

JOHN HARVEY KELLOGG (1852-1943)

AUTOBIOGRAPHICAL AND BIOGRAPHICAL
NOTES

A Bit of Family History

by
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Chapter 1.

My earliest recollections date from the time when my father lifted me up to show me my little brother Smith, who had come onto the stage of action the previous evening. This was on the sixteenth day of March 1834. I was two years old the twenty-eighth of the same month.

My next remembrance is, of a black man calling at the door. He was the first black man I had ever seen. His face was so black, his eyes so large and white, and his mouth so big and red when he opened it to speak, I was frightened and fled in terror from his presence.

I next remember seeing my father dressed in full regimentals. He wore a nice suit of deep blue, his coat sleeves were trimmed with silver braid. I learned years later that he belonged to the State militia and had been out with his company on drill.

I also remember that my mother sent me to an infant school. This all occurred in Hadley, Mass., where I was born, March 28, 1832.

In July 1834 my father started for Michigan. I well remember how we traveled,- first, by horses and wagon to Albany, then by canal boat to Buffalo, and by steam boat to Detroit. The canal boat was pulled along by a horse. We had our own beds, and my mother cooked for us on the boat. When on the steamer, a little girl and I stood on the bottom step of the cabin stairs and we tried to out-jump each other.

When we reached Detroit, we stopped for a day or two at a hotel, while Father purchased a pair of horses, a wagon, a few tools and farming implements, a few groceries, and a little furniture.

We then started for the Dickinson Settlement, sixty miles northwest of Detroit. This Settlement was named after Mr. Lansing Dickinson, who was the first settler in those parts.

The Dickinsons were from Hadley, and were old friends of my parents. They had located on land three miles north of the, then, little hamlet, but now, city, of Flint. They had five neighbors, two of whom lived close by; the other three lived in a cluster, one mile nearer Flint. There were five or six families living in Flint, and two or three at Threadville, one mile south of Flint.

from Ohio. Father then had to buy another pair, one of which died a year later.

Notwithstanding these losses, Father was of good courage. He worked very hard, early and late, clearing land and raising wheat, corn, buckwheat, oats, potatoes, turnips, and carrots.

In 1836 he built a brick oven for Mother to bake our bread in. He also built a large frame barn the same year. I remember that a lot of men came and helped raise the heavy timbers, and that after the frame was all up, one of the men called for whiskey. Father said, "I have no whiskey, but I have something better." He then went to the house and he and my Mother came out, each bearing a large pan-full of hot doughnuts, of which the men ate with satisfaction.

My brother Albert was born April 7, of this same year, 1836.

New settlers had been coming in during the eighteen months we had now been on our farm, and we had more neighbors. Flint had grown to be a flourishing village. A Baptist minister had come in and he held a protracted meeting in Flint. Father took us all to the meetings. At the close of the meetings in the spring, Father made a public profession of religion, by being baptised, by immersion, in Flint river. Mother stood on the river bank with baby Albert in her arms, Smith and I stood beside her.

There was a saw-mill in Flint, when we first came to the State. A grist-mill had been built in Threadville, in 1835. A blacksmith by the name of Flavius Josephus Stanley, located near the grist-mill in 1836, and set up his forge there. There was no other grist-mill in that part of the country. Therefore all the farmers for many miles around, had to go to Threadville to get their grain ground, and they soon began to patronize Mr. Stanley's shop, my Father among the rest.

My Mother occasionally accompanied Father when he went to the mill, or the blacksmith shop and soon became acquainted with Mrs. Stanley and her eldest daughter, whose name was Ann Janette.

My Father's youngest sister, Priscilla, came out from Mass. in the fall of 1835, and remained with us a year. Smith and I were always left with her when Mother went to Threadville.

In 1837 Father was persuaded, much against his own better judgment, to take five hundred dollars' stock in the Bank of Genesee. Mr. Charles

These were all the white settlers there were in all those parts, when my Father located there.

The next day after reaching the Settlement, Father selected a half section (320 acres) of land one mile south of Dickinson's location, and two miles north of Flint.

Three of the settlers were near neighbors, as their lands lay opposite ours.

There was an empty log cabin within an hundred yards of one corner of the land my Father had selected, and into this he put us, and our goods. The cabin had only one room, and no fireplace. Mother cooked on a camp-fire outside. The log cabin was not very comfortable, but Mother managed to live there until winter set in, by which time Father had built a very good log house. It had one large living room and two bedrooms on the lower floor, and one large room in the garret. A large open fireplace was built against the end opposite the bedrooms. It was built of stone. The chimney was built of sticks, and was plastered with mud inside and outside. Our cooking all had to be done at an open fire, as we had no stove.

While there were only six families in our vicinity, there were several single men who had been grading the turnpike. By hiring some of these, Father was able to build his house, also a log stable for his horses and two cows, to clear, plow, and sow to wheat two or three acres, and dig a well, that first autumn.

In addition to our white neighbors, there were many Indians living near us. Several families of them were camped on our land.

Deer were plenty, as also were wolves, foxes, and other wild animals. We were pioneers, in a wild country and had very few of the conveniencies and comforts of present day life, and none of its luxuries.

We had to make our own soap and candles. Instead of friction matches, we had a flint and steel, and sulphur dips, with which to start a fire. Everything was very primitive.

We moved into our log house in the autumn of 1834 and lived in it five years.

In the summer of 1835 one of our horses died. Father then bought a beautiful pair of mares in Flint. Two weeks after bringing them home, a man came with an officer and took them away. They had been stolen and brought

Haskell, the promoter of the bank, had managed to get two of our neighbors, Addison Stewart, and Warner Lake, both old acquaintances of my Father, interested in his project, and the three of them came to get Father to join them in the enterprise.

Father had no money to invest. "You need no money", said Haskell. "You can have stock for your note. You give me your note signed by yourself as principle and by Mr. Stewart and Mr. Lake as sureties, and I will issue to you bank stock, dollar for dollar." Continuing, Mr. Haskell said, "The banking business is very profitable. You will never have to pay either principal or interest. We will make the notes to run six years, and the dividends will more than pay the note when it becomes due. So, you see, you will get the stock free in six years."

Father hesitated, but when Stewart and Lake both offered to sign his note as sureties, if he would sign, as surety for them, he yielded; gave his note for five hundred dollars, payable in six years, with interest at ten per cent, payable semi-annually, interest to be compounded if not paid when due.

He also signed similar notes for each of the others.

This was a terrible mistake, for the bank failed in less than a year and the stockholders had to make the losses good.

In addition to this, the notes had been hypothecated by the bank officers, and they would have to be met when due.

In 1837 my Mother began to cough and spit blood. Doctor Hoyer from Flint came and bled her, taking a pint of blood. He then directed her to take a fire shovelfull of live coals, sprinkle rosin on the coals, and inhale the fumes. This she was to do daily as long as the cough lasted. She followed his directions for a time but getting no better, quit.

The doctor came and bled her once, and sometimes, twice, each year thereafter.

My sister Julia was born Feb. 3, 1838. I do not remember who cared for Mother at the time of the birth of Julia, but very shortly thereafter Ann Janette Stanley, then fourteen, came and helped mother all through the school vacation. Mother was well pleased with her.

The bank having failed, and the interest on Father's note becoming due, and Warner Lake having put his property out of his hands, made hard times

for Father as in addition to paying his own, he had half the interest to pay on Lake's note besides the bank loss. Mr. Stewart paid his own, and half of Lake's.

During the five years that we were on the farm, many settlers came in, so that by the end of 1839, our neighbors had increased to thirty families, the greater portion of whom lived between three and six miles distant from us, however.

Of these thirty families, twenty-six lived in log houses, none of which were as large or as comfortable as ours. Three of the other four families lived in small frame houses. The other family lived in a house that was a cross between the two, being in part a frame, and in part a log house.

This house was built on a farm of 160 acres. The farm was one fourth of a mile wide and a mile long. It fronted west on the turnpike. A cross-road ran along the north side of the farm. A small meeting-house stood on a corner of the farm opposite.

In the fall of 1839 the owner of this farm proposed to trade farms with Father, offering to pay quite a little sum of money in addition to his farm, as Father had much the largest place. Father accepted the offer, and was able to pay everything he owed, except the bank stock note and he paid the interest on that, also his share of the bank loss.

My parents were both very conscientious Christians. After Father was baptized, he set up the family altar and we had family worship at least once a day. Father always tried to live up to his agreements. He was open-hearted and generous. He would sooner suffer loss than go to law to get what was justly due him. He once told me that he never sued but one man, and then paid the cost himself after getting judgment.

Father's health began to decline in 1838. He had inflammation of the eyes and was nearly blind for weeks. The doctor put a fly blister on the back of his neck, making a fearful looking sore, which was weeks in healing. Next he gave him calomel, salivating him so badly, that for several days his tongue was so swollen that it protruded from his mouth. Soon after recovering from the inflammation of his eyes, and the effect of the doctor's treatment, a chronic diarrhea set in, which lasted him for ten years.

Improper food during those first five years was the cause of the undoing of his health.

Our morning meal was almost invariably hot pancakes with bacon fat and molasses; our dinner always was in part of pork cooked in some of the various ways, fried, baked or boiled. We never had fruit, altho we had melons, pumpkins and cucumbers in their season.

Chapter 2.

Father moved us onto the new farm in December 1839. My sister Martha was born on the eighteenth of February following.

Miss Ann Jenette Stanley had proven herself such efficient help when with us two years previously, that Mother had made arrangements for her help again at this time. She came to us about the first of March and stayed four months. Mother was very slow in getting up, and as Miss Stanley seemed to be both able and willing to look after everything, she left the entire care of the house and the children to her.

Miss Stanley was then only sixteen, but she was so careful, so kind, to the children, so attentive to everything, and so respectful, both to herself and to my father, that Mother really fell in love with her as a friend, and regretted her leaving.

Miss Stanley was desirous of getting as good an education as the schools, within her reach, could give. She therefore felt that she must resume her studies and returned to her school as soon as the term opened.

They parted as very warm friends, but they never met again.

Mother was able to be up and do her work with such help as I could render, but she gradually failed until September 16, 1841, when she had a fearful hemorrhage from her lungs. Father was two miles away at the time. Smith and Albert were with him and I was at a neighbor's house just across the turnpike. Julia, then three and a half years, and Martha, the babe of nineteen months, were alone with Mother. Julia came for me and I hastened home. I found Mother sitting in a chair and a pool of blood was on the floor. I helped her to the bed, then ran a half mile to where a boy was harrowing in some wheat, and sent him, with one of the horses, for father.

In about an hour Father came in. Mother's first words were, "Go for Ann Stanley. I want her and no one else." As soon as Father could get Mother fixed comfortably in the bed, he went for Miss Stanley, but he had to

return without her, for she was twenty miles away teaching school and was not expected to be back before the last of October.

Mother then told Father that she was sure she had but a few days to live, and she charged him to be sure and get Miss Stanley to come and care for the children, and to keep her as long as she would stay.

Hemorrhages occurred every day for eleven days and then Mother passed away, September 27th.

There were then about thirty-six families living within a radius of four miles, but in all these there was not a woman that could come to our help, nor was there in all these families more than three girls that were over ten years of age and not one of these three could be spared from their homes.

The neighboring women were very kind in coming in and helping care for Mother, but the care of the children fell to me. After the funeral, the neighbors left us to ourselves. We got along as best we could. I did the most of the cooking, altho Smith helped all he could.

Toward the end of October, Father went to Threadville to engage Miss Stanley if he could get her. She had returned from her school, but would not consent to come to our help, and he once more had to return without her. For a few days Father was very much discouraged. His farm work was far behind and needed every moment of his time. The house also needed fixing up for winter. The children's clothes were not suitable for the coming winter, and no help could be had.

About five weeks after the funeral, a family by the name of Trickey moved in and located on land two miles west of us. Mr. Trickey had a daughter who was sixteen, she was very large and strong for her age, and she wanted work for the winter while her Father was building his house.

Father gladly hired her and placed her in charge of the house and the children, and then gave his whole time and attention to his farm work, which was far behind.

For a while things seemed to be kept in proper order in the house, but, as the winter advanced, Miss Trickey became careless and neglected the children, and the house also. Father took Miss Trickey to task for her neglect and asked her to clean things up. Instead of doing so, she packed her things and went home, leaving us to ourselves.

Father seemed almost distracted for a day or two, but in a few days he saddled a horse, and after telling me to take good care of the baby, and to be careful of the fire, he rode away and did not return until night drew on.

A week later, he did the same thing again. When he came back, he seemed much more cheerful. The next day or two were spent in cleaning the house and fixing things in proper shape.

A few days later, March 29, 1842, Father hitched up his team, and drove away, after telling me to keep the children's faces and clothes clean, for, said he, "I expect to bring some one home with me when I return."

It was nearly night when he returned. We were all in the house engaged in play. Smith was the first to hear the wagon, as it drove up to the gate. He ran to the window, and looking out, exclaimed, "Father has come, and he has got a woman in the wagon with him."

We all ran out to see who had come with him. "Why, it is Ann Stanley" said I. I ran to the gate just as she jumped from the wagon, and said, "Hello, Ann. I am awful glad to see you." "So am I", "So am I", said the others; and "I am glad to see you, Merritt, and you, Smith, and you, Albert, and you, Julia", she said, as she shook the hand of each of us. Then taking Martha in her arms, she said, "And is this Martha? How she has grown!" "Yes," said Father, "she has grown, and so have all of them." Then, hearing us call her "Ann", he said, "Children, you must not call her 'Ann'. You must call her 'mother' for she is your mother now."

We were quite surprised by these words, and, looking at her, I asked, "Is that so, Miss Ann?" "Yes," said she. "I have come to be a mother to you all." "I am glad," said I. "So am I", each of the others repeated. Miss Stanley then sealed the compact by giving Martha and Julia each a kiss. After taking some things from the wagon, we went in, and she put her things away, then, speaking to me, she said, "Merritt, if you will build a fire, I will get some supper."

It was quite dark when Father came in from the barn, bringing a bucket of milk with him. Our supper of corn meal mush and milk was soon eaten, and then, after Father had read a chapter in the Bible, and had invoked the blessing of God upon us and our home, we children retired.

When we were up and dressed the next morning, we found that our new Mother had the breakfast ready on the table.

Two or three days later, Mother, as I now called her, made an inspection of the entire farm, including the house and barn and the stock.

In the evening, the following conversation, as near as I can recall it, between her and Father, took place.

M. - "I have been on a tour of inspection today."

F. - "What did you inspect?"

M. - "Everything. The farm,- the house, the barn, the cows and young cattle, the pigs and chickens, the tools, the orchard, and the ."

F. - "Well, how do you like the look of things?"

M. - "The house needs to be finished, but there is no hurry for that. Everything else appears all right, only I did not see any sheep, nor any clover hay. Have you no sheep?"

F. - "No, I have no sheep."

M. - "I wish we had some. Stocking yarn is very dear. If we had a few sheep, and a wheel, I could spin all the yarn needed for stockings for the family. My grandmother Simons has a wheel for spinning flax and all of her sons wear trousers made of flax that she has spun. Can't you buy a few sheep in time for shearing this spring?"

F. - "I do not know of any sheep that can be bought. There are only a very few in all the country, and what few there are are not the kind that would suit me, for the wool is coarse and the fleece is very light."

M. - "I am sure it would be the best investment you could make, if you were to get a few sheep. They increase so fast, and the wool would help pay off the interest on that note and pay the note too."

F. - "That is true, but I would have to go, or send, to York State to get the sheep, and it is too late for that now."

M. - "Don't you think clover is better for cows than red top or timothy?"

F. - "Well, yes, but there is no clover raised in these parts and no seed to be had."

With this, the conversation ended. This was the first week in April.

About three weeks later, after the breakfast was over, Father asked Mother to go out to the pasture with him, saying he had something to show her.

I went along. On reaching the pasture we saw a band of eighteen sheep, all fine wool merinos, instead of being bald on their legs, necks and bellies, as the few sheep in the neighborhood were, they were thickly covered with fine wool, from the end of the nose to the hoof.

"Whose sheep are those?", Mother exclaimed.

"Ours", my Father replied. "You said we must have some sheep, in time for shearing this spring, and here they are."

"Tell me all about it," said Mother. So he told her. One of our near neighbors, a Mr. Walkley, had a relative living near Buffalo in the State of New York who was intending to come to Michigan and he had written to Walkley asking if he could sell a few sheep if he brought some with him. Walkley wrote him to bring fifty for him. So the relative brought one hundred, thinking he could sell the other fifty after getting there. Father first learned of this by meeting the man between Flint and Walkley's farm, as he was driving the sheep.

Seeing what the sheep were, and being told that fifty of them were for sale, and finding that the price was reasonable, he engaged right then and there to take eighteen, of which seventeen were ewes, and one a ram. He then borrowed the money and the next day the sheep were divided and he brought his home in the evening so as to give us all a surprise in the morning.

Mother was very happy, and began to study for the future.

Mother's grandmother Simons lived four miles from us, with her son, Joseph. She had two other sons, Asher and Willard, and a daughter, Sarah, all of whom lived with her and Joseph.

As the time for shearing the sheep drew on, Father sent me to ask Asher to come and help wash the sheep. I was to go afoot and alone, but as the team was not busy, mother asked father to let me go with the team, and she would go along and visit her grandmother.

Her principle reason for wishing to go, was that she might find out something about spinning.

Her grandmother had no wheel for spinning wool, but she told her that a Mrs. Wolf, who lived two miles north of our home, had both a wheel for spinning wool and a loom for weaving cloth. We drove home and a few days later drove the sheep to the river, where father and Asher washed the sheep, and Smith and I washed some of the largest lambs. After the sheep were sheared, mother had eighty lbs. of clean, fine wool, and in the fall we had a flock of forty sheep and lambs, several of the ewes having raised twins.

When the neighbors learned of father's success, as a sheep raiser, they all wanted sheep. He could have sold the eighteen old ones for all they cost him, and still have the 80 lbs. of wool, and the twenty-two lambs left, but he had no sheep to sell.

Father found Mother gave such good counsel about the sheep that he was ready to listen when she asked him to sow clover, as will be seen in the next chapter.

After the sheep were sheared, Mother asked Father to let me take the team and drive her over to see Mrs. Wolf. She took the children all along.

She then made arrangements with Mrs. Wolf to spin what stocking yarn she would need, and to spin and weave a web of cloth for skirts and petticoats for herself and the two girls and a large shawl five by six feet for herself, and one three by three feet for each of the girls. Mrs. Wolf was to take her pay in wool.

Smith, Albert, and myself had never had a regular sack coat, but our new mother cut and made one for each of us, and a pair of trousers, also, using blue jeans, or denim, cloth. These were to be our Sunday School clothes. We felt very proud, both of our clothes and our Mother, for we were the best dressed of any of the boys who attended Sunday School, for the others all wore plain waists.

As harvest time drew near, Mother asked me to go with her to the grain field and she showed me how to select and cut straws for a hat. She said that she would teach me how to plait them, and that when I had them plaited she would sew the braid into a hat.

A few days later, I managed to cut my foot with an axe, cutting it so badly that my father had to carry me to the house. I was laid up three weeks with this cut, during which Mother cared for me as kindly and as carefully as though I had been her own son. I learned to plait the straws, and she sewed, shaped, and pressed the hat, the first she had ever made or seen made of straw.

My stepmother was a very observing woman. Whenever she saw something that was new to her, and which she thought would be of service, she watched the making of it, if possible, or if not possible for her to see it made, she would examine it carefully and learn how it was made. It was in this way that she learned how to do many things besides making hats.

After the stocking yarn was sent home, her evenings were spent in

knitting.

Her sewing all had to be done with a needle, and it required better light than that of a tallow dip.

When Mrs. Wolf had the weaving done, Mother made up the skirts and petticoats for herself and the girls. She then had Father get some "hardtimes cloth", a substitute for woolen cloth, and made us boys each a pair of trousers, and a "warmus" instead of a coat. The "warmus" was cut much like a shirt, only it was open all the way down in front and was not slit at the sides. It was wide and lapped in front, and was fastened with a belt. It was lined, as also were the pants, and was very warm. The "hardtimes cloth" was so called because the times were so hard that but few could afford to wear woolen goods, which were very dear. The filling, or woof, of this cloth, was spun very coarse and very loose, and was dead black; the warp was white and was hard spun. Both were cotton.

In December of this same year, 1842, a man by the name of John Russell who owned and lived on a farm thirty-two miles from us, in Tyrone, made a proposition to trade farms with Father, as his Father had traded for the farm next adjoining ours.

Father went to Tyrone and looked the farm over, and the surrounding country. He was well pleased with the outlook and after consultation with Mother, accepted Russell's proposition, and the exchange was made.

Chapter 3.

Our Home and Life in Tyrone

Tyrone was a township six miles square. Its inhabitants were limited to twenty-four families in 1842, all of whom were farmers and were scattered over the township. There was no church building and only two school houses in the township when we moved there in 1842.

Hartland township joined Tyrone on the south. It contained two little Hamlets, in each of which there was a small grist mill, a store, a blacksmith shop, a school house and six or eight families.

One of these hamlets, Hartland Center, was four miles distant from the farm for which Father traded. The other, Parshallville, was two miles away. There was a saw mill in Parshallville. A doctor lived in Hartland Center.

In addition to the families residing in Parshallville, Hartland Center, and Tyrone, there were only twenty or twenty-five families residing within a radius of six miles from our new home, all of whom were farmers, living in log houses. There was also one school house in Hartland township, three miles distant from our new farm.

The farm for which father traded, contained one hundred and sixty acres, eighty of which were in standing timber. Sixty acres were under cultivation. The remaining twenty acres were uncleared. The timber had been cut down but it still lay on the ground, and there was very much of it.

The house was the best house in the entire twelve miles square (144 square miles) above mentioned. It was a frame building about 22 x 32 ft. There were four rooms, viz., a large living room, a parlor, two bed rooms and a large pantry on the lower floor, all of which, the living room excepted, were hard finished. The living room was lathed. There were two large unplastered rooms upstairs. There was a brick fire place at each end of the house, i.e., in the living room and in the parlor.

There was a cellar under the whole of the house, the stone wall of which served as a foundation for the building. A well was handy at the back door, but it was seventy-seven feet deep. There was a frame barn 30 x 40 ft. and a frame building 20 x 30 ft. with stable for six cows in one end, the remaining portion being an open shed for young stock. There was a hay loft over the stable and shed. There was also stable room for six animals in the barn and a granary 12 x 12 ft., also a threshing floor 12 x 30 ft. There was a hay loft over all these, and a bay, or mow, as we called it, 16 x 30 ft. for hay or grain.

The eighty acres of cultivated, and chopped over land was fenced in and cross fenced so as to divide it into six fields. There was an orchard of twenty bearing peach trees, and an hundred apple trees, nearly of bearing age. Such was the new home for which Father had traded, and such were its conditions and surroundings, at the time he made the exchange.

When the time came to move to Tyrone, father moved his farming utensils and the major portion of his household goods first, leaving the stock and the family for the last.

A heavy snow fell while he was away with the first load, but the roadway was soon beaten down and we started with the cattle and sheep. A man engaged for the purpose, went ahead with the two cows and a dozen head of young stock.

Smith and I followed, driving the sheep. Father was to bring the family and the rest of the goods the next day. We drove the cattle and sheep twenty-two miles, to Fentonville, the first day. The next morning Smith was so lame and stiff that he could not get out of bed, and we had to leave him for father to bring along when he came. Smith was not quite nine, nor I quite eleven at the time. The hired man and I reached the farm by noon, and father arrived with the family before night.

The evening and the following day were spent in getting settled, after which Mother made a survey of the entire premises. She was pleased with every thing from the first and still more so, when she learned a few days later that we were ten miles nearer Detroit and Pontiac, the former being fifty miles distant and the latter twenty-five. These places were thirty-five and sixty miles from the former home.

The snow all melted off in a very few days after our arrival in Tyrone, and then Mother went out again to see what was planted on the cultivated land. When she came in she said she had been in hopes of finding a field of red clover, but she was disappointed, as there was no clover on the farm. "No", said father, "there is no clover, nor is there any red top or timothy, nor is there any seed to be had short of Pontiac or Detroit. The country is new and the farmers all depend on Marsh hay and straw to winter their stock on. It is poor stuff but cattle can live on it altho they come out very thin in the spring, so thin in fact, that it is quite common in these parts to say of a thin animal that it is 'spring poor'."

A few days later Mother told father that she had been thinking that if the farmers all depended on marsh hay now, they would all want clover as soon as they learned its value as hay and they would all want seed. "Now", said she, "if you get started to raising clover hay and seed you can readily sell all you do not need. I really feel that you ought to plant some as soon as the spring opens."

"Well", said father, "I will make enquiry about seed."

The school house nearest us was one and one eighth miles distant and to this school Smith, Albert and I were sent. Father was busy chopping the cut down timber into lengths for burning,- cutting and splitting into fence rails everything that would split. There was an immense quantity of logs left, however, that would not split, which would have to be hauled together and burned. Father

had a good horse team, one of which, the mare, was in the habit of kicking fearfully whenever she got her hind legs over the traces, which she frequently did when hitched to anything that had to be dragged along, like a harrow, or a log.

Seeing the mare kicking, with her leg over the traces as Father was hauling some rails, Mother said, "Father, you ought to get some oxen for that work. Why don't you trade the horses for oxen. I shall be inconstant fear that you or one of the boys will get kicked to death by that animal."

The mare was a splendid animal, nine years old, and had no other fault, so father did not wish to part with her. Nevertheless, he listened to Mother, and the following week he hitched up his team and drove over to a neighbor's, a Mr. Mapes, six miles away, to look at a yoke of oxen he had which he wished to trade for a horse, having lost a valuable one a few days previously.

Father took me along. He was well pleased with the oxen,- they were perfectly broken in to drive by the word of command; they were very large and strong and walked as fast as horses.

Mr. Mapes did not want the mare. He preferred the horse as it matched his perfectly in size, shape, and color. He hitched our horse beside his own and gave it a trial on the road and also in dragging a heavy log on the ground. Being satisfied with the horse, he made father an offer of the oxen and some money,- I forget how much - for the horse. Father hesitated, whereupon Mapes offered to throw in a yearling Durham bull. Father accepted this proposition. He then hitched the oxen to the wagon, tied the yearling, which would lead, behind the wagon, and put the saddle, which he had bro't along, on the mare, for me to ride, and we started for home.

After going about a mile, father stopped the team and told me to get in the wagon and drive the oxen and he would ride the mare.

As he handed me the whip, he said, "The oxen are well broken in. You will not need to touch them with the whip. When you want them to turn to the right, say 'gee', to the left, say 'haw', to stop, say 'whoa'." I had never driven oxen before, but these were so well broken that I had no trouble and drove them all the way home without getting out of the wagon, altho I had to make two right angle turns, once to the left and once to the right, at cross roads.

Mother insisted on having some clover seed planted, so father sent to Pontiac and procured some clover seed in the chaff.

There were sixteen acres planted in winter wheat when we got the farm, and, about the first of March, father sowed the chaff on this sixteen acres. There had been a light fall of snow the day before he sowed it. The ground was just nicely covered with the white snow, and the clover chaff being nearly black, father could see just how evenly he was sowing the clover chaff.

When the wheat was harvested, we found that the clover had taken root finely, and was very even and thrifty.

I shall have more to say about that clover later on.

We had been in Tyrone but a few days before Mother began to make inquiry of some of the neighbor women, to learn if there was any one upon whom she could depend to assist her in the near future.

A Mrs. Morgan, who lived two miles east and one mile south from us, was recommended to her.

I do not know how she and Mrs. Morgan met, but meet they did, and Mrs. Morgan agreed to come at her call.

About March 16, father came upstairs at midnight, and waking me gently, so as not to wake Smith and Albert, who were in bed with me, he asked me to dress as quickly as possible, and come down for he needed me. I did so.

When I got down stairs he took me outside, where the oxen were hitched to the wagon, and said to me, "Merritt, do you think you can drive over to Mr. Morgan's and get Mrs. Morgan? Mother is very sick. Do you know the way?"

"Yes, father", I replied. "I know just where they live. I have been there once." "The night is very dark,- there is no moon just now", said father. "I can find the way. I have only three turns to make", said I.

So off I drove, sitting in the wagon all the way, except that I got out once and held my whip before the oxen's faces as we went down a short, but steep, hill. A half mile east of our house, the road made a sharp angle to the right; then a half mile south, it made an angle to the left, then the wagon trail, for it was no road, twisted around among the trees for one and three-quarters miles, to the road on which the Morgans lived, then it angled to the right. There were but two houses in the whole distance; the night was dark; I was not eleven years old, yet I made the trip safely and got back home before daylight, bringing Mrs. Morgan with me. Mrs. Morgan stayed with Mother a day

or two then I took her back home.

About two weeks later I was sent to bring her again, by daylight this time, however. The following night, March 31st, my sister Mary Annette was born.

After father traded for the oxen, our team work was all done with them. I was taken out of school and put to hauling the logs together, while father chopped them. I will not record all the details of our summer's work,- suffice it to say, that we cleared fifteen acres. We planted five of them in corn and summer fallowed the rest, and fifteen acres besides; planted the orchard; one acre in potatoes; put in a few acres of rye, a few of oats, and pastured the rest. We all worked hard.

When we got our wheat cut and threshed, father was greatly disappointed for he only had 160 bushels from the whole sixteen acres. It was nearly half cheat.

We raised 400 bushels of potatoes, however, from the one acre that we planted. I often got a three gallon bucket full from a single hill.

As soon as Mother was out of bed, she began to plan for her summer and fall work. She persuaded father into getting her a spinning wheel and also a cheese hoop and press. During the summer, she made some butter to sell, (at 12¹/₂ cts. a lb.), fifteen or twenty cheeses, spun all the stocking yarn needed for winter stockings, made a straw hat for each of us boys and one for father, and spun yarn enough to make cloth for a full suit for the four of us, and frocks and petticoats for herself and the two girls. This cloth she hired women and that for the suits for father and us boys was sent to the woolen mill at Milford, twelve miles away, to be dyed, fulled, teased and sheared. The following year, 1844, she did the same.

In the winter of 1843-4, father decided to fence in the 80 acres of timber land as a pasture lot for the cows and the oxen, when not in use. The sheep and young stock ran at large. We now had, in addition to the yoke of oxen, two yoke of steers that we had broken in.

I was attending school that winter. Our farm fronted south on the township line road that separated Tyrone from Hartland. It also fronted west on a section line road, along which we children went to our school.

Hastening home from school one afternoon early in January, 1844, I discovered blood on the snow. It took but a moment for me to discover that the blood was in the foot track of a man, and that the tracks came from where father

had been chopping.

I ran home as fast as I could, following the blood tracks in the snow right up to our door. Upon entering, I saw my father lying on the floor, his face white and drawn. His foot was elevated in a chair and Mother was trying to stop the bleeding by using ice cold water. "Merritt", said she, "go to Hartland Center for Dr. Clark. Go as fast as you can. I fear your father will bleed to death."

"Bind his foot as tight as ever you can", said I, as I started for the barn to put the saddle on the bay mare which we still owned. I rode to Hartland Center, four miles away, as fast as the mare could carry me. Dr. Clark met me at the door. "Doctor", said I, "come with me quick. My father has cut his foot and is bleeding to death."

The Doctor put a saddle on his plug of a horse, and we hurried as fast as he could make his plug go.

When we got home we found father sitting in the rocking chair, his foot elevated in a chair. Mother had bound it very tightly. The bleeding had nearly ceased, altho a little blood still oozed through the bandage.

Dr. Clark removed the bandage, and exposed a cut three inches and a half in length, on the top side of the foot, and three-fourths of an inch long on the sole, where the corner of the ax went through.

Dr. Clark knew nothing of surgery, and had no surgical instruments. He said the only way he could stop the bleeding was by binding on a piece of the soft spongy substance found on the flesh side of sole leather. He then asked if there was a shoemaker near us. "No", said Father, "but I have a piece of sole leather in the house, somewhere." "I know where it is", said I, and running up stairs I found it and brought it to the Doctor. By this time, the wound was bleeding very freely. Instead of picking up the blood vessel and tying it, and then sewing up the wound, he stript off a piece of the spongy part of the leather, and laid it on the open cut, and bandaged it up. He told Mother to wash the cut out daily with castile soap and warm water, and to apply the leather sponge dressing daily.

The wound was nearly two months in healing, which it finally did by granulation, but it is a wonder to me now that it ever healed, for that piece of soleleather had been lying around for several years and must have been loaded with germs. The wound gaped nearly a half inch and swelled fearfully for a month.

After it was finally healed, there was a wide scar left. Had the Doctor let it alone, as Mother had fixed it, it would have healed in a month.

In the early summer of 1844, if I remember the date correctly, father was summoned to court in Flint, to appear as defendant, the Bank stock notes having become due and both his note and Lake's remained unpaid.

He had traded the bay mare for a brood mare, which now had a young colt, so he had to walk to Flint. His work was so pressing that he worked in the field all day; then, after night had set in, he started afoot and alone for Flint, arriving there just at day break.

He appeared in court on time, and the matter was fixed up so that he got an extension of time. I think he gave a new note and took up the old one. It was about night when the business was finished and he started for home, walking again all night and arriving just as Mother had breakfast ready for us.

Father had put in 20 or 25 acres in wheat in the fall of 1843. He bought clover seed in chaff and sowed on this wheat field in the month of March 1844. In the summer of this same year he cut a heavy crop of clover hay from ten acres that he first sowed, getting twenty tons. He then sowed gypsum, or plaster as we called it, using one barrel of 400 lbs. on the ten acres. He then let the second crop go to seed, and from this he got thirty bushels of cleaned clover seed, besides enough to seed twenty acres in the spring of 1845.

The clover seed sold readily for five dollars a bushel.

In 1846, he began to plow under his clover fields that had been mowed two years, with the result that land which had only produced ten bushels of wheat, and some that had produced only eight, finally produced forty bushels to the acre.

So much for Mother's judgment of the worth of clover.

Her judgment of the worth of sheep proved equally good, for his flock soon increased to an hundred, and thereafter he had a good band of sheep to sell every year, mostly at \$1.50 per head. But each year he sold a few stock breeders at five dollars per head.

There was no sale for either corn or potatoes, yet he raised both for feed, boiling the potatoes and fattening his pigs on them. He fed corn to them the last few weeks to harden the pork. He also fed corn to his teams.

I must now return to Mother's work.

In the summer of 1844 she did her usual housework, her butter- and cheese-making, her spinning, our knitting, and sewing. She did the same also in 1845, altho the birth of Laura in August interfered somewhat with it.

In 1846 there came a change.

The note that father had given in place of the old bank stock note, had become due, but Father could not pay it. The note had passed into other hands and the holder thereof came with a sheriff to attach the farm, he having sued and got judgment on the note. I remember the sheriff and the man very well. I also remember how distressed father was. He told me afterwards that the case looked so hopeless that he felt like tossing up a penny and letting it decide whether he should give up all and let the man have the farm, or whether he should try and arrange for more time. Mother was for making one more effort, the holder of the note having proposed to give two or three years more time if father would pay up the interest and give a mortgage on the farm. This Mother advised him to do, for she still had faith in the sheep and the clover.

Father paid the interest and gave a mortgage on the farm, and the men left.

Soon after this, Mother asked father to get a loom built for her. He wanted to know what she would do with a loom.

"I intend to weave what cloth we need for clothing and also enough for sheets for the beds in winter."

"Why Ann", said father, "you would not put the yarn in the loom, nor weave the cloth, either, for you do not know how."

"You get me the loom and you will see that I do know how", said she.

Father was very loth to get it, telling her that she had more work now than she could do.

"I know it," said she, "but Nancy Westervelt, a very bright girl my own age, has promised to work for me all summer for a dollar a week, if I will teach her how to spin." Mother would not take "no" for an answer, and, by the time the wool was carded, another spinning wheel had been procured and she and Nancy were spinning yarn for the cloth.

Before the spinning was finished, the loom was brought home and set up in the Parlor. As soon as a sufficient quantity of yarn for a web of cloth was ready, Mother put it in the loom, first winding the right number of

threads on the beam at the back of the loom, then passing them, one by one, through the harness, and the reed, and then fastening it to the beam in front, on which the web of cloth was to be wound. She then tried the treadles to see if the threads were all right in the harness. She found that they were. I well remember how pleased she looked when she called father in to see her weave.

"Well, I give it up", said he. "I did not think you would succeed without having some one to show you how to do it."

Mother's weaving proved a success, as also did everything else she put her hand to. She not only wove plain cloth, but she taught herself how to weave one other kind, which was in three colors, red, yellow and brown. She dyed the yarn herself, using logwood chips, a tropical product, for red, butter-nut bark for brown, and yellow oak bark for yellow. She dyed the stocking yarn blue with indigo.

She wove our cloth every year for three years,- until the sheep and the clover had paid the last cent of father's indebtedness, plastered the house throughout, built a large addition to the house, for a kitchen and woodshed, and had paid for a two-seated light spring-wagon, for summer use, and a double bob-sledge, or sleigh, with seats for eight, and two strings of sleigh bells, for winter riding,- then she stopped weaving.

I must now tell how the sheep and the clover did all this.

The clover gave us all the hay we needed for feeding our sheep and cattle, and from eight to ten tons to sell yearly, at from \$8.00 to \$10.00 per ton. It also gave us from \$100.00 to \$150.00 worth of cleaned seed to sell. The clover which we plowed under so enriched the land that we had six and sometimes eight hundred bushels of wheat to sell, instead of only one or two hundred, as at first.

The sheep gave us four pounds of wool per head, generally. Some gave five or six pounds, which generally brought thirty-five to forty cents a pound, and one year brought forty-six cents.

Father and Mother were both careful managers and from the time the mortgage was put on the farm, they worked like slaves.

As a result of their management, they had four or five harvests every year. In February and March they had a crop of clover seed for sale. In July a crop of wool and a band of mutton sheep were ready for market. In August, September and October, the wheat was marketed. In November or December from

ten to twenty fat porkers weighing never less than 200 lbs. and sometimes 350 lbs. after being dressed, were either butchered and sent to market or sold on foot to the drovers.

In addition to this there was the hay and the apples.

Father and Mother both had large hearts, hearts that could feel for others' sorrows. They had both drunk of the bitter waters of adversity and knew just how others felt when made to drink thereof.

When Mother decided not to do any more weaving, the loom was taken apart and removed from the parlor.

As I was helping take it apart, I said, "I suppose you will sell the loom now you have no more use for it."

"Indeed, I shall not", she replied. "I still have use for it."

"What use will you make of it, Mother?" I asked.

She then named a poor widow who had several children to support, but no means. She then said that she intended to give the loom to her if she wanted it, she being a good weaver, but having no loom. Mother gave her the loom.

Another incident:-

After Mother began to do her own spinning for cloth, she had to have a seamstress in the fall to help do the sewing. She could get the help of several different women, but she made choice of a girl about 24, (Polly Conklin), who had been a cripple from the age of twelve, both her knee joints being ankylosed and her legs bent. She employed this girl often. Her father was an old man and very poor, altho he was both a farmer and a blacksmith. He was not only a poor man, but also a poor farmer, and a poor blacksmith, for he was nearly blind. He had two sons and seven daughters, Polly, the cripple, being the eldest of the family. The boys were too young to do any blacksmithing, or to farm properly. Three of the girls were under six years. In the winter of 1848, Mother went over to Mr. Conklin's to get Polly to come and do sewing for her. She saw the three little girls, pale little puny things they were. They looked half starved, as indeed they were. The youngest two were both crying.

Taking the youngest on her knee and putting her arm around the other as she stood beside her, she asked them what they were crying for. "I want some milk", they both said, "and we have no cow". Their mother then told us that they had lost their only cow several weeks ago and that they had no way by which to procure another.

When we returned home, Mother told father all about it. "Well", said father, "at the close of my talk to the people tomorrow, I will mention the matter to the audience, and I think we can get money enough to buy a cow for them."

There was a fairly good attendance at the meeting the next day and father, before dismissing the people, told the story of Mr. Conklin's children crying for milk. He then asked all who were willing to help get them a cow, to let him know. There was no response. After the meeting was closed, he asked several well-to-do men, all good Methodists, to contribute toward getting a cow for, as he stated it, "the poor children who were crying for milk", but not a cent could he get.

The next morning we had hot corn bread, johnny cake, and milk for our breakfast, of which we were all very fond. As we were eating Mother said, "I wish those poor children had some milk. Can't we spare one of our cows?" Father said, "We really have but one cow now. The two old cows are about dry, and will be quite so in a couple of weeks, as they are coming in, in the course of a month."

"I think you had better let Merritt take the spotted heifer over to them", said Mother.

The spotted heifer was our best cow. She was four years old,- her second calf was now about six weeks old and quite fat. We had expected to slaughter it for veal and to get the rennet for cheese-making, as we did not care to raise it.

Father thought a moment, then turning to me, he said, "Merritt, after breakfast you may take the spotted heifer over and turn her loose in Mr. Conklin's yard, then go in and tell Mrs. Conklin that her children need not cry for milk now."

I did so. The Conklin family were very happy. I walked back the three miles to our home and reported and then the Kellogg family was happy.

A few days later, two of the good Methodists, men that father had asked to assist in buying a cow, came to our house and spent from 8 P. M. until 10 P. M. in a vain endeavor to show father how hypocritical he had been in giving Mr. Conklin a cow. "You know," said Peter Becker, "that you acted the part of a hypocrite. You did it all for show and to get the name of being generous."

Mr. Becker was a Methodist class-leader. Amos Dexter was a leading Methodist, also.

They both labored hard for two hours to show father the error of his ways, but he answered them never a word. Whereupon they "turned him over to the buffetings of Satan", as they said, and left.

After they had left, Mother got the mop and mopped up from the floor and hearth a great pool of tobacco spittle which Mr. Becker had expectorated, he having smoked twelve pipesful of tobacco while there.

Another incident:-

A Mr. Humphey Church owned a forty acre tract of land adjoining our farm on the north. He had a good log house, and the most of his land was under cultivation. He had a wife and two boys, both too young to work. He had been running up a store bill for a couple of years, until it amounted to \$250.00. He had been sued, and judgment had been given against him. The sheriff had come with an attachment and had levied on his farm. It was to be sold to satisfy the debt. The farm was actually worth \$600 in gold had it been on a public road, but, unfortunately, it lay eighty rods back from any road.

Believing that the land would be bidden in by the creditor for the amount of the debt, leaving Mr. Church homeless and penniless, Father, after consulting with Mother, went to Mr. Church and offered to lend him the \$250.00 at a low rate of interest, Church to give his note payable in one year, the note to be secured by a mortgage on the farm. Mr. Church gladly accepted the offer. The mortgage was made in my name.

At the end of the year, Mr. Church could not pay either principal or interest. Father then gave him the interest, \$17.50, and gave him another year. At the end of the year, he could not pay either principal or interest, so Father forgave him the whole debt, had the mortgage discharged from record, gave him back his note, and Mr. Church was out of debt to us. Mother was quite agreeable to this.

I must refer to the Doctors again.

My sister, Emma Francis, was born Sept. 13, 1847. She died August 29, 1849, after a very short illness. She was taken so suddenly and so violently ill, that father and mother thought it necessary to send for a physician. Dr. Clark, who maltreated father's foot, was now dead (he died of smallpox). A Doctor Beard had come into Hartland Center and I was sent to call him. When he came he said it was only a case of worms, and that he could get the child up in a day or two. Mother disagreed with his diagnosis. She told the Doctor that she believed it to be a case of inflammation of the lungs. "No", said the

Doctor, "it is worms. See how white she is about the mouth and nose."

"Yes, Doctor", said Mother, "but, see how short her breath is."

"Babies always breathe short and quick", said the Doctor. "Her lungs are all right. It is only worms that ails the child."

They treated the child for worms, for a few days and then it died.

Shortly after the child was dead, Mother told Father that, for the sake of the other children, she would really like to know whether she or the Doctor were right. She still believed that it was lung fever that killed little Emma Francis.

The Doctor was sent for. Father and Mother were both present when he made his post mortem examination. No worms were found but the lungs were very much inflamed.

Father and Mother were both very much disgusted with the medical skill, or the lack of medical skill, I should say, of the Doctor.

Hearing of the "Water Cure System", they subscribed for the Water Cure Journal, and read it for two years, but had no occasion to put it into practice until 1850.

In 1850 Albert contracted the measles. Father and Mother both thought of using the water cure treatment but hardly dared do so, as Albert's cough was severe and his flesh hot. They isolated him and sent to Parshallville for a Doctor who had lately settled there. He came and treated Albert, but he did not get along well.

A few weeks later a regular epidemic of measles ran through the neighborhood, and all of father's children except myself were down with it. I had had it when a babe in Hadley, Mass.

When the rest of the children had it, Mother kept them warm in bed until it was about time for the measles to come out, then they were put into cold wet-sheet packs, and kept there as long as they felt comfortable. They were then taken out and in every case the measles came out beautifully. They were then put into bed and kept warm, and they had plenty of fresh air. They were in bed less than half the time that Albert was and there was no after trouble.

There is one incident in Mother's life that occurred in the summer of 1847, that I have omitted to mention.

Father had a three year old filly that had become very docile by

reason of being in foal. This filly was the only piece of horse flesh that he then owned that was old enough to work or ride, and she had never had a harness, or a person, big or little, on her back.

It was haying time and father had ten acres of hay cut, ready to be winnowed and cocked up. He had made a rude rake ten feet wide, with teeth twenty inches long and he put in two old plow handles with which to handle it. When all was ready, he put a harness on the filly, lengthened the tugs with two ropes which were tied to the ends of the rake, and, with this rude affair, he, handling the rake, and I, leading the filly, put twenty tones of hay into winrows in short order. The filly worked as steadily as an old horse.

The following Sunday a new Methodist minister was to preach in the school house and we all wanted to hear him. Father proposed to take us with the oxen and wagon, but Mother said, "No". She would ride the filly and carry Laura, then a babe, in her lap. "The rest can walk", said she.

"All right", said father. "The filly is gentle enough, I think. Merritt can lead her."

The filly was brought out with a man's saddle on her back, the right-hand stirrup was thrown over onto the left side, Mother mounted, took Laura in her arms and rode to Church, but she would not let me lead the filly.

