Dr. William Osler,
Chairman.
Dr. G. M. Sternberg,
Surg. Gen'l U. S. Army.
Dr. W. K. VanReypen,
Surg. Gen'l U. S. Navy.
Dr. Walter Wyman,
Surg. Gen'l U. S. Marine Hosp. Service.
Dr. W. W. Keen,
Pres. Amer. Medical Assoc.
Dr. H. P. Bowditch,
Pres. Cong. of Amer. Phys. and Surgs.
Dr. O. F. Wadsworth,
Pres. Amer. Ophthalmological Assoc.
Dr. H. G. Miller,
Pres. Amer. Otological Society.
Dr. E. D. Fisher,
Pres. Amer. Neurological Assoc.
Dr. G. J. Englemann,
Pres. Amer. Gynecological Society.
Dr. H. W. Stelwagon,
Pres. Amer. Dermatological Assoc.

XIIIth International Medical Congress,

Paris, 2-9 August, 1900.

AMERICAN NATIONAL COMMITTEE.

Dr. Henry Barton Jacobs, Secretary,
3 W. Franklin St., Baltimore, Md.

Dr. Samuel Johnston,
Pres. Amer. Laryngological Assoc.
Dr. Robert F. Weir,
Pres. Amer. Surgical Assoc.
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Pres. Assoc. of American Physicians.
Dr. James Bell,
Pres. Amer. Assoc. of Gen.-Urin. Surg
Dr. H. M. Sherman,
Pres. Amer Orthopedic Assoc.
Dr. R. H. Chittenden,
Pres. Amer. Physiological Society.
Dr. Burt G. Wilder,
Pres. Assoc. of Amer. Anatomists.
Dr. Henry Koplik,
Pres. Amer. Pediatric Society.
Dr. B. Holly Smith,
Pres. Amer. Dental Association.

Baltimore, Md., Feb'y 1st, 1900.

Dr. J. H. Kellogg,

Battle Creek, Mich.

Dear Dr. Kellogg:--

I herewith enclose receipt for your subscription to the International Medical Congress. Please preserve it in case it may be useful to you in Paris. The card of admission will be mailed to you direct by the Secretary-General. Kindly advise me if it does not reach you within the next month or two.

Very truly yours,

[illegible] at'l Committee.

XIII. INTERNATIONAL CONGRESS OF MEDICINE

XIIIth INTERNATIONAL CONGRESS OF MEDICINE

PARIS, 2-9 AUGUST 1900

C

Series 173 *No* 14

Received from Dr. J. H. Kellogg

the sum of Five Dollars

being the amount of his subscription as member of the XIIIth INTERNATIONAL CONGRESS OF MEDICINE.

Dated : February 1, 1900.

Signature H. Barton Jacobs

STAMP

AMERICAN NAT'L. COM.
DR. WILLIAM OSLER, PRES.
DR. HENRY B. JACOBS, SEC'Y.

DR. WILLIAM OSLER,
Chairman.
DR. G. M. STERNBERG,
Surg. Gen'l U. S. Army.
DR. W. K. VANREYPEN,
Surg. Gen'l U. S. Navy.
DR. WALTER WYMAN,
Surg. Gen'l U. S. Marine Hosp. Service.
DR. W. W. KEEN,
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Very truly yours,

H. B. Jacobs

Sec'y, American Nat'l Committee.

College Laboratory

Battle Creek, Mich.
March 18th 1901.

Miss Dr. L. B. Eshleman: —

Below please find the figures for Maltose and Dextrin in the soluble part of white bread, Granose, Granola and Granuts at 100° C. Everything precipitated by Fehlings is calculated for Maltose, the rest of Carbohydrates for Dextrin.

	% Maltose	% Dextrin
White bread	6.33	4.92
Granose	3.28	10.75
Granola	18.54	6.55
Granuts	21.46	20.36

~~Gottfried~~ Teitgraeber

OUR COLONIAL TRADE

Great Increase in Exports of Rum to Our New Territories

RUM TRAFFIC IN OUR NEW POSSESSIONS.

Official tabulated statement, Bureau of Statistics, Treasury department, Washington.

Exports of malt and spirituous liquors from the United States to Cuba, Porto Rico and the Philippine islands for the fiscal years 1897, 1898 and 1899.

COUNTRIES.	1897.		1898.		1899.	
	Quan.	Cost.	Quan.	Cost.	Quan.	Cost.
Cuba—						
Malt liquors—In bottles (dozens)	10,791	$18,082	3,050	$5,027	592,361	$824,231
In other coverings (gallons)	57,637	9,467	29,275	4,884	373,951	100,423
Spirits, distilled—Alcohol (gallons)	95	29	.....	.....	20	15
Brandy (gallons)	.....	.....	.....	.....	129	220
Rum (gallons)	95	71	.....	.....	.....	.....
Whisky—Bourbon (gallons)	.....	.....	.....	.....	9,945	8,723
Whisky—Rye (gallons)	187	395	57	158	35,595	52,732
All other spirits (gallons)	.....	.....	3,300	727	1,643	3,581
Porto Rico—						
Malt liquors—In bottles (dozens)	1,425	2,264	2,601	3,668	119,573	174,980
In other coverings (gallons)	300	90	.....	.....	6,075	1,530
Spirits, distilled—Brandy (gallons)	.....	.....	.....	.....	107	243
Whisky—Bourbon (gallons)	.....	.....	.....	.....	4,123	3,964
Whisky—Rye (gallons)	3	15	.....	.....	8,093	14,536
All other spirits (gallons)	.....	.....	.....	.....	371	470
Philippine Islands—						
Malt liquors—In bottles (dozens)	400	663	200	337	112,440	154,488
Spirits, distilled—Brandy (gallons)	.....	.....	.....	.....	14,096	21,246
Whisky—Bourbon (gallons)	.....	.....	.....	.....	41,187	80,916
All other spirits (gallons)	.....	.....	.....	.....	345	572

Treasury Department, Bureau of Statistics, Washington, D. C., March 3, 1900.

O. P. AUSTIN, Chief.

In 1897 these islands were under the power of Spain; in 1899 they were in full charge of our American executive. Alas that our coming in the name of civilization should have been a march with whisky drummers at the head of army.

WILBUR F. CRAFTS.

GEO. O. GOODHUE,
DANVILLE, P.Q., CANADA.

Danville P.Q. 19 March 1900.

Dear Dr Kellogg,

Since writing you on 17th Inst.
re liquor adv.to in "Self-Culture," the
first numbers of "Childonis edition" of "the
Lipsha Capital" am at hand, and I
inclose a cutting being the official Report
of the amount of intoxicants shipped from U.S.
to Cuba, Porto Rico & the Philippines under
the two last years of Spanish rules
and also for the first year of U.S. rule.
I hope they may be useful &
you in preparing your article in
"Self Culture" & Ida magazine,

Yours Sincerely
Geo. O. Goodhue

P.S. Summary for the Philippines. The total value of the intoxicants shipped by the U.S. into the Philippines in 1897 & 1898 under Spanish rule was $1000,— the value of the intoxicants shipped them in 1899 under American rule was $118222— being more than one hundred and eighteen times as much for one year only.

This is a point of American army; "what shall the harvest be?"

May 17, 1900.

A. S.Kellogg,

RUSH.

Here are some experiments the Doctor wishes to have gotten out to-day. He leaves Friday morning and would like to see samples before he goes.

Infant Food No. 1.--45% nut butter, from the light colored nut meal such as we use for bromose; 5% almond butter; 50% Malt Honey. A very small experiment will answer. We have a little of the Malt Honey at the offic.

Infant Food No. 2.--Granut siftings 3 parts; Malted nuts 1 part.

Infant Food No. 3.--Granut siftings 65%; malted nuts 25%; steam cooked gluten, finely ground, 10%. As you have no steam cooked luten at present you may use the ordinary dry gluten for this experiment, but when

we get to making the food regularly we willuse the steam cooked gluten.

W.K.K.

P.

May 17, 1900.

J. H.K.

Here is a copy of the formulas which you gave me for Infant Foods No. 1, 2 and 3. You also mentioned that you thought of adding protose meal to some one of the foods--I do not know which one.

W.K.K.

S. 1 Enc.

ADVISORY BOARD:

CLERGYMEN AND REFORMERS.
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L. D. MASON, M.D.
C. H. SHEPARD, M.D.

If we save the children to-day, we shall have saved the nations to-morrow.

NATIONAL AND INTERNATIONAL

Department Scientific Temperance Instruction

In Schools and Colleges.

MRS. MARY H. HUNT, Superintendent for World's and National Woman's Christian Temperance Union, and Life Director of the National Education Association.

23 TRULL ST., BOSTON, MASS. June 1,1900.

To the Editor,
Dear Sir:

During the past year great publicity has been given the reports of Professor Atwater's alcohol experiments by which it is claimed he had proved alcohol to be as much food as sugar, starch and fat, and the school text-books on physiology inaccurate because they teach that alcohol is a poison and not a food. This accusation is now shown to be utterly false by the following scientific authority:-

First. Scientific experts in our largest medical colleges testify to the fact (which anyone by examination of his Bulletin 69 can confirm) that his own figures in his tables that recorded the results of his experiments do not prove what Professor Atwater claimed they did, but the contrary. This fact is published in the pamphlet "An Appeal to Truth" which has been widely read.

Second. Since January 1,1900, the leading medical journals in the country have said by editorials and leading articles not only that Professor Atwater has not proved what he claimed, but that alcohol can not by any scientific evidence be called a food. Extracts from some of these are presented in the enclosed circular No.23. Circular No.24- "Is Alcohol a Poison?"- also enclosed, shows that standard treatises and great authorities on medical jurisprudence,poisons,etc. unite in calling alcohol a poison.

Thus you see the claims and charges which are said to be proved by Professor Atwater's experiments are utterly unfounded, and as the press has widely circulated the report of these claims, in many cases greatly misleading popular judgment, the interests of truth and sobriety demand that the true facts concerning the nature of alcohol as voiced by representative scientists should be brought forcibly to public attention.

We hope therefore that you will carefully read the circulars enclosed. With them is sent a short summary of their contents which we ask you to publish in your paper at an early date. The future of our nation is being imperilled by the influence and effect of alcohol and as one of the family of nations we have responsibilities in this matter which are far-reaching. We look to the press to give voice to the truth and thus to lead aright the people in shaping their opinions and determining their habits.

Trusting and believing that we shall not appeal to you in vain,

Very sincerely,

Mary H. Hunt

613.2

Ford experiments

July 23, 1900.

Dr. Elmer Eggleston:

Here are some subjects which need investigation.

1. The influence oforganic acids upon fruit digestion in the stomach. See what work has already been done by Bro. Teichgraeber.

2. The influence of cooking starch in different ways to different degrees of dextrinization upon starch digestion in the stomach.

3. The stomach digestion of various vegetable foods of different kinds--cooked, baked, roasted like Zwieback, and raw.

4. The influence of fruit upon bacteria of the stomach. Dr. Otis has already done some woth on this.

5. The influence upon muscle work as shown by the Mosso ergograph, of boiled starch, browned starch, malt honey, cane sugar, and of special foods, such as granose biscuit, granola, granut, malted nuts, zwieback, browned rice, raisins or raisin juice containing a given amount of sugar, grape juice ditto.

6. The influence of organic acids as malic acid, citric and tartaric acids upon muscle power as shown by the fatigue experiments as shown by Mosso's ergograph.

7. The influence of fats in the form of oil or butter upon gastric juice secretion, the quantity of Hcl. and the dextrinizing power.

8. The influence of emulsified fats, ditto.

J. H. K.

F.

6.13.2

Battle Creek, Mich., Apr. 16, 1900

Dear Bro:

I would be greatly obliged if you would make a few experiments for me. I want to ascertain the facts in relation to the action of the saliva of young children upon starch in the different stages of cooking, especially amylodextrin and achroodextrin,--that is, starch paste, and starch which has been carried to the third stage of digestion, that is, that has been exposed to heat until it has acquired a brown color. I will have some cornstarch sent you. The saliva can be obtained from the babies' mouths by having them chew some bits of rag and dropping these in a bottle. Data with reference to the influence of the saliva of babies of different ages would be extremely valuable.

If you can collect the saliva from the babies in the Maternity, I will be obliged . I will send some bottles down to you for this purpose. You can instruct one of the students to do the work for me if you will be kind enough to do so. The label on each bottle should indicate the age of the child. I am sending with this some linen cloth and a dozen bottles. I would suggest that you cut off a piece of the cloth about five inches long, and let the child chew the end until saturated, then cut off and put in the bottle. A good time would be after the child has taken its food, when the saliva is flowing freely, but the mouth should be washed so there will be no admixture of food.

If you will kindly assist me in the matter, I will be greatly obliged.

Very truly yours,

J. H. K.

R.E.

Anti-Fat Diet.

Kumyss. Kumyzoon.

Vegetable broth.

EGGS.

Medium boiled eggs. Poached eggs.
Soft boiled eggs. Beaten whole eggs.
Curdled eggs. Floated eggs.

