

MIA JAN 3 7 A.  
5-PM  
1938

BUY U.S.  
BONDS  
ASK YOUR POST OFFICE

With best wishes  
for a happy  
New Year -  
David & Marcia  
Sawchuk

Printed in Switzerland - Imprimé en Suisse

Dr. J. H. Harvey Kellogg  
Bottle Creek in Florida  
Mauri Springs  
Fla.



No. 268 Ranunculus glacialis — Gletscherhahnenfuss  
Glacier Buttercup

**KIWANIS  
CLUB**

**BATTLE  
CREEK**

January 3, 1938

Dr. John Harvey Kellogg  
Miami Springs, Florida

Dear Sir:

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 1938.

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 as an Honorary Member to our club for 1938.

We meet at the Kellogg Hotel at 12:10 noon each Thursday.

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

Sincerely yours,

BATTLE CREEK KIWANIS CLUB

  
W. V. O'Connell  
Secretary

# New Health Society

(Australia)

(Affiliated with New Health Society, London)

Telephone:  
B 6521

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## OBJECTS:

1. To spread the knowledge of the newer discoveries of science which concern the preservation of health and prevention of disease.
2. To teach the advantages of right food, fresh air, sunshine and exercise.
3. To advocate improvement in the quality and supply of milk, fruit, vegetables, bread and other food by urging the best methods of production, storage and distribution.
4. To adopt every available means of preventing food contamination and adulteration.
5. To influence manufacturers to provide natural and unspoilt food.

Address all Mail to  
P.O. Box 1132 HH, G.P.O.  
SYDNEY, N.S.W.

FULLER'S BUILDINGS  
57 ELIZABETH STREET

Box 447F, G.P.O., SYDNEY, N.S.W.,  
Australia.

6th. January, 1938.

Dr. John Harvey Kellogg,  
Medical Director,  
The Battle Creek Sanitarium,  
Battle Creek, Mich. U.S.A.

Dear Sir,

I thank you for your letter of the 8th. November last, and also for placing "The Practical Patriot" on your mailing list.

The copy of Good Health has so far not turned up, perhaps due to it being addressed to Box 477F, instead of the above. In the meantime the Post Office is keeping a look out, and I would ask you to kindly have the correction made.

Two copies of our publication are going forward by this mail and the Editor will see that a copy is sent monthly.

During the Xmas period I was loaned your 2nd. Edition of "The New Dietetics" which will take some time to absorb. Would you please tell me the price posted of this publication, and if you would be so good the preparation to take the place of tea and coffee, as mentioned in the book.

Yours sincerely,

*RH Dederingfeld*

O. K. POWELL  
CLINICAL LABORATORY  
409 INGRAHAM BUILDING  
MIAMI, FLORIDA

January 8, 1938

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

Dear Doctor Kellogg:

Samples of Soy Bean Emulsion were obtained from Dr. Ziebold. They were bottled in 100 cc. batches and sterilized by autoclave on three successive days at 15 pounds. Whole milk was similarly treated. The culture which you submitted for experimental use and the culture obtained from Lederle were used to inoculate the Soy Bean Emulsion and the cows milk.

Each flask was inoculated with 1-100 cc. of acidophilus culture, and plate counts made at the end of forty-eight hours. The highest count obtained on the milk was 410 million per cc. The highest count obtained on Soy Bean Emulsion was 2 billion per cc. The average count on the Soy Bean averaged five times the number of organisms obtained on cows milk.

Very truly yours,



O. K. Powell

OKP: MHB

Report of Bacteriological Study of Soy Acidophilus

"At the request of Dr. John Harvey Kellogg I have made a careful bacteriological study of cultures of the Lactobacillus acidophilus grown in a milk like medium prepared from the soybean to which was added 2 to 4 per cent of lactose.

"The cultures were made in the usual manner by inoculating thoroughly sterilized soybean milk with a standard culture of L. acidophilus and placing the culture tubes in an incubator maintained at approximately 100° F. Among other observations made I have noted especially the following:

"1. In soy milk L. acidophilus grows more rapidly than in cow's milk or other media, maturing in 10 to 10½ hours while other media require one-third to one-half longer time to reach the same degree of development.

"2. The number of organisms produced, as shown by the count per c.c., was also notably greater. Cultures grown under identical conditions for 16 hours showed a

Count per c.c.

Soy milk	1,000,000
Cow's milk	600,000

"3. The individual bacteria were much larger and appeared to be much more vigorous than when grown in other media. Compared with milk cultures, the proportions were as follows:

	<u>Cow's Milk</u>	<u>Soy Milk</u>
Length	8.0 microns	16.0 microns
Width	.8 "	1.0 "

"Ercil Myers, Ph. D.

"Bacteriologist"

"1. In soy milk the Lactobacillus grows faster than in cow's milk, maturing ready for use in ten to ten and one half hours, while cow's milk required twenty hours to reach the same degree of development.

"2. In soy milk the Lactobacillus reaches a much higher count than in cow's milk. Usually the count at the end of twenty-four hours is from six hundred million to a billion or more. Not infrequently counts of four or five billion per c.c. are obtained.

"3. The individual bacteria are much larger than in cow's milk and grow in chains which are not easily broken up. See accompanying micro-photographs.

"4. Cultures made in soy milk endure changes of temperature better than do cow's milk cultures. The latter deteriorate rapidly when exposed to a temperature of 45° F. or less. In a recent test a count of over two hundred million was found in a soy milk culture which had been exposed in a refrigerator to an average temperature of 40° F. for two weeks. In one instance a slight increase in the count was observed after several days' exposure to a temperature of 40° F. or less.

"5. Soybean cultures of L. acidophilus lived much longer than cultures in cow's milk. I examined August last a culture of soy acidophilus milk which I inoculated two years before and found the organism still alive and the cultures showed the same rough type of the organism with which the inoculation had been made.

"6. Soybean milk appears to exercise a selective and beneficial influence on the growth of the Lactobacillus acidophilus. In a comparative experiment, for example, when well sterilized cow's milk and soybean milk were inoculated with the same amount of the stool of a breast-fed infant which showed 90 per cent acidophilus, the cow's milk showed much contamination with gas-forming organisms which did not appear in the soybean milk

"In the bacteriological examination of hundreds of stools I have had large opportunity to observe the effects of soy acidophilus milk upon the intestinal flora. My experience has convinced me that it is superior to milk and other cultures of the *Lactobacillus acidophilus*, and I believe its superiority to be due to the fact that the organisms developed in soybean milk are more vigorous, more rapid growing, more hardy, longer lived and better able to adapt themselves to the conditions found in the human intestine.

"Maurice Howe, B. S."



January 8, 1938

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

Dear Prof. Fisher:

I have your note with reference to oxygen absorption of the skin. I am surprised that Dr. Emerson should question this statement, which is in accordance with the teaching of all the physiologists. The skin absorbs both gases and liquids. Gas absorption is very small, but the amount of oxygen taken up and  $\text{CO}_2$  eliminated is about one-fiftieth of the gas interchange which takes place in the lungs, at least this is the statement made by one authority. Other authorities say that the amount of interchange is small compared with that of the lungs and I adopted this as the better way of stating the amount because I did not find complete agreement on this point.

I will mail the colon manuscript tomorrow and the other manuscript some time during the week.

Sincerely yours,

January 10, 1938

Prof. Irving Fisher, Ph. D., LL. D.,  
460 Prospect Street,  
New Haven, Connecticut.

Dear Doctor Fisher:

Enclosed find the manuscript about the colon. I hope to get the other paper into your hands by or before the 15th.

I have had to write this paper under difficult circumstances, eating but one meal a day to save time and going without sleep to gain a little time. There are several people here from California and Battle Creek watching for a chance to catch me for a few moments for consultation about Sanitarium matters, College matters and the food business, besides the demands of patients arriving every day. I have enough for four or five men to do.

The difficulty has been not to find material to write about, but to boil it down to the smallest possible compass, eliminating everything of least importance.

I should like to have introduced a few paragraphs about the toxins produced in the colon but could not and keep within the space allotted me. If you will permit me to do so, I should like to add perhaps four or five hundred more words about colon toxins. Deflation is much more difficult than inflation.

There are several people impatiently waiting while I am dictating this note, so I will make it short.

I am sending the manuscript by air mail and hope it will

Professor Irving Fisher, No. 2.

reach you by tomorrow night.

Sincerely yours,

P. S. I am sending you a marked copy of the December number of Good Health, hoping you will find time to glance over the first article, which is chiefly a quotation from a recent number of the American Medical Association, a review of four books recently published, some or all of which you may have already seen.

The facts now clearly show race degeneracy to be not a menace but a present fact already so far advanced that unless checked, the civilized portion of the human race will be practically extinct within a couple of centuries, and the thing you and I are working for offer the only possible hope. It seems inevitable that Caucasian civilization will soon become a minor factor in world matters unless Russia should manage to save the situation. I am no pessimist. I still see a glimmer of light through race betterment, which may save a nucleus of health aristocrats to start a new white race which may ultimately supplant the yellow race which seems determined to travel down the same road which has led the white race to ruin.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

January 10, 1938

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

My dear Dr. Kellogg:

I was hoping to receive you Appendix, "Three  
A Day", today, but it has not yet come. I am going out of town  
to be back on Friday, and the whole manuscript must go off to the  
printer on Sunday.

I am asking Dr. Haven Emerson to come to New Haven  
to help out the last day or two.

I suppose the Appendix on meat eating will also  
come before the end of the week.

Very sincerely yours,

IF.T

*Irving Fisher*

SIR WILFRED GRENFELL, K. C. M. G.

KINLOCH HOUSE

CHARLOTTE, VERMONT

St. Simon's Island, Ga.  
January 11, 1938

Dear Dr. Kellogg:

I am going to write you about the real difficulty with a vegetarian diet in Labrador and among the people, for I greatly appreciate the value of it. The difficulties seem almost impossible to overcome. The whole country lives by catching fish for food and for sale, and then they are so short of food of the cereal and vegetable type that they can purchase in return that they depend largely on hunting birds, ducks, grouse, seal etc. for additional food and on the salmon and trout, which they get in large numbers. Now they are reviving a lucrative herring fishery - two new companies. They are very abundant again, and Labrador herring being large and very fat, fetches a good price. It is quite true we have shown that they can grow very much more vegetables than they ever did, and by adaptation they should probably grow enough potatoes. Some do already, and all of them are growing greens of some sort. I do not think there would be much chance for many inhabitants to exist along the Gulf shore and the Coast of Newfoundland and even Nova Scotia and in other parts of the world that I have seen if the fishery was abandoned.

Is there any opening along the lines of research which has produced such marvellous new synthetic chemical production since the forgotten Leblanc made one substance into another, and recently the new chemists have actually synthesized new organic products? Is there any hope, do you think, of converting the products we can get on our Coast into forms that can be adapted to biologic living? Otherwise it seems hard to tell them not to eat the fish, when they exist by selling them to others for food. They feel, of course, that fish was given for the service of man and see its use in consumption. They are forced either to take that attitude or starve. Some timber areas and mines and water powers are being opened up.

I fear I trouble you, but this is the dilemma I am facing.

My sincere affectionate gratitude goes to you for your very generous help, but I know that you are anxious to have the practical

SIR WILFRED GRENFELL, K. C. M. G.

KINLOCH HOUSE

CHARLOTTE, VERMONT

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as well as the idealistic side freely discussed. I <sup>once</sup> thought of moving some of the population if I could. I even arranged <sup>once</sup> with the Government of British Columbia to accept two hundred families, but our Government objected to their going. I do not forget that globe at the Pan-American Airways on which it stated that the whole population of the world could be placed in proportion to their numbers in a box of the size of one hundredth of one inch, but I can't believe that the solution lies in any such direction as massing us any closer than we are together, but as children of a loving Creator we should occupy every portion of the world.

While reading the life of Madame Curie, by her daughter, on page a hundred and eighty I noticed that when she and her husband were too poor to purchase any longer all the food they needed, they found that their rheumatic and other troubles disappeared when they were forced to give up red meat and wines, which I considered a noble tribute to your work.

A ray of hope seems to be on the horizon when I see that the Academy of Sciences have accepted an English Chemist's statement, that he has combined successfully  $\text{CO}_2$  and  $\text{H}_2\text{O}$ , and by discovering how chlorophyll in nature forms them into sugars, the influence of sunlight. When man can manufacture starches and sugars by radiating them with sunshine the problem of biological living may be made easier in the North, but it is at present difficult and almost impossible to avoid "bowing in the house of Rimmon" even in the Mission stations.

With our united affection, and hoping that sometime you may find time to reprove me for my apparent lack of faith by suggesting some course of action that may tide over our present carnivorous habits.

Believe me to be,

Always yours,

*Wilfred Grenfell*

COSMOS CLUB  
WASHINGTON, D. C.

Jan 12, 1938

Dear Dr. Kellogg

Your Appendix on Normal Bowel  
Movements reached me here. I've read it  
and think it is excellent.

You do not mention the work of  
Prof. Cowgill of Yale in the Jour. Amer.  
Med. Assoc. 1933-5. He seems to have  
made the completest laboratory studies.

I hope your other article will arrive in  
time. It is too late, I fear, to put in  
the 500 words on toxins. Sorry and thanks.

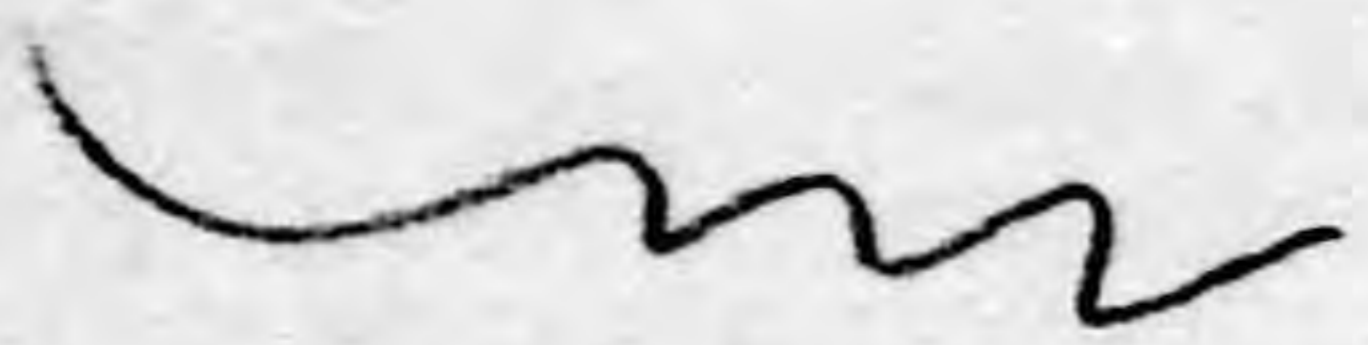
This morning I had another talk  
with Mr. Collum in Baltimore re the  
isotonic salt solution. He admits that he  
knows of no laboratory studies on the salt  
excretion and that some people who try it

It is "unsatisfactory" but he  
think it does no good ~~or does harm~~. Paul  
has never yet seen any harm from it and  
has been using the procedure for over 20  
years as have others. Victor Heiser got it  
from him. I wrote Cannon about it and  
got a reply backing of M., the admitting that  
he knew of no salt measurements for  
urine and stool. We may make some mention  
of M's idea in #7th.

With many thanks for your fine  
contribution.

as ever

Jessie Fisher





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

Jan. 12, 1938

JHK

Your appendix on normal bowel movements reached me here. I have read it and think it is excellent.

You do not mention the work of Prof. Cowgill of Yale in the Journal of the American Medical Association, 1933-5. He seems to have made the completest laboratory studies.

I hope your other article will arrive in time. It is too late, I fear, to put in the 500 words on toxins. Sorry and thanks.

This morning I had another talk with McCollum in Baltimore re the iso-tonic salt solution. He admits that he knows of no laboratory studies on the salt excretion and that some people who try it think it does no good and is unsatisfactory. But he has never yet seen any harm from it and has been using the procedure for over 20 years as have others. Victor Heiser got it from him. I wrote Cannon about it and got a reply backing up M., though admitting that he knew of no salt measurements for urine and stool. We may make some mention of Mc. idea in Htl.

With many thanks for your fine contribution.

January 12, 1938

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

Dear Prof. Fisher:

As I wrote you a day or two ago, I have been caught in a vortex of problems such as I have never in my life encountered before and have had to prepare my two papers for you right in the midst of it. I should have abandoned the attempt altogether were it not that I keenly appreciate the opportunity for getting the facts before a highly intelligent and influential group in a way to command their thoughtful consideration.

Circumstances have prevented me from giving the work the attention it deserved. I have not had at my command the required time. In preparing an important paper I find it very advantageous to lay it away and forget it for a week or two and then give it a critical review. This paper I have been compelled to prepare under extremely difficult and embarrassing conditions and have been constantly interrupted and was obliged to do the work largely in the night time when I should have been asleep.

I am writing this at two A. M. after having been hard at work since eight o'clock this morning, stopping only once for a few minutes to take a little food, about one-fourth of an ordinary meal.

Mr. Bloese still has an hour's work to do to get the manuscript off on the air mail leaving at seven o'clock tomorrow morning so it will reach you Friday.

I feel the paper is too long, so will give you carte blanche to cut it down. I shall be glad to consider any criticism you may have to offer.

I have left one or two blanks to be filled out on the proofs.

Sincerely yours,

# American College of Surgeons

FOUNDED BY SURGEONS OF THE UNITED STATES AND CANADA, 1913

40 EAST ERIE STREET.  
CHICAGO

January 13, 1938.

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

Dear Dr. Kellogg:

I have taken the liberty of giving Dr. C. B. Bray, Medical Director of the American Cast Iron Pipe Company of Birmingham, Alabama a letter of introduction to you. He is interested in seeing your Clinic and Sanitarium and will no doubt call on you within the next few days.

Thanking you for any courtesies that you may extend to him, I am

Yours very truly,



M. N. Newquist, M.D.,  
Assistant Director.

MNN:DM

January 16, 1938

Dr. O. K. Powell,  
409 Ingraham Building,  
Miami, Florida.

My dear Sir:

I have your letter of January 8.

I am glad to have your more complete report of your study of acidophilus. I am sure, however, you will agree with me that several additional points are essential. To make clear to you what I have in mind, I am enclosing copies of reports which I received from Myers and Howe when I asked them for reports concerning their studies of the Lactobacillus acidophilus. I said nothing to you about the findings of these reports when I sent you the sample because I wished to get an unbiased report.

One point in which I am especially interested is the viability of the organism in soy milk as compared with cow's milk. I am hoping you may have some cultures in your laboratory left over from your last year's study which may serve as tests for the longevity of the organism at ordinary atmospheric temperatures.

I shall be glad to hear from you again if you have any further data.

Sincerely yours,

b

2 Enc.

# COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE

MIAMI BEACH, FLORIDA

TELEPHONE 5-8881

January 17, 1938.

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

Dear Dr. Kellogg:

We have missed you at our Tuesday night meetings this winter. Our programs have been exceptionally interesting. Dr. LaGorce has done a fine job in getting some of the outstanding speakers of the country to address the Club.

It would mean much to me personally as well as to your many friends in the Committee of One Hundred to have you drop in when it is at all possible. The friendship and loyalty upon which this Club was founded will always be an important factor in the success of our Organization.

We enclose a copy of our "Lecture Program" which we hope may remind you of the interesting evenings planned for us.

Tomorrow night, Mr. Edward Tomlinson, renowned radio commentator and globe trotter, will address the members. As you possibly know, Mr. Tomlinson is accredited as one of the leading journalistic authorities on relations between the United States and Latin America. We believe you would enjoy meeting him.

Trusting that you may find it possible to be with us, I am

Sincerely yours,

*Walter D. Miller*

MCH:f

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

January 17th, 1938

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

My dear Dr. Kellogg:

Thanks for yours of the 10th and 12th enclosing the two manuscripts.

Dr. Haven Emerson and I have gone over the manuscript of How to Live including your two splendid contributions.

The publishers have just informed me that they could give us four weeks more on some of the appendices provided the text is sent in properly beforehand.

I'm sorry you were so rushed by the fixing of the previous date, but I'm glad if this added time will enable you now to provide the 500 words on toxins which you desired.

You kindly offered to let us edit your manuscript. But we do not wish to do anything without your consent. After talking over with Dr. Emerson the marginal comments he wrote on your manuscript, I am making the following suggestions for your acceptance or rejection. Please go through them as soon as possible and write or wire your acceptance or rejections simply by reference to the numbers (e.g. say: "I accept suggestion 1, 3, 9, et.etc. reject 2, 4, etc.") unless you can take the time to write a more elaborate reply and formulate any rewriting you may wish to do.

Suggested changes in "The Case against Meat Eating":

+ 1. page 1, line 4, title: change to read: Meat is not

a part of the natural diet of man.

- + 2. page 2, line 7, change to read: Evidently, in eating meat man has been turned away from his own natural bill of fare and been led by necessity or otherwise to choose.....
- + 3. page 3, line 5 end, change "definite" to "necessary".
- + 4. page 3, lines 7-9 omit.
- + 5. page 3, line 10 omit.
- + 6. page 3, lines 11-15 omit
- + 7. page 3, lines 16-19 omit
- + 8. page 3, last paragraph, omit through first six lines of page 4.
- + 9. page 4, 3rd paragraph beginning "Orientals", omit through "unfit".
- + 10. page 5, fourth paragraph, beginning "John", omit.
- + 11. page 6, second paragraph, first line, change to read, "An exclusive diet is likely to lead to acidosis and may predispose to arteriosclerosis".
- + 12. page 6, omit the rest of above paragraph.
- + 13. page 6, paragraph beginning "Newburgh", add, "Of course this does not prove that the same is true of man, but it at least suggests it".
- + 14. page 6, paragraph beginning "Herbert", omit.
- + 15. page 6, last paragraph, third line, change to "an exclu-  
sive flesh...."
- + 16. page 6, last paragraph, last sentence beginning "This explains", omit through first paragraph on page 7.

Cowgill thinks two evacuations daily needed for moderate cellulose intake but without more cellulose more movements need-  
less if not injurious.

✕ 42. Page 4, <sup>2091</sup> sixth line, omit "objectionable".

✕ 43. Page 4, last paragraph, second line, insert "vided in  
infancy for".

✕ 44. Page <sup>5</sup> 4, sixth line, change "grave" to "possible".

✕ 45. Page <sup>5</sup> 4, last line, <sup>of water</sup> omit "to which bottle-fed.....subject".

This used to be true but is not now.

46. Page 5, last line, insert "stools often show."

✕ 47. Page 6, next to last paragraph, add: "The special lesson  
of this is that more bulk is needed."

Dr. Emerson thinks here in page 7 and elsewhere you don't  
distinguish between frequency and thoroughness of defecation. You  
preach "three times a day" when this should be contingent on bulk.  
He says you give no evidence of truth of first sentence of last  
paragraph.

Page 7, last line, Dr. Emerson says they were not at  
cancer age. Few live to that age. *Could not locate*

Page 8, <sup>7d</sup> ~~third~~ paragraph beginning "not", Dr. Emerson  
says "a lot has been learned and unlearned in twenty-four years  
since 1913".

✕ 48. Page 9, second paragraph, omit.

49. Page 9, third paragraph, omit.

50. Page 10, first paragraph, Dr. Emerson says, "too loose  
for evidence."

I think Dr. Emerson is impressed by your papers but not con-  
verted. <sup>yet</sup> Some of his points are evidently to help you, last critics



Dr. Kellogg

-6-

1/17/38

accuse you of loose reasoning. I hope you will accept most of his suggestions. I think the net result will help, not hinder your influence. You seldom help a strong argument by adding a weak one. It's better to omit the many weak ones and hammer on the few strong ones. Also it helps to admit all you can on the other side.

But I'm not urging you. On the contrary, I hope you will go no farther than you think best.

Very sincerely,

*Irving Fisher*

IF:M

*As to your*  
P.S. ~~You added~~ list of references or selected bibliography to the article on meat, ~~I suggest that you select a few important titles, including at least one of your own books.~~ I enclose <sup>own writing</sup> again the forms which are preferred — one for articles and one for books and suggest that the references you give at the end <sup>of your section on meat and also those at the end of your</sup> of your section on defecation be put into this form.

You can probably do this through assistants and correspondence, if necessary, with your librarian at Battle Creek. I hate to put all this new work on you but I am sure you want the best possible job and I am anxious that you shall.

I look forward to the book How to Live having important influence with the medical profession, largely through co-authorship of Dr. Emerson and I am anxious that every facility for <sup>you and me</sup> influencing the medical profession shall be utilized.

Dr. Kellogg

-7-

1/17/38

By the way, I have wondered about inserting something in the book on employing sugar of milk in enemas. I have been experimenting on myself with apparent success. You have probably tried the same. I hesitate to put it in unless there is something rather elaborate and more medical than the layman should undertake. I have thought especially of the difficulty that others may find who have not, like me, been using a great deal of acidophilus. Without such previous implantation of much more acidophilus than is in the ordinary colon, the introduction of sugar of milk would probably first cause a great growth of colon hygiene with consequent flatulence and possibly added toxemia until the acidophilus germs caught up.

Perhaps you have written something on this subject which I could read.

As this question may require considerable time to answer, please ignore it in your first reply and take it up later when, as, and if you have time.

- 4 17. Page 7, last paragraph, begin "Excessive meat eaters"
- + 18. Page 9, second paragraph omit.
- \* 19. Page 9, third paragraph omit.
- \* 20. Page 9, last paragraph omit through 1st paragraph of page 10.
- + 21. Page 10, second paragraph omit
- + 22. Page 11, third paragraph beginning "Some" omit.
- + 23. Page 11, fourth paragraph beginning "Fisher" omit through page 12 to "Arabs".

These experiments are cited elsewhere.

(Dr. Emerson is impressed by the endurance argument).

+ 24. Page 12, last paragraph, second line, last word, change "is" to "appears to be".

+ 25. Page 12, last paragraph, third line, change "controlled" to "limited".

+ 26. Page 13, third paragraph, change to read "enters a physical endurance".

\* 27. Page 13, last paragraph, omit through first paragraph page 14.

+ 28. Page 17, third paragraph, sixth line, beginning "ing" change to "ing the insufficiently cooked flesh"

+ 29. Page 17, same paragraph, sentence beginning "No effective" change to "No effective public means". [The individual can escape by sufficient cooking.]

\* 30. Next sentence beginning "In an equally", omit through paragraph.

31. Page 18, second line, change to "of <sup>in</sup> unproperly cooked meat."

\* 32. Same paragraph, omit last sentence (repeats).

\* 33. Add at end "until cooked".

Dr. Emerson says milk and other foods contain colon bacilli and that colon bacilli are in themselves rather harmless not infectious for man's intestine like typhoid, etc.

\* 34. Page 19, third paragraph, omit: Colon bacilli in water are not dangerous as such but only as an index of fecal pollution which may carry pathogenic germs.

\* Dr. Emerson has a "?" opposite last paragraph of page 19.

\* 35. Page 20, first paragraph, omit. Not accepted today.

\* 36. Page 21, second paragraph, omit.

\* 37. Page 21, last paragraph omit. Statistical classification different in the two countries.

\* 38. Page 24, omit No. 4.

#### Normal Colon Habits

\* 39. Page 1, second paragraph, last sentence, omit "bacteria, pus-forming..... health".

\* 40. Page 3, last paragraph, change first line to read, "The above facts tend to show that ...."

\* 41. Page 3, last paragraph, last sentence omit.

Dr. Emerson says, not true if little cellulose is used. In that case more than one evacuation almost impossible and if the public gets the idea that they must move their bowels after each meal (without cellulose) they will hurt themselves with cathartics.

The point is they must take more cellulose before the frequent defecation can be justified. See Cowgill's articles in J.A.M.A., 1932, Vol.98, p.1866, 1933 Vol.100 p.795, Vol.101, p.273.

**Periodical:**

Lester, Richard A., "Check-Book Inflation," American Scholar,  
Winter, 1935, Vol. 4, No. 1, pp. 3-40.

**Book:**

Coogan, Gertrude M., Money Creators, Sound Money Press, Chicago,  
1935, 344 pp.

January 19, 1938

Sir Wilfred Grenfell,  
St. Simon's Island, Ga.

My dear Sir Wilfred:

I have your letter of January 11.

As always, I am delighted to hear from you. You have always been such an inspiration to me because of your heroic work in Labrador. The mention of your name always gives me a thrill of pleasure. I shall never forget my first meeting with you on the train going from Chicago to Battle Creek and also the thrilling lectures you gave us on the occasions of your several visits. I am so sorry I did not have a chance to see more of you when you were here. I have been during the last few months in a perfect cyclone of the most perplexing problems I have ever had in my whole life, such a tangle of things that I could really see no way through, but in the last two weeks the skein has begun to straighten out and I begin to see flashes of daylight.

Perhaps you can come down a little later in the season again for a couple of weeks and we can have some good chats and can give you another looking over and have the pleasure of having you as our guest again, which will be a real pleasure and an honor, I assure you.

Now about your Labrador problem. The only solution I can see is to move the people south. I can see no advantage in keeping them there in a country which will never change, at least not in our generation, and which can never be made a suitable place for human beings to live in. There is plenty of room in southern regions that are not occupied and not likely to be occupied. Fifty years hence

Sir Wilfred Grenfell, No. 2.

there will be vast vacant territories in this country. Recent statistical articles from various authoritative sources show that if the depopulation of England goes on at the present rate for another hundred years, the population of England instead of being 40,000,000 as it is today will be 4,400,000, and what will it be in another century? The same thing is going on in every Caucasian country.

In Japan, China, Asia and Africa the populations are increasing rapidly. These races still retain their native stamina because they have adhered to the simple modes of living which have sustained them for so many thousands of years and have only to a very small extent adopted the practices of our perverting civilization, the worst of which are alcohol, tobacco and meat eating. Meat eating I believe is on the whole the worst of the three.

Evidently the white race is nearly finished. The yellow races are going to rule the world. I see no room for doubting this. If the yellow races adopt the perversions of our modern civilization, as at present they seem to be anxious to do, the result will ultimately be their undoing. Civilization will destroy them as it has destroyed every nation that has been subjected to its degenerative influence.

As regards the development of plant products as food for your Labrador people, the best hope I think is to be found in the potato, the carrot and some other root vegetables. The carrot is a wonderful vegetable because of its great vitamin content. Parsley, kale and other greens ought to be largely used. I think it might

Sir Wilfred Grenfell, No. 3.

be possible to find somewhere in northern Manchuria a variety of soybean which has served the Chinese for many thousands of years in place of milk, butter and eggs as well as meat and well deserves the name given it by the Chinese, "the little honorable plant" and by American authors "the wonder bean."

I see your people are unfortunate like most other of the people of Christendom in having imbibed the error that everything in the world was made for man or his service. Every creature and every product of creative wisdom has its own function in the world, its own life to live and its own work to do the same as man has. Nothing could be more preposterous than the idea that man must eat everything that he does not know what else to do with.

Of course it would be impractical for your people to suddenly stop the use of fish. It has so long been their staple food, but they would certainly be greatly benefited by introducing to them the foods I have mentioned together with dairy products of various sorts. If they do not raise the soybean themselves, it would be a most profitable thing for them to learn its value and how to use it. I can introduce you to a variety of soybean products that would be of immense service and that can be supplied to them at very modest rates, a little more than the cost of ordinary flour. One soybean product, for example, which would cost them but three and a half to four cents a pound, when added to wheat flour more than doubles its value by supplying protein of the highest quality which contains such a surplus of amino acids, which are lacking in cereal proteins, that it gives them full 100 per cent value and better flavor and texture as well as better nutritive value than bread made with ordinary flour. Vermicelli and various other food products



Sir Wilfred Grenfell, No. 4.

can be prepared from the soybean which has a greater diversity of uses than any other vegetable product, I think something more than 500 in all.

I thank you very much for mentioning the happy experience of Mme. Curie. I have read one or two of the articles when they were running in the Saturday Evening Post, but did not happen to see the paragraph to which you refer which I am very glad indeed to have. If the Curies had known about the soybean they could have lived much better and much cheaper also than on any other combination I know of. A pound of soybeans, a quarter of a pound of kale, dandelions, parsley or spinach and a good sized potato or three or four bananas would furnish an average man or woman an abundance of nutriment for one day.

I am interested in your note about the announcement recently made before the Academy of Sciences concerning the discovery of a method of synthethizing sugar. The chemists have been working on this problem for a long time and have been close to its solution, but even when they have made sugar they are still a long ways away from having solved the problem of life. They have not made vitamins or protoplasm and are, so far as I can see, as far away from having solved the secret of life as they have ever been.

I had a letter from a man the other day claiming that he had discovered a synthetic method of making sugar. I am going to write him back that his discovery if genuine is worthless and will do harm instead of good for we have too much cane sugar already, far more than the world needs and a great amount of harm is being done to Americans who are eating on the average a hundred pounds of sugar per capita every year, more than five ounces a day for every man, woman and child. Every ounce of it does harm. Cane sugar is a plant sugar not well adapted to use by human beings and

Sir Wilfred Grenfell, No. 5.

highly irritating when brought in contact with the mucous membrane in concentrated form and besides encourages the growth of streptococci as shown by Cruickshank of Aberdeen and so prepares the way for inflammation and infection with pus-forming organisms.

On the whole, I think the best way is to encourage your Labrador people to move over to Nova Scotia or the United States. By the year two hundred there will be plenty of vacant place over here-- well fenced farms, uncultivated, and splendid country houses with no occupants-- because the population is dying off more rapidly than it is reproduced.

I envy you your opportunity for reading and getting in close contact with nature. Such contact ought to be the sweetest and most delightful of pleasures I have been permitted to experience. I find nothing so inspiring and so elevating to one's thinking as association with flowers and plants, the birds and the squirrels and other of the native elements of field and forest. How loyal and obedient they all are to their Maker. Man seems to be the only rebel, and what a horrible rebel he is the daily newspapers reveal. Never does one nowadays pick up a newspaper that he does not see on the first page two or three to half a dozen announcements of new and horrible crimes committed. A recent survey has shown that criminals of various sorts, gangsters, etc., constitute more than three per cent of our entire population, between three and four millions, and that 10 per cent of the entire population is mentally defective.

But I must not weary you with such a long letter.

I should like to look forward to another visit from you two or three months hence when I hope to have some of my hardest problems solved and a little more time for sociability, which I greatly enjoy but through stress of work I have largely been deprived through my entire lifetime.

Sir Wilfred Grenfell, No. 6.

Before I close I must not forget to tell you how I enjoyed your wonderful book. My curiosity was greatly excited by the title of the book, but when I got into it and had an opportunity to appreciate the ingenuity with which you have worked out the details of your picturesque idea, I was fairly carried away with admiration. It is a wonderful literary achievement.

But I must close, and hope in the words of Professor Coue that you are finding yourself better and better every day in every way.

With my very best regards and kindly remember me to your wonderfully brave helpmate, I am

As always your devoted and admiring friend,

P. S. Have you seen the first article in the December number of Good Health entitled Headed for the Last Census? I shall be glad to know what you think of it.

How are you getting along with the biologic regimen? I will be sending you up some avocados. They are very cheap here just now. They are the finest I ever saw, large splendid fruit as rich as butter and most delicious. They are offered at the market at eleven cents apiece and very good small sized ones may be bought at three cents. I do not know of any more wholesome food. They are also rich in vitamins. The man from whom I bought them yesterday assured me that the avocado pear

Sir Wilfred Grenfell, No. 7.

is in every way equal to meat; that it is practically the same as pork and contains everything that pork contains. I said, "Do you think it has trichinae?"

He said, "Certainly, it has plenty of it. It has everything that pork has." Evidently the poor man had not read the recent bulletins from the Department of Agriculture for he said nothing to me about taking care to cook the avocados thoroughly before eating them.

b

January 19, 1938

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

Dear Prof. Fisher:

I have your letter of January 12.

Dr. Roth has made careful laboratory studies of the effect of drinking salt water. The facts I gave you are solidly based and can not be controverted. Most mineral waters are simply salt water with a little sulphate of magnesia or some other saline substance. Salt is the main ingredient of most of them.

You can find thousands of people in the country who declare they have taken mineral waters every day for 25 or 30 years and have suffered no ill effects. They mean they have felt no ill effects. A man can go on doing a thousand harmful things for 20 years or more without feeling any ill effects. If his error is not of such a character as to do grave damage, he is not likely to feel any ill effect until his margin of safety is entirely consumed. Then he suddenly awakens to the fact that damage has been done.

The case is exactly the same as that of a man who inherits a large sum of money in the shape of a bank account without knowing the exact amount and lives extravagantly. His friends protest. He insists he has plenty of money and can throw money away recklessly without feeling any ill effects. After a time, many years, perhaps, he draws a thousand dollars as he has done a hundred times before but the check comes back marked "No credit." He decides he will have

Prof. Irving Fisher, No. 2.

to change his habits. He may have a small fixed weekly income, enough to keep him alive with great economy, but his great reserve is gone.

I am astonished that men like Cannon and McCollum would think it at all prudent to take a dram of chloride of sodium, five times the amount the body can utilize, every day and that they should be willing to recommend such a practice without submitting it to laboratory tests which may be so easily made.

For many years I made the elimination of sodium of chloride a test for urinary efficiency and found the efficiency of your kidneys much below the normal, a little more than half, if I remember correctly.

I won't repeat my reasons for objecting to this method as I have stated the facts in full in a previous letter; but I feel it my duty to enter a serious protest against your publishing in How to Live a recommendation of this drug method of stimulating bowel action without first subjecting it to critical laboratory tests. If you do this you will be convinced of the correctness of my objections, for they are based on laboratory tests.

Dr. Roth, who is, as you know, a trained laboratory man and is extremely careful and accurate in his observations, has investigated this matter on two different occasions several years apart and he found what I felt sure he would find from what I knew of the kidney functions, for a great burden of unnecessary work is thrown upon the kidneys by the ingestion of a large amount of sodium chloride.

Dr. Cannon and Dr. McCollum are both scientific men of highest standing and men for whom I have the greatest respect and admiration, but in this matter they have not studied the subject in a scientific way. Please ask them to submit it to laboratory tests and insist upon this

Prof. Irving Fisher, No. 3.

before admitting the recommendation of the method to the public. I think it is your duty to do this (1) for the protection of your own standing as a health authority; (2) for the protection of the public against injury; (3) for the protection of the members of the Hygiene Reference Board who the public understand to be sponsors for the book.

I suggest the following as the mode of procedure which should be followed in a study to determine what happens when a person takes a quart of water containing a teaspoonful of sodium chloride:

The subjects' intake of salt in his food should be accurately controlled for a couple of days before the experiment is begun. All the urine passed should be collected for two days and each day tested to determine the amount eliminated each 24 hours. The same regimen should be continued for three or four days longer, adding for two days the quantity of water containing a teaspoonful of salt each day. The urine should be saved as before during at least three days. The salt solution should be taken on two days and withheld on the third day. An accurate quantitative determination of the amount of sodium chloride eliminated daily should be made for the five or six days of the experiment.

Still another determination should be made. The quart of salt solution taken should be prepared with distilled water and 8 grams of salt, practically the so-called normal salt solution, or isotonic with the blood serum. Examination should be made of the stool to determine its degree of salinity.

This will not be a difficult research to make and the matter is of sufficient consequence to make it very much worth while.

I shall be glad to know your opinion of the views expressed by McCleary, Burch, Thomas and others in recent articles concerning the

Prof. Irving Fisher, No. 4.

depopulation of English and other Caucasian races and the dubious prospects ahead of the white population of the world.

Sincerely yours,

b



**Rockefeller Center  
New York**

**Room 5600  
30 Rockefeller Plaza**

January 20, 1938

Dear Dr. Kellogg:

Your two letters of October 25th and December 2nd were received, also the generous package of samples of some of your newer products. For all of these evidences of your remembrance of a former patient, please accept my cordial thanks. I have tried several of the products which you sent me with satisfactory results. It is kind of you to remember me and to continue to have an interest in my health. You helped me greatly when I spent several weeks at Battle Creek and for a long time thereafter I used various of your products. My health continues to be good and I have little to complain of and much to be thankful for on that score.

Through Admiral Byrd I heard pleasantly of you the other day and rejoice in your long life and your continued service to mankind.

With renewed thanks for your kindly remembrance of me and with best wishes, I am,

Very sincerely,  
*John D. Rockefeller Jr.*

Dr. John Harvey Kellogg  
Miami Springs  
Miami, Florida

January 20, 1938

Dr. A. R. Dafoe,  
Callander,  
Ontario, Canada.

Dear Dr. Dafoe:

I am sending you, under separate cover, a dozen of a small sized variety of avocado which happens to be in the market just now. It is very rich and of excellent flavor. It occurred to me that I should have written you about the use of the avocado. This fruit is most excellent when exactly in the right condition. When ready to eat it has the consistency of slightly chilled butter. It should feel soft when pressed with the thumb and finger notwithstanding its rather hard shell. Sometimes the pears have to be kept for several days before they reach the best stage for eating. They may be eaten au naturel or with the addition of a little salt or lemon juice. I should have written you about this before.

The picture you sent me Christmas of yourself and the quintuplets is by far the best I have ever seen. Your picture is particularly good. I am having the picture enlarged for my office.

If you will let me know which of the tropical fruits you like the best, I will be glad to send you a box now and then. We make large use of all the tropical fruits in our diet.

I think I should mention to you that we have improved our soy acidophilus culture so that each ounce of a two day's old culture contains over 60 billions of organisms. Rettger holds that a daily dose of 50 billions is sufficient to keep the flora in good condition. I

Dr. A. R. Dafoe, No. 2.

think larger doses are better.

I am able to keep my flora at 85 to 90 per cent by the use of a couple of ounces of our soy acidophilus milk two or three times a day. I use half an ounce to an ounce of Lacto-Dextrin or B-Lac two or three times daily. I think the aciduric organisms become gradually implanted in the colon and tend strongly to maintain an aciduric state so long as the daily feeding supplies the right sort of carbohydrates and withholds germ infected products.

The chimpanzee baby that was suffering from colitis recovered in a few days when given Lacto-Dextrin and soy acidophilus and remains well. I was much interested in finding so good a percentage of acidophilus in the stool of a chimpanzee that had never received a single dose of acidophilus culture and had never eaten meat and eggs, having subsisted wholly on plant products.

I am sending you a bottle of LD-Lax, a preparation which our doctors are using with great satisfaction. We find it is the best weapon against constipation we have ever employed. It consists of a combination of hygroscopic tropical gums obtained from shrubs and annuals of the Plantago family. It contains no drug of any sort and is very highly efficient in small doses. Half a level teaspoonful to a teaspoonful should be ample dose for the quintuplets. Two or three well rounded teaspoonfuls are usually sufficient for an adult. It is very necessary to take liberal doses of water for the gums have an astonishing avidity for  $H_2O$ , the special virtue of which is that they absorb water and hold it so they never become inspissated and packed in the bowel. The water should be taken with the powder so that it will become well mixed at once.

Dr. A. R. Dafoe, No. 3.

I am very happy to have been able to make a very small contribution to the welfare of the quintuplets and appreciate exceedingly your generous courtesy and open mindedness.

If there are any of our tropical fruits of which the quintuplets are especially fond or that you and the nurses like, please give me a hint and I will see that a generous supply is sent to you.

Sincerely yours,

b

January 20, 1938

**Food Company:**

Please send a bottle of LD-LAX to Dr. Allan Roy Dafoe,  
Callander, Ontario, Canada, complimentary.

J. H. K.

b

January 22, 1938

Mrs. M. S. Foy,  
The Battle Creek Sanitarium,  
Battle Creek, Mich.

Dear Mrs. Foy:

Please order a handsome floral piece for me  
and hand the enclosed tribute to the preacher  
and the papers.

Sincerely yours,

Charlotte Hoffman was an unusual and highly gifted woman, independent and self reliant. She pursued her life work quietly and unobtrusively, doing good and scattering sunshine wherever she went. Life was to her too sacred and serious to be spent in pleasure seeking. She became a trained nurse because she desired to devote her whole life to human service. This was the great ambition of her youth. During her whole life she never turned aside to any other objective.

After completing her course of training in the Sanitarium Training School for Nurses more than 40 years ago, she practiced her profession in California for a few years. When meeting her there more than 30 years ago, I urged her to return to take charge of our at that time very extensive out-patient department among the underprivileged classes of Battle Creek, and to the suffering and sorrowing of these poor and often neglected ones she was a ministering angel during the best part of her life. For 20 years or more she had constantly a hundred families on her hands to whom she not only gave medical relief but wise counsel and friendly and moral sunshine. The new citizens who arrived in Battle Creek within the last 30 years under her supervision would form a regiment.

Thoroughly feminine in her tastes and instincts, Charlotte had the courage and spirit of a bold adventurer. Her one hobby was botany and her one great pleasure was a half day tramp in the woods to study the shrubs and flowers, birds and other forest natives, and she knew them all. She plunged into the densest thickets and knew where to find the fringed gentians, rare mosses, ferns and orchids, which clad in rubber garments she hunted in marshes and bogs in out of the way places overlooked even by our professional botanists. And she knew their latin names as well as the

common ones.

Miss Hoffman was a thinker and had a clearly defined opinion on every current topic and was always ready and able to defend her positions. She had a great fund of common sense and native wit unspoiled by too much college training which made her a penetrating thinker who struck straight at the heart of every subject she discussed. A sense of humor and fund of epigrammatic repartee made her a very entertaining conversationalist. She might have shown in society but she chose to spend her life among the humble, scattering sunshine and good cheer, relieving the suffering, comforting the sorrowing, gently persuading the erring, uplifting the fallen and making her life an eloquent exemplification of the spirit of Him whom she impersonated in going about doing good unselfishly, uncomplainingly, patiently and lovingly almost to the very last moment of her life. She has passed from our sight, but the influence of her useful life and the fragrance of her noble character will never die.

John Harvey Kellogg



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January 22, 1938

Mrs. M. S. Foy,  
The Battle Creek Sanitarium,  
Battle Creek, Michigan.

3.63  
18  

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3.81

Hand the following tribute to the preacher and the papers:

R1WZAD THANKS

514 WORDS

Charlotte Hoffman was an unusual and highly gifted woman, independent and self reliant. She pursued her life work quietly and unobtrusively, doing good and scattering sunshine wherever she went. Life was to her too sacred and serious to be spent in pleasure seeking. She became a trained nurse because she desired to devote her whole life to human service. This was the great ambition of her youth. During her whole life she never turned aside to any other objective.

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John Harvey Kellogg

January 22, 1938

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

Dear Prof. Fisher:

I have your letter of January 17.

I am very much obliged to you and Dr. Emerson for taking pains to give my manuscript such a critical examination. I find nearly all your suggestions most excellent and accept them readily. There are a few, however, which I will write you about in a two or two. I am really surprised that Dr. Emerson did not make more objections and that you did not find occasion for cutting out more of the text. There is of course much more I should have been very glad to include, but I feared my manuscript was too long in spite of my best efforts to make it as brief as possible.

I am glad my slowness in getting the manuscript out has not hindered the printing. I really got at it at the very first moment possible.

Sincerely yours,

P. S. I am going to send you in a day or two copies of the bacteriological reports I have received on my stools for several weeks back. You will find a very consistent record of 80 to 90 per cent acidophilus.

Prof. Irving Fisher, No. 2.

My stools are odorless or very slightly acid, which is because of the absence of acetic acid which is volatile, the normal acid being lactic acid which is not volatile. I have succeeded in reestablishing a normal flora. I have used very little soy acidophilus milk for nearly two months, much of the time none at all. For several weeks my intake of soy acidophilus milk has not averaged more than half a glass a day and many days I have taken none at all. I do not use more than one or two ounces of lactose or Lacto-Dextrin a day. I do not eat eggs and take cow's milk in no other form than half an ounce to one or two ounces of cream daily. I am using LD-Lax and have three or four large rather soft stools daily with very little intestinal gas, generally none at all. I frequently use the enema at night, but seldom feel any urgent necessity for doing so. My colon, which I have for many years regarded as a hopeless case, is steadily becoming more nearly a model biologic colon and with a few months more of training I think will be about on a par with the 'chimpanzees' colon.

I am glad to find that a natural diet will keep the acidophilus at a high level without the artificial acidophilus culture and I hope to be able within six months to prove that the normal flora can be maintained without lactose or anything else except natural foodstuffs which are as accessible to human beings as they are to the big apes of Central Africa.

I wonder if you have read the work by Prof. Hooton, "Men, Morons and Apes?" I wonder how long he has entertained the views he expresses. He is a very pungent writer. I am surprised that I have not until recently heard of his views with reference to human degeneracy.

No doubt you have read the article in the June number in the "Journal of Heredity." I should think your "How to Live" ought to

Prof. Irving Fisher, No. 3.

contain at least a brief summary of the facts about race degeneracy and the possibility of race betterment through eugenics and biologic living. Dr. Hooton recognizes the importance of biologic living, but his knowledge of the subject seems to be rather limited. The menace of race degeneracy has now become so conspicuous it would seem that an interest in these matters, which have interested you and me for so many years should rapidly increase and lead to a general raising of the question What shall we do to be saved?

I will write you again in a few days.

January 24, 1938

Mr. John D. Rockefeller, Jr.,  
Room 5600,  
30 Rockefeller Plaza,  
New York City.

Dear Mr. Rockefeller:

I am glad to have your letter of January 20th and to know that you are in excellent health. I think it very generous of you to mention the benefit you received at Battle Creek, for we did not do anything near as much for you at that time as we could do now if you could visit us again.

I am glad that you have seen Admiral Byrd. Some of our newer methods have certainly done a great deal for him. He looks and acts like another man entirely. His unfortunate experience in the little shack down near the South Pole came very nearly finishing him.

In recent years I have succeeded, after long research and many defeats, in developing methods of combating old age and promoting rejuvenation which really accomplish striking results. It is a very common experience to see people leaving us after three or four weeks' treatment looking five years younger. I saw one lady sixty years of age whose face was badly dropped and wrinkled, with a blood pressure of 220, who left us after three months with a blood pressure of 150 and with her face lifted, the wrinkles gone, and having the appearance of a woman of thirty-five instead of sixty.

I am thoroughly convinced that Metchnikoff was right in maintaining that the poisons produced by colon germs are the chief cause of old age.

We are now able to completely suppress intestinal putrefaction by methods which change the flora quickly and keep it changed. The protective germ acidophilus which appears in the average stool of patients

Mr. John D. Rockefeller, Jr., No. 2.

who visit us in the proportion of 5 to 10 per cent and sometimes is entirely absent, in nursing babies it is 90 to 100 per cent. In adult chimpanzees living upon the original diet of human beings, as well as primates, we find the percentage 80. My own percentage is 90, sometimes 95. It has not been below 80 in a long time.

Possibly Admiral Byrd may have told you of the benefit he derived from Lacto-Dextrin and soy acidophilus milk. If you desire, I shall be glad to send you a paper giving full information concerning the product and its use.

I received a short time ago from Dr. Dafoe a new and very charming picture of the quintuplets. The protective germs saved the lives of the quintuplets when attacked by a severe intestinal infection and have kept them in good health ever since.

If you come to Florida this winter, I will be glad to have a few moments' chat with you or your doctor with reference to rejuvenating methods which have helped us to stop the old age process and given pronounced rejuvenating effects in many hundreds of cases.

With kind regards and appreciation of the marvelous work which you have done for the whole world, I am

Very sincerely and respectfully yours,



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

January 24th, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

The manuscript of How to Live is now completed and Dr. Emerson and I have come to an agreement on every debated point.

I would like to re-open with him one question. That is, as to the following statement which I am cutting out at his suggestion.

"The eating of food starts a peristalsis which continues all the way down, from swallowing to defecation, this being Nature's way of removing the putrid contents of the lower end of the tube and making way for later accessions."

As to this Dr. Emerson says:

"The peristalsis of digestion for absorption is not necessarily part or parcel in time or character of the peristalsis which leads to evacuation."

If you have any references which you can give me on this matter I shall be glad.

Dr. Emerson has, rather reluctantly, consented to the following compromise statement to go in the text: "It would seem that theoretically or ideally feces should be voided after each meal".

This sentence preceded the one above which I am omitting.

While the result weakens the impression somewhat, it enables us to retain a certain approval of the three times a day principle and this is greatly re-enforced by your appendix so that one who

Dr. Kellogg

-2-

January 24, 1938

reads both the text and your appendix will have a better idea of the matter than he did in the previous editions.

Very sincerely,



IF:M

P.S. Dr. Haven Emerson questions my statement that canned flesh foods are safer from bacteria than ordinarily cooked flesh foods.

I wonder if there are not some investigations to which he could be referred in print showing that ordinary cooking does not destroy at least the spores and that these develop in the intestine.

You told me that Risley in your laboratory was impressed by his own findings but were they ever published and is there anything else impressive in print, especially by authorities and in journals which would carry weight with the medical profession?

If you can reply by return mail, please send special delivery and air mail. Otherwise the matter can wait for adjustment in the proof. This will be more satisfactory than your putting yourself to great inconvenience.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

January 24, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

I have just received yours of January 19th regarding salt water drinking.

Dr. Haven Emerson had already objected to including the material so it is "out". I will try to see what can be done toward getting some studies made on the subject.

Your letter evidently crossed one of mine regarding your two fine appendices.

As ever,

*Irving Fisher*

IF:M

January 23, 1938

Dr. Paul Popenoe,  
2495 North Marengo Ave.,  
Altadena, Calif.

Dear Dr. Popenoe:

I have not heard from you in a long time. I have wondered what you are doing. I have been so busy I have not kept as good track of you as I should otherwise have done.

I hope that you are still interested in biologic ideals and methods of living. We have made a lot of progress within the last few years and it occurred to me that maybe you would like to know about some of them, especially about the protective flora if you have not already full information on the subject. The discovery of soy acidophilus has enabled me to get complete control of the intestinal flora. I have succeeded in changing my own flora so that I maintain continuously a percentage of 85 to 90 of the protective flora. The B. coli and other harmful organisms have practically all disappeared.

We have a monkey jungle near here where there are a couple of chimpanzees which I am observing. A well developed nine year old female chimpanzee has a flora of 80 per cent. The average human has a flora of about 20 per cent. A great many persons show no acidophilus at all. I am convinced that this is an important factor in human welfare both as regards health and character.

The recent announcements with reference to depopulation of white countries is so startling I think it ought to help to wake the people up to the importance of biologic living. Do you find any reason for doubting

Dr. Paul Popenoe, No. 2.

the correctness of the conclusions based on Professor Gini's views.

I have been waiting for a favorable opportunity for pushing the race betterment idea. It seems to have come at last and I am hoping to get something going pretty soon. If you are still active along these lines, it occurred to me that we might find some basis for co-operation. I have had my hands so full with perplexing problems not of my own making thrust upon me that I have not been able to give the time and thought to the things which are in fact my major interest, but which I hope to be able to give more attention in the near future.

I shall be very glad to hear from you and to know how your brother is thriving.

I see Dr. David Fairchild frequently. He is often a guest here.

Some time I hope I may have the pleasure of showing you the institution which I am trying to make a model as a biologic race betterment center.

Sincerely yours,

January 29th, 1938.

M. N. Newquist, M. D.,  
American College of Surgeons,  
40 East Erie Street,  
Chicago, Ills.

Dear Doctor:

I have yours of January 13th, stating that you have given Dr. C. B. Bray, Medical Director of the American Cast Iron Pipe Company of Birmingham, Alabama, a letter of introduction.

We will be glad to see the doctor and show him what we are trying to do therapeutically and prophylactically.

Sincerely yours,

HK

January 29th, 1938.

Dr. Julius Schuelein,  
Cenovis Werke G. m. b. H.,  
Rosenheimer Str. 30,  
Munich, Germany.

Dear Dr. Schuelin:

I have your letter of December 10th.

Thank you very much for your lovely  
Christmas gift which was duly received.

Warmly reciprocating your courtesy,

I am

Sincerely yours,

HK

January 29th, 1938.

Mrs. Ninia Woodbine Pomare,  
Huviros, Lower Hutt,  
New Zealand.

My dear Mrs. Pomare:

I have your letter of December 10th. It was placed in my hands just as I was beginning to dictate a letter to you, so you see I have not forgotten you. My recollections of your husband are among the most pleasant memories of my life. He was one of the most brilliant persons I have ever known and his achievements were certainly wonderful. It is one of my greatest sorrows that I did not have the pleasure of meeting him once before he passed away. I would have given much to have seen him.

I am glad to see that you are carrying on his work in such a brave and wonderful way and to see that your son is likely to take his father's place. I wonder if he has his father's talent as an orator, his genius as a leader and his penetrating intelligence. I wish I knew more about the steps by which he attained the high position which he enjoyed in the government and would like especially to know of some of his principal achievements. I know something of what he did for the Maoris. Can you tell me what reforms he introduced, new laws or methods in administration after he became Health Commissioner? Did he have anything at all to do with the improvement made in the care of infants? This, I understand, has been under the supervision of a Dr. King. Did Dr. King originate it or did your husband start it? What use did he make of Battle Creek methods? That is, of things he learned at Battle Creek in helping the Maoris and are you at the present time making use of any methods or ideas which he found under my instruction at Battle Creek? I am interested in this, not for the aggrandizement of Battle Creek but because I want to know which of our ideas and methods are practical for adoption in foreign countries. Anything you can write me about the details of his work, especially of new ideas and enterprises which he initiated will be of very great interest to me.

I am glad to see your picture and to know how wonderfully you are carrying on the work which you and your husband began and conducted together. I should love to see your beautiful island home. I imagine that my home here in Florida is almost as tropical as yours. Our native vegetation here is all tropical, identical with that of Cuba and the subtropical and tropical islands south of us.



On account of especially favorable conditions, trade winds, etc., our climate is more tropical than the greater part of Mexico and Cuba because of their mountainous interior, as we have no mountains here.

We are organizing an Aristocracy of Health, a red-blooded rather than a blue-blooded aristocracy. I am sending you with this a few application blanks. I will be pleased to have you join the association. There is no initiation fee and no dues to be paid. We have thousands of members already and hope to build up an organization numbering a great many thousands. I am sending you a number of applications so that you may keep one of the blanks as a reminder.

The white race is going down rapidly. Within two or three centuries it will be finished and its place will be taken by some strong native races that have not felt for so many centuries the deteriorating influence of vicious habits. Maybe the Maoris may prove to be that race.

I wonder if the Maoris and the natives of the Marquesan Islands are of the same blood. I have the impression that they are of the same original stock. I consider it a great calamity that your people were allowed to wither under the blighting influence of civilization for so long a time. I am very happy indeed to know that your husband turned the tide by his heroic efforts in their behalf. I should like to know if the improvements he started are continuing and at what rate the population is increasing. Some facts about the former numbers of the Maoris and the degree to which they have diminished before your husband began his efforts for the rehabilitation of his people would be of great interest. I must close my letter.

Hoping I may hear from you soon if convenient, and with best wishes to you and your family and your co-laborers and wishing you great success in your efforts to carry on your husband's work, I am

Sincerely yours,

P. S. I am glad to know that you are getting a meeting place of your own. This will be a great help and encouragement to your people.

January 29th, 1938.

Mr. Mark C. Honeywell,  
Committee of One Hundred,  
1673 Michigan Avenue,  
Miami Beach, Fla.

Dear Mr. Honeywell:

I have your letter of January 17th.  
I am interested in the Committee and read the proceedings  
with interest, but am so crowded with work, having on my  
hands three large institutions, a good-sized college, a  
food factory, and the Battle Creek Sanitarium, in addition  
to the Miami-BattleCreek, and am so driven day and night  
that I have to work every moment I can keep my eyes open.  
I hope to drop in at least once or twice during the winter.

Sincerely yours,

HK

January 30, 1937

Dr. George Crile,  
American College of Surgeons,  
40 East Erie Street,  
Chicago, Ill.

My dear Dr. Crile:

I have your letter of January 22.

Thank you very much for sending me the  
card.

Sincerely yours,

b

January 31, 1938

Mr. R. H. Bedingfeld,  
New Health Society,  
P. O. Box 1132 MH, G. P. O.,  
Sydney, N. S. W.,  
Australia.

Dear Sir:

I have your letter of January 3.

I trust Good Health has reached you long before this.

I will be on the lookout for your publication. I shall be glad to see what you are doing in Australia in promoting progressive ideas about health.

If the late prediction of the statisticians is dependable, England will have a population of only 4,500,000 one hundred years from now instead of 40,000,000 if the present depopulation trend continues. I see no reason why it should not.

Australia is not so far along on the downward road, but is following in the footsteps of the mother country like all other English speaking countries and will in time no doubt be eliminated by some member of the family of yellow nations who are bound to rule the world.

Sincerely yours,

January 31, 1938

Miss Goodwin:

Will you please note the enclosed and return to me?

A. F. Bloese

Sub. entered on Exchange List  
to receive G.H.  
IsN Pins Co

St. Simon's Island, Ga.  
February 1, 1938

Dear Dr. Kellogg:

I am enclosing a little cutting appropos of what you say about the declining population. You may have missed it and I thought it would interest you. The article of which you speak in the December "Good Health" unfortunately I can't remember. My number has gone on to a friend so I am afraid I can't comment on it. If I get it back I will let you know.

With regard to coming down later, I should very much appreciate the opportunity, and if we can arrange it we will certainly do so. Lady Grenfell only yesterday had to go to St. Luke's Hospital with pleurisy and apparently some pneumonia. She has been up there nearly three weeks and so things have been going hard with me, but I am a great deal better than I was. *(Had a sharp lumbago only)*

I wonder whether Professor Calkins had done anything more with his tray plant culture? Professor Pillsbury of California apparently has been making great success of it, and Professor Wallace of Connecticut State College has been using large sheets of plastic made from ~~Celulose~~ *Celulose* for covering small greenhouses to get vegetables ready for spring planting. Herein seems to me to lie the possible solution of some of our Labrador problems. Dr. Wallace puts the cost of a single window of plastic for the plant house at only fifteen cents! I am eager to get all the information I can and I wonder if Dr. Calkins has any literature on the subject.

Our love goes to you. I am so glad that you are seeing light through your difficult problems.

They won't let me go to New York unless I am telegraphed for, and I don't think that is likely, so my address will still be here.

Yours ever sincerely,

*Wilfred Grenfell*

DE. HY

## Population to Decline Despite Increases in Past

**M**AN POWER—or brain power—is the most valuable resource of the world, for out of it arises civilization and culture.

There has been a certain complacency about the renewal of our human resources. The population of the world trebled in the last 160 years. The white races increased from 150,000,000 people in 1780 to 635,000,000 in 1930. That would seem to justify the idea that there is no need for worry about the natural increase in population.

Today it is possible for the first time to inventory, with some scientific accuracy, man power not only by counting heads but by determining the contents of the heads. Frederick Osborn of New York City, who has collaborated with Dr. Frank Lorimer on population studies, reported recently to the American Association for the Advancement of Science that the old process of population growth is coming to a sudden stop among peoples living in cities.

By using crude birth and death rates, experts as recently as a decade ago found the population appeared to be rapidly increasing. But when the age grouping of the population and other factors were considered, it was found that true rates for 1930 were 16.9 births per 1000 and 16.3 deaths per 1000, contrasted with crude rates of 18.7 and 10.8.

The slight excess in the rate of intrinsic reproduction in 1930 above that needed for replacement has been whittled away since that time, Mr. Osborn finds. There is no doubt that the country is at present declining in numbers in the true or intrinsic sense.

The best guess of the population students is that the fall in birth rate will continue, and that the gross population will be something less than 150,000,000 in 1970, declining thereafter.

February 1, 1938

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

Dear Prof. Fisher:

With reference to the suggestions made for my article, "The Case Against Meat Eating," I have gone carefully through the suggestions made by yourself and Dr. Emerson. With very few exceptions I not only accept the suggestions made but thank you very much for the pains you have taken to read my paper so carefully and to offer so many excellent suggestions.

Considering the several suggestions in detail, up to and including No. 30, I accept them all except No. 15, which I have modified. I have emended the text by crossing out the second sentence of the paragraph which I think satisfactorily meets your criticism.

Suggestion 11 questions whether a meat diet causes acidosis.

I have changed the paragraph.

Suggestion 31. I strongly object to the change suggested because the reason for making this statement is to call attention to the fact that meats are less safe than biologic foods. To intimate to the public that if meat is cooked it will be safe is not fair for the reason that meats are very rarely cooked in such a way as to destroy the parasites that may be present.

A recent bulletin sent out by the Department of Agriculture stated that an investigation of 24 outbreaks of trichinosis showed that in 22 out of the 24 cases the pork was cooked.



Prof. Irving Fisher, No. 2.

There is no standard and can be no standard as to what proper cooking is, at least no standard which the public can make use of for the reason that the temperature and time required for the certain destruction of all the parasites in a certain portion of meat will depend on two very uncertain and constantly varying factors: (1) a constant maximum temperature for a definite length of time and (2) the size of the mass of meat. It takes several times as long for the heat to penetrate a large mass as a small mass; hence cooking, even so-called proper cooking as generally understood, is not a guarantee of safety.

I think it my duty to insist that this change shall not be made in view of the fact that, according to a recent government estimate, fifteen or twenty million people in the United States are carrying live trichinae in their muscles and an unknown number are hosts to tapeworms of various sorts derived from beef, pork, and fish.

Suggestion 33 I do not understand. It does not seem to fit the place.

As regards Dr. Emerson's suggestion that colon germs are themselves rather harmless and not infectious is an error which was started many years ago by a German bacteriologist who claimed the colon germ to be harmless because under certain circumstances it produces acids and because it is not a truly proteolytic organism, but it is well known that it produces indol and that it collaborates with other bacteria in causing the putrefaction of protein in the absence of an abundance of carbohydrates.

Tissier many years ago called attention to the fact that the colon bacillus is almost wholly absent from the intestines of nursing

Prof. Irving Fisher, No. 3.

infants and that it is present only in small numbers in the stools of children that have been reared on a lacto-vegetarian diet.

It is true that colon bacilli are present in milk, but that does not make them wholesome.

Colon germs vary greatly in virulence. Those found in milk, because of the character of the diet of the cow and slightly toxic character of the cow's stools, have a low grade of virulence; but in the stools of mixed feeders, most of whom are constipated, the colon germ acquires a high degree of virulence and becomes the cause of grave infections of the intestinal tract and contiguous organs. Colon germs are responsible for nearly all cases of kidney and bladder infection. Abscesses of the liver and other viscera are often due to colon germs. B. coli sometimes becomes so virulent as to give rise to a fever closely resembling typhoid fever. The so-called para-coli is a very close relative and produces a fever which is often mistaken for typhoid.

I have modified the last paragraph on page 19 in a way which I think will meet Dr. Emerson's objection.

As regards suggestion 35, I think the majority of leading clinicians now agree with Prof. Macallum. There has been a great change in the attitude of prominent medical teachers within the last few years. The most recent textbooks give more attention to alimentary toxemia than ever before. The word autointoxication is rarely used because of the stigma that it acquired when for a time it was a pack horse for almost all human ills, but the fundamental facts are more thoroughly recognized now than ever. I think this paragraph ought to stand.

I am sure if Dr. Emerson could spend a week or two with me here or at Battle Creek and see the results we get from suppressing intestinal putrefactions and increasing intestinal elimination he would

Prof. Irving Fisher, No. 4.

agree that Dr. Macallum's statement is not over drawn.

- - - - -

Suggestions re paper Normal Colon Habits.

Suggestion 41. My experience in the last two years has shown me that cellulose can be dispensed with altogether. I was compelled to stop the use of bulkage in the form of such cellulose as bran on account of a severe attack of colitis, apparently due to shingles.

I apparently had the eruption externally and internally. The X-ray of my colon gave the worst picture of colitis I ever saw. Almost the entire colon was involved. It was with the greatest difficulty that water and the blandest liquids could be gotten either in or out. The descending colon was blocked in nearly a dozen different places.

As regards Cowgill's authority, he made a few experiments; but where he made one I am sure I have made at least a hundred on other people and besides several hundred on myself. I learned more from the study of my own colon the last two years that I ever knew before or have been able to find in the books. I had to give up the use of roughage of all sorts on account of the condition of my colon. It was painfully aggravated by the use of even a small amount of roughage and for two years my diet has been entirely bland. Vegetables of all sorts except very tender lettuce I have taken in the form of puree.

My bowels move two to four times a day naturally, painlessly, in large volume and with more complete evacuation than ever in my life before. I could cite many scores of cases in which the colon is functioning perfectly, moving at least twice a day and usually three times.

Cellulose, however, is natural and harmless in healthy people whose colons are not the seat of colitis. I am not sure, however, but that roughage like bran may be harmful in cases in which there is

Prof. Irving Fisher, No. 5.

a spastic condition of the colon produced by worry, pain or other nervous influence. Bulkage is necessary, of course, but this is now attainable without roughage and without ordinary cellulose. Hygroscopic gums are equally as effective as roughage. However, I do not object to crossing out the sentence referred to in suggestion 41 as it is not essential to the argument.

Suggestion 42. I have changed the word objectionable to harmful. Such bacteria as *Cl. Welchii*, *putrificus*, *spirogenes* and *B. coli* can not be considered as harmless.

Suggestion 43. I can not locate the reference. I presume it is all right.

Suggestion 44. O. K.

Suggestion 45. I have modified this. It is certainly true that bottle-fed babies are much more liable to bowel troubles than breast-fed.

Suggestion 46 I can not locate.

Suggestion 50. As regards the two paragraphs on page 10, I think if Dr. Emerson had had your experience he would be more inclined to admit the value of the clinical evidence I offer. I have inserted a paragraph which supplies the rationale for the beneficial effects of the regular after-meal evacuation.

Christain Herter more than 30 years ago made an extended study of the effects of colon poisons, especially indol and skatol, upon the nerves and muscles of both human beings and animals. In one of his experiments in which he collaborated with Prof. Fred S. Lee, the eminent Professor of Physiology of Columbia University, it was clearly shown that these colon products of putrefaction are powerful fatigue poisons. Even in very minute doses they reduced the working of a muscle to one-third the normal. The fatigue producing effects of indol and

Prof. Irving Fisher, No. 6.

skatol were equally pronounced in warm blooded and cold blooded animals.

It is evident that the longer putrefying residues are retained in contact with the colon mucous membrane, the greater the quantity of depressing poisons that will be absorbed, since, as Hurst pointed out many years ago, the practice of one-a-day evacuation necessarily involves the retention of fecal residues in contact with an absorbing mucous membrane for 24 hours longer than when an evacuation occurs after each meal. So long as the liver and kidneys and other poison-destroying and eliminating organs are able to prevent the accumulation of colon poisons in the blood their toxic effect may not be recognized. When as the result of long overwork the defensive activity of these important protective organs becomes impaired, a condition which often develops when middle age approaches, the toxic effects make their appearance and chronic fatigue is experienced, often first recognized as diminished endurance or pronounced morning fatigue notwithstanding the hours of sleep have been sufficient. The fact that these fatigue symptoms almost invariably disappear within a week or two after a person adopts the habit of evacuation after each meal, the morning fatigue is usually almost immediately relieved by a colon cleansing enema taken before retiring.

The bedtime enema is highly useful as a means of training the colon to normal action in cases in which the bowel has been badly crippled by chronic constipation with colitis and other complications resulting from chronic infection. Although at first necessary to employ the cleansing enema daily, later when obstructive conditions are relieved, its use will be found necessary less and less frequently until it may be dispensed with.

Sincerely yours,

CHARLES H. SPRAGUE, M. D.  
INTERNAL MEDICINE AND DIAGNOSIS  
BOISE, IDAHO

EASTMAN BUILDING

February 1, 1938.

My dear Doctor Kellogg:-

Your kindly note of the 24th received yesterday. Your interest in McDonagh's remarkable work is gratifying. How desperately we are in need of more open minds, such as yours, if we are ever to treat disease along biological lines!!

It has been said by competent, disinterested and qualified observers that "McDonagh's is the greatest medical mind of the century". His work and writings are not easy to grasp - from his books alone; his constant repetition of case records and results reveal little of the basic thought in them. However, I am sure that you will be absorbed by them from the mere philosophy and erudition of the man, saying nothing of the remarkable clinical results.

I have the honor of having acquired the first of his books sold in America; in 1923. I was amused and not a little chagrined when, a short time thereafter, a reviewer in the Boston Medical & Surgical Journal, said: "This work is the sheerest buncombe, the mutterings of a senile mind; it is distressing that Heinemann Co. would go to the pains of producing such excellent plates and books for such folly". However, with his excellent and scientific staff he has arrived at the stage where his work is thoroughly and amply recognized in Europe; he is frequently quoted in the best of journals.

We need a "Moses in this (A.M.A.) wilderness" of prejudice and, as I stated before, Battle Creek is the ideal place for instituting such a transition.

I am attaching information as to sources of his books; also, a very crude suggestion of an outline of his theories.

If I have done the least bit toward interesting Dr. Kellogg in this revolutionary work, I am amply repaid.

Sincerely,



CHARLES H. SPRAGUE, M. D.  
INTERNAL MEDICINE AND DIAGNOSIS  
BOISE, IDAHO

EASTMAN BUILDING

McDonagh Publications:

Published by Heinemann Co., Ltd., 20 Bedford Street, London, W.C.2

All can be purchased from Chicago Medical Book Company,  
Congress and Honore Sts., Chicago, Ill.

Volume I: "Nature of Disease" (1923; \$22.50)

A beautiful work which unfolds and evolves his theories, from syphilis through the various stains and reactions of bacteria and tissues, to description of ultramicroscopic particles and therapy.

Volume II,

Volume III (two parts)

Four "Nature of Disease Journals" - monographs)

} All elaborating and elucidating  
} his theories, work, therapy.

-----\*\*\*\*\*-----  
Total cost of the above, approximately \$40.00

-----\*\*\*\*\*-----  
Reprints on American work along this line can probably be secured from:

Geo. B. Lake, M.D., Editor Clinical Medicine & Surgery, Waukegan, Ill.,

or

Florimond LeBlanc, M.D., 1150 No. State St., Chicago, Ill.

or

Mabel M. Matthies, M.D. (Pathology Laboratories) Pittsfield Bldg., Chicago.

British:

Nature of Disease Institute, Ltd.,  
42 Wimpole St., W.I., London, Eng.

CHARLES H. SPRAGUE, M. D.  
INTERNAL MEDICINE AND DIAGNOSIS  
BOISE, IDAHO

EASTMAN BUILDING

McDonagh Theory:

That all disease is fundamentally a disturbed balance between dehydration and hydration of the protein molecule.

Health is maintenance of normal balance between the dispersed (dehydrated) and condensed (hydrated) phases of the colloid makeup of the proteins of the body.

Acute infections are dehydration processes; chronic conditions are hydration processes; the first requiring inorganics, the second, inorganics in therapy.

The CAUSE of these conditions is the mutative forms of the colon bacillus.

This mutative form of the colon bacillus can be transmitted to progeny and constitutes an hereditary factor of great potency.

-----\*\*\*\*\*-----

His simple diagnostic routine as to the status of the bio-colloids:

Red Blood Cell Sedimentation Rate,  
Darkfield observation of the activity and behavior of  
colloid particles in the blood serum,  
Viscosity of the blood serum,  
Blood sugar,  
Blood urea.

-----\*\*\*\*\*-----

His Therapy:

Colon Irrigations-(and cleansing),  
Supplemented by:  
Diet,  
Colon vaccines and phages,  
Condensers or dispersers of colloid particles.



# COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE

MIAMI BEACH, FLORIDA

TELEPHONE 6-8887

February 3, 1938

MARK C. HONEYWELL  
ACTING PRESIDENT  
CHAIRMAN EXECUTIVE COMMITTEE

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F. LOWRY WALL  
TREASURER

FRANK E. JAYNES  
EXECUTIVE SECRETARY

Dr. John Harvey Kellogg  
Miami Springs, Florida

Dear Doctor Kellogg:

Since talking with you by telephone about a list of members of the Committee of One Hundred, it entered my mind that I might save you a lot of trouble and time by suggesting that the Social Register of Miami, Miami Beach and Palm Beach, brought out by the Blue Book Publishing Company, P. O. Box 2095, Miami, Florida, contains the name of every important member of the Committee. You probably have this book at hand.

If this idea does not help you, I want you to feel free, of course, to come on over as we planned.

Cordially yours,

  
Frank E. Jaynes

FEJ:S

February 4, 1938

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

Dear Professor Fisher:

I am sending you copies of the two papers.  
Mr. Bloese suggested that the corrections be made in red  
so that you could see at a glance the changes made.

You will find that with very few exceptions  
your suggestions have been accepted. I am indeed very  
glad to have them. I hope you will agree with me in the  
few instances in which I have not accepted the suggestions  
made.

Sincerely yours,

b

February 4, 1938

The Managing Editor,  
New Health,  
39 Bedford Square,  
London, W. C. 1,  
England.

Dear Sir:

I have received your letter of December 17th. I have been overwhelmed with work or I should have answered you sooner.

I am well acquainted with Dr. Hoffman. He spent a month with me at Battle Creek in a study of our records covering more than 300,000 cases. His interest of course was centered on the cases of cancer of which we have had some hundreds.

I quite agree with Dr. Lane that practically all cancer cases are suffering from intestinal stasis, but the same is true of all other chronic diseases, at least 99 per cent, if not 100 per cent, of all the cases that come to us at Battle Creek are suffering more or less from intestinal stasis. It is very rare indeed that we find a person whose intestinal flora shows a percentage of *Lactobacillus acidophilus* high enough to inhibit putrefactive changes in the colon contents. I can not remember more than two or three such cases. It is indeed almost impossible to find persons whose intestinal flora is normal and free from putrefaction except in the case of nursing infants.

I know of only two or three exceptions, myself with a percentage of 90, maintained very consistently for weeks in succession and not dropping below 70 in many months. Several children two or three years of age who have been under my personal observation since they were born are maintaining the same *acidophilus* percentage as they showed when nursing infants, 90 to 95.

The Managing Editor, No. 2.

Dr. Dafoe reports to me that the quintuplets who have been under my supervision since September, 1934, as a result of carefully following of the instruction I outlined for the protection of their intestinal canals are maintaining consistently an acidophilus percentage of 85.

I have recently made careful examinations of the intestinal flora of a chimpanzee, there being several of these animals in this vicinity. One female chimpanzee 9 years old had never tasted meat and refused it when offered to her and withdraws as far as possible away from it. Its flora shows 80 per cent Lactobacillus acidophilus.

If all human beings by proper diet and proper care of their colons maintained a like condition of freedom from putrefaction in their colons, I am confident cancer of the colon would be unknown.

I think there is also good ground for believing that cancer of the stomach might also be absent for the following reasons:

1. Cancer of the stomach in a very considerable proportion of cases is known to begin with ulcer. Ulcer of the stomach is due to infection with streptococci from which the intestinal tract is kept free by an aciduric flora.

2. A second reason is the fact, so far as I have been able to ascertain, no case of cancer either of the stomach, colon or any other organ has ever been reported in an anthropoid ape.

I am intending to publish some extracts from Dr. Hoffman's book in the near future.

As regards Dr. Carrel's views, I am not quite certain that I have a correct idea as to just how Dr. Lane differs from him in his views on cancer. I am expecting Dr. Lane to be my guest for a day next week and if I have an opportunity to do so shall talk with him about this.

A few days after receiving Dr. Lane's letter announcing his visit

The Managing Editor, No. 3.

here I received a letter from Professor Lorand of Vienna and Carlsbad, who was on the same boat with Dr. Lane, so I shall have both of these old friends here as my guests at some time. I am arranging to give them a reception at which they will meet a considerable number of most eminent citizens and members of America's famous Committee of One Hundred, a club which probably represents more wealth and more influence than any other in the world.

Anticipating the pleasure of meeting Sir Arbuthnot and Lady Lane in a few days and with best wishes for your enterprise, I am

Sincerely yours,

b

February 5, 1938

Mr. Frank E. Jaynes,  
Committee of One Hundred,  
1673 Michigan Avenue,  
Miami Beach, Florida.

Dear Sir:

Thanks for your kind note. I think your suggestion is excellent. I find we have a copy of the social register and this will serve our purpose and so we shall not need to trouble you and your secretary.

Thanking you for your courteous note, I am

Sincerely yours,

P. S. I hope you will be able to meet the doctors, both of whom are very charming gentlemen. I will try to bring them over to the club rooms if possible.

b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 5th, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

The body of the book How to Live has gone off and the appendices with exception of your own and a few others will go out tomorrow. I hope you can let me have your corrections, *In other words, replies to my queries, within a week!*

I was delighted to know from your last letter about your intestinal improvement. Considering what you had after the herpes, I think it is extremely remarkable to say the least.

As ever,

*Irving Fisher*

IF:M

POULAN, WORTH COUNTY, GEORGIA — CHASE S. OSBORN — 'POSSUM POKE IN 'POSSUM LANE  
February 7, 1938.

Dear Dr. Kellogg:

We have a friend, Mrs. Ben Hill McLeod, who has been at Mayo's for seven weeks with colitis but got no benefit. She thinks she has to go back there. I have urged her to go to your establishment. It is possible she may do so. What is the prognosis on colitis? Is it usually curable?

I hear good reports from you. Best wishes always.

Affectionately Your Friend,

*Chase S. Osborn*  
Chase S. Osborn

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

*She can pay a  
reasonable fee!*



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 7th, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

Thank you for yours of February 1st and February 4th.

Of course we accept your changes just as you have made them.

I think you have now the very best appendix in the book. In fact,  
there are only two or three others which could compete with it  
for excellence.

Very sincerely,

*Irving Fisher*

F:M

February 8, 1938

Mr. Frank E. Jaynes,  
Committee of One Hundred,  
1673 Michigan Ave.,  
Miami Beach, Florida.

Dear Mr. Jaynes:

This note will introduce to you two of our guests, Dr. E. A. Stapleton and Mr. George Cannon, who will greatly appreciate the pleasure of meeting you and listening to Dr. Perrine.

I am very sorry indeed on account of a great press of work I am not able to come with them.

Sincerely yours,

b

February 8, 1938

Sir Wilfred Grenfell,  
St. Simon's Island, Ga.

My dear Dr. Grenfell:

I have your letter of February 1.

I am very glad to hear from you. I am sending you under separate cover another copy of the December Good Health. I am sure you will want to read the first article.

I am sorry indeed to hear of Mrs. Grenfell's sickness. I hope by this time she is better.

Mr. Calkins is going on with his experiments. He has got a nurseryman in town to help him out. I will ask Mr. Calkins to write you about his results and to send you all the information he can.

We expect to have a great time next Thursday with our reception to Dr. Lorand and Sir Arbuthnot Lane.

The newspaper clipping which you enclose tells the truth about the depopulation of this country and the same is true of all other white nations in the world. I received today figures from the Census Bureau which show the number of persons living in the country at the present time between the ages of 1 year and 10 years is smaller than the number of persons of ages between 10 and 20 years. In other words, the on-coming generation is not large enough to replace the one before it.

Recent studies have shown that our nation is growing older. That means depopulation, of course. The average age at the present time is only 18 and a fraction years. Three or four decades ago the age was 23 and a fraction. The average age is going down one or two years every decade. A hundred years from today the population in America will be

Sir Wilfred Grenfell, No. 2.

about half what it is today and probably will be subjects of China or Japan or the two combined.

Hoping this will find you steadily gaining and Lady Grenfell back at her island making sunshine for you, I am

As always faithfully yours,

P. S. I hope to see you again before I go North.

b

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February 9, 1938

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Dr. John Harvey Kellogg  
Miami Springs  
Florida

Dear Dr. Kellogg:

I did not have the pleasure of meeting the fine lot of guests you sent over last night. In the rush of getting ready for a double feature program, I was kept from meeting a lot of our guests. I hope that in future meetings you will continue to send us such worth while men.

I am very sorry that you could not be here yourself for the program was, I thought, very delightful and entertaining.

Cordially yours,

  
Frank E. Jaynes

FEJ:S

February 9, 1938

Mrs. Betty Pettengill,  
2322 N. Beech,  
Little Rock, Arkansas.

My dear Mrs. Pettengill:

Where are you. I have been expecting you for a month and you have not arrived. There is certainly no one who could be more welcome here than you. I assure you there is no place where your queenly presence would be more welcome than at Miami-Battle Creek.

We are going to have a big reception tomorrow to greet Sir Arbuthnot Lane and the famous Dr. Lorand of Carlsbad. Both are coming on the same boat. Dr. Lorand wrote me from Germany several weeks ago telling me he was coming and wanted to have a visit with me and about the same time I received a letter from Dr. Lane. I am sure neither one knew the other had written and neither did they know that they would be coming on the same boat. We expect at least 150 guests, the leading people of Miami, to be coming out to greet them.

Enclosed find an invitation card.

Sincerely yours,

February 11, 1938

Hon. Chase S. Osborn,  
'Possum Poke in 'Possum Lane,  
Foulan, North County,  
Georgia.

My dear Governor:

I have your letter of February 7th.

I shall be glad to see Mrs. McLeod and will undoubtedly be able to make her very happy if she thinks best to visit us. We are curing colitis right along. Colitis is an infection and the one thing necessary is to cure the infection. We have found how to do this and have been doing it for everybody. I have treated successfully every case that has visited us within the last three years.

Hoping to have the pleasure of receiving this patient and feeling sure that she will be greatly pleased with the results, should she come, I am

Sincerely yours,

*Ans'd*

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 11th, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

It has been decided to include in "How to Live" as foot-note to the names of the twenty-five authors of appendices, a few lines describing their chief work relating most nearly to the subject of the book.

The enclosed forms will illustrate what is desired.

Would you kindly revise the one for yourself?

I assume you will not object to any editing we may do in the interest of brevity or uniformity.

As this material must be sent to the printer by the 20th, I hope you will give it attention at your earliest convenience.

I take this opportunity to thank you once more for your help in making the book so authoritative.

Sincerely,

*Irving Fisher*

IF:M

Enc. *Thanks for the M's on toxins, etc.*



Sample Biographical Forms

Haven Emerson, M.D.\*

\*Professor of Public Health Practice, Columbia University; member of Board of Health, City of New York; formerly Commissioner of Health of the City of New York. Author of "Alcohol, its Effects on Man" (1932); Editor, "Alcohol and Man" (1932). Member of Commission of Expert Statisticians of the Health Organization of the League of Nations. Has been concerned with the surveying of health and hospital agencies and systems in many American cities.

-----

Irving Fisher, LL.D.\*

\*Professor Emeritus of Economics, Yale University. Chairman, Hygiene Reference Board, The Life Extension Institute; founder, Vitality Records Office; author of "Report on National Vitality" to President Theodore Roosevelt's National Conservation Commission (1907).

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DIRECTOR OF PSYCHOLOGICAL  
SERVICE (IN COOPERATION WITH  
THE SOUTHERN CALIFORNIA  
SOCIETY FOR MENTAL HYGIENE)

Feb. 12, 1938.

Dear Dr. Kellogg:

I have just returned from a short lecture tour in Oregon, and find your interesting letter of the 28th of January. I am not merely practicing biologic living, but bringing up four husky boys under the same regime. Mrs. Popenoe often tells people of your visit to our desert home in 1920, when you "converted" her. Surely the public at large needs to have the facts brought home to them more vigorously than ever before. When I think not merely of the eugenic situation but of the way the tobacco interests have taken over the women of the nation and the liquor interests have taken over the whole country, I feel more and more that we must all give more attention to biologic living. It lacks only a year of being a full quarter of a century since the first Race Betterment Conference which you called at Battle Creek, at which time I believe I first met you personally. You then announced the establishment of the Race Betterment Foundation. Since then we have had the worst war in history and one of the worst economic depressions in history. It is remarkable that you have been able to keep the work alive at all during this period, and I am glad to know that you may be able to give more time to it in the near future. I should be glad to collaborate in any way possible. I am much more free to dispose of my own time since I left Mr. Gosney and the Human Betterment Foundation last year.

What you say about the protective flora is very important. If you have any publications that give more details on the subject, I should be glad to know of it.

During the past year I have been doing a great deal of lecturing and find the public much more responsive than it was 10 or 20 years ago. Our Institute of Family Relations is also meeting a real need and a cordial welcome.

Mrs. Popenoe joins me in best personal regards. I hope we may get to Florida some time,-- but it is a long way from California!

Cordially yours,

*Paul Popenoe*

AMERICAN EUGENICS SOCIETY

CALIFORNIA DIVISION

ADDRESS: C/O LOS ANGELES MUSEUM  
EXPOSITION PARK, LOS ANGELES  
Richmond 2194

VOL. IV, No. 5

February, 1938

Lectures at the L. A. Public Library

Feb. 17, at 7:30 p.m. Dr. Paul Popenoe, Director of the Institute of Family Relations, on "Should Women Compete With Men?"

NEWS and NOTES

The states of New York, New Jersey, Kentucky and Oregon are among those considering amendments to their marriage laws in 1938, to require medical certificates showing freedom from syphilis of applicants for marriage licenses.

In five states, Connecticut (1935), Illinois (1937), Michigan (1937), and Wisconsin (1937), and New Hampshire (effective in 1938), both male and female applicants for marriage licenses must present medical certificates that they have had blood tests which show freedom from syphilis. Occasionally there is the further provision of free blood test at a state laboratory.

Six states, Alabama (1919), Louisiana (1924), North Dakota (1913), Oregon (1913), Texas (1929), and Wyoming (1921), require only the male applicant for a marriage license to present a medical certificate attesting to his freedom from venereal disease in a communicable stage.

In many states venereal disease in one partner may be grounds for divorce, legal separation, or annulment of marriage by the other partner. This has not yet been added in California.

These laws are primarily hygienic. The eugenic aspect is two-fold. They tend to keep out of marriage and reproduction a group of persons who average inferior in eugenic qualities. On the other hand when the diseases are eventually eliminated as is now assured from the remarkable progress made in Sweden, a very effective eugenic instrument is lost, because the infected die earlier, are discriminated against in mating, have a lowered fertility and a raised mortality of their children. However, the eugenic movement is quite eager to lose an aid which costs so much misery, because there are plenty of eugenic means which do not cost misery, but relieve misery as well. A law will surely be introduced in the California legislature at the next session and it is hoped our members and sympathizers will work for it.

The Committee on Legislation of this Society will shortly meet to recommend to the Society a definite program for the next legislative session. It is known that there is a strong sentiment among some of our members for a bill to extend the sterilization law to authorize county hospitals to sterilize non-institutional cases appropriate for sterilization at county expense. The committee consists at present of Drs. Paul Popenoe, Roswell H. Johnson, Mr. K. Van den Akker, attorney, and Mrs. John F. Manning.

Join the Society

Membership (\$1 a year) is open to anyone interested.

# The Institute of Family Relations



**607 South Hill Street  
Los Angeles, California  
Telephone TUcker 9919**



**Office hours: 10 a.m. to 5 p.m.  
daily except Sunday  
Evenings by appointment**

# THE INSTITUTE OF FAMILY RELATIONS

The Institute of Family Relations (incorporated 1930) is the first organized attempt to bring all the resources of modern science to the promotion of successful family life.

## MARRY INTELLIGENTLY

Nearly one-half of all the marriages in Los Angeles County end in the divorce court. This situation, which has existed for years, is not inevitable. Romance flourishes better in an atmosphere of knowledge and health than it does in an atmosphere of ignorance and inefficiency. Preparation for marriage, which would prevent a large part of the broken homes, is now available to all through the "pre-marital service" of this Institute. It is an individual service, adapted to the needs of each individual client, but generally involves:

1. Study of the personal and family history, to find the factors that may affect the success of the marriage.
2. Study of the personality, temperament, and emotional attitudes, that are important in conjugal adjustment.
3. Study of the client's educational needs with recommended reading and consultations (preferably four about a week apart) on the problems of adjustment,—economical, temperamental, sexual, and cultural. The client is given an opportunity to bring up all his own questions and answer them in the light of modern science.
4. Physical examination and instruction by the Institute's medical staff.