Mother was a brave woman, but there was one thing that for several years was a terror to her and that was the well. Our well was seventy-seven feet deep. It was curbed in from bottom to top with stone, eight to ten inches in diameter. We drew the water with a rope, which was passed through a pulley, a bucket being hung at each end, so that when there was a bucket at the top, there would be one at the bottom, which would come up as the other was lowered.

One day the rope broke as father was drawing water and both buckets and the rope went to the bottom. Father said he would climb down on the stone and tie a clothesline to each bucket, if mother would lower the lines to him. He got the clotheslines and then began the descent. As his head disappeared below the surface, Mother was sick with terror for fear the stones might fall in on him and she ran to her room and prayed for his safety until he returned to the surface.

Father had to go to the bottom of that well to get the buckets, no less than four times in the first four years that we were on the farm, and Mother was so frightened each time that it was hours before she could regain her usual composure and strength.

The rope broke when father was away, on one occasion, and as he would be gone several days, I had to bestir myself to get water. There was no other well or spring within a half mile of us. To climb down on the stone as father did, I dare not, nor would mother have permitted me to do so, if I had dared. While cogitating as to how to get the buckets, the idea occurred to me that if I were to lower the steel-yards down into the water, I might be able to fish up the buckets. I thereupon lowered them and succeeded in hooking onto a bucket. After that, father did not have to go down again.

There are many other things that come to my memory, that would be interesting to write out in full, but I must forbear.

The first twenty-one years of my life were spent under my father's roof, and during all those years, I never heard, or knew of his telling an obscene or vulgar story, or use unbecoming language. I never saw him angry. I never knew him to call any of us children reproachful names, such as dunce, blockhead, etc., altho he once said to me laughingly, "You are a goosehead, to ask such a silly question." This was in reply to some of my nonsense.

I was at home eleven years after Mother came into our house to be a mother to me and the other four children, and in all those eleven years, I never heard her complain of having a hard lot, a hard row to hoe, or of being tired, or sick, of the job she had undertaken; nor did I in all those years ever see her manifest anger or impatience toward one of us children or to father, altho she did censure father once quite sharply.

This is how it came about:- Our nearest neighbor, Richard Marvin, was having his wheat threshed. It took about fifteen hands to run the machine, handle the sheaves of wheat, put away the straw, and sack the grain. I was then 16. I had been pitching the heavy sheaves all the forenoon, and after dinner lay down on the unthreshed wheat to rest - five or six other men were lying there also. Others, among whom was my father, were sitting near by. Mr. Marvin was not present, however.

As we lay there, Willie Marvin, a lad of eight years, came to where I was lying and without the slightest provocation, struck me on my head with a nail hammer. The blow raised a lump as large as a hen's egg and it hurt me exceedingly. I jumped up, caught Willie, took him across my knee and spanked him with my open hand.

Willie ran crying to the house, and presently his mother came to the barn, leading the boy with one hand and with a camphor bottle in the other, and she gave the dozen men a good lecture for having allowed Merritt Kellogg to beat her little boy so. She then unbuttoned Willie's clothes and showed his back sides to the men. The men all laughed for, as one of them said, "Merritt must have spanked him good, for his backsides are as red as a spanked bottom", and so were Mrs. Marvin's cheeks as she led the boy away.

In the evening Mr. Marvin came over to our house and told father that he must horse whip me. Father said that I had done nothing that he could punish me for and said no more. Marvin talked a steady stream, telling father that he was upholding me in my cruelty, and demanding that I should be whipped. Father would not argue the case, and said nothing for ten or fifteen minutes, but, getting tired of Marvin's tirade, he finally said, "Mr. Marvin, I shall not punish Merritt. He only gave Willie what he deserved. If you think Merritt deserves a whipping, you will have to whip him. Take him and whip him all he deserves, but no more." Marvin cooled down at this and left.

After he had left, Mother said to father, with some warmth, "I was astonished to hear you give Mr. Marvin permission to whip Merritt. I hope you will never again give any person permission to whip one of the children."

I will now bring my story to a close by saying that the memory of my step-mother is equally as dear and pleasurable to me, as is that of my own mother or that of my father, for she was a noble woman, a kind and loving mother, an earnest Christian, and a genuine heroine.

F I N I S

Healdsburg, California, July 6, 1914.

A Bit of Family History - Supplementary Chapter

Father had always voted the Whig ticket up to 1840, when Henry William Harrison was nominated; then he bolted and joined the Abolitionists, and voted the Abolition ticket straight. Not because he had anything against Harrison, but because he could not approve of the log cabin, hard cider, and "Tippecanoe and Tyler too" way of electioneering, as the Whigs carried it on.

After the Fugitive Slave law was passed, Father became a Station Agent on the underground railroad and helped quite a number of slaves who were trying to get to Canada. I remember several black fellows that he helped. Sometimes they stayed over night. Mother was in full sympathy with father in this work, and aided him in it. She took just as much pains to get the meals for those poor fellows as she did for white folks.

No fugitive slave was ever refused assistance when asked for it at our home, altho our parents became liable to \$1000 fine and to imprisonment every time they gave help to runaway slaves.

While engaged in this philanthropic work for the slaves, Father became acquainted with C. C. Foote, a Congregational minister, and a candidate for Vice President on the Abolition ticket. He sent out to Farmington to get Mr. Foote to go to Tyrone and preach, as he felt unable to keep up the work of holding service every Sunday, being only a lay member of the Congregational Church at Hartland Center. Mr. Foote came to Tyrone every four weeks, preaching Sundays in the School house one mile north of our house. At the end of six months, he preached his farwell sermon, then called father forward and ordained him as a minister, before, and in the presence of his neighbors.

Father was ever an earnest Christian,- a paying Christian, a Christian with strong convictions, and the courage to act upon his convictions. He was a man of faith, also.

I never knew if Mother had made an open confession of being a Christian before her marriage. I only know that she always acted like one and that soon after the birth of Mary, in 1843, she and father both became charter members of the Congregational Church at Hartland Center. There were only seven members, all told.

(For the Biography)

See page 36, How to Have Good Health.

Kelloggschen Licht Bade

(Two paragraphs in fine print.)

One of Dr. Kellogg's most important therapeutic inventions was the electric light bath. He was the first to recognize and make use of the penetrating power of the heat waves of the incandescent and arc lights, and devised methods of utilizing these new sources of heat in the treatment of disease. His electric light cabinet for medical use was exhibited at the World's Fair in Chicago, in 1893, and thence introduced into Germany, where it soon became popular, being installed in the palaces of Emperor William, of Germany, King Oscar of Sweden, and King Edward of England. It was first used in Europe by Professor Winternitz, in the famous royal and imperial hospital of Vienna, where it was known as the Kelloggsehen Licht Bade. It is now used in all the leading hospitals of Europe and this country.

While Doctor Kellogg has given his time to the building up of the Battle Creek Sanitarium and of his work as a surgeon and the writing of books and papers, rather than to the commercial development of his inventions, many of which have been exploited by others, he received sufficient financial returns to enable him to establish the Race Betterment Foundation and through it to found, in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, and health lecturers and teachers, and for the promotion of the principles of biologic living. The wide commercial exploitation of Doctor Kellogg's name, sometimes by patent medicine vendors, has been a cause of much annoyance and distress to him.

Dr. Kellogg conceived and carried out the idea of the Battle Creek Sanitarium, the purpose of which is to combine under one roof all medical and hygienic measures, methods and appliances in a carefully coordinated and ably developed system the purpose of which is not only the treatment of the sick but the instruction of the well in the principles and methods of right or biologic living. This comprehensive plan brings together under one management the advantage of a well-equipped and well-regulated hospital, a health resort, and various forms of physiotherapy, such as hydrotherapy, dietotherapy, Swedish movements, electro-therapy and other treatments formerly practiced at special institutions. Dr. Kellogg's development of the idea in its fully completed form has become known throughout the world as the "Battle Creek Sanitarium System."

In his efforts to establish the "biologic diet," and to meet the needs of the patients of the Battle Creek Sanitarium, Dr. Kellogg has invented many methods, processes and machines for the manipulation of foods. As the result of these activities, more than a score of valuable new foods have been developed, among which may be mentioned toasted corn flakes, rice flakes and other cereals ready-to-eat, malted nuts, and various nut products. He also devised a vegetable meat, protose, which is in daily use in thousands of homes. Dr. Kellogg prepared and recommended sterilized bran for table use early in his career, and has prepared other foods which render valuable service in aiding bowel activity and "changing the intestinal flora."

Among Dr. Kellogg's numerous inventions of medical and surgical appliances may be mentioned the electric light bath; an aseptic drainage tube for use in abdominal surgery; a set of instruments consisting of hooks and retractors for performing the operation of shortening the round ligaments by a new method; a peculiarly constructed snare, especially intended for the removal of internal hemorrhoids, but also useful for any other purpose for which a snare may be employed; an apparatus for producing the sinusoidal current, a description of which was published in a paper entitled, "The Graphic Study of Electrical Currents in Relation to Therapeutics, with Special Reference to the Sinusoidal Current," 1893. D'Arsonval a few years later discovered the same current and gave it the name "sinusoidal." Some years later still Bergonie, of France, made a similar use of the ordinary faradic current.

In 1884, Dr. Kellogg discovered the remarkable properties of the sinusoidal current and first made use of it as a means of automatic exercise.

Other inventions include the electrograph, an instrument for making a graphic representation of variable electric currents; an instrument called a pneumograph, by means of which it is possible to obtain a graphic representation of the movements of air currents in respiration; a volatilizer and nebulizer combined, intended for treating diseases of the nose, throat and lungs; an operating water-bed for the purpose of preventing shock from chilling of the patient during long operations; a vibrating chair, vibrating bar and other appliances for the purpose of communicating mechanical vibratory movements and massage to the body; a device for testing the quickness of muscular action; an improvement in a device for testing reaction time; and the Universal Dynamometer, an instrument by which the strength of each of the principal groups of muscles in the body may be determined, which is in use in the United States Army and Navy, and is employed in the examination of all who enter the Military Academy of the United States as well as in the leading gymnasiums.

One of Dr. Kellogg's most important therapeutic inventions is the electric light bath. He was a pioneer in recognizing the practical value of the penetrating power of the luminous heat waves of the incandescent and arc lights and in devising modes of utilizing these new sources of heat in the treatment of disease. His electric light bath was first made popular in Europe through its endorsement by Winternitz and other famous physicians and its use by King Edward, Kaiser William, and other royal personages.

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and has prepared various other foods which render valuable service in aiding bowel activity and "changing the intestinal flora."

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In 1931, Dr. Kellogg invented an improved chair back, providing interscalpular support.

He invented a successful method for the conversion of ordinary milk sugar, or alpha lactose, into beta lactose, thereby making it three times as sweet and three times as soluble as ordinary lactose.

Memo for Dr. Kellogg

Sept. 24, 1930.

ORIGINAL J. H. K. IDEAS

1. Penetrating power of light and radiant heat.
2. Measure portions of food on bill of fare with indicated values
3. Three-a-day--supported by Cannon's experiments on cats.
4. Cause of tired feeling in morning.
5. Sinusoidal current.
6. Automatic exercise.
7. Dynamometer.
8. Experiments of training based on dynamometer.
9. Effects of intensive heat.
10. Increased motility for change of flora.
11. Method of making beta-lactose.
12. Flaking cereals.
13. Vegetable meats--nuts or soy bean and gluten.
14. Basic vegetable meats (soy, tomato, carrot, peanuts.
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RECOLLECTIONS OF MY BABYHOOD.

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Our beloved University President used to say that Alfred, like Rome, had its seven hills. They are all well wooded with beech and maple, some having a also a fringe of pine at the summit. In the budding springtime the emerald green of the grass and trees on those sloping hillsides sprinkled with the white blossoms of the wild thorn gives the town a setting of exquisite loveliness.

No words can justly picture the glory of the tree-crowned hills aflame with the scarlet and gold of autumn's foliage.

To climb to a summit from any point and look abroad over the surrounding country with its hills and valleys presents a panorama of wonderful beauty at any season of the year. The Allegany hills are here quite irregular and the valleys generally deep and narrow. The one in which Alfred is located for the most part provides only width enough for a single long street running north and south with its homes on either side.

Meandering along through this lovely valley is Canacadea Creek, a broad and shallow stream with a bed of most interesting stone formations. The road from Alfred to Alfred Station, two miles distant, follows the windings of

this creek. About midway the Main street of Alfred village occurs a break in the chain of hills permitting another street to run west from Main. Around the junction of these two streets is clustered the chief business blocks of the town, the church and a few houses. This portion of the village was early dubbed the "Center" and such it literally is. After more than one hundred years, the little hamlet has still but those two principal streets. However, around and about the university buildings, which are situated on rising ground overlooking the town, is a small addition with a few short thoroughfares. In earlier days at the farther end of the western street was a cheese box factory and close beside it stood an humble two story frame dwelling where my parents lived with my mother's father, Jared Coon and his wife, Esther Stillman Coon. Both the factory and the house were painted red. The house was set level with the ground. A very broad, flat doorstone graced the front entrance from which one stepped directly into the principal room of the house. This was large and pleasant and must have been living room, dining room and kitchen combined. Two sleeping rooms opened from it, one occupied by my grandparents, the other by my maiden aunts, Mary and Emily Coon. The only other room on the first floor was a small one at the back for food storage and styled a "buttery." The house was built into a hillside, the floor of the second story being level with the higher ground. There was an outside entrance at the back, making it convenient to use this story for another family, and it was here my parents resided during the first years of their married life.

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board fence near the gate were, what seemed to me wonderful lilac and primrose bushes, blossoming with riotous profusion and wafting their fragrance on the air. Grandmother never went to church on Sabbath during the season of flowers without stopping in the door yard to gather a nosegay and a few springs of caraway. To nibble caraway and smell the perfume of flowers during the service was quite in keeping with church etiquette in those days; at least, nearly every one did it, and my early joy in going to church, when allowed that privilege, was to hold grandmother's flowers and nibble caraway too. My very first attendance at church was before I could walk. Becoming very restless about the middle of the sermon, father took me up in his arms to carry me home. Seeing that mother and grandmother remained in the pew, I called aloud "Come on danma." This was my first speech in public.

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It was the custom in those days to keep the hose up with a garter, a long woven tape an inch in width and perhaps a yard in length. This was wound round and round the leg, just below the knee, several times, then the end carefully tucked in underneath. Being knitted the garter was somewhat elastic. Ladies had a fashion of knitting garters of various colors to make them specially attractive. My aunts often knit them as fancy work. One day while playing near the front doorway, a garter snake slowly crossed the door stone. I loved to play with garters and put out my hand to appropriate this new thing, when my aunt Emily forestalled my pleasure, greatly to my discomfiture, for, as I loudly told her, "I want that booful garter."

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BEGINNING THE YEARS OF WORK

My school days being ended I looked about me for some worthy undertaking whereby I could earn my living. I had always planned to engage in teaching, and was greatly delighted to be offered the charge of a Community School at Harmony, N.J. I made ready as rapidly and suitably as I could to go East in company with Mrs. Elisha Potter, a lady I had known for some time in my home town. Leaving the home nest for the first time was a great event. Both to myself and my family. My baby sister Fannie's great lament was "who will curl my hair now?" it having been one of my pleasures to do this service for her. My journey was uneventful. I was met at Bridgeton by my classmate Mr. W. S. Bonham at whose home I was to remain a guest for a day or two until my arrangements for boarding could be made.

The board of the Harmony School was comprised of Messers. Robert Moore, Andre Long and Joseph C. Bowen. In the family of the latter it was decided I should live, Mr. Bowen being and S.D. Baptist, A deacon in the Marlboro Church of which he in later years became the Pastor. The family consisted of himself and wife, three sons and one daughter, Anna Mary, a girl of fourteen who was to be a pupil of mine. The boys were fruit and truck farmers. They also kept a local grocery and post office. Mrs. Bowen giving it most of the needed attention. The store was under the same roof as the dwelling, being accessible from the living room by the ascent of two steps. Two other large rooms and a long low porch on which was the curb and bucket for the deep well, completed the downstairs portion of the dwelling. Anna Mary and I shared the guest chamber above, and a very dear room mate she proved to be. The family took me into tjeir life and made me feel at home with them. They were each and all

very fair musicians, and many were the happy hours we spent in song as the months rolled by. They were people of very social habits, and frequent were the "gatherings" held in their hospitable home when the harvest had ended, and during the long evenings of the winter.

The entire family were church goers and every Sabbath saw us all in attendance at Sabbath School and service at Marlboro, S.D.B. Church. Elder Joseph Morton was the Pastor and having his home in Vineland very commonly spent the night at Deacon Bowen's. Up to this time the custom was current with the Marlboro Church to observe the Sabbath from midnight to midnight instead of from sunset to sunset as I had been brought up to do. It seemed to me very strange not to begin the Sabbath at sundown on Friday and my own observance of that time together with my express belief brought about an extended discussion and study as to what the proper course should be. Elder Morton became convinced that from sunset to sunset was the original plan and he together with his church changed to this time of observing the Lord's Sabbath.

Mr. Bowen was a teacher of considerable repute, and usually held a position somewhere not so far distant from his home but that he daily drove back and forth. He was likewise County Superintendent of Sunday Schools and spent a great many Sundays during the Summer season visiting Sunday Schools throughout Cumberland County. On many of these occasions Anna Mary and myself were wont to accompany him, and thus many were the delightful drives that fell to my lot in this connection. Mrs. Bowen came from a German family with homes in Philadelphia a fact about which they often spoke with pride.

My school was nearly a mile distant from my home, but as I had long been accustomed to walking considerable distances I did not greatly mind. In inclement weather an effort was generally made to take me in the carriage, a square two seated conveyance, and to come for me when it stormed. I

I had sixty-five pupils in my one room and with discipline and teaching I found my work very arduous, although I fully enjoyed it. It was Centennial Year and all of the schools in the State were asked to send in for exhibition specimens of map drawing and penmanship, also tests in spelling and composition. The drills for this work was an extra demanding much labor and time of the teacher, but I felt wellcompensated when I was at last able to forward to the Commission of Education a very fine lot of tests as a result of my pupils efforts. As a whole my year's experience was a very interesting and pleasant one.

In the autumn many evenings were devoted to the shelling of the lima beans which were a first products of the farm, bushels of which must be shelled each day for the canning factory. Everybody in the family gave their evenings to this work so long as the beans flourished. Until then, I had never seen lima beans, nor a canning factory.

During my Spring term I had measles and with it my first dose of Castor Oil which happened to be good Mother Bowen's favotire remedy for most ills. I was not seriously sick and soon was at my post of duty again. It is more than probably I began my work before the danger of contagion was wholly passed, but in those days that point was not given the attention it now is. I was not anxious to extend the vacation longer than just to become able to accomplish my work. The taking of an anesthetic for the removal of two back teeth was my next unexpected experience. Happily I passed the ordeal well, although the giving of anesthesia was not in those days a very common event.

My year's work ended with the last of May. Previous to that time I had expended a portion of my salary to purchase material for one nice black

cashmere and one wine colored dress which I hired made by a dress maker in Bridge-
ton. There were the very first dresses I ever had that were made by a dress maker.
Mother and I together manufactured all my wearing apparel. These new dresses were
both cut on train and in my own mind I expected to cut quite a swell figure, as
I should enter my home church wearing the black one and a white straw hat decked
in bright green ribbons streaming down behind. Whether or not I did create a
sensation on my appearance after my return I am blissfully in ignorance.

During the Summer vacation at home I secured the order for the making
of twenty-five yards of rag carpeting for my Aunt Eliza. This I undertook,
doing all the work myself. I twisted the warp, prepared the filling, colored
both, warped and placed the foundation in the loom and then wove the carpeting
after I had prepared a satisfactory design. The whole netted me one dollar a
yard which in those days we considered magnificent price for the work, and it
certainly afforded me an interesting and unique experience. The knowledge
gained of the homely art of rag weaving has served me on many occasions during
my life since then and convinced me that all knowledge is profitable and worth
seeking.

With the coming of Autumn I began teaching in the Alfred graded school.
The following year I again accepted the school at Harmony, but finished only
two terms because of illness. My health during the ensuing summer was far from
good. I think, looking back over the ground, after all these years, with the
added knowledge, I have since obtained was from some form of dyspepsia. I was
under the care of Dr. H. C. Coon, a Homeopath. Whether or not the tiny pills
aided in my restoration, I did get better slowly, and by early winter too late
to accept any position for the year I was improved enough to go back to work
and was engaged for teacher for the the little Community School at Fulmer Valley,
N.Y., making my home with a Mr. Stout, a descendant of the early settlers of the

place, the chief industry of which was lumber sawing. There were several Mr. Stouts and they owned the saw mill, were well-to-do and almost giants in size. My winter's work was not without its interests and profits and I made some very pleasant friendships among the citizens of the little hamlet.

With the salary I earned I planned to make a Western trip and visit my Aunt Susan who had at that time resided in Battle Creek, Michigan. She was connected as proof reader with the Review and Herald Publishing Company and suggested to me that ^{if} I could come I might perhaps get some profitable employment myself in connection with that establishment. My sister Jennie had been earning for a time and desired to accompany me. We left home in July. Upon arriving we found our Cousins Julian and Etta were camping with some other young people at Goguae Lake, and were insistent that we should join their party, which we did during the next two weeks. Toward the close of that period Jennie became ill, and returned to my Aunt's home and when at the end of two or three days we broke camp and returned to town we found her very ill with typhoid fever. My aunt who lived under the shadow of the Sanitarium was a true disciple of its system of cure and had already engaged Dr. Kate Lindsay to attend my sister. I was at first very much opposed to the notion of water treatment and at my wit's end to know how to proceed. However, I concluded to make the best of it, and set about caring for my sister in a thorough going manner which quite captivated Dr. Lindsay and made her my life long friend. In three weeks Jennie was so well on the road to recovery that she was taking carriage rides. Dr. Lindsay looked with much favor on my efforts at nursing.

It so happened that an epidemic of typhoid was prevailing among the students attending the college and others of the West End. Nurses were exceedingly scarce, and Dr. Lindsay urged me to lend a hand in the emergency. I had intended returning home September the first but agreed to stay for a time since the need

appeared so great. My first case was that of a child, a niece of Dr. Sprague's. Afterward I assisted in the care of several of the young lady students and later was called to the day care of Jennie Losey, a student who was very ill in the home of Mr. Amadon on Hill Street. The case was a serious one, but after three weeks of excessive nursing she was convalescent and her Mother coming from a nearby city to care for her I was relieved and returned to my Uncle's home to rest for a time. It was while nursing Miss Losey that I met Dr. Kellogg who often accompanied Dr. Lindsay on her daily visits. I had been resting just a week and was packing my trunk Saturday evening ready to start on my home journey when I received a call from Miss Losey's brother telling me of her relapse and begging me to go most urgently and care for her. He said that Dr. Kellogg had told him "The only hope of saving her life is to get Miss Eaton back on the case". And so it came about that I was again on duty for three weeks fighting the grim monster with all the energy I possessed. The poor girl hated the cold water compress and I was obliged to keep it on her body, and each time it was changed, began to say the Lord's prayer. Whether with a purpose to get me to desist, or whether she thought it would help her to bear the cold I was never able to decide.

After three more week's of this strenuous nursing she was again on the road to health, and I at liberty to return to Alfred to spend Christmas.

There was just beginning in January at the Sanitarium a School of Hygiene, the very first effort made by the institution to train its workers. I was urged to return and take up this study, and after considerable consideration I decided to do this, and enlisted an old time classmate Miss Jennie Saunders in likewise undertaking it. We traveled together back to Battle Creek and were room mates for the winter. I served as bath attendant and electric treatment girl, also as nurse first to an old lady who had a tumor, later to a society belle from the Capitol who thought herself too feeble to wait on herself and liked me because I

made her so comfortable . Through exposure unaboidable in going from hot to cold rooms I took a severe influenza and was obliged to go over to my Uncle's to recuperate. When I returned to the Sanitariu, Dr. Kellogg who had learned of my experience arranged that I should do nursing thereafter where I would not be subjected to so much exposure. A few weeks later, having need of help on the Magazine "Good Health" of which he was Editor, he urged me to take up that line of work, which I did, and thus began a new era of my life's career.

MY CHILDHOOD HOME

Alfred was not a very large place. Probably at the time of which I write there were not over five hundred residents. The town was not laid out in city lots; some plats had several acres. Around the outskirts of the village were numerous grazing farms and nearly every householder possessed sufficient land, reaching back from the street up the hillsides, for garden purposes and to pasture a cow. Cheesemaking was the principal means of profit for the farmers and cheese factories were almost as common in the nearby valleys as school houses. One such factory was located on the main road about a mile north of the "Center" and every morning and evening was to be seen a procession of wagons loaded with milk cans going to and from it.

Alfred was a prosperous town. There has never been a saloon or a pool room and none of its people could have been said to be poverty stricken. There were those who were poorer than others in this world's good, but all managed to maintain their families in a respectable manner, and there was really no great class distinction. Nearly everyone belonged to the same church. I never saw an intoxicated person until ^{after} I was eighteen years of age. A few of the townsmen chewed tobacco and an occasional one smoked a pipe, but the majority were free from the tobacco habit and were clean living and all were honorable, upright citizens.

When I was nearing my third birthday, my parents rented a house at the north end of the village, into which we moved. It was a large, square, colonial house, painted white. It belonged to the estate of David Stillman and was situated on a slight knoll at once side of a broad meadow. It was then unfinished in part and my father, who was a carpenter, was to complete it as opportunity offered in part payment for the rental. There was a central hall from the front door, but as the rooms on one side of it was unfinished, we rarely entered by that way, going instead around to a side door opening into the large

cheery living room, the windows of which looked out upon the surrounding meadow and beyond to the hills near the top of which was Hartsville village. The prospect was one of beauty, and I shall never forget the glorious sun risings above those distant mist veiled hills. Our table was placed beneath one window and from my high chair I would often see the sun peep above the hill tops while I ate my meal.

The living room in our new home served, as did the one at my grandmother's, for sitting and dining room and kitchen. However, to give some distinction to the portion nearest the outlook where we most often chose to sit, mother covered this half of the floor with rag carpeting which I feel quite sure she made with her own hands. Three additional rooms, one at the front which was our guest room; a bedroom and a large pantry completed our indoor dwelling place. In a large unfinished room at the front my father kept his work bench and tool chest, and often here did some special piece of work. This room, I was allowed to use for my play room, and many were the happy hours I spent there playing in the shavings with my doll, Nancy. Father had carved her head and body from a block of wood. Mother made the cloth legs and arms and dressed her. I considered her a most beautiful doll; I loved her, she was my constant companion, and stood the wear and tear of the exigencies of my childhood like a heroine. I kept her so long as I played with a doll. I had many other dolls, china dolls, rag dolls and another wooden one which father also made and I named Ida, but not one was so beloved as my dear Nancy. She occupied with me a trundle-bed which nightly was rolled out from under mother's big four poster for us to sleep in. This trundle bed was a box like affair on rollers. It had no springs, but instead there was a "bed-cord" laced through holes made for it in the sides of the bed. Mattresses were not then common. All of our beds were furnished with "feather beds", and feather pillows. Mother sunned them every bright day.

But to return to my dolls, Students of childlife claim that-- the child's play affords a vision of what may likely characterize its future life work. Be that as it may. The fact remains that I accumulated twenty one dolls, with which my times was largely occupied in those days. Under an apple tree near the back door I made a play house, marking its outer walls and room partitions with flat stones laid end to end. Furniture was made of larger stones, with imagination vested with the beauty and proportions of pianos, table, couches and other needful furnishings. Here on fine days I "kept house" with my doll family. In rainy weather the indoor playroom was both house and school room for the dolls.

Each night at early twilight when the dolls, except Nancy, were safe in their beds, it was my joy to sit in a little, flat-bottomed chair and rock with Nancy in my arms, while my mother played her accordion and sang to me.

One evening when father entered after his day's work, he carried a bag, out of which when he opened it for me, jumped the most wonderful black kitten with big yellow eyes. It had not a white hair on it. Father dubbed him "Darkey", but ^hat was a word too hard for me to remember, so he was "Kitty" to me, and just "Kitty" he remained to the end of his seventeen years of life. Kitty took very kindly to his new home and we soon became fast friends.

I rarely had children to play with. Our nearest neighbors were the Stillmans on whose estate we live, and their home was at least a quarter of a mile distant. My mother not infrequently exchanged afternoon visits with Mrs. Stillman, and took me along to play with her two boys "Charlie and Roger". The boys were pleasant companions. Charlie, who was nearest my age, one day conceived the idea, which we proceeded to carry out, of baptizing Nancy in a deep pool of a creek that flowed through a gully just beyond our meadow. The elders in both our families were much concerned over our lack of reverence, but we never ^{we}imagined we were doing anything wrong.,

The boys taught me to climb trees when I visited them and they in turn played with dolls when they came to "stay and hour" at my home.

The location of our home was at the fork of a branch road with the main street of the town. This branch road passed west to a little hamlet five miles distant called "Five Corners" (because of five roads crossing at this point). A half a mile up this road lived my nearest girl neighbor, Hattie Champlin, whose mother and mine often visited each other. Hattie and two girl cousins, Abbie Ann Ellis and Mary Saunders, who sometimes came with their mothers to spend the day at our house, were, with the Stillman boys the only children I remember ever having played with until I began attending school.

I never felt the lack of companions, however, for my mother was a most resourceful woman. She had no knowledge of kindergarten, so far as I know, but she taught me many of the same forms of paper folding now in use, she made dolls of the Shirley poppies ("lady hats" she called them) and doll faces of daisies. She taught me games and played them with me. She taught me to knit and sew, and allowed me to assist in nearly all housekeeping operations. She made me tiny loaves and "Patty Pan" cakes for my "play house". She told me stories, mother goose rhymes and riddles, but never a fairy tale. I do not think she knew anything about fairies, but she did know many things about Nature, which she imparted to me, as we walked together in the "woods" hunting wild flowers in the springtime, or sat beneath the sighing pines on cushions of moss and pine needles in summer. In autumn time we often carried sheets on our excursions and spreading them on the ground shook beech nuts from the trees to store away for our winter use. Not infrequently we gathered in that way a bushel or two of them. The "Woods" and a beautiful glen (called Lovers Lane) were just across the road from our broad meadow on one

side; on the opposite side was another portion of woods, and a creek in the gully. We had not far to go from our home to these delightful places of shade in summer and we were wont to frequent one or the other almost daily. Mother gathered store of pennyroyal, slippery elm, elderflower, wintergreen, peppermint, catnip, yarrow and other herbs and plants suited for household purposes. I soon learned to know all about these plants as well as the names and habits of the great variety of wild flowers which in those wood lands grew in greatest profusion. I have never since seen so many different sorts as we could there gather in an hour. One could not find them now, for careless hands have despoiled nature's garden there, as in many other places. Wild strawberries grew plentifully in our broad meadow amidst the tall grass and raspberries and blackberries chinked their bushes in the corners of the rail fences or nestled close to the stone walls that formed the meadow's boundary lines. In their season we gathered the berries and when the supply near home was exhausted went "berrying" in other meadows beyond or to "patches" or bushes on the borders of the woods where in the semi-shade the berries grew large and sweet. No cultivated fruit can compare in flavor with that which grew wild in those days near my childhood home., In a good season we often brought home with us a heaping milk pail full, as the result of our afternoon picking. And then for supper we had bread and milk with blackberries added, and thought it a most delicious treat.

Memory brings to me beautiful pictures of our meadow at haying time with the tall grass in full head and so flecked with the white blossoms of the field daisy as to seem as if snow capped. With Kitty following, catching grasshoppers, and hunting field mice, I wandered over the meadow at will, gathering the lovely blossoms by the armsfull to adorn our home and because I could not bear to have such beautiful flowers cut down in their prime by the ruthless mowing machine which was sooner or later sure to come; and when it did come, and the new mown hay was gathered into cocks and left for a few days to dry, what glorious games of hide

and seek mother would play with me. Even Kitty joined in the fun and would hunt me when mother had no time to play. My life-long love for the field daisy dates back to those halcyon days in the broad meadow around my childhood home. There were buttercups, too big, shiny and yellow, but I cared less for them.

My father worked so far away, he was rarely at home for the midday meal. Thus, mother and I were much by ourselves the whole week through, unless we "went a visiting" or had "company" come. We not infrequently spent the day at the home of one or the other of my grandparents and during the cold months there were frequent visits from mother's uncles and aunts and cousins of whom the number was almost legion. They were mostly residents of the surrounding country farms, and took the opportunity when the men folks needed to come to town to make "Hannah" a visit. They would arrive in the early forenoon and stay until four or five P.M. They brought their work which quite generally was knitting. Ready made hose had not become if any were made, and the good housewives always had some knitting to do. "Election day" and "Town Meeting day" were two occasions when we were sure to expect a housefull of visiting friends and relatives.

We kept a cow and a few hens, enough to furnish our egg supply. Mother and I used to drive "Curly" - the cow - in from pasture in the summer season, and if father could not reach home until late, mother knew how to milk her. Father always made a garden, and was up at sunrise many a morning to tend it. His evenings at home were more commonly spent in reading the daily paper - "The Elmira Advertiser" - to which it is my belief he subscribed to the end of his life, and in drafting plans for the buildings he was to put up, chatting meanwhile concerning the events and news of the day. I used to watch the drafting and later on in life sometimes assisted in the work. I secured at least a fair idea of house construction in this manner.

The Sabbath was for us the greatest day of the seven. We regularly attended church in the forenoon and as soon as I was old enough to go alone, mother sent me to Sabbath School, which was in the afternoon. She did not attend the Sabbath School, neither did my father. Quite generally after the dinner was over, if the weather permitted, my father would remark, "I think I will go up on the hill for a little while" - meaning to the home of his parents. Until I was old enough to go to Sabbath School, I often trudged along by his side through the woods and fields to the hill top home of my grandmother Eaton.

Mother's afternoon was largely devoted to Bible study and the reading of the Sabbath Recorder, which so long as she lived was a weekly visitor in our home. In mind I see her now with her white apron tied above her Sabbath dress, sitting with the big leather-covered family Bible on her lap reading its blessed pages. Before I was old enough to go to Sabbath School, she read to me from this same Book of books, and told me about the few quaint illustrations it contains. I have it now, my mother's much prized Book! It is badly worn from its long and constant usage, but I prize it because mother loved it. Mother's ideas of Sabbath observance were somewhat rigid. She believed the day should be utilized for spiritual advancement and not for personal pleasure. It was the day of days to her and looked forward to and planned for all the week. To miss attendance at Church service was considered a great deprivation. and nothing but illness prevented our family being regularly in our pew each Sabbath morning. We always rented the same pew, the fourth in front of the choir - which in the church at that time sat behind the congregation. It was a great day for us when father told us he had purchased a leather covered cushion for his pew. Only a few of the congregation provided themselves with such a luxury.

Upon father's return from the "hill" farm, mother and I would join him for a walk as the sun went down at the Sabbath's close.

The Rev. N. V. Hull was our pastor, from my earliest recollection till his death, which occurred after I had grown to womanhood and gone from my native village. He was tall and stately in appearance and during my childhood days I held him greatly in awe. However, in later years when I came to know him, as I did, very well, I found him a most genial as well as Godly man. He performed the marriage ceremony for my parents. He had previously baptized them both, and he lived to baptize all of their children. He was our "father in Israel", no wonder everyone loved and revered him.

I have very little recollection as to what I used to wear. I think my mind was so filled with other things, my clothing was a subordinate matter. I remember at one time in warm weather my church dress was a pink lawn made with short puffed sleeves and a low neck. Another of my best gowns was a green delaine with tiny colored flowers sprigged over it. This was for winter wear. My mother, I remember, had a heavy white silk shawl with long fringe and hand-embroidered with a rose pattern, which she wore to church for many years. I think it was a gift from my father.

My hair I wore in braids tied around my head. In summer I went barefooted. In cold weather my shoes had copper toes to keep them from wear-out.

Shortly after we moved away my Grandfather Coen sold his cheese box factory and moved to a small farm in the town of Almond, some six miles distant. As my father kept no horse, it was rarely that we could visit at their home. My grandparents, however, frequently came to spend the day at out house, and one or the other of my maiden aunts would often come for a week's visit.

About this time, my mother's sister, Susan, and her family moved to Alfred where my uncle Ambrose Spicer started a book store. My uncle kept a pony which aunt could drive, and then sometimes mother, my cousin Julian and I would jog along behind the fat, black pony to Grandfather's for the day. Those were wonderful excursions for us two children. Not only was the ride

a much prized treat, but we thought Grandfather's home the most wonderful place. There was a trellis over each of its three outside doors where fragrant jasmine, honeysuckle and roses vied with each other. There were flowers also of many other sorts and an orchard of a hundred grafted trees in good bearing condition. This orchard had all around it a high picket fence. There was a padlock, too, on the gate, but as a special favor to us children grandfather would permit us to play in the orchard, when we want to visit. And grandmother never sent us home empty handed. There was always a basket of luscious plums, or pears, or harvest apples or "golden sweets" to take along in summer; in autumn twenty ounce apples and pippins so big and yellow and toothsome they made one's mouth water to look at; in winter there were rare Rhode Island Greenings and Northern Spies.

There was one other attraction for us children, the steam cars. The Erie Railroad passed not far from the rear boundary of Grandfather's land, and we could see the trains as they would pass very plainly. Sometimes our mothers or aunts would accompany us to the railroad for a nearer view. My grandmother had never seen steam cars until she moved to this home in Almond and, during all her life, she never rode on them.

One special occasion comes to memory when mother's sisters all came home for a reunion. There was aunt Jane Maxson, the oldest, who lived in Richburg, N. Y., aunt Judith Hendricks of Janesville, Wis., Aunt Mary Coon, aunt Emily Coon, aunt Susan Spicer, mother and aunt Luanna Dety, who resided in Edgerton, Wisconsin; all of Grandmother's daughters, except the one who died in girlhood. And such a joyous time as they had together. Then there were the great aunts, grandmother's sisters, aunts Sally Place and Lucy Jones and Abbie Stillman, each, with grandmother, wearing their beautiful white ruffled caps so quaint and pretty. These great aunts were the sweetest, dearest old ladies, with the exception of my grandmother, whom I ever knew. Everybody

played games in the orchard that day. My father who rarely had a day off took a vacation, and all felt it to be a very happy occasion. My aunts from Wisconsin remained for several weeks and were frequently entertained at our home while while mother and I with them visited at Aunt Susan's and Grandfather's and elsewhere, whenever it could be so arranged. My mother's youngest sister, aunt Luanna, was especially my favorite, at that time. I think, perhaps, my mother felt more closely drawn to her than to any of the others of her family. She was the "baby sister", just next younger than mother. Mother has many times told me in the years gone by that I reminded her of aunt Luanna so much and so often that I seemed to her more like her sister than her daughter, and she not infrequently called my Luanna without thinking.

We were not the only dwellers in the broad meadow. At one side of it there was a community of woodchucks. In early springtime and after haying we would see perhaps a dozen of them, early in the morning or late in the afternoon, sitting on their haunches near their holes, ready to disappear into the earth at the very first approach of an invader. I never could get near enough to make their acquaintance, although I not infrequently tried and even sat hours in the crotch of a large wild black cherry tree nearby, watching for them to come forth from their holes, but they never came while I waited. Meanwhile I regaled myself with the cherries which were sweet and not unwholesome, used in moderation. If I became greedy and helped myself to too many, mother Nature punished me with an attack of cholera morbus in the night and I learned thus to be more cautious.

It has always been my conviction that close to Nature, environed by her trees and flowers, and growing things, watching her moods, as the seasons come and go, reading the "books" in brooks, is the ideal place for young children. How much my surroundings influenced my own life I cannot say, but I bless the Lord that it was my wondrous privilege to have such a serene and happy childhood.

EARLY SCHOOL DAYS.

In autumn after my third birthday I began attendance upon the school which served the children of the North end of town as an all around preparatory school for the Academy which in turn carried its pupils through the needful studies for entrance to the University. Long before my day Alfred Academy had been established by Pres. Wm. C. Kenyon and his loyal band of co-workers, and in 1856 (when I was three years old) the institution received a college charter from the State. Since then there has been added to its equipment the S. D. Baptist Theological Sminary, The State School od Creamies and a State School of Agriculture.

The buildings for this educational center are located on rising ground just east of the Main Street, and overlooking the "Center" of the village. In its early days the Institution had but one school building called by every one "the Chapel". The closing of the years school work was generally preceeded by a three days literary festival. Forenoon, afternoon and evening the Toens' people, students and visitors congregated in the chapel assembly room and listened to programs of music and oratory given by the four literary societies, the academy graduates and on the last and great day those of the University and Seminary. "Anniversary" week it was termed, and all the spring and summer months the event was looked forward to by the towns^o people as the great occasion of the year. Before anniversary the house cleaning must needs be completed, the new carpet put down, the yard and flower beds put in good shape, the house painting done, the new dresses made ant the summer hats purchased. Everyone acticipated company,--relatives and friends grom out of town. As all wanted to attent the "exercises" and the intervals between sessions was usually too short for lengthy preparation of meals, there was in many households much cooking aforetime during the

days just previous to the great event.

One of my earliest recollections is of going with my Grandmother to "Anniversary doings". It was the custom to throw bouquets to the speakers at the close of their effort. Those who had many friends in the audience were often quite loaded down with these offerings. No doubt the reason of my special remembrance of this occasion was because of the bouquets of primroses grandmother and I carried to throw on the stage.

The school house in which I began my educational career was but a rod or two from our door just across the road. Mother had not aimed to start me in school quite so young, but the big girls who attended came up to our house so often to borrow me to take to school with them, she thought I might as well go all the time.

At the closing of the summer term of this school it was customary to join with other "district" schools of the country in an all day "School Celebration" at some central point, usually some "woods" where a platform would be erected for speakers; swings put up and tables made in which to serve a picnic dinner. The various schools would come in big carryalls decorated with flags and flowers, and children dressed in their best, the girls most often in white with wreaths of flowers on their heads in lieu of hats. It was a pretty custom but there was so much vying with one another to wear the most beautiful wreath as with any more modern adornment. The summer I was three years old mother and I were invited to the "celebration" and I was asked to "speak a piece" for the occasion. I spoke a short poem beginning:-

"A little child I am

And little do I know"

and I am told did so quite creditably before an audience of over a

thousand people. I remember that the wreath I wore was one of primroses. I also remember my enjoyment when it came my turn for a high swing and the home going in the big carryall with the children singing joyously all the way.

My first teacher was Mary Taylor a most energetic and amiable young woman who kept me busy learning to read. When in 1914 I visited my old home town she was still hale and hearty although 79 years old. I mentioned the fact that it was she who taught me to read; with characteristic humor, she replied, "and you haven't yet forgotten how".

My first school book was Sanders First Primer a thin volume with shiny green covers. By spring I had finished it and was admitted to the First Reader. The school room was furnished with wooden seats and benches and although they were graded in height they were not altogether comfortable. The teacher's desk was on a slightly raised platform in front, which served as the stage on rhetorical day. School began at 9 A.M. with a recess of twenty minutes, each for boys and girls, in mid forenoon, and an hours nooning, a second recess in mid afternoon and closed at four o'clock.

During the recesses we played an active game which we called re-pe-col-io. I have never known of it elsewhere and presume it was of local origin. A big maple in front of the school building was our base; our run way, around the school house and back to the base shouting "re-pe-col-io" before the one who was it should catch sight of us. If she saw any one of the players she could herself touch the base and call "re-pe-col-io" adding the girls name and the discovered one must then take her place.

In winter coasting was the general order at recreation time. The hill under which the school house stood was sufficiently steep to give

a good impetus and send our sleds way across the fields beyond. Childrens' sleds were not then as now a general article of merchandise, but most of the children had had made ones and my father kept me well supplied with fine ones he himself made for me.

Most of the children brought their midday lunch in a tin pail, but I was so favored as always to be able to go home for dinner, and doubtless because of this, escaped many an opportunity for wrong doing which other pupils took. It was my fixed purpose to obey the rules and I think I must have succeeded for I never received a punishment during my entire school days, although I came quite near it once when upon persuasion by some of the older girls I went with them to gather thorn apples and we were all a half hour late in returning to the school session.

The winter of my sixth year our Sabbath School held a Christmas entertainment at the church, one feature of which was a Christmas tree, the first I had ever witnessed. I remember how beautiful I thought it with its strings of popcorn and its lighted tapers. It was a very high tree and those who gathered its fruits had to mount ladders to reach it. I remember it was told me afterward that I received a larger number of presents from the tree than any other child. I did have a good many. I had a large circle of uncles, aunts and cousins, who remembered me with gifts, beside my parents and grandparents. My uncle Ambrose Spicer was at that time keeping a book and toy store on the corner of the University campus. He gave me a tiny little book-case which I have kept all these years. I remember also that one of my gifts was a doll's basket made of pewter cut in open work and colored in flower designs.

When I was nearly eight years old my sister Jennie was born and I found her a much more fascinating playmate than my dolls which I largely discarded in her favor. My father made her a big wooden cradle large enough to hold both of us and when sister was fretful, mother would put me in at the foot to sit and rock both her and myself, a procedure I quite enjoyed.

When Jennie was old enough to toddle around she one day stumbled against the corner of the living room stove, bruising her ear slightly. Very shortly afterwards I met with a similar accident. The next morning we both awoke with swollen jaws, at first attributed to our mishaps of the previous day, but later it was known we had the "mumps". We shortly thereafter had the chickenpox. I remember that to mitigate our suffering, my mother sprinkled our skins well with fine cold flour.

Not long after the birth of my sister my mother took us on my first railway journey, fifteen miles distant, to the town of Wellsville to see our baby cousin Esther, my aunt Susan's little daughter, my uncle having moved to that town. We remained over night, but I recollect little save the sense of strangeness that came to me in being in an unaccustomed place.

Miss Taylor was the teacher of our school for several years and I continued to make progress under her instruction. One winter there was a small pox in the family of one of our schoolmates (Mary Saunders) and it was considered necessary for all the pupils to be vaccinated. Pure vaccine was not a common commodity in those days and our teacher who had a vaccinated arm, furnished from it the virus to vaccinate many of her pupils including myself.

Nearly always during those years of school in the little white school house under the hill the same band of pupils assembled each day

throughout the school months, and we came to know each other like members of the same family. Responding to the morning roll call were Charles and Roger Stillman, Mary Saunders, Orville Lewis, Hattie and Charlie Champlin, Frank and Arthur Green, Fred and Carrie and Ada Evans, Irving and Eva Saunders, Esther and Flora Whitford, Byron Green, Stella Pittebone, Charles Benjanin and other whose names I no longer recall.

