening very much in retrospect. Later in that condition one might call sleep borderland I sensed much of goodness and self. The lines, benediction-like, came as a declaration by the subconscious self. That it was he I did not know for years afterward. And that is the big part of the story. I could have finished awakening at any time, but held on, for I had a suspicion that it was all doings of my own brain. If not, so I argued, there will be a key—something plainly beyond me. Surely enough, it came. But it was then my last word—the signing off signature, slowly pronounced. This new proper noun was clearly beyond me. I had never heard anything like it before.

Then I was able to carefully wake up and put the couplets onto paper. And here it is. Not for me alone, this Fount message, but for all Friends who feel warmly toward it. You will understand that I have cherished it. To me it stands for what a Quaker thinks about it all.

# PROCESS ENGINEERING

TRADE MARK

MEMORANDUM  
BY  
M. G. MERRITT

Page 2.

Years later, you may remember, I had a bad fall, was paralyzed and helpless for four months. But my mind was clear as ever. My caretakers were concerned less the panic should come. I could not move. Not so, I said, I have some nice things to think about. By the hour I dwelt on those lines, let them run through my mind. Helpless and having to be fed, I was very busy in my head. Because the brain was not burdened with motore duties I suppose the mind seemed super-clear. I found I could ask myself questions on matters that these lines would suggest. Then wait, and lo, the answers would come clear and distinct, word by word. Much of this was matter quite superior to myself—wisdom. Gradually I found out that the source of all this wisdom was none other than my old good self. I found I could ask him questions direct, that he was there all the time right in the back of my head, and he would answer in the first person. At least I made it seem that way. In a sort of check-up I found he was all of our times what I had thought I was, that together we made up five-fifths, but that I was only one-fifth.

The wisdom expressed took the form of commentaries on the several couplets in those Fount lines. Indeed I profited. But no word of this passed me to those about. I would be misjudged. So the secret is mine and thine yet.

But there came a time when there was no more of this. I was getting well, normal motor functioning.

So I send you this history. You will probably understand it much better than I do. I pass it along to the Quaker self that also is a hearer to Vivelius.

Sincerely,

*William Guest Merritt*

William Guest Merritt

Address:  
c/o Phoenix Press  
41 N. McCamly St.

## The Fount—

“Deep in the recesses of each soul is the perpetual link through all eternity between the full grown and the seed. The listener who would harken to the note should acknowledge the link on high and silence his mind” while the Fount Speaketh:  
(Voice of the Silence)

### The Fount Speaketh:

I am to thee as if death were not;  
Thou art to me as if life were not.

I am to thee as if others were not;  
Thou art to me as if all were not.

I am to thee as if friends were not;  
Thou art to me as if angels were not.

We are to each other as if distance were not;  
We live in a realm where space is not.

The world is to us as if it were not;  
We are to it as the full grown and the seed.

Growth without thee as if seed were not;  
Blossoms without me as if fruitage were not.

The past without thee as if creation were not;  
The present without thee as if time were not.

The future without thee as if reward were not;  
The sun without thee as if day were not.

The day without thee as if I were not;  
To be present with thee as if worlds were not.

The morrow without thee as if living were not;  
The dawn without thee as if morning were not.

Be patient, as if mind were not;  
I am with thee where thy shadow is not.

What I am thou canst be;  
What I am not thou conceiveth and thou will be.

Rest on me as if thou wert not;  
For I am thy being as if life were not.

—Vivelius  
(I am he who lives.)



GIFFORD PINCHOT  
MILFORD PIKE CO PA

November 4, 1936.

Dr. John Harvey Kellogg,  
M i a m i,  
Florida.

Dear Doctor Kellogg:

Hearty thanks for your telegram of  
October 31, which would have been answered  
sooner had I not been out campaigning.

I was delighted to get it, and I am  
making arrangements to get down to Florida  
just as soon as I can. Probably, how-  
ever, it will not be until almost the  
first of December. But the moment I can  
fix a date, I will write you. I certainly  
do appreciate your kindness in this whole  
matter.

Faithfully yours,

*Gifford Pinchot*

November 8, 1936

Mr. Geo. B. Dolliver,  
The Battle Creek Moon-Journal,  
Battle Creek, Michigan.

Dear friend Dolliver:

I am glad to have your letter of October 29.

I am glad that you and Mrs. Dolliver are coming this way in December. You will find things looking much better than when you were here last year. We have had no hurricane this year and Nature has wiped out all trace of the one we had last year. Things are looking very fine hereabouts. Patients are already coming in and we will before long have a waiting list as we did last year, but probably earlier, so please let us know a few days in advance when to expect you. We have had a waiting list for the last three years and last year it lasted from early in January to the first of April, so I hope you will come early before the crowd gets here.

Sincerely yours,

b

November 8, 1936

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

Dear Dr. Emerson:

I have your letter of November 2.

I am sorry you are not a good Democrat so I could recommend you to Mr. Roosevelt. I can not imagine any reason why any member of the medical profession should feel otherwise than proud to see you at the head of the Health Department of the nation unless it be that the enemies of the Life Extension Institute should stigmatize you because of this connection on account of the recent decision of the State Supreme Court. I am of course much interested to know what effect the decision is going to have upon the work of the institute. I should be most unhappy to see the institute crippled in the good work it is doing, which has been clearly shown to be of very great value to the country in saving human lives. I hope the situation is not serious. If, however, the work of the institute should be interrupted, what it has done and the facts which it has developed can not be forgotten and must lead to the development of some other means by which the worthy aims of the Institute may be attained.

Very sincerely yours,

Kommunehospitalet Aarhus  
Danmark.

DR. DAVID OTTOSEN  
SPECIALIST I KIRURGISKE SYGDOMME  
RØNTGEN OG LYSBEHANDL.

SKODSBORG, d. 11/8 1936.

~~TR. SKODSBORG-SANATORIUM~~ dgl.  
ST. KONGENSG. 36-38  
~~TIRSDAG OG FREDAG KL. 13-14~~

Kommunehospitalet Aarhus,  
Denmark.  
Dear Dr. Kellogg:

I was very happy to receive your letter and I want to bring you my most hearty thanks for all your kindness - I really feel it is more it is loving kindness - and it makes me very happy, and a little proud.

It is with real sadness I have to say no, at least right now! If I only had known this one or two months ago - I would have gone right away. As I have explained to Dr. Stewart, I left Skodsborg

Savotarin March 1. I just can't  
stand it any longer - and I  
don't see how I ever could  
go back to a work among  
the S. D. A. It has been  
a very, very hard experience  
for me to go through, but  
now it is done and the world  
seems greater and brighter to  
me than before - You can't  
put God down in a small  
box and keep him there -  
Thank God, he is the God of  
every body.

Through the friendship of "outside"  
doctors I was so fortunate  
to get a very good job as  
1<sup>st</sup> assistant surgeon (or associate  
surgeon perhaps you call it)  
in one of our best and greatest

**DR. DAVID OTTOSEN**  
**SPECIALIST I KIRURGISKE SYGDOMME**  
**RØNTGEN OG LYSBEHANDL.**

SKODSBORG, d.

**TR. SKODSBORG SANATORIUM dgl.**  
**ST. KONGENSG. 36-38**  
**TIRSDAG OG FREDAG KL. 13-14**

Chineses. I just started here July 1., and I don't see how I could leave it right away. They have shown <sup>me</sup> a special favor, because there were lots of others that wanted the job - and I had to break the contract to go now.

Perhaps - there will be a chance later in a year or two - or even later?

You would not have any difficulty with me going to back to Denmark, because if I should take the job I would stay in U.S.A. for good of course.

Beside my job in the Surg  
department I am Surgeon  
to the Radwin Hospital here  
so I see lots of cancer pts  
and it brings me in contact  
with all new methods of  
x-ray treatments. So I  
really get a very good experience

It is very nice indeed that  
you are having so many patients  
in Battle-Creek now. Of course  
that all would come back  
when the crisis was over -

Dear Dr. Kellogg - I would like  
to have a talk with you.  
During these days of trial in  
Skodsborg, I have often been  
thinking of your kindness.  
My uncle is not in charge of  
Skodsborg Sanitarium any longer -  
and the way they treated him  
made me very sorry but anyway

**DR. DAVID OTTOSEN**  
**SPECIALIST I KIRURGISKE SYGDOMME**  
**RØNTGEN OG LYSBEHANDL.**

**SKODSBORG,**

~~TR. SKODSBORG SANATORIUM dgl.~~  
~~ST. KONGENSEG. 36-38~~  
TIRSDAG OG FREDAG KL. 13-14  
TORSDAG „ 18-19

Please remember me to my  
friends in Brittle-Creek.  
 Hoping you will be able  
to read and understand my  
English. Cordially yours very faithfully  
David Ottosen.



November 8, 1936

Dr. Allan Roy Dafoe,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Dr. Dafoe:

At this late hour I am writing you to thank you for your courtesy in sending me a congratulatory note from yourself and the quintuplets. It was quite a surprise to me as was the banquet itself of which I had not the slightest suspicion until a day or two before. I had to leave almost immediately after the banquet to attend the sixty-fifth meeting of the American Public Health Association of which I happen to be the oldest living member, having joined some fifty-eight years ago. The President insisted on my coming to appear with a half dozen others of old pioneers of public health work in America, perhaps to demonstrate that public health activities promote longevity.

I have been so busy since I reached Florida in opening up my winter sanitarium that this is the first moment I have had an opportunity to write you. It was very kind of you to remember me. I hope your proteges are still doing well.

By the way, I wrote the trustee whose address you gave me and received an answer from him that he had referred my letter to some one else. I have heard nothing further.

I hope my letters are not causing you any inconvenience.

My laboratory is making progress in preparing a dry preparation of soy milk which seems very promising. The difficulty has been to make it

Dr. Allan Roy Dafoe, No. 2.

keep. I hope, however, this problem is at last solved. If I find it is I will send you a sample after a little. I think you will find it interesting.

I shall be sending you shortly a little box of our tropical fruits, some of which I think you will feel it prudent to let the little ladies taste.

Hoping that you and your quints are well and prospering, I remain,  
dear Doctor,

Very sincerely yours,

b

November 10, 1936

Dr. J. A. Bechtel,  
Wayne County Medical Society,  
4421 Woodward Ave.,  
Detroit, Michigan.

Dear Doctor:

Your letter of November 4th has been forwarded to me at this place which I make my winter headquarters.

More than 40 years ago, I discovered an electrical current by means of which painless muscular contractions can be produced automatically and began using it at first for strengthening weak muscles and later as a means of stimulating metabolism and so reducing weight. I found the apparatus quite successful not only as a means of reducing weight but lowering blood pressure by lessening weight and increasing the peripheral circulation.