## MARITAL ADJUSTMENTS

For those already married who have not attained the happiness they sought, the Institute also offers thorough and individualized scientific service. Many marriages are less happy than they might well be, from sexual maladjustment, personality handicaps, infantile fixations, lack of training in co-operation or in the technique of home-making, failure in handling finances, misuse of leisure time, or ignorance of the differences in the psychology of men and women respectively. Most of the difficulties are not only preventable, but remediable. Even when the situation seems hopeless to husband and wife, the Institute's counsellors have been able to re-educate and re-direct the partners in a majority of instances, to find the satisfaction which they expected from marriage but which their previous lack of special training for family life prevented them from getting.

## CHILD WELFARE

One counsellor devotes her time exclusively to parent education, showing fathers and mothers how to deal with the every-day difficulties of their children which if not corrected in time, may develop into more serious personality defects and which in any event do much to create unpleasant tension in the home.

## OTHER PROBLEMS

Much of the time of the Institute's staff is taken up with miscellaneous problems of sex,—impotence, frigidity, homosexuality, perversions, and all sorts of worries growing out of sexual behavior, for which clients have not been able to get help elsewhere.

Its qualifications for dealing with special questions of heredity are the best to be found in the United States.

The Institute does not practice law or medicine.

## PUBLIC EDUCATION

Through lectures, conferences, and discussion groups, the Institute carries on an active and continuous educational program. All-day conferences are held, usually under the auspices of a local Board of Education. A staff lecturer offers either single lectures or courses of six lectures, particularly adapted to parents. Three of the most popular subjects are "Sex character education of children," "Sex problems of the adolescent period," and "Making marriage a success." Most of the members of the staff are available at any time for single lectures or lecture courses before clubs, churches, or other organizations; or to groups of high school or college students.

Seminars or discussion groups can also be arranged for teachers, nurses, social workers, clergymen, or others who wish to deal intensively with some particular topic.

A circulating library provides the public with recent and important books in the field of love, marriage, parenthood, and mental and social hygiene. The Institute also has for sale a number of pamphlets and reprints based on its own researches. Write for a list.

## THE COST OF PERSONAL SERVICE

All services of the Institute are available to the public at a minimum cost, the organization being incorporated by a group of California men and women as a non-profit educational enterprise for public service. The total cost of the pre-marital service, for instance, including the four periods of counselling and the physical examination, is only \$10 per person. In cases of marital disharmony

and family maladjustment the complete registration fee is only \$10 per person, which covers a full study of the case, tests of personality and temperament, and four consultations,—altogether, a month's intensive service.

## EXTENSION SERVICE

To aid those who are called upon to lead, advise or instruct others, in dealing with their personal and family problems, the Institute of Family Relations offers an individual study course in the principles, technique, and materials of counselling. Special attention is given to questions of marriage, sex, and parenthood.

This presents thoroughly scientific material, not available elsewhere. It embodies not merely the results of eight years experience at the Institute of Family Relations, but also the procedures tested in thousands of other cases in all parts of the United States during a much longer period.

All this material has been condensed, and organized for usefulness in meeting every-day issues. It is expressed in terms that can be readily understood without any previous training in academic psychology. It is concrete, it is interesting, and it is directly applicable to the difficulties which are daily met by teachers, principals, and deans, in schools and colleges, by clergymen, physicians, Sunday school workers, social workers, officials and leaders of young people's organizations,—all those, professional and non-professional, who face the opportunity, often the necessity, or aiding others in understanding their own problems and making choices of conduct.

## OUTLINE OF COUNSELLING COURSE

1. Analysis of the client's own personality, through standard tests of temperament, emotional maturity, neurotic tendencies, introversion or extraversion, self-sufficiency or dependence, dominance or submissiveness, radicalness or conservatism of attitudes, and happiness. This gives the counsellor an objective understanding of his own nature, and enables him to plan his counselling intelligently. At the same time, it provides him with practical training in the use of the most important tests, which he may thereafter want to administer and interpret, in his own work.

2. Selected reading lists, with personal advice and information on useful reading in this field.

3. Provision of suitable record forms and history blanks for the client's use in his own counselling.

4. Aid to client in dealing with his own cases through consultation, advice, and answering of questions, at any time within a year from date of subscription.

5. A series of unique chapters, averaging 10,000 words each, providing the necessary instructions and materials for counselling in this field. These are sent one at a time, each being accompanied by a number of review questions. When these questions are answered and sent back to the Institute, the next chapter is forwarded. Clients are encouraged to discuss the contents of these chapters, in their correspondence, as fully as they desire.

6. At the conclusion of the course, a certificate of attainment is sent to the subscriber.

## THE CHAPTERS

1. Introduction to Counselling.
2. General Principles of Counselling.
3. Special Procedures in Counselling.
4. The Psychology of the Male.
5. The Psychology of the Female.
6. Problems of Sex in Adolescence.
7. Premarital Sexual Experimentation.
8. Discussing "The New Morality."
9. Helping Young People to Prepare for Marriage.
10. How to Handle Inferiority Complexes.
11. Growing Up Emotionally.
12. Special Problems in the Field of Sex.
13. Counselling in Family Adjustment.
14. Problems of Heredity.
15. The Meaning of Life.

## COST OF THE COUNSELLING COURSE

Pay for this material as you receive it. The registration fee of \$10 is payable at the start. Tests are then sent for the analysis of the client's personality, together with reading lists and the first chapter.

At the beginning of the second month after the date of subscription, the second payment, of \$5, is due and another payment of \$5 each succeeding month until a total of \$15 shall have been paid in addition to the registration fee. This makes the total subscription, including all material and service, \$25.

In many instances a group of teachers, social workers, or other interested persons club together to subscribe, thus making the cost to each one very small. The Institute encourages such a procedure, since group study makes the material more interesting and profitable. When the additional members of the group want to take the tests, a fee of \$3 is charged for each extra set of tests sent out, scored, and interpreted. When other members of the group want sets of the chapters to keep for their own future use, a charge of \$6 is made for each additional set of chapters thus furnished.

## Officers of the Institute of Family Relations

George Dock, M.D.....	President
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Mrs. Jessie C. Fenton, M.A.
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## Medical Counsellors

A. Elmer Belt, M.D.	John B. Doyle, M.D.
Robert H. Fagan, M.D.	Kendal Frost, M.D.

February 17, 1938

Miss Goodwin:

Please send the last six numbers of GOOD HEALTH and the magazine for one year to Dr. Paul Popenoe, The Institute of Family Relations, 327 Consolidated Building, Sixth and Hill Streets, Los Angeles, Calif., complimentary.

J. H. K.

b

February 12, 1938

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

Dear Prof. Fisher:

I have your letter of February 7.

I am glad that you are not disappointed in the appendices. I could have produced much better articles if I could have had proper time and opportunity for preparing the material. I had to prepare it in a piecemeal way in the midst of continuous interruptions. Most of it was done after ten o'clock at night after a hard day's work. I have often wished that I might do literary work in a leisurely way, working only when feeling fresh and not burdened with anxieties. Such a privilege I have not had for many years. I had hoped when I was past eighty I might at least be allowed to lay off some of my heaviest burdens and devote my last years to literary work which needs so much to be done, especially putting together in condensed form the gleanings of my lifetime of searching for the right way to live, but instead I find myself more heavily loaded with burdensome responsibilities than ever in my life before. The Sanitarium affairs have been a heavy burden because I have no one in the Sanitarium management who can give any help in the matter of reorganization or in developing strategy in helping me in dealing with the bondholders other than our lawyers, who I find, as lawyers generally, furnish little help in devising strategy but are only able to furnish information about legal forms and usages. Bad advice from lawyers and lack of intelligence and ignorance on the part of legal advisers has cost me a good many millions dollars in the last fifty years and made me an immense amount of trouble.



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

You have given so much time to your revision of your book I think the next edition will be a veritable vade mecum of health information. It must be a very great source of satisfaction to you to know that you have put authentic facts about health and health promotion into the hands of probably at least two million people who must represent a very considerable part of the intelligenzia of the country. I am very glad indeed your work has had so great circulation. No doubt the future circulation will be still greater, as the need for such a book is increasing every year. I hope the circulation will ultimately reach a million.

Always with best wishes, I am

Sincerely yours,

b

SIR WILFRED GRENFELL  
ST. SIMON'S ISLAND  
GEORGIA

Feb. 13. 38.

Dear Dr Kelluff

Thanks for Dic. "Good Health". It happens I had a letter today from a Dr. Bond of Leicester England.

C. J. Bond, F.R.C.S.  
Berrinslow Road  
Leicester  
England.

He writes as an old friend, whom I stayed with in England. "Alas - here in England we are receding our population from the wrong end." He wants my name on a Eugenics and Euthanasia. L.N.W. committee. But I am afraid even English law might be difficult "on Euthanasia permits".

The December article is less pessimistic than I expected - the A.M.A. editor seems to regard the decrease, as so hard to accurately estimate, as to appear 'Cyclic' - almost =  
As I look round among my friends, all ✓ few children

I have I am certain gained a lot in  
body & mind by the Battle Creek  
health regimen & food -  
Lady Gump is still in St. Luke's  
hospital - Temp 99-100 - but out of  
the oxygen tent, & in the 'sunny' balcony  
looking over Central Park. She is  
free of pain, both from the Pleurisy, & the  
I wonder whether "Good Health  
would like to" consider" this proposal  
of Dr. Bond on Entomology & Hygiene,  
& with control in their magazine.

I want to thank you again  
& always for your affection & help -  
I am all for "Good Health" - Has  
any correspondence Publication  
in England. Otherwise I want to send  
one or two friends & relatives, there  
a year's subscription - with sincere  
affection & respect

Sir Wilfred Grenfell, St. Simon's Island, Georgia. Feb. 13, 1938

JHK

Thanks for the December Good Health. It happens I had a letter today from a Dr. Bond of Leicester England. C. J. Bond, F. R. C. S., Bernshaw Road, Leicester, England. He writes as an old friend whom I stayed with in England, "Alas, here in England we are recruiting our population from the wrong end." He wants my name on a Eugenics and Euthenasia LAW committee. But I am afraid even English law might be difficult "on Euthanasia permits."

The December article is less pessimistic than I expected. The A. M. A. editor seems to regard the decrease as so hard to accurately estimate as to appear "cyclic" -- almost. As I look round among my friends all have few children.

I am certain I have gained a lot in body and mind by the Battle Creek health regimen and foods.

Lady Grenfell is still in St. Luke's Hospital. Temperature 99 - 100, but

out of the oxygen tent and in the "sunny" balcony looking over Central Park. She is freer of pain, both from the pleurisy and hip.

I wonder whether Good Health would like to consider this proposal of Dr. Bond's on Euthanasia and Eugenics and birth control in their magazine.

I want to thank you again and always for your affection and help. I am all for Good Health. Has Good Health any corresponding publication in England. Otherwise I want to send one or two friends and relatives there a year's subscription.

POULAN, WORTH COUNTY, GEORGIA — CHASE S. OSBORN — 'POSSUM POKE IN 'POSSUM LANE  
February 14, 1938.

Dear Dr. Kellogg:

Thank you for your letter of information of  
February 11, 1938.

Best wishes always.

Your Friend

*Chase S. Osborn*  
Chase S. Osborn

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

*We are always  
your partisans!!! You  
write as well about 30 years of age.*

*write as well*

# **Possum Poke in Possum Lane**

**POULAN**  
*Worth County*  
**GEORGIA**

**By**  
**THE HONORABLE**  
**JOHN ADRIAN DAVIS**  
**ASSOCIATE OWNER OF**  
***The Albany Herald***  
**ALBANY, GEORGIA**

**In**  
**THE ALBANY HERALD**  
**November 21, 1937**

# LITTLE STORIES OF HURRIED TRAVELS

**Places to Go and Things to See in  
Your Automobile**

**By JOHN ADRIAN DAVIS**

Some time ago I wrote several stories in this series dealing with certain things within easy automobile reach of Albany that were the largest of their kinds in the world. There was the great tire cord factory, Martha Mills, at Silvertown, Georgia, which is the world's largest. There was Fort Benning, at Columbus, the largest infantry training school in the world. And there was Wakulla Springs, near Tallahassee, which is the largest spring in the world.

I recently made a pilgrimage to the winter home of one of the greatest men in the world. If men were judged by size alone, it would be easy to determine the biggest man. But bigness in men is gauged by other qualities than physical stature. Qualities of mind and of heart and of soul are combined to make a man a big man, a great man. And these are qualities that cannot be accurately measured, or that would not be uniformly appraised. So it will never be known who is the greatest man in the world today.

## **One of the Big Men of Our Times**

The man whom I went to see, however, is one of the big men of the times. Perhaps that is enough to say.



He is a man who has reached positions of prominence in so many fields of activity and usefulness. He is a man who can look back on a life with a well-rounded array of accomplishments. He is a naturalist of recognized ability. He is an explorer of world-wide note. He is a scientist of accredited rank. He is an author of acclaimed merit. He is a statesman of acknowledged leadership. He is a philosopher of international repute and he is a humanitarian of true nobility of heart and of soul.

I refer to Hon. Chase S. Osborn, former governor of Michigan, who for many years has been making his winter home at 'Possum Poke in 'Possum Lane, near Poulan, Georgia, only 26 miles distant from Albany.

And it is about a short Sunday afternoon visit to the home of this really great man and true friend that I want to write my travel story for this Sunday. Most of my travel stories have dealt with longer trips, ranging from hundreds to thousands of miles. But today I am content to write about a short 26-mile trip which enabled me, Mrs. Davis and my mother to sit for a few minutes at the feet of Gamaliel, so to speak.

#### **We Enjoy Our Drive to 'Possum Poke**

It was on a bright and beautiful Sunday afternoon that we headed out over the river on the now delightful road through Sylvester to Poulan to call on Governor Osborn and his accomplished daughter, Miss Stellanova Osborn. The five miles of paving west of Sylvester that had been going to

pieces so rapidly in recent years and that had become almost impassible was repaired by the State Highway Department during the late summer and there is now a smooth-surfaced pavement over which an automobile may glide rapidly with utmost comfort to the occupants.

We enjoyed our ride over in the early afternoon sunshine, and we were to enjoy our return trip in the golden after-glow of the departed god of day. There were brown fields of broom sedge, cotton fields with here and there a tuft of white staple, corn fields with the brown shucks waiting the harvester's hand, and cane patches with the green still undimmed by the early frosts of fall. There was an impressive atmosphere of peace and serenity over the whole countryside, an inescapable element of quietude that seemed to match our spirits that afternoon.

#### **'Possum Poke Proclaims Sturdy Character**

Arriving at 'Possum Poke in 'Possum Lane, we were greeted with almost embarrassing enthusiasm by Governor Osborn and his daughter. 'Possum Poke is not a gaudy show place, no imposingly developed country estate on which a rich man has lavished money beyond the necessity for comfort or even for attractiveness, but rather that men might be impressed with the abundance of his possessions. 'Possum Poke is an unpretentious establishment, comfortable and cozy, expressive somewhat of the character of the man it was

built to serve, a man who has made millions and given fortunes away, retaining only a sufficiency for the modest manner of living which he has found most conducive to happiness and to efficiency. Here Governor Osborn pursues his studies, does his writing, attends to his voluminous correspondence, and takes the exercise which is essential to his health and energies. Here in the delightful winter climate of South Georgia, amid the peaceful sylvan surroundings, he leads the ideal life of the student and the philosopher.

### **The Osborn System of Time**

The visitor finds many unusual things at 'Possum Poke, things to pique the curiosity and to stir the interest. One of the first of these to impress themselves is the Governor's individual time system. Some of Georgia is on Eastern time and some is on Central time, but 'Possum Poke is on Osborn time, distinctive and exclusive. Osborn time is three hours faster than Central time, and all of 'Possum Poke operates on that time. For example, when it is noon at Albany, it is 3 o'clock in the afternoon at 'Possum Poke. That means that when the Governor and his household arise at 6 o'clock of a winter's morning, they are really getting up at 3 o'clock Central time, right in the middle of the night, so to speak.

The Governor has a faithful old colored Mammy in charge of his kitchen. Mammy gets up and has breakfast ready and serves it. Then

she goes back to the kitchen, washes the dishes, sits down and waits a couple of hours for day to break so she can see how to milk the cow. By that time it is the middle of the morning, by the Osborn time.

But there is a reason for this, as there is a sound reason back of everything Governor Osborn does. For a number of years the Governor has been handicapped—I'd better correct that—has had an impairment of the eyesight that would have handicapped most men. It is difficult for him to do his work by artificial light. So he has adopted a time in the operation of which his daily routine brings the work that he has to do in his study within the period of the daylight hours.

### **Georgia's Only Gopher Farm**

Among the other unusual features of 'Possum Poke is a gopher farm. Here the Governor raises annual crops of highland gophers (*xerobates polyphemus*), a species of land tortoise which is highly prized for the food value of its meat and its eggs. I never heard of anybody eating a gopher until the Governor told me how good they were several years ago. He was generous enough to send us one of his prize specimens. Never having prepared a gopher for our table, we were completely at sea as to how to butcher and cook it. We took it down to the Italian chef who was at that time in charge of the kitchen at Radium Springs. When I handed him the gopher, he oohed

and he aahed and went into spontaneous ecstasies over its delectability. That night we went down and ate the gopher as he had prepared it. Was it good? Well, I will only say that we oohed and we aahed when we tasted it. It was delicious.

During the hour or more we spent at 'Possum Poke we talked of many things. I have never come in contact with any man who had so much information about so many subjects as has Governor Osborn. In fact, an hour spent with him is like taking a university extension course. When the Governor walks afield, he knows the flowers and calls them by name. He is intimate with the birds and the insects. Practically everything comes within the far reaching scope of his knowledge.

#### **Indiana Editor Urges Osborn for President**

Letters, newspaper clippings, magazine articles and books pour into 'Possum Poke from all parts of the country. Yet the Governor seems to find time to read them and to digest them. He is, indeed, a busy man with a routine just as exacting and much more extended than the average hard-working executive of today attempts.

Among the clippings that have recently come to 'Possum Poke was an editorial from a prominent Indiana newspaper advocating Governor Osborn for the presidency. I laughingly told him that if our country ever had to be afflicted again with a Republican President, I would rather see him in that exalted seat than any

other man. For Governor Osborn is broad enough, is wise enough, to see good where good exists regardless of party. He has been an enthusiastic and an outspoken advocate of many of the measures of the present administration, and he was no less outspoken in his criticisms of some of the attitudes of the Republican administration which it succeeded.

#### **A Fine Poetic Appreciation**

Appreciations of this remarkable man have come from many and from widely separated sources. Combined with a prodigious mental faculty, he has a sympathetic and an understanding heart. No worthy man was ever denied any help that he could give. No worthy cause was ever presented to him that he failed to further. It is difficult to determine whether his mind or his heart is the bigger.

Among the fine appreciations of Governor Osborn in the recent past is a poem included in the published collection of the verses of Francis Potter Daniels, a distinguished son of Governor Osborn's home state of Michigan, but for a number of years past Chairman of the School of Foreign Languages of Georgia State College for Women at Milledgeville. One verse of this masterful poetic appreciation reads—

“Hail, noble soul, your fame no time  
will mar:  
More brightly beams your radiance  
with the years:  
Fresher the laurel on your brow ap-  
pears,

**A coronal no envy e'er can char.  
We praise your poise in intricate  
affairs  
Of business and of state, the heavy  
cares  
Borne through the years, dishonored  
by no scar;  
We glory in the beauty of your soul,  
The grandeur of your goal,  
Gleaming before you always as a Sa-  
cred star."**

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

February 14th, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

In reference to yours of February 8th enclosing the material on colon poisons and your new draft of appendix 8, I am writing to make a few comments.

Dr. Haven Emerson suggests several changes in your memorandum on colon poisons. He wishes you would use some other term less ambiguous than "colon germs". I have therefore, subject to your acceptance <sup>by the end of this week or</sup> when the proof comes, made three changes on page 3. On the first line after "colon germs" inserted "bacilli coli <sup>ε</sup> communis", assuming that is what you meant.

In the first line of the second paragraph I have substituted at the suggestion of Dr. Emerson "contaminated" for "infected". In the third line, I have put the phrase "colon germs" in quotation marks so that it will refer back to the previous paragraph for explanation.

I will add these three pages to your appendix 8.

Dr. Emerson has gone through your new draft also and has marked seven passages in the margin, statements which he doubts are proven or which he considers erroneous. These statements are as follows:

Page 1, second paragraph, tenth line: "results in the development in the colon of a great number of animal and vegetable parasites,

bacteria, pus-forming streptococci and other disease-producing bacteria, amebae, various types of dangerous protozoos, yeasts, molds, worms and other parasitic organisms hostile to human life and health."

Page 2, second paragraph; "That nature has provided for the evacuation of colon residues soon after each periodical food intake or meal is clearly evidenced by the new light thrown upon the structure and functions of the colon through studies and observations made possible by the development of X-ray methods of exploring internal bodily structures."

Page 3, third paragraph; "The above facts clearly justify the conclusion that under normal conditions an intake of food should be soon followed by an output of residues of a previous meal, the natural result of the forward movement of the colon contents due to the act of eating, which pushes the residues forward into the pelvic colon, an automatic and highly efficient discharging device."

Page 3, third paragraph, sixth line: "There are other factors and considerations which strongly support and strengthen this view and justify the conclusion that the common practice of moving the bowels only once a day is really a form of constipation and that by delaying the evacuation of residues it encourages the development of conditions which promote disease and shorten life".

Page 4, third paragraph, first line: "The facts seem clearly to justify the conclusion that nature has provided for the maintenance of the colon which, while not sterile," [etc.] [Dr. Haven Emerson suggests inserting after the word "provided", "in infancy". I have not inserted this as I doubt if it is what you meant.]

Page 5, first paragraph: "It is important to note that so long as the colon is regularly emptied of its contents after each meal,

there is not time for much putrefaction."

Page 7, last paragraph, fourth line: "For example, of 112 American physicians practicing among the natives of the following countries, 43 reported that they had never seen cancer of the bowels: Mexico, Palestine, Arabia, Turkey, Egypt, South Africa, East Africa, Central Africa, Nigeria, Japan, Syria, Korea, Persia, Siam, India, Asia Minor, New Hebrides. Appendicitis was likewise infrequent." As to this Dr. Emerson comments: "misleading on account of low age groups of quoted populations".

The manuscript must go off next Sunday at the latest and I shall send it in some form at that time whether I hear from you or not. If you have time for an immediate answer, you may want to make some modifications. It is understood you have the right to have the appendix as you like it whether or not the authors of the book accept it wholly.

Dr. Emerson had in mind to add at the end of the appendices a statement that he as junior editor did not accept some specific contentions in your appendix. I suggested that it would be better to state in the preface that the authors do not accept responsibility for everything in the appendices but the full responsibility rests upon the writers.

Dr. Emerson in a letter just received <sup>largely accepts this idea &</sup> says: "It seems to me important to make some specific reservations in the preface in re appendices and I suggest that some such phrase be added as: 'the junior and medical co-author does not accept as proven the theory and practice suggested in appendix 8 where three or more daily bowel evacuations are recommended as essential to health'".

Of course I should be sorry to have to have so specific a statement put in but if Dr. Emerson wishes it, it will have to be done.

Perhaps it will be possible that he will agree simply to make a blanket statement that the authors of the appendices have the sole responsibility for their statements.

Dr. Emerson adds, "As you say, the responsibility is <sup>[for appendices]</sup> the authors', but you and I cannot escape the implication of agreement with the appendices we include with the volume".

You will be interested to know how the bowel movement problem is treated in the text for which Dr. Emerson and I are responsible. This is chiefly in Chapter 11 from which the following are abstracts:

"But the chief item in colon defense is proper elimination of the poisonous residues. It would seem that, theoretically or ideally, defecation should be accomplished three times a day. Normally the impulse should occur within an hour after each meal. The eating and proper mastication of food, send the waves of peristalsis all the way down to the anus.

"But civilized conditions have largely killed this three-times-a-day regime by making it inconvenient. Animals and primitive men living in the forest can defecate promptly when they feel the call of Nature. But a house-trained dog and a house-trained, clothes-trained, human being cannot always respond to a call, and Nature, when its call is not complied with, withdraws the call and waits too obligingly. The results are the retention of fecal matter sometimes beyond the normal period, the distention of the bowels to accommodate the delayed accumulation, and possible injury to the function of the mucous lining. In any case, the delay increases putrefaction, and may lead finally to the absorption of the resulting putrefactive poisons. The longer the feces are retained, other things equal, the greater will be the amount of toxic matter absorbed.

"In her effort to find room for the growing cesspool, Nature may even reverse the peristalsis. This may bring pressure on the ileocecal valve which is expressly designed to prevent the fecal mass from returning to the small intestine. The valve may weaken and give way. When that happens, the fecal matter does even more damage; for it is then in the wrong place surrounded by a membrane designed especially to absorb. Incompetency of the ileocecal valve in adults under conditions of modern civiliza-



tion is, according to Dr. James T. Case of Northwestern University, very common.

"The first requisite for adequate evacuations is adequate bulk or cellulose in the diet. This is to be had from greens, salads, fruits (especially figs), and from bulky vegetables; or, under medical supervision, it can be supplied by bran, agar-agar, psyllium seed, or other bulk accessories."

One of the eighteen rules of individual hygiene (Chapter 17)

reads: "Get the habit of thorough, frequent intestinal elimination."

I think Dr. Emerson has been reluctant to go as far as he has *consented by accepting the above statements as* indicated but he has nevertheless done so.

It is possible that if you can make your appendix a little more harmonious with the text that he will consent to soften the statement which he now wishes to make in the preface. Nevertheless, I repeat, that the appendix will be exactly as you decide.

Very sincerely,

*Irving Fisher*

IF:M

P.S. In a previous letter Dr. Haven Emerson speaks of a "confusion, between the normal peristalsis of digestion inherent in the process of absorption of food, and the activity of the lower bowel concerned with the periodic evacuation of the fecal mass. I know of no reason to associate the inevitable and regularly observed peristalsis which starts soon after taking, and gastric digestion, of food with the activity of the lower colon which precedes the evacuation of an accumulated mass which reaches the lower bowel under normal conditions not earlier than twenty-four hours after the peristalsis associated with the taking of food is manifest."

# COLON POISONS

2-7-38

Numerous highly poisonous substances have been found in the fecal matters of both animals and human beings by various investigators. Brieger and Selmi found muscarin, cholin, cadaverin, putrescin, neurin, neuridin and saprin, all highly potent toxins.

Dr. H. L. Benson in an article in the Canadian Medical Association Journal (February, 1937, p. 129)

stated that "the colon contains enough histamine to kill a regiment."

A toxin found by Marmorek possessed such a high degree of toxicity that a single grain was sufficient to destroy seven billion rabbits.

Several years ago, the Royal Society of Medicine of Great Britain held a symposium on the subject of alimentary toxemia in which numerous eminent medical men participated. Prof. Dixon of King's College, London, called special attention to sepsin, a very virulent toxin produced by streptococci which is always found in lean meat which has been long hung and in the stools of meat eaters.

Barger and Walpole called attention to two poisons produced by the putrefaction of sepsin which raise the blood pressure, an observation of much importance for the reason that, as stated by Dr. Dixon, "In recent years it has been shown by different workers in our Cambridge laboratory that any drug that has the power of considerably raising blood pressure will, when injected into the circulation of healthy animals, bring about degeneration of the middle coat of the arteries." These effects were observed in young animals as well as older ones. Bain found these colon poisons present in the blood of persons who have high blood pressure. It has been shown, according to Dr. Dixon, that the same effects are produced by these colon poisons that are known to be caused by digitalis, nicotine "and the inhalation of tobacco smoke."

Said the eminent Sir Lauder Brunton, "The Bacillus coli seems to have a special power of producing fatigue toxins, and many people in whose intestines it exists in great abundance suffer from constant weariness and a feeling of fatigue."

Said Dr. Mantle, "Rheumatoid arthritis and other joint symptoms may arise from poisons absorbed from the intestinal mucous membrane. The joints are especially susceptible to certain poisons."

Said Sir Lennox Wainwright, "I am quite sure of this, that the mental effect on many patients of prolonged intestinal toxemia is such as to make them almost demented."

"The state of the tongue may be a good index of intestinal health, and a foul condition of the breath speaks volumes of what may be suspected lower down, although the patient may not be constipated."

Said Lord Dawson of Penn, for many years physician to King George V, in drawing a picture of the effect of these colon poisons, "The sallow, dirty complexion, the inelastic skin, the dusky lips and nails, the dirty tongue, evil-smelling breath, constant abdominal discomfort of one kind and another, the doughy inelastic abdomen, cold extremities, the physical and mental depression are among the prominent features."

There are perhaps no medical questions which during the last 40 years have received more attention and been more widely discussed than those relating to the facts and effects of intestinal toxemia. At the present time I think it may be safely said that by far the great majority of leading clinicians will agree with Metchnikoff that "The microorganisms inhabiting our bodies have set going there a poison factory which shortens our existence and by secreting poisons which penetrate all our tissues, injures our most precious organs, our arteries, brain, liver and kidneys."

Very few colon germs are found in the stools of nursing infants. According to Tissier of the Pasteur Institute, student assistant of Pasteur, 90 per cent of all the bacteria in the intestine of a child brought up under biologic conditions (lacto-vegetarian diet) belong to the group of acid formers, and the protective *Lactobacillus acidophilus* is present to the extent of more than 70 per cent. Dr. Daffoe reports that the flora of the quintuplets is maintained at 85 per cent aciduric. The writer found the intestinal flora of a nine year old chimpanzee to be 80 per cent *Lactobacillus acidophilus* and has under observation a child of two years whose intestinal flora has been under careful biological observation since birth and has rarely been found less than 90 per cent aciduric. At the time of this writing the percentage of *Lactobacillus acidophilus* in this case is 95.

The infected condition of the human colon is due, as Herter has shown, to the character of the diet of the average man. All uncooked meats contain great numbers of colon germs, streptococci and numerous other poison-forming and disease-producing bacteria with which all meat becomes infected in the process of slaughtering. Herter found that a watery extract of the feces of a carnivorous animal produces speedy death when injected into the body of a guinea pig or a rabbit while a similar extract of the feces of an herbivorous animal does not.

Sanitary authorities have established standards for the bacterial content of water, milk and other foodstuffs, but until recently no standard has been recognized for meats. A few months ago, the city of Portland established a precedent by passing an ordinance forbidding the sale of meats containing more than 10,000,000 bacteria per cubic centimeter (300,000,000 per ounce). Such meat differs in no essential particular from carrion. The standard for certified milk is 10,000, mostly harmless lactic acid formers.

February 15, 1938

Sir Wilfred Grenfell,  
St. Simon's Island, Georgia.

My dear Sir Wilfred:

I have your letter of February 13.

I am always delighted to hear from you. I am very glad indeed to know that Lady Grenfell is better. I was very much worried when I heard she had pneumonia. Knowing her resistance was low, I was afraid it might prove disastrous. Please send her my congratulations when you write her. She seemed so thoroughly well I did not dream she would suffer from malignant trouble. I hope, however, this has been mastered, at least for a long time.

About the birth control and euthenasia, my personal feeling is that its bearing on the whole question is so small that it is hardly worthy of attention being given it. The whole race is going down so fast that, as the statisticians have shown, the factor of birth control is practically without influence.

Fishbein's position is simply his customary on-the-fence attitude during his transition from opposition to acquiescence or promotion. He has rather been inclined to ridicule my efforts in behalf of biologic living, though at heart I am sure he believes in them for he personally maintains good habits, neither smoking nor drinking, and he sends his parents to Battle Creek for treatment. He is thoroughly commercial and caters to popularity. He is a smart fellow and doing a lot of good.

I am glad to know that you are interested in Good Health and approve of its program. If you would like to have Good Health sent to a couple of your friends send me the names and addresses and I will see

Sir Wilfred Grenfell, No. 2.

that their names are entered on the subscription list and two copies are sent for the price of one if you wish. Perhaps they would like to join the Aristocracy of Health, which will give them a chance to subscribe for \$1.25 a year. I am enclosing some blanks.

I hope the present revelations respecting the chaos ahead of us will increase the interest in race betterment and the Aristocracy of Health.

To test the reliability of the statements made with reference to depopulation in the United States I wrote the Census Bureau a week or two ago, asking them for the number in our population at ages one to ten and the number of ages eleven to twelve. I received back from them a report giving the numbers in these groups for several decades back which show that the number in the first decade has usually been at least one and a half per cent greater than the number in the second decade until the last census which showed that the number of persons now living in the first decade of life is three-tenths of one per cent less than the number in the second decade, which shows beyond any possibility of doubt that the same depopulation that is going on in Great Britain and other European countries has started in the United States. It is to be remembered also that life in the first decade has steadily been increased by the results of child welfare activities which within the last 25 or 30 years have reduced the mortality of infants during the first year of life from 120 to 60.

An interesting article by Burch on this subject appeared in the June number of the Journal of Heredity published at Washington, D. C. I am sure you will be interested in reading this article, which presents

Sir Wilfred Grenfell, No. 3.

incontestable facts that the white races can look forward to playing but a minor part in world affairs after the present century and very likely will be taking a back seat at a much earlier date.

Always faithfully yours,

Enc.

February 16, 1938

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

Dear Prof. Fisher:

When I read your last letter I supposed you had received all the manuscript I had sent you and was pleased to think that Dr. Emerson had no new objections to offer. I see I was in error about this.

As regards the several propositions to which he excepts, to drop these out or to modify them so as to destroy the force of the statements made would almost completely emasculate the article. It seems to me I presented conclusive proofs of all of these propositions, first laboratory observations and then anthropologic facts that are indisputable.

I will call attention to a difference between your statement of the principle involved and mine. You say, "Three a day." I say, "After each meal."

Dr. Emerson gives no facts and I doubt if he has made a sufficient study of the subject to have a substantial background of fact and theory to justify him in questioning the validity of the statements I have made. In fact, in the quotation you make from the text of the book, the same statement is made that I have made; namely, that when three meals are eaten there should be three evacuations of residues, and the only reason given for not advising the cultivation of this practice is that it is not always convenient, and this is certainly not a good reason; and the admission that restraining the natural desire for evacuation which naturally occurs after meals results in perversion of the colon function, that is, the loss of the "call," the signal for evacuation, is the strongest argument that could be offered for the cultivation of regular after-meal



Prof. Irving Fisher, No. 2.

evacuation.

Reference to my manuscript will show that I have particularly stressed this point. This is one of the worst things that could happen to an individual. It is this that renders housebreaking of animals and infants so very harmful. Normally, fecal matters are held back in the pelvic colon until the taking of a meal, and chewing and tasting of the food set up peristaltic activity in the whole intestinal tract. This results in the pushing forward of the residues in the pelvic colon into the rectum. It is the contact of these residues with the mucous surface of the rectum that gives rise to the "call." When this is resisted, long-continued pressure of fecal matters in the rectum exhausts the sensibility of the nerves charged with this signal duty and the opportunity for evacuation is lost, for it is the "call" that brings into action the defecating mechanism, which includes beside the voluntary contraction of the diaphragm and the abdominal muscles the reflex contraction of the colon, a reflex reinforcement of the contraction of the abdominal muscles, a reflex relaxation of the sphincter ani and a strong reflex contraction of the levator ani muscles to complete the evacuation of the rectum so that it may remain empty and prepared for the giving of a call for evacuation when the taking of the next meal causes entrance of residues from the pelvic colon into the rectum.

These statements are not theoretical, but simply an account of the physiologic activities which constitute normal defecation. To argue that the conditions of civilized life render inconvenient conformity to the normal physiologic order is simply begging the question. My whole contention is based upon the supposition that we are seeking for the biologic way of living with the idea of conforming our habits not to the perverted customs of civilized life, but to the natural order

Prof. Irving Fisher, No. 3.

and seeking to conform perverted custom to physiology rather than to pervert bodily function to fit social or business convenience.

But a second look at this objection shows it to be almost wholly lacking in weight. When the bowels have been properly trained, the desire for evacuation occurs very quickly after meals. This is clearly shown in the experience which was voluntarily related to me by the superintendent of an institution for the feeble minded to which I think I referred in my manuscript, and I have observed not only in my personal experience but in that of hundreds of persons whom I have instructed respecting normal colon habits. With this fact in mind, it is evident that soon after the taking of a meal is a most convenient time for attending to the matter of evacuating residues. Where meals are served there are practically always toilet conveniences readily available.

It is true that when a "call" is suppressed it is likely to recur again after the next meal when additional material is pushed forward out of the pelvic colon into the rectum, but in the meantime the rectum has remained packed full of fecal matter. When this experience is repeated, the "call" becomes less and less pronounced and less efficient until finally it is lost altogether, resulting in dyschesia, one of the most serious forms of constipation. The "call" is the trigger of the evacuating mechanism. When it is destroyed, the colon becomes like a gun from which the trigger has been removed.

You refer in a P. S. to a letter from Dr. Emerson. Dr. Emerson speaks of a confusion of the peristalsis associated with digestion and that concerned in evacuation. This view is new to me. I shall be glad if Dr. Emerson would cite the physiologic authority or laboratory fact on which he basis this statement. I have relied upon the experiments of

Prof. Irving Fisher, No. 4.

Cannon to which I have referred in my paper. His research certainly shows a most intimate relation between the motor activities of the stomach, small intestine and the colon.

I have no objection whatever to the publication of Dr. Emerson's statement in the preface that he does not agree with the statements made in appendix number 3 since the statements made are merely statements of fact and not theories or beliefs. Reference to my paper in the preface would perhaps be helpful by calling attention to it. Would not the fairer way be for Dr. Emerson to add a note immediately following my article presenting not views but laboratory facts which show statements made in my paper to be incorrect? In a scientific discussion it seems to me opinions are of little value and often do harm. Facts are the only things which count.

After these frank statements I will note the several items to which you call attention, one by one.

Page 1. This statement is correct, but nevertheless it is not necessarily complete. In the interest of harmony I will shorten it to read as follows: "Results in the development in the colon of a great number of parasitic bacteria and other organisms, some of which produce virulent toxins while others under special conditions become highly virulent, giving rise to colitis and other infections of the colon, small intestine and gall bladder and even penetrate the blood vessels, producing infections of the kidneys and urinary bladder and other parts. Putrescible accumulations of refuse in the colon afford favorable conditions for the development of amoebae and scavenger parasites of other sorts."

Page 2 change to read as follows: "That Nature has provided for the evacuation of colon residues soon after each meal is suggested by the

Prof. Irving Fisher, No. 5.

fact that the act of eating and tasting the food sets up strong movements of the colon whereby its contents are pushed forward into the pelvic colon and rectum, thereby producing the "call" which unless resisted automatically produces an evacuation.

Page 3 change to read as follows: "The above facts indicate that under normal conditions an intake of food is usually followed by an output of residue" etc.

Page 3, 2nd paragraph, 6th line change to read, "The common practice of moving the bowels only once a day leads to the retention of residues for at least 36 hours or more during which time a high degree of putrefaction may be attained, especially when free use is made of meats and other animal proteins.

Page 4, 3rd paragraph. I am sure this should remain as it is, for I find a nine year old chimpanzee with an intestinal flora 80 per cent acidophilus and have for several months continuously myself maintained an intestinal flora 80 to 90 per cent acidurie. I am going to ask one of my old medical students now in China where through the aid of Wu Ting Fang and other friends he has succeeded in establishing 20 sanitariums and a still larger number of clinics to make observations for me on the intestinal flora of the Chinese. I am certain he will find a great number of persons who have practically all their lives lived on a meatless diet to have in their stools a very high percentage of aciduric bacteria.

Page 5. As this paragraph tells the truth and nothing but the truth, I see no reason for objecting to it.

Page 7. I see no reason for objecting to this paragraph. It is simply a statement of fact. The statement you suggest having Dr. Emerson add to the preface to the effect that he does not "accept as proven the theory and practice suggested in appendix 8 where three or more daily

Prof. Irving Fisher, No. 6.

bowel evacuations are recommended as essential to health" does not fairly represent my views. I clearly state that when an aciduric flora has been attained and is maintained, delay in evacuation of the residues is not likely to do harm because there is no putrefaction and gases are not formed. However, such delay is not likely to occur for the reason that when the contents of the intestine are acid, stasis is not likely to occur.

I thank you very much for taking so much pains to make clear to me points of difference of opinion and I have been endeavoring to go as far as possible toward meeting Dr. Emerson's views, for on the whole, considering the views generally held by physicians and the fact that his field of observation has been very different from mine, I think his attitude has been remarkably courteous and generous. I hope nothing I have written above will give him offense. I have the greatest admiration for his sturdy defense against alcohol. His chapter on that subject is one of the finest I have read.

Trusting this will reach you promptly and in ample time, I am

As always sincerely yours,

P. S. I am sure you will be glad to know that we have a larger number of patients than we have ever had and a waiting list in addition.

We recently gave a reception to Sir Arbuthnot Lane and Dr. Lorand of Carlsbad, both of whom wrote me asking me to meet them at the boat, one from Germany and the other from London, neither knowing of the other's plans. Our reception was a great success. We had three or four hundred of the leading people of Miami, including a great number of physicians. Both of them are solidly with us in our views of intestinal toxemia.

Prof. Irving Fisher, No.7.

I see I have omitted reference to the changes you have made on page 3. The use of the term colon germ was an oversight. I frequently use this term in popular talking and writing because it is better understood by the laity.

FROM AN UNCOLICITED LETTER

Feb. 16, 1938

Vitality Records,  
26 West 44th St.,  
New York City.

Dear Sirs:

An article in Readers' Digest, "A Step Toward Livelier Old Age," prompts me to write you about my father, who is ninety-one now, and who, for the last twenty years, has been guided by Dr. Irving Fisher's book, "How to Live."

Father is considered a marvel by those who know him. He lives in his own home, with a housekeeper. He plays golf, swims, makes a big garden every summer, walks about a mile daily, and is as healthy and happy, both mentally and physically, as anyone I ever knew. For twenty years he has lived mainly upon uncooked foods, whole wheat, fresh fruit, vegetables, nuts, eating very little meat. He has worked out a system of physical exercises which he goes through every morning, followed by a cool, rubbing bath. His mind is as good as ever; his memory amazing.

He got the idea that most of the bodily ills came from wrong diet. He found "How to Live," bought it, and followed the advice consistently. The result has been markedly successful.

The day after he was ninety, in July, 1936, he went swimming. The temperature was more than 100 degrees. After swimming for a time he got up and dived off the highest diving board. Afterwards, the guard asked him, "Will you settle an argument? A man out there said, 'Some old man who must have been at least sixty-five got up there and dived off.' I saw it was you, and wondered if you'd mind telling how old you are?" Father said he was ninety the day before, and the guard would not believe him.

February 17, 1938

Dr. Paul Popenoe,  
The Institute of Family Relations,  
327 Consolidated Building,  
Sixth and Hill Streets,  
Los Angeles, Calif.

My dear friend Paul:

I have your letter of February 12.

I am delighted to hear from you and to know of the splendid work that you are doing. I am especially pleased that Dr. Dock is with you. He is, I think, one of the finest men I ever knew. You seem to have a fine list of backers.

I am getting ready for a real campaign of race betterment, using the Aristocracy of Health as a means of creating popular interest.

I wonder if you are receiving my journal Good Health. Probably not. I will order back numbers sent to you from which you will get something of an idea of what we are doing in race betterment and will send you other literature which I am preparing for publication together with some booklets on vitamins which I have prepared and my volume How to Have Good Health which may be of interest to your wife and husky boys.

I am delighted to know that you are adhering to biologic ways and I am sure you will profit greatly by attention to the intestinal flora. Keeping the colon clean and making free use of lactose or Lacto-Dextrin are the main features for a person who does not eat meat. Eggs have somewhat the same tendency to encourage a bad flora as does meat, but have a much less injurious effect if only the yolks are eaten. The



Dr. Paul Popenoe, No. 2.

yolks are really the only part worth eating as the white is pure protein of which the other food contains a sufficient amount, and egg protein is particularly prone to undergo putrefaction in the colon. We serve only the yolks and in our bill of fare here make use of very few eggs.

I wonder if you are coming East at any time within the next few months. If you are, be sure to come by way of Battle Creek so that we may have a little conference. I am much interested in the work that you are doing. I should like to know more about it. I think we may cooperate advantageously.

I hope some time to have the pleasure of showing you this delightful place. It is the best place I know of in the world for living a thoroughly biologic life. I am going to put you on my mailing list for little things I am sending now and then to people who are interested in finding the right way to live.

I shall read your circular with much interest. I should think you ought to have a health department in your organization.

Kindest regards to your wife. If you have a picture of your husky boys or your whole family I would love to have it. I remember with very great pleasure the little visit I made to your place when I was wintering in Mecca. Miami is much more tropical than anything in California, even El Centro. I have all sorts of tropical fruit growing in my tropical orchard,-- avocados, mangos, cherimoyas, custard apples, soursops, kumquats, eggfruit and a number of others.

Very sincerely yours,

23 7  
4 4  
5 3

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK

23

February 17, 1937.

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

Dear Friend Doctor Kellogg:

Your good note of February 9th has just reached me after I got in from a lecture trip down in the South-West.

Mrs. Wiggam and I have certainly been planning to have a visit with you while we are at Miami. I think we are going to stay there four or five days. If I can serve you with one or two talks to your guests while there please be sure to give me this pleasure and privilege.

I had a delightful time out at Battle Creek and gave them a couple of lectures and had a royal good time.

I seem to get in better health as the years go by. Doctor Barnhart checked me over and could find nothing special to suggest. I take light treatments etc., at the Y.M.C.A. near my home here very frequently, which serves to keep me in good trim.

My lecture is on the 9th at Miami Beach, but I think Mrs. Wiggam and I arrive at Miami the afternoon of the 7th, and we may stay two or three days after the lecture. We wish to find some moderately priced hotel, if that be possible at Miami.

Doctor Stewart and others gave me a glowing account of your Sixtieth Anniversary Dinner on the occasion of your starting in Florida. I hope they will be able to give you one every ten years for a number of decades yet.

With most warm regards from both Mrs. Wiggam and myself,

Sincerely yours,

  
Albert Edward Wiggam

AEW/GB.



## HOTEL LUCERNE

NASSAU ..... BAHAMAS



Miss G. Sweeting, Manager

February 18<sup>th</sup> 1938

Dr. John Harvey Kellogg

: : The Miami-Battle Creek

Miami Springs

My dear Dr. Kellogg,

I am ever so much obliged for your kindness to send me a car intending even to come yourself if your strenuous occupation now at the height of your season will make it possible.

I leave here on Sunday afternoon arriving as I think Monday Morning about towards 9 o'clock.

I intend to stay about 5-6 days in Miami leaving then for a day or two for Palm Beach & for Lippin Forest on St. John's River following

a kind invitation of our patient  
& friend Mrs Alfred J. du Tour.  
I shall feel very glad to give  
a talk in your Sanitarium  
on the subject of the dietetic  
prevention & treatment of in-  
testinal auto-intoxication  
& I thank you very much  
for kindly arranging it.

Happy to shake hands with  
you very soon I remain

Yours very sincerely

Arnold Dorand

**Rockefeller Center**  
**New York**

**Room 5600**  
**30 Rockefeller Plaza**

February 19, 1938

Dear Dr. Kellogg:

Thank you for your letter of January 24th. What you say about the recent developments in methods of combatting old age sounds most interesting.

Since you are kind enough to suggest it, I shall be glad to receive the paper of which you speak that gives information concerning the products from the use of which Admiral Byrd has derived such benefit.

I wish I might look forward to the pleasure of seeing you in Florida as you kindly suggest but do not expect to go south this year, having gone there in the past only to visit my father.

With appreciation of your kind interest and with best wishes, I am,

Very sincerely,

*John D. Rockefeller Jr.*

Dr. John Harvey Kellogg  
Miami Springs  
Miami, Florida

## DR. S. ADOLPHUS KNOPF

16 WEST NINETY-FIFTH STREET  
NEAR CENTRAL PARK WEST  
NEW YORKCONSULTATION HOURS  
11 A. M. TO 1 P. M.  
BY APPOINTMENT ONLY

Feb. 22, 1938.

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

Dear Dr. Kellogg:

On March 12th of this year, Bellevue Hospital Medical College graduates of 1888 will celebrate their 50th Anniversary. Because this event happened on the day of the most terrible blizzard New York City ever experienced, this class has been known ever since as the Blizzard Class. Of course, it met from year to year and as the years passed on, its ranks have been thinning out. Of the 145 graduates, some 30 odd are still living and it is hoped that the majority of them will join us in this celebration. The reunion will take place at the McAlpin Hotel where the late Dr. McAlpin our class president was up to his death, the perpetual host. Now, unless I am seriously mistaken, you my dear Dr. Kellogg, are the oldest alumnus of the Bellevue Hospital Medical College, and it would indeed be a gracious act if you would send us on that day a greeting as coming from the oldest living fellow alumnus. I am sending you enclosed as an example of such meetings, the one which took place 14 years ago. As I am secretary of the class, I beg you to send the telegram to me, in care of McAlpin Hotel.

From Good Health, which thanks to your courtesy I receive regularly, I know that you are still hail and hearty and what is best of all, active in your glorious profession and the great good you do to untold numbers of patients and to a greater number of prospective patients by your advocating biological living.

I have little to report of myself except that I too have passed my 80th year, still active, devoting most of my time to writing on subjects with which I am more or less familiar and occasionally give a lecture. My next lecture, March 9th, will be a tribute to Peter Dettweiler before the Section of Historical and Cultural Medicine, the occurrence being the 100th Anniversary of his birth. I am sending under separate cover my more recent literary product which you might care to glance at and to add to your great library.

Mrs. Knopf who is an ardent admirer of yours, is anxious <sup>to</sup> know where the soy acidophilus milk can be purchased in New York City and if it cannot be had here, would you kindly send me a dozen bottles for which I enclose my check for \$2.75. She takes it with her breakfast or is it better to drink it between meals. She also would like to know if you know about the 'Soya-Bits' and 'Plantiodine' from Reidel Food Products Co. of New York and what do you think about them. *sent*

Thanking you for whatever information you can give Mrs. Knopf and looking forward to seeing you in the near future in New York City, I am,  
as ever,

Your devoted friend and admirer,

S. A. Knopf

*ps. I believe you received my book on heart disease to be.*

# **BLIZZARD MEN AT 52D ANNIVERSARY**

## **200 Survivors of March Storm Attend Annual Gathering**

"The Blizzard Men of 1888" celebrated the fifty-second anniversary of the famous storm of March 12 of that year with a luncheon in the roof garden at the Hotel Pennsylvania yesterday.

Some two hundred survivors, both men and women, were present, and told one another of their experiences at the time. A two-foot "snow man," made of cotton, gave the most realistic touch to the gathering.

A feature of the program was the awarding of the organization's silver cup to George Sloan, 83 years old, of Glen Ridge, N. J., for the best authentic story of personal experiences during the blizzard. It was presented by the retiring president, A. Clinton Wilmerding, and the newly elected head of the society, Major Augustus Post, aeronautical expert.

Mr. Sloan won the cup with a 1,500-word length story. He recalled digging his way out of his home in Hunters Point, Queens, on the morning of the storm.

"The Third Avenue elevated train was stalled at Ninth Street, which was my station," he said, "and firemen with ladders took passengers down to the street. I reached A. T. Stewart's department store through heavy drifts, walked through the store and so reached my place of business across Broadway. The East River was frozen solid. I crossed the ice from the foot of Beekman Street to the Brooklyn shore."

Dr. Charles Gilmore Kerley of this city, who is 84, recalled his experience as an interne at the New York Infant Society's institution in Westchester County, which housed two hundred mothers and four hundred babies at the time of the blizzard.

Other speakers were Edward Hungerford, Daniel Carter Beard, George N. Seger, Dave Hennen Morris and Alexander J. Wall. Among the oldest survivors attending were Samuel Hendricks, 91; Dr. Alfred Meyers, 86; Isidore Witmark, 78; Colonel William D. Carroll, 90, and Edward E. Burgess, 84.

N. Y. T. 3/13/40

DR. S. ADOLPHUS KNOPF

16 West Ninety-fifth Street  
Near Central Park West  
New York

Feb. 22, 1938.

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

Dear Dr. Kellogg:

On March 12th of this year, Bellevue Hospital Medical College graduates of 1888 will celebrate their 50th anniversary. Because this event happened on the day of the most terrible blizzard New York City ever experienced, this class has been known ever since as the Blizzard Class. Of course, it met from year to year and as the years passed on, its ranks have been thinning out. Of the 145 graduates, some 30 odd are still living, and it is hoped that the majority of them will join us in this celebration. The reunion will take place at the McAlpin Hotel, where the late Dr. McAlpin, our class president, was up to his death, the perpetual host. Now, unless I am seriously mistaken, you, my dear Dr. Kellogg, are the oldest alumnus of the Bellevue Hospital Medical College, and it would indeed be a gracious act if you would send us on that day a greeting as coming from the oldest living fellow alumnus.

Your devoted friend and admirer,

S. A. Knopf.



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Miami Springs, Florida,  
March 11, 1938.

Dr. S. Adolphus Knopf,  
McAlpin Hotel,  
New York, N. Y.

The Blizzard Class: I send you most hearty congratulations that you have not only survived the New York blizzard but have fought a successful fight against the old man with the scythe. I am proud to have had the privilege of sitting at an earlier date under the tutelage of those incomparable teachers, Barker, Mott, Smith, the Flints, Peasley, Hamilton, Janeway, Lusk, and Van Buren. They created a sui generis type of medical men and immortalized the name of old Bellevue. In absentia I join with you today in homage to old Bellevue and its faculty.

JOHN HARVEY KELLOGG

February 22, 1933

Sir Wilfred Grenfell,  
St. Simon's Island, Ga.

My dear Sir Wilfred:

I have your letter of February 21.

I am very glad indeed to hear that Lady Grenfell is convalescing from her grave illness and that she will soon be able to resume treatment for the malignancy. It is fortunate the trouble was discovered in its incipency, but I am still perplexed to know how those eminent Boston doctors could have sent her off to die in such a heartless fashion, for they must have known, as do the New York doctors, the importance of prompt and thorough-going action in such a case. It makes me shudder to think of the possibility that they are treating other patients in the same way.

I am very glad to have Lady Grenfell's definition of a saint. It is very good indeed. When you write her please tell her I am sure she is one of them.

I have ordered the copies of Good Health sent to your friends whose names and addresses you give me, beginning with the December number. There will be no charge.

Hitler's growth in influence is certainly amazing. I can not discover the secret of his power, as he does not seem to possess the superior qualities essential for a great leader. Maybe he is the representative of a group of astute politicians who are the real strategists of whom he is merely the executive. The Germans undoubtedly have the best brains in Europe and very likely will soon be running things. The morning paper I notice intimates that Germany has now

Sir Wilfred Grenfell, No. 2.

become the strongest country in Europe. If this is true, Duponts and other manufacturers of war materials will experience an enormous boost in profits and taxes will be lifted to unprecedented heights.

It looks as though Christendom had set to work to commit suicide. When dissolution stares us in the face from natural causes, the whole white race seems to be devoting the best part of its energies to the development of methods for the destruction of human life. The whole world seems to be rushing madly towards chaos, and as far as I can see the future offers nothing better except the possibility of saving a few. An aristocracy of health seems to me is the world's last hope.

You do not speak about your health from which I infer that you are making good progress healthward.

That you size up the situation much as I and Irving Fisher do is a source of great satisfaction to me, as I know your influence will help in bringing the facts to the attention of many worth while and influential people.

I had a nice letter from John D. Rockefeller, Jr. today. He is interested in learning about methods for combating old age. A gentleman now stopping with us who sees Mr. Rockefeller frequently tells me that he is looking very old. I shall do my best to put him in the way of betterment if he will take the trouble to learn the technic, which is simple enough, but requires some serious attention.

As always with very best wishes, I am

Yours faithfully,

February 23, 1937

Dr. A. E. Wiggan,  
241 Central Park West,  
New York City.

Dear Dr. Wiggan:

I have yours of February 17.

I am glad that we are going to see you here within a couple of weeks. We certainly will be glad to have you talk to our guests.

Would you be willing to give a talk to the Committee of One Hundred, the millionaire club of Miami Beach? It has four hundred members, and the membership probably includes more influential men than any other club in the United States. They represent the entire United States. Their regular weekly meeting is on Tuesday evening.

Sincerely yours,

b

February 24, 1938

Mr. John D. Rockefeller, Jr.,  
Rockefeller Center,  
New York, N. Y.

Dear Mr. Rockefeller:

I am glad to receive your letter of February 19th and am sending you herewith literature descriptive of a health feature in the development of which I have been engaged at Battle Creek for many years.

The discoveries of Bouchard, eminent French physiologist, about 50 years ago, convinced me that the putrefaction which takes place in the food residues lying in the colon and the resulting highly offensive character of the stools of most adult human beings is quite unnatural and unnecessary and a very potent source of disease.

Through frequent visits to the Pasteur Institute, I was one of the first Americans to become acquainted with the researches of Metchnikoff who proved that poisons developed in the colon caused hardening of the arteries in small animals when administered daily in very minute doses. Metchnikoff attempted to suppress the putrefaction in the colon by implanting an acid-forming germ which would stop the growth of the putrefactive bacteria which require an alkaline medium, the so-called buttermilk cure. His method failed because the germ which he employed, the bacillus Bulgaricus, can not live in the colon since being aerobic it requires oxygen.

Dr. Tissier was an assistant to Metchnikoff. He discovered in the stools of infants an acid-forming germ which is able to get its

Mr. John D. Rockefeller, Jr., No. 2.

supply of oxygen from lactose or milk sugar and dextrin.

In 1912 I employed Dr. Tissier as a consultant in bacteriology for the Battle Creek Sanitarium and he sent me a culture of this germ which I began using with good results under the name of Tissane, which we were using quite extensively when you were at Battle Creek. I do not recall whether your attention was especially called to this preparation at that time or not.

Eight or ten years after I began using this germ, Dr. Rettger of Yale began studies of the same germ under another name, acidophilus, which he grew in milk. This has become quite widely known as acidophilus milk, but has not proved very successful for the reason, pointed out by Dr. Tissier, that milk is not a good medium for it. In milk the acidophilus deteriorates and soon dies out. When grown in milk it loses its adaptation to the environment of the colon so that its effects are transient at the best and its use is often unsuccessful.

On this account I years ago began a research to find a better medium and kept a bacteriologist busy for several months testing different substances. We finally discovered that in a milk prepared from the soybean, the protective germ was more than twice as large, grew more than twice as fast, had a three to five times higher count and was far more effective in driving out putrefactive and other disease-producing bacteria from the intestines.

With this new culture, which we call soy acidophilus, we find it very easy to change the intestinal flora and to stop intestinal putrefactions altogether. The soy bacillus acidophilus seems to be a master germ which will not allow putrefactive or disease-producing bacteria of any sort to live in its presence. The last five years we have treated

Mr. John D. Rockefeller, Jr., No. 3.

many thousands of persons both here and at Battle Creek using this with other measures of treatment and have found soy acidophilus exceedingly helpful.

Lacto-Dextrin is of importance because it is the natural food of the *Lactobacillus acidophilus* and promotes its growth as does nothing else. Most adults have lost the acidophilus. On examination it is usually found present in the stools of adults in from 0 to 25 per cent, while putrefactive and other infectious bacteria are present in enormous numbers. In an infant and in adults who have had their flora changed, the acidophilus is present in 80 to 100 per cent. My own stools rarely show less than 90 per cent. The stools of a healthy chimpanzee which has never eaten meat are found to be 80 per cent.

The quintuplets when attacked by bowel trouble at the age of four months were very sick and there seemed little hope of their recovery. It is fortunate Dr. Dafoe is a very open minded man, and when I sent him a supply of this soy acidophilus culture he at once began the use of it for the infants and in a few days they were cured and at his request I have kept the quintuplets supplied with it ever since. All five of them used at first four ounces of culture a day. Now each of them takes a pint daily. We send them regularly from Battle Creek three dozen pints every week. Dr. Dafoe has several times tried the effect of withdrawing the soy acidophilus, but he writes me that the bowel trouble returns as soon as the quintuplets stop its use.

We find this culture equally as valuable for adults as for infants. With a proper diet and the free use of Lacto-Dextrin it quickly causes a change in the character of the stools. The stools become less and less offensive until they are practically odorless. Intestinal gas

Mr. John D. Rockefeller, Jr., No. 4.

also disappears, although it generally increases somewhat for the first few days. This is a good sign as it indicates that the Lacto-Dextrin has reached the colon where the battling with the objectionable bacteria is waged. The gas is produced by the offensive germs as acidophilus produces no gas. When they are driven out, the gas disappears.

Babies get the acidophilus from the mother's breast in nursing, not in the milk but from the nipple. The quintuplets were fed on mother's milk from the fourth day after their birth, but they never nursed their mother and hence did not receive the protective bacteria. I sent soy acidophilus to Dr. Daffoe because I suspected he might not be acquainted with Dr. Tissier's discovery. He was open minded enough to make use of it. He is anxious to have other people know about acidophilus, and it is for this reason that he shows in the last movie of the quintuplets the five little girls taking a glassful of acidophilus at five o'clock in the afternoon, their daily habit.

Adults who have lost the acidophilus need to take the soy acidophilus to reimplant the protective organism. After it is once reimplanted, its continued and abundant growth may be assured by the liberal use of Lacto-Dextrin. At first to implant the flora we usually give four to six ounces of soy acidophilus milk three times a day. It is taken either by itself or with the addition of a little cream or tomato juice. The tomato juice mixture is very popular with our patients and is to be recommended because the tomato juice tends to encourage the growth of the organism in the intestine.

The use of the soy acidophilus milk may be dispensed with if meats are wholly avoided and eggs used sparingly. It is best to use only the yolks. The whites promote intestinal putrefaction and have very little nutritive value and consist only of protein of which other



Mr. John D. Rockefeller, Jr., No. 5.

foodstuffs provide an abundance. A higher count of acidophilus may be maintained, however, by the moderate use of soy acidophilus, say four to six ounces a day. I myself make use of it in this way and with good results. The Lacto-Dextrin should be used in quantity of at least one to three ounces daily to keep the acidophilus dominant. At the start the stools should be examined for acidophilus. A small specimen is sufficient for the purpose. A small specimen may be collected from the toilet bowl after the bowels have moved and sent by mail in an ordinary envelope.

In the first specimens sent me of the quintuplets' stools all were very low, containing but 20 or 30 per cent acidophilus. They had evidently picked up a few of the germs from house dust and other sources. They were then greatly troubled with intestinal gas. In a short time the acidophilus percentage was raised to 85 and all gas had disappeared and they were thriving. They have had one or two relapses since when Dr. Dafoo insisted on giving them liver which he thought necessary to promote blood building. He is quite in error about this as these bad germs of the colon are one of the most common causes of anemia. The trouble caused by the liver feeding was, I am glad to say, quickly cured by doubling the amount of acidophilus.

The soy acidophilus bacillus is so potent an enemy of putrefactive organisms that it will entirely prevent decay. I have at home in a jar a large beefsteak immersed in soy acidophilus which was placed in the jar eleven years ago and is today in a state of perfect preservation. Putrefaction was completely arrested within a few days after the meat was placed in the culture. The culture has of course been changed frequently as it loses its potency when kept for a long time.

It is advantageous to use the LD-Lax in connection with the soy

Mr. John D. Rockefeller, Jr., No. 6.

acidophilus milk. I have instructed the factory to send you a half dozen bottles of soy acidophilus milk together with a couple of bottles of LD-Lax.

If you will send a specimen, I will have a count made at once, and a later specimen will show what progress you have made.

I often discussed with Dr. Walter James the matter of suppressing intestinal putrefactions. I found him fully in accord with me with reference to the importance of doing this and he made me several useful suggestions which I greatly appreciated. What a wise and gracious man he was. I greatly profited by my acquaintance with him.

I am sending you along with other papers a copy of two chapters which I prepared at the request of Professor Irving Fisher, which will appear in the next edition of How to Live which is published by Funk and Wagnalls. These papers are entitled Normal Colon Habits and The Case Against Meat Eating. You may find time to glance them over.

As one evidence of the value of changing the intestinal flora and keeping it changed, I have taken the liberty to send you an original photograph from which I think you will note that I have not changed very much in appearance since you saw me at Battle Creek. I am still as hard at work as ever, perhaps a little harder, as I have been having rather strenuous times since the depression to keep all my projects afloat. An Associated Press reporter shot me with a camera yesterday while I was taking a bicycle ride.

Hoping this will find you in comfortable health and again assuring you it will be a pleasure to be called upon for any assistance I can render you in keeping Old Father Time at bay, I am

Very sincerely yours,

Mr. John D. Rockefeller, Jr., No. 7.

P. S. I have as a guest at the present time Professor Doctor Lorand of Carlsbad, a physician of world wide reputation. I am glad to find him in complete accord with the views which I hold with reference to intestinal putrefaction. He is to lecture to a popular audience next Sunday afternoon. He has written a number of books, one with which you may possibly be familiar, Old Age Deferred. He will be visiting New York a few days later and may possibly call on you. He is a very interesting and very learned man. He speaks twenty-three languages and he is very widely known.

I find I have written you such a long letter besides the two papers I am sending you, I hesitate to impose more literature upon you and am not sending the two chapters I prepared for Professor Irving Fisher's book How to Live, a work which is used as a manual of instruction for persons who visit the Life Extension Institute, a project which had its origin in my office. The articles will appear in the new edition of the book perhaps two or three months from now. The Article Normal Colon Habits is 11 pages. The other, The Case Against Meat Eating, is a summary of the chief facts bearing on the subject. It is 23 pages. If you care to see either one or both of them drop me a card and I will have copies made and sent you.

February 24, 1938

Mr. J. H. Haas:

Please send the following to Mr. John D. Rockefeller, Jr.,  
Rockefeller Center, New York, N. Y., with my compliments:

6 bottles of soy acidophilus milk

2 bottles of LD-Lax

J. H. K.

St. Simon's Island, Ga.  
February 24, 1938

Dear Dr. Kellogg:

Have you seen a paper called "Increasing the Use of Agricultural Products in the Automotive Industry" in which Mr. Ford states that his endeavor to get out of yearly crops a number of the basic materials supplies, for which are nearly denuding the forests? If you have not a copy of the article it might interest you I think, for he talks so largely about the soy bean. I fancy you could easily get one by writing Mr. McCarroll whose address is Ford Motor Company, 3674 Schaefer Road, Dearborn, Michigan, but if not I will send you mine very gladly because it is so interesting about the soy bean of which you speak so much, and which we all know to be of such immense value. He discourages me very much about the production of any plastic that is transparent and says it would be twice as expensive as glass and its surface could not resist scratches. Meanwhile my dear friend, Knowles Ryerson, head of the Agricultural Department of the University of California at Davis, writes me that the reports about the success of what they call "hydroponics", or water feeding of roots of plants with chemicals artificially, has been greatly exaggerated. I have his interesting letter too and he really is a very fine man.

I am going to write to the duPonts, whom he says has a new transparent material put out which can be moulded for the purposes of glass. It is almost vital to a vegetable diet, or even the obtaining of sufficient vegetables by fishermen and trappers and dwellers in the North, though our latitude in Labrador and Newfoundland is only that of England, that we should be able to extend the growing season. We have lots of sunshine doubled by reflection, the snow lasts very late in the spring, and any cheap inexpensive medium that can be used would be a great step toward good health. That is why I am so eager to get Professor Wallace to visit us and show us what he has been doing. Here is a line along which good health would help very much, and perhaps the North by affording this opportunity could help others to be interested in other parts of the world in making 'good health' more easily within the reach of people as well as by telling them what ought to be done, and how healthy it is to have the vegetables.

I am sure you will not think I am in any way decrying the value of the teaching, but the way to make people adopt the teaching, certainly among the somewhat apathetic people is by making them see their neighbours doing things, and so putting a better diet in reach of themselves and their children than is possible under present conditions. I think that there is a real work to be done here in connection with good health.

The sermons most likely to be listened to today are those delivered in such actual "revelations" of creation made visible. Every human being rejoices in sharing that attribute of God, which adds so inevitably say to a Mother's appreciation of the value of her own life, or a Father's to the need for better living because of something which he has given to the world. Some one told me the other day why so many people in some countries no longer go to church to hear the sermon, however, is not because they were afraid of being persuaded to come to a conclusion, which means responsibility which otherwise they could escape from, but because they could stay home

P.T.O.

*Dr. Kellogg I send you Professor Wallace's good letter to me? He would come if his expenses are met - & think I can do that.*

and hear the sermon and there would not be any collection taken up afterwards.

I just wish something could be done, and I know it will be done soon, to enable us to produce in a Northern country that which under other circumstances such as a general war perhaps, we should have to do without, whatever were our principles, because we couldn't then get the things that we needed. For instance one of my best friends wrote me this year from Labrador that he had not been able to sell his fish in time to give him cash to buy seed potatoes for next year. If he can't get them from his neighbours he can't have a vegetable diet.

Don't let me bother you.

With the best of good wishes and affection

Yours ever,

*Wilfred Grenfell*

# Musofu Mission

## of Seventh-day Adventists

NORTHERN RHODESIA.

~~XXXXXXXXXX~~  
DIRECTOR

February 25th.1938

Dr.J.M.Kellogg.  
Battle Creek .Mich.  
U.S.A.

Dear Doctor:-

Yesterday I got out my diploma with its gold seal, to see the date I graduated from the Sanitarium. When I wrote to the Government to get permission to teach English under the new Educational law, I told them I held a diploma from the best institution in the world and I got the permit.

Your picture is standing on the book case and I am proud to say this was my teacher.

The medical work is still the right arm of service. It makes friends every where we go. God blesses our efforts and I am thankful, hakuru, that I have had a medical education and have been able to help some of the needy.

The other day the people from the Compound gathered in the evangelists house to see the little life snuff out. We prayed and I put on a heating compress. God heard and the little baby is still with us.

Dr.Rand told me when I came to Africa that salts was half the battle and giving salts has helped many many people. The natives come and ask for it. This morning two of the school boys came and asked for castor oil.

I will not burden you with statistics but the blessing of service is still mine. and with all your other duties you started another Sanitarium at Miami.

Great changes are taking place everywhere. 24 schools out of 40 were closed in our district. The emphasis is being shifted from education to Evangelism. The Government standards are being raised for native Education and teaching of crafts.

Dispensaries are being opened. Native nurses are being trained. by the Government and the native head men are given more power to lead their people to higher forms of living.

After 20 years I was again transferred to this my old station. I have 20 girls in the home. and compound, and I am tryin to get more under the influence of the Mission. 20 little wild prospective mothers are not many but a start. If they develope and help us fight against the evil customs that are hinding the people the effort will not be in vain.

Greetings to a busy Doctor. May God bless us both in service for Him.  
One of the Old Sanitarium Call Boys in service in Africa.

A little bracelet made by one  
of my girls.

MUSOFU MISSION

*S. M. K. W. M. K.*  
DIRECTOR.

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK

Feb. 25th, '37

Dr. John Harvey Kellogg,  
Miami Springs, Fla.

Dear Doctor Kellogg:

Many thanks for your good letter.

It is the Hundred Club that is bringing me to Miami Beach and paying my expenses down and back. Otherwise I could not begin to afford to come.

I wonder if you could suggest a moderate priced yet comfortable hotel near the ocean where Mrs. Wiggam and I might stay at reasonable expense. We shall arrive the evening of the 7th--at 1.40 P.M. and shall likely remain until perhaps the eleventh or 12th.

Some of these committees are terribly touchy about having a lecturer appear before he appears for them. In case you wish me to talk to your guests before the evening of the 9th. better ask them about it. The program chairman is Mr. George Harrison Phelps, 1673 Michigan Ave. Miami Beach. I feel I must secure his approval before speaking even to a nearby group prior to my appearance for him.

Please let me know about it and when you wish me to come out for your guests. I know nothing about Miami or the hotels as I was never there but once for a few hours.

With all good regards,

Sincerely yours

  
A.E. Wiggam

aew/gb .



February 27, 1937

Dr. A. E. Wiggam,  
241 Central Park West,  
New York City.

Dear friend Wiggam:

I have yours of February 25.

You may give your talk for us at any time it suits you.

There are plenty of places over on the Beach, but I want you to stop with me unless you prefer to be at the Beach. I have so many new things to tell you about and want to look you over and give you the biggest boost healthward you ever had and something to write about.

You do not feel the need of special attention to your health, perhaps, but must not forget that your reserve is getting less every year and I can show you how to build up reserve and greatly economize what you have. We are getting wonderful results here in rejuvenating people, better than anything we have ever achieved before.

Let me know just when you are going to arrive and I will meet you at the train and settle the question of location to suit your convenience.

I am a member of the Committee of One Hundred and well acquainted with the executive secretary.

Admiral Byrd writes me that he will be with us early in March. He has become an enthusiast of biologic living.

Dr. A. E. Wiggam, No. 2.

Anticipating the pleasure of meeting you and Mrs. Wiggam  
soon, I am

Sincerely yours,

b

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK CITY

Feb. 27th. '38

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

Dear friend :

Just a few lines to let you know I am getting along fine as to my general health and so is Mrs. Wiggam. We often speak of our delightful few days at Miami Springs and wish we might have such a visit again. We have just returned from a month's lecture trip in California and are both in excellent shape - physically and mentally.

We have been doing our best to adhere to the general line of diet outlined by you and your staff-especially the daily intake of a pint at least of Soy Acidophilous Milk. Recently the new type has improved as to taste which we appreciate. I am sure it has greatly benefited us both.

I have induced a number of friends to adopt it and hope they keep it up regularly. Just now I am strongly recommending it to Earle Martin, one of the leading citizens of Cleveland and editor of the Cleveland Plain Dealer and Press or rather general manager. He is just recovering from a major intestinal operation.

There is one point on which I am at sea. Your diagnosis both last spring and years ago under Dr. Barnhart at Battle Creek showed I have a marked deficiency of hydrochloric acid. I have always had to take it since then with my meals. Indeed I neglected it two or three years ago for a time and it set up severe tetanus through my chest and arms which for a time was diagnosed as angina but which my family doctor ascribed to lack of calcium assimilation due to deficiency of the hydrochloric acid.

However, as I understand if one takes much hydrochloric with lacto-dextrin it destroys the value of the latter and it does not reach the intestine except in the form of glucose or some chemical form not advantageous for the purpose designed. I had been for sometime taking a glass of soy milk, mixed with a glass of dairy milk to lessen the sour taste and taking quite a dose of hydrochloric acid at the same time.

Is this inadvisable? No use asking the doctors here as they hoot at the idea of taking the lacto-dextrin at all, or the soy milk. Most doctors I found long ago are not very scientific persons. If you do not have the time and strength to write me,

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK CITY

will you kindly ask Dr. Jeffries or some one to advise me about this point.

You may be interested to know that for six months I have been a guinea pig up at Dartmouth Medical Eye-Clinic, undergoing experimentation with their methods of measuring and correcting differences in the size and shape of ocular images. So far the results have not been spectacular but are encouraging. Some of the cases of relief from headaches and other disturbances by the use of their aniseikonic lenses. There is beyond question a decided difference in the relative sizes of the two images of my eyes and we hope in time to find the correct prescription to correct it. I still have continuous headaches, however, -the same as I have had for thirty years. I would do twice as much writing if I could only use my eyes.

Hoping this will find you in good health and still able to carry on your great work for humanity, and with affectionate regards from both myself and Mrs. Wiggam,

Sincerely yours,

  
A. E. Wiggam.

# DO YOU KNOW?

THAT one-half of the American people is dying out and that it is chiefly the educated half?

THAT there are probably only small differences in intelligence and character between the so-called "upper" and "lower" classes, but *very great differences* among families and individuals in every class?

THAT it is mainly the better and best families in every class that are dying out from lack of sufficient children?

THAT some three-fourths of future Americans will be born from the least educated regions and classes?

THAT already empty seats are showing up in our grade schools and will show up in our high schools by 1940 and in our colleges by 1942?

THAT neither the college nor high school groups are reproducing their own numbers?

THAT American cities above 25,000 are dying out except as recruited by boys and girls from the country?

THAT all this may mean a decline in national intelligence and character and *certainly* means the culture and character we love as "American" will decline *unless we do something about it?*

THAT we can do something about it; that this is the greatest turning point in America's history; that our whole future is at stake; that the situation *can be remedied* and a *greater America* than ever be produced; but that it calls for statesmanship of the highest order in business, politics and education?

- WHAT these great population trends are, what they mean, how we can remedy them and *build a greater America*, Dr. Wiggam discusses with cold facts, warm eloquence and sparkling wit and humor in his lecture, "Who Shall Inherit America?"

## DR. ALBERT EDWARD WIGGAM

- Interpreter of the Human Sciences and Their Bearing Upon America's Future and the Making of a Better and Happier World.

### DRAWS CAPACITY AUDIENCES



Photo by Arnold Genthe

WHEN Dr. Wiggam published his "The New Decalogue of Science" in 1923, and sprang overnight into world-wide fame, not only as an interpreter of science but as a social and political philosopher, there naturally came an enormous demand for him as a lecturer. Audiences immediately discovered that he was one of the most gifted and polished public speakers of our time.

"The New Decalogue of Science" was shortly followed by "The Fruit of the Family Tree," of which Prof. Edward Ross of the University of Wisconsin said, "Why read fiction when you can read Wiggam?" These gave him the distinction of being the first writer to have two non-fiction "best-sellers" running at the same time, and at once placed him solidly and securely among America's leading men of letters.

Other books followed these, each of which had an immense sale and added to his position as a sound student of both science and public affairs. These were "Exploring Your Mind with the Psychologists," "The Next Age of Man," "The Marks of an Educated Man," "The Marks of a Clear Mind"; and Dr. Wiggam is now writing two books: "How to Live More Abundantly" and "Who Shall Inherit America?"

In addition, in collaboration with Mrs. Wiggam, who likewise collaborates on all of his books, he writes a daily, illustrated, popular social science newspaper feature, "Let's Explore Your Mind," which reaches a circulation of ten million every day throughout the United States and Canada. He is also a constant contributor to popular magazines—*Good Housekeeping*, *The American Magazine*, *Cosmopolitan*, *Readers Digest*, etc.

In recognition of his distinguished achievements a number of honorary degrees have been bestowed upon Dr. Wiggam by colleges and universities.

# NEW CHALLENGES TO AMERICAN STATESMANSHIP

## WIGGAM'S LECTURES ON GREAT AMERICAN TRENDS

### ★ WHO SHALL INHERIT AMERICA — THE STRONG OR THE WEAK, THE INTELLIGENT OR THE STUPID?

Are our American people improving or deteriorating in their heredity, their inborn intelligence, health and character? How we can raise the human level, the inborn qualities of the American people. (Consider a few facts on the reverse side.)

### ★ AN EDUCATED MAN — OR WOMAN — IN THIS CHANGING WORLD

Are we headed for a revolution? "Yes," says Wiggam, "but a bloodless one, a revolution of renewal and renaissance." With eloquence, wit, and humor, he discusses the pathway of the past generation, the outlook of the present, and the attitudes and mental habits that will enable the individual to function more happily and effectively in the changing world that lies ahead.

### ★ YOUR ABILITIES — HOW TO DISCOVER AND DEVELOP THEM

Dr. Wiggam receives an average of 3,000 letters weekly from readers of his illustrated newspaper column, "Let's Explore Your Mind," which reaches ten million people in one hundred newspapers. Half these letters ask: how to choose your vocation; find your aptitudes; improve your memory, your thinking power, vocabulary, reading ability, power in argument, get-along-ability with others; and develop your personality. Dr. Wiggam presents many of the latest findings of the psychologists in answer to these questions.

## AUDIENCE APPEAL

**BUFFALO:** "Largest audience the Women's Teachers' Assn. ever attracted. Twice as many as they ever drew before."—*James C. Kennedy, Courier Express, Feb. 18, 1937.*

**NEW YORK:** "The audience was made up of delegates and presidents of about 300 clubs. It represented some 30,000 women. All enjoyed your interesting and helpful discourse, and I have already had many inquiries for you. We hope to have you again next year."—*Stella S. Dunham, Chairman of Program, N. Y. City Fed. of Women's Clubs, Feb. 12, 1937.*

**DETROIT:** "A full house (Orchestra Hall seating 2,250) for Dr. Wiggam. Turned away hundreds who tried to get in."—*J. Albert, Detroit News, Feb. 19, 1936.*

**WASHINGTON:** "Congressmen, Senators and other high officials of the Government who heard Dr. Wiggam's lecture express themselves with a degree of enthusiasm seldom given to a Town Hall speaker.

Everyone is anxious to hear Dr. Wiggam again."—*Congressman Brooks Fletcher, April 2, 1936.*

**DALLAS:** "Dr. Wiggam's appearance was an unqualified success. Auditorium seating 2,600 was completely filled, with 'Let's Explore Your Mind' fans. Many standing, scores turned away."—*H. C. Withers, Dallas Journal, Jan. 15, 1937.*

**OKLAHOMA CITY, OKLA.:** "Without a doubt, speakers such as Dr. Wiggam will make Colony Club the success we hope to make of it. We most thoroughly enjoyed Dr. Wiggam."—*Ann Rothmeyer, Jan. 16, 1937.*

**MEMPHIS, TENN.:** "Dr. Wiggam's two lectures were superb. Very seldom, indeed, do we have lecturers who receive such unanimously high praise. He instructed, enlightened and entertained. We shall certainly want him again."—*C. C. Ogilvie, Director, Goodwyn Institute, Oct. 19, 1936.*

Dr. Wiggam's lectures are on a nation-wide scale because they come straight to the heart and everyday life of the individual. As John Spargo, sociologist, said, "I have heard all the great orators of the world, but I have never heard a speaker who so completely took his audience into his heart and personality by his own humanness." When Wiggam addressed the Dutch Treat Club in New York, America's foremost body of Who's Who men, James B. Pond, editor of *Program*, said, "It was like watching a great artist painting a great picture. Wiggam knows the lecturing art as few men living know it." O. O. McIntyre in his "New York Day by Day" column said, "For a smooth speaker I take Albert Edward Wiggam." Claire Dana-Mumford, President "Query Club," New York (foremost women writers of America), "Dr. Wiggam is the best after-dinner speaker today in New York—the best in the past quarter of a century." And from Franklin Giddings of Columbia University came this tribute: "Wiggam has made the greatest contribution to popular education made in America in fifty years."

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Publishers of "Among the Deep-Sea Fishers"

156 FIFTH AVENUE, NEW YORK, N. Y.  
February 28, 1938

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

Dear Dr. Kellogg:

Today is my seventy-third birthday. As I count the good things which have come to me through a long life, the loyal support you have given the work on the Labrador Coast, which we both hold so dear, is an outstanding blessing.

It is hard for me to realize that "Anni Domini" have taken their toll and that I must be less active in the work which will always be part of my life, and which, through forty five years, it has been my privilege and joy to see begun and increased. I want to reverse the usual order, and send my birthday greetings to you. There is no better greeting that I can share with you than my conviction and assurance that under the able supervision of our generous Board of Directors, and the leadership of my efficient and loyal colleagues on the Coast and here at home, our work will go on into fields of greater usefulness and service.

Sincerely and gratefully yours,

*Wilfred Grenfell*

# MOTHERS HEALTH CLINICS OF FLORIDA

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## CERTIFIED PUBLIC ACCOUNTANT

HARRY B. GRAHAM

Dear Doctor Kellogg:

I did not remain Sunday afternoon to congratulate you on your address as I knew there would be many waiting to see you.

Last fall I completed a book along these lines which Brandt and Brandt accepted for placement. I have considerable data which I would be pleased to give you for your library if you wish to have it.

The birth rate in the U S has been falling for about a century but the lowered death rate has been compensating for the fall. However the most serious aspect of the situation is that reproduction is now taking place in the lowest social strata, with their heavy load of disease and degeneracy, at practically twice the rate of the comfortable income classes. We are rapidly breeding a race of morons and degenerates. As you stated the end will come in about three generations if the present trends are not checked.

The task for which this Clinic was organized is about completed. We have demonstrated a simple and easy method of reducing morbidity and mortality along eugenic lines, and the results published in scientific journals. The next step is to induce official health agencies to add this program to their routine activities.

One of the greatest difficulties in eugenic and health programs is to evolve an approach which is easily publicized. The new plan on which we are working seems to be overcoming that difficulty. I have found by test that it is easily and quickly accepted by newspapers. And although the plan is only in its formative states, we have organizations already being effected in several localities in cooperation with the local health agencies.

Louise May, a publicity director of many years experience, has been assisting me with this new proposed program. In her opinion, the proposed plan is a 'publicity natural'. It is something which would fit right in with your 'aristocracy of health' and should help put your idea across to the public.

I shall be very glad of an opportunity of discussing this with you and will bring Mrs May with me if you desire.

Very sincerely yours,

*Lydia Allen DeVilbiss*  
Lydia Allen DeVilbiss M.D.

Enc: Reprint,  
Leaflet.



THE PUBLIC HEALTH APPROACH TO  
CONTRACEPTION

LYDIA ALLEN DEVILBISS, M. D.,  
Miami.

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*The Journal of the Florida Medical Association*  
*October, 1937*

## THE PUBLIC HEALTH APPROACH TO CONTRACEPTION

LYDIA ALLEN DeVILBISS, M.D.,  
Miami

During the 25 years of its activities in the United States, the contraceptive movement has gone through two distinct phases: the popular and the medical. It is now entering the third and perhaps the last stage. This is the public health approach or the use of scientifically applied contraception as a factor in reducing morbidity and mortality.

Neither birth control propaganda nor birth control clinics reach that large portion of the population where the need for contraceptive advice may be most urgent. On the contrary, in practice contraception has been utilized to the largest extent by those families who are perhaps best fitted to bear and rear children. The birth rate among the comfortable income classes (estimated at \$2,500 annually) for the years 1928-32 inclusive was 110 per 1000 married women of child bearing age. For those families wholly supported by charity (with a high percentage of disease and degeneracy) the birth rate was 207.<sup>1</sup>

The value of scientifically applied contraception in reducing morbidity and mortality rates has not been accepted by a majority of the medical and public health professions. It is possible, however, that control of inheritance in addition to the established hygienic control of environment may prove to be basic in reducing preventable sickness and death.

In the consideration of maternal mortality it is accepted that women who are suffering from tuberculosis or heart or kidney ailments are more apt to suffer serious injury or to lose their lives in pregnancy than women who are in normal health. It is therefore entirely reasonable to assume that if women who are in such poor physical condition as to be classed as poor maternity risks were to be given protection from pregnancy until such time as their health warranted the attempt to bear a child, the maternal mortality rate would be reduced.

To determine whether and to what extent protection from pregnancy for poor maternity risks would affect maternal mortality an experiment was begun in Dade County in 1932.<sup>2</sup> For the purpose of this study, a poor maternity risk was defined as a woman who could not bear a child with safety to the life and health of mother and baby. During the four-year period, 1932-35 inclusive, contraceptive advice was given to more than 1200 white women most of whom would be classed as poor maternity risks. The maternal mor-

tality rate for Dade County for resident whites was 8.4 in 1932. In 1935 it was 4.2. During the same four-year period the resident white maternal mortality for the State of Florida was reduced from 8 to 7.3.<sup>3</sup>

In order to reach that large number of indigent sick women who perhaps need contraception most, some method other than that customarily employed by contraceptive clinics was found desirable. Following public health procedure in the control of other problems in hygiene, a case worker was employed to visit these women in their homes. In order for her work to be most effective and to reach the largest number of indigent sick women in the shortest period of time, a simple, inexpensive contraceptive was necessary. Something was needed which did not require the administration of a physician and which the case worker, under the supervision of a physician, could use to instruct women in their homes.

Soap has long been known to be an effective spermicide.<sup>4</sup> The experiment with various forms of mild soap, however, produced many irritation complaints and resulted in admitted non-use pregnancies. Experiments were then begun with soap substitutes such as are used for the foaming element in certain types of tooth pastes and for other purposes. The chemical selected for this purpose has the formula of  $C_{13}H_{27}OSO_3Na$ . This was combined with a protective colloid and 1 part in 250 paraformaldehyde (oxythemethline) to prevent mold. Paraformaldehyde 1 part in 256 is reported also as an effective spermicide.<sup>5</sup> This formula produces a copious foam which is stabile. In order to provide the necessary moisture to produce the foam and as a convenient method of introducing foam into the vagina previous to relations, a small sterilized sea sponge was selected after tests of many varieties of rubber and natural sponges.<sup>6</sup>

A Technical Committee was appointed to direct and supervise this experiment.<sup>7</sup> Samples of the formula were submitted to laboratories for spermicidal reports.<sup>8</sup> Two laboratories reported that on contact with the foam an immediate marked reduction in motility was observed and all motion stopped at periods varying from 60 to 90 seconds.

Tests for the possibilities of irritation on mucous membranes were carried out independently in two laboratories.<sup>9</sup> The first experiments were made on the vagina of the bitch. Due, however, to the many differences between the vagina of the dog and the human, the opinion was that tests on the dog were not conclusive for comparative data.

Tests for irritation were then conducted in-

dependently using the dogs' conjunctivae. A small quantity of weak lactic acid was placed in both eyes and one held as a control. Various amounts of foam were introduced into one eye, daily and twice daily, for six days. Only one young dog on the sixth day showed signs of irritation which promptly cleared up when the foam was discontinued.

A series of women who had been using the formula for several months was also examined. Careful observation failed to discover any irritation. Two cases of irritation complaints were found to be the result of excoriated labia in women who were overweight and two other cases were cleared up by cauterization of the cervix.

The experiment with white charity patients was begun early in 1935. Patients were instructed in the use of sponge and foam powder in their homes and at the Clinic. A careful case history was taken and reviewed by the physician in charge. All cases in which there was any complaint or in which the case record indicated need for medical or surgical care were examined and referred to the physician or agency for care. Insofar as was possible all cases of reported pregnancy were also examined. In four pregnancies occurring among white patients large cervical tears were discovered. The work among the colored in Dade County began in May, 1935, and continued to June 1, 1937. Whenever patients were found to be of such low average intelligence that they could not cooperate consistently, such families were recommended for sterilization.

**TABULATION OF RESULTS**

The efficacy of contraceptive methods is computed in terms of 100 person-exposure years. To obtain this figure, the total number of months is divided by 1200. The number of pregnancies divided by the number of 100 person-exposure years gives the pregnancy rate.

In a study of all methods used and for all families, Stix and Notestein<sup>10</sup> report a pregnancy rate of 27. The pregnancy rates for the formulas used in the Mothers Health Clinics compare favorably as to results.

**TABLE I**

**White—Dade County, Florida**

1. Cases	
Number cases at beginning of experiment, May, 1935.....	27
Total case histories as of September 1, 1937.....	431
Cases eliminated, using formula less than 6 months.....	228
Total net cases reported for this tabulation .....	203

2. Months used	
Total months used to pregnancy....	303
Total months used all cases.....	2498*
3. Pregnancies	
Total pregnancies in 203 cases....	877
Total non-pregnant while using formula .....	170
Total pregnant while using formula.	33
Reason given for pregnancies	
Admitted non-use.....	26
Admitted improper use.....	3
Unknown or failure.....	4
4. Effects reported, none.	
The pregnancy rate in terms of 100 person-exposure years is 16.	

**TABLE II**

**Colored—Dade County, Florida**

1. Cases	
Number of cases at beginning of experiment, May, 1935.....	59
Total case histories as of June 1, 1937	850
Lost address, no report or other method .....	110
Total number of completed case histories .....	740
Cases eliminated, using formula less than 6 months.....	275
Total net cases reported on for this tabulation .....	465
2. Months used	
Total number of months used to pregnancy .....	696
Total number of months used by 465 cases .....	6440*
3. Pregnancies	
Total previous pregnancies in 465 cases .....	2303
Total number of pregnancies occurring while using formula.....	84
Pregnancies occurring in 1935....	80
Pregnancies occurring in 1936....	4**
Reasons given for pregnancies	
Admitted non-use.....	79
Admitted improper use.....	0
Unknown or failure.....	5
4. Effects reported, none	

The pregnancies occurring in these cases per 100 person-exposure years, for all pregnancies including admitted non-use, total 16.