When I was ten years old I had my first and so far as I can remember my only birthday party. It was warm enough on the occasion to make of it a lawn festival and the little girls, who came to help me celebrate, and I played outdoor games the entire afternoon. Father's work bench made an improvised long table on which to spread the birthday feast, the only thing about which my memory recalls is that there was an abundance of big pink and white hearts of peppermint candy.

The ensuing fall we had a new teacher in our district, Miss Mary Grace Stillman. She seemed quite a marvelous personage to me because her home was in Rhode Island, and that State then seemed as far away from our Center as China does at the present day with our more rapid facilities of transit. She was especially strict in her school government, and we all at first felt considerable awe of her. However, we came to respect and like her greatly in the years she taught our school. In the later winter of this year a "revival" was started in our village church. There was preaching services every evening, and a wonderful outpouring of the spirit of God fell upon our community. There were some marvelous conversions and many backsliders reclaimed. One man in particular I remember who had been looked upon as the worst character in the "center" was converted and made such a change in his life as to influence all the men

and boys who had been won't to congregate nightly at his place of business for no good purpose. These things all made their impress upon my mind, and upon those of my schoolmates. The chief topic of conversation at school intervals was the great power of the Lord. At the suggestion of some one, possibly our teacher, our midday intermission was turned daily into a prayer meeting led by Miss Stillman. With her we studied our Bibles and sought repentance from sins through meditation and prayer. As a result nearly all my young friends with myself included began a new life, were baptised and joined our church.

My baptism I look back upon as the greatest event of my life. I was only ten years old, but I believe I realized the great step I was taking and was whole heartedly in earnest.

The baptismal font of our church was beneath the pulpit the floor of which was lifted off for such occasions. The water was warmed when needful. The day of my baptism was a snowy one of early spring. There were fifty converts young and old whom our beloved pastor, Nathan Vars Hull buried that day with Christ and on the following Sabbath received into the first Alfred Church.

At this period of my life the Civil war was raging and the young people in our School were more or less concerned about the issues at stake. Several of them had fathers or brothers in the army. My uncle Charlie had enlisted and Father who was drafted had been rejected as unfit after the physical examination. Many of our town men had been in battles and most of us were zealous for the cause for which they were fighting. So long as the snow lasted in winter we built forts on opposite sides of our play ground and dividing the young folks into two opposing forces, stormed the forts with snow balls, as pastimes. In the summer earthworks were built for the operations.

The Civil war affected our peaceful little village in many ways.

Business was very slack and as there was almost no building going on my father had to discharge his men and was himself often without work by which he could earn, for weeks at a time. On such occasions he occupied himself in the completion of our own house and in improving our grounds but having consumed his bank account in paying for our home, and being without opportunity to earn more we were reduced almost to penury for a time. Even a few days paying job for father was hailed with rejoicing by all the family. Mother who understood the art of weaving rugs and rag carpeting took in an occasional order, thereby earning a little to eke out our depleted income. We had milk and butter and eggs, (home products) and our garden furnished us with good vegetables, in season, but bread stuffs were mostly beyond our reach. Flour was so high priced we could afford none at all, for some months. As a substitute Father purchased corn meal, and altho we had all of us been fond of it at first, corn bread, corn meal mush and corn pone palled up on our taste after using it as our staple diet for weeks. As for clothing mother exercised her ingenuity in mending, changing and making over the garments in our possession so that we kept respectably clothed altho we had no new dresses for years.

At this crisis the young women in the graduating class at the college decided upon wearing nothing better than common calico, for their graduation. A plan which they carried out, to their honor be it said. Many of the young men who entered college left it for the army. I was very much wrought up over the events of the war and eagerly awaited each days report of the transactions. One Sabbath as I was returning from Sabbath School I met my father who announced the fact that Lincoln had been assassinated. The terribleness of the tragedy possessed me for days, being almost the first occurrence of the sort of which I had ever heard. I could scarcely eat or sleep so concerned was I over the dreadful happening.

A tragedy nearer home turned my thoughts into another channel. Kitty, sometimes adventurous upon other peoples domains disappeared and we could find no trace of him, until one day he arrived dragging himself painfully along with one leg torn and bruised and useless from having been caught in a fox trap. We bound up his wounds and fixed him in a bed on a cushion, and for weeks tended him with the greatest assiduity until he finally recovered. About this time some one gave us a black haired puppy which Father promptly named "Growler". He and Kitty was friendly and lived in contentment together sharing the attentions of the babies as well as of the other members of the household.

About this time my father who had purchased some twenty acres of land on North Main Street, near by the school building started to build anew dwelling for our family. Being a builder he did most of the work himself assisted occasionally by Jimmie Crandell and "Lon" Sisson. The work had to be done at times when other jobs were not pressing as father and his gang were the only builders in the town. At that time houses were built much stronger than at the present day. The timbers were hewn by hand and when ready to be raised were put up by volunteer workmen who gathered from all parts of the town for "The raising". Our house was raised one afternoon in late summer. Memory recalls the bustle and activity of the scene and the shouts of the men as the timbers were lifted and poised in the sockets cut for them until the entire elevation was outlined in timbers and studding. It was the first glimpse of our own home to be and my little sister, Mother and I were most interested spectators of the scene.

Another family were now sharing the Stillman house with us, waiting for our removal to occupy the entire building. These people, Mr. and Mrs. Alonzo Potter, were very pleasant neighbors. They had two children younger than myself. The small one met with a sad accident about this time falling backward into a pail of boiling water.

As rapidly as practicable father rushed the completion of our new house and by winter were were moved into it although the upstairs portion was not fully finished. ^{we} But were very comfortably settled and greatly enjoyed our new home. The only one unwilling to move from the old quarters was "Kitty". He persisted in staying high up in a corner of the old wood shed for days. Mother finally succeeded in getting him into the new place and by dint of much petting and coaxing we made him feel at home.

That winter when sliding down hill on my sled I was hit on the forehead by a boy who was riding just ahead of me and badly stunned. For several hours I knew nothing of what was transpiring although, I was in the meantime taken home, placed in bed and a physician summoned. The day following found me able to attend school.

Life for me in those days had few diversions aside from school duties and work at home. Occasionally I was permitted to go home with my cousin Mary Saunders, or my close friend Eva or my neighbor Hattie, or my cousin Abbie and spend the night. Any such occasion was looked upon as a great treat as was also such times as these young people were permitted to "stay all night" with me in my home.

My father never kept a horse. Whenever and wherever we wished to go we walked. So I early formed the healthful habit of much walking which had no doubt been a life long benefit. Occasionally I enjoyed a sleigh ride in winter with some of my schoolmates whose parents kept horses.

In spring time sugar making was a common occupation with very many of the towns people who owned a few maple trees and with all who possessed a "sugar bush" as did most of the farmers of the community. I remember on many occasions going to visit my grand parents on "The hill" and my cousins the Wm. M. Saunders family at "sugaring" time, and partaking of the sweet in all its stages, sap, syrup, sugar. There were a few maples on our tract which father tapped for

"sap". The "boiling down" process was accomplished indoors on the stove, but not infrequently mother thus made several gallons of syrup and dozens of small cakes of sugar, to be stored away for tid bits from time to time during the year. Candy in those days was much more rare than now. I can remember scarcely a dozen times when I had candy during my entire childhood. Maple sweets filled its place, if place it has. The syrup we thought quite as essential as the meal itself, as an accompaniment for our buckwheat pancakes at breakfast. Many who had a sugar bush made all the sugar they used for household purposes at sugaring time. It was interesting to see the whole process. The sap was gathered in casks loaded on a stone boat and drawn about by a horse. A large sheet iron vat placed over supports of stone, within which was built the fire, formed the evaporating apparatus. Each morning and evening the sap was gathered, and some one must remain near, often day and night to keep the boiling continuous until the sugar stage was reached. By vigorous stirring it was then "grained" and upon the completion of the process turned into pans to cake. White granular such as is now so common was a rarity in those days. When we had use for other than maple sugar we purchased a brown sugar called "muscavato".

The season which father built our new house he almost brought from my grandfather's orchard in Almond, some twenty five full grown apple trees in good bearing condition, which were set out just north of our dwelling making a fine orchard most of Northern Spies, Rhode Island Greenings and Pippins. Besides there were two Talman Sweeting, a Harvest apple tree and a Golden Sweeting. Father often gathered as many as 100 barrels from these trees and whatever else of luxuries we lacked we had always plenty of fresh apples from August til April and sometimes later. As regularly as the long winter evening rolled around Father would descent to the cellar and bring up a dish heaped with apples, beautiful, mellow fruit,

which everyone assisted in anking away with. It was quite the custom if a chance caller came to offer him a plate and knife and invite him to partake of apples. The apple habit was for me one of early growth, and which with age has not abated. I remember that years later when a school committe^{me} man came to take to another township where I was engaged to teach a winter's school that my father jokingly told him I would need no other foods but apples and potatoes if they could supply those in plentitude.

The spring after I was twelve years old my sister Fannie was born. For some reason she was from the very first subject to much ill health, and suffering as she did was a great care which I shared with my mother in so far as I was capable. The big cradle which my father had made for my other sister was again brought into requisition and I again spent hours rocking both sisters in it sometimes sitting in it at the foot and singing as I rocked with them. When the little one was about six months old she had an acute inflammation of the lungs and for days her life hung in the balance. Mother was quite worn out with the extra care so I undertood the night watching. Never before having staid awake a whole night it was had experience for me but I succeeded very well. My sister recovered slowly but surely. I devoted myself to the care of her during my out of school hours. Mother said she was always in better mood when I looked after her, and as it was a pleasure to do so I largely assumed charge of her when not in school. I dearly loved to sing and was I think almost "always at it". At school and Sabbath School ^{we} were constantly learning new songs so that my range was a broad one, and mother as well as my little sisters were continuously urging me to sing for them. On several occasions near this period, Mr. Jarins Stillman, Doctor of Music, who led our church choir and was an enthusiastic vocalist as well as player on instruments held for a week at a time a musical convention ending in a public concert. I generally attended these conventions and the in-

struction there received constituted my entire culture in vocal music. Mr. Stillman was a thorough teacher and gave the class excellent instruction , probably as good as could have been secured anywhere at that time.

The teacher who succeeded Miss Stillman in our school was Miss Ruby Witter and under her instruction I completed all the studies taught there and at the age of thirteen entered the academic department of Alfred University.

REMINISCENCES OF UNIVERSITY DAYS.

At this earlier period no graduating exercises were held for the Academy. There was no distinct dividing line marking just how far one should or should not go. If desired one could take certain of the University studies while yet an Academician, but he would not be recognized as a University student until he had passed the State Regents Examinations.

This examination was a much talked of ordeal by all who had not "passed it", and with those who had been so fortunate, it was a matter of congratulation especially since during the two days on which the examination was held, they were given a holiday.

The conduct of the examination was always in strict accord with the State Regent's orders. On the mornings of the eventful day, our President would read the names of all the required candidates at Chapel exercise.

All classes were suspended and every pupil impressed to be on hand for the test in the seat assigned to him promptly at the time designated. No one was permitted to speak to another, or to look on another's paper. To this end, President Allen's watchful eye was always on his students, and none dared do otherwise than keep within the law.

Rare indeed was the student who could pass this rigid test in every study at the first trial. The present Registrar, then a class mate of mine, was one of those rare students. As for myself, two trials in one study was needed before I became the proud possessor of a Regent's Certificate.

Thus it came about that while awaiting my second opportunity for the "Regents" my last year's work in the Academy was really Freshmen University studies. Entering school again in the Spring, after my experience in teaching, I carried four studies of the Sophomore year, and by keeping to that number throughout the year following, I was able to complete the requirements of both the Sophomore and Junior years at the same time.

My University course to me was one long joy. I was fond of my teachers, interested in my studies, and enjoyed the association with my class mates, not a few of whom have greatly distinguished themselves in later years. Judges, Ministers, Senators, Lecturers, Missionaries, Authors, Philanthropists, Physicians, Teachers in embryo they were, all meeting on the common ground of Geology, Astronomy, Ethics, etc.

We scarce anticipated that "Pete" McLellan would one day sit on the Supreme bench of the State, that George Utter would be twice Governor of Rhode Island, that "Dan" Lewis would direct New York City's Board of Health, and Vandelia Varnum would win renown upon the Chautauqua platform, as they rose from their seats in the class room to discuss bugs, bees and beetles in Professor Miller's Zoology Class. Yet, why not ! The impetus began in those University days for Alfreds trend there as always, was toward high standards and efficiency and her sons and daughters had to make good.

All too swiftly the time sped by. My teachers were wonderfully nice to me (whether I deserved it or not).

Mrs. Ida Kenyon, herself a native of Germany instruct-

ed those who studied the German language. In her methods and insistence upon perfect lessons she was not one whit less thorough than was her distinguished husband in his teaching of English Grammar. Through the rudiments of the language, A B and C German, we passed the first year. Our second year was consumed in a study in the original of Meisters Wilheml Wallenstein Goethe's Faust besides conversation classes and one evening a week in her own apartments at the Ladies Hall, a German Club at which German life was studied, German poetry recited, and German songs sung by the various members. Mrs. Kenyon was herself a fine musician, a superior elocutionist, and a woman of wonderful resources, so our Club was never allowed to lag in interest. I prized her as a friend as well as a teacher.

My instruction in French was obtained from Miss Mary Brown, a pretty, petite young woman, who was also preceptress at Ladies Hall. She was calm, courteous and dignified in the class room, while always stimulating the pupil to his best endeavors. She too, I learned to love as both friend and teacher. With her I went through A B and C French then read "Mere Mitchell et son chat; Picciola; Corrine; Racine as my second year's work.

Memory brings to my mind one most enjoyable feature of my study with Miss Brown. It happened that our class the last year always preceded the advent of the mail to town and as Miss Brown had no class the following hour she was wont to walk down from the Chapel to the post office a full quarter mile with such of us girls as were on our way home.

It was a standing rule to converse only in French on this daily walk, and such a delightful chat as we always had with Miss Brown as leader. We were not sorry when for any reason the mail was delayed, as it gave us the longer opportunity for our French conversazione.

Later in my Senior year I was desirous of reading Louis XIV. But as I was the only person who applied for this privilege, Miss Brown found it impracticable to devote an hour each day to me alone. Just at this time Prof. William A. Rogers, who had been my early teacher in Mathematics returned again and began teaching in the University. He learned of my desire to advance beyond the regular school course in French and being himself an expert in that language sent me word that he would read Louis XIV with me. And so he did. Never have I enjoyed a study more than this thrilling history in the French language. Not a word of English did the Professor permit me either in parsing my sentences or asking explanation. English was the foreign language, and so it became possible to converse in French with considerable ease. We also covered twice the ground usually studied during a year's work.

Prof. Rogers took a position the year following at Harvard University and I never saw him but once again when on my wedding trip I paid a visit to Harvard some eight years later.

Physiology, Biology and Chemistry I studied under Prof. H. C. Coon, an old time friend of our family. Physics with Prof. E. P. Larkin; Botany and Geology were President

Allen's hobbies and he always taught them.

Mathematics was my one bug bear. I began my career in it with Prof. William A. Rogers, but he having been called to do some Astronomical work for the Government, Prof. Albert Whitford was elected to succeed him and was my teacher through C. Algebra an A. and B. Geometry, Trigonometry and Mathematical Astronomy. He was an excellent teacher, but I was a poor scholar. I managed to pass the exams, but I had not then and have never had any love whatever for mathematics. I was glad of an acquaintance with them but I had no desire to have them as boon companions. All of the sciences were favorites as were also the modern languages. It was easy to have good lessons in these studies because I found them interesting. In one Botany class President Allen usually skipped me until he had asked each other pupil and if he failed to elicit the proper reply he would remark "Well! I know Miss Eaton can tell us, and she will please do so." I was the very youngest of that class, which was mostly composed of seniors. I at the time was taking Freshman studies, and while I hope I was not "puffed up" over these occurrences I presume they made me keep to the determination to have A.1 lessons.

I found the studies in my senior year requiring much less study but a good deal more time than in previous years. We now began having lectures in Ethics, Esthetics, International Law, etc, all of which we had to take down in long hand. Most of these lectures were given by President Allen. A series of lectures on Church History were given us By Rev. A. H. Lewis who was at that time a resident of Alfred.

Rev. Lewis was a most gracious teacher and being a masterful interpreter of Biblical Love made these lectures most interesting and instructive. There were but six in our Senior class, all girls but one.

Our class roll was as follows:

Sara Marie Ayers,
Winfield Scott Bonham,
Sarah M. Burdick,
Ella Ervilla Eaton
Anna Eliza Nelson
Mary Frances Van Allen.

The number was considerably augmented in many of our classes and also on graduation day by the Theological class which had its Commencement program in connection with that of the Senior class.

We had no class insignia. We were simply the "Class of 72" and as a souvenir we chose a silver drinking cup with our class roll engraved thereon together with the year and "Alfred University".

The girls in our class had an affection for one another like sisters. With the exception of Miss Nelson we were all Alfredians. We chose Miss VanAllen for our Validictorian. We had planned that Miss Nelson should have that honor, but she became ill some weeks before the close of school and was not able to appear on the program. It was the custom for the Validictorian to make, beside her oration, a farewell speech to both class mates and teachers. Miss VanAllen

was especially gracious in her manner and well fitted for this part of the program.

We all wore white at Graduation. Miss VanAllen's dress was out with a train. Mine was a simple muslin with stripes of thick and thin weave and made without train. I wore no ornament but flowers.

The week previous to our graduating day, a number of the Alfred students went to Nornellsville one evening to attend a lecture. On the return trip the horses attached to the conveyance became frightened and threw the passengers out. Several were injured and Miss Sara Burdick one of our class had her leg broken. Thus it occurred that two of our class members were unable to be present at the graduating exercises.

A gloriously beautiful Summer day, Thursday, July 4th, 1872 was the occasion of our graduation.

The exercises began at 10:30 A.M. The program was a some what lengthy one, each of the four lyceums being represented by a special speaker which proceed the members of the Theological and Senior Classes. The following is the report of the seniors part of the program as given in the weekly newspaper:-

"Aspiration" The subject chosen by Miss Sara Ayers was a well written oration exhibiting not only the labor and patience of its author, but also the elevation of her thoughts and aspirations.

"What of the Day" - W. S. Bonham. A fair production the aim of which was to inquire into and name the need of the present age.

"Music" - Sarah M. Burdick. The oration was not presented owing to an injury Miss Burdick had recently received.

"Whither" was the subject of an excellent oration given by Ella Eaton. After showing some thing of the failure and disorder of aimless lives, Miss Eaton beautifully pictured the shining path and the increasing glory of consecrated living and the noble impulse that every true person gives to a natural life.

Miss Nelson's "The Books Were Opened" was omitted on account of illness.

The Valedictory with the very significant title "Rest" was pronounced by Miss Frances Van Allen. The oration was pretty and poetic and the farewell address was very graceful and appropriate."

I believe all my family attended my graduation, even my father, who rarely stopped work for anything on a week day favored me with his presence in the audience.

I was just three months past my nineteenth birthday when I received my degree ; Laureate of Arts, for completion of the Classical Course, and up to that date no other person had been graduated at so young an age from the University. President Allen frequently spoke of me as the "Youngest daughter of the University". Since then, however, I have known of another young woman graduate no older than I was myself, and quite likely the records now show others.

As I look backward it seems rather strange that almost none of the boys and girls with whom I began my educa-

tional career in the school house under the hill, continued with me as school mates during my later years of study. All were residents of the town. A few of us kept together during the Academic years then all but one or two besides myself ceased attendance upon school having completed as much of an education as they desired. Some of them, indeed, thought I was foolish to spend my time in extended study. One young man in particular whose sister was my "Especial" friend discoursed to me at much length regarding what he deemed the folly of wasting my time on a University course.

But I looked upon it differently. It seemed to me life is intended for progress, constant and continuous toward higher and better things, and I wanted to get just as high as I could.

So it happened I drifted in a measure apart from my childhood mates. I saw them at Church and Sabbath School each Sabbath and occasionally at other times, but our ways were mostly divers.

I had no lack of companionship, however. There were many fine young folks in my classes, some of whom became my life long friends. One young woman, Miss Inez Maxson, who came from Adams Center, began with me in nearly all my classes and had she not remained at home during my senior year would have graduated in my class. As it was, we chummed together for three years. At first she roomed and boarded at the parsonage with our pastor's family. A little later she made her home with Mr. Samuel Whitford and wife who lived but a few steps from my own home, so that Inez and I were constantly going and coming from school together, and together study-

ing our lessons at her home or mine.

Two sisters from Shiloh, N. J. Mattie and Julia Davis were many times class mates and friends.

Two young women, relatives of my Pastor, Julia Hall and Minnie Ernst were others of my close friends. Among the members of my class I think Lizzie Nelson was the most congenial. Our friendship was a lasting one, we corresponded during her remaining life time, full thirty years and were guests in each others homes on a number of occasions. Frances VanAllen Duff was for some years a resident of this town. Sarah Burdick Rosebush still lives in Alfred at which place I some times see her, but Dr. Sara Ayers and I have never met since our graduation.

Among the resident girls of Alfred with whom I hobnobbed were Viola Babcock, Mary L. Green, Lohancy Burdick, Eva Saunders.

Friends of the other sex were not lacking, but one of the "rules" of the University pertained to "unpermitted association" and not always could the young gallants prevail upon the President to favor their requests.

I recollect many an invitation prefaced by "I have secured permission to invite you", and indeed I would have accepted under no other conditions.

My home life during these years of study continued full of responsibilities. The family now numbered six and generally more. My cousin Buron had completed his course of instruction under my father and returned to his home where he had established himself in business and shortly thereafter

married. There were, however, several other young men who undertook a similar apprenticeship. Among those was Arthur Green and John Langworthy, Canfield and Adelbert Witter, now Rev. A. E. Witter, all of whom lived in our family. With a large household, three of whom were small children, Mother required as much of my assistance as I could reasonably give. I do not remember that I ever looked upon this as a hardship. I enjoyed housework, and took much pride in keeping our home up to as high a standard of cleanliness and order as possible. I doubtless spent myself more than was absolutely necessary in my efforts to keep things bright and shining, but I felt that if we were not able to afford as luxurious a home as some of our neighbors it should at least appear quite as attractive because tidy and well kept.

The sewing for the children fell to me to do, and I became quite expert with the needle making not only all of their garments but my own clothing, and sometimes Mother's.

When I was seventeen, my beloved Grandmother Coon was taken very ill. My Grand parents had sold their home near Almond and purchased a place on high ground nearer Alfred. Grandmother was a great sufferer and as she could not lie down, even at night, it was very difficult for her to sleep. My Aunts being over worked with care of her I often spent a night with Grandmother doing my best for her relief and comfort. She was a beautiful old lady with an aureola of snow white hair, above which she wore a dainty muslin cap in the fashion of those days. She was as lovely in disposition and mind as in her looks, and I considered it a privilege to do all I could for her. She would ask me to sing and with her

trembling voice join me whenever able. Sometimes I sang for hours during the night time and not infrequently sang dear old Grandmother to sleep.

To have me read aloud was another gratification to her. With reading and singing much of many a hard night for her was passed. Sitting so constantly she became very tired and to rest her I used to give her rubbings not unlike massage. Next to my Mother I loved my Grandmother. She it was who cradled me in her loving arms when I was an infant. She was always gracious and ready to talk to me as I grew older, and never do I remember hearing a harsh word pass her lips. My first great sorrow came in her death which followed her illness. How I missed her, my beloved Grandmother !

Shortly thereafter my other Grandmother, my father's mother, also died. I had not known her so well as Grandmother Coon and so mourned her less. My Grandfather Coon had two unmarried daughters, one of whom kept his home for him to the end of his own life. My Grandfather Eater for a time tried living alone, but he was getting blind and it was a difficult matter for him to attend to all his needs. When later he had a stroke of paralysis, my father brought him to our house where he dwelt the remainder of his days, some two years, a helpless invalid, a great care upon my Mother, who devoted herself to him most assiduously. My father likewise gave him much time and attention. He purchased for him the Jumbo chair which Ervilla now has, and into which he was assisted several times each day for rest and change. Poor Grandfather. His was a pitiful ending to a prosperous life, but he had only himself to blame for the outcome, as he was a user of

tobacco. It made him both blind and helpless. That tobacco taint is the one only blot on our heredity.

After Grandfather's death the big chair was brought down stairs and devoted to a new use. In it my young brother and sister and myself were wont to rock, singing meanwhile a medley of hymns and tunes. It cheered Mother to hear us sing and it kept the little folks out of mischief. Thus it came about that to fill the big chair with all the children it could hold and sing for an hour, most often between daylight and dark, was the common program. I am sure each of us children hold many dear memories of "Grandfather's Chair".

Vacations were devoted to the preparation of clothing for the coming year; to the gathering of wild berries and their preservation by canning or drying; to domestic sewing and weaving of carpets. Mother was an artist in carpet weaving and as she had a loom in the attic she not only manufactured what we ourselves needed not infrequently wove a piece for some of the towns people. The money she thus earned was, I believe, the only money she ever had for her independent use. My father always purchased the supplies and always chose and bought the goods for her dresses and the children's. He even purchased our head wear and foot wear.

It was quite the custom to go for such articles to Hornellsville where there were larger stores and better opportunities for choice. When I had reached my teens, Father very commonly took me along when he went to the "City" to shop. He permitted me to make my own choice, and usually it met his approval. I made selections too for my Mother and sisters. Occasionally Mother accompanied him, but Father always carried the purse.

Sometimes when demands for carpeting were numerous, I assumed charge of the entire housekeeping thus allowing Mother to devote all her time to weaving. I learned the art of weaving too in all its details and during one vacation prepared the filling, twisted the warp, did the coloring and wove twenty-five yards of carpeting which I sold for as many dollars.

The knitting for the family hosiery was not yet out of date, and I also learned the art of spinning rolls of wool into knitting yarn and from it knitting my own stockings.

Altho we used kerosene lamps for lighting Mother kept some candle moulds and always "run" a few dozen each fall for handy light in going about the house. Running candles was a simple procedure. A double wick for each candle was strung over a small wooden rod. This rod was so placed on the upper rim of the moulds that a wick centered in each individual tube. Its end was pulled taut through the lower opening and so completely filled it that none of the candle material could leak out. The tubes were next filled with melted tallow or paraffine which was left to cook. When perfectly cool the candles were easily drawn out by lifting the rod.

For laundry purposes we were accustomed to make each Spring a liquid soap with lye, leached from wood ashes boiled with such scraps of fat as had been saved during the Winter for the purpose.

But my vacations were by no means wholly devoted to work. I was no recluse. I entertained often at our home and quite as often accepted the hospitality of friends. There

was no water near us for pleasuring, but we had the glorious hills and the beautiful woods and glens, favorite places for walks and picnics, Sugar parties in Spring time, corn roasts in Autumn and moonlight picnics in Lovers' Lane during the warm season were among our diversions. Many visits were exchanged with my out of town cousins and friends. One one occasion I went to Adams Center to make my friend Inez a visit of some length. I had never before travelled so far; yet I was confident I could get along all right. I did, but it came near being otherwise. I had three changes of cars to make enroute, one of which unavoidably came before daylight. If I had been an experienced traveller I should have stepped for this last change at Syracuse, where the station was all alight, but I thought a large place would be as much more confusing that I had better continue to the junction, which proved to be a very inferior sort of a place. There was no light in the ladies room and the men's apartment was full of drunken and maudlin specimens, some of whom were asleep on the floor. There was two hours to wait for the train and no where to stay. A porter seeing me asked if I would go to a hotel and this I decided to do. It was but a few rods from the station and we walked the distance. For so short a time as I was to remain, I asked the privilege of sitting in the parlor which was granted. Being a young woman alone in a strange place I was in a dangerous situation as I soon found to my horror when one after another several unknown men tried to thrust their company upon me. Keeping as calm as I could I took my book and bag to a chair in the corner of the room close by the bell cord and placing two light

chairs in front of me opened my book with the appearance of reading. I paid no heed to overtures toward conversation so long as the party remained at a distance, but the moment he sought to come near I took up the chair in front of me and told him to stay where he was or I would pummel him over the head with it and would also ring the bell and rouse the house. This was effectual in sending him off. Very shortly another fellow put in appearance. With him I followed a similar course. Five different persons made an attempt to make themselves friendly and were all in like manner rebuffed. By this time it was the hour for the train and the porter came to show me to the station.

The men may have merely aimed to tease me understanding by my actions that I was terrified or they may have had evil intentions. I do not know, But I at least learned by this experience that the safest course for girls travelling alone is to stop at a station where officers are present at all hours and on my return trip I went to Syracuse to make the needed connection.

Railroad excursions from our town to Niagara and to Portage Falls were common occurrences. On two such different occasions I spent a day at Portage and made one journey to Niagara. These with the visits to cousins in Belmont and Richburg were the extent of my travels.

During my senior year my Cousin Julian, the son of my Aunt Susan, came to live in our family and attend the University.

One other important member of our household I have

unintentionally omitted to mention, our little dog, Gyp. He was a very tiny rat terrier, just the yellow color of Gypsum about which I was studying when he was given to us, a fact which gave him his name. Kitty, after having lived to be seventeen years old, and becoming entirely deaf had passed out of existence and Gyp was the pet of the family. He was remarkable for his intelligence. Mother would say to him before we were awake "Go wake Ella, Jennie, Willie" or whoever it might be and up the stairs he would bound to the bed of the one asked for and jumping upon it begin to bark and paw until we were wide awake and quite ready to get up in order to end the proceeding. Sometimes we heard him coming and covered our heads with the bed clothing, but we could not deceive him nor elude his vigorous activities save by rising. Upon our getting up he would quietly walk off down stairs, his task completed.

He loved to follow me to school, but this was as much "against the rules" as in the case of Mary's Little Lamb, so I was often obliged to resort to some strategic movements to get away from him. If he was able to get out of the house he would sometimes follow me at a long distance off aiming to prevent my seeing him but keeping in sight of me. He would do this sometimes when I would walk to my Aunt's who with Grandfather Coon lived at Alfred Station, two miles distant. When I got a long way from home he would come wagging his tail and showing his delight at being along with me, evidently knowing I was so far from home I would not go back to rid myself of his company. It was a curious thing that while Gyp was so determined to accompany us on week days he seemed per-

fectly indifferent to our leaving home for Church on Sabbaths. Although he was left wholly alone at home he never offered to follow, but sat at home on the front perch until he had a notion that it was time for us to be returning, when he would station himself in the center of the road and watch for our appearance. The moment we came in sight (full quarter of a mile distant) he would bound to greet us and escort us home. He was an affectionate little creature and was sorely missed by every member of the family when his days were ended by a big Mastiff which shook him to death.

The following was told by
Smith Kellogg
to his neice, Mrs. W. E. French, 17 N. Kendall St.,
sometime before 1916.

He was living with his granddaughter, Mrs. George DeCamp, on Howland St, Battle Creek, Michigan, at this time, about 1911 or 12.

He had been blind for some time.

He, with his older brother Merritt and their parents moved to Michigan, from Hadley, Mass. in 1836.

His fathers name was John Preston Kellogg,

His mothers name Mary Ann Call Kellogg.

Smith Kellogg was born in Hadley Mass., march 16, 1834.

They traveled by stage coach to Buffalo, N. Y., where they embarked on a sailboat and came across Lake Erie to Detroit.

At Detroit they found farmers from Flint that had sold their produce in Detroit, and the Kellogg family was taken to Flint by them by teams and wagons.

John Preston Kellogg bought 350 acres of land where Flint now stands. It was then only a town of a few houses, a saw mill, and a store. Our grandfather paid \$1.25 an acre, and was known as the richest man in the county. He also bought 40 acres of pine timber, and built a nice house and barn.

Detroit was the nearest market for everything they raised or needed. Wool, flax, etc.

Hogs ran wild in the woods, finding plenty to eat. Beers were numerous and tame, often brousing with the cows.

Trees were large and were cut down and burned. The ashes were sold or used for soap, etc. The sale of the ashes often paid for the land.

Two "beefs" were ~~xxxx~~ ~~xxxx~~ killed each year, and the hides taken to the Tannery. One hide for the family, and the other paid for the tanning. *The shoe maker staying with the family till work was done & paid in wheat, corn, etc.* Everyone used toacco, and raised their own. The men ~~xxxxxx~~ ~~xx~~ chewed, and the women smoked.

Very little of anything was bought. Maple sugar was used for sauce. Shoe makers came to the house, and were paid with corn, wheat, etc.

Common labor was fifty cents a day. During haying seventyfive cents a day. During thrashing time, one dollar a day.

They sold the farm and moved thirty miles nearer Detroit. Flint no covers this first farm.

Eggs sold for six cents a dozen, and butter for ten cents a pound.

The family lived in Tyrone until Smith Kellogg was a young man. School tuition was paid according to the number of children sent.

Smith Kelloggs mother died when he was eight (8) years old, of tuberculosis, leaving five children. Smith next to the oldest.

Uncle Smith said
He often killed bears and sold the hides for five dollars. The meat was eaten, and the oil was used for hair and shoes, Wolves were very numerous, and people carried firebrands to protect themselves from them,,.

DR JOHN HARVEY KELLOGG

Born at Tyrone Michigan, February 26, 1852.

Entered printing office at age of 12.

In 1872 began study of medicine at University of Michigan and graduated from Bellevue Hospital Medical College, which later became a department of the University of New York.

In 1876 accepted position of superintendent of the Battle Creek Sanitarium, Battle Creek, Mich., a position which he still holds.

Took over the Country Club Hotel and established the Miami-Battle Creek, which, like the Battle Creek Sanitarium, is a not-for-profit or eleemosynary institution. in 1930.

Made editor of Good Health in 1873 and has gotten out every edition since.

Made numerous trips to Europe for study.

Has performed over 20,000 surgical operations.

Founder and sponsor of Battle Creek College, a fully accredited school with between four and five hundred students.

Has written over 100 books and many medical papers. Among the leading books are

RATIONAL HYDROTHERAPY
THE ART OF MASSAGE
THE HOME HAND BOOK OF MODERN MEDICINE
PLAIN FACTS
MAN THE MASTERPIECE
LADIES' GUIDE
MIRACLE OF LIFE
THE CRIPPLED COLON
COLON HYGIENE
HOW TO HAVE GOOD HEALTH
LIGHT THERAPEUTICS
NATURAL DIET OF MAN
THE HYGIENE OF INFANCY
HEALTH QUESTION BOX
NEW DIETETICS
THE ITINERARY OF A BREAKFAST
TOBACCOISM
WHY THE BLUES

Devised several surgical procedures, some of which have been recognized and adopted by surgeons both in this country and Europe. Invented many medical appliances especially for the application of passive exercise, as well as numerous modes of applying water.

Invented electric light bath, mechanical riding horse, oscillo manipulator, the Universal Dynamometer, a device for determining the total strength of the human body and the strength of each individual group of muscles. This apparatus is in use at Annapolis and West Point, as well as many colleges.

Revolutionized the American breakfast by inventing corn flakes and other flake foods.

Organized the Battle Creek Food Co. which makes about 100 different foods, practically all of which he devised. All profits made by this company used to support Battle Creek College.

Here is a little story told by Merritt:

One day we had to go down town on business (Jackson), and John asked permission to go along. Father said he might if he could keep up. "I will keep up," he said; and, instead of following behind us, he ran on ahead. He had to run to keep ahead of us for we walked rapidly. Presently he fell flat on his stomach. He fell hard, and I was sure that he was hurt; but before I could get to him, he was up and faced about. Brushing the dirt from his clothes, he said, "I did that on purpose." I was impressed then that he would turn defeats into victories.

Father moved from Tyrone, Michigan, when John was two years old, and from there to Battle Creek when he was four.

KELLOGG GENEALOGY

JOSIAH KELLOGG, born in Hadley, Massachusetts, July 15, 1767; died in Hadley, January 16, 1856.

JOHN PRESTON KELLOGG, son of Josiah Kellogg, born in Hadley, Massachusetts, February 14, 1807; died in Battle Creek, Michigan, May 10, 1881; married (1) May 1, 1831, Mary Ann Call, born October 1, 1811; she died September 27, 1841; (2) March 29, 1842, Ann Janette Stanley, in Threadville, Michigan, born March 20, 1824, near Geneseo, New York; she died in Battle Creek, Michigan, March 30, 1893.

Children by first wife

MERRITT GARDNER, born in Hadley, Massachusetts, March 28, 1832; died in Healdsburg, California, December 20, 1921; married (1) Mrs. Louisa (Rawson)Whitmore, February 12, 1854; she died November 4, 1894; (2) Eleanor Kathleen Georgiana Nolan, July 29, 1895.

Child by first wife

Charles Merritt, born in Battle Creek, Michigan, August 22, 1856; died in Mayfield, California, September 20, 1889; married Frances Elizabeth Wear, June 18, 1882.

Children by second wife

Merritt George Harold, born in Nukunalofoa, Tonga Islands, July 12, 1899.

Muriel, born in Healdsburg, California, December 29, 1906.

SMITH MOSES, born in Hadley, Massachusetts, March 16, 1834; died in Battle Creek, Michigan, November 26, 1927; married in Sandstone, Michigan, May 13, 1858, Maria Susan Dickinson.

Children

Arthur Edwin, born in Battle Creek, Michigan, May 23, 1867.

Walter Eugene, born in Battle Creek, Michigan, March 13, 1870.

Charles Preston, born in Union City, Michigan, December 21, 1871.

Lena Celestia, born in Abscota, Michigan, June 10, 1875;

married in Paris, Illinois, December 3, 1897, William

Samuel Sadler; died in Chicago, Illinois, August 8, 1939.

Anna Bell, born in Waupun, Wisconsin, June 3, 1877.

ALBERT, born in Flint, Michigan, April 7, 1836; died in Cedar Lake, Michigan, March 19, 1913; married in Allegan, Michigan, September 15, 1863, Lucina Ashley.

Children of Albert Kellogg

Lucy Ann, born in Battle Creek, Michigan, June 3, 1864; died in Kalamazoo, Michigan, August 14, 1945. Unmarried.
Mary Nerina, born in Battle Creek, Michigan, September 14, 1866; died in Parkersburg, West Virginia, December 8, 1893; married in Kalamazoo, Michigan, June 3, 1883, J. Robert Portmess.
Effie Lucina, born in Kalamazoo, Michigan, February 25, 1876; married in Battle Creek, Michigan, July 7, 1911, William Rupert French.
Elizabeth Nina, born in Kalamazoo, Michigan, November 10, 1878; married in Battle Creek, Michigan, October 10, 1907, Walter Fisher.

JULIA ELVIRA, born in Flint, Michigan, February 3, 1838; died in Pomona, California, June 1, 1915; married in Battle Creek, Michigan, April 2, 1864, Thomas McDowell.

Children

Emma Laura, born October 8, 1865; died January __, 1891.
James Preston, born July 11, 1868; died December 24, 1879.
Mary Louisa, born March 2, 1874; died December 29, 1879.

MARTHA P., born in Tyrone, Michigan, February 18, 1840; died in Battle Creek, Michigan, July 14, 1852.

Children of John Preston Kellogg by second wife

MARY A., born in Tyrone, Michigan, March 31, 1843; died in Battle Creek, Michigan, March 14, 1858.

LAURA EVELYN, born in Tyrone, Michigan, August 29, 1845; died in Battle Creek, Michigan, June 3, 1916; married December 19, 1866, Charles Henry Brackett.

Children

William Emmett, born July 21, 1870; died October 24, 1942.
Vera Mae, born December 7, 1874; died March 9, 1929.
Claire Charles, born March 3, 1879.
Clyde Emerson, born March 3, 1879; died March 21, 1879.

EMMA FRANCES, born in Tyrone, Michigan, September 13, 1847; died August 27, 1849.

EMMA, born in Tyrone, Michigan, February 7, 1850; died in Detroit, Michigan, April 7, 1927; married March 16, 1875, Charles Leonidas Sobeski Kellogg.

Children of Emma Kellogg

Wilfred Custer, born October 3, 1876.

Claude Eastman, born May 2, 1878.

Claire Lewis, born September 7, 1882; died September 21, 1883.

Sumner LaVerne, born in Lancaster, Massachusetts, January 16, 1892; died March 27, 1904.

Ray Stanley, born in Lancaster, Massachusetts, June 6, 1894.

JOHN HARVEY, born in Tyrone, Michigan, February 26, 1852; died in Battle Creek, Michigan, December 14, 1943; married in Battle Creek, Michigan, February 22, 1879, Ella Ervilla Eaton; she died in Battle Creek, Michigan, June 14, 1920.

PRESTON, born in Tyrone, Michigan, February 24, 1854; died in Jackson, Michigan, April 7, 1855.

ELLA, born in Jackson, Michigan, February 23, 1856; died in Battle Creek, Michigan, July 29, 1858.

PRESTON STANLEY, born in Battle Creek, Michigan, April 5, 1858; died in Glendale, California, April 2, 1930; married in Battle Creek, Michigan, March 6, 1879, Florence Agnes Nye. She was born in Memphis, Michigan, August 10, 1857; died at the Paradise Valley Sanitarium, National City, California, December 25, 1940.

Child

Nellie Mae, born in Battle Creek, Michigan, March 12, 1880; married in Manila, P.I., August 1, 1906, Colonel Louis J. Van Schaick. He was born in Cobleskill, New York, July 1, 1875; died in Manila, P.I., February 14, 1945.

WILL KEITH, born in Battle Creek, Michigan, April 7, 1860; married (1) in Battle Creek, Michigan, November 3, 1880, Ella Osburn Davis. She was born August 28, 1858; died in Battle Creek, Michigan, September 2, 1912. Married (2) in Grand Rapids, Michigan, January 1, 1918, Dr. Carrie Staines; she was born in Fenwick, Michigan, November 11, 1867.

Children by first wife

Karl Hugh, born in Battle Creek, Michigan, November 27, 1881; married in Stevensville, Montana, June 28, 1905, Etta Landram; she was born there November 11, 1881.

John Leonard, born in Battle Creek, Michigan, August 23, 1883; married (1) in Hastings, Michigan, August 28, 1901, Hanna Kristina Peterson, born in Dalkarkberg, Orebro, Lan, Sweden, February 17, 1883 (divorced May 26, 1924); married (2) in Snow Islands, Michigan, August, 1925, Mrs. Helen (Eberstein) Flanner, born in Battle Creek, Michigan, August 27, 1887. Hanna married (2) in Detroit, Michigan, August 15, 1936, Dr. Louis J. Hirschman.

Children of Will Keith Kellogg, Continued

Will Keith, Jr., born in Battle Creek, Michigan, March 13, 1885;
died in Battle Creek, Michigan, October 30, 1889.

Elizabeth Ann, born in Battle Creek, Michigan, September 1, 1888;
married in Battle Creek, Michigan, May 1, 1911, Norman
Williamson.

Irvin Hadley, born in Battle Creek, Michigan, October 15, 1894;
died in Battle Creek, Michigan, August 22, 1895.

CLARA BELLE, born in Battle Creek, Michigan, September 11, 1863;
married in Battle Creek, Michigan, February 3, 1887, Hiland George Butler.

Children

William Pitt, born in Battle Creek, Michigan, November 22, 1888.

Annie Janette, born in Battle Creek, Michigan, January 22, 1891;
died September 16, 1891.

Mary Adelaide, born in Bowling Green, Florida, June 7, 1892; died
January 15, 1942.

Edith Priscilla, born in Bowling Green, Florida, January 24, 1894;
died in Natchitoches, Louisiana, January 21, 1946.

George Ide, born in Battle Creek, Michigan, July 22, 1898.

HESTER ANN, born in Battle Creek, Michigan, November 6, 1866;
died in Glendale, California, February 2, 1930; married (1) in Battle Creek,
Michigan, September 26, 1892, Frank W. Howe (divorced _____);
married (2) Henry Hems, February 16, 1903 (divorced _____).

Child by first husband

Gertrude Florence, born in Battle Creek, Michigan, July 28, 1894;
died in Battle Creek, Michigan, November 17, 1925.

GRANDCHILDREN OF WILL KEITH KELLOGG

Children of Karl Hugh Kellogg

Karl Landram, born in Stevensville, Montana, January 4, 1908; married in Riverside, California, August 15, 1936, Alice Olive Forcey, born July 27, 1909.

Will Lewis, born in Stevensville, Montana, February 12, 1910; married near Chula Vista, California, October 10, 1936, Patricia Jane Tufts, born August 5, 1914.

Children of John Leonard Kellogg by first wife

Will Keith II, born in Battle Creek, Michigan, June 6, 1907; married January 29, 1929, in Angola, Indiana, Elizabeth Phelps.

Children

Will Keith III, born in Philadelphia, Pennsylvania, April 6, 1930.
Joanne Kristine, born in Chicago, Illinois, July 1, 1938.

John Leonard, Jr., born in Battle Creek, Michigan, August 21, 1911; died in Chicago, Illinois, February 6, 1938; married June 1, 1937, in Eagle River, Wisconsin, Mary Muench.

Child

John Leonard III, born in Chicago, Illinois, April 4, 1938.

Children of Elizabeth Ann Williamson

Kenneth Stanley, born in Battle Creek, Michigan, January 26, 1912.

Eleanor Jane, born in Battle Creek, Michigan, July 3, 1913; married in Pomona, California, November 3, 1939, Byron V. Curry, Jr.

Norman, Jr., born in Battle Creek, Michigan, December 31, 1914; married in Tulsa, Oklahoma, September 6, 1939, Louise Evans (divorced September 9, 1943).

Child

Linda Louise, born in Battle Creek, Michigan, July 22, 1940.

John Harold, born in Battle Creek, Michigan, June 20, 1916; married in Davis, California, June 20, 1940, Eleanor Robinson.

Children

John Harold, born in Pomona, California, June 13, 1941.

Children of John H. Williamson, continued

Herbert Brian, born in Pomona, California, January 24, 1943.
Nancy Marie, born in Pomona, California, July 31, 1945.

Elizabeth Ann, born in Battle Creek, Michigan, April 17, 1921;
married in Las Vegas, Nevada, February 4, 1940, Marvin Lincoln.

Children

Marvin Allen, born in Pomona, California, January 18, 1941.
Robert Timothy, born in Whittier, California, December 4, 1942.
Kenneth David, born in Pomona, California, January 28, 1946.

