January 1, 1937

Dr. and Mrs. Grenfell,
Gold Eagle Tavern,
Beaufort, South Carolina.

Dear Dr. and Mrs. Grenfell:

I received Mrs. Grenfell's letter last evening and am writing at once to urge you to come here as soon as possible. We are constantly dealing with cases like yours and within the last three or four years have been attaining most remarkable results. Many cases that have been abandoned as hopeless have come here and made rapid improvement.

In cases of high blood pressure, the blood pressure always falls. In a very chronic case, with a blood pressure of 260, the blood pressure fell to 155 in three weeks and remained down.

Another case with us last winter with a blood pressure of 210 is now 150 and remains at that level and the lady writes she is in excellent health.

The climatic conditions here are most excellent. I think you should leave at once to come down here where you can have protection from the weather changes and give the Doctor a chance for the great improvement which I am sure is possible for him.

We will be glad to make you both our honored guests for a month and do hope you will come right away. Nothing would afford me so much pleasure as to have an opportunity to render some service to those who have been of so great service to so many. I shall be most happy to have an opportunity to make the new year a happy one for you. I will be glad if you will wire me at my expense on receipt of this letter telling me of your

expected arrival at an early date, so I can secure a good place for you, as for the last three years people have crowded in so rapidly after the first of the year that we soon had a waiting list for the rest of the season.

With very best wishes, I am

Sincerely and cordially yours and at your service,

b

The Miami-Battle Creek

JOHN HARVEY KELLOGG, M.D., LL.D., F.A.C.S., MEDICAL DIRECTOR

MIAMI SPRINGS (MIAMI), FLORIDA

January 8, 1937.

Miss Goodwin:

Will you please send to me as soon as convenient all articles that have been published about Mauki Pomare. I have bound volumes from 1925-1930, but think one or two articles have been published since that time. Please send them, and indicate, upon, what dates others were published, so I can show them to Doctor.

In haste,

Clara K. B.

See Good Health for:

Nov. 1936 - p. 341
July 1935 p. 200
Aug. 1934 p. 6
Jan. 1932 p. 26

July 1930 - p. 42
Oct. 1929 - p. 35

LADY GRENFELL
GOLD EAGLE TAVERN
BEAUFORT, SOUTH CAROLINA

Jan. 4th. 1937.

Dear Dr. Kellogg ,

I do not know when I have heard of a kinder or more generous ,whole-hearted invitation than you made in your letter to us . It was so entirely characteristic of you that I felt you were actually in the room talking to us . We do appreciate it from the bottom of our hearts and are only sorry that it will not be possible for us to enjoy this latest evidence of your long friendship --though as a matter of fact we are enjoying it ,even though we cannt accept the invitation .

The end of last week Sir Wilfred decided that he wanted above all else to get away from

numbers of people , and secondly to get on an actual sea beach , and not merely an estuary of the sea ,as we are here in Beaufort . Since the season is beginning , there have been twenty or thirty people in the dining room of this hotel , and Sir Wilfred dislikes going down to meals very much as a result . It is utterly unlike him but he says it is confusing and embarrassing to him and that he is happier in a tiny cottage by ourselves . This is due I am sure to the difficulty which he has in remembering names and faces , especially new and casual ones - and like yourself ,his face and name are so well known to many people that in a public place it is impossible to be incognito.

Sir Wilfred has no suspici n of high blood

LADY GRENFELL
GOLD EAGLE TAVERN
BEAUFORT, SOUTH CAROLINA

pressure -rather the reverse . As you know he has always been a most abstemious man with food ,has never drunk a drop of alcohol , and for many years now ,has not smoked at all . In every other respect he is in first class physical condition , except that the nervous and physical strain and worry seems to be taking its toll . He comes of a highly intellectual and highly strung ancestry and it has always been hard for him to take anything placidly .

He has taken this cottage for three months and we move there in a few days , so my address will be : Lady Grenfell , St. Simon's Island , Georgia . If I find that the change

is not doing for him what he hopes and believes that it will ,may I get in touch with you directly again ? I know that we can count on your friendship and help " to the last ditch", and your understanding as well.

Sir Wilfred has the utmost confidence in your judgment and your methods .He thinks you have made the most exhaustive study of your subject possible and that the medical profession has a great lesson to learn from you . He values your friendship deeply .

With our grateful thanks , and warmest greetings for the New Year ,

Yours sincerely ,

Anne Grenfell .

YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET
GUARDIANSHIP

—·—

Callander
Ontario
Jan. 4
1937

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

Dear Doctor:-

The shipment of fruit arrived today and I am hastening to tell you how much I appreciate your having sent it. I am sure the oranges are delicious, and while I am familiar with the avocados, the custard apples and papayas are new to me, but from what you say, must be most wholesome fruit. Since writing you last you have also favored us with the dried soy bean milk and the gallon shipment of acidophilus, both of which, you may be sure, are appreciated.

The children are enjoying the colder weather we are now getting, and have been in fine health.

I trust that you have been well this winter,able to carry on in your always ambitious and active manner and that 1937 may favor you greatly.

Most sincerely yours,

Allan Roy Dafoe

President
BISHOP W. R. AINSWORTH
MACON, GEORGIA
Attorney
EDWARD B. DUNFORD
WASHINGTON, D. C.
Asso. Gen. Supt.
O. G. CHRISTGAU
WASHINGTON, D. C.
Treasurer
CHARLES E. COLEMAN
CHICAGO, ILLINOIS
Secretary
ANDREW WILSON
WASHINGTON, D. C.
Chairman Exec. Com.
BISHOP H. H. FOUT
INDIANAPOLIS, INDIANA
Chairman Legis. Com.
BISHOP JAMES CANNON, Jr.
BLACKSTONE, VIRGINIA
Research Secretary
LAURA LINDLEY
WASHINGTON, D. C.

The Anti-Saloon League of America

NATIONAL HEADQUARTERS
EDWARD B. DUNFORD, ATTORNEY
131 B STREET, S. E.
Washington, D. C.

Object

"THE object of this League is the extermination of the beverage liquor traffic, for the accomplishing of which the alliance of all who are in harmony with this object is invited. The League pledges itself to avoid affiliation with any political party as such and to maintain an attitude of strict neutrality on all questions of public policy not directly and immediately concerned with the traffic in strong drink."

Article 2 of the Constitution of the Anti-Saloon League of America

January 5, 1937

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

Dear Dr. Kellogg:

Our next National Convention will be held in St. Petersburg, Florida, February 28 to March 3 inclusive. Because of your great interest in our Cause and long years of friendship for our organization we hope that it will be possible for you to attend and address our meeting.

If you will let us know whether you can come and if so on which day, afternoon or evening, it will be most convenient for you to speak we shall be happy to put you on the program accordingly.

I still remember with gratitude and pleasure your most interesting address on "Sunshine vs. Moonshine" delivered at one of our Miami meetings several years ago and subsequently widely distributed in printed form.

With very best wishes, I am

Sincerely,

O. G. Christgau

Convention Manager

OGC:ts

CHARLES WILLIAM DABNEY
15 Roslyn, Clifton
CINCINNATI, OHIO

January 5, 1937

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

My dear Dr. Kellogg:

My doctor says that I have improved so much in the last couple of weeks that he thinks it would be just as well for me to go to Winter Park, where my daughter has a cottage for me and I have a car. He thinks that what I need most now is sunshine out-of-doors, light exercise, and some social recreation. He says I must take my experienced nurse with me and follow the regime I have been following. This is as nearly as possible the regime that you taught me.

I think I have gained a good deal of strength, and can now walk ten blocks at a time. My colon seems to be working well, as I have two or three movements a day, and my bladder seems in good condition, with the result that I have to get up only once or twice at night. I am deeply grateful to you for teaching me how to live and take care of myself.

I expect to have the pleasure of coming to see you in the spring after I get a little stronger. My daughters, who completed plans for me in Winter Park, will get me off on Friday morning. I shall be glad indeed to hear from you at Winter Park.

Please give my regards and make my grateful acknowledgements to Dr. Jeffrey and the Misses Estill and any inquiring friends who happen to be with you. I shall always be most grateful to you for the kind arrangements which you proposed for me.

As ever,

Your friend,
Charles W. Dabney

CWD/KM

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

January 5, 1937

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

My dear Dr. Kellogg:

Dr. Haven Emerson questions whether there is any authority for the skin absorbing oxygen. Can you refer me to any authorities?

The enclosed is from the manuscript of How to Live. Is it wrong?

Very sincerely,

Irving Fisher

St
Enc.

No MS yet from you!
Thanks for letter re Gen Health & Edn

The Skin as Absorber

A third skin function is to breathe in oxygen from the air. In this way it supplements the lungs, though only to a slight extent, and supplies oxygen to the blood at millions of points other than the points where the lungs pour in the main supply.

But, in order to take in oxygen, just as in order to let out waste, the skin needs to be well trained for the function, and the function needs to be unimpeded. Unfortunately, in civilized society, this contact with air is difficult of accomplishment. The skin may also be said to absorb Vitamin D through Ultra Violet light.

January 6, 1937

Dr. Charles Wm. Dabney,
15 Roslyn, Clifton,
Cincinnati, Ohio.

Dear Dr. Dabney:

I have your letter of December 26.

I am glad to know that you are improving and wish you were down here in this sunny climate.

Patients have been crowding in rapidly. We are already brim full and have several patients in rooms outside. Evidently we shall not be able to take care of anything like the number of patients who wish to come here this winter.

Please write me as soon as you know about what time you will be coming to Florida so we can be looking out for a comfortable place for you.

Hoping you will have a rapid and satisfactory convalescence, I remain, dear Doctor,

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

January 6th, 1937

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

Dear Dr. Kellogg:

I enclose copy of a letter which I am sending to Battle Creek. I am a little disappointed about the non-return of the letter from Hindhede.

I am hoping to run down to Miami in a few weeks expressly to talk with you in regard to the proposed Life League and the revision of "How To Live". Would you be able to give me considerable time in case I should come? You have always been so generous with your time I hate this time to come expressly for this purpose unless I know it will not be impossible and I hope not too great a burden.

I have talked with the president of the Metropolitan and others in regard to the proposal to constitute a Life League consisting of would be hygienists and then watching their mortality through the years. Hindhede, after seeing in "Good Health" that article about the Mormons, asked if the job wasn't already done. He, however, questioned the correctness of the figures and an insurance man said that they seemed to him quite impossible, at any rate, quite impossible according to the statistics of Utah as a whole. I wrote you in regard to the matter but I think the question must have been overlooked when I wrote to "Good Health" after finding that you were away hoping to get the answer to my question as to the source of

data regarding the Mormons.

Very sincerely yours,

Irving Fisher

IF:McK

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

HERBERT HOOVER.

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

CALVIN COOLIDGE.

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

WOODROW WILSON.

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

WILLIAM HOWARD TAFT.

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

THEODORE ROOSEVELT.

LINCOLN MEMORIAL UNIVERSITY

AT

CUMBERLAND GAP, TENNESSEE

JOHN WESLEY HILL, *Chancellor*

532 MUNSEY BUILDING
WASHINGTON, D. C.

January 8th,
1935. 1936

My dear friend and physical redeemer:

Many thanks for "The Flowers at Evening Prayer". I catch the inspiration of this Christmas token, and scent its fragrance as sweet as the incense of Heaven.

It is a delight to catch this note of friendly interest from you. I owe you more than much, more than I can repay. I am happy to at least stand on the bleachers and witness your continued progress. I know of no man, whether philosopher, scientist, patriot or practical Christian who ranks higher in my estimation, and I uncover in your presence.

If you are coming this way, do let us have a chance at you. We would love to open our home to you and our friends for a reception in your honor, and to let you know, through the medium of a real, typical vegetable dinner that we are neither cannibals, nor epicureans, but practitioners of the dietetic regime inaugurated through your mastery of the conditions essential to biologic vitality and sound health.

With all good wishes,

Faithfully yours,

Dr. John Harvey Kellogg,
Miami, Florida.

John Wesley Hill

"Lincoln Memorial University inculcates the principles of the immortal Emancipator, and today as never before these teachings should become a guide for all the highly spiritual implications of good citizenship."

NEWTON D. BAKER,
Former Secretary of War.

"If the spirit of an institution of higher learning is the important fact; if quick response to noble influences of Christian education is the thing that makes education worth while; if the instruction of the mind and the elevation of the spirit are the important aims of education, then I pronounce the simple, modest, Lincoln Memorial University at Cumberland Gap, Tennessee one of the greatest Universities of our time."

FRANK O. LOWDEN.

"I know of no educational work in this country comparable in importance to that of the Lincoln Memorial University."

JOHN HAYS HAMMOND.

"The splendid work of Chancellor Hill is known not only in Tennessee but throughout the whole country. Lincoln Memorial is doing the finest work of any school in our part of the country. It affords a great opportunity to our mountain boys and girls to acquire an education necessary to usefulness."

NATHAN L. BACHMAN,
United States Senator,
Tennessee.

"Lincoln Memorial University presents a broad appeal which should touch the heart and generosity of every American citizen."

WILLIAM G. MCADOO,
United States Senator,
California.

"It is eminently fitting that the John W. Weeks Chair of Citizenship should be established at Lincoln Memorial University. Its patriotic influence and power of enlightenment and civic progress should command the financial and moral support of every good citizen."

HENRY HORNBLOWER.

"The work of Lincoln Memorial University is of great interest to me. Each educational institution has its own setting and its own special local responsibility. It is important that it attract the youth of the neighborhood as well as some from a distance, and that it guide these young people so they will build up their own communities, and thus build up the nation. I congratulate Chancellor Hill upon his phenomenal success in making Lincoln Memorial exactly what it is and should be."

RAY LYMAN WILBUR,
President, Stanford University.

January 9, 1937

Mr. O. G. Christgau,
The Anti-Saloon League of America,
131 B Street, S. E.,
Washington, D. C.

Dear Mr. Christgau:

I have your letter of January 5.

I should be glad to attend your convention and make a short talk if your committee desire me to do so. I must give warning, however, that I may possibly be prevented from meeting the engagement by circumstances over which I have no control. I am greatly interested in your work and will do my best to be with you. Have you any suggestion for a subject?

Sincerely yours,

b

January 9, 1937

Lady Grenfell,
Gold Eagle Tavern,
Beaufort, South Carolina.

St. Simon's Island, Georgia
(last address)

My dear Lady Grenfell:

Thank you very much for your letter of January 4.

I am glad to know the Doctor has found a comfortable place which he finds suitable to his needs, though I am sorry we have not the honor of being his host. I hope you will find the conditions as helpful as he anticipates, and in the spring I may have the pleasure of meeting him before I return North, which I expect to do about the first of June.

Please express to the Doctor my most sincere sympathy and tell him that he is one of my heroes whom I hold in great esteem and admiration.

With best wishes for the new year and all the years to come, I am

Sincerely yours,

b

January 10, 1936

Dr. John Wesley Hill,
Lincoln Memorial University,
632 Munsey Building,
Washington, D. C.

Dear Friend:

I am glad to have your letter of January 8 and to be able to add from the burst of eloquent eulogy of my poor little poem that you are keeping fairly well. I certainly hope so.

If you get into this part of the country this winter drop in. I shall be glad to have a little chat. I hope your work is going on well. Our work here is moving. We are brim full to the very top and are likely to have a waiting list from now until April.

I have not heard about John in a long time. How is he doing?

With best regards, I am

Sincerely yours,

b

January 11, 1937

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

Dear Prof. Fisher:

I have received your letter of January 6 and the same date received the letter which you wrote to Good Health.

The item in Good Health about the Mormons was based upon a pamphlet sent me by a friend in Washington and I have no doubt is reliable.

The Word of Wisdom is a book published by the Mormons. I had a copy in my library for a good many years, but it has recently disappeared. I have no doubt you can get a copy by addressing a letter to the secretary of the Mormon church, Salt Lake City, Utah, as well as other publications relating to the same subject.

It is not so very remarkable that the Mormons should have a low death rate in Utah, for the general death rate of the state is low. It is low in all those mountain states. They have very little mortality from tuberculosis in those mountain regions and besides the population is younger than in eastern states. This has a marked influence on the death rate, and the Mormons are a notably temperate people. They do not drink and I think the majority do not use tobacco and give considerable attention to health matters.

My own books have sold extensively among the Mormons. Over five thousand copies of one book were sold many years ago. Several of their young people have taken the course of instruction at Battle

Creek and have led useful careers as lecturers among them.

By request of the Mormon President I once stopped at Salt Lake City when passing through and lectured in their big tabernacle on health to an audience of seven thousand people and received more vigorous applause than from any audience I ever addressed.

I think it more than probable that the Mormons have made a worth while contribution in race betterment activities. Ex-Senator Smoot will doubtless be able to assist you in getting full and live information.

I was rather surprised to find your name and that of Fishbein and others as a contributor to Health edited by one of my old students, Dr. Magan. You perhaps did not know that the journal is published by the Seventh-Day Adventists and is used by them as a sort of entering wedge for their propaganda. They are a Jesuitical sort of people professing to believe that they are the last church, so-called remnant people commissioned by heaven to give a dying world its last invitation to repent.

They claim that the work I have developed at Battle Creek was a special revelation to Mrs. White and that I worked under her instruction, and they have a pamphlet setting forth their preposterous claims of which they have sent out many thousands to members of the denomination in all parts of the world.

Of course what I am writing you about the matter is confidential. I thought you ought to know the facts. They have now a hundred sanitariums in different parts of the world which they use as traps for making proselytes, claiming a divine origin for their methods which they copied from Battle Creek and advertise to the world in such a way as to

make the public believe that they are branches of Battle Creek. They tried at first to make a center of their institution at Washington. Failing in this, they tried another institution in California, which evidently did not succeed, so they recently have been making a great effort to make the people believe that they created Battle Creek under the direction of God through Mrs. White and that I became possessed of the devil and took the Battle Creek Sanitarium from them.

This information may be of no interest to you, but I thought as a friend I ought to pass it alon to you, with the understanding, however, that it is strictly confidential and not to be communicated to Magan unless you question the correctness of my statements and wish to verify them. Magan is a friend of mine and understands the situation perfectly, but on account of the medical school of which he is the head and the chief support, he thinks it best to stay at his post and chiefly, I think, because in doing so he is able to get from the denomination the financial help he needs to keep the medical school going.

This is not a matter of much consequence and I merely thou ht it was my duty as a friend to mention it to you.

I am glad to know that you are coming down this way. I shall be glad to give you two or three hours every day at such times as I disengage myself from other work. I am really crowded heavily with work, but am interested in the things you mention and will give you all the time I can.

Our work here is prospering beyond my expectations. We have been brim full for a week and have been obliged to send newcomers into apartment houses near by and hotels. If you will let me know about what

day you are likely to arrive here, I will see that a place is secured for you. We added ten rooms last year and twenty more this year. These are not all quite finished. Those that are finished are occupied and the others are already spoken for. We could fill thirty or forty more rooms if we had them.

I have no doubt you had a pleasant and interesting trip abroad. I am glad that you are safe home again.

Sincerely yours,

b

Young Men's Christian Association
Madura

GENERAL SECRETARY'S OFFICE
MAIN GUARD SQUARE

Jan.11, 1937.

Dr.J.H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, U.S.A.

Sent

My dear Dr.Kellogg,

I am very thankful to you for your kind letter of Nov.23rd as well as for the book on Diabetes you sent me. As quite a number of Indians are affected by this dreadful disease I am sure it will be of great service to our members as well as other communities in Madura, as Our Library is a public one.

As you will see from the enclosed, Hay System seems to be spreading like wild fire. As most of us have confidence in your judgment, we are eagerly awaiting to receive copies of ~~the~~ Good Health in which you have discussed the Hay System, and ~~of~~ which you promised to send me in your letter under reference.

With best regards and wishing you a Happy and a Prosperous New Year,

I am,
Yours sincerely,

A Cornelius

Encls. 1

DR. W. H. HAY

lectures to-morrow Monday at the *Sunday Times* Exhibition at 2.45 p.m. Afterwards he will sign copies of his books at Harrap's Stands (G.6). The last opportunity of hearing him speak before he returns to America will be at the Kingsway Hall on Tuesday at 8.30 p.m. The chief Hay System books are: *A New Health Era* (8/6 net), which gives a general account of Dr. Hay's methods; *Weight Control* (3/6 net); *The Hay System of Child Development* (6/- net), which tells how to bring up children from infancy to the 12th year; *Building Better Bodies* (5/- net), in which Dr. Hay answers 150 questions on health matters and gives specimen menus for Hay meals; and *The Hay System Cookery Book* (6/- net), which provides nearly 800 recipes for delicious dishes all the ingredients for which are obtainable at British shops. Then there are *The Hay System Pocket Guide* (2/6 net) and *Dr. Hay's Fool-proof Meal Chart* (4/6 net)—this latter tells at a glance what foods are 'compatible.' For detailed leaflet entitled "Food and Common Sense" apply to Harrap's, 182 High Holborn, London, W.C.1, or to Stands G.6 at the Exhibition.

DISTRICT GOVERNOR
STANLEY JOHNSTON
802 ST. JOSEPH ST., SOUTH HAVEN

DISTRICT SECRETARY-TREASURER
FORNEY W. CLEMENT
1015 LINCOLN AVE., ANN ARBOR
TELEPHONE 6130

IMMEDIATE PAST GOVERNOR
VERNAN E. CHASE
5826 MIDDLESEX AVE., DEARBORN

TWENTIETH ANNUAL CONVENTION

MICHIGAN DISTRICT KIWANIS INTERNATIONAL

BATTLE CREEK, MICHIGAN

OCTOBER 6-7, 1937

LIEUTENANT GOVERNORS
DIV. 1, T. MEL RINEHART
DETROIT, 15091 LA SALLE BLVD.
DIV. 2, DR. CHARLES TEN HOUTEN
PAW PAW
DIV. 3, JOSEPH A. GREGWARE
GRAND RAPIDS, UNION STATION
DIV. 4, STUART W. POWERIE
BAY CITY, 1020 N. WATER

FRANK STOWITTS, PRESIDENT
BATTLE CREEK CLUB

PROGRAM CHAIRMAN
RALPH HUNTER
1108 EAST PARK DRIVE
MIDLAND, MICH.

BATTLE CREEK COMMITTEES
ENTERTAINMENT
DEAN GAVNEY
REGISTRATION
ALFRED STEINEL
HOTEL RESERVATIONS
TH. AAGAARD
FINANCE
RAYMOND P. WHEELOCK
PUBLICITY
ELDON C. GEYER
PRINTING
CHARLES LYMAN
ORCHESTRA
RAYMOND GOULD
MUSIC
GUY LIPSCOMB
DECORATIONS
DE WITT PARSONS
TRANSPORTATION
JERRY DE NOOYER
RECEPTION
JAMES E. CAREY
SPORTS
ARCH FLANNERY
LADIES' COMMITTEE
MRS. GUY LIPSCOMB

OFFICE OF
DR. BERT R. PARRISH, GENERAL CHAIRMAN
1005 SECURITY BANK, BATTLE CREEK
OGLE WILSON, SECRETARY

LIEUTENANT GOVERNORS
DIV. 5, FRED MERCHANT
BATTLE CREEK
147 CAPITAL AVE., S. W.
DIV. 6, FRANK HUTCHINSON
WAYNE, 3617 MONROE AVE.
DIV. 7, NELS KNUDSEN
PONTIAC, 57 N. PERRY
DIV. 8, JAMES ROBERTSON
SAULT STE. MARIE

January 12, 1937

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

Dear Dr. Kellogg:

It is my privilege as secretary of our Kiwanis Club to notify you that you have been extended an Honorary Membership in our organization for the year 1937.

Our By-Laws provide that a man who has performed some distinguished public service may be elected to honorary membership in our club.

The Board of Directors of the Battle Creek Kiwanis Club recognize the distinguished public service you have rendered to your fellowmen and especially to the community, and have selected you an honorary member to our club for 1937.

We meet at the Kellogg Hotel at 12:00 noon each Thursday.

We shall be very glad to have you attend any of our meetings and assure you of a most cordial welcome.

Sincerely yours,

BATTLE CREEK KIWANIS CLUB

W. C. O'Connell
Secretary

AN IDEAL CONVENTION CITY

January 13, 1937

Miss Martha Berry,
Mount Berry, Georgia.

My dear Miss Berry:

I hope that you are keeping well this winter and that the ungly northwest blizzards and the still uglier flu are not worrying you at Mount Berry.

We are having most delightful weather down here. I am writing to say a word about the Committee of One Hundred which you hope to address when you come down. We had an address last evening from Mr. Thornwell Jacobs, President of Oglethorpe University in Georgia. Mr. Jacobs made a very strong appeal in behalf of his college and gave something of its history, so I think there is no doubt that the Club will be willing to listen to you.

My old friend Clayton Cooper died a few weeks ago, but I have a good many friends in the Club, and the chairman is evidently depending on me for helping him to furnish speakers and so I feel very sure I will have little or no difficulty in getting a hearing for you. I shall take the matter up with him at an early date. The attendance at the Club is still rather small as it is the beginning of the season. The best time for getting a good audience would be later in the season, the last of March or the first of April. Mr. Firestone, Mr. Widener and the other wealthy people who are prominent in the Club were not present at the meeting last night and Mr. Doherty is not yet here. Whenever you come I will do the best I can to help you to get a good audience. Mr. Kresge is here. I met him last evening and I am sure

Miss Martha Berry, No. 2.

I can get an interview for you with him. Mr. Morgenthau, father of the Secretary of the Treasury, is here and will be with us for several weeks.

I will write you again after I have had a talk with the executive secretary of the Club and get him to set a date when he can make you and your work the chief feature of the program.

Hoping you are well, and with best wishes, I am

Sincerely yours,

b

President
BISHOP W. N. AINSWORTH
MACON, GEORGIA
Attorney
EDWARD B. DUNFORD
WASHINGTON, D. C.
Asso. Gen. Supt.
O. G. CHRISTGAU
WASHINGTON, D. C.
Treasurer
CHARLES E. COLEMAN
CHICAGO, ILLINOIS
Secretary
ANDREW WILSON
WASHINGTON, D. C.
Chairman Exec. Com.
BISHOP H. H. FOUT
INDIANAPOLIS, INDIANA
Chairman Legis. Com.
BISHOP JAMES CANNON, Jr.
BLACKSTONE, VIRGINIA
Research Secretary
LAURA LINDLEY
WASHINGTON, D. C.

The Anti-Saloon League of America

NATIONAL HEADQUARTERS
EDWARD B. DUNFORD, ATTORNEY
131 B STREET, S. E.
Washington, D. C.

January 13, 1937.

Object

"THE object of this League is the extermination of the beverage liquor traffic, for the accomplishing of which the alliance of all who are in harmony with this object is invited. The League pledges itself to avoid affiliation with any political party as such and to maintain an attitude of strict neutrality on all questions of public policy not directly and immediately concerned with the traffic in strong drink."

Article 2 of the Constitution of the Anti-Saloon League of America

Dr. John Harvey Kellogg,
Miami Springs, Florida.

Dear Dr. Kellogg:

We are very glad to learn that you will plan to attend and address our National Convention and hope that nothing will come up to keep you from coming.

The topic you used at Miami several years ago, "Sunshine vs Moonshine" always seemed to me one of the most striking of the many hundreds that have come to my attention in connection with anti-liquor convention programs. Perhaps this same topic would be especially appropriate in St. Petersburg, where they are making more and more of their slogan nickname "The Sunshine City".

It has been my custom in opening our annual regional convention there to say, "Friends of sunshine, enemies of moonshine, I greet you." However, it might be that a topic with deeper significance might well be used as, for example, "The Sunshine of Sobriety vs The Darkness of Drink". From a medical standpoint it would be very interesting to develop the idea that abstinance permits the full enjoyment and use of one's natural faculties, whereas alcohol dulls, dims, clouds and darkens not only the vision but everything else.

Herewith I am enclosing one of the little phamplets we made of your Miami address and unless you decide upon some other subject I am sure it would be splendid to have you use this same topic and repeat much of the substance of this address. We certainly all appreciate your interest in our work and will look forward with great pleasure to meeting you again at our convention.

Sincerely,

O. G. Christgau

Convention Manager.

OGC:hm

COMMITTEE OF ONE HUNDRED

MARK C. HONEYWELL
VICE-PRESIDENT
CHAIRMAN EXECUTIVE COMMITTEE

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

JOSEPH E. WIDENER
VICE-PRESIDENT

ROBERT W. GIFFORD
SECRETARY

F. LOWRY WALL
TREASURER

FRANK E. JAYNES
EXECUTIVE SECRETARY

January 14, 1937

Dear Member of Committee of One Hundred:

"500 FATHOMS DOWN"

"Different" is the word to describe next Tuesday's program. (January 19th) Reception 7:30. Program 8:00.

Further than any man has ever penetrated into the depths of the sea, Dr. William Beebe has gone and has found an unknown, fantastic world.

In charming narrative, with beautifully colored still and moving pictures, he will present this ghost-world of the great deeps.

-

We are searching for other features for this evening which we hope will as pleasantly surprise you as did Mr. Morgenthau and his thought stirring talk of last Tuesday night.

It is the purpose of your committee to make the winter's programs second to none you have ever had.

Sincerely yours,

Frank E. Jaynes

Executive Secretary.

P.S. Will you please send back your card? It will help a lot.

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

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3037

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

January 15, 1937.

Dr. John Harvey Kellogg,
Miami Springs, Florida.

Dear Dr. Kellogg:

If you could hear the expressions of appreciation which I am getting on every side, because of the delightful address brought to us last Tuesday night by Mr. Morgenthau, I am sure you would be delighted.

It was thoughtful and kind of you to arrange to bring this distinguished American to our meeting and I feel that the Committee of One Hundred is deeply indebted to you for your courtesy.

Sincerely yours,

Frank E. Jaynes

Frank E. Jaynes
Executive Secretary

FEJ:S

R. O. EASTMAN
347 Madison Avenue
NEW YORK
—
VANDERBILT 3-6161

January 15, 1937

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

Dear Dr. Kellogg:

In view of our close association so many years ago, you may be interested in looking over the enclosed brochure describing my present work.

I heard indirectly of the fine progress you are making at Miami Springs. I am told that you have been forced to build an addition and hope you will live to see several additional additions.

Trust that this will find you in good health.

Cordially,

R O Eastman

314 Ridgewood Avenue.
Orlando, Florida.
January 16th 1937.

Our dear Dr Kellogg.

We were much pleased to receive your photograph at Christmas time. The likeness is splendid and we have it on our dresser where we can daily feel your friendship and your blessed influence.

We would like very much to come to Miami and see you again in the beautiful Anshution where your great work is progressing. We have studied the picture of the building with its additions and think it more imposing than ever. There is nothing like it — can not be because there is not another Dr. Kellogg - never will be.

Kindest regards to Dr Norman and all Friends.

Sincerely yours.

Nina M. & N. G. Coburn.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

January 16, 1937

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

My dear Dr. Kellogg:

Thank you for yours of January 11th. I am going to Washington very soon and will appreciate it if you will send me the name of your friend there who wrote the article which appeared in a recent issue of "Good Health" about the Mormons. I would like to get in touch with him. The question is not one of credibility but of correctness. The figures do not gibe with the official figures of the State of Utah. I would like a chance to check up. Your opinion that you unnamed friend is no doubt reliable, etc., is all right so far as it goes but doesn't prove that any or all of the figures are correct.

Thank you for telling me about the magazine "Health" and Dr. Magan.

I am delighted to know of the success of your sanitarium and shall hope to see it at first hand soon.

I greatly appreciate your willingness to let me have two or three hours a day of your time when I come down. I shall try to be as economical of your time as possible and prepare specific questions.

I am hoping to launch something pretty big. If, as I hope, I come, it will probably be in February. In the meantime, I hope you can get for me the name and address of your friend in Washington or his pamphlet, on which the article in "Good Health" was based.

As ever, I am,

Very sincerely yours,

Irving Fisher

IF:McK

LINCOLN MEMORIAL UNIVERSITY

A Living Memorial Sustained by a Grateful People

NEAR CUMBERLAND GAP

HARROGATE, TENNESSEE

OFFICE OF THE PRESIDENT
STEWART W. McCLELLAND

January 16, 1937

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

My dear Dr. Kellogg:

I am writing you as an old friend of Lincoln Memorial University asking for your assistance in solving a problem which is ever present with us.

We have so many boys and girls coming from the same stock which produced Abraham Lincoln who need the opportunities of an institution such as ours where they can earn and learn at the same time.

Our records do not show that you made a contribution to our work last year. We are making steady progress toward a more efficient and better institution. We have recently been made members of the Southern Association of Colleges which makes our Academic standing secure and we are anxious that our financial record would make as good a showing.

We would be grateful indeed if you could send us your contribution before February 12th, when we celebrate our Fortieth Anniversary.

Feeling that you would want a part in this Fortieth Celebration, I am writing this letter in behalf of our institution.

Sincerely yours,

Stewart W. McClelland

SWM:bc

Forty Years

. . Of Opportunity for the Forgotten Youth of the Hills

▼

1897 - 1937

▼

LINCOLN MEMORIAL
UNIVERSITY

HARROGATE, TENNESSEE

Invitation

To Our Friends:

On February 12, 1937, we will celebrate the fortieth anniversary of the founding of Lincoln Memorial University. On this occasion we shall have a fitting program of a simple, patriotic nature. To all those friends everywhere who in any way have contributed to our support and to those who are interested in its further development, we extend a most cordial invitation to be present at these exercises. Please come, and join with us in making this a great occasion of inspiration and dedication.

Sincerely yours,
S. W. McCLELLAND,
President

REMITTANCE FORM

Date _____

In consideration of the patriotic work of Lincoln Memorial University, and in an expression of good-will on the occasion of its fortieth anniversary, I hereby subscribe to its maintenance and support the sum of $_____, paying as follows _____

Name _____

Address _____

To Lincoln Memorial University,
Harrogate, Tenn.

The Appeal

ABRAHAM LINCOLN spoke the words which brought Lincoln Memorial University into being. In 1863, when General O. O. Howard was conferring with him in the White House about an assignment to Cumberland Gap, Lincoln laid his hand upon the General's shoulder and said to him:

"Howard, if you come out of this horror alive—and I pray God that you may—I want you to do something for those mountain people, who have been shut out of the world all these years. I know them. If I live I will do all I can to aid you, and between us we can do them the justice they deserve."

This commission to a loyal soldier was ultimately fulfilled although Lincoln did not live to see it.

The Fulfillment

EARLY IN 1897 General Howard met with Rev. A. A. Myers, mountain missionary, and several local people of Cumberland Gap and Harrogate. He had been summoned to Cumberland Gap by Mr. Myers who told him of the opportunity of founding a great educational institution on the ruins of an abandoned industrial enterprise.

General Howard recalled the words of the immortal Lincoln, as the group conferred on the plans for an institution of learning. Thus, Lincoln Memorial University was born. It received its charter on February 12, 1897, "to make education possible to the children of the humble, common people of America, among whom Lincoln was born." Thus it has become Lincoln's greatest living memorial, to which many thousands of young people have come for their chance in life.

Opportunity

FOR FORTY YEARS, this College of Opportunity for the youth of the Southern Highlands has been an open door to a larger life. Through this gateway to a campus of entrancing beauty and abiding inspiration have passed thousands of young men and women who have received beneficial training for lives of usefulness.

Here, Loyalty, Enterprise, Efficiency, and Character are emphasized. Here young people who have grown up under restrictions of isolation have found hope and opportunity. Here these hungry hearts have discovered an "open sesame" to the riches of a broad education.

* * * *

LINCOLN MEMORIAL UNIVERSITY is not alone an Institution but an embodiment of wholesome ideals; a training place for character and power; a school community permeated by ambition, high resolves and earnest purpose; a group of growing Americans over whom broods the spirit of Lincoln in generous thought and kindly judgment; a place where youth is free to grow, to think, to live, and to achieve.

Said Theodore Roosevelt once when he was speaking at a banquet held in honor of General O. O. Howard, who was seeking funds for the institution: "There could be no finer memorial to Lincoln than this University placed just where you have it."

Record Of Forty Years

ON FEBRUARY 12, 1937, Lincoln Memorial University will celebrate its fortieth anniversary. As we approach this notable event, it is with pride that we refer to the record of its growth and accomplishments.

Founded with the benediction of the immortal Lincoln, nurtured by those faithful souls in its early days, Rev. A. A. Myers and General Howard and their associates, carried forward by succeeding directors and presidents, developed by the devotion of many men, sustained by the contributions of patriotic Americans, set forward by such great leaders as Dr. George A. Hubbell, president from 1910 to 1922, and Dr. John Wesley Hill, chancellor from 1916 until his retirement in 1936, Lincoln Memorial University now under the leadership of Dr. S. W. McClelland, president, and a loyal group of directors, is on the threshold of a new era of service.

* * * *

THE UNIVERSITY began with 580 acres of beautiful farm land in Powells Valley and one large building. Today there are a dozen large buildings, a farm of over 1000 acres, a forest tract of 2080 acres, an endowment of nearly a quarter of a million dollars, although inadequate for our annual budget needs.

For forty years there has been the constant struggle of making ends meet and increasing the equipment for an institution adequate for the needs of the hundreds of young people who yearly seek its advantages. But through it all, it has grown, and served; through it all it has contributed to America a worthy and trained leadership in the thousands of lives which it has touched.

* * * *

BUT THOSE of us who are now charged with the responsibility of carrying on realize the enormity of our task. A larger endowment is an imperative necessity; current contributions are constantly demanded; our workers must spend much time in the field, seeking new friends who will join with us in projecting Lincoln Memorial University still further into lives of our needy young people. On this occasion of our fortieth anniversary, we are pleading earnestly for good-will offerings from Lincoln lovers and humanitarians everywhere that the new era into which we are entering may be blessed with larger returns in a useful education and a virile American citizenship.

January 18, 1937

Mr. Frank E. Jaynes,
1673 Michigan Avenue,
Miami Beach, Florida.

Dear Sir:

Thank you very much for your note of January 15.

I am glad Mr. Morgenthau's address was well received by the Club. He is always a delightful gentleman and a charming speaker and I was very sure the Club would like to hear him.

I invited Admiral Byrd to spend a week or two with me as a guest and suggested that the Committee of One Hundred would be glad to have an address from him. He wrote me that he would come in March, and I was glad to hear you announce at the meeting the other night that he would speak before the Club. I had not yet learned that definite arrangements had been made for the address.

I have another prospect for an address by a most delightful speaker about whom I wish to talk with you and will try to drop in to see you at the Club rooms some time within the next few days.

Sincerely yours,

b

January 18, 1937

Mr. W. V. O'Connell,
The Kiwanis Club,
Hellogg Hotel,
Battle Creek, Mich.

Dear Sir:

I have your letter of January 12.

Please present my thanks to the Kiwanis Club with assurance of great appreciation of your courtesy in making me an honorary member of your Club. I have always greatly admired your organization and regarded it as one of the most potent agencies for promoting the general uplift and welfare of the citizens which exists at Battle Creek.

If any members of the Club are visiting Miami during the winter, I hope they will remember that the latchstring is always out at our "house by the side of the road," the Miami-Battle Creek.

Again thanking you for your kindly remembrance and with best wishes for the continued prosperity of your excellent organization, I am

Sincerely yours,

b

January 18, 1937

Mr. Stewart W. McClelland,
Lincoln Memorial University,
Harrogate, Tennessee.

Dear Sir:

I have your letter of January 16.

I am using all my resources in developing a philanthropic institution here in Miami. I have recently borrowed over fifty thousand dollars to help the work here and so I am not able to make a handsome contribution to your good work as I would be only too glad to do. I enclose, however, a small check with the assurance of my interest in the good work that you are carrying on.

Sincerely yours,

b

January 18, 1937

Mr. William M. Patterson,
New York University,
100 Washington Square,
New York City.

Dear Sir:

I have your letter of December 1.

As an alumnus of the University (by absorption of Bellevue Hospital College) I am interested in all your projects for the promotion of one of the greatest educational institutions in the United States and would be one of the first to send you a handsome donation were it not for the fact that I am already supporting a college (Battle Creek College) with a student body numbering between four and five hundred and establishing here in Florida at my own expense a medical center, the Miami-Battle Creek, besides maintaining other philanthropies which absorb all of my resources.

Assuring you of my good will and hope that in the not too distant future I may be more favorably situated, I am

Very sincerely yours,

b

January 18, 1937

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

Dear Dr. Grant:

Thanks for your lovely Christmas card. Your redwood grove is a beauty. I wish we had it down here.

We have had a most delightful winter and regular June weather.

Sincerely yours,

b

MR. MADISON GRANT

SENDS YOU CHRISTMAS GREETINGS

AND BEST WISHES FOR THE NEW YEAR

THE MADISON GRANT REDWOOD GROVE

DEL NORTE COUNTY, CALIFORNIA

Oglethorpe University

January 18th, 1937.

My dear Dr. Kellogg:

I am writing in behalf of the Board of Directors of Oglethorpe University to request the privilege of conferring upon you, on the occasion of our approaching commencement, Saturday and Sunday, May 29th and 30th, the degree of Doctor of Public Service in recognition of your outstanding services for the betterment of mankind.

Oglethorpe University, as you may know, is the University established as a memorial to the founder of the Commonwealth of Georgia. Among your predecessors in receiving this and similar honors at our hands are President Woodrow Wilson, whose father was a member of the Board of Directors of Oglethorpe University and whose uncle was a professor in our institution; President Franklin Delano Roosevelt, Harlow Shapley, Harvard Astronomical Observatory, Claude G. Bowers, Ambassador to Spain, Prof. Edward W. Kemmerer of Princeton University, Attorney General Homer Cummings, Walter Lippmann and many others of similar quality.

This degree is usually conferred with a suitable ceremony of investiture during our commencement season.

Hoping you will give us the privilege of thus honoring ourselves, I am

Heartily yours,

Thornwell Jacobs, Pres.

Dr. John Harvey Kellogg,
Miami Springs, Fla.

Oglethorpe University

January 18th, 1937.

My dear Dr. Kellogg:

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Hoping that you will give us the privilege of thus honoring ourselves, I am

Heartily yours,

Thornwell Jacobs, Pres.

Dr. John Harvey Kellogg,
Miami Springs, Florida

January 18, 1937

Mr. R. O. Eastman,
347 Madison Avenue,
New York City.

Dear Mr. Eastman:

I have your letter of January 15th together with your neat little brochure, which I will glance through when I find opportunity. In opening it my eye happened to fall on next to the last paragraph on page 14 in which I see you refer to W. K. Kellogg as the originator of the famous Kellogg corn flake. The fact is Mr. W. K. Kellogg had nothing to do with originating corn flakes except to carry out my instruction. A brother-in-law, Mr. H. C. Butler, collaborated with me much more closely than did W. K. when I was developing corn flakes.

I hope that you are succeeding in your field. I occasionally meet your sister Nina and her husband. They seem also to be prospering. I am sorry they were not able to hang on to their Miami Beach holdings as property in that district seems to be showing signs of skyrocketing.

But I have heaps of letters to write, so I must close.

Sincerely yours,

b

Mrs. Alfred Irénée du Pont

and family

gratefully acknowledge your kind

thought and expression of sympathy

January 18, 1937

Mrs. Alfred Irenee du Pont,
Wilmington, Delaware.

Dear Mrs. du Pont:

It was very kind of you to send me your charming Christmas card.

I suppose you will be visiting Miami some time this winter, and if you do I hope you will visit us at Miami-Battle Creek.

Your husband once called on me here when I was establishing the Miami-Battle Creek and I had a very pleasant chat with him. He looked so well at that time I was very much shocked indeed to learn of his death a year or two later. I hope that you are keeping well.

We have a very charming place here and so many patients we have had to put on an addition and it is already filled up and a waiting list started even earlier than last year notwithstanding our increased capacity.

Hoping I may some time have the pleasure of showing you our Florida health center, I am

Very sincerely and respectfully yours,

b

your meeting, the proper person to contact, etc. at least two or three weeks before the date on which you expect the paper to be presented.

b

your meeting, the proper person to contact, etc. at least two or three weeks before the date on which you expect the paper to be presented.

b

January 18, 1937

Mr. O. C. Christgau,
The Anti-Saloon League of America,
131 B Street, S. E.,
Washington, D. C.

Dear Sir:

I have your letter of January 13.

If you will send me a copy of my paper, "Florida Sunshine and Moonshine," I will revamp it. I will use the same title again and revamp the article, making some additions which may increase its value and change it sufficiently so it will not be altogether a chestnut.

Assuring you of my desire to cooperate with you, I am

Sincerely yours,

P. S. I can, if you desire, send you a movie which presents in graphic colors the evil effects of alcohol and shows its destructive effect upon animal life. It shows a goldfish going on a spree, getting drunk and finally dying as a result of exposure to the effects of contact with a solution of two and three fourths per cent alcohol.

I began this letter before I had finished yours and find the little booklet "Florida Sunshine and Moonshine" which I will endeavor to improve upon and send you the copy in time for your meeting. If I find it impossible to attend, I will send the address and will also send the film if you desire it.

Kindly send me full information about the time and place of

January 18, 1937

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

Dear Prof. Fisher:

I have your letter of January 16.

The name of the Washington gentleman is Orson Raber, 943 "K" St. N. W., Washington, D. C. You can doubtless find the Mormon book, "The Word of Wisdom" and everything else relating to Mormon statistics at the Library of Congress and can certainly get them from some official of the Mormon Church.

Sincerely yours,

b

Battle Creek College

BATTLE CREEK, MICHIGAN

OFFICE OF THE
PRESIDENT

January 21, 1937

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

My dear Dr. Kellogg:

I am enclosing herewith a reprint of the article which appeared in the Mississippi Valley Historical Review and prepared by Dr. Paul I. Miller of the college.

Very sincerely yours,

Emil Leffler

l:s

To Dr. Fellows
with my respects
Paul I. Miller.

NOTES AND DOCUMENTS

Lincoln and the Governorship of Oregon

Edited by Paul I. Miller

Albert J. Beveridge's *Abraham Lincoln, 1809-1858*, appeared in 1928, and since that time it has held a place as one of the leading biographies of Lincoln. In his treatment of the Taylor administration and the governorship of Oregon, Beveridge asserts that the governorship of Oregon was never offered to Lincoln.[1] The fact is that the position was offered to Lincoln and he took it under advisement.

On March 4, 1849, Lincoln's single term in Congress came to an end. That day marked the inaugural of Zachary Taylor as the second Whig President. Of the Whigs who had been in the Harrison Cabinet of 1841 only Thomas Ewing, the secretary of the treasury, appeared in the Taylor Cabinet, and to him was assigned the task of organizing the newly created Department of the Interior. On March 11 Lincoln and Edward D. Baker, newly elected Whig Congressman from Illinois, called on Secretary Ewing to talk over patronage matters. They followed the interview with a letter[2] renewing "our earnest request that no appointments of citizens of Illinois . . . be made . . . without the consultation with us which you were kind enough to say you thought proper."[3] One of the most desirable plums to be given to Illinois by the interior department was the position of commissioner of the land office. Lincoln had urged a certain Cyrus Edwards for the place, but Lincoln had added that if Edwards were not acceptable to the administration he would accept the office for himself.

But there were other branches of the Whig party to be pla-

[1] Albert J. Beveridge, *Abraham Lincoln, 1809-1858* (Boston, 1928), I, 493.

[2] According to Beveridge, Lincoln wrote a similar letter to the secretary of the treasury and probably to other cabinet members. *Ibid.*, 488, n. 4.

[3] "Letterbook of Letters Received, 1849-1850," Ewing MSS. (in the Library of Congress), no. 46.

cated. Henry Clay, against whose nomination Lincoln had used his influence before the meeting of the Whig National Convention of 1848,[4] had been a lifelong friend of Secretary Ewing. Clay urged another Illinoisian, Justin Butterfield, for the office. At this point Lincoln entered the race in earnest. The party machine supported Lincoln, but many individual Whigs opposed him.[5] Lincoln failed to get the appointment, but he was not forgotten by the Whig administration.

One of the positions which Secretary Ewing had at his disposal was the governorship of Oregon Territory. The governor under President Polk's administration, a Democrat named Joseph Lane, had been especially obnoxious to the Whigs. Lane was removed and the position offered to Lincoln, who took the offer under advisement and finally decided not to accept. He apparently reached the decision while he was away from home. He wrote to his brother-in-law in Springfield telling him of his decision, and the latter notified the chairman of the State Whig Executive Committee, A. G. Henry.[6] Henry wrote to Secretary Ewing at once (September 24, 1849): Lincoln "has declined the office of Governor of Oregon and for reasons I presume Entirely personal to himself and *certain friends* whose claims he Early pressed upon Genl. Taylor for appointment to office. I know Mr. Lincoln is disposed to yield the administration his most cordial support notwithstanding his refusal to take office for *himself*, so long as his friends are unprovided for."[7]

Before receiving this letter the administration was becoming restless at Lincoln's delay in announcing his decision. On Septemper 25 Ewing sent the following telegram to Springfield: "Is Mr. Lincoln in Springfield? The President wishes to hear from him immediately."[8]

Lincoln had written to Ewing on the twenty-third informing him that he was that day sending a dispatch to a friend at

[4] Lincoln to Archibald Williams, April 30, 1848, John G. Nicolay and John Hay (eds.), *Complete Works of Abraham Lincoln* (New York, 1905), II, 17.

[5] Beveridge, *Lincoln*, 488 ff. gives a good account of the race.

[6] Beveridge has the name N. J. Henry, a mistake. Beveridge, *Lincoln*, I, 491.

[7] "Letterbook of Letters Received, 1849-1850," Ewing MSS.

[8] Letterbook, Miscellaneous (in Department of the Interior), no. 1, p. 12. The memorandum does not state to whom it was sent, possibly to the telegraph office.

Springfield [9] to be forwarded to him. But this friend, and some others, thinking that Lincoln had acted hastily, withheld the dispatch and wrote again to Lincoln. On receiving this letter Lincoln returned immediately to Springfield and sent a telegram to Ewing in which he declined the office of governor of Oregon. He followed this with a letter of explanation. The originals of both the letter and the telegram are reproduced here from the Ewing manuscript collection in the Library of Congress.[10] The governorship was then given to a Kentucky legislator, John P. Gaines by name, who was satisfactory to both Clay and Crittenden.[11]

This incident did not cause a break between Lincoln and Ewing. Nearly two months later Lincoln wrote a long letter to a Chicago paper,[42] defending Ewing's administration of the interior department. This friendship was renewed during the time of Lincoln's presidency.

Months after these incidents a congressional committee,[13] appointed by a Democratic House, investigated the official conduct of the secretary of the interior, especially his handling of patronage matters. One of the leading phases of the investiga-

[9] Possibly the brother-in-law of whom A. G. Henry had written.

[10] Ewing MSS., *loc. cit.* The telegram is numbered 66, the letter 76. Obviously Beveridge did not see this correspondence, for though Nicolay and Hay, among others, mention the offer of the governorship to Lincoln, Beveridge denies that the offer was made. He seems to confuse this incident with an offer of the secretaryship of Oregon during the Fillmore administration. He substantiates the denial by quoting a letter from F. B. Kellogg, secretary of state, of June 2, 1925, that no record existed in the Department of State, of such an offer. Beveridge, *Lincoln*, I, 493, n. 1. According to a letter from Lincoln to John M. Clayton, secretary of state under Taylor, dated September 27, 1849, and printed in Nicolay and Hay, *Complete Works*, II, 130, Clayton had offered Lincoln the secretaryship at the same time that Ewing had offered the governorship. Nicolay and Hay also print a letter from Lincoln to John Addison, dated September 27, 1849, in which he thanks Addison for interesting himself in "having the governorship of Oregon offered to me." *Ibid.*, 129. Possibly there were three separate offers: Clayton's offer of the secretaryship in September, 1849, Ewing's offer of the governorship in the same month, and the offer of the secretaryship under Fillmore.

[11] Crittenden was at this time governor of Kentucky and one of the most intimate advisers of the Taylor administration.

[12] Lincoln to Chicago *Journal*, November 21, 1849, in Nicolay and Hay, *Complete Works*, II, 131 ff.

[13] The Richardson committee. For the report of this committee, see *Congressional Globe*, 31 Cong., 1 Sess., Append., 1209 ff.

tion centered on the removal of the Democratic governor of Oregon Territory. The fact that a Whig Senate completely exonerated Secretary Ewing [14] does not change the situation that had Lincoln's name been linked with an affair to which the Richardson committee drew so much publicity his chances for a political comeback ten years later surely would have been affected.

BY BAIN'S ELECTRO-CHEMICAL TELEGRAPH

Dated Springfield Sept. 27th 1849.

Hon Thomas Ewing

I respectfully decline Governorship of Oregon; I am still anxious that, Simeon Frances shall be secretary of that Territory.

A. Lincoln

Springfield, Illinois, Sept 27, 1849

Hon: T. Ewing, Secretary &c.

Dear Sir:

Some discrepancy may appear between my letter of the 23rd and my Telegraphic despatch of today, to explain which I write this. As I told you in that letter I sent a dispatch the same day to a friend at Springfield to be forwarded to you; but that friend and some others, supposing I had decided hastily, witheld the despatch, and wrote me again. On receiving their letter I came to Springfield, and now Telegraph you myself —

Your Obt Servt

A. Lincoln

[14] For Ewing's defense of his appointments and of his actions in general see *Cong. Globe*, 31 Cong., 2 Sess., 38, 40, 80, 157, and 498 ff., also Append., 66 ff.

The Mississippi Valley Historical Review

December, 1936

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THE ANTI-SALOON LEAGUE OF AMERICA
NATIONAL HEADQUARTERS
EDWARD B. DUNFORD, ATTORNEY
131 B STREET, S. E.
WASHINGTON, D. C.

January 21, 1937.

Dr. John Harvey Kellogg,
Miami Springs, Florida.

Dear Dr. Kellogg:

We are very much pleased that you will speak on "Florida Sunshine and Moonshine" at our coming convention. Also, we are very glad to accept your offer to provide a moving picture film showing the effects of alcohol.

As soon as the program has been definitely arranged we shall advise you both as to when your address will be scheduled and when we will use the picture. We will probably plan to have both your address and the picture at the same session so as to have the benefit of any comments you may have to make relative to the picture. Accordingly, the picture and address are quite certain to be scheduled either for Monday evening, March 1st or Tuesday evening, March 2nd.

With thanks and best wishes, I am

Sincerely,

O. G. Christgau

OGC:hm

YVONNE CECILE MARIE ANNETTE EMILIE

THE DIONNE QUINTUPLET GUARDIANSHIP

—•—

Callander
Ontario
Jan. 22
1937

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

My Dear Doctor:-

Please accept my most sincere thanks for the "custard apple" received today. It was most delicious and I appreciate all the trouble you took to send it.

Thank you, too, for the shipment of oranges and avocadoes received a short time ago, when I happened to be away from home for a few days.

The children continue to thrive on Florida oranges and down their "cock-tail" with relish, even though it contains the usual teaspoonful of cod liver oil.

Trusting that you are keeping well this winter, and assuring you of my good wishes, I am,

Sincerely yours,

Allan Roy Dafoe

R. O. EASTMAN
347 Madison Avenue
NEW YORK

VANDERBILT 3-6161

January 22, 1937

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

Dear Dr. Kellogg:

I am delighted to see that your eyes are still as sharp as they were thirty-two years ago when I first worked for you and when nothing escaped your observation.

I admit that I fell into a technical error in attributing the originating of corn flakes to W. K. and now that you remind me I recall the close association of Hylie Butler with that development.

However, I got my history straight in an article I wrote on request a couple of years ago for one of the advertising publications, tracing the origination of shredded wheat and subsequently of flaked cereals, in which I gave credit where credit was due.

I have not seen Nina and her husband since my visit to Miami some three years ago but believe they are getting on their feet again after the very hard jolt that they sustained.

Incidentally, I believe you will find the contents of the brochure which I sent you interesting as something of a definition of modern marketing methods, which in the main are just as applicable to a sanitarium as to a packaged product.

However, in my business I meet with the same handicap which you have doubtless experienced, through most of your pioneer work, namely that it is always easier to give advice than it is to get people to take it.

Patience is still doubtless the greatest of all virtues.

With cordial regards, I am

Very sincerely,

W O Eastman

775 Park Avenue
New York City

Jan 22, 1937

The Battle Creek Food Co
Battle Creek, Michigan

Dear Sir: —

Will you kindly tell me if there is any objection to my taking seven drops of Neodol after my three meals a day. My breakfast is an Idaho potatoe, yous food ferrin and the fórm Savita yeast tablets, the other meals yous diet and Savita tablets. I have a fractured knee cap and Splace and Arthritis which I have had for several years. I may not be able to walk again

I go about in a wheelchair and am lifted from it into a car. I seem well except for the arthritis. I am sixty-two years old and seem no worse for long drives or going out to lunch and playing cards often. Very truly yours

(Mrs.) Mary E. Neal

American College of Surgeons
FOUNDED BY SURGEONS OF THE UNITED STATES AND CANADA, 1913

40 EAST ERIE STREET
CHICAGO

January 22, 1937

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

My dear Doctor Kellogg:

It is my pleasure to send to you the enclosed card denoting life membership in the American College of Surgeons, which the Board of Regents has authorized issued to each Fellow who has completed payment of his subscription to the Endowment Fund, thus entitling him to a life membership in the College.

I take this opportunity to express to you on behalf of the Officers and Regents of the College their appreciation of your cooperation and support in the work of our great institution.

With kindest regards and best wishes, I am

Sincerely yours,

George Gill

Chairman, Board of Regents

January 28, 1937

Dear Miss Gabriel:

I shall be glad to cooperate with you in your research and to facilitate it in every feasible way.

I offer the following suggestions which undoubtedly will be supplemented by other suggestions as the work proceeds and receives more consideration.

1. The subjects should be selected from persons who are habitual meat eaters and have bad floras, that is, persons whose fecal examination shows 10 per cent or less of acidophilus.

2. The subjects should be well developed and in ordinary good health.

3. All the subjects should have the following tests: weight, height and total strength, urine, blood count, hemoglobin, stool, metabolism, night and morning temperature, pulse, and electrocardiograph.

Retests: All the tests should be repeated once a week during the research. The pulse should be counted daily night and morning and always before and after exercise. A careful record must be kept of all the tests.

REGIMEN

Flesh meats of all sorts must be avoided, also tea and coffee, laxative drugs and alcohol and tobacco.

Each subject must take daily one quart of soy acidophilus milk and 4 to 8 ounces of Lacto-Dextrin. I will supply the acidophilus milk and

the Lacto-Dextrin.

The subjects should also take an abundance of vitamins and to insure this should take the following special foods: For vitamin A, one half ounce of parsley or one ounce of dandelion, spinach, escarole, turnip leaves, dock leaves, kale or broccoli leaves, or 3 or 4 ounces of carrots, or dried apricots.

The subjects should also take one ounce of wheat germ, one half ounce of Savita Yeast or 2 or 3 drams of Savita extract.

The subjects should also take 2 or 3 glasses of orange juice, strawberry juice, yellow turnip juice, twice as much raspberry, tomato, apple or turnip juice.

Each subject should also take at each meal one or two teaspoonfuls of Tripple-Sax. This is best taken by putting into a glass and adding half a glass of orange juice or cold water and stirring quickly before it has time to swell.

The bowels must be moved at least twice daily, including a large enema at night at bedtime. If necessary to make the enema return add one teaspoonful of lactic acid to each quart of water or instead use the juice of one or two lemons.

For endurance tests I suggest you employ two of the Fisher tests, holding out the arms and deep knee bending.

I will send at once to Battle Creek and ask them to send me Mosso's ergograph to use for this research and will try to arrange for the publication of the results of the research, especially if the results are sufficiently significant to be useful.

I shall be glad to see you again and hope I shall not be so busy as I happened to be today as I am much interested and shall be glad to give you such time as you need.

Sincerely yours,

LINCOLN MEMORIAL UNIVERSITY

A Living Memorial Sustained by a Grateful People

NEAR CUMBERLAND GAP

HARROGATE, TENNESSEE

OFFICE OF THE PRESIDENT
STEWART W. McCLELLAND

January 23, 1937

Dr. John Harvey Kellog
Miami Springs, Florida

My dear Dr. Kellog:

Please find inclosed our receipt for your generous contribution to our work.

Dr. McClelland is away in the east at this time, but I shall call his attention to your much appreciated check and letter.

Thanking you again and again, I am

Sincerely yours,

Evelyn Mace

Secretary to Dr. McClelland

No. 3341

Lincoln Memorial University

A Living Memorial Sustained by a Grateful People

Harrogate, Tennessee

(Near Cumberland Gap)

Received of Dr. John Harvey Kellog

The Sum of Ten dollars and no/100 Dollars $ 10.00

For the Uses of Lincoln Memorial University

Jan. 22 A. D. 1927

C. P. Williams
Treasurer

E. J. M.

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January 23, 1937.

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

Dear Dr. Kellogg:

I am so grateful for your help and cooperation in arranging for me to speak before "The Committe of One Hundred." I cannot tell you how much it means to have your help in this way.

Could you arrange the meeting for February? I should like to come to Florida - say about the second week in February - rather than later in the Spring. I am looking forward to coming to Florida and I do appreciate your good interest.

I feel that it is the help of such friends as you that has kept Berry through these 35 years, and we do hope to make our 35th year the most wonderful one in the history of Berry.

With loving greetings, and looking forward to seeing you soon,

Faithfully yours,

Martha Berry

P. S. I am very glad to send you the photograph which we have mailed, today.

WARREN E. COLLINS, INC.
Specialist in Respiration Apparatus since 1908
555 HUNTINGTON AVENUE
BOSTON, MASSACHUSETTS

January 25, 1937

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

Dear Dr. Kellogg:

We are still awaiting the shipment of clocks from the Seth Thomas Company which will enable us to complete your Metabolism Apparatus.

Regarding the suction-pressure therapy apparatus, our VasculeX, the regular list price for this unit is $495. which includes one boot provided with eight different sizes of cuffs for treating both legs and arms. An extra boot would cost $100. complete with all sizes of cuffs. This would make a VasculeX complete with two boots $595., F.O.B. Boston. However, Mr. Collins tells me that we shall be glad to quote you a 10% discount from these prices. A VasculeX with one boot would cost you $445.50, or with two boots, $535.50. These prices, of course, are F.O.B. Boston, and at the present time we can make shipment within a few days after receiving your order. Our terms of payment are Net 30 days, or if deferred payments were desired, a carrying charge of $15.00 should be added to the purchase price and $100. should accompany the order. The balance would be divided into ten equal monthly payments.

I should especially like to point out that our VasculeX boot seems to be unusually convenient, especially in the fact that it furnishes such a wide range of sizes of cuff. As a matter of fact, we have recently furnished these boots to be used with other makes of apparatus since our boots seem to possess advantages the others lack. I am sure you would find our complete apparatus a useful and valuable addition to your physical therapy equipment.

Yours very truly,

WARREN E. COLLINS INC.

By Herman P. Roth

HPR:MH

INTER-DEPT. MEMO.

BATTLE CREEK, MICH.

January 26, 1937

Dr. Kellogg:

I thought you might be interested in the attached letter from Mrs. Mary E. Nicol of New York City (775 Park Ave.) which I noticed when reading over Miss Gotham's mail this morning.

The lady says she is 92 years old and is able to keep luncheon engagements, go to card parties and out for long drives by using our diets - especially Savita Yeast Tablets and Food Ferrin.

E. B. Allard

TEACHERS COLLEGE
COLUMBIA UNIVERSITY
NEW YORK

NUTRITION

January 26, 1937

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

Dear Doctor Kellogg:

I am very sorry to have been so long about answering your kind letter of December 5th. The grippe laid me low early in December, and I am only just now being able to catch up again.

You must have a wonderful time in Florida during the months when it is so cloudy and generally gloomy here. I was once in St. Augustine during the winter, and remember the evenings, especially, as a rare experience.

It is very kind of you to suggest my lecturing in your summer school at Battle Creek. A gathering of your graduates would be most inspiring. I still remember my visit there with great pleasure, and if I were able to accept any sort of invitation this summer, I certainly would be tempted to say I would accept yours. But I have already committed myself to a program of writing which will demand my whole time, and I must therefore decline to let you tempt me in any way!

Hoping that you are in the best of health and enjoying Florida to the utmost, and with sincere regrets regarding the lectures next summer,

Very sincerely,

Mary S. Rose

Mary S. Rose

MSR/h.

YVONNE CECILE MARIE ANNETTE EMILIE

JAN 29 1 48 PM 1937

THE DIONNE QUINTUPLET
GUARDIANSHIP

Callander
Ontario
Jan. 27
1937

APPROVED
JAN 29 1937
Credit Dept.

Battle Creek Sanitarium,
Battle Creek, Mich.

Gentlemen:-

Will you please, on receipt of this, increase the shipment of acidophilus to double the present amount you are sending each week?

noted E.R. 1/29/37

Very truly yours,

Allan Roy Dafoe

I can be shipped weekly for 6 mos

WIRE

WARREN E. COLLINS, INC.

Specialist in Respiration Apparatus since 1908

555 HUNTINGTON AVENUE
BOSTON, MASSACHUSETTS

January 28, 1937

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

Dear Dr. Kellogg:

The delay in shipping your basal metabolism apparatus has been as embarrassing to us as it has been inconvenient to you. We have received your wire of inquiry but did not answer by wire since the letter we sent you on January 25 explained the situation and should have been received by you shortly after you sent your wire.

We are glad to report that the shipment of clocks has been received this morning and that we will rush completion and shipment of your machine.

Again, with apologies for the delay and our assurance that it was entirely unavoidable on our part, we are

Yours very truly,

WARREN E. COLLINS INC.

By Herman P. Roth

MPR:MH

1213-B

CLASS OF SERVICE DESIRED

DOMESTIC		CABLE	
TELEGRAM	X	FULL RATE	
DAY LETTER		DEFERRED	
NIGHT MESSAGE		NIGHT LETTER	
NIGHT LETTER		SHIP RADIOGRAM	

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

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PRESIDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

CHECK

ACCT'G INFMN.

M. B. C.

TIME FILED

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

Jan. 29, 1937 19

To Warren E. Collins, Inc.,

Street and No. 555 Huntington Avenue,

Place Boston, Mass.

WE ARE IN GREAT NEED OF METABOLISM APPARATUS AND IF WE CAN NOT RECEIVE IT SOON WILL HAVE TO CANCEL OUR ORDER.

WIRE US COLLECT THE EARLIEST DATE ON WHICH YOU CAN MAKE SHIPMENT.

JOHN HARVEY KELLOGG

b

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

INTER-DEPT. MEMO.

BATTLE CREEK, MICH.

January 29, 1937

Dear Dr. Kellogg:

Attached hereto is a letter which we received today from Dr. Dafoe. This instructs us to ship two cases weekly hereafter which is double the amount they have been getting for the past six months.

We thought this would be of interest.

You may keep this original letter for your files as we are retaining a copy for our records here.

JHH/EA
Enc-as stated

J. H. Haas

January 29, 1927

Dr. Allan Roy Dafoe,
The Dionne Quintuplet Guardianship,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

I have ordered sent you a full package each of a number of foods which we prepare for infants, some of which may interest you, and call particular attention to apricots, prune sauce, and spinach which are particularly rich in vitamins. These products contain in each 10 grams vitamin units as follows:

	Vitamin A	Vitamin B	Vitamin C	Vitamin G
Apricots	540			
Prunes	200			
Spinach	2,500	6		12½
Wheat Germ	70			
Savita Yeast	110			

We are preparing a number of other products of equal or greater interest for both infants and adults. One of these is parsley which recent information received from the Research Section of the U. S. Department of Agriculture shows it contains 6,000 units of vitamin A per ten grams and 20 units of vitamin B and a considerable amount of vitamin G.

If you are interested in any of these products, the laboratory will be glad to send you any amount you may require for

the quintuplets at 10 per cent less than the regular wholesale rate.

Vitamin A, as you know, is particularly valuable as a means of protection against colds.

It may interest you to know that the specimen of soy acidophilus milk which I sent you is particularly rich in vitamins B and G, containing 50 units per 10 grams of vitamin B and 90 units of vitamin G.

If you think it worth while to have the quintuplets use some of our preparations for babies, such as those mentioned and/or Lacto-Dextrin, Nuflora, B-Lac (beta lactose), and Savita Yeast, we might be glad to arrange with the trustees for the pictures of the quintuplets in connection with the sale of these infant foods if agreeable to them to do so.

Please present to the little ones a smile from me to show my appreciation of the love they sent me. They are at the top of the world in public interest.

Very sincerely yours,

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

January 29, 1937

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

My dear Dr. Kellogg:

Thank you for the reference to Mr. Raber. I have written him.

I am enclosing some notes from a German book indicating that the evidence that hardening of the arteries unless almost universal does not materially affect blood pressure. I am wondering whether this statement, which was made in 1925, has stood the test of time.

Very sincerely yours,

Irving Fisher

Signed by Professor Fisher's secretary in his absence.

IFs

January 29, 1937

Hon. David Croll,
Minister of Public Welfare,
Parliament Buildings,
Toronto,
Ontario, Canada.

Dear Sir:

For some time the Battle Creek Food Company has been preparing to put upon the market a line of foods especially designed for infants. We have already begun marketing a number of these foods and find some demand for them. The following is a list of the principal ones we are now manufacturing and others will be manufactured from time to time:

Green Beans	Vegetable Soup
Carrots	Strained Cereal
Prunes	Savita
Spinach	Savita Yeast
Tomatoes	Wheat Germ
Peas	Soy Bean
Apricots	Parsley

These foods are all superior to anything ever before offered on the market. They have been used for a long time and have been found highly effective in promoting the nutrition of infants and they are sources of supply for vitamins and food minerals.

I sent Dr. Dafoe a supply of these foods and if he thinks best to make use of them for the quintuplets, we should like to arrange with you for the use of their picture in promoting the sale of the foods in the United States and Canada

Hon. David Croll, No. 2.

We have an application from two other milk companies who desire to manufacture and distribute our soy acidophilus milk. We will be greatly pleased if you can see your way clear to quote us terms for a royalty arrangement.

Sincerely yours,

THE BATTLE CREEK FOOD CO.

By Pres.

b

1213-B

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

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

WESTERN UNION

R. B. WHITE
PRESIDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

CHECK
ACCT'G INFMN.
M. B. C.
TIME FILED

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

January 30, 1937 19

To Warren E. Collins, Inc.,

Street and No. 555 Huntington Avenue,

Place Boston, Mass.

SHIP METABOLISM MACHINE BY EXPRESS AND HASTEN

BY TRACING.

JOHN HARVEY KELLOGG

b

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

BY DIRECT WIRE FROM

WESTERN UNION

1223-S

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.

SYMBOLS
DL = Day Letter
SER = Serial
NM = Night Message
NL = Night Letter
CDE = Code Cable
LC = Deferred Cable
NLT = Cable Night Letter
Ship Radiogram

R. B. WHITE, PRESIDENT — NEWCOMB CARLTON, CHAIRMAN OF THE BOARD — J. C. WILLEVER, FIRST VICE-PRESIDENT

The filing time shown in the date line on telegrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination.

MZP41 11 COLLECT=BOSTON MASS JAN 30 1032A

[1937?]

DR JOHN HARVEY KELLOGG=THE MIAMI BATTLECREEK=

:CONFIRMING OUR WIRE YESTERDAY METABOLISM APPARATUS WILL BE SHIPPED MONDAY=WARREN E COLLINS CO.

·1049A..

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

JOHN F. JARDINE, PRESIDENT
WAUPACA, WISCONSIN

HERBERT G. ZUCKERMAN, VICE-PRES.
BERKELEY CALIFORNIA

P. C. MILLER, SEC'Y & TREAS
CHICAGO, ILLINOIS

NATIONAL POTATO ASSOCIATION

Organized to Promote the Interests of the Potato Industry in the United States

H. B. TABB, EXECUTIVE SECRETARY
9 SOUTH KEDZIE AVENUE
CHICAGO, ILL.

THE POTATO WORLD
A MONTHLY
CROP AND MARKET SERVICE
ON POTATOES

February 1, 1937

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

Dear Doctor Kellogg:

Several years ago you made a very splendid address before the annual meeting of the Potato Association of America on the common potato as a health and nutritional food, which has been a classic ever since.

At our annual meeting in Chicago on January 1, I was called upon for an address on pretty much the same subject, copy of which is enclosed.

You will note that I quoted some of the pertinent paragraphs in your former address, adding quite a few of the recent comments made by the Health Committee of the League of Nations, and by Home Economic and Dietetic authorities in this country.

Before having this address printed and given wider circulation in this country I would greatly appreciate a few professional comments and criticisms from you.

This Association will gladly honor your fee for this service.

With kindest regards, I am

Sincerely yours,

HBT:PM

Executive Secretary

PROMOTING POTATO CONSUMPTION IN THE UNITED STATES

By H. B. Tabb, Executive Secretary,
National Potato Association,
Chicago, Illinois.

At Annual Meeting of the National Potato Association, and the Potato Division of the A. F. and V. S. A., Stevens Hotel, Chicago, Illinois. January 14, 1937.

- - - - - - - - - - -

When I started in the potato business nearly 30 years ago, the average family sat down to meat, bread and potatoes three times a day, and we never heard of half of the diseases or illnesses that we now read about in the papers every day. The word vitamin had not been coined at that time, but by eating plenty of potatoes, we unknowingly absorbed all that our bodies needed including the necessary minerals that go along with the vitamins. Oranges, lemons, and grapefruit were luxuries to be indulged in only at Christmas time, and green vegetables were almost unknown except during the summer season. I well remember that when I went to Idaho in January 1908, I wrote back to my home folks in old Kentucky about the strength and sturdiness of the Idaho Pioneers, who, in their bear skin fur coats, looked like giants to my Southern eyes. Later on, when I visited many of their ranch homes, I found that the center of the dinner table was graced by a large platter of steaming potatoes, which eaten with gravy and followed by canned red raspberries as a dessert just about made up the meal. And yet, these were the people who made the sagebrush desert of the Snake River Plains literally blossom as the rose.

The White or Irish potato is the most important contribution that the Americas have made to the human food supply and next to wheat, it is the largest and most widely cultivated crop in the world. The potato will grow almost anywhere from within the Arctic Circle to the Equator and its enormous productivity is an economic quality which is taken full advantage of in the over-populated countries of Europe. Food famines are practically unknown in the potato growing countries and during the Great War, the German Nation was chiefly sustained by the large potato crops produced in that country. It is said that we could easily produce enough potatoes in the United States to sustain a population of 200,000,000 people without encroaching upon our grain and grazing lands.

But the economic value of the potato is in most cases of small consequence compared with its importance as a food. The potato contains in more or less liberal quantities protein, calcium, phosphorus, iron, vitamin A, vitamin B, vitamin C, and vitamin G. It is particularly rich in the vitamins and mineral salts which our bodies must have. Many of the elements in the muscles and other tissues of our bodies must be constantly replaced, and although vitamins do not make up an integral part of the body's structure, they are needed to maintain normal body functions. Now-a-days, the foods which are rich in vitamins and mineral salts are called the "protective foods".

LEAGUE OF NATION STUDIES

The Health Committee of the League of Nations has made a special and exhaustive study of the proper nutrition of workers and their families during the past 18 months and several booklets have been published by the League. The conclusions reached in these studies are vouched for by the leading health and nutrition specialists of the world. "The first principle of good nutrition", the League says, "is a balanced diet which must contain protein, minerals, vitamins and energy-building food in order to provide the thirty or more nutritive essentials needed by the body". In their studies they found that the food consumed by the great mass of people was more inadequate in "quality" than in "quantity". Or, in other words, it is lacking in protein, mineral or vitamin content, thus being deficient in the nutritive essentials needed for health and well being.

The Health Committee of the League was so impressed with the value of potatoes in the diets of the people throughout the world that it recently made the statement -- "An extended dietary use of the potato is recommended to replace part of the sugar and highly milled cereals in the ordinary diet. Potato provide extra vitamin C and more readily available calcium and phosphorus than are present in cereals. Potatoes also yield more iron and B vitamins than milled cereals".

Then, under the heading of General Recommendations, the Health Committee continues: "White flour in the process of milling is deprived of important nutritive elements. Its use should be decreased and partial substitution by lightly milled cereals and <u>especially by potatoes</u> is recommended. The consumption of an excessive amount of sugar is to be condemned, and in this case also <u>partial replacement by potatoes is urged</u>".

The report continues further -- "The Committee recognizes that the deficiencies of modern diets are usually in the Protective Foods (foods rich in vitamins and minerals) rather than in the more strictly energy-bearing foods that are rich in calories. Among the former are, first and most important, milk and milk products, eggs, potatoes, green vegetables, fat fish and lean meat Among the energy-bearing foods of little or no protective power are sugar, milled cereals and certain fats."

This is strong enlightening language, but in the June 24th, 1936 League of Nations Report on Nutrition, the Committee went still further and under the special heading of "Potatoes" commented as follows:

"Special attention is called to the value of the potato as a food rich in calories and in starch and is particularly suited to substitute sugar and cereals in the modern European diet. The introduction of sugar and white flour to populations in remote districts has been followed by the occurrence of dental disease previously unknown. Examples are found among the inhabitants of Iceland, among Esquimo and native Indian tribes in Alaska and Western Canada and among the races inhabiting Northern Scandinavia. A large proportion of potatoes in the diet encourages no such predisposition to dental disease as is the case with cereals; populations showing relative freedom from dental disease with high consumption of potatoes are found in certain islands of the Hebrides,

in rural Finland and in Poland, and in Tristan da Cunha, in which island at the present time potatoes form a large proportion of the dietary, and dental caries is a rarity. Potatoes are also a valuable source of iron and Vitamin C, and one of particular value, because they retain a high proportion of their vitamin C content after cooking."

It is no wonder that the dental industry is flourishing so greatly and that our mouths are filled with gold, amalgam and store teeth. I can vision the day when our Doctors will be telling us that if we will just simply tell them what we eat, they will then tell us what's wrong with us. I know that since I have been reading all of these discoveries made by the Health Committee of the League of Nations, I am continually reaching for a potato instead of either a Lucky or a sweet, or even a drink.

DR. KELLOGG'S OPINION

The leading exponent of potatoes as a health factor in this country is Dr. John Harvey Kellogg of the Battle Creek Sanitarium in Michigan and in a public address on this subject not long ago, he said:

"Less breads and cereals, less meat and eggs, and more potatoes is the simple program called for. The potato is one of the most highly alkaline of foods. It is also one of the most easily digestible of foods. Cooked potato starch digests in a sixth of the time required for the digestion of oatmeal, and in less time than any other cereal. When well cooked, the potato is as palatable as any cereal. If bread and cereals are reduced one half and eggs and meat the same, in favor of the potato and green vegetables, an almost immediate improvement in health will be usually noted.

"There can be no doubt that the potato, more than any other single article of food, is capable of rendering a notable service in conserving and prolonging human life. It is highly important that the public should be informed respecting the supreme dietetic value of the potato and instructed in its use. Every adult should eat at least one pound of potatoes daily. It is to be remembered that the tuber is three-fourths water.

"There is no other single article of food capable of doing so much for the promotion of the health, longevity and prosperity of the American people as the potato."

FOOD VALUE OF POTATOES

Supplementing all of the foregoing, I simply must summarize a few of the facts set forth by Dr. Marion D. Sweetman and Dr. Leone M. Dakin in Bulletin No. 230 of November 1936, just released by the University of Maine. The title of this Bulletin is "Potatoes From The Consumers Standpoint", and if you have not written for it, do so at once. Commenting upon the food value of potatoes, it is admitted that although no known food is perfect, it is possible to imagine one so well balanced that it would serve as a yardstick with which to compare other foods. Most common foods average about 100 calories per serving, and the average man requires about 30 such units or 3000 calories per day. Therefore, if the 100 calorie serving provided about 1/30 of this individual's daily protein requirement and at least 1/30 of each of the other nutritional essentials, it would be considered "well balanced". Thus, if we take for our yardstick an ideal food of which a one

hundred calorie serving provides 1/30 the amount needed in a day, by the average man, of each nutritional essential including protein, calcium, phosphorus, iron and vitamins A, B, C, and G. When it comes to potatoes, there are only two important deficiencies when they are compared with the hypothetical yardstick. They lack vitamin A and do not furnish their share or an adequate portion of calcium. Milk is a food which provides more than its share of both vitamin A and calcium, and consequently can balance the potato. It is therefore now accepted as a scientific and medical fact that if and when we add 2 tablespoons of milk and 1 teaspoon of butter to a potato of medium size, it makes a combination which meets all the known needs of the human body. In fact, it then furnishes more than "its share" of calcium, iron, phosphorus, vitamin B and vitamin C, and can help supplement common foods which are deficient in these essentials.

POTATOES ARE NOT FATTENING

This brings us down to the greatest hoax or fairy story that has ever been foistered upon the American people, which is the so-called fattening quality of potatoes. I do not know how this damnable fallacy got started but the question is easy to answer. The fattening power of any food is measured by the calories furnished in an average serving. A medium sized potato furnishes 100 calories or 1/30 of the total required daily by the average man. It is axiomatic that un-needed calories, whatever the source, will be stored as fat, but because they represent only a relatively small fraction of the average person's calorie intake, potatoes cannot be held responsible for the National tendency to overweight at middle age. One or more of the following types of food are much more likely to be responsible for overweight.

Five cent sweet chocolate bar, 240 calories
One serving apple pie, about 400 calories
One serving bread pudding, about 300 calories
One doughnut, 175 calories
One serving cake, 300 calories or more
One-half cup ice cream, about 250 calories.