Studies of the influence of treatment by the apparatus upon metabolism made by Dr. Paul Roth showed that it is possible to maintain for some time a metabolism rate several hundred per cent above the normal. It has proved especially valuable in cases of excessive overweight in which the heart had become so weakened as to prevent active voluntary muscular work. It also proved useful in the case of persons unable to exercise because of cardiac disease, rheumatism and other crippling ailments. I find treatment by the apparatus efficient in appropriate cases and patients enjoy the treatment and they are encouraged by the fact that the weight usually drops from two to four pounds during the treatment. Of course most of the loss consists of perspiration, but nevertheless the heat that induces the perspiration

Dr. J. A. Bechtel, No. 2.

is the result of increased oxidation, which of course involves loss of tissue. The apparatus has been steadily in use at the Battle Creek Sanitarium for 40 years and I also use it with much satisfaction at the Miami Battle Creek.

I have investigated a good many appliances which were claimed to be effective means for reducing weight, but have found none of them really effective or capable of raising the metabolism rate except this apparatus and a similar one devised by Bergonie of France 15 or 20 years after I began use of the method.

Trusting I have given you the information you desire,  
I remain, dear Doctor,

Very sincerely yours,

b

November 10, 1936

Hon. Gifford Pinchot,  
Milford,  
Pike Co., Pa.

My dear Governor:

Your letter of November 4th was duly received and I wired you at once that I have reserved rooms for you and assure you we are looking forward with great anticipation to the honor as well as the pleasure which we shall experience in our efforts to make your stay here as agreeable and profitable as possible.

People are flocking to Florida in droves. We are having delightful weather.

With best wishes, I am

As ever sincerely yours,

b

November 11, 1936

Admiral R. E. Byrd,  
8 Brimmer Street,  
Boston, Mass.

My dear Admiral:

I hear from you every now and then. Some friend of yours to whom you have spoken of my work writes me a letter making inquiries of some sort and so affording me another opportunity for passing along information which I hope will be of service. One correspondent wrote that you thought soy acidophilus milk was doing you a great deal of good. I am sure you will become more and more assured of this the longer you continue to use it. I make use of it myself and quickly discover how much I should lose without it if I happen to discontinue its use for a few days, which seldom happens.

I have written a brief account of your experience with Lacto-Dextrin, a copy of which I will be sending you in a few days. I will be very glad if you will send me a picture which you will be willing to have me use.

I hope you are enduring well the hardships of your campaign and am especially hoping that we shall have the opportunity of entertaining you here in this scenic spot some time during the winter.

I hear from one of Mr. Buchanan's friends that he has gone to England and will probably not return very soon. His tenacity of purpose and discreet management have enabled him to develop a very remarkable work.

I received a day or two ago a letter from ex-Governor Pinchot of Pennsylvania informing me that he and his wife will be with us by the end of the month or sooner. I think he will spend several weeks with us.

Admiral R. E. Byrd, No. 2.

You have probably met him and if you should happen along when he is here, your meeting will be a mutual pleasure I am sure.

With best wishes and great admiration, I am

Sincerely yours,

b

November 12, 1935

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

Dear Dr. Horvath:

I have your letter of November 7.

Thank you very much for calling my attention to  
patent number 1,265,700, a copy of which I shall obtain at  
once.

I am ordering a pound of our flour sent to you.

Sincerely yours,

b



(This letter should be written on a Food Co. letterhead)

November 13, 1936

Hon. David Croll,  
Minister of Public Welfare,  
Parliament Buildings,  
Toronto, Ont.,  
Canada.

Dear Sir:

Under date of September 17th we wrote you concerning the use for publicity purposes the fact that the quintuplets have for the last two years been making use of soy acidophilus milk which we have manufactured and supplied to them. Since that time we have given the matter further consideration and now desire to inquire of you under what conditions pictures of the quintuplets may be used in connection with the sale of soy acidophilus milk, a preparation discovered by us and on which we have been granted patents in both the United States and Canada.

This product has proved so beneficial to the quintuplets and to hundreds of others who have made use of it that we desire to make it more widely available, especially for use by pediatric specialists, both in this and other countries.

The patents referred to have been assigned to the Race Betterment Foundation, an eleemosynary organization, which will be the sole beneficiary of any profit that may accrue from the sale of this product.

Hoping we may hear from you at an early date, we remain

Very sincerely yours,

THE BATTLE CREEK FOOD COMPANY

*John Harvey Kellogg, Pres.*

*6-1-36*  
*11/11*  
*7/22*  
*7/11*

**Columbia University**  
**College of Physicians and Surgeons**

630 WEST 168<sup>TH</sup> STREET, NEW YORK

INSTITUTE OF PUBLIC HEALTH

EPIDEMIOLOGY  
INDUSTRIAL HYGIENE  
PUBLIC HEALTH ADMINISTRATION  
SANITARY SCIENCE

November 13, 1936.

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

Dear Dr. Kellogg:

I am a good enough Democrat for Mr. Roosevelt to consider if any such legislation as you have in mind should go through. I have always enrolled as a member of the National Democratic party, but in New York it is sometimes difficult to vote the Democratic ticket because of the performance of Tammany Hall.

With regard to the Life Extension Institute, I see no reason to doubt its continuation on an increasingly effective scale and I hope within the next few weeks that a physician of eminence will have been selected to lead it in more effective paths, both in clinical work and education in hygiene. Dr. Sykes, as you may know, has been dropped and we are in the active stage of reorganization.

Very sincerely yours,

*Haven Emerson.*  
Haven Emerson, M.D.



*The*  
**BATTLE CREEK SANITARIUM**

**BATTLE CREEK, MICHIGAN**

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

November 13, 1936.

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

Dear Dr. Kellogg:

We have had a note from Mrs. Emma J. Broderick, 615 Indiana,  
Neodesha, Kansas, formerly of Independence, Kansas, who writes  
as follows:

"I spent from Sept. or first of Oct., winter and spring in  
B. C., 1889 at San, also summer of 1887 at Sanitarium. Would  
like to add my congratulations to others to Dr. Kellogg."

Sincerely,

THE BATTLE CREEK SANITARIUM

nm s

November 13, 1936

Mr. William Guest Merritt,  
C/o Phoenix Press,  
41 N. McCamly St.,  
Battle Creek, Mich.

Dear Mr. Merritt:

I received a few days ago, your letter of November 4 enclosing the lines to which you refer, which I have read with much interest and shall read again. You had a very remarkable experience.

I must also thank you for your kind words. The banquet was a great surprise to me. I had no thought of it and no preparation for it. I had been working night and day with only three or five hours sleep for some days and was worn to a frazzle and so made a total failure of my effort to express my appreciation.

I hope that you have fully recovered from your accident and that you are in good health again.

With best wishes and again thanking you, I am

Sincerely yours,

P. S. Some time when I am at home next summer I shall be glad to have a little chat with you about philosophical questions.

GIFFORD PINCHOT  
MILFORD PIKE CO PA

November 14, 1936.

Dr. John Harvey Kellogg,  
The Miami-Battle Creek,  
M i a m i,  
Florida.

Dear Doctor Kellogg:

Hearty thanks for your letter of  
November 10.

I don't know how soon I am going to  
be able to get down to the Miami-Battle  
Creek, but it will be just as soon as  
I can manage it--certainly, unless the  
unexpected happens, shortly before the  
first of December. I am looking forward  
to my visit with you with the greatest  
pleasure, I can assure you.

With every good wish and highest  
appreciation,

Sincerely yours,

*Gifford Pinchot*

November 15, 1936

Elsie A. Siemer, Secretary,  
The American Public Health Association,  
50 West 50th Street,  
New York, N. Y.

Dear Madam:

Thank you very much for your kind note  
of October 31.

It was very good of Dr. Atwater to over-  
look my carelessness. If you are in Miami this  
winter I shall be pleased to entertain you as a  
guest at Miami-Battle Creek.

Again thanking you, I am

Very sincerely yours,

b

WAYNE COUNTY MEDICAL SOCIETY

4421 Woodward at Canfield

DETROIT

November 16, 1936

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

Dear Dr. Kellogg:

We acknowledge with appreciation your good letter of November 10th giving us the description and details of the machine you use as a means of reducing weight. Thank you kindly for your good help.

If at any time we may be of service to you, please do not hesitate to call upon us.

Very sincerely yours,

J. A. Bechtel

Acting Executive Secretary

C O P Y

9 Brimmer Street  
Boston, Massachusetts

17 November 1936

Mr. J. A. Haas,  
Battle Creek Food Company,  
Battle Creek, Michigan

My dear Mr. Haas:

I am most grateful to you for all you have done for me. I hope you don't think that I am too much of a nuisance. Perhaps you know that Dr. Kellogg has undertaken to advise and help me to recover my health. He has been very wonderful to me.

I don't know why some of the acidophilus milk arrived in such bad condition, but the last six bottles that I got in Philadelphia were excellent and I am already feeling the benefit from it.

I am now going to be home here until about the 7th of January so would you mind sending me six bottles once every five days? I sincerely hope that I am not imposing on you in asking this. It, of course, means a lot to me.

Here is a matter that perhaps you would be willing to help me with. The current in this house is direct and we have an oscillator from Dr. Kellogg which runs on indirect current. Is there any way of getting a direct current motor for this oscillator? We found it to be a benefit and would like to use it.

With kindest regards, I am,

Cordially yours,

(Sgd.) R. E. Byrd



Not used

C O P Y

9 BRIMMER STREET  
BOSTON MASSACHUSETTS

18 November 1936

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

My dear Dr. Kellogg:

I have just returned here after my two months lecture tour and find your letter of November 11.

I am sending along a photograph as you request and which I am glad to have you use.

I am afraid it will not be possible for me to get to Florida, at least not before the latter part of the winter, although I should like it very much and greatly appreciate your invitation. I leave here immediately after the Christmas holidays for the West Coast for another lecture tour.

I am continuing the use of the acidophilus milk and am feeling the benefit from it.

I am pretty well swamped with work just now so hope you will excuse this short letter.

With highest admiration and warm regards, I am

Sincerely yours,

R. EL. BYRD

Will probably see you in March.

C O P Y

9 BRIMMER STREET  
BOSTON MASSACHUSETTS

18 November 1936

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

My dear Dr. Kellogg:

I have just returned here after my two months lecture tour and find your letter of November 11.

I am sending along a photograph as you request and which I am glad to have you use.

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I am continuing the use of the acidophilus milk and am feeling the benefit from it.

I am pretty well swamped with work just now so hope you will excuse this short letter.

With highest admiration and warm regards, I am

Sincerely yours,

R. E. BYRD

Will probably see you in March.

November 18, 1936

Hon. Gifford Pinchot,  
Milford,  
Pike Co., Pa.

My dear Governor:

I have your letter of November 14.

I am very glad indeed to hear from you and to know that you are planning to visit us and devoutly hope that nothing will transpire to prevent you from carrying out your plans. Old Father Time is making a savage attack upon you and must be beaten off and driven back as far as possible. He is the one enemy we can not fully master, but we must not let him gain any more vantage ground than he has already secured.

Do not forget that procrastination is the thief of health as well as of time. Do not let your Democratic friends beguile you into a loss of the opportunity for bettering your condition while it is still possible. A few weeks devoted to health building and rejuvenation in the near future will do a lot for you. Most important of all beside making you several years younger is to show you how to hold Old Father Time at bay for a long time to come.

