New York
April 5, 1873

This, I, certify

that Dr. John H. Kellogg

has taken a course of

practical lessons in

Electro-Therapeutics

and has passed himself

a careful and faithful

student.

Geo. W. Beard M.D.
American Public Health Association.

Treasurer's Office,

Lansing, Michigan,

April 6, 1878.

J.R. Kellogg, M.D.

Dear Doctor: Your letter of yesterday with enclosure just received, and hastened to reply because the Board meets Tuesday, and I shall be so driven that I may not find the opportunity soon. Fick the five dollars for dues to the Am. Pub. Health Assn. I must return herewith, because it is due until the meeting occurs, when it must be called for, though it is quite probable I may not be the treasurer to take it, as I can hardly afford the time for it.
The necessary work for the Association.

Accept our thanks for your formal and cordial invitation to your dedication, but I could go and perhaps I can bring it about, though it looks improbable. My wife is particularly desirous of being there, and it is possible we may arrange for her to attend some or, and I thought by noon tomorrow - I cannot possibly go before, and it may be that our Board will then still be in session though we seldom are more than one day. Whether I gave me to trust you will have a very enjoyable time and I heartily congratulate you.
On the completion of the fine building which you have labored so faithfully to make a model of comfort, convenience, and health. Your excellent Sanitarium starts off under very favorable auspices. You have my best wishes for its success and prosperity.

Very Respectfully,

Henry B. Baker,
Visaged Mrs. April 7th 1878

J. No. Kellogg, M.D.
Battle Creek, Mich.

Dear Sir,

Allow me to thank you and through you the Board of Directors of the Medical and Surgical Sanitariums for the kind invitation of myself and family to be present at the Dedication Exercises on the occasion of the formal opening of your new building to be held on the 10th inst.

I assure you it would have afforded a great pleasure to accept your invitation and to be present with you on that interesting occasion, but, owing to the fact that one Court will be in session in a few days in which I have a few cases requiring my professional attention, it will be wholly impossible for me to leave home at that time, but the opening seemed a month later I would have been there, as it is my whole heart will be with you at all events.

I congratulate you upon your success in
the construction and completion of your noble building, to be dedicated to the amelioration of
and relief of suffering humanity from the various ills, that are so common and so frequently overtake
and beset mankind. Considering the financial pressure and the scarcity of money everywhere prevail-
ing throughout the whole country the past year it certainly required both brave and courage to undertake the building of an institution such as yours requiring so great an expenditure of
money, but there was peril and flesh at the bottom in this case as in all others crowning the enterprise with success. I feel a deep and abiding interest in the continued success of the Sanitarium
in its efforts to heal the sick and afflicted, as well as to teach men and women how to live; this I am assured has been and still will be the mission of the Sanitarium. Personally I can say that my own condition has been bettered in both respects and in my case reasoning by analogy I conclude what does good may attest the good in many others.

On looking over the names of the Physicians
whose immediate management the Institution is mainly dependent I see they are the same as
When I left these 10 months since, and I make no attempt at flattering when I say that under their well-known skillful and judicious treatment and general care of patients and universal kindness and courtesy to all, none to the Sanitarium that success which it so justly deserves, and ultimately it will be looked upon and regarded as the place where the sick and infirm may be healed and the well may learn to so live that they will need no physician.

Very truly and respectfully,

George Graham

P.S. Nothing unforeseen to prevent Mr. G. and I will be at Battle Creek and spend two or three weeks this coming summer at the Sanitarium, we now think we will feel this in June, it may be a little later.
Michigan Asylum for the Insane.
Kalamazoo, April 11th, 1876.

Dear Doctor,

Upon my return this morning after an absence of several days, I found your kind letter with invitation awaiting me. I regret very much that I was unable to accept it as I should have enjoyed looking over your completed building. I hope it may prove adapted to your requirements and prove of great value in the remedial work you have in view. It will yield much that is fully calculated to realize all reasonable hopes for honor and usefulness.

Think the newcomers matter will eventually work itself out satisfactorily. It is however annoying in the extreme. Thank you for your kind expression in reference to it.

With kind regards, believe me ever,

Very sincerely yours,

Henry M. Howard
My dear Doctor:

Mrs. Jackson and myself acknowledge the receipt of the invitation to be present at the opening of the new building, and I assure you we are sorry that we cannot accept.

We offer you our united congratulations upon the success which you are having, and especially upon this occasion of the inauguration of the new building. It is a pleasure to us to feel that there are persons of near our own age and education who are working along the same line as ourselves, and for such we feel regard and interest, and wish them success. You with your fine institution and your paper stand in the foremost rank, and I assure you we are glad of it, and shall hope that success in every section may crown your efforts. Everything goo
well with us as usual.
Believe me very cordially yours,
Dr. James H. Jackson
My Dear Doctor:

Please accept my hearty congratulations on your marriage, which is just assumed, and my thanks for the kind note you kindly sent. My wife joins me in kind regards for yourself and Add. Kellogg.

Very respectfully and sincerely yours,

[Signature]

Capt. Kellogg, M.D.

Battle Creek
Pulaskville, Sept. 4, 1878.

To the Patients:

Except from time, though I have been absent from time, though I have been absent from home, though I have been absent from time, and have sent no special message to the invalid inmates of the Sanitarium, I wish to assure all who are ministered in the invalid corps that they are not forgotten. I am daily thinking of the suffering and at home where I left behind and would willingly exchange the benefit of with them, my opportunity for healthly getting if I might do it really feel quite.
I have much here to re-
remind me of those at home.
When standing on the sum-
capped peaks of the "rockies",
breathing the fresh, invigorating,
exhilarating air of those high
altitudes, I think of those of
our number who are suffering
with various lung difficulties
and wish they might enjoy
the same. Though how they
would ever get to the
summit of some of the peaks
and crags that I have
scrambled over, I can hardly
imagine, as there is no rail
road, turnpike, bridle road, or even foot path in the forests of the stunted pines which cover their sides nor among the huge boulders which crown their summits. It is a trying ordeal to ascend up to climb the as well as to climb the steep ascent, and a novice like myself finds himself puffing like a locomotive before he has hardly got a fair start.

This clear, dry, atmosphere, wholly free from malaria and germs of every
it must be a perfect anti
dote for "biliousness" and as I think of its merits I
involuntarily recall the
guilty a number of "bilious
friends" at the pantanal,
and I do wish I might
blend out for their benefit
a few disguiseads full of
their delightful atmosphere.
I could recommend of it an
infinitely superior to all
the "bitters," "tinctures" that
"liver tonics," and "blood
purifiers" ever concocted.
The skies are not all sunny here. It may be clear and beautiful at sunrise, but by afternoon the sky will be black with heavy clouds and the rain pouring down in torrents, accompanied by pelting hailstones, in the valleys, while the lightning cracks jokes with the craggy peaks, and the thunder reverberates through the canons. Sudden weather changes inevitably remind one of the dreary
Parameters at home, and a
two of whose forms have
before my professional vision,
whose distorted visages
and ugly grimeces evidence
their sympathy with the
writings of Dame Nature;
and as I scrutinize them
closely, I imagine I can discern
the outlines of the Physiognomies of
Miss B. and S., and Miss C., the
Pneumatic dignitaries of the
Sanitarium.

One of our horses was
managed to prance this day while
another had sprained his
ankle, which naturally reminds one of the ancients crippled which I have been professionally interested in. In fact, as I climb these rugged mountain sides, perishing at every pore and hastening for breath in the thin air of these elevated regions, it frequently occurs to me that my experience is an apt illustration of the rugged road to health, which we try to make easy as horrible at the sanitarium, and so I am reminded at one of all the sick and sufferings men
there; and especially do I think of those whose illnesses are so serious as to confine them to their beds or their rooms. I wish they could share with me the pleasure afforded by the glorious sunrises and sunsets here among the mountains and the grand and wonderful architecture of nature in the landscapes spread out before our eyes. Nature assumes her wildest moods, and her freaks are surely astonishing.
Nothing could be a better reminder of my dyspeptic friends than the dyspepsia producing diet which the hotel waiters endeavor to carry line into eating. Although not a man given to effete "yet I confess that the fat feet of a good square meal at the Sanitarium table is not the smallest of the attractions which will abbreviate my stay here.
Colorado has a great reputation as a resort for invalids and justly I hope that in some degree and for some classes of diseases, yet I am convinced from my observations that few are materially benefited here. People come here and strangers in a strange place, and some find them selves ready to subscribe to the declaration, "I was a stranger, and they took me in."
A man can scarcely turn around, even in old musicians, without paying quarterly for the privilege. He has to pay seven cents a mile for laboring up the steepest, roughest, most inaccessible roads he ever saw in his life. He has to pay fifteen cents a pound for fruit, twenty-five for grapes, four cents a pound for beets, and other articles of food in his household, if he keeps house. In general, strangers board
Habits, and are served with an edible and healthy diet, that from a health standpoint, exercise is taken in a healthy manner, and all habits are regular. But the sudden changes of weather are not provided against. As a consequence, the majority get worse rather than better. There is certainly great need of a sanitarium here, as comfortable and safe, disease for invalids and summer tourists in quest of
Recall, I have found a beautiful valley here at the foot of Lord's Hill, and have already made some arrangements for a brand standarum here. There is an abundance of excellent water, and splendid advantages for exercise and entertainment. Those who enjoy hunting and fishing, I do not envy, enjoy the wonder of God.
innocent creatures, will find here abundance of
meat, game, deer, and other game.

Consumptives and dyspeptics could spend a few months
here during the warm season to advantage. Rheumatics
and gouty people had better keep away. The sudden change
would keep their joints swelling vigorously.

I am making the most of my time in endeavoring
to gain a reinforcement of vital energy, I expect to come home tanned as black as an aborigine and considerably reinforced in muscle and adipose. I rode about 40 miles yesterday mostly on horseback, and mustang kany. I rode about ten miles farther than I intended. Being at an end road #1 in the evening, I was overtaken by a storm and in the dark next got lost in the mountains. I did not reach home
until about 12 o'clock in the morning. I am just now pre-
hared to start on an expedition to the mines a few miles distant
where I shall explore the laby-
rint of a gold mine 1000 ft.
below the surface. The moun-
tains about here are honeycombed
with by the operations of miners.
Is it more or less than for Middle
Park, the great hunting ground
of the continent. Mrs. Gordon
Cummings, the great African
hunter is now there. Naughted
the poor antelope at a fearful
slug
From the peak I shall come down, stopping on my way to ascend Grey's Peak, the highest peak in the Rocky Mountains. I shall climb to the top and there drink to the health of the sanitarium patients, from some bubbling spring.

I am glad to hear flattering reports of the prosperity of nearly all healthward and hoping to see you all soon.

remain, most sincerely yours

J. H. Kellogg
My dear Doctor,

My friend Dr. J. H. Kellogg, member of the State Board of Health of Michigan, wishes to make your personal acquaintance.

I recommend him to your most friendly attention.

Truly yours,

[Signature]

Dr. Smith Drummond
Chicago Oct 2d 1860
Jan 14th 60

Rev. J. L. Johnson
Washington

Dear Sir:

This will introduce my friend
Dr. J. H. Kellogg of Battle
Creek. He is, who proposes
spending a few days in
Washington. Any
favor you may extend
to him will be duly
appreciated by him and
gratefully remembered
by me.

Dr. Kellogg is at
the head of the Battle
Creek Sanitarium one of
the largest and best
institutions of its kind in
the West.
The U.S. and a member of the State Board of Health.

Very truly yours,

[Signature]
Prof. J. Taber Johnson, M.D.
Washington, D.C.

Introducing
Dr. Kellogg
Dr. J. H. Kellogg, M. D.

Battle Creek

Nick
Portland 9 Jan 1862

My dear Dr. Kellogg— I am just home from which I stayed much longer than I had intended to do, at first, and I find your kind note on my table with a great quantity of others, not one of which I have yet acknowledged. I take your hint, because of all the towns and families I visited in your great state, your town and your family have the pleasantest memories with me. I found here solely your admirable book, with its beautiful binding, for which I thank you very much, it will always be one of my treasures, and will be an everloom in my family.

Please to give my kindest regards to the illusion of your Establishment whose attentions I shall long remember. I wish to be remembered also to your Clerk, with whom I had a pleasant spree about town. Very truly yours,

[Signature]
Reed of J. H. Kellogg
each and notes of his
indebtedness & debts and
in full and satisfactory
settlement of his
account.

Geo. S. Burt
Pres. S.P. Pub. Association
Mrs. Colling
room 106, Hotel De Luxe
Arrived

Read at
Cologne, 1883
Cable says when do you return to New York answer Gillig
Dr. James A. Russell,

Woodville, Canaan Lane,

Edinburgh, Scotland.

Dear Doctor:— It will give me great pleasure to introduce to you by this letter, John H. Kellogg, M.D., Member of the Michigan State Board of Health, member of American Public-Health Association, etc., etc. He visits your city to study methods of sanitary work. Any facilities for such study, or other courtesy shown him, will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]

Secretary.
Michigan State Board of Health,

Office of the Secretary,

Hansing, Michigan, U.S.A., January 24, 188.......

Chas. A. Cameron, M.D.,

Medical Officer of Health,

Dublin, Ireland.

Dear Sir:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or any other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,
Secretary.
Peter Murray Braidwood, M.D., F.R.M.S.,

Birkenhead, England.

Dear Doctor:— It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,
Secretary.
Francis Vacher, M.D., F.R.M.S.,
Birkenhead, England.

Dear Doctor:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the State Board of Health of Michigan, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,
Secretary.
Dr. S. W. North,

84 Micklegate, York, England.

Dear Doctor:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association etc., etc. He visits your country for the purpose of studying methods of sanitary work. Any facilities for such work, or other courtesy shown him will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Lyster,
Secretary.
J. Stopford Taylor, M.D.,

Health Officer, Liverpool, England.

Dear Doctor:— It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country for the study of methods of sanitary work. Any facilities for study, or other courtesy which you may show him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker
Secretary.
Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U.S.A., January 21, 1883, 188......

Benj. Browning, M.D.,

83 Paradise Street,

London, England,

Dear Doctor:—It will give me pleasure to introduce to you by this letter John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study which you may be able to show him, or any other courtesy which you may give him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Bates
Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, U.S.A., January 31, 1908

Alex. Ramsey, F.G.S.

2 Cowper Road, Acton,

Dear Sir:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may show him will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]

Henry B. Baker
Secretary.
Michigan State Board of Health,

Office of the Secretary,

Wm. Squire, M.D., F.R.C.P.,
6 Orchard Street, Postman's Square,

Dear Sir:—it will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry F. Baker,
Secretary.
Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 23, 1883

Dear Sir:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry L. Baker,
Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, January 21, 1911

Dr. Edward Ballard,
Local Government Board, Whitehall,

Dear Sir:—It will give me pleasure to introduce to you by this letter John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry R. Baker
Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, U.S.A., January 22, 1883...

M. Roth, M.D.,

Surgeon General,
Dresden, Germany.

Dear Sir: - It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities you may give him for such study, or other courtesy shown him will be warmly appreciated both by him and by me.

Very respectfully,

Henry C. Bates,
Secretary.
Professor E. Klebs,

Prague, Bohemia.

Dear Sir:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such work or other courtesy shown him, will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]

Secretary.
Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, January 22, 1883.

James B. Russell, M.D., F.R.P.S.,
Health Officer, 1 Montrose Street,
Glasgow, Scotland.

Dear Doctor:—It will give me great pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public-Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy shown him, will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]
Secretary.
Michigan State Board of Health,

Office of the Secretary,

Lansing, Michigan, U.S.A., January 23, 1883, 188...

Dr. Fred'k Eklund,

8 Skeppsholm,

Stockholm, Sweden.

Dear Doctor:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study or other courtesy which you may show him will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]

Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, January 21, 1901.

Dr. E. Janssens,
Inspector of the Sanitary Service,
Brussels, Belgium.

Dear Doctor:- It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may be able to show him will be warmly appreciated both by him and by me.

Very respectfully,

Henry W. Baker,
Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, U.S.A., January 31, 1887.

N.A. Humphreys, Esq., F.S.S.,
General Register Office,

Dear Sir:—It will give me pleasure to introduce to you by this letter, John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy you may be able to show him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry C. Baker
Secretary.
Michigan State Board of Health.

Office of the Secretary,

Lansing, Michigan, U. S. A., January 23, 1883,

Prof. Buys-Ballot,

Director Meteorological Institute,

Utrecht, Netherlands.

Dear Sir:—It will give me pleasure to introduce to you John H. Kellogg, M.D., member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facilities for such study, or other courtesy which you may show him, will be warmly appreciated both by him and by me.

Very respectfully,

[Signature]

Secretary.
Michigan State Board of Health,

Office of the Secretary,
Lansing, Michigan, January 23, 1883

Dr. John Tatham,
Medical Officer of Health,
Salford, England.

Dear Doctor:—It will give me pleasure to introduce to you by this letter, Dr. John H. Kellogg, member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may be able to show him, will be appreciated warmly, both by him and by me.

Very respectfully,

[Signature]
Henry H. Baker,
Secretary.
To Sanitarians, Public Health Officials, etc.,

Gentlemen:—It gives me pleasure to introduce to you by this letter, John H. Kellogg, M.D., Member of the Michigan State Board of Health, member of the American Public Health Association, etc., etc. He visits your country to study methods of sanitary work. Any facility for such study, or other courtesy which you may be able to show him, will be warmly appreciated both by him and by me.

Very respectfully,

Henry B. Baker,
Secretary.
University of Michigan,

Department of Medicine and Surgery.

Ann Arbor, Mich., Jan. 1877-1883

The bearer of this letter, J. H. Kellogg, M.D., of Michigan, United States, is about to visit Europe for the purpose of professional observation and improvement.

It gives me pleasure to say that Dr. Kellogg for some years held professional charge of a large and successfully conducted Sanatorium or General Hospital; and that he stands well in his profession. He has also been for some time a Member of the State Board of Health.

As a worthy Member of the Medical Profession and a gentleman, I very cordially commend him to the attention, kindness, and Courtesy of those abroad, who may be in positions to aid him in his professional objects.

A.B. Palmer M.D. LL.D.
Prof. of Medicine. Dean of the Med. Faculty. University of Michigan.
NATIONAL BOARD OF HEALTH,

WASHINGTON, D. C., U. S.,

January 25, 1883

Dr. John H. Kellogg, a member of the State Board of Health of Michigan, visits Europe in the interests of sanitary science in general and more especially with the view of collecting facts respecting dyspepsia. The undersigned respectfully commands him to the attention and kind spirit of all those engaged in sanitary work and others who may have it in their power to render him useful and in furthering the objects of his visit.

James E. Cabell,
Dentist National Board of Health
United States, America.
Lansing, Michigan,
February 3, 1883.

Dear Sir:—It gives me pleasure to introduce to you by this letter, John K. Kellogg, M.D., a member of the State Board of Health, and a Superintendent of a general hospital. He visits your country to study methods of sanitary work. Any opportunity for such study, or other courtesy you may be able to afford him will be warmly appreciated.

With assurances of high regard,
Faithfully,

Jno. K. Allen.

Capt. Charles Douglass,
8 South Charlotte,
Edinburgh,
Scotland.
March 24/83

Legation of the United States
London

To the Official of
The House of Commons

The bearer of this Dr. T. Kellogg has applied for a pass to visit the House of Commons today in order to inspect the system of ventilation. He came to this legation urgently recommended by the
Governor of Michigan

We have fixed the

two cards {which we

are entitled, but as

theKelley desires
to make only a
brief visit to the

House in the evening

were indicated.

we should be satisfied

if he could be

admitted— but

is it Towar Town

W. J. Kelley
Secretary
My dear Mr.:

If there is nothing of especial interest before the Health association this evening, could you come up to see Mr. Murray between half past eight and half past nine o'clock.

Very truly,

R. Murray

Dr. Kellogg
Willard Hotel

If there is anything else you could think of you better please let me know, when you can come any hour after 6 p.m.
Mr. W. begs me to say that she hopes you can come up to see her, as she would be vastly disappointed if you go away without seeing her. The bearer will wait for an answer.
My Dear Co-Laborers at the Sanitarium:

It has given me very great pleasure to learn on my return here of the great and good work which has been going on among you during the past few weeks during which I have been absent. I regret exceedingly that I have not been with you to enjoy the opportunity of seeking with you for a deeper experience in spiritual things and a more complete consecration to the glorious work in which we are engaged. If it did not seem that duty called me away, I should reproach myself exceedingly for having missed so great a blessing. I thoroughly believe that nothing is so important for the good of the Sanitarium and the cause which it represents as well as for the eternal welfare of those connected with the work, as that God's blessing shall be in every branch of the work, and this can only be when all are consecrated and unselfishly devoted to the cause in which we are engaged.

During my absence, although most of the time well occupied with work, I have tried to find a little more time for meditation, prayer and self-examination, and I trust with profit. My most earnest desire is that what ever else I may fail of securing, I may not fail in obtaining the favor of God, that his Divine wisdom may aid me in solving the numerous perplexing problems which constantly present themselves in connection with our work. When I think of the fearful responsibilities which are connected with every department of our work, especially those of a strictly medical character, I tremble and shrink from trying to carry that part of the burden which falls to my lot. What can we do without God to help us? How can we properly care for the valuable lives and souls committed to our care? Do we stop to think as often as we should that the life and health of each one who comes to us for relief is just as valuable as our own and perhaps more worthy? Do we seek as carefully as we ought by earnest thought and humble prayer and constant, painstaking effort to do for all these afflicted ones our very utmost to make them better physically and to elevate and benefit them morally? I am sure none of us feel that there is no room for improvement. I am certain that for myself I must recognize that I come far short of reaching the standard which I know is the true one. I continually find myself exclaiming, why did God lay upon one so weak and unworthy so great responsibilities! If our work has been a success, I deserve no credit; it is because God has prospered it in spite of our mistakes and lack of wisdom and inefficiency. I know the Lord does not require of us the exercise of talents which he has not given us, and yet I cannot hide from myself the fact that I might have done better in many ways if I had been more wholly consecrated, if my life had been a better example of Christian charity and devotion. I am
wretched when I think of how much better I might have done in almost everything I have undertaken to do if I had thought more of Christ's honor and glory and less of aims and purposes less elevated and noble. I have sometimes felt dejected because I thought that all did not appreciate the efforts I have made; but as I think over my work its imperfections are so many and so glaring that I feel convinced that I have received all the sympathy and consideration I deserve. And as I have to-day been reading the account of the last hours of Christ on earth I cannot but feel ashamed that I should ever complained or murmured at my lot. Indeed, my heart is full of gratitude that unworthy as I am, I have had a place in so noble and sacred a work as ours, and that God has given me so many associates who are devoted and consecrated to the work.

What a magnificent enterprise is ours! How full of opportunities for serving the Master and bringing glory to his name and cause, if we only work with pure motives and consecrated hearts! Oh! what a power for good we may be, with all our agencies for doing good, if God directs our efforts, and if our hands and hearts are free from selfishness! What greater honor could one wish than the privilege of throwing himself unreservedly upon the altar of such a glorious work as ours, for God and humanity, to be consumed, if need be, to be a sacrifice.

When abroad two years ago, I saw everywhere in Europe, in the hospitals, the Catholic sisters of charity ministering to the wants of the sick, those suffering with most loathsome and contagious maladies, in dark gloomy hospitals into which a ray of sunshine rarely entered, with a faithfulness and patience and cheerfulness unparalleled. I never saw one unkind look or impatient word. Those kind and intelligent women had devoted their lives to their service. Some of them were young, others old and grey, but all were equally patient and ready in their attentions to the suffering ones among whom they lived, and for whose sake they had forsaken friends and relatives, home, comforts, and worldly prospects, and abandoned all social ties and pleasures to labor a lifetime without remuneration, only the bare necessities of life, the most simple fare and the plainest clothing. I have said to myself a thousand times as I have recalled the picture of those faithful women ministering to the wants of wretched and wicked paupers whose vices had brought upon them the most terrible retribution, with all the gentleness and patience that could be shown toward a father or a mother, how many of us possess one-half the spirit of devotion and sacrifice which they possess. They know nothing of the great truths which we profess. They are living under the dark cloud of Catholicism and yet they set for us a noble pattern of unselfish devotion to the good of their fellow creatures, never stopping to ask whether those for whom they care are worthy of their efforts or not. The very meanest and most repulsive of human beings may have in him sufficient of genuine worth to entitle him to our regard and respect. We know at least that Christ died even for such as these. I was forcibly struck with this thought when reading of the thief on the cross this morning, to whom Christ said, "Thou shalt be with me in Paradise!" He must have been a hardened criminal, an ordinary thief would not have been subjected to so cruel a punishment. He must have been a desaparado, an abandoned professional thief,
perhaps a highway robber of whom there were many in those days in the vicinity of Jerusalem. But he was worth saving, and the Son of God with the death agony on his brow and the torn flesh quivering in the throes of death, thought him worthy of notice and with his parched lips said to him those words, to hear which the proudest monarch might wish to be in the place of that wretched thief.

