

SEWAGE IN THE COLON

The food residues and other bodily wastes found at any time in the colon will later be found in the sewer. In general, it is safe to say that the colon contents do not undergo improving changes in the colon, but steadily become more offensive and more a menace to the welfare of the body the longer they remain. This condition of delay, commonly called constipation, is, because of the bacterial digestion which is set up in protein whenever colon and allied germs are present together with warmth and moisture responsible for most of the disorders and miseries to which the intestines are subject and a very large part of the physical distresses from which human beings suffer. The same materials are present in the colon as in the sewer, but in the body they are considered only as natural body contents, whereas in the sewer they are thought of as highly obnoxious, even very dangerous. It is remarkable that this transition from an innocent substance to an exceedingly obnoxious and noisome one should take place so quickly.

I recall a patient who consulted me many years ago, a well known business man from Chicago. I found him waiting in my office. ~~I found~~ with him the odor of indol and skatol, the characteristic aroma of putrid colon residues, and to such a stinking degree that I at once opened the window to allow the ^{bad} stinking smell to escape.

The gentleman introduced himself by saying, "Doctor Kellogg, I am a business man from Chicago and have come here to stay a month to get myself in working condition. I am nervous and cannot sleep and cannot deal satisfactorily with my business problems. I have several business friends who run up here when they feel as I do and come back feeling better, so I thought I would try it, although I understand your diet consists mostly of peanut shells, corn husks and wood shavings. I like meat. However, I have got to do something and have made up my mind to stand your insipid fare for a month if you will promise me that at the end of that time I will be able to go back to my work."

"What is your regular diet?"

"Meat," he replied.

"Just meat?"

"I don't want anything but meat."

"You can hardly mean just that, that you do not eat anything at all but flesh foods."

"Yes, I do. I mean exactly that."

"Of course you eat fruits and nuts."

"No, I donot like them."

"Not even pears or peaches or water melon?"

"No, I mean exactly what I said, that I don't eat fruit of any kind."

"No fresh vegetables, milk, cereals, greens and other things for a change?" I was anxious to know if it was really true that this man was eating nothing at all but meat, for such a diet is by no means free from danger, and is likely to make the experimenter very ill.

As a final test, I said: "Won't you kindly name the foods you ate at your last meal in Chicago?" which he did, naming half a dozen different flesh foods, including three or four different species of animals.

"Well," said I, "that explains something. Did you observe when I entered the room a short time ago I at once raised the lower sash so as to let in as much air as possible?"

"Yes," he said, "I did, and I wondered why you did it," for the weather was quite cool then.

"Well, I think the circumstances justify me in bluntly telling you the truth. The truth is your breath was so malodorous it sickened me."

"I am surprised at that," he remarked. "My wife has never mentioned it."

She could not have failed to notice the penetrating aroma of indol and skatol, sulphureted hydrogen and other disgusting odors which arise from putrefying flesh.

"Why, my friend, you are going about carrying in your colon a small menagerie of putrefying dead animals, pouring continually into your body as well as into the air about you the same deadly effluvia which arise from a dead rat in a closet or a dead calf in a fence corner. You are a veritable perambulating sepulcher. How could your breath be otherwise than malodorous. What is your experience when you have occasion to visit a comfort station?"

"Oh, the odor sickens me. I have to get away from the place as soon as possible."

"Suppose you were unavoidably detained for half an hour? What would be the result?"

"I would have such a severe attack of headache I would have to go home."

"And suppose some of this filth after leaving your body should be forcibly returned to it. What would probably be the result?"

With a startled look, he exclaimed: "Why it would kill me, wouldn't it?" Evidently a retrospective glance had given him a realization of the fact that the colon when used as a receptacle for dead and decaying animals is likely

to develop the same conditions in the depository of corpses and carrion.

I am glad to be able to report that the gentleman did not find his month at Battle Creek the hardship that he had anticipated, but discovered a new world of epicurian enjoyment which not only brought to him a veritable revelation of delightful sensory treasures of which he had never dreamed, and with them brought a clearness of head, keenness of appreciation, percision of observation, soundness of judgment, and quickness of apprehension of which he had experienced almost nothing since he was for many years

Food

DRINK MORE WATER

Do you drink enough? Almost certainly you do not.