Hard boiled yolks of eggs.
Beaten whites of eggs.

Gluten. Oranges.
Water biscuit. Bananas.
Sour apples. Tomatoes.
Lemons. Asparagus.
Green peas. Greens.
String beans. Celery (cooked).
Granose (eaten dry). Sticks.
Zwieback. Hard rolls.

Diet List D.

(For Diabetic Patients.)

Gluten biscuit No. 1, 2, 3, or 4.

Buttermilk.
Spinach.
Kumyss.
Asparagus.
Nuts.
Cottage cheese.
Lettuce.
Celery.
Greens.
Nut meal.
Nut butter.

Laboratories
OF
Hygiene and Pathology
OF THE
BATTLE CREEK SANITARIUM
AND
AMERICAN MEDICAL MISSIONARY
COLLEGE

Nov. 2nd 1900.

Dr. J. H. Kellogg

City.

Enclosed please find the analysis- of Malt- Honey, Granuts and Beans. The latter were brought to the laboratory by Mr. Arthur Kellogg. He called them somewhat like Kalpi- beans-.

Yours- truly

Gottfried Leichgraeber

Laboratories
OF
Hygiene and Pathology
OF THE
BATTLE CREEK SANITARIUM
AND
AMERICAN MEDICAL MISSIONARY
COLLEGE

Nov. 2. nd 1900.

Malt- Honey.

	p. cent
Water	31.17
Ashes	.44
Albumen	3.87
Maltose	49.61
Other Carbohydrates etc.	14.91
	100.00

Laboratories
OF
Hygiene and Pathology
OF THE
BATTLE CREEK SANITARIUM
AND
AMERICAN MEDICAL MISSIONARY
COLLEGE

Nov. 2nd 1900.

Beans.

	p. cent
Water	9.77
Fat	1.32
Proteïds	21.88
Ashes	3.00
Carbohydrates etc.	64.03
	100.00

Laboratories
OF
Hygiene and Pathology
OF THE
BATTLE CREEK SANITARIUM
AND
AMERICAN MEDICAL MISSIONARY
COLLEGE

Nov. 2nd 1900.

Granuts:

	p. cent.
Water	7.18
Fat	1.41
Proteïds	11.55
Ashes	2.80
Carbohydrates	77.06
	100.00

J. H. KELLOGG, Superintendent. W. H. HALL, Sec'y and Steward. G. H. MURPHY, Treasurer. L. McCOY, Chaplain.
MRS. L. M. HALL, Matron.

Battle Creek SANITARIUM

MEDICAL STAFF.

J. H. Kellogg, M. D. Dudley Fulton, M. D. Abbie M. Winegar, M. D.
H. F. Rand, M. D. Geo. Thomason, M.D. Mary Dryden, M. D.
J. M. Craig, M. D. A. J. Read, M. D. Mary Hunter, M. D.
F. M. Rossiter, M. D. N. G. Evans, M. D. Carrie Staines, M. D.
C. E. Stewart, M. D. Jean Whitney, M. D. Evelyn Helman, M. D.
J. F. Byington, M. D. Louise Patterson, M. D. Jean Vernier, M. D.

LONG DISTANCE 'PHONES, Nos. 135 AND 45.

BATTLE CREEK, MICH., January 22, 1901.

Mrs. Kellogg --

Two weeks ago a Mrs. Smith went across to the Sanitorium; got angry because I did not see her just when she thought I ought to. They fed her on a meat diet until she was sick and vomited for forty-eight hours; then she sent for an ambulance and came back to us as happy as a queen. A few days ago she received a letter from a Mrs. Green with whom she had become acquainted at the Sanitarium before she went to the Sanitorium. As Mrs. Green did not know Mrs. Smith's initials she addressed the envelope as follows: "Mrs. Smith. The lady who had a cripple foot and staid at the Sanitorium one week and came back to Dr. Kellogg's San. Battle Creek, Mich. Care Sanitarium." The envelope was received here at the Sanitarium in this way, having passed through the mails of Illinois to this city.

J.H.K.

R

Wasserheilanstalt
KALTENLEUTGEBEN
Prof. Dr. Wilhelm Winternitz.

Kaltenleutgeben, May 18th 1907

Dear friend
& most esteemed Colleague!

I must, first of all,
beg your pardon for the delay
in writing & in offering to you
my very best thanks for the
kind dedication, by which,
I assure you, I feel greatly
honored —

This delay is due partly
to the fact of the book
through some adverse cir-
cumstances reaching me
much later than it ought
to have done — on the other
hand I naturally felt
anxious, before writing, to
carefully read this most

interesting work, which I did
with all the more pleasure
& with all the more interest
since we all agree over here
in recognizing in you the
most distinguished & the
most eminent representative
& the new Word of the science
of Physiologie therapeutics &
of Hydrophathie in particular.
We all congratulate me-
selves upon your successful
& valuable cooperation in
the furtherance of our cause
& I know myself at one with
all my disciples in never
ceasing to admire the truly
philanthropic spirit with
which you put yourself at
the service of science to the

everlasting benefit of
suffering mankind.
I have not given up all
hope of being able one day
to see you within your
own sphere of peaceful &
beneficial work & look forward
to that day with the greatest
pleasure —
With kindest regards
from my wife I remain
in true friendship
Very sincerely Yours

W. Litterman

Dr. J. H. Kellogg Esq
Battle Creek
Michigan
U.S.A.

Kaltenleutgeben, May 18, 1907 or 1901 ?

Wasserheilanstalt
Kaltenleutgeben
Prof.Dr.Wilhelm Winternitz.

Dear friend
and most esteemed colleague!

I must first of all beg your pardon for the delay in writing and in offering to you my very best thanks for the kind dedication, by which I assure you, I feel greatly honored.

This delay is due partly to the fact of the book through some adverse circumstances reaching me much later than it ought to have done--on the other hand, I naturally felt anxious, before writing, to carefully read this most interesting work (Rational Hydrotherapy) which I did with all the more pleasure and with all the more interest since we all agree over here in recognizing in you the most distinguished and the most eminent representative in the new world of the science of physiologic therapeutics and of hydrotherapie in particular.

We all congratulate ourselves upon your successful and valuable cooperation in the furtherance of our cause and I know myself at one with all my disciples in never ceasing to admire the truly philantropical spirit with which you put yourself at the service of science to the everlasting benefit of suffering mankind.

I have not given up all hope of being able one day to see you within your own sphere of peaceful and beneficial work and look forward to that day with the greatest pleasure.

With kindest regards from my wife, I remain in true friendship,

Very sincerely yours,

Winternitz.

Dr.J.H.Kellogg, Esq.

Kaltenleutgeben, May 18,1901(?)

from:

Wasserheilanstalt,
Kaltenleutgeben,
Prof. Dr. Wilhelm Winternitz.

Dear friend and most esteemed colleague:

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I have not given up all hope of being able one day to see you within your own sphere of peaceful and beneficial work and look forward to that day with the greatest pleasure.

With kindest regards from my wife, I remain in true friendship,

Very sincerely yours,

Winternitz.

Wasserheilanstalt
Kaltenleutgeben
Prof.Dr.Wilhelm Winternitz

Kalienleutgeben,May I8, I90I

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and most esteemed colleague!

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This delay is due partly to the fact of the book through some adverse circumstances reaching me much later than it ought to have done-- on the other hand I naturally felt anxious before writing, to carefully read this most interesting work, which I did with all the more pleasure and with all the more interest since we all agree over here in recognizing in you the most distinguished and the most eminent representation in the New World of the science of Physiologic therapeutics and of Hydrotherapy in particular.

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With kindest regards from my wife, I remain in true friendship

Very sincerely yours,

Winternitz.

Dr.J.H.Kellogg, Esq.,
Battle Creek,
Michigan,
U.S.A.

July 29, 1901.

J. H. K.:--

Here is an analysis of Grape-nuts which Post is sending out to sanitariums throughout the country. It comes to me from Mr. Simpson.

W. K. K.

CL. l e.

July 28, 1901.

W. K. Kellogg:

I am sending you with this the analysis of Grape-Nuts as printed in a letter of the Postum Cereal Co. to the different Sanitariums:

Moisture	6.02
Mineral Matter	2.01
Fat	1.60
Proteids	15.00
Soluble Carbo-hydrates	49.40
Unaltered Insolubles	25.97

W. R. S.

613.12

May 10, 1903.

TO HIS HONOR, THE MAYOR, AND THE HONORABLE BOARD OF
ALDERMEN OF THE CITY OF BATTLE CREEK.

Gentlemen:--

Thanks to your kind encouragement and co-operation and the liberal generosity of the citizens of Battle Creek, which have materially aided us in the work of rebuilding the main buildings of the Battle Creek Sanitarium, we are glad to announce that our work is now so near completion that we are able to fix the date for the dedicatory exercises, and Sunday, May 31st, has been selected that the day.

The public and undenominational character of the institution and the general public sympathy and interest in the welfare of the institution which has been manifested since our fire suggest to us that it would be appropriate that the dedicatory exercises should be given something of a municipal character, and to this end we would respectfully ask that your honorable body will appoint a committee to confer with us in reference to the preparation of a suitable program, and the sending out of invitations to city officials and others who might be interested in knowing that the burned

buildings have been replaced by better ones, and that the Battle Creek Sanitarium is again ready for business.

Trusting that you will consider this a matter of sufficient public interest to merit your attention, I remain,

Very respectfully yours,

PJ.

From Horace Fletcher.

THE NEW WILLARD,

WASHINGTON, D. C.

Wednesday July 1st 1903.

Dear Dr. Kellogg:

Your letter of greeting came night before last and gives me great joy. Your acceptance of the value of buccal digestion, inspection, and separation, after a trial of more than a year in your great and intelligent field of application and observation has tremendous significance, especially as I know that you are accepting and applying a truth of basic and immense importance.

Your letter came the same evening that Secretary-of-War Root gave his approval to Professor Chittenden's request for the assignment of a volunteer company of twenty-five hospital attendants and an officer for a year or more at the expense of the government for purposes of nutrition test at the Yale laboratory. Both are of tremendous significance and who shall say or decide which is the greater?

You are building the greatest structure in social reform and Christian religion that the world has yet seen and we have perhaps "discovered the key", as you so generously have said, to the innermost cabinet of knowledge relative to a right and scientific nutrition. The thing to do next is to duplicate the key and spread the knowledge. This we are doing, in our different ways, most effectively.

I don't know if publicity of the action of the Secretary-of-War and the good Surgeon-General of the Army is wise at this moment, hence, for the present, it is confidential. The experiments at Yale will not begin until September. They

may also be carried on simultaneously at Middletown as Professor Atwater is keen to participate but if so the two separate observations will be a check upon each other.

I can assure you, my dear friend, that the result will be antagonistic to the "alcohol as a desirable food" fallacy and a revelation of telling importance against the danger and abuse of any artificial stimulants. In food, properly ingested and selected by a normal appetite, is all the stimulant we need; and the right appreciation and use of food will kill any desire for artificial stimulation and is protection against intemperance of any kind. We know this to be true and we are both engaged in making this knowledge available to the world.

The Conaro introduction and analysis shall be written in due season and I am planning in my mind a true romance, under the title of "Truth Stranger." After telling the true story of your life and work I plan to end the tale with the climaxic exclamation "It is indeed true that Truth is Stranger than Fiction; fact more truly interesting than any story the most fertile imagination can invent; and recital of deeds done in pursuit of the Christian Ideal are more fascinating than the scheme of any novel."

"To none are denied the attributes of a Christ." This is what President Hadley declared in his Baccalaureate Address a week ago last Sunday and I believe that you have personally proven the baccalaureate declaration. You heal the sick and teach the hungry to properly feed themselves, and above all you "suffer little neglected children to come unto you and you forbid none whom others will not receive, and of such is the King-

dom of Heaven." The bigness of your unselfishness is to me no marvel, but a most beautiful hope of human possibilities. I love your ideal and I shall do all in my power to teach it with you as an object lesson.

It may take a little time but you will soon receive full authoritive scientific approval of your scientific worth and work. Science is Truth and Truth is Science.

Your account of the "Chewing Song" delights me and instead of being a disgrace I consider the dedication, no matter how fine or indifferent the song may be, a very great honor.

Someone has said "I don't care who makes the laws of a country if I may command the popular songs." May the "Chewing Song" be as popular as a nursery rhyme; "Yankee Doodle," or "Mr. Dooley."

Our colony in Venice want some of the nut foods and other of the foods, samples of which you sent me, and promise sending me a list soon. Dr. Van Someren received all your books with great appreciation and took them all to the country with him for quiet summer reading.

I hope to see you soon but cannot say just when.

Fraternally yours,

(Signed) Horace Fletcher.

V-6-7-5-03.

675.2

J. H. KELLOGG, M. D., Superintendent.
L. MCCOY, Chaplain and Sec'y.
W. H. HALL, Steward.
G. H. MURPHY, Treasurer.
MRS. L. M. HALL, Matron.