The next quarter of a century is going to be a mighty interesting time. I am sure you are as eager as any man alive to see the outcome of some of the battles that are now being fought and to do your part in the winning of the victories that are to be achieved.

Shall we reserve two rooms for you or three. Patients are already coming in rapidly although the season does not begin until the first of the year.

Hon. Gifford Pinchot, No. 2.

The weather is delightful. We have not had even a suggestion of the blizzards you are having up North and will not have. We will hold rooms for you, but if we do not see you here by December 1st I shall consider the advisability of organizing a Democratic Junta to kidnap you and intern you under my supervision for two or three months. I shall be very happy to cooperate with such a plan at any time it may be launched.

Hoping to receive soon a wire announcing the day and train of your arrival so I may have the pleasure of meeting you, and with best wishes and respects to Mrs. Pinchot, I remain

Sincerely and faithfully yours,

b

*Not used*



YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET  
GUARDIANSHIP

Callander  
Ontario  
Nov. 19  
1936

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

My Dear Doctor:-

I was glad to hear that you had arrived safely in Florida, for another winter.

Your suggestion of a dry preparation of soy milk interests me, and I would be glad to have a sample when you get it worked out.

The quintuplets and I thank you for the tropical fruit which you say you are sending from there.

The little girls join with me in good wishes for a happy and prosperous winter season.

Sincerely yours,

*Allen Roy Dapr*

November 20, 1936

Haven Emerson, M. D.,  
College of Physicians and Surgeons,  
Columbia University,  
New York City.

Dear Dr. Emerson:

I am glad to have your letter of November 13 and to learn that the recent decision of the Supreme Court will not seriously interfere with the work of the Life Extension Institute. I am also glad to know that Dr. Sykes has been dropped. I hope his policies have been dropped also. I shall be pleased to know if any steps have been taken to counteract the damaging influence of his wet policy. I hope you have found the right man to take Dr. Sykes' place.

The institute has an opportunity to do a beneficent work of great importance. It has already accomplished a vast amount of good and with a doctor with the right sort of vision as Director, still more good may be done.

With best wishes and congratulations, I am

Sincerely yours,

November 20, 1938

Mrs. Emma J. Broderick,  
615 Indiana,  
Neodesha, Kansas.

Dear Madam:

Your congratulatory message has been handed to me. Thank you very much for your kind remembrance.

I trust that you are still experiencing the good results of your visit to the Sanitarium. I am sure you would find a return visit most profitable. Great progress has been made since you were there in health promoting ideas and you would find it worth while to make such a visit even though it were a very short one.

Again thanking you, I am

Sincerely yours,

b

**November 21, 1936**

**Miss Gertrude Estill:**

**Doctor wants to send some fruit and two bottles of soy acidophilus milk to Dr. Allan Roy Dafee.**

**A. F. B.**

**b**



2 books sent

November 21, 1936

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

My dear Miss Berry:

Your letter of October 16th was duly received and of course nothing could afford me greater pleasure than to send you a copy of my book for your library, hoping that it may possibly be of some service to you personally. I ordered a copy sent to my room expressly for the purpose of writing my name in it, but unfortunately it was mislaid and your letter in it so that it got piled away with other books and it has just reappeared. I am exceedingly mortified that I have treated a greatly respected friend so shamefully. I must humbly beg pardon for the oversight and trust it may not happen again.

I am delighted to know that your health is better. You are so much needed in the great work that you are carrying on. I do wish you would run down here for a couple of weeks and have a good check up and get up to date on the matter of changing the flora, which is the very best means of combating old age. I never have had a fair chance yet to demonstrate to you what a thorough biologic regimen would do.

I wish you could get our soy acidophilus milk at work in your institution. We are now able to make much better buttermilk than any dairy buttermilk you ever tasted. The largest milk concern of the city here is beginning to manufacture it and I believe it will soon be very popular. It is so much better than buttermilk made from ordinary milk and it has the great advantage that it stops entirely

Miss Martha Berry, No. 2.

intestinal putrefaction and that does more to arrest the old age process than any other one thing that can be done.

Do come down and permit us to entertain you as our honored guest and receive benefit for yourself and your great work.

With very best wishes and great respect and admiration, I remain

Sincerely yours,

b

2

The  
**Battle Creek Moon-Journal**

Battle Creek, Michigan

November 23, 1936.

Dr. J. K. Kellogg,  
Battle Creek, Inc.,  
Miami Springs,  
Miami, Florida.

Dear Dr. Kellogg:

I infer from your letter of November 8 that you have been expecting us to stop at your very interesting institution while in Miami, but our plan is to stay at the Roney-Plaza for the duration of our visit. We will certainly call on you and your associates from Battle Creek, and will probably show up occasionally for meals, in order to keep our systems on the proper Battle Creek plane.

With best wishes, I am

Sincerely yours,

*George B. Dolliver*

GBD:BC



ONTARIO

DEPARTMENT OF PUBLIC WELFARE

OFFICE OF THE MINISTER

Toronto,  
Nov. 23rd,  
1936.

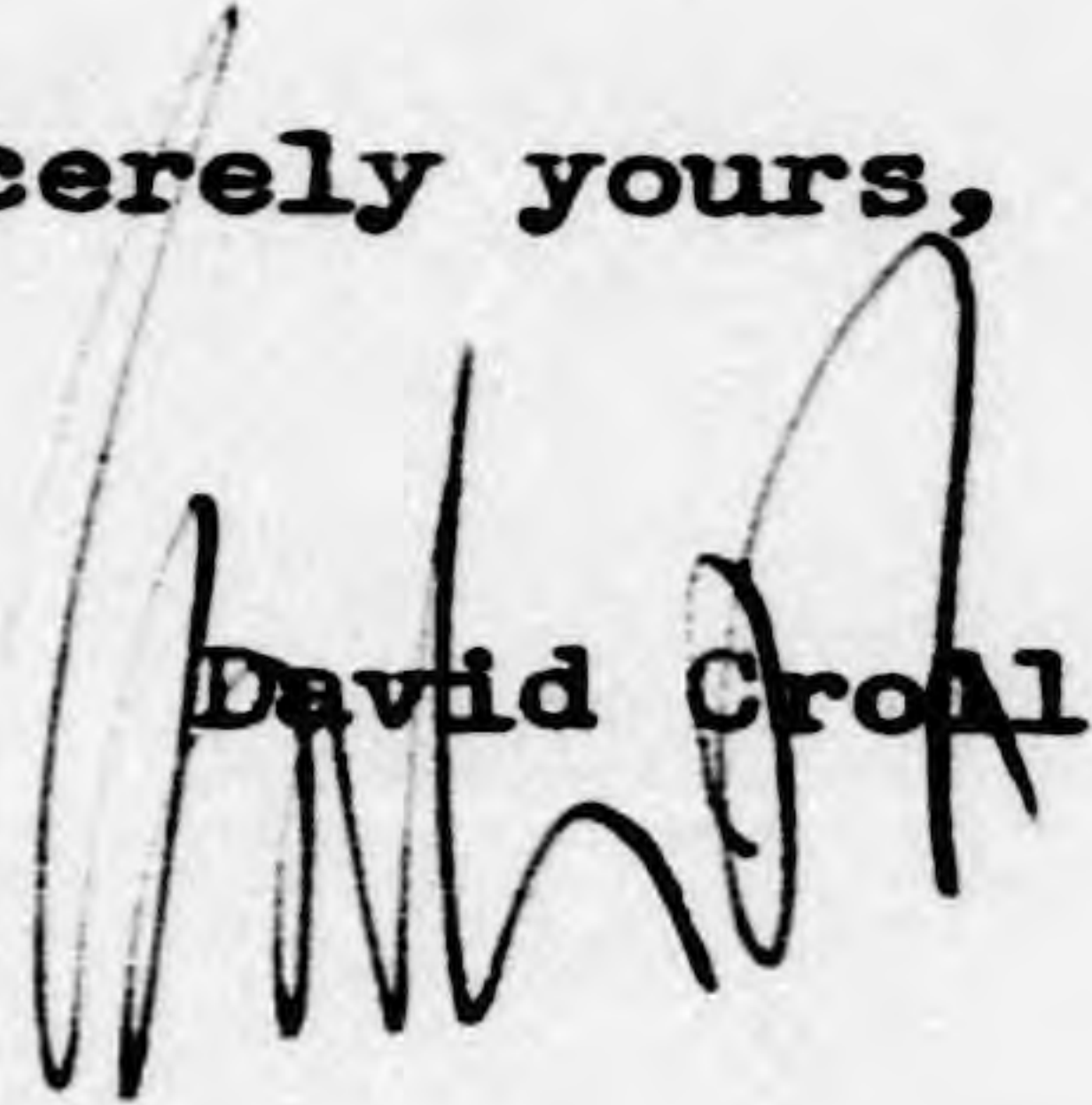
Dr. John Harvey Kellogg,  
President,  
The Battle Creek Food Company,  
Miami Springs, Florida.

Dear Dr. Kellogg:

I beg to acknowledge your letter of November 13th, inquiring under what conditions photographs of the Dionne Quintuplets may be used in connection with the sale of soy acidophilus milk.

We are quite willing to give consideration to an offer from you, but it is not usual for us to indicate what the terms shall be. If you desire to submit an offer, we shall be glad to enter into negotiations.

Sincerely yours,

  
David Croal

November 23, 1936

Admiral R. E. Byrd,  
9 Brimmer Street,  
Boston, Mass.

Dear Admiral:

I am glad you are having a chance to rest at home for a few weeks and that you are prospering in biologic living. The intelligent way in which you are making your experiment will certainly lead you to good results.

I have instructed the factory to take good care of you. We appreciate your cooperation in helping us to educate the people to better ways of eating and showing them the way out of many of their troubles.

The acidophilus problem has been a very difficult one. It has taken me several years to solve it, but I think I have it at last under good control so you will get uniform quality hereafter. Within several months we have had but two or three failures and these were really accidents. The thing that makes the trouble is that yeast sometimes gets in and spoils the product. The greatest vigilance is necessary to prevent this. I hope it will not occur hereafter.

I had a nice letter from Dr. Dafee a day or two ago, a copy of which I am herewith enclosing.

I am sorry to learn that the direct current motor which I ordered sent you was not sent. The manager I had in charge deteriorated and became so incompetent I had to let him go. I have a new man who will, I am sure, do better. I presume by this time the motor has been sent to

Admiral H. E. Byrd, No. 2.

you and it has been received and installed so you can get the full benefit of the oscillator, which is a very excellent piece of apparatus for administering passive exercise. Of course it does not take the place of active exercise such as walking, horseback riding, swimming, etc. Swimming is one of the best of all exercises. Nevertheless, the oscillator is very valuable in promoting circulation, especially in the viscera and as an application for stiff and rheumatic joints. There are two methods of applying it, with a loop and with a single strap. In using the single strap, one end is placed against the body and held firmly in place while the strap is taut. You will soon learn how to apply it in the most effective way. In this method the strap is pressed against the body on the opposite side from the machine.