Potatoes, as a matter of fact, are relatively bulky, and consequently not likely to be overeaten. If the average man were to receive all of his daily energy requirements of 3000 calories from potatoes, he would have to eat 8 pounds, or over half a peck.

The doctors have actually discovered recently that potatoes in average amounts may and should be included in reducing diets. If some of you old coots whose waist lines are bothering you will split up the following into a daily diet, you will come back to Chicago next January with figures resembling the 1937 edition of Miss America.

1 Pint of Milk
1 Tablespoon of Butter
4-Oz. Lean Meat
1 Egg
1 Apple

3/4 Glass Tomato Juice
3/4 cup Carrots
1 Cup shredded Cabbage
3/4 Cup Rolled Oats
A N D
2 Medium Sized POTATOES

This will give you 1,200 calories with a large percentage of protective foods. On such a diet, the average adult would, in the light of the best modern medical knowledge, lose excess weight as rapidly as is safe.

THE DECLINING CONSUMPTION OF POTATOES

I may be an old fogy and belong to the meat, bread and potato days, but it seems to me that if the consumers of the United States knew all of these facts about the food and health value of potatoes, we would almost have to plow up the streets in our cities in order to produce enough of them to supply the demand. But, this is not the case. Thirty years ago, we were consuming the equivalent of about 4.2 bushels per capita where during the past few seasons, we have dropped to the pitifully small average per capita consumption of only around 2.8 bushels. The consumption trend line has been going down and down. A few years ago, we considered a crop of 3 to 3.2 bushels per capita a short one, but we now have to reduce our production to close around 2-1/2 bushels in order to get a decent living price.

Several factors have contributed to the loss of favor for potatoes among the consuming public of this country. First, some doctor, probably in the employ of some manufacturer or industry competing with potatoes as a food, tagged us as an enemy of the sylph-like figure that our ladies and gentlemen so much desired in the 'teens and twenties of this century, and the word spread over the country that potatoes fatten people, the same as corn does hogs. Second, our eating habits changed to where instead of eating three man-size meals a day, we eat two lunches and only one real meal, and very frequently the potatoes are extra with it. Third, the manufacture of canned soups, beans, spaghetti and most every food under the Sun has increased thousands of fold. Fourth, the production and distribution of fresh vegetables has doubled and trebled time and time again during the past fifteen or twenty years. Fifth, the doctors discovered that there are such things as vitamins which are essential to our well being and we have since been drinking oceans of cod liver oil, eating mountains of spinach which we did not like, and straining our pocketbooks in buying semi-tropical citrus fruits without ever thinking or knowing that the lowly spud in the garden or back of the barn contained the best and widest assortment of vitamins and mineral salts of any or all of these expensive and highly publicized medicines and food items.

Some of these factors may be overcome, while others must be accepted as a natural growth of the present day sedentary lives that so many of us live. The fact remains that the natural demand for the potato as a staple food of long standing has not been of sufficient stimulus to maintain the former rate of consumption. When the potato competed with only one or two other vegetables, such as turnips and cabbage during six or eight months of the year, the demand situation was different from what it is now when we must compete with most every vegetable and canned food item under the Sun continuously throughout the year.

The human stomach will hold and assimulate only so much food and in the race for a share in the consumer's dollar being participated in by the hundreds of fresh and processed agricultural products under the stimulus of organized publicity and advertising,

the potato has not been able to compete and sustain its position. The trend of the times is to seek out and build a market demand, rather than have the market reach out for the product, and in this trend the potato does not seem to be excepted.

CONSUMERS MUST BE EDUCATED

Quite a number of years ago, Emerson or some one said that if you made a better mousetrap than anyone else and lived in a forest, the world would make a beaten path to your door, but I very much fear that in this modern age of ours, you would starve to death before the world discovered you unless you advertised in some way or other, and we potato people are apparently in about the same boat. The population of the country is increasing at the rate of something like 1-3/4 millions a year, while at the same time, we find it necessary to keep constantly decreasing our potato acreage and production in order to get a living price for our product.

In these days of automobiles, aeroplanes and streamline trains, there are only two sorts of people, the quick and the dead, and we do not seem to be quick. I honestly believe that we have more arguments in favor of the potato from the standpoint of both food and health-giving qualities than can be truthfully said about any other fresh or processed agricultural food item, but as long as we keep them buttoned up in our own bosoms, the masses of consumers are more or less ignorant of them. The value of our annual potato crop runs into hundreds of millions of dollars a year, being second only to wheat as a food crop in this country, but we have never given the potato any worthwhile publicity in a national way. Consumers eat them more or less sparingly as a matter of habit, or due to the fact that they blend so perfectly with the cheapest or most costly meal, without being aware that probably next to milk the potato is the peer among the protective and health giving foods that nature has bestowed upon us.

Millions and millions of dollars are poured out into various sorts of publicity campaigns designed to tempt the consumer into buying Campbell's or Heintz's soups, Kraft's cheese, various brands of macaroni, all sorts of canned good, oranges, lemons, grapefruit, walnuts, prunes, raisins, and most every other food product under the American Sun. None of these items compare with the potato in sales volume or value, but still the very air we breathe is filled with radio announcements of their food and health value, and every paper or magazine we pick up pictures them in glowing words and colors. But, not a word, a line or picture of the potato. Is it any wonder that we are losing out in the race for the consumer's dollar? We do not even have a National Potato Week.

Our chain stores do some advertising from time to time through the newspapers, radio and store display material, but this advertising is based upon economy and price, and not particularly upon food and health value. They cannot afford to take a position of favoring one commodity as being of greater food and health value than others when they must carry so many. A few of our States, particularly Maine, has given the potato regional publicity, but their campaigns are naturally based more upon selling consumers the idea that Maine, Idaho or Wisconsin potatoes are superior to all other potatoes, than upon selling them just potatoes as a food and health necessity. Most of these State campaigns have been of a spasmodic nature and it is

doubtful if they have been worth what they cost. The decline in the consumption of potatoes has been of a long and gradual nature, and at the best, it will be almost if not quite an equally long road back. Merely running a few display advertisements in newspapers or magazines, or going on the radio for a few months would not get us very far, in competition with various other food items which have been advertised for years, and which will continue advertising for years to come.

WAYS AND MEANS OF ADVERTISING

The studies made and published by the League of Nations afford us a vast amount of splendid ammunition, and the first national approach to my way of thinking would be through the doctors, hospital dieticians, home economic teachers, health and baby specialists in all parts of the United States. Ten or twelve years ago, when the United Fruit Company began popularizing the banana in a material way, they started with such an educational campaign. Pamphlets were gotten out and distributed and prominent physicians were induced or encouraged to write articles for the medical and hospital magazines stressing the food value and easy digestibility of bananas. One of the executives who assisted in inaugurating this campaign, told me a few days ago that within the past year, his doctor in Chicago recommended bananas to him as an easy food for the stomach in the same language that my friend was suggesting to the medical profession twelve years ago. Similar educational work in behalf of potatoes would not be expensive.

Another rather inexpensive method of reaching millions of consumers is through such advertising or popularizing syndicates as the Modern Science Institute of Toledo, Ohio, or the Bond Barclay Syndicate of Philadelphia. These Institutes or Syndicates make a business of furnishing newspapers all over the country with feature articles and picture mats covering various food products, frequently including popular recipes. This Service is free to the newspapers and the busy editors use the articles and picturesfrequently to fill out their space.

One of these Institutes is at the present time conducting educational or publicity campaigns for the Florida Citrus Commission and for the Hawaiian Pineapple Producer's Cooperative Association. I am told that during November they received 107 publicity clippings on releases sent out covering Florida Citrus from papers with a circulation totalling 9,556,570 readers, and that in three weeks time, they received 36 clippings about pineapples from papers having a circulation of 4,443,859 readers. I have further been given to understand that for $250 a month, potatoes could have such a campaign carried on which measured in terms of clipping and circulation should bring in at least 100 clippings a month from papers having a combined circulation of around ten million readers. This would be only $25 a month each for ten States. I really believe this is worth thinking about and investigating.

You will observe that I am thinking in terms of small pocket change for a 350 million dollar industry, but I imagine that if we ever start publicizing potatoes in a national way, we will need to start small, and even though we had a million dollar advertising fund today, I would still suggest that we start from the very bottom, and largely from an educational standpoint.

MAINE SHOWING THE WAY

Now I want to tell you a little about a real advertising campaign and I will be through.

We all know that the State of Maine is the largest potato producing State in the United States and that the prosperity of the entire State depends largely upon the price of potatoes each season. Maine people are, of course, of the opinion that due to soil, climate, and rapid maturity, their potatoes are superior to all others, and they have developed an ambitious publicity program in the eastern markets. Starting December 1, 1936, the Maine Development Commission began a campaign for potatoes in the newspapers of New York, Boston, and Newark and in a radio program in New York City. As the program is developed it will embrace all of the leading products of the Maine soil and sea.

Red, white and blue tags, packages, labels and seals have been adopted with "State of Maine" in white on blue at the top or on the side, will feature all Maine products. This color scheme is carried out all the way through to a cook book free to all consumers telling the best ways to use Maine potatoes, lobsters, eggs or other products. The campaign is being carried on and administered by Dorrance, Sullivan & Co., of New York City.

This publicity program has been approved by the Maine legislature and has been started with State Department of Agriculture funds. The potato plan is to have the legislature tax potato growers for every barrel or sack shipped out of the State, something like 2 or 3 cents a barrel to cover the advertising. At a recent meeting of the Aroostook County Council, the information was developed that it costs Maine growers 20 to 30 cents a barrel of potatoes for fertilizers. Mr. Dorrance quickly asked if it would not be worth 2 or 3 cents a barrel to them to "fertilize the market".

Following up the advertising campaign, the Maine shippers are having the standard "State of Maine" printed in color on each sack, or they are attaching red, white and blue tags. Consideration is also being given to packing potatoes in 15 and 30 pound red, white and blue ventilated cardboard containers with a State of Maine seal at the top to prevent substitution. When the seal is broken, the top is lifted to become the handle of a carrying case. Another suggested package is a carton containing 12 baking potatoes wrapped individually with recipes on each wrapper.

If this program is made permanent, it will mean that from $200,000 to $300,000 a year will be expanded in advertising Maine table and seed potatoes in the markets of the Nation, but this does not excuse the potato industry as a whole from doing something to promote the consumption of "just potatoes" -- regardless of where they are grown.

As a national organization, I believe we owe this to the 3,000,000 potato growers of the United States, and I know that we are derelict in our duty to the 128,000,000 American Consumers, unless and until we acquaint them with the food and health value of the common potato.

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February 1, 1937

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

My dear Prof. Fisher:

I have your letter of January 29.

Thank you very much for the material enclosed. The Doctor's statements are entirely correct only he does not tell the entire facts. There are four different forms of arteriosclerosis, only one of which causes elevation of blood pressure; namely, the form in which there is widespread occlusion of the smallest blood vessels, the arterioles. When this occlusion affects both the abdominal or splanchnic vessels and vessels distributed to the muscles and skin there is necessarily a rise of blood pressure. This is also likely to occur when there is extensive arteriosclerosis in the abdominal viscera because of mechanical obstruction to the circulation of the blood. When the degenerative changes are in the large blood vessels or confined to circumscribed areas, of course it can not cause hindrance to the blood movement and so does not cause high blood pressure and hypertrophy of the left ventricle.

High blood pressure in my experience is most often due to sympathetic reflexes. For example when the blood contains poisonous substances which must be removed by the kidney, when the kidney finds itself incompetent to do its work efficiently it calls for more blood pressure, so the pressure rises in order

to get the blood through the kidneys faster and thus secure more complete elimination of the poison.

The group of these poisons in the blood which the kidneys remove are known as non protein nitrogen and for short called N. P. N. I have often seen the blood pressure fall very notably when the N. P. N. was reduced.

Pressure on the brain always raises the blood pressure. I have seen the pressure of the whole body raised to nearly double because a bone had been depressed by an accident and so compressing a bit of brain the size of a half dollar. As soon as the pressure was removed, the blood pressure fell at once to normal. Rise of blood pressure is the most definite and positive sign of brain compression after an accident.

I am overwhelmed with work, working every night until twelve and one o'clock, and I have to work every minute that I can keep my eyes open.

We are brimful and have a growing waiting list and work is rolling in upon us. I have added 30 rooms within the last two years, but if I had added three times that number they would all be full. The combination of Florida climate, biologic diet, including a liberal supply of vitamins, change of the intestinal flora and rational therapeutics accomplishes better results than I have ever seen before, and nobody is profiting by all these advances more than I myself. But the days are not long enough to get in all the work I have to do.

Prof. Irving Fisher, No. 3.

If you could come down a little later, say in April, I could put in more time than it would be possible just now; in fact, it seems impossible to find a minute, but if you have to come now I will do the best I can for you. I fear, however, it would not be over an hour a day. And I hope by the middle of April we will not be so crowded with sick folks and so we will have room for you inside. I do wish you would bring Mrs. Fisher along, too. I should love to have you both as my guests for a week or two and to show you some of the more recent advances we have made in food lines. I have got some new stuff to give you which you will certainly want to put in your book, especially about vitamins, which is the biggest thing that has ever been discovered in relation to food. We have only just begun and the study of the subject is only just well started.

As always sincerely yours,

P. S. Perhaps I ought to add a word with reference to our method of reducing the N. P. N. It is to put the patient on a diet containing as little protein as possible, such as fruit juices, and excluding protein almost altogether for a few days. A meat diet is the worst thing possible for such a case.

A poor man came in three or four weeks ago suffering from Bright's disease with a non protein nitrogen of 100. The

normal is 28 to 32. I usually find mine 26 because I eat much less protein than the minimum average. Within a few days this patient's N. P. N. was 89, within another week 79, the next week 61, and I hope within a few weeks to get it down to normal. Of course we do not keep the patient on a diet of fruit juice indefinitely, but until the kidneys have had a chance to unload the blood of poisons. We give the patient a little more protein after a week or ten days, watching carefully, of course, his weight and his general condition. The weight usually diminishes while the strength and general conditions improve remarkably.

LINCOLN MEMORIAL UNIVERSITY

A Living Memorial Sustained by a Grateful People

NEAR CUMBERLAND GAP

HARROGATE, TENNESSEE

OFFICE OF THE PRESIDENT
STEWART W. McCLELLAND

February 2, 1937

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

My dear Dr. Kellogg:

My secretary has just called to my attention your splendid contribution to our work.

We are publishing the addresses which will be made on the occasion of our Fortieth Anniversary and when they are off the press, I shall send you some of them.

Thanking you for your interest, I am

Sincerely yours,

Stewart W. McClelland

SWM: bc

NEW YORK UNIVERSITY ALUMNI FUND

100 WASHINGTON SQUARE, NEW YORK CITY

WILLIAM M. PATTERSON
Chairman

February 4, 1937

Dear Doctor Kellogg:

It is good to have your cordial letter of January 18 and to know that your interest in the affairs of New York University is so keen. I can well understand that the financial support you are giving Battle Creek College precludes your participating as you would like to in the Alumni Fund.

We are appreciative of your regard, and hope that, if conditions permit in the future, we may have the pleasure of having you with us.

Sincerely yours,

Chairman

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

February 4, 1937

Dr. Thornwell Jacobs,
Oglethorpe University,
Oglethorpe University, Georgia.

My dear Dr. Jacobs:

I have your letter of January 18 suggesting that your university might honor me with the degree of Doctor of Public Service. I should greatly esteem such an honor, but since I know that it is often customary for the receivers of such a degree to make a contribution to the college granting it, I ought to frankly tell you that I am now suffering from a financial anemia because of eight years' bleeding by a trio of thieves that I would not think it just to the welfare interests that I am sponsoring to spend any considerable sum for such a purpose, so, greatly as I would esteem the honor, I feel that I ought to decline to receive it.

Within the last fifteen years I have twice received honorary degrees, one from a college and again from a university. On one occasion the U. S. Secretary of the Treasury and the Secretary of the Navy also received the same degree.

Again thanking you for the distinguished favor offered and regretting that circumstances lead me to decline, I am

Very sincerely yours,

February 5, 1937

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

Dear Miss Berry:

I had a talk with Mr. Jaynes, Secretary of the Committee of One Hundred. Mr. Jaynes seemed much interested and promised me he would do his very best to make a place for you on their program as soon as possible. The program is filled up completely for February and the Club will close March 23 with an address by Admiral Byrd. He would not promise absolutely certain an address as he evidently wanted to sound out some of the leading members because he is a new secretary. He said that it has been the custom to have but one lady speaker a year and we have already had a lady speaker; but I urged very strongly that you would give them such a rare treat it would be most unfortunate to lose the opportunity. He seemed to be impressed with the fact that your address would be well worth while and I am sure will do his very best to arrange a place for you between the first and the middle of March.

It will be well worth while to meet this large body of influential and wealthy men. There are some 400 members in all and they represent the wealth and influence of America.

Always with best wishes, I am

Sincerely yours,

b

February 5, 1937

Mr. H. B. Tabb,
National Potato Association,
9 South Kedzie Avenue,
Chicago, Ill.

Dear Sir:

I have your letter of February 1 enclosing your address about the potato.

I am sure you are doing the people of the country as well as the potato farmers a favor in promoting an educational campaign in behalf of the potato. I have stated in various papers my views respecting the value of this splendid esculent and am much gratified to note that the League of Nations has recognized the value of the potato and is giving publicity to important facts.

It is important that the American farmers should be on the alert to promote the potato, for they will soon have a very active competitor in the soy bean. I think it would be wise to begin at once to acquaint the public with the fact that a combination of the potato and the soy bean makes an even more complete combination than do cow's milk and the potato. The soy bean contains 40 per cent protein and 20 per cent fat. Spinach, turnip tops, dandelion, dock, escarole and especially parsley are needed to balance the potato completely because these greens are much richer than milk in vitamin A and also contain liberal quantities of B, C, and G. The potato is a little weak in vitamins, lime and iron.

I think one of the reasons for the lessened interest in the potato is the annual campaigns of the Chicago packers to promote the increased consumption of meat. The American epople are already eating

far more meat than they can utilize. The potato contains a sufficient amount of protein to meet ordinary needs of an adult. With the addition of cow's milk or soy bean milk to the potato, a super abundance of protein of the finest quality is obtainable. Meat may be eliminated from the bill of fare not only without loss but with decided benefit.

Sincerely yours,

Battle Creek College
BATTLE CREEK, MICHIGAN

February 6, 1937.

Dear Dr. Kellogg,

This is a little late to extend Christmas greetings to you but the new year is still young and I do wish for you a prosperous happy new year. I also want to thank you for several presents you have sent, delicious Florida oranges twice, and especially for your picture that I received just before Christmas. I am quite sure that I will not be able to have such a good looking one made when I am eighty-six.

D. L. Eaton

Sincerely yours,

LIFE EXTENSION INSTITUTE, Inc.

HOME OFFICE · 25 WEST 43RD STREET · NEW YORK CITY

February 8, 1937

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

My dear Dr. Kellogg:

I have the honor to inform you that the Board of Directors of the Life Extension Institute have re-elected you for the present year to be a member of its Hygiene Reference Board and, unless you have other preference, to classify you, as last year, under the head of Medicine and Surgery.

On the back of this letterhead you will find the Board as constituted last year to which Mr. Frederick Osborn, Professor S. S. Huebner, Professor Edmund Jacobson, Arthur H. Ruggles, M. D., James T. Case, M. D., Victor Heiser, M. D., and Professor David McCahan have been added upon the recommendation of Haven Emerson, M. D. and Professor Irving Fisher, the committee in charge.

Very sincerely

J D Lennehan

Secretary

JDLennehan
BC

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

February 8th, 1937.

Dear Dr. Kellogg:

Please allow me to acknowledge the receipt of your favor of the 4th. The honorary degrees of Oglethorpe University are conferred absolutely regardless of any past, present or future benefaction of their recipients. They are often conferred upon people who have no financial means whatever and these are frequently among those whom we most delight to honor. The awards are based entirely upon ~~the~~ distinguished service and attainment with no financial anticipation or expectation of any sort.

The magnificent work which you have done for humanity which has so markedly characterized so many years of faithful and intelligent service, constitutes the sole reason why we trust that you will honor us by your presence at our commencement occasion.

With very best wishes,

Heartily yours,

Thornwell Jacobs,
President

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

February 9, 1937

Dr. Victor G. Heiser,
Rockefeller Foundation,
49 W. 49th St.,
New York City.

My dear Doctor:

I am reading your delightful book with great pleasure and am reminded by it of a pleasant visit with you in my office some years ago. I have always been greatly interested in your work since I first knew of it and held you in great respect and admiration. The phenomenal success of your work is richly deserved and a high tribute to the success of your endeavors.

My purpose in writing you is not simply to present my compliments, but to invite you to be my guest some time during the winter if you are coming this way. We are brimful just at present, but later in the season along toward the middle of March we shall have room and then have our most delightful winter season. Admiral Byrd will be with us the 23d of March. We should feel highly honored to have you as my guest for a week or a month. I hope you will give yourself the benefit of a few weeks in this refuge from northern winter hardships.

Hoping to have the pleasure of hearing from you and with hearty congratulations, I am

Most sincerely yours,

b

Miss Margaret Hall was an unusual and highly gifted woman. I recognized her as a person of superior ability, especially as a promoter of ideas and ideals and apparently very earnest in seeking opportunities to enlarge her stock of knowledge and capacity for usefulness.

My acquaintance with itinerant health lecturers had been such as to make me exceedingly cautious, perhaps over cautious about forming affiliations which might possibly be used to the disadvantage of the institution. I had for many years struggled hard against very great obstacles to win the confidence of the profession by keeping the institution free from influences and practices generally regarded by physicians in good standing as questionable or unprofessional and had been called upon by so many itinerant lecturers who had made themselves obnoxious to the profession and had become shy about forming associations which might create distrust and alienate professional friends whose support we needed.

After a few contacts with Miss Hall I became convinced she was an earnest seeker after truth and so was glad to encourage her evident desire to form such a connection with the institution as would give her an opportunity to learn more of the principles of biologic or physiologic living, with the importance of which, through her own intuitions, she had evidently become profoundly impressed.

It was not long, however, after Miss Hall entered the Sanitarium under Miss Cooper's supervision before closer acquaintance with her brought general recognition of her superior and unusual abilities and especially of the remarkable versatility of her talents. We soon found her to be an earnest seeker after truth. Nothing escaped her.

She absorbed information like a sponge and in a few years became an almost indispensable factor in the organization then known as the Sanitarium School of Home Economics which Miss Cooper had developed into a thriving educational enterprise.

Miss Hall made such remarkably good use of her opportunities that her services as a platform lecturer were demanded by the Lyceum Bureau and for several years in succession she was one of the most popular and well paid lecturers on the summer program of the Bureau and year after year appeared on platforms in all parts of the Middle West and the South, and when during the war the United States government drafted Miss Cooper to take general supervision of the dietetic departments of all the army hospitals of the United States, it was Miss Hall who, following Miss Cooper's advice, we called to conduct the school during Miss Cooper's months of absence, and her unusual resourcefulness and adaptability enabled her to carry the heavy burden dropped upon her shoulders remarkably well. She certainly succeeded far beyond our most sanguine expectations and this notwithstanding she was suffering from a serious gall bladder trouble which most women would have considered ample justification for a life of chronic invalidism.

Even during her lecture tours she showed her fortitude and courage by traveling hundreds of miles and standing for hours upon Chautauqua platforms pouring forth to spellbound audiences veritable volleys of lucid and often eloquent and impressive lessons on food and feeding and the fine art of physiologic living while at the same time carrying in her side a rubber tube as large as a led pencil which I had placed in her gall bladder after removing half a handful of gallstones which had caused many hours and days and even weeks of almost indescribable agony. More than once she came rushing home to Battle Creek

between enagements to have that torturing tube adjusted so as to lessen somewhat the almost unbearable pain which she endured during long hours of lectures and demonstrations, and she never failed to meet the eager public swarming about her with a smiling face and cheerful voice.

Miss Hall was a real heroine in the way in which she met misfortunes and disasters and endured the miseries of pain and illness. The tens of thousands who listened to her lectures and came in personal contact with her during her platform campaigns will never forget her cheerful face. I can not remember ever to have seen her face when it did not bear a smile. Indeed, I can not picture Miss Hall to myself with any other but a smiling countenance, and an extraordinary smile it was, one that kindled a warm glow wherever it fell.

Miss Hall has passed on, but the work she did, the seeds of truth she sowed and the influence of her life and character will never die and the sweet savor of her life will never be forgotten by those who knew her.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

February 9, 1937

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

My dear Dr. Kellogg:

Thank you for your letter of February 1. I greatly appreciate so full a reply.

Thank you also for your invitation to Mrs. Fisher and me. Mrs. Fisher is visiting her sister in California for a few weeks. But I will try to come in April, as you suggest. I shall look forward to learning in regard to vitamins, etc.

I note your low protein diet. I suppose this is the essence of the "fasting" idea. Dr. Case says some fat is important for breakfast to touch off the gall bladder. I should think alligator pears would help.

I am proceeding with my plans for my health society or, as I expect to call it, unless you can suggest a better name, "Enrolled Health Endeavorers". Roll of Health Seekers I have about 1,000 names to start with, mostly from a radio broadcast. I'll expect soon to send you the present draft of the initial questionnaire.

I am delighted that you are benefitting by your studies. But please don't forget that you do maximum work if you don't try to do more than maximum.

Sincerely,

Irving Fisher

Sc

February 9, 1937

Admiral R. E. Byrd,
9 Brimmer Street,
Boston, Mass.

My dear Admiral:

I was glad to hear the Secretary of the Committee of One Hundred announce at a recent meeting that they had engaged you for a lecture March 23, so we are counting on a visit from you at that time. I hope that you are planning to remain at least for a few days so as to get a checkup and profit by our sun baths and other forms of physiotherapy.

I hope that you are keeping well and prospering in biologic ways.

Sincerely yours,

b

1213-B

CLASS OF SERVICE DESIRED			
DOMESTIC		CABLE	
TELEGRAM		FULL RATE	
DAY LETTER		DEFERRED	
NIGHT MESSAGE	X	NIGHT LETTER	
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ACCT'G INFMN.

Charge M. B. C.

TIME FILED

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

February 11, 1937 19

To Warren E. Collins, Inc.,

Street and No. 555 Huntington Avenue,

Place Boston, Mass.

PLEASE EXPRESS IMMEDIATELY TABLE AND OXYGEN TANK FOR METABOLISM APPARATUS

JOHN HARVEY KELLOGG

b

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

February 11, 1937

Dr. Allan Roy Dafoe,
The Dionne Quintuplet Guardianship,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

I have today received a letter from Mr. Croll referring to a letter which I wrote him about the baby foods about the same time I wrote you. He writes me that after he has had an opportunity to talk with you he will write me. I am hoping that you have had an opportunity to test some of the infant foods and that you find some of them useful in arranging bills of fare for your interesting proteges. None of these foods have been made simply for commercial reasons; they are prepared only because of the service they will render to infants. Many of the products that are put upon the market for infants are so inferior in quality that the little ones are really imposed upon. These foods are exactly what they are represented to be and are things that babies really need.

I am having sent you a jar of Malt Honey or Meltose which I think you will be glad to use for the babies. This is an excellent food for them as it is a palatable extract of malt. Some 40 years ago, I spent more than $50,000 in an effort to make a palatable malt extract and finally succeeded in producing this product. I did this because the Liebig's malt extract which was used many years ago was so bitter I could seldom induce patients to take it as a food and as a medicine they would only take it in small quantities. I finally succeeded in producing a

palatable product which has been in use in considerable quantities ever since under the name of Malt Honey or Meltose. The extract has no diastatic properties, but it is of great value as a nutrient for increasing weight and for keeping the flora changed. It is about equal parts of maltose proper and dextrin, chiefly of the higher types, particularly achroödextrin. It is assimilated in about one-fourth the time required for the absorption of cane sugar. The diastatic ferments are always present in abundance in the pancreatic and intestinal juices.

With the addition of cream, Malted Honey is a very delicious food and by its use greatly facilitates the regulation of the weight. One ounce of Malt Honey added to the regular bill of fare will increase the weight two or three ounces. I have often seen patients gain an average of a pound a day in weight by the use of Malt Honey. It can be used very freely without producing any unpleasant symptoms as it is absolutely non-irritating and does not encourage the growth of streptococci as cane sugar does, according to the observations of Cruickshank, the eminent bacteriologist of Aberdeen, Scotland.

Hoping for a favorable reply from Mr. Croll after his conference with you, and with best wishes for the quintuplets and many thanks for your courtesies and for the opportunity of making a small contribution to the welfare of your wonderful charges, I remain, dear Doctor,

Very sincerely yours,

b

February 11, 1937

Dr. Allan Roy Dafoe,
The Dionne Quintuplet Guardianship,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

We are now finding in the market types of oranges which are so very sweet and delicious I am sure your proteges will enjoy them, and am sending you a box by express together with a few other fruits. I am also sending you a few bunches of some of the very delicious lettuce we are growing in our garden and young carrots which are so tender and sweet I am sure the quintuplets will enjoy them.

I am also sending you a table which I have been working on for several weeks and have at last finished. The original data on which this table is based has been gathered from various sources. The information concerning the vitamin units is the last word on the subject. It has not yet been published anywhere. The Research Section of the U. S. Department of Agriculture at Washington has for a number of years had several experts engaged in gathering from all the world's nutrition laboratories all the information obtainable concerning vitamins. This data has all been reviewed and validated by new experiments. The work is not yet completed as there are a considerable number of foods yet to be studied. For years I have been collaborating with the government laboratories, furnishing them data and assisting in educational campaigns from which I have prepared many papers and given many addresses and so they have favored me by granting my request for advance information by

the aid of which, with the data I have already had in my possession from other sources, I have been able to prepare this table.

The government has asked me not to publish any of this data as it is only for my own private use in my work here and at Battle Creek and Battle Creek College; but I do not feel that I am violating any confidence in sending it on to you for the benefit of the quintuplets.

I am also sending you a package of soy acidophilus cheese which resembles cottage cheese in appearance. It is made from soy acidophilus milk in essentially the same manner in which cottage cheese is prepared. With the addition of thick cream, sweet or sour, and if desired, a little salt, it becomes as palatable as ordinary cottage cheese and has the advantage that it contains a high percentage of lactobacillus acidophilus. A count made today (February 11) shows 250 billion to the gram. I thought the quintuplets might like this for a change.

If you will consult the table you will see that the soy bean is a good source for vitamin B and also one of the best of all known vegetable sources for vitamin C. This gives an additional value to soy acidophilus milk and other soy bean preparations.

Hoping the soy cheese and the box of fruit reach you safely, I remain, dear Doctor,

Very sincerely yours,

b

P. S. I see I have neglected to tell you about the parsley. As you will note by the table I am sending you, parsley contains more vitamin A units than anything else known, 750 units per gram, which is wonderful; whereas butter contains only 125 units. Vitamin A increases vital resistance and protects against infection.

Parsley may be made very palatable by cooking and seasoning with Davita, about one part of Davita paste to four or five parts of parsley. The addition of a little cream makes it really very palatable. The stewed parsley may be added to vegetable and other soups without in any way detracting from the palatability. Combined with spinach it makes a very agreeable mixture.

I thought perhaps you would like to try it for the quintuplets. It is so rich in vitamin A it becomes effective in very small amounts. As you will see by consulting the table, parsley contains nearly three times as much vitamin A as others of the greens.

February 12, 1937

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

Dear Prof. Fisher:

I have received the clipping you sent me entitled, "Why Salted Food?" This publication contains nothing at all new, but the statement in the first paragraph is incorrect. Professor Bunge's contention was vegetables contain an excess of potash, not of calcium. Potassium is irritating to the tissues and he thought chloride of sodium might be taken in very small quantity on this account. He admitted, however, that the ordinary consumption of salt was three or four times as great as it ought to be.

I wrote to Professor Bunge of my own experience in raising deer, of which more than 30 were born in my private park. They all descended from a single pair which I introduced more than 40 years ago. None of these deer were ever given salt. When salt was offered to them they would not touch it except to sniff it and leave it alone.

Seton Thompson once lectured at Battle Creek and the next day I told him about my deer and introduced them to him. I found it difficult to make him believe they would not eat salt, but when I entered the yard with them and offered salt in a pan and he saw them one by one sniff at it and then refuse to even touch it with their noses, he was quite nonplussed. I offered the pan to him and suggested that he try to induce them to eat it, but he declined to take it. He seemed to be afraid of the deer, and, in fact, handled himself in an attitude of preparation for

precipitate flight in case they should make an attack upon him as he seemed to fear they were likely to do.

Bunge replied to my letter, but still maintained it was necessary to add some salt to our food, especially if we lived on a vegetarian diet. Later several eminent French physicians took the matter up and discussed the whole subject in a thoroughgoing way. Their position was while salt is necessary to aid in the osmotic process of the body, because the body naturally contains about 8 parts of salt in 1,000, it is quite unnecessary to add salt to our food for the reason that there is enough salt in our food to meet all the normal demands of the body. This is clearly shown by the experience of the Eskimos who, as you know, never make use of salt. Stefansson tells about this in the story of his life among the Eskimos. He says that the Eskimos have such a repugnance for salt that they will not eat food containing it even in small amount. He himself acquired the same dislike for salt after he had abandoned its use for some time.

Something more than 60 years ago, I myself tried the experiment of using no salt in my food for several years and not only experienced no inconvenience whatever but improved in health. During this period I lived for several months while attending medical college in New York on a diet consisting of water crackers made of graham flour and water and containing absolutely no salt or anything else but flour and water, apples, oatmeal gruel cooked without salt, potatoes, with one coconut a week and occasionally a few dates. I did more than double work in college and suffered no inconvenience from the diet, but gained 17 pounds during the six months I was in New York and when I returned home had a clearer skin and was in every way

in so much better health than any of my friends had ever seen me before that they were very much surprised.

We need salt, but Nature put it into our foodstuff just as she has done the same thing in relation to lime and other food minerals, provided we eat the foods which are intended for us to eat, that is, fruits, grains, nuts, tender shoots and succulent roots, including in proper proportions all the different parts of the plant, especially the leaves and the roots as well as the fruit. The necessity of this was long ago pointed out by McCollum.

Sincerely yours,

Encl. newspaper clipping.

b

INVESTMENT IN HUMANITY

PINEY WOODS COUNTRY LIFE SCHOOL

(Corporate Name)

Piney Woods, Miss., 2—12, 1937

Received of Battle Creek Sanitorium Mrs. J. K. Kellogg

Thirty & no/100 Dollars $ 30.00

Laurence C. Jones Principal

CHAS. M. SHEDD. TREAS. Treasurer

No.

(Over)

BRIEF HISTORY

Founded under a cedar tree in the Black Belt of Mississippi, without money, land or friends, in 1909, by Laurence C. Jones, graduate of the Marshalltown High School and the State University of Iowa, 1907, through constant prayer, hardships often to the extent of physical suffering, and with the helping hand of many good people, the little school in the piney woods now has 1,414 acres of land, seven buildings, 350 students and reaches in extension work over 5,000 struggling freedmen.

Incorporated in 1913 as "The Piney Woods Country Life School." Asa Turner, Farrar, La., Chairman of Trustees; D. J. Harris, Evanston, Ill., Chairman of Committees on Investments, Special Funds and Bequests; W. P. Mangum, Cashier Braxton Bank, Treasurer, Braxton, Miss.

SOME URGENT NEEDS

1—$25,000 for Boys' Dormitory containing Manual Training Department.

2—$15,000 for Domestic Science Building and Girls' Dormitory.

3—$ 1,500 for Industrial Apparatus for the Laundry, Farm and Blacksmith Shop.

4—An Endowment Fund that will yield at least $2,000 for Teachers' salaries.

5—$ 5,000 for small Hospital.

FORMS OF BEQUEST

I hereby give and bequeath to "The Piney Woods Country Life School," of Braxton, State of Mississippi, the sum and amount of _____ Dollars

_____ _____

Witnesses Testator

ENDOWMENT

By resolution of the board of trustees, all funds will be forwarded to the well-known Harris Trust and Savings Bank of Chicago, and they will be asked for recommendations as to the investment of surplus funds.

By availing ourselves of the experience of an institution which has long been identified with the investment business, we believe that we will be able to invest properly any amount belonging to the endowment fund, having in mind a maximum return with a proper degree of safety.

ENDOWMENT AT PRESENT $5,000, SHOULD BE $50,000

"I know of no work where a dollar will go farther in effecting the uplift of a people, white and black, than in this work that is being done at the Piney Woods School."—Extract from an article by Dr. D. J. Harris.

LAURENCE C. JONES, Principal

CHAS. M. SHEDD, Treasurer

The Piney Woods Country Life School

(CORPORATE NAME)

For Training Colored Boys and Girls in Christianity, Character and Service

Piney Woods, Mississippi
(NEAR JACKSON ON HIGHWAY 49)

Feb. 13, 1937.

Mrs. J. K. Kellogg,

Battle Creek Sanitotium

Miami Springs, Fla.

Dear Mrs. Kellogg:

Our singers who were with you recently report a splendid offering from you and yours together with fine treatment. This is to assure you of our hearty and sincere thanks for it. Please pass this message to all who had a share.

We are glad you saw some of the young people we are trying to help and that you felt our cause worthy of this support.

Very gratefully yours,

Laurence C. Jones

References . . .

As to . . . The business system of Piney Woods School, and its yearly audits.

I. B. McGLADREY,
Certified Public Accountant,
Merchants Bank Bldg.,
Cedar Rapids, Iowa.

As to . . . The endeavor of Piney Woods School to train its boys and girls into conservative American Citizens with a Christian spirit—of an undenominational Character—communication may be addressed to our chaplain,

REV. GEORGE A. SCHMIDT,
1028 Port St.,
New Orleans, La.

BLAKE GODFREY,
State Secretary Y. M. C. A.,
Jackson, Mississippi.

FRANCIS S. HARMON,
General Secretary,
The International Committee of Young Men's Christian Associations of the U. S. and Canada, 347 Madison Avenue, New York.

LAMONT ROWLAND,
Capitalist,
Picayune, Miss.

A SUCCESSFUL MAN

A copy of the "Pine Torch," a little paper issued from the Piney Woods School for negroes, established by Laurence Jones, a colored graduate of the Marshalltown high school, is worth reading as an evidence of such success as may be conquered against vast odds by a man who goes at his task with **patience, hope,** and **determination.** The story of the beginning of the little school in the deep woods of Mississippi among ignorant and downtrodden negroes has been often written in Iowa. It was a bold undertaking. But it grew. **Irrigated by faith** and **cultivated by indefatigable labor** the negro school at Braxton has come to attract national attention as a practical and successful effort to bring citizenship to the negroes of the black belt. From the gift of an old black man, through the wisdom and determination of a member of his race to whom education and association with conditions in the North had lent purpose and capacity, the school in the piney woods has grown into an institution. It is the seed of negro hope, it and the other schools like it that shall spring up to **teach decent living, thrift** and **adaptation to environment.**

When we are speaking of successful men let us not forget this little colored man to whom the members of his race over several counties in Mississippi term as "Fessor," counselor and guide. To have brought thrift and purpose into a hidden corner of the black belt, to have set negroes raising their own corn and raising their own pigs, putting windows and floors in their cabins and sacrificing to send their children to learn books and farm and trades at the little school over which he presides is no mean accomplishment for any man, white or black.

Among the Iowans who have accomplished things, place Laurence Jones. Write him as one of the successful who have gone out of Iowa to bring honor upon the state—*Times-Republican, Marshalltown, Iowa.*

BEQUEST

Our friends are requested to give the school some aid in the way of testamentary bequest. Its corporate name is The Piney Woods Country Life School, and Piney Woods, Mississippi, should be added in specification of the place.

ENDOWMENT

By resolution of the Board of Trustees all funds will be forwarded to the well known Harris Trust and Savings Bank of Chicago, and they will be asked for recommendation as to the investment of surplus funds.

By availing ourselves of the experience of an institution which has been long identified with the investment business, we believe that we will be able to invest properly any money belonging to the endowment fund, having in mind a maximum return with a proper degree of safety.

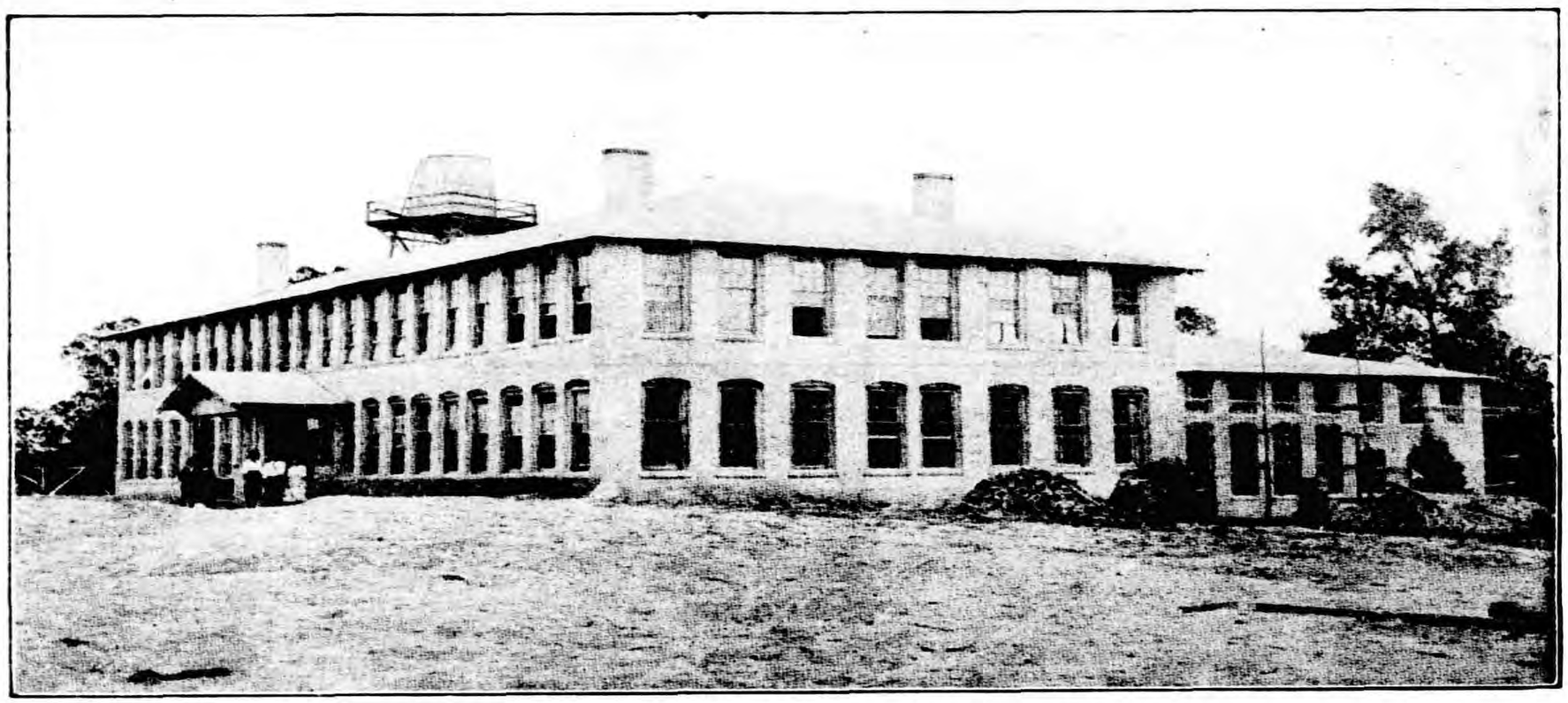
RESULTS OF TWI

"PINEY WOODS COU
(CORPOR
LAURENCE C
PINEY WOO

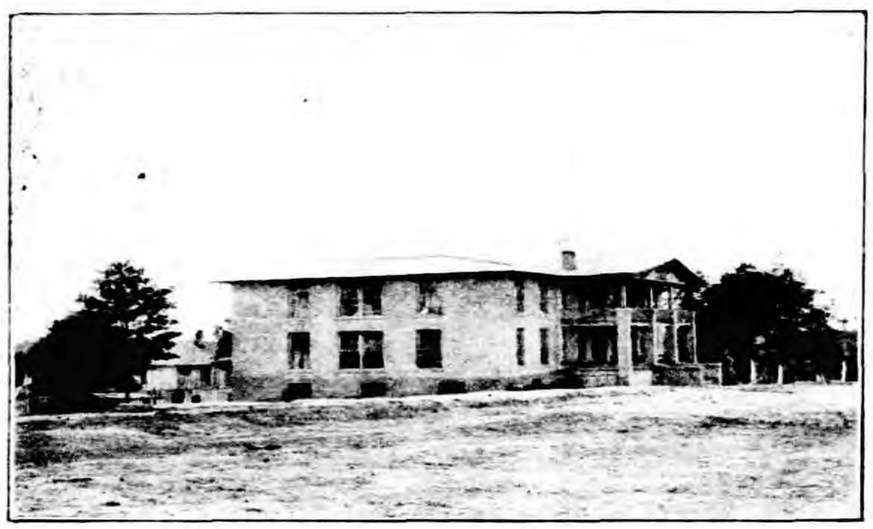
Material Development

Piney Woods School 1910

Piney Woods School 1911-21



Goodwill Hall **Piney Woods School 1928** **Class Rooms and Chapel**



GIRL'S DORMITORY

Dulany Hall, given by Major George W. Dulany in memory of his old "Mammy."

School Boys Making the Brick and Erecting their own Dormitory

ENTY-FIVE YEARS

NTRY LIFE SCHOOL"

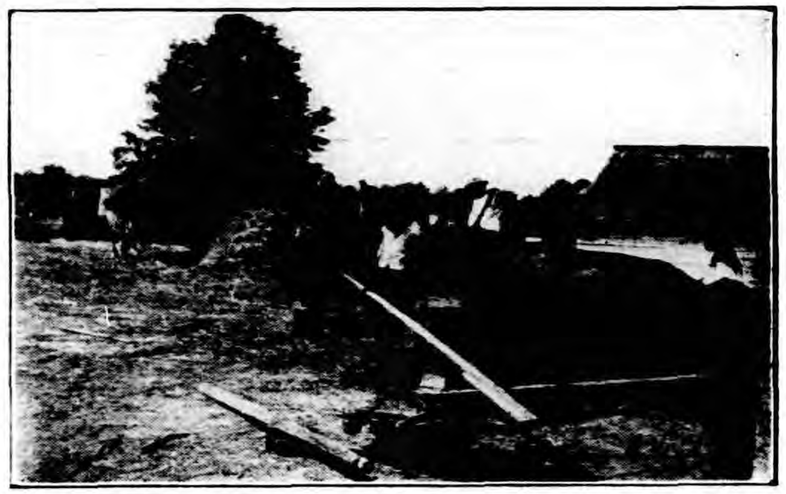
ATE TITLE)

JONES, Principal

S, MISSISSIPPI

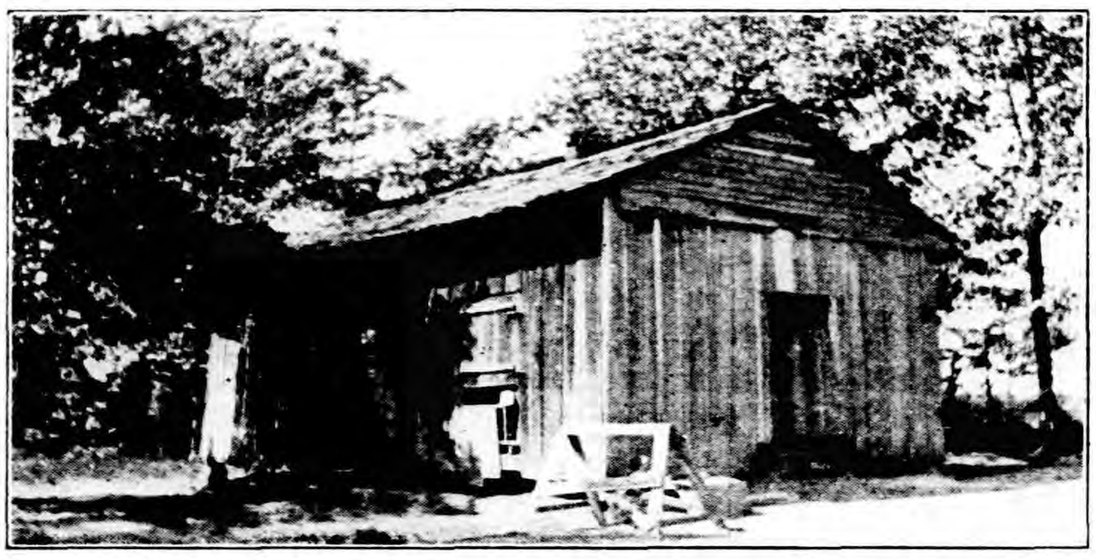
Human Development

How they look when they enter



When they have been here awhile

Graduation Day



THE WORK OF A GRADUATE

The School Building she found

Her present School Building

"**PINEY WOODS AND ITS STORY.**" by Laurence C. Jones, dealing with the race problem and the development of this school, can be secured from Fleming H. Revell Co., New York, or from **Piney Woods School, Piney Woods, Miss. Price $1.50.**

S. S. McClure, of McClure's Magazine says of it: "*A valuable human document; a paragraph in a vital chapter of American history.*"

A recent book on the race problem by Laurence C. Jones is "**The Bottom Rail.**" **Price $1.00.**

General Views of Piney Woods School

★

The Student Body at Piney Woods School

★

Visitors at Piney Woods School

NEW YORKERS

Ring University 4-7000—Extension 172 and ask Miss Mable Carney, Professor of Rural Education about Piney Woods School. Others write her in care Columbia University, New York City.

ON THE LEFT SIDE THE NEW FIREPROOF DORMITORY FOR GIRLS. ON THE RIGHT THE BOYS DORMITORY. BETWEEN THE TWO BUILDINGS IS THE RUINS OF THE DINING ROOM AND DOMESTIC SCIENCE BUILDING LOST IN FIRE

COMMUNITY HOUSE WHERE OUR VISITORS ARE ENTERTAINED. ACADEMIC BUILDING "GOODWILL HALL"

PINEY WOODS SCHOOL STUDENTS MARCHING FROM GIRL'S DORMITORY INTO THE AUDITORIUM TO THE MARTIAL STRAINS OF THE PINEY WOODS GIRL'S BAND

SOME OF OUR OUTSTANDING VISITORS. WE HAVE OVER SIX HUNDRED VISITORS ANNUALLY

MR. DUDLEY HAMPTON
INSPECTOR OF SCHOOLS FOR
BRITISH GOVERNMENT
RHODESIA S. AFRICA

MISS MABLE CARNEY
PROFESSOR OF RURAL EDUCATION IN COLUMBIA UNIVERSITY
NEW YORK CITY

MR. GEORGE FOSTER PEABODY
THE FINEST EXAMPLE OF AN AMERICAN. HIS DAUGHTER, MRS. MARJORIE PEABODY WAITE

MR. A. R. MATHERS
INSPECTOR OF SCHOOLS FOR
BRITISH GOVERNMENT
RHODESIA S. AFRICA

File

BOY SCOUTS OF AMERICA

ORIGINALLY INCORPORATED FEBRUARY 8, 1910

GRANTED FEDERAL CHARTER BY CONGRESS, JUNE 15, 1916

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2 PARK AVENUE
NEW YORK CITY

TELEPHONE LEXINGTON 2-3200
CABLE ADDRESS "BOYSCAMER, NEW YORK"

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O. H. BENSON, DIRECTOR

Confidential
2/15, 1937

Dr. John Harvey Kellog
Miami Battle Creek
Miami Springs Miami, Fla.

My Dear Dr. Kellog:-

Let me thank you and your able staff of doctors and Health Technicians for the able and kind service rendered to me during my short stay in your Sanitarium. You gave me the most thorough check up and most helpful guidance to health, that I have ever had and I am deeply appreciative of what you did for me and how me to my family. I can well understand worthy Chief, Dr. James E. West in so enthusiastic about you and your work and why he urged me to seek help at your hands, He most admires you greatly and loses no opportunity to lead others in your direction. It was a great treat to meet you personally and to have had a brief visit with you

1910 — TWENTY-FIFTH ANNIVERSARY — 1935
NATIONAL JAMBOREE — WASHINGTON, D. C.
August 21-30, 1935

THE SCOUT OATH

On My Honor I will do my best:

1. To do my duty to God and my country, and to obey the Scout Law;
2. To help other people at all times;
3. To keep myself physically strong, mentally awake, and morally straight.

THE SCOUT LAW

1. A SCOUT IS TRUSTWORTHY
A scout's honor is to be trusted. If he were to violate his honor by telling a lie, or by cheating, or by not doing exactly a given task, when trusted on his honor, he may be directed to hand over his scout badge.

2. A SCOUT IS LOYAL
He is loyal to all to whom loyalty is due: his scout leader, his home, and parents and country.

3. A SCOUT IS HELPFUL
He must be prepared at any time to save life, help injured persons, and share the home duties. He must do at least one good turn to somebody every day.

4. A SCOUT IS FRIENDLY
He is a friend to all and a brother to every other scout.

5. A SCOUT IS COURTEOUS
He is polite to all, especially to women, children, old people, and the weak and helpless. He must not take pay for being helpful or courteous.

6. A SCOUT IS KIND
He is a friend to animals. He will not kill nor hurt any living creature needlessly, but will strive to save and protect all harmless life.

7. A SCOUT IS OBEDIENT
He obeys his parents, scoutmaster, patrol leader, and all other duly constituted authorities.

8. A SCOUT IS CHEERFUL
He smiles whenever he can. His obedience to orders is prompt and cheery. He never shirks nor grumbles at hardships.

9. A SCOUT IS THRIFTY
He does not wantonly destroy property. He works faithfully, wastes nothing, and makes the best use of his opportunities. He saves his money so that he may buy his own way, be generous to those in need, and helpful to worthy objects. He may work for pay but must not receive tips for courtesies or good turns.

10. A SCOUT IS BRAVE
He has the courage to face danger in spite of fear and to stand up for the right against the coaxings of friends or the jeers or threats of enemies, and defeat does not down him.

11. A SCOUT IS CLEAN
He keeps clean in body and thought, stands for clean speech, clean sport, clean habits, and travels with a clean crowd.

12. A SCOUT IS REVERENT
He is reverent toward God. He is faithful in his religious duties, and respects the convictions of others in matters of custom and religion.

BOY SCOUTS OF AMERICA

ORIGINALLY INCORPORATED FEBRUARY 8, 1910

GRANTED FEDERAL CHARTER BY CONGRESS, JUNE 15, 1916

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NEW YORK CITY

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CABLE ADDRESS "BOYSCAMER, NEW YORK"

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not only result in better health and longer life, but will make me a better leader of boys and more but will also vitalize my life for a greater service in Scouting. You have done and are doing a great service to mankind, Congratulations and my sincere thanks.

Cordially and Sincerely Yours

O. H. Benson

National Director, Rural Scout Service.

1910 — TWENTY-FIFTH ANNIVERSARY — 1935
NATIONAL JAMBOREE — WASHINGTON, D. C.
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February 17, 19[illegible]7

Dr. Allan Roy Dafoe,
The Dionne Quintuplet Guardianship,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

I am sorry to see by the papers that the quintuplets have had an attack of flu and that you yourself are now suffering and have had to go to a hospital in Toronto. I hope by this time you are well on the way back to health again.

I am sending you a little box of green things, parsley, lettuce, carrots and green peas, thinking you might find it difficult to get these.

Sincerely yours,

b

February 19, 1937

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

Dear Dr. Holt:

Thanks for your invitation to your Founders Week Dinner. I should be glad to be present, but can not get away from my work here. However, I am glad to promote the project of the dinner and enclose a check for two dollars. Please send the ticket to my friend Dr. Dabney.

Sincerely yours,

b

President Holt and the Trustees of Rollins College
request the pleasure of

Dr. John Harvey Kellogg's

company for dinner
at the Rollins College Commons, Winter Park, Florida
Saturday Evening, February Twenty
at seven-thirty o'clock

SPEAKERS

Honorable Thomas J. Watson
President American Branch, International Chamber of Commerce

Dr. F. H. Fentener van Vlissingen
President of the International Chamber of Commerce

Lord David Davies
of England

Subject of Discussion: "International Economics"

Subscription: Two Dollars

February 20, 1937

Prof. A. Besredka,
25, Rue du Docteur Roux,
Paris, France.

My distinguished Colleague:

Your kind note in recognition of my birthday has been duly received. I assure you I esteem it a privilege as well as an honor to receive congratulations from one whose contributions to medical progress have won for him such world wide prestige and appreciation as are yours.

I am very glad to see that the work of your Institute is maintaining it high standing as a great bacteriological center to which the whole world looks expectantly. I have had the pleasure of meeting a number of the men who have helped to make the institution famous, among others Pasteur himself, Metchnikoff, Roux, Tissier and others.

I have been much interested in the work initiated by Metchnikoff in relation to changing the flora. I think I have made much more use of this principle than any other person. I obtained from Dr. Tissier a culture of his bifidus. He told me it did not grow well, but I succeeded in making it grow in whey and in time succeeded in getting a palatable culture in milk. I began quite extensive use of the culture in 1912, and between that time and 1935 used over a hundred thousand gallons of the culture in the treatment of my patients at the Battle Creek Sanitarium where we had annually about 12,000 patients until the late depression which cut down our

patronage about one half, but it is coming back.

I have continued experimental work in changing the flora more or less actively for more than 25 years and the last five years for the purpose of determining the influence of various foodstuffs upon the growth of bifidus and acidophilus and have found that the organism grows much more rapidly in a milk prepared from the soy bean than in cow's milk. It seems, in fact, to produce a new type. This new type, which we call Lactobacillus soy acidophilus, has been studied by a number of bacteriologists in this country.

It occurred to me that perhaps you might be willing to make such a study for me. The study I desire made is particularly with reference to its morphological characteristics and its rate of growth, productivity and other characters as compared with cultures made with cow's milk. I shall be glad to pay liberally for this work and will be pleased if you thought best to undertake it. I will be glad if you will write me whether you care to undertake the work and if you are willing to do so will be pleased if you will outline the plan of procedure that you will undertake and also name the compensation you would expect.

Again thanking you for your kind remembrance and with very best wishes and hoping to hear from you, I am

Sincerely yours,

b

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DOCTOR JOHN HARVEY KELLOGG

MIAMISPRINGS MIAMI FLO

FINAL PROGRAM DEVELOPMENTS MAKE BEST ARRANGEMENT YOUR SUNSHINE VERSUS MOONSHINE ANTI SALOON LEAGUE CONVENTION ADDRESS MONDAY AFTERNOON MARCH FIRST WITH MOTION PICTURE MONDAY EVENING STOP PLEASE WIRE WHETHER THIS ARRANGEMENT AND DATE ACCEPTABLE TO YOU STOP INDICATIONS WILL HAVE GREAT CONVENTION HERE EARNESTLY HOPE NOTHING WILL PREVENT YOUR PRESENCE

O G CHRISTGAU..

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CABLE ADDRESS
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P. G. B. MORRISS
MANAGER

February 23, 1937

John Harvey Kellogg, M. D.
THE MIAMI-BATTLE CREEK
Miami Springs (Miami)
Florida

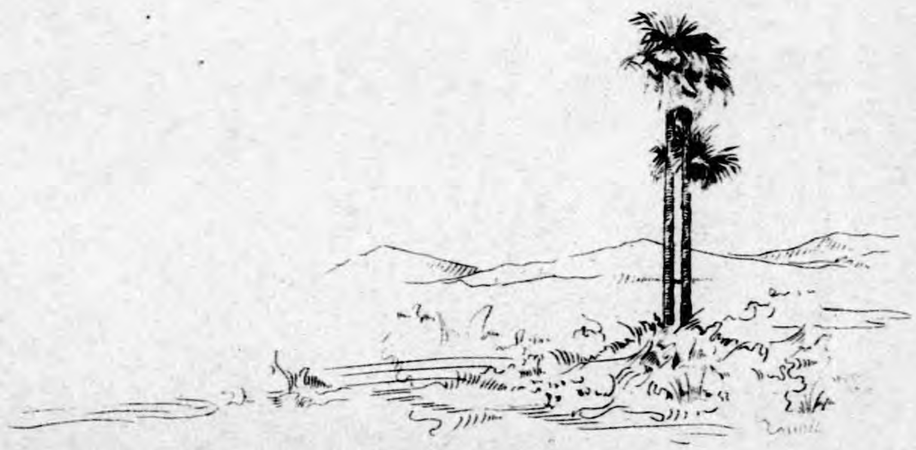
Dear Dr. Kellogg:

A hasty note to tell you that I hope to see you early in March.

I hope all is well with you.

Warmest regards,

R. E. Byrd



The Dionne Quintuplet Guardianship

CALLANDER Feb. 23rd., 1937

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

Dear Dr. Kellogg:-

In the absence of Dr. Dafoe, who has been a patient in Toronto hospital the past two weeks, I am writing to acknowledge receipt of your two letters of Feb. IIth. and one of Feb. I7th. They will receive the Doctor's attention on his return home next week.

Please let me also acknowledge receipt, for the doctor, of the meltose, acidophilus cheese and book of fruit which you kindly sent him recently. I note that you have also sent a box of parsley, carrots, etc. for which I will be on the look-out.

The quintuplets, fortunately, had only slight colds for a few days, from which they have now completely recovered.

Sincerely yours,

R. Gordon Moffatt

Secretary to
Dr. A. R. Dafoe

DAVID FAIRCHILD
THE KAMPONG, 4013 DOUGLAS ROAD
COCONUT GROVE, FLORIDA

Feb. 24. 1937.

Dear Doctor.

You are still such a very young man that I do not hesitate to present you with a fern growing from true the seeds of which I gathered on the Gold Coast of Africa in 1927. This true is a cutting from one in our glass house on the Kampong. Nephrolepis and I trust it will become in time a tall shade tree under which in the years to come

DAVID FAIRCHILD
THE KAMPONG, 4013 DOUGLAS ROAD
COCONUT GROVE, FLORIDA

many of your friends may
sit and bless you.

Mrs Fairchild and I are
due in Winter Haven today so
we cannot take part in
your birthday party celebration.

You will want to have
the name of the tree so here
it is Ficus platyphyllus.

With best wishes for
a long life and as
always. Very sincerly yours

Daniel Fairchild

February 24, 1937

Mr. O. C. Christgau,
C/o Postal Telegraph,
St. Petersburg, Florida.

My dear Sir:

I have your wire of February 23.

I am glad you have prospects for a good convention. I will do my best to get there, but I am afraid I will not be able to come as I have a big house-ful of patients and new people are coming in every day and there is rarely a day I do not have to do a few operations. My patients are people of considerable importance; such men as Mr. Henry Morgenthau, Senator Sordoni, Judge Buffington, Judge Davis and others of like standing who demand attention.

The film will speak for itself.

I will get my paper into your hands in advance so as to give some one time to look it over preparatory to reading it in case it is impossible for me to get there as it may be. If I am not able to reach you in person be assured my heart is with you in your good work.

Sincerely yours,

b

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1937 FEB 26 PM 11 35

STPETERSBURG FLO 26

JOHN HARVEY KELLOG

MIAMI SPRINGS TIS ANS TD MIAMI FLO

PLEASE MAIL FILM TO ME IN CARE OF FIRST BAPTIST CHURCH SPTETERSBURG STOP WILL BE GLAD TO HAVE YOUR ADDRESS BUT STILL HOPING YOU CAN COME STOP VERY ANXIOUS HAVE YOU PRESENT AND DELIVER ADDRESS IN PERSON IF AT ALL POSSIBLE

O G CHRISTGAU.

OLF BICKEL
Professor an der Universität

26. Februar 1937.

Hochgeehrter Herr Kollege!

Von Herrn Kollegen Boldyreff erfahre ich, dass Sie heute Ihren 85. Geburtstag feiern. Gestatten Sie mir, Ihnen zu diesem Tage meine herzlichsten Glückwünsche zu senden. Ich weiss, wie grosser Verehrer Pawlow's Sie waren

und wie Sie in
Ihrem Sanatorium der Pawlowschen
Schüler in den Vereinigten Staaten
ein Heim bereitet haben.

Möchten Ihnen noch Jahre
der Gesundheit und frohen
Wirkens beschieden sein!

Mit kollegialer Begrüßung
bin ich

Ihr
sehr ergebener Adolf Bickel.

Dr. Adolf Bickel, Berlin Stegtitz, Forststrasse 25, Berlin, Germany. Feb. 26, 1937

JHK

Our colleague Dr. Boldyreff informed me that you celebrate your 85th birthday today. Permit me to send you my heartiest congratulations. I know that you were a great admirer of Pavlov and that you have established a Pavlov laboratory in the United States at your Sanitarium.

May you have many years of good health and work.

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February 26, 1937

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

Form 2-C

February 26, 1937

Mr. O. G. Christgau,
Anti-Saloon League Convention,
St. Petersburg, Florida.

WHERE SHALL I SEND ALCOHOL FILM? WILL MAIL MY ADDRESS

JOHN HARVEY KELLOGG

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

February 26, 19367

This is a form letter as you see.
I enclose the questionnaire

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

My dear Dr. Kellogg:

I am writing to invite you to be a member of the Advisory Board for the National Vitality League which I am now forming.

I would also greatly appreciate any suggestions for names of others suitable for membership on this Advisory Board.

By the same mail I am also inviting those mentioned on the enclosed list.

You and they are already members of the Hygiene Reference Board of the Life Extension Institute of which the National Vitality League is indirectly an outgrowth, approved by, but not connected with, the Institute.

According to the estimates of Dr. Louis I. Dublin of the Metropolitan Life Insurance Company, the Life Extension Institute has definitely lowered the mortality rate of its examinees by discovering defects which they have consequently endeavored to correct.

It has long been my belief that, inasmuch as such a result has been obtained merely by correcting specific defects, far more improvement could be effected through a more thoroughgoing adoption of individual hygiene, as set forth in "How to Live" by Fisher and Fisk.

The National Vitality League is to consist of all persons who answer a questionnaire as to their personal habits, and agree to answer similar questionnaires annually. Thus the league will be simply a list of names of persons contributing certain records for study.

Just as, after six years' experience, the Life Extension Institute statistics showed an improvement in mortality, it is expected that those members of the National Vitality League whose habits are, or become, hygienic according to certain criteria will, in a few years, show a still greater improvement. Individual progress-records will also be available.

Both the statistical and the biographical records can, it is believed, be used as a means of stimulating a more wide-spread adoption of hygienic living. Cooperation as to tabulating the yearly statistics is expected from the Metropolitan Life Insurance Company.

I have already received inquiries regarding the League from about a thousand persons, mostly due to a 3 minute broadcast by me announcing that such a league was being planned.

The purpose of the Advisory Board is to give advice and criticism to me and those whom I hope to associate with me in this work.

At the outset, if you will let me, I should like to submit to you for criticism the present draft of the questionnaire.

Very little work, however, will be required because of your membership on the Board, even at the beginning.

Very sincerely,

Irving Fisher

P. S. Have you any better name to suggest? One suggestion, to introduce a little humor, history, and poetry is "THE VITALITY EXPEDITION, in search again of the Fountain of Youth".

Donald B. Armstrong, M. D., 3rd Vice-President and Head of Welfare Division, Metropolitan Life Insurance Company.

Edward R. Baldwin, M. D., Director Trudeau Foundation.

Emil Bogen, M. D., Pathologist of Olive View Sanitorium.

Walter B. Cannon, M. D., George Higginson Professor of Physiology, Harvard Medical School.

Alexis Carrel, M. D., Member, Rockefeller Institute for Medical Research.

Russell H. Chittenden, Professor Emeritus of Physiological Chemistry, Yale University.

Harold S. Diehl, M. D., Professor of Preventive Medicine and Public Health, University of Minnesota.

Haven Emerson, M. D., Professor of Public Health Administration, College of Physicians and Surgeons, Columbia University.

Kendall Emerson, M. D., Managing Director, National Tuberculosis Association.

George J. Fisher, M. D., Deputy Chief Scout Executive, Boy Scouts of America.

Arnold Gesell, M. D., Professor of Child Hygiene, Yale University School of Medicine.

Seale Harris, M. D., Professor Emeritus of Medicine, University of Alabama.

Thaddeus P. Hyatt, D.D.S., Clinical Professor, New York University Dental College.

Miss Sally Lucas Jean, Consultant in Health Education, Secretary, World Federation of Education Associations, Health Section, N.Y.

John H. Kellogg, M. D., Superintendent, Battle Creek Sanitarium.

H. E. Kleinschmidt, M. D., Director of Public Health Training, Dept. of Health, City of New York.

E. V. McCollum, Professor of Biochemistry, School of Hygiene and Public Health, Johns Hopkins University.

R. Tait McKenzie, M. D., Research Professor of Physical Education, University of Pennsylvania.

William H. Park, M. D., Professor of Bacteriology and Hygiene, New York University and Bellevue Medical College.

Thomas Parran, M. D., Surgeon General, U.S. Public Health Service, Washington, D.C.

W. S. Rankin M. D., Director of Hospital and Dependent Children Sections, The Duke Endowment.

Leo F. Rettger, Professor of Bacteriology, Yale University.

Frederick Rand Rogers, M. D., Director of Physical Education, Boston University.

Mary Swartz Rose, Professor of Nutrition, Teachers College, Columbia University.

Henry C. Sherman, Mitchill Professor of Chemistry, Columbia University.

William F. Snow, M. D., General Director, American Social Hygiene Association.

Thomas A. Storey, M. D., Professor of Hygiene and Physical Education, Stanford University.

Alonzo E. Taylor, M. D., Director, Food Research Institute, Stanford University.

Clair E. Turner, Professor of Biology and Public Health, Massachusetts Institute of Technology.

Henry F. Vaughan, Dr. P.H., Commissioner of Health, Detroit, Mich.

Thomas D. Wood, M.D., Professor Emeritus of Health Education, Teachers College, Columbia University.

February 27, 1937
Sofia, Bulgaria

My dear Dr Kellogg,

I feel, indeed, a very pleasand duty and a privilege to congratulate you with your 85th birthday and to extend my best wishes for a long and happy life over one hundred years. Although separated from you by the great distance and the time of so many years, you have been always with me, since I have felt your influence and your spiritual presence on every step in my life. I do not exagerate when I say that not a day passes before I have thought of you several times. In fact, everything I touch reminds me of you. When I prepare the material for my health paper every page, of which bears some of your principles, you stand by my side and direct my hand; on my writing desk are always copies of your "Good Health"; in my library your books hold the first place; on the wall of my

working room hangs a small portrait of yours; whenever I lecture on some health question I do not fail to mention before the audience that I am your pupil. If you could come here you would be astonished to find out how popular your name is among our vegetarians and followers of the biological living. In a word, you have filled out all my life and I am only proud of it

I am sure you will be glad to know, that I am spreading the Gospel of health with a great energy and with a great success too. My health paper "Dobro Sdravey" (Good Health), which is now in its 14th year, holds good position amongst our periodical press, as far as the number of its subscribers is concerned and the interest which it enjoys by the reading public. It is true, I have been ~~unable~~ thus far unable to realize my greatest dezire - to see built here a Battle-Creek Sanitarium, but with God's helpe I hope this will come, too, some day. The need is great, but its realization is very dif-

ficult on account of the most deplorable financial condition of our people here.

Hoping to hear from you and extending once more my best wishes to you,

I am very truly yours.

K. G. Efremoff

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THE THREE-SCORE-AND-TEN CLUB

Composed of Men and Women 70 Years and Over

150 Southeast First Street

MIAMI, FLORIDA

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ALEXANDER B. HEWES

TELEPHONE
2-9950

Feb. 27,1937

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

Dear Dr. Kellogg:

We were happy to learn from the paper this morning, of the joyous celebration of your 85th birthday anniversary last Thursday evening.

Even at this late date, the Three Score and Ten Club begs to offer its congratulations and to wish you many happy returns of your natal day, all finding you in your usual remarkably buoyant health and carrying on as usual, to the great benefit of humanity.

You will be interested to know that Mr.Coyle of Ft.Lauderdale was down last Thursday when Mr. Widener at the Hialeah Race track, entertained some four hundred members of our Club, presenting them all with grandstand seats and making a personal visit to our section and delivering one of his pretty little speeches to us.

There were quite a number of our "gay nineties" present and Mr. Widener was particularly gracious and pleasant to them. It would have been a pleasure to have had you with us. And, had we know it was your birthday, should have made a personal effort to enduce you to join us.

Mr. Coyle asked especially about you. The old gentleman is growing quite feeble. He has failed perceptibly since we celebrated his 103rd birthday, the 28th of last October. However, on this occasion, as on that, he made the trip from Ft.Lauderdale to Miami on the bus, and also returned alone by the same conveyance.

You may also be interested to know that the total enrollment since our beginning to the present date, shows 2531 members besides some 200 contributors. We also owe but little on our Club home.

With kindest personal regards from our entire membership, we remain

Yours, in the bonds of the
THREE SCORE AND TEN CLUB

T.S.Meek

T.S.Meek, President

Heavy Eating Hit By Kellogg

Says People Shorten Lives With Too Much Food.

MIAMI, Feb. 26, (AP)—Dr. John Harvey Kellogg passed his eighty-fifth birthday today but he was on the job at 7:30 this morning although he had been up until one o'clock the night before.

Vigorous, pink of cheek and bright of eye, he seemed not to notice the fast pace—it was apparent he loved it.

When he walked, he fairly bounded along. His handclasp was strong. His conversation reflected an alert mind.

He is spending the Winter at his Miami Springs sanitarium, a small model of the larger one at Battle Creek, Mich., he has operated for 62 years.

"I'm kept on the run here," he explained. "I'm night doctor, consultant and superintendent. I worked until one o'clock this morning and was back on the job at 7:30. But I slept like a baby and I feel fine."

Exponent of simple food and not too much of it, he said his breakfast consisted of a banana and a glass of milk made from soy beans. He had only one other meal.

"People shorten their lives by eating too much," he said. "They waste a lot of energy. They wear out their machines."

Singing T

121 Arlington Way,
Ormond Beach, Fla.,
Feb. 27. 1937.

Dear Dr. Kellogg -

I noticed your statement in regard to Soy Bean Milk. I wonder if you have any references to this in your publications. I loved appreciate very much your note. I am glad to see you are so active. My mother will be 86 in May and your books have been a great help to me in keeping her so well. She is fond of auto riding and we have covered 62,000 miles in the past five years - mostly short rides.

Very truly,

John Pease Norton.

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MIAMI BEACH, FLORIDA

TELEPHONE 5-8837

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TREASURER

FRANK E. JAYNES
EXECUTIVE SECRETARY

February 27, 1937.

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

Dear Doctor Kellogg:

I discovered in this morning's Miami Herald that you celebrated your 85th birthday yesterday. I wish I might have known it sooner but it is not too late for me to congratulate you upon the achievement of this milestone in a very useful life. I earnestly hope that you may have many more of these happy events.

I have not forgotten your suggestion about Miss Martha Berry but I have been unable to find a place for her in the already too crowded programs of this winter. I believe that with the coming of another season, if we could know in good time when she is to be here, arrangements could be made to have her here. I think the Committee would enjoy her very much.

Yours very truly,

Frank E Jaynes

FEJ:S

PHONE CADILLAC 6363

Ansd

CHARLES L. BARTLETT
ATTORNEY AT LAW
SUITE 710 HAMMOND BUILDING
DETROIT

Detroit, Feb. 28th, 1937.

John Harvey Kellogg M. D.,
Miami Springs, Fla.

Dear Doctor:-

I enclose you herein a short but fine editorial in Saturday's Det. News. I have another article from the Det. Free Press, with your picture, which I am showing to my friends. I will mail it to you shortly.

Congratulations Doctor upon your reaching your eighty fifth birthday. I knew you would do it. I am wishing you many returns fow the next twenty years. I feel sure you will be in good health at a hundred. I follow your system as much as I can. I am now sixty five years of age, and am still going strong and working hard. My wife and myself were in Florida last month, but we were only in Miami a day. We like Florida.

I have a classmate who graduated with me in the law class of 1897 at Ann Arbor, who we visited while there. He is a wealthy Chicago patent attorney, and he lives at 2400 Prairie Ave., Miami Beach. He says he has met you there at dinners or banquets. He is seventy seven.

Wishing you continued health and happiness, I am,

Sincerely yours,

Charles L. Bartlett.

Former Recorder and Judge
Recorder's Court, Detroit.

March 1, 1937

Dr. Thornwell Jacobs, President,
Oglethorpe University,
Oglethorpe University, Ga.

My dear Sir:

Many thanks for your kind letter of February 8.

I should be more than pleased to accept the honor you propose to confer upon me at your next annual commencement. The commencement, fortunately, occurs at a date when it will be possible for me to get away from my duties here as that is the time I make my annual migration to Battle Creek.

As it is necessary for me to arrange my itinerary as definitely as possible because of other engagements, will you kindly give me at least a few days in advance definite information regarding the date and hour of your exercises.

With great admiration for the work you have done in reanimating and developing Oglethorpe University and thanking you most sincerely for your courtesy and consideration, I am

Most respectfully yours,

b

March 1, 1937

Miss Gertrude Estill:

I am invited to receive an honorary degree at the famous Oglethorpe University at Atlanta, Georgia, on May 28th on the way home. I shall need my cap and gown. Please see that they are here and that I get to Atlanta in time to receive the honor which they propose to confer upon me.

J. H. K.

b

March 3, 1937

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

My dear Miss Berry:

Thank you very much for your lovely present and your kind congratulations.

I hope your sale in our lounge was successful.

I have just received a letter from Mr. Jaynes in which he extends to you an invitation to address the Committee next year. I am glad to note his cordial tone, which indicates that he appreciates what I said to him and he is really in sympathy with your work and I am sure it would be well worth while for you to tell those millionaires about it. There are about four hundred of them and they represent the wealthiest and the most influential people in this country.

Sincerely yours,

b

File

JANE CHINN HOSPITAL
WEBB CITY, MO.

TELEPHONE 404

March 3, 1937

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

Dear Doctor Kellogg:

Congratulations! You have received many splendid tributes over a period of a great many years, but I take this occasion to congratulate you on being the oldest member of the American Public Health Association and on the degree which will be conferred upon you by Oglethorpe University.

I also note with pleasure that you have been made a "Life Member" of the College of Surgeons.

Today I read of the dinner honoring you on the occasion of your sixtieth anniversary as Medical director of The Battle Creek Sanitarium. I haven't seen you since 1920 but can visualize your expression in response to the tributes and your gracious Words and manner.

I surely do feel that we are a privileged group of nurses (as our Mrs. Fay says) to have worked and

JANE CHINN HOSPITAL
WEBB CITY, MO.

TELEPHONE 404

trained under your supervision and direction. Of course you cannot remember the hundreds of us, but we each have the life time pleasure of remembering you and the wonderful things you gave us.

I suppose that no one has benefited more than I. I was poorly educated and underprivileged. How Mrs Fay managed to make a graduate nurse of me, I cant imagine. With the same kindness that you have shown the people of the world, she bore with me. I love you both for what you have done for me.

For years I have had to maintain a household and support a family, being a widow. How could I have done it without your help? I feel that our particular training has been a decided advantage to me in being employed during the depression. We kept up our standards of living and my daughter went one year to college.

May God continue to bless you in your work for humanity. We are so proud of you and again Congratulations.

Sincerely,
(Mrs) Emma Jane Althen.

1415 Austin st
Webb City. Mo.

March 3, 1937

Mr. T. S. Meek, President,
The Three-Score-and-Ten Club,
150 Southeast First Street,
Miami, Florida.

Dear Friend:

Thank you very much for your kind note of February 27. I am glad to have the information you give me and the pictures of your centenarians. I am very glad to see that you are keeping up your organization in such fine shape.

My Three Quarters Century Club is still flourishing in Battle Creek and some other places. We have enrolled, I think, over a thousand. We would have three times as many members if we admitted members at the young age of 70 years. We restrict our membership to mature people who have attained their majority of 75.

Present my warmest greetings and best wishes to all the members of the Club.

As always your friend,

b

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

March 4th, 1937.

Dear Dr. Kellogg:

It gave me great pleasure to receive your letter of the first and to know that you will be with us at our approaching commencement exercises which fall on the 29th and 30th of May.

We will have accommodations reserved for you at the Atlanta Biltmore Hotel which is the headquarters for our honor guests, due to the general convenience in attending the various exercises incident to the occasion, and because also it is perhaps the best hotel in the city.

The exercises begin with an introductory luncheon at the Biltmore at one o'clock on Saturday, May 29th. This is followed by exercises on the campus, consisting of Glee Club recital, buffet supper and usually an illustrated lecture. On Sunday there is a luncheon at one o'clock at the Piedmont Driving Club followed by a drive around the city for our honor guests, if they so desire. The commencement exercises fall on Sunday evening, May 30th at seven thirty o'clock in a down town auditorium. They are over about ten o'clock.

Please come prepared to make a number of short talks on any subject that may approve itself to you. I should particularly like to hear you say something more along the line of our conversation in the automobile when you left me at the Pancoast.

Heartily yours,

Thornwell Jacobs,
President

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

OGLETHORPE UNIVERSITY

Oglethorpe University, Ga.

March 4th, 1937.

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Thornwell Jacobs,
President

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Miami Springs, Florida.

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Heartily yours,

ThornwellJacobs,
President.

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

A

March 5, 1937

Dr. Henry F. Vaughan, Commissioner,
Department of Health,
3919 John R. Street,
Detroit, Michigan.

My dear Dr. Vaughan:

I have your letter of March 2.