Think of the precious souls whom we may influence, of the thousands of opportunities to represent Christ, to show that same spirit of tenderness and sympathy which he always manifested toward the afflicted, to set an example of unselfish devotion to the interests of our fellow men, of true loyalty to the cause in which we are engaged. Oh! may God forgive us for our unfaithfulness and inefficiency and carelessness and selfishness, and help us to realize the grandeur and the sacredness of the work in which we are engaged.

We may ennoble and illuminate with more than human glory our cause and our labors by lives of consecration and patient self-sacrificing devotion, or we may belittle and degrade our work by our selfishness and unfaithfulness, by carelessness, heedlessness, by forgetfulness of God, and of the high purposes of our mission. Let us not forget for a moment that we have in hand no ordinary work. Our enterprise is not an ordinary one. It is not a mere imitation of somebody or something, or an effort to accomplish something simply for the purpose of doing it; it is a grand effort to save men through the redemption of their bodies, to lead men and women to Christ through the correction of their evil habits and clearing away from their brains the fogs of disease, and the elevation of the mind through improved physical conditions.

I feel sure that we have not fully comprehended the breadth and magnitude of our work. We have not appreciated its full scope. Let us begin a new era. Let us take a step up to a higher platform. Let us try to grasp the grand ideas of reform, physical, mental and moral, which it is our mission to promulgate. Let us appreciate more keenly the worth of a human soul, and our obligations to our fellow men, and let us ask God to kindle in our hearts such an enthusiasm for our work and such an unselfish devotion to its interests that personal interests will be swallowed up in an all-absorbing interest for poor benighted, suffering humanity, and personal ambitions will be forgotten in the ambition to do our utmost to advance the cause in which we are engaged and to emulate each other in acts of Christian charity and disinterested benevolence toward those with whom we daily associate. Oh! how can we fail to improve such golden opportunities! and what will our condemnation be if we allow the blight of selfishness or thoughtlessness to spoil our labors so that the final result shows "nothing but leaves!"

I feel utterly dissatisfied with myself. I must be a better man. I must give more earnest thought to self-discipline. Put it off as we may the one great question of life, to us individually, the one awfully important question is, how to live, how to so conduct ourselves as to become each day purer, nobler, to bring our
characters nearer to the great pattern. Not one of us can afford to allow anything, no matter what its importance, to get ahead of this question of self-discipline. If we forget it, no matter if we are engaged in ever so good a work, we drift away from our highest ideal, noisome weeds grow up in the garden of our souls, and we will sometime find ourselves amazed at the downward progress which has been made while we have been asleep. Nothing can be of greater importance to any man or to his work than the discipline of his own character. I want to keep that thought in my mind. A man's work is a photograph of his character. I have felt that I would gladly die to advance the cause I love. If it failed, I had no ambition to live. But I must do a harder thing. I must live for it. If God permits and helps me, I will try to improve my work by improving myself, to dignify it by a nobler life, to sanctify it by a more consecrated life. Let us all seek God together for help, to cultivate and develop the good and repress the evil of our characters, and so Christlike.

I hope to see you all again very soon, and I expect to find a greater interest in the prayer meeting and the Sabbath-school than ever before. I trust it may be more than a spasmodic interest, and that it may grow and deepen, and that its influence may extend to every member of our large family, so that the very atmosphere of the house may breathe a spirit of devotion and sympathy, and consecration. What a heaven for the sick such a place would be! Let us set a high standard, and then give ourselves no peace until we have attained it.

Trusting that a kind Providence will permit us all to meet again soon I remain,

Sincerely yours,

(signed) J. H. Kellogg
Battle Creek, Mich.,

Board Meeting Dec. 22, 1886

The Secretary read a resolution that was adopted by the board three years ago in regard to Dr. Kellogg being paid his expenses during his trip to Europe. The funds actually had been raised as 'Dr. K.' added his information.

We have learned from reliable sources that over $4,000 was sent him during his absence from his own private funds. Only $100. has been returned and pays for only 10.

Moved to present thanks from all members present, especially himself, for his unselfish devotion and the silent work of the institution, and his entire disregard of his own means. It is well known by the Board that...
his European trip has been the means of bringgig thousands of dollars into the Sanitarium.

Moved by Ed., Van Horn,
Not in order to carry out the resolution of these years ago, and the light we have had, that we place his End's on the Sanitarium, to tke the sum of $2500.00
Carroll unanimously,
Congratulations in regard to Good Health.
South Lancaster, Mass. Jan. 16th, 1887.

Dear Bro. Kellogg,

I have just received the January number of Good Health, and I thought I would like to write you a word of congratulation. I question whether you can keep up the tone as high as you have placed it. Think it is about the best number that I ever looked at. If you keep your cuts in through the year it will be a help in making it go. The first picture will take, and I think be the means of getting a subscriber many a time. I like the whole arrangement in fact. I think there must have been some inspiration getting hold in order to get up such a favorably appearing journal. We have a number of canvassers for it, and hope to be able to increase its circulation, not only among our people, but outside. I see O.C. Place, M.D. has an article in it also. I think if your doctors there could be stirred up to put in something occasionally, it would help its circulation among our people. It would help also to advertise the Sanitarium. But anyway I think this number is a splendid one. I hope it will run up its subscription list, not only 10000, but 20000 and even more, so your most sanguine expectations will be realized. Do not know as I have anything more in particular to say but I thought I would just say this, as I do not try the type-writer very much since Willie has come. I use it a little of the writing, but once in a while in writing to my old friends I use it a little.

My wife also thinks it is a good number, and her judgement of course is good.

As ever in Hope,

J. A. Nashell.
Board of Indian Commissioners,

Washington, D. C.,

Adrian Mich., Oct 8th, 1884

Drs. J. H. Kellogg, Superintendent of the Battle Creek, Mich., Medical and Surgical Sanitarium advises me of a contemplated visit to the Indian Nation for scientific research.

Dr. K. is a member of the Michigan State Board of Health and is Chairman thereof. He is widely known for his scientific knowledge & rank among the very skilful surgeons of our land. He is furthermore a high-minded gentleman, whose personal acquaintance I highly
I take pleasure in recommending him to the kind and cordial consideration of all persons whom he may seek introduction or information.

W. H. Halden
Member Board U. S. Indian Comm.
If we save the children to-day, we have saved the nation to-morrow.

Department of Scientific Instruction in Schools and Colleges, 

of the National Woman's Christian Temperance Union.

ALICE M. GUERNSEY, 
Assistant.

IDA A. MERRIAM, 
Department Secretary.

MRS. MARY H. HUNT, Supt., 209 East Capitol Street, Washington, D. C.

ADVISORY COMMITTEE.
ALBERT H. PLEMB, D. D. 
DANIEL DORCHESTER, D. D. 
HON. WILLIAM E. SHELDON, 
Pres. National Teachers' Association of 1887.
REV. JOSEPH COOK, 
of Boston Monday Lectureship.

Hyde Park, Boston,
August 22, 1888.

Dr. J. R. Kellogg,
Battle Creek, Mich.

Dear sir:--

Your letter of August 15 was received, stating that you have requested your publishers to send me the copy of your first book on physiology.

Thank you for the kindness expressed in it, but the book has not been received. When it does come I shall be glad to examine it, and correspond further.

Very respectfully, 

Mary H. Hunt,

Dictated.
What Shall be Taught the Children?

In accordance with recent legislation, thirty-two States and Territories now have temperance education laws. What is the true, and therefore, the best scientific temperance teaching for these schools becomes a vital question. The story of the battle of the contending knights over the two-sided shield, is a fair illustration of the injustice sometimes unconsciously done each other by thoroughly honest contestants over this question.

Prior to recent discoveries of modern science concerning its nature and effects, "the abuse and not the use of alcohol" was the evil temperance advocates sought to reform. They denounced drunkenness, but said nothing against the drink itself. The example of abstinence for the sake of the weaker brother was urged upon moderate or occasional drinkers. That there is a danger per se lurking in the first or occasional glass itself, because of the nature of the drink, was not then understood, and men were urged to control, rather than warned against forming the drink appetite.

A text-book on this subject, from this standpoint, would

1st.—Denounce drunkenness, its consequences, and the drunkard in vivid terms—"the abuse."—But

It would not describe alcohol as a poison

2d.—It might tell of "discords in families, quarrels, murders, sickness, pauperism, insanity and misery, as some of the results of the act of alcohol on the nervous system"—"the abuse."—But

It would not enlarge upon the unchanged and poisonous presence of alcohol in beer, wine and cider, and would not put strong and emphatic emphasis upon the warning against the use of these liquors.

3d.—It might teach that "the man who indulges freely in drink is likely to pay for it the next day with headaches," etc.—"the abuse."—But

It would not emphasize the fact that, used as a beverage, alcohol always endangers the drinker in proportion to the amount taken.

4th.—It might teach that "the appetite for alcohol keeps growing and a moderate drinker is in some danger of becoming a drunkard"—"the abuse."—But

It would not teach that in beginning to drink at all, lies the danger of forming the imperious appetite that leads to ruin, and that the moderate drinker is always in danger of becoming a drunkard.

A person from "the abuse" side of the shield, and perhaps some total abstainers in principle and practice, who have not thought much on this phase of the subject, would look favorably upon such a text-book.

Its strong outcry against drunkenness, its warning concerning the growth of the alcohol appetite, its vivid portrayal of the consequences of the habits of the old toper to the various organs of the body, all this to them would seem like good temperance teaching.

The student of modern research on this question sees in the omissions and qualified statements of such a book, the trace, at every point, of the old falacies that have been the cause of a large share of the drunkenness that blights modern society. In the light of modern science alcohol is a poison. Its use as a beverage at all is an abuse of the human system in proportion to the amount taken, and it is the nature of a little to create the appetite for more.

To the critic from this side of the shield, no denunciation of drunkenness can make up for the lack of warning against the drink itself. The brewers and saloon-keepers will all join in a vehement condemnation of drunkenness, but they want nothing said against the drink. The majority of the children in our public schools are not drunkards or moderate drinkers needing to be reformed, but they do need to be taught the treacherous and dangerous character of alcohol itself, especially as it appears in such lighter liquors wine, beer and cider,
as they will be tempted to take. Instruction for them should put the greatest stress upon the insidious connection between beginning to drink and the condition into which the old toper is ultimately plunged. They need to be warned against the formation of appetite more than of the danger of increasing it when once formed. A description of the "joy and comfort of taking a little liquor" that fails in the context to describe the danger of that little and only tells in that connection of the consequences of "taking enough to get slightly intoxicated," is perilous teaching against which our friends on this side of the shield cry out. That the contestants looking from the other side should misunderstand and sometimes misrepresent this cry, is only a new phase of the often repeated experience of pioneers for truth.

If this new education is to give to the world a coming generation of intelligent total abstainers, as we expect, its manuals of instruction must teach with no uncertain sound the proven findings of science, viz.:

1st. — That alcohol is a dangerous and seductive poison.

2d. — That beer, wine and cider contain this same alcohol, thus making them dangerous drinks, to be avoided.

3d. — That it is the nature of a little of any liquor containing alcohol to create an uncontrollable appetite for more, and therefore the strongest warning should be urged against taking that little and thus forming the appetite.

4th. — This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into primary or intermediate classes will make the study a failure there.

5th. — This is not a physiological but a temperance movement. In all grades below the high school this instruction should contain only physiology enough to make the hygiene of temperance and other laws of health intelligible. Temperance should be the chief and not the subordinate topic.

Lacking in any of these five points a text-book on Scientific Temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

MARY H. HUNT,

Nat. Sup't of Scientific Instruction of the W. C. T. U.
If we save the children to-day, we have saved the nation to-morrow.

**DEPARTMENT OF SCIENTIFIC INSTRUCTION IN SCHOOLS AND COLLEGES, OF THE National Woman's Christian Temperance Union.**

IDA MERRIAM,  
Department Secretary.  

ALICE M. GUERNSEY,  
Assistant.

MRS. MARY H. HUNT,  
Superintendant.  

HYDE PARK, BOSTON, MASS.  

**ADVISORY COMMITTEE.**  
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HON. WM. W. SHELLON,  
Pres. National Teachers Association of 1887.  
Rev. JOSEPH COOK,  
of Boston Monday Lectureship.

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**STANDARDS FOR TEMPERANCE TEXT-BOOKS.**

The following syllabus of matter and manner of teaching Scientific Temperance in school text-books was adopted by the late Annual Convention of the National Woman's Christian Temperance Union, held in Nashville, Tennessee, November, 1887, as a standard to which all such books must conform to receive the endorsement of that Society.

If this new education, Scientific Temperance, is to give to the world a coming generation of intelligent total abstainers, as we expect, its manuals of instruction must conform to the following specifications:

1. They must teach, with no uncertain sound, the proven findings of science—viz.:
   (a) That alcohol is a dangerous and seductive poison.  
   (b) That as beer, wine and cider contain this same alcohol, therefore they are dangerous drinks, to be avoided, and that they are the product of a fermentation that changes a food to a poison.  
   (c) That it is the nature of any liquor containing alcohol to create an appetite for more, which is so apt to become uncontrollable that the strongest warning should be urged against taking that little, and thus forming the appetite.

2. They must teach, also, the hereditary and acquired effects of these upon the human system; that is, upon the whole being—mental, moral and physical. The appalling effects of drinking habits upon the citizenship of the nation, the degredation and crime resulting, demand that instruction here should give clear and emphatic utterance to the solemn warnings of science on this subject.

3. This instruction must be as well graded to the capacities of each class of pupils as the modern school readers are. A book fit for high schools put into the primary or intermediate classes will make the study a failure there. Truth is just as true and as scientific when told in easy words as when put into stilted technicalities which the child cannot understand.

4. In all grades below the high school the poisonous nature and effects of alcoholic drinks, tobacco, opium, and other narcotics should be the chief and not the subordinate topic, and should occupy at least one-fourth the space in text-books for these grades, with only physiology enough to make the hygiene of temperance and other laws of health intelligible.

It is not desirable to have a separate book for the physiology heretofore studied in the high school, or limit the amount, but at least twenty pages out of that ordinarily required should be given to the question of the poisonous nature and effects of alcoholic and other narcotics, in text-books for these classes.

The effects of these substances upon the human system should be stated in each division of the subject of physiology and hygiene, and not be massed as an appendage at the end of the book.

Lacking in any of these points, a text-book on Scientific Temperance is incomplete, and the use in the schools of such a book will not result in a strong temperance sentiment among the pupils using it.

Because the question of total abstinence for the children of this country, and therefore of their well-being and that of the land soon to be governed by them, depends so largely upon the teachings in these books, we cannot lower this standard or indorse books that fall below it.
Ramaghatam, Kellor District, India, April 15, 1889.

Dr. W. H. Kellog,
Battle Creek, Michigan, U.S.A.

I received your letter in reference to the effect of exercise upon a woman's form & physical development some time since, but as I have no one who could be trusted to make such measure-ments as you require, I am a missionary can not command much leisure, I have not been able to answer before.

I send here with the measure-ments, as indicated in your letter of twenty-five women, taken entirely at random.

The figures are under-
fully accurate.

No Fijian woman knew her own size, so we had to trust our judgment entirely on that point. Then with a good number of them it was impossible to make them understand what I wanted, so that I think most of them could have made more difference in the chest measurements than they did; but the waist measurements I think they could not change much. Although Fijian women do not wear corsets, their clothes are all fastened at the back with a string held just below the waist or tightly as it can possibly be drawn, and I do not see how this thing thatiram could move.

With the hope that you will find these measurements of
Service in your writing.

Sam, very sincerely,

E. J. Cummings,

Kamptez,

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Physical Measurements.

Name, Chin Morris age 22 year

1. Height, ........................................... 58 1/2 Inches
2. Girth of Chest, in repose, .................. 31
3. Girth of Chest, after inspiration, ....... 33
4. Girth of Chest, after expiration, ......... 31
5. Girth of Waist, in repose, ............... 29
6. Girth of Waist, after inspiration, ...... 27 1/2
7. Girth of Waist, after expiration, ...... 26
8. Girth of Shoulders, ....................... 33 1/2
9. Girth of Hips, ............................... 32 1/2

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, Chin Fak, 24 years old

1. Height, 60 inches
2. Girth of Chest, in repose, 29 inches
3. Girth of Chest, after inspiration, 31 inches
4. Girth of Chest, after expiration, 28 inches
5. Girth of Waist, in repose, 25 inches
6. Girth of Waist, after inspiration, 27 inches
7. Girth of Waist, after expiration, 24 inches
8. Girth of Shoulders, 33 inches
9. Girth of Hips, 33 inches

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centimeters or English inches.
Physical Measurements.

Name, Isaac Sing 26 years old

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Measurement (inches)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Height</td>
<td>57</td>
</tr>
<tr>
<td>2. Girth of Chest, in repose</td>
<td>30</td>
</tr>
<tr>
<td>3. Girth of Chest, after inspiration</td>
<td>22</td>
</tr>
<tr>
<td>4. Girth of Chest, after expiration</td>
<td>30 1/2</td>
</tr>
<tr>
<td>5. Girth of Waist, in repose</td>
<td>25 1/2</td>
</tr>
<tr>
<td>6. Girth of Waist, after inspiration</td>
<td>27</td>
</tr>
<tr>
<td>7. Girth of Waist, after expiration</td>
<td>25 1/2</td>
</tr>
<tr>
<td>8. Girth of Shoulders</td>
<td>95</td>
</tr>
<tr>
<td>9. Girth of Hips</td>
<td>33</td>
</tr>
</tbody>
</table>

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centimeters or English inches.
Physical Measurements.

Name, Chandon, 18 years old

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Height</td>
<td>60 inches</td>
</tr>
<tr>
<td>2. Girth of Chest, in repose</td>
<td>32</td>
</tr>
<tr>
<td>3. Girth of Chest, after inspiration</td>
<td>34</td>
</tr>
<tr>
<td>4. Girth of Chest, after expiration</td>
<td>32</td>
</tr>
<tr>
<td>5. Girth of Waist, in repose</td>
<td>28</td>
</tr>
<tr>
<td>6. Girth of Waist, after inspiration</td>
<td>29</td>
</tr>
<tr>
<td>7. Girth of Waist, after expiration</td>
<td>28</td>
</tr>
<tr>
<td>8. Girth of Shoulders</td>
<td>37</td>
</tr>
<tr>
<td>9. Girth of Hips</td>
<td>36</td>
</tr>
</tbody>
</table>

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, Ch. Tuck, 24 years old

1. Height, 56½ inches
2. Girth of Chest, in repose, 28½ inches
3. Girth of Chest, after inspiration, 29¾ inches
4. Girth of Chest, after expiration, 27½ inches
5. Girth of Waist, in repose, 24½ inches
6. Girth of Waist, after inspiration, 25 inches
7. Girth of Waist, after expiration, 24 inches
8. Girth of Shoulders, 32 inches
9. Girth of Hips, 29 inches

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
### Physical Measurements.

**Name:** Yute, 20 years old

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>60 inches</td>
</tr>
<tr>
<td>Girth of Chest, in repose</td>
<td>34 1/4</td>
</tr>
<tr>
<td>Girth of Chest, after inspiration</td>
<td>35</td>
</tr>
<tr>
<td>Girth of Chest, after expiration</td>
<td>32</td>
</tr>
<tr>
<td>Girth of Waist, in repose</td>
<td>29</td>
</tr>
<tr>
<td>Girth of Waist, after inspiration</td>
<td>31/2</td>
</tr>
<tr>
<td>Girth of Waist, after expiration</td>
<td>30</td>
</tr>
<tr>
<td>Girth of Shoulders</td>
<td>34</td>
</tr>
<tr>
<td>Girth of Hips</td>
<td>36</td>
</tr>
</tbody>
</table>

### Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centimeters or English inches.
Physical Measurements.

Name, Mr. Doe, age 20 years

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Height</td>
<td>60½</td>
</tr>
<tr>
<td>2. Girth of Chest, in repose</td>
<td>26</td>
</tr>
<tr>
<td>3. Girth of Chest, after inspiration</td>
<td>29½</td>
</tr>
<tr>
<td>4. Girth of Chest, after expiration</td>
<td>27½</td>
</tr>
<tr>
<td>5. Girth of Waist, in repose</td>
<td>22½</td>
</tr>
<tr>
<td>6. Girth of Waist, after inspiration</td>
<td>24</td>
</tr>
<tr>
<td>7. Girth of Waist, after expiration</td>
<td>22½</td>
</tr>
<tr>
<td>8. Girth of Shoulders</td>
<td>34</td>
</tr>
<tr>
<td>9. Girth of Hips</td>
<td>31½</td>
</tr>
</tbody>
</table>
Physical Measurements.

Name, Jang Yoon, 30 years old

1. Height, \( \frac{59}{4} \) inches
2. Girth of Chest, in repose, 31 " 
3. Girth of Chest, after inspiration, 35 " 
4. Girth of Chest, after expiration, 32\( \frac{1}{2} \) " 
5. Girth of Waist, in repose, 29 " 
6. Girth of Waist, after inspiration, 31 " 
7. Girth of Waist, after expiration, 29 " 
8. Girth of Shoulders, 37 " 
9. Girth of Hips, 36 " 

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centimeters or English inches.
Physical Measurements.

Name, W. Moores, age 19 years.

1. Height, 58 inches
2. Girth of Chest, in repose, 31 "
3. Girth of Chest, after inspiration, 33 "
4. Girth of Chest, after expiration, 32 "
5. Girth of Waist, in repose, 28 "
6. Girth of Waist, after inspiration, 29½ "
7. Girth of Waist, after expiration, 27½ "
8. Girth of Shoulders, 97 "
9. Girth of Hips, 35 "

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
# Physical Measurements

Name: Smith, Jane Age 20 years

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>59 in</td>
</tr>
<tr>
<td>Girth of Chest, in repose</td>
<td>32</td>
</tr>
<tr>
<td>Girth of Chest, after inspiration</td>
<td>33</td>
</tr>
<tr>
<td>Girth of Chest, after expiration</td>
<td>32</td>
</tr>
<tr>
<td>Girth of Waist, in repose</td>
<td>24</td>
</tr>
<tr>
<td>Girth of Waist, after inspiration</td>
<td>31</td>
</tr>
<tr>
<td>Girth of Waist, after expiration</td>
<td>28.5</td>
</tr>
<tr>
<td>Girth of Shoulders</td>
<td>37</td>
</tr>
<tr>
<td>Girth of Hips</td>
<td>36.5</td>
</tr>
</tbody>
</table>

## Directions for Measurements

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, Annie Lee Age 18 years

1. Height, 56 inches
2. Girth of Chest, in repose, 20 inches
3. Girth of Chest, after inspiration, 31 inches
4. Girth of Chest, after expiration, 29 1/2 inches
5. Girth of Waist, in repose, 27 inches
6. Girth of Waist, after inspiration, 28 inches
7. Girth of Waist, after expiration, 26 1/2 inches
8. Girth of Shoulders, 36 inches
9. Girth of Hips, 31 inches

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
### Physical Measurements

> Name: Ch. Cook, age 27 years

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Height</td>
<td>56 in</td>
</tr>
<tr>
<td>Girth of Chest, in repose</td>
<td>31 in</td>
</tr>
<tr>
<td>Girth of Chest, after inspiration</td>
<td>32 in</td>
</tr>
<tr>
<td>Girth of Chest, after expiration</td>
<td>30 in</td>
</tr>
<tr>
<td>Girth of Waist, in repose</td>
<td>25 in</td>
</tr>
<tr>
<td>Girth of Waist, after inspiration</td>
<td>26 in</td>
</tr>
<tr>
<td>Girth of Waist, after expiration</td>
<td>25 in</td>
</tr>
<tr>
<td>Girth of Shoulders</td>
<td>33 1/2 in</td>
</tr>
<tr>
<td>Girth of Hips</td>
<td>31 1/2 in</td>
</tr>
</tbody>
</table>

### Directions for Measurements

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
### Physical Measurements

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name, Abraham Y. 1721. Age 26 years</td>
<td></td>
</tr>
<tr>
<td>1. Height</td>
<td>5' 9&quot;</td>
</tr>
<tr>
<td>2. Girth of Chest, in repose</td>
<td>28&quot;</td>
</tr>
<tr>
<td>3. Girth of Chest, after inspiration</td>
<td>29 1/2&quot;</td>
</tr>
<tr>
<td>4. Girth of Chest, after expiration</td>
<td>27 1/2&quot;</td>
</tr>
<tr>
<td>5. Girth of Waist, in repose</td>
<td>24&quot;</td>
</tr>
<tr>
<td>6. Girth of Waist, after inspiration</td>
<td>25 1/2&quot;</td>
</tr>
<tr>
<td>7. Girth of Waist, after expiration</td>
<td>24 1/2&quot;</td>
</tr>
<tr>
<td>8. Girth of Shoulders</td>
<td>24 1/2&quot;</td>
</tr>
<tr>
<td>9. Girth of Hips</td>
<td>31&quot;</td>
</tr>
</tbody>
</table>

### Directions for Measurements

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, La Lai, age 20 yrs

1. Height, 5 ft 9 in
   2. Girth of Chest, in repose, 30 in
   3. Girth of Chest, after inspiration, 31 1/2 in
   4. Girth of Chest, after expiration, 30 1/2 in
   5. Girth of Waist, in repose, 26 in
   6. Girth of Waist, after inspiration, 27 in
   7. Girth of Waist, after expiration, 25 1/2 in
   8. Girth of Shoulders, 36 in
   9. Girth of Hips, 30 in

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
**Physical Measurements.**

**Name**, *Leen Yung* Age 28 years

1. **Height**, ..........................  61\(\frac{1}{2}\)  inches
2. **Girth of Chest, in repose**, ..........  29  ...
3. **Girth of Chest, after inspiration**, ....  30  ...
4. **Girth of Chest, after expiration**, ....  28  ...
5. **Girth of Waist, in repose**, ..........  23  ...
6. **Girth of Waist, after inspiration**, ....  24  ...
7. **Girth of Waist, after expiration**, ....  22\(\frac{1}{2}\)  ...
8. **Girth of Shoulders**, ..................  33  ...
9. **Girth of Hips**, .......................  30  ...