By the way, did you get my note asking for a picture which might be used for publicity purposes? A photograph of yourself and perhaps one of your ship, if you have one handy, will be very much appreciated.

Always with best regards and great admiration, I am

Sincerely yours,

b

November 24, 1936

Hon. J. W. Murphy,  
The City Hall,  
Battle Creek, Michigan.

My dear Mayor:

Because I was compelled to leave the city the next day after the passage of the kind congratulatory resolution by the City Commission, I have not until this moment found the opportunity to send you this note of appreciation of the courtesy shown me by your Honor and the honorable City Commission of which you are the head.

Beside my sincere thanks for the official recognition given me by your Commission, I wish to express to you my appreciation of the able administration which you and your colleagues have given and are giving the City of Battle Creek. I have heard no word of criticism and many expressions of appreciation of the splendid way in which the civil affairs of the city are conducted.

Again thanking you and with very best wishes, I am

Sincerely and gratefully yours,

b

GIFFORD PINCHOT  
MILFORD PIKE CO PA

November 25, 1936.

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

Dear Doctor Kellogg:

Warmest thanks for yours of  
November 18, which has just reached me  
on my return from the West. I am  
counting on driving down, starting the  
first or second week in December and  
stopping at TVA and Biltmore Forest on  
the way. Just when I can arrive I  
can't tell exactly, but I sure am coming.  
Unfortunately Mrs. Pinchot will not be  
with me, so I will need only one room.

With every good wish,

Faithfully yours,

Gifford Pinchot



November 26, 1936

Dr. Allan Roy Dafee,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Dr. Dafee:

I am glad to have your letter of November 19.

I sent you a box of fruit a few days ago which I hope has reached you by this time. I have been delayed a little in getting off the fruit in an effort to find sweeter oranges. It is difficult to get really sweet fruit at this time of the year. I finally succeeded in getting some fairly sweet fruit grown in the Indian River region. That grown about here is still quite sour. The fruit becomes sweeter as the season advances.

I have all the different kinds of fruit sent you growing in our tropical orchard and a dozen other kinds which do not happen to be ripening at this season. One can pick ripe fruit off the trees every day of the year in this region. More than a hundred tropical fruits are grown here which are not found in other parts of the United States. One man, in fact, has an orchard in which he grows 175 different tropical fruits.

This would be just the place for the quins to grow up. One can live out of doors every day in the year here without extra clothing and without suffering; in fact, we often use electric fans in the winter as well as in the summer. Really, we have no winter here. Flu and pneumonia are practically unknown here. There is a monkey jungle nearby where one can see monkeys scampering about the trees with little ones clinging to their fur.

Dr. Allan Roy Daffoe, No. 2.

This is a wonderful dairy region. Cattle live out of doors entirely the farmers using sheds only for milking.

I am sending you a few of our little circulars to give you something of an idea of our surroundings. Nearly all the trees growing in this region are evergreen, which include several varieties of oaks which are green the whole year. Gardeners raise five crops a year, planting one crop right after another. Trees grow continually and sometimes stretch up as much as 15 feet in a year. Coconuts, pineapples and bananas flourish luxuriantly. The small bananas you will find in the box were cut off a huge bunch growing in our back yard. It is the Cavendish variety. We have a fine large grove of banana plants growing, 16 or 18 feet high, and each of which will bear a big bunch of bananas within 18 months, in the meantime sending up four or five strong shoots, each of which will bear a bunch next year.

The banana should not be eaten until the green color has entirely disappeared and the yellow skin should be well covered with brown spots. Eaten when well ripened in this way, the banana is one of the most digestible of foods. When feeding it to babies, it is best to put it through a colander first so that it becomes a smooth pulp.

The papayas when ripe are soft enough to be easily dented by pressure with the finger like a ripe peach. It is a very delicious fruit when properly ripened. It needs to be thoroughly ripe. Many people here eat the seeds with the idea that they have some medicinal properties, but this is not true. When the fruit is still green, if the skin is scratched, an abundance of white, sticky juice similar to that of the milkweed flows out. This juice contains papayotin which will digest meat. The natives sometimes use it for softening tough meat. When the fruit ripens, this white juice and

Dr. Allan Roy Dafee, No. 3.

also the papayotin disappear. The claims of digestive properties made for the ripe fruit are wholly fictitious. It is only the green fruit that has digestive properties.

I have ordered sent you from Battle Creek a can of the dry soy milk. This milk was made from the first beans that came into the market from the new crop. They were still greenish in color because not quite mature. This gives the milk a slight greenish color. The milk has been delayed a little as we have been testing its keeping properties. That which I received here was all right, and I trust you will find that which reaches you is in good condition. After it is opened, it may acquire within a few weeks a slightly rancid smell. This is not due to bacterial action or fermentation, but to oxidation. However, it spoils the taste.

This will be very good indeed for the infants as an addition to other foods, especially cereals, in proportion of about 10 per cent. The protein of the soy bean is of such superior character that it makes good the deficiencies of the cereal protein which is very deficient in two of the essential amino acids. Sherman demonstrated by experiments on animals and human beings that the percentage named would completely supplement the defects of the cereal protein.

I trust the little folks are doing well. I wish they could have the benefit of our lovely sunshine. I will be sending them a fine box of fruit for Christmas. I suppose you give them at least one orange a day apiece. I trust you are all prospering and that you and the little ones enjoyed a pleasant Thanksgiving. I hardly dare hope my box arrived in time to assist at the celebration.

Sincerely yours,

November 27, 1936

Dr. Allen Roy Dafeo,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Dr. Dafeo:

In my letter of yesterday I did not speak as fully as I should have done about the papaya. This is one of the finest fruits that grows and it may be of great service to the quintuplets because of its richness in vitamins.

Sincerely yours,

b

# THE BERRY SCHOOLS

## TRUSTEES

ROBERT C. ALSTON,  
CHAIRMAN  
J. K. ORR  
S. F. BOYKIN  
JOHN A. SIDLEY  
DR. ALBERT SHAW  
FRANK R. CHAMBERS  
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ESTABLISHED 1902

INCORPORATED 1903

MARTHA BERRY, FOUNDER AND DIRECTOR

CHRISTIAN INDUSTRIAL SCHOOLS FOR  
COUNTRY BOYS AND GIRLS

EXPRESS AND TELEGRAPH OFFICES: ROME, GEORGIA

## TRUSTEES

ROBERT F. MADDOX,  
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MARTHA BERRY  
GEORGE WINSHIP  
DR. H. A. MORGAN  
J. BULOW CAMPBELL  
M. G. KEOWN, ALUMNI  
TRUSTEE

MOUNT BERRY, GEORGIA

November 27, 1936.

Dr. J. H. Kellogg,  
c Miami Battle Creek San.,  
Miami Springs, Florida.

Dear Dr. Kellogg:

Thank you so much for sending the books, and I do appreciate your autograph more than I can tell you. We shall enjoy the books so much and always think of you.

I am hoping to come to Miami this winter and am looking forward to seeing you. I want you to introduce me to some of your friends there. I should love to go to one of your meetings on "The Club of One Hundred" you told us about. Perhaps we might interest some of them to stop and see Berry when they pass this way.

We do appreciate your generous help through the years. You have been such a wonderful friend.

Thanking you again, and with loving greetings from everyone at Berry,

Faithfully yours,



November 27, 1936

**Miss Gertrude Estill:**

**In a recent letter Doctor said he would send the quintuplets a nice box of fruit for Christmas. Perhaps you will have an opportunity to order it.**

**Is it too early to think of Doctor's Christmas card?**

**A. F. B.**

November 27, 1936

**Food Company:**

Please send a can of dried soy milk to Dr. Allan  
Roy Dafoe, The Dionne Quintuplet Guardianship, Callander,  
Ontario, Canada.

J. H. K.

b

November 28, 1936

Admiral R. E. Byrd,  
9 Brimmer Street,  
Boston, Mass.

My dear Admiral:

I have your letter. I am glad to know that we may look forward with confidence to seeing you here in January. I also thank you for the fine picture you sent me and for your kind words. I should like very much to have a picture of that little shack where you spent so many doleful hours. If you have a photo of this you could spare me, I would appreciate it very much.

I hope that you have gotten the oscillator going at last and that it is giving you a little health boost every day.

Gifford Pinchot writes me he will be here early in January sure. I hope you will be here before he leaves.

I am especially writing to you to inquire whether you would not like to address the Committee of One Hundred. There are about 400 members. The Committee represents the intelligent wealth of the country, including such men as Mr. Firestone, Mr. Widener, and the late Cyrus Curtis.

With best wishes and great admiration, I am

Very sincerely yours,



November 27, 1936

Hon. David Croll,  
Office of the Minister,  
Department of Public Welfare,  
Toronto, Canada.

Dear Sir:

I have your letter of November 23.

Soy acidophilus milk is proving such a boon to babies suffering from bowel trouble, I am anxious to make it available to as large a number as possible. The development of this preparation has involved an expense of many thousands of dollars with a very small return. The patents are owned by the Race Betterment Foundation, a purely philanthropic foundation, which will ultimately receive whatever profitable returns there may be.

It is desirable that the price shall be made as low as possible. It is hoped that it may be possible to furnish it to pediatric clinics at a price not exceeding that of ordinary milk and in some cases free or at a nominal rate. In Battle Creek it is already being supplied to some hundreds at ten cents a quart. We hope to interest large milk companies to distribute it along with their regular dairy products.

As the product is new, it is impossible to tell what the future may develop, and it would seem that a royalty arrangement would be the only practical plan. What do you think of a royalty of one-fifth cent per quart? This would amount to a handsome figure if the product should prove as successful as I hope it may and sells into a large volume. I will, of course, take proper

Hon. David Croll, No. 2.

steps to insure correct returns to you of the quantities manufactured and sold. This would amount to two per cent of the lowest price at which the milk is now being sold.

Trusting you will find the proposition satisfactory and hoping to hear from you at your early convenience, I am

Very sincerely yours,

P. S. I was glad to receive from Dr. Dafoe a few days ago an interesting note about the quintuplets whom I am sending a large box of Florida fruit. I presume it is a little difficult to get good oranges and other fruit for them in Canada at this time of the year; in fact, very good oranges are yet quite scarce here as the new crop is not fully ripened yet. However, by a search small lots of good tree ripened oranges can be secured. I succeeded, after some effort, in getting some to send to them. If desired, I will be glad to render any assistance you may desire in securing the very choicest supplies of fruit obtainable. I also sent along a number of other fruits, some of which may be of very great service to the quintuplets because of their great richness in vitamins. I have written Dr. Dafoe about this.

November 30, 1936

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

My dear Miss Berry:

I have your letter of November 27.

I am always glad to hear from you. It recalls the pleasant hours I spent at your home and several delightful meetings with you and the pleasure of seeing your wonderful work.