If the pregnancy failures are computed per 100 person-exposure years, the rate becomes minus 1.—

\*Number of months computed as of last date seen.  
 \*\*This is taken to indicate a growing confidence in the method and better cooperation on the part of the patient.

**TABLE III**  
White—

Mothers Health Clinic of West Palm Beach  
LouWillia Honacker, R. N., Supervising  
Director

1. Cases
  - Total cases beginning March, 1936, and ending September 1, 1937 . . . . . 177
  - Cases eliminated, using formula less than 6 months . . . . . 34
  - Total net cases reported for this tabulation . . . . . 143
2. Months used
  - Months used to pregnancy . . . . . 106
  - Total months used all cases . . . . . 1674\*
3. Pregnancies
  - Total pregnancies all cases . . . . . 779
  - Total non-pregnant while using formula . . . . . 126
  - Total pregnant while using formula . . . . . 17
  - Reasons given for pregnancy
    - Admitted non-use . . . . . 9
    - Admitted improper use . . . . . 1
    - Unknown or failure . . . . . 7
4. Effects reported, none
 

Computed in terms of 100 person-exposure years, the pregnancy rate is 14.

**TABLE IV**

Tabulation of records taken by Helen Gould Countryman during November-December, 1936.

A cross section of Mothers Health Clinic cases of Miami using several foampowder formulas covering the period April, 1935,-December, 1936, inclusive.

Case Records	White	Colored	Total
Total number of case records	212	331	543
Cases eliminated using formula less than 6 months	108	80	188
Number net cases on which tabulation is made . . . . .	104	251	355
<i>Pregnancies</i>			
Total number previous pregnancies . . . . .	549	1311	1860
Cases not becoming pregnant while using formula	94	203	297
Cases becoming pregnant while using formula . . . . .	10	48	58
Reasons given for pregnancy			
Admitted non-use . . . . .	8	44	52
Admitted improper use . . . . .	2	1	3
Unknown or failure . . . . .	0	3	3
<i>Months of Use</i>			
No. of months used previous to pregnancy . . . . .	91.5	384.5	476
Total number of months used formula . . . . .	1066.5	3279.5	4346
<i>Years of Marriage</i>			
Total No. years married before using formula . . . . .	1305.4	2738	4043.4
Total No. years married while using formula . . . . .	7.6	32	39.6
<i>Reported Effects of Formulas</i>			
No. cases reporting no effects	96	233	329
No. cases reporting burning (discarded formulas) . . . . .	8	18	26

Pregnancy rate 16, computed per 100 person-exposure years.

**CONCLUSIONS**

Contraceptive advice given to poor maternity risks is an inexpensive and quick method of reducing maternal mortality and more effective when combined with adequate prenatal and obstetrical care than either method alone.

Contraceptive information can be given to indigent sick families in their homes by trained case workers under the supervision of a physician.

Private clinics or those operated by private agencies cannot cope with the problem of providing contraceptive advice for the indigent sick of the population nor for those unable to employ private doctors.

Contraceptive advice scientifically applied may prove to be a useful adjunct to health departments in their program of reducing morbidity and mortality rates, especially for mothers and infants.

The cost of this method is but a fraction of trying to provide medical and hospital care for sick indigents. Wisely used it can prevent much needless suffering as well as eliminating many problems of community administration.

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\*Number of months computed as of last date seen.

Do You Love Children?



COURTESY MIAMI DAILY NEWS

**SAVE-THE-MOTHERS FUND**



# Did You Know--

**that** in 1932, 200 of the worst cases under the care of the Department of Health were referred to the Mothers' Health Clinics to determine what, if anything, could be done for them?

**that** 154 of these mothers were in poor health! And less than half of them classed as normal mentally! That 89 were diagnosed as feeble-minded and 7 as psychopaths!

**that** the husbands were of like physical and mental condition and included 2 epileptics, 1 insane and 6 chronic alcoholics!

**that** in several of the families the number of children totaled as many as 14! That in every case at least 2 charitable organizations were giving aid . . . with as many as 15 such organizations helping **one** family. The average showed 5 charitable organizations combined to aid one family.

**that** one feeble-minded mother of 13 children in her 14th pregnancy was in desperate condition. She was sent to a hospital and restored to health . . . and in addition no more defective children from this pair will complicate the problems of this community.

Another feeble-minded pair has already cost the City in hospital bills alone . . . in 20 months . . . the sum of \$1,684.

**that** In 1937, a check-up of these 200 families shows: Closed by operation, 35 . . by death or separation, 15 . . by removal, transfer to other clinics, or persistent non-cooperation, 100 . . . Cases still active and under the care of this clinic, 50.

**that** THE WORK BEING DONE BY THE MOTHERS' HEALTH CLINIC IS ONLY A SMALL PART OF THE CARE THAT MUST BE TAKEN IN THIS COMMUNITY IF WE ARE TO LIVE UP TO OUR NAME OF "MAGIC CITY."



**The Executive Board invited a group of prominent Miamians to visit our families. The following letters were written by some of those who made these visits.**

REV. GLENN C. JAMES  
White Temple

If anyone tried to tell me about conditions that exist here in Miami, I am sure I would have told them that they were magnifying things greatly. I have seen slums in Chicago and other large cities, but I have never seen anything worse than what I saw in our own community. How do we believe we can keep from creating a large crop of criminals and prostitutes when such conditions are allowed to exist?

I saw many miserable shacks in which most of us would not care to keep chickens or dogs, yet where families of 8 or more children were existing — God knows how—with their parents and sometimes other relatives. These houses seldom have more than 2 rooms and oft-times only one.

What a heritage they pass on to future generations! Some way must be found to check, if not stop entirely such propagation, and certainly sickly, ignorant, diseased mothers should not be bearing such excessively large families.

MRS. HICKS ALLEN  
Member Board of Trustees, Jackson Memorial Hospital

I wish that every thinking person in Miami had the same opportunity I had this morning to call in person on some of the patients under care of the Mothers' Health Clinic.

The first place we stopped was a one-room shack with no windows, no screens, just openings with wooden shutters. The mother sat nursing a 13 months old baby that is trying to recover from pneumonia. This mother's body was badly infected and she is sorely in need of hospitalization. The six children ranging in ages from 13 years down to the baby, together with the mother and father live in that one room. Until I had seen it, I would not have believed that such conditions exist in Miami.

MRS. HOLLIS RINEHART, Jr.  
President Junior League

I want to thank you for the privilege of accompanying your case worker on her rounds.

I saw diseased children born of diseased parents and children born of sub-normal parents. I saw unwanted, neglected children, living under conditions of the most abject poverty.

The various sorts of tragic conditions I saw helped me to realize how necessary it is that birth regulation information and supplies should be given to these families who most need them.

The cases I saw reaffirmed my belief that such work as the Mothers' Health Clinic is doing is an absolute necessity in any intelligent community welfare program.



# Save-the-Mothers Fund

## THE MOTHERS HEALTH CLINICS OF FLORIDA MIAMI

### The Aim:

To induce hospitals, clinics and health departments to provide child-spacing advice for their indigent sick clients so that children may be born with due regard to health and general welfare.

To obtain legislation so that hospitals operated at public expense shall accept for voluntary sterilization patients who are recommended by doctors for eugenic or health reasons.

### Purpose:

To reduce maternal and infant mortality and to insure a higher standard of health for families;

by giving protection from pregnancy to mothers feeble in physical or mental health

so that the general health standards of the community may approach the ideals of Better Living.

### The method:

A trained worker takes a careful case history and gives supplies as needed. This record is reviewed by the doctor in charge and any need for medical or surgical care is referred to a physician, or to the City or County. All cases are carefully followed until closed. All charity cases are cleared through the Social Service Exchange, and any material need is referred to the proper relief agency.

### Accomplished:

During the four years from 1932 to 1935, inclusive, advice was given to 1290 mothers in Dade County. In 1932, the maternal mortality rate for resident white mothers was 8.4 per 1000 live births. In 1935, this was reduced to 4.2. The rate for the state of Florida was 8 in 1932, and 7.3 in 1935.

Contraceptive advice scientifically applied to poor maternity risks will reduce mothers' deaths more rapidly, when combined with prenatal and obstetrical care, than either method alone.

The work of the MHC is made possible by gifts of generous people and by doctors who contribute their services. The books are audited by a CPA, and are open to inspection.

The MHC has been endorsed by the Chamber of Commerce and by other organizations. The cooperation and assistance of all persons and organizations is invited and needed.

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SERVICE (IN COOPERATION WITH  
THE SOUTHERN CALIFORNIA  
SOCIETY FOR MENTAL HYGIENE)

March 1, 1938.

Dear Dr. Kellogg:

Many thanks for the copy of "How to have good health through biologic living." I have been reading it with much interest as have the two older boys. I have not seen much of Good Health magazine during recent years and should welcome any back numbers.

I shall be in Ohio about the middle of May, on my spring lecture tour. My schedule is not yet quite complete, but it is possible that I can get to Battle Creek and give you a call, if you will be up there by that time. Before I start East (toward the end of this month) I want to get a picture of my family, and if it turns out fairly well I shall certainly send you a copy.

The American Eugenics Society is gradually getting under way again, after having virtually gone through bankruptcy. The present management is proceeding very slowly and cautiously,-- doubtless you keep in touch with them. They are tending to shift the emphasis over from the biological to the sociological side. However, the field of race betterment is large enough to be entered from a dozen different sides.

The Institute of Family Relations has not gone into health education because it was our policy not to overlap or

duplicate the work of any other agencies. We have therefore kept out of the legal and medical field, out of the birth control field, and out of the social hygiene and venereal disease field, believing that there were organizations intended to deal with subjects like those, and that we had all we could handle in our own territory. But of course we are sympathetic with all these other agencies.

With best personal regards, I am,

Cordially yours,

  
Paul Popenoe, director.

A M E R I C A N E U G E N I C S S O C I E T Y

CALIFORNIA DIVISION

ADDRESS: C/O LOS ANGELES MUSEUM  
EXPOSITION PARK, LOS ANGELES  
Richmond 2194

VOL. IV, No. 6

March, 1938

Lectures at the L. A. Public Library

March 17, at 7:30 p.m., Dr. Louis P. Thorpe of U. S. C. on "The Inheritance of Mental Abilities."

April 21, at 7:30 p.m., Dr. Elmer Belt on "Should the state require a compulsory physical examination before marriage?"

May 19, at 7:30 p.m., Dr. Max W. de Laubenfels of Pasadena Junior College on "Lets Abolish the Proletariat!"

NEWS and NOTES

California cities have the lowest birth-rates to be found in the United States, according to calculations by Dr. Bernard D. Karpinos, just released by the Population Association of America. With the one exception of Atlantic City, N. J., which for some reason is in a class by itself, San Francisco shows the lowest "net reproduction" rate, producing 46 children instead of 100 necessary to take the places of persons who die. Other California cities show the following rates, in every case below the replacement level:

San Francisco	.46	Stockton	.62	San Diego	.73
Pasadena	.51	Alameda	.63	Alhambra	.74
Los Angeles	.53	Glendale	.63	Bakersfield	.74
Berkeley	.55	San Jose	.63	Riverside	.76
Santa Monica	.56	Sacramento	.65	Santa Barbara	.78
Oakland	.60	Santa Ana	.69	San Bernard <sup>o</sup>	.83
Long Beach	.61	Fresno	.71	Belvedere	.94

Figures apply only to the white population (fertility of Japanese in California is higher), but include Mexicans, whose presence is probably responsible for the relative high showing of some of the Southern California cities, particularly Belvedere Township.

It has long been known that cities never perpetuate themselves, biologically. They are destroyers, not producers, of human beings. They survive only because people brought up on the farm continue to migrate to them. The average net reproduction rate for all cities in the United States is .85. Measures to improve the farmer's economic position and to improve social and educational conditions in rural areas should be of great indirect advantage, eugenically.

Join the society. -- Only \$1 a year.

*Adk.*

WILLIAM GILBERT ANDERSON, M.D., M.P.E., DR. P.H.  
DIRECTOR YALE GYMNASIUM - EMERITUS  
BOX 1802, YALE STATION, NEW HAVEN, CONN.

March 2, 1938

Dr. John Harvey Kellogg  
Battle Creek Sanitarium  
Miami, Florida

Dear Dr. Kellogg:-

Your reputation has gone far afield, one evidence being this photograph of you which appeared in our last evening's paper. You are a wonderful man and retain your youth in a remarkable manner. The picture does not do you credit. You are far better looking than this.

I think of you often and look back with such moving pleasure to our last visit in Battle Creek, when you gave me the crowning glory of my academic life.

With kind regards.

Faithfully yours

*W. G. Anderson*

WGA/LAP

March 3, 1938

Sir Wilfred Grenfell,  
St. Simon's Island, Ga.

My dear Sir Wilfred:

I have your letter of February 24.

Thank you very much for writing me about Dr. Wallace. I am delighted to know something of what he is doing.

I am not surprised to hear that the reports of the accomplishments of the new method of growing vegetables in water or sand have been exaggerated. Mr. Calkins in connection with a nurseryman near by is making some experiments which I am watching with interest. There is, however, no doubt that this method might be used by your northern people quite extensively in the cold months for growing greenstuffs which otherwise might be inaccessible to them. Plants manufacture vitamins. They do this best under the intense ultraviolet radiation of the tropical sun. In the winter in Michigan we have almost no ultraviolet rays, so the greenstuff you would raise in Labrador would probably not contain very much vitamins.

I know of Mr. Ford's work. It is really very remarkable. He has not made much progress in the food line, but he has done much in the line of utilizing the soybean in making varnish, paints, etc. and various plastic materials.

Mr. Ford, as you may not know, is a vegetarian. He comes to Battle Creek. I had a lovely letter from his wife some time ago thanking me for some foods which I sent her.

Sir Wilfred Grenfell, No. 2.

I had an interesting letter from John D. Rockefeller some days ago. He is interested in methods of combating old age as we all are.

I hope you will continue to improve and that Mrs. Grenfell is prospering.

As always sincerely yours,

b

March 3, 1938

Dr. A. W. Wiggam,  
241 Central Park West,  
New York City.

Dear Dr. Wiggam:

I have your letter of February 27.

I am delighted to learn that you are in such excellent health and that you are profiting by the information I gave you here. I am also profiting by making use of the same information. I keep the percentage of acidophilus in my stools at 90. I have no difficulty at all in doing this.

I recently examined the stools of a female chimpanzee nine years old and found 80 per cent acidophilus. The animal has never tasted meat and will have nothing to do with it. It smells it carefully and then goes off and leaves it.

Your method of taking soy acidophilus is all right. It does no harm to mix it with milk or any other food. It is important to take Lacto-Dextrin with it to feed the bacteria.

Doctors scoff at the whole matter of auto-intoxication. One reason I think is the fact that this doctrine is very hostile to their business. When one changes the intestinal flora nine-tenths of one's physical miseries disappear.

As regards the effect of hydrochloric acid on Lacto-Dextrin, evidently somebody has been giving you a lot of misinformation. There is not the least antagonism between hydrochloric acid and Lacto-Dextrin. The sugars resulting from the inversion of Lacto-Dextrin are just as effective in promoting the growth of the protective bacteria as is Lacto-

Dr. A. W. Wiggam, No. 2.

Dextrin, but no such change occurs. The stomach is not a laboratory test tube.

There is plenty of calcium in soy acidophilus.

The best way of taking hydrochloric acid is in the form of Acidone Tablets, two or three of which you will find enclosed. Each one of these contains one drop of pure anhydrous hydrochloric acid, equal to 10 drops of the dilute acid.

I am very glad indeed that you are continuing loyal to biologic ideals.

There are a lot of things I should like very much to talk with you about. I wonder if you receive Good Health regularly. I am sending you, under separate cover, the December number, two articles in which I have marked. Look these over. You will see what we are headed for. If you have not had time to look into this, I wish you would do so. There is chaos ahead of us and the yellow nations will be ruling the world and not far ahead.

I should love to have a good visit with you and to lay some plans for a great campaign in which you might be the leading star. Why not run down and spend a couple of weeks with me next month. We are crowded full just now so we could not make you comfortable, but a few weeks later will not be crowded and will be delighted to have you with us. We have so many kindred interests I think we would have a very profitable time in sitting down together, and I will initiate you into the latest technic of biologic efficiency.

Kind regards to Mrs. Wiggam.

As always faithfully yours,



My address till March 5. evening: Here at Jack  
Townville Epping  
Forest  
after the evening of March 5:  
St. John Hotel  
Charleston

EPPING FOREST  
ON ST. JOHN'S RIVER

South Carolina March 4. 1898

To address  
the South Carolina  
Medical Society on the  
March 8 on the  
treatment of pre-  
mature old  
age.

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

My dear Dr. Kellogg,  
This is the first minute of leisure  
since I have left you - Mrs. du Pont  
having left for her office in Jackson-  
ville, which allows me to write you  
a few lines. First to thank you from  
all heart for your great kindness to me  
your wonderful hospitality, & your  
great courtesy, as if you were a  
true Southerner, like described in that  
wonderful novel, "Colonel Carter of  
Cartersville".

Mr. Thomas Mellon has been most  
kind to me, taking me as his guest  
to the Breakers & as there were dinner  
parties  
to me at the Everglade & the Beach club  
being introduced to very many  
persons, who all knew you & your  
famous Institution, I had to stay  
3 days arriving yesterday Thursday  
evening here. I have given your com-  
pliments to our patient & friend Mrs.  
du Pont, who is one of your admirers.

POST-TELEGRAMS  
JACKSONVILLE  
FLORIDA

I would like to give a lecture at Washington on the treatment of old age quoting you as an example. If you have got a friend there in our profession of medicine I would thank you for an introduction. With hearty regards to Mr. Mellon, Mr. Merriam, and please give my best thanks & kindest regards to Mrs. Harvey.

As soon I find several minutes of free time I shall send you a sketch of my life & the photo which is also published a few years ago in the seventh & latest German edition of my book, "Old age deferred" published by that very old Medical publishing firm, Johann Ambrosius Barth, Leipzig. That photo is without that on. I also send you the last photo made several days ago in your garden by Mr. Mellon, in which with my hat on I look as they say here, a young man. This would mean an object lesson on the advantages <sup>& effects</sup> of a hygienical, nearly exclusively vegetarian diet for a man at ~~my~~ my age, being close to 73 years. But you, my dear Dr. Kellogg, are a still better object lesson as I also said at my lecture last Sunday, comparing you to St. the Knight Saint-George fighting a putrefied Colou & noble example to follow, not to retire from work but to work on as long we live, to do work being the destination of man & <sup>all</sup> animals on this earth! And what a fine example you are for a high age with a perfect conservation of your mental faculties to be envied even from men at a middle age. I admired it before I left dictating before me 2 long letters as introductions for me. I pray to God for your long life & remain with kindest regards  
Yours most sincerely  
Arnold Lombard

March 4, 1938

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

Dear Prof. Fisher:

You doubtless saw in the New York Times the report of a lecture given by Prof. Raymond Pearl before the New York Academy of Medicine. I am particularly interested because the tables which he has prepared demonstrate the truth of my contention for many years that tobacco is harmful in all doses. This is true of all poisons. There can be no such a thing as moderation in the use of a poison, for poisons are damaging in all doses. Moderation applies only to wholesome things. That is the essential difference between a poison and a food. One is wholesome and only harmful in excessive doses and the other is a poison and harmful in all doses.

The facts with the quotation from Prof. Raymond Pearl's address ought by all means go into the new edition of How to Live.

By the way, wouldn't it be a good time to revive the committee on tobacco?

I had a letter from John D. Rockefeller the other day. He is interested in knowing how to combat old age. I feel certain that we have at last mastered this problem. The next time I have an opportunity to see you I will be able to give you proof that my flora is changed and remains changed. My acidophilus percentage has not been below 85 for several months.

I think I wrote you that I had an opportunity to examine the stools of a 9-year old chimpanzee that had never eaten meat. It posi-

Prof. Irving Fisher, No. 2.

tively refuses to touch it. I found the percentage 80. The lady who has charge of the animal tells me that she has never once observed a bad smelling stool. The stool smells slightly sour but never putrid.

There is just the same difference between a normal stool and the ordinary civilized stool, that of a mixed feeder, as there is between sour milk and meat and for the same reason. One contains putrefying animal substance and the other contains sugars undergoing change into lactic acid and other harmless acids.

If I could have had the good fortune to have known what I know now, I believe I may easily have prolonged my life to 150 years. Within the next two centuries I have no doubt at all that this will be done and certain persons may perhaps reach 175 or even 200 years. I myself am feeling in better health than in several years and notwithstanding extremely hard work. I am now getting some things off my hands so I will have an opportunity to sleep and eat sufficiently and to get a little more exercise and I shall soon be accumulating a little pep. The next time I see you I think you will find me in better health than you have known me to be in for many years. My metabolism is normal and endurance good and I am able to expedite work better than for a long time.

Trusting that you are flourishing and with best wishes, I am

Sincerely yours,

b

P. S. Can't you run down here for a few days a little later? I should

Prof. Irving Fisher, No. 3.

like to chat with you about a big lecture campaign to cover the whole country. I feel the time has come for making such a move. The statisticians have made clear the rapid progress being made by depopulation which will bring the United States to half its present population in a century and England to 4,500,000 is startling news. Accumulated evidence is so convincing that its proper presentation ought to awaken multitudes to a realizing sense of necessity for a radical change from our perverted practices to normal modes of living.

I am hoping to have a visit from Wiggan some time this spring and perhaps from Admiral Byrd.

b

ST. LUKE'S HOSPITAL  
PRIVATE PAVILION  
NEW YORK

Mar. 2<sup>o</sup>. 38

Dear Dr. Kellogg  
since I posted my hurried air  
mail letter two hours ago I've seen Mr  
Donegan - the fine personality I described  
in my letter of this morning - & then I  
came on here, & my wife begs me to  
tell you what an invaluable thing it  
would be if I we could get him to  
go direct to you & get a real treatment  
& relaxation. He said I have made up  
my mind to go away for a time somewhere.  
Would Miami Belle Creek have the  
Diathermy & other electrical treatment  
I am ordered here? He volunteered an  
assertion that he hated drugs - (as I &  
Hume do) - though Easter & Lent are on  
his, the fullest Episcopal Church in  
N. Y., & he so earnest & fine, he said

because I didn't know whether you were  
full up, or prepared to tackle his case. (The  
doctors would agree, & if not that wouldn't matter)

So  
will  
I hope

We talked of what you teach  
to (much) that from outside the  
the sun God sends to all His  
planets all the energy and  
life that exists, & that he needs  
only us to get back some how  
that same old sunshine on  
the form of living rays again  
give it the relating mechanism  
of men's spirits to make them  
new men while they are here.

He smiled. & I believe the  
whole of this is being decided,  
whether he comes now or later.

Do send him a love if you  
can have him, & do him good.  
He is not expecting anything

"I always find there is some reason  
when these apparent advantages over-  
take me - I come back having learnt  
much. You know how I feel about  
it. All I could say was I know  
that's right in my case -

I want you to write direct  
to him if you wish him to come -

Res. Horace Donegan.  
.800. Park Avenue  
New York.

I will call up friends to try to  
persuade him to come - & if God  
wills it, I believe he will - & I  
know you would make a new man  
of his 'carcase' & let a new light  
into his soul as well - It's to  
be a valuable personality &  
his influence widespread



March 5, 1938

Mr. Smith:

Doctor has invited Rev. Horace Donegan, 800 Park Avenue,  
New York City, to be a guest. No length of time was specified.

A. F. Bloese

b

March 5, 1938

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

Dear Dr. Knopf:

Your letter of February 22 has just reached my eye. I have been just buried up with work as I have a house full of patients and a lot more swarming on the outside. I am glad, however, it is not yet too late to send you the telegram, which I will endeavor to do, and to prevent any possibility of a slip I enclose herewith a copy of the telegram I am going to send.

Sincerely yours,

b

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CHECK
ACCT'G INFMN. Charge J. H. K.
TIME FILED

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

This telegram is to be sent out on March 11, not before.

March 5, 1938

Dr. S. Adolphus Knopf,  
McAlpin Hotel,  
New York City.

The Blizzard Class: I send you most hearty congratulations that you have not only survived the New York blizzard but have fought a successful fight against the old man with the scythe. I am proud to have had the privilege of sitting at an earlier date under the tutelage of those incomparable teachers Barker, Mott, Smith, the Flints, Peasley, Hamilton, Janeway, Lusk, and VanBuren. They created a sui generis type of medical men and immortalized the name of old Bellevue. In absentia I join with you today in homage to old Bellevue and its faculty.

JOHN HARVEY KELLOGG

B

March 6, 1938

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

Dear Mr. Morse:

I take great pleasure in introducing my friend of many years, Dr. Arnold Lorand, of Carlsbad and Vienna. Dr. Lorand has been for many years the leading physician at Carlsbad where he has been consulted by many hundreds of leading Americans who have become his friends as well as patients.

Dr. Lorand has made a life study of old age, its causes and how it may be combated and is himself a fine illustration of the value of his views and the success of his methods. His great work, "Old Age Deferred," has had a very large sale in this country and in many other countries. Several of his works on kindred subjects are equally popular.

Dr. Lorand has written on the subject of foods and is especially interested in the subject of the soybean and would greatly appreciate such opportunities as you may give him to become acquainted with what the United States is doing with the soybean and other new foods which you have been able to introduce through your Bureau.

Feeling sure you will esteem it an honor as well as a pleasure to meet Dr. Lorand and to show him every possible courtesy, I remain

Very sincerely yours,

March 6, 1938

Dr. Arnold Lorand,  
St. John Hotel,  
Charleston, South Carolina.

Dear Dr. Lorand:

I have your letter of March 4.

Thank you very much for your kind expressions. I am glad that you had such a pleasant visit with Mrs. Dupont. I am sure she enjoyed the visit as much as did you.

Most of my old friends in Washington have passed on,-- Dr. Alexander Bell, inventor of the telephone, Dr. Sternberg, Surgeon General of the army, and Dr. Billings. I am not so much acquainted with the younger set, but my good friend Dr. David Fairchild, for many years head of the Plant Introduction Department, son-in-law of Dr. Alexander Bell, knows everybody there and I will ask him to write you a letter of introduction to some one who will be able to introduce you to everybody in Washington.

I am enclosing a note to Mr. Morse, head of the Plant Introduction Department, who knows more about soybeans than anyone else in the world and will see that you are made acquainted with the great work which the Bureau has done in introducing food plants into this country from all over the world.

I wish you could visit Battle Creek before your return to Europe so that you might see the result of the sixty odd years'

Dr. Arnold Lerand, No. 2.

development of what some people call the Battle Creek Idea.

Trusting that you are enjoying every minute of your stay in America and hoping I may have the pleasure of meeting you again some time either here or abroad, I am

Faithfully yours,

b

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March 7, 1936.

Dr. John Harvey Kellogg,  
Miami Springs, Florida.

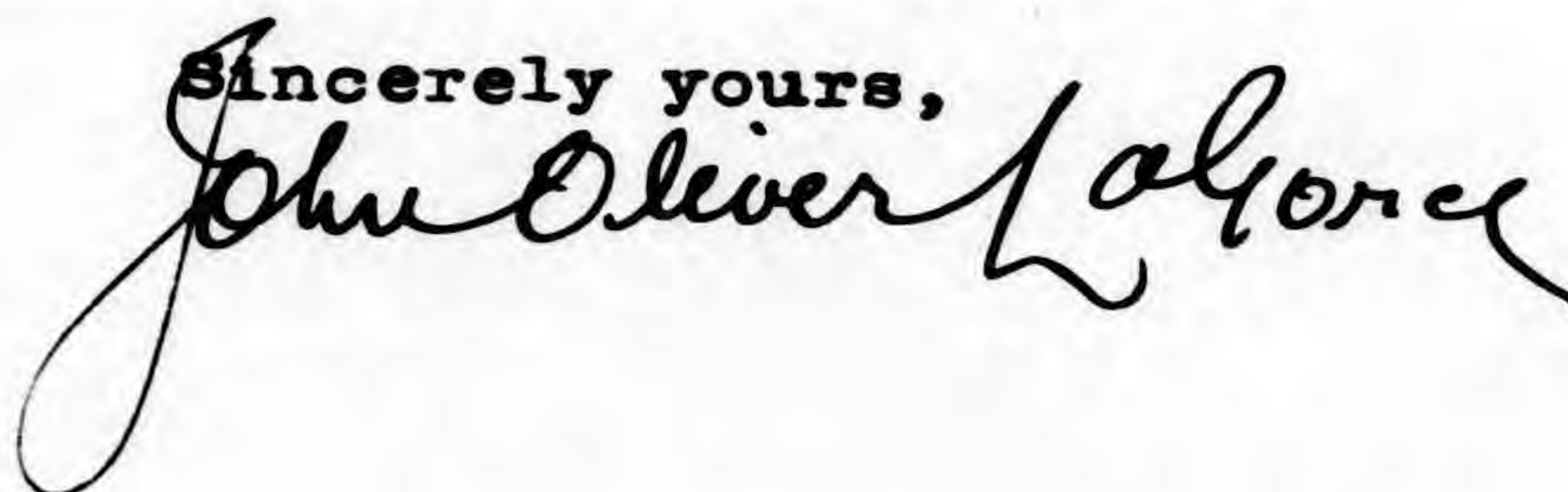
My dear Doctor:

It was a privilege to talk with you again yesterday and the Committee of Hosts, in charge of the Tenth Anniversary Dinner, is much gratified that you will take part in this "gridiron" series of interviews.

I assure you that this is only in good fun and without a thought of a moments embarrassment to anyone.

I enclose a copy of the questions that will be asked you, after your introduction, together with the humorous answers that you volunteered yesterday.

We are in hopes that this effort to prominently identify a few of the distinguished men of affairs, which the Club is proud to carry on its roster, will be satisfactorily guided through and in the best of humor. With all good wishes,

Sincerely yours,  


JOL:S

March 7, 1953

Mr. Paul Popenoe,  
The Institute of Family Relations,  
327-53 Consolidated Building,  
Los Angeles, Calif.

My dear Dr. Popenoe:

I have your letter of March 1.

I am glad to know of your work. Unfortunately I do not go home until the first of June, so I may not have the pleasure of seeing you on your trip East. Perhaps your lecture tour may be prolonged sufficiently so that I may have the pleasure of seeing you before you go back to the coast.

I am sorry to see by the papers that old Boreas has been treating you so roughly recently. The newspaper descriptions sound worse than anything that has ever happened in Florida. Fortunately our hurricanes always give us several days' notice when they come. We know just when they are going to strike and can always make adequate preparation for complete protection. There is rarely any loss of life and the small damage done to vegetation usually disappears within a few months.

Sincerely yours,



Grace Du Mond, Monkey Jungle, Homestead, Florida. March 7, 1938

JHK

I want to thank you for coming down to see Mary. I fear, in my confusion and worry over her, that I did not express myself adequately on the afternoon you were here. We do appreciate your interest in her and in our place.

Mary's recovery is slow, but we feel that she is on the mend. Her appetite is poor and she is still quite weak. She won't take much milk, but orange juice in almost any amount. I have been putting the Lacto-Dextrin in her orange juice and she takes it readily. The Nuflora I also put in her orange juice occasionally, but she does not care for that so well. Mary has been so much one of us for so long that we have been very greatly distressed over her illness.

In our general rush and confusion I did not get this in the mail box and it is now Thursday, a week from the day Mary was taken sick. Last night was the first time she really wanted food. This morning she went through her performance for the first time. It is good to see her back

on her feet again. She is still weak and sleeps a great deal, but she shows an interest in all that goes on and her appetite is coming back, so we at last feel safe about her.

b

TROPICAL  
MONKEY JUNGLE

HOMESTEAD, FLORIDA

JOSEPH DUMOND  
PROPRIETOR

March 7<sup>th</sup>

My dear Dr Kellogg.

I want to thank you for coming down to see Mary. I fear, in my confusion and worry over her, that I did not express myself adequately on the afternoon you were here. We do appreciate your interest in her and in our place.

Mary's recovery is slow, but we feel that she is on the mend. Her appetite is poor and she is still quite weak. She won't take much milk, but orange juice in almost any amount. I have been putting the Lacto Dextrine in her orange juice and she takes it readily. The Nuflora I also put in her orange juice occasionally but she doesn't care for that so well. Mary has been so much one of us for so long that we have been very

greatly distressed over her illness.  
Thank you again for your  
interest.

Most sincerely,

Grace du Mond

P.S.

In our general rush and confusion I didn't  
get this in the mail box and it is now  
Thursday - a week from the day Mary was  
taken sick. Last night was the first time she  
really wanted food. This morning she went  
through her performance for the first time too.  
It is good to see her back on her feet again.  
She is still weak and sleeps a great deal, but  
she shows an interest in all that goes on  
and her appetite is coming back. So we  
at last feel safe about her.

G. D.

March 8, 1938

Mrs. Mary E. B. Smith,  
96 Kalamazoo St.,  
Battle Creek, Mich.

My dear Mrs. Smith:

I have received your kind note of December 4.

I was glad to know that you are comfortable and that you have friends with you so that you are not uncared for.

Mrs. Haas who called is one of the numerous children I took into my home. She came to us in a very remarkable way when she was between two and three years old. Mr. Haas, my manager, is my son-in-law. They are Christian Scientists, but good Christian people and are helping me very efficiently in my work.

I am very glad to know that you are not left without a home and means of support. I am also pleased to know that the things I sent you were acceptable and appreciated.

Elder Tenney and I were not dumped out of the S. D. A. church because we did not love truth, but because Elder Daniells and W. C. White desired to get control of the Sanitarium and its work, to the building up of which they had contributed nothing and which they were utterly incompetent to manage. They overestimated their capacity for conquest and succeeded in alienating the whole S. D. A. denomination from the Sanitarium, repudiating as malefactors those who had been their friends and benefactors and who desired to continue to be such. Poor Elder Tenney was heart broken. I was not because I was well acquainted with the evil purposes that prompted the action and felt that since I had done everything I possibly could to avert a separation, if it was forced upon me I must accept it as one of the "all things which work together" and so

Mrs. Mary E. B. Smith, No. 2.

have simply gone right on doing what I was doing before, making only such changes as circumstances forced upon me. The lies which Daniells and W. C. White circulated the world over I have never thought it proper to spend time to pursue and expose. I have had my hands full of work and I could not take the time to defend my personal interests without neglecting my duty to the sick people under my care and other responsibilities.

Thanking you for your kind and appreciative words and hoping, as I said before, you will call on me when you find yourself in need at any time, I am

Very sincerely yours,

P. S. I was prompted to write you because I feel a certain responsibility for the many faithful ones who have been associated with me in my efforts to promote the great truths for which the Sanitarium stands.

UNITED STATES DEPARTMENT OF AGRICULTURE  
FOREST SERVICE  
SOUTHERN FOREST EXPERIMENT STATION



400 UNION BLDG.  
837 GRAVIER ST.  
NEW ORLEANS, LA.

March 8, 1938.

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

Dear Doctor Kellogg:-

The purpose of this letter is three-fold:

(1) To congratulate you on your splendid appearance as portrayed in this week's copy of "Time" (March 7) as well as upon having reached your 86th birthday in such splendid condition, exemplifying the value of the preaching that you practice;

(2) To call to your attention in that same issue to the work of Pearl on the relation between longevity and the refraining from the use of tobacco (see also the original article by Pearl in "Science" for last Friday, March 4th, as well as the article on "A step toward livelier old age" in the Reader's Digest for Feb. 1938); and

(3) To remind you again that I haven't as yet received any tangible compensation for that series of three articles on plant adaptations sent to you and published in "Good Health" during the past year. While I haven't yet had a chance to use any of the due-bill on the Miami Sanitarium sent me some years ago for previous work, I hope to do so within the next year, and shall be glad to take another such due-bill for the three articles mentioned.

Again with the sincere good wish that you may live to be at least 100 years old to carry on your good work, I am

Truly and respectfully yours,

P.S. A due-bill for about \$100 of room and board would be about right. Many thanks in advance! O.R.

*Oran Raber*  
Oran Raber (Plant Physiologist)

# MOTHERS HEALTH CLINICS OF FLORIDA

FLORIDA NATIONAL BANK BUILDING

MIAMI, FLORIDA

March 9, 1938

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HARRY B. GRAHAM

Dr. J. Harvey Kellog  
Miami Springs, Florida

Dear Doctor Kellog:

The interview with you was much appreciated as I now have a clear understanding of the plan for the 'Aristocracy of Health' and its method of development. You have my very best wishes for your continued success.

As I see it, the proposed work of the Children's Charter Committee is only a part of your larger program. It concentrates on the public health and eugenic phase and on obtaining the cooperation of local and state departments of health who are the local agencies for putting such a program into effect.

Although we have been at work only a few weeks and the local committee is not yet properly organized, we have already obtained the appointment of a committee by the Dade County Medical Association and the support of the Miami Herald. In one county health unit, we are co-operating to organize a local committee to sponsor a contraceptive clinic and field work among the indigent sick proposed by the director.

I am getting some very good response as to the proposed national Children's Charter Committee. Yesterday the Welfare Chairman of the National Junior League called at my office. This proposed plan interests such organizations whose national policy prevents the organizations as such from participating, but in which they can cooperate through their members who are interested. Many other organizations have the same policy and the same problem, whose interest and cooperation can be obtained in this manner.

I should like very much to devote my full time to this project once the plan is perfected and to have the help of some such person as Mrs May for the newspaper and magazine publicity. The cost would not be considered great by a large foundation such as yours and I am certain would pay handsome returns on the investment.

To try to stem the tide toward race suicide of the white race at present, I admit is a challenge. However always in statistical data there is present the possibility of an unknown factor upsetting the calculations. There are at present certain trends in public opinion which indicate hopeful signs of awakening. I am certain that under your



2 - Dr. J. Harvey Kellog

leadership, much can be done toward an Aristocracy of Health.

I am hoping that the Outline plan for a Children's Charter Committee will appeal to you and your colleagues and that we may be working together.

Enclosed is a later draft of the Outline. I am working on a better presentation which I shall be pleased to submit.

It will be a pleasure to hear from you at your earliest convenience.

Most sincerely,

*Lydia Allen DeVilbiss*  
Lydia Allen DeVilbiss, M.D.

enc:  
Outline

Lydia Allen DeWaltbiss, M.D.  
Mothers Health Clinics of Florida  
Miami, March 7th, 1938

## OUTLINE

Outline of plan for a public health pattern designed to obtain the cooperation of city, county and state departments of health and federal agencies to carry out the purposes of the Children's Charter, formulated by the first Child Health Conference.

The Children's Charter makes clear the child's inalienable right to be well born and properly reared. To make this possible for sick indigent families with their heavy load of disease and degeneracy and a birth rate of approximately twice that of comfortable income families, scientific contraception needs be provided by official health and welfare agencies.

### Analysis of Florida:

The Mothers Health Clinics of Florida has performed the function for which it was organized and the results published in scientific journals. (see attached leaflet and reprint)

The next step is the adoption of this program by official health agencies. For this purpose, a Children's Charter Committee is being formed for the purpose of sponsoring the work in each community in cooperation with the health department.

### State and National Organization Plan:

In states, where the program is endorsed by the State Board of Health, it would be possible for the W.P.A. and other nurses and the directors of county health units to refer cases for contraceptive advice to a physician or clinic.

In order to reach families who may need the advice most (many of whom could not attend a clinic even if one were available) it is advisable for the public health nurse to give instruction in the homes when such is prescribed by the supervising physician. To meet the needs of this public health plan or basic principle in health the following plan is suggested:

1. A local lay Children's Charter Committee to sponsor the project and to provide the small amount of finances necessary for medical supplies. The cost of such project is estimated to be less than \$1.00 per family per year.
2. A physician to supervise the project, preferably the director of the health unit.
3. W.P.A. and other public health nurses to carry instruction into the homes or arrange for necessary hospitalization of their patients as prescribed by the supervising physician or health director.

The cooperation of the County Medical Society is highly desirable.

## CONCLUSIONS

According to present birth rate trends, the white race is slowly committing suicide with birth control at the top and unrestricted reproduction at the bottom.

The administration of scientific contraception is the responsibility and opportunity of city, county and state health departments. As they are dependent upon legislative bodies for their appropriations, any plan for the administration of scientific contraception must be presented as:

1. A public health measure to reduce morbidity and mortality:
2. Sponsored by a group whose name and program are not controversial.

The Children's Charter Committee is admirably suited for this purpose, and lends itself easily to public education. With a public health approach to health departments, and with the sponsorship of a Children's Charter Committee, the cooperation of official health agencies can be obtained.

The March issue of the Ladies Home Journal contains the report of a survey indicating that 79 percent of all American women and 51 percent of Roman Catholic women believe in some form of birth restriction. Women who can employ private doctors can obtain contraceptive advice if they desire. For these groups of self sustaining intelligent families, a minimum of 3 children (preferably 4) is required to reproduce their number. The needs of the indigent sick however, with their high birth rate, can be met adequately only by official health and welfare agencies.

Once this has been accomplished, scientific contraception for those who may need it most will be assured.

March 9, 1938

Dear Doctor Kellog:

Re: tobacco

I thought you might be interested in a simple method I have found effective in taking patients off the tobacco habit. I found this material in a medical journal sent me from Singapore.

Lobeline, the active principle of lebelia, comes in 1/10 grain tablets. One is taken when the urge to smoke is felt. After taking a tablet, the patient experiences a distaste for tobacco.

The article states that 3 or 4 tablets a day are required and the author has given as high as 18 daily. However I have found that after several tablets in some patients there is a tendency to nausea. I hope you may have an opportunity of testing this remedy and will be pleased to know the results.

I am very glad you called my attention to your Soy Acidophilus. I find it very palatable.

Enclosed is the information we have on Duponal. The commercial Dreen may be satisfactory for your purpose. But we shall get you a sample of the duponal to test.

Very sincerely,



Lydia Allen DeVilbiss, M.D.

## Duponal WA Heavy Powder

The active ingredient in this product is the sulfuric acid ester of technical Lauryl alcohol having the approximate formula  $C_{13}H_{27}OSO_3Na$ . You will note that we have used the molecular formula of the  $C_{13}$  alcohol. This is merely the average of the alcohols which run between  $C_{10}$  and  $C_{16}$  in the technical alcohol used in the manufacture of the product. Approximately 75% of the Duponal WA Heavy Powder is this active ingredient, the balance being 1 or 2% unsulfated alcohol and 23-24% sodium sulfate.

Duponal has been used and is in use at the present time in dentifrices which have national distribution. We have reports on animal experiments which indicate that Duponal does not have an unfavorable physiological effect when taken into the system as a food. We do not have any detailed data on human experience with Duponal as a food. As far as we know, when Duponal is used for superficial application in a soap or unguent it is physiologically inactive. The principal chemical ingredient of Duponal WA (pat.) is being nationally distributed by a soap manufacturer as a soap substitute for household washing purposes.

**A Gathering of Friends**  
**To Honor**  
**The Memory Of**  
**GEORGE FOSTER PEABODY**  
**Friday Afternoon, at Two-thirty**  
**March 11, 1938**  
**Georgia Warm Springs Foundation**

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**The Episcopal Committal Service was read by the Rev. Dr. Lockhart of the Church of the Good Shepherd, Jacksonville, Florida, March fifth.**

**Later in the spring a memorial service will be held at Yaddo, Saratoga Springs, New York.**

## **THE LORD'S PRAYER**

Everyone is asked to join in reciting the prayer.

**"EVERY TIME I FEEL THE SPIRIT MOVING IN MY HEART"**

Fort Valley Singers

**"THE SPIRIT OF THE LORD IS UPON ME":** Isaiah

Mr. H. A. Hunt

American Church Institute School

Fort Valley, Georgia

## **AN APPRECIATION**

President Arthur Howe

Hampton Institute

Virginia

**"ROLL, JORDAN, ROLL"**

**"GO DOWN MOSES"**

Fort Valley Singers

**LOVE:** St. Paul and St. John

Mr. H. A. Hunt

## **AN APPRECIATION**

Dr. Roland B. Daniels

Columbus, Georgia

**"I AM CLIMBING JACOB'S LADDER"**

**"WERE YOU THERE WHEN THEY CRUCIFIED MY LORD?"**

Fort Valley Singers

**"REMEMBER ALSO THY CREATOR":** Ecclesiastes

Mr. H. A. Hunt

## **AN APPRECIATION**

President Harmon W. Caldwell

The University of Georgia

**"SWING LOW, SWEET CHARIOT"**

Fort Valley Singers

## **BENEDICTION**

Everyone is asked to join in reciting the benediction

## THE SPIRIT OF THE LORD IS UPON ME

—Isaiah

The Spirit of the Lord is upon me; because the Lord hath anointed me to preach good tidings unto the meek, he hath sent me to bind up the brokenhearted, to proclaim liberty to the captives, and the opening of the prison to them that are bound; to proclaim the acceptable year of the Lord, and the day of vengeance of our God; to comfort all that mourn, to appoint unto them that mourn in Zion, to give unto them a garland for ashes, the oil of joy for mourning, the garment of praise for the spirit of heaviness; that they might be called trees of righteousness, the planting of the Lord, that he might be glorified.

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## LOVE

—Saint Paul and Saint John

And a still more excellent way I show you. If I speak with the tongues of men and of angels, but have not love, I am become sounding brass, or a clanging cymbal. And if I have the gift of prophecy and know all mysteries and all knowledge; and if I have all faith, so as to remove mountains, but have not love, I am nothing. And if I bestow all my goods to feed the poor, and if I give my body to be burned, but have not love, it profiteth me nothing. Love suffereth long, and is kind; love envieth not; love vaunteth not itself, is not puffed up, doth not behave itself unseemly, seeketh not its own, is not provoked, taketh not account of evil; rejoiceth not in unrighteousness, but rejoiceth with the truth; beareth all things, believeth all things, hopeth all things, endureth all things. Love never faileth; but whether there be prophecies, they shall be done away; whether there be tongues, they shall cease; whether there be knowledge, it shall be done away. For we know in part and we prophecy in part: but when that which is perfect is come, that which is in part shall be done away. When I was a child, I spake as a child, I felt as a child, I thought as a child: now that I am become a man, I have put away childish things. For now we see in a mirror, darkly; but then face to face: now I know in part: but then I shall know as I also have been known. But now abideth faith, hope, love, these three, and the greatest of these is love.



Beloved let us love one another, for love is of God; and everyone that loveth is born of God, and knoweth God. He that loveth not, knoweth not God; for God is love. If we love one another, God dwelleth in us, and his love is perfected in us. There is no fear in Love; but perfect love casteth out fear; because fear hath torment. He that feareth is not made perfect in love. We love Him because He first loved us. If a man say "I love God", and hateth his brother, he is a liar; for he that loveth not his brother, whom he hath seen, how can he love God whom he hath not seen? And this commandment have we from him, that he who loveth God, loveth his brother also.

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**REMEMBER ALSO THE DAYS OF THY CREATOR**  
—Ecclesiastes

Remember also Thy Creator in the Days of Thy Youth:  
Or Ever the Evil Days Come,  
And the years draw nigh  
When Thou shalt say, I have no pleasure in them.

Or even the sun, and the light, and the moon, and the stars  
be darkened, and the clouds return after the rain:

In the days when the keepers of the house shall tremble,  
And the strong men shall bow themselves,  
And the grinders cease because they are few, And those  
that look out of the windows be darkened, and the doors  
shall be shut in the streets.

Or ever the silver cord is loosed  
Or the golden bowl be broken,  
Or the pitcher be broken at the fountain,  
Or the wheel broken at the cistern:  
And the dust return to the earth, as it was;  
And the spirit return unto God who gave it.

**BENEDICTION**

The Lord Bless us and keep us. The Lord make his face to shine upon us, and be gracious unto us. The Lord lift up his countenance upon us, and give us peace, both now and evermore.

I visited Dr. John Kellogg's Sanitarium at Battle Creek some time ago. After showing me over his plant, he took me to his home, and most of the time talked about his hobby which is collecting the coins of all the Roman emperors, coins that were buried for centuries in Rome and in northern Africa. He gave me a coin that was issued during the reign of Constantine, and he gave me a bean that had lain in the tomb of one of the Incas for three thousand years.

**DALE CARNEGIE**

*Columnist*

**150 Pinchurst Ave. New York City**

March 11, 1938

Dr. John Kellogg  
Battle Creek  
Michigan

My dear Dr. Kellogg:

I gave you a little write up in some  
seventy odd newspapers. I hope it will  
not be displeasing to you.

Yours truly

*Dale Carnegie*  
m.s.c.

March 11, 1938

Mrs. Grace Du Mond,  
Monkey Jungle,  
Homestead, Florida.

Dear Mrs. Du Mond:

Thank you very much for your note of March 7.

I was really concerned about Mary, but the last time I was there I saw she was mending and felt that there was no doubt about her recovery if you were giving her the Lacto-Dextrin with orange juice as I understood you planned to do.

I will try to run down tomorrow and bring you another box of Lacto-Dextrin. If you can smuggle in a teaspoonful of soy acidophilus milk now and then it would be good for her, but the Lacto-Dextrin and B-Lac will help her through even without the soy acidophilus as she has a good stock of protective bacteria. I think as you do that she must have been poisoned with something, for she had enough protective germs to make a good defense against any natural sources of infection with which she might have come in contact.

I hope some time Mary will be able to live in a larger cage with larger opportunities for exercise both of her muscles and her brain. She seems to have capacity for considerable development.

Mrs. Grace Du Mond, No. 2.

Little Jimmie is so docile and is so young I should think he might be capable of receiving very elaborate education and become a wonder chimp. He will be a great attraction. I hope you are going to let him learn to ride a tricycle. He will catch on to that very quickly, and will get a lot of wholesome exercise out of it. Animals really need a great deal of vigorous muscular work to keep them healthy.

Sincerely yours,

b

March 11, 1938

Lydia Allen DeVilbiss, M. D.,  
Mothers Health Clinics of Florida,  
Florida National Bank Building,  
Miami, Florida.

Dear Doctor:

I have your letter of March 9.

My attention had previously been called to the preparation you mention, but we do not find it necessary to use anything, for our patients soon lose their appetite for tobacco on the diet and treatment we give them. We have now a gentleman with us who was a heavy smoker one week ago. Yesterday he tried a cigarette and it actually made him sick. We find our present methods satisfactory.

Sincerely yours,

b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

March 12, 1938

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

My dear Dr. Kellogg:

I have yours of March 4.

I have had some correspondence with Raymond Pearl and have seen his article in Science.

This is an important article but the short statement in Science is not convincing that he has eliminated the effect of alcohol, for alcohol and tobacco, as you know, are apt to go together. I have written Pearl to get more of his material.

I think it would be a fine thing to revive the Committee on Tobacco.

If I get a chance to run down to see you we can talk this over among other things. I am hoping I can do this after certain business matters can be straightened out first.

I am very much interested in knowing that you have had a letter from Rockefeller and that he is wanting to know how to combat old age. He therefore ought to be interested in your Aristocracy of Health and in my Vitality Records Office. It looks as though the Vitality Records Office would be able to be barely self-supporting from its membership but without funds to do more than collect data once a year. What is needed is a regular *on the number of members who die*

bulletin analyzing the data of the office and other data on the effects of habits on health, <sup>by</sup> your suggestion <sup>to R. to help us</sup> I am hoping that <sup>would help.</sup> the Records Office will add materially to the force of your work and if Rockefeller could help us financially the Office could be magnified in importance tremendously.

I am intensely interested in ~~what~~ you say in regard to yourself. I want to see you for the selfish reason of getting advantage of your new knowledge as well as for being able to pass it on to others.

I am interested in what you say about the chimpanzee.

Another reason I want to see you is to collect more completely the evidence regarding bowel movements so that by the time the book is ready for revision Dr. Haven Emerson and I may approach each others opinions more closely.

What you say in regard to the possibility of living far beyond the present life span would seem absurd had I not been prepared by your and other evidence. As matters are, I am quite ready to think you are probably right. I am particularly interested in your saying that you are hoping to have an opportunity to sleep, exercise and eat more properly.

I am myself in general in very good shape.

A lady called on me today to talk over the Vitality Records Office, coming down from Hartford for that purpose. She had previously been a student here and had met me 31 years ago. She claims that I look no older. In fact, I think she said she thought I looked younger than then and she claimed to be weighing her words and not merely trying to tickle my vanity.

IFs

Very sincerely,

*Erving Fisher*



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

March 12, 1938

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

My dear Dr. Kellogg:

I am wondering whether you ever made any conclusive tests in regard to the O-Three which was sent to you or whether you have formed any opinion as to its efficacy.

In a booklet of "Food Products and Cooking Utensils" distributed by the Hay Alumni Association Mate' Tea is listed as "Rich in chlorophyl, the haemoglobin of plants. Builds red blood and generally beneficial. A harmless stimulant". Is this true?

Very sincerely yours,

*Irving Fisher*

St

*In How to Live I put in  
mate' along with coffee & tea  
as containing a drug like caffeine  
but I can't find that I had  
any authority for so doing.  
Unless such authority can be  
found I'll leave out mention of mate'*

March 13, 1938

Mr. Oran Haber,  
U. S. Department of Agriculture,  
400 Union Bldg.,  
837 Gravier St.,  
New Orleans, La.

Dear Sir:

I have your letter of March 8.

Thank you very much for calling my attention to the article by Pearl, which, however, I had already seen. I am also glad to be informed about the due bill. I had supposed the office at Battle Creek had arranged this matter with you. Enclosed find a due bill for one hundred dollars for the excellent articles you have contributed which were very much appreciated.

I hope you will be coming down some time this spring. May would be a very good month. Many of our crew will be gone then and we will not be so busy. You will find this a very delightful spot and the weather in May is very pleasant indeed, much like our best June weather in the North. It is never hot and of course never cool.

With best wishes, I am

Sincerely yours,

**DALE CARNEGIE**

*Columnist*

**150 Pinchurst Ave. New York City**

Dr. John Harvey Kellogg, the founder of the famous Battle Creek Sanitarium, never had any children of his own, but he reared forty-two orphan children. He told me that was one of the most gratifying memories of his life.

Think of it! Actually promoting the welfare and happiness of forty-two persons.

(Copyright 1938, McNaught Syndicate)

March 14, 1938

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

Dear Dr. Kellogg:

I gave you a little write up in some seventy odd newspapers. I hope it will not be displeasing to you.

Yours truly

Dale Carnegie  
m s e

March 14, 1938

Dr. Oscar H. Rogers,  
264 Palisades Avenue,  
Yonkers, New York.

My dear Dr. Rogers:

You will remember, I am sure, that a good many years ago I inquired of you whether it would not be possible for the actuary of your company, Dr. Arthur Hunter, to make a study from your insurance data which would indicate the effects of tobacco upon longevity. It seems that Dr. Raymond Pearl of Johns Hopkins has done this, employing the methods which your insurance experts employ in life expectation studies, and has found that the use of tobacco has a very decided effect upon longevity. He finds the mortality of heavy smokers between the ages of 30 and 40 to be double that of non smokers and the mortality of light smokers increases just in proportion to the amount of tobacco used.

As you doubtless know, Professor Pearl presented the above facts in an address before the New York Academy of Medicine. He has also published an article in Science Monthly and other articles appeared in Science.

The truth is out at last and it will be interesting now to see what the tobaccoists will say about it.

I have heard not a word from you since you left Battle Creek. I was in hopes you were coming down and spend a couple of weeks with me. I shall be delighted to have you as my guest at any time you can come? The crowd is beginning to thin out, so we have a few vacant rooms and can make you comfortable at any time you may find it convenient to drop in.

We are having most delightful weather here. This place has improved

Dr. Oscar H. Rogers, No. 2.

amazingly since you were here last. The next two months we shall have the most delightful weather imaginable.

I felt very unhappy and disappointed that you did not stay with us longer at Battle Creek when you were last there. I fear you did not gain very much. If you come down here I will promise you a big boost. The amiable optimistic atmosphere of this place I am sure you will enjoy as well as the lovely climate and the tropical surroundings, which thanks to good Mother Nature have improved almost unbelievably since you visited us.

Sincerely yours,

b

DR. S. ADOLPHUS KNOPF

16 WEST NINETY-FIFTH STREET  
NEAR CENTRAL PARK WEST  
NEW YORK

CONSULTATION HOURS  
11 A. M. TO 1 P. M.  
BY APPOINTMENT ONLY

March 15, 1938.

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

Dear Dr. Kellogg:

The 50th celebration of the Bellevue Hospital and Medical College class of '88 is now a past event but I hope for many years to come, unforgettable. The number of the survivors of the original 145, being 40, only 12 were present. It was an impressive and also an enjoyable meeting. The dinner was delicious, and your telegram was greatly appreciated by all present by a rising vote of thanks. The fact that you are most likely the oldest living alumnus of Bellevue, made your message doubly interesting. All sent their greetings and wish you many more years of activity in your wonderful pioneer work in preventive and curative medicine.

I am personally particularly indebted to you for your gracious message and beg you to believe me,

Gratefully and faithfully yours,



P.S. Have you any branch instotution aside of Miami? I would like to recommend it to a patient residing in Los Angeles.

NEW YORK WORLD'S FAIR 1939

Incorporated

350 Fifth Avenue

New York

March 15, 1938

Dr. John H. Kellogg  
Miami Springs  
Florida

My dear Doctor Kellogg:

I am writing you as the oldest living member of the American Public Health Association. You are also the dean of the profession interested in health conservation and promotion, and you should know of the plans which are being made to tell a unified and coordinated story of man and his health at the New York World's Fair. The Fair has assigned to an Advisory Committee on Medicine and Public Health a sizable building admirably located to house the scientific exhibits which this committee is developing. The attached floor plan indicates the manner in which the space of this building has been allocated to carry out this plan.

You will note that there will be less than sixty exhibits in the Halls of Public Health and of Medical Science. Each will deal with a major phase of medicine, health promotion and conservation, and sanitation. We are inviting leaders in the field of health, both commercial and non-commercial, to assume the responsibility of sponsoring these exhibits. The name of such a sponsor will be continuously identified with the exhibit.

One of the most important exhibits will be that on Chronic Diseases. The plan for this exhibit is being developed by a distinguished committee under the chairmanship of Dr. Ernst P. Boas, and includes:

Dr. Martin H. Dawson  
Dr. Paul Reznikoff  
Dr. David Seegal

Dr. Henry A. Riley  
Dr. T. Wingate Todd  
Miss Mary Jarrett

Miss Alta Dines

It would be most appropriate for the Battle Creek Sanitarium to sponsor this exhibit. As sponsor it would collaborate with the committee in developing a story that was authentic and dramatically told. With so much misinformation being spread on the subject of health there is here an opportunity to give a truly scientific message to many million people under the best possible scientific auspices.

This exhibit we estimate can be assured by an expenditure of \$20,000.00 more or less. This would cover the cost of design, construction and installation of the exhibit, the rental of floor space, and the operation, maintenance and removal of the exhibit. The actual cost, of course, would be largely determined by the character of the exhibit finally agreed upon. The expenditure would be spread over the period of the next eighteen months, and no disbursement of any kind would be necessary until the contract is actually signed, at which time the Fair requires a small down payment.

You should also know of our future plans. Recently there has been formed an institution known as the American Museum of Health, Incorporated, which will establish a permanent museum devoted to man and his health. It is our hope that at the conclusion of the Fair the exhibits which are presented in the Medical and Public Health Building there may be moved to this permanent museum. Such exhibits will carry with them to this museum the names of their original sponsors. Here then is an opportunity to tell a scientific, educational story on Chronic Diseases over a period of years for the benefit of mankind and to the glory of yourself and your institution.

Sincerely yours,

Louis I. Dublin

Chairman, Advisory Committee  
on Medicine and Public Health

Enclosure



DOCTEUR JEAN NUSSBAUM

49, AVENUE DE LA GRANDE ARMÉE

PARIS XVI<sup>e</sup>

TEL. PASSY 68-33

March 15, 1938

Doctor J.H. KELLOGG  
Miami Springs  
(Miami)  
FLORIDA

Dear Doctor Kellogg,

Your good letter has reached me and I hope I shall be able to send you a preparation of the bifidigene prepared here in Paris. I should be glad to know if that preparation may interest you or some other laboratory, and if it can be sold in the States.

I think that in a few weeks it will be possible to prepare it in another form, a more concentrated one, put in bulbs. This one would be of course much better for exportation.

I was very glad to meet you in the Summer of 1936. My father has spoken so much of you while I was a child, and later on he has been so much impressed by your teaching that I always had the intention to go to the States to see you.

Just yesterday I had as a patient Doctress Sosnowska who is the president of the Vegetarian Society of France, and it happened that we spoke of you, and she was so glad to know of your activities.

I am holding very often lectures in France and in foreign lands of Europe. I should be very glad to have some facts about your life, and especially to show how you were led to take such an interest in biologic life. Next month I shall go to Sofia in Bulgaria to hold a lecture at the demand of the Minister of France there, and as they were very much interested last time about what I said of your activities, it seems to me that they would be interested much more if I had more informations.

I should like also to know what principles you consider as most important for biologic life, I mean to say that if a man wants to do something for his health, but is not ready to make great sacrifices, what are the first things to do? My knowledge of the English language is not very great, and I cannot express myself very well, but I hope you will be able to understand my thought.

Dr Kellogg

- 2 -

On the other hand, I should like to know if you would give us the authorisation to translate some of your articles in "Vie et Santé". The Ministry of Health is much interested in our work and has taken some subscriptions of our paper, and several times I have had talks with the Minister himself. I should be very glad if we could consider you not only as a friend but as a real collaborator to our work, putting your great influence and your world known experience to our disposal. Of course that would be of a great help to us.

Please believe me, dear Doctor Kellogg,

Yours very sincerely,

JN/gw



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

18th March 1938.

My dear Doctor Kellogg;

It was a very real pleasure to me to receive Your letter of 14th inst, and to see that You are still fighting for the right. I am sorry to have to tell You that it is impossible to make use of Life Ins data to determine the effect of tobacco upon longevity. The information contained in their records ~~contains~~ <sup>include</sup> no reference to the use of tobacco. The blanks used do not ask the question. The use of alcoholic beverages is noted and made a subject of study but not the use of tobacco. I have not seen Pearl's study but will make a point of looking it up in the library when I go to town. I suppose that with tobacco, as with alcohol, a great deal must depend upon the quantity used, a rather difficult matter to determine. I have been a smoker for very nearly seventy years and, curiously, I am only today measuring the amount of the weed which I use. Sometimes I smoke a lot, sometimes but little. On the whole I should put myself down as a rather heavy user of the weed. Up to date it seems to have had very little effect upon me aside from a sense of pleasure and enjoyment. If it were claimed for its use that it shortened life I should not object because I have already had out of life about all of the satisfaction which any one man has any right to ask.

and probably quite as much as I would have had if I had not smoked. I have no doubt that men who have a feeble heart muscle are hard hit by tobacco. I have seen such cases. And, of course, to such persons tobacco is anathema. But most of us do not use our heart muscle to excess. I think that all of You experts should be very guarded about preaching the abandonment of tobacco unless You see evidences of the harm being done when You give the advice. To many of us the deprivation from the use of the weed is a real hardship.

My little visit to Battle Creek was a real pleasure to me and did me a lot of good and was all that I needed. A course of those baths always braces me up when I am down. But I do not get down often or far. I have remained at home all winter this year. We have had a very open winter and I have been too comfortable to think of going south. When I do I shall certainly come in to see You. I am very glad to hear that You have had a good winter. Personally I wish that You could also be at the old San at the same time. I am afraid that with You away and with so many of the Old Guard gone there will be no one left for me to advise with. You must look into that while there is still time.

My devoted attachment to You, Sir.

Oscar W. Rogers,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

March 19th, 1938

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

My dear Dr. Kellogg:

I have yours of March 12th. I think it would be a good plan as I wrote you to get the tobacco committee revived. Unfortunately I do not know who could take the <sup>laboring</sup> oar as Roman did.

I am hoping that I may be able to run down to talk this and other matters over with you a little later.

Very sincerely,

IF:M

Irving Fisher

THE DEPARTMENT OF PHYSIOLOGY  
HARVARD MEDICAL SCHOOL  
25 SHATTUCK STREET, BOSTON, MASS.

March 21, 1938

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

Dear Dr. Kellogg:

In October Dr. Boldyreff submitted abstracts of two papers - one by himself, and the other by you and him. At that time it was understood that there might be two ways in which papers could be submitted to the Congress Committee in Zurich - one through the Committee of the Federation of American Societies for Experimental Biology, and the other through the Director of a recognized Laboratory. I talked matters over with members of the Federation Committee of which I am Chairman, and we decided that in certain instances we should ask the Director of the Laboratory to submit the paper and in other cases we should make the decision ourselves. Accordingly, I returned the abstracts to Dr. Boldyreff with the suggestion that he, as the Director of a Laboratory, submit the two papers to the Zurich Committee.

Later, a letter came from Professor Hess, President of the Zurich Congress, stating that only papers recommended by the Federation Committee would be accepted by the Zurich Committee. Meanwhile, also, a notification blank sent to Dr. Boldyreff personally requesting him to notify me of the title of his paper was properly sent to me. The Federation Committee considered this case and decided to recommend Dr. Boldyreff's paper for the Congress program. Today I have received a letter from Dr. Boldyreff in which he states that the title submitted last October by you and him should also be considered for the program.

May I state the situation as it now stands. The rules of the Federation, and also the rules of the Congress, will not allow any person to present more than one paper. If the paper by you and Dr. Boldyreff should be sent to Zurich it would have to be sent with the understanding that you would present the paper. Another consideration is that the titles were all to be in the hands of the Zurich Committee by April 1. It is now March 21, and in order to fulfill the requirements of the Zurich Committee you would have to send your abstract to me, as Chairman of the Committee, the abstract would have to be judged as to whether the facts reported would be suitable for the Congress program, and if the judgment of the Committee should be favorable the only way in which the requirements of the Zurich group could be met would be by cabling the title to Zurich.

Dr. John H. Kellogg—2

If you are willing to send me promptly an abstract of your proposed paper, and if it is accepted by the Federation Committee you will present the paper yourself in Zurich, and in that case if you will cable the title, I think that the matter could be arranged - but all these conditions would have to be met.

I wish to have you understand that Dr. Boldyreff has acted in all respects in a straightforward manner and that the difficulty which has arisen is not due to him but to lack of consistency in the statement of the Zurich Committee regarding ways in which titles might be submitted for the program.

With kind regards,

Yours sincerely,

*W.B. Cannon*

WBC/W

March 22, 1938

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

Dear Prof. Fisher:

I have your letter of March 19.

I am glad that you are thinking of coming down to South Florida. The pressure of patients is beginning to let up a little. We now and then have a vacant room so can accommodate you at almost any time. We will be glad to see you and make you a guest for a week at any time you want to come. Why not bring Mrs. Fisher along and have a real physical inventory? We are now making some tests which I think you have not had made, especially our liver efficiency test and an A vitamin test.

I hope I will some time get you convinced of the importance of the acidophilus flora.

By the way, I have been thinking for several weeks that I ought to write you to suggest that you should put into the new edition of "How to Live" at least a few paragraphs, perhaps in the preface, about the decadence of the white race and the depopulation trend which has become world wide so far as the white race is concerned.

I am enclosing on another sheet a little verse from Sinclair's "Code of Health" which was current teaching in the famous medical school which flourished at Salerno, Italy, from the eighth to the thirteenth centuries. So you see the idea



Prof. Irving Fisher, No. 2.

which I have evolved from experience and which Cannon and Hurst learned through X-ray studies of the colon and which normal instincts teach to primitives living in a natural state, both animal and human is not a novelty but is at least a few thousand years old.

Very sincerely yours,

"At least six times in every passing day  
Some tribute to the renal functions pay,  
And twice or thrice all alvine calls obey,  
Nor pause should e'en the king pass by that way."

16 Gothic Ave., Toronto, Canada, Mar. 22/38.

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

Dear Dr. Kellogg:

I was very pleased to receive your letter this morning after being forwarded from the office of the Canadian Medical Association Journal, Montreal.

I am glad you liked my paper on "Some Medical Aspects of Tobacco". To be frank with you I was also surprised when this paper was accepted for publication. It had been previously turned down by the Journal of the Am. Med. Assoc. and by the Canadian Public Health Journal. The editor of the C.M.A. Journal personally expressed much interest in my paper, and this is probably what put it over. I imagine he may be criticised for doing so in some quarters.

You may recall that about a year ago I sent a portion of this paper to you for GOOD HEALTH, and it was published under the title "Cigarette Advertising Debunked", and later HEALTH CULTURE of New York wrote to you for permission to copy same in their Journal. I thought the whole story was too lengthy for popular reading.

Just now I am working on another subject which has given me the greatest thrill of anything in my medical experience. You may perhaps by this time have seen my paper in the C.M.A. Journal on the subject of "Poliomyelitis: Vitamin B Deficiency a possible Factor in Susceptibility". I enclose a reprint of same although I think I sent you one about ten days ago. Since writing this paper I have prepared another paper based on the same hypothesis and entitled "Infantile Paralysis and Sleeping Sickness: Vitamin B Deficiency a possible basic Cause", a copy of which I am also enclosing. About two weeks ago I mailed a copy of this paper to the "Editorial Department" of GOOD HEALTH (Battle Creek), not knowing whether you were in Florida or not, and wishing to avoid delay, in the hope of getting it in the next issue. At the same time I sent copies to HEALTH CULTURE and HEALTH (California) with the suggestion that they make simultaneous publication owing to the vital interest in this subject at the present time. I have already been advised by HEALTH CULTURE that they will give my paper publication in their April number, and I have been looking for word from you and Dr. Magan that GOOD HEALTH and HEALTH would do likewise. I am enclosing the extra copy of this paper in case the one I sent to Battle Creek several weeks ago escaped your attention.

I was pleased to see your picture in TIME a week or so ago, and to note that you were in such good health. I nearly got my picture in the same number. About ten days previously the editorial department asked me to send them a personal photograph in case they decided to write-up the story of my new poliomyelitis hypothesis. In the meantime the Associated Press sent out the story of my work,

and Myron Weiss, the associate editor of TIME decided that they would wait until I had produced clinical evidence in support of my theory. Strange to say, however, just last week TIME made a report on the clinical work of DR. E. L. Stern (New York) in reference to the intraspinal injection of synthetic vitamin B for the relief of intractable pain and in the treatment of organic and inflammatory diseases of the central nervous system, which is quite in harmony with my hypothesis.

There are a number of features in connection with this vitamin B deficiency problem as related to poliomyelitis which I am greatly handicapped in investigating owing to my lack of laboratory and clinical facilities. Just now I am collecting data on the Schick test in herpes zoster which may give corroborative support to my "polio" hypothesis. Fischer and Stillerman (Am. J. Dis. Child., 54; 984, 1937) reported the frequent occurrence of a strong "bullous" Schick reaction in the early stages of acute poliomyelitis, whereas during convalescence these same cases were found to be Schick negative. They were at a loss to account for this strange phenomenon. In view of my theory of vitamin B deficiency I am strongly of the opinion that this unusual reaction is due to the possible acute vitamin B deficiency coincident to the acute stage of the disease. Coupling with this the fact that vitamin B has been recently used successfully in the treatment of herpes zoster, a posterior poliomyelitis of supposed virus origin, I am endeavoring to ascertain if a similar reversal of the Schick reaction obtains in this disease. My investigations thus far lead me to believe that this is the case; and if so it may account for the frequent presence of herpes labialis in many acute febrile diseases, - associated perhaps with vitamin B deficiency. I have details of a very sensitive chemical test which may be applied to the blood or spinal fluid to determine the degree of B hypovitaminosis. If this test could be applied to polio cases this summer, as well as the clinical use of vitamin B in treatment, we might get nearer to the solution of this problem. I have sought cooperative assistance from the University of Toronto in this respect, but it is obvious to me that they are averse to participating in such work after the intensive support they gave to the "nasal spray prophylaxis" (6000 subjects) and the fear-of-contagion propaganda in the local epidemic last summer.

It is my firm belief that the theory of the hypothetical virus as a contagious agent in poliomyelitis and other neurotropic diseases is due to be shattered in the near future. I think it may ultimately be found that the degradation products of carbohydrate metabolism (lactic acid, pyruvic acid, methyl glyoxal, etc.) which accumulate in the tissues in vitamin B deficiency, may have all the properties that have heretofore been attributed to the virus. I have in mind a series of biological experiments which might throw new light on this subject.

I will be very pleased to hear from you further on this subject after you have read the enclosed papers.

Very sincerely yours,

*W. J. McCormick*

## INFANTILE PARALYSIS and SLEEPING SICKNESS

### Vitamin B Deficiency a possible BASIC Cause

By W.J. McCormick, M.D., Toronto, Canada

A great English Physician, Dr. Leonard Williams, has said: "The discovery of the vitamins has entirely altered our conception of the causes and origins of disease. Until lately disease was regarded as a sin of commission by some unseen and subtle agency. The vitamins are teaching us to regard it, in some degree at any rate, as a sin of omission on the part of civilized or hypercivilized man. By our habit of riveting our attention on microbes and their toxins we have sadly neglected the side of the question which concerns itself with our own bodily defenses."

During the last century two modern diseases, poliomyelitis (infantile paralysis) and encephalitis (sleeping sickness), have made their appearance in epidemic form in civilized countries.

Epidemic poliomyelitis was first reported by Heine, a German orthopedic surgeon, in 1840. In 1843 its appearance in America was reported by Colmer. In 1870, Charcot, the great French Neurologist, first described the associated pathological changes in the spinal nerve cells. Strumpell, in 1884, noted the similarity between acute encephalitis and poliomyelitis in children, and believed they had a common cause. In 1890, Medin, reported the Swedish epidemics of poliomyelitis. Following this, almost yearly, epidemics have been reported in France, Italy, Germany and America. The extent of poliomyelitis in the United States has now reached such proportions that a national effort has been aroused to combat it.

Epidemic encephalitis first made its appearance in Europe in 1917, during the food deprivations of the Great War, at which time Von Economo reported a serious outbreak of the disease in Austria. In 1918 the disease first made its appearance in America, following the post-war pandemic of influenza.

In the United States, at the present time, poliomyelitis and encephalitis take an average annual toll of 800 and 2500 lives respectively, besides leaving a much larger number of physical and mental cripples in their trail.

Microscopic examination of the central nervous system in these two diseases reveals a very close resemblance in pathologic changes. The disintegration of the nerve cells and fibres, and the inflammatory reactions (lymphocytic infiltration and edema) are almost identical, the variation in symptoms being obviously due to the different function of the gray matter involved in each case.

In the earlier history of these diseases only the pronounced cases, exhibiting gross injury to the nervous system with resultant paralysis or pronounced mental symptoms, were recognized. However, with the accu-

ing knowledge from repeated epidemics, it has become obvious that a much larger number of mild potential forms of these diseases accompany the more frank cases. In the case of poliomyelitis it is now generally conceded that there are at least 100 mild "abortive" or subclinical cases to one paralytic case. It has thus become apparent that some basic constitutional defect, hereditary or acquired, provides the cause for the selective incidence of these mysterious diseases.

A correlated study of the various forms of paralytic disease which have been treated successfully by vitamin B first suggested to the writer the possibility of a deficiency of this essential antineuritic vitamin in poliomyelitis as the cause of the paralysis.

Beriberi was the first paralytic disease found to be definitely attributable to vitamin B deficiency. In 1897 Eijkman found that polyneuritic paralysis could be produced in fowls by an exclusive diet of polished rice. In 1911 Funk showed that Beriberi could be cured and prevented by feeding extracts of rice polishings. After much research work the anti-neuritic principle, designated vitamin B, was isolated, and its chemical formula announced. More recently it has been produced synthetically, in chemically pure crystalline form, and is now available for hypodermic or intraspinal administration.

Recent reports of the successful treatment of many organic diseases of the nervous system by vitamin B give support to the hypothesis of vitamin B deficiency in poliomyelitis and encephalitis. Favorable results have attended the administration of vitamin B in the treatment of alcoholic and arsenical neuritis, post-diphtheritic and post-typhoid paralysis, diabetic and anemic paralysis (due to impoverished diet), and the neuritic paralysis associated with cases of pernicious vomiting in pregnancy (based on the assumption that the growing embryo increases the maternal demand for vitamin B, while persistent vomiting decreases the intake).

In a comparative study of poliomyelitis and beriberi many features common to both diseases provide a striking similarity. The former attacks mostly infants and juveniles, with a marked predilection for males; while the latter has its greatest incidence in early infancy and young adult males. Poliomyelitis has its peak of incidence in the hot weather - July, August and September in northern temperate climates, and the corresponding summer months in the southern hemisphere; while beriberi prevails in tropical climates, where the weather is warm almost constantly, with its heaviest incidence in the hottest months. Both diseases are characterized by flaccid paralysis, the leg muscles being mostly affected, with ascending variations involving the respiratory and other muscles supplied by the cranial nerves. Gastrointestinal disturbances and muscle tenderness are common symptoms in both diseases, while nerve cell disintegration with inflammatory exudates and edema are common to both. Physical over-exertion is a well recognized predisposing factor in both diseases.

On the assumption of vitamin B deficiency as common to beriberi, poliomyelitis and encephalitis, the deficiency may conceivably be precipitated in the two latter diseases as a sequel to the acute onset with fever, which, for reasons shown later, brings about a rapid depletion of

the tissue storage of the vitamin; whereas in beriberi the deficiency is of slow and insidious onset as a result of long continued dietetic error and prolonged action of other predisposing factors. Under these conditions it is quite conceivable that the degree of destructive action on the central nervous system might be materially different, the protective responses of the body having more time to act in beriberi than in poliomyelitis or encephalitis.

There are a number of determining factors in relation to the vitamin B requirements of the body which have a direct bearing on the question of the possible deficiency of this vitamin in poliomyelitis and encephalitis. In the first place it has been shown that the storage of vitamin B in the body is very limited, excess quantities being rapidly eliminated. It has also been shown that the vitamin B requirement bears a direct relation to the metabolic rate (rate of food utilization in the body), which has its highest peak at the period of most rapid growth and activity - childhood and adolescence, declining gradually with maturity and advancing age. The metabolic rate is also noticeably higher in the male. It has been shown also that with fever or increased physical exertion the metabolic rate rapidly rises. It is perhaps not without significance that the age and sex ratio of the metabolic rate, and consequently the corresponding ratio of vitamin B requirement, bears an almost parallel relationship to the age and sex incidence of beriberi, poliomyelitis and encephalitis. Since digestive disturbances are usually associated with these diseases, the depletion of the anti-neuritic vitamin is not only hastened thereby, but the intake of new supplies is cut off. Under the combined action of all these factors, such as prevails in poliomyelitis and encephalitis, it would seem reasonable to assume the possibility of the precipitation of a severe vitamin B deficiency. This in turn might so condition the nervous system that it would be more vulnerable to the infectious agents.

It has been shown that the central nervous system provides the greatest means for storage of vitamin B in the body, the storage of the vitamin in all other parts of the body being more rapidly exhausted on a diet void of vitamin B. On the assumption that the nerve cells of the brain and spinal cord provide the vitamin B storage in much the same way as a battery stores electricity, and that mental and physical activity discharge the storage while sleep and rest effect recharge, it would seem reasonable to conclude that mental exertion depletes the storage cells of the brain while physical activity depletes the reserves in the spinal motor nerves. It may thus be possible to account for the seasonal incidence of these two diseases, poliomyelitis being more prevalent in the summer when physical activity predominates, and encephalitis occurring more often in winter when mental activity is generally greater. Prof. W. T. Porter, of Harvard University, found, as the result of the observation of 3000 school children, that the period of greatest growth and weight increase was during the summer and early fall. Undoubtedly the summer vacation is the period of greatest physical activity of children and young people generally; whereas the winter months are devoted more to mental activity in school and college life. The greater incidence of leg paralysis may be accounted for in the same way - the predominant use of the leg muscles in sport and general activity with proportionate depletion of the vitamin reserves in the lumbar spinal nerve cells. A further observation which supports this theory is that

in animal experiments it has been found that physical exhaustion produces certain changes in the nucleus and body of the spinal nerve cells almost identical with those observed in poliomyelitis.

By the assumption of vitamin B deficiency in poliomyelitis and encephalitis the large percentage of mild cases and the relatively small number of severe cases may be accounted for. Likewise the conspicuous lack of contagious relationship between the cases, and the recognized ineffectual control by quarantine are explained. In a recently published résumé on poliomyelitis Davison says: "Isolation for three weeks of patients and contacts is required by most boards of health since 1916, but the evidence then and now does not indicate that anything is accomplished by this procedure. The disease rarely attacks more than one member of a family, and cases developed by contact are conspicuously rare. Of 2070 persons definitely exposed only 14 contracted the disease. Patients with the non-paralytic type of the disease must be so common that nearly the whole population should be isolated."

In the last quarter century there has been an unaccountable advance in the age line in poliomyelitis. The cases under five years in New York City in 1907 were 86.8%; in 1916, 79.2%; in 1931, 53.3%; in 1935, 32.8%. In Philadelphia, in 1916, the cases under five years were 71.1%; and in 1932, 51.5%. A similar advance has been noted in the Toronto epidemics. Improved infant hygiene, particularly the adaptation of the newer knowledge of the vitamins in the dietetics of infancy and childhood, has significantly paralleled this advance in the age line.

In recent years considerable prominence has been given, in both the medical and commercial world, to the importance of the vitamins, particularly the A, C and D varieties, as reflected in the increased use of fish-liver oils, the irradiation of food products, the more liberal use of citrous fruits and leafy vegetables, and exposure of the body to ultraviolet ray lamps and sunshine. Vitamin B, however, seems to have been left in the background. The infant and young child of today are amply supplied with vitamins of the A, C and D varieties in the form of cod-liver oil, orange and tomato juice. A scant supply of vitamin B is provided in both human and cow's milk, in some fruits and vegetables, and to some extent in ordinary cereals; but no routine measures are employed to contravene vitamin B deficiency in the diet of young children at a time when rapid growth and intensive physical activity make increased demands for this essential food element. McCollum, in his "Newer Knowledge of Nutrition", points out that there is very clear evidence that nutritive disorders have a far-reaching influence in controlling the health of children, bringing about many borderline cases of malnutrition. He emphasizes the danger to health in adherence to a diet in which milled cereal products, particularly white bread, and sugar, syrup, tubers and meat of the muscle type predominate - all deficient in vitamin B.

According to a recent editorial in the British Medical Journal, the British soldier's ration in 1670 contained 1000 international units of vitamin B daily, based on the flour portion being of the whole wheat variety. In 1782 the diet of the "parish poor" contained 660 to 850 units, and in 1832 the poor-law diet (London) contained 1230 units. A very different condition prevails in England today. The daily vitamin B intake now ranges from 290 units in the lower income levels to 500 units in the



high income levels. Thus the best-fed today, while getting twice as much vitamin B as people on low income, yet consume less of this essential element than the "parish poor" of the 18th and early 19th century.

The situation in America, in respect to vitamin B consumption, is no better. The average American diet in which meat, potatoes, root vegetables, white bread, white sugar, corn syrup, jam, coffee and pastry products predominate, is sadly lacking in vitamin B. The consumption of milk, eggs, leafy vegetables, whole-grain products and fresh fruits is still considerably sub-optimal in this country. A recent survey shows that the consumption of white bread is still five times that of all varieties of brown combined, aside from the fact that very little of the latter contains the germ - the strongest vitamin-carrying ingredient of the wheat. Likewise, polished rice is still a staple food commodity.

In view of these facts it may not be merely coincidental that the adoption of the modern steel-roller system of milling white flour, from which the vitamin-carrying elements of the wheat (the bran and the germ) are excluded, very closely preceded (1839) the historical appearance of "infantile paralysis" and "sleeping sickness" in epidemic form.

#### SUMMARY AND CONCLUSIONS

Based on a correlated study of poliomyelitis, encephalitis and other paralytic diseases of undoubted similarity, an acute deficiency of vitamin B is suggested as the basic cause of the selective incidence of these diseases. The deficiency may be brought about in borderline cases of malnutrition by the precipitating vitamin-B-depleting action of an acute systemic infection, augmented by age, sex and seasonal factors producing an increased body requirement for the said vitamin.

By this theory not only are many of the hitherto unexplained features of these diseases accounted for physiologically, but the historical record of both diseases is shown to closely parallel that of the modern system of milling refined white flour with its consequent material reduction in the average daily intake of vitamin B.

If the basis of the theory herein advanced is found to be physiologically sound it would appear that a fair trial should be given to this natural nerve-protective agency which has proved to be so effectual in the treatment of other paralytic diseases of undoubted similarity. At least the use of corrective dietetic measures would not be fraught with any of the dangers that have attended the use of serums and chemical agents.

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# Local Physician Advances Theory Of Cause Of Poliomyelitis, Accounts For Seasonal Incidence Of Disease

**Dr. W. J. McCormick, 16 Gothic Ave., Advances Hypothesis of Dietary Deficiency of Vitamin B as Possible Basic Factor in Cause of Infantile Paralysis in Canadian Medical Journal—Is Engaged in Private Medical Research**

In a medical paper appearing in the March number of the Canadian Medical Association Journal Dr. W. J. McCormick, a local physician engaged in private medical research, advances the hypothesis of a dietary deficiency of vitamin B as a possible basic factor in the cause of infantile paralysis.

Dr. McCormick was led to this theory as the result of a correlated study of similar diseases of the nervous system including beriberi, a paralytic disease prevalent in oriental countries where polished rice constitutes a large part of the diet. The disease was found to be curable by feeding the vitamin B extract from the polishings. In this disease there is practically the same male preponderance and seasonal incidence as in poliomyelitis. Likewise many of the symptoms are closely parallel—the flaccid leg paralysis, gastrointestinal disturbances, muscle pain and tenderness, oedema, etc. Physical over-exertion is frequently noted as a predisposing factor in both diseases.

Dr. McCormick bases his theory physiologically on the various factors which produce an increased demand for vitamin B in the body. He finds that males normally require more of this vitamin than females, that the growing child and adolescent require more than after maturity, and that increased physical activity proportionately depletes the vitamin. Acute infectious fevers also greatly increase the bodily demand for vitamin B. All these factors in combined action, as in poliomyelitis, may, in the absence of an adequate dietary supply, precipitate an acute shortage of this nerve-protective element, thus predisposing to paralysis.

The seasonal incidence of the disease is explained by the greatly increased physical activity of children and young people generally during school vacation in the summer months, with consequent increased demand for vitamin B.

#### Diet Important

Dr. McCormick points out that the average diet in which meat, potatoes, white bread, white sugar, corn syrup and pastry products predominate, is decidedly lacking in vitamin B. Likewise the diet of young children, while usually adequate in the A, C and D vitamins as supplied in milk, fresh fruits and vegetables, cod-liver oil and sunshine, is often deficient in the essential anti-neuritic vitamin.

The vitamin deficiency theory as herein advanced not only accounts for many of the hitherto unexplained features of poliomyelitis, notably the age, sex and seasonal incidence, but it explains the conspicuously noticeable lack of contagious relationship between the paralysis cases, and the recognized ineffectual control by quarantine. Dr. W. C. Davison, in a recent article in the American Journal of Diseases of Children, says: "Isolation for three weeks of patients and contacts is required by most boards of health since 1916, but the evidence then and now does not indicate that anything is accomplished by this procedure. The disease rarely attacks more than one member of a family, and cases developed by contact are conspicuously rare. Of 2070 persons definitely exposed only 14 contracted the disease. Patients with the non-paralytic type of the disease must be so common that nearly the whole population should be isolated".

Dr. McCormick's theory is also in harmony with recent advances in the virus theory which seem to indicate that the hypothetical paralytic agent may be a non-living protein substance, a product of deranged metabolism, having strongly catalytic and cytolytic action on the nervous system.

In recent years many paralytic diseases of the nervous system have been successfully treated by vitamin B. It seems only reasonable, therefore, that a fair trial of this natural nerve-protective agency should be made in the prevention and treatment of poliomyelitis. At least it would not be fraught with the dangers that have attended the use of serum and chemicals.

Since Dr. McCormick prepared this paper for the C.M.A. Journal in November last he has made the further observation that the historical appearance of infantile paralysis in epidemic form closely followed the adoption of the modern steel-roller system of milling white flour, in which the vitamin-B-carrying elements of the wheat (the germ and the bran) are discarded. This new method of milling was introduced in central Europe in 1839. The first epidemic of paralysis was reported by Heine, a German orthopedic surgeon, in 1840. Steel-roller milling was not generally adopted in western Europe and America until near the end of the century. In 1890 Medin reported the Swedish epidemics of the disease. Following this perennial outbreaks were reported in England, France, Italy and America.

#### Advices More Vitamin B

In the process of milling white flour the germ is removed to improve the keeping qualities of the flour, a fatty ingredient of the germ being prone to become rancid. It was found also that whole-wheat flour was more subject to attack by vermin. The reason for this is now obvious—the worms know their vitamins. As a matter of fact it has been found that laboratory animals fed on a diet of white bread and water will die quicker than when given water only. As a result of our modern milling methods the vital element of the wheat, the germ, has become a secondary by-product, a drug on the milling market, used principally in the feeding of live stock and poultry to increase production, and as an ingredient in dog food to prevent distemper. (Incidentally, dog distemper is a paralytic disease closely allied to poliomyelitis, epidemics of both being frequently concurrent.)

In this connection the experience of the London "Zoo" in the care and feeding of their lions is of interest. For many years while these animals were being fed on the hind quarters of cab horses they were found to be constantly dying of distemper without progeny. With the newer knowledge of the vitamins it was decided to try feeding the whole carcass to the animals. When this was done it was noted that the lions began their meal by eating the internal glandular organs and finished with the muscle parts. As a result the health of animals was greatly improved, and in due course litters of cubs were produced, which previously was thought impossible while in captivity.

As a result of his study of this subject Dr. McCormick is firmly of the opinion that parents, if they took the precaution to insure an adequate vitamin-balanced diet for their children during the summer months with due consideration of the extra need for vitamin B, could do far more toward prevention and control of this dread disease than by the adoption of drastic measures of isolation and depression inspired by unwarranted fear of contagion.

POLIOMYELITIS: VITAMIN B  
DEFICIENCY A POSSIBLE FACTOR  
IN SUSCEPTIBILITY\*

By W. J. McCORMICK, M.D.

*Toronto*

**D**RAPER has defined poliomyelitis as "an acute infectious disease in the course of which paralysis is but an accidental and incidental occurrence". Aycock estimates that in the worst epidemics 1 person in 500 contracts poliomyelitis; but, if "abortive" and non-paralytic cases are included, it may be one in ten. In other words, there may be fifty mild or subclinical cases to one frank paralytic case. In a recent epidemic in Greenland (1932) Hrolv<sup>1</sup> reported 83 pronounced cases in a total population of 2,263, resulting in 20 deaths. He states that during the epidemic "nearly all the inhabitants complained of headache and indisposition for two or three days, particularly the children, many of whom had headache with moderate constipation and mild fever". It was his belief that these persons were more or less infected without presenting definite symptoms of acute invasion or signs of paralysis. A previous epidemic in Greenland (1914) resulted in 37 deaths in a population of 700. At that time the outbreak began with an "influenza-like" disease which was so general that the reindeer hunt of the season was a complete failure. Paralysis was observed in some of the hunters after their return home.

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\* Received for publication December 10, 1937.

In the more recent epidemic in Toronto, during the past summer, in a population of approximately 650,000, there were 747 cases reported, 183 of which exhibited paralytic symptoms, resulting in 30 deaths. Two-thirds of the cases reported were under 10 years of age, and three-fifths were in males. During this epidemic there were doubtless hundreds, and possibly thousands, of subclinical or potential "polio" cases, of the "summer flu" type, that responded to the usual home treatment without medical attention.