Ellis Kellogg, son of Moses Smith Kellogg, born in Hadley, Massachusetts, February 9, 1846; died February 11, 1899, near Waco, Texas; married February 6, 1870, in Chicopee, Massachusetts, Sarah Ellen Crowther.

Arthur S. Kellogg, son of Moses Smith Kellogg, born in Chicopee, Massachusetts, November 2, 1858; died in Redondo Beach, California, March 28, 1945; married (1) in Flint, Michigan, September 25, 1883, Sarah Ellen Taliaferro; she died May 30, 1905. Married (2) in Battle Creek, Michigan, September 24, 1906, Della A. (Sawyer) Bosler, born in Richland County, Ohio, June 3, 1864; she died in Glendale, California, October 26, 1932.

Child by second wife

Helena Irene, born in Battle Creek, Michigan, March 6, 1908; married in Las Vegas, Nevada, May 29, 1938, John Paul Trankle.

Harland Center, 1844

Agreeably to notice the Rev. Albert
Northington met the following persons
at the schoolhouse at Harland
Center, who presented letters
from different churches and
were organized into a church
of Christ

Viz:

Myron Gowell

Caroline Lovell

John P. Kellogg

Elsee Marvin

Margaret Lemon

Sophiab Clark

profession Charles Williamson

Ann J Kellogg

On motion voted that we adopt
the congregational form of church-
government

On motion voted that it be
called, The ^{First} Congregational
church of Hartland

On motion Myron Lovell was
Chosen clerk.

On motion the Church adopted
the following articles of faith

On motion John P. Kellogg was
appointed Deacon.

On motion voted that the
members of the church abstain from
all intoxicating drink as a ~~beverage~~
beverage.

165
(Dictated by Dr. M. G. Kellogg to Clara K. Butler, 1916) Oct. 12.

In October, 1872, my brother and I visited Dr. Trall's establishment, at Florence Heights, New Jersey, where we spent twenty weeks in the study of medicine. This was John's first visit and my second. There were four or five lecturers on medical subjects, Dr. Trall being the chief lecturer. He had associated with him a woman by the name of Harmon, who gave lectures on physiology and hygiene. She was a fluent speaker and seemed to be quite thoroughly acquainted with the subject.

The building where the lectures were given had been erected many years previous for a boarding house for a summer resort.

The Delaware River lay about fifty feet below the Heights on which this building stood, and less than a hundred feet distant therefrom. The river at this place was about three-quarters of a mile wide, and not very deep, eight or ten feet, possibly a little more. Canal boats passed up and down the river in the summer time. The river was frozen over in the winter, the ice accumulating until it was ten inches thick. Two miles up the river, and on the opposite side, was the farm of William Penn, where he located when he first came to America.

When my brother and I wished to go for exercise, we would buckle on our skates and go up the river on the ice, as far as the old Penn farm. We saw and drank water from the well that William Penn dug, and pure, sweet water it was. We saw the old brewery building in which he distilled his beer. There were four cherry trees on the place which he himself planted. The body of these trees was about two feet in thickness, and about twenty feet to the first branches.

As this was in the winter season, of course there were no cherries to be had. The brewery building was nearly gone into decay. A visit to this place was very interesting to us, as it would be to any one who was acquainted with the habits and character of William Penn. We made frequent excursions to this place.

The building in which the lectures were given, fronted on a street running from the village of Florence, back to the railroad which runs from New York down to Wilmington. The town of Florence was about two miles from the depot. The building was a little over 200 feet in length and had a wide veranda extending the whole length in the rear, so that if the weather was stormy, and we did not wish to exercise on the ice, we would pace back and forth on the veranda.

There were fifteen or twenty students at the school that winter besides a number of boarders. We used to have frequently a meeting in one of the dining-rooms which had been converted into a reception ~~ha~~ room, where there would be some stories told, some singing, and occasionally a dance, my brother acting the part of violinist. The first night that my brother played for the dance - after it was over - he said to me, "I don't know what my sister Emma would say if she knew that I had played for a dance." I think he felt a little conscious-smitten. I joined the rest of the students and boarders in the dance, but have not felt conscious-smitten for it from that day to this, for the reason that I did it purely for exercise, and I could see no difference in singing a tune with our feet and legs and the singing of the same tune with our vocal organs. I always chose for a partner in these dances the wife of a Universalist minister, who was also a

student at the institution. She was a splendid dancer, and soon taught me so that I could keep step with her and with the music.

Mrs. Harmon, the lecturer on physiology and hygiene, wore what she called a "health reform dress" of her own device. The upper garment, when viewed from the back, exactly resembled a gentleman's dress coat, but from the front, it more nearly resembled a lady's dress. It lacked about three inches of reaching to the knees. Underneath this she wore a pair of trousers cut almost exactly like men's trousers, the bottom of the leg being "sprung" in front. The undergarments, she said, were all suspended from the shoulders.

Another style of dress worn by the women students was more nearly like the dress usually worn by ladies, only that the waist was loose, the undergarments all being suspended from the shoulders, and the trousers were of the style known as "Turkish bloomers." The legs were about ten inches wide and gathered into a band at the ankle. They were loose enough so that they hung "baggy", hiding the band from sight. This style was the same as that worn at Dr. Jackson's "Home on the Hillside," at Dansville, New York, his adopted daughter having ^e advised it.

Another form of dress worn by some of the students who wished to conform to the health reform style of dress, was improvised by cutting ten inches off the bottom of an ordinary dress and making a pair of leggings, or pantalettes, as they used to call them in the days of my childhood, which were about fourteen inches long, and ^{attached} bottom to their drawers, just below the knees, and reaching to their ankles. This style of dress looked perfectly outlandish.

One of the lady students - one of them in particular -

wishing to conform as nearly as possible to the style of dress worn by Professor Harmon, made the mistake of cutting her trousers so narrow that they fitted her legs almost perfectly tight, and made her appear really ridiculous, especially when dancing. She was a good dancer, however, notwithstanding her dress.

Most of the dresses were made of calico, though some were made of flannel and broadcloth.

Dr. Trall was bothered somewhat about getting a sufficient number of lecturers to present all the subjects which he desired presented to the students, and on the opening day of the school, he came to me and asked me to give the lectures on anatomy, and to assist in giving the demonstrations on the cadavers, offering to allow me \$10.00 a week on the board bill of myself and the four students who were with me,--John Kellogg, J. E. White, W. C. White, and Jennie Trembley, who had been editing the Health Reformer.

Our first arrangement was that we were to pay \$5.00 a week each for room and board, but he proposed to pay me \$2.00 a week on the board of each of the five of us, in consideration of my giving lectures and demonstrations in anatomy. I had taken my degree four or five years previously.

There were five of us, Dr. Trall, Professor Harmon, Professor Lines, and a doctor who was a graduate from the medical department of the University of Michigan, whose name I cannot recall. These persons constituted the faculty for that term.

Our course of study took us through a period of twenty weeks. During all this time, my brother was the most studious person in the institution. He and I occupied the same study room, the same sleeping room, and the same bed. At eight or nine

o'clock in the evening, after having had our recreation, we would study together until ten or eleven o'clock, then I would retire. My brother would continue his study till two or three o'clock in the morning, then he would retire, and I would get up and resume my studies until time for breakfast. Between us, we kept the stove in our study room red hot all winter long, as hard coal was cheap and we had plenty of it.

Our study-room and sleeping-room were both quite large. There were two beds in the sleeping-room. The one that we did not use was occupied by two young men who were brothers, who always retired together, as early as possible in the evening, and did not rise from their bed until time to get ready for breakfast. It was seldom that either of them looked into a book. What little knowledge they obtained was by attending lectures.

In addition to his studies, my brother frequently gave a lecture on chemistry, a study in which he was quite proficient. We had no regular lecturer on chemistry in the school that winter, so all the instruction the students got was given by my brother. After giving lectures on inorganic chemistry a few times, he gave a few talks on organic chemistry. To this, Dr. Trall very much objected, claiming that there was no organic chemistry, that no chemical action took place in connection with the maintenance of life. He claimed that instead of its being chemical action, it was vital action.

Dr. Trall did not conduct a medical school for his health but for the money there was in it. Professor Harmon attended to the ordering of supplies for the house. She seemed to be a sort of partner of Dr. Trall, and the students generally supposed that the partnership extended beyond purely financial matters -

at least far enough for them to maintain an illegal family relationship, a proposition which Professor Harmon fully endorsed, to the extent that she, in ordering supplies for the house, paid more attention to the amount of money she could save in her purchases than she did to the quality of the goods, especially in the matter of dried fruits for the table,-wormy, oh, how wormy they were!

No condiments, or seasoning of any kind for the food, ever came into the house. No sugar, no salt, no pepper, no vinegar,-nothing of that sort ever entered the house. Potatoes were either boiled or baked, and served on the table without seasoning of any kind, or butter, to be eaten just as they came from the oven in which they were baked, or the kettle in which they were boiled.

We had graham mush usually once a day, with some kind of dried fruit, which we had to examine very carefully before eating. We had two kinds of bread. One kind which was made from the cold, left-over mush, into which graham flour had been kneaded, and then placed in the oven and baked very rapidly. This bread was always soft, and was not really unpalatable.

Another kind of bread was made generally of graham flour-occasionally of white flour. It was made by stirring flour into ice cold water and making a very thick, stiff dough, and rolling it out into rolls about three-quarters of an inch thick, eight or ten inches long, which were placed in a very quick oven. They would usually puff up by the steam until they would crack open on one side, so that while crisp and hard, they were light, and were quite palatable.

Occasionally we had fresh apples. We sometimes provided ourselves with oranges and lemons. Beautiful Florida oranges

could be bought then for ten cents a dozen. The table was not provided with cake, or pie, or dessert of any kind.

(Dictated to Clara K. Butler, Oct. 19, 1916).

A BRIEF ACCOUNT OF MY TRIP TO THE
SOUTH SEA ISLANDS IN 1893

by

M. G. Kellogg, M. D.

We left San Francisco at 12 o'clock, noon, on the 17th day of January, 1893, on the schooner, Pitcairn, or rather, brigantine, I should say, for she had been changed from a one-masted schooner to a two-masted brig, with Captain Christianson master. I am sorry to say that we sailed under false colors to some extent. Those who fitted out the expedition were very desirous of having a Swede, whose name I cannot recall, go in the capacity of mate, but inasmuch as he was not a citizen of the United States, he could not start out in that position. Elder Cady was appointed. He was a young man who was going out as a missionary and knew nothing whatever of the requirements of a sailing master or mate. He was shipped as his mate, with the understanding that as soon as we got out of the jurisdiction of the United States, the Swede was to take his place as first mate. I never have been reconciled to the deception that was played on the government in that act.

Captain Christianson was a very hard and jealous man. Elder Cady was also a very set man - very stubborn in his ways. Before we got to the island where we left Elder Cady and his wife, Captain Christianson had become so incensed against Elder Cady that he told me that he would be compelled to put him in irons. I had to act as peace-maker, although I never let Elder Cady know

what the captain had proposed to do.

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There were seven or eight members of the crew, including the cook, cabin boy, captain, mate, and able seamen. There were eight missionaries aboard, E. C. Chapman and wife, who were going out as school teachers, expecting to locate in the Tonga Islands; Elder J. M. Cole and wife, B. J. Cady and wife, who were to locate wherever they could find^a suitable place. Miss Hattie André went out to locate on Pitcairn Island and engage in school teaching there. I was engaged simply for the trip, and expected to return with the vessel to San Francisco.

Pitcairn Island lies a little over ^{4,500} 3,000 miles in a line almost due south from San Francisco. This was to be our first stopping place. Elder Gates and wife had been left there by the Pitcairn when she made her first trip, and were still there. On reaching Pitcairn Island, the captain was directed to place himself and vessel under the charge of Elder Gates, and go wherever he directed.

We were 32 days in making the trip from San Francisco to Pitcairn Island. We met with no accident, and there was nothing of unusual interest except that when we reached the equator, we were becalmed for 72 hours. Three days in succession, at 12 o'clock, noon, we took an observation of the sun to ascertain our latitude and longitude, and found that we were within a radius of one mile, from first to last, during those three days. No wind whatever - not enough to keep the boat in any one direction. It just kept swinging round and round. The sun was boiling hot. It was the most tedious experience of the voyage, and was, for that matter, of my entire life. After we had wind, we made quite rapid progress until we reached the latitude of

Pitcairn Island. Every eye was strained to get sight of land. ³ Just at night we discovered what looked like a little cloud about as large as a man's hand, way in the distance. "Land, ho!" the sailors cried, and sure enough, land it was.

The next morning found us only a short distance from the island. The natives of this island, with the exception of three or four sailors who had deserted ships and located there, were all descendants of three of the mutineers of the British man-of-war Bounty and their Tahitian wives that they had taken to the Island, after putting the captain of the Bounty and nineteen of his crew adrift in an open boat while cruising in the Society Islands.

Three progenitors of these Pitcairn Islanders were a Mr. Adam; Mr. Young, and Mr. McCoy, all British sailors and British subjects. All told, there were 170 inhabitants on the island when I visited it. There had been at one time over 700 of these Pitcairn Islanders, but as the island was originally a bare rock ^{2 1/2} one and a half miles in length, one mile ^{1/2} in width, and 1100 feet high at the highest point, the island could not sustain them all.

We have no means of knowing how long the island had been above sea level, but as the ages went by, sufficient decomposition of the rock had occurred to form a soil capable of producing vegetables. The winds and the waves had brought seeds of various kinds, including several kinds of nuts. Coconuts were the principal food element, and the trees made quite a forest on part of the island. Some of the trees were between two and three feet in thickness. There was one banyan tree that covered at least a couple of acres of land, sending down its shoots, all of which took root on reaching the ground.

When the island became overstocked with people, the British Government sent out a man-of-war and took every inhabitant, with their household goods, over to Norfolk Island, more than 2,000 miles to the westward, that island being inhabited at that time, having been used previously as a penal colony by the British Government.

A few ^{few} days after ^{they} we were located there, a few of the people got discontented and returned to Pitcairn Island - I think some twenty or twenty-five, all told, from whom the present inhabitants have *descended*.

Every morning on Pitcairn Island, if the day was fair, some one climbed to the highest point, 1100 feet above sea level, to ascertain if there was a ship in sight. On the morning after we sighted the island, the natives looked out and spied the vessel, and when we got within four or five miles of the island, we were met by a boatload of the natives, whom we took aboard ship, and they piloted us into Bounty Bay, as it was called. It is a slight indentation on one side of the island. Another group of islanders, accompanied by Elder Gates, met us at our landing place. Going ashore, we had immediately to climb a hill over 200 feet high to get to the flat on which the people reside.

As the missionaries went ashore, two of the native girls, caught each of the missionaries by the arm, one on either side, and helped them up the hill.

Not knowing how long would be my stay there, I took my camera ashore with me, intending to take a few pictures. As I started up the hill, which was very steep, one of the young women came to me and offered to carry my camera for me. Fearing she might drop

it and break it, I declined to let her take it, saying that I was better able to carry it than she was. "No," said Elder Gates, "let her have it. She can carry it and you too up the hill." In addition to my camera, I carried ashore my emergency case, in which I had dental instruments, and a pocket kit of surgical instruments, and a few medicines.

It was about noon when we reached the settlement and the natives soon prepared a feast for us. After dinner, I commenced looking after the sick, or those who needed to have teeth extracted.

Elder Gates was very desirous of visiting the nearest inhabited group of islands, which lay 300 miles to the northwest, so it was arranged that Elder Cole and his wife, Sister Andre and I should remain on the island while Elder Gates and his wife accompanied the ship to those islands. They were gone between four and five weeks, during which time I gave two discourses a day, giving a sermon in the morning and a health lecture in the evening. The people there all understood English and knew very little of their native tongue, that of the Tahitians, from whom they were descended. The rest of the day I put in looking after the sick and those who needed dental work.

One girl, twelve years old, fell from a tree and broke her thigh while I was on the island. Another girl fifteen years old was with her, and she took her in her arms and carried her three-quarters of a mile down the mountain side to the flat where the people lived.

The people had all lived on soft foods so long that there was no person on the island that had good teeth. They lived in board houses, the boards being cut by hand with a pit-saw. The tree from which the boards were cut being placed on a frame-work

x Miss McCarty () of Balis

board houses, the boards being cut by hand with a pit saw. The logs from which the boards were cut were placed on a framework about seven or eight feet from the ground. One man would stand at the top of the log, another one on the ground beneath it, and the saw was pulled up and down by them.

When the brig, Pitcairn, returned to the island, Elder Gates decided to remain there as pastor until it returned on her third trip to the island, and Miss André was to remain as teacher? The rest of us proceeded to the Society Islands, occupying about three weeks in making the trip.

* Tahiti, the largest of the Society Islands, is a most beautiful place, with a climate that cannot be surpassed anywhere. It is called the "Gem of the Pacific." If I remember right, the island is about eighty miles long and twenty or twenty-five wide. It appears to be of volcanic origin, and the center towers several thousand feet above the sea level. This central elevation is surrounded by a flat extending from its foot to the shore, which is several miles in width on most of its sides.

This island, like all others of the Society group, is surrounded by a coral reef which extends from one to five miles out from the shore. Wherever a fresh water stream comes down from the center of the island, there is an opening through the reef to the shore. That part of the reef which is above water is not very wide. It is generally twenty or thirty rods to a half mile, and it is submerged at high tide, just covered, and that is all.

Inside of this outer portion of the reef, there is what is
 •(The old spelling was Otahaiti). (?)

called a lagoon, or lake, with water deep enough for the largest ships. There were two openings through the reef into this lagoon - I think both on the north side of the island. One of these was about a quarter of a mile in width and was toward the eastern end, while the other, about four to six miles distant, was over half a mile wide. The lagoon formed a perfect harbor. Once the ships were inside, they were safe. The tide only rises and falls about two feet at Tahiti and in San Francisco there are over nine feet between the highest and lowest tide, while at the Bay of Fundy, off Nova Scotia, the tide rises and falls sixty feet.

The coral reefs are all built up by a very minute insect, and what we know as coral is simply lime stone which has been elaborated by the salt water and by the minute coral insect. At first, the coral reef is built in the form of a plant - a stem, with branches in various directions. Afterwards, other insects build in the spaces between the branches. The coral reef at Tahiti, at its outer margin, drops perpendicularly down from the ocean's surface more than 1,800 feet, all of which has been built up by these insects.

When our vessel came opposite the first of the two openings to the reef, we gave a signal for the pilot. While watching for the pilot, Peter Hansen, an able seaman, and I took the ship's boat and went through the opening in the reef, across the lagoon to the island, where we met Elder Read and his wife, missionaries who had been placed on the island at the former trip of the ship. Elder Read and his wife went to the brig with the sailor, leaving me on shore with our boat.

I got a couple of boys to take me in the ship's boat back to the Piteairn, but before we got to the narrow opening, we found

that the captain had taken on board the pilot, and was sailing down to enter the lagoon through the wide opening. The two native boys were rowing the boat while I steered out through the wide opening to meet the Pitcairn on the open sea. We got about half a mile out on the open sea when we saw the Pitcairn approaching so rapidly (six miles an hour) that I attempted to turn the boat about, so as to have it headed the same way the Pitcairn was going, intending to catch a rope that would be thrown to us as the ship passed us, about 30 feet away. The boys who were with me prevented me from turning the boat about, so that our boat stood quartering to the direction in which the Pitcairn was going, and when the sailor threw the rope to us, the boys both sprang to one side of the boat to catch it, and would have spilled us all in the ocean had I not immediately thrown my whole weight on to the opposite side of the boat, in which case I would not have been dictating this story. However, "all is well that ends well."

Elder Read had succeeded in gathering together in a large company the converts to the faith he was teaching. The next day, after landing, these people made us a feast of most unique description. We had fruits and vegetables of nearly every kind that the island produced. In addition to these, we had roast chickens and roasted fish in great abundance. There were no tables, no dishes, no chairs. We were all seated on the ground, our food being served to us on large green leaves - as large as a dinner plate. Instead of knives and forks, we used our fingers. We had neither tea nor coffee, but coconut ^{water} milk, served in the nut that produced it. A most delicious drink it was, as clear and limpid as the purest water, and had a sweet, milky taste. Each nut contained more than a pint of the ^{water} milk, more than we could use at one meal, and when

our meal was finished, we used the coconut as a finger bowl, with the unused portion of the milk which it contained.

We sat in two rows, the feast spread between us. Many persons were present besides Elder Read and his wife. There was a congregation numbering 200 people all told.

When Captain Cook made his third and last voyage to the Pacific, he was sent out by the British government with a company of astronomers and scientists to make an observation of the transit of Venus across the sun's disk, the object being to get the exact time, so as to correct if necessary the time kept at Greenwich observatory in England. Whenever ^{they} he had finished their observation, Captain Cook planted a copper nail in the ground on the exact spot on which their telescope had been placed. In company with Dr. Read, I visited the site of this nail, which was planted, if I remember right, in May, 1780, more than 100 years previously.

I was at Tahiti about three weeks, spending more than half my time in visiting and caring for the sick. Elder Read usually accompanied me. It was the success that I had in treating these sick people for their various ailments that created in Elder Read a desire to be ^{come} a doctor.

The capitol of Tahiti is called Papeiti. ^{eti} Formerly, the island belonged to Great Britain, but in 1840, being desirous of securing possession of some place that was in the hands of the French, England and France made an exchange, so that the Society Islands were turned over to France. Previous to being turned over, the English missionary society which had planted missions there in 1819, had made many converts. Several small churches had been erected. Native preachers had been ordained. These missionaries

Called Point Venus.

60° 50' N - 170° 00' W Tahiti.

had all come from Australia, consequently had carried the reckoning of the days of the week eastward, first from England to Australia and from Australia to these islands, and all the communication they had with the islands was by way of Australia. After the transfer to France, the French who sailed around Cape Horn to the island, thus carrying their reckoning of the day westward, changed the reckoning of the days of the week in Tahiti by dropping one day out of their ^{Calendar} so that the day that had previously been called Sunday at Tahiti and the adjacent islands, was now called Saturday, and the days of the week have been reckoned in accordance with American time instead of Australian time as formerly.

The natives of Tahiti, next to the African Negroes, are the most fun-loving people in the world. Very often in Papeiti time was devoted to some entertainment. Many of these entertainments were quite interesting, but at least half of them were most shameful and disgusting to civilized people who have any sense of morality.

On leaving Tahiti, we proceeded westward to the next largest island of the group, 130 miles west. Raiatea is about 20 miles in length and 7 in width. It had no high mountains, the highest point being only 100 or 200 feet above sea level. This island was under French government but two or three years previous to our visit, the natives had rebelled. A man of war was sent out by France which bombarded their towns, killing many of the people and destroying many of their habitations and plantations. When we reached there, the natives were very shy of us, fearing that we were French. It took us a week to forget their suspicions, and we never would have accomplished it had it not been for the fact that I, being a doctor, and devoting my time while there to the welfare of those who were helpless, had thus won their confidence and

and respect.

When we first touched this island, we passed through a very narrow opening in the reef into a very small, narrow lagoon, reaching there just at dusk. The natives of this island had learned that we were coming and that there was a doctor aboard the ship. To my surprise, before we had the vessel tied to a tree that stood on the bank, a native canoe containing a very tall woman and two native men pushed off from shore. Coming alongside, the woman and caught on to the end of a rope which hung from the side of the boat, placed her feet against the side of the vessel, and hanging from the end of the rope, she climbed up, exclaiming, "Har^u Tote, Tote, ^hArami, Arami, matua tama mahaka," the interpretation of which was "Doctor, Doctor, come with me quick. My father is very sick." Elder Read interpreted her speech for me.

I immediately seized my ^{emergency} medicine case and got into the canoe. Although it was getting to be quite dark, I went ashore with her to the sick man. She was at least six feet tall and a very rapid walker. She proceeded^e immediately up into the bush, took a narrow footpath, and led me two miles into the interior. I had no idea when I started where I was going or for what purpose, only that this woman's father was a very sick man and wanted help. A half hour's walk brought us to her father, whom I found living in a hut, the entrance to which was so low that I had to get down on my knees to enter. There I found a poor old man suffering with a swollen knee. His suffering seemed to be most terrible.

On examining his knee, I found that the bone was affected and a large amount of pus had ~~collected~~ and a large amount of pus had collected which was filling his thigh and causing great pain

by its pressure. I immediately lanced it and it discharged nearly a quart of pus, after which he was relieved. I left with them some carbolic acid and water, with a syringe, for washing ^{the sore} it out, and showed them how to use it and how often, which I made them understand, although I could not speak their language, and then I returned to the ship.

That was my first medical exploit at Raiatea. The next day the ship moved eight miles to the village where the queen of the island resided. I at once began to make inquiry for sick people, having learned that the natives had taken us for French and were afraid of us. By careful attention to their sick, giving relief in every instance, some of whom were supposed to be almost dying with fever (one little boy in particular), I soon won their confidence, and after a stay of three weeks, they not only consented but begged for us to leave a missionary with them.

Elder B. J. Cady and wife were left at that island. Here was where I first noticed that the children of these islands were just as playful ^{and inventive} as are the children of the whites. To illustrate their love of fun and pleasure, I noticed one day three little boys flying kites, and such kites, I had never before beheld. They did not manufacture their kites, but caught them ready-made. This is the way of it: There were mud wasps on the island similar to what we have in America. These little boys each had caught a mud wasp and each one, having a spool of thread, had tied the thread to the narrow part of the wasp's body and let them fly as long as their spools of thread would permit.

When we had been at Raiatea about a week, we proposed to them that we would leave one of our missionaries there. To this proposition some objected, while others favored it. The high chief said they would have to call and consult all the people to discuss the matter, which would probably take a week. We decided, therefore, to visit ^{the} a little island of Huaheine, which was 30 miles distant. On going to the little island of which I first spoke, we found several hundred people assembled together waiting for us to put in our appearance in one of their council rooms, which was more than 200 feet in length and about 60 feet in width, built by posts set in the ground, an arched, thatched roof, and coconut leaf curtains at the sides.

Among those assembled, we found more than 40 invalids, all of whom were great sufferers from numerous diseases, ulcers, fevers, etc. We stayed there several hours, during which time I was constantly employed carrying for the sick.

After returning to the ship, we decided to go to Huaheine the next day and leave the chiefs to discuss the matter of whether they would have ^a missionaries left with them.

The council house consisted of four logs about 40 feet long, lying on the ground in such a manner as to form a hollow square, one log being on each side.

We took an open boat early in the morning, spending 11 hours in going to the island we were to visit. We remained three days, during which time I had some 30 or 40 patients to treat. When we returned to Raiatea, we found the chief men of the island still discussing the proposition as to whether we should leave a worker with them. A day or two after they had received word as to what

we had done for the natives on the two islands, by unanimous vote not only agreed to accept a missionary but asked us to leave one with them, which we accordingly did, Elder Cady and wife being the parties left there.

I must mention one feature connected with Raiatea. About five miles distant from the village where the queen resided, there was an old stone temple, as it was supposed to be. It was about 200 feet long and 30 or 40 feet wide. This parallelogram was constructed of slabs of coral about two feet in thickness, twelve to fifteen feet in width and from fifteen to twenty feet in height, all set on end close together, & so as to form a wall on each side and both ends. This wall was filled with stones weighing from 100 to 200 pounds each. When it was built and for what purpose, no one on the island could tell. The oldest man said that neither they nor their forefathers knew anything about the purpose for which it was built.

After remaining at this island for three weeks, we took our departure for a group of islands 300 miles to the south. After starting on our voyage, I took my stand at the *stern* of the ship, looking back on Raiatea as the most interesting place I had ever seen. When I thought of the needs of the people and the opportunity for doing good, I could not refrain from weeping that we could not remain with them and help them. I never left a place with so much sorrow in my life.

We then proceeded to Rurutu, the largest island of that group. It was from this island that the mutineers of the "Bounty" took their wives before proceeding to Pitcairn Island.

I have previously mentioned the fact that the Pitcairn Islanders were all very religious and in general strictly moral.

whether we should leave a worker with them

We spent a week at this island and on Sunday morning, Elder Cole, Mr. McCoy and I went over to the farther side of the island to attend a church service conducted by the leading chief of the island, who was also an ordained minister, under the direction of the French Missionary Society, who were the successors of the London Missionary Society after the transfer of the islands from Great Britain to France.

I was greatly surprised on arriving at our destination to find a beautiful wooden church structure, better looking in every way than any of the country churches I had ever seen in America. It was constructed entirely by the natives themselves, the lumber being cut with a pit-saw from native trees, dressed and polished until it shone beautifully, especially the seats and pulpit.

The services consisted of a sermon by the chief, after which came baptism by sprinkling of some infants, and then the celebration of the Lord's Supper. I have witnessed a great many similar meetings in highly civilized countries, but never have I witnessed one conducted more orderly and with a deeper, apparent sense of realizing what it all meant than the one on this island.

It was six miles from where our vessel lay, ^{over} from a mountain about six or seven hundred feet high, to the place where this service was held. In order to be in season, we started early, before breakfast, and consequently, had no breakfast until considerably after mid-day.

One of the native women came to us after the service and asked us to go home with her and take dinner. To this, we gladly assented. An hour later, we sat down to a dinner which consisted of baked taro, a plant somewhat like a large turnip, yams, baked f

fish and chicken, ~~all of which was prepared on the previous day.~~

The way the natives bake their taro, bread, fruit, chickens, fish, etc., is by digging a small pit in the ground, filling it with quick, dry wood, heaping stones on it the size of a turtle's egg, and heating these stones red hot. The food to be cooked is wrapped in green leaves, to the thickness of several inches, and is most delicious when cooked in this way--much more so than when cooked in an iron oven.

Our dinner was brought to us about two o'clock, and it was cold, everything having been prepared the previous day. No native on this island is allowed to cook any food or do any kind of labor on Sunday.

Having had no breakfast, we returned, and having travelled six miles over the mountain, we were quite hungry and ate to repletion. We were sitting at the table about one hour, talking and eating. As we sat there, a messenger came from the Governor (or Mayor, as we would say) of the town, telling us to hasten to his place immediately and take dinner with him. "No," said my companions. "We are full now and can eat no more." "But," said I, "it will not do to turn the Governor's invitation down. We must go over, and go through the motion of eating whether we eat anything or not." We accordingly went, and on arriving at his house, found him seated at the head of the table waiting for us. The dinner consisted of baked yams, taro, chicken and fish; all cold, however. We took our places, and managed to tear to pieces a good deal of food, so that we had the appearance of eating more than we did.

After spending an hour at the table, I said to Mr. McCoy and Elder Cole, "We will have six meals before we reach home, I think we better be going

think we better be going. "No," said a native policeman who was in the room, "you can't travel on Sunday. You must wait till after sundown. We will put you in the calaboose if you start home before night." At first, we thought possibly he was in earnest, but we soon discovered that he was only jesting, although it is a fact that no native is allowed to be away from home on Sunday.

On reaching the village where we were stopping, we found that the women folks belonging to the high chief's family, with a few others (all of whom were relatives of the Pitcairn Islanders), had prepared a bountiful feast for us consisting of cold baked yams, taro, chicken and fish.

What to do we hardly knew, as it would not do to turn down their kindness, although, as Elder Cole said, "our bread baskets were full." I insisted, however, that we must not offend them, that we must at least go through the motion of eating, which we did, all of the missionaries that were then with us being present. After tearing to pieces and scattering over the table several roast chickens, fish and yams, a native, Phillip, said to us, "Now come right over to my house and have some slapjacks and a cup of tea."

Wishing to humor him in his request, I went with him, and to my surprise, found at his house a plate of slapjacks, as he called them, piled two and a half inches high, each cake being about eight inches across. His tea consisted of steeped orange leaves. I took a cup of the tea, which was very palatable, and allowed him to eat the slapjacks. He ate every one of them, although he had eaten a very hearty meal only a few minutes before.

We were on this island a week, and spent the last night singing and talking with six or eight of the natives, all of whom were relatives of the Pitcairn Islanders, therefore relatives of McCoy and his sister Mary Ann, who was with us.

About two o'clock in the morning, the woman who owned the house where we were stopping, a person about thirty years of age, got on her hands and knees and crawled across the room, which was very large, and under the table, which was covered with a wide cover that hung almost to the floor, and spent the rest of the night there, weeping and sobbing at the thought of parting with us, although she had been acquainted with us but a few days.

I never saw a more affectionate and loving people than are the natives of the South Sea Isles; that is, to those of their own kin. If two relatives have been separated for a year or two, on meeting, they sit down together on the ground and place their arms around each other's necks, hug each other, and weep for an hour or two at a time without speaking a word.

The next island we approached after leaving Rurutu was Mangaia. This island belonged to the Cook group. It was only five or six miles across. It was of coral formation, with a lagoon in the center, in which the natives did their washing.

From Mangaia, we proceeded to Raratonga, where the London Missionary Society had established headquarters for mission work for the group. We spent about a week at this island with a most interesting people. A few years later, our people established a mission there. My cousin, Dudley Owen, and family located here for a time. Afterwards, other missionaries took their places.

Leaving Raratonga, we sailed in a northwesternly direction for over 900 miles to a small island known on the maps as Savage

Island, and known to the natives as ^{Nuua} . This island was a vast coral reef standing up 200 feet above sea level. It was about 12 miles in extent each way. Cook Islands were the nearest land to this island. We spent a week here very pleasantly indeed. The London Missionary Societies' ^{representative} received us very kindly. The third day after our arrival, he told us that the natives on the opposite side of the island, having learned that there were missionaries aboard the Pitcairn, wished him to bring them over to their village that they might give us a reception. Mr. McCoy and I accepted the invitation. We were each furnished with a horse to ride 12 miles across the island, and to our surprise, found the natives gathered together to receive us.

The missionary took us to a house and had us take seats on a bench and await their coming. In a few moments, we heard the beating of a crude drum, and presently saw emerging from the bush a procession of 600 natives. ~~They were headed by a young man beating a drum, and a young man was dancing along the way. They came marching very slowly.~~ The missionary said to me, "When these people come to you, they will take you by the hand and say, "Alofa." You must say 'Alofa' in return. The word means love to you."

They came marching along, two and two, headed by a young man beating a crude drum and a young girl about 13 or 14 years of age, who came dancing along the way. They marched very slowly, occupying several minutes in going a few rods. They were so much engaged and interested in what they were doing that a young man who was dancing went into a frenzied state of mind and fell unconscious to the ground. He had to be carried away, and did not regain consciousness in less than an hour afterward. Each person as they came to me and shook my hand, handed me a little token

of their love for missionaries. Very few of their gifts had any intrinsic value whatever.

The sun was shining brightly and I did not take my palm leaf hat from my head. Presently, one of the young girls brought a new palm leaf hat in her left hand. Extending her right hand, and taking my right hand, she said, "Alofa." Then she took my hat from my head and placed it on the ground, putting the new hat on my head. Soon after, another young girl did the same thing, and before the reception was over, I had had 25 new hats placed on my head, and they lay all stacked up, one upon another, by my side, with the exception of the last one, which I had upon my head. Afterwards, I sold these in Fiji at 25 cents apiece.

Mr. McCoy, who sat on the opposite side of the room, was crowned 17 times in the same manner that I was. I felt very proud of being able to say that I had been crowned more times than any earthly monarch that ever reigned over man, 25 times in one day.

When the reception was about half over, an old woman who was dressed with a piece of tapi cloth about her loins and limbs, and a calico blouse covering chest and arms - a little old woman at least 80 years old, without a tooth in her head, came and took me by the hand, saying "Alofa," Alofa, Alofa." Then, raising my hand to her lips, kissed it on both palm and back. Another woman still older than the first one, and very decrepit, and in garments of the same description, and without any teeth, came up and, taking me by the hand, exclaimed, "Alofa, Alofa, Alofa," with tears running down both her cheeks when she ^{suddenly} constantly bent forward and kissed me, first on one cheek and then on the other, then on my forehead, and then on my nose. Mr. McCoy said, "I am glad it is

*Aloha
everywhere*

X
 not me." I replied, "I am glad it is me. She is treating me as she would treat Christ. She is seeking to honor Christ by doing this to me as a servant of Christ. I receive it in the same spirit in which it is given."

After all had shaken hands, they formed into a large group and sang a hymn in their native language, and then the reception was ended. One of the native teachers who could talk English gave me a little account of how that island came to be settled by these people. He said he didn't know where their ancestors came from, but many, many years ago, a party of men and women out in a large boat fishing, were driven by the winds out of the sight of land. Their boat tossed about on the ocean day after day until their provisions were all exhausted. The weather had been cloudy, and they had no knowledge of where they were only that they were lost on the open sea. Many days passed and some of them had died and were tossed overboard. At length, they discovered this island away in the distance, and as they came nearer, they discovered that there were coconut trees growing on it. In their language, the word describing the coconut is nue, and when they got near enough, they cried out "nue, nue" (~~coconuts here~~), meaning that they had food.

It was impossible to land anywhere on the island except in one particular spot, and it so happened that the canoe was headed for that particular spot. They landed, and became the progenitors of the people that we found there. They were entirely unlike the natives of any other islands that we visited.

I should judge from the appearance of the people that this first canoe load of their ancestors were of at least three different nationalities. Some of them were of the Samoan type of people; others of the Madagascan type of feature and color; and still

not me." I replied that I was glad

others almost perfect Africans.

When Captain Cook first discovered this island, he went from his vessel to the shore, taking a dozen of his marines, all dressed in scarlet. He landed at the same place we did and the point where the first boat load of settlers had landed. There was a steep hill from this place to get to the top of the island, which was about 200 feet above ocean level.

Captain Cook, in his description of the island, says, "We landed and started to climb a hill, when hundreds of natives came down, armed with clubs and made an attack upon us like savage wild boars." He therefore gave the island the name of Savage Island, and it is known by this name on the map of Polynesia to this day. The natives call it Neua. Neu means coconut, and neua means food near.

The native preacher told me that previous to the coming of Captain Cook's ship, in the last part of the eighteenth century, the natives of the island supposed that that was all there was of this world. Everything else in sight was water and sky. They had no knowledge of how many generations had preceded the generation which was in existence when Captain Cook first visited the island. To the sky, as seen in every direction from horizon to zenith, they gave the name of langi, which, interpreted into our language means the heavens.

When they first sighted Captain Cook's vessel rising above the water in the distance, they thought it was a messenger from langi, and when he and his company landed on the island, they supposed they were people from heaven. Their word signifying man or people is papa. So they gave the name of Papa Langis to Captain Cook and his men. From that time to this, all

(White man)

all white people are known to them as Papa Langis - "people from heaven." They had no idea of God only as they saw manifestations of a mysterious character which they attributed to the work of some spiritual being. They thought there were several Gods. When a hurricane struck the island, destroying their coconut trees and other food trees, they supposed that the God that controlled the winds was angry with them. When the storm caused the waves to dash with great fury against the perpendicular sides of the island, throwing water more than 300 feet in height up on to the island, they thought that the God who ruled the sea was angry with them. And so with every calamity that came upon them or their island home - some God must have been offended at something they had done. They knew of no way to appease his wrath.

There were no large canoes on the island, the very largest being less than two feet in diameter, consequently, they could make no large canoes. Their canoes were generally made of logs about fifteen to eighteen inches in diameter - sometimes not over fourteen inches. These were dug out, and then a slab $1\frac{1}{2}$ inches in thickness was fastened to the top edge on each side of the canoe, the seam being made water tight with pitch that they had gathered from a peculiar kind of tree. In these canoes, they would go far out to sea on fishing excursions.

They had a curious custom regarding the disposing of their dead. If a man who owned a canoe died, his body was wrapped in ^a tap~~r~~ cloth and placed in the canoe, together with whatever things he set most value on. This canoe was towed out on the ocean until it got a sufficient distance from the island not to be carried back by the tides. It was then cast adrift, and the dead man was supposed to be on his way to langi.

The entire island, being of coral formation, had crevices and channels at the water level, or a little below, which ran far back from the shore into the island. Some of these caves were sufficiently high above the water to be dry all the year round. The caves were used as burial places for many of the dead who had no canoes. After the missionaries located there, they taught the people to dig graves and bury their dead in a manner somewhat similar to that practised in civilized countries. I visited many of these graves. On the top of one, I saw an old, broken-down cook-stove which the native buried there had once owned and prized very highly. On another grave, I saw a broken down table; and on every grave which had been made within the past few months was deposited some article that had been of value to the deceased during life.

A few rods concerning the introduction of Christianity to these islands would be quite interesting:

A young native while out in his canoe, at some distance sighted a passing vessel - a very unusual sight to the people of this island. Sometimes years passed before a ship would be seen. He was picked up by the captain of the vessel and carried to Samoa, a place in charge of the representative of the London Missionary Society, who was stationed at Apia. The missionary placed him in school, taught him the Samoan language and the principles of Christianity as taught by the representatives of the London Missionary Society. The young man proved to be an apt scholar. He soon learned to read the Bible in the Samoan language, and became capable of translating

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it into his own language. In the course of two or three years, he became thoroughly enthused to have the Christian religion introduced to his own island.

A foreign vessel visited Apia, and when it left the island, the missionary found that their Nuea student was missing. He was not heard from for several years, but after a while a trading ship entered the Apia harbor, having on board supplies for the mission station. The captain, while visiting the missionary, told him that he visited Nuea while on his way from America and, to his surprise, found a Christian church erected on the island, with a native preacher who had no Bible except the Samoan New Testament. He had gathered about him a congregation of earnest worshippers. The London Missionary Society's representative sent one of their number to the island to investigate what it all meant. On reaching the island, they found that the preacher who had done this work was their missing Nuea student. They immediately took steps to have the London Society send out a missionary to be located there. They sent a man whose name was Chalmers, I believe. He remained ten years. He translated the New Testament scriptures into the Nuean language, established a school, taught the pupils the Christian religion, and succeeded in establishing a little church in each of the eleven villages of the island. When his time expired, another man was sent in his place, ^who was resident missionary on this island when I visited it.

Many of the young men of this island have embraced Christianity, ^{and} studied for mission work in other islands, after being properly educated. Some were sent to New Hebrides and other places to do missionary work among the natives there. They were real zealous Christians wherever they went, and did ~~w~~ good work opening the way

for better qualified^d men.

When we left San Francisco, it was the intention of the mission board that Brother E. G. Chapman and his wife should locate on the Tongan Islands and engage in teaching school. We had left them at Tahiti, however, and we decided on leaving Nuea to proceed to the Tongan Islands, visiting the entire group and ascertain what sort of missionaries better be brought out on the next trip of the Pitcairn. We therefore sailed directly from Nuea to Vavau, the most northernly island of the Tongan group.

On entering the port of Vavau, the customs officer, a native, came off in a ¹ ~~canoe~~ to examine the ship's papers, and ascertain for what purpose we had called. Coming within 20 or 30 feet of the ship, he cried out, "Measles here!"

"Thank you," said the captain, who then gave orders for the vessel to be put right about and proceed at once to sea. His reason for doing this was that he knew if he entered the port or permitted any of the natives to board our vessel, he would be compelled on reaching Fiji, which was our next destination, to go into quarantine for three weeks, until all danger of bringing measles to the island was past. There had been several fearful epidemics of measles in Fiji, in one of which 40,000 of the people died. We therefore proceeded directly to Fiji. Not having been exposed to measles in any way, we did not have to go into quarantine.

When the Pitcairn made her first trip to the islands, Brother John I. Tay, a member of the Oakland church of Seventh Day Adventists, and ~~the~~ the man who superintended the construction of the Pitcairn, was left with his wife on this island^s in Fiji to canvass among the whites for books and other publications. He picked up what he could of the Fiji language and prepared the way

for locating a missionary at that point.

Brother Tay, having had no knowledge of the climate nor of the dangers to which he would be exposed in going from place to place in an open boat, soon took a fever, from which he died after a few days' illness. He was buried on the island with nothing to mark the spot where he was buried except a bit of board.

On the first trip of the Pitcairn after leaving Fiji, it proceeded to New Zealand, where the captain also died, and the ship lay there several months being renovated. During this time, they received word of the death of Brother Tay, and the Pitcairn went over and picked up his wife and she returned to Oakland on the return of the Pitcairn from her ocean voyage. The mission board then ordered a small headstone made, and Mrs. Tay had me make a suitable fence to enclose the spot where her husband was buried. We had the headstone and the fence on board the Pitcairn, and it was my first duty after reaching Fiji to hunt up Brother Tay's grave, set the headstone, and put the fence around the grave.

After remaining a few days in Fiji, we proceeded to Norfolk Island, about half way between Fiji and Sydney, Australia.

We ~~let~~ ^{left} Elder Cole and his wife ^{at} Norfolk. After spending a week there, we sailed away 600 miles to Auckland, New Zealand, making the distance in 72 hours.

I left the Pitcairn ^{at this point}. After spending three months in New Zealand, preaching, lecturing on health and temperance, and caring for the sick as opportunity offered, I proceeded to Australia, reaching there the second week in January, 1894.

Many of the young men of this island, after embracing Christianity , and being properly educated, showing evidence of real Christian zeal and earnestness, were sent out to other islands in the Fijis, New Hebrides, and other places, to do missionary work among the natives. They were real zealous Christians wherever they went and did good work, opening the way

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(Dictated to Clara K. Butler, October 19, 1916).

A BRIEF ACCOUNT OF MY TRIP TO THE
SOUTH SEA ISLANDS IN L

(Doctor was conversing with his
brother, Dr. P. S. Kellogg)

Dec. 26, 1929

"I get my very best ideas early in the morning, when I wake up in the night. I doubt if I ever told you about Savita. Ten or twelve years ago, I saw the importance of having vitamins in a form to add to food. All our patients needed vitamin B. Some days we did not have foods with it in. I was anxious to get it in a form to have on the table, so that patients could use it at every meal. I worked at it several times, making a combination that I thought would be all right (in powder form). It would be all right ^{at night, but} in the morning, solid as a brick. I couldn't get it to stay powdered twenty-four hours.

One night, at three o'clock, I found myself wide-awake, and sitting up in bed. I turned on the light, and thought, "What does this mean? There is an important idea coming to me." I picked up the tablet on my table, and, with pencil in hand, waited without the remotest idea what was coming along. In a flash, the whole idea of how to make Savita came to me. I hadn't thought of it for days, but my sub^cconsciousness brought the idea to me. The whole thing came to me in the night--how to make it; what the difficulty was. I wrote out the process and the labels to go on the package. I wrote out the whole business, and the next morning telephoned to the factory to order shakers right away.