I was surprised to receive the clipping you sent me. How this item got into the paper I do not know. As a matter of fact I have not as yet received a degree from Oglethorpe University, but have received a very cordial invitation from the President to be present at the next commencement for the purpose of receiving the degree of Doctor of Public Service. I was quite surprised as I had no previous intimation of any such intention.

I wrote to Battle Creek to have my gown sent down for the occasion and evidently some precocious newspaper man has gotten wind of it and has made an anticlimax out of it as the literary folks would say.

I am grateful to you for your kind expressions. You are always giving me compliments which I fear I do not deserve. I have for many years had the greatest admiration for your achievements in public health administration and congratulate you on the distinction which you have attained which is not only an honor to yourself but to your distinguished father.

Very sincerely and cordially yours,

b

HENRY F. VAUGHAN, Dr. P. H.
COMMISSIONER
BERT U. ESTABROOK, M.D.
DEPUTY COMMISSIONER
FRED M. MEADER, M.D.
MEDICAL DIRECTOR

City of Detroit

DEPARTMENT OF HEALTH

3919 JOHN R. STREET

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March 2 - 1937

My dear Doctor Kellogg:-

I presume that you receive clippings from all parts of the country.

I was, however, delighted to see the inclosed editorial in the Detroit Free Press the other morning.

Let me add my personal best wishes and congratulations at the time of your eighty-fifth birthday. The monumental impression which you have established in public health and medicine upon the well being of mankind, is a true challenge to the generation that follows, and seeks in its small way to continue the heritage of the real pioneers.

I trust that this finds you in the very best of health.

Kindest personal regards.

Cordially yours,

HENRY F. VAUGHAN, Dr. P. H.
COMMISSIONER

V/L
Incl.

Dr. John H. Kellogg
Kellogg Sanitarium.

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ELSIE A. SIEMER
Associate Secretary

March 5, 1937.

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

My dear Dr. Kellogg:

We have finally had a report from the postal authorities on the matter of your missing certificate. They claim that they can find no trace of it and therefore its loss will continue to be a mystery.

We have immediately started another certificate on its way to completion and just as soon as it is ready, it will be mailed to you at Miami Springs. This time we will make certain that we don't lose the insurance receipt.

Very sincerely yours,

Elsie A. Siemer

ELSIE A. SIEMER
Associate Secretary
Committee on Fellowship and Membership

ES:BS

66TH
ANNUAL MEETING
NEW YORK, N. Y.
OCTOBER 5-8, 1937

The American Journal of Public Health is the Official Publication of this Association

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THE THREE-SCORE-AND-TEN CLUB

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ALEXANDER B. HEWES

TELEPHONE
2-9950

March 6,1937

Dr. John Harvey Kellogg,
Miami Springs, Fla.

My dear Dr.Kellogg:

Accept my thanks for your letter of March 3rd. I am glad to know that you have at Battle Creek, Michigan, a Three Quarter Century Club, which has branches at some other places, and that you have enrolled over a thousand members.

Have you a Club anywhere in Florida? There is a 3 Quarter Century Club in St.Petersburg,Fla., conducted by Mrs.Evelyn B.Rittenhouse, the owner of the Hibiscus Hotel of that place. She started it there, so I understand, about 12 years ago, and conducts it through the winter season. Perhaps you are more conversant with it than I am, though I have had considerable correspondence with Mrs.Rittenouse during the past years. She is a remarakable woman, and seems to have a very active and successful organization.

Are you familiar with Dr. Wm. A. McKeever's organization at Oklahoma City,Oklahoma? He calls it "A School for Maturates" and he teaches them how to live long and be happy. He has more than 900 in his school, none of them under 70. His oldest member is 117. Dr. McKeever is a psychologist and for many years a professor in the University of Kansas. He is the author of several books and is now giving his whole time to his School for Maturates.

It occurrs to me that you would be interested in the above.

Cordially yours, in the bonds of the

THREE SCORE AND TEN CLUB

T.S. Meek.

T.S.MEEK President

March 6, 1937

Dr. Thornwell Jacobs, President,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Dr. Jacobs:

Many thanks for your kind letter of March 4.

I will try to be on hand to participate in your entire program. It happens that your commencement falls at the exact time I am closing up my winter's work here preparatory to leaving for the North where I expect to arrive June 1, so it is possible that I may not be able to reach Atlanta before Sunday. Your program is most attractive and I shall do my best to have the pleasure of enjoying the whole of it.

Again assuring you of my deep appreciation of the high honor which you have so generously proffered me,

I remain, dear Doctor,

Very sincerely and cordially yours,

b

March 8, 1937

Dr. Thornwell Jacobs,
Oglethorpe University,
Oglethorpe University, Georgia.

My dear Dr. Jacobs:

I am most distressed to learn by a clipping from a Michigan paper that a premature announcement was made of the honor you are going to confer upon me. As I have given the matter no publicity, the only explanation I can find is that some snooping reporter got wind of the fact that my cap and gown had been sent for and got some inkling of the facts. The possibility of publicity has never occurred to me or I should have taken special precautions.

Greatly regretting this unpleasant incident and apologizing for not taking sufficient precautions to prevent a leak and craving your forebearance, I am

Very sincerely and humbly yours,

b

March 8, 1937

Elsie A. Siemer,
American Public Health Association,
50 West 50th Street,
New York City.

My dear Madam:

I have received your letter of March 5th and hasten to write you that the lost certificate reached me about six weeks after your letter of December 19. It came in the mail and I supposed came from you. You mentioned in your letter that you were making inquiries and I supposed your inquiries had been successful. I am exceedingly sorry for all the trouble my oversight has caused you and to save you further unnecessary trouble am wiring you as follows:

"Received certificate by mail over six weeks ago. Writing you."

If I had not been quite overwhelmed at the time I am sure it would have occurred to me that I should write you and inform you of the arrival of the package. I wish to apologize for the trouble which I have caused you.

Again thanking you and with renewed apologies, I am

Very sincerely and gratefully yours,

b

1206-A

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TIME FILED

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

March 8, 1937

Elsie A. Siemer,
The American Public Health Association,
50 West 50th Street,
New York City.

Received certificate by mail over six weeks ago.
Writing you.

John Harvey Kellogg

WESTERN UNION GIFT ORDERS ARE APPROPRIATE GIFTS FOR ALL OCCASIONS.

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M. G. Brown, Alumni Trustee

Mount Berry, Georgia

March 8, 1937.

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

Dear Dr. Kellogg:

I was so sorry not to attend your Birthday Dinner, but we were called home on account of some visitors here. A little later, however, I do hope to return to Miami and spend a week, or ten days, at your Sanitarium. I would rather do that than anything I can think of and I do hope to be able to get down for a little while.

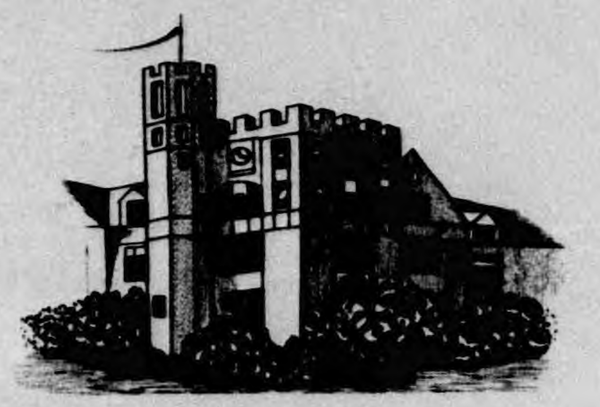
We had a very good sale at your place and I want to thank you and all the others who had any part in helping us to make it a success. The girls were greatly pleased to have us sell as many of the things as we did. The Misses Estill, Mrs. Harvey and all of your splendid staff cooperated in every possible way and we do appreciate it more than I can tell you.

I shall look forward to meeting the Committee of One Hundred next year. Thank you so much for your interest in trying to make the engagement. I so enjoyed seeing you and going over your place and seeing all the improvements.

Just to tell you what a joy it was to see you, and to send affectionate regards from everyone at Berry,

Faithfully yours,

Martha Berry



LUPTON HALL

Oglethorpe University

March 8th, 1937.

Dear Dr. Kellogg:

Our faculty and graduating class and Board of Directors all join me in expressing the hope that you will be able to get to Atlanta in time for the luncheon and afternoon exercises on Saturday, May 29th. They will afford you the very best opportunity of meeting and knowing personally your fellow honor guests as well as our own University leaders.

With all good wishes,

Heartily yours,

Thornwell Jacobs,
President

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

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THE ANTI-SALOON LEAGUE OF AMERICA

NATIONAL HEADQUARTERS
EDWARD B. DUNFORD, ATTORNEY
131 B STREET, S. E.
WASHINGTON, D. C.

Written enroute at
Gainesville, Florida,
March 10, 1937

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

Dear Dr. Kellogg:-

In behalf of the officers of the Anti-Saloon League, and for my self personally, I wish to express appreciation for your interest and generosity in preparing a paper and providing your film for our convention program.

We are especially happy to have received the paper, "Alcohol Compared with Florida Sunshine," which you took time to write for us even though you are very busy with your professional duties.

I am sure that we will want to give wide circulation to facts you have presented in popular phrases with striking contrasts to emphasize the vital truths.

We were all very sorry that you could not be present in person for the convention, but of course we realized how hard it would have been for you to leave at this busy time of the year.

With very best wishes, I am,

Sincerely,

O. G. Christgau

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

March 11th, 1937.

Dear Dr. Kellogg:

Please do not give yourself any concern over the matter. Sometimes these slips occur, usually in some such way as that which you describe.

In a short while, my secretary will doubtless write you, requesting copies of photographs for use in our local newspapers and giving you further information about the details of our commencement occasion.

It makes me happy to think of your being with us.

Heartily yours,

Thornwell Jacobs,
President

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

THE AMERICAN PUBLIC HEALTH ASSOCIATION

50 WEST 50th STREET • NEW YORK, N. Y.

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March 12, 1937.

John H. Kellogg, M.D.
The Miami-Battle Creek
Miami Springs, Fla.

My dear Dr. Kellogg:

Thank you very much for your telegram and your letter of March 8 advising me that your certificate finally reached you.

I suppose that the long delay in the delivery of the certificate will just have to remain a mystery. I am relieved to know, however, that it is now in your hands.

With best wishes, I am

Very sincerely yours,

Elsie A. Siemer

ELSIE A. SIEMER
Associate Secretary
Committee on Fellowship and Membership

ES:BS

66TH
ANNUAL MEETING
NEW YORK, N. Y.
OCTOBER 5-8, 1937

March 13, 1937

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

Dear Professor Fisher:

I have your letter of February 26.

I am tremendously interested in your new project and hope it will prove as successful as the Life Extension Institute has been.

I have not yet found time for a careful examination of your outline, but will try to do so when the present press of work lets up a little. With the Battle Creek Sanitarium, Battle Creek College, the Battle Creek Food Company and the Miami-Battle Creek, of which I am superintendent and surgeon and general consultant, I have so many demands upon my time that I need days at least 48 hours long to keep up with my work.

I shall be glad to cooperate with you in every way possible.

Always sincerely yours,

b

Battle Creek College

BATTLE CREEK, MICHIGAN

March 15, 1937

OFFICE OF THE
PRESIDENT

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

My dear Dr. Kellogg:

I am sending you herewith a news story which was carried in the Saturday, March 13, edition of the Detroit Free Press. I believe the article is self-explanatory. I trust that it meets with your approval.

Very sincerely yours,

Emil Leffler

Emil Leffler

l:s

d Legislators Threaten to

Science Streamlines Co-Ed Figures at Battle Creek

Gertrude Delaney, sophomore from Oneida, N. Y., demonstrates "muscle-exploding" on the universal dynamometer, while an attendant reads the chart.

Symmetry in Cap and Gown Is Goal for Graduation Day

BATTLE CREEK, March 12—There's more to streamlining the feminine figure than straightening rounded shoulders, easing out misplaced bulges and ironing the kink out of a lop-sided hip.

Co-eds at Battle Creek College, where health ideals are stressed, take posture correction and body symmetry improvement along with their arts and sciences.

Four times a year strength tests are given on the universal dynamometer. The aim is not to measure the amount of musculature, but to determine how quickly the muscle "explodes" to nerve stimulus.

This machine operates by pressure exerted against a column of mercury, and the strength reading is taken directly from the dial.

Twenty-five large-muscle groups of the body are tested, as well as the breathing capacity. Among the important groups considered are the shoulder, abdominal, and lower back muscles.

Almost without exception, the leg strength of the girls tested is normal. Since the strength of the muscles is in proportion to the use given it, this indicates that modern youth walks more than is usually supposed by fathers who never find the car in the garage when they want it.

When the groups of muscles have been measured, the results are made into a graph. Using this as a guide, exercises are prescribed to strengthen the groups of weak muscles, and these exercises are carried out in a "body mechanics" class.

To complete the stream-lining, trained dietitians prepare menus for girls who are over or underweight.

The fact is stressed that an educated body is a beautiful body, and that personality is expressed through posture and physical

March 13, 1937

Dr. Thornwell Jacobs,
Oglethorpe University,
Oglethorpe, Georgia.

My dear Doctor:

Thank you very much for your favors of March 8th and for your kind expressions.

I shall do my best to reach Atlanta in time for the dinner.

Sincerely yours,

b

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

March 18th, 1937.

My dear Dr. Kellogg:

Would you, at your earliest convenience, send us three black and white photographs of yourself for use in our local newspapers in connection with our commencement exercises?

Also will you kindly advise me of the exact name you wish used on your diploma.

Our commencement publicity will not be released for some time yet but we should like to have all of this information in hand.

We are looking forward with the greatest pleasure to having you with us in May and if I can serve you in any way, kindly command me.

If you should care for me to make hotel reservations for you at the Atlanta Biltmore which is the commencement headquarters, I shall be pleased to do so.

Faithfully yours,

M. E. Stovall

M. E. Stovall, Asst. to the Pres.

Mr. John Harvey Kellogg,
Miami Battle Creek,
Miami Springs, Fla.

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

March 19th, 1937.

Dear Dr. Kellogg:

It has occurred to me that perhaps you might wish to have served to you, at our luncheon on Saturday, May 29th, the al fresco supper on the campus that evening, and at the luncheon on Sunday at the Driving Club, certain dishes which you would prefer to those ordinarily served on such occasions.

If you will send to me at the proper time with the proper directions, any such foods I shall see that you are specially looked after. This can be so arranged that the other guests will not notice it and may serve to avoid a break in your regime.

I believe I asked you to come prepared to make two or three short talks, one of them being a response of from one to five minutes after your investiture on Sunday night.

With all good wishes,

Heartily yours,

Thornwell Jacobs,
President

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

March 22, 1937

Mr. M. E. Stovall,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Sir:

In reply to your letter of March 18th, I am enclosing herewith three recent photographs.

Kindly reserve for me two rooms with bath. My sister will be with me. It will be convenient to have the rooms adjoining. I hope to be with you on Saturday.

My legal name is John Harvey Kellogg.

Sincerely yours,

b

March 22, 1937

Dr. Thornwell Jacobs,
Oglethorpe University,
Oglethorpe University, Ga.

My dear Dr. Jacobs:

I have your letter of March 19.

It is very kind of you to think about my sustenance, but I beg of you please give yourself no concern whatever on this subject. I never depart from my regular dietetic code, but always find sufficient on any bill of fare to meet my temporary needs. Do not have any concern whatever on this subject. The restaurateur will profit economically by omitting meats of all sorts and slightly increasing the supply of bread-stuffs. I am almost entirely independent of caterers and cooks. A few simples completely satisfy my needs.

As regards talks, I am no orator, and, as Rousseau said of himself, the right thing to say often comes to me after the occasion has passed.

I shall try to be with you Saturday, but a doctor can never tell in advance what demands are going to be made upon him. I will advise you by telegram at the last moment when I am getting away.

Again thanking you for your unexpected courtesies, I remain, dear Doctor,

Very sincerely and cordially yours,

b

March 26, 1937

Dr. Allan Roy Dafoe,
The Dionne Quintuplet Guardianship,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

I was sorry to learn that on account of flu you had been taken to the hospital at Toronto. I was glad to learn a week or two ago from one of your associates you were expected home soon, which leads me to hope that you are at home again and quite recovered from your illness.

We had a patient brought here from Philadelphia a few weeks ago quite ill with flu. By requiring everybody to have the nose and throat sprayed night and morning with 5 per cent argyrol, I succeeded in preventing an outbreak in our family of nearly 200 persons, only two or three other cases occurring. These were very clearly contracted from the original importation. I have noted by the papers that some northern hospitals have been completely isolated because of flu.

I received a letter a few weeks ago from the secretary of the Nutrition Department of the American Public Health Association of which I have been a member for more than 50 years, asking me to prepare a paper for the next meeting which is to be held in October. I have chosen as my subject "Some of the Health Values of the Soy Bean." Thinking you might be interested in some of the facts which I have embodied in the paper in relation to soy acidophilus milk, I am enclosing a few sheets from a manuscript which I am preparing which will be published later.

I was much gratified to learn from the unpublished data recently sent me by Dr. Munsell of the U. S. Department of Agriculture that

soy acidophilus milk contains six times as much vitamin G (anti-pellagra) and more than twenty times as much vitamin B as does cow's milk. The addition of a thousand vitamin A units of plant origin to each half pint gives it greater potency in vitamin A than the best dairy milk, fully double, in fact. The addition of B-Lac or lactose gives it a very close resemblance to mother's milk in every particular with a few points of slight superiority.

I am seeing wonderful results from the liberal use of parsley. When it is cooked it is reduced in volume to such a degree that one can easily eat half a bunch at a meal or even a whole one. Fortunately, vitamin A is known to be absolutely harmless in any quantity and so may be taken very freely without risk of injury.

By the way, Mr. Croll wrote me a few days beforeyou were taken sick that he expected to visit you and directly afterward would write me about making some arrangement in relation to the infant foods. I have heard nothing from him, which I suppose is due to the fact that your illness made it necessary for him to postpone his visit. I am hoping that before long I may receive some encouraging word from him, as I think I see an opportunity for rendering useful service to a multitude of little sufferers and perhaps incidentally an equal number of older ones.

Hoping this note will find you enjoying your usual health and that the quintuplets are prospering, I am

Very sincerely yours,

b

March 29, 1937

Dr. Madison Grant,
360 Fifth Avenue,
New York City.

Dear friend Grant:

I am ashamed to find I neglected to call you on the 'phone or send you a note after you called one day when I was busy operating on several patients as you happened to call just at my operating hour. As soon as I learned that you were waiting for me I hastened out as quickly as I could disengage myself, but was sorry to find that you had left. I fear there was a little delay in getting the word to me as I was operating. It was reported that you said you would be coming back shortly and on this account I did not write you at once, and when I called up later found that I could not make contact with you. I should be sad to know that I missed an opportunity to serve you.

I had a letter from Helen today. She began her letter "Blessed Doctor" from which I infer that you have not mentioned to her my report of her delinquencies. She says her knees are much worse. I am sorry for the poor girl and I shall invite her to come down and spend a few days with us toward the last of next month when we shall have fewer patients than we have now.

I hope you enjoyed the winter and found the climate beneficial.

Always with best regards, I am

Sincerely yours,

b

P. S. I hope to see you at Battle Creek next summer. We are improving constantly our methods for promoting rejuvenescence. I can always give you some new points about successfully combating old Father Time in his mischievous designs upon us.

By the way, one of the latest and most useful acquisitions is parsley which is universally used as a garnish, whereas its value as a food is in one respect greater than anything that comes upon our table. An ordinary sized bunch of parsley contains 100,000 vitamin A units, 4,000 of which are sufficient to meet a day's requirements, so the few sprigs of this garden weed which are used for garnishing a dish are really worth more than the dish itself from a nutrition standpoint. Do not fail to eat parsley whenever you get a chance. Eat all you can get of it. I eat half a bunch every day and I am sure I profit greatly by it. The liver stores it up and uses it to fight germs and all sorts of infections and also greatly promotes normal functioning of the eye and aids in blood building. It is much better cooked than raw and with the addition of a little Savita is really very palatable. When added to spinach both the spinach and the parsley are improved.

What a brave fight you have made in refusing to be laid on the shelf notwithstanding the outrageous manner in which the fates have treated you.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
OFFICE OF CENTRAL STATES MISSION
302 SOUTH PLEASANT STREET
INDEPENDENCE, MO.

April 1, 1937

Doctor John Harvey Kellogg
Miami Springs,
(Miami), Florida

Dear Doctor Kellogg:

The writer is Miss Edna Haynie, at the present time doing missionary work for the Church of Jesus Christ of Latter-day Saints in the state of Missouri, but residing, when at home, in Douglas, Arizona. I am writing you at the request of my sister, Winnie, who quotes a portion of your letter to her, regarding the teachings of the Church with reference to what is known to us as the "Word of Wisdom" and she asked me to write you a letter and give you some information regarding it.

I am enclosing you, with this letter, a small three-way folder on the 'Word of Wisdom.' It contains a copy of the revelation given to the Prophet Joseph Smith, Jr., in February 1833 and taught by the Church since that time. At the end of the printed matter, quoting the revelation, a page is devoted to a certain word of health and another page to statistics on the result of the 'Word of Wisdom.' You will note that this has been a law taught by the Latter-day Saints (Mormons) to their members for a little more than a hundred years; consequently, at least the third generation, has been produced whose lives are affected by the teachings and precepts and practice of this revelation. I also enclose you a full page tract entitled the 'Word of Wisdom,' which is one of the series of tracts written by Dr. John A. Widtsoe. Dr. Widtsoe is formally the President of the Utah State Agricultural College and later the University of Utah in Salt Lake City, Utah, but is now a member of the Presiding Authorities of the Church. He is an authority on chemistry, religion, etc., I am sure these two pieces of printed matter will give you much more information on that than I could if I should attempt to write you regarding it. As I write, may I express my appreciation of the very great kindness that you have shown on various occasions to my sister. She holds you in great esteem, as do all of her family. If there is further information which you would like to obtain, after reading this, I would be glad to furnish you with it.

With every good wish for your personal welfare, I am

Very sincerely your friend,
Edna Haynie
Edna Haynie

eh
enc: 2

THE WORD OF WISDOM

A Demonstrated Way to Health, Long Life And Happiness.

THIS simple, effective method of maintaining good health and prolonging life has been tested nearly one hundred years by a group of people now numbering approximately three quarters of a million persons.

The death rate of this Word of Wisdom group is less than one-half that of civilized countries; the immunity from the ravaging diseases of mankind is astonishingly great, and the mental, moral and economic conditions are far above the average.

Such a convincing demonstration of the value of a health system is unique among the many suggested guides to better health and longer life.

Positive Teachings Of The Word Of Wisdom.

The Word of Wisdom is concerned largely with the nature of the food and drink taken into the body.

1. **The Moderate Use of Meat.** The flesh of animals should be used sparingly, chiefly in cold weather.

2. **The Liberal Use of Fruit.** Fruits of all kinds, especially fresh fruits, should be a regular part of the human dietary.

3. **The Regular Use of Vegetables.** All the recognized edible vegetables, leafy, root and tuber, should be eaten daily. The leafy vegetables and some of the others should be eaten in their fresh state.

4. **The Basic Use of Grains.** The daily dietary should include as its basis, properly prepared grains. The whole wheat kernel should be ground for bread or porridge. Refined flour should be avoided; whole meal used. All grains are good foods but wheat is best for the use of man. Other seeds and nuts also form valuable foods.

5. **Health-giving Beverages.** Pure, fresh water should be drunk freely, at arising and between meals throughout the day. Milk, fruit juices and grain extracts, notably of bran and barley, should supplement the intake of pure water in supplying the body with the necessary liquid.

6. **Proper Periods of Sleep.** The body should be invigorated by regular, preferably early sleep, ending in early morning.

7. **Habits of Regular Work and Play.** Health requires regular and steady physical labor and intellectual effort.

8. **A Correct Mental Attitude.** Faith, hope, charity, and a constant seeking after the truth of life and the universe with a determination to accept it when found, form the foundation blocks for good health. A sound religious philosophy is a prerequisite for good health.

Negative Teachings Of The Word Of Wisdom.

Injurious drink and food must be avoided. That is quite as important as to eat good foods.

1. **Abstinence from all Alcoholic Drinks.** Beer, wines and stronger drinks should be eliminated completely, from human use. The proper physiological use of alcohol is for the washing of the body in disease.

2. **Abstinence from the Use of Tobacco.** In no form and at no time of life should tobacco be used. Tobacco has its proper place in medicine and among the destructive poisons.

3. Abstinence from the Use of Tea, Coffee and Similar Substances. All drinks containing substances that are unnaturally stimulating should be eliminated from the human dietary.

4. Avoidance of Refined Foods. Refined foods have been robbed of many of the elements most needed by the body.

The Craving for Undesirable Food or Drink May Be Overcome. The desire for the things enumerated in the negative teachings of the Word of Wisdom is unnatural, resulting from non-conformity with the positive teachings. If the Word of Wisdom be practised in full, the craving for alcohol, tobacco and other stimulants will tend to disappear.

Scientific Confirmation Of The Word Of Wisdom.

The recent great advance of science has shown the correctness of the teachings of the Word of Wisdom.

Physical health is chiefly a matter of blood chemistry. Whole grains, vegetables and fruits supply the necessary mineral and other substances necessary to maintain a proper blood reaction.

Vitamins enable the body to effect the physiological transformations necessary for good health, and must be present in every complete dietary. Word of Wisdom foods provide all the essential and necessary vitamins: The various fruits contain vitamin C; vegetables and milk products, vitamins A, C and D; and grains, nuts and other edible seeds, vitamin B.

Alcohol has been shown to be a physiological poison; the deadly poison nicotin has been found in tobacco; and coffee and tea contain the injurious substances caffein (thein) and tannic acid.

A mind at peace has been shown to favor physical well-being.

The Word of Wisdom is everywhere in full accord with the latest findings of science.

Physical Effects Of The Word Of Wisdom.

Reliable vital statistics of the group of people, the Latter-day Saints, practicing the Word of Wisdom, compared with those of the leading nations, as furnished by a late health year-book of the League of Nations demonstrate the health-giving power of the system. The average birth rate of twenty-five of these nations was 22 per thousand of population; of the Latter-day Saints, 30 per thousand, or nearly one-third greater, implying sound health. The average death rate of the nations was 14 per thousand; of the Latter-day Saints 7.5 per thousand, or about one-half as great, implying increasing length of life. The net difference between the birth rate and death rate of the nations was 8 per thousand; of the Latter-day Saints 23 per thousand, or nearly three times as great. The effect of the Word of Wisdom is clearly evident.

Detailed health statistics are also given by the International Health Year-book. The average of six nations—Germany, France, Netherlands, Sweden, Great Britain, and U. S. A.—may be compared with the corresponding data of the Latter-day Saints.

Deaths per 100,000 from the following diseases (in 1926, 1927):

	Six Nations	Latter-day Saints
Tuberculosis	120	9
Cancer	119	47
Diseases of the Nervous System	123	52
Diseases of the Circulatory System	196	115
Diseases of the Respiratory System	167	105
Diseases of the Digestive System	73	56
Kidney and Kindred Diseases (Nephritis)	44	23
Maternity (per 1,000 births)	45	10

The Word of Wisdom has produced a people eminent in health and longevity, and apparently with increased immunity from the diseases that scourge the earth.

Economic Benefits Of The Word Of Wisdom.

Adherence to the Word of Wisdom reduces the cost of living—the main economic problem of our day—by the larger use of the less expensive foods, such as grains and vegetables, and by saving the huge sums expended elsewhere for harmful alcoholic beverages, tobacco, tea and coffee.

There are few very wealthy people among the Latter-day Saints. There is also little poverty among them. Their average prosperity is high. Three-fourths of the Latter-day Saints own the homes in which they live. Such a prosperous economic condition has resulted from industry and thrift (77% of the people are engaged in productive occupations), coupled with the power and savings incident to obeying the Word of Wisdom.

Mental Proficiency From The Word Of Wisdom.

A close relationship exists between the mind and body. Physical health permits full mental activity. This is borne out by the history of the Latter-day Saints.

Literacy among the Word of Wisdom group is about 99.7%; about 60 Latter-day Saints in every thousand attend high school—more than three times the average for the United States; about 9 Latter-day Saints in a thousand attend universities—nearly twice the United States average. The rates for literacy and attendance at high schools and universities are probably the highest in the world for a group of like size. This high mental development is reflected in a remarkably large proportion of men and women of recognized leadership in the world.

Insanity is low among the Latter-day Saints—about one-half of the average of the people among whom they live.

Moral Effects Of The Word Of Wisdom.

A high morality would be expected from people with healthy bodies and developed minds.

The marriage rate among the Latter-day Saints is 14.5 per thousand, compared with 8 per thousand for twenty nations listed by the League of Nations in a late Health Year-book. Divorces number 14 per hundred thousand as compared with 46 per hundred thousand for fifteen nations. The rate of illegitimacy among the Latter-day Saints is correspondingly low, 8.7 of every thousand births (in the State of Utah) as compared with 74 in every thousand for an average of twenty-two civilized nations listed by the League of Nations. The criminal record of the Latter-day Saints points similarly to a high degree of morality. For example, in the State of Utah, the Latter-day Saints, forming 62% of the population, furnish only 21% of the convicts in the state penitentiary.

While many factors contribute to such high morality, unquestionably the abstinence from intoxicating drinks and other nerve-whipping substances and the general self-control required by the Word of Wisdom favor high moral development. Crime seldom accompanies full mental and physical health.

A Necessary Conclusion.

The experience with the Word of Wisdom, covering nearly a century, is a convincing evidence of the value of this guide to health. The facts and figures above cited bear an undoubted relationship to the temperate and wise habits enjoined upon the Latter-day Saints in the Word of Wisdom.

History Of The Word Of Wisdom.

The Word of Wisdom was promulgated in 1833, by Joseph Smith the Prophet, as a revelation received from the Lord. Joseph Smith was of humble origin, with little school education. It is therefore the more marvelous that he should have been able to lay down a health code which fits perfectly into the scientific discoveries of later years, and which has given the remarkable results briefly mentioned above.

Religion And Health.

The manner in which the Word of Wisdom was received is evidence that it is held as a part of the religious system of the Latter-day Saints. In fact, in the true Gospel of Jesus Christ, the sanctity of the body is second only to that of the spirit. It is the duty, as well as the desire, of every person to preserve his physical health, so that he may live out most completely the destiny of his existence.

There is nothing new or novel in believing that health guidance may come from the Lord. The very story of the Garden of Eden hinges upon fruits permitted and forbidden, and the first parents were given the herbs and fruits of the earth to be their meat. The later Mosaic code is replete with directions for preserving health. The Savior Himself taught repeatedly the care of the body. Physical health has always been and should be a main concern of true religion.

Conclusion.

The Latter-day Saints offer the Word of Wisdom to the world as one of the means by which full health may be won by all men. The rewards of obedience to this divine law are appealing: Health of body, mental strength, endurance, protection against the devastating scourges of the earth, and an understanding peace of mind.

Any person who will practice it will soon realize its beneficent effects, though it is best practiced together with the other principles composing the true Gospel of Jesus Christ.

John A. Widtsoe,
Centennial Series No. 17.

Published by the Missions of the Church of Jesus Christ of Latter-day Saints in America

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The Word of Wisdom

Revelation to Joseph Smith the Prophet given February 27, 1833. A Word of Wisdom, for the benefit of the council of high priests, assembled in Kirtland, and the church, and also the saints in Zion. To be sent greeting: not by commandment or constraint, but by revelation and the word of wisdom, showing forth the order and will of God in the temporal salvation of all saints in the last days. Given for a principle with promise, adapted to the capacity of the weak and the weakest of all saints who are or can be called saints.

Reason for Revelation

Behold, verily, thus saith the Lord unto you: In consequence of evils and designs which do and will exist in the hearts of conspiring men in the last days, I have warned you, and forewarn you, by giving unto you this word of wisdom by revelation.

Alcoholic Drinks

That inasmuch as any man drinketh wine or strong drink among you, behold it is not good, neither meet in the sight of your Father, only in assembling yourselves together to offer up your sacraments before him. And, behold, this should be wine, yea, pure wine of the grape of the vine, of your own make. And, again strong drinks are not for the belly, but for the washing of your bodies.

Tobacco

And again, tobacco is not for the body, neither for the belly, and is not good for man, but is an herb for bruises and all sick cattle, to be used with judgment and skill.

Hot Drinks

And again, hot drinks are not for the body or belly.

Fruits and Vegetables

And again, verily I say unto you, all wholesome herbs God hath ordained for the constitution, nature, and use of man. Every herb in the season thereof, and every fruit in the season thereof, all these to be used with prudence and thanksgiving.

Meat

Yea, flesh also of beasts and of the fowls of the air, I, the Lord, have ordained for the use of man with thanksgiving, nevertheless they are to be used sparingly, and it is pleasing unto me that they should not be used, only in times of winter, or of cold, or famine.

Grains

All grain is ordained for the use of man and of beasts to be the staff of life, not only for man but for the beasts of the field, and the fowls of heaven, and all wild animals that run or creep on the earth, and these hath God made for the use of man only in times of famine and excess of hunger. All grain is good for the food of man, as also the fruit of the vine, that which yieldeth fruit, whether in the ground or above the ground . . . . nevertheless, wheat for man, and corn for the ox, and oats for the horse, and rye for the fowls and for swine, and for all beasts of the field, and barley for all useful animals, and for mild drinks, as also other grain.

Rewards and Promises

And all saints who remember to keep and do these sayings, walking in obedience to the commandments, shall receive health in their navel and marrow to their bones, and shall find wisdom and great treasures of knowledge, even hidden treasures, and shall run and not be weary, and shall walk and not faint. And I, the Lord, give unto them a promise, that the destroying angel shall pass by them, as the children of Israel, and not slay them. Amen.

Further Words of Wisdom

See that ye love one another, cease to be covetous, learn to impart one to another as the gospel requires.

Cease to be idle, cease to be unclean, cease to find fault one with another, cease to sleep longer than is needful, retire to thy bed early, that ye may not be weary, arise early, that your bodies and your minds may be invigorated.

And above all things, clothe yourselves with the bond of charity, as with a mantle, which is the bond of perfectness and peace. Pray always, that ye may not faint, until I come. Behold, and lo, I will come quickly, and receive you unto myself. Amen.

For, behold, the beasts of the field and the fowls of the air, and that which cometh of the earth, is ordained for the use of man for food and for raiment, and that he might have in abundance.

A CERTAIN WAY TO HEALTH

Positive Teachings

1. Eat meat very sparingly.
2. Eat fresh fruit liberally.
3. Eat fresh and cooked vegetables regularly.
4. Eat grains (ground, whole) in bread or porridge daily.
5. Drink water, fruit juices, grain extracts or milk in abundance.
6. Sleep regularly, from early evening to early morning.
7. Labor regularly and steadily with body and mind.
8. Secure a correct mental attitude—have faith, hope and charity.
9. Seek and practice the truth of religion.

Negative Teachings

1. Drink no alcoholic beverages.
2. Use no tobacco.
3. Drink no tea or coffee.
4. Avoid refined foods.

Rewards of the Word of Wisdom

1. Health of Body.
2. Mental Efficiency.
3. Immunity from Disease.
4. Spiritual joy and understanding.

History of the Word of Wisdom

1. Promulgated in 1833 by the Prophet Joseph Smith as a revelation from God.
2. Practiced since then, by the Latter-day Saints, as a religious principle.

RESULTS OF THE WORD OF WISDOM

(Vital Statistics for the nations taken from the International Yearbook—1928—of the League of Nations; for the Latter-day Saints from a special survey of 1927.)

	Average for Various Nations	Latter-day Saints
Per 1,000 of Population:		
Birth (25 nations)	22	30
Deaths (25 nations)	14	7.5
Marriages (20 nations)	8	14.5
Divorces per 100,000 (15 nations)	46	14
Illegitimate Births (p. 1,000 births)	74	28
Deaths per 100,000 of Population (6 nations) from		
Tuberculosis	120	9
Cancer	119	47
Diseases of Nervous System	123	52
Diseases of Circulatory System	196	115
Diseases of Respiratory System	167	105
Diseases of Digestive System	73	56
Kidney Diseases	44	23
Maternity (per 1,000 births)	45	10
Educational and Social Statistics		
		United States
Literacy (per 100)	—	99.7
Attending Elementary Schools (per 1,000)	204	223
Attending High Schools (per 1,000)	21	61
Attending Universities (per 1,000)	5	9
Owning their Homes (per 100)	—	70
In Productive Occupations (per 100)	—	77

"By their fruits ye shall know them."

About Myself

What I am.

I AM one of three thousand men and women, mostly young, who in all parts of the earth are giving, voluntarily, several years of their lives to missionary work.

I am not school trained for the ministry, nor am I a professional preacher. I am one of a numerous people, all of whom learn to know the principles of their religion and are therefore able to teach and defend their faith.

I earn my livelihood, when at home, by one of the ordinary occupations of life—from manual labor to professional service.

My worthiness as man and teacher is proved by the permission granted me and my colleagues by government authorities to labor in every civilized country. Our century-old record as supporters of the civil and moral law is unblemished.

What I Do.

At the call of the Church I have left my vocation and am voluntarily devoting two years or more, at my own expense and without pay, to promulgate eternal truth as I understand it. This has been done by tens of thousands of my fellow believers during the last one hundred years. It is the greatest voluntary missionary system in the world.

When my mission is ended, I shall return to my business, until, perhaps, I accept another call upon the same terms.

Most of the men and many of the women of the Church to which I belong give missionary service at some time to the Church in this unique manner. Naturally my people are well-traveled, cosmopolitan and cultured.

How I Am Supported.

My fellow-laborers and I are able to make the sacrifice of time and money required by our missions, by using our savings or by securing assistance from our relatives and friends.

Many a poor widow works hard to keep her son in the mission field; many a wife toils at home to support her absent missionary husband; many a sacrifice is made by parents, sisters and brothers for the missionary member of the family.

These sacrifices are made gladly; and none is poorer for this unselfish service. Sacrifice brings blessings.

Why I Do This Work.

The force that impels me to make the sacrifice represented by this vast, unequalled missionary system is my sincere belief.

1. That my message is the priceless gift of certain truth, intended for all humanity, not for a favored few.
2. That my message has the power, if used, to enrich mankind, beyond measure, in daily happiness on earth and in the life hereafter.
3. That to help my fellowman, unselfishly, to find and tread the path to daily happiness, is a religious obligation which will yield me unbounded joy.

My Message.

I present a practical and spiritual philosophy of life which has the power, if used, to enliven body and soul, and to sweeten every duty, act and joy of life. It makes possible better physical health, economic prosperity, social satisfaction, and spiritual uplifting. It comprehends all truth, whether of science, philosophy or religion. It includes, harmonizes, and molds into one system, the truth of every cult, creed, sect, or uplifting agency. It has courage to accept and teach and defend truth.

I offer a rational, understandable religion, fitting this day of progress, which gives direction to every human endeavor. That is, a living religion; ready to deal with the problems of everyday life; directed by its own adherents and not by a special Priesthood class.

I teach that this living, virile religion is possessed by the Church established by Jesus Christ.

I affirm that the Church of Jesus Christ, in its original fullness, was re-established one hundred years ago by direct revelation from God, under the name of the Church of Jesus Christ of Latter-day Saints, and that to it is committed the authority of the Holy Priesthood.

The history of the Church in a hundred years is an evidence of the truth and vitality of this religion. The Church has made heavy sacrifices to secure for its members unmolested freedom, under the law, of thought and action, yet it has grown to great prominence in the world. It has built cities and conquered deserts and brought prosperity, contentment, and spiritual understanding to its many members in all parts of the world. Its communities are active, happy and prosperous.

Upon the re-established Church has been placed the divine obligation of presenting to every human being the possibilities of this eternal plan of life.

My Method of Work.

I use every honorable method of presenting my message. I call from door to door to explain the truths of the Gospel by tracts or by word of mouth to all who may be interested. I hold street meetings wherever they are allowed. I make exhibits showing the fruits of the Gospel. I speak in the chapels of the church or from the lecture platform. I write for the press when I have the opportunity. I feel that the importance of my message justifies the use of every lawful instrument for its promulgation.

Since I have no quarrel with any church or search for truth, and respect the right of every person to answer for himself all life's questions, I seek, fearlessly, every proper opportunity to

present my message to every man and woman of rational understanding.

I welcome new means for bearing witness of my sober beliefs.

My Appeal.

I request all people to remember that the silly tales about the Latter-day Saints, or "Mormons" as they are miscalled, have been fully disproved, and that few places on earth are visited by more world travelers than the headquarters of the Church of Jesus Christ of Latter-day Saints. Unfounded and unjustified prejudice should not prevent an honest examination of Latter-day Saint faith and belief.

I plead with all people who love liberty, righteousness and truth to give me a hearing, and then to weigh my message in their own minds. In the words of Paul, "Prove all things; hold fast that which is good."

I request the further privilege of supplying all who are interested with information concerning the doctrines of the Church of Jesus Christ of Latter-day Saints.

Thus I introduce myself.

John A. Widtsoe,
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Life's Greatest Questions—

WHAT AM I?
WHY AM I HERE?
AFTER DEATH, WHAT?

Answered from the Scriptures

By ELDER D. M. McALLISTER
Salt Lake City, Utah

Published by the Missions of the Church of Jesus Christ of Latter-day Saints in America

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Life's Greatest Questions Answered

I—What Am I?

The personal and spiritual ego, the intelligent entity which we designate as "I," the existent thing of which each human being is conscious as being "Myself", existing independently from all other similar personages, endowed with inherent power to will, act, reason and speak to the extent of the individually possessed ability, whom we designate as "Me"; what is IT? Scientific research seems to have demonstrated that the material, inorganic universe, in its multitudinous forms, has been developed from primal elements which have always existed, they were not created. Those primal elements rank with Time, which has had no beginning and can have no end, the same fact applies to Space, it is limitless. Research has not been able to determine the origin of the Life that is manifest in human beings, animals and plants. Life is the known existent property of all living things, and we name it Spirit, for lack of a more expressive term. Spirit, however, although unseen by the mortal eye, is a tangible but ethereal substance which,

like the primal, inorganic elements, has eternally existed in specific forms.

David, the Israelite king, said (Samuel 18:18), "Who am I, and what is my life?" Paul gives what we might call a terse answer to that query, in his epistle to the Romans, 8:10, "The spirit is life," or, we may say, life is manifest through the spirit. As stated in 2nd Corinthians 3:6, "The spirit giveth life." In John 6:63 we find, "It is the spirit that quickeneth." James states, 2:26, "The body without the spirit is dead." The life, which we know is possessed by the spirit of man, as also his intelligence, his power of perception, reason and other mental attributes, we very properly acknowledge, come from God, our Heavenly Father, as stated in Genesis 2:7, "The Lord God formed man * * and breathed into his nostrils the breath of life." Elihu said—Job 32:8—"There is a spirit in man, and the inspiration of the Almighty giveth them understanding."

Christ, Man's Spirit Prototype

The life-spirit of each individual man and woman must needs have a medium by which to manifest the life and develop the intelligence imparted by the Almighty. That medium is the spiritual body, begotten by Heavenly Parents, even as Jesus Christ was. From the Scriptures—Col. 1:15—we learn that Jesus was the "Firstborn of every creature," in the spirit. and—John 3:18—the "Only begotten Son of God," in the flesh. As stated by John—1:2—he, Jesus, "was in

the beginning with God"—that is, he was first of all the spirit children of our Heavenly Father. The supremacy of Jesus Christ is also shown in Paul's epistle to the Colossians, 1:15-18, "Who is the image of the invisible God, the firstborn of every creature, for by him were all things created, that are in heaven, and that are in earth, visible and invisible, * * * all things were created by him, and for him, and he is before all things * * * and he is the head of the body, the Church, * * * that in all things he might have the preeminence."

Numerous sayings of our Lord Jesus Christ, which are found in the New Testament, clearly show that all human beings bear the same spiritual relationship to God that Jesus always emphatically claimed for himself—namely, that God is the Father of our spirits, in which is the intelligence that we each possess. "Our Father which art in heaven," are the first words of the prayer he taught his disciples, and "Father" is the hallowed name he most frequently used in all his allusions to the Almighty God, not only in designation of his own relationship to the Supreme Being, but also as applied to all mankind, whom he claimed as his brethren and sisters. Neither can that most filial word, Father, as so often lovingly uttered by our Elder Brother, be regarded as a merely figurative expression, it was always clearly evident that he meant it for an actual, not figurative, declaration. He was in very deed a Son of the Most High, in his spirit, just as he also was a Son when his spirit body was

combined with his earthly tabernacle, when born of his divinely selected mother in the flesh.

Like unto Jesus the Christ, all mankind, who have ever lived on this earth, have had a spiritual birth and an earthly birth. There is, however, a vast difference in the birth, on earth, of the Messiah and all others, he was begotten on earth by the Father of his spirit, our Heavenly Father, and his mother, on earth, was the virgin Mary, but the mortal bodies of all the rest of us have had earthly fathers, a supreme distinction.

Attributes Developed in Spirit Life

The attributes or qualities which our spirits now possess are, doubtless, what were mostly developed in the pre-existent state. For instance, if we naturally have musical or artistic ability, inventive genius, poetic nature, literary qualification, governmental power, etc., such attributes have been transmitted with our spirits, from the celestial world in which our spirits were born.

It is natural to imagine that in that heavenly world we gradually developed our faculties, attained maturity, increased in knowledge, and became able to perform such duties or tasks as may have been assigned unto us. It is inconceivable that we were not actively employed in some useful pursuits. In that condition we must have experienced need for bodily and mental activity, much as we see evidenced in our life here on earth, for growth and development. It would be but natural that our Heavenly Parents should desire that their offspring might become like unto themselves, therefore, they would provide opportunity and means whereby their children might attain the knowledge and power that would qualify them ulti-

mately to reach that great and glorious destiny, circumscribing eternal life, endless increase in wisdom, power and dominion.

Doubtless there were as many degrees of difference in the character and capabilities of God's children, while in their spiritual state, as are manifested by them in this earthly probation. Those who are, or have been, distinguished on earth as leaders in government, philosophers, prophets, inventors, poets, artists, musicians, etc., must have developed those attributes and qualities in the long-continued, pre-existent, progressive state. God said to his servant Jeremiah—Jer. 1:5—"Before I formed thee in the belly I knew thee * * * I sanctified thee, and I ordained thee a prophet unto the nations." God's knowledge of the formed character of Jeremiah, before his birth on earth, is ample evidence that he assuredly knew the developed character of each and all who constituted the host of his children in the heavens.

We must also assume that the whole material universe, with which we are associated, has also had first a period of spiritual organization. The first chapter of Genesis is an account of such a spiritual creation of this earth and all that is therein, including mankind: the second chapter recounts the grosser material evolution. As stated in 1st Corinthians 15:44, "There is a natural body, and there is a spiritual body." Colossians 1:16 reads, "By him were all things created, that are in heaven, and that are in earth, visible and invisible." I understand that the words "visible and invisible" mean material or temporal, and spiritual. Paul wrote—Hebrews 11:3—"Things which are seen were not made of things which do appear."

That it was possible for some evil propensities to

develop in many of God's posterity, although in a condition of comparative innocence, in the presence of Holy Beings, is evident in the Scriptural references to Lucifer and his adherents. We read in Isaiah 14:12-14, "How art thou fallen from heaven, O Lucifer, son of the morning. * * * Thou hast said in thine heart, I will ascend into heaven. * * * I will be like the Most High," etc. Also Revelation 12:7-9, "And there was war in heaven: Michael and his angels fought against the dragon. * * * And the great dragon was cast out, that old serpent, called the Devil, and Satan, which deceiveth the whole world, he was cast out into the earth, and his angels were cast out with him."

Self Expression—Free Agency

These quotations concerning the rebellion of Lucifer, one of the most prominent of our older brethren, "a son of the morning," furnishes us a key to that frightful occurrence, and to the wondrous fact that each individual possesses the power of self-will—that is, the ability to determine what action to take in connection with anything that he may contemplate, whether it be good or evil. The greatest manifestation of this inherent right and power of self-will, that has ever been shown in the history of God's spirit children, with an evil purpose, was that which caused the expulsion of Lucifer, and a third part of heaven's host from the abiding place and presence of the Eternal Father.

Every living soul is conscious of possessing a marvelous power of self-expression, the inherent power to make choice between any two or more different things that may be presented for consideration or action thereupon. That attribute, which is constantly manifest in

all human beings upon this earth, is a continuance of what was developed in our preexistent state. Failure to control self according to righteous principles, yielding to selfish desire, caused Lucifer and his adherents to exercise their right and power of choice, and to knowingly commit the unpardonable sin of rebellion against God, and his eternal, wise, universal government.

Alas! The fearful punishment inflicted upon Lucifer and his coadjutors—endless banishment from the presence of God the Father, and from the abode of Celestial beings—has not yet proven a sufficient lesson to all mankind, there continues to be many who fail to control their self-will in some of the things presented for their choice, and they succumb to the temptation of desire or selfish motive and, unthinkingly sometimes, choose to say or do the evil thing. Of course, the degree of evil entailed determines the degree of punishment in all things, temporal and spiritual. It should be remembered that the extent to which self-control is exercised, law obeyed, and good is chosen and done, merits and receives the approval and reward of our Heavenly Father.

Mankind the Veritable Children of God

I will not further pursue the task of offering satisfactory answers to the question, "What Am I?" The pursuit could, of course, be greatly extended. I am aware that I have presented the matter in a rather rambling form, but what I have thus far written represents, as clearly as I can, my acquired knowledge and views on the subject. I hope, however, that you will agree with me that the statements submitted are pro-

foundly impressive, conveying as they do the positive assurance of the marvelous fact that we—all mankind—are the spirit children of the Creator of this vast universe, which includes the earth on which we now dwell in a condition of mortality. Therefore, in view of the facts and reasons which I have endeavored to set forth convincingly, I feel that we should regard the question, "What Am I?" as having been answered soul-satisfyingly, according to the sublime truths revealed in the Holy Scriptures.

You will find the texts of the following noted quotations of Scripture are in line with others stated in the foregoing pages: Proverbs 8:21-30, Hebrews 1:2, John 1:3, John 5:17, Job 38:4-7, Hebrews 12:9, Matthew 6:9, Zechariah 12:1, John 16:28, Genesis 1:27, Psalms 82:6, Ephesians 1:4, Romans 11:2, 2 Timothy 1:9; Genesis 2:5-7, John 9:2, Jude 1:6, Romans 8:16, 17.

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II—Why Am I Here?

In our preexistent spirit life, associated with our Heavenly Parents, and our brethren and sisters, we existed an indefinitely long period before our advent on this earth, which was created to be our mortal abiding place. In that celestial home we were influenced by the presence, power and example of that most holy and exalted Parentage. We there were somewhat restrained from evil desires and kept in a comparative condition of innocence and happiness, our will and personal agency subdued by the loving ministrations of heavenly beings. We were numbered among "the sons of God who shouted for joy when the

foundation of this earth was laid" (Job 38:4-7), and we saw the rebellious Lucifer and his followers cast out of heaven. Naturally, we desired to continue in the fostering care of those glorious, loving parents, and gave willing heed to their counsel, laws and commandments, imparted for our eternal welfare and progress.

But, the divinely wise purposes for which this earth was organized could not be accomplished if we forever continued in the presence, under the sustaining influence of our Heavenly Father and other holy beings, with whom we intimately associated. In that condition we would not fully exercise our individual will and agency, nor freely demonstrate the natural characteristics of our individual identity.

The Apostle Paul said, "God hath made of one blood all nations of men for to dwell on all the face of the earth, and hath determined the times before appointed, and the bounds of their habitation." (Acts 17:26). Thus does God control the coming to earth of the spirits born and reared in heaven. He knows the character of those spirits, individually, as they developed in their spiritual state and, in his infinite wisdom, he selects the most suitable locations for their birthplaces on earth, the time when they should receive earthly bodies, the special branch of the human race to which each individual spirit should be respectively assigned, their distinctive color, etc. That distribution of the spirits born in heaven is not an accidental process, it is based upon our Heavenly Father's knowledge of the developed characteristics of each one of them, during immense periods of time, as we reckon time.

Life On Earth A Progressive Condition

In our finite perception of the infinite love that God has for his spirit children, we can comprehend he desires that they should attain such a glorious destiny as would make it possible for them to be eternally associated with him in his Celestial kingdom. The marvelous degree of that glory is partly revealed to us in the words of Paul to the Philippians, 2:5, 6, "Let this mind be in you which was also in Christ Jesus, who, being in the form of God, though it not robbery to be equal with God." (Read also verses 7 to 11 of same chapter.) That is a startling thought: What! Our Elder Brother, Jesus Christ, to be "equal with God," the Father! Yes, that was his glorious destiny, he is one with God the Father, and "we are heirs of God, and joint heirs with Christ" (Rom. 8:17), if we follow in his footsteps.

This earth life is given to each one of us to prove us, to show if we will properly exercise our individual liberty and agency, and evidence, in the conduct of our lives on earth, that we duly appreciate our relationship to God and his beloved Son, by complete observance of his laws and commandments, emulating the devoted example of our Elder Brother, making our will, in all things, subservient to the will of God. Speaking to the children of Israel, the Lord, through his prophet Moses, said, "All the commandments which I command thee this day shall ye observe to do. * * * And thou shalt remember all the way which the Lord thy God led thee, * * * to humble thee, and to prove thee, to know what was in thine heart, whether thou wouldst keep his commandments, or no." (Deut. 8:1, 2.) We might say that this clearly answers the important

question, "Why Am I Here?"—the theme of this article—but it will be profitable to us to further consider various phases of our earthly existence.

The earthly bodies of Adam and Eve were, no doubt, intended by the Heavenly Father to be immortal tabernacles for their spirits, but it was necessary for them to pass through mortality and be redeemed through the sacrifice made by Jesus Christ that the fulness of life might come. Therefore they disobeyed God's command—"Of the tree of the knowledge of good and evil, thou shalt not eat of it, for in the day that thou eatest thereof thou shalt surely die." (Gen. 2:16, 17.) The announced penalty of death followed their disobedience, they lived on earth less than a thousand years, which is but a day of celestial time (2 Peter 3:8), and temporal death has since been the unescapable fate of all their posterity. Nevertheless, the design of God has not been overcome. The atonement made by the Messiah, for the sin of our first parents, overcame the power of death, and the dead bodies of mankind will, individually, renew the immortal condition in the resurrection that has been, and will be, brought to pass by our Lord's sinless sacrifice and atonement. Satan's hellish purpose, in causing death to be visited upon Adam and Eve and their posterity, through their yielding to his temptation and lies, has been frustrated, the love of God and of his beloved Son, our Redeemer, has triumphed gloriously.

Purposes of Earthly Life Exemplified by Christ

The question, "Why Am I Here?" might be briefly answered, it is that we may prove that we will, or will not, endeavor to follow the example of the sinless

One, our Savior and Redeemer, Jesus Christ. Jesus said, "I came down from heaven, not to do mine own will, but the will of him that sent me." (John 6:38.) Also, "Not my will, but thine, be done." (Luke 22:42.) The most implicit obedience to the will of his Father, in all things, was the leading feature in the character of the firstborn Son of God, as also was the attribute of divine love which he, Jesus, showed in his answer to the question, "Which is the great commandment in the law?" He said, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment. And the second is like unto it. Thou shalt love thy neighbor as thyself." (Matt. 22:37-39.) Complete obedience to his Father's will and commandments and extreme love of God and all mankind were leading features of his life on earth, and must have been his natural characteristics before this world was made, attributes which gave him God-like preeminence in both spheres. God's infinite love for his children reaches out and makes it possible for them to receive, eventually, eternal and limitless glory, similar to that inherited by his well-beloved Son. For that wondrous purpose, he has established eternal laws and given commandments, strict obedience to which will insure, to those who humbly comply therewith, the promised most glorious reward of entrance to and eternal existence in God's Celestial kingdom and presence.

Christ's sermon on the mount is a wonderful epitome of the laws and commandments which God established for the advancement, salvation and exaltation of his obedient children. The humble obedience of Jesus to his Father's will and law was most admirably shown

in his baptism by John. Although the Savior was the only sinless being who has ever lived upon this earth, he meekly applied for baptism at the hands of John, the Baptist. "But John forbade him, saying, I have need to be baptized of thee, and comest thou to me? And Jesus answering said unto him, Suffer it to be so now, for thus it becometh us to fulfill all righteousness. Then he suffered him." (Matt. 3:14, 15.) In that example of obedience, Jesus gave evidence that all mankind must receive the ordinance of baptism at the hands of one of God's authorized servants, in compliance with that law of adoption into the kingdom of heaven. As Christ stated to Nicodemus, "Verily, verily, I say unto thee, Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God." (John 3:5.)

Baptism and the other accompanying ordinances are symbols which God has instituted for each of his children to submit themselves unto, as outward evidences that they willingly agree to obey all of his laws. The imperative need for each and every human being, who has reached the age of accountability, to obey the divine law of baptism is further manifest in the solemn fact that those who so do, in sincerity, are entitled to receive the gift of the Holy Ghost. The Apostle Peter said to the multitude of people who were converted, and who asked "What shall we do?", "Repent, and be baptized every one of you in the name of Jesus Christ for the remission of sins, and ye shall receive the gift of the Holy Ghost." (Acts 2:38.) If the properly baptized believer faithfully endeavors to obey and live in accordance with divine laws, that heavenly gift, and ever-present monitor, will illuminate his mind, imparting unto him an assurance of the existence of

the unseen God and Jesus Christ, and always guide the contrite in the paths of truth and righteousness. Every human being, who is not mentally deranged, is conscious of experiencing a feeling of understanding what is right or wrong, good or evil, when a mental effort is made to ascertain to which class the thing that is contemplated belongs. It is a sorrowful fact that such effort is often neglected, nevertheless the light "which lighteth every man" (John 1:9) will impart the desired understanding of good or evil. "There is a spirit in man, and the inspiration of the Almighty giveth them understanding." (Job 32:8).

Man's Inherent Right of Choice

Each individual in mortality is liable to be approached, in spirit, by the powers and influences of evil, which cunningly seek to lead mankind astray, by presenting evil things in a most desirable light, depicting the personal pleasure that would result from accomplishing the thing presented, too often succeeding in making it appear that the evil is good. Temptation to do evil things comes to us often in the form of allurements to excess in carnal pleasure, the physical satisfaction that may be derived from gratifying depraved desires and appetites, neglecting to observe God's laws in relation to such things. Those forms of temptation seem to be the most potent of the Satanical devices.

Most disastrous of all are the insidious endeavors of Satan and his fallen angels to prevent man's fulfilment of the divine law that was given to our earthly progenitors, Adam and Eve. They were instructed to begin the sacred duty of providing earthly bodies for

God's heaven-born children and, as the outcast rebellious spirits were not included among those who could receive such bodies, the demoniac hosts, under the leadership of Lucifer, have ever since strenuously endeavored to prevent mankind from accomplishing that most important design of the Heavenly Father of our spirits. Satan's greatest success in that direction has been, and is through instigating in man a desire for promiscuous illicit intercourse with women, regardless of the divine decree, which limits cohabitation to those only who are united as husband and wife in the sacred bond of wedlock. The destructive evil of promiscuity, encouraged by the incessant wiles of Satanic agencies, has permeated and influenced mankind to an alarming degree, and has been the greatest source of alienating mankind from observing heaven's law of marriage, and has largely contributed, also, to creating a disregard of other commandments of God. Paul said, "Neither is the man without the woman, neither the woman without the man, in the Lord" (1 Cor. 11:11)—that is, according to the law of the Lord as established by him in Eden.

As before stated, mankind inherently possesses the right and power of self agency, which they are at liberty to exercise in the choice of things good or evil. The desire and power to resist and overcome evil is increased by the continuous exercise of self-control, but the same is decreased in proportion as the man yields to the devil's machinations or his own carnal desires. To safeguard oneself from being overcome by evil desires or influences, it is highly essential that we should always use the God-given power of self-control in all things, as Paul said, "Every man that striveth for the mastery is temperate in all things."

(1 Cor. 9:25.) This indicates that "in all things" discretion should be duly manifested, nothing of any consequence should be done impulsively, it should receive due consideration. The self-power of agency is thus wisely used, otherwise we are liable to err. Wo unto us if we knowingly choose to do the evil thing, no matter how alluringly it may be presented. In the continual and proper exercise of self-control, or in failure to so do, we demonstrate our true character, and thus we may be proven, in line with what Moses declared unto the Israelites, that God had observed their earthly career "to prove thee, to know what is in thine heart, whether thou wouldst keep his commandments or no."

The example of our Elder Brother and Redeemer, Jesus Christ, should constantly be in our mind. He continually exercised his inherent power of self-control. He fought what Paul calls the "good fight of faith" (1 Tim. 6:12) and overcame the evil powers, as he said, "I have overcome the world." (John 16:33.) The conflict with evil powers in which we participated in heaven, has to be continued by us on earth, if we desire to overcome them here. It is not an imaginary warfare, although our natural eyes do not see our combatants, it is a real battle, involving our eternal welfare, in which we always need the sustaining power of the Holy Spirit, to enable us to successfully withstand and gain the victory, as Jesus did.

Glorious Results of Self-Control

The glorious result of victory over evil, by those who exercise their power of self-control, and valiantly resist devilish influences, is vividly portrayed in these

words of the Savior, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." (Rev. 3:21.) It is possible for each one of us to follow our Elder Brother's example of unswerving devotion to doing the will of our Heavenly Father in all things, to the extent of our God-given power of self-control, vigorously resisting the evil things that would cause our soul's destruction if we yielded to Satan's insidious temptations, without repentance. But our loving Heavenly Father, knowing that his children on earth are continuously subjected to temptations to do evil, and that they are liable to sin, if they do not sufficiently resist, has mercifully decreed that they may escape severe punishment if they sincerely repent, and cease the evil doing.

Most important of all things requisite in our sojourn on this earth, to make the success of it that our Heavenly Father desires, for all mankind who obey his laws, is that we should keep in communion with him, in the way he has graciously appointed—that is, by humble, heartfelt, fervent, daily prayer. In this also our Elder Brother was the supreme example for all of us to follow. It was the most marked of all the sublime personal characteristics of Jesus Christ, one in which every individual may most nearly equal him, having unshaken confidence that God hears and will answer our humble petitions, according to our faith and righteous desires. Jesus our Lord who, under direction of his Father, organized the worlds and heavens of this universe, and all things therein, always bowed in humble reverence before the Eternal One and besought his favor, sustaining power and blessing, in every time and event of his life on earth. How much

more is our daily need to seek unto the Everlasting Father for his all-powerful help to guide us in life's pilgrimage, that we may fill up the measure thereof in such manner as will receive his divine approval, and that we may overcome as his beloved Son did.

To summarize the ideal qualities that each and every human being needs to cultivate, while sojourning upon earth, we could not do better than to constantly remember, and act upon, the two greatest commandments which Jesus promulgated: "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind. This is the first and great commandment, and the second is like unto it, Thou shalt love thy neighbor as thyself."

I could submit many other reasons and Scriptural statements which, I think, satisfactorily answer the question, "Why Am I Here?" but I realize that my presentation of these matters is imperfect, and that I may have overburdened you with what I have already presented. The following Scripture texts, however, might be added: Genesis 1:28, John 14:15, Revelation 20:12, 13, Philippians 4:8, James 1:12, 2:8, 4:7, 8, 17.

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III—After Death, What?

As in the two preceding articles, I base the following statements on what is revealed in Scripture, that may be regarded as most satisfactorily explaining what we should consider to be the divine design concerning man's existence, and his destiny after death.

From the words of Jesus to the thief on the cross,

just as he and the thief were in the throes of death, we learn what becomes of man's spirit, as soon as death separates the spirit from its earthly tabernacle. Answering the appeal of the dying thief, "Jesus said unto him, Verily, I say unto thee, Today shalt thou be with me in paradise." (Luke 23:43.) On the morning of the third day after the crucifixion, Mary saw the resurrected Christ, near the tomb in which his dead body had been placed, and "Jesus saith unto her, Touch me not, for I am not yet ascended to my Father, but go to my brethren, and say unto them, I ascend unto my Father, and your Father, and to My God, and your God." (John 20:17.)

In The Spirit World, Before Resurrection

We thus ascertain, from these statements of our Lord, that the spirit of man, when it leaves the body, is ushered into the sphere assigned to receive man's spirit, a place which Jesus called paradise. We also learn therefrom that this place is not heaven. A clearer understanding of what the abode of the spirits of men is like is derived from the statement made by the Apostle Peter, concerning what Jesus did, in the spirit, while his body lay in the tomb. In the first Epistle of Peter, 3:18-20, we read: "For Christ also hath once suffered for sins, the just for the unjust, that he might bring us to God, being put to death in the flesh, but quickened by the Spirit, by which also he went and preached unto the spirits in prison, which sometime were disobedient, when once the long-suffering of God waited in the days of Noah while the ark was a preparing, wherein few, that is, eight souls were saved by water." These words of Peter serve

to inform us that in the spirit world there are varied places and conditions. Some part of that spirit world is called "prison," in which are incarcerated the spirits of men who, in mortality, had wickedly transgressed the laws of God.

The glorious principle of possible salvation for those who have died in a condition of sinfulness, is also revealed in another statement of the presiding Apostle, Peter, in which he says that Christ preached to them that are dead, "that they might be judged according to men in the flesh." (I Peter 4:6.) Thus is displayed the merciful, loving kindness and justice of our Heavenly Father, in which he gives to all mankind an opportunity, even in "prison," after death, to hear the Gospel message, which calls on all men to repent of their sins, and to obey the principles that lead to forgiveness, opens the way to release from the bondage of death, and places them on the road to salvation and eternal life. We justly infer, also, that some other part of the world of spirits is occupied, temporarily, by the spirits of those who have lived righteously while possessed of their earthly bodies. We can rightly assume that "the spirits in prison" suffer mental torture, remembering the sinful character of their lives on earth: while the spirits of those who were righteous, in their earthly estate, are in a condition of happiness.

Progressive Possibilities in the Spirit World

In Matthew 27:52, 53 we read, "And many bodies of the saints which slept arose, and came out of the graves after his resurrection, and appeared unto many." We are not informed about how long a period elapsed, after the Savior's resurrection, before that

marvelous event, the resurrection of many saints, occurred, but we may readily understand that those were righteous individuals, whose spirits had continued to inhabit the spirit world from the time of their death on earth until the Messiah broke the bands of death and made it possible for them, as well as himself, to be resurrected. Certain it is that all mankind, when they die, individually inhabit the sphere assigned to them in the world of spirits, until they are prepared to receive a resurrection. Doubtless there is need for the spirits of men, in general, to remain some time in the world of spirits, acquiring knowledge and experience that will fit them to attain a resurrection to immortality and eternal progress. Paul, writing to the Romans, 8:11, said, "O if the Spirit of him that raised up Jesus from the dead dwell in you, he that raised up Christ from the dead shall also quicken your mortal bodies." (The essential material elements of the mortal body that is laid in the grave will, after dissolution, be reassembled in the perfect form of the individual, by an almighty, divine process, and then be resurrected to the immortal condition that the Eternal Father planned.) In his epistle to the Corinthians, Paul wrote, "Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him." (I Cor. 2:9.) This glorious destiny of the righteous can not be attained until after they are resurrected; but we may be sure that such as have manifested love for God and kept his commandments, while in the flesh, shall be favored and blessed by him during the interval of their existence in the spirit world.

Jesus Christ, who conquered death and became "the first fruits of the resurrection," himself said, "the

hour is coming, in the which all that are in the graves shall hear his voice, and shall come forth." (John 5:28, 29.) Paul testified that "there shall be a resurrection of the dead, both of the just and unjust." (Acts 24:15.)

The distinction between a spirit and a resurrected being is illustrated in the words of Jesus, as recorded in Luke 24:36-43, "Jesus himself stood in the midst of them, * * * and he said unto them, * * * Behold my hands and my feet, that it is I myself, handle me, and see, for a spirit hath not flesh and bones, as ye see me have, * * * and did eat before them." Notwithstanding the evident fact that the resurrected Redeemer's body was flesh and bones, the same as he possessed before his crucifixion, there was some unseen difference in its material form. In I Cor. 15:50-54 we read, "flesh and blood cannot inherit the kingdom of God. * * * The dead shall be raised incorruptible. * * * and this mortal must put on immortality." From these quotations we learn that the resurrected body of Jesus was freed from the mortal element of blood, and was no longer subject to death, having acquired an immortal characteristic that is to us incomprehensible. We are justified in assuming that the immortal bodies of other resurrected beings will possess similar qualities and power to those manifested by our resurrected Redeemer, for, in the first Epistle of John, 3:2, we read, "Now are we the sons of God, and it doth not yet appear what we shall be, but we know that, when he shall appear, we shall be like him."

Mankind's Great Destiny – Eternal Progress

There are numerous passages in the Bible that give us an insight to the destiny both of the righteous and the ungodly, but I will not dwell upon the fate of the latter, it is inspiring to read and reflect upon the glory and joy that is the destined lot of all who overcome evil by self-control, resisting temptation. Paul, in his Epistle to the Romans, 6:23, says, "For the wages of sin is death, but the gift of God is eternal life, through Jesus Christ our Lord." Jesus said to his disciples, "In my Father's house are many mansions. * * * I go to prepare a place for you * * * that where I am there ye may be also." (John 14:2.) To the Apostle John he said, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." (Rev. 3:21.) In Christ's prayer to the Father, in reference to his faithful followers, he said, "And the glory which thou gavest me I have given them, * * * that they may be made perfect in one. * * * I will that they also, whom thou hast given me, be with me where I am, that they may behold my glory, which thou hast given me." (John 17:22-24.)

From Revelation, chapter 20, we learn that there will be a resurrection of the righteous dead, when Christ comes to reign on earth a thousand years, and they shall reign with him. Afterward there is to be a general resurrection, when, in addition to those who had not before been resurrected, this last resurrection will include every man, woman and child who has ever lived upon this earth: "And the dead were judged out of those things which were written in the books, according to their works." (Rev. 20:12.) The love,

mercy and justice of God, our Heavenly Father, will be most vividly manifest in that last judgment, when every man will be judged "according to his works." Each and all will be awarded that which they have merited of good or evil, and each will be placed in that sphere and condition to which they properly belong. Paul states, "There are also celestial bodies, and bodies terrestrial, but the glory of the celestial is one, and the glory of the terrestrial is another. There is one glory of the sun, and another glory of the moon, and another glory of the stars, for one star differeth from another star in glory. So also is the resurrection of the dead." (I Cor. 15:40-42.) From this it may be clearly seen why every human being has an individuality and agency under which they severally elect to do right or wrong, good or evil. In the exercise of that self-governing power each can and does work out his own destiny, and justly receives that to which his works entitle him.

Habitations of the Resurrected Classified

As already quoted, Jesus said, "In my Father's house are many mansions." That declaration of our Lord may be taken to refer to the degrees of glory, which Paul likens to the sun, moon and stars. As they differ in degree of effulgence, so may be the varied conditions to which resurrected beings shall be assigned. As there are countless stars in the heavens, there may be a multiplicity of worlds that differ in degrees of excellence, to which the immortal souls are respectively consigned. The only ones – they will be comparatively few – upon whom the "second death" will be visited with full power, are they who, like Lucifer,

have known God and wilfully transgressed the divine laws. The glorious destiny that will, eventually, be inherited by those who, obeying God's laws, successfully pass through the various experiences of pre-existence, life on earth, death of the mortal body, life in the spirit world, resurrection to immortality, and continued increase in knowledge and power, unto the measure of the Messiah, is incomprehensible to our finite minds, it cannot be imagined or described. (See Rev. 21:1-8.) Self-restraint, under the guiding influence of the Holy Spirit, leads to eternal progress and unspeakable joy, self-indulgence, and disobeying God's laws, lead to degradation and misery.

Concluding Comments

What we have learned, from that which is revealed in the Scriptures, should suffice to make us humbly conform to all that is required of us, in what has been so clearly made known as the will, laws and commandments of our Father and God, which means, not merely overcoming evil, but also actively seeking and doing good, following the perfect example of our Elder Brother and Redeemer, Jesus Christ.

It may appear that these three articles set forth rather serious views about human life, what it is and its purpose: and that I have failed to take into consideration the most prominent characteristic of every normal individual, which is to always seek for something to contribute to personal happiness. Let me assure you, however. that in all I have presented for your consideration. the sure road to eternal happiness. everlasting joy, has been the chief object in view. Let me explain.

The word "happiness" is too often used to mean bodily pleasure, derived from recreation, play, diversion, amusement, indulgence in gratifying appetite, etc. The Gospel of Jesus Christ does not prohibit indulgence in things that give pleasure, except that the indulgence must not be excessive, and be limited to that which is not injurious to the body or mind, nor evil in character or tendency. It must ever be borne in mind that, to ensure the supreme conditions of unalloyed joy, eternally, we must not only refrain from evil-doing but be continuously engaged in doing good. Read the Savior's parable of the "talents" (Matt. 25: 14-30), which shows that it is the divine will that all should diligently use their God-imparted attributes to benefit their fellowmen. In so doing they will rightly magnify those "talents," and will be numbered among the dutiful ones to whom the Lord will say, "Well done, good and faithful servant * * * enter thou into the joy of thy Lord."

And now, let me say, in conclusion: The Scriptural Facts here presented are based upon the records of the inspired words of Apostles and Prophets. More comprehensive statements on the same vital subjects, are revealed in declarations of the martyred Prophet of the Nineteenth century, Joseph Smith. I simply add this: Every doctrine and principle revealed in those heaven-inspired Scriptures is unqualifiedly accepted by the Church of Jesus Christ of Latter-day Saints, including all that was proclaimed by our Lord Jesus Christ, as His everlasting Gospel, the eternal plan of life and salvation for all who accept and live in accordance therewith. Not boastfully, but humbly, with heartfelt desire that all mankind might profit thereby, I solemnly declare that the said Church is the Christ-

appointed earthly medium to expound that Gospel in this age, and its ministers are divinely authorized to perform the ordinances essential to membership in this restored Church of Jesus Christ. Jesus said, "My doctrine is not mine, but his that sent me. If any man will do his will, he shall know of the doctrine, whether it be of God." (John 7:16, 17.) He also said, "Seek and ye shall find, knock and it shall be opened unto you." (Matt. 7:7.)

"O MY FATHER"

— — — — —

A favorite Latter-day Saint hymn composed in 1848 by Mrs. Eliza R. Snow Smith, an early convert.

— — — — —

O my Father, Thou that dwellest
In the high and glorious place!
When shall I regain Thy presence,
And again behold Thy face?
In Thy holy habitation,
Did my spirit once reside;
In my first primeval childhood,
Was I nurtured near Thy side.

For a wise and glorious purpose
Thou hast placed me here on earth,
And withheld the recollection
Of my former friends and birth,
Yet ofttimes a secret something
Whispered, You're a stranger here;
And I felt that I had wandered
From a more exalted sphere.

I had learned to call Thee Father,
Through Thy Spirit from on high,
But until the Key of Knowledge
Was restored, I knew not why.
In the heavens are parents single?
No, the thought makes reason stare!
Truth is reason; truth eternal
Tells me I've a mother there.

When I leave this frail existence,
When I lay this mortal by,
Father, Mother, may I meet you
In your royal courts on high?
Then, at length, when I've completed
All you sent me forth to do,
With your mutual approbation,
Let me come and dwell with you.

ARTICLES OF FAITH

Of the Church of Jesus Christ of Latter-day Saints

1.—We believe in God, the Eternal Father, and in His Son, Jesus Christ, and in the Holy Ghost.

2.—We believe that men will be punished for their own sins, and not for Adam's transgression.

3.—We believe that through the Atonement of Christ, all mankind may be saved, by obedience to the laws and ordinances of the Gospel.

4.—We believe that the first principles and ordinances of the Gospel are: first, Faith in the Lord Jesus Christ, second, Repentance, third, Baptism by immersion for the remission of sins, fourth, Laying on of hands for the gift of the Holy Ghost.

5.—We believe that a man must be called of God, by prophecy, and by the laying on of hands, by those who are in authority, to preach the Gospel and administer in the ordinances thereof.

6.—We believe in the same organization that existed in the Primitive Church, viz.: apostles, prophets, pastors, teachers, evangelists, etc.

7.—We believe in the gift of tongues, prophecy, revelation, visions, healing, interpretation of tongues, etc.

8.—We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.

9.—We believe all that God has revealed, all that He does now reveal, and we believe that He will yet reveal many great and important things pertaining to the kingdom of God.

10.—We believe in the literal gathering of Israel and in the restoration of the Ten Tribes; that Zion will be built upon this (the American) continent: that Christ will reign personally upon the earth; and, that the earth will be renewed and receive its paradisiacal glory.

11.—We claim the privilege of worshiping Almighty God according to the dictates of our own conscience, and allow all men the same privilege, let them worship how, where, or what they may.

12.—We believe in being subject to kings, presidents, rulers, and magistrates, in obeying, honoring, and sustaining the law.

13.—We believe in being honest, true, chaste, benevolent, virtuous, and in doing good to all men; indeed, we may say that we follow the admonition of Paul—We believe all things, we hope all things, we have endured many things, and hope to be able to endure all things. If there is anything virtuous, lovely, or of good report or praiseworthy, we seek after these things.

JOSEPH SMITH.

April 2, 1937

Hon. Charles L. Bartlett,
Suite 710 Hammond Building,
Detroit, Michigan.

My dear Judge:

Your letter of February 28th was duly received.

Thank you very much for the courtesy in sending me the clipping. The announcement to which you refer was rather premature. The President of Oglethorpe University has asked me to stop at Atlanta on my way North about the first of June to receive an honorary degree. I sent North for one of my academic gowns and somehow the information leaked out, so I have to say as Mark Twain did about the report of his death that this report was somewhat exaggerated. At any rate I have not yet received the degree and was indeed surprised that it was offered me.

I hope that you are well and prospering. As I write, the fine faces of your father and mother appear before me as plainly as though I were looking at them. They were friends of the sort that one never forgets.

Sincerely and cordially yours,

b

P. S. My health is steadily growing better. I am able to work hard many hours every day-- operating, lecturing, writing-- whatever I have to do.

The next time you visit Miami you must call at Miami, Battle Creek. Our friends think this a very attractive and delightful place with which I think you would agree.

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April 3, 1937

Mr. Henry Ford,
Dearborn, Mich.

WILL YOU KINDLY GRANT ME A BRIEF INTERVIEW AT SUCH TIME AS CONVENIENT FOR YOU ON A VERY IMPORTANT MATTER IN WHICH I AM SURE YOU WILL BE INTERESTED

JOHN HARVEY KELLOGG

b

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66TH
ANNUAL MEETING
NEW YORK, N. Y.
OCTOBER 5-8, 1937

PRINTED IN U. S. A.

OFFICE OF THE SECTION SECRETARY

Amherst, Mass.
April 7, 1937

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

Dear Dr. Kellogg:

Your letter dated March 29th is acknowledged. I shall be glad to change the title of your paper to "Special Health Values of the Soybean". As you know, we must adhere to a time schedule and it is essential that speakers keep within their time limit of 20 minutes. I am sure your paper will be both interesting and instructive to many of us.

Sincerely yours

C. R. Fellers

C. R. Fellers
Secretary, Food and
Nutrition Section

F/W

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SECRETARY
COMMITTEE ON MEETINGS AND PUBLICATIONS

IMPORTANT MEMORANDUM FOR THE ATTENTION OF SPEAKERS AT THE SIXTY-SIXTH ANNUAL MEETING, NEW YORK, N.Y., OCTOBER 5-8

YOUR PAPER. Attached is a postcard to which we invite your immediate attention. The first item appears in the index of speakers, the second in the preliminary program proper. Please correct if necessary and return the card today so the final program may be entirely accurate.

Your paper is scheduled for presentation at the first session of the Food and Nutrition Section.
(Consult the final program for the exact time and place of this session.)

STEREOPTICON ILLUSTRATION. If your paper is to be illustrated with lantern slides, make the following entry after the title,--"Stereopticon Illustration."

MOTION PICTURE ILLUSTRATION. If it is to be illustrated with motion pictures, make this entry after the title,-- "Motion Picture Illustration."

It is important that the enclosed card be corrected and returned today.

10 copies abstract

The Annual Meeting Program Committee respectfully presents the attached suggestions and rules for speakers. Please note that you are requested at this time to send ten copies of an abstract of your paper or report to this office for publicity purposes.

X

Note, too, that a copy of your paper or report as you will present it at New York City must be in this office by September 1st. (See p. 2) Information.

The Program Committee has voted to request each speaker to supply 100 mimeographed copies of his abstract, if that is at all possible, for distribution to interested delegates at the meeting. If you can cooperate to this extent, please send the

100

copies to this office by ~~September 15th~~. The ten copies requested above, for advance publicity, should be sent at once.

We are frequently asked by the press for photographs of speakers. If you can provide one that it is not necessary to return to you, we shall appreciate your sending it.

The Association will be indebted to you for your contribution to its Annual Meeting Program. Your cooperation with this office in the above important details will help make the meeting a success.

Very sincerely yours,

Willimina Rayne Walsh

WILLIMINA RAYNE WALSH
Secretary
Committee on Meetings and Publications

5

Enc.

August 1, 1937

INFORMATION AND RULES FOR SPEAKERS

AT ANNUAL MEETINGS OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

Compiled by the Annual Meeting Program Committee

AMERICAN PUBLIC HEALTH ASSOCIATION
50 West 50th Street, New York, N.Y.