With the accruing evidence from repeated epidemics it becomes increasingly obvious that a much smaller proportion of the reported cases actually suffer paralytic involvement, as compared with the earlier history of the disease, when the paralytic cases only were recognized. It would therefore appear that the hypothetical virus of this disease, which has in the past been regarded as specifically neurotropic, is little more selective in its action on the central nervous system than the infectious agents of other diseases, notably diphtheria, malaria and influenza.

Myers<sup>2</sup> reports 1,316 cases of diphtheria with 275 developing paralysis, and 80 deaths, most of the latter being due to cardiac paralysis. Of the paralytic cases, as to age, 104 were under 5 years, 138 were from 5 to 10 years and 33 were above 10 years. There was a marked preponderance of paralysis among the males. The paralysis usually comes on during convalescence. Occasionally, however, it occurs in the early stage of the disease, even on the 2nd or 3rd day. The close parallelism in these figures as to age, sex and paralysis incidence, when compared with the poliomyelitis figures in the recent Toronto epidemic, is most striking.

Zingher,<sup>3</sup> in a report on over one thousand cases of poliomyelitis under 5 years of age,

found over 80 per cent to be Schick-positive. Baginsky says: "I have been struck with the very extraordinary sensitivity of children suffering with such diseases of the central nervous system as poliomyelitis, spastic cerebrospinal paralysis, hemiplegia, etc. One is scarcely able to keep these children in the hospital wards free from infection with diphtheria." The situation in this respect at the present time may be somewhat altered owing to the general adoption of toxoid immunization.

In a comparative study of poliomyelitis and diphtheria Jungeblut<sup>4</sup> reports poliocidal substances occasionally demonstrable in the serum of monkeys actively immunized against diphtheria toxin. He and his associates also found that contact *in vitro* with adrenalin, cortin and vitamin C is equally destructive for both the toxin of diphtheria and the virus of poliomyelitis. In a discussion of the predisposition of certain constitutional types to severe forms of diphtheria, Seckel reports six cases with five deaths, two of which patients were previously attacked by poliomyelitis; while Wernstedt reports three cases of poliomyelitis, one fatal, which developed in children within 11 to 19 days after the onset of diphtheria. In reviewing this subject Jungeblut concludes that the data presented "are strongly suggestive of the operation of some common basic mechanism which governs susceptibility and resistance to both poliomyelitis and diphtheria". Obviously there must be some constitutional factor which determines the age and sex incidence and susceptibility to paralysis.

Draper has emphasized the frequency with which certain constitutional types are found in poliomyelitis wards. He notes specially the prevalence of wide interpupillary spaces, high-arched palates, cleft upper incisor teeth, etc.,

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A striking illustration of the possible basic relationship of poliomyelitis and beriberi is provided in the epidemiological history of Nauru, a small volcanic island in the southern Pacific ocean. Previous to the Great War this little island of eight square miles area was a German colonial possession, but has been under mandate to Australia since 1919. The population in 1910 consisted of 1,250 native Nauruans, about 500 natives of the neighbouring Carolines, about 500 Chinese, and 80 Europeans. The last three groups were all employees of a phosphate mining company, the sole industry of the island.

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**POLIOMYELITIS: VITAMIN B  
DEFICIENCY A POSSIBLE FACTOR  
IN SUSCEPTIBILITY\***

BY W. J. McCORMICK, M.D.

*Toronto*

**D**RAPER has defined poliomyelitis as "an acute infectious disease in the course of which paralysis is but an accidental and incidental occurrence". Aycock estimates that in the worst epidemics 1 person in 500 contracts poliomyelitis; but, if "abortive" and non-paralytic cases are included, it may be one in ten. In other words, there may be fifty mild or subclinical cases to one frank paralytic case. In a recent epidemic in Greenland (1932) Hrolv<sup>1</sup> reported 83 pronounced cases in a total population of 2,263, resulting in 20 deaths. He states that during the epidemic "nearly all the inhabitants complained of headache and indisposition for two or three days, particularly the children, many of whom had headache with moderate constipation and mild fever". It was his belief that these persons were more or less infected without presenting definite symptoms of acute invasion or signs of paralysis. A previous epidemic in Greenland (1914) resulted in 37 deaths in a population of 700. At that time the outbreak began with an "influenza-like" disease which was so general that the reindeer hunt of the season was a complete failure. Paralysis was observed in some of the hunters after their return home.

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In the more recent epidemic in Toronto, during the past summer, in a population of approximately 650,000, there were 747 cases reported, 183 of which exhibited paralytic symptoms, resulting in 30 deaths. Two-thirds of the cases reported were under 10 years of age, and three-fifths were in males. During this epidemic there were doubtless hundreds, and possibly thousands, of subclinical or potential "polio" cases, of the "summer flu" type, that responded to the usual home treatment without medical attention.

With the accruing evidence from repeated epidemics it becomes increasingly obvious that a much smaller proportion of the reported cases actually suffer paralytic involvement, as compared with the earlier history of the disease, when the paralytic cases only were recognized. It would therefore appear that the hypothetical virus of this disease, which has in the past been regarded as specifically neurotropic, is little more selective in its action on the central nervous system than the infectious agents of other diseases, notably diphtheria, malaria and influenza.

Myers<sup>2</sup> reports 1,316 cases of diphtheria with 275 developing paralysis, and 80 deaths, most of the latter being due to cardiac paralysis. Of the paralytic cases, as to age, 104 were under 5 years, 138 were from 5 to 10 years and 33 were above 10 years. There was a marked preponderance of paralysis among the males. The paralysis usually comes on during convalescence. Occasionally, however, it occurs in the early stage of the disease, even on the 2nd or 3rd day. The close parallelism in these figures as to age, sex and paralysis incidence, when compared with the poliomyelitis figures in the recent Toronto epidemic, is most striking.

Zingher,<sup>3</sup> in a report on over one thousand cases of poliomyelitis under 5 years of age,

found over 80 per cent to be Schick-positive. Baginsky says: "I have been struck with the very extraordinary sensitivity of children suffering with such diseases of the central nervous system as poliomyelitis, spastic cerebrospinal paralysis, hemiplegia, etc. One is scarcely able to keep these children in the hospital wards free from infection with diphtheria." The situation in this respect at the present time may be somewhat altered owing to the general adoption of toxoid immunization.

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general cellular œdema, indicative of a beriberi background).

The transmission of the disease to the island could not be established. Vessels from Australia, which had been 11 days in transit, had no cases on board; and steamers from Hong Kong, nearly three weeks en route, had no cases, and neither was there any similar disease at ports of call. Natives arriving by these steamers were and remained healthy through the entire epidemic.

Owing to the unusual epidemiological features of this outbreak the local colonial physician, Dr. A. Müller, was hesitant in identifying the disease as poliomyelitis. Aside from the neuromuscular phenomena he regarded the epidemic as typical of influenza, especially the rapid spread and almost simultaneous incidence of the cases. However, some years later many of the victims of this epidemic were very carefully examined and found to have residual paralyses and deformities characteristic of poliomyelitis, and at the present time the identity of the disease is generally regarded as established.

In October, 1920, the post-war pandemic of pneumonic influenza swept the island, with an incidence of 100 per cent and a mortality rate of 30 per cent. In the trail of this holocaust ill health and debility were everywhere manifest, a condition which was apparently aggravated by an obvious dietary deficiency. To make matters worse, leprosy broke out and spread so rapidly in spite of the usual precautionary measures that by 1925 fully one-third of the population exhibited clinical signs of the disease.

In 1926 Dr. G. W. Bray, the new medical officer of health under the Australian régime, who had noticed that for a number of years previously the native infant mortality under one year of age had been almost 50 per cent of the total births, made an investigation of the dietetic habits of the natives in an effort to remedy the situation. Previous to this time the sale of polished rice had been forbidden, and the use of fermented "toddy", made from the sap of the cocoanut tree, had also been interdicted, but no restriction was placed on the consumption of sugar, white flour and canned meats, all of which were void of vitamin B. Dr. Bray had noticed that most of the infant mortality had occurred in breast-fed babies during the third month from birth, and that this condition did not apply to infants separated from their leprous mothers and fed artificially by relatives. Most of these infant deaths had been recorded as due to "stomach trouble", "infantile diarrhœa", "convulsions", "marasmus" and "broncho-pneumonia", but Dr. Bray concluded from a careful analysis of the situation that the basic ailment was infantile beriberi, similar to the type so often seen in Japan and the Philippines. Accordingly, samples of the mothers' milk were tested chemically and biologically. The protein and fat were found to be low and the sugar high, due perhaps to the habitual use of sugar-water by the native women as a beverage. Samples of the milk fed to chickens produced typical polyneuritis in about three weeks, which was

readily cured by feeding yeast. Based on the obvious assumption of a vitamin B deficiency, a radical change in the native dietary was instituted. The sale of white flour and polished rice was forbidden in the native stores, whole-meal flour and brown rice being substituted, and the use of whole wheat bread was encouraged. Sweet potatoes were introduced, and the value of eggs and condensed milk was stressed. The sale of sugar was restricted to 1 lb. per adult per week. The use of the yeast-laden cocoanut-sap beverage was again permitted, and the sick babies were treated with an emulsion of the yeast in cod-liver oil. As a result of these measures the infant death rate rapidly fell from 50 to 7 per cent, at which level it has consistently remained. Not only has there been no further reported occurrence of "poliomyelitis" or infantile beriberi, but even leprosy and tuberculosis, which were rife on the island, have been almost completely eradicated. This is in harmony with the observation of Takaki, that whenever beriberi was reduced in the Japanese navy the health of the men improved generally and other diseases decreased.

The most obviously logical conclusion from the above narrative is that vitamin B deficiency furnished the basic background for most of the neuropathological conditions of this unfortunate island. It, perhaps, may have accounted for the unprecedented high rate of incidence of the 1910 epidemic of "poliomyelitis", and may have contributed to the unusually high mortality of the 1920 epidemic of influenza—a disease also noted for its effect on the nervous system. It was probably also the chief etiological factor in the "infectious polyneuritis" of 1905-6.

On the assumption of B hypovitaminosis as common to poliomyelitis and beriberi the deficiency may conceivably be precipitated in the former as a sequel to the acute infectious invasion, in which the febrile state, by greatly increasing the metabolic demand for the vitamin, brings about a rapid depletion of its storage in the tissues; whereas in the latter the vitamin deficiency is generally of slow and insidious onset as a result of long continued dietetic error and prolonged action of predisposing factors. Under these conditions it is quite conceivable that the degree of destructive action on the central nervous system might be materially different, the protective responses of the organism having more time to act in beriberi than in acute poliomyelitis. There are not



a few instances, however, in which a febrile infectious invasion has precipitated beriberi. Bentley<sup>13</sup> reports 52 cases of beriberi in which 28 appear to have been the sequel of recurring malaria or dysentery and allied conditions. Three cases of beriberi following relapsing fever are reported by Yacoub, associated with prolonged feeding on condensed milk, a food containing a scant amount of vitamin B. In Brazil beriberi is so frequently associated with a preliminary febrile condition, of an influenza-like nature, that clinicians in that country still regard the disease as basically infectious.

There are a number of determining factors in relation to the vitamin B requirement of the organism which have a direct bearing on the question of its possible deficiency in poliomyelitis. In the first place it has been shown by Gaynor and Dennett<sup>14</sup> that the storage of vitamin B in the tissues of young children is very limited, excess supplies of the vitamin being quickly exhausted from the system. Hendricks<sup>15</sup> and Cowgill<sup>16</sup> have shown that the vitamin B requirement bears a direct relation to the metabolic rate. According to DuBois, with increased physical exertion and in all febrile states there is a marked increase in the metabolic rate. Accordingly, under these conditions there would be a corresponding depletion of the tissue storage of vitamin B. In fevers associated with gastrointestinal disturbances, such as in beriberi and poliomyelitis, the depletion of the anti-neuritic vitamin is not only thereby hastened but the ingestion and assimilation of new supplies is cut off. The metabolic rate has its highest peak at the period of most rapid growth and activity, in childhood, declining gradually with maturity and advancing age. The metabolic rate is also higher in the male. It is, therefore, perhaps not without significance that the age and sex ratios

of the metabolic rate, and consequently the corresponding ratio of the vitamin B requirement, bear an almost parallel relationship to the age and sex incidence of paralysis in poliomyelitis, diphtheria and beriberi. The seasonal influence of gastro-intestinal disturbances in children, such as "summer flu", "stomach flu" and "summer complaint", with their depleting effect on vitamin B tissue storage, may also be a contributing factor in the seasonal incidence of poliomyelitis. Another factor related to vitamin B demand and seasonal incidence may be the marked increase in growth and physical activity of children during the school holidays in the summer months. Prof. W. T. Porter, of Harvard University, found in the observation of 3,000 school children that the seasonal period of greatest growth and weight increase was during the summer and early fall.

In view of all these factors contributing to vitamin B depletion it seems not unreasonable to conclude that an acute deficiency of this essential anti-neuritic element may so condition the nervous system that the infectious agent of poliomyelitis may more readily effect destructive action resulting in paralysis.

An interesting sidelight in this connection is the reported observation of concurrent epidemics of paralytic diseases in domestic animals, notably dog "distemper" and encephalomyelitis in horses, sheep and cattle. It is not, perhaps, merely coincidental that these animal diseases, which exhibit pathological changes in the central nervous system almost identical with poliomyelitis in man, also have relatively the same age, sex and seasonal incidence. Even the ancient Greeks and Romans recognized the seasonal incidence of disease, notably during the "dog days" (dies caniculares) in July and August, associated with the influence of Sirius the dog star. Hesiod tells us that "Sirius parches head and knees" (typical of poliomyelitis). Homer speaks similarly, calling it the evil star, the star of late summer. The pestilences which then prevailed occasioned the offering of sacrifices to placate the inimical star.

On the basis of the deficiency hypothesis advanced herein many of the hitherto unexplained features of poliomyelitis may be somewhat clarified. Aside from the age, sex and seasonal incidence, which seem definitely related to the metabolic demand for vitamin B, it would account for the spotty and relatively small incidence of paralytic symptoms, the conspicuously noticeable lack of contagious relationship between such cases, and the recognized ineffectual control by quarantine. Davison<sup>17</sup> says: "Isolation for three weeks of patients and contacts is required by most boards of health since 1916, but the evidence then and now does not indicate that anything is accomplished by this procedure . . . The disease rarely attacks more than one member of a family, and cases developed from contact are conspicuously rare. Of 2,070 persons definitely exposed only 14 contracted the disease . . . patients with the non-paralytic or subclinical type of the disease must be so common that nearly the whole population should be isolated."

In the last quarter century there has been a gradual advance in the age line in poliomyelitis. The cases under five years, in New York City, in 1907, were 86.8 per cent; in 1916, 79.2 per cent; in 1931, 53.3 per cent; in 1935, 32.8 per cent. In Philadelphia the cases under five years were, in 1916, 71.1 per cent; in 1932, 51.5 per cent. A similar advance has been noted in the Toronto epidemics. Improved infant hygiene, particularly the adaptation of the newer knowledge of the vitamins to the dietetics of infancy and childhood, has significantly paralleled this advance in the age line.

In recent years considerable prominence has been given in both the medical and commercial world to the importance of the vitamins, par-

particularly the A, C and D varieties, as reflected in the increased use of fish-liver oils and citrous fruits, irradiation of food products, and exposure of the body to ultra-violet lamps and sunlight; but vitamin B seems to have been left in the background. The infant and young child of today are amply supplied with vitamins A, C and D in the form of cod-liver oil, orange and tomato juice. A scant supply of vitamin B is supplied in both human and cow's milk; but no routine measures are employed to contravene vitamin B deficiency in the diet of young children at a time when rapid growth makes increased demands for this essential food element. McCollum points out that there is very clear evidence that nutritive disorders have a far-reaching influence in controlling the health of children, bringing about many borderline cases of malnutrition. He emphasizes the danger to health in adherence to a diet in which milled cereal products, particularly white bread, and sugar, syrup, tubers and meat of the muscle type predominate (all deficient in vitamin B). Williams says: "The discovery of the vitamins has entirely altered our conceptions of the causes and origins of disease. Until lately disease was regarded as a sin of commission by some unseen and subtle agency. The vitamins are teaching us to regard it, in some degree at any rate, as a sin of omission on the part of civilized or hypercivilized man. By our habit of riveting our attention on microbes and their toxins we had sadly neglected the side of the question which concerns itself with our own defences."

#### SUMMARY AND CONCLUSIONS

An attempt has been made to interpret the incidence of paralysis in poliomyelitis as referable in some degree to an acute deficiency of

vitamin B. This, it is thought, may be brought about, in border-line cases of hypovitaminosis, by age, sex and seasonal factors determining an increase in the metabolic demands for the said vitamin, combined with the precipitating, vitamin-depleting influence of an acute systemic invasion by an infectious agent of known neurotropic properties. No experimental or clinical data are submitted in support of the theory advanced, but, if its basis is physiologically sound, it would appear that a fair clinical trial should be given to this natural nerve-protective agency which has proved to be so effectual in the treatment of other paralytic conditions of undoubted similarity. The use of this simple remedial agency would not be fraught with any of the dangers which have attended the use of serological and chemical agencies.

It is expected that the most hopeful application of the theory advanced should be in prophylaxis and during convalescence, rather than in the acute invasional stage of the disease, since the onset is so rapid that neuromuscular damage often occurs before the disease is recognized.

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# COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE

MIAMI BEACH, FLORIDA

TELEPHONE 6-8827

March 23, 1938

*Sent*

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ACTING PRESIDENT  
CHAIRMAN EXECUTIVE COMMITTEE

GEORGE ADE  
VICE-PRESIDENT

HARVEY S. FIRESTONE  
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Dr. John Harvey Kellogg,  
Miami Springs,  
Florida.

Dear Dr. Kellogg:

In order to bring our club roster and files up-to-date, we would appreciate your filling out the enclosed confidential questionnaire that we might correct and verify our records.

Very truly yours,

*Louise E. Fuller*

Office secretary

F-h



WE WANT A LEAGUE, OFFENSIVE AND DEFENSIVE, WITH EVERY WELL WISHER OF KENTUCKY AND HER PEOPLE.

# *State Department of Health of Kentucky*

A. T. McCORMACK, M. D.,  
State Health Commissioner.

620 South Third Street,  
LOUISVILLE, KENTUCKY.

March 24, 1938.

John Hervey Kellogg, M.D.,  
The Miami Battle Creek,  
Miami Springs, (Miami) Florida.

My dear Doctor Kellogg:

In Dr. South's absence  
I am acknowledging receipt of your letter with  
reference to Soy Acidophilus, for which we thank  
you very much, and I am sure she will write you  
upon her return to the office.

Very truly yours,

*Martha C. Berry*  
Secretary to Dr. South.

# COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE  
MIAMI BEACH, FLORIDA  
TELEPHONE 5-3827

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CHAIRMAN EXECUTIVE COMMITTEE

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F. LOWRY WALL  
TREASURER

FRANK E. JAYNES  
EXECUTIVE SECRETARY

March 25, 1938

Dear Friend:

As a member of the Committee of One Hundred, no doubt you will be interested in the enclosed document.

If you were present at our excellent meeting on last Tuesday night, you have already heard it, but we think you will enjoy reviewing it at your leisure. If you were not there, this summary of the season's activities will, I am sure, be gratifying to you.

Here is Acting President Honeywell's statement.

Sincerely yours,

  
Frank E. Jaynes

A REPORT ON OUR SEASON'S ACTIVITIES  
By  
ACTING PRESIDENT MARK C HONEYWELL

--

Our season opened this year with our Annual Northern Dinner at White Sulphur Springs, West Virginia. Mr. Fred Poor was chairman of this dinner, assisted by our executive secretary, Dr. Frank E. Jaynes. Much credit is due Mr. Poor for the splendid management of that affair. The dinner was well attended by members and their wives and so satisfied were they, that many have requested we return to White Sulphur Springs for our 1938 Northern Meeting. However, no arrangements have been made for the meeting place as yet.

During the season here, our Annual Golf Tournament was held at the LaGorce Golf Course with "Romie" Turroll chairman, and that means it was a success.

Then came a new event which, because of its great success, promises to be another annual affair added to our regular club events. It was a golf tournament held at the fine Indian Creek Club, with our one and only Holly Stover as chairman. After the afternoon matches, there followed a supper and entertainment with about 100 attending. Prizes were awarded to the various winners.

We are obligated to both our good members, Irving Collins and David Molloy and their associates, for the privileges accorded at both the LaGorce and Indian Creek Clubs for these affairs.

Our Annual Southern Outing this year was held at Hacienda Harbor on Key Biscayne. Our good host was Commodore Hugh M. Matheson, who for the first time opened his interesting place to an organization other than the Biscayne Bay Yacht Club. "Romie" Turrell was chairman of the outing and again he did himself proud. The day was fine and everything went smoothly, including the splendid entertainment. Twenty-seven boats carried the members and guests to the party and all were free in saying, it was the best outing we had ever held. We are obligated to the yacht owners, who so kindly offered their boats for this occasion.

Our last event of the season was the Annual Southern Dinner recently held at the beautiful Surf Club. As with other affairs, this year, the dinner was well attended. Dr. William Mather Lewis, the speaker, was excellent and many were the praises we have received from both members and guests who attended. Mr. Walter Hammons was chairman of the dinner and to him and the Surf Club secretary, Alfred Barton, must go our thanks for the splendid arrangements.

I would now like to refer to the contributions made this season by a number of our members. We have in our organization a group who have given freely of their time to the production of our Annual Committee of One Hundred Follies. This group was headed

by Franklin Ford assisted by Leslie Buswell and C. W. "Pete" Chase, Jr. Too much credit cannot be given to Mr. Ford, a person of varied talents, for his long hours and untiring efforts in the production of the entertainment. Mr. Ford and his assistants, as well as the supporting cast, are truly showmen. A packed house, with standing room only and tumultuous applause, attested to this.

Our Acquaintance Committee, composed of about 30 of our members, with Walter Schulke, chairman, is to be recognized as doing outstanding work in recommending individuals qualified for membership in this unusual club. Mr. Schulke has been chairman of this Committee for several years and has given freely and effectively of his time in discharging its duties and responsibilities.

I wish to refer to the Reception Committee of which Mr. Hugh Larrick is chairman. This Committee has served the club faithfully and efficiently in its duties of receiving and welcoming the members and their guests at the portals of our clubhouse during the weekly meetings. Although this is Mr. Larrick's first year as chairman, he has been a tireless worker on the Reception and other Committees ever since the acquisition of our clubhouse six years ago. His loyal services and that of his splendid Committee are greatly appreciated.

While referring to those who have served the club, please let me call your attention to Dr. John Oliver LaGorce, as one, who unquestionably has contributed more to the success of the Committee of One Hundred this year than any other person. To Dr. LaGorce, we are indebted for the excellent programs we have enjoyed throughout the season. Dr. LaGorce assumed great responsibility in selecting the speakers for our Tuesday Evening Meetings, which has been a most important factor in the creation of member interest and sustained attendance.

This meeting brings to a close one of the most interesting and successful seasons the club has ever experienced. The weekly attendance has averaged about 20% greater than during any other season. Our speakers and entertainment have cost us considerably more this year than any other year in the club's history - all of which has reflected in the quality of our programs.

We close the season with only a few members short of our quota of 400. We have taken in 26 new members to replace those lost by death and other causes. There are no delinquent members.

We carry no outstanding obligations, except the final payment on our parking lot north of the clubhouse, which is \$1,925.00. This payment is not due until next year.

A \$5,000.00 obligation carried over from last year was paid out of this year's income.

After all operating expenses are met, we will carry over a balance of about \$7,500.00, which will be passed to surplus account.

March 27, 1938

Dr. W. J. McCormick,  
16 Gothic Ave.,  
Toronto, Canada.

Dear Dr. McCormick:

I have your letter of March 22.

I did not receive your former letter or I should have written you.

I certainly will be glad to pass along your valuable articles against the use of tobacco. You are certainly very fortunate in getting so much publicity. I am surprised that Time appears to be so open minded and am very glad indeed to see that the editor of the Canadian Medical Association Journal is so much larger minded than the editor of the A. M. A. Journal.

Your article on poliomyelitis is very interesting indeed. If your theories prove to be correct you will have won a niche in the Hall of Fame.

I am glad to see a graduate of the American Medical Missionary College taking such a strong stand against tobacco and doing scientific work that commands attention. Be assured that Good Health will be glad to pass along your excellent contributions to the anti-tobacco cause.

Sincerely yours,

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK CITY

March 29, 1938.

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

Dear Doctor Kellogg:

Many thanks for your good letter of March 3rd. The information you give me about hydrochloride acid and its affects on Lacto-Dextrin is of great value.

I have also received your marked copies of Good Health and have read your article with very much profit.

That is certainly wonderful of you to invite us down to your lovely place again. How I do wish we could accept. I have been working frightfully hard this year, and would certainly enjoy a rest although I am sure I would need it much more urgently if it had not been for your soya bean milk and general biologic living.

I get a good sun lamp bath and swim and massage twice a week at the Business Men's Club just below my apartment.

I have so many irons in the fire, however, that I fear I will just be compelled to remain in my workshop most of the spring and summer. I have never had so much work on my hands, but I seem to do it easily except for the continuous headaches from my eyes. However, I am beginning to hope that the work on unknown imagery at Dartmouth Medical is going to be of benefit. It is too early yet to tell with certainty, but they have found a **decisive** difference in my two eyes. Just the past three weeks I believe I am beginning to benefit from their lenses.

Mrs. Wiggam wishes to be remembered to you, and we often talk of our delightful days with you last year. We do hope this finds you in good health and hope for many years to come you will be able to keep up your great work for the world.

With most warm regards and gratitude for all you have done for me,

Sincerely yours,

  
Albert Edward Wiggam

President  
MRS. IDA B. WISE SMITH  
1730 Chicago Ave.  
Evanston, Illinois

Vice-President-at-Large  
MRS. D. LEIGH COLVIN  
605 W. 184th Street  
New York, N. Y.

Corresponding Secretary  
MRS. ANNA MARDEN DE YO  
Evanston, Illinois

For God and Home and Every Land

# National Woman's Christian Temperance Union

HEADQUARTERS  
1730 CHICAGO AVE., EVANSTON, ILLINOIS

OFFICE OF PRESIDENT

EVANSTON, ILLINOIS

March 30, 1938

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377 Parkside Ave.  
Brooklyn, N. Y.

Dr. John H. Kellogg  
Kellogg Sanitarium  
Coral Gables, Miami, Fla.

Dear Dr. Kellogg:

I am writing to ask if I may have another copy of the October number of GOOD HEALTH. I am so eager for people to see the fine things in so many of the magazines I read, that I have a fashion of marking certain articles and giving them to the people I wish to reach in that particular topic. So I have not any idea to whom I gave my October number. I have decided since this incident has arisen that I am going to file my copy in our library for constant reference.

The particular thing I am concerned about is the article on pages 368 and 369 of the December number. I do not now recall the details of the article in the October number under the title "A Deadly Indictment." But I did read carefully this article in the December number, "We Plead Guilty."

I wish you and Miss Palmer, our Director of the program of alcohol education, had an opportunity to confer. It would mean infinitely more than I can say to her and I would like you, our good friend of the years, to know the real nature of the work we are now attempting to do. Our program of alcohol education since repeal has met such marvelous response from the school people and from many who would be interested in such educational programs. But what is equally interesting and encouraging is the fear it has excited in our opponents. The liquor papers, particularly the BREWER'S JOURNAL, which is the most important of them, are constantly bringing the things we are doing to the attention of their readers and warning them that this is the thing they must guard against and when I read these things I thank God and take courage.

But because Miss Palmer is a specialist in the subject of alcohol, and particularly as we are working on the program of the effects of small quantities of alcohol, I usually submit such things to her and ask her opinion. Miss Palmer has gone over the December article very carefully and feels that as a whole it is "excellent." However, she takes exception to the paragraph in the last column which begins with the words "One part of alcohol----". Rather, I should say, she feels that the last sentence in that paragraph is misleading because it seems to say that "one teaspoonful (of alcohol) or the equivalent of two teaspoonsful of whisky" produces the toxic effect discussed in the preceding material. Miss Palmer says:

"This is not quite clear. Two teaspoonsful of whisky is the amount that contains alcohol to the amount of 1 to 1000 ratio in the amount

March 30, 1938

of blood in the average adult (154 pounds). BUT it would be necessary to drink considerably more than two teaspoonsful of whisky to attain a concentration of one teaspoonful of alcohol in the blood. The process of disposal begins as soon as the alcohol reaches the digestive tract and it is in the tract before it reaches the blood."

Therefore, while we would like permission to reprint a part of the statements in the article, we feel that we would need to put a footnote to that sentence giving Miss Palmer's explanation.

May we have such permission? Or if Miss Palmer's position is not correct, will you analyze it for us?

Now I have a rule of business that I do not mix two topics in one letter if I can avoid it, but some day I am promising myself the pleasure of writing you about the progress of our program and it occurs to me you will have more time to read it later when the rush of the season is over in Miami.

I remember with such pleasure the delightful dinner party at the Sanitarium and the pleasant meeting with the patients afterward, and then the talk with you, which was all too short. You will be interested to know that a cousin of Andrew Mellon was present in my audience that night and not only asked me pertinent questions in the short forum that followed, but detained me afterwards to talk about it. It is a good thing I did not say anything in my talk about his famous cousin and the defeat of Prohibition, isn't it?

Hoping you are as well as you always are, I am

Very cordially yours,

*Ida B. Wise Smith*

Ida B. Wise Smith,  
National President.

IBWS:F  
Encl.1



# AMERICAN EUGENICS SOCIETY

INCORPORATED 1926

"The Children of the United States must be born of parents who will provide the biological inheritance and the home conditions necessary for the development of character, physique and intelligence."

50 West 50th Street, New York City, N. Y.

Tel. Circle 7-0250

March 30, 1938

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*Assistant Secretary*

Dr. John Harvey Kellogg  
Miami Springs  
Florida

My dear Dr. Kellogg:

We wrote you last Friday to acknowledge the receipt of your ten dollar check renewing your membership in this Society for the ensuing year.

Our new pamphlet on the practical application of eugenics will be received from the printers very shortly, in page proof form, still allowing of further revision. As soon as I receive a copy I shall send it to you. Knowing your great interest in eugenics we should very much like to receive any comments that you care to make regarding this publication.

Foundation support has been given to the Society for the last two years for such special projects as the publication of this new program of the Society, our very successful conferences with the Social Service groups, and the sponsoring of the textbook. Foundation support is given, however, only in proportion to the membership income and we need to build up this income constantly in order to receive continued and, if possible, greater Foundation Support.

We are trying to build up the supporting membership group of contributors of \$100.00 a year. Although last year two individual contributors contributed \$1,000.00 each, we have only 9 in the supporting membership group of \$100.00. In view of your long and generous support of our work, would you become a supporting member this year?

Sincerely yours,



Rudolf C. Bertheau

Assistant Secretary

RCB:EB

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

April 1, 1938

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

My dear Dr. Kellogg:

I am enclosing herewith galley proofs of your Appendix<sup>s</sup> to "How to Live". Will you be so good as to read ~~it~~<sup>them</sup> and make any necessary corrections. I hope you can return ~~it~~<sup>them</sup>, if not by return mail, as quickly as possible because the printer is anxious to get the book out by April 15th.

To save time I am sending this special delivery and enclosing a self-addressed envelope, stamped special delivery, for your use in returning the proof. I also enclose a return postal card to make sure of prompt receipt.

Possibly you would like some reprints of your individual contribution. I understand from a talk with the publisher that this would be possible at cost rates. In case you desire such reprints I suggest that you write to the publisher, Funk & Wagnalls, 354 Fourth Avenue, New York City, attention Mr. William Neisel.

Thanking you again for all your co-operation, I am,

Very sincerely,

Irving Fisher

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

Not used  
Thanks  
CFB

April 2nd 1958.

Dear Dr. Kellogg;

Someone told me that he saw you  
at the Opening Exercises in company with Mr. Babson.  
I was very sorry that I was <sup>so</sup> engaged at the time on  
the platform, trying to "entertain the crowd" that I  
could not come down and shake your hand. The fact is  
I did not know you were there until the hectic time  
of the tree planting was finished and then you were  
gone.

It is therefore a great pleasure to  
receive your approving letter and to know that you  
are still interested as you have been through all  
the years of our acquaintance in the utilization of

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

plants.

I shall be able to give you I think something regarding the Fairchild Tropical Garden as soon as the next number of the Occasional Papers gets off of the press. Just this minute I am so rushed that I cannot compose an article that would do the subject justice.

To make a resume of the plants that I have introduced or been instrumental in bringing in is a very large order and I am trying to cover it partially in my forthcoming book to be published by Scribner in the coming summer. This I trust will answer a lot of questions. I hope it will not raise more than it answers however.

Thanking you again for your courteous letter,  
I am as always most cordially yours,

*David Fairchild.*

April 4, 1938

Mr. O. E. Reed,  
U. S. Department of Agriculture,  
Bureau of Dairy Industry,  
Washington, D. C.

Dear Mr. Reed:

Thank you very much for your letter of  
recent date.

I am surprised to see the wonderful things  
you have accomplished in producing new dairy products.  
Some of the products you mention are exceedingly in-  
teresting.

I will be glad to send down our chemist, Mr.  
Wait, to see your exhibit and listen to the valuable  
papers mentioned in your program.

Again thanking you, I am

Sincerely yours,

b

For God and Home and Every Land

# National Woman's Christian Temperance Union

HEADQUARTERS  
1730 CHICAGO AVE., EVANSTON, ILLINOIS

RESEARCH DEPARTMENT

April 4, 1938

Dr. J. H. Kellogg  
Battle Creek  
Michigan

Dear Dr. Kellogg:

Chicago just now, and we presume other cities are having similar experiences, is being fairly deluged with advertising appeals on behalf of a beer maker's product called "Malvaz" which is being euphemistically termed a "health tonic" marvelous, according to its exploiters, for a large proportion of the ordinary ills of life, from youthful ennui, the ailments of nursing mothers, on through to the oncoming burdens of old age and general decrepitude.

Of course, we realize that with most intelligent, well informed persons such claims carry little weight, but we are thinking of countless thousands upon whom such reiterated assertions, in default of challenge, become sufficiently convincing to lure them into trial and thence to possibly habitual use of these and related alcoholic beverages.

Because to us this seems a matter of at least potential seriousness we write to ask your counsel regarding, and reaction to these sweeping claims.


In addition, we wish that for once it might be possible to challenge such a proposition on scientific grounds. If it were possible to do so, we wish that the product might be given laboratory analysis in order that its appraisal might carry even greater weight than mere general statements.

Would it be possible for you to lend such assistance? If so, we would be glad to send you immediately samples of the product for such investigation. Of course, the whole point involved is that "Malvaz" is no doubt exactly like scores, perhaps hundreds of similar products now being put on the market by ambitious brewers and whatever concrete examination can be given it will have a very definite bearing upon the host of like decoctions throughout the country.

We will be very grateful for your counsel in this regard, and any additional assistance if it seems to you practicable.

Thanking you for your immediate consideration, we remain

Cordially yours

  
F.D.L. Squires  
Research Counsel

*File*

"A 'brew' manufactured by the Monarch Brewing Company, Chicago, with 'an alcoholic content of approximately 4 per cent by weight.' The following are some of the publicly made claims for this so-called "malt tonic" during recent weeks in a still continuing display advertising sales appeal in widely circulating Chicago daily newspapers. The question is, is it possible for a single malt beverage to contain all the marvelous qualities, and achieve all the extraordinary results detailed in these successive ads?

Quotations from sales letters and from Chicago daily newspaper ads, December 1937 to March 1938.

"Malvas is made from nothing but choice barley malt flavored with hops -- that malt being grown in fields by nature's sunshine and ... therefore ... only pure and wholesome."

"Regarding ... nursing mothers there is no question the small alcoholic content of Malvas creates activity of the lactate glands and will increase the milk supply."

"The American Medical Association will give recommendation for Malvas or similar preparations ... (The American Medical Association under date of March 24 writes: The product (Malvas) ... has never been submitted to the Council on Pharmacy and Chemistry or the Council on Foods of the American Medical Association, and we therefore have no information about it.)"

Asked regarding support of its claims by "health experts" the makers of Malvas reply, "We do not know of any so-called health experts whose opinion we would care to recommend," ("There is one doctor we have great confidence in, Dr. \_\_\_\_\_ who knows and prescribes Malvas...") ("but we do not think you can do better than follow our suggestion and purchase a case of Malvas.")

"Drink Malvas in health defense."

"Doctors have long recognized the value of Malvas to those who are run down, jittery, peopless, neurasthenic."

"(Malvas) is often recommended to patients recovering from illness or an operation."

"(Malvas) has proven stimulating, vitalizing and nourishing to a tired and debilitated system."

"(Malvas) is a wholesome, healthful food-drink made from choice grains -- by scientific, closely controlled methods."

"(Malvas) is rich in certain energy, food and mineral values that help to keep you fit."

"Malvas is brewed by the Brewers of Monarch Beer."

"You'll know new loveliness when perfect health is yours...Malvas has brought to many women just the vital elements they have been looking for."

"(Malvas) is a scientific food-drink containing the mineral and vitamin values that tend to preserve a normal tone to the nerves and body."

"(Malvas) is a scientific food-drink...a rich calory content... Malvas provides vitality and nourishment to those easily tired and run down."

"Try a carton of Malvas today... give it a thorough trial... if you are not completely satisfied after drinking several bottles, ask for a refund."

"Here is rich, nourishing energy...Malvas is rich in calories containing energy for those who feel a need for greater vitality."

"Malvas) contains an abundance of healthful elements (which) help a normal tone in the system, vitalises, stimulates, nourishes tired bodies and nerves."

"Relief from jittery nerves -- greater health -- more pep -- any or all of these may be your ambition. Malvas may be just what you have been looking for."

"You'll feel like 'June in January' when you're 'Fullo' Pop'. Malvas is both stimulating and nourishing."

"(Malvas) supplies vitalizing energy and strength-building values -- calory, mineral and vitsmin elements -- in a pleasant-to-taste food-drink."

"(Malvas) helps to maintain a normal tone in the system."

"(Malvas) tends to increase weight by stimulating the appetite."

"(Malvas) is often recommended by doctors and dieticians to those who are feeling run-down, neurasthenic and pepless."

"Stop those four o'clock yawns. When four o'clock yawns signal mid-afternoon fatigue, that's the time to enjoy a bracing glass of Malvas...a delightful, stimulating food-drink-rich in vitalising energy and health values."

"Nourishing, vitalizing ingredients in Malvas -- calories, mineral salts, vitamins -- aid the system in maintaining normal vigor."

"Hundreds of thousands of bottles of Malvas have been sold under a money-back guarantee and but two cartons have been returned for a refund...Unless results are all that you expect after drinking several bottles, the full purchase price will be refunded."

"(Malvas) has brought a world of new happiness to thousands men and women... energy and strength-building elements are brought to you in a pleasant healthful food-drink that costs you but a few cents a bottle...Monarch guarantees your complete satisfaction."

"Health is Happiness...Later years can be golden years...when you're feeling fine and fit...(Malvas) is helping thousands to enjoy good health."

"Many who dislike the taste of ordinary tonics or find some nourishing foods hard to digest are enjoying the vitalizing effects of this healthful food-drink."

"(Malvas) helps to maintain a normal healthy happiness in the golden anniversary years."



**DALE CARNEGIE**  
*Columnist*

**150 Pinchurst Ave. New York City**

Recently my speaking tour included Battle Creek, Michigan. While there, I visited the famous sanitarium conducted by Dr. John Harvey Kellogg. Dr. Kellogg told me that he once had a dream that was worth five million dollars. He dreamed how to make cornflakes. When he awoke from his dream he straightway went about making cornflakes, and he eventually sold his patent for this product for the sum of five million dollars.

I told this story to a porter on a Pullman car the other day, and asked him if he had ever had a dream worth a million dollars. He replied: "No, suh, I never had a dream that was worth a dime."

(Copyright 1938, McNaught Syndicate)

**April 5, 1938**

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

**My dear Dr. Kellogg:**

**In my column of February 18, I gave you a little write up as per the inclosed clipping. I hope this is not displeasing to you.**

**Yours very sincerely**

*Dale Carnegie*

LADY GRENFELL  
ST. SIMON'S ISLAND  
GEORGIA

April 5, 1938

Dear Miss Estelle:

Tomorrow I am sending by express the soy milk and the acidophilus culture which we bought and which we found it impossible to use in making soy acidophilus milk.

I have just come from St. Luke's Hospital and am not able to walk as my legs swelled so badly after the phlebitis complication and the eight weeks in bed which has, of course, upset my whole circulatory system.

We are perfectly delighted to present this milk to Miami-Battle Creek knowing what good use you can make of it.

When we shall leave here is very uncertain and will depend on when I am able to walk about. If only the weather would warm up so that I could get a little sunshine things would be better, but for the past two or three days it has been very cool even in these Southerly climes.

LADY GRENFELL  
ST. SIMON'S ISLAND  
GEORGIA

-2-

I have had eight weeks at St. Luke's Hospital so that altogether I have had almost none of the winter here.

With best wishes to you all.

Yours sincerely,

Anne Grenfell

April 6, 1938

Dr. Albert E. Wiggan,  
241 Central Park West,  
New York City.

My dear Dr. Wiggan:

I have your letter of March 29.

It was kind of you to write me. I am sorry that you are not coming down.

The weather here is simply delightful. Bring your work along and work here. I want very much to discuss with you some plans for doing something for the white portion of the human race. We are certainly going under a cloud that will last for centuries. There is only one way out and that is through biologic living. The yellow races may be smart enough to beat us at that. I note in recent years increasing prejudice among the Orientals to Christian philosophy, largely due, no doubt, to the arrogant attitude of the missionaries.

It looks to me as though Christian civilization is going to be superseded within a century or two by a new civilization based on heathen philosophy instead of Christian. I am not sure but it will be an improvement.

Sincerely yours,

b

**JUNIOR CHAMBER OF COMMERCE**

**of Battle Creek, Michigan**



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April 9, 1938.

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

Dear Dr. Kellogg:

The Battle Creek Junior Chamber of Commerce has learned with deep regret of the possible suspension of Battle Creek College.

Our organization looks upon Battle Creek College as one of the major factors involving the cultural improvement of our community, as well as a source of this city's commercial betterment.

We certainly hope that the suspension of Battle Creek College may be avoided, and if we can be of any assistance in accomplishing such end, we will be glad to consider the possibility of making this one of our projects.

Very truly yours,

JUNIOR CHAMBER OF COMMERCE

By Roy A. Plant  
Secretary

April 10, 1938

Miss Goodwin:

Please put **VIE ET SANTE**, edited by Dr. Jean Hussbaum, 49  
Avenue de la Grande Armee, Paris XVI, France, on our exchange  
list if you have not already done so.

J. H. K.

b

April 10, 1938

Dr. Jean Nussbaum,  
49 Avenue de la Grande Armee,  
Paris XVI, France.

Dear Dr. Nussbaum:

I have your letter of March 15.

I have always been interested in your paper and have been pleased to find it so well edited. I should be glad to have full information with reference to your business connection. Who backs your paper? Does it have any connection with the S. D. A. denomination? Are you yourself a Seventh-Day Adventist? What are your business and social connections?

I note you intend to take a trip to Bulgaria. I wonder if you are acquainted with one of my old students who publishes a health journal in the Bulgarian language, Dr. Efremoff. If not, I am sure you will be glad to look him up. His address is Dr. George Efremoff, Bul. Tottleben 2, Sofia, Bulgaria. He is a well educated and capable physician. I understand he is a good lecturer and has been for years making efforts to develop a health reform movement in his country and I hope has in some respects succeeded.

I am sending you, under separate cover, a copy of my book How to Have Good Health together with several copies of a booklet entitled Rules for Right Living and other leaflets from which you can glean a pretty clear idea of the principles which I consider fundamental. Biologic living is simply to live in accordance with physiologic requirements, that is, to conform all our habits to the known facts of physiology.

Dr. Jean Nussbaum, No. 2.

I shall be glad to keep in touch with you.

Sincerely yours,

P. S. I think you do not need to apologize for your English. Your use of the language is so good I thought when I read your letter you were an American.

b

Mrs. Foy mailed book, booklet and leaflets.



April 10, 1938

Mrs. Ida B. Wise Smith,  
National Woman's Christian Temperance Union,  
1730 Chicago Ave.,  
Evanston, Illinois.

My dear Madam:

I have your kind letter of March 30.

As regards Miss Palmer's criticism, she is entirely right in her statement, but it was not my intention to give the impression that a teaspoonful of alcohol taken into the stomach would produce a toxic effect. On re-reading the manuscript I see that this interpretation might be placed upon the language used.

You are fully at liberty to make any use of the article you like and to omit the statement to which you refer if you do not care to use it. I ought perhaps to have added a sentence or two to indicate the amount of alcohol which one would have to drink in order to produce the proportion in the blood required for toxic effects. The difficulty is this is not a fixed quantity. The amount required depends upon the degree of concentration, the amount of food or liquid in the stomach when the alcohol is taken, individual susceptibility, etc.

My thought at the time of writing-- as usual I was greatly pressed for time-- was to impress upon the reader the fact that alcohol was capable of producing grave effects in small doses.

Please be assured that you are at liberty to use anything I write in any way you please at any time. I have no objection whatever to the footnote.

Mrs. Ida B. Wise Smith, No. 2.

I am glad to see Miss Palmer is so careful to avoid exaggeration, the effect of which is always bad. Be assured I will be glad to hear about the progress of your program at any time. I should be glad to have you make us another visit.

Mr. Mellon, nephew of Andrew Mellon, went home very greatly improved and a thorough convert to biologic living. He has been carefully adhering to biologic ways of living since returning home.

I enjoyed greatly my little chat with you and would appreciate an opportunity for a longer conference. Your objectives are so closely allied to my own and those of the Battle Creek Sanitarium that I think we might develop some plans for cooperation that might prove helpful. Certainly I shall be very glad to do anything I can to advance your good work.

The race degeneracy that I have been talking about for more than 50 years is now becoming so evident that public interest is becoming awakened, and it seems to be a favorable time for an allied effort by all welfare organizations in a strong drive against the enemies of health and character which your organization has been so bravely and successfully fighting for more than half a century.

Why not run down here for a month vacation. I shall be glad to make you our guest, and I think you would find it much worth while and would greatly enjoy the delightful spring climate of Florida, which I think is unequalled anywhere. It is never too hot and never too cold at this season. It is simply delightful all the time. There is plenty of sunshine and vegetation flourishing as one never sees it elsewhere.

Very sincerely yours,

April 11, 1938

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

Dear Dr. Rogers:

I have your letter of March 18th and I am delighted to hear from you. You are an artful apologist for "my Lady Nicotiana" and without a rival with the exception of Charles Lamb, who, however, was not quite so devoted a worshipper at her shrine as are you for he began his farewell to tobacco with the words, "For thy sake, tobacco, I would do anything but die." Suicide was the limit at which he balked. But we will dismiss tobacco.

You are one of the best and most loved friends I have ever found in this hostile, unfriendly world, and certainly one of the most helpful friends I have ever met. Your friendship has meant a lot to me in bolstering my courage when it was strained almost to the breaking point.

I am glad that you were helped by your visit to Battle Creek.

You are a real joy maker and I hope you will keep alive for a good many years yet. I was glad to find you when you came to Battle Creek better than I feared you would be. You had such a long hard time in the hospital, I expected the next time I saw you to find you a very much broken down man, but you really looked like your old self. I hope to see you in Battle Creek again this summer if only for a week or two.

I am glad to have the information you give me about the records made by your insurance company. When the medical directors of the life insurance companies have read Dr. Raymond Pearl's report of his

Dr. Oscar H. Rogers, No. 2.

research, I am sure they will discover that they will have to put some questions in, for his report shows that the effect of tobacco on longevity is far worse than the effect of liquor and so decided it will have to have recognition. I am waiting with much interest to see the reaction of the insurance experts and the tobacco manufacturers.

But I promised to call off the tobacco question. However, I would be very glad to have your criticisms of his report. If there is any weak spot in it, I will be glad to have it pointed out.

We have had a wonderful winter. We are having now the most delightful weather. I wish you were down here for a month. The sunshine would do you a world of good. I am as brown as a malatto myself and working as hard as ever. I did a couple of rather heavy operations this week and have another one to do tomorrow.

We will be having some mangoes coming in soon and I will send you some of the first that appear.

I am as always your devoted friend,

b

April 11, 1938

S. M. Konigacher,  
Musofu Mission of Seventh-day Adventists,  
Railway Bag Walamba,  
Northern Rhodesia, Africa.

My dear Nurse:

I have your letter of February 25th.

I am delighted to hear from you and to know that you are still in your good work. I have always been greatly interested in foreign mission work. I am sorry for the poor heathen that do not have a chance to enjoy the advantages of civilization, though they are fortunate in having in some respects better conditions of life than those which prevail in our great civilized cities. Unfortunately the heathen have come in contact with civilization sufficiently to be made to suffer from the evils of civilization without getting any commensurate benefit from its disadvantages, so the work of the missionaries in civilizing the heathen has to a large extent been counteracted by the mischief done by the merchants and other self seeking people who follow the missionaries to exploit the natives.

I remember you very well and am very glad indeed to know that you have devoted so many years to the self sacrificing work that you are doing.

I have been working to the limit of my ability to help the heathen in America. I started this health center in Miami because there was a great need here. I seemed to be providentially led to the place, and the work has certainly developed remarkably well,

S. M. Konigsmacher, No. 2.

and I hope has a good future before it.

I am sending you some literature which you may like to have.

I suppose you have alcohol and tobacco to fight in Africa as we have here in America. The tobacco manufacturers are very active in pushing their poison into every corner of the world.

I should be glad to have a letter telling me about the habits of your people-- the diet habits and the bowel habits. I am especially interested in health promoting practices which you may find in use among the primitive people with whom you are in contact.

I notice you speak of using salts to relieve those who are constipated. Doubtless the salts give them temporary relief, but salts usually harm the bowels by producing colitis and so increase the tendency to constipation. After many years of effort I have finally succeeded in mastering bowel troubles without the use of drugs. We never used laxatives or cathartics of any kind any more in our practice. Purgatives with bad habits of other sorts have wrought the ruin of the white race. All white nations are rapidly going down and within a hundred years from now the white people will probably number less than half the present count. The population of England, according to the present trend, which has been going on for a hundred years, will be not more than 4,500,000 a hundred years from now.

Depopulation is also going on in America. The last census proves this conclusively. In New York City the freshman class in the primary school was smaller than the high school graduating class. A similar condition is developing all over America.

In introducing civilization we ought so far as possible to

S. M. Konigsmacher, No. 3.

avoid introducing pernicious practices that are likely to do them harm and to encourage them in maintaining the simple natural living habits which have enabled them to survive long centuries of life in the forest.

The present prospect is that the colored races, the yellow and black races, will possess the world one or two centuries hence. The white race will begin to disappear rapidly before the end of the century. You will find an article on this subject which may interest you in the December number of Good Health which I am sending you with other literature.

I shall be glad to hear from you again and to keep in touch with you.

With best wishes for continued success in your good work, I am

Sincerely yours,

April 11, 1938

Dr. W. B. Cannon,  
Harvard Medical School,  
25 Shattuck Street,  
Boston, Mass.

My dear Dr. Cannon:

It was most kind of you to take the trouble to write me. It would be quite impossible for me to appear in person at the Congress, and so it will not be necessary to trouble you to send on an abstract. I am sorry the matter has made you so much trouble.

I have recently been re-reading your wonderful book "The Mechanical Factors of Digestion," the pioneer study of the colon functions which laid the foundation for the great work which the X-ray has since done in guiding the surgical and medical therapeutics of the colon. Your work and that of Hurst of London have been of infinite service to me in my efforts to help the sick people who come to Battle Creek, and I appreciate it more and more as the years go by. Your book has been a constant guide to me in my work, and as I have been led to study the colon more and more closely in efforts to relieve obstinate cases of dysfunction in this organ which come to us, I have read and re-read portions of your work many times.

I want to improve this occasion also to thank you for your splendid volume "The Wisdom of the Body," which is a most delightful work. I have placed it in the hands of several of my associates who have enjoyed it greatly. It is a most lucid presentation of facts which illuminate some of the dark corners of internal medicine in a wonderful way.



Dr. W. B. Cannon, No. 2.

I recall with great pleasure your visit to Battle Creek, now a good many years ago. You must feel the need of rest sometimes. Why not run down here for a week or two and enjoy the Florida sunshine? It would be a delight to have you with us as an honored guest. If you do not find it convenient to visit Florida this spring, may we not have the pleasure of entertaining you at Battle Creek next summer. I shall be in Michigan again after the first of June and until November 1. If you come bring Mrs. Cannon with you.

Again thanking you for the splendid things you have done for physiology, and thanking you again for writing me, I remain, dear Doctor,

Very sincerely yours,

b

April 11, 1938

Dr. Carl Ottosen,  
Overlage,  
Skodsborg, Denmark.

Dear Dr. Ottosen:

I have not heard from you for a long time and am wondering how you are getting on with your troubles.

I have had difficulties enough here to keep me busy, I assure you. I am still struggling with great difficulties, but with the help of a kind providence hope to pull through.

I had a letter not long ago which intimated that the man whom you tried to help by loaning him money, a publisher, had been convicted of wrong doing and would have to go to prison. Nothing was said about your connection with the business. From what you wrote yourself I inferred the financial failure was a bad one and that you were seriously damaged by it. How are things likely to come out?

How is your nephew getting along? Has he abandoned all thought of coming to America or is he still expecting to return to this country some time? I shall be glad to hear from you and also from him.

Always with kindest regards and best wishes, I am

As ever your friend,

April 12, 1938

Dr. Dale Carnegie,  
150 Pinelhurst Ave.,  
New York City.

My dear Dr. Carnegie:

Your notes of March 14th and April 5th were somehow held up and have just reached me both at the same time. Thank you very much for writing me and sending me copies of the pleasant things you have said about me, which I greatly appreciate, although I never should have thought of giving them out in publication.

I see that you are actually practicing your theories of making friends by being friendly. What a multitude of friends and people who do you homage are to be found all over America.

Your visit to Battle Creek brought in a great flood of sunshine. I know one lady who has been actually transformed by reading your book. She has had so many perplexing problems to deal with that her facial expression was always solemn or at least serious and was getting to be a little sour. She had a bitter expression sometimes. After reading your book she began to smile and her face has steadily grown more and more sunny until she is getting a smile like Sunny Jim's that won't come off.

If all the good things that people are saying about you and your books and the friendly acts that your writings have inspired were recorded in books, they would make a monument bigger than Rockefeller Center.

I should like to see more of you and have an opportunity to

Dr. Dale Carnegie, No. 2.

give you some more hints about how to keep young and to keep your good work going for 40 or 50 years more. Why not run down here and spend a week or two or three with me as my guest?

I wonder if you have noticed what the statisticians are saying about depopulation.

Did you see Raymond Pearl's report of his research on the effects of tobacco in which he demonstrated that the life expectation of heavy smokers is only half that of non-smokers and that light smokers suffer loss of life expectation just in proportion to the amount of tobacco they use. The New York Times and Time are, I think, the only newspapers that have dared to publish this information, which Time said would "scare the life out of the tobacco manufacturers" because they are all subsidized by tobacco advertisements. So far I have not seen a word of reply from the tobacco people, doubtless because there is nothing they can find to say. It is pitiful that greed and cowardice should permit such vast injury to be done to whole nations and even races.

It would seem the time must soon come when intelligent men and women who are concerned about the welfare of the human race should raise their voices in protest against the ruthless destruction of health and character due to their exploitation by the prodigious activity of those heartless poison mongers the tobacco merchants.

I am sure you will be glad to know the Aristocracy of Health is progressing. Several thousand members have been added since you were at Battle Creek. I am glad that you permitted me to record your name among the first one hundred.

Trusting that you are well and prospering in your good work and anticipating the pleasure of some time meeting you again, and again

Dr. Dale Carnegie, No. 3.

Thanking you for your kind mentions, I am

Very sincerely yours,

P. S. I have just learned that you are to be in Miami the 21st to give a lecture at the Edison High School auditorium. You must certainly be my guest while you are here at the Miami-Battle Creek, which is a small replica of Battle Creek, Michigan. We have a lovely place, pronounced by many as one of the most attractive spots in Florida. We will make you very much at home. Do plan to stay a few days and enjoy the sunshine.

We have some charming people here, among others the Rector of St. James Episcopal Church, one of the leading churches of New York City, a very delightful man. Very likely you are already acquainted with him. I shall have all my folks out to hear your lecture.

We have much more comfortable accommodations than any hotel in this region aside from our wholesome dietary, which is double proof against any sort of germs or other mischievous contaminants.

If you will send me advance information as to the time and place of your arrival here, I will have my car at the train to meet you.

We really belong to the city of Miami though we have our own post office.

Dr. Dale Carnegie, No. 4.

I shall be glad to put my car and chauffeur at your disposal to meet any engagements you may have. I am wiring you today so you will not be making other arrangements.

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

April 13, 1938

19

To Dale Carnegie,

Street and No. 150 Pinehurst Ave.,

Place New York City.

~~Thanks for your letters just received. Your courtesy  
much appreciated. I want you to be my guest while  
here. Hope you are planning to remain a few days.~~

~~Writing you.~~

~~John Harvey Kellogg~~

April 15, 1938

Sir Wilfred Grenfell,  
St. Simon's Island,  
Georgia.

My dear Sir Wilfred:

Miss Estill has shown me a letter from Lady Grenfell from which I learn that she has escaped from the hospital though still suffering.

Why not run down here for another month? The weather here is delightful and we will be very glad to make you a very low rate, say eight dollars a day for both. I am sure it will be a great pleasure to have you with us.

Sincerely yours,

b



E U G E N I C S R E S E A R C H A S S O C I A T I O N  
(Organized 1913: Incorporated 1928)

Cold Spring Harbor, New York,  
April 15, 1938.

PAPERS FOR THE 1938 MEETING

The twenty-sixth annual meeting of the Eugenics Research Association will be held at the American Museum of Natural History, 77th Street and Central Park West, New York City on Thursday, June 2, 1938 at 10 A. M.

This meeting will offer an especially appropriate opportunity to report any first-hand studies in the field of eugenics, particularly researches on hereditary defects and disorders, which have been brought to a head during the year.

It is requested that all members who have papers to present indicate their intentions by an early letter to the Secretary. The Program Committee reserves the right to accept or reject any paper offered, and to extend invitations to research workers of special merit to present the results of their recent studies.

Papers will be limited to 20 minutes and must be presented in person. Lantern, blackboard, chart - wall and exhibit - space will be provided at the meeting.

In order to be included on the printed program, the title of the paper with a 250-word abstract must be forwarded to the Secretary of the Eugenics Research Association, Cold Spring Harbor, Long Island, New York, not later than May 2, 1938.

April 15, 1938

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

Dear Friend:

I have your letter of March 15th. I should have answered your letter sooner to thank you for your courtesy in writing me, but I have been so crowded with work, operations, lectures, consultations and other matters, that my secretary has withheld it until the present moment because attention to it was not the most urgent.

I am very glad indeed that your meeting was such a pleasant affair. It would have been very delightful to be with you to meet the group of men who have successfully fought off Old Father Time and vanquished all the other formidable enemies that assail human life on every hand during such a long period. Life does not seem at all long to me for the years have rushed along so fast it is hard for me to believe that I have reached my 87th year. I have, however, every reason to be thankful for the degree of health and vigor that I enjoy, in which respect I am a little better off than when I met you last.

The success I have had in learning how to change the intestinal flora has been of great benefit to me. My own flora is 90 per cent acidophilus. Instead of having 90 per cent colon germs and other toxic bacteria in my colon, I now have only 10 per cent. All the rest are the health promoting lactic acid forming Lactobacillus acidophilus. I have maintained this state of bacterial

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

sanctity for several months. It required a good many years of effort, however, to attain this condition; but I have now perfected the technic so that I can secure a change from zero or 5 per cent acidophilus to 60 or 70 per cent within a week or ten days and in three or four weeks can easily bring the acidophilus up to 75 or 80 per cent. I think I wrote you how my methods changed the situation of the quintuplets from 20 per cent to 85 per cent, at which it has been maintained now for many months.

Sincerely yours,

b

April 15, 1938

Mr. Roy A. Plant,  
Junior Chamber of Commerce,  
Battle Creek, Michigan.

Dear Sir:

I have your letter of April 9th  
expressing appreciation of Battle Creek  
College. Thank you very much.

I have done my best to make Battle  
Creek College of service to Battle Creek and  
the public. The uncertainties of the future  
make it impossible at the present moment to  
make safely any forecast with reference to the  
future.

Sincerely yours,

b

SIR WILFRED GRENFELL  
ST. SIMON'S ISLAND  
GEORGIA

April 18, 1938

Dear Dr. Kellogg:

Nothing would please me better than to come down and have your Staff go over us again so that you may be able to check up; and beyond that the pleasure of seeing you and getting further acquainted with your methods. However, it seems to me it has been ordered otherwise this time, because everything has been set for Anne's return to Dr. Carter Wood next Monday in New York for radiation, which seeing that she still complains of the pain in the old hip, where the original trouble was, and since she has not been able to have the treatments while she had pneumonia, it seems to be imperative. The right leg is still swollen and small painful spots seem to show that there is some little infection continuing in the small vessels of the foot. Since so many of the symptoms are subjective, it is very difficult for me to diagnose the real conditions.

Every arrangement has been made. She will be in New York from the 26th until May 1st anyhow where her address will be care of Stephen Baker, Esq., 660 Park Avenue. I leave the same day from here

SIR WILFRED GRENFELL  
ST. SIMON'S ISLAND  
GEORGIA

and we shall meet at Farmington, care of George Williams, Esq., where we are putting in a week.

Thank you a thousand times for your generous offer, which we should have accepted immediately had we been able to arrange it, but I am afraid it is too late now.

We shall be coming South in November if it is possible. We should love to come to you then. I hope you will write to me personally about it. *The price you mention is simply a gift on your part.*

I think we have been distinctly better in general health, -both of us, for the diet, which we have followed just as carefully as we can. Only the mental worry has been very serious with both of us, as you can well understand.

Yours ever very gratefully,

*Wilfred T. Grenfell*

# Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

April 18th, 1938.

Dear Dr. Kellogg:

We are planning another great commencement and I am remembering this year the fine occasion at which you were present to honor us by receiving a degree at our hands.

One of the most delightful features of these commencement occasions consist in the presence of our honorary alumni. Often they consent to present candidates for degrees. Would it be possible for you to be present with us on May 28th and 29th and thus take part in our commencement exercises?

As a special feature of this particular commencement we are planning to dedicate the stainless steel door which will protect our Crypt of Civilization and the presentation of a special moving picture, describing our plans and reciting the story of Archaeology from the days of Tut-ankh-amen to the present.

Heartily yours,



Thomwell Jacobs, Pres.

THE DEPARTMENT OF PHYSIOLOGY  
HARVARD MEDICAL SCHOOL  
25 SHATTUCK STREET, BOSTON, MASS.

April 21, 1938

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

Dear Dr. Kellogg:

It was very kind of you to write so appreciatively of the work in which I have been engaged for many years. Perhaps you will be interested in a little book called "Digestion and Health," in which I embodied the Beaumont Lectures, given in Detroit in 1933 on the 100th anniversary of the publication of Beaumont's famous classic. In this book I have dealt with the importance of emotional states in disturbing digestion and also the importance of general physical well-being in favoring the digestive process.

Yours sincerely,

*W. B. Cannon*

WBC/W



April 22, 1938

Sir Wilfred Grenfell,  
St. Simon's Island,  
Georgia.

My dear Sir Wilfred:

I have your letter of April 18.

I am sorry you can not come at present, but we will be looking for you expectantly in November.

Dr. Donegan has made wonderful improvement and is starting back tomorrow. He seems to be thoroughly converted to the biologic idea. He says he is going to preach and practice it. We are very glad to make his acquaintance. He is a delightful gentleman.

I am sorry Mrs. Grenfell has had such a distressing time. I hope, however, the worst of it is over and especially hope that the malignant disease is being mastered. It is indeed a tragedy that you have this to bear with all your other afflictions when you have done so much to relieve the miseries and woes of others. Give my kind regards to Mrs. Grenfill when you see her.

Assuring you of a cordial welcome and hoping you will come early next season, I am

Always yours devotedly,

April 22, 1938

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

Dear Dr. Holt:

I have your letter of April 20.

I regret I was obliged to suspend operations of Battle Creek College for a year, but the loss through embezzlement, fraud and default of nearly a million dollars, funds which I had allocated for Battle Creek College, compelled me to take the action, although it was a heartbreaking thing to do.

I will send your letter on at once to Dr. Emil Leffler, the President, and ask him to see that the students are informed of the opportunities you offer and would suggest that you send him full information about your college, terms, etc.

It is very kind of you to remember my visits to Rollins. I have watched your unique effort with a great deal of interest and have been glad to see that you are making headway notwithstanding the depression. I hope you will some time run down here for a week or two and let us initiate you into some of the mysteries of keeping young and active after sixty.

I shall be glad to know what you think about the prospects ahead of the white race in the light of recent statistics.

Sincerely yours,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

April 24, 1938

Dr. John H. Kellogg  
Battle Creek in Miami,  
Miami Springs, Florida

My dear Dr. Kellogg:

The enclosed I had copied from one of the letters to  
the Vitality Record Office. I thought it would interest  
and amuse you even though it were on the wrong track in  
some way.

Sincerely,

*Irving Fisher*

IF:M

Enc.

Sand  
JAK

Some years ago I strained myself lifting furniture in my house. The strain affected the scrotum and right leg. I got no relief to amount to anything for months.

Finally I got a hunch. I leave water in the bath tub and every morning I get into the cold water with the pyjama shirt on -- that is, I sit in the cold water in bare legs with the rest of the body warm from the bed, and exercise the legs in the water.

This, I imagine, brings down the blood into the parts affected by the strain and since doing this I have had no further trouble with the leg. If the body is warm with the pyjama on and the legs are in icy cold water it must have some effect on the lower limbs.

Fisher

EGLISE du CHRIST au CONGO

DE LA

DISCIPLES OF CHRIST CONGO MISSION

D. C. C. M., BOLENGE  
Coquilhatville, Congo Belge

25-4-1938

My Dear Dr. Kellogg:

Your letter per poste-office is received and content well read. Thanks you very much for that, and let us continue just now. Herewith I sending you two slips of "Rules for Right Living" for me, and somebody to receive it over month.

I hope you are well over there, we are all well here.

I remain,

Marx Njiji

DOCTEUR JEAN NUSSBAUM

49, AVENUE DE LA GRANDE ARMÉE

PARIS XVI:

TÉL. PASSY 68-33

April 25, 1938

Doctor J.H. KELLOGG  
Miami Springs  
(Miami)  
Florida  
U.S.A.

Dear Doctor Kellogg,

I found, coming back from a three weeks journey in the Balkans, your good letter in which you tell me about Doctor Ephremoff who is living in Sofia. I met Doctor Ephremoff twice this year, and I even hope to go back to Bulgaria in order to study the life of the peasants there.

My intention is to try to draw some conclusions from the life of the peasants. After having studied it very carefully during two months, I shall go in the country, I shall live of the life of the people there, and I shall make, if possible, a good number of analysis of the food of the people. I shall also study especially the cancer question, and try to find if there is a relation between the good habit and the cancer.

If you have any suggestion to make, any question to ask, any service you would like me to render to you, I am ready to do what you want. You know, dear Doctor Kellogg, that I appreciate very much the activity of your entire life, and I always say in my lectures that I consider you as a prince of the medical science. The book you announce me has not yet reached me. I shall read it with much interest. *Sent*

"Vie et Santé", of which I am the editor in chief, is a paper published by the Seventh-Day Union Conference in France. Its circulation is a little more than 50,000 copies a month, mostly subscribers, and if you have any suggestion, any advice to give me, I shall receive it from you very gladly. May I profit of that opportunity to ask you if you would allow me to translate some of your articles and publish them in "Vie et Santé" ?

As for myself, I am a Seventh-Day Adventist. My father was a Seventh-Day Adventist pastor. He has known you and met you when you came in Europe. While I was a very little boy, he was often speaking of you and he was a perfect follower of your principles, having followed his whole life the "biologic life" as you call it so well now. He died at the age of 72 from an accident, having a splendid health.

Please believe me, dear Doctor Kellogg,

Yours very truly,



JN/GW

A. E. W.  
241 CENTRAL PARK WEST  
NEW YORK CITY

April 26th. '38

Dear Doctor Kellogg:

I do wish I could accept your generous invitation for us to come down and visit with you for a couple of weeks. Our stay last year of only four or five days was all too short, but it did us both a great deal of good.

It is barely possible I may get away for that long either in lat May or else early in the Autumn. If I can possibly see my way clear to coming I shall surely do so. I do not know just what is the enterprise you have especially in mind that you would like to discuss with me, but I know it is something important and of great service to humanity and I should be glad if any thing I could do would in any way forward your plans.


One item I should like your advice about as you are the only one who knows about that field. Mrs. Wiggam finds great difficulty in keeping the Soy Milk from nauseating her and giving her stomach distress for hours after taking. She has been suffering from considerable infection of the gall bladder for several years. It was greatly helped by liberal use of hydrochloric acid which she still continues, but of late even that does not prevent a great deal of distress after eating. She tried hog bile for a long time with very little benefit.

She has tried valiantly to drink the Soy Milk but it gives her a lot of distress. I have tried fixing it all sorts of ways, especially with about half skim milk. This seems to be the easiest way for her to take it.

I thought possibly you might suggest some way of taking the Milk that might be easier. I have no difficulty taking from one to two pints daily and find it extremely beneficial. I wish some one would develop the manufacture of vitamins or rather their extraction in natural form and make them cheaply. So far they charge so much for them. I talked to-day to a chemist who makes them for his own family very inexpensively and he told me the pharmacy companies make about 1000 % on their sale.

At anyrate this will convey the most affectionate regards of both myself and Mrs. Wiggam. I feel I owe more than fifty per cent of my working capacity the past 12 years to my first visit of three months to your Sanitarium and your subsequent advice.

Sincerely yours,



A. E. Wiggam.

To Dr. J.H. Kellogg, Miami.

April 26, 1938

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

Dear Dr. Jacobs:

I have your letter of April 18.

Thank you very much for the invitation  
to attend your commencement. I should be most  
happy to do so if possible, but urgent business  
at Battle Creek requires my presence at the same  
time as your commencement so that I shall not be  
able to be present.

Trusting that your work is prospering  
and thanking you for your invitation, I am

Sincerely yours,

b



April 29, 1938

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

Dear Professor Fisher:

I have your letter of April 24 enclosing an anonymous memorandum with reference to a hernia. In the case of a small hernia such as this man seems to have, a cold bath such as he has been taking might very well prove advantageous. However, the chances are about equal that it might prove harmful as it would increase the tendency to strangulation in case the hernia should have become fixed in the opening. It is not a method which could be recommended for general use.

Sincerely yours,

b

April 29, 1933

Dr. A. E. Wiggam,  
241 Central Park West,  
New York City.

My dear Dr. Wiggam:

I have your letter of April 26.

I am pleased that we shall have the pleasure of seeing you here in May and if not then early in the fall. There is plenty of room at both seasons. January, February and March we are filled up to the brim and have a waiting list.

I am pleased to know that you have been so much benefited by the use of acidophilus. I suggest your wife take one to a teaspoonful a day in a glass of milk and a heaping tablespoonful of Lacto-Dextrin, or she can take it in oatmeal gruel. It does not have to be taken by itself.

The gallbladder infection comes originally from the duodenum which becomes infected with bacteria working up from the colon. Evidently your wife has an incompetent ileocecal valve which has allowed the whole small intestine to become infected.

Soy acidophilus milk is such a very rich culture of the Lactobacillus acidophilus that a small dose, used continuously, will keep the flora in fairly good condition if a liberal amount of Lacto-Dextrin is taken at the same time. Dr. Rettger claims to have proven that fifty billions daily will change the intestinal flora. Soy acidophilus milk contains sixty billions to the ounce, so you see so small a quantity as one ounce or two tablespoonfuls contains enough acidophilus bacilli to change the flora. If Lacto-Dextrin is taken with it, it will encourage its growth so rapidly so there will soon

Dr. A. E. Wiggam, No. 2.

be many times the number swallowed.

The enterprise to which I referred in my letter was not a money making affair, but a humanitarian effort which ought to be organized and will be started by somebody. For a lecturer of your ability it might prove to be a money maker. I will tell you about this when I meet you.

Kind regards to Mrs. Wiggam. I shall be glad to know how my suggestion works. I ought to add, perhaps, that taking the acidophilus by enema is a great help in changing the flora. A half glass of the acidophilus is mixed with a pint of boiled starch and a rounded tablespoonful of Lacto-Dextrin and introduced into the colon after the bowels have been emptied by an enema which should be taken at bedtime. The acidophilus enema with the small dose which I have described will, I hope, relieve Mrs. Wiggam of her difficulty.

Sincerely yours,

b

# COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE  
MIAMI BEACH, FLORIDA  
TELEPHONE 5-3827

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May 1, 1938

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DUES FOR YEAR - MAY 1st, 1938 to APRIL 30, 1939 ----- \$100.00

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DATE Jan 31 1939  
COMMITTEE OF ONE HUNDRED  
Laurie G. Johnson

MAKE CHECK PAYABLE TO:

F. Lowry Wall, Treasurer  
1673 Michigan Avenue,  
Miami Beach, Florida

WALLEN  
MAY 1 1938

May 2, 1938

Dr. W. B. Cannon,  
Harvard Medical School,  
25 Shattuck Street,  
Boston, Mass.

Dear Dr. Cannon:

Thank you very much for your kind note of April 21 and for sending me the name of your book, "Digestion and Health," a copy of which I shall obtain at the earliest possible moment and read with much profit and pleasure I am sure.

Sincerely yours,

P. S. If you are in Florida next winter, you will find a pleasant place here at Miami-Battle Creek where you will be very cordially welcome as our guest for a few days at any time you find it convenient to drop in.

b

May 4, 1938

Mr. Rudolf C. Bertheau,  
American Eugenics Society,  
50 West 50th Street,  
New York City.

Dear Sir:

I have your letter of March 30.

I am quite in sympathy with your effort to improve the support of the Eugenics Society. It is worthy of support and needs it badly. If I were not carrying on an allied work which costs me more than fifty thousand dollars a year I should certainly be very glad to make a liberal contribution to the Eugenics Society. The fact is I am spending all my income and so shall have to deny myself the pleasure of meeting your request at this time, but my interest in your work is permanent and when I get through my present stress I hope to be able to do more for you and for the cause in which I am deeply interested.

Sincerely yours,

b

May 5, 1938

Dr. P. B. Welch,  
1128 Almeria Ave.,  
Coral Gables, Florida.

Dear Doctor:

Thank you very much for your very  
interesting paper. Your research brings out  
new and interesting facts of very practical  
clinical interest.

Sincerely yours,

b

THE MECHANISM OF PRODUCTION OF DIGESTIVE  
SYMPTOMS ASSOCIATED WITH  
UROLOGIC PATHOLOGY

*By*

P. B. WELCH, M.D.,  
MILTON M. COPLAN, M.D.

*and*

ROY J. HOLMES, M.D.  
Miami, Florida

1128 Almeria Ave  
Oral Gables

*Reprinted from*

*The American Journal of*  
**DIGESTIVE DISEASES**  
**AND NUTRITION**

Vol. IV—No. 12 (Feb.). Pages 797 to 802



# The Mechanism of Production of Digestive Symptoms Associated with Urologic Pathology

By

P. B. WELCH, M.D., MILTON M. COPLAN, M.D.

and

ROY J. HOLMES, M.D.

MIAMI, FLORIDA

**D**URING recent years, the authors, in common with many others, have observed the frequent occurrence of reflex digestive symptoms associated with and produced by urologic pathology.

While it has been generally assumed that these digestive symptoms were associated with disturbances of the muscular activity of the digestive tube, apparently the exact nature and location of some of these changes have not been reported. Accordingly, a clinical and experimental study was undertaken, (I) to show Clinically, that silent urologic pathology frequently is the exciting factor in the production of reflex digestive symptoms; (II) Experimentally, that these digestive symptoms are associated with and probably produced in part at least by certain changes in the muscular activity of the stomach, colon and probably duodenum and, (III) to postulate that the reflex changes observed in the muscular activity of the stomach and duodenum may be factors in the production of peptic ulcer.

## CLINICAL PRESENTATION

The clinical aspects of the etiologic relationship of urologic pathology to reflex digestive disturbances have been exhaustively and competently presented by many observers. The probable nervous mechanism involved in the production of these viscerovisceral reflexes has been adequately recorded. This presentation is confined to an analysis of sixty cases consulting the gastro-enterologist because of digestive symptoms, subsequently referred to the urologists. Of this number, forty-eight patients were relieved by urologic diagnostic and treatment procedures.

The many and various symptoms presented by this group of patients have been abstracted and catalogued in Table I. Only ten of the forty-eight patients pre-

TABLE I

Tabulation of the symptoms of the forty-eight cases which responded to urologic treatment

Epigastric Distress . . . . .	28	Eructation and Regurgitation . . . . .	13
Precordial Pain . . . . .	3	Nausea and Vomiting or Vomiting Alone . . . . .	9
Diffuse Abdominal Pain . . . . .	17	Heartburn . . . . .	5
Pain Rt. Lower Quad . . . . .	8	Diarrhea . . . . .	3
Pain Lft. Lower Quad . . . . .	2	Anorexia . . . . .	2
Pain Lft. Upper Quad . . . . .	1	Hunger Pains . . . . .	2
Backache . . . . .	6	Distention . . . . .	1
Pain in Flank . . . . .	4	Tachycardia . . . . .	1
Pain in Thigh and Hip . . . . .	1	Dysphagia . . . . .	1
Pain Left Shoulder . . . . .	1	Rectal Tenesmus . . . . .	1
Urinary Symptoms . . . . .	10		

sented symptoms of urinary tract difficulties, unless pain in the flank might be considered as a specific urologic manifestation. There were four such cases.

In four cases no functional nor organic disease of the gastro-intestinal tract was demonstrated. Diagnoses of the gastro-enterologist are shown in Table II.

TABLE II

Provisional gastro-enterologic diagnoses

Gastric Ulcer . . . . .	2
Duodenal Ulcer . . . . .	2
Gastric Hypermotility . . . . .	7
Duodenal Spasm . . . . .	2
Spasm at the Cardia . . . . .	4
Pylorospasm . . . . .	3
Ileal Regurgitation . . . . .	7
Irritable Colon . . . . .	8
Colon Stasis . . . . .	11
Proctitis . . . . .	3
Anal Sphincter Spasm . . . . .	2
Diverticulosis . . . . .	1
Abdominal Visceroptosis . . . . .	5
Cholelithiasis . . . . .	1

In this group of sixty patients, thirty-six, or 60%, showed changes in muscular activity of the digestive tract. It is interesting to note the types of motor disability of the digestive tube encountered. These varied from colon stasis to hypermotility of the stomach, spasm of the anal sphincter to spasm at the cardia.

TABLE III

Motor changes in the gastro-intestinal tube observed in forty-eight cases

Gastric Hypermotility . . . . .	7
Duodenal Spasm . . . . .	2
Spasm at the Cardia . . . . .	4
Pylorospasm . . . . .	3
Colon Stasis . . . . .	11
Ileal Regurgitation . . . . .	7
Anal Sphincter Spasm . . . . .	2
Total . . . . .	36

Of the forty-eight patients in whom definite urologic pathology was demonstrated, twelve patients had previously been subjected to abdominal surgery without relief of their symptoms.

Urologic investigation of these patients revealed that obstructive lesions along the urinary tracts predominated, being present in thirty-eight instances, an

\*From Research Department of Jackson Memorial Hospital, Miami, Florida.

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<b>Total</b> . . . . .	<b>36</b>

Of the forty-eight patients in whom definite urologic pathology was demonstrated, twelve patients had previously been subjected to abdominal surgery without relief of their symptoms.

Urologic investigation of these patients revealed that obstructive lesions along the urinary tracts predominated, being present in thirty-eight instances, an

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incidence of 80%. The clinical gastro-intestinal symptoms were definitely more pronounced in the patients with obstructive lesions than in the group where infection alone was demonstrated. No cases of acute

TABLE IV

*Analysis of previous abdominal surgery performed on patients in this series affording no relief from symptoms*

Case	Surgery	Subsequent Urologic Diagnosis
1	Gall Bladder; Appendix	Hydronephrosis; Ureteral Stricture
2	Appendix; Panhysterectomy; Postoperative Adhesions	Urethral Stricture; Atony of Bladder
3	Appendix	Stone in Rt. Ureter
4	Gall Bladder; Appendix	Left Ureteral Stricture
5	Appendix	Prostatitis; Seminal Vesiculitis; Stricture Rt. Ureter
6	Appendix	Hydropyonephrosis from Aberrant Vessel at Ureteropelvic Junction
7	Appendix; Right Tube; Ovary	Ureteral Stricture; Megaloureter and Renal Pelvis
8	Gall Bladder; Appendix	Prostatic Hypertrophy; Renal Calculi
9	Appendix; Tubes; Postoperative Adhesions	Right Ureteral Stricture and Pyelitis
10	Uterine Suspension; Appendix	Nephroptosis
11	Appendix	Undescended Testicle
12	Appendix; Repair of Cervix	Right Pyelitis; Renal Ptosis

urinary tract infections were included in this study. A classification of the pathology found in the urinary tract is contained in Table V. Such conditions as trigonitis, seminal vesiculitis, prostatitis or posterior

urethritis as a rule do not warrant critical attention but in the light of these findings, they must be given adequate consideration since great relief of digestive symptoms was afforded a number of patients by eradicating these seemingly trivial infections.

TABLE V

*Analysis of urologic pathology diagnosed in group of forty-eight cases*

Stricture and Contracture of Urethra	15
Posterior Urethritis	3
Prostatitis	10
Seminal Vesiculitis	2
Prostatic Hypertrophy	2
Bladder Neck Contracture	2
Chronic Cystitis	1
Trigonitis	6
Undescended Testicle	1
Ureteral Stricture	11
Ureteral Kink	4
Ptosis Right Kidney (Marked)	6
Uretero-lithiasis	1
Chronic Pyelitis	1
Congenital Stenosis of Ureteral Orifices or Uretero-pelvic Junction	6

#### EXPERIMENTAL PRESENTATION

Other investigators have demonstrated both fluoroscopically and kymographically that changes in the muscular activity of the digestive tube are reflexly excited by disease of the urinary tracts. It has been assumed that these changes in muscular activity are probably responsible for the production of the associated digestive symptoms.

Tixier and Clavel (1) in a series of acute experiments upon dogs by means of kymographic tracings showed that exteriorization of the kidney, stimulation



Fig. IA. Normal feeding reflex, human stomach. At point marked "2", patient was fed 4 oz. of milk and potato gruel. The tracing shows an immediate fall in tone and inhibition of peristalsis with a gradual restoration of tone occurring in about 25 minutes with a restoration of peristalsis. This constitutes the normal gastric appetite, or taste, reflex. It will be noted that the peristaltic rate is one complete contraction approximately every 2 minutes.

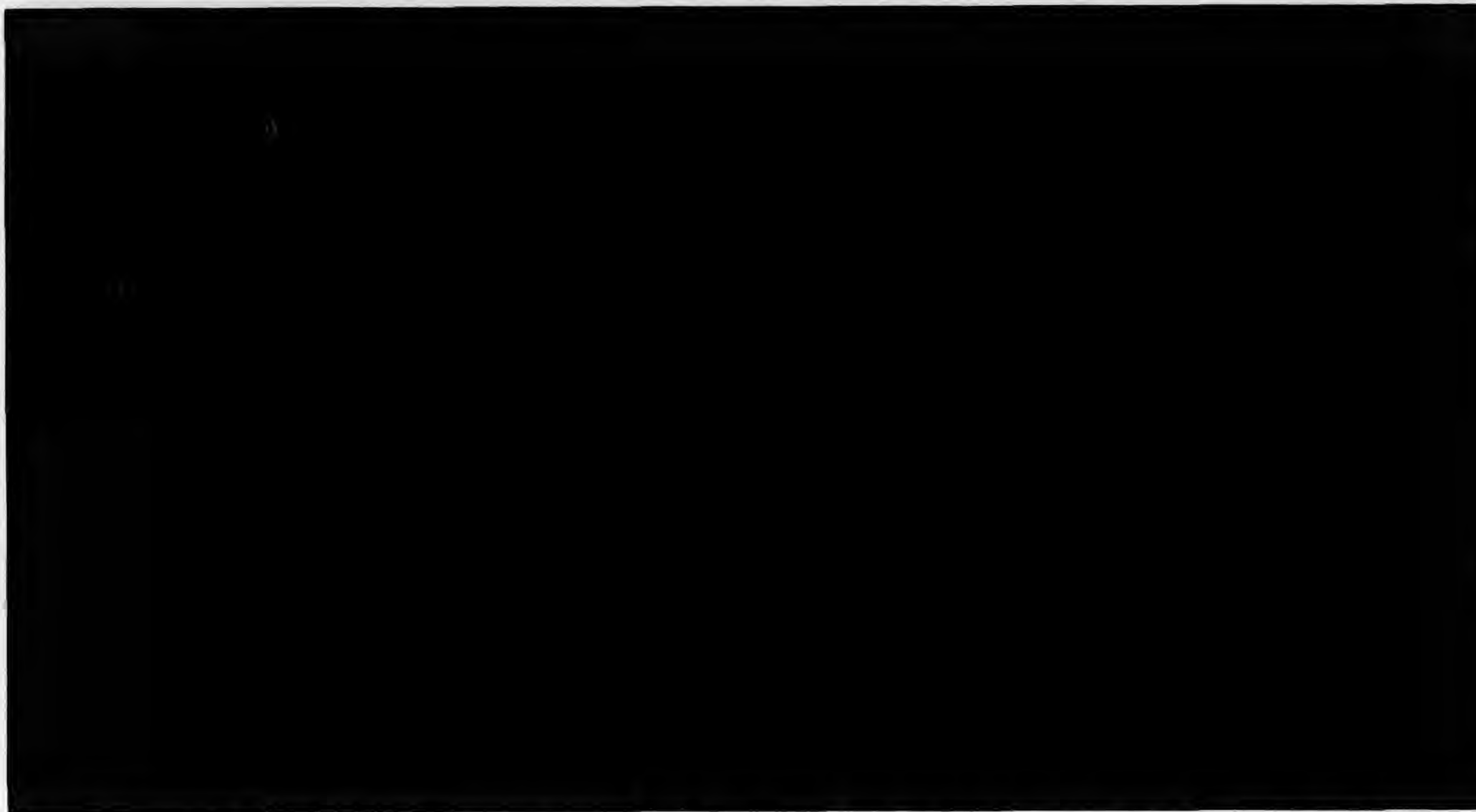


Fig. IB. "Showing inversion of the normal gastric feeding reflex in the human stomach associated with urethral and left ureteral stricture, symptomatically relieved by correction of the urologic pathology." It will be noted that before feeding and even after feeding the peristaltic beat is very rapid, as high as two peristaltic contractions occurring in one minute. At the point of feeding, an almost immediate increase in tone is noted followed by a temporary relaxation and again a continued very high tone. During the peaks of the contractions the lumen of the stomach was obliterated. It will be noted also in this tracing there was not an inhibition of peristalsis. This is the typical inversion of the normal gastric reflex.

of the kidney and stimulation of the kidney peritoneum caused an increase in frequency and amplitude of gastric peristalsis and produced tone changes in the colon. The latter consisted principally of immediate inhibition of tone and peristalsis. Unfortunately, these acute experiments did not simulate the conditions usually found clinically.

The conditions of the experimental work reported here were kept in as close an approximation as possible to the conditions usually encountered clinically. In this group of experiments, kymographic tracings were made upon the stomachs of dogs and humans and upon the colons of humans with preexisting or created urologic pathology.

#### CHANGES OBSERVED IN THE MUSCULAR ACTIVITY OF THE STOMACH REFLEXLY EXCITED BY UROLOGIC PATHOLOGY

It had previously been observed by one of us (2) that normally the gastric musculature relaxed immediately with the first taste of food—the normal feeding reflex (Fig. IA).

It was observed that in the presence of intra or extra gastric, abdominal pathology, this normal relaxation did not occur. Instead, with the first taste of food there occurred either a momentary relaxation followed by strong contraction, or an immediate increase in the tonicity of the gastric musculature with or without superimposed peristalsis. This contraction frequently amounted to violent and prolonged spasm which completely obliterated the lumen of the stomach. This constituted a complete reversal or inversion of the normal gastric feeding reflex. The degree of in-

version or distortion was found to be approximately proportional to the severity of the symptoms encountered, and was not influenced by the character of the gastric secretions, establishing the changed muscular activity of the stomach as the probable source of symptoms.

This distortion of the gastric feeding reflex was usually associated with epigastric distress of varying degrees of intensity.

With this experience as a background, it was assumed that stimuli arising from lesions of the urologic tract probably produced similar changes in the muscular activity of the stomach. This was particularly indicated by the high incidence of the symptom of epigastri distress encountered with urologic disease as shown in Table I.

Kymographic tracings were made from the stomachs of two women with demonstrated urologic disease. A condom balloon was placed in the fasting stomach and connected by a duodenal tube to a recording device designed by one of us. This, in turn, recorded on a slow moving drum. The balloon was left in place long enough for the patient to become accommodated to its presence. The patient was then fed a cream of wheat and milk gruel and the changes in the feeding reflex were recorded. In both instances, there was found an increase in frequency and amplitude of gastric peristalsis and a marked inversion of the normal feeding reflex as shown in Fig. IB.

In this case, correction of urologic pathology resulted in complete subsidence of digestive symptoms. Unfortunately, with subsidence of symptoms, we were unable to obtain subsequent gastric tracings.



**Fig. IIA.** "Shows a normal gastric feeding reflex obtained by inserting a balloon through a permanent gastrostomy." At the point of feeding indicated by the arrow, there was an immediate inhibition of tone and peristalsis with reappearance of peristalsis in approximately 20 minutes. Note the close parallelism in the normal dog's stomach and the human stomach as shown in Fig. IA.

In another group of experiments, dogs were used. Gastrostomies were first performed. Later, we attempted to make a permanent ureteral fistula. In only one dog were we fortunate enough to have both a satisfactory gastrostomy and ureteral fistula.

In this dog, tracings were first made to show the normal gastric feeding reflex.