---

**Directions for Measurements.**

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
### Physical Measurements

**Name:** Kim Lam, Age 19 yrs.

<table>
<thead>
<tr>
<th>Measurement</th>
<th>Unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Height</td>
<td>58 1/2 inches</td>
</tr>
<tr>
<td>2. Girth of Chest, in repose</td>
<td>29</td>
</tr>
<tr>
<td>3. Girth of Chest, after inspiration</td>
<td>28 1/2</td>
</tr>
<tr>
<td>4. Girth of Chest, after expiration</td>
<td>28</td>
</tr>
<tr>
<td>5. Girth of Waist, in repose</td>
<td>26</td>
</tr>
<tr>
<td>6. Girth of Waist, after inspiration</td>
<td>27 1/2</td>
</tr>
<tr>
<td>7. Girth of Waist, after expiration</td>
<td>25 1/2</td>
</tr>
<tr>
<td>8. Girth of Shoulders</td>
<td>8</td>
</tr>
<tr>
<td>9. Girth of Hips</td>
<td>3 1/2</td>
</tr>
</tbody>
</table>

### Directions for Measurements

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centimeters or English inches.
Physical Measurements.

Name, At His 20 years old

1. Height, ........................................... 56½ inches
2. Girth of Chest, in repose, ........................ 27 " 
3. Girth of Chest, after inspiration, ........ 28 " 
4. Girth of Chest, after expiration, ................ 27 " 
5. Girth of Waist, in repose, ......................... 24 " 
6. Girth of Waist, after inspiration, ............ 25½ " 
7. Girth of Waist, after expiration, .............. 24 " 
8. Girth of Shoulders, ................................ 33 " 
9. Girth of Hips, ...................................... 30 " 

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.

2. The chest measurement should be made in a horizontal line, at the level of the axilla.

3. Have the subject expand the chest to the fullest extent; note measurement.

4. Have the subject empty the lungs as completely as possible; note measurement.

5. Take measurement of the waist at the point where it is smallest.

6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.

7. Have the subject empty the lungs as completely as possible; note measurement.

8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.

9. Take the measurements of the hips on a level with the lower end of the sacrum.

10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, Mon Hun age 25 years

1. Height, 60 inches
2. Girth of Chest, in repose, 83"
3. Girth of Chest, after inspiration, 84"
4. Girth of Chest, after expiration, 82 1/2"
5. Girth of Waist, in repose, 29"
6. Girth of Waist, after inspiration, 30 1/2"
7. Girth of Waist, after expiration, 29"
8. Girth of Shoulders, 37"
9. Girth of Hips, 33"

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
Physical Measurements.

Name, Ben Ray 19 years old

1. Height,  \( \times \) 58 inches
2. Girth of Chest, in repose, 31 inches
3. Girth of Chest, after inspiration, 32 1/2 inches
4. Girth of Chest, after expiration, 31 1/2 inches
5. Girth of Waist, in repose, 28 inches
6. Girth of Waist, after inspiration, 28 1/2 inches
7. Girth of Waist, after expiration, 27 inches
8. Girth of Shoulders, 25 inches
9. Girth of Hips, 26 inches

Directions for Measurements.

1. The height should be taken with the shoes or sandals removed, and subject standing against the wall, with heels, hips, shoulders and head touching the wall.
2. The chest measurement should be made in a horizontal line, at the level of the axilla.
3. Have the subject expand the chest to the fullest extent; note measurement.
4. Have the subject empty the lungs as completely as possible; note measurement.
5. Take measurement of the waist at the point where it is smallest.
6. Have subject take a full breath, avoiding any constriction of the waist during inspiration; note measurement.
7. Have the subject empty the lungs as completely as possible; note measurement.
8. Take the girth of the shoulders just below the point of the shoulders, subject allowing the arms to hang easily at the sides.
9. Take the measurements of the hips on a level with the lower end of the sacrum.
10. These measurements should be taken next the skin if possible, or at least with not more than one very thin covering. The dimensions may be given either in centi-meters or English inches.
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Measurements:
- Chest: Full
- Waist: Full
Data of Chinese, East Indian, and Indian
Lansing, March 13th, 1889

To whom it may concern.

The venerable Dr. J.H. Kellogg of Battle Creek, Michigan, contemplating a foreign visit, and it affords me pleasure to emphasize his high character and standing at home upon the virtues which he may merit abroad. He is worthy all the courtesies that may be extended to him and any favors thus shown will be appreciated by him and all by his earnest friends.

[Signature]

Governor
Two Whom It May Concern:

Dr. J. H. Kellogg, is Medical Superintendent of the Sanitarium, at Battle Creek, Michigan, which is perhaps the finest in the world; he is an honored Ex-Member of the Michigan State Board of Health, and a member of the leading medical, sanitary, and other scientific associations in this country.

Any favors rendered Dr. Kellogg will be conferred upon one who is eminently worthy.

Very respectfully,

Henry B. Baker
Secretary.
John H. Kellogg, M. D.,

Battle Creek, Michigan.

Dear Doctor Kellogg:— At the meeting of the Michigan State Board of Health at Lansing, July 14, 1891, every member being present, the following preamble and resolution were unanimously adopted:—

Whereas, This being the first meeting since the termination of the services of Drs. Lyster and Kellogg, as members of the State Board of Health, it is an appropriate time to place upon record our high appreciation of the value of their services, therefore,

Resolved, That (etc. relative to Dr. Lyster.)

Resolved, That the vigorous sanitary work of Doctor John H. Kellogg, during the twelve and half years that he has been a member of the Michigan State Board of Health, is work of which any man might well be proud, and all the more because a considerable proportion of it has been done in committee and otherwise under such circumstances that general public recognition of it was impossible, work which has led to the improvement of the ventilation and sanitary condition of many public and private buildings, and has conduced to the general up-building of sanitary progress throughout the State. Dr. Kellogg's experience in the planning, construction, and use of buildings for many inmates, and his conference with architects and others concerned in the planning and construction of buildings for the various State Institutions whose plans have come before this Board for examination and report, have made him especially useful to the State in the examination of plans for

public buildings, his advice on these subjects has been especially valuable. His public addresses and discussions at the sanitary conventions throughout the State are well known. The people of Michigan are richer in money, health, and life, because of the faithful gratuitous labors of Dr. John H. Kellogg, as member of this State Board of Health.

--- X ---

Attest.

Henry B. Baker

Secretary.
Library of Congress,

Copyright Office, Washington.

To wit: Be it remembered,

That on the 27th day of April, anno domini 1892, Mrio. E. E. Kellogg, of Battle Creek, Mich., has deposited in this Office the title of a Book

the title or description of which is in the following words, to wit:

Science in the Kitchen. A scientific treatise on food substances and their nutritive properties, together with a practical explanation of the principles of healthful cooking. By Mrs. E. E. Kellogg, A.M.

Health Publishing Company

Battle Creek, Mich.

the right whereof she claims as author

in conformity with the laws of the United States respecting Copyrights.

[Signature]

Librarian of Congress.
Ironton, Mo.  August 10, 1892.

Good Health Pub. Co.,

Battle Creek, Michigan.

Dear —cienia,—

I have had the pleasure of giving Science in the Kitchen a careful inspection, and find it replete with good practical hints and sound common sense. In fact, the first 20 pages contain more valuable knowledge than the average cook-book has between its lids; these pages alone are worth many times the price of the book.

The chapter on Cereals and their Preparation is another valuable one, and just what the people so much need. Then comes the one on Breadstuffs and Breading which is invaluable. So is the one on Fruits. If only this excellent contribution to culinary literature receives the cordial welcome which it deserves from an appreciative public, it will do much to work out that great reform in dietetics which has only just begun. Our people need to learn that more fruits and cereals and less meat on their tables would do much to improve their health and comfort; and this I am sure is a lesson that Science in the Kitchen will teach.

Wishing this volume rapid and wide circulation, I am,

Very truly yours,

S. W. Dodds,
My dear Mr. Guenther:---

The bearer of this letter, Dr. J. H. Kellogg, is the Superintendent of the famous Sanitarium at Battle Creek, Michigan, long a member of the Board of Health of my State, and now visiting Mexico as a member of the Public Health Association. Please be just as good to Dr. Kellogg as you possibly can. He won't drink with you, or smoke, but you may be able to get him to dissipate in some new and more exciting form.

Very truly yours,

Honorable Richard Guenther,
Consul-general of the United States,
City of Mexico.
Dear Doctor:

At the last year’s meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.
Dear Sir,

I am at a loss to know exactly how to express myself. But can say that reading the stuff, think not once in a year nor not once in five years. Think it too little more than I accept.

Very truly,

[Signature]

[Name]
Dear Doctor:

At the last year’s meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.
Dr. J. H. Kellogg
Battle Creek, Mich.

Dear Sir:—I am not a physician and therefore cannot help you with your investigation. As a chemist for nearly five years connected with the Internal Revenue Bureau the subject of alcohol has received a good deal of attention from me, but I have never made direct experiments with unhealthy subjects, which is what you desire to know. In the Annual Report of the Commissioner of Internal Revenue for 1899 you will find a summary of some of the chemical facts about alcohol. In France and Germany the physiological effects of the different alcohols have been studied and the results of the experiments have been published from time to time in different foreign chemical periodicals.

Yours truly,

Edgar Richards
Dear Doctor:

At the last year’s meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.
Dear Sir,

This circular letter was read, and in reply I feel justified in stating that I do not think it can be called an agreement on this subject or any other, but that I am convinced, after years of experience, that the day has come when we can and should discontinue the use of alcohol as a therapeutic agent. I do not claim that I never prescribe alcoholic ligatures for in consultation or often have to make compromises which involve the prescribing of drugs which we could not have prescribed on our own account. When again in prescribing cough syrups and similar drugs as we can not get a suitable solution of except by the use of alcohol we are almost compelled to use it, and in such cases I do use it. But it will not be too much for me to say that in general practice, including the treatment of all diseases to which we are subject in this locality, I find it desirable not to use alcohol as a therapeutic agent and never prescribe it except under conditions as enumerated above. I have kept no notes with a view to making any such report as this, consequently I am not in a position to furnish any facts, but offer this general statement for what it may be worth.

Yours truly,

Sidney Thompson M.D.
Dear Doctor:

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.
May 18, 1933

196 Joralemon St. Brooklyn

Dear Dr. Kellogg,

I regret that my interest in the value of alcohol in the treatment of disease without and with small amounts of alcoholic stimuli is scientifically of little value because I did not keep a careful record of each case treated. With reference to this point...
I can only say that in the two years during which I was a Physician at The "Mass. Reformatory for Women" I used less than three
whiskies at all, and no wine. I refrained from the use of stimulans
(excepting Mulo the do
of which was measured by drops). I threw out Calvionum & Jamaican Ginger and all the remedies of this sort with which
The women were familiar, and my results were quite as
good, if not better,
than those of other
Reformatory's in similar
institutions (dealing with
the same class of people)
I did not once use alcohol in any
form in the inmates of the
although I had a
number of very severe
cases. I had charge of a
Hospital there, of ninety
beds. Most of which were
pretty constantly occupying besides sixty babies
or stillbirths, and a
Daily "Dick Call" number
from twenty to fifty.

In my former practice
I seldom use Alcoholics
acto; I never have
relieved it right to
exclude them from our
formulation. I only
believe them to be
dangerous remedies which
are likely to abuse
very truly.

Very truly,

Elizabeth Wether
Where the child seemed reduced to the utmost limits of tissue waste, where stimulants had been tried and all other measures begun to improve from the time her fermentations and electricity were used and all stimulants stopped, a case of this kind occurred last winter in a poor family on Monroe St. named McCarthy. Jessie McCarthy, who worked in the bathroom and had a baby, gave her the baby treatment and in two days it had made manifest improvement.
and soon to my great surprise was quite a respectable looking baby. There have been many more similar cases treated all doing well.

Kate Lindsay.
The frequency and increased the force of the heart beat, improved the respirations so that the patient who seemed a few moments almost "quiescent and the dusky hue and cold clamour sweating of the surface and become warm and natural in color. Anna Campbell, Clayton Platt, Christiana Dahl, were marked cases of this kind when the heat next had to be repeated several times daily to keep up natural flagging energies. The heat to the centres and over the heart. Heart acted much quicker than I have ever seen a response to alcoholic stimulants. In cases of marasmus in children and infants I have seen a tremendous.
Doctor, give me the

to give my experience in

in treating disease without

stimulants or at least without

alcohol. I have never used

any stimulants in my practice so

my statements will not seem

conclusive as

there was not direct comparison

made with other cases treated

with alcohol. I'm afraid

ever I remember give very

marked cases when the

patient seemed in great

danger from heart failure

where heat and the heart and

to the spine has been ord
Doctor, I want you to give any experience in treating disease without stimulant as at least without alcohol. I have never used any quins in my practice so my statement will be one of not seen conclusive if there was not direct comparison made with other cases treated with alcohol. In typhoid fever I remember five very marked cases where the patient seemed in great danger from heart failure. Where heat and the heart and to the urine was second...
The frequency, and increased the force of the heart, heat improved, the respiration so that the patient, who seemed a few moments almost insensible, became quiet, the skin dry and cold, closing, sweating at the surface and become warm and natural. I called Anna Campbell, Clayton Platt, Christiane Dahl, were marked cases of this kind. When the treatment had been repeated several times daily, to keep up nature's flagging energies, the heat to the centres and over the heart acted much quicker than I have ever seen a response to alcoholic stimulants. In cases of marasmus in children and emaciated infants, I have seen a similar effect. In alcohol,
Where the child seemed reduced to the utmost limits of human waste, where stimulants had been tried and all other measures begun to improve from the time her perturbations and electricity were used and all stimulants stopped. A case of this kind occurred last winter in a poor family on Camp Street. On one Saturday, Jessie Orton, who worked in the bathroom and had a battery gave her the daily treatment and in two days it had made manifest improvement.
and soon to my great surprise was quite a respectable looking baby.
There have been many brave Simelos cases treated all doing well.
Kate Lindsay.
J. F. Kennedy, M. D.

My dear Sir: I fully sympathize with Dr. Davis, of the American Medical Temperance Association in their efforts to obtain data respecting place that alcohol should have in the treatment of disease. From my own observation and experience I am well assured that alcohol could be excluded from the materia medica without positive injury, though doubtless with some inconvenience at present. I do not believe it an essential in any disease - though a convenience and hence often an important agent in some emergencies. I do not think a conscientious physician could consistently refuse or neglect its use in such cases unless he had as good or better remedy at hand or at command. Very seldom - almost never are driven to such straits.

Respectfully,

J. F. Kennedy, M. D.
Dr. Kellogg
Battle Creek, Mich.

Dear Doctor,

Your favor of the 16th inst. well received. I reply now, and say that I am as absolutely temperate as myself. I use no spirits of any kind whatsoever — yet I am in the habit of treating nervous diseases with white alcohol in some form or other, which, acting on the presupposition that all medicinal fluids will get well if we can keep the patient alive long enough, I think, when natural energies are unequal to the task, alcoholic stimulants will bridge over for a short time and give just as effective a chance to the body. This is simply from experience. I believe that alcohol could be entirely eliminated from the materia medica without...
any great detriment to the

treatment of disease.

John F. Montgomery
Dr. Kellogg,

I have had about 10 cases of Syphilis Rheum
10 "  " Scarlet
1 case  " Diphtheria,
about 15 cases  " Measles,
15 "  " Influenza,
24 "  " Jos Grippal,
25 Other acute diseases
in the last few years
without a single case of death. (most of them were mild forms of the disease)

Have not prescribed Alcohol in a single case.

The case of Capt. Manning who was here 3 or 4 mo. ago, who first thought we were cranks on the liquor question and after leaving off drink for a few months was so much improved, should be a good case to illustrate what Alcohol prescribing will do.

Best Yours,
A.J. Hoenes
Dear Doctor: J. Williams
Milwaukee, Wis.

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. KELLOGG.

It do not need alcohol

Dr.,
Dear Doctor:

At the last year's meeting of the American Medical Temperance Association, a Committee was appointed with Dr. N. S. Davis to collect facts respecting the non-alcoholic treatment of diseases. Dr. Davis and many other members of the profession, especially in England, hold that alcohol is not an essential to the correct and successful treatment of any curable malady, that it can be excluded from the materia medica without serious loss to suffering humanity. The undersigned has been appointed a member of the Committee, and has been requested to collect material for the Committee reporting upon this subject, and herewith invites an expression of an opinion from you upon this question considered from the standpoint of both science and experience. If your observations afford any facts bearing upon this subject, the Committee will be under obligations if you will kindly take the trouble to make a brief statement of such facts, and forward them to the undersigned at as early a day as is convenient. In behalf of the Committee, I am,

Yours truly,

J. H. Kellogg.
John H. Kellogg, M. D.,

Member of Committee of American Med. Temperance Association,

Battle Creek, Michigan.

Dear Doctor:— Replying to your circular letter relative to the use of alcohol in materia medica, I am sorry to say that I have no "material" fact bearing directly or indirectly upon this subject.

Very respectfully,

[Signature]

Secretary.
Jamestown, N. Dak., May 23rd, 1893.

Dr. J. H. Kellogg,

Battle Creek, Mich.

Dear Doctor:-

In reply to your favor just received I am at a loss to know exactly what to reply, however, my experience in treating not only mental diseases but all others, convinces me more and more that stimulants need not necessarily enter into the treatment of diseases and oftentimes that they really do harm rather than proving beneficial.

However, to be honest with my own convictions in accordance with my past treatment up to the present I have in cases of acute mania, where I feared death from nervous exhaustion continued the use of beer principally with possibly mild sedatives such as fluid extract of hops, conium &c., which in most cases apparently proved beneficial, yet it is a question whether proper nourishment would not have accomplished even better results. Of course my opinion in regard to the use of stimulants in treating various kinds of diseases are based almost wholly on my experience and observation in cases actually treated and as such I am more and more led to believe that diseases of all kinds can be treated as successfully and perhaps with less danger in leaving out all forms of alcoholic stimulants than with their indiscriminate use.

I regret not being able to give more positive statements regarding the non-use of stimulants as I have up to this time continued to use them guarded quantities in cases referred to.
J. N. Kellogg, M.D.
Battle Creek, Mich.

May dear Doctor:

Your esteemed favor of the 10th instant came to hand a few days ago and most of the time only has presented an earlier reply. I have written you a more full and correct statement of the kind I treated in your recent letter, for I have long since been convinced that the treatment I have prescribed is not only unnecessary, but in nineteen out of twenty hundred cases out of every hundred, decidedly injurious. In this my opinion is emphatic terms and I believe, from well-arranged and happy memories among many of the profession in general, to the appetite of many of their patients to mere, that it is because they are inclined to alcohol as a stimulant as well as a stimulating quality and third,
they appear, with no free administration, to counteract any prejudice of fermentation of the organism. While I am willing to admit that we do not now have any chemical substitute for alcohol for the prevention of fermentation of vegetable substances as one for their preparation in all we need of a medicine. Its application to alcohols in any amount or extreme by questionable procedure, becomes me cannot foretell what will or will not occur, but I trust will avoid the use of alcohol and for the I will always avail it for food or for harm. I have been engaged in the practice of medicine for the last thirty years and have tried, say that I have done with the use of alcoholic stimulants. In justice to truth I cannot say however, that I have not been in some cases where I suppose a beneficial action from
It and have always been disappointed. Perhaps this is my fault. Perhaps I do
not understand it at all well. But
I am satisfied and I think it is good that
I shall continue my work in the
same way in the future. I have
maintained from any scientific argument
in favor of my position. I have only
interfered what I practice, but I
trust that the experience of the many
may be valuable for the promotion of
not in the future. If my testimony will
be of any help to a friend above I shall
be pleased and satisfied.
Will be pleased to correspond with you
in the future.
I remain your dear brother
Yours very affectionately and
F. Becker.
Hartford, Conn. May 24th, 1893

J. F. Beardsley, M. D.

Dear Sir,

When I began practice 25 years ago, I always gave Brandy in Distilleries. I have seen the fact of ten years since I used it in any case and in that time I have not lost a case so much as not using it. In my opinion my cases all made better — more rapid & complete. Demies from which I used it — I became giv a heart failure used Nitric of Amyl by inhalation instead and am much better since
Hartford, Conn., .......................... 189

with skill and energy, and I firmly believe it can be accomplished. 

The Materia Medica will be next.

Yours,

[Signature] B. F. Beardsley, M. D.
Columbus, Ind. May 24th 1893

J. H. Kellogg M.D.

dear doctor,

In answering yours of the 16th I st.

vandoor compels me to say that if my

observation has taught me anything it

is that alcohol has no place in curative

medicine. It contains no nutritive principle

nor does it by chemical action produce

such an effect on the animal economy

that it is entitled to be called a tonic.

However I think it may be called an

anesthetic, it certainly zemuns nervous

sensibility, and impairs digestion, effects

which render those who use it less able to

resist and stand the shock of diseases than

those who do not. Therefore for the last

twelve or fifteen years I have seldom prescribed

alcoholics in my practice. and I believe

my patients have made better and more

rapid recoveries than formerly when I

frequently prescribed alcoholic liquids.

Yours truly

J. S. Arrivato
Dear Doctor,

Your query of 22nd at 10. sund., and in answer to your inquiry, is alcohol of benefit in the treatment of disease. In most cases I would answer no. In a few cases of existing disease the time of metamorphosis is too rapid. It only for a short time arrest the change— but its effect is but temporary. In my opinion, in most cases, other substances to him will do as well or better. I have prescribed it for over 32 years both in military
Topeka, 1889

And civil statute and
year by year and civil
by case I broke but faith
with it and now it is

a very rare thing for
me to preside over

Lawrence
D.C. Jones 1889

310 Kansas Ave

Joseph Kings
Charles City, Iowa, May 25, 1893

J. H. Kellogg, M. D.
Battle Creek, Mich.

Dear Doctor,

Your circular letter was read yesterday. Been too busy to reply as could to do, but will say I am glad to see so much interest manifested in regard to the use of alcohol in medicine.