Office of the ...

Battle Creek Sanitarium

LONG DISTANCE TELEPHONE, Nos. 135, 45, 188.

MEDICAL STAFF.

J. H. Kellogg, M. D. — David Paulson, M. D. — G. H. Heald, M. D.
Kate Lindsay, M. D. — Ruth O. Bryant, M. D. — Lauretta Kress, M. D.
Lou C. Cleveland, M. D. — D. H. Kress, M. D. — Abbie M. Winegar, M. D.
Howard F. Rand, M. D. — C. E. Stewart, M. D.

Battle Creek, Mich., July 23/01.

Dr. Otis :--

I would like to have a series of experiments made on food-stuffs. Dr. Beaulont's experiments are good, but they cover only a limited number of foods, and do not help us much in our modern diet. I suggest the following as foods to be studied:--

Zwieback, granose, granola, granut, malted nuts, Sanitas food, malt-honey, protose, nuttolene, well-shewed pecans, well-chewed roast almonds. Protose should be tested in several different ways,-- stewed, boiled, and brazed with oil.

I would suggest this as the proper method: Get three or four healthy persons; have them eat suitable quantities, say four ounces, al eating the same kind of food, the same quantity of food, and under the same conditions. At the end of an hour, after food is eaten, pass the stomach tube for No. 1; at the end of the next hour, withdraw the stomach contents of No. 2; an hour later, the contents of No. 3; an hour later, No. 4. On introducing the stomach-tube, the effort should be, to extract the stomach contents without water. If necessary, one or two pints of water should be introduced. The quantity introduced should b measured and noted, and also the quantity returned. The stomach-tests should be estimated by the usual method,--viz., estimation of the acid If necessary for estimation purposes, a second quantity f water may b

Dr. O.2.

introduced. I should be glad to speak with you further about these experiments .

E.Sen.

Directions for Preparing

Stomach Tests -

July 23/01

List of Battle Creek Michigan

City Officers.

Mayor, . . FRED H. WEBB
President, . . A. C. KINGMAN
Recorder, . . GEO. W. HAMM
Treasurer, . . A. S. PARKER
Assessors, . { JOSIAH W. FREEMAN, GLOVER J. ASHLEY, JAMES HENRY
City Attorney, . D. C. SALSBURY
Street Commissioner, C. A. CALDWELL
Health Officer, L. M. GILLETTE, M. D.
Chief Fire Department, W. P. WEEKS
Chief of Police, W. H. FARRINGTON
Police Matron, MRS. HARRIET ROWELL
City Engineer, . E. U. HUNT

Committees.

CLAIMS AND ACCOUNTS.
Kulp, Kingman, Starkey.

WAYS AND MEANS.
Henry, Lumm, Crandall.

BRIDGES.
Jackson, Crandall, Retallick.

ORDINANCES AND JUDICIARY.
Kingman, Kulp, Crandall.

STREETS.
Henry, Wakeham, Roberts.

SIDE AND CROSSWALKS.
Roberts, Wakeham, Starkey.

PUBLIC BUILDINGS AND PARKS.
Crandall, Jackson, Roberts.

PUBLIC LIGHTING.
Starkey, Jackson, Retallick.

WATER WORKS AND SEWERS.
Retallick, Crandall, Lumm.

POLICE DEPARTMENT.
Wakeham, Kulp, Kingman.

FIRE DEPARTMENT.
Lumm, Henry, Jackson.

PUBLIC HEALTH AND CHARITY.
Kingman, Roberts, Jackson.

PRINTING AND SUPPLIES.
Wakeham, Henry, Lumm.

BLDG. INSPECTION AND PERMITS.
Kulp, Retallick, Starkey.

Board of Health.

CHAIRMAN—Mayor Webb.
SECRETARY—Recorder Hamm.
HEALTH OFFICER—L. M. Gillette, M. D.
COMMITTEE ON PUBLIC HEALTH AND CHARITY—Aldermen Kingman, Roberts, Jackson.

Police Commission.

Geo. S. Turner, N. E. Hubbard,
Wayne D. Marsh, Eli Flagg.

Board of Public Works.

Geo. S. Barnes, Pres., H. C. Hall,
H. T. Harvey,
M. M. Lewis, Chas. Lafever.

To the Honorable Mayors and the Common Councils of the Cities of Michigan.

Gentlemen:

The Mayor and the Common Council of the City of Battle Creek, take pleasure in joining with the Management of the Battle Creek Sanitarium in inviting you to be present at the ceremony of the dedication of their new main buildings, Sunday, May 31st.

The widespread philanthropic work of which this institution has been for more than a quarter of a century the center, renders the opening of its new building, and the enlargement of its facilities an event of more than ordinary public interest.

The charitable character of the enterprise, incorporated under the statutes of the State as a purely philanthropic and humanitarian effort, entitles it to the moral support and encouragement of our citizens.

In behalf of the Mayor and Common Council.

Committee :A. C. Kingman,
:F. H. Starkey,
:N. E. Retallick.

1902

Fletcher, Horace

Copy.

Chicago, Ill., Nov. 18, 1903.

My Dear Dr. Kellogg:

On arrival here yesterday morning we had only time to rush away to the University for the first engagement of the meeting of the Academy, and although I am not a member, I am included in all the functions and, for the time being, am an honory member, as it were; hence I have had no time until now to write my appreciation of our reception by you and your splendid staff, which is so much a part of yourself.

Dr. Bowditch was tremendously impressed, not alone with what has been built up and accomplished in the way of buildings and apparatus and system, but with you and what you stand for in the way of possibilities to the human race.

All that I had told in my enthusiasm was more than confirmed by the demonstration and proven by ultimate test by the exhibition at the orphanage with the little foster-mother families scattered about in comfort and security, rescued from malarial atmospheres of crime and conditions of criminal neglect.

It makes me "well-up" and I have to keep back the tears when I think of the beauty of the idea of salvation as expressed in those babes lying peacefully asleep in their cots under the most intelligent care that love and science can command.

Dr. Bowditch is fully imbued with our responsibility in helping to spread the light which you have lit and are keeping aflame. You have created a model of Heaven and it should spread to include the whole earth. Battle Creek should be a Mecca and it will be our office to help make it so.

The interest of Dr. Bowditch is more important to enlist than that of any person in the world. He is the Dean of Physiologists and one of the hardest headed of scientists, and an honest thinker with reverence for the pure and intrinsic Christian Ideals. He is also the President of the Children's Aid Society of Boston, which by many is thought to be the model institution of its kind in the world, and hence his sympathies are extensive and are humanitarian as well as physiological and scientific. He is a special Providence created and educated and ordained to bring Science and the Christian Ideals together in a campaign against error and disease and to lead us back to Nature and to Nature's God.

Dear Brother Kellogg: I am no prophet nor seer, so-called; but I have been lead about over the earth and have absorbed the sympathies of a great many conditions of people, and I can tell you with confidence that you have demonstrated a possibility in human perfection which needed only the appreciation of the natural instincts which I have studied out to complete. That was my privilege but my mission does not end there. I am gifted with the acquaintance and the means and the freedom to bring the world to appreciate what you have demonstrated as possible, and to extend the light of it to penetrate the darkest corners of ~~xxx~~ earth. I have been in those dark corners and I have seen your light. It is my mission to direct the light into all these corners, and oh! what a happiness it is to contemplate!

When you see my books, shortly, you will see how I have begun the task, but that is not all I hope to be able to do. I shall bring many to see you and appreciate your work as I appreciate it.

I assure you that the presentation of scientific papers at this meeting of the National Academy of Sciences is of small importance as compared with the revelation of our visit to you as proclaimed by Dr. Bowditch. We met Professor Aggasiz, the President of the Academy, on the local train going out to the first meeting. Dr. Bowditch began at once to tell him of our visit to you and it was the sole subject of conversation until we reached the University, and it will be the most prominent topic wherever Dr. Bowditch is the center.

We have a reception at the house of President Harper tonight and a banquet given by the Research Club here at the Auditorium Annex (tomorrow evening) after a day spent in going out to Williams' Bay to see the great Yerkes telescope.

Before we get through with our mission it will not require a telescope to see the spread of the good seed you have sown and cultivated.

I cannot tell you what happiness it gives me to be working in such a cause. What I have dreamed of you have already done, and were it not for the research I have made in connection with proper alimentation, I should feel myself a veritable loafer in the vineyard of Mother Nature.

Lovingly always,

Horace Fletcher.

Please extend my gratitude to all your staff.

Dr. Paulson called but did not find us. We may not have the time to visit your departments here, but I will try to arrange it. Anyhow we have accomplished the object of the visit.

July 26, 1904

Mrs. Riggs:-

I hand you with this for filing in safe copyright of "Science in the Kitchen," revised edition.

W. K. K.

B l e

A[1]

CLASS A. XXc. No. 92057

Library of Congress, to wit:

Be it remembered,

That on the eighteenth day of July, 1904,
Mrs. Ella E. Kellogg, of
Battle Creek, Mich., hath deposited in this Office the title of a
BOOK, the title of which is in the following words, to wit:

Science in the Kitchen. By Mrs. E. E. Kellogg,
A. M. Revised edition.

Modern Medicine Publishing Co.
Battle Creek, Mich.

the right whereof she claims as author and proprietor in conformity with the laws of the United States respecting Copyrights.

Office of the Register of Copyrights,
Washington, D. C.

Herbert Putnam
Librarian of Congress.
By Thorvald Solberg,
Register of Copyrights.

Written M. B.
Revised
Entered J. J.
Mailed MAR

(1, v, 1904—5,000.)

LULLABY

Written to Newell Kellogg,

August 5, 1904.

Lullabies sung by the tree-tops just o'er us;
Summer time's lullaby sung by the corn.
Striped bees lazily humming a chorus,
Wooing to slumber a wee, tired boy.
Bright eyes are hiding behind sleepy lashes,-
Tired, so tired are two little feet,
Lullabies sung by the birds on the grasses
Nodding and waving a comrade to greet.
Such a short day to be happy and glad in,
Hearts full of love, and a world full of joys,-
Such a long day to be sick and sad in,-
Sleepy-time's welcome to wee, tired boys.

Ring low, bright lily bells,
Ring him a lullaby;
Sing low, sweet woodland birds,
Sing him a lullaby.
Sleep he must, rest he must,
For tasks are waiting him,-
Joy-tasks to gladden the soon-coming morn.

Just tuck him with the daisies and clover,
Roses and posies and lilies, for love;
Friends they are,-chums they are- welcome the rover,
Tuck them in cozily, blue sky above.

Tall mother daisy, with little ones round you,--
See how they're nodding, each ruffled crowned head;
What will you do when the night closes round you?
Where will you put these bright nodders to bed?
I know,-you'll slyly lift up the green cover,
Into his trundle-bed daisies will creep,
There to rest snugly with him, their true-lover,
Won't the rogues frolic so neither can sleep?

Ring low bright lily bells,
Ring them a lullaby,
Sing low, sweet woodland birds,
Sing them a lullaby;
Sleep they must, rest they must,
For tasks are waiting them,
Joy-tasks to gladden the bright coming morn.

Then comes the daw-dawn, the Master is heralded;
Quick from their beds will the blessed ones rise,
Flow'rs they will strew in the dear Saviour's journey-way,
And round His throne in the blue-vaulted skies.
Boys, our own boys, who have slumbered so peacefully,
No spot of sin on their little white gowns.
Theirs be the task, while they shout, Oh, so gleefully,
Casting before Him their daisy-twined crowns.
Hallowed morn, when they waken to meet with him,
Jesus himself, who was once a wee boy,
Marvelous morn! when we waken to greet with Him,
Jesus and loved ones, what fullness of joy!

Ring out, Oh, heaven-bells,
Ring us a clar'on cry;
Sing out, Oh, angel bands,
Sing, for the Day is nigh;
Love we will,-work we will,-
These tasks He gave to us,
Dear tasks to hasten that glad, longed-for morn.

--Carolyn Geisel.

Dear Dr. Kellogg:-

To save the demand upon your time I am sending a line to say good bye, and to thank you very very kindly , for all the politeness you have shown me- for the generous entertainment ,at the Battle Creek Sanitarium, and the many other kindnesses I have received ,from the doc -tors of the institution over which you so generously ,and courteously preside.

I am sending to add to your collection of curious and interesting things ,the hat as worn by ta brahmans . It requires one hundred yards of material twelve inches wide , to construct the intricate affair. And also a "reegla cloth",which is wound about the carriagewhenever a "purdah" or veiled woman is taken out through the streets. The little opnings at the centers of the stars are the only points for making observations,so that necessarially their knowledge of the world,and worldly things must be quite restricted.

With kind rememorances for Mrs. Kellogg and again thanking you very sincerely , I am

Fratenally Yours

Emily Brainerd Ryder.

Sept .16th. 1904.

E. B. Ryder

AMERICAN SCHOOL OF HOUSEHOLD ECONOMICS,
3323 ARMOUR AVENUE
CHICAGO.