Later, a left-sided ureterostomy was made. This healed perfectly. There was no obstruction in the

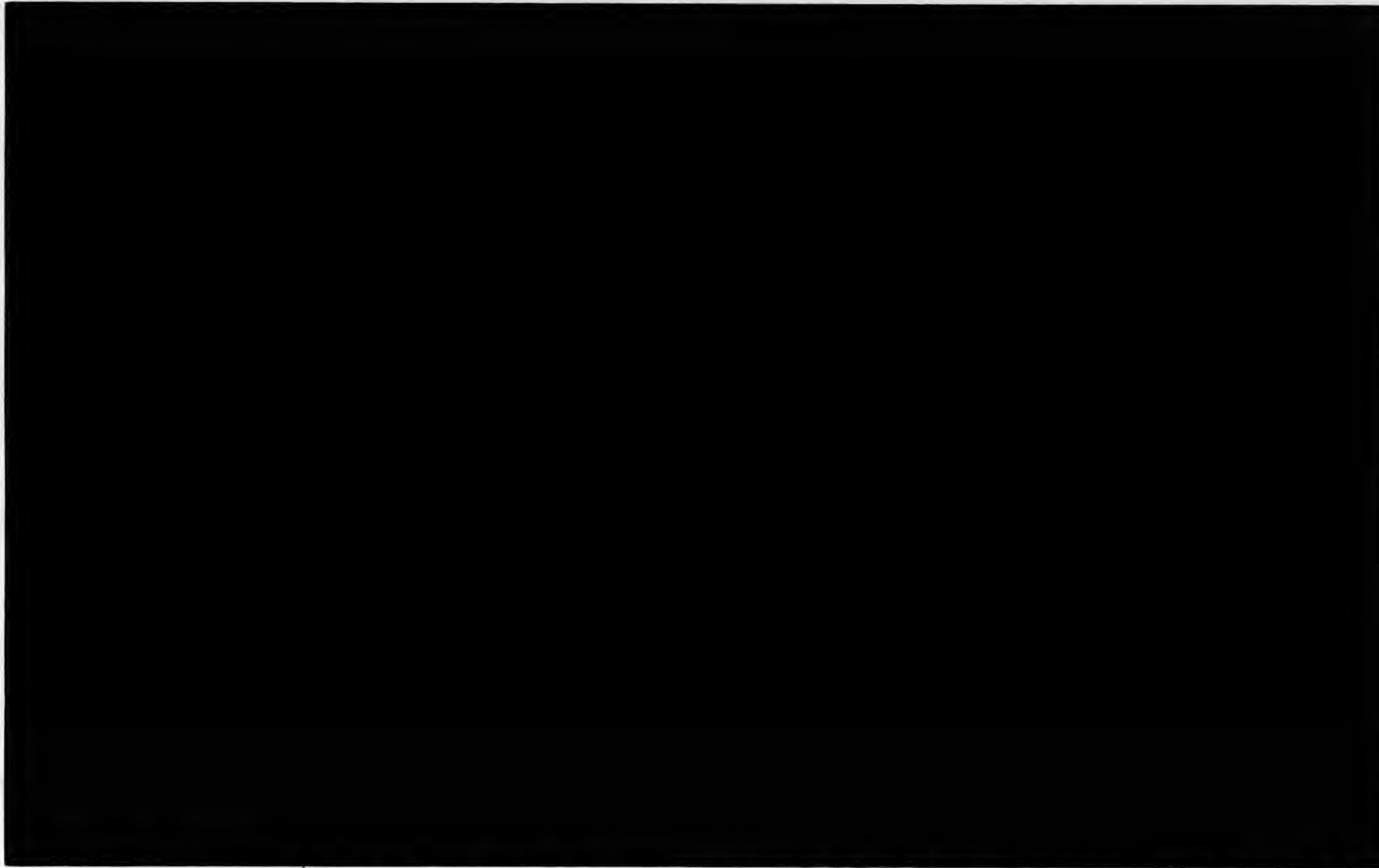
ureter and no apparent damage was done to the kidney.

Gastric tracings were made on a fasting stomach and the ureter was traumatized by twisting a catheter in the left ureter. The dog was then fed one ounce of ground cooked beef.

There was a momentary relaxation followed by an immediate and prolonged spasm of the gastric muscu-



**Fig. IIB.** "Shows the inversion of the normal feeding reflex in the dog's stomach after ureteral trauma." At "1" catheter was inserted into the ureter. At "2", silver nitrate was injected and the catheter twisted. At "3", the catheter was withdrawn. At "4", the dog was permitted to smell food. The tracing shows an immediate increase in tonicity with superimposed peristalsis followed by relaxation. At "5", the dog was fed one-quarter pound of raw ground beef. Again, there was an immediate increase in tone with superimposed peristalsis. Thereafter, there was maintained a very high state of tonicity with small peristaltic waves. This tracing is almost exactly comparable to that of the human stomach, as shown in Fig. IB. The stomach was in complete spasm with almost complete obliteration of the lumen.



**Fig. III.** "Showing change in the muscular activity of the normal colon associated with trauma of the right ureter." The immediate effect of trauma to the right ureter was inhibition followed by a relatively late appearance of increased peristalsis and increased tone. The contractions in the colon shown from 2:20 on were accompanied by pain in the left side of the abdomen, with or without pain in the right flank.

lature. Apparently, the dog was distressed following the feeding as it became quite restless.

Comparisons of Figs. 1 and 2 show a striking similarity of reaction in the human and dog's stomachs.

Each tracing made of this dog's stomach after ureterostomy showed the same inversion of the gastric feeding reflex with a prolonged period of marked increase in tone following feedings. The balloon in the stomach was completely emptied upon removal during the period of high muscular tone, indicating a complete obliteration of the gastric lumen.

Fluoroscopic observations upon the duodenum and jejunum of many of the patients with urologic pathology has indicated that there is often a spasm of the duodenal cap and hyperperistalsis of the descending loop of duodenum, sometimes so marked as to cause regurgitation. No kymographic tracings have been made of the duodenum by the authors but clinical and X-ray observations have definitely demonstrated that there undoubtedly is an associated hypermotility and spasm of the upper small intestine reflexly associated with urologic pathology.

#### PROBABLE ETIOLOGIC RELATIONSHIP BETWEEN UROLOGIC PATHOLOGY AND PEPTIC ULCER

That urologic and other abdominal pathology excites intense and prolonged reflex spasm of the stomach certainly, and of the duodenum probably, cannot be doubted. That this spasm is complete enough to obliterate the lumen of the stomach has been demonstrated.

It is not unreasonable to assume that the severe

squeezing of the mucosa of the stomach and probably that of the duodenum is sufficient to empty the blood vessels in the soft velvety mucous membranes and to produce a definite and prolonged local ischemia interfering with the nutrition and resistance of the affected mucosa and predisposing to ulcer formation, either secondary to infection or by direct digestion of the enfeebled, traumatized area.

It is difficult to understand why more ulcers do not occur when this type of trauma is present, as this distorted reflex is excited not once but at each regular meal, day after day, week after week and frequently month or even year after year.

Doubtless other conditions are necessary to be present for ulcer formation; remote infection, ulcer diathesis, allergy, faulty food habits, chemical or metabolic toxins, nerve lesions, absence of antipepsin, mental or emotional states, or other factors.

In this connection, it is not amiss to report one very theatrical case. Mr. A. B. had a duodenal ulcer more or less continuously for ten years. Finally, as a last resort, an investigation of his urologic tract was advised. Cystoscopy disclosed a congenital narrowing of both ureteral orifices. These were dilated and upon subsidence of his reaction to this measure, his digestive symptoms entirely disappeared. This particular individual was quite skeptical of his relief and endeavored by dietetic indiscretions and alcoholic excesses to reproduce his familiar digestive distress, without success. For three years, this man has been free from digestive disturbances. There is no X-ray evidence of duodenal ulcer now nor has there been

since three months after urologic treatment was instituted.

It is not assumed that disease of the urologic tract alone produces peptic ulcer but certainly the evidence indicates that it may in conjunction with other factors be an exciting cause in peptic ulcer production.

#### CHANGES OBSERVED IN THE MUSCULAR ACTIVITY OF THE COLON REFLEXLY EXCITED BY UROLOGIC PATHOLOGY

In this group, two women with permanent left-sided colostomies volunteered. Condom balloons were inserted into the proximal colostomy opening. The balloons were gently inflated with air and connected with the recording device in the usual way. The balloons were left in place for at least ninety minutes until the colon had accommodated itself to their presence. A cystoscope was then introduced without changing their supine position. A ureteral catheter was gently passed up the right ureter. The urethra, bladder and ureter were normal in each instance.  $\frac{1}{2}$  of 1% silver nitrate was injected into the ureter. The catheters were gently rotated and then withdrawn.

In both cases, introduction of the cystoscope and catheterization of the right ureter resulted in immediate inhibition of the muscular activity of the descending colon. Irregular tone changes followed until gentle trauma was supplied to the pelvis of the kidney and ureters. Trauma to the pelvis was accomplished by inserting the catheters up into the kidney pelvis. No reaction was noted in the colon. Introduction of  $\frac{1}{2}$ % silver nitrate and/or twisting of the catheter in the ureter was immediately followed by a decrease in tone of the colon. Thereafter, for some time the tone changes were irregular until a late appearance (one-half hour) of increased muscular tone of the colon in both cases and increased tone and painful contractions at the site of the balloon in one case.

It is particularly interesting to note that in this one case, Fig. III, the patient had severe left-sided pain, occurring simultaneously with contractions in the colon, despite the fact that the right ureter was traumatized. It is probable that determination of the location of the painful contractions in the colon on the left side was due to the presence of the balloon, although the air pressure in the balloon did not equal one millimeter of mercury.

This experience suggests that the site of origin of symptoms arising in the colon are not associated with pathology in the ureter in the same side as suggested by Abeshouse (3) and Hartsock (4) and that possibly the local condition of the segment of the digestive tube is the determining factor in symptom production.

#### SUMMARY

A. An analysis is made of a series of forty-eight

cases presenting digestive symptoms relieved by correction of preexisting urologic pathology.

B. Tabulations have been made of (1) The presenting digestive symptoms; (2) The gastro-enterologist's diagnoses; (3) Motor disturbances in various parts of the digestive tube which were found in 60% of the cases; (4) An analysis of twelve cases, or 27%, who had previous abdominal surgery without relief of digestive symptoms and who were subsequently relieved by correction of urologic pathology; (5) An analysis of forty-eight cases showing obstructive lesions of the urinary tracts in 80%; digestive symptoms were definitely more pronounced in this group.

C. Experimental studies of the muscular activity of the stomach and colon in humans and dogs showed that in the stomach, the rate of peristalsis was probably increased and that there was a marked inversion of the normal gastric feeding reflex associated with urologic pathology. In the colon, trauma of the urinary tracts produced a primary inhibition of tone and peristalsis followed by marked and irregular increases in tone and peristalsis. In one case, the colon contractions produced pain.

D. Evidence is produced which indicates that the side upon which the urologic pathology exists is not the sole determining factor as to the location of digestive dysfunction and pain, but that probably the local condition of the affected segment of the digestive tube is also a determining factor as to its location.

E. The marked changes in the muscular activity of the stomach and duodenum associated with urologic and other abdominal pathology may be factors in the production of peptic ulcer.

#### CONCLUSION

In view of the evidence presented in the voluminous literature and the clinical and experimental evidence presented here, it is obvious that it is incumbent upon the gastro-enterologist and internist to constantly keep in mind the high incidence of digestive symptoms excited by pathology outside the digestive tube, particularly in the urinary and genital tracts.

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

Dear Dr. Kellogg:

It was a great pleasure to have you on  
The Kampong the other day and to find that your  
interest in living things other than humans, is  
still the interest of a little boy and I have an  
idea the trouble with many of your patients is  
that they grow up instead of remaining children  
as they could if they took an interest in outdoor  
things.

Thank you very much indeed for the  
seeds from Dr. Zimmerman. I have sent him seeds  
of A. reticulata.

Sincerely,

David Fairchild.  
David Fairchild.

**Rockefeller Center  
New York**

**Room 5600  
30 Rockefeller Plaza**

May 7, 1938

Dear Dr. Kellogg:

I have been very remiss in not having thanked you sooner for your long, interesting letter of February 24th, for the several pamphlets which accompanied it and for the various products of your laboratory which you also sent me.

I used the soy acidophilus milk and found it pleasant and helpful. I have also used successfully the Ld-Lax and am continuing to do so. I did not avail of your kind offer to have me keep in touch with you as to the chemical effects of these products for I have been so busy and moving about so rapidly these past several months that it has not seemed possible. I have, however, talked the situation over fully with my doctor, who has read with great interest your letter and your paper. This doctor makes frequent examinations and tells me that there is no present indication of need for the soy milk.

Please know how much I appreciate your friendliness in the matter and how cordially I thank you for all the trouble you have taken on my behalf. It is good to know about these things and I shall bear them in mind should I have need to use them.

Very sincerely,

*John D. Rockefeller Jr.*

Dr. John Harvey Kellogg  
Miami Springs  
Miami, Florida

May 8, 1938

Dr. David Fairchild,  
Fairchild Tropical Garden,  
Coconut Grove, Florida.

Dear Dr. Fairchild:

Thank you very much for your note of May 6th and for your perennial courtesies.

Since you were once under my medical care I feel in a certain sense more or less responsible for your health. At any rate, I feel anxiety about it and I want you and Mrs. Fairchild to form the habit of making a visit once a week to the Miami-Battle Creek as an act of penance or of supererogation. An electric light bath, cabinet bath or a good massage I am sure would be a good thing for both of you. After an attack of acute rheumatism it is imperatively necessary that you should combat the rheumatic tendency which it leaves behind, and this can not be done in any other way but by special attention to the skin, the importance of which has recently come to be understood much more thoroughly than heretofore.

My prescription is that you and Mrs. Fairchild both visit the Miami-Battle Creek once a week for a dose of physiotherapy, the nature of which may be modified to suit your needs or predilections. You may have a regular day set for your visit or may arrange an hour at any time by telephoning the day before.

I feel under deep obligations to you for what you have done for America and for us. No one has profited more than have we in our Sanitarium work.

With best wishes, I am

Sincerely yours,

# SKODSBORG BADESANATORIUM

OVERLÆGE CARL OTTOSEN

Skodsborg, Denmark, Maj 8th, 1938.

Dr. John Harvey Kellogg,  
Superintendent of the Miami-Battle Creek,  
Miami Springs, Florida,  
U. S. A.

My dear friend:

I was very deeply touched, when your very kind letter of April 11th came to hand. I appreciate more than I can say the interest you take in my welfare - and especially so because you yourself have so many difficulties to battle with.

Also I have had very great difficulties, but a kind providence has helped. So far I have been able to keep head above waters, but there will come a great time of crisis about the 10th of June. So if you should be able to find one or more persons who would be willing to loan us the sum of 2.500 dollars now and the same amount in November if needed at that time I would be very grateful. We are in some ways better situated now than we were in the month of November 37, and as our patronage at the present time is 20 pct above the best ever experienced I sincerely hope we shall get along so nicely now during the summer, that we shall be able to get sufficient laid aside for the winter payments, and should that be the case we would of course not borrow any more but concentrate all our energy in paying back.

Now when we have had as always in winter time a relatively smaller patronage - though better than ever - we have on account of payments on the H. L. Henriksen crash not been able to lay anything aside for the June payments, that is a very difficult situation.

The man who caused all the trouble, Mr. H.L.Henriksen, I

have mentioned in my long letter of Novb.21-1937. He would long ago have been in prison if not the banks, I and others had thought it of no use. He has not alone deceived me but also several other christian brethren in a very bad way. He must have known that he acted mean, or been concious of his acting as a deceiver, while we all trusted in him being a christian and therefore a reliable man.

Yes, you are right - his failure was a bad one, and I was seriously damaged by it, as I to help him had gone security for quite a big sum of money, which I partly has paid and partly has to pay by and by. If that had not happened I would have been in a good financial condition.

Things will come out allright if I only can get sufficient help for a short time. I sincerely hope that the man you once mentioned in a letter will be willing to do it now that it only is a smaller sum that is actually needed.

My nephew has got a good position as surgeon in chief at a quite large hospital and is nearly daily called to a big hospital in a larger city to perform the most intricate operations. I have not seen him lately so I do not know if he is now thinking of going to U.S.A.. I know that he was very gratefull for your willingness to help him on over there.

Hoping to hear good news from you before long - and I will also be very interested indeed to hear that you are having success with your financial problems.

Once more thanking you most sincerely for your kind interest your brotherly love and your highly esteemed friendship

I am with very best wishes

sincerily your friend and brother

*Carl Ottesen.*

**FUNK & WAGNALLS COMPANY**  
**PUBLISHERS**  
**354-360 FOURTH AVENUE**  
**NEW YORK**

OFFICE OF THE SECRETARY

May 10, 1938.

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

Dear Sir:

We hope to have "How to Live" ready by May 25th, and when off the press we will be in a position to undertake the printing of your reprints. You inquired what the cost would be for 1,000, 3,000, and 5,000 copies of your two articles. 1,000 copies of a 16 page article will cost \$23., 3,000 \$45., and 5,000 \$70. Both your articles make 16 pp. each. Shall we proceed with the same?

Yours very truly,

FUNK & WAGNALLS COMPANY,

Per *Mr. Neisef, Secy*

PROFESSOR FISHER

I note that "How to Live" has a chapter on "bathing." I am wondering if in your discussion you noted the fact that none of our domestic animals ever bathe. They will go into water to cool off, but never to be clean. And I was taught that to be healthy I should copy the brutes. My daughter makes a religion of a weekly bath for her children, and I shocked her almost into a faint by telling her that the Bible nowhere requires a bath, except as ritual, never for cleanliness. Just recently I noted that the story in L. 15 makes no mention that the returned son, coming from a hog pen, was either fumigated or bathed. Recently a news item told of a man 100 years old who had not bathed for 50 years. I remember my father saying an uncle of his never took a bath.

I suppose your book commends brushing the teeth, but if we follow the brutes' example how often will we brush them, and they keep their teeth longer than we do. I suppose you are thinking "That man Carle is a fool," and perhaps you will be right.

May 12, 1938

Mr. Wm. Meisel,  
Funk & Wagnalls Company,  
354-360 Fourth Avenue,  
New York City.

Dear Sir:

Kindly send me at my Battle Creek  
address (202 Manchester St., Battle Creek,  
Mich), 3,000 copies each of my two articles.

Sincerely yours,

b



May 12, 1938

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

Dear Professor Fisher:

It seems to me that the people who have their eyes open to the situation of the world should join hands in a determined effort to do something to stay the tide of degeneracy that is wiping out the white races.

I received a day or two ago a very nice letter from John D. Rockefeller, Jr., which leads me to believe that he might be interested in a campaign that would fight tobacco as earnestly as he has fought yellow fever and hookworm. The same amount of money invested would yield tremendous results.

Now that Raymond Pearl has taken the stand he has, I am prepared to undertake an extended research on the effect of smoking on the longevity of animals.

Sincerely yours,

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

May 13. 38

Dear Dr. Kellogg.

I just cannot find  
the time to accept your very  
generous invitations to have  
in the artificial sunlight  
of your sanitarium my dear  
Doctor. I do take a

sun bath almost every  
day but it takes me  
only about 30 minutes to  
do this.

Enclosed is a letter from  
Dr. Zimmerman showing he

is a real worker & experimenter  
Thank you for sending  
those flowers to him to  
work with. He wants  
some more & I'll have  
to send them too.

If he should get a  
break into the hereditary  
set up of the Paw paw who  
knows what might happen.

With best regards and  
many thanks for your many  
courtesies I am as always

Very sincerely yours,  
David Fairchild

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# Michigan State Nurses Association

INCORPORATED DECEMBER 18, 1924

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EXECUTIVE SECRETARY

Dr. John Harvey Kellogg,  
Miami Springs, Florida.

My dear Dr. Kellogg:-

I want to thank you for the telegram you sent to our State Nurses Association during the Convention at Battle Creek. I read it at the banquet and it was received with warm applause. Mrs. Foy told me how interested you had always been in the formation and continuation of our State organization, so that we appreciated your cordial words all the more knowing that they had the background of this long continued friendliness. It was most thoughtful of you to remember us in this way.

I want to add too how much we all enjoyed staying at the Sanitarium. It was a delightful place for such an occasion, and Battle Creek as well as the grounds of the Sanitarium, was at the most beautiful stage of the year. Our only regret was that you could not have been there in person for there were so many of us that would have been glad to have had the pleasure of talking to you.

Sincerely yours,



---

Marian Durell,  
President.

May 14, 1938.

May 17, 1938

Mr. John D. Rockefeller, Jr.,  
30 Rockefeller Plaza,  
Rockefeller Center,  
New York City.

Dear Mr. Rockefeller:

I have your note of May 7th.

I do not want to bore you with letters. I know that you are overwhelmed. I am very glad to know that you find LD-Lax helpful, and I am sure you will be glad to know that its good effects do not lessen with use and that no unpleasant effects result from its continued use for any length of time.

From what your doctor reports of the stools, I judge that the soy acidophilus you have taken has made a good implantation of the protective acidophilus, and this may be maintained by the continued use of LD-Lax and lactose or Lacto-Dextrin. The latter may not be needed unless you occasionally eat meat in which case it would be well to avoid the use of meat altogether as I have done for more than 70 years and I am sure with great profit.

Probably the greatest injury done by the ordinary use of meat is the result of the putrefaction of the meat in the colon. Fresh meat always introduces into the intestine large quantities of colon germs and other putrefactive bacteria. A tablespoonful of lactose or Lacto-Dextrin taken after meals containing meat will prevent this putrefaction.

I am glad to know that your doctor thought it worth while to look over the papers I sent you. If he is interested in the soybean he will find a very interesting and comprehensive article by Dr. Horvath in

Mr. John D. Rockefeller, Jr., No. 2.

the last number of the American Journal of Digestive Diseases.

Permit me to improve the present opportunity to make an apology for not accepting your invitation to present a plan for a research on the effects of tobacco. Some years ago, I was asked by the Committee of Fifty to Study the Tobacco Problem, of which Dr. Lambert, then President of the American Medical Association, was President, to call your attention to the importance of an investigation as to the effects of tobacco similar to the study made some years ago by the Committee of One Hundred to Study Alcohol Problem. I spoke to your secretary about the matter. He talked with you about the matter and reported that you would like to have presented a plan for such an investigation. I reported this to the Committee and a committee was appointed to prepare a plan, but I was never able to get the committee to report. The difficulty was to find a method of getting data to which no objection could be raised on scientific ground. I ought perhaps to have written you about this before, but hesitated to encroach upon your precious time when I had nothing to report.

A great amount of private research work has been done and a summary of this was published by the Committee, but notwithstanding the great importance of the subject and the urgent need that something should be done toward checking the growth of this gigantic evil, no authoritative scientific body has given the matter attention until recently.

Possibly your attention may not have been called to the fact that Dr. Raymond Pearl, Professor of Biology of Johns Hopkins, recently gave an address before the New York Academy of Medicine in which indisputable statistical evidence was presented which showed that the use of tobacco shortens human life and just in proportion to the amount used. Dr. Pearl has given an account of the results of his research in an article in the Scientific Monthly for May.

Mr. John D. Rockefeller, Jr., No. 3.

Dr. Farnum, of Yale, who was the prime mover in the organization of the Committee of Fifty, is now deceased, but Dr. Lambert and numerous other eminent scientific men beside Dr. Pearl are more than ever interested in the subject, and it seems to me that this would be an opportune moment for the subject to be taken up. The appalling increase in the death rate from disease of the heart and blood vessels which has developed at an accelerating rate within recent years has attracted the attention of eminent medical men toward tobacco as a possible cause.

Heretofore the argument against tobacco has been made by the claim that the bad results were due to excess and that no harm resulted from moderate use, but Dr. Pearl's statistics show this to be an error and prove that the injury is in proportion to the amount used and that so-called light smokers suffer though proportionately less than heavy smokers, and that heavy smokers suffer such decrease of life expectation as to account in large measure for the great increase in the mortality rate of diseases of the heart and blood vessels.

Since Dr. Pearl has pointed out a way in which a research might be conducted, it occurred to me that perhaps you would be willing to take the matter up. The expense would be small. The important thing is that the work should be sponsored by an authority who would command universal confidence. So little is said about the ill effects of tobacco, the majority of smokers acquire and continue the habit under the belief that it is harmless except when carried to great excess whereas the facts show that its ordinary use causes greater physical injury than the ordinary use of alcohol. The cigaret habit has been spreading so rapidly the last few years among women as well as men it is becoming a monster evil which should be vigorously combated.

Mr. John D. Rockefeller, Jr., No. 4.

I shall be visiting New York some time within the next three or four weeks and should be glad to have a brief interview with you about the proposed tobacco research. I can time my visit to suit your convenience.

With much respect and admiration, I remain

Sincerely yours,

b



# The Michigan Public Health Association

Affiliated With  
The American Public Health Association

May 18, 1938

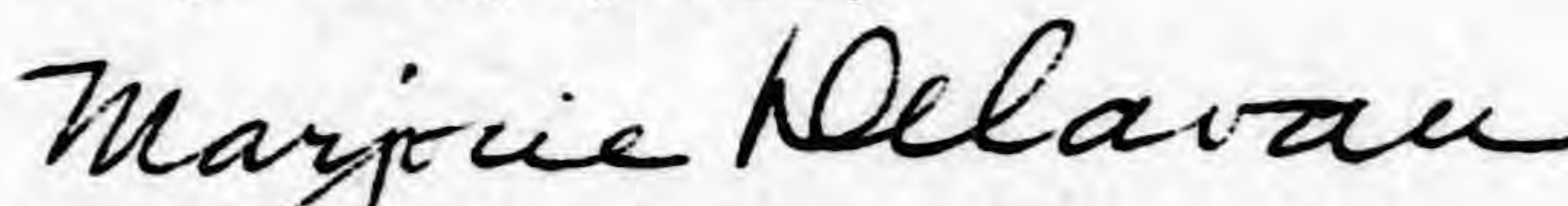
TO THE MEMBERSHIP OF THE MICHIGAN PUBLIC HEALTH ASSOCIATION:

Plans for the Eighteenth Annual Public Health Conference are now being made and they will be discussed at a meeting of the directors of the Michigan Public Health Association with the State Commissioner of Health on May 27 in Ann Arbor. Several of the matters that will come up for consideration at that meeting are of such interest to Conference members and guests that the directors and Dr. Gudakunst feel that they should be given an opportunity to express their opinion.

Therefore - even though we know that spring is one of the busiest times of the year for all of you - we are asking you to give us your opinion. This is in the nature of a straw vote, not a final one, but it will be an exceedingly helpful indication of the thinking of an important section of the Conference members.

Will you please answer the very brief questions on the accompanying sheet? Do not sign your name. An envelope is enclosed for your convenience. We would like to have the questionnaire returned before the board meeting on May 27, but send it later if necessary. I speak both for the directors and for Dr. Gudakunst when I assure you that we shall be grateful.

Very truly yours,



Marjorie Delavan  
Secretary - Treasurer

MD:Y

May 19, 1938

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

Dear Dr. Fairchild:

Thanks for your kind note of May 13th enclosing a letter from Dr. Zimmerman. I am glad your flowers reached him safely.

I shall be interested in the results of his experiment.

I am sorry that you are too busy to come over regularly for treatment. Drop in whenever you feel inclined. You are always welcome to the best we have to give you. If you find any of your joints getting a little stiff get after the matter right away. The evil effects of acute inflammatory rheumatism often do not appear for some time following an attack, but are likely to develop at any time when resistance is much lowered and should have attention right away before they get a crippling foothold.

Judge Goddard drops in frequently and rarely fails to tell me of your interest in developing the Fairchild Botanical Garden and the things being done for its development. I hope in a year or two I will be able to take a practical interest in this splendid enterprise.

Sincerely yours,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

May 22nd, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

Thank you for yours of May 12th. It will be fine if you can get John D. Rockefeller, Jr., to help in the manner you mention. I am also delighted that you are going to make the study of the effect of smoking on the longevity of animals. I hope you will take every precaution to have every safeguard against error and have these safeguards duly described. I also hope you will be ultra careful in the scientific statements <sup>not</sup> to overstate rather than under state the results. This is said with the idea, among others, that it will help and not hurt your object. The very fact that you are already convinced, as I am, of the harmfulness of tobacco, makes your views and researches "suspect" to many.

Pearl will have more influence than ~~me~~ <sup>me</sup> because of his pro-alcohol proclivities in the past. Otherwise, he would be subject to attack for not eliminating other influences than tobacco. Personally, I feel that he has not performed this elimination and that an unknown part of his results are due to alcohol, other drugs, and the effect on hygiene generally, all of which are apt to go with smoking, for the smoker is usually not willing to do very much for his own health. At least that is my own impression.

Dr. Kellogg

-2-

May 22nd, 1938

I am enclosing an amusing communication. I believe it has  
been seriously suggested that ~~is~~ frequently <sup>bathing</sup> ~~is~~ <sup>now</sup> the case among  
the well-to-do because of the ease of providing facilities today, ~~is~~  
injurious because removing prematurely the *epithelial* cells on the  
surface. Do you think there is anything in this?

Sincerely,

*J. Irving Fisher*

IF:M

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THOMAS D. WOOD, M.D., *Professor*  
*Emeritus of Health Education,*  
*Teachers College, Columbia Uni-*  
*versity.*

May 23rd, 1938

Dr. John H. Kellogg  
Battle Creek in Miami  
Miami Springs, Florida

My dear Dr. Kellogg:

I have had a conference with Dr. Alan Gregg of the Rockefeller Foundation, with the object of interesting him in Vitality Records, sufficiently to recommend our obtaining financial assistance.

He may soon write you to obtain your view on Vitality Records, but even if he should not do so, I would appreciate a statement embodying your opinion which I may show to Dr. Gregg.

You will remember from our earlier correspondence that our objective is to try to show the effects of habits of living on vitality, morbidity, and mortality. Since individual experiences seem often inconsistent, it is hoped that by mass statistics, such as we collect through our questionnaire, a true picture of the importance of proper living habits may ultimately become available.

Enclosed please find a copy of our current questionnaire, a Statement of Purpose, and the first (and so far the only) issue of our Bulletin. Would you also be so kind as to mark your suggestions and criticisms on this questionnaire and return it to me, so that they may be considered in the next revision?

Very sincerely,



IF:M

Enc.

**Rockefeller Center**  
**New York**

**Room 5600**  
**30 Rockefeller Plaza**

May 23, 1938

Dear Dr. Kellogg:

Your letter of May 17th is received just after Mr. Rockefeller, Jr.'s departure for Europe. As he plans to be away until the late summer, I am sorry that it will be some time before he can personally answer your letter.

Sincerely yours,

*Janet M. Warfield*

Dr. John Harvey Kellogg  
Miami Springs  
Miami, Florida

March 24, 1938

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

Dear Dr. Fairchild:

I was very glad to receive the invitation cards to the dedicatory exercises for the Fairchild Tropical Garden. I was surprised as for some reason I had not known that the enterprise was so far advanced. I was more delighted than I can tell you to see that this splendid enterprise is under way and that there is hope that the United States may have in time the most wonderful tropical garden in the world, something that will even outrival the famous botanical garden at Algiers. The climate here is certainly better than that of Algiers and I think more hospitable to exotic plants.

Certainly there is no man in the world more deserving than you of a memorial of this sort. It is one of the most fitting projects of which I have learned in recent years. I should like to be put on your list for all the literature you send out as we shall have opportunity here to introduce the matter to many wealthy people, some of whom I am sure will be interested in the memorial and very glad to help promote it by gifts or bequests. I will be glad if you will tell me how I can find a resume of the different things done by yourself and the Bureau while under your direction in promoting the introduction of new food plants.

I should like to publish an article in my journal Good Health which would give our readers as much information as possible concerning your project and its purpose as a memorial and the plan for its future development, what it may ultimately become, etc. Good Health reaches thousands

Dr. David Fairchild, No. 2.

of people, the very sort of people who will be likely to be interested in a project of this kind. Be assured that I will be most happy to do everything in my power to promote this splendid project. I am sorry I have not known more about it before. I had the impression that it was something new that was just being broached. I hope the garden will get a good big start while you are still alive so that it may have the benefit of your long experience, and it would be a great joy to your many friends as well as Mrs. Fairchild.

I had Dr. Babson on my hands yesterday and gave him an opportunity to see the great crowd that had gathered at your meeting. It was indeed gratifying to see so great an interest.

As always with very best wishes, I am

Sincerely yours,



May 24, 1938

Marjorie Delevan,  
The Michigan Public Health Association,  
Ann Arbor, Michigan.

Dear Madam:

I have your letter of May 18th announcing a meeting of the Michigan Public Health Association May 27th at Ann Arbor. Unfortunately I do not return to Michigan until June 1 and so shall not be able to attend the meeting as I should like very much to do.

I am greatly interested in your work and hope some time to have an opportunity to meet you and learn something of the special activities of the Association in recent years. If you should some time think it worth while to run over to Battle Creek for a week-end, I shall be glad to have you as my guest at the Battle Creek Sanitarium and to take opportunity such a visit might afford for a chat about public health matters.

Sincerely yours,

b

June 5, 1938

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

Dear Dr. Ottosen:

Thanks for your kind note of May 8th.

I am glad to hear that you are getting along with your difficulties and there is a prospect of your working out of your financial difficulties.

My financial problem is more than a thousand times larger than yours. We have a bonded indebtedness of \$2,440,000 and unsecured debts of nearly half a million more; but nevertheless we shall gradually work our way out. Before the summer is over I hope to have things in fairly good shape.

I have written your nephew to ascertain if he has any thoughts of coming to America. If he has we may be able to make him a proposition which will interest him.

I regret to have to tell you that the man I wrote you about has become involved in financial difficulties himself so he has need for all the funds he has and is calling in loans he has made.

I am sure kind Providence will help you to solve your difficulties, and with my very best wishes, I am

Always sincerely yours,

b

June 5, 1938

Dr. David Ottosen,  
Skodsborg Badesanatorium,  
Skodsborg, Denmark.

Dear Doctor:

We are making some changes in our faculty at the present time and as I had some correspondence with you before about coming to America, I thought I would write you about the situation as it might be possible you might not be adverse to considering a proposition to come to this country. There is probably no place in the world where a man's influence through his service covers a broader area or will reach a more influential class of people than here.

The prospects before our work are better than ever before. We are prepared to offer a very handsome salary. I shall be glad to know if you would consider a proposition to come to America to become chief surgeon of the Battle Creek Sanitarium with general supervision over the X-ray department, especially deep therapy.

Hoping to have the pleasure of hearing from you at your early convenience, I remain, dear Doctor,

Very sincerely yours,

b

June 6, 1938

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

Dear Prof. Fisher:

I have received your letter of May 23rd with the enclosed. I have made a few criticisms in pencil. I am sure you want me to be perfectly frank. My feeling is that the examples you give, which will naturally be accepted as your ideals, are likely to create prejudice, and I must confess that I could not recommend anybody to follow this man's example. For the average man of his age to undertake to lie several minutes in cold water, which at this time of the year is likely to be about 60 degrees, would be hazardous. Water at so low a temperature should be applied in the form of a spray or douche or a plunge. The plunge, although it would last for a few seconds, would be much too severe for an average man of 60, but to lie in cold water for 200 seconds or more is at least ten times as violent a thermic application as a cold spray or a plunge. I have for many years been accustomed to take a spray every morning of the coldest water available. I have often taken the temperature of the water at 43 to 50 degrees; but the application was only for ten or fifteen seconds.

The man's diet, while it is almost identical with my own diet, I would not think of recommending to the average man who is a novice in dietetic experiments or in regimenting appetite.

If Mr. Rockefeller should happen to read your prospectus, I fear it will produce an unfavorable impression. Mr. Rockefeller is in Europe at the present time. He will be gone two or three months, I understand.

Prof. Irving Fisher, No. 2.

This man speaks of reducing the number of meals. Reducing the number of meals as much as he suggests and eating irregularly is not at all a desirable thing to do. The taking of food is the principal means of stimulating colon activity. When meals are omitted, the result is delay in the colon and interruption of the normal rhythm. This is not at all desirable. Something should be taken at regular meal hours. Hurst of London was one of the first to call attention to this.

In training the colon I find it necessary to have meals taken at the same hour every day and to have the enema given at a definite hour. The intestinal alimentary tract acts with great regularity when given a chance to do so. It is almost as regular as a clock. If a full meal is not taken, fruit or something should be taken at regular intervals so as to establish a definite peristaltic rhythm and maintain it.

I am afraid your scheme will prove to be a little too strenuous to become popular, but it will be a means of obtaining most valuable information if you can carry it through. I think it would be safer to present it in a much more conservative way.

I hope you will not misunderstand my criticism. I am just home from Florida and am just overwhelmed with work.

As always faithfully yours,

b

June 6, 1938

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

Dear Prof. Fisher:

I have your letter of May 22 with reference to bathing. It is not the epithelium of the skin but substances found in the oily secretion of certain of the skin glands.

Mr. Carle is mistaken about animals not bathing. Elephants, bison and wild animals of various sorts bathe daily when they have an opportunity and especially in warm weather.

Of course bathing is not absolutely necessary for the reason that the skin continually renews itself by growth from below and exfoliation of the surface. I have met a number of people who had taken no water baths for many years, but have practiced rubbing themselves with oil with vigorous friction daily. It really amounts to the same thing. No doubt they applied water and soap to certain areas frequently.

Sincerely yours,

Sir Wilfred Grenfell, Kinloch House, Charlotte, Vermont. June 7, 1938  
(Postmarked June 25)

JHK

I can not forebear intruding on your busy time with a line to tell you that having heard that a professor at Connecticut State College, a distinguished plant research physiologist, Prof. Raymond Wallace, had been conducting experiments over a period of two years with cellulose acetate film for windows, greenhouses, forcing frames, home solarium and windows and doors generally. I packed off to where the college is, and he and a Professor Crandall and others showed me all their work. I was so enthused I persuaded them to volunteer for a summer's work at St. Anthony to really test out its value as an anti-T. B. agent especially. They have taken a great deal of the material both from the Celluloid Corporation of America, Duponts and Eastman Kodak. They sail in our supply steamer on June 10 from New York. A line to Prof. Raymond Wallace, St. Anthony, Newfoundland will reach them up to Sept. 1. anyhow.

The transparency of the material to all ultra violet rays and also light visual rays and heat rays is remarkable. The material is cheap, strong, tensile strength great, resists weather, won't burn, and the great reason it had not been used before seems to have been the difficulty of fastening it to the frames. They have made that very easy. I have made several windows myself by their methods. In every way this seems to offer our people in the north a real solution as well as our cattle of the problem.

I was rereading your own book that you kindly gave me of your own experiences when you introduced carbon arc lights and all your marvelous therapeutic methods that induced me to write to you. I laughed again over King Edward's gout, and the Kaiser's introducing it, before really it was copied in America. It does seem as if the stolid old English are practically minded and not conventional and merely theoretic after all.



I am also rereading your "Biologic Living" and enjoying it, and am sending you a couple of Dr. Wallace's papers in case you care to peruse them.

The percentage of ultra-violet rays reflected from snow gave me great joy and this celluloid does not deteriorate in its transparency to ultraviolet like Vitaglass does. It does seem ideal and it will, I hope, be copied in this country for those who are poor and cowncast and still can not obtain artificial ultra-violet lamps for working in the homes.

I shall be delighted if you have anything to say about this.

SIR WILFRED GRENFELL, K. C. M. G.  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

June - 7 - 1938.

My dear Doctor  
I can't forbear intruding on your busy time with a line to tell you that, having heard that a professor at Cornell State College. a distinguished plant research physiologist calls - Prof. Raymond Wallace. Ph.D. had been conducting experiments over a period of two years with Cellulose acetate film for windows of green houses - forcing frames, home solarium - & windows + doors generally, I packed off to "Storrs" Cornell where the college is, & he and a Professor Crandall. Totten showed me all their work. I was so enthused I persuaded them to volunteer for a summer work at St. Anthony to really test out its value as an anti-T.B. agent especially - They have taken a great deal of the material, both from the Cellulose Corporation of America - DuPont's - and Eastman Kodak Co. They said in our supply steamer on June 10<sup>th</sup> from New York. A line to them via the New York office, at 156. 5<sup>th</sup> Ave. N.Y. or direct to Professor Wallace - STANTON. NEWFOUNDLAND - will reach them up to Sept 1<sup>st</sup> anyhow -  
The transparency of the material to all ultra violet rays - & also light visual rays & heat rays is remarkable - the material is cheap. Strong. Flexible straight feet. Resists weather. won't burn - & the great reason it had not been used before seems to have been the difficulty of fastening it to the frames. They have made that very easy. I have made several windows myself by their methods. In my way this new helpful <sup>film</sup> seems to offer our people in the north a real solution, as well as our cattle of the problem. This is my <sup>enclosure</sup> to enclose an air space in your windows at a little cost. I have seen frames & greenhouses of it now that have stood 60 miles in d. storms. & cold and frost and snow - and heat & wear & tear

It was reading your own book that you so kindly gave me of your own experiences when you introduced Carbon Arc lights - & all your marvellous therapeutic methods that induced me to write to you. I laughed again over King Edward's front, & the Kaiser's introducing it, before really it was copied in America - It does seem as if the stolid old English are practically minded & not conventional & mere theoretic after all. I am also reading your biologic living and enjoying it, and am sending you a couple of Dr Wallace's papers in case you care to peruse them - though I feel certain you have already seen them. The percentage of U.V. rays reflected from snow is over 100%. & this celluloid does not deteriorate in its transparency to U.V. as Vitaflax etc does. It does seem ideal - & it will I hope be copied in this country for those who are poor and downcast, and still cannot obtain artificial U.V. lamps for working in the homes.

I shall be so delighted if you have anything to say about this. It would be a great help I think - because though I have succeeded in getting the matter put through by paying all expenses thro' a personal fund - & by our being able to get a passage on the Mission steamer with very great difficulty - but given free to St. Anthony. & by our being able to promise much real, & if successful, very valuable publicity to the best producers of the Cellulose materials. Moreover Dr Wallace has secured new methods for them to use it in its various forms already, & has generously himself got out one penny for it all - He is a real good Christian soul. & his face and life show it. My dear friend, I do hope we shall not have, like you to wait 4 years before many hospitals even in N.Y. have some such material in use. Even if not this affect ever produced

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

June 8, 1938

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

My dear Dr. Kellogg:

We want to thank you again for your contribution to the appendix of "How to Live".

Under separate cover, we are now sending you a copy of this book with our compliments. We hope you will enjoy reading it.

You may be interested in knowing that we are donating the royalties from the sale of this book to "Vitality Records".

Sincerely,

*Irving Fisher*  
*Haven Emerson*  
K

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FEBRUARY 1938

25¢ a Copy

\$3 a Year

☞ A new health project of  
far-reaching potentialities

## *A Step Toward Livelier Old Age*

By  
*Ray Giles*

**E**ARLY in 1937, Irving Fisher, Yale Professor Emeritus of Economics, described in a three-minute radio talk an experiment which may be the next great stride toward longer lives for all of us — and lives with such vitality that we shall no longer dread growing old. Though he promised little, he received 1100 letters. Many of the writers later answered a detailed questionnaire about their daily living habits. Some added astonishing stories of mental and physical regeneration after apparently hopeless ill health.

Today these confessions are being studied by Vitality Records in New York. Coöperating with Professor Fisher are 23 health authorities, including Dr. Alexis Carrel, Prof. Russell Chittenden of Yale, Dr. Victor Heiser, Dr. John B. Kellogg, and Prof. E. V. McCollum of Johns Hopkins. By analyzing thousands — perhaps a million — of such records, and by keeping in touch with these persons each year, a remarkable mass of new health knowledge, of the utmost importance to human welfare, is being accumulated.

"Forty years ago," says Professor Fisher, "tuberculosis took

several years out of my life. But that experience gave me a deep interest in the art of achieving a vigorous old age. In 1908, Theodore Roosevelt appointed me to his Conservation Committee. I wrote its *Report on National Vitality*. I predicted that at least 15 years could be added to the average life, a prediction pooh-pooed at the time, but since fulfilled. In 1914, with Mr. Ley and ex-President Taft, I founded the Life Extension Institute. Its medical director, Dr. Fisk, and I wrote a book, *How to Live*, which has sold over 400,000 copies."

These credentials are offered merely because Professor Fisher's prominence as a political economist is even greater than his reputation as an economist in life and living. Today, at 71, he is a striking vindication of his conviction that most of us can greatly extend our years and vigor by sensible living habits. Few men at any age are so literally in the pink of condition; few over 20 have eyes so clear.

For decades he has studied the subject of longevity and collected stories of persons whose health has been transformed through the

## A STEP TOWARD LIVELIER OLD AGE

simple expedient of a new regime of living. A typical story is of a prominent physician who was about to retire four years ago because of ill health. He decided to revise his living habits. His meals consist largely of vegetables, fruits and salads. He eats no meat, drinks no alcoholics, tea or coffee. Every day he exercises briskly. He sleeps with very light coverings even on the coldest nights, and this practice, together with cold baths and light clothing, keeps his skin well stimulated. He has adhered faithfully to his Spartan regime. Today, at 65, he outworks many of the young physicians in the hospital where he operates.

"Any person can do for his health vastly more than he now realizes," says Professor Fisher. "For example, by eating more fruits, vegetables, and milk you may well add several years to your life. Daily exercise, calisthenics, or outdoor life may easily add several years more. Either better breathing, or better elimination, might prolong your life a year or two. Thus you can begin today not only to increase your present life expectancy by seven or eight years, but to gain greater vitality and energy. Simply by living as you know you should!"

Recently, Professor Fisher saw some statistics comparing the Mormon death rate with that of six foreign countries. The table was surprisingly favorable to the Lat-

ter Day Saints. Their mortality from cancer and from diseases of the kidneys and the nervous system was less than half that of the foreign countries.

"Now, Utah is a healthful place to live," said Professor Fisher, "so I looked into the death rate of Mormons as compared to that of non-Mormons in the same state. It was 70 percent lower!

"I think I know the reason. Joseph Smith, founder of the religion, wrote a book, *Words of Wisdom*, in which he laid down rules for his followers. They included: no alcoholics, tea, coffee or tobacco. He urged moderation in the use of meat but advised an abundance of vegetables and fruit. There you have a mass demonstration of the effect of simple living, and I understand that the Mormon group is notable for the number of vigorous old people within it."

Vitality Records gives no medical advice or personal consultations. It seeks merely the *records* of those who have overcome serious illness and now enjoy perfect health, so that their experience may furnish important scientific evidence pointing the way to higher vitality for us all.

The questionnaire asks whether you are a Christian Scientist, a Mormon, a Nudist, or a Vegetarian or a member of some other group or cult having special rules. It covers such points as, "How

## THE READER'S DIGEST

much do you indulge in fear, anger, despondency?" "Do you ever expose your bare body to the air and sun?" "Do you wear loose-fitting clothes?" "How much do you worry?" "Do you perspire daily?" "What habits have either improved or hurt your well-being?" Just filling out the blank makes you want to wake up and live!

Who can join Vitality Records? Anyone who is willing to fill out the questionnaires, probably one every year. There are no dues. The project is financed by voluntary contributions; some wealthy person might bless mankind incalculably by endowing it. "The work will advance rapidly or slowly,"

says Professor Fisher, "according to the number who answer our questions, and according to the funds at our disposal. We might have extremely valuable findings in a year or less."

Whether you wish to enroll, or to make a donation, write to Vitality Records, 26 West 44th Street, New York. If you're a perfect physical specimen, your record of how you got that way may help others. Or, if you're worn out at 30 or 80, your recital of past errors may help others to avoid the same mistakes. Even better, you may be stirred to begin your return to health. It can be done. Professor Fisher has proved it.

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# NORTHERN NUT GROWERS' ASSOCIATION

INCORPORATED

FOR THE PROMOTION OF INTEREST IN NUT BEARING PLANTS  
THEIR PRODUCTS AND THEIR CULTURE

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OUR TWENTY-NINTH ANNUAL CONVENTION  
WILL BE HELD AT  
BOSTON, MASS., SEPT. 12 AND 13, 1938

June 10, 1938

Dear Dr. Kellogg:

It has been a long time since you have been on one of our programmes. You must have accumulated a lot of new ideas that we need. Would you like to take a place on our programme in Boston? We expect to have sessions at the Arnold Arboretum, at Horticultural Hall and at the Waltham Field Station and we could put you on at any time you can be there. Or, if you can't come, we would be glad to have you send us something.

We want to have a good exhibit for the Bostonians. I don't know if you could contribute anything toward that. What we really need is a permanent exhibit and we should at least be getting a nucleus.

I trust that your health is good as it always seems to be. I enjoyed particularly my visit last winter with Dr. and Mrs. Zimmerman at Miami Springs, and shall not forget how much trouble you took in showing us around your most interesting place.

Very truly yours

*W. D. King*

# NORTHERN NUT GROWERS' ASSOCIATION



**GEORGE L. SLATE, Secretary**  
**Experiment Station, Geneva, New York**

**T**HE Northern Nut Growers' Association is an organization of people who are interested in growing nut trees in the northern part of the United States and Canada.

The Association is attempting to advance nut culture by the following means:

1. Finding and propagating superior native nut trees. From time to time the Association conducts contests in which prizes are awarded to promising new native nuts. As these new varieties are brought to notice their propagation and distribution is encouraged by the Association.

2. Holding an annual meeting in September at which papers are presented by members who are authorities on certain phases of nut culture. These papers and the accompanying discussion are published and distributed to all members in good standing. The meetings are held in various parts of the country and at places of unusual interest to nut growers. At these meetings one may meet and discuss common problems with others who are interested in the same phase of nut growing.

3. Assisting members in their nut cultural problems by referring them to the authorities best fitted to answer their questions.

4. Demonstrating at the meetings various practices such as grafting and budding or the husking and cracking of walnuts.

5. Exhibiting promising new nuts at the annual meeting.

The members comes from many walks of life. Farmers, nurserymen, manufacturers, lawyers, doctors, bankers, college professors, experiment station and federal government workers, as well as many others, are among the members. Many are interested in nut culture as a hobby, some are growing nuts commercially, while others are engaged in experimental work intended to improve nut culture.

## **ADVANTAGES OF MEMBERSHIP**

The commercial grower of nuts will benefit from his membership by gaining information concerning cultural practices, new wrinkles on propagation, knowledge of newer and perhaps better varieties, methods of preparing his product for market, and methods of marketing.

The prospective nut culturist will learn much that will prevent him from making expensive mistakes in getting started in nut culture. Beginners may call upon the officers and other members for advice and information concerning their nut cultural problems.

Farmers who wish only a few trees to provide nuts for the family may learn the species and varieties best adapted to their section.

The hobbyist, and there are many who find nut growing an interesting hobby, will find that stimulation of interest that comes from contact with others pursuing the same hobby. The collector of varieties will find the Association a clearing house for information concerning new varieties as they are brought to light.

The experiment station workers and teachers of horticulture in the Agricultural Colleges will find in the meetings of the Association and the published proceedings, a way of keeping up-to-date in a field

of horticulture that is developing rapidly and is destined to become of considerable importance in the future.

The dues of the Association are \$2.00 per year, and in return for the dues members receive the annual report which contains from 75 to 150 or more pages of material pertaining to nuts. The American Fruit Grower is the official journal of the Association. It contains a monthly column devoted to Association news and items on nut culture as well as occasional articles on nuts. It is sent free to all members of good standing. Since the Association is affiliated with the National Horticultural Society, members may join the latter organization at a special price of \$2.00 (the regular price is \$3.00 per year) per year and receive the National Horticultural Magazine which publishes some articles on nut growing in addition to many articles of interest to amateur gardeners.

New members when joining will receive a copy of the preceding year's report of the Northern Nut Growers' Association as well as the Report of the current meeting when published.

Prospective members should send check or money order to the Treasurer, Carl F. Walker, 2851 E. Overlook Road, Cleveland, Ohio. Inquiries pertaining to the Association or to nut culture will be welcomed by the Secretary.

## Publications of the Northern Nut Growers' Association

The Northern Nut Growers' Association, which was organized in 1910 has published a report of its annual meeting each year except two since its organization. All of these reports are still available and may be purchased from the Association. In these reports are the papers presented at the meetings and the discussion accompanying them. Taken as a whole, the reports are a veritable mine of information on all phases of hardy nut culture. Propagation, soils, transplanting, pruning, varieties, breeding, diseases, insects, hardiness; mechanical cracking, marketing and many other problems encountered by the nut culturist are covered in papers and discussions by commercial growers, amateurs, nurserymen and scientists. Reports of various contests held by the Association to discover superior new varieties are included and here one may find exact information concerning the new varieties discovered through these contests.

The Association is making up a number of complete sets, consisting of the 26 reports plus 2 dummy reports for the years no meetings were held. (The dummy reports are for the purpose of indicating to librarians and others why the reports for 1910 and 1918 are missing.) In these 26 reports are 2976 pages of material pertaining to northern nut culture.

The price of the complete set is \$6.00. Single numbers may be purchased for 50 cents each, except the current number which is sold for \$1.00. Sets will be sent by express collect. Orders should be accompanied by remittances, except in the case of institutions. No discounts will be given to anyone at these low prices.

An 8-page illustrated circular by the late J. F. Jones entitled "The Propagation of Nut Trees" may be had at 10 cents a copy.

Libraries and other institutions desiring to receive the Association reports regularly without the bother of ordering them may have their names placed upon a special mailing list to receive each report regularly when published. A bill for \$1.00 will accompany the report when mailed.

It is to be hoped that agricultural libraries will take this opportunity to purchase these complete sets, and complete incomplete sets, while the reports are still available.

Remittances should be made payable to the Northern Nut Growers' Association and orders sent to the Secretary.

## Publications on Nut Growing

This is a partial list of readily available publications on the culture of hardy nut trees in the northern portion of the country. Those desiring publications dealing with nut culture in the South or the Pacific Coast or special phases of northern nut culture should apply to the following institutions for information.

United States Department of Agriculture, Washington, D. C.  
Agricultural Experiment Station Berkeley, Calif.  
Agricultural Experiment Station, Auburn, Alabama  
Agricultural Experiment Station Corvallis, Oregon

Agricultural Experiment Station, Pullman, Washington

1. Morris, Robt. T., Nut Growing. The MacMillan Co., New York, N. Y. Second edition 1931. \$2.50
2. Smith J. Russell, Tree Crops. Harcourt Brace & Co., New York, N. Y. 1929. \$4.00. Includes nut trees.
3. Smith, J. Russell. How to graft nut trees. 9 pp. price 25 cents. Illustrated with diagrams. Published by Walnut Lane Press, Swarthmore, Pa.
4. Reed, C. A. Nut Tree Propagation. U. S. Dept. of Agric. Farmers' Bul. 1501. May be had free from Dept. of Agriculture, Washington, D. C., or your Congressman.
5. Mattoon W. R. & Reed, C. A. Black walnuts for timber and nuts. U. S. Dept. of Agriculture, Farmers' Bul. 1392. May be had free from the Dept. of Agriculture, Washington, D. C., or your Congressman.
6. Gravatt, G. F. & Gill, L. S. Chestnut blight. U. S. Dept. of Agriculture, Farmers' Bul. 1641. May be had free from the Dept. of Agriculture, Washington, D. C., or your Congressman.
7. Neilson, J. A. Nut culture in Ontario. Ontario Dept. of Agriculture, Bul. 309. May be had from Horticultural Experiment Sta., Vineland Ont.
8. Neilson J. A. The relation of geographic strain to hardiness in the English walnut. In Michigan Quarterly Bulletin Vol. 18, No. 1, Aug. 1935. Apply to Michigan State College, East Lansing, Mich.
9. MacDaniels, L. H. Nut Growing in New York State. Cornell Univ. Agric. Exper. Sta. Bul. 573. May be had free from College of Agriculture, Ithaca, N. Y.
10. Mattoon, W. R. and Reed, C. A. Planting black Walnuts. U. S. Dept. of Agric. Leaflet 84. May be had free from Dept. of Agriculture, Washington, D. C., or your Congressman.
11. Schwartz, C. D. Filbert culture. Washington State College Ext. Bul. 194. May be had from Extension Service, Washington State College, Pullman, Wash.

## Partial List of Nursery Firms Listing Northern Nut Trees (Asexually Propagated except as Noted)

Carroll D. Bush  
Eagle Creek, Oregon

Black, Persian (English) and Japanese walnut. Hickory, butternut, hickory hybrid. American, European and Japanese chestnut. European filbert and seedling Chinese chestnut.

The Chestnut Nursery  
Charles V. Steing, Prop  
Rt. 1, Manheim, Pa.

Japanese chestnut.

J. G. Duis  
Shattuc, Ill.  
Felix Gillet Nursery  
Nevada City, Calif.

Black walnut, new northern pecan, hickory.  
Hybrid hickory.

European varieties of filbert. American, European and Japanese chestnut. Black and (Persian (English) walnut. Butternut.

Fruitland Nursersies  
Augusta, Ga.

Seedling butternut, Japanese and Persian (English) walnut, and American and Chinese hairy chestnut.

Gerardi Nurseries  
O'Fallon, Ill.

Hickory hybrid, butternut, black walnut, chestnut, hazel, filbert, southern varieties of pecan.

S. H. Graham  
Bostwick Rd., Ithaca, N. Y.

Seedling hardy Carpathian Persian (English) walnuts.

The A. M. Gray Filbert Nursery  
R. 2, Box 61, Milwaukee, Oregon

Layered filbert.

John W. Hershey  
Downington, Pa.

Black Persian (English) and Japanese walnut, butternut, hickory, hickory hybrid, northern pecan, European filbert. filbert hybrids.

Howell Bros.,  
Sweetwater, Tenn.

Chinese chestnuts. Japanese chestnuts.

Indiana Nut Nursery  
J. F. Wilkinson, Prop.  
Rockport, Indiana

Black walnut, northern pecan, hickory hybrid, and scions and seeds of pecan and black walnut. Native seedling trees top-worked by contract.

J. F. Jones Nurseries  
Lancaster, Pa.

Black Persian and Japanese walnut, northern pecan, hickory, hickory hybrid, European filbert, Jones hybrid hazel.

Harlan P. Kelsey  
 Boxford, Mass.  
 Michigan Nut Nursery  
 119 Calhoun St., Union City, Mich.  
 Mountain Nut Co.,  
 H. F. Stoke, Prop.,  
 1420 Watts Ave., N. W.  
 Roanoke, Va.  
 C. E. Moyer  
 Roseburg, Oregon  
 Northern Nut Tree Nursery, M. T.  
 Shoemith & Co., Leslie, Mich.  
 Percy Bros. Nursery  
 P. O. Box 12, Salem, Oregon  
 Port Stockton Nursery  
 2810 E. Main St., Stockton, Calif.  
 E. A. Riehl Farm & Nursery  
 Godfrey, Ill.

Snyder Bros., Inc.  
 Center Point, Iowa  
 Sunny Ridge Nursery  
 Round Hill, Va.  
 Vistica Nurseries Co.  
 Stockton, Calif.  
 Whitford Nurseries Company  
 A. M. Whitford, Prop.  
 Farina, Ill.  
 C. O. Wollbright & Son  
 Odon Indiana  
 Carlton Nursery Co.,  
 Carlton, Oregon  
 The Chugai Nursery Co.  
 Yamamoto, Kawabegun, Nr.  
 Kobe, Japan  
 Conyers B. Fleu  
 Ross and Montana Sts.  
 Philadelphia, Pa.

The Felix Gillet Nursery  
 Nevada City, Calif.

Herbst Bros.,  
 92 Warren St., New York, N. Y.  
 Otto Katzenstein & Co.,  
 P. O. Box 259  
 Atlanta, Georgia  
 Shi Ping Chi & Co.,  
 59 Liang Mou Li, Poa An Road  
 Shanghai, China  
 F. W. Schumacher, Horticulturist  
 P. O. Box 131  
 Jamaica Plain, Mass.  
 Yokahoma Nursery Co., Ltd.  
 230 Park Ave., New York, N. Y.

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

Chestnut trees for use outside of blight-affected zones should not be obtained from within blight zones.

As a general rule varieties of native species should not be planted at latitudes materially greater than those of their place of origin.

Chinquapin chestnuts.

Black walnut, Japanese walnut, chestnut, Indiana pecan varieties, hazel and hickory.

Grafted and seedling Chinese hairy and Japanese chestnuts, grafted hybrid chestnuts, Grafted black and Persian (English) walnuts and heartnuts, seedling black walnuts, butternuts and Turkish Tree Hazels (*Corylus colurna*).  
 Horticultural varieties of chestnuts.

Black Walnut.

Standard and new varieties of Persian (English) walnut and filbert trees.

Horticultural varieties of chestnuts.

Black walnut, northern pecan, Japanese and hybrid chestnut; hickory, hickory hybrid, native hazel. Nut tree scions.

Black walnut, hickory, hickory hybrid, northern pecan, native hazel, hybrid chestnut.

Black walnut, northern pecan, hickory, hickory hybrid; seedling Chinese chestnut.

American, European and Japanese chestnut (Seedling) Chinese chestnut.

Black walnut, hickory hybrid, European and Japanese chestnut (Seedling) Chinese chestnut.

Black walnut, northern pecan.

Seed of *Corylus colurna*.

Seed of Japanese wild chestnut—Shiba; Japanese Giant Chestnut—Taruba; *Castanea*.

Seed of American, European, Chinese hairy, Korean and Japanese chestnut. American, European and Turkish (tree) hazel. Butternut, Black, Japanese, California and Persian walnut. Hickory.

## Nut Tree Seedsmen

*Corylus avellana*, *Castanea sativa*, *Castanea dentata*, *Castanea hybrids*, *Hicoria ovata*, *Juglans hindsii*, *Juglans cinerea*, *Juglans regia*.

Seed of various Asiatic chestnuts, hickories, walnuts and hazels.

Seed of American, Japanese and Chinese hairy chestnut. American and European filbert. California, Hinds, Black, Persian, and Japanese walnut

Seed of *Castanea henryi* and *Castanea mollissima*.

Seed of American, European and Asiatic chestnuts, filberts, walnuts, American hickories and pecans.

Seed of *Corylus heterophylla*, *C. manschurica*, *C. sieboldiana*, *Castanea japonica*, *C. Koraiensis*, *C. mollissima*. *Juglans manschurica*, *J. regia* (Chinese) and *J. sieboldiana*.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

June 10, 1938

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

My dear Dr. Kellogg:

I have yours of June 6 with the enclosed Vitality Record leaflet pencilled with your criticism.

Needless to say, I am delighted to have you give me such frank criticism. There is nothing that I like better or find more useful than adverse criticisms from friends.

I shall hope in the future to make it clearer that the object of Vitality Records is primarily to report the actual facts <sup>rather</sup> than to express an opinion concerning them and that no endorsement of any particular regime thus reported is intended. Of course, How to Live expresses my own views and this is being called to the attention of the registrants.

We now have some 3,000 registrants and are in great need of funds to do the work.

I shall hope to go into this specifically with you soon.

After Commencement I am hoping to come out to Battle Creek to learn what you tell me you have been recently learning concerning bowel movements, etc.

Dr. J.H. Kellogg

-2-

I hope you have seen the book by this time.  
I am getting enthusiastic acknowledgments including one from  
ex-President Angell of Yale.

Very sincerely yours,

*Irving Fisher*

IFs

June 13, 1938

Prof. Walter Eddy  
Columbia University  
New York City.

My dear Professor Eddy:

I noticed a clipping from the New York Times in which, speaking before a commercial tea organisation, you advocated tea and coffee from a hygienic point of view.

Was this anything more than an expression of opinion or are there monographs on the subject to which you can refer me?

Under separate cover I am sending you a copy of the twentieth edition of How to Live, just out. In that a different opinion was expressed. If it is erroneous I am anxious to have it corrected.

Sincerely,

(signed) Irving Fisher

IFS



n Booth, founder  
army.

Church, at 114th Street  
Children's Day service  
under the auspices of the Sunday  
school, with a sermon by the Rev.  
Dr. John H. McComb on "Naaman,  
the Leper"; 8 P. M., sermon by  
Dr. McComb on "Spiritual Eye-  
sight."

St. James, St. Nicholas Avenue  
and West 141st Street—11 A. M.,  
celebration of Children's Day, with  
the church and Sunday school  
choirs participating; 8 P. M., ser-  
mon by Robert Johnson, a theo-  
logical student.

North, 155th Street, east of Broad-  
way—Morning, sermon by the Rev.  
Dr. Merle H. Anderson.

Fort Washington, 174th Street,  
near Broadway—Morning, annual  
Children's Day service; evening,  
sermon by the Rev. Dr. Wesley  
Megaw.

Tremont, Grand Concourse and  
178th Street—11 A. M., Children's  
Day service, with a sermon by the  
Rev. Leon M. Flanders on "The  
Worth of a Child." A plant will be  
presented to each member of the  
junior Bible School.

Bedford Park Church, Bainbridge  
Avenue and 200th Street, the Bronx  
—Morning, sermon by the Rev.  
George Mair on "From Generation  
to Generation"; 3 P. M., closing  
exercises of the Sunday school.

First Church, 922 St. Nicholas  
Avenue—Sermons morning and at

Ninetieth Street—Morning, sermon  
by the Rev. Dr. Henry Darlington  
on "The Sea."

Trinity, Broadway, at the head of  
Wall Street—Morning, sermon by  
the Rev. Worcester Perkins, rector,  
of the Church of the Holy Com-  
munion.

St. George's, Stuyvesant Square  
and East Sixteenth Street, near  
Third Avenue—11 A. M., sermon by  
the Rev. Elmore M. McKee; Holy  
Communion at 8 A. M.

Grace, Broadway and Tenth  
Street—Morning, sermon by the  
Rev. Artley B. Parson, assistant  
secretary of the Foreign Mission  
Department of the Episcopal Board  
of Missions; 8 P. M., a music  
service. This will be the last Sun-  
day this season that the regula-  
r choir of men and boys will sing.

Ascension, Fifth Avenue and  
Tenth Street—11 A. M., sermon by  
the Rev. Vincent L. Bennett. Holy  
communion at 8 A. M.

St. Mark's-in-the-Bowery, Tenth  
Street, west of Second Avenue—8  
A. M., holy communion; 11 A. M.,  
morning prayer and a sermon by  
the Rev. Charles A. W. Brockle-  
bank.

St. James, Madison Avenue and  
Seventy-first Street—11 A. M. serv-  
ice in observance of Trinity Sun-  
day, sermon by the Rev. James A.  
Paul and Gounod's anthem "Holy,  
Holy, Holy" by the choir, 8 P. M.,  
sermon by Mr. Paul on "Com-  
panions of the Resurrection; The

RELIGIOUS

June 13, 1938

Mr. B. F. Gimbel,  
354 & Broadway,  
New York City.

My dear Sir:

I promised to write you a little note of suggestions. I was very glad indeed that you dropped into my office before leaving and thank you very much for the very practical suggestions you made. The criticism you made picked out one of the most serious faults with which I have to contend, the lack of aggressive salesmanship in dealing with the people who visit us. Our people are so thoroughly devoted to personal service for our guests and such a large proportion of our guests are persons who have been here before and have already been thoroughly established in biologic ideas that they are very prone to neglect to be as aggressive and active as they should be in selling the idea to newcomers.

Our greatest need is for intelligent and tactful people to serve as propagandists. We have trained multitudes of such persons, but it is not easy to keep them. Their enthusiasm leads them to seek fields of activity elsewhere. Of the two thousand nurses, twelve hundred dietitians, a thousand or more bath attendants and several hundred doctors who have been trained here, quite a large number, perhaps 15 to 20 per cent, are to be found in foreign mission fields. Others are scattered throughout the United States and not a few foreign countries in private work. Battle Creek ideas as well as Battle Creek foods have been in this way carried to the ends of the earth. This missionary activity, although it has helped to spread

Mr. E. F. Gimbel, No. 2.

the gospel of health, has naturally militated to no small degree against the business and financial interests of the parent institution.

I am very anxious that you should come back in a couple of weeks. What we should undertake to do in this time is

1. To give you a thoroughgoing examination. It is especially important to know your metabolism, blood pressure, condition of your heart, state of your kidneys and the condition of your intestinal flora. The strength test and posture test will also give you information, much of which is not brought out by ordinary medical examinations.

2. To arrange for you a health program which will correct such functional disturbances as may exist and assist in training your digestive eliminative and metabolic activities up to normal standards.

3. To plan for you a program for health conservation and betterment you can carry out at home with such occasional suggestions as you may receive by mail or through occasional visits here for a checkup by crucial laboratory tests.

You have such a marvelous physique and have given yourself such excellent care and have so many reasons for wishing to prolong your effective activities to as great an extent as possible, I am sure you will find it very much worth while to undertake a program that will insure you marked rejuvenation and increase of physical fitness and great increase in life expectation, endurance and productive work.

Our mutual friend Dr. Rogers spoke to me today of you and was greatly pleased when I told him I had reason for expecting

Mr. B. F. Gimbel, No. 3.

that you would be with us again shortly. I sincerely hope you will carry out this good intention, for I am certain that the results will be far beyond your expectation and in no way disappointing.

Hoping to have the pleasure of keeping in touch with you and seeing you here again in a few days, I am

Sincerely yours,

P. S. I have ordered sent to you a half dozen pints of soy acidophilus milk and also one package each of Lacto-Dextrin and LD-Lax, the regular use of which according to directions you will certainly find very beneficial. I would suggest that Lacto-Dextrin may be used in connection with LD-Lax in doses about half the regular amount. This may be dissolved in the second glass of water and taken with the LD-Lax. One large rounded spoonful will usually be found efficient.

I expect to be in New York in a week or two and will call you up by telephone and if agreeable will drop in at your office for a few moments.

June 14, 1938

Miss Angie Estill:

Please send me a check for five dollars made payable to  
Rev. Marc Njoji, Eglise du Christ au Congo, D. C. C. C., Bolenge,  
Coquithatville, Congo Belge.

A. F. Bloese

June 14, 1938

Rev. Hare Njoji,  
Eglise du Christ au Congo,  
D. C. C., Belenge,  
Cocquithaville, Congo Belge.

Dear Sir:

I have your letter of April 25.

I am delighted to hear from you and to know my letter reached you. I was afraid it might be lost in the wilds of your great continent.

I see you have not forgotten the English you learned while in America. I not infrequently meet people from the Congo who know about your work and I am glad that you are leading such a useful and wonderfully fruitful life. It must be a very great satisfaction to you to see the improvement made by your people when they receive the illuminating light of the truth that you bring to them. I wish you would write me and tell me whether there is anything I can do to help you in your good work.

I am sending you, under separate cover, some little booklets *sent* which contain some information which you may be able to pass on to your people which would be a help to them. I dare say that most of them are living more healthfully already than the majority of people in America.

I am sending you a few pictures of the Battle Creek Sanitarium *sent* as it is now. You will see there have been many improvements since you were here. I am also sending you a little book about tobacco and have ordered your address put on the mailing list for my journal Good Health.

Rev. Marc Njeji, No. 2.

I am glad to have your application for membership in the Aristocracy of Health.

Won't you send me a recent photograph if you have one. I will send you a copy of a recent photograph. I am approaching my eighty-seventh year and am still at work.

With my very best wishes and hoping to hear from you occasionally, I am

Most sincerely yours,

P. S. Any photographs you may happen to have of the native scenes in your country I shall value very much. I am enclosing a few dollars to help you in your work personally and to pay postage for anything you may send me.

b

GIMBEL BROTHERS, INC.

BERNARD F. GIMBEL  
PRESIDENT

June 15th, 1938.

NEW YORK CITY

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

Dear Doctor Kellogg:

First, may I take this opportunity to express my appreciation for the time you gave me prior to my leaving Battle Creek last Friday. Although I thought I knew something about taking care of myself, your talk was most enlightening. I am very sorry that my plans prevented me from staying a few extra days and taking advantage of your kind offer to personally look me over.

While I took off a great deal of weight in a relatively short time at Battle Creek which was accomplished in accordance with my ideas, I realize that I did an unintelligent thing. I should have taken advantage of the opportunity your institution offered and had my chassis thoroughly examined. I then would have proceeded on a more intelligent basis. However, my family and associates feel that my stay at Battle Creek must have done me a great deal of good because I am looking fitter and better than I have in years. My program was strenuous but Nature must have endowed me with sufficient stamina to counteract the tremendous burden I put upon myself in the too short sixteen days at Battle Creek. In that short hour we spent together before train time, I believe you converted me. Since my return, I have told a number of my associates and friends, that with world conditions as they are and with their business responsibilities, they owe it to themselves to try to keep in the proper mental and physical condition so that they can properly carry on.

If you will drop me a line as to the exact date you expect to be in New York and will set aside about one and one-half hours, there are about a dozen men here in New York that I'd like to invite to luncheon to meet you. We'll make it at



June 15th, 1938.

the Cloud Club, which is a small club at the top of the tower in the Chrysler Building. If your plans are uncertain at the moment won't you let me know where you plan to stay in New York and when you arrive you can get in touch with me or I'll get in touch with you. I'd like to be able to know as far in advance as possible because the men I have in mind are fairly busy and I'm very anxious that they should have the opportunity of getting the benefit of your talking to them personally. I am sure that after they have talked with you they will probably insist that executives in their organizations besides themselves spend a certain time each year in the Battle Creek Sanitarium.

With best regards, I am

Sincerely,

*Bernard F. Gimbel*

P.S. Thanks for having sent me the half dozen pints of soy acidophilus milk and also one package each of Lacto-Dextrin and LD-Lax. I would appreciate it if you would have your secretary arrange to have whatever is necessary sent to me as follows:

Bernard F. Gimbel,  
"Chieftans",  
Upper King Street,  
Port Chester, New York.

June 15, 1938

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

Dear Prof. Fisher:

I have a copy of your letter of June 13th addressed to Prof. Walter Eddy and a clipping from the New York Times giving an abstract and talk by Prof. Eddy about tea and coffee. These remarks are simply silly and absolutely without any foundation whatever. He pulled the information out of his own stomach as they say in Burma and certainly has not an atom of scientific evidence to back up his assertions.

Thousands of tea drinkers know from experience that a single cup of tea or coffee will keep them awake half the night or all night. I have met many persons who have renounced the use of tea and coffee for this reason.

The idea of taking coffee in the morning to relax the muscles is the sheerest bunk. The characteristic effect of caffeine in all doses is to increase nerve and muscle tension; it never relaxes. You will find this information in any work on the physiologic effects of drugs.

You will find a complete refutation of Prof. Eddy's recommendation for tea in polar work in Nansen's splendid book, "Across Greenland." I enclose a copy of a short article I have just written for Good Health in which I have referred to Prof. Eddy's remarks without mentioning his name. He is an expert on vitamins, but is evidently entirely ignorant of the real character of tea and coffee.

I think you have a copy of my book "The New Dietetics." If you

Prof. Irving Fisher, No. 2.

have, on pages 490 to 503 you will find enough facts about tea and coffee, I think, to convince you about the evil character of these drugs if any question has been raised in your mind by Prof. Eddy's astonishing statements. His remarks were evidently made in an off-hand way for the purpose of pleasing the guests of the college who made up the audience.

Sincerely yours,

b

Enc.

June 17, 1933

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

Dear Prof. Fisher:

I have your letter of June 8.

The new book "How to Live" has arrived and certainly makes a very handsome appearance. I am glad that you are going to have the royalty to devote to your Vitality Record project.

In glancing through the book I happened to note your plate showing the sole of the foot. I have some pictures of Filipinos' feet that show a much greater development of the great toe.

You have taken great pains to make your book meticulously correct. It is a real encyclopedia on health subjects and will do a lot of good.

I am glad that you are coming this way soon. I shall be very glad to see you. I have a number of interesting questions to chat about. Dr. Oscar Rogers is here and will, I hope, remain for a few weeks.

Sincerely yours,

P. S. I am glad to see that you put in a short paragraph relating to Raymond Pearl's work. I am glad to see that this work stands undisputed. I do not see any way in which it can be attacked. Since coming here Dr. Rogers has been studying it very carefully and he can

Prof. Irving Fisher, No. 2.

not find any flaw in it. I think he is finally convinced that tobacco is a potent enemy of health in all doses.

Up to date I find no reason for changing the view I have held for many years that there is no such thing as harmless or moderate smoking. Tobacco is in all doses a poison. It seems to be clear the only difference between an edible substance and a poison is that in the case of the food proper doses are harmless and harm is induced only by excessive use, whereas a poison is harmful in all doses, the amount of harm done being just in proportion to the amount used.

Probably in a future edition you will be able to give Dr. Pearl's work a little more space.

b

June 17, 1938

Miss Gertrude Estill,  
The Miami-Battle Creek,  
Miami Springs, Florida.

Dear Gertrude:

I have your letter of June 9th.

Thank you very much for the detailed information you give me in your letter. I am writing Dr. Norman and will send her all the suggestions I sent you and some more.

I have written Dr. Haber.

I am sure that you are doing all you can to keep things right side up and wish I had half a dozen as good business men as you are.

We are putting in a new water softener for the house which may prove to be just the thing we need at Miami.

I shall be glad to have a report on the well business as soon as you have anything definite to report.

Smith's explanation of the \$2,500 in the red for May makes it look a little better. It seems that this report as compared with last year's report includes the fixed overhead while last year's did not. This makes the two years differ very little in actual facts.

Sincerely yours,

b

June 19, 1938

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

Dear Doctor:

We are planning a program for teachers in connection with our work this summer in which we want to give prominence to the newer knowledge of nutrition, especially vitamins, food minerals and balancing the diet as well as to eugenics and other subjects pertaining to race betterment. This educational program is carried on in connection with a health program including physical training, corrective exercises and medical treatment when needed, etc.

I am writing to ascertain whether we could arrange with you for one or more lectures and on what terms? If you would think it worth while to spend a week with us for rest and recuperative treatment, we will be delighted to make you our guest.

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

Sincerely yours,

June 19, 1938

Mr. Bernard F. Gimbel,  
"Chieftans,"  
Upper King Street,  
Port Chester, New York.

Dear Mr. Gimbel:

I have your letter of June 15th.

I am delighted to know that you have thought it worth while to give serious attention to the matters I spoke with you about and I am most happy to find that you are converted to the biologic regimen and that you are passing the light on to other people. I generally find successful business men like yourself ready converts to the biologic scheme of living because of the habit such men have of applying common sense to every matter with which they have to deal. Business principles applied to health will secure to the body just as good care as one gives a fine trotting horse, an automobile or any other machine.

I thank you also for your kind invitation to call on you when in New York and have asked my secretary to be careful to remind me to write you when I fix the date of visiting the city, which I hope will be in the near future.

I have placed a standing order with the shipping department of the Battle Creek Food Company to send you every week 7 pints of soy acidophilus milk and a bottle of LD-Lax. This is a week's ration.

Enclosed find a copy of a letter I have just received from a doctor in Missouri.

I hope some time you will visit us at Battle Creek for a longer stay. A month would secure for you at least a million dollars worth of health and life expectation. Health is like any commodity. You have to pay the



Mr. Bernard F. Gimbel, No. 2.

price for it in making the necessary effort to secure it just as one has to work a gold mine to profit by it.

Hoping to have the pleasure of meeting you soon, I am

Sincerely yours,

P. S. I have also ordered send you a pound package of Soy Gluten wafers. These are adapted to persons who desire to avoid increase of weight and are rich in vitamins.

I would suggest that you make free use of parsley. An ounce of parsley eaten daily in the form of puree or raw if you like it will give you 30,000 units of vitamin A, which is very important. It is also a good plan for you to take a teaspoonful of Savita Yeast. This will give you vitamins B and C in abundance. I will have a bottle put into your budget for you to try.

b

Enc.

Telephoned Food Co. to send 7 pints soy acidophilus milk, 1 LD-Lax and 1 Savita yeast weekly. Also to send 1 pound Soy Gluten Wafers.

July 7, 1938

Sir Wilfred Grenfell,  
Kinloch House,  
Charlotte, Vermont.

Dear Dr. Grenfell:

Your letter dated June 7 and post marked June 25 has just reached my eye. I am just overwhelmed with work and have a pile of unanswered letters on my desk.

I am very glad indeed to hear from you and to read what you say about the new cellulose acetate film. I received some time ago, probably through your suggestion, circulars giving a full account of this film and indicating how it might be used as an outside covering for windows as a protection against cold. It seems to be an ideal thing for this purpose. If I were living in the north I should certainly make use of it. I am going to call the attention of our greenhouse man to this new product. It would seem to be an ideal thing for greenhouses, hotbeds, etc. I think this invention has a great future before it.

I am sorry not to receive any news from Mrs. Grenfell. I feel very anxious about her on account of the nature of her trouble and the fact that it did not receive as prompt attention as I think it should have had. I shall be glad to know how she is getting along. Is there reason to hope that the X-ray treatment has definitely controlled the morbid process?

I am delighted to note the optimistic tone of your letter and I hope that you are in every way making progress healthward. Now that you have some leisure you must find great pleasure in looking back over the

Sir Wilfred Grenfell, No. 2.

wonderfully interesting and enormously useful career which you have had.  
Your life has certainly been marvelously fruitful.

Always remembering you with deep affection and admiration,

I am

As ever your friend,

b

July 11, 1938

Mr. B. F. Gimbel,  
33d & Broadway,  
New York City.

Dear Mr. Gimbel:

I have received a letter from Mr. Horowitz who through you has learned something of our work. I shall be very glad indeed to meet Mr. Horowitz or any other of your friends who may visit us. I am now hoping to be in New York within two or three weeks and will give you definite information later and endeavor to make contact with you when I arrive.

I remember with great pleasure the chat I had with you and your kindly suggestions, which when you come again I am sure you will find in active operation.

Sincerely yours,

b

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 12th, 1938

Dear Sir:

Professor Spahr wrote a pamphlet attacking the proposal for a 100% reserve behind demand deposits because, as he says, "it happens to be attracting attention at the present." Enclosed please find my answer. \*

As you will see, I maintain that we must have a stable dollar first, last and all the time, and I am willing to have the dollar managed to make it stable. I agree with Lord Stamp that we must manage our money system, or it will manage us.

Mr. Spahr is against money management. He pleads for the restoration of the old-fashioned "automatic" gold standard, even though events have proven that all there is automatic about it is the certainty with which it promotes booms and depressions. He fears inflation, but apparently does not realize that deflation is equally to be feared.

If, after reading this article, you wish to read Mr. Spahr's pamphlet, I shall be glad to ask him to send you a copy. If he does, you can be the judge in this controversy.

I also enclose a circular describing my book "100% Money".

Very sincerely,

*Irving Fisher*

\* You may have additional reprints upon request.

# **The Principle of 100% Reserves**

**By IRVING FISHER**

*Professor Emeritus of Economics, Yale University*



*Reprinted from DYNAMIC AMERICA, July, 1938.*

# The Principle of 100% Reserves

By IRVING FISHER

Professor Emeritus of Economics, Yale University

**I** WELCOME Professor Spahr's challenge. I shall be content to let the public decide between us after reading my book together with this brief answer to his pamphlet.\* Professor Spahr clearly thinks he has made an argument. But of genuine argument I can find little trace. Instead, there appears to be mere appeal to prejudice — to the prejudice, in fact, of the followers of tradition. And even this appeal is expressed not in cold logic but in terms of invective.

He is particularly intent on two epithets which he evidently considers especially approbrious. He calls the 100 per cent. plan a "paper money scheme," and calls me an "ardent inflationist," neither of which is correct.

Mr. Spahr explains that:

*"This pamphlet is written on the Fisher plan, not because his proposal is more worthy of consideration than other paper money schemes that have been proposed, but merely because it happens to be attracting attention at present and might conceivably become a dangerous threat to our nation if its essential features are not clarified. Several bills have been introduced in Congress that provide for the inauguration of the plan. Professor Fisher has several followers in Congress, and there are inflationists there who would, if they could, use the Fisher so-called 'managed' inconvertible paper money device as a vehicle on which to send this country on the road to a huge paper money inflation."*

After these maledictions, Mr. Spahr is gracious enough to tell his readers that,

*"Professor Fisher insists that he is opposed to inflation, and that he earnestly advocates a 'managed' currency and a stable price level. All this may be true, but . . ."*

Yet this concession that at least my intentions may be good is not consistently maintained; for on page 34, Mr. Spahr says,

*"In the latter part of his book . . . Professor Fisher shows more clearly how ardent an inflationist he is."*

\* An answer to: "The Fallacies of Professor Irving Fisher's 100 per cent. Money Proposal," by Walter E. Spahr. Copyright 1938, by Walter E. Spahr; Farrar and Rinehart, Inc., 41 pp.

Professor Spahr is so anxious to pin the "inflationist" label on me that he cannot believe his eyes when he reads any statements by me to the contrary. He says: (page 37)

*"Strangely enough and after his great flood of enthusiasm for inconvertible paper money, Professor Fisher says (p. 218): 'The French had an aphorism, "after the printing press, the guillotine!"' It is strange that Professor Fisher does not seem to suspect that this aphorism is directly applicable to his proposal."*

The fact is that no writer, so far as I know, has so consistently, so long and so earnestly as I, fought against inflation and deflation alike. I have made this clear in literally hundreds of pamphlets and in a dozen books, including *The Purchasing Power of Money*; *Stabilizing the Dollar*; *The Money Illusion*; *Booms and Depressions*; *Inflation*; *After Inflation, What?*; *Stable Money, A History of the Movement*, as well as in *100 Per cent. Money* itself.

Nor have I ever deviated from this attitude. When, inflation and rising prices were in evidence, as between 1911 and 1920, I was constantly pointing out the evils of inflation. When deflation and falling prices were in evidence, as between 1929 and 1932, I was equally emphatic against deflation.

## The Ideal Price Level

At any given stage in history there exists an ideal price level at which the least injustice will be done to debtors and creditors. When, as in 1920, prices have been rising, this ideal level is below the current level and the effort should therefore be reflation downward. Accordingly, in 1920 I favored this downward reflation and publicly so stated. When, on the other hand, as in 1933, prices have been falling, the ideal level is above the current level and the effort should therefore be reflation upward. Accordingly, in 1933 I favored upward reflation and publicly so stated. When, as in 1937, we were nearing the ideal level I publicly warned against the inflation which would come if we transgressed that level.

There is not a line in *100 Per cent. Money* which is out of tune with the above consistent attitude. Mr. Spahr does not and cannot cite any such statement. Anyone who favors stability must, it seems

to me, deplore inflation and deflation alike. How Professor Spahr or anyone else can take a one-way course condemning inflation but not condemning deflation is, to say the least, hard for me to understand.

And now as to inconvertible paper money. The 100 per cent. money plan has no necessary connection with the question of paper money, that is of "hard" vs. metallic money, once so hotly debated. It simply provides for a 100 per cent. reserve of "pocket-book" money behind checking deposits or "check-book" money. Whether that reserve shall consist of gold, inconvertible paper money, convertible paper money, or any combination of these is quite another question, and is not the subject of my book. It is true that, unlike Professor Spahr, I am not afraid of paper money, convertible or otherwise, provided that the issuer is required by law to keep that money stable according to some reasonable and specified criterion. And recent experience with inconvertible paper money, even without any such legal proviso as to stability, especially the experience of England at the present moment, has opened the eyes of most hard money fanatics to the possibilities for good of inconvertible paper which formerly was supposed to hold only possibilities for evil. Professor Spahr may have been shocked to read in the last report of Reginald McKenna, now head of the largest commercial bank in the world and at one time Chancellor of the British Exchequer, that he, a banker, favors the continuance permanently of the present British system. Spahr may also previously have been shocked, if he ever noticed it, that so conservative an Englishman as Sir Arthur Salter, the first Director of the Economic and Financial Section of the League of Nations, could say that: "A managed world currency, without the support, or the cost, of gold, should doubtless be the ultimate ideal."<sup>1</sup>

And so it has come about that inconvertible paper money today shocks few people even as much as when Benjamin Franklin wrote in its favor. Professor Spahr's appeal to prejudice here will fall on many deaf ears. He is apparently under the mistaken impression that the old views still hold.

If the real subject was inconvertible paper money, I would point out several other errors among Mr. Spahr's statements, both in theory and in fact. But our subject here is not inconvertible paper money, but 100 per cent. bank reserves.

It is clear that the chief contrast between Mr. Spahr and myself is that he clings to the old fashioned and out-moded "automatic" gold standard, even at the cost of both inflation and deflation, ab-

horning all management, while I favor stability, first, last and all the time, whether this stability is obtained by "automatic" means or by management, and whether paper money, redeemable or irredeemable, is used. If I am not greatly mistaken, it is my attitude favoring stability, irrespective of gold, and not the Spahr attitude favoring gold, irrespective of stability, which is winning the day.

A colleague of mine, especially familiar with monetary literature, in a book expected soon to be published, states that "it is doubtful whether a responsible economist could be found today who would urge no monetary management whatsoever."<sup>2</sup>

Mr. Spahr is simply a generation late. A generation ago the ideal was the unmanaged gold standard. The lessons of unmanaged money, whether the paper money of Germany or the gold money of the United States, still had to be learned. Both sorts, after 1914, showed great instability. Today, a wholesome fear of inflation has developed. In fact, the present recession is largely attributable to a premature and exaggerated fear of inflation. I refer to the fact that the Federal Reserve Board put on the brakes at the wrong time apparently because it mistook for this long expected inflation what was simply a widespread buying for inventory for the purpose of stopping the fast spreading sitdown strikes of the C.I.O.

The proposal of *100 Per cent. Money* is, of course, not simply my proposal but that of a host of other modern writers including Soddy of England, who claims to be the first; Simons of Chicago, from whom I first learned of the project, and Angell of Columbia, whose version of the plan seems the best. There are those who misunderstand it, as Spahr apparently does, and who imagine that it is an inflationary scheme. There are others who misunderstand it in exactly the opposite way and insist that it is deflationary. It is neither.

#### Purposes of 100 Per cent. Reserves

The sole purpose of a 100 per cent. reserve behind demand deposits is to make check-book money convertible into pocket-book money without requiring any change in the total volume of circulating medium. Under a 100 per cent. reserve system, even if all deposits were to be redeemed on the same day and even if there were thirty billions, there would be no embarrassment to the banks or to

<sup>2</sup> And for an up-to-date picture of leading sentiment today on the subject see, *The Lessons of Monetary Experience*, Essays in honor of Irving Fisher by J. W. Angell, D. B. Copland, Marriner Eccles, Luigi Einaudi, Eigo Fukai, Arthur D. Gayer, Alvin H. Hansen, R. G. Hawtrey, E. Kann, J. M. Keynes, Erik Lindahl, A. Loveday, F. Mlynarski, S. R. Noble, Bertil Ohlin, J. Pedersen, J. H. Rogers, H. Schumacher, G. F. Shirras, T. V. Soong, Sir Henry Strakosch, G. M. Verrijn Stuart, J. H. Williams; New York, Farrar & Rinehart, 1937

<sup>1</sup> *Recovery, the Second Effort*, Century Company, 1932, p. 336.



the public. After this redemption there would simply be 30 billions more "pocket-book" money in circulation but 30 billions less "check-book" money. If next day all this "pocket-book" money were redeposited, there would simply be 30 billions more "check-book" money but 30 billions less "pocket-book" money. The total volume of circulating medium would not be affected in either case. There would be no 'flation, "in" or "de."

Needless to say, under our present inadequate reserve system, the first named action, that of cashing all deposits would be quite impossible, as the necessary "pocket-book" money simply does not exist. Any approach toward such cashing would close the banks tighter than in the "bank holiday" of 1933 and would deflate the total circulation even more ruinously; for, while the public would be trying to extract money from the empty banks, these banks would be trying to extract it from the public by calling loans. Loans would shrink and with them deposits would shrink. That is, the "check-book" money of the nation would be destroyed — just as in 1933 a third of it was destroyed. Such deflation, alternating with the opposite — inflation — is a chief source — probably *the* chief source — of that sea-saw commonly called the business cycle.

The 100 per cent. reserve plan would of itself give only approximate stability. It could do this without changing our present monetary system, as I have shown, especially in an article entitled "100 Per cent. Reserves," which appeared in the *Commercial & Financial Digest*, Los Angeles, Calif., of June, 1937. To attain *complete* stability, 100 per cent. money is not enough. But that is another story and is only incidentally treated in *100 Per cent. Money*. It does not necessarily imply the "ideal" inconvertible paper money cited by Sir Arthur Salter. It could be achieved under a modified gold standard. Even Mr. Spahr's beloved and late lamented *unmodified* or automatic gold standard would be approximately stable if combined with the 100 per cent. reserve proposal. But to retain this clumsy old monetary system without modification would have no point, for its influence would be toward instability as it has been for a century.

The only useful function left for gold money today is in reference to foreign exchange. In that field, but only with wise management, gold may still have an important place in the world's monetary systems. That too is another story.