The brain is a machine for making ideas.....There is a great advantage in pausing, meditating. Pausing ⁱⁿ our activities gives opportunity for thoughts that have been developing in one's subconsciousness to go forward. That is the advantage of rest.

almost wholly empirical. The Doctor had fortunately enjoyed special opportunities as a private student under the senior Austin Flint and the late Professor Janeway while pursuing his studies at Bellevue Hospital in 1875-6. After graduating, he served for a time as a student assistant to the late Dr. George M. Beard, the inventor of neurasthenia. Through Flint, he became acquainted with the work of Currie, of Liverpool, who first made a scientific study of water.

On beginning his work at Battle Creek, the Doctor began at once to study the effects of water, electricity, exercise, sunlight and diet, and to base his prescriptions upon the physiologic results obtained. He also made a careful study of the crude methods of the old-fashioned water cure, which he endeavored to refine and to expand. The results of these studies, researches and experiences are to be found in several published volumes, particularly "Rational Hydrotherapy," "Massage," "Light Therapy," and "The New Dietetics."

Among the more important contributions made by Dr. Kellogg may be mentioned the following:

Dr. Kellogg was the first investigator to make use of the sun bath, which he did at the beginning of his work in Battle Creek, having learned of its value from a study of the use of the bath by the old Romans.

Dr. Kellogg was also the first to make therapeutic use of Edison's discovery of the electric light. The electric light baths which he had constructed for use at the Battle Creek Sanitarium were soon copied in Europe, where they rapidly came into use and were known as the "Kelloggische Lightbad." These German-made baths were brought to this country by the Kny-Scheerer Company, and soon became popular.

The various forms of cabinet and portable light baths are all modifications of the original light appliances devised by Dr. Kellogg.

More than forty years ago, the Doctor began a study of the therapeutic value of various forms of electrical currents, testing the currents produced by all the different kinds of apparatus available. This research led to the discovery of the sinusoidal current, some of the characteristic properties of which he described in a paper read before the American Medical Association several years before d'Arsonval, the eminent French physicist, discovered and described the current and gave to it the name "sinusoidal."

In the study of exercise as a therapeutic means, Dr. Kellogg soon recognized the necessity for more accurate means of measuring the dynamic capacity of individual groups of muscles. After several years' work, he perfected the Universal Dynamometer, which has been for many years in use at Annapolis and West Point

(For Memoirs)

4-5-6-7
Sunday, June 22, 1930. 28

Write about my books - how I came to write the different ones.

The Natural Diet of Man. The articles were first written for a Pennsylvania paper.

Hydrotherapy. Begun on a steamer trip from Detroit to Chicago around the lakes.

Episode at Wisconsin Chautauqua. A woman bumped her head in the night. Gave fomentations with a tin dipper.

Episode in El Paso.

Finishing the manuscript. Worked 48 hours on a stretch without a wink. Thomason fainted. Fell over on the bed. I slapped his face with a wet towel, set him up, and set him going.

Saw people looking in at the windows. Animals faces on the walls. Chairs looked like beasts ready to spring at me. My manuscript on the table surrounded with a [?] halo of light. Everything was clear within the light circle, but the outside things were disordered.

Episode in Chicago. Writing Hydrotherapy. Forty-eight hours without a wink of sleep, writing with my own hand, not dictating. The same [?] of light before me. A broad band of light starting on my table and sloping upwards. I had reached a point where I could not proceed when suddenly this band of light appeared. The ceiling of the room seemed to have disappeared and the band to reach far up in the sky, far up, until it disappeared in a point. Suddenly, the words - headings of chapters - appeared on the band running across it and the headings began to move downward. I could trace them as dark bands across the band of light

June 22, 1928

a long distance upward. As they moved down, they became distinct so I could read them. I wrote them down as they came down, one by one, and they became the headings of chapters in my book, Hydrotherapy. They were new ideas - entirely new to me - and constituted important features in the book.

The Work in Chicago - How It Started.

The work in Chicago - how it started.

The merchant's daughter who made her father promise when dying to furnish a nurse for the poor in Chicago.

My first visit to Chicago.

Sent down Emily Swartz, a German girl.

Began work with the Chicago Visiting Nurses' Association, and in charge of Mrs. Dudley, wife of Professor Dudley.

Started work in Clark Street, where no one had ever worked before. Later, sent Sister Louise to take her place.

The World's Fair year started a bath place near Colonel Clark's Mission, then in charge of Harry Monroe (Put in name of Mission).

Episodes connected with this Mission.

The first drunkard brought in by newsboys.

Drs. Rand and Kress.

Description of the place. Crowded full. Met policeman coming out. Remarked, "We don't need any clubs down there." The place was full of the toughest men in Chicago.

Washing hats, boots, overcoats; getting boiled out to kill fleas (?)

Sign over door, "FREE BATHS. FREE LAUNDRY. FREE DISPENSARY."

Assistance from Dr. Bayard Holmes, able surgeon.

Kept pavement clean in front of place; found it dirty. I was talking to the nurse about its being very dirty. A hobo was passing and thought I referred to him. He turned upon me

1. John Harvey Kellogg
2. Born at Tyrone, Michigan, Feb. 26, 1852.
3. Father- John Preston Kellogg. Born at Hadley, Mass., Feb. 14, 1807.
Married (1) Mary Ann Call; (2) Ann Janette Stanley.
Died at Battle Creek, Mich., May 10, 1881.
4. Mother's maiden name, Ann Janette Stanley. Her father's- Josephus Stanley.
5. *Ephraim Mc Dowell*
6. Lieut. Joseph , earliest paternal American ancestor; "baptized in Great Leighs, England, April 1, 1626 ; m. (1) probably in England, Joanna _____.
It is not known in what year he came to America. He was in Farmington, Conn., in 1651, where he was an early settler and served several times as selectman. Land (now covered, in part by the Advertise r building on Washington street) which Joseph bought for seven hundred dollars in 1659, is one of the most valuable parcels of land in Boston, being worth more than one hundred dollars per square foot."

7. Direct line of descent from Lieut. Joseph arranged by generations:

1stLieut. Joseph. m. (1) probably in England, Joanna _____)
She died in Hadley, Mass., Sept. 14, 1666. He m. (2) Abigail Terry.

2nd ... Nathaniel, son of Lieut. Joseph, b. in Hadley 8 Oct., 1669;
m. 28 June, 1692, Sarah Boltwood, b. in Hadley, 1 Oct., 1672,
dau. of Sergt. Samuel Boltwood and Sarah Lewis.

He was in Deerfield 6 June, 1693, when the town was attacked by the Indians; he escaped and alarmed the town. He was one of the largest tax-payers in Hadley; Lieutenant in the militia; selectman of Hadley, 1717, '21, '24, '27, '37. He rem. to the Third Precinct of Hadley (now Amherst) and was one of the original members of the church there, 7 Nov., 1739. He d. 30 Oct., 1750.

Lt.

3rd ... Nathaniel, son of Nathaniel, b. in Hadley 22 Sept., 1693; m. (1)
4 Mar., 1714, Sarah Preston, b. in Hadley, 8 Nov., 1693. She d.
15 Sept., 1756; he m. (2) 1 July, 1758, Mrs. Martha (Allis) Hammond,
of Hardwick, b. 19 Nov., 1703. She d. 13 Sept. 1764; he m. (3) in Ware,
29 Oct., 1765, Mrs. Elizabeth Smith, who survived him.

He d. in Hadley 6 Aug., 1770.

He was a surveyor of land; Lieut. in the militia; selectman of Hadley. In 1738 the General Court of Massachusetts allowed him and William Chandler two hundred and eight acres of land for a map of the Connecticut River.

4th ... Gardner, son of Nathaniel, b. in Hadley about 1730; m. 29 Apr., 1762,
Thankful Chapin, of West Springfield. She d. 24 Feb., 1805;
he d. in Hadley, 6 Oct., 1814.

Sentinel in Capt. Israel William's Co., in Colerain and Charlemont,
9 Sept., 1754 to 14 Mar., 1755; private in Capt. William's Co., in
expedition against Crown Point, 1756; served forty-four weeks.

5th ... Josiah, son of Gardner, b. in Hadley, 15 July, 1767; m. 29 Oct.,
1794, Hannah Smith, b. in Ashfield, Mass., 3 Dec., 1774.
He d. 16 Jan., 1856, aged 88 years, 6 months, 11 days; she d.
27 Apr., 1864, aged 89 years, 10 months; both died in Hadley.
He was a farmer in Hadley.

6th ... John Preston, son of Josiah, b. in Hadley, Mass., 14 Feb., 1807;
m. (1) May, 1831, Mary Ann Call, b. 1 Oct. 1811, dau. of
Josiah Call, of Springfield, Mass. She d. 27 Sept., 1841;
he m. (2) 29 Mar., 1842, Ann Janette Stanley, b. 20 Mar., 1824;
d. in Battle Creek, Mich., 10 May, 1881; she d. there, 30 Mar., 1893.

7th ... John Harvey, son of John Preston, b. in Tyrone, Mich., 26 Feb., 1852;
m. 22 Feb., 1879, Ella Ervilla Eaton, b. in Alfred, N.Y., 7 Apr.
1853.

Mrs. ~~John~~ J. Kellogg, wife of J. P. Kellogg, was born ~~near~~ ⁱⁿ ~~Mt. Morris~~, Genesee Co., N. Y., March 20, 1824. Her maiden name was Stanley, her father being descended from the English family of that name. When a girl, her parents moved to this State and settled in the Saginaw Valley. Having had exceptional opportunities for education, she began teaching school at the age of sixteen years, riding ^{alone} on horseback twenty miles through the dense forest to reach her first school in a new settlement.

In 1842 the deceased married John P. Kellogg, an early settler in the Saginaw Valley, ^{and} took charge of his family of five children who had been bereaved of their mother several years before. These, with ~~six~~ ^{eight} children of her own, she reared to manhood and womanhood. The deceased came with her husband to this city 38 years ago, and, at the time of her death, was one of the oldest residents.

Mrs. Kellogg was a woman of remarkable vigor and endurance. She was possessed of an indomitable will which carried her through trials and difficulties to which most women would have succumbed. Of an exceedingly amiable disposition, she was genial, frank and sociable with her friends, ^{although} ~~but~~ reticent with strangers, and ^{she} had few intimate acquaintances. Those who were not personally acquainted with her, might sometimes have mistaken her reticence and dignity of character and bearing for coldness of disposition, but those who came near to her knew her to be an uncommonly generous and exceedingly tender-hearted woman. Her children were all trained in the school of frugality and economy. Though in her early years deprived of the advantages of many accomplishments, and compelled to undergo the trials and hardships of pioneer life, the deceased possessed a native love for the beautiful, which rendered

her keenly appreciative of whatever was truly good in art and music. She was a most devout lover of nature, being interested in and watching every new development in science, particularly in the natural sciences. Her intuitions were remarkably keen, and the judgments of men and things based thereon seemed to be infallible.

Early in life, the deceased became an earnest Christian, and her whole life was devoted to unselfish labor for others. She was constantly active in doing for the comfort of those about her. She was remarkably expert in needle-work and embroidery of all sorts, and possessed of ^a true artistic instinct which gave to all her work an air of good taste and appropriateness. She continued her labors almost to the very moment of her death, which was wholly unexpected. Her independence of spirit had led her to express, many times, the ^{wish} ~~hope~~ that her last illness ^{might} ~~would~~ not be a protracted one. She had for many years entertained the belief that death would come to her suddenly. There was, however, nothing apparent in her physical condition which seemed to indicate the probability of such a termination, and, on the day of her death, she was ~~apparently~~ feeling as well as usual, ^{and} much better than a few days before, when she had been somewhat indisposed. She was about, as usual, took a short walk in the morning, and ^{greatly} enjoyed ~~very much~~ a few minutes' sport with one of her grand-children.

At 12: 30 P. M., she was engaged in taking the last stitches upon a beautifully made garment upon which she had been engaged for a day or two. At that hour, her daughter, Mrs. Butler, entered her room and inquired if she could do anything for her comfort, receiving the reply, accompanied with a smile, "No, nothing more. I have everything I want." Half an hour later, a nurse from the

Sanitarium, who was still giving her daily treatment, called and found her sleeping upon a sofa in the room, upon which she was accustomed to take a daily noontime nap. The nurse thought it best not ~~best~~ to awaken her, and passed out, remarking to Mrs. Butler, as she did so, that Mrs. Kellogg was sleeping so soundly she thought it best not to awaken her, but would call again at four o'clock. An hour later, Mrs. Butler looked into the room, but found her still asleep. Soon after three o'clock, she stepped into the room again, and then observed a change in the expression of the features which led her to think her mother might be ill. As she grasped her hand and spoke to her to arouse her, she discovered that she was dead. Dr. Kellogg was immediately summoned, but not a sign of life could be discovered. The deceased had been granted her wish. Death had come suddenly and painlessly. A quiet, natural sleep had passed, without the interruption of pain or suffering of any kind, into the sleep of death, but not death without hope. Certainly this patient, faithful woman, who had thought and toiled almost unceasingly, and ever unselfishly and uncomplainingly for more than half a century, will, in the Great Day of final recompense, receive a reward such as will only be granted to those who have been equally true in their adherence to right, and equally unflinching in their performance of duty.

Although nearly seventy years of age at the time of her death, the deceased was as erect in her carriage as a girl of sixteen. Her mental faculties were undimmed; her appreciation of life and all its relations and joys, as keen as ever. Her natural dignity of bearing, both physical and mental, were not in the slightest impaired by any indication of childishness or mental decay, and her children and friends fondly hoped that there were

still before her many years of a comfortable and happy old age. Probably few persons of her age more thoroughly enjoyed life than did she. She was always hopeful, adopting the motto: "Prepare for the worst, and hope for the best." Her sudden death was a great shock to those whom she leaves behind. The members of her family who survive her, number 7 children, and 4 step-children with their husbands and wives, and ²¹~~19~~ grandchildren.

Home is not home, for mother is not there!

Dark is her room, empty is her chair;

Now will she rest from her labor and care,

Till that morning fair.

Oft the dear eyes grew dim from sad tears,

Guiding our untried feet through the years,

Planning our future with hopes and with fears,

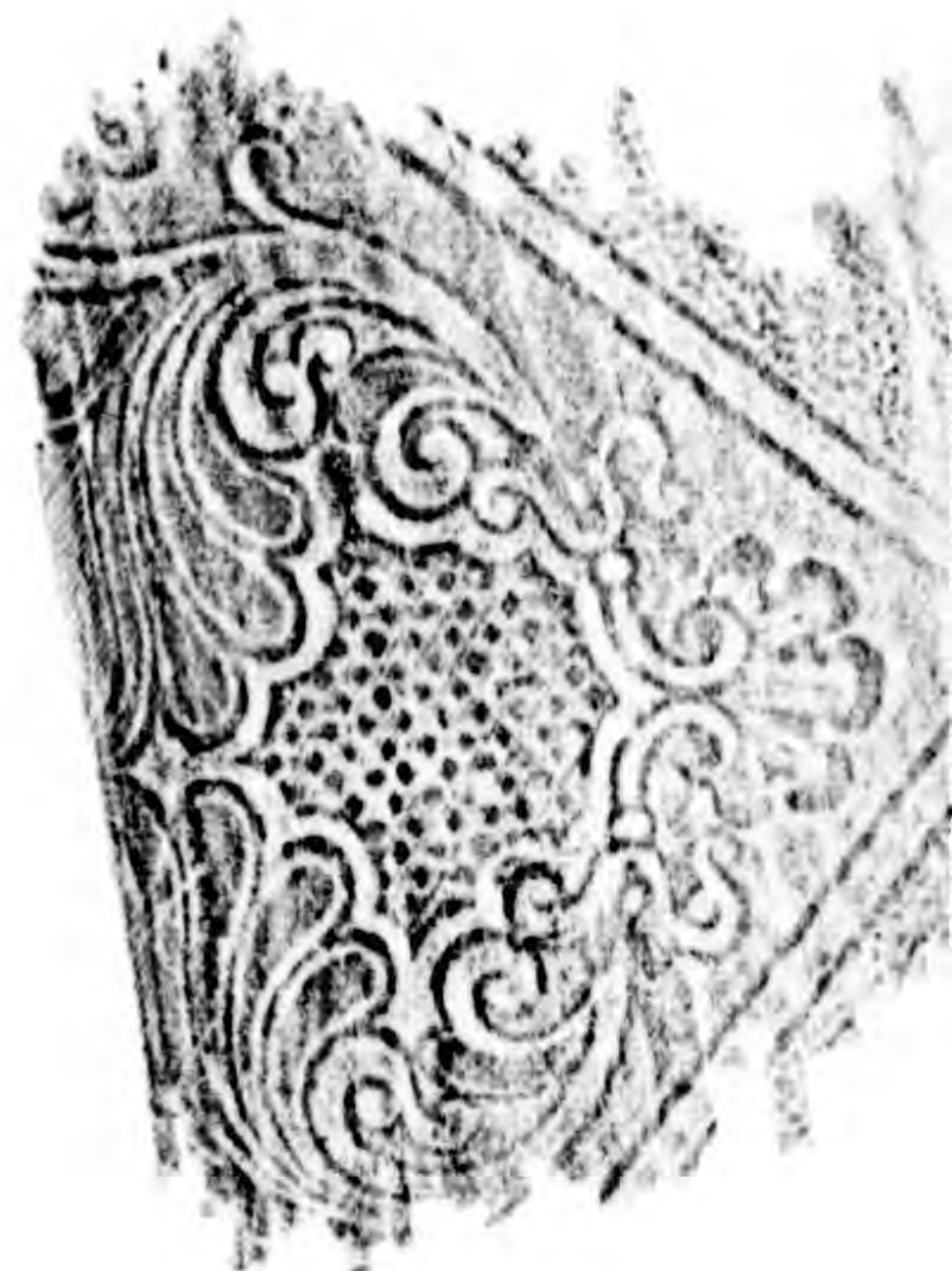
Drying our falling tears.

Sleep, mother, sleep, with your hands on your breast;

Poor, weary hands! they needed their rest;

Well have we loved you, but God loved you best,

'Tis thy God giveth rest.



for Com of 100, Mar. 1933
3-12-33 X

My work - three phases.

Financial or economic.

Professional.

Sociologic or philanthropic.

Born at Tyrone, Michigan - 81 years ago.

Father, 100 years ago.

Pedigrees.

Rufus Kellogg looked up and traced all American
Kelloggs to three brothers in England.

Joseph, born in 1650

English pedigree. William the Conqueror, born in 1027
or 1028.

first of English line.

Kellogk - Holy Land

Douglass - crest - coat of arms.

Was quite content with a pedigree nearly 1000 years long,
but a few years ago, was surprised to find that I had an Irish
pedigree much longer.

The Irish pedigree is the longest in the world unless it
be the Ethiopian pedigree, which the Methodist Bishop of
Africa told me he saw with his own eyes, through which the
kings of that country trace their lineage to Solomon as the
result of his visit with the Queen of Sheba.

An Irish lady, an emissary of de Valera, wrote me from
New York to make arrangements for a visit to the institution.

Mentioned O'Cealeagh

Referred me to several large volumes by O'Hart, Professor of Irish pedigrees at Dublin University.

Got the books from the Irish house in New York.

Found O'Cealeagh, O'Kelley, Kelly, Kellok, Kellogg, with more than thirty spellings. Kellough, Kelluff, Kellog, Kelloog, etc. Several of these spellings may be found in the New York Directory.

Found my name in a long list covering many generations, including Queen Victoria and more than 140 Irish kings who reigned in succession.

Most notable was a Scythian by birth. Knew Moses - green scar - Married Pharaoh's daughter Scotia.

Was driven out of Egypt.

Founded Carthage.

Returned to Spain.

Sent 7 sons to conquer Ireland.

Heber

Heremon

Druid priest

2000 B.C.

Scotland

King Solomon

Tower of Babel

Pedigree hitched on to
fundamentalist.

runs back to Adam-

Irish king - Roman general

Jeremiah's -----

Driven out of Palestine when lost standing with Jews

because he told a whopper,- perhaps I should say, sent out a diplomatic dispatch.

Northern Europe.

Hebrew history of wanderings tells of grand-daughter of Jeremiah marrying an Irish prince who was one of my ancestors. So much for my pedigree.

Father came to Michigan in 1833.

Chicago - marshes.

Took up farm near Flint.

Last wildcat banks.

Signed notes.

Would not assign.

Paid off mortgage raising wheat at 25 cents a bushel and working for 2 bushels of turnips a day.

Mother supported family by raising chickens and turkeys, making butter and cheese.

Bought sheep. Father trimmed off the sheep's wool and mother washed, cared, and spun it into yarn. Made into cloth, cut and made garments, while raising a new baby every two years, till she had eleven, of which I was number five.

My life career - 3 phases.

Economic

Professional

Sociologic

Poor Millerite.

Broom shop - Detroit and Chicago.

Civil War inflation made him comfortably well off.

Later, Chicago fire.

Getting ahead of story.

10 years old.

12 - printer.

14 - read proof.

15 - copy editor.

16 - teaching school.

17-20 - traveling salesman.

21 - editor journal.

23 - graduated.

24 - Saniterium. W.C. died. New institution.

Diagnosis.

Collier.

Found new field - cure of incurables.

3 classes - real incurables:

- (1) Cancer, organic disease, kidney, liver, heart, brain, lungs.
- (2) Incurable because of bad habits that cause all disease, -overeating, constipation, not sedentary life, insomnia, etc.
- (3) Not curable, but could be kept alive long by special coaching; that is, correcting habits. Thin ice, etc.

Even real incurables could often be kept alive longer.

Patients stayed. Crowded.

New building. Had \$10,000, earned during 6 winter months.

Board said, "Build as big as you please, if you have the money to pay for it. Had no money ahead. Borrowed sums of any size. No money. Paid workmen in groceries, credit with merchants being good.

FINANCIAL

Started \$40,000 building.

Ended \$125,000. Owed \$115,000.

Issued bonds \$35,000 at 8%.

20-2-5

15-2-10

Only sold \$20,000. Kept \$15,000 in hand to use for collateral and keep a good bank credit.

After selling \$10,000 bonds, put at premium of 10%. Gave notes. Nobody wanted bonds.

Crisis came when seeking buyers for bonds. Bills were due and pressing. I needed \$10,000 at once. Asked the bank president. He gave me the money. In a week, needed \$10,000 more. Called on the banker for advice. He said, "The law won't allow me to loan the institution any more, but give your note, etc. I wasn't worth \$500 all told and my friend not as much as I. I always wondered that he took the risk. Twenty years after, I asked him about it. He said, "It wasn't business, of course, and my board was scared almost to death about it, but you remember you examined me; two years before I had been told I must wind up my affairs and prepare to die. The best Detroit doctors confirmed. You saw me, told me what to eat and to stop smoking, and I got well in a month. I remembered that, and I felt that I wanted to help you. I would have borrowed the money personally if necessary.

At the end of two years, I called the bonds and reduced the rate to 5%.

Before the bonds were paid, I needed more room and put

and addition on each end and a story on top, and increased the debt to \$400,000. The good brethren said, "Make the notes long time, 10 or 15 years, and you'll never have to pay, because the end of the world will come." So I had carte blanche to build as much as I liked, provided I could get the money and pay the accruing bills. Other buildings were erected, a dormitory and a hospital.

Fire of 1902.

I was born in Tyrone, Michigan, February 26th, 1852. My father's name was John Preston Kellogg; my mother's maiden name was Anne Jeannette Stanley. My father was of English parentage since the time of William, the Conqueror. Sometime before this my father's Irish ancestor had lived for a time in England, later returning to his home in Ireland, where he had a small kingdom. My mother was of Scottish descent.

My ancestry is recorded in the Irish Pedigrees, which are the oldest in the world. I have the pedigree of my family, which is recorded along with that of the older Irish people, and reaches back to Adam. I have, in fact, a large volume on the Irish Pedigrees of my name and ancestry, clear back to Adam.

I was one of seventeen children, the oldest of whom was twenty years my senior and the youngest fourteen years my junior; seven of the older children were half-brothers and sisters.

My father moved his family to Battle Creek when I was four years of age. The city was then a very small village of a few hundred inhabitants. My father was a pioneer in Michigan, coming to the state in 1833. He first visited Chicago, crossing the country with an ox team. Chicago was then only a very small town and my father did not like the looks of the country as it had too many marshes and he was looking for good farming land, so he did not locate there but returned to his home in Massachusetts near Springfield where he lived on the banks of the Connecticut river, where my family had resided since 1640, so I have a residence of 300 years in America.

I was educated in the State Normal School and the University of Michigan, and graduated as a physician at Bellevue Hospital Medical College. I went abroad in 1883 and studied in Longon, Paris, Vienna, Stockholm and other great medical centers. I have been abroad on six different occasions, to study, and have continued to study all my life time.

From the time I was ten years old I was self-supporting. I learned the broom-making trade at ten years of age, my father having the only broom factory in Michigan, located between Detroit and Chicago. At the age of 12 I learned the printing business and at 14 was a proof reader. At 16 I left the printing office to teach school, and taught a class of 40 students everything from their A.B.C.'s through the high school subjects. I had to teach them before school, at recess, after school and at night to get them all in.

I began the study of medicine at 20 and graduated at 23. I performed my first operation at the age of 23. I became medical superintendent of the small institution at Battle Creek, then known as the Health Reform Institute, changed the name to Battle Creek Sanitarium and introduced surgery. It was at that time a water cure and diet institution. I reorganized it and put it on a successful basis. At that time it was not recognized by the American Medical Association but due to my efforts it was later on given recognition by the medical profession.

I am a fellow of the American Association for the Advancement of Science, American College of Surgeons, the

American Medical Association, the Royal Society of Medicine of Great Britain, and many other scientific bodies.

I have devoted my life from the time I was 14 years of age in an effort to find out how to live in the natural biologic way. When I was 14 years old I read a statement by Dr. Francis Cuvier that the natural diet of man is the same as that of the higher apes, the chimpanzee, the orang-outan and the gibbon. (The gorilla was not yet discovered.) It occurred to me that if this is the natural way it will be the best way, the right way. I early had faith in Nature as a source of information, knowing that anyone wanting truth should go to Nature to find it. I have devoted my entire life to learning how to live and to teaching others.

My work with the Battle Creek Sanitarium has brought me in contact with 250,000 patients. Careful inquiry made from each one as to their habits and mode of life helped to discover their faulty habits of living and to teach them the right way. I had only twelve patients to start with, and before the depression we had twelve hundred patients at a time and I had fifty-two associates.

I went abroad to study surgery because at that time certain kinds of surgery were very unsuccessful, particularly abdominal surgery, the mortality being from twelve to twenty percent. I had a number of such cases coming to me and did not want to do surgery myself so I employed doctors from Chicago and Detroit and other cities, but the patients died in

such numbers that I felt something must be very wrong but did not know what it was.

Dr. Lawson Tait, one of the most famous English surgeons, living in Birmingham, England, had made a record of one hundred and sixteen cases successfully operated without a single death, something unheard of in this country at that time. I went over and persuaded him to allow me to work with him for five months, to help him, travel with him and learn his methods. I came home and introduced his methods to which I added my own biologic ways of living, and at the end of five years I had operated on one hundred and sixty-two cases, (with my bare hands, using no rubber gloves,) and without a single death. That was the best record ever made.

I introduced quite a number of new operations, one for the repair of the ileocecal valve. I discovered a method for repairing that valve so it would work just as well as ever. I have done that operation between two hundred and fifty and three hundred times, successfully. It seemed to have almost miraculous results; often seemed to change even the character of the patient, after he recovered.

I have written 50 books, - six for Harper Brothers. Fifty years ago I wrote six books for Macmillan, and some school books which were widely circulated, about 100,000 being published each year. For about 25 years the publishers made out a check to me each year for \$3000 to \$9000.00 in royalties.

From these royalties I have been able to support and help and educate a number of persons. I have worked for the

Battle Creek Sanitarium without salary for about 60 years, and I have never received a fee for any operation I have ever performed.

I am most of all interested in biologic living. I have become satisfied that most diseases are due to our own personal habits, and excesses. The body does its best to keep in good repair, to maintain all its functions, and if it is overloaded with excessive demands made upon it, it is greatly hindered in its work. In the course of my 65 years of active practice I have developed what is now called "regimen therapy" which means simply treatment by means of change of habits and regulation of the diet.

I have developed a number of foods which are now widely distributed but all the foods I have ever made were developed for the purpose of improving health and helping my patients. In dropping out meats from the dietary it was difficult at first to find a satisfactory substitute because for so many generations meals had been built around meats and to most people a meal without meat as its center was unthinkable; also there were many condiments used, such as pepper, mustard, etc., as well as tea and coffee.

In biologic living we left out the meat, left out all the condiments, coffee and tea, and what was finally left was very plain and tasteless for those who were accustomed to high flavors, and so was not so attractive. To find the foods best adapted for human consumption, and to know how to prepare them without destroying their nutritive value, at first was very hard as we had so little information and there were no nutrition experts and laboratories for research, such as we have today,

and which have thrown more and more light on the subject of nutrition so that at present we have a great flood of light on the subject of nutrition. We should live naturally. Nature has prepared so many foods for our use and we should accept those foods rather than the inferior foods generally accepted today. The natural diet of man is the same as that of the higher apes, largely made up of nuts, fruits, soft grains, tender shoots and succulent roots. Professor Elliot of Oxford University said that man in the Eocene period, the first human beings known, was not a meat eater. There were no carnivorous animals and in all the world of that time and there was not one animal of which man need be afraid.

Every food I have ever devised was made first for the benefit of the Sanitarium patients and was first used there to help people who were seeking health. After being used there for several months, if found helpful, they were put on the market. I have devised many hundreds, probably several thousand, different foods.

When I was a small boy about 11 years of age, my mother asked me what I was going to be when I grew up. I said, "Anything except a doctor." I abhorred the medical profession, did not like bad medicine and the bloody surgery. But it set me to thinking what I would do, and one day as I was coming past my mother's door I heard her mention my name. I pushed open her door, which was partly open, and found her on her knees praying for me. I went in and knelt down beside her and

she placed her hand on my head as we knelt there and she dedicated me to the Lord for human service, and from that moment on I have never had any desire but to do everything that I could for humanity and to spend my life in human service.

One day while working in the brook factory I stopped for lunch and sat down on the steps at the back of the building with my head in my hands, thinking about my future. Across from where I saw was a field with some buildings and a fence. Suddenly all these things disappeared and I had a vision. I saw a winding road up a hill where stood a schoolhouse. There were crowds of children coming along the road, ragged, dirty, unkempt, pitiful children, going toward the schoolhouse. And then I saw myself standing in the doorway of the schoolhouse, beckoning the children to come in. And I knew in that moment that I had found my life work - to help children. Some of the faces of those children were so deeply impressed on my mind that I found myself constantly looking for them in later years. I remember particularly a little girl who sold flowers at the entrance of the Louvre in Paris who had the face of one of my children. I had such a strong desire to take her in my arms and take her home with me that it was hard to resist it. I told my wife that I realized it was a crazy idea but her face haunted me long after I left Paris. I was always looking for the faces of the children I had seen in the vision, feeling I must help them. In later years, in Battle Creek my wife and I adopted and educated a large number of children which came to us in various ways by the hand of kind Providence.

JOHN HARVEY KELLOGG, M.D.

"John Harvey Kellogg, M.D., son of John Preston and Anne Jeanette Kellogg, was born at Tyrone, Michigan, February 26, 1852. Through his grandmother, whose maiden name was Gardner, he was descended from Mr. Gardner, one of the Pilgrim Fathers who landed at Plymouth Rock in 1620. His mother, whose maiden name was Stanley, claimed descent from Lord Stanley. At the early age of twelve years he entered a printing office and followed the printer's trade until he was twenty, with the exception of such time as was spent in completing his studies in the public schools of the city and the Michigan State Normal School at Ypsilanti, studies which were supplemented and extended by work of private tutors.

In 1872 he entered upon the study of medicine, taking a course at the medical department of the University of Michigan and graduating from Bellevue Hospital Medical College, which later became a department of the University of New York, in the spring of 1875. His preceptor was Dr. Edwin Lewis, an eminent New York physician. He was also a private pupil under the late Prof. Austin Flint, Sr., and the late Prof. E. G. Janeway, and after graduating was pupil assistant of the eminent Dr. George H. Beard, a pioneer in this country in the application of electricity in the treatment of disease.

In 1873, Dr. Kellogg became connected with the Battle Creek Sanitarium and after graduating in 1875 was appointed superintendent of the institution, which honor he declined. However, he accepted a year later at the solicitation of the board, and on being informed by the Chairman of the Board that

the determination had been made to close the institution unless he would consent to take charge of it.

Doctor Kellogg was made editor of the Good Health Magazine in the spring of 1873, a position which he has held continuously since that time, now more than forty years, in addition to his work as superintendent of the Battle Creek Sanitarium.

Five months were spent in Europe during the early part of the year 1883 in study in various hospitals and laboratories. Most of the time he devoted to the study of surgery under the famous Bilioth in Vienna, at the time the leading surgeon of the world. Special courses of instruction were taken under Bilioth's first assistant, Doctor Wolfler, who shortly before had discovered the operation known as gastro-enterostomy. Special attention was given to the practice of this operation and other operations upon the stomach, together with plastic operations upon the face and other parts, operations for which the clinic Professor Bilioth was especially noted. Some time was also spent at the clinics of Politzer in Vienna, Charcot and Landolt in Paris and at several London hospitals.

A second trip was made abroad in 1889, during which four months were spent as first assistant to the famous Dr. Lawson Tait of Birmingham, England, at that time the leading abdominal surgeon of the world. This was a most profitable season, as a very exceptional opportunity was enjoyed for becoming thoroughly familiar with a department of surgical work which at that time was undertaken by comparatively few surgeons and in which the mortality still remained at a very high figure. During this visit to Europe some time was also spent in watching the work of Savage, Thornton, Bantock, Lister and other eminent surgeons.

A third visit was made to Europe in 1900, on which occasion a short trip was made to Egypt, Palestine, Turkey and the Balkan countries. This Oriental trip of two weeks was the only real vacation the Doctor has ever taken during an active professional life of more than forty years. During this trip a considerable number of surgical operations were performed in Switzerland and Denmark.

In 1902, after the fire and the laying of the corner stone of the new building, the plans for the building having been completed, Doctor Kellogg made an extended trip through Europe, visiting the leading hospitals and sanitariums for the purpose of securing for the new institution the most up-to-date equipment possible.

Five years later a fifth visit was made to the leading surgical centers of Europe, special attention being given to the surgery of the stomach and intestines. A visit was also made to St. Petersburg for the purpose of studying the work of the famous Doctor Pawlow, whose researches on the physiology of digestion have placed him foremost among the physiologists of the world and secured to him the Nobel Prize.

A sixth European trip in 1911, was spent in Dresden studying the great International Hygiene Exhibition, and in study with the leading specialists of Berlin, Vienna and London. During this trip a special study was made of the new remedy, radium, and of various remarkable new appliances for the study and cure of diseases recently perfected by European experts.

Doctor Kellogg has also made numerous trips to Mexico where a hospital was for years conducted under his general supervision, as president of the International Medical Missionary and Benevolent Association. A trip was made to Cuba in 1888, and to Porto Rico in 1909. During all these trips every spare moment, whether traveling on shipboard or on the cars, was occupied in writing. The Doctor has rarely failed to return from a long trip without bringing home the manuscript of a new book.

While devoting full time to his duties as superintendent of the Battle Creek Sanitarium, Doctor Kellogg has found time to take part in numerous additional enterprises. In 1885 he joined with others in the organization of the International Medical Missionary and Benevolent Association, as president of which he spent half of his time for ten or twelve years in the interest of the board, which resulted in the establishment of numerous philanthropic enterprises in different parts of the United States and other countries.

In 1894 Doctor Kellogg, with others, organized the American Medical Missionary College as a training school for young men and women who desired to devote their lives to medical work in missionary lands. After existing for sixteen years, within which time over two hundred students were graduated, it was in 1910 merged with the medical department of the University of Illinois. In 1902 Doctor Kellogg, with others, organized the Haskell Home for orphans, and in 1891 a home for aged persons. More than \$100,000 was raised for the complete equipment and maintenance of these institutions. Other philanthropic work has been undertaken, including the establishment of a free

dispensary in Chicago, to which weekly visits were made for more than seven years.

Other enterprises which Doctor Kellogg has been chiefly instrumental in founding are as follows:

Battle Creek Sanitarium and Hospital Training School for Nurses, established in 1883. The first training school the students of which received instructions in sanitary methods, and at present one of the eldest, and for many years recognized as the largest, training school in the United States.

Battle Creek Sanitarium School of Health and Household Economics, an institution which undertakes to give women interested in scientific housekeeping the broader training which the large practical experience of the Battle Creek Sanitarium renders possible.

The Normal School of Physical Education, another of the educational departments of the institution. Organized for the purpose of preparing young men and women to act as physical directors in colleges, seminaries, normal schools, Young Men's and Young Women's Christian Associations and playgrounds.

Through Dr. Kellogg's initiative, there was organized the International Medical Missionary Conference which brings together each year scores of missionary physicians home on furlough from their work in various foreign countries. These meetings are of great interest and profit.

In January, 1914, was held the first Race Betterment Conference which, under Dr. Kellogg's leadership, was organized as the first meeting of the sort ever held. The Conference was attended by some 250 delegates from all parts of the United States, among whom were to be found a large number of eminent, scientific men and representatives of the leading universities as well as United States Government and state officials and others of the leading thinkers of the nation. This Conference, which has been organized as a regular annual event, attracted wide notice not only in this country but in foreign lands.

Among the various suggestions brought forward at this meeting, perhaps the most striking was the proposal by Dr. Kellogg to establish a Eugenics Registry the purpose of which is to establish a line of human thoroughbreds and thus to aid in the development of the new human race which promoters of the Race Betterment Conference regard as the only means of preventing final extinction of the race through race degeneracy.

In 1906 Dr. Kellogg established the Race Betterment foundation by placing in the hands of a Board of Trustees property having a present value of something more than three hundred thousand dollars. The Race Betterment Conference and various other allied activities are supported by the income from this fund which it is proposed to increase to a million dollars or more.

Besides being a Fellow of the American Medical Association and Fellow of the Royal Society of Medicine of Great Britain, Doctor Kellogg is also a Fellow of the American College of Surgery and a member of the Society d'Hygiene of France, and a member of the following organizations: British and American Association for the Advancement of Science, American Society of Microscopists, Mississippi Valley Medical Association, Tri-State Medical Society, Michigan State Medical Society and the American Geographical Society.

Doctor Kellogg has served for fifteen years as a member of the State Board of Health, having received appointment from four different Governors.

Doctor Kellogg began his literary activities at an early date. At the age of twenty-seven years, when placed in the editorial charge of the Good Health Magazine, he had already had several years' preparation as a proof-reader and editorial assistant. Although the editorship of Good Health Magazine has occupied much of the time which could be spared from his professional duties, time has been found for the preparation of a considerable number of books, as well as the publication for five years of a monthly medical journal, Modern Medicine. Among the leading books which he has written or published are the following: "Rational Hydrotherapy," a work of 1,237 pages, especially designed for the medical profession. This work, published by the F.A. Davis Company, medical book publishers of Philadelphia, has had a circulation of nearly 15,000, mostly among physicians of the United States. The work has been sold to some extent in other

countries. The "Art of Massage," a book for physicians and nurses, has enjoyed a very considerable degree of popularity, having reached its fifth edition. The "Home Hand Book of Modern Medicine," "Plain Facts," "Man the Masterpiece," "Ladies' Guide," and the "Miracle of Life," are works prepared for the hygienic and sanitary instruction of the laity which have had a circulation amounting to several hundred thousand copies, and have been sold extensively in England, Australia, New Zealand, South Africa, and to some extent in India, as well as in this country. A series of school text books on physiology, written by request of the Harper Brothers, first published by them, later by the American Book Company, have had an extensive sale as school text books. Some dozens of medical papers had been prepared and read before medical societies and have been published in various medical journals. Some of these have attracted considerable attention. A paper entitled "Tendencies Toward Race Degeneracy" was published as a senate document, and has been very widely circulated.

Doctor Kellogg has been quite active as an inventor. Besides devising several surgical procedures, some of which have been recognized and adopted by surgeons both in this country and Europe, he has invented many medical appliances, especially for the application of passive exercises, as well as numerous modes of applying water and other therapeutic means. He first observed and described what was afterwards described and named by d'Arsonal of Paris as the sinusoidal electric current. The electric light bath, as well as numerous appliances for making use of light as a remedial agent was invented by Doctor Kellogg

for use in the Battle Creek Sanitarium and has now become one of the most popular of all methods of applying heat in the leading hospitals of the world. Many thousands of these baths have been installed in European countries, although they have only within the last few years begun to be appreciated in the United States.

The Universal Dynamometer, a device for determining the total strength of the human body and the strength of each individual group of muscles, which was perfected by Doctor Kellogg more than twenty years ago after nearly ten years of experimentation, was several years ago adopted by the United States government and has been in constant use in all its military schools. One of these devices was recently shipped to the Philippine Islands for the equipment of the military academy there

Another line of inventive activity in which Doctor Kellogg has been conspicuous is the preparation of the ready-to-eat foods, especially designed for the use of invalids. Having from his fourteenth year been a flesh abstainer, the Doctor has been especially interested in improving the quality and increasing the variety of vegetable foods and food preparations. Having given considerable study to the chemistry of foods, he began, soon after he took charge of the Battle Creek Sanitarium, a series of experiments, the result of which was the development of a thoroughly dextrinized food ready for immediate use, and so far as I know, the first of its sort. Cereal coffee was the next product, and then came the invention of flaked cereals prepared from dif-

ferent grains, out of which grew the large business in flaked foods which has been developed in Battle Creek and in various other places. Doctor Kellogg's purpose in the preparation of foods has always been to meet some need recognized in the work of the Sanitarium. His arduous duties as superintendent and surgeon of the Battle Creek Sanitarium have led him to leave to others the commercial development of his original ideas.

On February 22, 1879, Dr. Kellogg, was married to Miss Ella E. Eaton of Alfred Center, N.Y., herself an author of note and a prominent W. C. T. U. worker. Having no children of their own, Doctor and Mrs. Kellogg have taken into their home and educated more than a score of little ones, many of whom are now grown up and married and have families of their own. All of these children and the children's children as well have been reared in harmony with the health principles which are promulgated at the Battle Creek Sanitarium."

June 22, 1928

-8-

Mexican Experiences.

A night horseback ride to Chohula.

Railroad wreck in Mexico and meeting with bandits.

Meeting with Diaz.

Presidential inauguration in Mexico.

Election Day in Mexico.

Operation on the Governor's niece. Called on her at Mexico City a year later. She came to see me at the train when I left in the evening, with her sister. As the train was leaving, she was waving her handkerchief and crying out at the top of her voice, "You are my saviour; you are my saviour." She was a fine woman; suffered terribly.

(Dr. Thomason with me).

A talk with Mr. Saira.

June 22, 1928

- 7 -

Elder White. It was too late to save him. He had had his death blow. Mrs. White brought him to the Sanitarium. His wife was a peculiar person. Maggie Doane was there and asked if there was something she could do. She spoke with her usual smile. Mrs. White saw her and flew at her like a wildcat. Because she saw her smile, she said, "This levity in the presence of death is much out of place."

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1-24-41

PRINCIPAL INTERESTS IN LIFE

Boyhood.

Food reform or natural or biologic mode of life.

Physiotherapy.

Educational reform.

Medical studies.

Good Health.

Battle Creek Sanitarium.

Nurses' Training School.

Medical School.

School of Home Economics and Dietetics.

School of Physical Education.

Battle Creek College.

Public health work.

Surgery.

Books.

Race Betterment.

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THE NATIONAL BUSINESS MAGAZINE

112 EAST 19TH STREET

NEW YORK, N. Y.

Another Achievement Credited To Dr. J. H. Kellogg

Patent 1,917,264 has been granted to Dr. John Harvey Kellogg, Director, Battle Creek Sanitarium, Battle Creek, Michigan, covering four major heads of patentability.

Dr. Kellogg's chair back will be incorporated in chairs now entering production through a national manufacturer. It is also embodied in a posture panel which may be used with almost any chair, and may be moved from place to place, used in motor-ing, aviation, etc.

In either form, the dorsal spine between the shoulder blade is given support by a shaping which also tends to eliminate round shoulders. The lumbar spine is properly positioned by a gentle curvature of the chair. This induces formation of the "abdominal shelf," by the lumbar region of the spine, upon which the viscera are supported when a sitting position deprives them of the muscular suspension they receive in standing.

Dr. Kellogg's discovery follows fifty years of study of sitting posture, forty years thereof being devoted to perfection of lumbar support, and the crowning achievement consisting of the curvatures which afford proper dorsal spine position. By inducing the proper position of internal organs in sitting, serious congestion is eliminated in these regions, and a swift return to healthy functions achieved. The posture panel which embodies this design is produced by Perfect Posture Chair Company, Battle Creek, and gives immediate enjoyment of the benefits of Dr. Kellogg's discoveries to those unwilling to await production of evolution of the complete chairs.

JOHN HARVEY KELLOGG, M. D.

DOCTOR KELLOGG was born at Tyrone, Michigan, February 26, 1852, and has been a resident of Michigan since that time. He commenced his medical studies at the Michigan University, and received his degree at Bellevue Hospital Medical College in March, 1875, having taken special instruction during his medical course. For 22 years he has been Medical Superintendent of the Battle Creek Sanitarium, one of the largest of its kind in the world, and has been surgeon to a number of other hospitals. He is a life member of the British Gynecological Society, member of the French Society of Hygiene, founder and



life member of the International Periodical Gynecological Society, member American Medical Association, Miss. Valley Medical Assoc., the Michigan State Medical Society, and many other State, National and International medical, public-health and scientific associations. He is a prolific writer on medical, sanitary and scientific subjects. He is editor of "Good Health" and "Modern Medicine," two monthly journals published at Battle Creek, Michigan. May 29, 1879, Governor Crosswell appointed him member of the State Board of Health, in which capacity he served the State for twelve years, having been reappointed by Governor Alger in 1885. During this long term of service he wrote many papers and addresses that were published by the Board, on subjects relating to "Domestic Sanitation," "Relation of Preventable Sickness to Taxation," "Sanitary Conditions of Public Buildings," etc. One of the most recent articles written by him for the Board was on "Practical Suggestions respecting the Ventilation of Buildings" and is printed in the annual report for 1891.