March 7, 1905.

My dear Mrs. Kellogg:

It affords me pleasure to welcome you as a student of the American School of Household Economics and to enclose your cretificate of membership.

This School was founded with the object of teaching some of the fundamental principles of the profession of home-making to those who could not pursue the study without change of residence.

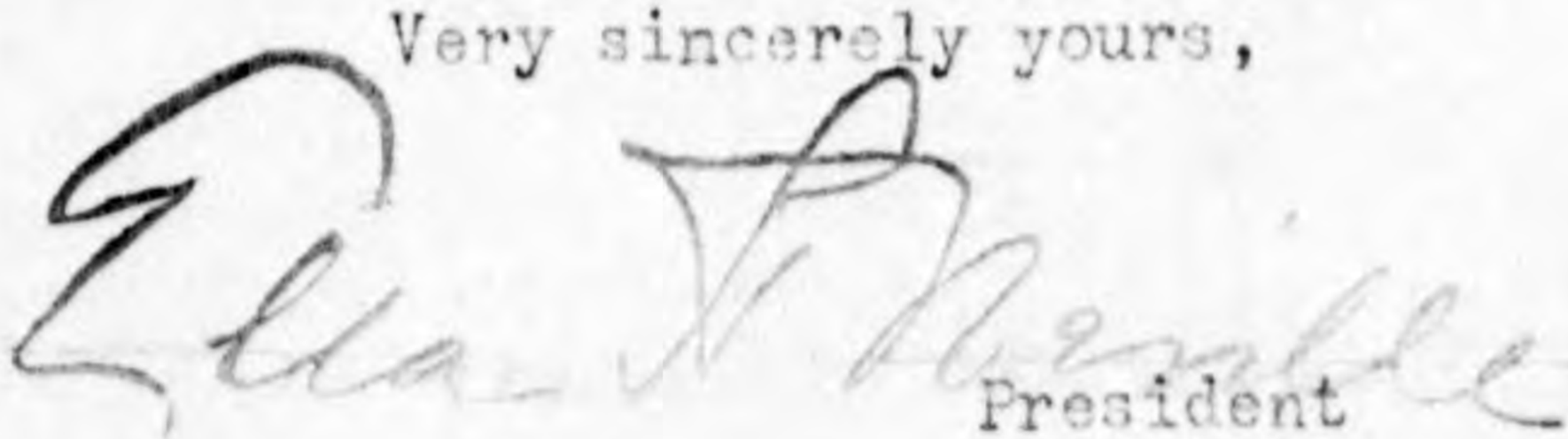
We know from experience that even more difficult problems have been solved at "pen and ink distance" and feel assured if you are faithful that you will find pleasure and profit in the lessons.

We are able tofurnish you instructors who are noted specialists in theline which they teach, and, selected as they have been from the whole country, they offer advantages not to be found in any other one school.

These instructors will always be ready to help you in your studies and in their applications to everyday life. I trust you will feel at liberty to call upon them or upon me or any one connected with the School with perfect freedom, we will deem it but a privilege to serve you.

Trusting you may enjoy the work and your connection with the School, believe me

Very sincerely yours,



President

Mrs. E. E. Kellogg
Battle Creek Mich.

Gleneyrie
Bar Harbor
Sept 13/1905

My dear Dr Kellogg:

Waiting a few days upon answering your very kind letter, hoping that I could induce Mr Hendrum to go to Battle Creek, on our way home, he has been ill all summer, and I knew he must do something - just this morning he decided - but he feels that he must get home to

flavors a soup or roti far better than the scraped onion - and a little goes far - Onions (minced) and fried in a little oil, then flour added and colored also - & all seived and mixed with a quantity of something else seems to lose all suggestion of anything fried, and in my experience of long use, never has seemed unwholesome while the herbs proceed to pur my tongue, and linger on the taste for too long a time afterward - The Soupe à l'Ognion used all over France, is one of the cheapest, easiest and most palatable soups made - say, a couple of onions, minced (as before stated) fried in a very little oil or any kind of fat more or less of flour - and simple boiling water (say 2 quarts)

Buckingham on account of
some business affairs, and
so we will go directly there
about the 28th of this month.
I regret very much not to be
able to go, and feel much flattered
by your
kind invitation, & express
my thanks
for it & my esteem
for you
& any use -
I have been thinking over this idea
of using herbs in epsom salts
and roast. and am under y'd
not a medicine. Miss Buckmaster used
herbs freely and was naturally a good
y. nurse as a flavoring - Of course
pied — fowls are all wrong, for most
pied people reason - yet a little pied onion

a little cream of celery (or
onion) stirred in and get rid of
the last lumps also. as a
preservative. and unwholesome) - a
few cuts of toasted bread added in
the tureen. and whether more potatoes
of cream if milk is added instead of
water. some melted butter, or added
any vegetable obtainable, and the soup
is edible later.

I have had several consultations over
the two samples of soup. You sent
me some "nut French although
slightly - but did not like so
much the herb flavour in the soup
marked "vegetable".

When the vegetarian restaurant was
first started in Paddington, the
cook used too much of herbs

rendering the dishes (in the opinion
of several who tried them) ~~more~~
unwholesome - The last two years.
the cooks there have used them
very sparingly - As a choice
between them and fried onions
however - I think the latter.

By the way. I will send a
receipt to Mrs Kellogg of a special-
that they have at a restaurant here.
a tea house at the end of a drive
to London Road -

Corn Meal Popovers (for 12 persons -

3 eggs; 1½ cups milk; 1 cup corn meal;
½ cup whole wheat flour; ½ teaspoon salt -
Egg beaten separately. 1st yolks beaten lightly
into yolks. and alternately the other ingredients
never stopping the light stirring until in the
two gem rather thick oven.

You mention sending me
samples of other new foods -
which I shall be most pleased
to test. I think they had
better go to Washington.

Most sincerely yours

Mary F. Henderson

Sept. 17, 1905

Mrs. Kellogg:

Here is a recipe which has just been received from Mrs. Mary F. Henderson.

J.H.K.

tp l e

Mrs. H's. letter.

February 12, 1906.

Miss Hoenes:-

Here is Dr. Kellogg's certificate of membership in the Nashville Agricultural and Normal Institute. I don't know where he keeps such things, but it ought to be kept in a place where it will be safe.

R.V.A.

M le

Nashville Agricultural and Normal Institute

MADISON (NEAR NASHVILLE), TENNESSEE

This Certifies *that* J. H. Kellogg.

is a Patron for life *of the Nashville Agricultural and Normal Institute, and is entitled to one vote in all meetings of the Patrons, and in the election of the Board of Managers.*

Nashville Agricultural and Normal Institute

S. N. Haskell.

PRESIDENT

January 1906

[illegible]

SECRETARY

THIS CERTIFICATE IS NOT TRANSFERABLE

POSTAL TELEGRAPH COMMERCIAL CABLES

CLARENCE H. MACKAY, PRESIDENT.

TELEGRAM

REGISTERED TRADE-MARK. DESIGN PATENT No. 36369.

The Postal Telegraph-Cable Company (Incorporated) transmits and delivers this message subject to the terms and conditions printed on the back of this blank

COUNTER NUMBER.	TIME FILED. M.	CHECK	(484)

Send the following message, without repeating, subject to the terms and conditions printed on the back hereof, which are hereby agreed to

To Dr J. H. Kellogg

Feb. 24 1906

Battle Creek Michigan

Fletcher and the Yale Munchers
join me in best wishes for your
birthday Battle Creek is still
way ahead on the test

Irving Fisher

POSTAL TELEGRAPH COMMERCIAL CABLES

CLARENCE H. MACKAY, PRESIDENT.

TELEGRAM

REGISTERED TRADE-MARK. DESIGN PATENT NO. 36369.

The Postal Telegraph-Cable Company (Incorporated) transmits and delivers this message subject to the terms and conditions printed on the back of this blank.

COUNTER NUMBER.	TIME FILED. M.	CHECK	B. B. (884)

Send the following message, without repeating, subject to the terms and conditions printed on the back hereof, which are hereby agreed to

Feb. 24th 1906

To Dr J. H. Kellogg

Battle Creek Michigan

Fletcher and the Yale Munchers join me in best wishes for your birthday Battle Creek is still way ahead on the tests

Irving Fisher

POSTAL TELEGRAPH-CABLE COMPANY IN CONNECTION WITH THE COMMERCIAL CABLE COMPANY

CLARENCE H. MACKAY, President.
J. O. STEVENS, Sec'y. WM. H. BAKER, V. P. & G. M.

CLARENCE H. MACKAY, President.
ALBERT BECK, Sec'y. GEO. G. WARD, V. P. & G. M.

N. B.-BOTH SIDES OF THIS FORM ARE PROTECTED AGAINST INFRINGEMENTS AND IMITATIONS BY DESIGN PATENT No. 36369 AND REGISTERED TRADE-MARK.

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Correctness in the transmission of messages to any point on the lines of the Company can be INSURED by contract in writing, stating agreed amount of risk, and payment of premium thereon, at the following rates, in addition to the usual charge for repeated messages, viz: one per cent. for any distance not exceeding 1,000 miles, and two per cent. for any greater distance.

No responsibility regarding messages attaches to this Company until the same are presented and accepted at one of its transmitting offices; and if a message is sent to such office by one of this Company's messengers, he acts for that purpose as the agent of the sender.

Messages will be delivered free within the established free delivery limits of the terminal office. For delivery at a greater distance a special charge will be made to cover the cost of such delivery.

This Company will not be liable for damages or statutory penalties in any case where the claim is not presented in writing within sixty days after the message is filed with the Company for transmission.

No employee of this Company is authorized to vary the foregoing.

WILLIAM H. BAKER,
V. P. and Gen'l Manager.

JOHN O. STEVENS,
Secretary.

CLARENCE H. MACKAY,
President.

The Woman's League
Battle Creek, Michigan Jan. 14. 1907

My dear Mrs. Kellogg,

I want to thank you personally for opening your home and exhibiting the fine collection of Mexican curios to the Woman's League last Wednesday, and for the sweet spirit in which you did it= also for your excellent paper. It was a Red Letter Day and will long be remembered by us all.

Most sincerely yours

Florence M. Fleming

ESTABLISHED 1885

Telephone No. 4022 JQHN

THE AMERICAN PRESS INFORMATION BUREAU

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108 FULTON ST.

CORRESPONDENTS
In London, Paris and other
European Capitals

NEW YORK Feb. 4/07.

Mr. J. H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Sir:-

Kindly excuse delay in replying to your favor of the 20th ult., which has been transmitted to our readers, but was laid aside by the writer for reply, and overlooked in the office owing to my absence through illness.

We will send you another set of clippings to-morrow on the week's clippings you desired on deaths due to alcohol &c., which fills that order.

We will continue to mark, however, all mention of yourself or Sanitarium, all diseases or deaths due to use of diseased meats, oysters and fish, sickness and death from use of coffee, opium or medicines, and any items relating to race degeneracy, particularly diseases of women caused by too advanced civilization.

The standard price for clippings on a restricted service is three cents each, which we assume is satisfactory to you.

Very truly yours,

The American Press Information Bureau

L. M. Robertson

1/5/4

Let us be as good natured as sunshine, as steadfast as gravitation and as persistent as a Christian's faith.—*Frances E. Willard.*

For God and Home and Native Land

National Woman's Christian Temperance Union

ELIZABETH P. GORDON
NATIONAL EVANGELIST

Rest Cottage, Evanston Ill.
~~Auburndale, Mass.~~ 21 March. 1907

My dear Mrs. Kellogg

I was a high privilege to meet
Jm and Dr. Kellogg in Jms beautiful
surroundings. I am sure the
half had never been told me of
what Jm and the Doctor have been
able to accomplish.

Yours book that the Doctor so
kindly gave to me and Dr. Mary Greene
is just the splendid advice and help
our W. C. T. U. workers need.

We thank you for it. Dr. Greene
has returned to Castile. I shall

soon take a trip in Pa. in N.C.T.U.
work.

I am glad to see Sara great
work prospers. You are bringing the
kingdom of heaven on the earth.

I will for kindly share this letter
read with the Doctor. It represents
Dr. Mary Greene as well as

Sara grateful friend

Elizabeth P. Gordon

Mrs. Stevens and sister Anna send
kind regards.

La Porte Ind. 3/1/07.

My Dear Mrs. Kellogg:

Your papers are a delight to me! Yes, these lessons are excellent, and meet the needs of a large number of earnest, thoughtful mothers. They can actually be applied in today's problems. Today (1) I could not keep our mid-year "object lesson in the home." It is the hub of the great wheel of humanity. And then again on the 3. "all must take responsibility &c. with interest." It is wise & necessary to attend to all the details of our material existence, but do all we that is all for the inner man? Are the keeping, as it were in the building of the real temple?

On p. 7- "it is usually lack of intelligent sympathetic companionship when the child does not enjoy "keeping mother". Indeed the child is the instructor of the awakened mother. Who "had eyes wide & ears to hear" with cordial interest. —Kate Hawley Kennedy.

