January 10, 1939

Sir Wilfred Grenfell,
The Miami-Battle Creek.

My dear Sir Wilfred:

Delighted that you are with us. I have been waging a battle with bankers and lawyers to rescue the Battle Creek Sanitarium which has prevented me from meeting you. I hope that you are feeling at home. I hope to have the pleasure of seeing you in the morning.

Sincerely yours,

b

January 10, 1939

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

Dear Dr. Vaughan:

I am delighted to hear from Dr. Douglass about your dinner party. I do not know of any man whose friends take greater delight in honoring. I esteem it an honor as well as a great pleasure to have an opportunity to express a small part of my appreciation of you and your services to the public.

But I am writing especially to express to you my heartfelt thanks for your contribution to my sixtieth anniversary a couple of years ago which the invitation to participate in your dinner party brought to my attention. I was more than overwhelmed with work at the time of the dinner and left Battle Creek for Florida immediately afterward. In the flurry your letter with several others got out of sight after they had been presented at the banquet and only reached me yesterday together with a note from Dr. Douglass which recalled the matter to the memory of one of my secretaries and gave me the exquisite pleasure of reading the pleasant things your generous heart indited for me. I am deeply pained at the shabby way which I have unconsciously treated you. I certainly feel much humiliated.

The financial situation of the Sanitarium and the complications created by lawyers have kept me more than busy in untangling snarls and finding a road where the attorneys declare there were big

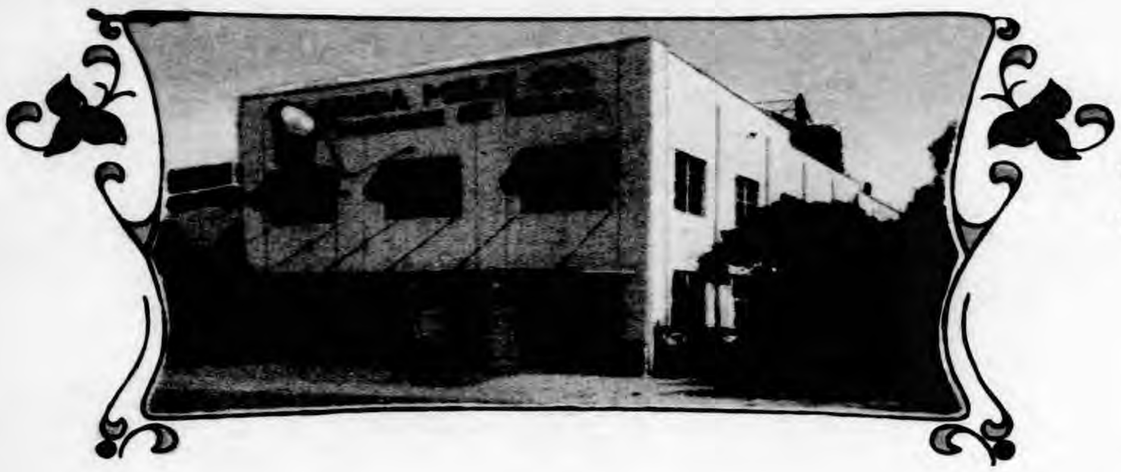
signs displayed "No thoroughfare here." The whole business culminates in the last ten days during which I have had nearly a dozen lawyers, bankers and officials down here wrestling with our problems and I have found a way of escape from the sad fate to which the Court had assigned us. This situation together with a sickness which confined me to my bed for two or three weeks prevented Dr. Douglas' letter from reaching my eye until yesterday.

It will be a great pleasure to receive an account of the dinner party and I shall be glad to have the pleasure of enjoying the splendid enconiums that I know will be showered upon you. I always think of you, Dr. Vaughan, as one of the best examples I have met in my lifetime of perfect gentility and I have valued your friendship as one of the most precious experiences of my life. If you get a chance to run away for a little vacation this winter, permit me to have the pleasure of making you my guest here in Miami. We have a most delightful restful place here which I am sure you would enjoy. Nothing could afford me greater pleasure than to have you as an honored guest.

Thanking you many times for your friendship and the inspiration your life has been to me and to thousands of others, I am

Your devoted friend and admirer,

b



SUWANNEE
PURE
DAIRY PRODUCTS

FLORIDA MILK COMPANY, Inc.

General Offices
437 - Tenth Street North
ST. PETERSBURG, FLORIDA

Janauary 23rd, 1937

Miami Battle Creek Sanitarium
Miami Florida.

Gentlemen:- Attention Of Mr. G.Estill.

We are very much interested in the mamafacture and distribution of the Soy Bean Acidolphilus Milk .

Will you please enlighten us on this subject as to the culture and things pretaining to the manafacture of same .

Thanking you for any imformation that you may have to offer us , at your earliest convenience , we are.

Yours Very Truly

FLORIDA MILK COMPANY

WEW/er

W.E.Wells,Gen.Mgr.

PURE DAIRY SUWANNEE PRODUCTS

VISIT OUR MODEL DAIRY -- FOURTH STREET NORTH

D-1479

Mr. F. E. Wells,
Florida Milk Company, Inc.,
437 Tenth Street North,
St. Petersburg, Florida.

January 29, 1937

Dear Sir:

I have your letter of January 23.

We are glad to know that you are interested in the manufacture and distribution of soy acidophilus milk. This milk is manufactured by a process which is controlled by U. S. patent. The process is comparatively simple, thoroughly dependable and will produce an excellent quality of milk at a maximum cost of 12 to 15 cents a gallon. When prepared in connection with an ordinary creamery business, the expense should not be over ten cents a gallon. It sells readily at 25 to 30 cents a quart.

The patents are owned by the Race Betterment Foundation. The business is managed by the Battle Creek Food Company. Two or three months ago the largest milk company in Miami became interested in the product and obtained from the Battle Creek Food Company a license to manufacture and introduce it here in Miami and are very enthusiastic over the results which they have obtained. A special representative of the Battle Creek Food Company will be in the city in a few days, a trained dietitian, who is prepared to contact doctors and pedistrists.

If you are interested and are prepared to handle the matter in a large way, we shall be glad to assist you in acquiring a license to manufacture and distribute soy acidophilus milk in your city together with necessary instruction in the technic of the process.

Mr. W. S. Wells, No. 2.

Soy acidophilus milk is so much superior to any other preparation for changing the flora that has ever been developed, it readily takes the lead wherever it has been introduced. The general failure of acidophilus milk prepared from cow's milk has brought this preparation into discredit and thus the door is opened for a large market for soy acidophilus milk if properly handled. The quintuplets are using it daily and have been using it for two years, and Dr. Da on attributes to its use the freedom of bowel trouble since the acidophilus cured them of a very serious attack two years ago. We make large use of it here in this institution and would be unable to handle successfully a large number of serious cases that come under our care, especially cases of high blood pressure, colitis, duodenal infection and various forms of intestinal toxemia.

We shall be glad to hear from you again and to facilitate any effort you may desire to make looking toward the manufacture and distribution of this extraordinarily excellent product.

Sincerely yours,

b

January 30, 1939

Dr. Alexis Carrel,
C/o Mr. Edward F. Moore,
One Wall Street,
New York, N. Y.

Dear Dr. Carrel:

I wonder if you have forgotten your visit to Battle Creek at the Race Betterment Conference. I greatly enjoyed the chat I had with you and was immensely interested in your fascinating lecture and the wonderful film you showed of the chicken's heart and other artificial cultures of animal tissues.

I have found your writings most illuminating. They strike responsive cords in my heart and mind. I read with great eagerness everything you write. I remember you told me that you were especially interested in matters pertaining to nutrition. I have recently learned that you are giving much thought to the question of combating and deferring old age. I am greatly interested in questions of this sort and everything, in fact, that pertains to race betterment and have in recent years since I last saw you brought to completion some experiments I have had in hand a very long time and have developed methods which show a very definite and practically immediate effect in checking old age processes, and when senility has not reached its more advanced stages produce a degree of rejuvenation which is really incredible to one who has not personally experienced or witnessed the phenomenon, and with such a uniformity of results as justify confidence in their potency.

Dr. Alexis Carrel, No. 2.

We would be most delighted to make you and Mrs. Carrel our guests for a fortnight or longer if you find it agreeable and convenient to remain with us. You will find this a very pleasant place with delightful surroundings, plenty of sunshine and abundant facilities for enjoying life.

I have fitted up this place as there was a great need of a sanitarium of the Battle Creek sort to care for our many patients who winter here, and I myself have reached an age at which I find it wise to take refuge in this subtropical region from the inclemencies of the North at this season of the year.

Fifty or 60 monkeys are living in the open and also a couple of very interesting chimpanzees. There is also near by another group of very interesting trained chimpanzees and the Yale University ape experiment station is not far away.

Hoping that you may find it agreeable and consistent to accept my invitation and assuring you I am my colleagues will esteem it a very great honor, a pleasure and a privilege, I am

Cordially yours,

P. S. I met a year or two ago at a meeting of the Committee of One Hundred an old friend of yours who was very proud of the fact that he had conferred a favor upon the world by inducing you to write your wonderful book, "Man Unknown," from the reading of which I have derived immense pleasure and profit.

b

The Foster & Reynolds Company

30 ROCKEFELLER PLAZA

NEW YORK, N. Y.

ROOM 3427 TELEPHONE CIRCLE 7-5891

February 3, 1939

Dr. John Harvey Kellogg
Miami Battle Creek
Miami, Florida

Dear Dr. Kellogg:

Thank you for remembering me at Christmas time with the very attractive card, and in return I am wishing for you a very happy and prosperous new year. I shall expect to see you soon as my sister and I will leave for Florida by motor this coming week.

Sincerely,

Ward G. Foster

WGF/HH

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

February seventh,
1 9 3 9.

Dear Doctor Kellogg:

Through Mr. Edward F. Moore, I had the pleasure of receiving your kind letter of January thirtieth. Very often, during the intervening years, I have thought of the Race Betterment Conference at Battle Creek, and of your ideas on nutrition. Long series of experiments have convinced me of the fluidity of the living organisms, of the possibility of modifying them by the chemical and physical factors of the environment. As you did, I have observed that longevity can be increased. I found also that physiological age can be detected by a proper study of blood serum. Now, I am going to begin these investigations again, in collaboration with a physicist and a chemist.

Some time ago, I learned from Mr. Moore that you were working actively in Florida. I am very much pleased to read in your letter that you have brought your experiments to completion and have succeeded in checking old age processes, and in obtaining a marked degree of rejuvenation. It is a fascinating subject. I should like especially to submit to you some ideas that have been inspired by the changes in the chemical composition and the physiological properties of blood serum in old age, and ask your advice on the meaning of our findings.

If I can escape from New York at the end of this month for a few days, Mrs. Carrel and I shall be very happy to accept your invitation. It would be a profound pleasure for me to listen again to your discussion of the subjects on which you have so profound a knowledge.

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

Mr. Moore has shown us some of the pictures of your Sanitarium, where he went last year. I have never been to Florida. It will be most interesting for us both to see it, even if we can remain only a very short time. To keep monkeys living in the open renders possible many experiments, especially if they reproduce readily under such conditions.

It is particularly gratifying for me to know that you approve of the ideas expressed in "Man, the Unknown."

I shall write you again within a few days.

With warm thanks for your gracious invitation, believe me

Yours cordially,

Alexis Carrel

Doctor John Harvey Kellogg, Medical Director,
The Miami Battle Creek,
Miami Springs,
Florida.

February 12, 1939.

Dr. Alexis Carrel,
The Rockefeller Institute
for Medical Research,
66th Street and York Avenue,
New York, N. Y.

Dear Doctor Carrel:

I was glad to have your letter of February 7th, and am overjoyed to know that we shall have the honor of entertaining you and Mrs. Carrel as our guests in the near future.

I have always been intensely interested in your researches and have read your reprints with very great interest and profit, especially those relating to the conditions necessary for permanent life in living tissues in vitro.

I have followed the work of Bouchard, Roger, Metchnikoff, Tissier, and the Pasteur Institute with great interest because I became convinced many years ago that old age is a disease, and that there is a close relation between many chronic diseases and degenerative processes and senility. I have had the satisfaction of seeing old age processes arrested and a very pronounced degree of rejuvenation attained in many thousands of cases by changes in regimen, consisting chiefly in the correction of unphysiologic habits which are almost universally current among so-called civilized people.

Huchard, the eminent French heart specialist, taught many years ago that changes in the arteries are due to poisons in the blood stream, and Bouchard, Boix, Herter, and many others, pointed out some of the sources of these poisons.

I have profited greatly, personally, by a practical application of the results of your researches in learning how to keep the blood stream clean and so combat senility.

We must remove causes to get large results. Unfortunately, the medical profession in dealing with chronic disease, has confined its efforts chiefly to palliation.

The wonderful film of your chicken's heart experiment which you generously sent me, I have had in constant use ever since, and have shown it to many thousands of people.

The effect of placing the tissue culture in lymph from older birds, has been a brilliant demonstration that senility is due to changes in the blood, and I am very eager to

know more about the results of your researches concerning the nature of these changes and methods whereby they may be studied.

I shall be very glad indeed to submit some of our findings to your criticism, also to have the pleasure of listening to your views upon the recent predictions of the statisticians concerning the future of the white race.

I am sure you will enjoy sunny Florida. We have a real tropics here. Doctors Lane and Lorand, who were here last year for a few days, after a visit to Rio Janeiro, Buenos Aires, Panama, and other leading points in South and Central America, declared the general appearance of this region to be much more tropical than that of any other they had visited.

We are having most delightful weather, which is fitly described by Lowell's poem, beginning, "What is so rare as a day in June."

If convenient, kindly let me know a week in advance the date when you will arrive; a little later, the time of train arrival, so that I may meet you at the station with my car. We are located in the suburbs about fifteen minutes' ride from the station.

Very sincerely and cordially yours,

K:B

It is a common means of suicide in Japan.

Respecting Sherman's views of the food value of meat in recent editions of his work entitled, "The Chemistry of Foods," you will be decidedly impressed with the idea that he does not consider it either essential or biologic. In treating of nuts, he remarks that nuts are not a substitute for meat, but meat is the substitute , nuts being the original.

No one condemns the quality of the protein of meat. Animal flesh is chemical, the same as human flesh, and hence contains all the elements needed for making human flesh, so

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

February 11, 1939

Dear Professor Fisher:

I have yours of February 6.

Mr. Bloese is at Battle Creek, where he will be detained for several weeks as a witness in a court proceedings, so I am short of stenographic help and have to make my replies short.

Upon inquiry, I find I have not a copy of the recent edition of "How to Live," here. I have sent for it.

First, about the skin: The statement about the blood holding capacity of the skin which you published was authoritative at the time you published it. A very recent authority makes the quantity less - about one-half.

Various authorities have blamed cane sugar for injury to the pancreas and a possible cause of diabetes. I know of no decisive experiments. See Allen's compendious work on the subject. You will probably find a copy in your College library. In my opinion is that the products of putrefaction, through injury to the liver, are the most probable cause of diabetes.

There is no proof that bran causes spasticity in a healthy colon. It doubtless sometimes aggravates, especially in cases of colitis. I have advised against its use in such cases for years.

Now about salt: You have a copy of my book "The New Dietetics." If you will look up the subject of salt, you will find a lot of facts which are probably unknown to your Dr. Johnson. It is certainly by no means harmless. It is a common means of suicide in Japan.

Respecting Sherman's views of the food value of meat in recent editions of his work entitled, "The Chemistry of Foods," you will be decidedly impressed with the idea that he does not consider it either essential or biologic. In treating of nuts, he remarks that nuts are not a substitute for meat, but meat is the substitute , nuts being the original.

No one condemns the quality of the protein of meat. Animal flesh is chemical, the same as human flesh, and hence contains all the elements needed for making human flesh, so

it is necessarily a complete protein. No one has ever objected to meat as being incomplete. Meat is condemned on altogether other grounds. Gautier, the eminent French authority on dietetics, found that lean meat contains ten per cent of its weight of urea, uric acid, and other waste products destructive to metabolism.

The white of egg, when raw, is highly toxic to many people. It has little food value. During the last twenty years, I have on various occasions found it wise to discard the whites of eggs altogether, especially in cases of high blood pressure and pronounced intestinal toxemia. Some years ago, the published results of research showed raw egg white to be highly toxic. Very many persons are sensitized to the white of eggs.

A great number of experiments have proven that the lack of lime in the food tends to cause impairment of the teeth and other boney structures.

Vitamins A, C, and D are also essential.

I will not waste time in discussing the carrion question.

As regards colon germs not having spores, the Doctor is wholly ignorant of intestinal bacteriology, and hence is not prepared to discuss that question.

I wonder if the Doctor has ever heard of Cl. welchii, or sporogenes, two very common intestinal organisms. Of course, all germs do not multiply by spores. If "How to Live" intimates to the contrary, correction is necessary.

I am amazed at the Doctor's ignorance of the meat situation. Meat was never worse than it is today.as regards putrefactive bacteria. So-called specific pathogenic organisms are thus frequently encountered, but the proteolytic organisms which produce putrefaction and are essential for the production of the very tender, juicy steaks which gourmands enjoy, are as much in evidence as ever.

The city of Portland, as you know, has passed a law in recent years prohibiting the sale of meat containing more than 10,000,000 germs per gram. This is 300,000,000 per ounce. I am sure the Doctor would hardly consider this "few and far between, etc."

In re-reading your paragraph on germs, I discovered that the Doctor is thinking only of specific, pathogenic organisms; that is, bacteria which is produced in specific diseases, such as paratyphoid and specific symptoms commonly attributed to so-called "meat-poisoning."

The ordinary putrefactive organisms, B. coli, Cl. welchii, putrificus, sporogenes, and others, are frequently ignored

Pharmacopeia

treatise on drug

by writers on intestinal disturbances.

My experience at Battle Creek and here, in dealing with more than 200,000 patients, a very large proportion of whom were suffering from disorders in which colon bacteria are a factor, has convinced me that intestinal putrefaction is not natural, and unnecessary, and a potent cause of most functional and organic disease.

It is entirely true, as the Doctor suggests, that improvement in meat inspection and the care of meats in recent times have greatly lessened the danger of injury from meat poisoning.

I know of no authority that supports the idea that allergy is inherited only. It certainly is not true.

I am quite surprised that the Doctor should object to the use of the word "poison" in referring to "alcohol and nicotine, etc." At any corner drug store, you can buy a bottle of Rose's rat poison, on the label of which the most prominent feature is a skull and cross-bones printed in red, the common sign for dangerous poisons. Across the label, in large type, appear the words, "This is pure nicotine." Every standard work on lists both alcohol and nicotine among poisons.

It is a well known fact that drugs such as caffein and other alkaloids, pass rapidly into the milk of nersing mothers.

Practically all drunkards began with wine and beer and other of the lighter alcoholic beverages. Moderation is a word which cannot be discussed because it can not be defined. A quantity which would be considered small and harmless by one person, may do great injury to another. It is true that normal stools are formed; that is, they have sufficient consistency to give them a definite, though not necessarily a fixed or characteristic form. The most putrescible stools are always liquid, or semi-liquid.

As regards blood pressure: Hunter, of the New York Life, showed long ago that the low blood pressure of the Chinese is due to their low protein diet. Harris, head of the Liverpool Heart Hospital, proves in a recent work that a high protein diet raises the blood pressure, and that the very low protein regimen is a most effective means of lowering the blood pressure. This I have demonstrated many times in the last fifty years.

Dr. Johnson's views represent average medical opinion, which is not necessarily the best, by any means. Old Seneca pointed out long ago that "Nothing is so bad as the settling of one's faith upon authority." Opinion, no matter how well supported by numbers, cnnnot be trusted unless it has a rational background of scientific fact.

I would be delighted to have a visit from Doctor Johnson.

If he is open-minded, as you say, I will have no difficulty in supplying him with an abundance of evidence, both laboratory and clinical, in support of the propositions which he questions. Unfortunately, few physicians are open-minded. Medical practice is controlled by the current medical mores

a copy of my book, "The New Dietetics." I will quote what he said about it:

> "I have received your books, "The New Dietetics" and "The Itinerary of a Breakfast." I delayed writing to you until I had had time to look both of these over, which I have now done. I am delighted with both of them. There is no one who has succeeded so well as yourself in putting into understandable language a sane and physiologically sound system of living. I have no criticism of anything you say."

You will remember, I am sure, the man who was secretary of The Committee of Fifty on the Tobacco Problem. At one time I considered bringing him to Battle Creek College. Without my knowledge at the time, he wrote to Dr. McCollum for his opinion of my views about diet. He sent me a copy of the letter he received, which stated that he was fully in accord with my views with reference to meat, but that because of his desire to build up a consulting business, he did not take a public stand in the matter, fearing it might hurt his prestige as a consultant.

Even Stefansson said to me in my office, "Of course the scientific argument is all on your side." Opinions are of no value whatever unless based on definite scientific data.

J. H. K.

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

February seventeenth,
1 9 3 9.

Dear Doctor Kellogg:

I was very much interested in your last letter. It has made me still more anxious to have a conversation with you about the problem of old age. My wife and I are indeed happy to accept your invitation to visit you. If convenient to you, it is our plan to leave New York on the 1:15 p.m. train, Monday, February twenty-seventh, which is due to arrive in Miami at 3:30 the afternoon of Tuesday, February twenty-eighth.

With our warm thanks for your gracious invitation, believe me

Yours sincerely,

Alexis Carrel

Doctor John Harvey Kellogg, Medical Director,
The Miami Battle Creek,
Miami Springs,
Miami,
Florida.

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

1201-S

CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

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	X
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

FEBRUARY 19, 1939.

DR. ALEXIS CARREL
ROCKEFELLER INSTITUTE FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK CITY N. Y.

THE MANAGER OF THE COMMITTEE OF ONE HUNDRED, AMERICA'S FOUR HUNDRED MOST WEALTHY AND INFLUENTIAL MEN, REQUESTS ME TO INQUIRE IF YOU WOULD ADDRESS THE CLUB DURING YOUR VISIT HERE AND WHAT WILL THE HONORARIUM BE?

JOHN HARVEY KELLOGG

CHARGE TO MIAMI-BATTLE CREEK

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

Prosp. & Rates
O. P. & M.
Mens. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bkit.
Vacation Bkit.
Grierson Bkit.
S. Life Bkit.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
D. S. Cat. & Appli.
N.S.P.E. Cat. & Appli.
T. S. Cat. &. Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

February 20, 1923.

Dr. L. Tissier,

Paris,

France.

My dear Dr. Tissier:

The bearer of this note is Miss Bessie Honeyman, a lady who has for some years resided in China and has also been a resident of Paris. She has been under treatment here for a short time and is now returning to France and at my advice will place herself under your care. I think the case is probably one of sprue.

Trusting you are in good health, I remain,

Very sincerely and respectfully yours,

v-m

RECEIVED AT

TELEPHONE YOUR TELEGRAMS TO POSTAL TELEGRAPH

Form 16A

Postal Telegraph

Mackay Radio
Commercial Cables

TELEGRAMS CABLEGRAMS RADIOGRAMS

All America Cables
Canadian Pacific Telegraphs

THIS IS A FULL RATE TELEGRAM, CABLEGRAM OR RADIOGRAM UNLESS OTHERWISE INDICATED BY SYMBOL IN THE PREAMBLE OR IN THE ADDRESS OF THE MESSAGE. SYMBOLS DESIGNATING SERVICE SELECTED ARE OUTLINED IN THE COMPANY'S TARIFFS ON HAND AT EACH OFFICE AND ON FILE WITH REGULATORY AUTHORITIES.

1939 FEB 20 PM 2 38

NA137 10

MY NEWYORK NY 20 133P

DR JOHN HARVEY KELLOGG

MIAMIBATTLE CREEK MIAMI SPRINGS FLO

WILL BE GLAD TO ADDRESS CLUB VERY INFORMALLY. NO HONORARIUM

ALEXIS CARREL

(50).

TELEPHONED ..... TO .....

BY ..... Mace

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

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

Postal Telegraph

THE INTERNATIONAL SYSTEM

TELEGRAMS CABLEGRAMS RADIOGRAMS

RECEIVER'S NUMBER
CHECK
TIME FILED
STANDARD TIME

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

Form 2

New York, N. Y.
February 20, 1939

John Harvey Kellogg
Miami Battle Creek
Miami Springs, Fla.

Will be glad to address club very informally. No honorarium.

Alexis Carrel

Feb. 21st, 1939.

The Secretary,
Committee of One Hundred,
Miami Beach, Fla.

Dear Sir:

This will introduce to you as your guests for the evening, the following:

Mr. William Deming: Vice-President Tribune Company, Warren, Ohio. Retired publisher Tribune of Cheyenne, Wyoming. U. S. Civil Service Commissioner during President Harding's administration.

Sir Wilfred Grenfell: General Executive of the Labrador Coast. Founder and surgeon of the Labrador Hospital.

Mr. Robert B. Lea: New York. Vice-President of the Sperry Gyroscope Company, makers of airplane equipment for blind flying and automatic control and military equipment.

Dr. George Seiberling: Allentown, Pennsylvania. Forty-five years practice. Twenty-one years a guest at the Sanitarium.

Mr. John Marshall: Lawyer, Butler, Pennsylvania.

Mr. W. B. Calkins: Mining engineer, retired, Philadelphia, Pennsylvania.

Mr. Edward F. Moore: Residence 88 Morningside Drive, New York City. Office: One Wall Street, New York City. University of Michigan, 1922, Engineer, A. B.,B.S., M. S. Member of Bankers Club of New York; Council on Foreign Relations, New York. Also a friend of Mr. Leslie Buswell of Miami Beach.

Sincerely yours,

HK

The Miami-Battle Creek
MIAMI SPRINGS (MIAMI), FLORIDA

February 21, 1939.

The Secretary,
Committee of One Hundred,
Miami Beach, Florida.

Dear Sir:

Enclosed find memo relating to several prominent gentlemen who will be my guests at the Committee of One Hundred this evening.

Sincerely yours,

K:B

MRS. F. WINIFRED HARVEY
MIAMI-BATTLE CREEK SANITARIUM
MIAMI SPRINGS, FLORIDA

Feb. 20, 1939.

Dr. John Harvey Kellogg
Miami Battle Creek
Dear Dr. Kellogg:

Mrs Mable Estill tells me that you wish a short characterization of the gentlemen whose names I listed with the idea of your inviting them to the Tuesday evening meeting of the Committee of One Hundred.

1.) Mr. William C. Deming is the Vice President of the Tribune Company of Warren, Ohio. He is also a retired publisher of the Wyoming

MRS. F. WINIFRED HARVEY
MIAMI-BATTLE CREEK SANITARIUM
MIAMI SPRINGS, FLORIDA

Tribune of Cheyenne Wyoming.
During Presidential Hardings addmin-
istration Mr. Deming was
United States Civil Service Com-
missioner.

2.) Dr. Wilfred Grenfell, as you know,
is General Executive of the Labrador
Coast., Founder and Surgeon of
the Labrador Hospitals -

3.) Mr. Robert B. Lea of New York is
Vice President of the Sperry Gyroscope
Company - makers of air plane equip-
ment for blind flying and automatic

MRS. F. WINIFRED HARVEY
MIAMI-BATTLE CREEK SANITARIUM
MIAMI SPRINGS, FLORIDA

control and military equipment of various kinds.

4.) Dr. George F. Seiberling, Physician Allentown, Pa. Forty-five years in practice. Twenty one years a guest at the B. C. Sanitarium.

5.) Mr. John Marshall, Lawyer of Butler, Pennsylvania.

6.) Mr. W. B. Calkins - Engineer of Mines - Retired.

Hoping that this will be helpful

Yours sincerely

F. Winifred Harvey.

The Miami-Battle Creek
MIAMI SPRINGS (MIAMI), FLORIDA

Edward F. Moore

Residence : 88 Morningside Drive
New York, N.Y.

Office : One Wall St.
New York, N.Y.

University of Michigan 1922
Engineer A.B., B.S., M.S.

Member Bankers Club of New York
Council on Foreign Relations, N.Y.

(Also a friend of Mr. Leslie Buswell of
Miami Beach)

February 25, 1939.

Dr. Alexis Carrel,
The Rockefeller Institute
for Medical Research,
66th Street and York Avenue,
New York.

Dear Doctor Carrel:

Your friend, Mr. Moore, tells me that he hopes you will find Miami such a pleasant and interesting place that you will extend your visit to several days.

We have many interesting things here, among others, a Monkey Jungle, where there is a large colony of simians living free in the open forest, also half a dozen chimpanzees.

I have found the study of these animals and their habits very interesting indeed, throwing new light upon some of the problems of primitive life, and fully confirming the observations of Cuvier, Ami, and others, regarding the diet of primitive men.

If you can plan to remain over Sunday, and will permit us to arrange for a lecture or an informal talk Sunday afternoon, we will give you a most appreciative audience.

We are having beautiful weather and I am sure you will find this a very pleasant place.

We shall be very happy to have you and Mrs. Carrel our honored guests for as long a visit as you will give us.

Sincerely yours,

K/B

March 1st, 1939.

Dr. A. Carrel,
The Miami-BattleCreek,
Miami Springs, Fla.

My dear Dr. Carrel:

From the first announcement of your experiment with the chicken's heart, I have regarded it as one of the greatest of human achievements, destined to become of vast importance to the human race, by leading the way back from degeneracy to primitive vigor, longevity, and mental and moral nobility and stability.

For twenty-five years I have desired most earnestly an opportunity to utilize the new information which I have believed might be elicited by your unique method of studying the fundamental activities of protoplasm in the treatment of chronic invalids and especially in combating senility. Having learned that you were contemplating the closure of your laboratory in the near future, I am more than ever anxious to see what could be done toward making practical use of your discoveries.

Briefly stated, the following are some of the questions I have had in mind:

1. In what way can I arrange for practical use of your technique if this is possible?

2. Can your tests for the physiologic age be made a part of the routine examination of patients?

3. Could your technique be used for making comparative tests or studies with the ordinary symptoms of senility?

4. Can the behavior of the living culture be regarded as an accurate index of the energy of somatic life?

5. May your technique be used as a means of studying the influence of, or as a means of measuring the effects upon the somatic life of such agents as:

(a) Dietary habits.

Fasting.

Water Drinking.

Food Minerals.

Vitamins.

High and Low Proteins. diet

(b) The effects of dietary drugs, such as caffeine, pepper and other hot condiments.

(c) The effects of alcohol, tobacco, various medicinal drugs.

(d) The effects of out-of-door life - sun bathing, sunburn.

6. Would it be possible and practical for us to establish here or at Battle Creek a laboratory for the use of your technique, and might it be possible to obtain a well trained technician, and perhaps the necessary equipment from the Rockefeller Institute, and the amount of the probable expense? After July. Of course.

Very truly yours,

HK

The Miami Battle Creek

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

MIAMI SPRINGS (MIAMI), FLORIDA

March 5th, 1939.

Dr. John Harvey Kellogg,
The Miami-BattleCreek,
Miami Springs, Fla.

Dear Dr. Kellogg:

I was much pleased to receive your kind letter of March 1st. Your conception of nutrition in its relation to longevity, vigor, moral and mental nobility, impressed me as being of the utmost importance. It is quite gratifying that the techniques which I have developed ~~is~~ are considered by you as capable of contributing to the study of this problem. The questions you have in mind are most interesting; they can be answered as follows:

1. The transfer of techniques from ~~my~~ laboratory to ~~clinic~~ practical use is not possible without ~~a special~~ some adaptation. For instance, if ~~you~~ one want to study the ~~function~~ functions of the kidney while the ~~composition~~ composition of the blood is modified ~~by~~ by diet and ~~medicinal~~ any drugs, a special apparatus based on the principles of the Lindbergh pump has to be designed.

2. The tests for physiological age can perhaps be made a part of the routine examination of patients. But a great deal of work has to be done before it is rendered possible. Physiological age is determined accurately by the rate of healing of a wound according to an algebraic formula established by du Nouy in my hospital of Campiegne during the war. But this method is not practical. ~~It~~ age is measured also, but much less accurately by the growth index of blood serum. That is, by the ~~nobility~~ inhibiting effect of blood serum on a pure culture of fibroblast. This ~~nobility~~ inhibiting effect is due to certain

chemical changes. But chemical tests are not precise enough to give a measure of physiological age. It is possible that physical tests will give more definite results. Ultra-centrifugation as used by Wyckoff in the study of viruses ~~will~~ may perhaps detect some changes in the size of the protein molecules in the serum of aging individuals. In this, or in other manner, a practical method may be discovered in order to measure the blood changes responsible for the ~~changes in~~ variations of the constant of cicatrization of a wound, and ~~in~~ the growth index of serum during the process of aging.

3. It is probable that a comparative study could be made of the ordinary symptoms of senility, and of the condition in vitro of organs and blood serum.

4. The behavior in vitro of a fragment of tissue is not always an accurate test of its activity in vivo. For the activity of a tissue depends in a large measure on the chemical composition and the physical condition of the medium. It would be worthwhile, for instance, to investigate the activity of the leucocytes of aging individuals in their own serum and in the serum of a young individual.

5. The effects of dietary and medicinal drugs on the structure and functions of isolated organs can easily be studied in the Lindbergh pump.

The effects of dietary habits should be studied first on animals. Not on rats and mice as has been done but on very intelligent animals such as dogs ~~and~~, monkeys. For it is necessary to correlate psychological changes and nutritional states. In ~~my~~ experiments which I made some years ago in a very large population of mice, I found that intelligence can be modified by diet. For instance, fasting on a complete diet during

several generations decreased the ~~age~~ vigor of mice and increased in a striking manner their intelligence. A diet composed mainly of egg yolks also increased intelligence. The effects of fasting, water drinking, food minerals, vitamins, high and low protein diets, could be studied on a colony of very intelligent dogs, and the anatomical and functional conditions of each organ of a few animals ascertained in the Lindbergh pump.

6. The culture of entire organs in the Lindbergh pump requires the facilities necessary for thoroughly aseptic operations. The equipment could be obtained from the Rockefeller Institute.

Yours very sincerely,

Alexis Carrel

AC:HK

March 5, 1939

Dear Dr. Carrel:

Thank you very much for taking the trouble to write me so explicitly in answer to my questions. Two points interested me very much: The use of your discoveries (1) as a means of discovering and measuring the antivital properties of substances, and (2) as a means of standardizing and measuring physiologic aids.

I feel that it would be a real calamity if your laboratory should be closed without the development of the methods and technic necessary for practical use in diagnostic as well as physiologic researches.

I was wondering if it cannot in some way be made possible to advance work in this direction far enough to be of real service in clinical medicine and hygiene within the next three months before the laboratory closes - some proven facts with reference to the effects of alcohol, tobacco, caffeine, condiments, certain drugs, in such common use that their effects must be regarded as becoming generalized.

If this cannot be done because of obstacles which I could in any way assist in removing, I should be glad of an opportunity to give the matter consideration. I know of nothing which could be of greater human service at the present time than the practical adaptation of your wonderful discoveries to the cause of Race Betterment.

Again thanking you, and hoping for the privilege of further conferences, I am

Sincerely yours,

Sir Wilfred T. Grenfell, KCMG, MD
156 Fifth Avenue
New York, N. Y.

March 7, 1939

Dear Dr. Kellog:

In this January number of the Science News Letter, on page 53, it seems to make out that the birth rate is increasing and the death rate decreasing, and that the total addition to the population is an increase of six per 1000 over last year.

I am sending you the magazine in case you care to see it. It says on the first page that the population of the continental United States increased .7 of 1% in the last year by July 1,1938, and apparently increasing since that.

See Page 1. also.

Many thanks for your kindly help. I'm feeling much better, if that interests you.

Believe me to be,

Affectionately yours,

Ever, in my heartfelt gratitude for taking in the stranger —

Wilfred Grenfell

March 8, 1939

Mr. John Oliver La Gorce,
1673 Michigan Avenue,
Miami Beach, Florida.

My dear Sir:

Thank you very much for your kind invitation. I could not reply at once as Dr. Carrel had just left with some friends and did not return until late this evening, and I found he was planning to leave tomorrow morning, so that he could not accept your invitation.

He is working very hard on a new book and declined to go with me to the Club last night. I am sure I would have enjoyed the lecture greatly.

Dr. Carrel is deeply absorbed in his great discoveries and their adaptation to Race Betterment work.

Again thanking you, I am

Sincerely yours,

K/B

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

March thirteenth,
1 9 3 9.

Dear Doctor Kellogg:

Those nine days spent with you I shall never forget. We enjoyed your charming hospitality more than I can express. Your collaborators, your friends, your patients, by their kind attention contributed to render delightful our stay at Miami Battle Creek.

It was extremely interesting for me to listen to you while speaking to us of your philosophy, your principles, your ideas - those ideas that flow ceaselessly from your mind as from an inexhaustible reservoir. I went to Miami in order to learn from you about the causes of bodily decay and the means of increasing longevity. I am most grateful to you for sharing with me the treasure of your experience. But, in an unexpected manner, my thought was led from longevity toward the problem of race betterment. I already knew some of your ideas on this subject. In 1928, at the Third Race Betterment Conference, I was much impressed by the importance of the problem. However, at Miami Battle Creek, I had the opportunity of reading the articles you have written since 1878 on the degeneracy of the white race. It is astonishing that, more than fifty years ago, you foresaw accurately the calamities that are befalling us.

At the First National Conference on Race Betterment in 1914, you spoke as follows: "The object of this paper is not to

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

offer a formula for bettering the race, but rather to urge the need of race betterment and emphasizing the importance of making a practical application of all the knowledge relative to race betterment which we now possess, and undertaking such researches and investigations as may develop more light and knowledge."

Twenty-five years have elapsed since that first conference. Your ideas have slowly percolated. It seems to me that the time has come for a new advance, for a formulation of a synthetic knowledge of man, and for the distribution and application of this knowledge. The seed you planted in the minds of a few men half a century ago has become a tree. Now we must fertilize this tree in such a manner that it will cover the whole civilized world.

Madame Carrel joins me in sending you our deepest thanks, and our best wishes.

Yours faithfully,

Alexis Carrel

Doctor John Harvey Kellogg, Medical Director,
The Miami Battle Creek,
Miami Springs,
Miami,
Florida.

March 16, 1939.

Hon. Cordell Hull,
College Arms Hotel,
De Land, Florida.

Dear Sir:

At the request of Mr. Fitz, we are sending you herewith our literature and enclose a few postcard pictures.

This is a very quiet place - a good place for rest and recuperation.

Our clientele is of the cultured class. Mr. E. A. Julian left us a few days ago, after spending his winter vacation with us. The Senior Morgenthau spent the winter with us two years ago. Dr. Alexis Carrel recently spent a week here.

We believe you would find our accommodations and service highly satisfactory.

Hoping to have the honor of helping to make your stay in Florida a pleasant and profitable experience, we are

Very truly yours,

THE PLAZA-DAYTONA CORP.

Washington, D. C.
March 20, 1939.

My dear Doctor Kellogg:

I want to thank you for your hospitality. Mrs. Byrd and I enjoyed our stay with you more than we can tell you.

You must forgive me for not getting the check-up that I should have had. The fact is that there is some very urgent work for me to attend to here in Washington -- and by the way, I am sitting here in the White House now dictating this letter.

I am more deeply impressed than ever with the wonderful work you are doing for humanity, and wish the whole world could know how you have given all of your time and remarkable energy towards trying to lead the human race in the right direction.

I am hoping to see you again before too long.

With all the good wishes in the world from Mrs. Byrd and me, I am,

Faithfully yours,

R R Byrd

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

Marie A. Byrd, 9 Brimmer St., Boston, Mass. 3-21-39

We had a perfectly delightful day seeing you again and you were kindness without end. You don't know how much we always enjoy our chats with you and wish they could be more frequent. And we appreciate so much the check-ups we are given. With many, many thanks, and the very best of wishes.

9 Brimmer Street
Boston, Massachusetts

Dear Dr. Kellogg.

We had a perfectly delightful day seeing Jo again and you were kindness without end! Jo will show how much we always enjoy our chats with Jo and wish they could be more frequent. And we also appreciate so much the check ups we are given.

With many, many thanks and the very best of wishes

Very sincerely yours

Marie A. Byrd

March 21, 1939

Doctor Alexis Carrel,
The Rockefeller Institute for
Medical Research,
57th Street and York Avenue,
New York City.

Dear Doctor Carrel:

Many thanks for your most gracious letter. I assure you your visit here not only afforded us extraordinary pleasure, but was an event of so great importance that it will never be forgotten. We all esteemed it a great honor to meet you and a rare felicity to listen to your address about the amazing things that your genius has accomplished.

The deftness of hand, trained expertness of eye and brain that enable you to remove an organ like the heart from the body of an animal and to keep it alive and functioning for a indefinite period under wholly artificial conditions are unparalelled. Your discoveries have provided means for delving into the deepest secrets of Nature and finding means and methods whereby the dying human race may be resusitated and rejuvenated and trained up into a new and greater human race, better mentally and morally as well as physically. Your achievements have given you such a great and permanent place in the confidence of intelligent people the world over that they have made you a leader in the foremost rank to whom millions of people groping for light and guidance will turn with hope and confidence.

I consider myself most fortunate in having had the opportunity to converse with you and to learn more of the great philosophical truths which you have expounded in your work "Man the Unknown," and to receive information which I have long desired to have concerning the wonderful technic of your experiments which seem to belong to the realm of magic rather than reality.

Your lecture was a masterpiece of concise and lucid popular exposition of a profoundly abstruse and technical subject. Your audience was made up of the first people of Miami. I made no public announcement, but sent personal invitation cards to the doctors, lawyers, university professors and others who belong to the intelligentsia of the community. Dr. LaGorce was very sorry indeed that the Committee of One Hundred did not have the honor of meeting you and the pleasure of hearing you.

I had about half as big an audience at a talk I gave the next Sunday and another large audience last Sunday from which

Doctor Alexis Carrel, No. 2.

I judge that the interest created by seeing and hearing you is very definite and permanent and we shall make every effort to present to the people rational practical ideas about the "new way" which must be followed if even a small fraction of the human race is to be saved from extinction and developed into a superior type of homo sapiens.

I am greatly interested in a practical application of your tissue culture method as a means of determining the biologic effects of various foods and other substances with which our organs and tissues are often brought in contact. It seems to me that your method may be successfully used as a means of throwing light upon a great number of problems that have up to the present time baffled the scientific world. I am very anxious to get work in this direction started as soon as possible even though it may be at first in a very small way.

We have at Battle Creek a very able young woman who is the daughter of the famous Dr. Boldyreff who has charge of our Pavlov Laboratory. She has been raised in the physiologic laboratory and is well versed in all sorts of experimental technic and has even had training in tissue culture at the University of Michigan, but I have never thought her competent to fit up and supervise a laboratory. I intended to ask you if it would be possible for me to arrange for this young woman to spend a few weeks in your laboratory at the Rockefeller Institute to receive instruction in your method of tissue culture so that she might be competent to serve as an assistant for one of your technicians who now or later we might be able to secure to take charge of laboratory work in this line.

Miss Boldyreff is an exceedingly pleasant young woman, very accurate and conscientious, has a very pleasing personality and is highly cultured. She is a graduate of Cincinnati University and thoroughly familiar with half a dozen languages, and while not a medical graduate is well versed in physiology. Miss Boldyreff has been employed in our Pavlov Laboratory for several years, and I have no doubt would be glad to improve this opportunity for further training if it is possible to arrange for it.

I shall be coming North in a few weeks and hope to visit New York about June first, if not sooner, but would like, if possible, to set an assistant to work sooner if possible. I am anxious to get the laboratory started as soon as practicable. I shall of course expect to provide for any expense that might be involved. We will, of course, begin small at first and enlarge as experience justifies.

In the general work of our establishments I am planning to lay special emphasis upon the "new way" and to use that term generally to designate the new philosophy and special

health technic which are believed to be promotive of human betterment, physical, mental and spiritual. I was greatly pleased to find that you lay so much stress upon the spiritual phase of human betterment. This is of fundamental importance. I have for many years held and taught the same basic principles which you express in your book, which through its enormous circulation has sown broadcast the seed thought which will doubtless result in a veritable revolution among the intelligent people who peruse your epoch making work.

Thinking people are beginning to awaken to the fact that the world has reached the most critical moment in its history; that Christian civilization faces chaos and the white races extinction unless something revolutionary and thoroughgoing is done to save the world from the havoc wrought by the disregard of the divine truths revealed to us through a study of nature and the cultivation of unnatural appetites and perversions everywhere associated with modern civilization. Scientific men are cautious and little is being said, for nobody seems to know what to do.

Personally I feel that the plans we discussed when you were here offer hope if they can be thorough carried out. There is ample reason for the pessimism of such men as Davenport, Major Darwin, the late Professor Fairfield Osborne and practically all eugenists, but I think that their hopelessness is largely based upon the belief that acquired characters are not inherited, so that they have attached little or no importance to individual hygiene. I have always clung to the belief that in some subtle way not yet fully understood, heredity does accumulate and carry over from one generation to another accumulated increments of change which ultimately blossom into definite types of differentiation. Discoveries made within the last 15 or 20 years have, I think, clearly established the fact that acquired characters may be transmitted by heredity and that it may be confidently expected that at least as great things may be accomplished through application of the laws of eugenics to human beings as have been achieved for other forms of animal life as well as all sorts of vegetable organisms, though of course in a different way.

It is very evident there is a real stir among scientists and that various projects for averting the catastrophies impending will soon be launched and I am hoping that you and other scientific men of high standing will soon be leading out in these race saving efforts. Be assured I should be most happy to cooperate in the promotion of every effort of this sort.

Doctor Alexis Carrel, No. 4.

I am laying plans for activity and development in the work of the Race Betterment Foundation, which I trust will contribute something to the knowledge of the new way of life which is needed. Scientific men must organize programs of research and propaganda that will convince thinking people that a new way of life is necessary. I have devoted my whole life to trying to find the way by research and practical applications of methods and principles.

I am very anxious to test the methods I am using by means of your method of determining the physiologic age. If I can show by your tissue culture method that change of the flora lessens a man's physiologic age, it will be very definite proof that suppression of intestinal putrefaction by proper diet and normal functioning of the colon is a matter of primary importance. For more than 20 years I have been anxious to see this test applied and at one time corresponded with the Lederle Laboratory, thinking that they might be prepared to undertake the experiment. I am more delighted than I can tell you with the prospect that this may soon be done.

The clinical proof is very conclusive, but the skepticism of the profession respecting the baneful influence of colon poisons and the prejudice created by German pathologists against the views of Bouchard and Metchnikoff are so great that only the most conclusive evidence will make them pause to listen.

If in the few months which remain before your laboratory is closed, some tests along this line could be made, it would be of great assistance in opening the minds of thousands of doctors to the soundness of the fundamental ideas worked out theoretically by Bouchard, Metchnikoff, Roger and Herter and which I have confirmed by tens of thousands of clinical experiences.

I shall be very glad to meet all the expense involved and doubt if there is any one thing that could be done which would be of more assistance than the establishment of the fundamental importance of the discovery made by Tissier of the fact that any human being who starts out in life with a clean colon free from toxins and toxin producing bacteria is provided by a beneficent creator with means whereby this state of beatitude may be maintained so long as the path of biologic rectitude is followed.

But I am making my letter too long. I fear it will burden you. I will bring it to a close.

Your visit to our humble Florida refuge from the wintry storms of the North by which you and Madame Carrel honored us will always be remembered as one of the brightest

spots in our experience. Please present my compliments and best regards to Madame Carrel.

With great respect and sincere homage, I am

Yours

P. S. In carefully reading the manuscript which I handed you just as you were leaving, I am sorry to see that I omitted to cross out the introductory part, which of course I would not think of publishing. My only interest was to know that the young lady, whose ability as a reporter I had no opportunity to test, had made a correct report of your scientific statments.

Since then my attention has been called to an exceedingly interesting illustrated article in the Scientific American. If you will publish an article showing the relation of your work to race betterment, it would open the eyes of a multitude of people to the necessity for a new way of life as the only means of saving the race from ultimate extinction. A book from your pen on this subject would, I am sure, prove a best seller.

b

April 3, 1939

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

My dear Admiral:

Many thanks for your kind letter of March 20th.

It was a very great pleasure to see you again and it was indeed a pleasure to meet Mrs. Byrd again. It is always an inspiration to see you. You are an inspiring personality and your great achievements have placed you upon a high pedestal and have made you a world hero and have added immensely to the international fame of America as well as to its territory.

I am sorry that you did not have time for a checkup. You must give us an opportunity for that next time. It is of the utmost importance that the life of a man of your talents should be preserved as long as possible. With your wonderful physique you may through biologic living easily add another half century to your life.

I want very much to talk with you about the opportunity that is opening before the aristocracy of health. I am hoping that we may have another Race Betterment Conference in the near future and am counting on your participation in it. Statisticians, anthropologists and

many other scientists are beginning to realize that the white races are deteriorating rapidly and, as the Journal of the American Medical Association recently said, "Headed for the Last Census." A new way of life is needed. A great central committee should be organized to study the problem and unify all the forces of the world that can be enlisted in an effort to save at least enough of the white race to start a new and better one. If you are interested in this I shall be glad to keep you in touch with the progress made.

Do not hesitate to call on me for anything I can do for you at any time.

Kindly remember me to Mrs. Byrd.

Thanking you again for your kind letter, and with best wishes, I am

Sincerely yours,

b

9 BRIMMER STREET
BOSTON MASSACHUSETTS

5 April 1939

My dear Dr. Kellogg:

We are anxiously awaiting the report on Mrs. Byrd so that we can follow your instructions as to what to do for her.

I was greatly distressed that I was not able to stay longer with you this last time. I had not anticipated receiving instructions to return to Washington.

I am working on a very important project with the government which has to do with the Antarctic Continent. This is confidential. It looks as if I am going down there again.

I recall that I did not pay for the book I gave you, and I am wondering who did. Won't you please ask your secretary to let me know so that I can send them a check.

We find that your LD-Lax and Savoryeast are very splendid, and I want to congratulate you for developing them.

We enjoyed our visit with you more than I can possibly tell you, and I want to thank you for your wonderful hospitality. I always come away a better man for having talked with you.

With all the good wishes in the world,

Faithfully yours,

R E Byrd

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

P.S. Will you please send me my cardiograph or a copy of it.

Resume of Mrs. Richard Byrd's history and examination

Married at 25 - 4 normal pregnancies.

Has never had any serious illness.

Several years ago had amputation of cervix and hemorrhoidectomy.

Constipation for many years. Has taken psylla and paramels.

Was given a full typewritten page of instructions from Miss Angie.

Drinks 1½ cups coffee daily. No tea. Does not average 1 glass of milk daily. No cocktails or cigarettes. Exercises a great deal.