Duplicate

Through his father he is descended from the Kellogg (Joseph de Kellogg the first known)

John Harvey Kellogg, physician, reformer, philanthropist, was born in Tyrone, Mich., February 26th, 1852. He is descended straight from Richard Gardiner whose name appears among the passengers who embarked at Plymouth in the "Mayflower", in May 1620. Through his mother he holds an alliance with the powerful Stanleys of England, tracing directly back to one of the Earls of Stanley of the 17th century.

In early boyhood he came to Battle Creek, where at the age of twelve he was set to earn his own living as an apprentice to a printer. He devoted all of his spare time to getting an education, and thus gradually completed his public school course. He first decided upon teaching as his vocation, but later turned aside to take a course of medicine at the University of Michigan in 1872, supplementing this course with a complete course at Bellevue Hospital, New York City. A unique feature of Dr. Kellogg's notes taken during the college lectures, is that they are nearly all done in shorthand, the marvel being that he had learned the system alone. His notes are all concise and clear, which shows his desire to master even in small things. A year after completing his medical education he joined the staff of the Battle Creek Health Reform Institute, now the famous Sanitarium, and in 1876 became the Superintendent of this institution, and began to introduce reforms, accepting only those which rested on a tried, scientific basis. In 1883 he went to Europe for a short period of research work, the result from which dates his remarkable reputation as an operator on the organs of the digestion and intestinal regions.

In later years Dr. Kellogg followed other research tours, which had but one objective, the betterment of the Battle Creek standards, and the results have won the highest praise from his great European preceptors. His many inventions of pathological value are in general use. Dr. Kellogg was first to observe and describe the sinusoidal electric current, and his

who lived in the house of Henry I in England (11th century). One of his ancestors occurred on the expedition to carry the woolly rhinoceros to the north shore in the 13th century.

ten

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invention, the Universal Dynamometer, has been adopted by the U. S. Government for use in all its military schools. He has accomplished miracles among thousands of his patients by his wonderful discoveries of food values in the vegetable kingdom, ~~and the health kingdom~~ out of which he has created a new kingdom - a health kingdom. Directly out of the needs of the Sanitarium has grown his special preparation of flaked cereals and dextrinized foods.

In 1863, under the direction of Dr. Kellogg, a training school for nurses was established, and this school to-day is ^{one of} the largest nurses' training school in the world. Other educational branches of the institution are the Normal School of Physical Education and the School of Home Economics.

~~Our great Sanitarium, of which Dr. Kellogg is the founder,~~ has as its central idea ^{the} ~~rational methods of health cure.~~ ^{biologic living and} ~~health~~ ^{seventh} cure.

Now, in his sixty-~~ninth~~ ^{seventh} year, Dr. Kellogg's mental and physical powers are marvelous. He works on an average of ^{sixteen} ~~sixteen~~ hours a day, seven days a week, and three hundred and sixty-five days in ^{the} ~~a~~ year.

Dr. Kellogg was married in 1879 to Miss Ellen E. Eaton of Alfred Center, N. Y., an author of note and a prominent W. C. T. U. worker. ~~They have no children of their own issue, but have a wonderful family of adopted children, which they have educated and set forth upon a career of usefulness.~~

Who has ably aided him in all his efforts for race betterment in various directions, especially in the development of a new system of health cooking and in the literary work connected with the publication of *Good Health* a monthly magazine which he has edited for nearly forty years.

At Ann Arbor is this instrument and in Kellogg's system of training nurses - when it is used in the training of the nurse - credit.

X Dr. Kellogg's discoveries and
inventions in nutrition, dietetics
and food preparations have
changed the breakfast bill,
fare of the American people
and have made his name
known throughout the world.
More than a hundred new
food preparations have been
the natural outgrowth of his
effort to enlarge and enrich
the biologic bill of fare and
to meet the varying needs
of invalids. Flaked cereals, ready
cooked breakfast foods, peanut
butter and other prepared diet foods,
are the result of this effort.

The electric light bath,
and numerous ^{new} hydrostatic
methods, together with many
appliances for mechanical therapy,
are his inventions.

When I was a boy I had the mumps. My mother told me I had caught it from some one, when I inquired how I got it. "Well," said I, Mother, how can I ever get well?" "You will be well in a week or two," she said. "But," said I, "How can I? I caught it of Tommy. and I am nearer to myself than I was to Tommy, and I will catch it of myself all the time. How can I ever get well?" I thought there was a very poor chance for my recovery.

John Harvey Kellogg, physician and surgeon; born at Tyrone, Mich., 26 Feb. 1852; the son of John Preston Kellogg, who was born 14 Feb. 1807 and died 10 May, 1881, and of Ann Jeanette (Stanley) Kellogg, daughter of Josephus Stanley. John Preston Kellogg was one of the Michigan pioneers, settling there in 1834. He was a merchant and manufacturer.

The earliest paternal American ancestor of this branch of the Kellogg family was Lieut. Joseph Kellogg, who was baptized as Great Leighs, England, 1 April 1626, and emigrated to America about 1640. He settled at Farmington, Conn., in 1651 and in 1661 removed to Hadley, Mass. He was in command of the Hadley troops at the famous Turner's Falls Battle of 1676, which finally broke the power of the river tribes of Indians who had up to this time been exceedingly troublesome.

John Harvey Kellogg was educated in the public schools of Michigan, at the State Normal School, the University of Michigan and at the University of New York. He took his M. D. at the Bellevue Hospital Medical College in March, 1875; received an honorary LL.D. from Olivet College in 1913.

Doctor Kellogg began his professional career at Battle Creek, Mich., in 1875, and since 1876 he has been superintendent and surgeon-in-chief of the Battle Creek Sanitarium, being absent for periods of study in Europe in 1883, 1889, 1899, 1902, 1907 and 1911. Besides his work in the organization and development of

in connection with

the Battle Creek Sanitarium, Doctor Kellogg has been active as an inventor of improved apparatus for medical and surgical purposes, is a writer on medical subjects, served for 18 years as a member of the Michigan State Board of Health, and in 1906 he established the Race Betterment Foundation by a gift of endowment. He organized in January 1914 the first Race Betterment Conference.

Among his numerous inventions of medical and surgical appliances may be mentioned the electric light bath, which has now largely superseded the Turkish bath and is in use in ~~leading~~ hospitals throughout the world; ^{and private} ~~an aseptic drainage tube for use in abdominal~~ ^{circuits} surgery; a set of instruments consisting of hooks and retractors for performing the operation of shortening the round ligaments by a new method; a peculiarly constructed snare, especially intended for the removal of internal hemorrhoids, but also useful for any other purpose for which a snare may be employed; an apparatus for producing the sinusoidal current, a description of which was published in a paper entitled, 'The Graphic Study of Electrical Currents in Relation to Therapeutics, with Special Reference to the Sinusoidal Current,' 1893. Doctor Kellogg is stated to have discovered in 1884 the remarkable properties of the sinusoidal current and first made use of it as a means of automatic exercise. D'Arsonval a few years later discovered the same current and gave it the name "sinusoidal." Some years later still Bergonie, of France, made a similar use of the ordinary faradic current. Other inventions include the electro-

graph, an instrument for making a graphic representation of variable electric currents; an instrument called a pneumograph, by means of which it is possible to obtain a graphic representation of the movements of air currents in respiration; a volatilizer and nebulizer combined, intended for treating diseases of the nose, throat and lungs; an operating water-bed for the purpose of preventing shock from chilling of the patient during long operations, a vibrating chair, vibrating bar and other appliances for the purpose of communicating mechanical vibratory movements and massage to the body, which were constructed in 1883 and have since been in use; a device for testing the quickness of muscular action; an improvement in a device for testing reaction time; and the Universal Dynamometer, an instrument by which the strength of each of the principal groups of muscles in the body may be determined, which is in use in the United States Army and Navy, and is employed in the examination of all who enter the Military Academy of the United States as well as in the leading gymnasiums.

One of Doctor Kellogg's most important therapeutic inventions is the electric light bath. He was a pioneer in recognizing the practical value of the penetrating power of the luminous heat waves of the incandescent and arc lights and in devising modes of utilizing these new sources of heat in the treatment of disease. His electric light bath was first made popular in Europe through its endorsement by Winternitz and other

famous physicians and its use by King Edward, Kaiser William, and other royal personages.

Doctor Kellogg conceived and carried out the idea of the Battle Creek Sanitarium, the purpose of which is to combine under one roof all medical and hygienic measures, methods and appliances in a carefully coordinated and ably developed system the purpose of which is not only the treatment of the sick but the instruction of the well in the principles and methods of right or biologic living. This comprehensive plan brings together under one management the advantage of a well-equipped and well-regulated hospital, a health resort, and various forms of physiotherapy such as hydrotherapy, dietotherapy, Swedish movement, electro-therapy and other treatments formerly practiced at special institutions. Doctor Kellogg's development of the idea in its fully completed form has become known throughout the world as the "Battle Creek Sanitarium System."

In his efforts to establish the "biologic diet" and to meet the needs of the patients of the Battle Creek Sanitarium, Doctor Kellogg has invented many methods, processes and machines for the ^{improvement} manipulation of foods. As the result of these activities more than a score of valuable new foods have been developed, among which may be mentioned ~~toasted corn flakes, also flaked wheat,~~ ^{cereals,} ~~rice and other cereals,~~ ^{other} besides various granular ready-to-eat cereals, malted nuts, and various nut products. He also devised ^{are} a vegetable meat, protose, which is in daily use in thousands of

homes. Under various commercial names his breakfast food inventions are now widely used throughout the civilized world, and have become the staples of the American breakfast. Doctor Kellogg prepared and recommended sterilized bran for table use early in his career, and has prepared various other foods which render valuable service in aiding bowel activity and "changing the intestinal flora."

Doctor Kellogg established through his Race Betterment Foundation and in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, and health lecturers and teachers, and for the promotion of the principles of biologic living.

Doctor Kellogg is a Fellow of the Royal Society of Medicine and of the National Geographic Society, American College of Surgeons, Amer. Med. Association. He is a member of the British Association for the Advancement of Science, of the American Association for the Advancement of Science, La Société d'Hygiène of France, the American Economic Association, American Public Health Association, Nat. Assn. Study and Prevention Tuberculosis, Michigan State Medical Society, Calhoun County Medical Society, American Physical Education Association, the Agassiz Association, the International Periodical Gynaecological Congress, ^{Eugenics Research Association,} the American Anthropological Society, and many

other scientific organizations.

Besides numerous papers read before medical societies Doctor Kellogg is the author of many books, which include several that have been translated into foreign languages. Among his books are 'The Uses of Water, The Proper Diet of Man, The Physical, Moral and Social Effects of Alcohol' (1876); 'The Household Manual' (4 vols., 1877; 5th ed. 1917); 'Advanced Physiology, the Handbook of Domestic Hygiene and Rational Medicine' (1880; 4th ed. 1914); 'Practical Manual of Hygiene and Temperance' (1884); 'Man, the Masterpiece' (1885); 'First Book in Physiology and Hygiene' (1887); 'Nasal Catarrh' (1889); 'Monitor of Health' (1891); 'Second Book in Physiology and Hygiene' (1894); 'The Art of Massage' (1895); 'Shall We Slay to Eat?' (1899); 'Rational Hydrotherapy' (1900; 4th ed. 1918); 'The Living Temple' (1903); 'Light Therapeutics' (1910); 'The Sinusoidal Current as a Curative Agent'; 'Practical Health Topics,' a series including 'Changing the Intestinal Flora' (vol. 1), 'The Monster Malady, Cancer' (vol. II.); 'How to Save the Babies' (vol. III.); 'The Twelve Gates' (vol. IV.) (1913); 'Neurasthenia' (1914; 2nd ed. 1920); and joint author of 'Health Habits; The Body in Health; Making the Most of Life; Health and Cleanliness' (1915; new ed. 1921); 'The Hygiene of Infancy' (1916); 'A New Method in Diabetes; Phototherapy; Colon Hygiene; A Thousand Health Questions Answered' (1917; new ed. 1920); 'Auto-intoxication' (1918; new ed. 1922); 'The Itinerary of a Breakfast' (1920); 'The New Dietetics' (1921); 'Tobaccoism' (1922); 'The Natural Diet of Man' (1923).

Doctor Kellogg has edited the monthly magazine Good Health since 1873.

He was married at Battle Creek, Mich., 22 Feb. 1879, to Ella Ervilla Eaton, daughter of Joseph Clark Eaton, a contractor and builder of Alfred, N.Y.

Doctor Kellogg resides at Battle Creek, Mich.

(From "American")

JOHN HARVEY KELLOGG

Kellogg, John Harvey, American physician and surgeon: born at Tyrone, Michigan, Feb. 26, 1852; the son of John P. Kellogg, who was born Feb. 14, 1807 and died May 10, 1881, and of Ann Janette (Stanley) Kellogg, daughter of ^{Flavius} Josephus Stanley. John Preston Kellogg was one ^{of} the Michigan pioneers, settling ^{near Tyrone} there in 1834. He was a merchant and manufacturer.

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John Harvey Kellogg was educated in the public schools of Michigan, at the State Normal School, the University of Michigan, and the University of New York. He took his M.D. degree at the Bellevue Hospital Medical College in March, 1875; received an honorary LL.D. from Olivet College in 1913, and became a Fellow of the American College of Surgeons June 22, 1914. ^{Fellow of the Royal Society of Medicine 1890} Dr. Kellogg began his professional career at Battle

Creek, Michigan in 1875, and since 1876 has been superintendent ~~and~~ ~~surgeon-in-chief~~ of the Battle Creek Sanitarium, being absent for periods of study in Europe in 1883, 1889, 1899, 1902, 1907, 1911, 1921. Besides his work in the organization and development of the Battle Creek Sanitarium, Dr. Kellogg has been active as an inventor of improved apparatus for medical and surgical purposes, is a

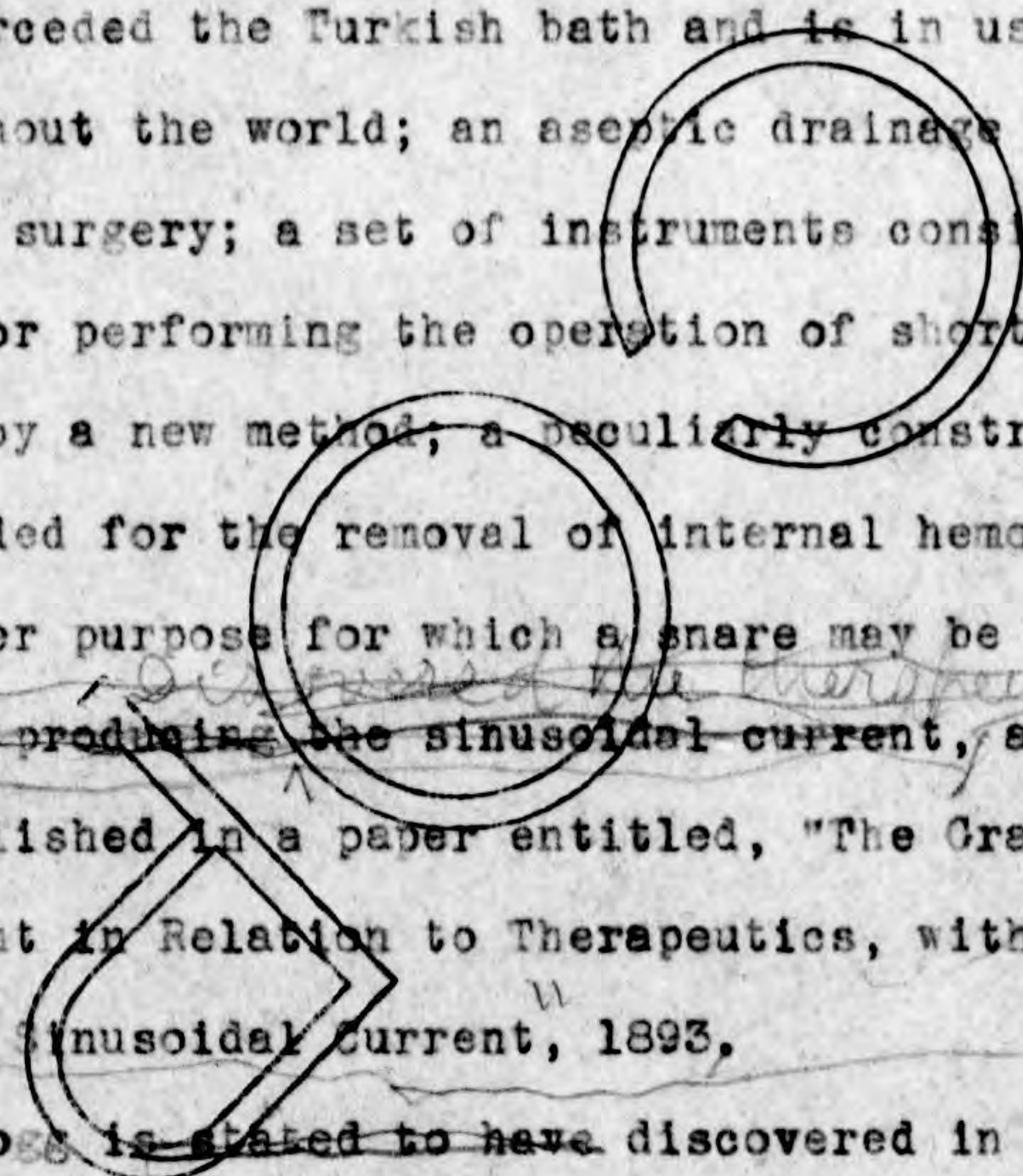
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The basic idea of correlated physiotherapy

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Chicago, Ill.

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KELLOGG, John Harvey, physician, reformer, philanthropist,
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originally a "Gardner", he is descended straight from Richard
Gardiner whose name appears among the passengers who embarked at
Plymouth in the "Mayflower", landing at Plymouth Rock in May, 1620.
Through his mother he holds alliance with the great and powerful
family of her name in England, tracing directly back to one of the
Earls of Stanley in the seventeenth (?) century. His family in his
early boyhood, removed from his birthplace to the settlement of
Battle Creek. At the age of twelve he was set to earn his own
living as apprentice to a printer. He was regarded by his parents
as both a physical and mental weakling. With the native genius then
utterly latent, which was later to astonish the world, he made of his
degradation a stepping-stone, devoting all his spare time to getting
an education. He thus gradually completed his public school course,
afterwards attending the Michigan State Normal School at Ypsilanti,
for he had determined upon the vocation of a teacher. He made some
effort in this direction, later turned aside to take a course in
medicine at the University of Michigan in 1872, supplementing this
course with a complete course at Bellevue Hospital, New York City.
His preceptor there was the eminent Dr. Edwin Lewis. He now entered
upon his study of the science of healing which was to be his great
life-work, with an absorbing enthusiasm taking private courses; --
in nervous and mental diseases, under Austin Flint, senior, and in
the vital organs under Dr. Ely Janeway. His aptitude for his chosen
career was so marked at his graduation from Bellevue, that he was

JOHN HARVEY KELLOGG.

selected as pupil-assistant to the celebrated Dr. George N. Beard a pioneer in the employment of electricity in research diseases. It was these first yearnings in him of the great reformer in methods which he afterwards became, that led him still to hold back from entering upon the active practice of medicine along the ordinary lines. He felt that he still wanted more time for thought, for serious reflection. He was still too much of a neophyte to enter the great shrine of Hygeia as one of her active votaries. So he turned aside to take up the vocation of a teacher in the state of New Jersey. Meantime his mind was very active upon the problems which he was afterwards to work out to world-wide acclaim, and in the course of a year, feeling that the experimental stage at any rate had been reached, he joined the staff of the Battle Creek Health Reform Institute, now the famous Battle Creek Sanatorium. This institution founded some ten years before, belonged in the same class as the old-fashioned "water-cure" of the period. But there was an opportunity by clear-sighted energy to bring in new methods, and this the young Doctor proceeded to do. He brought to the task a natural talent for reformatory work amounting to genius, and the most thorough and up-to-date education in the healing art the country was then able to provide. In 1875, he was asked to become superintendent of the institution and declined, but accepted a year later and at once began to introduce reforms. Only those which rested on a tried scientific basis were accepted, and while new ones were being adopted, others were being as earnestly sought for. The record of the institution has thus been a consistent record of progress for more than forty years and "progress" is still the watchword. "The work with which Dr. Kellogg had thus associated himself," says one of his contemporaries, had degenerated under ancient methods until it was almost buried under obloquy and contempt. He entered upon a task of gigantic proportions involving endless study and investigation. To place the cause of medical reform upon a reputable scientific foundation was the work to which he now addressed himself and to which he has assiduously given his life."

JOHN HARVEY KELLOGG.

It may be added that he has accomplished more for it than any other single man, of his time, in America. Seven years after taking active charge of Battle Creek Sanat^aorium, Dr. Kellogg was able to take his first vacation. This to a man of such scientific zest as himself, was necessarily only a change of scene amid new labors. By the spring of 1883, he was able to leave the institution which he had already built up into a recognized position in the medical world, in the hands of others, and go to Europe for a short period of research work. Five months were thus spent, a considerable part of the time, under Dr. Bilⁿroth, in Vienna, who then stood alone at the top of the surgical profession. Under Wolfler his first assistant, special courses of instruction were taken in the practice of the operation known as gastro-enterotomy, which Wolfler had but recently discovered, and which Dr. Kellogg was to bring to a high degree of perfection in America; and other operations upon the stomach, together with plastic operations upon the face and other parts of the body, a new branch of science. A part of the time was spent at the clinic of Politzer in Vienna, of the famous Charcot, and of Layⁿdolt in Paris, and at several of the London hospitals. The results of this new acquirement of home institution under Dr. Kellogg's inspirational guidance, and he himself from this time dates the remarkable reputation as an operator on the organs of the digestive and intestinal regions which he has achieved among his professional brethren in America. He is today recognized as one of the very first surgeons in this class of work in the world. Six years later, Dr. Kellogg found the opportunity for another "play-spell" - for here is a man the paradox of whose life - the riddle of whose existence, - is that work is literally play to him in the great hospitals of Europe, four months of which were spent a first assistant to the famous Dr. Lawson Tait of Birmingham, England, then the leading abdominal surgeon in the profession. This was a very great honor and a very unusual opportunity in a department of surgery still in its critical infancy. Further time was spent in the work-rooms of Savage, Bantock, Thⁿornton, Lister and the other great surgeons.

JOHN HARVEY KELLOGG.

These research tours had but one objective, the betterment of the standards at Battle Creek, where their results were carried out on a scale and to a degree of perfection which won the highest praise from his great European preceptors. Seven years later, Dr. Kellogg again visited Europe, and this time he made a short tour of two weeks in the Orient, which is the only real vacation he has had during an active professional life of more than forty years. During this absence, he performed a large number of operations in his specialty in Switzerland and Denmark. In 1902, fire destroyed the larger part of the buildings of the institution which were immediately rebuilt, and after the laying of the corner-stone of the main building, Doctor Kellogg departed on a special mission of Europe to secure the latest equipment, a feature in which the institution undoubtedly leads all others in the world to-day. In 1907, Dr. Kellogg again made the tour of the principal^{al} surgical centres of the old world, in a study of the latest demonstrations, going even as far as St. Petersburg to study under the celebrated Dr. Pavlov, whose researches on disorders of the digestive regions have won him the Nobel prize. Four years later, he departed again for the great International Hygiene Exhibition at Dresden, and for research-work under specialists in London, Berlin, and Vienna. Several new and remarkable recently-perfected appliances of European experts were gathered during this trip, during which Dr. Kellogg made a special study of the wonderful new remedy, radium. The adoption of European appliances in the equipment of the institution has only acted as a stimulant to the active brain of Dr. Kellogg, and he has himself invented and manufactured many appliances for therapeutic purposes. Perhaps the best known generally of these, is the now almost universal electric-light bath. There are also numerous other appliances by him for making use of light as a curative agent. He was a pioneer in this work whose services are now recognized in all the leading hospitals the world over. The pathological value of passive exercises has been developed

JOHN HARVEY KELLOGG.

almost entirely through the many appliances he has invented, as well as the hydropathic system, at present in general use. Dr. Kellogg has the honor of having first observed and described what was afterward classified by D'Arsonal ~~of~~ Paris as the sinusoidal electric current. One of the inventions which will carry his name to remote posterity is the Universal Dynamometer, a machine for determining the total strength of the human body, and the strength of each individual group of muscles. This was promptly adopted by the United States Government, and is in use ⁱⁿ all its military schools. The great Battle Creek Sanatorium, ^a of which Dr. Kellogg is the founder and has always been the head, has been in its main-springs a one man enterprise. It may be said to have grown in its great central idea; rational methods of health-cure; out of his own personal experiences as an invalid going back to his boyhood. He was a weakling who early began to make a study of himself and apply the simplest means for self-cure, quite outside of therapeutic methods. He thus in his fourteenth year became a flesh-abstainer, and has so remained all his life. At twenty-two he had fully regained his health chiefly as the result of self-experimentation with diet and hygiene. He has simply accomplished miracles among his thousands of patients since by his wonderful discoveries of food-values in the vegetable kingdom. He has, out of these in fact, created a new Kingdom - a health Kingdom. His first great achievement soon after he took charge of the Battle Creek institution was the development of a thoroughly dextrinized food - the first one. ~~The~~ He invented cereal coffee, whose benefits to civilization at large can never be ²estimated. His flaked cereals in various forms are the breakfast-food of the entire American nation. All these things have grown directly out of the needs of the Sanatorium, and he has been of the Sanatorium, and he has been content to leave their commercial development, in which great fortunes have been realized, to others. One of the countries in which he has become specially interested as a recreation-ground is Mexico, where, at Mexico City (?) a hospital has been for years conducted under his general supervision as president of

JOHN HARVEY KELLOGG.

the International Medical Missionary and Benevolent Association. He went to Cuba in 1888 and to Porto Rico in 1899, for the purpose of widening his general sphere of observation, which had not up to this time included the tropics. A man who for the greater part of his life has worked literally eighteen hours out of the twenty-four which constitute a day, he has occupied every spare moment of his time while traveling, in writing. The author of many works, he has rarely failed to return from a long trip without bringing home the complete manuscript of a new one. Dr. Kellogg's literary activities which are a very important part of his life-work, began at an early age. At twenty-seven he was made editor of "Good-Health" magazine which he has made famous and he still continues in its editorialship. For five years, he published a monthly medical journal, Modern Medicine. Among his leading works are "Rational Hydro-theraphy" which is the acknowledged vade mecum and highest authority on the subject among the medical profession the world over. "The Art of Massage" a profound study and practical guide, has reached its fiftieth edition. For the great public in his great mission as the Apostle of the new Evangel of health, he has written "The Home Hand-Book of Modern Medicine," "Plain Facts," "Man the Masterpiece," the "Ladies Guide" and "The Miracle of Life." These have sold by the hundreds of thousands of copies, not only at home but in foreign countries including England, Australia, New Zealand, South Africa and India. At the request of the great publishing house of Harper's of New York, he prepared a series of school text-books on physiology, which have had a nation-wide circulation and are today standard. He has prepared and read scores of papers before Medical Societies and Conventions, which have enriched the columns of current Medical Journals. This is a work which he keeps up with unflagging enthusiasm. Some of his thesis have attracted wide attention. Tendencies toward Race Degeneration, was ordered published as a Senate document, and has been circulated all over America. Besides all these, his outside activities would be sufficient alone to the development of a full rounded career. One of the most far-reaching in its effects in the International Medical

JOHN HARVEY KELLOGG.

Missionary and Benevolent Association which he organized in 1885, giving to it about half his time as its president for the first ten or twelve years, the resultant being the establishment of numerous philanthropic branches in the United States and foreign countries. It was a great work in itself which can only be thus alluded to here. The American Medical Missionary College, a training school for Missionary physicians of both sexes was organized in 1894. This was merged in 1910 with the Medical department of the University of Illinois. A training-school for nurses was established at the Sanatorium very early in his direction, in 1883, this being the first school of instruction in Sanatorium methods, and at present one of the oldest and largest hospital training schools in the United States. It is regarded indeed the model training-school of America. The highly progressive methods introduced at Battle Creek led to the establishment of the Battle Creek Sanatorium School of Health and Household Economics, which imparts to women that broader training in scientific house-keeping which the great practice of the Sanatorium makes possible. Another educational branch of the institution, which is yet, like all the others, as broad as civilization itself in its aims, is the Normal School of Physical Education, which prepares young people for physical directorships in every kind of public institutions. Dr. Kellogg's purely philanthropic enterprises, in addition to the rearing of a large number of adopted children, having none of his own, all of whom have been fitted for a career; include the Haskell Home for Orphans founded in 1902, and a Home for Aged Persons founded in 1891, to which more than 100,000 dollars have been contributed. A free dispensary was established in Chicago to which the Doctor made personal weekly visits for more than seven years. Of his private benefactions only those closest to him know anything. But he is a notably large-hearted man, ever ready to help the worthy cause or the worthy individual. His public labors as a health-reformer have brought him into international prominence. Becoming interested as his years increased in

JOHN HARVEY KELLOGG.

the wider problems of the whole race of mankind, he organized the first Race Betterment Conference which was held in January 1914. This the first meeting of its kind ever held, was attended by 250 delegates from all over this country composed of eminent men in every walk of life. It resulted in a permanent organization with an annual Conference. At the first meeting, Dr. Kellogg startled the civilized world with the proposal to establish a Eugenics Registry as the first step in the development of a line of thoroughbred human-beings. This met with the general approval of the Conference. The beginnings of the activities of the Race Betterment movement which is one of Dr. Kellogg's pet hobbies date from 1906, when he deeded three hundred thousand dollars worth of property as its goundation. This foundation will be increased it is proposed, to one million dollars. Dr. Kellogg has long been prominent in the ranks of many Medical Societies, is a Fellow both of the American Medical Association and of the Royal Society of Medicine of Great Britain, and also of the American Gynecological Society; is a member of the Societe d' Hygiene of France, of the British and American Association for the (Advancement of Science, American Society of Microscopists, Mississippi Valley Medical Association, Tri-State Medical Society, Michigan State Medical Society, and the American Geographical Society. He is an honorary member of the Academia-Fisco - Chimica Italiana of Italy, a member of the Agassiz Association, and has received the degree of L.L.D. (honorary) from Olivet College, Michigan, and F. A. C. S. from the American College of Surgeons. He has served for ~~sixteen~~ ^{eighteen} years as a member of the Michigan State Board of Health. Now in his sixty-sixth year, Dr. Kellogg is still as active as at forty-five. His mental and physical powers indeed can be fairly classed as marvelous. He works on an average of eighteen hours a day, describing himself as "working until I am worked out, seven days in the week, and three hundred and sixty-five days in the year." This is indeed one of his personal health-rules. Regarding his purely physical powers, a recent writer in The Woman's Home Companion says; "although small in stature he has great muscular power, and in his lectures used to lift a weight of 750 pounds, or throw over his shoulders the heaviest man in the audience."

action
Lincoln
Memorial

JOHN HARVEY KELLOGG.

He may be summed up as the highest type America or indeed, civilization has produced of the really great physician, - the man who burning with zeal to restore the world to health and normality, is gifted with a genius in some sense commensurate to such a tremendous ideal. Few men indeed, have been so gifted, and of Dr. Kellogg it may be added that he has perhaps been privileged to set a larger number of his fellow-men and women on the road to health than any other man of his time.

Dr. Kellogg was united in marriage 22 Feb., 1879, to Miss Ella E. Eaton, of Alfred Center, N. Y. an author of note, and a prominent W. C. T. U. worker. Around them have grown up a wonderful family of adopted children & they have had none of their own issue - now in its second generation. The originals number more than a score, with with their children now number several score who were reared, educated and set forth upon a career of usefulness, by Dr. and Mrs. Kellogg.

JOHN HARVEY KELLOGG, M. D.

John Harvey Kellogg, M.D., son of John Preston and Anne Jeanette Kellogg, was born at Tyrone, Michigan, February 26, 1852. Through his grandmother, whose maiden name was Gardner, he was descended from Mr. Gardner, one of the Pilgrim Fathers who landed at Plymouth Rock in 1620. His mother, whose maiden name was Stanley, claimed descent from Lord Stanley. At the early age of twelve years he entered a printing office and followed the printer's trade until he was twenty, with the exception of such time as was spent in completing his studies in the public schools of the city and the Michigan State Normal School of Ypsilanti, studies which were supplemented and extended by work of private tutors.

In 1872 he entered upon the study of medicine, taking a course at the medical department of the University of Michigan and graduating from Bellevue Hospital Medical College, which later became a department of the University of New York, in the spring of 1875. His preceptor was Dr. Edwin Lewis, an eminent New York physician. He was also a private pupil under the late Prof. Austin Flint, Sr., and the late Prof. E.G. Janeway. and after graduating was pupil assistant of the eminent Dr. George N. Beard, a pioneer in this country in the application of electricity in the treatment of research disease.

In 1873, Dr. Kellogg became connected with the Battle Creek Sanitarium and after graduating in 1875 was appointed superintendent of the institution, which honor he declined. However, he accepted a year later at the solicitation of the board, and on being informed by the Chairman of the board that the determination had been made to close the institution unless he would consent to take charge of it.

Doctor Kellogg was made editor of the Good Health Magazine in the spring of 1873, a position which he has held continuously since that time, now more than forty years, in addition to his work as superintendent of the Battle Creek Sanitarium.

Five months were spent in Europe during the early part of the year 1883 in study in various hospitals and laboratories. Most of the time he devoted to the study of surgery under the famous Bilroth in Vienna, at the time the leading surgeon of the world. Special courses of instruction were taken under Bilroth's first assistant, Doctor Wölfer, who shortly before had discovered the operation known as gastro-enterostomy. Special attention was given to the practice of this operation and other operations upon the stomach, together with plastic operations upon the face and other parts, operations for which the clinic Professor Bilroth was especially noted. Some time was also spent at the clinics of Politzer in Vienna, Charcot and Landolt in Paris, and at several London hospitals.

A second trip was made abroad in 1889, during which four months were spent as first assistant to the famous Dr. Lawson Tait of Birmingham, England, at that time the leading abdominal surgeon of the world. This was a most profitable season, as a very exceptional opportunity was enjoyed for becoming thoroughly familiar with a department of surgical work which at that time was undertaken by comparatively few surgeons and in which the mortality still remained at a very high figure. During this visit to Europe, some time was also spent in watching the work of Savage, Thornton, Bantock, Lister, and other eminent surgeons.

A third visit was made to Europe in 1900, on which occasion a short trip was made to Egypt, Palestine, Turkey and the Balkan countries. The

3

Oriental trip of two weeks was the only real vacation the doctor has ever taken during an active professional life of more than forty years. During this trip a considerable number of surgical operations were performed in Switzerland and Denmark.

In 1902, after the fire and the laying of the corner stone of the new building, the plans for the building having been completed, Doctor Kellogg made an extended trip through Europe, visiting the leading hospitals and sanitariums for the purpose of securing for the new institution all the most up-to-date equipment possible.

Five years later a fifth visit was made to the leading surgical centers of Europe, special attention being given to the surgery of the stomach and intestines. A visit was also made to St. Petersburg for the purpose of studying the work of the famous Doctor Pawlow, whose researches on the physiology of digestion have placed him foremost among the physiologists of the world and secured to him the Nobel prize.

The sixth European trip in 1911, was spent in Dresden studying the great International Hygiene Exhibition, and in study with the leading specialists of Berlin, Vienna and London. During this trip a special study was made of the new remedy, radium, and of various remarkable new appliances for the study and cure of diseases recently perfected by European experts. Doctor Kellogg has also made numerous trips to Mexico, where a hospital was for years conducted under his general supervision, as president of the International Medical Missionary and Benevolent Association. A trip was made to Cuba in 1888, and to Porto Rico in 1909. During all these trips, every spare moment, whether traveling on shipboard or on the cars, was occupied in writing. The doctor has rarely failed to return from a long trip without bringing home the manuscript of a new book.

4

While devoting full time to his duties as superintendent of the Battle Creek Sanitarium, Doctor Kellogg has found time to take part in numerous additional enterprises. In 1885 he joined with others in the organization of the International Medical Missionary and Benevolent Association, as president of which he spent half of his time for ten or twelve years in the interest of the board, which resulted in the establishment of numerous philanthropic enterprises in different parts of the United States and other countries.

In 1894, Doctor Kellogg, with others, organized the American Medical Missionary College as a training school for young men and women who desired to devote their lives to medical work in missionary lands. After existing for sixteen years, within which time over two hundred students were graduated, it was in 1910 merged with the medical department of the University of Illinois. In 1902 Doctor Kellogg, with others, organized the Haskell Home for orphans, and in 1891 a Home for aged persons. More than \$100,000 was raised for the complete equipment and maintenance of these institutions. Other philanthropic work has been undertaken, including the establishment of a free dispensary in Chicago, to which weekly visits were made for more than seven years.

Other enterprises which Doctor Kellogg has been chiefly instrumental in founding are as follows:

Battle Creek Sanitarium and Hospital Training School for Nurses, established in 1883. The first training school the students of which received instructions in sanitarium methods, and at present one of the oldest, and for many years recognized as the largest training school in the United States.

Battle Creek Sanitarium School of Health and Household Economics,

5
an institution which undertakes to give women interest in scientific housekeeping the broader training which the large practical experience of the Battle Creek Sanitarium renders possible.

The Normal School of Physical Education, another of the educational departments of the institution. Organized for the purpose of preparing young men and women to act as physical directors in colleges, seminaries, normal schools, Young Men's and Young Women's Christian Associations, and playgrounds.

Through Dr. Kellogg's initiative, there was organized the International Medical Missionary Conference which brings together each year scores of missionary physicians home on furlough from their work in various foreign countries. These meetings are of great interest and profit.

In January 1914, was held the first Race Betterment Conference which, under Dr. Kellogg's leadership, was organized as the first meeting of the sort ever held. The Conference was attended by some 250 delegates from all parts of the United States, among whom were to be found a large number of eminent, scientific men and representatives of the leading universities as well as United States Government and state officials and others of the leading thinkers of the nation. This Conference, which has been organized as a regular annual event, attracted wide notice not only in this country but in foreign lands.

Among the various suggestions brought forward at this meeting, perhaps the most striking was the proposal by Dr. Kellogg to establish a Eugenics Registry, the purpose of which is to establish a line of human thoroughbreds and thus to aid in the development of the new human race which promoters of the Race Betterment Conference regard as the only means of preventing final

extinction of the race through race degeneracy.

In 1906 Dr. Kellogg established the Race Betterment foundation by placing in the hands of a Board of Trustees property having a present value of something more than three hundred thousand dollars. The Race Betterment Conference and various other allied activities are supported by the income from this fund, which it is proposed to increase to a million dollars or more.

Besides being a Fellow of the American Medical Association and Fellow of the Royal Society of Medicine of Great Britain, Doctor Kellogg is also a Fellow of the American College of Surgeons; and of the American Gynecological Society, member of the Society of Hygiene of France, and member of the following organizations: British and American Association for the Advancement of Science, American Society of Microscopists, Mississippi Valley Medical Association, Tri-State Medical Society, Michigan State Medical Society, and the American Geographical Society, Eugenics Research Association.

Doctor Kellogg has served for fifteen years as a member of the State Board of Health, having received appointment from four different governors.

Doctor Kellogg began his literary activities at an early date. At the age of ²¹27 years, when placed in the editorial charge of Good Health Magazine, he had already had several years' preparation as a proof-reader and editorial assistant. Although the editorship of Good Health Magazine has occupied much of the time which could be spared from his professional duties, time has been found for the preparation of a considerable number of books, as well as the publication ^{for} of five years of a monthly medical journal, Modern Medicine. Among the leading books which he has written and published are the following: "Rational Hydrotherapy", a work of 1,237 pages, especially designed for the medical profession. This work published by

I can find this part of graph.

American Medical Association, and is

the F. A. Davis Company, medical book publishers of Philadelphia, has had a circulation of nearly 15,000, mostly among physicians of the United States. The work has been sold to some extent in other countries. The "Art of Massage", a book for physicians and nurses, has enjoyed a very considerable degree of popularity, having reached its fifty edition. The "Home-Hand Book of Modern Medicine", "Plain Facts", "Man the Masterpiece", "Ladies' Guide", and the "Miracle of Life", are works prepared for the hygienic and sanitary instruction of the laity which have had a circulation amounting to several hundred thousand copies, and have been sold extensively in England, Australia, New Zealand, South Africa, and to some extent in India, as well as in this country. A series of school text books on physiology, written by request of Harper Bros., first published by them, later by the American Book Company, have had an extensive sale as school text books. Some dozens of medical newspapers have been prepared and read before the medical societies and have been published in various medical journals. Some of these have attracted considerable attention. A paper entitled "Tendencies Toward Race Degeneracy" was published as a Senate document, and has been very widely circulated.

Doctor Kellogg has been quite active as an inventor, besides devising several surgical procedures, some of which have been recognized and adopted by surgeons both in this country and in Europe. He has invented many medical appliances, especially for the application of passive exercises, as well as numerous modes of applying water and other therapeutic means. He first observed and described what was afterwards described and named by d'Arsonval of Paris as the sinusoidal electric current. The electric light bath as well as numerous appliances for making use of light as a remedial agent, were invented by Doctor Kellogg for use in the Battle Creek Sanitarium and has

now become one of the most popular of all methods of applying heat in the leading hospitals of the world. Many thousands of these baths have been installed in European countries, although they have only within the last few years begun to be appreciated in the United States.

The Universal Dynamometer, a device for determining the total strength of the human body and the strength of each individual group of muscles, which was perfected by Doctor Kellogg more than twenty years ago, ^{was} adopted by the United States government and has been in constant use in all its military schools. One of these devices was recently shipped to the Philippine Islands for the equipment of the military academy there.

Another line of inventive activity in which Doctor Kellogg has been conspicuous is the preparation of the ready-to-eat foods especially designed for the use of invalids. Having been from his fourteenth year a flesh abstainer, the doctor has been especially interested in improving the quality and increasing the variety of vegetable foods and food preparations. Having given considerable study to the chemistry of foods, he began, soon after he took charge of the Battle Creek Sanitarium, a series of experiments, the result of which was the development of a thoroughly dextrinized food ready for immediate use, and so far as I know, the first of its sort. Cereal coffee was the next product, and then came the invention of flaked cereals prepared from different grains, out of which grew the large business in flaked foods which has been developed in Battle Creek and in various other places. Doctor Kellogg's purpose in the preparation of foods has always been to meet some need recognized in the work of the Sanitarium. His arduous duties as superintendent and surgeon of the Battle Creek Sanitarium have led him to leave to others the commercial develop-

ment of his original ideas.

On February 22, 1879, Dr. Kellogg was married to Miss Ella E. Eaton, of Alfred Center, New York, herself an author of note and a prominent W.C.T.U. worker. Having no children of their own, Doctor and Mrs. Kellogg have taken into their home and educated more than a score of little ones, many of whom are now grown up and married and have families of their own. All of these children and the children's children as well, have been reared in harmony with the health principles which are promulgated at the Battle Creek Sanitarium."

(Find the rest of the umbrella story)

3-12-41

(Doctor started to tell me something about his experiences at the ^{Normal School} ~~University~~ of Michigan, but was interrupted. The "umbrella story" occurred to him while dictating.

In the article, he at first used the word ancestors, but immediately changed to forebears, saying that "it would read smoother; and that the word ancestors had three syllables in it, while forebears had but two. The article, or sentence rather, did read better.) The following is all that he told me:

When in Normal School, I was in the composition class. The teacher told us to write an example of figures of speech - an allegory. I had lost my umbrella. I was sorry to miss it as I did not have much money in those days.

NORMAL SCHOOL

Normal School at Ypsilanti when 20 years old.

One day had to write something of a very different style of diction. My umbrella had been stolen from me. I wrote, "My Umbrella Has Eloped from Me." My teacher complimented it very highly; said it was "written in a musical style. Although there was no rhythm, it gave one the feeling of poetry."

Memo (JHK) Oct. 15, 1937.

I remember when I was in a large class at the State Normal. There was a famous teacher of rhetoric and composition, Miss Rice. I handed in my composition. I had taken an umbrella to school one day, and some one had stolen it. I took this as my subject, "My Truant Umbrella." I wrote of it as a living thing, and as though it had eloped. The teacher read it before the whole class. She called attention to the fact that it had a poetic ^lrythm. I can remember nothing but the title. I had a picture in my mind of the umbrella sailing along, catching up a young fellow and carrying him off. That was the picture I had in my mind when I wrote it.

PRINCIPAL INTERESTS IN LIFE

Boyhood.

Food reform or natural or biologic mode of life.

Physiotherapy.

Educational reform.

Medical studies.

Good Health.

Battle Creek Sanitarium.

Nurses' Training School.

Medical School.

School of Home Economics and Dietetics.

School of Physical Education.

Battle Creek College.

Public health work.

Surgery.

Books.

Race Betterment.

Food reform

Bronson Alcott's cousin -- Dr. Wm. A. Alcott (1853)

Starting other sanitariums.

Work of students.

Work in Chicago (?)

4-11-42

M E M O.

Started health college.

Kept records.

Students came from all over the United States.

Made college to qualify teachers for colleges and high schools
also nurses.

Battle Creek Foods and teachings famous.

Hunter.

Dafce.

Department of Agriculture sent students.

Navy Nurses.

Health report.

Blood pressure

Protose - Dabney

(Germany
(Scandinavia
(Russia
(France
(Near East
(Bulgaria

Vaughan letter.

Davis, etc.

Encyclopedia of Biologic Living.

Australia
Carl Mann
Robinson

corn flakes in Germany

Guntz
England

*all food compounds of B.C. have
contributed to the Sanitarium*

ORIGIN AND PURPOSE OF BATTLE CREEK FOODS

Soon after Dr. John Harvey Kellogg organized the Battle Creek Sanitarium, in 1876, to succeed the Western Health Reform Institute, which had been established ten years before, the Doctor^{OF} began experimental food researches for the purpose of developing special foods for the purpose of aiding in the treatment of the patients who visited the Sanitarium, most of whom were sufferin^G from digestive disorders.

Some of the products developed in the laboratory, such as Wheat Flakes, Corn Flakes, and other flakes and granular cereal products, and Wheat Bran

A large popular demand developed and imitators sprang up in various parts of the country, some of whom settled in Battle Creek.

Because of their origin, the original Battle Creek products are known as Battle Creek Sanitarium foods. The genuine may be recognized by the fact that they bear the picture of the famous Sanitarium, to the success of which they have been a large contributor.

DR. KELLOGG: The object of this association is to maintain and to uphold and preserve the original purposes of the institution. I ought to give you a little sketch, perhaps, of its origin.

In 1866 six or eight men got together and raised money enough to buy a little cottage. It stands on the ground here. My father was one of these men. All together they raised sufficient money to buy the cottage and a piece of ground. It was a farm cottage formerly occupied by Judge Graves and owned by him. He also owned a piece of land that reached from Washington street here clear out to Hubbard street, about 50 acres in all. It afterward became what was known as the fair ground, and different parts were sold off from time to time.

I finally purchased a portion at the farther end, some 12 acres, to be used for the Haskell Home; but it proved not to be large enough. There was a fine piece of woods there. They were cutting it down. We were starting an orphan asylum. So I borrowed the money to purchase the place. Later we had an offer of a larger piece across the road, the old Hubbard home and farm, and this was purchased. I borrowed the money and bought the grove to save it from being cut down. Several large trees had been cut. At that time there stood a few of the original trees which were two or three feet in diameter. It was more than 20 years before I was able to pay for the place. I think it was considerably more than that before it was all paid for.

The Haskell Home was erected by money given by Mrs. Haskell.

MY LIFE

Boyhood - Earliest recollections.

Setting house on fire.

House across hollow, man with killing

Fall on the stove.

Running away with string attached.

Walk to town with Merritt.

Visit to B.C. at 3½ with my father.

Six weeks' school at nine years.

Watching Theodore Lewis --just like an ox.

Work in shop at ten years.

At 11-12, one year in school.

At 12, printing office.

At 14, private school a year.

At 15, grammar class and printing Psalms.

At 16, district school --episodes.

Printing office again.

At 20, Normal School --episodes.

At 21, Trall's.

1873, began editing GOOD HEALTH.

University.

Apr. 9, 1943

Memo - re history of Sanitarium

Five or six men purchased property. J. P. Kellogg put \$2200.00 into it. Another man, \$1100.00. Others, smaller amounts. *(father of J. H.)*

Lawyer Dibble drew up the papers.

Partnership carried on for a time.

April, 1867, Articles of Incorporation drawn up. A semi-charitable self supporting organization.

Elder White sick. Mrs. White took \$1000.00 worth of stock.

Letters sent to stock holders to get consent to substitute a member for each share of stock or accept pay for stock. J. P. Kellogg kept money in corporation.

1898 reorganization.

R. V. Pearce of Buffalo went to J. Pierpont Morgan to get money to buy up San.

San had put up buildings costing between \$400,000.00 to \$500,000.00.

Bought up for its debts.

Had endowed beds for \$6.00 per week.

1902 Fire wiped out all assets and left \$18,000.00 in debt.

S. D. A's were to raise \$500,000.00 but later withdrew.

Loans were made to complete building.

Nurses training school started in 1883. Nurses sent out into country to aid sick.

Calls came to local institution to help in other parts of country which was done at own personal expense.

ORIGINAL J. H. K.'S IDEAS

1. Penetrating power of light and radiant heat.
2. Measure portions of food on bill of fare with indicated value.
3. Three-a-day supported by Cannon's experiments on cats.
4. Cause of tired feeling in the morning.
5. Sinusoidal current. 5 $\frac{1}{2}$ Electric light bath.
6. Automatic exercise.
7. Dynamometer.
8. Experiments of training based on dynamometer.
9. Effects of intensive heat.
10. Increased motility for change of flora.
11. Method of making beta-lactose.
12. Flaking cereals.
13. Vegetable meats, nuts, soy, gluten.

All net earnings of institution any year was not as much as fees doctors gave to institution.

Food business taken on as private affair.

Sale of books produced enough income to support own family.

Turned out of church in 1907. In debt \$100,000.00 at the time. Corn Flake invention took care of debt. Hiley Butler helped to work out Corn Flakes.

San prospered.

alcohol was too strong for my weak Spirit and my weak willing flesh. The blood began to mount again, and my tongue achieved a whiteness rivalled only by its indefatigability.

And now the Doctor, patient with my sins, and always willing to exchange dietetics for philosophy, has sent me, in return for a very pessimistic volume of mine, his own abbreviated gospel, How to Have Good Health Through Biologic Living, as if to remind me of the proverbial relation of the liver to life; health is the only cure for metaphysics. Here all the wisdom of one of America's wisest and kindest men has been brought into handy form; here shall you find a guide to sunlight, good food, healthy clothing, a godlike cleanliness, and restful sleep. I have read every word of its five hundred lucid pages, and feel a new conversion agitating me. I do not know whether the Doctor is right or wrong; who am I to judge these things? But each of us must choose his guide, however ignorantly; and I propose, by the grace of biology, to follow as long as I can The Way described in this little masterpiece of exposition, this simple and kindly introduction to the highest of all arts -- the art of life.

I recommend it to the reader, not as an expert to a layman, but as one wanderer and wayfarer to another. There are pages in the book which will not win our assent; certain elements - like posture may seem to be unduly stressed,

and the Doctor may not appear to weigh sufficiently in the balance the genial pleasure given by the ferocious poisons which he proscribes. But let me be modest; the Doctor has thought these things out before I was born; his Sanitarium was 18 years born when I alighted upon this reckless planet. If only I can work as hard, and think as clearly, at eighty-two as he does today, I shall look back with calm forgiveness on the errors which guided me so well. Health is the greatest gift, and the Doctor has given it to over a hundred thousand men and women from every continent. He deserves well of his country.

THEN AND NOW

Three-quarters of a century ago when Good Health was just starting its campaign for better health, health was a subject seldom discussed except in cases of accidents, acute illness, deaths, and epidemics. The situation was unchanged a few years later when the writer took editorial charge.

Twenty years before, Sylvester Graham had started a campaign in favor of whole meal bread to which his name had become attached and who were known as Grahamites or bran bread eaters and generally looked upon as cranks, for the Graham health reform idea discarded flesh meats as food on the authority of Cuvier, the great French naturalist who declared that the natural diet of man was the same as that of the higher apes and consisted of fruits, grains, nuts, tender shoots and succulent roots. Graham insisted that the civilized world had gotten too far away from Nature and should return to the simple habits of the old Greeks and Romans under the teaching of Pythagoras and his pupils Socrates and Plato.

Graham was a noted temperance lecturer who in the forties traveled extensively in the eastern states and as far west as Michigan, then a frontier state. Real temperance reform had only just got well started. The health reform which Graham had started was really an extension of the real

temperance movement started in New Bedford 20 years earlier. Prior to that time when a man signed the temperance pledge, he agreed not to get drunk at any time except at weddings, raisings and funerals. Lyman Beecher, father of Henry Ward and his famous brother, had shamed the preachers out of getting drunk at dedications and ordinations, and Graham, following the example of Joseph Bates, the retired New Bedford sea captain, went a step farther in discarding tea.

Graham's reform had acquired some standing among intellectuals by the fact that Graham himself was a highly educated man and well versed in physiology. Prestige in the movement was also heightened by the fact that it numbered among its adherents such men as Trudeau, Emerson, the Alcotts, Horace Greeley, the leaders of the Brook Farm experiment and Wendel Phillips, the orator, Father Shipherd, the founder of Oberlin and Olivet as well as both of these colleges 20 years before the movement started at Battle Creek.

Boards of health were only just getting started. Even health officers were few and for the most part political appointees and wholly unqualified for their duties. This fact became so apparent in the state of New York that Dr. Andrew White, president of Cornell University, was called

upon by the governor of the state to investigate the qualifications of the New York health officers and found a state of things which he illustrated in his report by an incident which occurred when he was conducting his examination.

Replying to the question, "Have you had much sickness in your district recently?" the officer said, "No, not very much. There was one case of smallpox in a family of "hijinics" living on the outskirts of town but it got well."

"Did you visit the family?"

"No, indeed," he replied, evidently surprised that such a question should be asked.

"Why not?"

"For the same reason you would not. I was afraid I would catch it myself."

The Professor then asked the official to define "hijinics."

Probably recalling that hygiene had something to do with health, he replied, "Hijinics, sir, is a bad smell rising from dirty water."

A state board of health was being organized in Massachusetts and five or six years later the state of Michigan followed suit and the country began to give some serious attention to water supplies, the suppression of smallpox, typhoid fever, and other epidemic and endemic diseases. No attention was given to diet or other matters pertaining to personal health or habits except now and then notes in favor of temperance

from the W. C. T. U. or some other temperance organization.

But Pasteur in the discovery of bacteria had started a flame destined to enlighten the world in relation to health and disease, far more than any discovery ever before made had done.

The state of things then pervading even in medical circles may be judged from an incident which occurred a dozen years later. The writer, in pursuit of his duty as a member of the State Board of Health, was asked by one of the physicians of the city to investigate the water of a well which had acquired a sulphurous taste and was suspected of being the cause of sickness in a family living near the heart of the town. Investigation showed that it had become contaminated, doubtless by drainage from a neighbor's well, across the road. A new owner had recently occupied the place, which had two wells, one near the house, the other at the barn. Having no animals to occupy the barn and no use for a well there, the new owner found the deep hole a convenient place for disposing of a huge pile of manure which must be removed. As this action had occurred but a short time prior to the change in the well which was located a few rods distant on the downhill slope of the land surface, the evidence as to the source of the water contamination seemed very conclusive. It was advised that the use of the water from the well should be suppressed and that some action should be taken to remove the source

of contamination. To get action it was found necessary to appeal to the city board of aldermen, one of whom was a physician. I obtained a hearing and presented a specimen of the water with a microscope focused upon a drop which displayed a very interesting picture of water tigers, Vibrios, and a great variety of organisms sporting about in very lively fashion. The members of the board were very much startled and seemed deeply impressed, but to my surprise when the doctor placed his eye to the microscope, he exclaimed, "Oh, this is a fine specimen of living water. You know, gentlemen, spring water is living water. That is, it has live creatures in it. That is why spring water is desirable. Without these living creatures the water would be dead and less wholesome."

No action was taken, but the doctor succeeded in getting the well closed to use. Fortunately, the stable flavor was sufficiently strong to make its use impossible.

About the same time the State Board of Health had begun holding sanitary conventions throughout the state. A part of the program in each place was made the examination of the drinking water, the source of which was rarely ever found to be anything else than dug wells, every one of which was a possible cesspool into which filth might constantly drain from the soil, which was then everywhere in villages subject to contamination from vaults, and crude cesspools which usually consisted of holes dug in the ground with walls supported by boards or cobblestones. In one city there

was found in the heart of the town just behind a row of stores a row of vaults ten or twelve feet deep interspersed with dug wells a few feet deeper. It was clearly evident that the conditions were such as to insure admixture of the contents of the wells and the vaults.

At a sanitary convention held in the same town a smart housewife, after being shown through the microscope some of the bacteria found in some polluted drinking water, then known as bacterium termo, asked, "How big are they?" When told that 20,000 of them placed close together in a line would make a row one inch long, she exclaimed, with much display of relief, "Oh, I'm not afraid of them little fellers."

It was a common thing to find in those days wells which had been for years steadily feeding the local cemeteries with victims of the typhoid and dysentery infections which they were dispensing.

When one looks back upon those days of sanitary ignorance, it is really a matter of surprise that the death rate from typhoid and other water-borne diseases was not much higher than it was, and it is easy to understand why the life expectation at birth was scarcely two-thirds the present average length. Safe public water supplies in those days were rare except in a few of the older eastern centers. Drinking water was almost entirely supplied by dug wells.

The best method of disposal of sewage was then a very unsettled question. When a pioneer took

up a new farm and built some kind of shelter for his family, he dug two holes in the ground, one to draw water out of, and the other to put surplus liquids and waste into, and what went into one soon began to come out of the other, and sooner or later the soil became so contaminated that it became a serious source of disease and death. Very naturally the older and denser the population became the higher the death rate rose. The last half century has seen a development of the science of hygiene chiefly as the result of Pasteur's great discoveries, which surpassed all the knowledge previously obtained in the long history of the world. Every city in America now has a clean and safe water supply. Approximately the same thing may be said with reference to milk, but alas this is far from true in relation to meat.

Milk, once like water, was liable to become contaminated with typhoid fever germs through the addition of polluted water as a diluent or even through the washing of the containers with water from polluted streams or wells. Most other sources of contracting disease through milk are now excluded through the thorough inspection of dairies and dairy cattle and the universal pasteurization of milk, although no doubt there is still serious mischief lurking in the residue of colon germs which remain in pasteurized milk in the form of spores which require a very much higher temperature than that used in pasteurizing, for their destruction. because unfortunately, the process of pasteurizing not only kills the specific causes of infectious dis-

ease but also the lactic acid forming bacteria which are a protection against the development of the great number of colon germs with which milk becomes infected during milking and which unless preventive measures are employed may develop in the human colon and, accumulating from year to year, may ultimately become a grave cause of disease. Unfortunately the same progress has not been made in relation to the meat supplies of the country, which are still a serious menace and one to which serious government attention should be given.

HK-b

Memoirs

June 21, 1930.

My experience in printing office.

From printer's devil to editor's chair.

Describe the old Franklin press.

Teaching apprentices at 14.

Grammar class at 15

District school - Boarding around - Salary \$30.00 a month.

Four years later at Ypsilanti

Experience with Bellows.

Algebra.

Billroth (Find something more about him) *(large bell book)*

Charcot (Best description in San Michelle.

~~Experience-with-Bellows-~~

MEMO

June 28, 1935.

About 35 years ago, when Mr. Post was a charity patient at the Sanitarium, I received one day from Mrs. Hall, the matron, a little note saying "Mrs. Post has gotten hold of your formula for making Minute Brew. ^{Commercial Weak} I think they intend to manufacture it when they go away."

I replied to her that the more people who were busy making it, the more people would be likely to use it, and had quite forgotten it until Mrs. Hall, a few months before her death, some years ago, mentioned it to her niece, who wrote to me about it.

Tait, Dr.

Tobacco book

Papers on Degeneration

Physical Deterioration

All articles on losing stature

Health Lessons

Health Records

Books in first library-

Farr's Histories, 4 vols.

Pitman's shorthand book (Phonograph
Grammar-German,

Dictionary

Astronomy

Grey's Botany

Red books ?

*Microscope
Physiology class
Shorthand notebooks
Boarded himself in
N. Y. ?*

First poem--"The Moon". Was attending school taught by Miss Teresa French and was required to write a poem composition. 15 years old.

Em said that when Doctor was about eight years old he had read nearly all the books in the house and wanted some more. He asked mother if he couldn't take his little wagon and go around to all the neighbor and borrow a whole wagon-load of books. He thought he would have a feast of reading matter.

With the first money he earned in the Review and Herald Office, he bought four volumes of Farr's history (second-hand), for which he paid \$2.50. (How old?)

I went to teach school at Hastings in the fall. I spent the summer with Elder White at Greenville I was 16 when I began and felt about 50 when I stopped in the -----(?)

San Michelle, p. 278

Lake Cholulu episode.

Chicago - Sister Louise

Sister Louise - Clarke Street.

SURGICAL EXPERIENCES

Tenneesee lawyer's wife.

First surgical paper - 165 Cases

Tell about epileptic cases.

Chicago cases - ovariectomy

Negro woman - Chicago

Mexican

Tait experience.

American Medical College - history

Holmes, Paddock, Walls, Zappe

Custom House Place - Experiences.

Mexico - Governor's cousin.

Visit from professors.

"He can sew anyway."

Writing Colon Hygiene - Hotel Cecil

Experience with S. D. A's.

Connection with Battle Creek Sanitarium.

Inventions - Mechanical Movements - Philadelphia.

Zander Machines

MEMO

Jan. 12, 1942

Born on farm 1852

Father died at 74. Tuberculosis.

Mother died at 69. Heart.

Grandfather at ~~97~~⁸⁸. Grandmother at ~~99~~⁸⁹. ~~(9)~~

Colitis at 12.

Peptic ulcer (duodenal) at 14

Malaria at 16 (Tuberculosis?)

Learned better way--Graham.

I began working in a factory when I was ten years of age and from that time on became entirely self-sustaining. When quite a small boy, I think between nine and ten years of age, I one day when watching the routine movements of a man following the motions of a machine, received an impression which to a marked degree has influenced by whole life since. The thought occurred to me "that man is just like an ox. He works, eats and sleeps and that is about all there is to his living. I will never do it," and for years I found myself saying many times a day, "I will never do it. I will never do it. I will look for hard jobs, for a chance to do things that are worth while." All my life I have been especially interested in things that greatly needed to be done but were regarded as very difficult or impossible. In my medical work I have had chiefly to do with cases that are commonly regarded as incurable, and, in fact, are rarely curable though usually capable of being considerably benefited by appropriate measures of treatment.

I remember very well how I felt when a venerable looking man asked to see the old doctor. They brought me in. I said I wasn't very old--23 years. (?)

The man said, "Are you Dr. Kellogg?"

I said, "Do you wish to see me, sir?"

"Well, I don't know whether I do or not. I expected to see a larger and older man."

I said, "I am a very small potato."

And he said, "That's a fact."

J.H.K.'s Father

KELLOGG.- Died in Battle Creek, Mich., May 10, 1881, of consumption, J.P.Kellogg, in the 74th years of his age. The name of Father Kellogg is one with which the earlier friends of the cause are all familiar. Having become in his youth interested in the great question of the religion of the Bible, he made his influence felt wherever he might be. Entering a pioneer settlement in Livingston Co., Mich., forty-five years ago, he was the first to call in the living preacher and establish religious meetings in his neighborhood. As early as 1852, he embraced the doctrines of S.D.Adventists, and ever after manifested a deep interest in the progress of this work. At a Conference held in Battle Creek, Mich., May 20, 1856, his official relation to this cause began by his being appointed one of a committee of five, of which he was treasurer, to manage tent operations in this State. At the same meeting, he was elected one of a publishing committee of three on the REVIEW AND HERALD, in which capacity he served till the formation of the Publishing Association in May, 1861, when he became one of the corporators of that institution, and served on the Board of Trustees till 1863. In 1867, he joined with nine others in signing articles by which the Health Reform Institute, now known as the Sanitarium, was incorporated, leading the list by the largest subscription to its capital stock. He was elected one of the Board of Directors of that institution, and served till 1869. Bro. Kellogg was also the first superintendent of the first S. D. A. Sabbath-school in Battle Creek, which we believe was also the first Sabbath-school established among our people. The last years of his life, owing to increasing bodily infirmity, were years of comparative retirement and inactivity; yet he maintained an abiding confidence in the truth he had espoused, and a sustaining trust in the Lord, his Saviour. And thus his life came to a serene and peaceful close. A large congregation attended the funeral at the Tabernacle, the 14th, when remarks were made from Rev. 14:13: "Blessed are the dead which die in the Lord from henceforth."

"Beyond life's toils and cares,
Its hopes and joys, its weariness and sorrow,
Its sleepless nights, its days of smiles and tears,
Will be a long sweet life, unmarked by years,
One bright, unending morrow!

"Ear hath not heard the song
Of rapturous praise within that shining portal;
No heart of man hath dreamed what joys belong
To that redeemed and happy blood-washed throng,
All glorious and immortal."

U U.S. (Uriah Smith)

Kellogg, Dr. John Harvey, 202 Manchester St., Battle Creek,
Mich. Surgery. Tyrone, Mich, Feb. 26, 52. Mich. State
Nor. Sch, 72; M.D, Bellevue Hosp. Med. Col. 75; Europe, 83,
89, 99, 02, ~~ix~~ 07, 11; LL.D, Olive~~s~~ Col, Lincoln Mem. Univ. 21.
Ed. Director and surgeon, Battle Creek Sanitarium, Mich.
76- Pres. Battle Creek Col, 23-26; mem. State Board Health,
Mich, 78-90, 12-16. Ed, "Good Health", 73- A.A.; fel. Col.
Surg; Am. Med. Asn; Micros. Soc; Eugenics Soc; Calhoun
County Med. Soc. (pres, 87); Royal Soc. Med. Dietetics; nu-
trition; physiotherapy; anthropometry; physical education;
light therapeutics; electrotherapy; eugenics; race betterment;
public health.

John Harvey Kellogg

From "Americana"

file
biography

Kellogg, John Harvey, American Physician and Surgeon:

born at Tyrone, Michigan, Feb., ^{26th} 1852; the son of John Preston Kellogg, who was born 14 Feb. 1807 and died May 10, 1881, and of Ann Jeannette (Stanley) Kellogg, daughter of Josephus Stanley. John Preston Kellogg was one of the Michigan pioneers, settling there in 1834. He was a merchant and manufacturer.

The earliest paternal American ancestor of this branch of the Kellogg family was Lieut. Joseph Kellogg, who was baptised at Greatleighs, England 1 April 1626, and emigrated to America about 1640. He settled at Farmington, Conn., in 1661 and in 1661 removed to Hadley, Mass. He was in command of the Hadley troops at the famous Turner's Falls Battle of 1676, which finally broke the power of the river tribes of Indians who had been up to this time exceedingly troublesome.

John Harvey Kellogg was educated in the public schools of Michigan, at the State Normal School, the University of Michigan and at the University of New York. He took his M.D. at the Bellevue Hospital Medical College in March, 1875; received an honorary LL.D. from Olivet College in 1913, and became a Fellow of the American College of Surgeons 22 June 1914.

Doctor Kellogg began his professional career at Battle Creek, Mich., in 1875, and since 1876 he has been superintendent and surgeon-in-chief of the Battle Creek Sanitarium, being absent for periods of study in Europe in 1883, 1889, 1899, 1902, 1907, 1911. Besides his work in the organization and development of the Battle Creek Sanitarium, Doctor Kellogg has been active as an inventor of improved apparatus for medical and surgical purposes, is a writer on medical subjects, served for 18 years as a member

of the Michigan State Board of Health, and in 1906 he established the Race Betterment Foundation by a gift of endowment. He organized in January 1914 the first Race Betterment Conference.

Among his numerous inventions of medical and surgical appliances may be mentioned the electric light bath, which has now largely superceded the Turkish bath and is in use in leading hospitals throughout the world; an aseptic drainage tube for use in abdominal surgery; a set of instruments consisting of hooks and retractors for performing the operation of shortening the round ligaments by a new method; a peculiarly constructed snare, especially intended for the removal of internal hemorrhoids, but also useful for ~~any other~~ purpose for which a snare may be employed; an apparatus for producing the sinusoidal current, a description of which was published in the a paper entitled, 'The Graphic Study of Electrical Currents in Relation to Therapeutics, with Special Reference to the Sinusoidal Current', 1893. Doctor Kellogg is stated to have discovered in 1884 the remarkable properties of the sinusoidal current and first made use of it as a means of automatic exercise. D'Arsonval a few years later discovered the same current and gave it the name "sinusoidal." Some years later still Bergonie, of France, made a similar use of the ordinary faradic current. Other inventions include the electograph, an instrument for making a graphic representation of variable electric currents; an instrument called a pneumograph, by means of which it is possible to obtain a graphic representation of the movements of air currents in respiration; a volatilizer and nebulizer combined, intended for treating diseases of the nose, throat and lungs; an operating water-bed for the purpose of preventing shock from chilling of the patient during long operations; a vibrating chair, vibrating bar and other appliances for the purpose of communicating mechanical vibratory movements and massage to the body, which were constructed in 1883 and have since been in use; a device for testing the quickness and

and acuteness of vision; a device for testing the quickness of muscular action; an improvement in a device for testing reaction time; and the Universal Dynamometer, and instrument by which the strength of each of the principle groups of muscles in the body may be determined, which is in use in the United States Army and Navy, and is employed in the examination of all who enter the Military Academy of the United States as well as in the leading gymnasiums.

One of Doctor Kellogg's most important therapeutic inventions is the electric light bath. He was a pioneer in recognizing the practical value of the penetrating power of the luminous heat waves of the incandescent and arc lights and in devising modes of utilizing these new sources of heat in the treatment of disease. His electric light bath was first made popular in Europe through its endorsement by Winternitz and other famous physicians and its use by King Edward, Kaiser William, and other royal personages.

Doctor Kellogg conceived and carried out the idea of the Battle Creek Sanitarium, the purpose of which is to combine under one roof all medical and hygienic measures, methods and appliances in a carefully coordinated and ably developed system the purpose of which is not only the treatment of the sick but the instruction of the well in the principles and methods of right or biologic living. This comprehensive plan brings together under one management the advantage of a well-equipped and well-regulated hospital, a health resort, and various forms of physiotherapy such as hydrotherapy, dietotherapy, Swedish movement, electro-therapy and other treatments formerly practiced at special institutions. Doctor Kellogg's development of the idea in its fully completed form has become known throughout the world as the "Battle Creek Sanitarium System."

In his efforts to establish the "biologic diet" and to meet the needs of the patients of the Battle Creek Sanitarium, Doctor Kellogg has

invented many methods, processes, and machines for the manipulation of foods. As the result of these activities more than a score of valuable new foods have been developed among which may be mentioned toasted corn flakes, also flaked wheat, rice and other cereals, malted nuts, and various nut products. He also devised a vegetable meat, protose, which is in daily use in thousands of homes. Under various commercial names, his breakfast food inventions are now widely used throughout the civilized world, and have become the staples of the American breakfast. Doctor Kellogg prepared and recommended sterilized bran for table use early in his career, and has prepared various other foods which render valuable service in aiding bowel activity and "changing the intestinal flora."

Doctor Kellogg established through his Race Betterment Foundation and in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, and health lecturers and teachers, and for the promotion of the principles of biologic living.

Doctor Kellogg is a Fellow of the Royal Society of Medicine and of the National Geographic Society. He is a member of the British Association for the Advancement of Science, of the American Association for the Advancement of Science, La Societe d'Hygiene of France, the American Economic Association, the American Medical Association, American Public Health Association, Michigan State Medical Society, Calhoun County Medical Society, American Physical Education Association, the Agassiz Association, of the International Periodical Gynaecological Congress and of the American Anthropological Society.

~~Resides numerous papers read before medical societies Doctor~~

Dr. Kellogg is also a Fellow of the American Association for the Advancement of Science.

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Besides numerous papers read before medical societies Doctor Kellogg is the author of many books.

Biography

Chas. W. Ke. 1907

A spring morning in 1907 found me in St. Petersburg, now Leningrad, eagerly awaiting the hour when I might be received at the laboratory of the world famous physiologist, Ivan P. Pavlov, whose startling discoveries through animal experimentation had been for some years attracting the attention of the scientific world.

The recent organization of the Duma had opened the door of the country to foreign visitors to whom it had for some years been almost closed on account of the unsettled political state. As I afterward learned from Prof. Pavlov, I was the second American visitor to his laboratory since three years.

The appearance of Pavlov's work on the digestive glands ten years before was destined to work a veritable revolution in the teaching of physiologists respecting the digestive functions, and the practice of clinicians in dealing with a large class of digestive disorders. At the time of my visit, however, Pavlov's work was little known in America, although excellent accounts of it had appeared in French and German and several of the leading gastroenterologists had, in accordance with Pavlov's teaching made radical changes with functional gastric disorders. For example, in the treatment of cases of hyperchlorhydria it was at that time the almost universal practice to prescribe an almost exclusive meat diet. No cures were made but patients were made comfortable by the neutralization of the excessive of acid by the large intake of protein. Pavlov's discovery that lean meat and meat extracts acted as powerful stimulants of the gastric glands showed the error of this practice and a few progressive practitioners promptly changed their practice, although the old irrational method of meat feeding is not even yet wholly discontinued.

I was most cordially received at the laboratory and was soon busy making copious notes of everything I saw and heard, in which I was ably assisted by James T. Case, an expert stenographer, then a senior medical student, now the well known roentgenologist. For a couple of weeks we fairly lived in the laboratories where world famous discoveries had been made. Dr. Pavlov instructed his assistants to demonstrate to us every method and operation of

special interest, each day a program being made out for the next day; and so, thanks to our generous host, we were given an extraordinary opportunity to become acquainted with the work which had startled the world with its brilliance and originality.

Dr. Pavlov, at the time of my visit, was fifty-eight years of age and gave the impression of being young for his years. He was quick as a flash in his movements, highly vivacious and demonstrative in conversation, every now and then exploding in a burst of laughter almost hilarious. He was just getting well started in his experiments with the conditioned reflex, and was so deeply absorbed in his work that, as Mrs. Pavlov laughingly told us in German, "Meiner Mann ist nur einer Knaben, nur einer Knaben" (My husband is nothing but a boy, just a boy.)

Pavlov impressed me as being a man of tremendous physical vigor and vitality. Now in his eightieth year, he is still active mentally and physically, and shows little evidence of the infirmities that usually afflict men of his age.

His fine physical state may well be attributed to his temperate habits. He uses neither alcoholic drinks nor tobacco, and keeps his heart and lungs in fine condition by plenty of out-of-door exercise. During the war he endured great hardships and deprivations, but he bore all with patience and wonderful fortitude, and came out of the terrible ordeal with his constitution and his powers of mind and body unimpaired.

The accompanying cuts show that Father Time has not been altogether idle during the last twenty years, but his assistants, who watch the work of the savant in his laboratory and the scientists who listen to his learned discourses on the conditioned reflexes and other phases of brain and nerve physiology, unanimously testify to the well sustained vigor and animation of his address, and the vigor, almost vehement, of his delivery.

I was particularly interested in Pavlov's work on the so-called appetite juice. On my first morning visit to the laboratory I found ten dogs hard at work producing appetite juice for sale (See cut). The financial support given by the Government was so meagre it was necessary for the laboratory to make efforts in the direction of self-support. Each dog was required to produce each day a litre of gastric juice which, after filtering, was bottled and sent to Germany, where it was sold at a very good price, and was a very substantial source of income.

The dogs employed in this sham feeding all appeared in fine condition as did all the dogs I saw about the laboratory. They seemed to enter into the various experiments with readiness and gusto. They were evidently very fond of their keepers and the professors who used them in experiments, by whom they were always treated with the greatest gentleness. They were particularly fond of Professor Pavlov and gave evidence of great joy and delight whenever he came in sight.

One thing that impressed me greatly in watching the work in Pavlov's laboratory was the extremely nice and careful operative technic. Animals were prepared with as great attention to asepsis as though they were human beings. Indeed, I did not see in any of the European clinics which I visited so much pains taken in operating upon human stomachs. This refined technic was without doubt a major element in the success of Pavlov's work. I have the impression that this was a new departure in animal experimentation. I remember that when on one occasion after returning home I was demonstrating to the late Prof. -----Bowditch, Pavlov's method of constructing the "Kleine Magen," he was surprised at the care taken to avoid infection of the wound and remarked that he had never before seen such a painstaking technic. I received the impression from his remarks that such refined methods in operating

on animals were quite unknown in this country, and were regarded as quite unnecessary.

(7) My visit to St. Petersburg occurred at the time Pavlov was doing his earliest work in the study of the conditioned reflex. One day he asked us to follow him, saying that he wished to show us something "tres interessant, tres interessant." He dashed off at such a speed that it required some effort to follow closely and led us to a room in which an attendant sat behind a table and standing on the table was a beautiful dog with a salivary fistula. To the professor's surprise, the saliva began to flow when he had expected no secretion. An appeal to the assistant brought out the explanation. The professor had been feeding meat meal to another dog and had neglected to wash his hands. He at once withdrew and shortly returned. In the meantime the flow of saliva had ceased. A moment later, when we were all standing so still that we almost ceased to breathe, the assistant in some way without making any movement that we could observe, sounded a shrill, unusual note. At once the saliva began to flow. This was our first acquaintance with the "conditioned reflex." Pavlov was most enthusiastic in his explanation of the importance and significance of the new facts which his experiments were developing, and which were evidently absorbing almost his whole time and energy. Since that time his researches in this line, supplemented by the observations of many other investigators, have supplied the foundation for lucid explanations of many obscure mental and nervous phenomena and for a wholly new and rational philosophy of psychologic phenomena.

An invitation to dinner at Dr. Pavlov's house gave me an opportunity to meet Mrs. Pavlov, a charming woman whose rare qualities of mind and character have without doubt contributed in no small degree to the success of her husband's extraordinary career. Mrs. Pavlov has had most unusual problems to solve and most extraordinary difficulties to overcome. It is no small thing to be the

wife of a brilliant genius like Ivan Pavlov, a man so wholly absorbed in his work, so buried in it that he had no time for the ordinary affairs of life, no time for thought for his personal needs. I was informed that he never purchased his personal clothing or concerned himself with those small duties about a home commonly termed "chores". Said Mrs. Pavlov to me in fluent German, "Mein Mann ist nur einer Knaben, nur einer Knaben" (My husband is only a boy, only a boy); and added, "he cares only for his laboratory work; he pays no attention to anything else. He is good for nothing in business. Er ist nur einer Knaben." At the moment she was telling me this, he was standing a few feet away talking with Dr. Benedict and flourishing his arms like a political spellbinder. When Pavlov speaks, not only his vocal organs but his whole body bursts into expression. His eyes become luminous, his facial muscles play incessantly, changing his expression every second. If he were not the leading physiologist of the world, he might easily be the greatest of dramatists.

The patience, tact, unselfish devotion, discernment, insight, adaptability and common sense demanded in a running mate for such an extraordinary character as Ivan Pavlov, which characterize Mrs. Pavlov, entitle her to a place beside her husband on that high pinnacle where the love and appreciation of his fellow scientists have placed him.

The fundamental reason for my first visit to St. Petersburg was to obtain a first hand acquaintance with the important facts that Pavlov's new methods of research had revealed, and up-to-date information. In organizing the Battle Creek Sanitarium, my constant aim had been to make physiologic facts and principles the basis of every method employed. I had found it quite impossible to correlate the older ideas, especially in relation to digestion, with clinical findings and there was, indeed, a most chaotic condition in the gastroenterology of that period. Pavlov's discoveries fitted perfectly into physiology, therapy, philosophy, and supplied the scientific foundation needed for a rational

system. I took care after returning home to keep in close touch with the laboratory and made use to some extent of the Pavlov experimental methods, and with so great profit to our work that I was most happy, through the assistance of Dr. Vernon L. Kellogg, to be able to secure, in the Fall of 1922, the services of Dr. W. N. Boldyreff, the oldest and most experienced of Dr. Pavlov's assistants, who had left Russia during the war and had come to America via Japan, where he had remained for two or three years engaged in organizing and conducting experimental laboratories. Dr. Boldyreff's ten years' experience as the first assistant of Professor Pavlov in his research work and as assistant professor of physiology in the military medical school of St. Petersburg, had given him just the qualifications needed for the organization of a laboratory in which the work of Pavlov, especially in relation to the digestive functions, might be continued and in certain lines extended. It was thus with much satisfaction that we were able to introduce Professor Pavlov on the occasion of his visit here in 1923, to his old assistant and a laboratory in which his ingenious and most fruitful methods of research were being made use of.

The Battle Creek Sanitarium had the honor of entertaining for a week the eminent savant and his talented son who accompanied him and acted as his interpreter, speaking English with great fluency as he also speaks the French and German languages. During this time, he met many of the leading physicians of Michigan and addressed a large gathering of physicians on his favorite subject, "the conditioned reflex." His lecture was given with great force and animation and commanded the rapt attention of his audience.

Professor Pavlov's recent visit to this country, probably his last, considering that he has passed his 80th birthday, was like a triumphal procession as he passed from one gathering of scientists to another. He was received everywhere with ovations and homage such as few scientists of any age have received.

The Nobel prize awarded him many years ago, was a formal recognition of the great service his work has rendered to science, but the general public are only just beginning to become familiar with his name and to appreciate its debt to this unselfish, truth-loving man whose whole life has been unstintedly devoted to the pursuit of truth and the betterment of humanity. No other living man has done so much to clear away the mysteries of life processes directly related to human living and to furnish a basis for an explanation of mental activity, a really rational psychology.

January 4, 1944

WHEREAS, Dr. John Harvey Kellogg devoted the principal efforts of his long and distinguished life to the upbuilding of the Sanitarium;

AND WHEREAS, We, the active workers in the institution, believe that the finest tribute we can pay to the memory of Dr. Kellogg consists in dedicating ourselves to perpetuating the work established by him in accord with his enlightened health principles:

NOW THEREFORE BE IT AND IT IS HEREBY RESOLVED that the active workers of the Battle Creek Sanitarium have pledged and hereby do pledge to said institution as established and carried on by Dr. John Harvey Kellogg our entire and undiminished loyalty, allegiance and effort, to the end that the Battle Creek Sanitarium for all time to come shall preserve and augment its usefulness in accordance with the principles of its charter, and shall continue to afford to the people of this country and of the world a haven of health and renewal of the blessings of life;

BE IT FURTHER RESOLVED that the workers of this institution are deeply appreciative of the encouragement, assistance and promise of unrelaxing support and approval afforded by the utterances of the Mayor and of the citizens of Battle Creek and that we earnestly invite the continued assistance and friendly support of all people in the perpetuation of this institution in accordance with the principles to which it is dedicated.

John Harvey Kellogg was a student in the medical department of the University of Michigan 1873-4. Graduated at Bellevue Hospital Medical College (New York University) 1875. The next year he began developing the Battle Creek Sanitarium. Two years later, he became a member of the State Board of Health, on which he served for eighteen years. The needs of the developing Sanitarium work led to numerous inventions, one of which was a universal dynamometer by which the strength of each group of muscles may be measured. This device has for many years been used as the basis of training in the U. S. army and navy. A more important invention was the adaptation of the electric light to take the place of the Turkish bath and for various curative purposes, for which it is now used throughout the ^{civilized} world. The invention of foods and food manufacturing machinery and processes laid the foundation of the Battle Creek food industries. The pecuniary returns from some of his inventions enabled the doctor to establish the Race Betterment Foundation as a sponsor for the race betterment movement which has received the active support of the leading scientists of the country and has attracted world-wide attention. Another race betterment development was the organization of Battle Creek College (1923), a liberal arts college with health as its major objective. The liberal use of "midnight oil" has enabled the doctor to find time to write many medical and other scientific papers and more than fifty bound volumes, several of which have had a sale of more than 100,000 copies each. The list includes a number of books which have been widely used as textbooks and

works of reference by physicians and nurses. The list also includes ten school textbooks on health and a number of popular works. For more than sixty years, Dr. Kellogg has edited a health magazine, Good Health, during which time its monthly issues have never once failed to appear. After 57 years of continuous service as director of the Battle Creek Sanitarium, in his eighty-second year, he is still engaged in all the various activities to which he has devoted his life and, aside from a slight impairment of hearing, is wholly free from the infirmities commonly incident to the ninth decade of life, thanks to the careful observance of the "biologic" code of health which he commends in his writings and prescribes for his patients.

John Harvey Kellogg, M.D.

was a student in the medical department of the University of Michigan 1873-4. Graduated at

Yale College (New York University) 1875, ^{hospital} ^{the next year he} began developing

the Battle Creek Sanitarium

where, after 57 years of continuous service, he is ^{as director of the Battle Creek Sanitarium} ^{in his 82 year} ^{various}

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The invention of general
General inventions of
food inventions
The invention of powder
and food manufacturing
machinery and steel process
led to the development of
laid the foundations of the
Battle Creek Food Indus-
tries. The pecuniary re-
turns from sale of his
inventions enabled the
doctor to establish the
Bace Institute Foundation as
a sponsor for the race
betterment movement

which, has ~~become~~
~~widely known through~~
~~general~~ all received the
active support of the
leading scientists of
the industry and has
attracted world wide at-
tention. Another real
betterment development
was the organization of
Mattle Creek College (1923),
a regular liberal arts
college with health as its
major objective. ~~It is~~

~~Dr. Kellogg has donated
all his papers the type~~

~~left~~

The liberal use of "sui-
right oil" has enabled
the doctor to find ⁱⁿ
^{many medical and other scientific papers}
to write more than
fifty bound volumes besides
~~many~~ ~~medical and other~~ ~~scientific papers~~
~~scientific papers~~
several of which have had a
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copies each. The list in-
cludes a number of ~~works~~

books which have been
widely used as ^{textbooks} and
reference ~~books~~ by phy-
sicians and nurses. The
list also includes ^{on health} ten ~~text~~
school textbooks and
~~a number of~~ popular works.
For more than 100 years Dr.
Kellogg has edited ~~and~~ a
health ^{monthly} ~~book~~ Health,
~~now the oldest~~ ^{during}
which time its monthly
issues have never
failed to appear.

(ab) p. 1.

Thanks to the "Biologic"
code of health
the "Biologic"
and averted from a slight
impairment of hearing
is wholly free from the
inconveniences ~~of~~ @M-
usually incident to
the acute decrease of
life, thanks to the
careful observation of
the "Biologic" code of
health which he prescribes
for his patients

June 13th, 1929

In re Historical Memoirs:

I wish to congratulate Miss Evelyn Steadman on her grasp of the position held by Battle Creek College among the colleges of the country, as expressed in her statement, "Thus the college was placed on par value with the other colleges of the United States in an educational way, but above par in that it is the beginning of a college dedicated to Race Betterment; It stands alone in that."

Miss Steadman's paper shows interest in her subject, thoroughness and a comprehension of the essential historical high-lights.

It was my hope that all of the students, in their historical studies, would relate their data to health and Race Betterment. Miss Steadman's task, in this respect, was easiest, because of the nature of her subject.

I ~~was~~ touched by the statement of Miss Catherine M. Glass, who writes on "Mediaeval Medicine, Health and Sanitation;" that her Historical Memoir is written to present to me, and to help me in my further study of mediaeval history. I very much appreciate this attitude, and the effort that she has made.

Perhaps the assembling of the additional facts necessary to make this material of value --that is, its co-relation with facts regarding the diseases and longevity of the mediaeval period and with the known facts in medicine, health and sanitation today-- would require that the students work in teams.

At any rate, the many interesting facts given in the papers by Erna O. Christiansen, Louise M. Suechting, Anne Kinsworthy, Elizabeth Quigley Austin, Jeannette Weiss, Geraldine Winkler, Donald R. Gordon, Helen Hall, Mary E. Herbert (her maps are particularly good), and others, would have been of much greater value had the effects of early customs and conditions been traced on health and well-being.

For instance, the paper by Marjorie E. Yokel on mediaeval housing is interesting and academically instructive, but is not so interesting or so instructive as it would have been if the mediaeval had been contrasted with modern. How did the mediaeval castle, with its particular characteristics, compare, for instance, with a modern dwelling in the matter of fresh air, light and sanitary accommodations? And what were the contrasting effects on health and longevity?

We must not forget that of which Miss Steadman has so graciously reminded us, that Battle Creek College is supposed to be "above par" as a Race Betterment institution. Whether or not it attains or maintains that position will depend, very largely, on whether or not the students, who give the college life and breath, grasp this purpose of the college with respect to their own lives.

In the paper by Agnes Anderson the fact is mentioned that the vegetable-eating peasants were the ones who did the most of the work. This shows a glimmer of appreciation of the purpose for which the researches for these papers were made --that is, the health value of the facts.

The paper by Maurice Maurer shows an instinct to co-relate the mediaeval customs of which he is writing with those of the present time, and the paper is interestingly and humanly written.

In the paper by Kenneth E. Kirkpatrick, I was pleased to see that the story of the Seventh Day Adventists was not overlooked, and their attempts at health reform.

The paper by Helen N. Davis does give the facts of diet of the rich and the poor, but without knowledge of the relative health of these two classes, the data are of academic value only, static, and of little practical, dynamic, service.

In his summary, Ralph Barnhart makes an attempt to explain that the mediaeval villein was well off with his coarse food, but this arbitrary statement is not adequately proved. In mentioning, also, the "small amount and inferior quality" of the food of some of the mediaeval vassals, he states that it was probably similar to the diet of the "lower classes" of today. I should have been interested to hear from Mr. Barnhart the details of "inferiority" and "meagerness" and of the effect these two characteristics had on the health of those vassals; also, how these same characteristics of diet affect the "lower classes" of today," and who they may be. I was pleased to see that Mr. Barnhart found that people in Ireland who lived almost exclusively on a vegetable diet were healthy.

In the paper by Margaret Colwell on the history of Battle Creek, the last date mentioned is 1838. Following are given statistics of "the present city." I was a little disappointed not to find mention of the Battle Creek Sanitarium, as one of the city's outstanding characteristics. Also, I did not find mention of the

In re Historical Memoirs ---4

country's outstanding Race Betterment college. I wonder if Miss Colwell knows the position of the Battle Creek Sanitarium in the medical and health-institutional world?

I wish especially to felicitate Miss Colwell on her alphabetical index. This shows effort, and interest in the well-being of the reader.

At this point I wish to point out that there seems to be some confusion, on the part of the pupils, as to what is an index and what is a table of contents, as several of the tables of contents are called indexes.

For evidence of painstaking endeavor, the paper by R. Reynold Fry stands out from among all the manuscripts. The material is thorough, yet concise, and it presents the essential facts in an interesting way.

For the interesting method of its presentation, the memoir by Miss Thelma de France deserves special mention. She has shown an apparent special aptitude for picking out the more moving of the historical incidents from which to choose. Also, her maps are artistic and attractive and add materially to the intriguing quality of the material. So gifted a pupil should learn to run the typewriter!

OFFICIALS ARE BID TO BANQUET

State Officials and U.S. Legislators as Guests
at Kellogg Dinner.

Senator Townsend, Unable to Attend, Pays Tribute; Women
Included in Plans.

With Fred W. Gage in charge of the program, all details of the testimonial banquet for Dr. J. H. Kellogg as the citizen who has done the most for furthering Battle Creek and her interests, are being worked out. The banquet is to be held at Post Tavern on Tuesday evening, April 26, and is to conform in every detail with the principles of eating advocated by Dr. Kellogg.

Though there was nothing in the invitations to so indicate, some have gathered the idea that the forthcoming banquet for Dr. Kellogg was for men only. This is not true. It is to be a mixed banquet. It is also to be pointed out that the \$5.00 ticket covers not only the cost of the meal itself, but the participant's contribution toward the testimonial that will be given Dr. Kellogg.

The changing of Otis Skinner's date at Post theatre from Tuesday to Wednesday evening of next week simplifies an unpleasant conflict over dates, as originally the Skinner engagement was scheduled for the same evening as the banquet.

Invitations have been extended to a number of Dr. Kellogg's intimate friends and associates, including state officials and a number of legislators at Washington, D.C. The following tribute was paid to the head of the Sanitarium by Senator Charles E. Townsend of this district, who has found it impossible to attend:

"I regret my inability to be with you more than I can tell you, for I have great and unbounded respect for Dr. Kellogg. He has not only been a real asset to Michigan and to Battle Creek in particular, but I believe he has been a benefactor to mankind. He is a man of brains and ideals and his life teachings and works have been greater and more beneficial than can be measured or calculated. Your organization does well to honor such a man while he still lives. -Sincerely yours,

" Charles E. Townsend."

TO DR. JOHN HARVEY KELLOGG

Whose foresight, ability, energy, inventive genius, philanthropic and deep understanding of existing conditions and needs of the generations to follow have for well-nigh three quarters of a century contributed to the upbuilding of our community; and who as physician and surgeon, confidant and adviser, by his wisdom and skill has brought peace to troubled minds and healing to tormented bodies; and also as teacher, writer, lecturer and scientist, has rightfully attained world-wide recognition, and has made our community world-inclusive.

TO JOHN HARVEY KELLOGG,

Citizen and friend, we present this testimonial as a simple but sincere token of our deep appreciation of his unbounded interest and effort in behalf of our community.

Presented this 26th day of February, 1942, on the occasion of the banquet tendered in his honor, on his ninetieth birthday, at the Sanitarium, by the Citizens of Battle Creek.

John Harvey Kellogg was a student in the medical department of the University of Michigan 1873-4. Graduated at Bellevue Hospital Medical College (New York University) 1875. The next year he began developing the Battle Creek Sanitarium. Two years later, he became a member of the State Board of Health, on which he served for eighteen years. The needs of the developing Sanitarium work led to numerous inventions, one of which was a universal dynamometer by which the strength of each group of muscles may be measured. This device has for many years been used as the basis of training in the U. S. army and navy. A more important invention was the ^{adaptation} use of the electric light ^{to take the} in place of the Turkish bath and for various curative purposes, for which it is now used throughout the civilized world. The invention of foods and food manufacturing machinery and processes laid the foundation of the Battle Creek food industries. The pecuniary returns from some of his inventions enabled the doctor to establish the Race Betterment Foundation as a sponsor for the race betterment movement which has received the active support of the leading scientists of the country and has attracted world-wide attention. Another race betterment development was the organization of Battle Creek College (1923), a liberal arts college with health as its major objective. The liberal use of "midnight oil" has enabled the doctor to find time to write many medical and other scientific papers and more than fifty bound volumes, several of which have had a sale of more than 100,000 copies each. The list includes a number of books which have been widely used as textbooks and work

of reference by physicians and nurses. The list also includes ten school text-books on health and a number of popular works. For more than sixty years, Dr. Kellogg has edited a health monthly, Good Health, during which time its monthly issues have never once failed to appear. After 57 years of continuous service as director of the Battle Creek Sanitarium, he is, in his eighty-second year, still engaged in all the various activities to which he has devoted his life, and, aside from a slight impairment of hearing, is wholly free from the infirmities commonly incident to the ninth decade of life, thanks to the careful observance of the "biologic" code of health which he prescribes for his patients.

John Harvey Kellogg, M.D., surgeon; b. Tyrone, Mich., Feb. 26, 1852; s. John Preston and Ann Jeanette K.; ed. State Normal School; M.D., Bellevue Hosp. Med. Coll. (New York U.), 1875; studied in Europe, 1883, 89, 99, 1902, 1907, 1911, 1925; LL. D., (Olivet College, Lincoln Memorial University); m. Ella E. Eaton, of Alfred Center, N. Y., Feb. 22, 1879. Practice at Battle Creek, Mich. since 1875; supt. and surgeon Battle Creek (Mich.) Sanitarium since 1876. Mem. Mich. State Bd. Health, 1878-90, 1912-18. Inventor of improved apparatus and instruments for med. and surg. purposes; discoverer of the therapeutic value of the electric light and inventor of the electric light bath; discoverer of the sinusoidal current, founder of the health food industries of Battle Creek. Fellow American College of Surgeons, Royal Society of Medicine (England), American Medical Association, National Geographic Society; American Association for the Advancement of Science; corr. member Société d'Hygiène de France. Author: Plain Facts, 1877, Home Book of Modern Medicine, 1880; Man, the Master-piece, 1885; Art of Massage, 1895; The Stomach, 1896; Rational Hydrotherapy, 1900; Light Therapeutics, 1910; Colon Hygiene, 1912; Neurasthenia, 1915; Health Series of Physiology and Hygiene (joint authors), 1915; Health Question Box, 1917; New Method in Diabetes, 1917; Autointoxication, 1918; The Itinerary of a Breakfast, 1918; The New Dietetics, 1921; Tobaccoism, 1922; The Natural Diet of Man, 1923; How to Have Good Health, 1932; also many technical papers and articles. Editor of ^{Magazine} Good Health since 1873. Founder and president Race Betterment Foundation, 1906. Home: Battle Creek, Michigan.

[S. R.]

While in Europe at different times, met and studied with -

Drs. Billroth and Wölfler, of Vienna

Tait, of Birmingham, England

Pavlov and Winternitz, Leningrad, Russia

Pasteur, Metchnikoff, and Tissier, Paris

Charcot, of Paris

Dujardin-Beaumont

Finsen

Dr. Arbuthnot Lane, of London.

7 7 7 7

By Dr. Dan M. Duggan
Feb. 26/22

DR. KELLOGG, THE MAN.

Upon the night of Washington's Birthday, we who met in this room to do honor to his worthy name, heard Rev. Carleton Brooks Miller tell us how George Washington gave his Mother credit for what he was enabled to do in the saving of his country, now the greatest in the world. Lincoln, who performed a service to his country that none could have done better, gave his mother credit for what he was. Edison, the world's electrical wizard, gives his mother the credit for what he is.

Tonight we have assembled here to do honor to our world's wizard of the healing art, upon the seventieth anniversary of his birth. Dr. John Harvey Kellogg, whose mother I feel just as highly honored for having known as I do for knowing the Doctor himself, because I lived in her home and knew her as one of God's noble Christian women in the fullest sense of what that term means, and she took particular pride in telling me about the Doctor's accomplishments long before he reached the age of manhood, a bit more delicate than her other boys, but more studious. She showed me, with that mother-love, the most powerful of all human attributes, gleaming from her eyes, the various devices that he had made in his boyish way for enabling him to study our Creator's work in the plant life, and then how that oftentimes, when she had seen to getting the rest of her lovely family to bed, Johnny was not in the house, but upon calling him, he would answer her from the roof, to where he had gone to study the great Creator's work in the starry world above.

Thus God was preparing little Johnny Kellogg for his great life work, unfolding to his own people, yea to the whole world, little by little, the then woefully misunderstood truths of the healing art and correct living. Yet like Moses of old, who offered objections against becoming the leader of his own people from the flesh pots of Egypt to genuine biologic living, John Harvey Kellogg, who aspired to become a great educator along the usual lines, offered objections to taking up the study of medicine. But when induced to do so, he became one of the brightest students at Bellevue College, New York. In fact, the renowned Janeway, Professor of Chemistry, said: "That young Kellogg from Battle Creek, Michigan, is the brightest student I have."

Now let us note the results. Through the noble principles of truth expoused by John Harvey Kellogg, M.D., and that he has bravely defended and fought for during the past forty-five years, many millions of people have been led from the fleshpots of our own country and all other countries to biologic living. The truths of correct living and the rational treatment of the sick is now being taught in every country in the world.

Not long before the last, speulest of wars, a physician and nurses from this, the real mother of sanitariums, established a medical mission in Jerusalem, the Mecca of the Israelites following Moses' leadership. Shortly afterward the Turkish governor of that district became so ill

that his physicians offered him no hope. A member of his staff who had been successfully treated by the Christian Mission doctor, told the Governor about it, so that the Doctor was sent for, and the complete recovery of the Governor resulted, and this fact created a very friendly atmosphere thereabouts for the mission workers. The late Czarina of Russia purchased a complete set of Dr. Kellogg's writings, and not so very long afterward her royal husband issued an edict that made all Russia dry. Then the world war stopped his reformatory work. What a pity!

Practically all the crowned heads of Europe are cognizant of the principles for which this magnificent institution stands, as an effulgent light upon the hill of Battle Creek, from which the rays of truth radiate to every corner of the earth. Yes, and the uncrowned head of our own country, Warren G. Harding, the grandest of them all, is not only cognizant of the principles here practiced and expounded, but has made them a part of his life. God bless him! Oh, how the heart of his most noble Christian mother, whom he loved so dearly, and whose memory he cherishes in the inmost recesses of his great heart, would swell with joy, were she aware that his country's highest possible honor was conferred upon her son. Yes, and that noble Christian mother whose memory is revered by her son, Dr. Kellogg, highly honored the world over, and here tonight for his marvelous achievements. These faithful mothers will know all about it by and by, in the indescribably beautiful, sinless, sickless and everlasting home, with its city of pearly gates and golden streets, that He who said: "Go, heal the sick," is now preparing for the faithful.

Medical and surgical skill, energized by the spirit of Christian service, is doing a greater amount of real practical good in the world than anything else. Dr. Kellogg's strong point has always been his power to discern the real ability of men and women, and then to imbue them with the spirit of service that actuates his own life. Of course, it is the most natural thing in the world for kindred spirits to unite their forces; thus has grown up here the world's most practical demonstration of Christian service, with physicians, surgeons and others holding positions of responsibility, drawing smaller salaries for their service to it than ordinary bricklayers or carpenters are earning, while quite a number of these faithful workers would soon become very rich in material wealth if they would belittle their calling to commercialize their abilities. Dr. Kellogg, or "The Chief", as the others call him, has never drawn one cent of salary from the now mammoth institution built up under his divinely guided mind, during his forty-five years of unremitting service in it and for its principles.

Your speaker will give you a few illustrations of the Doctor's extraordinary hard work of the early days beginning with July 1879 until November 1882, and I feel very proud of the fact that I had the privilege of learning at the feet of Dr. Kellogg and being a small part of the soul of this, at that time, smaller sanitarium, from 100 to 125 patients. During the winter 1880 and 1881, I was on night duty, filling the positions of night clerk, night watchman, night nurse and bell-hop. Among my various other duties was that of telling Dr. Kellogg when to quit working. The

following dialogue will illustrate what took place about every night that winter: "Eleven o'clock, Doctor." "All right, Dan, call me at four" - meaning four A. M. "Twelve o'clock, Doctor." "All right, Dan, call me at four." "One o'clock, Doctor." "All right, Dan, call me at four." "Now, Doctor, if you expect me to have the heart to call you at four, you had better go to bed right now." Generally he went, as not many times did I find him up at two A. M., but seldom could I get him to leave his study for bed at twelve o'clock. Yet he was up again at four o'clock, and into his study until breakfast time, when his most noble wife, Mrs. Kellogg, would bring his breakfast in on a waiter. But over to the Sanitarium, just across the driveway from his apartments, he would go, then back again to his study, the breakfast being cold by that time, and Mrs. Kellogg would get another one. Then off to the Sanitarium again without waiting to eat it. (We had no telephone service at that time, only a call-bell system.) So he went oftentimes until three or four o'clock in the afternoon before he could take time to eat, and that was usually the only meal for that day. I have known his faithful wife to take as many as five waiters to his study, in order to have warm food for him in case the busy doctor did find a chance to eat. Mrs. Kellogg, so gentle, so irresistibly persuasive as were her ways, yet she was unable to check the Doctor's speed. Finally his faithful mother sent a glass of whole cream to his office every day, so that he might sip that while at his desk.

Now I have given a little sample of how hard Dr. Kellogg worked during the nearly three and a half years that I enjoyed the honor of being one of his helpers. I learned from a mutual friend that when the Doctor travels in a sleeper, he seldom has the bed made up, but works at correcting copy or writes behind the curtains until nature absolutely refuses any further infringement upon her rights, and asleep he falls until called by the porter. Thus his hard work was laying the foundation of what now benefits the whole world, and what were then regarded as Dr. Kellogg's fads, are now accepted as facts not only by the laity, but by our medical profession.

The large number of times I have visited here for a vacation or with patients, leads me to believe that Dr. Kellogg has slacked his speed but little since the time I have been talking about, and his being with us yet really is a miracle that can only be accounted for by his biologic living, backed with the grace of God.

Soon after the great fire of 1902, a patient came under my care suffering greatly, and the operation that would relieve her, leading surgeons refused to perform because of her imperfect heart action, which I found to be purely functional, and the correction of her diet with a four weeks' treatment at my place had improved her heart trouble so much that I brought her here for an operation, which Dr. Kellogg decided would be the thing to do after making his examination, and then arranged with the nurse to have her taken over to East Hall, where an operating room had been improvised. Then he said to me: "Dan, can your patient stand a surgical fee? We do not wish to embarrass her if she is poor." That expression revealed to me how

misfortune had not in any way diminished the caliber of the Doctor's big heart. With an institution on his hands that was then \$18,000.00 poorer than nothing, and I was indeed pleased to be in a position to inform him that my patient could pay a surgical fee without embarrassing her, as her husband was a moderately well-to-do farmer, and the patient made a splendid recovery after the operation, which gave her perfect relief.

When I was here two years ago, and as the Doctor and I were discussing future rewards of the faithful, he said: "Dan, I am not concerned so much about what becomes of me as I am about the sufferings of my fellow beings in this world. I shall continue doing all the good I can in every possible way, and if I am worth saving in the end, the Judge of all earth will determine.

What shall we do with such an extraordinary character who lives for the good of others rather than his own? Wait until he ceases to be conscious of what is going on in this oftentimes unfeeling world, and then build monuments to his memory? Why, it would be a burning shame to treat him so, but let him now feel and appreciate the help of that neighborly hand over the garden wall; because one pound of taffy is worth a great deal more than ten pounds of epitaphy.

My friends, life is not an ownership. It is a stewardship, and we can take nothing across the bar but character and the beauty or intrinsic value of that will be determined by the faithful discharge of our stewardship. Thus let us improve our opportunities for doing good before our earthly accounts are closed, because such a line of effort cannot be estimated by any scale of values known to us, since it goes on and on, swelling the sum total of the Love that sustains the universe, which little Johnny Kellogg loved to study, thus getting an inspiration that broadened his views of life, now so evident that we may safely regard him as this world's most practical philanthropist, yet a real patriot, because he has devoted his entire life to teaching us how to be better, healthier and more efficient Americans; yea, saving us from race and moral degeneracy! And there are thousands of those who ought to be real red-blooded Americans because their respective stewardship represents six, seven or more figures. That these may see the wisdom of backing up our race betterment movement, is my sincere wish and most earnest prayer, because we can thus fulfill the prediction of the great Gladstone who held that it remained for America to do the practical work of Christianizing the world. Miss Elizabeth Haskel, who became a patient here not long ago, appreciated her life as a stewardship because she donated \$75,000.00 to the Sanitarium's educational efforts. Let us all join heartily in fostering this most practical of all movements, while the prodigious brain of its founder is still in action, and let us hope that it may remain so for at least thirty more years, thus giving the good Doctor plenty of time for appreciating the pound of taffy. God bless Dr. Kellogg.

BIOGRAPHY - O'SHEA AND KELLOGG.

John Harvey Kellogg was born at Tyrone, Michigan. (See Who's Who, 1913).

He studied pedagogy in the Michigan State Normal School, literature and science at the State Normal and Michigan University. He was graduated in medicine at the Bellevue Hospital Medical College, 1875. The same year he was elected physician and chief superintendent of the Battle Creek Sanitarium, a position he has ever since held. He has done post graduate work in Boston and New York in 1878 and 1879 and in Vienna, Berlin, London, Paris, Stockholm, and other European medical centers in 1883, 1889, 1902, 1907 and 1911 respectively. He has been a member of the Michigan State Board of Health from 1878 to 1890. Now he is serving his fourth term of appointment as member of this board.

Dr. Kellogg's experience in teaching was gained as a teacher in public schools and college, and fifteen years in Medical College. For forty years he has been in the continuous practice of medicine and surgery. He is also a lecturer, writer, and authority upon medical and health topics. For fifteen years, he has been president of the American Medical Missionary College, now merged with the university of Illinois. Dr. Kellogg is a Fellow of the Royal Society of Medicine (England); Member Societe d'Hygiene du Francaise; Fellow of the American College of Surgeons; and he has the degree of LL.D. from Olivet College. He is the author of numerous books on health and medicine, among which are: Rational Hydrotherapy, Massage, Light Therapeutics, Life, Man the Masterpiece and many medical and other scientific papers.

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M.V. O'Shea, head of the Department of Education in the University of Wisconsin, was born in New York State. (See Who's Who 1913)

Immediately after he was graduated from Cornell University he became professor of psychology and education in the State Normal School at Mankato, Minnesota, where he remained from 1892-1895. For two years after leaving Mankato he was professor in Teachers College, Buffalo, New York. From there he was called in 1897 to the University of Wisconsin as professor of education, a position he has occupied ever since.

He is a member and officer of many scientific and educational bodies, and a Fellow of the American Association for the advancement of Science. He was chairman of the American Committee at the International Congress of Education at Liege in 1905 and also at the International Congress in Brussels the following year.

Professor O'Shea's educational work has not exhausted his energies. He is equally well-known as an editor and author. He is associate editor of the School Review, the Journal of Educational Psychology, and other magazines, and editor of the Wisconsin Journal of Education. He is the author of Suggestions for the Observation and Study of Children, Aspects of Mental Economy, Education as Adjustment, Dynamic Factors in Education, Linguistic Development and Education, etc.

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Doctor Kellogg began his professional career at Battle Creek, Mich., in 1875, and since 1876 he has been superintendent and surgeon-in-chief of the Battle Creek Sanitarium, being absent for periods of study in Europe in 1883, 1889, 1899, 1902, 1907, 1911 and 1926. Besides his work in the organization and development of the Battle Creek Sanitarium, Doctor Kellogg has been active as an inventor of improved apparatus for medical and surgical purposes, is a writer on medical subjects, served for 18 years as a member of the Michigan State Board of Health, and in 1906 he established the Race Betterment Foundation by a gift of endowment. He organized in January 1914 the first Race Betterment Conference.

One of Doctor Kellogg's most important therapeutic inventions is the electric light bath. He was a pioneer in recognizing the practical value of the penetrating power of the luminous heat waves of the incandescent and arc lights and in devising modes of utilizing these new sources of heat in the treatment of disease. His electric light bath was first made popular in Europe through its endorsement by Winternitz and other famous physicians and its use by King Edward, Kaiser William, and other royal personages.

Doctor Kellogg conceived and carried out the idea of the Battle Creek Sanitarium, the purpose of which is to combine under one roof all medical and hygienic measures, methods and appliances in a carefully coordinated and ably developed system

the purpose of which is not only the treatment of the sick but the instruction of the well in the principles and methods of right or biologic living. This comprehensive plan brings together under one management the advantage of a well-equipped and well-regulated hospital, a health resort, and various forms of physiotherapy such as hydrotherapy, dietotherapy, Swedish movement, electro-therapy and other treatments formerly practiced at special institutions. Doctor Kellogg's development of the idea in its fully completed form has become known throughout the world as the "Battle Creek Sanitarium System."

In his efforts to establish the "biologic diet" and to meet the needs of the patients of the Battle Creek Sanitarium, Doctor Kellogg has invented many methods, processes and machines for the manipulation of foods. As the result of these activities more than a score of valuable new foods have been developed, among which may be mentioned toasted corn flakes, also flaked wheat, rice and other cereals, besides various granular ready-to-eat cereals, malted nuts, and various nut products. He also devised a vegetable meat, protose, which is in daily use in thousands of homes. Under various commercial names his breakfast food inventions are now widely used throughout the civilized world, and have become the staples of the American breakfast. Doctor Kellogg prepared and recommended sterilized bran for table use early in his career, and has prepared various other foods which

render valuable service in aiding bowel activity and "changing the intestinal flora."

Doctor Kellogg established through his Race Betterment Foundation and in connection with the Battle Creek Sanitarium, the Battle Creek College for the training of nurses, dietitians, physical directors, health inspectors, and health lecturers and teachers, and for the promotion of the principles of biologic living.

Doctor Kellogg is a Fellow of the Royal Society of Medicine and of the National Geographic Society, American College of Surgeons, American Medical Association. He is a member of the British Association for the Advancement of Science, of the American Association for the Advancement of Science, La Société d'Hygiène of France, the American Economic Association, American Public Health Association, Nat. Assn. Study and Prevention Tuberculosis, Michigan State Medical Society, Calhoun County Medical Society, American Physical Education Association, the Agassiz Association, the International Periodical Gynaecological Congress, the American Anthropological Society, Eugenics Research Association.

Doctor Kellogg has edited the monthly magazine Good Health since 1873.

Doctor Kellogg resides at Battle Creek, Mich.

J.H.Kellogg

Completed a Special Course of Physical Diagnosis at the University of Michigan, March, 1874.

Graduated from the Bellevue Hospital, New York City, 1875.

Member of the Michigan State Board of Health

1879-1890 1911-1917

Studied in Europe, 1883, 89, 99, 1902, 1907, 1912

Honorary degree, L.L.D. from Olivet College, ^{May 1913} June, 1914.

Elected Fellow of the American College of Surgeons, June, 1915. ⁴

Fellow of the Royal Society of Medicine, of London, England.

Honorary Member of the Accademia Fisco-Chimica Italiana, 1914

Member of the Agassiz Association, 1916.

Degrees:

F.R.S.M.-Fellow of the Royal Society of Medicine, London, England.

L.L.D. Honorary degree from Olivet College, ^{May 1913} June, 1914.

F.A.C.S. Elected Fellow of the American College of Surgeons,
June, 1914.

Elected Honorary Member of the Accademia Fisco-Chimica Italiana
1914.

Elected Member of the Agassiz Association, 1916

DR. JOHN HARVEY KELLOGG

Took one course of lectures at the University of Michigan, ~~and~~ graduated from Bellevue Medical School in 1875.

Appointed Superintendent of Battle Creek Sanitarium in 1876, a position he has held ever since.

Chief ambition was that of an educator along the lines of public health and personal hygiene.

Along these lines he has lectured extensively and written voluminously, for both medical profession and laity.

He has also written extensively and published several works along the lines of physical therapy and dietetics.

Under his direction there has developed the largest and most extensive physical therapy clinic in this country.

During Dr. Kellogg's tenure of office the Battle Creek Sanitarium has grown from a very small institution accommodating about a score of patients to its present large proportions accommodating at one time 1200 patients, and about 12,000 being cared for annually. So rapid has its growth become in recent years that it has become necessary to greatly increase the facilities for the care of its patients, and at the present time there is under construction a fifteen story building to be modern in every respect, which will accommodate over 300 additional.

Additional buildings are also being erected which will double the present capacity of the physical therapy departments.

Dr. Kellogg has also made frequent trips abroad to study and exchange ideas with the leading physicians and surgeons of Europe.

The present medical and surgical staff consists of fifty physicians.

The institution also employs nearly two hundred trained technicians in its numerous laboratories and physical therapy departments.

Biologic Antisepsis. (Amer. Jl. of Surgery, 1: 245 - 322. J.H.K.)

Nov., 1926.

(See J.A.M.A., Feb. 12, 1927.)

Illinois Medical Journal, Oak Park.

Diet Fads. J.H.Kellogg, Battle Creek, Mich. - p. 210.

Kellogg emphasizes that: 1. Dietetic fads may prove dangerous. Physiology, not fashion or empiricism, should guide physicians in prescribing foods as well as drugs. 2. Prolonged fasting is a drastic and dangerous procedure that is very rarely indicated. When undertaken, it should be under the care only of a qualified physician. 3. The popular fear of roughage is quite unfounded. Coarse foods rarely irritate the intestine; they only titillate. The bowels should be trained to evacuate residues and wastes three times a day, or after each meal. 4. The excessive use of cereals and other foods which leave an acid residue, especially meats and eggs, tends to disturb the chemical balance of the body, and thus may become a cause of widespread invalidism and inefficiency. The remedy is to be found in a freer use of milk, potatoes, fresh vegetables and fruits.

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John Harvey Kellogg, physician, reformer, philanthropist, was born in Tyrone, Michigan, Feb. 26, 1852. Through his father, he is descended from the Kelloks (Liulph de Kellok, the first known), who lived in the time of Henry I, in England (11th century). One of the ancestors accompanied the famous Douglas on the expedition to carry the heart of Bruce to the holy sepulchre, in the 13th century.

He is also through a maternal grandmother descended from Richard Gardiner whose name appears among the passengers who embarked at Plymouth in the "Mayflower", in May, 1620. Through his mother, he holds an alliance with the powerful Stanleys of England, tracing directly his lineage back to one of the Earls of Stanley of the 17th century.

In early boyhood he came to Battle Creek, where, by his own choice, at the age of ten, he set out to earn his own living, and at twelve became an apprentice to the printing trade. He devoted all his spare time to getting an education, and thus gradually completed his public school course and entered the State Normal College. He first engaged in teaching, but later was induced to take a course in medicine. He began his studies in the fall of 1872, and after taking courses at the University of Michigan and Bellevue Hospital Medical College, of New York City, graduated from Bellevue in the

February, 1875.

A unique feature of Dr. Kellogg's notes ^{of} during the college lectures, is that they were ^{largely} ~~nearly~~ all taken in shorthand, the marvel being that he had never had a lesson in shorthand, and had learned the system alone. His notes are all concise and clear, and are easily legible still.

A year after completing his medical education, he joined the staff of the Battle Creek Health Reform Institute, now the famous Sanitarium, and in 1876 became Superintendent of this institution, undertaking the work only on the condition that he should be permitted to completely reorganize the institution, and place it on a scientific basis. In doing this, he changed the name as well as the character of the institution which has since been known as the Battle Creek Sanitarium.

Three years before, in 1873, when just past the age of twenty-one years, the Doctor had taken charge of a magazine known as the "Health Reformer", the name of which he changed to "Good Health", which he has edited continuously since, not missing a single number, for nearly forty-seven years.

A year after completing his medical education he joined the staff of the Battle Creek Health Reform Institute, now the famous Sanitarium, and in 1876 became Superintendent of this institution, and began to introduce reforms, accepting only those methods which rested on a tried, scientific basis.

In 1883, he went to Europe for five months of study in London, Paris and Vienna, spending most of his time in the latter city attending clinics of the famous Professor Billroth, the most eminent surgeon of his time, ^{and} taking special instruction in plastic surgery and operations upon the stomach and intestines in Billroth's private anatomical laboratory, under his first assistant, Professor Wolfler, the originator of the operation known as gastroenterostomy. This operation had been perfected by Professor Wolfler only a few months before, so Dr. Kellogg was one of the first American surgeons to have an opportunity for training in this new department of surgery

On this trip, Dr. Kellogg made the acquaintance of the famous Professor Pasteur, and formed a connection with the Pasteur Institute which he has maintained ever since through the medium of its Bulletins and by correspondence with members of the staff of the Institute with whom he became acquainted. One of the leading members of the Institute, Dr. Tissier, was later retained as a consulting bacteriologist, a connection which has been of great value to the institution through furnishing to its staff first-hand information concerning the latest advances made by the Institute, especially in the study of bacteria and of the intestine.

Dr. Kellogg has since made five journeys to Europe for the purpose of visiting the leading clinics and laboratories of England and Continental Europe.

Dr. Kellogg has devised a number of important surgical procedures which have been adopted by prominent surgeons, and are described in current medical text-books. He has also invented several surgical instruments and numerous forms of apparatus for the administration of passive exercise, which constitute the principal part of the Mechano-Therapy Department of the Sanitarium and are in use in other institutions throughout the country. His Universal Dynamometer is the only means yet devised by which the strength of all the larger groups of muscles of the body may be measured. This apparatus is in use in all the military schools of the United States Government, as well as in the leading gymnasiums of this country. In the Naval Training School at Annapolis, it is made the basis of the physical training of the naval officers.

By ^{the} request ^{of} Rear-Admiral Niblack, Commander of the Mediterranean Fleet during the war, who entertained the Prince of Wales on the occasion of his recent visit at Annapolis, photographs and special information about the dynamometer were supplied to the Prince and the head of the British Navy, with the purpose of adding this apparatus and the system of training based upon it to the curriculum of the British Naval Training Schools.

The first electric light bath was constructed under Dr. Kellogg's direction, and these baths are known by his name throughout Continental Europe. For some years, the electric light bath was scarcely known outside the Sanitarium. After it had been seen by an enterprising business man visiting this country from Germany, its manufacture was begun in Berlin, and one of the baths made in Germany was afterwards imported by the Kyn-Scheerer Co. of New York, after which it was quite rapidly introduced to the hospitals in this country.

It probably will be less necessary in the future for American ideas and Americans to visit Germany in order to become popular in this country.

Dr. Kellogg has invented a number of important electrical devices of which his most important discovery was the sinusoidal current, which was first used here about thirty years ago, and shortly afterwards described by Dr. Kellogg in a paper read before the American Medical Association. A few years later the same current was discovered and named by d'Arsonval, of Paris.

This current was made the basis of a system of electrical gymnastics, or automatic exercises which Dr. Kellogg counts as one of the most important additions to therapeutics, although he always insists that most important of all the things he has done for curative medicine ^{are} ~~is~~ the additions he has made to the technic of hydrotherapy, which are described in detail in his work on "Rational Hydrotherapy".

Dr. Kellogg's discoveries and inventions in nutrition, dietetics and food preparations have changed the bill of fare

56

of the American people, and have made his name known throughout the world. More than a hundred new food preparations have been the natural outgrowth of his effort to enlarge and enrich the biologic bill of fare and to meet the varying needs of invalids. Flaked cereals, ready-cooked breakfast foods, peanut butter and other prepared nut foods are the result of this effort.

Dr. Kellogg himself regards as the most important single thing which he has done, the clinical study of the hygiene of the colon, and the perfection of a manner of changing the intestinal flora, a task which Metchnikoff was the first to attempt, but, unfortunately, failed to accomplish successfully.

Unquestionably, however, the Doctor's greatest achievement is to be seen in the development of the Battle Creek Sanitarium System of institutional treatment for chronic invalids, a field of health reconstructive work in which the Battle Creek Sanitarium was the pioneer.

In 1883, under the direction of Dr. Kellogg, a Training School for Nurses was established, and this school to-day is one of the largest ^{nursing} training schools in the world. Other educational branches of the institution are the Normal School of Physical Education and the School of Home Economics.

The Sanitarium has as its central ideas biologic living and rational methods of cure.

Now, in his sixty-eighth year, Dr. Kellogg's mental and physical powers are marvelous. He works on an average of sixteen hours a day, seven days a week, and three hundred and sixty-five days in the year.

Written in 1920 for "The Sanscript".

The College was established in 1923.

Race Betterment Foundation - 1908.

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Dr. Kellogg's discoveries and inventions in nutrition, dietetics, and food preparations, have changed the bill of care of the American people and have made his name known throughout the world. More than a hundred new food preparations have been the natural outgrowth of his effort to enlarge and enrich the biologic bill of fare and to meet the varying needs of invalids. Flaked cereals, ready-cooked breakfast foods, peanut butter, and other prepared nut foods are the result of this effort.

Unquestionably, the doctor's greatest achievement is to be seen in the development of the Battle Creek Sanitarium System of institutional treatment for chronic invalids, a field of health reconstructive work in which the Battle Creek Sanitarium was a pioneer.

When my home was at Jackson, and I was about three years old, I had my first experience with a bonfire. I think it was the first night that I had ever been allowed to sleep upstairs instead of in my trundle bed downstairs. I was to sleep with one of my brothers. I had watched with a great deal of interest as he lit the candle to go upstairs. In the morning, when I woke up, he was gone, and I was alone upstairs. I can see that room now perfectly well. Opposite the bed was a plain, wooden stand, and just on the opposite side of the room was a large, old-fashioned tea-chest. It was a small room, with a window just between the bed and the teacheast. The stand was toward the window. I saw the candle on the stand and the matches, and thought what a fine thing it would be to try one of those matches and see how it would work, and I proceeded to light the match and candle the same as my brother did. When a candle has not been lighted for some time, it takes a little while to warm it up. The old-fashioned candle dip lit slowly. I lit a match, but the candle didn't light. I threw the match away, lit another match, and tried that. I was trying hard to get my candle going, but didn't succeed. Very soon I noticed a light over in the corner of the room by that little chest, which had some carpet rags in it, was all ablaze. I couldn't imagine how it got afire, but I felt responsible for it, and I ran downstairs. I rushed about to find mother. She said, "Why, Johnny, what do you want?" I said, "I want a broom, to put out my bonfire!" There the fire was, all up to the ceiling, but mother threw something over it and put it out.

I was very anxious to see something of the world outside of Jackson, and one day ran away from home. I had been amusing myself at home by tying a string about my body and playing I was a wild horse. Finally I ran out of the yard and out into the street, and as I was running along having the gayest sort of a time, an Irishman who knew me, caught me by the string, which was dragging behind, and led me home. A foolish thing it was to leave that string hanging out. I began to see that one must have no strings tied to him.

In those days, boys were not considered of much account.

I remember very well that there were that there were so many things that I want to know about, but couldn't get people to answer my questions. I remember when I went to Sabbath-School at the age of seven or eight years, one day after the teacher had been telling the class about Adam and Eve, and how the devil tempted them, and they had to be driven out of the Garden of Eden. After a while, the teacher asked the class in review, "Who made Adam?"

"God."

"Who made Eve?"

"God."

Then I asked the teacher who made the devil.

"God," she said. "He made everybody."

"Why didn't He made him good instead of bad?" I asked.

She immediately called the superintendent of the school, and said, "Here, put this boy in another class," and they put me in a class of young men; and I felt very much out of place, as though I had committed a sin. As there was no answer

October 13, 1917

given to my question, I was all the more anxious to know about it. So, at home, at the dinner table, I said, "Father, who made the devil?" And he said Sh....." Then I felt again that I had done something wrong. It set me to tinkering^{ed} deeply, and I wonder why in the world they didn't tell me.

October 27, 1917

When I was a small boy, I used to drive the cows up Main Street to a meadow where the clover grew. One day, as I was driving them to the meadow, I had a long whip in my hand which I used to encourage them, and I was snapping the whip at the dandelions, trying to cut off their heads, I saw a bird at the foot of a tree at the side of the road, and I thought I would see how close I could come to it without killing it. I snapped the whip, and it took off the bird's head. I was heart-broken, and fell down on my knees by that little bird and wept and wept, and Prayed God to forgive me for killing that little thing. And I promised myself I would never again kill another thing. I can see it yet. It was a small bird, and the idea of killing such a beautiful thing, with a beating heart--its wonderful machinery and delicate structure and mechanism--I promised myself never to kill another thing.

October 27, 1917

About 25 years ago, I had an illness. I think rheumatic fever. For six weeks, I was quite ill with fever. They called it typhoid-malaria, but I am sure it was rheumatic fever. I couldn't write, or work, or do anything but think, and the impulse that I had when a boy followed me--to do something for people who did not have a chance. I had already taken in some children, and the question was what more could I do. I opened up a new line of activity which I thought I ought to develop. I sent out a circular, or letter, to inquire about children in the neighborhood that were neglected, and I found there were many who needed a home; so I started an orphan asylum. Among other thoughts that came to me was that of the needy multitudes in our large cities. Shortly afterwards, when in New York City, a friend of mine suggested that I should go to the Jerry McCauley Mission and see some of the men who had become reformed--changed men. It seemed to me that a great deal more could have been done for them if they had had the advantage of baths, etc., so I started a sort of settlement work. I did not like the idea of calling it "missionary work," for those words are a little offensive to such persons. I began making trips to Chicago, to see if I could make a beginning. It seemed utterly hopeless to do anything there, but I went again and tried to find an opening. I thought if I could find a place, I would start a mission on a new basis. I would have laundry tubs and bath tubs, and have massage given, etc. The World's Fair was opening up then, and everything was in demand. I thought perhaps I could get into some of the missions there, but found no sympathy with that kind of work at all. I called at the Pacific

Garden Mission, where Harry Monroe was in charge. He said, "Oh, we don't need any baths. If a man gets converted, he will clean up all right."

"Well," I said, "if he gets clean first, perhaps that would help him to get converted." I asked if he would not spare me a little room where I could make a beginning, but he had no room to spare. At another place, I was told, "We don't need another mission in Chicago. We have enough here already."

So I saw there was no sympathy from those called missionaries down there, and I finally went to the chief-of-police, and told him that I proposed to come to Chicago and start a mission which might be called a "Clean-up Mission." There was no place in Chicago where a man could take a bath except in the lake. I told him I wanted to start a mission in the dirtiest place in Chicago.

"Well," he said, that would be within a block or two of the Harrison Street Police Station."

So I looked about, and found no signs up on places that were vacant, so I went to----- and asked them to find a place for rent in that vicinity. They gave me an address and I went to see about the place, but found that the rent was so high, it was out of the question. They wanted \$2,000.00 a year rent. But it was the only place there was. I was pretty discouraged. I stood on the sidewalk, looking down in the gutter, and I closed my eyes and prayed about it. I didn't know where to turn or where to go, but as I opened my eyes, right across the street was a sign, "Rooms to Rent," at the Pacific Garden Mission, where I had been two weeks before. I saw there

October 27, 1917

Harry Monroe, and he seemed very glad to see me. I asked him if he would like to rent to me, to start a mission such as I had told him about. "Yes, indeed," he said. His attitude had changed entirely. I found that the landlord had doubled his rent, and he had to make some arrangement in order to keep the place and meet expenses. There was a basement that had never been used, but was filled with rubbish. Monroe offered to rent it to me for \$30.00 a month. I set men to work hauling out loads and loads of dirt. Had a floor put down, put in six laundry tubs, two shower baths, and three or four full baths, and a dryer. A stove was put in, a cupboard for medicines, and a few small things. A sign was put out, "FREE BATHS AND FREE LAUNDRY." Waited a day or two, but no one came in. Finally, one day, a spruce looking young fellow came in with a bundle, and said, "Here is my shirt and collars. I would like to have them dine up. Will call for them tomorrow." He was much surprised when he found it was free laundering.

Finally, it occurred to two nurses that we had with us to go on the streets, and spread the news all over the city that baths could be taken at the place. By and by an old drunk came in. He was put under the shower bath, and he became sober at once. He sprang out in less than three minutes, and said, "You have wrought a miracle. I am a sober man. He made a business of bringing drunken men to this place. He was an Irishman, and he used to call out, "Where's the man wot sobers them up?"

In the course of a few weeks, one cold November morning, soon after I had the thing started, I counted 185 men standing

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October 27, 1917

in line waiting to get in there and wash their clothes. This was before seven o'clock. (I went down to Chicago in the night, so as to be there early in the morning, and came back at night.) The line went clear around the corner. Those men had pawned everything they could spare.

After the World's Fair, there was a panic, and there were 20,000 men starving there. They became riotous, and as soon as I learned about it, another sign was put up, "PENNY DINNERS." We got the use of another room, and gave the men a big bowl of bean soup and all the bread they could eat--stale bread from the bakeries. I got up little books containing 100 and 500 tickets and sold them to the friends in Chicago; and the bankers, when things got very exciting, would buy quantities of these books. We kept men in front who handed out these tickets, and it kept the City of Chicago from violence.

W. T. Stead came to Chicago, and his advice was asked. Finally, men were set to work upon the streets, and many still came to our mission, for they liked our soup better than meat soup. Talks were given to the men in the evening. Finally, I hired a little church, which had been used during the World's Fair as a lodging house, and had 300 beds put in it. At the ^{lice} _{polo} stations, the men were packed in like herrings. One evening about nine o'clock, I went there, and the floor was completely covered. I shouted out, "How many men would like to work tomorrow morning for breakfast and a night's lodging?" Every one of the men stood up except two or three who were too drunk to rise.

That year, we gave away 75,000 garments to the poor. I advertised all over the country for second-hand garments. One man sent me a barrel of shoes.

.....

2 A colored girl came here. Found two abscesses, and I was very anxious about her. In those days, we followed the instructions of Dr. Lawson Tait, not to give any water for two days. It was an awful experience for her. His idea was to keep the abdominal cavity dry, to keep the germs from growing. This was all wrong. I had been with him a few years before. The nurse told me she was afraid the girl had hurt herself. She had got up and walked across the room and drank at least a quart of water. But I learned something from that experience. The girl went right on getting better, and we sent her home to her mother.

.....

(an Englishman)

I remember a poor young fellow who had agreed to give up drinking. I pled with him to give up tobacco. He said, "Spurgeon smokes, and he is a great preacher." Spurgeon had said once that he smoked to the glory of God. When, a few years afterward, albumin appeared in the casts of his urine, he had to stop. And he spoke against it then, but it was too late.

p

NOTES FROM "THEY TOLD BARRON"

p. xxxi

In numerous bouts with illnesses born of overwork and overweight, C. W. B. had a habit of running off to Battle Creek Sanitarium, where he and Dr. Kellogg understood one another. Dr. Kellogg would scold the patient on his dietary lapses and then patiently whittle C. W. B. down toward an ideal 250 pounds. Before most of his European trips Mr. Barron would go into training at Battle Creek. With Kellogg's aid he expected to live beyond one hundred. Consequently, in September, 1928, at only seventy-three, C. W. B. probably set out for his training-ground without realizing that he was under sentence of death.

There on October 2, 1928, he died of pneumonia. Whenever he emerged from the coma into which he had fallen, he would inquire of his hovering secretary, "What's the news?" The news had been ever on his mind through a busy life, and it was on his mind to the last flicker of his dying intelligence. A news man to the end.

p. 175

Sanitarium, Battle Creek, Mich., February 1, 1923. Dr. John Harvey Kellogg said:

"You are short-breathed and your lips are blue and you must take time to pull the fat away from your heart or you will find yourself still further pinched in. You should have 350 to 400 cubic inches for expansion of breath in your lungs." (On test found it 200.)

p. 231

Battle Creek, Mich., October 31, 1924. Dr. Kellogg¹⁶ said:

"You must get down to 250. The record shows that every fat man is predestined to be a diabetic. Avoid candies as you would poison. You can live on dates, nuts, and apples."

p. 258

(At a luncheon at the White House) "We spoke of fresh figs, and I mentioned the fresh figs and persimmons I gave the Queen (Marie of Rumania), and her Thanksgiving dinner on the Berengaria with me. The President was much amused at the maid at Battle Creek telling Senator Butler's daughter, Mrs. Ellis, that Mr. Barron was going abroad, and on his own boat, the "Barrongaria."

At the luncheon, which was of soup, delicious scallops, tender broiled chicken, delicious New England apple pie and coffee and hot milk especially made for me, Mr. Stearns invoked the Divine blessing.

p. 289

C. W. B. loved Battle Creek, but not too much of it at a time. Chicago, within easy distance of the Sanitarium, frequently lured him away. There he met men of affairs, talked cosily with Architect Graham, and perhaps broke the rigid training which Dr. Kellogg enforced at the Sanitarium, which is one of these meatless, tobaccoless, alcoholless, bridgeless places where all hands concentrate on health.

¹⁶ Dr. John H. Kellogg, director Battle Creek Sanitarium, Born, Tyrone, Mich., 1852.

p. 345

Paris, March 26, 1923.

At six-thirty Bunau-Varilla's motor left me at 53 Ave. Hoche and after five minutes in the drawing-room of Sir Basil Zaharoff⁴².....

I told him that we all over-ate. I told him also of Kellogg⁴³ and Battle Creek, and he expressed several times admiration for my eyes and color and my abundant health and kept tapping on wood, saying, "It costs nothing to tap wood."

p. 346

He wanted to know about Battle Creek and how much water I drank. I told him many quarts a day and that I kept my health by drinking water, especially charged water like Perrier, and told him about my digestion and the effect of water, and that Battle Creek was the only place where you could lose weight and increase your strength at the same time. And that they believed in water and not in meat, fish, coffee, tea, wines or tobacco. He said I was in wonderful health, when I told him I weighed over 300 pounds, etc.

349

Hardly had he completed his canvass (for funds for Clarke Institute) of the wealthier resorters on the Maine coast, than C. W. B. knew he was in for another wrestle at Battle Creek. There he hurried in September. The reader will find Dr. Kellogg cheering him with a prospect of continued activity; but for this

43 Dr. John H. Kellogg, founder and head of Battle Creek Sanitorium.
42 Qui Etes-Vous? lists four French residences for Sir Basil, and says he was born at Mongla, Turkey, in 1849.

great journalist the bell had struck "Thirty." He died October 2, 1928.

p. 361

Sanitarium, Battle Creek, Mich., September 26, 1928. Dr. John H. Kellogg says:

"They only offered us the Royal Palm site at \$1 and free taxes for five years. It isn't large enough and is noisy. I can tell you confidentially we are leaning toward Clearwater, which is within twenty miles of the largest population in Florida in a given area. The bluff is seventy-five feet high, on a beautiful sandy beach. We can have the land and beach and \$5,000,000 besides. The location is within twenty miles of Tampa and St. Petersburg.

"The Battle Creek Sanitarium should have the right to name the trustee holding the property, because we must protect the Battle Creek name. Some General Motors people with plenty of millions are behind the Clearwater development.

"I hear Postum paid \$40,000,000 for Maxwell Coffee. Bowman told me this. I do not think he has a dollar in Miami Biltmore at Coral Gables. He was paid \$100,000 a year to give his name and management to it. I understand the hotel is for sale for \$6,000,000. I do not believe Bowman has bought it for \$3,000,000.

"The best thing they could do would be to give it to us and we could move right in and make a great development that would redeem Coral Gables. They have the outlook for golf grounds and the land and an ideal structure and situation.

"After they fool around for a few years they will prob-

ably be willing to give it to us and we shall be at liberty to take it for we will not be exclusively at Clearwater.

"I think the people will be nervous over Florida hurricanes for some time.

"I warned you years ago that diabetes, kidney trouble, or something would get you if you did not reduce weight and correct your living, and you are caught in the liver. You will feel better in a few weeks, and then your danger will be that you will forget what you have been through and what you are liable for.

"You should steadily reduce your weight to below two hundred and sixty, and with time the lower the better.

"You have had a very narrow escape and will probably never again have a full healthy liver but you have got a piece left and can build back so with care you may live fifteen or twenty years."

Editor's Note: This warning is the last of the Barron notes. Mr. Barron died at the Sanitarium, six days later, on October 2, 1928.