Claude Bernard (not correct - look up) observed "All life is in a liquid medium." In other words, All life is under water -- that is, although we are mammals we are like fishes in that our vital activities, feeling, thinking, working, are all carried on by organs which are submerged in lymph, a liquid which feeds the acting parts with energy and washes out and carries away the debris.

To reach the working cells, the fuel lymph must pass through capillary tubes less than 1/3,000 of an inch in diameter and the blood must be kept highly limpid by removal of the waste resulting from work.

The blood is also made less limpid by the loss of water which is constantly taking place through the skin which is thus comparable to a sort of perambulating

to be left out?

We are constantly losing water through the skin and kidneys and otherwise. When exercising or when overheated we may lose as much as two or three pints an hour of serum

through the skin. When we eat, some pints of blood serum are poured into the intestine with the digestive juices.

Since the blood volume is only 1/14 of the body weight, or ten pints for the average person, it is evident that the blood volume is subject to great fluctuation which should receive constant and careful attention. We must take care to make these blood losses good by supplying water in some form, otherwise the blood will become viscid and the blood pressure will rise, and all vital activities will be more or less interfered with.

Indeed we should so far as possible prevent this disturbance by anticipating it. This we may easily do by drinking before doing anything likely to lower the blood volume.

(To be finished
See Dr. Kellogg)

Drink more water

Do you drink enough?
almost certainly you do

not; Claude ^{Bernard} ~~LaMotte~~ (not correct)

hook (w/ly) observed "all life is in a

liquid medium." In other

words, all life is under water.

that is, ~~we~~ although we are mammals, ~~we~~ we are like

fishes in that our ~~life~~ ac-

tual activities, feeling, thinking

working, are all carried

by organs which are submerged
in lymph, a liquid which feeds
the acting parts with energy and
washes ~~away~~ out and carries away
the debris, ~~and so keeps~~ the

To reach the working cells

the fluid lymph must pass
through capillary tubes less than

$\frac{1}{3,000}$ of an inch in diameter
and the blood must be kept

tightly limpid by removal of the
waste resulting from work.

The blood is also made
~~thicker~~ less limpid by the ~~absorption~~

~~of~~
loss of water which is con-
stantly taking place at the ~~front~~
~~face~~ through

the skin which
is thus comparable to a mem-
brane

The body is a sort of
bottle ~~containing~~ ^{Et} containing liquid

We are constantly losing
water through the skin and kid-
neys and otherwise. When
exercising or when over-

heated we may lose as
much as two or three pints or

an hour of ~~the~~ serum through
the skin. When we eat, ~~a~~
some parts of ~~the~~ blood serum
are poured into the intestine with
the digestive juices.

Since the blood volume is
only $\frac{1}{14}$ of the body weight, ~~at any~~ or
10 pints for the average person, it
is evident that the blood vol-
ume is subject to great fluc-
tuations which should receive
constant and careful ~~care~~
attention ~~and~~ ~~we~~ must

take care to make these
blood losses good by ~~drinking~~
supply water in some form
~~And~~ other urine blast will
become viscid and the
blood pressure will rise,
and ~~all the~~ all vital activities
will be more or less in-
terfered with.

Indeed we should so far
as possible prevent this

disturbance by antecipating it,

This we may easily do

by drinking before doing any
things likely to ~~disturb~~ ^{loosen} the

blood ~~equilibrium~~ volume
to be furnished
see p. 101

PHYSIOLOGIC PRAYER

REFER TO

ARTICLE BY N. A. McCUNE

"LET US PRAY"

THE MICHIGAN FARMER, April 17, 1943

p. 214-14

ALSO TO

"PRAYER IS POWER"

BY ALEXIS CARREL, M.D.

IN READER'S DIGEST, MARCH, 1941, p.34

m

PHYSIOLOGIC PRAYER

Is there such a thing?

There certainly is.

It is just as natural to pray and get an answer as it is to feel the need of air and to find relief in breathing or to experience hunger and find relief in the taking of food.