Height 5'5¼" Weight - 119½ lbs. Normal wt - 145 lbs.

Cervix has been amputated but there is a slight erosion which has been cauterized several times this year but needs further attention.

Several medium sized hemorrhoids - not congested. Has 1 congested.

Blood count normal except hemoglobin only 80%.

Urine shows trace of indolacetic acid and toxins.

Metabolism minus 17%.

E.K.G. shows left axis deviation which may be due to arterial hypertension.

One-Day G.I. Series showed well filled duodenal bulb, marked

ptosis of transverse colon.

Gastric motility normal.

E. G. Norman, M.D.

April 11, 1939

Sir Wilfred Grenfell, St Simons Island,

JHK

I am sending a line by hand to some of those friends to whom I realize I owe great gratitude for help generously extended to me and mine. This Easter specially I feel how generous you have been to me, and body, soul, and spirit have me ever your debtor.

I do most deeply and sincerely hope that you are pulling out of all your many troubles. I was so sorry not to be able to see more of you personally while I was at the Sanitarium. Physically I made real good progress there and I have been able to keep much closer to the vegetarian diet than ever before and it certainly suits me. I use little drugs at all. Massage I now have every night and my muscular development looks good. I can not run much or get excited-- at once give me pain.

Are you going out to Chicago and will you be back at Miami Springs in the fall? Met many friends there.

Have you seen the Labrador log book that Lady Grenfell really put together? It took her three solid years of work and then before I knew it, she generously named me as the author and I had no chance to forbid it. Would you care for a copy? Her loss to me is very great. I seem, however, to be in touch with her every day. She seems remarkably close in all I do. I think you would enjoy the book.

I have been reading Dr. Carrel's book "Man the Unknown." What is your view of that?

May God give you much joy and peace this year. Dr. Sam Higginbotham of India is coming to visit me.

b

massage I now have every night & my muscular development looks good — I can't run much, or get excited — either at once give me pain.

Are you going out to Chicago? and will you be back at Miami Springs in the fall? I met many lovely friends there.

Have you seen the little Labrador Log book, that Lady Grenfell really put together. It took her three solid years of work — &

then before I knew it, she generously named me as the author - & I had no chance to forbid it. Would you care for a copy? Her loss to me is very great. I seem however to be in touch with her every day she seems remarkably close in all I do. I think you would enjoy the book.

I have been reading Dr. Alexr Carel's book "Man the Unknowable." What is your view of that?

Well. My dear Doctor. Good bye. May God give you much joy & peace this year. Dr. Sam Higginbotham of India is coming to visit me —

Yours Affectionately Ever
Wilfred. Grenfell.

Apr- 11. 1939.
St. Simons Island.

My dear Doctor
I am sending a line by hand to some of those friends to whom I realize I owe great gratitude for help generously Extended to me & mine.
This Easter specially I feel how generous you have been to me, and body, soul, and spirit have me ever your debtor.
I do most deeply, & sincerely hope that you are pulling out of all your many troubles,, I was so sorry not to be able to see more of you personally. while I was at the Sanitarium.

Physically I made real good
progress there, & I have been
able to keep much closer to
the vegetarian diet than ever
before, & it certainly suits
me. I use little drugs at
all - but once or twice I have
had to use a digitalin called
to slow down & strengthen the
heart beat. A tablet of ammo-
phyllin a day, at least seems
to do no harm, and still
I easily get very disordered
rhythm, and at once pre-
cordial pain -

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

April eleventh,
1 9 3 9.

Dear Doctor Kellogg:

I am very sorry to be delayed in replying to your very interesting letter of March twenty-first. For some time I have been away from my office. On returning today, your letter has at once been brought to my attention.

It is a matter of real regret that I can not invite Miss Boldyreff to observe our methods for the cultivation of tissues. My laboratories are almost completely disorganized at present, and there is no one available to instruct her. I need not tell you how much I would like to accede to your request.

Just as soon as I have a little leisure, I shall try to write you again and take up the other matters you mentioned in your letter. Please be sure to let me know when you come North, as I hope to have the pleasure of seeing you.

With warmest regards, believe me

Yours sincerely,

Alexis Carrel

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

9 BRIMMER STREET
BOSTON MASSACHUSETTS

14 April 1939

My dear Dr. Kellogg:

If convenient for you, will you please send me the vitamin table you were making up.

My brother, the Senator, is greatly interested in these things, and I know he would also appreciate having a copy of this table.

I have the book "Vitamin Content of Foods" from the Department of Agriculture which is very useful.

With all good wishes,

Faithfully yours,

RC Byrd

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

April 18, 1939

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

My dear Admiral:

I have your letter of April 5th, which I am ashamed to find has remained unanswered. In fact, you should not have waited at all. I have no apology to make except that my assistants on whom I depend to bring matters of importance to my attention have fallen down completely and I have been driven so with work that I have depended on them and it has been overlooked. Of course it is inexcusable of me not to remember it, but I have had a perfect hurricane of troubles in connection with the Battle Creek Sanitarium financial embarrassment. The thing finally reached a point where the whole thing was up to me and I spent nearly a thousand dollars in long distance telephone calls. I have had the Chicago bankers and lawyers down here and am just now in the crisis of the whole thing and great suspense which I hope will be ended in three or four days more. I have been so driven that I have not had a chance to eat or sleep and I have come nearer reaching the end of my rope than ever in my life before. I really feel lucky to have gotten through without landing in either the cemetery or lunatic asylum.

I am ashamed, nevertheless, to have so shamefully

April 24, 1939

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

My dear Admiral:

I have your letter of April 14.

I take great pleasure in sending you, under separate cover, a copy of the vitamin table.

I am sorry that you are planning another trip to the nether regions. Perhaps you are planning to homestead a big slice of the Antarctic region, which seems to be about the only spot left on the earth that has not been exploited.

Since your representative at the Fair has written me about the food you used while in the Antarctic, I will be glad if you will tell me what ones of our foods you found of special service. I remember meeting a sailor on your ship when it visited Miami who told me that the sailors were very fond of Zo.

When you come down again I hope you will make us a longer visit.

Sincerely yours,

b

April 24, 1939

Hon. Harry F. Byrd,
Martinsburg,
West Virginia.

Dear Senator:

Your brother the Admiral has written me that you are interested in foods and asked me to send you a copy of a vitamin table, which I am doing with pleasure.

Hoping you will find the table interesting and useful, I remain, dear Senator,

Very sincerely yours,

P. S. I hope some time I may have the pleasure of making you my honored guest either at Miami or Battle Creek. I am in Battle Creek from June 1 to November 1 and in Miami from November until June.

b

CLASS OF SERVICE DESIRED

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

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

Postal Telegraph

THE INTERNATIONAL SYSTEM

TELEGRAMS CABLEGRAMS RADIOGRAMS

RECEIVER'S NUMBER
CHECK
TIME FILED
STANDARD TIME

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

Form 2

BOSTON MASS.
April 29,1939

DR. JOHN HARVEY KELLOGG
MIAMI BATTLE CREEK SANITARIUM
MIAMI SPRINGS FLORIDA

DEEPLY SORRY YOU HAD TOUGH TIME GOOD LUCK LETTER FOLLOWS. IS THERE ANYWAY WE CAN BE OF ANY HELP WARMEST REGARDS FROM BOTH.

Richard E. Bird

Sir Wilfred Grenfell, Charlotte, Vermont. May 2, 1939 /

JHK

Everyone is telling me what a marvelous recovery I have made and I know it is a fact. Well, that made me feel what a low class I must be in like one of the lepers of whom only one out of ten who had been healed said, "Thank you." What can I do to say thank you to you? In the midst of troubles, of which few knew, as you permitted me to know, you insisted on doing freely so much for me. I have carried on the low proteid diet, and as far as I could the calorie limit of your regime. No one can say that "past hoc is propter hoc." So what I do is what the blind man who saw after Jesus touched his eyes did. "I say I was as you know" down and out. "My friend took me in and looked after me freely-- and you see how I am now." The friends along the way, as I journey slowly back

to Labrador, which now I am able to do, all say, "What a marvelous change" and now once more I can at any rate follow a sequence of thought before an audience as I used to be able to do. I hope I influence many of the old standpatters to change their ways. But intelligence is not the guide to action or in fitting the body for action and accomplishment any more than in in guiding the spirit in making good its only possible purpose while passing through its stay on this globe.

Both ventures, as all do, call for emotions, and faith and love need self conquest and courage as must in Valley Forge today, as it did in George Washington's day there.

I dined yesterday with an up to date, successful (as far as money making can be called success). He has cured many, many others. Himself he can not cure or is it will not. He is young, only 68, but forced to retire and give up the value and purpose of life as far

as he is concerned. He has anginal attacks-- two coronary arterial attacks, apparently block; hardening arteries. But he smokes two cigars a day (only) now and a pipe in between (only a pipe). Yes, he knows and admits it is not good for him. I told him of your methods of living and somewhat of what I have achieved.

I advised adoption of your plan, but I fear he won't adopt it, and he is very rich and a fine man with his hands and brain and he will commend your way.

Isn't that the way many of us treat religion (even of Christ) with its well demonstrated results wherever adopted as a way. I really think many quite intellectual people believe that what Christ asks for is a sort of friendly patronage or admission that he isn't just a harmless crank, not even a danger to the easy going

regime of the day. I wish more preachers and teachers would sound the note you sound "What are you going to do about it?" Every one knows what Christ's following means for a better world.

Please accept my gratitude and affection.

b

Charlotte
Vermont. May-2 . 1939

ROSE TREE MEDIA, PENNSYLVANIA

Dear Doctor - everyone is telling me what a marvellous recovery I have made!! - and I know it is a fact -. well! that made me feel what a low class I must be in - like one of the lepers, of whom only one out of ten, who had been healed, said "Thankyou" — what can I do, to say thankyou to you? In the midst of troubles, of which few knew, as you permitted me to know, you insisted on doing freely so much for me. I have carried on the low proteid diet, and as far as I could the calorie limit, of your regime - No one can say that 'post hoc is propter hoc'. So what I do, is what the blind man, who saw after Jesus touched his eyes, did - 'I say I was as you know "down and out". My friend took me in and looked after me freely - and you see how I am now!!' The friends along the way, as I journey slowly back to Labrador, which now I am able to do, all say "what a marvellous change" and now once more I can at any rate follow a sequence of thought before an audience ~~[illegible]~~ as I used to be able to do. I hope I influence many

? advised adoption of your plan - but
I fear he won't adopt it, and he is a
very rich, and a fine man with his
hands and brain - and he will
commend your way. Isn't that the way
many of us treat religion (even of
Christ) with its well demonstrated
results wherever adopted as a way.
I really think many quite intellectual
people believe, that what Christ asks
for is a sort of friendly patronage -
or admission that he isn't just a harm
-less crank, not even a danger to the
easy-going requirements of the day - I wish
more preachers + teachers would sound the
note you sound - "what are you going to do
about it"? Everyone knows what Christs
following means for a better world —
Please accept my gratitude & affectionate
Believe me Wilfred Grenfell

May 11, 1939

The Director,
The Rockefeller Institute
for Medical Research,
66th Street and York Avenue,
New York City.

Dear Sir:

Some weeks ago Dr. Carrel spent a week with me here and informed me that his work in the Institute is to be discontinued July 1st. I have since seen an announcement that he expects to return to France and understand that his laboratory is to be broken up.

In conversation with Dr. Carrel I learned that his method of tissue culture may be used as a biologic test and desire to employ it for this purpose and perhaps also to make use of the Lindbergh heart experiment if it can be made of practical value. I have also learned from Dr. Carrel that in discontinuing the work there will be apparatus for sale and able technicians available who are familiar with the work and capable of organizing and supervising a laboratory for carrying researches such as I have described. I shall hope to be able to continue the chicken heart experiment and shall be glad to incur the expense required for this purpose.

Will you kindly write me whether my suggestions appear to you as being practical, and if so with whom I may correspond?

Hoping I may have the favor of a reply, which I

The Rockefeller Institute, No. 2.

will greatly appreciate, I am

Sincerely yours,

b

The Miami-Battle Creek

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

MIAMI SPRINGS (MIAMI), FLORIDA

May 12, 1939

The Sanitarium Family,
The Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Friends and Colleagues:

Shortly before leaving the Sanitarium last fall I called you together for the purpose of giving you information concerning the situation of the Sanitarium and inviting your co-operation in plans for safeguarding your interests and those of the institution. The notice given for the meeting was so brief that the group gathered was not sufficiently representative to accomplish the purpose desired. Plans were made for another gathering. In the meantime the November weather which drives me South every year arrived and deprived me of my voice.

I promised you a letter in which I hoped I might be able to present to you information which would quiet any fears you might have respecting the future of the Sanitarium work. My failure to send the letter as promised has not been due to neglect, but the failure of an important feature of "The Plan" which was introduced for the purpose of restoring the control of the institution to its constituency and making possible the perpetuation of its work.

We first learned of this plan when summoned to Judge Tuttle's court to hold a meeting for its acceptance. We there heard a small portion of it read, but had no op-

portunity for discussing it. However, we got information enough to make it very clear that the effect of "The Plan" would be to take the control of the institution away from the constituency and practically place control of the institution in the hands of bankers and lawyers not acquainted with its needs or sympathetic with its aims.

Some members of the Board made a very earnest protest against "The Plan" in general, and of course its acceptance by the Board was conditioned on the carrying out of a refunding plan which would reduce the amount of the principle near half a million dollars and would provide for the speedy return of control to the Sanitarium constituency, with the privilege of electing the board of trustees and the elimination of representatives of the Bondholders' Committee.

Although I refused to assent to "The Plan" and told the Judge that if we were compelled to accept it I would probably feel compelled to withdraw from the institution, I determined to do all in my power to make "The Plan" succeed, and during the six months which have elapsed since I left Battle Creek until the option had expired March 31, labored most earnestly and incurred an expense of several thousand dollars in efforts to make the refunding possible. On the very last day before the expiration of the option I sent the following wire to the underwriters, who had agreed to refund, for which they were to be paid a handsome commission:

March 28, 1939.

"Ziegler Co.
"West Bend, Wisconsin.
"As I have several times assured

you, the Battle Creek Food Company is willing to make a reasonable guarantee of the Battle Creek Sanitarium and Benevolent Association refunding bonds. If you are not able to carry out the refunding by aid of the guarantee mutually agreed upon in the contract made here and signed by you after approval by your board, I hereby tender you as evidence of my good faith an offer to consider a new proposition from you regarding the guarantee which will enable you to carry out the refunding as planned. If I do not hear from you before ten o'clock tomorrow morning I will understand that you do not intend to exercise the option and that you surrender your rights in the option to me as verbally agreed in the conference held between myself and your company.

"John Harvey Kellogg"

I received the following message in reply:

"Dr. John Harvey Kellogg,
"C/o Miami-Battle Creek,
"Miami, Florida

"Waited all afternoon for call from Fuller. Got Otis this morning and he called back after conferring with Irwin and Binzel. They are unanimously against time extension for completing documents and registration for refunding. Am tired, disappointed and provoked after tremendous time, effort and expense we put in and in view of unselfish and constructive

assistance you contemplated and were trying to work out even though no agreement had been reached. Saw Mr. Ziegler at his sickbed this afternoon and he directed that in view of Committee attitude it would be impossible to further consider or proceed on the refunding or any pledge of collateral which Food Company may propose. Obviously now we cannot exercise option, but we do not waive option or any rights under Sanitarium underwriting agreement since option is thus kept alive. If there is some way our option can be used to advantage please advise immediately and I shall recommend any equitable plan. Will be at telephone 385 W after nine thirty central time tonight.

"D. J. Kenny for B. C. Ziegler Co."

Since the failure of the refunding I have continued efforts to secure the return of control of the institution through election of the trustees by the members of the constituency by various plans which seemed feasible, some of which have been heartily supported by Judge Tuttle and approved by members of the Bondholders' Committee. One of these plans has finally been approved by the Committee and if carried out by them will result in the restoration of control. This involved the Battle Creek Food Company, but does not give either the Food Company or myself any control over the institution. The institution must be controled by the responsible men and women who are devoting their lives and energies to the main-

tenance of the institution and the attainment of its purposes.

The institution started in 1866 as a private enterprise, the funds for which were furnished by a small group of men. My father was treasurer, and as I was bookkeeper in my father's business, he made me his deputy. I had charge of the funds under my father's direction. Thus my connection with the institution began 73 years ago this summer.

At the first annual meeting of the stockholders the fact was recognized that all the earnings of the institution would be needed for carrying on the work and whatever dividends might be earned ought not to be distributed. The members promptly voted to make the institution a philanthropic rather than a money making enterprise. All stockholders who were not agreeable to this idea were asked to hand in their stock and received their money back. This was done and the institution became a de facto charitable organization, though still owned and controlled by the men who furnished the money to start the enterprise.

In 1898 the orginal corporation was re-incorporated by the founders and owners and made an eleemosynary or not-for-profit institution. The members at their annual meetings select trustees to serve as representatives of the constituency and are incorporated for that purpose. The institution does not belong to the board of trustees but to the members of the constituency. The membership of the

Association has been largely reduced in numbers by the death of members.

The present organization plan provides for changes in the by-laws which will make the conditions of membership such that in addition to the successors and representatives of the original holders of the property, persons in harmony with the work and its ideals may be made members and become the means of safeguarding and perpetuating the work. A strong constituent body of men and women who are enthusiastic believers in the ideals of the institution who are unreservedly devoted to the ideals and purposes of the institution and who not only profess belief in its principles and sympathy with its work, but exemplify its ideals in their habits of life in enthusiastic and efficient efforts for the attainment of its aims and the accomplishment of its purposes is needed. This is not a new issue. It is a matter which for many years has given me great concern.

Having been associated with this work from its very beginning, and having devoted my entire life and all the resources which Providence has placed at my command to the promotion of this work, its continuance and development after my connection with it is finished is a matter of supreme interest to me. This is due not only to the fact that it has been my life work, but also because I have accumulated resources which have always been consecrated to the ideals and objectives of the Sanitarium organization and made available for their promotion

after my death; hence it is a matter of profound interest to me that there should be associated with this institution as its supporting pillars and its faithful guardians a group of men and women of high character, integrity and declared devotion to and enthusiasm for its ideals and objectives. The creation of an organization worthy to be trusted with the custody and ownership of this great institution, appraised at a value of more than $6,000,000, just half the appraisal of $12,000,000 on which our bonded indebtedness is based, I hope to see accomplished before I die.

I believe that it will be possible to find in this large Sanitarium family a sufficient number of persons whose character, standing, natural abilities and sympathies well qualify them to bear these great responsibilities.

The first essential qualification for membership in the Sanitarium constituency is naturally a thorough knowledge of its work, not only of one feature, but of all. A general attitude of approval will not suffice. Every member of the constituency must be well equipped concerning knowledge of biologic living not only in diet, but in all that pertains to biologic living and especially to diet because this is one of the most important features of the new way of life by which the members of our present dying race may escape the terrible doom which all leading scientists now agree it is facing, and may help to found a new and better race through obedience to the Divine laws

by biologic living which govern our physical, mental and moral well being.

This institution has a great mission for the world. Great truths have been gathered and developed here during the last 60 years which are capable of answering the question which hundreds of scientific men and many thousands of sober thinking men and women are asking, "What shall we do to be saved from the destructive consequences of the boasted civilization which through its perversions and vices have destroyed successively every great nation which has gotten far enough away from Nature to be highly civilized?" Kind Providence has given us the privilege of becoming prepared for this time of trouble such as the world never saw which is now arriving.

There is every reason to believe that the obstacles may soon be removed; in fact, an agreement has been reached which will restore the Sanitarium to the control of the constituency. The members of the Bondholders' Committee are pledged to do their best to overcome any difficulties which may arise and are confident of success.

First of all we must prepare ourselves to be light bearers in helping to dispel the clouds of darkness that are rolling in upon the world. As the Good Book says, "Many are called but few are chosen," and so it may be the case here.

The greatest opportunity ever given any institution to meet a world need and to render a service almost un-

paralleled lie before this institution. Every one of you who shall recognize this call to human service through consecration to soul and body saving truth will eagerly set to work to acquire a knowledge of the facts and principles which constitute what is known as the Battle Creek Idea which bring people here from every part of the civilized world and keep several hundred persons busy caring for an average of more than 300 persons continually throughout the year and in which we see constantly miracles of healing before our eyes.

Is it not high time that we should awaken to a realization of the loss we are suffering by allowing ourselves to be dragged down to premature graves by neglect to apply the principles and truths by which we have helped so many thousands back to health and usefulness?

But I must not prolong this letter. Let me once more earnestly call your attention to the fact that Dr. Leffler is co-operating with me in an effort to provide you with opportunities for becoming wise unto salvation from a host of miseries which are [redacted] easily preventable by right habits of living.

Let me also ask each of you to study carefully the little booklet entitled "Rules for Right Living" which I spent many months in preparing to serve as a manual of the major facts concerning habits of life which have been garnered from the experience and research associated with this institution during the last 60 years. I have

asked that a copy of this booklet be delivered to each of you with this letter, which I hope will find you in the enjoyment of health and comfort as the result of right living and happy in the fact that you have the privilege of being associated with an institution devoted to such noble human service and which is blessed by so many thousands who entered its portals sad victims of misery and despair and left with rejuvenated bodies and faces aglow with the light and joy of hope and health.

Thanking you more than I can find words to express for your patient endurance of the hardships and discouragements of the distressingly long drawn out receivership and your loyal support in helping to maintain under these difficult circumstances the atmosphere of wholesomeness, optimism and amiable helpfulness which constitute one of the chief attractions of the Battle Creek Sanitarium, and sincere gratitude that heaven has given me the privilege of working with you through so many long arduous, but happy years, I am

Your fellow worker,

JOHN HARVEY KELLOGG

b

[redacted] the combined salaries of surgeon and radiologist I'd do both jobs and not feel overworked.

JAMES T. CASE. M. D.

CHICAGO

REPLY TO
55 EAST WASHINGTON ST.
SUITE 1421
TELEPHONE FRANKLIN 3635

4753 BROADWAY AT LAWRENCE
SUITE 422
TELEPHONE LONGBEACH 9010

May 13, 1939

Dear Doctor Kellogg:

I enclose with this a telegram which came to my office several days ago, but which had Dr. Loeffler's name hidden by the flap of the envelope so only my name showed. The telegram was therefore opened by my secretary here.

Dr. Loeffler has not been in yet. So I am returning the telegram to you. Should Dr. Loeffler come in, I will retail the message to him.

I had a little visit with Dr. Colver the other day, and got some of the news of the situation in Battle Creek as far as the medical work was concerned. I read in the Battle Creek papers something about a possible new plan for reorganization which you are planning, but that is all I have heard about it. I hope you get the matter settled completely and satisfactorily.

I wrote Stewart a note the other day, mentioning that he had once proposed that I come back into the organization on a consultant basis, as had also proposed Dr. Colver, but that I had heard nothing more from it. Dr. Stewart wrote back that he had understood that I did not care to come back under the designation "Consultant in Roentgenology," and that he took for granted that I was not interested. As I told Colver, I am not interested in being designated Roentgenologist or officially connected with x-rays as my one specialty, for I have fought hard to retain my individuality as a surgeon also. I am a fellow of the Chicago Surgical Society and of the Western Surgical Association, and do not care to embarrass that standing. However, I would be quite willing to come back on to your faculty list as Consultant, without specifying what specialty; or if you wished to specify Consultant in Surgery and Radiology or Surgery and X-Rays and Radium, I would accept that, but I fear Dr. Harris would not care for that. So just leave it a general term "Consultant." If you can use me occasionally, I shall be glad to have the institution have the use of my name and prestige. You don't actually have to call me at all, if you really think the use of my name would be helpful to you.

Cordially, James T. Case

May 14, 1939

Mr. Ward G. Foster,
Ask Mr. Foster Travel Service, Inc.,
30 Rockefeller Plaza,
New York City.

Dear Mr. Foster:

You spoke to me a few days ago about the bad advertising done by the Kellogg Company, the extravagant claims and other objectionable features. I have not happened to see any of this, but am going to complain about it. I should like very much to see some specimens of it. If you will tell me where you saw the advertising and where I can find it, I will be very much obliged.

I hope that you are still feeling the improvement you made while giving attention to your health. You ought to devote the balance of your life to taking care of yourself and stop investing health in business. It is a poor kind of investment. Your reserve of vitality is getting smaller every day. One of these days you will suddenly discover that you have grown very old in a short time. That will be a step down that you will not be very likely to retrace. Do not do it. "Turn, turn, sinner while yet it is called today."

Sincerely yours,

b

May 15, 1939

Sir Wilfred Grenfell,
Charlotte, Vermont.

My dear Doctor Grenfell:

I am delighted to have your letter of May 2 and to know that you are feeling so well. Biologic living is simply upright living, righteous living, for the laws of biology are just as divine as the Ten Commandments.

I took great satisfaction in knowing that you were with us this winter and were getting the benefit of our lovely winter climate and the things we were able to do for you. I assure you nothing could be a greater pleasure than the privilege of contributing to the welfare of one who has devoted his whole life to such heroic service as you have rendered. I hope you may live yet many years to see the multiplying fruits of your wonderful labors for Labrador.

If you come North in the summer I hope to have the pleasure of seeing you. I am not quite certain yet whether I shall be spending the summer in Battle Creek or here. I should like to have one summer here if I could have the opportunity.

Sincerely yours,

b

May 15, 1919

Mme. Alexis Carrel,
C/o Mr. Edward F. Moore,
One Wall Street,
New York City.

Dear Madame Carrel:

Miss Estill asked me to write you with reference to little Billy's bone development. He has a slight inward deviation of the legs which naturally raises the suspicion of incipient rickets, but a very careful X-ray study of the bones of the legs shows no abnormalities. There is proper ossification for his age and no deformities other than the slight deviation referred to, which hardly amounts to a deformity. His mother's legs have the same peculiarity which he seems to have inherited.

Miss Estill asked me to write you because you seemed to feel a little anxious about the matter and wondered whether his diet had supplied a sufficient amount of lime. His mother has given very careful attention to the balancing of his diet.

I hope that you have pleasant memories of your visit here and that we may have the honor of entertaining you and Dr. Carrel again at some future time. I hope that you and the Doctor are enjoying the best of health.

With best regards, I am

Respectfully yours,

b

May 15th, 1939.

Dr. James T. Case,
55 East Washington St.,
Suite 1421,
Chicago, Ills.

Dear Dr. Case:

I have your letter of May 13th.

I am glad to hear from you. I am pleased that you are willing to take a place on the faculty as a consultant. You can do so many different things extremely well that I wish we had a place on our faculty big enough for you. Unfortunately for us, you have outgrown the positions there and have developed a larger position for yourself in Chicago. It will be a real help to us to have your name on the faculty, and I think your name should appear as consultant without giving details.

I expect to be present at the next Board Meeting and will bring the matter up. How will the matter of compensation be arranged? I will be glad if you will write me your views about this, and we can talk it over in Chicago on my way to Battle Creek.

I had hoped that you, Helena and Margaret would all make us a little visit here before I go back. It is not too late yet. Why not run down for a week? I will be glad to pay the expense for the round trip. There are a great many things I would like to talk with you about when we have time enough to consider matters in a leisurely and comprehensive manner.

The crowd is gone and I am getting Sanitarium matters pretty thoroughly rounded up in a way that takes a great load off my mind. I have at last gotten the bondholders to agree to return control to the corporation, which will give me an opportunity to make a complete reorganization from the bottom up, which I hope will give the institution a firm foundation and a long lease of life.

Hoping to have the pleasure of seeing you all soon, and with love to you all, I am, as ever,

Affectionately yours,

HK

P. O. Box 236

349 East Comstock Avenue
Winter Park, Florida

File

May 19, 1939

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

My dear Friend, Dr. Kellogg:

I am greatly obliged to you for your letter of May 16th advising me about sea foods.

I am especially grateful to you for your advice about my health and course of life. I continue about the same condition as I was when with you. I get sunbaths followed with a warm bath and massage two or three times a week.

I am using LD-LAX with apparent benefit though I am still troubled with constipation and have to take cascara or something regularly in addition to the LD-LAX.

The news that you are contemplating holding a Race Betterment Conference next year interested me. If you do, I shall hope to be present.

Week after next I expect to leave here and after spending a few weeks in Cincinnati with my people, want to take one of my daughters and her little girl and go to Woods Hole or Falmouth for the hot months. Any correspondence forwarded to 3422 Whitfield Avenue, Clifton, Cincinnati will reach me during the summer.

I thank you very much for the new Acidophilus.

Thanking you again with all my heart for your letter and kind interest in my health, I am as always

Your sincere friend,

CWD:h

Charles Wm. Dabney

PARK TRAMMELL, FLA., CHAIRMAN
DAVID I. WALSH, MASS.
MILLARD E. TYDINGS, MD.
ELLISON D. SMITH, S. C.
GEORGE MC GILL, KANS.
RICHARD B. RUSSELL, JR., GA.
HOMER T. BONE, WASH.
HARRY FLOOD BYRD, VA.
WILLIAM H. DIETERICH, ILL.
FRED H. BROWN, N. H.
PETER G. GERRY, R. I.
RUSH D. HOLT, W. VA.
FREDERICK HALE, MAINE
JESSE H. METCALF, R. I.
JAMES J. DAVIS, PA.
HENRY W. KEYES, N. H.
HIRAM JOHNSON, CALIF.
ED AHEARN, CLERK

United States Senate

COMMITTEE ON NAVAL AFFAIRS

WASHINGTON, D. C.

May 24th, 1939

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

Bear Doctor Kellogg:

This will acknowledge receipt of your letter of May 18th. I had a very delightful time during my recent visit to Battle Creek. I was provided for amply by that great staff you have there. Doctor vandervoort is a very fine companion in addition to being an excellent physician.

Again referring to the Battle Creek Food Products, I hope circumstances are such that when you come north you will be able to stop in Washington for a short time. I believe I can present to you a plan for the distribution of the Food Products that will bring you a much larger income and promote the work to which you have given your entire life. I am glad to become a member of the Aristrocracy of Health Club and you will find my application herewith.

With warmest personal regards, I am

Cordially and fraternally yours,

James J. Davis

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

June 7, 1939

Dear Dr. Kellogg:

Our Twentieth commencement season has come and gone and feeling sure that you will be interested in it, I am enclosing herewith a copy of the program. As you will see, we had some very distinguished visitors and the exercises were quite impressive. They seemed to enjoy their trip to Atlanta. We certainly did.

Often when I think of the unusually fine group of men and women who constitute our honorary alumni, the thought occurs to me that we should get together sometime for a big celebration and, perhaps, organize a National Honorary Alumni Association of the University. We probably have as distinguished a group of honorary alumni as any college in the United States, not even excluding Harvard or Yale or Princeton. Many of them are centered around New York. Atlanta would make a fine center for the Southern section of the country. Perhaps by making a special effort, we could get together a large proportion of them for a meeting in New York in the Autumn or in Atlanta during our commencement exercises. What do you think of such a plan?

Heartily Yours,

Thornwell Jacobs,
President

Dr. John H. Kellogg
Battle Creek, Mich.

Program

of the

Twentieth Annual Commencement

of

Oglethorpe University

Erlanger Theatre

583 Peachtree St.

Atlanta, Georgia

May 28, 1939

Processional—Gloria from the Twelfth Mass—Mozart. Mr. D. W. Davis, Master of Ceremonies.

ALMA MATER HYMN

Oglethorpe Glee Club—Directed by Professor D. W. Davis

Fair Alma Mater, Oglethorpe,
Thou didst for others die,
And now above thy broken tomb,
Thy God doth lift Thee high!
For He doth live in every stone
We worthily have brought,
And He doth move in every deed
We righteously have wrought.

We give to thee our lives to mould
And thou to us dost give
Thy life, whose pulse-beat is the truth,
Wherein we ever live.
And as the times pass o'er our heads
In this we shall rejoice,
That we may never drift beyond
The memory of thy voice.

Fair Alma Mater, Oglethorpe,
Thou didst for others die,
So now above thy broken tomb
Thy Lord uplifts thee high!
To all thy past of pain and toil,
Thy future's brilliant goal,
We promise loyalty and love;
We pledge thee heart and soul.

Reading by Preston Herbert.

ECCLESIASTICUS: 44: 1-15

Let us now praise famous men,
And our fathers that begat us.
The Lord manifested in them great glory,
Even his mighty power from the beginning.
Such as did bear rule in their kingdoms,
And were men renowned for their power,
Giving counsel by their understanding,
Such as have brought tidings in prophecies,
Leaders of the people by their counsels,
And by their understanding men of learning for the people:
Wise were their words in their instruction:
Such as sought out musical tunes,
And set forth verses in writing:
Rich men furnished with ability,
Living peaceably in their habitations:
All these were honoured in their generations,
And were a glory in their days.

There be of them, that have left a name behind them,
To declare their praises.
And some there be, which have no memorial;
Who are perished as though they had not been,
And are become as though they had not been born;
And their children after them.
But these were men of mercy,
Whose righteous deeds have not been forgotten.
With their descendants shall remain continually a good inheritance!
Their children are within the covenants.
Their descendants shall remain forever,
And their glory shall not be blotted out.
Their bodies were buried in peace,
And their name liveth to all generations.
Peoples will declare their wisdom,
And the congregation telleth out their praise.

Invocation: *Prayer of Oglethorpe University*—Read by Sidney B. Hall.

Father of Wisdom, Master of the Schools of Men, of Thine all-knowledge grant me this my prayer; That I may be wise in Thee. Sink Thou my foundations deep down into Thy bosom until they rest upon the vast rock of Thy counsel. Lift Thou my walls into the clear empyrean of Thy truth. Cover me with the wings that shadow from all harm. Lay my thresholds in honor and my lintels in love. Set Thou my floors in the cement of unbreakable friendship and may my windows be transparent with honesty. Lead Thou unto me, Lord God, those whom Thou hast appointed to be my children, and when they shall come who would learn of me the wisdom of the years, let the crimson of my windows glow with the Light of the World. Let them see, O my Lord, Him whom Thou hast shown me; let them hear Him whose voice has whispered to me and let them reach out their hands and touch Him who has gently led me unto this good day. Rock-ribbed may I stand for Thy truth. Let the storms of evil beat about me in vain. May I safely shelter those who come unto me from the winds of error. Let the lightning that lies in the clouds of ignorance break upon my head in despair. May the young and the pure and the clean-hearted put their trust securely in me nor may any that ever come to my halls for guidance be sent astray. Let the blue ashlars of my breast thrill to the happy songs of the true-hearted and may the very heart of my campus shout for joy as it feels the tread of those who march for God. All this I pray Thee; and yet this, more: that there may be no stains upon my stones, forever, Amen.

THE CREED OF OGLETHORPE UNIVERSITY

Read by Judge Price Gilbert.

I believe in God:
Infinite intelligence, eternal love, immeasurable power;
Father and mother, creator and preserver and destroyer
Of all that was and is and will be;
Whether visible or invisible,
Audible or inaudible,
Tangible or intangible.

I love God with all my heart and mind and will.
I see and hear God at all times, in all places, in all things.
I study the Law of God in science, in literature, in religion.
I worship God in gratitude, in truth and in conduct.

I believe in Man:
In his glorious struggle upward out of the night of the past,
In his ability and willingness to accept and develop
The opportunities and duties of his present dawn,
And in the certainty of his eventual arrival
At the sublime noon of his highest ideals.
I believe in virtue, in justice, and in righteousness among men,
The faithful guides that illumine his path
Through the jungles of hates and greeds and fears,
I love man, as a friend, as a brother, as myself.
I work for man; for his intellectual enlightenment, for his material betterment, for his moral development.

I believe in myself:
In my courage, in my conscience, in my power.
I believe in strength through joy, joy through faith, and faith through prayer.
I believe that the parenthood of God and the brotherhood of man
Are above and around and within me.
I believe that the Will of God
Is revealed in me as in all things else;
Most clearly in my best thoughts, my noblest feelings, my finest ambitions.
I believe in my Messiahship, and in that of all men who follow
The urge to live and die for the welfare of the world.

I believe in my future;
That the kind power which led me through the eternity of the past to this present good hour,
Without my knowledge or consent.
Will never withdraw his loving kindness from me
Now that I have learned to know and love and trust Him.
To this faith I commit my all.
Lead on, O God!

Baccalaureate Address by Thomas J. Watson.

Bestowal of Degrees and Diplomas

For the degree of Bachelor of Arts in the School of Education Dean H. J. Gaertner presents:

Ida Lorena Black
Ethel Della Brock
Essie Belle Brockman
Lillian Lucile Bryant
John Malcolm Chesney
Anne Davis
Mrs. Louise Lott Davis
Jim Creswell Decker
Lillian Tanner Golightly
Morris Newton Jones
Sylvester B. Jones
Ralph Henry Keith
Elbert Newton Mullis
Avaleen Morris
Ansel Willian Paulk
Evelyn Purcell Showalter
Mrs. Pearl Hanks Raoul
Lois Reed
Alice Speight Robinson
Francias E. Schwabe
Beatrice Hamlett Simons
Mary Virginia Skinner
Lena Still
Sadie Humphrey Talley
Frederick S. Thranhardt
Mrs. John Lewis Turner
Marjorie Leigh Upshaw
Perrin Walker
Hattie Lou Carroll
J. Turner Swanson

For the degree of Bachelor of Arts in the School of Fine Arts, Dean James Springer presents:

John Joffre Brock
Jack Perry
Paul E. Rainwater, II

For the degree of Bachelor of Arts in the School of Physical Education, Dean John Patrick presents:

Charles C. King
Ralph H. King
Glenn Cotter Owens
Joseph Lawrence Slay

For the Degree of Bachelor of Arts in the School of Science, Dean John Aldrich presents:

William D. Meredith, Jr.
Louis R. Piazza
John McLeod Smith
Frank M. Zelencik

For the degree of Bachelor of Arts in the School of Banking and Commerce, Dean Mark Burrows presents:

Ben S. Forkner, Jr.
Wilson P. Franklin
Van A. Lingle
Maurese Estelle Martin
Maclay J. Salfisberg
Adolph Flatauer Spear

For the degree of Bachelor of Arts in the School of Literature and Journalism, Dean Robert Ormsby presents:

James H. Branyan
Eleanor Glenn Ivey
Mary Elizabeth Josey
James Fargo Lanier
Mary Eugenia Latta
Carolyn V. Matthews
Norman H. Mitchell
Taine Anne Saunders
Francis M. Tillman

For the degree of Master of Arts in the School of Education, Dean H. J. Gaertner presents:

Jessie Van Allen
Jewel Theresa Bird
Hattie Lou Carroll
Micajah David Harper
Ruth Ingram
Juan Marcus Jarrard
Lucille Dunn Jones
Hannah Goldgar Luntz
Josie Claire Slocumb
Heyl Gremmer Tebo
Lilian Bell Thrasher

For the degree of Master of Arts in the School of Literature and Journalism, Dean Ormsby presents:

Ruth Elizabeth Lewis

For the degree of Master of Arts in the School of Liberal Arts, Dean G. F. Nicolassen presents:

Carl Calvin Seagraves

BESTOWAL OF HONORARY DEGREES

The degree of Doctor of Divinity upon RUFUS WILLIAM OAKEY, pastor of the First Presbyterian Church of Milledgeville, formerly the capital city of the State of Georgia and the seat of the first Oglethorpe University to whose congregation the call to refound Oglethorpe was first made in the spring of 1912, who is receiving the first Doctor of Divinity degree bestowed by the University upon one of its alumni. Presented by W. S. Myrick.

The degree of Doctor of Pedagogy upon SIDNEY BARTLETT HALL, Superintendent of Education of the Commonwealth of Virginia; faithful laborer for the youth of America; distinguished Master of the Science of Pedagogy. Presented by Dr. M. D. Collins, Superintendent of Education of the State of Georgia.

The degree of Doctor of Commerical Science upon THOMAS JOHN WATSON, President of the International Business Machines Corporation and of the International Chamber of Commerce; advocate of world peace by international trade; outstanding figure in the interchange of cultural interests among the nations of the world. Presented by Dr. Charles J. Haden.

The degree of Doctor of Commercial Science upon CHARLES R. HOOK, President of the American Rolling Mills Company; member of President Roosevelt's committee to study and report on labor conditions in England and Sweden; outstanding leader in the field of commerce and economics. Presented by Judge Edgar Watkins, President Board of Directors of Oglethorpe University.

The degree of Doctor of Laws upon JOHN MARSHALL SLATON, Governor of the Commonwealth of Georgia from June 1913 to 1915; successful leader in the political and legal life of his native state; defender of law and order and righteouness. Presented by Judge Edgar Watkins, President Board of Directors of Oglethorpe University.

The degree of Doctor of Laws upon STIRLING PRICE GILBERT, Justice of the Supreme Court of Georgia from 1916 to 1937; Chairman by appointment and legislative resolution of the Committee to revise the code of Georgia; champion of the innocent and guardian of the guiltless. Presented by Judge Edgar Watkins, President Board of Directors of Oglethorpe University.

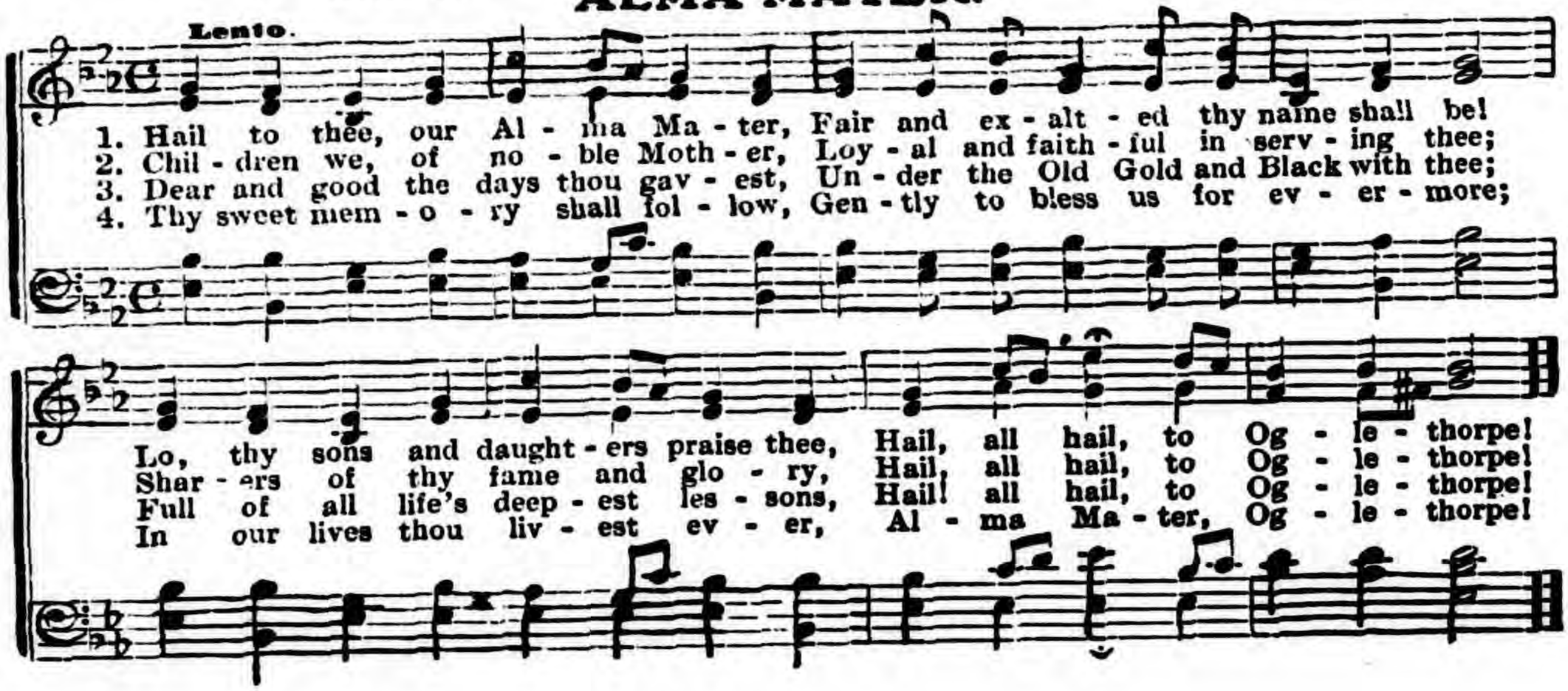
The degree of Doctor of Laws upon FRANK ERNEST GANNETT, President of Gannett Newspapers, statesmanly guide to trustful millions; protector of the patriot; fearless advocate of the true and tried.Presented by Judge Edgar Watkins, President Board of Directors of Oglethorpe University.

The degree of Doctor of Commercial Science upon PRESTON HERBERT, reorganizer, developer, and savior of industrial institutions all over America; faithful servant in his country in time of war and of peace. Presented by Judge Edgar Watkins, President Board of Directors of Oglethorpe University.

The degree of Doctor of Laws upon FRANK N. D. BUCHMAN, beloved and distinguished founder of the Oxford Group of First Century Christians; listener to the voice inaudible; paladin of the cause of moral rearmament in a time of universal ethical dissolution. Presented by N. S. Noble.

From an Old German Choral.
Arranged for Oglethorpe University by Geo. L. Hamrick.

ALMA MATER.



Mr. Foster's
Remembrance Shops

WASHINGTON, D. C.
606 - 13th St., N. W.

HOT SPRINGS, VA.
Homestead Hotel

WHITE SULPHUR SPRINGS, W. VA.
The Greenbrier Hotel

ATLANTIC CITY, N. J.
Boardwalk and Michigan Ave.
In front of Hotel Dennis
Boardwalk and North Carolina Ave.
In front of Haddon Hall Hotel

PORTLAND, ME.
Eastland Hotel

BRETTON WOODS, N. H.
In Hotel Mount Washington

PORTSMOUTH, N. H.
Wentworth-By-The-Sea

MANCHESTER, VT.
Next to Equinox Hotel

LAKE GEORGE, N. Y.
The Sagamore Hotel

SPRING LAKE, N. J.
Monmouth Hotel

PINEHURST, N. C.
Carolina Hotel

FLORIDA

PALM BEACH
252 Worth Avenue
Breakers Hotel

MIAMI
100 East Flagler Street

ST. PETERSBURG
Central Ave. and Second Street

The Foster & Reynolds Company

MERCHANDISE DEPARTMENT
J. C. PARKER, JR.
Manager Remembrance Shops

GENERAL OFFICE
606 - 13TH STREET, N. W.
WASHINGTON, D. C.

PLEASE ADDRESS REPLY TO

606 Thirteenth Street, N.W.
Washington, D. C.

June 9, 1939

Dr. John Harvey Kellogg
The Sanatorium
Battle Creek, Michigan

Dear Dr. Kellogg:

With this I am sending you two pages of the W. K. Kellogg's ads. cut from the current issue of LIFE. I believe you will be particularly interested in the Pep advertisement.

Yours very truly,

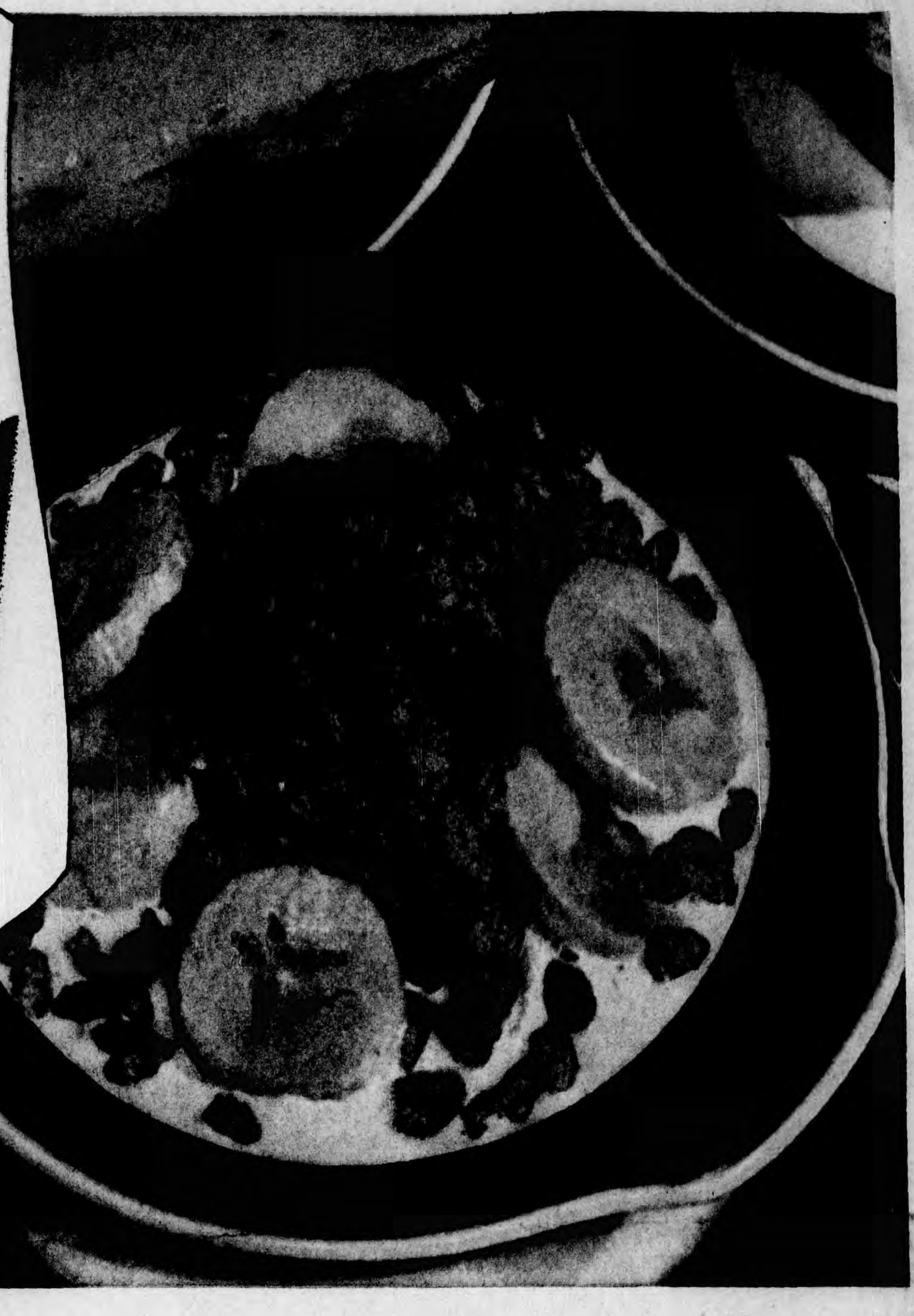
Ward G. Foster

WARD G. FOSTER
President

WGF:RF

Encl. (2)

They've got the knack of staying CRISP!