№ 658

ЯВЛЕНЪ ВЪ РОССІЙСКОМЪ ИМПЕРАТОРСКОМЪ ГЕНЕРАЛЬНОМЪ КОНСУЛЬСТВѢ НА ПРОѢЗДЪ ВЪ РОССІЮ гражданина С. А. Соединенныхъ Штатовъ Келлогъ

ПАРИЖЪ, Марта 22 дня 1907 г.
Апрѣля
Вице-[illegible]

РОСС. ИМП. ГЕН. КОНСУЛЬСТВО ВЪ [illegible]

[illegible]

ВЪ ВЕРЖБОЛОВСКОЙ ТАМОЖНѢ ПРАВОМЪ ВИРЕМЕНА ВОСПОЛЬЗОВАНІЯ 19/IV 1907 года

СПБ ПЕТЕРБУРГСКОЙ ГОРОДСКОЙ УПРАВЫ 5 КОП.С.

СПБ ПЕТЕРБУРГСКОЙ ГОРОДСКОЙ УПРАВЫ 15 КОП.С.

ЯВЛЕНЪ
190 7 г. 20 апрѣля
Казанской части 2-го уч.
домъ № [illegible]
записанъ [illegible]
Пом. Письм. по
пасп. части [illegible]

ЯВЛЕНЪ
190 7 г. Апрѣля 20
Спасской части 1-го уч.
д. № 1-7 по Михайловск.
записанъ Туристъ
п. д. пасп. Осташева

СПБ ПЕТЕРБУРГСКОЙ ГОРОДСКОЙ УПРАВЫ 15 КОП.С.

На выѣздъ за границу Семь [illegible]
[illegible] Джем Келлогъ
[illegible] въ Европейской Гостиницѣ по Михайловской улицѣ въ домѣ [illegible], со стороны Мѣстной Полиціи препятствій не имѣетъ. 25 Апрѣля 1907
Спасск. части 1-го участка
Приставъ [illegible]
Письмоводитель Осташевъ
С.-Петербургъ

СПБ ПЕТЕРБУРГСКОЙ ГОРОДСКОЙ УПРАВЫ 15 КОП.С.

СПБ ПЕТЕРБУРГСКОЙ ГОРОДСКОЙ УПРАВЫ 5 КОП.С.

When returning from Russia,
and passing
Police
at the
Wasteo

Good only for
two years from date.

ВЕРЖБОЛОВЪ
29 АПР.07
ЯВЛЕНЪ ВЪ
ОТБЫЛЪ

Embassy
of the
United States of America,
at
Paris, France.

To all to whom these presents shall come, Greeting:

I, the undersigned, Ambassador Extraordinary and Plenipotentiary of the United States of America,

hereby request all whom it may concern to permit

J. H. Kellogg

a Citizen of the United States

traveling abroad Russia safely and freely to pass, and in case of need to give him all lawful Aid and Protection.

Description

Age 55 Years
Stature 5 Feet 4 1/2 Inches Eng.
Forehead high
Eyes grey
Nose slightly aquiline
Mouth moustache
Chin bearded
Hair brown
Complexion fair
Face oval

Signature of the Bearer.

J. H. Kellogg. M.D.

Given under my hand and the Seal of the Embassy of the United States at Paris, France, the 4th day of April in the year 1907, and of the Independence of the United States the one hundred and thirty first

Henry White

No. 19.

President—
MISS FLORENCE M. BROOKS,
Patriot, Jackson
Vice-Presidents—
MRS. GRACE GREENWOOD BROWNE,
Times, Harbor Beach
MRS. ALICE E. BARTLETT (Birch Arnold)
Detroit
Recording Secretary—
MRS. CARRIE E. BASSETT,
Herald, Fennville
Corresponding Secretary—
MISS SADIE BUNBURY,
Daily Star, Niles
Treasurer—
DR. EMMA E. BOWER,
Lady Maccabee, Ann Arbor

Directors—
MRS. EMILINE W. EGERY,
Daily Moon, Battle Creek
MRS. BELLE M. PERRY,
Tribune, Charlotte
MRS. KATE E. WARD,
Standard, Hillsdale
MISS MAGGIE J. WALZ,
Swedish Woman's Journal, Calumet

MICHIGAN WOMAN'S PRESS ASSOCIATION

Organized in Traverse City, July 22, 1890.

Office of Recording Secretary
FENNVILLE, MICHIGAN

Saginaw, Mich.
May 28, 1907

My dear Mrs. Kellogg:—

It gives me great pleasure to inform you that the Michigan Woman's Press Association has, by unanimous vote, elected you as their honorary president, as a testimony of the love and esteem in which you are held by the members of the Association.

This follows in explanation of a telegram which I sent today that you might know of the fact at the earliest possible moment.

We would all have been so glad

President—
MISS FLORENCE M. BROOKS,
Patriot, Jackson
Vice-Presidents—
MRS. GRACE GREENWOOD BROWNE,
Times, Harbor Beach
MRS. ALICE E. BARTLETT (Birch Arnold)
Detroit
Recording Secretary—
MRS. CARRIE E. BASSETT,
Herald, Fennville
Corresponding Secretary—
MISS SADIE BUNBURY,
Daily Star, Niles
Treasurer—
DR. EMMA E. BOWER,
Lady Maccabee, Ann Arbor

Directors—
MRS. EMILINE W. EGERY,
Daily Moon, Battle Creek
MRS. BELLE M. PERRY,
Tribune, Charlotte
MRS. KATE E. WARD,
Standard, Hillsdale
MISS MAGGIE J. WALZ,
Swedish Woman's Journal, Calumet

MICHIGAN WOMAN'S PRESS ASSOCIATION

Organized in Traverse City, July 22, 1890.

Office of Recording Secretary
FENNVILLE, MICHIGAN

if you could have been with us this year, and hope that next year you can be present at every session.

With the tenderest love from every member of the Association,

I am

Yours most sincerely

Carrie E. Bassett

Secy.

Form No. 168. M. T.

THE WESTERN UNION TELEGRAPH COMPANY.

INCORPORATED

24,000 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.

ROBERT C. CLOWRY, President and General Manager.

RECEIVED at B. C. Sou. San—3:50 P.M.

Bk-C-D-13 Paid-4 extra word

Saginaw, Mich. May 2 07

Mrs. E. E. Kellogg-

Battle Creek, Mich.

Greetings to our newly elected honorary President, Mrs. Kellogg

Carrie E. Bassett.

Secy Michigan Woman's Press Assn.

MONEY TRANSFERRED BY TELEGRAPH. **CABLE OFFICE.**

SEE OTHER SIDE FOR TELEGRAM

The Western Union Telegraph Company

THE LARGEST TELEGRAPHIC SYSTEM IN THE WORLD.

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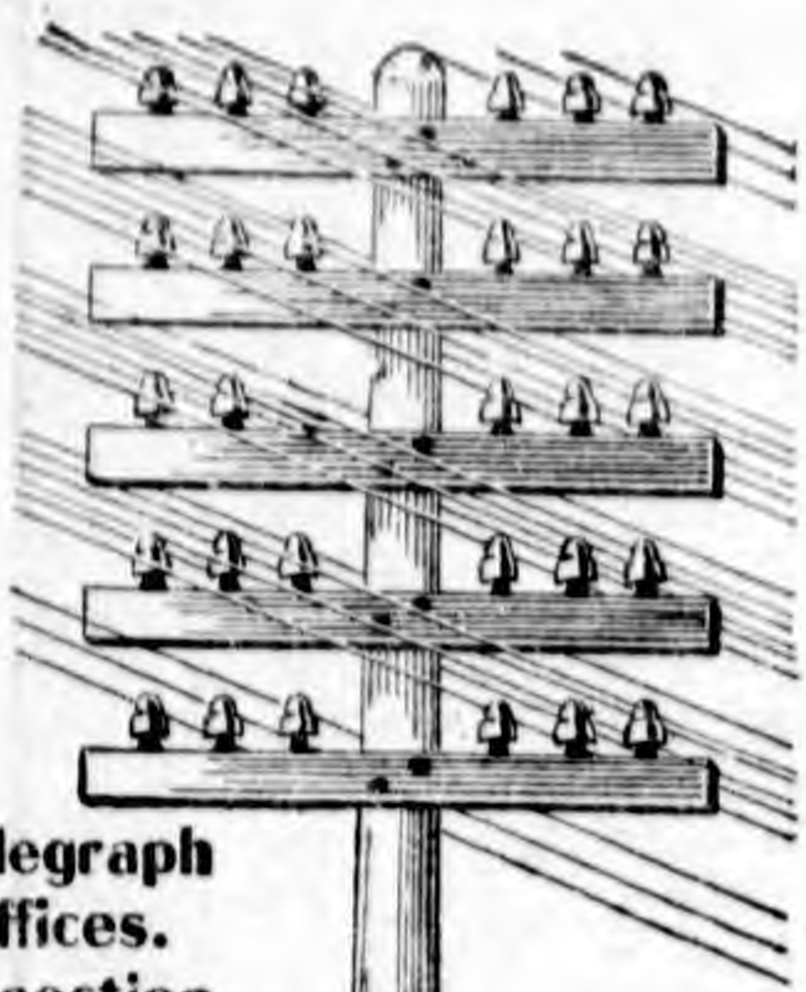

It has over 24,000 Telegraph Offices, including Branch Offices.

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Seven Atlantic Cables,

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Direct Wires and Cables to Havana, Cuba, connecting at that place with the Cuba Submarine and West India and Panama Telegraph Companies for all points in the West Indies.

Connects at San Francisco with Pacific Cables to the Sandwich Islands, Honolulu, Guam, the Philippines, China, Japan, etc., and at Victoria, B. C., with Pacific Cable to Australia and New Zealand.

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Domestic and Foreign Money Orders by Telegraph and Cable

SEE OTHER SIDE FOR TELEGRAM

Mrs. Macc — Dr. Mc to be written to
re this letter just received RTC

Dear Sir:—

My father (Leo Tolstoy) wishes me to write and tell you he is very thankful to you for sending him "GOOD HEALTH" for several years. He can not say he reads it through every month, but wishes you to know that very often he looks it through, and what he sees of it pleases him very much.

He is a strict vegetarian himself, as well as a great enemy of all sorts of medicine, and therefore the ways, by which Good Health advises to cure and prevent illness, are very sympathetic to him.

For myself I must say I have profited very much from Good Health. I have a two years' old baby, and therefore have studied your "Mothers' Number" very carefully.

Yours truly,

Tatiana Souholine,
Born Tolstoy.

Toula, Russia.
Nov. 16th., 1907.

1907

December 11, 1907.

Mrs. Tatiana Souholine,

Toula, Russia.

Dear Madam:

I write to thank you for your very kind letter communicating to me your father's generous message. I am glad to have the information which your letter gives, and assure you it is a great encouragement to us to know that we have his sympathy and the influence of his noble example.

My wife is particularly pleased to know that you find Good Health helpful and that you are especially interested in the Mothers' Number. Mrs. Kellogg gives almost her whole time to the Journal and is largely responsible for whatever merit it possesses.

I hope some time you will visit America. If you do, it will be a pleasure to us to entertain you as an honored guest at our institution.

Sincerely yours,

V-m

THE ONLY MORNING AND SUNDAY NEWSPAPER WITHIN A RADIUS OF FORTY-FIVE MILES OF JACKSON, MICHIGAN.

WESTERN OFFICE,
PAYNE & YOUNG, REPRESENTATIVES,
749-750 MARQUETTE BLDG,
CHICAGO.

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MILO W. WHITTAKER, TREAS. & MANAGER.

EASTERN OFFICE,
R. J. SHANNON, REPRESENTATIVE.
906 BRUNSWICK BLDG,
NEW YORK.

Jackson Morning Patriot

(ISSUED DAILY EXCEPT MONDAY. PATRIOT ESTABLISHED 1844.)

Jackson, Mich., Feb. 5/908.

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

Dear Honorary President: I have long wanted to hear from you, but it was certainly my fault, for should have written you long ago. Will you forgive me this time? I cannot tell you how pleased I was to have you elected honorary President of the M. W. P. A., for your strong personality and gracious sweetness add dignity to the association. I realize my own incompetency

THE ONLY MORNING AND SUNDAY NEWSPAPER WITHIN A RADIUS OF FORTY-FIVE MILES OF JACKSON, MICHIGAN.

WESTERN OFFICE,
PAYNE & YOUNG, REPRESENTATIVES,
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R. J. SHANNON, REPRESENTATIVE.
906 BRUNSWICK BLDG,
NEW YORK.

Jackson Morning Patriot

(ISSUED DAILY EXCEPT MONDAY. PATRIOT ESTABLISHED 1844.)

to be at the head of such an organ-
ization as the M. W. P. A., but to even
follow in your shadow is rich
compensation for me.

What advice have you to offer
to us, now that plans are making
for our annual convention. Is
there not something you can suggest
relative to the program? I
fully realize how busy you are,
and dislike to trouble you, but
if you have the time shall
value any suggestion.