If you will tell the Committee of One Hundred some of the things I have heard you recount at Battle Creek, I am sure you would enlist their interest and sympathy, so I am glad that you are coming and I will do what I can to secure an opportunity to speak to this very influential Committee, which I am sure would be of great service to your work. Unfortunately my old friend Clayton Cooper died a few weeks ago and so they have a new President of the club and I am not personally acquainted with him, but I will seek an opportunity to meet him and will do my best to open the way for you to meet the club. I know Mr. Firestone very well and Mr. Kress and Mr. Kresge and a good many others.

Very sincerely yours,

b

# NEW YORK UNIVERSITY ALUMNI FUND

100 WASHINGTON SQUARE, NEW YORK CITY



WILLIAM M. PATTERSON  
Chairman

December 1, 1936

Dear Doctor Kellogg:

I am writing to you as one of a limited group of New York University alumni who may be in a position to serve their Alma Mater in the way proposed in this letter.

As you probably know, we have always secured contributions to The Alumni Fund from a favorable number of alumni, but now we wish to crystallize the efforts of those who should logically be the leaders in the work we are doing.

We propose, therefore, that a group of us inaugurate what might be called The Century Club, consisting of alumni who may be willing even at some personal sacrifice, to help the cause to the extent of one hundred dollars or more. It should be realized, of course, that such a contribution would be significant not merely as a testimonial of the donor's own sincere devotion to the University, but also as an instrument of encouragement to others who can give like sums and to thousands more whose lesser contributions, in aggregate, mean so much to us.

I do not know, of course, whether you are at this time in a position to accept this invitation to membership in The Century Club. And while I do hope that you will be able to ally yourself with this group, I want to assure you, in soliciting your contribution to the 1936-1937 Alumni Fund, that your check for as much as you can afford - whatever the amount - is earnestly sought. Incidentally, your contribution - which should be made payable to The Alumni Fund - is deductible for income tax purposes.

Whether or not you send your check now, I should appreciate word from you indicating to what extent we can count on your help.

Sincerely yours,

A handwritten signature in cursive script, appearing to read "W. M. Patterson".

Chairman

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



# THE AMERICAN RED CROSS

NATIONAL HEADQUARTERS

WASHINGTON, D. C.

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Felix M. Warburg

December 1, 1936

• Dr. John Harvey Kellogg, Editor  
GOOD HEALTH MAGAZINE  
271 West Michigan Avenue  
• Battle Creek, Michigan

Dear Doctor Kellogg:

Please allow me to express to you in behalf of our national officers our sincere appreciation for the generous contribution of space which you gave to the American Red Cross in the GOOD HEALTH MAGAZINE. It is only through the splendid co-operation which you and others give to us each November that we are enabled to extend a universal invitation to all Americans everywhere to participate in Red Cross work through individual memberships.

Cordially yours,

Douglas Griesemer  
Director of Roll Call



YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET  
GUARDIANSHIP

Callander  
Ontario  
Dec. 1  
1936

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

Dear Doctor:-

Please accept my most sincere thanks for the tropical fruit which has arrived in good shape. It is particularly interesting, since there are so many kinds of which I have not been familiar.

Yes, the children get their supply of orange juice every day, usually flavored with cod liver oil, but they like it.

Your description of Florida at this time of year makes it sound rather like Utopia, particularly since it was 16 below last night here, and for several days has hardly risen above zero during the daytime.

I am anticipating the arrival of the can of dry soy milk from Battle Creek, and the Christmas box of fruit for the children.

The five little girls join with me in thanks for your kindness and in good wishes for the happiest of holiday seasons.

Sincerely yours,

*Allan Roy Dapre*

TEACHERS COLLEGE  
COLUMBIA UNIVERSITY  
NEW YORK

December 2, 1936

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

Dear Doctor Kellogg:

I was so interested to see the other day that you have been director of the Battle Creek Sanitarium sixty years. What a wonderful life you have had!

In reply to your questions about the desirable amount of each vitamin to be consumed daily by the average man, I must, of course, say that there is no single figure for any vitamin which will represent requirements, since these vary from that needed (1) for mature adults (2) for growth (3) for pregnancy (4) for lactation (5) for optimum health and physical improvement. For practical purposes we do have to come to some decision as to what is a reasonable amount to maintain good health. In view of the evidence we have I have been suggesting that for adults we allow for every hundred calories 100 units of vitamin A, 10 units of vitamin B, 2 units of vitamin C and 20 units of vitamin G. These allowances conform fairly well with our experience of diets which appear to be liberal. For children we think at least twice as many units per hundred calories of each vitamin as specified.

There are a good many cases, for one reason or another, where more liberal allowances are desirable. This has been demonstrated

TEACHERS COLLEGE  
COLUMBIA UNIVERSITY  
NEW YORK

NUTRITION

Page 2.

both with regard to vitamin A and vitamin B. Personally I believe that a shortage of vitamin B is one of the greatest causes of minor digestive disturbances, since they yield so readily to large doses of the vitamin.

As to practical food sources there can scarcely be made any general statement. A new bulletin giving a compilation of recent analyses of foods for vitamins has been prepared by Dr. Hazel E. Munsell of the Bureau of Home Economics, U.S. Department of Agriculture, Washington, D.C. This has not yet come from the press but it should be available before very long and I am sure Dr. Munsell will be glad to see that you have a copy.

I do not think this is a sufficiently explicit answer to your letter to require remuneration and thank you for your check but I am enclosing it. — *for your favorite charity!*

Sincerely yours,

*Mary S. Rose*

Mary S. Rose  
Professor of Nutrition

MSR/h.



C O P Y

DEPARTMENT OF PUBLIC WELFARE

Office of the Minister

Toronto,  
Dec. 3rd,  
1 9 3 6

Dr. John Harvey Kellogg,  
Medical Director,  
Battle Creek Food Products,  
Miami Springs, Florida,  
U. S. A.

Dear Dr. Kellogg:

Thank you very much for your letter of November 27th, submitting an offer for the use of the names of the Dionne Quintuplets in the sale of Soy Acidophilus Milk.

Your plans are extremely interesting and there seems to be no doubt of a future for the product.

I feel that in view of the experimental stage of this product, your negotiations should stand in abeyance until there is an indication of public approval in a large way.

In the meantime, I appreciate your efforts in behalf of the Quintuplets and I am sure the shipment of Florida fruit will be welcomed by Doctor Dafoe.

Sincerely yours,

David Croll

# THE BERRY SCHOOLS

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MOUNT BERRY, GEORGIA

December 4, 1936.

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

Dear Dr. Kellogg,

Your letter was so wonderfully encouraging, and it made me so happy to have your assurance of help in meeting the people we need most in Miami, that I feel as though I were thanking you for the best Christmas present I ever received.

I expect to be in Miami the latter part of January, or early in February, and will hope to meet Mr. Firestone, Mr. Kress, Mr. Kresge, and your friends either at the Committee of One Hundred meeting, or possibly at some occasion you can arrange.

Your sympathy and help always has meant so much to me, and I have never thanked you enough for your aid in arranging the Berry sale at the Coral Gables Biltmore last winter. You may be sure that I am praying all the blessings of the season for you and your dear and good helpers there, who visited us, and have befriended Berry during its time of real need.

I read in the papers that times have improved, that bonuses and stock dividends and extra dividends are being declared, and wonder where they are going, for none of them seem to be coming to Berry this year. We have never had such "lean" days.

Again thanking you and looking forward so much to seeing you soon,

Faithfully yours,  
*Martha Berry*

December 5, 1936

Dr. Mary S. Rose,  
Teachers College,  
Columbia University,  
New York City.

Dear Dr. Rose:

Thank you very much indeed for your letter of December 2, which gives me just the information I desire.

Of course I know that the demands of the body are exceedingly variable and that individual conditions and requirements must be taken into consideration in every case, but such approximate data as you have given me is extremely valuable as a foundation for a rational feeding program.

Thank you very much for information about the new table which has been prepared by Dr. Hazell E. Munsell. I shall write at once to secure copies of the table at the earliest possible moment.

I am sorry to find the check enclosed. I ought not to have offered you such a miserable pittance in exchange for the extremely valuable information you have given me. I will put the check into our charity fund, which is always hungry. We have so many people who need care and are unable to pay for it. About half our patrons receive free medical attention because they are unable to pay and they are among our most satisfactory cases as they are so grateful for what we do for them.

I wish very much that you might visit us here in Florida and see how we are trying to solve the problem of perfect biologic living and I am sure are coming much nearer to an ideal solution of the problem

Dr. Mary S. Rose, No. 2.

than we ever could do at Battle Creek. The equable temperature, the daily sunshine and the abundance of fruits and fresh vegetables at all seasons of the year contribute to make this an ideal place for experiments in ideal living.

We have a summer school at Battle Creek which we have been conducting for 20 years or more and are thinking of making a special effort to bring together a large number of our old graduates and others next summer, perhaps five or six hundred. I am wondering whether you would think it worth while to come out to give us lectures for a couple of weeks, say six to ten lectures. We would be very glad to make the compensation entirely satisfactory to you, whatever the requirements may be. Dr. Sherman intimated that he might consider the proposition favorably and I am hoping that we may be able to secure the services of Dr. McCollum and perhaps of Dr. Steenbock. Both have visited us and seemed interested in our work.

We make constant and very favorable use of the precious information which you and your colleagues and others engaged in nutrition researches have worked out in your laboratories and are always grateful for the light you showed upon the great problems of nutrition which has put into our hands valuable therapeutic means for securing relief in many persons who have for years been great and often hopeless sufferers.

Hoping to hear from you at your convenience about the lectures and again thanking you for the extremely valuable information you have given us, I am

Very sincerely and respectfully yours,

December 6, 1936

Hon. David Groll,  
Minister of Public Welfare,  
Parliament Buildings,  
Toronto, Ont.,  
Canada.

Dear Sir:

I have your letter of December 3.

A word further of explanation may give you a better understanding of the situation. About 30 years ago when I discovered the method of making Toasted Corn Flakes and other flake foods these products soon became so popular that the business rapidly developed into quite large proportions. As I was fully occupied in my professional work in developing the Battle Creek Sanitarium and the research food laboratories which I had developed and still carry on, I did not care to be burdened with an extensive manufacturing business, as I saw the Corn Flakes was certain to become, and so disposed of my interest and with the proceeds endowed the Race Betterment Foundation, which is devoted to anthropological researches and to race betterment activities.

The new type of Lactobacillus soy acidophilus which I discovered a few years ago, I contributed along with most of my other resources to this Race Betterment Foundation, and so sending this preparation to your wonderful quintuplets was quite in line with the other activities of the Foundation. Much research work has been necessary to become fully acquainted with this new organism and to develop its therapeutic properties. The work has now reached such a stage

Hon. David Croll, No. 2.

of development that I feel the time has come for making an effort to extend its field of usefulness so that other babies suffering from bowel troubles as were the quintuplets two years ago may receive the same benefit which they have been receiving since that time.

I have no expectation that the manufacture of soy acidophilus milk will ever become a great business, as it of course can not replace milk and will never become a staple food; but it is such a highly efficient means of combating the widely prevalent bowel troubles from which infants suffer and allied troubles of adults, I can not avoid the feeling that an effort should be made to make it available to those who need it.