### Banks Benefitted Under Plan

So let us return to the question of 100 per cent. money. Mr. Spahr states that "Check Banks would

sacrifice their earning assets under the 100 per cent. system." This is quite true of the chief version of 100 per cent. money described in my book. But there is mentioned in the book (p. 29) and is elaborated (as Mr. Spahr himself states) in "100 Per cent. Reserves," a version of the 100 per cent. plan which, since the book appeared, I have come to prefer. Under this plan, a limited amount of Government Bonds may count as cash just as in the Issue Department of the Bank of England which puts in practice a species of 100 per cent. reserve. In this alternative plan, I also suggested that these Government bonds be convertible into cash at the option of the holder. In *100 Per cent. Money* as well as in several articles ("100 Per cent. Money and Branch Banking," published in the March, 1937 issue of *The Northwestern Banker*, Des Moines, and "The Bankers' Interest in 100 Per cent. Money," *The Bankers Magazine*, Boston), I have given reasons for believing that banks and bankers would be benefitted, not injured, by the 100 per cent. system; and most bankers who have expressed themselves on the system have come to the same conclusion. Several of these bankers are quoted in the book and many more have since expressed their approval.

Even without any such earning assets behind the *demand* deposits, banks would profit indirectly from the 100 per cent. system through comparative freedom from depressions.

The boasted "economy" from less than 100 per cent. reserves in favor of which Mr. Spahr writes, is a delusion and a snare. A 100 per cent. reserve would benefit the banks as a whole even if that reserve were all in gold. But if there must be economy in reserves, there would be more economy in 100 per cent. paper than in 40 per cent. gold. This paper might be convertible or inconvertible. If convertible, the 100 per cent. system would practically be identical with the following version of 100 per cent. money.

(1) Require every bank on a certain day to pay off all its demand deposits with new bank notes, issued for that purpose.

(2) Subject these new demand liabilities (the bank notes) to precisely the same reserve requirements as now obtain for the old demand liabilities (the demand deposits).

Bank notes would then simply replace demand deposits. There would, for the moment be no demand deposits.

(3) Thereafter permit every bank, for the convenience of its customers, to accept and keep in safety deposit, any bank notes deposited with it;

and make the title to these transferrable by check—while on deposit. Bank notes would constitute 100 per cent. of the demand deposits; and these deposits would literally *be* deposits. Thenceforth any extension of credit would have to be in the form of bank notes, though, as above indicated, these might be left on deposit with the bank, subject to the borrower's transfer or withdrawal by check.

Such would be a 100 per cent. system with perhaps 30 billions dollars of paper money, yet without "inflation," without depriving the banks of earning assets, and without destroying their "economy of reserves," so dear to the heart of Mr. Spahr and of most bankers.

The only cost involved for this version of the 100 per cent. plan would be the negligible one of printing the new notes. These could lie "idle" in the banks without cost to anybody.

This system would not change the present redeemability of the bank's liabilities in the sense in which Professor Spahr thinks of "redeemability." But it would add a redeemability now lacking, namely, the redeemability of deposits by making them fully redeemable in bank notes. This redeemability is far more important practically than the redeemability of the bank notes (or of deposits under the present system) in gold. For what makes most of the trouble now is the difficulty of converting deposits into hand-to-hand money, not the difficulty of converting the hand-to-hand money into gold.

This version of the 100 per cent. system is not my first choice. But it may well be the first choice, or even the only choice, of Professor Spahr. I cannot see how he can find anything in it but advantage over the present system. If he can, let him speak up and incidentally admit that a 100 per cent. system may exist without either inconvertible paper money or inflation.

Professor Spahr makes great efforts to show that the commercial banks, in granting loans, do not manufacture deposits. As he expresses it, a bank merely "substitutes its credit, which is usable and generally acceptable, for the borrower's credit." He here misses the main point, namely that since the borrowers' credit cannot circulate and the bank's credit can circulate, this exchange of credits inflates the volume of our circulating medium.

What Professor Spahr says of savings deposits is entirely irrelevant. 100 per cent. money does not require any change in the savings deposit system, though doubtless this form of banking may also be improved.

In fact, I can find little in Professor Spahr's tract which is really relevant to a discussion of 100 per cent. reserves.

He says little or nothing about the variations in the money supply and the consequent disturbances to liquidity, price levels, production, employment, solvencies. The 100 per cent plan would get rid of most of these. For these disturbances arise when there is a reduction in the volume of circulating medium when loans are called, that is, when the banks attempt to get cash from the public, usually in order to *pay* the public. As I see it, it is these disturbances which now mainly constitute depressions; and they would be largely avoided simply by making easier the conversion of deposit money (which is not legal tender and not acceptable without individual consent) into genuine money (which is legal tender and is acceptable without individual consent).

Apparently overlooking this main point, Professor Spahr devotes almost his entire attention to adjacent subjects — gold, savings accounts, book credit, etc. These subjects have their importance but it would take us too far afield to discuss them fully. Let me, however, mention briefly a few of these adjacent subjects. When he says of me "he provides for a greater expansion of loans and investments than would be possible at present," I can only answer "what of it?" 100 per cent. money does not aim to limit loans and investments but to limit the circulating medium—deposits subject to check. When he says I would *add* 30 billions of circulating medium, I cannot imagine how he reached such a weird conclusion. When he asks "Did Professor Fisher prepare it [the 100 per cent. plan] in this complicated [!] form for the specific purpose of instituting a remarkable inflationary scheme through the use of a sleight-of-hand device?" I can only wonder what he is talking about or what he thinks he is talking about. The same wonder applies to many other passages (especially the second paragraph on page 19 and the first paragraph on page 24).

Professor Spahr seems also to miss a main point about variations in velocity. These variations are of great importance as he rightly says, but they are largely initiated by variations in the supply of money and, in general, they aggravate, and do not, as he seems to think, annul the effects of these variations in the money supply.

### What is Sound Money?

Fundamentally, Professor Spahr and I have the same object — sound money. But he follows a

traditional notion of soundness while I insist on a rational one. As Ricardo said, the essence of sound money is stability in its value. Professor Spahr is content to leave this value to fluctuate as the supply of money is affected by commercial banking operations while I would have the Government regulate that supply, while freeing the banks from almost all the existing regulations. Money is, *par excellence*, a Governmental function.

One of our most conservative presidents, John Adams, thought it monstrous to allow private bankers to issue money at all.

Professor Spahr believes that the constitutional prerogative of Congress to regulate the value of money refers only to the weight of the dollar in gold or silver and cites Supreme Court decisions of 1870 and 1884 to prove it (p. 38).

These interpretations of the value of the dollar belong to the horse-and-buggy age when they were given. But while Mr. Spahr stuck to this horse-and-buggy value of the dollar, the Supreme Court has kept pace with the times. In its majority opinion, accompanying its decision of February 18, 1935, upholding the constitutionality of the abrogation of gold clauses in public and private contracts, the Supreme Court stated: “. . . the change in the weight of the dollar did not necessarily cause loss to the plaintiff . . .” and if a loss were actually sustained, this “would require a consideration of the purchasing power of the dollar which the plaintiff has received. Plaintiff has not shown, or attempted to show, that in relation to buying power he has sustained any loss whatever. . . . Plaintiff seeks to make his case solely upon the theory that by reason of the change in the weight of the dollar he is entitled to one dollar and sixty-nine cents in the present money for every dollar promised by the bond, regardless of any actual loss he has suffered with respect to any transaction in which his dollar may be used. We think that position is untenable.” Professor Spahr makes his arguments solely on the theory that the value of the dollar is expressed by its convertibility into gold at a fixed rate, regardless of the dollar’s “purchasing power” or “buying power” for transactions in which dollars are used. His position is, if I understand the Supreme Court, “untenable” today whatever he may claim as to 1870 or 1884.

Professor Spahr evidently thinks of himself as a conservative and of me as a radical. But, as I see the situation, I am the true conservative in trying to conserve our American enterprise and banking and

to save them from its overthrow by radicals when their radicalism is sufficiently inflamed by unstable money and by the depressions which unstable money causes. For these radicals seldom attribute economic disturbances to unstable money but imagine that some John Pierpont Morgan is to blame. The radicalism of Huey Long and Dr. Townsend came straight from the great depression and the great depression came straight from the destruction of eight billion dollars of our “check-book” money — a destruction which would have been impossible under a 100 per cent. reserve system.

Turning the tables, therefore, I would say that Professor Spahr has good intentions but his attitude is calculated to impede stabilization, *i.e.*, to let inflation and deflation continue their terrible work and to endanger the very institutions including banking which he intends to defend.

#### Warning to Democracy

In 1920 in my *Stabilizing the Dollar* (a book devoted largely to the evils of inflation and to an effort to save the gold standard), I gave warning of just such radicalism as Professor Spahr’s and of just such fruits of that radicalism as Huey Long and Dr. Townsend. I said:

*“If we do not do this; if we do not provide a really scientific remedy; if we take the ground that we must drift with the tides of gold and credit, that we are helpless to rectify or prevent in the future the great social injustices which history warns us will surely come from unstable money — injustices as between creditor and debtor, wage earner and employer, salaried man and profit-taker, — we shall be simply fertilizing the soil of public opinion for a crop of dangerous radicalism. Then surely some demagogue will flourish, and offer some ill-considered remedy which will sweep everything before it. Then shall we see, not a scientific study of a technical problem with all parties ready for an equitable settlement, but outraged justice calling for a revengeful policy and a great selfish class struggle. Discontent, unrest, suspicion, class hatred, violence, charlatanism, — all these will follow. And even if out of such unpromising soil a fairly satisfactory settlement should eventually grow, bitterness would remain; and it would remain so deeply and so tenaciously embedded in the soil that we would not be quit of it for generations.”*

# *These National Problems Affect You Personally*

Are YOU going to be wiped out by *Inflation*  
which lurks in the Government debt and huge excess reserves?

Are YOU headed towards another *Depression*  
which may be the result of the attempt at credit control?

YOU—all of us—desire the security of *Stabilization*  
but do YOU know what kind of stabilization is best for you?

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What would *Branch Banking* and the *Nationalization of Banking*  
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answers fully the above and every  
other vital question pertaining to  
*Money, Credit and Banking*  
in his latest book . . .



The 100% Money plan has rightfully been called one of the most important and most practical proposals for ending the depression and avoiding future ones. Forceful and lucid, this book pictures the dangers of our present money and banking systems and outlines the necessary reforms. Every banker *should* and every intelligent person *ought* to read "100% Money".

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PROF. FRANK D. GRAHAM, Princeton University

## Excerpt from the Table of Contents

How the 100% System Would Work as to Deposits  
How the 100% System Would Work as to Loans  
How Money Management Would Work Under the 100% System  
Booms and Depressions  
Significance to Business  
Significance to Government  
Outlines of a Statute

Your proposal is convincing. I am for it.

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Chapters III, IV and V explain to the average reader in the most direct and concise language he has ever heard or read what the trouble has been with our "10% System", and all of your readers will favor some legislation akin to your "100% System".

ROBERT W. POMEROY,  
Investment Counsellor.

At the very least your book is a major contribution to the banking problem and will, I hope, be read by enough thinking men to accomplish a large measure of its high purpose.

F. R. VON WINDEGGER,  
President, Plaza Bank,  
St. Louis.

I believe that your "100% System" is aimed directly at the vital part of our credit system—the part that is responsible for disastrous inflation and deflation.

DR. WARREN M. PERSONS,  
Consulting Economist.

It is the clearest and most convincing description of our present banking system, including the Federal Reserve system, I have ever seen.

SENATOR SMITH W. BROOKHART.

In Professor Fisher's book, he presents in lucid detail the operation of this erratic banking-monetary system, and the obvious remedy. It is the most important subject intelligent persons can investigate and reflect upon. It is so important that our present civilization may collapse unless it is widely understood and the defects remedied very soon. It is *your* problem and *mine*.

*From the Foreword in "100% Money" by ROBERT H. HEMPHILL, former Credit Manager, Federal Reserve Bank of Atlanta.*

Index Number Institute, Book Division,  
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PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 18, 1938

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

My dear Dr. Kellogg:

I enclose copy of the questionnaire of a little negro girl, of mixed marriage, which may be of interest. As you will note she is apparently especially bright; her diet is quite unusual. She has never had any grains in any form; eats meat once a day, usually raw. I should be interested in <sup>any</sup> ~~your~~ comments regarding the latter fact *you may care to make*

Very sincerely yours,

*Irving Fisher*

St

# VITALITY RECORDS

26 West 44th Street  
New York, N. Y.

*Copy*

File No. 3177

## QUESTIONNAIRE

Date of Birth: Month AUGUST Day 2 Year 1931  
Male?  or Female?

### 1. HEREDITY

Your Parents	If still Living, give Present Age	If Dead, give Age at Death
Father	42	
Mother	38	

Check whether you think you have inherited more than usual health, vitality, long life   
or about usual health, vitality, long life   
or less than usual health, vitality, long life

### 2. PAST Circumstances Likely to Affect Present Health

#### Past Home and Working Conditions

Where have you mostly lived?

Suburb or Country  In the Country   
Town (say, 5,000 to 100,000)   
City (say, above 100,000)  N.Y. City

Has your work been chiefly sedentary? No  Yes  very active child

Have there ever been any personal circumstances (financial, domestic or otherwise) which were a great strain on your health? No  Yes

#### Past Habits

What has been your practice, over many years of your life, as to drinking alcoholic beverages?

Used daily   
Used less often   
Not used

What has been your practice, over many years of your life, as to tobacco?

Used daily   
Used less often   
Not used

Have you been accustomed to inhale? No  Yes

Have you, over many years of your life, used coffee, tea, chocolate, cocoa, cola drinks, maté, or similar stimulants

Used daily   
Used less often   
Not used

Have you, over many years of your life, used any patent medicine or other drugs habitually, as often as once a week? No  Yes  never took a dose of any kind of medicine

Have you, over many years of your life, been constipated or had other trouble with your bowels?

No  Yes

Have you, over many years of your life, had very foul smelling stools? No  Yes

Have you, in general, been regular as to bed time, hours of sleep, bowel movements, and other habits likely to affect health? No  Yes

Have you, over many years of your life, made a special practice of eating healthfully and otherwise living healthfully as compared with the usual customs of others around you?  No  Yes special diet from birth

### 3. HEALTH HISTORY

How many days' work have you lost through illness in the past twelve months? 2 days

Have you ever had a serious illness? No  Yes

If so, give briefly any important particulars, including name of ailment and dates:

At 4 Philadelphia had a mild case of whooping cough, completely over it in a month, never any remaining cough or symptoms. This year was in bed 2 days with measles, very mild, no after effects

Do you think that such illness has tended appreciably to affect your vitality, or what is often called your physical fitness—your present strength, endurance, working power, etc.? No  Yes

Are you conscious of having neglected to correct removable physical defects (in teeth, tonsils, overweight, underweight, flat feet, etc.)? No  Yes  no defects

Compare your health during the last few months with your usual health during the last two years:

excellent as usual. Improvement   
About the same   
Worse

### 4. SPECIAL INTEREST IN HEALTH

Has any experience in your life (such as a serious illness for instance) led you to take a special interest in trying to keep well and to improve your health? No  Yes

If so, give briefly any important particulars mother's interest in diet for years before

Philippa was born due to her mother's illness over many years from neuralgic pains and death at 66 from gall stones and perhaps pellagra.

## 5. YOUR PRESENT CONDITION

### Height and Weight

at 6 years 10 mo. of age  
 Height.....4 feet.....4 inches. Weight.....56 lbs. (with clothes, but without overcoat).  
 How much is your present weight above or below your normal weight when full grown (about age 25)?  
 It is above normal by.....lbs. It is below normal by.....lbs.

### Other Indicators

Are you susceptible to colds? No  Yes   
 Have you any dead (devitalized) teeth? No  Yes  no caries  
 Do you usually have a very coated tongue? No  Yes   
 Do you often have headaches? No  Yes   
 Do you often have morning fatigue? No  Yes   
 Do you eat with enjoyment and relish? No  Yes   
 Do you often notice shortness of breath on exercising? No  Yes   
 Do you suffer from gastric acidity (sour stomach)? No  Yes   
 Do you commonly have pain in the stomach or bowels after eating? No  Yes   
 Do you generally suffer from mental dullness after meals? No  Yes   
 Have you much flatulence (gas distension)? No  Yes   
 Does the distension disappear after bowel movement? No  Yes   
 Has the gas expelled an offensive odor? No  Yes   
 Are your stools usually very foul smelling? No  Yes   
 Have you now any known specific ailment of a serious nature? No  Yes   
 If so, specify.....never has had but 3 colds.....  
 Have you now any known specific ailment of a minor nature? No  Yes   
 If so, specify.....never.....

### Impairments

How many teeth (out of the original 32) have you lost?.....no caries at all  
 Have the lost teeth been mostly restored by "false" teeth? No  Yes  just getting second set.  
 Have you sufficient back teeth (natural or artificial) to thoroughly grind your food? No  Yes   
 Is your eyesight: Mostly gone?  Somewhat impaired?  Unimpaired?   
 Has your memory become appreciably impaired? No  Yes  excellent  
 Is your physical endurance, or power to work and exercise physically, now:  
 Greatly below previous best?   
 Slightly below previous best?   
 Unimpaired?   
 Is your mental endurance, or power to work mentally, now:  
 Greatly below previous best?   
 Slightly below previous best?   
 Unimpaired?   
 Is your general sense of enjoying life: Greatly reduced?   
 Slightly reduced?   
 Unimpaired?

## 6. PRESENT HEALTH HABITS

### Work and Rest

In working days, how are the twenty-four hours sub-divided?

That is, how many hours do you ordinarily devote to:  
 Sleep.....11 hours  
 Mealtimes eats and drinks.....  
 practices piano ..... Work, physical.....2½ hours lightly  
 reads ..... Work, mental.....3 hours every 3  
 Active recreation (bathing, exercise, play, sports).....2½ hours hours  
 2 baths ..... Otherwise.....1 hour during  
 Making the total of.....24 hours day.

Are you, in general, regular as to bedtime, hours of sleep, bowel movements, and other habits likely to affect health? No  Yes   
 During the last twelve months have you, in general, had at least one day's rest from work each week? every day similar. No  Yes   
 Have you, in addition, had a vacation? No  Yes   
 If so, how long?.....weeks.  
 Are there now any personal conditions (financial, domestic or otherwise) which are a great strain on your health? No  Yes   
 Are you inclined to worry? No  Yes   
 Are you easily irritated or inclined to any other unhealthful mental states such as fear, anger, despondency? No  Yes   
 Are you habitually tense or relaxed? Tense  Relaxed   
 Do you often eat your meals overfatigued? No  Yes   
**Food and Drink**  
 Do you eat slowly and masticate thoroughly? No  Yes



Check what foods you eat, and how frequently:

	Twice or more daily	Once daily	Less than once daily	None at all		Twice or more daily	Once daily	Less than once daily	None at all
Flesh Foods*		beef			Sugar, Sweets, Candy	never	has	tasted	candy or
Other Protein Foods**	1 yolk egg daily	eats nuts in winter			Fruit†	Raw	all kinds		
Fatty Foods***	8 t.s. cod liver oil					Cooked			
Milk	butter and cream	1 qt "A" daily			Potatoes		has never eaten		
Bread Stuffs Dark and Cereals Light	never has eaten	bread, cereal or			Greens‡	Raw	all kinds		
Pastry, Pie, Cake, Pudding, Ice Cream	pastry only home	made ice cream made			Other Vegetables	Raw	all kinds		
		with honey and fruit				Cooked	never		

\*Including: Meats (beef, mutton, lamb, pork) fowl, fish, shell fish.

\*\*Including: Eggs, nuts, peanuts, cheese, legumes (peas, beans—but not string beans—lentils).

\*\*\*Including: Butter, cream, oil.

†Including: Unfermented fruit juices.

‡Including: Lettuce, romaine, escarole, watercress, chickory, beet tops, spinach, asparagus, kale, Brussel sprouts, string beans, cabbage, and other leafy vegetables.

#### Drugs, Narcotics, Stimulants

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
Alcoholic Beverages			X
Wine (glasses)			X
Beer (glasses)			X
Distilled Liquor (glasses)			X
Tobacco			X
Cigarettes			X
Cigars			X
Pipes			X
Coffee (cups)			X
Tea (cups)			X
Chocolate (cups)			X
Cocoa (cups)			X
Maté (cups)			X
Cola Drinks (glasses)			X
Other Similar Stimulants			X

Do you now use any patent medicines or other drugs habitually, as often as once a week? No  Yes  none

Do you often use drug laxatives? No  Yes  never

Do you use enemas frequently? No  Yes  never

Average number of bowel movements per day: Less than once daily  Once a day  2 times a day

Do you eat candy or sweets between meals? No  Yes  never

How much do you use pepper, mustard, and other "hot" condiments? None at all  no salts either  
Less than daily   
Daily or oftener

### Skin Exposure

How often do you bathe? Once or more daily  14 times weekly. 2 each day  
At what temperature do you usually bathe? Hot  Temperate  Cold   
Do you expose your nude body to the air? Never  Occasionally  Usually daily   
Do you expose your nude body to the sun? Never  Occasionally  Usually daily  daily sun-bath until she was 3 yrs old now  
Do you sleep with windows open?  or Closed?  3 windows open  
Do you spend most of your day in well ventilated rooms and outdoors? No  Yes  goe to the porch inst ead.  
Do you wear as light and little clothing as possible? No  Yes   
Are all your clothes porous? No  Yes   
Are all your clothes loose? No  Yes   
Do you wear any especially tight and constricting pieces of clothing, i.e.:  
Hatband  Belt  Corset  Garters  Shoes  Others, namely but not tight

### Exercise and Posture

Do you take systematic physical exercise in addition to your work? No  Yes   
If so, how often? Daily  1-6 times a week  Less often   
Do you take deep breathing exercises daily? No  Yes   
Do you usually work or exercise to the perspiration point? Daily  Less often  Almost never  sometimes  
Do you stand, walk, and sit in good posture, i.e., erect? No  Yes

### Medical Advice

How often, if at all, have you, within a year, taken a complete, i.e., general, medical examination (other than in relation to a foreknown illness, or for life insurance) for ascertaining your condition as to health and for advice as to keeping well? None  this year times but looked over entirely in 3rd and 5th year/  
If none, when have you done so last? .....years ago.  
Are you accustomed to confide in, and rely upon, your physician? No  Yes   
How often do you consult your dentist? Only when in special need  3 times a year.

### General

Do you classify yourself as in any religious group, or cult, with health rules? No  Yes   
If so, indicate which:  
Christian Scientist  Fruitarian  Nudist   
Mormon  All raw food  more or Other, namely.....  
Vegetarian  Naturopathist  less; meat is sometimes broiled, usually raw.

In your opinion, what factors, habits, practices, hobbies, or conditions have contributed most to your health?  
diet, avoiding doctors, not taking medicines or serums of any kind

In your opinion, what neglect or other factors have most injured your health?  
whooping cough and measles, both light, contracted from other children in crowded places; lack of pure air and not enough sun in N.Y. City

If you have experienced any marked changes in health, due, you believe, to changes in habits, please give an account of them in a separate letter. In this account tell in detail the facts showing improvement (or the opposite) in your physical fitness and improvement (or the opposite) in your habits or other factors affecting health:  
Letter attached   
No Letter attached

Review your answers to this questionnaire and, if you find any answer misleading, or in special need of explanation or amplification, remark upon it, referring to page after inserting a star thereon:

Page \* She could read and print sentences at 2½ years. Philippa seemed elfin and very sithe and tender, never thin though, up to 4, then I added (after the whooping cough attack) meat daily, always red, fresh and usually raw, steak, or liver, broiled. After that she grew very much more brawny, fuller, and round faced. Meat was a definite help. Philippa's I.Q. is 185, E.Q. 200. At six can play 30 classical compositions and has composed 30 originals for piano and writes Gregorian chants and poetry, paints, dances.

(Note: She won the New York City music prize for children her age this year- 1938)

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

July 18, 1938

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

My dear Dr. Kellogg:

We have received to date about 3200 questionnaires filled out by registrants with Vitality Records and I have tentatively graded the answers with a view to correlating habits and health. I am writing to ask whether you consider my classifications correct.

I would appreciate your criticisms both with regard to the classification of answers into "C" = common or medium; "B" = better than common; and "D" = worse than common; *also your criticisms* and with regard to the weights I have given the several questions. In order to save your time I enclose two questionnaires, one marked only for the classifications "B" "C" "D", and one marked up for the weights. I have marked with red pencil the classifications and weights for which I would especially like to check. Please return these two questionnaires to me with your O.K. or criticisms pencilled in.

With kind personal regards, I am

Sincerely,

*Irving Fisher*

Sc  
Enc.

File No. ....

Date Filed .....

**VITALITY RECORDS**  
**26 West 44th Street, New York, N. Y.**

**QUESTIONNAIRE**

*All Replies Confidential*

**Answer Questions Fully, Carefully**  
**(Please Print)**

You may answer most of the questions merely by checking, thus: (✓)

Your name .....

Address ..... City ..... State .....

Where to write in case of your death (name of relative, friend, or Life Insurance Company)

.....  
.....  
.....

# VITALITY RECORDS

26 West 44th Street  
New York, N. Y.

File No. ....

## QUESTIONNAIRE

Date of Birth: Month ..... Day ..... Year .....

Male?  or Female?

### 1. HEREDITY

Your Parents	If still Living, give Present Age	If Dead, give Age at Death
Father		
Mother		

(X 10)

Check whether you think you have inherited more than usual health, vitality, long life   
or about usual health, vitality, long life   
or less than usual health, vitality, long life

(X 10)

### 2. PAST Circumstances Likely to Affect Present Health

#### Past Home and Working Conditions

Where have you mostly lived?

In the Country   
Suburb or Country Town (say, 5,000 to 100,000)   
City (say, above 100,000)

Has your work been chiefly sedentary? No  Yes

Have there ever been any personal circumstances (financial, domestic or otherwise) which were a great strain on your health? No  Yes

#### Past Habits

What has been your practice, over many years of your life, as to drinking alcoholic beverages?

Used daily   
Used less often   
Not used

(X 10)

What has been your practice, over many years of your life, as to tobacco?

Used daily   
Used less often   
Not used

(X 5)

Have you been accustomed to inhale? No  Yes

(X 5)

Have you, over many years of your life, used coffee, tea, chocolate, cocoa, cola drinks, maté, or similar stimulants

Used daily   
Used less often   
Not used

Have you, over many years of your life, used any patent medicine or other drugs habitually, as often as once a week? No  Yes

Have you, over many years of your life, been constipated or had other trouble with your bowels?

No  Yes

Have you, over many years of your life, had very foul smelling stools? No  Yes

Have you, in general, been regular as to bed time, hours of sleep, bowel movements, and other habits likely to affect health? No  Yes

(X 5)

Have you, over many years of your life, made a special practice of eating healthfully and otherwise living healthfully as compared with the usual customs of others around you?  No  Yes

### 3. HEALTH HISTORY

How many days' work have you lost through illness in the past twelve months? .....days

Have you ever had a serious illness? No  Yes

(X 5)

If so, give briefly any important particulars, including name of ailment and dates:

.....  
.....

Do you think that such illness has tended appreciably to affect your vitality, or what is often called your physical fitness—your present strength, endurance, working power, etc.? No  Yes

(X 5)

Are you conscious of having neglected to correct removable physical defects (in teeth, tonsils, overweight, underweight, flat feet, etc.)? No  Yes

(X 5)

Compare your health during the last few months with your usual health during the last two years.

Improvement   
About the same   
Worse

(X 5)

### 4. SPECIAL INTEREST IN HEALTH

Has any experience in your life (such as a serious illness for instance) led you to take a special interest in trying to keep well and to improve your health? No  Yes

If so, give briefly any important particulars.....

(X 20)

## 5. YOUR PRESENT CONDITION

### Height and Weight

Height.....feet.....inches. Weight.....lbs. (with clothes, but without overcoat).

How much is your present weight above or below your normal weight when full grown (about age 25)?

It is above normal by.....lbs. It is below normal by.....lbs. (X 30)

### Other Indicators

- Are you susceptible to colds? No  Yes
- Have you any dead (devitalized) teeth? No  Yes
- Do you usually have a very coated tongue? No  Yes
- Do you often have headaches? No  Yes
- Do you often have morning fatigue? No  Yes
- Do you eat with enjoyment and relish? No  Yes
- Do you often notice shortness of breath on exercising? No  Yes
- Do you suffer from gastric acidity (sour stomach)? No  Yes
- Do you commonly have pain in the stomach or bowels after eating? No  Yes
- Do you generally suffer from mental dullness after meals? No  Yes
- Have you much flatulence (gas distension)? No  Yes
- Does the distension disappear after bowel movement? No  Yes
- Has the gas expelled an offensive odor? No  Yes
- Are your stools usually very foul smelling? No  Yes
- Have you now any known specific ailment of a serious nature? No  Yes  (X 5)

If so, specify.....

Have you now any known specific ailment of a minor nature? No  Yes

If so, specify.....

### Impairments

- How many teeth (out of the original 32) have you lost?.....
- Have the lost teeth been mostly restored by "false" teeth? No  Yes
- Have you sufficient back teeth (natural or artificial) to thoroughly grind your food? No  Yes
- Is your eyesight: Mostly gone?  Somewhat impaired?  Unimpaired?
- Has your memory become appreciably impaired? No  Yes
- Is your physical endurance, or power to work and exercise physically, now:
- Greatly below previous best?
- Slightly below previous best?  (X 2)
- Unimpaired?
- Is your mental endurance, or power to work mentally, now:
- Greatly below previous best?
- Slightly below previous best?  (X 2)
- Unimpaired?
- Is your general sense of enjoying life: Greatly reduced?
- Slightly reduced?
- Unimpaired?

## 6. PRESENT HEALTH HABITS

### Work and Rest

In working days, how are the twenty-four hours sub-divided?

That is, how many hours do you ordinarily devote to:

Sleep.....hours

Mealtimes.....hours

Work, physical.....hours (X 2)

Work, mental.....hours

Active recreation (bathing, exercise, play, sports).....hours

Otherwise.....hours

Making the total of.....24.....hours

Are you, in general, regular as to bedtime, hours of sleep, bowel movements, and other habits likely to affect health? No  Yes  (X 2)

During the last twelve months have you, in general, had at least one day's rest from work each week? No  Yes

Have you, in addition, had a vacation? No  Yes

If so, how long?.....weeks.

Are there now any personal conditions (financial, domestic or otherwise) which are a great strain on your health? No  Yes

Are you inclined to worry? No  Yes

Are you easily irritated or inclined to any other unhealthful mental states such as fear, anger, despondency? No  Yes  (X 2)

Are you habitually tense or relaxed? Tense  Relaxed  (X 2)

Do you often eat your meals overfatigued? No  Yes

### Food and Drink

Do you eat slowly and masticate thoroughly? No  Yes  (X 2)

Check what foods you eat, and how frequently:

	Twice or more daily	Once daily	Less than once daily	None at all		Twice or more daily	Once daily	Less than once daily	None at all
<b>Flesh Foods*</b>					Sugar, Sweets, Candy				
<b>Other Protein Foods**</b>					Fruit † Raw				
<b>Fatty Foods***</b>					Cooked				
<b>Milk</b>					Potatoes				
<b>Bread Stuffs and Cereals</b> Dark Light					Greens ‡ Raw				
<b>Pastry, Pie, Cake, Pudding, Ice Cream</b>					Cooked				
					Other Vegetables				
					Raw Cooked				

\*Including: Meats (beef, mutton, lamb, pork) fowl, fish, shell fish.

\*\*Including: Eggs, nuts, peanuts, cheese, legumes (peas, beans—but not string beans—lentils).

\*\*\*Including: Butter, cream, oil.

†Including: Unfermented fruit juices.

‡Including: Lettuce, romaine, escarole, watercress, chickory, beet tops, spinach, asparagus, kale, Brussel sprouts, string beans, cabbage, and other leafy vegetables.

*Drugs, Narcotics, Stimulants*

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
<b>Alcoholic Beverages</b>			
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses)			
<b>Tobacco</b>			
Cigarettes			
Cigars			
Pipes			
Coffee (cups)			
Tea (cups)			
Chocolate (cups)			
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

Do you now use any patent medicines or other drugs habitually, as often as once a week? No  Yes

Do you often use drug laxatives? No  Yes  **X 2**

Do you use enemas frequently? No  Yes

Average number of bowel movements per day: Less than once daily  Once a day  .....times a day **X 10**

Do you eat candy or sweets between meals? No  Yes

How much do you use pepper, mustard, and other "hot" condiments? None at all

Less than daily

Daily or oftener

**Skin Exposure**

- How often do you bathe? Once or more daily  \_\_\_\_\_times weekly.
- At what temperature do you usually bathe? Hot  Temperate  Cold
- Do you expose your nude body to the air? Never  Occasionally  Usually daily
- Do you expose your nude body to the sun? Never  Occasionally  Usually daily
- Do you sleep with windows open?  or Closed?
- Do you spend most of your day in well ventilated rooms and outdoors? No  Yes
- Do you wear as light and little clothing as possible? No  Yes
- Are all your clothes porous? No  Yes
- Are all your clothes loose? No  Yes
- Do you wear any especially tight and constricting pieces of clothing, *i.e.*:  
 Hatband  Belt  Corset  Garters  Shoes  Others, namely.....

**Exercise and Posture**

- Do you take systematic physical exercise in addition to your work? No  Yes
- If so, how often? Daily  1-6 times a week  Less often
- Do you take deep breathing exercises daily? No  Yes
- Do you usually work or exercise to the perspiration point? Daily  Less often  Almost never
- Do you stand, walk, and sit in good posture, *i.e.*, erect? No  Yes

**Medical Advice**

- How often, if at all, have you, within a year, taken a complete, *i.e.*, general, medical examination (other than in relation to a foreknown illness, or for life insurance) for ascertaining your condition as to health and for advice as to keeping well? None  \_\_\_\_\_times **(X 10)**
- If none, when have you done so last? \_\_\_\_\_years ago.
- Are you accustomed to confide in, and rely upon, your physician? No  Yes
- How often do you consult your dentist? Only when in special need  \_\_\_\_\_times a year. **(X 5)**

**General**

- Do you classify yourself as in any religious group, or cult, with health rules? No  Yes  **(X 5)**
- If so, indicate which:  
 Christian Scientist       Fruitarian       Nudist   
 Mormon       All raw food       Other, namely.....  
 Vegetarian       Naturopathist       \_\_\_\_\_

In your opinion, what factors, habits, practices, hobbies, or conditions have contributed most to your health?  
.....  
.....

In your opinion, what neglect or other factors have most injured your health?  
.....  
.....

If you have experienced any marked *changes in health*, due, you believe, to *changes in habits*, please give an account of them in a separate letter. In this account tell in detail the facts showing improvement (or the opposite) in your physical fitness and improvement (or the opposite) in your habits or other factors affecting health:  
Letter attached   
No Letter attached

Review your answers to this questionnaire and, if you find any answer misleading, or in special need of explanation or amplification, remark upon it, referring to page after inserting a star thereon:

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File No. ....

Date Filed .....

**VITALITY RECORDS**  
**26 West 44th Street, New York, N. Y.**

**QUESTIONNAIRE**

*All Replies Confidential*

**Answer Questions Fully, Carefully**  
**(Please Print)**

You may answer most of the questions merely by checking, thus: (✓)

Your name .....

Address ..... City ..... State .....

Where to write in case of your death (name of relative, friend, or Life Insurance Company)

.....  
.....  
.....

# VITALITY RECORDS

26 West 44th Street  
New York, N. Y.

File No. ....

## QUESTIONNAIRE

Date of Birth: Month ..... Day ..... Year .....

Male?  or Female?

### 1. HEREDITY

Your Parents	If still Living, give Present Age	If Dead, give Age at Death
Father		
Mother		

150 years  
+ 20 =

Check whether you think you have inherited more than usual health, vitality, long life  B  
or about usual health, vitality, long life  C  
or less than usual health, vitality, long life  D

### 2. PAST Circumstances Likely to Affect Present Health

#### Past Home and Working Conditions

Where have you mostly lived?

In the Country  B  
Suburb or Country Town (say, 5,000 to 100,000)  C  
City (say, above 100,000)  D

Has your work been chiefly sedentary? No  B Yes  C

Have there ever been any personal circumstances (financial, domestic or otherwise) which were a great strain on your health? No  B Yes  C

#### Past Habits

What has been your practice, over many years of your life, as to drinking alcoholic beverages?

Used daily  D  
Used less often  C  
Not used  B

What has been your practice, over many years of your life, as to tobacco?

Used daily  D  
Used less often  C  
Not used  B

Have you been accustomed to inhale? No  C Yes  B

Have you, over many years of your life, used coffee, tea, chocolate, cocoa, cola drinks, maté, or similar stimulants

Used daily  C  
Used less often  B  
Not used  B

Have you, over many years of your life, used any patent medicine or other drugs habitually, as often as once a week? No  C Yes  B

Have you, over many years of your life, been constipated or had other trouble with your bowels?

No  B Yes  C

Have you, over many years of your life, had very foul smelling stools? No  B Yes  C

Have you, in general, been regular as to bed time, hours of sleep, bowel movements, and other habits likely to affect health? No  C Yes  B

Have you, over many years of your life, made a special practice of eating healthfully and otherwise living healthfully as compared with the usual customs of others around you?  C No  B Yes

### 3. HEALTH HISTORY

How many days' work have you lost through illness in the past twelve months? ..... days

Have you ever had a serious illness? No  C Yes  B

If so, give briefly any important particulars, including name of ailment and dates:

< 5 = B  
5-10 = C  
> 10 = D

Do you think that such illness has tended appreciably to affect your vitality, or what is often called your physical fitness—your present strength, endurance, working power, etc.? No  B Yes  C

Are you conscious of having neglected to correct removable physical defects (in teeth, tonsils, overweight, underweight, flat feet, etc.)? No  B Yes  C

Compare your health during the last few months with your usual health during the last two years:

Improvement  B  
About the same  C  
Worse  D

### 4. SPECIAL INTEREST IN HEALTH

Has any experience in your life (such as a serious illness for instance) led you to take a special interest in trying to keep well and to improve your health? No  C Yes  B

If so, give briefly any important particulars.....

## 5. YOUR PRESENT CONDITION

### Height and Weight

Height.....feet.....inches. Weight.....lbs. (with clothes, but without overcoat).

How much is your present weight above or below your normal weight when full grown (about age 25)?

It is above normal by.....lbs. It is below normal by.....lbs.  $> 5$  below = D

### Other Indicators

- Are you susceptible to colds? No  B Yes  C
- Have you any dead (devitalized) teeth? No  C Yes  D
- Do you usually have a very coated tongue? No  C Yes  D
- Do you often have headaches? No  B Yes  C
- Do you often have morning fatigue? No  B Yes  C
- Do you eat with enjoyment and relish? No  D Yes  C
- Do you often notice shortness of breath on exercising? No  B Yes  C
- Do you suffer from gastric acidity (sour stomach)? No  C Yes  D
- Do you commonly have pain in the stomach or bowels after eating? No  C Yes  D
- Do you generally suffer from mental dullness after meals? No  B Yes  C
- Have you much flatulence (gas distension)? No  C Yes  D
- Does the distension disappear after bowel movement? No  D Yes  C
- Has the gas expelled an offensive odor? No  D Yes  C
- Are your stools usually very foul smelling? No  C Yes  D
- Have you now any known specific ailment of a serious nature? No  C Yes  D

If so, specify.....

Have you now any known specific ailment of a minor nature? No  C Yes  D

If so, specify.....

### Impairments

- How many teeth (out of the original 32) have you lost?  $\frac{\text{Age}}{4} = C \pm 2$   
4 = C  $\pm 2$
- Have the lost teeth been mostly restored by "false" teeth? No  D Yes  C
- Have you sufficient back teeth (natural or artificial) to thoroughly grind your food? No  D Yes  C
- Is your eyesight: Mostly gone?  D Somewhat impaired?  C Unimpaired?  B
- Has your memory become appreciably impaired? No  C Yes  D
- Is your physical endurance, or power to work and exercise physically, now:

- Greatly below previous best?  D
- Slightly below previous best?  C
- Unimpaired?  B
- Greatly below previous best?  D
- Slightly below previous best?  C
- Unimpaired?  B

Is your mental endurance, or power to work mentally, now:

- Is your general sense of enjoying life: Greatly reduced?  D
- Slightly reduced?  C
- Unimpaired?  B

## 6. PRESENT HEALTH HABITS

### Work and Rest

In working days, how are the twenty-four hours sub-divided?

That is, how many hours do you ordinarily devote to:

Sleep 8-9 > hours

Mealtimes 2-3 < hours

Work, physical 3-5 > hours

Work, mental 6-8 < hours

Active recreation (bathing, exercise, play, sports) 1-3 > hours

Otherwise.....hours

Making the total of.....24.....hours

$> 11 \text{ hrs} = D$

B C  $\pm 1 \text{ hr}$

Are you, in general, regular as to bedtime, hours of sleep, bowel movements, and other habits likely to affect health? No  C Yes  B

During the last twelve months have you, in general, had at least one day's rest from work each week? No  D Yes  C

Have you, in addition, had a vacation? No  C Yes  B

If so, how long?.....weeks.

Are there now any personal conditions (financial, domestic or otherwise) which are a great strain on your health? No  C Yes  D

Are you inclined to worry? No  B Yes  C

Are you easily irritated or inclined to any other unhealthful mental states such as fear, anger, despondency? No  B Yes  C

Are you habitually tense or relaxed? Tense  C Relaxed  D

Do you often eat your meals overfatigued? No  B Yes  C

### Food and Drink

Do you eat slowly and masticate thoroughly? No  C Yes  B

Check what foods you eat, and how frequently:

	Twice or more daily	Once daily	Less than once daily	None at all		Twice or more daily	Once daily	Less than once daily	None at all
Flesh Foods*	D	C	C	B	Sugar, Sweets, Candy	D	C	B	B
Other Protein Foods**					Fruit† Raw	B	B	C	D
Fatty Foods***					Cooked				
Milk	B	C	D	D	Potatoes				
Bread Stuffs and Cereals Dark Light					Greens‡ Raw	B	B	C	D
Pastry, Pie, Cake, Pudding, Ice Cream	D	C	B	B	Cooked	B	B	C	D
					Other Vegetables Raw	B	B	C	D
					Cooked	B	B	C	D

\*Including: Meats (beef, mutton, lamb, pork) fowl, fish, shell fish.

\*\*Including: Eggs, nuts, peanuts, cheese, legumes (peas, beans—but not string beans—lentils).

\*\*\*Including: Butter, cream, oil.

†Including: Unfermented fruit juices.

‡Including: Lettuce, romaine, escarole, watercress, chickory, beet tops, spinach, asparagus, kale, Brussel sprouts, string beans, cabbage, and other leafy vegetables.

*Drugs, Narcotics, Stimulants*

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
Alcoholic Beverages	D	C	B
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses)			
Tobacco	D	C	B
Cigarettes			
Cigars			
Pipes			
Coffee (cups)	D	C	B
Tea (cups)			
Chocolate (cups)	D	C	B
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

Do you now use any patent medicines or other drugs habitually, as often as once a week? No  C Yes  D

Do you often use drug laxatives? No  B Yes  D

Do you use enemas frequently? No  C Yes  D

Average number of bowel movements per day: Less than once daily  D Once a day  C .....times a day  B *2 and > 2 = B*

Do you eat candy or sweets between meals? No  B Yes  C

How much do you use pepper, mustard, and other "hot" condiments? None at all  B

Less than daily  C

Daily or oftener  D

**Skin Exposure**

How often do you bathe? Once or more daily  <sup>C</sup> \_\_\_\_\_ times weekly.  
At what temperature do you usually bathe? Hot  Temperate  Cold   
Do you expose your nude body to the air? Never  Occasionally  Usually daily   
Do you expose your nude body to the sun? Never  Occasionally  Usually daily   
Do you sleep with windows open?  or Closed?   
Do you spend most of your day in well ventilated rooms and outdoors? No  Yes   
Do you wear as light and little clothing as possible? No  Yes   
Are all your clothes porous? No  Yes   
Are all your clothes loose? No  Yes   
Do you wear any especially tight and constricting pieces of clothing, *i.e.*— No  B Yes  C  
Hatband  Belt  Corset  Garters  Shoes  Others, namely \_\_\_\_\_

**Exercise and Posture**

Do you take systematic physical exercise in addition to your work? No  Yes   
If so, how often? Daily  1-6 times a week  Less often   
Do you take deep breathing exercises daily? No  Yes   
Do you usually work or exercise to the perspiration point? Daily  Less often  Almost never   
Do you stand, walk, and sit in good posture, *i.e.*, erect? No  Yes

**Medical Advice**

How often, if at all, have you, within a year, taken a complete, *i.e.*, general, medical examination (other than in relation to a foreknown illness, or for life insurance) for ascertaining your condition as to health and for advice as to keeping well? None  \_\_\_\_\_ 1 times   
If none, when have you done so last? \_\_\_\_\_ years ago.  
Are you accustomed to confide in, and rely upon, your physician? No  Yes   
How often do you consult your dentist? Only when in special need  \_\_\_\_\_ B times a year.

**General**

Do you classify yourself as in any religious group, or cult, with health rules? No  Yes   
If so, indicate which:  
Christian Scientist                       Fruitarian                       Nudist   
Mormon                                       All raw food                       Other, namely \_\_\_\_\_  
Vegetarian                                       Naturopathist  \_\_\_\_\_

In your opinion, what factors, habits, practices, hobbies, or conditions have contributed most to your health?  
.....  
.....

In your opinion, what neglect or other factors have most injured your health?  
.....  
.....

If you have experienced any marked *changes in health*, due, you believe, to *changes in habits*, please give an account of them in a separate letter. In this account tell in detail the facts showing improvement (or the opposite) in your physical fitness and improvement (or the opposite) in your habits or other factors affecting health:  
Letter attached   
No Letter attached

Review your answers to this questionnaire and, if you find any answer misleading, or in special need of explanation or amplification, remark upon it, referring to page after inserting a star thereon:

Page.....\*.....  
.....  
.....  
.....  
.....  
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.....  
.....  
.....

*John*  
GIMBEL BROTHERS, INC.

BERNARD F. GIMBEL  
PRESIDENT

July 19th, 1938.

NEW YORK CITY

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

Dear Dr. Kellogg:

Thanks for your kind letter of July eleventh.

I hope that if you go through with your schedule I will see you in New York about the end of the month. What I would like to do is invite about a dozen men who are heads of important institutions in this city to meet you at lunch at the Cloud Club located at the top of the Chrysler Building. I am sure that if these men who employ thousands of people knew you, it would do a great deal of good because my experience has been that people are primarily interested in themselves and most of them would come to Battle Creek in enlightened selfishness. In addition, they would insist that many of their top executives try to spend some time each year at your splendid institution.

The other night General R. E. Wood, President of Sears Roebuck, invited a group of about twenty-five men to dinner at the Waldorf to discuss a matter of mutual interest. As I looked around the table I made a mental calculation that those present were heads of companies which employ upwards of three quarters of a million people, and I said to myself, "How much good these men would do themselves and the people who work for them if they really enjoyed good health". As my friend, the late William Muldoon said, "Man should be proud of the home wherein his soul dwells".

No circular or advertising, no matter how well prepared, can tell the story of Battle Creek Sanitarium as convincingly as Dr. John Harvey Kellogg. During your lifetime you have accomplished much and have done a great deal of good for humanity. The only way I can possibly think of your doing more good would be to have a greater number of people converted to the practices of Battle Creek.

With best regards, I am

Sincerely,

*Bernard F. Gimbel*

## DR. S. ADOLPHUS KNOPF

16 WEST NINETY-FIFTH STREET  
NEAR CENTRAL PARK WEST  
NEW YORK

CONSULTATION HOURS  
11 A. M. TO 1 P. M.  
BY APPOINTMENT ONLY

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

July 21, 1938

Dear Kellogg:

May I hope that this reaches you again in your fine physical and mental condition which is characteristic of your personality.

I am writing to you to-day for advice and help. I am intensely interested in a young woman, the grand daughter of a German family who had been unusually kind and helpful to me years ago when I was a struggling practitioner. She is suffering from an ulcerated colitis. Most of the remedies have been applied, even a decided climatic change. She lives now in Los Angeles, California, but still follows her New York physician's advice. He is a Dr. Crump, a man of good standing and attached to the Medical Center. She is now using on his advice Certo and if there is no improvement, they may resort to Sulfanilamide, a remedy which has not yet been applied.

In a very recent number of your excellent Good Health, you described the method in vogue in your Sanitarium which, of course, as usual is conservative but effective. Similar procedures have been tried in Miss Brown's case. Only Sulfanilamide has to the best of my knowledge, not yet been tried. This remedy as being most effective, was called to my attention by an article in the Cleveland Quarterly Clinic (July 1938 No. 3). It bears the title "The Use of Sulfanilamide in the Treatment of Chronic Ulcerative Colitis" by E. N. Collins, M.D., You, of course, receive this periodical published by the staff of the Cleveland Clinic and if not, you can easily obtain it. I sent my copy to Los Angeles to have it shown to the physician in whose care she now is. Perhaps, Sulfanilamide has been already tried in your clinic. Whether or not Miss Brown will try the Sulfanilamide, I do not know.

At any rate, I have advised her that if there is no perceptible improvement ere long, she should try the celebrated Battle Creek Sanitarium. Being of moderate means, I have assured her and her mother that by reason of my long friendship with you and my deep interest in the case, that the lowest possible rates would be made. Whether or not I can meet the patient at Battle Creek, I am not certain. However, since Mrs. Knopf is anxious to see the celebrated Battle Creek Sanitarium, I may manage to go. ~~For~~ Contrary to her husband's mode of living, she is virtually a vegetarian and would enjoy Battle Creek of which I have told her so much and I myself am anxious to revisit. Aside from that, she reads Good Health more assiduously than I do. So if the Los Angeles patient finally decides to enter the Battle Creek Sanitarium you may have us two as additional guests. Perhaps,

the patient's widowed mother may accompany her. I expect to hear from her sometime soon but at any rate be so good as to assure me that in the event four persons should come to Battle Creek, the Institution will not be over-crowded.

Of course, there is no great hurry in the matter for if the Sulfanilamide treatment has proven in Miss Brown's case to have been as successful as in Dr. Collins' cases, they may not go to Battle Creek.

I would be glad to hear from you again. Your being only five years older than myself, your life and work is nevertheless my inspiration.

With affectionate regards and all good wishes, believe me,

Ever yours,

A handwritten signature in cursive script, appearing to read "D. A. Kempf". The signature is written in dark ink and is positioned to the right of the typed name "Ever yours,".

P.S.

I do not like to bore a busy man with my literature but if you care to have any of my booklets described in the enclosed circular, permit me to send it with my compliments.



Dodge, Raymond, and Benedict, Francis Gano

Psychological effects of alcohol; an experimental investigation of the effects of moderate doses of ethyl alcohol on a related group of neuro-muscular processes in man, by Raymond Dodge and Francis G. Benedict, with a chapter on free association in collaboration with F. Lyman Wells. Washington, D.C., 1915.

(Carnegie Institution of Washington. Publication No. 232.)

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For God and Home and Every Land

# National Woman's Christian Temperance Union

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July 22, 1938

Dr. John H. Kellogg  
Kellogg Sanitarium  
Coral Gables,  
Miami, Florida

My dear Friend:

I think I told you something about the Research Library which, as part of our National Temperance Education program, we are attempting to accumulate. We have about 2,500 books and as many or more pamphlets, and they are really quite comprehensive.

But there is one book which we cannot find anywhere so I am undertaking to write you to ask if you have it in your library, and if so, if you would care to contribute it to ours. We have exhausted every means of finding it, so I decided to try this one.

Now that may be asking a great deal of you, but I know your deep interest and there have been some times when it really seemed that it was necessary to have this volume, so I could at least try.

I wish I was able to come over to Battle Creek while you were there, but I shall still hope to come down to Miami next spring maybe or sometime at least.

Very cordially yours,

*Ida B. Wise Smith*

Ida B. Wise Smith,  
National President.

IBWS:F  
Encl. 1

*I don't think you have this book. It is not mentioned in the Card Index.*

*AKB.*

July 22, 1938

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

Dear Professor Fisher:

I have your letter of July 18th enclosing a copy of a questionnaire of a seven year old negro girl. It is certainly quite interesting and yet I do not consider it extraordinary in any respect, especially with regard to the use of meat. If meat should be eaten at all it ought to be eaten raw. Cooking greatly lessens its digestibility and destroys the little vitamin C which it contains. A child of seven years has not yet lived long enough to experience the cumulative effect of wrong habits and an artificial mode of life, and generally children of that age live more natural lives than those who are older.

I will improve the first opportunity to look over the questionnaire and see if I can answer your queries as to grading.

I am glad to see that you have had such a great response to the questionnaire. I confess I hardly thought so great an interest would be awakened.

Sincerely yours,

b

July 24, 1938

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

Dear Professor Fisher:

I have your circular letter replying to an  
attack by Mr. Spahr.

I am much interested in your clear presen-  
tation of the money question. You surely have the best of  
the argument.

Sincerely yours,

b

July 24, 1938

**Food Company:**

Please send a sample of our new Protose and a bottle of Table Sauce to Dr. S. Adolphus Knopf, 16 West Ninety-Fifth Street, New York City, complimentary.

J. H. K.

b

Henry  
The  
17  
14

July 24, 1938

Dr. S. Adolphus Knopf,  
16 West Ninety-Fifth Street,  
New York City.

Dear Friend:

I have your letter of July 21.

I am delighted as always to hear from you and to know that you are still carrying on. I am also greatly pleased to know there is a prospect that you and Mrs. Knopf will visit us. I am sorry that her husband is still lingering in the dark ages. You know Thoreau predicted that with the advance of human culture we would cease to eat animals just as our ancestors stopped eating their enemies when they began wearing clothes instead of the skins of animals.

You perhaps did not know that we are serving meat at our table every day. I will send you a small sample in a day or two so you can have an opportunity to sample our meat. I will also send a bottle of our Table Sauce.

If you will stay a week with us I am quite sure I can rescue you from cannibalism and get you sufficiently civilized so you will live on a proper primate diet, which is of course our biologic bill of fare and the only sort of food we can legitimately eat. The gorillas, chimpanzees and orang-utangs still stick to the original bill of fare which primitive man shared with them in pre-glacial times and only abandoned when the glacial icecap destroyed the nut forests and fruits and herbs from which he obtained a food supply supercharged with vitamins, food minerals and other brain food which enabled him to evolve the

Dr. S. Adolphus Knopf, No. 2.

qualities that make him the masterpiece of creation.

I promise you we will satisfy your gustatory nerve, and if you stay a month will send you away at least four or five years younger than when you came. I am sure you will consider me a relative of Munchhausen if I should describe to you the things we are doing here nowadays in the way of rejuvenation. I won't say more about this, however, because I hope you will soon be here and see for yourself.

As regards the young lady who has ulcerative colitis, I have this to say: We can always help these cases and if given time enough effect a cure. When large areas are involved, of course, a long time is required. Incipient cases are cured quickly. The only permanent successful method must of course involve removal of the causes, both predisposing and exciting causes. The immediate cause of colitis is of course infection. When this is suppressed there is a chance for healing of the damaged tissues through increased general and local vital resistance and activity.

We have a lot of cases of chronic colitis under treatment all the time here and the results are most gratifying.

I am sending you, under separate cover, a little paper in which you will find roentgenograms of a colon which had been the seat of colitis for fifty years which was cured by regulation of diet and treatment and the use of a culture, the *Lactobacillus acidophilus*, in a milk prepared from the soybean in which it thrives wonderfully, attaining a potency 10 to 20 times that of the ordinary milk culture.

I have been using the acidophilus culture for more than 25 years and have found it very helpful, but have never attained the remarkable results we are now getting until I discovered the soy milk

Dr. S. Adolphus Knopf, No. 3.

culture a few years ago.

We will certainly be glad to see your patient here with her mother and our mutual friends Dr. and Mrs. Knopf. We will take good care of you. Under separate cover I am sending you literature and a card of rates. You will note that the lowest figures are very moderate. A discount of 25 per cent is made to doctors and their dependents, so you see the cost of treatment here is very modest. I have a little scheme in mind by which I think your expenses might be made complimentary if agreeable to you. You have a very facile pen which knows a good thing when he sees it and knows how to make informing literature. I think, by the way, your pen must have a perpetual motor behind it from the literature list which you enclose. I have already read with great interest our paper on Peter Dettweiler. I am delighted to have the information concerning Dettweiler and Brehmer which you give. I have always admired these men greatly. They launched ideas which have saved hundreds of thousands of lives, and you have done more to push these ideas along not only in this country but throughout the whole civilized world than any other man.

I hope that your plans to visit us will work out satisfactorily and that we shall have the pleasure of helping your friend as we have helped many hundreds of others. I believe you will not be disappointed with the results should you bring your patient here.

With very best wishes and kind regards to Mrs. Knopf and hoping to have the pleasure of seeing you soon, I am

As ever sincerely and cordially yours,



June 24, 1938

Dr. W. C. Deming,  
Northern Nut Growers' Association,  
Elmwood, Conn.

Dear Doctor Deming:

Thanks for your kind letter of June 10.

I am sorry I am so busy I shall not be able to furnish you a paper this year, but possibly I can give you something next year.

I am much interested in the work that you are doing, but must confess that the soybean has in my opinion greatly lessened the importance of nut culture because it gives so much quicker returns. The nut is a valuable food and always will be and its culture ought to be encouraged, but as a source of protein the soybean and the peanut, which is not a nut, outstrip it altogether.

With best wishes, I am

Sincerely yours,

P. S. I have not forgotten your visit to Florida. I hope you will be sure to call again when you pass our way.

**June 27, 1938**

**Good Health:**

**Please send GOOD HEALTH for one year with my compliments to Rev. Marc Njoji, Eglise du Christ au Congo, D. C. C. C., Bolenge, Coquithethville, Congo Belge, with my compliments.**

**J. H. K.**

**b**

LADY GRENFELL  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

July 27, 1938.

Dr. Charles Kellogg,  
Battle Creek Sanatorium,  
Battle Creek, Mich.

Dear Dr. Kellogg:

Sir Wilfred has doubtless written to thank you for your delightful letter to him, but in case he forgot to do so, I wanted you to know how pleased he was to hear from you.

As you see, I am back in Boston for another series of treatments and Dr. Meigs seems to feel that I am better.

What our plans for the winter will be, I cannot say. Sir Wilfred is still very much troubled with his left hip, and as for myself, I don't know how often I shall have to be in Boston during the course of the winter. I rather think we shall go back to St. Simon's Island in Georgia and I will commute back and forth when necessary. At least in St. Simon's Sir Wilfred can get out of doors every day, which is more than can be said for any part of the north. Possibly during one of my visits to Boston, Sir Wilfred might come down <sup>to</sup> Miami Battle Creek and get the splendid inspiration and help which you always give to him.

I hope that you, yourself, are as fit and as young as ever. You are a great example and inspiration to us all.

Yours sincerely,

*Anne Grenfell*

# VITALITY RECORDS, Inc.

26 WEST 44th STREET  
NEW YORK, N. Y.

Tel.: BRyant 9-9527

July 28, 1938

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versity.*

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

My dear Dr. Kellogg:

I have just received a letter from Dr. O.S. Parrett of California in regard to another California doctor named Borsook, who has developed a preparation effective, it is believed, for constipation but primarily a Vitamin B product.

I suggested that they tell you about it and I am trying to get a sample myself.

I am hoping to come out to Battle Creek in a few weeks, perhaps three, to talk with you particularly with regard to colon hygiene, as I wrote you, but also in regard to "Vitality Records", which is now increasing rapidly in the number of registrants.

I am working out a technique for the statistical studies, the main expenses of which will be borne by the Metropolitan Life Insurance Company, but we shall need some contributions to carry the necessary clerical overhead. I would like to have you think over, before I come, the possibility of your helping through Mrs. Henderson's fund or otherwise. I feel sure that she would highly approve of "Vitality Records".

I should also like to talk with you in regard to "How to Live". I hope you have read the chapters on diet. I have a strong impression that they will lead in your direction faster than any vegetarian propoganda. So far, with one exception, the letters we have received have been very satisfactory and in most cases, extremely laudatory. The one exception is that of a Dr. Osgood in a medical college in Portland, who is so much dis-pleased by our <sup>having</sup> your appendices and by the tendency to go in your direction, that he wishes to resign from the Hygiene Reference Board of the Life Extension Institute.

When I have had a chance to answer, I will send you a carbon of my answer and copy of his original letter.

Dr. John H. Kellogg

-2-

July 28, 1938

I think he is peeved because his suggestions were not more generally adopted for the revision of the new edition.

I think, however, that the book still fairly represents the best judgment of the members of the Hygiene Reference Board.

Thank you for your letter in regard to the colored child and raw meat. It is just what I wanted.

Sincerely,

*Irving Fisher*

but because he seldom reaches the cancer age and that their supposed freedom from disease is proportional to their distance from properly organized medical investigation.

He also quotes the Sikh against his Bengali cousin, the former, a meat eater, is chosen for the finest fighting troop of India, whereas the Bengali is useless, 25% under weight and so on and is a vegetarian.

We were very glad to hear from an old B. C. student, who was revisiting Battle Creek recently, that she found you still in harness surrounded by patients, and hardly looking a day older. This must be very gratifying to you and to your ideals.

July 31, 1938

Mr. A. J. Martin,  
267 Upper Richmond Road,  
Putney, S. W. 15,  
London, England.

Dear Sir:

I have your letter of recent date. I am glad to know that you are trying to extend a knowledge of biologic living. I am always glad to see my teachings put into circulation. I am sending you copies of two books which will be of more help to you perhaps than the Question Box as they are more recent. One of these is entitled The Natural Diet of Man and the other How to Have Good Health. It would be a good thing for you to undertake the sale of these books. Through your newspaper column you could do this. They will be supplied to you at a discount of 33 per cent. They represent the most up to date information. I am also sending you several copies of Good Health. You ought to take this regularly. You should also become a member of the Aristocracy of Health and get people interested in it. Several thousand persons have already joined. The purpose, you will see in articles which you will find on the subject in Good Health.

As regards your questions, in the first place, most savages live under most insanitary conditions; in fact, under which civilized people can not survive at all but die off rapidly, for example, the East Coast of Africa. Evidently this was the region where your interlocutor collected his statistics of mortality.

When Cook, the first man who circumnavigated the globe, discovered the Marquesas Islands, he reported there was no disease whatever there. The people died only of old age and there were a great

number of people who had the appearance of being very aged although they were not decrepit.

As regards the Bengalis, they live in a part of India where the entire population are on the verge of starvation all the time. Everything is small. The cow's are small, dwarfs compared with ordinary cattle.

Many years ago when Dr. McCarrison, now Sir Robert McCarrison, a surgeon in the British army, was on duty in Bengal, he wrote me the very same question and wanted me to answer it. I answered it by referring to statements made to me by a learned Brahmin doctor, Dr. Ramoree of Madras who had been here. This was more than thirty or forty years ago. Some years after that time Sir Robert, then only a surgeon, was transferred to northern India where he lived for nine years among the Hunzas, a vegetarian tribe who almost never taste meat, but whom he described as being the best developed human beings he had ever seen in his life and he thought the best to be found in the world. He was there for nine years and never met one single case of cancer, gallstones, appendicitis or colitis. He was converted by his long experience and observation.

The Chinese and Japanese have survived and have the highest birth rates of any countries in the world and this in spite of the fact that they have no public sanitation. As they are beginning to adopt Western methods of organized public health measures and sanitation they are increasing so rapidly that they will soon dominate the whole world. The English, American and all other white nations are on the other hand depreciating so rapidly because of their meat-eating and other perverted habits that they are rapidly running out. The latest reports from the statisticians show that the population



of Great Britain a hundred years hence will be less than five millions. Depopulation has begun in the United States and is going on in every white nation in the world. In this country the number of children one to five years of age is smaller than the number between five and ten. The primary schools throughout the country are thinning out. A hundred years hence the population of the United States will not be more than one-third what it is at the present time.

These facts are well known among statisticians although little mentioned in the public prints. The President of the United States recently appointed a committee to investigate the matter, and the committee confirmed in their report all the statements I have made to you.

In the December number of Good Health, a copy of which I am sending you, you will find a statement of these facts. Probably your English papers are not saying much about this matter.

Wishing you success in your efforts to promote biologic ideals,

I am

As ever sincerely yours,

b

OFFICE OF  
BERNARD F. GIMBEL  
33RD STREET AND BROADWAY  
NEW YORK

August 2nd, 1938.

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

*Not arrived*

Dear Doctor Kellogg:

I just received a letter from my very good friend, Louis J. Horowitz, who has been on a fishing trip to Honolulu with Mrs. Horowitz. He advises me that they will arrive at Battle Creek about the time this letter will reach you which should be tomorrow, August third. Feeling that I may be in some small measure responsible for Mr. and Mrs. Horowitz's decision to visit the Sanitarium and I am very anxious that they get the maximum benefit from their stay.

During the course of our conversation the day I left Battle Creek, I recall you mentioned an aggressive plan certain bond holders had instigated to get control of the Sanitarium. What was in your mind at the time was not entirely clear to me. I suggest that if you are concerned with anything along these lines, Louis J. Horowitz is better qualified to consult with on matters of this kind than any one I know of.

By the way, I have mailed to you under separate cover "The Towers of New York" written by Mr. Horowitz which I thought you would enjoy. This book appeared in serial form in the Saturday Evening Post about a year ago.

With best regards, I am

Sincerely,

*Bernard F. Gimbel*

August 1, 1938

**Good Health:**

Please send the following to Mr. A. J. Martin 267 Upper  
Richmond Road, Putney, S. W. 15, London, England, complimentary:

THE NATURAL DIET OF MAN  
HOW TO HAVE GOOD HEALTH

A December number of GOOD HEALTH and copies of  
GOOD HEALTH containing information about the  
ARISTOCRACY OF HEALTH.

Also send him subscription information and give him 33% off  
on books he orders. I have written him about selling our books.  
Send him a circular.

J. H. K.

DAILY JOURNAL  
Lansing, Mich.

THE HERALD  
Grand Rapids, Mich.

THE ENQUIRER AND NEWS  
Battle Creek, Mich.

NEWSPAPER ENGRAVING CO.  
Grand Rapids, Mich.

RADIO STATION WELL  
Battle Creek, Mich.

# Federated Publications, Inc.

Office of A. L. MILLER, President

BATTLE CREEK, MICHIGAN

Aug. 2, 1938.

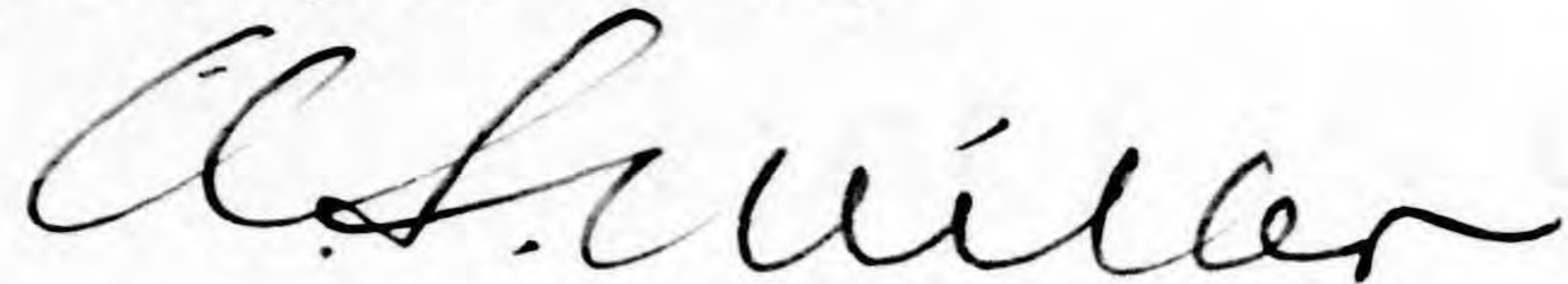
Dr. John Harvey Kellogg,  
Battle Creek Sanitarium,  
Battle Creek, Michigan.

My dear Dr. Kellogg:

Perhaps the enclosed United Press dis-  
patch has already come to your atten-  
tion.

It is an interesting confirmation of  
your own discoveries and preaching and  
tallies exactly with the information  
which you brought back from researches  
in Africa.

Cordially, and with all good wishes,



AIM:T

NEW YORK UNIVERSITY  
SCHOOL OF EDUCATION  
WASHINGTON SQUARE, NEW YORK

OFFICE OF THE ASSISTANT DEAN

August 4, 1938

Dr. John Harvey Kellogg  
Battle Creek, Mich.

Dear Dr. Kellogg:

If we were to remember our own home training, I believe that most of our generation would realize that spiritual values must be recaptured if the rising generation is to solve its knotty problems. The young people of today start with a handicap. Note the marked portion on the enclosed circular.

For nine years, I have been watching our New York University Christian Association struggle with this problem. I have become convinced that the kind of thing they are doing--emphasizing the brotherhood of men under the fatherhood of God--is the necessary basis for spiritual development. It generates the kind of unselfish service that the world needs.

For nine years our faculty and students have supplied the necessary gifts to make this work possible. Last year we increased the staff, more than doubling our contribution budget, and ran into a \$1,000 deficit. That deficit has now been met but we must find \$1,700 in new gifts this year if this work is to continue as it should. I believe it is a good investment, in fact the best insurance we can have for the future. We will appreciate hearing from you. Any amount would be acceptable. Mr. Henry G. Arnsdorf is our treasurer.

Sincerely yours,



Assistant Dean

20  
✓ Miller

August 9, 1933

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

Dear Mr. Miller:

Thank you very much for your note of August 2nd with clipping enclosed, which has just reached my eye. I am very glad indeed to have this clipping.

I have had an opportunity during several years back to observe monkeys living in a native state and under natural conditions, including several chimpanzees, and the observations I have made support most conclusively the idea that man has made a mistake in wandering away from the dietary which he once followed when he lived in the forest along with his relatives the higher apes.

I shall write the dietitians of the Buffalo zoo and get some further information concerning their observations and at the first opportunity shall visit them.

Thank you very much for calling my attention to the item.

I am sending you an avocado just received from Florida.

I hope to be able to give you some interesting news in the course of a few days. I am standing by my guns

Mr. A. L. Miller, No. 2.

in the battle with the bondholders and have the winning  
card in my hands, so I have no occasion for worry.

Sincerely yours,

b

August 9, 1938

Mr. Bernard F. Gimbel,  
33rd Street and Broadway,  
New York City.

Dear friend Gimbel:

I have your letter of August 2nd.

I am glad indeed to hear from you and pleased to tell you that Mr. Horowitz is with us. We found him a delightful gentleman. I am glad that you sent me a copy of his interesting book, "The Towers of New York." He is certainly a wonderful builder. I have had several very interesting chats with him. He seems very much interested in our financial affairs. I have given him full data of the situation.

I finally worked out a plan myself which will solve our problem.

Mr. Horowitz seems to be enjoying his stay here, but tells me that he must leave in a few days. He ought to stay a month at least. He and his wife are both extremely interesting people and just the sort of persons we love to meet as they are rendering such important service to the world. It was very kind of you to call their attention to our work.



August 10, 1938

Mr. E. Geo. Frazer,  
New York University  
School of Education,  
Washington Square,  
New York City.

Dear Sir:

I have your letter of August 4.

The demands upon me have already  
exhausted my resources, but nevertheless I am  
sending you a small check. I am interested in  
your good work.

With best wishes, I am

Sincerely yours,

b

August 10, 1938

Miss Gertrude Estill:

Please send me a check for five dollars made payable to Mr. Henry G. Arnsdorf, New York University, School of Education, Washington Square, New York City. This is a donation.

A. F. Bloese

August 10, 1938

Lady Grenfell,  
Kinloch House,  
Charlotte, Vermont.

Dear Mrs. Grenfell:

I have your letter of July 27.

I am very glad indeed to hear from you and to know that you are better. I hope that Dr. Grenfell is also better. If he comes South this winter we shall certainly be delighted to have him visit us. If he can come some time in November or December, April or May he will be sure to find a place for him. In January, February, March and the first half of April we have a waiting list in spite of the addition to the building and next winter are likely to be crowded more than ever, so we might be filled up to the top unless we could make a reservation some time beforehand. Reservations for the winter are already coming in.

Sincerely yours,

LADY GRENFELL  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

August 10, 1938.

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

Dear Dr. Kellogg:

You will remember that Sir Wilfred has had with him a companion, one of the men from the Adventist Sanitarium in Washington. His name was Mr. Ziesmer and he was with us when we were in Miami Springs last winter when you so generously and so kindly entertained us.

Mr. Ziesmer is married and we are very sorry to say he is leaving us; but of course, it is not possible for us to have two people in the house when we only need the one young man companion for Sir Wilfred. Mr. Ziesmer has been ideal for the post because when he found that there was no real nursing to be done and only a daily massage to be given Sir Wilfred, he was willing to fit in with any sort of manual work that turned up. Moreover, he has a very pleasant and even disposition and has made an understanding companion for Sir Wilfred.

Now I am faced with the difficulty of trying to find somebody to replace him, as he goes on the 4th of September.

Sir Wilfred wants somebody, naturally, who does not smoke or drink and who can give an ordinary massage. We also want somebody who will be pleasant, even disposition and willing to turn his hand to any sort of work. It is no good in the country having anybody who considers himself above manual work and such a type of person would be more in the way than otherwise. Mr. Ziesmer has been admirable in turning his hand to anything.

The young man would get his board and lodging, but would have to pay for his own laundry. Naturally, Sir Wilfred and I cannot afford to pay a very high price because we haven't got the money, but on the other hand, anybody coming to this position would be able to save practically all that he made, as he would have his expenses paid if he were travelling with us, and as I say, he would live in the household when we are here in Vermont. As I have to be away periodically for treatments, I am also anxious to get somebody who is congenial to Sir Wilfred, and who, if possible, is fond of natural history, birds and beasts and fishes and trees.

The age of this companion doesn't really matter so long as he is not too old or too young. I should say between the ages of twenty-five and forty years.

If you could give me any idea where I could hope to find such a person, I would be most awfully grateful. You can understand that it is particularly important to me now, as I am not well myself, to feel that Sir Wilfred is not alone.

P.T.O.

With most grateful thanks for any help and advice you can give me,

Yours sincerely,

Anne Greenfell.

we can pay \$1,000<sup>00</sup> or \$125<sup>00</sup> a month  
and the man's board and lodging in our  
house. We would want someone of good  
background as he has his meals with us.

August 10, 1938

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

Dear Prof. Fisher:

I have your letter of July 28.

I am interested in all you write, particularly to know that your new project is meeting with such great success. It will certainly be a marvelous work and as you say will do much more for diet reform than any vegetarian campaign could do.

The prejudice produced by the early promoters of the vegetarian idea by extravagant claims and especially the virulent attacks of the meat packers in their desperate effort to save their race-destroying industry have built up so much prejudice against the word vegetarianism that I have as much as possible avoided the use of the term for many years, substituting the terms biologic diet, biologic living, etc. in its place.

I am not at all unaware of the fact that there are not a few people who feel very hostile toward me. I have, however, had the pleasure of seeing not a few of my most bitter enemies turn about and become my most cordial friends. Dr. Simmons was one of these. He used to come to visit me in Florida and last year before he died circumstances prevented his coming and he wrote me a very nice letter apologizing for not having visited me during the winter as he usually had done and assuring me he would never allow another winter to pass again without making a visit.

Prof. Irving Fisher, No. 2.

I take some satisfaction in the fact that my enemies are to be found among those who are least acquainted with me rather than those who know me best. I am sure you have had a similar experience.

I shall be glad to know how the new edition of How to Live is going. It has certainly had a wonderful circulation and ought to continue to be a best seller for many years. I have not had a chance yet to read what you have said about diet as I have been kept so busy with our 450 patients, with our reorganization business on hand and several other important things besides a tremendous correspondence. I shall go through the book carefully the first opportunity I get.

I hope to see you before very long and to have an opportunity to discuss a matter about which I have been thinking recently. I may be coming East within a week or two to talk with Dr. Dublin with reference to his proposition that the Sanitarium should be sponsor of the leading exhibits in the medical building. I should like to talk this over with you and wonder if we could arrange so that we could meet in New York. Are you expecting to be there some time within the next two or three weeks.

Always with best wishes, I am

Sincerely yours,

August 12, 1938

Mr. Bernard F. Gimbel,  
Gimbel Brothers, Inc.,  
New York City.

My dear Sir:

I begin to feel that I ought to address you as dear friend because you are taking so deep an interest in the things that we are trying to do here at Battle Creek and especially your interest in passing the idea along to other people who may be helped thereby.

I have followed your suggestion to improve the opportunity to consult Mr. Horowitz with reference to our financial affairs. He gave us many most excellent suggestions. He took pains to analyze our situation very carefully and talked at length with Mr. Kenny, a member of Ziegler & Co., underwriters, who are aiding us in arranging our affairs.

I am glad to tell you that we have at last succeeded in making terms with the Bondholders' Committee which I think will give us a reasonable chance for carrying on satisfactorily and to extract ourselves from debt within a few years.

Mr. Horowitz seemed to feel that the plans we worked out were quite satisfactory. We appreciated his encouragement very much. It was, I assure you, a great pleasure to meet Mr. Horowitz and his wife. They are both people of extraordinary quality and so anxious to help us. I hope we were able to do them some good in return and I am looking forward next winter when they promise to visit us in Miami, and then I trust we shall really have an opportunity to do something for them



Mr. Bernard F. Gimbel, No. 2.

really worth while.

I hope also that you are planning a vacation next winter and that you will give us the pleasure of giving you a good lift toward rejuvenation. The encroachments of Old Father Time become every year more serious for a man of your age and it is necessary to take steps to prevent senile changes and conserve the vital resources which are the only means by which the great destroyer can be held at bay. A few weeks with us would enable us to make out a program for you which would insure you many years extension of comfort and efficient living.

If you have any time for reading perhaps you might be interested in a couple of reprints I am enclosing.

With many thanks for your courtesies and much valued help, and with very best wishes, I am

Sincerely and cordially yours,

b

August 12, 1938

Lady Grenfell,  
Kinloch House,  
Charlotte, Vermont.

My dear Lady Grenfell:

I have your letter of August 10th.

I am sorry your nurse is leaving you. I will do the best I can to find a substitute for you, but I had the impression that he was rather an exceptional person for such a place. At present we have no training school and a large proportion of our nurses and attendants are married and have families to look after.

It will, I fear, be a little difficult to find just the sort of person you want. I should think it quite possible that your present nurse might be able to recommend some one who would suit you. I will start an inquiry going and will do the best I can to find some one for you.

I am glad to hear that you are improving.

With very best wishes and kind regards to Sir Wilfred, I  
remain

Very sincerely and respectfully yours,

b

LADY GRENFELL  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

August 15, 1938.

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

Dear Dr. Kellogg:

I am very grateful for your letter of August 10th which must have crossed mine in which I asked whether you had any idea as to where I could look for a successor to Mr. Ziesmer, Sir Wilfred's man. Probably, you have this in mind anyway, but in case it did slip your attention, I know you will forgive my reminding you what a great help it would be to me if you have any suggestions to make.

I shall keep your letter in mind about Sir Wilfred and both he and I are very grateful for your suggestions as to the best dates for him to come.

With our united good wishes.

Yours sincerely,

Anne Grenfell

UNIVERSITY OF MICHIGAN  
MICHIGAN HISTORICAL COLLECTIONS

*Ann Arbor*

LEWIS G. VANDER VELDE, *Director*  
MRS. DONALD E. ADAMS, *Curator*  
HENRY D. BROWN, *Research Assistant*

RACKHAM BUILDING  
ROOMS 156-164  
August 19, 1938

Dr. John Harvey Kellogg  
Battle Creek  
Michigan

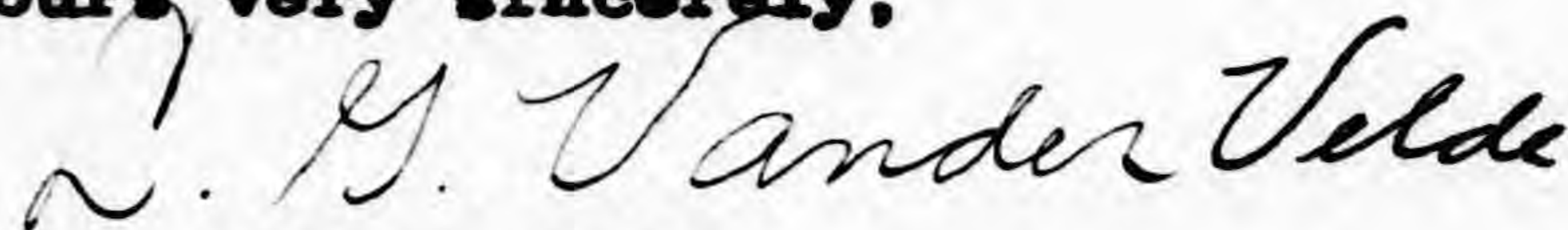
Dear Dr. Kellogg:

As you perhaps know, the Board of Regents of the University of Michigan recently established the Michigan Historical Collections to serve as a depository for manuscript and printed source materials relating to the history of the State. The purpose of our Collections is two-fold: to provide for the permanent preservation of source materials on Michigan history, and to make those materials available to qualified scholars.

As a part of this program, we are making every effort to build up at the University a back file of all possible Michigan publications. We are likewise anxious to acquire manuscript materials relating to prominent Michigan industries and institutions.

Among the enterprises in which we are particularly interested are those which have been fostered by you. We are desirous of obtaining a collection of materials which will adequately portray your work in Battle Creek and reflect its influence throughout the United States and the world. Such a collection might include official record books, account books, correspondence, scrap-books, pamphlets, speeches, articles, serial publications such as newspapers and magazines, broadsides, and similar manuscript and printed materials. Would you be willing to turn over to us for permanent preservation any materials you may have in your possession relating to the history of the various beneficial enterprises which you have sponsored? Your contributions to the development of our State make us especially anxious to have a Kellogg Collection in our Michigan Historical Collections.

Yours very sincerely,



L. G. Vander Velde

LGV:ESA

August 19, 1938

Lady Grenfell,  
Kinloch House,  
Charlotte, Vermont.

My dear Lady Grenfell:

I have your letter of August 15.

I am sorry I did not make it clear that I would do the best I could to find a man for Dr. Grenfell; I have been looking about, but so far have found no one who seemed just suited to the situation. For many years we have not been training men nurses as there was little demand for them and our nurses are getting along in years and they have families on their hands.

I have written to several of my friends asking them to try to help you and assure you I will do the best I can myself, though my contacts with men of the type likely to be of service to you are comparatively few as I have little to do with administration now that I have so many large affairs on my hands.

Assuring you that I will do my best to keep your needs in mind and write you if I find any person who seems to be suited to the place, and with very best wishes and kindest regards to Sir Wilfred, I am

Very sincerely and respectfully yours,

LADY GRENFELL  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

August 23, 1938.

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

Dear Dr. Kellogg:

Thank you very much indeed for  
your kind letter. I know that it is a difficult  
position for which to find just the right person  
and I don't want it to be a worry to you. I am on  
the lookout here too and am hoping for some results.

With our kindest wishes,

Yours sincerely,

*Anne Grenfell*

August 23, 1938

Mrs. Ida B. Wise Smith,  
1730 Chicago Ave.,  
Evanston, Illinois.

Dear Mrs. Smith:

I have your letter of July 22.

I have a search made for the book you  
mention but we do not have it.

Sincerely yours,

August 25, 1938

Lady Grenfell,  
Kinloch House,  
Charlotte, Vermont.

Dear Lady Grenfell:

Thanks for your note of August 23.

I have not yet succeeded in locating a man for Dr. Grenfell, but I am still trying. The trouble is to find a man that does not smoke and that does not drink and that is thoroughly trustworthy and can give excellent message, has good sense and good judgment, is a good chauffeur and handy at everything and an agreeable companion, not married and has not a job already. Such choice people are very likely to have a good position and to be so highly valued that they can not be secured, but we will keep trying.

With best regards to Sir Wilfred, I am

Very sincerely yours,



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 10<sup>2</sup>, 1938

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

My dear Dr. Kellogg:

The enclosed bulletin of Vitality Records came just as I was leaving the Sanitarium but I thought you might be interested to glance through it any way.

Sincerely,

*Irving Fisher*

Enc.

IF/m

September 7, 1938

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

Dear Professor Fisher:

I made a careful examination of the films made of your colon in connection with the barium enema and find no evidence of obstruction at the junction of the pelvic colon and the rectum, but find a very greatly enlarged pelvic colon. When filled it rises above the umbilicus. Its volume is at least three or four times the normal. It falls down when empty, which is normal, but is not impacted or adherent or otherwise hindered from rising in a perfectly normal way. There is evidence of a spastic condition in the ileac or proximal portion of the sigmoid colon and there seems to be positive evidence that there is delay in this portion of the colon which causes absorption of water and solidifying of the fecal mass which is the probable cause of the interruption of the normal evacuation rhythm.

I believe LD-Lax will help you overcome this difficulty as it holds tenaciously the water which it absorbs and so facilitates prompt evacuation.

It is necessary, of course, to keep in mind the fact that the enema at night is not used to take the place of normal evacuation, but only as a supplementary means of keeping the colon cleansed by supplementing the inefficient effort of the bowel itself. There should be at least one or two normal bowel movements notwithstanding the use of the enema.

Sincerely yours,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 9, 1938

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

My dear Dr. Kellogg:

I suppose I will find when I reach New Haven the manuscript which you promised to return, being the draft of an article for a German periodical on the present condition of food reform in the United States. You will also remember that I asked that you write us half a page, sketching the work of Graham and yourself.

It seems to me from what you said that Graham was indirectly your precursor and that you desire to have him recognized in any such articles of mine.

I would like especially to know why Graham died. Had he lived to be 100, his influence today would be probably a thousand times what it is, great as it is now. "A word to the wise is sufficient".

Sincerely,



P.S. - If there are other health cults that should be mentioned, besides those mentioned in the article, namely, the Mormons, Christian Scientists, vegetarians, naturopathists, etc. I would be glad if you would add them.

I remember your telling me of the Trappist monks but I do not locate them in my mind. Incidentally, perhaps they might be questioned for the Vitality Records.

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 9, 1938

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

My dear Dr. Kellogg:

I want to thank you once more for all the help you gave me and at the sacrifice of so much of your precious time.

My trip to Battle Creek was well worth while and I have already experienced decided benefit.

I shall expect to write you regarding other matters today or later, as they turn up when I sort my numerous papers.

Sincerely,

*Irving Fisher*

IF/m

September 10, 1938

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

My dear Dr. Kellogg:

The enclosed explains itself.

I think you would like to meet Dr. Matthews anyway.

He seems to be unusually advanced among medical men and as I told you, has been greatly influenced by some of your writings. He is one of my star cases and one of those four in the last appendix of "How to Live". He is now Assistant Director of Kings Park State Hospital.

In case you don't hear from him and are at all interested, I would suggest that you write to him, yourself, but I think you will hear from him before long anyway.

Sincerely,

Enc.

IF/m

P.S. - I am also enclosing copies of letters to the following which are self-explanatory:  
Miss Emily F. Robbins  
Mr. Gerald Stanley Lee.

September 10, 1938

Dr. Adelbert C. Matthews  
Kings Park State Hospital  
Kings Park, N.Y.

My dear Dr. Matthews:

Last week I spent mostly with Dr. J. H. Kellogg of Battle Creek Sanitarium. He asked if I knew of any one who might act as special assistant in certain matters and I thought of you.

I did not go into the matter enough to know exactly what functions would be required but if you would be interested and would let me know, or write directly to Dr. Kellogg, himself, very likely the matter could be worked out affirmatively or negatively by correspondence.

Dr. Kellogg seems to me to be the leading authority in the world today, if not the leading authority at all time on individual hygiene.

I understand that you have never met him personally. I would, if I were you, make a point to do so the next time he passes through New York City, whether or not any business relations should be established.

Sincerely,

IF/m

cc to Dr. Kellogg

September 10, 1938

Miss Emily F. Robbins  
203 East 27th Street  
New York, N.Y.

My dear Miss Robbins:

In spending a little time at Battle Creek, I found  
Dr. Kellogg, at 87, very "spry" and busy.

He is in search of someone who can do some writing  
and who concurs with his ideas. I thought of you as a  
possibility.

In case you are interested, you might write to  
Dr. Kellogg, though I imagine you are pretty well arranged  
for now.

Very sincerely,

IF/a

September 10, 1938

Mr. Gerald Stanley Lee  
Secretariat Guild  
Mt. Ten, Mass.

My dear Mr. Lee:

Dr. Kellogg of Battle Creek is looking for a man who might do some writing for him and who is sympathetic with his hygienic ideas. I thought of you as you conform to both of these conditions.

Very likely, however, you are already so engaged with your special work that you cannot go to Battle Creek and stay there as might be required.

Of course, I know nothing about the terms but if it would interest you, I would suggest that you write to Dr. Kellogg yourself. Of course, if you went there, you would be expected to write his ideas rather than your own, in case of conflict and this might not be altogether agreeable to so free a lance as yourself. It would be, I am sure, a prime requirement of your usefulness to Dr. Kellogg.

I have come to believe that his ideas are substantially correct and to look upon him as the world's leading authority on individual hygiene and the authority for all time.

When next you pass through New Haven, in case I am there, perhaps we can make a mutually convenient date for a luncheon talk or otherwise. If so, I shall be glad.

Sincerely,

IF/n



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 10, 1938

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

My dear Dr. Kellogg:

The enclosed explains itself.

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In case you don't hear from him and are at all interested, I would suggest that you write to him, yourself, but I think you will hear from him before long anyway.

Sincerely,



Enc.

IF/m

P.S. - I am also enclosing copies of letters to the following which are self-explanatory:  
Miss Emily F. Robbins  
Mr. Gerald Stanley Lee.

# VITALITY RECORDS, Inc.

26 WEST 44th STREET  
NEW YORK, N. Y.

Tel.: BRycmt 9-9527

September 10, 1938

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IRVING FISHER,  
*Professor Emeritus of Economics  
Yale University*

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Emeritus of Health Education,  
Teachers College, Columbia Uni-  
versity.*

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

My dear Dr. Kellogg:

On the train, I wrote to Dr. Paul Roth, enclosing a draft of a proposed letter, which I suggested you might wish to sign or use as a basis for a different letter, to be sent by you to the patients of the Sanitarium, asking them to send in their names to Vitality Records. I trust that Dr. Roth has taken the matter up with you.

I am having the names of the registrants sent to you in accordance with our understanding that, for each name resulting in an inquiry, you will pay the Vitality Records' office 75 cents.

In regard to the more important cooperation which you suggested, by which the examinations at the Sanitarium would be made use of, I will write you later, after consulting with Dr. Dublin, as to the form in which these reports should be sent, in order to be best utilized statis-  
tically.

I assume that you will see to it that these reports and remittances are taken care of monthly and would be glad to know the name of the party with whom future com-  
munications should be made.

Sincerely,

*Irving Fisher*

IF/m

P.S. - You also spoke of your writing to at least 14,000 people and perhaps a larger number, suggesting that they join Vitality Records. I should be very glad to have your ideas about this and to see the form of letter which you would write.

*on the  
names  
to be  
sent to  
you*

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 10, 1938

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

My dear Dr. Kellogg:

In regard to the DeVilviss Spray, if it fails to work again, please note the tiny hole on the top of the hard rubber an eighth of an inch away from the center. ~~The~~ wire put through this hole will, I am told, stop the trouble which you experienced with the spray, in case it reoccurs.

Mr. Johnson gave me this information.

In case you need another spray and cannot get it conveniently otherwise, I shall be very glad to send you another.

I 'phoned Mr. Johnson asking him to send you references to all scientific literature on "O-three" or "Oz-on-id" as it will be called ~~and~~ put out as a remedy for head colds.

I hope you will look up these references.