The American Public Health Association acknowledges its indebtedness to its Annual Meeting speakers and respectfully directs their attention to the following rules and regulations, which have been found by long experience to facilitate program preparations, publicity arrangements, and publication of papers in the American Journal of Public Health.

GENERAL

1. The number of papers presented at the Annual Meeting is too great to permit the publication of all of them. Some will be published in full, some in abstract, and some not at all. Papers not published will be returned to the author upon request.

2. Papers and reports presented at Annual Meetings are the property of the Association for publication, unless that right is waived by the Editor.

3. Papers must be original contributions, present new information, or new viewpoints.

4. Only one paper per speaker is permitted, unless by formal vote of the Program Committee. Speakers must notify all program officers involved where more than one paper has been offered or invited. (Committee reports are not included in this ruling.)

5. Papers cannot be listed for reading in the absence of the author.

6. Papers must have been actually read at the Annual Meeting before being eligible for publication.

7. Committee Reports may be read by title and accepted at the Annual Meeting and later be published either in full or in abstract. Individual papers may be similarly treated upon the request of Section Secretaries.

MANUSCRIPTS

1. Papers must be submitted six weeks in advance of the meeting to the Secretary of the Committee on Meetings and Publications and the Secretary of the Section. (Names and addresses are on page 3.) These need not be in final form but should be sufficiently complete for editorial purposes. Abstracts cannot be accepted.

2. Copies of the final manuscripts must be submitted <u>two weeks in advance</u> of the meeting to the Secretary of the Committee on Meetings and Publications, the Secretary of the Section, and to the discussers if there be any. The Section Secretaries reserve the right to delete from any paper any material they feel is not suitable for presentation at an Annual Meeting.

3. Manuscripts must follow the routine described below:

   a. Manuscripts must be typewritten, double or triple spaced, on one side of the paper only.

   b. Name, degrees and principal professional affiliation must appear on the first page of the manuscript, under the title.

   c. The <u>original</u> copy must be handed to the Secretary of the session at which the paper is presented. No carbon copy will be considered for publication.

   d. The first page of the manuscript must also carry in the upper right hand corner the approximate number of words, and the number of charts, illustrations and tables. The name of the session before which the paper was presented, and the date of presentation, must appear as a footnote at the bottom of the first page.

   e. References to books or articles must be numbered, listed at the end of the manuscript and referred to in the text by numbers. In listing references to periodicals, give the name of the author, the full title of the article, the exact name of the periodical, the volume and page, followed by the month and year of publication. For example: Barnes, M.E. Attainable Standards in the Bacterial Counts of Raw and Pasteurized Milk. A.J.P.H. 26, 6: 561 (June), 1936.

   f. Charts, illustrations and tables must be appended at the end of the article, with a notation in the text to show where they should be inserted. Do not attach X-ray photographs since they cannot be published in the American Journal of Public Health. Not more than four illustrations per paper can be considered for publication.

SPECIAL ARRANGEMENTS

1. Speakers must notify the Secretary of the Committee on Meetings and Publications one month in advance of the meeting if any of the following will be required:

   a. Stereopticon
   b. Motion picture machine
   c. Blackboard
   d. Facilities for displaying charts or other material
   e. Any other special arrangements

PRESENTATION OF PAPERS

1. Presentations of papers must be limited to 15 minutes each, unless the author has been definitely notified by the Section Secretary that a longer or shorter time be allowed.

2. The papers must be given at the time specified on the program and be terminated within the time allowed. The Section Chairman is responsible for seeing that this rule is strictly adhered to.

3. The Program Committee urges speakers to distribute to the audience mimeographed copies of involved tables and to omit the reading of them, referring instead to the copies in the hands of listeners.

4. At the close of the address, a copy of the paper as read must be handed to the Secretary of the Section.

The Annual Meeting Program Committee is not unmindful of the fact that much of the above is superfluous to many Annual Meeting contributors. The Committee feels it better to err on the side of commission than omission, however, believing that authors will appreciate definite instructions to the end that all details connected with the presentation and publication of their papers may be dispatched smoothly and efficiently.

The Association is deeply grateful to its Annual Meeting speakers, and it regrets that it is not possible to pay honorariums and expenses.

Willimina R. Walsh, Secretary
Committee on Meetings & Publications
50 West 50th St., New York, N.Y.

Reginald M. Atwater, M.D.
Chairman, Committee on Meetings and Publications

SECTION SECRETARIES

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George D. Cummings, M.D.
Department of Health
Lansing, Mich.

HEALTH OFFICERS
Paul Brooks, M.D.
State Dept. of Health
Albany, N. Y.

VITAL STATISTICS
John Collinson, M.D.
U. S. Bureau of the Census
Washington, D. C.

PUBLIC HEALTH ENGINEERING
Roy J. Morton, B.S.
State Dept. of Public Health
Nashville, Tenn.

INDUSTRIAL HYGIENE
W. J. McConnell, M.D.
Metropolitan Life Insurance Co.
1 Madison Avenue, New York, N.Y.

FOOD AND NUTRITION
Carl R. Fellers, Ph.D.
Mass. State College
Amherst, Mass.

CHILD HYGIENE
Estella F. Warner, M.D.
U. S. Public Health Service
Box 527
Albuquerque, N. M.

PUBLIC HEALTH EDUCATION
Mary P. Connolly
3919 John R. Street
Detroit, Mich.

PUBLIC HEALTH NURSING
Marguerite A. Wales, R.N.
W. K. Kellogg Foundation
Battle Creek, Mich.

EPIDEMIOLOGY
Filip C. Forsbeck, M.D.
State Dept. of Health
Lansing, Mich.

April 8, 1937

Dr. G. Efremoff,
Totleben 2,
Sofia VI,
Bulgaria.

My dear friend Dr. Efremoff:

I should have answered sooner your letter of February 27, but I have been driven so hard with work that I have had to neglect my correspondence shamefully.

I spend my winters now here in Florida on account of the more favorable weather. Here I do not take cold as I do at Battle Creek and consequently am able to do much more work. I do not stand the cold winters well because of weak lungs on account of tuberculosis which destroyed my left lung before I was 20 and left my respiratory organs in a susceptible state.

I assure you I am most happy to know of the success which has attended your efforts to promulgate the ideals of biologic living in your country. You have certainly done a noble work. You will some time find yourself at the head of a great sanitarium. What you are doing at the present time is preparing the way for just such a work. A sanitarium has to have a large constituency behind it. Your paper is building up just such a constituency. You are becoming more and more known as a leader in progressive health lines and are at the same time getting the experience you need in medical practice.

Dr. G. Efremoff, No. 2.

I wish you would write me some details about your professional work and about your methods. Have you become acquainted with soy acidophilus milk and with methods of changing the intestinal flora? I am sending you with this a copy of a paper which you may publish in your journal if you wish. I am also sending you a couple of tubes of Lactobacillus acidophilus which I call soy acidophilus. You can make cultures of this and get a start in this same line if you wish. I have patented the product in this country, but there is no patent in Bulgaria or any of the Czecho-Slovakian countries, so you are at liberty to do all you can with it. It is really a wonderful product and proves of immense service in the treatment of all kinds of intestinal disease, particularly colitis, in which it us used by mouth and by enema. It needs to be taken in liberal doses two or three times a day and by enema, a half pint or so along with warm water and the juice of one or two lemons or a teaspoonful of lactic acid to each pint of water. It stimulates the colon to act and is wonderfully efficacious, clearing out the colon at once and planting the protective aciduric flora.

You have doubtless read in the journal about what the acidophilus has done for the Canadian quintuplets. I was called up to see them and spent several hours in consultation with Dr. Dafoe about them. I hear from him very frequently and have a standing order to send them three dozen pints of soy acidophilus ever week. They are using one pint a day. They take a half pint every afternoon at four o'clock. The Doctor sends me specimens for examination. We are keeping their acidophilus at 85 per cent of the intestinal flora.

I feel that your career is a great honor to Battle Creek College. I would think it worth while to have organized and carried on the

College for fifteen years if it had done nothing else than educate you.

I would be glad if you would write me a series of articles telling me what you have done in Bulgaria in introducing biologic ideals. Tell about how you came to Battle Creek, your experiences in the College, your experiences in the country, what use you found for Battle Creek ideals in the war in dealing with soldiers and your experience since that time, how you are applying these principles in your practice, etc.,-- a detailed account of your actual every day experience.

It will be tremendously interesting for American readers. I shall be glad if you would send me half a dozen articles of this sort for my journal Good Health. I shall be glad to do anything in return you will indicate to me you would like to have done.

You are certainly a great benefactor of your people and if you keep on steadily working your opportunity will some time come for greater and greater service.

What has become of Sophie and her sister who once spent two or three years over here as my proteges many years ago? I should like to know how she has fared during the years since she has returned to her native land.

Thanking you for writing me and assuring you I shall be glad to hear from you again, I am

Very sincerely yours,

b

April 8, 1937

Mr. Howe:

Please send two tubes of soy acidophilus culture to Dr. G. Efremoff, Totleben 2, Sofia VI, Bulgaria.

J. H. K.

b

The Dionne Quintuplet Guardianship

April 13, 1937

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

Dear Doctor:-

Your invitation to be your guest in Florida, contained in your letter received today, is much appreciated. I don't know of anything I would rather do than to visit your country this Spring, but it has been an impossibility to get away. Radio contracts, more than ordinary business to attend to and attention to the children has tied me down and now with the children's birthday in the offing, and the busy tourist deason about to start, it is all the more impossible.

However, with the warmer weather here, I have picked up considerably and each week have shown some gain.

Thank you again, doctor, for your suggestion and kindly thought.

With best wishes from the babies and myself,

Sincerely yours,

Allan Roy Dafoe

COPY

LUCAS S. HENRY, M.D.
147 Cambridge Street
Syracuse, New York

April 14, 1937

Mr. Dean Babbitt, Pres.,
The Sonotone Corporation,
19 West 44th Street,
New York, N.Y.

Dear Mr. Babbitt:

Your letter enquiring about my experience with the new Model 451 was received today. I had intended writing several days ago, but had some trouble, hence delayed until I found the solution.

The new Model, thanks to your Secretary, was received on March 27th and was immediately put to use. During the following ten days I had the best hearing aid satisfaction I have ever experienced or expected to experience. I was greatly delighted.

I have attended services at our Episcopal Church, where I have heard <u>every word</u> uttered by the Rector at the Altar fully <u>fifty</u> feet from my seat, without any loudspeaker assistance. This is a new experience for me. I have also been able to hear clearly in any portion of our local Hotel Ball-room where our Rotary Club Meetings are held, in spite of the distorted loud speakers in the room, which heretofore have made it impossible to understand the speakers from any point in the room, even close by. The especially important part about the Rotary meeting also is the fact that in spite of the adequate volume attainable with the instrument full on, it is possible to turn the instrument down sufficiently to easily converse with the man seated next to me, when three hundred men at other tables are all conversing at once. With all my former instruments such conversation was at times almost impossible. I attended a Bridge Party last week and really believe I heard as well as anyone else at the party and enjoyed it as much.

With this new instrument I cannot longer maintain that I am handicapped by my defective hearing. I am hearing at all times fully as much, I believe, as the normally hearing person.

You have made a wonderful achievement in the improvement of the new instrument, and have proved the contention that it is not excessive volume that we require, but rather perfect clarity. I feel that the more perfect the clarity becomes, the less volume will become necessary.

I wish to thank you most sincerely and hope that you can think of some manner in which I may make myself of value to you to show my appreciation. I would be interested in your reaction to the remarks I made in the letter I wrote you just before you left for your trip. I was tempted to write these ideas up in more complete form, and thought they might be of some value to you in your dealer conferences.

Most cordially yours,

Lucas S. Henry, M.D.

SECURITY NATIONAL BANK
of BATTLE CREEK

BATTLE CREEK
MICHIGAN

April 14, 1937

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

Dear Doctor:--

This will acknowledge receipt of your kind favor of the 9th.

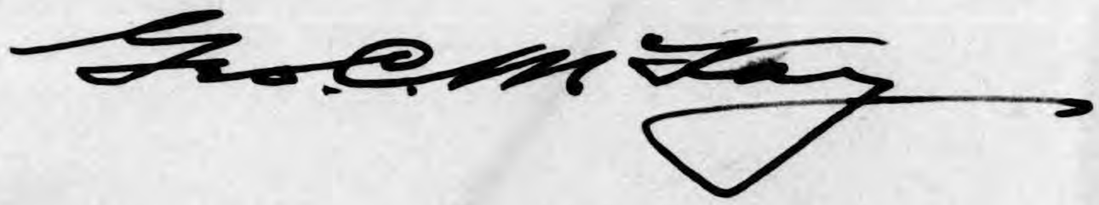
In reply beg to advise that the writer is no longer actively connected with the Kellogg Company, having resigned my position there last November, except that of a member of the Board of Directors. I am now devoting all my time at the Security National Bank.

I assure you it would have been a pleasure to have shown Mr. Babson around the plant, having had more or less correspondence with his organization for several years past. However, I will be glad to contact Mr. Haas, suggesting that he get in touch with my brother who I am sure will be pleased to show him around.

I was very glad indeed to learn from Dr. Capron how well you were looking this winter.

With kind personal regards, I am

Very truly yours,



GCM MM

April 19, 1937

C. E. Fellers
Secretary, Food and Nutrition Section
The American Public Health Association
Amherst, Mass.

My dear Sir:

Thank you very much for your letter of April 7. I will take care to keep my paper within the prescribed limit.

Sincerely yours,

b/m

April 19, 1937

Mrs. Edna Haynie
Church of Jesus Christ of Latter-day Saints
302 South Pleasant Street
Independence, Mo.

Dear Madam:

I have your letter of April 1.

Thank you very much for the information it contained and also the information which you enclosed.

I will be very much obliged if you will send copies of the same booklet and leaflet to Prof.Irving Fisher, 460 Prospect Street, New Haven, Conn. who is very anxious to verify the statistical facts which certain authorities have recently published in relation to the health teaching and its effects upon the health of your people.

Your work is not only an interesting religious development, but is a great biologic experiment.

Again thanking you, and with kindest regards to your sister Winnie, whom I always remember as a most promising young woman, physically and mentally, I am

Very sincerely yours,

b/m

P.S. Please remember me to your sister and tell her I will be very glad if she will write me and tell me to what extent she has profited by what she learned at Battle Creek and how closely she has been following the biologic life. I am sending, under separate cover, two or three copies of a small booklet I have recently prepared. Please send [illegible].

#2 I enclose a copy of a letter I have just received from an eminent Scandinavian scientist, Prof. Hindhede, for many years national "Commissioner of Health" of Denmark. He is also a friend of many years' standing. I will be greatly obliged if you will try to get for him all the information he requires and see that some competent person answers the several questions he asks. I shall also be glad to have copies of the documents and of the reply sent to me. I will consider it a favor if you will do this.

April 19, 1937

Dr. Allan Roy Dafoe
The Dionne Quintuplet Guardianship
Callander, Ontario, Canada

Dear Doctor Dafoe:

I have yours of April 13.

I am glad to know that you are getting warmer weather in Canada and sorry you are not able to spend at least a couple of weeks with us down here, which I am sure you will find very profitable.

I hope the quintuplets are doing well. You are certainly having a very busy life. I fear the work you are planning to do may bring a relapse. As you know, relapses are very likely incurred after attacks of "flu".

I have a son-in-law, a doctor about your age, who has been compelled to lie perfectly still on his back without raising his head or his elbows from the bed for eight weeks because of an embolism in the ventriculus septum which occurred after a mild attack of "flu" when he thought himself convalescent and merely sat up in bed a little while. He is just beginning to sit up. He was compelled to keep very quiet because any attempt to raise his head produced such a severe anginal pain that he had to remain perfectly horizontal.

Those quintuplets will need your protection and wise counsel even more twelve or fifteen years from now than at the present time.

I have learned a lot about how to baffle Old Father Time and have had an opportunity for observing its effects on other people as well as myself. I find complete suppression of intestinal putrefaction and relieving the body as much as possible of the work of eliminating poisons by avoiding all unnecessary toxins is a highly effective measure of slowing the old age process.

We have a delightful place down here and should like to have you see it some time next year if not this year. I should also be pleased

_____A. D. Store Dis. Sheet
_____Acidone
_____Art of Slenderizing
_____B-Lac
_____Blood Building Book
_____Blood Pressure (High)
_____Canned Goods
_____Cereal Circular
_____Check
_____Colitis
_____Cooked Bran
_____Diabetic Circ. (Timetable)
_____Fig Bran Cookies
_____Food Ferrin
_____Fruit Crackers
_____Gluten Flour
_____Glu. Br. (Bak.)
_____Glu. Br. (Can)
_____Gluten Products
_____Health Cho.
_____Hospital P. L.
_____How to Eat
_____Institutional P. L.
_____Kaba
_____Kaffir Tea
_____Lacto-Dextrin
_____L -D. Circ. (Sp.)
_____Malted Nuts
_____Malted Nuts (Sp.)
_____Meal Plan Charts
_____Modern Recipes
_____Money Order
_____Order Blank
_____Price Card
_____Price List. Bulk
_____Paralax and Agar
_____Pointers
_____Protose and Savita
_____Psylla
_____Psylla Wafer
_____Psyllium Seed
_____Rec. Book (Sp.)
_____Reduce (Timetable)
_____Regulating Foods (Timetable)
_____Ret. Envelope St.
_____Ret. Drug Dis. Sheet
_____Savita Yeast Tablets
_____Soy Acidophilus Milk
_____Soy Beans
_____Soy Beans (Green)
_____Stamps
_____Sugar Circular
_____Vegetable Gelatin
_____Vita-Wheat Circ.
_____Vit. Chart
_____Weight Building (Timetable)
_____Who. Drug Dis. Sheet
_____Wh. Wh. Flour
_____Wh. Wh. Rusk

MAILED
FILE
NO. F. U.
FOLLOW

The modification of the Soy Acidophilus MILK by adding Vitamin A has not yet been made in the product sent out from Battle Creek, but I expect to complete arrangements for doing this shortly. The addition may make a slight change in the flavor, to my mind improving it; but otherwise it will not modify the milk except by the addition of Vitamin, increasing somewhat B and G as well as A.

P.S. Please thank the quintuplets for sending me their love and tell them they will always find me at their service.

b/m

Very sincerely yours,

Trusting that you are making good progress toward complete recovery,
I remain, dear Doctor,

I trust you will find my references to the quintuplets in accordance with the facts. If not, I shall be glad to correct any error.

I have been asked by the chairman of the Nutrition Section of the American Public Health Association to prepare a paper to be read at the next meeting of the Association to be held in New York in October. I am enclosing herewith an unpublished manuscript which I am planning to condense and use as a portion of this paper. It contains some facts in relation to Soy Acidophilus MILK which I think may interest you.

If you could see our place at Battle Creek, Michigan.

I am dictating this on the train as I am dashing home to Michigan for a day or two to look after some important business matters.

Copy sent

April 19, 1937

Dr. M. Hindhede
Frederiksberg Alle 28
Copenhagen, Denmark

My dear Doctor Hindhede:

I have your letter of March 28 and have been trying to get the information you want. I have today received a letter from a Mormon in answer to one written some time ago which gives some of the information you desire and I shall send a copy of your letter and ask to have documents sent to you and answers to your questions, hoping this will give you the information you are seeking. The Mormon settlement in Utah is really a great biologic experiment as well as a unique ~~religious~~ and social adventure. I shall try to have as much information as possible to send to you.

Very sincerely yours,

b/m

M. Hindhede
Ernæringsundersøgelser
Frederiksberg Allé 28
København V.

D. 28/3 37

Dr John Harwey Kellogg

Battle Creek

Dear Dr Kellogg :

I happened to read again the Nr of May 1936 of G H. The Article "The World of Wisdom". It seems to be quite incredible, that the "Latter day Saints" have only half of the normal deaths. 7,5 pr 1000 against 14 etc. Tuberculosis 9 against 120 ---- Is it passible, that this can be rigth ? In Public Health Reports Febr. 12 1937 stand : Utah 1935 9,8 d. pr 1000. That is rather low, but other states have still lover. N. Dakota and Oklahoma f. i. 8,4.

But of course in Utah are also other people, not alle are L d saints. Has one there a special Stat. for L d saints alone ? How shall it be possible to get sure informations about that ? Would you not help me ? I am sure you alss have connections i Utah. In the article ir mentioned a piece of literature of John A. Widtsoe, which tell about this matter. Should it not be possible to get this piece ?

Or still better official Statistik from the Latter days Saints.

This eems to be of very great sifnificans. These people seems to follow mainly the same priciples as we. If this should give such results, so we seems to have wound the figth ? I hope you are able to procure me sure literature about this matter. What you have to pay for that, I will sent you or you can take pr post.

I should be very interesting if it was possible to get informations about how some families i Utah live ? Some family budgets How mucht bread, milk, potatoes greens etc etc. pr Day and person. But that is perhaps difficult. Perhaps is something of such allready published.

With kind regards

your truly

M Hindhede

M Hindhede

85 year ! I congratulate !
Is it sucd one shall say ?

April 19, 1937

Dr. Howard Hyde Russell
Westerville, Ohio

Dear Doctor Russell:

In reply to your letter of April 6, I have read with much interest the statements against alcohol which you have collected. I enclose a brief statement. I shall be glad if it is of use to you.in your campaign against the great destroyer.

Sincerely yours,

b/m

Alcohol is perhaps of all drugs the most destructive and insiduous in its evil effects. When a man is cold, alcohol produces a sensation of warmth when it is actually making him colder, and increases the danger of death by freezing so greatly that Peqry and all other Arctic explorers forbade its use altogether. When a man is in need of food, alcohol banishes hunger and makes him think he has been fed when instead he has been poisoned.

Science has shown that alcohol, although it is absorbed by the body, is not assimilated; hence cannot be a food.

When a man is week, alcohol makes him feel stronger. Scientific tests show that he is weaker instead and can do less work with alcohol than without it.

A poor man takes alcohol and imagines himself to be rich. He awakens from his poisoned dream to find himself poorer than before.

Alcohol is the greatest of all destroyers of character, health, and life, of body, mind and soul.

The popular belief that alcohol is a stimulant is a fatal error. Science has shown that it has no stimulant properties whatever; it is instead a narcotic and a depressant. Formerly highly valued and extolled as a medicine needed by almost every sick person, the world's most renowned physicians now prohibit its use, science having shown it to be allied to chloroform, ether, and other anesthetics and narcotics which benumb the nerves but cure nothing.

Alcohol contributes nothing worth while to human welfare or happiness, but drags women and children, homes, communities, and nations down to poverty, misery, chaos and perdition.

Alcohol is perhaps of all drugs the most destructive and insiduous in its evil effects. When a man is cold, alcohol produces a sensation of warmth when it is actually making him colder, and increases the danger of death by freezing so greatly that Perry and all other Arctic explorers forbade its use altogether. When a man is in need of food, alcohol banishes hunger and makes him think he has been fed when instead he has been poisoned.

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Alcohol contributes nothing worth while to human welfare or happiness, but drags women and children, homes, communities, and nations down to poverty, misery, chaos and perdition.

"Look not upon the wine. . . . At the last it biteth like a serpent and stingeth like an adder." (Proverbs 23:31.)

LINCOLN-LEE LEGION, INC.

HOWARD HYDE RUSSELL
Secretary and National Chaplain
VIRGIL P. BROCK
National Director
BLANCHE KERR BROCK
Music and Drama

ABSTINENCE DEPARTMENT OF THE ANTI-SALOON LEAGUE
Legion Reporter
"BIBLE TEMPERANCE"
Number 1, January, 1937
(In preparation)

FIRST TRANSCONTINENTAL TOUR (1936-37)
Heralding the "Second Dry War"
Revival of Patriotic Moral Suasion Evangelism
PRESENTING A NOTABLE COURT TRIAL, "SAFETY VERSUS TRAGEDY"

April 6th, 1937.

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

Very dear friend Kellogg:

Thank you, dear friend, for your cordial letter of March 26th and for the "Blue Book" which you enclosed and which I shall read with careful attention.

In the Court Trial for murder of Beverage Alcohol, in the case of "Safety Versus Disaster," now being organized with preliminary test Trials, a few expert witnesses are brought into the case as is customary in the courts, by way of deposition in favor of the prosecution. Samples of the testimony already in hand are as follows:

Expert testimony read from the depositions by the Prosecutor:

"The first expert witness is Professor Walter R. Miles, Psychologist of Yale University. Doctor Miles says: 'For several months, with the aid of ten medical student volunteers, I tested the effects of 2.75 alcohol upon human efficiency. The tests proved that two pints of beer with alcoholic content of 2.75 decreased both the rapidity and accuracy of the students as to their results upon the typewriter and as to their arithmetical and algebraic computations. Also their skill in firing at a target was decreased in the same manner by the use of small amounts of beer. I would illustrate my conclusion as to the effects of two pints of beer by saying two pints of 2.75 beer drunk by the driver of a taxicab would make the taxicab unsafe. Both 2.75 and 3.2 beer are intoxicating.' "

"The next deposition gives the testimony of Doctor Haven Emerson, very eminent Health Specialist of New York City. Doctor Emerson says he is 62 years old. Hasbeen practicing as a Doctor of Medicine for 38 years. For several years was at the head of the Department of Health, New York City. Served as Colonel of the Marine Corps of the United States Army in the World War and since 1922 has been Professor of Public Health Administration at Columbia University. Dr. Emerson is the author of the leading recent book on Beverage Alcohol, entitled 'Alcohol and Man.'

"Doctor Emerson says (in reply to a question): 'I have been a specialist on the relation of alcohol and health for over thirty years.' When asked to state the effects of alcohol upon the human body, Doctor

Emerson replies with emphasis: 'Alcohol is a depressant. It is a habit-forming, narcotic poison. Alcohol causes disease: multiple neuritis, gastritis, cirrhosis of the liver. Alcohol causes many deaths from acute and chronic poisoning.'

"Doctor Emerson concludes as follows: 'Knowledge lessens the use of liquor. If knowledge of the action of alcohol on man is widely and suitably spread, particularly among young people, we can be confident that the use of alcohol as a beverage will be gradually limited to persons of small intelligence and a narrow outlook upon life.' "

Also I shall have a similar statement from Doctor Charles Mayo of Rochester.

Will you please dictate a similar statement as a specialist, in favor of health and against the disease and death brought to pass by this habit-forming drug? A brief statement from your deeply earnest heart and brain upon this question will be gratefully received and we shall give it currency with that of other expert witnesses throughout the United States.

Gratefully your friend,

Howard W. Russell

Howard Hyde Russell

HHR/b

April 19, 1937

Prof. Irving Fisher
460 Prospect Street
New Haven, Connecticut

Dear Prof. Fisher:

I have received from a Mrs. Haynie, a Mormon, who has a sister, a very fine young woman graduate from Battle Creek College a few years ago. Mrs. Haynie writes me in reply to a letter I sent to her sister seeking information about the "Word of Wisdom". She sent me a pamphlet of this and some other things which I think might interest you and I have written her to send the same to you, which I suppose you will soon receive.

Sincerely yours,

b;m

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

April 20, 1937

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

My dear Dr. Kellogg :

The enclosed, which ws a surprise to me, was calle to my attention yesterday. I thought you would be interested in view of the degree you kindly gave me.

It evidently follows on a lecture I gave at the University of Athens after the meeting of the International Statistical Institute there last October.

Sincerely,

Irving Fisher

Hope to hear from you re
when and where we can
discuss plans I make up.

IFhc

April 21, 1937

Prof. Irving Fisher
460 Prospect Street
New Haven, Connecticut

Dear Friend Fisher:

I have your telegram and also your letter.

I am tremendously interested in the matter you have in hand, but at present do not see how it would be possible to give any time to it for the reason that I am on my way North to meet the Bondholders Protective Committee and shall be intensely occupied during my entire stay, which will be brief, in discussions with the Committee who are demanding an immediate settlement must be made regarding plans for reorganization or they will begin suit to take control of the institution. If we reach a settlement, as I expect we will do, I shall then be swamped with the details of the reorganization which I shall insist on making in such a way as to eliminate discordant and hostile elements.

I have to get back to Miami at the earliest possible moment. My work is booming there and I have important projects in embryo that need close attention for the few weeks I can still remain in Florida. I have important matters to look after in Washington in connection with the Henderson estate and shall spend a day there if possible. I will try to spend two or three hours with you if you can meet me there. I expect to be in Battle Creek by 2 P. M. Tuesday and shall be leaving there for Chicago the next day.

I think the Vitality Record Office would be a splendid project. It will complement the Eugenics Record Office, and I should think the two might work together very profitably.

Miami Battle Creek is doing very well. It has been full all the season. We have made improvements to the amount of $195,000.00 and earned it all but $50,000.00 which we can easily pay off next year.

_____A. D. Store Dis. Sheet
_____Acidone
_____Art of Slenderizing
_____B-Lac
_____Blood Building Book
_____Blood Pressure (High)
_____Canned Goods
_____Cereal Circular
_____Check
_____Colitis
_____Cooked Bran
_____Diabetic Circ. (Timetable)
_____Fig Bran Cookies
_____Food Ferrin
_____Fruit Crackers
_____Gluten Flour
_____Glu. Br. (Bak.)
_____Glu. Br. (Can)
_____Gluten Products
_____Health Cho.
_____Hospital P. L.
_____How to Eat
_____Institutional P. L.
_____Kaba
_____Kaffir Tea
_____Lacto-Dextrin
_____L-D. Circ. (Sp.)
_____Malted Nuts
_____Malted Nuts (Sp.)
_____Meal Plan Charts
_____Modern Recipes
_____Money Order
_____Order Blank
_____Price Card
_____Price List. Bulk
_____Paralax and Agar
_____Pointers
_____Protose and Savita
_____Psylla
_____Psylla Wafer
_____Psyllium Seed
_____Rec. Book (Sp.)
_____Reduce (Timetable)
_____Regulating Foods (Timetable)
_____Ret. Envelope St.
_____Ret. Drug Dis. Sheet
_____Savita Yeast Tablets
_____Soy Acidophilus Milk
_____Soy Beans
_____Soy Beans (Green)
_____Stamps
_____Sugar Circular
_____Vegetable Gelatin
_____Vita-Wheat Circ.
_____Vit. Chart
_____Weight Building (Timetable)
_____Who. Drug Dis. Sheet
_____Wh. Wh. Flour
_____Wh. Wh. Rusk

MAILED
FILE
NO. F. U.
FOLLOW

Starting with nothing seven years ago we now have a property which would cost over $500,000 and it is making a net profit of 10% on that capitalization beside treating many free patients.

Our local business is growing rapidly. We are getting nice patronage from Miami Beach. The elite come to us when they get to the end of their rope. We are building up a fine clientele of people who come back every year and spend the season with us. The interest in the Aristocracy of Health is certainly growing. I am developing plans by which I am sure I shall be able to launch in on a large scale by a unified effort in which the Food Company, the College, and the Sanitariums will cooperate.

I am sorry that you are not going to be able to come down. Our place has improved so greatly by the development of our trees and shrubs and the addition of our new building we really have now a very delightful place. I think I told you that I have given it away and deeded it to a board of trustees a year ago last Christmas.

The shingles was a very hard blow to me but I am getting on my feet again and working about as hard as ever.

As always sincerely and cordially yours,

b/m

will write soon re other matters. Send this at once hoping to help your cold.

Yale Club
Vanderbilt Avenue and Forty-fourth Street
New York

April 27, '37

My dear Dr. Kellogg

I have just asked a Mr. Johnson (Chas. C.) Pres. of Ozone Products, 142 W 24 St to send you some of their preparations. He said he would send them today. It was they called to my attention by Dr. Norman Titus of N.Y., a Yale graduate and authority (especially on Erysipelas). He, Dr. told me, it is the stongest germicide known. It will cure athletes foot in five minutes. It will kill almost any germ, anaerobic or aerobic. It is good for almost all

I had two reasons for asking Mr. Johnson to send you these products. One is that, according to him (I don't remember Dr. Titus saying this) it will kill any cold and, if used regularly, will keep one free from colds altogether; so I hoped it might kill your present cold.

The other reason is that Mr. J. said Prof. Stevens of Presbyterian Hospital said it might possibly be used to sterilize the intestines. Mr. J. says he has swallowed much of it, that it causes gas and belching and apparently is all absorbed before reaching the intestines; but that

skin infection. It is better than Rabin's Solution for deep wounds.

Dr. Titus has no commercial interest in this. Mr Johnson has; but I have every reason to believe he is a trustworthy man.

Dr. Titus finds this product will cure sun burn in a few seconds — only, he cannot say. I. e. it is more than a germicide. He has used it for nasal troubles, throat and even allowed it to go into the lungs. The oil, being olive oil, is absorbed while mineral oils in the lung may be fatal. (Dr. Rice the health officer of (Mineral) U. G. City has recently warned against oil nasal douches for babies).

his wife has used it mixed with water in enemas. Perhaps a capsule could be used which, swallowed, would reach intestine. Prof. Stevens and Dr. Titus both think that there are at least tremendous possibilities for medicine in the use of this ozone. As Mr. J. will doubtless explain, the ozone is in the olive oil and, as it comes out as an emanation, it is mostly, not wholly, turned to oxygen.

If it is half as good as Dr. Titus, Prof. Stevens, and Mr. Johnson think, it is one of the greatest of new medical products. They expect soon the O.K. of the A.M.A. They expect to confine one set of products to medical men i.e. to be ~~the~~ "ethical" in selling. Another (for sunburn etc.) they intend to push ~~etc~~ commercially. Incidentally Mr. Johnson asks me to be a director. Please let me know your findings.

Sincerely Irving Fisher

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

April 29th, 1937.

Dear Dr. Kellogg:

With further reference to the speeches which I hope you will be willing to make while you are in Atlanta, the principal address which I had in mind is set for Saturday evening at about seven or eight o'clock. At this time we have a joint meeting of the Alumni Association, the Woman's Board and the student body and, among other exercises, I hope that you will be able to give us an address of about fifteen minutes on any subject that you may choose but preferably on something that has to do with your own life work. You will find here in Atlanta many people who are your friends and who will be interested in you, yourself, and the work that you are doing.

In addition to the above, immediately after the investiture on Sunday evening, May 30th you will be expected to make a response of about five minutes.

At the luncheon on Saturday, May 29th at one o'clock and at the luncheon on Sunday at one o'clock, you will be introduced to the guests and a two or three minute response will be in order.

In suggesting these time limits, please understand that they are quite optional.

With all good wishes,

Heartily yours,

Thornwell Jacobs, Pres.

Dr. John Harvey Kellogg,
Miami Springs, Florida

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

April 29, 1937

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

My dear Dr. Kellogg:

The questionnaire for the Vitality Record Office is now in fairly finished form as per enclosed. If I do not hear from you with interlined suggestions I shall have it put into use without further delay.

Please do not feel it necessary to spend time upon it, especially if you have already sent in suggestions.

Very sincerely,

Irving Fisher

Sc

SIR WILFRED GRENFELL, K.C.M.G., M.D.
156 FIFTH AVENUE
NEW YORK, N. Y.

April 29, 1937

Dr. John H. Kellogg
% Battle Creek San.
Battle Creek, Mich.

Dear Dr. Kellogg:

News has just come to Lady Grenfell and me that this coming summer the Clarke Steamship Company is to have the additional service of the beautiful cruising ship the "NORTH STAR".

This is good news indeed not only for our people in the North to whom these cruises mean so much, but for the fortunate passengers who will now have two splendid boats, the "NORTH STAR" and the "NEW NORTHLAND", on which they can take this summer cruise.

Biased as I naturally am, I still feel with all my heart that it would be hard to find a pleasanter, more interesting and more refreshing voyage than the one which this company offers and I can only say that I personally and also on behalf of our Staff and our Northern fishermen, wish them every possible success.

The period of transition between isolation and contact with civilization is always difficult for people in remote parts of the world and it makes a great difference to them as well as to those who are doing their utmost to induce a better life among them, what type of people from "civilization" are presented to them. In this respect they are fortunate in my opinion to have had the passengers from these cruises who always without exception have been a fine type of idealistic people eager to help our splendid Northern fisher folk and not to bring to them those aspects of civilization which are deleterious, nor to pauperize them nor to undermine their self-respect.

We know that many of our friends have wished to visit us in past years but were, perhaps, unable to obtain accomodation on the Clarke steamers, whose popularity has created a demand exceeding their capacity; now, with this new liner, this difficulty will be to a large extent overcome--so let this be <u>"Labrador Year"</u> for you; a hearty welcome awaits you--COME NORTH!

Faithfully yours,

Wilfred T. Grenfell

April 30, 1937

Mr. T. S. Mack, President,
The Three-Score-and-Ten Club,
150 Southeast First Street,
Miami, Florida.

Dear Friend:

I have yours of March 6.

I should have answered you sooner, but have been just overwhelmed with work.

There are several Three Quarters Century Clubs in Michigan and a few elsewhere. There are branches of the original club which I started in Battle Creek before the St. Petersburg club was independently started.

I have not heard of Professor McKeever's school. What you write me is quite interesting.

I hope your organization is getting on satisfactorily. I am sorry I have been so busy here I have not kept in as close touch with you as I should like to have done.

I am sorry you have lost your good angel Miss Scott. She seemed like a very unusual woman. I had great sympathy for her and was very sorry indeed we could do so little to lessen her terrible suffering. I am glad she is at rest.

Come out some day and have lunch with us and we will have a little chat.

Sincerely yours,

b

May 5, 1937

His Honor Mayor Hamilton and the
City Commission,
Battle Creek, Mich.

Gentlemen:

The interest taken in the Sanitarium affairs by the leading citizens as shown by many daily inquiries leads me to make the following statement concerning the Sanitarium, Battle Creek College, and the Battle Creek Food Company:

The financial embarrassment of the Sanitarium was solely due to the depression and not to unwarranted expansion, incompetency of management nor to inefficiency or inadequacy of its methods. The two years following the completion of the new addition were the most prosperous in the whole history of the institution. The new part as well as the older structure was fully occupied during the season and the earnings wiped out one-fourth of the indebtedness incurred in erecting the new structure. Six years more of the same prosperity, which President Hoover assured us had come to stay, would have made us free from debt.

When the crash came five thousand banks failed and our patrons disappeared like autumn leaves before the wind. The Sanitarium managers made most strenuous efforts to meet the semi-annual payments due the bondholders for interest and principal. Doctors and managers submitted to a cut of nearly 50% in wages and other employees accepted wages much below the current wage

rate.

I endorsed notes for more than $60,000 which for several years I have been paying off at the rate of $1,000 a month; but the depression grew worse and we were in spite of all compelled to default.

The bondholders demand 100%, 50% in bonds and 50% in debentures, and 4% interest on the bonds and 5% on the debentures. Our indebtedness is approximately $3,000,000. The bondholders have offered to settle for $2,000,000 in cash. By great efforts on the part of the Receiver and sacrifices on the part of the doctors, nurses and other employees, $500,000 have been accumulated in the banks, so that about $1,500,000 must be raised in cash. Although the Sanitarium is a self-liquidating institution and has by its own efforts built itself up and then re-built itself when destroyed by fire and left with assets $14,000 less than nothing, we have found it impossible to raise money on the Sanitarium because it is classed as a hospital. The R. F. C. refused making us a loan for this reason alone. I see no hope for raising the funds needed to prevent the bondholders from taking control of the institution, taking it out of the hands of the Receiver, except by adding the Battle Creek Food Company, both its assets and income, to the Sanitarium as security for the loan. The Battle Creek Food Company is already heavily loaded. Practically its total earnings for many years have been devoted first to the purchase of the Phelps Sanatorium, a large stone building, and then to contributing from $40,000 to $100,000 a year to the support of Battle Creek College, then payment of $300,000 to purchase the old Battle Creek College building and the land on which the new library building stands, which was done in part to help the Sanitarium after it became embarrassed financially, then the payment of $100,000 to finish paying for the library building because the ~~xxxxxxxxxx~~ citizens who subscribed

money for the building were in many instances to pay their subscriptions because of the depression.

The Battle Creek Food Company has in the last 15 years expended more than $2,000,000, practically all of its earnings, for the public welfare of the people of Battle Creek. More than one-third of all the students of Battle Creek College are from Battle Creek and its immediate vicinity. Its main purpose as a health educational institution has thus been changed so as to make it largely a liberal arts school for the benefit of Battle Creek citizens. The higher education of more than 100 Battle Creek youth is too heavy a burden for Battle Creek College to carry alone. Its tuition rates are only half those of other colleges of no higher rank. The high standing as an educational institution which ~~xxxxxxxxxx~~ which under the leadership of Dr. Leffler it has attained is bringing to it every year a larger number of Battle Creek youth who make their preparation for professional careers by taking pre-medical courses here instead of at a university. This is largely due to the high class work done in Dr. West's department and the departments of Drs. Koten and Porter.

It seems manifestly proper that we should ask the city to aid in ~~xxxx~~ the support of the large burden of university work which we have carried on for many years, but feel that with the extra burdens we may have to assume we shall no longer be able to carry without substantial aid. It is this matter which I wish to bring to your attention and ask for your serious consideration. If I had accumulated wealth of any sort or securities bring ing in a handsome income, I should not make this request; but I possess nothing except a controlling interest in the Battle Creek Food Company and my home and have no income for my support except a modest salary. I have taken into my home more than 40 homeless children and gave to each one as much education

and opportunity as they would receive. I have maintained at an expense of ~~$5000~~ more than $1,000 a year playgrounds for the city for more than 30 years. I gave my time to the Battle Creek Sanitarium without salary or fees for more than 40 years. All of my own earnings and practically all of the earnings of the Battle Creek Food Company have been expended in this city, nearly all in public welfare enterprises. It will take all I have in the world aside from my home and the playground on which I have paid liberal taxes every year to help the Sanitarium out of its present situation, so I shall be unable to continue paying out from $150 to $250 each yearly for the education of Battle Creek youth as I otherwise would be very glad to do.

Humbly submitted for your consideration,

ALUMNI FEDERATION
NEW YORK UNIVERSITY
Washington Square East . New York

May 5, 1937

To Members of the Classes Prior to 1887:

May I in this way urge your acceptance of the inclosed invitation from the University authorities to the Commencement exercises on June 9?

The University wishes to make a special feature of the attendance of alumni who were graduated more than fifty years ago, and I am sure that you would enjoy the experience of returning to your Alma Mater on this occasion.

The members of these Classes (in business dress) will join in the academic procession and will be seated in a specially reserved section directly in front of the platform.

I shall appreciate it if you will indicate on the inclosed card your acceptance of this invitation. Complete instructions as to time and place of assembly on the Heights campus will then be sent to you with your Commencement ticket.

Sincerely yours,

H. B. Fernald

Henry B. Fernald, '01
President

THE COUNCIL AND FACULTIES OF

NEW YORK UNIVERSITY

REQUEST THE HONOR OF YOUR PRESENCE

AT THE EXERCISES OF THE

ONE HUNDRED AND FIFTH COMMENCEMENT

ON THE MORNING OF

WEDNESDAY THE NINTH OF JUNE

NINETEEN HUNDRED THIRTY-SEVEN

AT HALF PAST TEN O'CLOCK

UNIVERSITY HEIGHTS, NEW YORK

Henry Ford
Dearborn, Mich.

May
5th
1937

Mr John Harvey Kellogg
Battle Creek
Michigan

Dear Mr Kellogg:

We are in receipt of your telegram of May 3rd, which arrived during Mr Ford's absence.

We regret, therefore, that we have been unable to arrange an appointment for you but would suggest as an alternative, that if you plan to come to Detroit, the writer will be very glad to discuss the matter with you and submit it to Mr Ford later on when he might be available.

Very truly yours

E G LIEBOLD
E G Liebold
General Secretary to HENRY FORD

EGL:M

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THE THREE-SCORE-AND-TEN CLUB

Composed of Men and Women 70 Years and Over

150 Southeast First Street

MIAMI, FLORIDA

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FRANK UNION
DR. W. P. COFFEEN
ALEXANDER B. HEWES

TELEPHONE
2-9950

May 8,1937

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

Dear Dr. Kellogg:

Answering your much esteemed favor of April 30th, let me thank you for all that you have said,especially concerning Miss Scott. Truly,it may be said of her, "she hath done what she could", and I hope she has passed on to an ample reward.

Let me thank you for your invitation to luncheon with you and if it suits your convenience, I will either come out on Wednesday,the 12th or Friday the 14th,at your convenience,--or if you should prefer, we can lunch at any place in Miami,down-town section.

I have suggested the 12th and 14th because on Tuesday the 11th and Thursday the 13th, we have public entertainments at the Club Rooms where I am expected to be present.

I shall greatly appreciate the opportunity of talking with you concerning our Clubs or anything else pertaining to the happiness of our dear old men and women.

In the meantime, I beg to remain,

Yours,in the bond of the

THE THREE SCORE AND TEN CLUB

T.S.Meek

T.S.MEEK, President

May 9, 1937

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

Dear Prof. Fisher:

I have your letter of April 28.

In looking over your blank as perfected I am impressed by the great amount of work you have given to the preparation of this blank. It is certainly a most admirable piece of work and ought to be the means of helping a lot of people to improve themselves physically, mentally, and morally.

I shall be glad to have a number of blanks to try them out among our patients. How should you like to have me try these blanks out with the students of Battle Creek College? It seems to me they might be advantageously used in this way and perhaps you could get a large number of colleges to use them.

At first I was afraid the questionnaire was too elaborate, but people who are really interested in the matter will take a different view and appreciate thoroughness.

One criticism doubtless will be that the survey is cursory and superficial. To cover the whole field thoroughly would take several hundred pages, but I think you have succeeded very well in selecting the key questions which are of the greatest significance.

I have suggested a few more questions about the stomach and bowels which I think might be added advantageously.

If you can spare me a few of the blanks I will appreciate it very much. I think I can get you hundreds of patrons.

b Sincerely yours,

MICHIGAN CENTENNIAL CELEBRATION

1935 AND 1936

Under direction of MICHIGAN HISTORICAL COMMISSION *and* MICHIGAN STATE HISTORICAL SOCIETY
GEORGE N. FULLER, *Ph.D., State Historian, Secretary.*

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Emaline Ourada. Asst. Program Dir.

Lansing, Mich.
May 10, 1937

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

My dear Dr. Leffler,-

We are pleased to inclose the report of the Michigan Centennial Joint Committee, of which you are an honorary member.

The Centennial Joint Committee desires to thank you for your deep interest and whole-hearted co-operation in making this State-wide program of localized celebrations covering the two year period Centennial of Statehood such an outstanding success that other States have adopted the Michigan plan in holding their own Centennial celebrations.

With highest esteem and best wishes for your continued success,

Sincerely yours,

Henry A. Perry

HENRY A. PERRY
Program Director

May 10, 1937

Mr. E. G. Liebold,
C/o Mr. Henry Ford,
Dearborn, Michigan.

Dear Sir:

I have your letter of May 5th.

My reply has been delayed by waiting for a last word from our bondholders' committee. The bankers are making a very determined effort to get control of the Battle Creek Sanitarium. The appraised value of the property on which the bond issue was based was $12,500,000. They demand payment in full, 50 per cent bonds and 50 per cent debentures, with easy terms of payment, but insist on complete control of both the medical and business departments. I will not surrender control or submit to any change of ideals or principles of the Sanitarium. The bondholders can take the buildings, but they can not take the business. I am prepared to surrender the property to them and move out and start again. I have begun at the bottom twice and can do it again if necessary, but Mr. Ford has shown so much interest in the food reform and the race betterment work I am carrying on, I am anxious to have his advice before making a final decision if he is willing to give me a few moments.

An attempt is being made by large financial interests to get possession of my food company (the Battle Creek Food Company).

Incidentally, I might mention that I have made some

discoveries in relation to the soy bean which I am sure Mr. Ford would like to know about. This relates to a preparation by which I have been able to save the lives of the quintuplets, and I have also found it the most successful means yet discovered for combating old age processes. I will write Mr. Ford about this later if he has not time for a short interview some time within the next few days.

Sincerely yours,

May 11, 1937

Dr. Thornwell Jacobs, Pres.,
Oglethorpe University,
Oglethorpe University, Ga.

My dear Dr. Jacobs:

Your letter of April 29th has followed me here. I was called North just about the time you wrote your letter and have been just overwhelmed with the business affairs of the Sanitarium, which is my apology for not answering your letter sooner.

As regards the speeches, I should love to be with you Saturday evening but fear I shall not be able to arrive before Sunday morning as I will be detained here for some days yet, possibly a week or two, and so will have but a very short time after getting back to Miami to finish my work there for the season and arrange for the faculty and managers to carry on during the summer. I hope to arrive some time Sunday forenoon in time for the luncheon at one o'clock.

While passing through Chicago I contracted a bad laryngitis as I usually do, being sensitized to something in the atmosphere--just what I do not know, but on several occasions after visiting Chicago have lost my voice for several days. I begin to improve immediately when I get back to Florida. My talking machine may not be in very good working order, so the more the time allotted me for talking is restricted the better for me.

Sincerely yours,

b

Henry Ford
Dearborn, Mich.

May
12th
1937

Dr John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek Michigan

Dear Doctor:

Yours of May 10th received.

Mr Ford has been away from the office almost continuously during the past two weeks and for that reason it has been impossible to arrange an appointment for you.

If you should be coming this way and there is anything you care to bring to his attention, I shall be glad to have you call and discuss the matter with me, after which I can later lay it before Mr Ford at his convenience.

I am sure he will be very much interested to learn what additional information you have developed in connection with your work on soy beans. I shall be glad to hear further from you in connection therewith.

With best wishes, I am

Very truly yours

E. G. LIEBOLD
E. G. Liebold

General Secretary to HENRY FORD

EGL:M

9 BRIMMER STREET
BOSTON MASSACHUSETTS

12 May 1937

Dear Dr. Kellogg:

I have seen a book by Dr. Hay which states that it is bad to mix proteins and starches. Will you please tell me what you think about this. If Dr. Hay is correct, it doesn't seem to me that I should take hydrochloric acid tablets when I eat starches.

I hope you received the letter I wrote about acidophilus milk. By the way, acidophilus milk is a starch, is it not? I understand it also contains some protein.

With warmest regards,

Cordially yours,

R. R. Bird

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

CC-Battle Creek, Mich.

9 BRIMMER STREET
BOSTON MASSACHUSETTS

12 May 1937

Dear Dr. Kellogg:

I have seen a book by Dr. Hay which states that it is bad to mix proteins and starches. Will you please tell me what you think about this. If Dr. Hay is correct, it doesn't seem to me that I should take hydrochloric acid tablets when I eat starches.

I hope you received the letter I wrote about acidophilus milk. By the way, acidophilus milk is a starch, is it not? I understand it also contains some protein.

With warmest regards,

Cordially yours,

R R Byrd

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

May 14, 1937

Mr. C. J. Woodworth,
Golden Age Publishing Co., Inc.,
117 Adams Street,
Brooklyn, N. Y.

Dear Sir:

Your letter of May 12th addressed to Dr. John Harvey Kellogg received.

You have been misinformed with reference to diabetes mellitus and also with reference to Dr. Kellogg's attitude toward the use of insulin. Insulin is a hormone produced by the pancreas which helps the body to utilize sugar. It is not a serum but a physiologic agent which the body requires. It is thoroughly purified from all excretory and other animal impurities and contains nothing but the hormone which is needed by the body to enable it to utilize sugar and prevent an abnormal increase of the blood sugar. Dr. Kellogg uses it in his practice, although he aims, as described in his book, to correct the diabetic conditions by combating the causes of the disease.

A new edition of "The New Method in Diabetes" was issued last year and the work is on sale. As publishers it would of course be impossible to grant you permission to publish the manuscript you enclose, which we are herewith returning, because it would be an invasion of our trade rights in the copyright; hence we have not taken the time

to review the manuscript and return it herewith.

Yours truly,

THE MODERN MEDICINE PUBLISHING CO.

May 14, 1937

Mr. Henry A. Ferry,
Michigan State Medical Society,
2020 Olds Tower,
Lansing, Michigan.

Dear Sir:

Thank you very much for the Certificate of Membership and the card which I have just received. I hope I shall not have occasion to use it.

Sincerely yours,

b

Michigan State Medical Society

CERTIFICATE OF MEMBERSHIP

This Certifies that JOHN H. KELLOGG M. D., of

BATTLE CREEK, Michigan, is a member of the

Michigan State Medical Society

For the Year 1937

and a member of the American Medical Association. He is a graduate of an approved medical college and licensed by the State to practice medicine and surgery in all their branches.

This acknowledges receipt of dues of the Michigan State Medical Society paid on

February 26, 1937.

No. 2141

Henry P. Perry M.D., *President*

L. Leonard Loucks M.D., *Secretary*

DOCTOR, IF SUED OR THREATENED WITH SUIT, MAIL

THIS CARD WITHIN FIVE DAYS TO

THE MEDICO-LEGAL COMMITTEE

MICHIGAN STATE MEDICAL SOCIETY

2020 OLDS TOWER

LANSING, MICHIGAN

AND NOTIFY YOUR INSURANCE COMPANY AT ONCE

"KEEP COMPLETE WRITTEN RECORDS"

PRINT NAME_____ M. D.

DATE_____ ADDRESS_____

May 15, 1937

Mr. E. G. Liebold
% Henry Ford
Dearborn, Michigan

Dear Sir:

I have your letter of May 12.

I know Mr. Ford must be very busy just now because of the labor agitation as well as the usual press of business, and as it will not be convenient for him to see me, I will postpone my visit to some future time. The information I wanted to give him about the soy bean is pretty well covered in a paper which I am sending herewith which sometime he may be glad to hear about.

I find this Soy Acidophilus Milk extremely useful because of its rejuvenating effects. I am in my 86th year and am as hard at work as ever. Enclosed find a recent picture, a snapshot made by a newspaper reporter who shot me just as I was entering the door of The Miami-Battle Creek, my institution in Miami.

If Mr. Ford wishes to try the Soy Acidophilus Milk, I shall be glad to order a case sent him. We send three cases to the quintuplets every week. It keeps them free from bowel trouble which, because of the liver Dr. Dafoe insists on giving them, comes back as soon as they stop the use of the Soy Acidophilus Milk. I am sure the wrong feeding they are having would have killed them long ago, but for the protecting influence of Soy Acidophilus. It cured them of bowel trouble when they were four months old and they have been taking it ever since in gradually increasing quantities. They began with a teaspoonful at each feeding. Each one is now taking a pint a day.

I was glad to read Mr. Ford's keen analysis of the labor-Wall Street combination.

Sincerely yours,

JHK:B:M

May 15, 1937

Sir Wilfred Grenfell
156 Fifth Avenue
New York, N. Y.

Dear Friend:

I have your letter of April 29, from which I judge that you are getting on your feet again. Please accept my congratulations.

Such a cruise as a trip on a Clarke steamer would be delightful if I could leave my work to take it. I am just overwhelmed with work, more than ever in my life before.

Sincerely yours,

JHK:B:M

En route to Miami Springs, Fla.

May 16, 1937

Admiral R. E. Byrd,
9 Brimmer Street,
Boston, Mass.

My dear Admiral Byrd:

Just as I was leaving home a letter from you was shown to me. I glanced over it rather hurriedly as my time was short for reaching the train. You inquire with reference to the Hay diet and whether the soy acidophilus milk is a carbohydrate and whether it contains protein.

First as regards the Hay diet. The philosophy on which the Hay diet is supposed to rest and which is embodied in the rule that carbohydrates and proteins should not be eaten together is entirely unscientific; in fact, it has no basis at all, for natural and wholesome foods, that is, in vegetable foods, carbohydrates and proteins are always mixed. It is quite necessary that they should be. Neither carbohydrates nor proteins taken alone will support life.

Carbohydrate is the fuel of the body. Starches are converted into sugar and the sugar is burned in connection with muscular action. Without sugar the heart would not be able to carry on its work. Every heart beat consumes a certain amount of sugar. Protein, on the other hand, is just as equally necessary, although in very much smaller amount, for making good the wear and tear of the body, replacing the the muscle, nerve and gland tissue that is worn out or lost in use. Protein is also needed to make the pepsin, pancreatin, insulin, thyroidin,

adrenalin and various other tissue enzymes and hormones.

To follow Hay's rule would be to live on starch, sugar or fats one day or one meal and the next day or meal to live on protein such as albumen, fibrin or casein the next. Such a diet would be most unsatisfactory. We need a mixture of protein, fats, starch and other carbohydrates at every meal, and Nature has so commingled these elements in our ordinary staple foodstuffs that it is practically impossible to do otherwise.

Dr. Hay in his practical instruction to his patients does not require them to follow his rule, but tells them that when they eat meat they must not eat bread, fruit, potatoes or other foods rich in starch or other carbohydrates. The result is they soon abandon the use or meat practically altogether. Most people, in fact, use meat as a relish rather than as a food staple. The result is the followers of the Hay regimen, so-called, become practically vegetarians. The consequence is an improvement in the intestinal flora and a decided health betterment.

Hay was not the originator of the regimen which he advocates. It was originated by a Dr. Tilden of Denver many years ago. He was an advertising doctor and employed the late Elbert Hubbard, then a young reporter, as a publicity agent to create business, which Hubbard did in very picturesque style and enabled him to coin money so he was able to buy a large Denver hotel. He employed a woman who claimed to be a doctor and to have diplomas from the medical schools of Berlin, Vienna and other European medical centers to help him. This woman is trying to establish herself in Florida and has called on me twice, evidently trying to capitalize me in some way to promote her interests. She tells

me that Hay got his idea from Tilden and that he spent a year with him and that she was his instructor. I credited her statements because Tilden was certainly advocating the same ideas Hay is now purveying to the public 20 years before Hay had ever been heard from.

Starch is one of the most harmless and easily digestible of foodstuffs. It is partly digested in the stomach by the saliva, but it is chiefly digested in the small intestine where the acid gastric juice has been neutralized by the bile when the saliva resumes its work, and the pancreatic juice, the most abundant and active of all the digestive juices, does the major part of the work.

The woman doctor to whom I referred said to me, "Of course, the benefit people get from the Hay diet is the fact that they stop eating meat almost altogether."

There is much more to be said about the Hay diet. I do not think I need to add more. I have dealt with the question frequently in my journal Good Health and I have asked the office to look up some back numbers containing articles of this sort and mark them and send to you.

I hope that you are adhering closely to the biologic way and that you are prospering as a result. It is evident that your vital margin has become greatly reduced, but you still have enough to enable you to enjoy excellent health, although you have lost a large share of the great margin which all persons with vigorous robust constitutions inherit from their parents. It is this margin which enables us to violate the laws of health for a long time with apparent impunity, but just as in the case of money reserve deposited in the bank to take care of overdrafts, it is gradually exhausted by the wear and tear of life and

diminishes rapidly as the result of unwholesome indulgences of every sort because of the great burden thrown upon the liver and kidneys and other eliminative organs.

You ask if soy acidophilus milk is a carbohydrate. The following is its composition, from which you will see that it has the composition almost the same as that of cow's milk:

	Soy Acidophilus Milk	Cow's Milk	Human Milk
	Per Cent	Per Cent	Per Cent
Protein	3.60	3.30	2.01
Fat	1.52	4.00	3.7
Carbohydrates	5.00	5.00	6.4
Calcium	0.025	0.114	0.021
Iron	0.0010	.0002	.0005
Ash	0.79	0.7	0.2
Calories per ounce	13.7	19.7	19

It has a little less carbohydrate than human milk, but it resembles human milk more closely than cow's milk and contains lactic acid, which of course is found in buttermilk but not in mother's milk or ordinary sweet dairy milk.

After spending a day in Washington I am now on my way to Miami, expecting to return North in a couple of weeks, returning again to Miami in November. We are planning to keep the institution open during the summer.

I came around by way of Washington to look after a legacy left to Battle Creek College by the late Mrs. Mary F. Henderson, a lady whose name I am sure must be quite familiar to you. She was for many

years the society queen of Washington and a woman of great wealth and influence. Many years ago she listened to a lecture I gave in Washington and became a convert to the biologic regimen and was a most enthusiastic supporter of biologic ideals until she died. She wrote a book entitled The Aristocracy of Health and made gifts and legacies to Battle Creek College amounting to several hundred thousand dollars. She desired that the money should be used for diffusing knowledge about biologic living and promoting the idea of a health aristocracy. She died five years ago. The estate is being settle and funds are becoming available by the sale of valuable real estate in Washington, and the time has seemed to come when a campaign for organizing the Aristocracy of Health which she visioned should be started.

I have well matured plans for pushing the campaign which will result in rapid enrollment of thousands of names. Practically all persons who visit the Sanitarium as patients are being enrolled as members. The organization is very simple. No entrance fees and no dues are required since ample funds are provided by Mrs. Henderson's gifts. All that is required of members is support of the ideal by acquainting themselves with the scientific principles on which the biologic regimen is based and cooperating with efforts to extend a knowledge of rules for right living among their friends and acquaintances as opportunity may offer.

I have set apart one hundred numbers to be assigned to persons of distinction who are nationally and internationally known as leaders in various lines of activity for the promotion of human welfare. I should like very much to put your name down as one of the first ten.

Admiral R. E. Byrd, No. 5.

I should be glad if you would nominate some prominant person who you know to be eligible to be one of the initial one hundred. There is no particular prestige connected with this initial enrollment, but I entertain the hope that Mrs. Henderson's dream that the Aristocracy of Health might prove to be the nucleus of a group of health minded individuals which might grow in time to be the beginning of a new and better human race through biologic living and eugenics may be realized.

I shall be most happy indeed to have you enrolled as one of the pioneers of this movement to which I am devoting all my personal resources in addition to Mrs. Henderson's gifts and legacies as well as all the energy of my few remaining years.

As ever sincerely yours,

P. S. It makes me very happy to know that my most distinguished patients, Admiral Byrd and the quintuplets, are profiting by keeping the interior department in fine condition by the use of soy acidophilus milk.

b

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

May 17th, 1937.

Dear Dr. Kellogg:

Forgive me for troubling you further, but will you please advise me, at your earliest convenience, whether there will be anyone else in your party besides your sister while you are in Atlanta? We desire this information in order that they may be included in the guest lists for the various social functions and commencement activities. Also, please notify me, as soon as you are certain, the date and hour of your arrival.

With all good wishes,

Faithfully yours,

Margaret Stovall

Margaret Stovall, Asst. to the Pres.

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

On train en route to Miami Springs, Fla.
May 18, 1937

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

Dear Professor Fisher:

I have just visited Washington and find that the money from the Henderson estate will soon be available, probably all of it within a year. At least the trustee said he felt sure all the real estate would be disposed of within the next year. A number of large real estate companies are greatly interested in it and making inquiries almost every day, so I feel the time has come for organizing the Aristocracy of Health and pushing the project with as much vigor as possible. For complete success in a popular way, eugenics and euthenics or individual hygiene and race hygiene must be pushed together. The scientific phase of euthenics and eugenics may be successfully carried on independently.

Most of the persons interested in both public and personal or individual hygiene smoke, drink cocktails occasionally, if not regularly, and pay very little attention to diet. Individual hygiene as taught in our colleges falls a long ways short of what you and I understand by biologic living. Your book is the only book that comes anywhere near giving the proper emphasis to every feature of the whole code, and of course the use you make of your How to Live does not permit you to go as far in emphasizing some features as I think it necessary to go in order to tell the whole truth.

Professor Irving Fisher, No. 2.

For race betterment, euthenics and eugenics are equally essential and they must go together. For the present, chief emphasis must be given to euthenics. Eugenics will come along later when we have some thousands of members enrolled as members of the Aristocracy of Health. Having first become interested in their own health and in race betterment, it will be easy to interest them in the health and physical condition of the people who are going to live 500 years hence. I do not think any popular movement for eugenics can be developed in any other way, at least nothing permanent. A eugenist who smokes is certainly not alive to the importance of the slow but certain race deteriorating influence of such poisons as alcohol and tobacco and colon poisons and the effects of physical habits on the race as well as the individual. I think the hereditary influence of habits and environment acting slowly during many generations is now no longer questioned.

Your Vitality Record Office will be an admirable supplement to the Eugenics Record Office, but the Eugenics Record Office is doing so little I doubt whether it is getting anywhere at all.

I believe the Aristocracy of Health may be made a very valuable means of promoting both the Vitality Record Office and the Eugenics Record Office. I will be very glad to enter into any plan for cooperating in a most thoroughgoing way with both the Vitality Record Office and the Eugenics Record Office. I can think of many ways by which there can be reciprocal cooperation. I am sure there are a great multitude of health minded men and women in the country who need only to be informed to become interested in the things that you and I are anxious for them to know for their own benefit as well as the benefit of the coming generations.

Professor Irving Fisher, No. 3.

Dr. Olsen without my knowledge wrote you about publishing the address you made before the patients in the Sanitarium News which will reach many thousands of our old patients, 20,000 or more, beside twenty-five or thirty thousand others of the so-called better classes, teachers, educators, etc.

In looking it over I found no mention of your Vitality Record Office. If you are ready to make a public announcement, I think this would be a good chance to reach a great number of people who will be likely to be interested. I thought of writing a little note about it myself, but it occurred to me it would be much better for you to prepare the announcement, and if you will do this we will be glad to publish it. It will be needed pretty soon, if at all, as the News will be going to press, I understand, within a few days.

Just a word further about the Aristocracy of Health. We are going to give each member a number. Some time perhaps somebody will be boasting that his ancestor was number 5299 of the Aristocracy of Health, which was the embryo of the better race of man which science may develop some future generations hence.

I have devoted all my resources to the effort to get this idea started. If it does not succeed some other man subsequently may catch the idea and carry it on to success. I have asigned nearly half of my Food Company stock to the Race Betterment Foundation so as to provide for its future.

As I have just said, we are going to give each person who enrolls and is a member of the Aristocracy of Health a number. I am leaving the first one hundred numbers vacant to be assigned to men who are prominent as leaders. Of the one hundred, the first ten

are left vacant to be filled by those who are especially prominent and active as leaders in contributing to race betterment. I want to enroll you as one of these ten. I wish you would suggest to me a few others that may occur to you as persons who should be enrolled among the earliest pioneers in race betterment activities. If this is agreeable to you, won't you sign one of the enclosed blanks, keeping one and returning the other to me? I will pass it over to Good Health with instruction for your name to be put on the list for Good Health and kept there if you care to have it.

Your talk will be published in Good Health as well as in the Sanitarium News.

Very sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

May 21, 1937

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

My dear Dr. Kellogg:

The enclosed copy of a letter to the Sonotone Corporation from a prominent otologist will interest you. I wired Mr. Beeler, the Sales Manager of Chicago, in regard to your case and hope he arranged for you to try out the instrument. I don't know who the representative is in Florida near you but the home office in New York (19 West 44th Street) could tell you if you need it.

Very sincerely,

Irving Fisher

St

May 21, 1937

Miss Margaret Stovall,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Madam:

I have your letter of May 17th.

Thank you very much for your thoughtfulness. I shall have with me beside my sister, Mrs. Butler, another member of my family and my secretary Mr. Bloese. Mr. Bloese, will be so busily occupied, however, at the hotel that he will not be able to participate in the social functions. I have so much work on my hands I have to work en route.

I have just returned from Battle Creek where I have been absent a month, and I find myself so crowded with work the next ten days in preparing to leave for the summer than it will be impossible for me to arrive in Atlanta before Sunday morning. I will try to be on hand for the dinner Sunday if possible.

Thanking you for your many courtesies, I am

Sincerely yours,

b

GEORGE D. WELLES
EDWARD W. KELSEY, JR.
FRANK M. COBOURN
FRANK A. HARRINGTON
HARRY S. BUGBEE
RAY E. ZACHMAN
EARL F. BOXELL
HENRY W. SENEY
FRED E. FULLER

LESLIE HENRY
CHARLES F. BABBS
HARLEY A. WATKINS
FRANK C. EICKEMEYER
FRED A. SMITH
JAMES HODGE, JR.

LAW OFFICES OF
WELLES, KELSEY & COBOURN
OHIO BUILDING
TOLEDO, OHIO

CHARLES F. CHAPMAN
COUNSEL

May 21, 1937

Dr. John Harvey Kellogg
c/o The Miami Battle Creek
Miami Springs (Miami), Florida

Dear Dr. Kellogg:

I have and thank you for your letter of the 16th inst. written on train en route to Florida.

I previously had a report concerning the visit of the Sanitarium Committee upon Mr. Otis, which was about the same as your report therefrom.

Mr. Wheeler advises that the Northwestern Mutual Life Insurance Company has turned down our application for loan and he is either now in the east or contemplates going there shortly for the purpose of interesting certain other companies which he has in mind. As I told you by telephone, at his request I told him that he could have another thirty days in which to endeavor to complete the loan.

I note what you say about the visit of Roger Babson. It had apparently slipped your mind that I was present at the Sanitarium on the occasion of his visit.

We will, of course, oppose the petition when it is filed just as strongly as we can. We do not feel that it is necessary or desirable that Mr. Wheeler or Mr. Coit speak either with the Committee or Judge Tuttle, as you suggest.

I hope that the patronage this summer justifies your stated optimism with respect to business at the Sanitarium.

We shall look forward to your return in about two weeks. Meanwhile rest assured we shall keep you advised.

Very truly yours,

Fred. E. Fuller

FEF:EK
3965-1

May 21, 1937

Miss Margaret Stovall,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Madam:

I have your letter of May 17th.

Thank you very much for your thoughtfulness. I shall have with me beside my sister another member of my family, Miss Estill, and my secretary, Mr. Bloese. Mr. Bloese, however, will be so busily occupied at the hotel that he will not be able to participate in the social functions. I have so much work on my hands I have to work en route.

I have just returned from Battle Creek where I have been absent a month, and I find myself so crowded with work the next ten days in preparing to leave for the summer that it will be impossible for me to arrive in Atlanta before Sunday morning. I will try to be on hand for the dinner Sunday if possible.

Thanking you for your many courtesies, I am

Sincerely yours,

b

May 23rd, 1937.

Mr. T. S. Meek,
The Three-Score-And-Ten Club,
Miami, Fla.

My dear friend:

I have just received your letter of May 8th. I was called to Battle Creek a month ago and have just gotten back. My visit to Battle Creek was unexpectedly prolonged. Most of the time I was hoping to return in a day or two, so that my mail was not all forwarded. This explains why your letter was not answered sooner.

I hope you will set another date when you can lunch with me so we can have an opportunity for a good chat about ways and means of promoting the welfare of the Three-Score-And-Ten Club to which I shall be very glad to contribute in any possible way.

Sincerely yours,

B/k

9 BRIMMER STREET
BOSTON MASSACHUSETTS

24 May 1937

Dear Dr. Kellogg:

A thousand thanks for your splendid letter of May 16, which you wrote en route to Miami. You will never know how much I appreciate all the trouble you take in my behalf.

I shall be delighted to have you put my name down as one of the initial one hundred. Indeed, I feel honored that you should wish me to join this organization, The Aristocracy of Health. I think it is wonderful of you to devote your personal resources to this great movement.

I cannot think of anyone just now to nominate as one of the hundred, but will let you know as soon as I decide who it would be well to recommend.

With warmest regards,

Very cordially yours,

R R Byrd

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

P.S. I have signed the blank and am enclosing it.

May 24th, 1937.

Mr. Henry B. Fernald,
Alumni Federation,
New York University,
New York, N. Y.

My dear sir:

I have your kind favor of May 5th. I would be greatly pleased to be present at your Commencement exercises. I hope some time I may have an opportunity to do so, but this year the pressure of professional business is so great I shall find it impossible to get away.

As you perhaps know, I graduated from the old Bellevue Hospital Medical School in 1875, when the Flints were the leading men in Bellevue and Loomis across the road at the University. The competition between the two institutions was very keen, and Bellevue rather looked down upon the University Medical School as not quite its equal. How my old teachers, Flint, Janeway, Van Buren, Jimmie Woods, Stephen Smith, Peasely, Sayre, Lusk and Fordyce Parker would grown if they knew Bellevue had passed out and the University is sailing on so triumphantly.

I celebrated my 85th birthday last February and enclose a recent snapshot. I am still on the job, working from ten to fifteen hours a day, sometimes more.

With congratulations and best wishes, and regretting that I must postpone my visit to some future occasion, I am,

Sincerely yours,

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

May 28th, 1937

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

My dear Dr. Kellogg:

I am delighted to know that the Henderson estate is being settled up at last. I agree that individual and race hygiene should be pushed together. From the propaganda point of view, I do not think we shall make great progress in race hygiene except as people are interested in individual hygiene.

I note that you say the hereditary influence of habits and environment acting slowly through many generations is now no longer questioned. I do not find this to be the case. I find it is not only questioned but denied. Personally, I suspect you are right but I do not think you can yet claim much, if any, technical authority.

I am especially delighted that you have in mind such active cooperation with the Vitality Record Office as well as the Eugenics Record Office.

I note what you say in regard to the lack of mention of the Vitality Record Office in Dr. Olson's report of my talk at the Sanitarium. I really did say a good deal about it in my talk. This, Dr. Olson condensed and I did not notice in reading his condensation that the reference to the Vitality Record office had been omitted. I will try to get up another

especially on that subject to send to Dr. Olson as it is doubtless now too late to get it in the same number.

Thank you for suggesting that I be one of the first ten "Aristocrats of Health". I shall be delighted. I enclose the blank as requested.

I suppose that the phrase "Aristocracy of Health" will, to conform to Mrs. Henderson's wishes, need to be retained. I am not sure that it is a wise choice of name. Mrs. Henderson was herself something of an aristocrat and wanted to appeal to her own set. One of the obstacles of eugenics is the feeling of the general public that it is a class movement. It had that flavor when starting with Galton, who was in the upper classes, in England.

At a recent meeting of the Eugenics Society, Dr. Louis I. Dublin of the Metropolitan Life Insurance Company rather flared up over eugenics being aristocratic. He came from the East Side and wanted to let the world know that those people are just as good as Fifth Avenue people. On the other hand, when the Eugenics Society helped get through the restrictions on immigration on eugenic grounds they secured the cooperation of American labor.

The note which ought to be struck as I believe it, is that there should be more democracy, not more aristocracy; a greater equality of opportunity in order that those who have been held down by unjust oppression and privilege should have an opportunity to show that some of them are the real aristocrats. You know the Irishman who ~~said~~ when listening

to an orator ask, "Isn't one man as good another"? ~~The Irishman~~ immediately shouted, "Yes, and a good deal better!"

If it is possible to get away from the aristocratic connotation, which is more objectionable today than when Mrs. Henderson was living, I would certainly seek ways to accomplish this.

Very sincerely,

Irving Fisher

IF:M

you may know that Dr Ward Crampton (the "Storis" enthusiast who used to go with you at B.C.) died to about an "Arteriosclerotic" society some years ago in N.Y.

LADY GRENFELL
KINLOCH HOUSE
CHARLOTTE, VERMONT

May 25, 1937

Dear Dr. Kellogg:

Sir Wilfred was perfectly delighted to get your note. You would be pleased if you knew how often he refers to you as an example to the medical profession as well as to the laity and with what esteem and personal devotion he regards you.

The winter on the beach at St. Simon's Island seemed to do him a certain amount of good and he is better than he was last summer, though I never feel there is very much margin on which he can trespass.

With our united good wishes.

Yours ever sincerely,

Anne Grenfell.

Dr. John Harvey Kellogg
Battle Creek Sanitarium
Battle Creek
Michigan

June 14, 1937

Good Health:

Please send a copy of the June number of Good Health to Sir Wilfred Grenfell, Kinloch House, Charlotte, Vermont, complimentary.

J. H. K.

b

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

June first, 1937.

Dear Dr. Kellogg:

You must allow me to tell you how greatly pleased the whole city of Atlanta was by your presence at our commencement. Your admirable response after the investiture won all hearts.

I am sorry that we did not have a chance to see more of each other. The last day of commencement is the high pressure section of the season but at least we did have a chance to introduce you to all of our friends at the luncheon and to our faculty and students at the baccalaureate exercises and I shall hope to see you again before very long.

Heartily yours,

Thornwell Jacobs, Pres.

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

Copy

O G L E T H O R P E U N I V E R S I T Y

Oglethorpe University, Ga.

June 1, 1937

Dear Dr. Kellogg:

You must allow me to tell you how greatly pleased the whole city of Atlanta was by your presence at our commencement. Your admirable response after the investiture won all hearts.

I am sorry that we did not have a chance to see more of each other. The last day of commencement is the high pressure section of the season but at least we did have a chance to introduce you to all of our friends at the luncheon and to our faculty and students at the baccalaureate exercises and I shall hope to see you again before very long.

Heartily yours,

Thornwell Jacobs, Pres.

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

HE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

June 7th, 1937.

Dear Dr. Kellogg:

I was happy to receive your good letter of the 4th and we shall avail ourselves of your kind suggestion of cooperation as opportunity may offer. As you say, we are endeavoring to do everything within our power to effectuate the ideals of sane hygiene and we greatly appreciate your sympathetic interest.

We are accepting your gracious contribution to the college because we know that you understand fully that it has no connection whatever with our recent commencement occasion, as I wrote you some weeks ago. Your greatest contribution was your presence here and the honor that you conferred upon us thereby. We have to be very careful about such matters to protect ourselves not only, but also our honor guests. Our degrees are conferred absolutely regardless of any interest in the college on the part of the recipient either prior or post baccalaureum.

Please do not let this be the last trip that you pay to the college. When you are passing back and forth between Battle Creek and Miami, won't you stop by sometime and talk to our students?

Heartily yours,

Thornwell Jacobs, Pres.

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

June 7, 1937

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

Dear Doctor Fisher:

I am glad to have your letter of May 28.

I assure you it affords me very great pleasure indeed to have your name recorded as one of the very first ten members of the Aristocracy of Health.

I received Admiral Byrd's application several days ago. I find he is greatly interested in biologic living. I am sure he will be glad to fill out your blank if you should like to have him do so. By the way, if I had a number of those blanks I could easily get a considerable number of subjects for you. I presume almost any one of my patients would think the filling out of your blank as a prescription if I should make it. If you think it worth while to send me a few copies I think I can make good use of them in creating interest in your work. I shall be glad to know about terms. What is your charge, etc? I have no doubt when you get into practical use of these blanks it will be found that additional questions may be included.

As regards the Aristocracy of Health, the point you raise seems to me to be in favor of the use of the term as my feeling is that people do not object to a person being called an aristocrat if he really is one. It is the pretence and the sham so often associated with the term aristocracy that makes the word objectionable, is it not? Does not the term health aristocracy or aristocracy of health disarm

prejudice through the association of the word health or wholesomeness with the idea of aristocracy, so eliminating or changing the flavor of the term. I like the term because it is so far removed from cheapness and faddism. The name of course can be changed later if found desirable.

I am printing your address to Sanitarium patients in the next number of Good Health together with a brief statement about your Vitality Record Office. The more I think of your project the more thoroughly I am convinced that it may be made an exceedingly effective means of promoting biologic ideals and methods of living, but it took your genious and expert knowledge to conceive such a thoroughly scientific and efficient instrument. I have had a vague idea of the need of something of this sort for many years and very greatly wished that I had the time and talent for developing it and I am more delighted than I can tell you that you have achieved this thing and I shall be glad to do all I can to bring it to the notice of people who will profit by it. Here and at Miami-Battle Creek I shall have a good opportunity for doing so.

I shall be writing you further later.

As ever faithfully yours,

P. S. I think Dr. Thornwell Jacobs, President of Oglethorpe University, would be glad to know about your Vitality Record Office. I am sure he would be glad to receive one of your questionnaires. He made me a

little visit at Miami last winter and seemed greatly interested in biologic philosophy which I expounded to him. He does not smoke and does not drink and does not allow smoking in the university either in the rooms or on the grounds. I enclose a letter just received from him by which you will see his sympathetic attitude. He invited me to stop at Atlanta on the way home to receive a degree of Doctor of Public Service. I simply gave them a little talk of what I had been trying to do the last sixty years and some of the obstacles that had been overcome. I think Dr. Jacobs might easily be induced to make his university a real health center, gradually introducing more and more biologic ideals and methods. Kindly return his letter after reading.

June 8, 1937

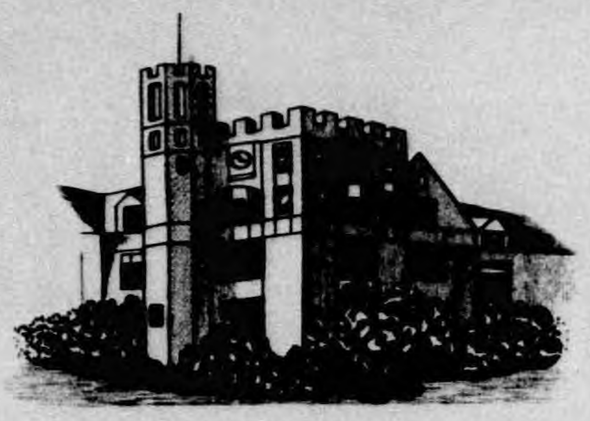
Professor Irving Fisher,
460 Prospect Street,
New Haven, Conn.

Dear Professor Fisher:

When you were here you told me of a new hearing apparatus that you believed to be an improvement and spoke of having one sent to me for examination or sending some one to demonstrate it to me. I have not seen the instrument yet, but would like to do so. If you can encourage the distributors of this instrument to give me an opportunity to examine it, I shall be greatly obliged.

Sincerely yours,

b



LUPTON HALL

Oglethorpe University

June 9th, 1937.

Dear Dr. Kellogg:

It gives me pleasure to hand you herewith a copy of our June bulletin which has just come from the press containing a general description of our commencement season.

With every good wish,

Heartily yours,

Thornwell Jacobs, Pres.