Completely different type of cereal. Crackly crisp in milk or cream . . . . not mushy!

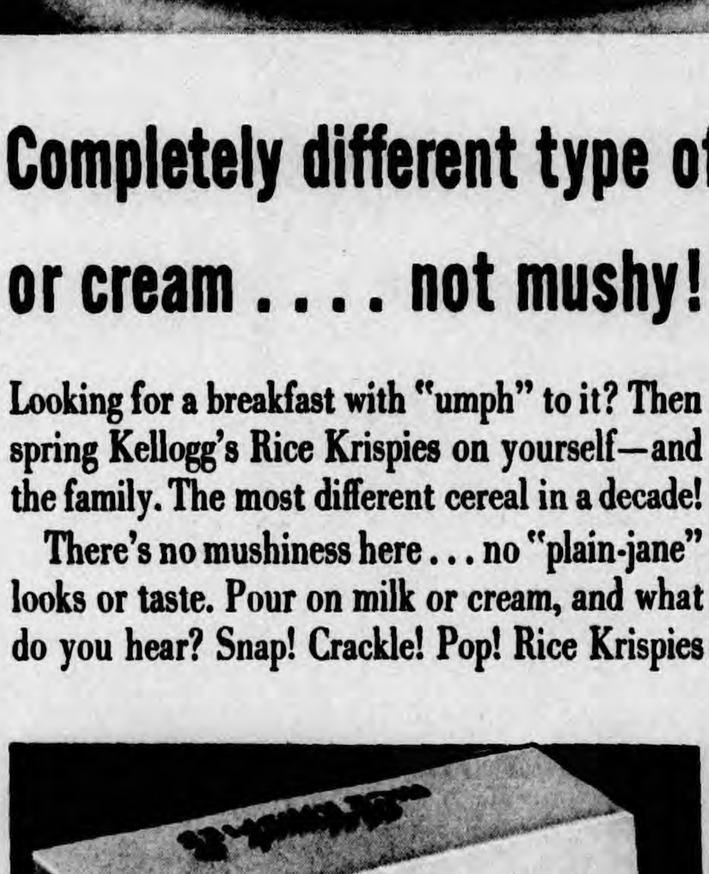
Looking for a breakfast with "umph" to it? Then spring Kellogg's Rice Krispies on yourself—and the family. The most different cereal in a decade!

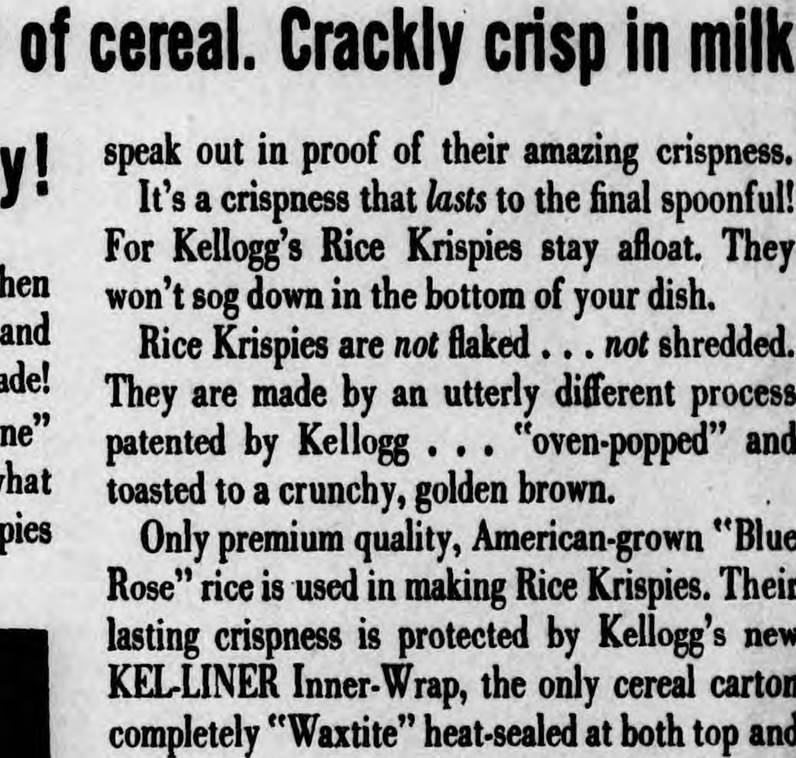
There's no mushiness here . . . no "plain-jane" looks or taste. Pour on milk or cream, and what do you hear? Snap! Crackle! Pop! Rice Krispies speak out in proof of their amazing crispness.

It's a crispness that *lasts* to the final spoonful! For Kellogg's Rice Krispies stay afloat. They won't sog down in the bottom of your dish.

Rice Krispies are *not* flaked . . . *not* shredded. They are made by an utterly different process patented by Kellogg . . . "oven-popped" and toasted to a crunchy, golden brown.

Only premium quality, American-grown "Blue Rose" rice is used in making Rice Krispies. Their lasting crispness is protected by Kellogg's new KEL-LINER Inner-Wrap, the only cereal carton completely "Waxtite" heat-sealed at both top and bottom. For the crispest breakfast you've known, get Kellogg's Rice Krispies at your grocer's.



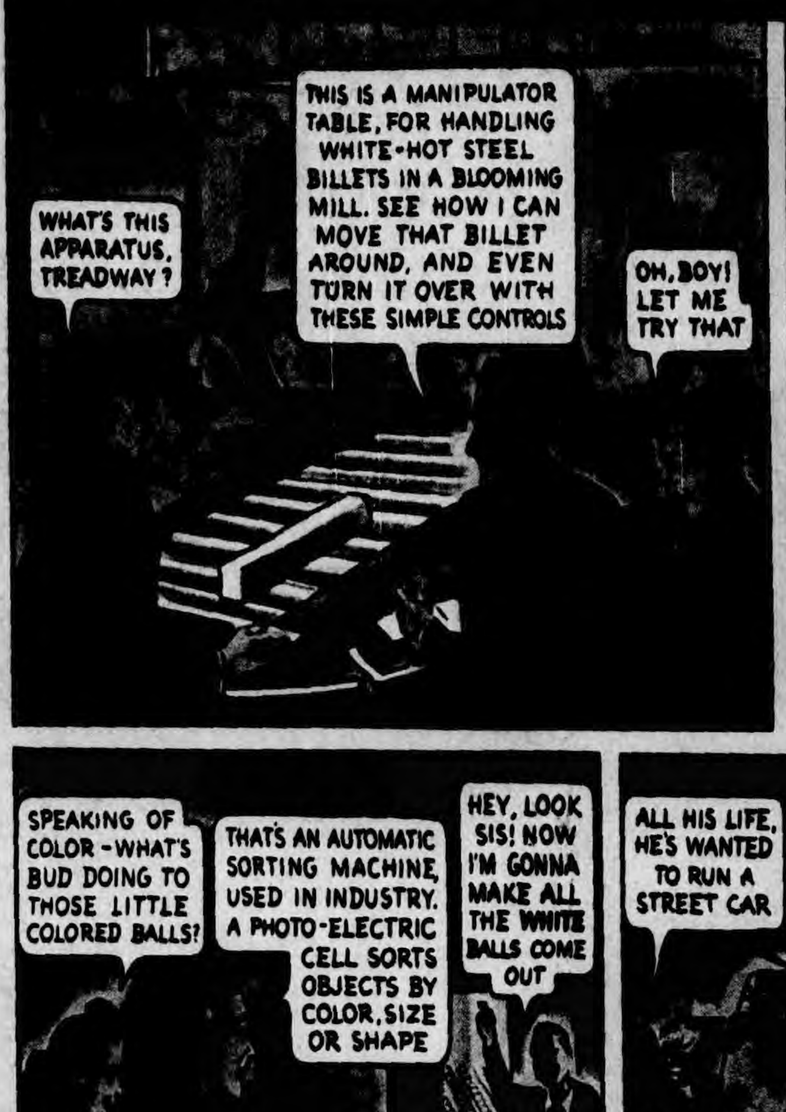


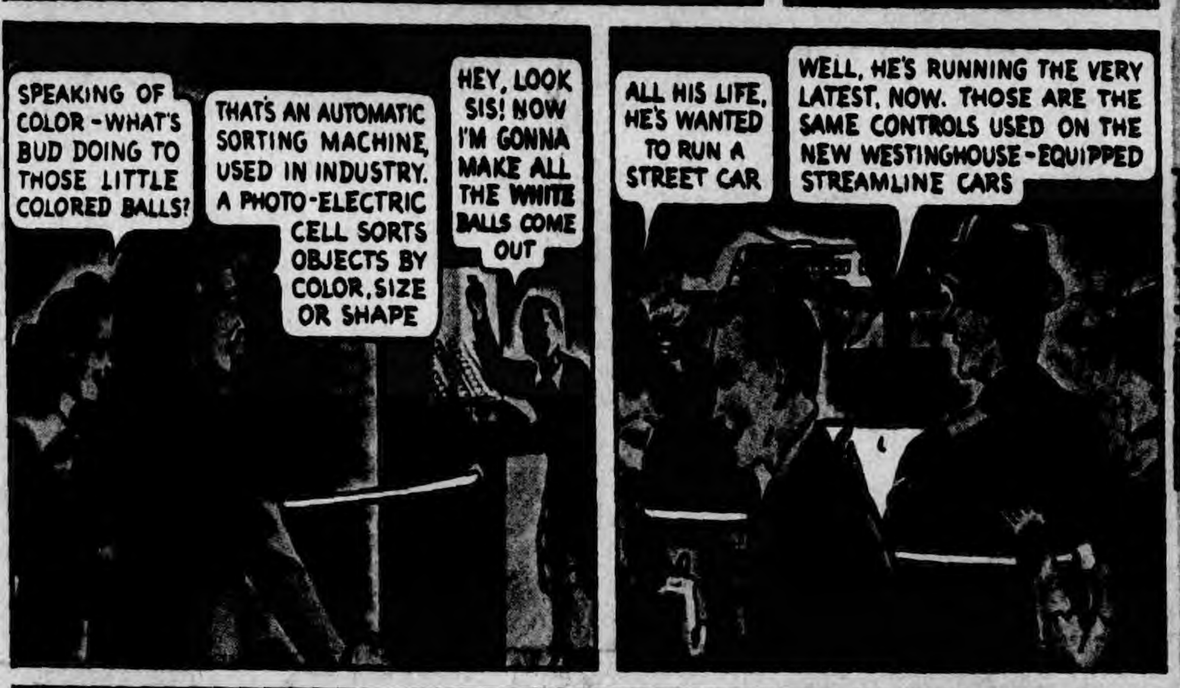
NOT FLAKED! NOT SHREDDED! They're "oven-popped" by Kellogg's Patented Process. Rice Krispies are absolutely unique in form . . . utterly distinct from every other breakfast cereal. Product and process are protected by United States Letters PATENT NOS. 1,925,267; 1,832,813.

Copr. 1939 by Kellogg Company

The MIDDLETON Family AT THE NEW YORK WORLD'S FAIR

Meeting Industry's Electrical Partner





In the Great Hall of Power at the Westinghouse New York World's Fair Building, the Middletons learn how industry puts electricity to work. Babs and Bud, their parents, and Grandma never realized how much fun an electrical exhibition like this could be. Neither will you, until you join them in the Westinghouse Building. You'll see the Time Capsule, the Playground of Science, Elektro, the Moto-Man, and dozens of other attractions. The Westinghouse Building is a real "fair within a fair." Don't miss it.

IN SAN FRANCISCO: the Westinghouse Exhibit at the Golden Gate International Exposition features "Willie Vocalite," the original electrical man, among other scientific wonders. See this fascinating exhibit on your trip to "Treasure Island."

WESTINGHOUSE ELECTRIC & MANUFACTURING CO., PITTSBURGH, PA.

Westinghouse

The name that means EVERYTHING IN ELECTRICITY

"Have you ever wanted to Choke your Husband's Aunt?"

1. I began to get that desperate feeling when I heard Jim's Aunt Daisy was coming to visit us. The wealthy old thundercloud can spread more gloom than forty days of rain! And she never liked me anyway!

2. The barometer fell all through dinner, but the storm didn't break until the coffee came on. Aunt Daisy blew up. "Coffee!" she bellowed. "I can't *drink* coffee! I love it, but it keeps me awake."

3. "This coffee won't!"... I said, trying not to choke her. "It's Sanka Coffee. It *can't* keep you awake because it's 97% caffein-free!" "Humph!" she snorted. "Sounds like nonsense to me—but I'll have one taste!"

4. She took a sip. "Well," she said—sounding almost human—"I'll admit this Sanka is fine coffee!" "Sure," said I, "because *only* the caffein is taken out. The flavor *stays in!*" Well, the old girl drank two cups!

5. "Never slept better!" Aunt Daisy announced next morning. "You're a smart girl," she added to me. "Looks like my nephew's got an ideal wife. And bless me, I forgot your wedding anniversary! How would you children like a new car?"

6. And Aunt Daisy's been sweet as pie ever since—especially after I told her that the Council on Foods of the American Medical Association says: "Sanka Coffee is free from caffein effect and can be used when other coffee has been forbidden."

SANKA COFFEE

REAL COFFEE...

97% CAFFEIN-FREE... DRINK IT AND SLEEP

• • •

"Drip" or "Regular" Grind. Get a Can at Your Grocer's Today!

Vol. 6, No. 24

LIFE

REG U. S. PAT. OFF.

June 12, 1939

COPYRIGHT UNDER INTERNATIONAL COPYRIGHT CONVENTION. ALL RIGHTS RESERVED UNDER PAN AMERICAN COPYRIGHT CONVENTION. COPYRIGHT 1939 BY TIME INC.

CONTENTS

THE WEEK'S EVENTS

145,000 Patrons Watch the Sport of Death at Indianapolis Speedway 15
LIFE on the Newsfronts of the World 18
Einstein Opens Palestine Pavilion at New York World's Fair 19
Britain Loses the Submarine "Thetis" 20
General Moseley Sees Red 21
Spain's Greatest Modern Army Parades in Madrid 22
Tibet Lamas Hang Giant Tapestry of Buddha for Two Hours 24
The Raising of the Submarine "Squalus" 27
Chungking, China's Capital, Gets Worst Bombing 30

CLOSE-UP

Chaim Weizmann, Zionist Leader 50

THE PHOTOGRAPHIC ESSAY

Devil's Island: Reform Comes at Last to French Penal Colony 65

GEOGRAPHY

Antarctica: a War for Frozen Colonies Looms in the World's Vastest Wasteland 42

THEATER

"The Devil and Daniel Webster" 37

SPORTS

College Boys Do Stunts in Air Meet 50
Swordfish Ripe Through Side of Boat 55

MOVIE

"Young Mr. Lincoln" 72

MODERN LIVING

New Slim-Waisted Dresses Revive Oldtime Corset 56

OTHER DEPARTMENTS

Letters to the Editors 2
Speaking of Pictures: The Year's Prettiest Brides 6
LIFE Goes to June Week at Annapolis 82
Pictures to the Editors 86

The cover and entire contents of LIFE are fully protected by copyrights in the United States and in foreign countries and must not be reproduced in any manner without written permission.

LIFE'S COVER. Faces on the cover belong to a section of the 1938 graduating class at the U. S. Naval Academy at Annapolis. They are listening to graduation address before they receive their diplomas. Current U. S. Navy building program has given new attraction to the Navy as a career. Of this year's 581 graduates, 502 got commissions in the Navy, 25 in the Marine Corps, 53 didn't receive commissions, though they were honorably discharged, because of physical condition. Extra man was Filipino. For June Week at Annapolis, see page 82.

EDITOR: Henry R. Luce

MANAGING EDITOR: John Shaw Billings

ASSOCIATE EDITORS: Daniel Longwell, Wilson Hicks

PHOTOGRAPHERS: Margaret Bourke-White, Alfred Eisenstaedt, Bernard Hoffman, Thomas D. McAvoy, Hansel Mieth, Carl M. Mydans, John Phillips, Peter Stackpole, William Vandivert

ASSISTANT EDITORS: Hubert Kay, David Cort, Paul Peters, Joseph J. Thorndike Jr., Joseph Kastner, Andrew Heiskell, Lincoln Barnett, Maria Sermolino

EDITORIAL ASSOCIATES: Rachel Albertson, Margaret Bassett, Ruth Berrien, Judith Chase, John W. Field, Mary Fraser, Frank Hall Fraysur, Dorothy Hoover, Sally Kenniston, Alexander King, Dorothy Jane Larson, Mary MacFarquhar, Peter Piening, Helen Robinson, Roxane Ruhl, Bernice Shrifte, Edward K. Thompson, Charles Tudor, Margaret Varga

PUBLISHER: Roy E. Larsen

Subscriptions and all correspondence regarding them should be addressed to CIRCULATION OFFICE: 330 East 22nd Street, Chicago, Illinois

EDITORIAL AND ADVERTISING OFFICES: TIME & LIFE Building, Rockefeller Center, New York.

SUBSCRIPTION RATES: One year in the U.S.A., U. S. Territories & Possessions and Canada, $4.50; countries of the Pan-American Union, $6.00; elsewhere $10.00. Single copies in the U.S.A. and Canada, 10c; U. S. Territories & Possessions, 15c; elsewhere, 25c.

SO YOU'RE THE TOWN'S BEST "SITTER OUTER"

1. WHY IS IT, JIM? THEY SAY YOU'RE A SWELL DANCER, TOO!

OH! I JUST GET TIRED SO EASILY! THINK I'LL SHOVE OFF

2. PAH'DON ME, SUH! BUT DE YOUNG LADY SENT ME TO DE KITCHEN FOR DIS KELLOGG'S PEP. SAID YOU ALL MIGHT BE A LITTLE SHORT ON VITAMINS

3. NEXT MORNING

HELLO, ANNE! I CERTAINLY RATED THAT DIG LAST NIGHT. AND THANKS FOR THE PRESENT OF "VITAMIN-ENRICHED" PEP. BUT WHY DIDN'T YOU TELL ME WHAT A SWELL-TASTING CEREAL IT IS! I COULD EAT IT EVERY DAY OF THE WEEK

IF YOU HAVE LACKED VITAMINS, DISCOVER THE GRAND THINGS THEY CAN DO FOR YOU! AND TO HELP GET YOUR VITAMINS, EAT KELLOGG'S PEP. COOL, CRISP FLAKES OF BRAN AND OTHER PARTS OF WHEAT, MARVELOUSLY FLAVORED AND ENRICHED WITH VITAMINS B AND D! EAT PEP EVERY DAY, AND SEE IF YOU DON'T HAVE MORE ZIP AND ZEST!

Vitamins for pep! PEP for vitamins!*

*Pep contains vitamins B and D. Each ounce contains 1/5 of an adult's and 4/5 of a child's daily requirement of B, and about 1/2 the daily requirement of D.

TEL. RIVERSIDE 9 - 5321

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

John Harvey Kellogg,M.D.,LL.D.,F.A.C.S.Med.Director, June 29, 1939.
Battle Creek Sanitarium,
Battel Creek,
Mich.

Dear Friend Kellogg:

I am in the habit of keeping letters which I value,coming from friends whom I highly esteem. So here is one from you dated June 19, 1935 which you wrote after your delightful winter in Florida. You had invited me to go to see you there but circumstances beyond control simply made it impossible. In that letter there are two items which particularly interest me. One referring to the famous quintuplets who evidently owe their welbeing to your great wisdom and Dr, Defoe's good sense to follow your instructions. That the same remedy which cured those babies of bowel trouble should be equally efficient in combatting senility and effecting rejuvenation, is naturally of interest to me, being now a fellow octogenerian of yours,(82 years). The main thing to which I ascribe my present welbeing and youthful looks is to your advice of refraining from tobacco, alcohol, excessive meat diet,and very moderate eating in general. It might interest you to know that Mrs Knopf and I visited Callander just a year ago when we had a splendid view of the quintuplets at play and a highly satisfactory conversation with Dr. Defoe with whom I exchanged letters on the subject of tuberculosis, A year ago last Spring I went upon invitation to give some lectures before the National Association of Colored Physicians at Tuskegee Institute and embraced the opportunity, while being nearby, to visit Warm Springs, the President's creation for the treatment of infantile paralysis.

Of all this I long for the opportunity to talk with you about. The other item in this 4 year old letter from you reads as follows:

> "I want to talk over with you some very important points in philosophy, in which I think I have made some important discoveries, and which I am sure would interest you."

Could there be anything more tempting to me than to wish to see and talk with you? Your next letter which I preserved, was in reference to the 50th anniversary of the Blissard Class of Bellevue when we had hoped we could greet you as the oldest living fellow alumnus. I fear there will be no more meetings of that kind. The class is thinning out and only recently I attended the funeral of 3 class mates.

Your cheerful letter of July 24,1938 which you wrote in the hopes of Mrs. Knopf and I would come to Battle Creek, is among the first of 'letters to answer',and only to-day I am able to write to you that what was impossible a year ago, may be possible this year;that is to say, for us

to spend a few weeks at Battle Creek. So, if nothing unforseen happens, we expect to go to see you sometime after July 4th when the vacation crowd will not be so large and when we may enjoy the many physical and intellectual treats of Battle Creek. You will have less trouble to convert Mrs. Knopf from canabalism, a term which you apply to all meat eaters, for she is more of a vegetarian than anything else and uses Battle Creek products.

As you know I am a crank on outdoor sleeping and practice this year in and year out, so will you be kind enough to reserve for us 2 rooms and bath, one of the rooms being subject to fresh air and even drafts? I know you will do the best you can to accommodate me. After hearing from you, I hope to be able to give you the exact date of our arrival. Needless to assure you that Mrs. Knopf and I are looking forward with pleasurable anticipation to our Battle Creek sojourn. In the meantime, I am sending you my kindest regards and good wishes as a fellow octogenerian who is anxious to meet again his senior colleague and exchange with him thoughts on philosophy, physical and spiritual science.

Some time ago, I sent you my book "Heart Disease and Tuberculosis" and also the one on "Child Labor". I shall be glad to bring both volumes if you care to have duplicates for your library. I want to thank you for keeping me on the list of Battle Creek News and Good Health which we both enjoy reading very much indeed. I am very anxious to reciprocate for your kindness, so please allow me to send you any book or all advertised in the enclosed circular as a small token of appreciation for the courtesy of supplying me with your valuable literature. With heartfelt greetings, as always,

Most cordially yours,

L. A. Knopf

P.S.
I am sending under separate cover a monograph on immortality of which I know you are as convinced as I am.

I am neither rich nor poor and do not wish to live beyond my means, so please ask your manager to let me know what the accommodations such as I desire will cost me if we should stay a few weeks.

EDWARD F. MOORE
ONE WALL STREET
NEW YORK, N. Y.

July 3, 1939.

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

Dear Dr. Kellogg:

Your letter of June 30th was delivered this morning.

I have just called Dr. Carrel's office and was informed that the technician has decided that she does not want to leave the New York district. Her decision, however, would not affect the situation because she would not go for less than a year, and is a specialist in tissue culture only. There is no other person available now; however, there may be another tissue culture techician available next October. It is my understanding that no one person is experienced in the several specialties you mention.

As indicated in Dr. Carrel's letter of May 18th and mine of June 12th, the pumps are not now available. I told Dr. Carrel about your letter of June 26 with accompanying check. He asked me to return the check to you and to express his regrets that he cannot comply with your request at the present time.

I expect to be in New York the remainder of this week. If there is anything further I can do for you, please let me know.

Thank you for sending me a copy of your paper on biologic antisepsis. I have given one copy to Dr. Carrel. He asked me to thank you for it.

Sincerely yours,

Edward F. Moore

THE ROCKEFELLER INSTITUTE
FOR MEDICAL RESEARCH
66TH STREET AND YORK AVENUE
NEW YORK

July fourth,
1 9 3 9.

Dear Doctor Kellogg:

I am sorry not to have written to you sooner, but ending my work at the Rockefeller Institute and the plans for my new activities have taken every moment of my time.

As I told you, unfortunately none of my technicians are available for the cultivation of whole organs. Last week, I hoped that one of the technicians trained in tissue culture methods would be free to go to Battle Creek to continue the twenty-seven year old strain of fibroblasts. But her family ties in New York City made it impossible for her to go to your laboratories. It may be that in the autumn I shall have someone to suggest to you, if you still wish to have such work carried on.

With best regards, and all good wishes for a pleasant summer, believe me

Yours sincerely,

a carrel

Doctor John Harvey Kellogg, Medical Director,
Battle Creek Sanatorium,
Battle Creek,
Michigan.

July 7, 1939

Mr. Henry L. Doherty,
60 Wall Street,
New York City.

My dear Friend:

I was glad to learn from Mr. Oberg that your health is considerably improved and that you are no longer suffering from that terrible esophageal stricture. What a relief it must be to you to be delivered from that affliction.

Well, we are through the court at last. The Judge made his last decree yesterday and we settled with the bondholders. We got a pretty raw deal.

We have a fine lot of patients, as many as last year. The way seems to be opening for bigger things than we have every done, as the announcement of a depopulation trend in all the white nations is creating interest among scientists for a new way of life which will arrest race degeneracy. This will naturally increase the interest in our work and ought to make Battle Creek more than ever an international health center.

Dr. Carrel recently spent a week with us at Mi
work. The Rockefeller Institute has retired him and
his laboratory there and I have arranged to take it o
27 year old chicken heart going together with the Lind
which I have purchased.

Mr. Henry L. Doherty, No. 2.

There is a chance to make a great hit with an international conference on race betterment. Dr. Carrel will be a capital president. I expect to go East within a week or two to complete arrangements with Dr. Carrel and to look after some other matters and would be very glad indeed to have a little chat with you about our plans if agreeable to you. Dr. Martin will probably be with me. I am sure you will be glad to see him. He has given up a large part of the routine work of his office and only looks after a few special cases. He has been for many years our most popular physician. If you should visit us this summer, Dr. Martin will be prepared to give you the best attention you have ever had here, as he will be at your service and to any extent you may desire.

I hope that you are steadily improving healthwise and that Mrs. Doherty is well. Please present to her my best regards.

Hoping to have the pleasure of a brief conference with you when I come East and with great appreciation for your many courtesies and generous help, I am

Cordially yours,

P. S. I am sending you a copy of "The Plan" made by the Court, together with a copy of Good Health with a marked article entitled Headed for the Last Census.

b

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

July 7, 1939

Dr. John H. Kellogg
Battle Creek, Mich.

Dear Dr. Kellogg:

We have had the good fortune to receive special copies of "Business Machines" containing an unusually fine story of our recent commencement. It is illustrated with some fine pictures which appear on pages 1, 3 and 4. It gives me pleasure to enclose one of them herewith.

Heartily yours,

Thornwell Jacobs,
President

TEL. RIVERSIDE 9 - 5321

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

July 8, 1939.

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

Dear Friend Kellogg:

Not to have a reply to my letter of June 29th which should have reached you latest by July 2nd, makes me for the first time anxious about your health which up to the last time I heard from you, was ideal and at the same time in marvelous condition for a man approaching his 90th year. Please let me hear from you with return of mail and relieve my anxiety.

Naturally, I am also anxious to know about accommodations you can offer Mrs. Knopf and myself at Battle Creek Sanitarium. It will require some preparation for an absence of a few weeks from my work and the sooner we hear from you personally or from the Manager, the more grateful I will be and the sooner can our long looked for sojourn at the Sanitarium be realized. With the best of good wishes, I am, as ever,

Faithfully yours,

S. A. Knopf

July 10, 1939

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

Dear Dr. Knopf:

I have your letters of June 29th and July 8th.

I am mighty glad to hear from you. I assure you it will be a very great pleasure to meet you again. You are one of my most esteemed colleagues whom I never forget. A chat with you is always an inspiration and informative as well.

The last six years have been a very trying time because of the receivership into which we were forced by the sudden closure of the banks which sent half our patients home, though we have managed to hold our own.

Your letter found me in the midst of the closing procedures of the receivership. Our creditors keep a strong grip on our finances and have a sharp eye on our expenditures. I am sure, however, they will permit us to make you and Mrs. Knopf our guests for a week and split the regular rates in half for as long as you will remain with us. If you are at all concerned about finances, I have some ideas to discuss with you which I think you may find interesting.

I will certainly be delighted to see you and hope to hear from you that you will be arriving soon.

Dr. S. Adolphus Knopf, No. 2.

With kind regards to Mrs. Knopf and with best wishes, I remain

Sincerely and cordially your friend of many years,

P. S. I had a delightful visit from Dr. Carrel who spent a week with me at Miami-Battle Creek, Florida. I hope some time to see you there. We have a very lovely place and our work has been very successful.

CLAUDE H. BENNETT, MANAGER

The Bellevue-Stratford

Philadelphia

July 11, 1939.

Dear Dr. Kellog:

I read your letter to Mr. Doherty and he was glad to hear from you and asked me to write to you and extend an invitation to you and Dr. Martin to use our apartment at Waldorf during your stay in New York next week, and be our guests during your stay there.

Mr. Doherty also said to tell you that if he is equal to it he would be more than delighted to see you. Paul brought back such good reports of the state of your health and of the Sanitarium and Mr. Doherty was glad to hear them.

Please let me know in advance of your coming to New York so that I may make arrangements to receive you at the Waldorf.

With every good wish and kindest regards in which Mr. Doherty joins me,

Sincerely,

Grace Doherty

July 11, 1939

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

My dear Friend:

I have your letter of July 7 together with the splendid account of your recent commencement. It is most interesting. Your university has a great past, a splendid present and a future full of unlimited opportunities for world betterment and service. The great problem before the world at the present time is to save the white races and our Christian civilization. Our Christian nations are going down so fast that population experts have given up all hope and tell us that in a hundred years there will be little left of the white nations, and long before that time Asiatics will be dominating the world. All our universities should join hands in an effort to avert this by combating the race destroying forces which are dragging us down and making a great race betterment effort by use of the same means which have improved the slave animals which provide us with milk and still render service on our farms and which have given us the countless varieties of fruits, grains, flowers and other conderful contributions by our state experiment stations and agricultural colleges.

We are getting ready for another Race Betterment Conference in the not distant future and shall hope to see your

college represented.

With congratulations and very best wishes, I am

Sincerely yours,

P. S. The sheet you enclose indicates that you have an unusually able press agent. The description of your work is most interesting and attractive. I wish I could find a writer who could do equally as good a job for Battle Creek.

b

CLAUDE H. BENNETT, MANAGER

The Bellevue-Stratford

Philadelphia

July 12, 1939.

Dear Dr. Kellogg:

It was most thoughtful of you to send me the two bottles of LD-LAX and I appreciate it very much. I shall use it and know that it will be most helpful to me.

With repeated thanks and kindest regards,

Sincerely,

Grace Moriarty

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

12th July 1939.

My dear Doctor Kellogg;

It is a long time since You and I had some talk together and I am wondering if we might not foregather and spend a little time in conversation. In addition to that, I have been finding myself rather more than a cocktail below par and have thought that the baths and the hot and cold which the Sanitarium administers so well might not be good for me. If I were to come out to Battle Creek about August 1st, could Your institution give me a few weeks of overhauling? I do not know if this is a very favorable time for such a proceedure but should like to know what You think about it. I hope that You are well and that Your affairs are going on well also. Will You kindly have some one drop me a line. I do not want to have You devote any of Your valuable time to answering this.

Cordially and faithfully Yours,

Oscar H. Rogers

TEL. RIVERSIDE 9 - 5321

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

July 12, 1939.

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

Dear Friend Kellogg:

Your good letter of the 10th inst., has been received. Its contents has deeply depressed me. I was amazed to learn that your institution has been in the hands of the Receiver. Up until the receipt of your letter, I was under the impression that your institution was the most flourishing financially and generally of any in the United States and I cannot tell you how sorry I feel that you who have devoted virtually your entire professional life to the upbuilding of the Battel Creek Sanitarium, should on the eve of your earthly existence be exposed to the inevitable sufferingcoming from financial worries. You have devoted these many, many years to the upbuilding of a model and most progressive concern devoted to alleviate all kinds of physical and mental suffering, by the most unselfish labors. I wish I were a millionaire so as to be able to wipe out all your debts and give you all the happiness and peace which you more than anyone else deserve.

Under no condition would I allow your creditors an opportunity to criticise you because in the goodness of your heart you want to make the stay of an old friend of many years financially as easy and reasonable as possible. Were I sick and poor that I could not afford comfortable quarters, I would welcome such a generous reduction as you promise to make. But please instruct your manager to let me know what the price for accommodations is such as I desire as expressed in my letter. All I will accept is the professional discount which all institutions give to visiting doctors and their families. The 'sharp eye', as you expressed it, of your creditors cannot possibly have an objection to this. But if they have, I will come anyhow and pay full price. Sent

Unfortunately, owing to some professional work pending at the moment, I cannot give you the exact date of our visit to which Mrs. Knopf and I are looking forward to, but hope to do so ere long.

I know Dr. Carrell well and as the result of correspondence and personal contact, I find we have much in common in matters of spiritual and physical importance. It is not impossible that I shall see him again in the near future.

Now, my dear fellow octogenerian, keep up your courage. I have reason to believe that there will be better economic and world conditions following this present state of unrest and rumors of war. It will indeed be a pleasure to be with you and I remain as ever,

Your old and faithful friend,

S. A. Knopf

July 14, 1939

Extension Department:

The following is an extract from a letter Dr. Kellogg received from Dr. S. Adolphus Knopf (a practicing physician), 16 West 95th St., New York City:

> "As you know, I am a crank on outdoor sleeping and practice this year in and year out, so will you be kind enough to reserve for us two rooms and bath, one of the rooms being subject to fresh air and even drafts?"

Please write Dr. Knopf our rates for the various rooms available. He expects to arrive in a week or two.

A. F. Bloese

July 16, 1939

Mrs. Henry L. Doherty,
The Bellevue-Stratford,
Philadelphia, Pa.

Dear Mrs. Doherty:

I have your letter of July 11. Thank you very much for the kind words from Mr. Doherty.

Your generous offer to make us your guests at the Waldorf is greatly appreciated. I occasionally stopped at the old Waldorf, but have never visited the new one. I am sorry I shall not be able to get to New York this week as I had hoped to do because of matters which have arisen here and require my attention, but expect to be going East a little later.

I am sure Mr. Doherty ought to get away from Philadelphia during the summer. It is one of the hottest cities in America during the summer months.

We are having the most delightful summer I have ever experienced here in Michigan. Our location in the midst of the Great Lakes gives us remarkably pure air which is wonderfully cool and free from dust. A New York gentleman who was with us several years ago was greatly surprised to find the air as cool as that of Coney Island. He asked me to tell him why it was possible we should have such fine sea air here. I told him that Michigan was a mound that came out of the ancient ocean and that the sea air was here and had always remained, which he accepted as

a very remarkable interesting fact. The truth is that our Great Lakes, the largest bodies of fresh water in the world, so nearly surround the state that they give it an atmosphere like that of an island in the sea.

Dr. Martin has been relieved of a large share of his office work so that he can give him time to cases that require special attention, such as Mr. Doherty's, and should Mr. Doherty come he will get all the attention that his case requires and I am sure do all for him that Dr. Eggleston did and in some respects more because of his broader experience in some branches of medicine which Dr. Eggleston, a strict internist, was not familiar.

I am greatly pleased to learn from Paul that Mr. Doherty is relieved of the esophageal stricture which was such a terrible affliction for so many years. The thing he greatly needs at the present time is to have his vital reserve built up. Means must be found to combat the damaging effects of long confinement which weakens the heart and creates a state of vulernability in which body defenses are broken down and the way prepared for the degenerative disorders to which advanced age is especially subject. Vital stamina can be created by carefully adjusted regimen and graduated training, for which there is no substitute. I know of no place in the world where these fundamental matters of health building receive such attention as is given here.

I have some plans I want to talk over with Mr. Doherty when I get an opportunity, which I think he might be glad to enter into. They relate particularly to the development of a program for combating the world wide race degeneracy and depopulation which is

undoubtedly the real foundation for our present depression which I believe is not a temporary matter but something that has come to stay unless very drastic means are taken to combat it. The time is here for the holding of a great convention of scientific men to discuss plans for combating race deterioration, and the recent developments, as you doubtless know, are most alarming. Scientists are all convinced that the degenerative processes now in operation will reduce the present population of Great Britain from 40,000,000 to 4,500,000 within a century, and in the same period the population in America will drop to not more than a quarter of our present population.

I am glad to tell you that the Sanitarium is holding up remarkably well.

Again thanking you for your gracious letter and with best regards to Mr. Doherty, I am

Very sincerely and cordially yours,

b

July 17, 1939

Dr. Oscar H. Rogers,
E. L. Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, New York.

Dear Dr. Rogers:

I am glad to have your letter of July 12 with the promise that we will see you in August. Your fine figure moving in reminds me of the sunrise.

It will do you good to get away from the vicinity of New York where everything is always below par.

We are having a lovely summer. Things are moving in the right direction. We will be mighty glad to see you again.

Cordially yours,

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

1201

(42)

R. B. WHITE
PRESIDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

SYMBOLS
DL = Day Letter
NL = Night Letter
LC = Deferred Cable
NLT = Cable Night Letter
Ship Radiogram

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

Received at 71 West Michigan Ave., Battle Creek, Mich. Telephone 5115

1939 JUL 18 PM 1 46

Z91 66 DL=WA NEWYORK NY 18 106P

DR JNO HARVEY KELLOGG=

:BATTLECREEK SANITARIUM

:OUR OWN DEAR DR KELLOGG WE HAVE JUST LEARNED OF THE PASSING OF OUR BELOVED FRIEND MISS ZAHN AND WANT TO EXPRESS TO YOU AND ALL THE OTHERS WHO LOVED HER SO DEARLY THERE AT THE SANITARIUM OUR DEEPEST SYMPATHY AND LET YOU KNOW WE ARE THINKING OF YOU ALL FOR WE KNOW WHAT A BLOW IT IS TO EVERYONE WITH DEEPEST SYMPATHY AND AFFECTIONATE REGARDS=

:GRACE AND HENRY L DOHERTY.

.ZAHN.

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

DOCTEUR JEAN SAIDMAN
FONDATEUR DE L'INSTITUT D'ACTINOLOGIE DE PARIS
ET DU SOLARIUM TOURNANT D'AIX-LES-BAINS
PRÉSIDENT DE LA SOCIÉTÉ FRANÇAISE
DE PHOTOBIOLOGIE ET D'HÉLIOTHÉRAPIE

PARIS
49, AVENUE VICTOR-EMMANUEL-III
TÉL. ÉLYSÉES 68-47

Aix les Bains, July I9, I939

Dear Dr Kellogg,

Just received your letter of august 6. For next letters please write : Dr Saidman. Solarium tournant . Aix-les-Bains (France).

As I am at 350 miles from Paris, I telephoned to Soltour/ Mr Josephson who said that the invoice of documents (facture, etc) was maid in the same time as the package. Perhaps it was lost. He will send you by the quickest way a copy.

Let me give you some advices concerning the use of this apparatus. As you read in my book on heliotherapy, it consists of a battery of I9 thermo-piles and of a special counter which is the totalizator of the electricity emitted from the thermo-piles after absorption of the sun rays.

Apparatus will be placed in a good vertical position. The ideal is to make a support in the middle of the space of the Solarium. I remember the position of your both solariums (men and women) in Miami and I draw a little scheme for the position of the thermo-pile.

The complete turn of the needle on the dial corresponds to IO Units S.T.

With concentrated radiation, in our revolving Solariums, we give 3 units for the Ist treatment and we increase with I unit at each other treatment. The maximum of dosis that we give with concentrated rays is:

8 units for peritonitis, nephritis
IO " " adenitis
I2 to 20 for spondylitis, hip tuberc.
I2 to 30 for knee arthritis, hand or foot art.
20 to 30 for spondylosis ankylopietica
I5 to 30 for psoriasis, etc

this is valuable with the concentrator.

If you use ordinary heliotherapy in horizontal position as I saw in Miami, you can give higher maxima, viz.

IO peritonitis, nephritis
I5 adenitis
20-30 for

20 to 30 for arthritis and bone tuberculosis
20 to 40 for psoriasis.

I am not able to give you special advices for Battle Creek as I do not know the ~olariums that you haveorganised there.

Concerning the concentrator, I am surprised that you were not able to get it.Mr Greensfelder wrote me that Aloes Co has written to you aoncerning this apparatus specially reserved for you (after my letter) and had no answer.

I hope that these details will be soonly arranged and that you will have this winter a more interresting heliotherapic department in Florida.

Do not regret that you have not used the apparatus in Battle Creek during this summer.You will need several months to accustom with the new techniques. You will realise more easely in automn and winter the great interest of concentration and scienfific dosage.

I sincerely regreat that my methods are not known in the United States , as I consider that some diseases which are not improved by ordinary techniques of actinotherapy and heliotherapy, react much better with the Rev. Solarium method, with concentration, filtration and special dosage.

This ignorance is coming from the fact that we have not enough medical connections between our both countries. You have seen yourself that your own scientific work is not known in France. Therefore I wrote the article " J.H. Kellogg" that you will read in September in the " Annales de l'Institut d'Actinologie".

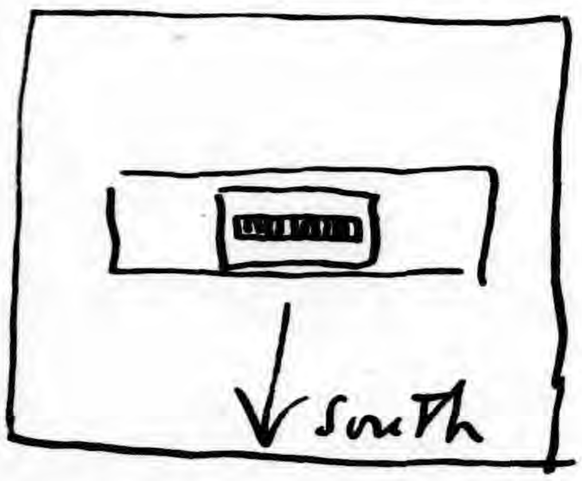
I do not know myself when I will be able to return in the U.S. but I try to improve my english langugge.

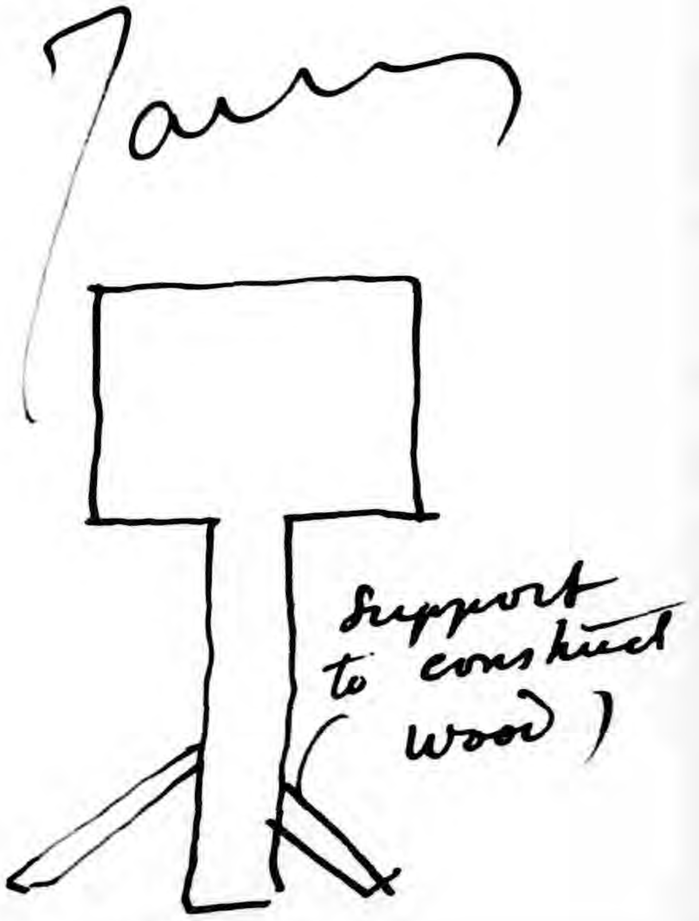
With my best wishes for your Health

Very sincerely yours

Jarricot

Solarium



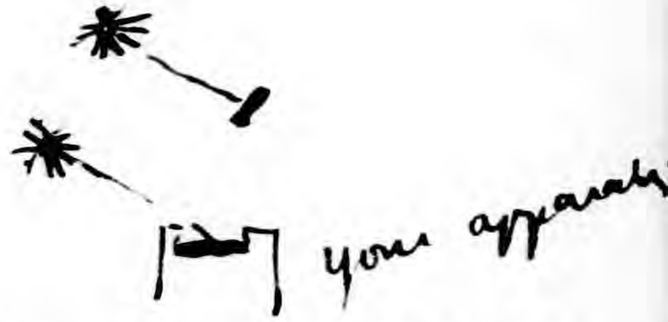


Note for Dr J.H. Kellogg

Time requested to give I unit S.T.:

with perpendicular rays, average IOO seconds

with horizontal radiation, 2 to 5 minutes.



Note:
if the totalizator does not turn, (the needle has the same position)
this signifies that the energy is not sufficient for a treatment
as the absorption of exterior energy is lower as the emission
of the human body (0,2 calories-gr. per square cm. and minute)

the totalizator is able to turn without direct sun, if the energy of
diffused radiation (going through the clouds) is higher as
0,2 cal.gr. sq. cm. or I,25 cal.gr.min. per square inch.
You can expose your patients without direct sun, if the time
requested for I unit is not above IO minutes.

July 20, 1939

Hon. Luren Dickinson,
Lansing, Michigan.

Dear Governor:

I want to express to you my most hearty thanks for the strong courageous stand you have taken not only in behalf of temperance and decent living, but in defense of the rights of American citizenship. From the disturbance you have created, it is evident that you have said something very much worth while. I am sure you have the support of every intelligent and high minded citizen.

Sincerely yours,

b

July 20, 1939

Miss Ida Tarbell,
120 E. 19th St.,
New York City.

Dear Miss Tarbell:

I have just finished reading "All in the Day's Work." I have found it intensely interesting and most admirable from a literary standpoint as are all your writings. I enjoyed every chapter in your book, but was particularly interested in what you wrote about S. S. McClure and the breakup of the McClure organization, which I have always thought might have been prevented if we had gotten hold of Mr. McClure a year or two earlier before the rupture had actually occurred. I admired greatly your generous treatment of Mr. McClure as well as others of your colleagues mentioned in your work.

Mr. McClure became a very enthusiastic disciple of the biologic method of living and was often with us. I admired him greatly for his sincerity and loyalty to his friends. I know he held you and other of the members of his first organization in the very highest esteem and he often told me of the circumstances of your leaving him to promote "The American." He laid the blame of the breakup wholly upon himself and attributed it to the unsettled condition of his brain and nerves which we found due to the disordered state of his stomach and intestines. It is evident, however, that the poor man had received an injury from which he never recovered and which made him incompetent to direct a large and

complicated enterprise. He appealed to me for help in his effort to reinstate the magazine, but I saw no hope for him. He had pioneered the way for so many competitors the field was fully occupied.

I recall with much pleasure your visit here many years ago and especially the story you told me of your summer garden and how much obliged to them you felt, as you said, "for growing just for me."

I wish you might come again and see how many improvements we have made and how we have profited by the modern progress in nutrition which has resulted from the experimental work done in multitudes of nutrition laboratories. This work has been of great value to us as it has supplied a scientific backing for the results of our clinical work so that features of our work which were then questioned by many physicians have now come into very general use and are being taught in all state college schools of economics.

It may interest you to know that 16 years ago, John D. Rockefeller, Jr. spent a month with us. When he arrived he called in the Associated Press reporters and told them that he had come to spend a month with us to learn how to live. He said to me at my first interview with him, "I am forty-eight years old. I want to live 20 years more and I want you to show me how to do it." I think it will require 20 years for me to carry out my plans. If I can have an opportunity to do this I shall be perfectly satisifed. So I have come here to you to show me how to do it. In four years more his score of years will have expired, but in a recent letter he seemed as much interested as ever in prolonging his life and said he had

profited greatly through biologic living, which I hope has been the means of prolonging his wonderfully useful life.

We have so greatly improved our regime in every way since you were with us I wish you might visit us again and see what wonderful things we are now doing for people suffering with high blood pressure and others on whom old Father Time is making a violent attack. It is really wonderful to see how the wrinkles disappear, physical bearing improves and rejuvenation advances, often so rapidly that within a few weeks patients often look 10 to 20 years younger. The transformation is really sometimes almost beyond belief. In cases in which the blood pressure is high, 200 or more, the hypertension generally falls 20 to 50 points within three or four weeks and sometimes 75 or 100 points. Cases of heart disease regarded as hopeless and brought in on stretchers or in wheel chairs, in a few months go away on their feet with 5 to 20 more years of comfortable and useful activity.

I would like to tell you about the Race Betterment Foundation and the Race Betterment Conference which is being arranged for the near future. The three conferences which have been held have all been very successful. Chancellor David Starr Jordan was the President of one of the conferences, the proceedings of which were reported by the leading newspapers all over the United States to the extent of more than a million lines. It is hoped that at this conference a campaign for race betterment through eugenics and biologic living may be started which will at least help towards staying the tide of race degeneracy and depopulation which the census experts and depopulation experts are telling us will destroy all the white nations

within a couple of centuries or less if something is not done to arrest it.

The late Mrs. Mary F. Henderson of Washington became greatly interested in our race betterment activities and placed in our hands several hundred thousand dollars to be used in creating an Aristocracy of Health based on a scientific mode of life. I am anxious to have your advice with reference to the best method of using these funds.

Dr. Carrel recently spent a week with me at my institution in South Florida, the Miami-Battle Creek. He is greatly interested in this feature of our work. He is retiring from the Rockefeller Institute and is closing his laboratory there and has promised to co-operate with me in building up a laboratory for the same work, employing his trained technicians and Lindbergh pumps which will be ready in a few weeks. Dr. Carrel has discovered a means of determining a person's physiologic age, that is, the real age of his body irrespective of the number of calendar years. By this means the influence of various foods, drugs, habits and other agents upon human life and stamina may be accurately determined and a real science of living built up through long continued and persevering effort. As a biologist you are prepared to appreciate the great value of this new method of research, which will, I feel confident, contribute in no small degree to the solution of some of the most fundamental problems of human existence. It certainly will help to settle many moot questions in physiology and hygiene.

Michigan is noted for pleasant summers, but we are having this year a particularly delightful season.

If you should think it worth while to visit us and find it

convenient to do so, we will do our very best to make your stay with us as enjoyable as possible.

With great respect and appreciation of the great work you have done for America in creating new ethical standards in business, and many thanks for the pleasure I have derived from the reading of your admirable books and magazine articles and trusting that we may have the pleasure of receiving you again as an honored guest at Battle Creek, I am

Very respectfully and sincerely yours,

b

MRS. EFFIE TYREL, TREASURER
SANITARIUM
BATTLE CREEK, MICH.

OFFICERS

MISS RUTH TAPPAN, PRES.
MISS LEONE SWEET, VICE PRES.
MISS BLANCHE VAN ATTA, REC. SEC.

THE ALUMNI ASSOCIATION
OF THE BATTLE CREEK SANITARIUM AND HOSPITAL
SCHOOL OF NURSING
BATTLE CREEK, MICH.

MRS. MARY STAINES FOY, COR. SEC.
SANITARIUM
BATTLE CREEK, MICH.

DIRECTORS

MRS. DELORES SHILLING
MISS ESTHER ROGERS
MRS. MARIE GRIGGS
MRS. DENSIE WISMER
MRS. GENEVIEVE VASKO
MRS. IRENE THOMA

July 24, 1939.

Dr. Kellogg.

In behalf of the nurses Alumni Association I wish to express to you the appreciation of the many nurses of our alumni for the lovely banquet that you gave them, also for the invitation to your home and the personal talk that you gave them. Many of them had never been in your home before.

I have had many letters, and I hope that you have, from the nurses wishing that their appreciation might be extended to you.

I believe that the celebration of the 50th. anniversary of our nurses alumni was very worth while as well as the reunions of the three classes.

One nurse came from Alberta Canada, another Iowa and another from northern Ontario. Some of them at much sacrifice. They write of enjoying every moment that they were here.

I just wanted you to know that your part in it was worth while and much appreciated.

I spoke to Mr. Bloese about the letter that you wished to write to them but I feared that you had been too busy to write it yet but hope that you can ere long.

In appreciation,

Mary S. Foy.

Corresponding Secretary.

THE LITTLE HOUSE
BRIDGEPORT, CONN.
R. F. D. NO. 1

July 28 · 39

Dear Dr Kellogg :-

How good of you to write-
me! First I am pleased that
you remember me so well, even
that - when I smiled. Sure I was
rejoicing - in a kind of - that-thing
grew in a garden" just for
me"!

Of course I am proud
that - for like "all in the" Days
work" - particularly that.
I find that - I may of
the readers of the McClure
and sympathetic. I had our
rare, genuine appreciation and
admiration for their real -
I do not think - I pray -
merits. As I took back on

THE LITTLE HOUSE
BRIDGEPORT, CONN.
R. F. D. NO. 1

Group 2 feel that. in addition
our interest. to prevent their
losses destroying their achievements.
better the World not-perhaps
could not-yield.

All right. Just say in
great advance at Battle Creek
interests me deeply. I should
like to talk to Jack Connelly
of a piece of work for Connecticut.
Evening:- "Life after 80". It seems
as if our Betterment-discovery
might give a couple of extra
decades - whether we want them
or not. How prepare for, me,
them? The question is more
a personal will-we. I am
by no means sure either but -
I am not prepared

THE LITTLE HOUSE
BRIDGEPORT, CONN.
R. F. D. NO. 1

for another decade or two.
I might get some long
letter regarding your experience with
scheme. I think I shall
write your results of my
work later. Just two years
ago today in the county-no
hereditary-and a right hard
to whack to write-lately,
with real gratitude of
your letter. Believe me,
Dear Dr Kellogg
Cordially yours
Ida M. Tarbell

Dr J. H. Kellogg
Battle Creek
Mich.

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

31st July 1939.

My dear Doctor Kellogg;

At the last minute I have had to change my plans and I shall not be at Battle Creek until in the fall sometime. I am very fond of the seashore and friends were going to Swampscott and I have decided to go too. I am disappointed as I had thought of the conferences which You and I were liable to have and I shall miss them. The sea is not so kind as You are in the matter of climate nor do my friends sojourn there so long. However we shall have our conference this fall just the same for, unless something intervenes I shall be at Battle Creek long before You pack up for the south. My kindest greetings to just the same.

Cordially Yours,

Oscar H. Rogers

ROBBINS & ANNIS
REAL ESTATE—INSURANCE
1602 SECURITY NATIONAL TOWER
BATTLE CREEK, MICH.

"THE BEST KNOWN CITY OF ITS SIZE IN THE WORLD"

August 2, 1939.

Mr. T. H. Aagaard
Battle Creek Sanitarium
Battle Creek, Michigan

Dear Mr. Aagaard:

I would like to pass on a little constructive criticism that has been offered to me on many occasions by several newcomers who have visited Battle Creek in the past number of months, and also on various occasions by some of our local citizens.

It has been mentioned to me by these people that a feeling of 'activity' could be created for the Sanitarium if there were flags or a flag flown from the top of the building during the daylight hours. No doubt there is some merit to their suggestions, as we all know that the sight of a flag rather puts a stir in our feelings which is not otherwise created.

As manager of the institution, and with a feeling that I am somewhat acquainted with you, I thought you would not mind my passing on to you the above comments.

With best wishes, I am

Yours very truly,

Claude D. Annis

CDA:DJH

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

August 3, 1939

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

Dear Dr. Rogers:

I have your note of July 31.

I am sorry that you are not coming sooner to enjoy our delightful weather. I may be leaving here in September, but I am not sure of that, as the Miami-Battle Creek is having quite a boom and I may have to spend a few weeks there in September.

Always devotedly yours,

b

August 3, 1939

Miss Ida M. Tarbell,
The Little House,
R. F. D. No. 1,
Bridgeport, Conn.

Dear Miss Tarbell:

I have your letter of July 28. It is most generous of you to write me such a gracious letter, and with your own tired hand which I am convinced has done more than any other for correcting vicious practices and promoting integrity in American business methods and such extraordinary feats as an interviewer no one has ever approached.

I have thought of writing you before, feeling that a person who possesses such an immense power for uplifting influence ought to have the benefit of every known means of combating the encroachments of Old Father Time. I have been studying the problem how to live very earnestly for more than 60 years and within the last 25 years, thanks to help obtained from the Pasteur Institute, have made very considerable progress and within the last ten years have perfected combined methods which achieve results in arrest of the old age process and rejuvenation which are most gratifying.

Old age is a disease. It is caused by the overwork of certain organs, particularly the poison destroying and eliminating organs, especially the liver and kidneys. Neglect of the skin is also an important factor, researches having shown that the skin is a highly

important link in the chain of poison-destroying organs. The liver and kidneys, with their marvelous ability for reproducing their working structures, with proper care ought to maintain their efficiency for a couple of centuries at least. They are worn out prematurely by the enormous burden heaped upon them by the excessive use of protein, the intake of poisons in various ways and the absorption of poison from the colon which results from putrefaction of long retained food remnants.

Metchnikoff was right in holding the colon bacillus and the germs associated with it to be the cause of old age. He failed in his effort to replace the colon bacillus by a harmless organism. Rettger of Yale also failed because he neglected to put proper emphasis upon other important factors. Intestinal putrefaction is unquestionably the biggest factor in accelerating the old age process. Attention must also be given to the motility of the intestinal tract through X-ray studies, regulation of diet and the proper use of efficient accessories.

We have worked out a whole program for cultivating youth which works remarkably well. In many cases old age symptoms such as wrinkles and other symptoms, weariness, depression, etc. begin to disappear within a few days. The blood pressure falls 20 to 50 points and in some cases a hundred or even more. Good appetite, good digestion, normal bowel action and other indications of health gradually return until often in three weeks or months a person finds he has renewed his youth to a remarkable degree.

I am delighted to find that you are planning a book on life after eighty. I am sure this will be a charming volume and a fine

supplement for your masterpiece, "All in the Day's Work," in which you have immortalized your personality as few authors have done. I am sure that after a few weeks' trial of biologic living you would find it quite worth while to add a chapter to your book about cultivating youth by living up to physiology.

I would be so glad to have an opportunity for a chat with you about several things in which I believe your pen might do more for the world than almost any other. The Aristocracy of Health I am sure would interest you. It was Mrs. Henderson's idea as a means of promoting race betterment. Admiral Byrd was one of the first one hundred signers. There are now about ten thousand members. Prof. Picard of stratosphere fame and his family are also members. I hope to increase the number to one million or more by work with Young Men's and Young Women's Christian Associations, Christian temperance unions and campaigns in high schools, county fairs, W. C. T. U. and other temperance organizations, the purpose being to get people health minded.

I expect to open a Carrel laboratory in the fall when Dr. Carrel returns from Europe. He will have apparatus and a technician ready for me in October. The Doctor has developed a method for determining the physiologic age, that is, the real age irrespective of the number of years a person may have lived. The same method should prove a very accurate test for the influence of various foods, medicines and other substances upon the body and also the effect of habits, etc.

The world situation opens up a great opportunity for writers such as you who deal in a masterly way with grave questions of fundamental importance.

By means of a rational return to nature under civilized con-

meals, the first time, I think, this has ever been undertaken.

Almost everybody is suffering for lack of vitamins of some sort. This is very likely to be the case with elderly people who are likely to make use of a smaller variety of foods than they require and often in reduced quantities.

I should like very much to hear of your plans which may in any way be related to our work.

Hoping to have the pleasure of meeting you again in the not distant future and especially to have the pleasure of contributing to your physical welfare, I am

Very sincerely and cordially yours,

P. S. I have ordered sent you from our food laboratory some of our latest products which have already proved very helpful in some hundreds of cases. If you find any of them of service to you, we will instruct the laboratory to keep you supplied.

b

conditions, which is now entirely practicable, with the added advantage of air conditioning, ultraviolet light and the perfect balancing of the food for vitamins and minerals made possible by the discoveries of nutrition laboratories it is possible to make conditions of life even more healthful and conducive to efficiency and longevity than those of the primitive savage even under the most favorable climatic conditions. I think the time has come when a sufficient number of people may be interested in scientific living to make it possible for a writer like yourself to attract a very large audience, in fact, to produce a best seller.

The truth is that life after eighty is really a fine art and through the various lines of research I am carrying on it can be made extremely picturesque and interesting. I will be very glad indeed to open the way for you to explore this field as thoroughly as you like and wholly at the expense of the Race Betterment Foundation.

I shall be glad to make you my guest at The Miami-Battle Creek, our Florida place, next winter. You ought to make a visit here this summer. The weather is very pleasant here. We have not had an uncomfortable day this summer and we rarely do have more than a few hot days, for it is cool in Michigan when it is hot nearly everywhere else. South Florida is one of the few places where hot spells are practically unknown. The temperature at Miami has never been recorded over 94 degrees and rarely reaches 90 degrees.

I am sending you with this a little booklet, "Rules for Right Living," of which under various names we have circulated several millions. We are preparing a new edition which I hope to put in much better shape. I am also sending you copies of our bills of fare, by the aid of which we are able to serve our patients perfect

Ida M. Tarbell, The Little House, R. F. D. No. 1, Bridgeport, Conn. July 28, 1939

JHK

How good of you to write me. First I am pleased that you remember me so well even that when I visited you I was rejoicing-- as I still do-- that things grew in a garden "just for me"!

Of course I am proud that you like "All in the Day's Work," particularly that you find what I say of Mr. McClure understanding and sympathetic. I had and have genuine affection and admiration for him, but I do not trust his judgment. As I look back on the breaking up of the McClure group I feel that we all did our utmost to prevent him from destroying his achievement, but he would not-- perhaps could not-- yield.

All that you say of the great advances at Battle Creek interests me deeply. I should like to talk to you some time of a piece of work I am considering: "Life after 80." It looks as if your betterment division might give a couple of extra decades whether we want them or not. How prepare for me,

then? The question is more or less personal with me. I am by no means worn out, but am not prepared for another decade or two. I might get something which would relate itself to your Aristocracy of Health scheme. I think I shall write you more fully of my plan later. Just now I am resting in the country. No secretary and a right hand too weary to write easily.

b

August 6, 1939

Countess Alexandra L. Tolstoy,
Tolstoy Foundation, Inc.,
287 Fourth Avenue,
New York, N. Y.

My dear Countess:

I have your letter of July 25.

I am glad to hear from you. We will be delighted to have you at The Miami-Battle Creek next winter at the time you suggest.

As regards an engagement here, I am not likely to be here as I am starting on a little vacation soon and so I will put your letter in the hands of the hostess, Miss Browning, and ask her to communicate with you. I have no doubt that arrangements will be made.

Count Tolstoy's name is greatly revered by our people and anyone who bears his name will always be welcome andhonored. I remember your former visit with pleasure and anticipating the opportunity to welcome you again, I am

Sincerely yours,

b

August 6, 1939

Dr. S. A. Knopf,
16 West Ninety-Fifth Street,
New York City.

Dear Friend:

Thanks for your note of July 12.

I will be delighted to see you whenever you come. I will have to endure this embarrassment growing out of the receivership for a few months more, but hope then to be delivered from it by buying all of the bonds, which I trust I shall then be able to do.

Dr. Carrel is a wonderful man. I highly enjoyed his visit and hope to have the pleasure of another contact with him.

I should like very much indeed to discuss certain points of philosophy with you, particularly the question of personality and the origin of ideas as well as the matter of guidance.

Anticipating the pleasure of meeting you in the not distant future and with kind regards to Mrs. Knopf, I am

Very sincerely and cordially yours,

b

August 9, 1939

Dr. Arnold Lorand,
Hotel Mont Thabor,
Rue Mont Thabor,
Paris (1), France.

Dear Dr. Lorand:

I have your letter of June 30.

Thank you very much for writing me and sending me the information about the under water massage. I see there is nothing very new about it after all as similar methods have been in use for many years as I know from my study of baths in all parts of Europe, including Priessnitz' very old place in Grafenburg in Austrian Silesia which I visited more than 30 years ago. Under water douches are given in the same way at Bath, England.

The same effect is produced by an injector working in the water of the tub, setting it in motion so that it impinges upon the skin with the same vigor as the douche. The important things, after all, are the rubbing and the temperature rather than the impact of the water, which makes a much less definite impression than does the rubbing.

As regards Battle Creek, the work here is undergoing a depression just at present on account of the receivership. We have less than 500 patients at the present time, whereas we ought to have 1,000.

Our work at Miami is prospering. We have three times as many patients as last year at this time, but we have three doctors,

which is sufficient for the present.

Business is very greatly depressed. The government makes an appropriation this year of one and one-half billions in subsidies for the agricultural population. We have 11,000,000 people on the dole as they call it in England. We call it welfare here, and they will probably always remain on the dole. I see no prospect whatever for better times ahead. Depopulation is going right on at a rapid rate. The effects of wrong habits are beginning to appear and to become more and more prominent as time continues. For myself I see nothing but chaos ahead of the world. The old world is worn out. The only hope is through a radical return to nature.

I am myself taking a vacation, the first time in all my life. I have never before been off the job during the summer, but am so little needed so that I can take time to get a breath, recruit my energies and lay plans for the future.

I am planning to launch a new system of regimen therapy which I have for many years been developing and have at last brought to a point which gives results far better than I have ever attained before. We can bring down the blood pressure consistently as much as it ought to come down in any given case. The blood pressure is never any higher than it needs to be. If the kidneys are not too badly damaged, the blood pressure can be brought down nearly to the normal.

Be assured, Doctor, that you have my most profound sympathy. Whether or not you will find it worth while to come to this country I cannot tell. The profession is overcrowded and a strong prejudice has grown up in the country toward foreign doctors on account of the depression

in this country, and in some cities the doctors are organizing to oppose the entrance of foreign physicians. This is certainly a very selfish attitude, but nevertheless it is in harmony with the general spirit of selfishness which seems to rule the world at the present time.

Remembering with great pleasure the joy we all experienced in having you with us and hoping some time to have the pleasure of meeting you again, I am

Cordially and faithfully yours,

b

August 15, 1939

Mr. J. H. Haas:

Please send to Admiral R. E. Byrd, 9 Brimmer Street, Boston, Mass, samples of our canned soybeans (not the green beans), soy flour with directions for use, canned soy milk, soy milk powdered, debittered beans and debittered beans toasted, complimentary. A pound of each would be ample.

J. H. K.

b

9 BRIMMER STREET
BOSTON, MASSACHUSETTS

August 11,
1939.

Dr. John Harvey Kellog,
Battle Creek Food Company,
Battle Creek, Michigan,

My dear Doctor Kellog :

Recently I received a phamphlet extolling the virtues of Knox Sparkling Gelatine as a retardant of fatigue and a source of protein that the body needs - it states that this gelatine is rich in " glycine ", which, so the phamplet sets forth, is a protein " which relieves fatigue and builds muscular tissue ".

If this is true it would seem that gelatine should be an important item in the diet of the men on the expedition, who will cerainly need all the muscular energy they can generate against the hard work that they will be called upon to do.

I wonder if you could tell me the exact nature of the protein in gelatine and whether the claims set forth in the phamplet are well founded? I would greatly appreciate your doing this for me - of course, only if you find it convenient. I have no intent to impose on you.

This expedition business is keeping me on the go almost constantly but I am standing up under the strain in pretty good shape - thamks largely to following good advice from you.

With warm personal regards,

Faithfully yours,

RE Byrd

August 15, 1939

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

My dear Admiral:

I have your letter of August 11.

I know about this glycine hoax. It is publicity bunk. Gelatine is not a complete food. It is a by-product of the slaughterhouse business.

Knox Gelatine was devised for the purpose of using up odds and ends that could not be disposed of in any other way. Armour was a pioneer in this and finally declared that he had succeeded in utilizing the last bit of the pig, converting into cash everything except his squeal.

Gelatine is a protein, but that does not make it a desirable food, for there are different kinds of proteins.

Proteins in general are divided into three classes: First, the complete, which are defined as protein capable of "maintaining life and providing for the normal growth of the young when used as a sole protein food." Proteins of this class are found in great abundance and are, in fact, the chief proteins found in milk, eggs and the soybean. They are also found in the peanut and some other nuts.

A second class of proteins is the so-called partial incomplete proteins. In this group are found the gluten of wheat, which is

easily made complete by the addition of a small amount of milk, soybeans or nuts.

A third class is incomplete, which are defined as incapable either of maintaining life or supporting growth, in which class gelatine is cited as a conspicuous example in Sherman's great work, The Chemistry of Foods. These facts were worked out by Mendel and Osborne of Yale University whom I know very well. Osborne devoted his life, in fact, to the study of this very question. Nothing new has been discovered which sets these facts aside. Animals fed with gelatine did not grow but pined away and died.

The protein needed for the nourishment of human being is not a simple substance, but is made up of some 20 different substances, all of which are needed for complete proteins, some being absolutely essential. Glycine, for example, while by itself is not capable of supporting life becomes utilizable when combined with other proteins which make good its deficiencies.

The soybean contains a larger amount of protein than any other natural food, and this protein is glycine, of which it contains 40 percent in its original pure and perfect form as it is produced in the plant. The glycine of animal tissues is produced in the animal body, but is derived from plant sources and is a second-hand product. In the soybean it is found associated with the other elements necessary to make it a perfect protein, as you will notice it is included with the casein of milk and other natural products with which it is normally associated.

The glycine found in gelatine contains no tryptophan, without which it is not a life sustaining food.

If all the claims made by the packers for gelatine were true,

they would in no sense justify their representation of its value for the reason that the protein which it is supposed to replace is supplied in better form and at far less expense and in a condition which is safer and more readily utilized by the body because properly prepared by Nature in her incomparable laboratory and an original instead of a second-hand by-product.

For instance, in soybean flour which you can buy at four cents a pound there is to be found 40 percent of the purest sort of glycine and right along with it the supplementary tryptophan which makes it a complete protein of the finest sort, so complete, in fact, that in China for several thousand years it has taken the place of meat (fish, flesh and fowl), eggs and milk. This is especially true of South China where it is almost the sole source of protein, and no people in the worldare more perfectly developed physically than the well nourished Chinese peasants in prosperous portions of that great country. The soybean is known as the wonder plant.

Soybean flour, canned soybean milk either in liquid or in dry powdered form would be among the least expensive and most useful of all foods you could take along with you. The soybeans should be debittered as their natural flavor is objectionable. I have discovered a means by which I can remove this flavor completely without in any way affecting the value of the beans. I can supply you at very modest cost any quantity you want of these beans either dry debittered, uncooked or in cans.

I will have some specimens of our different soy preparations sent you. I will also have sent you a new vegetable meat prepared with wheat

which has all the desirable properties of meat and can be supplied you at less cost than any first class canned meat product.

We have made great progress in the last few months in perfecting processes which I first invented many years ago when I undertook at the request of the U. S. Department of Agriculture experiments for the purpose of providing a vegetable substitute for meat. I have recently attained a higher degree of success in this line than I had ever dreamed possible. I will be glad to have an expression of your views after you have examined the samples I shall send you.

If I can assist you in making a better nutritive preparation for your next polar expedition than was ever made before, I shall be very happy to do so.

I am glad to know that you are getting on so well healthwise and I am very glad to know that biologic living is making so good a showing in keeping you fit notwithstanding the strenuous demands of your activities upon your vital stamina.

With kindest regards to Mrs. Byrd and your children, I am

Sincerely yours,

P. S. In the next number of my journal Good Health I may say something about this Knox Bulletin or the statements it is making in which you may be interested.

When I received your letter I had just been writing an editorial for Good Health about the harm that may be done to the kidneys by feed-

ing incomplete proteins. I had in mind chiefly the cereal proteins, particularly glutens, which have been largely used by diabetics and without giving consideration to the fact that cereal proteins are deficient and in the same way that gelatine is deficient, only to not nearly the same degree, as all the cereals contain small quantities of complete proteins, although the bulk of their proteins is of the partial incomplete class.

b

2 ET 4, RUE MONT-THABOR
(ENTRE LES TUILERIES ET L'OPÉRA)

Téléph OPERA 57-64
4 LIGNES

Télégrammes
HOTELTABOH - 111

Hôtel Mont-Thabor
Paris

August 16. 1939

Dr John Harvey Kellogg
Battle Creek

My dear Dr. Kellogg.

I hope you have received my letter of June which was an answer to your letter of May 15.th & also my letter from Vichy, in which I have written you on the underwater massage as done in Vichy.

I hope there will be a possibility to work with you in Battle Creek × in Miami.

It makes me pleasure to think that you are in

your usual fine health
& in buoyant spirits & in
this hope I remain with
kindest regards

Yours very sincerely
Arnold Lorand

Please kindly remember me
to Mrs Harvey.

August 19, 1939

Honorable James J. Davis
1218 Farmers Bank Building
Pittsburgh, Pennsylvania

My dear Senator:

Thank you for your note enclosing the option which I received this morning.

I am sorry to have to trouble you about this option. I will explain the situation to you.

I am putting all my resourses into a trust to use for helping the Sanitarium. I already have transferred nearly half of the stock of the Battle Creek Food Company to the Race Betterment Foundation, the trust referred to. The rest is in process of transfer, and this transaction must be completed before a good title can be conveyed to you, and, of course, there should be a formal action of the Race Betterment board. I have planned to take the last steps for the completion of the trust a little later. In view of your anxiety to get started in the food business as soon as possible, I will hasten the matter of the trust as much as possible. I am seeing my lawyer today.

I am enclosing a copy of the option, unsigned, which states the general terms of our understanding.

The present time is the most opportune moment for getting into this business the new and revolutionary products which will be a real sensation. If I did not have the Battle Creek Sanitarium problems on my hands, I would not think of disposing of this business, for in two or three years it could easily be developed into a ten million dollar enterprise.

I suggest that you regard our negotiations as strictly confidential, especially keeping all information away from other food companies as they have been for years eager to get hold of my business.

There are a great number of products I have developed which have not yet been introduced to the general public.

I hope this will find you safely at home with your wonderful family. Please present my compliments and highest regards to your charming wife and daughters and to your fine son, who will no doubt participate in the food business and find it extremely interesting.

Please keep me advised of the progress you are making, and call for anything you want in the way of data.

Very sincerely and cordially yours,

John Harvey Kellogg

JHK:h
Enc.

P.S. I saw my lawyer today and have found a way out of the difficulty which I will explain when you come. The plan will please you immensely and help you in financing very materially -

JHK.

ANNE WILSON

8-22-39

Dear Doctor Kellogg:

Twenty three years ago the sixteenth of next November I was brought to your institution after a hunting accident in Virginia.

My father, a surgeon, was so impressed with your results that he urged me to come yearly for a checkup and the advantages of this fine regime.

On account of my having the guardianship of some little children in England it may be necessary for me to spend my summers hereafter with them and prevent my returning each summer.

For this reason I felt I should write you a little note of my deep appreciation and to have you know how I do hope you will always keep up your association with this institution which is a living tribute to your foresight, unselfishness, and years of careful thought.

The world so needs you and I say with deep sincerity we all hoped to hear you speak this summer as usual on Monday evenings. God bless you and keep you with us for many many years.

Gratefully:

Anne Wilson

STATE OF ILLINOIS
HENRY HORNER, GOVERNOR
DEPARTMENT OF PUBLIC HEALTH
[redacted]
Woodstock

A. C. BAXTER, M. D.
[redacted] DIRECTOR
[redacted]

ADDRESS ALL CORRESPONDENCE TO THE [redacted] DIRECTOR

DIVISION OF COMMUNICABLE DISEASES
JOHN J. McSHANE, M. D., DR. P. H.
CHIEF OF DIVISION AND EPIDEMIOLOGIST

August 23, 1939

Doctor John Harvey Kellogg
Battle Creek Sanatorium
Battle Creek, Michigan.

Dear Doctor Kellogg:

After reading your letter written to our Alumni Nurses, I feel that I would like to write to you. I have always considered myself very fortunate to have had my nurse's training at Battle Creek Sanatorium. My good training and the many valuable contacts made at the sanatorium will always be an inspiration to me.

I am at present enjoying a Public Health position with the State Health Department of Illinois as supervisor of a Health Unit. Our local office being at Woodstock. It is interesting to develop our health program and foresee the many possibilities of future Public Health work.

I trust you are well. Many good wishes to you in all that you do.

Sincerely.

Bertha Wellington R.N.

Bertha Wellington, R. N.
Public Health Nurse.
District # 2.
Woodstock, Illinois.

BW:LH

CLAUDE H. BENNETT, MANAGER

The Bellevue-Stratford

Philadelphia

August 24, 1939

My dear Doctor Kellogg

I have called your apartment but had no answer and when it is convenient will you please call me back in Room 1116. Hope you had a pleasant trip down and do not find the weather too warm here.

Things are not so good with Henry this morning. He had a temperature of 102 at nine o'clock but it is dropping now and we hope by afternoon he will be in shape to see you.

With affectionate regards

Sincerely

Grace Doherty

Waldorf-Astoria,
New York City.

August 25, 1939

Mrs. Henry L. Doherty,
The Bellevue-Stratford,
Philadelphia, Pa.

Dear Mrs. Doherty:

Since leaving you yesterday it has occurred to me that on account of Mr. Doherty's feeble condition I ought not to trouble him about some of the matters I discussed with you yesterday and that especially it will be better not to mention what I said about the lawyers because they are still in your employ and doubtless serving you well, and Mr. Welles is, I am sure an excellent lawyer, so I suggested to your secretary this morning that it would not be worth while to write out my conversation. I also asked her to return to me a letter which I wrote last evening and instead wish to offer a brief statement which I will amplify if found desirable.

In the last ten years I have given much thought to what might be done with the Miami Biltmore if the Battle Creek evidence and prestige were added to it. I have plans which with the addition of the Battle Creek methods and prestige together with special plans which I have worked out in Florida and which have been giving us phenomenal success, your Biltmore property can be made a tremendous success, but to do this we must prevent the bankers from destroying Battle Creek. This may be

accomplished either with or without the investment of funds.

If Mr. Doherty would like to discuss plans of this sort with me, I can remain here a few days until he is feeling a little better and at his convenience will take the matter up in detail with him if he desires to do so.

I will be glad to discuss the details with you before seeing Mr. Doherty if this is agreeable to you. Possibly you may be coming to New York within the next few days. If not, I may run over to Philadelphia.

The European situation makes this a favorable opportunity for doing something with the Miami Biltmore. The war clouds are driving the tourists home.

Thanking you sincerely for your courtesies and this lovely apartment, which I greatly enjoy, I am

Sincerely and cordially yours,

b

CLAUDE H. BENNETT, MANAGER

The Bellevue-Stratford

Philadelphia

August 26, 1939

Our dear Doctor Kellogg

Your letter of August 25 just received this morning. I had Miss Salmon return the letter which you had written the day before. I am sorry to tell you that Mr. Doherty is not feeling any better than he was when you were here.

It was such a joy and genuine pleasure to see you and to find you looking so wonderfully well. I hope your stay at the Waldorf is pleasant.

I do not think that Mr. Doherty will be able to see you any time soon but when I receive your statement will take it out and read it to Mr. Doherty when he is in condition to hear it. I know how disappointed he was to be unable to see you. Am hoping and praying he will soon make some steady improvement. He has suffered so long and has been such a patient courageous soul. I have never known such a stoic in my life.

CLAUDE H. BENNETT, MANAGER

The Bellevue-Stratford

Philadelphia

This carries our warmest and most affectionate regards and no end of good wishes to you now and always.

Sincerely

Grace Hadley

Dr. John Harvey Kellogg
The Waldorf-Astoria
New York City

OFFICE OF
JOHN HARVEY KELLOGG, M.D.
DIRECTOR
CHAS. E. STEWART, M.D.
ASSOCIATE DIRECTOR

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

The Waldorf-Astoria,
New York City

August 27, 1939

Mrs. Henry L. Doherty,
The Bellevue-Stratford,
Philadelphia, Pa.

My dear Mrs. Doherty:

Thank you very much for your kind note which came this morning. I am enclosing herewith a letter addressed to your husband which I think may interest you. I presented only a meager sketch of what might be accomplished by such a combination of effective agencies as I have suggested. The project contemplated will not be, of course, a money making enterprise. It will be purely eleemosynary, but it will be a splendid monument to Mr. Doherty's genius and generosity. If Mr. Doherty is interested in the suggestions I have made, I will not trouble him about any other matters unless he wishes to know about them.

I shall be here a few days, hoping Mr. Doherty's condition will improve sufficiently to permit this matter to be presented to him without disturbing him.

Thanking you most sincerely for your courtesies and for your generous provision of these lovely accommocations, which we are greatly enjoying and appreciating, I am

Very sincerely and cordially yours,

OFFICE OF
JOHN HARVEY KELLOGG, M.D.
DIRECTOR
CHAS. E. STEWART, M.D.
ASSOCIATE DIRECTOR

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

New York City.

August 27, 1939

Judge Burritt Hamilton,
Battle Creek, Michigan.

My dear Judge:

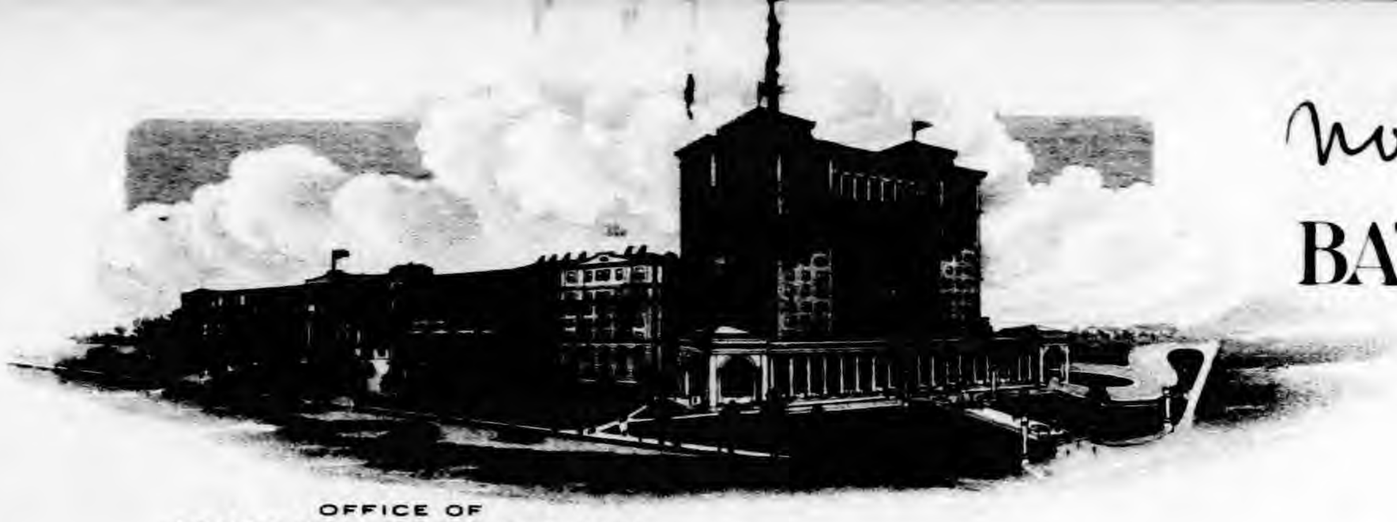
Here are several questions which I am feeling very anxious about.

1. In what sense and in what particulars, if at all, is the Battle Creek Sanitarium a benevolent association and successor to the old Michigan Sanitarium & Benevolent Association?

2. What is the present status of the contracts made with the Michigan Sanitarium & Benevolent Association or agreements in which it was concerned as in connection with the royalty contract between the Battle Creek Sanitarium Food Company and the Battle Creek Food Company concerning the use of the name, etc. in connection with foods? Is the Battle Creek Sanitarium & Benevolent Association a continuance of the old Michigan Sanitarium & Benevolent Association and is it competent to carry out agreements made with the old corporation or is there an obligation to do so?

There was an understanding with the Battle Creek Sanitarium Food Company that foods bearing the picture and using the name Battle Creek Sanitarium Food Company should be submitted to the board of the Michigan Sanitarium & Benevolent Association for approval before making use of the picture or name.

I have obtained a copy of the contract and of the assignment of



OFFICE OF
JOHN HARVEY KELLOGG, M.D.
DIRECTOR
CHAS. E. STEWART, M.D.
ASSOCIATE DIRECTOR

not sent The

BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

The Waldorf-Astoria,
New York City.

August 27, 1939

Mr. Henry L. Doherty,
The Bellevue-Stratford,
Philadelphia, Pa.

My dear Friend:

You have taken so deep an interest in the affairs of the Battle Creek Sanitarium and have done so much for us since the development of our financial troubles that I felt that I should if possible have a conference with you before taking steps which I am contemplating.

I was very grateful for your gracious invitation extended to me through Mrs. Doherty. On arriving I was sorry to find that you were suffering from an acute exacerbation of your troubles with a rise of temperature, a condition which of course demands complete rest. I came on to New York where I shall remain for a few days before returning home.

One thing I wished to talk with you about was plans for enlarging the Miami-Battle Creek. The last four seasons we have had a waiting list nearly the whole season. We have kept open the whole year since 1937. Last year we ran behind a few hundred dollars during the summer months. This year we have three times as many patients as last year at this time, and patients are already coming in with the expectation of spending the winter with us. The present outlook is that we shall have three or four times as many people as we can take care of next winter.

Mr. Curtiss sold me the property for one dollar. We have earned and spent in improvements over $200,000. I deeded the property three years ago to a board of trustees to be a self-supporting health center like

our work at Battle Creek with many improvements in methods and service.

After talking with Mrs. Doherty, it occurred to me that it might be possible to convert the Miami-Biltmore into a resort for special classes of cases with which we are more successful than anybody else,— rheumatism, cardiovascular-renal disease and high blood pressure. There are six million rheumatics in the United States. Nearly everybody past seventy has rheumatism in some form. We can cure nearly all of these cases if we can get hold of them early before the ligaments have become shortened or the joints ossified. The secret of the success of our work is regimen, which does much more than any special treatment.

Florida is the place for treating rheumatism. The warm climate protects the patient against relapses while the regimen and treatment are repairing the damage done.

We have made a great number of notable cures at Miami-Battle Creek. One of the most gratifying cases was that of Mrs. Cyrus Curtis. She had been a cripple for 15 years and for three years had not been able to stand on her feet without the aid of iron braces hinged at the knees. The knees were enormously swollen. She had been everywhere and tried everything and consulted the most eminent specialists in the world and finally had given up in despair. She came for stomach trouble, but informed me at the start that we should do nothing to her knees, not even to look at them. She would not even allow me to touch them, she was so afraid of their being made worse. She said she was reconciled to her knees and was certain they were incurable. In two weeks she sent for me. She said, "Doctor, I find that my knees are getting better. I think I will let you look at them." We then began work on her knees in good earnest and at the end of six weeks she was standing on her feet without her iron braces and a few weeks later left the institution entirely independent of her iron support and was free

from pain.

A combination of light therapy, hydrotherapy, massage and regimen succeeds where less thoroughgoing measures fail. There are hundreds of thousands suffering from rheumatism who would gladly seek relief if they knew where to go.

The Miami-Biltmore could be made into an admirable spa with the proper management. It is far better located for the treatment of rheumatism and heart troubles than any other place either in Europe or America. The European resorts are being deserted and a multitude of sufferers are looking for a place where they can be assured of help. I am sure the Miami-Biltmore can be made to pay its way as a self-supporting eleemosynary institution like the Battle Creek Sanitarium for the treatment of rheumatism, heart troubles, indigestion, constipation and some other common ailments.

Before the depression we received every year at Battle Creek ten to twelve thousand people. During the depression under the receivership our total annual registrants have averaged a little more than five thousand. Fully half of these cases have been hypertension cases. Hundreds of them-- enough to fill the Biltmore two or three times-- flee when cold weather comes. South Florida has a warmer climate than California.

All the late books on rheumatism fully recognize the fact that physiotherapy, regimen and climate are the only dependable therapeutic measures for rheumatism. Since going to Florida I have developed some very wonderful new methods which are of great help to us. One of these is a means of changing the intestinal flora by cultures which have five to ten times the potency of the older cultures.

When the quintuplets were four months old they were attacked by

bowel trouble which would have quickly carried them off if I had not sent this culture to them. It cured them in ten days and has kept them well ever since. Each quintuplet takes a pint of this culture every day. A movie taken of them shows them all taking acidophilus. The Battle Creek Food Company has a standing order for three dozen pints every week. The bowel trouble returns whenever they discontinue use of the culture.

I am confident that by adding Battle Creek prestige and methods to the Miami-Biltmore it can be made into the greatest health resort in the whole world, and the present is an opportune moment for the venture. If you are interested in the matter, when you are well enough I will be glad to see you and to go into details and make you a proposition which I think you will find worth considering.

Up to date I have made no effort to develop the Miami-Battle Creek because I did not wish to make it compete with the Battle Creek Sanitarium. Now I am at liberty to adopt a different program. I am sure you will not interpret my suggestion to you to mean a plot for destroying Battle Creek. This is by no means the case. I hope to make the plan a means of saving Battle Creek. I have done all I can at present.

I am sending this letter to Mrs. Doherty to be handed to you when you are feeling better, and if after reading it you care to discuss the matter further with me I shall be very glad to do so at your convenience.

Hoping this will find you much better and making good progress toward recovery, I am

As ever very sincerely and cordially yours,

b

The Commodore Hotel, New York City
August 30, 1933

Mrs. Henry L. Doherty,
The Bellevue-Stratford,
Philadelphia, Pa.

Dear Mrs. Doherty:

I was so distressed to hear that Mr. Doherty was still so miserable last evening that I have almost made up my mind that it would be wrong for him to seek an interview with him and determined that if I received no better news I should withdraw my request as he must be so ill that it would be quite wrong to ask him to discuss any matters of large importance. I may possibly be passing through Philadelphia on my way to Washington, but will not trouble Mr. Doherty for an interview unless I hear he is desirous to see me to hear some suggestions I have had in mind for some time concerning the use of the Miami-Biltmore which he might or might not think it worth while to consider. I will leave the matter wholly with you.

Thanking you sincerely for your courtesy for making me your guest at this lovely hotel.

I am moving over to the Commodore tomorrow as that is nearer by my New York office and will be in other respects more convenient.

The Sanitarium, I am sorry to tell you, has fallen into the hands of men who are exploiting it for their own personal interest and to the destruction of the institution.

Dr. Martin has resigned and will join the work at Miami. Dr. Jeffrey has already done the same and also Dr. Norman. More than a

a dozen of the most capable and dependable of our doctors and managers are already gone and others who are not willing to be associated with the present management will be doing likewise.

We are the victims of a devious plot which may, however, prove fortunate as a means of giving us an honorable release from a burden likely to become too heavy to be borne. Unless something radical is done very soon, the Battle Creek Sanitarium has only a short career ahead of it. The present management is rapidly breaking it.

The Miami-Battle Creek is going ahead by leaps and bounds, and as I own or control all the buildings across the road from the Sanitarium, I may next spring, if circumstances seem to demand such a move, open up an institution for the practice of regimen therapy which will be basically identical with the present Sanitarium, but administered in a different way and with much more scientific exactitude and thoroughness. I am prepared to do this if the situation seems to justify or demand it.

I must not trouble you further.

Thanking you again for your generous courtesies, and with kind regards to Mr. Doherty and hoping that he will soon be making better progress toward recovery, I am

Very sincerely and faithfully yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 30, 1939

Dr. John Harvey Kellogg
Hotel Waldorf Astoria
New York City

My dear Dr. Kellogg:

Mr. Cohrssen tells me that he talked to you regarding the questionnaire for Vitality Records which, you said, you had not before had time to examine and criticize as fully as you would have liked to.

I am therefore sending you enclosed copy of this questionnaire, so far as it has been revised and perfected. We are hoping to get it ready and printed as soon as possible in order to be able to submit it to the National Broadcasting Company with which we are negotiating regarding a series of broadcasts.

Should this radio program be materialized, it would not only presumably put Vitality Records on its feet, but would of itself be a great medium for educating the public with reference to the influence of habits on health.

Of course, you must not spoil your vacation, but I miagine this is the sort of thing you would like to occupy yourself with.

Sincerely,

Irving Fisher

IFhc

VITALITY RECORDS, INC.
26 West 44th Street
New York City

Date filed .....

File Number .....

Q U E S T I O N N A I R E

Male ☐ Female ☐

Date of Birth: Month _____ Day _____ Year _____

Married? ☐ Unmarried? ☐ Widowed? ☐ Divorced? ☐

Number of children? ☐

1. H E R E D I T Y

(Mark "ac" opposite age in case death was accidental)

Your Parents	If still living give present age	If dead give age at death	Your Grand-Parents	If Still living give present age	If dead give age at death
Father			Father's Father		
			Father's Mother		
Mother			Mother's Father		
			Mother's Mother		

2. HOME AND WORKING CONDITIONS

If your "home and working conditions" have been rather definitely changed at some one particular stage in your life, in what year did this happen? In _____

Assuming the above question is answered, please consider "PAST" below to mean "previously to said date."

P R E S E N T.

Where do you live?

In the Country ☐
Suburb or Country Town (say, 5,000 to 100,000 ☐
City (say, above 100,000 ☐

What is your present occupation? _____

P A S T

Where have you mostly lived?

In the Country ☐
Suburb or Country Town (say 5,000 to 100,000 ☐
City (say, over 100,000 ☐

What used to be your occupation? _____

PRESENT	PAST
Do you, in general, have at least one day each week of rest, recreation or diversion which you consider beneficial to your health? No☐ Yes☐	Have you usually had at least one day each week of rest, recreation or diversion which you consider beneficial to your health? No☐ Yes☐
Have you had at least 2 weeks' vacation during the past 12 months beneficial to your health? No☐ Yes☐	Have you usually had at least 2 weeks' vacation beneficial to your health? No☐ Yes☐

3. HEALTH HABITS

When, if at all, did you last radically change habits affecting your health? _____

Why did you then change your health habits? _____

Have you experienced any marked changes in health, due, you believe, to changes in habits? No☐ Yes☐

Assuming that you made such radical change at some one time and have fixed the date for it, specified above, please consider "PAST" below to refer to previously to said date.

PRESENT	PAST
How ~~are~~ your working days subdivided?	How ~~were~~ your working days formerly subdivided?
Sleep hrs	Sleep hrs
Time spenton meals hrs	Time spent on meals hrs
Work,physical hrs	Work,physical hrs
Work,mental hrs	Work, mental hrs
Active recreation (sports ,walking,other exercise) hrs	Active recreation (sports ,walking ,other exercise) hrs
Otherwise (reading,listening to radio, "moviés", loafing,etc. hrs	Otherwise (reading, listening to radio, "movies", loafing, etc. hrs
Making a total of 24 hrs	Making a total of24 hrs
Do you usually lie down, during the day,to rest or sleep? No☐ Yes☐	Have you usually lain down,during the day to rest or sleep? No☐ Yes☐
Are you, in general, regular as to bedtime, hours of sleep,bowel movements,and other habits likely to affect health? No☐ Yes☐	Have you, in general, been regular as to bedtime, hours of sleep,bowel movements,and other habits likely to affect health? No☐ Yes☐
Are you habitually tense or relaxed? Tense☐ Relaxed☐	Have you, in general, been habitually Tense☐ Relaxed☐

FOOD AND DRINK

Do you eat slowly and masticate thoroughly? No☐ Yes☐	Have you, in general, eaten slowly and masticated thoroughly? No☐ Yes☐
Do you often eat your meals overfatigued? No☐ Yes☐	Have you, in general, often eaten your meals overfatigued? No☐ Yes☐

PRESENT

Check what foods you now eat:

	Twice or more daily	Once daily	Less than once daily	None at all
Flesh Foods *				
Other Protein Foods **				
Fatty Foods ***				
Milk				
Bread Stuffs and cereals — Dark				
Bread Stuffs and cereals — Light				
Pastry, Pie, Cake, Pudding, Ice Cream				
Sugar, Sweets, Candy				
Fruit † — Raw				
Fruit † — Cooked				
Potatoes				
Greens ‡ — Raw				
Greens ‡ — Cooked				
Other Vegetables — Raw				
Other Vegetables — Cooked				

PAST

Check what foods you formerly ate:

	Twice or more daily	Once daily	Less than once daily	None atall
Flesh Foods *				
Other Protein Foods **				
Fatty Foods ***				
Milk				
Bread Stuffs and cereals — Dark				
Bread Stuffs and cereals — Light				
Pastry, Pie, Cake, Pudding, Ice Cream				
Sugar, Sweets, Candy				
Fruit † — Raw				
Fruit † — Cooked				
Potatoes				
Greens ‡ — Raw				
Greens ‡ — Cooked				
Other Vegetables — Raw				
Other Vegetables — Cooked				

* Including: Meats (beef, mutton, lamb, pork, ~~ham, bacon~~, sausage, ~~etc.~~ 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. (Orange juice, grape juice, etc.)
‡ Including: Lettuce, romaine, escarole, watercress, chickory, beet tops, spinach, asparagus, kale, Brussels sprouts, string beans, cabbage, and other leafy vegetables.

Do you often 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~~ ☐

Are you accustomed to drink water and other liquids (soda-water, milk, soup, etc) freely? No ☐ Yes ☐

Did you formerly often eat candy or sweets between meals? No ☐ Yes ☐

How much did you formerly use pepper, mustard, and other "hot" condiments?
None at all ☐
Less than daily ☐
Daily ~~or oftener~~ ☐

Have you formerly been accustomed to drink water and other liquids (soda-water, milk, soup, etc.) freely? No ☐ Yes ☐

STIMULANTS, etc.

PRESENT

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
Alcoholic Beverages			
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses)			
Tobacco			
Cigarettes			
Cigars			
Pipes			
Coffee (cups)			
Tea (cups)			
Chocolate (cups)			
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

Do you use any "patent medicines" or other drugs habitually, as often as once a week?
No ☐ Yes ☐

Do you use drug laxatives as often as once a week?
No ☐ Yes ☐

PAST

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
Alcoholic Beverages			
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses)			
Tobacco			
Cigarettes			
Cigars			
Pipes			
Coffee (cups)			
Tea (cups)			
Chocolate (cups)			
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

Did you formerly use any "patent medicines" or other drugs habitually, as often as once a week? No ☐ Yes ☐

Did you formerly use drug laxatives as often as once a week? No ☐ Yes ☐

ELIMINATION

Do you use enemas as often as once a week?
No ☐ Yes ☐

How many normal bowel movements do you have per day?

Less than once daily ☐
Once a day ☐
_____ times a day

Did you formerly use enemas as often as once a week? No ☐ Yes ☐

How many normal bowel movements did you formerly have per day?

Less than once daily ☐
Once a day ☐
_____ times a day

SKIN EXPOSURE

How often do you take a shower or other bath?
Once or more daily ☐
_____ times weekly

Do you expose your nude body to the air?
Never ☐
Occasionally ☐
Usually daily ☐

How often did you formerly take a shower or other bath?
Once or more daily ☐
_____ times weekly

Did you formerly expose your nude body to the air?
Never ☐
Occasionally ☐
Usually daily ☐

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

August 30, 1939

Dr. John Harvey Kellogg
Hotel Waldorf Astoria
New York City

My dear Dr. Kellogg :

Enclosed I am sending you a copy of the hostile review of "How to Live" published in the Journal of the American Medical Association.

My first impulse was to answer it, but I was persuaded that this would be a mistake. Whether or not this was true at the time, it would be true now. Now I think that the points mentioned in it should be studied and the results made use of in any new edition. Please return the review to me. The marks on it are those of Dr. Mary Swartz Rose.

I am wondering whether it might not be possible that a way be found to indirectly answer the review through an article in the Journal of the American Medical Association, without menthioning the review itself specifically. Any suggestion you may have in regard to such a memorandum would be greatly appreciated.

Sincerely,

Irving Fisher

P.S. As I told you, this review is almost verbatim, in parts, the same as the letters from Professor Osler of the Medical School of the University of Washington. He has made most of the trouble, apparently peeved because some of his recommendations as a member of the Hygiene Reference Board were not utilized, especially regarding the importance of meat eating. He is the only one who is making any real trouble over your remarks and mine on that subject.

Suppose we send Fishbein or someone else in the A.M.A. offices in Chicago copy of Osler's correspondence with me in order to show that he was not responsible for the unorthodox statements in the book. I think in the review, a statement that every member of the Hygiene Reference Board must accept some responsibility for the errors in the book, was probably a dig at Osgood.

As I wrote you, Mary Swartz Rose, Professor of Nutrition

at the Teachers College, Columbia University, New York, felt the same dig. She wrote me on July 5th last as follows:

" As one of those responsible for the revision of the 20th edition of "How to Live", I have been very much embarrassed by the review in the Journal of the American Medical Association of which I enclose a copy. The points are well taken, and I regret that I, for one, did not take time for a more thorough consideration of every page. I did feel that a great deal of the material in the appendix should be deleted, as the book would be much better without it. I hope in another edition these errors will be taken care of, and the whole appendix extirpated."

I am sorry that the Appendix did not fulfill its intended purpose of helping to secure the attention and approval of the medical profession. I thought that sufficient progress had been made so that the "radical" stand of the book would be accepted with the help of these medical authorities. But it seems to have worked the opposite way.

I.F.

IFhc

mentary a presentation for sophomore medical students is necessary. The pen and ink drawings, while beautifully executed and in keeping with the idea of a primer, do not convey as much as photographs. The exercises at the end of the book complete the idea of an elementary textbook but it is questionable whether a sophomore student will profit by an exercise such as naming twenty diseases in which there are enlargements or masses in the neck. This book is distinctly pedantic in type and therefore is not in keeping with the more liberal trend in medical teaching.

How to Live: Rules for Healthful Living Based on Modern Science. By Irving Fisher, LL.D., and Haven Emerson, M.D., Professor of Public Health Practice, Columbia University. Prepared in collaboration with the Hygiene Reference Board of the Life Extension Institute and the Advisory Board of the Vitality Records Office. Twentieth edition. Cloth. Price, $2.50. Pp. 422, with illustrations. New York & London: Funk & Wagnalls Company, 1938.

This volume is now in its twentieth edition. This edition is dedicated to Dr. Eugene Lyman Fisk, who was co-author in all earlier editions. In the preparation of the new edition members of the reference board collaborated, so that it may be presumed that all of them take some of the responsibility for what is contained in this volume. There are also a considerable number of appendixes devoted to specific subjects in which individual authors take the responsibility. Unfortunately, the work has not been sufficiently revised to eliminate several ridiculous statements which appear in the text. For example: In the illustration between pages 8 and 9 it is said that the wearing of shoes with pointed toes leads to anemia, indigestion and poor circulation. On page 38 it is said that an ample diet includes raw fruits, raw nuts, raw greens and dairy products, and that such a diet provides every essential of complete nutrition for the average person. On page 42 it is said that the proteins of meat are less perfect than the proteins of nuts and greens. On page 56 the suggestion is made that the average person obtain litmus paper from a drug store and test his urine to see if it is acid or alkaline; and, indeed, it is urged that he do so to keep his urine neutral—a suggestion which is certain to create a good many urinary hypochondriacs. On page 58 appears the strange notion that canned foods are practically devoid of vitamins and that when people camp out and live on canned foods they become vitamin hungry so that they develop a special craving for vitamins. Where is the scientific evidence to support this notion? Also a holdover from a period of superstition in diet are those sections of the book concerning the eating of meat and the hygiene of the colon. These special views are not held by the majority of scientific physicians. Pages 396-402 are occupied by testimonials in favor of some of the peculiar notions expressed in the pages that have been especially mentioned. The chapter dealing with alcohol and tobacco is full of nonsense. Fortunately the articles which appear in the appendixes and which constitute about half the book may be considered as individual contributions for which only their authors are responsible. There it becomes clear what part has been played in the adoption of some of these views by the proponents of certain special concepts in the field of health.

Previous editions of this book have sold almost 450,000 copies. Perhaps by the time the twenty-first edition is reached a real revision and modernization may be provided.

should prove of interest not only to the laboratory investigator but to the clinician as well. The organization and critical interpretation of the large amount of data included in the book is a task of considerable difficulty, and it is doubtful whether the present status of our knowledge of many of the topics treated is sufficient to permit a treatment of the data that would be universally acceptable. On the whole, however, the treatise represents a valuable contribution to biochemical and biologic literature.

Medical State Board Questions and Answers. By R. Max Goepp, M.D. Seventh edition. Cloth. Price, $5.50. Pp. 644. Philadelphia & London: W. B. Saunders Company, 1938.

This book offers concise answers to the actual questions asked at state board examinations in all the forty-eight states and by the National Board of Medical Examiners. Since 1929, when the previous edition was published, there have been so many advances in medicine that a new edition was considered advisable. The changes were so numerous that the type was entirely reset. The author was assisted in this work by Dr. Frederick S. Baldi in medical jurisprudence, Dr. Abraham Cantarow in bacteriology, Dr. Calvin M. Smyth Jr. in surgery and gynecology, and Dr. Robert P. McCombs for the selection of material. The questions and answers are arranged under the general headings of anatomy, physiology, physiologic chemistry, pathology, bacteriology, materia medica and therapeutics, practice of medicine, surgery, obstetrics and gynecology, hygiene and medical jurisprudence. There is an extensive index, which is an indispensable feature of the book if it is to be used as a reference volume. In their effort to be concise, perhaps the authors occasionally trimmed some of the answers too closely. On page 24 is the question Name the endocrine glands. The answer given is "spleen, suprarenal bodies, glandulae caroticae (O. T. intercarotid bodies), thyroid and parathyroid, thymus, glomus coccygeum."

Practical Clinical Gynecology. By Henry C. Falk, M.D., F.A.C.S., Clinical Professor of Gynecology, New York University College of Medicine. Cloth. Price, $5. Pp. 393, with 190 illustrations. New York: American Journal of Surgery, Inc., 1938.

This volume is apparently intended to convey a smattering of gynecology to practitioners who have forgotten what they were taught in medical school. The book is written informally, with frequent use of questions and answers. Much of the writing is loose. Many of the principles enunciated are entirely contrary to the best gynecologic practice of today. There is no evidence of the author's familiarity with many important gynecologic studies published in the last ten years. The illustrations are in no way impressive. The scope of the work is exemplified by the chapter on carcinoma, which in a scant fourteen pages covers (after a fashion) the cause, course, signs, symptoms, histologic diagnosis, clinical diagnosis and treatment of carcinoma of the uterus (cervix and fundus). The treatment of carcinoma is described in two sentences. Retroperitoneal erysipelas is mentioned, but there is no discussion of dropsy of the ovary. The volume is not recommended for nurses, undergraduate students, postgraduate students or gynecologists. It is poorly organized, incomplete and in many places unsound.

Thirty Years After: The Story of the Class of 1908, Medicine, of the

Mrs S. Adolphus Knopf
16 West Ninety Fifth Street
New York

Sept 3/93

My dear Dr. Kellogg:-

You will no doubt be surprised to hear from the undersigned but I feel that if you cooperate with me, we can persuade my husband, Dr. Knopf, to go to Battlecreek for at least 2 weeks, a change which he needs very badly.

Immediately after Doctor wrote you last July that we would soon go to Battle Creek, he began to write his article on Socialized Medicine + Practice Comp, which has been completed since 2 weeks. He promised that as soon as it was finished, he would go but now he is waiting for responses from different men

thoroughly + he would be eating the right kind of food which his stomach needs.

What I would like to propose is, that you write another letter to Doctor, stating that you will soon be returning to Florida + that you had hoped to have the pleasure of having some nice talks with him before you left + that you hoped that he would be coming soon. Perhaps, you will say that Doctor might think you were wanting him for a mercenary reason. I do not think so if you will stress that you would like to have some nice talks with him + also stress your long acquaintanceship. He is very fond of you + I feel that if you wrote the letter in the right way, he would go to Battle Creek. If he postpones his going to Oct. I fear he will not go, for then he will say it is too cold. Of course, he

to whom he has sent the manuscript to peruse. Doctor is far from well. Last Monday night he had another one of his vomiting spells & as the result was in bed for 4 days. He has grown very nervous, which nervousness is increased by the terrible impending European war. Incidentally, I too am about a nervous wreck for I do all of Doctor's typing besides all my other various household duties.

My belief is, that if I can get Doctor out of this rut, as it were, for only two weeks, the change would do him a world of good. If he went to your sanitarium he would see & meet many people which would give his mind some change of

must <u>not</u> know that I have written you, which is quite obvious:

If Doctor keeps on as he is at present, he will become a nervous wreck; hence, something must be done in order that he will have a change + above all, get away from his desk where he is most of the time.

I hope you will pardon me for troubling you + I am sure you will be doing a good deed, if you can persuade Doctor to go to Battle Creek.

Thanking you in advance for whatever you can do in the matter, I am,

Very sincerely yours
Julia M. Knopf.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

September 9th, 1939

Dr. John H. Kellogg
Hotel Commodore,
New York, New York

My dear Dr. Kellogg:

I tried to get you on the phone but without success. I wanted to ask if you would be in New York on Tuesday. I arrive there Monday night and expect to spend Tuesday and Wednesday there. I shall expect to call you up Monday night × in order to make an engagement for Tuesday or Wednesday if convenient and agreeable to you.

If I am not mistaken there are some things you wanted to talk with me about but did not get to it when we talked at the Waldorf. I would like to talk with you about Vitality Records.

As to myself, I am progressing very satisfactorily. You gave me several ideas when we talked and of which I am making profitable use.

My brother wants me to thank you again for your kindness to him. He did not get any definite idea as to when Dr. Martin would be in Miami. Perhaps you can give me a definite date when I see you.

I am glad that you are going to have so good a chance to get the Public Health Association to study the tobacco problem. Incidentally it would seem best to me that the small balance now in the treasury of the Committee for the Scientific Study of the Tobacco Problem could then be turned over to the Public Health Association and the Committee itself disbanded.

There is one point, however, which I want to stress and to which I think you will agree, and that is that when it comes to getting the public to make use of such research, it will not be by propaganda on

× Later: No! In accordance with our phone talk I'll come on Tues.

tobacco alone but an all-round propaganda of what you call biologic living.

I judge from what you told me that you had come to this conclusion and I had done so myself after noting how vain/efforts ~~of the two~~ in the tobacco have been. The only individual evil in hygiene which has seemed to succumb at all to special propaganda has been the alcohol evil and that, as you know, has had a set-back. On the other hand, an all-round program for hygienic living has a very good chance now. In the first place, Germany and Italy have taken the matter up. In the second place, England not to be outdone, has more or less done the same. In the third place, the war will give a great boost tothe idea of physical fitness as the former war did. As you will remember, there was quite a craze for the daily dozen and various other matters. In the fourth place, we now have a body of more or less accepted knowledge, especially in regard to nutrition and vitamins and the public has exhibited great interest. The new interest has very largely been brought about by yourself and your "Battle Creek ideas."

It has been my thought in founding the Vitality Records that its function would be to gather together all the ~~affidavits~~ evidence available and to secure further ~~affidavits~~ evidence as to the results of "all-round" hygiene. Even if the individual elements of bad hygiene/such as tea, coffee, alcohol, tobacco, lack of exercise, bad posture, constipation, worry, over-clothing, lack of sun-light, food deficiencies, putrescible foods, excessive foods, excess of protein, fast eating, excess of seasoning, etc., -- are each of small importance as most people think (although you and I do not agree with them), the aggregate effect of these "little" barnacles impede our ship, the body, very materially.

The truth of this idea, or hypothesis, has become more and more a conviction with me with years so that I even have the impression that those now most enthusiastic for health, under-estimate rather than over-estimate, what can be accomplished by <u>all-round</u> hygiene. At any

rate, whether I am right or wrong about this I am sure you will agree that there can be no mistake that all-round hygiene has more potency than 99% of the people ever dreamed of.

Assuming this is true, the great desideratum is to prove it. That should be the objectof Vitality Records. So far as I know, there has been no other effort to do this. Exactly what the nature of the evidence is will develop as time goes on. We already have in the records several thousand cases recorded in some detail, some of which are of substantial interest. One is from a physician in Iceland who has wanted to help and from whom, I received a letter only a day or two ago, inquiring what had become of Vitality Records since he had not heard anything for so long. Another physician in New York, told me he thought it would be the crowning thing of my own work. If you will have a talk with Dr. Grad, surgeon of Woman's Hospital in New York, you will be much interested in his story. He now lives as nearly as anyone I know to your own ideals and the transformation which he records is really marvelous.

There must be scores, probably thousands, of such cases which would be tremendously impressive if gathered together from all over the country and the world.

You have gathered together an enormous mass of material from all over the world and yet it has not been utilized in this way and most of it is not, I imagine, in such shape as it could be so utilized, although much of it probably could be used as "leads" toward further information. There must be also an enormous amount of material recorded in health literature which could be dug out and brought together. Besides this, a great deal of research could be stimulated and if there were funds enough, ~~meantime~~ carried out by Vitality Records itself. My thought would be that Vitality Records should keep in touch with other

agencies who are doing this work, and stimulate them and still others to undertake studies such as you have in mind with reference to the Public Health Association. With this in mind a Committee of the Life Extension Institute with myself as chairman, Dr. Haven Emerson, Dr. Story (a very scientific seventh day adventist, vegetarian and biologic liver generally on the staff of the Life Extension Institute) and Mr. Ley as were members.

As a consequence, there was to be a co-operation, of which Hans Cohrssen told you something, between the Life Extension Institute, Vitality Records and the Metropolitan Life Insurance Company. In fact, Dr. Dublin, third vice-president, was ready to make a recommendation that the company should lend its aid to Vitality Records with the above co-operation. This concerned the reports of medical examinations in connection with periodic records of habits and living, the details of which have been worked out and submitted to Dr. Dublin. Unfortunately, the government monopoly investigation threw a monkey wrench into this, as it led the Metropolitan by the Govt investigators to attempt to discard everything which was capable of being twisted as out of their proper sphere of Life Insurance. They are, in fact, winding up their support of the Life Extension Institute itself. The result is that the above plan just to be launched has been squelched. We were similarly disappointed about the radio program of which Hans also spoke to you. I received a letter yesterday, that they have already started a different sort of health program and ours could not be fitted in. The result of all this is that the Vitality Records is now on its last legs, and I am seriously thinking of winding it up.

Had I my old financial resources, I would put it on its feet, even though in a modest way, for Hans and I have pretty well proven by experience that the meagre voluntary dues from members would suffice to enable the organization to grow slowly, like a rolling snowball, provided the small overhead, which is necessary to functioning at all,

were provided for. But I cannot afford even that and there is nothing else in sight except your own suggestion that you might be in a position to help soon and the possibility of getting some money from August Hecksher who has become a great enthusiast over the book "How to Live". He is 91 years old and apparently in good health. He wrote to me that he wanted to see me. I found, however, that his main thought was to get me to push the idea of Calomel as a tonic for almost everyone. He thinks it saved his life and it apparently did.

I am expecting to have a conference with him some time this month as he said something about possibly helping my work because of his admiration for the book. He explained however, that he had lost thirty million dollars through unfair competition of Mr. Rockefeller. He said he "perhaps" had two or three million left! As he feels so poor I do not expect much, if anything. Unless the organization can be put on a permanent basis, I doubt if I want to drag it out longer as I am winding up one thing after another in my work in order to concentrate on what I can do in the possibly remaining years.

You can see my drift. I must soon decide whether to wind up what I think is about the best thing I ever started, for lack of funds, or whether you can co-operate enough to prevent this.

It occurs to me that, important as is the tobacco study, this is much more important. The findings, which in the years would be accumulated, would be the source material for propaganda by you and your associates and others interested. It would not be my idea that Vitality Records should itself be a propaganda organization. It would be entirely scientific, partly statistical, partly biographical, partly a continuation, if physiologists can be induced to take the matter up, of endurance experiments which I started years ago.

I am not at all anxious to do any work that I can get others to do but I think I could be of service in organizing Vitality Records and getting it articulated with scientific agencies through the country and the world. If this could be done and guaranteed soon, Hans Cohrssen would be an ideal man to head it under me. In fact, I had a skeleton organization which was already functioning in a mild degree, using part of Hans' time and that of several other very competent helpers.

I have made this letter longer than I intended. It is what I would like to talk with you about.

As ever,

Irving Fisher

IF:M

September 11, 1939.

Dr. Kellogg:

Your air mail letter requesting correspondence with Dr. Tissier came this morning.

Our correspondence files date back to 1919 only - the files previous to that date, I have been informed, were destroyed in the old warehouse.

We went through everything from 1919 to date and I am enclosing all the correspondence we found with Dr. Tissier. I am sorry the correspondence of previous years has been destroyed.

Ruth Kelsey
Extension Department.

rk/e

TEL. RIVERSIDE 9 - 5321

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

Sept. 12, 1939.

John Harvey Kellogg, M.D.,Managing Director,
Battle Creek Sanitarium,
Battel Creek, Mich.

Dear old friend Kellogg:

We are still under the charm of your delightful visit to our home and grateful for the many interesting things you imparted to us. We are particularly grateful for your suggestion to spend a few weeks rather in Battle Creek, Miami, than at Battle Creek, Michigan. Mrs. Knopf has not been either of the Battle Creek Institutions and so it will be a great pleasure to her, particularly since she so likes your ideas on diet and is virtually one of your desciples.

As to the date of our arrival, one in my position can never be too certain. But at the present time we hope to be able to leave on the 20th of this month.Should anything compel us to change this date we will let you know.Presumably, we are to address you until further notice to Battle Creek Sanitarium, Michigan.

In the meantime, will you kindly tell us the quickest and most reasonable route to Miami and from what New York Railroad Station should we leave and at what time of day? When do you expect to be in Miami? We naturally will wish to stay there as long as possible after your arrival. There are many things close to your and my heart and mind which we have not yet been able to discuss.

Hoping to hear from you at your earliest convenience so as to enable us to get ready leisurely, believe me, with kindest regards from Mrs.Knopf and

Your devoted old friend,

S A Knopf

YALE UNIVERSITY
DEPARTMENT OF POLITICAL ECONOMY
NEW HAVEN, CONNECTICUT

PROFESSOR IRVING FISHER
460 PROSPECT STREET

September 13,1939

Dr. J. H. Kellogg
Hotel Commodore
New York City

My dear Dr. Kellogg:

I appreciate more than I can say the time you have given me in the last few days and your willingness to help Vitality Records by paying $1.00 each for copies of the questionnaire.

Your suggestion to have this copyrighted is excellent and your idea of using it in a way to make the plan self-supporting seems very promising.

As I said to you, the questionnaire and all the other procedures were fully worked out and approved by Dr. Dublin of the Metropolitan, in reference to the proposed cooperation between the Metropolitan and the Life Extension and Vitality Records before the "monkey wrench" was thrown into this plan as I explained.

I am now sending to you and the others on the Advisory Board a copy of the questionnaire as it was prepared for this proposed use. As you will note, it tries to mark more definitely than in the previous forms of the questionnaire a turning point in the lives of the signers, the idea being to make a special study of those who, like myself, for instance, and numerous others, particularly those who have gone through your hands, have turned over a "new leaf" and can assign fairly definite data as to the change in habits. It then becomes a matter of comparing "before" and "after". As time goes on, more and more of such comparisons can become available.

The present questionnaire is the result of a large number of tentative forms, some of which you have already seen and which include forms used by the Aetna Life in Hartford, by a Canadian company and by others.

We also have developed a system of marking the health condition and the habit condition on a scale of A,B,C, D and it is planned to use this so that the individual could be told, from time to time, what his standing was.

As you know, scholars in schools have often been stimulated by their "marks" grades. Of course, there are many other plans and applications.

If you wish to suggest any further changes in the questionnaire, I hope you can take the time to go through it soon and return the enclosed copy to me with any proposed corrections or changes.

Lest you should overlook it, I would call your attention to what is said in regard to skin exposure on pages 4 and 5, so that you can indicate any changes which you would wish to have made.

I am sorry that you were not interested in seeing Mr. Tannenbaum and talking with him about his own experience and that of his friends. I think it would be interesting for you to examine his skin. I have not done so and would not be expert anyway.

For some four years, I, myself, have been trying to train my skin to stand a greater range of temperature and at night have tried to get a circulation of air over the skin with a minimum temperature at which I could be comfortable and sleep with the fullest refreshment. I feel sure that I have benefitted by this process. The color of my skin has changed from a rather waxy white to a pink showing a better circulation.

Following the work of Professor Winslow of Yale and others, I have come to the conclusion that the original theory upon which I have been brought up, ~~that~~ as to fresh air was wrong. Instead of being a matter primarily of the lungs, it ~~was~~ is a matter primarily of the skin.

I have collected a good deal in the way of observations on the matter. Tannebaum interested me because he has gone to such extremes and the very fact that he seems to be an extremist is the reason why it seemed to me that he deserves study. If it is true that he has put a strain upon his system and has reduced his power to work, this could probably be ascertained by questions.

In case you are in town nest week -- Tuesday or Wednesday -- and should have time to see him with me, I would be myself much interested.

Sincerely, Irving Fisher.

YALE UNIVERSITY
DEPARTMENT OF POLITICAL ECONOMY
NEW HAVEN, CONNECTICUT

PROFESSOR IRVING FISHER
460 PROSPECT STREET

September 13,1939

Dr. J. H.Kellogg
Hotel Commodore
New York City

My dear Dr. Kellogg:

In regard to Dr. A. C. Matthews, who is Assistant Directors of the Kings Park State Hospital at Kings Park, Long Island, I find that he is seriously ill. Apparently he has been the victim of arterio sclerosis. While I do not know his history, I imagine that his hygienic reforms came too late.

I have just talked over the 'phone with a Dr. Brush who told me the above and a good deal more. He says that Dr. Matthews has apparently had a hemorrhage of the brain which has affected his sight and that he has made very little improvement so far. He said, however, that Dr. Matthews would be very glad to see people.

In case you should care to see him, the best way will be to go to the Pennsylvania Station of the Pennsylvania Railroad,Long Island Division and go to Kings Park State Hospital, Kings Park, Long Island, which is one hour and forty-five minutes out. There is taxi service to the State hospital which is about a mile away. If, in the meantime, you care to call up the hospital to talk with Dr. Brush, the telephone number is Kings Park 611.

I do not, of course, know whether this catastrophe has destroyed any possible usefulness of Dr. Matthews for you but if he is curable and becomes cured, I am very confident he could be of great service to you.

You will remember that I told you that he eats no meat but lives "biologically", that he has kept track of his own personal diet, in reference to protein fat, carbohydrates, mineral salts and vitamins, etc. and showed me his record as to these matters. In other words, he has been trying to do what you have been doing at Battle Creek. He expressed much disappointment that he has not been able to interest his superior officers at the hospital in what you call "biological" living for he believes it would be of great advantage to the mental patients.

Sincerely,

Irving Fisher

(Dictated but not read by Professor Fisher.)

New York City

September 15, 1939

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

Dear Prof. Fisher:

I have your letter enclosing the questionnaire.

You are mistaken. I would be glad to have an hour's chat with Mr. Tannenbaum. He must be a very unusual man. I had so much on yesterday and also have today I do not see how I could possibly get it in. I am just snowed under.

By the way, I saw Dr. Kopeloff yesterday morning at his laboratory. He has been making a study of the soy acidophilus which I placed in his hands last Friday, and he confided to me he found the count to be five times greater than the best he had ever seen before. He said he never saw before a count of more than 500,000,000 even though the count was made at the most favorable time, but this culture was 2 billion four hundred million when it was eleven days old.

The acidophilus culture not only develops more rapidly, but it remains active more than twice as long as the ordinary milk cultures. When I first got the culture from Tissier, he told me that milk was a very poor culture medium for it, and this was what sent me searching for a better medium. The count of soy acidophilus is consistently five to ten times greater than that of the dairy milk cultures. One or two tablespoonfuls added to a glass of milk taken three times a day will supply all the culture needed for changing the flora provided a large spoonful of Lacto-Dextrin is used with it. The change of flora is further accelerated by the use of the soy milk. The contents of one of the small half pint cans of soy milk with two ounces of soy acidophilus culture and six ounces of water will make a very palatable and highly nutritious liquid food which many people like

fully as well as cow's milk. I greatly prefer it.

Thank you for the revised copy of the questionnaire. I am going to try to work this into our regular examination scheme and to print it in my new plan for training patients in the systematic regimen therapy I am hoping to develop. I will try to get as many patients as I can to have their habits standardized (that does not seem to be just the proper word). By what term will you designate the act of submitting answers to the questionaire, or what do you call the report which you sent?

I wonder if I have sent you the two tables which show the content per ounce in vitamins and food minerals of common foods and which are the basis for the bills of fare in use at the Sanitarium. If not, I will do so. I am having a supplementary table prepared for our special purpose foods.

With kindest regards,

Yours,

P. S. I am very sorry indeed to learn of your financial reverses. I know how to sympathize with you as I have myself been nearly crushed to death with the Sanitarium financial embarrassment, which was really forced upon me, and it is really hard to bear after I have devoted more than 50 years of hard work to building the Sanitarium up to an appraised value of eight or nine millions. However, there is considerable satisfaction in the fact that it is still carrying on after a fashion professedly at least adhering to the principles and methods

I have endeavored to establish.

I have never engaged in any business for the purpose of making money, but have endeavored to make my work self-supporting.

If my very earnest advice had been followed, the Sanitarium today would be in a very favorable position. During three highly prosperous years we actually earned six to seven hundred thousand dollars each year, and we would have earned at least half a million dollars each year if we had expended only one million instead of four. Our debt would have been paid and we would have had a reserve of half a million dollars on hand. During the same period of about twelve years our food business has been able to expend more than a million dollars in supporting Battle Creek College and lost another million dollars by theft and embezzlement, and I am glad to say today has no debts. I hope to be able to carry on and build the business up sufficiently so that I can in the course of a few years, if I live, get the Sanitarium out of the hands of the bankers and on its feet again. Of course it will take every dollar I can muster to accomplish this, but I shall in the meantime be building up the work in Miami, which I hope to make an active center for diffusing sound information concerning right living through contact with the crowds of tourists who seek refuge from the dangers of our northern winters in the wonderfully equable climate of South Florida.

My philosophy has always been that the surest road to success is to work for a great principle of truth that is greatly needed and neglected, with confidence that in its triumph I should find at least the satisfaction of not having thrown my life away. I do not feel satisfied with what I have accomplished, and as I look back over my life I am most distressed and humiliated to see how many opportunities I have missed and how much

I ought to have accomplished.

I am making a desperate effort in the short time I have left to complete and organize into practical efficiency as much as I can the work which I have begun.

I have found my contact with you most stimulating and broadening. I am looking forward still with anticipationg to the pleasure of cooperating with you in helpful human service.

VITALITY RECORDS, INC.
26 West 44th Street
New York City

Date filed .....

File Number .....

Q U E S T I O N N A I R E

Male ☐ Female ☐

Date of Birth: Month _____ Day _____ Year _____

Married? ☐ Unmarried? ☐ Widowed? ☐ Divorced? ☐

Number of children? ____

1. H E R E D I T Y

(Mark "ac" opposite age in case death was accidental)

Your Parents	If still living give present age	If dead give age at death	Your Grand-Parents	If still living give present age	If dead give age at death
Father			Father's Father		
			" Mother		
Mother			Mother's Father		
			" Mother		

2. HOME AND WORKING CONDITIONS

If your "home and working conditions" have been rather definitely changed at some one particular stage in your life, in what year did this happen? In _____

Assuming the above question is answered, please consider "PAST" below to mean "previously to said date."

P R E S E N T

Where do you now live?

In the Country ☐
Suburb or Country Town (say, 5,000 to 100,000) ☐
City (say, above 100,000) ☐

P A S T

Where have you mostly lived?

In the Country ☐
Suburb or Country Town (say, 5,000 to 100,000) ☐
City (say, over 100,000) ☐

What is your present occupation? _____ What used to be your occupation? _____

PRESENT	PAST
Do you, in general, have at least one day each week of rest, recreation or diversion which you consider beneficial to your health? No☐ Yes☐	Have you usually had at least one day each week of rest, recreation or diversion which you consider beneficial to your health? No☐ Yes☐
Have you had at least 2 weeks' vacation during the past 12 months beneficial to your health? No☐ Yes☐	Have you usually had at least 2 weeks' a year vacation beneficial to your health? No☐ Yes☐

3. HEALTH HABITS

When, if at all, did you last radically change habits affecting your health? _____

Why did you then change your health habits? _____

Have you experienced any marked changes in health, due, you believe, to changes in habits? No☐ Yes☐

Assuming that you made such radical change at some one time and have fixed the date for it, specified above, please consider "PAST" below to refer to previously to said date.

PRESENT	PAST
How ~~are~~ is your working day subdivided?	How ~~were~~ was your working day formerly subdivided?
Sleep hrs	Sleep hrs
Time spenton meals hrs	Time spent on meals hrs
Work,physical hrs	Work,physical hrs
Work,mental hrs	Work, mental hrs
Active recreation (sports ,walking,other exercise) hrs	Active recreation (sports ,walking ,other exercise) hrs
Otherwise (reading,listening to radio, "movies", loafing,etc. hrs	Otherwise (reading, listening to radio, "movies", loafing, etc. hrs
Making a total of 24 hrs	Making a total of24 hrs
Do you usually lie down, during the day,to rest or sleep? No☐ Yes☐	Have you usually lain down,during the day to rest or sleep? No☐ Yes☐
Are you, in general, regular as to bedtime, hours of sleep,bowel movements,and other habits likely to effect health? No☐ Yes☐	Have you, in general, been regular as to bedtime, hours of sleep,bowel movements,and other habits likely to affect health? No☐ Yes☐
Are you habitually tense or relaxed? Tense☐ Relaxed☐	Have you, in general, been habitually Tense☐ Relaxed☐

FOOD AND DRINK

Do you eat slowly and masticate thoroughly? No☐ Yes☐	Have you, in general, eaten slowly and masticated thoroughly? No☐ Yes☐
Do you often eat your meals overfatigued? No☐ Yes☐	Have you, in general, often eaten your meals overfatigued? No☐ Yes☐

PRESENT

Check what foods you now eat:

	Twice or more daily	Once daily	Less than once daily	None at all
Flesh Foods *				
Other Protein Foods **				
Fatty Foods ***				
Milk				
Bread Stuffs and cereals — Dark				
Bread Stuffs and cereals — Light				
Pastry, Pie, Cake, Pudding, Ice Cream				
Sugar, Sweets, Candy				
Fruit + — Raw				
Fruit + — Cooked				
Potatoes				
Greens ‡ — Raw				
Greens ‡ — Cooked				
Other Vegetables — Raw				
Other Vegetables — Cooked				

PAST

Check what foods you formerly ate:

	Twice or more daily	Once daily	Less than once daily	None at all
Flesh Foods *				
Other Protein Foods **				
Fatty Foods ***				
Milk				
Bread Stuffs and cereals — Dark				
Bread Stuffs and cereals — Light				
Pastry, Pie, Cake, Pudding, Ice Cream				
Sugar, Sweets, Candy				
Fruit + — Raw				
Fruit + — Cooked				
Potatoes				
Greens ‡ — Raw				
Greens ‡ — Cooked				
Other Vegetables — Raw				
Other Vegetables — Cooked				

* Including: Meats (beef, mutton, lamb, pork, ~~ham, bacon,~~ sausage, ~~etc.~~ 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. (Orange juice, grape juice, etc.)
‡ Including: Lettuce, romaine, escarole, watercress, chickory, beet tops, spinach, asparagus, kale, Brussels sprouts, string beans, cabbage, and other leafy vegetables.

Do you often 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~~ ☐

Are you accustomed to drink water and other liquids (soda-water, milk, soup, etc) freely? No ☐ Yes ☐

Did you formerly often eat candy or sweets between meals?
No ☐ Yes ☐

How much did you formerly use pepper, mustard, and other "hot" condiments?
None at all ☐
Less than daily ☐
Daily ~~or oftener~~ ☐

Have you formerly been accustomed to drink water and other liquids (soda-water, milk, soup, etc.) freely? No ☐ Yes ☐

STIMULANTS, etc.

PRESENT

	If used daily, how much daily?	If used less than daily, how much weekly?	Not used
~~Alcoholic Beverages~~			
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses			
~~Tobacco~~			
Cigarettes			
Cigars			
Pipes			
Coffee (cups)			
Tea (cups)			
Chocolate (cups)			
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

PAST

	If used daily, how much daily	If used less than daily, how much weekly?	Not used
~~Alcoholic Beverages~~			
Wine (glasses)			
Beer (glasses)			
Distilled Liquor (glasses			
~~Tobacco~~			
Cigarettes			
Cigars			
Pipes			
Coffee (cups)			
Tea (cups)			
Chocolate (cups)			
Cocoa (cups)			
Maté (cups)			
Cola Drinks (glasses)			
Other Similar Stimulants			

Do you use any "patent medicines" or other drugs habitually, as often as once a week? No ☐ Yes ☐

Did you formerly use any "patent medicines" or other drugs habitually, as often as once a week? No ☐ Yes ☐

Do you use laxatives as often as once a week? No ☐ Yes ☐

Did you formerly use laxatives as often as once a week? No ☐ Yes ☐

ELIMINATION

Do you use enemas as often as once a week? No ☐ Yes ☐

Did you formerly use enemas as often as once a week? No ☐ Yes ☐

How many normal bowel movements do you have per day?

Less than once daily ☐
Once a day ☐
_____ times a day

How many normal bowel movements did you formerly have per day?

Less than once daily ☐
Once a day ☐
_____ times a day

SKIN EXPOSURE

How often do you take a shower or other bath?

Once or more daily ☐
_____ times weekly

How often did you formerly take a shower or other bath?

Once or more daily ☐
_____ times weekly

Do you expose your nude body to the air?

Never ☐
Occasionally ☐
Usually daily ☐

Did you formerly expose your nude body to the air?

Never ☐
Occasionally ☐
Usually daily ☐

or "artificial sunlight"?

Do you expose your nude body to the sun?
Never ☐
Occasionally ☐
Usually daily ☐

Did you formerly expose your nude body to the sun? or "artificial sunlight"? Never ☐
Occasionally ☐
Usually daily ☐

Do you sleep with windows open ☐
closed ☐

Did you formerly sleep with your windows open ☐
closed ☐

Do you spend most of your day either in well ventilated rooms or outdoors?
No ☐ Yes ☐

Did you formerly spend most of your day either in well ventilated rooms or outdoors?
No ☐ Yes ☐

Do you wear as light and little clothing as possible? No ☐ Yes ☐

Did you formerly wear as light and little clothing as possible? No ☐ Yes ☐

Are all your clothes loose? No ☐ Yes ☐

Formerly were all your clothes loose? No ☐ Yes ☐

EXERCISE AND POSTURE

PRESENT

Do you take systematic exercise, such as walking, athletic games, or setting up exercises, 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 ☐

PAST

Did you formerly take systematic exercise, such as walking, athletic games, or setting up exercises, in addition to your work?
No ☐ Yes ☐

If so, how often? Daily ☐
1-6 times a week ☐
less often ☐

Did you formerly take deep breathing exercises daily? No__ Yes__

Did you formerly work or exercise to the perspiration point? Daily ☐
Less often ☐
Almost never ☐

Did you formerly stand, walk and sit in good posture, i.e. erect? No ☐ Yes ☐

MEDICAL ADVICE

PRESENT

How often are you accustomed to take a general medical examination?
None at all ☐
Once a year ☐
Oftener ☐

Do you confide in, and rely upon your physician? No ☐ Yes ☐

How often are you accustomed to have a dental examination?
Only when in special need ☐
Once a year ☐
Oftener ☐

PAST

Were you formerly accustomed to take a general medical examination?
None at all ☐
Once a year ☐
Oftener ☐

Did you formerly confide in, and rely upon your physician? No ☐ Yes ☐

Were you formerly accustomed to have a dental examination?
Only when in special need ☐
Once a year ☐
Oftener ☐

G E N E R A L

P R E S E N T

Do you classify yourself as in any religious or other group, or cult, with health rules, or customs? No ☐ Yes ☐
If so, indicate which:

Christian Scientist ☐
Seventh Day Adventist ☐
Mormon ☐
Vegetarian ☐
Fruitarian ☐
All raw food ☐
Naturopathist ☐
Nudist ☐
Other, namely ☐ _____

P A S T

Did you formerly classify yourself as in any religious or other group, or cult, with health rules, or customs? No ☐ Yes ☐
If so, indicate which:

Christian Scientist ☐
Seventh Day Adventist ☐
Mormon ☐
Vegetarian ☐
Fruitarian ☐
All raw food ☐
Naturopathist ☐
Nudist ☐
Other, namely ☐ _____

YOUR OWN OPINION

In your opinion, what factors, habits, practices, hobbies, philosophy of life, religious or other conditions have contributed most to your health?

_____

_____

Please give an account of any marked changes in health, due, you believe, to changes in habits 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____* _____

_____

_____

_____

_____

_____

_____

INDICATIONS OF YOUR STATE OF HEALTH

PRESENT

How many days' work have you lost through illness in the past twelve months?_____days

Have you now any ailment of a serious nature? No Yes

Namely_____

_____

Have you now any ailment of a minor nature? No Yes

Namely _____

_____

Are you conscious of having neglected to correct removable physical defects (in teeth, tonsils, overweight, underweight, flat feet, etc.)? No Yes

Namely _____

Are you susceptible to colds? No Yes

Have you any dead (devitalized) teeth? No Yes

Are you constipated or have other troubles with your bowels? No Yes

Do you often notice shortness of breath on exercising? No Yes

For Women: Are your periods regular? 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 or other fatigue which cannot be explained? No Yes

Do you eat with enjoyment and relish? No Yes

Do you commonly have pain in the stomach No Yes

Are your stools usually foul smelling? No Yes

PAST

How many days' work have you usually lost each year through illness?_____days

Have you ever had a serious illness? No Yes

Namely _____

_____

Have you formerly had ailments of a minor nature? No Yes

Namely _____

_____

Have you formerly neglected to correct removable physical defects (in teeth, tonsils, overweight, underweight, flat feet,etc.)? No Yes

Namely _____

Have you formerly been susceptible to colds? No Yes

Did you formerly have any dead (devitalized) teeth? No Yes

Have you formerly been constipated or had other troubles with your bowels? No Yes

Did you formerly notice shortness of breath on exercising? No Yes

For Women: Have your periods formerly been regular? No Yes

Did you formerly have a very coated tongue? No Yes

Did you formerly have headaches frequently? No Yes

Did you formerly have morning fatigue or other fatigue which cannot be explained? No Yes

Did you formerly eat with enjoyment and relish? No Yes

Did you formerly have pain in the stomach or bowels after eating? No Yes

Formerly were your stools usually foul smelling? No Yes

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.

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? ___
Do you wear glasses? No __ Yes__
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? __
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? ___

PRESENT	PAST
Do you suffer from mental dullness, depression or drowsiness after meals? No Yes	Did you formerly suffer from mental dullness, depression or drowsiness after meals? No Yes
Do you often have a bad taste in your mouth? No Yes	Did you formerly have a bad taste in your mouth? No Yes
Do you sleep soundly? No Yes	Did you formerly sleep soundly? No Yes
Are you weak and easily fatigued? No Yes	Were you formerly weak and easily fatigued? No Yes
Are you subject to sore mouth, eruptions, dryness of skin or is your flesh sensitive or easily bruised? No Yes	Were you formerly subject to sore throat, eruptions, dryness of skin, or was your flesh sensitive or easily bruised? No Yes

THE AMERICAN PUBLIC HEALTH ASSOCIATION

50 WEST 50th STREET • NEW YORK, N. Y.

ABEL WOLMAN, DR.ENG.
PRESIDENT

JOHN A. FERRELL, M.D.
CHAIRMAN OF EXECUTIVE BOARD

LOUIS I. DUBLIN, PH.D.
TREASURER

EDWARD S. GODFREY, JR., M.D.
PRESIDENT-ELECT

CARL E. BUCK, DR.P.H.
FIELD DIRECTOR

REGINALD M. ATWATER, M.D.
EXECUTIVE SECRETARY

September 16, 1939

Dr. John Harvey Kellogg,
Commodore Hotel,
Lexington Ave. and 42nd St.,
New York, N.Y.

Dear Dr. Kellogg:

I really appreciate very much the opportunity which you have given me to get your counsel on the future program of the American Public Health Association. No one should have a clearer right to express his opinion than our member of longest standing.

You would be surprised to know how often I have thought of our conversation of ten days ago. It seemed to me directly in line with what you were saying about the desirability of a new approach to the alcohol problem that I asked your secretary more than a week ago if you could see Mr. Harry H. Moore, representing the Research Council on the Problems of Alcohol, an agency identified with the American Association for the Advancement of Science. Mr. Moore stands ready to talk with you if you will give him a day's notice as he does not live in New York City.

You have raised this morning with me the question of the campaign against the damage from tobacco, and you have suggested the possibility that Dr. Raymond Pearl might be interested. I talked recently with Dr. Pearl about his tobacco studies and did not get the impression that he intended to go any farther with them. In fact he was a bit cynical about the significance of some of the published results. Would it not be well perhaps for you as an individual to suggest to Dr. Pearl what you have in mind? There clearly is not sentiment abroad in the Association to sponsor a campaign against tobacco or even a serious investigation to find out more about the effects of tobacco consumption.

The field of eugenics which you mentioned is of course one of the greatest significance and I have seen a representative of the American Eugenic Society within the last week with whom I hope to have further conferences on how this professional society of public health workers might fit into that program. Just at the moment the way is not clear, however, and for the same reason that it is conceded to be unwise for the A.P.H.A. to engage in tuberculosis, syphilis or some other specific activity already being covered more or less adequately by an agency of national repute.

Won't you give me a chance to see you as you come and go through New York? I will welcome the opportunity and perhaps I can call on you in Miami.

Cordially yours,

R. M. Atwater HK

Reginald M. Atwater, M.D.

September 16, 1939

Dear sister Clara:

I am sending you today some manuscript for the next number of Good Health. I have made only a few changes. It is in very good shape. I have changed the heading of Mrs. Wagner's article as you see.

I hope that you are getting "on your feet" again, or should I say in this case "on your foot."

I am steadily gaining in strength and vigor.

I understand I have an invitation to attend a Board meeting on Tuesday evening. I think I shall send word back that I am on a vacation and too busy with my work to bother with the Board meeting.

I am now planning to be home by the last of next week.

Enclosed find a letter I have just received from W. K. I am glad to see that the Doctor has not forgotten the instructions he received while under my supervision at the Sanitarium. The only fault I had to find with him was the fact that he smoked when he promised not to. He did very well with his patients. I notice W. K. respects my teaching notwithstanding his hostility to me.

I am much gratified to see that you are making such good improvement. Sunshine, fresh air and massage are evidently doing you good.

Now that I have the Sanitarium off my hands and have Mr. Paker to help me in my literary work, I hope you will be relieved of all the drudgery, but I will greatly appreciate your continued interest in the journal and the benefit of your fine criticisms of the diction, etc. in looking over the last proofs and also such help as you may be able to give without taxing yourself in finding appropriate material for the journal.

I hope that you are adhering faithfully to your program.

With best wishes, I am

Your brother John

COMMITTEE OF ONE HUNDRED

MARK C. HONEYWELL
PRESIDENT

CHARLES F. KETTERING
VICE-PRESIDENT

GEORGE ADE
VICE-PRESIDENT

CARL G. FISHER
VICE-PRESIDENT

WEBB JAY
VICE-PRESIDENT

ROBERT W. GIFFORD
SECRETARY

F. LOWRY WALL
TREASURER

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

JOHN OLIVER LAGORCE
CHAIRMAN OF BOARD

CHARLES E. SORENSEN
VICE-PRESIDENT

EDWARD COLEMAN ROMFH
VICE-PRESIDENT

W. K. VANDERBILT
VICE-PRESIDENT

JOHN S. SWIFT
VICE-PRESIDENT

CHARLES W. BEECHING
EXECUTIVE SECRETARY

WALDORF ASTORIA
New York City

September 16, 1939

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

Dear Mr. Kellogg:

Reservations for the Tenth Annual Northern Dinner, October 5th, are reaching us in most gratifying numbers. Indications point to the greatest success any similar dinner has enjoyed.

Will you let us have your reservations as quickly as possible, together with the names of the guests you have invited? Because of its unusual size and the elaborate preparations for this dinner, time is an important factor and a complete list of reservations will help immensely.

It would be a great satisfaction if I could show you advance sketches of the decorative scheme as conceived by Alfred Barton and discuss with you the menu he has planned. The Waldorf management has repeatedly stated that ours will be New York's outstanding dinner for 1939. Add to this the complete cooperation of World's Fair officials and exhibitors, the cocktail party given in our honor by the officers and directors of The Surf Club and the myriad methods for entertainment which New York regularly provides, and you have a sum in pleasure which is seldom equalled.

There is no limit to the number of guests you may invite. Please, however, aid us by getting your complete list of reservations in our hands promptly and on the card provided with your invitation for that purpose.

Very sincerely,

Chas. W. Beeching

CWB:f

MRS. S. ADOLPHUS KNOPF 16 WEST 95TH STREET NEW YORK

Sept 17/39

Dear Dr. Kellogg -

I wonder if Dr. Knopf's letter of the 12th to you or your reply has gone astray as we have not heard from you since you were here. I am hoping we can leave for Battle Creek Mich. on Wednesday or Thursday, altho Dr. Knopf is now in bed with a terrible headache which I am trying to keep cool with an ice bag. If I can only get him away for a few weeks it would be such a relief. Even your short visit helped so much to bring

D. Kurpf
him out of himself. Of course, does not
know that I am writing this letter to
you. I do hope he will hear from you
by to-morrow or latest by Tuesday as
we do not know which is the better way
to go to Miami from here & from which
railroad station.

Dr. Kurpf did enjoy your visit so very
much & I do hope this attack of head-
ache will soon disappear so that we can
leave as planned, so that he may see
more of you. Dr. Kurpf will
Hoping to hear from you by return
of mail, & with best wishes, I am,

Sincerely yours-

Julia M. Kurpf.

P.S. If I do not
succeed in getting my
husband to go this week,
I fear he will never go.

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

[redacted]

WESTERN UNION

1201
(03)

SYMBOLS
DL = Day Letter
NL = Night Letter
LC = Deferred Cable
NLT = Cable Night Letter
Ship Radiogram

[redacted], WHITE
[redacted]SIDENT

NEWCOMB CARLTON
CHAIRMAN OF THE BOARD

J. C. WILLEVER
FIRST VICE-PRESIDENT

[redacted]legrams and day letters is STANDARD TIME at point of origin. Time of receipt is STANDARD TIME at point of destination

[redacted] Received at [redacted] West Michigan Ave., Battle Creek, Mich. Telephone 5115

•Z77 45/49 DL=NEWYORK NY 18 951A

1939 SEP 18 AM 11 [redacted]

DR JOHN H KELLOGG=
BATTLECREEK SANITARIUM

=EXPECT TO LEAVE WEDNESDAY TO ARRIVE MIAMI THURSDAY AFTERNOON ARE WE SURE OF ACCOMMODATIONS HAD HOPED FOR ANSWER TO LETTER OF SEPTEMBER TWELFTH DOES THE SEABOARD LINE GO THROUGH MORE INTERESTING COUNTRY THAN THE ATLANTIC COASTLINE IN ORDER TO SEE MOST OF THE SCENERY PLEASE WIRE ANSWER BY WESTERNUNION=
DR S A KNOPF•

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

Saw

JHR

MEMO

September 20, 1939

October 12, 1876 had 12 patients.

The next year 100. Had $10,000.00 in the bank.

Began to make plans for a new building.

THE COMMITTEE FOR THE CELEBRATION OF THE PRESIDENT'S BIRTHDAY

For The National Foundation for Infantile Paralysis, Inc.

50 EAST 42nd STREET • NEW YORK CITY • MURRAY HILL 2-8020

EXECUTIVE COMMITTEE

Keith Morgan
Chairman
Joseph M. Schenck
Vice-chairman
James S. Adams
George E. Allen
George W. Baker, Jr.
Gene Buck
Eddie Cantor
William L. Clayton
Barron G. Collier
Joseph V. Connolly
Harvey Couch
Walter J. Cummings
Marshall Field
Fred J. Fisher
Robert V. Fleming
Edsel B. Ford
Gen. George S. Gibbs
William Green
W. Averell Harriman
Ralph Hitz
William F. Humphrey
Arthur Kudner
Ed. Kuykendall
Abner E. Larned
Lenox R. Lohr
John R. Macomber
Alfred J. McCosker
Keith McHugh
Carroll B. Merriam
Neville Miller
J. F. T. O'Connor
William S. Paley
John J. Pelley
David Sarnoff
Nicholas M. Schenck
Juan T. Trippe
R. B. White
S. Clay Williams
Clarence Woolley

September 26th, 1939.

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

Dear Doctor Kellogg:

I am writing to you to get some information about your place outside of Miami, Florida.

My Mother has been suffering, for some time, with an arthritic condition which is now concentrating itself in her feet and causing her great pain, and it seems to me that perhaps proper treatment and diet in a warm climate would be beneficial.

I wish you would write me fully on this and give me the rates, as the cost of this would be the determining factor as to whether or not she would be able to take advantage of the services which you offer.

Hoping that you are in continued good health, I am,

Very sincerely yours,

Keith Morgan

Keith Morgan.

KM:F

Special Delivery

September 28, 1939

Mr. Keith Morgan,
The Committee for the Celebration of the
President's Birthday,
50 East 42nd Street,
New York City.

Dear Sir:

We have your letter of September 26th addressed to Dr. Kellogg.

The plan you propose for your mother is the very best possible thing she can do. The climate of South Florida is one of the very best in the world for cases of rheumatism. A warm, equable climate with plenty of sunshine is the thing most needful for a person suffering from chronic arthritis. Rheumatism is almost a rare disease in the tropics. The northern portion of the United States is one of the worst in the world for rheumatic troubles and pneumonia.

At Miami-Battle Creek we have constantly with us cases of rheumatism, practically all of which have been treated elsewhere without relief. A combination of climate, proper diet, hydrotherapy, massage, Swedish movements, electricity, automatic exercise and other special measures indicated in individual cases, properly directed, will affect a cure in rheumatism when the disease has not become so far advanced that organic changes have taken place. Even in advanced cases, however, great improvement is secured, though a less complete cure than can be obtained in cases in which the disease is not so far advanced.

As regards the cost of treatment, this varies considerably with the nature of the case, the amount of personal attention needed, whether or not a special nurse is required, the accommodations required, etc.

Prices are higher in Florida than in the North for the reason that the season is short, only about four months, during which time the earnings must suffice to meet the overhead for the whole year. The treatment also is intensive, requiring a large number of employees. The persons being paid salaries usually outnumber those who are paying bills two to one, that is, there are two or more employees for every patient.

It is only by such thoroughgoing methods that it is possible to effect a cure in cases in which methods in general use have failed. Our prices are very low, however, compared with usual hotel rates in Florida during the season. Our charge for room and board, daily care of a physician with consultation at room or at the doctor's office, the services of an attendant in giving baths or other treatment, mechano-therapy, sun and air baths and supervision of the bill of fare by an expert dietitian is sixteen dollars a day is no greater than that charged by the leading hotels, with service much less expensive than ours and accommodations no better, for room alone. If payment is made a month in advance a discount of 25% will be made in October, 20% in November and 15% during the month of December, after which the regular rates will prevail.

For those who need to economize, a saving can be made by rooming outside of the main building and coming in for meals and treatment. By this arrangement a saving of five to eight dollars a day may be made.

We shall be most happy to have your mother visit us and feel sure that we shall be able to help her very greatly. If her difficulty is not of very long standing so that organic destructive changes have not yet developed, we shall expect to effect a cure.

If your mother is going South for the winter, it is important

that she should go early enough to escape entirely exposure to cold and chilling and the seasonal infections which accompany the appearance of winter frosts. This is especially true of rheumatism, which often makes serious advances as a result of early winter exposures.

We have only a hundred beds and in recent years have had a waiting list during a considerable part of the season. There are strong indications that this year we will fill up early and shall be unable to receive more than a fraction of the applicants. We have a very attractive place, listed as one of the show places of Florida, and it attracts many visitors daily.

Hoping that we may have the pleasure of receiving your mother and rendering her highly useful service, we remain

Very sincerely yours,

THE MIAMI-BATTLE CREEK

b

September 28, 1939

Dear Doctor:

We have your card asking for a sample of our new and extroadinarily efficient colon aid, L. D. Lax.

We have a surprising avalanch of orders which we are filling as rapidly as possible. Your sample will reach you in a few days.

L. D. Lax is not an old remedy with a new name but is based upon a new and better understanding of constipation, and promises curative results.

Very truly yours,

Kh

September 29, 1939

Dear Doctor:

We have your card and have mailed you a sample of LD-LAX which we hope is by this time in your hands. We suggest that you serve as a test subject yourself even though you may not be suffering with constipation. It will give you no inconvenience. It never causes looseness, but produces formed, soft stools which are quickly and painlessly evacuated. Sometimes the first doses are accompanied by a considerable increase of gas. This occurs only when the colon is badly infected with virulent proteolytic organisms (the gas bacillus, Cl. Welchii, B. coli, etc) which are great gas producers when carbohydrates are available.

Among the notable benefits which result from the use of LD-LAX, we mention the following:

1. Increased number of daily stools, often an evacuation after each meal.

2. Formed stools of normal consistency, but never looseness.

3. The disappearance of gases and foul odors.

4. Lessening of putrefactive organisms; in other words, the establishment of an aciduric flora (75% to 95%).

5. Improvement or disappearance of hemorrhoids and other rectal troubles.

6. Relief from toxic symptoms, headache, morning fatigue, etc.

7. A notable lowering of blood pressure in hypertension cases.

8. A lowering of the N. P. N. in cases of advanced cardio-vascular-renal disease.

9. LD-LAX effectively combats streoptococci infection by thorough but gentle clearsing of the affected surfaces and maintenance of an aciduric flora.

10. The regular use of LD-LAX keeps the urine free from indican

and relieves the liver and kidneys and other organs concerned in the elimination or destruction of poisons from a great burden of unnecessary work.

Please write us after you have examined and tested LD-LAX and we will, if you desire, send you literature about some interesting reprints and other literature about the colon and a remedy for the diarrheas of childhood which saved the lives of the Dionne quintuplets and keeps them in excellent health.

Of course, Doctor, the sample sent you is too small for a thorough test of the merits of LD-LAX. If you find it sufficiently interesting to merit a more thorough trial, we will be glad to send you on request a larger package.

b

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.

OFFICE OF THE PRESIDENT

October 2, 1939.

Dear Dr. Kellogg:

Our Autumn session opened on Sept. 19th. Much to my delight, I find, after conferring with the Deans and members of the faculty, that unless all signs fail, we are going to have one of our best years, The most interesting single feature of the opening to me is the reaction of the officials and faculty to the quality of the students who enroll. This year they all report that our student body seems to be just about the best we have ever had.

The ten boys of our Exceptional Educational Experiment have all arrived and have gotten down to work. They are taking about twice the load of the average student. They are living by a definite regimen somewhat on the order of the restrictions laid on the football boys during the training season in the Autumn, regular hours, regular meals, no smoking, no drinking, no card playing, etc. Class attendance and lunch account for their time until 2:30 P. M. each day. Then comes one and a half hours of exercise and a couple of hours in the library. Then comes study until eleven o'clock P. M. From Saturday lunch until Sunday evening they afe free for social engagements except that they must attend some church in a body each Sunday morning. They sleep each night from eleven o'clock until seven A. M. next morning. In the course of six years they will do four times as much work as is done by the average college student in our best American universities. I shall keep you posted, from time to time, about the results of the experiment.

Work on our Crypt of Civilization is going forward steadily. So far, we have received somewhere between fifteen and twenty five thousand dollars worth of material to be placed in it. We shall seal it either next June or the June following at our commencement.

I am sorry not to be able to report to you any specially large gifts since my last letter. I am happy to say that we are receiving a number of small gifts. One hundred dollars, for example, came in this morning just in time to pay a pressing obligation. Sooner or later we must build up an endowment.

We are developing our intra-mural sports system this year with good results. The entire student body will take part in the different games and sports. At present the campus is especially interested in intercollegiate football. We began our season Saturday with Erskine College at Hermance Stadium, winning the game by a score of 26 to 0.

I wish you lived close enough to us to be able occasionally to take

part in some of the fascinating activities which make college life so interesting. At any rate, we think constantly of you and wish for you all the happiness and prosperity possible in the troubled world of today.

Don't bother to answer this letter. I know that you are very busy but I wanted you to hear about the opening of our college.

Heartily yours,

Thornwell Jacobs,
President

Dr. John Harvey Kellogg,
Battle Creek, Mich.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 3, 1939

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

My dear Dr. Kellogg:

I am writing to confirm our talks regarding the Vitality Records questionnaire and your offer to pay $1.00 a copy for each questionnaire which Vitality Records will send you for use among your patients. In accordance with your suggestion we are going to have the questionnaire copyrighted, which will protect us and might enable us to induce other institutions to make use of it on similar terms.

As soon as I have received the criticisms and suggestions of the members of the Advisory Board, I am expecting to send the copy to the printer. I should be glad to know how many copies you would like me to send you when available, at $1.00 a copy.

I hope you will soon be able to return the revised form of the questionnaire with your criticisms and suggestions. If I do not hear from you to the contrary within a reasonable time, I shall assume that you have no special revisions to propose. You had already covered the subject.

Let me try to give you once more a picture of the procedure which we expect to follow with respect to these questionnaires:

(1) We intend to concentrate on obtaining statistical data showing the relationship of past and present health habits to past and present health.

(2) Our questionnaire is intended to give us primarily (a) the effect of changes in habits on health; and (b) the effects of past and present habits on present health.

(3) With these objectives before us, we have revised the old form so as to make it as complete as practicable with respect to health habits. As to a person's state of health, past and present, we feel that nothing short of ~~uniform~~ medical examination by competent physicians can be accepted in order to prepare dependable comparative statistical data.

(4) We had already come to a tentative agreement with the Life Extension Examiners to the effect that they would ask the persons examined by them to fill out our questionnaire. It was planned to coordinate the data of their medical examinations with our habits data. However, as I explained, the arrangement hit a snag (temporarily, I hope) because of the investigation by the Monopoly Committee of the Metropolitan Life Insurance Company.

(5) Now as to the use of our questionnaire at your Sanitariums, I hope that it will be possible for you to return ~~the~~ each form to us, when properly filled out, together with a medical report, ~~on~~ using whatever form you have available for showing health conditions.

(6) To be of maximum use this report should grade the person A,B,C,D, E, A being the highest class and E the lowest. These designations will be useful chiefly for comparing the health conditions

at different times. You have many "repeaters" whose past records can be compared with present records. If the patient pays $5.00 as you proposed, it ought to be possible to work out such a comparison for him. For instance, if you find a person who adopted "biologic living, say, two years ago when his blood pressure was, say, 180, strength, say, 1000, etc., etc., so that you place his grade then as say E while today his blood pressure is 120, strength 2000, etc., etc., so that you place his grade now at, say, A and if our marks on the enclosed questionnaire show that before he changed his habits, his habits were E while today they are A, we have a clear case of bettering habits, bettering health.

Biographical notes in many cases can turn these statistics into fascinating stories.

But the chief objective should be to give the patient himself an incentive to make progress in the future. If his present grade in habits is B and health C he will want to earn better marks next year. If we can get large numbers of people interested in improving both health and habits grades, that itself will be worth while. And it is amazing how people will work to win such degrees. Napoleon said soldiers will readily risk their lives to get a ribbon. In a few years it ought to be possible to convince innumerable readers of our results that habits affect health much more than they now dream. Such a conviction will make a new appeal for your "regimen cure".

I am hoping that we may, through this suggestion of yours, be able to put the activities of Vitality Records on a self-supporting basis and have our questionnaire used by a number of

institutions. As soon as we get on our feet, I am also hoping to expand the activities of Vitality Records in other ways all to provide proof of the effects of habits on health.

As ever,

Irving Fisher

P.S. I await definite word as to how many questionnaires you now will order at $1.00 each before making commitment to the printer.

Sc
Enc.

Oct 4, 1939

STONEBRIDGE

Dear Doctor Kellogg - Thank you very much for your interesting note of Sept 29th I appreciate your interest more than I can say, also thankful for the Food Products. I am still taking Savory Yeast & L D Lax with much profit. That is the best combination for constipation & auto intoxication I have found.

I have the Murphy assay several of the BC Food Products and am now going to start him on Soy Nuts & Acidolphus. He has made more improvement in the past two weeks than all summer.

I expect to be in Battle Creek next week and will make a effort to see you & will at that time profit by the items you have so liberally sent me -

I have been a sick man but

am recovering and will soon
be my old self again.

Looking forward to seeing you
next week,

I remain
Your sincere friend
W Fuertes

October 8, 1939

Dr. C. Loring Joslin,
Cathedral& Richmond Streets,
Baltimore, Maryland.

Dear Doctor Joslin:

I received your wire this morning. Thank you very much indeed for your very helpful suggestions. It may interest you to know that we are adding vitamins B_1 and D, although we say nothing about this in the letter for the reason that it will be some time before all the dealers are supplied with the vitamin-containing product.

I have not forgotten your kind invitation to visit you and am most anxious for an opportunity to express to you in person my appreciation of your interest and your exceedingly valuable counsel and practical suggestions. If you are going to be at home about the 20th of the month, I will stop a few hours at Baltimore on my way to Miami.

Mr. Eaves is helping us by some very valuable suggestions. He seems to be making good progress in cultivating biologic habits and I hope may become a valuable addition to our organization.

Again thanking you, I am

Very sincerely yours,

Fidelity Distilling
Eastern Mfg. Co.
Baltimore, Md. U.S.A.

P. S. When in New York, I secured through the cooperation of Dr. Goss,

physician in charge of the animals of the Bronx Zoological Garden, fresh stools of a chimpanzee and an orang-utan for bacteriological examination by Dr. Kopeloff who spent a year with Dr. Tissier.

I am sending you, under separate cover, a translation of a paper by Dr. Besredka, a comrade of Dr. Tissier, the man who first studied the intestinal flora of infants and who I think has made the most thorough study of the bacteria of the intestine ever made.

Dr. Tissier believed that the nursing infant receives from its mother three organisms which play a protective role in the intestine, the so-called aciduric flora.

I first became acquainted with Dr. Tissier in 1912 when I made an agreement with him to serve as consulting bacteriologist of the Battle Creek Sanitarium, which he did for a number of years. I obtained a culture from him in 1912 and have been making extensive use of it ever since with great advantage to our patients. Four years ago, I asked the laboratory for a report on the amount of culture which had been prepared for use in the Sanitarium up to that time and found it amount to 86,000 gallons. Up to date the amount must total well over 100,000 gallons.

In a letter to me in 1912, Dr. Tissier stated that he had used the culture successfully in changing the intestinal flora in 3,500 cases. He had built up a large practice by its aid.

Dr. Kopeloff spent a year under Dr. Tissier shortly before his death a few years ago and stated to me when I was in New York that Dr. Tissier recognized three organisms,-- bifidus, acidophilus, and exilis. The acidophilus is the most easily cultured and seems to be the dominating organism.

Dr. Tissier wrote me that he found milk a poor culture medium for the acidophilus. He made his cultures in a peptone broth, the formula for

which he sent along with the culture which he furnished me.

I employed an excellent bacteriologist who had spent two years with Rettger making a special study of acidophilus, and kept him busy for a whole summer in an effort to find a medium which would produce a more vigorous and longer lived organism. Continuing the search at Miami with the aid of another bacteriologist, I prepared a milk from the soybean. In this medium the organism produced in ten hours as high a count and as great acidity as the milk culture in 24 hours and at the end of 24 hours had a very much higher count than any milk culture I had ever seen. With this medium we are now getting regular cultures of two to four billion and the longevity appears to be fully double that of dairy milk cultures. Dr. Kopeloff found a count five times as great as that of the best count he had ever seen in milk. This culture showed on September 1 a count of 3,900,000,000 and on September 25th it showed a count of 2,900,000,000. It appears to be far more efficient in changing the flora than dairy milk cultures.

This means of protecting the intestinal flora from invasion of parasitic organisms is active in all mammals, but loses its effectiveness in carnivorous animals because of their diet which makes the stools exceedingly malodorous.

It occurred to me that the stools of the chimpanzee and gorilla ought to be little odorous since they adhere to the non-flesh dietary. On making inquiry I found this to be the case. Akeley informed me that the stools of the gorilla, with which he was very familiar, were practically odorless. On inquiry of the keepers of the big apes in zoölogical collections, I got the same reports with reference to the chimpanzee. On examination of the stools bacteriologically we found 85 percent acidophilus.

I got fresh stools from a chimpanzee and an orang-utan of the Bronx

Zoölogical Garden which through the courtesy of Dr. Goss were placed in the hands of Dr. Kopeloff. In a day or two he telephoned me at my hotel that he found the chimpanzee stools 100 percent acidophilus. He afterwards corrected this to 98 percent. These facts seem to me to justify the belief that primates at least were intended to have a non-putrefactive intestinal flora.

I am sending you a little paper on the acidophilus milk which I prepared a year or two ago. By the aid of an improved technic we are now making a better product with improved flavor and better count. We shall be glad to supply you with any amount you may need of this for a clinical test. I am sure it will not disappoint you.

Dr. Goss is greatly interested in continuing the research, which I shall be glad to do. Enclosed find a letter I have just received from him. I shall be glad to prepare a paper for "Zoologica" as he requests.

C O P Y

NEW YORK ZOOLOGICAL PARK

NEW YORK ZOOLOGICAL SOCIETY

185th Street & Southern Boulevard, N. Y. C.

October 5, 1939

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

Dear Doctor Kellogg:

Yesterday I delivered three samples to Doctor Kopeloff, one each for the orang, chimpanzee and gorilla.

If you desire other samples in the future I shall be more than pleased to cooperate with you.

As you perhaps know, the New York Zoological Society publishes a fine periodical, "Zoologica," in which is published all the scientific work done at the New York Zoo and Aquarium, also all those papers gotten out on material supplied to other research institutions by us. I think your present work on the stools of the large primates is extremely important and interesting and would like to have you honor us with a short paper on it for "Zoologica."

Sincerely yours,

Leonard J. Goss

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 9th, 1939

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

My dear Dr. Kellogg:

You may be interested in the enclosed replies to my inquiries concerning the "home spa", the bubble bath which was demonstrated to you by Mr. Maetchle. I tried it myself. It appeals to me.

Mrs. Fisher tells me she had something like it at Battle Creek. I had not known this. I should think it might be good for her, also for her sister.

Another matter which I meant to have called to your attention was brought to mind in a somewhat similar way through a friend and former student. It is a form of iodine which can be taken internally and, so it is claimed, without harm and in indefinite amounts. The inventor and exploiter of this type of iodine is tremendously enthusiastic. Personally I can not testify as to any observable effects.

Very sincerely,

Irving Fisher

IF:M

Encs.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 9th, 1939

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

My dear Dr. Kellogg:

Enclosed is the daily regimen which you asked for and in the pocket form used. I understand it will not be quoted with name attached.

An interesting letter has come from Dr. Grad, one of the advisers of Vitality Records. He approves of the form I sent you and has filled it out himself. He is an ideal case of a man suddenly revolutionizing his habits and getting tremendous results.

He "revolutionized" in 1932.

Of that time he now reports: "General enfeebled condition, always tired, no animation, always sleepy and drowsy, lack of vitality".

His chief changes in habits in 1932 were: much more exercise, rest, regularity and mastication. No flesh foods, much more raw foods, no smoking, three motions daily (after one and a half years of enemas) air baths, lighter and looser clothing, sleeps nude, deep breathing.

He writes, "I consider myself in better health than I was 25 years ago. I am never tired. I have no fatigue of any kind. A short while ago I ran five miles in a continuous run and two hours later I went out on a four mile walk and felt no fatigue.

He used to be overweight greatly; now not. He used to have shortness of breath; now not. He used to have coated tongue; now not.

He used to have headaches; now not. His stools used to be foul smelling, now not.

His regime in every detail seems what you and I would approve, except that he uses "practically no water". He uses no milk either.

The late Dr. Bircher-Benner of Zurich told me the only thing in "How to Live" he disapproved of was the advice to drink much water, though he said this would be okay for those who ate meat and other unhygienic food. He claimed juicy fruits supplied enough water on a normal diet. The James Rawnsley who visited Battle Creek at my suggestion (whom you distrusted so) reported the same aversion to much water. I remember mountain climbers claiming water drinking interfered with their endurance. All these experiences puzzle me.x

Grad says his wife went through similar changes of habits and health.

Very sincerely,

Irving Fisher

IF:M

Enc.

x Prof. Mendel once told me water drinking could be overdone. He mentioned the added work on the heart.

The BATTLE CREEK FOOD COMPANY

BATTLE CREEK SANITARIUM HEALTH FOODS

Battle Creek, Michigan

Oct. 11, 1939

We are pleased to know that you are interested in THE NEW COLON THERAPY and we thank you for your request for a sample of LD-Lax. We have mailed you a trial package, sufficient for a limited test by one patient.

In testing LD-Lax its remarkable bulkage and lubricating properties may be shown by stirring a teaspoonful into a half glassful of water and permitting it to stand for a few minutes. Note how it drinks up the water and observe the soft, oily "feel."

In making a clinical test it is important to keep in mind the contrast between the "NEW WAY" and "OLD WAY." The OLD WAY considered the constipated colon as "delinquent", "sluggish" or even "lazy", and forced the bowels to "MOVE" by use of irritating drugs. The NEW METHOD considers the chief disturbing factors in constipation to be in most cases, irritation of the mucosa of the large bowel due to long contact with putrefying residues and wastes, whereby the colon is rendered hypersensitive and obstructive spastic contractions occur which cause dilatations and other crippling changes in the bowel.

The NEW METHOD combats constipation physiologically by attacking its causes. It does not "move the bowels" as do chemical laxatives which cause a muco-serous outflow--a defensive diarrhea, but by removing obstructions, enables the colon to move itself. LD-Lax acts promptly, though more slowly than chemical laxatives. Its surprising bulkage increases peristalsis, when this is necessary, by awakening normal nerve reactions. It floods the bowels with its liquid jelly, soothes and protects irritated surfaces and relaxes spastic contractions. The special nutrients provided by LD-Lax develop and maintain an aciduric flora as shown by the disappearance of foul odors and gradual lessening of gas distension.

The users of LD-Lax are usually surprised by the appearance within a day or two of large, soft, formed stools, and restoration of the normal motility rhythm. The increase of intestinal gas which often occurs after the first doses shows that LD-Lax has reached the colon and that the aciduric flora is forming.

Clinicians find the requirement of the average patient to be one to three large teaspoonfuls two or three times a day. It should be taken in a glassful of cool water and swallowed quickly before it thickens. Take at once another glassful of water. An additional glass of water should be taken half an hour before each meal. Take after meals, preferably an hour or two after eating.

When the colon is loaded with fecal accumulations, treatment should begin with emptying of the colon by a simple enema.

If you find a case which does not respond promptly to LD-Lax, we shall be grateful if you will bring the clinical facts to our attention with such details as you are able to supply.

Yours very truly,

THE BATTLE CREEK FOOD COMPANY

J H Haas

Manager

October 16, 1939

Mr. Haas:

Enclosed find a letter from Paul A. Siple, The United States Antarctic Service, Department of the Interior, Washington, D. C. together with two blanks to be filled out. Dr. Kellogg suggests you charge five cents a pound for the beans and six cents a pound for the flour.

A. F. Bloese

October 16, 1939

Mr. Paul A. Siple,
The United States Antarctic Service,
Department of the Interior,
Washington, D. C.

Dear Sir:

Your letter of October 13th addressed to Dr. Kellogg has been handed to us for reply.

Enclosed find our bid. We have made our prices at actual factory cost. We use only a very fine variety of beans for which we pay four cents a pound.

We are surprised that you are taking along such a small supply of soybean products. The soybean is of great value in keeping the alimentary tract in good condition. This legume greatly encourages the growth of the Lactobacillus acidophilus which keeps the intestinal tract in good condition. A ton each of flour and beans would, we think, be a wise provision for promoting the health of your men.

The addition of 5 or 10 percent soy flour to wheat flour greatly improves the nutritive value of bread.

Assuring you that we are very glad to cooperate with you in properly provisioning your expedition, we are

Very sincerely yours,

THE BATTLE CREEK FOOD CO.

By

b

October 18, 1933

Dr. Arnold Lorand,
2 et 4 Rue Mont-Thabor,
Hotel Mont-Thabor,
Paris, France.

Dear Doctor Lorand:

I have been away from home for some weeks and on returning find your letter of August 16. As I am returning to Florida in a few days, I am hurriedly trying to bring my mail up to date and so will have to make this a brief note.

As I told you, I am not the owner of the Miami-Battle Creek, as I have given the institution to a board of trustees who control it. I will place your letter in the hands of the secretary with the request that it be presente to the board at its first meeting, which I think will be held within a month or two. I ought, however, to tell you frankly that I think you would meet with much better success at Atlantic City or some other northern resort where you will be likely to meet many of your old friends.

The season at Miami is very short, only three or four months, beginning about January 1st and closing early in April. The rest of the year there is nothing or almost nothing but local business, which is not enough to pay expenses. How to carry over during the eight lean months is our great problem.

Assuring you that I shall be glad to say a good word in your behalf, I am

As ever sincerely and cordially yours,

b

October 18, 1939

Dear Doctor:

We thank you very much for taking the trouble to tell us of the success achieved by LD-Lax in a very chronic and difficult case. This is just the sort of case in which LD-Lax proves its superiority and the correctness of the philosophy on which it is based, which was worked out by Dr. John Harvey Kellogg in his vast clinical experience in dealing with tens of thousands of patients at the Battle Creek Sanitarium.

The usual way of dealing with these cases when mild laxatives fail is to use a stronger one, and when the stronger one failed to use a cathartic, and when the cathartic failed to use a drastic cathartic; but the new philosophy succeeds, as you see, by suppressing all laxative cathartic effect and employing instead a bland, soothing physiologic aid to normal bowel activity.

There is always enough intra-abdominal pressure and peristaltic activity, aided by intra-abdominal tension, to evacuate the colon when obstruction is removed. This LD-Lax will usually do. Sometimes the mechanical help of a warm enema is required to relieve the muscular spasm when the irritation is very great and when the colon is badly crippled.

We are more than pleased to send you a sample of LD-Lax for the lady's daughter. If you would like more samples to use with your patients requiring help of this sort do not hesitate to call for them as we shall be more than pleased to send you as many as you like for such clinical use. We are sending you by return mail three samples.

We will be greatly pleased if you will write us again after you have further opportunity to observe the good results from the use of LD-Lax.

Thanking you for your courtesy, we are

Very sincerely yours,

THE BATTLE CREEK FOOD CO.

P. S. If you have no objection, we will be pleased to publish your letter in our next bulletin to physicians. Your experience with the case you report is the sort of argument which will convince the physician who has become a confirmed skeptic because of repeated disappointments.

LD-Lax always makes good when it has a fair trial. If you run across a case in which it fails to meet your expectations write us about it and we will submit it to our board of clinical experts whose large experience will enable them to give you helpful suggestions.

May we suggest that you make a personal test of LD-Lax by using some of the samples yourself. If you care to make a thorough test of this remedy in your practice and will send us reports of your results, we will be glad to supply you with all the LD-Lax you need for your personal use and as many samples as you care to use.

h

October 18, 1939

Mr. J. H. Haas:

Send a letter similar to the one enclosed to every doctor who sends in a letter similar to this doctor's letter. Look over every letter yourself and turn them over to Miss Gotham to answer with suggestions. Do not give them to Rush.

J. H. K.

b

October 19, 1939

Good Health:

Please send Good Health for one year to C. Loring Joslin, M. D., Cathedral and Richmond Streets, Baltimore, Maryland, complimentary.

J. H. K.

b

9 BRIMMER STREET
BOSTON, MASSACHUSETTS

October 16, 1939.

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

My dear Friend:-

I am leaving the first week in November for another Expedition. This time it is a Government undertaking and the President has appointed me to command it.

I have been working until 12 o'clock every night for weeks and weeks in order to get off on time, because I was detailed to this duty three months late. Naturally, I am leaving the United States in fairly bad condition. Nevertheless, the biological life that I am leading, thanks to you, helps me to keep going.

Will you please let me know just what you would like me to take while on the Expedition. I am now taking the following things: Food Ferrin, Savoryeast, Wheat Germ, and Soy Acidophilus milk.

I have not seemed to need Paramel's Ld-lax or Lactodextrin. However, as soon as I get aboard the ship I am going to start in on the last three named in the paragraph above if you think it is the proper thing to do.

How am I going to get the Soy Acidophilus milk on the Expedition? Have you it in powdered form so that it will be anything near as fresh as what I now get?

My wife, as you know, is as faithful a follower of your system as I am myself and she is undoubtedly benefited therefrom.

For my Expedition I will need all the strength I can generate and will appreciate very much getting your help and your advice.

I have been told that I should not eat salt. Can you send me some kind of a condiment that would not be harmful that would take the place of salt, because I miss it very much indeed.

I will only be gone this time for six or seven months instead of a year or year and a half as is usually the case. In the event of a war I would surely want to be back here in this Country.

With all good wishes in the world to you, I am

Faithfully yours,

R E Byrd

October 19, 1939

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

My dear Admiral:

I have your letter of October 16.

I think you should by all means make use of LD-Lax and Lacto-Dextrin. If you do this it will not be necessary for you to make use of soy acidophilus, as by this time you have the organism well established in your intestinal flora and need only to keep it flourishing by the liberal use of the special nutrients provided in Lacto-Dextrin and LD-Lax.

A liberal supply of beta lactose or B-Lac for table use in place of cane sugar would do more to keep your men in good condition than anything else I know of. By the free use of this particular sugar the harmful effects of meat are largely counteracted. A piece of beefsteak immersed in a solution of beta lactose may be kept for years without any change and entirely free from odor of any sort. It is necessary only that the solution shall be changed every few days so as to secure a fresh growth of the protective organisms which prevent decay.

By substituting beta lactose for cane sugar for table use, putrefaction in the colon may be largely suppressed, and this will do much toward keeping the men in fine condition with high resistance to disease and ability to resist fatigue. It is these poisons in the colon that produce fatigue and lessen resistance to disease more than

any other factor. Beta lactose is superior to other sugars because it is not quickly absorbed and reaches the colon when other sugars do not and also because it prevents the growth of putrefactive organisms and prevents the growth of the protective organisms which cane sugar does not do, but is more or less an irritant to the stomach and promotes the growth of streptococci or pus-forming germs instead of protective acidophilus.

When in New York recently I obtained through the cooperation of Dr. Goss, who is in charge of the animals of the Bronx Zoo, the stools of a chimpanzee and a gorilla. I had them examined by Dr. Kopeloff of the Medical Center, one of the leading bacteriologists of the country. Dr. Kopeloff found that the gorilla had 96 percent acidophilus and the chimpanzee 98 percent. The stools were practically odorless. These animals got the acidophilus from their mothers in the forest where they fed on wholesome food, and because they had no meat in captivity but had been given foods which belonged to their natural dietary they have retained their normal intestinal flora, and this is what human beings ought to do.

I am sure I have profited greatly by endeavoring to follow the anthropoid dietary as nearly as possible for nearly 75 years.

If your men will each of them eat an ounce of beta lactose a day, it will be wonderful insurance against bowel troubles of any sort and would greatly add to their endurance. The cost, of course, is considerably more than the cost of common sugar, as cow's milk is the only source for this form of sugar. Until I discovered how to make it, it was known only as a laboratory curio. It was first discovered by a German nearly a hundred years ago.

One day I received a telegram from the head of the Dairy

Division of the Department of Agriculture of Washington saying, "We have discovered a new sugar and want to send our chief chemist, Dr. Bell, to bring it to you." In a few days the chemist arrived with the sugar. After examining it I said to him, "I am acquainted with this sugar. I have been making it for several years." He said, "Yes, we know you you have," and then proceeded to question me to find out how we did it. They had been examining our Lacto-Dextrin to find out what we were doing to use so much milk sugar, as we were using one-third of all the milk sugar made in the United States, at least so I was informed. This man made use of the information he got from me in taking out a patent on the process in Canada. Whether he has ever done anything with it or not I do not know. I understand the Borden Company are now making this guar.

If you should take along with you enough of this sugar to supply every man one ounce a day, or even half that much, it would prove to be a very important factor in maintaining their health and vigor. It acts the same as Lacto-Dextrin, and using it in place of cane sugar avoids the danger of taking an excess of carbohydrates. It has a very pleasant flavor, usually better liked than cane sugar and is not so intensely sweet. It may be used liberally and is entirely free from all the harmful effects of cane sugar.

I should advise you by all means to use an ounce or two a day of this sugar regularly. I have substituted this sugar for cane sugar on my table for a number of years and use no other sugar myself. It not only combats putrefaction in the colon, but also prevents the formation of gas and keeps the stomach and small intestine in good condition. It prevents and cures gastric and duodenal ulcer. It is the best known preventive of colitis and appendicitis.

If you add this to your supplies, the Food Company will be glad to supply it at a low price, but will have to have the order soon if a large amount is required. Our factory is prepared to produce about a ton a day and will have to have immediate notice if a large amount is needed so as to get the processing started.

As regards salt, a certain amount is needed by the body; hence its entire suppression is never required except in some acute condition. There is nothing which takes the place of salt. We prepare a Savita salt which is rich in vitamin B and has a strong Savita flavor and so is satisfying in much smaller quanity.

I shall be glad to do anything possible to aid you in your great expedition which means so much to this country and to the world. I am glad to see that the government is at last recognizing its duty to assist you in this great work.

I am glad to know that you are living biologically. All sensible people will after a while come around to recognizing the importance of accepting great biologic facts as guides to proper living and will follow the example of our relatives the anthropoids instead of abusing their bodies as much as they can be made to endure.

With kindest regards to Mrs. Byrd, and do not hesitate to call on me for anything I can do to help you, I am

Sincerely and cordially yours,

P. S. It would be desirable to have a supply of Paramels, which are

sometimes helpful, although not always required. If your men took LD-Lax as a part of their ration daily at least once a day, it would help to keep them in good physical condition, for the ordinary food does not contain enough bulkage.

b

NICHOLAS KOPELOFF, PH. D.
CONSULTING BACTERIOLOGIST
722 WEST 168TH STREET
NEW YORK

October
twenty-first
1 9 3 9

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

Dear Doctor Kellogg

With regard to the question in your letter of October 18th, the reference to the bacterial flora of Dr. Tissier and his wife is on page 106 of my "Lactobacillus Acidophilus" published by Williams and Wilkins Company. In this book you will also find Tissier's original reference throwing some light on bifidus and a more recent paper covering a more intensive study, Gillespie and Retger, J. Bact. 36: 621, 1938.

Sent for Dec. 20/39 +

There are a number of papers on L. bifidus but comparatively few on L. exilis. However it might be well to consult the fifth edition of Bergey's Manual of Determinative Bacteriology, published by Williams and Wilkins in 1939, pages 366-369, where you will find a rather complete bibliography and description of the organisms. Should you have any trouble in locating the original articles such as Tissier's I would suggest that you try to get them from the Surgeon General's Library in Washington.

Dr. Goss was kind enough to send me a copy of his letter to you of October 20th which I found most interesting. He is proving most cooperative in carrying out the fecal examination of the primates.

With kindest personal regards, I am,

Sincerely yours,

Nicholas Kopeloff

mn

October 22, 1939

Dr. Jean Saidmen,
49 Avenue Victor-Emmanuel III,
Paris, France.

Dear Doctor Saidman:

I have been so busy that not until today have I had an opportunity to finish reading your fine article about my work. It was very generous of you to take so much pains to find out about some of the contributions I have made to modern medical progress, especially in regimen therapy, which I consider on the whole one of the most important branches of internal medicine in its relations to chronic disease and especially degenerative disorders.

Now that war is on I am sure that you are so much occupied at home that there is no hope of seeing you in this part of the world this year and we must look forward to some future opportunity for profiting by personal contact with you in matters pertaining to actinotherapy and heliotherapy in particular.

I received a day or two ago your ingenious device for testing the sensibility of the skin to solar rays.

Remembering your visit here and the very interesting and informative conferences with you with great satisfaction and hoping to have the pleasure of seeing you again, I remain, dear Doctor,

Very sincerely and cordially yours,

NICHOLAS KOPELOFF, PH. D.
CONSULTING BACTERIOLOGIST
722 WEST 168TH STREET
NEW YORK

October
twenty-third
1 9 3 9

The Battle Creek Food Co.
Battle Creek,Michigan

Attention:Dr.J.H.Kellogg

Dear Doctor Kellogg:

Under separate cover I am mailing you today duplicate strains of the rough L.acidophilus strains isolated from the Chimpanzee September 14, 1939 and from the Gorilla isolated October 4, 1939. Both of these strains have been acclimatized and are being sent in milk containing 10% tomato broth. I would suggest they be further propagated in the same medium to maintain the roughness of the colonies, which is so desirable.

Enclosed you will please find my bill for the above.

Sincerely yours

Nicholas Kopeloff

Enclosure

NICHOLAS KOPELOFF, PH. D.
CONSULTING BACTERIOLOGIST
722 WEST 168TH STREET
NEW YORK

October
twenty-third
1 9 3 9

The Battle Creek Food Company
Battle Creek, Mich.

Attention:
Dr. J. H. Kellogg

Dear Doctor Kellogg

FECAL ANALYSES OF PRIMATES

Specimens obtained and plated on tomato agar October 19th and counted on October 23rd, 1939.

CHIMPANZEE - 10,000 L.acidophilus per gram - 0.4% of total

ORANGUTAN - L.acidophilus negligible - 0% of total

GORILLA - 18,325,000 L.acidophilus per gram - 97% of total

Comment: The L.acidophilus count from the chimpanzee and orangutan are extremely low. The former was an excellent specimen but the latter was small (4 grams total) and hard. The L.acidophilus from the gorilla formed smaller colonies this time than at the last analysis and appeared to be a different strain. The specimen was good.

The discrepancies between fecal analyses from the same animal are disconcerting but must be expected in the light of my previous experience in L.acidophilus counts from human beings. I have encountered variations similar to the above in the same individuals. The only way in which one can arrive at a satisfactory final average is to do a sufficient number of fecal specimens from each individual to get a valid figure. I would suggest therefore that Dr. Goss send me again specimens from these primates.

Sincerely yours

Nicholas Kopeloff

mn

Enclosure

Michigan State Medical Society

2020 OLDS TOWER - LANSING. MICHIGAN

Office of the
SECRETARY

L. FERNALD FOSTER, M. D.
Bay City, Michigan

October 23, 1939.

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

My dear Doctor Kellogg:

It gives me great pleasure and happiness to advise you that the House of Delegates of the Michigan State Medical Society, at its meeting of September 18, 1939, elected you to Emeritus Membership in the State Society.

We congratulate you on this honor, and wish you a continuation of good health and happiness for many, many years.

If we may ever be of service to you, please call upon us.

Very respectfully yours,

L. Fernald Foster

L. Fernald Foster, M.D.
Secretary.

165 Washington Avenue, North
Battle Creek, Michigan

Office of
ALONZO L. BAKER
Editorial Assistant to
Dr. John Harvey Kellogg

October 24, 1939

Dear Dr. Kellogg:

I am just wondering if it wouldn't be a good idea to place a small advertisement of your Miami-Battle Creek in the travelers' section of the Sunday New York Times, and also in the travelers' section of the Sunday New York Herald Tribune. Those two papers pretty well cover the metropolitan area of New York, as well as far afield, and are papers that are read by the better situated people financially. It seems to me that ads running there would bring you much more business at Miami than all the advertising you could put in such mediums as the Gimlet.

Last evening at the Torch Club I heard a paper read on the new Food, Drugs and Cosmetic Act which went into force this last June. The paper was written and read by Dr. Roberts, one of the chemists at the Post factory here. For five years Dr. Roberts was head of the food and drug inspection of the state of North Dakota. He seems to be an exceedingly bright and able young chap. This paper that he read last night had many interesting and revealing facts concerning the traffic and hokum in patent medicines, the amount of germs and poisons in meat, and much other interesting material. It would be my judgment that he has something there which would be of great interest to the readers of Good Health. Would you like to have me contact him for his paper?

I am enclosing the abstracts of the articles on apples, which I secured from the Medical Library at the Sanitarium.

Sincerely,

Baker

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN. CONNECTICUT

October 24th, 1939

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

My dear Dr. Kellogg:

In a recent letter you spoke of iodine as a dangerous drug. An acquaintance of mine, who is commercially interested in an organic iodine and who claims his life was saved by it, states that this can be taken as a food and in indefinite quantities without harm. He supports his statement by numerous statements. He has sent me a number of publications centering largely around Professor Newell, after whom was named the Newell Institute in London, dedicated June, 1931, at which time a speech was made by Sir Augustus FitzGeorge, K.C.V.O.C.B., Cousin to their Majesties, the King and Queen of England. My acquaintance is Mr. Ormsby McHarg and he has written a long abstract, or essay, on the subject which he sent me. I have skimmed this through. In it he quotes: Dr. William Weston, "Iodine in Nutrition", American Journal of Public Health, July, 1931, speaking of the safety of iodine in organic form. Dr. Weston is quoted as saying: "After the most diligent and careful search of the literature I have failed to find a single instance of iodine poisoning where there diet contained an enormous amount of iodine in organic form." He also quotes Lunde, a well known European scientist as saying: "A number of investigations have emphasized the importance of naturally bound iodine in goiter prophlaxis instead of the inorganic form."

Mr. McHarg claims and cites evidence to show that even where there is no goiter or cretinism that the lack of iodine is responsible for all sorts of shortcomings. He cites Dr. Fraser as complaining that so little has been written on iodine efficiency and its general importance.

He claims that it is an important basis for tuberculosis and cancer. He says that Dr. Weston in the Southern Medical Journal, Volume 27, No. 3, 1934 says: "The most amazing results in a section that we assumed to be non-goiterous were from parishes of St. Charles, St. James, Washington and St. Tammany in Louisiana, reported by L. C. Scott. He reports a goiter incidence as high as has been reported from any section of the world."

Mr. McHarg includes a reprint of an article from Biometrika, which you doubtless know is issued by The Biometric Laboratory, London. The article is by Percy Stocks, M.D. and shows a correlation between goiter and cancer geographically in several countries including the United States.

Should you wish to take the matter up with Mr. McHarg, his address is 114 East 39th Street, New York City. Apparently Mr. McHarg and those whom he cites think that iodine therapy is one of the most important parts of mineral therapy and one of the most neglected.

Very sincerely

IF:M

Irving Fisher

9 BRIMMER STREET
BOSTON, MASSACHUSETTS

26 October 1939

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

My dear Dr. Kellogg:

For the past several months I have had to travel constantly, and have not been able to adhere strictly to a biological life during that time. I am sure, therefore, that my intestinal flora is in bad shape. I will have to get it back into good condition when I go on the expedition, and so I seek your instructions.

Please send the items for my personal use to this address. I have told the Supply Officer to order 1000 lbs. of the sugar. You should get a reasonable price for this, so don't make your quotation too low. Next summer the expedition will probably order more of the sugar.

Since I am leaving in bad condition, don't you think that I should take savoryeast and food ferrin as well as the other things?

Forgive this rather hasty letter as I am very much on the run these days.

With kindest regards always,

Faithfully yours,

RE Byrd

October 27, 1939

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

My dear old friend Dr. Knopf:

I am sorry I was hindered from getting to Florida before you left. I wanted to take you in my car and visit the monkey jungle and perhaps make a trip to Key West and have a chance for some good old time chats.

I am glad that you enjoyed your stay and I hope made some improvement. Of course you did not stay long enough. I want you to come again and take time enough to get a real rejuvenation. I am glad that Mrs. Knopf was pleased with the regimen. If you will follow this carefully at home, especially the diet, avoiding meats and keeping your stools free from odor, you can achieve wonders in holding Old Father Time at bay.

You ought to make daily free use of the SavorYeast, which is very rich in vitamins and is not unpleasant to take as is ordinary yeast. I am having a package sent to you. I think you would also like Protose as a substitute for meat. Meat is particularly bad for elderly people because the colon is slow and fragments always remain behind which undergo decay in the colon and produce highly damaging poisons in great abundance. The stools ought to be kept free from odor. This is easily accomplished by the use of soy acidophilus milk. Very ripe bananas in the form of puree are also very useful in keeping the bowels in good condition and suppressing putrefaction. I eat three or four bananas

every day and I am sure with benefit.

With very best wishes and kindest regards to both of you, and very much regretting that I was unavoidably detained by Sanitarium business matters from joining you. I am

With affectionate regards your friend and colleague.

October 27, 1939

Food Company:

Please send a can of SAVORYEAST to Dr. S. Adolphus Knopf, 16 West 95th Street, New York City, complimentary.

J. H. K.

b

October 27, 1939

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

Dear Admiral Byrd:

I am instructing Mr. Haas to see that you are well supplied with our products to keep yourself in fine condition during your sojourn in the antarctic region. Please send in an order for everything you want and as much as you need.

I hope your new automobile will prove a success in antarctic travel.

We have just succeeded in perfecting a method of extracting the theobromine and caffein from cocoa, which contains a good deal more of the xanthin alkaloids than does coffee and is much more poisonous. Our new method is much more successful than the method of decaffeinizing coffee. This will be a fine thing for your men. You will perhaps remember that Nansen found coffee very harmful to his men. In his books, "Across Greenland" and "Eskimo Life," he said, "My experience leads me to take a decided stand against the use of stimulants and narcotics of all kinds, from tea and coffee to tobacco and alcoholic drinks. It must be a sound principle that one should live in as natural and simple a way as possible, and especially when the life is a life of severe exertion in an extremely cold climate. The idea that one gains by stimulating body

and mind by artificial means, betrays, in my opinion, not only ignorance of the simplest physiological laws, but also a want of experience by observation."

I am sure the world will be electrified by your new discoveries and masterly achievements. I confess, however, I am worried about what those vicious Germans may try to do to you. It seems that no efficient protection against their murderous submarines has yet been discovered. I wonder at your courage to brave the double dangers that await you.

With best wishes, I am

Sincerely yours,

b

October 27, 1939

Mr. J. H. Haas:

I think Admiral Byrd will need at least a couple of cases of LD-Lax and a case of everything else he uses and a couple of cases of soy acidophilus if he uses this and also two or three pounds of our Health Koko and a case of Zo.

J. H. K.

b

October 28, 1939

Dear Dr. Kellogg:

I hope you will forgive me for not having reported before this on the exciting box of Kellogg products which you were good enough to send me last August. I have tried everything now with what I think are good results, except the Savor Yeast. I tried one at a time so as to watch the effects a little more carefully.

That LD-Lax of yours has been especially effective. I followed directions in taking it and think it has been particularly welcome to my colin. We found the vegetable meat excellent fixed up in two or three ways. The Savor Yeast I have not tried yet because I have been using Beemax and had a supply on hand. I am just beginning tomorrow on Savor Yeast and I'll let you know how I like it.

So you see, dear Dr. Kellogg, your generous box has added much to the interest of my diet through the Summer, as well as to the effectiveness of my digestive apparatus.

I would like to join your Autocracy of Health, but I am afraid I am not militant enough in regard to tea, coffee, alcohol and tobacco and all that clan for your ranks. I like a glass of sherry now and then, and when I have a cold a bit of whiskey. And I do drink a cup of coffee, though I like Postum.

I hope this confession will not cast me into the outer darkness of your opinion.

I think I told you when I wrote that I had in mind trying to do an essay, possibly a little book, on life after eighty. I am making notes as I go along. I want it a cheerful pamphlet, touching on various problems as I see them in the group. Of

course the physiological side is most important and I believe that you and your Race Betterment Foundation have more that is practical to contribute to that side of my undertaking than I can find elsewhere.

We of us who belong after eighty are a neglected group. I suppose because society has expected us to get out of the way before eighty, and finds on its hands a group out of which it gets little and for which it has made inadequate provision.

If I get around to this piece of work I want to take advantage of your invitation to Battle Creek or Miami according to the season when I am free and talk the matter over with you.

In the meantime I shall want to know what is doing in the Betterment Foundation and if you are publishing any reports there I shall be glad of them.

With many thanks for your stimulating letters and your stimulating products, believe me

Very sincerely yours

Ida M. Tarbell

Dr. John Harvey Kellogg
Battle Creek, Michigan

October 30, 1939

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

My dear Admiral:

I have your letter of October 26.

I am sorry to know that you are in bad shape again. By all means get to work getting straightened out as soon as you can. One never can tell how much mischief is being done when his colon gets infected.

I was in New York a couple of weeks ago and got some stools from the big chimpanzee and the gorilla they have there and found the stool of the gorilla contained 96 percent and that of the chimpanzee 98 percent acidophilus. The stools were odorless. I examined the stools of chimpanzees in Florida and found the same situation. There was no foul odor at all. Keepers who have cared for chimpanzees for years told me that they had never observed in a single instance a foul smelling stool. Foul stools are always due to parasitic bacteria which have been permitted to invade the body because of the absence of acidophilus.

I found the diet of the higher apes in the Bronx Zoo to be the same as my own only there is a little more raw food than I have been accustomed to take, but I want to keep up with the apes in obeying physiologic laws and so I am going to eat more raw food than I

have been accustomed to do.

I notice that a recent "Life" published a reproduction of an old photograph taken when you used to smoke. I hope next time they will publish a more up-to-date picture. Since Raymond Pearl showed that 17 percent of all smokers die prematurely and that tobacco cuts down efficiency and always does harm and just in proportion to the amount used, it is evident that every smoker is shortening his life, really committing slow suicide.

I will have goods for your personal use sent to your address, 9 Brimmer Street, Boston, Mass.

I am glad that you are going to have a chance to live in a normal way so that you can get straightened out. I fear that you have made pretty heavy drafts on your constitution and that you will pretty soon find your blood pressure going up if you do not adopt every possible means to lighten the work on your liver and kidneys.

I would appreciate it very much if in case you are sending any mail home you will send me a little line about the benefits you observe from the use of each of the foods you use with profit. We will take care to make very judicious use of them in a private way. I especially will be glad to know the results you get from LD-Lax and from B-Lac, or beta lactose.

I hope that you will call on me for anything I can do to help you in any way.

With very best wishes to Mrs. Byrd and other members of your family, I am

Very sincerely and cordially yours,

b

OLIN WEST, M.D. - - SEC'Y AND GEN'L MGR.
WILL C. BRAUN - - - - - - - BUS. MGR.
MORRIS FISHBEIN, M.D. - - - - - EDITOR

TELEPHONE
SUPERIOR 0880
CABLE ADDRESS, "MEDIC, CHICAGO"

AMERICAN MEDICAL ASSOCIATION

535 North Dearborn Street, CHICAGO
BUSINESS DEPARTMENT

October 31, 1939

Answering your letter of

In your reply please refer to these initials WCB

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

Re: MIAMI-BATTLE CREEK SANITARIUM

Dear Dr. Kellogg:

In compliance with your wire of today, we are reserving 1/3 page space for your advertisement in the November 11 issue of THE JOURNAL of the A. M. A. The same copy used in your last advertisement--February 12, 1938--is being scheduled for repetition and proofs are going forward under separate cover.

We shall appreciate your advising us concerning the number of insertions to be used and we are enclosing contract form which should be signed and returned to us.

We appreciate your continued interest in THE JOURNAL and trust that we may be of further service to you.

Yours very truly

AMERICAN MEDICAL ASSOCIATION

Will C. Braun

Business Manager

AOD*d
Enc.

November 1, 1939

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

Dear Admiral:

I am sending you, under separate cover, a sample of our new Health Chocolate that has the poisonous theobromin and caffein so completely taken out of it that one would have to drink a hundred cups to get enough theobromin for an ordinary medicinal dose. If you are troubled with sleeplessness, the Dormi will help you and the Health Koko will give you a healthful beverage without the harmful effect of tea and coffee which Nansen discovered in his trip across Greenland.

With best wishes, I am

Sincerely yours,

b

November 1, 1939

Mr. J. H. Haas:

Please send to Admiral R. E. Byrd, 9 Brimmer St., Boston, Mass. one can of Nu Koko and Dormi and a box of Health Chocolates.

J. H. K.

b

November 1, 1939

Mr. Will Braun,
American Medical Association,
535 North Dearborn St.,
Chicago, Illinois.

Dear Mr. Braun:

I have yours of recent date.

Enclosed find the contract signed.

I am sending you this advertisement not because we need more patients, but because I want the doctors to know that we are still alive and on the job. The fact is patients are crowding in so fast I am sure that we shall not be able to take care of them all. We have had a waiting list for the last four years. This year it doubtless will be bigger than ever.

Yours truly,

b

Miami-Battle Creek Sanitarium

ORIGINAL

ADVERTISING SPACE CONTRACT

.....19...

American Medical Association

535 North Dearborn St., Chicago, Illinois

Please insert....our.....Advertisement in
(my or our)

THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION

to occupy the space of.....1/3.....page..... .....times,
(indicate weekly, every other week, or every 4th week)

beginning with issue. November 11.....19.39 or earliest possible issue following,

for which.we agree to pay to your order, within 15 days of date of each insertion,
(I or we)

.....100.....Dollars ($.....) per insertion.

We understand that rates are based on total amount of space used within one year from date of this contract. The right is conceded you to omit our advertising, and charge us for all previous insertions at earned rates if payment is not made as agreed above. Notice of at least 30 days in advance of publication date will be given you for cancellation of any insertion which has been definitely scheduled. In order to cancel preferred position, we will give you 90 days' advance cancellation notice in writing, and understand that cover positions are non-cancellable for the year. Cancellation notice on cover spaces will be given you at least 3 months in advance of expiration of the contract year. Copy once furnished is to be continued until new instructions are given. It is understood that our advertising is accepted subject to conditions on back of duplicate contract, and to supervision of Advertising Committee and Board of Trustees of the American Medical Association.

(Signed).....
FIRM NAME

AMERICAN MEDICAL ASSOCIATION Per.....

..... Address.....
Business Manager

(OVER)

ADVERTISING RATES

Effective July 1, 1937

Rates based on total amount of space used within twelve months

THE JOURNAL IS PUBLISHED EVERY SATURDAY

TWO-COLUMN PAGES Size of Adv't.	Dimensions in Inches	52 Times (per ins.)	Rate per Line	26 Times (per ins.)	Rate per Line	13 Times (per ins.)	Rate per Line	6 Times (per ins.)	Rate per Line	3 Times (per ins.)	Rate per Line	1 Time	Rate per Line
1 Page (400 Lines)	6¾x9½	$336.00	$0.84	$348.00	$0.87	$360.00	$0.90	$372.00	$0.93	$384.00	$0.96	$408.00	$1.02
½ Page (200 Lines)	6¾x4⅝ or 3⁵⁄₁₆x9½	174.00	.87	180.00	.90	186.00	.93	192.00	.96	198.00	.99	210.00	1.05
¼ Page (100 Lines)	6¾x2¼ or 3⁵⁄₁₆x4⅝	90.00	.90	93.00	.93	96.00	.96	99.00	.99	102.00	1.02	108.00	1.08
⅛ Page (50 Lines)	6¾x1⅛ or 3⁵⁄₁₆x2¼	46.50	.93	48.00	.96	49.50	.99	51.00	1.02	52.50	1.05	55.50	1.11
1/16 Page (25 Lines)	3⁵⁄₁₆x1⅛	24.00	.96	24.75	.99	25.50	1.02	26.25	1.05	27.00	1.08	27.76	1.14
THREE-COLUMN PAGES													
⅔ Page (266⅔ Lines)	4½x9½	240.00	.90	249.60	.94	259.20	.97	268.80	1.01	278.40	1.04	297.60	1.12
⅓ Page (133⅓ Lines)	2⅛x9½ or 4½x4⅝	124.80	.94	129.60	.97	134.40	1.01	139.20	1.04	144.00	1.08	153.60	1.15
⅙ Page (66⅔ Lines)	4⅝x2⅛ or 2¼x4½	64.80	.97	67.20	1.01	69.60	1.04	72.00	1.08	74.40	1.12	79.20	1.19
4 Inches (56 Lines)	4½x2 or 2⅛x4	55.20	.98	57.00	1.02	58.80	1.05	60.60	1.08	62.40	1.12	67.20	1.20
3 Inches (42 Lines)	2⅛x3 or 4½x1½	42.00	1.00	43.50	1.03	45.00	1.07	46.50	1.10	48.00	1.14	51.00	1.21
2 Inches (28 Lines)	2⅛x2 or 4½x1	28.50	1.02	29.40	1.05	30.30	1.08	31.20	1.12	32.10	1.15	34.20	1.21
1 Inch (14 Lines)	2⅛x1 (14 Lines)	14.70	1.05	15.15	1.08	15.60	1.12	16.05	1.15	16.51	1.18	17.40	1.24

Space on a Two-Column page is not interchangeable with space on a Three-Column page

COLOR PAGES—BLEED PAGES

Journal A. M. A. and Hygeia

REGULAR SIZE PAGES

TWO COLORS—(Black with any other color selected)—6¾" wide x 9½" deep. Cost $125.00 extra.

ONE COLOR ONLY (other than black)—Cost $100.00 extra.

BLEED PAGES

TWO COLOR BLEED (Black with any other color selected)—Color plate 8½" wide x 10¼" deep—bleeds full width but not top and bottom. Black plate must not exceed 6¾" in width and must be centered on 8½" width. Depth may be 10¼". Cost $150.00 extra.

ONE COLOR BLEED—8½" wide by 10¼" deep (any color or black may be used). Cost $100.00 extra.

CLASSIFIED ADVERTISEMENTS of a commercial or promotional type are accepted at the rate of $4.00 for 20 words or less. Additional words, 12½ cents each. **Bold face type 25% additional.**

1. CIRCULATION — The weekly issue of THE JOURNAL exceeds 99,000 copies; net paid circulation 98,765 (December 1, 1938); a larger paid circulation than any other medical publication in the world. Sworn detailed circulation statement on request.

2. DISTRIBUTION OF CIRCULATION — Its circulation covers the entire U. S. Practically every physician in active practice has access to it.

3. COST — Charge for space is based on a positive, true circulation, the cost per thousand comparing favorably with the line, inch and page rates of popular magazines, while THE JOURNAL goes exclusively to physicians — a specialized, high class clientele. In addition, THE JOURNAL is read by internes, nurses and technicians — practically speaking, the entire staffs of the hospitals, sanitariums, clinics and laboratories of the country. THE JOURNAL offers the advertiser over 125,000 readers. A recent survey proves that 81% of physician nonsubscribers do have access to and read THE JOURNAL regularly.

4. OWNERSHIP — THE JOURNAL is owned by the members of the American Medical Association. As owners they take special interest in its advertisements.

5. ACCEPTABILITY OF ADVERTISEMENTS — Advertisements must in every respect comply with the rulings and requirements of the Councils of the American Medical Association.

Issued Every Saturday

THE JOURNAL

OF THE

AMERICAN MEDICAL ASSOCIATION

Established 1883

WILL C. BRAUN, *Business Manager*

535 North Dearborn Street, CHICAGO

11-2-39

A GOOD PLACE FOR HEALTH BETTERMENT

A delightful location. Quiet, wholesome environment. Under strictly scientific management. Special emphasis laid upon health education and training in health habits and physiologic living, and the combination of climatic advantages with correlated physiotherapeutics, regimen therapy, corrective exercise and cheerful mental environment achieve results in obstinate chronic cases not obtainable by less thoroughgoing measures.

It is an eleemosynary (not-for-profit) institution founded by Dr. John Harvey Kellogg.

The Miami-Battle Creek is sponsored by the Race Betterment Foundation and affiliated with the Battle Creek Sanitarium ~~and other health organizations~~ in Battle Creek, Michigan.

For literature address

The Miami-Battle Creek,

Miami Springs, (Miami), Florida.

b

OK
AND RETURN AT ONCE

AMERICAN MEDICAL ASSOCIATION
535 N. Dearborn St.
CHICAGO, ILL.

PROOF MAILED
10/31
for
JL. A.M.A.
ISSUE OF
NOV 11 1939

Important
This advertisement will be inserted as it appears on this proof unless corrections are received by
11/6

ROUGH PROOF

BATTLE CREEK in FLORIDA

The Miami Battle Creek

• An institution established for the purpose of giving to invalids who visit South Florida for its climatic advantages, the benefits of the methods and facilities which have made the Battle Creek Sanitarium favorably known as a hospice for chronic invalids during half a century or more. Experienced physicians as well as Battle Creek trained dietitians and technicians and nurses give assurance to patrons of the same expert methods and special regimens found at Battle Creek in addition to the unique climatic advantages offered by South Florida.

SPECIAL ATTENTION GIVEN
to diseases of the heart and circulation, rheumatism, gastro-intestinal disorders, insomnia and cases requiring rest and recuperation in a quiet and attractive environment.

WRITE FOR FURTHER PARTICULARS AND RATES

THE MIAMI BATTLE CREEK
Miami Springs, Miami, Fla.

TESTIMONIAL

November 2, 1939

"After having used the samples for a day or so I found out that Kaba used with LD-Lax was just what I needed, and in order that I could take these preparations without any interruption I secured two large sized packages at the Thomas Store and I intend to continue their use because I feel assured that this food is just what I need."

Herbert B. Smith, M.D.
Corning, New York

LIFE EXTENSION INSTITUTE, Inc.
ORGANIZED 1913
11 EAST 44th STREET, NEW YORK
Telephone Vanderbilt 6-2560

November 3, 1939

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

My dear Doctor Kellogg:

I have the honor to inform you that the Board of Directors of the Life Extension Institute have re-elected you for the present year to be a member of its Hygiene Reference Board and, unless you have other preference, to classify you as your name appears in the recent twentieth edition of the book "How to Live", under the section Medicine and Surgery.

Yours sincerely,

J. D. Lennehan
Secretary

JDLennehan
RS

CARL AKELEY
77TH STREET AND CENTRAL PARK WEST
NEW YORK CITY

November 6, 1939

Dr. John Harvey Kellogg
Miami Springs, Fla.

Dear Doctor Kellogg:

With the recent opening of the Akeley African Hall and the opportunity to see the Carl Akeley Lion Spearing sculptures in the Roosevelt Hall of the American Museum of Natural History, there is added interest in my husband's smaller bronzes.

These sculptures also portray incidents in the life of the wild creatures of Africa which he knew intimately.

Herewith are photographs. Sculptures ordered soon can be cast before Christmas.

Will you please let me know whether you are interested in purchasing one ?

Sincerely yours,

Mary L. J. Akeley

Mrs. Carl Akeley

Kindest greetings. Perhaps you may enjoy our jungle pictures as you pass them to & fro our interesting w' mèd cho..

Personal phone:
ENDICOTT 2 - 8861

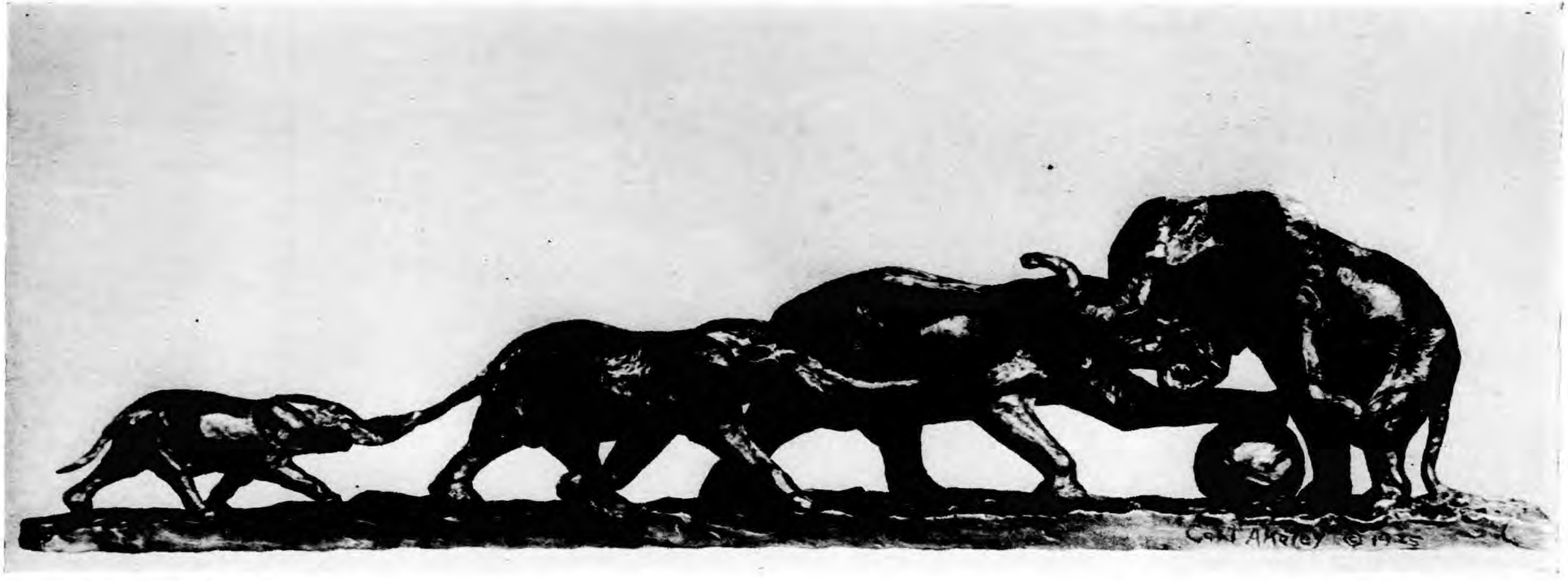
Bronze by Carl Akeley

Copyright by Carl Akeley

LION AND BUFFALO

The bronze represents that point in the combat when the lion has "bulldogged" the buffalo by catching his nose with a front paw and bending his head to the ground in an effort to throw him. The buffalo has saved himself from a fall by bracing himself with one front foot and the scene is set for a battle royal unless the lion bolts. The bronze is 8 inches wide, 12 inches high, and 23 inches long.

$425.00



Bronze by Carl Akeley

Copyright by Mrs. Carl Akeley

JUNGLE FOOTBALL

Four baby elephants are having a game of football with the rounded fragment of a sun-baked African ant-hill. This bronze, depicting the jungle babies in playful mood, was one of Mr. Akeley's favorite studies. It has now been published for the first time, October, 1927. Its base measures 26½ x 4½ inches; its height is 8½ inches.

$525.00

Bronze by Carl Akeley

Copyright by Carl Akeley

THE WOUNDED COMRADE

The intelligence and sympathy of Carl Akeley's "friend," the elephant are illustrated in this bronze of three big bulls. The old bull in the center has been wounded by the hunter's gun and his two comrades are aiding him to make his escape. The bronze is 13 inches wide, 22 inches long, and 12 inches high.

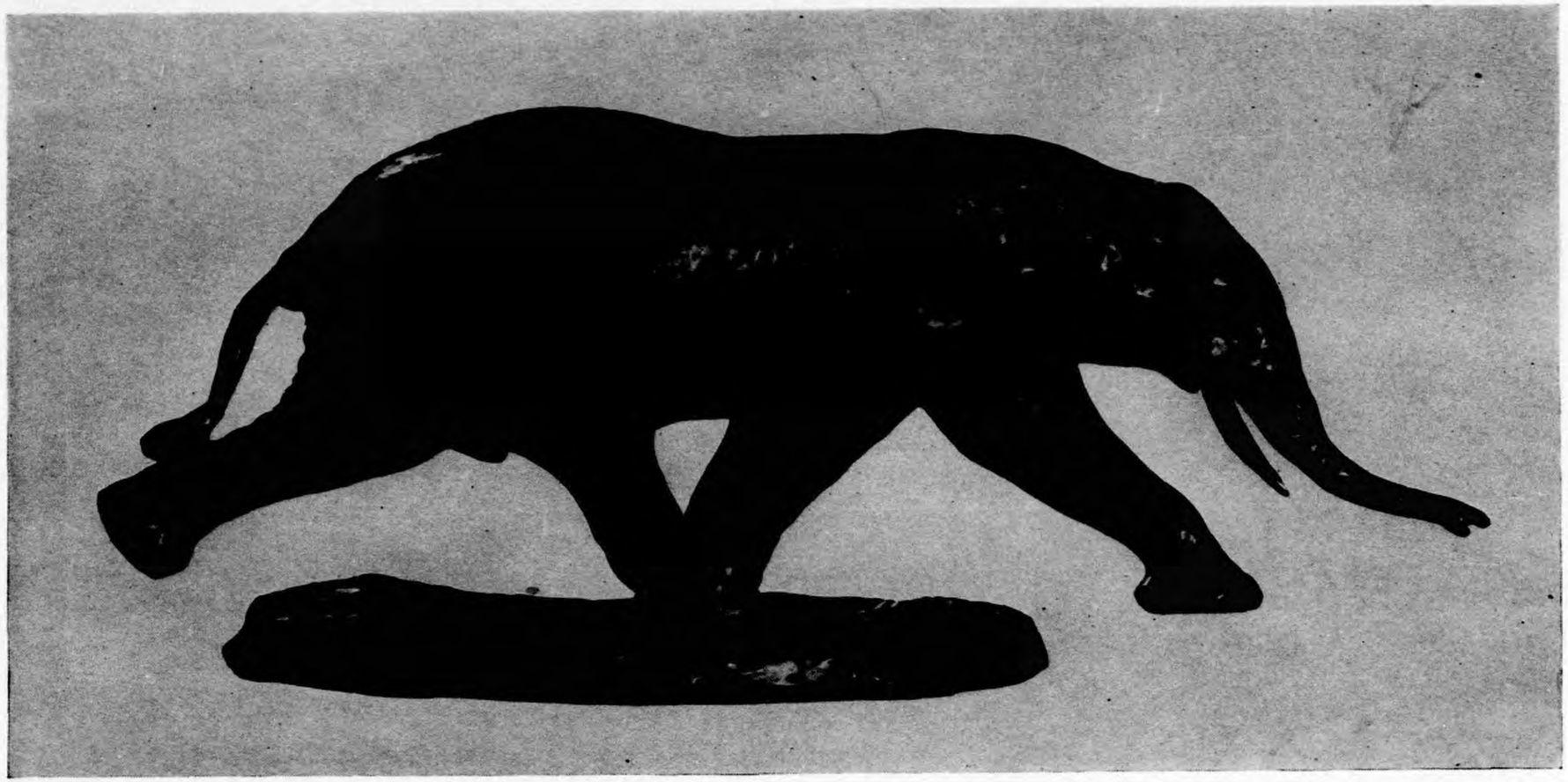
$585.00

Bronze by Carl Akeley *Copyright by Carl Akeley*

STUNG

In retaliation of a bite on his trunk, a spirited young bull elephant has beaten a big tree snake to the ground and, with the injured member rolled up out of harm's way, is trampling the reptile to death. The bronze is 4½ inches wide, 11 inches long, and 9½ inches high.

$200.00
With "Going" $375.00



Bronze by Carl Akeley

Copyright by Carl Akeley

GOING

This bronze of an African elephant running at full speed was modelled by Mr. Akeley as a companion piece for "Stung." The two may be used together as book ends. The bronze is 4½ inches wide, 12½ inches long, and 7 inches high.

$200.00
With "Stung" $375.00

K. B. KEELER, President

A. M. GIDDINGS, Vice-President

WILFRID HAUGHEY, Secretary-Treasurer

COMMITTEES

Program
R. Simpson, Chairman
Hugh Robins
R. J. Campbell
L. P. Shipp
Richard Stiefel
A. A. Humphrey

Public Relations
Stanley T. Lowe, Chairman
Arch E. MacGregor
Harvey Hansen
Harry B. Becker
L. N. McNair
R. H. Fraser
Stuart Pritchard
A. T. Hafford
J. E. Cooper
Hugh Robins
K. B. Keeler
Wilfrid Haughey

Entertainment
Kenneth Lowe, Chairman
R. K. Curry
A. D. Sharp

Public Health
B. G. Holtom, Chairman
T. K. Jones
A. M. Giddings
L. N. McNair

Necrology
Carl G. Wencke, Chairman
W. O. Upson
E. Van Camp
F. R. Walters

Illegal Practice
Arch E. MacGregor, Ch.
A. D. Sharp
H. Beuker

Legislative
Harvey Hansen, Chairman
A. T. Hafford
George W. Slagle

Public Education
R. H. Fraser
B. G. Holtom
C. E. Hale
Alice Campbell

Medico-Legal
Harry F. Becker, Chairman
H. M. Lowe
C. R. Hills

Venereal
Harold Tannenholz, Ch.
L. P. Shipp
W. H. Stadle
E. L. Hansen

Tuberculosis
Stuart Pritchard, Chairman
W. L. Howard
Richard Campbell
C. G. Fahndrich

Red Cross Organization
A. T. Hafford, Chairman
B. M. Overholt
J. E. Cooper
L. R. Keagle

Medical Economics
Stanley T. Lowe, Chairman
Adonis Patterson
Norman H. Amos

Committee on Antiques
R. C. Winslow, Chairman
H. A. Herzer
S. K. Church
Paul Roth
W. H. Riley
W. H. Haughey
C. E. Derickson

Pre-Natal and Maternal
F. G. Melges, Chairman
Wendell H. Stadle

Cancer
A. A. Humphrey, Chairman
Russell L. Mustard
A. E. Humphrey
C. R. Hills

Radio
E. Van Camp, Chairman

Calhoun County Medical Society

BATTLE CREEK, MICHIGAN

Office of the Secretary and Editor of
THE BULLETIN
610 Post Bldg.

Board of Censors
1938—J. E. Rosen
1937—C. W. Brai
1936—R. C. Wins
1935—H. M. Lowe
1934—A. E. MacGr

Delegates to State Soc
Harvey Hansen, 1938-
A. T. Hafford, 1939-40

Alternates
Norman H. Amos, 1938-39
A. A. Humphrey, 1939-40

Councillor, Third District
Wilfrid Haughey

November 8, 1939

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

Dear Doctor Kellogg:

At the recent meeting of the House of Delegates of the Michigan State Medical Society, you were elected to Emeritus Membership in the Michigan State Medical Society in recognition of your having practiced over fifty years and having been a member in good standing over thirty years.

The Calhoun County Medical Society, who made this proposal, heartily congratulate you.

Very sincerely,

Wilfrid Haughey

Wilfrid Haughey

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

November 8, 1939

Dr. John H. Kellogg
Battle Creek Sanitarium
Miami Springs
Florida

Dear Doctor:

Despite a diet almost free from meat, and the virtuous avoidance of liquor, coffee, tea, and tobacco, I find myself developing, in one finger after another, a case of arthritis. I have put myself in the hands of Dr. W. B. Rawls, of New York; after putting me for a month on a meatless and nearly acid-free diet, with no improvement, he is resorting to intravenous injections every six or seven days. I have read your big book on DIETETICS, and gather the impression that you do not feel that arthritis can be handled by diet. I should much appreciate a word of advice from you. Do you think it would help me appreciably if I were to go through your regimen for changing the intestinal flora? -- and do you still advise the same method for doing this that is described in your book? You can imagine the gloom with which I look forward, as a writer, to being crippled in both hands.

With sincerest good wishes,

Yours,

Will Durant

TESTIMONIAL

November 10, 1939

"A few days ago you sent me a sample of LD-Lax which I gave to one of my patients with astonishing results."

Joseph Friedmann, M.D.
490 West End Ave.
New York City, N.Y.

November 10, 1959

Dr. Will Durant,
61 Deepdale Drive,
Great Neck, New York.

Dear Doctor Durant:

I have yours of November 6th.

I am sorry to learn that that devilish disease, arthritis, has captured you at last. It is doubtless in large part the result of hardships to which you have exposed yourself on your lecture trips. It is not simply your hands that have the disease but your whole body. It can never be cured by treatment of the hands alone, or by any one thing. I have had forty years battle with arthritis, so know something about it from personal experience.

But we have developed a plan and a regimen which masters arthritis. If you will run down here for a month, or even for a couple of weeks, soon, we can change your flora and show you the technique by which you can save your hands for writing, just as I succeeded in saving mine for surgery during the last thirty years.

You can do this thing at home after you learn how, but it is impossible to give you the instruction you need by letter. Regimen as well as treatment, is necessary.

Strange as it may appear, arthritis is a disease of the skin. This is why it is favorably influenced by baths.

Come down and spend a couple of weeks with us. We will charge you nothing at all for either board or treatment, and will show you how to get rid of this trouble and keep rid of it. Come soon, before organic changes have taken place. It is slow work getting rid of it when they are well started.

The program consists first of a complete change of the intestinal flora. That must be accomplished and must be maintained. We have made a lot of progress since you were here, and can now do more for you in two weeks than we could then in two months.

Second, adopt a program which will quicken the activity of the skin and maintain the health of the skin by vasomotor gymnastics.

Third, there must be an ample supply of minerals,

particularly lime, an alkalinizing diet, and an abundant supply of vitamins, particularly of certain ones, especially vitamins A and D. In Florida, you get D from the sunshine and A from the papaya, in which there is an extraordinary abundance.

You must adopt a special regimen and a program of life, and adhere to them closely, not only for a short time but for the rest of your life. However, the things that are good for your arthritis will also be good for your longevity, and save you from a heap of troubles, as well as arthritis.

You must of course have special treatment for your hands. The best thing you can do-and this is exceedingly important, is to bathe your hands with hot water.

Fill a wash bowl half full of water at a temperature of 115°. Put into the water a cake of Palm Olive soap. Rub the soap in your hands, to make a thick lather, then extend the fingers and interlock them, keeping them straight and pressing them together.

Then move the hands back and forth, so as to rub the joints and the hands. Separate the hands occasionally and close them as tightly as possible; then extend the fingers to the utmost. Repeat this several times.

Turn and twist the hands in every direction. Flex and extend and turn the wrists in every direction possible.

While making these movements, keep the hands immersed in hot water as much as possible. Continue this for ten or fifteen minutes. Repeat two or three times a day.

Between the treatments, protect the hands with warm gloves. Cloth or woolen gloves are better than leather, unless the leather gloves are fleece-lined. These are best of all.

At night, wear a pair of warm woolen gloves and cover with rubber gloves, so that the hands will be kept moist as well as warm.

After bathing the hands with the hot water, rub well with lanolin cream, and remember to keep the hands constantly warm. The keeping of the hands warm and moist at night by ample covering is a most important measure. If kept warm at night, your hands will feel in the morning much freer from pain and less sensitive, and improve. If allowed to get cold, they will get constantly worse.

For safety, you ought to move South at once, and remain during the winter months, because this disease often advances very rapidly, and may attack suddenly every joint in your body.

I again extend you a hearty invitation to come down here for a couple of weeks as my guest, and let me show you

how to escape the misery and hindrance to your work with which this crippling malady threatens you.

If you come down, I have a lot of things I want to talk with you about, which I am sure you will be interested in, and in which your great talents ought to be enlisted for world betterment.

With best wishes to Mrs. Durant, and hoping to see you soon, I am

Very sincerely yours,

P. S. Please bring Mrs. Durant with you. She ought to learn all about how your program should be followed.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

November 13, 1939

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

My dear Dr. Kellogg:

I enclose a letter from Dr. Fay, one of the men who have been trying out "frozen sleep" in Philadelphia.

My brother had wondered if it would be a safe experiment for him. I personally should hesitate to try it until it had been tried by others.

I also enclose a report in regard to my stools which will interest you. I remember talking with you about the use of O-3 by injection per anus. You advised against it and expressed the idea that in the end the bacterial count and putrefactive germs might be increased. I did not then and do not now see why this should be true, but rather the contrary.

So I have finally begun trying the experiment on myself and have been amazed at the definite benefit which, so far, has been experienced. To make sure in regard to the bacteria I had a local laboratory examine the stools and the enclosed is their report. After continuing the experiment for some time, I expect to have another test.

As you see, the anaerobic bacteria are very infrequent.

I meant also to have told you that a friend of the inventor of O-3, a physician in New Jersey with whom I communicated by telephone about a year ago, had tried it with a very bad case of colitis in one of

his patients and believed that he had cured the case--or at any rate greatly benefited--by this method.

I should myself venture the guess that you would find it a tremendous help in such cases as my own, and even in such cases as my brother's. Of course, in experimenting you would naturally go slow, that is to say you would use a small amount at first. The maximum amount I have ever tried is 2½ ounces. One difficulty, especially if a large amount is used, is the losing of the oil, although Johnson claims that this loss is less than with pure oil itself.

I am hoping to stop off at Battle Creek in Miami toward the end of January on a speaking trip en route to California. I hope by that time you may have tried the O-3, in this manner, enough to have some opinion based on experience.

As ever,

Very sincerely yours,

Irving Fisher

IF.T

jmk

TEMPLE UNIVERSITY MEDICAL SCHOOL
PHILADELPHIA

DEPARTMENT OF NEUROLOGY AND NEUROSURGERY
TEMPLE FAY, M.D., PROFESSOR

TEMPLE UNIVERSITY HOSPITAL
BROAD STREET AT ONTARIO

October 17, 1939.

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

Dear Professor Fisher:

In reply to your letter of October 9, I can only add one clinical observation that might offer some hope in the condition which you describe. During the three to four days in which the patient is under reduced temperature refrigeration, there is obvious lack of intestinal activity and bacterial activity seems to cease if one can determine this by lack of distention and apparent freedom of the bowel movements from putrefactive changes. I see no reasons why observations along this line might not prove beneficial to chronic colitis but as yet our experience has not embraced this field.

Very truly yours,

Temple Fay M.

Dictated by Dr. Temple Fay

TEL. RIVERSIDE 9 - 5321

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

Nov. 13, 1939.

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

Dear Old Friend Kellogg:

Just a line to thank you for your kindness in sending the SavorYeast. Mrs. Knopf is very glad to have it since she is convinced that anything coming from you is doing good to frail human beings.

We still regret very much that we missed you at Miami where we had a pleasant time seeing and hearing interesting things among which was the wonderful ,instinct or 6th sense which that intelligent Chimpanzee (Mary) manifests whenever you approach the Jungle. If it had not been for the disappointment of not meeting you at Miami, our visit would have been unusually perfect.

Drs. Jeffrey and Norman are delightful personalities. We heard from the latter that Dr. Jeffrey is now in Chicago for a Post Graduate Course.

I hope the economic difficulties in the Battle Creek, Mich., matter which so unjusily disturbed the serenity of your well earned happy and successful life at the time you are approaching your 9th decade, have all been most satisfactorily solved. What better things can I wish you who knows how to take care of his bodily conditions many times better than any other physician including myself.

With heartfelt greetings in which Mrs. Knopf joins me, I remain,

Ever yours devotedly,

S. A. Knopf

P.S.
Can the Soy Acidophilus milk be bought in New York? If so, have you the address?

TESTIMONIAL

November 14, 1939

"I take this opportunity to inform you that I have prescribed your Kaba over a long period of time with good results, and the claims for your new product lead me to believe that it may be still better."

Harold C. Benjamin, M.D.
59 Crescent Avenue
Jersey City, New Jersey

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

November 16, 1933

Dr. John Harvey Kellogg
Battle Creek
Miami, Florida

Dear Doctor:

Your letter reveals you as almost a saint of generosity and kindly consideration as well as perhaps the greatest physician of our time. I have more faith in you than in any other man, and I profoundly wish that I could put myself in your hands at once. But in the process of earning a living and financing the writing of an unremunerative book, I have committed myself to lectures in and near New York throughout this month, and also on December sixth, thirteenth, and twentieth. I have been trying to figure out some way of going down to you on December first and flying back for three weekly visits to New York during December; but the cost would be more that I would earn from the lectures, and seems prohibitive.

If your kindness can hold out that long, I should like to take the plane on December twentieth after my five-thirty P.M. lecture at Town Hall in New York, and arrive at Miami Springs about eight A.M. December the twenty-first. I can then stay with you until about January the third. I begin a heavy lecture schedule at Columbus Ohio on January sixth, and continue across the country and back until April the first. It is a ridiculous life, and I wish I could escape most of these obligations, and give all my time to completing my book; but every one of us is subject to these economic necessities. Meanwhile I shall follow your instructions carefully; and I cannot tell you how grateful I am that you went into such details for my guidance. I shall discontinue the injection treatment which has been given me by Doctor Rawls of this city.

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

Mrs. Durant will probably go down by car or train in time to arrive at Miami Springs simultaneously with me on December the twenty-first.

I am sending you a copy of my new book, THE LIFE OF GREECE, but I shall not expect you to read even a page of it; I knowhow completely you are absorbed in your work of healing. I rejoice to hear that you are in good health despite your great age, and to see that you are still immersed unselfishly in your work.

Sincerely,

Will Durant

November 20, 1939

Dr. Will Durant,
51 Deepdale Drive,
Great Neck, New York.

Dear Doctor:

I have your letter of November 16 stating that you would be leaving New York by plane on the twentieth of December.

Kindly wire me at the last moment just when to expect you and we will be on hand to meet you. We will do our best to give you a profitable time.

I will have some interesting things to tell you and a lecture project which I think will interest you.

Yours faithfully,

K:B

New England Grenfell Association

For Promoting the Work of Sir Wilfred Grenfell, K.C.M.G., M.D. (Oxon)

25 Huntington Avenue
Boston, Mass.

Telephone KENmore 5888

Officers

Theodore L. Badger, M.D.
President
Hollis French
First Vice President
Theodore L. Eliot
Second Vice President
Sherman R. Thayer
Treasurer
Katharine W. Bieler
Assistant Treasurer
Shirley S. Smith
Secretary
Edwin Parker Hayden, M.D.
Clerk

Board of Directors

Sir Herbert Ames
Brookline
Theodore L. Badger, M.D.
Boston
George W. Bailey
Weston
Harold Cabot
Boston
Theodore L. Eliot
Boston
Alexander Forbes, M.D.
Milton
Hollis French
Boston
Mrs. George S. Fuller
West Newton
Albert T. Gould
Boston
Theodore A. Greene, D.D.
New Britain, Conn.
Richard N. Greenwood
Gardner
Mrs. Ludlow Griscom
Cambridge
Miss Elisabeth L. Hamilton
Milton
Edwin Parker Hayden, M.D.
Boston
Mrs. Robert S. Hurlbut
Cambridge
Melancthon W. Jacobus, Jr.
Hartford, Conn.
James C. Janney, M.D.
Boston
Harrison E. Kennard, M.D.
Boston
Mrs. Robert M. P. Kennard
Cambridge
G. Douglas Krumbhaar, M.D.
Boston
George F. F. Lombard
Boston
Ralph Lowell
Boston
Jessie Luther
Providence, R. I.
Jose Machado
Cornwall, Conn.
Eldon Macleod
Westwood
Donald B. MacMillan
Provincetown
Gertrude Peabody
Milton
William Howell Reed
Roxbury
Fred C. Sears
Amherst
Edward Shattuck
Andover
Gibbs W. Sherrill
Boston
Rt. Rev. Henry K. Sherrill
Boston
Kenneth C. M. Sills
Brunswick, Me.
Sherman R. Thayer
Boston
George G. Williams
Farmington, Conn.

November 21, 1939

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

Dear Dr. Kellogg:

I wrote you about three weeks ago saying I wished to come down to Miami Springs this December and asking you to let me know whether you could take me in and what the terms would be. I shall have with me Mr. Wyman Shaw, my secretary, as before. I only presume that the letter went astray because I got no kind of answer at all and I thought at least your secretary would have sent me a reply.

You did me a lot of good last winter and I was able to go to Labrador. I am very much better now but still am forced to go south and to do a good deal of resting but still I can work.

Please let me hear from you c/o Grenfell Association of America, 156 Fifth Avenue, New York City, so that I may know what to do.

With sincere affection and high regards for all you have done for others and for the world.

Ever your sincere friend,

Wilfred T. Grenfell

WTG/W

November 24, 1939.

Sir Wilfred G. Grenfell, M. D.,
New England Grenfell Association,
25 Huntington Avenue,
Boston, Mass.

Dear Doctor Grenfell:

We are glad to learn from Dr. Kellogg that you are looking this way, and hope we are going to have you with us again this winter.

The prospect is that we shall be very crowded on account of the European situation, also because of changes at Battle Creek.

The large expense of maintaining our plant in active operation during the long and unprofitable summer season has involved rather heavy financial losses, compelling us to economize sharply to finance the situation, but we will be glad to receive you as a boarder at three-quarters the regular rates, and no charge for medical care or treatment. This will make your expense from _____ up, according to the accommodations selected.

The charge for the nurse, if he takes an outside room, would be one-half the regular rates for meals.

The cost for lodging in private homes is from _____

Kindly advise us about what time we may expect you here. We will probably fill up very quickly after the first of the year.

November 24, 1939

Sir Wilfred T. Grenfell, M. D.,
25 Huntington Avenue,
Boston, Mass.

Dear Doctor:

I have yours of November 21st. Sorry your first letter went astray and never reached me.

I am glad to learn that you are improving and are planning to escape the rigors of the northern winter, as I am doing myself.

We are threatened with a great crowd here this winter.

Of course, we shall be glad to have you with us again, and I will ask the office to send you particulars about the rates, which, of course, will be on a very liberal basis, as heretofore. I do not dictate the terms now as I have placed the institution in the hands of a board of trustees, having delegated it to the public service. I know of no person more worthy of special consideration than yourself, after having devoted so many years of most generous and sacrifising efforts in human service.

I shall anticipate greatly the pleasure of meeting you again, and this winter shall have time for a chat now and then, which I missed very much last winter.

As always,

Faithfully yours,

K:B

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

11-28-39

Dear Doctor Kellogg:

Thank you for your letter of November 20th. Instead of flying down, Mrs. Durant and I will drive down. We should reach your fine cathedral of health about 6 p.m. December 23rd. We shall leave early on January 7th, since I must begin a long speaking tour at Rochester, N.Y., January 9th. Mrs. Durant's brother will meet us at Miami on the evening of January 6th, and will drive her north the next day.

Meanwhile I am living on the fruit diet recommended in your great textbook of THE NEW DIETETICS, p. 337; I have been on it five days now; after another five days I will go on the antitoxic diet described in pp. 613f. However, I am adding milk and nuts to both dietaries, and about two thin slices of whole wheat bread daily, instead of bran. I am taking three doses of lacto-dextrine and mineral-oil-with-agar every day. And I am trying to follow the instructions of your kind letter of Nov. 10th as much as my literary tasks will permit.

Your own health is a great encouragement to me. If you can teach me a regimen that will make me well again I shall owe you more than any words can express.

Sincerely,

Will Durant

TELEPHONE: RAYMOND 9-2090

New York Zoological Park

UNDER THE MANAGEMENT OF THE

NEW YORK ZOOLOGICAL SOCIETY

185TH STREET & SOUTHERN BOULEVARD, NEW YORK CITY

DR. W. REID BLAIR, DIRECTOR

LABORATORY AND HOSPITAL

[redacted]

LEONARD J. GOSS, D. V. M., PH. D.

November 28th
1 9 3 9

Dr. John H. Kellogg, Medical Director
The Miami-Battle Creek
Miami Springs (Miami), Florida

Dear Doctor Kellogg:

I was most surprised and disappointed to hear of your illness and inability to visit us again. I sincerely hope that you are back on your feet, feeling your usual self again.

It was very kind of you to extend your invitation and I truly regret that I am unable to accept. It has, however, been a life long desire of mine to winter in Florida so perhaps I will impose on you some other time.

As for the copies of Zoologica, Mr. Bridges has advised me that they did not go out at the time I wrote you. No doubt you have received them by now. If not, drop me a line.

The only expense for the transportation of specimens was for the last one I sent Doctor Kopeloff. At that time, he sent a messenger and took care of the expense himself. I have since found out that in the future we can have specimens delivered from the Park to Doctor Kopeloff by taxicab for about $1. a trip. It seems to me that this would expedite matters and would be well worth the expense.

The list of foods I sent you was the average and specific diet for each of the animals from which you received specimens. The diet, of course, varies for the different species. It is quite constant and I can always give it to you for each and every animal you receive a specimen from. The primates do not get any meat and are fed regularly at noon and 2:30 P.M. The noon feeding consists of their vegetables and the afternoon feed consists of the other items (rice, etc.).

Constipation does occasionally occur and is relieved by altering the diet - i.e., less rice and cereal and more fruits and vegetables along with an occasional dose of milk of magnesia when indicated. The primates tend more to a loose stool than constipation. In attacks of diarrhea I have found apples (pectin), bismuth and kaolin very helpful. Certain of the monkeys, however, are attacked by intestinal parasites including protozoa and these infections are usually accompanied by diarrhea. In such cases, of course, I use vermifuges

such as tetrachlorethylene and then follow up with a diet of soft, unabrasive food along with bismuth, kaolin and morphine when necessary.

You might be interested to know that recently I tried your soy acidophilus on a woolly monkey with a persistent diarrhea and emaciation of undetermined etiology. This particular animal was in very poor condition by the time the acidophilus arrived and was not a fair trial. The animal died after receiving the acidophilus for one day so we cannot say that we gave it a fair test. I am very anxious to use it again and have great faith in it. A number of years ago I used acidophilus milk very successfully in dogs with diarrhea.

The primates frequently evacuate within two hours of feeding time.

Do not hesitate to call on me at any time for information I might have that would be of interest to you.

We still have a good quantity of the soy acidophilus you sent and I shall keep you posted on our results with it.

Sincerely yours,

Leonard J. Goss

D

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 2, 1939

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

My dear Dr. Kellogg:

Not long ago I had the great pleasure of talking with the Dr. Grad whom I had mentioned to you at various times and who has come to live very much as you advocate, and who got his first interest in the subject through the Dr. Jackson of whom I told you a little.

Dr. Grad is surgeon to the Woman's Hospital and stands high in the medical profession in New York. He runs 5 miles daily and is 68 years old. I went over my daily schedule with him and this elicited points of difference in his regime and mine.

He does not drink much water--in fact seldom drinks at all and does not believe it is advisable. He points out that the elimination of water is not a simple process; it really has to be metabolized between the drinking and elimination. He drinks only when he is thirsty, which seldom occurs. He drinks fruit juices every day but no milk.

He makes a point of using salt on 2 days in the week--Monday and Friday--otherwise he takes no salt. He says he was told by a lady that she found that to forego salt entirely caused spasms--"Charley horse"--and he thinks he has found this to be true of himself, so he uses it on these two days, which means 4 meals only

in a week (he eats only 2 meals a day). When he uses salt he sometimes is thirsty. He is fond of pineapple juice and uses a little lemon every day.

Like Dr. Jackson he uses a minimum of clothing and makes a point of training his skin.

He took an examination recently at the Life Extension Institute and passed with a very good record. His wife who has intermittently followed him in his health habits took an examination at the same time. Unfortunately, or perhaps fortunately for her, she had been breaking over the traces in the few weeks just before the examination--having been to banquets, used champagne, meat, and other things ordinarily not used--and her urinary examination showed some albumen and other faults. She was so much impressed by the contrast between her own examination and her husband's that she has promised "to be good".

Very sincerely yours,

Irving Fisher

IF.T

copy to B.C

PROFESSIONAL LABORATORIES
265 CHURCH STREET, NEW HAVEN, CONN.
TELEPHONE 5-8664 ROOMS 702-1 MARK A. JACOBS, DIR.

Re: Prof. Irving Fisher Nov. 4, 1939
Report No. 9547 Dr. Luther A. Tarbell Spec: Stool

STOOL SUBMITTED FOR EXAMINATION AFTER 48

HOURS CULTIVATION GROWTH SHOWS:

24-27 Colonies of aerobic Bacteria per Known area.

1- 4 Colonies of anaerobic bacteria per known area.

Good aerobic growth with definite subduing of the usual anaerobic growth.

Mark A. Jacobs. Dir.

Prof. Frothem
will be here
the last of
January (on
a speaking tour
in N. & Calif.
See letter Nov. 13

TESTIMONIAL

December 4, 1949

"May I have another sample or two of LD-Lax? The first one is working splendidly for a patient of mine with a chronic colitis."

Harold M. Herring, M.D.
145 Prospect Avenue
Mt. Vernon, New York

December 5th, 1939.

Dr. Will Durant,
51 Deepdale Drive,
Great Neck, New York.

My dear Dr. Durant:

I have yours of November 28th and note your change of plan. We will try to keep up with your itinerary.

I trust you are finding your new diet very helpful, but I am afraid you cannot get at your New York markets all the fruits you ought to have for a complete dietary. I am living, myself, on a fruit diet almost exclusively. My diet today has been four bananas, one apple, half an avocado and a liberal piece of papaya, with one ounce of yeast. The yeast is important and should not be overlooked. You ought to take at least one ounce of yeast every day. Our Savoryeast is by far the best of anything in this line. Two large heaping teaspoonsful or as much as you can get on a teaspoon, taken three times a day, will give you one ounce. L. D. Lax will be much better for you than the mineral oil. One large tablespoonful of Lacto-Dextrin three times a day will be none too much. Take one or two glasses of carrot juice a day and a large helping of lettuce two or three times a day. Be sure to keep the bowels well emptied.

I have a number of things to tell you about when you come down, by the use of which many people have achieved most remarkable results.

When you come we shall go into your case most thoroughly and give you such a thorough examination as you have

never had before in your life, and when we get through we shall know a lot of things that will be helpful to you, I am sure.

I have been reading your book.

I am anticipating greatly the pleasure of having some little chats with you while you are here, especially on some little points of philosophy, and hope you will take good care of yourself so that you will not be completely wrecked before you arrive, and that we may have something with which to build up a new man. We are having very delightful weather here.

Faithfully yours,

P. S. I am going to send you a box of fruit and some of the fine avocados which are raised on our own premises, also some papayas, both of which are excellent for a person in your condition, as the avocados are rich in iron and the papayas contain large amounts of Vitamin A which as you know increases resistance. You ought to eat liberal quantities of foods containing Vitamin A. Vitamin B is also useful but it is not well to depend on the artificial products which they are selling in the drug stores in the form of pills. The only really safe and satisfactory way is to depend upon the natural sources of vitamins, and these are found in foods. I am glad to find that my little book, The New Dieteticsy was of some service. This book was written ten years ago and I have made many changes in the new edition which I have prepared and which is nearly ready for publication. I am under contract with the McMillan people to furnish them with copy for the new edition, but the date of publication is not dedided upon.

K-HK

December 6, 1939

Dear Dr. Kellogg:

How generous you are with these interesting foods of yours. But convert as I am to LD-Lax you mustn't think of supplying me. That I can do for myself.

You speak of Wheatmeat. I have sent the sample to the country where I go for Christmas and we'll try it in the family and then I'll write you the verdict. They are a little harder to convince in the matter of foods than I am, that is they belong to the conservative world and I have always been more or less a conservative radical. So your Wheatmeat will have an honest test as soon as I am through with my Christmas turkey. I hope you do not object to that. One of the foods to which I am already committed is the malted nuts. I find them a wonderful addition to the butter sandwiches which are almost always a part of my daily lunch. It is an excellent food and good with postum - a favorite drink of mine.

I wish I could go to Miami and talk all these things over with you, but I cannot do it this winter. My work by which I live is in such a shape that it requires as much attention as I can give it. I probably shall go by the end of January to Arizona where at Tucson I have a friend with whom I am working out a literary problem and I promised to give a few weeks of time to her.

In the meantime I am making notes on a little book for Life after Eighty. I wonder if it would not be well for me to examine the literature of your Human Betterment Institution. I should like to know just what you are doing there and would be glad for information which would be important in my undertaking and perhaps lead the way to some little special investigation or piece of writing for the Institute itself.

I am sorry I cannot go to Miami now and talk this all over with you. But if it seems worth your while and mine I might arrange to go next Summer to Battle Creek for a little time to get the lay of your land. What I am after is whatever material you have that directly contributes to the problem of this last lap of life - the years after eighty. I should like to know what those who have studied this latter period of life think of the most frequent afflictions. Mine is an annoying case of paralysis agitans. And they tell me nothing can be done for it. Now that is what I want to get at in this particular study I have in mind. And anything that your Institution has done that would help or direct me I should be very glad of.

I hope, dear Dr. Kellogg, I am not troubling you too much. The whole subject interests me very much, and I would like to be able to do something practical in regard to it, something based on my own experience and that of my friends.

I hope you are going to have a happy holiday at Miami. The cards you enclose show what a beautiful place it is. I already have had a taste of Florida and I have never found anywhere air which seemed to me at once so luxurious and so life-giving.

Hoping again that I am not troubling you too much, believe me, dear Dr. Kellogg

Very sincerely yours

Ida M. Tarbell

Dr. John H. Kellogg
Miami, Florida

December 8, 1939.

Dr. Nicholas Kopeloff,
Consulting Bacteriologist,
722 West 168th Street,
New York, N. Y.

Dear Dr. Kopeloff:

Enclosed find a copy of a little note which, at the request of Dr. Goss, I have prepared for Zoologica. I was obliged to leave two or three blanks because at the last moment, I found that the necessary data had been left behind at Battle Creek, on account of my hasty exit to escape flu-pneumonia. I have asked Dr. Goss to supply these.

If agreeable to you, I hope to be able to resume the study in the spring.

It is important to know the causes of extreme fluctuations which you observed. I am sure it is due to irregularity in the dietary. I never observed it in persons who are adhering to a biologic dietary, and believe it is chiefly, if not wholly, due to the use of flesh foods. You will remember that Tissier found the flora of flesh meats to be the same as that of the colon.

Hundreds of observations made in my laboratories at Battle Creek and in the studies made by a number of competent bacteriologists, agree entirely with the observations of Tissier, B. coli and Cl. welchii are sometimes more abundant in a Hamburger steak and other chopped meats than in the fresh droppings of farm animals.

Dr. Nicholas Kopeloff - No. 2.

Thank you very much for your reference with relation to L. exilis.

By the way, it is interesting to note that L. acidophilus seems to grow better in vegetable juices than in milk - another indication that the human alimentary canal is best adapted to a dietary of vegetable origin, and that human beings would be greatly profited by adhering to the normal anthropoid diet instead of eating everything that every other animal in the world does and that many decent animals will not eat.

I remember that you quoted Moro as saying that L. acidophilus does not grow well in milk. Tissier wrote me the same about bifidus, in 1912, when he sent me a culture, after I had retained him as consulting bacteriologist for the Battle Creek Sanitarium.

I got hold of acidophilus about 1920 and succeeded very well with it, using milk whey for a culture medium, and later, skim milk. For several years back, I have used soy bean milk instead of dairy milk with far greater success, and I believe that scientists generally now recognize the fact that man is biologically a vegetable feeder, like other mammals of the primate family.

I hope all your bills have been promptly paid. If not, kindly send me a memorandum and I will see that a check is sent you immediately.

Thanking you, Doctor, for your many courtesies, and hoping that I may have the pleasure of coming to you again when I need authoritative information, I am

Sincerely yours,

K:B

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

12-8-39

Dear Doctor:

You are a saint as well as a great physician. It is extraordinarily kind of you to give me the benefit of your advice. I shall do as you say, and be grateful for the chance.

My neighbor, Mr. Louis Tuvin, of 22 Clover Drive, Great Neck, N.Y., is thinking of going to Florida for a rest. I have advised him to go to you. Please ask your secretary to send him some literature about the institution, with a schedule of rates. He is not ill, but is overworked. You seem to be the only one who thinks in moderate terms.

I look forward to being with you.

Sincerely,

Will Durant

over

I am in good health except for three arthritic fingers. These do not pain me, except slightly and occasionally. I have had only one piece of meat (Thanksgiving!) in three months; have taken three drinks of Lacto-Dextrin with Mineral Oil Emulsion (agar) daily for two weeks; will continue till I reach you.

December 8, 1939.

Dr. Leonard J. Goss,
New York Zoological Park,
185th Street and Southern Boulevard,
New York, N. Y.

Dear Doctor Goss:

Enclosed find two copies of the short article that I have prepared, which I hope you may find suitable for your quarterly.

I would be greatly obliged if you will fill out a few blanks which I am compelled to leave, because the data I had was left behind on account of my hurried exit from Battle Creek.

The copies of Zoologica were very helpful. I am returning them. Please feel free to make any changes in the articles which may seem necessary. I have sent a copy to Dr. Kopeloff, to give him an opportunity to make suggestions if he desires to do so.

I thank you very much for the generous courtesy shown me, and with your permission, will resume the study later at the first available opportunity.

Again thanking you for your kind consideration and great courtesy, I am

Sincerely yours,

K:B
Enc.

Form 90-Adm.

New York State
Psychiatric Institute and Hospital
722 WEST 168TH STREET, NEW YORK

Nolan D. C. Lewis, M.D.
DIRECTOR

DEPARTMENT OF BACTERIOLOGY
NICHOLAS KOPELOFF, PH. D.

December
eleventh
1 9 3 9

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

Dear Doctor Kellogg

Your very interesting letter of December 8th has just reached me and I am delighted to learn that you managed to escape the flu-pneumonia epidemic. As always I am fascinated by your capacity to correlate various pieces of information about the intestinal tract and both Mrs. Kopeloff and I found your visits intensely stimulating. In fact, we never cease to marvel at the keenness of your thought and the logic of your mental processes.

The note which you prepared for Zoologica should prove interesting to those who read it and I should be pleased to be able to continue these studies whenever you feel the time is appropriate for doing so.

Mrs. Kopeloff and I will always look forward to your visits and hope that you will find time to meet with us in passing through New York.

With best wishes and kindest personal greetings, I am,

Sincerely,

Nicholas Kopeloff

mn

P. O. BOX 236

CHARLES WILLIAM DABNEY
388 EAST LYMAN AVENUE
WINTER PARK, FLORIDA

December 13, 1939

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

My dear Friend:

My dear friends, Dr. John Martin and his wife, tell me that they are going to see you for a few days. I am glad they are because, aside from the good you will do their health I am sure you will enjoy them both very much personally.

Mrs. Martin is a lady of great literary ability and Dr. Martin is our great authority in Winter Park on foreign affairs.

I hope you are as well as usual this year and that I may have the pleasure of seeing you before the season is over.

With affectionate regards, I am

Sincerely your friend,

Charles W. Dabney

CWD:w

My friends have just told me they are going to you today, so I will give them this note to present to you. I have told them how handsomely you treat such people as they are.

Again Cordially

C.W.D.

OFFICE OF THE PRESIDENT

Oglethorpe University

MANU DEI RESURREXIT

Good minds, good morals, and good manners

Oglethorpe University, Ga.
December 13, 1939

Dear Dr. Kellogg:

As you will see from the enclosed bulletin, we are proceeding rapidly with the collection of the contents of our Crypt of Civilization. A new bulletin which we have just published, describes our work fully. It is enclosed herewith.

I want to include in the Crypt a short biographical sketch of the life work of the best friends of the University and of those most intimately associated with its life. Won't you please have prepared for me on a fine type of linen paper or parchment such a summary of your life and let me have it at your convenience for inclusion in the Crypt? With it should go a photograph. This photograph need not be mounted. A plain black and white print will do just as well as it will have to be microfilmed in order to preserve it for so long a while.

We are just closing a fine year in the history of the college. We have almost finished retiring our bonds and we have been able to make a number of interesting improvements on our campus. The student enrollment continues as large as it is possible for us to handle acceptably to our educational ideals and we are looking forward to 1940 with high hopes of continued progress.

Heartily yours,

Thornwell Jacobs,
President

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 4, 1939

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

My dear Dr. Kellogg:

I have received the enclosed memorandum from Mr.Babbitt, President of the Sonotone Corporation, going over the history of their efforts to supply you with a hearing aid.

I note the statement regarding your suggestion for a discount.

I agree that if anyone should have one you should and wish I could arrange it but, as in previous cases, this has been denied as you see the President himself has paid full price for an instrument for his mother.

This policy is, I suppose, a reaction against the policy which the president's predecessor had by which a large part of our business was subject to special discounts. This demoralized the business so that the present policy was adopted. I just wanted you to be sure that I have done all I could.

I have no desire to have you buy an instrument to help the Company which, by the way, is progressing splendidly and far in advance of any other. But if the company can supply you with a better hearing aid than one that you now have I should like to have you have the benefit of it. Sometime when you can get around to it you might like to give the necessary time to make a complete comparison with Telex.

As ever,

Irving Fisher

IFs.enc.

SONOTONE CORPORATION
ELMSFORD, NEW YORK

DEAN BABBITT
PRESIDENT

November 27, 1939

Professor Irving Fisher
460 Prospect Street
New Haven, Connecticut

Subject: Dr. J. H. Kellogg

Dear Professor Fisher:

For your information, I would like to have you know that we endeavored to the best of our ability to be of real service to your friend, Dr. Kellogg, and I am extremely sorry that our efforts to date have met with practically no success.

It was the latter part of August when you got in touch with me regarding our making a demonstration of our new vacuum tube instrument to Dr. Kellogg. As I explained to you on the 'phone, at the time that you called me, our new vacuum tube instrument was not quite ready to put on the market. We had about twenty-five hand made models which we were desirous of testing out in the field in order to determine the amount of battery consumption and how certain parts of the instrument would actually stand up in use.

One of the hand made vacuum tube instruments was tried out with Dr. Kellogg. It was rather crude in comparison to the product which was later placed on the market by us around the middle of September.

On September 1st you called our Eastern Division Manager, Mr. L. E. Rosemond, on the 'phone, explaining to him your personal interest in Dr. Kellogg's particular case and expressed a desire that we do everything possible to have one of our new vacuum tube wearable Sonotone instruments ready for him with all possible speed. Mr. Rosemond wrote to Dr. Kellogg on September 1st while Dr. Kellogg was at the Waldorf Astoria Hotel in New York, advising him that the instrument that he had previously tried was not by any means the final product, but merely represented one which we had produced for field test purposes. Mr. Rosemond advised Dr.Kellogg in that same letter that he had promised you to get one of the new vacuum tube instruments to Dr. Kellogg just aspromptly as possible. Mr. Rosemond called me on the 'phone practically every day for a period of about two weeks time, finding out what could be done in getting one of the new 520 instruments for Dr. Kellogg. There were certain parts for the instrument which we had not received from suppliers, which made it impossible to get one of the new instruments in Dr. Kellogg's hands before September 15th. For your information,

I am herewith quoting from the letter written by me on September 14th to Mr. Rosemond -

"In line with our telephone conversation, I just want you to know that we are doing everything within our power to be of help to Dr. Kellogg in furnishing him with one of our new No. 520 vacuum tube instruments.

Our plant, asyou know, is working overtime in order to get out the first production of these instruments. The first production instrument, it is expected, will be available tomorrow morning, Friday, and the same will be sent down to you by special messenger, marked for Dr. Kellogg, so as to get this instrument in his hands before he departs from New York. If, by any chance, there should be a slip-up in present plans and the instrument is not available until tomorrow afternoon, it will be mailed to you so that you will have it Saturday morning.

As stated above, we are very anxious to be of the utmost service to Dr. Kellogg, not only on account of our past relations with him, but furthermore, on account of his close friendship with one of our Directors, Professor Irving Fisher."

In our desire to be of the utmost service to Dr. Kellogg, we had a No. 520 instrument made up with special controls to meet his particular requirements and this was demonstrated to him on September 19th. I think it will be of interest to you for me to quote the report dated September 21, 1939 received from Mr. Robert P. Post, our representative who called upon Dr. Kellogg at the Commodore Hotel on September 19th, which report was as follows:

"At the request of Professor Irving Fisher, I made an appointment to deliver to the above a No. 520, which we had made with special controls to suithis requirements, on Tuesday, Sept. 19th, at 2 p.m. at the Hotel Commodore, New York City.

Upon presenting this, I had just been informed by Dr. Kellogg that the controls were a vast improvement over what had originally been shown him when a visitor whom he had not seen in ten years, dropped in and interrupted our conversation. Dr. Kellogg there upon dismissed me with the request that I leave the instrument and return at 5 p.m. He had previously approved the size, shape and performance of the instrument.

Mr. Riefler accompanied me upon my return call and we arrived at the hotel at 4:45 p.m. Dr. Kellogg, we were informed by his secretary, had gone to the World's Fair and was expected at any moment. He arrived at 5:30 p.m. and told us he could not see us then, as he had some important business to transact, but asked us to wait while he went down to the lobby to transact his business.

He returned at 6:35 p.m., accompanied by one of his employees. Two women came in and he had an audience with them. It was about 6:40 when we finally got him seated on the edge of a bed to try the instrument. His secretary waspacking up the baggage; his employee was watching the clock, as their train left at 7:00 p.m., so that we were given only about five minutes audience. This was terminated by his secretary putting his hat onhis head and announcing that it was time to leave. The Doctor, thereupon, said he was not satisfied and left with the remark that when we had perfected the instrument we could again present it for his consideration. He felt kindly disposed toward us, so he said, because his good friend, Professor Fisher wanted him to have our instrument. He claimed he did not find it as convenient to use nor as good a tone as his "Telex", which has a crystal receiver.

He will be at Battle Creek, Michigan, until about the first of October, when he leaves for his Florida Sanitarium at Miami for the winter."

I immediately wrote to Mr. P. T. Hammer, our District Dealer at Lansing, Michigan, asking him, if possible, to contact Dr. Kellogg before he left Battle Creek about the first of October for Miami. Mr. Hammer was unable to get in touch with Dr. Kellogg before he left Battle Creek. I then wrote to Mr. J. G. Dawson, our District Dealer at Miami, Florida, giving him the entire history of this case and asking him to see what he could do in the way of getting sufficient time to thoroughly demonstrate the 520 instrument to Dr. Kellogg.

I received a reply from Mr. Dawson stating that he was quite well acquainted with Dr. Kellogg and that for several years he has been contacting him at Miami Springs without results. Mr. Dawson reports that Dr. Kellogg insists upon a discount on an instrument if he purchases one, as well as a commission on any instruments that might be sold to his patients or sales made to those deafened people whose names he could give to Mr. Dawson.

To sum the whole matter up, Professor Fisher, Dr. Kellogg has never given the time to one of our representatives to afford a real fitting or a real demonstration of the 520 vacuum tube instrument. I feel that we can do a better fitting job for Dr. Kellogg with our new vacuum tube instrument than can be done with any other type vacuum tube instrument on the market today, but this is not going to be possible unless Dr. Kellogg can set aside a reasonable length of time wherein such a demonstration and fitting can be made.

I regret that there is no concession in price that can be made to Dr. Kellogg. For the past five years, asyou know, we have adhered strictly to a one price policy and have not deviated from this policy under any conditions. Just last year when I finally persuaded my own Mother to

use an instrument, I paid the full list price for the same, as is done by any purchaser of our product.

There is a real desire on our part to be of service to Dr. Kellogg and especially is this so on account of his being a personal friend of yours. If there is any way that you can be of assistance in making it possible to render this service, it will be appreciated.

Sincerely yours,

President

Dean Babbitt
vs

Dr Fisher
Need not return

SONOTONE CORPORATION
ELMSFORD, NEW YORK

DEAN BABBITT
PRESIDENT

November 30, 1939

Professor Irving Fisher
460 Prospect Street
New Haven, Connecticut

Subject: Dr. J. H. Kellogg

Dear Professor Fisher:

In further reference to the above matter, I have just received a report from Dr. Scheibler, copy of which is attached for your information.

It is difficult for me to understand Dr. Kellogg's unfavorable reactions to our instrument when we are constantly receiving the highest commendation from a great many people who have tried out all of the type of vacuum tube instruments and have found our No. 520 instrument to be vastly superior.

Just this morning I have on my desk a letter from a very good friend of mine, Mr. Gilbert C. Lee, located in Los Angeles, who is very deafened and who has painstakingly gone about the matter of making a comparison of all vacuum tube instruments on the market. I am herewith quoting an excerpt from his letter -

"It is certainly the finest instrument I have seen and I have seen them all. The tone control is perfect".

I am still hopeful that it is going to be possible for us to do something in the way of satisfying Dr. Kellogg regarding the efficiency of our product.

Sincerely yours,

President

Dean Babbitt
vs

TO: Mr. Dean Babbitt DATE: November 27th, 1939

FROM: Dr. Hermann Scheibler

SUBJECT: Dr. John Harvey Kellogg

In replying to your memorandum with which you sent me a copy of Dr. Kellogg's letter to Professor Fischer together with a copy of Mr. Cohrssen's letter to you I beg to state that Dr. Kellogg complains that - "I found the tone was all right, but the regulation is not right"; then he continues - "It falls far short of being equal to the Telex instrument and can not complete with it without very material improvements. The tone is all right, and I should think the improvements I suggest might be very easily made".

It is a fact that the volume control wheel of the Telex instrument is in its diameter slightly larger than that of the Model 520 but I can see no advantage of one over the other in handling it, in fact, the thickness of the wheel on our instrument is by about 40 per cent more than the thickness of the volume control wheel of the Telex instrument, and therefore, I can not see how anyone who is not prejudiced in his judgment should prefer the one over the other and should on account of this conclude that the 520 falls far short of being equal to the Telex instrument.

I should like to add that from a technical point of view there is no difficulty whatsoever to increase the diameter of the wheels of the volume and tone control to the same size as the wheel used on the Telex instrument, and therefore, we could make such a change easily in case you should consider it advisable.

COPY COPY

December 14th, 1939.

Dr. Nicholas Kopeloff,
Consulting Bacteriologist,
722 West 168th St.,
New York, N. Y.

Dear Dr. Kopeloff:

I must confess I was considerably disconcerted by your later report of the results of the examination of the anthropoid's stools, because of the wide variation in the count, especially the one which showed no acidophilus at all. I have never found anything like such a wide variation in the examination of human stools, of which we have made many thousands.

For years we have been examining the stools of every patient during their stay. Since we have had from five to ten thousand patients a year at Battle Creek you can see the number of stools examined has become very large.

In thinking the matter over I have reached the conclusion that in proceeding further with these studies it will be necessary to go very carefully into the matter of the feeding and other factors that may influence profoundly the development of acidophilus.

There are several chimpanzees here in the neighborhood that I might be able to make observations on. Would it be possible for me to send you specimens from here for examination? If it does not seem practical to go farther with this research at the present time I shall hope to take it up in the spring when I go North. The problem is much too interesting to be dropped.

By the way, a few days ago I ran across a translation of a letter I received from Tissier in 1912 after I had retained him as consulting bacteriologist for the Battle Creek Sanitarium. The enclosed copy may interest you.

I hope you will escape the terror of the pneumonia plague which carries off so many people every winter in New York.

With best wishes,

Sincerely yours,

jhk-b-hk

P. S. I should send you a copy of the French original instead of the translation of Dr. Tissier's letter, but I find it is in Battle Creek, and not accessible.

Since writing the above, I have received your letter of December 11th. I am much interested in this investigation and wish by all means to continue it later.

December 15, 1939

Dr. Charles W. Dabney,
Winter Park, Florida.

Dear Dr. Dabney:

Your charming friends, Mr. and Mrs. Martin, are here. We are glad to have them with us.

When are you coming down? We are expecting you to make us your annual visit, of course. Come and let us give you a check-up. I would be delighted to make you my guest for a week, and there won't be any charge for your examination.

I won't be so busy as I was when you were here before, and we will have a chance for some good chats. I am anxious to have you help about some plans for a public education campaign. The civilized world has got to wake up and do some lively reforming or the heathen will wipe it out. Why not come down early next week, so as to be here while Mr. Martin is here.

Professor M. M. Hussey, of the New York University, is coming next week. She is a very brilliant woman, and I would like her to meet you.

Can't you get Dr. Hamilton Holt to come down?

Hoping to see you soon, I am

Very sincerely yours,

K:B

Sir Wilfred Grenfell, Hampton Court Hotel. Dec. 15, 1938

JHK

Your characteristic telegram reached me amid such a host of business forced upon me by my beloved Anne's passing that I could not reply. You know the story of her trouble, and the awful mistakes through lack of knowledge by the leading men of Chicago and Boston in their line until Joe Meigs took the case in hand three years ago. The terrible suffering greatly increased by the blocking of the lymph return of both legs as the result of a million volt shots through the pelvis. She could not move a limb herself since October early and the disease spreading in her abdomen and bone gave her terrible suffering and horrible nausea.

The world is poorer indeed for her loss. Would that it might have been my lot to be taken. However, it has pleased God otherwise, and for her rest from pain I am grateful. The last 24 hours she knew she was passing. But still kept exactly the same brave spirit, the same thoughtfulness for every one but herself. She said, "I am slipping away from you" and wrote "I shall never be far away from you," and I know it is true. The realization of her nearness to me is with me

constantly, and I find myself doing things, little helpful things for others that I had never dreamed of. But, dear Doctor, you have known loneliness and love and suffering seem to me necessarily complimentary to each other.

Your kind suggestion of coming to you for a month is very tempting. But I can not come alone and my companion, whom I have to have, Mr. Wyman Shaw, a young medical student, with his B. S. and first year finished, is my secretary and chauffeur and I drive around in Anne's car which she could no longer ever enter. We came here for two days, having bespoken a house at St. Simons. After two months we had to let it go as we knew we would never leave this hotel till her spirit got free. She was under Drs. Meigs and Breed and Goldthaite and consulted Dr. Harvey Cushing in New Haven. All agreed that the human knowledge of today had seen no cures of the bone cancer cases and that though the greatly swollen legs could in a year perhaps reduce, nothing more could be done. You wrote once you were surprised she had lived so long after having a neglected intra uterine radio burn. We are together, my two boys and girl. We are to spend X-mas week with friends

in Connecticut and I shall be calling in New York and Washington.

I expect to start South about January 1st, possibly a day earlier. I should drive down, calling on the way, and I could reach Miami Springs about the middle of January. If I could have my companion with me for a month, I feel induced to come direct to you. He could of course sleep out if necessary. He is a fine Christian fellow and a perfect gentleman. I should not wish in any way to impose on you. If you are then all filled up or crowded, then you could just say so, and I could not yet say quite what day I could anyhow arrive. It could be early January I think.

Would you write me C/o Miss M. Fowler, Salisbury, Connecticut what you would wish and I would have to ask the cost?

Hampton Court Hotel. Dec. 15. 1938

Dec. 14th 38

Dearly beloved Friend

your characteristic telegram reached me amid such a host of business forced upon me by my beloved Annie's passing. (That I could not reply — You know the story of her trouble, and the awful mistakes through lack of knowledge by the leading men of Chicago and Boston in their line — until Joe Meigs took the case in hand three year ago. The terrible suffering greatly increased by the blocking of the lymph return of both legs, as the result of a million volt shots thro' the pelvis — she could not move a limb herself since October early — and the disease spreading in her abdomen & bone — gave her terrible suffering & horrible nausea — & no. HCl. A bottle of your Battle Creek Tabloids arrive here to day (Dec. 14th). She crossed the horizon into the great beyond 5 days ago.

The world is poorer indeed for her loss — would that it might have been my lot to be taken.

However it has pleased God otherwise, and for her rest from pain I am grateful — The last 24 hrs she knew she was passing — But still kept exactly the same brave spirit — the same thought fulness for everyone but herself — She said 'I am slipping away from you' — and wrote 'I shall never be far away from you' — and I know it's true — the reality of her nearness to me is with me constantly — and I find myself doing things little helpful things for others that I had never dreamed of — But dear Doctor you have known loneliness — & love and suffering seem to me necessarily complimentary to each other —

Your kind suggestion of coming to you for a month is very tempting — But I cannot come alone and my companion, whom I have to have Mrs Wyman Shaw, a young medical student, with his B.S. & first year finished, is my secretary & Chauffeur

and I drive around in Anne's car. which she
could no longer ever enter. we came here for two
days, having bespoken a house at St. Simons —
after two months we had to let it go — as
we knew we would never leave this hotel., till
her spirit got free. She was under Drs Meigs. &
Brees — & Goldthwaite — & consulted Dr Harvey
Cushing in New Haven, & Dr Beckman Delafield came
from New York — all agreed that the human knowl-
edge of today had seen no cures of the bone cancer-
cases — & that tho' the great scientific lego would in a
year perhaps reduce them' the Lymph glands causing
nothing more could be done — You write once you
were surprised she had lived so long, after having
a neglected uterine radium —
We are together — my two boys & girl — we are to
spend Xmas week with friends in Connecticut — &
I shall be early in New York or Washington — &
expect to start south about Jan 1st possibly a day
earlier. I should drive down — calling on the way — and
I could reach Miami Springs about the middle of
January — If I could have my companion with me
for a month, I feel inclined to come direct to you —
she could of course sleep out if necessary — He is a
fine Christian fellow. & a perfect gentleman.
I should not wish in any way to impose on you.
If you are then all filled up — or crowded — then
you could just say so — & I could not yet say quite
what day I could anyhow arrive. It would be
early Jan. I think. Would you write me to
c/o Miss M. FOWLER. SALISBURY. CONNECTICUT.
what you would wish and I would have to ask
the Cost — & your invalid friend
Edith Wharton

December 15, 1939.

F. H. Krusen, M. D.,
c/o Mayo Clinic,
Rochester, Minn.

Dear Doctor Krusen:

The highly valuable papers on physical therapy that you sent me have just been brought to my attention. They were received during my absence, and accidentally were not shown to me until today. I have glanced through them, and read enough to discover that they are a mine of just the sort of information I am especially interested in.

I intended to visit your institution last summer, but was hindered from doing so, and hope to be able to spend a few days in Rochester next summer.

If you come to Florida this winter, I shall be delighted to have you here at the Miami-Battle Creek as my guest, for a few days, so as to have the pleasure of making your personal acquaintance.

Thanking you again for your courtesy in sending me your interesting papers, I am

Sincerely yours,

K/B

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

December 16, 1939

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

My dear Dr. Kellogg:

Thank you for yours of December 13 and the data concerning the apes. They are wonderfully interesting.

I am sorry that you never seem to get a real vacation for yourself. If I were you I would take it!

I am glad to hear what you say about my brother. But you say nothing about the suggestion I wrote of trying the experiment of injecting O-three per anus. It is substantially an oil enema but it need not be a large one, and it is bactericidal. In an empty colon or anus it ought to help heal the intestinal walls. I do not know how far up my brother's trouble is, but I have an impression/is reachable in this way. Of course, this would be an experiment, but judging by the four cases I know about where it seemed to be extremely helpful, I would undertake it if I were my brother.

Very sincerely yours,

IF.T

Irving Fisher

WILL DURANT
51 DEEPDALE DRIVE
GREAT NECK, N.Y.
TELEPHONE GREAT NECK 1991

12-16-39

Dear Doctor: The box of fruit which your aunt has arrived in good condition, and has already gladdened our table. But even more than the fruit I relish your kindness in sending it.

Barring bad weather, Mrs. Durant and I should arrive at "Battle Creek" 7 p.m. Dec. 23d. Please don't disturb your work in order to meet us at our first meal under your roof on this visit; we will report to your office on the morning of the 24th.

Sincerely,
Will Durant

P. O. BOX 236

CHARLES WILLIAM DABNEY
386 EAST LYMAN AVENUE
WINTER PARK, FLORIDA

Dec. 17, 1939

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

Dear Dr. Kellogg:

Your cordial letter of the fifteenth is just received and I appreciate it very much indeed. I regret very much that I could not come down to see you with the Martins but I am expecting my daughter, Mrs. Katherine Dabney Ingle, dean of women at the University of Cincinnati, and her husband and little daughter to visit me during the Christmas holidays. I appreciate your invitation and kind proposals and will try to come to see you in the Spring before you get away.

I seem to be in somewhat better health this year than I was last, but I shall still want your advice which has always been of great benefit to me.

You will, I am sure, get Mrs. Martin and Dr. Martin to talk to your patients while they are with you. They are both brilliant scholars and great speakers.

Wishing you a happy Christmas and a prosperous and blessed New Year, I am

Very sincerely yours,

Charles Wm Dabney

CWD:w

December 18, 1938

Sir Wilfred Grenfell,
C/o Miss M. Fowler,
Salisbury, Connecticut.

My dear Sir Wilfred:

I have your letter of December 15.

I am glad that you are coming South. You certainly ought to get away from the rigors of the northern winter.

We do not fill up until the middle of January and then we are brimful with a waiting list until about the first of April. My thought was that you should come down soon while we still have some spare room. We will be glad to make you our guest. We have had an extraordinarily large number of reservations this year so that after January 15th our space is practically all taken. However, if your plans should bring you here after the middle of January, even though we may be brimful be assured I will try to find some way to find a place for you by inducing some patient to take a room outside or making some other arrangement.

We are always proud to have you with us. There is no man we delight to honor more than you, one of the world's heroes.

Your poor wife was indeed a martyr to human ignorance. It is fortunate indeed that you found at last a man who appreciated the importance of her case. I was never more astonished in my life when I found that a Boston surgeon of reputation had given the case such inadequate consideration.

I greatly anticipate the pleasure of seeing you again.

You will easily find a lodging place for your secretary outside.

Very sincerely yours,

b

9 BRIMMER STREET
BOSTON MASSACHUSETTS

19 December 1939

My dear Dr. Kellogg:

I have had a radio message from Admiral Byrd in which he has asked me to send you a box of Stayman Winesaps from the Shenandoah Valley. He sends you greetings from the South Seas, and all the good wishes in the world for Christmas and the New Year in which I join.

Sincerely yours,

Marie A. Byrd

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

FRYDENSTRAND BADESANATORIUM

OVERLÆGE CARL OTTOSEN

p.t. Skodsborg, Decb. 21th, 1939.

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

My dear doctor and highly esteemed friend:

I was so glad, when I saw a letter had arrived from you. I knew beforehand that even if you for some reason would not be able to help me - your letter would contain expressions of brotherly sympathy and love - and that in it self would be a very great encouragement to me. I did not at all anticipate, that I should hear of all the financial troubles you yourself has to battle with. After having read your letter and heard of all the calamities that has befallen you, I for a time completely forgot all my owh troubles to think of ypurs and speculating on if in some way I might be able to help you - or be the Lords instrument to stir up somebody to help you. My own troubles and my own needs - the needs of the Frydenstrand Sanitarium - how very inportant for the health movement it be in this part of the world, went into insignificance in comparison with yours much wider and larger scoped work. The Skodsborg, Frydenstrand and Copenhagen institutions with about a hundred smaller institutions in Northern Europe is only a branch with many small twigs on the stem or trunk of the big and mighty Kellogg-tree of B.C., the tree you have raised or fostered untill it has become so great, that it sends its blessings to the ends of the world. Certainly - our loving heavenly Father has used you as a mighty instrument for good in this world, and this will never be forgotten - and while I struggle and try to hold fast to

the promises of an ever present helpful loving hand towards my own work - I more easely and firmly believe and have an unshaken confidence in believing that God some way or other will come to your rescue and save his own blessed work from ruin. And I feel sure, that you have not told me about your troubles in vain, we are quite a few real friends of you and your work, who will pray morning and night for Gods choicest blessings over you and your work, the magnificent work at B.C, Miami and other places, from which the rays of the sun of Health and happiness has radiated to the whole world, and ought to continue to do so through all the coming ages. I and my more intimate coworkers are praying for this. I have not told even these about details, I do not want anybody to spread bad news. I sin cerely hope and believe that before long you will experience a great victory, and then we want to spread the good news for all the winds.

Dear doctor - I must tell you how rich and happy I feel in knowing that I have your sympathy and love - words can not express the richness I feel and enjoy - o how I pray that God may give you yet many years to live and work in for the blessed cause of light.

I was full of admiration when I read that in spite of all your own troubles yet you would take time to lay the Frydenstrand situation before one of your friends - how nice and kind of you - and according to your wish I hereby enclose a proposal concerning how we feel sure to be able to pay the interest and the loan back.

We would indeed be very happy if you should succeed in getting the rich patient you spoke of interested in our welfare.

In closing I must tell you, that I now will be very anxious to hear from you how you get along with your own troublesome affairs. Wishing you Gods choicest blessings, strength and courage I remain as ever lovingly

Your friend and brother

Carl Otto Lee.

Proposal for a loan in the Frydenstrand Sanitarium, Frederikshavn, Denmark.

January 15th 1938 we will need a loan of $ 5000 at 6 pCt p.a. interest, half of which is to be paid July the 15th and January the 15th every year. The loan is to be paid back by instalments of $ 1000 July the 15th every year untill paid in full, the first instalment is to be paid July 15th 1939.

The payments will be as follows:-

July 15th 1938 6 pCt p.a. interest for the past 6 months of $ 5000,-	$ 150,00
January 15th 1939 6 pCt p.a. interest for the past 6 months of $ 5000,-	" 150,00
July 15th 1939 6 pCt p.a. interest for the past 6 months of $ 5000,-	" 150,00
July 15th 1939 the 1st instalment.....	" 1000,00
January 15th 1940 6 pCt p.a. interest for the past 6 months of $ 4000,-	" 120,00
July 15th 1940 6 pCt p.a. interest for the past 6 months of $ 4000,-	" 120,00
July 15th 1940 2nd instalment.....	" 1000,00
January 15th 1941 6 pCt p.a. interest for the past 6 months of $ 3000,-.....	" 90,00
July 15th 1941 6 pCt p.a. interest for the past 6 months of $ 3000,-	" 90,00
July 15th 1941 3d instalment.....	" 1000,00
January 15th 1942 6 pCt p.a. interest for the past 6 months of $ 2000,-	" 60,00
July 15th 1942 6 pCt p.a. interest for the past 6 months of $ 2000,-.....	" 60,00
July 15th 1942 4th instalment.....	" 1000,00
January 15th 1943 6 pCt p.a. interest for the past 6 months of $ 1000,-.....	" 30,00
July 15th 1943 6 pCt p.a. interest for the past 6 months of $. 1000,-.....	" 30,00
July 15th 1943 5th and last instalment....	" 1000,00
Sum total....$	6050,00

- turn -

December 24, 1939

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

My dear Mrs. Byrd:

I am delighted to have your letter of December 19th with the message from the Admiral. It is most thoughtful of him to send us Christmas greetings in the midst of all his tremendous responsibilities, and the Winesaps will be greatly appreciated by our people. They have never seen lovelier fruit.

I will be very glad if you think it worth while to send me a note telling me your views of biologic living and the benefits you and your family have experienced from following biologic rules in diet, etc.

I hope the Admiral will find the things we sent him of real service in helping him to meet the hardships awaiting him in the frigid region to which he is going. When you communicate with him kindly send him cordial greetings from me and best wishes for the success of his great adventure and a safe and happy return.

Sincerely and respectfully yours,

b

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

MAIL ADDRESS
BOX 1925
NEW HAVEN, CONN.
OFFICE - ROOM 319
STERLING MEMORIAL LIBRARY

December 30th, 1939

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

My dear Dr. Kellogg:

I have yours of December 26th in which among other things you again express your conviction that O-Three (now called Sta-o-gen) has little chance of helping such a case as my brother's. ~~Needless to~~ You say, the trouble is too far down in the tissues. I do not know to what extent O-Three penetrates but it is believed to penetrate to some extent. I will make some inquiries to see if any actual studies have been made as to penetration. I am also getting together some data in regard to its clinical use in colitys. This you will find impressive.

I also ran across another product yesterday in New York which I am sure will interest you although it has, so far as I know, not been used for colitys or anything internal and is not recommended for such a purpose. It is called - Zepheron - and it is put out by the Alba Corporation, 80 Varick Street, New York City. I had occasion to talk with the president of the company in regard to other matters and suggested that he send you some samples which he said he would do.

What he told me was of great interest in several ways. In the first place, the product is derived from coconut and in the second place it was invented by a German who was offered a Nobel prize but refused it because of Hitler's decision not to let Germans accept any Nobel prize.

In the third place, I remember what Eaves had told me of the lasting powers of the cocoanut mash which evidently had in it some natural antiseptic.

Mr. Berg, the president, of Alba said that they had fed it to an animal without apparent injury but that the Germans had cautioned against internal use. He said it was a very powerful antiseptic. I am having it compared with O-Three in that respect. Mr. Berg was quite confident that it would be found more powerful.

When the package arrives, probably with a letter from Mr. Berg, I hope you will give it attention even though it may not be of any use in my brother's case.

I am hoping to make a flying visit* with you and my brother, if convenient, in about three weeks on my way to California.

As ever,

Irving Fisher

IF:M

P.S. My brother has sent me a photograph of you which shows that since last year you must have grown several decades younger or else (perish the thought) the photographer or photographee is guilty of perpetrating a "fraud" by eliminating wrinkles, etc.!!

* Please don't reserve any room. I'll room outside if you're full when I arrive.

Important-

PORT HURON JUNIOR COLLEGE
Port Huron, Michigan

J. H. McKENZIE
Dean

December 30, 1939

Mrs Butler

Dr. John H. Kellogg, Editor
The Good Health Magazine,
Battle Creek, Michigan.

Dear Dr. Kellogg:

I am teaching Physiology and Hygiene in the above college and when we took up the habit forming drugs I mentioned that Coca-Cola contains harmful ingredients. The local Coca-Cola distributor wrote me that I am misinformed since Coca-Cola has been passed by the Food and Drug Act of the Federal Government.

In the March, 1930 issue of your magazine I read an article stating that this beverage is harmful and you quote Dr. Wiley. Would you be so good in informing me if any experimental research has been done on this drink proving that it was definitely harmful and will you kindly send me the reference to Dr. Wiley's contribution. I have to defend my statement and any literature you will recommend to me on this subject will be greatly appreciated.

Thank you for your good will in furnishing me this data.

Sincerely yours,

(Miss) G. E. Kleine

Instructor in Biology.

DOCTEUR JEAN SAIDMAN
FONDATEUR DE L'INSTITUT D'ACTINOLOGIE DE PARIS
ET DU SOLARIUM TOURNANT D'AIX-LES-BAINS
PRÉSIDENT DE LA SOCIÉTÉ FRANÇAISE
DE PHOTOBIOLOGIE ET D'HÉLIOTHÉRAPIE

PARIS
49. AVENUE VICTOR-EMMANUEL-III
TÉL. ÉLYSÉES 68-47

I939, 30th December

My Dear Dr Kellogg,

Before this year is closed, let me remember your so kind reception in Miami, and the pleasure that I found to see the results of a long and active life devoted to the progress of physical methods in medecine.

Letme address you my best wishes for a new and happy year in I940, with goog health and success of your both Institution .

The war will delay some of my new scientific works, where I purrposed to speak about your own contribution to science. When you will have a photograph of the ~~ye~~ use of my apparatus in your Institutions in Battle Creek and Miami, let me have it, in order to publish it in my new treatise on heliotherapy.

I will soonly take a trip to British India, where my methods are very largely used, and where I am invited for some scientific researches. You can write me at the end of january to the Revolving Solarium. Jamnagar (India-Kathiawar)

With my best wishes for yourself

and kind regards,

Yours very sincerely
Saidman

Le Thermomètre électrique

DU DOCTEUR Jean SAIDMAN

may be used
for Diagnosis
for the measure of
the skin temp
average
for the study of
the radiation -
metabolisme.

BUT DE L'APPAREIL :

Permettre de mesurer presque instantanément (20 secondes) la température des téguments et des muqueuses.

APPLICATIONS PRATIQUES :

1° **Diagnostic des perturbations thermiques** liées à :

des inflammations localisées ;
des troubles circulatoires ;
des troubles trophiques.

2° **Localisation des douleurs.**

Exemples : **Diagnostic entre les névralgies essentielles et les névralgies liées à des lésions organiques.** Celles-ci se manifestent par des écarts de température dont le siège est différent : on constate, par exemple, au cours d'une sciatique, des écarts thermiques dans la région lombaire ; au cours d'une névralgie brachiale, des différences de température dans la région cervicale, témoignant de l'origine radiculaire ou funiculaire de ces névralgies.

Diagnostic des arthrites sacro-iliaques : beaucoup de sciatiques sont liées à des arthrites sacro-iliaques et sont décelées par une différence de température entre la sacro-iliaque du côté malade et celle du côté indolore.

SOLTOUR Société Anonyme au Capital de 965.000 Francs

84, Rue Saint-Lazare, PARIS (9e)

Le même appareil permet de **préciser le siège du maximum d'inflammation** ou du maximum de lésions au niveau d'une articulation ; c'est notamment le cas pour le genou et les pieds dont l'étude se fait très commodément.

Le même procédé permet également de faire, pour certaines articulations, la distinction entre les **arthrites en période évolutive** qui s'accompagnent d'élévation de température et les **arthrites non évolutives** qui s'accompagnent généralement d'un refroidissement local.

A ce titre, l'appareil est indispensable pour l'examen des rhumatisants.

3° **Confirmation objective des douleurs au cours des expertises :** le médecin chargé de faire un rapport sur les conséquences d'un traumatisme chez un sujet qui se plaint de douleurs persistantes, peut enfin vérifier les symptômes objectifs, grâce au thermomètre électrique, qui révèle des perturbations thermiques cutanées.

4° **Etude des fièvres superficielles.**

Un certain nombre de malades se plaignent de sensations fébriles et cependant leur température rectale est normale. Celle-ci n'est pas toujours un guide fidèle ; en effet, la circulation superficielle qui règle les échanges thermiques entre la profondeur et le milieu ambiant, peut influencer, dans une large proportion, l'état du malade sans que le thermomètre rectal donne au médecin les renseignements voulus. Par contre, l'examen de la température superficielle moyenne, selon la méthode du Docteur Saidman, permet de constater s'il existe réellement une fièvre de surface.

5° **Détermination de la température superficielle moyenne.**

A égalité de température ambiante, la température superficielle de deux sujets est en rapport avec leur métabolisme. Cette détermination se fait en mesurant la température de 33 points.

La moyenne ainsi obtenue est élevée chez les hyperthyroïdiens, elle est abaissée chez les ralentis de la nutrition, les obèses, etc... Au cours des états fébriles, la température superficielle peut monter beaucoup plus vite que la température rectale, cela correspond aux fièvres superficielles dont il vient d'être question.

DESCRIPTION DE L'APPAREIL

L'appareil se compose d'un thermo-couple électrique et d'un galvanomètre. Le thermo-couple est engaîné dans un tube cylindrique comportant une partie active, c'est-à-dire une lame très mince que l'on applique sur la peau, et des masses métalliques entourant un thermomètre à mercure (pour donner la température des soudures froides).

Lorsqu'on applique l'appareil sur la peau, il se produit un courant électrique que le malade ne ressent pas et qui est proportionnel à l'excès de température du point de contact sur la température de base (cette température est voisine de la température ambiante).

Le galvanomètre est destiné à mesurer ce courant électrique ; il est étalonné directement en degrés de façon à éviter à l'observateur des étalonnages préalables ou des calculs.

MODE D'EMPLOI

Avant de commencer les mesures, regarder le thermomètre à mercure qui indique la température des soudures froides. On place ensuite le thermomètre sur la peau et l'on regarde la déviation de l'aiguille du thermomètre qui se stabilise en 15 ou 20 secondes. L'appareil étant gradué en cinquièmes de degré on lit par exemple : 10,4 et on ajoute ce chiffre à celui que l'on a noté comme température base, par exemple 20,8 ; la température vraie est donc de 10,4+20,8 = 31.2.

Lorsqu'il s'agit de comparer simplement la température d'une articulation ou sur le territoire d'une névralgie, on peut se dispenser de lire la température de base. On examine toujours deux points symétriques et l'on note la différence entre la déviation du côté malade et du côté sain.

Exemple : Arthrite du genou gauche. — Le thermo-couple étant placé sur l'empâtement du cul de sac inféro-interne, la déviation au niveau de ce point est de 10,4 alors que du côté droit elle est de 8,6, il y a donc un excédent de 1 degré 8 lié à la congestion locale.

December 31, 1939

Dr. Will Durant,
The Miami-Battle Creek.

Dear Doctor Durant:

I am not feeling well and will not attempt to say anything this afternoon.

If you can say a few words about the new way of life, that is, a return to simple and natural living as one of the things necessary for saving civilization, it will open the way for further talks by Dr. Norman, Mr. Baker and others which may do some good.

I appreciate your interest.

Dr. Jeffrey will introduce you and present the people who wish to meet you.

Sincerely yours,

b

Florida State Board of Health

Bureau of Vital Statistics

1939 **No. 1562**

THIS

Certificate of Registration

IS GRANTED TO

JOHN HARVEY KELLOGG, M. D.

(DOCTOR OF MEDICINE), MIAMI SPRINGS, Florida

who has met the requirements of Chapter 12005 (Senate No. 75) Laws of 1927

THIS CERTIFICATE EXPIRES DECEMBER 31, 1939

Edward M. Kingsley M. D.
DIRECTOR, BUREAU OF VITAL STATISTICS

Wm. McDonald, M. D.
SECRETARY, STATE BOARD OF HEALTH

4853 Rockwood Parkway
Washington, D.C.

CL93927

Dear Dr. Kellogg:

Sir Wilfred and I are leaving Washington on Friday, the 6th. We expect to arrive in Miami on Sunday evening. If it is too late for us to come to your place, we will spend the night somewhere and then come in on Monday.

We hope this will be satisfactory to you. As for myself, you can put me up anywhere, if room is not plentiful.

Sir Wilfred joins me in wishing you a very Happy New Year.

Sincerely yours,

Wilfrid Grenfell

Wyman B. Shaw

[1939]

Dear Doctor:

We are greatly pleased to know that you are interested in the new method of combating constipation, and to have your request for a sample of LD-LAX, which we have mailed and we trust is by this time in your hands. The quantity sent is sufficient for two or three days, but of course is not large enough for a thorough test, but we hope will suffice to convince you that it merits a further trial.

A teaspoonful of LD-LAX stirred into a half glass of hot water will demonstrate its wonderful hygroscopic properties, its great bulkage value, and its remarkable efficiency as a lubricant, with entire absence of roughage. It not only absorbs many times its weight of water but holds it, and so does not dry out and become obstructive in the intestine, but creates large, soft, formed stools which slip easily and painlessly through the irritated and spastic bowel and restore the normal motility rhythm of the colon.

Success in the use of LD-LAX requires the intelligent cooperation of the patient. He must understand and remember that this new means of combating constipation does not drive the colon but helps it to act normally. To this end he must be instructed, especially on the following points:

1. He must not look for loose stools, for LD-LAX does not "move the bowels" by forcing action, but causes normal evacuations by removing hindrances.

2. Some increase of intestinal gas is usually experienced during the first few days while the delinquent colon is being emptied and an aciduric flora developed. This increase of gas is evidence that the special nutrients required to enable lactobacilli to drive out the gas-forming and other pathogenic organisms from the intestine have reached the colon, and that that change of flora is taking place. An aciduric flora does not produce gas.

3. He must not fail to take one glassful of cold water with each teaspoonful of LD-LAX. Three or four additional glasses should be taken

during the day to supply water to replace the moisture absorbed by LD-LAX while traversing the intestine.

The usual dose required is one to four teaspoonfuls daily. More is not harmful. LD-LAX is a nutrient, not a drug. It should be taken two or three times daily, preferably within an hour or two after eating.

The colon may be trained to regular habits by taking LD-LAX at the same hour daily and making regular visits to the toilet irrespective of "the call."

When the X-ray shows colon conditions which permanently cripple it, such as pouches, adhesions, tubulation from chronic colitis, diverticuli, etc., the permanent use of a "helper" like LD-LAX is usually necessary to avoid the injury resulting from the accumulation of residues left by incomplete evacuations. Definite curative effects can only be secured by keeping the colon clean and maintaining an aciduric flora.

The enclosed leaflet is intended to serve as an educational reminder to the patient so as to secure his continuous cooperation, which is essential to success. If you would like a supply of leaflets to hand to patients, we would be glad to send you as many as you desire for this purpose.

We will also send you if you desire any number of samples you may wish to supply. Simply indicate on the enclosed card the quantity of leaflets and the number of samples required and drop the card in the mail.

We shall be very greatly pleased, indeed, Doctor, if you will report to us any case you may encounter in which the results obtained are not entirely satisfactory, giving us as complete details as possible. We would also be gratified to receive your opinion.

Thanking you, Doctor, for the privilege of placing LD-LAX in your hands for inspection, and hoping that its merits will lead you to make your patients acquainted with it, we remain

Very respectfully at your service,

THE BATTLE CREEK FOOD COMPANY

J. H. Haas, Manager.

[1939]

Dear Doctor:

Thank you for mailing in our post card. We have mailed you a four ounce sample of LD-Lax, which is enough for a limited trial by one patient. If you will maix a teaspoonful in a little warm water this will demonstrate the bulkage and lubricating properties of the product.

LD-Lax does not act like an ordinary laxative. It does not "move the bowels" as do cathartic and laxative drugs which cause a muco-serous outflow, a defensive diarrhea.

LD-Lax causes the formation of large, soft stools which slip through the irritated spastic bowel and restores the normal motility rhythm.

LD-Lax, on the contrary, acts in a strictly physiologic way. Its bulkage increases peristalsis through energizing nerve reactions. Its lubrication soothes and protects irritated mucous surfaces and relaxes spastic contractions. Its special nutrients create an aciduric flora in the colon which drive out the bacteria which cause putrefaction and thus combat gas formation, offensive odors and infections. The effects of LD-Lax develop more slowly, but are beneficial from the start and never harmful, which can not be said of ordinary laxatives.

LD-Lax contains special nutrients which cause an increase in the lactobacilli in the colon which tend to suppress the gas-forming and other pathogenic organisms. Patients may experience an increase in gas for a day or two. This will subside and they will note a disappearance of offensive odors from their stools.

When the colon is filled with hardened fecal matter, it is always desirable and often necessary that treatment should begin with thorough emptying of the colon by an enema.

If you encounter any cases which do not respond to LD-Lax, we shall be grateful if you will bring them to our attention with such facts as you are able to supply.

As regards the use of LD-Lax, the patient should be impressed with the necessity for following carefully the directions on the bottle, which are usually sufficient, although individual instruction is often necessary. It is especially important to see that the patient takes the full amount of water required. The extra supply of water is needed to replace the water which LD-Lax absorbs and retains.

We earnestly hope that you will give LD-Lax a trial.

Yours very truly,

Sunday 12 30 PM.

[1397]

Dr Kellogg

I have just received a long distance call from Admiral Byrd. He stated that he would arrive here around 9 30 tomorrow morning and would have to leave at 12 0 - on Tuesday. This would give him 24 hours and a little more here.

He said that he would like Mrs Byrd checked as fully as possible in this time. I ~~have~~ told him to come without eating ~~as well~~ so we could start tests immediately. I instructed both him and his wife for he may take some tests himself. We are attempting to make room for them on an already crowded schedule. He seemed particularly interested in having his wifes stomach examined.

We are trying to arrange the schedule to accommodate with as many tests a possible and if he decides not to take any tests himself we can cancel his appointments

Dr Messner

9 BRIMMER STREET

Dear D. Kellogg.

This is just a
line to tell ya how sorry
I am ya have had much
anxious and troublesome hours.
I do hope by now that things
have all straightened out
so ya and that ya have
peace of mind once more!
I opened your letter to admiral
Byrd in his absence, so that

is the reason I know about it. I will answer the rest of it concerning me a little later. But meanwhile I just wanted to send our warmest thoughts and a good luck to Jr.

Very sincerely yours

Marie A. Byrd

THE COMPANY WILL APPRECIATE SUGGESTIONS FROM ITS PATRONS CONCERNING ITS SERVICE

1201-S

CLASS OF SERVICE

This is a full-rate Telegram or Cablegram unless its deferred character is indicated by a suitable symbol above or preceding the address.

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

MZAE50 52 DL=LR MIAMI BEACH FLO MAR 7 1209P

[1392]

DR JOHN H KELLOGG=

KELLOGG SANITARIUM=

WE WOULD BE GREATLY HONORED TO HAVE YOU BRING DR ALEXIS CARREL ON THE COMMITTEE OF 100 OUTING TO MATHESON'S HACIENDA HARBOR KEY BISCAYNE THURSDAY MARCH 9TH. ALL YACHTS LEAVE FLAMINGO DOCK MIAMI BEACH BETWEEN NINE AND TEN AM. RETURNING BETWEEN FOUR AND FOUR THIRTY PM. PLEASE TELEPHONE COMMITTEE OFFICE FOR YOUR RESERVATIONS=JOHN OLIVER LAGORCE CHAIRMAN OF BOARD.1255P..

THE QUICKEST, SUREST AND SAFEST WAY TO SE

The letter embodies the suggestions made by Dr. Joslin.

Dear Doctor:

We thank you for your request for a sample of LD-Lax. We are pleased to know that you are interested in the "new way." We have mailed you in a trial package enough LD-Lax for a limited test by one patient. The bulkage and lubricating properties of LD-Lax may be demonstrated by mixing a teaspoonful in a little warm water.

The old method regarded the colon as sluggish and lazy and forced it to act by drastic cathartics and irritating laxatives. The new method finds the chief disturbing factor in the irritating contents of the colon which render it hypersensitive and cause obstructive spastic contractions. The new method combats constipation by keeping the intestine free from irritating contents, soothing its sensitive surfaces with smooth, lubricating bulkage and creating a non-putrefactive and non-pathogenic, aciduric flora.

LD-Lax does not act like an ordinary laxative. It does not "move the bowels" as do cathartic and laxative drugs which cause a muco-serous outflow--a defensive diarrhea. LD-Lax, on the contrary, acts in a strictly physiologic way. Its bulkage increases peristalsis through stimulating nerve reactions. Its lubrication soothes and protects irritated mucous surfaces and relaxes spastic contractions. The good effects of LD-Lax develop gradually, but are beneficial from the start and never harmful.

LD-Lax causes the formation of large, soft stools which slip easily along the irritated and spastic bowel and restore the normal motility rhythm.

The increase of gas which often occurs at the beginning is evidence that the development of an aciduric flora in the colon has begun. As the change continues, gas will subside and offensive odors will disappear with other unpleasant symptoms.

Experienced clinicians recommend that when the colon is loaded with fecal accumulations, it is always desirable that treatment should begin with emptying of the colon by a simple enema.

Clinicians find the proper requirement of the average patient to be one to three large teaspoonfuls two or three times a day. It should be taken in a glassful of cool water, and swallowed quickly before it thickens and follow immediately by another glassful of water. In addition, a glassful of water should also be taken a half hour before each meal.

If you find case which do not respond to LD-Lax, we shall be grateful if you will bring them to our attention with such facts as you are able to supply.

We earnestly hope that you will give LD-Lax a trial.

Yours very truly,

THE BATTLE CREEK FOOD COMPANY

Manager