It is many years since I discarded and discharged the whole family as a bad lot in medicine, for at least in my practice and it has been a matter of great surprise that so many in other respects fail progressive physicians still adhere to the general use of liquors.
It was not from any temperance excitement or the like that I discarded alcoholics in medicine, but I gradually grew out of the use, and as I thought to the great advantage of my patients, morally, physically and pecuniarily. That tells about the whole story for me.

It is a matter of sense, if as good medical educators as you in this community, I could not do less than I did—discard alcohol in medical practice.

As a medicine, perhaps I might use it as I would any other poison in some cases. I have greatly admired Dr. B.N. Richards' cord and invigorating plato, especially in taste. Sincerely,

J. W. Smith
LaFayette, May 25th. 1893.

J. H. Kellogg M. D.
Battle Creek.

Dear Doctor:—

Replying to your favor of the 22nd. inst. as to the non-alcoholic treatment of diseases, I beg to state, from the standpoint of experience and observations as a physician, that I believe it could be excluded from the materia medica without serious loss to suffering humanity. I have during the ten years last past practiced medicine upon this line. Occasionally I have suggested with benefit from the half to an ounce of diluted whisky for men or women of middle age or over, suffering from cold with much coughing, without increased temperature, for the night. For patients or persons in articulo mortis from disease or accident, I have never been able to demonstrate to my own satisfaction that the exhibition of the agent had any therapeutic value, and I have long since ceased to recommend or order its use in this class of cases.

Yours respectfully,

W. W. Combee
Portage No. 6, May 26, 1873

I. P. Elting, M.D.
Battle Creek
Michigan

To Doctor,

You of the 16th instant,

in behalf of my Committee,
in a private suit pending

back from the Spring of 1857.
I have without hesitation said
that I do not call up a

Dinghie Case in which

mutter with Alembel that

was before by it, I have

given it to my patent

I am quite confident that

it can be accomplished

with in the treatment of

diabetes. That the

life of it has done.
From hence that good I think beyond question in weak and Critical of the patient. The patient appears relieved from its use; is not
more evident that it is a CURATIVE agent? The

May God continue his best blessing to good

old Dr. J. S. Davis.

I have known him for many years, and his love to his fellow,

My Respectfully Submitter,

J. W. Jones.
Mr. J. H. Kellogg
Battle Creek Mich.

dear Sir,

I am today in receipt of your
Type-Writer Letter of the 22nd

In response, I will state, that I
have since only my experience: I am
59 years of age. I have used alcoholic
drinks freely, tempestly, and abstained
from their use entirely. My experience is
otherwise, that I feel better, clearer, stronger,
sleep better, and have a more even,
temperate appetite, when I abstain entirely
from the use of all alcoholic stimulants.

Respectfully,

J. C. Toof

Having read said Letter of Inquiry,
I wish to say with emphasis the sentiments
of my Toof are mine—and that our experience
is identical.

H. Lathrop
D. R. Wallace, M.D., L.L.D.,  
Neurologist—Treatment of Insanity and Other 
Nervous Disorders a Specialty. 

No. 1101 Austin Avenue. 

Waco, Texas, May 27, 1893.  
J. H. Kellogg, M.D.  

Dear Doctor: 

Allow me to say of late of recent date have to say: While my observation furnishes no specific facts, my experience covering nearly forty years has lead to the conviction that of a medicinal agent alcohol is more than useless. It is at times that there are conditions in many diseases in which in absence of better diffusible it may be well to have recourse to it. Let me deny but none known to me in which the use of alcohol is more harm than good. I have long been convinced. 

Yours truly,  

D. R. Wallace
May 30, 1893

Dr. Kellogg,

At the last case

of toxicity, I used about 4 lbs.

of dog meat and read 18 oz. of

unfiltered dog juice. It was

so thick that it could not

filter. It contained much fat.

I used about 2 1/4 lbs of beef steak

and read 6 oz. of filtered beef juice.

In the last case I sent the

reports to you in an envelope

and in the last letter you

sent them in your inside coat

pocket. Mr. Johnson says he

distinctly recollects seeing you

do so. I will try to have the

next case all ready on Thursday.

D.W.T.
June 3d, 1893.

J. H. Kellogg, M. D.,
Battle Creek, Mich.

My dear Doctor:—

Your letter of the 16th came to hand the day after I left for a two weeks vacation, hence it has remained unanswered.

I have no facts which I could put in order for such use as you desire. I can only say, that I thoroughly believe that with the right environment, alcohol is not at all necessary to the treatment of acute or chronic difficulties. In fact that physicians and patients would be a great deal better off if it was never used therapeutically. This judgment of mine is based upon my understanding of the effect of alcohol upon the functions and structures of the body, viewed from the vito-chemical standpoint, as well as from a large experience in the treatment of cases who have been addicted to its use for tonic purposes.
I am sorry that I am so situated that I shall not be able to be present at the meetings of the various sections of the Auxiliary Congress, which would attract me by the interest of the papers and discussions. I doubt if I get to the Fair, unless late in the fall.

Sincerely yours,

(Dictated)

[Signature]
Dr. Hoenes,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also like to know the number of deaths.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>LaGrippe</td>
<td>20</td>
<td>2</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>3</td>
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</tr>
<tr>
<td>Scarlet Fever</td>
<td>9</td>
<td>0</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>Typhoid Fever</td>
<td>10</td>
<td>0</td>
</tr>
</tbody>
</table>

R. Kellogg
Dr. Bryant,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also like to know the number of deaths.

R.

LaGrippe 20 less than 100
Pneumonia — 5
Scarlet Fever — 6
Diphtheria — 2
Typhoid — 8

25 deaths

Please do not use my name in anything.
Dr. Dunlap,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg,

Doctor,—More than 10 days since I sent you a list of cases in which you will find that above I have had but one death, that was a Case of Typhoid
Dr. Place,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Dyphtheria, Typhoid Fever. Would also like to know the number of deaths.

R.

J. H. Kellogg
Dr. Riley,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: LaGrippe, Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg,

I sent you a report some time ago covering the above in detail.

Typhoid Fever 50 - 75 cases - deaths 2
Pneumonia 20 to 30 cases - deaths 2
LaGrippe, Measles etc 250 to 900 cases, no deaths

I am sorry you did not get my first report, but the above is the main briefly. If there is any point that you would like more explicit, will make it as, if possible.
The two cases of death from pneumonia were in old people over 70 years of age.

One case of Typhoid Fever died from perforation. Patient did not keep in bed as ordered by his physician.

R.T. Riley

Will you please let me know if the above is correct.

I have written the following passage that you have enclosed without asking, would like if your case fits this somewhat as I am preparing my paper and will write it the right for illustration. In addition, pneumonia, Severe Fever, Pneumonia, Typhoid Fever, would also

Like to know the number of cases.
Dr. Lindsay,

Will you please let me know the approximate number of cases of the following diseases that you have treated without alcohol. Would like the data this afternoon, as I am preparing my paper and will leave in the night for Milwaukee: Influenza, Pneumonia, Scarlet Fever, Diphtheria, Typhoid Fever. Would also like to know the number of deaths.

J. H. Kellogg

In cases of Influenza, I think may be safely estimated at 100, with no deaths at save my father, and he was treated at first by another physician. I used no alcohol in any pain.

During the first year of our practice here we had 51 cases of fever typhoid in all three symptoms and one death, a feeble young man. No alcohol after that for several years we have had from 10 to 2
dazed cases of typhoid fever among the ladies, helpers, and students. I think it will not be an estimate to say forty- 
more cases, with two deaths, Emma Han- 
and a helper named Anna Ross, who died 
of sudden hemorrhage after having been ill 
and about four weeks. Pneumonia I think 
a safe estimate would be twenty-five cases with 
one death, Jennie Trembler Richard and case 
Grama Stiles at Benson I hope treatment heart 
St. For pneumonia since she was 87 years 
old, she is living still over 30. No alcohol 
The number of cases of diphtheria were four in 
the case family, one death, myself, and two others 
all recovered and Sister Long's 
little boy died nine severe cases. With some 
two deaths of scarlet. I think it would 
be safe to say 40 cases with about 
and four which were in small children and 
severe two deaths.

<table>
<thead>
<tr>
<th>Disease</th>
<th>Cases</th>
<th>Deaths</th>
</tr>
</thead>
<tbody>
<tr>
<td>Typhoid fever</td>
<td>120</td>
<td>3</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>25</td>
<td>1</td>
</tr>
<tr>
<td>Diphtheria</td>
<td>9</td>
<td>2</td>
</tr>
<tr>
<td>Scarlet Fever</td>
<td>40</td>
<td>2</td>
</tr>
</tbody>
</table>
My dear Doctor. Yours regarding the infant you care for went well. I am very sorry I cannot report a good number of such acute cases as I have treated without alcohol, but I have no name or dates, or reports of cases which I have especially watched only as appears in the regular books of the two institutions. I of course could few in mind but no death or no records which would seem important in such a report. I got everything which I could in shape before we left Mt. Viborg and Mr. Place cleared my mind to visit her old home once more which is a few miles north of here so soon can this way. I have gained considerably the past 10 days for the first real gain since I left Mt. Viborg.
I am now rested from patients and that clinic of mine as I have not been for over 30 years, am anxious to get to work again.

I am very sorry about the reports as I feel sure that physicians can work without alcohol, more than or in fact the general class of stimulants, hypodermics, and tonics too much used. Especially have I been interested to see how quickly patients suffering from insomnia or infantilism "whisky and all" "sleep medicinae" are taken away and many full baths, fresh air and substitution at night, with airs, sometimes much. We have been over in Ontario and some of our mail has been much delayed.

[Signature]

[Place]
Madison, Feb. 22nd, 1893

Dear Mrs. Kellogg,

I have been writing a business letter to Mrs. Whitney, but find that I am not content to send you my regards. So, I have thought of replying to your last February letter of 1892, but the days are so full. I think of the Sanitarium and a feeling of real affection and am unable to write all the letters going on here.

Three years ago this morning I called upon your Hebrew School and the children "Keeping" Washington's Birthday. I wish that I might
look up to-night. I wonder if I could find them. Much changed. I suppose dear little Billie seems much older, and no doubt the little girls have grown still more. I have an impression that you have another little girl. I wonder if it is so.

I need work as much as interest all that I can find in the m.m. about the children. The time to your letters that interest I shall look forward to their development. This tends to see them all some day!

And the Chicago work, I did so want to visit the Mission last fall, & be

Bushnell how to have gone with me, but he was sick, and quite ill, and the time in Chicago was filled with medicinal work while there, and could not accomplish what I wished. During this time, there were so many suffering everywhere, I think no other of the mission I feel so thankful for the work going on there. I wish I might be in it. It's best the rest of a good time, I should enjoy.

I have had a very interesting prize, which I feel that I have not had efficient domestics, sometimes come at all, and the days are so short, that work swallows up as many hours. Any free help to a young Swedish
woman, a widow, with a little boy 4\(\frac{1}{2}\) years old. She is not very strong or cheerful and, very disorderly; needs constant help and supervision. The little boy is not very tractable, is bright and cheery, not very moody. He gets along better than I had dared to hope, and I attend to his want note as she never finds time, in spite of all our help. He goes into rich one thing or another, is practical, and she jiggle chatter. I am glad they have a good home for the winter, and she appreciates it. Of course people think she "right to," and say they could not have the child. "Oh, for the rarity, Christian Charity!" I delit Home there for
not taking her, but there seems to be so little work to do for a working woman isn't supposed to have any rights to feel ill or sad.

He had such a fine lecture the other night upon "The Cause of The Joke, as represented in the Art. Palace at The World's Fair." It has a wonderful resemblance of the pictures there which portrayed scenes from the life of the workers of all nations. It showed how much thought is now being given to the toilers and full of encouragement.

By the way, Mrs. Helen Campbell is all of them and I don't doubt the Fourth of July is.
out of Partry a most terrible extending some months in Lengthen. The came to see us at first & to see her once a week. She is a charming woman & has been giving some papers to the public. She is attending economic lectures & is constantly writing. My sister attends some lectures too & they have both joined a class in gymnastics at the University. I meant to attend lectures, but it was impossible. Lately I have been taking up a little French with Annie. We are studying a little Norwegian story to go in England in the early Spring. We expect there time limited here to visit there & I hope to see her again in a few weeks. We shall come here, but she has been away most of the time during the past two years teaching music a part of the time - and this will be a lovely outing for her. Poor Katie Figg has been very ill lately. She quite despaired of her recovery. She was 20 hours in bed & great suffering; but she is really on the mend again & I mean to have her here for a rest and change before very long. I went to see her yesterday & found the three little sisters & the little uncle spread out in the little sitting room all suffering from the effects
I wondered whether Katie should have any care while still so weak, but she was as brave and cheerful as ever. She is such a noble girl. The Dr. feels that her trouble—internal obstructions—will ultimately affect her lungs, but he are thankful for all the time she was to here. Her mother has been for so many years an invalid, it is to be improving, and that is a great comfort to all. She takes a little walk every day, and we beginning to talk and spend much time with the family.

I received my first letter (since her departure) from Dr.
Buchnell a week ago. I have written Jan. 6th at Rangoon. She has been here visited. Calcutta & Bombay expected to sail for Hong Kong, Feb. 24th. Her address is Shanghai, China, Care of Presbyterian Mission Board. She hopes to return to this country next summer.

I suppose you have received my little leaflet printed at East by Rev. H. Kerr of Chicago. I have obtained from Dr. Mary Ward Allen the names of State Superintendents, 1 cent each. I have just received a nice letter from Dr. Allen ordering some leaflets, and one from Dr. Kerr containing some pleasantries from Detroit.
and Rochester. I am greatly pleased to feel that my name may do a little good. I have lately sent to a young colored lady in Chicago, Alice Ada, Kelle, formerly editor of a newspaper in Memphis, fifty of the leaflets for a club in which she is interested. She has sent me a nice account of the club meetings and house. She is a tall, well and is a very bright girl, working hard for the betterment of her race. I suppose she has some claims on me, too, but deeply interested in fighting the lynching mania in the South. She has now gone to England for the second time, by invite-
and some other hygienic thing, as I find it quite impossible to attend to them, but I am still called a "vegetarian." I almost never touch meat, and I still regulate my friends with granola, etc., and expect them upon Semitoxin foods and other delights.

Please remember me cordially to Dr. Kellogg, and give my love to Dr. Lindsey.

Very sincerely yours,
Blanche L. Delaplane
Modesto, CA.
Delint, July 27, 1894.

Mrs. E.E. Kellogg,
Battle Creek, Mich.

Dear Sister,

I have re'd a card from Dr. Fish asking for directions for making the pignolia glutin bicuit. I had not much success when I began in being able to combine them, so I took just what I happened to be working with, which was the glutin from 2 lbs. of Piliroya flour (about 17 oz after it is baked) and 1/2 lb. of pignolia.

I washed and dried the pignolia, then put them through a meat chopper, (such as they use at the Sanitarium for grinding the peas, etc., for soup, and for washing potatoes.) I then cut the glutin into strips, and, after draining and squeezing it to get out as much water as possible, I put that through the chopper. I then, mixed the butty and glutin and put them through through the chopper twice, then I took the machine apart to get the material, (separate wheat and glutin) from the places where it was clogged. Mixed that and all the other ingredients and put it through the chopper again, then I took up small pieces, cut
fully, without squeezing them together, and put them on a dripping pan (without oiling it), put them in a water quick oven, until they are well done. (To make gluten biscuits well, it requires a run that leaves well on the bottom) let the run gradually cool. In 1-2 hrs., then put them in a warming oven 12 hrs. or more. Of course, it requires care last to moisten them and not to burn them, because the gluten and gluten dough burn easily, and they will become tough and burned.

I have had quite an experience with gluten biscuits, and here having, already, washing seven different kinds of flour, I got the proportion of gluten.

I find that the White Wheat flour you are using at the Sanitarian now contains from 8-12% more gluten than the Franklin Mill's flour (besides, being much better in other ways) about 20% more than the Pillsbury, 25% more than the Akron White Wheat and about 27% more than the Farmer's White. (Valuable, &c.) For pure gluten flour, which sells for 70c.

By the way, we have come across a graham wheat flour. Of course, it comes richer than the other, about the same price of the Pillsbury's best, but the bread made from it is so much better, that the other will not bear any comparison with it at all. Besides, I am not doubt that it will go farther than the usual wheat flour. We are going to try bread from this kind of graham, and think that we

that one get done, which is so much superior to any
cake I have ever before made, sells for only 10 & 25c.
at retail, and has more ounces & is to. Clear once
I have compared it with) that I have made up so
different times. Will give other in full. Not giving

Pignolia Macaroni.
1 cup macaroni. 1/2 quill, 2 table spoons flour. 1 3/4
spoons salt. 6 table spoons raisins and chopped. Bake.

Swiss Butter Macaroni.
1 1/4 cup milk. 1 1/4 cup butter, 1 cup rich milk. 1 table
spoon burned floor. I teas pm leaf sage. Salt.

Crackt Achma - with cream a funny
is a good substitute for potato. Bake both oats in
a little less milk than for Crumpet. With two good
diged onions to 1 cup oat salt. Serve with brown
dauce or cream sauce.

This is a simple cake recipe.
Cream Sponge Cake.
Beat yolks 3 eggs to cream, add 2 table spoons cream
and 1 cup sugar, gradually beating well. Turn if
desired. Beat whites, with pinch of salt to very stiff
point. Chop in, with 1 cup (3 teaspoons) fines 2 yolk 
curtain. Bake in slow oven, that bake well from bottom.
Don't bake too long or it will shrunk and fall.

In the list of clitches where we usually give bread
nutrite, take the broken pieces for rolls or bread taken
very well, and delicately brown in the oven and roll
gin. I think they are nicer than the bread cut from
besides using up the pieces of extravag. Cracker girl.
may be made by stirring these crumbs into boiling milk.
Apples stewed in cream without the addition of sugar are
very nice. The combination of the apple and cream
makes them seem sweet. Of anything in the world
is rice.

There is a brick oven in this institution here, and this
summer, the ladies have had the foreman of the
leading bakery in the city, come and teach us how
to use it. So, we are using it for all of our baking,
and words cannot express the delight plenteous of it.
Besides, the foreman invited us to visit their bakery.
So, we have been blue the nights (in the light)
to see them making their bread, sleeping rolls, etc.
The privilege has been inestimable to me.
I attended one of Mrs. Rorius lectures and learned
a good many things. Some positively, but more
negatively.

Dora in hopes to learn something of the new things
developing at the Sanitarium, from Dr. Walburn
order. She was ill, but did not get as much as I
would have liked.

I am enjoying my work this summer, more, if possible,
than ever before. The last has led me to go to
frequent ones, to help them without any remuneration
in sight of good or gain (in my purse) and
I have been richly blessed in the pleasure of doing
so. Thus it has given the Lord a chance to
work for me temporarily as well as spiritually.

Several months ago, I began (by an arrangement with Mr.


ladies of the board) making the graham bread
in the “North” in payment for my room. After
the eating classes closed, and that was a great
privilege, because the cook did not keep
the supplies with all the time, and when
she did make it, she just stired it with a
spoon, so it was all wholesome. Then, too, I got
a chance once in a while to make some
good (except 90cc. for breakfast, at present. While the
family is small.) a soup or some toast. Then
I put all the left over pieces of graham
bread, in quick-bake crackers, and besides
all that, looking right with the other, as I do.
I can give them little helps and as much
kindnesses and let the bad shine out of them,
as I emit on in any other way. and, he does
work with some. Well, after I began my domestic
work, the food came in, by little, sometimes 2
in one place, a few hundred in a little at a time,
sometimes a quarter or 1/3 or 1/6 in
some source, and, at the same time. I was using
every little thing I had to clean, in a room and
cannot finish. I always had all I needed to use
my strength, for work. things, sometimes not
what my body craved, and, sometimes, I just looked
the dirt and sunk spirit. or dew, the fresh air was
all around me. (I write this for the encouragement
of others. This may be similarly described. Sometimes)
but it was a glorious experience to me, and led
the service to the Lord and praising him continually. One day, when it pleased, from a human standpoint, as though the good Saviour was particularly
troubled, I had not the least year. I knew that he knew all about it, so I came in after a meeting of
the ladies committee. The superintendent met one in
the hall, and said the ladies had sent me for
something that after this I want to use anything
in the house. I went into the other room and
asked what it was. In the house, they offered money
and asked that I was to reclaim up and turn over good
property. Graces cannot express my joy at the prospect of
the good, but at seeing the Lord’s work. Because
no one knew the circumstances, but him, and it was
entirely unlooked for by me. Though, of course, I was
very surprised at anything the Lord could and
I am always expecting more than I can ask a
thrift.

The week before the offering for the orphanage ladies,
was to be taken. I kept asking the Lord, if it was His
to doubt. They were some money for that. I had to
die and stop and so. When the collection was taken up,
I made a pledge, “Be paid. When the Lord blesses
it to me.” Right after the meeting that day, a little girl
came to me and asked me if I ever taught to
give music lessons, too, and I said no. Said she
now that I used to, but did not now, and my first
thought was that, of course I would not act to what was altogether out of the line of work the and that called me to, and in doing that, I would be just working for the money. The little girl said this was a blessed family near town. The wanted a leader for their little girl, and she thought maybe I would give them lessons. In a moment, the second thought came that I might be a help to them in other ways, so I finally said I would pray on it for a day or two. Then go out and see them. While thinking and praying over it, I thought how foreign missionaries and others began by teaching to reach the people, and that perhaps this was the way the Lord was looking to help this family. Because I would have a great chance to help them by going there every week and to broaden my sphere of usefulness, and coming as it did, right after making that pledge to pay the pledge for the home. So, I went out there, and as soon as we began talking together, the mother seemed to think I was the one she wanted, and I promised to begin lessons with her, and I promised the Lord that the first thing that came in mind that should go to the house, and last Wednesday. I had the privilege of paying the pledge.

I have been praying, especially this summer, for the Lord to send just more laborers into this part of the harvest field in this harvest work, and they have
Our case is that of Mrs. Ford. She has been put in charge of the educational work of the Young Women's Christian Association, and of our kitchen, without our knowing anything about it. She has been talking and planning for their education in health principles, by having different foods prepared in the kitchen and little lecture given to them, in that line; and the ideas are so good and right it is told that it is evident God is leading us.

One thing I have been trying for, since a few weeks after I came, a year and a half ago, is to get some one to make good White Wheat and Graham bread, for sale. I spent a good deal of time with her of the bakers last year, giving them our recipes and examining the bread and so forth, but they did not make a success of it. But now, one of our sisters, who attends the cooking classes during the winter, has commenced to make the W.W. graham yeast bread and graham, not for the money, but as missionary work, so that the people can have good bread, and she is getting so much to do that she is having to increase her facilities for baking, either by going down there at a week or getting a large portable oven, that has been largely my work, during the summer, to assist her in different ways, by
putting up fruit for use. While the butler, calling
upon physicians and others with the bread,
or looking about in regard to flour, baking
this, that, and what not, the reader will
have been unable to follow the detail in
the. In instance, one day, I was in a store and
me of the proprietor, an old schoolmate of
introduced me to the wife of his partner. He
promised (?) to be in just then, and, when she
learned this, she was the enthusiasm turned upon
health subject ensued, and, just at the close,
I told Mr. this lady who was making these breas-
ting. She said she was so glad I remembered it,
for she had failed until that afternoon to see if
she could not find some better kind of ashes
she was getting, and the day since, has
a steady customer.

Last Monday, when I came in, in the afternoon,
Mr. Little said that she had received a message
by telegraph, from Mr. J. Morgan Wood, one
of the most popular Congregational ministers
in the city, making inquiries in regard to
school teacher. And he desired me to call him
up when I came in, for he was going away
that evening. I did so, and proposed to go in
to see him, as I knew that would be more satis-
factory than talking through the telegraph.
Mr. Morgan is a fine, earnest young man, and
that he was arranging for a variety of educa-

walk in his congregation, during the winter. Night
school, classes in German. I believe I improved
by the leading physicians of the city on me.
With the clothing. As soon as we began to talk,
I told him that I wanted him to understand
that any work would be to lead blind helpless
children with the object of helping them to be
better Christians. and when he learned that I
was from the Sanitarium, he was ready to put ev-'
erything right into my hands. and he rather to pay
with one in regard to any his plans, and as he
asked me any hints, and learners that I did ask
make any changes, he seemed to feel more
and more that much great would be here, and
made arrangements, right place, place to be ready to begin a course of lessons the city
clerk. He said he should expect me to make all
the plans for the work and they would as the
visiting, furnishing etc. and he only saw that
the faith paid was amply rewarded.
You can imagine that I was preceding the Lord.
inside, all the time. I was close, and that, after
I came out, I could hardly feel my feet touch the
ground. to see how the Lord was answering
my prayers. I went to work with power. As this life
gave us a chance to reach a greater number
of people and under such circumstances as to be
turned to much good.

When Mr. Moody was talking, I happened to think
What a great thing it would be for the congregation to have a lecture from Dr. on healthful diet from the chart. Dr. I mentioned it. And he was very much pleased with the idea and wanted me to let him know some time when the Dr. would like him. Of course, it will be done very soon after Oct. 1st.

The book mentions me every little while by letting me see some of the results of the deed done but long ago. I called upon a family, not young ladies of which, attended the cooking class in the first winter I was here, and they told me they did not use any tea or coffee since the lesson on beverages, and that they had discarded pork in every form, cured and all.

A passage from the testimonies has come to me with especial force of late. The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulating the blood, and induces mental and physical health.” (Vol. 4: 1st 5th)

The little and bank of the lands grew more precious to me each day as I came to know more of them. Whatever I have written is for the purpose of telling it in the form, for it is all I have. And I know, by the way I drink in the results of lessons in the kitchen and radical dissecting that till am every experience of different ones are a help to all.

Please tell Dr. Dr. Dr., if she does not read this letter, that
Mrs. Gibson is back in the city, perfectly recovered from the wind trouble, and well in body.
She thinks that she will never get back in the old way again, and that settlimg out going to the Indies, would have helped her.
I am sorry to be so lengthy in my epistles, but I do not know how to write without giving particulars, because it seems as though generalities leave out much force.

Rejoicing in the thought that our Nation is doing just as great things for his children there as here. I am

Truly your sister,

Eva Bucknam
Young Man's Home
Buckham
Rich.
Dear Sis,

I have read a card from Mr. Kellogg asking for directions for making the pignutia glutinum biscuit. I had not much faith in my ability to combine them as I took just whatever I happened to be working with, which was the glutinum from 2 lbs. of Pinnatia flour (after it is baked) and ½ lbs. of pignutation.

I washed and dried the pignutia, then put them through a meat chopper (such as they use at the Sanitarium for grinding the bread through in soup and for washing potatoes). I then cut the glutin in strips, and after draining it I put them through the chopper to get as much water as possible. I put the glutin in the chopper. I then mixed the bread and glutin and put them through the chopper to get the material (separate meat glutin) from the glutin. When it was clogged, mixed that and all the other glutin together and put it through the chopper again. Then I took up small pieces and...
fully, without pressing them & gluten, dropped from on to a dripping pan (unless doing it), put them in a rather quick oven, until they were quite done, to make gluten biscuit well, it requires an oven that bakes well on the bottom) let the sun gradually cool for 1-2 days, then put them in a warming oven 1-2 days. In short, if made, it requires care not to scorch them, and yet to brown them, because the crust and gluten separate turn easily, and they will be tough if not brown.

I have had quite an experience with gluten biscuit, with these, having already, testing seven different kinds of flour. I got the proportion of gluten.

I find that the White Wheat flour you are using at the Sanitarium now, contains from 8-12% more of gluten than the Franklin Mill flour (besides, being much better in other ways) about 20% more than the Pillsbury, 25% more than the Ashen White Mill, and about 27% more than the Farmer &全日 flour. (Or all the flour I put pure gluten flour, which sells at 7¢ per lb.

By the way, we have come across a spring wheat gluten flour. Of course, it comes higher than the other, about the same price if the Pillsbury's best, but the bread made from it is so much better, that the other will not bear any comparison with it at all. Besides, I do not doubt that it will go 5 parts, even the similar wheat flour. We are going to try bread from this, all gluten, and think that even

[Continued text follows]
stem. It will be lighter than with the other flour.

3 1/2 lb. White flour. The flour is made by a
Dakota firm, but Mr. H. Ingram, 176. King ave.
Columbus. This has the agency of the U.S.

I get pigskins from a wholesale confectionery
who buy from Agar & Co. New York and Chicago,
and they have always been better than those from
Holtin. etc.

Of course, this time of the year, they are not as
good anywhere.

You asked me, in your letter, last year, which
I have been trying and since 5 another. I expect
soup in fruit soups, and

I have had any inspiration, yet. in the culture
and only a few months ago on the soup. That
is in connection with the bean stock.

By the way, I think a great deal of the bean stock,
and nearly every one likes the soup made from it,
especially Fig. Soup no. 4. Cook Book.

I explain to them, from the chart, what a large
portion of gluten be get from the bean, and compare
it with beef stock as to nutritive value. and puri-

When I use tomatoes fruit juice with it. I use 2 cups
of beans to each pair of stock. I'd. with Vermicelli,
only 1 cup. I will give you the recipes for fruit soups,
which I have made, if the materials I happened to
have on...
Fruit Soup

1 qt. bean stock (2 cups bean) 1 cup dried apples (which had been cut in small pieces and simmered until tender) 3/4 cup currant juice.

1/4 cup pineapple juice. 1 tablespoonful sugar. A little finely sliced candied lemon peel.

No. 2.

1 qt. bean stock. 1 cup strawberry juice and 1/2 cup of the currin. 1 tablespoonful lemon juice, 2 of sugar, 1/3 cup currant juice and raisins, 1/2 cup dried apples as above.

Vermicelli Soup.

1 qt. bean stock. (1 cup bean) 1 large onion grated, a

finely sliced or chopped. 1/2 cup vermicelli which has been boiled in 1 cup boiling, salted water for 10 minutes.

I forgot to say that I am calling it gluten stock instead of bean stock.

Here is another soup recipe that is delightful.

Creamed Pea Soup.

1 cup dried green peas, 1 cup canned corn pips (a

poulet) 1 small bunch celery or shallots. 2 teaspoonsful gum. Build it in a pot of the right consistency. Salt.

I have made it only once, and thought then, that half as much corn would be sufficient.

If one could not enumerate, I am going to try a gluten stock and corn soup as soon as possible. I will give you my macaroni recipe (did I tell you.

I will write later about a genuine Italian macaroni
that one gets done, which is so much superior to any
that I have ever before seen sold for only 15 cents. At
retail, and has more sauce to fill the same
amount but at 10 cents. I have compared it with
pigtail macaroni.
1 cup macaroni. 1 pt. milk. 2 tablespoons flour. 1 -qt.
spoon salt. 6 tablespoons brown sugar and clarified
butter. Bake.

Swiss knot macaroni.
1/2 cup. 1 cup milk. 1/2 cup clarified. 1/2 cup rich milk. 1 large
spoon browned flour. 1 large spoon brown sugar. Salt.

Swiss knot macaroni.

Pigtail macaroni.

Vinaigrette dressing.
is a good substitute for pork. Make cool wax in a little less wax than for vinaigrette. With two great
spoon onions 5 1/2 cups well salt. Serve with brown
sauce a vinaigrette sauce.

This is a simple cake recipe.

Cream Sponge Cake.

Beat yolks 3 eggs to cream. add 2 tablespoons cream
and 1 cup sugar, gradually beating well. Cream if
desired. Beat whites, with pinch of salt to very stiff
point. Chop in, with 1 cup (3 tins sifted) flour to yolks
and egg. Bake in slow oven, sheet bakes well from bottom.
Do not bake too long or it will shrink and fall.

In the case of cookies when you usually use bread
crements, take the broken pieces of bread and very
well, and delicately brown in the oven and roll
fine. I think they are nicer than the bread crumbs.
besides using up the pieces of crackers. Crackers Good
may be made by thinning these crumbs with boiling milk. Apples stewed in syrup without the addition of sugar are very nice. The combination of the apple and crumb makes them seem sweet. If anything is added, salt is nice.

There is a brick oven in this institution here, and the summer, the ladies have had the foreman of the leading bakery in the city come and teach us how to use it. So we are using it for all of our baking, and words cannot express the delight felt over it. Besides, the foreman invited us to visit their bakery. So we have been once twice two nights (in the night) to see them making their bread, shaping rolls &c.

The privilege has been inestimable to me.

I attended one of Mrs. Paul’s lectures and learned a great many things. Some positively, but some negatively.

For in order to learn something of the new things developing at the sanitarium, June Dr. W. asked where was there. He didn’t get as much as I would have liked.

I am enjoying very much this summer, none, if possible, than ever before. The Lord has led me to do different work, to help them without any remuneration or slightest word or remittance (a laundry unit) and I have been richly blessed in it, in the pleasure of doing for them. Then it has given the Lord a chance to work from temporally as well as spiritually.

Several months ago, I began by an arrangement with the
My heart to the Lord, and praying him continu-
ally. One day, when it rained, upon a drun-
ken state, as through the food sufficiently was eaten, I
had cut the last year. for I knew that he
knew all about it, as I came in after a meeting of
the dinner committee. The Superintendent met one in
the hall, and said the ladies had wished me
to say to you, that after this I must use anything
in the kind of fruit, or other foods that I could
use, as the house, and whatever else I needed
that was not in the house, they would pay for,
and that I was to reclaim up. That was a good pop-
ular fact. I made this, and they would buy it.
Words cannot express my joy, such as the prospect
of the good, but of seeing the Lord's work. Because
no one knew the circumstances, but him, and it was
entirely unlooked for by me. Though I knew, I am
very surprised at anything the Lord does, and
I am always expectimg more than I can ask or
think.

The week before the offering for the orphan's house
was to be taken. I kept asking the Lord, if it was His
twill to bring me some money for that. He did not
answer me. So, when the collection was taken up,
I made a pledge, to be paid. When the Lord brought
it to me, right after meeting that day, a little girl
came to me and asked me if I ever taught
me music lessons. Yes, and I said, no. I did not
now, that I used to, but did not now. And, my first
thought was that, of course I would not act as it was altogether out of the line of work the Lord had called me to, and in doing that I would be just working for the money. The little girl said there was a colored family near town. The mother a teacher for their little girl, and she thought maybe I would give her lessons. In a moment, the second thought came that I might be a help to them in other ways, so I finally said I would pray on it for a day or two. Then go out and see them. While thinking and praying over it, I thought of the foreign missionaries and their work by teaching to reach the people and that perhaps this was the way the Lord was calling me to help this family (because I would have a great chance to help them by going to their home) and to broaden my sphere of usefulness, and (coming as it did, right after making that pledge) to pay the pledge for the home. So I went out there and as soon as we began talking to
question the mother seemed to think I was the one she wanted, and I promised to begin lessons with her. And I promised the Lord that the first lesson that came in that should go to the home, and, last Wednesday, I had the privilege of paying the pledge.

I have been praying especially this summer, feeling I had to conclude mine life for Christ in this part of the harvest field. In this harvest work, and, may be
not ene, nor me me cauts, no. I hope it's your side. The case is that of Mrs. Ford. She has been put in charge of the educational work of the Young Woman's Christian Association, and I see no reason, without any knowing anything about it, she has been calling and planning for their education in health principles, by doing different goods prepared for the lunches and little lunches given to them, in that line, and the ideas are so good and right and that bond, that it is evident Who is leading her.

One thing I have been trying for, since a few weeks after I came, a year and a half ago, is to get some one to making good white wheat and graham bread, for sale. I found a good deal of times with one of the bakers last year, giving them our recipes and examining the bread and so forth. But they did not make a success of it, Mr. and Mrs. one of my sisters, who attended the cooking classes during the winter, has commenced to make the W. W. graham yeast bread and graham, not for the money, but as missionary work. So that the people can have good bread, and she is getting so much to do that she is having to increase her facilities for baking, either by going when there is a brick oven or getting a large portable one, that has been largely any work, during the summer, to assist me in different ways, by
putting up fruit for use. While she baked, calling upon physicians and other with the bread, or looking around in regard to fare, taking the scales and weights and the orders and, it has been usual for & water the fruit in all this. Of instances, one day, I was in a store and one of the proprietors, an old Scotch man, thinking introduced me to the wife of his partner. What happened (?) to be in just then, and, when she learned that I was the enthusiasm turned upon health subject (curse) and, just at the close, I told he of this lady was was making these bars, and, she said she was so glad I remembered it, for she had staid out that afternoon to see if she could get some better kind of China she was getting, and she has since been a steady customer.

Last Monday, when I came in, in the afternoon, Mrs. Little said that she had received a message by telephone, from Mr. E. Morgan Wood, one of the most popular Congregational ministers in the city, making inquiries in regard to clothing classes. And, he concluded to call him up. When I came in, he was going away that evening. I did so; and proposed to go to see him, as I knew that would be more satisfactory than talking through a telephone. Describing a line, earnest young man, and that he war arranging for a variety of education.
work in his congregation during the winter nights, school classes in German, lectures on hygiene by the leading physicians of the city, and, with the cooking. As soon as we began to talk, I told him that I wanted him to understand that my work would be to teach them how to cook, with the object of helping them to be better Christians. And, when he learned that I was from the Sanitarium, he was ready to do everything right into my hands, and he talked to me with one in regard to very his plans, and as he asked me my plans, and learned that I read and make any change, he seemed to feel more and more that much was right to meet his case, and. We made arrangements, right then, place to be ready to begin in time of lessons the next week. He said he should expect me to make all the plans for the work and they would act according, furnishing the, and he said that the fact that the faith part was amply rewarded.

You can imagine that I was praising the Lord inside, all the time I was there, and that, after I came out, I could hardly feel my feet touch the ground. To see how the Lord was answering my prayer, I went to work with power. As this little gift gave us a chance to reach a great number of people and, since such circumstances are as to set us to much good.

When the Doctor was talking, I kept very still. 
What a good thing it would be for his congregation to have a lecture from the Dr. on healthful dues, from the chart. So I mentioned it, and she was very much pleased with the idea, and wanted me to let him know some time when the Dr. would be free. Of course, it will be done twice after Oct. 1st.

The last encouragement was very little but by letting me see some of the results of the seed down last year ago, I called upon a family, both young ladies of which attended the cooking class, the first within I was due, and they told me they had never used any tea or coffee, since they leaned on beverages, and that they had discovered back in every form, food and all.

A passage from the testimonies has come to me with especial force of late. "The pleasure of doing good to others imparts a glow to the feelings which flashes through the nerves, quickens the circulating the blood, and induces mental and physical health." (Vol. 4, p. 35.)

The word and work of the Lord grew more precious to me each day; as I came to know more of Jesus.

Whatever I have written is for the purpose of communicating to this people, for it is all of him. And I know, by the way I drink in the reports of labors in the various and radical dissection that tells experiences of different ones are a help to all.

Please tell Dr. Witting, if she does not read this letter, that...
Miss Gibson is back, she is in the city, perfectly recovered from the mind trouble, and well in body.

She thinks that she will never get back in the old way again, and that nothing but going to the Sanitarium, would have helped her.

I am sorry to be so longly in any troubles, but I do not know how to write without giving particulars, because it seems as though generalities are not much force.

Rejoicing in the thought that our Father is doing just as great things for His children there as here, I am

Truly your sister,

Eva Beck

Young Women's Home,

Vealnt.

Leich.
(COPY.)

IOWA STATE BOARD OF HEALTH.

Office of the President.

President,
Frederick Becker, M.D. Clermont, Oct. 19, 1894.
Secretary,
J.F. Kennedy, M.D., Des Moines.

J. H. Kellogg, M. D.,
Battle Creek, Mich.

My Dear Doctor:—

Pardon me kindly for not having replied to your highly esteemed favor of Sept. 30th ere now. I also have to acknowledge a copy of your very timely and valuable address "The Influence of Dress," and the Sept. number of "Modern Medicine." Permit me to thank you very cordially for both, and to assure you of my high appreciation of the compliment. Now, permit me to say to you that the address is the scientific embodiment of good common sense, and the delineations and tracing of costal and abdominal respiration the scientific proof of the mischief produced by modern female dress. All the remonstrances against lacing have thus far only fallen upon deaf ears, perhaps because we could not demonstrate the harm done by it. This objection can no longer be brought forth since the publication of your little work. I wish that it could be at once placed in the hands of every mother in our fair land, and that the many ills produced, and the many untimely deaths induced by modern dress might be clearly demonstrated to the minds of all. I shall use the little volume to its utmost advantage wherever I can, and labor with you as I have done in the past against the evils of modern dress, its interference with normal respiratory movements alone is enough to condemn it, to say nothing about
the displacement of the abdominal and pelvic viscera. Of "Modern Medicine" I beg to say that I know I shall read it with interest and profit, as I have already done with Vol. III No. IX. I shall investigate the matter of the sinusoidal electric current more fully and will take advantage of your kind hints thereon. When we were in the City of Mexico two years ago and your name was announced in the daily bulletins for the reading of your paper on "The Relations of Recent Bacteriological Studies to the Etiology of Typhoid Fever" I was very anxious to see you and make your personal acquaintance, but, as you well know, I did not see you, and your paper was only read by title. It was quite a disappointment to me at the time, and has been since. But I am in hopes to some day meet you. In the meantime let us continue to work together for the uplifting of the people and the strengthening of the weak as much and as long as we can. Our mutual friend, Dr. Kennedy, is a valuable man on our Board and a No. 1 sanitarian. May we be able to keep his services to the state for many years to come.

Please to once more accept my sincere thanks.

With highest esteem, I have the honor to be,

Very sincerely yours,

F. Becker.
D. Kellogg,

The raisin juice after standing with the yeast contained 0.0413 gram of sugar per 100 c.c.

The 1.7% cane sugar solution contained 0.0122 gram of glucose per 100 c.c.

50 c.c. of raisin juice with yeast added to 50 c.c. of 1.7% cane sugar solution allowed to stand in a warm place for 30 min. contained 0.3333 gram of glucose per 100 c.c. of the mixture.

F. B. Holden
F. Kellogg—

I took 1 cc of malt
and found it would convert
1 gram of starch in 2 min.
The second gram it took
3 min, the third it
took 12, and the fourth
was incomplete after 22
min. The change until
the violet was reached was
rapid and then in the
last two cases change
took place very slowly.
The behavior of the malt
was almost exactly the
same as the malt.

M. B. Holden
Dr. Kellogg,

Calculating all the sugar in malt as malt sugar there are 93.088 grams of sugar for 100 cc of the malt.

I found 93.384 grams of malt sugar for 100 cc of malt.

Yours sincerely,

[Signature]
College View, Feb. 3, 1895.

J. H. Kellogg, M.D.,

Battle Creek, Mich.

Dear Brother,—

Yours of the 30 ult was received. We have five good rooms for patients, well furnished for the following prices: $12.00, $12.00, $14.00, $15.00, and $18.00 per week.

We have made arrangements so we can get all the rooms we need in the College Dormitory just across the street, so we can accommodate all who come. We have a neat parlor, dining room and kitchen. Capacity in the bath room for giving fifty treatments daily. At present our rooms in the building are full, but have not had occasion to send any to the dormitory yet.

Hope you will be able to visit the institution soon. In regard to the apparatus purchased from the Sanitarium there, we have been unable to pay it yet, but will try and do so next month. We have managed to pay everything else so far except some on salaries.

Yours very truly,

[Signature]
The broad and rolling prairies of the West, with their health-giving atmosphere and enterprising people, present to the seeker after health invinciments not to be found in the over-crowded portions of the East. Here one feels that he has room to breathe, room to exercise, room to regain health and to keep healthy. "Life is not to live, but to be well."

The Nebraska Sanitarium, located at College View, a quiet suburb of Lincoln, the capital of the State, affords one a rare opportunity for the invalid not only to regain his wasted energies, but to learn how to maintain health, "that chiefest good bestowed by Heaven, but seldom understood."

The Building:

The building faces the South, overlooking the campus of Union College. It is beautifully located on an elevation of ground, affording a delightful view of the rolling
prairie to the south and east, while the capital city, with its population of about sixty thousand, lies in a valley to the north and west.

The building is fitted up with modern conveniences, and is well equipped with appliances for the proper treatment of the sick; and with its pleasant rooms and broad verandahs, it affords a delightful home for health-seekers.

Treatment

The best of medical and surgical attention is here secured. Modern rational medical treatment is given, including Electric, Electro-vapor, Turkish, Russian, French, and Shower Bath; Scientific Massage; Faradization, Galvanization, and Static Electricity; Swedish Movements (by trained manipulatrix), Rest Cure; Physical Training, etc., etc., etc.

The institution is manned with a full corps of nurses, both lady and gentleman, who have had a thorough course of training at the world-renowned Sanitarium at Battle Creek, Michigan. Everything is done
with a view to the speedy resumption of health to the afflicted; and the hearty cooperation of all concerned is secured to make the Nebraska Sanitarium a real "home" for those who must for awhile bid adieu to familiar scenes, in order that they may thereby be fitted to again engage in the active duties of life.

Rate.

All charges are reasonable, and in accordance with accommodations, treatment, etc. Good hygienic fare is served in the cheerful dining room of the Sanitarium. Room, board, treatment, and medical advice, not for ten to twenty dollars per week.

The Board of Managers require that the institution be run on a strictly cash basis.

How to Reach the Sanitarium.

Lincoln, being an important railroad center, is easily accessible from all directions. College View is connected with the city of Lincoln by an electric street railway. Take leaving the Post-office Square in Lincoln College View in about forty minutes. Take "Union College" car, which runs from 7:10
A. M. till 10: 24 P.m.

All those desiring to avail themselves of the ample opportunities here afforded forregaining health, and learning how to keep well, are requested to correspond with the Medical Superintendent.

A. M. Cooper, M. D.,
College View
Nebraska.

Dr. Kellogg:

Dear friend: Please criticize, add to or take from, as may seem best, and other
Yours etc.,
A. M. C.
College View (Lincoln), Neb., 4/16 1895

J. M. Kellogg M. D.
Battle Creek Mich

Dear Brother:

Yours of the 12th inst. at hand.

I have talked with Dr. Loper and Bro. Kirk in regard to using part of the Sanitarium in the Circular and refer to this as a Branch, and we all think it a good idea.

Everything running nicely.

Yours very truly,

Amsterdam
Dr. Kellogg,

I find by the usual method of one grain of the Brain food of the Health Food Co., N.Y., 774 grams of glucose; in their boiled gluten one grain had 722 grams of glucose. I find in their whole meal food steamed 697 grams of glucose per gram.

Respectfully,

[Signature]
D. Kellogg.

Nov. 19. B. Whole wheat flour, digested in 58 cc. 3. Water Smith 26, 204, obtained 42 cc. filtrate, 5 cc. which had 0.0965 g. N. Calculate the 42 cc. lit. would give 0.810 g. per gram.

Respectfully,

Wm. B. Holaday.
D. Kellogg,

The sugar and starch of this specimen is made peculiar because of the space longer in the mid. This could be estimated but it would not be possible to get very accurate results balance of the absorption in the stomach.

Respectfully,

W. E. P. Allen
A. J. WHITE
REMOVED TO 30 READE STREET.
New York. April 26, 1895.

J. H. Kellogg, M.D.,
Battle Creek, Mich.

Dear Sir:

In the April issue of "Good Health" you answer certain queries regarding PASKOLA from one of your Ohio correspondents, to the effect that the chemist of the Department of Agriculture at Washington recently made an analysis of our preparation and that in your opinion the product has no merit.

In the first place permit us to say that no such analysis has to our knowledge, been made. As we frankly state in all our literature the basis of PASKOLA is a form of glucose and if you will turn to Bulletin 13 as issued by the Department of Agriculture, you will find that Mr. Wiley, the head chemist, states that glucose is in no way harmful and in fact is a pre-digested form of starch.

To the starchy base as described, we add 2/10 of 1% of hydrochloric acid and a variety of proteid or meat digesting ferments. PASKOLA is therefore not only a heat-producing, fat-forming food, but it aids the digestion of nitrogenous foods.

We know that you are perfectly honest in the opinion that it has no merit, but feel that this opinion is based on faulty and deficient information.

We wish you would let us send you a case of PASKOLA for use
in your Sanitarium, confident that you will find it of exceptional value. Surprising as the statement may appear, we have received over 300 unsolicited letters of endorsement from members of the medical profession alone, during the past 60 days. This morning's mail brought us no less than 20 and it is unreasonable to believe that a worthless article would call forth such praise.

If you desire to test the digestive properties of PASKOLA, it will only be necessary to treat either meat or coagulated egg albumen with it, observing the conditions governing natural digestion.

We hope to have an early reply and beg leave to remain,

Very truly yours,

A.J. White
The experienced investigator knows that in conducting digestion experiments of this kind, a great deal depends upon certain, apparently minor, questions. Probably the most important of these is the fineness of the egg albumen; as the finer the albumen, or the greater the amount of surface exposed to the action of the ferment so much the more rapidly will digestion take place. Therefore, the time which a mixture remains in the water bath is not such an important element. In fact, its importance is only to be considered when comparative tests are made; or when one is working to a standard, in which case the fineness of the particles of egg albumen is regulated by passing the albumen through a standard sieve. Again, the degree of hardness of the egg albumen must be taken into consideration; and, as has been stated, in these experiments the albumen was subjected to boiling heat for fifteen minutes.

This work was undertaken to determine the simple question whether Paskola was possessed of any digestive properties. From what has been said and shown there is but one conclusion: Paskola has marked digestive properties.

Respectfully yours,

[Signature]

Chas. T. Lowell
J. H. Kellogg, M.D.

Superintendent Battle Creek Sanitarium

May dear Doctor:

Alone we feel that our various efforts towards the investigation of tuberculosis and other diseases of our sanitarium are of great value. I have perused your papers with a great deal of interest, as both agree very important fields of sanitary science and medical study. Our state board has carried on investigations on the lines of interest and we are still working. We now have a number of interesting cases and cautions with which we intend to offer the public and to put forward some valuable information with these experiments. Please inform me of any new facts you may have.

Very sincerely yours,

Fred. Beecher.
Dr. Kellogg:

If I repeated the work in Dr. Stoneill's "Paskola" I did the work just as he did. I found that his work was confirmed when I did not get the same results in respect to the amount of conversion. I then estimated the chlorides in stomach fluids.

\[
\begin{align*}
&\text{Mg}\text{Oz with} \\
&2\text{y} \text{Paskola in} \\
&\text{Spirit water} \\
&\text{with 40 drops of} \\
&\text{pure HCl for 7 hours} \\
&\text{Total Acid} = 8.2 \\
&\text{Comb. C} = 7.8 \\
&\text{Fixed C} = 0.4 \\
\end{align*}
\]
The serum without Paskola gave

Total Acid 7.8
  C 7.8
  Free C 0.2
  Comb. C 6.4
  Fixed C 1.4

The same with one oz Egg albumen + 2 oz Paskola

Total Acid 8.0
  C 6.9
  Free C 4.3
  Comb. C 0.8
  Fixed C 1.8

The same with Paskola added

Total Ac. 5.4
  C 8.2
  Free C 1.9
  Comb. C 3.5
  Fixed C 0.8
The same with egg 1 oz
+ 1/2 oz. Pectinol
alone without acidifying

<table>
<thead>
<tr>
<th>Total A.</th>
<th>.9</th>
</tr>
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<tbody>
<tr>
<td>C</td>
<td>1.8</td>
</tr>
<tr>
<td>Free C</td>
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<tr>
<td>Comb. C</td>
<td>1.2</td>
</tr>
<tr>
<td>Fixed</td>
<td>.3</td>
</tr>
</tbody>
</table>

The last experiment showed less egg Candida
than one. All others.
all the bottles were
seemed at the same
time and kept at a tem-
perature of 102°-104° F
for seven hours on a
brine bath.

Respectfully,

W. Holden.

The bottles are still in the
laboratory and show the
results as at first.
J. H. Kellogg, M.D.,

Battle Creek Sanitarium,

Battle Creek, Mich.

Dear Sir:-

Agreeable to your request of the 29th ult., we are sending you a case of PASKOLA which please accept with our compliments.

We enclose herewith a couple of reprints and feel very sure that you will find the product of great value.

Kindly let us know as to the results you obtain, and thereby oblige,

Very truly yours,

A. J. White
Mr. Holden --

Please make following experiments --

Mix sulphur and subnitratre of bismuth, moisten, leave an hour, and test for free nitric acid.

Mix sulphur, charcoal and subnitratre of bismuth, test in same way.

Mix subnitratre bismuth and charcoal tablets, mix well, test as before.

J.H.K.

May 19, 1895

Dr. Kellogg.

I found no free nitric acid after manipulating as above directed.

Respectfully,

[Signature]
Dr. Kellogg -

I have done the following work on Bi subnitrate:

1. Took 1 g. Bi subnitrate added 100 cc water, shook 5 min. found no free acid, and no acidity with NaOH.

2. Did the same with pulp and charcoal with same results.

The same with charcoal with same results.

3. Took 1 g. Bi subnitrate, 1 g. pulp moistened with 10 cc water, let stand 12 hours then added 90 cc 7% water.

Corks red indicated a very
A slight amount of ferro acid.
10 cc of filtrate from 0.2 cc
aecidity with KOH.

Manipulated the same
ate. Congo Red showed no
ferro acid. No aecidity with
KOH.

The same with Bi subnitrate
sulphur + charcoal. Congo Red
showed a very slight trace
ferro acid 10 cc with
Bicarbon 0.05 cc.

The same with charcoal + sulphur
Congo Red showed nothing. NaOH +
0.14 cc of aecidity
Respectfully, W. D. Holden
Battle Creek, Mich.

Dr. Kellogg

Dear Sir,

"Oleace Branch" contains 9% of morphine and in the analysis it seemed as though the Extract Apple had been used as there did not seem to be enough inert material for the same Apple.

Sincerely,

[Signature]
Feb. 20, 1896.

W. H. Pitch, M. D.,

Rockford, Ill.

Dear Doctor:

I have yours of the 17th. We have excellent success in treating this class of cases. They are generally very slow, but, nevertheless, they finally yield to persistent, energetic measures. We find the best diet for them to be bromose, granose and kumyzoon. I send you samples of granose and bromose. The patients must take an antiseptic dietary (I inclose a card). Sometimes a kumyzoon and egg diet suits them best. Starchy foods all disagree, but I find bromose suits such cases admirably; a diet of bromose, kumyzoon and eggs is best suited to the worst cases. In addition we employ the antiseptic charcoal tablets, of which we make great use. We use large tannin enemas, and sometimes a capsule containing 1-3 grain of podophyllin, 2 grains of gallic acid, and 1-2 grain of hydrastis. Before meals I give 5 to 10 grains of subgallate of bismuth. Each day the patient takes a collyster (an enema in the knee-chest position) to wash out the bowel, then receives a part of water containing a dram of tannic or gallic acid. The patients generally have dilated colons and dilated stomachs, hence attention must be given to the stomach and bowels. Fomentations to the abdomen, a wet girdle at night, and tonic treatment including mild eliminative treatment, are also necessary. I find our electric-light baths
very helpful in these cases.

We have a large number of these cases here at the Sanitarium and always succeed in curing them. I generally find it is necessary to cure the stomach, however, first before the bowels can be improved. The patient must avoid the use of meat, fish, especially oysters, cheese, and other foods which readily decompose in the alimentary canal. Some cases cannot tolerate milk in the ordinary form. Such should use kum-zoon. Some do well with buttermilk.

It is not always easy to cure these patients. One has to wrestle with them, but in my experience they are always curable. I remember one case which I gave up as a hopeless case, but the patient, a lady, refused to die and got well notwithstanding my predictions. Some cases recover in three or four months; others require a year. All the conditions must be made as favorable as possible. A few days digression in diet will undo all that has been done by months of treatment. Researches in Pasteur's laboratory a few years ago showed the cause to be a special microbe which forms colonies upon the mucous membrane. Gallic and tannic acids were found to be the best germicides for destroying these microbes.

I have in preparation, an article for Modern Medicine, in which I shall present my experience with these cases.

I remain, dear doctor—

Very sincerely yours,

3. 3 Encs.
Dr. Kellogg,

As you have stated, and as my experiments have demonstrated, time is a very important factor in injecting urine for toxicity. You say Drouhard based his experiment upon the rate of ice per second. I have gone back over his records and taken a few at different dates, so you can see at what rate these experiments have been made, and thus judge for yourself the value that is to be placed in deductions from them. I have selected them at random, subtracting the time for beginning injection from the time of death. Several of these, I am satisfied, died from air bubbles.

Yours,

[Signature]
Some of these figures appear absurd, but they are what I find on the reports. With such a variation, much less than the variations here, gave such a vast difference in amount required to kill that I could hardly know how to place credit on any of the work.
Dr. Kellogg -- I have your note with reference to bills of fare. My experience has been rather limited in reference to this matter and I have not yet crystalized into definite principles many things in reference to this subject. Will say however, that in cases of

Hyp. of a high degree, I have been the most successful in excluding fruits of all kinds for a short time, with the exception of perhaps stewed prunes, and putting the patient on a dry diet made up principally of granose, toasted wafers, and zwieback. Cases where I was not successful the addition of kumys had a most marked effect, while in other cases the discontinuance of kumys was an advantage. In several instances I found the dry diet did not avail, and by changing and putting patient on liquid diet, consisting of gruels, bromose, etc., he gained.

Hop. without fermentation, I have acted on the theory that nitrogenous foods were natural peptogens, and have recommended poached eggs, cottage cheese, granose, lentils (I have found that peas and beans did not agree as well with these patients as lentils), toast with bromose, esp. if starch digestion is low. I have advised muttose in a few instances with apparently marked benefit. I have found that when patients will content themselves with only a few articles at a meal, and adhere rather strictly to those even at different meals for a time, they get along better.
Hep. with fermentation, or germs. I feel as though I need some more light, must admit my success has not been as marked as I would like to have seen, and this is a matter about which I would like to see you. I try to exclude milk in all its forms, fruit juices, esp. any that has any sugar in it, aseptic dietary, used antiseptics, hydrochloric acid, given the appropriate treatments, and then been chagrined to find the next test worse than the first. I am anxious to give a more thorough study to this diet question, and I wish that we inexperienced physicians could get together and arrive at more definite ideas so that we could grasp the matter more clearly.

Dr. Paulson.
Dr. Kellogg --

I find in most cases granose, nuttose or bromose and subacid fruits made an ideal diet.

In cases of hyp. with extreme acidity, I find kumyss and perhaps a little cream more beneficial than fruits. One case of hyp. gained 12 lbs in 12 days on granose, nuttose, bromose, and subacid fruits. In apepsia, nuttose, bromose and subacid fruits.

A very interesting case, patient not able to take any solid food for 3 yrs, took nothing but milk, improved wonderfully on granose, nuttose, bromose, and fruits. Case of extreme acidity, could not eat fruits, did well on granose, nuttose and kumyss. Another case of hyperacidity, diet at first granose, bromose, nuttose, and kumyss, second test showed improvement, is now able to eat dry food, nuttose, bromose and fruit freely. Gained 10-lbs, doing well.

D.H. Kress, M.D.
Chautauqua, N.Y.
Aug. 11, 1876

Dear Dr. Kellogg:-

You must

doubtless surprised at receiving
the telegram from me asking
whether you would be at
Chautauqua before Aug 20.
It will take some words to explain, but I hope you will
have time to read it all, as I
am sure you will be interested.

A Miss Baber's, teacher of
physical culture in the Univer-
sity of Utah, learning that I was
from the Fair, said she would
like to talk with me about it
and learn all she could in
regard to the principle advocated there. In my last letter I
learned the following: Three
years ago she found her
health giving way. She knew
she was living healthfully in—
every way unless it was in
her diet, so the begam to reform
in that. A. Miss Storner,
a Scandinavian, professional
midwife who is much inter-
tested in health work, got for
the Mrs. Kellogg's Cook book.
The wish to get her land lady
house it & cook the food accord-
ing to its recipes, & finally
succeeded in prevailing upon
her to do so. She says that for
the month, the almost
harvest, but after that her
land lady had learned how
since. She has cooked ever-
thing for her hygienically.
She has advocated her ideas
in food and a great many
became interested, both in
the University and out. But
some thought they couldn't
have much to eat without
meat, and wanted to know
what she lived on. So last
month, at the house of a
my dear friend who also has become a convert to healthful cooking, she gave a dinner to 150 prominent people in Salt Lake City, including the governor of Utah. Everything on the menu was prepared according to Mrs. Kellogg's recipes. She said they made about this体积 of gems. It was not remarkable, that with no other help than the cook she should have accomplished so much. All the guests were delighted with their dinner.

She found that she could not get good whole-

Wheat x Graham flour in the store, so a few of them collected together and got a miller to make it especially for them.

Before coming here, she
Mr. Anderson, Winonah, whether there was any boarding house on the grounds where they rested according to "Sanitarium" ideas. He made so many details, although the rent is high since she has been here, she has had gems from her farm. Salt Lake City.

She wants a dynamo-motor for the University gym and wishes to know at what price she can get one. She knew nothing of the health foods and was much delighted when I promised writing her some. She has never had any correspondence with Battle Creek, all she knows she has got from the Cross-Cook.

She expected to leave next Friday, but said that if you were coming next month
She must stay also, she hasn't been home for 3 yrs, and has to go back about Sept. 10. She said she must pay for the telegram if I would send it, so I did.

She is very anxious to stop at the san. on her way W. What she can she wants to visit the cooking school. Fort Co. 36.

I took the responsibility of inviting her to spend 3 or 4 days on her return about Sept 10. If that is presuming, you may have her expenses charged to me along with the rest of the summer expenses, and I shall feel that it is only Missionary work.

I hope you will be able to come down here from the Assembly closes. The phys. cult. school closes Aug 20, or 21. You could
leave on Wed. after operations in the 7:58 P.M. train to get here Thursday at noon.

Dr. Mother inquired this afternoon after you. Mrs. Kellogg, Dr. Bainbridge, our physiology teacher, asked me to remember to get to dinner. She said Mr. Bolin took you up to the railroad. Dr. Bolin spoke of it in class. I gave them the name & address of publishers. I think several may get it. Mr. Bolin thinks that a book published about a year ago in St. Louis by a Dr. V.—(I don't recall the name) is better than that by Hartline, however.

Very sincerely yours,

Denna E. Whitney

Please hand this to Mrs. Kellogg as I am sure the mill will glad to have the good W.C.13 is doing.
Do Kellogg,

I enclose some results of repeated blood counts so you may judge of the accuracy of the work. This work was carefully done by Mr. Evans, who made all counts, as near as possible, under the same circumstances.

By this you will see that a single count is unreliable. I have given some thought to the matter, but cannot suggest a remedy except by repeated counting, which would involve perhaps more time and expense than the results would justify.

For statistics it is sometimes useful merely to count make 3 counts of 50 squares each, by 3 different individuals and averaging the result. This would
give a count of 150 squares, in a head of 16,

In the count of white cells the sources of error are, (1) overlooking white cells. (2) Misreading crowded red cells for white cells. These mistakes ought not occur in careful work, and I do not think the great discrepancies in accompanying counts are due to this, but to unequal distribution of the white cells. I have noticed in stained smears that certain parts of the field may have few or no whites, while another part may have an abundance.
The effort is made to obtain a thorough mixing of the blood before spilling it on the counting cell, and it is spread immediately before the cover glass has had time to settle to the bottom. At least this is the attempt.

J. B. Hall,

By means of our present method we can determine whether or not a person has a marked anaemia, which perhaps is all that can be expected. I have been saving the words
Red cells in 16 squares, the goni
numbers inclid of patient name.

<table>
<thead>
<tr>
<th>Patient No.</th>
<th>104.93.82.97</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>96.86</td>
<td>85</td>
</tr>
<tr>
<td></td>
<td>99.116</td>
<td>100</td>
</tr>
<tr>
<td></td>
<td>90.86</td>
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<tr>
<td>6</td>
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<td>93</td>
</tr>
<tr>
<td></td>
<td>64</td>
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</tbody>
</table>

White cells. No. 2 yields to 10 whites

<table>
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<th></th>
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<td>4</td>
<td>44.42.38</td>
</tr>
<tr>
<td>5</td>
<td>117.114</td>
</tr>
</tbody>
</table>
Mr. W.K. Kellogg

Dear Sir,

Enclosed find report of experiment with Postum Cereal. Do you think it necessary to carry it any further? If so, kindly let me know this afternoon if possible.

Geo.T. Shannon
San. Lab.
<table>
<thead>
<tr>
<th>Date</th>
<th>Weight</th>
<th>Haemoglobin</th>
<th>Red Cells</th>
<th>White Cells</th>
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<td>June 15th</td>
<td>1.540</td>
<td>13+</td>
<td>6,850,000</td>
<td>4,000</td>
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<td>13+</td>
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<td>13+</td>
<td>6,600,000</td>
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<tr>
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BUFFALO, N. Y., July 28 1897.

Received of Mrs. J. H. Kellogg

Two ONE DOLLAR A

Annual membership fee in the COOKING SCHOOL TEACHERS’ LEAGUE from July 1897 to July 1899.

No. 33

Mary Caldwell

Secretary.
...Cooking School Teachers' League...

BOARD OF OFFICERS FOR 1897-'98.

President, MR. ANNA BARROWS, American Kitchen Magazine, Boston, Mass.

1st Vice President, FRANCES C. CALDWELL, Churches Place, Rochester, N.Y.

and Vice President, PROF. HELEN KINNE, Teachers' College, New York, N.Y.

Secretary and Treasurer, MISS MARY CALDWELL, 94 Seventh Street, Buffalo, N.Y.

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Mrs. E. P. Ewing, Dr. Mary E. Green, Prof. E. F. McDermott, Miss M. Belcher, Miss M. Miller.

Advisory Committee on Course of Reading.

Prof. N. S. Kedzie, Prof. Helen Campbell, Prof. Helen Kinne, Prof. Theodora G. Ammons, Dr. Mary E. Green, Mrs. Dr. J. H. Kellogg, Miss Anna Barrows.

Committee on Course of Reading.

Miss M. Miller, Mrs. S. V. Atwell, Mrs. Anna C. Pollock, Mrs. C. M. Knapp, Miss M. Belcher.

M. J. H. Kellogg, Chautauqua, N.Y., August 12, 1897.

Dear Madam:—

At one of the meetings of the Cooking School Teachers' League which convened at this place during the month of July past, the above Committee was appointed to arrange a Course of Home Readings suitable for women in rural districts, and for Women's Clubs. An Advisory Committee, of which as you will see you are a Member, was also appointed.

We, the Committee on the Course of Home Reading, immediately conferred with the authorities of the Chautauqua Literary & Scientific Circle, and obtained from them a most cordial expression of their readiness to adopt the proposed Course as one of their Special Courses, the readers of it to be the recipients of all the privileges extended to those taking any of the C. L. S. C. Special Courses, viz., to receive a certificate for the first year's work, a seal to be added for answering the questions upon the work, and a seal for the reading and another for the questions of the second year. At the same time they impressed upon us the necessity for haste in arranging the Course as it was important that circulars advertising it should be issued as early as possible.

We then, after consulting with such specialists as were accessible, proceeded to the selection of the books, and have prepared a
Two Years' Course of Reading, with a suggestion of other books to be read during the time should the student desire further knowledge on the subject presented. This we now submit to you, as one of the Advisory Committee, for approval, and soliciting a speedy reply subscribe ourselves,

Respectfully yours,

Mary E. Miller
Anna L. Pollock
Lorrie M. Knapp
Maud Belcher
S. Virginia Stull

Please return papers to
Miss Anna L. Pollock,
of Miss Louie Connolly,
American Book Co.,
Washington Square,
New York,
N. Y.
Aug 12 1897
Chautauqua, N. Y.,
August 9, 1897.

My dear Mr. Kellogg:

The Cooking School Teachers League at a recent meeting appointed a committee (Miss Miller chairman) to select a certain number of books, as a course for home reading which the League proposes to recommend.

It has however taken the precaution to provide that Prof. N. S. Kedzie, Prof. Helen Kinne, Prof. Helen Campbell, Prof. Theodosia G. Armous, Dr. Mary E. Green, Mrs. Dr. J. H. Kellogg, and Miss Anna Barrows shall approve the books selected for this purpose.

As chairman of the Executive Committee of the League and a member greatly interested in its work, I write you this, that you may fully comprehend the situation and understand that the League desires you to act as an advisory committee and to suggest other books than those chosen, if you see fit to do so.

Would you not like "A Course in Household Economics" better than "A Course in Domestic Science"?

I think there are some grave objections to the latter name. Let me hear from you in relation to this matter.

Yours truly,

Emma P. Elwing
Consulate of the United States, Santiago de Cuba, January 4th, 1898.

Honorable William R. Day, Assistant Secretary of State, Washington, D.C.

Sir:—

I have the honor to say, that having learned through the public press, that the Honorable Secretary of State has called for contributions to aid suffering Cubans: the Consul-General approving, I beg to offer some suggestions from my standpoint as a physician as well as a Consul.

The prevailing diseases here are fevers and diseases of the alimentary tract, such as indigestion, dysentery and diarrhoea. Externally the people are afflicted with ulcers and sores. The remedies most largely needed are:

- Quinine, principally in 2 grain pills
- Antikamia, or Antipyrine.
- Digestive tablets.
- Pills of champhor, opium and ipecac.
- Bismuth sub-nitrate in powder.
- Rhubarb root in small cuts.
- Morphia Sulp. in 1/4 & 1/8 grain granules.
- Vaseline, or cuticura ointment.
- Cheap pill and ointment boxes.
- Bandages and antiseptic dressings, in moderate quantity.

In the matter of clothing or cloth, I would suggest that it be confined to cotton or linen goods. Shoes should be strong and run large.

Any food sent should be such as keeps well in warm climates. I would suggest: Rice, Beans, Corn Meal, Codfish, Dried or Pickled Beef, Hard and Potatoes. Also Extract of Beef and Condensed Milk or Cream for children and the sick. Garden Seeds I think desirable.

Clothing, Rice, Beans and Codfish can be purchased here to fair advantage. Outside of staple goods named, it would be best to purchase here.

Over one-third of the people in this part of Cuba are sick.

Respectfully submitted,

(Signed) Pulaski F. Hyatt,

U. S. Consul.
The following cablegram from Consul General Lee, addressed to The Central Cuban Relief Committee, gives in detail all articles that are urgently needed to alleviate the suffering in Cuba:

"Havana, January 11th, 1898.

Central Cuban Relief Committee,
Temple Court, N.Y.

Summer clothing second hand or otherwise, principally for women and children, medicines for fevers, including a large proportion of quinine, hard bread, flour, cornmeal, bacon, rice, lard, potatoes, beans, peas, salt, fish, principally codfish, any canned goods, large quantities condensed milk, blankets and charcoal, money will also be useful to secure nurses, medicines, and for many other necessaries."

(Signed) Lee.
THE CENTRAL CUBAN RELIEF COMMITTEE

Appointed by the President and Acting Under the Direction of the Department of State, Issues the Following Appeal:

The President of the United States, by recent proclamation, has laid before our sympathetic people the sad condition of affairs now prevailing in Cuba. Multitudes of the peasantry, who have taken no part in the war are suffering for the barest necessities of life, and thousands have already died of starvation. In consequence of the stringent martial laws,rilage was prohibited, and there has been neither sowing nor reaping for several seasons. The result is widespread famine, which is gradually becoming worse, and unless substantial help is soon extended, the sacrifice of human life from hunger alone will be appalling.

According to the figures published in the press of Havana, by the Duarte, a prominent newspaper, there are now 99,312 persons in a single province—Matanzas—who are absolutely without resources. Up to Nov. 30, 1898, 26,644 had perished of hunger, while 17,486 had disappeared, many of whom had doubtless also succumbed to want. At this time there are in the same province over 60,000 persons of whom 20,000 are women, and 24,000 are children, actually starving. Of these, it is declared by the physicians, that a majority will surely die of the diseases induced by famine. The same authority adds that in all the provinces fully 200,000 (non-combatants) have already died of hunger, and an equally large number must miserably perish from the same cause, unless relief is speedily afforded.

These revelations must awaken a deep sympathy for this unfortunate people, mercilessly at the hands of the military and political aspect of the struggle now going on in that island. The question is one of humanity alone. Shall these unhappy sufferers be permitted to perish miserably of want and starvation while we have abundance? It is not desired by this appeal to excite any feeling that may be hostile to the Spanish nation, but solely to invoke public sympathy for human suffering, and we are confident that the people of this free and prosperous republic will not hesitate to respond promptly and generously.

The committee, in the name of the President of the United States, earnestly appeals to the Government of States, the mayors of cities, and officials of every village; also to the public press and religious bodies to organize relief committees and engage in a systematic gathering of money, food, clothing and medicines. This committee will cheerfully furnish all information relative to the formation of relief committees, the remittance of funds, and the free shipment of supplies.

It is a work that should be conducted with great promptitude and vigor, as the need is extremecly urgent. We ask the public to contribute liberally for this laudable purpose, making the gift in all cases as generous as hearts touched with sympathy for human suffering may dictate. Remember that even a single dollar, small though it may seem, will save life and aver hunger for a time, in at least poor Cuban homes, while ten, a hundred or a thousand dollars will rescue the starving and produce beneficial results in due proportion. Every contribution will be duly acknowledged by official receipt.

All money and material contributed will be immediately forwarded to United States Consul-General Lee, in Havana, under whose supervision the distribution will be made and reach all parts of the island.

Checks and drafts for Cuban relief should be made payable and addressed: "Treasurer Central Cuban Relief Committee, Temple Court, New York City."

(Signed)

STEPHEN E. BARTON, Chairman,
Of the American National Red Cross.

CHAS. A. SCHREER, Treasurer,
Of the Chamber of Commerce, New York.

LOUIS KLOPSICH,
Of The Christian Herald.

New York, January 7, 1898.
January 13, 1898.

Dear Sir:

I am in receipt of a telegram from Hon. Stephen F. Barton, chairman of the Central Cuban Relief Committee appointed by President McKinley, urging upon me the appointment of efficient committees for the collection of funds, food, clothing and medicines in Michigan, to be sent to Cuba's starving people and transmitted free by the above committee to Consul-General Lee at Havana.

In compliance with Mr. Barton's suggestion I have today appointed a number of representative citizens in various parts of the State as members of the Cuban Relief Committee for Michigan. I have taken the liberty of sending you a commission to act as commissioner for your vicinity.

Permit me to suggest that whatever supplies are collected should be shipped to Hon. Allen Shelden, Hon. Levi L. Barbour or Hon. Clarence A. Black, Detroit, so that they may thus be centrally collected for transmittal to the National Committee.

Very respectfully,

H. S. PINGREE,
Governor.
J. H. Kellogg, M. D.,
Battle Creek, Mich.

Dear Brother,—Some time ago, I received your manuscript of "Is the Soul Immortal?" Myself and others have read it through, and find nothing objectionable in it, except the first part. If it is a little hard to understand, and I fear the less educated will get a wrong meaning out of it, as it takes quite deep knowledge and reasoning powers to get the right meaning out of it. I fear it is not simplified enough so that all can get the benefit from reading it that could be desired. I will not criticise, but give my opinion as a brother.

Yours in the good cause,

N. P. Nelson
Dr. J. H. Kellogg,

Supt. Battle Creek Sanitarium,

Battle Creek, Mich,

My Dear Sir:

In reply to your letter of the 18th. inst. the Cuban Relief Committee here think best to advise you to ship directly to New York to the Chairman of the Central Cuban Relief Committee, Hon. Stephen B. Barton. He is so well known that no further directions are necessary. If there are any questions as to free transportation he will attend to them. The Committee thinks that nothing is to be gained by transshipment here.

Will you kindly advise us regarding any methods for obtaining supplies which you have to suggest, also of the amount sent so that we may keep track of Michigan.

Yours Sincerely,

[Signature]

For the Committee.

Diet.
In reply to yours of 18th.

Dr. A. Kilgore
Battle Creek, Mich.

Dear Sir:

I am appointed one of a committee. It seems to me here that any thing better be sent direct to Rev. Stephen B. Barton, Chairman Central Exposition Relief Committee New York. It will save expense to have it sent direct and not be transferred here. The Escomer may be able to give you information that you want. I know no more about the matter than you do. Instructions will probably be published how to ship.

Yours truly,

Allan Shelden
The following cablegram from Consul General Lee, addressed to The Central Cuban Relief Committee, gives in detail all articles that are urgently needed to alleviate the suffering in Cuba:

"Havana, January 11th, 1898.

Central Cuban Relief Committee,
Temple Court, N.Y.
Summer clothing second hand or otherwise, principally for women and children, medicines for fevers, including a large proportion of quinine, hard bread, flour, cornmeal, bacon, rice, lard, potatoes, beans, peas, salt, fish, principally codfish, any canned goods, large quantities condensed milk, blankets and charcoal, money will also be useful to secure nurses, medicines, and for many other necessaries."

(Signed) Lee.
Dr. Kellogg,

Battle Creek, Mich.

Dear Sir:-

By request of Hon. Allan Sheldon, Chairman of the Cuban Relief Committee, I enclose a slip giving list of articles needed to alleviate the suffering in Cuba.

Having been appointed Custodian for the receipt of such goods, anything sent direct to me will be duly acknowledged, and promptly forwarded to Consul-General Lee, at Havana, Cuba.

Very respectfully yours,

Edward W. Bissell

Custodian for the Cuban Relief Com.
My Dear Dr. Kellogg:

Have already written you in reference to the enclosed.
I read it through very carefully, and was deeply interested in much of its theorizing. I am afraid it is too suggestive of materialism to please a large majority of our clergymen. It does not suggest materialism to my mind, as I can myself readily reconcile your philosophy of spiritual life and of God with a personal God, and a personal God who is apart from matter. It is a very interesting study. I thank you for permitting me to read it.

Yours as ever,

Dr. J. H. Kellogg,

Battle Creek, Mich.
Board of Commutation:
President of the United States
and Members of the Cabinet.

Executive Officers:
CLARA BARTON, President and Treasurer.
GEORGE KEENAN, First Vice-President.
STEPHEN E. BARTON, Second Vice-President.
WALTER P. PHILLIPS, General Secretary.
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STEPHEN E. BARTON, WALTER P. PHILLIPS,
DR. JULIAN H. HUBBELL, PETER V. DE GRAY,
DR. JOSEPH GARDNER.

INCORPORATED UNDER THE LAWS OF THE DISTRICT OF COLUMBIA, OCTOBER 1, 1881.
REINCORPORATED, APRIL 17, 1895.

For the Relief of Suffering by War, Pestilence, Famine, Flood, Fire, and other Calamities of Sufficient
Magnitude to be deemed National in Extent. The Organization acts under the Geneva Treaty, the
provisions for which were made in International Convention at Geneva, Switzerland, August
22, 1864, and since signed by nearly all civilized nations. The United States gave its
adhesion by Act of Congress, March 1, 1882. Ratified by the Congress of Berne,
June 9, 1888. Proclaimed by President Arthur, July 26, 1889.

HEADQUARTERS: WASHINGTON, D.C.

Washington, D.C., April 12th, 1899.

Sanitas Nut Food Co.,
Battle Creek, Michigan.

Gentlemen:—

Although not accustomed to subscribing my name in support of
any manufactured product, I gladly so do in this instance.

Your nut products are choice, appetizing, wholesome foods,
very pleasant to the palate, and exceedingly rich in nutritive and
sustaining properties. Bromose and Nut Butter particularly are ideal
foods.

Very truly Yours,

CLARA BARTON.
J. H. Kellogg, M. D.,

Battle Creek, Mich.

My dear Sir:

I have your most cordial invitation to attend the
Anniversary Exercises of the Sanitarium on Sept. 5th, and I keenly regret my inability to be present owing to the fact that it is Labor Day, and I have already made appointments that I cannot defer or avoid. I regret very much that I shall be denied the privilege of personally congratulating you, more particularly upon the magnificent memorial you have raised, and which will continue to pronounce blessings upon your memory, and upon the generations to come, long after our course is run.

I have come to the time of life which is apt to bring conclusions, and one of the foremost convictions which I have today is, that the only thing in life worth living for, and the only real wealth to be obtained, is in seeing just such institutions grow for the betterment of mankind. All other possessions and accomplishments are fleeting and illusory, but such as you have established are alone permanent.

I tender to you, and to your associates, my most hearty congratulations upon what you have done for our common humanity, and I trust the reunion will be filled with such manifestations of gratitude and joy as befits the occasion.

Again thanking you for your courtesy, I am, my dear sir,

Most respectfully yours,
Denver, Colo. Aug. 25, 1898.

Dr. J. H. Kellogg,
Battle Creek, Mich.

Dear Dr. Kellogg:

We cannot tell you how much we regret our inability to be present in person September 5th, 1898 to join with the Sanitarium family in the big celebration. Let us say to you again, as we have often said to our friends, that we wish for the Michigan Sanitarium, the best success imaginable. Your personal example of interest in other people and sacrifice for their interest is a constant inspiration to us. Deeply appreciating not only our obligation to the Sanitarium but particularly to you personally, we remain, with kindest regards,

Yours very truly,

[Signature]

W. M. Danner
General Secretary.

Dictated.
CHICAGO, ILL., Aug. 26, 1895

My Dear Dr. Kellogg,

Your very kind invitation to attend the Exercises of the Sanitarium is at home. I regret very much that I am unable to attend. Nothing would have given me greater pleasure for I can assure you I think your Institution and System one of the most advanced from a scientific point of view and one of the noblest expressions of our Christian faith. Wishing you ever more prosperity and success,

I am yours truly,

David Reaum.
Dr. J. H. Kellogg,
President Battle Creek Sanitarium.

Dear Sir:—

I acknowledge with much pleasure the receipt of your kind invitation to be present on Sept. 5th. at the celebration of the 50th anniversary of the noble and successful institution of which you are the honored head.

Holding as I do in the very highest esteem, the grand, progressive work you are doing in the treatment of the sick, and teaching how to live to avoid disease, it is a matter of very great regret that I find it quite impossible to be present at your anniversary.

I congratulate you sincerely upon the wonderful results thus far obtained. And hope to live to see even greater and richer successes for the early future in the God-inspired efforts of your institution to benefit mankind. Permit me to subscribe myself.

Most Faithfully Yours,

C. F. Ray

E. F. Ray
Dear Sir,—

Your kind favor extending an invitation to myself and family to be present at the 32nd Anniversary of the opening of your celebrated institution to hand. In reply would say I beg leave to thank you most sincerely for your kind invitation, but regret that circumstances are such that it would be impossible for me to avail myself of your courtesy and kindness. Permit me to add that in consequence of the great good which your Sanitarium has been instrumental in doing both to my wife and myself, I have very great pleasure indeed in speaking a good word for Battle Creek and hope that the future years may give to your institution all the success, all the prosperity and all the financial aid which could possibly be desired for the same.

Wishing for you, Dear Sir, and your hundreds of associates every blessing which a kind and benevolent Providence may see fit to grant, I remain, with kind regards,

Faithfully yours,

[Signature]
The College of Physicians and Surgeons of Chicago,
School of Medicine of the University of Illinois.

Office of the Dean,
163 State St.

Dear Doctor Kellogg:

I am sorry that Mr. Zwire and I shall not be able to attend your anniversary exercises but we are able to do so with your God-speed in your great work.

Yours ever,

[Signature]

Chicago, August 27th, 1898.
From
Dr. E. M. Hall

Chicago Oct. 27

L.H. Kellogg, M.D.

Dear Dr.

I am in receipt of your kind invitation to attend the exercises to be held at the Battle Creek Sanitorium, and I regret that previous engagement will not permit me to attend them.

With my best wishes for the future success of your great and noble work. I am

Sincerely yours,

E. M. Hall
Dr. J. H. Kellogg,

Battle Creek, Mich.

My dear Dr. Kellogg:

Your kind invitation to be present at the anniversary exercise of the Sanitarium, is at hand. I would love to be there with you, and Mrs. MacCorkle joins with me in this statement, but I am so situated that it will be impossible for me to come at that date, as I am somewhat ill and will be compelled to be in the East if I am able to be away from home.

Both of us hold you and your dear good wife in most affectionate remembrance for your very many courtesies and kindnesses extended to her and to me. She has been perfectly well since she left your splendid institution. I regard it as the best managed institution in the country of its kind, and join with Mrs. MacCorkle in our congratulations and felicitations to you upon its present success.

We would be wonderfully glad if you and Mrs. Kellogg or either of you, in coming through or near this section of the country, would stop and see us, and no matter what time of the night you will come it will be very pleasant to both of us to have you come.

I hope that you will have most pleasant exercises, and I am sorry that we can not be with you. Please express our kindest regards.
to your dear good wife, and believe me, Dear Doctor Kellogg,

Sincerely your friend,

W. A. C. B.
Dear Doctor Kellogg:

Your kind invitation for myself and Mrs. Munson to attend the exercises of the Battle Creek Sanitarium in celebration of the 32d anniversary of its opening has been received. I thank you kindly, and assure you that it would be a great pleasure for us to join with you on that occasion. A press of work, however, will preclude the possibility of our leaving home at that time.

Allow me to congratulate you on the great work that the Sanitarium has accomplished; and best wishes for its continued success.

Yours very truly,

J. H. Kellogg, M.D.

Battle Creek, Mich.
Dr. J.H. Kellogg,
Battle Creek,
Mich.

Dear Doctor, I write to acknowledge with thanks the reception of your kind invitation to be present at the 32nd Anniversary of the opening of the Battle Creek Sanitarium. I regret to say that it will be impossible for me to be present. I know however, that you will have a numerous attendance and an extremely pleasant occasion.

With thanks,

Very truly yours,

Henry M. Hurd
Jackson, Ohio,
Sept. 1, 1898.

J. H. Kellogg, M. D.,
Battle Creek, Mich.

Dear Sir:

Your letter and invitation of August 27th has been forwarded to me here, for which you will please accept the thanks of Mrs. Chapman and our daughter as well as myself. They are both absent from home at present and I regret exceedingly that other engagements will prevent me from complying with your request; but you have our best wishes for a good time on the occasion and for the future success of your institution in every respect, doing great good to the many thousands throughout the world.

With kindest regards and best wishes, I remain,

Sincerely yours,
J. H. Kellogg, M.D.
Battle Creek, Mich.

Dear Doctor:—Your kind invitation to attend the semi-annual exercises of the Sanitarium has been forwarded to us from Cincinnati. We regret that we cannot be present, but we extend our congratulations at the successful termination of another year in its history, and join heartily in the good wishes of its many friends for its continued prosperity.

I have closed out my business in Cin. and hope eventually to be led to join directly in the grand, good work. I have been thinking more of late that I ought to.

Very sincerely yours,

C.R. Bush
House of Representatives, U.S.
Washington.
Kalamazoo, Mich. Sept. 3, 1898,

J. H. Kellogg, M. D.,
President Michigan Sanatorium and Benevolent Association,

Dear Sir,

Allow me to thank you for your kind invitation to be present at the 32nd anniversary of the founding of your institution, which I shall most gladly accept if my many duties will permit.

Fearing, however, that the many demands upon my time may debar me from the pleasure of being with you, I desire to express my gratification as a citizen of Michigan that your great Institution is at the threshold of a future more brilliant still, if possible, than the successful years which it has already counted. It gives me pleasure to say that I have personal knowledge in various ways of the good work you have been doing, and as a citizen of our great Peninsular State, join with your many other friends in congratulating yourself and your colleagues, upon your successful labors, as well as the people of Michigan and surrounding states, upon being able to enjoy in their midst an institution so beneficent in its results.

Wishing you all possible prosperity, I am,

Very respectfully yours,

A. W. Dodd.
J. H. Kellogg, M.D.

Battle Creek,
Mich.

Dear Dr. Kellogg:

Your invitation to attend the exercises to be held at the Sanitarium on the 5th inst. is received. I much regret that it will be impossible for me to do so. I should be very happy on that auspicious occasion to give my testimony as I do everywhere, to the value of the work done in this admirable institution. The treatment and instruction I have received in the Sanitarium have been a great blessing to me, and I shall always be glad to send my friends and all over whom I have an influence, to the Michigan Sanitarium and Benevolent Association.

Yours most sincerely,

Dict. Mrs. E. H. G.

Mrs E. H. Griffith
THE WESTERN UNION TELEGRAPH COMPANY.

21,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD.

This Company TRANSMITS and DELIVERS messages only on conditions limiting its liability, which have been assented to by the sender of the following message.

Errors can be guarded against only by repeating a message back to the sending station for comparison, and the Company will not hold itself liable for errors or delays in transmission or delivery of Unrepeated Messages, beyond the amount of tolls paid thereon, nor in any case where the claim is not presented in writing within sixty days after the message is filed with the Company for transmission.

This is an UNREPEATED MESSAGE, and is delivered by request of the sender, under the conditions named above.

THOS. T. ECKERT, President and General Manager.

NAME

RECEIVED at

Dated

To

Congratulating

Ch 4 09

REC'D BY

Cable

Send By

Dept 4 1898

Kaltenleutgeben 5

Kellogg

Battle Creek Mich.
Dr. J. H. Kellogg,

City.

My Dear Doctor:—

A legal holiday often means just its reverse to the lawyer, who makes it a welcome time to lock his office door from the inside. Such a necessity controls me today, and "Labor Day" is indeed a labor day for me.

A bad corporation, like a bad man, can have too much and live too long, but a good corporation, with ends, aims and purposes like the Sanitarium, cannot prosper too much, and can well laugh at "winding up" laws and treat each Constitutional period of limitation, as only a fresh starting point.

From the standpoint of your corporate adviser for nearly twenty years, with a knowledge of the good done in the past and projected for the future, I give you this sentiment:

May the Institution whose interests are so close to your heart and those of your faithful co-workers, prosper in the future as in the past, and ever enlarge its radius of usefulness.

With regrets,

Sincerely,

[Signature]
[Form No. 1.]

THE WESTERN UNION TELEGRAPH COMPANY.
INCORPORATED
21,000 OFFICES IN AMERICA. CABLE SERVICE TO ALL THE WORLD.

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This is an UNREPEATED MESSAGE, and is delivered by request of the sender, under the conditions named above.

THOS. T. ECKERT, President and General Manager.

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<th>NUMBER</th>
<th>SENT BY</th>
<th>REC'D BY</th>
<th>CHECK</th>
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</thead>
<tbody>
<tr>
<td>20877</td>
<td>6A</td>
<td>112</td>
<td>12-5</td>
</tr>
</tbody>
</table>

RECEIVED at

BATTLE CREEK, MICH. 12-23-1887 189

Dated

Ben Grand Rapids, Mich.

To

Dr. J. H. Kellogg

Sickness family prevent so long with your acceptance my sincere congratulations.

Fred A. Maynard
The Western Union Telegraph Company.

21,000 offices in America. Cable service to all the world.

This company transmits and delivers messages only on conditions limiting its liability, which have been assented to by the sender of the following message. Errors can be guarded against only by repeating a message back to the sending station for comparison, and the company will not hold itself liable for errors or delays in transmission or delivery of unrepeated messages, beyond the amount of tolls paid thereon, nor in any case where the claim is not presented in writing within sixty days after the message is filed with the company for transmission.

This is an unrepeated message, and is delivered by request of the sender, under the conditions named above.

Thos. T. Eckert, President and General Manager.

Received at Sault Ste. Marie, Mich. 10/15, 1898.

Dated Kalamazoo, Mich., Sept. 5th.

To Dr. J. H. Kellogg

Regret cannot be with you today. Long life and health to the Michigan Sanitarium and Benedict Corporation. May a successful past be but the promise of a more successful future.

Washington Gardner.
Fortress Monroe
Virginia
Sept 9th 1898

G. H. Kellogg, M. D.
Superintendent

Battle creek Sanitarium.

Dear Dr. Kellogg,

I am not certain as to

Date to Dr. D. B. Clark.

To attend the celebration
of the thirty-second anni-
versary of the opening of
your quiet farm.
last, intended to avail myself of them.

He had the highest respect not only for your Institutions but, if you will allow me to say so, for yourself personally. It was his pleasure always to speak frankly of the aims and purposes of your work, and the skill with which it was conducted, and he lost con-

-
institution should have been acknowledged days ago. But it has been forwarded several times before reaching me here. When my daughter and myself came from Illinois in hopes of not among the sick.

My most happy married life came to an end last February. My husband, a great artist,Appsalized you vicinity to Battle Creek, and, up almost to this
With comfort and respect some of your food preparations.

I am

My truly yours,

Eva S. Black
Dexter Selwyn Clark,
1839-1898.

(From the Rockford Daily Register-Gazette, Saturday, Feb. 12, 1898.)

Dr. Dexter Selwyn Clark, one of the best known physicians and citizens of Rockford, died this afternoon about 1:30 o'clock at his home on South Third street.

The announcement of his death will prove a great shock to his hundreds of warm friends and acquaintances all over Rockford, for while they had known that he was in declining health, it was not supposed that the end of his long and useful career was so near at hand.

Dr. Clark was born in Chili, Monroe county, N. Y., Jan. 10, 1839, and was the son of Lucius Clark, who was born at Amherst June 10, 1813. With his parents he came to Rockford in 1845, and since that time has made this city his home.

Dr. Clark was graduated from Beloit College in 1860. After completing his college course he entered the medical school of Columbia University, but on the breaking out of the war he left Columbia as assistant surgeon of 25th Illinois volunteers. He was afterwards made surgeon of the same regiment. Dr. Clark was captured at Chickamauga, with a number of other surgeons, and sent to Libby prison. After his discharge from the army he returned to Columbia, completed his course of study and was graduated. Then he went abroad and remained some time in Paris, London and Vienna, being engaged in the study of medicine. He enjoyed the distinction of having practiced medicine in Rockford longer than any other physician here.

He took an active interest in all educational matters and was one of the first to assist in the organization of the university extension circle in this city.

Rockford college always commanded his warm regard and he served for years as a member of the board of trustees of the old seminary, succeeding his father, who was one of the original members of the board at its organization.

Dr. Clark was a comrade of Nervius post No. 1, G. A. R., and was well known to its members, being one of the organizers of the patriotic veteran organization.

On April 11, 1872, Dr. Clark was married to Eva F. Townsend. To them was born two children, Faith B. and Selwyn Clark, Jr., both of whom are now attending the University of Chicago. They will reach home this evening. In addition to his immediate family one brother survives him, Dr. L. A. Clark, with whom he was associated in the practice of medicine in this city for many years.

Dr. Clark recovered from a very serious illness in 1895, and until last spring enjoyed fairly good health. Then he began to fail again and with his wife took an eastern trip last summer, which was extended to a journey to Nova Scotia, in the hope that he
would find renewed health. He came home somewhat improved but it was evident that his condition was not permanently benefited.

Dr. Clark was a man of high literary attainments as well as a most skilled physician and surgeon. His ideals were high; he was a broad humanitarian and a thoughtful student of means that promised the betterment of the conditions of men. He loved his fellow men and had a keen sympathy for their misfortunes. In hundreds of Rockford homes he was trusted as the minister of health and happiness and his cheerful presence has made him a welcome visitor at the bedside of rich and poor alike. He had a sincere and beautiful faith that passed beyond the limits of creed and sect, and the memory of his life will not fade with its passing.

(From the Daily Register-Gazette of Tuesday, Feb. 15.)

Neighbors, relatives, brother physicians, comrades in the G. A. R., friends—but these are all friends—gathered this morning to pay a last tribute to a most noble citizen, Dr. D. S. Clark. The services were held at the home on South Third street and were conducted in a very simple and impressive manner. Mr. Henry Goodwin of Chicago was assisted by Dr. Barrows in officiating, and a quartet sang.

One of the most romantic periods of Dr. Clark’s life were the days spent with the boys in blue, and most appropriately one of the rooms was filled with his comrades of the G. A. R. post, while about the bier was draped the old flag. In another room were the physicians, who came in a body, and the other rooms upstairs were occupied by friends and relatives. The rooms below were left vacant.

The services were opened by the quartet singing Lead Kindly Light. This hymn with the two songs from Tennyson which followed, verses from the prologue to In Memoriam, and Crossing the Bar, made music appropriate and characteristically suited to the man in whose honor they were sung. The quartet was composed of Miss Radecke, Mrs. Elliott West, Mr. Barnes and Mr. Olson.

Dr. Barrows read from the Bible and Mr. Goodwin spoke a few words suggesting the honor and reverence which those assembled might silently pay. He began by acknowledging the inadequacy of human words at such a time, but as a friend he could not but feel it a privilege to be present. His words touched on different phases of Dr. Clark’s life, and the tribute he paid him was not one of eloquence but of simple friendship and love. On such an occasion he felt that it was not so much a day of mourning as it was of rejoicing. Sorrow there must be and a sense of personal loss for each one, but knowing that it is only a change that has taken place, and that a life already partly of heaven had widened into a more complete being, mourning could not come.

Mr. Goodwin spoke of his personal reminiscences and of Dr. Clark, whom he had known as a friend from boyhood. Those who listened were led not so much to his thoughts as to the things that for them had a tender and personal meaning, for to have known Dr. Clark was to have had some kindly act to remember. The “Twilight and evening star, and one clear call for me,” was a last calm look over the bar that had been crossed, as it was sung by the quartet.

This afternoon the interment was held privately from the home. Among
those present from out of town this morning were Dr. Merriman of Chicago, Dr. E. N. Clark of Beloit and Mrs. Bacon, wife of Prof. Bacon of Beloit college.

RESOLUTIONS OF PHYSICIANS.

No member of the medical profession in this city was held in higher regard by his fellow practitioners than Dr. D. S. Clark. His opinion in medical matters was no more highly respected than his friendship, and in cases of consultation he was one of the final authorities. The physicians have expressed themselves in the following resolution:

"Resolved, That in the death of Dr. D. S. Clark we have lost a true friend, whose example of professional culture and delightful courtesy, untiring devotion to duty, kindness and purity of heart, we will hold in reverent memory.

"That the community has lost a noble and upright citizen, ever zealous for the welfare of the people.

"That we extend to his family our heartfelt sympathy in this their loss. But they have the consolation of looking back on his well-spent life in the service of humanity."

The Faculty of Rockford College to Mrs. Clark and to her Children: Because Dr. Clark was for many years a trustee of this college, and because since his formal relationship with us ceased, his professional counsel and his personal friendship have not ceased, but have always been ours, we feel that we may express the honor which we delight to render him.

We recognize in Dr. Clark one of the heroes of God. Whether fighting the battles of our native land so dear to him, or struggling to relieve and to save the sick ones who were entrusted to him, and whom he ever bore on his heart, or battling against the disease which for years sapped his physical vitality, but could not touch his beautiful unselfish soul, Dr. Clark has fought the good life, he has kept faith with himself, his fellow men and his God.

It was impossible to hear him pronounce the name of the Diety without feeling that he was one of nature's noblemen, who day by day walked reverently before the holy One who inhabiteth eternity.

That the flowers which we sent as a tribute to him should have served to confer upon us an honor that we shall never forget, is typical of the man who never received but to give with open hand, and in overflowing measure. These last days have been like a solemn festival in which we have been celebrating the birthday of our beloved physician into fullness of life. May God grant that he may never die to us, because, in whatever feeble measure it may be possible, we shall ever follow on to know the Lord as he knew him, and to make our own in some degree the patient courage and the wide human sympathy which he has shown to be possible.

Lena C. Leland,
Julia H. Gulliver,
Elizabeth L. Herrick,
For the Faculty.

Rockford College, Feb. 16, 1898.
The annual meeting of the Rockford Hospital Association was held in the hospital yesterday afternoon. The election of officers and trustees resulted in the re-election of the old officers, as follows: 

President—William Lathrop. 
Vice-President—Mrs. J. G. Wilkins. 
Secretary and Treasurer—William A. Talcott. 

The trustees re-elected are as follows: William Lathrop, Mrs. Wilkins, John H. Sherratt, Kate F. O'Connor, Antes S. Ruhl.

The report of the treasurer showed over $13,100 had been received and disbursed. A comfortable balance remains, and the work will not be interfered with on the score of insufficient funds.

The report in full is given below:

Cash on hand April 1, 1898: $223.38
Cash in Winnebago Bank: $223.38

MARY'S REPORT—April 1, 1898.

Paid in hospital April 1, 1898: $223.38

Table 1:

<table>
<thead>
<tr>
<th>Service</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cash on hand</td>
<td>$223.38</td>
</tr>
<tr>
<td>Cash in bank</td>
<td>$223.38</td>
</tr>
<tr>
<td>Total</td>
<td>$446.76</td>
</tr>
</tbody>
</table>

Table 2:

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total patients during the year</td>
<td>442</td>
</tr>
<tr>
<td>In hospital April 1, 1898</td>
<td>223.38</td>
</tr>
<tr>
<td>Out patients—Male</td>
<td>219</td>
</tr>
<tr>
<td>Out patients—Female</td>
<td>23</td>
</tr>
<tr>
<td>In house reported April 1, 1898</td>
<td>326.70</td>
</tr>
<tr>
<td>Average price per week for paying patients</td>
<td>$2.14</td>
</tr>
</tbody>
</table>

RESULTS OF TREATMENT:

Recovered: 442
Umbirited: 219
Deaths: 23
Out patients April 1, 1898: 326.70

CAUSES OF DEATH:

Burns of third degree: 1
Pneumonia: 3
Pulmonary disease: 7
Diabetes: 2
Typhoid fever: 1
Inflammation: 1
Cancer of abdominal viscera: 1
Bright's disease: 3
Tuberculosis of bowels: 2
Scarlet fever: 2
Repeplicaemia of gangrene: 1
Rheumatic disease: 1
Organic heart disease: 1
Scores of traumas: 1
Shock: 1
Shock following operation: 1
Exhaustion following fracture of long bones: 1
Crushing injury of skull: 1

The hospital is one of the institutions of the city which cares for the hearts of the people to swell with pride at the thought of the good that is being done for humanity every day of the year. The facilities offered for the treatment of emergency cases is the means of saving lives every year. The training of the nurses makes it possible for the best of trained nurses to be obtained on short notice and from among home people.

The matron's report contains some interesting figures. There have been 422 patients treated during the year, with 35 deaths from various causes. In the surgical wards there were 202 operations making a large number of young women self-supporting and in the noblest way of work, the caring for the sick and dying.

That the institution is appreciated is shown by the generous support that is given by all classes of citizens. Contributions of money, food, dainties, bedding and reading matter come in every day, and all are gratefully received.

The present trustees of the Rockford Hospital association are:

For term ending April 1, 1899:
- Mrs. Adeline E. Emerson.
- Mr. John Barnes.
- Mr. H. H. Robinson.
- Mr. A. F. Floberg.

For term ending April 1, 1900:
- Mr. William A. Talcott.
- Mr. Frank R. Brown.
- Mr. B. F. Whipple.
- Mr. William C. Butterworth.
- Mr. Loren L. Morrison.

For term ending April 1, 1901:
- Mr. William Lathrop.
- Mrs. Jane G. Wilkins.
- Miss Kate F. O'Connor.
- Mr. Antes S. Ruhl.
- Mr. John H. Sherratt.

At a meeting of the trustees, Rockford Hospital Association, April 9, 1898, on motion of the committee, the following minutes upon the death of Dr. Clark were unanimously adopted:

With profound regret, the death of Dr. Clark, who died April 3, 1898, was announced.

The Rockford Free Association of the hospital, which had been a member of the organization of the hospital, and was a most discreet and liberal contributor for the upkeep of the hospital, from the opening of his first hospital, he served as confident on the medical staff, 1892, he was elected president of the medical staff, and filled that office as long as he lived.

From childhood, the home of Dr. Clark has been in this city, and by his ability and devotion to his profession, he has built up for himself, both in the community and with the members of his profession, a most enviable reputation.

It is the fortune of few men in any community to have so lived and acted as to command from their associates and acquaintances so full a measure of esteem and confidence, as has fallen to the lot of our deceased friend.

This association acknowledges with gratitude the many favors and services professional and personal bestowed upon him by the doctor. And we join with the community in mourning the death of one of the most beloved by so many ties of sympathy and esteem.

To the widow and children of the deceased we extend our heartfelt sympathy in their bereavement.
Montego Bay
Jamaica 30th Nov.
Sept. 18th, 1898

Mr. & Mrs. Chas. Remick
return thanks to the management of the
Bath-Creek Sanitarium
for their kind invitation
for the exercises held
on the 5th Inst.

While regretting that
they have been
unable to attend,
they much appreciate
the courteous remembrance.
+ offer their best wishes for the success & prosperity of the Institution, from her treatment. Mrs. Penwick considers that she has gained some benefit & experience - which are now useful to her for health guidance -

To J. H. Eells, M.D.
Superintendent.
Dr. Kellogg,

Dear Bro.:

Enclosed please find a short summary of experimental work on fruit diet.

I observe that while there is a loss in weight, there is a gain in strength throughout, possibly due to the cleansing effect upon the tissues, allowing of greater contractility of the muscles. Also that in one week's time the weight had been regained, and on regular diet in some instances more than regained.

I notice that all fruits (even acid) render the urine more alkali, proving that organic acids are changed into alkaline carbonates in the blood. Urea and solids were decreased with the exception of those on peaches, in which mea. and solids were inc.

In many instances amorphous phosphates were present after the test. Those using the seeds with the grapes suffered considerable tenderness of the bowels, and stomach, and some diarrhoea.

Those without the seeds, no tenderness, but with some a slight diarrhoea.

Those on raw fruits (2 or 3 kinds at a meal) made no complaint, but did well.

Those on all fruits, a mixture, suffered from considerable fermentation, and consequent headaches, and had to be stopped before completing test.

Some tried the nut preparations, and where over 8 or 9 c worth was taken at a meal, suffered from albuminous fermentation and showed symptoms of autointoxication, with some gain in weight, but great decrease in strength, and had to be stopped before test was completed.
<table>
<thead>
<tr>
<th>Fruit</th>
<th>No. Persons</th>
<th>Weight, average lbs.</th>
<th>Strength average lbs.</th>
<th>1 week later lbs.</th>
<th>1 lost 600</th>
<th>1,700 cc.</th>
<th>6,200 cc.</th>
<th>Urinary Report Acidity</th>
<th>Urea</th>
<th>Solids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bananas</td>
<td>7</td>
<td>6 4/7</td>
<td>6 3/7</td>
<td>6 gained 415 2/3</td>
<td>433 cc.</td>
<td>more</td>
<td>6.03</td>
<td>4.3+</td>
<td>8.55+</td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td>4</td>
<td>7</td>
<td>7 1/4</td>
<td>309</td>
<td>317</td>
<td>less</td>
<td>2.15</td>
<td>2.85+</td>
<td>2.3+</td>
<td></td>
</tr>
<tr>
<td>Dates</td>
<td>4</td>
<td>4 3/4</td>
<td>6 3/4</td>
<td>571</td>
<td>Same</td>
<td>---</td>
<td>---</td>
<td>1.03+</td>
<td>3.91+</td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td>3</td>
<td>7</td>
<td>5 1/2</td>
<td>296</td>
<td>300 cc.</td>
<td>528 cc.</td>
<td>less</td>
<td>7.2-Stoped test</td>
<td></td>
<td>Much fermentation</td>
</tr>
<tr>
<td>Raw fruits</td>
<td>3</td>
<td>3</td>
<td>3</td>
<td>232</td>
<td>300 cc.</td>
<td>More</td>
<td>3.3-</td>
<td>3.5-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>All fruits mixed</td>
<td>2</td>
<td>2</td>
<td>2 1/4</td>
<td>Lost 550</td>
<td>550 cc.</td>
<td>Less</td>
<td>5.5-</td>
<td>7.2-Stoped test</td>
<td></td>
<td>Much fermentation</td>
</tr>
<tr>
<td>Apples</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>Gained 154</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomato</td>
<td>2</td>
<td>5</td>
<td>4</td>
<td>Lost 432</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts</td>
<td>6</td>
<td>3</td>
<td>3 3/4</td>
<td>232</td>
<td>133 cc.</td>
<td>More</td>
<td>3.5-</td>
<td>3-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Figs</td>
<td>1</td>
<td>9</td>
<td>10</td>
<td>Gain 410</td>
<td>600 cc.</td>
<td>less</td>
<td>less</td>
<td>less</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pears</td>
<td>1</td>
<td>3</td>
<td>Lost 195</td>
<td>300 cc.</td>
<td></td>
<td>less</td>
<td>60.2-</td>
<td>61.5-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread &amp; fruit</td>
<td>9</td>
<td>2</td>
<td>2</td>
<td>94</td>
<td>140 cc.</td>
<td>more</td>
<td>4.2+</td>
<td>11.2-Ideal diet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bread, fruits, nuts</td>
<td>2</td>
<td>Gained 3 1/2</td>
<td>1</td>
<td>Gained 755</td>
<td>400 cc.</td>
<td>more</td>
<td>4.4+</td>
<td>12.5+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nuts &amp; fruit</td>
<td>1</td>
<td>Same</td>
<td>1</td>
<td>679</td>
<td>600 cc.</td>
<td>more</td>
<td>4.1-</td>
<td>1.8-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beans &amp; fruit</td>
<td>7</td>
<td>Lost 3 1/2</td>
<td>Gained 4</td>
<td>Gained 165</td>
<td>250 cc.</td>
<td>more</td>
<td>9-</td>
<td>20-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grains</td>
<td>7</td>
<td>2</td>
<td>3</td>
<td>234</td>
<td>300 cc.</td>
<td>More</td>
<td>9-</td>
<td>41-</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Legumes</td>
<td>4</td>
<td>Gained 2 1/2</td>
<td>Lost 1 1/2</td>
<td>334</td>
<td>300 cc.</td>
<td>---</td>
<td>30+</td>
<td>41+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potato</td>
<td>4</td>
<td>Lost 1 1/2</td>
<td>Gained 1 1/2</td>
<td>290</td>
<td>125 cc.</td>
<td>---</td>
<td>4-</td>
<td>same</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Milk</td>
<td>1</td>
<td>Lost 1</td>
<td>1</td>
<td>1075</td>
<td>600 cc.</td>
<td>more</td>
<td>26+</td>
<td>---</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni</td>
<td>1</td>
<td>8</td>
<td>8</td>
<td>Lost 290</td>
<td>750 cc.</td>
<td>18-</td>
<td>43-</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni &amp; tomato</td>
<td>1</td>
<td>Gained 6</td>
<td>---</td>
<td>Gained 515</td>
<td>1300 cc.</td>
<td>&quot;</td>
<td>26+</td>
<td>55+</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peas &amp; tomato</td>
<td>1</td>
<td>Lost 1</td>
<td>Gained 1</td>
<td>535</td>
<td>200 cc.</td>
<td>1.6-</td>
<td>1.4-</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Those on breads and one kind of fruit maintained their usual weight (as a rule) and also gained in strength.

Those on bread fruit and nut prep. maintained weight and gained considerable in strength.

In looking over my charts, I find that there was but one instance when a young man lost as high as ten pounds. This was J. E. Harrington, who lost just ten lbs. and later on volunteered a second test of a different nature.

I learn of one case sent to the lake—this was a lady, Miss Ware, who lived 5 days on nut prep., advised to stop by myself.

Mrs. Herr and myself both took the test one week. I saw or received a written report daily from each experimenter, and was therefore careful to guard them against any permanent injury, and in many instances advised them to stop. And others who were doing extra work not to undertake the experiment, who volunteered to take it.

Some learned valuable lessons, so they say, one that he could get along with much less food than he had been eating. Others in conquering appetite, some in proper food combinations. Some testified that they "felt better physically and spiritually." Some that they never felt better in their lives. Many learned the lesson of simplicity in diet.

As soon as I have time to make a summary, I hope to give you a full report. However, believe me sorry wherein I have offended by not laying the matter before the faculty.

Resp.,

A. W. Herr.
<table>
<thead>
<tr>
<th>Product</th>
<th>Natural State</th>
<th>Dried</th>
</tr>
</thead>
<tbody>
<tr>
<td>San Arrated Bread</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Graham-dough</td>
<td>9,390 gms.</td>
<td>5,076</td>
</tr>
<tr>
<td>White</td>
<td>1,290</td>
<td>658</td>
</tr>
<tr>
<td>Graham-fresh</td>
<td>6,830</td>
<td>3,688</td>
</tr>
<tr>
<td>White</td>
<td>170</td>
<td>92</td>
</tr>
<tr>
<td>Graham (20 hr. air exposure)</td>
<td>605</td>
<td>327</td>
</tr>
<tr>
<td>White</td>
<td>405</td>
<td>219</td>
</tr>
<tr>
<td>Graham (20 hr. incubation)</td>
<td>1,620</td>
<td>875</td>
</tr>
<tr>
<td>White</td>
<td>330</td>
<td>178</td>
</tr>
<tr>
<td>Graham - shortened with cream</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White - no shortening</td>
<td></td>
<td></td>
</tr>
<tr>
<td>San. Bake. Iowa (made w. eggs)</td>
<td>417,650</td>
<td>479,590</td>
</tr>
</tbody>
</table>

E. F. Otir
Partial Bacteriological Report

I was told that the aerated bread would not keep nearly as well as the yeast bread. Accordingly I gave it a thorough trial with the following results: The incubated bread and "air exposure" lots always died out, so I had the baker set part of a loaf aside in a moist warm cupboard—where they say it is impossible to keep the Aerated Baked white aerated bread—no shortening.

<table>
<thead>
<tr>
<th>State</th>
<th>Price per piece</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh</td>
<td>170 gms</td>
</tr>
<tr>
<td>Stale (3 days in keeping)</td>
<td>240 gms</td>
</tr>
</tbody>
</table>

The bread showed no signs of spoiling.

Work on the miscellaneous supplies of the G. H. Food Co. is progressing.

Respectfully,

E. F. Otis
311 Century Building,  
Cleveland, Ohio, Jan'y 17, 1899.

J. H. Kellogg, M.D.,  
Battle Creek, Mich.

Dear Sir,—  
Herewith please find Courses of Study for Correspondence School of Health. You will notice that in a few instances I have taken the liberty of curtailing some of the Lectures and combining others, in order to make room for "Scientific Cooking" and "Child Life." Your arrangement leaves nothing to be desired.

I think it would be difficult to make the temperance cause a popular one in the space devoted to these hygienic topics, and so would suggest the sending of regular Tracts upon the evils of tea, coffee, tobacco, alcohol and narcotics.

In regard to the handling of "diet" we must not forget that each subscriber is furnished with a copy of "Science in the Kitchen," which alone contains a dozen treatises thereon. The Cooking Course must not be omitted, else what use would be the book.

These headings as now submitted are what I propose canvassing from, and trust that the same will prove satisfactory to you. If not, kindly advise me at once.

Cordially yours,

[Signature]
Mr. Eggleson,

I have now given you the results of the estimation of albumen in the samples of glutin you sent me:

Pure Glutin Biscuit 69.4% Albumen
Raw Glutin 73.7% Albumen
Glutin Cooked in Skin 82.7% Albumen

C. B. Enfield
Feb. 7, 1899.

J.H.K.

I return you with this your note of Jan. 26, in which you wished to be reminded to prepare some tracts and bills of fare for diabetic, rheumatic and obesity cases. I have collected and am sending you with this all the literature I can get hold of on the subjects referred to. I am sure the tracts would be very useful in promoting the sale of the health foods.

W.K.K.

S. Enes.
Jan. 28'99

W. K. K.

I ought to prepare some little circulars giving bills of fare for diabetes, obesity, rheumatism and other maladies. If you will remind me of it, I will try not to forget it.

J. H. K.

R. E.
Hotel Metropole, Paris, April 10-99

N. K. Sheldon,
Battle Creek, Mich.

Dear Brother:
Please send to M. le Docteur Tripet, 122 Boulevard Magenta, Paris, complete circulars of the Sanitarium, also copy of Modern Medicine and Good Health, copies of my principal reprints; also copy of my book on Massage, writing in on the fly leaf, "With the Author's compliments."

Please keep a special list of all the addresses which I send you while on this trip, as I shall want to make use of them.

Sincerely yours,

N.

[Signature]

J.H. Kellogg
ADMINISTRATION DES TÉLÉGRAPHES.

No. d'ordre  BUREAU

No. d'origine  
Mots  
Reçu de  
Employé  

OBSERVATIONS.  

Transmis à  
Date  189  
H.  
m.  
Employé  
OBSERVATIONS.  

REÇU LE TÉLÉGRAMME SUIVANT

De Cairo  daté  189  

Docteur Kellogg  

Tout fait  

Fabrique ipetian  

tabkhan for Liebfinger  

Abegirdjian  

* REMARQUE. — Dans le cas où des retards indus auraient lieu entre l'heure de réception et l'heure d'expédition, le public est prié de porter plainte à l'Administration.
De Copenhagen 4770 14 23 2 20 s
Olsen should leave 29 come early as possible = ottosen +
Bemerkungen.

Die Telegraphen-Verwaltung übernimmt für die rechtzeitige und richtige Übermittlung der Telegramme keinerlei Verantwortung.

Wird eine Verstümmelung des Textes vermutet, so kann vom Adressaten innerhalb des Zeitraumes von 72 Stunden nach Ankunft des Telegrammes die Berichtigung im telegraphischen Wege verlangt werden. Fällt die Verstümmelung der Telegraphenanstalt zur Last, so wird die Gebühr für das Berichtigungstelegramm nach Lage des Falles entweder zur Gänze oder teilweise zurückerstattet.
Chas. E. Stewart, M. D.
Battle Creek, Mich.

Dear Doctor:—

Dr. Kellogg wishes you to send a copy of the Modern Medicine in which he wrote an article comparing the effects of cold water and alcohol on the heart to L. J. Lock, The London Temperance Hospital, Ramstead Road, N. W., London.

Also put the London Temperance Hospital on the regular mailing list of the Modern Medicine.

I enclose Dr. Lock's card which please hand to Mr. Sheldon to be filed with other addresses.

Very truly yours,

[Signature]
July 2, 1899.

Dr. Thomason:—

I hand you with this a few addresses which have been placed in my hands at the request of J. H. K. They were sent in while abroad. I think the notes will explain themselves. I refer the addresses to you in order that the Doctor may give them such further attention as he may desire.

N. K. S.

C. l enc.
Sept. 13, 1898.

W. K. K.:—

I inclose a memorandum for some further experiments. I hope you will not lose it. It may develop something valuable.

Mix with raw moist gluten a sufficient amount of water to make a dough of the proper consistency, adding a trifle more in the form of cakes, some thin and some thick. More or less gluten can be worked in the thin cakes; that is, a very stiff dough can be made. For the thick cakes, leave the dough a little moister and do not put in so much flour.

2. Make the sage experiment with potato flour, peas flour, bean flour, Soja bean flour, lentil flour. Make another series of experiments with the above, adding 5% nut meal.

3. Make another series adding 5% malt.

4. In both series, adding both malt and nut meal, 5% each.

Another experiment.—Wash and pare raw potatoes, cut in slices one-fourth inch thick, put on tray, cook one hour in retort at the highest temperature you can get, 300 if you can. Take out and dry. Keep the slices separate and distinct if you can. Would like to see some of it as it comes from the retort and also after drying. It ought to be ground and properly cooked. Also try experiment cooking on trays in this way, then carrying to the bakery and brown slightly and to about the color of zwieback.

Another experiment.—Soak some rice over night. Turn the water off in the morning and put on trays and steam in retort one hour. Take out lightly, then put through the mill. The drying should be just right so the rice should make a paste as it goes through the mill. Cut in sheets about as thick as a dime. Dry these sheets with one of the sheets and toast or brown in the oven like...
W. K. K., Z.

Zwieback. Let me see the result.

Remark.—The rice meal and other meals can be mixed with ten by the use of the shredder.
Dear Sir,

Yesterday only, the bones, the arrival of which you were kind enough to announce to me, finally have landed. We impatiently had looked forward for them, and now are in the very satisfactory possession of their rare and unimpeachable tints. I am very happy indeed, to have now at my disposal the numerous literary marks and various kinds of food, both of the highest interest for me, so that as soon as twinkle, I want to try them, ready to communicate to you the doubtless lucky results of my trials next. And I am Kindly
two was so very much pleased
by the charming photo's and
thinks you so very amiable to
have by this kind of way com-
nunicated to her the acquaintan-
se with your wife and the lovely kit.

Here the merits one to express
again all her great finess for
it and your own portrait.
In Strine and Dr. Riach's have
the intention to send your
some essays within short and
I too, if I find time, think
of doing so next. Actually
several of your own interesting
articles are to be translated so
that you soon will find them
in my medical journal. Be sure
that Miss Wright and myself
kept a most pleasant rever-
hom of your visit, and that
we are so very many yim
live so far off, so that
by consequence, we are de-
prived of the pleasure to
call on you and admire
your wonderful creation.
Believe me, dear Doctor, the
most sincere admiration of all
your great works and accom-
nishments, and most truly

Yours,

[Signature]