Dr. John Harvey Kellogg,
Battle Creek, Mich.

The President and Trustees of

Temple University

request the honor of your presence at the

Fifty-first

Annual Commencement Exercises

at The Municipal Auditorium

(CONVENTION HALL)

Thirty-fourth Street below Spruce Street

Thursday morning, June tenth

nineteen hundred and thirty-seven

at ten o'clock

Address

Hon. Jesse H. Jones

CHAIRMAN OF THE BOARD OF THE
RECONSTRUCTION FINANCE CORPORATION

Conferring of Honorary Degrees upon

Leon N. Neulen

Edwin C. Broome

Post Wheeler

Henry L. Doherty

Jesse H. Jones

CARD OF ADMISSION

COMMENCEMENT EXERCISES

TEMPLE UNIVERSITY

Thursday, June 10, 1937, at 10 a. m.

MUNICIPAL AUDITORIUM (CONVENTION HALL)

34th Street below Spruce Street

CARD OF ADMISSION

COMMENCEMENT EXERCISES

TEMPLE UNIVERSITY

Thursday, June 10, 1937, at 10 a. m.

MUNICIPAL AUDITORIUM (CONVENTION HALL)

34th Street below Spruce Street

The President and Trustees of Temple University
invite you to attend
The Baccalaureate Service
Mitten Memorial Hall, Broad and Berks Streets
Sunday morning, June 6, 1937
at eleven o'clock
Sermon by
The Rt. Rev. Philip Cook, S.T.D., D.D., LL.D.
Bishop of the Diocese of Delaware

Henry Ford
Dearborn, Mich.

June
10th
1937

Dr John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek Michigan

Dear Doctor:

Relative to your letter of May 15th.

I shall be in Battle Creek sometime within the next few weeks and will endeavor to see you for a moment if possible.

Very truly yours

E G LIEBOLD
General Secretary to HENRY FORD

EGL:M

June 10, 1937

Good Health:

Please send six copies of Good Health to Doctor Thornwell Jacobs, Pres., Oglethorpe University, Oglethorpe University, Ga. with my compliments.

J. H. K.

b

June 10, 1937

Doctor Thornwell Jacobs, Pres.,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Doctor Jacobs:

Thanks for your kind note of June 7th.

I shall certainly be glad to improve the first opportunity to visit your college and to learn more of it.

I shall be glad to enroll you as one of the first hundred members of the Aristocracy of Health, information concerning which you will find in the current number of Good Health, a few copies of which I am sending you under separate cover. If you care for the journal I will have two copies sent to your library monthly.

Many thanks for your great courtesies.

Very sincerely yours,

b

DR. JOHN HARVEY KELLOGG
BATTLE CREEK, MICHIGAN

June 8, 1937

Register of Copyrights
JUN 11 1937

Library of Congress,
Washington, D. C.

Gentlemen:

I desire to enter for copyright the title of a small work, The Aristocracy of Health.

Yours truly,

John Harvey Kellogg

K:B

A 1 4 1 9 3
V. 1

Not answ'd

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 12, 1937

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

My dear Dr. Kellogg:

Thank you for sending me the letter from Oglethorpe University which I am returning enclosed as you requested.

I am delighted that you received this honor. I think I wrote you that two European universities have given me LL.D. degrees--the University of Athens on the one hundredth anniversary of its founding and the University of Lausanne on the four hundredth anniversary of its founding.

I am glad to know of Admiral Byrd's being one of the first ten.

It may well be that "aristocracy of health" will make a hit. Time only can tell whether it is a wise choice of words.

I will send you applications, etc. with reference to the vitality record office soon.

Very sincerely yours,

IF.T

Irving Fisher

June 14, 1937

Sir Wilfred Grenfell,
Kinloch House,
Charlotte, Vermont.

My dear Doctor and Friend:

I was glad to receive your wife's letter of May 25th telling me of the improvement you have made. I have extended to her a very cordial invitation to visit me here at Battle Creek and to be my guest for a month at the Sanitarium. I am sure the diet and treatment will be of great service to you. We have developed several therapeutic methods in the last few years which have a remarkable restorative and rejuvenating effect. I should like so much to see you profit by measures which we see every day producing wonderful results in those whose lives are of small value compared with yours.

Here is something else which I think will interest you. I am just developing a new project which has been for many years incubating but is just now hatching. I am sending you, under separate cover, a copy of my journal Good Health, the organ of the Aristocracy of Health. We want to include you among the pioneer aristocrats of health in America. We have already a number of distinguished people, among others Dale Carnegie, Admiral Byrd and Professor Fisher. I am enclosing an application blank which I hope you will sign and become a member of the first one thousand of the biggest club of intelligent men and women that the world ever saw. There are no membership fees and no dues, for the organization is well financed by a handsome legacy from Mrs. Mary F. Henderson, as you will see by reading the little sketch on page 166. I am enclosing a little booklet about right living which is a brief epitome of the principles of the organization.

Sincerely yours,

June 14, 1937

Lady Anne Grenfell,
Ninloch House,
Charlotte, Vermont,

My dear Mrs. Grenfell:

Thank you very much for your letter of May 25th telling me of Sir Wilfred's condition. I am very glad to know that he has improved. I wish you could bring him here for a month and let us see what we can do for him. I am sure we can do much to better his condition. We have developed in the last few years intensive methods which have a marvelous rejuvenating effect. One of the most important of these is the complete suppression of intestinal putrefactions which lighten the work of the liver and kidneys to such a great extent that the body functions seem to take on new life and vigor. The rejuvenating and body rehabilitating effect of certain measures of diet and treatment which we have perfected in recent years produces results which in many cases seem to be almost miraculous, especially in arresting old age and degenerative processes and restoring youth to a degree that often seems really marvelous.

Bring Sir Wilfred here and let us make you both our guests for a month. I will feel highly honored to have the privilege and I am sure will make your stay here really profitable and certainly we will do our best to make it pleasant as well. If you come very soon you will have the benefit of the most delightful season here in Michigan.

Hoping to have the pleasure of entertaining both of you, and with very kindest regards, I am

Sincerely yours,

June 14, 1937

Dr. Daniel A. Poling,
The Baptist Temple,
Broad and Berks Streets,
Philadelphia, Pa.

My dear Dr. Poling:

I have just received and read with great interest and pleasure you very remarkable broadcast on April 11th, "Is There an Answer to Death?" I imagine it must have brought hope and comfort to many thousands who listened to your eloquent address. I was glad to find your quotation from Ingersoll to whom I once had the pleasure of listening and for whom I have always maintained a much better opinion than that held by most orthodox people, for I always felt that his opposition was aimed toward false conceptions of the creative intelligence rather than against the existence of a real master of the universe.

I hope you will keep me on your mailing list. Enclosed find a small check to cover postage.

I hope you will find time to spend a little time with us here or at my place at Miami next winter. I should be delighted to have you as my guest for a week or two so I may make you acquainted with the new developments of the last few yeers since you last visited us which we are finding of very great importance in our work-- methods by which the aggressions of Old Father Time may be arrested and the great destroyer held at bay for long periods and rejuvenations wrought and bodily rehabilitation which in many cases seems almost miraculous.

If you are interested I will write you more about this and I hope you will think it worth while to accept my invitation, for I am

sure I could make a couple of weeks here of very great profit to you.

Here is another matter I want to tell you about. I am just launching a new project which has been incubating for many years and is now hatching out. I am sending you, under separate cover, a copy of my journal Good Health, the organ of the Aristocracy of Health. We want to include you among the pioneer aristocrats of health in America. We have already a number of distinguished people, among others Dale Carnegie, Admiral Byrd and Professor Fisher. I am enclosing an application blank which I hope you will sign and become a member of the first one thousand of the biggest club of intelligent men and women that the world ever saw. There are no membership fees and no dues, for the organization is well financed by a handsome legacy from Mrs. Mary F. Henderson, as you will see by reading the little sketch on page 166. I am enclosing a little booklet about right living which is a brief epitome of the principles of the organization.

Sincerely yours,

b

June 14, 1937

Mrs. E. B. Allard:

Please send me a check for $10 made payable to Dr. Daniel A. Poling, The Baptist Temple, Broad and Berks Streets, Philadelphia, Pa. and charge to Dr. Kellogg. This is a donation.

A. F. Bloese

b

ANTIOCH COLLEGE
YELLOW SPRINGS
OHIO

June 15, 1937.

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

Dear Dr. Kellogg:

You were interested in the progress of your grandson, Richard Campau Kellogg, at Antioch. His father has probably told you something of this, but in case he hasn't, I thought you might like to know that this young man has made a very excellent record. His cumulative for the first semester was 3.4, and at the end of A division of the second semester it was 3.7. The highest academic record it is possible to attain is 4.0. As a student and a scholar, therefore, I do not think you have much to worry about in connection with Richard as long as he is willing to apply himself.

However, his physical development has not kept pace with his mental. He is young, of course, and will probably overcome his lack of coordination. His next year at Antioch will probably do more for him than his first, as I think it will be very good experience for him to go to work, especially since he also needs to develop a friendlier attitude toward people.

I don't know how well these observations check with your own. If you have any suggestions that would be of help, we should be glad to have them.

Sincerely yours,

C. A. Hollatz,
Assistant to the President.

CAH:yes

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

June 16th, 1937.

Dear Dr. Kellogg:

We are availing ourselves at once of the kind suggestion contained in your letter of the 10th in which you offer to send a couple of copies of GOOD HEALTH to our library monthly. I shall be very much interested in it and shall take great pleasure in calling it to the attention of our faculty and students.

Heartily yours,

Thornwell Jacobs, Pres.

Dr. John Harvey Kellogg,
Battle Creek, Mich.

June 17, 1937

Mrs. E. B. Allard:

As soon as our vitamized foods are ready, I want to write Dr. Dafoe about our foods for infants.

J. H. K.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 17, 1937

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

My dear Dr. Kellogg:

I have signed a duplicate blank which I enclose. I also enclose one for Mrs. Fisher and Mrs. Sudela, my secretary.

You ask for names and I am sending you a list of people, from my correspondence file, interested in health. I have marked those in writing to whom I would be willing to have you use my name.

With best wishes, I am

Very sincerely,

Irving Fisher

IFs
Enc.

June 17, 1937

Food Company:

Please send half a dozen bottles of soy acidophilus milk together with samples of our foods we send to doctors to Dale Carnegie, 27 Wendover Road, Forest Hills, New York, complimentary.

J. H. K.

b

Dale Carnegie:

27 Henderson Road.

Forest Hills

New York.

Hale Carnegie
27 Windover Road.
Forest Hills.
New York.

Dr. Kellogg you were
to send this some
samples and pamphlets.

WESTERN STATE TEACHERS COLLEGE
KALAMAZOO, MICHIGAN
DEPARTMENT OF PHYSICAL EDUCATION

June 19, 1937

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

Dear Dr. Kellogg

It certainly was with a great deal of pleasure that I read your letter and appreciate more than words can express your interest in helping me to get off on the right foot in making this program with the dynamometer serve physical education in its true sense. With you back of me and guiding me in this program, I feel I cannot fail.

I certainly am interested to have this conference with you and would you please tell me what day and what hour would be most convenient for me to come to Battle Creek to talk the matter over with you. As far as I know now, I will be free every day excepting Monday, which is Commencement Day.

Again thanking you for your kind interest, I am,

Yours very sincerely,

Judson A. Hyames,
Director of Physical Education
and Athletics.

JAH/s

J

June 20, 1937

Mr. Judson A. Hymes,
Department of Physical Education,
Western State Teachers College,
Kalamazoo, Michigan.

Dear Sir:

I have your letter of June 19.

When you are ready to come here telephone me the day before and I will make an appointment with you.

Sincerely yours,

b

CONFIDENTIAL

LADY GRENFELL
KINLOCH HOUSE
CHARLOTTE. VERMONT

June 21st. 1937

Dear Dr. Kellogg ,

Your wonderfully generous letters to Sir Wilfred and me came on Saturday , but I was unable to answer them then , and as I wanted to do it personally I had to wait till this afternoon.

It is kinder than I can express for you to suggest our coming to Battle Creek for a month as your guests , that Sir Wilfred may benefit by the splendid treatments and care which are so unique and so well-known . Thank you a thousand times.

I think I ought to tell you in confidence a little more of the details of Sir Wilfred's condition , though I am trying to let as few people as possible know about it , since it seems wiser - stories grow to such proportions and accounts become so garbled .

As you know so well ,for the past ten years, ever since he came to Battle Creek for the wonderful treatment so long ago, he has been suffering from an over-tired and over-strained heart . The least nervous excitement had just as deleterious an effect as physical effort .

A year ago last January , just after I had spent a month in the Phillips House of the Massachusetts General Hospital following an operation , he suddenly developed a loss of memory which frightened me greatly . All that winter ,from January to May , 1936 , he was subject to severe arterial spasms , with loss of memory , great excitability , hearing voices that were not there , not recognizing acquaintances , having hallucinations at night , and other evidences of senile trouble . To make matters worse he developed an ear infection , which cleared up but which intensified his condition . It was a terribly distressing experience ,though mercifully he has no recollection whatsoever of it , or of subsequent attacks . He grew a little better during last summer , with a strict regime of no visitors, and no letters , and no correspondence . Meeting numbers of people , even small numbers and even intimate friends , seems to have an exciting effect which often brings on an attack.

Last winter he was fairly well till his birthday ,the 28th. of February . That day he had so many letters and presents and messages , etc. that a very bad attack was brought on , which lasted the full month of March , and was accompanied with severe melancholia . During that month he seemed to have one spasm after another , and I almost began to despair of his coming out of it. However he did , and since then has been much better , though again he has no recollection of any of the symptoms or of what happened during those trying weeks . Just as well .

LADY GRENFELL
KINLOCH HOUSE
CHARLOTTE. VERMONT

He is so very well just now , though his loss of memory is a constant worry to him , that his doctor feels he would be best here in the country , away from people except his close friends , my daughter and myself , and not in a place where he would meet numbers of people who know him , and would talk to him , not realizing the risk he runs from excitement ,whether pleasurable or otherwise . These cases of on-coming old age apparently are always better in warm weather. He certainly is .

Moreover we are particularly fortunate in having with him a young man , a trained male nurse (though Sir Wilfred has no idea of this) who is an Adventist from the Tacoma Park Sanitarium in Washington . By temperament and training this young fellow is an ideal companion for Sir Wilfred , as he is a strong idealist , a very hard worker , and keenly interested in Scientific subjects - all of which appeal strongly to my husband. Among other things he is a trained physio-therapist , and gives Sir Wilfred such excellent treatments that one can see marked improvement . Also he knows how to watch his diet ,etc. and avoid intestinal poisoning which would have such a bad effect . Sir Wilfred merely thinks of him as a friend and companion , as I told him that I liked to have someone who would be solely for him . As a matter of fact for sixteen months I was with Sir Wilfred night and day , never letting him out of my sight , and the strain was such that it would have be unwise to continue it , for Sir Wilfred's sake as well as mine .

If in the late autumn he seems in a condition to make it possible for us to come to Battle Creek for a month , would your latchstring still be out to us then ?

I know that you will keep all of this in confidence, but you are such an old and tried friend that I felt I wanted you to know some of the facts , even though my husband himself has no recollection of them . Mercifully he has forgotten so much of his medicine that he does not recall where such symptoms in old age lead . It is obvious that he gets an absolute block of blood to the brain , or at least so little that these manifestations occur . As soon as the spasm is over , and the blood supply is restored the worst of the symptoms disappear , though the memory condition is most distressing . His arteries are soft and the heart seems in much better shape . He has almost no pain in the chest , no swelling of the legs and ankles whatever , no digestive troubles , and so far as that part of his physical condition goes , he is remarkably well for his age. But it is obvious that there is an arterial block of the blood supply to the brain .

Sincerely and most gratefully yours ,

Anne Grenfell .

June 22, 1937

Admiral R. E. Byrd,
9 Brimmer Street,
Boston, Mass.

My dear Admiral:

I have your letter of May 24.

I am glad to have your name as one of the first 100 pioneers of the new Aristocracy of Health.

Hoping that you are keeping well, I am

Sincerely yours,

b

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE 1201-S

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

(34)

R. B. WHITE, PRESIDENT
NEWCOMB CARLTON, CHAIRMAN OF THE BOARD
J. C. 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 5115

1937 JUN 22 PM 1 35

C85 12=ROCHESTER MINN 22 1217P

DR J H KELLOGG=

RECEIVED DEGREE WISCONSIN STOPPING ROCHESTER WIRE PLEASE MAYOS WISH TO MEET THEM=

MARTHA BERRY.

THERE IS NO DEPENDABLE SUBSTITUTE FOR WESTERN UNION TIME

1206 A

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

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

WESTERN UNION

NEWCOMB CARLTON, PRESIDENT

J. C. WILLEVER, FIRST VICE-PRESIDENT

CHECK

ACCT'G INFMN.

Charge JHK

TIME FILED

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

June 22, 1937

Drs. William and Charles Mayo,

Rochester, Minnesota.

Doctor Martha Berry, founder Berry Schools of Rome, Georgia, is visiting Rochester to meet you. She is a distinguished and charming lady, the head of a great school and a person whom you will be most happy to meet.

JOHN HARVEY KELLOGG

b

WESTERN UNION GIFT ORDERS ARE APPROPRIATE GIFTS FOR ALL OCCASIONS

June 22, 1937

Doctor Martha Berry,
The Mayo Clinic,
Rochester, N. Y.

Dear Friend:

Your message received. I have just wired William and Charles Mayo as follows:

"Doctor Martha Berry, founder Berry Schools of Rome, Georgia, is visiting Rochester to meet you. She is a distinguished and charming lady, the head of a great school and a person whom you will be most happy to meet."

They are wonderful men and I am sure will be charmed to meet you if they are able to do so. I understand they are considerably out of health.

Why not drop in here for a few days. You will be very welcome.

Sincerely yours,

REFERENCES

NEW YORK CITY:
A. M. Harris, 276 Fifth Avenue
C. C. Carstens, 130 E. 22nd St.
Dr. Orange Rec Kelly, 200 West 72nd Street.
Harold T. Pulsifer, Editorial Staff of "The Outlook."

SOUTH BEND, INDIANA
J. D. Loveland, Real Estate & Insurance

PHILADELPHIA, PA.:
Everett Stewart, 1340 Chestnut Street.

CHICAGO, ILL.:
Major George W. Dulany, Harris Savings Bank Bldg.
Joseph R. Noel, Noel State Bank.

DES MOINES, IOWA:
Hon. James B. Weaver.

IOWA CITY:
President Jessup of "The State University of Iowa."
Arthur J. Cox.

KNOXVILLE, IOWA:
Mrs. Dixie C. Gebhardt, Hon. State Regent Iowa D. A. R.

OREGON, ILL.:
Hon. Frank O. Lowden, Ex-Governor of Illinois.

JACKSON, MISSISSIPPI:
Blake W. Godfrey, State Secretary Y. M. C. A.
Rev. Wm. Mercer Greene.
J. M. Hartfield, Pres. Merchants Bank & Trust Co.

A SUCCESSFUL MAN

A copy of the "Pine Torch," a little paper issued from the Piney Woods school for negroes established by Laurence Jones, a colored graduate of the Marshalltown high school, is worth reading as an evidence of such success as may be conquered against vast odds by a man who goes at his task with patience, hope and determination. The story of the beginning of the little school in the deep woods of Mississippi, among ignorant and downtrodden negroes, has been often written in Iowa. It was a bold undertaking. But it grew. Irrigated by faith and cultivated by indefatigable labor, the negro school at Braxton has come to attract national attention as a practical and successful effort to bring citizenship to the negroes of the black belt. From the gift of an old black man, through the wisdom and determination of a member of his race to whom education and association with conditions in the North had lent purpose and capacity, the school in the piney woods has grown into an institution. It is the seed of negro hope, it and the other schools like it that shall spring up to teach decent living, thrift, and adaptation to environment.

When we are speaking of successful men let us not forget this little colored man to whom the members of his race over several counties in Mississippi turn as "Fessor," counselor and guide. To have brought thrift and purpose into a hidden corner of the black belt, to have set negroes raising their own corn and raising their own pigs, putting windows and floors in their cabins, and sacrificing to send their children to learn books and farm and trades at the little school over which he presides is no mean accomplishment for any man, white or black.

Among the Iowans who have accomplished things, place Laurence Jones. Write him as one of the successful who have gone out of Iowa to bring honor upon the state.—Times-Republican, Marshalltown, Iowa.

FORM OF BEQUEST

I hereby give and bequeath to "The Piney Woods Country Life School," of Piney Woods, State of Mississippi, the sum and amount of

.....Dollars

Witness ..... Testator. .....

ENDOWMENT

By resolution of the Board of Trustees, all funds will be forwarded to the well-known Harris Trust and Savings Bank, of Chicago, and they will be asked for recommendations as to the investment of surplus funds.

By availing ourselves of the experience of an institution which has been long identified with the investment business, we believe that we will be able to invest properly any money belonging to the endowment fund, having in mind a maximum return with a proper degree of safety.

LAURENCE C. JONES, Principal CHAS. M. SHEDD, Treasurer

The Piney Woods Country Life School

(CORPORATE NAME)

For Training Colored Boys and Girls in Christianity, Character and Service

Piney Woods, Miss.

June 23, 1937.

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

Dear Mrs. Kellogg:

You will no doubt remember me as the white lady who came to you in Miami Springs last winter to make arrangements for the Cotton Blossom Singers from our school to entertain your guests. Incidently, the returns of the evening nicely warranted your venture, did they not? Besides that, we have had several letters and donations since from people who heard them that night so you see you really did lasting good by letting our boys come.

Since seeing you, my little book, MY EDUCATION AT PINEY WOODS SCHOOL, has come from the press. Today I am sending you a copy, hoping that, even with your busy life, you can find to read it since it is so small. I am anxious for others to know and appreciate these people as I do.

Sincerely yours,

Miss Doris James

June 24, 1937

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

Dear Professor Fisher:

I have your letter of June 17.

Thank you very much for the list of names. I am glad to have your name and Mrs. Fisher's among the charter members of the Aristocracy of Health.

You speak of indicating certain names in connection with whom you were willing your name should be used. I do not find the indications referred to.

Sincerely yours,

b

Has this blank gone to good Health?

a.e.

LADY GRENFELL
KINLOCH HOUSE
CHARLOTTE. VERMONT

June 24, 1937

Dear Dr. Kellogg:

Apropos of your letter to Sir Wilfred the other day, do you still wish to have Sir Wilfred become a member of your Aristocracy of Health? If his name would be of any value to you you know how delighted he would be to do anything to help you.

Meantime I am returning herewith the blank signed which you can use or not use as you prefer.

Yours sincerely,

Anne Grenfell

Dr. John Harvey Kellogg
Battle Creek Sanitarium
Battle Creek
Michigan

June 24, 1937

Mr. C. A. Hollett,
Antioch College,
Yellow Springs, Ohio.

My dear Sir:

I have your letter of June 15.

I am certainly delighted to hear so good a report from my grandson Richard Campau Kellogg. He has always been a rather nervous boy, but has greatly improved since his early years. I have hopes that he will outgrow this trouble, although he is naturally of a mercurial type.

Thanking you very much for writing me and with best wishes for your splendid educational enterprise, I am

Sincerely yours,

b

June 24, 1937

Dr. Thornwell Jacobs, Pres.,
Oglethorpe University,
Oglethorpe, Georgia.

My dear Dr. Jacobs:

Thank you very much for the bulletin and kindly mention.

Sincerely yours,

June 27, 1937

Mrs. E. B. Allard:

Enclosed find a letter addressed to Miss Doris James, The Piney Woods Country Life School, Piney Woods, Miss. Please enclose a check for five dollars and charge to me.

J. H. K.

b

June 27, 1937

Miss Doris James,
The Piney Woods Country Life School,
Piney Woods, Miss.

Dear Madam:

I have your letter of June 23.

Thank you very much for your little book. Our guests enjoyed hearing your boys and will be glad to have them come again. I shall be glad to dip into your book as I have opportunity and I am sure I shall be entertained as I am very much in sympathy with enterprises like yours.

Enclosed find a small check. I have my hands more than full of charitable projects or would send you more.

Sincerely yours,

June 27, 1937

Lady Anne Grenfell,
Kinlock House,
Charlotte, Vermont.

Dear Lady Grenfell:

I have your letter of June 21.

I am glad to know the particulars with reference to Dr. Grenfell and am not surprised to find that the condition is just what I surmised it to be, reading between the lines of your letters, although a little worse than I hoped. I am very glad to know he has such a fine nurse. It was that he might be assured of the benefits of such care that I was anxious to have him come here. I am not sure but that he is receiving at the present time all the advantages which we would be able to give him, but it is quite possible that he might get some help from a thoroughgoing application of methods for changing the intestinal flora. I should like to know whether he is making free use of Lacto-Dextrin or lactose or of soy acidophilus milk. If not he certainly ought to have the advantage of these remedies which are extremely helpful in arresting intestinal putrefaction.

I would suggest that you send a sample of the stool to me for examination. A large sample would not be necessary. One or two teaspoonfuls in a pill box would be quite sufficient. It might be fished out of the toilet and placed in a tight pill box or a bottle and sent by mail addressed to me and marked "Personal." After hearing from you and receiving the specimen

Lady Anne Grenfell, No. 2.

I will write you again.

Be assured the latchstring is always out for Sir Wilfred and Lady Grenfell either here or at Miami-Battle Creek. Please give the Doctor my very best wishes and be assured of my great respect and admiration.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

June 28, 1937

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

My dear Dr. Kellogg:

I have yours of June 24.

I enclose a duplicate copy of the list which I sent you on which I have indicated by check marks those to whom I would be willing to have my name used. I am sorry if these marks were omitted from the copy sent.

Very sincerely yours,

Irving Fisher

St
Enc.

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MOUNT BERRY, GEORGIA

June 30, 1937.

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

Dear Dr. Kellogg:

Thank you so much for your wire to the Mayo Clinic, in my behalf. I met both the Mayo Brothers and Dr. Balfour as well as many other outstanding members of the organization. It was most kind of you to send the telegram and I deeply appreciate it.

I had hoped to stop by Battle Creek on my way home, but I came home rather hurriedly to look after some matters here. I cannot tell you how much I appreciate your kind invitation, however, and I hope to be in that section later in the summer and stop by and spend a few days with you.

With grateful thanks, and best wishes for a pleasant summer,

Faithfully your friend,

Martha Berry

The Baptist Temple

HOME OF THE GRACE BAPTIST CHURCH
BROAD AND BERKS STREETS
PHILADELPHIA

DANIEL A. POLING
MINISTER

LINCOLN B. WADSWORTH
ASSISTANT MINISTER

July 2, 1937

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

My dear Dr. Kellogg:

I know that Dr. Poling will be pleased to have your letter of June 14, and I shall see that it comes to his attention as soon as he returns to the city. At present he is on the west coast, having just completed a Christian Endeavor conference tour through the south and to the Pacific Coast. He will not be in Philadelphia until after the International Christian Endeavor Convention in Grand Rapids, Michigan, July 8-13.

Receipt of your check for $10.00 is also acknowledged.

Sincerely,

Frances Dangster

Secretary to the
Minister

July 4, 1937

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

My dear Miss Berry:

I have your letter of June 30.

I am very glad to hear from you and to know that you had a pleasant visit at Rochester. I received a nice letter from Dr. William Mayo thanking me for my telegram and saying that he enjoyed greatly his meeting with you. I am sure your visit there made many friends for your work.

I am glad to know that you are coming this way some time this summer. Be assured you will always be welcome here.

Sincerely yours,

July 4, 1937

Miss Martha Berry,
Mount Berry, Georgia.

Dear Miss Berry:

I am enclosing a letter I received from Dr. Mayo.

Sincerely yours,

Enc.

July 4, 1927

Lady Anne Grenfell,
Kinloch House,
Charlotte, Vermont.

My dear Mrs. Grenfell:

I have your letter of June 24.

Most assuredly we shall feel highly honored to be able to enroll Sir Wilfred Grenfell as one of the first ten members of our Aristocracy of Health. I am enclosing three or four applications. Kindly have him sign one and return. We shall have it framed along with yours and placed on the wall in my office.

Please assure the Doctor that we do not forget him. I send him sympathy and assurance of very kindest regards.

Sincerely yours,

FLIGHT "C", 12th OBSERVATION SQUADRON, AIR CORPS
The Field Artillery School

Fort Sill, Oklahoma
July 7, 1937.

Dr. John Harvery Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.
Dear Dr. Kellogg:

While attending your very interesting Question Box lecture Monday night (I was the one who put in the question about the mandelic acid treatment of bladder infection), I heard you mention the Aristocrats of Health, and that applications were being received. The next morning I asked at the Room desk about joining this Club, and was advised to see you personally or else write. Unfortunately I was obliged to leave at once to return here, and so hasten to write and say that I would like very much to join.

My mother has been taking treatment at the Sanitarium since June 26th. As I was quite a bit concerned for her health, I obtained permission to make a "cross country flight" to Battle Creek, and so flew up last Saturday and back again Tuesday, staying at the Sanitarium for the holidays. Not only did I find my mother in very good hands and much improved, but I also had a long desired visit for myself, and enjoyed the best food I ever ate and the athletic drills and exercises and the outdoor gymnazium with loin cloth, which was the first loin cloth I ever wore but was quite comfortable.

It was noticeable during my brief stay how much Amelia Earhart was loved and esteemed by everyone at the Sanitarium who had known her; I hope indeed that she will soon be located safe on a reef. I have never met her, but admire her greatly.

Very truly yours,

Frederick D. Lynch

Frederick D. Lynch
Major, Air Corps.

TEL. RIVERSIDE 9 - 5321

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CONSULTATION HOURS
11 A. M. TO 1 P. M.
BY APPOINTMENT ONLY

July 7, 1937.

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

My very dear Friend Kellogg:

May I presume that you have returned to Battle Creek by this time and are again directing the destiny of that remarkable institution. The literature which I receive from Battle Creek,evidently through your courtesy, keeps me posted of your wonderful work which continues uninterruptedly.Aside from the evidence of your mental vigor, the picture of you on the bycicle at 82 is a demonstration of your 80 odd years young.

While we differ in some conception regarding dietetic regimen in some diseases, particularly in tuberculosis,I am in absolute accord with you concerning the dangers of alcoholism and nicotine poisoning.Of the deplorable advertising of cigarettes even in reputable medical papers, you are of course, aware. But there appeared recently a pamphlet under the following title:"The National's Quarterly. A record of Medical Literature on the Therapeutic Use of Whiskey.Contents of this issue:Alcohol in Medicine, Chemistry of Whiskey, Facts and Fallacies, Alcoholic Content of Beverages,Current Literature. June I937. Published for the Medical Profession by National Distillers Products Corporation" Presumably, this pamphlet reaches everyone of the I50,000 physicians in the United States.With what results, I leave you to imagine.

Your interesting publication of Good Health reaches me regularly and I am particularly impressed by the article of Mrs. Henderson in the July issue entitled:"The Man Who Smoked and Drank All His Life and Lived to Be Eighty Years Old". Much as I agree with most of the other interesting articles,there is one entitled:"Race Degeneracy in Japan" in which the most important cause of that degeneracy is overlooked and that is excessive over-population. The Japanese Government wishes to have more canon-fodder in the inevitable event of invasion of another country for its over-population.The masses of Japan seem underfed and will be more so as the population is constantly increasing and has been doubled within the last few years.The imitation of European vices,and none of its virtues,I grant you is an additional factor of the race degeneracy in Japan.Contraception would seem a crying need in Japan.In what a state of unrest Europe and our country too is in,fills one with alarm.

I hope you continue in your usual remarkable health,inspite of your nearing the middle of the 9th decade.I too am advancing in years but out door sleeping,frugal eating,non-smoking,rarely indulging in wine,and keeping as cheerful as possible,I hope to celebrate my 50th anniversary of graduation from your and my dear old Bellevue Medical College on March I2th,I938.

I am at this moment engaged in writing a little book on "Child Labor and the Nation's Health" and an article entitled: "Obligatory Annual Medical Examination and Preventive Medicine versus Compulsory Health Insurance and

Socializing of Medical Practice". I do not as yet know if the latter will be accepted by the orthodox minded editor, Dr. Fishbein, of the A.M.A.; but I hope, in case of his refusal to have it published somewhere and it goes without saying that as soon as both will have appeared in print, you shall receive copies.

Let me close with the very best wishes for your continued good health and glorious activities in behalf of the suffering masses and believe me,

Fraternally ever yours,

S. A. Knopf

July 12, 1937

Good Health:

Please send a copy of Good Health, June number, to Major Frederick D. Lynch, Flight "C", 12th Observation Squadron, Air Corps, The Field Artillery School, Fort Still, Oklahoma.

J. H. K.

b

July 12, 1937

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

Dear Professor Fisher:

I have your letter of June 28.

Thank you very much for the checked list which I have just received.

Sincerely yours,

b

July 12, 1937

Major Frederick D. Lynch,
Flight "C",
12th Observation Squadron,
Air Corps,
The Field Artillery School,
Fort Still, Oklahoma.

My dear Major Lynch:

I have your letter of July 7.

I am glad to know that you are interested in the Aristocracy of Health. Enclosed find a blank. The applications for admission to the Aristocracy are made at the receiving office. They are presented to every patient who is received into the institution, but have not heretofore been presented to persons who are not patients. However, your inquiry indicates that you are definitely interested and so I am enclosing herewith two application blanks, one for you to keep and the other to sign and send in if you wish to become a member. I am also sending you, under separate cover, a copy of my journal Good Health which contains a brief account of the Aristocracy of Health and information concerning the projector of the idea, Mrs. Henderson.

Sincerely yours,

b

Stockholm, July 16, 1937.

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

Sir,

Having read your most interesting book, "Colon Hygiene", I shall be very much obliged to you if you would give me further particulars about the treatment of "Catarrhal Colitis" on the pages 488 and 489.

1. Do you or any firm in U.S.A. supply Cultures of "Bacillus Acidophilus" and malt sugar? In affirmative case which is the price and package?

2. Please, state how small a portion of malt sugar and boiled starch and the dilution of water do you generally use for your patients?

Awaiting your kind answer, I am, Sir,

Yours truly

Per Lindhagen

(Per Lindhagen.)

Per Lindhagen
Agnegatan 24,
Stockholm/Sweden.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

July 20, 1937

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

My dear Dr. Kellogg:

I was delighted to hear that at last you had seen and talked with the Sonotone man and are apparently on the way to get some personal help through that device.

I am wondering also whether you have tried out the O-3 sent you by the Johnson Laboratories at my suggestion.

Mr. Johnson told me that you had replied that you would try it out in Florida. If you have mislaid the bottle I suggest that you write Mr. Charles Johnson, Johnson Laboratories, 142 West 24th Street, New York City and get another sample.

It is undoubtedly one of the most if not the very foremost, effective germicide now known. Mr. Johnson told me over the phone recently of a babies' hospital which had an epidemic of a bad skin disease. The use of O-3 entirely overcame the cases and prevented those babies who had not already contracted the disease from getting it.

I am now interested in the question whether O-3 isn't absorbed in such a way as to become a germicide inside the body. I strongly suspect that this is the case but as yet I have not seen any very convincing proof. It ought to be absorbed through spraying, to some extent, and as a mouth wash or gargle or as syringed into the (not by rubber!)

rectum. Possibly it can be absorbed by being rubbed on the skin.

I believe also it has been injected into the tissues of the veins but I am not sure.

Mr. Johnson thinks that the release of oxygen, since it is in the form of nascent oxygen might be more of a germicide than the oxygen regularly absorbed by the lungs.

As you know I have long suspected that old age is not a physiological process to any great extent but a bacteriological process -- focal infection. If O-3 can fight such infections it might prove to be something of a rejuvenator.

I am anxious to hear from you as to any experiments you have made with the product from a standpoint, especially, of bactericidal action.

Very sincerely yours,

Irving Fisher

IF:M

Have tried O-three as we now see it most of the above ways. My subjective impression is very favorable. So is Johnson's.

VEGETARIAN SOCIETY OF MICHIGAN

~~[illegible]~~ Cherry 5987

2877 Penobscot Bldg.
~~700 Longfellow Ave.~~
Detroit

Miss Myrtle Babcock
Miss Lois Banfield
Mr. Arthur M. Coon
Mrs. Gladys M. Coon
Dr. Thelma E. Gallagher
Mr. Russell P. Hoffman
Mr. Cyrenius A. Newcomb. 3rd
Mrs. Dorothy Ellen Newcomb
Dr. Harold A. Norman

July 20, 1937.

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

Dear Dr. Kellogg:

We are preparing to organize a "Natural Foods" Tearoom and Food Shop and want to undertake it in a thoroughly competent way. Our central crowd are vegetarians and this enterprise will not handle products of slaughter.

We have in mind a central location, a refined atmosphere and everything done to prove to the public that natural healthy foods can be palatable and enjoyable in the reverse of the present idea maintained by so many commercial organizations where all meals are built around slaughtered products, liquors and condiments and the balance filled in with denatured and devitalized commercial products.

Because of your business and experience we felt you might be in a position to suggest individuals competent to be active in the management of this undertaking.

May we hear from you?

Cordially,

Cyrenius Newcomb

CANIII:MW

LIVE AND LET LIVE

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

July 21, 1937

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

My dear Dr. Kellogg:

I remember that you and Dr. Case once tried an experiment to exclude grains and that you found the diet unsatisfactory so that when you tried bread again it tasted expecially good.

I am writing to ask what classes of food were included, —— nuts, fruits, greens, potatoes, other vegetables and anything else.

One of the critics of How To Live maintains that there need be no maximum of protein any more than a maximum of mineral salts, that Chittenden and others may have established a minimum but not a maximum nor an optimum. ~~Have~~ Do you know? any evidence that high protein, taken otherwise than in meat, ~~cheese and eggs~~ is injurious?

Very sincerely,

Irving Fisher

M:C

they should not be too numerous.

You will be considered ~~with~~ heterodox in regard to flesh eating and bowel movements and therefore it is especially ~~helpful~~ necessary that you can give chapter and verse as to sources of information.

As you know I believe you are entirely right in regard to bowel movements and with very slight reservations on flesh eating so that as the author of the book, I am anxious to have you make as convincing a statement on both of these as possible.

One authority whom I consulted said that he thought you would have influence in regards to posture, chairs, tea and coffee but "I should not expect his opinions on meat eating and bowel movements to have general acceptance from competent physiologists." I would, therefore, like to have you prove that this man is wrong by making your statement as convincing as possible and with references to sources which will make it still more convincing.

I hope that you may be able to find time to do these things but I do not want you to do so at the sacrifice of your own important work. Only so far as this is work in your own line of duty do I want you to take it on. I suspect that you so regard it and on that basis I am writing you. Who else on the Hygienic Reference Board could write on any of these subjects, particularly, flesh eating? I had thought of asking Sherman on flesh eating, having thereby, three authorities on that subject -- yourself, Sherman and McCollum; but I am advised that Sherman would probably not be posted on that subject but rather on sugar, bread, fruit, cereals and salt.

By the way, as you send in your contribution, or contributions, if you do so at all, I would like in a very condensed way to have

the data for an editorial introduction ~~to~~ be made by myself ~~for~~ as to the competence of each author.

Haven Emerson is to write the appendix on alcohol; Dr. Emil Bogen on tobacco; Dr. Davenport on eugenics.

Finally, I would appreciate it if you can send me as soon as possible your comments on the accompanying preliminary layout for the special appendices. I want to get the very best available authority for any given subject and, conversely, get any given writer to cover that subject in individual hygiene on which he is best qualified to write.

Hoping that you can help in these ways and with much appreciation of your former help, I am,

Very sincerely yours,

Irving Fisher

IF:M
Enc.

P.S. I do not know of anyone on the Hygienic Reference Board or elsewhere who could write authoritatively of man's pre-civilization and man's pre-~~g~~cook.ing diet. Perhaps you can tell me.

P.S. While I am writing all these questions, I may as well ask a few more! In your articles in "Good Health" on constipation you had in one place advice to our pressure on the left side; I fancy you meant right? You stressed irregularity of diet. Is this consistent with skipping a meal which you also advised? Do you still think that mineral waters are always injurious or are some of them good for arthritis or otherwise? I understand that inorganic material is believed to be absorbed, more than used to be the case.

I remember your opinion that water drinking at meals interfered with the flow of saliva. Perhaps you recall that I could not refer you to some articles in which water drinking had been found to be hygienic even at meals. The articles were largely by P. B. Hawk, and include the following:

Some desirable results following water drinking with meals by P.B. Hawk (Proceedings of the Society for Experimental Biology and Medicine, 1910, viii, p.36, 1910);
The Metabolic Influence of Copious Water Drinking with Meals, (The Journal of Experimental Medicine, Vol.XII, No.3, 1910);
Intestinal Putrefaction During Copious and Moderate Water-Drinking with Meals (Archives of Internal Medicine May,1911, Vol.1,pp.610-23);
The Activity of the Pancreatic Function under the Influence of Copious and Moderate Water-Drinking with Meals (Archives of Internal Medicine, Sept.,1911, Vol.8, pp.382-394);
Fasting Studies: IV (Studies on Water Drinking:VII). On the Allantoin and Purine Excretion of Fasting Dogs (The Journal of American Chemical Society, Vol. XXXIII, No.11, November, 1911);
The Influence of an Excessive Water Ingestion on a Dog after a Prolonged Fast - from the Lab. of Physiol.Chem. of the Univ. of Ill. (Journal of Biological Chemistry, Vol.X, No.5, December, 1911);
The Utilization of Ingested Fat under the Influence of Copious and Moderate Water Drinking with Meals; The Distribution of Bacterial and Other Forms of Fecal Nitrogen and the Utilization of Ingested Protein under the Influence of Copious and Moderate Water Drinking with Meals; Fecal Output and its Carbohydrate Content under the Influence of Copious and Moderate Water Drinking with Meals (The Journal of the American Chemical Society, Vol.XXXIII No. 12. December 1911)

On the Allantoin Output of Man as Influenced by Water Ingestion (The Journal of the American Chemical Society, Vol.XXXIV. No.4, April 1912); and,
Hydrogen Ion Concentration of Feces - from the Lab. of Physiol. Chem of the Univ. of Illinois (Journal of Biological Chemistry, Vol.XI,No.2, March 1912).

At the end of the article on Fasting Studies, December 1911, page 432 a statement is made that "the increased nitrogen output associated with increased water ingestion is due to a true stimulation of protein catabolism rather than to a flushing of the tissues."

At the end of the article Fecal Output, etc., page 2031-2 (December, 1911) it is said:

(1) It has been shown that in men living on a uniform diet the addition of 1000 cc. of water to each meal causes a decrease in the excretion of fecal material, both dry matter and moisture.

(2) Under the same conditions a decrease in excreted carbohydrate material was also observed.

(3) The better utilization of food material thus evident was not temporary but appeared to extend for some time following the use of water.

(4) The ingestion of a smaller amount of water (500 cc.) and the use of a large volume of water (1333 cc.) by one accustomed to drinking water with meals showed a similar but less marked reduction in the excretion of carbohydrate.

(5) The individual variations noted emphasize the fact that the findings on two or three men possessing different dietary habits and accustomed to ingesting varying volumes of water with meals may not be generalized.

(6) The beneficial effects noted are probably due to the stimulatory action of water upon the digestive secretions, to the increased dilution which facilitates enzyme action and materially aids in absorption, and to a conservation of the intestinal energy involved in the secretion of a diluting fluid which is necessary when insufficient water is ingested.

(7) The average daily output of dry bacterial substance for the 66 stools completely examined was 8.27 grams..

(8) Many desirable and no undesirable effects were obtained by the use of water with meals, and in general, the more water taken the more pronounced were the benefits.

Of course, all the above are very old studies now but I remember being impressed by them at the time.

I am trying to get hold of Mr. Hawks' address as to anything later.

Not answ'd

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

July 21, 1937

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

My dear Dr. Kellogg:

As you know I am revising for the 20th edition the book "How To Live" and have decided to include a number of appendices written by authorities on individual subjects.

Professor McCollum has written an appendix on meat eating and also on vitamins.

In general I think the rule should be, one subject - one author. I am anxious to have your statement on flesh eating and also on frequency of bowel movements, also on tea and coffee and also on chairs.

If there are, on the Hygienic Reference Board, others whom you know who could, instead of yourself, write on some of these subjects with authority I would be glad to have you point them out. I find that there does not seem to be, so far as I know, any such but I am not sufficiently acquainted with the Board to really know. I enclose a preliminary lay-out for special appendices for revision of "How To Live".

Each appendix should be between 1,000 and 5,000 words in length and should contain a selected bibliography such as would enable a layman to find the scientific authority for the statements made. This bibliography should not in general be merely secondary authorities, that is, books which a laymen might want to read but rather technological sources, books and articles and

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ADDRESS
133 SOUTH THIRTY-SIXTH STREET
PHILADELPHIA, PA.

July 23, 1937

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

Dear Dr. Kellogg;

This is to thank you for your exceptional kindness to favor me with a copy of your splendid little book on The Crippled Colon. I shall read this book with much interest in view of my forthcoming visit to the Sanitarium to make myself better familiar with your views on colon hygiene. I find it rather difficult to come to any definite conclusion at the present time in the absence of a better understanding of all the facts that enter into the problem which I hope to discuss with you. I hope to come to Battle Creek about the middle of August or a little later, awaiting the return of my daughter from California where she is spending her vacation. I believe you do not leave Battle Creek until late in September or early in October. I want to be sure you are there.

Thanking you once more for your kindness to send me your book, I remain,

Sincerely yours,

Frederick L. Hoffman

The Baptist Temple

HOME OF THE GRACE BAPTIST CHURCH
BROAD AND BERKS STREETS
PHILADELPHIA

DANIEL A. POLING
MINISTER

LINCOLN B. WADSWORTH
ASSISTANT MINISTER

July 26, 1937

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

My dear Dr. Kellogg:

I have just read the very beautiful letter that you dictated on June 14 and which was not received here until July first. First of all, let me thank you for your generous words and your equally generous check. I do not believe that I shall begin my fall broadcast until after the first of November, but we shall supply you with the material and use this contribution for the financing of the hour.

I very much hope that I may be able to accept your invitation to come to Battle Creek or to see you in Florida. There are many things I would like to talk over with you. You have always been an inspiration to me.

I am happy indeed to join the distinguished group associated with you in this new project - the Aristocracy of Health. I have not yet received the application form.

With every good wish, and again thanking you, I am

Very sincerely,

Daniel A. Poling
Minister

DAP:fs

MOUNT HOLYOKE COLLEGE
SOUTH HADLEY, MASSACHUSETTS

THE FIELD SECRETARY

July 26, 1937

Mr. John Harvey Kellogg,
Battle Creek, Michigan.

My dear Dr. Kellogg,

Thank you so much for your letter regarding my appeal for $25.00!

I am much too poor a salesman not to get the point of view of the approached person. You are very gracious in expressing the hope that next year you may be able to resume your gift next year. With your permission we shall therefore try tactfully to remind you of that hope.

With all good wishes to you, I am,

Cordially yours,

Gertrude V. Bruyn.

Gertrude V. Bruyn,
Field Secretary

B/B

1803 N. 9th Street
Boise, Idaho
July 27-1937

Dear Doctor Kellogg

I am coming to you for a favor which, if you see fit to grant, will be a great help to me.

For several years my one ambition has been to be a dietitian on a small scale. That is, take one or two patients at a time with some chronic disease, go into their home, select and prepare their food for them and see that they eat nothing but what I give them.

I want to begin with arthritis because when a patient has suffered enough from arthritis and sees that it may leave him a cripple he is willing to eat anything a trusted dietitian prepares for him. And because I had marked experience with a patient who was badly afflicted with arthritis and in two months under my treatment she was far advanced on the road to recovery and seems now to be entirely free from the disease. Among other things I gave her a thorough course of Lacto-Dextrin. At the time I wrote to you about a sun lamp for

her and told you what I was doing for my patient and how she was improving. You said my treatment was all right and complimented me on my success. Also I have a rheumatic diathesis, which I inherited from my father. All my life I have had to fight a tendency to rheumatism -- and have succeeded. Today my hands, wrists, and all my fingers are as supple, straight and well formed as they were when I was a child.

Ever since I began writing for Good Health (in 1925) I have made a more or less intensive study of the scientific value of foods, put the knowledge in practice in my own life, and helped my friends and relatives when the opportunity offered. But I have never been free to give my time to such work until now, and so have not worked under a physician.

I am here in Boise, Idaho, visiting my brother, Sherman Vance, who wishes me to stay as long as I can. I can be here for six months or a year if necessary. And while I am here I want to get started with this work under a physician.

(My writings and correspondence are stored away in Berkeley. No one but myself would know how to get access to them. So I have nothing with me to recommend me. My brother knows little of the doctors here.)

Yesterday afternoon I talked with Doctor Swindell in his office here in Boise, told him what I wanted and what I could do. He seemed interested and gave the impression that if I had some word from some doctor to identify me or to show what I could do, I could get work in that line, for there was plenty of arthritis right here in Boise, he said.

I told him you were the only doctor that knew anything particularly about my qualifications, and that you knew only through my articles for Good Health over a period of seven years, which you paid a good price for. If you could say a word in my favor that would help me a lot.

I am not asking you for a recommendation. But if it would seem to you from your knowledge of my writings and correspondence that I would be qualified to handle the diet of a patient with some chronic disease it would serve as a kind of introduction to some doctor here in Boise.

Ever since I was a young woman you have been my principal guide in how to eat and live. About 35 years ago pyorrhea got started in my teeth. For ten years I didn't know what it was. By that

time it had made considerable headway in all my cheek teeth. But with the help of a dentist I conquered the disease and still have nearly all my teeth.

My first article in Good Health was about how I had cured myself of pyorrhea. That was in 1925, when the average dentist knew little or nothing of the relative value of good food to teeth -- or the detriment of bad food to the health of the teeth and gums. Several months later, another article in answer to letters I had received asking for more information about pyorrhea was published in Good Health.

I remember writing an article on Kiss Corn and Pellagra (about 1930 or 1931) and you held up the manuscript about 6 months until your laboratory workers could test some of the statements I had made, to see whether I knew what I was writing about. And you published the article just as I had written it.

Though I have made a thorough study of Shelton and other food scientists, my best all-round information on how to eat and live comes from Good Health and your books. I was much interested in your recent article on Face Lifting and the one by the Yale or Harvard Professor (Dr. Fisk, I believe) Long live the Good Health Magazine.

Sincerely yours

Matilda Vance Newman

P. S. If you don't mind, here is a question I would like to ask about the value of raw potatoes.

About three weeks ago (Before I left Berkely Calif. for Boise, Idaho) I tried eating raw potato to see if it interfered with digestion. I ate half a pound twice a day and found it did not interfere with digestion. Also it was not unpalatable.

For the last ten days, since coming to Boise, I have been eating the fine Idaho potatoes raw, just as I scrape them, more than half a pound before breakfast and the same again just before supper. They are easy to digest and for me are more palatable than raw carrots.

And besides, they have the same effect on me as a thorough course of Lacto-Dextrin. I am feeling fine.

Now what I should like to ask is this:

Does it seem reasonable that a pound or a pound and a quarter a day of good raw potato, eaten just as one scrapes it, would be sufficient to change the intestinal flora? And would it be advisable?

Perhaps the greatest objection to raw potato is that people are so prejudiced against it that it would often be impossible to get them to try it.

You know that among its other fine qualities raw potato is a good source of iron and vitamin C. Besides, its protein is of good quality.

Matilda Vance Newman, 1803 N. 9th Street, Boise, Idaho. July 27, 1937

JHK

I am coming to you for a favor which, if you see fit to grant, will be a great help to me. For several years my one ambition has been to be a dietitian on a small scale. That is, take one or two patients at a time with some chronic disease, go into their home, select and prepare their food for them and see that they eat nothing but what I give them.

Ever since I began writing for Good Health in 1925 I have made a more or less intensive study of the scientific value of foods, put the knowledge in practice in my own life (I have a rheumatic diathesis which I inherited from my father and all my life have had to fight a tendency to rheumatism and have succeeded) and helped my friends and relatives when the opportunity offered. But I have never been free to give my time to such work until now, and so have not worked under a physician.

I am here in Boise, Idaho, visiting my brother for six months or a year. I want to get started with this work under a physician. My correspondence is stored away in Berkeley. No one but myself would know how to get access to it, so I have nothing with me to recommend me. My brother knows little of the doctors here.

I am not asking you for a recommendation. But if it would seem to you from your knowledge of my writings and correspondence that I would be qualified to handle the diet of a patient with some chronic disease it would serve as a kind of introduction to some doctor here in Boise.

I would like to ask about the value of raw potatoes. For the last ten days I have been eating the fine Idaho potatoes raw, just as I scrape them, more than half a pound before breakfast, and the same again just before supper. They are easy to digest and for me are more palatable than raw carrots. And besides they have the same effect on me as a thorough course of Lacto-Dextrin.

I am feeling fine.

Does it seem reasonable that a pound or a pound and a quarter a day of raw potato, eat just as one scrapes it, would be sufficient to change the intestinal flora? And would it be advisable?

July 27, 1937

Mr. Cyrenius A. Newcomb, 3rd.
Vegetarian Society of Michigan,
2877 Penobscot Bldg.,
Detroit, Michigan.

Dear Sir:

I have your letter of July 22.

I have no one in mind, but will place your letter in the hands of the head of our Department of Home Economics with the request to write you if she is able to give you any helpful information.

Sincerely yours,

July 28, 1937

Mr. Per Lindhagen,
Agnegatan 24,
Stockholm, Sweden.

Dear Sir:

I have your letter of July 16.

We are prepared to supply Lactobacillus acidophilus cultures and malt sugar and various other preparations for changing the intestinal flora in any quantity that may be desired. I have asked the sales department to send you information concerning the use of these various preparations.

Sincerely yours,

July 28, 1937

Dr. Frederick L. Hoffman,
The Biochemical Research Foundation,
133 South 36th Street,
Philadelphia, Pa.

Dear Dr. Hoffman:

I have your letter of July 23.

I am sending you a copy of a manuscript I have written on soy acidophilus milk which I think you will find of some interest.

I return to Florida about November 1.

Hoping to see you in a couple of weeks,

I am,

Sincerely yours,

July 28, 1937

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

Dear Professor Fisher:

I have your letter of July 20 and 21.

I have been using the Sonotone for a few days and like it very much. It is certainly a great improvement over any portable instrument I have ever seen before and I am sure I have tried all of the best ones.

I have made no experiments with O-8. I shall be so busy during the balance of the season with my patients, reorganizing and other things that I shall not be able to do any laboratory experiments before I get to Florida and then I shall be glad to subject the new product to some tests, so if you will ask Mr. Johnson to send me some of his material about November 1 and write me a letter, I will take it up and test it. It will be a vain hope, however, that it can be absorbed in sufficient quantity to be of any value because the skin is a very poor absorbent. Tests made years ago showed that even very diffusible mineral substances which are the most readily absorbed are taken up by the skin very slowly even when the body is immersed in a bath and then only when the temperature of the bath is below that of the body. When the temperature is higher than that of the body, the movement is outward instead of inward.

Bacteria are single cell plants and are less susceptible to anti-vital substances than are the body cells. Keeping the colon clean is I think the most effective means of defending the body against the attacks of bacteria because the colon is a great incubator of harmful bacteria, and although the mucous membrane is a germ filter like the

skin, it so often becomes diseased and hence inefficient as a filter and millions of bacteria get into the blood every hour and keep the liver and the kidneys busy eliminating and destroying bacteria.

Applications made to the skin become effective to deep lying tissues only when exceedingly virulent toxins are employed or when the ions are carried into the tissues by an electrical current, so-called ionization. This has not been found sufficiently efficient to be of value only in every exceptional cases.

I am compelled to work every minute I can keep my eyes open. I find it difficult to get time to eat and sleep. I am working until midnight every night and usually after every night. I got to bed last night at one o'clock and was hard at work again ten minutes after seven this morning.

I see that you are going to make a great book of <u>How to Live.</u> The addition of monographs by such a large number of prominent writers will add much to its authority and will make it almost an encyclopedia of nutrition. I do not know how you can make a better selection than you have done. I do not know how much these men know about the various subjects assigned to them, but I could not supply you with a list of persons whom I could recommend as able to deal better with the various subjects named.

As regards my own participation in this symposium, I will do my best to prepare something for you on the subjects mentioned. First I should like to know whether you wish me to write on all four of the subjects named, and if so how many words on each subject? I also should like to know the latest date on which the manuscript should be received.

The statements I have made with reference to meat eating and

bowel movements are all based on well authenticated and recognized scientific facts. They are in fact facts, not theories, and during the last twenty-five years since I have been promulgating these views no authentic evidence has been offered to invalidate them. The difficulty is that physiologists have not studied primitive man and anthropoids, but have based their views upon the study of civilized people whose bowels have been crippled in many cases even before they were weaned.

If Mr. Johnson will send me another bottle of his germicide, I will see if I can find an opportunity to test its merits.

Sincerely yours,

b

July 30, 1937

Mr. Bloese:

We are going to correspond with Mr. Newcomb and it may be possible that we will find someone suitable for his needs. I would appreciate your advising Dr. Kellogg of this fact.

Emil Leffler

l:s

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Wabash, Indiana
July 30, 1937

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

Dear Dr. Kellogg:

It's less than sixty days until the clans will be gathering in the mountain rimmed valley of White Sulphur Springs. Many in writing me say that the Committee has never chosen a finer spot for its Northern Dinner, and, while Fred Poor has as yet sent no invitations, these many letters are unanimous - except two - in stating that the writer will meet me at the Greenbrier.

You have already had the circular letter I sent out a short time ago, and the July News Letter should be in your hands by now. This contains full information about our meeting. If it does not, drop me a line at Wabash, Indiana and I'll do my best to get further facts for you.

Fred Poor tells me that the program will leave nothing to be desired, and they say that what he promises he does.

There are two reasons for this letter. First, it gives me the pleasure of a personal touch with you; and, second, it is to urge you to give a boost to our meeting. As you see or write to any of our members will you say, I'll see you at White Sulphur September 15? It will help.

Two things to remember: bring your family and any guests you desire; come early, because we have to vacate the hotel not later than Friday Sept. 17.

May I close by saying that I'll see you at White Sulphur?

Cordially yours,

K

August 4, 1937

Matilda Vance Neuman,
1605 N. 9th Street,
Boise, Idaho.

Dear Madam:

I have your letter of July 29.

I should certainly be very glad to do you any favor possible, but before I could speak about your competency to serve as a dietitian, I should have to make several inquiries.

1. At what college or university did you take your course in dietetics?

2. What experience have you had in this line?

Both study and practice under careful supervision and a thorough study of the physiology of digestion and of medical dietetics is very necessary to render a person competent to serve as a dietitian even though a physician may be in charge of the case who is prepared to give general directions for the reason that physicians themselves nowadays are not given in their medical course an opportunity to become acquainted with the latest developments of the nutrition laboratory which are so extensive and so important that competency can only be acquired by an intensive and prolonged course of study.

As regards the use of raw potatoes, my own experiments made many years ago and those later conducted by the government at Washington show that raw potato starch is digested only to a very small degree. It is true that carbohydrates in the colon, either raw or cooked, have a marked influence upon the intestinal flora by preventing putrefaction. They do not, however, implant a protective flora which is necessary for actual change of the flora. The use of raw potatoes as you suggest may prove

temporarily beneficial in the same way that raw carrots and other raw vegetables may be. It could not be heartily recommended as a general practice and would be greatly inferior to carrots because the carrot is richly supplied with vitamins which are present to only a very limited degree in the potato.

Sincerely yours,

STATE OF MICHIGAN

PROBATE AND JUVENILE COURTS
CHAMBERS OF
JUDGE MALCOLM HATFIELD
ST. JOSEPH, MICHIGAN

August 4, 1937

Dr. John Harvey Kellogg, M.D.
Editor, Good Health
Battle Creek Sanitarium
Battle Creek, Mich.

Dear Dr. Kellogg:

Thank you for your kind letter of recent date. I sincerely appreciate knowing that you are considering the enclosed articles, for juvenile authorities everywhere recognize that this is the only logical method that will effectively curtail crime.

I am placing your name on the mailing list so that you will receive the articles before each release date. As the next regular release will be issued next week, I am enclosing same for your consideration. If you can utilize this material, kindly feel free to print same.

Trusting that I will be able to meet you personally so that I can more appropriately express my gratitude, I am, with kind personal regards,

Sincerely yours,

MALCOLM HATFIELD
Probate Judge

MH:C
P.S. Magazines and newspapers that are published monthly or bi-monthly usually print one or more of the enclosed articles or re-arrange the entire series to meet their own space requirements.

PROBATE COURT OF BERRIEN COUNTY
CHAMBERS OF
JUDGE MALCOLM HATFIELD
ST. JOSEPH, MICHIGAN

I am prevented from writing you a personal letter as I was handed the results of a recent juvenile survey of Michigan at the last moment and must take this means of confidentially passing same on to you.

Professor Lowell Julliard Carr of the University of Michigan states that his survey reveals that Michigan has at least 27,000 children, from five to seventeen years of age, who are potential problems and need immediate constructive training. He estimates that from two to nine percent of the school population is delinquent and adds that the agricultural countries have a per capita juvenile rate which is nearly half as high as that found in the thickly populated cities of the state. Should your district compare favorably with the agricultural or highly populated areas of Michigan, the foregoing figures might enable you to draw a rough estimate of the amount of delinquency you could expect to find in your own locality.

Another startling discovery which bears out both your own and my theories on delinquency prevention was revealed last week by a local minister who returned from a visit to the Scandinavian countries. He stated that Norway, Denmark, and Sweden have no juvenile delinquency laws as child crime does not exist there. When I asked him to explain the reasons for this he stated that parents in these countries are so alert to their duties and responsibilities that no juvenile laws or courts are required. When this is compared to the 44,000 crimes that were committed last year in 18 cities of Michigan, it can be seen at a glance that we should follow the example of our Scandinavian neighbors.

One type of maladjusted youth who seldom gets into court, but can be found in every neighborhood, is the youngster who has formed serious complexes as a result of daily associations with neurotic parents. This type of psychopathic adolescant frequently develops into the maladjusted adult who flees to the divorce court, throws aside all moral restraints, resigns a job or becomes a disgruntled malcontent whenever he does not get his own way in everything. The great majority of such cases can be checked in childhood, as will be illustrated in subsequent articles, if parents from both our lower and upper classes of society can be taught to recognize and apply necessary remedial treatment at the proper time.

A publisher recently remarked that his subscribers talk over the column "Children in Court" in the privacy of their own homes and do not openly discuss same. He added that this can be attributed to the fact that each illustration is so concisely and simply written that the average parent recognizes his own errors and prefers to act rather than talk.

As the press is the only means of reaching the parents of our delinquent, dependent, neglected and neurotic youth I wish to again thank you for your splendid cooperation in this undertaking. With kind personal regards, I am,

Sincerely yours,

Malcolm Hatfield

Malcolm Hatfield-Judge

August 5, 1937

Hon. Malcom Hatfield,
Probate and Juvenile Courts,
St. Joseph, Michigan.

Dear Judge:

I have your letter of August 4.

I am very sympathetic indeed with your campaign to suppress juvenile delinquency. The great trouble I think is that parents are dodging their home responsibility. It appears, in fact, that they have almost universally laid down on the job. School teachers are doing the best they can what the home ought to do, but it is really an impossible task. Preachers are not giving this matter the attention they should do.

I shall be glad to receive your paragraphs and though my journal Good Health has a very special field, I shall work in some of your excellent material whenever I have opportunity.

Thanking you, I am

Sincerely yours,

August 5, 1937

Dr. Daniel A. Poling,
The Baptist Temple,
Broad and Berks Streets,
Philadelphia, Pa.

Dear Dr. Poling:

I have your letter of July 26.

I am very glad indeed to hear from you and to find that you are interested in the Aristocracy of Health. I find the idea has awakened a lively interest wherever it is introduced. I am anxious to meet you and tell you something of my plans, so have been looking forward with much interest to your visit.

I am sorry to see the application blank was accidentally omitted. Enclosed find several copies. You may have some friends who would like to join the association.

Wishing you continued success in your splendid work for American youth, I am

Sincerely yours,

Enc. ✓

August 5, 1937

Dr. S. Adolphus Knopf,
18 West 95th Street,
New York City.

Dear Dr. Knopf:

I have your letter of July 7. How delighted I would be to have an opportunity to sit down and chat with your for an hour. I have very pleasant memories of the several visits I have had with you. When you come West this summer by all means drop off and be my guest for a day or two and see what we have been doing since you were here last.

Your great contributions to the literature of medicine have given you a prominent place in medical history. I hope you are still carrying on as bravely and successfully as ever.

As always with best regards, I am

Sincerely and cordially yours,

b

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OF THE FRANKLIN INSTITUTE

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FREDERICK L. HOFFMAN, LL.D.

ADDRESS
133 SOUTH THIRTY-SIXTH STREET
PHILADELPHIA, PA.

August 5, 1937.

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

My dear Dr. Kellogg:

Thank you for the copy of your paper entitled "Soy Acidophilus Milk, a Highly Potent Culture of a New Type of Lactobacillus Acidophilus for Changing the Intestinal Flora".

I am eagerly looking forward to my visit in Battle Creek. In the meantime, I am reading your book with profound admiration.

I hope to reach Battle Creek about the twentieth of August.

With best regards, I remain,

Yours very truly,

Frederick L. Hoffman

FLH:S

900 North 63rd Street
Philadelphia, Pa.

August 8, 1937

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

My dear Professor Fisher:

.....You have not heard from me sooner because I wanted to see the effect of the O-Three, of which I have soon used the second pint.

After finishing the first pint I had another appointment with my specialist, Dr. Leon Herman, who found so much less pus in the prortate that he had to admit that the improvement was probably due to the O-Three, and this though he was not much impressed when on my previous visit I had told him of having used the sample you sent me.

Along with the use of the O Three I had continued, and I still do, keeping my urine fairly acid, partly by eating four egg yolks a day, partly with a prescription of nitro-hydrocloric acid, which in itself is an alleged possible cure that may have helped along. I kept this up because you originally told me not to give up using what other remedies my doctor have prescribed, and I have also religiously irrigated my bladder with a mild solution of potassium permanganate.

I certainly am much improved, every bit as much as when Dr. Herman about three years ago discharged me as being as well as a man of my age could expect to be. I rarely now have to get up more than once during the night, as against four to five, even eight, when I first went back to Dr. Herman about eighteen months ago. And you can feel quite sure that I owe a good deal to you for suggesting keeping the O-Three treatment going.....

August 17, 1967

Mr. Morton Silver
750 Fifth Avenue
New York City

My dear Mr. Silver

I think you will be interested in the enclosed from a friend of mine who is 77 years old and who has been using G-Three to combat enlarged prostrate and associated trouble with infected urine, etc.

Very sincerely,

LVH
Enc.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 9, 1937

Dear Sir:

The enclosed copy of a statement by the Swedish Riksbank seems very significant. It is essentially a re-affirmation of that country's monetary policy adopted in 1931, when the gold standard was abandoned. At that critical time Sweden was the only country which announced an intention to maintain the domestic purchasing power of its money as the official objective of its monetary policy, and which set up and published a special index number for that purpose.

During the past six years this policy has been followed. The krona and the cost of living have been kept almost invariable. And now the Riksbank states that there exists no reason for a change of policy. In particular it is emphasized that the maintenance of stability in the domestic purchasing power of the krona is considered more important than that of its stability in foreign exchange.

To countries which, like the United States, have not yet formulated their monetary objectives with similar precision, the Swedish experience should prove of special interest.

Very sincerely,

Irving Fisher

IF.wc

August 9, 1937

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

Dear Doctor:

Thank you very much for your letter of August 6th just received. I am very much obliged for the references. I shall be glad to see your article when it is out. It will be a very timely production.

Perhaps you will be interested in the Aristocracy of Health. I enclose an application and will have sent you a copy of Good Health in which you will find an account of the new organization.

Sincerely yours,

b

Enc. ✓

August 10, 1937

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

Dear Dr. Horvath:

Here I am coming with another inquiry.

Can you tell me anything about the effect of hydrolizing the soy protein?

Can you tell me whether hydrolyzing the glycinin of the soy bean will seriously affect the vitamins?

I will be glad to have the reference to your paper with reference to the anti-hemorrhagic properties of the soy bean.

Sincerely yours,

b

August 10, 1937

Miss Gertrude Goodwin:

Please send a copy of the June number of Good Health to Dr. A. A. Horvath, Agricultural Experiment Station, University of Delaware, Newark, New Jersey.

J. H. K.

b

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TELEPHONE
2-9950

Aug. 11,1937

Dr. John Harvey Kellogg,
Battle Creek, Mich.

Dear Dr. Kellogg:

You doubtless are aware that I spent two weeks and about two days at the Miami Battle-Creek Sanatarium in latter June and early July.

Miss Estill, Dr.Jeffries and the entire force were most kindly and attentive to my every necessity.

I think I was greatly benefited by the services I received and the course of diet I entered upon there and have been adhering to almost to the letter since returning home.

The fact remains, however, that I continue to feel unusually weak and easily exhausted by efforts that formerly did not inconvenience me. My wife and immediate friends are inclined to believe it is the absence of meat, to which I have been accumstomed all my life, that accounts for this lack of strength.

However, I am mindful of the fact that I am reaching an age now (80 years in November) when most people think they must be growing old. But when I look at you with your 86 years and long hours of toil every day, I can't get my consent to attribute my weakness to this cause.

I hope this summer is going well with you personally and prosperous for your business and certainly wish you the greatest success in your splendid humanitarian efforts.

I hope to have the pleasure of that intended interview with you on your return this fall.

Most cordially yours, in the bonds of the

3 SCORE & 10

T.S.MEEK President

Mrs. W. H. Nelson, Battle Creek. August 12, 1937

JHK

I am sure you will be happy to know that the National President of the Woman's Christian Temperance Union is at present a guest of the Sanitarium. She was here as a patient a few years ago one winter while you were in Florida. She would be pleased to meet you while here if you can so arrange a meeting. She is Mrs. Ida B. Wise Smith.

b

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

Aug - 12 —

Dr. J. H. Kellogg —

Dear Dr. Kellogg —

I am sure you will be happy - to know - that the Nationals President - of the Womens Christian Temperance Union is at Present a guest of the Sanitarium —

She has been here as a patient - a few years.

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

ago - one writer - while
you were in Florida -
She would be pleased
to meet you - while here
if you can so arrange
a meeting -
She is Mrs. Ida Bixie Smith -

Sincerely -

Mrs. W. H. Nelson
Battle Creek -

UNIVERSITY OF DELAWARE

AGRICULTURAL EXPERIMENT STATION

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DEAN AND DIRECTOR

NEWARK, DELAWARE

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CONSULTING VETERINARIAN

M. M. DAUGHERTY
AGRICULTURAL ECONOMIST

L. A. STEARNS
ENTOMOLOGIST

A. A. HORVATH
CHEMIST

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ASSOCIATE PLANT PATHOLOGIST

H. C. HARRIS
ASSOCIATE AGRONOMIST

G. L. BAKER
ASSOCIATE 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
ASSOCIATE CHEMIST

R. O. BAUSMAN
ASSOCIATE AGRICULTURAL ECONOMIST

M. W. GOODWIN
ASSISTANT CHEMIST

DONALD MacCREARY
ASSISTANT ENTOMOLOGIST

PAUL L. RICE
ASSISTANT ENTOMOLOGIST

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

August 13, 1937.

Dear Dr. Kellogg:-

I have your letter of August 10-th with an inquiry regarding the hydrolising of soybean protein.

As the hydrolisis of proteins of various nature for commercial purposes is usually done by acids under pressure at moderate heat, and since the Vitamins B_1 and B_2 are quite resistant to acids, one should not expect much destruction of these vitamins during such hydrolisis.

I have been interested in the commercial angle of products of hydrolisis from soybean protein, and have done some work along lines of the manufacture of soy sauce and Sodium Glutamate by chemicals. If you feel that a closer cooperation between the Battle Creek Food Company and myself would be profitable commercially, I would be glad to discuss it with you. I am planning to give a paper on "Some Biochemical Aspects of Soybean Oil" at the Rochester meeting of the American Chemical Society, and am intending to drive from there to Ontario, Canada, With my family. It might be possible for me to return from Canada via Detroit, which is not far from Battle Creek. On Sep. 14-th I could stop for a day or two at Battle Creek (with my family) to discuss soya matters with you if you wish so.

In my last letter to you I inclosed a reprint of my paper on "Changes in Hens' Blood Produced by a Diet of Sprouted Soybeans" (Amer. Journ. of Physiology, Vol. 94, 1930, p. 65) where the antihaemorrhagic properties of soybean feeding are discussed.

Very sincerely yours,

A. A. Horvath

A. A. Horvath.

August 13, 1937

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

Dear Dr. Horvath:

I have your letter of August 10th.

After some months of experimentation we finally mastered very satisfactorily indeed the chemical questions involved. Since writing you I have put the problem up to my nutrition laboratory and in due time will have the last word on the vitamin question. I am satisfied that an actual experiment with the particular material we are using is the only way the question can be properly settled.

If you are passing this way this summer by all means drop in for a chat about the soy bean. I am thoroughly convinced that it is the most wonderful food product grown and it must have been of immeasurable service toe the Chinese.

Hoping to have the pleasure of a little chat, I am

Sincerely yours,

b

508 Watkins St.,
Ft. Wayne Ind
Aug 13, 1937.

Dear Dr. Kellogg: Will it be convenient for yourr Dietitian to show me how to make the soya-acidophilus on Tuesday or Wednesday of next week Aug 16th or 18th? I can get there about 10 A.M. (motor drive.)

I am sailing for India Sept 4th - but will leave for the East Aug 26th.

I trust I shall have the pleasure of meeting you too as Dr. Scudder often speaks about you.

Sincerely
Treva Marshall.

Treva Marshall, 508 Watkin St., Ft. Wayne, Ind. Aug. 13, 1937

JHK

Will it be convenient for your dietitian to show me how to make the soya acidopolis on Tuesday or Wednesday of next week, Aug. 17th or 18th. I can get there about 10 A. M. (will drive.)

I am sailing for India Sept. 4th, but will leave for the East Aug. 26th.

I trust I shall have the pleasure of meeting you to as Dr. Scudder often speaks about you.

Sincerely,

Treva Marshall

b

August 15, 1937

Mr. T. S. Meek, President,
The Three Score-and-Ten Club,
150 Southeast First Street,
Miami, Florida.

Dear friend Meek:

I have your letter of August 11th.

I am very glad indeed to hear from you and to know that you found your stay at Miami-Battle Creek beneficial. If you are feeling week it is not because you have left off meat. There are several reasons which might account for your weakness. Old age is of course a factor which must be reckoned with by persons who have attained the age of 80 years. I feel that way myself sometimes because I have not had enough food or the right kind of food or enough sleep or an insufficiency of vitamins. Sometimes some hormone is lacking as thyroid extract.

You need rest and institutional care, sun baths, fresh air baths and especially skyshine baths. You should take good care of your colon. See that it is well emptied every night. An enema every night has a wonderful energizing effect by lifting off a load due to the absorption of poisons over night when the colon is filled with putrefying material, one of the most common of all causes of that very unpleasant symptom, a tired feeling felt in the morning.

Mr. T. S. Meek, No. 2.

Probably if you would eat a beefsteak you would feel better, due to the stimulating effect of the uric acid, but you would not be better. The thing for you to do is to rest. You ought to have a few weeks at the Miami-Battle Creek. I earnestly advise you to take a month for rejuvenating treatment there. A week or two is not sufficient to bring about the changes necessary to make you radically better. It takes a month for new blood to be produced and even a longer time for the reconstruction of other tissues which is necessary before a substantial gain can be realized.

Sincerely yours,

b

August 15, 1937

Miss Treva Marshall,
508 Watkin St.,
Ft. Wayne, Ind.

Dear Miss Marshall:

I have your letter of August 13.

I shall be glad to see you even for a brief call, but you could not learn what it is necessary for you to know about the soy acidophilus milk in an hour or two. You ought to have several days, two or three at least. It is necessary for you to become familiar with the bacteriology of the Lactobacillu bifidus-acidophilus.

Acidophilus would be a marvelous help to you in India. It would enable you to deal with both acute and chronic colitis in a most satisfactory way. The quintuplets have been kept in good health by its use after having been cured of very several bowel trouble when they were four months old. Certainly several of them would not be alive today were it not for the use of this protective organism. I shall be glad to see you at any time and sincerely hope you will come prepared to stay long enough to master the technic which is a little difficult and of the utmost importance.

I took a great deal of pains to help Dr. Tysse and incurred quite a little expense, but have been great disappointed that she has done nothing with it.

It will be a great mistake to go back to India without

being prepared to make such use of acidophilus therapy as may result in saving the lives of many thousands, especially young children that without it will be sacrificed as there is no drug or combination of drugs that will accomplished what the soy acidophilus will do.

Assuring you of my deep interest in Dr. Scudder's work and that it is a pleasure to be of any possible service to you in preparing to help her, I am

Sincerely yours,

b

THE BIOCHEMICAL RESEARCH FOUNDATION
OF THE FRANKLIN INSTITUTE

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•
FREDERICK L. HOFFMAN, LL.D.

ADDRESS
133 SOUTH THIRTY-SIXTH STREET
PHILADELPHIA, PA.

August 16, 1937.

Dr. J. Harvey Kellogg,
Medical Director,
Battle Creek Sanitorium,
Battle Creek, Michigan.

My dear Dr. Kellogg:

I shall arrive in Battle Creek Monday morning, August twenty-third. I am looking forward to my visit with extraordinary interest, particularly after reading your very good book.

I am looking forward to meeting your associates, but am hoping that you will be able to make the examination. I am forwarding to you herewith an account of the case, but realize that this will not be complete enough for your purposes.

Looking forward to seeing you, I remain,

Yours very truly,

FLH:S

Frederick L. Hoffman

FRAGMENTS OF THE MEDICAL HISTORY OF F.L.HOFFMAN

As far as I know I never suffered from the ordinary infectious diseases of infancy with the possible exception of chicken pox. At the age of about 18 or 19 I had some respiratory troubly which however passed away. About 1894 I suffered from a digestive affection which left no serious after results.

My first serious illness occurred in 1919 during the influenza epidemic when I suffered a serious attack of encephalitis lethargica, diagnosed by Dr. Stengel of Philadelphia. I was much exposed to influenza during an investigation of the disease which I made in 1918 in California, Mexico and Arizona. I was in close contact with countless patients particularly on Indian reservations but as far as I know I suffered no infection whatever.

My case of encephalitis lethargica left me in a very weakened condition, particularly as regards my voice and my gait. In 1921 I made a tropical disease exploration in Northern South America lasting about seven months, during which time I was exposed to several infectious diseases, particularly malaria, but I suffered no infection whatever. I had previous to this time visited most of the southern countries and the West Indies, in connection with my malaria studies, often exposing myself recklessly but without a single instance of serious results.

In 1927 I suffered an almost fatal attack of lobar pneumonia,of which I have a complete record, which did not keep me from making a European journey that year. The maximum temperature reached during this illness was about 109° on the third or fourth day of my illness.

On April 22, 1927, urinalysis was negative in all essential points, with a specific gravity of 1025 and albumin 1 milligram per 100 cc.

On Feb. 14, 1930, specific gravity was 1009 and albumin 1 milligram per 100cc., no other proteins, chlorides slightly diminished, and urea normal. I had many urinalyses made during the next few years . On Oct. 2, 1934, specific gravity was 1025, no albumin, no sugar, no bile, and indican 8 mgm per 100cc.

On May 20, 1929 I was examined at the Buffalo City Hospital by Dr. Goodale. The examination showed slight enlargement of the heart, mitral systolic murmur, pulse 68, blood pressure 100/70, weak myocardium, vessels showing fairly marked sclerosis.

On November 23, 1931 I was examined by Dr. Ragle of Boston, showing abbasal rate estimation of minus ten, which is within normal limits.

At this time I suffered much from excessive salivation and began taking Bellafoline - 3 tablets a day. I learned that Bellafoline contains twenty-five milligrams of the total alkaloid of belladonna leaves and probably some atropine. The salivation has continued, being less trying now than formerly, due to the use of Bellafoline.

On Oct. 11, 1933, I was examined by Dr. Fischer of the Fischer Laboratories of Chicago, concerning the condition of my heart.

On Jan. 23, 1934, I had a blood examination at the Laboratory of the Prudential showing red blood cells, 4,370,000, white cells, 7,500, hemoglobin, 14 grams per 100 cc, no reticulocytosis and no basophilic stippling.

On Feb. 9, 1934, at the suggestion of Dr. Ragle, I was examined by Dr. Tracy Putnam of the Massachusetts General Hospital, who recommended X-Ray treatment for the excessive salivation but it was ineffective and soon discontinued.

On March 21, 1934, I was examined by Dr. Chester Brown, Medical Director of the Prudential; The results showed blood pressure 105-78, urine normal in all respects, the electrocardiogram was without fault and the x-rays evidenced no indication of active abnormality.

On April 18, 1934, I had a blood test at this Laboratory, showing my pH, 7.38, while on July 11, 1934, it was 7.44.

Specific gravity was reported on Feb. 8, 1935, by Dr. Reimann of the Lankenau, as 1022, all the rest of the findings being negative. Hemoglobin was 88%, red blood cells, 4,380,000 and white blood cells, 5,700. I did not feel very well these days being rather weak and easily exhausted.

On July 3, 1935 I received electrocardiogram from the Prudential, showing no abnormalities. The chart can be furnished if desired.