Perhaps the simplest example of physiologic prayer and a satisfying answer is in the search for a word which has suddenly escaped the memory. How earnestly, almost desperately, sometimes one reaches out for the vagrant word which may even be the name of a familiar friend! In vain one searches, reaching out in every direction for the lost phrase or quotation needed to finish a sentence which must be uttered a few seconds later before a waiting audience. Just as the situation becomes an agony of suspense and the effort is almost or even quite abandoned as hopeless, the

needed word or phrase blazes out with a flash and the situation is saved.

Such a failure of memory is a common every-day experience, so common that we do not realize how wonderful it is. In fact, it is an excellent example of a reaching out for help and getting it. The more one cudgels his brain and reaches out for the desired and most familiar epithet the farther and faster it seems to retreat until it vanishes completely, and the search is abandoned. Half an hour later when the mind is wholly occupied with another thought, the prayer is answered.

Is not such an experience strong evidence of the existence of the fact that in the words of the great Boston preacher, Joseph Cook, in the last century, "There is a power, not ourselves, that works for righteousness," and not only for righteousness alone, but for everything that we

need and cannot ourselves supply.

The writer recalls very well a period about three quarters of a century ago when the average scientist was an atheist, a believer in the teaching of the great German philosopher Hegel who explained all the phenomena of life as the result of a "fortuitous concatenation of atoms."

These mechanistic theories are now wholly abandoned. All great scientists recognize the existence of an infinite intelligence, a personality that keeps the universe in order and directs the movements of the smallest atom, the source of all power, of whom the apostle Paul, well versed in Greek philosophy, said, "In Him we live, move and have our being."

27

THE GORILLA'S SECRET

The fine gorilla and his cellmate, an equally fine chimpanzee, have occupied the same cage for nearly fifteen years, keeping their bowels regular and their colons free from putrefaction and bad smells and their breaths sweet as a baby's by eating no meat and enjoying a raw potato for dessert every day. And really a raw potato properly prepared makes a very toothsome finish for a biologic meal. The secret of the raw potato is that it consists almost wholly of starch which under a microscope appears as huge oval striated masses which, when cooked, are the most easily digestible of starches. It is changed from starch into sugar in barely six minutes as compared with more than half an hour for well cooked cereal starches; but strangely enough, when uncooked, the potato starch is almost

as indigestible as saw dust or shavings. When uncooked, however, the situation is completely reversed. Uncooked cereal starches are digested fairly well in the small intestine. Potato starch is not digested in the small intestine. Nearly all of it reaches the colon where a portion of it is slowly converted into sugar. While about half of the cereal starch ~~starch~~ is digested in the small intestine by the action of the pancreatic juice leaving a smaller proportion of residue to be in part converted into sugar.

This useful service performed by sugar in the colon is the most important fact discovered by the physiologists of the Pasteur Institute many years ago, but unfortunately has received so little attention from physiologists and physicians in general that millions of people have continued to suffer from the inconveniences resulting from the putre-

faction which takes place in the colon when food residues are retained for more than a few hours.

Nursing infants seldom suffer from either constipation or foul smelling stools or bad breath.

The napkins of a healthy nursing infant usually have an acid odor. Sour smelling stools or stools free from foul odors are an indication of health of the highest importance because they mean that the body is delivered not only from an enormous number of colon troubles, but from a greater number of grave human ailments that arise from any one cause.

Undigested sugar is needed in the colon to feed(both) not only the friendly bacteria which are sometimes absent but also the unfriendly which are always present and which lose their unfriendly character when they are well supplied with carbohydrates which they can utilize. They like sugar

best and milk sugar better than any other, but can manage to get along on starch, even the difficultly digestible raw potato starch.

Not only the gorilla and the chimpanzee, but all the other big apes living normally in the wild state have odorless stools. Carl Akeley declared the gorilla was the cleanest creature he ever met in his life and was absolutely free not only from malodors but from parasites of every description, both internally and externally. The reason obviously is that they live on a low protein dietary which, ~~is~~ unspoiled by cookery, does not readily undergo putrefaction even after it has been eaten.