Unless plans fail, we shall

THE ONLY MORNING AND SUNDAY NEWSPAPER WITHIN A RADIUS OF FORTY-FIVE MILES OF JACKSON, MICHIGAN.

WESTERN OFFICE,
PAYNE & YOUNG, REPRESENTATIVES,
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R. J. SHANNON, REPRESENTATIVE.
906 BRUNSWICK BLDG,
NEW YORK.

Jackson Morning Patriot

(ISSUED DAILY EXCEPT MONDAY. PATRIOT ESTABLISHED 1844.)

hold our executive board meeting at Detroit on the morning of May 25. Those who can remain will be guests of the Woman's Press club in the evening. Will give you definite notice later. Can-not you attend? Do not know as yet where the May meeting will be held.

Thank you for giving me your attention, out of your busy day.

Sincerely yours,

Florence M. Brooks.

FRED L. CHAPPELL OTIS A. EARL

CHAPPELL & EARL
COUNSELLORS AT LAW
PATENTS, TRADEMARKS, COPYRIGHTS
SUITE 37-42 CHASE BLOCK
KALAMAZOO, MICH.

March 18, 1908.

John Harvey Kellogg,

Battle Creek, Mich.

Dear sir:

We take pleasure in forwarding to you, United States Letters Patent No. 881,321 , dated the 10th day of Mar., 1908, for Massage Apparatus, issued to yourself.

Should you desire to protect this structure in Canada, you should give the matter prompt consideration. An application may be made at any time within one year from date of issue of United States Patent if invention has not been in use in Canada for more than one year. However, should you contemplate a long delay, you should, as a safeguard to your interests, file notice of your intention of applying for a patent in Canada. This may be done at any time within three months from date of issue of the United States Patent. We will give you estimate of the probable cost of the Canadian Patent, should you so desire.

Awaiting your pleasure, and thanking you for past favors in this regard, we trust we may be of future service to you.

Yours respectfully,

CHAPPELL & EARL.

4.

P. S. Kindly acknowledge receipt.

Dr. Case:

Please acknowledge receipt, znd preserve.

J.H.K.

m 6-17'08

LONG DISTANCE TELEPHONE 396
CABLE ADDRESS FREDCHAP.

CHAPPELL & EARL
COUNSELLORS AT LAW,
PATENTS, TRADEMARKS, COPYRIGHTS.
SUITE 37-42 CHASE BLOCK,
KALAMAZOO, MICH.

FRED L. CHAPPELL
OTIS A. EARL.

June 16, 1908.

John H. Kellogg,

Battle Creek, Mich.

Dear sir:

We enclose h erewith the Newton Therapeutic Lamp assignment, the same having been duly recorded on May 29th, 1908, in Liber D, 79, page 244 T. of P.

Kindly acknowledge receipt.

Yours very truly,

CHAPPELL & EARL.

4.

July 1, 1908.

Dr. Case:

Put this on file and keep for future reference.

J.H.K.

v-m e
(Medical Era --C.Martin)
(No answer)

The Medical Era

FOUNDED 1892 BY SOLOMON C. MARTIN M.D.

A Practical Medical Magazine

Edited by

Clarence Martin M.D.

820 North Grand Ave. St. Louis, Mo.

June 23, 1908.

Dr. J. H. Kellog,

Editor,

Modern Medicine,

Battle Creek, Mich.

Dear Doctor Kellog:--

I am sure you will agree with me that the faintest suggestion of advertising on the part of members of medical societies is not dignified. If the advertising goes beyond this point and is identified as display advertising, I am sure you will agree with me in considering the practice reprehensible.

The enclosed reprint will show you clearly what I think about this matter. I wish you would discuss this subject in your columns to the extent you think its importance justifies. If you will reproduce, abstract or comment on my editorial, I shall feel deeply grateful.

Trusting you will assist me in giving this wide publicity, I am,

Yours very truly,

Clarence Martin

Members of the St. Louis Medical Society and of the American Medical Association Who Are Advertised in Saloons or Newspapers—

With Presentation of Evidence.

Reprint of Editorial in

MEDICAL ERA, JUNE, 1908

Vol XVII, No. 6.

EDITOR:

CLARENCE MARTIN, M. D.

820 North Grand Ave. . . St. Louis, Mo.

MEMBERS OF THE ST. LOUIS MEDICAL SOCIETY AND OF THE AMERICAN MEDICAL ASSOCIATION, WHO ARE ADVERTISED IN SALOONS OR NEWSPAPERS—

WITH PRESENTATION OF EVIDENCE.

In this day of high professional ideals and general good-will—with our profession raised far above its plane of a decade ago, the smallest speck on our newly whitened escutcheon stands out with startling distinctness and does not escape the eye of doctor or layman; even though the spot be the work of some commercially inclined lay hand our standard must be put through a cleansing process before its lily-white color is restored.

Be it well known that notwithstanding the efforts of the political reformers, a few oases still exist in the desert of Missouri, and, in a measure, they thrive. Nearby our office is one that furnishes a good mid-day lunch and thither, almost daily, several of us betake ourselves.

Among the furnishings of this saloon is a long, dark, shiny board, its surface, here and there, wet with pools of overflowed beer. In case some of our readers are not familiar with the furniture and appurtenances of beer-parlors, we want to say that this long polished piece of wood is the saloon's counter. At the east end of the polished counter, which we have in mind, is the necessary adjunct of every saloon—its toilet-room. Most conspicuous in the equipment of this room is the fragrant plumbing, ready to perform its lowly service. But, differing from so many places of this character, the usual mural hangings, extolling the virtues of Big G and other scientific remedies of guaranteed merit and of such large interest to bar-room patrons, are missing and this, one notes with surprise.

Several days ago I saw hanging at the very door of this saloon toilet-room a poster-directory with the names of 18 doctors printed thereon. (Cut No. 1.) I feel quite sure that this poster-directory was the work of some profane lay hand who little knew, when he hung it in bar-rooms, choosing such a sweet-scented place as at the toilet-room door to insure attention, in just what embarrassment he placed 18 doctors whose remotest thought, surely, would not be consent to such degrading publicity.

It does not require a highly trained ethical mind to appreciate the humiliation to which some unthinking person has subjected him, hence we all can imagine how wounded in dignity Dr. Walter B. Dorsett must have been when his attention was called to this poster hanging in saloons, mutely striving to arrest the attention of the beer-filled patron as he passes into the urine-laden atmosphere within.

Try to feel, my gentle reader, his soul's anguish should some hard-headed, unfeeling wretch insinuate that he, Dr. Walter B. Dorsett, professor of Obstetrics and Gynecology in the Medical Department of the St. Louis University, Marion-Sims-Beaumont College of Medicine; Gynecologist to the Missouri Baptist Sanitarium and Evangelical Deaconess Hospital; Consulting Gynecologist to St. Mary's Infirmary; Ex-President American Association Obstetricians and Gynecologists; member Southern Surgical and Gynecological and American Medical Association, St. Louis Surgical, Missouri State Medical, St. Louis Obstetrical and Gynecological, and the St. Louis Medical Society and the Society of the Alumni of the St. Louis City Hospital, contracted and paid for the advertisement. Some people, ignorant of the ways of wily solicitors, may imagine that advertisements are not printed without the money, as well as the consent, of the person advertised. But we, who know how sacred is the code of ethics against advertising cannot believe for a single moment, nay for a tenth of a moment, that Dr. Dorsett would endorse or even tolerate this form of publicity?

Dr. Dorsett has had unusual honors heaped on him this year. He is the presiding officer of the section of Obstetrics and Diseases of Women of the American

Medical Association. How the bosoms of the members of this section of the A. M. A. would heave with sorrow should they, by chance, drop into the Colonial Bar, Grand and Franklin avenues, St. Louis, for a cooling drink and see this poster-directory boldly staring every bar patron in the face. Methinks, were this to come to pass, grave gynecologists to assuage their hearts' grief, would turn to the white coated boniface and have him

"Fill the cup that clears
Today of past regret and future fears."

Next on this list we see the name of a man who, I know, must have risen in

...OFFICERS...

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4618 COTTAGE AVE.
EDGAR H. WOLFF, Secretary,
1475a CLARA AVE.

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OF THE
1908 WEST END 1908
BUSINESS MEN'S ASSN.

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Members are Kindly Requested to Patronize the Merchants Whose Names Appear in this Directory

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TUCK POINTERS
UNCLASSIFIED
UPHOLSTERS
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WALL PAPER AND FRESCO CLEANERS
WHITENERS
WAGON AND CARRIAGE REPAIRS AND PAINTING
WAGON AND CARRIAGE MFGRS.
WINES AND LIQUORS—"Blunt to Please."

GRITT PUBLISHING AND PRINTING CO. — 110 NORTH THIRD STREET, ST. LOUIS

CUT NO. 1. Photographic reproduction of poster which has been hanging in saloons. The original is approximately three times as large as this cut.

righteous indignation when the poster-directory first came within his vision. It is my affable neighbor the Major, Dr. Harry E. Ferrell, First Regiment, Missouri National Guard, whose brilliant achievements in the bloodless and memorable campaigns of Montesano and St. Joe, Mo., have writ his name in imperishable letters in the military annals of his country. He who, with bulging eyes and bated breath, has ever listened to the stirring reminiscences of this warrior doctor must know how badly the fine sensibilities of the Major were hurt by the insertion of his name in this poster-directory. Dr. Ferrell is a member of the St. Louis Medical Society and surely he will not fail in his obligation to his brother members by warning them against the possibility of their names appearing in future editions of this poster without their knowledge.

Another physician, whose name is printed on this directory and probably without his consent, is Dr. T. B. Mansfield. According to the last Polk's Directory, this gentleman is professor of Anatomy, Minor Surgery and Surgical

OCULISTS

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PAINTS, OILS AND GLASS

HELLE, PETER P.—Both Phones.....5990 Easton Av.

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THOMURE, WM. F.—Lindell 1491M.....4114 Easton Av.
TODD, WM. A., PAINTING CO.—Delmar 3004L.....1725 N. Sarah St.
WARD, JOS.....Easton and Leonard Avs.

PHOTOGRAPHERS

CONKLING, O. C.—Both Phones.....3826 Olive St.
COWLEY, REX.....3723 Olive St.
JANISCH, VICTOR—Lindell 2025.....4237 Easton Av.
RAGU, THEO.....4500 Easton Av.
ROSCH, J. EDWARD—Both Phones.....1046 N. Grand Av.
WUENSCHE, ALVIN—Lindell 3366L.....4121 Olive St.

PHYSICIANS AND SURGEONS

DOUGHERTY, DR. JOHN E.—Delmar 1804.....506 N. Vandeventer Av.
DORSETT, DR. W B.—Both Phones.....3941 W. Belle Pl.
FERREL, DR. H. E.—Delmar 1777.....822 N. Grand Av.
GORIN, DR M. Geo.—Both Phones.....4225 W. Belle Pl.
HERRICK, DR. H C.—Delmar 2223.....5605 Easton Av.
MACK, DR. H. P.—Both Phones.....4103a Easton Av.
MANSFIELD, DR. T. B.....5714 Page Av.
MARTIN, DR. T A.—Both Phones.....3863 Washington Av.
MEYER, DR. H H.—Both Phones.....1823 N. Taydor Av.
MISSIMORE, DR. L. E—Both Phones.....4107 Finney Av.
PORTERFIELD, DR. E. B.—Both Phones.....Humbldt Bldg.
REYNOLDS, DR. M. P.—Delmar 1098R.....5805a Easton Av.
RICHARDSON, DR. W. H.—Both Phones.....4103 Easton Av.
SKEEL, DR. W. A.—Both Phones.....Grand and Easton Avs.
STEWART, DR. JAMES—Delmar 1626.....4869 Page Av.
TODD, DR. D. C.—Both Phones.....4115 Finney Av.
WAIT, DR. W J.—Both Phones.....Easton Av and Stewart Pl.

PIANO AND MUSICAL MERCHANDISE

CUT No. 2. A section of the above reproduced poster. Normal size.

Technique in the Barnes Medical College; member of the Surgical Staff Centenary Hospital, and Surgeon Clinician Barnes College Dispensary. The Osteopathic Year-Book informs us that Dr. Mansfield is also an Osteopath. *En passant,* let me say that nowhere on this poster is space given over to the cards of Osteopaths.

In looking farther I see that the promoters of this directory have not failed to include the name of my friend, Dr. George Gorin, in this list and as we linger at the urinal's portal we see that he, too, has both phones. And there is also the name of our big, jolly friend and name-sake, Dr. Tilly A. Martin. Oh! you publishers of this poster-directory, if you have put his name on your directory without his consent you'll have much to answer for.

The seventeen doctors whose names are arranged in one grouping have sufficient provocation in the mere fact that they are listed at all, but what must be the feelings of Dr. Frederick P. Parker who, probably through the zeal of the poster's promoter, is identified with local specialists by the insertion of his name under the heading OCULISTS. As if this were necessary! But, let us hope that the Doctor, in this trying hour, finds consolation in knowing that he has both phones.