I am wondering about the statement that nascent oxygen is harmful to the tissues. This is quite contrary to what others have told me. I know that it is said that both ozone and ordinary oxygen are irritating to the lungs but the President of the American Society of Anesthetists has made a study which he claims shows that so far as ozone ~~is~~ <sup>is</sup> concerned, at least, this was a mistaken inference. He has used pure oxygen in large quantities, both inhaled and injected intravenously with, he thinks, great success. I cannot remember his name<sup>x</sup> but will find it if you would like to have it.

Sincerely,

*Irving Fisher*

IF/m

*x John Evans, Buffalo ny*

September 11, 1938

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

Dear Professor Fisher:

I have looked over the manuscript. I think you have presented the matter of dietetic progress in the United States in a very comprehensive manner. I think, however, that much more credit is due to Sylvester Graham, who was the first to advocate the importance of whole grain products, not so much because of knowledge of the special constituents of the whole grain which were lost in the milling process, but because of the bad clinical effects of the use of fine flour and because the whole grain is a natural product while the fine flour is denatured by the milling process. He also advocated many other reformatory practices, which, although not new, received practically no attention at all until by a very earnest and effective campaign he aroused great public interest.

Among his many converts were such men as Horace Greeley, Wendel Phillips, Bronson Alcott and the four little women made famous by his talented daughter, Thoreau, Dana, founder of the New York Sun, and the editor of the medical encyclopedia whose name I do not at this moment recall who was the founder of the Brook Farm Experiment.

If you want to go into the subject of diet reform in this country I think you should read Graham's book and it would be well also to review the work of the English reformers from whom Graham got his inspiration. Graham's work undoubtedly inspired Joseph Smith who adopted his teachings and incorporated the major features into his book of in-

Professor Irving Fisher, No. 2.

instructions to the Mormons, many of whom are very strict followers of Graham. Graham advocated practically the whole biologic program. After Graham's death in the fifties there was no effective agitation of diet reform, but Graham bread won its own way in public favor, and oatmeal, was introduced in the early seventies and through the energies of Frederick Shoemaker of Akron, Ohio, rapidly won its way to public favor.

I think these were really the two most important diet reforms that appeared in this country until after the discovery of vitamins, through the work of Chittenden, McCollum, Hess, Mendel and Osborne.

I think it would be fair to mention Fletcher and his chewing reform, for it was certainly through Fletcher that Chittenden became interested. Chittenden had no idea of reform. Fletcher told me himself that Chittenden never would have undertaken his research if he had not believed that Fletcher was a very rich man and that he would endow a chair for him at Yale. Fletcher told me of this with much detail. When I rebuked him for deceiving Chittenden, he said, "Of course I was working him. That is the way I always do it. I fool the professors by giving big dinners, sending them on trips and paying their expenses and in various other ways giving them the impression that I am a very rich man."

Fletcher really wanted to effect a reform in the interest of the public welfare. He discarded meat as you know. Chittenden, on the other hand, was very much afraid of being considered as favoring vegetarianism, and if you will look over his bills of fare you will see that he always took care to include three or four grams of bacon or some other meat so that he could not be classified as a flesh abstainer.

Professor Irving Fisher, No. 3.

If I have made any contribution to food reform I think it has been in making the use of plant foods more convenient and agreeable and by the collation of scientific facts bearing on the diet question and seeking to strengthen the argument in favor of biologic living by such researches as I have been able to sandwich into my very busy professional program.

I think your article will be of much interest to foreign readers. It will doubtless be translated and circulated in this country.

By the way, I think you must have in your wonderful index rerum reference to a paper by Zuntz on a research which he made in connection with his observations on the pedestrian Karl Mann in which he made reference to my work in increasing the palatability of plant foods and the efficiency of a non-flesh dietary.

I think you give decidedly too much credit to the itinerant so-called health lecturers who are becoming very numerous in recent years. During the war the Red Cross, and I think also the government, sent out qualified lecturers to instruct the people about the increased use of milk and the lessened use of meat. These lecturers were instructed to tell the people to provide every member of the family with one quart of milk a day before spending one cent for meat and to make large use of fresh vegetables. They did a world of good. But since the war has been over this field has been left almost entirely vacant. The present hoard of so-called health lecturers are almost without exception fakers. They make extravagant and false claims and teach a great many errors. Most of them begin their lectures by extolling me and my teachings, foods, etc. and then bring forward some cheap product which they claim is the same thing only a little better through recent improvements. Some of them still bolder and more unscrupulous after eulogizing me and our Battle Creek foods present some wretched patent medicine stuff with which they secure the public confidence

Professor Irving Fisher, No. 4.

by pretending to be friends and disciples of Battle Creek and in many cases claiming to be my former students.

I do not know of any merit that could be ascribed to these fakers except the one claimed for old Hans by a neighbor in a funeral eulogy; namely, "He was not always so mean as he was sometimes."

I think that I would leave the lecturers out or at any rate differentiate them so as to disregard the fakers.

Sincerely yours,

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 12, 1938

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

My dear Dr. Kellogg:

Would you be so good as to turn this letter  
*a little*  
over to person who can send me and afterward provide  
*regularly*  
me with "Parsleyeast"? & *bill*<sup>2</sup> me for same.

Sincerely,

*Irving Fisher*

IF/m



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 12, 1938

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

My dear Dr. Kellogg:

I am sending you under separate cover two copies of the book in my honor, both with my compliments. You spoke as though you only needed one but from what you said of it I thought perhaps you would like to deposit one in a library.

Very sincerely,

A handwritten signature in cursive script, reading "Irving Fisher". The signature is written in black ink and is positioned to the right of the typed name.

St

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 12, 1938

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

My dear Dr. Kellogg:

I have yours of September 7 and am extremely grateful for your analysis of my case. I am also relieved to know that the pelvic colon does "rise" and is not tied down.

I tried LD Lax again but, as before, the stools became ropey looking like the strands of a rope, twisted and wound around, instead of the consistency you approve or even of a "well formed" character.

Will it be possible to reduce the volume of the pelvic colon to normal and if not is there any special "compensation" which can be attained or practiced?

Very sincerely,

A handwritten signature in cursive script that reads "Irving Fisher". The signature is written in dark ink and is positioned to the right of the typed name.

IFs



CHARLES S. PARKER, M. D.  
SUPERINTENDENT

State of New York  
Department of Mental Hygiene

KINGS PARK STATE HOSPITAL

Kings Park, Long Island, N. Y.

September 13, 1938

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

My dear Professor Fisher:

Your kind letter of September 10, 1938 was received this morning and I note that Dr. J.H. Kellogg of Battle Creek Sanitarium has asked you if you knew of any one who might act as special assistant in certain matters and that you had considered me in regard to this matter.

I would be pleased to know just what Dr. Kellogg has in mind. I am carrying quite a heavy load in connection with my duties as Assistant to the Superintendent of this hospital but would be interested in knowing in what way Dr. Kellogg would like some assistance from me. After knowing his objectives, I will then be in a position to decide what I could do in the matter. I would certainly like to talk with Dr. Kellogg sometime and if I knew a day or two before hand, I would be pleased to meet him in New York.

You know Dr. Kellogg so well that I will leave it to you whether you will obtain the information from Dr. Kellogg in regard to the possibility of my being of some assistance to him or, if you think that it might be better for me to write Dr. Kellogg, I will be pleased to do so.

By the way, of all the books that I have purchased during the past few years which deals particularly with individual hygiene and natural foods, I consider the outstanding ones to be Dr. Kellogg's book on "HOW TO HAVE BETTER HEALTH through BIOLOGIC LIVING" and your own book on "HOW TO LIVE."

Sincerely yours,

*A. C. Matthews*  
A. C. MATTHEWS, M.D.

ACM:ECS.

September 14, 1938

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

Dear Professor Fisher:

I have your letter of September 9.

I am glad to learn that you are better. If you will follow out the suggestions made you I am sure you may be considerably improved.

At first glance when I met your smile I thought you were looking pretty well, but shortly after I discovered you were not looking nearly so well as when I saw you last, and I think it highly important you should take immediate and thoroughgoing steps to get your acidophilus up as high as possible and keep it there.

Milk acidophilus undoubtedly is beneficial if great care is taken to prepare it in such a way as to get as high a count as possible. I have examined many commercial specimens of acidophilus milk, including many specimens from the White Belt in Miami that obtains monthly cultures from Dr. Rettger and we have never found more than one or two hundred million bacteria per c.c., whereas in our product we are making here with our soybean milk we invariably get more than a billion at the end of 36 hours from the time of inoculation and almost invariably find more than two billion.

We find it very easy to change the flora by using the soy acidophilus enema. I think I mentioned to you, however, that good results in helping the colon may be obtained from the use of ordinary buttermilk. I take care to tell our patients about this because they can not always get acidophilus and buttermilk is always available. The trouble with buttermilk is that it will not live in the body. I

Professor Irving Fisher, No. 2.

have no doubt, however, that it will live for some hours, for I have proven good results may be obtained by the daily use of ordinary buttermilk. Outside of the body it is just as efficient in combating putrefaction as the acidophilus. I have kept a beefsteak in ordinary buttermilk for 17 years without putrefaction.

Sincerely yours,

b

NEW YORK WORLD'S FAIR 1939  
Incorporated

New York

Committee on Medicine and Public Health  
One Madison Ave.,  
New York, N.Y.

September 15, 1938.

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

My dear Dr. Kellogg:

I have your letter of September 11th and very much appreciate your kindness in writing to me.

The fact is we have not yet found an alternative sponsor for this important section of our exhibit. We should be glad to hold this open for another little while because as I wrote you, there could be no more important sponsor than the Battle Creek Sanitarium which for so many years has demonstrated to the public the necessity for a regime of life which would control the chronic diseases. I still feel as I did when I wrote you that it would be a great thing for the Sanitarium to be associated in the public mind with this particular exhibit. I hate to accept your declination of our invitation and I hope you may write me shortly that we can get together to work out the details.

Sincerely yours,

Louis J. Dublin

Chairman

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 15, 1938

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

My dear Dr. Kellogg:

Thank you very much for yours of September 11  
commenting so fully on my article for the German periodical.  
I will make good use of your suggestions.

I remember very well the references of Zuntz to which  
you refer.

I recall, however, that he praised you for getting  
rid of the roughage!

Sincerely,

*Irving Fisher*

IFs

September 16, 1938

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

Dear Professor Fisher:

I have your letters.

Do not abandon LD-Lax before giving it a thorough trial. Maybe it will suit your case better if you take it at meals, a heaping teaspoonful at the close of the meal or within an hour after. I think probably you did not take enough water with it. Take two glasses and put half of the dose in one glass and the other half in the other glass. The whole does can be mixed in one glass and then another glass added.

If the colon is kept empty by thorough emptying once a day and gas distension prevented by changing the flora and keeping it changed, the colon will certainly reduce in size, and it will perform its function normally. The colon is neither impacted nor adherent. It is still free and I am sure can be trained to function normally. Keeping it thoroughly empty, however, is essential for this.

Thank you very much for sending me the book published in your honor. I will place one in the Sanitarium library and I will ask the librarian to bring it to the attention of people who are likely to appreciate it.

I am glad to have a copy of your bulletin. Your 18 rules cover the ground admirably and the sending out of such a bulletin will be of benefit to those who will take the time to read it and will



Professor Irving Fisher, No. 2.

be of immense benefit to anyone who will adopt your code as a rule of conduct.

I am glad to report that my throat is getting better and am beginning to hope that the spray is benefiting it. If it proves really beneficial I shall be most happy to acknowledge the fact.

As regards the statement that oxygen is irritating to the lungs, this is certainly an error. I have made large use of oxygen for many years and have never seen the slightest irritation. I am not so certain about nascent oxygen. If nascent oxygen is present in the spray, which I very much doubt, it would not be likely to do any harm anyway on account of the large amount of air mixed with it.

As regards the cause of Sylvester Graham's death, the information I have is that he died of tuberculosis from which he suffered a good many years. It is quite possible that in those days, having no knowledge in relation to vitamins or food minerals, his diet was inadequate and that his resistance was reduced in consequence.

I doubt whether there is any food reform organization in this country that is deserving of mention.

The Mormons generally follow the biologic code. They do not drink and probably comparatively few of them smoke, but few of them are vegetarians. I have gotten my information from two or three who have spent some years with us as medical students and one young woman who lived in our home for two years.

Dr. Anderson I should think can give you considerable information about the Mormons, and one of his old students who went out there and joined and I believe became the wife of one of the elders no doubt could give you authentic information concerning all of their health practices.

Professor Irving Fisher, No. 3.

The Christian Scientists are not vegetarians or food reformers. Mrs. Eddy says in the seventeenth edition of "Science and the Bible," which is their religious manual, "Diet, flannels and baths have done more harm than war, pestilence and famine combined."

Naturopaths should not be mentioned because they are not at all standardized. They are working for business rather than for food reform and advocate all sorts of ridiculous ideas which have no justification in science.

As regards the Trappists, I give some information about them in my book "The Natural Diet of Man," a copy of which I believe you have. They do not practice abstinence from meat for hygienic reasons, but purely as self-discipline by which to earn credit. They regard this abstinence as a work of supererogation, a sort of surplus virtue which gives them credit in heaven which they can sell to other people for fifty cents a unit and so earn a comfortable living. The superintendent reported to me that the members of his community died only of old age. They had no other ailment. I doubt if he told the truth about this. I should think that some of them would certainly die of cancer or pneumonia or some heart affection, especially as many of them lived very wild and dissipated lives before joining the community.

As regards the letter you wanted to have sent out, Dr. Roth mentioned it, but left town soon after and has not returned yet. He spoke of addressing it to all the patients in the house. I wonder if that would be best since not more than one-third of the patients were present at the lecture. Many of our patients are confined to their rooms. Generally from one to two hundred have their meals served in their rooms and many more have treatment in the evening and have to go to bed early and so do not get out to lectures. It seems to me

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

that the best way to handle the matter will be to mention the letter at a lecture and then have it handed to the patients at the door as they pass out. I will ask Miss Browning to attend to this.

I note your bulletin contains an advertisement of the Halston Company. Do you insert advertisements in your bulletin? If so, I think the Food Company would be glad to exchange foods for advertising space.

By the way, you spoke to me about noticing some failure of memory. I mentioned to you my thought that the loss of memory was in part due to lessened power of concentrated attention. You may be interested to know that it is believed that the thyroid secretion influences both attention and memory. Loss of power of attention and memory are prominent symptoms of thyroid deficiency.

Sincerely yours,

b

PROFESSOR IRVING FISHER  
480 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

September 9, 1938

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

My dear Dr. Kellogg:

I am curious to know what you have found with respect  
to the "Panect"<sup>gland</sup> preparation which I handed you with type-  
written comments.

The preparation itself was in a sealed tin box which  
you will remember.

Sincerely,

*Irving Fisher*

IF/m *Thanks for your  
letter re my health.  
It's improving - thanks largely to you*

September 19, 1936

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

Dear Professor Fisher:

Your plan is an excellent one and I will have the envelopes sent. It would be advantageous to have the registrants indicated. Thank you very much for the suggestion.

Sincerely yours,

b

President  
MRS. IDA B. WISE SMITH  
1730 Chicago Ave.  
Evanston, Illinois

Vice-President-at-Large  
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605 W. 184th Street  
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For God and Home and Every Land

# National Woman's Christian Temperance Union

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377 Parkside Ave.  
Brooklyn, N. Y.

September 21, 1938

Dr. John H. Kellogg  
Kellogg Sanitarium  
Coral Gables, Miami, Florida

My dear Dr. Kellogg:

Returned from the great National convention held at San Francisco this year, and in looking over my papers, I note the enclosed program of the conference on medical temperance. I thought while you might be familiar with these quotations from Frances Willard, they might not be so new in your mind as they will be being brought to your attention in this way.

We had a marvelous convention and decided that next year, the real centenary year of Frances Willard, we would go to Rochester, New York, about twelve miles from her birthplace, so that there we could pay tribute to the birth into the world of one who has done so much to assist it in every possible way, and always for good.

I remember you listed her as one of the first of your aristocracy of health. I thought, therefore, you would be glad to have these quotations again.

I can assure you that naturally I was not rested by the convention, and feel very sorely the need of a quiet time which it seems impossible to get. But I remember always with interest your kind invitation to come to the Sanitarium in Miami, and that about April is a good time. So in my tentative calendar for next spring, God willing, I hope to come down and have a little rest time, and live biologically and become a real health aristocrat.

Always with earnest hope for your health and consequent happiness, and that you may have long years for service to humanity, I am

Cordially yours,



Ida B. Wise Smith,  
National President.

IBWS:F

September 23, 1938

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

Dear Prof. Fisher:

I was recently introduced to a Mr. Keenan who said he was in your service as a secretary for some months a few years ago. I will be glad to hear from you as regards this man's character, capacity and ability. Any information you may be able to give me will be confidential, of course.

Sincerely yours,

b



### NO BLUSHES FOR THIS PROUD PIE

No bashful beauty of the pie family is this combination of crispy bran shell and sliced peaches. It's the cherry gelatin that gives it the reputation of being shy. Peach Blush pie will take a proud place on your table at any time. Recipe given on this page.

## Preserve the Fruits and Vegetables For Future Use

Some Favorite Pickles Are Given Here Today  
By GRACE HARTLEY  
Journal Food Editor

Have you ever seen such vegetables? And aren't they just the beauty that you ever remember? I believe, too, that many serving this year than have in my telephone has been busy who are beginners—and let me to have you call and we want possible. So don't hesitate about action that you wish. We gladly helps of any kind that you wish.

It is absolutely impossible to do all the various things that you want you don't see just write or call and will be promptly taken care of.

A member of The Journal asked me about pickle the other day and my in-law made the best pickle he has ever wanted to know about them, and I am in with the recipe sent by the City, Indiana. It is a grand recipe for pickle and I knew that many people would be lighted to get the recipe, so here it is.

**Bread and Butter Pickles**  
10 6-inch cucumbers.  
10 2-inch onions.  
2-3 cup salt.  
3 cups vinegar.  
3 cups water.  
2 cups sugar.  
1 tablespoon white mustard seed.

1 tablespoon celery seed.  
1 teaspoon tumeric.  
Wash off cucumbers and onions with damp cloth. Peel onions and cut in thin slices. Mix cucumbers, onions and salt and let stand for four hours. Mix rest of ingredients and slowly heat to boiling. Rinse off cucumbers and onions with cold water and add to vinegar mixture. Cook slowly for 30 minutes. Pour into sterilized jars and seal at once.

This recipe makes 8 pints. Since so many people have asked how to make dill pickle I am going to give you directions for them today. This is very easy and simple to do.

**Dill Pickles**  
Choose cucumbers over five inches in length. Wash them well and pack them in earthenware jars or wooden casks. Between each layer of cucumbers place a thin layer of dill stalks, leaves and seed balls included. When all are packed in, cover them with a brine solution carrying 40 per cent salt (approximately two pounds

## The Atlanta Journal

# FOOD SECTION

GRACE HARTLEY, Journal Food Editor



## TRICKS IN ALL TRADES, EVEN HOME COOKING

A little knowledge about meat will save a lot of waste and disappointment. A few questions and answers from the food and nutrition deserve space here.

### Q. Why is a low temperature in broiling desirable?

A. 1. Many persons prefer a well-done steak, and it is impossible to get a well-done steak when broiled at a high temperature without charring the exterior. 2. A steak broiled at a lower temperature will be attractively browned on the outside, but not charred, and the interior will be uniformly cooked throughout. 3. There is less smoke in the kitchen. 4. The steak requires less watching.

### What can you say about the characteristics of lamb that influence the cooking methods?

Lamb does not have much connective tissue and is well broiled. All cuts of lamb, with the exception of the neck, shank and breast, may be roasted or broiled.

### Q. What is the "fell?" Should it be removed before cooking?

A. The fell is a thin parchment-like covering over the outside of the lamb. It is rather tough and

### Q. What precaution should be taken in serving lamb?

A. Lamb should always be served piping hot or cold, but never lukewarm. The melting point of lamb fat is high and when the lamb is neither hot nor cold, the fat becomes of a pasty consistency. Care should be taken, therefore, to serve hot lamb from a hot platter onto a hot plate.

### Q. Does roasting pork differ in any way from roasting beef?

A. Beef is served rare, medium and well done, but pork must always be thoroughly cooked in order to develop the flavor to the full extent. All cuts of pork are tender, having very little connective tissue.

### Q. Why then is broiling not recommended for pork chops?

A. Broiling is likely to be done quickly (even though this is not the best procedure) and the pork chops are likely to be insufficiently cooked. Also much of the fat may be driven off and as the flavor of pork is largely in the fat, broiled pork chops will be dry and lacking in flavor. Braising is the best method for cooking pork chops.

### To Remind You—

When you do your week-end shopping don't forget the "juices." There are such good ones...

## Pie the Whole Family Likes

### Peach Blush Pie

1 baked bran pastry shell  
2 1/2 cups sliced peaches  
2 cups peach juice  
1 package cherry gelatin  
Prepare bran pastry shell. Drain peaches thoroughly. Add enough water to juice to make 2 cups liquid. Heat liquid and dissolve gelatin in it. Chill only until mixture begins to congeal. Arrange peaches in pie shell and pour gelatin mixture over. Chill until firm. Serve with whipped cream if desired.

### Yield: One nine-inch pie. Bran Pastry Shell

1/4 cup bran  
1 1/2 cups flour  
1/2 teaspoon salt  
1/2 cup fat  
5 tablespoons cold water (more or less)

Roll bran until fine and combine with flour and salt. Cut in fat. Add water, a little at a time, until dough is moist enough to hold together. Roll out on lightly floured board to about 1/8 inch in thickness. Place rolled pastry loosely in pan. Trim edge, leaving about 1/4 inch of pastry beyond rim of pan. Fold extended edge under and flute. Prick pastry shell with a fork and bake in hot oven (450 degrees F.) 10 to 15 minutes.

## FUDGE YOU OUT OF BO

When summer doldrums threaten your party, make fudge. A pitcher of iced tart lemonade and a platter of smooth fudge is a combination certain to make even the fireflies feel happier. For a safe and sane fudge party you might try this new method.

### Butterscotch Fudge (1 1/4 pounds)

One package butterscotch arrowroot pudding, 2 cups sugar, 2-3 cup milk, 1 tablespoon butter, 1/2 teaspoon vanilla extract.

Put butterscotch pudding, sugar and milk into saucepan. Cook until mixture reaches 234 degrees F., or forms a medium ball in cold water. Stir occasionally while cooking to prevent sticking.



# Surplus Vegetables

## Recipes

ountiful crops of fruits and  
st about the finest in qual-  
That's what I've been say-  
that you, as homemakers,  
ant supplies and low prices  
any as possible.

ore are canning and pre-  
a long time. I know that  
giving information to those  
tell you that we are happy  
to help you in every way  
ut asking for any informa-  
y give you directions and

to give you directions for  
wish on this page, so what  
your food editor and you  
of.

s staff and I were talking  
he told me that his mother-  
ever tasted. Naturally I  
l after several days he came  
mother-in-law from Union  
cipe for bread and butter  
f our readers would be de-  
e it is.

lt to three quarts water). Place  
layer of grape or horseradish  
aves on top and weight the  
hole down with a clean plate and  
one. Two or three weeks will  
required for curing.

I must give you directions for  
aking peach pickle, first of all  
cause they are my favorite and  
n, too, there are so many gorge-  
ous peaches just waiting to be  
de into such grand things as  
kles, jams, jellies and preserves.

### Peach Pickle

5 pounds peeled peaches  
2 pounds sugar  
1 quart vinegar  
1 tablespoon whole cloves,  
ashed.

1 stick cinnamon  
1/2 cup hot water  
Pare peaches and drop in cold  
ter immediately to prevent dis-  
oration (weigh fruit 1 pound  
the time before putting in  
ter).

Put sugar into preserving ket-  
with hot water. Boil and skim.  
d vinegar and spices (tied in  
eseecloth bag). Let boil and  
m again. Drain peaches well,  
op into boiling syrup and cook  
til you can pierce with a  
aw. Let plump in syrup over-  
ht. Pack in sterilized jars,  
at syrup and strain over peaches  
jars. Process quarts at sim-  
ring for 20 minutes in hot wa-  
bath.

# R WAY REDOM!

or forms a medium ball in cold  
ter. Stir occasionally while  
king to prevent sticking.

Remove from fire. Cool until  
ewarm. Add butter and va-  
a. Beat until creamy and thick.  
ur into buttered pan. Cut into  
ares. One-half cup chopped  
s may be added before beating.  
On a "simply divine" night,  
ybe this is the answer--

### Divinity Fudge

(1 1/4 pounds)

Two cups granulated sugar, 1/4  
spoon salt, 1/2 cup light corn  
up, 1/2 cup water, 2 egg whites,  
cup broken walnut meats, 3/4  
spoon vanilla extract, 1/2 tea-  
on almond extract.  
oil sugar, salt, corn syrup and



## NOT FANCY—BUT GOOD EATING

Corned beef, cabbage, potatoes and carrots make up the complete combination for this famous dish, and it would be hard to improve on this array. It is an easy meal to prepare and really offers a very well balanced menu in one dish when it is finished. A little fruit for dessert, or a fruit salad, will round out the menu to perfection. In preparing this meal if you wish the flavor of the meat to penetrate the vegetables, it is well to cook them in the same water as you use for boiling the meat. Otherwise cook the potatoes, cabbage and carrots separately and combine them on the serving platter. Although this dish is an economical one, it need not necessarily look that way. If a little care and thought is given to the arrangement of the foods served, they may carry as much glamour as a crown roast.

## LOOKING FOR SOMETHING THAT IS DIFFERENT?

When appetites are sluggish, serve something "different." The ingredients of your "different" dish may be common foods and the garnishes may change the appearance of the dish entirely. Or you may secure some food that is not usually served at your table—and achieve the same result. Something "different" whets the appetite and turns a drab meal into a joyous feast.

### Steak and Lima Chili

(A One-Dish Meal)

2 cups cooked, dried limas  
1 pound ground steak  
1 tablespoon fat  
1 onion, chopped  
2 cups tomato sauce, or strained tomato  
1/2 teaspoon salt  
1/2 teaspoon chili powder  
Heat fat, add onion, cook 5 minutes, add meat, cook until brown, then add remaining ingredients. Simmer 20 minutes.

### Nicoise Salad

For each service arrange 2 slices tomato with cold cooked limas and garnish with strips of anchovy and strips of pimiento. Served with French dressing.

### You'll Like These!

You'll be interested to know that in your Atlanta markets will be found those large, juicy, seedless limes grown in Florida. We know you will be delighted with the use of these for they are unusually fine. You may buy the golden tree-ripened limes or you may, if you prefer the green—for color—buy the rich, velvety green ones. There are no seeds and the flavor is grand! And so cheap—only 10 and 15 cents per dozen!

## The Child's Diet Must Include Some Meat

### Meat Flavors Add Interest And Zest to th Meal

Ask any school child to tell you what foods are needed to make him strong and healthy, and he will give you a much wiser answer than would most adults in grandmother's day.

Fortunately, many of the older ideas of limited diets for children have been proved unfounded so that children of today are served well-balance diets including a variety of foods. Besides eggs, milk, fruits, vegetables and cereals, children need some meat each day. This is a welcome addition because meat flavors add interest and zest to the meal. The liking for meat is natural. Beef, lamb, bacon are included in the diets of quite young children, and gradually other meats are added until the school child may be served a portion of the same meat that is served the rest of the family.

The place of meat in the balanced diet is an important one because meat furnishes the best muscle building, protein. Growing muscles need this tissue food for proper growth.

Again, meat is a rich source of iron. Here one must remember that liver is so rich in iron that this meat could well be served in some form at least once a week. Lamb and beef are also good sources of iron, and iron is needed to build rich, red blood.

Another mineral found in meat is phosphorus. Dentists, doctors, and dietitians agree that phosphorus is essential with calcium for strong bones and white, strong teeth. Phosphorus also plays an important role in many body functions.

Vitamins are protective substances that were unknown in grandmother's day. But now scientists have discovered how im-

portant it is to have these substances in the diet, especially for growing children. Meat is an excellent source of vitamin B, which stimulates the appetite, helps prevent nervous disturbances, and promotes general health. Meat is a good source of vitamin G, too. This vitamin is important for growth and for healthy eyes. Besides this, liver has an unusual supply of vitamin A, which builds up resistance to colds and contributes to general health.

All meat furnishes energy for active boys and girls. Especially, the fatter meats give a generous supply of fuel to keep the body warm and to furnish energy for work and play.

So it is that, coupled with the tempting aroma and pleasant flavor of meat, there are all these healthful factors that give meat such an important place in the diet.

### Cube Steak Sandwiches

Cut round or shoulder steak into servings and french or score. Broil or pan broil to brown quickly. Season lightly and place in a buttered split bun. Serve with rolled lettuce and milk.

### Bacon and Liver Sandwiches

Lay slices of liver and bacon strips on the broiler rack. Broil until liver is brown and bacon crisp. Serve between two slices of buttered wheat bread.

### For Your Breakfast

Don't you get tired of the same thing for breakfast? We all do. Then let us suggest that you keep on your pantry shelf some canned brains and one morning soon have some brains and eggs. You know they make an excellent supper or luncheon dish, too!

*Show these to Dr. Kelley and he'll tell you this is what I have printed out to me. Give me something to combat it. Stephens reports*

*Smith Jones*

**National Woman's Christian Temperance Union**

**DEPARTMENT OF MEDICAL TEMPERANCE**

**MRS. PEARL KENDALL HESS, Director**

631 East Jefferson Avenue

**Orange, California**

Sept. 27, 1938.

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

My dear Dr. Kellogg:-

This is a belated thank you for the 200 copies of "Good Health" which you so generously sent to the National Convention in San Francisco.

They were much in demand I assure you and I could easily have disposed of 400 copies.

As they were given out I assured all of the recipients that the journal is most valuable in this work and that I am constantly using and quoting from it.

Do you give me permission to quote at any and all times from it provided I give due credit?

Very sincerely,

*Pearl Kendall Hess*



*The Dafee Nursery*

**THE DIONNE QUINTUPLET GUARDIANSHIP**

OFFICIAL GUARDIAN FOR THE PROVINCE OF ONTARIO - P. D. WILSON, K. C. ACTIVE GUARDIANS - HIS HONOUR JUDGE J. A. VALIN, ALLAN ROY DAFOE, O. B. E., M. D., OLIVA DIONNE  
F. K. MUNRO, BUSINESS MANAGER W. M. FLANNERY, SECRETARY-TREASURER

Callander  
Ontario  
Sept. 28  
1938

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

Dear Dr. Kellogg:-

Your letter of Sept. 25, informing Dr. Dafee of your kindness in forwarding the shipment of LD-Lax and yeast arrives during a period of absence from the office of a week or ten days. No doubt he will communicate with you on his return next month.

The film you refer to would be that of Pathe News, Inc., 35 West 45 St., New York City.

Sincerely yours,

*R. Gordon Moffat*

Secretary to  
Dr. A. R. Dafee

(Copy)

216 West Lexington,  
Independence, Mo.  
Sept. 29, 1938.

Dr. Kellog,  
Battle Creek,  
Michigan.

Dear Dr. Kellog:

Frederick M. Smith, president of the Reorganized L. D. S. church told me about your book, "Tobaccoism." Inclosed find check (\$1.95) for three paper-back books, which he thought were 65 cents each. If the charge is more I will remit later.

I want these books to hand to young friends who must learn to read behind the advertisements of so many harmful products. It seems a shame to me that men would fasten, soul and body destroying habits upon boys and girls, so their own bank accounts might increase. President Smith speaks very highly of your book which renders such a needed and appreciated service to mankind.

One hundred years ago our church was given a revelation concerning our "temporal" salvation, with the promise that those who lived according to this, would be a healthy, enlightened people. As usual, no sooner than God has spoken, men began to interpret it differently. Would you be interested in a copy of this plan of living? I shall be glad to send you our book, "Doctrine & Covenants," which contains it.

I am writing a booklet on this revelation. Dr. Kellog, I would appreciate any phamplets or sugges-

ch 1 95  
10-24-38  
sent to Miss Jackson

tions you might offer, as to diet, vitamins, harmful effects of alcohol, tobacco, tea, coffee and cocoa. I am enclosing a letter I recently wrote to President Smith which gives some idea of the Word of Wisdom, the revelation mentioned above.

Very truly yours,

Mrs. L. H. Katschkowsky, R.N.

P. S: Oct. 20, 1938.

President Smith just called to say that my letter to you had been lost. So I am sending a copy of it -- also another check for the books. I shall be honored to hear from you.

216 West Lexington,  
Independence, Mo.

Sept. 29, 1938

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Battle Creek,  
Michigan:

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Mrs. L. H. Katschkowsky, R. N.

P. S. Oct. 20, 1938

President Smith just called to say that my letter to you had been lost. So I am sending a copy of it-- also another check for the books. I shall be honored to hear from you.

DR. LAURETTA E. KRESS  
705 CARROLL AVENUE  
TAKOMA PARK, D. C.

Sept. 30/38.

Dear Doctor Kellogg,-

Thanks for your good letter of congratulations. The number grows from week to week. I had two more last night making the count 4245 at the present time.

It is truly wonderful that a woman of nearly seventy-six years could keep on working at night as well as day time delivering babies. They are not all easy births by any means; some are instrumental and hard deliveries too.

I have never lost a mother for which I am exceedingly grateful. There has been fifty pairs of twins, four sets of triplets in that number.

I really owe much to you for my start in medicine, for had it not been for you I would never have gone through with the course. I owe my vigor and good health, I am sure, to healthful living which I have practiced all these years.

Very Sincerely Yours -  
Lauretta E. Kress



September 30, 1938

Pathe News, Inc.,  
35 West 45 St.,  
New York City.

Gentlemen:

I understand you have made a second film of the quintuplets which I am told was shown in Florida last year. We use quite a number of films for entertainment for our patients. I shall be glad to know if you have arrangements for renting the film for exhibition and if so on what terms.

Sincerely yours,

P. S. I wish also to obtain a series of pictures showing the quintuplets at difference ages from infancy to the last pictures taken. Do you have such pictures? If so, what would be the cost of a half dozen showing their development from the age of four months to the present time? If you do not produce these pictures could you refer me to a party that can do so?

# GENERAL SHAVER CORPORATION

DIVISION OF REMINGTON RAND · INC

OFFICE OF THE PRESIDENT

September 30, 1938

BRIDGEPORT, CONN.

Dear Doctor Kellogg:

Professor Fisher has suggested that you would be interested in a REMINGTON electric shaver.

Under separate cover, we are mailing you with our compliments, one of our de luxe model Remington Close-Shavers.

Yours sincerely,



H. Landsiedel  
P r e s i d e n t

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

September 30, 1938

Mr. R. Gordon Moffatt,  
The Dionne Quintuplet Guardianship,  
Callander,  
Ontario, Canada.

Dear Sir:

I have your letter of September 28.

Thank you very much for the information.

Permit me to make another request. I am so deeply interested in the quintuplets I wish to obtain a series of fine pictures of them showing their development from infancy to the present time. Will you kindly tell me where I may apply for such pictures?

Sincerely yours,

b

September 30, 1938

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

Dear Sir:

In order that my position in relation to the recent settlement with the Sanitarium creditors may be properly understood, I desire to offer a brief statement in relation to two points: (1) the amount to be paid and (2) the management.

While anxious that every creditor should receive as nearly as possible one hundred percent of his investment, I have felt it to be not only unwise but dishonorable to enter into an agreement to pay each year an amount, interest and principal, which we knew to be more than what we had any hope of earning even though the pinching economies imposed by the receivership should be continued, which would be quite impossible because of the needs for betterments, promotional activities and especially revival of the educational and charitable activities which are the chief purposes of the institution and which have during the receivership been interrupted.

I have also very keenly felt that for the Board to bind its successors to an agreement which in all probability would require at the end of fifteen years to undergo the embarrassing and distressing experience of the last six years without making a most earnest effort to avoid doing so would be most unfair and discreditable.

As regards control, I have steadily opposed any plan which placed the administration of the Sanitarium in the hands of bankers or

Mr. George B. Dolliver, Editor, No. 2.

business men not familiar with the managerial requirements of such an institution. I have never objected to recognition of the creditors' interests by representation on the Board. I have indeed felt for many years that it would be very desirable if our Board membership included a larger proportion of business men, and it is quite possible if such had been the case our present financial embarrassment might not have developed.

It was possible for the Sanitarium Board to accept unanimously the new plan offered us on Wednesday because it provided an opportunity for a cash settlement on a refunding plan and a grant of sufficient time for carrying it out.

There is every reason for believing that the Bondholders' Committee and the Sanitarium Board will work in perfect harmony and full cooperation in carrying out the plans for settlement of our affairs which have been unanimously agreed upon.

Sincerely yours,

b

P.O. Box No. 565  
Muskogee, Okla.  
September 30, 1938

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

Dear Dr. Kellogg:

Writing a letter to you will not express my true gratitude to you for giving me a chance to recover my health.

I have certain obligations and work to do here in Muskogee for the next few weeks and know that I will be unable to leave here to go to Miami before December 1st unless something very unexpected occurs meanwhile. Also I need that time to save at least a small sum of money for expenses.

The terms you mention in your letter of the 25th are quite satisfactory or any other arrangements that you can make for me. Of course you must know that I have a very stubborn case and it may take quite a little time to cure it.

I will do any kind of work without straining myself. I happen to be an all-round athlete, quite good at tennis, baseball and basketball although we would probably find little use for my proficiency in those sports.

Meanwhile I intend to do the best I can here and should at least maintain what strength I have .

Sincerely yours,

*Louisa Williana*

October 2, 1933

Mr. Louis Williams,  
P. O. Box No. 365,  
Mustogee, Okla.

Dear Sir:

I have your letter of September 30.

Any time after December 1 to 15

would be a good time for you to arrive.

Sincerely yours,

**PATHÉ NEWS, INC.**  
**35 WEST 45TH STREET**  
**NEW YORK**

October 5, 1938.

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

Dear Dr. Kellogg:

Replying to your letter of September 30, it is true that we have made a number of pictures of the quintuplets at various ages since their birth.

Because of very strict contract arrangements as to the distribution of these pictures, we are unable to sell, rent, or arrange for their exhibition in any place other than our regular chain of theatres. As we have the exclusive motion picture rights to the quintuplets, there is no other source from which you can obtain such pictures.

We regret we are unable to serve you.

Very truly yours,

*George P. Mills*

George P. Mills

GPM:VBD



TRADE MARK



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

October 6, 1938

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

My dear Dr. Kellogg:

I just received from a Dr. Willard

J. Hans, 4535 Virginia Avenue, St. Louis, Mo., some material in regard to ozone therapy and octozone therapy.

This seems to be a second cousin to the ozonide of olive oil which your Dr. *Culver* is trying out.

I enclose a memorandum prepared by Mr. Johnson, inventor of the ozonide of olive oil which he wrote <sup>is</sup> at my request and which <sup>is</sup> quite confidential.

He seems to be a conservative chap and was reluctant to tell me of his enthusiasm over his invention and did deprecate having it become public property until at least some parts of his claims or hopes are so thoroughly verified that they will not be laughed out of court.

There are several cases he told me about which he evidently forgot to put in his memorandum. One is that of a callous on the sole of a foot which by treatment *(as a consequence of applying O-3)* disappeared after opening up and letting out a hard core.

Another was the disappearance after some six months' treatment of a wen.

Of course, he is particularly cautious in regard to cancer but the ~~u~~suspicion he had that this

ozonide of olive oil may be a cure for it interests me greatly.

You will remember the <sup>sun</sup> depressed air sphere at Cleveland into which Dr. Rote<sup>h</sup> and I went and the director of which, Dr. Cunningham, claimed to think would cure cancer?

I was then interested because of my mother but did not dare try the experiment <sup>with her</sup> especially as the best study I could get made of Dr. Cunningham's rather unscientific work was unfavorable.

Nevertheless, I was not at all sure but that he "had something".

Now comes this material from Dr. Hans in which, among other things, is mentioned some claims in regard to cancer <sup>and oxygen.</sup>

I am going to write to Dean Bayne-Jones of the Yale Medical School who is head of a Cancer Research Fund. Meantime, without mentioning the alleged case quoted by Johnson to anyone, if you have any cancer cases reachable by O-3 it could scarcely do any harm to try it out.

Very sincerely,

*Irving Fisher*

# JOHNSON LABORATORY, INC.

41 EAST TWENTY-FIRST STREET

NEW YORK, N. Y.

ALBONQUIN  
4-0287

September 28, 1938

Professor Irving Fisher  
460 Prospect Street  
New Haven, Conn.

Dear Professor Fisher:

You asked me to give you a sort of confidential, "off the record" report on all of the experiences I have had with our ozonide of olive oil, O-THREE. Well, that's rather a large order and I'm certain you will believe that I am just a bit "teched in the head" for the stuff does seem to be a sort of cure all and I've seen it work on almost everything from dandruff to bunions. Anyway you asked for it so here goes ...

In the beginning Harada, my Jap chemist and I convinced ourselves that the oil was harmless by first feeding white mice on bread soaked in the oil for several months. They all seemed to be in good shape so we started to take a teaspoonful of the oil every night ourselves. Mrs. Johnson joined us in this experiment. After several weeks of this none of us had suffered any ill effects, in fact we seemed to feel a sort of up-lift - more pep - less indigestion, etc. It may be that we were kidding ourselves, I don't know. At any rate we did not like the taste and stopped since we had concluded the oil had demonstrated its harmlessness.

At this time we did not have any idea what we were going to do with the oil but Harada went ahead and proved that the oil in a test tube would kill any bacteria or fungi that he tried it on. You are familiar with the later work in which various competent chemists verified this conclusion. You may recall that at luncheon the other day, Professor Stevens stated that O-THREE would destroy any 'bug' known.

Harada then cured himself of a bad case of athlete's foot and also of a pyorrhea condition. He caught cold and cured that by simply putting the oil up his nose with his finger tip. One of our factory girls spilled a pitcher of boiling hot resin and beeswax over her hand and Harada promptly stuck her hand down in a pail of O-THREE. She was back at work in ten minutes with no evidence of burns, no blisters her hand not even red.

About that time I decided we had discovered something that had real value and through Dr. Titus I took it up to Columbia to Stevens. Sometimes Professor I wish that doctors might add an engineering course to their training - at least it would give them an idea that just because something has never been done before doesn't necessarily mean that it is impossible. It might also persuade them to try and find a cure for some of the common every day diseases instead of picking on something that only happens once in a lifetime.

At any rate I took the attitude that this product could not hurt anybody and it might do a lot of good. I asked the doctors to try it out and then tell me what it was good for and I am still waiting for some dramatic, wide spread use to be established. In the meantime people hear about the oil - get it and try it out on all sorts of conditions and find that it does a job. I try and discourage the lay use because I honestly believe I have discovered a product that can be of real assistance to the doctor in his work and I would like to market it ethically.

Here are a few of my actual experiences - the wife of a friend was examined and the husband told she had a cancer of the uterus. The laboratory test had been positive and she was given a treatment with radium and sent home. He came to me and I told him frankly that the oil could not harm and very probably could not help but if he wanted to try it I would gladly supply the oil. His wife douched herself with the oil twice a day for eight weeks. She used a tampon to help retain as much of the oil as possible. At the end of that time she was re-examined and no cancer was found and today, two years later she seems in the best of health.

Titus told me not to be a damn fool when I mentioned this to him. I don't say the oil cured the cancer. I don't even know the physician or whether his diagnosis was correct in the first place or whether the radium did the trick but if I were a doctor I think I would sort of look into it instead of condemning the oil without a trial.

Another friend has a brother that had been going down hill under medical treatment for stomach ulcers. Don't ask me which kind for I don't know. At any rate my friend is a chemist and decided to try the oil on his own. He gave his brother 5 m.m. in capsules twice a day for five days. Apparently he is cured. His appetite is good - His eyes and color are back to normal - he feels strong and full of pep and the other evening he went out and drank liquor without any ill effects.

Stevens, this time was the one that said applesauce and perhaps he is right but it is worth looking into don't you think?

Colds by the hundreds - infact I have never seen it fail - Laryngitis - an actress was due to open a new show and in the late afternoon couldnt speak above a whisper. The oil sprayed in her throat fixed that and a few hours she went on and has never been in better voice. Sinus troubles - well you have seen the letters from grateful users. Yesterday I heard of a case of sinus that had been opened up surgically each year for nine years. This year he had an attack again and laying back on the bed had his wife drop in 3 c.c. of O-THREE in each nostril. A rather strenuous dose - he spent the next two hours over the basin and the quantity of putrid smelling material that ran out of his nose was unbelievable.

An old lady with a varicose ulcer for fifteen years that kept her bed ridden for three weeks out of each month cured with an ounce of oil in five days and that has been 21 months ago with no recurrence. In a hospital here a draining wound in a womans hip had resisted all attempts to heal until O-THREE did the trick after she had been in bed for a solid year with the thing.

Pimply youngsters, so bad you couldn't see a clear spot on their skin - cleared up inside of a month with daily applications. An epidemic of impetigo in a baby hospital cleared up in less than a week - they have been buying the oil ever since but will not tell about it because such things are not supposed to happen in a well regulated institution. Why? Its human to make mistakes and even the doctors are not infallible.

Ghonorreha - leucorrhoea - trichomonas vaginalis and other female troubles have cleared up although I have difficulty getting the doctors to use the ointment which won't run all over like the oil and does the same things.

Insect bites and stings - you may remember that the wasp that stung Teddy Gude sold him on the idea of buying a thousand dollars worth of stock. Infected finger and toe nails - fellons - diaper rash - chaffing - boils - as a deodorant on sanitary napkins where it also prevents sticking. Corns - bunions - warts - Why it took off a wart on the face of a Christian Science Practitioner who kept applying the oil every night for about six months.

Dogs cured of worms by  $\frac{1}{2}$  teaspoonful of oil in their food for a couple of days with no unpleasantness at all. Our canary by the way has never had a cold for Mrs. Johnson sprays him with O-THREE every week and when his feet are sore from the perch she rubs the stick with oil - the birdpecks at it - and thats the last of the sore feet.

Your own friend in Philadelphia who wrote that his diseased prostate was better than it had been for years through rectal injections of the oil. Colitis - Dr. McGovern of New Brunswick has had excellent results with the oil injecting or instilling I should say an ounce a day - he wrote to you I believe. That recalls that you and I had a spree of using the oil every night before retiring in the rectum on the theory that it might sterilise the intestines.

We stopped because Dr. Kellogg scared us off although we had had no bad effects at all. He claimed that it would kill the good ' bugs ' as well as the bad ones and that would not be so good. In addition I think you told me that he also believes that anything that will kill germs will also kill or hurt tissue.

Well, I have a sincere respect for Dr. Kellogg and the many wonderful things he has done. I would like to know him because from what I hear he has a mind of his own and frequently makes Medicine follow where he leads instead of the other and more usual way around.

I think I could convince Dr. Kellogg that O-THREE is harmless, inside or out and that while it does kill germs and fungus growths it will not hurt tissue. You have often told me that it would be a wonderful thing to be able to sterilize the intestinal tract. I see no reason why the oil couldn't do just that - its easy to instil - there is no sensation - it will keep on working for at least 24 hours after wards before it is absorbed and if it will stop bleeding and heal a cut on the outside why not there too?

True it will kill the good ' bugs ' too but what of it when the oil is far more efficient as a destroyer of the bad ones. I don't like wars anyway and the idea of my insides being a battlefield over which the good and bad bugs struggle for supremacy does not appeal to me. I never saw a peaceful countryside that was improved by having been the site of a battle. Why not try getting rid of both

armies and substitute a police force in the form of O-THREE that's always on the job and capable of preventing the growth of any organism good or bad. Perhaps it might interfere with the complete digestion of food but it would not be used continuously and we can live longer without food than we can without oxygen and the oil does supply the needed oxygen.

Dental work - pyrorreha - trench mouth - after extractions ect. It is almost too good because it cures the patient too fast which makes me think of another use psoriasis - recall the story of the doctor who told his son to get a few cases and he would never have to worry about his office rent for he would have them coming for life.

Mrs. Johnson has the damn thing on her knees - so has Dr. Seil. He tried the oil said it was no good. Mrs. J. tried it and after ten days it apparently began to irritate. Titus told her to keep on and see what would happen - after all it was my wife. Anyway she did and now after about four months it looks as though it was clearing up. The irritation only lasted a few days, it doesn't itch, the skin is smooth and she doesn't pick scales off any more and the reddened area is normal. I think this is the only thing I have to hedge on because the doctors say it goes away by itself and then reoccurs again. Its better and whether it will come back again time alone will tell.

One thing about O-THREE Professor I have noticed and that is when the oil cures them they generally stay cured.

I hope you will find the information you wanted in this long winded recital and perhaps you can find some doctors that might get an idea or two for a little research too. At any rate if it isn't what you wanted throw it in the waste basket and forgive the mistakes because I typed it myself.

Sincerely,

A handwritten signature in cursive script that reads "Charles B. Johnson". The signature is written in dark ink and is positioned below the typed name "Charles B. Johnson".

PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

October 6, 1938

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

My dear Dr. Kellogg:

I enclose a carbon of a letter which  
I wrote<sup>you</sup>/in regard to Mr. Mathews. I enclose the letter  
he wrote me as the shortest way for us both.

If you will look in the last Appendix  
of How to Live, Appendix 32, Case II, page 399, you will get  
a picture of his health revolution.

Incidentally it was largely caused by  
his reading your article on the short cold bath.

I have met this man personally a couple  
of times. He showed me a detailed record he had kept of his  
diet in which he estimated not only calories and proteins but, as  
I remember it, the amounts of mineral salts, vitamins, etc.  
in greater detail than I had ever seen done by an individual.

If, as and when Vitality Records is on its  
feet financially I had thought of trying to induce Dr. Mathews  
to give all his time to it. That is what Vitality Records needs  
in order to fulfill its mission.

I am being put to it to keep it going at  
present. I shall be glad to hear from you as to the results  
of your efforts.

As I remember it, you wrote that you would have a letter, the first draft of which I prepared for your use, handed out at one of the lectures.

You were also to send the envelopes to Vitality Records to be addressed to our registrants and to pay the Vitality Records 75 cents a name.

I assumed that this 75 cents a name was only for the names of those who sent in inquiries to you and not the whole list.

I am very anxious to get your <sup>mailing</sup> ~~thinking~~ started and just as soon as possible. So far as I know the envelopes have not yet been received by Vitality Records.

Very sincerely,

*Irving Fisher*

IFs



PROFESSOR IRVING FISHER  
460 PROSPECT STREET  
NEW HAVEN, CONNECTICUT

October 6, 1938

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

My dear Dr. Kellogg:

As I wrote you on September 30, I have inquired whether Mr. Keenan was employed by the Index Number Institute. Mrs. Cook, who had charge of the Institute, does not recall anyone by that name working for them. I am very sure that no such person was employed by me. I am sometimes confused with Samuel H. Fisher, a friend and closely connected with Yale, and it is possible that Mr. Keenan has worked for him.

I have been connected with so many committees and companies it is possible that he was employed in some such connection but he certainly was never closely associated with me enough for me to remember him.

Very sincerely,

*Irving Fisher*

IFs

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# INTER-STATE NARCOTIC ASSOCIATION, INC.

(Not for Profit)

53 West Jackson Blvd., Chicago, Ill.

October 7, 1938

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

My dear Dr. Kellogg:

Your valued favor of September 7th with photograph enclosed has been received and greatly appreciated. I am sorry, however, that your letter and photograph were received too late for use in our September issue of the Narcotic Review.

We are holding these, however, for display in the November issue of our paper. The enclosed copy of review may interest you. We have quoted from "Tobaccoism" giving full credit.

I am delighted with the revised copy of "Tobaccoism" which you so kindly mailed to us. That treatise on our subject is invaluable. I thank you heartily for the gift.

We deeply appreciate the cooperation you have given us throughout the years. You have been a tower of strength to us in this difficult work.

Sincerely and gratefully yours,

*Alice Hyatt Mather*  
Per:

Executive Secretary

AHM:PE

# THE NARCOTIC REVIEW

To Suppress the Use of Habit Forming Drugs

Vol. 3

CHICAGO, ILLINOIS, U.S.A., Printed Quarterly, 1938

No. 3

## LOBELINE SULFATE

### It's Pharmacology and Use in the Treatment of the Tobacco Habit

By Irving S. Wright, M. D.  
and  
David Littauer, M. D.  
New York

Excerpts—*Jour. A.M.A.*—Aug. 28, 1937

"It is now generally accepted that the use of tobacco is definitely contraindicated in many conditions in which the circulation is impaired.<sup>1</sup> It often becomes necessary,



Irving S. Wright, M. D., Secretary,  
Section on Pharmacology and  
Therapeutics,  
New York

therefore, for physicians to insist that patients suffering from such impairment stop the use of tobacco completely in any form and for the rest of their lives. We have advised termination of the tobacco habit in more than 100 cases during the past two years. If the physician is emphatic enough, pointing out clearly the dangers of continuing, the task can be accomplished in many instances without the strain anticipated by the patient. A certain percentage always remain, however, to whom sudden or even gradual deprivation of tobacco is a hardship. For this group substitutions such as gum chewing have been recommended from time to time but have been found generally unsatisfactory. (Continued on page 2, col. 1)

From the Vascular Clinic of the Department of Medicine, New York Post-Graduate Medical School and Hospital, Columbia University.

1. Maddock, W. G., and Collier, F. A.: Peripheral Vasoconstriction by Tobacco Demonstrated by Skin Temperature Changes, *Proc. Soc. Exper. Biol. & Med.* 29: 487 (Jan.) 1932. Barker, N. W.: Vasoconstrictor Effects of Tobacco Smoking, *Proc. Staff. Meet., Mayo Clin.* 8: 284 (May 10) 1933.

## PUBLIC ENEMY NO. 1--DOPE

By Frank C. Waldrop

Reprint from "The Cosmopolitan (Excerpts) May, 1938

"\*\*\* America, according to Harry J. Anslinger, chief of the United States Bureau of Narcotics, is second only to China in the traffic in narcotics.

### "A FACT"

**TOBACCO IS ONE OF GOD'S CREATIONS. IT CONTAINS NICOTINE—A SHORT LIVED NARCOTIC. ALL NARCOTICS ARE HABIT-FORMING. IT IS VALUABLE AS AN INSECTICIDE, BUT THROUGH THE MAN-HANDLING OF THIS POISONOUS WEED FOR PECUNIARY PURPOSES, LEGIONS OF THE UNINFORMED ARE LAWFUL PREY OF THE SHREWD AD COPY WRITERS.**

"Police Chief Quinn of San Francisco, estimates that \$1,500,000 worth of dope is sold daily in the United States, and that a large part of this supply comes from Japanese controlled areas.

"Secretary of the Treasury Morgenthau reports to congress that gangs which used to bootleg liquor have turned to narcotics for easy money.\*\*\*

"Just how great the traffic in drugs is nobody knows of course, for the smugglers and the peddlers do not make willing reports on their business.\*\*\*

### From Where Does the Menace Come?

Mr. Stuart J. Fuller, United States Observer at the League of Nations last year in the course of a meeting of the Opium Advisory Committee on conditions in the Far East, stated:

"As to the production of raw opium, the information which we have received in my country indicates that in the province of China where there is no Japanese influence, a sincere effort has been made to reduce the production of raw opium and that this effort has met with surprising success.

"When we come, however, to provinces under Japanese control or influence, we find a very different state of affairs. In the three northeastern provinces, that is to say, Manchuria, we find that the area designated by the regime now functioning (the 'government' of Manchukuo) in that region for lawful opium-poppy cultivation in 1937 was 156,061 acres, as compared to 133,333 acres in 1936, an increase of 17 percent; that the unlawful cultivation had reached such a point that the regime referred to found it necessary, on February 3, 1937, to issue a public warning to unlicensed cultivators.

"The anticipated gross revenue from government opium sales in Manchuria in 1937 is estimated at a figure over twenty-eight percent greater than the gross revenue in 1936.

"Last year I said to the committee: Where Japanese influence advances in the Far East—what goes with it? Drug traffic! This continues to be the case.

### Madness, Murder and Misery

"As the Japanese war machine rolls across the face of China, it smooths the way for the production of madness, murder and misery for American homes. Mr. Fuller states: 'The developments the past year in the province of Chahar offer a striking illustration. When the military forces of the

(Continued on page 4. Column 2)

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Association**Yellow Jackets and Cigarettes**

By Rev. Lois V. Gregory, Evangelist

It is a generally recognized fact, that the use of cigarettes by the young, undermines their moral tone. This is something for non-users to think about. It should stimulate thought increasingly, for positive action.

By positive action, I mean—

Positive action for securing uplifting adult example; positive action for universal systematic visual education, and last but not least, positive action against the traffic in the souls of our boys and girls which is carried on by tobacco companies, and which, because of the revenues received, is granted permission by the government.

**Adult Example**

Those of us who are in the work are often bitterly disappointed as we find an increasing number of people who are completely oblivious of their example, and apparently, care not where or to what it may lead.

My sister once said: "The greatest force in shaping the course of the adolescent generation is the example of those, whom for any reason, they love or greatly admire. Therefore the alarming need of positive action for adult example is evident."

**Education and Warning**

While great strides are being made by individuals as well as organizations in efforts to warn and educate the young against the use of habit-forming drugs, it is imperative that this vitally needed work shall be carried on systematically year after year throughout all civic and religious organizations, that all boys and girls may know the truth about the cigarette and other narcotics. This accomplished, the subtle and insidious ads will no longer entice and lure.

**Organize for Clean Living**

I want to pass on to boys and girls a lesson my father taught me about Yellow Jackets.

Yellow Jackets, he explained, refuse to be intimidated. They are insignificant looking, but oh, how courageous! They face any foe! The boy or girl with the courage of a Yellow Jacket, care not for public opinion against them, nor for jeers at them when they refuse the proffered cigarette or cocktail. He has the courage to face the most powerful opponent in spite of his sneers.

Yellow Jackets, my father said, are organized. Is this not true? They have not one traitor in the colony, and all work together, putting to flight, even the deadly rattlesnake. The Yellow Jacket will attack any offender, no matter if he be ten times his size and very powerful; he will attack from all sides and at every available point at once, and he will fight until the foe is routed, or until he dies in the attempt.

The human yellow jacket in his struggle for clean living, must not look at the size of the tobacco interests, but attack them from all sides and at every available point at once, and continue until the foe is routed, or else die in the attempt. May God help us.

**AXMEN CONTINUE TO SMASH CHICAGO'S GAMBLING DIVES**

"There are a lot of women here, mingling like veteran race players with the men. In their print dresses they look like the ordinary run of housewives except for that fixed expression on their pale faces."



"Here men and women, wooing the fickle Goddess of Chance, mingle in a smoke-filled room to make bets on the horses. All watch tensely as the race charts are posted and the odds change.

Soon the race will be on, and every one will lean forward, faces betraying inner excitement."—*Herald and Examiner, August 29, 1938.*

**An Interesting Study**

An interesting study in reactions as the loud speaker announces? "They're off."



Gripped by the thrill of uncertainty as the loud-speaker is droning progress of the races.

Carefully looking up past performances, trying to solve a problem in probabilities.



Wondering whether she will bet on the next races.

The run around the track is finished and here we find grim determination personified.



Photos, Courtesy Chicago Herald and Examiner

**Saloons Feeders of Gambling Dives**

"It looks like the boys are here," exclaimed a part owner of a north side gambling joint, as State's Attorney Courtney's police began to hack their way through the outside door.

"Other boys" meanwhile stormed in through the saloon entrance. Their arrival

sent women betterers into hysterics. Joined by male patrons, they stormed toward the exits in single file. Several women fainted upon reaching the saloon.

The above write-up in the August 23rd Daily News, of the raid by State's Attorney Courtney's police on a big North Side Gambling Dive, reveals startling facts:

(a) that the Tavern (modern saloons) are feeders of these gambling dens;

(b) that one third to one half of the patrons are women.

Newspaper reports show that one third to one half of the patrons of these gambling dens are women, many of whom are housewives and mothers.

It would seem that the years that have been so earnestly devoted to education and agitation by civic and religious leaders in the hope of promoting a higher and single standard of morals for men and women, have come to naught. It is true, that we are today, confronted with a single standard of morals,—but it is to be regretted that it has not come a blessing, by the raising of the moral standards of men on a plane with the standards of virtuous womanhood of a couple decades ago, and in conformity with the teachings of Christ. On the other hand, there has been a gradual lowering of the social standards of woman-kind that is almost incredible, consequently, we are within the grip of a social trend that is leading our young people into the social activities, which 20 years ago were engaged in only by the blasé, social type of the "night life."

**Bookies Demolished**

Later reports states that 100 gambling dives have been demolished by the police-



States Attorney Courtney's police chopping up the interior of gambling house at 4509 Clifton Ave., Chicago. It was the fifth raid in the latest series ordered by the prosecutor. About 400 customers were in the place, about one half of whom were women when the raiders arrived.—*Chicago Daily News, August 23, 1938.*

men's axe. These bookie establishments are described as being "smelly, the smoke is so thick one almost can cut it with a knife. Everybody's smoking. That's nervousness, excitement." Note picture above.

**Worse Vice In Chicago Today**

Rev. John Thompson, D. D., pastor of the First Methodist Episcopal Church, Chicago, voiced a sentiment through the columns of the Chicago Daily News that should grip the attention of all thinking people:

**"Called Chicago's Dewey"**

Daily News, Aug. 25, 1938

State's Attorney Courtney was described today as "Chicago's Thomas E. Dewey" by Dr. John Thompson, veteran pastor of the Chicago Temple.

"Mr. Courtney's methods are drastic but perfectly justified and entirely legal," said

**LOBELINE SULFATE***(Continued from page 1. Column 3)*

"Recently Dorsey<sup>2</sup> presented an encouraging report on the use of lobeline sulfate as an aid to the breaking of the tobacco habit. The drug was recommended to be given orally in capsules, each containing 0.008 Gm. (one-eighth grain), one capsule being taken every time a desire for a smoke was experienced. After a period of a few days, according to Dorsey's report, the desire for tobacco disappeared and the lobeline sulfate was gradually discontinued, leaving the patient with increased appetite and sense of well being and without the craving for "a smoke." A few unpleasant side actions such as nausea, anorexia and metallic taste were noted, but it was stated that these were only temporary and outweighed by the benefits.

"Because a drug which would enable the confirmed smoker to give up this habit without hardship would be of obvious importance, and because lobeline resembles nicotine so closely in many of its pharmacologic properties, we undertook to determine whether or not it possessed any of those very actions which interdict nicotine for patients suffering from disease of the peripheral circulation and whether it could safely be widely used to help "cure" the tobacco habit.

**Pharmacology**

"Lobeline<sup>3</sup> is the principal alkaloid of *Lobelia inflata*, popularly known as Indian tobacco.\*\*\* Other alkaloids of the *Lobelia* plant include lobelanine, lobelanidine and lobelidine, with similar but weaker properties. The principal effects of the drug are considered as due to its action on the respiratory and vomiting functions and on

the autonomic ganglions.\*\*\*

"In small doses lobeline has been held to be a powerful respiratory stimulant, lowering the threshold to carbon dioxide. In experimental animals large doses of it or its salt produce muscular twitchings, convulsions and even death from paralysis of the respiratory center.<sup>6</sup> Because of its effect on the respiration the drug has been widely recommended in cases of narcotic poisoning, coal gas asphyxia and infectious diseases such as pneumonia,<sup>7</sup> in respiratory failure during both general and spinal anesthesia<sup>8</sup> and in asphyxia neonatorum. A considerable body of evidence has accumulated, however, discouraging the use of lobeline salts in respiratory failure among whom are Curtis and Wright, also Camp.\*\*\*

"The direct and indirect effects on the general circulation have been carefully studied by several groups of observers. Lobeline causes sinus arrhythmia, partial bundle branch block and ventricular extrasystoles. After an initial pressor effect with rapid rise in the blood pressure there is a prolonged and dangerous fall below original levels, due probably to paralysis of the ganglions along the course of the vasomotor fibers and to direct poisonous action on the heart muscles. The drop in blood pressure is especially pronounced in deeply anesthetized animals.

"Lobeline was available in amorphous form only until Hermann Wieland in 1915 extracted a fairly pure crystalline compound, and Heinrich Wieland later determined the formula of the pure alkaloid.\*\*\*

**Methods of Investigation**

"Lobeline was used in the form of sulfate, prepared in capsules of 0.008 Gm. (one-eighth grain), as recommended by Dorsey, with an inert base of magnesium oxide or starch. The preparations of Merck and Mallinckrodt were used in about an equal number of tests. The results obtained with these preparations were similar in different persons and at different times in the same person.\*\*\*

**Observations on Subjects Taking Lobeline Sulfate on Varying Schedules of Dosage.—**

"This group consisted of five subjects who did not smoke and twenty-eight who were confirmed smokers of cigarettes, pipes, cigars or combinations of the three. The subgroup of non-smokers contained three healthy normal adults and two sufferers from heart disease or peripheral vascular disease. The subgroup of smokers contained four normal persons and twenty-four victims of circulatory disease. In addition, four subjects representing healthy and diseased, smoker and nonsmoker, were used as controls. In the entire group there were twenty-eight men and five women.

"Each subject was given a supply of capsules and put on a varying schedule of dosage. The smokers, whether normal persons or victims of cardiovascular disease,

6. Wieland, Hermann, and Mayer, Rudolf: *Pharmakologische Untersuchungen am Atemzentrum: II.* Arch. f. exper. Path. u. Pharmakol. 92: 195, 1922. Edmunds.<sup>5</sup>

7. Wieland, H.; Eckstein, A., and Rominger, E.: *Pharmakologische und klinische Beobachtungen über die Wirkung des krystallisierten Lobelins auf das Atemzentrum* Ztschr. f. Kinderh. 28: 218 (March) 1921.

8. Hellwig, A.: *Lobelin bei Atemlahmung in der Narkose*, Zentralbl. f. Chir. 48: 731 (May 28) 1921.

were instructed to take one capsule of the drug with a small amount of water whenever the urge to light a cigaret, cigar or pipe was experienced and to record symptoms if any developed. A limit of eighteen capsules in any one day was set for them, in accordance with Dorsey's observations that more than that number was never necessary. The nonsmokers were instructed to take one capsule of the lobeline sulfate three or four times daily and to record symptoms.

"The four controls were given capsules containing only magnesium oxide.

"The analysis of the observations in this experiment is considerably simplified because we noted no significant difference in the reactions of the so-called normal subjects and those suffering from circulatory disease, none between the two sexes and none between smokers and nonsmokers, except in the change in the desire for tobacco in members of the former group. In the group of those who smoked and who had been instructed to take a capsule of lobeline sulfate every time the urge for tobacco was experienced, a definite loss of this urge was experienced in almost every case after ingestion of even one capsule. The desire would return in a less acute form from half an hour to several hours thereafter and could again be easily satisfied, usually for several hours, by ingestion of a second capsule. Except for this observation on the loss of desire for tobacco, the results were uniform for the entire group, varying only in degree from subject to subject.

"The symptoms produced by the oral use of this drug were predominantly gastro-intestinal. After one capsule they ranged from a few gaseous eructations, belches coming on within fifteen minutes after ingestion and persisting for from one to three hours, to severe "heartburn," boring epigastric pain, faintness, nausea and vomiting, appearing within from ten to twenty minutes after ingestion and lasting for from a few minutes to four hours. Metallic taste and salivation were common. One patient who took two capsules at once in error vomited repeatedly during the following six hours. Other symptoms reported were lethargy, inability to concentrate, and a sensation of fullness in the head. Symptoms were less pronounced when the drug was taken on a full stomach. A characteristic of the reports was that the symptoms referable to the gastro-intestinal system would undergo recrudescence anywhere from fifteen to sixty minutes after they had subsided.

"Despite the instructions to those who smoked not to hesitate to take as many capsules, up to eighteen daily, as their desire for tobacco indicated, and to those who did not smoke to take three or four capsules daily, not a single subject would willingly take more than three capsules a day for longer than three days. A number of patients did not wish to take a second capsule following their experience with the first. It is true that among those who smoked the desire for tobacco was lost on this dosage, but it was equally true that in the entire group, whether smokers or not, whether normal or suffering from cardiovascular disease, whether men or women, the appetite for food was also markedly diminished, and other extremely unpleasant side actions were experienced so long as the effects of the drug were pronounced enough to inhibit the desire for smoking.\*\*\*

*(Continued on page 4. Column 1)*

2. Dorsey, J. L.: Control of the Tobacco Habit, Ann. Int. Med. 10: 628 (Nov.) 1936.  
3. Lobeline when not qualified by "hydrochloride" or "sulfate" is used in the broad sense like "morphine."

Dr. Thompson. "He has shown great courage in going after the gambling joints when the police and the courts, for one reason or another, have shown themselves helpless.

"All citizens of Chicago, parents of children and others with the welfare of the city at heart should be profoundly grateful to him for taking the initiative in breaking down this evil which has Chicago by the throat.

"What Thomas E. Dewey is doing in New York to smash racketeering and political corruption, what George E. Q. Johnson did to end Caponeism here, Courtney is achieving in attacking the gambling syndicate.

"I have served downtown churches in Chicago since 1902, but never have I seen conditions as rotten as they are now.

"Since gambling is lawless, gambling joints have no legal standing, and Mr. Courtney in sending squads with axes to destroy them is within his rights. The lawless can claim no protection from the law.

"Fathers and mothers with the welfare of their children at heart, businessmen who see legitimate trade in ruins because of money squandered in gambling, and the churches which see moral destruction for all in the betting evil, are with Mr. Courtney 100 per cent.

"There should be a great wave of public sentiment expressing itself to the state's attorney for his heroic and effective attack on the worst vice in Chicago today."

## LOBELINE SULFATE

(Continued from page 4)

### Comment

"Recent studies have established the fact that the use of tobacco is definitely contraindicated in the presence of certain pathologic processes; for example, diseases producing impairment of the peripheral circulation, and gastric and duodenal ulcers. The problem of forcing complete abstinence from tobacco on certain patients has become a major one in medical practice. Any means of overcoming a long standing tobacco habit with a minimum of inconvenience to the patient would be an important addition to the therapeutic armamentarium. *And yet the usefulness of any "cure" is curtailed if it is too disagreeable.*

"We therefore investigated the possibilities of lobeline sulfate as a substitution medication. Our experiences lead us to conclude that the effects of ingestion of the drug are too unpleasant to warrant its use for this purpose in the doses recommended. Not only does it produce gastro-intestinal symptoms that rung the gamut, from a few eructations to severe nausea, epigastric distress, and even vomiting, but it also causes loss of appetite, states best described by patients as an 'unsettled feeling,' and in some cases diminished ability to carry on the daily routine. Patients will not willingly take a drug which causes them to suffer epigastric distress or to vomit at unpredictable times. They prefer to stop smoking through effort of will. The Crystalline, pure salts appear to be as guilty as the amorphous drug with respect to action on the gastro-intestinal system.

"The results of the second part of the experiment, although not conclusive in such a small series, indicate nevertheless a trend toward nicotine-like action with regard to the circulation of blood through the small vessels of the extremities. After ingestion of the drug some cases showed, like nicotine, a definite drop in skin temperatures; none showed an upward tendency.\*\*\*

"The question of dosage of lobeline sulfate is important. It is possible that a smaller amount of the drug might achieve the desired effect without the unpleasant side actions.\*\*\*

### Conclusions

"1. Lobeline sulfate in doses of 0.008 Gm. (one-eighth grain) orally is not suitable for general use as a 'cure' for the tobacco habit. The symptoms are predominantly gastro-intestinal, variable from patient to patient, and in general too drastic in most individuals.

"2. Lobeline sulfate produces a nicotine-like effect on the peripheral circulation. In certain individuals a vaso-constriction with a drop in surface temperature occurs. This is not as constant, when the mentioned dosage and route of administration are used, as the effect obtained by smoking a cigaret.

"3. Lobeline (administered in the form of lobeline sulfate), like nicotine, produces an elevation in blood sugar in certain individuals.

"4. Further study with smaller doses may increase its usefulness for the purpose, but its widespread use should not be encouraged until such studies have been completed.

## ORGANIZE FOR A GREATER AMERICA

Rev. N. A. Niswonger of Missouri tells a vivid story about Tobacco, Marihuana and Alcohol as related to other narcotics.



Rev. N. A. Niswonger

Cigarette Testing Device.

### Systematic Work In Schools of Missouri

Mr. Niswonger, in his lecture work last year covered the schools in several counties in the state of Missouri. This fine Christian gentleman is available for systematic work in any state to which he may be called that will guarantee financial sponsorship.

and makes the minutest detail realistic by his "Chalk Artist" skill.

All lecturers trained at the headquarters of the Inter-State Narcotic Association, incorporate in their treatise on narcotics a demonstration of the liquid poison in cigarette smoke with the aid of the Strohm

## PUBLIC ENEMY NO. 1—DOPE

(Continued from page 1. Column 3)

regime now functioning in Manchuria and Jehol occupied northern Chahar, there immediately resulted a *forced increase* in the area sown to opium-poppy production; and morphine factories were started at once in Chahar by Japanese.

'One was started at Kalgan and later moved to Ch'ang-pei where it would not be so conspicuous. Another is at Kalgan. Both use local and Jehoi opium. The former is reported to employ 342 persons. The latter is reported to employ 170 workers, and to have an output of fifty kilograms of heroin daily, *some fifteen times the world's legitimate needs.*'\*\*\*

### Japan Free From Drugs

"What becomes of the drugs produced in Manchuria and northern China, where Japanese have set up puppet governments, such as is at Manchukuo?

"Practically none ever reach Japan, for that country is almost entirely free of drug addiction.

"The League of Nations committee is informed that dope is hidden in cakes of soap, concealed in the beads of rosaries, tucked in false bottoms of trunks, hidden in the heels of shoes, most of it bound for America, to cause here the kind of degradation suffered in the Orient except in Japan proper.

"Why all this effort to smuggle drugs into the United States?

"Obviously, because there is money in the narcotics traffic; large quantities of money. The victim of the drug habit will pay any price, go to any lengths to satisfy his craving; and powerful combinations of the underworld have organized to give that satisfaction—for a price.

### \$40 to \$50 Per Day

"The wife of a physician appealed to a clinic in New York recently to help her with her husband, a drug addict, who had become almost unmanageable after the peddler who hand pandered to his affliction raised the price of a day's drugs from \$40 to \$50. Such a figure is by no means the limit of the racketeer's greed. He goes as

### H. E. Roberts Highly Gratified

This outstanding work that is being done in the schools of Iowa by Mr. C. C. Denham (See page 6.) is made possible by the financial sponsorship of Mr. H. E. Roberts of Iowa.

Mr. Roberts is so highly gratified with the results obtained that he has begun his third year of sponsorship. For what greater purpose could one use their surplus funds? By this means, the donar can know just how each penny is used, and communities of boys and girls will rise up to sing his praises throughout this and the next generation.

### Should Become a Contagion

Systematic warning and education against the narcotic evil should become a contagion throughout the states. There should be a Denham or a Niswonger in each state to educate and organize our youth for clean living and a greater America.

For details, write our headquarters, Room 719, 53 W. Jackson Boulevard, Chicago. Please enclose 20c in postage for literature and reply.

far as the victim's purse will carry him."\*\*\*

Mr. Fuller quotes an eyewitness account of conditions in Mukden, a chief city in Manchuria now under the domination of the puppet state, Manchukuo:

"Adjacent to a ragpickers' market about a reeking open sewer are some fifty or more hovels, inhabited by the lowest type of prostitutes who, in addition to their regular occupation, also openly dispense narcotics.

### Met Their End Through Narcotics

'The setting was loathsome to a degree. On an ash heap behind the brothels lay seven naked corpses which had evidently been stripped of their rags by fellow addicts. It is generally stated that this is a daily sight, despite regular removal of bodies by the Red Swastika society.

'There was offered no other explanation than that these dead met their end through narcotic poisoning.'

"Such a horror must not come to America. The tons of opium and heroin and morphine and cocaine must not be allowed to cross the oceans to our shores. The marihuana must be cut down before it sprouts. Otherwise, we may have Mukdens of our own.

"Our youth must be preserved from sex manias, our grown men and women from the tortures of living death."

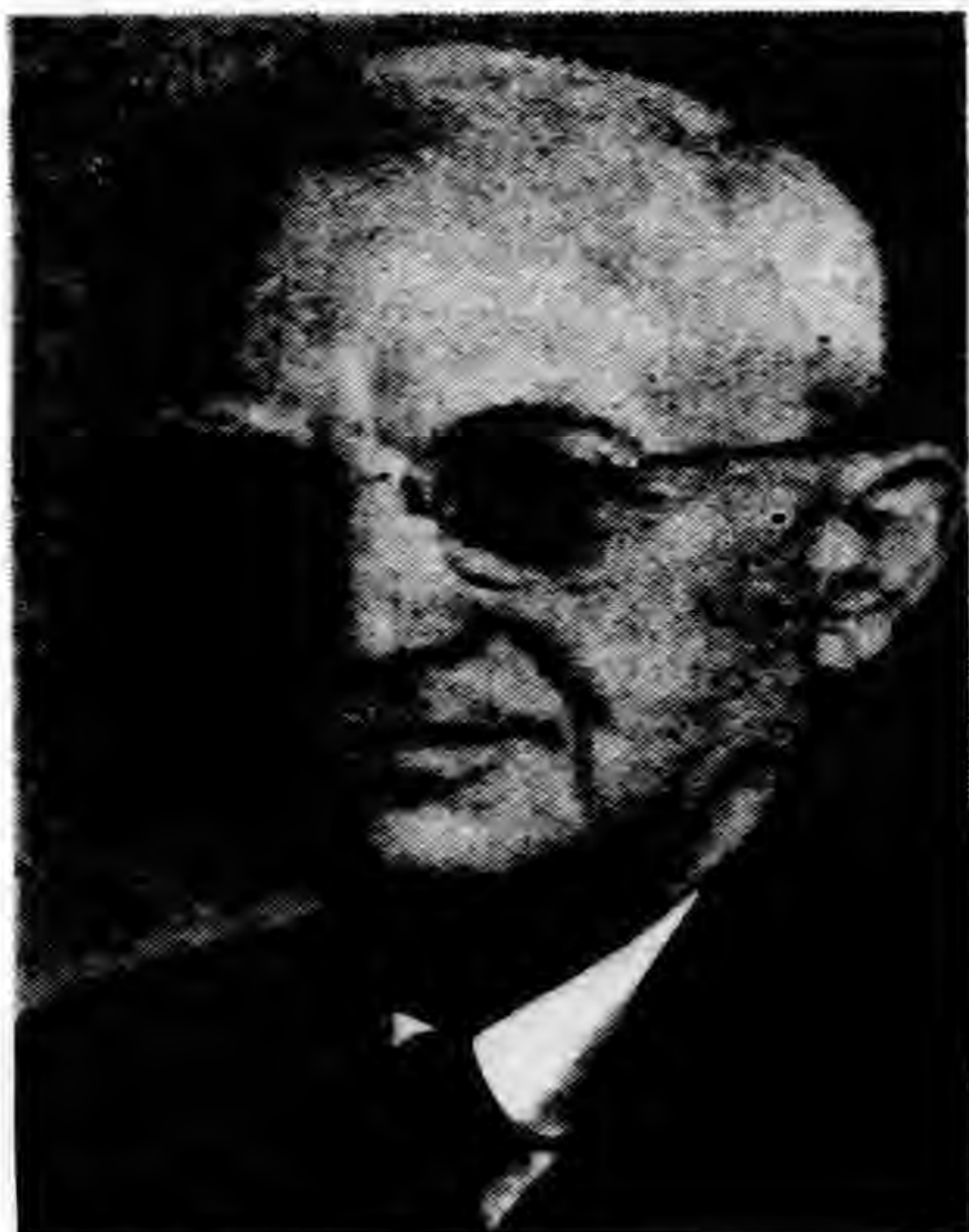
Mr. Anslinger says: "The greatest stride toward a solution of the drug-addiction problem is a concerted plan of action which is being undertaken by the Committee on Drug Addiction of the National Research Council, with funds provided by the Rockefeller Foundation, under the chairmanship of Doctor William Charles White, in cooperation with the United States Public Health Service, to provide a drug to substitute for morphine which will have all of its beneficial properties but none of its harmful qualities.

"Chemical studies are being made at the University of Virginia under the direction (Continued on page 11)

# Cigarettes and Termites

By Edwin L. Zahn

Termites? What are *they*? I see people smoking cigarettes every day, but I have never even heard of termites. Well, cigarettes and termites are much alike. The former affects human bodies, the latter, wooden structures.



Edwin L. Zahn

Author "The Three Racketeers," a compilation of scientific facts on Tobacco, Alcohol and Opium from recognized authorities of the world.

## Social Insects

Terminites are insects. They have six legs. Their bodies are made up of three regions, head, throax and abdomen. Upwards of 1200 species are known to exist throughout the world, 50 of which are in the United States. They are social insects. They observe division of labor, each division of labor, each division doing a particular kind of work. Each colony lives separately from other colonies, even of the same species. These colonies live in cavities within the wood or interconnected cavities within both wood and the ground. They live in the dark.

## Not An Ant

The particular kind of termite we are thinking of just now is known as the subterranean termite. It is perhaps the most common and is often called erroneously "white ant." It is not an ant at all nor are they all white. But to the untrained eye it looks like the smallest of ants and most of them are white. It is found in nearly every state in the Union.

As stated, these termites live in cavities of wood which they themselves have hollowed out by eating the cellulose, or wood substance. Wood that has thus been eaten out by termites reminds one of a honeycomb, though not so regularly formed, yet the exterior surface remains perfect. But a stroke of the hammer on the exterior reveals at once the spongy, weakened condition of the timber. In due course of time a structure thus weakened will tumble. Many such cases are on record.

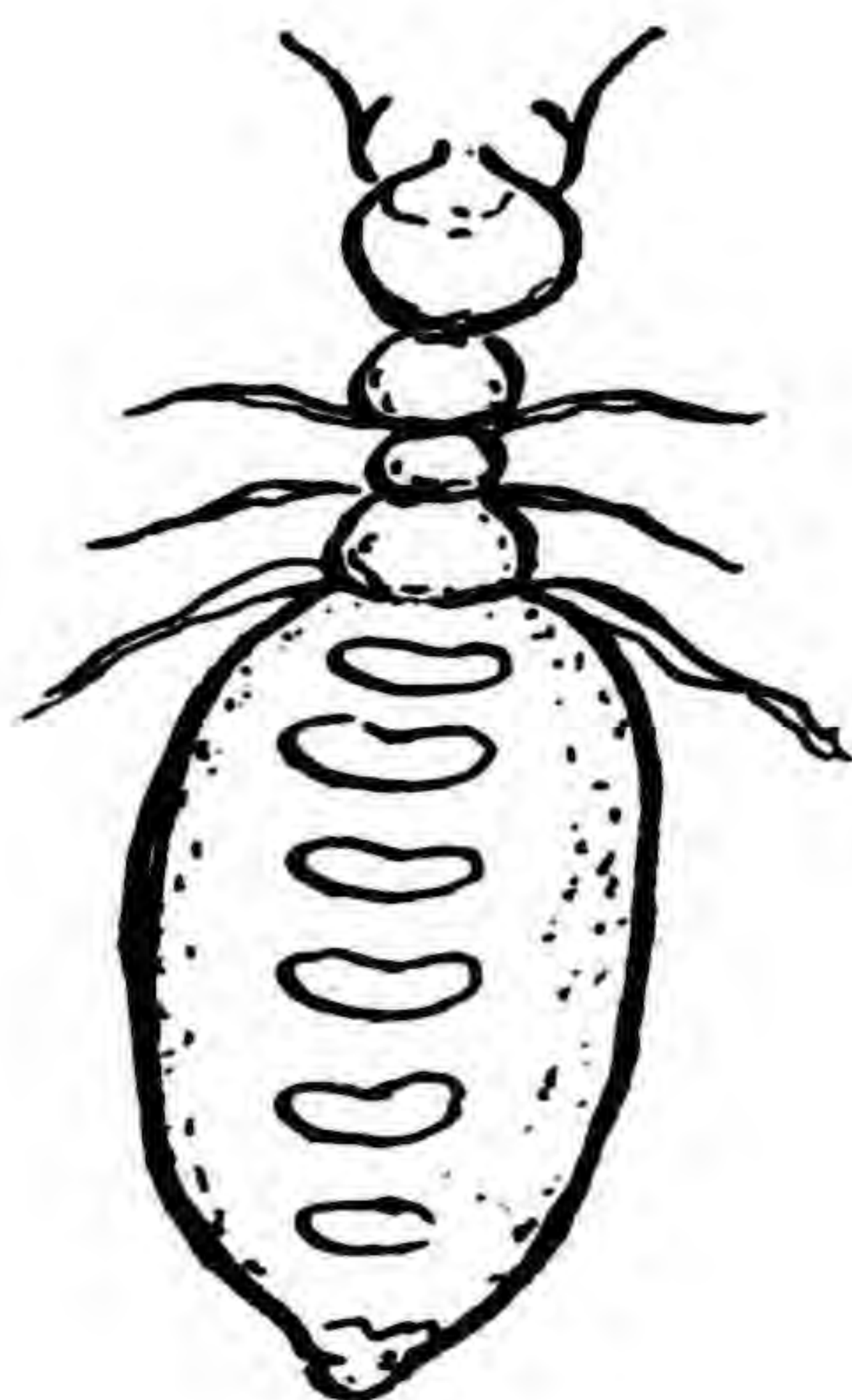
The owner of a home was told by friends

that termites are eating their way into his house. "Never mind," said he, "they are too little to do any harm." Some time later he came down stairs one morning to find that the floor of the front room had sunk into the basement, and furniture with it.

## Must Have Contact with Soil

This subterranean termite can not live unless it has contact with the soil. Hence, if no part of the woodwork is in contact with the soil, it is safe from termites. In a certain stuccoed apartment house no square inch of the framework touched the soil except the bottom of two timbers which constituted the centers of two large posts at the front entrance. Termites ate their way up through them even into the joists of the front room floor. Needless to say, the floor had to be replaced with a new one.

An automobile drove into a farm house yard one day and parked beside a wooden water tank some ten feet above the ground. While the owner of the auto was talking with the owner of the place, the tank gave way, fell on the auto and damaged it. Termites caused it. Suit was brought against the owner of the tank, but since he was entirely unaware of the presence of any termites, the case was not decided against him.



Termite

Short Winged Queen Magnified Five Times with Abdomen Swollen with Eggs.

## Possible Harm Must Not Be Overlooked

These cases could be multiplied by the hundred.

It is now in order to make the application? Yes? Very well.

Cigarettes and termites are both small, but the harm that one cigarette or one termite can do must not be overlooked.

From external appearances one may not be able to detect internal weakness caused by either of them, but when a test is made, it may reveal internal conditions beyond cure.

A comparatively young man related his intentions to take out a life insurance policy, but was refused because of a "tobacco heart", much to his surprise, for he was not aware of any such condition.

The safe way to combat the termite is to keep the soil from touching the wooden structure. The safe way to combat the

# Toxic Goiter-Toxic Tobacco

By Israel Bram

(Contributed by Dr. Bertha Van Hoosen, A. B., M. D., Hon. M. A., F. A. C. S., L. L. D.)

"Moon, Roussel and the writer (Israel Bram) have observed that a frequent predisposing cause in the production of conditions simulating hyperthyroidism, is nicotine.

"The various movements throughout the country for the purpose of sending large quantities of cigarettes to our boys 'over there' may have had their merits. Confirmed smokers have probably been benefited by the ample supply of the weed, for it must be admitted that its loss would have wrought havoc with their nervous systems. On the other hand, many young men who have never smoked at all or have smoked but little, have had forced upon them the idea that continuous smoking is the boon to a feeling of well-being, and it is among this class especially that thousands of cases of invalidism occurred through a greater predisposition to neurocirculatory (called soldier's heart, Irritable heart) diseases.

"One of the most difficult problems facing the internist is the prohibition of tobacco in persons addicted to its use for many years. Extra systole and the venous cardiac, arrhythmias (any variation from the normal rythm of the heart beat) and even auricular fibrillation are more commonly seen in tobacco users of this class of individuals than in others. Unless the habit is stopped at once, all efforts to assist our subject will prove fruitless.

"It is my custom to have the patient promise faithfully at the first visit never to touch tobacco again. I do not permit him to say, 'I'll try,' or 'I'll do my best,' much less do I permit a gradual weaning away from the weed. Anything less than, 'I shall' implies effort with a minimum of determination and is a poor psychological procedure. 'I shall,' is usually successful; the patient stops tobacco and that is all there is to it.

"I frequently explain that a part of the tobacco habit consists in giving the muscles of the mouth something to do; the taking of chocolate coated nuts, chocolate peppermints or crackers when the craving for tobacco arises, will accom-

(Continued on page 6. Column 1)

cigarette is to keep it from touching the lips.

Many a wooden structure has fallen unexpectedly under a strain or even of its own normal weight as the result of timbers having been weakened by that little termite. Many a human structure has been broken down prematurely as a result of one or more organs of the body having been weakened by that little cigarette.

## Must Pay Lost Sustained

Unlike the owner of that tank, however, who was not held for damages under the law of the State because he was not aware of the presence of termites, the law of Nature does not acquit the user of cigarettes. He will pay for loss sustained whether he is aware of damages done or not.

"Man is a bundle of habits." Someone else has said, "What you are to be, you are now becoming." The cigarette habit has but one solution—never start it.

ONE OF HUNDREDS

Mr. C. C. Denham,  
719, 53 W. Jackson Blvd.,  
Chicago, Ill.

My Dear Mr. Denham:

... Thanks to the inter-state Narcotic Association and thanks to you personally, for your visit to Camp Wonderland. You put your message over so forcefully and interestingly.

"It was a big contribution to the success of the conference. May God bless you in your work."

Very sincerely yours,

Signed: W. A. McIntyre, Commissioner,  
The Salvation Army,  
Chicago, Illinois

9-6-1938

The above earnest message is one of hundreds of letters we hold in file, commending in the strongest terms, the visual educational work on narcotics being done by Mr. C. C. Denham.

Third Year In Iowa Schools

Thus early, Mr. Denham is scheduled to speak in the schools of twelve counties in the state of Iowa. On Sept. 12th, he will begin his third year, speaking in the schools county by county and school by school, captivating boys and girls by the thousands and winning them for clean living.

70 Join Square Deal Club

At Camp Wonderland, 70 young men and young women, between ages of 14 and 30 years signed the pledge to abstain from alcoholic liquors, cigarettes, including Marihuana cigarette and tobacco in any form until 21, or for life, thus, becoming members of the "Square Deal Club." Many more would have joined had there been more pledge cards available. Only those who have been given an understanding of the poisonous and habit-forming nature of the cigarette and other narcotics, and in light of this knowledge, have taken a definite stand for clean living, are invited to sign the Square Deal Club pledge.

Our observation has been that 95 per cent of those who sign the pledge never form the enslaving habit.

They have determined their future course of action. When the hour of temptation comes it finds them with the question already settled. They have gained the victory before the enemy came in sight. Such work as Mr. Denham is doing should be extended throughout the schools of the United States.