The raw food faddists prospered for a time because some of their foods contained enough raw starch to prevent bacterial digestion or putrefaction in the colon. Cooked starch is so completely digested and absorbed in the small

intestine that it does not reach the colon. Unless it constitutes almost the total bill of fare it all disappears in the small intestine, but this is a new chapter in dietetics and one of the most important and interesting of all.

Look for this department in the November Number of Good Health and you will find an article about how to prepare a really palatable raw potato salad.

In the same number an article telling about palatable recipes for getting uncooked starch into the colon will appear

(Continued from October Number)

It is one of the important features of the new regimen therapy which is doing so much for people with high blood pressure at the Battle Creek Sanitarium where patients not only get their hypertension brought down to a comfortable living level but are taught how to eat biologically and live in such a way as to keep it down. Of course, it does not mean that everybody who has high blood pressure must eat raw potatoes for dessert or learn how to make raw potato salad. There are other ways of dietetic protection of the colon and in so doing abolishing colon troubles, foul breath and other miseries the result of intestinal putrefaction.

You can learn about these by becoming a member of the Aristocracy of Health which entitles you to become a member of the free correspondence school of health.

NOTE

Of course no one should get the idea that one can swallow an ordinary hotel bill of fare and then escape the penalty of the dietetic sins he has committed and do penance by masticating a raw potato. He must eat biologically in other particulars as well as by eating some uncooked food.

October 6, 1943

Dear Doctor:

If you have read the latest bulletin sent out by the Heart Committee of the American Heart Association, you will not be surprised by the receipt of this letter, the purpose of which is to present to you the success at this institution in the treatment of many hundreds of cases of

Dear Doctor!

Dear Doctor:

Since it is clearly proven that pharmaceutical preparations offer little or no help in cases of essential hypertension, it seems to be the right time to call attention of these cases to the fact that regimen properly managed always helps and often cures this condition now recognized as the leading cause of death in America.

October 6, 1943

Dear Doctor:

Do not tell your patient suffering from essential hypertension that his case is incurable because the Mayos have shown that the drugs in current use do not lower blood pressure. It is the patient, not the hypertension, that should be cured. Blood pressure is never any higher than it needs to be to enable the kidneys to keep the poisons in the blood stream down to a livable level (Dr. I. Harris, Head of the Liverpool Heart Hospital, Oxford Medical Publications, London, 1937).

When the cause is removed the blood pressure comes down and stays down until the cause returns. Change of habits of living means much more than simply change of diet and regimen therapy is a still further development of the idea which extends its scope to cover a large share of ailments commonly charged to senility, malnutrition and mitral insufficiency.

Regimen therapy removes the causes -- tobacco, coffee, high protein diet and intestinal putrefaction -- and down comes the blood pressure and stays down.

There is nothing new about this philosophy. It is a fundamental factor in the modern development of scientific medicine.

NOTE: Refer to booklet by Sir Horace Plunkett,
also the Labrador man

October 6, 1943

DEAR DOCTOR:

Don't tell your patient seeking relief from essential hypertension that his case is incurable because the Mayo research has proven that drugs in current use fail to control this condition.

The experience of the Battle Creek Sanitarium in treating thousands of cases of essential hypertension in the last fifty years has shown that essential hypertension can always be greatly helped, and cases not too far advanced cured, by changes in diet and other personal habits combined with other phases of physiologic therapeutics. For more than fifty years the Battle Creek Sanitarium has been sending back to their business rejuvenated and prepared to start new and successful careers in business or professional activity, bankers, lawyers, college presidents, heads of large insurance companies, great merchants and industrialists -- men who had been forced to retire or had even been ticketed for the cemetery by hypertension and its accompanying disabilities.

Change of habits ^{is} ~~are~~ very helpful in chronic cases, but even though thoroughgoing is not sufficient because of the physical damages suffered by various bodily organs, particularly the heart, liver, colon and kidneys, which prevent normal functioning and lead to metabolic disorders, etc.

--Make use of article read before the meeting of the
National Association of Life Underwriters in New York
on Habits in Relation to Live Expectation.