We have here in Miami, Florida, the manager of a company that is engaged in producing and distributing cow's milk and who recently came to me with the suggestion that his company would like to introduce soy acidophilus milk along with their dairy milk. He is quite sanguine that his company may be able to dispose of a hundred quarts of this milk a day, but is very anxious to make use of the fact that the quintuplets have been benefited by the use of this preparation and to use their pictures in introductory publicity. You can readily see that people will naturally be very skeptical regarding the merits of a milk prepared from beans as a rival for so valuable an age old food as dairy milk. This obstacle is so formidable, the problem of overcoming it has been a serious one. I have some hope that if the effort which this Miami company is willing to make in behalf of this therapeutic milk is even moderately successful, other companies in other localities may be induced to make this useful product available to other communities. All the help available is needed to make the start.

On this account I shall feel repaid for what I have done

Hon. David Croll, No. 3.

at considerable expense for the benefit of the quintuplets and shall be glad to continue to do if you can see your way clear to name some condition in which information concerning the beneficial effects experienced by the quintuplets may be used for the benefit of other sufferers. I have very serious doubts whether the low vitality of the quintuplets at four months would have sufficed to enable them to survive the severe bowel troubles by which they were attacked and from which only the *Lactobacillus acidophilus* could possibly rescue them. The first specimens of stools which I examined showed a very low percentage of the protective organism, in one case only 20 per cent, if my recollection is correct. By the acidophilus feeding this was brought up to 85 per cent, which is pretty close to normal.

Many thousands of babies in the United States are suffering in the same way. The problem of reaching them and saving their lives as the quintuplets have been saved is a difficult one.

Every penny of profit which the Battle Creek Food Company may receive from the manufacture and sale of this preparation and much more will be expended in spreading a knowledge of its value. The company here in Miami is ready to begin a campaign for educating first the physicians and then the public in relation to this life saving remedy at once if they can have the assistance which the use of the quintuplets will give them.

If the amount of royalty I suggested seems too small, won't you name such a figure as you think adequate, double the suggested amount, or make the royalty one half cent per quart? Your suggestion that since the effort to introduce soy acidophilus milk is an experiment the question of the amount of compensation should be held in abeyance

Hon. David Grell, No. 4.

would be perfectly satisfactory provided that the use of the quintuplets' experience and their pictures could be employed in the meantime; but to undertake to start a campaign without the quintuplets seems a rather dubious undertaking. It certainly would not give to the product a fair chance to do for other babies what it has done for the quintuplets. The parties interested here are anxious to start their campaign soon, if at all, and will greatly appreciate the courtesy of a reply at your early convenience.

Very sincerely yours,

P. S. I received a day or two ago a nice letter from Dr. Dafee with a greeting from the quintuplets and the pleasing assurance from the Doctor that they all greatly enjoyed a large box of Florida fruit which I sent them. The Doctor expressed so much interest in a number of fruits that are new to him, it occurs to me that you might also be interested, and I will be sending you a box in a day or two.



GIFFORD PINCHOT  
MILFORD PIKE CO PA

December 7, 1936.

Dr. John Harvey Kellogg,  
Miami Kellogg Sanitarium,  
Miama Springs,  
M i a m i,  
Florida.

Dear Doctor Kellogg:

To my very great regret I find that things are working out in such a way that I have got to postpone my trip to Miami.

I had everything all arranged to drive down in a new open car which has come into the Pinchot family, but there has been a change in those plans. Most unfortunately I have got to postpone my visit to you again. But it is only postponed.

I am now trying to work out an arrangement by which I can come down immediately after Christmas--or, if not then, a little later in the year. In any case I certainly am not going to give up the advantage which I am sure will come to me from your treatment.

With real regret for the delay, and hearty thanks for all your kindness,

Sincerely yours,

*Gift Pinchot*

December 9, 1936

Dr. A. R. Dafoe,  
Callander, Ontario,  
CANADA.

Dear Doctor:

Many thanks for your kind letter and the message from the quintuplets. I hope they liked some of the fruits I sent you. Many other fruits are coming along during the season, some of which I think you will enjoy. Since sending you the box, I have gotten hold of a special, very fine variety of grapefruit which originated in the Isle of Pines, though they are now cultivated here by a few growers. It is so much sweeter than any other varieties which ripen at this season, that I am sure you will like it, and will be sending you a box in a day or two.

I am sure there are thousands of people interested in the quintuplets all over the world. There are plenty of people who do not know nor care anything about the names of the leading rulers of the world, but who know the names of the quintuplets and keep track of their current history. I have many times spoken to people about the quintuplets and among the many scores of persons I have only found one who did not remember the attack of bowel trouble which the little ones experienced when four months old. The news of their illness gave rise to profound apprehension that the next news would be announcement of the death of one or more of them. They certainly owe their lives to your wise and intelligent care.

An old friend who has just been reading your book, Guide-book for Mothers, tells me it is a veritable treasury of choice information. No book has appeared which approaches it in interest, up-to-dateness and completeness.

I am particularly pleased to note the rare wisdom you have shown in dealing with colds and other ailments, and especially your rational way of dealing with stomach and bowel ailments, avoiding castor oil and other drugs, and the emphasis laid on vitamins. You have considered every phase of infantile life and have given some splendid lessons in character building. I am sure the book will have an enormous sale. I hope you have a generous publisher.

I received a few days ago from a specialist in nutrition, a professor in Columbia University, advanced information with reference to the vitamin needs for the highest degree of nutrition, which I am sure will be of interest to you. I enclose a few

paragraphs from the letter, from which you will see that the adult requirement is placed at 100 units of vitamin A for each hundred calories of food, 10 units of vitamin B for the same amount of food, 20 units of vitamin C, and 2 units of vitamin C.

These figures are based on a very extensive research and I am sure may be accepted with full confidence. It is to be remembered, of course, that growing children require twice the quantity needed by adults. Dr. Sherman has shown that growth, development and longevity, and super-health, are the result of making the vitamin intake, especially as regards vitamins A and C, four times that usually regarded as adequate.

I dare say you have seen the article in which this idea was first presented. It was read at a meeting of the American Chemical Society held in Chicago at the time of the exhibition in 1937. A more recent and most interesting paper by Prof. Sherman appeared in the Scientific Monthly for August.

But I fear I am making this letter so long that it will be a burden, especially as your young ladies are beginning to get so many letters from adoring suitors. My! what a job you have ahead of you in the protection and bringing-up of your world famous prodigies.

Always with best wishes to you and the quintuplets,

I am

Very sincerely yours,

P. S. I am enclosing the last letter I received from Mr. David Croll, a trustee of the quintuplets, with a copy of my reply.

I want very much to reach and rescue as many sick babies as possible through the distribution of soy acidophilus milk, and feel that the experience of the quintuplets will render such service in guaranteeing to the much imposed upon, and hence highly skeptical public, the value of soy acidophilus as a protective organism, that it is almost essential for launching this new and valuable food remedy.

As regards compensation to the quintuplets for the use of their pictures, I am sure the Company will be glad to meet any reasonable demand. The milk company here is all ready to make a beginning as soon as this question can be settled.

I would feel under great obligations to you if you will ask the trustees to give the matter early consideration, so that they may have time to get some distribution before the

next hot weather season arises, with the usual increased frequency of bowel troubles among infants.

Your kind offer some time ago to speak a word to the trustees in behalf of soy acidophilus milk, is greatly appreciated, and I have no doubt might hasten a decision, which is quite essential for the success of the educational campaign which will be started immediately if a favorable reply is received soon from the trustees. It is only because of your generous offer that I venture to make this suggestion.

I wish both you and your quietlets could have the benefit of the delightful weather we are enjoying here in Florida. A Florida winter is like late spring in Michigan and Canada, only we do not have the occasional cold nights experienced in the north at that season, or at least, such an experience doesn't happen more than about once in twenty or thirty years. While you are having snow and sub-zero temperatures in Canada, in south Florida we haven't had a touch of frost.

The beaches are swarming with bathers and our out-door gymnasiums are well patronized with sun bathers, clad in the scanty costume of American aborigines, men and women in separate groups, of course.

December 10, 1936

Miss Elsie A. Siemer,  
The American Public Health Association,  
50 West 50th Street,  
New York City.

Dear Madam:

Replying again to your letter of October 31, to which I replied when it was received, I am sorry to be obliged to write you that the certificate has never reached me. I supposed you mailed it to Battle Creek, but I am informed by my office in Battle Creek that it has never been received. If there is any way in which you can trace it, I shall be very glad if you will do so. If this is not possible, I wonder if another certificate could be prepared for me at my expense in case it can not be found.

Regretting very much that I should be causing you so much trouble in this matter and thanking you for your extreme courtesy and amiability in the matter, I am

Sincerely yours,

CHARLES WILLIAM DABNEY  
15 Roslyn, Clifton  
CINCINNATI, OHIO

December 14, 1936

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

My dear friend Dr. Keller:

The election of my daughter Katherine to be Dean of Women at the University of Cincinnati in the early summer made it necessary for us to break up and pack up everything in Bronxville and move out here, to settle and arrange our affairs and establish new homes here. My daughter has a separate house and arranged a home for me in a large apartment near her house.

I was very well through the summer and very busy during the early fall, finishing up my second volume and getting my books and papers arranged in my new quarters. I lingered here too long, got caught in the cold weather, and had a serious attack of bronchitis followed by laryngitis, which kept me in the hospital four weeks. I have been back at my home only a week and am still quite weak. The condition of my bladder has continued fairly good--certainly no worse.

I feel now that I must get to Florida just as soon as my strength will permit. My daughter says that either she or my nurse will accompany me.

Please tell me whether you can take me in on the same terms that you did last year, so kindly. I shall have to linger here two or three weeks longer.

I was pleased to hear from some of your visitors that you appeared as well as ever, and I know you are always busy serving your friends and wish you great success and joy in this.

Please give my warm regards to the Misses Estill. Always with grateful and affectionate regards, I am

Sincerely yours,

*Charles W. Dabney*

CWD/KM

CORNELIA BRYCE PINCHOT  
MILFORD, PA.

10

Forty five certainly. Not on  
seashore. Coast undesirable  
in winter stop when will  
parties arrive?  
John Harvey Kellogg

BE .97 PLUS 05 TAX

1615 Rhode Island Ave., N. W.,  
Washington, D. C.,  
December 14, 1936.

AIR MAIL.

Dr. John Harvey Kellogg,  
Kellogg Sanitarium,  
M i a m i,  
Florida.

Dear Doctor Kellogg:

Your telegram to Mr. Pinchot was  
sent to me.

I am afraid that \$60.00 a week is too  
much for Miss Carr and Miss Addinton. Would  
you take them for one week at \$45.00 each? If  
Miss Carr likes it, she may stay two weeks--but  
she is not entirely certain. I want Miss Carr  
to have thoroughly desirable rooms, facing the  
sea. Unless she can be certain of being really  
comfortable and in pleasant rooms, she ought  
not to make this long trip.