Toxic Goiter—Toxic Tobacco

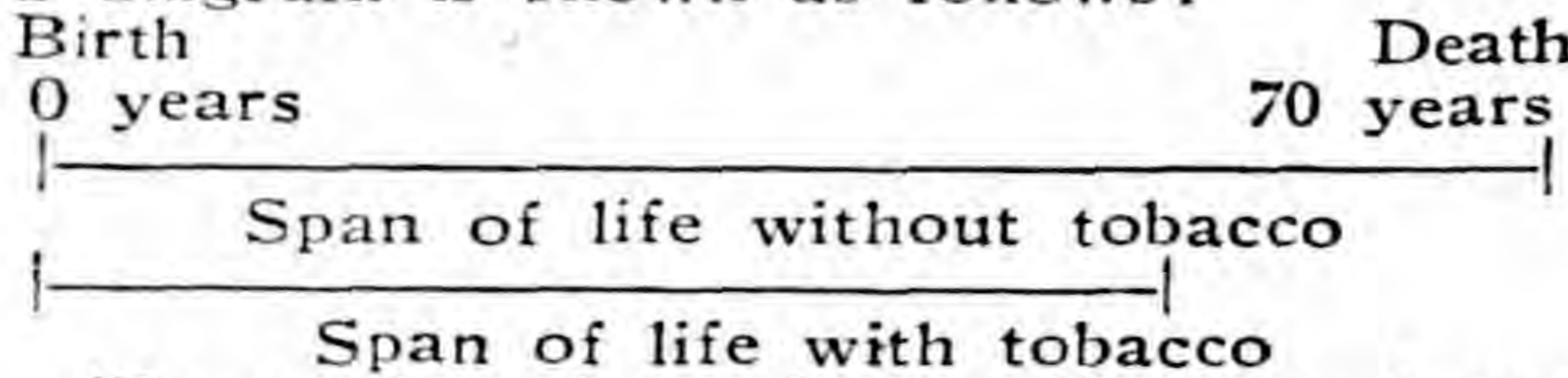
(Continued from page 5)

plish the same purpose and these substances being nutritious will at the same time improve weight and increase strength.

Goiter

"The tobacco habit is the most difficult to eradicate, but the following device has yielded excellent results:

"The patient is given a brief talk on the obstacle of tobacco to treatment, and a diagram is shown as follows:



"In explanation of the diagram I usually say, 'My friend our span of life, without poisons, should be a minimum of three score and ten—the distance in years between birth and death, with poisons, and tobacco by virtue of its nicotine, is a potent poison—you cut off a goodly portion of your allotted existence. Life you will admit is the most precious thing in thought. Would you rather take tobacco

My Personal Quarrel

By Francis J. Thomas, D. D.

In 1896, a doctor told my brother if he did not give up smoking, he would be dead inside of a year. He had palpitation of the heart and in about one year my brother was dead. Outwardly, he was the



Francis J. Thomas, D. D.  
Retired Army Chaplain, Evangelist

picture of health, weighting 180 pounds, 21 years of age, 5 ft. and 10 inches in height, but the termites of health were eating out the spark of life.

These were the days before the great war, \*before the Propaganda Campaign of the Tobacco Trust. These were the days when yellow finger tips were a bar to a job—when all physicians realized that tobacco is a poison, so you see, my personal quarrel is with Tobacco, and not with the victims of the enslaving habit.

My Personal Attitude

My attitude is that of the prospective buyer of a horse: The horse was a wonderful looking animal with a glossy coat, and an apparent winner with the prospect—one test only! "Trot him up and down"—the test revealed Heaves, which is like unto Asthma. As the horse panted, the seller to distract the buyers attention said: "How do you like his coat?" "His coat is all right, but I do not like his pants."

than life?' Again, 'life with tobacco is not a short life but a sweet one,' but its brevity is due to its bitterness—the unimpaired health from the saturation of the body with poison. It is the long life that is sweet because the long life is unimpaired by the diseases due to poisons. Take your choice then between a short life and a sweet one. Is tobacco worth while? I want you to promise that you will never use tobacco again.'

"The force of the argument is irresistible and instead of saying, 'I'll try' or 'I'll take less' the patient enthused by the interest taken in his health and life promises by saying, 'I shall never use tobacco again!' and that settles the tobacco question in 49 out of 50 patients."

We have no quarrel with the person but with what he does to harm himself and humanity.

Lack of space prevents mention of Alcohol and its insidious trail, or, even Marihuana and its devastating murderous results, therefore I will confine the few remarks I am to make to the cigarette.

Quagmires of Degradation and Slavery

There is depicted the awful hold which the cigarette has upon its victims; there is shown the propaganda which has enslaved not only men, but women and children—women, that mankind has placed on a pedestal, have been brought down into the quagmires of degradation and slavery; propaganda that causes Americans to spend three billion dollars a year for the fancied pleasure of blowing smoke into the air and destroying their bodies with the 18 or more poisons contained in cigarette smoke; propaganda which has now so enslaved the American people that the average consumption of cigarettes now reach 20 cigarettes a day for men and 11 a day for women which extracts from the pocketbooks of our people 3 billion dollars a year! Nero fiddled while Rome burned. Americans are burning up 3 billion dollars a year while it struggles with problems of relief and employment.

Dr. Raymond Pearl of John Hopkins University goes on record by saying, "non-smokers live longer than smokers." It is high time that we, the sons and daughters of the pioneers who bulided a nation out of the wilderness shall say to the little gods (cigarettes) smaller than one finger—you are not my boss—you shall not Simon Legree me! Let us arise in our might, serve notice on the Tobacco Trust that we refuse to be dupes for their propaganda, or fall for their slimy serpentine deceit.

**Note: Dr. Thomas, lecturer and evangelist, is available for speaking engagements on the Narcotic Evil. He has done some outstanding work in the lecture field during the past year. Bookings for Dr. Thomas' services may be arranged through the office of the Inter-State Narcotic Association. Telephone: Harrison 8796.**

Orders Marijuana Plowed Under So Cows Can Sober

Hastings, Mich., July 31.—(AP)—An Orangeville township farmer became concerned when he noticed his cows jumping fences, skipping and gamboling about the pasture and otherwise behaving in an uncowly fashion. He called Dr. Lloyd Flowers, Delton veterinary, and Dr. Flowers sent word to Sheriff Jay Blakney that a field of wild marijuana on the farm should be destroyed.—*Chicago Tribune, August 1, 1938.*

Sentence Woman, 2 Men for Having Marijuana Smokes

Pleading guilty to violation of the federal narcotic law, three persons, one a woman, were each sentenced to eight months in the county jail by United States District Judge William P. James.

They were Manuel Villegas, 50; his wife, Marie Villegas, and Antonio Cruz. The trio were arrested two weeks ago at San Bernardino by federal and state narcotic agents on the charge of possessing marijuana cigarets.—*Los Angeles Daily, August 8, 1938.*



# THE POWER BEHIND THE PILL

By L. H. Lonergan, M. D.

Copied from "Life and Health," June, 1938

The public is prone to use drugs to alleviate warning symptoms, with a careless disregard of just how the substance reacts on the body, and of the possibility of definitely harmful results. To begin with, this general principle will help us to understand the limitations of this type of therapy (treatment of disease). When a drug affects a cell of the body, the activity of that cell may be increased or decreased; but the form of that activity is unchangeable. In other words, the function that already exists can be modified, but the drug cannot create a different function in any body tissue.

Of the remedies commonly employed against fevers, colds, headaches, and neuralgic pains, the most frequent constituents are those of the antipyretic-analgesic group, so called because they act both to lower the body temperature in fever, and to relieve pain, possibly by a depressant action on the pain center in the brain. The most prominent members of this group are aspirin, pyramidon, antipyrine, phenacetin, and acetanilide. And the chances are that whatever brand of headache powder or "cold tablet" you happen to have on hand, one or more of its active ingredients will be among those just listed.

## Body Thermostat

Now what happens when these are taken? In order to understand their action in fever, we should first consider the normal temperature—regulating mechanism. The body temperature is under the control of a very delicate nerve center in the mid-brain which balances heat production against heat loss. It can be compared to an ordinary thermostatic control for a room. When the body temperature is lowered slightly, mechanisms are set in action which increase the production of heat, and which at the same time decrease the amount of heat lost. Likewise, when too warm, those processes are started which will increase the dissipation of heat from the body. There results an increased circulation in the skin,—more blood is brought to the surface for cooling; perspiration is increased, with further cooling by evaporation.

Another factor which Barbour has demonstrated to be of great importance, is the water balance. In fever, the concentration of the blood is increased, its water content is decreased. Hence, the total volume is less and its viscosity (sticky or gummy) is greater. This would tend to decrease the blood flow and also to decrease the rate of secretion of sweat, and of evaporation. In fever, the fault is not that there is too much heat produced, but rather that not sufficient heat is eliminated. In such a state, these drugs tend to lower the concentration of the blood and to dilate the skin vessels. Thus, there is increased circulation at the surface, and hence more heat lost from the body, with resulting drop in temperature. In health,

when the blood is not concentrated, this effect is ordinarily not seen.

## A Protective Mechanism—Should Not Be Tampered With

But, is this reduction of fever temperature always beneficial? This is the important question to be decided in the individual case. When the temperature rises to such heights as to constitute a danger in itself, then of course, some measure should be taken to bring about its reduction. But the wisdom of administering drugs in ordinary fever cases is questionable. They do not reach the source of the trouble or the cause of the disease; they only remove its symptoms. It is well to keep in mind the fact that there are many cases in which the fever itself represents a protective mechanism, and as such should not be tampered with.

So much for the actions which are sometimes desirable. What else may be expected from their use? In the case of practically every known drug there are characteristic effects produced for which the remedy is used, and other "side actions" as well, which under certain conditions may prove definitely harmful or even dangerous.

## Hypersensitivity—Drug Allergy

Occasionally an individual is seen in whom a very small dose of a certain drug will produce alarming symptoms. This condition is spoken of as "hypersensitivity" or "drug allergy." The most common type of this is hypersensitivity to aspirin,—apparently far more common than is generally supposed, according to Doctors Prickman and Buchstein of the Mayo Clinic, who reported this year a series of sixty-two such cases. The symptoms produced by the drug in these individuals are most frequently those of a violent and prolonged attack of asthma (sometimes fatal), or severe skin eruptions with swelling of the lips, tongue, eyelids, or of the entire face.

## Forever Avoid Its Use

A person who shows this special susceptibility to a drug must forever afterward avoid its use. However, even though that is his intention, he is still subject to the risk of taking some proprietary remedy which contains aspirin as one of its active ingredients, yet this is not stated on the label. Scores of remedies are on the market which contain aspirin as one of the main constituents. Even though it be widely publicized under some other high-priced name, or combined with baking soda and sold as an alkalizer, yet it is aspirin still, and not harmless, as Mr. John Public has been led to believe.

## Blue Skin

None of the drugs in this list are entirely nontoxic. Acetanilide (acetic plus aniline) has developed quite a reputation for producing circulatory collapse. Excessive doses of it, and sometimes even moderate therapeutic amounts, have caused a blue skin (cyanosis) because of its action on the blood. Other symptoms of its

poisoning are a weak and irregular pulse, cold sweat, and low temperature. Several cases of addiction to acetamide from the long-continued use of headache powders have been reported—habit formation which resulted in restlessness and excitement for a few days after the drug was abruptly withdrawn.

Antipyrine and phenacetin may produce symptoms similar to those of acetamide, but are somewhat less toxic to the blood. Antipyrine is more apt to produce skin eruptions.

## Bone Marrow Depressed

Another form of special sensitivity that is sometimes seen is that developed to amidopyrine, or pyramidon, the second drug listed in this group. Usually the remedy can be used in moderate amounts without ill effect, but there is the possibility that the individual who is taking it may become sensitive to the drug, in which case the blood-forming organs, especially the bone marrow, become so depressed that they no longer produce the granular white blood cells which are especially important in the body's resistance against infections. As the number of white blood cells drops, there follows a loss of resistance, and the development of infectious processes with ulceration of the throat, high fever, prostration, and death usually within a few days.

There are apparently other causes of this disease, but the use of this particular drug appears to be by far the most important. Thus, among one hundred seventy-two cases reported which followed the use of drugs, one hundred fifty-three were due to amidopyrine. Were it possible to state just how much of the drug is necessary to produce such a reaction, our problem would be greatly simplified. But it varies enormously, from a single small dose in certain individuals, to large quantities in others, given over a long period of time. This drug, too, is contained in scores of American medicinal preparations, and sold under as many different names. It should only be used, however, under well-controlled conditions, and the white blood count checked to determine whether there is depression of the bone marrow.

## Claims Thousands of Lives

It has been well stated by investigators that "if physicians would use these drugs with caution, if their indiscriminate sale could be controlled, and if the distribution of patented preparations containing amidopyrine could be suppressed, it is possible that this disease, which has now claimed thousands of lives, might entirely disappear."

## Seek True Cause

It is the routine use of drugs of this class that is most likely to prove harmful. Not so much because of the possibility of these toxic "side actions" developing, nor yet because of the possibility of habituation,—both important factors,—but rather because of the fact that when the important warning symptoms are thus masked, the person may no longer be interested in seeking out the true cause of his lack of health.

## Boy Finds Marijuana Patch

Cleveland—(UP)—A 7-year-old boy led police to a large patch of marijuana in a field near the downtown district here. Sunflowers had been planted around the field as camouflage.

## CIGARETTE ADVERTISING DEBUNKED

By W. J. McCORMICK, M.D.

Reprint from "Diet Digest Number 2" by Permission.—Tempo Books, Inc.,  
New York City

In these days, when one can hardly pick up a magazine or turn on the radio without being forcibly reminded of the "mild," "mellow," "throat easy," "energizing," "digestion aiding" or "alkalinizing" qualities of some particular brand of cigarette, it might be interesting to note just how far some of these claims differ from current medical opinion and laboratory findings.

A year or so ago a much advertised brand of cigarettes capitalized on the idea of a "lift" or "energizing effect" being derived from their product, based on the discovery that smoking produced a temporary increase in the blood sugar concentration. When, however, medical evidence was produced by the writer proving that an identically similar response, as a means of protection, was elicited from the human organism by other toxic substances, such as strychnin, morphin, cocain, etc., as well as by infectious diseases, such as diphtheria, tuberculosis and syphilis, the burden of propaganda was shifted to "aid to digestion" and "alkalinity" slogans.

### Action On Stomach Two-fold

As a matter of fact, tobacco smoking is neither an aid to digestion or alkalinity, but quite the reverse. Leading medical authorities now regard smoking as one of the principal exciting causes of stomach and intestinal ulcers. In a series of such cases, Gray found that 96 percent were smokers. Moll and Flint found that smoking decreased the secretion of pepsin and rennin, thereby inhibiting protein digestion. Friedrich believes that cigarettes are specially harmful in this respect, since most cigarette smokers inhale, thereby greatly increasing the absorption of nicotine. He regards the action of nicotine on the stomach as two-fold: first, producing spasm of the blood vessels of the gastric mucous membrane, which he was able to observe microscopically; and second, increasing gastric acidity. This spasmodic contraction of blood vessels decreases the blood supply to the gastrointestinal mucous membrane, thus favoring necrosis and ulceration. Among Friedrich's male patients with stomach ulcer 80 percent were heavy smokers. In 34 of his cases who smoked heavily after operation, although instructed not to do so, half had recurrence of symptoms; whereas, in 44 post-operative cases who curtailed their smoking, only six had mild symptoms. He found smoking particularly injurious on an empty stomach, and cautioned against the practice of smoking before breakfast, when the stomach was void of food, which might act as a diluent and neutralizer of the excess acidity produced.

### Cancer Death Rate Almost Double

In view of the well-recognized fact that cancer not infrequently develops on the site of chronic gastric and intestinal ulcers, smoking may thus be seen as a possible cause of the predominating incidence of this type of cancer in men. According to McNally, in Holland, where tobacco consumption is greater than that



TOBACCO CANCER

Courtesy Dr. John Harvey Kellogg  
Author "Tobaccoism"

of any other European country, the death rate from cancer of the stomach is almost double that of England.

In this connection recent research work on the cancer producing properties of certain hydrocarbon distillates seems of interest. It has long been known that workers who handle pitch, and others employed in the manufacture of briquets from pitch and coal dust, frequently suffer from skin cancer. Likewise, shale-oil workers coming in contact with crude paraffin, a natural distillation product; and chimney sweeps exposed to soot, a distillation product of coal, are known to be unduly prone to skin cancer. Recently Cook, Hieger, Kennaway and Mayneord, working in England, and Morton, Branch and Clapp, in America, were able to isolate from coal tar certain benzene derivatives, such as benzpyrene, dibenz-anthracene and triphenylbenzene, which, when applied to the skin or injected subcutaneously in mice, would produce cancer.

### Discovery Throws New Light

This discovery throws new light on the role of tobacco in the causation of cancer of the lip, mouth, stomach and lungs, affections notably predominant in males, who in smoking expose these parts to the irritant action of the distillation products of tobacco. Thus it seems that certain products of combustion and distillation of the organic matter of tobacco, aside from the thermal and mechanical irritation associated with smoking, may sensitize the skin and mucous membrane of the respiratory and upper digestive tracts to cancer. In the 100 cases of cancer of the mouth reported by Abbe, 10 were in women and 90 in men. Of the 90 men all were heavy smokers with the exception of one who had cancer of the lip on the site of an

**Did you know that excessive smoking may cause cancer of the lips, mouth, stomach and lungs? Here are startling facts**

**That the use of tobacco may cause cancer of the mouth has long been known. Dr. Abbe of New York City reported in 1916 one hundred cases of cancer of the mouth and throat observed within fifteen months, of whom nine-tenths were inveterate tobacco users.—Tobaccoism.**

old baseball injury. According to Hoffman, the death rate from cancer of the lungs has almost trebled since the Great War. Comparing this increase with the parallel increase in tobacco consumption, one is led to the belief that smoking may be the responsible factor. In reference to this, Bogan and Loomis say: "It may be of interest to note in this connection that the only woman with this condition (lung cancer) autopsied at the Olive View Sanitarium (California), gave a history of more than 15 years excessive smoking of cigarettes.

## Five Jail Terms for Woman Who Hit Five Autos

**Young Mother Testifies to Drinking Just Before Drive**

Five jail sentences of 10 days each were given Mrs. Della Kranz, 28-year-old mother of a 10-month-old boy, today as an aftermath of her homeward trip about 1:30 o'clock this morning when she drove her automobile into five others in the Sheffield Avenue Police District.

Judge John V. McCormick in Safety Court ordered that the sentences run concurrently after he had found Mrs. Kranz, the wife of an automobile mechanic, guilty of one charge of driving while intoxicated and four charges of reckless driving.

The court also suspended her driving privileges for one year.

### Husband Choked With Sobs

Mrs. Kranz testified that she had had three glasses of wine at the home of a woman friend and then had stopped at a tavern. Her husband, who was choked with sobs as he appeared in the courtroom, told the court that Mrs. Kranz is not a drinking woman. The Kranzes live in Chicago. —Chicago Daily News, August 25, 1938.

### "Brothers" at Berchtesgaden

"Smoking here is forbidden!" screamed the Fuehrer. "I have no objection to anyone drinking, because drinking does not disturb the person who doesn't drink. But smoking does. And so it's forbidden. It's forbidden, do you hear? That applies to everyone."—Copied.

## A Picture Typical of Christian Motherhood

(Condensed From Pamphlet)

By Rennetts C. Miller, D. D.

The love and self-sacrifice typical of every true christian mother was reflected in the life of Mrs. Mary Miller, who was born in 1840, a native of Ohio. At the age of 18 she married Joseph Warren Miller, a farmer and they lived in the small village of Rome, Ohio, where they became the happy parents of four children, the writer and his twin brother, Rev. O. R. Miller\* of Albany, N. Y., a younger brother, and a sister who died from an accident in her girlhood.

While still in our infancy, mother was stricken with puerperal



Left—  
Rennetts C.  
Miller,  
D.D.

Right—  
Olaf R.  
Miller,  
D.D.

Twin Evangelists

fever, a disease which in those days proved fatal in nearly every case. She grew steadily worse. The doctor upon finding her so very weak said: "She is past hope. She will be dead by sundown." But there were many people in that village who believed in prayer.

Upon the ringing of the church bell the whole community rushed into the street inquiring what it meant. "Mary Miller is dying" passed from lip to lip, "and the people are gathering in the church to pray that God may spare her life for those twin babies in the cradle." A large number spent the afternoon in importunate prayer for her recovery. As time passed, no cheering word came from the home not far away. But, as the sun went down Mother opened her eyes and smiled on father which brought a thrill of joy and hope to his distracted spirit. Mother soon recovered.

### My Earliest Life Memory

One Sunday afternoon when only three or four years old, Mother took us twins upon her lap and explained to us in simple language, for the first time, about God. She told us about the coming of Jesus and His love for little children. Then in that quiet hallowed evening hour, kneeling at her side we lifted up our little hands as she taught us to pray. "Now I lay me down to sleep." This is not only the earliest but one of the tenderest memories of my life.

### She Guarded Our Reading

Mother was just as solicitous for good food for our minds and souls as for our bodies. Good books were provided in our home. Mother would have them if we had to go short on other things. She read or carefully inspected each book that came into our home, before we children read it, even if it came from the Sunday School library. She was particularly fond of history. Many an hour we boys sat entranced as she told stories of the great nations.

### Mother And Our Sabbaths

Mother's psychology, as well as her theology, of church attendance, was correct.

She helped us to form the habit of going regularly to church when very young, before we dared to protest. We also went to church Sunday evenings; so that regular church attendance early became a life habit with us. We always had family prayers every morning. Late Sunday afternoons Mother usually taught us the next Sunday School lesson.

### "I Don't Want to Go to Church"

An incident illustrating this habit, is still vividly recalled. One Sunday morning when

\*Rev. O. R. Miller, D.D., is President, of the National Civic League and Supt., the N. Y. Civic League. He and his brother have devoted their lives in the promotion of a determined and vigorous campaign against gambling, lotteries, vice, bad movies and the liquor traffic.

Headquarters: 312 Hamilton St., Albany, N. Y.

about ten years old, I said to Mother, "I don't want to go to church today." Mother's tact and wise reply have made me smile many times since. "Very well, you do not have to go to church if you do not feel like it. Go up stairs and undress and go to bed and stay there today. You surely must be ill if you do not want to go church." I changed my mind quickly and went to church.

Our Sabbaths were holy days, not holidays. Sunday visiting, except in times of sickness or sorrow, was unknown to us. Sunday visitors were not encouraged to come and they rarely came. We were taught that the Lord's Day was different from other days. Yet on that day Mother seemed to know how to make the home bright and attractive, even for restless, wide-awake boys. Our Sabbaths were rich with spiritual fragrance, holy quiet and real rest.

### Solves Our Tobacco Problems

One night when thirteen years old, after we had gone to sleep, Mother found a piece of chewing tobacco in one of our pockets. The next morning, just as we were ready and eager to start to school, Mother said to one of us, "Are you chewing tobacco?" He replied indignantly, "No, only worms chew tobacco," referring to the disgusting worms that thrive on the growing tobacco plant. Then she asked the other boy, "Are you chewing tobacco?" He replied frankly, "No, but I am going to learn."

Mother sat in silence thinking for a few moments, then said firmly, "Well, if you are going to chew tobacco you need not go to school any more, nor can you go to college." He stood in a quandry, eager to hurry to school. But Mother seemed indifferent about his "tardy marks" that morning. Then she said, "Lay your hat down. Decide now for life between tobacco and an education." Then came his decision. "Well, Mother, I want to go to college. I will never taste tobacco again," and we scampered off to school. That boy has ever kept that pledge.

### Won Her Boys For Christ

When the writer was sixteen years old a "revival" was in progress in our village church. I wanted to be a Christian. Parental teaching and example had prepared my heart for this step. But I hesitated. I was timid. I needed another's help, the personal touch. Mother, probably divining the struggle in my heart, sat down beside me, alone, in our home, and with a mother's solicitude, calmly talked to me about God's claim upon my life. Before that day her life had made its appeal; but that hour her lips reinforced it with irresistible emphasis. She did no preaching. She simply made a tender, personal appeal in helping to answer her own prayers for her boys.

### Our First Temperance Lecture

One summer day when we were about eight years old we found mother walking about the yard sobbing audibly. We asked her what was the matter, but she tried to evade answering our questions. Finally she told us about a brother of hers whose life was being ruined by drink. Then it was, that she gave us the first temperance lecture we ever heard. Judged by the results on our lives it was the greatest we ever heard. We caught her burning determination and martial spirit and were ready for a life crusade against the liquor traffic.

### Mother's Golden Sunset

After father's death, Mother came to live with my brother in Albany, and while I was away much of the time, I had many long visits with mother.

### That Memorable Afternoon With Mother

As our long afternoon together closed, as usual I sang several songs for her and we knelt in prayer, each for the other, and in tears of joy we parted. As I was turning to leave her I glanced through the western window and saw a most beautiful sunset as its light flooded her room. Instantly I glanced back at Mother and as the glory of the inner and outer sunset met in her face. I said to myself, as tears filled my eyes, "Oh, what a beautiful life sunset is Mother's!" It was literally true of her that "at evening time it shall be light." In her 90th year, she passed on to be with father and sister, and to await our coming, in "the home beyond the skies."



"Courtesy 'The Free Methodist'"

At Evening It Shall Be Light

## EGYPT AND NARCOTICS

By Mrs. F. S. Hoyman, Supt. Narcotic Drug Dept.  
Worlds Christian Temperance Union

In the "Egyptian Gazette," leading English newspaper of Egypt, was found the following:

"An Arabic daily recently published an article entitled 'Drugs, the Blight of the Civilization of this Era. Powers should Unite to Struggle Against Them'."

For many years the "Women's Christian Union for the Prohibition of Drink and Drugs" (W. C. T. U. of Egypt) has been actively opposing these vices, whose ravages Gladstone once said "are greater than those of war, pestilence, and famine combined."

The use of white drugs is assuredly less in Egypt these days, but hashish, boiled tea, "Hassan kaik" (a mixture of tobacco and black molasses to which various drugs are often added), and various plants are used for their narcotic effect.

In the last three years the Temperance Union's young men workers have held 1500 lantern meetings against these twin evils for over half a million people. The Union published a "Syllabus in Narcotic Education, 500 copies of which were purchased by the Ministry of education. It gave to the Ministry of Communications 1,000 posters for railway stations. Many more posters were hung in schools.

The three largest Moslem "Mulads" (birthday celebrations of various saints lasting for days and attracting great crowds) are visited with lantern or literature or both, as are also Christian "Mulads."

A display consisting of posters and object lessons was exhibited at the Agricultural Exposition in Cairo by invitation of the Men's Egyptian Temperance Association, to about 50,000 visitors. Similar exhibits are still being displayed in schools throughout the country.

### The Worker's Day

Picture the workers, young men in European suits and tarboushes starting off to a village. Perhaps they are on donkeys, perhaps having to make the journey on foot through the sand escorted by a company of villagers armed with sticks and guns.

On arriving at the village they call on the Omdah (mayor) explaining that they wish to hold a lantern lecture. Advertising presents no difficulty. The Omdah permits the guards to go round crying, "Free cinema tonight at sunset," or a piastre or two will secure the services of the professional "town crier." Groups of boys who gather together to watch the lantern being made ready are more than willing to rush through the streets yelling with all their might, "Come to the cinema."

The screen is hung on a wall in the shadow if there is strong moonlight. Or it may be stretched between two palm trees, in which case the audience can gather on both sides of it, the place behind the screen being often reserved for the women.

In one village three hours spent in announcing the meeting resulted in an attendance of 1,500, including the chief of police and five sub-omdahs. A neighboring village demanded a meeting the same night; on arriving at nine-thirty the lec-

tures found 700 people waiting.

The largest attendance at any one meeting was 3,000. Picture them in an open spot, sitting on the ground, perched on heaps of sand, every wall and roof surrounding the square packed with people, faces at every window. Small boys clap their hands and shout for the lantern, old men wonder if this is really magic, people sit with their noses almost touching the curtain in a mistaken effort to see better. There are men whose yellow, pinched features, glassy eyes, and trembling, knotted fingers tell the story of advanced addiction.



Reed Zakhary and Hilmy Bulus, graduates of Assiut College who spend their entire time in lantern or literary work for the W. C. T. U. of Egypt. In 1937 they held 588 lantern meetings in 449 towns for estimated audiences of 316,000 people. Shown at Temperance booth in Royal Exposition in Cairo, Egypt, where they demonstrated and explained to about 50,000 people.

Once a spectator crept along the wall to the screen and as the villain tempted the hero to his ruin with the offer of drugs, sprang at the screen and tried to seize him, amid the laughter of the crowd, another became so angry at the addict who steals his wife's last piece of gold to pawn for drugs, that he threw a stone at the picture, knocking down the curtain. But on the whole remarkably good order is maintained.

In the summer, school boys at home with nothing to do are glad to accompany the lecturer, helping to announce the meetings. In one district a band of fifteen secondary school boys made themselves useful.



A three year old Indian child which has had opium and one the same age that had not. The smaller child could not walk or talk and could scarcely see.

It is hard to realize what a big event the arrival of the lantern is to the villager who has nothing to do in the long

evenings. Not only on the night of the lecture, but for many nights to come, he is provided with a wholesome topic of conversation and discussion. Far from the scene of any lantern meeting, men who have never seen the pictures have been overheard discussing them in a cafe. Leaflets distributed several years previously have been found in village homes, a carefully treasured possession.

For centuries opium and hashish have afflicted Egypt, and after the Great War a scourge of cocaine followed by heroin claimed innumerable addicts. In 1926 the government forbade the cultivation of poppy, and in 1929 formed the Central Narcotics Intelligence Bureau with an Englishman, Major-General T. W. Russell Pasha, at its head. His fearless work there and in the League helped not only Egypt, but the world, and especially the United States, that tempting prey of the traffickers. He said at Geneva: "In five years 31,000 Egyptians were committed to prison, made criminals by the import by foreign traffickers of these tons of profit making poisons. . . . The big contraband organizations are able to buy their way through many countries and will continue to do so until national conscience and public opinion are aroused."

### Alcohol and Safe Driving

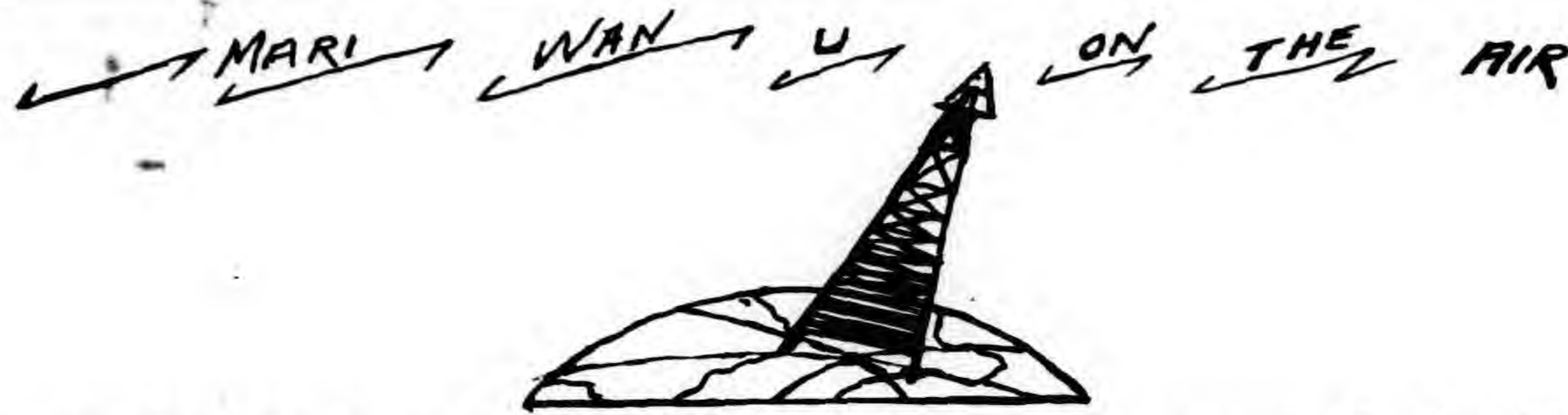
\*\*\* At the Psychotechnic Institute of the College of Technology, Dresden, the author, in collaboration with engineers, psychologists and physicians, attempted to determine how great an alcohol content of the blood would produce physical impairment incompatible with the safe direction of a motor vehicle. Such an impairment was assumed if the driver in question while under the influence of alcohol was observed to drive more recklessly than 90 per cent of all normal drivers. A large group of automobile drivers and nondrivers as well volunteered for participation in the driving tests and blood examinations. In the accompanying table are set forth the percentages of persons judged incapable of driving safely after partaking of alcohol, and the corresponding alcohol values of the blood which rendered them unfit.

Alcohol content of Blood, Per 1,000	Drivers Incapacitated, Per Cent
0.2	20
0.4	40
0.5	49
	(About 2½ small bottles of beer)
0.6	58
0.7	66
0.8	75
0.9	80.5
1.0	87.5
1.1	90
1.2	93
1.3	96
1.4 and over	100

(About 2 bottles of moderately heavy Rhine wine)

According to these data, one half of all drivers are incapable of safe driving after imbibing from two to three small bottles of beer. And after finishing two bottles of moderately heavy Rhine wine scarcely any one can be responsible for the guidance of a motor vehicle. There are exceptions, of course, especially at the level of a 1 per thousand alcohol content in the blood.

The author also studied the blood pictures in ninety cases of parkinsonism which later underwent Bugarian treatment. Tests of capillary blood, venous blood and medulla ossium were the three criteria applied. In the capillary blood prior to treatment, certain phenomena were observed: general abnormal increase in globular values, an almost normal—Copied—Journal A. M. A.



**I**F THE TRUTH about the Marihuana, (Indian Hemp) cigarettes, known in illicit trade as "Mary Warner," "Reefers," "Muggles," etc., could go on the air along with other narcotics, undoubtedly the widespread benefits to humanity derived thereby, would surpass all expectations.

These vital truths, however, should be imbedded in stories of actual cases of drug addiction, and thus make real the subtle methods being used by illicit drug peddlers to early lure unsuspecting youth into the use of narcotics that they may become possible life-time customers.

We need only to reflect on the apparent rapid growth of "big business" under the influence of a nation-wide "hook-up" on the air, to appreciate to some extent at least, the possibilities of such an educational campaign. For instance:

The American Tobacco Company as reported by its President in "1928," made an appropriation of \$12,300,000 for advertising their principal brand of cigarettes the following year.

Even though radio advertising at that time was still young, \$600,000 of the grand total was allotted for radio advertising. No one can doubt that the continuous vibrations on the air of the slogan "Reach for a 'Lucky' instead of a—" were great factors in producing the reported 38 per cent or more increase in the sale of 'Lucky Strike' cigarettes within only three months time. The increased sale and profits were realized in spite of vigorous protest by the medical profession. An editorial in the Journal of the American Medical Association, Dec. 8th, 1929, stated in part:

"Who would have thought ten years ago that the cigarette would be sold to the American public—actually by insistence of the healthful qualities of certain brands. . . . The manufacturers of 'Lucky Strike' cigarette who claim they have secured statements from more than twenty thousand physicians that 'Lucky Strikes' were less irritating than other cigarettes, are promulgating a campaign in which they assert that cigarettes do not cut the wind or impair the physical condition, and that 'Lucky Strikes' satisfy the longing for things that make you fat without interfering with a normal appetite for healthy foods. To which the simple reply is made: 'Hooley!'

"The human appetite is a delicate mechanism and the attempt to urge that it be aborted or destroyed by the regular use of tobacco is essentially vicious."

It was estimated that the loud-speaker had access to 10,000,000 homes in the United States, 40,000,000 men, women and children, and appealed to 25,000,000 boys and girls in the teen age to become cigarette addicts.

The radio as a means of advertising is of inestimable value. Its approach to the inner home circle is direct, as the loud speaker is understood by the little folks and is pretty sure to be listened to by everybody within hearing.

With the widespread increase in the use of the radio during the past ten years, we are increasingly impressed with the wonderful opportunity a radio broadcast of our subject today would afford. Many people will not take time to read what is given to them in black on white, but they will listen.

The time has come when we must sound the word of warning, and make the young people Stop! Look! and Listen! to our message, not only from the platform, but also over the air—to that great invisible audience!

#### 400 Unaffiliated Radio Stations

Fortunately, the following outstanding possibilities have been unfolded through a conference with Messres Walter Bennett and Stanley Von Martinitz of the Triangle Radio Production Corporation, Chicago, radio broadcasting counsellors.

There are over 400 unaffiliated radio stations in this country which could be used as outlets to carry this message. The plan of this radio broadcast includes a set up of series of programs through these stations by means of electrical transcriptions. By this method a program could be produced that would be outstanding in listener appeal. The cost per program would be reduced to the lowest possible point by setting up a chain of radio stations, making possible the giving of the program in series. Heretofore, a plan has never been submitted that would enable us to go on the air at a cost within our financial reach.

#### True Life Stories

The plan includes an "Enquiring Reporter" broadcast where actual street corner interviews are carried on for the purpose of getting the reaction of the public and also, true to life experiences. For instance:

A young salesman, a heavy cigarette smoker who had already arrived at the saturation stage, recently returned from Hollywood where he had been informed that practically all movie actors and musicians use Marihuana cigarettes to bolster them up, so to speak, for playing heroic parts, or, doing so called, "Dare Devil" stunts.

#### Inferiority Complex

Having been made to believe that he was suffering from an "Inferiority Complex," this earnest, troubled young man garbed in a finely tailored padded coat—a camouflage for his stooped shoulders, sunken chest and bad posture, revealed that he was seriously considering the use of Marihuana cigarettes, in the hope of

bolstering himself for his office to office salesmanship position. Upon being informed that the use of Marihuana was usually the next thought in smoking following tobacco slavery, and that the continuous use of Marihuana develops a delirious rage during which atrocious crimes are committed, this well-meaning youth—a victim of illicit trade, or, of bad example, decided to look to his physical needs instead of paying for additional chest and shoulder paddings in his finely tailored coat.

Many another bewildered cigarette smoker may be on the verge of sniffing "Happy Dust," or, smoking a "Reefer," to buoy themselves up, and our message of warning on the air may catch their ear just in time to cause them to pause and listen, even though they do not incidentally drop into our office, as was the case with the young man who thought he was suffering from an inferiority complex.

Other programs could be arranged wherein the audience may participate.

#### Give Within Your Means

In order to launch this campaign, we must have your cooperation and financial support as well as your carefully thought out suggestions. At all times give within your means, but by all means, give that little or much, as the case may be, to help start the ball to rolling. It is self-evident that a program such as outlined above, if judiciously carried out, will gain momentum of itself and in due time become self-supporting and a mighty work of prevention and correction in defense of youth.

### PUBLIC ENEMY NO. 1—DOPE

(Continued from page 4)

of Doctor Lyndon F. Small, who is probably the world's foremost opium alkaloidal expert. Biological work is being done under supervision of Doctor Eddy at the University of Michigan. Clinical studies are being carried on at the United States Public Health Service Hospital at Lexington, Kentucky, and in the hospitals of the Department of Health of the State of Massachusetts. This work is producing far-reaching results and may eventually help solve the whole problem of the opium phase of drug addiction.

"But until that scientific miracle happens, we must face the facts of this appalling menace and fight along every front in the war now being waged on drugs and drug addiction."

#### Whisky Output Drops Sharply In Last Year

Washington, D. C., Aug. 22. (Special.)—A marked decrease in the production of whisky in the twelve months ended June 30, 1938, was reported today by W. S. Alexander, federal alcohol administrator.

Whisky production averaged more than 20,000,000 gallons monthly in 1936, and dropped to 17,500,000 gallons in the first six months of 1937. During the last half of 1937 and the first six months of this year production dropped to an average of less than 9,000,000 gallons.

"This lower rate of production," Alexander said, "was reflected to some extent in the accumulation of whisky stocks in bonded warehouses, which on June 30, 1938, aggregated more than 470,000,000 gallons."—*Chicago Tribune, August 23, 1935.*



# WHEATON COLLEGE

*"For Christ and His Kingdom"*

WHEATON ILLINOIS



Mrs. Alice Hyatt Mather, Editor,  
The Narcotic Review,  
Monadnock Building,  
Chicago, Illinois.

Dear Mrs. Mather:

The one thousand or more copies of your standard scientific treatise on narcotics\* which you kindly sent, were distributed to the entire student body. We thank you for this splendid service.

Although our students do not use alcohol drinks, nor tobacco, they are always glad to have literature that will keep them informed on the evils of narcotics of every kind.

It has been the custom of Wheaton College from the time it was founded, to instruct its students on the evils of tobacco and alcohol.

On behalf of the many who have expressed their appreciation, I wish to thank you for your lecture given here recently. We are planning to have you speak again as soon as it can be planned.

Yours sincerely,

Department of Chemistry and Geology.

July 13, 1938

Signed: L. Allen Higley, Chairman,

## "THE TRUTH ABOUT NARCOTICS INCLUDING TOBACCO AND ALCOHOL"

### Nothing Like It

In light of our knowledge, there is nothing like this new film, "The Truth About Narcotics, Including Tobacco and Alcohol," and as presented by the author, there is not a "dry moment for the listener. (Read what Dr. Higley says—this page.)

This film gives the botanical history of all narcotics in pictures (colored) and explains their medicinal uses as well as warns against the dangers of self medication.

This illustrated scientific treatise on narcotics is made more colorful and realistic as the tobacco or marihuana cigarette is burned and its smoke is condensed to liquid, and all are given an opportunity to take a sniff of the "real bouquet" in the cigarette. This brings real satisfaction and laughter.

### Extended Lecture Tour

The Inter-State Narcotic Association is planning an extended lecture tour for Mrs. Alice Hyatt Mather, who is editor of the "Narcotic Review" and also author of the unique film described above.

The object of Mrs. Mather's lecture tour is primarily, to answer in person what PEOPLE WANT TO KNOW, and judging from the inquiries that pour into our headquarters through the mail and in person, the general public must want to know the truth about narcotics, and especially about the cigarette and Marihuana.

Mrs. Mather's proposed educational

campaign as planned, will extend through the south-central and eastern states. The

**Largest class ever to be graduated from a Chicago High School**



**The 1,125 members of the Lane Technical High School Senior Class on the floor of the International Amphitheater at Commencement Exercises, June 16, 1938**

\*The Principal of the Lane Technical High School, Chicago, has requested the Inter-State Narcotic Association furnish him with a quantity of scientific pamphlets for distribution to members of the "1939" graduation class.

interest manifest on the part of civic and religious leaders should open the way for her in colleges, schools, churches (union services) conventions, etc., from Chicago to Tenn., Ala., N. C., W. Va., Penn., Conn., R. I., Mass., N. Y., N. J., Ohio and Indiana.

### A Rare Opportunity

Perhaps but few people realize the rare opportunity thus proffered by the Inter-State Narcotic Association in releasing Mrs. Mather, from her commanding duties at the Chicago headquarters. This is done that she may go upon request of friends in far-away states, direct to community centers, and kindly and sympathetically visualize vital truths about which many a troubled parent knows but little, and to those who have a knowledge, but who no longer can claim an audience even from their own sons and daughters.

Mrs. Mather having devoted her entire time for the past 18 years to study and research, has a knowledge of her subject possessed by few. Prior to her work in the Narcotic field, she was widely heard in public address on the subject of "White Slavery," the "Social Evil" and attendant diseases. She has worked in these pioneer fields hand in hand with outstanding clergymen, scientists and physicians, and continues to do so at the present time.

### Charge Is Flexible

Include your city, village or community in Mrs. Mather's itinerary. She will happily give as many lectures as you may plan for her in a possible 24 or 48 hour stay. The charge is flexible, depending on the distance between engagements, also, on the number of lectures given. The date of her tour is set for some time in October.

Please address: Dr. Wm. D. McNally, Pres., 719, 53 W. Jackson Blvd., Chicago, Ill.

October 10, 1938

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

Dear Professor Fisher:

I have your letter of October 6th and the Ozonite leaflet. I have been using it regularly and have suffered less from cold than usual and I have the impression that it does me some good. I shall certainly be glad to give it full credit if it does. I am not entirely protected, however, as I do not get wholly cured of the severe cold I took some weeks ago, but I am using it every day and will continue to do so for a time. Dr. Colver has an opportunity to give it a more thorough test and will doubtless report to you.

As regards its use in cancer, I think your decision to submit it to Professor Jones is a wise one. He will have an opportunity to try it if he thinks it worth while, and nothing but a trial will determine its value. I confess, however, from what I know of the behavior of other remedies, I should not expect anything from this except to keep the surface of the cancer clean. It might be beneficial in that regard, but ordinary sugar of milk will do the same thing.

As regards the envelopes, Dr. Stewart mentioned it to me today. They had not been sent because the Extension Department reported that they thought it much better to post the letters from here as it could be done much cheaper. Besides it is necessary to have the names and addresses here on account of the follow-up.

Your assumption as regards seventy-five cents for inquiries is correct, which is the average cost of the inquiries we get from our mailing lists.

Professor Irving Fisher, No. 2.

With regard to Mr. Mathews, with whom I suppose you are well acquainted, I will be glad to have a little further information as to the sort of man he is. I judge he is thoroughly in sympathy with biologic living and that he has no objectionable habits. I shall be glad to know if he is a married man and if so what sort of family he has, what kind of person his wife is, and I shall be glad to have more information concerning his personality and abilities. Is he a good writer. Will he be good for making a medical research.

I am really in need of a good literary medical man or woman. A man would be preferable if he has not too many encumbrances and is not too high priced. If you do not know a suitable man I should be glad if you would refer me to a suitable woman. A homely old maid or a widow would be preferable.

I am very much interested in what you write about Mr. Mathews and if he has the right qualifications I may be able to give him a permanent job.

As always sincerely yours,

P. S. I am having a very strenuous time getting my work wound up so as to be ready to leave for Florida next week.



# Battle Creek College

BATTLE CREEK, MICHIGAN

October 12, 1938

OFFICE OF THE  
PRESIDENT

My dear Dr. Kellogg:

In going over the literature on the question of health and mental and nervous efficiency, the accompanying paragraph struck me as being intensely interesting and worthy of being quoted in the Good Health. It is by Dr. B. Liber, lecturer on mental hygiene in the New York Polyclinic Medical School and Hospital, and appears in the American Journal of Public Health for July 1937. The title is "Practical Aspects of Public Mental Hygiene".

"Although alcoholism has its roots in social life, an intensive educational campaign against it should be inaugurated and waged unceasingly, as alcohol is one of the purveyors of mental diseases. This is easier to do now than it was during the prohibition years when it might have been suspected as of political or selfish significance."

If you are interested in having me supply you with pertinent statements as I come across them from time to time, I shall be very glad to do so.

Very sincerely yours,

1:1

October 12, 1938

Dr. A. C. Matthews,  
Kings Park State Hospital,  
Kings Park,  
Long Island, N. Y.

Dear Doctor:

Professor Fisher has forwarded to me your letter. I judge from your letter to him that you are permanently located in an institution and so probably would not care to consider the position I have to offer.

What I want is a medical literary factotum, a person who can serve me as Bridge served Herbert Spencer in collecting material and at the same time has sufficient experience and literary ability to prepare an article from a rough outline which I can rapidly give him.

I am carrying on a variety of experimental work in various directions and am trying to unload some of the literary work which I have heretofore done while other people were asleep.

I note what you say with reference to "How to Live" and my book "How to Have Good Health." If you like these books I am sure you would find the work of which I speak very interesting.

I am just laying the foundation for what I hope will prove to be a large work in the organization of the Aristocracy of Health. It will be an attempt to associate in a great organization a multitude of people who are interested in personal health betterment and also in racial improvement through eugenics, etc.

Dr. A. C. Matthews, No. 2.

The above will give you something of an idea of the sort of help I am looking for. If the matter interests you, I shall be very glad to hear from you in some detail.

Sincerely yours,

October 13, 1938

Ida B. Wise Smith,  
National Woman's Christian Temperance Union,  
1730 Chicago Ave.,  
Evanston, Illinois.

Dear Mrs. Smith:

I have your letter of September 21.

I have just been buried with work or I should have answered sooner. I am glad that you had such a good convention. The W. C. T. U. is an organization which has always carried on its work in such a dignified manner that it commands universal respect and it is a power for good and is needed now more than ever.

I assure you we shall be most delighted to have you with us next April when we will be looking for you. If you could spend next month with us you would find it a very delightful season.

I am expecting to leave for Florida the latter part of next week.

Assuring you of a cordial welcome at any time and that we shall esteem it a privilege to do all we can to make your stay in Florida a pleasant and profitable season, I am

Most sincerely yours,

b

October 13, 1938

Mr. H. Landsiedel, President,  
General Shaver Corporation,  
Bridgeport, Conn.

Dear Mr. Landsiedel:

I have your letter of September 30th.

I have received your Remington electric shaver and am delighted with it. I have tried all the others and this I find by far the most comfortable and efficient.

Thanking you for calling my attention to your fine instrument, I am

Sincerely yours,

b

October 13, 1938

Alice Hyatt Mather,  
Inter-State Narcotic Association, Inc.,  
53 West Jackson Blvd.,  
Chicago, Ill.

My dear Madam:

Thanks for your kind letter of October 7.

I am glad to see that your work seems to be getting on a sound basis. Tobacco is such a terrible plague and is doing more harm than any other drug-- far more than opium and on the whole probably more than alcohol. It does not cause so many violent deaths, but on the whole kills more people. The average tobacco user loses ten years of his life. He is really killed by tobacco since he ends his career ten years before he should do so.

Sincerely yours,

b

October 14, 1938

Mrs. Pearl Kendall Hess,  
N. W. C. T. U.,  
631 East Jefferson Avenue,  
Orange, California.

Dear Mrs. Hess:

I have your letter of September 27.

I am glad that you found the copies  
of Good Health acceptable and hope they may assist  
a little in your good work. I am sending you a  
couple of papers which may interest you.

Sincerely yours,

b

*Papers enc.*

*Return to CKB, please.*

*ansid*

**CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS**  
**THE COUNCIL OF THE TWELVE**  
47 E. SOUTH TEMPLE STREET  
**SALT LAKE CITY, UTAH**

**October 17, 1938**

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

**Dear Dr. Kellogg:**

Through an oversight we failed to send you a copy of our Word of Wisdom book which was published nearly a year ago for use in the Priesthood quorums of the Latter-day Saint Church. Since we have followed your teachings for so long and made use of your printed matter, at least by absorption, we should like you to have a copy of the book.

You have done a splendid service for humanity through your teaching of wise dietetics. We are all grateful to you.

**Cordially yours,**

*John A. Widtsoe*  
V.S.

**John A. Widtsoe**

**JAW:vs**



(copy)

THE REORGANIZED CHURCH OF  
JESUS CHRIST OF LATTER DAY SAINTS

The Auditorium  
Independence, Missouri

October 21, 1938

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

Dear Dr. Kellogg:

Your letter of the 14th of October has been received. I happen to know who the woman is who wrote you. She is Mrs. L. H. Katschkowsky and her residence address is Lexington and Kiger Roads, Independence, Missouri. Mrs. Katschkowsky has been a registered nurse but for several years has been fighting off tuberculosis and has spent many months in Colorado Springs, Colorado. Recently she has become interested in our "Word of Wisdom," has been trying to live rigidly according to its teachings and finds herself very greatly benefited, so much so that she has become deeply interested in presenting this "Word of Wisdom" anew to our people from the standpoint of a nurse. She has been carrying on considerable investigation relative to foods and diet. In talking with her I told her of your book on "Tobaccoism" and she felt that it contained information that she needed to help her in completion of her manuscript. I gave her your address at Battle Creek.

On receipt of your letter I called Mrs. Katschkowsky up and told her of it and suggested that if she had not kept a copy of her letter to you she reproduce it as nearly as she could and send to you as you were desirous of answering her questions.

This gives me an opportunity to present a matter which I have for some time desired to write you about. Our "Word of Wisdom" suggests the inadvisability of using tobacco in any form or liquor, or, as the expression is used, "strong drink." As a rule our people do not use tobacco, but in recent years as a result of the insidious and I might even say malicious advertising of tobacco companies now being duplicated by liquor interests, there has been a growth of tobacco users in our midst. I am particularly concerned about the increase of tobacco consumption by our youth.

On a doctor's table in Los Angeles some year or two ago I found a copy of your book on "Tobaccoism." Later I ordered a copy and still later on ordered three or four more, and I am still without a copy for I have loaned these books to young people whom I desired should become interested in the question of tobacco and its use in the hopes that we could curtail it.

I am editor in chief of the Saints' Herald, which is our official organ and for some time I have been desirous of using as much of your article on "Tobaccoism" as I could to present to our readers in an effort to offset the effects of this pernicious advertising which I have mentioned. Hence, I would like to know from you to what extent we may copy your article. I also desire to secure several more copies of the book for use among our young people in my efforts to stop the spread of the tobacco habit. I shall be pleased to hear from you.

Under separate cover I am sending you a copy of our book of Doctrine and Covenants. Section 86 of this book is the "Word of Wisdom," and I hope you will find interest in it. You will note that it urges the temperate use of meats, suggesting that meat should be used only in winter time or times of famine. It emphasizes the use of grains and puts taboo upon strong drinks and hot drinks. Many of our people interpret hot drinks to mean tea and coffee, but my interpretation is that hot drinks means any drink which is consumed at a temperature which might be injurious to the mucous membrane or esophagus. Tea and coffee, in my opinion, should be considered on the basis of their usefulness and injuriousness. Personally I strongly feel that caffeine is an element which we can well afford not to take into the system, for I am sure that it is quite a contributing factor to that group of diseases which come under the head of high blood pressure, etc.

I appreciate the good work that you are doing in better dietetics and particularly appreciate the splendid way in which you have presented the subject of tobaccoism. I hope I may some day know you personally.

Very sincerely yours,

P. S. Please accept the book of "Doctrine and Covenants" with my compliments.

P. S. It may interest you to know that I am a grandson of Joseph Smith.

October 24, 1938

Good Health:

Please send GOOD HEALTH for one year to Mrs. L. H.  
Katschkowsky, 218 Lexington, Independence, Mo., complimentary.

J. H. K.

b

October 24, 1938

Mrs. L. H. Katschkowsky,  
218 Lexington,  
Independence, Mo.

Dear Madam:

I have your letter of September 29. I am very glad to hear from you again and am sorry that you had to repeat your letter.

For the additional check which you sent I have entered your subscription for Good Health for one year and in addition will send you some tables, leaflets, reprints, etc. in which I think you will be interested.

Do not hesitate to call on me for any information I can give you at any time.

I wonder if you are giving yourself the benefit of sun baths and an abundant supply of vitamin A and every other means of increasing vital resistance which is the only real defense against tuberculosis. I have had two sieges with tuberculosis myself, but have now been free from it for nearly 20 years.

Sincerely yours,

b

P. S. I see no objection whatever to the use of oranges in the winter time. Apples, pears and other of the fresh winter fruits contain very few vitamins. Tomato juice and carrot juice are excellent and contain

Mrs. L. H. Katschkowsky, No. 2.

more vitamins with the exception of vitamin C than does orange juice. People tire of one thing and there is no danger of getting too many vitamins so I think it not wise to discourage the use of oranges, the best source of vitamin C, at any time of the year. Children especially need more vitamin C than they are likely to get.

b

Oct. 24, 1938.

Miss Goodwin:

Inclosed please find a check for \$1.95 for which kindly send three paper bound Tobaccoisms to the following address:

Mrs. L. H. Katschkowsky, R. N.  
216 W. Lexington,  
Independence, Mo.

This is a duplicate order, Her previous order has been lost.

G. Estill

W. H. H. H.  
November 22, 1938.

My dear Sir:

I have read your charming book, "The Importance of Living," with great interest. I find your philosophy is much the same as that of my dear old friend, Dr. Wu Ting Fang, who used to visit me at Battle Creek. I daresay you were good friends.

I am exceedingly anxious to meet you and to have some conferences with you especially concerning the future of the human race and the plans I am developing for the Race Betterment Foundation. It is quite possible that a conference might turn out to be mutually advantageous.

I am writing you this note especially to invite you to become my guest here at the Miami-Battle Creek for a week or more, as might suit your convenience. I should at any rate like to hear from you, as I think more than probable that our aspirations for the future may lie along nearly parallel lines.

My real headquarters is Battle Creek, Michigan, where I am Medical Director of the Battle Creek Sanitarium. I have established another sanitarium here at Miami, which

I make my winter headquarters.

Thanking you for the pleasure I have found in reading your delightful book, and hoping to have the greater pleasure in meeting you personally, I am

Very sincerely yours,

K/B



November 23, 1938.

Dr. A. W. Nelson,  
41 North Washinton Ave.,  
Battle Creek, Michigan.

Dear Doctor:

Many years ago, in corresponding with Dr. Tissier about bifidus, he mentioned to me that milk was not a good culture medium for this organism. I am under the impression that I sent this letter to you. I would be very glad to have it if you can find it.

I think you told me some time ago that you had some other letters from Dr. Tissier besides those you handed me. If you run across the letter referred to, I would appreciate it very much if you will send it to me.

Hoping that you are in good health, and with best wishes, I am

Sincerely yours,

K/B

COPY

American Public Health Association

50 West 50th Street,

New York, N. Y.

November 29, 1938.

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

My dear Dr. Kellogg:

During the Kansas City Annual Meeting the Executive Board of the American Public Health Association gave voice to its appreciation of the long membership record of certain of our members and Fellows and expressed a wish to show its appreciation of this faithful support in some tangible form. After considerable discussion the Board voted to offer to cancel the dues of any member or Fellow who has been affiliated with the Association for forty years or more.

Your own membership, which dates back to 1878, places you in this category and I therefore take pleasure in informing you of the Board's action in order that you may take advantage of this offer if you so desire.

Looking forward to hearing from you in the near future, I  
am

Very sincerely yours,

REGINALD M. ATWATER, M. D.,  
Executive Secretary.

(COPY)

December 7, 1938

Reginald M. Atwater, M. D.,  
The American Public Health Association,  
50 West 50th Street,  
New York City.

My dear Dr. Atwater:

Replying to your kind letter of November 22nd, while greatly appreciating the courtesy accorded me by the Executive Board of the American Public Health Association, I must decline to accept it as I take great pleasure in making to the Association the small contribution represented by my annual membership fee.

I am especially pleased to see the steadily broadening scope of the work of the Association and hope some time to see the Association probe still deeper into the causes of the race deterioration which is threatening the practical extinction of the white races of the world within a century or two.

Again thanking you for your letter and the Board for the courtesies shown me, and assuring you that my interest in the work of the Association is still as great as when I became a member 60 years ago, I am

Very sincerely yours,

Mary E. B. Smith, 96 Kalamazoo St., Battle Creek, Mich. Dec. 4, 1938

JHK

On my arrival at home from a ten days' visit at Lansing your kind and very welcome letter of the 17th was awaiting me. It is always pleasant to recall old happenings, but there is one thing that transpired many years ago which always causes a feeling of sadness, a meeting held in the old Tabernacle one evening when the names of many were disfellowshipped, but only two that stand out clearly, yours and Eld. Tenney's. No accusation heard, but while you were not present Eld. Tenney rose and no doubt voiced what might have been your sentiments when he said with at least tears in his voice if not in his eyes, "It makes me very sad as I have loved this truth for over forty years, and expect to love it as long as I live," which no doubt he did. You each had a gospel commission not from man, but from Christ, and "woe is me if I preach not the gospel" was doubtless what you each felt.

Thank you for your interest in my welfare, saying you would be glad if I would tell you of my circumstances and asking your manager to look me up, which they have done. His wife called on me a few days ago as he was very busy. A pleasant woman. Gave a list of a few articles and sent some on their own thought, all very nice and palatable, Your manager brought them and congratulations are certainly in order that you have secured the services of such a man as he seems to be, a man with piercing but very kindly eyes that so frankly look into your own, kindness, honesty written there, a very pleasing personality. They are a fine pair.

Now then will tell you more than I have ever told anyone of my affairs as am sure it is no idle curiosity that prompted the wish as you have an abundance of business to see to. My house was formerly a five room cottage, but a nice oak frame, and it became necessary to make a change in the roof, so we decided to make a double tenement flat,

which would make me a little income, having already made a 5 room house of Charlie's shop. It necessitated getting a loan from the bank of \$2,500. Rents took a slump so I still owe over \$800. Am receiving monthly \$31, pay \$20 to the bank, tithe \$3.10, \$8 for coal per month, which leaves 90 cents. My two great grand daughters who have with them their mother and brother have been with me 11 years. Their mother was recently married. She and son are gone. The girls have taken care of table and gas and lights, but have had little work on account of strike at store where they worked, but will have more soon. I hope we will be all right soon. Am hoping it will take more than this to depress me.

Your gift of some of your products was a real Godsend just now. Many thanks. It is like you. May God continue his blessings to you.

**Doctor:**

I think these are the only letters sent to me that you have not answered, with the exception of Miss Carlson's.

**CKB**

**Feb. 2, 1938.**

Noted  
D.V.

Battle Creek, Mich.  
Dec 4. 1887.

John Harvey Kellogg, M.D.

Dear Brother and Friend,

On my arrival at home 28th  
ult. bring a ten days visit at  
Lansing. your kind and very  
welcome letter, of the 17th was  
awaiting me, very interesting,  
'tis always pleasant to recall old  
hapings, but there is one thing  
that transpired many years ago  
which always causes a feeling of  
sadness, a meeting held in the  
old Tabernacle one evening, when  
the names of many were displayed  
shaped, but only two that stand  
out clearly: yours and Eld. Terry -  
no accusation heard, but unlike  
you were not present - Eld. Terry



arose and no doubt voiced what  
 might have been your sentiments  
 when he said, with at least tears  
 in his voice, if not in his eyes,  
 "it makes me very sad, as I have  
 loved this truth for over forty  
 years, and expect to have it as  
 long as I live," which no doubt  
 he did, you each had a gospel  
 commission, not from man,  
 but from Christ, and "woe is  
 me if I preach not the gospel,"  
 was doubtless what you each felt.  
 your work has been, and  
 still is, as important as was his,  
 but was so glad to note that  
 despite all that might have been  
 said or done, you have the best  
 of feelings toward any who might

as he seems to be, a man with piercing, but very kindly eyes that so frankly look into your own kindness, honesty, sincerity, a very pleasing personality they are a fine pair, an honor to your business surely.

Now then will tell you more than I have ever <sup>told anyone</sup> ~~known~~ of my affairs, as am sure it is no ideal curiosity that prevented the wish, as you have an abundance of business to see to, my house was formerly a fine lawn cottage, but a nice oak frame, and it became necessary to make a change in the roof, so we decided to make a double tenement flat, which <sup>and</sup>

would make me a little income  
having already made a business  
of Charlie's shop. it necessitated getting  
a loan from the bank of \$2500,  
rents took a slump so I still owe  
over \$800, am receiving monthly  
\$31.00, pay \$20.00 to the bank, little  
" 3.10, \$8.00 for coal per month, which  
leaves 90 cts. my two great granddaughters  
who have with their mother & brother  
have been with me 11 yrs. this  
mother was recently married.  
she & son are gone. the girls  
have taken care of table and  
gas & lights. but have had little  
work on account of strike at  
store where they worked, but  
will have more soon & hope  
we will be all right - soon  
am hoping, it will take more  
than this to depress me. x

have been critical,

Yes, am very glad to be alive  
but shouldnt we wish to live  
when we hope to have eternal  
life? Thank you for your  
interest in my welfare, ~~say~~ if I  
would tell you of my circumstances  
and asking your manager  
to look me up, which they have  
done, his wife called on me a  
few days ago, as he was very  
busy, a pleasant man, got a  
list of a few articles, and sent  
some on their own thought,  
all very nice and palatable,  
your manager brought them,  
and congratulations are certainly  
in order, that you have secured  
the services of such a man as

6

\* your gift of some of your products, was a real God send just now, and you are the channel. many thanks, it is like you, may God continue his blessings to you.

Most Sincerely  
Mary E. B. Smith,

P.S.

Excuse this scrawly, jumbled letter.

Ninia Woodbine Pomare  
Huviros, Lower Hutt, New Zealand.

12-10-38

Thank you sincerely for Good Health which I read and send on to Pa and those who see it very interested. This year particularly busy one for me. Daughter was with me for 3 months with her baby. They not well and could not get any help in house. Was kept very busy with my welfare, mission and maori (M) work. Went away for visit with son which did me lot of good. Auckland doctor said must give up all activities for 3 months and came home to make arrangements but found my maori com. determined to carry on and have bazaar. Held Nov. 2nd - great success. Working ever since making orders for maori weaving baskets and dressing dolls. Weaving takes a long time. Still have dolls to dress before Christmas. Maoris depend on me to lead them. Social work has grown a great deal. Wonderful lot of European friends. Just came across this clipping, thought might interest you. The boy is doing very good work. Last week-end went to the consecration of maori church

and they wanted Ra there and had petitioned the government to send him there as they wanted him to stand for Parliament in his father's place. Looking forward to his homing hom for Christmas. I'm getting old, living 12 miles from town with gorse growing everywhere, yet I cannot bear the noisy city life and this home Mains and I built out and from the rough country and by sheer hard work turned it into beauty. Cannot do the heavy gardening as I used when Mains was away, and cannot expect the boys to be here always. Maoris and pakebas, looking to him to carry on his father's work. Get correspondence from all over the world, particularly the Island. Always glad if I can help. Hope this finds you well, and wishes for a merry Christmas and a very happy New Year. Please forgive me for not writing before but writing difficult with so many interruptions.



# The LINCOLN-LEE LEGION, Inc.

Abstinence Department of the Anti-Saloon League of America

HOWARD HYDE RUSSELL  
*National Secretary*

VIRGIL P. BROCK  
*National Director*

"RUSSELL'S REGISTER"  
*Quarterly Report*

BLANCHE KERR BROCK  
*Music and Drama*



Presenting the "COURT TRIAL OF BEVERAGE ALCOHOL," — "SAFETY *versus* TRAGEDY"

Westerville, Ohio,  
December 12th, 1938.

Doctor J. H. Kellogg,  
Miami, Florida.

Beloved Doctor Kellogg:

My friend, Doctor Clarence Vincent, writes me about your recent hospitality to the Miami ministers which they so much appreciated.

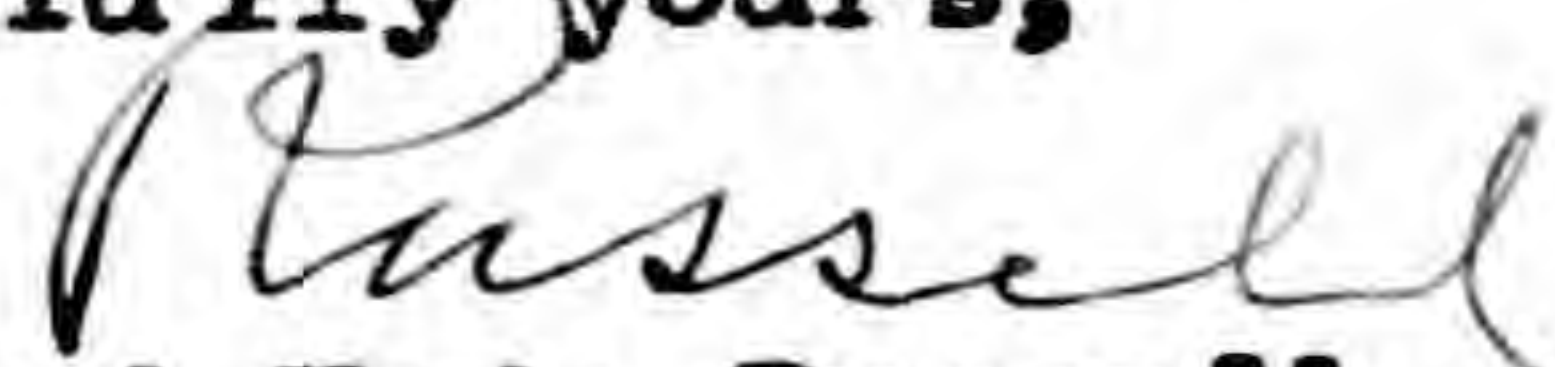
Also Vincent, my Oberlin classmate in the School of Theology, further tells me how, when he spoke to you about myself and how much your hospitality at Battle Creek, Michigan, and Miami-Battle Creek has extended my life-work in the warfare against the organized liquor traffic, you replied: "Write him to come this year a week or so!"

Vincent says he then thanked you for this new courtesy as a "great gift to the cause".

Likewise, dear friend Kellogg, Mrs. Russell and I unite in this our personal expression of gratitude for your courteous invitation. It now looks favorable for my presence with you a little later on. Shall write you again a little while before my dates are settled.

Enclosed I send a copy of "RUSSELL'S REGISTER." If you have time to glance over it, you will see a little more than Vincent told you about my present cooperation in the "Five-Year Comeback" for sobriety and against the liquor.

As ever, gratefully yours,

  
Howard Hyde Russell

HHR/b

HEADQUARTERS: WASHINGTON, D. C., AND WESTERVILLE, OHIO





**The Five Year "Come-Back."**  
*"Booze," alias Barley-corn guilty of many murders.*

A skilful reporter of the Christian Science Monitor at this thrilling court trial of "Booze" in Mechanics Hall, Boston, on Sunday afternoon, Jan. 16 included the following facts:

The case of Beverage Alcohol was tried in the "Court of Public Sentiment" before five thousand people yesterday afternoon at Mechanics Hall, in the new Five Year Plan of the Lincoln-Lee Legion, Inc. to organize the public against the use of liquor. Like Paul Revere riding through the country to arouse the citizenry against the enemy so the Legion is marching through the land to warn of the more subtle



**THE REV. H. J. OCKENGA**

**THE REV. DR. C. GORDON BROWNVILLE**  
*The three Judges who presided at the hearing*

**DR. HOWARD HYDE RUSSELL**

enemy Alcohol, Dr. Howard Hyde Russell, founder of the Anti-Saloon League and the Lincoln-Lee Legion declared as the trial opened.

After several preliminary try-outs in smaller communities, the first metropolitan trial was staged with great success in Philadelphia on Oct. 25, 1937. Arrangement was begun soon after to present the program next in Boston with all its associations in the struggle against Political Tyranny and against Slavery.

"The Five-Year Come-Back" of the Lincoln-Lee Legion, Inc. launched in Philadelphia and Boston will follow up the campaign by multiplying abstainers in churches and communities all the states.

**HOWARD HYDE RUSSELL, D.D., LL.D.**, of Westerville, founder at Oberlin, 1893, of the Anti-Saloon League and, 1903, the Lincoln-Lee Legion—Hereby relates that nine thrilling Court Trials of the murder case of "Church Versus Booze,"—"Safety Versus Tragedy," have been held in packed auditoriums in nine populous cities, including Philadelphia and Boston.

Russell hereby proclaims that a "Five-Year Comeback" has now begun, which assures triumph over the worst liquor traffic ever conspired. 5,000 victories since Repeal in Local Option Elections! Let all Patriots pray! **WITH GOD'S HELP, WE SHALL SEE THIS THING THROUGH!**

"Look not upon the wine when it is red!" "Woe unto him that giveth his neighbor drink!"—Holy Bible.



Attorney  
A. LINCOLN  
in 1846

## Russell's Register

Booms the Speedy "Dry Comeback" of the  
**LINCOLN-LEE LEGION, INC.**

Department of Agitation and Abstinence of  
The Anti-Saloon League of America  
and Sponsor of The "Court Trial of Booze"



Captain  
ROBERT E. LEE  
in 1846

Howard Hyde Russell, Westerville, Ohio—National Secretary; and  
Author of "Court Trial of Booze."

Rev. Virgil P. Brock, Indianapolis, Indiana—National Director; Mrs. Blanche K. Brock, Manager of Music and Drama.

No. 1

SUMMER QUARTER

1938

### Our Introduction!

"Please meet  
'RUSSELL'S REGISTER'!"

Forty-five years ago, on May 24, 1893, at Oberlin, Ohio, the Anti-Saloon League movement was founded. Rev. Howard Russell, the founder, hastened from village to village and from city to city offering Ohio churches a non-partisan, interdenominational movement. A headquarters was opened at the capital, Columbus, in September. In the summer vacation of 1894, with a quartet of college men, Russell held two meetings a day all over Ohio.

In the vacation of 1895, forty-five college Juniors and in 1896 sixty-five, with bicycles, enrolled in Ohio counties 200,000 voters pledged to vote for dry candidates. Another 250,000 were enrolled upon lists from the churches, and a million dry voters were ready in 1905 when the first dry governor, John M. Pattison, of Cincinnati, was elected.

Meanwhile, Russell, as National Superintendent, with assistants had planted the Anti-Saloon League in 35 states. Was there a record or "register" of the progress of the movement? Yes, indeed. In November of the first year (1893) a monthly paper, "Anti-Saloon," was sent to all supporters of the League. From then to this hour like reports have been made monthly or weekly.

This Paper Booms the "Dry Comeback"!



### Notable Court Trial

"Church versus Booze"—"Safety versus Tragedy"

A Great National Issue

"Beverage Alcohol"—declared by Gladstone "more destructive of human life than war, pestilence and famine"—has been arrested in nine populous cities, including Philadelphia and Boston; has been indicted, tried, convicted and sentenced to death!

In the presence of immense audiences there is a most impressive and thrilling Final Court Scene, with Court Herald, Chaplain, three Judges in gowns, Defendant's Attorney (doing his best for a bad client!), Prosecuting Attorney; twenty Juries representative of various public and social organizations presenting a vital cross section of public sentiment, with their verdicts of "Guilty," which demand the death of the defendant. The Chief Justice pronounces sentence of death without mercy and begins, then and there, execution of the sentence.

This first edition of RUSSELL'S REGISTER gives a record of these Trials, and will continue to promote and report these important court cases as they multiply in the future.

RUSSELL'S REGISTER thus begins to herald the new national campaign of education against drink and for total abstinence.

## LINCOLN-LEE LEGION, INC., BRINGS BOOZE INTO CRIMINAL COURT



ATTORNEY A. D. MCKINLEY  
Associate Judge

HON. CLAUDE C. BALL  
Chief Justice

ATTORNEY FRED MCCLELLAN  
Associate Judge

### BOOZE ON TRIAL AT MUNCIE, INDIANA

Two years ago Howard Hyde Russell, Founder (1893) of the Anti-Saloon League, was directed by the League to revive and expand the Lincoln-Lee Legion, also founded by him in 1903. Russell wrote and copyrighted the "Court Trial of Booze." Fortunately the Legion secured the services of Rev. and Mrs. Virgil P. Brock of Indianapolis, noted gospel evangelists, as national organizers. Court Trials have now been held in nine populous cities.

At the third Trial at Muncie, Indiana, the auditorium was "packed from pit to dome," and hundreds turned away. Judge Ball, County Judge of Delaware County, because the Trial is educational rather than legal, consented to preside as Chief Justice, and leading attorneys McClellan

and McKinley (cousin of President McKinley) were the other judges. The Trial was with the approval of the County Ministerial Association.

The splendid success of the Trial as described by Rev. W. E. Steckel, D.D., records the general opinion of the pastors of the county, as follows: "The impact of the 'Court Trial of Booze' brought three important results: First, we had a crowded house at a temperance meeting, the first time for many years. Second, the majority of the twenty juries were youth. It is a real youth movement. Third, the curve of public sentiment in the county on drinking which had been downward has taken a quick upward turn toward sobriety."

The churches are planning a total abstinence pledge movement in Delaware County.

### TEETOTALS PREFER CLEAN NEWSPAPERS

Frank E. Gannett, Rochester, New York, wise, prosperous publisher of nineteen dailies of wide circulation, says:

"Believing that the use of alcoholic beverages is harmful both to the individual and society, I cannot consistently accept beer and liquor advertising in my newspapers. It is probably the most potent force today in changing habits and points of view as well as in the selling of goods and services.

"While readers of newspapers and magazines may not express themselves openly to publishers, I have abundant evidence of the resentment that

a large proportion of readers feel toward not only the type of liquor advertising now appearing in so many publications but the large proportion it represents in relation to all advertising carried."

#### The Gannett Newspapers

Rochester Times-Union, Democrat & Chronicle, Albany Knickerbocker News, Danville Commercial-News, Elmira Star-Gazette, Elmira Advertiser, Elmira Sunday Telegram, Hartford Times, Ithaca Journal, Malone Telegram, Massena Observer, Newburgh News, Beacon News, Ogdensburg Journal, Olean Times-Herald, Plainfield Courier-News, Saratoga Springs Saratogian, Utica Observer-Dispatch and Utica Press.

## LINCOLN AND LEE

Nineteenth Century Total Abstainers, Who Inspired the Lincoln-Lee Legion, Inc.

ABRAHAM LINCOLN at nine years of age promised his dying mother he would "never drink that which makes folks drunk," and he never did. When a member of Congress in 1847, the hostess at a reception offered wine. Mr. Lincoln gently replied, "No, I thank you!" Another Congressman said: "Lincoln, that was impolite!" Lincoln said: "I promised mother on her death-bed; that was a solemn obligation!" Silence ensued.

Lincoln, when President, traveled on a gunboat. Raised on the prairies, he became seasick on the sea. The captain offered a glass of champagne. "This, Mr. President, will make you well." Lincoln replied: "No, thank you, Captain; I've seen a lot of folks seasick on land, from drinking that kind of stuff!"

In the summer of 1846 Mr. Lincoln at South Fork School House in Sangamon County, gave a temperance speech. As was his custom he invited all present to sign the pledge. One was a farmer boy—Cleopas Breckenridge. Mr. Lincoln stroked the boy's head and said: "Keep that pledge and it will be one of the best acts of your life!"

Cleopas when seventy years old told Howard Russell about it. Russell found eight persons alive in 1902, who had signed Lincoln's pledge in 1846. Russell started the "Lincoln Legion" in 1903. In 1912 it became Lincoln-Lee-Legion. About five millions have already signed the Lincoln pledge.

ROBERT E. LEE, born at Stratford, Virginia, January 19, 1807, was two years and twenty-four days old when Lincoln was born, February 12, 1809. They were on opposite sides in the Civil War but all their lives they were upon the same side of the temperance question. Lee appealed to his soldiers in the field and to his students at Washington College at Lexington, Virginia (now Washington and Lee University), to abstain from the drinking of intoxicating liquors. The most historic and well authenticated statement made to his college students and others is as follows:

**"My experience through life has convinced me that, while moderation and temperance in all things are commendable and beneficial, abstinence from spirituous liquors is the best safeguard to morals and health."**

While Commander-in-Chief of the Confederate forces in the Civil War, this incident occurred: Lee sent his orderly to each of his staff officers in camp, inviting them to come to headquarters with a tin-cup, to share a gift Lee had received of some "fine liquor." They came with much surprise for all knew the General's anti-drink principles. One of his captains reports: "When we all arrived and saluted, there on the table stood the biggest jug I ever saw. The General pulled out the cob cork and filled our cups with some of the finest,—cool fresh **Buttermilk** we had ever tasted!"



MR. AND MRS. GEORGE C. CLARKE  
Managers Dry Hotels, Washington, D. C.

### RUSSELL'S REGISTER, Summer Summary

1st: Please read with attention this first number; then if interested in its contents about the Court Trials and other features, write or type your postcard of approval addressed to the Editor, Howard Russell, P. O. Box 151, Westerville, Ohio.

2d: Start a REGISTER Group. Send five or more names of persons you think would like to hear about Russell's plans for the "FIVE-YEAR COMEBACK" started in Boston, January 16th, 1938, to be more fully depicted in No. 2, the Fall Number of the REGISTER.

3rd: Russell's fall quarterly also will register many more dry hotels and dry newspapers. Meanwhile, we now add names of five dry dailies in big cities who serve "News without Booze," to-wit: **The Evening News, Chicago; Star, Kansas City; Times, Los Angeles; Spokesman-Review, Spokane, Washington, and the International Daily Christian Science Monitor, Boston.** More greeters in dry hotels will also be introduced. Meanwhile, the Register highly recommends, at **Philadelphia, the Normandie (36th and Chestnut); Cleveland, New Amsterdam (Euclid Ave. and 22d), and at Columbus, Ohio, The Seneca (Grant Ave. and E. Broad).**

December 16, 1933

Doctor Howard Hyde Russell,  
Westerville, Ohio.

My dear Doctor Russell:

I am glad to have your letter of December 12th.

I was amazed to learn from your friend of the wonderful work that you are doing. I have read your "Register" from first line to last. Your court trial is a wonderful idea. It will be a tremendous thing for building up public opinion against alcohol.

The great mistake made by the temperance people when prohibition was attained was failure to follow it up with education. I recognized this and appealed to the temperance people but could get no action. They left matters to the law and the Lord. The Lord did His part, but the politicians destroyed the law. A law without public sentiment behind it will not be a complete success, though it will be of service. On the other hand, public opinion without the law can do a lot to prevent the mischievous work of alcohol.

You are a genius and a marvel of grit and toughness. I am glad that you are coming to Florida again. By all means drop in for a few days and let us give you another boost. I have got some good things to tell you about that will help you in your battle against Old Father Time. You must hurry up and get here before the middle of January. We have a big crowd coming this year and I fear even before the middle of January we are going to be filled. Our space is already to a large extent reserved. If they continue coming at the rate they have been arriving the last few days we shall be brimful in two weeks.

Doctor Howard Hyde Russell, No. 2.

When you are coming this way give us a few days' notice. We will do our best to plan to get you in even if we are crowded. In any event we will find a place for you close by and you can come in for meals and treatment. We want to see you anyway and to have the pleasure of giving you another lift. I am certainly glad to have a hand in your great fight against booze.

With kindest regards, I am

Cordially yours,

b

9 BRIMMER STREET  
BOSTON MASSACHUSETTS

19 December 1938

My dear Dr. Kellogg:

With the box of Stayman Winesaps which  
I am sending you from the Shenandoah Valley of  
Virginia go all the good wishes in the world for  
Christmas and the New Year from both of us.

Faithfully yours,

Richard B. Byrd

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

December 23, 1938

Admiral Richard Byrd,  
2 Brimmer Street,  
Boston, Massachusetts.

My dear Admiral Byrd:

I have your letter of December 19.

It is very kind of you to send me a box of your wonderful winesaps. They are a most delicious fruit. I am sharing them with our guests for Christmas dinner.

I have been wondering how you have been getting along healthwise. The last time I saw you here you certainly looked very fit. I hope by this time you have recovered from the damage you received through the terrible hardships you endured down at the South Pole. I hear rumors about that you are going again. What makes you do it? I am sure the morbidity rate from nervous disorders in the United States must be increased every time you go off on your daring exploits. You keep the nations nerves on such tension until you get back.

If you get down this way this winter do not fail to drop in. I shall be glad to see you and check you up a little and to give you a few new pointers toward superhealth and longevity.

With kindest regards and cordial holiday greetings to your whole flock of rare Byrds, I am

Cordially yours,



A. J. MARTIN, M.A., D.C., [1938?]

Nerve and Spine Specialist

Osteopath

Phone:  
PUTNEY 7414.

267, UPPER RICHMOND ROAD,  
PUTNEY, S.W.15.

LONDON, England.

Dear Dr. Kellogg,

You will recall me as a Teacher of Anat.  
at Battle Creek College some ten years ago,  
also as the artist who executed your bronze  
which is in the Parlour of the Sanitarium.

I am responsible for the Health Column  
of a local paper here, and often quote  
from your book "The Health Question  
Box". I would appreciate the privilege  
of freely using the advice you give in  
this book on various subjects, and par-  
ticularly on matters of Diet.

As you well know the English are  
prodigious meat eaters, and I have been  
hammering at them in my articles, <sup>to adopt</sup> the  
simpler and more healthy form of Diet.

What should I reply to a "Diet  
Expert" here who writes that the  
"savage" living on a "natural" diet  
seldom reach the age of 50, and that  
in an enquiry almost 50% of the children  
of some 1500 native women, died in

early life". He also states that the  
the Savage is free from Cancer is not  
because he does not eat meat but  
because he seldom reaches the Cancer  
age. And that their supposed freedom  
from disease is proportional to their dis-  
tance from properly organized medical  
investigation.

He also quotes the Sikh against his  
Bengali cousin - the former, being a meat  
eater, is chosen for the finest fighting  
troop of India, whereas the Bengali  
is useless - 25% under weight, + so on  
and is a vegetarian.

We were very glad to hear from  
an old B.C. student, who was re-  
visiting Battle Creek recently, that  
she found you still "in harness"  
surrounded by patients, and  
hardly looking a day older. This  
must be very gratifying to you,  
& to your ideals.

With our kind regards,

Sincerely yours,

A. J. Martin

29382

LADY GRENFELL  
KINLOCH HOUSE  
CHARLOTTE, VERMONT

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

Dear Dr. Kellogg:

I know how many burdens and worries you have on your shoulders and I think I ought to tell you at once that I have about decided to engage a young man from New Hampshire, as a companion for Sir Wilfred. He is a medical student, a farm boy who has had to give up his medical studies owing to lack of funds, and his recommendations are excellent, both as to character and ability.

He neither drinks nor smokes. He has a quiet even-temperament and he is interested in scientific matters which will be a pleasure to Sir Wilfred, whose mind runs so definitely along that line.

With kindest personal wishes,

Yours sincerely,

*Anne Grenfell*

Sir Wilfred Grenfell, C/o Mrs. Stephen Baker, 666 Park Avenue, New York. [14387]

JHK

I want you very much to send a copy of Good Health to Mrs. *about*  
Stephen Baker at above address where I am stay. She is now the moving  
factor for the world in this family and in a very large circle. Her husband  
is president of one of the large New York banks, getting on in years. But  
fine Christian folk. I would like one also sent to Mr. Lincoln Cronwell,  
711 Park Avenue, New York.

My beloved wife's superb gallantry at last began to break when  
after seven weeks up here, a thrombus in the left femoral v. was diagnosed  
and her leg was very painful and swollen, and day after day, day after day she  
couldn't move even to turn over. A telegram brought me to St. Luke's Hospital.  
I had a good sun bath in a lower compartment for two hours (but through the  
glass of course). The change in my wife's face showed me the terrible strain  
she had been under. She noted my brown skin and my horizontal wrinkles.

She was infinitely better in 12 hours in mind and body. But I am told I may not yet think of moving her for fear of moving the clot. She sends her infinite gratitude and love to you. Good as they are here, she says she feels absolutely certain she would have been well if in your sunshine and air.

has she says she feels almost perfectly  
she knows have been well, if in your  
summit.

MRS STEPHEN BAKER  
666. Park Avenue  
New York

Dear Dr Kellogg  
I want you very much  
to send a copy of Good health  
to Mrs Stephen Baker at above  
address, where I am staying.  
She is now the moving factor  
for the world in this family,  
& in a very large circle - Her  
husband is president of the  
The Lang - N.Y. Bank. Letty  
on in years. Both fine Christians  
Folk. I would like one also  
sent to Mr. Lincoln Cromwell  
211. Park Avenue - also a  
N.Y.

affected  
Ever  
Wishes  
I freely

COPIES  
2 JULIES  
1 JULY

very important man for  
true Christian - and me

to my friend the  
Reverend Horace  
Donagan  
St. James Church

Dr. Beeckman  
Delator  
at his office in N.Y.

77<sup>th</sup> street &  
Madison Ave  
N.Y.

He is suffering with a Bell's  
Paralysis of the facial N. & a  
man whom N.Y. can't afford to  
lose. He is a factor for the  
Kingdom of God on earth, &  
fills his large Episcopal Church.  
I would like to have  
a list sometime of the people

I have <sup>asked</sup> you to send "find health  
is - your future I will keep a  
careful list - and don't want  
to overlap -

This is the way how being  
by little people to know about  
biological way" -

You will be surprised that

I am in NY

My beloved wife's superb  
gallantry at last began to break  
when after 7 weeks up here,  
a thrombus in the right femoral  
V. was diagnosed. Her leg was very  
painful & swollen, today  
after day, day after day



She couldn't move even to  
turn over. A telegram wrote  
me to St. Lukes Hosp. N.Y. via  
Lovel 26th side - I had a good  
sunbath in a covered compartment for  
two hours (but thro' the glass &  
course) - The change in my wife's  
face showed me the terrible strain  
she had been under - She noted  
my brown skin & my "horizontal  
wrinkles", & I had today it was  
because I thought the WHITE  
trace was passing. She was  
infringed better in 12 hrs - the  
mind on the body - But I am  
told I may not yet think of moving  
but for fear of moving the clot.  
She sends her infinite gratitude &  
love to you - Good as they are

**CLASS OF SERVICE**

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

# WESTERN UNION

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**

MZU 4 10/13=NEWHAVEN CONN APR 8 914A

*2193811*

DR J H KELLOGG=BATTLECREEK IN FLORIDA=

PRINTER AWAITING YOUR PROOF KINDLY TELEGRAPH

BY WESTERN UNION WHEN I MAY EXPECT IT=IRVING FISHER.

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

*mailing proofs tonight*

*John Harvey Kellogg .945 A..*

*20*

[1938]

Sir Wilfred Grenfell,  
Private Pavilion,  
St. Luke's Hospital,  
New York City.

My dear Sir Wilfred:

I have your letter of March 2nd.

I assure you we shall be most happy to receive Dr. Donegan  
as our guest. I have wired him as follows:

"We will be happy to receive you as our  
guest and to do all in our power to make  
your stay with us as pleasant and profitable  
as possible."

I hope all is going well with you and Lady Grenfell.

With best wishes, I am

Sincerely yours,

D 93825

# Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

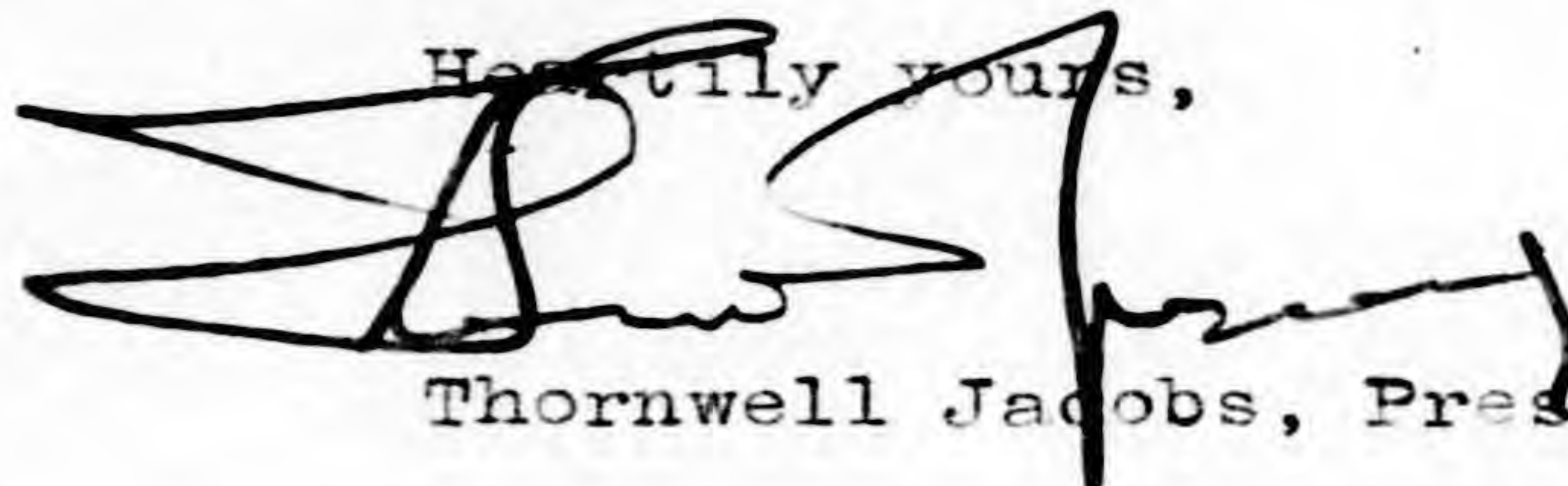
Dear Dr. Kellogg:

We are having an interesting campaign here in Atlanta, endeavoring to raise \$150,000 wherewith to pay all of our obligations, including the remainder of our bond issue which falls due April first, 1938.

We are getting out some attractive literature in which I thought you might be interested. The campaign coincides with the Silver Anniversary of our academic life. We are publishing, for the first time, a complete list of all of our honorary alumni. You will find this group on the last page of the special booklet which we have issued, a copy of which is going forward to you under separate cover. We are very proud of this group of distinguished men and women. It is probably the finest list of honorary alumni of which any small college in the world is able to boast.

I shall send you, from time to time, other literature about the campaign in which you might be interested.

Heartily yours,



Thornwell Jacobs, Pres.