October 6, 1943

Dear Doctor:

If you read the report recently published in the Journal of the A.M.A. (August 21, 1943) of the result of the Mayo research discounting the value of drugs in current use in relief of essential hypertension or the latest monthly bulletin of the Heart Committee recommending a new way of living and change of habits, you will not be surprised by the receipt of this letter from the Battle Creek Sanitarium calling attention to the fact that

October 7, 1943

Dear Doctor:

Battle Creek Sanitarium regiment therapy will control and often cure hypertension - America's greatest killer (so-called in committee report, J.A.M.A. _____, p. _____)

A recent survey showed an average drop of systolic pressure 26 points in less than three weeks to more than 50 points in many cases.

Methods applicable at home.

No charge for information.

The Battle Creek Sanitarium is an eleemosynary and not for profit institution.

October 7, 1943

Dear Doctor:

Several years ago a new arrival who had just registered as a patient at the Battle Creek Sanitarium said to the receiving clerk:

"I want to tell you how I happened to come here. I am a life insurance solicitor. When I took an applicant to our medical examiner he reported that his blood pressure was so high we could not accept him. As his life insurance ran into a very considerable sum, I was very much disappointed. I appealed to the head examiner of the company for a reconsideration of the case. He made a careful re-examination and shook his head and said, 'No, we cannot insure you. Your blood pressure is too high, but I will tell you what to do. You go up to Battle Creek and spend a few weeks and come back. I believe we will be able to give you all the insurance you want.' The gentleman followed his suggestion and he got his insurance. A week or two ago not feeling well I had an examination and found the trouble was hypertension. Of course, I knew what to do and that is the reason I am here."

In a few weeks he returned with his blood pressure lowered and instruction how to keep it down.

October 7, 1943

Our register shows the names of scores of life insurance officials who have found prompt relief from hypertension at Battle Creek. A director of one of the largest life insurance companies in the world said: "The Battle Creek Sanitarium has proven that chronic disease is cured by regimen."

This is particularly true of hypertension which is not a disease but a symptom.

Battle Creek regimen secures results by combating the cause. As a result of an extensive laboratory and clinical research ~~w~~ carried on during many years, methods have been perfected whereby now better results are being obtained than ever before.

New methods, especially indoor sun bath

Suppressing intestinal putrefaction

October 7, 1943

Dear Doctor:

This is just a little note to assure you that the Battle Creek Sanitarium did not close its doors to the chronically ill when its large main building was commandeered by the government to aid the defense.

The furniture, equipment, apparatus, laboratories and facilities of every sort together with the patients and the complete organization were quickly transferred to the remaining buildings with a capacity of nearly 300 and business continued as usual without interruption, even for a single day.

October 7, 1943

Dear Doctor:

You will perhaps be glad to know that the work of the Battle Creek Sanitarium was not seriously interrupted by the transfer of one of its large main buildings to the government to aid the defense and that its work ~~has~~ as an eleemosynary or not for profit institution is going on more satisfactorily than ever.

October 11, 1943

Dear Doctor:

You will perhaps be glad to know that the Battle Creek Sanitarium is in full and successful operation, with a reduced capacity (300 beds), but improved facilities, an able and highly experienced faculty and ^{impr}proved methods by which it is able to treat more successfully than ever cardiovascular renal disease and the other degenerative disorders, ~~the mortality rate of which has increased so greatly within the last 40 years,~~ as has been clearly shown by Dublin of the Metropolitan Life Insurance Company, The American Heart Association, (Bulletin September, 1943), and the Mayo report declare that drugs and surgery do little more than give symptomatic relief.

^{over 1} Our experience during the last 40 years has shown that hypertension may be definitely relieved, often to a very substantial degree, by Battle Creek regimen therapy. The degree of success attained has steadily improved as improved technic and new discoveries have proved the efficiency of the measures employed. Recently perfected methods of controlling and even suppressing intestinal putrefaction have brought a degree of success rarely, if ever, previously attained.

A glance at the following table shows the results obtained in all the cases of hypertension treated in our clinic:

(Put in table and make comments on it).