Miss Carr doesn't expect to require  
any medical attention. She has had a bad heart  
condition, brought on by overwork, and has been  
taking a rest cure at home. Her doctor thought  
she ought to take a couple of weeks in the  
South before going back to work again.

As I understand it, she is not under  
any special treatment, but, of course, if any  
trouble should arise, she would then expect to  
pay for any medical attention she required at  
the usual rates.

Please let me know immediately by  
telegram, when you receive this, what you can  
do--and I will then communicate with Miss Carr  
and let you know whether she will come or not.

Sincerely yours,

Arthur T. Veach

December 15, 1936

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

My dear Miss Berry:

I have your note of December 4.

If you will keep me informed of your plans for visiting Miami I will do my utmost to help you in every way possible. I will in the meantime endeavor to keep track of Mr. Firestone, Mr. Kresge and Mr. Kress, all of whom have been my patients at Battle Creek, so that when you come we may, if possible, arrange for a meeting with them individually or at the Club.

I have already arranged for an address before the Committee of One Hundred by Admiral Byrd. He will be most happy to meet you if you are here when he comes. He has written me he hopes to be here in March.

I am tremendously interested in your good work and will be most happy if you will send me a picture which I can put up in my office with other of our honored friends.

Very sincerely yours,

P. S. Another person you ought to meet here is Mr. Lindsay Hopkins. He is one of the very wealthy men of the country, being one of the principal owners of the Coca-Cola Company.



GIFFORD PINCHOT  
MILFORD PIKE CO PA

1615 Rhode Island Ave., N. W.,  
Washington, D. C.,  
December 15, 1936.

Dr. John Harvey Kellogg,  
Miami Springs Sanitarium,  
M i a m i,  
Florida.

Dear Doctor Kellogg:

Many thanks for your telegram about  
the rates for Miss Carr and her friend.  
Mrs. Pinchot and I are both very much  
obliged to you for wiring.

Whether they will be able to go down  
or not is a question, but I appreciate  
your willingness to help them out very  
much indeed.

Since I am delayed some little time  
in getting down (this emphatically does  
not mean that I am giving up the idea),  
I wondered if you would be willing to  
write me a letter of directions, telling  
me what to do in the meantime. I would  
like to make as much preliminary prepara-  
tions for your treatment as I can--and I  
think it might be a good thing.

With every good wish and high appre-  
ciation,

Sincerely yours,

*Gifford Pinchot*

December 15, 1936

Dr. Daniel A. Poling,  
419 Fourth Ave.,  
New York City.

Dear Dr. Poling:

I have your card. I am glad  
that you are keeping your good work  
going.

Sincerely yours,

b



THIS SIDE OF CARD IS FOR ADDRESS

Dr. John Harvey Kellogg  
Miami Springs  
Florida

419 Fourth Ave.  
New York, N. Y.

Friends of the National Youth Radio Conference:

Those of you who have already responded to our statement of a revised program have made it possible for us to keep this ministry to youth on the march. Thank you, and again thank you!

Others of you are, I know, yet to be heard from, but in advance of that we thank you for your past interest and support. With best wishes,

Very sincerely,

*Daniel A. Poling*  
Daniel A. Poling

December 17, 1936

Dr. Charles Wm. Dabney,  
15 Roslyn,  
Clifton,  
Cincinnati, Ohio.

Dear friend Dr. Dabney:

I have your letter of December 14.

I am glad that you are looking this way. We shall be very happy to have you with us. We have had to raise prices a little on account of the general rise of prices which have added considerably to our running expenses, but we will be glad to give you a rate considerably below our average cost, or nine dollars a day, and we will make no charge for the entrance examination and discount the laboratory tests 50 per cent.

I am sorry you have been so ill. We are having lovely weather down here and already have a nice family of patients, 40 per cent more than we had last year at this time.

Please let us know the date and train of your arrival so that we can send a car to meet you. If you come by the Seaboard, you can, if you wish, get off at the Hialeah station, which is only a mile from the Sanitarium.

Hoping you will have a pleasant journey here and will arrive soon, I am

As ever cordially yours,

P. S. Mr. Calkins is with us and Miss Potter whom I think you met last year, and we are expecting Judge Buffington and a lot more of our old patients.

# THE AMERICAN PUBLIC HEALTH ASSOCIATION

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December 19, 1936.

J. H. Kellogg, M.D.  
The Miami - Battle Creek  
Miami Springs, Florida

My dear Dr. Kellogg:

I am extremely sorry to learn from your letter of December 10th that the certificate I mailed to you on October 30th has not reached you.

As you assumed, the certificate was mailed to Battle Creek and I understand that you have gotten in touch with your Battle Creek office on the matter without learning the whereabouts of the certificate.

We immediately started inquiries through the post office and just as soon as we have some word on the matter I will write to you again. If nothing new turns up on this within the next few weeks a new certificate will be prepared for you.

With the season's greetings, I am

Very sincerely yours,



ELSIE A. SIEMER  
Secretary  
Committee on Fellowship and Membership

ES:BS

2011

December 20, 1936

Hon. Gifford Pinchot,  
1615 Rhode Island Ave., N. W.,  
Washington, D. C.

Dear Governor:

I have your letter of December 15.

I am sorry to find that a pernicious concatenation of circumstances is preventing you from receiving the benefits you ought to be receiving from the special climatic advantages of this wonderful climate.

When I met you I was distressed to see that Old Father Time is making such inroads upon you. Your face and general conditions indicate a very marked reduction in your vital reserve. The stigmata of senility are stamped upon your system and the time has come when you ought to make haste to arrest the old age process and begin to build up your reserve against the encroachments of the old man with the sickle.

The first thing to be done is to make a careful examination of the stool to determine the condition of your intestinal flora, that is, to ascertain the types of bacterial growth dominating your intestinal tract. When this is done the next thing is to regulate your dietary in such a way as to suppress the growth of the pernicious bacteria and promote the development of the protective organisms. If you will send a specimen here we can make the examination. I am sending you, under separate cover, a container suitable for the mails. Fish out of the toilet with a spoon a large teaspoonful of the solid fecal matter, put it in the container and mail it and I will send you a report after two or three days.

A biologic regimen is important. I am sending you a little booklet which is a sort of biologic code and gives the directions for the

Hon. Gifford Pinchot, No. 2.

things which I believe to be most essential for preserving and improving in health. It is of the utmost importance that the intestinal flora should be brought to the highest point of improvement possible. The percentage of acidophilus should be 85 or 90 to insure reasonable freedom from putrefactive changes.

There is really very little else you can do at home. If you were here we should give you sun baths, air baths, massage, hydrotherapy, infra-red, diathermy to your liver, automatic exercise to raise your muscle tone, and would make a careful X-ray examination of your whole alimentary canal and your viscera, especially the gall bladder and the colon, an electrocardiograph of your heart, a study of your metabolism, which is a matter of much significance in a case like yours, a chemical examination of the blood to determine the degree of efficiency of the poison destroying organs, the renal efficiency test and various other special tests as found indicated.

The time has come when you must make a whole hearted and intensive effort in rebuilding your health and recovering some of the youth that has slipped away from you. This is something you ought to have done long ago. It is not too late yet to secure a greatly worthwhile increase of your life expectancy, although nothing like as much can be accomplished as might have been done five years ago. In the words of the scripture, "Now is the accepted time. Now is the day of salvation."

The regular use of one quart of soy acidophilus milk a day by mouth and another quart by enema at night, together with a dietary excluding meats and other unwholesome things would do a great deal for you at home. But you are at a point where your situation is like that of a man down in a hole. He needs to be lifted out and this requires the special advantages of institutional care and an intensive effort in which mind and body



Hon. Gifford Pinchot, No. 3.

are concentrated upon one great objective, health betterment by a biologic regimen and expert training.

I sincerely hope we shall have you with us soon. We have had a good place ready for you waiting for some days and have a better one in preparation in our new building, which I hope will be in perfect readiness within ten days, by which time I hope you will be occupying it and getting started on your campaign for health, which I am sure will be much more successful than your campaign to do the impossible by electing Landon President.

We are having delightful weather here. The air is pure and cool enough to be bracing. There is sunshine daily and from now on a little more every succeeding day as the days will be getting longer.

Sincerely and cordially yours,

P. S. I do hope your plans will be revised to bring Mrs. Pinchot with you so that she can become fully conversant with the health building program which you ought to carry out at home the balance of your life.

December 20, 1936

Dr. Allan Roy Dafoe,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Doctor:

I am sending you a box of Indian River oranges, the finest oranges we raise here, known as Temple oranges. I am also sending you along some papayas and a custard apple, sometimes called sugar apple. The sugar apple is seldom grown even here in Florida. I have one bearing tree in my orchard. The summer is the proper time for this fruit to mature, but here in Florida many species of fruit trees become very erratic and bear two or three crops a year; in fact, you can always find orange trees in blossom here at all seasons, and several other varieties of trees are liable to break into bearing unexpectedly at almost any season. Both the custard apple and the papaya are unusually wholesome fruits, the papaya being especially much liked by the people who become accustomed to it and it is very wholesome. It is not an uncommon thing for patients to say, "The papaya certainly helps my stomach." It has a reputation of possessing digestive properties, but this is not true when it is ripe. The digestive principle papayotin which it contains when green disappears during the ripening process.

I shall be glad to know whether the quintuplets enjoy these tropical fruits. Both fruits should be as soft as a mellow peach before they are really ready to eat. They are then very sweet.

The avocados, or alligator pears, are also excellent and easily digestible fruits. They contain a considerable quantity of very

Dr. Allan Roy Daffoe, No. 2.

refined fat, from 15 to 20 per cent, well emulsified, and also contain vitamin A in considerable abundance.

How did you find the dried soy bean milk? For persons who are not accustomed to the flavor, it is sometimes a good plan to add a little cream to give it the natural flavor of milk, or a few drops of coumarin or vanilla.

I hope the quintuplets are doing well and send them a hearty holiday greeting and the same to yourself and the wonderful nurses who are assisting you.

Very sincerely and cordially yours,

P. S. The sugar apples are always small at this time of the year. In the summer they often grow to a much larger size, weighing several pounds. They are also much sweeter.

I am still waiting anxiously to hear from Mr. Croll. I have parties ready to put soy acidophilus milk on the market and they will begin as soon as I receive a favorable report from Mr. Croll. My interest is purely philanthropic and I shall not personally benefit one cent from the business in any way. If you can without inconvenience do anything to secure a speedy and favorable report, I shall be greatly obliged.

We are making such an excellent quality of acidophilus milk,

Dr. Allan Roy Dafos, No. 3.

I have ordered a gallon sent to you for the quintuplets. I shall like to know how they like it. It is much liked by our patients and I think we have succeeded in developing a very superior strain of acidophilus. In my opinion it is the most useful of all the hundreds of different types of bacterial organisms.

9 BRIMMER STREET  
BOSTON MASSACHUSETTS

21 December 1936

My dear Dr. Kellogg:

As Christmas rolls around again and another year is about to end, my thoughts turn your way with the hope that the years of the future will be happier for you than the happiest of those gone by.