On Nov. 21, 1936, according to a blood examination made at this Laboratory, my pH was 7.38.

On Nov. 19, 1936, I was examined by Dr. MacKenzie of the Prudential, the results of the blood test all being negative. I later on had an examination made by Dr. Bortz, at Dr. MacKenzie's suggestion, and Dr. Brotz wrote me in part as follows;

> In a critical examination of the blood specimens this morning, the hemoglobin registered 91%, erythrocytes 4,600, leukoctyes 7,500, color index .98, polymorphonuclears 63%, lymphocytes 33%, monocytes 1%, eosinophils 3%. Study of the morphology of the red blood cells reveals no abnormality. The blood sugar on a double check is 100 milligrams. The urine shows the slightest trace of albumin, a few white blood cells and some mucus. This report is essentially satisfactory. I am particularly pleased with the complete blood count and the blood sugar. It means that with proper attention to the blood and control of the circulatory system you should have quite a few years of happy and useful living. It is necessary that youcontinue the liver for its splendid regenerative influence on the nerve cells. The capsules for which you received a prescription this morning will adequately control your pulse rate, as long as you do not misbehave and over-exert yourself.

About this time I commenced taking treatment for my throat with Dr. Babbitt and have continued the treatment. I suffer from speech difficulties which make it hard for me to be understood by those who do not know my language. I also have some trouble swallowing cold water, which has been present for several years. I noticed the first difficulty in swallowing cold water in 1921 when I had pneumonia.

My last blood test was in April, 1937, showing my pH to be 7.36, hemoglobin 100%, red blood cells 5,170,000 and white blood cells 6,600.

I omitted to say that in 1934 I had a slight attack of broncho pneumonia which kept me in bed for about three days.

During the last five years I have suffered more or less from indigestion and heartburn, and take one or two Antacid tablets every day, but the condition is not very serious.

My main trouble at the present time is a feeling of exhaustion and constant drowsiness and a desire to sleep. I suffer from lack of appetite, and as stated before, ffom excessive salivation. As far as I know my blood pressure had slightly increased and the former extreme semsitiveness to cold has almost disappeared. I can now bathe in cold water without serious trouble when formerly I would shake and shake even in warm water. I attribute this improvement to the higher blood pressure which is probably 110 at the present time.

My weight during the last 10 or 15 years has been practically stationary at 132 pounds. It has been as high as 135, but my appetite is poor and my food intake small. I occasionally suffer from a slight attack of vertigo during walks which I have cut down to about 2 miles a day. Walking more than two miles is exhausting. On the whole I feel better now than I have for a long time and attribute most of my present trouble to my digestive trouble which I shall explain to you when I see you.

I also omitted to say that about 1930 I had an operation by Dr. Matas of New Orleans for hydrocele, with no recurrence.

Finally I have a slight tremor in my left hand, a Parkinsonian after-effect of the encephalitis lethargica. I have taken injection treatment four times, twice in San Francisco, and twice in Philadelphia, which I shall also explain to you when I see you.

This is about as complete an account as I can render from exact data and recollections.

July 30, 1937

JOHN RIDLON, M. D.
SEA VIEW AVENUE
NEWPORT, RHODE ISLAND

Dr. Jean Piccard
Department of Aeronautics
University of Minnesota

Newport, Rhode Island
August 16, 1937

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

My dear Dr. Kellogg:

Mother has shared with me your recent letters. Dr. Piccard and I are expecting to pass through Battle Creek early next week on our return trip to Minneapolis. We are going to spend the weekend of Saturday and Sunday, August 21st and 22nd at the Dearborn Inn, Dearborn, Michigan, where we will meet our two youngest sons, who have been in camp for the past few weeks. We plan to leave Dearborn in the early afternoon, heading for Chicago, and it is my memory that on previous trips we have passed through Battle Creek. If you are going to be at home Monday afternoon, late it would give us great pleasure if we might have the privilege of calling on you and presenting my mother's greetings. With cordial regards,

Very sincerely yours,

Jeannette Piccard

Jeannette Piccard

JP:VJ

August 17, 1937

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

Dear Prof. Fisher:

Thank you very much for yours of August 9th and the paper enclosed. I am glad to see that your idea of stabilizing the dollar has proved successful in practical use. I am particularly interested in noting that the Reichsbank considers stabilizing the dollar at home is so advantageous that the influence on foreign trade may be ignored.

Sincerely yours,

Jhk B

Professor Irving Fisher, 460 Prosect Street, New Haven, Conn. August 17, 1937

JHK

I will answer your letter soon.

The enclosed is re the O-three as used by a man 77 years old with "incurable" prostatic and infected bladder trouble. He took O-three per anus.

If O-three circulates it may be the answer to (bacteriological) old age.

I hope you will test it soon in various ways.

It merely releases nascent oxygen.

b

Yale Club
Vanderbilt Avenue and Forty-fourth Street
New York

Aug. 17, '37

Dear Dr. Kellogg

I'll answer your letter soon.

The enclosed is re the O-three as used by a man 77 years old with "incurable" prostatic & infected bladder trouble. He took O-three per anus.

If O-three circulates it may be the answer to (bacteriological) old age.

I hope you will test it soon in various ways.

It merely releases nascent oxygen.

Yours ever

Irving Fisher

MAURICE A. BIGELOW, Columbia University, Chairman. RAY LYMAN WILBUR, President Stanford University; EDWARD L. KEYES, Honorary President American Social Hygiene Association; HOMER FOLKS, Secretary State Charities Aid Association; WILBUR A. SAWYER, Director International Health Division, Rockefeller Foundation; THOMAS PARRAN, Surgeon General U. S. Public Health Service; MARY E. WOOLLEY, President-Emeritus Mt. Holyoke College; W. F. MORGAN, President National Society for Prevention of Blindness.

COMMITTEE TO ARRANGE A CELEBRATION IN HONOR OF WILLIAM FREEMAN SNOW, M.D.

ROOM 922 · THIRTY ROCKEFELLER PLAZA · NEW YORK

August 18, 1937

Dr. John Harvey Kellogg
Battle Creek, Michigan

Dear Dr. Kellogg:

"There are hundreds, if not thousands, of Public Health workers whose efforts today are being directed along lines which Dr. Snow has marked out or through agencies which he has inspired but who are probably unaware of his leadership. Such is often the reward of modest, unselfish endeavor."

These words of a great banker and civic leader express the opinion of many of us about the devoted service to which William Freeman Snow has given the best years of his life. To pay deserved tribute to him while he is still active in his great work, this committee has been formed to plan a dinner at the Waldorf-Astoria on Friday evening, October 1st at 7.30 P. M.

From the days on the Stanford Campus, through the stress of the Great War, which brought from the League of Nations an international appreciation of him as "one of the best that America has sent us", down to the present day when a whole people finally aroused to the gravity of syphilis and gonorrhea as national health menaces turn to him and his disciples for guidance, this genuinely modest man has been able at all times to subordinate his personal interests to the cause which he serves.

Of the record of the American Army during the Great War, Secretary Newton D. Baker has said, "Dr. Snows's contribution was direct, personal and conspicuous."

It is our belief that you will take genuine pleasure in associating yourself with the distinguished men and women in all walks of public life and from all sections of this country and of Europe who are joining together to sponsor this celebration in honor of William Freeman Snow, M. D. who was called by the late Dr. Charles W. Eliot, "the most effective man in the field of public health."

We are quite sure you realize how much all of us are indebted to Dr. Snow and how truly David Starr Jordan spoke, when, just before his death he said, "Dr. Snow is one of the most useful men that Stanford has sent out and few men who have obtained the prominence in public life that he has, have made so little effort to secure public notice." It is for this reason that we have constituted ourselves a committee to do him honor at this time.

In accepting a place among the sponsors of this event you will be incurring no liability, but we sincerely hope that you will be present in person and will invite others also to attend. As the time is short in which to complete our plans we hope that you will accept at once, and let us know your suggestions as to how we may make this event a worthy and fitting tribute to a great man.

Sincerely yours,

M A Bigelow

Maurice A. Bigelow
Chairman

MAB/om

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

August 18th, 1937

My dear Dr. Kellogg:

We should like very much indeed to have a framed and autographed photograph of yourself to hang on our walls in the corner set aside for photographs of our distinguished honorary alumni. The size of this photograph and the style of framing are immaterial. Just use your own judgement.

Looking forward to receiving this photograph and with very best wishes, I am

Heartily yours,

Thornwell Jacobs,
President

1207-A

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

August 19, 1937 19

To Mrs. Jeannette Piccard,

Street and No. Seaview Avenue,

Place Newport, Rhode Island.

THE BATTLE CREEK SANITARIUM WILL BE GLAD TO WELCOME DOCTOR AND MRS. PICCARD AS HONORED GUESTS NEXT MONDAY.

John Harvey Kellogg

b

Sender's address for reference

THERE IS NO DEPENDABLE SUBSTITUTE FOR WESTERN UNION TIME

Sender's telephone number

August 19, 1937

Dr. Frederick L. Hoffman,
The Biochemical Research Foundation,
13 South 36th St.,
Philadelphia, Pa.

Dear Dr. Hoffman:

I have your letter of August 16.

We will be looking for you Monday and will be pleased to see you. We have a big crowd here, over 600 people, and we are all kept very busy but will find time to put some data in your hands which I hope you will find interesting and profitable.

Sincerely yours,

b

August 19, 1937

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

Dear Prof. Fisher:

I have your letter of August 17th enclosing a letter from a man who is using O-three. The man is doing so many other things, each one of which is fully as highly recommended as O-three and offers just as good a rationale for its use, so that I do not see that the evidence is at all conclusive. Cases of this sort are always fluctuating, better and worse and then better again and worse again.

I have a patient in mind who has a similar trouble and who is doing nothing at all except taking care to keep his intestinal tract aciduric in order to prevent putrefaction and taking no medicines of any kind, but a highly alkaline diet, avoiding both eggs and meat, and he has the same experience. At times all symptoms of his trouble disappear and then they return apparently without cause, evidently due to variations in his general condition such as fatigue, loss of sleep, taking a slight cold, etc. Anything which raises or lowers resistance will evoke this trouble.

I am interested in what you have written me about O-three, but one thing which impresses me is the fact that it is nothing new in principle. The properties of nascent oxygen are well known and have been very thoroughly studied. It is antagonistic to germ life, but nothing like so dependable a germicide as some other things. The oxygen in the blood is of the active sort. It is concentrated in the

red blood cells just as oxygen is concentrated in platinum black, and this is one thing that accounts for its activity as an oxidizing agent in the body.

In making a thorough test of this remedy it is necessary to compare it with other remedies under exactly similar conditions or conditions as nearly similar as possible.

Sincerely yours,

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 20th, 1937

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

My dear Dr. Kellogg:

Thank you for yours of July 28th. I have been out of town and without a stenographer a good deal of the time; otherwise I would have written you more promptly.

First, as to your participation in the symposium in my new book "How To Live", I would like to have you write at least two of the appendices; one on meat eating and the other, on colon hygiene. The appendices in general will be over 1,000 words each and under 5,000. There must, of course, be some elasticity so that I dislike to state the exact number. I would think about 3,000 as most desirable. You can depend for further elaborations on the references given to authorities quoted.

Dr. Haven Emerson has sent in his on alcohol. It is ideal in every respect. It is about the right length, contains facts primarily and ends with a bibliography of references which will enable the reader who so desires to check up on the various statements made and read more facts.

In case I cannot cover the other subjects which I wrote to you satisfactorily in any other way, I may ask you to write a third or even a fourth appendix but I think it will be a mistake in general to have any one writer furnish more than two.

I would like to have all the material on hand by October 1st.

As to O-Three, I will write to Mr. Johnson suggesting that he send you some further samples. I wonder if you have mislaid those already received ~~or~~ as if some were sent you and you now say that you have not had time to use it.

I note what you say about the absorption power of the skin. I assume that the colon mucous membrane, the mouth, the throat and the lungs are much more absorbant. I have used O-Three as a gargle and a mouth wash. I sent you recently a statement from my friend, Carl Barth, as to his experience with its being injected into the anus.

Those who have studied the product apparently believe that it is not injurious to the body tissues as it consists only of olive oil and ozone turned into nascent oxygen when released. It can be poured into open wounds.

I enclose an article by a professor in Columbia on the substance.

I note what you say in regard to Sonotone. Recently the president of Sonotone wrote me to ask if I could induce you to write something that could be quoted.

I do not wish, however, to urge you to do this especially if this is against any rule you have. I do know that physicians and otologists have written in unsolicited statements and stated that they were so much interested that they would be very glad to be quoted. A statement which I can transmit to Sonotone as from you, if you consent, is the second paragraph of your letter. This reads as follows:

> "I have been using the Sonotone for a few days and like it very much. It is certainly a great improvement over any portable instrument I have ever seen before and I am sure I have tried all of the best ones."

In case you have no objection to its being quoted I will transmit it but of course will wait to hear from you before doing so. If the statement still holds, you may want to authorize substitution possible of "few weeks" for "few days"?

I am sorry to hear that you are working so hard. I have always believed that your greatest influence would be to be like Cornaro, as a land-mark in history for longevity and total amount of work done. I fear that the total amount of work done will be lessened by doing it so unphysiologically fast so as to end your days pre-maturely.

I remember that you once stated to me that you could smell nicotine exuded through the pores of the skin by a patient in a Turkish bath. It would seem from this that the nicotine is absorbed by the mucous lining of the mouth into the blood stream. Are you sure this is true? I do not wish to state it in "How To Live" unless you are absolutely sure. Recently, a man to whom I made the statement said he thought it would be impossible.

Of course, a man who reeks of tobacco would carry it with him in a Turkish bath, in his hair for instance, and it requires some real discrimination to be sure that the smell comes from the pores.

As ever.

Sincerely,

Irving Fisher

IF:M

Enc.

August 22, 1937

Dr. Thorawell Jacobs,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Doctor:

I have your letter of August 18th.

I am surprised that you care to have my physiognomy displayed in your classical halls. Nevertheless I will comply with your request and have ordered a photograph framed and sent you which I hope will reach you in due time.

Trusting that your famed university is prospering in every particular, I am

Sincerely yours,

b

August 22, 1957

Mr. Maurice A. Bigelow, Chairman,
Room 922,
30 Rockefeller Plaza,
New York City.

My dear Sir:

I have your letter of August 18.

I am glad to know of your most praiseworthy project. Dr. Snow is certainly deserving of great credit for his activities before and during the war and since. During the war I and several of my colleagues cooperated actively with Dr. Snow and his association and made quite liberal contributions of money and the personal help of two of our physicians.

I am very glad to be associated with you in doing honor to Dr. Snow.

Sincerely yours,

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

1937 AUG 23 PM 1 58

Z102 36 DL=AS DEARBORN MICH 23 104P

DR JOHN HARVEY KELLOGG=

BATTLECREEK SANATARIUM

MANY THANKS FOR YOUR KIND INVIATION WE HAVE BEEN DELAYED HERE STOP HOPE TO START TUESDAY MORNING ARRIVE BATTLECREEK TUESDAY AFTERNOON STOP WILL WIRE YOU AGAIN IN THE MORNING LOOKING FORWARD TO VISIT WITH YOU CORDIALLY=

DR AND MRS JEAN PICCARD=

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FREDERICK RAND ROGERS, Ph.D., *Director of Physical Education, Boston University.*

MARY D. SWARTZ ROSE, Ph.D., *Professor of Nutrition, Teachers College, Columbia University.*

THOMAS A. STOREY, M.D., *Professor of Hygiene and Physical Education, Stanford University.*

CLAIR E. TURNER, Dr. P.H., *Professor of Biology and Public Health, Massachusetts Institute of Technology.*

HENRY F. VAUGHAN, Dr. P.H., *Commissioner of Health, Detroit, Mich.*

THOMAS D. WOOD, M.D., *Professor Emeritus of Health Education, Teachers College, Columbia University.*

VITALITY RECORDS

26 WEST 44th STREET
NEW YORK, N. Y.

Founder:
IRVING FISHER,
Professor Emeritus of Economics
Yale University

Treasurer:
AUGUST S. HOLMQUIST,
Auditor Life Extension Institute

August 23rd, 1937

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

My dear Dr. Kellogg:

I am sending you enclosed a blank copy of the VITALITY RECORDS Questionnaire with the request that you fill in the ideal answers not regarding yourself. I am trying to find out what a selected group of authorities on individual hygiene believe to be ideal health habits as well as ideal health antecedents, etc. The special object is to help me grade the replies to the questionnaire, of which I now have over two hundred.

Kindly return the questionnaire to me in the enclosed self-addressed envelope which requires no postage.

Hoping that you may be able to spare the time to comply with my request, I am.

Very sincerely,

Irving Fisher

IF:M
Enc.

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

1937 AUG 24 PM 12 33

RXZ106 9=AS DEARBORN MICH 24 1226P

DR JOHN HARVEY KELLOGG=

BATTLECREEK SANATARIUM

LEAVING DEARBORN SHOULD ARRIVE BATTLECREEK ABOUT TWO OCLOCK

REGARDS=

DR AND MRS JEAN PICCARD=

THERE IS NO DEPENDABLE SUBSTITUTE FOR WESTERN UNION TIME

August 24, 1937

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

Dear Prof. Fisher:

I have your letter of August 20.

It may not be possible for me to get those articles ready for your book before I leave here. I am just overwhelmed with work-- the Food Company, the Sanitarium, and Good Health-- and I really have as much work as four men ought to do. It may not be possible to get it ready before I get back to Florida where I will not be quite so crowded. That will be about November 1.

I have not had time to give the O-Three a thought.

I doubt if many people know what it is to be absolutely occupied except a busy housekeeper. I am actually working every minute that I am not asleep and am compelled to do so to keep the situation in hand.

As regards a statement respecting the Sonotone, it would doubtless be worth something to the Sonotone people, but it would be a decided detriment to me as it would be an advertisement of the fact that my hearing is impaired, which is no advantage whatever to a professional man. On this account I think I ought to decline to grant the request.

As regards the amount of work I have to do, it is not a matter of choice at all. I simply do the things that absolutely have to be done and that I can not get some one else to do.

As regards the absorption of nicotine there is not the smallest question about the absorption of nicotine whether taken in liquid form or in the form of vapor. The perspiration of heavy smokers continues

to smell of nicotine for several days after they have stopped smoking and notwithstanding the fact that they have been taking sweating baths and other baths every day.

I am glad to know that Dr. Haven Emerson has written such a fine article on alcohol. If possible I shall be very glad indeed to look this over.

I think as you do that you ought not to have too many articles written by one person.

I have never had a chance to devote the time to my writing I should like to have done and ought to have done to do myself justice, for I have always been overworked since I was a boy of ten and had no opportunity for leisure at all and no vacations and have had every day more work to do than I could possibly get through. This seems an exaggerated statement, but is the literal truth. On the few occasions when I have left home for a vacation or an absence I have had to take along more work than I could finish before I returned.

I am anxious, however, to do all I can to cooperate with you in your effort to spread light about right living and will do the best I can for you as soon as I get an opportunity.

We are having a very busy summer, crowded with patients, more than 600, the largest crowd we have had since 1929.

As you know, Dr. Eggleston is dead. The cause was thrombosis of the coronary artery due to disease of the arteries, no doubt the result of the chronic autointoxication from which he suffered but refused to recognize.

Dr. Mortensen has sold his home and resigned, his resignation to take place October 1. The reactionary spirit which they encouraged has almost entirely disappeared and the principles which I have sought to establish

are getting on a better basis than ever. There is every prospect and expectation of receiving full and hearty cooperation from now on. I have suffered great embarrassment and annoyance for some years from which I hope I shall be excused in the future.

Greatly appreciating your loyal friendship, I am

Sincerely yours,

VALLEY MILL FARM
GREAT VALLEY MILLS
PAOLI, PA.

August 26, 1937

Mr. J. Harvey Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Mr. Kellogg:

One of your patients at Battle Creek has advised me that we should look into Soy Bean as a food. He told me that you had made some experiments at Battle Creek and that you had found Soy Bean Meal an excellent benefit in intestinal disorders. He also advised me that Acidophilus Bacteria would find Soy Bean a friendly medium and for this reason would be helpful for intestinal disorders.

Can you send me information relative to this matter or any data or leaflets describing your investigations?

Thanking you in advance for any information you may send me, I remain

Very truly yours,

Richard Haughton

RH/js

August 29, 1937

Dear Doctor:

We all recognize, or at least should do so, that the patient should be impressed with the importance of carrying out at home as fully as possible biologic practices which they find beneficial here in order to further develop and maintain the improvement which they made while here.

Miss Angie Ketill, who is head dietitian, will be glad to see any of your patients and to assist them in planning a biologic home program and will cooperate with you in carrying out any suggestions you may offer in cases you may refer to her. Any patients you may refer may be sent to the Medical Office.

John Harvey Kellogg

b

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TELEPHONE
2-9950

August 30,1937

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

Dear Dr.Kellogg:

Your esteemed favor of August 15th duly received.

Allow me to thank you for your kindly interest and suggestion. I am sure you are giving me good advice and so far as I am able at home to do so, am observing your suggestions.

I haven't eaten that enticing beefsteak yet and am sticking closely to vegetables, fruits and milk.

The short stay of two weeks and two days ,which I had the pleasure of spending at the Miami Battle Creek, did me a lot of good and taught me much that I shall profit by in the future.

I sincerely wish that it were possible for me to adjust circumstances so that I could spend a full month at Miami Battle Creek. But, unfortunately, "circumstances alter cases", and when one can't do the best thing, it is necessary to try the next best.

I sincerely hope that your own health is as wonderful as it appeared to be when I last saw you, and that you may be spared in health and strength to serve your fellowmen for many happy years to come.

Sincerely yours, in the bonds of

THE 3-Score-10

T.S.Meek, President

August 31, 1937

Willimina Wayne Walsh, Secretary,
Committee on Meetings and Publications,
The American Public Health Association,
50 West 50th St.,
New York City.

Dear Madam:

Enclosed find a copy of my paper together with ten copies of a brief abastract. I will send you 100 mimeographed copies of the abstract within a few days as you request.

Sincerely your,

b

August 31, 1937

Admiral R. E. Byrd,
9 Brimmer Street,
Boston, Massachusetts.

Dear Admiral Byrd:

I have yours of August 19.

I had no idea of exploiting your picture either in the newspapers or in the magazines. I am not doing magazine advertising, and wish to use the picture in circulars for direct mailing.

We find it necessary to do something for our Lacto-Dextrin publicity to counteract the effect of a horde of imitators who are on the market with more or less meritricious products.

I hope you are keeping well.

I just had a visit from Professor Piccard and his wife. They joined the Aristocracy of Health together with their two sons.

You seemed to be in remarkably fine physical condition when I met you in Florida. I hope that you are still keeping well through careful attention to biologic ideals.

Sincerely yours,

b

August 31, 1937

Mr. J. H. Haas:

Please see that the picture of Admiral Byrd is used in accordance with my agreement.

J. H. K.

b

The Aristocracy of Health

Application for Membership

Desiring to acquire information concerning the ideals and methods of BIOLOGIC LIVING and especially the newer knowledge of nutrition and methods of rejuvenation and race betterment through individual hygiene, eugenics and other means for promoting super health, and

Desiring to associate myself with other like-minded persons in keeping step with the great progress being made in recent years through scientific research regarding means for conserving health and physical and mental efficiency and the achievement of maximum longevity, I wish to become an

Member of the Aristocracy of Health

and will cooperate with other members in spreading information about the work of the association in combating the use of alcohol, tobacco and other injurious habit-forming drugs and race-destroying agencies.

Name Paul Piccard

Street and No. 1445 E. River rd.

City Minneapolis State Minn

Date 8-24-37

Address: The Aristocracy of Health, Battle Creek, Michigan

The Aristocracy of Health

Application for Membership

Desiring to acquire information concerning the ideals and methods of BIOLOGIC LIVING and especially the newer knowledge of nutrition and methods of rejuvenation and race betterment through individual hygiene, eugenics and other means for promoting super health, and

Desiring to associate myself with other like-minded persons in keeping step with the great progress being made in recent years through scientific research regarding means for conserving health and physical and mental efficiency and the achievement of maximum longevity, I wish to become an

Member of the Aristocracy of Health

and will cooperate with other members in spreading information about the work of the association in combating the use of alcohol, tobacco and other injurious habit-forming drugs and race-destroying agencies.

Name Jeanette Piccard (Mrs. Jean)

Street and No. 1445 E. River Rd.

City Minneapolis State Minn

Date August 24, 1937

Address: The Aristocracy of Health, Battle Creek, Michigan

The Aristocracy of Health

Application for Membership

Desiring to acquire information concerning the ideals and methods of BIOLOGIC LIVING and especially the newer knowledge of nutrition and methods of rejuvenation and race betterment through individual hygiene, eugenics and other means for promoting super health, and

Desiring to associate myself with other like-minded persons in keeping step with the great progress being made in recent years through scientific research regarding means for conserving health and physical and mental efficiency and the achievement of maximum longevity, I wish to become an

Member of the Aristocracy of Health

and will cooperate with other members in spreading information about the work of the association in combating the use of alcohol, tobacco and other injurious habit-forming drugs and race-destroying agencies.

Name Don. L. Pinard

Street and No. 1445 E. River rd.

City Minneapolis State Minn

Date Aug. 27, 1937

Address: The Aristocracy of Health, Battle Creek, Michigan

The Aristocracy of Health

Application for Membership

Desiring to acquire information concerning the ideals and methods of BIOLOGIC LIVING and especially the newer knowledge of nutrition and methods of rejuvenation and race betterment through individual hygiene, eugenics and other means for promoting super health, and

Desiring to associate myself with other like-minded persons in keeping step with the great progress being made in recent years through scientific research regarding means for conserving health and physical and mental efficiency and the achievement of maximum longevity, I wish to become an

Member of the Aristocracy of Health

and will cooperate with other members in spreading information about the work of the association in combating the use of alcohol, tobacco and other injurious habit-forming drugs and race-destroying agencies.

Name Jean Piccard

Street and No. 1445 E. River Rd

City Minneapolis State Minn

Date Aug. 24, 1937

Address: The Aristocracy of Health, Battle Creek, Michigan

September 1, 1937

Dr. Frederick L. Hoffman,
Sanitarium.

Dear Dr. Hoffman:

I have just had the pleasure of reading your letter of August 4th from Sir Arthur Hurst whom I had the pleasure of knowing. I think there is much truth in what Sir Arthur says about the damage received from purgatives. I indeed think it is entirely possible that if intestinal stasis were always treated by proper regulation of diet and the use of the simple enema, the injuries to the intestine which produce chronic irritation and resulting morbid growths and cancerous degeneration might not occur. There is abundant evidence that Sir Arthur is entirely correct in the statement that cancer of the stomach is secondary to chronic gastritis and gastric ulcer, but in my opinion both of these conditions are due to ascending infection which has its origin in the colon and is usually the result of intestinal stasis. It may be caused by errors in diet, loss of the protective intestinal flora resulting from infection and even from worry, fear, exhaustion and other psychic and nervous influences. The mechanical cause resulting from dyschezia undoubtedly has a very direct influence as a cause of cancer.

Sincerely yours,

b

P. S. In rereading Sir Arthur's letter I find I am entirely in accord with him. He uses the word <u>constipation</u> in a more restricted sense than is customary in this country, so that on first reading I got a wrong impression. If I understand his letter properly, I believe him to be entirely right in his conclusions and there is no man in the world better qualified to speak on the subject than Sir Arthur.

I would only add that since constipation is the occasion for the use of purgatives, it becomes indirectly a cause of the cancers which result from the use of purgatives to relieve a condition which should be treated by diet and other physiologic measures. It is to be remembered also that the stomach receives the brunt of all the damage done in the use of purgatives, for the drug reaches the stomach and duodenum in its most concentrated form. Nothing could be more irrational than the oral administration of laxative drugs to remedy a condition which exists 25 or 30 feet distant.

September 2, 1937

Mrs. Henri Tissier,
The Pasteur Institute,
Paris, France.

Dear Mrs. Tissier:

Twenty-five years ago I had some correspondence with your husband who for a time acted as consulting bacteriologist to the institution of which I have charge, the Battle Creek Sanitarium, circulars of which I am sending you under separate cover. He sent me a culture of the bacillus bifidus which he had discovered in the stools of infants. A few years later I learned through an associate, Dr. Martin who visited your husband in Paris, that Dr. Tissier had begun using the bacillus bifidus as a means of changing the flora in the treatment of invalids. Dr. Tissier told me that he had succeeded in a few cases, one of whom was yourself, in making a complete change in the intestinal flora.

I am preparing a paper to read before the American Public Health Association in which I mention Dr. Tissier's work. I would consider it a great favor if you will answer a few questions for me as I wish to make use of the data in making known in this country the fact that to Dr. Tissier rather than to Metchnikoff is due the credit for having devised a successful method of changing the intestinal flora. Dr. Tissier's discovery has been of very great service to me and I want to make the world acquainted with the great service which he rendered.

Here are the questions:

1. What was the date of Dr. Tissier's death?

2. About what date did he begin the use of cultures of

bacillus bifidus for changing the intestinal flora?

3. Did he write any papers on the subject of changing the flora by the use of bifidus or did he leave any notes pertaining to this subject? If he did I shall be very glad to receive the same if possible to do so and to make whatever compensation may be required.

4. If you have any relics or mementos of any sort formerly belonging to Dr. Tissier which you would be willing to send to me to be placed in the museum of Battle Creek College to help keep in remembrance in this country his great contribution to human welfare, I would be glad to know about them and also to learn from you what compensation would be satisfactory, as I am very desirous to see justice done and credit given where it belongs.

5. If Dr. Tissier's original cultures of bifidus have been kept alive in a laboratory in the Institute or in his private laboratory, I should be glad to have a tube of the culture sent to me.

Hoping I may have the honor and the pleasure of hearing from you and with greatest respect I remain

A devoted admirer and grateful pupil of your husband,

b

TEL. RIVERSIDE 9 - 5321

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Sept.3, 1937.

John Harvey Kellogg, M.D.,
Medical Director of Battle Creek Sanitarium,
Battle Creek,
Mich.

Dear Kellogg:

Your good letter of the 8th ult., reached me in due time. Like you, so do I long for an opportunity to have a good long chat with you. There are so many things which are of mutual interest that the discussion of them would do us both good, and as for myself, I know a talk with you would benefit and inspire me. If I can persuade Mrs. Knopf to accompany me, I may manage to get away sometime during the Autumn months and pay a short visit to Battle Creek. Mrs. Knopf has never been there and since she is virtually a vegetarian, she probably will consent to go.

Now, to return to my letter of July 7th in which I stated 'Japan wants a large population and men for cannon fodder'. The events of the last few weeks have alas shown how true this statement was. My heart goes out to poor peace loving China which Japan would wish to dominate or swallow up entirely. I wonder when and how the conflict will end!

I appreciate your kind comment on my contributions to the literature of medicine. They do not compare with the invaluable services you have rendered in demonstrating practically the value of Hydrotherapy, Heliotherapy, Mechanotherapy, and the harm done by tobacco, alcohol, narcotic drugs and excessive meat diet. Your inaugerating Race improvement movements have been of lasting benefit. The institution you founded is an example of what enthusiasm, devotion to high ideals and unselfish service can accomplish. It will be a lasting monument long after you and I have passed in to the Great Beyond.

I am enclosing to-day the latest product of my pen and near our hearts. I say advisedly 'our' hearts, for I know that little children, helpless, homeless, and often cruelly treated, are and always have been near your heart as well as to mine.

I shall appreciate your opinion raised in my brochure on the three issues; Child Labor, General Medical Examination, and the creation of a Federal Department of Health.

Write me when the spirit moves you and believe me, as always,

Your faithful friend,

S. A. Knopf

CHILD LABOR

AND THE NATION'S HEALTH

By DR. S. ADOLPHUS KNOPF

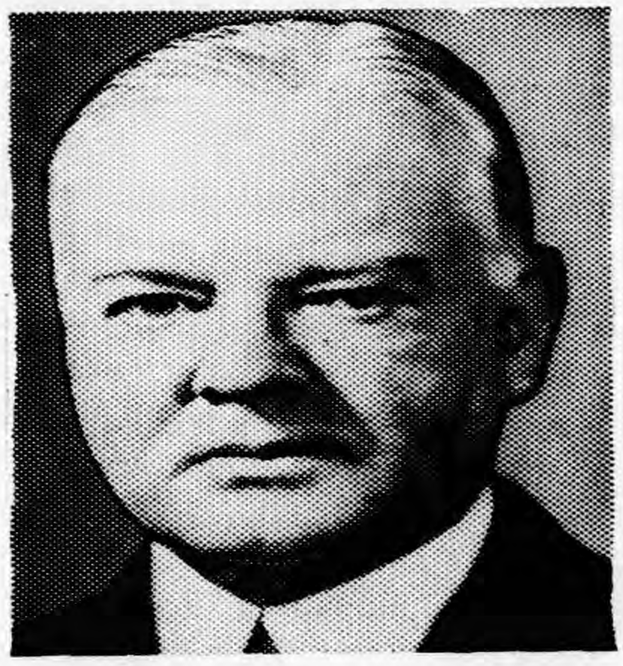
Major Medical Officers Reserve Corps (Aux.),U.S.A. Formerly Professor Phthisiotherapy at theNew York Post Graduate Medical School, Columbia University; Consulting Physician to the Riverside Tuberculosis Hospital, New York; Gabriels Sanatorium, Gabriels, New York; West Mountain Sanatorium, Scranton, Pennsylvania; Bruchesi Tuberculosis Institute, Montreal; Author of International Prize Essay "Tuberculosis As a Disease of the Masses and How to Combat It,""Heart Disease and Tuberculosis," "Overcoming the Predisposition to Tuberculosis in Children," etc.

THE PRESIDENT
Asks Amendment

Dr. Knopf is an American physician of international reputation and well-known by his several text-books on tuberculosis in English, French, and German, and his numerous contributions to medical and lay journals on subjects such as diagnosis, prevention and cure of tuberculosis, diaphragmatic respiration, hygiene, eugenics, birth control, medico-historical and psychological subjects, and cremation vs. burial, etc. He is the author of this work dealing with child labor in its relation to tuberculosis and the nation's health at large. His conclusions are based on many years of experience and research as a general practitioner, tuberculosis specialist, hygienist, and sanitarian. The work is intended as much for the lay world as for the medical profession and written in simple non-technical language. Regarding the Child Labor Amendment, Dr. Knopf hopes to make the legislators and general opponents understand their serious error in defeating it. A general defeat would spell an increase not only in tuberculosis but in many other serious infectious diseases to which a child's system, stunted physically and mentally by child labor, becomes particularly susceptible. If undernourishment is added to the enfeebled system of the child laborer, conditions are ideal ground for the invasion of the tubercle bacillus. Dr. Knopf pleads for sun, food, play, and education for American children and glories in the advocacy of the Child Labor Amendment by President Roosevelt, ex-President Hoover, Governor Nice of Maryland, and Governor Lehman of New York, which shows that these distinguished gentlemen do not allow their political affiliations to interfere with their conscience when the health of the American child is at stake.

In that portion of the booklet which deals with the health of the nation at large, many interesting facts concerning causes and prevention of inherited and acquired serious diseases of children, adolescents, men and women, single and married, are dealt with. Certain breathing exercises which originated in this country but were copied by a German professor are mentioned as helpful in the prevention and cure of tuberculosis, heart disease and other afflictions. Dr. Knopf makes various suggestions which he hopes, by the creation of a Ministry of Public Health, cooperating with the medical profession at large, will result in reducing tuberculosis, maternal and infant mortality, venereal diseases, insanity, etc. and ultimately making our nation physically and intellectually the strongest of all civilized nations.

As to Dr. Knopf's reputation and ability as a medical teacher, author and enthusiastic antituberculosis worker, we will quote only a few of the comments: That great American surgeon, scientist, and philanthropist, ***George Crile, M.D., Ph.D., Sc.D.,*** Brigadier General in the Medical Officers Reserve Corps, speaks of Dr. Knopf as follows: "I have followed at a distance his work against tuberculosis and its strong influence in that work and I cannot help but think that the great reduction of the disease, is directly due to that influence." ***The Medical Record*** of New York calls Dr. Knopf "the pioneer in the antituberculosis work in the United States." ***The Journal of Physical Therapy*** mentions him as "an expert in the treatment of tuberculosis." He was chosen as official delegate to represent our Government at the tuberculosis congresses in London, Paris, Washington, and the Hague.



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The Berlin Congress conferred upon him the International Congress Prize for his essay on "Tuberculosis as a Disease of The Masses and How to Combat It," which has been translated into thirty languages.

Dr. Knopf's reputation is sufficient to vouch for his knowledge of the field he has chosen and attests to the value of the work he has now written.

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Please send me ..... cop ..... of "CHILD LABOR AND THE NATION'S HEALTH," by Dr. S. Adolphus Knopf, for which I enclose $ .....

Name .....

Address .....

C251-5-M-7-37

September 5, 1937

Prof. Irving Fisher,
Vitality Records,
26 West 44th Street,
New York City.

Dear Prof. Fisher;

I have your letter of August 23.

I am watching for a chance to fill out your questionnaire. I will get to it as soon as I can. I want to do it when I have not too many pressing things crowding me so as to give you my best thought on the subject since your aim is to create a standard for a biologic life.

By the way, I find there is quite an interest in your story of how you recovered your health and I think it would be very desirable to have a little booklet setting forth the facts. I noticed you made the story in the circular which you enclosed in your letter to me impersonal from which I infer you would prefer to have the booklet impersonal. When I have proofs ready I will send it down to make sure that it has your approval before sending it out.

I notice some paragraphs in your Vitality Record circular which I thought might possibly refer to the Sanitarium and I wonder if you would object to having these inserted in our bulletin, the <u>Sanitarium News</u>? Personal experiences are unquestionably the strongest arguments that can be offered in behalf of new methods.

I will try to get the questionnaire off within a day or two if possible.

Sincerely yours,

September 3, 1937

Mr. T. S. Meek,
The Three Score-and-Ten Club,
150 Southeast First Street,
Miami, Florida.

Dear Friend:

I have your letter of August 20.

I am glad to know that you are still profiting from your short stay at the Miami-Battle Creek. I suggest that you make an effort to keep your improvement progressing by making a weekly visit to the place and having a talk with Dr. Norman and so keep yourself in line with the best program possible.

Sincerely yours,

b

1445 East River Rd.
Minneapolis
Minn.

September 8, 1937

My dear Dr. Kellogg:-

Dr. Piccard and the boys and I ale enjoyed our recent visit in Battle Creek so much that I cannot forgive myself for all the years that I have not known you. We think and talk of you often and look forward to seeing you again. We wish some chance would bring you to Minneapolis and that

we might succeed in enticing
you into our little home.
It is a tiny place but full of
welcome for you.
Dr. Piccard joins me in cordial
regards

Sincerely yours

Jeanette Piccard

September 10, 1937

Mrs. Henry Ford,
Dearborn, Michigan.

My dear Mrs. Ford:

Mr. Ford's interest in health betterment and proper diet leads me to send you with my compliments two little booklets and a small bound volume which you may find of interest.

You have both shown so much interest in our work here that I am sure you will be glad to know that the embarrassment which distressed us considerably a few months ago is being satisfactorily adjusted.

Sincerely yours,

September 9, 1937

Mr. Spaulding:

I want to have made a half dozen vibrating chairs such as we use at the Sanitarium. Please give me an estimate of the cost.

J. H. K.

b

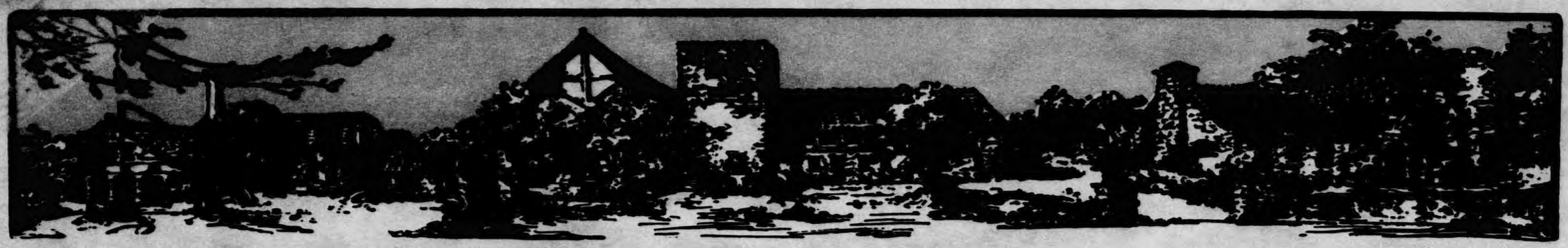
September 10, 1937

Good Health:

Please send a copy of HOW TO HAVE GOOD HEALTH to Mrs. Henry Ford, Deaborn, Michigan, with my compliments.

J. H. K.

b



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Elbert Hubbard II, President

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September 15, 1937

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

Dear Dr. Kellogg:

In your present fight to retain the status quo of the sanitarium, it might be especially valuable to you, from a strategic point, to have a formidable wave of friendly sentiment favorable to yourself come from your former patients and from your prospective list.

With this in mind, I would like to submit to you the Little Journey which was written for you a couple years ago, brought up to date and revised to fit today's conditions.

Would you be interested in seeing this without any obligation? If so, I will be glad to submit it at once.

With all kind wishes ever,

Very sincerely yours,
THE ROYCROFTERS, INC.

Elbert Hubbard II
President

EH II:d

THE NEW YORK TIMES

Times Square

September 16, 1937

Dear Professor Fisher:

I am sorry to say that I have done nothing as yet about your "vitality records" or the material on the subject so kindly sent with your letter of August 20. I have had a succession of scientific conventions to contend with -- the A.A.A.S. meeting in Denver, the British Association meeting in Nottingham, the American Chemical Society meeting in Rochester and now the Fifth International Congress of Radiology in Chicago. But I want you to know that my interest in your scheme is as keen as ever and that I will take it up as soon as I come up for air again, which ought to be within the next two weeks.

Though the Readers' Digest has republished more than one article of mine which has appeared in our Magazine Section it has never manifested the slightest interest in other sections of the Times. If the article I have in mind appears in the Sunday news section or on my science page the prospect of republication is not bright to my mind. But after all I am writing for the Times and not for the Digest. I can see, though, what republication in a magazine of enormous circulation would mean to you, so that I hope for the best. If I can get the other members of the editorial council to agree with me, I would also like to boost "Vitality Records" in an editorial.

Let me say also that I have at least read all material which you have sent me, and with the liveliest interest. There is no doubt in my mind that you have started a movement which may well lead to something highly important. Even if you do no more than make people think of what is good and bad for them much good has been done.

I was particularly struck by the little biographies that you sent. Perhaps you could let me have more of these. I could stand thirty at least.

Faithfully yours,

Waldemar Kaempffert
Science Editor

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

LONDON-ENGLAND
80 CHANCERY LANE, W.C.2.

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AMSTERDAM-HOLLAND
SINGEL 25

BROOKS APPLIANCE COMPANY

BROOKS BUILDING TELEPHONE 26

MARSHALL, MICHIGAN

September 18, 1937

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

Dear Doctor Kellogg:

Last year I purchased an old building on our main street, known as the "Patterson Block", which contained files dating back many years.

In searching this mass of old material for data pertaining to early Marshall, I found many letters of later times, among them the three herewith enclosed.

Thinking that you might be interested in reading these letters of the 1880's, I am pleased to send them to you with my compliments and best wishes.

The illustrations on the envelopes strike me as being very quaint, especially in comparison with your present imposing buildings, and perhaps, if you have a Sanitarium "museum", these envelopes and letters will find lodging there.

Yours very truly,

Harold C. Brooks

HCB/AL

MAURICE A. BIGELOW, Columbia University, Chairman. RAY LYMAN WILBUR, President Stanford University; EDWARD L. KEYES, Honorary President American Social Hygiene Association; HOMER FOLKS, Secretary State Charities Aid Association; WILBUR A. SAWYER, Director International Health Division, Rockefeller Foundation; THOMAS PARRAN, Surgeon General U. S. Public Health Service; MARY E. WOOLLEY, President-Emeritus Mt. Holyoke College; W. F. MORGAN, President National Society for Prevention of Blindness.

COMMITTEE TO ARRANGE A CELEBRATION IN HONOR OF WILLIAM FREEMAN SNOW, M.D.

ROOM 922 · THIRTY ROCKEFELLER PLAZA · NEW YORK

September 20, 1937

Dr. John Harvey Kellogg
Battle Creek, Michigan

Dear Dr. Kellogg:

You have already received an invitation to the dinner to be given in honor of Dr. William F. Snow on October 1st, and I hope are planning to be with us at that time. I am writing now concerning a plan which has been undertaken by a number of Dr. Snow's friends and admirers to provide him with an enduring memento of this occasion, and in which plan we should be happy to have you join. It is intended to present him with a bronze plaque, an original and appropriate design by the well-known sculptress Brenda Putnam, and to sstablish at the same time the William Freeman Snow medal, which in future years may be awarded to persons making outstanding current contributions to the progress of social hygiene.

The cost of the plaque and die and the establishment of a small reserve fund to cover the expense of medals for future presentation brings the total outlay for this project to approximately six hundred dollars.

The committee in charge of the dinner believes that there are many who would welcome an opportunity to share in the cost of this project as a concrete and permanent expression of their admiration for Dr. Snow, and as a means of stimulation of the social hygiene movement to which he has rendered such distinguished service.

If you desire to be included in this group the Committee in all sincerity wishes you to understand that a very modest contribution will be just as gladly received as a larger one.

The names of subscribers will be hand lettered on a scroll to be presented with the plaque, but the amount of each subscription will be known only to the Committee.

Please send checks to me at Room 922, 50 West 50th Street, New York.

Sincerely yours,

M A Bigelow

Maurice A. Bigelow
Chairman,

MAB:EDC

September 21, 1937

Mr. Richard Haughton,
Valley Mill Farm,
Great Valley Mills,
Paoli, Pa.

Dear Sir:

I am sorry to find that your letter of August 26th has escaped my attention until this moment. This is our busy season. I have been so crowded that my secretary has not been able to bring other than the most urgent letters to my attention, but if I should have seen your letter I should have answered it at once.

You have been correctly informed. The soybean is an exceedingly useful food and ought to be widely used. It is on the whole, I believe, the most remarkable and most useful of all food products. It has a full assortment of vitamins and in sufficient amount to secure complete development and maintenance. It is well stocked with food minerals and its protein is of the very finest quality, the percentage being twice as high as in average beef and beside it has more than 300 industrial uses in addition to its food values. It maintains a healthy condition of the intestinal flora because it promotes the growth of the acidophilus protective organism and in a very remarkable way.

If you will address a letter to W. J. Morse, Bureau of Plant Introduction, U. S. Department of Agriculture, Washington, D. C., you will obtain a large amount of literature about the soy bean which you will find very interesting.

The Battle Creek Food Company makes a number of products from

the soy bean, among which are soy gluten biscuit, which consists of equal parts of soy flour and wheat gluten. It is extremely toothsome and the most highly nourishing of all foodstuffs with which I am acquainted.

Your inquiry suggests to me that you may be interested in other matters pertaining to right living, so I am sending you herewith a little booklet, "Rules for Right Living," and a copy of my journal "Good Health" which contains several articles which I think may interest you. I would particularly call your attention to an article entitled "The Aristocracy of Health," thinking perhaps you would like to become a member of the organization. Enclosed you will find a couple of applications, one for you to sign and the other for you to retain. I am also sending you some of our literature about the soy bean.

I am greatly pleased to know that you are interested in rational dietetics and hope to have the pleasure of hearing from you again.

Sincerely yours,

b

Enc. ✓

September 21, 1937

Food Company:

Please send information about our soybean products to Mr. Richard Haughton, Valley Mill Farm, Great Valley Mills, Paoli, Pa.

J. H. K.

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 21, 1937

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

My dear Dr. Kellogg:

Like yourself, I have been overwhelmed with work so that perhaps I am not in a position, so to speak, to throw stones.

But your letter about not having time made me feel I must repeat what I have often said but which is increasingly borne in on me, namely that you can make your life work count most simply by living long and continuing active but not super-annuated.

I fear that you are shortening your life by many years. What you have already accomplished in longevity and output is already remarkable but unless you reach 100 and remain active up to that time the effect will not be one-tenth of what it otherwise would be.

Personally I am more and more convinced of the extensibility of human life and the regenerative power of the body if properly cared for, nourished and protected against germs. If you and I and a few others who are so deeply interested can supply examples we can do 100 times more than by giving advice.

I am therefore trying constantly to curb my own propensity to overwork, realizing that it will mean less working time in the end.

Moreover, an example is not an example if it is not the kind of life which you are preaching. I therefore hope you will try to practice hygiene more along the lines in which you have not been a particular example, particularly sleep and rest or relaxation - all in the interest of more work in the end, not less.

I have a number of letters of yours which I have not answered.

When you can get around to it please send in your "ideal" questionnaire. I have most of the others asked for already.

I found in filling out one myself that it only took me ten minutes.

You said you would like to have some of these, perhaps 100, for the students of Battle Creek College. I am asking Mr. Cohrssen to send 100 to your address, together with the associated literature.

Our great problem will be paying the bills. This is worrying me a good deal, otherwise the project is evidently destined for success. I spoke over the radio for two minutes, got 1100 responses out of which about one-quarter have filled out questionnaires but only a quarter of these have made any contributions and these were small.

The first man to whom I spoke put in $100 without my asking him, I have put in $100, Roger Babson, whom I visited recently, sent $50 and these three contributions are more than all the rest (some 30 or 40) put together.

I am saying all this so that you may try to impress upon those who sign the questionnaire that some of them who

can afford it can do a good thing by making some real contribution.

I enclose a copy of a letter received from (This is confidential, of course.) Mr. Kaempffert, the Science Editor of the New York Times. As you see, he is quite enthusiastic, intends to present the idea in the New York Times and to get an editorial on the subject by one of the editors. I believe that will help very materially. The number of members now is between 300 and 350 and there is no reason, except financial reasons, why it cannot be expanded indefinitely.

Parenthetically, I note a letter received some time ago from Edward Mathews, the maker of shoes in Weymouth, Mass., who is interested in health and who wanted me to tell you that I am using his products with much satisfaction.

Another parenthesis: Is it still your opinion that cancer is largely preventable through right living? I wondered whether the experience of your wife and similar facts have made you join those who think that little or nothing can be done to prevent cancer.

Another parenthesis! Dr. Mayr of Carlsbad, whose ideas are evidently very similar to yours, got Dr. Victor Heiser interested in his idea of a normal salt solution to clear out the intestines daily. I remember that you did not take much stock in this idea years ago and wonder if you have gone into it further. I found to my surprise that Professor McCollum of Johns Hopkins either originated the idea or, at any rate, got at it independently some thirty years ago and has acted upon it ever since with apparently great success and knows of others who have done the same. He cited to me one woman who has done this for that period of time with great success and he himself has increased his weight from 130, when he was 30 years old, though he was over 6 feet, up to the normal for his height.

Dr. McCollum uses salt with the same content as the blood. Dr. Mayr uses Carlsbad salts (Strubl) and Dr. Heiser, when he can, on shipboard, uses sea water half and half with fresh water.

I should think the first would be the best. The theory is that if the salt solution is the same as that of the blood there ~~would~~ will be no osmosis so that none of the salt is absorbed and there is, therefore, no strain on the kidneys, etc.

It is used on an empty stomach as long before breakfast as is practicable and is supposed to take the place of an enema. Doubtless you are much more familiar with all this than I, but I have been giving some attention to it with some skepticism and when you can get around to it I would be glad to know if you have written anything or made any studies of the subject or, if you can not spare the time to do more, just state whether you favor or oppose the McCollum procedure.

I note that you are getting up a little circular on my experience as I reported it in my talk when last at the Sanitarium. I see no objection to this but, as you suggest, would be glad to see the booklet before publication. The impersonality of the little biography in the first mailing of the Vitality Records was at the request of Dr. Grad for fear that medical men would feel that he was pushing himself. The references were not to the Sanitarium, as you seem to have thought they were.

In regard to the Appendices for How to Live, I note that you would like more time. I am anxious not to get into a terrible jam at the end and have therefore asked those who are able to get their material in to me early in October but the publisher will be satisfied if I can get the complete manuscript into his hands by the 1st

September 22, 1937

Mr. Harold C. Brooks,
Brooks Appliance Company,
Brooks Building,
Marshall, Michigan.

Dear Mr. Brooks:

I have your letter of September 18.

Thank you very much for sending me the letters. I am very glad indeed to have them.

I remember Judge Patterson and his wife very well indeed.

Sincerely yours,

September 23, 1937

Dr. Maurice A. Bigelow,
Room 922,
30 Rockefeller Plaza,
New York City.

Dear Dr. Bigelow:

I have your letter of September 20 with reference to a memorial to Dr. Snow of which I heartily approve. Enclosed find a small check to help the good work along.

Sincerely yours,

b

Enc.

Battle Creek College

BATTLE CREEK, MICHIGAN

OFFICE OF THE PRESIDENT

September 23, 1937

My dear Dr. Kellogg:

I am enclosing herewith a clipping from the Detroit Free Press of this morning, carrying publicity in connection with the arrival of the two Puerto Rican dietitians who are taking special work in vegetable cookery with us this semester.

Behind this picture is a rather long and interesting story. For the past several years we have had as a visitor at the Sanitarium a Dr. Mario Julia of Puerto Rico. Both Miss Ritchie and I have had many long and interesting conversations with Dr. Julia concerning the needs of his people in Puerto Rico. Dr. Julia has long felt that the people of the Island have not appreciate the possibilities of a greater reliance on vegetables and fruits in their diet, particularly the former. As a matter-of-fact, he has bluntly said that they do not know how to prepare them. We have been working on the plan of bringing to Battle Creek College a native dietitian for special training in vegetable cookery. This plan has been realized with the coming of the two young ladies whose pictures appear on the clipping.

This has been made possible through the cooperation of the University of Puerto Rico and particularly through Dr. George Bachman of the Medical School. This, I believe, is a unit maintained under the guidance of Columbia University. Dr. Bachman has been very cordial in his correspondence, and we have these two graduate dietitians with us for the current semester. Arrangements are being made to give them much practical work, both at Kellogg Hall and at the Sanitarium. Miss Ritchie is planning to have Miss Angie Estill working on the program.

The several members of the Home Economics staff are taking on the work of specially training these young women, entirely in addition to their regular teaching program. I feel that this is one of the finest indications of the willingness of our faculty to really promote the health ideals of Battle Creek College.

I am sure that you will be pleased with these young women, and I will be very happy to arrange an interview at your convenience.

Very sincerely yours,

Emil Leffler

l:s

September 23, 1937

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

Dear Dr. Fisher:

You will remember that a good many years ago I read a paper before the American Public Health Association at Colorado Springs. A doctor who was Secretary of the State Board of Health of North Carolina and another who was Health Commissioner for the city of Washington, D. C. denounced my paper very vigorously before the Association. Both afterwards apologized for doing so.

I am not certain whether the paper was published or not. I should like very much to see it again and do not have a copy in my files though I may have it somewhere. It occurred to me that possibly you might have a copy of it as I remember sending you a copy. If so, I will appreciate it very much if you will loan it to me long enough to make a copy or if you will have some one make a copy at my expense and forward to me.

I hope that you are still blessed with the splendid health you were enjoying the last time I met you.

I hope to be able to fill out those blanks soon that you sent me.

I am enclosing some material I have just received from a London correspondent relating to a Bureau of Human Heredity in which you may be interested. Possibly you may have seen it already.

Sincerely yours,

b Enc

September 23, 1937

Mr. Elbert Hubbard II,
The Roycrofters,
East Aurora, New York.

Dear Mr. Hubbard:

I have your letter of September 15.

I shall be glad to look the manuscript over again if you have revised it, and there is some possibility we might make some use of it. It is worth while to look it over at any rate.

As regards the menace to which you refer, it never was very great. I never had the slightest apprehension about it. Although from the uninformed standpoint of the public things might have looked perilous, I have never myself been at all apprehensive because I have anticipated the situation and prepared to meet it if a crisis should appear, in a way which I felt confident would avert any threatened disaster such as you suggest. At the present time the clouds are retreating very fast.

We have had a very successful summer and hope to have our financial embarrassments satisfactorily adjusted in a very short time.

Sincerely yours,

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September 24
1 9 3 7 .

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

My dear Dr. Kellogg :

In accordance with Professor Fisher's request we have sent you yesterday 100 copies of our Questionnaire. I am sorry to say that it was neglected to send along the "Statement of Origin and Purposes", and the return envelopes which require no postage.

We are sending you therefore the envelopes and the Statement under separate mail today.

Unfortunately it was also overlooked to mark the questionnaires so as to enable us to recognize those that would be returned of those that have been distributed by you. Would you be so kind and have them marked with a pencil "K" on the upper right hand corner of the first page. I am extremely sorry to put you to all that trouble.

Very sincerely,

Hans R.L. Cohrssen

Hans R. L. Cohrssen.

THE TEMPLE
(FOUNDED BY RUSSELL H. CONWELL)
HOME OF THE GRACE BAPTIST CHURCH
BROAD AND BERKS STREETS
PHILADELPHIA

DANIEL A. POLING
MINISTER

September 25, 1937

Dr. John H. Kellogg
Battle Creek
Michigan

My dear Dr. Kellogg:

Would you come to my assistance in a matter of very real significance to some thousands of students in Temple University? It would help me very definitely and greatly if you would put into a single sentence your own definition of success.

Tennyson has written "The man who can is the man who will," and another "He can because he thinks he can." It is something in this spirit that I am asking a few of the representative men and women of America to share with me in order that I may share then with these eager searching young men and young women.

What is success? Is it not doing one's best, not less than that?

With every good wish, I remain,

Very sincerely,

DANIEL A. POLING
Minister

DAP/egb

September 28, 1937

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

Dear Prof. Fisher:

I have your letter of September 21.

In spite of all I can do I am driven harder with work than ever before and have heavier responsibilities than ever and less help in dealing with them. I have to work myself to the limit of my endurance every day of my life; in fact, I have for months been working every hour I could possibly keep my eyes open and every day with no letup, hoping all the time to get a chance to come up to get a breathing spell, so to speak, but looking in vain for the opportunity. I should like very much to follow your advice. I know I could spend my time most enjoyably and profitably and if I could only get enough competent help I could do it. But the trouble is my work has grown so rapidly that in spite of all I could do I have not been able to supply competent help fast enough to meet the demands. Though I dodge as much as I can and neglect as much as possible yet I am just snowed under all the time. I have no means of regulating the amount of work which pours in upon me. My work all my life has been of a character to involve much detail and personal service in addition to the general duties of administration in several different lines for which I have been responsible.

While I have all my life given great attention to training others, the missionary character of my work has sent these people off building up work in fields more or less remote and left me with-

out the skilled help I have needed. In addition I have had to suffer from the undermining influence of two members of our faculty who are most of all indebted to me for the opportunities they have enjoyed, but yielded to perverse influences and abandoned the standards which they once respected and exemplified and went so far as they dared go in their efforts to hinder any new project I might launch and to tear down the things I had toiled for many years in building.

It is a great joy to me that you are taking so much interest in biologic living and that you are launching the splendid project which you have projected. It will do an immense amount of good.

I have not forgotten about that questionnaire. You remember that you spoke about using it as a sort of standard, which warned me that I should give the matter the critical thought necessary to make it represent the best I have to give, and so I have been watching for a chance when I was not so crowded that I had to do the work hurriedly. I hope to get at it in a very short time.

I have been preparing a paper to be read at the American Public Health Association which holds its meeting in New York on October 5. This in addition to all my other work has compelled me to tax my endurance to the very limit; in fact, to go beyond the limit almost every day.

Thank you very much for the questionnaires. I shall try to make good use of them and will improve any opportunity I may have to encourage contributions to your exchequer.

I am glad to see that Mr. Kaempffort is taking such an interest in your work. Such an article as he might write for the <u>Times</u> will certainly be a great boost.

As regards the use of the salt solution, it is no different from the use of mineral water. The principal ingredient of laxative mineral waters is common salt. I am sorry that so wise a man as McCollum should suppose that by giving a solution of the same salt content as that of the blood he would prevent absorption. On a priori grounds this is an entirely untenable idea as experimentally the opposite is very easily shown. I have made a careful study of this practice on several occasions and always with the same result. It is very easy to show that the salt is absorbed and in large quantities by simple examination of the urine. The amount of urine is greatly increased after the use of the salt water and the amount of salt eliminated by the kidneys is also greatly increased. Taking salt in this way is just as harmful as in any other way. When a saline solution of any kind is taken, a greater part of the solid contents is absorbed in the duodenum and upper part of the small intestine. Part of this is eliminated through the kidneys and part is excreted into the lower bowel. All of the saline laxatives operate in this way. This is a fact well known to all therapeutists and proven by many different investigators.

Mr. Hoffman, who has recently been here for several weeks, showed me a letter from Dr. Hurst of London, the best European authority on the function of the colon, in answer to a letter he wrote about the influence of constipation causing cancer. Dr. Hurst replied that constipation had nothing whatever to do with cancer and that cancer was caused by the irritation produced by laxative drugs. He evidently overlooked the fact that the drugs are used because of constipation, so that constipation was after all the primary cause since it leads to the use of cathartics.

Prof. Irving Fisher, No. 4.

My view is this:

1. We know that cancer is a hereditary disease.

2. We know that cancer is not inherited directly, but that only the predisposition is inherited.

3. In addition to the predisposition to cancer, an exciting cause, usually consisting of a prolonged local irritation, is present. Persons who have no predisposition to cancer are not likely to have it even if they do have such a chronic irritation, but people with a cancerous heredity who live to middle age or beyond are likely to suffer from cancerous degeneracy about the time that senile changes and increasing low vital resistance make their appearance.

I am glad to have an opportunity to read the letters which you enclose and to see that you are making such splendid headway in promoting your Vitality Record Office project.

Very sincerely yours,

P. S. I found you had greatly lessened the work of going over the questionnaire by crossing out large portions and this encouraged me to go over it at once. You will find it herewith enclosed.

With reference to one or two points I think the questionnaire should be changed. I think it desirable one should take a hot bath at least once or twice a week followed, of course, by a cold bath. A cold air bath or water bath should be taken every day.

bEnc. ✓

900 North 63rd Street,
Philadelphia, Pa.

September 26, 1937.

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

My dear Prof. Fisher:

Nearly three weeks have gone by since Dr. Herman's return and my visit to his office to learn what kind of eventual report I could send you on the effect of my O-Three treatment.

However, before his return I was taken down with a severe attack of sciatica that kept me helpless in bed for some ten days. Before the end of this period my urin again began to burn me, so that I regretfully was forced to suspect that I had not overcome my infection, despite the several days of feeling perfectly well as reported in my last letter.

In fact, Dr. Herman massaged out more pus from my prostrate than at any time before, and hence concluded that the effect of the oxygen did not penetrate the prostrate but acted only superficially, and that the mass of the infection could be reached and killed only through the blood stream.

To this end he is now treating me with a comparatively new germ killer Prontylin (the trade mark. The chemical name is a regular terror, namely: aminophenylsulphonamide, if I have been able to copy it correctly.) It is still an experimental remedy that may have detrimental bi-effects, but so far, as taken by me, it does not seem to

have done me any harm, while my infection is already greatly reduced again, and has no painful influence on my urinating, which for a while was really very severe. It made my whole body shiver.

This final disappointment with O-Three as a cure for a prostate infection has not shaken either my or Dr. Herman's faith in it as an effective general germicide. To the extent it worked on me it proved itself.

Collier

I am late in writing you this both because I have thoroughly disliked having to take back what I said before about what O-Three did for me, and because I wanted to be able to tell you what Dr. Herman's next steps would be and the preliminary results obtained.

In a few weeks I shall write you the final results of the Prostylin.

Sincerely yours,

Old Man Barth.

Founded 1895, by Elbert Hubbard

The Roycrofters

Elbert Hubbard II, President

Devoted to Printing and Arts & Crafts

East Aurora, New York

September 27, 1937

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

Dear Dr. Kellogg:

Thank you very much for your cheerful letter of September 23rd. I am delighted to know that things are shaping up so nicely.

We will put the finishing touches on the LITTLE JOURNEY and I will submit the manuscript to you in the next few days and I am hoping it will meet a responsive cord and that we can work out something on it.

With best wishes ever,

Very sincerely yours,
THE ROYCROFTERS, INC.

EH II:d

President

NATIONAL SOCIETY FOR THE PREVENTION OF BLINDNESS

INCORPORATED

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O say, can you SEE
?

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BERNARD SAMUELS, M.D.
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Associate for Nursing Activities
THEODORE O. YODER
Membership Secretary

September 27, 1937

My dear Dr. Kellogg:

A blind woman wrote to us:

"I am 50 years old; I have been blind since birth. My doctor told me that my kind of blindness could have been prevented if drops had been put in my eyes when I was born. It is terrible to be blind, but the knowledge that it could so easily have been prevented is the hardest part of all to bear."

We are happy to report that during the twenty-one years of our service, blindness such as this woman's (from "babies' sore eyes") has decreased over 75%. This is a result of the greater understanding of the importance of the use of prophylactic drops in all babies' eyes immediately at birth.

Blindness from syphilis is likewise preventable. If the same kind of understanding prevailed concerning the need for a routine blood test of every expectant mother, and treatment when indicated, blindness from prenatal syphilis could be wiped out in one generation.

To continue our efforts towards eradication of all unnecessary blindness, including blindness from syphilis, we need your support. Will you join us in this modern crusade? Any amount you send will be welcome, but the more you give, the more blindness we can prevent.

Sincerely yours,

George Ward

Treasurer

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

September 27th 1937

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

Dear Dr. Kellogg:

As I leave to-morrow the B.C. Sanitarium where, during the past few weeks, I have attained, under the eminent guidance of Dr. Mortensen, a much improved physical condition, and where I have enjoyed a gracious hospitality and an educative program so much enhanced by your own

2

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

"Question box" evenings and
by the personal, helpful counsel
of Miss Estill, I cannot refrain
from conveying to You, who have
made all this possible, my deep
gratitude and my appreciation of
your every endeavor and achievement
in the realm of race-betterment.

My earnest wish is that Your voice,
- the expression of Logic and Kindness,
and ever a precious inspiration, may
increasingly be heard to the far
corners of the earth, and reverberate
far beyond that, into the limitless
field of spiritual attainment.

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

3.

Nor can I refrain from imparting to You — and this because while expressed to others, it is so signally addressed to You — the contents of a letter sent by me — tho very ill — to Mme Jean Piccard, upon the recent visit here of the distinguished "explorer of the Skies" and his undaunted "pilot." While this missive is formulated in a special tenor — a response to a young "pilgrim's fancy" — I wish to assure You that it is but a most inadequate interpretation of all that You represent —

Yours sincerely

(Mrs Edgar Martin) Bertha Martin

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

16

Je m'incline une fois de plus,
Chère Madame, en réitérant
à Monsieur le Professeur Piccard,
ainsi qu'à vous-même,
l'expression de mon admiration
et de mes vœux les plus intenses
pour l'accomplissement de tous
vos projets.

70 E Walton Place
Berthe Martin

(Mrs Edgar Martin)

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

Explanatory note !

In a brief conversation at the reception Mrs Jean Siccard related (in French) to the writer, this :

" At a family reunion, on the eve of a recent "flight", the grandfather, present, assuming a serious mood, suggested that, in view of any possibility of the unknown —" au cas où nous serions incendiés"—, we should express our wishes "....

To this, a grandchild, surging with enthusiasm, offered :

" Oh ! I know what we will do; we will put Mother in a balloon, take her far, far up, and leave her there "!....

Copy

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

Ce 25 août 1937

A Madame Jean Piccard
Battle Creek Sanitarium
Battle Creek, Michigan

Madame

Je me réveille ce matin,
souriant encore à la délicieuse répartie,
— contée par vous hier avec tout de
saveur — de votre jeune enfant,
s'esperimant, je crois, devant son
grand' père — et élaborant si
"magnifiquement", par l'imagination
féconde et heureuse de l'enfance,
la perspective d'avenir de sa
maman . . . ." Nous la mettrons

The BATTLE CREEK SANITARIUM
BATTLE CREEK, MICHIGAN
GUEST STATIONERY

dous un ballon, et puis nous la laisserons là-haut" ....

Il entrouvrait, tout simplement, la porte dorée du "Paradis des Petits Enfants", nous révélant, en même temps, la grande et noble part que prend cette maman aux envolées "féériques"; en effet, ce distingué Professeur Jean Piccard, à la recherche de l'Inconnu.

Ma pensée accompagne cette vision enfantine ..... Quelque soir, lorsque vous redescendrez tous deux de quelque belle randonnée

The **BATTLE CREEK SANITARIUM**
BATTLE CREEK, MICHIGAN

GUEST STATIONERY

— Jusqu'ici accordée seulement aux Dieux —
et que vous rapportez quelques "étoiles"
à cet enfant rêveur, peut-être
daigneriez-vous ajouter, à la
"belle histoire", ce que voici :

"Dans un lointain passé (— Oh!
qu'il soit très lointain! —), nous
avons séjourné un instant sous
un toit hospitalier, créé par
un être d'élite, au courage splendide,
— lui aussi, à la ferme conviction
d'un monde qui doit progresser,
s'éclairant du flambeau de la
Connaissance et de l'ordre naturel
de toute chose; un esprit alerte,

4

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

fort, novateur, avenant, toujours
jeune, évoquant autour de lui
la "réalité" — la foi en l'œuvre
de la Nature et la grande
joie de vivre ....

Oui, par un beau soir d'été,
en cet oasis au cœur du Michigan,
— d'où émanaient les sons joyeux
d'une "fête aquatique" ; alors que
s'inclinaient au-dessus de nos têtes
les arcs amis venus pour nous
saluer ; nous nous trouvions sous
ce toit, hospitalier à tous,
à tant de souffrances humaines ....
Et ce grand homme, en ce lointain,

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

GUEST STATIONERY

5

très lointain passé, se reconnaît

le Dr John Harvey Kellogg.

.... Eh bien, mon petit (tu l'étais alors)
de ce beau ballon d'aujourd'hui,
entrouvrant la porte dorée du
"Paradis des Petits Enfants". Je l'ai
reconnu — Nous l'avons reconnu,
...., le même accueil souriant,
la même foi indestructible en
un monde meilleur .... Car, vois-tu,
mon "petit", ce Paradis des Petits Enfants
est aussi le Paradis des Grands Hommes,
à la recherche de la Vérité ....

Mrs. Edgar Martin Sept. 27, 1937

JHK

As I leave tomorrow the B. C. Sanitarium where, during the past few weeks, I have attained, under the eminent guidance of Dr. Mortensen, a much improved physical condition, and where I have enjoyed a gracious hospitality and an educative program so much enhanced by your own "Question Box" evenings and by the personal, helpful counsel of Miss Estill. I can not refrain from conveying to you, who have made all this possible, my deep gratitude and my appreciation of your every endeavor and achievement in the realm of race betterment.

My earnest wish is that your voice,-the expression of logic and kindness,-and ever a precious inspiration,--may increasingly be heard to the far corners of the earth, and reverberate far beyond that, into the limitless field of spiritual attainment.

b

October 4, 1937

Dr. Kellogg:

Mrs. Martin is one of our most enthusiastic patients. She loves the Sanitarium and everything about it. She has been here several times. She attends every lecture and entertainment, frequents the parlor often. She is very sociable. She is French and carried on considerable conversation in French with Mrs. Piccard. She met the Piccards at the reception given for them in the parlor. Mrs. Martin is a patient of Dr. Mortensen, I believe. She has a bronchial condition and plans to spend the winter in Arizona. She is very much interested in things educational, a great student. She visited the college while here. Here home is in Chicago. She left a day or two ago.

b

In a brief conversation at the reception Mrs. Jean Piccard related (in French, to the writer, this:

"At a family reunion, on the eve of a recent flight, the grandfather, present, assuming a serious mood, suggested that, in view of any possibility of the unknown we should express our wishes."

To this, a grandchild, surging with enthusiams, offered:

"Oh! I know what we will do: we will put mother in a ballon, take her far, far up, and leave her there"!

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 27, 1937

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

My dear Dr. Kellogg:

I have yours of September 25 in which you to refer to your paper before the American Public Health Association. I do not recall the subject, the title, or the date, but I do remember vaguely the fact but suggest that before I rummage through my files of carbons, pamphlets and other records that you try to give me one or all of these three items, namely the date of the address, its title or its subject.

Possibly your own files will show the date of a letter of transmittal to me which might contain all these data.

Very sincerely,

Irving Fisher

IFs Thanks for material re Bureau of Human Heredity

September 28, 1937

Dr. Emil Leffler:

Thank you very much for yours of September 23 and the clipping from the Free Press. I am glad these young women have arrived at last. I believe Dr. Julia first visited us at Miami. The request was made of me that we should receive the dietitians and give them board and training gratis. I promised training free if necessary, but no board and suggested that they should get their legislature to make an appropriation. I am glad to see that this has finally come about. I appreciate very much the interest you and Miss Ritchie are taking to make there visit here peofitable.

If we had a committee with whom I could meet and talk, I think we might get a number of interesting plans started that would be very profitable and help us to get our work going on a right basis.

J. H. K.

b

It Happened in Michigan

Margaret Ritchie, director of the School of Home Economics at Battle Creek College, is shown greeting two Puerto Rican dieticians, Asuncion Pascual, center, and Delia Soegaard, right, on their arrival in Battle Creek where they will take graduate courses.

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

September 29, 1937

Dear Dr. Kellogg:

The October number of the University Bulletin contains the commencement address delivered by John Golden last May in Lupton Hall and, thinking that you might like to have your attention especially called to it, I am sending a copy to you under separate cover.

The University has opened its 1937-38 session very auspiciously. It looks as if we shall have a few more than five hundred total enrollment for the year. This is about the same as last year, perhaps a little better.

With all good wishes.

Heartily yours,

Thornwell Jacobs, Pres.

September 29, 1938

Mr. Hans R. L. Cohrssen,
Vitality Records,
36 West 44th Street,
New York City.

Dear Sir:

I have your letter of September 24. The questionnaires and the other material have also arrived. I will have the questionnaires marked with a "K" on the upper right hand corner of the first page as you suggest.

Thanking you for your courtesy, I am

Sincerely yours,

b

September 30, 1937

Mr. Daniel A. Poling.
The Temple,
Broad and Berks Streets,
Philadelphia, Pa.

My dear Mr. Poling:

I have your letter of September 25.

I fear I can not help you in this case. Success I think is the attainment of one's goal or purpose, whatever it might be. Whether success is worth while or not will depend entirely upon the goal.

I am always wishing you success for your aims are noble and your achievements splendid.

I only regret I did not succeed in interesting you in projects which I am promoting. I wish I could have a conference with you and open up before you what seems to me to be the biggest thing that the world offers, an opportunity to do at the present time but is not being done.

I am going to be in New York October 5th. I read a paper before the American Public Health Association on that date. Where and how could I meet you about that time for an hour's chat if you think it worth while? Kindly wire me at my expense on receipt of this.

Sincerely yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 30th, 1937

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

My dear Dr. Kellogg:

Thank you for yours of September 26th and especially for filling out the "ideal" questionnaire.

I also appreciate what you have written regarding isotonic salt solution.

I confess I am puzzled for I supposed the principle of osmosis applied to the intestines. Nevertheless, my own experience with these devices agrees with your statement rather than this theory.

In regard to O-Three, I have talked over the telephone with Dr. John G. McGovern, 24 Livingston Avenue, New Brunswick, N.J., as to his use of O-Three in a case of colitis. While he is not yet ready to publish anything on the subject and has only tried it in one case, it has seemed to "work wonders"! The case was that of a woman nurse who had a very severe case of colitis. She had a palpable lump but the X-ray failed to show any ~~corsonia~~ carcinoma. Now the lump is reduced, tenderness gone, patient feeling much better. At first there was much mucus following the use of O-Three. He used it following irrigation, at first 4 ounces, then two ounces and now 1 ounce twice a week.

The case is not entirely cured yet he thinks, but he has no doubt whatever about the helpfulness of O-Three. When the 4 ounces injection of

was used there was a good deal of distension due to the release of oxygen.

I hear so many good reports of O-Three that I am anxious to have you make use of it. I am satisfied that it is a "sure cure" for head colds.

In regard to Carl Barth, the old man who has been trying O-Three for the prostate, he has, as you forecast, come to grief. Nevertheless, he and his doctor both think O-Three did help. I am sending you his letter in case you wish to read it. I shall be glad if you will return it.

I note what you say about your need to do so much work. I do not think your argument is a good one. What I am pleading for is that you would be able to do more work and can do more work inside of a very few days. Besides this, you can continue working for many years longer than you will at your present gait and your influence will then go down through the ages.

The fact that you can apparently overwork with impunity at your age is, to me, great proof of what you could do if instead of "overdoing" you would try to do your life work the maximum. It is simply a case of scientific management. Working 24 hours a day would kill you in a few days. Working 1 hour a day would not produce much, but, somewhere between 1 hour and 24, is your maximum productivity. I am sure you work too many hours. It will therefore, be interrupted by disability, if not death, and in the meantime, you will do work inferior to your best and at a slower rate.

I hope you do not mind the persistence of a friend.

As ever,

Irving Fisher

IF:M
Enc.

P.S. You will be interested to know I have received a long appendix — too long — from Emil Bogen, ~~whether or not~~ the best authority on tobacco. I wish very much I could find someone who could write authoritatively on tea, coffee, cocoa and chocolate. I also wish I had authoritative knowledge on pillows!

I shall hope, at your request, soon to send you a copy of Haven Emerson's appendix on alcohol.

J.F.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 8th, 1937

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

My dear Dr. Kellogg:

I want to thank you again for giving me so much of your time at the Hotel Pennsylvania. I always feel a little guilty over taking your time, especially when I know you have had a hard day and ought to rest, although you did not show any signs of fatigue. I still think, as I have tried to impress upon you, that you will accomplish more work -- several times as much -- if you will apply your knowledge of sleep hygiene, rest hygiene, etc.

You said dryly that you could "enjoy" leisure time. But I had no thought of diverting you from the idea of work. It is simply that you use your knowledge to increase the amount of work you will do. This total amount of work ahead of you is the product of two dimensions, one of which is the length of your remaining life.

I would like, when you can spare it, to have a copy of your address at the Hotel Pennsylvania on the soy bean. I suppose that this contains directions for using soy bean milk as an enema. Mrs. Fisher was asking whether this was to be used hot and if so, how to heat it, how hot, and what temperature in any case.

You kindly offered to send me some of your new bulkage powder. I will look forward to this.

You asked some time ago for a copy of Haven Emerson's appendix contributed to the forthcoming edition of "How to Live". I am enclos-

ing a copy which I have had made for you.

I am still hoping that you can give me an appendix on ~~free~~ three or four daily bowel movements. I know of no one else who can give the evidence as well as you.

Perhaps the best way would be to use your lecture on soy bean and other publications which you must have already in hand and which would cover the subject of bowel movements and all other parts of colon hygiene, ~~if it~~ The appendix can be called "colon hygiene". I imagine you could save your time if you would get an assistant to mark that lecture and other things which you have recently written covering the whole subject of bowel hygiene and after you have gone over the passages marked and put in some connective tissue, the result could be used as an appendix — 1000 - to 5000 words.

I am anxious however, that you should not simply use your popular writings but use your scientific writings where evidence has been cited. In other words, not try to be dogmatic but persuasive to physicians and other technical readers.

I have had so far appendices written by Professor Cannon on emotions and their effects on the body, Haven Emerson on alcohol, Emil Bogen on tobacco, C. B. Davenport on eugenics and Professor McCollum ~~and~~ on vitamins.

I note that you will make use of the questionnaires which I sent. I sent them at your request, as you thought you could use them with the college students.

On a separate sheet I am enclosing an extract from Professor McCollum's book, "Food,Nutrition and Health", pages 99-100, which

will show you his full doctrine in regard to isotonic salt solution. As you see, he stresses the importance of using it on an empty stomach and a long time before breakfast, also lying down (on the right side) to facilitate rapid passing through. He admits that the salt is absorbed to some extent, but very little under the above conditions, and that experience of many years has shown the value of the procedure.

As I told you, my own experience was not very favorable but I did not always follow the specifications, especially as to giving time for the solution to get out of the stomach before breakfast was taken.

Sincerely,

Irving Fisher

IF:M

P.S. It occurs to me to remind you of my suggestion that you ask your nose and throat department to try out O-Three as a spray (through glass or hard rubber) for head colds, and see what experience they get for, say, 100 cases. I am told that no case has yet been known to fail to respond except ~~for~~ non-germ colds -- pollen -- or "rose" colds.

Could your secretary send me the full reference to the book by an Englishman named Elliott on the primitive diet of man and any other data or references on that subject. I notice that H.G.Wells in his "History of the Human Race" quotes authorities showing that meat eating goes back some 50,000 years.

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

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

October 5, 1937.

Dear Dr. Kellogg:-

I wish to call your attention to every interesting paper in the September issue of Industrial & Engineering Chemistry on the Whipping Ability of soybean protein. It shows that a solvent extracted soya flour, where the protein is not denatured, can be used for whipping purposes to replace egg white. The paper is from the University of California, Berkeley, Cal., and its author is Miss Betty Monaghan - Watts. It was shown that the commercial brands of solvent extracted soya flours in the United States are denatured and have lost the whipping ability. Some data on the denaturing of soya protein during solvent extraction can be found in my paper on the chemistry of soybean protein extraction, of which I am inclosing herewith a copy. I am inclosing also another paper of mine on soya phosphatides.

I would like to have one or two dozen cans of your Green Canned Immature Soybeans for my public lectures on soybeans, and would appreciate it if you could send me same.

Very sincerely yours,

A. A. Horvath

A. A. Horvath.

[Reprinted from Journal of Chemical Education, Vol. 14, No. 9. September, 1937.]

SOYA PHOSPHATIDES

A. A. HORVATH

Agricultural Experiment Station, Newark, Delaware

THE phosphatides are organic substances consisting generally of phosphoric acid, glycerol, higher fatty acids, and an organic base. They are present in every animal and plant cell. Egg yolk, the brain tissue, and the soy bean[1] are particularly rich in phosphatides.

Soy beans contain in the average 40 per cent. protein, 20 per cent. fat, and a total of from 1.6 to 3.0 per cent. of the phosphatides, mainly lecithin and cephalin.[2]

LECITHIN

Lecithin is regarded as a body consisting of

Glycerol < Fatty acid radicle, Fatty acid radicle, Phosphoric acid radicle — Choline radicle

Choline, $N(CH_3)_3(CH_2 \cdot CH_2 \cdot OH)OH$.

may be regarded as a substituted ammonium hydroxide in which one hydrogen atom is replaced by the oxyethyl group, and the other three by the methyl groups. The combination between phosphoric acid and choline is in the form of an ester, where the OH group of the oxyethyl group is substituted by the phosphoric acid radicle.

The principal distinguishing characteristics of soybean lecithin are the low proportion of saturated fatty acids (palmitic and stearic), the absence of unsaturated fatty acid containing a longer carbon chain than C_{18}, and the presence of linolenic acid.[3] Where four different fatty acids are available, there are theoretically possible seventy varieties of lecithin.

Lecithin is a yellow plastic wax-like mass which darkens rapidly on exposure to air. Lecithin is very labile, and undergoes changes as a result of oxidation, gradually becoming insoluble in alcohol and ether, and tending to become soluble in water.[4] The susceptibility of lecithin to oxidation is dependent on the presence of unsaturated fatty acid, and is increased by the presence of iron salts.

Lecithin forms addition compounds with certain salts of the heavy metals, such as cadmium chloride, platinum chloride, and mercuric chloride. The lecithin cadmium chloride obtained from soy beans differs from the salt prepared from animal materials in its behavior toward certain solvents. The cadmium salt from soybean lecithin is, for instance, insoluble in toluene, except when highly contaminated with cephalin.

Lecithin is highly hygroscopic. It swells in water and gives with excess water a turbid colloidal solution, from which it can be precipitated by acids or neutral salts, in particular by $CaCl_2$ and $MgCl_2$. Lecithin is soluble in ethyl ether, ethyl alcohol, petroleum ether, benzol, carbon tetrachloride, carbon disulfide, and chloroform, but is insoluble in methyl acetate and acetone. Though insoluble in pure acetone, lecithin may dissolve to some extent in acetone containing fat or fatty acids. In the presence of a small amount of NaCl, acetone readily precipitates lecithin from its emulsions with water. The α- and β-lecithins may be separated by the greater solubility of the β-forms in warm acetone.

Lecithin sols have a negative charge. The isoelectric point of pure lecithin is estimated as a pH of 6.4. In acid reaction lecithin can bind one equivalent of H ions, but is incapable of giving up one equivalent of H at alkaline reaction.

Aqueous and alcoholic solutions of lecithin are rapidly decomposed on heating by alkali, as well as acids into choline, glycerophosphoric acid,[5] and fatty acids. In the cold this reaction proceeds more slowly.

Lecithin possesses the property of forming on water monomolecular films,[6] which is due to the presence of two polar groups, the "hydrofobic" chains of fatty acids and the "hydrophilic" glycerol-phosphoric acid-choline radicle. On such films the chains are not located very densely, thus permitting the passage of other substances.

---

[1] In 1935 nearly 40,000,000 bushels of soy beans were harvested in the United States, and beginning with October, 1936, a future trade market in soy beans has been established on the Chicago Board of Trade.

[2] With but few exceptions it was found that the beans grown in the Eastern States contained less phosphatides than those from the West.

[3] For this reason the Iodine Number of commercial soya lecithin preparations lies between 90 and 100, while that of egg lecithin does not generally exceed 65. The high Iodine Number as well as the presence of phytosterin in soya lecithin serves for its differentiation from egg lecithin. The iodine value of lecithin decreases with the progress of oxidation.

[4] The original lecithin which is present in undamaged plant tissues is water-soluble but insoluble in organic solvents. During extraction by organic solvents the lecithin is believed to become denatured and acquires the property of being soluble in organic solvents.

[5] $CH_2 \cdot OH$, $CH \cdot OH$, CH_2—O, HO, HO, P=O — α-form (asymmetrical) of glycerophosphoric acid.

[6] It can be readily demonstrated by putting on water a few drops of a solution of lecithin in benzol.

In a general way lecithin seems to act on fats as a protective colloid, and it tends to prevent the separation of fractional constituents. When cooled, liquefied fats containing lecithin solidify to a homogeneous mass. Lecithin lowers the surface tension and the viscosity of fats, oils, creosote, etc., and also reduces the interfacial tension between these substances and water.

Lecithin owes many of its chief properties to its colloidal nature. The power of lecithin to make ether-insoluble substances, such as sugar, soluble in ether is due to the fact that it is a hydrophilic colloid, and so combines with water, and in this way takes up certain water-soluble substances. Lecithin does not generally act as a true solvent, but rather as an adsorbent. Many protein colloids which dissolve only in water are readily soluble in organic solvents, such as chloroform, when lecithin is present.

The greater part of the lecithin present in soy beans exists in some kind of combination with protein. While the free lecithin can be readily extracted by ether, the combined lecithin has to be liberated by the action of ethyl alcohol. Soya lecithin is also bound to a carbohydrate which can be only partly removed by the application of organic solvents. At least a part of this saccharide exists in firm chemical combination with the lecithin, for it is necessary to boil the lecithin for several hours with 5 per cent. H_2SO_4 in order to remove it. Usually soya lecithin contains up to 25 per cent. of a carbohydrate of a di- or polysaccharide type.

CEPHALIN

In the vegetable and animal kingdom cephalin is generally associated with lecithin.

Cephalin consists of

Glycerol — Fatty acid radicle
Glycerol — Fatty acid radicle
Glycerol — Phosphoric acid radicle — Colamine

Colamine, $\begin{matrix} CH_2 \cdot NH_2 \\ | \\ CH_2 \cdot OH \end{matrix}$,

amino-ethyl alcohol, is the characteristic base of cephalin.

The basic group of cephalin (Colamine) is weak while the acid group is quite strong, and it behaves toward NaOH as a univalent acid (at alkaline reaction cephalin gives up one equivalent of H ions).

Cephalin can be obtained in the form of a colorless solid body which is very hygroscopic and oxidizes rapidly in the presence of air to a brown-reddish mass. With water, cephalin forms suspensions and ultimately clear colloidal solutions.

Cephalin is soluble in ethyl ether,[7] in petroleum ether, chloroform, benzol, and hot ethyl acetate. Cephalin is insoluble in acetone, but, unlike lecithin, cephalin is insoluble in cold ethyl alcohol. However, the presence of lecithin partly protects the cephalin from being precipitated by alcohol.

The end-products of hydrolysis of cephalin by acids or alkalies are fatty acids, glycerophosphoric acid, and colamine, but it is somewhat harder to hydrolyze cephalin than lecithin.

Cephalin from soy beans shows no marked difference from the one isolated from animal sources. Commercial soya phosphatides (containing about 40 per cent. of oil) show usually an excess of cephalin over lecithin.

EXTRACTION OF SOYA PHOSPHATIDES

Soy bean oil, when pressed out by the expeller method, contains from 1.0 to 2.0 per cent. of phosphatides. It has been found that the precipitate separating from clarified expressed crude oil from soy beans grown in North Carolina and Virginia is composed chiefly of phosphatides.

The laboratory extraction of ground soy beans by organic solvents (in a Soxhlet apparatus) gave the following figures:

	Phosphatides (in Per Cent. of the Weight of Beans)
Carbon tetrachloride	0.27
Petroleum ether	0.41
Ethyl ether	0.49
Ethyl alcohol (96%)	1.56

The high results obtained by the ethyl alcohol extraction are due to the fact that alcohol not only extracts the free available phosphatides (dissolved in the oil) but splits off some of the lecithin from its combination with protein. Five parts of alcohol to one part of ground beans seems to be the optimum for Soxhlet extraction.

Laboratory extraction of phosphatides by benzine showed that:

a. While the oil requires from 1 to $1^1/_2$ hr. for extraction, the phosphatides require an additional three hours.

b. Twelve per cent. of moisture in the beans is the optimum for extraction efficiency during a given unit of time.

c. Where the beans have been stored in a dry warm place, the amount of phosphatides extracted per given unit of time decreases, while the amount of total extractible phosphatides remain the same.

d. Where the beans have been stored in a moist warm place the amount of phosphatides extracted per given unit of time is increased.

For commercial purposes 95 per cent. ethyl alcohol at a temperature of 75°C. is suitable for extraction of soya phosphatides. When the miscella, the liquor obtained in extracting the soy beans with ethyl alcohol, is cooled to room temperature, the oil and alcohol separate into two layers, the upper being an alcoholic solution of phosphatides and some admixtures, while the lower contains the oil. Treatment by $CaCl_2$ of the upper layer seems to give a satisfactory separation by coagulation of the phosphatides and carbohydrates from the alcoholic extract.

[7] Only if ether contains 1 per cent. moisture. The ethereal solution shows a greenish fluorescence.

Over a decade ago a plant was in operation at Imienpo, North Manchuria, China, where the oil and the phosphatides were extracted from the soy bean by the *Tcherdynzev* process, ethyl alcohol being used as the solvent. The ethyl alcohol extraction process is remarkable for its simplicity and the non-toxic nature of the solvent, and it would be particularly suitable for solvent extraction units of the rural type. It could also furnish an outlet for the industrial alcohol derived from such agricultural surpluses as corn, potatoes, and the like.

The *Bollman* process of extracting soya phosphatides depends mainly in the application of a solvent mixture of ethyl alcohol and benzol, which is able to dissolve lecithin and cephalin as well as oil, free fatty acids, resins, and bitter matter but leaves undissolved the carbohydrates soluble in alcohol. The most advantageous results are obtained by using a mixture of two parts alcohol and three parts benzol. The extract obtained from the process is warmed until the solvent mixture is vaporized. The oil, in which the lecithin is dissolved, protects the lecithin from decomposition. Into this mixture steam is passed in order to set free the lecithin. Care must be taken that the soy beans do not contain more than 10 per cent. moisture. When too great dilution takes place, the solvent mixture will separate into its constituent parts.

Where the extraction takes place with azeotropic mixtures of benzine and methyl alcohol (the *Mashino* method), the two solvents form one layer at the extraction temperature of 40–50°C., but after the extraction, the benzine layer, containing the bean oil, and the alcohol layer, containing the phosphatides, carbohydrates, coloring matter, and other impurities, separate at room temperature. By evaporating the upper benzine layer the purified oil is obtained, while the phosphatides and carbohydrates are recovered from the lower alcohol layer.

USES OF SOYA PHOSPHATIDES

Today they are numerous, such as in oleomargarine, frying fats, bakery products, chocolate, soap, cosmetics, as well as in the textile, leather, rubber, insecticides and wood-preserving (creosoting) industries.

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THE CHEMISTRY OF SOYBEAN PROTEIN EXTRACTION

By A. A. HORVATH

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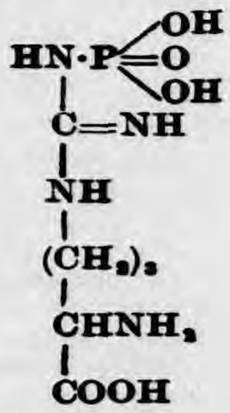
It was established by Osborne and co-workers[19, 20] that nearly all of the protein matter of the soybean consists of a globulin, "glycinin,"* with which is associated a small amount of legumelin, proteose, and phaseolin. Solutions containing more than 2% of NaCl dissolve glycinin freely. Glycinin can also be extracted from crushed soybeans by leaching with water, owing to the dissolving action of acid potassium phosphate present in the seed[19].

Aqueous leachings of whole soybeans contain complex compounds of protein with phosphatides and Ca and Mg[5], and it is assumed by some investigators[22] that glycinin is present in the seed in the form of glycinates of alkaline earths as well as absorption products with alkaline earth phosphates. For this reason as well as for others Satow[24] recommends leaching of the soybean meal with 0·1% acetic acid as a preliminary step in protein extraction by alkaline solutions.

The existence of a protein—phosphatide compound in soybeans is supported by the fact that after the "free" phosphatides have been removed from the beans by certain organic solvents, the beans do not show colour formation with specific phosphatide stains, while they still contain the "bound" phosphatides (up to two-thirds of the total). Heat, alkalis, as well as extraction with hot alcohol, seem to "break" this protein—phosphatide compound into its two components.

It is possible that the cephalin, which constitutes the major part of the soybean phosphatides, and behaves like a monovalent acid, is attached to the arginine of some fraction of soybean protein. Arginine-phosphoric acid has been isolated from the muscles of crustacea, and its properties studied by Meyerhof and Lohmann[16]. They give the following formula for arginine-phosphoric acid :



* Since glycinin contains 17.53% nitrogen, the factor 5.7 should be used for soybean protein calculation instead of the usual 6.25. Soybeans contain about 35% of glycinin.

Shifting to the acid range favours its splitting, while an alkaline range favours its synthesis. The synthesis is enhanced by the presence of glycogen, arginine, and phosphates. The p_H in the cells of the soybean seed is undoubtedly within a slightly alkaline range, in spite of the fact that their aqueous extracts show a p_H of 6·37 to 6·49.* The soybean is rich in inorganic phosphates and a carbohydrate is intimately bound to the soybean phosphatides[8]. These substances may contribute to a certain stability of the protein-phosphatide complex.

Complex-coacervation (separation of a liquid aggregate) is another possible form for protein-phosphatide association in the soybean.[2, 7] Coacervation occurs when a negatively charged sol (lecithin) comes in contact with a positively charged sol (protein) at a p_H range between their respective isoelectric points. Since the isoelectric point of glycinin is a p_H of 5·0[6] and the isoelectric point of soybean lecithin is a p_H of 6·4[1], and since the p_H in the soybean seed is slightly above 7·0, it seems at first glance that here coacervation cannot take place. But it has been found[14] that one-half of the arginine of glycinin can be readily split off by treatment with 0·1*N*-NaOH, showing that it is probably bound to the protein by ionic attraction. Since this arginine body has an isoelectric point of near p_H 11, it is capable of forming coacervates with soybean lecithin at a p_H above 7. It was shown that soybean lecithin and clupein (containing 88%—89% arginine) have a much stronger attraction and form much more stable coacervates (towards electrolytes) than the one formed from egg lecithin and gelatin.[2]

It has been found that the North Carolina and Virginia clarified crude expeller soybean oil tends to become turbid and to separate out a sizeable precipitate composed chiefly of phosphatides, a phenomenon which does not occur invariably in the oil of the beans grown in the Middle West[11]. This may be due to a lower stability of certain protein-phosphatide combinations in the soybeans grown in the Eastern Region at temperatures generated during the expeller procedure.

In the process of commercial protein extraction the soybeans are first treated by organic solvents to remove the oil and some of the phosphatides[8]. The meal is then leached by alkaline solutions, and the protein precipitated by acids.[9, 24]

* Owing to disssociation of existing organic and inorganic compounds of phosphoric and lactic acid as well as lowering of the buffering effect by dilution, etc.

When destined for industrial purposes, the soybean protein should possess a satisfactory plasticity, solubility, and colour,[24, 25] while for food it should contain the required amino acids, solubility, and digestibility.

Solvent extraction of dry beans denatures the protein less than when moist beans are subject to such a procedure. Azeotropic mixtures of benzine and methyl alcohol were found to give a better industrial protein than benzine alone, and much better than the expeller meal protein.[15] The duration of the oil extraction by organic solvents should be as short as possible, the temperature of extraction low, and the meal freed from the solvent at not over 40° C.

While prolonged boiling in water may result in dehydration of the protein,[26, 27] the opposite process (hydration) undoubtedly also takes place[17] and seems to predominate in mild heat denaturation.[13]

Using consecutive extractions with water, 10% NaCl, and 0·2% NaOH, Nakajima[17] found that from whole ground soybeans about 80%, 10%, and 5% respectively, of the total nitrogen could be thus extracted, while from commercial benzine extracted soybean meal, 25%, 10%, and 50% respectively, could be obtained. Evidently, nearly one-half of the total protein of the soybean meal has become insoluble in water, but soluble in dilute NaOH solution. This denatured protein* contains less total N and more H and O than the original glycinin. The isoelectric range of normal soybean protein is wider than that of soybean protein denatured during defatting by benzine, while the quantity of HCl required to bring about the maximum turbidity in an alkaline solution of denatured protein was larger for the normal soybean protein than for the denatured protein.† It was also found[17] that this denatured glycinin had a higher viscosity, a lower isoelectric point, and was richer in free amino and carboxyl groups, richer in enol groups, and simultaneously poorer in amide nitrogen than the normal glycinin. Deamination[18, 21]‡ and hydration§ are suggested as a partial explanation for these changes.[17]

It is believed that the base-combining capacity of proteins depends upon the three dicarboxylic amino acids not held in amide linkage, and perhaps under certain circumstances upon tyrosine, and acid-combining capacity depends upon histidine, arginine, and lysine.[3] According to Robertson,[23] the predominant method of combination of proteins with acids and bases is not through free amino or carboxyl groups, but through internal COHN groupings. It is probable that the enol form of COHN groups in proteins exists only in alkaline solutions and is in tautomeric equilibrium with the keto-form which is assumed in acid solutions. The diketopiperazines, like the open-chain peptides are capable of existing in either the keto- or enol- form. The mode of union between diketopiperazine rings involves the presence at each linkage of residual valencies, which, in the presence of ionized substances, are directed externally towards the ions in the surrounding medium,* and thus the protein exhibits acid or basic qualities.

The extraction of protein from soybean meal, its subsequent precipitation and properties, as well as its industrial applications have been extensively studied by S. Satow, and the results published (in English) in 1921—23 in two voluminous reports.[24, 25] These reports continue today to serve as an unsurpassed source of information on this subject, and a number of discoveries during the last 15 years can be traced to the researches of Satow. Two of Satow's Tables are reported here :

Relation of the plasticity and coloration of soybean protein to various kinds of extracting agents

Reagent	Concentration of reagent	Coloration	Plasticity*
Na_2SO_3	0·3	Slightly yellowish white	Class I
Na_3PO_4	0·3	,, ,, ,,	,, II
Na_2CO_3	1·0	Slightly brownish white	,, III
$Na_2B_4O_7$	5·0	,, ,, ,,	,, III
$NaC_2H_3O_2$	5·0	White	,, III
NH_4OH....	0·5	Slightly brownish white	,, IV
NaOH	0·2	Brownish White	,, IV
$Ca(OH)_2$	0·5	White	,, V
Na_2SiO_3	5·0	,, ...	,, V
Na_2S	10·0	,, ...	,, VI
NaCl	10·0	,, ...	,, VI
Na_2SO_4	1·0	,, ...	,, VI
$(NH_4)_2SO_4$	5·0	,, ...	,, VI

* The plasticity was divided into six classes, Class I being the best and VI the worst.

Quality of precipitated protein

Precipitant	Form of precipitate	Class	Remarks
H_2SO_3	Whitest, finest, and lightest	I	Best in quality
H_3PO_4	....—Bulky and floccu-	II	Medium
H_2SO_4	....— lent, settling		quality
CH_3COOH	....—		
HCl	....—Dense aggregation	III	Inferior
HNO_3	—		quality
Metallic salts of alkaline earth	Denser aggregation and more compact	IV	This class is not suitable for the manufacture of plastic celluloid - like substances
Salts of heavy metals	Heavy and compact, quickly settles		
Formaldehyde	Compact ; appears hard		
Precipitate coagulated by heat and already precipitated by various means	Coagulated		

Satow[25] found also that heating either before or after the precipitation should be avoided if it is desired to produce a suitable protein for plastic materials of good quality. The same author established the fact that the degree of glutinization of soybean protein† is in

* Called either "glutelin"[17] or "glycinan".[18]

† Pepsin was found to have a higher digestive effect on glycinin as compared with soybean protein denatured by benzine extraction, while pancreatin showed a higher digestive power on the denatured protein.[17]

‡ $R - CONH_2 + H_2O \rightarrow R - COOH + NH_3$.

§ $R\langle^{NH-OC}_{CO-HN}\rangle R + 2\,H_2O \rightarrow R\langle^{NH_2}_{COOH} + HOOC_{H_2N}\rangle R$

* Since Langmuir has defined "adsorption" as attraction due to residual valencies, adsorption may be considered a preliminary step in the formation of chemical compounds with proteins.[23]

† Glutinization of the protein is an important step in the manufacture of plastics therefrom. It was observed[25] that the degree of glutinization is proportional to the sensibility or reactivity of the protein. Phenol as well as phosphoric acid are among the preferred glutinizing agents. According to Satow[25] "hydroxides of alkali earth metals have also a glutinizing power, but this glutinized protein soon combines again with the metals, producing an insoluble compound. Caustic lime cannot, therefore, be employed for the purpose of mere glutinization, although it is suitable for special purposes, such as for the manufacture of water colours."

proportion to the fineness of the particles of the protein precipitate, and inversely proportional to the degree of coagulation of the protein.

Satow made the observation that glycinin, unlike casein and zein, is very sensitive to oxidation by air. In alkaline solution it readily acquires a brownish coloration, and it is gradually broken down into smaller aggregations. A few years ago it was found that as dilute solutions of NaOH as 0·1*N* split one-half of the arginine* from glycinin thus reducing its total nitrogen to 15·8%[14]. The factor for protein calculations in alkali treated soybean protein should therefore be 6·33.

Treatment with NaOH solutions results also in the liberation of some of the amide nitrogen (in the form of ammonia)[21], as well as the loss of nearly one-half of the cystine sulphur (in the form of H_2S).† One should therefore be cautious in interpreting the results of experiments on the nutritive value of " purified " soybean protein as a deficiency of glycinin in cystine in analogy to similar observations on casein in which five leachings of 30 minutes each at room temperature by 0·3% NaOH bring the cystine content down to 0·033%[12].

There exist also marked differences in the cystine content of the glycinin from different varieties of soybeans[4]. While the glycinin from the Illini variety contains only 0·74% of cystine, the glycinin from the Mammouth Yellow, the Virginia, the Haberlandt, the Manchu, and the Chiquita varieties contain 0·92, 0·95, 0·98, 1·45 and 1·46% respectively.

It will be seen from the above that the chemistry of soybean protein extraction is complex and the study of solvent extraction of the oil and phosphatides from the beans, coupled with subsequent separation of protein from the soybean meal, is urgent.[10]

* 4·6% out of a total of 9·2% of the weight of the glycinin. The arginin can be recovered as such from the solution.

† 0·32 out of a total of 0·71%[18]. It is possible that glycinin contains sulphur in some complex other than cystine.[18]

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The references I have given you give processes for B_2.

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Elutriate B_1 with an acid solution. The acidity is adjusted to around .5 or .6 pH.

B_2 remains behind. Very potent concentrates of B_2 can be made by this method.

DR. KELLOGG: If vitamin A is mixed with Fuller's earth very little is absorbed.

What is the daily dose of B?

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Take some of the material you expect to use and carry it through a sample extraction and test the material and see if you are getting somewhere near the vitamin potency which was originally present in the material.

DR. KELLOGG: Ordinary Fuller's earth is all right?

DR. CONNER: Yes.

Try the liver method with that material. The yeast method is the same.

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DR. CONNOR: Acid solution .8 pH for absorbing B_2.

DR. KELLOGG: Is ordinary reagent acid sufficient?

DR. CONNOR: Yes.

The soybean material might change the acidity of the solution. You might have to add more acid to keep the pH at .8.

DR. KELLOGG: It is not to be heated?

DR. CONNOR: No, shake the material for several hours.

DR. KELLOGG: Two or three hours?

DR. CONNOR: At least. Repeat the process several times to get a greater quantity and use a new alcoholic extraction.

DR. KELLOGG: Take clay and wash it out with water and acid at .8 pH. You filter the solution off that you are using?

DR. CONNOR: Get it off by a suction filter. You can take the same alcoholic solution and treat it with a fresh portion of Fuller's earth and repeat the process two or three times.

DR. KELLOGG: You filter off the liquid and evaporate it down to get a concentrated solution?

DR. CONNOR: You have vitamin on Fuller's earth and elutriate it. If you are going to work B_1, it would be necessary first to extract B_1 with water with no acid.

DR. KELLOGG: How much water would you use for B_1?

DR. CONNOR: About the ratio Williams uses for the extraction of rice polishings.

DR. KELLOGG: Cannot concentrate it by boiling it down?

DR. CONNOR: No.

DR. KELLOGG: Clay absorbs it from the water, but you can not concentrate it. Why should concentrating destroy the vitamin?

DR. CONNOR: It is heat sensitive above 100 degrees.

DR. KELLOGG: The temperature rises as it becomes concentrated. That is the reason for it.

DR. CONNOR: Yes.

DR. KELLOGG: If I have plenty of clay and use it in large quantities, a ton at a time, and use beans on a large scale without any expense, it seems to me I am pretty well fixed for doing that if it is done in a careful way.

DR. CONNOR: Yes.

DR. KELLOGG: Will putting vitamin B in breadstuffs destroy it?

DR. CONNOR: To a large extent.

DR. KELLOGG: You think the vitamin B found in bran is destroypd in bread?

DR. CONNOR: Yes. It is not entirely destroyed but reduced quite a bit.

DR. KELLOGG: The bread hardly reaches the boiling point inside of it?

DR. CONNOR: Experiments conducted on that thing indicate that quite a bit of destruction takes place.

DR. KELLOGG: Fifty per cent?

DR. CONNOR: Yes, as much as that.

DR. KELLOGG: I make a preparation called Zo. It is a breakfast food. For a dozen years or more I have been putting a lot of yeast in it in order to give it vitamin B to increase its value. I have been counting upon the preservation of that B and also of the B that is in the bran.

DR. CONNOR: B_2 or C would not be destroyed, but B_1 would be reduced to a considerable extent.

DR. KELLOGG: What is the best way of getting B_1 into foodstuffs?

When you get yeast absorbed by Fuller's earth how are you going to get it out? Wash it with acidulated water. How would you concentrate the acidulated water-- by taking a certain solution and putting-- it is in the clay. Wash the clay?

DR. CONNOR: Yes.

DR. KELLOGG: You can not boil the solution down?

DR. CONNOR: No.

DR. KELLOGG: How many times do you think it would have to be put through? Ten times?

DR. CONNOR: Yes.

DR. KELLOGG: How much vitamin C or B_2 ought I to have after making a prpparation of that kind. Starting with 9 units to the gram could I count on having 100 units per cc?

DR. CONNOR: I do not know what the result would be. It would depend upon how it would work out.

DR. KELLOGG: Would you get a hundred?

DR. CONNOR: No.

DR. KELLOGG: Suppose you put it through 15 times. Would you have 100 units?

DR. CONNOR: Possibly. That would depend so much upon the material.

DR. KELLOGG: Suppose this liquid has evaporated in a vacuum with care to keep the temperature down to 150 degrees.

DR. CONNOR: To take yeast, shake it with water and concentrate the water solution down in a vacuum.

DR. KELLOGG: No, I meant if I went through this whole process and got it in an acid solution and then could I concentrate that under vacuum without doing it any harm?

DR. CONNOR: Yes. You would also have some impurities present.

DR. KELLOGG: Harmless?

DR. CONNOR: Yes.

DR. KELLOGG: You could concentrate it almost any amount, but you would have acid there?

DR. CONNOR: Yes.

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DR. KELLOGG: Fifty per cent?

DR. CONNOR: Yes, as much as that.

DR. KELLOGG: I make a preparation called Zo. It is a breakfast food. For a dozen years or more I have been putting a lot of yeast in it in order to give it vitamin B to increase its value. I have been counting upon the preservation of that B and also of the B that is in the bran.

DR. CONNOR: B_2 or G would not be destroyed, but B_1 would be reduced to a considerable extent.

DR. KELLOGG: What is the best way of getting B_1 into foodstuffs?

When you get yeast absorbed by Fuller's earth how are you going to get it out? Wash it with acidulated water. How would you concentrate the acidulated water-- by taking a certain solution and putting-- it is in the clay. Wash the clay?

DR. CONNOR: Yes.

DR. KELLOGG: You can not boil the solution down?

DR. CONNOR: No.

DR. KELLOGG: How many times do you think it would have to be put through? Ten times?

DR. CONNOR: Yes.

DR. KELLOGG: How much vitamin G or B_2 ought I to have after making a preparation of that kind. Starting with 9 units to the gram could I count on having 100 units per cc?

DR. CONNOR: I do not know what the result would be. It would depend upon how it would work out.

DR. KELLOGG: Would you get a hundred?

DR. CONNOR: No.

DR. KELLOGG: Suppose you put it through 15 times. Would you have 100 units?

DR. CONNOR: Possibly. That would depend so much upon the material.

DR. KELLOGG: Suppose this liquid has evaporated in a vacuum with care to keep the temperature down to 150 degrees.

DR. CONNOR: To take yeast, shake it with water and concentrate the water solution down in a vacuum.

DR. KELLOGG: No, I meant if I went through this whole process and got it in an acid solution and then could I concentrate that under vacuum without doing it any harm?

DR. CONNOR: Yes. You would also have some impurities present.

DR. KELLOGG: Harmless?

DR. CONNOR: Yes.

DR. KELLOGG: You could concentrate it almost any amount, but you would have acid there?

DR. CONNOR: Yes.

October 7, 1937

Mr. C. E. Fellers,
American Public Health Association,
Amherst, Mass.

Dear Sir:

I should like to inquire if there are any restrictions in respect to the publication of papers.

Sincerely yours,

October 8, 1937

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

Dear Dr. Horvath:

I have your letter of October 5.

Thank you very much for the information you sent me.

I am sorry to have to tell you that our experiment in producing green soybeans was a failure. Michigan has proved to be a bad climate for the soybean. We could not make the soybeans grow and the expense of harvesting was so great that the experiment entailed a loss of four or five thousand dollars. I think some one else will make the project succeed, but it will have to be somewhere else than in Michigan.

Sincerely yours,

b

October 8, 1937

Mr. George C. Clark,
National Society for the
Prevention of Blindness,
50 West 50th Street,
New York City.

Dear Sir:

I have your letter of September 27.

I am greatly in sympathy with your work. Enclosed find a small contribution. If I did not have so many philanthropic enterprises on my hands that my resources are completely utilized, I would send you more.

With best wishes for your good work, I am

Sincerely yours,

October 8, 1937

Miss Gertrude Estill:

Please send me a check for $5 made payable to Mr. George C. Clark, National Society for the Prevention of Blindness, 50 West 50th Street, New York City. This is a donation.

A. F. Bloese

October 8, 1937

Mr. Elbert Hubbard II,
The Roycrofters,
East Aurora, New York.

Dear Sir:

I have your letter of September 27.

I did not mean in my letter to be interpreted as a final word in relation to your write-up as it will be necessary to present this to the board of managers and to have their approval before it could be used. It occurred to me, however, that possibly some use might be made of it or some part of it, and with that thought in mind I am willing to take another look at it. Do not put too much time on it until after I have looked it over again and see whether it can be made to conform to the general policy of the institution and the medical code of ethics which we recognize.

Sincerely yours,

b

October 8, 1937

Dr. Thornwell Jacobs, Pres.,
Oglethorpe University,
Oglethorpe University, Ga.

Dear Dr. Jacobs:

Thank you very much for your letter of September 29.

It is very kind of you to send me a copy of Dr. Golden's address which I shall read with much interest.

I am glad to know the University is prospering.

With very best wishes and admiration for your splendid work, I remain, dear Doctor,

Very sincerely and cordially yours,

HEALTH CULTURE

HAROLD WELLS TURNER
PUBLISHER

ARTHUR VOS, M.D.
EDITOR

L. F. TURNER
ADVERTISING

ESTABLISHED 1894

1133 BROADWAY
NEW YORK CITY
WATKINS 9-3076

October
11
1937

Dr. John Harvey Kellogg
Battle Creek
Michigan

Dear Doctor Kellogg:

Your letter of October 3 has been received and we are very glad to use Dr. McCormack's article on "Tobacco".

We are placing your name on our mailing list and we trust you will find Health Culture of interest.

Very truly yours,

Harold Wells Turner - Publisher

HWT:jl

THE AMERICAN PUBLIC HEALTH ASSOCIATION

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COMMITTEE ON MEETINGS AND PUBLICATIONS

October 13th, 1937

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

My dear Dr. Kellogg,

It will not be possible for us to publish all of the papers delivered for our New York Annual Meeting in the American Journal of Public Health. Therefore, we are returning some of these to the authors.

Enclosed find your paper, "Special Health Values of the Soybean," which is herewith released to you to publish elsewhere, if you desire.

Sincerely yours,

Augusta Jay

AUGUSTA JAY
Assistant Editor

AJ.RB

POLICE DEPARTMENT

CITY OF NEW YORK

87-8. U. P. 40

October 14th, 1937.

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

Dear Sir:

Notice has been taken by the Police Department of the City of New York of a machine known as the universal dynamometer, for recording physical tests of individuals.

It is our understanding that such machines are now in use by the Navy Athletic Association, United States Naval Academy, Annapolis, Maryland.

This department would appreciate receiving a pamphlet containing photographs and information of the machine, together with the price thereof, and if there is any institution, department or firm in close proximity to New York City where the machine is in use.

Appreciating an early reply,

Cordially yours,

John J. O'Connell
Deputy Chief Inspector.

John J. O'Connell,
Deputy Chief Inspector,
Police Academy,
72 Poplar Street,
Brooklyn, New York.

October 14, 1937

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

Dear Prof. Fisher:

I have your letter of October 8.

I hope my paper on the soybean will be published soon. I will send you a reprint as soon as it is out. The paper, however, does not contain practical directions for the use of soy milk.

We are working on a new cook book, The Battle Creek Sanitarium Cook Book, in which the soybean will receive a liberal amount of attention.

Soy acidophilus milk may be used warm but not hot. The temperature should never be over 100 degrees as the bacteria are killed at 110 degrees.

I hope the L. D. Lax I sent you has reached you and that you find it equals your expectations. It has taken precedence over everything else here.

I will try to get to work on the articles you want for How to Live soon after I get to Florida some time in November.

I am having some back numbers of Good Health containing some articles on the enema sent to you. Perhaps you will take the trouble to look these over and if you find anything there that interests you, you are welcome to make use of it, or if you will indicate it, I will recast it for the book.

You have a fine array of authoritative documents already. I am very glad that you have found men of such caliber to validate the

teachings of your book.

I have read with interest Dr. McCollum's dissertation on the salt solution. There are several important things which the Professor overlooks. I doubt whether he is a very good physiologist. It seems to me he would not reach such false conclusions if he were. As he is not a medical man he doubtless has had very little clinical experience, so it is not surprising that he should have fallen into error. If his salt solution were hypertonic there would be a great influx of water from the blood into the intestine to dilute it and the result would be watery stools. This he recognizes as undesirable and so undertakes to prevent it by making the liquid isotonic with the hope that in so doing he will prevent both absorption and oxidation. The Professor overlooks the fact that there is always a considerable amount of liquid in the stomach and intestines, so when he drinks a quart of isotonic solution it immediately becomes hypotonic and at once there is set up a movement into the blood vessels. That it does not pass rapidly down through the intestine and out without absorption is made very clear by the fact that the amount of salt in the urine for some hours after the salt solution has been taken is very largely increased. Quite a large percentage of the salt swallowed is eliminated through the kidneys. This gives work for the kidneys to do which is not at all conducive to kidney health.

It is just as bad to swallow a teaspoonful of salt in a quart of water as to swallow the same amount of salt in a pint of soup. The fact that when taken on an empty stomach it stimulates the bowel to action is evidence that it is considered by the body as something harmful that needs to be gotten rid of as quickly as possible. The body

is entirely different from a test tube or book of dead parchment. It is a living thing that fights for the maintenance of normal conditions and behaves discreetly.

A large proportion of the leading men who die suddenly prematurely are victims of kidney failure. The failure of the kidneys to keep the blood free from poisons leads to degeneration of the heart, and so though the diagnosis may be death from heart failure, the fact is it is kidney failure which was the real cause of the tragedy.

I have asked Mr. Bloese to hunt up the O-Three. He tells me that it has somehow disappeared. It rather weakens one's faith to read a report of 100 cases of rhinitis cured in succession without a single failure. This would certainly be miraculous, especially when one realizes that there are so many sinuses connected with the nasal cavity into which the spray never enters and which become infected just as badly as the nasal cavity itself. How do your people explain the fact that not only the parts to which the remedy is applied are cured by its remarkable potency but also the infected surfaces in the frontal sinus, the antrums and several other sinuses?

The title of the book you wish is <u>Prehistoric Man</u> by Elliot.

Sincerely yours,

b

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Mass. State College
Amherst, Mass.
October 15, 1937

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

Dear Dr. Kellogg:-

Relative to your letter of October 7th, 1937, may I state that there are no restrictions with regard to the publication of papers after they have been released by the Association Editorial Office. If the editors find they cannot use a certain paper, and of course there are far too many submitted for them to include in the limited space provided in the journal, they will ultimately return the paper to the author. However, if you wish immediate release, you can usually secure it by writing directly to the editor; in this case Dr. M. P. Ravenel, University of Missouri Medical School, Columbia, Missouri.

Yours very truly

C. R. Fellers

C. R. Fellers
Secretary, Food and
Nutrition Section

66TH
ANNUAL MEETING
NEW YORK, N. Y.
OCTOBER 5-8, 1937

The American Journal of Public Health is the Official Publication of this Association

October 19, 1937

Dr. M. P. Ravenel,
University of Missouri Medical School,
Columbia, Missouri.

Dear Doctor:

I read before the Section on Food and Nutrition at the last meeting of the American Public Health Association a paper entitled "Special Health Values of the Soybean." I am having a considerable number of calls for reprints of this paper and will be glad to know what are your plans, if any, with reference to its publication.

Sincerely yours,

P. S. I am writing you at the suggestion of Dr. Fellers, Secretary of the Section on Food and Nutrition.

b

CITY OF NEW YORK

DEPARTMENT OF HEALTH

125 WORTH STREET

BOROUGH OF MANHATTAN

October 18th, 1937

Dr. John Harvey Kellogg
Battle Creek
Michigan

Dear Dr. Kellogg:-

Going over the program of the Sixty-sixth Annual Meeting of the American Public Health Association held in New York City, I find that you delivered a paper on Tuesday, October 5th, 1937, on

"Special Health Values of the Soy Bean".

Since the title appears to be interesting to me for the conduct of the work in the Bureau of Food and Drugs, will you be good enough to send me a copy of this paper.

Your kind cooperation is sincerely appreciated.

Very truly yours,

A. Lichterman

A. Lichterman, Phar. D.,
Acting Director
Bureau of Food and Drugs

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Brooklyn, N. Y.

EVANSTON, ILLINOIS

October 20, 1937

Dear Dr. Kellogg,

It was a very serious disappointment to me not to have the second visit with you about which we talked the one pleasant hour I did spend with you. It seemed necessary for me to return to the office here a day or two earlier than I had anticipated.

Perhaps you will remember that you said you wanted to talk with me in regard to a special phase of answer to prayer. From what you said of your investigations and thinking on this subject, I became much interested, so I am writing to ask if it would be possible for you to reduce to writing something of the nature of the talk we would have had. I should be so glad if you could. You see, the first Point of our Five-Year Five Point Program is "Deepening the spiritual life." I enclose my latest leaflet on this point.

I am not unmindful of the invitation to Miami. I am agreeing to go to Florida for a week's work for the Union some time late in the winter or early in the spring, and if the invitation is open there I shall be very happy to spend a little while at Miami in the sanitarium.

I am incited to write this letter today particularly because in looking for something in one of the old volumes of Minutes of the National W.C.T.U. I stopped to read the report of the "Department on Promotion of Social Purity" of the year 1886. I shall not quote at length but I thought you would be interested in the following:

> "Mrs. J. H. Kellogg undertook the laborious task of planning for Mothers' Meetings on the difficult topic of Social Purity. She has mailed some four thousand letters and circulars in the interests of this work, and has consulted with the ablest authorities the country affords as to the best method for conducting these meetings, and the topics that should be considered. As a result she has issued her valuable leaflet, 'Topics for Study and Discussion at Mothers' Meetings;" and this, with an accompanying circular of instructions and caution, has been widely circulated. She has gone on to the task of editing a series of leaflets on each of these various topics, and when her work is completed it will be invaluable to our superintendents."

There was previous allusion in the Report to the association of Miss Willard and Mrs. Kellogg in this department plan of work, In the 1887 Report the same story is carried forward with special emphasis respecting Mothers' Meetings inquiries received and answered by Mrs. Kellogg "into whose care was intrusted that particular branch of the work" and speaking of nearly ten thousand "Topics for Study and Discussion" used at such meetings and Mrs. Kellogg's work at District and County conventions. I should be interested to go through the reports of those years and hope some day I shall have opportunity to do so but cannot now.

I am reminded that I promised to send you a photograph for enlargement to use in

Kellogg, October 20, 1937)

the exhibit of the "Aristocracy of Health." I shall send you a glossy print which I suppose will be the best sort of thing for enlargement. Thank you for the honor implied.

With my continued good wishes for your health and wellbeing, I am,

Very sincerely yours,

Ida B. Wise Smith

Ida B. Wise Smith

Enc
IBWS:l

J. H. Kellogg, M.D.
Battle Creek Sanitarium,
Battle Creek, Michigan.

THE AMERICAN PUBLIC HEALTH ASSOCIATION

American Journal of Public Health and the Nation's Health

MAZŸCK P. RAVENEL, M.D.
Editor in Chief
UNIVERSITY OF MISSOURI, COLUMBIA, MISSOURI

October 21, 1937

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

My dear Dr. Kellogg:

Your letter of October 18 is at hand. As we had something like 400 papers at the New York meeting of our Association, it has been impossible for me to go over them by this time and make any tentative schedule. My files are kept at my house and not at this office, but my impression is that your paper has not yet been received from the Secretary. I can only promise that it will have due consideration as soon as possible.

With highest regard, I am

Very sincerely yours,

Mazÿck P. Ravenel

Mazyck P. Ravenel, M. D.

MPR:IC

POLICE DEPARTMENT

CITY OF NEW YORK

October 25th, 1937.

Mr. J. H. Kellogg, MD.,
Battle Creek,
Michigan.

Dear Sir:

Under date of October 14th, 1937, the undersigned wrote you a letter regarding the Universal Dynamometer, a machine now in use at the United States Naval Academy.

It would be appreciated if you could arrange to forward to the undersigned as soon as possible complete information with regard to the cost of this machine, its testing capabilities, etc.

Hoping to hear from you by return mail, I am

Yours very truly,

John J. O'Connell
Deputy Chief Inspector.

John J. O'Connell
Deputy Chief Inspector
Police Academy
72 Poplar Street
Brooklyn, N. Y.

October 25, 1937

Mr. John D. Rockefeller,
Radio City,
New York City.

Dear Mr. Rockefeller:

We have some new things in which I think you might be interested which we find of great value in dealing with our patients. If you will permit me to do so, I will be glad to send you further information, but do not wish to annoy you.

Remembering your lively interest in everything relating to health and hoping I may have the pleasure of presenting you with some of the new things we are finding of substantial value, I am

Sincerely yours,

October 26, 1937

Dr. A. Lichterman,
Department of Health,
125 North Street,
Borough of Manhattan,
New York, N. Y.

Dear Doctor:

I have your letter of October 18.

I note you desire a copy of my paper. I have just received notice from the American Public Health Association that my paper is released for publication, so I hope will be able before long to send you a copy of a reprint.

Sincerely yours,

EST. DUQUESNE, PA., 1907

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October 28, 1937

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

Dear Dr. Kellogg:

Since my visit with you in Battle Creek on Tuesday I have been doing a lot of thinking particularly in connection with various vitamin projects which we have discussed from time to time and I frankly confess that I have been very much led astray from my original objective in discussing vitamins with you.

Some two years ago or more when I was in at the Battle Creek Sanitarium for a needed rest I discussed with your Messrs. Kirkland and Saxton the possibility of the inclusion of vitamins in your various products and at subsequent intervals I have had these matters up with those two gentlemen as well as yourself.

Our approach to Kirkland and Saxton at various times was along the line of a general vitamin line to be sponsored by the Battle Creek Sanitarium.

You can therefore imagine my surprise and chagrin too to learn that these two gentlemen were no longer with your organization and had gone into the promotion of a complete line of vitamin products now being supplied to them by a Detroit organization.

We have definite information here that this new firm, The Battle Creek Dietetic Supply Company, are soliciting and securing distribution among many firms handling your products, particularly in health food stores in Chicago so far as our local check-up reveals.

I blame myself a great deal for not getting the point over to you that has been in my mind continuously, namely, that the Battle Creek Sanitarium should create and sponsor a complete vitamin line of its own in addition to the possibilities of including various vitamins in your many varied products.

It seems to me that you are in a most enviable position to sponsor such a complete line of vitamin products due to the enormous good-will for Battle Creek products and your very large distribution and it seems a shame that these two individuals should be now engaged in cashing in on their acquaintanceship with your distributors to promote their own line of vitamin products.

The public acceptance and demand for vitamin products is continuously on the increase and it is a difficult task many times for the manufacturer to keep pace with this demand, particularly as evidenced by our own continuously growing line of Double "D" Vitamin Products which we market through the retail drug trade.

Our Mr. Shultz this past summer contacted a group of health food stores in New England who operate 17 stores and succeeded in placing a rather complete vitamin line of products with them under their own name. We could give you a number of similar instances of continuous and growing possibilities of a vitamin line, but I am certain that you are sufficiently well acquainted with this possibility in this direction to be well aware of the profit opportunities in that field.

What we should like to accomplish with you is to secure your serious consideration of the creation of a rather complete line of vitamin products to be marketed and merchandised under the Battle Creek name, such a line to comprise Halibut Liver Oil Capsules, ABDG Capsules, Cod Liver Oil Capsules, Cod Liver Oil Tablets, Brewer's Yeast Tablets, and such other vitamin items as would suggest themselves for such a complete line.

It is definitely being determined today that the retail druggist is not the only one who can sell vitamin products, particularly in that they are not in themselves in any way a drug but are a natural food adjunct. We are impressed with the very great romantic possibilities of such a line being backed by such an outstanding firm name of your own in this vitamin field and our humble prediction is that you would be amazed with the response you would be able to get in so creating such a line of preparations.

The creation of such a line is simplicity itself and can be done very rapidly because the trail is blazed and the road is wide open.

We are of course aware of the tremendous possibilities that also exist in adding these vitamins in one form or another to your many and varied food products which can come all in good time, but what we are trying to urge upon you at this particular time is your serious consideration of a vitamin line as such under your Battle Creek Sanitarium name. What a romantic story you could tell and how vividly you would be able to secure public attention.

We would indeed be pleased to confer with you on the possibilities suggested in this letter and hope we may have the opportunity of hearing from you very soon in this connection. We should be pleased, of course, to run up to Battle Creek and confer with you at any time you suggest on this matter.

Thanking you for your consideration of these points, we are

Very truly yours,
ROYAL MFG. CO. OF DUQUESNE

SSKovacs
Vice President

S S KOVACS:EJB

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 29, 1937

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

My dear Dr. Kellogg:

The time is approaching when it will be necessary to have all the manuscripts for How to Live. You kindly consented to write an Appendix. It would help me greatly if you could get this to me by the middle* of November so that I would have the remainder of the month for the process of reading and editing this, along with the other material which will crowd in at that time.

I greatly appreciate your help and hope that you will not find it inconvenient to send in the manuscript well in advance of the dead line, December 1, when the publisher would like to have everything in his hands.

Very sincerely,

Irving Fisher

P.S. The following appendices have so far been received:
Davenport on Eugenics, Emerson on Alcohol, Bogen on Tobacco, Chittenden on Protein, Hoffman on Cancer, Cannon on Emotions.

* or end, if necessary

IFs

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 30th, 1937

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

My dear Dr. Kellogg:

In a letter of yours dated May 14th, 1935, you discuss the theories of Professor Bunting. I find that he is not generally accepted as very scientific, particularly in regard to acidophilus as a source of caries. He is accused, among other things, of confusing acidophilus bacillus with relative germs.

You speak in your letter rather enthusiastically of Bunting's work, especially as to the importance of vital resistance. I am wondering whether since you wrote that letter you have still the confidence you then had in the reliability of Bunting's work.

I enclose an old clipping in regard to the harm from using milk within two hours after a meal during which meat has been taken and I wonder whether this agrees with your views. As I remember them, it does and that you believe that there is evidence that various forms of protein are somewhat incompatible.

I have had the idea that with thorough mastication and insalivation, there was very little harm in having more than one kind of protein at one meal. In fact, it would be almost impossible to avoid this.

Very sincerely,

Irving Fisher

IF:M

Oct. - 1937

FAIR LANE
DEARBORN, MICHIGAN

Thursday

My dear Dr. Kellog -
I want to thank you very much for the book you sent me, "How to Have Good Health", It is filled with good suggestions, and so amiable, Mr. Ford and I have fairly ravenly, but will greatly profit by the good book. You asked me long ago to send you a photo of Mr. Ford, and I have not done it, but I will, trusting that everything is well with you, and many thanks again for the book, and many other good things you have sent us! Very Sincerely yours
Clara Ford

November 1, 1937

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

Dear Prof. Fisher:

I have your letter of October 28.

I am driving myself with work to the very utmost. If I had the sort of secretarial help you have it would be very easy to get your material ready, but I have to do all my own writing. It is very difficult to find a good medical secretary. A person who has dependable medical knowledge is usually engaged in professional work which brings much greater returns financially than does clerical or literary work.

I have been hoping to get away from here by November 1 and planned to get the material ready for you en route to Florida or soon after arriving there. It looks now as though I shall be delayed a week or two in getting away, in which case it may be a little later than the 15th before I can get the manuscript to you. I will do the best I can, however.

I am greatly interested in the effort that you are making to make your book "How to Live" a complete and up to date handbook of health.

Sincerely yours,

b

November 3, 1937

Mr. John J. O'Connell,
Deputy Chief Inspector,
Police Academy,
72 Poplar Street,
Brooklyn, N. Y.

Dear Sir:

Your letter has been received and should have been acknowledged befort. I am glad to know that you are interested in scientific training such as the cadets get at Annapolis where they have used my dynamometer as a basis for training for more than 30 years. The army has half a dozen of these dynamometers in use, three of which were ordered not long ago.

I shall be glad to help you not only to get a dynamometer, but in learning how to make the very best possible use of it.

I am sending you with this two charts which will give you an idea of how the dynamometer is used and the accurate data that it provides on which to base scientific muscle training.

The delay has been caused by the fact that the company that has been manufacturing these machines has failed. The patterns were preserved, however, and one man who could give me information was out of town. He has returned and I hope to be able to see him tomorrow.

I am wiring you tonight as follows:

Mr. John J. O'Connell, No. 2.

"Can secure the apparatus for you.
Have written about cause of delay."

Sincerely yours,

1207-A

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TIME FILED

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

November 3, 1937 19

To John J. O'Connell,

Deputy Chief Inspector,
Police Academy,

Street and No. 72 Poplar Street,

Place Brooklyn, N. Y.

CAN SECURE THE APPARATUS FOR YOU. HAVE WRITTEN TODAY

EXPLAINING CAUSE OF DELAY.

John Harvey Kellogg

b

Sender's address for reference

THERE IS NO DEPENDABLE SUBSTITUTE FOR WESTERN UNION TIME

Sender's telephone number

November 3, 1937

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

My dear Dr. Fisher;

I have your letter of October 30.

Bunting is not a bacteriologist and does not profess to be an authority on diet, but he assured me that his work was done by a man who was recognized as a bacteriological expert. I know Prof-Rettger thinks Bunting is in error in attributing to the bacillus acidophilus pathological effects upon the teeth. But Dr. Bunting is not the only one who holds the views that he champions, in fact, he was not the first one to put these views forward.

I am sure Bunting is right in believing that acidophilus is found in the mouth in normal people. It is also found in the vagina in girls and women and it is apparently needed in these localities for protection just the same as in the alimentary tract. It seems to me perfectly consistent that this organism should be found in these locations as it has the remarkable property of preventing the growth and development of putrefactive and pathogenic organisms and can grow either with or without oxygen which is not true of ether lactobacilli. This view I think to be perfectly reasonable and consistent, for the acidophilus will do no harm in the mouth if there is no food there to support its growth. If carbohydrates are left in the mouth, acids will be formed, but no acids will be formed in the mouth if it is kept clean and the teeth are kept clean as they should be.

As regards the clipping about the incompatibility of milk,

there is something in this, though as regards the statement it is somewhat exaggerated.

The Hebrew objection to the use of milk and meat together is a theological one. There is, however, a physiological incompatibility in this respect. When meat is eaten a large amount of very highly gastric juice is formed. When cow's milk comes in contact with such highly acid gastric juice large and very tough curds are formed which remain a long time in the stomach. If a considerable amount of milk is taken, the milk may form a hard block in the stomach that may not be easily gotten rid of.

I was told by Dr. Lawson Tait, the English surgeon, of a case in which the hard casein curds accumulated in a boy's intestine at just above the ileocecal vavle in such quantity as to form a tumor as big as a child's head. When he operated for removal of the tumor, he found by manipulation of the tumor it diminished in size , and he soon discovered that its contents, due to his manipulation, were being pushed on into the colon, and so he continued his manipulations until he had the tumor emptied into the colon and closed the abdomen up without operating on the intestine. When the contents of the tumor were discharged they proved to consist of hard milk curds.

I know of one case in which a man came near losing his life through the formation of a large solid curd in his stomach which by great effort he succeeded in forcing up his throat. When suffocation was impending, he seized the end of the mass in his throat and pulled out a rope of milk two yards long. This is the real objection to taking milk along with meat.

The two hour limit has also a physiologic basis for the reason

that the acidity of the stomach is diminished at that time. Generally little or no free hydrochloric acid can be found in the stomach after the end of the second hour of digestion.

As regards the incompatibility of different kinds of protein, I have neverheard of this before. On account of the great difference in the quality of vegetable proteins, it is better to take a variety than to depend on a single one. This does not apply, however, to animal proteins which are much nearer alike than vegetable proteins. In general I think it is true that the thorough chewing and insalivation of different varieties of food greatly lessens, if it does not entirely extinguish, incompatibilities in the digestive process.

Sincerely yours,

1765 S. W. 2nd St.
Miami, Florida,
November 4, 1931.

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

Dear Dr. Kellogg,

One day last winter Dr. Norman was hostess to the Ida De Lamo W. C. T. U., at the Battle Creek Sanitarium. The occasion was such an enjoyable one, that we are asking the privelage of holding our annual "Home Coming" meeting, on December 6, at the Sanitarium. Many of our tourist members and friends

will have returned at that date.

We would greatly appreciate if you would give us a talk at that meeting, on the subject of medical temperance - or any other suffect that you shefer.

Thanking you for past favors,

Very truly yours.

Mrs. Nancy Montgomery

Secretary.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

November 5th, 1937

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

My dear Dr. Kellogg:

Thank you for yours of November 3rd in regard to acidophilus in the mouth and in regard to milk and meat proteins.

You say that "as regards the incompatibility of different kinds of protein I have never heard of this before". All that I had reference to was your own previous statements to me in regard to milk and meat proteins which your letter elaborates.

I appreciate very much your help.

In reference to yours of October 14th, the L. D. Lax seems to work well but somewhat variably. You say that you are having some back numbers of "Good Health" sent to me. They have not yet arrived.

I note again what you say about isaltonic salt solution.

I find it hard, if there is no reservation about this all, to think that Professor McCollum and Dr. Heiser as well as Dr. Meyer and many others, should be so wrong as well as so enthusiastic over the usefulness of isaltonic salt solutions.

Very sincerely,

Please look this up + send them back

Irving Fisher

IF:M

[1372]

ST. LUKE'S HOSPITAL
PRIVATE PAVILION
NEW YORK

Mar. 7. 1909

Dear Dr John. If I may be permitted to be more familiar, to show how much I value your freindship - I can certainly owe a brick to offer your "hospitality" to Donegan. He is a very real man - & has an open mind, and has a very large influence in N.Y. though he has not yet even passed his first fifty years. He is no schismatic, & my host Mr Stephan Baker of the Manhattan bank, & a warden of the church tells me they have it any seat not taken.

They asked me not to say "of here" that after seeing him I advised a sanitarium treatment - Gossiping is not yet one of the conquered sins of the Decalogue - and if a New York "Shriek of Freedom" paper got that to them, that he was in a "sanitarium" there would be a lot of gossip started. I say he has "gone as your guest" (for treatment if forced to say anything - & as to about the Quants - and your care of them) - I will be so glad to think perhaps your busy able to show him "Mary" sign her address Swift & eatly lettuce instead of beef -

Always grateful for your work in

the world. I am sending you a cutting from the Sunday Herald about the new work of Dr Harvey Rentschler I'm sure you know more than I do about it - But he refuses to sterilize beef so I thought you might care to see what the new Yorkers are being told popularly.

Lady Grenfell wants me to say that she also is so glad you have given your friendship to Mrs Chapman She knows him well, & is a great admirer of his — She feels she would have been well off with you as companion sunshine at the Sanitarium instead of ice cold and sun scarce new York city - But it pleased God to lay her down with the first pleuritic pain the very evening she was leaving New York to return to me at 8 Prince Islands. Georgia - With our sincere affection — Wilfred T. Grenfell

THE TEMPLE
(FOUNDED BY RUSSELL H. CONWELL)
HOME OF THE GRACE BAPTIST CHURCH
BROAD AND BERKS STREETS
PHILADELPHIA

DANIEL A. POLING
MINISTER

November 8, 1937

Dr. John Harvey Kellogg
Battle Creek
Michigan

My dear Dr. Kellogg:

We are launching here a new luncheon club for the men--the Russell Conwell Luncheon Club. We at first made our plans to serve our own parish, but the idea has captured the imagination of other men of all faiths. We have now arranged to have the luncheons in the ballroom of the Sylvania Hotel each Monday.

The uniqueness of this club lies in its theme, "Religion and Life," and in the fact that the address, by whomsoever delivered will be to the same subject, "What Religion Means to Me." We shall have Jews, Catholics, Protestants, before us. Membership and attendance is limited to no faith, race, or sect. Following each address I shall conduct a question and answer period. Adjournment will be "sharp on" or before two o'clock.

For one of these occasions this season or next, may I hope to have you with us? A little later I shall send you a schedule, but in the meantime I am eager to share with you the idea and to have from you a general affirmative.

With best wishes, I remain,

Sincerely,

Daniel A. Poling
Minister

Private Bag , Lower Gwelo Mission ,
Gwelo , South Rhodesia ,
South Africa .
Nov. 8 , 1937

Dr . J.H.Kellogg .
Sanitarium ,
Battle Creek ,
Michigan ,
U.S.America.

Dr. Kellogg , My VERY KIND and DEAR old FRIEND ,

I have a very guilty conscience these days regarding several of my oldtime friends for I have been somewhat lax about getting off my Xmas mail for the past year or two and know you have been among the number I have neglected to get a word of greeting to in time for the festive season , and so today I am taking Time by the forelock and hope to be in ample time in telling my friends over-seas that they are still in my thoughts and that I wish for them all that heart can desire in the way of good health , happiness , and prosperity in the Year to come .

Everytime my copy of GOOD HEALTH arrives I am reminded of your unceasing kindness and generiosity to we folks in the faraway places . I was so pleased to receive your card and photo last Feb. and thank you for continuing to remember me in spite of my long silence

I think I told you I was asked to leave Nyasaland , where I had spent eight years on Malamulo Mission , in order to carry on Miss Ida Thomason's work at the Plumstead Sanitarium Nursing Home at the Cape at the time that illhealth forced her to retire .

The work there continued another year after she left , and by then the Conference men decided to close down the place , and in time hope to open a larger place in Johannesburg , large enough to run a training school for nurses again . That is something we are greatly in need of out here in Africa. At present , and for many years , we have had no where to send our young people , except overseas to England or America for training in Sanitarium methods . Many cannot afford to take the journey , and enter Government Hospitals , where of course , they get no training in Hydrotherapy at all , nor in dietetics either .

Nor do they get any training along religious lines and many of them drift out into worldly practises and are lost to the Cause we hold most dear .

After a long vacation I was called again to a Mission Station , this time in South Rhodesia , a much smaller station than Malamulo . The work is much easier on me , the work at the Nursing Home , being entirely Obstetrical work had hurt my sacro-illiac sprain exceedingly , and I felt I could never do bedside nursing again . Here at Lower Gwelo I do not have much bedside work to do but there is a certain amount that cannot be avoided. For instance , this week I have had three Ob. cases to deliver , and having only one native girl assistant I naturally have to do much of the bending and lifting myself .

But we have long stretches when I do not have anything to do that hurts my back , and then I feel I am good for another ten or fifteen years of service easily . But this last day or two I have not felt that way and would gladly retire if I had but a bank account to retire on !

But I am keeping very well and enjoying much better health than when in Nyasaland . We do not have so much malaria here as we did there , consequently we do not take so much quinine , and everyone feels relieved when they can give up that miserable stuff . I know I do .

How are you keeping these days ? I expect you are probably spending the winter in Florida , I hope so , for I know you enjoy the winters there much more than in Michigan , and I trust you are able to be out in the sunshine every day in the week . I do hope you are in better health than when you last wrote , you had been having a most painful time with shingles . Having had a bout of them myself I know a little of what kind of agony you endured , and you certainly had my sympathy .

We heard in August that Dr. and Mrs. Geo. Thomason and your brother W.K. were contemplating a trip to Africa , and we were all excited and thrilled over the prospects of seeing them again , but the plans did not materialize , and we have been disappointed .

You have never paid Africa a vist , have you ? always been too busy to get so far away from home . But no , I believe you did vist Northern Africa once , it seems to me I remember you commenting on a visit to Biskra , was it ? in Egypt ? I think so .

My parents are still living in Durban , and keeping fairly well . Dad has had a miserable time with an oesophageal diverticulum which was unsuccessfully operated on , and has to continue with the misery of the pressure and the choking apparently for the rest of his life , for all agree that they do not care to tackle it again . Too much scar tissue , and obscured anatomy to delve in to .

Other than that he keeps quite alert and active.

My very best wishes are yours for the coming year, and I pray God's continued blessing on you and on your work .

Very Sincerely

Your friend ,

M. Darcy Ingles.

LADY GRENFELL
KINLOCH HOUSE
CHARLOTTE, VERMONT

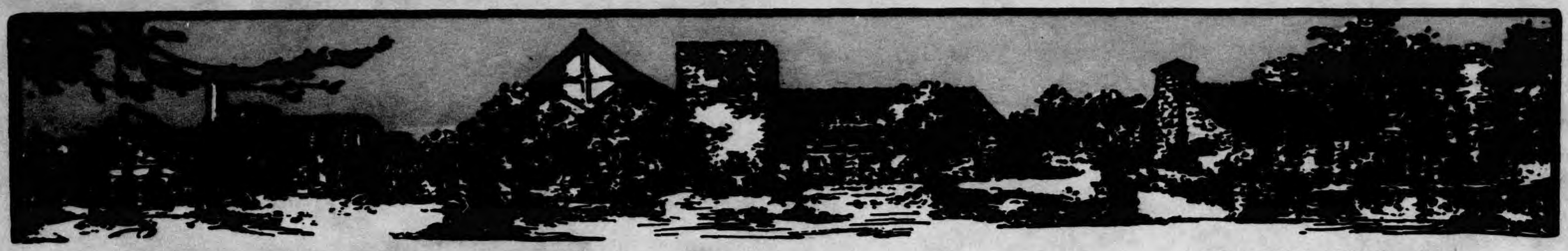
Nov. 9th. 1937

Dear Dr. Kellogg ,

Sir Wilfred has been much better this summer . The long hours of rest in bed (Dr. Delatour will not let him get up till 8.30) the daily massage , and the keeping of his bowels well open by the massage , just the right amount of exercize , sensible food , and the daily use of Agar B. have certainly made a marked improvement in his health. He still does not stand crowds or excitement well , and gets very over-wrought after meeting a number of people , and his memory is still poor - but I am thankful to report that he is really better than he was this time last year.

We are planning to leave shortly for St. Simon's Island, Georgia . I seem to be the hitch now , since for the past thre months I have been suffering from pain in the left hip and leg , numbness , etc. etc. I visited the surgeon who operated on me two years ago , Dr. Joe Vincent Meigs of Boston, last week , and he had me have some X-ray pictures taken . He says in a letter today that he is not satisfied with what they show and wants me to have other pictures taken the end of this month , for comparison . He is not very specific , and it rather worries me , as I naturally do not want to have anything interfere with my ability to look after Sir Wilfred.

Enclosed is a self addressed enveloped - and following your ever generous permission ,we want to know whether you are to be in Miami Springs , and when you go there this winter , and whether we may come down there for your expert help and advice for a few days .



Founded 1895, by Elbert Hubbard

Elbert Hubbard II, President

The Roycrofters

Devoted to Printing and Arts & Crafts

East Aurora, New York

November 9th, 1937

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

My dear Dr. Kellogg:

I am sending you herewith a revision of the Battle Creek - Doctor Kellogg booklet which I promised a week or so ago. It has been revised and brought up to date so far as it is possible for me to do it at this distance. I think you will find nothing in it which does not reflect the present state of mind, but any further suggested revision that you might wish can very easily be done.

It is possible of course that in those paragraphs devoted to vitamins you will have done a great deal of work, some of which you may wish to mention. A letter from you covering this and any other suggestions you have to make will enable us to add whatever material is necessary on the subject.

I am also enclosing a rough dummy giving a suggestion as to the appearance of the booklet and the size which we think would be most appropriate. If this meets with your tentative approval we will be glad to go ahead and set up a cover page, a title page and a page or so of the text matter just to show the style and treatment, and at the same time will prepare estimates on whatever quantities you may wish to consider.

I appreciate your continued interest in this matter and hope that we can go ahead now with what I think is a very interesting story and one which you should by all means put out. It would be a very valuable piece of publicity for you and the Sanitarium.

Looking forward to hearing from you at your convenience I am,

Very sincerely yours,
THE ROYCROFTERS

Elbert Hubbard II

President

Elbert Hubbard II:RRS
Enc.

EUGENE S. KILGORE, M. D.
ALSON R. KILGORE, M. D.
CURTIS E. SMITH, M. D.
490 POST STREET
SAN FRANCISCO

Folder

November 11, 1937.

Dr. John H. Kellogg
Battle Creek, Michigan

Dear Dr. Kellogg:

Drs. Elliott C. Cutler, George Dock, Haven Emerson, Noble Wiley Jones and I join in inviting you to read the enclosed declaration -- in the hope that it expresses your feelings sufficiently well for you to want to sign and return one copy. As one of those invited to contribute to "American Medicine," the report of the American Foundation, you have undoubtedly been impressed by the multiplicity of views on various details covered in that report and by the publicity, the discussions, and the proposals which have followed its publication. We feel very strongly that from among these debated details there should be separated certain fundamentals on which most of us who were asked to contribute to "American Medicine" can agree, and that our agreement should be a matter of record at this time.

We have no immediate plans for publication; but, unless you indicate the contrary, we shall, of course, assume that you authorize the publication of your name with those of other signers if publication should later seem desirable.

Yours very truly,

E. S. Kilgore

E. S. Kilgore, M. D.

ESK:H

TO WHOM IT MAY INTEREST:

In connection with certain recent proposals for increased governmental participation in matters pertaining to the prevention and cure of disease, we, the undersigned, declare the following to be our convictions on certain points which we believe are pertinent, important and fundamental:

1. That, while the health of the people is a concern of government, the intervention of government should consist chiefly in promoting the security of the people in the enjoyment of health opportunities, should involve the minimum complexity and size of government agencies, and should preserve the maximum individual freedom and private initiative consistent with this aim;

2. That, in conformity with this principle,

(a) Government agencies for ensuring the sanitary safety of water, milk and other supplies, for quarantine, for enforcing honesty in labeling and advertising foods and drugs, for medical licensure and the like should be maintained and in certain cases strengthened; and

(b) Recognizing the need of medical service distribution for low income groups, government should regard with sympathetic approval and, where necessary, aid by enabling legislation certain programs of insurance for medical care in sickness now functioning and others contemplated by many units of organized medicine in this country; and, mindful of the medical profession's ageless and fruitful tradition of self sacrificing service and of the American people's stake in personal freedom, government should refrain from competing in or monopolizing the field of insurance medicine and from compulsion of physicians in offering or of the people in accepting such insurance;

3. That the preservation and advance of standards in medical education, medical practice and medical research are more important for the future quality of medical service than the present problem of distribution, however urgent it may appear to be; and

4. That in conformity with this principle, since support by legislative appropriation inevitably favors political control and diminishes both the incentive and (through mounting taxation) the possibilities for private support, government should avoid any general extension of the policy of subsidizing medical institutions.

_____
(Name)

Date:_____

_____
(Address)

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_____
(Name)

Date:_____

_____
(Address)

November 12, 1937

Dr. Daniel A. Poling,
Grace Baptist Church,
Broad and Berks Streets,
Philadelphia, Pa.

My dear Dr. Poling:

I have your letter of November 8.

I am delighted to hear of your new club. It is a capital idea and it is especially encouraging to see that it is so well received.

Religion for a long time has been hindered by its friends because of the tyranny of creeds. Your idea of ignoring creeds and dealing with the fundamentals is most excellent and opportune. I am sure you will meet with magnificent success.

It certainly will be a great pleasure to meet your interesting group, but I fear it will be impossible for me to do it as I am just leaving for Florida where I shall be gone seven months. I will come back about the first of June and remain here until November. I am dreadfully busy while I am here with accumulated matters, but may possibly find a chance to get away some time convenient to you. I will keep the matter in mind at any rate and shall hope from time to time to hear of the splendid success of your work.

I was very sorry I did not get a chance to meet you while East. How I wish I had a man like you associated with my work here.

Sincerely yours,

November 14, 1937

Lady Anne Grenfell,
St. Simon's Island,
Georgia.

Dear Lady Grenfell:

I have your letter of November 9.

I am delighted to hear that Sir Wilfred is somewhat better. He has had a marvelous constitution and I hope there may be enough left of it to bring him back in time.

I am glad to know that you are leaving shortly for the South as the cold weather of the North will certainly be detrimental to both of you.

The latchstring is always out for you at Miami-Battle Creek. We did not close up last spring as usual but remained open during the summer and have succeeded above expectations in keeping our heads above water.

I am expecting to leave for Miami this week, so we will be there and ready to welcome you at any time you come.
I am sorry to hear that you are suffering yourself. Your hip trouble may be a form of mono-neuritis. These cases are usually stubborn, but I am hopeful we shall be able to do something to help you. Certainly we will do our very best.

Give my best wishes to Sir Wilfred and assure him of my love, admiration and homage. The whole world should take off its hat to him for his wonderful life which has been an extraordinary example of courageous self-sacrificing in wise and sympathetic work

for human welfare.

Will you kindly ask your doctor to send me a statement of his findings in your case and his conclusions so we may be prepared to make comparison?

Sincerely yours,

b

POLICE DEPARTMENT

CITY OF NEW YORK

87-8.U.F.48

November 15th, 1937.

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

Dear Sir:

Upon return from vacation I find your telegram and letter dated November 4th with regard to the Dynamometer. Due to lack of funds I regret that we shall not be able to place an order for the machine at this time. It is hoped that during the year of 1938 it will be possible to do so.

Very truly yours,

John J. O'Connell

John J. O'Connell,
Deputy Chief Inspector.

The Police Academy,
72 Poplar Street,
Brooklyn, New York.

November 15th, 1937.

Mrs. Nancy Montgomery, Secretary,
W. C. T. U.,
1765 S. W. 23rd St.,
Miami, Fla.

Dear Mrs. Montgomery:

We have your letter of November 4th, addressed to Dr. Kellogg.

The Sanitarium is very glad to coopérate with the local clubs in their various endeavors. Please have your committee get in touch with us in regard to your Home-Coming Meeting on December 6th. It is quite possibld that we will be able to arrange to have your meeting here.

Dr. Kellogg is expected to arrive about the 18th or 19th, and will write you in regard to speaking to your club.

With kindest regards, we remain,

Very truly yours,

THE MIAMI-BATTLECREEK

By

WBS:K

November 14, 1937

Mr. Elbert Hubbard II,
The Roycrofters,
East Aurora, New York.

Dear Sir:

I have your letter of November 9.

I am sorry to find on looking your manuscript over that it is essentially the same as when I saw it before. Unfortunately it does not fit into our general plan. Appreciating the frailty of human life, I have for many years been taking great care to make my personality as little conspicuous as possible. For example, I have suppressed my name from general circulars and announcements. During my whole lifetime I have taken care not to attach my name to anything. I have invented hundreds of new methods, new foods, new appliances, etc., but you will not find my name attached to a single one. They are all credited to the Battle Creek Sanitarium. My purpose has been to center the mind of the public upon the institution and the principles which it represents rather than my own personality.

So you see your writeup, while entirely logical and correct from an ordinary business standpoint is from my standpoint unuseable. This I regret, for you have taken much pains to make your statements as accurate as possible and I greatly appreciate the tone and spirit of what you have written.

I might suggest, however, that my colleagues may take a different view of the matter. On account of my age I shall be dropping out before long or sooner, and it is possible some use might then be found for your material. If you want to have me do so, I

will put your manuscript in the hands of the proper persons with instruction that no use shall be made of it without proper arrangements being made with you. I will await your reply before mailing the manuscript back to you.

Sincerely yours,

b

For God and Home and Every Land

National Woman's Christian Temperance Union

DEPARTMENT OF MEDICAL TEMPERANCE

MRS. PEARL KENDALL HESS, Director

631 East Jefferson Avenue

Orange, California

S.K.

Nov. 16, 1937.

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

My dear Dr. Kellogg:-

It seems to me there is an unusual spasm of syndicated material loaded with propaganda, though of course we cannot prove it. However it is none the less deceptive.

Enclosed is a recent column by Dr. Christman which is so full of fallacy that I had our Orange, Calif. Daily News print a refutation, which is also enclosed.

Obviously I had to avoid criticism of the Dr., because the News is paying for the service. Any way I am grateful that it was accepted.

Would you undertake to reply directly to Dr. C's errata is a forthcoming article in Good Health? Then I could use it and recommend that it be used and given publicity in local Union meetings.

The people are beginning to awaken, but it is so slow as to be barely perceptible. Alas the suffering will have to increase before we will see and change in the electorate.

Very truly yours,

Pearl Kendall Hess

T. S. IYER, B.A.
THE HOMŒOPATHIC FREE DISPENSARY.
BASAVANGUDI. BANGALORE.

BANGALORE.
November 17 1937.

Dr.John Harvey Kellogg,M.D.,
Medical Director,
Battle Creek Sanitarium,
BATTLE CREEK,Michigan,
U.S.A.

My Dear Doctor,

I am in receipt of your letter of September 28th.

I am sorry I have not yet received GOOD HEALTH up to date though I waited for three weeks after the receipt of your letter to see whether I might get them meanwhile, but apparently the Publisher has forgotten or overlooked your instructions. You may kindly remind him again.

I have not also received the pamphlets on the following subjects which I had asked for in my letter of August 2nd:-

1. Coffee & its evil effects.
2. Tobacco & its evil effects.
3. Effects of Alcoholic drinks.
4. Meat eating and its effects,
and other kindred subjects.

While sending them I would request you to give me permission to reprint them here for purposes of propaganda, and also translate them in the principal languages of the country for general distribution.

I enclose herewith my picture as well as that of one other friend who has joined the Aristocracy of Health. The pictures of others I shall send with my next letter. I am awaiting the Literature of this Organisation which I hope you will arrange to send.

The sample packet of Soykee which you had arranged to send was brought to me by the Postman, but as I found that the Customs authorities had charged a duty of 65¢ on the value of 20 ¢ shown on the Declaration, I have referred the matter to them for reconsideration, and on receipt of the reply I shall arrange to take delivery of the parcel.

I was very pleased to receive the picture of your Sanitarium in South

Dr. John Harvey Kellogg,M.D. , No.2.

South Florida, and shold certainly be very happy to visit you all again, but unfortunately as work keeps me very busy here, I am sorry I shall not be able to do so and have to rest content with receiving your interesting letters occasionally, and reading your instructive articles in GOOD HEALTH which I have unfortunately missed from the issue of December 1936, and which I hope to get regularly hereafter.

With very kind regards,

Sincerely Yours,

W. S. Dyer

Dr. G. V. K. Murthy, L.M.P

BANGALORE City,

South India.

November 17, 1937

Mrs. Mary E. Bean-Smith,
96 Kalamazoo St.,
Battle Creek, Michigan.

My dear Mrs. Smith:

It was a reel pleasure and an inspiration to meet you the other day and to find you looking still so fresh and young. I have always entertained the greatest respect for you, and I may add admiration also because of your consistent life and character. It takes something more than mere animal force to live to your age and I remember some of the trying experiences you have had.

I am glad that you are still alive and I assure you I greatly appreciate your loyal friendship during all the years since I first had the pleasure of meeting you and neither have I forgotten the amiable and very helpful service of your first husband Charlie as we used to call him and your own help too in those early days.

As regards my critics, I never felt any ill will toward them, but have been sorry that they blocked the way which prevented my doing all I would have been glad to do for them and for others in association with them. I did my utmost to prevent the break which they finally forced in spite of my efforts to the contrary. A few persons were responsible, not, I think because they had any enmity toward me, but because they wanted power and thought the only way to get it was to destroy me which they did their best to do. The good Lord protected me or they would certainly have succeeded.

I am leaving for the South in a day or two and hope to find you still here when I get back. I hope you will be well pro-

tected from the cold weather. Do not allow yourself to get chilled. If you are at any time in distress or need do not hesitate to call on me. I should be very glad if you would write me about your circumstances.

I have asked the manager of my Food Company to look you up and see that you are kept supplied with any of the health foods that you are interested in and need for your health or comfort.

With best wishes, I will say good-bye until I see you again.

Sincerely yours,

b

November 17, 1937

Mr. J. H. Haas:

Doctor has just written Mrs. Mary E. Bean-Smith, 96 Kalamazoo Street, Battle Creek, Michigan, as follows:

> "I have asked the manager of my food company to look you up and see that you are kept supplied with any of the health foods that you are interested in and need for your health or comfort."

Mrs. Smith is 92 years old and was connected with the Sanitarium in the old days.

A. F. Bloese

November 17, 1937

Dear Doctor:

The following different treatments are given in the colon department:

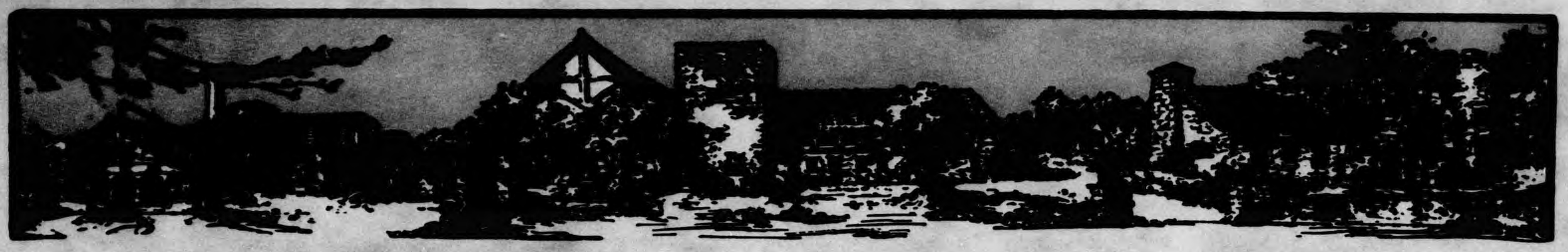
1. A plain enema consisting of two quarts of water at a temperature of 100 to 105°, slowly introduced into the colon with the patient lying on the right side. After the water is introduced the patient lies on the back for two or three minutes and then on the left side for two or three minutes unless there is demand for evacuation at once.

2. If the water does not return promptly, lactic or citric acid is added. Lactic acid in proportion of one teaspoonful to each quart of water; citric acid, the juice of a medium sized lemon, to each quart. Ordinary buttermilk or soy acidophilus milk may be used as a source of acid.

3. Colon lavage. In cases in which the colon is dilated and in which a residue is shown after the barium enema, colon lavage or thorough washing of the colon is indicated. This requires a repetition of the acidulated enema. After the first enema a half pint of soy acidophilus milk is added to each repetition of the acidulated enema so as to encourage implantation of a protective flora. One ounce of Nuflora should also be added. This consists of achroödextrin which acts as an emollient and at the same time stimulates the growth of the protective flora.

4. Colon irrigation. This is indicated in cases of colitis in which the colon is spastic and sensitive with or without other indications of colitis. It is in this class of cases that colon irrigation is especially beneficial rather than in cases in which the indication is for cleansing of the colon.

b John Harvey Kellogg



Founded 1895, by Elbert Hubbard

Elbert Hubbard II, President

The Roycrofters

Devoted to Printing and Arts & Crafts

East Aurora, New York

November 18, 1937

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

Dear Dr. Kellogg:

Your kind letter of the 14th is received and I note carefully all you say.

Of course, I am sorry that in its present form the article seems unuseable to you. I can understand your position and I think read between the lines a good deal of what your feelings are and what other resistance you might perhaps encounter in putting this whole thing across. I think there must be considerable resistance in your mind because of your own beautiful modesty. My thought though is that one can't write about The Battle Creek Sanitarium without making the great bulk of the story about Dr. Kellogg.

The suggestion you make in the last paragraph of your letter is fine but I wonder if it wouldn't be a good idea for me to talk with some of the other people in the organization and discuss this matter from their angle and ours. There certainly could be no harm in that and maybe it would be in the interests of everybody concerned. Would you tell me who the "proper persons" would be for me to see? I would like to do it very much indeed, not because I want to high-pressure this thing at all but because I am so firmly convinced that this story is a very valuable one for the Sanitarium to use. You see, I am not at all modest in expressing my own opinion of the writing job. I have shown it to a few able critics and the complimentary remarks would make your ears tingle if I repeated them.

Don't mail the manuscript back because I have a copy of it here, but please do consider seriously my suggestion and let me know

the names of two or three of the most important people in the Sanitarium with whom I can talk. I promise you there can be no possible embarrassment to you.

With all kind wishes ever,

Very sincerely yours,
THE ROYCROFTERS, INC.

EH II:d

President

L. P. Hansen
Strandvejen 102,
Skodsborg,
Denmark.

R. J. Hagaard
Nærum,
pr Skodsborg,
Denmark.

November 19th 1937.

To/
The Friend of Dr. Carl Ottosen:

Dr. John H. Kellogg,
Battle Creek, Mich.,
U. S. A.

Dear Dr. Kellogg,

In Denmark the health activities and sanitarium work under the leadership of Dr. Carl Ottosen are prospering at Skodsborg as well as in Copenhagen and at Frydenstrand.

The Nordic Health Publishing Co. (Nordisk Sundhedsforlag) under the direction of Mr. H. L. Henriksen has gone bankrupt. Dr. Ottosen has gone securety for that firm, which has now brought him into financial difficulties.

Mr. C. C. Heilesen, a prominent lawyer to the supreme court of this country, has drawn up a careful statement of Dr. Ottosen's financial affairs. The balance sheet shows that after having met the liabilities in connection with the above bankruptcy, Dr. Ottosens Assets exceed his Liabilities by Kroner 100.000.

Dr. Ottosen has already made the greater part of his payments to the creditors under the bankruptcy, but there still remains Kr. 25.000. (5550 Dollars) to be paid in the month of December this year.

Dr. Ottosens assets are real estate etc., but conditions for obtaining loans in this country are at present unfavourable. This application to you is made in the hopes that you

are able and willing to extend to Dr. Ottosen a helping hand by loaning him the said amount, or as big a part of it as possible, for such a time and on such conditions as you may yourself specify. As securety for a loan can be deposited debentures bearing interest and bonus from Frydenstrand Sanitarium, of which we send a discription under separate cover.

Wee may add that Dr. Carl Ottosen is, as always, active and hardworking in the carrying out of his duties at the above mentioned three institutions; he is full of vigour and has a wonderfull working-capacity.

Owing to the urgency of the matter, it is important to act promptly. Thanking you in anticipation for what you can and will do for Dr. Carl Ottosen

we are

Yours very sincerely

L. P. Hansen P. E. Lagaard

P.S./

As Dr. Kellogg has had to do with such a multitude of people, it would be very natural, if you did not remember me and Br. R.J.Aagaard. And for that reason I find it necessary to tell you a little about us.

I came as a young Dane to Battle Creek Sanitarium in April 1896 to take the nurses course, and the instruction and impulses I got there has decided my whole life career. Here I got aquainted with Dr. Ottosen, and having just finished my course you very liberally allowed me to go with Dr. Ottosen to Denmark to start a sanitarium there.

I went and acted for the first years as head male nurse and instructor of nurses, later on for years as business manager. Dr. M.A.Mortensen will know me very well.

Br. R.J.Aagaard served from the beginning at the Skodsborg Sanitarium as inspector for years, and we both assisted Dr. Ottosen all we could, also when the members of the board had a different view of things. For this reason we in a crisis were both dismissed, and as we loved the work, we both got into private Health work, coworking as far as possible with Dr.Ottosen.

Brother Aagaard has three sons at Battle Creek of whom I think you will know Thorvald Aagaard, who so far I understand is receiving the guests at the B.C.san. and caring for their welfare. His father and I both are intimate friends with Dr. Ottosen and greatly admire the work he has done being one of your most successful pupils.

L.P. Hansen

Carl Ottosen,M.D.,
Overlage
S k o d s b o r g
Denmark

November 21st 1937.

To/
John Harvey Kellogg,M.D.,
U. S. A.

Dear Doctor and highly esteemed friend!

I hope you will forgive me that I truble you with a very important matter. I have come in great need for a helping hand and as you in the past have been a greater blessing to me and my life-work than any ether person, dead or living, I come in full confidence. I know you are very busy, has always been at least, but I hope to God that you in spite of that will take time to consider the matter brought before you in this letter.

You will know that you as early as 1889-90 gave me the priviledge of working and studying at the B. C. Sanitarium for almost a year. Then again you gave me the same priviledge for a long time in the years of 1896 and 1897, and at shorter periods at oth-er times. That has indeed been the greatest blessing in my lifework and for my physiotherapeutical education - Yes more than that - by following your advice I got over my very poor health, so that I have been able to do a lot of hard work for over 40 years.

But now I have got into a great difficulty and in what way and how, you will find out by reading the sheets: "History of the Health work in Scandinavia". When you have read that, you will see that I must have a financial help of 5 - 6000 Dollars.

Dear Doctor, you saved the Sanitarium at Skodsborg 1901, (See the inlaid "History") when the Health work over here was in its childhood, you did it - God bless you - by sending us a gift of over

3000 Dollars, but now you can save a more than twenty times as great a work by loaning us the double of this amount - and at the same time save the mother institution the Frydenstrand Sanitarium - and my own for the moment very bad financial situation, which I have come into by helping to forward the whole Health-Movement more liberally than I really could afford, will you do it or not? That is really a question of saving my very much needed Health-work or not, and moreover a very grave question for my personal wellbeing and happiness.

How did I come into this very, very painfull and unhappy situation? It was by going surety for H. L. Henriksen's Health-Publishing business, that lately has gone into bankruptcy. I have been able to clear so much of it, that a sum of 5 - 6000 Dollars now can save the whole situation, and I can easely pay that money back in the course of a few years.

Now I come with the most earnest prayer - will you, dear Doctor, not loan me that sum of money? If you will, I will be the happiest man on earth - and not that alone, but you will thereby do an immensely great thing for the whole Health movement in Scandinavia.

Perhaps you could interest your brother W. K. Kellogg to go half with you.

But dear, dear Doctor, I must have an answer to this as soon as possible, I must know, what I can expect at the earliest possible date - as the crisis will be on the 15th of December this year.

I will untill I hear from you be living in a nearly unbearable anxiety - not for my own self but for the Health Cause and the salvation of the Frydenstrand Sanitarium. When you have made your decision please wire: Dr. Ottosen, Skodsborg, Denmark.

As ever sincerely your sorrowing friend and brother

Carl Ottosen.

I send also a Copy til B.C. in order
that you may get one of them as soon as possible

To/
Dr. J. H. Kellogg,M.D.

Interesting short History of the Health work in Scandinavia.

In the spring of the year 1897 my wife, Johanne Norderhus Ottosen, and I - filled with enthusiasm - went to Denmark to start the Health work in Scandinavia. You were kind enough to give us along two female nurses, Mina Nielsen & Marie Jensen, and a male nurse, brother L. P. Hansen, who has been a mighty help in building up the health work first as our head male nurse and teacher of nurses and later for many years as business manager.

F R Y D E N S T R A N D 1 8 9 7.
(Joyful shore)

My wife and I in connection with these and other co-workers began Health work in Northern Denmark outside the city og Frederiks-havn in connection with the S.D.A. college for Scandinavia. A small sanitarium opened for guests Sept. 10th 1897. (Capacity now 100-130 guests.

S K O D S B O R G S A N I T A R I U M, 1 8 9 8.

Less than a year later May 23th 1898 we also opened up sanitarium work at Skodsborg - capacity now 350-400 guests - that institution you have visited at least a couple of times.

F Y S I S K K U R A N S T A L T 1 9 0 1.
(in Copenhagen)

I myself personally opened as my private institution and has kept it running with good success for 33 years untill I under great pressure from the side of the leading brethren sold it to the S.D.A's 4 years ago. Here can be given treatment to about 200 patients a day.

These three institutions is to day the backbone of the big Health movement resting on the Kellogg system or the Battle Creek Idea.

From nurses and other health-workers educated at these 3 institutions has sprung up 4 other sanitariums and about a hundred bathing-places or clinics in the cities of Scandinavia and Northern Germany. All these are worked after the lines laid out by you and called the B.C. or Skodsborg System.

Skodsborg saved by Dr. J. H. Kellogg's gift.

In a great financial crisis of the Skodsborg sanitarium the business manager bro. H. L. Henriksen was sent to the U. S. A. to raise money as gifts or loans. While he was away a great council at Skodsborg, in which partook the treasurer of the General Conference of S.D.A., gave the advice to declare bankruptcy. I and my coworkers would not agree to that, so the brethren went away and left us to our fate, but you, dear Doctor, according to what you wrote to me, after a sleepless night called a workers meeting at the B.C. San. and encouraged all the workers to help and about 1700 Dollars was donated by the workers, and you doubled the sum and sent it on - and telegrafed that such a sum was on the way - it came and saved the san. from bankruptcy. Just think what would have become of the glorious health-work now going on, if you had not done that. On the recieving of the telegram, we had a jubilee prayer meeting - thanking God for the gift - and praying for his blessings resting upon you and the other donors. In many, many other instances you have shown your willingness to help on the health work over here, and what could I have done if you had not helped me?

My private work and the leaders of the S.D.A. denomination.

In forwarding the Sanitarium work we had not only to fight with outsiders, who to begin with called me the grass-doctor and the sanitar-

ium the parsley-hotel, but also with a great deal of narrowness of mind by members of the board. They could not see the advisability of a branch in Copenhagen - so I established it on my own account and risk. - Johanne and I had no money, having given nearly everything we could spare to the Skodsborg san., so we made it a matter of prayer, and God sent us in a wonderfull way sufficient money with which to start; then I used that institution to help on the Skodsborg san.; when the board would not vote for bying any new apparatus or for introducing it at the san. - I bought it for the Copenhagen institution, and then later on they had to buy also for the san. in order not to be left behind.

Now the S.D.A. denomination has once voted not to employ any worker unless he is giving his whole time to the denominational work, so it was bad enough with my Copenhagen clinic, but it became worse when I also began in company with others to run the Frydenstrand sanitarium, which the leaders had sold 1913 to a private party. I thought it to bad - and so did my more intimate friends and coworkers - to let the mother institution go over to an entirely other use, and when the danger was there, we formed a company 1919 to take it over and run it on the same basis as the Skodsborg sanitarium.

Now in the past years the leaders many times have earnestly tried to persvade me to give up all private work - but I have always felt, that I ought to keep on with it in order to be more independent. They have - allthough it seems unbeleivable - dismissed the two very best physicians we had at the sanitarium: Dr. David Ottosen and Dr. Einar Eriksen on the cause, that they in harmony with me wanted the work arranged in a more scientific way. I had certainly been dismissed also, if I had not had my private work, that I instantly could take up in rivalry with them. I was at a moment very temted to do so, but after all I decided to stay in order to save the Skodsborg san. from ruin. It was bad enough, that the two other very skillfull doctors went away.

But again and again the denominational leaders have tried very hard to have me give up my private work - so to have peace I decided a few years ago to let them have the Copenhagen Institution - but the peace lasted only two years, then they came again and wanted me to dismiss of or sell the Frydenstrand san. in order that I might for the future be wholy in their enploy. When I would not do that, as I saw that I thereby would lose my independency, they, at their yearly meeting, would not reelect me as medical superintendent, but only as practicing physician. so you see I am on the black list - but they have not reduced my wages, and they have kept me as vicepresident of the head-board.

I have not felt so very bad about that, more considered it childish, and everything would be allright, was it not for the H.L.Henriksen crash, named in my letter.

C. O.

H. L. Henriksen
Istedgade 7,
Copenhagen,
D e n m a r k.

November 22d. 1937.

Dr. J. H. Kellogg,M.D.,
Miami Springs,
Miami, Florida,
U. S. A.

Dear Dr. Kellogg,

I don't know if you remember me. Many years ago in the starting of the Skodsborg Sanitarium, I was the business manager, and when the crisis came, I went to U. S. A. and borrowed money to run the sanitarium, which has all been paid back.

In the meantime later on the worst crisis came on, and you sent over here more than 3000 Dollars and saved the institution from ruin - God bless you for that act - it has been a tremendous blessing for the Health Work in Scandinavia.

Under my absence to the U.S.A. the board put in another man as business manager, so after I came back, I took hold of the publishing of Health literature especially the books of Dr. Ottosen. It went well for many years untill I came to sell a large edition af books to a publisher in Norway, he cheated me for a great sum of money, I came deeply in debt on the account of this and has strugled for years untill newly I have had to give up and go into bankruptcy, that is of no great consequence to me, but I am more sorry than I can tell, because Dr. Ottosen, who has been surety for me, has to pay so much, that he has come into great difficulties.

As I have heard, that the brethren L. P. Hansen and R. J. Aagaard - who for years has played a big roll in founding the health work at Skodsborg - has written to you about helping

Dr. Ottosen with a loan of 5 - 6000 Dollars, I feel deeply to ad my voice and prayer. Dear Dr. Kellogg help him, help him. He is surely able to pay the money back in a few years. - But should he not stand through this crisis, it will be to the Health cause a blow, from which it will take a very long time to recover, if it after all will be possible.

I am so sorry for the roll I have played in this matter, and I together with other friends of Dr. Ottosen is praying day and night hoping for delivery some way or other.

In closing I must say, that Dr. C. Ottosen is by no means insolvent, but he is greatly in need of cash for the moment, and it is at the present time difficult to get hold of cash here on account of the stringency of the money market reigning in our country just now. Dear Dr. Kellogg, you who saved the Health-cause in Scandinavia in the beginning, do all you can to save Dr. Ottosen's private Health work of so great importance.

As my last words I would say, that we are quite a number over here, who know a lot about what you have been for the Health movement nearly over the whole world, please do help us - We feel so sure, that you will if you possibly can - God bless you soul and body -

H. L. Henriksen

THE WASHINGTON CONFERENCE
OF SEVENTH-DAY ADVENTISTS

M. L. RICE, PRESIDENT
A. P. McDOW, SEC'Y-TREAS.

2610 NOB HILL AVENUE TELEPHONE GARFIELD 8231
SEATTLE, WASHINGTON

Office of
THE PRESIDENT

Nov. 24, 1937

Dr. John Harvey Kellogg
Battle Creek, Michigan

My dear Dr. Kellogg:

A question has been raised out this way if coco cola contains the drug caffein. I wonder if you can give me any information along this line. Is coco cola habit forming?

Thanking you kindly for your answer, I remain

Yours very truly,

M. L. Rice

MLR:n

File

November 24, 1937

W. P. Healy, M. D.,
121 E. 60th Street,
New York, N. Y.

Dear Doctor:

This note will introduce to you Lady Grenfell, wife of Sir Wilfred Grenfell, the hero of Labrador.

Lady Grenfell has been under the care of Dr. Joe Meigs, of Boston. She will hand you letters giving a full account of her case, the reading of which led me to feel that definite action should be taken immediately rather than to wait for a month, as has been suggested.

I feel that Lady Grenfell should have the most expert advice and treatment possible, and after consultation by wire with my son-in-law, Dr. James T. Case, I am sending her to you, with full confidence that you are prepared to give her all the help that medical science offers for such a case.

I am sure that you will find it a pleasure to give this most estimable and distinguished lady every attention and courtesy it is in your power to bestow.

Very respectfully yours,

K:B

Nov. 24th, 1937.

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

Dear Mr. Fisher:

I have yours of November 5th.

I fear I did not make myself about the proteins. Milk and meat do not disagree because of the difference in the proteins. It is because of the uric acid and putrefaction products which are mixed with the meat proteins in ordinary flesh meats as eaten. They cause the stomach to make an excessive amount of highly acid gastric juice.

Dr. Newburg of the University of Michigan has shown when these meat poisons and certain toxic proteins which are mixed with the meat, and which constitute about one-fourth of its weight, are removed the remaining protein is much like meat protein and I have no doubt would agree with it perfectly in the stomach.

Very truly yours,

JHK/k

THE BIOCHEMICAL RESEARCH FOUNDATION

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FREDERICK L. HOFFMAN, LL.D.

ADDRESS
133 SOUTH THIRTY-SIXTH STREET
PHILADELPHIA, PA.

November 26, 1937

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

Dear Dr. Kellogg;

I have read with much interest your paper in Good Health for November. It is a splendid address.

It will interest you to know that I have completed my analysis of about 280 case records from your Record Office with particular reference to constipation with the following results. For all ages combined the percentage in which constipation was indicated was 73.9. For ages under 45, it was 69.6%, at ages 45 - 64, 72.6% and at ages 65 and over, 76.9%. For the two sexes the results are about the same.

I am still at work on my report and it will take some time before it is finished. I am fortunate in having the cooperation of Dr. Kantor of New York who has recently sent me a report on his cases. According to this report, in 4,700 unselected non-cancerous cases, 54.2% were constipated . Of these 4,700 cases the constipation (estimated from 300 cases) was over 1½ years' duration in 50.6%. Your own records, unfortunately, do not show the duration of constipation. For all cancers of the digestive tract, recent constipation, or less than 1½ years' duration, was reported for 14.5% . Dr. Kantor arrives at the following conclusions.

1. One hundred and seventy-nine cases of cancer involving the esophagus, stomach, colon, and rectum were analyzed for the incidence of constipation. The resulting findings were compared with a similar analysis of 4,700 unselected patients suffering from various digestive disorders.

2. Constipation of all durations occurred on the average as frequently in the cancer cases as in the general series.

3. Constipation of 1½ years duration or less (recent constipation) was relatively much more frequent in the cancer cases than in the general series.

4. Accordingly, there is no evidence that constipation is the cause of digestive tract cancer.

5. Conversely, there is evidence that digestive tract cancer causes constipation.

6. The incidence of constipation increases as one follows the course of cancer from the proximal to the distal portion of the alimentary canal.

I would be very glad to have your reaction to his statements if you can find time to give consideration to the matter. It would be well worth while to show that constipation in cancer is an effect and not a cause which is the opinion of Sir Arthur Hurst and I believe of yourself.

Hoping this letter finds you in the best of health and thanking you once more for the courtesy extended to me during my state at Battle Creek, I remain,

Sincerely yours,

Frederick L. Hoffman

November 27th, 1937.

The Police Academy.
72 Poplar St.,
Brooklyn, N. Y.

Gentlemen:

I have yours of November 15th.

I am glad to know that you are interested in scientific physical training such as the Government has been carrying on at Annapolis for twenty-five or thirty years. This system differs radically from ordinary training systems in that it makes symmetry of muscular development the basis rather than mere training for strength without regard for symmetry. The Dynamometer is absolutely essential for this sort of training because it is the only means by which the efficiency of a group of muscles can be tested.

I am sending you a couple of graphics, one of which shows the progressive development of a weak man under training until his strength was a little great than that of the average man of his size. The system is very simple. It only requires that special attention shall be given to the development of the weak groups of muscles until they approach normal. Then muscular efficiency having once been developed it is easy to maintain it by all-around exercise.

At Battle Creek I have worked out a system adapted to different classes of invalids and students. The trainers who have visited me several times have worked out an excellent system for the training of men for military duty.

If you desire to undertake the use of the Dynamometer system in the training of your officers the lack of funds to purchase a Dynamometer need not stand in your way. I will have a machine made for you and loan it to you until such time as it is convenient to pay for it, or if you desire to do so you can return it. I am so much interested in scientific physical training that I shall be very glad to cooperate with you in any efforts you may be making in this direction.

Sincerely yours,

P. S. As you will note, my address has been changed since I last wrote you. I have a Sanitarium here in Miami where many of our Battle Creek patients, as well as others find refuge from the weather of the North. I bring down a corps of doctors, nurses and other workers and spend the winter here myself. So please note my address is Miami Springs, a part of Greater Miami, instead of BattleCreek, although a letter addressed to Battle Creek would find me a day or two later.

LANGHAM 2712.

29, Portland Place,
W. 1.

27 Nov 1937

Dear Dr Kellogg

My wife & Jane & Mr & Mrs Chapple are going in'n trip in January 10 & in call at Miami on the morning of February 10 & leaving the same evening. In wh he glad to have an opportunity of seeing your remarkable sanatorium amongst the many other attractions of

Miami. The name of the boat is the Milwaukee. Naturally our visit will be increased in pleasure should you happen to be there at the time. With kind regards & many thanks for the copies of Good health

I am
Sincerely
Wentworth Lane

November 28th, 1937

Mr. Starr,
c/o Starr Commonwealth,
Albion, Mich.

Dear Mr. Starr:

Certainly I will be glad to help you about the diet. We have made a lot of progress. I suggest that you send the person in charge of the diet down to the Sanitarium to consult with Miss Angie Estill. I am writing her and asking her to give you all the help available. She will give you some new things I have recently got out to help the Sanitarium dietitians and I think will help you. We are also getting out a new cookbook, the Vitamin Cookbook, which will be a wonderful help to your children.

You know I am always glad to help you any way I can. You have made a wonderful success of your work. I am proud of it. It will be a splendid monument to your life devoted to human welfare.

Sincerely yours,

B/k

November 29, 1937

Mr. Elbert Hubbard II,
The Roycrofters,
East Aurora, New York.

My dear Sir:

I have your letter of November 18.

My objection to the publication of the material you prepared was not that there will be any objection offered on the part of any of my colleagues. I can not think of a single one who I think would offer objection to it, but because the publication would not accomplish what I wish to see accomplished.

My purpose is to magnify the ideals and to minimize my own personality. I am approaching the end of my career and wish as I pass out to make as little disturbance in my work as possible. I have been working toward this end for many years, suppressing my name from circulars and only using it where I thought it necessary to promote the interests of the work.

When one's own personality is made conspicuous in a publication of this sort, it always gives the impression that the publicity is for promoting some personal interest. This is necessarily the case. But I think I have made this point clear in all the letters I have written you. I do not know of a single person to whom I could refer you who would think of promoting the publication without my approval.

With best wishes and much appreciation of your courtesy and of the good will expressed in what you have written, I am

Very sincerely yours,

b

November 29, 1937

Mrs. Ida B. Wise Smith,
National Woman's Christian Temperance Union,
1730 Chicago Ave.,
Evanston, Illinois.

Dear Madam:

I have your letter of October 20.

I was also very sorry I did not have the pleasure of meeting you again before you left. I am glad that you are coming down here this winter.

We are going to be very full in January, February and March and we have a waiting list at that time, but by the middle of April we shall be thinning out and will be likely to have some vacancies so that we can find a place for you and I assure you that you will be very welcome indeed.

Anticipating the pleasure of meeting you again, I am

Very sincerely yours,

b

December 2, 1937

Dr. Haven Emerson,
630 W. 138th St.,
New York City.

My dear Doctor:

I have received a letter from Dr. Eugene S. Kilgore, 490 Post Street, San Francisco, Calif. inviting me to join with him and others in a declaration of convictions concerning "certain recent proposals for increased government participation in matters pertaining to the prevention and cure of disease."

I am much interested in the general proposition to which I think this letter and declaration relate, but I do not feel quite clear in relation to the full bearing of the matter, especially in relation to other propositions that are before the medical public. I am wondering if you could refer me to something which will make the matter clear to me, and may I inquire what relation, if any, this particular movement had to the attitude taken by the Journal of the American Medical Association as represented by Fishbein and to the movement with which Dr. Niles and others are associated.

Any information you can give me will be greatly appreciated.

Trusting that you are in good health, I remain

As ever sincerely yours,

b

December 2, 1937

Mr. M. L. Rice,
The Washington Conference of
Seventh-Day Adventists,
2610 Nob Hill Avenue,
Seattle, Washington.

Dear Friend:

I have your letter of November 24.

Coca Cola contains as much caffein as does ordinary coffee and it is just as harmful. It is habit forming just us coffee is. It does more harm than coffee because people have not been warned of its bad effects. I have known of many cases in which the nervous system has been badly broken down because of the Coca Cola habit.

Yours truly,

b

December 2, 1937

Dr. Frederick L. Hoffman,
The Biochemical Research Foundation,
133 South 36th St.,
Philadelphia, Pa.

Dear Dr. Hoffman:

I have your letter of November 28.

I am glad to have a report of your study. I doubt whether the conclusion reached, however, has any significance for the reason that it is naturally the case that constipation exists in cases of cancer of the bowel because of the mechanical obstruction which is almost uniformly present. As you recognize, no scientific conclusion can be based upon a study of these cases unless inquiry is made respecting the length of time constipation has continued. From my experience in the study of cases of this sort, and I have seen a great many, I should say that very chronic constipation is universal in cases of colon cancer.

Another factor which renders histories in this case of comparatively little value is the fact that patients do not know when they are constipated. What is called constipation is difficulty in evacuation. Not infrequently in cancer cases there is very frequent evacuation, the patient's bowels moving several times a day. Because of obstruction, the colon is overdistended with fecal matter and completely paralyzed and a dribbling overflow causes frequent small evacuations which sometimes even simulates a diarrhrea. I remember a case I once saw in a London clinic. When the doctor asked the patient whether he

was constipated, the patient said, "I am suffering from constipation in diarrhea form," which was really a pretty accurate description of a kind of constipation which often occurs in cancer cases.

I hope you found yourself somewhat better as a result of your stay with us. I am especially hoping that you cut out tobacco which is certainly shortening your useful life.

Sincerely your friend,

b

December 2, 1937

Dear Doctor:

I am a long way from Battle Creek, but be assured by interest and spirit I am with you still. I am sure that half of my time is devoted to work which centers at Battle Creek rather than the minor work here in Florida.

The favorable climatic conditions make this a wonderful opportunity for thoroughgoing application of physiotherapy in its broadest sense. The smaller number of patients give an opportunity for an intensive study which we are trying to improve.

One of the problems we are still working hard at is the mastery of colon therapeutics. We find L. D. Lax, for which we are largely indebted to Dr. Jeffrey's observations, the greatest help in dealing with all forms of colon stasis and constipation not due to mechanical obstruction. A large tablespoonful of Lacto-Dextrin and a well rounded dessert-spoonful of L. D. Lax three times a day we find more dependable as a means of encouraging colon action than any other preparation or combination we have tried. It rarely fails. At first there is considerable gas production. This, however, is a good omen. Its significance is simply that the Lacto-Dextrin has reached the colon where it is needed and that the work of changing the flora is begun. A colon lavage at night or both night and morning for a few days will afford relief from the gas and as soon as the flora is changed the gas production will cease because the soy acidophilus produces non-volatile lactic acid instead of carbon dioxide gas. The return of gas is almost a certain indication of a decreased percentage of acidophilus.

Of course the dosage must be adapted to the individual case. This adjustment can be much more readily accomplished by the aid of

a barium meal or at least a barium enema than by the cut and try method which is often more or less tedious and frequently fails because the patient gets discouraged before the right dosage or combination is found.

There is a great difference in patients as regards the amount of Lacto-Dextrin required. This is due to the fact that in some cases, according to the physiologists, the ferment lactase, which converts lactose into galactose and dextrose, thus preparing it for absorption, in some adults is almost entirely lacking although it is always present in infants. When this ferment is lacking or is very small in quantity, lactose is not digested in the small intestine and hence is not absorbed and reaches the colon in quantity. In such cases an enormous amount of gas is produced even when only a moderate amount of Lacto-Dextrin is taken and hence smaller doses suffice to produce the effect desired, for only a small amount of lactose is needed in the colon, probably not more than one large teaspoonful would be quite sufficient; whereas in cases in which there is a large amount of the lactose ferment, the lactose is rapidly digested and hence is likely to be largely absorbed in the small intestine and only when large doses are taken will the amount which reaches the colon be sufficient to give the Lactobacillus acidophilus the nutriment it needs to promote vigorous growth and thus produce an aciduric or protective flora in the colon.

Observations in a great number of cases have convinced me that when patients suffer from gas distension a spastic state of the descending colon is always present except in cases in which there is mechanical obstructions, and these cases are very rare.

Whether the spastic condition is due to colitis or to fear, worry, pain or other nervous influence may generally be determined by a barium meal or enema.

Tenderness of the colon may be determined by palpation. When the colon is found sensitive to pressure, hot applications, the moist abdominal bandage and hot irrigation are indicated. I have, however, become convinced that these are about the only cases requiring irrigation, for colon lavage is less tedious for the patient, less depressing and less likely to discourage the patient by causing reflux of toxic substances into the small intestine.

In patients suffering from gaseous distension it is a wise plan to begin thorough colon lavage. In colon lavage the ordinary enema is modified by the addition of a teaspoonful of lactic acid or the juice of one lemon to every two quarts of water employed. Both of these acids belong to the fatty acid series which physiologists mention as the natural stimuli of the colon.

When acidophilus is dominant in the intestine, lactic acid is present in abundance. When the percentage of acidophilus is low (40 or 50 per cent or less), the acid is present in insufficient amount to induce prompt activity. By introducing an enema containing lactic or citric acid, the colon gets the normal stimulus nature provides to insure prompt and thorough evacuation of residues. When putrefactive bacteria are dominant, ammonia and other alkaline substances are present as the result of the decomposition of protein and the bowel is paralyzed.

The introduction of a medicinal laxative under such conditions forces the bowel to act, but leaves it congested, irritated, spastic and more crippled than before, whereas the introduction of the acid, which is the normal stimulus of the colon, acts as a physiologic aid and so leaves the colon bettered instead of damaged.

By proper use of the acid enema the colon may usually be promptly emptied.

If at first there is some resistance because of spastic

contraction of the descending or pelvic colon, this difficulty speedily disappears as the flora is changed so that the enema becomes more and more efficient and the water introduced is more and more promptly returned. Sometimes at first repetition of the enema several times is necessary for complete unloading of a large accumulation of residues, but as the treatment continues from day to day, the colon never once being allowed to become greatly distended, and when through change of flora distension by gas accumulation is prevented, the colon gradually returns to its normal conformation. Distension and loops disappear, the formation of diverticuli ceases and the danger of diverticulitis vanishes along with the colitis which gives rise to this condition. The normal colon rhythm returns. Spontaneous evacuations, especially after breakfast, make their appearance even when colon lavage is administered in the afternoon or evening.

The question naturally arises then whether the colon lavage should be discontinued when spontaneous evacuations occur. The proper test for this is the result of the evening enema. If in spite of one or more spontaneous bowel movements the evening enema discloses a considerable residue in the colon and if bacteriological examination shows the residue to contain a low percentage of acidophilus, then the evening enema should be continued; but when the acidophilus has been raised to 70 or 80 per cent and the stool has become aciduric, the evening enema may be discontinued because no harm will result from the retention over night of aciduric stool since there will be no putrefaction and no toxin formation and hence no damage to the colon mucous membrane and no injury from the absorption of toxins.

However, it is better not to discontinue the colon lavage too abruptly. A better way is to use it less frequently, that is, every other night. If under this plan the percentage of acidophilus remains

high (75 or 80 per cent), then the enemas may be lessened to twice a week and finally to once a week. So long as the percentage of acidophilus is maintained at 75, 85 or 90 there need be no apprehension of stasis, for stasis always results in lowering of the acidophilus percentage. This was shown by Cannon.

A question which constantly arises is What shall be done when in spite of the means adopted the percentage of acidophilus does not increase as expected? This is the old problem which has so often discouraged attempts to change the flora. The first thing to be thought of is stasis. The carmine test will quickly determine whether or not stasis is present and the degree of stasis. The first appearance of carmine has little significance, for not infrequently, as the roentgenologists have demonstrated, the first portion of the test meal which enters the colon is carried within a few hours down to the lower end of the colon and may be evacuated within 8 or 9 hours from the time the meal was taken, but the last of the carmine will not appear for two or three days or more. This is the significant finding and which explains the cause of failure to change the flora.

When so great delay occurs that the lactose and dextrin which feed the Lactobacillus acidophilus become so completely absorbed that growth of the bacillus ceases and hence acid is not produced and the acid previously formed being gradually absorbed, the colon bacillus and other organisms which feed upon protein and produce ammonia, so-called proteolytic flora, rapidly develop and lower the percentage of acidophilus.

The evident remedy for this situation is more thoroughgoing lavage. A barium meal or at least a barium enema is very necessary in such cases

as an aid to the discovery of the cause of the stasis. The most common cause in my experience is a spastic condition of the distal colon. This condition is most likely to exist in the pelvic or sigmoid colon and may be located in the upper part of the descending colon, transverse colon or at the hepatic flexure. A less frequent cause is a distended condition of the cecum or the ascending colon. Sometimes this condition will be exaggerated by a large pouch developed in the cecum, or by redundant loops of intestine which are sometimes found packed with fecal matter. The worry, fear, anxiety, nervousness and tension due to suspense may cause a spastic state of the colon which in turn will cause stasis and prevent the development of an aciduric flora.

Cases of constipation are rarely simple. There is no panacea. Every case must be studied on its merits. L. D. Lax comes nearer to being universally helpful than any other colon remedy which has been brought forward, but the dosage required must be studied and adapted to individual cases. No case should be regarded as a failure because the first prescription does not secure all the results desired. Each case should be considered as a problem to be carefully studied and worked out by close observation of the effects of each modification of the therapeutic measures employed.

The management of the colon is a therapeutic problem which probably causes physicians and nurses more trouble than any other. Here is an opportunity for the Sanitarium faculty to render a great service to the medical profession and to the great invalid public by mastering this problem, which I believe we can do by thorough systematic study and especially by good teamwork which I trust we are now prepared to undertake. Let us make an earnest effort to accomplish this task during the coming winter not only for our own satisfaction and the benefit of our

patients, but as one of the most practical contributions that we can possibly make to practical therapeutics.

John Harvey Kellogg

JHK

December 2, 1937

Mrs. Henry Ford,
Fair Lane,
Dearborn, Michigan.

Dear Mrs. Ford:

It was very kind of you to send me such a gracious reply to my letter which I should have acknowledged sooner, but hesitated to trouble you with communications as I know you must be so overwhelmed with communications that you almost dread to see a letter.

I thank you very much for your kind expressions about my book and am venturing to send you two or three more little things which may interest you. I think you might also like to know about a new preparation which we are using at the Sanitarium with great satisfaction to help the poor crippled colons that come to us by the thousand. It is so much better than anything else we have ever found that I am anxious that everybody should know about it, particularly people like yourself and Mr. Ford who ought to be kept alive as long as possible. This preparation, L. D. Lax, should be used in connection with Lacto-Dextrin with which I imagine you may be acquainted.

I am also sending you a couple of packages of Soy Gluten Biscuit which contain no wheat flour at all, but only soybean flour and wheat gluten, to which a liberal supply of vitamins has been added.

I am also having included some bottles of Savita Table Sauce, a pure food vitamized table relish which I think you will like, and a couple of packages of an improved sort of Protose.

It occurred to me that you might be interested in the work that we have been doing with vitamins as these are coming to hold such

an important place in nutrition.

If you come to Miami this winter and find it convenient to ride over to our place at Miami Springs just across the bridge from Hialeah, the Miami-Battle Creek, we shall be glad to show you a number of new things which I am sure would interest you as we find them very helpful in promoting health by suppressing the intestinal putrefactions and encouraging the development of a normal flora.

Thank you very much for the suggestion that you will some time send me a photograph of Mr. Ford. I shall be very proud indeed to hang it in my office as there are few men whom I admire and respect so much as Mr. Ford not only for his great achievements as an inventor and manufacturer, but for his philosophy and amazing good sense by means of which he defeats the bankers to a standstill and outwits the politicians. I am sure history will record him as one of the most remarkable geniuses of the modern world.

Again thanking you for your kind note, I am

Sincerely yours,

b

December 2, 1937

Mr. John D. Rockefeller,
Rockefeller Center,
New York, N. Y.

Dear Mr. Rockefeller:

I appreciated very greatly the kind letter you sent me some time ago stating that you were still profiting by what you learned about biologic living at Battle Creek.

Thinking you might be interested in some of the new things we have recently developed, I have ordered a little box sent to you containing the following: A greatly improved laxative food which we call L. D. Lax. (1) It consists chiefly of a hygroscopic gum and Lacto-Dextrin, and we find it is by far the most helpful of anything we have ever discovered in relieving constipation. The usual dose required is two heaping teaspoonfuls or a well rounded dessert-spoonful and should be taken in a glassful of cold water, stirring up quickly and swallowing at once before it has time to thicken. After swallowing, another glassful of water or other liquid should be taken as it has a great avidity for water. To avoid overloading the stomach at one time, it is better to take L. D. Lax between meals and at bedtime rather than at meals. It is well to take a large tablespoonful of Lacto-Dextrin (1) at the same time. This may be added to the second glass of water. By this simple means the bowels may be kept thoroughly emptied of putrefying residues and putrefaction may be wholly arrested.

I am also sending you a couple of bottles of our table sauce (2) which contains no flavoring matter at all, only protein derived from the soybean and vitamins with common salt which is necessary to preserve it. This

may be freely used on vegetables, greens, salads and other foods with advantage as an aid to appetite, digestion and bowel action.

The tin cans contain an improved Protose which is rich in vitamins.

I think you will like the Soy Gluten Wafers which contain nothing but soybeans and the gluten of wheat with such a rich supply of vitamins that 8 or 10 of the wafers will supply all the vitamins needed for a day with the exception of vitamin C which is abundantly supplied by oranges and some other fruits.

I am also putting into the box a couple of booklets about vitamins showing the vitamin content of various foodstuffs together with the food value in calories of each one, so it is easy to determine whether or not one is getting a sufficient supply of this newly recognized food element.

I know you have not time to bother with these details, but perhaps you will think it worth while to have one of your secretaries inform himself about these matters because they have such an important bearing upon health and life.

Although you are now well advanced on the second decade of the twenty years that you said you desired to live when I met you in my office at Battle Creek, I am sure you will find plenty of reason for desiring a further extension of your life expectation for a decade or two and also feel assured that the interest you are taking in following biologic ideals in living habits is the best possible means of assuring such an extension of your useful life and activities.

Sincerely yours,

b

December 2, 1937

Mr. J. H. Haas:

Doctor has just written Mr. John D. Rockefeller, Rockefeller Center, New York, N. Y. that you would send him the following:

1 L. D. Lax
1 Lacto-Dextrin
2 bottles Table Sauce
2 cans improved Protose
2 boxes Soy Gluten Wafers
"A couple of booklets about vitamins showing the vitamin content of various foodstuffs together with the food value in calories of each one."

No charge should be made.

A. F. Bloese

December 2, 1937

Dr. Carl Ottosen,
Overlage,
Skodsborg, Denmark.

Dear Dr. Ottosen:

I have your letter of November 21 and assure you that your appeal for help stirs me very deeply. I am exceedingly sorry to know that you have been dragged into this difficulty by the failure of another and it is with the deepest sorrow I am compelled to tell you that I have become so deeply involved myself that I am in even greater need of help than you. The Sanitarium Board against my advice and urgent pleadings went in debt to the amount of $4,000,000, more than 16,000,000 kronens, and put bonds on the institution. Of course when the depression came they very soon were threatened with default because of inability to pay the interest and annual payments.

I borrowed money to the extent of several hundred thousand dollars and for several years have been paying interest on borrowed money to help the Sanitarium amounting to over five hundred dollars a month. At the same time I have been supporting Battle Creek College to which I have contributed over $1,500,000 during the last 9 years. It has cost from one hundred to one hundred and fifty thousand dollars a year to keep the college going.

Last year I discovered that three of my principal men, the most trusted men, the manager and treasurer, sales manager, and head bookkeeper had conspired together to rob me. They had together taken $650,000. The interest on money which I had to borrow to replac

the stolen money brought the sum of my losses through this source up to more than $800,000.

The bondholders are now threatening foreclosure on the Sanitarium. Everything I have in the world is now under lien, so my resources are completely exhausted.

Mr. Wentworth, at one time worth $200,000, became bankrupt and died. Dr. Stewart, who was worth over $100,000, is also bankrupt and is settling with his creditors at ten cents on the dollar.

My own financial misfortunes are wholly due to others who refused to follow my advice, so you see while your situation is bad, ours is even worse. I am struggling hard to extricate the Sanitarium from its present situation. I hope to be able to save it, but it will only be by the most strenuous efforts that I shall be able to succeed with the help of Providence. The bondholders have applied to the Judge for foreclosure of the mortgage and the matter is now pending before the Court. The Judge has not yet decided. It is wholly within his hands. We may have a decision within a week that the bondholders may take possession and drive us out.

Under the circumstances it is impossible for me to give you the help I would gladly give if I had not already given all I have to give.

Assuring you of my great sympathy and deepest regrets that I can not come to the rescue as I would love to do because of the circumstances I have mentioned and sincere hope that Providence will somehow help you to save the situation, I am

As ever most sincerely and cordially yours,

P. S.The S. D. A. brethren for whose cause you have done so much ought certainly to come to the rescue and help you. After all you have done for the Sanitarium, I should think the institution might render you some assistance. You have given your whole life and all you possess to help along the cause of physical reform and biologic living in your country as I have done in this country.

I shall await with much anxiety to hear how matters turn out within the next few weeks. I have a feeling of confidence that Providence will open some way of escape for you.

Here is a suggestion which may possibly develop some help for you. I have word that a wealthy gentleman who is greatly interested in biologic ideals will be arriving here next week. When he comes I will tell him about your situation and will make a very earnest appeal to enlist his sympathies in your work sufficiently to help you out. He can do it as well as not if he cares to do so. He is a very cautious man, however, and will doubtless want to know some further details such as what the rate of interest would be, what the expense may be involved in the transaction, the length of time the note would run, what the yearly payments would be, etc.

In telling you of my own situation I did not enumerate half the burdens I am struggling with. I will just mention a few more. On account of the default of the Sanitarium by reason of which it had to go into a receiver's hands, the burden of supporting the College fell entirely upon me, including a debt of $60,000 at the bank past due which I am trying to pay off at the rate of a thousand dollars a month. There is another $60,000 debt at the bank overdue, the result of the stealing of which I told you, which I am also trying to pay off at a thousand dollars a month. Beside that I have $35,000 due at anothe

bank payable on demand which must be paid in a short time, and $15,000 which I have to pay this week. I have only a thousand dollars in the bank and am trying to borrow the money to meet these obligations if I can. If I do not succeed, I shall be wiped off the map myself. I shall have to borrow at least $75,000 within the next month.

Eight years ago I had government bonds in the bank in reserve for emergencies. The trusted manager of my Food Company stole every dollar, $550,000 in all.

The citizens of Battle Creek undertook to put up a buildin for the College at an expense of $250,000. They made pledges for the amount and the building was put up. They only paid a hundred thousand dollars, leaving $150,000 for me to pay. I am still strugelling with this debt, the remnant of which is held by the bank who are crowding me constantly for it.

So you see I am prepared to sympathize with you in your troubles since my situation is similar only ten times worse, and all my troubles, like yours, are due to the bad management or dishonesty of other people and my efforts to help them.

Whatever may happen to you and me, they can not take away from us the truth which we have found nor the power for helping suffering men and women which the knowledge of truth gives us.

Among all the good friends you have made through your connection with the Sanitarium, I think you must find enough to help you by a temporary loan for which you might give a trust deed for security so as to prevent your loss of control of your medical work.

I think it very shameful the way the S. D. A. managers have treat you. I am sorry that you did not get control of the medical work and keep it.

December 5, 1937

Mr. H. L. Henriksen,
Istedgade 7,
Copenhagen,
Denmark.

Dear friend Henriksen:

I have your letter of November 22.

Certainly I remember you. I am exceedingly sorry that in your efforts to help forward the cause of truth you have gotten into such an embarrassing situation. If I were not myself in a ten times worse situation, I would be most happy to make an effort to help you out. I have written Dr. Ottosen full details, which I am sure will surprise you. Of course my communication to you and Dr. Ottosen about my own situation I wish to have regarded as confidential.

I am hoping and trusting that Providence will help both you and me so that we may save our work from catastrophe. The great hope for both of us is that we are working for truth and God is on the side of truth. If what seems to be a calamity befalls us, it may notwithstanding lead to something better than we could have reached by any other road.

My own present situation is not a surprise to me. I have been anticipating it for seven or eight years because of the bad moves made by the Sanitarium Board in spite of my protests. Out of all our troubles here I expect something better to arise, the rejuvenation of the old missionary zeal and enthusiasm which in recent years has been less evident in our work than it ought to be. Tribulation seems to be a necessary

discipline to keep the missionary spirit dominant.

With best wishes and sincere regrets that I can under the circumstances do nothing more for you, I am

Still your friend,

b

THE BIOCHEMICAL RESEARCH FOUNDATION

OF THE FRANKLIN INSTITUTE

HOFFMAN LIBRARY

FREDERICK L. HOFFMAN, LL.D.

ADDRESS
133 SOUTH THIRTY-SIXTH STREET
PHILADELPHIA, PA.

December 6, 1937

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

Dear Dr. Kellogg:

It was extremely kind of you to favor me with an extended letter on the subject of mutual interest to us. I note with particular interest your reference to the duration of constipation to which I expect to give more attention in the future. When I have additional material you will hear from me again.

Sincerely yours,

Frederick L. Hoffman

December 7, 1937

Dr. H. W. Miller,
Wuhan Sanitarium & Clinic,
P. O. Box 77,
Wuchang, Hupeh,
Hankow.

Dear Dr. Miller:

I have your letter of October 28.

I am very glad indeed to hear from you telling of the work you are doing to help the poor Chinese. I think the sympathies of the whole civilized world are with the Chinese and that the Japanese are lowering themselves greatly in the estimation of all intelligent people. However, the same thing was true of Mussolini during his attack upon Ethiopia, but he does not seem to have suffered any because of his disreputable behavior, and very likely the Japanese will be equally successful in defying the whole civilized world.

Nations are hindered from doing their duty by the fact that every one of them has some private selfish plans of their own that they hope to be able to put through and are cautious about establishing precedents which might stand in their way. The world seems hastening rapidly toward chaos.

You are certainly fortunate in having had a preparation that fits you to render service of inestimable value to the poor Chinese. I wonder whether you have any guarantee that your present location may not be attacked with equal destructive fury by the Japanese.

I am exceedingly sorry that the Battle Creek Sanitarium is not in position to do for you what it might have done ten years ago.

Being in the hands of the Court, it has to protect the interests of the bondholders and we are not allowed to spend a penny for philanthropic purposes. My work in promoting Battle Creek College, the Sanitarium and this new institution here in Florida, of which I am the sole banker and financial helper, and I have become so deeply involved in my efforts to help the Sanitarium in its embarrassment that I have used up my own resources and have had to borrow a hundred thousand dollars and am now negotiating a loan of seventy-five thousand dollars to meet pressing obligations which must be paid within the next few weeks.

I am now down here in Florida 1,300 miles from Battle Creek and will make an earnest plea for individual help. If every S. D. A. church would make even a small contribution, five or ten dollars, the aggregate would be a large sum.

I enclose a check for twenty-five dollars which I hope you will use for your own necessities. I wish I were in a position to make it a thousand, but because of the theft of over a hundred thousand dollars by Mr. Kirkland and his associates in addition to $550,000 which Kirkland himself took out of my strong box and threw away in market speculation, I am deprived of the privilege of sharing with you and others funds which I had dedicated to the service of God and humanity and of which I have been robbed by unscrupulous men whom I trusted who have not returned one cent of what they have taken and are doing their best to avoid doing so.

You have had during the last few years a great opportunity to make many contacts which will be of great assistance to your work in the future. I shall certainly miss no opportunity to do all I can to secure help for you and to promote the interests of your work in every

possible way.

I am sending half a dozen fresh cultures of the soy acidophilus. I am glad to report that this preparation is making steady progress in gaining appreciation through the wonderful assistance it renders in dealing with a very large class of patients. I am thoroughly convinced that the poisoning of the system as the result of putrefactive processes maintained in the intestine is one of the greatest handicaps and hindrances to recovery of persons suffering from chronic disorders and one of the most active of all causes of chronic disease. When this putrefactive condition is completely eliminated, the body responds to other curative agents which may be employed in a most surprising way.

You are certainly having a most picturesque and tragical experience and are dealing with your difficult situation in a masterful way which will justly entitle you to be esteemed as a hero and deliverer to the Chinese and to win the admiration and highest esteem of your many friends in this country.

As ever your friend,

Acidophilus

Lee Kilgore

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

EPIDEMIOLOGY
INDUSTRIAL HYGIENE
PUBLIC HEALTH ADMINISTRATION
SANITARY SCIENCE

December 8,1937.

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

Dear Dr. Kellogg:

The situation with regard to Dr. Kilgore's declaration is substantially as follows.-

Some 430 physicians signed a statement of Principles and Practices which appeared to many of us to be undesirable and not altogether wisely expressed. For that reason, on Dr. Kilgore's initiative several of us in different parts of the country united in a Declaration of convictions expressing a somewhat different point of view with regard to the desirability of further intervention of the Federal government, whether financially or administratively, in the organization of medical services to individual patients and in the field of medical education and research. Some 730 physicians, about 200 of them having already signed the statement of Principles and Practices above referred to, have signed our Declaration of convictions. It is evident that the more liberally minded physicians of the country are not quite satisfied with the conservative and rather negative attitude of the American Medical Association and wish to stimulate definite proposals from the A.M.A. if the appropriate occasion arises. We believe that only through the A.M.A. can any combined expression of opinion of the medical profession be publicly voiced. President Roosevelt has not seen fit so far to request the official participation of the A.M.A. in the consideration and framing of Federal policies for health benefits. The reason for this is probably the antagonism toward the A.M.A. by the social worker and philanthropical element among the President's advisers and particularly among the Committee that had the responsibility of framing the Social Security legislation.

Dr. Kilgore and his associates have discontinued their effort as they believe the object of disclosing the attitude of the more liberally minded physicians of the profession has been achieved and it is probable that within the next week or so the results of our appeal to physicians to sign our Declaration will be put in the hands of the A.M.A. for such action as the Trustees think will be helpful.

Yours sincerely,

Haven Emerson

Haven Emerson,M.D.

Julius Schülein
General-Direktor
der
„Cenovis" Werke G.m.b.H.
Tel. 42841

München, December 10th,
Rosenheimerstr. 30. 1937.

Dr. J.Kellogg
c/o Battle Creek Food Co.,
Miami Springs/Florida.

Dear Dr. Kellogg,

I avail myself of the seasons of Xmas and the New Year to convey to you my sincerest wishes for health and happiness during the coming year, together with the expectation that I may soon again have the great pleasure of meeting you again in the U.S. to which I look forward about January or February.

Allow me to send you some slight tokens of appreciation of your kindness - leather cases and a special wallet for dollar bills - and believe me

Yours very sincerely

Julius Schülein

Hiwirua
Lower Hutt
December 10th. 1937.

Dear Dr. Kellog
I'm almost too ashamed to write to you, for time simply flies & here is Xmas almost upon us & another year flown by.
You may not believe it but I do thank you sincerely for Good Health. which I read first then send on to Ra. & those who see it are very interested in it - This year has been a particularly busy one for me. My daughter was with me for 3 months with her baby. They were not well & I could not get any help in the house. With my busy Maori work. welfare & Mission I was kept very busy. My son insisted on my going away with him for a fort-

night which did me a lot of good. An Auckland Doctor said I was to give up all activities for at least 3 months, & to go right away. I came home to make arrangements to allow me to go away but I found my maori Com. determined to carry on & have a bazaar. they did not want me to work but wanted to get it over for maori mission. I stayed & made all arrangements & began working very hard for it. we held it on Nov. 2nd. It was a great success but I have been busy ever since making orders - maori weaving baskets & dressing maori dolls. the weaving takes a long time - especially if done with flax fibre - which takes a lot of preparing - I still have a doll to dress before Xmas - I lead a very busy time, as I feel I am the go between the 2 races - the maoris look to me - to lead them - The

welfare & social work has grown a great deal
& I have a wonderful lot of European friends
I have just come across this clipping & thought
it might interest you - the boy is doing very
good work. I get good reports. & he is very
keen. Last week end when I went to Wau-
garoa to the consecration of a maori church
they said they wanted Ra there & had petitioned
the Government to send him there. as they
wanted him to stand for Parliament in his
fathers place. I'm looking forward to his
coming home for xmas. To discuss all kinds
of things for I'm getting old. & living alone &
12 miles out of town. with fares growing every
where - & yet I cannot bear the noisy city
life & this home Marie & I built out & from
the rough covering by sheer hard work we
turned it into beauty - just all wonderful
memories - but I cannot do the heavy garden-
ing as I used when Marie was away -

& yet I cannot expect the boy to be here always. It would make a difference if his work were here or head quarters or if he were a member of Parliament - They the maoris & pakehas, Rarotongans & Samoans are looking to him to carry on his father's work. I get correspondence from all over the world - particularly the Islands - I'm always glad if there is anything I can do to help. Hoping this finds you well. & wishes for a Merry Xmas & a very happy New Year. & please do forgive my not writing before. but writing has always been difficult for me - with so many interruptions & so many calls on my time - Again many many thanks & very best of wishes

Yours very sincerely

Nina Woodbine Pomare

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 10, 1937

Dr. John H. Kellogg,
Battle Creek in Florida,
Miami Springs, Florida.

My dear Dr. Kellogg:

I have been meaning for some time to write you to say that the publishers have extended the time for the turning in of the manuscript of "How to Live" until January 15.

I am hoping that Dr. Haven Emerson will consent to be co-author with me in place of Dr. Fisk. We have now a wonderful set of special appendices written by McCollum, Cannon, your Dr. Case, Dr. Hugh Young, Professor Chittenden, etc., over 20 in all.

I am extremely anxious to have yours on colon hygiene, including evidence that the normal defecation is after each meal and at any rate oftener than once a day, with convincing proofs, citations, etc. That seems to me one of the most important points which I hope I can get Dr. Emerson to ~~have~~ leave in the book, and at the same time it is the most controversial point in the book. I am wanting to get the material all together before Christmas, if possible.

I understood that you were intending to do this work and have meant to write you earlier to make sure.

I hope all goes well with you.

Very sincerely yours,

Irving Fisher

IF.T

of December. In order to accomplish this, of course, all the material must be in my hands for editing before this and the more, of course, that comes in earlier the easier it will be for me to handle it. In your case, however, I am quite willing to have you given the most time of anybody.

I am anxious that you should write at least two, one on the frequency of bowel movements and the other on meat eating, each with a selected bibliography and each with as much factual material as possible as evidence of the truth of the statements made.

You ask for a copy of Dr. Haven Emerson's appendix on Alcohol. I should be glad to have a copy made if you would rather have me to so than to wait until the book is published.

I am glad that the Sanitarium is prospering again. I hope the reorganization was satisfactory to you. I judge it must be fairly so from what you say. I did not know of the death of Dr. Eggleston nor of the resignation of Dr. Mortensen.

In regard to O-3, I am convinced that it is practically 100% efficient in killing a headcold. It has other virtues and I think I sent you the article by Dr. Stevens about it and his investigations. But nothing has yet been written on its efficacy for colds. As nothing else seems to be anywhere near as efficient it seems to me an important thing to have established as the fact it seems to be.

To come back to the question of financing Vitality Records, among my notes before me is one that you suggested that Good Health Magazine or the Food Company might be willing to pay for the names of those who have joined the Office or those whose address the Office has.

You afterwards said that you would like before

stating the price to find out by actual trial what the names were worth or something of that sort.

I should be very glad to have sent you both sets of names and then to have you work out what is a price satisfactory to you and your associates. There would be two lists. one of the 320 members of the Vitality Records Office, that is those who filled out questionnaires, and the other of the remainder of the list of some 1200 or 1300 names which I have accumulated from one source or another, chiefly from the two minute radio talk, but who have not as yet shown any further interest.

Please let me now if you would like these names sent and thus separated and whether they should be sent to your address. I want to be sure that no stone is left unturned for making the project pay its way just as you made the Sanitarium pay its way. Otherwise it can never grow very much.

Of course, I think it would be unwise to have any advertising letter sent to these people stating that their names were thus obtained.

Very sincerely,

Irving Fisher

IFs
Enc.

December 12, 1937

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

Dear Prof. Fisher:

I have not heard from you recently with reference to the articles on meat eating and colon hygiene for your book How to live. Up to the present moment I have been so crowded with work I could not possibly find time to give the matter attention. Getting out Good Health really occupies every minute I can possibly find for writing, but in addition I have such a large correspondence and so many matters relating to the sanitariums and other business to attend to that I have to work every moment I can keep my eyes open every day of the week and every hour of the day that I can possibly spare from sleep.

I see a chance within the next few days to get at the articles for you if not yet too late. In the limited space allotted anything like a full discussion of either subject would be impossible. I will do the best I can.

Sincerely yours,

b

December 13, 1937

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

Dear Prof. Fisher:

I have your note of December 10 with reference to the articles I am to write for "How to Live." I think you must have received my letter about the same time I received yours. Both articles are well advanced and I hope will be finished this week.

It just occurs to me I did not complete my answer to your letter some time ago in which you said that a certain doctor had said that drinking water encouraged the flow of moisture in the mouth and chewing food. I answered your letter somewhat hurriedly and did not tell the whole story. There are two mechanisms which supply moisture to the mouth. One is regulated by the amount of water in the blood. When the intake of water is deficient, the mouth becomes dry. Dryness of the mouth is always an indication for the need of more water. The drinking of water affords very quick relief from this condition.

The secretion of saliva and its supply to the mouth is a different thing. This is dependent upon special stimulation of the gustatory nerves. When dry food is taken into the mouth the salivary glands receive a powerful stimulus and pour out saliva freely. Pavlov's experiments showed this very clearly. A hard substance like a marble placed in the mouth caused no increased flow of saliva. When the marble was reduced to powder and placed in the mouth, the saliva flowed freely. After this experiment ha

been made several times, saliva began to flow as soon as the dog saw the powder coming.

The taking of water in the mouth does not increase the flow of saliva, but rather tends to check it, so that the drinking of water at meals has the effect to lessen the flow of saliva. It is easy to prove this by a simple experiment. It is true, however, that if one has neglected to drink the proper amount of water before the meal, he will have a less free flow of saliva than if he drinks copiously shortly before eating. It should be remembered also that chewing gum is also resorted to as a means of moistening the mouth when one is thirsty and water is not available.

I must bring this letter to a close and get to work on "Three-a-Day."

Sincerely yours,

b

December 17, 1937

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

Dear Dr. Fisher:

I have your letter of December 14.

I dictated the article on the colon two or three days ago. Mr. Bloese has it nearly written out. It will be about 2,500 words.

If Dr. Haven Emerson will read what I have written with an open mind, and especially if he will take the trouble to make a practical test of the matter, he will find every one of his objections will be fully answered.

As a eugenist you are acquainted with the fact that the normal germ life of the human race is still intact so far as fundamental vital functions are concerned. Women still breathe as do men notwithstanding the fact that for centuries women confined their bodies by corsets to such an extent as to deform themselves and to restrict their chest movements almost wholly to the upper part. This became so universal that the medical textbooks in physiology taught that there were two types of respiration, the masculine, or lower chest type, and the feminine, or upper chest type.

When this was taught me at old Bellevue more than 60 years ago, it impressed me as being incredible. I determined to investigate the matter and soon had such absolute proof that the idea was wholly incorrect that when I presented the facts in a paper they were reproduced in the British

Medical Journal with editorial endorsement, and the subject was later presented before the British Medical Association by the editor of the British Medical Journal who gave full credit for my investigation, and since that time this wrong teaching has disappeared and I believe is not to be found in any modern physiology.

Babies, like kittens and colts, as well as cats and horses and human beings who have had a chance to live in a natural way have bowel movements after they are fed. I am sure you have had occasion many times to observe that within an hour after taking food you feel a call for the evacuation of residues.

Dr. Emerson's objections are due to the fact that he has not had an opportunity to study the subject. When he comes to see the facts upon which I have based my teaching in this matter I believe he will promptly reach the same conclusions you and I have reached, and if he will subject the matter to practical test he will certainly be convinced.

I will send the manuscript as soon as Mr. Bloese finishes writing it out and I have time to look it over.

Sincerely yours,

b

December 17, 1937

Dr. T. S. Iyer,
The Homeopathic Free Dispensary,
Basavangudi, Bangalore,
India.

Dear Doctor:

I have your letter of Nover 17th asking for permission to reprint some of my reprints on alcohol and tobacco. Certainly you are at liberty to reprint any of these leaflets you may think will be useful.

I am very glad to see that you are so much interested in promoting health ideals among your people. If you make another visit to America I hope you will not fail to look me up. Thank you very much for your picture. I am glad to have your picture to add to the gallery of health aristocrats which I am developing.

I am having sent you, under separate cover, some applications for membership, thinking you may have some friends who would like to join the Aristocracy of health. Those who do not eat flesh may become full members. Others should sign the applications for associate membership.

I will ask the publishers to send you Good Health and some reprints.

Sincerely yours,

b

NEW HEALTH

FOUNDED AND EDITED SINCE 1926 BY SIR W. ARBUTHNOT LANE, Bt., C.B.

[redacted] 39, BEDFORD SQUARE, LONDON, W.C.1.
TELEPHONE: MUSEUM 8444/5

CMK/ECC 17th December 1937.

Dear Dr. Kellogg,

I am desired by Sir Arbuthnot Lane to write to you with reference to an editorial note in "Good Health" for November last, page 336.

Sir Arbuthnot was particularly interested in the interview with Dr. Carrel. He is, however, as you know, not in agreement with the views now expressed by Dr. Carrel, and he thinks it might be useful to your readers if y ou made some reference in "Good Health" to an article by Dr. Schweisheimer in the December issue of "New Health", page 16, "Cancer and Diet".

In case you have not seen the article, I am sending under separate cover a copy of this issue of "New Health", so that you can make the necessary extracts if you so desire.

Yours sincerely,

C. M. Kellogg

Managing Editor.

Dr. John Harvey Kellogg,
"Good Health",
Battle Creek,
Mitchigan, Canada.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 14th, 1937

Dr. John H. Kellogg
Battle Creek in Florida
Miami Springs, Florida

My dear Dr. Kellogg:

Yesterday I spent four hours with Dr. Haven Emerson whom I had invited to be co-author with me of the 20th edition of "How to Live". He had gone over every word of the manuscript and, after we had gone through it together consented to have his name on the title page in some way to be agreed upon.

I believe this will double the value of the book especially its influence with physicians who are the people I've been gunning for ever since the Life Extension Institute was started twenty-three years ago.

This means indirectly getting the medical profession to accept ideas more like yours. Ultimately that profession must be the means to that end of spreading the idea of frequent defecations.

The new edition approximates closer to your views than the former edition and Emerson accepts almost everything as I had formulated it except the frequency of bowel movements. I may have to modify that feature unless you can supply proof which will convince him.

So I'm all the more anxious to receive your statement on that. If you have no time for more, you may confine your appendix entirely to this question of frequency of movement. But your mere say-so will not be enough! He and the reader will want your evidence put as strongly as the facts warrant, including data as to savages, apes, Sparks' football boys, etc.

Emerson thinks savages and apes might not be very strong evidence as "civilized man may thrive by his inhibitions in defecating less frequently just as he thrives on less exercise," etc. Also "we shouldn't hurry material through our digestive tract so as not to give full opportunity for its utilization"; also "the normal diet will not have enough bulk to make this material pass through in less than 48 hours"; also "we have no authorities or experience to justify so big a change of practice"; also "the mere fact that sick people such as Dr. K. deals with are helped by frequent defecation is no proof that well people need it"; also "the fact that babies defecate frequently may have little significance as to adults"; also "one thorough daily movement is better than several little ones."

I detail these in order to try to give you a picture of his way of thinking. Of course I tried to answer all these objections and imagine I made real headway so that he probably is already weakened as to most of these points.

I think he would be most influenced by the experience of healthy civilized adults especially medical men. So I'm going to try to collect such experiences. Dr. Jackson, Dr. Grad and Dr. Mathews, are cases I know. You must know of many.

Also if the medical literature has anything helpful it would help.

I would hate to have to take back tracks on this feature of the book after all these years of having this feature in the book. But it's up to you! And now is your chance.

All the appendices are now in but two, one being yours. The other is promised in a week. To get into the book, yours will be needed by January 15 at the latest, but, of course, the earlier the better. I have even thought of running down to see you after January 6th but doubt if I can.

I hate to be putting strain on you; but I know you regard this as part of your work.

With the season's greetings, I am,

Sincerely,

Irving Fisher

IF:M

P.S. Yours of 12th just here. I see you are still hoping to write both appendices - one on colon hygiene and one on meat. Both will be welcome. But the former, with convincing data, arguments, and authorities, will be the most helpful, if you haven't time for both.

You may be brief. Some of the appendices are only 1 000 words or less. I suggest between 2 000 and 3 000 for each appendix.

Remember to include a selected bibliography of (mostly) scientific writings. I sent you the forms preferred - authors last name first, title, date, city, publisher, pages, etc.

POLICE DEPARTMENT

CITY OF NEW YORK

67-8.U.F.40

December 18th, 1937.

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

Dear Sir:

Receipt is acknowledged of your letter of November 27th, 1937, with regard to the Dynamometer.

I shall bring your kind offer to the attention of the Department and you may expect to hear from me by January 1st, 1938.

Yours very truly,

John J. Barney

Deputy Chief Inspector.

Police Academy
72 Poplar Street
Brooklyn, N. Y.

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY
WASHINGTON

DIVISION OF
PLANT EXPLORATION AND INTRODUCTION

December 20, 1937

Dr. J. H. Kellogg,
Miami-Battlecreek Sanatorium,
Miami Springs, Florida.

Dear Dr. Kellogg:

On my way North last week, I stopped to see Mr. Ernest Petree, the dasheen grower at Callahan, Florida, as I stated to you I had planned to do. He will send to you this week, by express, 50 pounds of dasheen tubers with a few of the rather large corms in addition. The material is paid for and there will only be the cost of expressage for you to pay.

I wish to commend to you for at least one trial the enclosed new recipe for the utilization of the corms. When I arrived at Mr. Petree's place, about ten o'clock in the morning, he let me try some of this product that had been prepared for breakfast that day and was left over. With the butter cooked into it, the flavor was sufficiently heightened to tempt me to go right on eating. I refrained, however, and we had a freshly prepared dasheen at noon. On this occasion ham fat was used, but even though it tasted very good it did not seem to me to be really superior to that prepared with butter. It is not necessary, I think, to use any large quantity of butter.

The big reason for giving special attention to the satisfactory preparation of dasheen corms for the table is that, as you know, the corms are less popular than the tubers because of their larger size, and the northern markets for dasheens as a rule will not take them at all. The growers are willing to take as little as one cent a pound for them I understand at present. It happens this season, according to Mr. Petree, that the corms are of more uniformly good quality than usual.

Another circumstance that may interest you is that Mr. Petree is making preparations to try out the commercial manufacture of the product that we have heretofore called "dasheen crisps", which are lattice-work slices cooked in deep fat. They do not take up nearly as much fat as potato chips as a rule and are considered by practically everyone who has tried them to be more delicious in taste than potato chips. Mr. Petree is going to make them from corms only, on account of the low price at which corms can be obtained. The product is to be marketed under the name "Taro Treats." This is partly because of Mr. Petree's recognition that the term taro is more widely known than dasheen, and also that a good many people have been unsuccessful in preparing dasheens very palatably, and so the word dasheen does not carry to them any implication of excellence.

I have been carrying out as nearly as practicable your health suggestions, especially with reference to posture, and will write you personally in the near future as to results.

With thanks for your many courtesies of last Wednesday on the occasion of my visit with two friends, and with kindest personal regards, I am

Sincerely yours,

R. A. Young

R. A. Young
Associate Horticulturist

RAY/GG

Enclosure

A New Method of Steam-cooking Sliced Dasheen Corms. Devised By Mr. Ernest Petree, Callahan, Florida.

Corms that have been grown under favorable soil conditions and that therefore are of mealy-cooking quality must be used.

Pear the corm dry and slice into any size or thickness, but not exceeding ½ inch thick. Place the sliced dasheen in a skillet having a close-fitting and preferably heavy cover. Pour on about one-half cup of water and set over the fire. After the water has reached boiling temperature, the fire should be kept rather low, to avoid too rapid evaporation. Season with salt and a moderate quantity of butter or any preferred savory fat. Allow the dasheen to cook slowly in the confined steam until tender, when the surplus moisture should have evaporated. (A little additional water can be added if too littlehas been used at first.) By this method, the fat is cooked into the dasheen and the excellent flavor of the dasheen is thereby heightened. Serve hot preferably in a warmed, covered dish.

Starr Commonwealth for Boys

Albion, Michigan

★

Floyd Starr, President

December twenty-first
1 9 3 7

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

Dear Dr. Kellogg:

Almost immediately upon receipt of your letter, I contacted Miss Angie Estill. She came over to the school last Monday afternoon and gave the boys a wonderful talk. She is coming again next Monday afternoon, and after that may have to send one of her assistants.

These talks on the value of a vegetarian diet mean almost as much to the adults in this institution as they do to the boys. Many of the grown people who take positions here come into our organization with a decided prejudice against vegetarianism. I find it is much harder to turn them to our way of thinking than it is to interest the boys.

At Miss Estill's meeting we not only had the boys and their teachers, but the house-mothers as well, and the heads of the various departments. We are certainly most grateful to you, Dr. Kellogg, for making this possible. We appreciate your interest and your co-operation more than words of mine can express. All through the years you have been a very great inspiration to me, and the Starr Commonwealth is in a very real sense your school for boys as well as mine.

With kindest regards, and with the best of all good wishes for a merry Christmas and a happy and prosperous New Year, I am

Very sincerely yours,

Floyd Starr

Floyd Starr.

FS:lem

SIR WILFRED GRENFELL
K. C. M. G., M. D.
KINLOCH HOUSE
CHARLOTTE, VERMONT

St Simons Island
Georgia.
Dec. 21st 1937.

Dear Dr Kellogg

Lady Grenfell & I want to send you our sincerest expression of gratitude that we know how to clothe in words.

You are a man in advance of your age. You are certainly the prophet of a real truth, for which we feel that those who come after you will benefit and thank you for —

The idealist always is regarded as an 'eccentric' by many — and in a sense they are right — because the entrenched position of those, who do not see thru' their own environment, in the world of today, has become so hard to overcome, that only very few are willing to take the venture. We find it by no means easy — with my beloved wife, brave and unselfish as she is, & myself handicapped by the cerebral trouble that overtook me, we are perhaps specially handicapped to overcome the special difficulties — But we love you for your own courage, and your help, & we realize we owe you a great debt of gratitude.

May God prosper & bless your work —

Yours ever Wilfred Grenfell

Ps. Your own contagious humor — helps greatly to laugh at our difficulties with the new way of living. WTG

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

December 23rd,1937

Dear Dr. Kellogg:

Withe the coming of the Christmas tide and the end of the old year the human heart grows mellow. We count over our gains and losses in money, in health, and in accomplishment. We number our years, past and future. We consider what lies before us, and most of all we think of our friends and of the Great Friend who has helped us attain our hearts desire.

So I am thinking of you today because without you and others of kind and generous heart Oglethorpe University would cease to exist. Indeed it would never have been born at all. Place me therefore among those who love you because you deserve to be loved. To me at least you seem doubly to deserve a Merry Christmas and a Happy New Year.

Heartily yours,

Thornwell Jacobs,
President

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

12-23-37

Dear Doctor:

Your good health, good nature and good cheer are bright spots in a middling world. We all thank you for your Christmas remembrance, and join in wishing you many years of happiness.

Sincerely,

Will Durant

December 25, 1937

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

Dear Professor Fisher:

You will see by an article which I have just written as an editorial for Good Health which will appear in the next number that others besides the Mormons can show evidence of profiting through biologic living.

Sincerely yours,

K:B

CHARLES WILLIAM DABNEY
15 Roslyn, Clifton
CINCINNATI, OHIO

December 26, 1936

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

My dear Dr. Kellogg:

I thank you for your kind letter and the generous arrangements offered for me at your Sanitarium. I also want to thank you for your handsome Christmas card. It is a great pleasure to have a picture of you looking so well.

I am improving slowly and making plans to come to you as soon as I get strong enough and have straightened out my annual business. I will let you know in advance by letter or telegram on which train I will arrive.

With hearty appreciation of your always generous assistance, and wishing you a very happy and prosperous New Year, I am

Cordially yours,

Charles W. Dabney

CWD/KM

December 27, 1937

Dr. A. R. Dafoe,
Callander,
Ontario, Canada.

Dear Dr. Dafoe:

I am sending you, under separate cover, a little box of King and pineapple oranges, together with a Florida lemon and exceptionally fine specimens of Florida citrus fruits. There is also a little parcel of governor plums, a remarkably nice fruit grown here which is very abundant in the season which ended six weeks ago, but I happened to find just a few hangovers, so I am sending them along. Next year I hope to be able to send you a larger supply.

I have just received your beautiful holiday greeting. It is the finest picture both of yourself and of the quintuplets I have ever seen. It is really a very charming picture. I shall have it enlarged and hang it in my office.

I hope the holiday season finds you well and the quintuplets prospering as usual under your fostering care. It was certainly a Providence for the quintuplets that they entered the world under your supervision.

We have recently had as our guests for a month one of your celebrated countrymen, Sir Wilfred Grenfell and Lady Grenfell. Next month we shall have Sir Arbuthnot Lane as a guest. I wish you might be here. He would esteem it a pleasure and an honor to meet you. If you visit Florida this winter we shall be glad to have you make this place your home. This has been a lovely sunshiny day and as warm as early June in Michigan.

With my best regards and warmest holiday greetings, I am

Sincerely yours,

P. S. We have near here a colony of anthropoids. A young couple, university graduates, especially interested in anthropology, conceived the idea of establishing a colon of apes and other primates under conditions practically identical under which they thrived in their native habitats in tropical countries. They have now in the colony 40 or 50 of various species of primates, including two very interesting chimpanzees, one a young male, the other a female 9 years old and very well developed. This animal has never tasted flesh and can not be made to eat it. I was much interested in obtaining a specimen of stool for a study of the flora. I found the flora 80 per cent acidophilus and no evidence whatever of putrefaction. The keeper tells me the stools are never putrid. So long as the stools are not putrid and the abdomen is not distended with gas, the flora is good. When the flora is aciduric the bowels usually move after each feeding.

I should be glad to know if the quintuplets have three stools daily or less or more. The motility period can easily be determined by feeding blueberries or some other colored food and noting the length of time before the color disappears from the stools. This is much simpler than the X-ray method and almost equally as accurate.

December 27, 1937

United States Department of Agriculture,
Washington, D. C.

Gentlemen:

Enclosed find two dollars for which kindly send me 13 copies of "Vitamin Content of Foods," by Esther Peterson Daniel and Hazel E. Munsell, Miscellaneous Publication No. 275, June 1937.

Sincerely yours,

Secretary to Dr. Kellogg

b

December 28, 1937

Sir Wilfred Grenfell,
St. Simons Island,
Georgia.

My dear Sir Wilfred:

I have your very kind letter of October 21.

I am glad to know that you are trying to establish yourself on a biologic regimen. I hope you will call on me for all the help we can give you.

I wonder if you have a good biologic cook book, and did you get the books I had prepared which show the caloric data along with the vitamins? We will soon have a vitamin cook book ready. I will send you a copy as soon as it is out. In the meantime I am having sent you some of our bills of fare which show the vitamin content of various foods. If Mrs. Grenfell will mark the dishes which are of special interest to you I will have the recipes copied and sent to you.

I am glad to know that you have such a delightful spot for rest and recuperation. You must be patient for a long time to give nature a chance to bring you back to health again. I am sure you have an excellent chance to make a good comeback by the aid of a thoroughly biologic mode of life, which includes living in the fresh air with the skin in contact with the sun as much as possible.

I made a visit a few days ago to the monkey jungle and got a stool specimen from the fine chimpanzee they have there. The animal has never tasted flesh food of any sort. I was glad to find not the smallest evidence of putrefaction and 80 per cent acidophilus, although the animal has never taken any culture of this sort. This is another proof that this

is nature's method of protecting the alimentary tract and that there should be no putrefaction in the intestine.

Akeley of the Natural History Museum told me that he examined a gorilla's alimentary tract from beginning to end and found nothing in the slightest degree repulsive. There was not the slightest evidence of putrefaction. He also stated that the stools, which were very abundant all about the animal's sleeping place, were free from odor and non-putrefactive.

You remember the zoo that we visited and that the man told me that he fed the animals the same things that he ate himself. These animals, like human beings and like all animals, in fact, can be taught to eat meat. I imagine that I shall find a different specimen when I examine the stools of those perverted creatures.

You remember when we visited Chapman Field we found a young man who had never eaten meat because he did not like it, and he had never until recently heard of the Sanitarium and did not know that there were other people other than himself and a sister who abstained from meat because they could not endure the taste of it. He seemed to be a nice young fellow. He is a student in the University of Miami and is working his way through the university. He is carrying the full university course and two studies in addition in his spare time, which begins at 4:30 in the afternoon. He seems to have great endurance and is unusally capable. I am going to make him a member of the Aristocracy of Health.

I am enclosing a copy of a few paragraphs I have recently written for a newspaper publication which contain some facts relating to racial trends which I am sure will interest you.

With best wishes to you and Lady Grenfell, I remain, dear Sir Wilfred,

Very sincerely and faithfully yours,

December 29, 1937

Mr. Floyd Starr,
Starr Commonwealth for Boys,
Albion, Michigan.

Dear Friend:

I have your letter of December 21.

No thanks is due me for anything I have done or can do for you. I am tremendously interested in your work and I am only sorry that my burdens at Battle Creek are so heavy that I have not had an opportunity to keep in closer touch with you. The incompetency and dishonesty of some of the people with whom I have been associated have made my situation very difficult in recent years in spite of my very best efforts.

I certainly appreciate your loyalty to biologic ideals. What you are doing for your boys will be of lifelong benefit to them.

You will perhaps be interested to know about a school for feeble minded children conducted near Olivet with a branch down here in Florida by Mrs. Davis also founded on biologic principles.

I am glad that you enjoyed Miss Estill's lecture.

Assuring you of my interest in the boys and the good work you are doing and with best wishes for continued success for many years to come, I am

As always faithfully yours,

b

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

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[4937 N 387]

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DR J H KELLLGG

MIAMI SPRINGS FLO=

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MZU39 14=NEWHAVEN CONN JAN 7 1135A

DR J H KELLOGG=

PLEASE WIRE WHETHER YOUR MANUSCRIPT ON THREE A DAY CAN REACH ME BY THIRTEENTH=

=IRVING FISHER.1155A...

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

[6372]

PALMER HOUSE

CHICAGO

"Good Health"
Battle Creek, Mich

Dear Sirs:

I tried to get Dr. Kellogg on the 'phone planning to come to B.C. to talk with him about the enclosed and other things; but learned that he had already gone to Florida.

I do not know to whom to write but trust that this letter will be given to the person who can tell me the source of the data, or alleged data, of given in G. H. last May so that I can write to Brindhede.

Please have reply sent to my home address:

Prof. Irving Fisher
460 Prospect St
New Haven
Conn.

Dr. S. A. Knopf,
16 West 96th St.,
New York City.

Dear friend Knopf:

I am delighted to receive your letter of September 3d. I should have answered sooner, but have been just crowded to death. I have worked every minute I can keep my eyes open.

I thank you for a copy of your little book. Though small in size, it is full if big ideas. I quite agree with you in the sentiments expressed in your book. The subjects you discuss are of infinite importance to the future of America.

I am glad to know that you are looking this way and anticipate the pleasure of meeting you and having a delightful visit.

With best wishes to you and Mrs. Knopf, I am

Sincerely yours,

b

C O P Y

Dear Dr. Hoffman;

Thank you for your kind and thoughtful allusion to our visit to Norway. It passed off all right and I was able to distribute the personal gifts which my son had in his "Will" bequeathed to young Norwegian and Danish friends. We had some enjoyable motor trips through wild but lovely country.

I note that you are going to Battle Creek. Thanks to you for sending me there, where I enjoyed a friendly reception, hospitality and interesting conversation with Dr. Kellogg and his Russian head of the Laboratory. Please give my kind remembrances to Dr. Kellogg. I hope you will find helpful material for your book on intestinal stasis and cancer.

It would be just a real treat if I could go to Yucatan and visit the Mayo Ruins. I have pleasant recollections of what I saw of these in the New York Museum. Mrs. Hoffman and you will enjoy the trip. What month do you propose to go from New York to Vera Cruz and how long will you be away, also what is the average kind of winter that you are likely to find in the South. I am not very sure as to the type of food the Indians could give us.

I note that your daughter Victoria is striking out a new career for herself. Give her please my very best wishes for success. Virginia I hope keeps well and Mrs. Hoffman has continued good spirits and health.

Your papers on Tuberculosis and Diabetes I think I told you I read with much satisfaction.

My program of work and engagements for the early part of the winter is already extending but none the less I should like to be informed of the points raised in the early part of this letter.

With kind regards and all good wishes to those around you,

Faithfully yours,

Thomas Oliver