10-10-43

Dear Doctor:

This is just a note to renew old acquaintance and to tell you that the Battle Creek Sanitarium is in full operation and with greater success than ever before in dealing with the special classes of patients requiring the physical therapy, regimen therapy and other phases of physiologic therapeutics in which it specializes.

Recent changes have decreased capacity but increased efficiency. The new quarters, if less grandiose, are pleasanter, quieter, more convenient and more efficient than the old.

We have made within the last year or two some very important advances, especially in dealing with hypertension, premature senility and allied disorders, insomnia and mental and nervous depression. We have succeeded in developing a technic whereby bacterial digestion (putrefaction) in the colon with resulting toxic products may be

routinely suppressed.

The methods for suppressing putrefaction and lessening hypertension are to a large extent available at home. If you would like to know more about this, check and mail the enclosed blank and we will send you some literature which I am sure will interest you.

THE BATTLE CREEK SANITARIUM

President and Superintendent

Dear Doctor:

Everybody is pleased, especially with the return to the faculty of exceptionally able and experienced specialists in institutional work and in more distinct specializing of the work of the institution we deal with those types of cases which, like hypertension, are neither cured nor materially helped except symptomatically by either medicine or surgery (bulletin of the American Heart Association, September 1943).

While these cases being a part of the old age syndrom are of course not curable, life insurance medical directors have long recognized the fact that Battle Creek regimen therapy is so highly effective as a means of lowering vascular tension that in many cases persons who have been retired have been able to resume active duties for many years. In a letter received from the director of one of the largest life insurance companies, the writer said,

10-10-43

Dear Doctor:

Now that vascular hypertension has been declared the "greatest killer" and drugs and surgery are generally recognized to be at best only palliative, the need for therapeutic measures which, if not definitely curative, will at least measurably increase the life of hypertensives will not be questioned.

At the present time the Battle Creek Sanitarium is prepared to answer this question in the affirmative and raises the question at this particular time because of the extremely pessimistic, indeed apparently hopeless, outlook presented by the present discussion of this subject in the medical press. The experience of the Battle Creek Sanitarium has clearly demonstrated that not simply a less pessimistic but really an optimistic outlook is justified in dealing with this class of cases. Within the last fifty years some thousands of persons have been sent home from this institution with a marked lessening of hypertension and instruction how to continue lowering the tension after

returning home and to keep it under control by the aid of simple measures which may be employed at home.

An intensive study and research carried on by the Race Betterment Foundation in connection with the Battle Creek Sanitarium greatly increase the efficiency of the methods employed, which has been shown in increasing betterment of results.

Permit me to say in closing that this is not a bid for patients. Its purpose is spreading information, which should have the effect to lighten the gloomy prospect offered six million hypertensives by the present attitude of the medical profession toward this disease.

The capacity of the Battle Creek Sanitarium has been so much restricted by the commandeering of its largest building (reduced from 1,200 beds to 300) that for months it has been crowded to capacity with a long waiting list, and it has been necessary to request applicants to apply in advance for reservations.

October 13, 1943

Dear Doctor:

An announcement by the Associated Press which indicated that the Battle Creek Sanitarium had consented to the acquisition by the government of its main building may have given you the impression that the institution had closed its long career as a progressive health institution which is by no means true. The institution is in fact more active than ever in promoting proper progressive medicine and race betterment. Its reduced capacity (300 beds) has been for months taxed to the limit, chiefly, we believe, because of the success of our regimen therapy in dealing with degenerative disorders which require for definite and lasting control the physical and physiologic measures of treatment and biologic regimen which have for many years been characteristic features of this institution.

acknowledged failure of drugs and surgery to do little more than to afford symptomatic relief offers an opportunity for service to which considerable attention has been given in the past and with results which have received some recognition by the profession and especially by life insurance companies.

Researches conducted at the Pasteur Institute, Paris, the laboratories of Oxford (England), the great life insurance companies and confirmed by clinical observations point clearly to regimen therapy or a regimented mode of life, aided by the potent resources of physiologic therapeutics in its broadest sense as a highly efficient method by which hypertension may be controlled and large and lasting beneficial effects secured and not in occasional cases only but practically in every case in which there is a clear indication for a lessening of vascular tension.

The problem is in most cases a comparatively simple one. The ten pounds of blood which fill the bloodvessels of the average man must be driven through the kidneys by the heart several hundred times a day. to keep it sufficiently free from toxic substances, the accumulation of which in the body will cause disorder of function and degenerative changes in the tissues. To prevent such accumulation, the flow of blood through

the kidney filters must be accelerated. Whenever the intake of poisons, either actual or potential, is greater than the current intake to which the circulatory and toxin destroying and -eliminating functions are at the moment adjusted, there must be a compensatory increase of tension. If the intake of toxins is habitual, the increase of tension will of course be equally constant. On the other hand, a reduction of the intake of toxins will result, other conditions remaining unchanged, in a corresponding decrease in tension. If the intake of toxins or other cause of tension continues long enough to cause permanent damage to the kidney bloodvessels, the tension threshold will be permanently raised, but it is still possible to greatly lessen the harmful effects of the renal damage by reducing the current work of the kidney to the lowest possible level through careful regimentation of the patient's diet and habits and living conditions and by properly directed physiotherapy whereby the functional activity of the liver, skin and other poison-destroying organs may be conserved, increased and unnecessary demands upon their activity lessened. Special emphasis is laid upon regimen in dealing with cases of hypertension because it can be definitely effectively controled.

Many years' clinical experience with an anti-hypertension regimen,

based upon elimination of the excess work required of the kidney, has shown that one of the most important factors in accomplishing this is suppression of putrefaction in the colon. Metchnikoff's idea (the suggestion of a student Quinck) of changing the flora by implanting another organism in its place was an error. This can not be done and it is not necessary that it should be done. The colon germ is under normal conditions a beneficent organism. The colon and its disordered flora may be reformed. When this is done, the formation of indol, skatol, bad odors and other pressure-raising toxins are suppressed.

Dr. Arthur I Kendall, for many years professor of bacteriology (now retired) at Northwestern University, has recently prepared a remarkable paper on the bacteriology of the intestine which goes very far toward solving the many difficult problems associated with dysfunctions of this organ. Dr. Kendall's paper proves B. coli to be a beneficent and protective organism under normal conditions.

This view is fully supported by a most interesting and enlightening brochure now in press entitled, The Microbic Dr. Jekyll and Mr. Hyde by Arthur I. Kendall which solves the puzzling problems of intestinal bacteriology and shows B. coli to be a beneficent organism under normal conditions and proves the possibility of completely suppressing putre-

faction and thus relieving not only the kidneys but the liver, skin and other toxin-destroying organs of a great amount of excess work.

Suppression of putrefaction has long been a leading feature of the Battle Creek therapeutic program and it has been found of primary importance in dealing with the entire group of chronic degenerative disorders, and more pronounced, even spectacular results, are seen in dealing with acute and chronic intestinal infections.

October 15, 1943

Dear Doctor:

The Battle Creek Sanitarium is happy to be able to announce that it is continuing its work as actively and even ~~more~~ successfully than heretofore. The formal commandeering of one of its main buildings by the government to serve as a military hospital especially prepared to ^{utilize and} teach physical and physiologic therapy has somewhat restricted the scope of its medical service, but its efficiency has been increased by emphasizing regimen therapy and other phases of physiotherapy and utilizing the invaluable discoveries of nutrition laboratories.

Of high value in combating the degenerative effects of toxins in the blood stream is the daily indoor sun bath, the body's most efficient means of combating bacteria and their toxins. This newly perfected and most highly active vital stimulus also assures the body of a generous supply of natural vitamin D, which can be obtained in no other way and is known to be far superior to substitutes for this most generally deficient of all the vitamins.

*Heat

This important data has not received more attention and been widely used in the correction of one of the most troublesome of visceral dysfunction, disorders of the colon is due to the lack of proper technic.