I am sending along a box of Virginia Winesaps, and with them goes our highest regards.

Faithfully yours,



---

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

# THE EMERITUS CLUB

*A Unit of The Class Officers Council*

University of Michigan Alumni Association

Ann Arbor, Michigan  
December 21, 1936

Dear Alumni Emeriti  
and Alumnae Emeritae:

I am somewhat abashed to find myself, upon the insistence of Ex-President Trueblood, faced with the responsibilities of the office of President of the Emeritus Club of the University of Michigan. One thing I can do, with assurance and very great pleasure, I can and do send to each of you cordial season's greetings and hearty good wishes for the New Year, and all the year of 1937.

Next June the University was to have celebrated its one hundredth birthday, with appropriate programs of recognition and entertainment. But some researching alumni dug out of the records facts that under the persistence of the aforesaid alumni induced the Regents to declare officially that 1817 was our birth year, and so, sad to say, we passed the century mile post without knowing it.

But 1937 is the hundredth anniversary of something, and so Commencement next June will be notable for celebration of the end of the first one hundred years in Ann Arbor. The lives of some of our number lack but little of stretching over this whole period, and the celebration should be of greater interest to our members than to any other persons whatsoever. The program will be sent to you when it is matured, and there will be an important place in it for our club.

The Emeritus Club had its largest reunion last June, but we hope for a still larger one on this great occasion. We shall then welcome to our group the youthful members of the classes of 1886, and the committee is eager to do everything possible to add to your enjoyment of this centennial. Will you therefore send in suggestions and hunt out and bring or send old photographs, pictures, diplomas, programs and reminiscences to share with all of us? If there is anything that would be of special interest to you, let us know.

I am pleased to be able to add the Seasons Greetings to you of President Alexander G. Ruthven of the University, and of President Emory J. Hyde of the Alumni Association.

With every good wish, and hoping to hear from you, I am

At your service,

  
Edwin C. Goddard  
President, Emeritus Club



YVONNE CECILE MARIE ANNETTE EMILIE

## THE DIONNE QUINTUPLET GUARDIANSHIP

Callander  
Ontario  
Dec. 22  
1936

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

Dear Doctor:-

I have your recent letter, and thank you for the comments on "Guide Book For Mothers."

Regarding the acidophilus milk promotion idea, I am sure that you understand that Mr. Croll, as cabinet minister, has entire say about the contracts, and since he is inclined to let things lie for awhile, it might be best to do so, and take it up a little later with him. It seems that you have stated your case to him very fully, and I feel sure that eventually something will come of it.

Your mention of the delightful weather there brings one to the realization that between Miami and Callander we do have some contrasts--it was 14 below this morning, but pleasant, bright and snappy.

I trust that you may have a most delightful holiday season, in which the quintuplets join with me.

Sincerely yours,

*Allan Roy Wafer*

## WARREN E. COLLINS, INC.

Specialist in Respiration Apparatus since 1908

555 HUNTINGTON AVENUE  
BOSTON, MASSACHUSETTS

December 28, 1936

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

Dear Dr. Kellogg:

Dr. Paul Roth has forwarded to us your order for a Benedict-Roth Metabolism Apparatus. He also communicated your inquiry as to whether there were any recent improvements in which you might be interested.

We have recently developed as an attachment to the apparatus, a unit which we call the "Ventilograph". This is a mechanism whereby it is possible to obtain simultaneously with the regular metabolism tracing a graphic record which serves as a measure of the total ventilation during a given period of the test. The unit consists of a very light minimum loss ratchet wheel which drives a gear reduction unit which is connected to a pen. This pen rides in guides along side the regular graphic record pen.

We recently attached one of these units to a Metabolism Apparatus for Dr. Alvan Barach of the Presbyterian Hospital, New York City, and he likes it so much that he has immediately ordered a second machine equipped with the unit. He believes that there will be quite a field for the study of total ventilation in connection with other respiratory problems, and in such studies a graphic recording device of this kind will be of considerable assistance and particularly a great saver of time. The price of the Ventilograph attachment is \$45.00 and it would take about a week extra for its installation on your machine. If you would be interested in it we would appreciate your reply by return mail so that we could start work on it as soon as possible so as to get your machine to you at the earliest possible time.

There is another point which we should like information on. We now furnish the Metabolism Apparatus with either a Telechron electric kymograph drive, or the customary Seth Thomas spring clock movement. The Telechron



Dr. John Harvey Kellogg

WARREN E. COLLINS, INC.  
*Specialist in Respiration Apparatus*

December 28, 1936

- 2 -

drive is preferred by some, but the spring clock has the advantage of being entirely self-contained and not requiring connection to an electric supply. The electric clock, moreover, can only be used on alternating current.

Will you please specify, therefore, whether you prefer the Telechron or the spring clock movement?

Yours very truly,

WARREN E. COLLINS INC.

By *Norman P. Roth*

HPR:MH



YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET  
GUARDIANSHIP

—.—  
Callander  
Ontario  
Dec. 28  
1936

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

Dear Doctor:-

Thank you for the bottle of acidophilus  
milk received today, as prepared by the Miami Home  
Milk Producers' Association.

I trust the Christmas season has been  
one of pleasure for you and that the New Year holds  
much in store.

Sincerely yours,

*Allan Roy Daffoe*



# ROTARY CLUB OF BATTLE CREEK

BATTLE CREEK, MICH.

December 29, 1936.

BYRON L. THOMAS, PRESIDENT  
CARTON & CONTAINER DIVISION  
JOSEPH C. GRANT, VICE-PRESIDENT  
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ABOVE OFFICERS AND  
HARRY W. BROWN  
NORMAN C. KOLS  
JOSEPH W. MCAULIFFE  
ALBERT L. MILLER  
ERNEST C. RICE  
IVAN WORDEN

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

Dear Doctor:-

I have your very interesting letter of the 23rd. and you are perfectly right in your assumption that the position in the Rotary Club of Battle Creek formerly held by Mr. Kirkland, has for some time been vacant, and naturally we would be looking for someone to take his place.

Unfortunately I have never met Mr. Haas, although I have heard him spoken of very highly, and I rather imagine that this same situation is true of most of our members.

However, I shall take great pleasure in placing the matter before our Membership Committee, and shall hope to have some early results along the lines suggested by you.

Certainly the high esteem in which you evidently hold him will have great weight with our members in deciding the matter though he be practically unknown to all of us.

I assure you that we will take as early action in the matter as is possible, and as a preliminary thereto, I am going to invite him to come down to the Rotary Club as my guest, and perhaps give our members a little chance to become better acquainted with him.

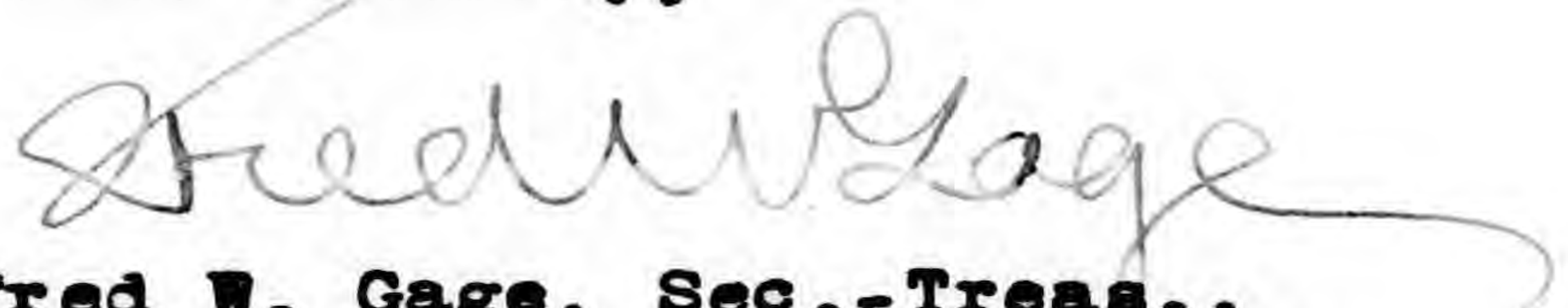
I am very hopeful that the change of affairs up there at the Food Company is going to mean a new reign of prosperity for it and all those concerned, and my only regret in the matter is that your business

Dr. John Harvey Kellogg - 2 -

of heart prevented your earlier seeing a situation which a great many of us had suspected might exist.

I trust that your own health is continuing as finely as when you were here in Battle Creek, and that you and your various organizations may have a most prosperous and happy New Year.

Yours Rotarily,

A handwritten signature in cursive script, reading "Fred W. Gage". The signature is written in dark ink and is positioned above the typed name and title.

Fred W. Gage, Sec.-Treas.,  
Rotary Club of Battle Creek.

FWG/MS

Copy to Pres. B. L. Thomas

LADY GRENFELL  
GOLD EAGLE TAVERN  
BEAUFORT. SOUTH CAROLINA

December 29th, 1936.

Dear Dr. Kellogg:

Sir Wilfred and I were delighted to receive the excellent photograph of you which brought us your Christmas greetings.

You look just as young as ever, and as if the passage of the years left none but good imprints on you.

Sir Wilfred has been very wretched for the last year as he has begun having circulatory changes with this heart condition, and his memory is very bad.

We like Beaufort very much indeed. It is situated on an estuary which they call here the Beaufort River on the inland waterway to Florida and reminds Sir Wilfred very much of the Sands of Dee where he was born.

The town and surrounding country are filled with many historical points of interest. One which is quite nearby is the St. Helena Church which was built in 1712 and completed in 1724 and is said to be the only church which has had continuous services ever since.

The coming and going of the oyster boats and fishing boats and the lovely yachts wending their way southward are constant reminders that we are near the sea.

It is possible that sometime in January or February we might decide to go a little further south and perhaps we might come in to call on you if your latchstring is out.

With our kindest wishes and best hopes for your continued health and happiness.

Yours sincerely,

Anne Greenfell

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



Dear Dr Kellogg, [1936-1-32]

I wish you every blessing  
throughout the coming days of  
the new year

Very truly yours  
A. G. Epsomoff

Totleben, 2<sup>nd</sup>  
Sofia, VI.



December 31, 1936

Dr. Herman P. Roth,  
C/o Warren E. Collins, Inc.,  
555 Huntington Avenue,  
Boston, Massachusetts.

Dear Doctor:

I have your letter of December 28.

I shall be glad to have you add the  
Ventilograph to the apparatus and will prefer the  
spring clock rather than the electric driven.

Sincerely yours,

b

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1936-1937

MZP29 21 XC=BEAUFORT SOCAR JAN 4 911A

DR JOHN H KELLOGG=MIAMI BATTLECREEK=

MOST GRATEFUL YOUR EXCEEDINGLY GENEROUS INVITATION

BUT ONLY TWO DAYS AGO SIR WILFRED FINALIZED ARRANGEMENTS

WHICH MAKES ACCEPTANCE NOW IMPOSSIBLE WRITING=ANNE GRENFELL,

931A..

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE