JOHN HARVEY KELLOGG (1852-1943)

CLIPPINGS, CA. 1890-CA. 1965
(UNDATED BY TOPIC)

MISCELLANEOUS

The Rochester Clarion
Rochester
Michigan

THIS-THAT AND THE OTHER

By C. S. SEED

Dec. 4, 1943

Dear Readers:

A brief notice by the staff, heading this column in The Clarion, issue of November 23, (published two days early for Thanksgiving) stated "the writer had entered the Battle Creek sanitarium on November 22 for treatment of an ailment of long-standing." Quite true, but for those of a more inquisitive frame of mind who might be wondering just what that ailment might be, and in justice to ourself, will say we are encountering a return attack of Psoriasis. Webster or any medical book will furnish you the desired information. Not what you thought it was at all, is it?

Psoriasis, a disease much affected by the elements, which becomes aggravated in cold weather (no one knows better than I do) is an ancient ailment in the category of diseases. Yet to this day no physician or any medical book we have read can or does tell what causes it, though nervousness bears the principal blame. And while physicians say it will not shorten our life a day, is not contagious, etc., we do know from experience that it will shorten our bank roll if we endeavor to apply one-half the remedies advertised and prescribed for its cure — if there be such a thing.

However, at Dr. John Harvey Kellogg's request we are going to stay here one month, in the belief that dieting and the wonderful sunlight treatments here afforded will accomplish relief and a permanent cure.

The following was our menu for breakfast and dinner today, December 4: Breakfast included grapefruit, soft-cooked eggs, soy whole wheat toast melba, soy gluten wafers, orange juice, ½ pitcherful of cream and ¼ ounce of pasteurized butter. Dinner (noon) consisted of Erie broth, broiled nuttose (mushrooms), spinach with lemon, French bean salad. Of course, for supper they might have T-bone steak, French-fried potatoes, hot rolls, salad, custard pie, ice cream and real coffee — not Sanka—more to our liking, but we know they won't. And just why should they. We have now survived nearly two weeks on their prescribed diet and am much improved and gaining daily—not in weight—as that has been reduced from 183 to 175 pounds—nearly a pound a day, with our age and height calling for a weight of 152 pounds.

Realizing that an institution of this kind, conducted by a corps of the ablest and best physicians in the medical profession, is of untold benefit to the ailing of our land, who are sorely in need of such treatment as I am now receiving, I would be most ungrateful, indeed, if I failed to better inform our readers of its merits and the benefits derived from having such a health-pioneering institution as the Battle Creek Sanitarium in our state.

The principles upon which the Sanitarium was founded about three-quarters of a century ago, are too well known to require detailing here. Suffice to say the institution had its origin back in 1866 when a small group of men, who believed in altruism and human progress, started a "return-to-nature" movement in Battle Creek, of which the present magnified Sanitarium, known throughout the length and breadth of the civilized world, is the resultant outcome.

The Sanitarium, one of the largest and finest-equipped institutions of its kind in the world, where hundreds of thousands of persons have been treated, has grown in some 70 years from a small two-story frame building with 12 patients to its present proportions, with accommodations for one thousand patients, before a portion now known as the Percy Jones hospital was taken over by the Government in August of 1942, at a cost of over two and one-quarter million dollars.

The Sanitarium was not sold. A portion of the plant and grounds was given up for use by the army as a great General hospital and a training school for doctors and nurses in physiotherapy. The Sanitarium goes on as usual in the large unsold buildings to which the great family of patients, more than 700 doctors, nurses, dietitians, chemists and 200 attendants and other workers moved following the Government's taking over the alone unit without interruption of the regular program. The furniture, bath appliances, treatment apparatus and other special equipment were also moved to the new quarters.

The Battle Creek Sanitarium system is a composite physiologic method comprising hydrotherapy (including more than 200 hydriatic procedures with extensive hydriatic treatment room and equipment); phototherapy and thermotherapy (the electric light bath, the photophore, the thermophore, the arc-light and quartz actinic lamp); electrotherapy (static apparatus, sinusoidal apparatus, high frequency, X-ray, galvanism, faradic and various special electrical appliances); mechanotherapy, dietetics, physical culture, special

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THE ROCHESTER CLARION, ROCHES

Notices

St. Philip's Episcopal Church

Rev. A. L. Parcells
(Walnut and Fourth)

Third Sunday in Advent.
Church school, 10 a.m.
Morning service, 11:20.
Y. P. Fellowship, 7:30 p.m.

The morning service this Sunday will be taken by our Layreader, Wallace F. Bolley, and the music will be led by our vested choir under the direction of Mrs. A. J. Stanley.

We are very much encouraged with donations from Class of our Parish toward the Mortgage Fund, as there is now less than $200 to collect, so the mortgage will be paid off. The Finance committee expects to have the full amount this month. The names of all who have contributed to this fund are being printed on a scroll.

Our resident pastor, Rev. Arthur L. Parcells, will be with us to take the service on Sunday, December 19, and with his coming all the activities of the church will be increased.

The First Congregational Church

CLARENCE D. OSEBLIN, Minister

"In essentials unity, in non-essentials liberty and in all things charity."

Organized 1827

Morning worship at 10:30. The third Sunday in Advent. Music by the Young People's choir and sermon by the pastor.

Sunday school at 11:45 a.m.

Adult Bible class at 11:45 a.m.

Junior Church League at 7:30 p.m. At this meeting the young people will begin a discussion of "Do You Know?"—a little booklet prepared for Protestant men and women in the armed services. It discusses many things we would like to know more about.

Fellowship Night—Tuesday evening is the date for a parish-wide fellowship night. A picnic dinner will be served at 6:30, following which Miss Fray will present a Christmas play that has been in preparation for some weeks.

Arrangements are being made for the Midnight Christmas Eve service.

Church of the Nazarene

Arthur P. Fisher, Pastor
"Rochester's Evangelistic Center"

Sunday, Dec. 12—Annual Bible Sunday.

Sunday school, 9:45 a.m.

Annual Bible Sunday service, 11 a.m. Sermon: "The Bible Revealed." Special offering for the Nazarene Bible society.

Young People's discussion at Bible Sunday, 6:30 p.m. Discussion leader: "The Book Goes Forth."

Evangelistic service, 7:30 p.m. Sermon: "Beauty and Roses." Fourth sermon in our campaign against sin. This campaign is producing momentum. They are saying: "We never before realized sin horrible sin is and the awful extent to which it has gone. The destructiveness and the degrading nature of sin is rarely being revealed in these sermons."

Wednesday, 7:30 p.m.—Old-fashioned prayer meeting.

Everybody Welcome to Every service!

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26 THE ENQUIRER AND NEWS
Battle Creek, Thurs., Dec. 9, 1943

Patients Learn Art of Walking

'Rhythm Boys' at Percy Jones Winning Another Battle.

This is the second of three stories on work being done at Percy Jones General hospital toward preparing seriously wounded soldiers for normal living on their return to civilian life.

BY CHARLES MARENTETTE
(Associated Press Staff Writer)

The "rhythm boys" are winning another battle.

They are the gasoline station attendants, the clerks, the factory workers, the students who went off to war in New Guinea, in North Africa, in Sicily and to other fronts, met the bullet or shell "with my name on it," and came back maimed, some legless. All were dejected.

They are neither dejected, nor legless, any longer. The army's Percy Jones General hospital—a center for the care of amputation cases—are seeing to that.

In the huge physical therapy rooms where scores of simple but effective devices are teaching these wounded men the art of walking on artificial legs, Lieut. Margaret Rhodes, head aide, explains it simply:

"They've got rhythm, and they're doing O. K."

By rhythm, she goes on, is meant the coordination of muscles necessary to make an artificial leg behave. Most of the wounded soldiers she believes, have such rhythm sufficient to make their disability practically unnoticeable within a matter of a few months, and those who don't have it as yet are learning.

Start On Ramp

"Here," she points to a long narrow broadwalk ramp in the center of the room, flanked by two adjustable hand rails, "is where these men learn ordinary walking. In that full-length mirror at the end of the ramp they watch their steps, see their mistakes, and correct them. It's surprising how soon they learn, especially those with rhythm."

The men enjoy the feeling of accomplishment that a successful walk the length of the ramp gives them. A pre-artificial leg that has a tendency to swing out from the body at a step starts closer to the normal walking line with each few days of practice and, according to Lieut. Rhodes, the average soldier is walking well within a month.

The ramp is one of the final steps in a long and tedious series of steps through which the wounded man is guided during his stay here. Designed not only to provide a recreational for a but currently but in priority the desire to learn fundamentals again and to rid him of the feeling that, due to his loss, he will be of little value as a civilian in later life.

Overcome Fretfulness

Lieut. Rhodes says that at the amputation men brought here for treatment have first to overcome a belief that they are "done for," the soldier's way of expressing his feeling of uselessness. Within a few days, after talking to soldiers already nearing recovery, he learns that his future is bright rather than dark.

In hydrotherapy, under the orders are treated in neat tubs, the hydrotherapist - exercising extra pressure a high or low massage force on the injured limb or stump, hand massaging by a staff of experts towards healing started the sick, relieve swelling and increase circulation. If the stump of a leg has a tendency to turn away from the body, the patient uses an ingenious "tube" attached the middle with the Dakin solution. Thus bringing the muscles into action to hold the stump in normal position.

While this treatment is under way, physicians are at work in the orthopedic workshop building a special prosthesis—artificial leg for the individual—complete with an ingenious knee and ankle joint.

And then comes the big day: the fitting of the special limb and the first step.

Takes Bi Crutchetts

He takes the crutch on crutches, gives his foot of fetters. Pulling a few tricks the knees of the young man resolve to take great in a few more trips and soon more time in both, and the aide takes in walks short and longer distances, proud that he is learning to "rhythm" to make his work easier.

A few weeks ago he had been high in the Irish and always long-legged, Lieut. Rhodes avers, but the average case will not be discernible.

"We have a boy here who lost both legs just below the knee. He'll walk just as well as before," vows Lieut. Rhodes. "In cases where the knee joint has been saved, there is no problem. All we need in most cases is the confidence of the soldier and his desire to see the thing through. We're getting it, too. They're a grand bunch of lads and seem to appreciate what we're doing for them."

That's what she means by the "rhythm boys" winning another battle.

THE ROCHESTER CLARION, ROCHESTER, MICHIGAN

New Army Hospital Dedicated to Service

(Continued from Page One.)

ferred the buildings and grounds of the hospital to the post command. The significance of this formality was as though Colonel Worsham had said, "We builders have done our best; now it's yours. We hope it meets your needs."

Purchase of the property, awarding of contracts, drawing up of blueprints, supervising of the actual work, all were the responsibility of the real estate division of the office of the division engineer of the Great Lakes office in Chicago. The post engineers, under command of Lieut. John S. Delman, and his assistant, Lieut. Joseph C. Baker, also assisted in the work and did numerous jobs of remodeling and changing which were left to the post.

Colonel Worsham outlined these facts and then, as a representative of the chief or army engineers, turned the buildings and grounds over to Col. Norman T. Kirk, hospital commander.

"I wish to congratulate the engineers on their acquisition of this property and the remodeling job they have done," Colonel Kirk stated. "As a result of their careful planning and fine work we have here facilities second to none among army general hospitals. While there was some delay at first, due to insufficient funds and other factors, through the help of Colonel Worsham and others, we have been able to establish this great institution.

"However, beautiful buildings, attractive surroundings and geographical location, do not make an army hospital. It takes a professional and military staff of competent and well-trained men, representing the best in their field. Our staff here more than meets those requirements.

Portrait Is Awarded

High point of the program was the unveiling of the portrait of Colonel Jones, by Mrs. Jones, who came from Erie, Pa., accompanied by her daughter, Mrs. Charles Siegel, also of Erie.

"My daughter, Elizabeth, and I are deeply appreciative of the honor that has been paid the memory of our husband and father in the naming of this great institution in his honor," Mrs. Jones said. "I realize that the tribute is paid not only to his ability as a doctor and his years of service in the army, but to the depth of affection in which he was held by his fellow officers and the men who served under him. It is with great pleasure, therefore, that I present this portrait to the hospital and the army, that it may hang here as an inspiration to all who love and cherish his memory."

Maj.-Gen. James C. Magee, surgeon general of the army, in his reply, remarked, "I cannot hope to have many occasions during my lifetime that will stir my heart as this. Colonel Jones was an excellent doctor and a good soldier. I knew him well and felt his loss deeply. In his every contact in the army he was a leader. The outstanding thing about him to me was his unusually fine character. He possessed great perspicacity, he was helpful to all, friendly to every one he met and one of his great characteristics was his kindness.

"In all my associations I never have known a man who gave a greater measure of love, devotion and service to his fellow men than Colonel Jones. It is entirely proper that an institution of this kind should be named after him, because his spirit and the things for which he stood will dominate its work and the attitudes of its personnel."

Speaks State's Pride

Gov. Harry F. Kelly closed the program with a short talk, saying: "On behalf of the people of this state, I say to you, Colonel Kirk, and to your staff — we are sure of the quality of the care you will give the wounded and ill men who are brought here for care.

"Washington's birthday always has meant much to the American people and, in my opinion, this Washington's birthday will always mean much to us as long as we are a free nation. Michigan is proud to have this great hospital within its borders and I am sure I speak for the people of Battle Creek when I say they, too, must be exceedingly proud of the fine institution which has been established in their midst."

After the ceremony, many of the audience toured the hospital, in two groups, meeting later on the mezzanine for a tea. A retreat ceremony at 4:30, with music by the Camp Grant band, ended the program.

At 5 p. m., there was a reception in the officers' club at which visiting dignitaries, officers of the post and of Fort Custer were entertained and met Mrs. Jones, General Magee and Mrs. Siegel. Officers' wives also attended the reception with their husbands.

Among the guests was a man to whom the day undoubtedly will leave poignant memories. He was Dr. John Harvey Kellogg, director of the Sanitarium, whose genius made possible the buildings in which Percy Jones general hospital now is housed. The buildings were sold to the army by the Sanitarium, which then moved to its present quarters, with John Harvey Kellogg hall and the former Battle Creek college library building as its main quarters. Dr. Kellogg was as spry as usual and spent considerable time wandering about the building, recalling his own days there.

Among other distinguished guests were Col. George T. Shank, Fort Custer post commander; Col. Clyde D. Osinan, post surgeon at Fort Custer; Brig.-Gen. John M. Willis, commander of the medical replacement training center at Camp Grant; Col. Joseph E. Bastion, chief of the medical branch of the 6th Service Command, and their wives; Mrs. Kelly and Mrs. Aurand; and Col. E. C. Gere and Col. F. U. McCrackie of General Aurand's staff.

of the sawdust circle.

"In late years Miss Leitzel has appeared much on the vaudeville stage in addition to her tours with Ringling Brothers-Barnum and Bailey circus."

WOMEN DECLARED "WITHOUT HEART"

Opera Singer With Children Attacks Her Sex

BUFFALO, N. Y., Feb. 15. (AP)—The modern woman, in the opinion of Madame Ernestine Schumann-Heink, "has no heart."

The famed diva, who came to Buffalo for a radio performance last night, is the mother of eight children and to her "motherhood is the most sacred thing in the world."

"But the modern woman has no heart," she added. "Motherhood will not improve her art, if she has talent, because she does not feel the great sacred emotion. All that is important in her life is the lipstick, jazz and bridge. She does not want children.

"Modern women never will accomplish anything toward world peace by conferences. Let them have good, warm meals ready for their husbands when they come home tired from a day's business. Tell the women to build homes and raise their children properly. Then we'll have peace."

SICK POLICEMAN HAS EXCITING DAY

Jumps Into Icy Lake and Rescues Five Boys

NEW YORK, Feb. 15. (AP)—Patrolman Charles Nagel wasn't feeling very well so he drew an easy beat in Central park.

Yesterday the cold west wind whistled along and made him feel worse and then he heard a cry for help from the park lake.

Five small boys had broken through the half-inch ice. Nagel tossed off his coat and revolver and brought the boys to safety.

A sixth lad was believed to be under the ice. Nagel dove. He became stuck in two feet of mud, eight feet below the surface. Gerald O'Connell, another patrolman, finally brought him to shore.

Then the boys wouldn't go home, fearing they would be punished. O'Connell went along as mediator.

Nagel wouldn't go home, either, until his wife arrived in a taxi and issued an order. Today he was suffering from exposure but asserted he would be on his beat tomorrow. He's peeved with his fellow policeman for telling about the rescue.

FIVE BANDITS GET $8

NEW YORK, Feb. 15. (AP)—Five bandits had $8 to divide last night as the proceeds of a holdup of 17 men in a Yorkville social club in which three men were shot, one probably fatally. Daniel O'Rourke, 28; Samuel Saldino, 43, and Samuel Costa, 22, were wounded, O'Rourke seriously. The robbers escaped.

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NEWS NOTES

associate. Both are from New York City.

Kellogg Will Case Postponed — Trial of the Dr. John Harvey Kellogg will case, originally scheduled for January 2 in circuit court here has been deferred until February 5, it was announced today. Counsel for the plaintiffs have advised the court that additional time will be required for the taking of depositions from persons in Portland, Ore. and other points in the far west. Dr. Kellogg died a year ago and bequeathed his entire estate to public welfare, the extension of health practices and education, directing that the estate be administered by certain designated trustees. Notice of contest of the will was filed in probate court by George Kellogg, an adopted son, and other heirs-at-law.

CONVENTION, AVAUNT!

TRAVELING WITHOUT CASH

BRONSON ALCOTT'S FRUITLANDS

Resurrection of the Farm at Harvard Which Once Sheltered "Old Jew Palmer" of the Beard and Another Who Thought Clothes Unnecessary

A more eccentric band of mortals perhaps never wandered off from the accustomed haunts of man to take up their residence in the wilderness. All the members thought that brown linen tunics and baggy trousers were the proper dress for man and woman. All animal food was to be forbidden, as well as all food produced by animals, such as milk, honey, eggs. One of the number was later expelled from the community for eating while on a visit, a small piece of the tail of a fish. Another thought all clothing vile, and attempted to "dress" accordingly. Two of the number once set out on a boat journey from New York without money, offering to engage the passengers and crew in learned conversation as payment for the passage. Philosophers, not farmers, they tried to live on the product of the soil but to them all animal manures were "disgusting in the extreme." One man wore a beard at a time when that facial adornment did not arouse the respect that it does to-day. His life was a continual fight to retain that beard and he spent over a year in prison at Worcester for the sake of his principles. The story of Fruitlands, a Massachusetts community of ideals, is a tale of bitter disillusionment but also one replete with humor and curious notions difficult for the present-day practical mind to understand.

On the northwestern slope of a hill in the town of Harvard, Massachusetts, there stood a few years ago an old fallen-down farmhouse with one or two equally decrepit outbuildings. Gray, moss-covered and sagging from the weight of storms, these buildings were on the point of joining the hundreds of New England farmhouses which have been abandoned to fall in on themselves, sink into their cellar holes and disappear from human ken under a tangled growth of blackberry bushes. Two great mulberry trees had been planted so near the house that they threatened to tear it up by the foundations. To the lover of the country road who had the courage to explore that deserted section of the Nashua river valley there was nothing distinctive about this particular group of buildings. The tired pedestrian, perhaps, would sit on the brow of the hill to enjoy one of the fairest views in the state. Wachusett raised its symmetrical hight of 2400 feet above the rolling country to the west. To the north Monadnock stood out clear and blue, the southern sentinel of the New Hampshire hills. Nearby, the gray house seemed tired of buffeting the storms of three centuries and was on the point of giving up the struggle. That was in 1912.

To-day the setting is the same but the dwellings have been endowed with new life. For these are the buildings of Fruitlands, where Bronson Alcott and a small group of learned men betook themselves in 1843 to form a colony where they could live their own lives in their own way. The transformation of Fruitlands is due to Miss Clara Endicott Sears of Boston, who bought the property two years ago. It adjoins her home, "The Pergolas." As nearly as possible she has restored the buildings to what they were when Alcott and his Concord friends sat about the table conversing on the highest aim, clothing, friendship, and such related subjects, while Mrs Alcott and her daughters were working themselves thin trying to provide the wherewithall for three meals a day.

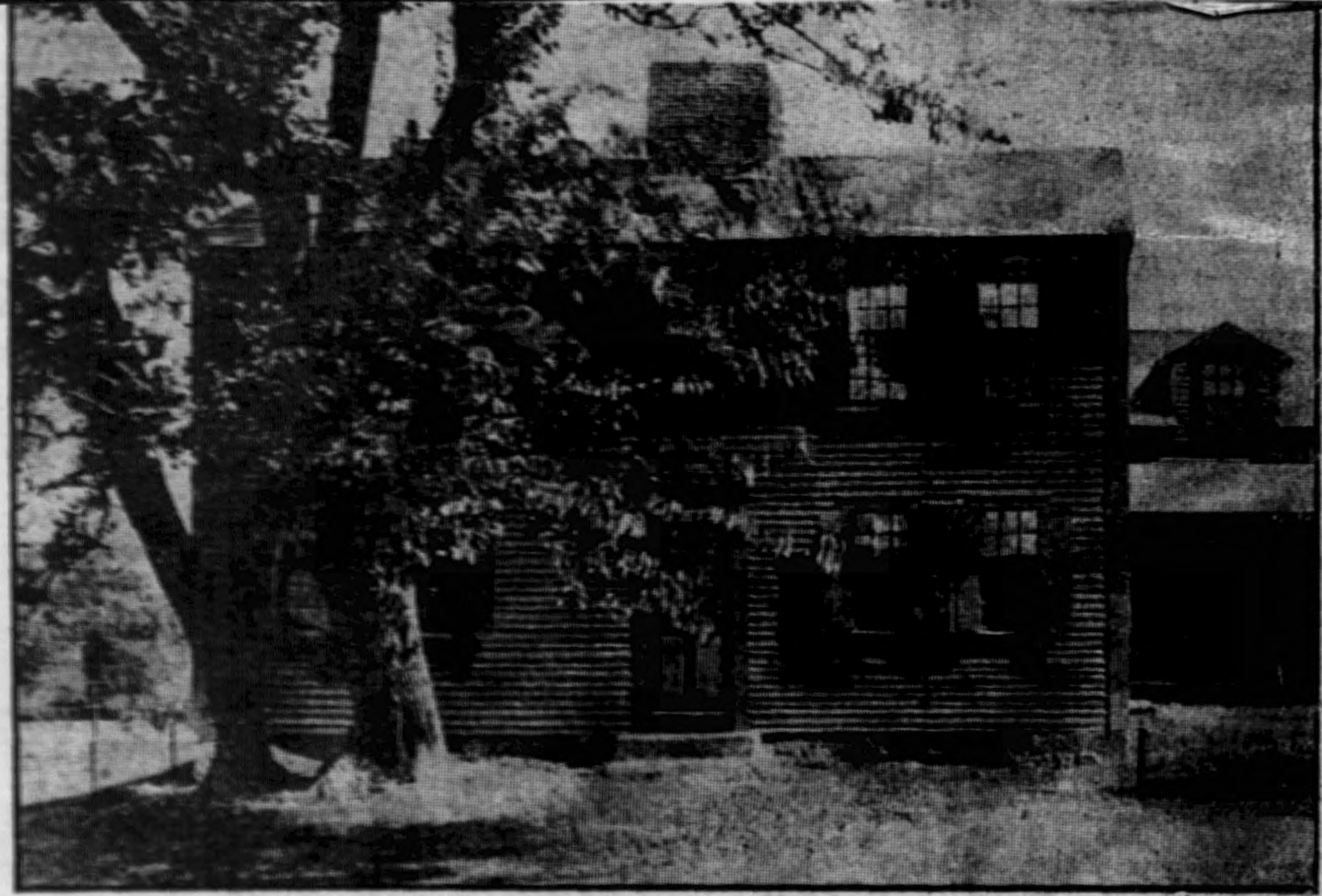
Fruitlands and Brook Farm

The story of Fruitlands, its enthusiastic beginning, doubtful career and hopeless ending, have been told more or less completely many times. Now, for the first time Miss Sears has collected all the evidence and published the story in book form, "Bronson Alcott's Fruitlands" (Houghton Mifflin; $1). The student of sociology will find in it a faithful account of a community somewhat resembling Brook Farm, of which it was a contemporary. Its resemblance to the community in West Roxbury is at once apparent from Charles Lane's account of a visit there:—

We went out one evening to Roxbury (Brook Farm) where there were 80 or 90 persons playing away their youth and daytime in a miserable, joyous, frivolous manner.

It is the general opinion that Brook Farm was ascetic. But in comparison with Brook Farm the Fruitlands curriculum was rigor undiluted.

Any community that dresses in linen tunics and trousers and tries to make the women also appear in bloomers, is enough to whet the curiosity. (As a matter of fact, Mrs Alcott refused to wear bloomers.) But that is only the beginning. No "flesh," as the members called meat, was to appear on the community table. The prohibition included every animal product, such as milk, eggs, honey, butter, cheese. No sugar, tea or coffee was to be served. Silk, wool and cotton were



FRUITLANDS, AT HARVARD, WHICH ONCE SHELTERED BRONSON ALCOTT AND HIS FOLLOWERS

Miss Clara E. Sears of Boston Has Restored it as Nearly as Possible to its Appearance in 1843. The Two Trees on the Left are Mulberrys Planted by the Philosophers for the Propagation of Silkworms

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taboo. One of the members even went so far as to regard all clothes as an impediment to spiritual growth, and the light of day as equally pernicious. "He accordingly secluded himself in his room in a state of nature during the day, and went out only at night for exercise, with a single white cotton garment reaching from his neck to his knees." There soon rose up a cry of ghosts in the peaceful Harvard village, and a stop was put to the learned man's night prowlings. Then there was "the man with the beard," Joseph Palmer, on whose tombstone in North Leominister one can read to this day the words "Persecuted for wearing the beard." Before he went to Fruitlands "Old Jew Palmer" was set upon several times by men determined to cut off that beard; but the subject put up such a fight that none of the attempts was successful.

The seven months' life of Fruitlands is interesting from start to finish. The experiment, and a dismal failure it proved to be, was one of the several attempts made in this country and England about 1840 to establish a community based on philosophical and religious asceticism. Alcott, a close friend of Emerson and Thoreau, got the idea for his New Eden while visiting a group of English mystics in Surrey, Eng. While there he met Charles Lane and H. C. Wright, both of whom he brought to America and who were of material aid in starting the hopeless plan. Lane was the only member of the band who appears to have had any money, and his every cent went for the purchase of the old Wyman farm at Harvard, 14 miles west of Concord. Emerson, Hawthorne, Ellery Channing and Thoreau were interested in the experiment at Fruitlands but doubtful of its success. Emerson, especially, had a great admiration for Alcott and after a visit to the new home said: "These men ought to be maintained in their place by the country for their culture."

Beginnings of Fruitlands

Returning from England and finding Brook Farm far too frivolous for their

tastes, the little band, headed by Alcott, one of the apostles of the newness, as the transcendentalists were called, because they were opposed to the shackles of conventionality, looked about for a place to form a community after their own tastes. The farm at Harvard was decided upon and as described by Louisa Alcott in her "Transcendental Wild Oats," the band set forth on a rainy June morning to show the world how life at its best should be lived. The original members of the community were Mr Alcott, his wife, and four small daughters, the Englishman Charles Lane and his son William, H. C. Wright (for a short time) and Samuel Bower, Isaac T. Hecker of New York, Christopher Greene and Samuel Larned of Providence, Abraham Everett and Anna Page, Joseph Palmer of Fitchburg and Abram Wood. Something grotesque or interesting can be said about almost every one of these, and the life at Fruitlands brought out every idiosyncracy.

As far as can be determined at this distance, Mrs Alcott and her daughters did most of the work. Not only did they "do the dishes," make the beds and get three meals a day, but they made the famous linen garments, and worked in the fields. The "men folks" had a curious way of following whither the spirit led, and on one occasion it happened that the spirit led most of the philosophers away from Fruitlands at the very important moment of harvest time. Joseph Palmer, who alone of the band knew anything about farming, was off at No Town, near Fitchburg, attending to his cattle. The barley had been cut, but there was no one to take it into the barns. Mrs Alcott regarded the situation with anxious eyes, for she realized that her children must be fed and that the larder was anything but full. A day or two passed; none of the men returned and she became desperate. Finally, just as a thunder shower was brewing in the west, she gathered together all the baskets she could find, took them to the field and with the help of the children dragged them to the granary. This process was repeated until the rain came down in sheets and stopped their task. They had saved enough to fill their wants for a few weeks.

In the meantime Alcott and Lane were off trying to get recruits. The manual labor to which few of the members were accustomed had had its effect, and the enthusiasm to go out into the fields in the hot sun and make hay had somewhat diminished. There was very little money in the treasury and Lane realized that if the venture was to keep its head above water something must be done. The crops were anything but a success, for the use of animal manures was considered by Alcott "disgusting in the extreme." As soon as a crop would show itself above the earth, it would be turned back, in order to enrich the soil, they said. The two philosophers set out for Providence. They met with little success there but procured enough money to take them to New York, where their brown linen tunics and baggy trousers made a sensation. Most of their money was gone by the time they boarded the boat for New Haven, but that did not prevent them from going aboard. When the purser approached to collect the tickets, Mr Alcott replied that they had no money to pay their fare, but that they would be very glad to address the passengers and crew "with a little conversation in the saloon" in return for the passage. The offer was not accepted.

"Old Jew Palmer" and His Beard

"Old Jew Palmer's" fight to keep his beard has been referred to. To put it lightly, beards were not the fashion in the early '40s. Only Jews wore beards. There was somewhat the same feeling in regard to beards as had once caused the persecution of witches and Shakers, and Joseph Palmer's days were made miserable by his sticking to his hirsute principle. At one time he was joining in a communion service and was mortified to discover that he had been passed over by the officiating clergyman. "Cut to the quick at such injustice, and with the blood surging to his face, he arose and strode up to the communion table where the sacraments were. Lifting the cup to his lips, he drank from it, and turning to the shocked and abashed clergyman and his congregation, shouted in a loud voice and with flashing eyes: 'I love my Jesus as well, and better, than any of you do!'"

On another occasion he was accosted by Rev George Trask, the antitobacconist, and report has it that the conversation was somewhat as follows: "Palmer," said Trask, "why don't you shave and not go around looking like the devil?" "Mr Trask," replied Palmer, "are you not mistaken in your comparison of personages? I have never seen a picture of the ruler of the sulphurous regions with much of a beard, but if I remember correctly, Jesus wore a beard not unlike mine." But Fitchburg, whither Palmer moved from No Town in the early '30s, would not "stand for" the beard, which was now of very considerable length.

One day, as the beard was coming out of the Fitchburg hotel, its owner was set upon by four mean, who were well provided with the mechanical arrangements usually employed in removing hair from the face. Shears, lather and razor were handy and Palmer fell to the sidewalk at the first assault. It looked like an easy matter for the barbers, but when Palmer found that he could not struggle free, he drew a small jack-knife and managed to stab two of his assailants in the legs. The whole crew immediately made off in hot haste. But this incident was judged an unprovoked assaut on the part of Palmer

(5)

and he was thrown into jail, where he remained over a year.

Even there his beard was not immune. The jailer and some other men came in to shave him, according to the story related by Palmer's son, but the old man threw himself on his bunk and struck out with his legs so viciously that the attempt failed. On leaving the Worcester jail Palmer went to Fruitlands, where he offered to run the farm without pay. When Fruitlands failed he bought the place and, according to Miss Sears, carried on a strange sort of community of his own for more than 20 years.

Alcott Determines to Die With the Passing of Fruitlands

As for Fruitlands itself, it was condemned to failure almost from the beginning. It would, doubtless, have retained its members much longer had the project been founded financially on a rock. As it was, there were no resources except the sandy hillside on which the farm stood. The ideals of the band handicapped them terribly. Most of the farmers of that section of Worcester county find it hard enough making a living out of the land alone, even when their hearts are steeled against the appeals of a condemned chicken. To the philosophers of Fruitlands even the cankerworms which infested the apple trees had a right to life, liberty and the pursuit of happiness, and the story goes that they obtained all these valuable privileges. But as autumn drew on the situation went from bad to worse. Farming operations had not been started until late in June and the small crop of barley was the only store set by for the long months of winter. In the last days of September Lane wrote to a friend in England:—

What is to be our destiny I can in no wise guess. Mr Alcott makes such high requirements that few are likely to stay, even of his own family, unless he can become more tolerant of defect.

As December approached, financial troubles increased in weight. The dissolution of the colony which had started out with such high hopes on the previous June was seen to be only a matter of days. To Alcott the failure of his Utopia was a cruel blow, and he determined that he should die with it. For three days he refused food and drink and lay as if dead. But on the fourth he roused himself and, deserted by his former companions of Fruitlands, fared forth into the world, leaving the ashes of his hopes on the Harvard hillside. F. B. Sanborn, an authority on almost every aspect of the Concord community, has written in his "Memoirs of Bronson Alcott":—

The rigors of a New England winter promoted the dissolution of the Fruitlands community, but did not alone break it up. A lack of organizing power to control the steady current of selfishness, as well as the unselfish vagaries of his followers, was the real cause.

Speaking of Fruitlands in later years Alcott said:—

So faded one of the dreams of my youth. Louisa has given the comic side in "Transcendental Wild Oats"; but Mrs Alcott could give you the tragic side.

Fruitlands Restored

Fruitlands is now open to the public on Tuesday, Thursday and Saturday of each week during the summer. If for no other reason than to examine an exact, beautiful and rare reproduction of a house of 1843 it is well worth a visit. By tireless search Miss Sears has been able to obtain all the old furniture. Speaking of the restoration, she says: "The house is now exactly as it was in 1843. The foundations of the chimneys were intact so that I was able to rebuild them as they were. The paint had entirely disappeared with time, but under the eaves there remained patches of red, and I was able to give it again the old ochre-red color which it had worn in the early days. The old granary has been turned into a home for the caretaker but the structure was not changed. Dormer windows were inserted and a little porch added. The old beams are the same.

"The house had passed through many vicissitudes since it went out of the hands of Joseph Palmer's grandson. It was finally used for the storage of corn and grain, and the rats and squirrels ran in and out at pleasure. The windows were broken and it was truly a pathetic object. There was nothing at all left in the house in the way of furniture or anything else, except a few old things in the garret. The furniture there now is authentic in every way." As Fruitlands stands to-day it is a veritable gem to anyone interested in seeing how folks lived in the old days. Not only the original furniture has been brought back but also such treasures as the community bean pot, Joseph Palmer's oxskin money bag, Charles Lane's cowhide trunk, Mrs Alcott's Paisley shawl, letters of Louisa Alcott and Mr Alcott's spectacles. One now steps across the threshold of Fruitlands into a dream of bygone days. Through the generosity and energy of Miss Sears there is being preserved in all its charming detail one of the few memorials to those midcentury Massachusetts idealists who, although many of their schemes for making the world a better place failed, nevertheless left an enduring mark on their age and generation.

Springfield Republican,
August 12, 1915.

GOOD HEALTH

J. H. Kellogg, M. D., Editor.
Horace Fletcher, A.M., Contributing Editor.

Vol. XLVI JULY, 1911 No. 7

The Body's Margin of Safety

IT is important that every chronic invalid should know that the outward expression of his disease—those things to which his attention is particularly directed, and which are, perhaps, the immediate source of his suffering and inconvenience, are by no means the whole of his malady. In general, for example, it may be said that the condition for which the patient usually seeks medical relief is nothing more than the surface expression or outcropping of the real malady which is more deeply seated and quite out of sight.

For example, Combe has shown that eczema and other diseases of the skin are only surface expressions of a chronic autointoxication the primary seat of which is the colon. Dr. Duncan Bulkley, of New York, discovered the same thing more than thirty years ago when he observed that patients suffering from eczema usually recovered in a short time when placed upon a non-flesh dietary.

NEURASTHENIA is no longer regarded as a real pathological entity or a distinct disease, but is well understood to be nothing more than a group of symptoms resulting from general malnutrition, and especially from the absorption of poisons from the intestine. Neuralgias, sleeplessness, nervousness, arteriosclerosis, premature senility, apoplexy, and scores of other maladies which might be named, are likewise simply the results of disturbed nutrition and perverted bodily conditions which are the result of erroneous habits of life.

Back of all these symptoms and so-called maladies, there is one common condition which may be regarded as fundamental in most chronic diseases, *viz.*, a failure of the body to destroy and remove its poisons. As Bouchard pointed out many years ago, the body is a factory of poisons. The same is true of a stove. The wood,

coal, and other materials which go into the stove as fuel are harmless, inert substances which may be handled with impunity and are capable of doing no harm by contact with the body; but all these substances are, by the process of combustion, converted into deadly poisons. The poisonous carbonic acid gas, together with various volatile poisons, such as creosote, pyroligneous acid, etc., escape through the chimney. Poisonous alkalies remain behind in the form of ashes. Dissolved into water, these ashes form a caustic lye which produces highly corrosive, destructive effects when brought into contact with the living tissues.

FOOD IS FUEL, and the process of oxidation which it undergoes in the body converts it into poisons, some of which are identical in character with those produced by the burning of fuel in the stove—the very same poisons which would be produced if the food itself were burned in the stove instead of undergoing wet combustion in the body. The gaseous poisons escape through the lungs and the skin. Other poisons, corresponding to the ashes of wood and coal, are dissolved in the fluids of the body and find their exit through the skin, liver, the mucous membrane of the intestines, and the kidneys. The liver not only eliminates poisons, but destroys them. The kidneys eliminate poisons, while the suprarenal capsules, a curious attachment of the kidneys, produce a substance which burns up or destroys poisons in the blood and tissues. Both the liver and kidneys are thus engaged in destroying and eliminating poisons.

The ability of the liver and kidneys to deal with poisons gradually diminishes with advancing years. In vigorous youth, the liver and kidneys are able to deal with enormous quantities of poisons, far more than the natural requirements of the body demand. There is, in other words, a great margin of safety, provision for emergencies. This is the reason why a vigorous young man may smoke tobacco, and drink whiskey, gormandize and abuse his body in a variety of ways with apparent immunity. He has a great capital of surplus vitality from which he is drawing, but which, with each cigar, each cocktail, each act of excess, is growing less. By and by the capital or margin of safety is used up. Then chronic disease makes its appearance. This may be manifested by hardening of the arteries and rise of blood-pressure,

THE RELATION OF FOOD TO MORALS.—The food that a little child eats has a two-fold influence; it may not only deprave the appetite, but cloud the intellect. It may do more than that; it may inflame the passions, and pervert the moral nature. Our worthy contemporary, *Demorest's Family Magazine*, contributes the following regarding the truth of this principle.

A clergyman who had thought much upon these subjects tells of a father who was sorely tried over his little son. The child was so obstinate and wayward that the father sought counsel of his minister. He asked what he should do with the boy. He had tried everything he could think of,—moral suasion, entreaties, and he was about to resort to force. But nothing seemed to reach the case; the child was incorrigible. The good clergyman had evidently met such cases before. He asked the father how he fed the child; and he learned that its dietary was of a kind that would naturally overheat the blood and inflame the passions. He prescribed an entire change in the boy's food; instead of meats and gravies, rich pastries, and the like, he substituted plain bread and milk, with wholesome fruits.

A short time afterward he called, and asked as to the results. The father informed him that his son seemed entirely changed in his disposition; from being irritable, he had become docile. The congestion at the base of the brain had been relieved, and the intense nervous irritability no longer existed. To the father this sudden transformation seemed almost miraculous. To the minister it was all very plain; he had removed the cause, and the effect no longer followed.

AN interesting bit of news comes from the Brooklyn *Eagle*, of recent date, to the effect that Miss Marsh, the principal of a private school for girls at Dobbs Ferry on the Hudson, has made it a condition of admittance that all the pupils shall wear, during the hours of recitation and study, a suit consisting of a short skirt and an easy, comfortable waist, devoid of corsets. At the close of each day's school session, she allows the girls to go to their rooms and don more fashionable apparel, with corsets, if they please. The sensible teacher wisely argues that the change thus made will eventually be a permanent one; for, as she says, she has no fears that the girls will resort to tight-boned waists after they have enjoyed the freedom of more sensible clothing.

Mary Staines Foy . . .

(Continued from Page One.)

dan officiating. Burial will be made at Oak Hill cemetery.

Mrs. Foy had been failing rapidly during the last 10 days, and Dr. Minnie E. Staines, her half-sister, arrived here yesterday afternoon from Colorado Springs, Colo.

As a result of her long career as a leader in the nursing profession, probably few residents of Battle Creek had as extensive a world-wide acquaintance as Mrs. Foy. The graduates she had sponsored at the Sanitarium school of nursing circle the globe. On the occasions of commencements and reunions, Mrs. Foy was able to mystify returning graduates by remembering the names of practically all of her former students.

"Life still looks good to me and service is still a joy," she would tell her graduates. It was a bit of philosophy that held good to the end of her life.

Disciple of Dr. Kellogg

Mrs. Foy was born in Montcalm county, April 21, 1863, the daughter of Nelson R. and Hortense Sanborn Staines. Her mother died when she was 20 months old. The father was married secondly to Caroline Hazelton, by whom he had two children: Perry S. Staines, who died about 10 years ago in Mississippi and Dr. Minnie E. Staines, now of Colorado Springs.

As a girl, Mrs. Foy learned of Dr. John Harvey Kellogg and the Health Reform Institute, which was to become the Sanitarium. Her father had nursed the sick during the Civil war and had become an enthusiastic follower of Dr. Kellogg's philosophy. The doctor's books became preferred reading matter in the Staines home and the family moved here in 1878.

Mrs. Foy went to work in the tray room at the Sanitarium as a girl of 15, before enrolling in the first nursing class. From 1883 to 1893 she was in Dr. Kellogg's office and then followed assignments in the hydrotherapy department and as secretary of the nursing school. The two years from 1897 to 1899 she spent at the Sanitarium branch in Chicago. Then she returned here as principal and superintendent of the nursing school. Her title from September, 1923, to 1927, was director of nurses and from 1927 until her retirement in 1933 she was dean and director of nurses.

Helped Form Society

Even after leaving this post she did not become inactive. She spent several winter seasons with Dr. Kellogg in Miami Springs, Fla., returning to her home here each summer. For some months she has made her home at the Sanitarium hospital.

Mrs. Foy was in attendance at the World's Fair in Chicago in 1893 when the first meeting of nursing superintendents was held and the American Society of Superintendents of Nurses was formed.

She has held memberships and official positions in the American Nurses association, the Michigan Nurses association and from 1912 to 1927 was on the Michigan board of registration of nurses. Mrs. Foy was the personal friend of Miss Linda Richards, who was the first woman to be graduated in nursing in this country. Miss Richards was an alumnus of New England Hospital for women and in later years was on the staff of the Kalamazoo state hospital.

Honorary Degree from Olivet

In 1925, Mrs. Foy was given an honorary degree in liberal arts by Olivet college.

She participated in three 50th anniversary celebrations. In 1928 she was presented with a diamond ring upon completion of her own half century at the Sanitarium; in 1933 she shared in the anniversary celebration of the school of nursing at the San and in 1939 was again honored at the 50th anniversary of the Sanitarium Nurses Alumni association.

Mrs. Foy was married in January, 1884, to John Q. Foy, who for many years was superintendent of the Sanitarium greenhouses. Mr. Foy met death many years ago in a traffic accident, after their marriage had been dissolved.

Besides her half-sister, Dr. Staines, Mrs. Foy is survived by a number of cousins, including Mrs. Robert Gamble of 58 Grand avenue and O. R. Staines, now living in Loma Linda, Calif.

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month in order to comply with the provisions of the city charter.

After eight or nine weeks of discussions between the commission and the justices, William F. Bibbings and Roy Westerman, the plan of placing them in the traffic

(Please Turn to Page 9, Column 5)

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the Thomas Loftus
county, about a mile f
Steckle well, several weeks ago
dry.

The Steckle farm has been in th
family for about 100 years.

Oil has been found in a number of other points in Barry county in recent years and several wells are producing.

Mary Staines Foy, Leader in Nursing Profession, Is Dead

Mrs. Mary Staines Foy, whose life and personality were identified with the Battle Creek Sanitarium for 71 years, died at the Sanitarium hospital at 12:30 a. m. today of a cerebral hemorrhage. She was 86 years old.

Mrs. Foy rose from the ranks at the Sanitarium to become dean and director of nurses, a post from which she retired in 1933. During her active years and even since her formal retirement she has held a high place in the state and national nursing profession. Beginning in the 1890's and continuing until her retirement, Mrs. Foy was an institution in herself at the Sanitarium.

Funeral to Be Thursday

Friends and former associates are being received at the Hebble chapel. Services will be held at 3:30 p. m. Thursday at the Seventh-day Adventist Tabernacle with Elder Merle V. Mills and the Rev. Henry N. Jor-

(Please Turn to Page 9, Column 1)

—Lillie photo.

MRS. MARY STAINES FOY

TWO
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HELPFUL HARMONY

Pervades Another Mass Meeting of Adventists at the Tabernacle Last Evening, in Sanitarium Interests.

Brief Reports of What Was Said and Done.

A good-sized audience of West End people, Adventists and others, came together at the Tabernacle last evening expressive of their interest in the question now uppermost in the minds of all public spirited citizens of our community. Upon the platfrom were, Elders, Daniels, Cottrell, of Mass.; Ivans, Nicola, Spicer, McCoy, Van Horn, Dr. D. Paulson, of Chicago, and Messrs. A. R. Henry and R. A. Hart.

After a hymn by the congregation, led by Prof. F. E. Belden, Bert Van Horn pianist, prayer was offered by Dr. Paulson, following which

Elder A. G. Daniels,

chairman of the meeting made some very helpful and encouraging remarks, relating his personal experiences in the work attributing the present good condition to the principles upon health ful living accepted by his Godly mother, through Sanitarium teachings; and imparted to him at an early age. "I thank God from the depths of my heart for the light upon this question which has come to me, and would not be deprived of it for all the money men can give me. For one I shall be glad to see the Sanitarium rebuilt, and the whole thing again in operation, with its hundreds of thousands of patients coming to learn the good principles for which it stands. This meeting is called to give its friends an opportunity to express themselves. If we as a people, standing right here in the shadow of this great institution, earnestly desire it to be rebuilt in this city, let us do what we can to encourage and support it. (Amens from all over the house.) Let us stand firmly and clearly in behalf of the principles upon which it was founded. Let us in our daily lives endeavor, more than ever before to stand as living examples of what these principles, applied, can do for men and women. Let us foster it, help it, co-operate with it and pray for it. (Amens.) Above all else let us cease to criticise and find fault with it and its self-denying management and their faithful co-laborers. (Amens). Every word I say is a promise upon my part not only to live up to the light I have received, but by precept and example hold up the hands of the management. The best people in our city now that their eyes have been opened to the true aims of the Sanitarium are its friends and are laboring manfully in its interests. Let their worthy course be an object to us, so long its professed friends, and who have by inadvertance, or lack of judgment placed the institution before the public in a wrong light. But now, thank God, the business men and ministers of our city are working hard in its interests, spending days of valuable time in going from man to man and house to house setting the truth in the matter before the people. Can we do anything less than that ourselves (cries of no, no, no.) I rejoice to see what they have done, and earnestly pray that we may all learn the sad lessons of the hour and give of our means and lend our influence and support to this great work. (Amens) I believe there are brighter days for the institution, and if it shall be re-located here somehow I feel that it is going to have our earnest and united support. Amen."

Eld. I. H. Evans.

"I am glad to have the privilege of being here. I wish all our people might enjoy the same privilege, and have opportunity to give an expression to their feelings. The Sanitarium was certainly more than walls of brick and mortar—it was a living thing—an undying principle. It had a power and influence that cannot be buried up with fire.

Instead of criticising Dr. Kellogg, we ought to be proud of him. We ought to praise God for giving us a man of such ability to go ahead and blaze out the way for us. (Amens) This great church should and I believe will now come into closer touch with him and the great institution he so ably represents. (Amens) The Sanitarium should be kept in our midst, and God forbid that we should ever lay a straw in their way, or make their path more thorny than it has already been. (Amens)

Let us now resolve to guard its character, forever stop criticising and go to praying that the blessing of God may abide in our midst." Amens.

Mr. R. A. Hart.

"As I look into the eyes of the people in this audience I think I can read there the sincere hope that the Sanitarium may remain in our city. Let us then resolve in our hearts to-night that we will give to the institution our moral support when it shall be rebuilt. That worthy institution has made its influence felt in the most remote parts of the earth, and we cannot afford and it must not be allowed to leave us now. I regret I have ever given ear to the nasty reports I have heard to and which I now know there is not a particle of truth. May God add his blessing, and bring about a better condition of things in all our hearts." Amens.

Elder Henry Nicola.

"I want to bear my testimony with reference to the interest I feel in this grand and good work; for it is a good time to express our good will for the institution and the principles for which it stands. I know we all feel very much better toward it than before the fire. Personally I realize the many privileges and opportunities it has brought to me, and I promise to pray more fervently than ever for its management. (Amens) I regret I ever allowed myself to fall under the influence of some degree of the criticisms that have been brought against it. I was not favorable to the question of going to law upon the tax question, thinking we would lose more than gain in the good will of the public. I did not understand the matter as I do now. I ask God to forgive me, and the brethren of the Sanitarium to forgive me, wherever I have failed to hold up their hands, for I love the principles, and am determined to live them out to the best of my knowledge and ability."

Mr. George W. Amadon.

"The Bible says, 'Blessed ar that do,' and I want to be one o that do, to live out these principl cerning which so many have this spoken. This is where I stand."

Mr. A. R. Henry.

"I have always done what I c promote the interests of the insti which we now see in ashes. I hav identified with it for the past 25 I cannot remember having ever r to do anything asked of me, eit the way of money or time, and I right there to-day. It seems to me if I have been remiss in anything it been in refusing to listen to critic and failing to reprove it. If in cases we should call for proof in opinion there would be less of it. Wl I hear people, not of our faith speak I heard some of our leading busin men at the opera house last night, makes me blush to think how little have done to controvert the wrong im pression and idle rumors which have bee set afloat. It seems to me it is time for us to come out and see where we stand. It is time for us to hoist up our colors. I trust we will all see the great good which will come out of our late apparent calamity. I believe better days are coming for us all, and that the building upon the hill will again arise. Let us then therefore resolve to better appreciate the principles it advocates, and stand by them firmer than ever before." Amens.

Dr. J. H. Kellogg.

"Judging from the remarks made thus far, and remembering my own remarks of the other evening, I feel somewhat fearful that some misapprehension may be felt in the minds of our friends and fellow-citizens here. I am sorry to see so much attention being given to the Sanitarium itself and to the people connected therewith. The subject uppermost in our minds at the present time is not one of personal vindication, or vindication of the Sanitarium, as an institution, but that the principles which it represents and have given it success shall stand forth as they ought to do, and command the respect of this entire community. The Sanitarium was created in this city because of the 200 persons residing here who were in harmony with its principles. This was not the most healthful or attractive spot to be found, but a company of people had gathered here who were prepared to rally about the institution and support it. Here was the largest company of health reformers to be found upon the earth. The Sanitarium was instituted as a humanitarian work, to be conducted not for the people of the church alone but the people of every church. The proceeds were not to be given for the benefit of any church, but for a broader and wider influence and usefulness." The Doctor illustrated this point in substance as follows: "We do not see a Seventh-day Adventist farmer putting up a sign upon his place saying This is a Seventh-day Adventist Farm, neither do we see a grocer advertising his potatoes or cabbages as of Seventh-day Adventist raising. The potatoes and cabbages the Doctor mentioned do not need on such distinctive labels. People want good potatoes and good cabbages, and not disposed to question as to who raised them and what the farmer's religion or political proclivities might chance to be.

"We do not take any credit to ourselves for what has been accomplished by Sanitarium principles. I have made mistakes, but I pray God I may be kept from making any more. So please do not say anything more about me. The Sanitarium can get along well enough without me. I am often gone for months at a time, and find everything has gone on as usual during my absence, even better than when I am here, for I am often more of a hinder and encumbrance than anything else. One of our doctors is just as good as another, with Sanitarium principles at his command. It is time every man and woman in this community was taking courage and resolving to lift the standard higher instead of trailing our colors in the dust and trampling upon them.

"The Sanitarium board has no desire to

Remove the Sanitarium

from the city if there is a good reason for staying here. I haven't the least anxiety that the principles shall be removed from Battle Creek, but when my fellow citizens get together and have such a meeting as last night it makes me feel that this isn't such an unwelcome place to be in after all."

Mr. Collins Harris, from his position in the audience had many good things to say of the Sanitarium, its management and principles.

After a brief statement by Eld. S. H. Lane concerning the work of the soliciting committee, the meeting was dismissed with the benediction by Dr. Paulson.

UNITED IN MARRIAGE.

A Very Novel and Happy
Which Occurred at the S
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Mr. Edward F
A. Heron, w
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THE MASS MEETING.

Hamblin's Opera House Crowded--$25,000 In Donations Raised Yesterday--Balance Today, Which With the $36,000 Raised at the Adventist's Meeting Makes an Excellent Showing In All

REPORT OF THE SPEECHES MADE LAST EVENING.

Introductory Remarks.

The Hamblin Opera House was crowded to its utmost capacity last evening with a fine audience of earnest, representative citizens, who assembled there pursuant to the call of the Business Men's Association, to join hands and heart in a Citizens' Mass Meeting, which was designed to provide means and encouragement to the organized effort to retain the location of the Sanitarium—to hear the reports of progress by the energetic soliciting committee, and to publicly endorse the recent report and findings of the citizens investigating committee and likewise to in every way, by their presence, voice, and contributions, to aid in a cause which is only designed for the good of the community, and the rebuilding and perpetuation of one of the oldest and grandest institutions.

It was indeed an earnest, honest citizens' meeting; with ladies and gentlemen from all the walks of life—of all professional callings and occupations—men of means and honest sons of toil, all working in one strain of sympathetic action—all anxious to accomplish the same purpose. First of all to publicly offer their sincere regards for the worthy efforts of the Sanitarium management and secondly, and to the extent of their means, donate sums to swell the grand total needed to rebuild the Sanitarium in our midst and upon its old and beautiful site. Dr. Kellogg and his corps of self-sacrificing assistants cannot fail to fully appreciate the efforts of last night and what was said and done at that meeting by the men and women who spoke and gave, and it should be sufficient to convince all interested that the Adventist people and their institutions, great and small, are fully appreciated and wanted here by the people of this city, and the humble confessions of representative men who admitted their former prejudices and openly stated that they had been misinformed and were not heretofore aware of the grand purpose and objects of the Sanitarium and that they regretted their past positions and attitude, now that they had discovered the truth, are, in our opinion, worth more to the Sanitarium management and its future in our midst, than all the subscriptions that can be raised. The ratification of the clear cut and honestly stated report of the citizens' investigating committee and the unanimous endorsement of the officers of the Sanitarium—their methods and their institution as represented and claimed, by a rising vote of every one within the walls of the large, old playhouse, is a compliment and an endorsement that no one could buy and is eminently

Vox Populi

expressive of the great masses of our people.

Called to Order.

Shortly after 8 o'clock, the large audience was called to order and upon motion of Mr. S. O. Bush, W. R. Worden, Esq., was made chairman of the meeting; after which Mr. Frank Dunning was selected to act as secretary of the evening.

Chairman Worden

without loss of time stepped forward, saying, substantially, "Battle Creek has sustained a great calamity. An institution which we have seen grow up from infancy and which has made our community famous all over the world, now lies in ashes.

A few years ago a few citizens became enthused with the idea of correct living, and soon became determined to further these ideas through the establishment of a health institution.

Mr. Worden then briefly recited the growth of the humble start, and gave a history of the grand structure so unexpectedly destroyed, following up with the great record and reputation that it has made—enumerating the many benefits we have derived from its existence.

He remarked: "We have all taken pride in its successful management and it has for years been known as one of our greatest institutions—it has been known abroad for years and when over our citizens chanced to be in other climes, the Sanitarium was inquired after and became a subject of conversation.

Its years of success permitted us to become more or less indifferent and we have been left to fully realize its great worth to the community since sustaining its loss and the possibility of its removal from the city.

The fire left the management a great debt—their assets, including insurance money will only bring them out about even.

The question of rebuilding is practically a matter of subscriptions and donations.

The chairman then recounted the efforts of interested citizens and business men who went to the Sanitarium management and asked what could be done to assist them—how much would enable them to tide over the hours in raising funds then to rebuild in our midst—regardless of the numerous flattering outside offers, which were quoted.

In brief the committee were told, in answer to their solicitations, and after several conferences, that if $35,000 were raised in money, outside of their own resources and what they could and would gather together, and the people would publicly express a desire that they remain here, it would be quite sufficient to accomplish the purpose sought and would enable them to carry out their plans to rebuild upon the old site.

The chairman recalled the public mass meetings that have been previously held—told of the appointments of various committees and their authorized action—gave the aims and objects of the present meeting and then mentioned the important fact that

The Soliciting Committee

during the day—a single day's time, had raised about $20,000 in subscriptions of various amounts, from the liberal, public spirited citizens they were able to see in so short a time and that there was but little question that their continued efforts (this morning), with what they could raise at the present meeting would meet the required amount. $20,000 of cash donations in a single day was grand work, that could not fail to accomplish its object.

Mr. Wooden then recounted the five days investigation of the books and methods of the Sanitarium at the request of Dr. Kellogg (the full report of which has been published heretofore), and in conclusion of this subject the chairman stated that it was to be regretted that the acts and methods of such men as the self-sacrificing management of the Sanitarium had to be submitted to public investigation, when their words should have been sufficient—when their deeds merited full confidence and heart-felt encouragement. (Long and loud applause.)

Was Here When We Came.

Mr. Wooden then remarked that the Sanitarium was here when most of us came and it should be here when all of us finally go—that as a community we can heal our own wounds and that we will not have to ask for outside assistance or be injured by their efforts and competition. Applause.

Among his concluding remarks the chairman stated that we were all indebted to the Sanitarium—that it had been the means of bringing clear-headed capitalists and business men into our midst, who had made successes and founded institutions of worth. That we cannot afford to lose such an institution for the paltry sum of $35,000, especially where many other communities are fully cognizant of its value and are making desperate efforts to secure it. But we don't intend to allow them and we will not. (Loud applause.) Mr. Wooden then introduced

Mr. L. W. Robinson,

President of the Business Men's Association, who in a clear, convincing, comprehensive manner, recited the actions of the Business Men's Association and the various committees appointed, mentioning that the movement commenced with the citizens' mass meeting following the day of destruction and before he concluded, briefly detailed the hard, faithful and energetic work which has been done by the many interested citizens who have been delegated to represent the city officially, the Business Men's Association and the citizens in mass meeting assembled.

Mr. Robinson also went into the details of the investigation of the books and methods of the Sanitarium, and paid a great compliment to the value of the institution in our midst and after giving figures and estimates heretofore reported of the condition of the Sanitarium, concluded by saying that the report given to the public was honest and accurate—made by experts and reputable citizens, who were above strict talk and beyond the question of any business men or those posted upon affairs of the institutions.

He mentioned the fact that the people had responded very promptly and liberally as far as they could be reached during the day and stated that one or two had called upon him early in the morning, and left subscriptions of $100 each—men of moderate circumstances who would hardly have been expected to give as much. Mr. Robinson, who is President of the Business Men's Association asked that Mr. S. O. Bush, chairman of the committee be heard Mr. Wooden then introduced

Mr. S. O. Bush

who stepping forward upon the stage made a splendid, candid talk, which was convincing and had great weight upon his hearers.

As a member of the committee he was not ready to believe every word of the report though before the investigation he was quite skeptical and had believed that the institution was a money-making affair and that somehow profit found its way into some pocket. But he have different now and was free to admit that he really felt ashamed of his former attitude—having been guided by a misapprehension of the truth. He mentioned the self-sacrificing lives and labors of all connected with the institution and besoke for it the aid and encouragement of the public. He mentioned the great good they were doing, and cited 72 charity cases in Battle Creek last year, which as reported in Bradstreet, also mentioning other convincing work of charity officially reported.

Prof. I. L. Stone.

who has been an earnest worker from the outstart, in the effort to retain the Sanitarium, and who has labored hard for the past few hours in raising funds besides being a large contributor, was next introduced

He felt that we were confronted by a serious condition and not a theory—a situation which required prompt and loyal action and he pleaded earnestly for and in the work which must be accomplished in a few hours time. Mr. Stone stated that he was amazed at the true situation financially of the Sanitarium and that he was positive that every word of the committee was truth and that even far more could be said but propriety forbade. He had thought Dr. Kellogg a wealthy man. He knew better now and felt that he needed and deserved assistance. He paid the Doctor a neat compliment upon his publications and stated that it would be from his new book that he would be able to pay his $20,000 subscription to the Adventist's funds of $36,000 raised at their mass meeting the night before. His talk was very interesting and elicited the closest attention and brought conviction to his hearers. He mentioned the efforts of the soliciting committee, and urged all who were able to give to this worthy cause.

Mr. A. C Kingman

after a pleasant introduction started out by saying, "Your great interest in the all-absorbing question of retaining the Sanitarium in our midst is manifest by this immense audience assembled here, which is proof sufficient of your earnest sympathy and a public expression of your desire that can but be appreciated.

Mr. Kingman touched upon interesting historical data, connected with the founding and existence of the Sanitarium—its great patronage and fame and he said it was but a fad for many to think as he had that it was a commercial institution. Mr. Kingman said that it had been hard for others, not knowing the self-sacrificing nature of the men to think or believe that they were so devoted to a cause in the interest of suffering humanity and possibly some of us have judged them by ourselves. He stated that he himself had held up his hands in holy horror at the idea of remitting the taxes of a commercial institution, and that he had said things which he regretted, for I have now learned the truth and fully understand that the Sanitarium is a worthy, charitable institution and should be treated honestly under their rights, established by law. Many of us have been really mistaken in our views.

I now discover that their loss has been terrible and that unless aided the institution will be practically bankrupt. We had all supposed them rich. With their insurance money they are but even with the world. Thus they are left after years of great experiences with nothing to rebuild—left with a people and manufacturing and shipping interests.

As another illustration, made goodnaturedly, there is Marshall. Stuart's Tablets are known all over the world and advertised in nearly every state in the Union and every country on earth, or many of them—yet Marshall does not grow. Twenty years ago she was famous for her electric belts and other advertised products but her population remains stationary. We are not so well advertised that we can see all down-town daily expense and a trembling patronage to pretty far. They need and deserve assistance and Battle Creek need and will come to the front.

I feel that I have not given the Sanitarium credit for all they have done for us in the past and now that we have sustained this great loss we are brought to a realization of these facts and have learned of what we will to know which have been brought out as a result of the fire.

Mr. Kingman suggested that it was time to act and that all should do their part toward raising the required funds.

Rev. E. C. Sleight

who was in the audience and who was the largest contributor on the list, was called for. He stepped on his seat, and many voices directed him to the stage, which request he promptly complied with, receiving a grand ovation from the audience as he stepped forward to prepare for his remarks.

Mr. Nichols preceded by saying substantially: "I am not in control of the compliment you have paid me, but we have all assembled here to see and the same purpose, as well to pay all.

"Surely every one has read the pro-tests and public praises and they have been made patently [illegible] with the sins the objects of [illegible] and the great efforts which have been made toward the rebuilding of our principal institutions suddenly destroyed.

The gentlemen who have preceeded me have covered the ground quite fully and leave but little to be said.

The calamity which has befallen us is more than the stoppage of a great institution. If the Sanitarium is not rebuilt in our midst it will denote a lack of public spirit—truly it will prove a calamity.

If it should happen that after all these years, we were then to lose this grand institution I should feel that we were void of the true public spirit and that decadence had set in. If we could not raise the small amount required to retain this most valuable and worthy old institution in our midst—if we were unable to arrange ways and means of keeping the Battle Creek Sanitarium here and going, I feel that our people had lost their heads—had lost their public spirit.

Don't let us think, for a moment that we can exist upon notoriety and past fame. It requires more to build a city. It requires more than advertising and force. It requires more to build a city, and well advertised for centuries, yet they are in the sands of a desert.

Lydia Pinkham's advertising did not make Lynn, Mass. It was her shoe factories. Dr. Pierce's Golden Specific did not make Buffalo. It was her sturdy but we must act—we must act wisely and we must aid and encourage our old institutions if we are to progress and receive the benefits of the new ones.

Mr. Nichols said, to be serious I have felt a degree of shame that more of us were not heretofore aware of the true motives of the great and good institution so long and before it was destroyed. I like the others who have spoken before thought the Sanitarium was a money-making affair and when I learned that they had won their tax suit at Marshall, I telephoned their lawyer that, while they had achieved a victory in the courts I felt that it was unjust and that they should be made to pay their taxes the same as any other business institution. I have since learned the whole truth and with countless, loyal and humanable citizens regret that we were all misinformed and that the truths were not known to us.

The Sanitarium has proven a good institution, proven so for years. We should know enough to retain a good thing. We should not lose it now, but if by chance it shall go, I guess I can "grub" along it the next run.

The amount which is asked for should not be considered a bonus—it is not—it is a worthy donation to a worthy and needy cause and one in which we can all afford to be charitable—and a little more charity on the part of many of us will not injure any one.

I hope it will be found favorable to raise this amount required. To lose this institution would be a calamity but few can realize now—but they would see it later. It would down upon them most forcibly.

We have been liberal in matters of luxuries. In a single night we built an Opera House. While it is fine and we all enjoy it, it is not so badly needed as our Sanitarium and more factories. We can exist without plays but we can't without people to support them. What we need to see is the bucket brigades and strangers coming into the city to spend their money and to recommend our thrift and enterprise.

And farther we need the moral support and advantages of the Sanitarium and their people. Loud applause.

It is our duty to support and encourage such institutions and I can but hope that success will crown the efforts of those so constantly at work in this commendable and necessary movement.

Mr. Nichols retired amidst loud and continued applause.

Mr. J. L. Cox, then called from behind the scenes, spoke urging the public to give as they might afford when the opportunity was granted them.

Money contributed during the evening in various amounts swelling the total of the day's work to about $25,000 which with to-day's effort, we feel confident will secure for Battle Creek, the future home of the Sanitarium.

Monte Cristo.

Mr. James O'Neill and a notable supporting company will be seen in Lieber & Co's great scenic production of Monte Cristo, which ran all last season in New York, Boston and Chicago. Mr. O'Neill is recognized as being the leading romantic actor on the English speaking stage, and his characterization of the leading role in Monte Cristo has come to be looked on as one of the greatest creations of our stage. He endows the leading role of Edmond Dantes with a variety and romantic force that are remarkable. The production of Monte Cristo is said to be the most elaborate affair from a scenic standpoint that has ever been seen on our stage. The electrical effects are wonderful, and the scenery massive.

At Post Theater, March 19.

Mr. and Mrs. Charles Dorman, of Vanderen street east, last evening gave an elaborate six thirty dinner to "the hostess" of which the host is one. Those present were Messrs. Willard H. Brown, M. H. Lewis, W. I. Fell, Frank Sherwood, Frank Halladay and Martin Tucker; man all accompanied by their wives. The evening was passed in touring the old grounds over again.

AN APPEAL

To The Citizens of Battle Creek to Attend a Mass Meeting This Evening to Encourage the Management of the Battle Creek Sanitarium.

A great calamity has befallen the institution conspicuous among those which have contributed to the present prosperity of Battle Creek.

An immediate necessity is laid upon the management of the sanitarium to raise at least $300,000 for building purposes. They have no available funds except the insurance of $150,000.

They have a debt of nearly $250,000 which the fire did NOT consume.

The circumstances are such that the sanitarium may be rebuilt about as advantageously elsewhere, in many respects far more advantageously.

Many other cities are offering great inducements.

A delegation from Niles, headed by the mayor, was here yesterday and offered them a beautiful park of 65 acres, and $200,000 in cash if they would locate there.

The sanitarium people ask nothing from us. They do not come to us for anything. We have gone to them and asked them on what condition they will remain. They reply that they will rebuild here if the citizens will pledge them $50,000, including $15,000 remission of taxes, and if the city will afford them adequate fire protection.

We ought not to have the face to ask them to do more for us.

The situation appeals both to the philanthropy and to the financial interest of every citizen.

Should the sanitarium decide to remove from Battle Creek, that moment

Every manufacturing industry here would suffer.

Every food company would suffer.

Every mercantile establishment would suffer.

The other sanitarium would suffer.

Every house and lot in the city would depreciate in value.

The aggregate loss would be many times $50,000.

Immediate action must be taken. The sanitarium can afford to wait no longer, as their daily expenses are heavy and they can make no plans until location is decided upon.

We have until next Monday night only. By that time at least $50,000, besides the taxes, should be subscribed. We can do it easily if all help. Then the great mass meeting at the opera house Monday evening will be a mighty pleasant one.

We shall expect a generous subscription from everybody.

All subscriptions, with names and amounts will be published in the city papers unless otherwise requested.

Hon. E. C. Nichols, without solicitation, contributes $5,000.

We shall call upon all as far as possible—but do not wait. Come to us with your subscriptions, or mail them to us, payable in four equal monthly installments beginning April 1.

Every right minded citizen will do his best.

A. C. Kingman,
S. O. Bush,
George H. Phillips,
Frank H. Latta,
Geo. E. Howes,
W. R. Wooden,
W. S. Potter,
F. A. Allwardt,
W. D. Farley,
I. L. Stone,
C. F. Bock,
C. H. Wheelock,
L. W. Robinson,
H. A. Bromberg,
N. A. Bearslee,
A. M. Minty,
Soliciting Committee.

Battle Creek, March 13, 1902.

Not The Chicago Sanitarium.

A small building, located at Nos. 2 and 4 31st street, Chicago, near the branch Sanitarium in that city, and which was being used temporarily as a home for the American Medical Missionary College ,was found to be on fire Saturday morning.

The damage to the contents was only about $100, from the smoke and water, and about $300 on the building.

The Sanitarium itself being about a block away, contrary to rumors in circulation, was not injured in the least.

A dispatch from Niles says: Mrs. E. E. Copp of Port Hope, this state, is here, the guest of her sister, Mrs. C. R. Smith. Mrs. Copp was in the Battle Creek sanitarium fire and escaped with only her night robe and slippers on. She was awakened by the play of water on the windows and the crashing of glass. She came down the stairs before the passageway was filled with smoke, and was not injured in the least. She says she was pretty well scared but is all right now. Buying a long cloak and a pair of hose, Mrs. Copp came to her sister's, In her flight Mrs. Copp grabbed her curling iron and shoe spoon but paid no attention to her jewelry and other valuables that were close at hand.

The large oil painting of Sojourner Truth and Abraham Lincoln, which hung in the waiting room at the sanitarium, went the way of all the rest of the beautful pictures adorning the walls. It was the property of Samuel J. Titus and was valued at $400. It was painted by Frank C. Courter, a Battle Creek artist of much ability, the figures being life sized. At the World's Fair it hung at the head of the stairway in the Michigan building and was a conspicuous object of interest. Mr. Titus loaned it to the sanitarium management as his residence was not suited to such a large picture. It would no doubt have proved a valuable painting as the years passed on and could have been sold for a large sum.

$36.000.00 RAISED

By the Seventh Day Adventists in Aid of Rebuilding the Sanitarium--They Held a Grand and Harmonious Mass Meeting at the Tabernacle Last Night.

The Above Amount Should Not be Confounded With The Amount Called For Outside of The Subscription of The Denomination

The mass meeting of Adventists called last evening at the Tabernacle to give expression to the views of that people as to the Sanitarium question was well attended the body of the church being well filled with a goodly number in the gallery. Those upon the platform were Elders Daniels, Lane and Mitchell. By request of Eld. Lane the congregation joined for a minute or so in silent prayer, after which the congregation joined in singing a fervent hymn, led by Prof. F. E. Belden, Miss Grace Amadon presiding at the piano. Elder A. G. Daniels, President of the General Conference then offered a most fervent invocation, imploring divine guidance upon all that should be said or done.

Following another hymn by the congregation, Eld. H. M. Mitchell said substantially and in part, "We have felt constrained to call you together in this mass meeting to-night that we might obtain an expression in regard to the subject nearest to our hearts at this time, and get some opinion as to the practicability of rebuilding the Sanitarium. We all know where the Sanitarium now is, but we do not know where it will be. We must decide the question for ourselves by getting at the facts in the case. We must know

God's Mind

in regard to the matter. When we have ascertained His will, then let us be ready and willing to follow in that line to the utmost of our ability. In order therefore that we may have some idea of the reasons for and against rebuilding the Sanitarium in this city, we have thought it advisible to ask Dr. J. H. Kellogg to speak to us upon this occasion, that we may learn his views of the matter, and hear from his lips concerning the propositions which have been submitted from places

Outside of Battle Creek.

Dr. Kellogg was then called for and came to the stand. The doctor and Eld. Daniels having retired to the ante room for a few words of consultation, Eld. S. H. Lane addressed the audience upon the early history of the health work. From his very able and interesting remarks we give place to the following sentences: "As early as 1863 the question which we then termed health reform was very generally agitated among us as a people, from Maine to the Mississippi, as the work at that time had spread but little beyond the

"Father of Waters"

Some of us well remember when Elder White and his wife began to talk to us in regard to health reform. Up to that time about all we knew about health reform was the discontinuance of the use of tobacco. Sister White at that time told us that a great deal of the sickness we saw around us every day ought not so to be. We then began to raise money to build what we then termed a

"Health Institute."

Eld. Lane then spoke of the first building erected for the purpose and the subsequent additions until the structure assumed the shape in which it was destroyed.

"The people of this city have said, 'The Sanitarium shall not go elsewhere.' How do you as a church feel? And is going to decide this matter through

Human Agencies.

If this congregation shall stand ready to building the Sanitarium here, I am sure the Sanitarium management will not want to stay. If, on the other hand, we will come up like men and women and say to the management we are honest and determined to stand by you shoulder to shoulder, then I believe it will be their privilege and duty to build up one of the greatest institutions the sun ever shone upon. Mayors of cities have been here, and the cities have been urging with tears for it to go elsewhere, but believe it is the

Battle Creek Sanitarium,

and a Battle Creek Sanitarium outside of Battle Creek would be a misnomer. Here is where it was first organized, and here we would like to see it stay. A little later in the evening we will present a resolution for your rejection or acceptance.

Let us take right hold, heart and soul, and say to the management, we will do all we can to

Help and Encourage You."

Dr. Kellogg then spoke in substance as follows:—

"When the Sanitarium board and myself stood the other day out on Washington avenue and looked upon the ashes of our buildings the first question which arose in our minds was 'Is it right for us to locate another great building in this community.' You may think that a good question. I have heard repeatedly that our undertaken in the matter is designed as

Only a 'Blind'

Well I want to say to you right here that it isn't a blind. The Sanitarium board is facing a loss of $1,000 every single day, because when the fire came the Sanitarium receipts were $1,000 per day, or $7,000 per week.

To-day the Sanitarium board are just as much at sea as ever as to whether they ought to rebuild in Battle Creek.

Not a Contract has been Let,

not a dollars worth of material purchased. It hasn't employed an architect or done the first thing toward rebuilding except to open up the ruins far enough to get out whatever valuable property, when the work stopped. We do not know of any reason why we should rebuild here. We are trying to find out.

It Is God's Work

not our's. There are many reasons why we should not rebuild. I have often said I wish I were a thousand miles away from Battle Creek, from this Church and this community. I could tell you things I have had to suffer almost beyond belief. There are reasons why we have felt Battle Creek wasn't the place for the Sanitarium, and that the Sanitarium wasn't wanted here. It has been

Held Up To Ridicule

even by its supposed friends who do not live up to or practice its principles. When the Citizens' Committee came up to investigate our methods, and discovered the truth as it exists they hung their heads

From Very Shame

and tears came into their eyes. They then saw they had been deceived. The gentlemen of the Common Council also came up, I saw tears in some of their eyes, and they are not the kind of men who go about weeping. I can look back 25 years and see a long train of experiences in which the attitude of this church has been steadily against those things which the promoters of the Sanitarium have been trying to do. The people have not been standing up for the principles which the

Sanitarium has Advocated.

How many in this church have not had meat in their houses for the past 5 years? (About a half dozen hands were raised.) How many have not had tea or coffee in their houses during that time? (About half the hands in the house were lifted.) The doctor then referred to the many flattering offers he had received for the location of the Sanitarium elsewhere. We are simply waiting to see what the

Lord Would Have Us Do.

If the Lord wants us to stay here he will open the way, and remove the blight which has been resting upon us. We have had to go on year after year bearing the opprobrium which has been heaped upon us by those who

Should have been Our Friends,

and which many of our prominent business men had actually supposed was true. I am thankful to God that the people of Battle Creek desire the Sanitarium to remain here, for it is an indication that they do not believe the things which West End people have said against us. Mr. Dunning said to me, 'I have known you a great many years, and have always respected you, but I must admit that when I went up there I thought I should find you had been

Making Money

in some way or another, but when I made a careful investigation, I was simply astonished.'

We have called to the leaders among our own people from various States to confer with them concerning the matter of rebuilding, and I can assure you that the location of the Sanitarium in Battle Creek is by no means

A Matter of Course.

When people come up and say we will do this and that it looks as though God was moving upon the hearts of the people to do something for us. Land already has taken a considerable rise in the vicinity of the Sanitarium. If the Sanitarium is not rebuilt here the value of real estate in my opinion will

Take a Great Tumble.

So far as I am concerned I should be only too glad to shake the dust of Battle Creek from off my feet. It would be a just and right thing to do. I feel as though Battle Creek has had its chance, and if it is God's will we should

Plant Our Standard

in another place, I am perfectly willing to go, and I should feel it is a blessed opportunity to do so."

Eld. S. N. Haskell then spoke at considerable length upon the point. Among other good things he said, "If this grand institution is to remain here, we as a people, as a church, ought to rally around it and wonderfully uphold it. If it is worthy of a place here it surely should have the support of its

Professed Friends.

If it cannot have this then I do not see any reason for asking the board of managers to rebuild it in this city, but let it go to some other town where the people do want it. It is wanted in scores of cities in various parts of the country. It is wanted upon the Pacific Coast, and

Thousands of Dollars

would be piled up in no time if it could be erected there. If we cannot stand by it and uphold it let us tell the board of managers they are welcome to go elsewhere, that we are not anxious for it.

Some time ago, continued Eld. Daniels I was told right here in Battle Creek that the Sanitarium had

Stolen the College.

I was glad to assure my informant that such was not the case, for the College was purchased by a board entirely separate from the Sanitarium that I happened to be chairman of the board, Brother Lane treasurer, and Brother Edwards secretary; that we had the whole thing in our hands and if anybody had stolen it, we three had it. We are simply holding it in trust, and have rented it to the Sanitarium at a

Yearly Rental of $5,000,

which is paid quarterly to Brother Lane. The Sanitarium doesn't own one foot of that land, any more than any of you people own it. People outside of Battle Creek do not as a rule believe it. As a church we ought to rise up against such things as this. Every Seventh-day Adventist of this city should have risen up and vindicated this institution before the eyes of the people of this city, and let the people know the stories being circulated were untrue. Let us say from now on these institutions of so much value to all of us shall have our hearty co-operation and support. God help us to see this and take our stand for it."

Elder S. H. Lane then read the following resolution which was endorsed by a unanimous standing vote:—

Resolved, that we hereby and now pledge ourselves to do all in our power for the unbuilding of not only the structure but the principles for which it stands.

We omit the preambles, for want of space.

A subscription list aggregating $36,000, was then read by Eld. H. M. Mitchell, this grand amount being raised among the members of the Seventh-day Adventist denomination in the city, of which list we can but publish the names of the largest contributors this morning.

They were as follows:—

Dr. J. H. Kellogg	$20,000.00
Mrs. Clara Salisbury	4,000.00
Dr. H. F. Rand	2,300.00
A. R. Henry	1,000.00
S. H. Lane	500.00
Joseph Smith	500.00
R. A. Hart	300.00
L. McCoy	250.00
Dr. C. E. Stewart and wife	300.00

Meeting then adjourned with the benediction.

The Remedy

In his haste to become civilized, man has neglected to provide compensations for the departure from the normal conditions of life which civilization necessarily involves. We need not become savages to be healthy; but we must see that the air we breathe is as clean as that which the savage breathes, that the food we eat and the water we drink is as wholesome and pure. We must give our pale skins more contact with the sun and air, and must keep the inside of our bodies as clean as the outside. We must cultivate *clean* blood instead of blue blood. Society must establish laws and sanctions which will check the operation of heredity in the multiplication of the unfit. Eugenics and euthenics must become dominant matters of study and concern. We must cultivate health instead of disease, as we have been doing for 6,000 years or more, and we must rally the moral and social forces of the world to labor earnestly for race regeneration.

In biologic living will sometime be found the panacea for which the world has sought for centuries. Said Seneca, "To live naturally is to live happily."

"Damnable Lie" Passes as Doctors Clash on Germs

Director George W. McCoy Stirs Antivivisection Meeting When British Physician, W. R. Hadwen, Blames Preventive Inoculation for Many Epidemics of Disease.

That the medical profession before another decade has passed will reach the conclusion that disease germs are mankind's best friends instead of its worst enemies, was the prediction made by Dr. Walter R. Hadwen, president of the British Union for the Abolition of Vivisection, in an address last night at Pythian Temple before a joint meeting of the National Society for the Humane Regulation of Vivisection and the Humane Education society. The practice of vivisection and the use of animals for experimentation in vaccine and serum work was severely scored by the speaker.

After the close of Dr. Hadwen's address, when persons present were invited to ask questions of the speaker, the meeting was threatened with losing much of its highly polite scientific character, when Dr. George W. McCoy, director of the government hygienic laboratory, rose to state his disagreement with the speaker on many points.

Scientist Against Scientist.

Scientist was pitted against scientist, and when Dr. Hadwen, in answering the defense of the germ theorists by Dr. McCoy, reiterated his statement that epidemics are more often the result of inoculation for preventive purposes, the government scientist took the affront much to heart and retorted that the statement was "a damnable lie."

Undaunted, the English physician replied, when the gathering regained its former calm:

"If it is a lie, let the gentleman prove it."

Beginning with an arraignment of medical science for its sanction of vivisection, the address of Dr. Hadwen, who stated he had one of the largest medical practices in the city of Gloucester, England, developed into a scathing criticism of the whole germ theory of disease, which he termed "wholly unscientific." Nor did Pasteur escape his disapproval.

Condemns Germ Theory.

Terming the great scientist the one who invented the germ theory, Dr. Hadwen characterized his work as a "misunderstanding, misrepresentation and prostitution of the findings of a previous scientist who had reached the conclusion that germs are the result of disease."

"The germ theory," he said, "eventually must go by the board, and with it the commercial business of vaccines and serums will tumble to pieces."

Inoculation for prevention of disease, he said, was the "most ridiculous assumption ever introduced into a sane world." Declaring smallpox "a filth disease," he asserted that its prevention should not consist in "pouring filth and disease into a human body."

Scores Army Inoculation.

The inoculation of men for the army he especially scored. Stating that Britain is paying pensions to 4,000,000 service men with heart disease, he asserted that in his judgment nine-tenths of the trouble is due to inoculation prescribed.

Declaring this "a fine way to prepare men for the battlefield," he dismissed it with the comment that it was based on "the idiotic germ carrier theory, which he said would be better supplanted with better provision of sanitation guards. James P. Briggs, president of the Humane Education Society, presided.

...ered in the ... not guilty. ... $50,000 each were set.

... McCall ... comment until he ... facts.

... Stedman, in dis- ... ix cotton planters, each ... convicts, had been put ... ld during the last few ... it was the only way he ... e crop planted and that ... board had not been con- ... t it.

... victs, Stedman said, had ... objection and he asserted ... was no more strenuous than ... rm work in which they had ... aged.

... rtage of mules resulting from ... funds for replacement of ani- ... at have died—largely of old ... as assigned as the reason for ... of the "man power" to pull ... chines.

... planter, Stedman explained, ... only about 100 pounds and ... es the pulverized seed bed to ... of only about an inch.

... prison system has several ... acres of cotton land. Cot- ... chief revenue crop.

...SON RETURNS ...COAL PROBLEM

...NGTON, April 19.—(AP)— ... of Administrator Hugh S. ... day from a brief vacation ... ma coal operators renewed ... rly action to settle their ... ences and end the strike of ... rs in Alabama. It was un- ... hnson would hold a con- ... President Roosevelt to- ... Alabamians expected ... the administrator imme- ... ng the White House

...RDERED ...COLLEGE

... Sease, ...

Doctor Terms Normal Blood Pressure Bunk

Physicians Told What Is Average for One Can Mean Disease in Another

CHICAGO, April 19.—(AP)—There is no such thing as "normal" blood pressure at any period of life, and what is normal for one man may indicate disease in another, the American College of Physicians was told today.

Every individual has his own blood pressure "picture," which is a key to his own condition but does not fit into any general scheme for people as a whole, said Dr. Clarence L. Andrews of Atlantic City, N. J. A dozen men all may have blood pressures that differ considerably, yet all be normal as far as each individual is concerned.

"Deaths compiled by 50 odd life insurance companies show that heart disease heads the mortality list," he said, "and that of the 10 main causes of premature cardiac (heart disease) deaths hypertension (high blood pressure) was the leading factor.

"Single, distinct causes of blood pressure disturbances are no longer thought to be true. The much sought-after, so-called normal blood pressure range is gradually losing caste. Blood pressure types are judged less and less as groups and more and more as individuals."

SPINSTER MURDER STILL IS MYSTERY

QUINCY, April 19.—(AP)—Authorities today were still without a clue to the killing of two elderly spinsters, Miss Nancy Burns and her niece, Miss Annie Burns, near Ha- ...ana Saturday night. Thre... ... by Sheriff W. M... ... probabl...

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...warded girl.
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...nes fire across top of
...ntain in world. Page 1
J. Walker and Betty Comp-
...tained information on mar-
...gulations. Page 8
...ding of slums was proposed
...and. Page 3

LOCAL

...ans planned to attend hear-
...deepening of channel. Page 1
...ing $2,711,000 of Miami
...unicipal bonds was recom-
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...wn was practically absent
...Beach yesterday. Page 2
G. McCullough was
...to address youth rally.
Page 11
...was exhibited in next In-
Tropical Flower show.
Page 14
...ssar was fatal to Rome
...Horney. Page 13
...as exonerated in police-
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...death was held the re-
...venue. Page 1
...ph re-elected Robert H.
...ident. Page 3
...ated in investigation of
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...tion M. Wainwright's
...ness. Page 5
...validation of Coral
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...ought for three girls.
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BY
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...Pulch, Tomasello and other officers of the two legislative branches were nominated tonight at Democratic caucuses. They will be elected formally tomorrow at noon when 26 of the 38 senators and all 95 of the representatives take the oath of office and hear Gov. Dave Sholtz deliver his message.

The governor and legislative leaders predicted that the lawmakers will waste no time in getting down to work on such major problems as bond debt refunding, governmental economy, refinancing of public schools, repeal of national and state prohibition, im-

Please Turn to Page 4

BEER IN WHITE HOUSE IS GIVEN APPROVAL

Mrs. Roosevelt To Permit Brew In Home When Legalized In Federal Buildings

(BY THE ASSOCIATED PRESS.)

WASHINGTON, April 3.—There will be beer at the White House for anyone who wants it, if and when use of the brew becomes legal in government buildings.

The authority for that assertion is Mrs. Franklin D. Roosevelt herself, who, in the role of mistress of the presidential mansion, today issued a formal statement to that effect.

She herself will not drink it, she said, and nobody else will get any at the White House unless the District of Columbia beer regulation bill makes it permissible.

House and senate conferees on the beer bill took action during the day which pointed toward the time in the near future when serving the brew at the White House—or any place else in the district—would be lawful.

The senate had a provision in the bill it passed prohibiting the sale of beer in public buildings. The house didn't like that.

Out of the discussion between the

Please Turn to Page 9

TWO PLANES TOP HIGH MOUNTAIN

Aviators Fly Across Summit of Mt. Everest

PURNEA, India, April 3. (AP.)—Two airplanes sailed across the summit of Mount Everest today and for the first time in history men looked down upon the highest mountain in the world.

The feat was accomplished by the Marquis of Clydesdale, accompanied by Lieut. Col. L. V. Stewart Blacker, and by Flight Lieut. D. F. McIntyre, who had with him a photographer named Bennett.

The pictures, it was hoped, would provide an authentic record of the conquest of the 29,141-foot mountain, on the sides of which European men have perished attempting by old-fashioned methods to gain the honor of being the first to reach the top.

The two airplanes rose to an altitude of 35,000 feet in 90 minutes, at the peak they found a wind velocity of 80 miles an hour.

Lieutenant McIntyre apparently suffered considerably from frost, but Lord Clydesdale was fit and elected when he landed after the momentous journey.

POLO TODAY

Grand Stand

1 Chukker Polo Match | 1 Chukker Polo Match
Miami Polo Club | Palm Beach Polo Club
Miami | Palm Beach
Time: 1:30 P. M.
Adm. 1 Chukker Tour Ga. 6
Entrance, F. E. Ranch.

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1929.

DR. W. W. C. SP... DIES OF LONG I...

Retired Physician Also ...litirian, Financier, Min... ator and Florida Deve...

Dr. William Warren C. Sp... retired physician, politician a... cier, who was actively identi... the early development of south... da, died yesterday in a Miami ... following a long illness.

Dr. Spencer had made Mia... home for two years, but had been ... ing to Florida for more than 40 ... He resided with his daughter, ... Alice C. Spencer at 4800 S. Miami ... nue.

Pioneer Floridians remember hi... the man who built a railway from ... burg to Barton, who ran for state ... ator during the administration of ... William D. Bloxham, and also as ... man who tied with Flagler in the ... tention of the railway from Titusv...

Dr. Spencer was a native of Ro... land, Maine, and was reared in Ban... where he spent his early boyhood. ... was a graduate of a medical college ... Bangor and practiced there for sev... years before moving to Gloucester, Ma...

Later he moved to Boston where ... operated a sanitarium, undergraduate ... general practice. He retired from med... cal practice about 25 years ago a... since had engaged in many proje...

Please Turn to Page 9

OHIO RIVER FLOOD NEARS ITS CREST IN ILLINOIS

CAIRO, Ill., April 3. (AP.)—The Ohio river flood tonight neared its crest at Cairo, where it flows into the Mississippi, with indications damage would be slight in the vicinity. The weather bureau predicted a crest here of 51.6 feet Thursday or Friday. The stage today was 51.5, or 6.1 above flood level. A few negro families living near the Mississippi river in the Big Tooth Bend area have taken refuge with neighbors on higher ground.

POSTER FOR FLORIDA'S 300 CITY

LONDON, April 3. (AP.)—Prime Minister Ramsay MacDonald evaded the suggestion of parliament today by announcing that the government will present a bill concerning which could suppose the railway, without consulting parliament, to deal with the importation of foreign goods.

THURSDAY, JUNE 17, 19...

MRS. KELLOGG LAID TO REST

MRS. E. E. KELLOGG'S FUNERAL HELD 'MID BOWER OF BEAUTIFUL FLOWERS

Large Representation of Foster Children in Attendance, With Relatives and Friends

Friends and relatives of Mrs. E. E. Kellogg, wife of Dr. John Harvey Kellogg, sent a magnificent display of the flowers which she loved so well for the funeral services at the Kellogg residence on Manchester street Wednesday afternoon. The house had previously been decorated with green boughs and baskets of cut flowers, so that the effect was beautifully impressive. The body was exposed to view in the morning and just prior to the service. As the central hallway and four adjoining rooms can be thrown into one, there was accommodation for a considerable number to attend the funeral.

Elder George C. Tenney, chaplain of the Sanitarium, spoke briefly of the life of Mrs. Kellogg and read a scripture lesson. Elder M. B. Kelly, pastor of the Seventh Day Baptist church, of which she was a lifelong member, took for his text the words from Corinthians: "Yet show I unto you a more excellent way." This way, he said, was not the ceremonialism of the church, the fasting and the wearing of sackcloth and ashes, but the love for humanity as demonstrated by Dr. and Mrs. Kellogg in the work of their lives.

Elder McCoy, whose association with the Sanitarium began more than forty years ago, described how Mrs. Kellogg had labored early and late to aid her husband in those troublous times when the institution was slowly gaining that recognition and success that have been attained so abundantly. Her cook-book, "Science in the Kitchen," he said, has not only been a boon to the housewife, but to the medical profession as well. To her, more than to anyone else, the world is indebted for the Sanitarium dietary, which stands in a class by itself. Thousands come from all parts of the country to benefit by it.

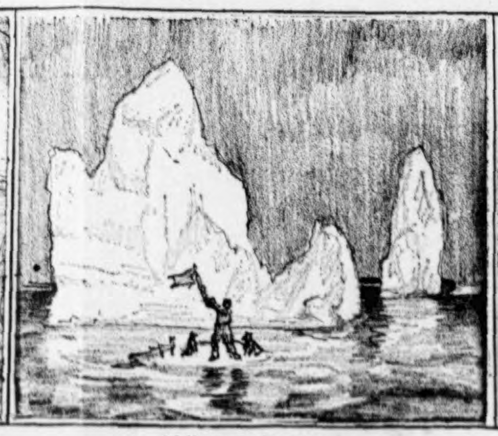
The Sanitarium quartet, under the direction of W. T. Drever, sang without accompaniment Tennyson's "Crossing the Bar" and "In the Sweet Bye and Bye." This latter was an especial favorite of Mrs. Kellogg. At the cemetery they sang "We Lay Us Calmly Down to Sleep," to the air of Schumann's "Traumerei." The choir consists of Mrs. Ernest C. Rice, Mrs. M. H. Miner, Clark Bindhoff and Lyle Arno. Elders McCoy and Kelly held a brief service at the grave in Oak Hill cemetery.

The pallbearers were Jas. W. Riley, C. H. Stewart, E. L. Hodgston, W. F. Martin and Paul Roth and M. W. Wentworth. A delegation came to represent the W. C. T. U., in which Mrs. Kellogg had been prominent both locally and nationally. Among others present were Mrs. Clara K. Kellogg, Smith Kellogg, Mrs. Emma Kellogg, Mr. and Mrs. W. K. Kellogg, Dr. Karl Kellogg, Mrs. J. L. Kellogg, Mr. and Mrs. Will Butler, Mr. and Mrs. Arthur Kellogg, H. Kellogg, Dr. Nellie Knapp, Dr. and Mrs. M. A. Mortenson, Dr. and Mrs. D. N. Culver, Mr. and Mrs. D. C. Kirkland, Robert Kellogg, Miss Pauline Kellogg, Dr. and Mrs. Richard Kellogg, Mrs. M. W. Wentworth, Mrs. C. E. Stewart, Miss Elizabeth Stewart, Mrs. E. L. Hodgston, W. H. Murphy, the Misses Annie, Gertrude and Mabel Gaffil, Dr. Gertrude Johnson, Dr. Mary V. Dryden, Mrs. Catherine W. Dryden, Dr. Clara V. Rodabough, Mrs. H. Wilkinson, Dr. Estella G. Norman, Dr. Linda Roth, Mrs. Stella L. Gage, Dr. Roxanna L. Roach, Dr. Lesley Fraser, Dr. and Mrs. W. H. Lewis, Dr. C. E. Roborek, Dr. J. S. Principal, Dr. Martha E. Morrison, Mrs. Julia E. Meekins, Dr. C. Ward Champion, Dr. Dorothy Harlough, Dr. and Mrs. S. D. Herbert, Dr. Lydia Jorgenson, Miss Mary J. Lawrence, Dr. M. J. Clayton, Mrs. Mary E. Fox, Miss Caroline Lane, Mr. and Mrs. Alfred H. Steinel, Mr. and Mrs. Harvey Lichtenwalner, Dr. F. C. Hecht, Elder Henry Nicola, Mr. and Mrs. L. C. Coulston, Mrs. Clara F. Salisbury, Dr. and Mrs. Charles Heald, Mrs. G. C. Tenney, Miss Emily Stevens, Miss Jennie Fortuna, Mrs. Sally Montgomery, Mrs. Ethel Jacobson, Mrs. Rose Parker, Miss Elizabeth Cone, Mrs. H. A. Baker, Miss Elizabeth Clarkson, Mrs. Mary C. Trapp, Mr. and Mrs. F. B. Howard, Mrs. F. J. Godard, H. A. Brownlee, Cecil M. Parchell, C. H. Wendell, Miss Sara Sorensen, Mrs. Aubrey Babcock, Mrs. C. E. Evans, Clyde O. Wilson, C. M. Vandervoort and John Rugg.

All of the resident members of the Moonlight family were asked and Dr. Kellogg was in his accustomed white flannels.

Eskimo's Greatest Friend, Grenfell Of Labrador, Recounts Perils Of North

Sir Wilfred Sails Into Labrador, 1892



Adrift on an Ice-Pan

It's His Life or Theirs

Sir Wilfred Today, 75 Years Young

* * *

By KENNETH DE GARMO
(Illustrations by the Writer)

Adrift on an ice floe, forced to kill and skin his beloved dogs to keep from freezing—operations performed on a frozen beach and on schooner decks by lamplight—his life once saved by his small spaniel, "Jack," when the dog proved almost human: dramatic and fearful indeed are the experiences of "Grenfell of Labrador," medical missionary extraordinary and best friend of the Eskimo.

From the ice-bound shores of Labrador comes a man who is one of the most heroic souls of the age. Retiring, little publicized Sir Wilfred Grenfell for 45 years has devoted his life to helping the Eskimo. Ruddy, white-haired and with a white mustache, his face possessing a sweet spiritual quality, Dr. Grenfell at 75 looks 55. He has received many honorary degrees, has written many books and was given the title Knight Commander of St. Michael and St. George. But it was not to acquiring degrees or honors that this man has devoted his life, but with bettering the life and living conditions of the Eskimo.

In June, 1892, a 90-ton ketch, the "Albert" sailed into a Labrador Harbor outfitted with a hospital ward and dispensary and manned by a young doctor named Grenfell. That proved to be a happy day for the Eskimo. At that time there was no access to medical aid whatever for the thousands of inhabitants of those shores. A scratch from a fish-hook might mean blood-poisoning; a broken limb meant a life of disability.

Today there are Grenfell hospitals, nursing stations, orphanage-boarding schools, hospital ships, industrial stations, clothing distribution centers and agricultural efforts all along the coasts of Labrador and Northern Newfoundland.

His Grenfell Association has a permanent staff of doctors, nurses, teachers and social workers and a volunteer summer staff of young people helping at their own expense. There are six hospitals, seven nursing stations, four hospital ships, four orphanage-boarding schools, 14 industrial centers, three agricultural stations, 12 distribution centers. In one year 21,000 patients have been treated, 600 children cared for and 3,500 persons employed through the industrial department. Truly a remarkable accomplishment to be achieved by the courage, patience and persistence of one man.

Sir Wilfred's attitude towards life is plainly shown in the advice he gave this writer during an interview:

"When there is a choice of two paths, pick the most courageous," he said.

At present, Sir Wilfred is in Cozzens Grove with articles made by his Eskimo friends which he hopes to sell for them. Parkas, which are slip over jackets of waxed cotton; hand-woven rugs and dolls carved from solid ivory are among the collection he has brought with him.

One of the worst experiences Sir Wilfred can recall was the time he spent a night and a day adrift on an ice-pan. He was forced to kill three of his faithful dogs, Monty, Watch and Boy, to use their pelts as a bloody clock to keep his mittening to death. It helped to save him.

One cannot speak with Sir Wilfred, modest and unassuming as he is, without realizing that here indeed is a man strong with determination that it shall be "Thy will, not mine, O Lord."

* * *

A grandfather of Thomas A. Edison, totally overlooked hitherto, and lost to the world for two generations, has been discovered by William A. Simonds, was Capt Samuel Edison, born near West Orange, New Jersey, about 1767. As a boy he accompanied his family into exile in Canada. In 1804 he married Nancy Stimpson. Their son, Samuel, Jr., was Edison's father.

Samuel, Senior, according to Mr Simonds, was a colorful figure. He became the head of the exiled Edison clan in Canada and fought against the United States in the War of 1812. The old homestead built by Capt Samuel Edison is now one of the treasured relics in Henry Ford's Greenfield village at Dearborn.

(Copyright, 1934)

DON'T TRUST HIM

[Koralle, Berlin.]

"Why won't you go to my dentist—you know he is a charming man."

"Yes, but the fellow inspires no confidence—at the party last night he tried to draw a champagne cork and broke it."

THOMAS ALVA EDISON needs no introduction to America. Yet we remind readers that he invented the electric light, motion pictures, the phonograph, and electric railway. And how could we do without them?

AT BIENNIAL CONVENTION OF CATHOLIC DAUGHTERS OF AMERICA

Hostesses to the biennial convention of the state organization, Catholic Daughters of America, which will continue through today at Hotel, are, left to right, Mrs. Annie Moody, Mrs. Catherine Miller, Mrs. John McIntyre, Mrs. Clara Perkins, Miss Clara Kaechach, Mrs. Thomas Phillipina McDonald, Miss Ethel Green, Miss Irene Belden, Mrs. Flora Hickey, Mrs. Elizabeth Salvin and Mrs. Annie Gregg. Mrs. Jean not present when the photograph was made.—Photograph by Woodard.

S IS ASKED FARMERS AID

ued From Page 1

f agreements.

aid, would be requested d that the tariff agree- be sought "to break barriers and establish ts for farm and indus-

congressmen that the bill alone was not suf- of executive continued: the federal government for the refinancing of other indebtedness on h a more equitable re- f the principal of the tion of interest rates. ny instances are so un- high as to be contrary public policy, and, by a nancement of amortiza- sufficient time to farmers m the hope of ultimate of their own land. nd to the threatened loss productive capacity now hundreds of thousands of n families."

ch this goal, the mort- for the following 2-year

farm mortgages at 4½ rcent.

000 a per cent bond is- ng new loans to farmers up mortgages

on of $50,000,000 as a loan l land banks.

the construction ex- ending power by $200,000,000 an of $100,000,000 to joint nks to prevent foreclosure ers, and $200,000,000 for ate farmers to refinance under the bankruptcy to the debtor-creditor rela-

tion also would be au- and up to $60,000,000 to and irrigation districts refinance their exist- tation that executives on to the taxpayers. ure would be the best way to provide a way ample provide a way ing a 4 per- ing back—and

of which 80 per cent would be the value of the land and the other 20 per cent the value of improvements.

The banks could buy the mortgages, or exchange bonds for those of mortgage holders. Loans would be made through farm loan associations as under the existing federal land bank set up. If there were no available association, however, a farmer could borrow directly by paying ½ per cent more interest.

As it came to the end of its 10 days of study of the price lifting bill, the agriculture committee today reached an agreement on the production cost guaranty plan.

It provides that for the portion of the farmer's crop going into the domestic market, the secretary of agriculture shall proclaim a price covering production costs, and purchase by anyone at less than this figure would be punishable by a $1,000 fine, a year in prison, or both.

Use of this plan as an alternative to the domestic allotment plan, marketing agreements, land leasing and other parts of the bill would be discretionary with the secretary.

The other phases of the price lifting bill are about as it came from the house, except that cattle and sheep were eliminated from the commodities included in the house-approved bill. This left the following specified: Wheat, cotton, corn, hogs, tobacco, rice and dairy products.

MRS. ROOSEVELT TO PERMIT BEER

Continued From Page 1

conferees came a compromise which would allow the District of Columbia commissioners the power to permit the sale of beer and wine in buildings located in the district.

The prohibition against sale of the beverages in public buildings outside the district, including army and navy posts, was stricken from the measure entirely.

Mrs. Roosevelt's statement today was in continuance of the policies she established at the beginning of her regime of having conferences with newspaperwomen each Monday.

It was the first time, however, that she has issued a signed statement and the first time in the White House that she has made a pronouncement on a matter of possible official concern. She signed it simply: "Eleanor Roosevelt."

In the statement she made a plea for temperance, expressing hope that the legalizing of beer would do away with beer bootlegging and would satisfy many "who have used stronger things."

"No matter what the legislation," she said, "I myself do not drink anything with alcoholic content, but that is purely an individual thing. I should not dream of imposing my own convictions on other people as long as they live up to the law of our land."

The statement was brief. It started out by saying:

"When it is legal to serve beer in any government house it will naturally be proper to do so for anyone who desires it at the White House."

Then followed her remarks on temperance:

"I hope very much that any change in legislation may tend to improve the present condition and lead to greater temperance.

"There has been a great deal of bootlegging in beer and once it is legal, this will be impossible and I hope that a great many people who have used stronger things will be content with legal beer so that the cause of temperance will be served."

FILM COMPANY RETURNS TO FULL SALARY BASIS

HOLLYWOOD, April 9. (AP)—Leading what exclusive second "an expected rapid upturn in the industry," the Columbia Motion Picture Company returned to a full salary basis today and the big Hollywood photo of the Pox Film Corporation was reopened. All studios shopped an eight-week, 20 per cent salary cut midway in last month's work holiday.

BOILS Instantly Eased Quickly Healed

Don't lance a boil, no matter how large or painful it is! Relief comes at once when you apply Dr. Ichthyol Ointment. It draws out the poison, relieves pain, and brings the boil to head. Often leaving no scar. Ichthyol is a fine germicide and antiseptic. Soothes and relieves pain. Ichthyol is a fine remedy for eczema, any skin disorder, for piles, burns, etc. Ichthyol Ointment, 2 oz. Druggists. Dr. Ichthyol Ointment Co., Inc., Wm. Wallace Building, Newark, N. J.—Adv.

Stomach Ulcers

Caused by Hyperacidity

3-Day Relief—No Operation

Due mainly to hyperacidity caused by hypersecretion, distress after eating, stomach pain, sour stomach, belching, nausea, vomiting, poor digestion, and Nature's healing process that takes place when the ulcer is free from acid irritation. Ask for Mayer's Magnesia Tablets. Why Suffer? Get one dose. Relief or money back. Mayer's Drug Store, Miami, Fla.

GERMANY PREVENTS JEWS FROM FLEEING

No One Is Permitted To Leave Country Without Special Police Permission

(BY THE ASSOCIATED PRESS.)

BERLIN, April 9.—Reports that numerous Jews were fleeing from Germany were followed today by a government announcement that after midnight no one may leave German soil unless special permission has been stamped on his passport by the police.

The government did not explain this action, but for several days there have been reports of a Jewish exodus.

Freed of the anti-Jewish one-day boycott, business appeared to be going on in Berlin as usual. Jews in the professions, however, began to feel new restrictive measures. In Berlin the number of Jewish lawyers permitted to practice was limited tentatively to 85, and at Frankfort-on-the-Main the number of Jewish brokers on the stock exchange was tentatively cut from 99 to eight.

Protestant Nazis organized in the "German Christian movement" met at the nation's capital for their first national convention to celebrate "God's victory over the satanic forces of the underworld"—meaning the Nationalist revolution.

"We must not be simply Christians—God wants us to be German Christians," said Rev. Peter, who delivered the principal lecture.

AT ALL GOOD DRUG STORES

McNEILL'S MAGIC REMEDY

A marvelous Remedy for Rheumatism and Neuritis where not caused from Bad Teeth. Makes New Blood Rich and Healthy. Builds Strength and Vigor. Relieves Hurting . . . Why Suffer? Just try it. . . . Sold by all Druggists.

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Established May 5, 1911
21, 1935, Vol. XXXV, No. 203

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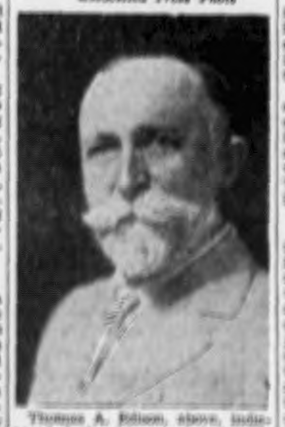
FINDS HIM BETTER

Associated Press Photo



Thomas A. Edison, above, photographed during his recent train ride from New Jersey to Fort Myers, Fla., was pronounced as improving rapidly after an examination by Dr. J. H. Kellogg, below, described as an old friend in an Associated Press dispatch.

Nation Greets Edison on His 84th Birthday

Fort Myers, Fla., Feb. 11.—(AP)—Thomas A. Edison received the "Happy Birthday" greetings of the nation today. The inventor, celebrating his 84th anniversary at his winter home here, took time off from his rubber experiments to aid in a general observance of the event.

While Florida and the city of Fort Myers prepared to pay the electrical genius homage by dedicating a new $600,000 bridge in his honor, Mr. Edison's friends gathered for a day-long observance. Harvey S. Firestone, tire manufacturer, and Cyrus H. K. Curtis, Philadelphia publisher, were among them.

Edison agreed to give an interview answering questions on numerous things such as rubber, gas, the unemployment situation and politics.

Last night the inventor was guest of honor at an informal dinner tendered him by Mr. Firestone.

PRIEST HELPS MOTHER WHO TIED UP CHILDREN

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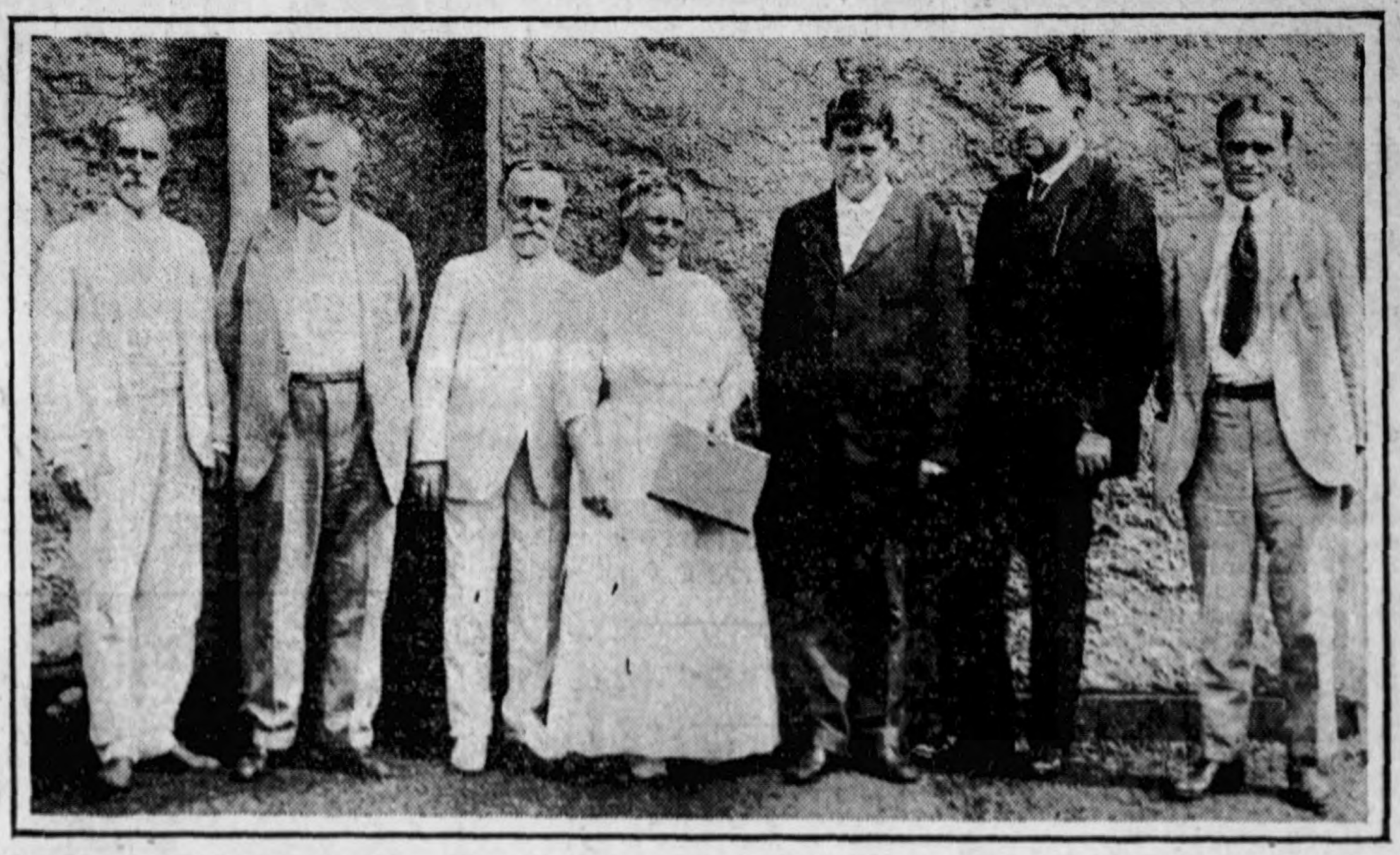
Edison's Schedule for His Future Life

Did you ever hear this schedule for his future life which Thomas A. Edison made out a few years ago? His recent sixty-ninth birthday brought it to mind. It is quoted in his authorized autobiography, "Edison: His Life and Inventions" (Harpers): "From now until I am 75 years of age I expect to keep more or less busy with my regular work, not, however, working as many hours or as hard as I have in the past. At 75 I expect to wear loud waistcoats with fancy buttons, also gaiter tops; at 80 I expect to learn how to play bridge whist and talk foolishly to the ladies. At 85 I expect to wear a full dress suit every evening at dinner, and at 90—well, I never plan more than thirty years ahead."

mr12

PROMINENT IN PROHIBITION RANKS



From Left to Right—They are Robert H. Patton, of Springfield, Ill., who officially notified J. Frank Hanly of his nomination; John P. Coffin, Johnstown, Fla., who gave $50,000 to the party's campaign fund this year; J. H. Kellog, Battle Creek, Mich.; Mrs. Frances Beauchamp, Lexington, Ky., secretary of the national committee; J. Frank Hanly, of Indianapolis, nominee for President; Dr. Ira Landrith, of Nashville, Tenn., nominee for Vice-President; Virgil G. Hinshaw, Chicago, chairman of the national committee. In Washington, D.C. Aug. 31/16

THIS CITY GETS BOOST IN "TRAVEL" MAGAZINE

BATTLE CREEK IS COMPARED TO ALBUQUERQUE, N. M.

Towns Are Cited as "Health Towns" of American Continent and Sanitarium is Given Attention.

In the July issue of Travel, a magazine devoted to descriptions of places of interest in all the world, is an article of interest to Battle Creek folk as it compares this city with another famous health town. "The A-B-C of Health Towns" compares Battle Creek with Albuquerque, N. M., and is written by Edward Hungerford, the author of "Personality of American Cities," and recognized as one of the most widely-traveled writers in the country.

The Sanitarium, the Post Tavern, the fine homes of the city, and the various features of municipal government are dilated upon in a most entertaining vein. It is seldom that a city in the United States of the population of Battle Creek gets mention in this magazine devoted to places of historical or present interest in the four corners of the earth.

1916

Beer As Food for Babies.

Editor Examiner:

Mr. Adam Ortseifen has undertaken, in a recent article in the Chicago "EXAMINER," to discredit what I said regarding beer as food for babies.

Diverting from the subject of beer as food for babies, Mr. Ortseifen accuses me of insulting thousands of physicians who have a good opinion of beer as a food in general, as being paid for that opinion. He mentions Moleschott, Von Leibig and Agassiz, whose unpaid opinions of "beer" are in favor of that beverage as an article of food.

As all these men were born in the fore part of the last century, and as Liebig and Agassiz both died in 1873, any opinion of theirs, being not less than thirty-two years old, must carry about as much weight to-day as does the opinion of their contemporaries who said it would be death to give fever patients water, life to purge them with mercury, and consigning them to an early grave to withhold the lancet.

Moreover, Liebig made a beef tea. He claimed for this all the nutritive qualities of the beef and capable of sustaining life in cases of wasting diseases as well as in health. The physicians and the Messrs. Beef Trust inherited the formula and the packing houses and the physicians are foisting barrels of this stuff upon a credulous public in spite of the fact that, after Liebig's death, Professor Vaughan demonstrated that of two dogs, one fed upon beef tea and the other given only pure water, the one fed beef tea died first.

It is quite true that physicians in every city and town in the country frequently prescribe beer for the sick. But that is no proof of its virtue. It is also true that they frequently, God alone knews how frequently, prescribe other poisons to the great harm to their patients. And a third truth that is that thousands of people are deserting their physicians and depending on nature's efforts alone, because, like the woman mentioned in the Bible, they have suffered many things, have spent all they have, and are nothing bettered; and because, by avoiding the doctors, they at least experience a relief from the thraldom of sick-producing boluses and beverages. And in stating these facts I am not offering "insult to the thousands of physicians and chemists" who differ with me, but I am stating the opinion of other thousands of the best physicians, who are wiser than those who have much to learn before they reach the forefront of knowledge in the healing and health-preserving art.

Mr. Ortseifen, in giving the analysis of beer, evidently places alcohol amongst the carbohydrates, and, according to his own figures, he would show that alcohol constitutes about three-fourths of the total carbohydrates in beer. As carbohydrates "is one of the most important elements of nutrition" he places beer ahead of milk as a food product. Now, alcohol is neither a true carbohydrate nor a hydrocarbon. Nor does it perform the function of the carbohydrate in the body. "The elimination of alcohol is at first rapid. In the course of two or three hours after ingestion one-quarter, and perhaps much more, of the amount passes from the organism. It is established that the sojourn of alcohol in the body, unlike that of any other toxic substances, is transient, and that in the course of from twenty-four to forty-eight hours after the ingestion of a moderate amount there remain only traces of this substance." (Pepper's System of Medicine, Vol. 5., one of the latest authorities.)

Mr. Ortseifen shows his further ignorance of the whole subject when he maintains that alcohol is a constant quantity in beer, whereas in fact it varies from two to eight per cent in the various makes, instead of what I modestly stated as an average of from three to five per cent.

Should anyone doubt the wide-spread habit of parents giving their children beer and other alcoholics, let them inquire of the various nurseries and children's homes both in this and foreign countries and learn that one of the great difficulties at there institutions is at first to get all ages of children to sleep without their accustomed stupor-producing mixtures.

Let no father think that the fat he is putting on by drinking beer is a sign of health or that the same beer given in a proportionate quantity to his child is healthful for it.

Let no mother be deceived. Let every mother understand that through the milk of the nursing mother is eliminated a large portion of the alcoholics, drugs and other poisons taken by her. Let no mother think she is supplying wholesome food for her baby when the increased flow of milk to her breasts is caused by drinking beer, porter, malt, and other forms of medified beers.

Mothers, don't be deceived by the specious arguments of drinkers and makers of beer; view with distrust the physician who would prescribe beer to increase the food God made pure for your infant at the breast; discredit so-called "tonics" whose bases are the malt of beer; withhold from the child that is learning to prattle the drink that may cause it to become a maudlin imbecile.

JAMES WEST HINGSTON, M. D.

Rotted Off by Beer.

THIS is not a temperance treatise, but it has a bit of fact in it that the total abstainer may show to the beer drinker, whenever occasion offers, says the New York Mail and Express.

The attention of the New York hospital surgeons has been called to the big number of bartenders that have lost several fingers of both hands within the past few years. The first case was that of an employe of a Bowery concert hall. Three of the fingers of his right hand and two of his left were rotted away when he called at Bellevue one day and begged the doctors to explain the reason. He said that his duty was to draw beer for the thousands who visited the garden nightly. The man was in perfect health otherwise, and it took the young doctors quite a time to arrive at any conclusion. But they did finally, and it nearly took the beerman's breath away when they did.

"Your fingers have been rotted off," they said, "by the beer which you have handled."

Other cases of a similar nature came rapidly after this one, and today the physicians estimate there is an army of employes of saloons whose fingers are being ruined by the same cause. The acid and resin in beer are said to be responsible.

The head bartender of a well-know downtown saloon says he knows a number of cases where beer drawers have, in addition to losing several fingers of both hands lost the use of both members.

"Beer will rot iron, I believe," he added. "I know, and every bartender knows, that it is impossible to keep a good pair of shoes behind the bar. Beer will rot leather as rapidly almost as acid will eat into iron. If I were a temperance orator I'd ask what must beer do to men's stomachs if it eats away men's fingers and their shoe leather? I'm here to sell it, but I won't drink it—not much."

... reward. He had received his ... Tuesday, and the trio are supposed ... have a sufficient amount of money to keep them for some time.

As soon as the escape was discovered details of soldiers were sent out to scour the surrounding country. Late at night no trace of the deserters had been found.

GIRL SMOKERS MAKE TROUBLE.

Use of Cigarets at Logansport, Ind., High School Rouses Faculty to Vigorous Action.

Logansport, Ind., March 11.—[Special.]—The use of cigarets by girl students has aroused the high school faculty and has started a crusade against tobacco. Previously there had been some perfunctory confiscation of cigarets from young men students, but yesterday the assembly room began to fill with smoke of a tell-tale odor. Principal Hills followed the smoke to the basement, where a dozen smoldering stubs told of hasty flight. A count of the pupils in the assembly room showed half a dozen girls missing from their seats. The collection of stubs in the basement showed it had been used as a smoking room for weeks. The faculty declares prosecutions will follow the continued sale of cigarets to school pupils, especially to young women.

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To Your Good Health

By JOSEPH G. MOLNER, M.D.

ALCOHOL, as we have said before, is both a drug and a food, albeit a food high in calories and lacking in everything else needed for nutrition.

Of all foods, it is absorbed into the system the most rapidly, since it is absorbed in its original state.

Meat, potatoes, vegetables and so on must first be broken down into a liquid state, then changed chemically by the digestive juices before being absorbed.

Dr. Molner

But with alcohol, it starts absorbing as soon as it reaches the stomach, and about a fifth (20 per cent, that is, in case anyone mistook my reference to a "fifth") is absorbed there. The rest is absorbed in the upper part of the intestine. Yet normal foods may require hours for complete absorption.

So what chance does a slice or more of bread, eaten afterward, have of helping "to bring or sobriety"? None.

The alcohol goes into the blood stream, and has its principal effect on the brain and central nervous system.

Dr. Seward E. Miller, formerly of the U.S. Public Health Service and now at the University of Michigan, who recently edited an excellent brochure on the health factors of safe driving, quotes various authorities who basically agree: Alcohol shows promptly in the blood, and .05 per cent (or less) is enough to affect your driving skill. The so-called "drunkometer" tests use .15 as the level of being drunk. But that's not the point here.

The body will throw off about .015 in an hour. Alcohol, going through the liver, is turned into aldehydes (irritating to the liver) which are broken down into other substances including water and carbon dioxide. But it takes time, and there is little if anything that can be done to speed the process, once the alcohol has been absorbed.

Eating BEFORE drinking is another matter. If the stomach is full of solid foods, these can retard the speed with which the alcohol can move on to the intestine. Protein foods, milk in particular, and cheese, eggs and meat, will retard the absorption of the alcohol. Likewise oils (olive oil, and cream) are effective, too. This is one of the correct bits of folklore about alcohol. Starches, however, do very little to retard its progress.

The Yale Center of Alcohol Studies (from which I have taken other data) calculates that one drink on an empty stomach may have an immediate effect greater than three drinks after a meal.

But it is a matter of delaying, not changing, the amount of alcohol and its effect. Slow up the absorption, and the body has more time to keep up with the disposal of the alcohol. That's all.

It is my suspicion that the idea of eating after drinking — and spoiling the "glow," is based only on the fact that once a martini-loaded sipper starts to eat, he or she stops (or slows down) the drinking. Instead of the alcohol level in the blood going constantly higher, it levels off, then gradually begins to decline.

As to drinking black coffee: alcohol is a depressant, and caffein is a stimulant. Thus the coffee will counteract that element of the alcohol to some modest extent. That's all it will do.

HISTORIC SPOT

MRS. HERBERT HOOVER has drawn the blinds, stuffed the chimneys, emptied the water pipes, and bid goodbye to Rapidan Camp in the Virginia mountains. There history was made during the last four years. There President Hoover went for his rest and recreation in lieu of vacations. There he also worked upon national problems and entertained notables of this and other countries. There the Hoovers gathered in times of ailment, seeking the cure from mountain air.

Mr. Hoover purchased this camp for about $15,000 and it is said made improvements at a cost of $200,000, or nearly all that he earned while president. Now he has given the valuable and historic camp to Virginia for the use of other presidents, and it will be transferred to the Shenandoah National Park; probably become a mecca of tourists attracted by its associations.

Thus President Hoover bequeaths to the people a monument to himself, the site of famous events, and Virginia adds another spot to its historic treasures.

More than two thousand physicians and surgeons of the United Kingdom signed the following declaration in 1847: —

"We are of opinion —

"1. That a very large proportion of human misery, including poverty, disease, and crime, is induced by the use of alcoholic or fermented liquor as beverages.

"2. That the most perfect health is compatible with total abstinence from all sorts of intoxicating beverages, whether in the form of ardent spirits or as wine, beer, porter, or cider.

"3. That persons accustomed to such drinks may with perfect safety discontinue them entirely, either at once or gradually, after a short time.

"4. That total and universal abstinence from alcoholic liquors and beverages of all sorts would greatly contribute to the health, the prosperity, the morality, and the happiness of the human race."

THESE MEN DEFIED TIME AND DEATH

One Lived Through 7 Generations

At the age of 67, a famous warrior who had hoped to spend his last years as a country gentleman was again called to take his place with the colors.

No youngsters of 40 or 50 were judged as capable of commanding the gigantic German Army as Paul Ludwig Von Hindenberg.

Twenty years later at the age of 87, Von Hindenberg was the president of the German Republic. That is a lesson for those who believe that a man's usefulness is ended at middle age.

France also believed that men of advanced years could do the work of winning the war better than her younger men. So Clemenceau worked 18 hours of the 24 as the "planner" and Papa Joffre marched up and down the front lines at the age of 62.

But These Were Mere Boys

These warriors, however, were mere boys in age compared with some who lived to a great age.

This country recently was visited by Zaro Agha of Kurdestan, who claimed to be 164 years of age and who according to doctors was at least 140.

And Zaro was still young enough to get keen enjoyment out of the "night life" of New York.

In Atlanta, Georgia, Uncle Wilson Butler, a former slave is ready for his next birthday party and the cake will hold 22 candles!

A few months ago, in Chile, Senora Juano Marie de Betanza died at the age of 132. She enjoyed good health and full possession of her mind and all her senses until the very end.

They Defied Nature's Laws

Some long lived people have violated the laws of right living, too. Half a century before their deaths friends had predicted that these habits would take them off early.

And perhaps it is true that Catherine Raymonds was nipped at the early age of 107 merely because she got drunk every night and thus shortened her life.

And Elizabeth Durieux, who lived 114 years, might have lived longer if she hadn't insisted on drinking 40 cups of coffee a day.

A Bad Boy at 105

Thomas Parr might have lived longer if he had controlled himself. Thomas' first wife died when he was 112.

But Thomas wasn't faithful to his marriage vows and there was considerable scandal over him when he was 105. The details cannot be given in a family newspaper, but at 105, Thomas Parr was a pretty wild fellow.

He married again when 122. Thomas Parr died at the age of 152—and the cause was indigestion brought on by continual gorging on rich foods and wines.

Sir William Harvey the great physician, who discovered the circulation of the blood, performed an autopsy on Parr. He said the body and all its organs were those of a man in the prime of life. The hair on body and legs was coal black. The doctor said Parr would have lived many years longer if he had taken better care of himself.

It is interesting to note that 10 kings were on England's throne during Thomas Parr's life.

It is believed that John Newell who died at the age of 121 was the illegitimate son of Thomas Parr, born when his father was 105.

A few other reported cases with their ages at death are shown below:

Henry Jenkins	169
Robert Bowman	118
Countess of Desmond	140
Joseph Surrington	160
R. Glen of Philadelphia	114
Solomon Trismosinus	150
Margaret Patten	137

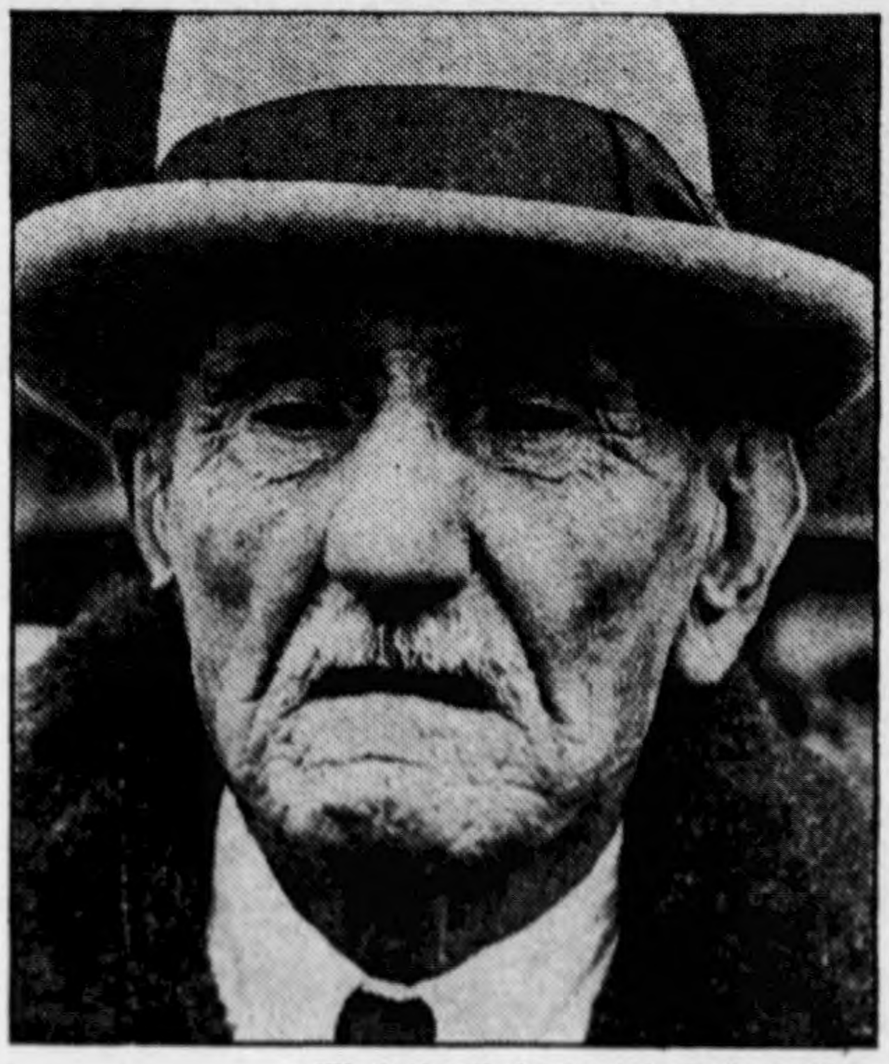
There are other claims of other persons having lived until 170 and 180 and Peter Torten is said to have lived to the age of 185. But these are not substantiated by birth records. These people were undoubtedly many years past the century mark but the exact ages claimed are open to doubt.

Most of these people were in splendid physical condition during all these years. They were far from being doddering old men and women.

In spite of the fact that many of them violated all rules of health, Nature had perhaps endowed the blood, nervous system, vital organs or glands with a strength that enabled them to defy time and death.

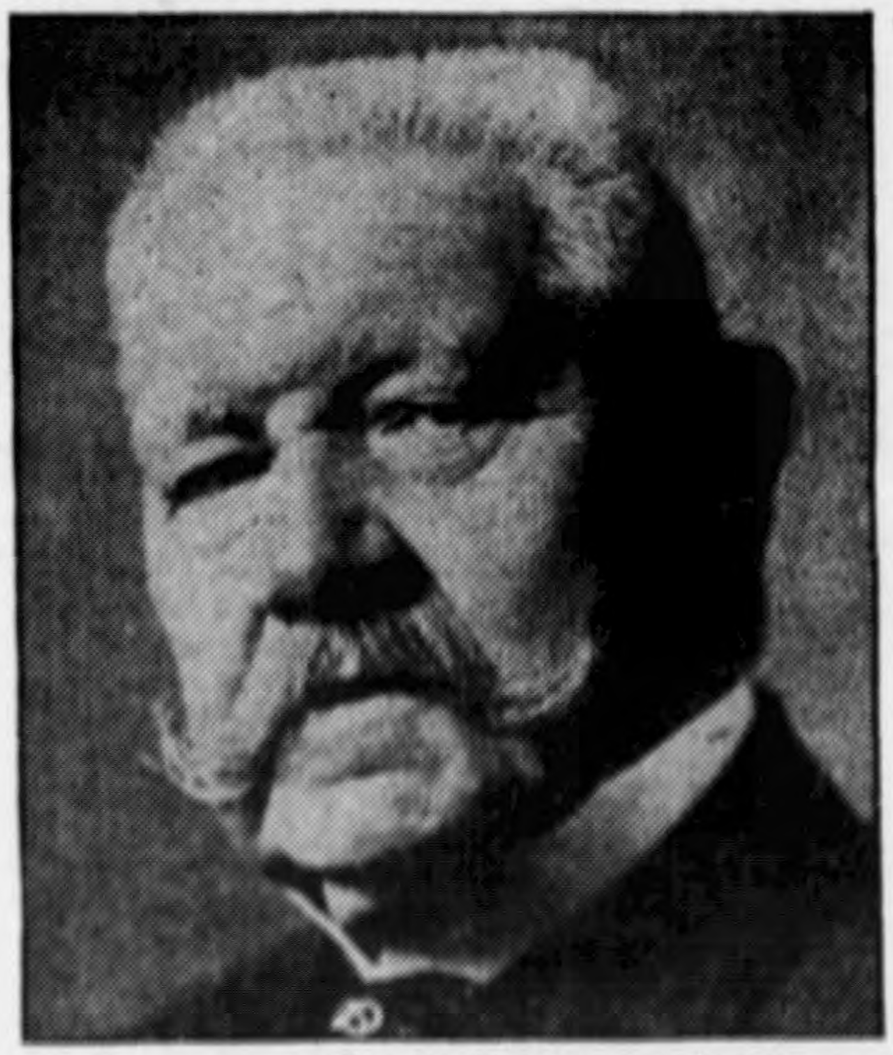
A Great Man at 85

Gladstone, England's "grand old man," spent 60 years in the British parliament or in high political offices, became Prime Minister at 59. He kept up his strenuous activities until 85 and only retired then because a cataract had affected his eyes.



(Photo by Underwood & Underwood)

ZARO AGHA—Oldest Man in the World, on a visit to London just before his death. He outlived several wives. Two years before his death, he married again. He might have been living yet but was hit by a London taxi.



(Photo by Underwood & Underwood)

PAUL VON HINDENBERG when President of Germany. Retired at 67. Called back to the colors when World War started. Later, elected President of the German Republic by a grateful people.

REPEAL PLANK IS TERMED SHREWD

Proposed Action of Republicans on Prohibition 'Treason,' Dr. Kellogg Says.

STATES BELIEF TO SUN

New York Newspaper Asks Physician for Comment After Rockefeller Move.

Holding that "the repeal of the 18th amendment will rob America and the world of the fruits of its noblest moral victory," Dr. J. H. Kellogg reaffirms his stand on the subject in a statement to the New York Sun, requested Tuesday.

The Sun's desire for an interview with Dr. Kellogg and others who have been notably for national prohibition followed the recent announcement by John D. Rockefeller, Jr., that he has decided prohibition, after a fair test, has not proved the ideal solution for temperance.

Friend of Rockefeller

Dr. Kellogg, a personal friend of Mr. Rockefeller, held a number of conferences with the Stndard Oil magnate during the period Mr. Rockfeller spent at the Sanitarium in 1922. He was a guest that year from October 17 to November 4. In the doctor's statement to the Sun, however, he avoids any reference to Mr. Rockefeller's departure from his previous policy.

Dr. Kellogg's statement is as follows:

The 18th amendment was the greatest single advanced step ever made by a civilized people. It was not an impromptu move but the final triumph of half a century's struggle to escape from the bondage of rum and rum-sellers. The voters who gave us prohibition knew the saloons and its affiliates, gangland and the brothel.

"It is untrue that prohibition does not work. It works much better than many other laws which restrict man's appetites and passions. It puts a stigma upon liquor and the liquor traffic. It has lowered the death rate, banished drunkards from the streets, closed inebriate asylums and Keeley cures, made industry more efficient, built millions of homes for working people, made life on the streets safer, protected the women of the south.

"I agree with Henry Ford that prohibition is at least 60 percent successful, which is a great gain. Repeal of the 18th amendment will increase and not lessen intemperance and crime. Repeal of the amendment will rob America and the world of the fruits of its noblest moral victory. Resubmission will be unfair to the voters who gave us this amendment, which set more men free from bondage and did more for human welfare than did the amendment which abolished slavery.

"A large section of the present body of voters have never had an opportunity to become acquainted with the evils of the saloon and the liquor traffic. If the American people were informed respecting the physical effects of alcohol no intelligent person would desire a repeal of the 18th amendment. Unfortunately the belief is general that pure whisky is good and harmless and that only adulterated whisky is injurious. Science has demonstrated that alcohol in all doses is a poison and that an ordinary moderate drink of whisky impairs the judgment and the mental faculties sufficiently to render a man a menace as a chauffeur.

As regards the recently proposed plank for the republican platform calling for a referendum on the 18th amendment, it impresses me as being very shrewd party politics, but nothing less than treason to America."

SAYS ROCKEFELLER SERIOUSLY MISLED

Springfield Repub.

Dr Daniel A. Poling Declares Prohibition Cannot Be Repealed Unless Some Substitute Takes Its Place

New York, June 7—(AP)—John D. Rockefeller, Jr., "has been seriously misled," said Dr Daniel A. Poling today, in arriving at the conclusion the 18th amendment should be repealed. Dr Poling, chairman of the Allied Forces for Prohibition, declared in a statement that prohibition could not be done away with unless some substitute took its place.

"Nature abhors the vacuum," he said, "and in government anarchy would fill it."

He characterized Rockefeller's assertion that repeal should not be coupled with an alternative measure because it would be difficult to agree upon one in advance, as "naive."

"To me," he said, "it seems to be confession of the fatal weakness of our opponents' program. Without the substitute repeal would invite greater lawlessness and threaten the very existence of representative government."

Says Rockefeller Misled

Alluding to Rockefeller's statement that should repeal become effective there still would be adequate machinery available for controling the liquor traffic, Dr Poling said the philanthropist's information is "misleading."

"Other information upon which he bases his statement that drinking generally has increased," he continued, "that the speakeasy has replaced the saloon in the figures he indorses, and his implication that prohibition is primarily responsible for law-breakers, are a further indication that, however fine his purpose, he has been seriously misled.

"It is not yet time to say that prohibition is a failure. The 18th amendment was written into the constitution because regulation failed to regulate. The American people would have stopped short of it had regulation at any point solved the problem. It was not what the prohibitionists did that brought about prohibition, it was what the liquor traffic was."

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EXPRESSING FAITH IN DRY STRENGTH

Springfield Repub.

Retiring Chairman of Allied Forces For Prohibition Challenges Wets to State Alternative Plan

New York, June 2—(AP)—Dr Daniel A. Poling today announced his resignation as chairman of the Allied Forces for Prohibition. In so doing, he said he would welcome a test of the prohibition question, feeling certain, as he did, the drys would win.

He issued a challenge to the opponents of prohibition: "State your alternative. We shall lay no obstacle in your way to bring it constitutionally to the people. Should you have the votes to win, you will win—win as we won."

Act Not Surprise

Dr Poling's resignation, effective June 6, came as no surprise when it was announced at a luncheon given in his honor. He announced when he became chairman in May last year he would retire on June 5 this year.

He predicted the Republican party would go farther toward solution of the prohibition question in its platform this year than it did in 1928.

"I can see where it would be altogether feasible to write one plank for both party platforms," he said, "a plank at once loyal to the constitution and representative government. But let all men know that beyond such a statement of principle of procedure, no plan can be at once wet enough to hold the wets and dry enough to hold the drys."

He termed "inadequate" any political plank dealing with the 18th amendment "which does not first declare for the enforcement of law and for loyalty to the constitution."

local government, leaving to the small class of professional politicians the performance of many duties incidental to registration of voters and the party contests involved in primaries, nominating conventions and elections for innumerable offices. It is necessary to admit that the professional politicians

Mendel's Law of Heredity and Race Degeneration

GREGOR MENDEL was an Austrian monk who fifty years ago occupied a portion of his time with the breeding of plants in the garden of his monastery. Careful observations of the results of various crosses led him to the discovery of a number of peculiarities that appeared in succeeding generations with mathematical accuracy, according to certain laws. The order which he observed is known as "Mendel's Law of Heredity."

According to this law, when two contrasting strains of a certain species are crossed, one of the two is likely to prove itself dominant. The progeny of the first generation will all have the characteristics of the dominant strain. The offspring obtained by mating the members of this first generation will be three-fourths like the dominant strain, one-fourth assuming the characteristics of the weaker strain which was not at all represented in the first generation. In the third generation, in the case of those descendants which show the characteristics of the weaker strain, these characteristics will be found to remain fixed and from this time on may be reproduced indefinitely. On the other hand, in the progeny of the dominant strain, in the third generation the dominant characteristics will be found fixed in only one-third, or twenty-five per cent of the total progeny of the third generation; the other fifty per cent will give rise to a fourth generation in which the characteristics will be partly fixed and partly not fixed, the proportions being the same as in the preceding generation. In all the generations following, the same unsettled condition will appear and in the same proportions.

This theory has been variously tested by different investigators, but has recently been proved in a very striking way by experiments made by the United States government with rats and chickens. Two very distinct types of rats were selected, one a common gray rat, the other the hooded rat with a white body and black hood. In the first generation every rat was solid gray like the dominant parent. In the second generation twenty-five per cent of the rats were hooded. In following generations bred from the hooded rats all the rest were hooded. Of the grays which appeared in the second generation twenty-five per cent bred all grays, while the remaining represented the proportion in the second generation, exactly according to the law of Mendel.

This experiment has been carried on for a number of years, a whole building being set apart to the breeding of rats, and most accurate records being kept. Similar experiments have been begun with chickens. When a black minorca chicken was crossed with a white leghorn, the chickens of the first generation were all white. In the second generation, twenty-five per cent of the chickens were black, notwithstanding the fact that both parents were white. Frizzled chickens crossed with chickens of plain feathers produced all frizzled for the first generation and twenty-five per cent of plain feathers in the second. In some instances a mottled white and black or a blue marking appeared, neither strain being able to acquire the dominance, and a compromise resulting.

This law of Mendel accounts for the fact that children are sometimes born who bear very little resemblance to either parent; when, for example, a child with red hair and blue eyes has parents both of whom have black hair and dark-brown eyes.

These facts show that heredity is not a freakish or haphazard principle but a great and immutable law, as positive and certain in its action as the law of gravitation. The lesson which we desire to draw from the knowledge of this great biologic principle is the fact that in all civilized lands heredity is taking note of every condition, every habit, every act which results in the deterioration of the stamina of the race. Nature is a good bookkeeper; nothing escapes her notice. If a man loses a leg, an eye, an arm by accident, heredity takes no note of the fact. Corporeal mutilations of this sort are ignored. But a man who, year after year, saturates his body with the poisons of tobacco, alcohol, tea, coffee, or those peculiarly virulent poisons which result from abuse of the digestive organs through gluttony and gourmandizing, and especially through the use of unnatural foodstuffs which putrefy in the intestine and fill the body with the toxins of putrefaction, such a person establishes a distinct strain, which, though it may be a weak strain, is nevertheless certain indelibly to stamp its inferiority upon

twenty-five per cent of the progeny of the individual, while tainting to a greater or less degree two-thirds of the remainder, or three-fourths of the whole.

A moment's consideration will show that this race-destroying influence is cumulative, and that to an extraordinary degree. The hereditary results of vicious habits of life which we have just spoken of refer only to the consequences which arise from the errors of a single ancestor; but when these errors are repeated in each succeeding generation and even increase in number and magnitude, the evident result must be the starting in each generation of new strains of deteriorated individuals who will definitely and certainly inherit their acquired weakness of constitution, thus diminishing in each succeeding generation the number of individuals who preserve in their integrity the original healthy race characteristics.

The operation of Mendel's law of heredity in developing race deterioration seems to be clearly shown in the comparatively recent experience of the civilized races. Within the last fifty years there has been a radical change in the habits of life in civilized man. For example, in England, the annual per capita consumption of meat has increased from three pounds in 1853 to fifty pounds in 1903. A similar increase has occurred in this country. The use of tea, coffee, beer and tobacco are also increasing with great rapidity in all civilized lands.

The immediate results of these abnormal habits of life were not apparent for the reason that in the first generation the dominant characteristics prevailed. Nature always struggles to maintain race integrity. But the consequences of these departures from the way of life natural to human beings are becoming apparent in the second and third generations which are now occupying the stage, and with the increased deteriorative causes the results must become more and more pronounced in the generations to come.

The human race is bound to extinction unless a radical reform in habits of life can be effected. Every person whose mind has been enlightened in relation to this fact ought to become an earnest missionary of the true principles of right living, a preacher of the gospel of health both by precept and example. Let us hope that every reader of GOOD HEALTH will aid in the propaganda of the principles of physical righteousness. Too great value cannot be attached to the work that is being carried forward by such men as Irving Fisher, Horace Fletcher and others whose eyes have been opened to the necessity for a radical reform in the habits of life which are prevalent among civilized nations throughout the world.

149,521 PHYSICIANS PRACTICE IN NATION

Ratio Is 126.59 Per 100,000 of the Population, Bureau of Education Survey Shows.

IS HIGHEST IN THE WORLD

25,145 Medical Students Were Enrolled in 1928, an Increase of 1,705 in Two Years.

Special to The New York Times.

WASHINGTON, D. C., Sept. 18.—The United States has 149,521 physicians to its 118,127,625 population, according to a survey of medical education just completed by the Bureau of Education, or 126.59 per 100,000 population, representing a greater percentage than that of any other country. The bureau explained, however, that this is a smaller number for its every 170 square miles than in eighteen other countries, but a larger number than in twenty-two other countries.

The District of Columbia, comprising the city of Washington, leads the States in the number of physicians in proportion to 100,000 of population, as well as the number for each 100 square miles.

"Today," said the bureau, "there are 86 these United States reputed-four medical schools which are recognized by the American Medical Association, a reduction of six schools in the past two years. A prospective addition to this list is the new school of medicine of Duke University, to be opened in 1930.

"Reports from the American Medical Association show that the enrolment of medical students has been increased in the past two years from 23,440 in 1926 to 25,145 in 1928, an increase of 1,705 students.

"Various reports during the past several years have shown a marked trend toward graduate work in medical schools. However, an investigation made in the Fall of 1928 showed that the 8,000 individual students from singleton 10,000 applications, as such appeared on the rosters but attend to two and two-half medical schools.

"In the undergraduate medical schools, and when the number from each school was taken, it was found that 1,000 students were enrolled, indicating that 1,000 students had applied and had been accepted by two or more medical schools. That is the beginning of the change from 100 of these students 10 years ago, to the 1,000 students this year, or one-fourth of the entire freshman class. Practically the medical schools had waiting lists on the 500 of their freshmen class filled, as only reports showed that 8,000 students had been accepted.

"The report of the investigation showed also that of the 1,000 students applying, 2,000 were accepted because of unsatisfactory qualifications.

"The number of students graduated from medical schools during the past two years has increased from 3,962 to 4,202, an increase of 300 in the two years.

"For the students who graduated in 1928 a special tabulation was prepared which gave the average age at graduation from the four-year medical course as 26.8 years, of, counting the fifth year of hospital internship, the average age was 27.8.

"Greatly enlarged plants at Columbia University and the University of Colorado medical schools have been completed within the past two years, as have also new buildings at Howard University and the State universities of Iowa, Kansas and Tennessee, and at Johns Hopkins. Thus the capacity of medical schools is continually being increased, which is making it possible to enroll increasing numbers of medical students."

VASSAR FRESHMEN FEWER.

Limit on Enrolment Cuts Entering Class to 288.

Special to The New York Times.

POUGHKEEPSIE, N. Y., Sept. 18.—Vassar College will begin its sixty-fifth year on Friday with an enrolment of 179 officers of academic administration and instruction, of whom thirty-eight are now appointees. New students numbering 300 will be enrolled, of whom 288 will be in the freshman class and twelve will enter on advanced standing from other universities or colleges. Of these advanced students, two are from Germany, one from Czechoslovakia and one from Hungary.

As the total enrolment is limited to 1,150 and few students have been withdrawn from the upper classes, the freshman class will be smaller than any class entering Vassar since 1925.

Ninety-four of the incoming freshmen are from New York State and of this number forty-three are from New York City, eighteen are from Brooklyn and Long Island and twenty are from New Jersey. Thirty-two freshmen are daughters of Vassar graduates.

Mrs. Walker Leaves Hospital

Mrs. James J. Walker, wife of Mayor, who was operated on for mastoiditis at the Broad Street Hospital a week ago, went to her home yesterday. As she left the hospital her nurse accompanied Mrs. Walker posed for photographers and appeared to be fully recovered. Police had to clear a lane for Walker's automobile so he could pass through the crowd that collected to see her.

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CUPID AGAIN A GUEST

In the Home of Dr. J. H. Kellogg—His Daughter Helena, Wedding Dr. J. T. Case.

The handsome home of Dr. and Mrs. John H. Kellogg, Manchester street, was on Tuesday afternoon, Sept. 1, at 5:30 the scene of another interesting nuptial ceremony within a few weeks when a second daughter, Helena Margaret Kellogg, was given in marriage to Dr. James Thomas Case, private medical secretary to Dr. Kellogg, at the Sanitarium. It was a floral wedding out of doors, and golden rod was the decorative flower. The day was ideal the sun in all its declining splendor contributing to the beauty of the scene. The spacious grounds with their wealth of forestry sheltered 150 guests, who were received by Mrs. Kellogg. The little Misses Idelle Mortenson and Gertrude McPherson favored each guest with a spray of golden rod tied with ribbon thus emphasizing the floral feature of the occasion.

The spot for the ceremony was happily chosen within a circle of trees in the rear of the mansion, being marked off by ribbons twined around the trees, palms being placed below the ribbons. One side was banked in with palms and before this improvised altar Elder Lycurgus McCoy conducted the ceremony. Six sisters of the bride, Mesdames Jessie Mortenson, Elizabeth Pherson, Agnes Culver, the Misses Angie Estelle, Gertrude Estelle and Harriette Kellogg, carried ropes of myrtle and white asters, forming an aisle through which the bride walked, leaning on the arm of her father, Dr. J. H. Kellogg. They were met by the groom and the minister and the knot was tied the party standing on a white floral rug. There were no attendants except the six sisters, who served as ladies in waiting. The wedding march was rendered by Miss Eva Evans, a piano being placed on the back veranda. The bride wore an exquisite gown of white Paris lawn trimmed with oriental lace, a veil of tulle completing the outfit. An interesting feature in connection with this matrimonial event was that Elder McCoy officiated at the marriage of Dr. and Mrs. Kellogg thirty years ago and again acted in that capacity for another Dr. Kellogg, this time a beloved daughter of the household, who received her M. D. degree from the American Medical Missionary college last spring. The lady subsequently took a State Medical examination in which she stood high.

The groom, Dr. Case, came to Battle Creek from California seven years ago, fresh from his college work. He entered the Medical college and afterward became associated with the Sanitarium faculty, where he now holds the position of private medical secretary to Dr. Kellogg. Both Mr. and Mrs. Case are educated and cultured young people who have hosts of friends to wish them all happiness on this auspicious occasion.

Following a [illegible] collation served to friends of the bride, the health of the happy couple was drunk in grape juice which came direct from Spain. A profusion of elegant presents were showered on the Drs. Case, chief of which was a rocker chest filled with household linen from Mrs. Kellogg, a fine array of table linen, brought from Belfast, Ireland, and gifts silver for the table from Dr. Kellogg. While the groom's parents in Hawthorne, Calif., sent a full dinner set of decorated china. In addition to the above was much silver, cut glass and other articles which will beautify a new home ready for occupancy at 281 1/2 Manchester street, where the Drs. Case will receive their friends after October 15. They have gone on a honeymoon tour, the destination being kept a profound secret. The bride's go-away gown was a navy blue suit. Among those present was M. H. Kellogg of Hawthorne, Calif., a brother of Dr. Kellogg.

DRYS IN APPEAL TO ROOSEVELT

Ask Abolition of Liquor At White House Functions

ST. LOUIS, Dec. 5 (AP).—The Anti-saloon League of America last night called upon President Roosevelt to abolish the use of intoxicants at all White House and public functions and to condemn "publicly and emphatically" the "violation of his campaign pledge" that the saloon would not return.

On the eve of the second anniversary of repeal, the league reaffirmed its "historic program" for the abolition of the intoxicating beverage traffic and announced a "new advance" against alcohol.

In resolutions adopted at the closing session of a four-day convention the delegates derided dry arguments that conditions had been improved and declared "a return to prohibition is inevitable."

Asserting that bootlegging, traffic accidents caused by drunken drivers and arrests of women and youths for intoxication showed an "alarming increase," the league said:

"Every fair-minded man, faced with the stern facts, is obliged to admit that conditions were better, far better, under prohibition than they are today, and certainly if conditions were better then than now, we must declare without any possible contradiction that national prohibition was not a failure.

"Within a few years national prohibition will return," the league predicted, "and with the experience gained during the years of national prohibition there will be far more effective enforcement of the law."

HEALTH AUTHORITY IS 83 TODAY

PORTRAIT of Dr. John Harvey Kellogg drawn from life by F. Richarson Murray of New York and presented to Dr. Kellogg by guests at the Miami-Battle Creek on the occasion of his eighty-third birthday today.

Dr. Kellogg was born at Tyrone, Mich., on February 26, 1852, the son of John Preston and Ann Jeanette Kellogg.

He is the nation's most famous exponent of biologic living, having for more than 60 years advocated and practiced adherence to nature's laws and the rational life. An authority on diet and nutrition, he has written many books that are widely used and read both by the medical men and lay public. Since 1878 he has been editor on the magazine Good Health, for which he has monthly written much informative material having to do with health and health promotion.

Dr. Kellogg was the founder of the Battle Creek Sanitarium at Battle Creek, Mich., and is still its active head and chief medical director. Since 1930 he has maintained a branch of that institution, known as Miami-Battle Creek, at Miami Springs, and here hundreds of widely known persons come each year seeking the benefit of Florida's sun, of which Dr. Kellogg is an outspoken advocate, and the advantages of biologic living as practiced at that institution.

Dr. Kellogg is a fellow of the American College of Surgeons, and of the Royal Society of Medicine (England) A. M. A.; a member of the National Geographic Society, and a corresponding member of the Societe d'Hygiene de France. He has received several degrees from American colleges and universities.

Battle Creek Mich

Dear Friend:

This week we're starting off with a question:

"What type of a memorial to the veterans of this war would you prefer to have built in Battle Creek?"

The Greater Battle Creek War Memorial committee wants to know what the men and women in the service think about it. The committee, headed by Ralph A. Sullivan, has already decided that it will be a "living memorial," something which has utility and can be used and enjoyed by the veterans when they return and yet something that will serve as a fitting tribute to those who have given their lives.

A super-recreation center has been discussed. Many other possibilities have been suggested. One is an auditorium which would serve both a public use and become a headquarters for meetings, dinners and conventions of the veterans as well. Still another suggestion is the building of a big outdoor swimming pool. Other proposals include a field house, athletic stadium, building of modern playgrounds in various sections of the city.

Although a project committee has been authorized to check up on the city's needs and ultimately to determine the type of memorial to be built, the memorial group is awaiting suggestions you men in service may wish to make.

If you haven't given this subject much thought, why not think about it now—and then drop a line to the editor of the Enquirer and News? Your suggestion will be passed on to the committee, which wants very much to hear from you.

The National Housing Agency has released priorities for the building of 50 new houses for Battle Creek, which will help some to ease the housing situation a little. Ralph W. Matthews, chairman of the Chamber of Commerce housing committee, to Chicago to see the NHA about getting some trailers for temporary residents, but came back with the priorities for new homes instead. He still hopes to get the trailers, however.

The rationing board is to move tomorrow to new headquarters on the second floor of the ward building. When most of you left town the OPA offices were on the third floor of the Post building, the quarters now being vacated.

Summer school is now in full swing, starting last Monday. By Friday the enrollment had swelled to 993 students.

In the war bond drive, which is still lagging slightly, the Post Products plant has come under the wire and is the first of the large firms to top its E bond quota. The plant had a quota of $200,025.

Employes at the Oliver Corp., who many times have been the first to raise their quota in war bond, War Chest and Red Cross drives, haven't worked since May 18, when work was halted due to a dispute over a cut in rates for piecework. The members of Local 444, UAW-AFL, are meeting today, however, and the odds seemed to indicate that they would vote to return to the job tomorrow. While only 15 percent of the company's output is war production, the navy reports that gunmounts made here are badly needed for the completion and repairs of ships.

The Senator Warren G. Hooper murder conspiracy case was back in print again last week when Jeanette Welker, about 30, of Detroit, was brought to Battle Creek and ordered held under bond of $5,000 as a material witness. Miss Welker was described by Kim Sigler, special grand jury prosecutor, as the "girl friend" of Harry Fleisher, one of the four defendants. He said she had made some important statements regarding Fleisher's movements during the time in which the conspiracy is alleged to have taken place.

Announcement was made yesterday that the two-year-old lawsuit started by the late Dr. John Harvey Kellogg and the Sanitarium against the Seventh-day Adventist Church conference and others had been settled out of court. The suit was called off after a division of the Sanitarium's assets had been agreed upon. The Adventists will get three Sanitarium farms in Battle Creek township and $550,000 in cash. The Sanitarium is scheduled to proceed under a reorganized corporate structure in the hands of those who worked with the late Dr. John Harvey Kellogg and who were in accord with his program and principles.

At the annual school election last Monday, Boyd H. Redner and Robert F. Brevitz were named as trustees. Wendell Doty was defeated for reelection and H. Earl Kanaga, whose term expires, was not a candidate.

The county board of health completed the first year of its existence this last week and elected George Walkotten, superintendent of schools at Albion, as its chairman. He succeeds Ernest C. Rice, who continues as a member of the board. The county board operates the merged city and county health units, of which Dr. Hugh Robins is health officer.

It began to sound like old times when it was announced a couple of days ago that Omaha, Neb., real estate developers had bought a big tract of land out Main street road at Morgan Park and were planning a residential sub-division. The tract of 127½ acres was purchased from the Oak Hill Cemetery Co. The land lies along the Kalamazoo river and on both sides of the new route of US-12 south of the city. On the northwest side of the highway the new sub-division will adjoin the Riverside Country club golf

CLIP AND MAIL

The Enquirer and News offers this weekly letter column for Battle Creek's men and women in service, wherever they may be who long for news from home. Home folks are invited to clip and mail it along with their own letters.

School teachers from Lakeview and Battle Creek have been hired for the first phase of the job, which consists of measuring and mapping each parcel of property. It has been announced that the appraisals will be made on 100 percent cash values as of 1940. The reappraising work is being handled under contract with the city by the Cole-Layer Co. of Dayton, O., appraisal engineers.

The Methodist church conference made only one change in its local ministers this year. The Rev. Charles Oughton, at the Upton Avenue church for five years, was transferred to Nashville, and the Rev. Grant L. Jordon was moved from Buchanan to fill the vacancy. Other Methodist pastors who were returned here were Rev. W. Maylan Jones, First Methodist; the Rev. John Clemens, Maple Methodist; the Rev. Floyd J. Fitch, Urbandale and Washington Heights, and the Rev. Marcius E. Taber, Battle Creek circuit.

The Central high school Paean for 1945, published by the senior class, was dedicated to the veteran teacher, Earle Gibbs.

Twenty-six Battle Creek young men have gone to Lansing to attend the Eighth annual session of the Wolverine Boys' State at Michigan State college. The session will last until June 22.

One person was killed in traffic here during the week. William J. Walker, 71, of Coast road, Pennfield township, died in a hospital Tuesday, from injuries received while riding as a passenger in a motor car involved in a two-car accident.

News of the deaths of three Calhoun county service men were received here during this last week. Corp. Jay M. Huff, 21, of Marengo, serving with the marine corps, was killed in action on Okinawa on May 14. Tech. Sergt. Joseph N. Williamson, of Albion, died in France on May 16 of wounds received in action. Lieut. Alpheus F. Berlin, 27, of Battle Creek, previously reported missing in action over Germany on February 20, is now known to have been killed on that date.

And now for the sports doings—Early return of Hank Greenberg to the Detroit Tiger lineup was just about tops in sports news of the week, at least insofar as Michigan fans are concerned.

Captain Hank, gaining his discharge from the army on Thursday after more than four years, has announced that he will rejoin the Detroit club when it returns to its home lot after the current invasion of Chicago next Tuesday. Club officials are confident that he will be ready to take his place in the Tiger lineup no later than July 1.

With that announcement, rabid Michigan fans already were beginning to lay their plans for attending the world series games in Detroit, come October.

A club that has managed to fight its way to the top of the heap even under an adversity that would have ruined most teams, fans reason, certainly should find the pennant trail a "happy road swinding" once Greenberg gets into the lineup, and pitchers Paul (Dizzy) Trout and Al Benton regain the form they showed before suffering injuries a month ago. Trout already is back to fortify a pitching staff that has done remarkably well in the trying period.

The Clark Equipment team, Battle Creek city champions for the past three seasons, plays its first inter-city match of the season on the home lot this afternoon.

And in choosing its foe, the Clarkmen unearthed out just about the toughest club to be found in all Michigan. It is the Flint East Side Merchants, Michigan state champions for the past two years. The game is scheduled for Pactum park.

Battle Creek's summer-time baseball program, sponsored by the Gen. George A. Custer American Legion post in cooperation with the city recreation department, was launched last Monday and in the five days of operations at six city and suburban sites more than 300 boys ...

July 10

MIAMI, FLORIDA HERALD TELEPHO

HE IS IN CHARGE OF SUN-RAY SANITARIUM

Dr. Allen R. Howard, retired army physician, who has served in government hospitals in the Canal Zone and elsewhere, is superintendent of the reorganized Sun-Ray sanitarium.—Photograph by Herald Studio.

SUN-RAY SANITARIUM PLANS ARE OUTLINED

Dr. Allen R. Howard To Be Superintendent and Vice President of Institution

Organization of the Sun-Ray sanitarium has been completed, and is expected to add to Miami's reputation as a health resort. It was formerly the Miami solarium and is at 125 S. W. Thirtieth court.

Plans to make the institution outstanding were outlined at a banquet last week given by the staff in honor of Dr. Allen R. Howard, who is superintendent and vice president.

Arthur W. Ellis, founder-president of the Sun-Ray sanitarium, said that physicians will retain complete supervision of their patients and cases referred from out-of-town will have the advantage of consultation with specialists here.

Thousands of booklets will be mailed to Northern physicians, and a Spanish edition will be distributed in South American countries.

Mr. Ellis stresses the difference between hospital cases which the Sun-Ray sanitarium does not cater to and sanitarium cases such as convalescent, rest and chronic cases for which his institution has special facilities.

The consulting staff consists of Dr. Gail E. Chandler, Dr. M. P. DeBoe, Dr. Bascom H. Palmer and Dr. B. L. Whitten, eye, ear, nose and throat specialists. Also Dr. I. H. Agos and Dr. P. L. Dodge, neurologists; Dr. Charles D. Cleghorn and Dr. Gerard Rapp, roentgenologists; Dr. E. D. French and Dr. Buist Litterer, dermatologists; Dr. C. Kirby Smith and Dr. M. C. Wilson, obstetricians; Dr. F. A. Vogt and Dr. Arthur G. Welland, orthopedic surgeons; Dr. William W. McKibben and Dr. Warren Quillian, pediatricians; Dr. Milton M. Coplan, Dr. J. Holmes and Dr. E. C. Shaw, urologists; Dr. M. J. Flipse, Dr. Robert M. Harris, Dr. Sterling Nichols and Dr. Kenneth Phillips, internists.

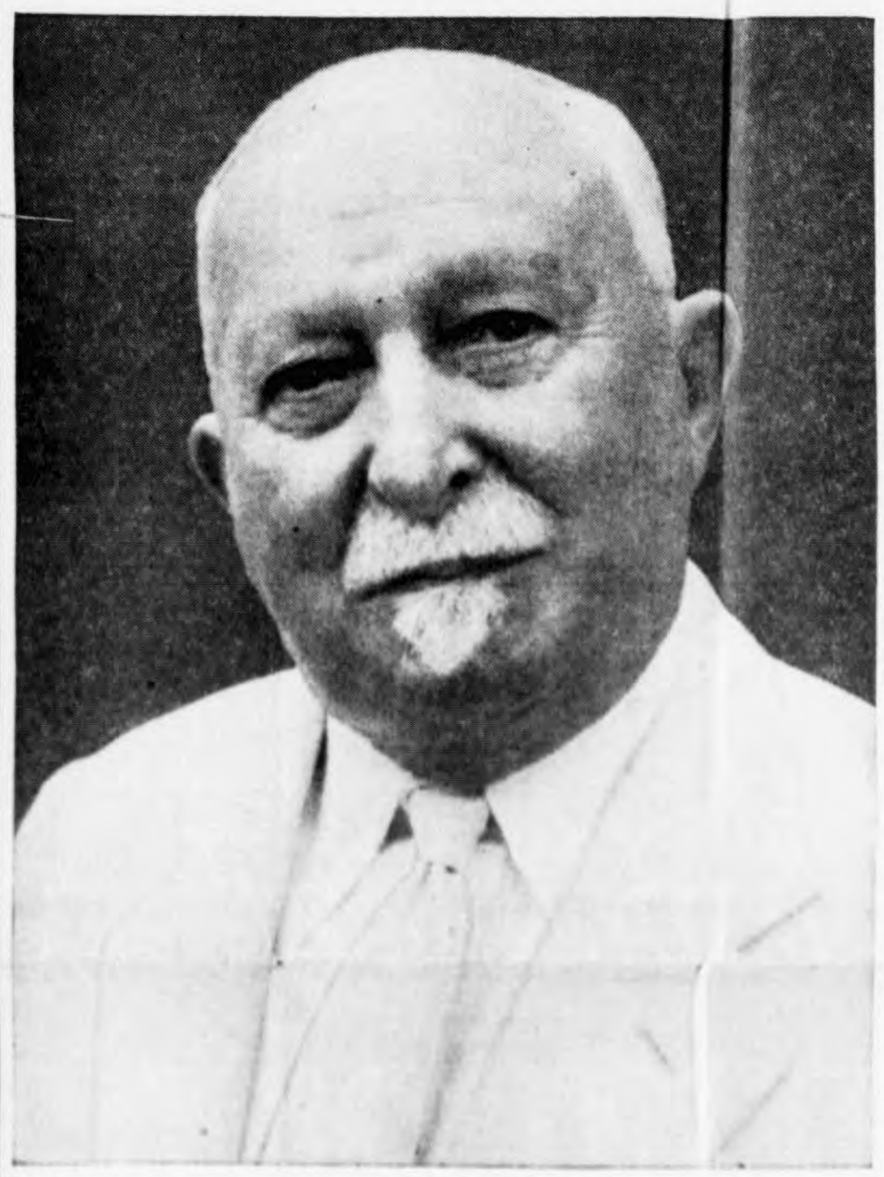
The surgeons on the consulting staff are Dr. Thomas W. Hutson, Dr. Walter Jones, Dr. R. O. Lyell, Dr. Eugene B. Maxwell, Dr. Thomas O. Otto, Dr. J. W. Snyder and Dr. C. E. Tumlin. Dr. Frank R. Morrow is resident physician.

Dr. Howard, the superintendent, was one of the organizers. He has specialized in institutional work.

He is 46 years old and has had post graduate work at New York Post Graduate and Rush Medical school. He interned at the City and County hospital at San Francisco. He is a retired major in the United States Army and has served in government hospitals in the Canal Zone and elsewhere. For the past few years he has been resident physician at Westwood Lodge in Massachusetts. He will devote his entire time to the Sun-Ray sanitarium and will not engage in private practice.

DR. KELLOGG IS DEAD AT 91

1852--1943



Dr. John Harvey Kellogg

PNEUMONIA ATTACK IS FATAL AT HOME HERE

Distinguished Head of Sanitarium Active Until Last Few Hours in Service of Mankind.

Dr. John Harvey Kellogg, life-long champion of the health of his fellow man, died peacefully at his Manchester street residence at 11:30 o'clock last night, after a three-day illness with pneumonia.

During his 91 years of life and his 67 years of association with the Battle Creek Sanitarium, his program of biologic living and his "aristocracy of health" had circled the world, making his name and his teachings as well known in foreign lands as in his own. He was the acknowledged father of the breakfast food industry.

Although definite arrangements for services had not been completed, it was announced this afternoon that services would be held in the Sanitarium auditorium Saturday afternoon, probably at 2:30 o'clock. Burial will be made in Oak Hill cemetery. The body is at the Hebble funeral home.

Dr. Kellogg's mind and energy triumphed up to the portals of death itself. Forgetful of himself and thoughtful only of others, he made his last hours significant of the service to mankind which caused his friend, George Bernard Shaw, to remark: "You shall live so when you die, God is in your debt."

Dr. Kellogg suffered a severe bronchial attack on Saturday night just after he had chatted with Dr. Richard Kellogg, one of his adopted sons, who was leaving as head of the dental staff at the Sanitarium for war service. Despite the vigilance of his physician, Dr. James R. Jeffrey of the Sanitarium staff and his nurses, pneumonia developed in a mild form. Dr. Kellogg continued active and alert on Monday and was restrained from making appointments only by the doctor's orders. He fell asleep at 7 p. m. Monday and did not again awaken.

The Story of His Life

On pages 9 and 10 of today's Enquirer and News appears a biographical sketch of Dr. John Harvey Kellogg from his early boyhood in Battle Creek, through the founding period of the institution with which his name was synonymous, and accounting for the years during which he acquired great and world-wide fame.

Secluded for Several Weeks

At the bedside when death came were Dr. Jeffrey, three nurses; the Misses Mabel, Angie and Gertrude Estill, all members of his household, and Clifford Herrell, chief desk clerk at the Sanitarium, who is a nephew of the Misses Estill.

Some weeks ago Dr. Kellogg had suffered a slight facial paralysis and because of this his pride had kept him secluded in his home. His activity, however, was not lessened. Through personal conferences he kept in close touch with Sanitarium affairs. He turned his attention to research and to preparation of medical papers, particularly in the field of combatting high blood pressure. His last expressed concern was for the comfort and welfare of patients now at the Sanitarium and for the continued successful operation of his health work.

Members of his household said that the doctor "never gave a thought to the possibility of death," although when stricken last Saturday night he jokingly remarked to Dr. Jeffrey, "Well, maybe this is the last time, doctor."

Amazed Even Himself

Dr. Kellogg himself had said: "When I consider the reckless way in which I have neglected myself, I am amazed to find myself alive at 90." He was the embodiment of what the human body can endure. He adhered to basic principles of his "Battle Creek Idea," but never found time for the rest that he advised others to enjoy. He twice overcame tuberculosis during a period of youth when his family considered it questionable whether he would live to be 21.

"Doctors point the way," he said, "but they do not necessarily follow.

(Please Turn to Back Page, Col. 2)

Dr. Kellogg, like Abraham Lincoln, was independent of sect or creed," Mr. Miller continued. " 'My religion,' he said, 'is to seek truth and do good.' At another time he said, 'A Christian is known, not by what he believes, but by what he does. I mean his human service.'

"Dr. Kellogg's life work is a record of human helpfulness. It is miraculous to behold such high productivity over the many years. It is amazing to note the excellent quality of his sustained output which continued into his nineties. Never did his course run straight and smooth. Calamity, rebuffs, opponents dogged his course, but from within came resources of courage, cheer and new and better plans.

"After the great fire, when comparatively a young man, his plans were made before the embers cooled. After the newest structure had become Percy Jones General hospital, though now old in years, he astonished everybody by remodeling Kellogg hall, moving the Sanitarium and rebuilding with the patients in their rooms.

Planned for Progress

"During these last few weeks his mind was filled with plans for the improvement and advancement of the Sanitarium. He was about to begin a great program of meeting a new enemy of health, hypertension, which is striking down several million of our best leaders and workers throughout the nation. He knew little could be done to change the speed and pressure of modern ways of civilization, but he was sure help was available to protect those who go down in the middle and most useful years.

"'He was a genius and could do all this,' say the thoughtless. 'By the grace of God,' is the explanation of the myriads. Granted this and more, but those who have tried to follow in the good doctor's footsteps will recall a saying of St. Paul: 'I labored more abundantly than them all.'"

Mr. Miller then turned to a phase of Dr. Kellogg's life, of which great few persons had knowledge—his philosophy of life and religion.

"On July 2, 1933, Dr. Kellogg discussed with us some matters of religion," Mr. Miller said. "The occasion will always remain as a cherished one to me because of what he said and the way he put it.

"At that time he was seriously in doubt as to the immortality of the soul, but he was following to come to formulate a most beautiful conception and expression of the golden hope of Christianity. My only excuse for quoting him is that his religious faith can help those seeking spiritual light as his struggle cleared has brought so many to physical well-being.

Basis For Faith

"'I am formulating a scientific basis for faith,' said Dr. Kellogg. 'Take prayer. Prayer is a cry for help instinctive to all life. We call for help when we are at the end of our rope. There would be no thirst if there were no water; no hunger if no food. A scientific experiment is a prayer. Ideas, born of silence and concentration, by entering one's inner chamber, are also answers to prayer.'

"Thus we see how eagerly he followed where truth might lead. Prayer, more than words and lip service, is the soul's sincere desire, the conscious and sub-conscious voicing appeal to the Divine.

"Then Dr. Kellogg said:

"'We have three lives. The somatic self where the cells die sooner or later; the germ self where the cells continue as long as the race exists and the spirit self. Our personality has voluntary will such as starts muscle action, and involuntary will or a pacemaker. The spirit is the heart, but there is no consciousness apart from the physiological.'

"I suggested that this does not exclude the fact or truth that spirit abides eternally, that personality survives. The Divine Intelligence is able to accomplish this no less than other miracles and mysteries. Tell me, what question embraces one of the great physical miracles and mysteries? Quick as a flash and with a sparkle in his eye and a broad smile on his face, Dr. Kellogg replied:

"'Why doesn't the stomach digest itself? By the same Truth by which God does not permit death to dissolve or destroy the spirit.'

Death Not the End

"Dr. Kellogg has said that 'death is not the destruction of life.' He added that in Aramaic, 'surrender' has the meaning of 'peace.' 'My own peace I give unto you,' means 'I surrender to you.'

"In that surrender John Harvey Kellogg has found peace, freedom and victory."

At Oak Hill, Dr. Kellogg was buried beside his wife, who died in 1918.

Brief prayers were given at the grave by the three pastors who had joined in the funeral service.

By proclamation of Mayor Bernard E. Dodge, Saturday was a day of mourning and flags were flown at half-staff.

Honorary bearers included representatives and officials from the city government, medical society, the Chamber of Commerce, public schools, business and industry. Those named as honorary bearers included some who were prevented from attending the services by illness and were as follows: Mayor Dodge, H. Earl Kanaga, Glenn O. Hoffhines, Donald R. Stillson, Lowell B. Gerstenach, A. L. Miller, Fred W. Gage, Henry M. Stegman, Dr. Emil Leffler, Burritt Hamilton, John Mustard, Dr. E. D. Vince, George McKay, the Rev. Patrick J. Mavety, Elton C. Geyer, Emil E. Storkan, Dr. J. R. Jeffrey, Dr. S. E. Barnhart, Dr. Paul Roth, Dr. Oliver Thompson, Dr. Wilfrid Haughey, Dr. J. K. M. Garden, Dr. William Vandervoort, Dr. Lloyd E. Verity, Dr. A. H. Dickson, Dr. Robert Fraser, Dr. Cyril Wenke and Kim Sigler.

Active Bearers

The active bearers were men who have all been directly associated with the Sanitarium and Dr. Kellogg. They were Jens T. Christiansen and Gilbert L. Kuns, of the Battle Creek Food Co.; Harry McCreery, superintendent of the men's bath room at the Sanitarium; L. C. Coulston, local porter and a veteran of 40 years; A. P. Blouse, secretary to Dr. Kellogg for 38 years and LeRoy M. Sparks, former physical director.

Floyd A. Wyman, who in his school days worked as a call boy at the Sanitarium, served as local usher for the funeral service. His assistants were Floyd White, Robert Sergeant, Fred Ingham, Wendell Doty, Edward Berry, Theodore Bystrom, Dr. Claude Perry, Harry Sourmon, Chris Tucker, Lee Wood, Lloyd Weber, Theodore Gnell and Floyd Brubaker.

W. K. Kellogg, now ill on the west coast, and Mrs. Clara Kellogg Butler, who is a patient at the Sanitarium, were the brother and sister of Dr. Kellogg and now the only survivors of a family that numbered 16 children, were unable to attend the funeral service.

Representatives of family were William P. Boyce of the Kellogg Co. and Jack L. Kellogg, of Chicago, both nephews of the doctor; Dr. and Mrs. John T. Dye, of Chicago, Mrs. Dye was the adopted daughter of Dr. and Mrs. Kellogg; Mrs. Ethel Moore Kellogg, of Chicago, a niece, who left her home in Sunday for her return and was returned to her uncle; George Kellogg, of Detroit, an adopted son; Lee A. Kellogg, of Kalamazoo, a nephew, and his wife, Lorna Kellogg, of Detroit, the former Miss Lorna Kellogg, of an adopted son. Following the family group were those who represented the city, the local and state bar associations, the Chamber of Commerce, Model and Alert Boys, the Men's Bible Class, the Men's Brotherhood, the Men's Bible Class, the Men's Brotherhood, the Men's Bible Class, the Men's Brotherhood

Sewerage, Drainage, and Water Supply

OF THE SANITARIUM.

THE sewerage and drainage of any large building is a matter of serious moment, though far too often disregarded. Instances are not rare in which a large portion of the inmates of a fashionable hotel, college, or boarding school have been prostrated with some epidemic disorder, the cause of which was subsequently found to be defective sewerage. At this age of the world, when sanitary science has reached such a degree of perfection, such neglect is inexcusable and even in the highest degree criminal. Those who planned the large main building of the Sanitarium were fully awake to the importance of this subject, having made it a special study, and spared no pains nor expense to secure absolute safety in every detail of the work connected with the sewerage of the building. How perfectly this result has been attained, can be readily determined by reference to the accompanying diagrams, which represent correctly the plan upon which the sewers are laid and connected with the building.

Figure 1 represents the main sewer of the building, which runs beneath the basement floor the whole length of the building. At the left or lower end of the building is located the large trap. From the trap the sewer runs directly to the river, a distance of about one hundred rods, having a fall of about seventy feet, which insures a very rapid current. Through the sewer runs about five hundred barrels of water a day. The great fall and large volume of water secure the most thorough cleansing of the sewer, so that it is impossible for it to become foul, as nothing remains in it sufficiently long to undergo decomposition.

Notwithstanding these unusual advantages, every possible additional precaution has been adopted, so as to make the sewer an impossible source of contamination, even if it were a hot-bed of yellow fever infection. To prevent any possible back-pressure from the main sewer, giving rise to trouble by escaping through the trap, the pipe shown at A was introduced at the lowest part of the trap, so that any gases passing through the trap will be intercepted and escape up the pipe into the open air. Not content with this, and to make it impossible for any accumulation of gas to occur in the sewer on the house-side of the trap, two other pipes are connected with the sewer, one at each end, as shown at B and C. This renders any back pressure from the sewer impossible, since whatever gases might accumulate can find their way to the open air with much more readiness than into the house, even if such entrance were not rendered absolutely impossible by the 8 traps placed under each wash-bowl and sink, as shown in the diagram. But to make assurance doubly sure, still another precaution is taken. As will be seen in the diagram, the main sewer is connected with the smoke-stack, thus securing a constant draft of fresh air into the sewer, and keeping it thoroughly ventilated. The smoke-stack is one hundred feet in height, three feet in diameter, and receives the hot flames and gases from two large furnaces which supply heat to the building, a large bakery oven, and two large kitchen ranges. Whatever sewer gas there may be is thus completely consumed, and contamination of the building with sewer gas is beyond the range of possibilities. There is a constant draft

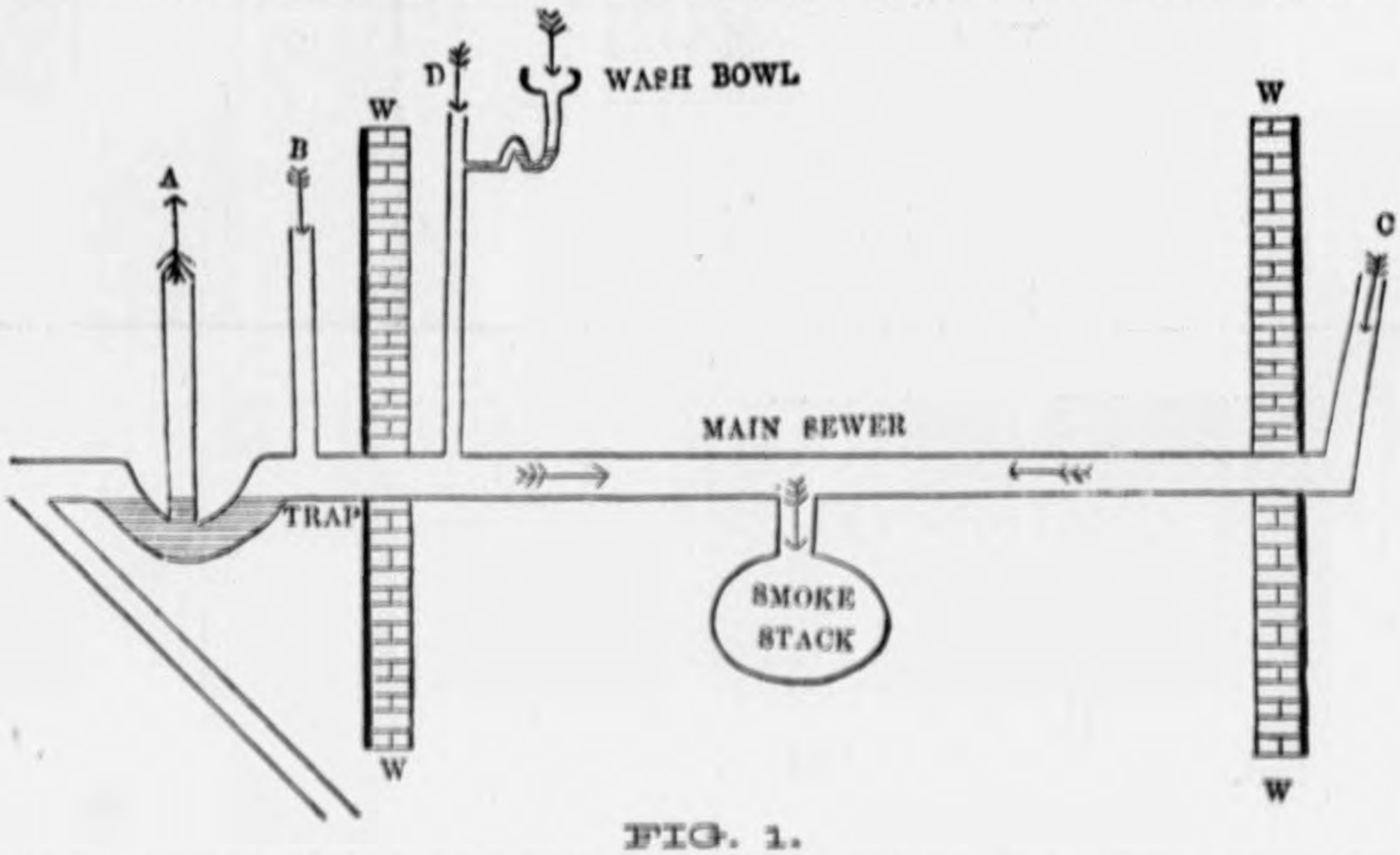


FIG. 1.

into the sewers instead of out of it. The strong draft into the sewer may be readily seen by placing a handkerchief over the upper end of the pipe B. The suction is so strong that the handkerchief is instantly drawn down into the pipe. A careful test made with the anemometer in a warm day, indicated that the air enters the sewer at the rate of 700 feet a minute, so that the whole air in the sewer is changed several times every minute.

The sewer for the water-closets is not connected with the service-pipes of the house, but is independent, entering the main sewer below the large trap, as shown in Fig. 1. This sewer is also ventilated in a manner similar to that of the main sewer, as may be seen by reference to Fig. 2. The vertical pipe B, technically known as the soil pipe, extends directly up through the roof, thus making back pressure of gas impossible. But as a further precaution, another pipe is connected with the sewer at A, on the top of which is placed a revolving funnel so arranged that its mouth will always face toward the wind, so that the wind blows down the pipe into the sewer, driving any gases which may be present up the vertical pipe B to the open air above the roof of the building. The vertical pipe is warmed by a steam pipe close beside it, so that there is always a draft in it even if there is no wind to create a draft. Its upper end is surmounted by a ventilating cap, so that the wind, even a gentle breeze, will aid in creating an upward draft in the vertical pipe. The water-closets connected with the soil-pipe are all of the most approved form, and are thoroughly trapped.

It is the belief of the managers of the institution that no building can be found anywhere, that is more thoroughly protected from any possible danger from contamination with sewer gas than this, and they will reward liberally any one who point out any dangerous defect in the plan of the sewerage employed. The building has been carefully inspected by a large number of sanitary experts, and has been pronounced by them the most thoroughly protected building with which they were acquainted. Professional visitors are especially requested to make a careful examination of the systems of sewerage, ventilation, and heating.

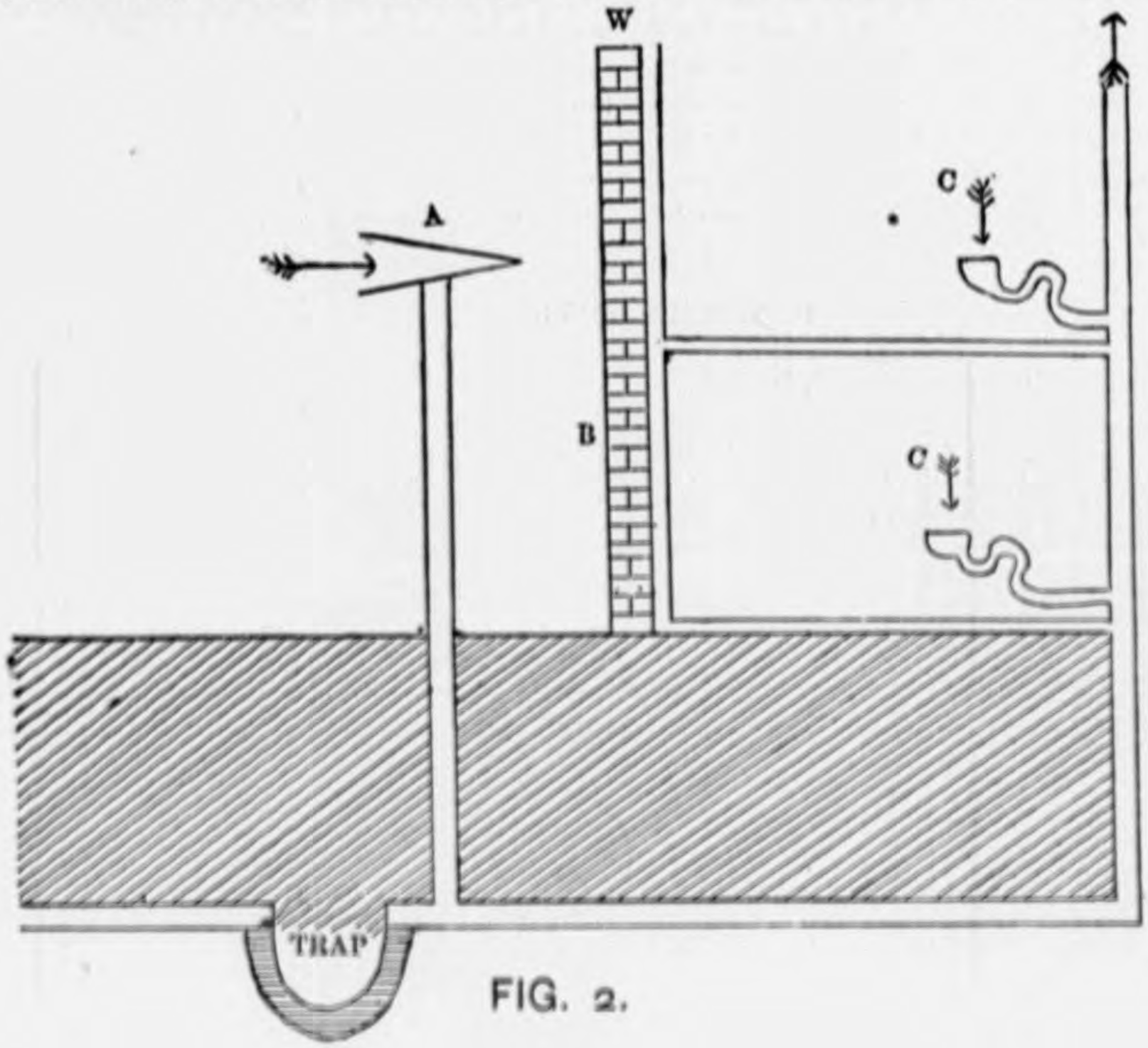


FIG. 2.

WATER SUPPLY.

One of the first essentials for a Sanitarium is *a good water supply*. This the founders of the Sanitarium took care to secure, obtaining careful chemical analyses of water from various sources before deciding upon the present supply. We have recently had several analyses made for the purpose of ascertaining the present condition of our water, and the chemist, Prof. A. B. Prescott, of Michigan State University, whose reputation as a chemist is national, reports as follows:—

"As shown by this analysis (in addition to the previous one), this water deserves to be classed with those of extraordinary purity. A. B. PRESCOTT."

The amount of solid matter is exceedingly small, being less than one-four-hundredth of one per cent and three grains per gallon less than the renowned "Silurian" water of Waukesha, Wisconsin, to the remarkable purity of which is attributed its reputed success in the cure of various diseases.

The water supply is derived from the sand-stone rock, and in freedom from organic impurities is probably unsurpassed by any on the continent.

MANAGERS SANITARIUM.

KELLOGG-COLVER NUPTIALS

Pretty Midsummer Wedding Takes Place Tuesday Evening at the Residence of Dr. J. H. Kellogg

A pretty midsummer wedding took place Tuesday evening at the residence of Dr. and Mrs. J. H. Kellogg, when their daughter Agnes Grace became the bride of Dr. Benton Noble Colver. The ceremony was performed in the presence of about two hundred relatives and guests, by the Rev. W. A. Brunson, pastor of the Sanitarium, in the large reception hall at the family residence, Manchester Street. The wedding party, entering to the strains of the Lohengrin wedding march played by Mr. William Drever, came down the long main stairway and stood under a canopy of wedding bells wrought out in white daisies and an incandescent light for the clapper of each bell. Misses Helena and Harriette Kellogg, sisters of the bride, came first, gowned in simple gowns of white dimity over yellow, and carrying baskets of white daisies, with chaplets of the same flowers in their hair. Following them came the two flower girls, the little Misses Gertrude McPherson and Idelle Mortensen, nieces of the bride. They were gowned in white with ribbons and sashes of yellow, and carried baskets of yellow roses. The matron of honor, Mrs. Maude Connelley of Cleveland, cousin of the groom, preceded the bride, who entered on the arm of her father. She wore a gown of white net over satin. Her long veil of tulle was caught with orange blossoms, and she carried a shower bouquet of bride roses.

The party was met under the canopy of bells by the groom; his brother, Mr. William Colver of Cleveland, Ohio, acting as best man. During the service "O, Promise Me!" and other appropriate selections were softly played, and following the ceremony an orchestra dispensed music for the remainder of the evening.

After the congratulations were offered the young couple, the guests were conducted through an avenue of palms to a sequestered part of the handsome lawn where refreshments were served at small tables. The ushers were: Dr. J. T. Case, Dr. M. A. Mortensen, Messrs. R. T. McPherson, John Thomas and B. Kirkland. The gifts were numerous and very handsome, conspicuous among them being the great dower chest of Piedmont cedar filled with household linen handwoven and hand embroidered,—the gift of Mrs. Kellogg; a beautiful silver service from the groom's brother, Hon. Will Colver of Cleveland. Many beautiful gifts of silver, cut-glass, pictures, linen and bric-à-brac came from the numerous friends and relatives of the young couple, who left the same evening for a six-weeks' tour o. the Great Lakes. Upon their return they will reside on Champion Street.

stomachs, chocolate flavored (Coco-Cod) . . . Alkali being another potent preventer of colds the Milk of Magnesia people, led by the venerable (founded 1849) Phillips, make frequent references to colds in their advertising, talk sagely about "a little needed alkali" in the system.

A comparatively new and potent inhalant, made by all big ethical drug companies, is Ma Huang, which Americans know better as ephedrine. It has no curative properties, but it takes the place of the violent, old-fashioned atropine, substitutes for the newer adrenaline, as a nasal astringent—that is, it rapidly shrinks mucous membranes, allows a cold sufferer to breathe easily if only for a short while. Made from the Chinese plant *ephedra sinica*, it has been used by Chinese doctors to good effect for 5,000 years. Some nose specialists prefer oily Ma Huang (which clings longer to the membrane), some watery (which acts quicker). Some are violently against any shrinking of the membranes at all.

The old Japanese custom of blowing one's nose on paper tissue is being effectively introduced to the U. S. by Kleenex, which sells its paper handkerchiefs at thirty-five cents a package, throbbingly implores: "Mothers, *please* give children Kleenex instead of handkerchiefs." One bright fellow has combined the Kleenex and the Vapex ideas and produced Dr. Tischer's One-Drop Handkerchiefs, which are paper hankies impregnated with an inhalant . . . An indefinite but probably large percentage of the income of the regular fabric handkerchief makers is obviously derived from the common cold. Notable here is International Handkerchief Manufacturing Co., which made its contribution to the nose-blowing industry back in 1908 when it introduced its famed Scalpackerchief. For the first time handkerchiefs were done up in neatly sealed, sanitary packages and could be bought like candy or cigarettes. International Handkerchief was founded by Isaac D. Einstein, today a patriarch of ninety-odd years, whose grandson carries on the business.

The sun-lamp business has been brisk of late years. Big makers are National Carbon Co., Hanovia Chemical Co., General Electric, and Westinghouse. G. E. has developed a product which it licenses various other manufacturers to make. This is an indirect-lighting sun lamp, which you put in your bathroom or even on your library table, and which sheds a soft, even health glow over the scene. It takes you much longer to get your quota of health rays from the new home lamps, but they cost a fraction of what professional models cost, and you can go about your shaving or reading while undergoing irradiation.

Battle Creek, indefatigable in the cause of rational eating, recommends especially for colds its Lima Bean Flakes, Savita (vitamins), Food Ferrin (iron, copper, etc.), and Lacto Dextrin . . . A more recent convert to the cause of reasonable feeding is Bond Bread, which advertises that its eaters need fear no "winter ills" (i.e., colds) because each loaf is sunrayed and full of vitamins . . . Gargles and mouthwashes are used (and advertised) for sore throats—though less than you might think. Pepsodent Antiseptic, which has joined its parent toothpaste on the radio, stresses the cold angle. But Listerine, as everyone knows, plays largely on halitosis, dandruff, and other unpleasant themes.

Chief claim to fame of Duofold Health Underwear is that its "scientifically correct" two-layer construction wards off colds. It is a matter of perspiration and absorption . . . Finally, there is Aspirin, certainly the No. 1 U. S. patent medicine and probably the No. 1 U. S. cold remedy, which swells Drug, Inc.'s earnings. An immeasurably enormous host turn to Aspirin (either gulped down as a pill or dissolved in water as a gargle) to ward off and relieve their colds.

This foresight did not come from Peter Thomson, who ran his mill full speed, rain or shine, cared more for tonnage than for new equipment. Peter Thomson might have run his mill full speed into overproduction and heavy deficits in the glorious year of 1929. But by the time his sons became the more active factors in the company a decade ago, Peter Thomson had brought Champion up from nothing to front rank as a quantity producer, with a fine plant and plenty of War-boom profits piled up in the treasury to pay for the more ambitious and farsighted program his sons were to undertake.

And whatever Peter Thomson may have lacked in foresight, it can be said that all but two or three of Champion's present policies are fundamentally adaptations and modernizations of his ideas. Indeed, the fear of putting too many eggs in one basket—of tying up with the fate of the magazine industry or the book-paper business or the coated-paper business like many another paper plant—may be traced even farther back to a Paisley-shawl maker who was ruined and forced to migrate to America because Queen Victoria appeared one night in an East Indian shawl and thereby set a new style which destroyed the only market for his wares. The Thomsons have not forgotten that ancient lesson learned at such cost by their great-grandfather, and have sought a diversity of market which would make them independent of the vicissitudes of any one customer.

Another policy which dates back beyond the making of the first sheet of Champion paper is the reliance upon production efficiency rather than upon selling effort. Champion is maintaining a 1932 sales volume in excess of its 1929 gross with a total sales force of some fifteen men, who concentrate on maintaining good will and good service rather than on getting orders.

Except for a few large orders, such as the contract for postal cards, all Champion's sales are made through jobbers, some of whom may also handle several competing lines. Champion asserts that it allows its jobbers the same mark-up as any competitor, and that if they get the lion's share of the business it must be because they have satisfied their ultimate customers that each grade of Champion paper is a bargain at the price.

Champion is very sensitive today to the implication that it indulges in price cutting, insisting that it never cuts an established price. Perhaps the Champion price policy can best be expressed in the words of a competitor: "Probably it is true that Champion does not cut prices, but when the prices are in, Champion's are always about the lowest."

It is common gossip in the paper trade that Champion always knows the exact price at which it becomes cheaper to shut down a machine rather than to accept business, and that Champion will never shut down a machine so long as orders can be obtained above that figure. In any event, the fact that Champion is almost the only paper company operating at a profit today silences any charge that it is taking business below cost.

THE explanation of Champion's low costs must include consideration of many factors. The degree of its complexity may be illustrated by a short story. Early this year a department head, who shall remain anonymous, glanced at Champion's profit and loss statement for the latest six-month period. He felt that it was a very excellent statement and he decided that the work of his own department had been responsible to a large extent. So he started, exuding satisfaction and ready for congratulations, for the office of Alex Thomson.

He never reached his goal. On his way he ran into the official who had charge of transportation. He, too, had a copy of the balance sheet and was bound for the same place for felicitations. They were joined, according to the story, by a plant engineer who claimed that the

[*Continued on page 92*]

A Liberally Educated Man

That man, I think, has had a liberal education, who has been so trained in youth that his body is the ready servant of his will, and does with ease and pleasure all the work that, as a mechanism, it is capable of; whose intellect is a clear, cold logic engine, with all its parts of equal strength, and in smooth working order, ready, like a steam engine, to be turned to any kind of work, and spin the gossamers as well as forge the anchors of the mind; whose mind is stored with a knowledge of the great and fundamental truths of nature and of the laws of her operations; one who, no stunted ascetic, is full of life and fire, but whose passions are trained to come to heel by a vigorous will, the servant of a tender conscience; who has learned to love all beauty, whether of nature or of art, to hate all vileness, and te respect others as himself.—HUXLEY.

TO A GRADUATE.

I.

They call this commencement
  Fitly so,
'Tis the beginning, not the end,
  Now you must grow.

II.

"A little learning is a dangerous thing,"
  So spoke the sage.
To men and women, God's choicest gift
  Is age.

III.

Age lifts the mists from years,
  Shows our true worth;
Never fear, time assigns us all
  Our place on earth.

IV.

Walk humbly but look upward,
  "See thou character."
True now as then,
  Be not afraid, the crying need is men.

CLARENCE P. MILLIGAN.

Sidelights

Secretary of War Stimson reports 28,585 cases of jaundice in the army, adding that "otherwise the health of the men is excellent."

A significant aspect of wartime economy has been overshadowed by the excitement of more dramatic developments. We refer to the shuffling of credit risks. A patient who was a poor risk a year ago may be an excellent one today—especially if he's employed in a vital war industry. Conversely, some of yesterday's A-1 risks have now gone sour—for example, the patient about to be drafted.

It's important to keep a closer-than-usual watch over the financial status of patients as long as occupational uncertainty continues.

The growing shortage of gasoline and rubber, and the possibility that train travel may be rationed, suggest that many national, and even some regional medical meetings may have to be cancelled during the war. No doubt at least some local meetings will be curtailed because the remaining civilian doctors are too busy with other tasks to devote enough time to program planning.

Combined meetings have been proposed as one way to tackle the problem. County and district societies probably could agree on agenda broad enough to cover the interests of each. Consequently, they might schedule periodic large meetings to take the place of smaller ones.

The chief advantage would be that less time would be spent planning programs. On the other hand, doctors attending meetings outside their counties would use more rubber and gasoline getting there.

The medical audit, a system by which hospitals can appraise the competence of staff members on an objective basis, is in the news again. Dr. T. R. Ponton, one of its inventors, discussed the plan in detail at the recent meeting of the International College of Surgeons in Denver.

The audit is designed to measure professional ability by comparing the prognosis when the

patient enters the hospital with the outcome of the treatment. For this reason the method is more readily adaptable to surgery than to other types of practice. The system is said to have been adopted by a few institutions, but its use is by no means general.

It works like this: When a patient is admitted to the hospital, the attending physician classifies treatment in one of three ways—as elective, emergency, or palliative. He then indicates whether the risk is good, fair or bad. Thus, one of nine classifications is assigned to each case: elective good, fair, or bad; emergency good, fair, or bad; palliative good, fair, or bad.

After the patient has been discharged, a so-called professional service accountant checks the record. If he disagrees with the physician's prognosis, he may make necessary changes on his own authority, confer with the physician on proposed changes, or refer debatable cases to a staff committee for decision. This committee is authorized to decide whether errors have been made and, if they have, to refer the case to the staff for appropriate action.

Final reports are kept by a librarian who files data under the name of the attending physician in a special index. The index is a confidential record, available only to the doctor concerned and to a committee appointed to make recommendations concerning extension of hospital privileges, appointments, and promotions.

At the end of the year a tally is made, indicating the degree of success scored by each physician both in prognosis and in final results obtained. This information is submitted to the staff committee on appointments and promotions, with code numbers substituted for the names of physicians. Thus it is said to be possible to judge the competence of each man on a strictly impartial, objective basis.

TRY

LAVORIS

For the Children

The flavor and action please them

Children will easily learn to gargle with Lavoris

Fig. 9. A, current from Faradic apparatus (McIntosh), same as Fig. 8, but with different adjustment of the rheotome. B, current reversed.

Fig. 10. Fluctuating current. Intervals indicated by time markings represent 1-280 of a second each.

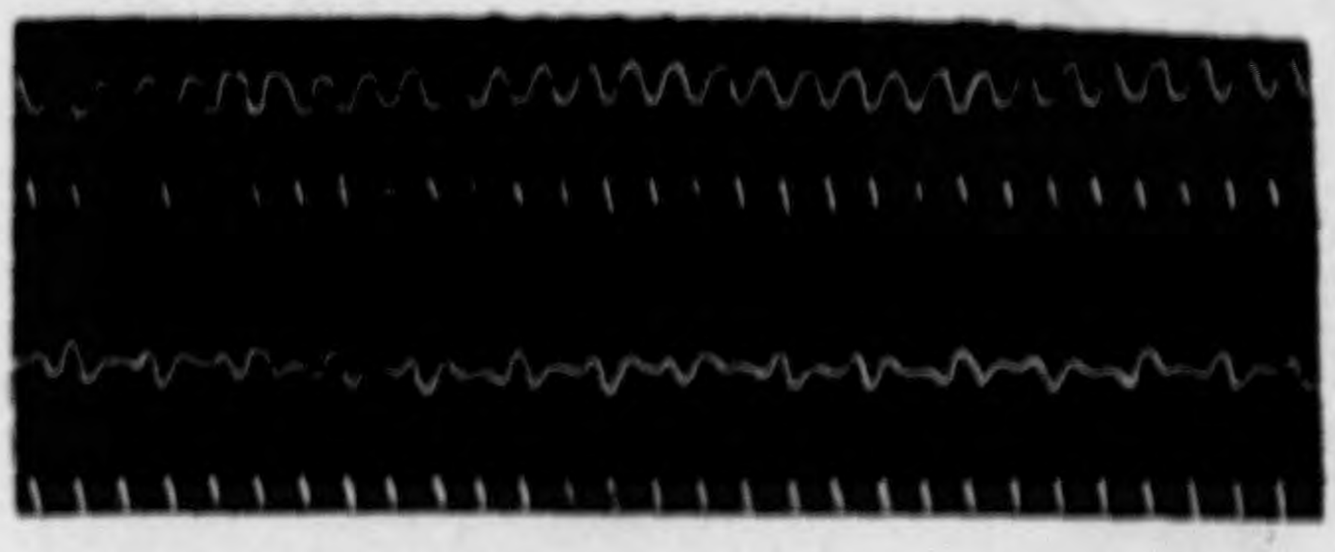


Fig. 11. A, current from coil excited by Thompson-Houston arc light alternating 16,800 times per minute. B, current from secondary coil of ordinary Faradic apparatus excited by alternating current. Time markings represent intervals of 1-280 of a second.

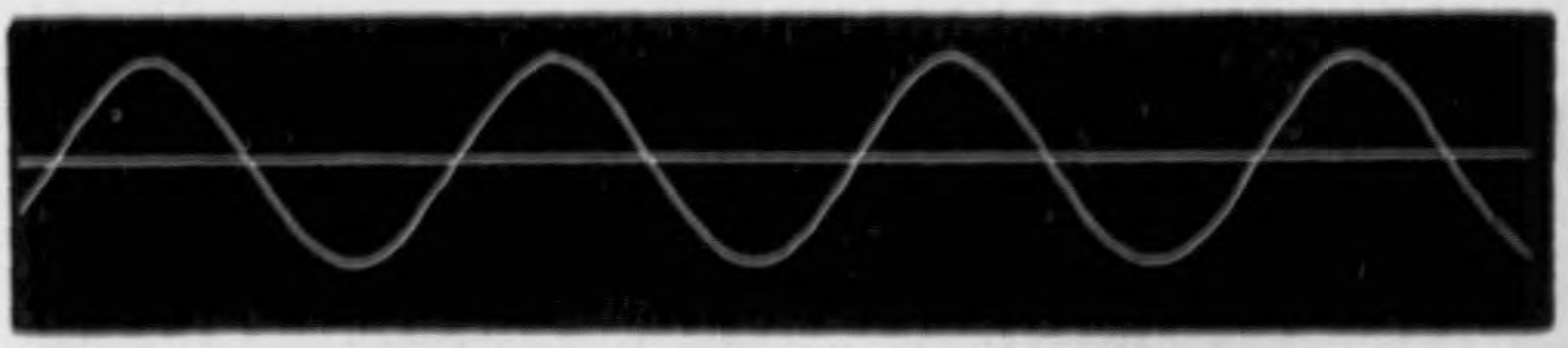


Fig. 12. Sinusoidal curve obtained by d' Arsonval.

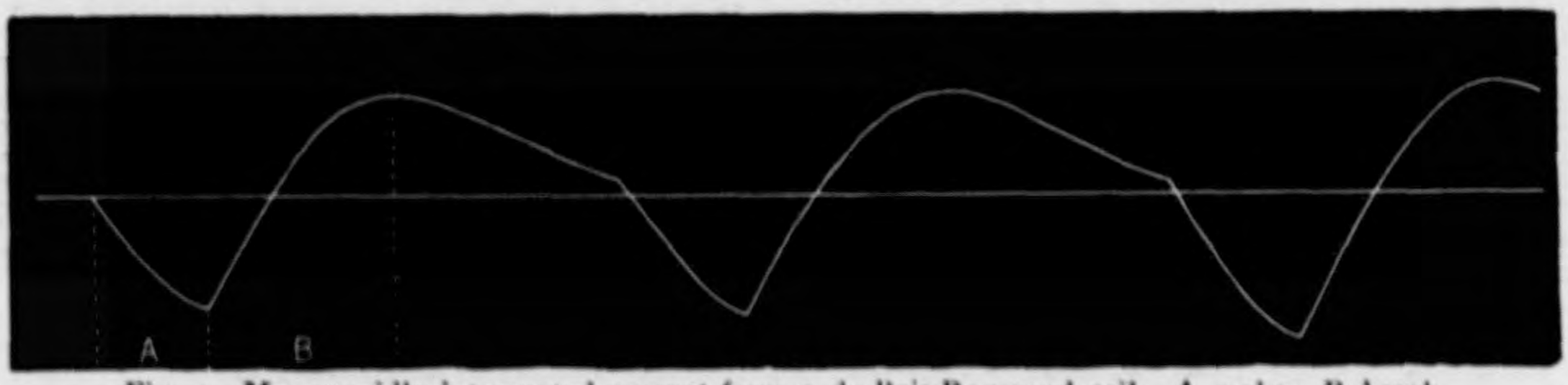


Fig. 5. More rapidly interrupted current from a du Bois-Raymond coil. A, make; B, break.

Fig. 6. Current from the same apparatus still more rapidly interrupted.

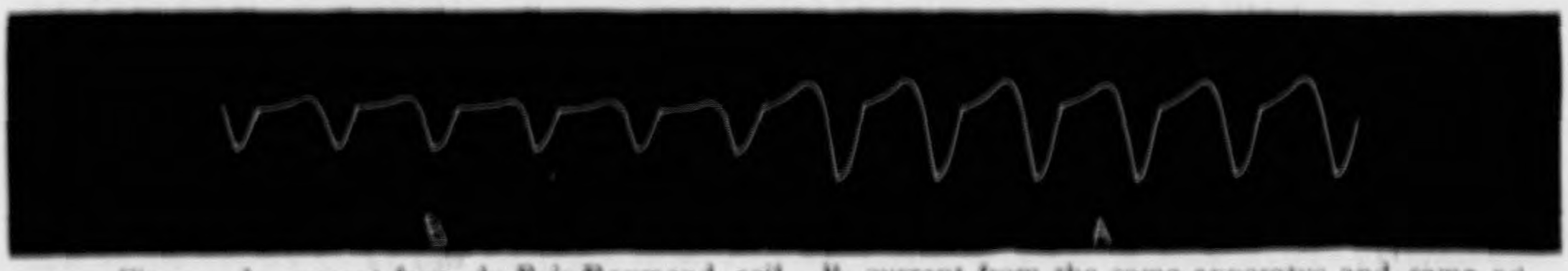


Fig. 7. A, current from du Bois-Raymond coil. B, current from the same apparatus and same adjustment, but with weaker exciting current.

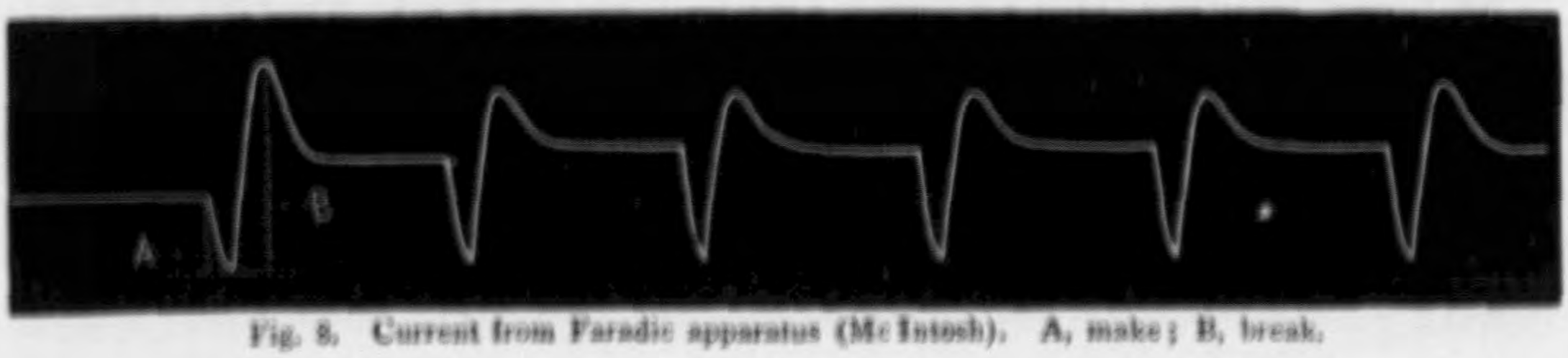
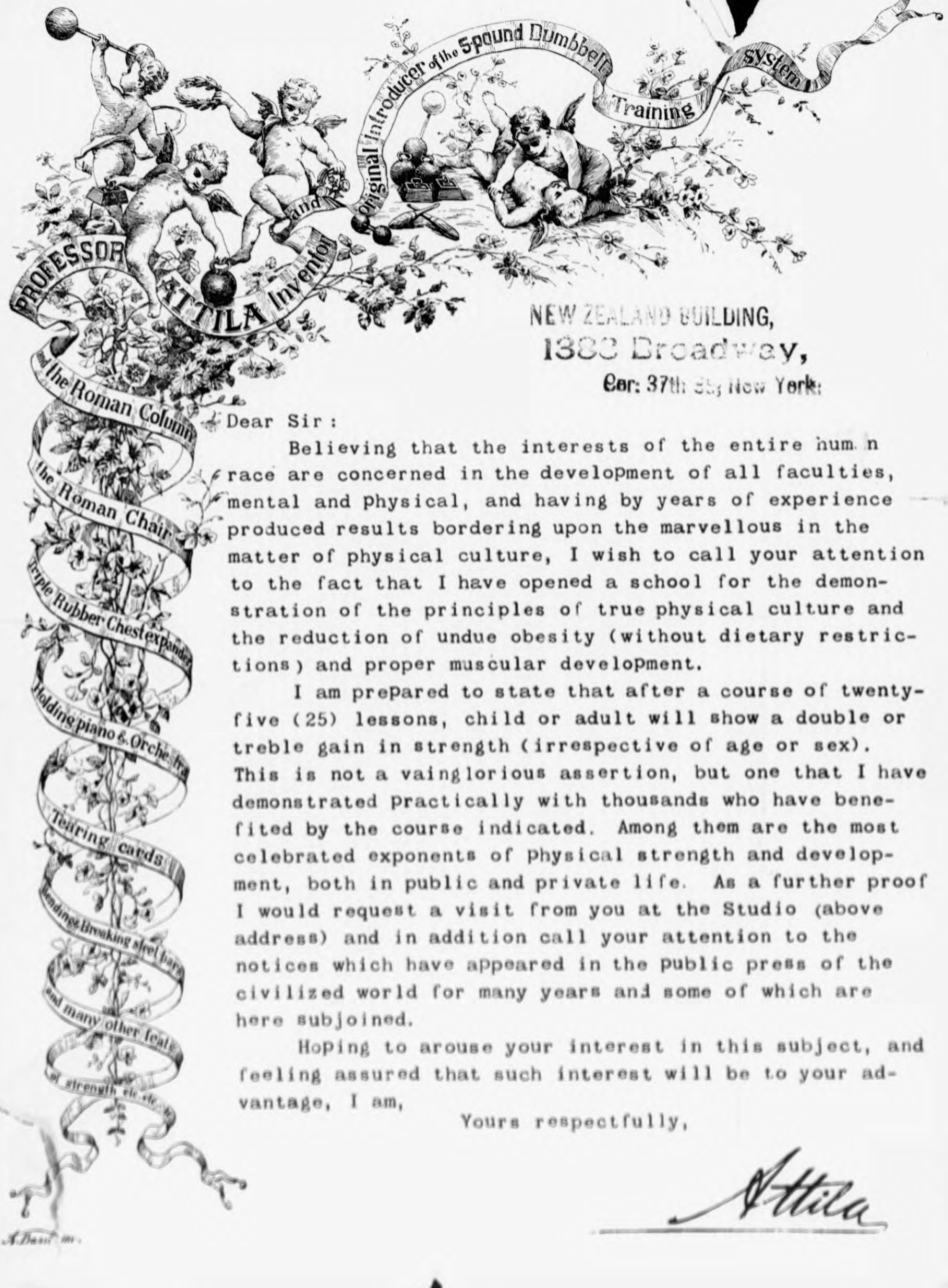


Fig. 8. Current from Faradic apparatus (McIntosh). A, make; B, break.



NEW ZEALAND BUILDING,
1380 Broadway,
Cor: 37th St, New York.

Dear Sir:

Believing that the interests of the entire human race are concerned in the development of all faculties, mental and physical, and having by years of experience produced results bordering upon the marvellous in the matter of physical culture, I wish to call your attention to the fact that I have opened a school for the demonstration of the principles of true physical culture and the reduction of undue obesity (without dietary restrictions) and proper muscular development.

I am prepared to state that after a course of twenty-five (25) lessons, child or adult will show a double or treble gain in strength (irrespective of age or sex). This is not a vainglorious assertion, but one that I have demonstrated practically with thousands who have benefited by the course indicated. Among them are the most celebrated exponents of physical strength and development, both in public and private life. As a further proof I would request a visit from you at the Studio (above address) and in addition call your attention to the notices which have appeared in the public press of the civilized world for many years and some of which are here subjoined.

Hoping to arouse your interest in this subject, and feeling assured that such interest will be to your advantage, I am,

Yours respectfully,

Attila

MUSCULAR DEVELOPMENT.

[MERCANTILE AND FINANCIAL TIMES, New York, November, 1893.]

THERE are few men who do not glory in strength as demonstrated by a muscular, well-built frame. We may in person neglect a course of exercise which would develop the muscles and add to the general health of the system, but we are invariably found applauding those whose marvelous strength and dexterity in sports call for eulogy. Why should there be confining limits among young men which bar out many on account of the deficiency of strength? Why do we find so many puny men of business whose frames are undeveloped? Sedentary occupation accounts for a great deal, and the want of good exercises. In this connection we would like to make what at first would appear a startling statement, namely, that, under a special system, any person from 10 years old to 60 may double his strength in about five weeks' time. This system is one which has proved its worth in all parts of the world, and is that which has brought Professor ATTILA, the famous herculean athlete, into such notoriety.

What have been his accomplishments? Sandow, the great, was a disciple of ATTILA, and, under his careful system, the remarkable results have been demonstrated recently in this city. Of late years Sandow has claimed his own system, success having permitted him to dispense with all acknowledgments of his old master; but we have a good recollection from having been in London at the time of Sandow being everywhere announced as ATTILA's pupil, when he first made his débu before an English audience.

Professor ATTILA has been teaching for twenty years, and many of the finest athletes of the day are indebted to him for their splendid physical condition. In Europe he has imparted instruction to hundreds among the nobility, and no one was better known to the members of the great sporting clubs of London. His system is such that what he is able to accomplish within a certain number of hours would, under other methods, require years.

This is shown in paying a visit to Professor ATTILA's studio at No. where he has a large portrait gallery of eminent athletes and sportsmen who have been under his care.

Professor ATTILA was not only patronized by all the best class of sportsmen while in London, but also by the Prince of Wales, who often paid visits to the Professor's studio. Professor ATTILA has only been in this country about two months, and we expect that, as his system becomes known to the athletic world and general public in the East, his system will become as popular as it is abroad. The Professor is shortly to publish a book in which he gives instruction in muscle development, a work which, we doubt not, will meet with a remarkably large sale, as it will possess the recommendations of giving practical instruction at a small cost.

A visit to Professor ATTILA's studio is eminently entertaining, and we doubt not but that it will in a little time become one of the best known rendez-vous for all our college athletes and sporting men.

[PALL MALL GAZETTE, London, December, 1889.]

Our man had an interview with ATTILA and Sandow after the business was over. ATTILA is a low-set, broad-shouldered man, with dark hair and complexion. He is a professor of athletics, and keeps a school in Brussels, where he has some three hundred pupils. Two and a half years ago Sandow was brought to him by some of his pupils. He was then quite undeveloped, and ATTILA, after looking him over, undertook to make Sandow the strongest man in the school. Sandow submitted himself assiduously to the training, and in two months' time the pupil was positively stronger than the master, and ATTILA's strength is something out of the ordinary. He appears with his wonderful pupil at the Alhambra, and joins him in tossing the 150-pound balls, and amuses himself a bit with 90-pound weights and such like.

[NEW YORK ILLUSTRATED NEWS, March, 22d, 1894.]

CORBETT'S HIGH COMPLIMENT TO PROFESSOR ATTILA.

Professor ATTILA, the Prince of physical culture promotors, who first brought out Sandow, and many other strong men, has the following high compliment paid by Champion Corbett:

"PITTSBURGH, PA., February 7th, 1894.

"*Dear Professor Attila:*—This is the first opportunity since the fight to drop you a line, although we saw each other for a moment at Madison Square Garden. I wish to express to you my great satisfaction with your five-pound dumbbell, and chest expanding system, which you were kind enough to teach me at Asbury Park last fall, and which I practiced ever since, carrying also in my daily excursions in Mayport your 18-pound training cane, which you presented to me on the day I left New York.

"Well, old boy, it did me a great deal of good, and I must say it is a wonderful method and might have had not a little to do with my recent success. I should like to present you on a befitting occasion on my return to town with a public testimonial. Accept for the present my most sincere thanks.

"Wishing you good luck in America, I remain your friend,

"JAS. J. CORBETT."

[THE WORLD, Sunday, March 18th, 1894.]

During the performances of Gentleman Jack at the Bijou Theatre, Brooklyn, Friday night, Champion Corbett presented to ATTILA, the "stronger man" who occupied a box, a handsome gold locket, commemorating the value of the latter's five-pound dumbbell system, practiced by Corbett while in training for his recent battle with Mitchell. The locket is said to have cost several hundred dollars. On one side is the figure of the Champion in fighting costume and attitude, and on the opposite side is a fac-simile and the terrible right arm of the pugilist, surrounded by the paraphernalia employed in the strong man's peculiar methods for muscular development. Within the locket is a miniature photograph of the fighter and a graceful tribute of esteem.

[NEW YORK HERALD, February 18th, 1894.]

The preceptor of all the strong men who have appeared before the public in the last half dozen years lives in New York.

He is known in the profession as Professor Attila, an assumed name, probably taken from ATTILA, the famous leader of the Huns, the fear of the World, who possessed the iron Sword of Mars, the God of War.

The Professor is a model of muscular symmetry, and is fully as powerful as any of his pupils who have become famous in Europe and America. He says that the feats of strength which so amaze spectators are partly knack and partly force of bone and sinew, and that he possesses the ability to so instruct an ordinarily healthy man as to enable him to duplicate a majority of the feats performed in public by the strong men. ATTILA claims to have discovered the true system of physical culture, and to have devised 21 movements which will develop all the muscles of the body in the shortest possible time, simply by the use of very light dumbbells.

[THE ANTLER, N. Y., December, 1895.]
Of the B P. O. Elks.

Professor ATTILA stands to-day as the foremost exponent of his own remarkable art of physical culture, which, as a science under his skillful guidance, has become one of the foremost developers of the latent strength of humanity.

For years the dormant conditions of strength were known, but their development was an impossibility, until after years of analytical research based upon his own experience as a professional athlete in both hemispheres, taught him the location of nature's great secret; and his application of the principles thus obtained has produced phenomena of muscle, among whom may be mentioned such illustrious examples as Sandow and more than a hundred others famous in the professional world. More than one hundred thousand amateurs have been pupils of Professor ATTILA. His title of Professor is not of his own creation, but has been bestowed upon him by the beneficiaries of his scientific training

Many of the Brothers of New York Lodge and of the Order generally were present in London when it was at the acme of what might be called the strong man craze, when his illustrious pupil Sandow wrestled the laurels from the erstwhile champion, Samson, who was up to that time believed to be invincible.

Professor ATTILA's science has not only a beneficial effect in improving muscular development, but is a valuable hygienic aid to medical science itself, and his treatment is the only one truly indorsed by pathologists as conducive to longevity and perfect health.

Numerous would-be rivals have made superficial attempts to imitate this expert's work, but, as they have lacked both the professional experience necessary to thoroughly understand the muscular system, and the intuitive skill which accomplishes the wonders achieved by Professor ATTILA, he still remains without a peer in his chosen field, and a perusal of the complimentary notices regarding him which have appeared in the newspapers of the civilized world attests his superiority as a teacher of physical culture.

Unlike the physician his cultures are living to-day and attract attention from their superiority in physical development to the ordinary run of humanity. Prof. ATTILA has a studio for the exercise of his talent at this city, where can be found daily a number of the fraternity who are benefiting themselves physically by a thorough course of the training for which this modern Hercules stands preeminent.

Sandow in his book on *Physical Culture*, page 27, says: "Before he left Brussels, Sandow made the aquaintance of a well-known and noted professor of athletics, who, at various periods and in different countries, was to figure in exhibition with him.

SANDOW FIRST MEETS ATTILA.

This was Professor ATTILA, who, at the time we are writing of, conducted a gymnastic training school at Brussels. Sandow's introduction to this expert instructor in physical education was due to the enthusiasm of some pupils of ATTILA, who had caught sight of the young Prussian wrestler entering a café opposite the gymnasium, while they were themselves receiving a lesson. Sandow was induced by his eager friends, who knew his skill, to bring himself to the knowledge of "the Professor" by exhibiting some of the more wonderful feats they had known him to perform. The exhibition proved an astonishment to ATTILA, for he found that the youth not only surpassed all his pupils in dexterity and strength, but could do many things which the master was himself unable to perform. On the other hand, the partnership which grew out of this chanced encounter was, while it lasted, of service to Sandow, for the latter learned something from the expert which was afterward added to his own répertoire.

Together the two paid professional visits to Rotterdam, Antwerp, and other towns close by, and later on returned with the modest gains of their labor to Brussels; they also found at Leyden, among the students at the University, interested and well-paying pupils, to whom the athletes, for a time, gave lessons.

[THE KEYNOTE, New York, 1895.]

ATTILA.

Since the classic ages the doctrine of physical culture—its use and abuse—has always held a permanent place among the important questions upon to debate. A large number of people cannot free themselves from the opinion that strength is allied to grossness, that something unholy attaches to the superb development of the human form: but this idea is fast losing force, and intelligent people have come to understand that it is better for every purpose of life that the sound body should encompass a sound mind. Professor ATTILA, whose picture we represent herewith, is adding much to make this belief permanent. He can safely claim to have done more than any man in the world for the development of the human body. He has attained surprising results in muscular development with his system of five-pound dumbbell exercises, which has fairly astonished athletes.

for the past twenty years Professor ATTILA has devoted his entire time to the study of physical culture, and the great fame attained by Sandow must be attributed to Professor ATTILA, who acted as his mentor and insured his public success. He has in training at the present time some splendid representatives of the Gladiators and Athletes who made the Olympian game famous in old Athens and who evoked plaudits in Rome's Colosseum, in the persons of G. Wuthrich (Rolandow), Henry Weimar (Titus), Cellai, Stern, Mac Levy, Barker and Max Unger, some of whom outrival their famous predecessors of the ancient arena.*

Professor ATTILA and some of his pupils will make a tour of this country in the fall to demonstrate that every one can become strong if they desire. Professor ATTILA was born in Carlsruhe, Baden, Germany, and is a magnificent example of a "perfect man," and he is probably better known in London, Paris, Berlin, and other European cities, than in America. He had the special honor, during the Jubilee of the Queen of England in 1887, of performing many of his feats of strength in the presence of all the crowned heads of Europe. One act which called for special approbation from the Crown Prince of Germany was his going through the military tactics with a bar of iron weighing 90 pounds, instead of the ordinary musket.

Professor ATTILA has innumerable medals and a large volume of press notices gleaned from papers all over the world. A handsome locket which was presented by James J. Corbett as a token of esteem for his system of training is highly prized by the Professor. It is his intention to give a grand athletic tournament at Madison Square Garden the coming fall, when he expects to prove who is the strongest man in the world.

[NEW YORK HERALD, November 25th, 1893.]

HOW STRENGTH IS ACQUIRED.

OPINION OF ATTILA.

Nature made certain individuals stronger than others. I maintain, however, that man has it in his power to improve his physical condition. Man I use in the general sense. I include in this category man, woman and child the sun shines on. The best way to acquire physical powers is to throw physics to the dogs and maintain a strict observance of nature's laws. Eat and drink whatever the system craves, only do not go into excesses. Nature will tell you, as she tells the beasts of the forests. For, after all, man is only an animal of the higher type.

WHAT YOUR SYSTEM NEEDS.

The lion and the tiger are carnivorous animals, and will take only meat. An elephant or a horse disdains meat and will partake only of hay, oats, bran and the like. A cow will chew grass, and the squirrel nuts or acorns. So with man. Nature tells him what he requires. What is one man's meat is another man's poison. You can take chops, sweetmeats, cereals and cord[illegible]ciated and your system demands them. I a[illegible] therefore sirloins and cider suit me better. I d[illegible]. You do.

FOLLOW YOUR INSTRUCTIONS.

So much for diet. Now for action. Exercise moderately and persistently. Do not follow any set rules, but be guided by your own natural inclinations. Walk, run, jump, row wrestle, box, swing clubs or dumbells as best suits your gifts. Do not go, however, too far in any one branch. Give them all a trial, but follow the one branch of sport to which you yourself can easily perceive you are best adapted. If you vary the routine you will strengthen every muscle of the body and stimulate the vital organs. Above all things, never overtax your powers. Do not, through a spirit of emulation, strive to equal friend or foe in a gymnastic feat which he has accomplished with apparent ease. He may have mastered the trick, and you have not. Besides, the particular muscles which aid in the performance of the feat may be better developed in him than in you. A serious strain may do you more harm than all of your previous inertia. Study the problem of health and strength as you would a profession. Study yourself. Nature will tell you your physical limitations. Exercise, then, mildly, constantly and judiciously both inside and outside. Omit when you are tired, and refresh yourself with a shower bath and a good rub down. If you follow these rules I will bet a dollar to a doughnut that your physical condition will soon be improved in every way.

[THE WORLD, February 24th, 1894.]

WORLD'S BREAD FUND, MADISON SQUARE GARDEN

ATTILA THE HERCULES.

ATTILA, of Germany, was the first of all the muscular men who showed their anatomy during the evening to appear. At a little distance from the stage, it looked as though it would be only necessary for him to pull off a short, skintight-fitting green shirt to be in the condition of the American represented on St. Gaudens' much criticised World's Fair Medal. Closer inspection showed, however, that, although his massive legs appeared to be naked, they were really incased in flesh tights. There was no covering on his arms, upon which the muscles stood out in great lumps and ridges. ATTILA, who generously consented to appear after Sandow had at the last moment backed out, was enthusiastically applauded, as why should he not have been, considering the fact that, after all, Sandow and most all the other professional strong men in the world to-day are merely his pupils? He taught them all their great feats of strength. It is impossible to describe in detail all the amazing things which this modern Hercules did. Just as a starter, he picked up a steel bar weighing 90 pounds and balanced the end of it on his chin, as the clown in the circus balances a feather. After this he stood upright on a chair, to the seat of which his feet were strapped. Bending then backward on the high back of the chair, he brought his head and hands to the floor, where lay a big 1,000-pound dumbbell. Grasping the ponderous thing, he lifted it slowly until he once more stood erect on the chair. Another startling feat was his consent to being a receptacle for 2,000 pounds of iron bars and balls. On all fours with his massive breast turned backward, he became a table on which were piled weights to the amount of a ton. The cords grew big and red on his neck, but the human table did not give out in any one of its four legs. Other feats of strength were equally marvellous.

[THE WORLD, April 1894.]

CHAMPION JAMES J. CORBETT ON TRAINING.

"How was that punch to be made heavier? I consulted a specialist—Professor ATTILA—and showed him the way I hit. He studied it thoroughly and examined the muscles called into play. He decided that the thing to do was to develop the lower part of the fore-arm. Thereupon he told me to grasp a pair of light dumbbells, turn the fists over so that the knuckles come foremost as they do in striking, press the elbows close to the hips, then raise and lower the dumbbells as far as possible. Two minutes of that sort of thing was enough at first. By-and-by I could stand it for ten. That half-arm punch has grown at least 30 per cent. heavier than it used to be."

[THE WORLD, February 19th, 1894.]

It is conceded by everybody that Attila made the strongest impression of any strong man this city has seen. His work was marvelous from beginning to end. It will be a long while before the remarkable scientific and interesting performance of Prof. Attila will be forgotten.

[ROYAL AQUARIUM, London, 1880.]

The most interesting, and—judging by the applause elicited—the most popular performance, however, is that of Attila, "The Modern Hercules." Attila is a splendidly developed man of muscle, finely, not coarsely built, and with a pleasing and intelligent countenance, who, with wonderful ease and surprising dexterity, picks up and throws about enormous weights and heavy crowbars, which men of

* The majority of those mentioned have since become Instructors of Physical Culture.

or[illegible] The weights are all submitted to pub[illegible] least pleasing feature is to watch Attila [illegible] awkward energy exhibited by those who w[illegible], the strongest among the volunteers only being [illegible] the lightest of them a few inches from the ground. We scarcely know which to admire most, the mighty strength put forth, or the grace and agility with which this remarkable artist's extraordinary feats are accomplished. At the Aquarium just now we have the tallest men in the world, in Attila we certainly possess the strongest man, a veritable modern Sampson. His fascinating entertainment is of a unique character, and of the highest scientific interest as showing the astonishing strength to which a man may attain by careful training.

As a professor of athletics at the English public school, Attila's services would be invaluable. We may take occasion in this connection to remark that, in training himself for the athlete, Attila has not neglected the culture of his mind. He is a master of five different languages.

"STARK DER ARM, IM HERZEN WARM."

Bekanntlich gab der Athlet Professor Attila, unser Amerikanischer Berichterstatter, während den Jubiläumsfestlichkeiten der Königin von England in London auf speziellen Wunsch des damaligen deutschen Kronprinzen Friedrich Wilhelm eine Audition seiner mit Eleganz ausgeführten eigenartigen Kraftproben im Buckingham Palast, in Gegenwart sämmtlicher eingeladenen königlichen Hoheiten und Fürsten, etc., etc., wobei Attila's Original-Uebungen, Exerzieren, militärische Gewehrgriffe mit einer 6½ Fuss langen, 2 Zoll-Diameter-Stahlstange, 90 Pfund wiegend, besonders Aufsehen erregte und auf Wunsch des Prinzen Wales wiederholt werden musste, worauf der deutsche Kronprinz dieselbe Stange aufrecht stehend mit einer Hand 2 Fuss vom Boden hoch hob, was keiner der Anwesenden im Stande war. In der leutseligsten Weise erzählte der Kronprinz Attila, dass er sich seit seiner frühesten Jugend besonders der Athletik widmete und mit Freuden sehe, wie dieselbe besonders in Deutschland gehegt und gepflegt wird. Der kräftige Hünen-Händedruck zwischen Kronprinz und dem Athleten machte Letzterem lange daran zu denken und kein Deutscher im Ausland fühlte schmerzlicher das Hinscheiden Kaiser Friedrich's III., als Attila.

[GIL BLAS, Paris, 1881.]

L'Athlète Attila, dit le Fléau — non de Dieu — mais des haltères, des barres d'acier et des gros poids, fait ce qu'on peut appeler un effet bœuf, voire même taureau, au théâtre des Folies-Bergère. Les spectateurs lui décernent des bravos chaleureux, et ils ont raison .... non seulement parce que Attila les mérite, mais encore par prudence! ..... car s'ils le malmenaient, il serait parfaitement capable, à lui tout seul, de les mettre en capilotade..... Ah! dame! il est rudement fort, Attila.

M. DE LA BAIGNOIRE.

[L'OPINION, Paris, 1883.]

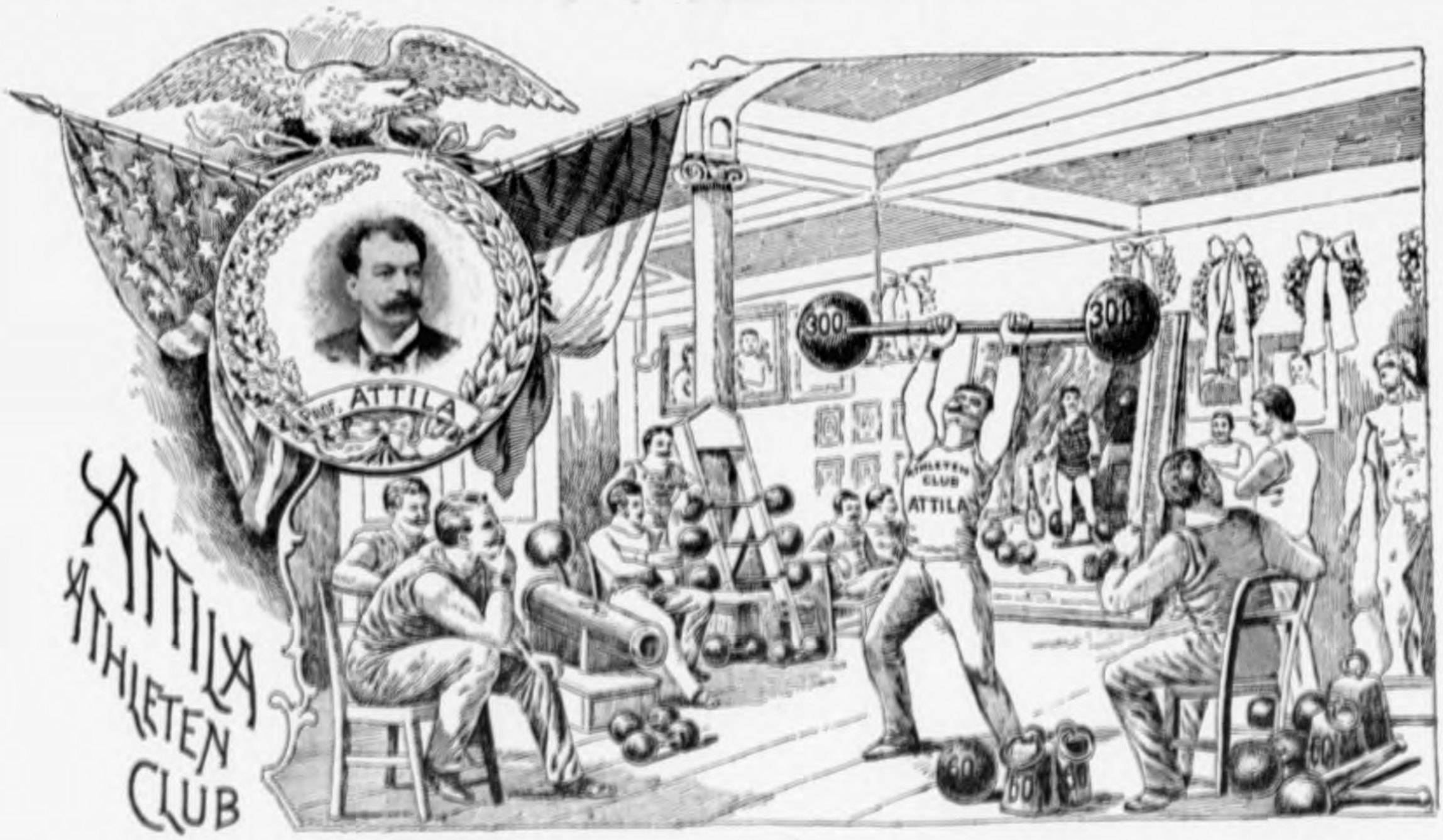
Un mot, pour finir, sur l'Hippodrome qui clôt demain dimanche ses représentations.

Certes, une des choses qui nous y ont le plus étonné cet automne, c'est de voir l'hercule athlète Attila soulever des poids considérables, jongler avec des boulets de 150 à 350 kilogrammes, faire l'exercice avec une barre d'acier si pesante, que les larbins de la piste peuvent à peine la soulever, se jouer, en un mot, de toutes ces masses métalliques, comme s'il s'agissait de fétus de paille ou de billes de liège, et cela avec une aisance, un à-propos aussi remarquables qu'exceptionnellement rares. Il y a loin de ce brio, de ce tact, de cette facilité d'exécution, de cette élégance à la mine piteuse, aux escamotages des hercules de carrefour, grelottant sous un maillot qui dissimule mal des formes dont l'exhibition est un outrage à la beauté plastique.

[FINANCE & COMMERCE, January, 1897.]

Physical Culture and Athletics.

Of late years, and certainly in the year just closed, physical culture and athletics have been rapidly increasing in public favor. Men and women of all conditions of life are not only becoming interested in sport and deeds of strength but are themselves becoming active participants in them. Even staid old Society has endorsed rougher and more healthful sport and pastimes for its members in preference to card games, naps and general laziness. There is no medicine that compares with good, conscientious exercise, and proper exercise taken in time will make medicine entirely unnecessary. In New York, we have the leaders in every line of trade and every profession, and in athletic instructors the leader without question is Prof. Attila, who is now conducting a studio of ancient and modern athletics at 1383 Broadway. Prof. Attila has the endorsement of the sporting fraternity, the medical authorities, and his record is sufficient to prove his exceptional ability. For five years he was the tutor, trainer and partner of Sandow and can also show thousands of testimonials of pugilists, sports, athletes, actors and actresses and people in private life whom he has instructed. He has had an experience of twenty-five years and is certainly the best man engaged in instructing athletics in this country to-day. A course of training at Prof. Attila's gymnasium is a positive cure for obesity and nervous disorders, and we recommend this institution as a most worthy one.



CAUTION. It has come to my knowledge that during the past year several unscrupulous individuals, actuated possibly by no enmity to myself, but from purely mercenary motives, having secured the benefit of an ordinary course of twenty lessons from me, have seen fit to pose as exponents of my method of treatment.

I therefore take this opportunity to caution the public upon this subject, assuring them that it requires a thorough knowledge of anatomy and many years of experience devoted to the analysis of results in order to render physical culture a positive benefit to any one, and that sooner than permit them to be gulled by such fraudulent advertisements, I would advise a total cessation of all treatment, unless by some one who, like myself, has mastered this complex science; for I feel that erroneous treatment is more detrimental than none at all.

I am compelled to take this step from the fact that my system of training, my methods of advertising and testimonials, as well as my apparatus, like bars, dumb-bells and chest expanders—all of which I am the inventor and original introducer—have been imitated in such a manner as to perhaps deceive the unwary, and in offering this protest I do so for the best interests, both of clients and the science itself.