Perhaps the most important and most effective of the recent additions to the therapeutic armamentarium of the institution is the perfected method of suppressing intestinal putrefaction by controlling the bacterial balance and digestive activity of certain bacterial groups in the colon. These methods are based upon the results of researches and discoveries made by Professor Tissier, assistant to the ^{of the} great Pasteur, ^{Institute} Professor ^{Arthur L.} Kendall of the Northwestern University, ^{*} ~~at one time~~, and announced to the profession in all standard works on bacteriology, but ~~not until comparatively recently~~ ^{however that this important data has} ~~have appreciated their full value because of a lack of appropriate technic,~~ the bacteriological basis of which is presented in a recent unpublished paper by Dr. Kendall which is now in press to be issued shortly by the Race Betterment Foundation, which will begin shortly the issue of a series of bulletins dealing with subjects relating to race degeneracy and race betterment.

You may not be aware, Doctor, that the Battle Creek Sanitarium and the Race Betterment Foundation are both purely eleemosynary or tax exempt organizations organized and conducted for no other purpose than the promotion of human welfare and are in no way utilized for the promotion of any personal, political or sectarian interests which is strictly prohibited by their articles of incorporation. Physicians, officers, managers and all other persons associated with the institution receive stated salaries. Professional fees have never been permitted.

Bulletins will also be issued by the institution giving information concerning methods, clinical reports of cases, etc.

If you desire to have your name added to our mailing list, kindly fill out and mail the enclosed card.

MATERIAL TO GO WITH THE LETTER

Paper read before the American Public Health Association at Colorado Springs.

Copy of first paper Are We a Dying Race?

Report of a special committee on insanity.

Publish Are We a Dying Race with the committee report with comments.

Papers and translations from the files of Modern Medicine, possibly some publications in Good Health, including history of the Battle Creek Sanitarium. Put in condensed reports of the Jubilees.

Account of medical development of the Battle Creek Sanitarium.

First papers on light therapy.

Winternitz' comments on light therapy and his review of Hydrotherapy.

Saidman's paper published in Good Health.

Some of Dr. Case's papers.

First papers on the sinusoidal current published in the Journal of the American Medical Association and also statements in the Encyclopedia of Physiotherapy.

Possibly republication of my paper on physiotherapy.

Dear Doctor:

Everybody is pleased, especially with the return to the faculty of exceptionally able and experienced specialists in institutional work and in more distinct specializing of the work of the institution ~~to~~ deal with those types of cases which, like hypertension, are neither cured nor materially helped except symptomatically by either medicine or surgery (bulletin of the American Heart Association, September 1943).

While these cases being a part of the old age syndrom are of course not curable, life insurance medical directors have long recognized the fact that Battle Creek regimen therapy is so highly effective as a means of lowering vascular tension that in many cases persons who have been retired have been able to resume active duties for many years. In a letter received from the director of one of the largest life insurance companies, the writer said,

11
October 15, 1943

Dear Doctor:

This is just a note to let you know that the Battle Creek Sanitarium did not cease operation when its largest building was commandeered to help the defense by serving as a military hospital and as an aid to the use of physiotherapy in the army. The Sanitarium is carrying on all its major activities as actively as ever and even with greater success due to numerous important improvements which have recently been introduced, especially in nutritional disorders, hypertension and many degenerative disorders. ~~P~~ Pronounced cases of hypertension rarely fail to receive definite and lasting benefit from thoroughgoing regimen therapy, which includes regimentation of habits or biologic living.

If you desire further information concerning methods and terms, kindly sign and mail the enclosed card.

Sincerely yours,

THE BATTLE CREEK SANITARIUM

October 15, 1943

This circular ought to have the names of the faculty.

Prepare a two leaf card, the first page addressed to the doctor.

Add the following statement:

You may not be aware, Doctor, that the Battle Creek Sanitarium and the Race Betterment Foundation are both purely eleemosynary or tax exempt organizations organized and conducted for no other purpose than the promotion of human welfare and are in no way utilized for the promotion of any personal, political or sectarian interests which is strictly prohibited by their articles of incorporation. Physicians, officers, managers and all other persons associated with the institution receive stated salaries. Professional fees have never been permitted.