Of the 18 men who are listed in this poster-directory, *probably without their consent,* eleven or more belong to the St. Louis Medical Society. It plainly becomes the duty of this society to take such steps as will insure against a repetition of this undesired publicity. There are about 1500 other doctors in town who were fortunately discriminated against, but we never know when some unprincipled solicitor may put our names in a future edition of this poster and of course since it would be done without any knowledge on our part, it behooves us to be on our guard against the possibility of such being done. It may be, or it may not be, that the promoters of the poster wheedled both contract and money out of our friends for the service, but be this as it may, I opine it were easier to wheedle the contract than the money.

The next cuts to which your attention is directed are numbers 3 and 4. For downright effrontery and total disregard of professional proprieties, commend to me one Dr. J. F. Menestrina, member of the St. Louis Medical Society, Medical Association of Missouri and American Medical Association.

The large advertisement, which is exactly reproduced in cut number 3, has been appearing of late weeks in the St. Louis Italian newspaper, *La Voce Democratica.* This large announcement advises the Italian population of St. Louis and adjoining territory that Dr. J. F. Menestrina is surgeon to the Deaconess Hospital, and makes a bid for the surgical patronage of our dark-skinned friends from Sunny Italy. In smaller type the advertisement informs the reader that this man Menestrina has an assistant in the person of one Dr. C. Gnassi, who treats general cases and maladies of the genital organs. Suspecting that Gnassi was not a legal practitioner, I wrote to the Health Commissioner of St. Louis and to the Secretary of the Missouri State Board of Health. Here follow their replies:

CITY OF ST. LOUIS, MISSOURI,
HEALTH DEPARTMENT.

H. Wheeler Bond, M. D.,
Health Commissioner.
H. M. Edmunds,
Clerk Health Commissioner.

May 19, 1908.

Dr. Clarence Martin,
No. 820 North Grand avenue,
City.

Dear Sir: I am instructed by the Health Commissioner to answer your favor of the 18th inst. in regard to registration of one Dr. C. Gnassi, Wolff Building, Seventh street and Franklin avenue, this city; and beg to advise that upon investigation our records do not show this physician as ever being registered.

Very respectfully,
(Signed) J. H. MATTHEWS,
Acting Clerk Health Commissioner and
Board of Health.

STATE BOARD OF HEALTH OF MISSOURI,
Warrensburg, Mo., May 19, 1908.

Dr. Clarence Martin,
820 N. Grand Ave.,
St. Louis, Mo.

Dear Doctor: Have looked up the record and failed to find the name of G. Gnassi registered. Your truly,
(Signed) J. A. B. ADCOCK, M. D., Sec.

The Secretary of the Board speaks of "G." Gnassi. His initial is "C."

The attention of the St. Louis Medical Society,, which has been co-operating with the Health Commissioner in a crusade against abortionists and unregistered practitioners, is called to the fact that Dr. C. Gnassi is not a registered physician. All the necessary information concerning the man could easily be secured, for one of the society's own members is associated with and is advertised in conjunction with Gnassi. And the attention of the local Health Commissioner and the Secretary of the Missouri State Board of Health is called to the same matter. Eagerly, I await the action of these guardians of public health and professional morals.

In this advertisement the Kinloch telephone number is illegible, but the Bell number, Bomont 676, is distinct. Upon investigation this number is found to be that of Dr. Menestrina's home telephone, although from the advertisement one is led to believe that it is located at Seventh and Franklin avenue. Why a telephone located at 3411 Washington avenue should be advertised as being at Seventh and Franklin avenue is not clear to me.

I wonder what the St. Louis Medical Society, to which Dr. Menestrina belongs

CUT NO. 3. Photographic reproduction of advertisement appearing in Italian newspaper, *La Voce Democratica*, of April 11, 1908.

Agenzia Consolare

CUT NO. 4. Reproduction of Dr. Menestrina's fellow advertiser's announcement. Reduced about one-half.—*La Voce Democratica*, April 11, 1908.

and before which he has read papers, and the staff of the Deaconess Hospital, to which his glaring advertisement says he is attached, will think when they discover that this ethical gentleman, with a bold disregard of the code, which declares against advertising in the lay press, is advertised by display space in a newspaper.

If the members of the St. Louis Medical Society are consistent but one punishment can be meted out to Dr. Menestrina—EXPULSION. A little over a year ago I showed up the peculiar methods of Doctors William G. Moore, Bransford Lewis and Clarence Nicholson and accused them of unusual conduct. Although since then, these gentlemen have been a chastened and subdued trio, they are still members of the St. Louis Medical Society and belong to important committees. If the society fails to take action at this time, I shall reach the conclusion that members of the society can be guilty of the most flagrant violations of the code with impunity. I am sure the above named three will read this editorial with secret delight, for they no longer are alone in their misery, since their exclusive body, the St. Louis Society of Medical Hypocrites, has taken in some new members. However, from henceforth I fully expect this little circle will have a sluggish growth.

On another page of the same issue of *La Voce Democratica* is the advertisement of that famous specialist, Dr. King. (This is shown, in reduced size, in cut number 4.) Among the local profession, and more especially that part constituting the St. Louis Medical Society, Dr. King's name is anathematized, yet here we find King and Menestrina browsing peacefully in the same pastures. Of course this fellow King is without the pale of the profession, and he and all of his ilk are considered as medical pariahs. We will not meet them in consultation and we call them unclean. The devil taking holy communion would not be more totally out of his element than King reading a paper before or attending a meeting of a medical society.

But tell me, gentle reader, and be honest with yourself, your profession and me when you answer, tell me, I say, is there any difference whatever between King and Menestrina, so far as their advertisements are concerned? I see but one difference, and that is a minor one. King spends a little more money with the Italian paper than Menestrina. I believe if we give the matter a little thought, we shall think even more kindly of King than the other fellow, for King makes no pretence of doing an ethical practice, while Menestrina does. The one is consistent, the other is a sham. What respect, what consideration can we have for a man so devoid of principle?

Members of the St. Louis Medical Society, why don't you clean the filth from your own skirts before you instigate prosecution of advertising quacks? If you want to convince hundreds of independents like myself that you are sincere in your efforts to clean up the profession—if you want our respect and that of the laity, get right down to business and have a little house-cleaning of your own. I have given you the unmistakable evidence—let me see if you want it.

Hamburg – Amerika Linie.

D S. Keang

d. 12te Oktober 1908

MENU

Rindfleisch Suppe

Schaf Leber mit Schinken

Kühner Geschmort

Kalbs Rippen m. Junge Erbsen

Kalte Speisen

Schinken u. Leber Wurst

Schweine Kopf u. Schinken Wurst

Salat

Kartoffeln u. Gurken

Dessert

Ganz Spann Kuchen

Käse Obst Kaffee

MUHLMEISTER & JOHLER, HAMBURG

S. S. S. Luncheon

12th October 1908

Tiffin

Kidney Soup

Sat Fish

Ham Sheeps Liver

Chicken Fish Stew

Veal Chops Stewing Peas

Cold Meat

Jam Lemon Lemonade

Regi Pud Rice Jam do

Salad

Potatoes Cucumber

Sweet

Jam Ham Cakes

Cheese

Fruits Coffee

Copy for W. J. K. Kellogg & Family.

Battle Creek, Mich.,
October 1st., 1908.

Mrs. J. E. McDowell,
773, 21st., St.,
Pomona, Cal.,

My Dear Sister Julia,-

Last Monday was a bright, red-letter day to me. I made an excursion to the scenes of my boyhood-days. As an excursion, it was the event of my life. Believing that you will be interested in an account thereof, I will make a report of the same, giving a description of the early struggles of father, in trying to make a home in what was then a wild wilderness almost beyond the bounds of civilization.

Accompanied by our brothers, Smith M. and W. K. Kellogg, I left Battle Creek for Flint at 8.05 p.M., Sept. 28, arriving at our destination at II p.M., the same night.

In the morning, we procured a livery team, and, after driving around the city a short time, we started for the old homestead, two miles north of Flint river bridge.

Great was my surprise to find that what was a mere hamlet formerly, consisting of three log houses, one saw-mill, and one small store, had, in the space of seventy-three years, grown to a city of more than 20,000 inhabitants.

You will remember that father removed from Massachusetts to the then "Wild West", in the summer of 1835.

On arriving at Flint, he was offered, for $2,000., eighty acres of land, where the business portion of Flint now stands. But, as there was o no prospect that that mere hamlet would ever become a thriving city; and, inasmuch as he could get 320 acres of land equally as good for the sum of $400., by going two miles farther, he decided to take the larger amount of land. This was the place we first visited.

On arriving at the north-east corner of the land, which I well remembered, I was able to point out the exact spot where used to stand the little log cabin, consisting of one room, 14 x 18 feet, which father was able to rent as a cover for his family until he could erect his own log house, on the land which he had selected as a homestead.

Three-eighths of a mile from this shanty, on the west side of his selection, father, with the help of hired men, cut down and prepared logs for the log cabin, in which you, our brother Albert, and sister Martha were born. This cabin was 18 x 24 feet in size, divided by a board partition into three rooms below, the larger of which constituted our parlor, sitting-room, dining-room, and kitchen. Two smaller rooms, each being nine feet square, were used for bedrooms. A ladder, placed in one corner of the large room, led to the loft, which was used as a sleeping-room by the hired men.

Our parents used one of the bedrooms, and the hired girl the other. Smith and myself, the only children, slept in the trundle-bed.

We had no cook-stove, or even an oven, in which to bake. A large open fire-place, built of stone, was the only means of cooking which we had. The chimney was made of split sticks, daubed with mud, inside and out. At first, the baking was done in a frying-pan before the fire, or in the ashes on the hot brick hearth. After a little, however, father was able to procure brick to make a small brick oven, in which mother did the baking.

At the time father settled here, neighbors were few and far between. At first, there were but three neighbors residing within two miles of us. During the next three years, ten or fifteen other families located within from two to five miles of us. The whole country was covered with dense forests, in which there was a band of Indians, belonging to the Chippewa tribe, Old Sugol being the chief.

I need not dwell farther concerning this particular farm,only to say that this was the place where father,for five long years,struggled hard to make a home.

You have often heard him tell of being induced to sign notes for other parties which he had to pay in the end,and,for fourteen years thereafter,all that he could save had to go to pay interest on those notes. At the end of five years,he had the opportunity of trading his 32o acres for I6o acres,two miles farther north,getting sufficient boot money to pay off a portion of his obligations.

We saw the place,on this first homestead,where the Indians attempted to steal wheat from the harvested sheaves,and remembered the fright that mother had concerning the apparent loss of our food,and the method by which father drove the Indians away with a big stick.

We then viewed the place where father built a wolf trap,in which he caught the first live wolfI ever saw.

We next went to view the second home which father attempted to make. This was a beautiful piece of land one quarter of a mile wide,by one mile long. There was a house on this place when father moved on to it,one portion of which was an exact similitude of the shanty into which he moved upon his first arrival,-a log shanty,with the roof all slanting one way. This shanty was I2 xI8 feet in size/ Adjoining it,and immediately in front,a frame house had been erected,consisting of two rooms below,and a low chamber above.

You will remember that Daniel Curtis,with his family,lived diagonally across the highway from where our house stood/ You will also remember that his family consisted of two boys and a girl,with whom we children used to play.

The log-cabin portion of our house was divided into a kitchen and pantry. In one corner of the kitchen was a brick chimney,and it was while seated before this brick chmney that our poor dear mother had her first severe hemorrhage of the lungs,which occurred daily for eleven days, when she died.

After viewing the farm from the front,we turned the corner,and drove down beside the farm,to near the end. We found things very much changed. Much of the timber in every direction had been cut away, and the land was being tilled for various crops.

Returning again to the highway in front of the place,we crossed the street,and passed to the burying-ground. The little church that used to stand on the corner is gone. The burying-ground remains the same however,but contains many more graves than when we last saw it. Although I had not been in the grave-yard for more than sixty-four years,I was able to go to the exact spot and find the grave of our dear mother. There was no monument to mark the place. I do not know how to express the feelings that passed over me,as,standing by that grave,I remembered our loving mother,and the kind Christian instruction which she gave me and the older children. She gave the kindest care which it was possible for a mother to give,placed under such straightened financial circumstances.

There were other thoughts passed through my mind,which,even now,make me weep as I recall them,and the subject to which they refer.

You were too young to fully realize what we lost,and what we gained when that dear,dear young woman who had assisted mother two years in caring for the family,-when that dear woman,I say-came into our family,to fill a mother's place. I cannot tell you how sadly we were neglected during the months which intervened between the loss of our natural mother and the gaining of another,who well filled her place. I never,even now, in my old age,think of my step-mother without lifting my heart to God in thankfulness for the fulfillment of our own dear mother's faithful trust in God,and which she expressed in answer to a question which Mrs. Curtis asked her just before her death. The question was this: "Mrs. Kellogg,

doesn't it seem hard for you to have to die and leave your poor children?" "No", said mother, "I have given my children to God? He will take care of them. I leave them in his hands,-whatever he does is best." Julia, you know how faithfully that work was done by the one who took mother's place. She, too, sleeps now, but she already has a portion of her reward in her own dear, dear children, which she left behind.

Upon returning to Flint from this second farm, I met one of our old, old acquaintances, Hamilton Stanley, the brother of Oliver Stanley, who married our Aunt Cordelia. From him I learned that most of the people whom we knew as boys and girls, have passed away; yet, four of the five children which our own dear mother left, and of which you are the youngest, still live, and are in a comfortable degree of health, although somewhat crippled by age. What is more, all four are trying to live in the service of God, hoping for redemption at the coming of Christ.

After our return from visiting these two homesteads, we engaged two automobiles, and proceeded to Tyrone, to view the dear old homestead where Mary, Laura, Emma Frances, Emma, and John were born. I found things very much changed on this place. The orchard, which stood behind the house, had decayed, and, with the exception of one tree, was entirely gone/ The field on the corner, at the cross-roads, was now studded with fruit trees of various kinds. The barns remain as they stood when we lived on the farm. The large oak and hickory trees down in the wood-lot had all been cut away, and a thick growth of young timber had taken their places.

The three hickory trees in front of Marvin's house, which used to give us so much pleasure in providing us with nuts, and in being a rendezvous for the black squirrels, as you remember, had been cut away.

The house in which we lived had been torn down, and a larger one built in its place.

You will remember that I set out four locust trees in front of the old house, in 1846. Three of these trees had been cut away, because they kept the light from entering into the house that Marvin built, but one of them still remains. It is now a sturdy tree sixteen inches in diameter.

Richard Marvin, to whom father sold the place, his wife, and his two sons, Henry and Willie, are all dead. Only Harriet and Charles, the youngest son, remain. Harriet is living in Owosso. Charles lives on the old farm. He has divided it north and south, giving the east half to his oldest son, and he, his wife, and youngest daughter live in the new house, which stands exactly where the old one did.

Mr. Wakeman's youngest son, Charles, who was born after we left, now owns and occupies the Wakeman homestead. Those two are the only ones of all our acquaintances, within miles of where we lived, who occupy the homes of their ancestors; and I was told that most of them are dead.

Just think, Julia, how good the Lord has been to us as a family. There are eleven of us-six brothers and five sisters-who still live; and, although our father, mother, and step-mother have all passed away, yet there has not been a death among us of the second generation, within the last fifty years. Surely, yes, God did care for the children of our dear father by our own dear mother, and those by our dear step-mother.

When we visited the farm, we saw a new school-house on the site of the old one, at Love Corners, where for nine years father's children attended school.

You will remember the little burying-ground a half-mile north of the Love school-house, on the side-hill just across the marsh, where our dear Martha and Emma Frances are resting. I was surprised to see how that cemetery was filled up. There must have been two or three hundred graves, many of which were marked by plain marble slabs.

Directly opposite from the grave-yard, stands a neat little church, near where David Austin used to live.

No tombstone marks the resting-place of either our dear mother or sister Martha and Emma Frances; and, although strangers may never know who it is that sleeps beneath the sod which covers these graves, Jesus knows, and in the morning of the resurrection he will bring them forth. And we, if faithful, will

~~resurrection he will bring them forth, and we, if faithful, will~~ meet them in that glad day.

* Julia, for five or six weeks now I have been visiting our loved ones/ You know what has been said of some of the members of our family. I have met all our brothers and sisters who reside in America except yourself, and after conversing with them, I have this to say concerning them all, I believe that each one is trying to walk in the light as he sees the light. You and I can do no more. Christ is the Light that lighteth every man which cometh into the world. If you attempt to walk in the light as I see it, and not as you see it, certainly my light would be darkness to you, and vice versa with each of us.

We returned from the farm to Fentonville, and took the train at 5.co p.m., arriving at Battle Creek at 8.35 the same evening, having travelled 28o miles by rail, ten with horses and carriage, and thirty by automobile, and yet having sufficient time to visit the three dear, dear old homesteads and refresh the memory with the scenes of our boyhood, youth, and young manhood days.

*

Your loving brother,

M. G. Kellogg.

AMERICAN CONSULATE GENL, Callao, Peru, October 12, 1908.

Doctor J.H.Kellogg,

Battle Creek Sanitarium,

BATTLE CREEK, Mich.

Dear Sir:

Being secretary of this Consulate I have had much pleasure pursuing the interesting publications you kindly sent here. Your famous Institution was of course known to me before, as it is the world over, but I did not fully appreciate its vast importance until I read the litterature before-mentioned. Allow me to say that I greatly admire your system and achievements and hope to be able to arrange next summer in paying you a visit. I have long been a sufferer from intestinal autointoxication complicated with rheumatism and often despaired of ever getting well again, but now see a ray of hope in the vision of Battle Creek. You have indeed tendered me a helpful hand to which I cling by becoming a follower of your health principles. From now on I shall throw meat to the dogs and live up to as near as possible to your ideas in this environement, never loosing an opportunity to aid in the dissemination of these ideas among the people here who are generally unaquainted with the Battle Creek system.

I would like to get some Yoghourt ferment and Japanese seaweed in order to begin treatment and try for some relief in the meantime, but cannot obtain any here. There are some edible seaweeds made use of here by the poorer class of people of which I am sending you samples; perhaps they may be worth investigating.

I am sending you also some samples (as per list enclosed) of certain articles of diet used by the natives here, which I trust may be of some use to you in your special research, and shall always consider it a pleasure if I can be of service to you here.

Very truly yours,

Edward Sinclair

ENCLOSURES:

List of samples

Memo. re. Coca leaves

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

Mode of using coca leaves by the natives of Peru.

About IO to I5 leaves are put into the mouth at a time and chewed a little, then a very small quantity of Salao (alkali) is added, which develops a pungent somewhat bitter taste and a sense of warmth to the alimentary canal when the saliva is swallowed. Now add to this a small piece of Chamairo bark which is bitter when chewed by itself, but stange to say in connection with the alkalized coca leaf it turns the whole mass to a very sweet taste. This is why the bark is so highly prized by the natives of the interior of Peru where sugar is scarce and dear. It is said to have other properties , perhaps tonic .

List of samples sent in one wooden box by Parcel Post

to Dr.J.H.Kellogg, Battle Creek Sanitarium,

Battle Creek, Mich.

No. I Maize, Black

2 Maize, Cancha, white

3 " " yellow

4 Quinua

5 Lima beans

6 Habas, (horse beans) Peas , eaten toasted.

7 Chuno (frozen potatoes)

8 Ocas, eaten boiled only sent to Vanderwort

9 Oyucas, eaten boiled or stewed, Ist/water sent to Vanderwort to be thrown away

10 Seaweed, edible, 3 classes, dried

11 Mountain potatoes, violet (sent to Vanderwort, Dec. 29/08)

12 Sierra Potatoes, yellow (" " " " " ")

13 Coca leaves } Chewed together

14 Salao(alkali) }

15 Chamairo Bark }

Callao, Peru , October 13, 1908.

LIEU DE DÉPART: Callao, Peru

Pays d'origine : Pérou

C.

LIEU DE DESTINATION Battle Creek, Mich, U.S.A.

DÉCLARATION EN DOUANE.

M.

COLIS POSTAUX		DÉSIGNATION DU CONTENU	VALEUR	POIDS		
NOMBRE	ESPÈCE			BRUT GRAMMES	NET GRAMMES	
1	Caja	Semillas y productos agricolas	Sin valor	2200		

Octubre 16, 1908 *de* 190

L'expéditeur E. Sinclair

Consulado Americano
Callao, Peru

LIEU DE DÉPART: Callao, Perú

Pays d'origine : Pérou

C.

LIEU DE DESTINATION Battle Creek, Mich, U.S.A.

DÉCLARATION EN DOUANE.

M.

COLIS POSTAUX		Désignation du Contenu	VALEUR	POIDS		
NOMBRE	ESPÈCE			BRUT GRAMMES	NET GRAMMES	
1	Caja	Semillas y productos agricolas Peruanos	Sin valor	2200		

Octubre 16, 1908 *de* 190

L'expéditeur

E. Sinclair

Consulado Americano
Callao, Perú

[12 · 18 · 09]

In Testimony of our Appreciation

H. ASKOVITH .. 1909

To John Harvey Kellogg M. D.

A

Good Health Banquet

TENDERED TO

The Good Health Family

BY

Dr. J. H. Kellogg

Wednesday Evening, December 8, 1909
At 7 o'clock

Menu

Macedoine of Fruit

Tomato Bisque

Olives Radishes Rice Biscuit

Pressed Vegetable Meat

Escalloped Potatoes

Red Raspberry Nectar Buns

Cabbage Salad Lettuce Sandwich

Cream Cake

Sliced Bananas with Whipped Cream

Caramel Cereal

Apples Oranges

We, whose signatures are hereunto affixed, being willing workers in the Good Health corps, do hereby tender you this slight appreciation of your efforts; and do hereby render you thanks for the munificent spread of last evening, being of unanimous opinion that one good turn deserves another — and may the generous deed so richly done bear the fruit of many an encore.

H. Rensselaer Hood
Robert. Remmen
Albert Nelson
[illegible]
L. L. Cassel
Alice R. Newton.

Hyman Ackowith
[illegible]
[illegible]
[illegible]
[illegible]
Albert J. [illegible]

The fruit of many an encore

H. Rennsalaer Hood
J. C. O'Donnell
F. E. Belden
A. Frank Oxley
L. G. Boughton
Geo. P. Oliver
Walter Lake
Geo. R. Israel
Paul White
Ray Price
J. E. Stewart
Mrs Fitzgerald
Mrs. Downs.
Anna Downs.
M. Hubbard
Louise Schmidt
Robert. Dennison
Albert Kolwood
J. F. Waldron
Mrs P. H. Gault
Mrs. Chas. Fackler.
Fora J Tuttle
Paul Thompson
Glenn B. Purdham
Roy Hogarth
D. W. Roth
J. W. McPherson
G. W. Cornwell
Roy X Tuttle
Mrs Wilson
Edna Williamson

Hyman Askowith
E. Cerda Wise.
Nellie E. Hood
Lucine McBlane
Helen J. Vornheder
Mrs H. P. McPherson
Beulah Lowing
Flo Iden.
Frances Northrop
Marie A. Youngs
Alice Geisel
Agnes Ashdon.
H. G. Bayley
Ieylene Lawrence
Frances Gordon
Viva Hoag
Myra Osborn
Ida Shera
Mrs Harwood
Mrs Jentzen.
Pearle Yauder.
Ella Swan
Edith M. Ackley.
Helen Johnson
Hallie Holden
Harry Sanborn
Chas. Caviness.
Joseph Lealy
Mrs O. B. Sickles.
Dot Van Huysen
Lydia Morden
Rose Cortright
Hazel Monroe

Roy X Cuttle
Mrs Wilson
Edna Williamson
Helena Burger
Mrs C. H. Parrish
Minnie M. Schultz
Ena Shea
Thos Barker
R. C. Brown
L. E. Casaday
Alice R. Newlon.

Lydia Worden
Rose Cortright
Hazel Monroe
Albert H. Wesh
Ora Weed
W R Olivier
Harvey F. Devereaux
Will F. C. Jones
Ed J. Newman
Albert J. Huber

AMERICAN SCHOOL OF HOUSEHOLD ECONOMICS

March 4 1905

Received of Mrs. E. E. Kellogg

Thirty-five - - - $\frac{}{100}$ DOLLARS ~~TO APPLY ON~~ in full of ACCOUNT

AMERICAN SCHOOL OF HOUSEHOLD ECONOMICS

Murle Young REGISTRAR

SERIES A

NUMBER 653

American School of Household Economics

Certificate of Membership.

This Certifies that Mrs. E. E. Kellogg is a member of the American School of Household Economics and is entitled to all rights privileges and benefits of membership until the Full course is completed and a diploma awarded.

M. LeBosquet
DIRECTOR

Ella H. Nesbitt
PRESIDENT.

AMERICAN SCHOOL OF HOME ECONOMICS
CHICAGO

April 20, 1910.

My dear Mrs. Kellogg:

I am pleased to return the last paper of your course. You may be interested to know that your average percentage is 95.4, which is most excellent.

You are now entitled to the diploma of our School. Kindly let us know how you wish your name to appear and we will have it engrossed at once. It is usual to give the full name.

I am sure you must have enjoyed the correspondence with our instructors, as I know they enjoyed your papers. I hope that you will still keep in close touch with our School and that you will make use of your privileges of membership whenever they may be of benefit to you.

Yours sincerely,

Jessie F. Beadle
Secretary

Mrs. E. E. Kellogg
Battle Creek Michigan

April 22, 1909.

Dr. Kellogg,
Night Box.

You were to write an article for the Delineator on "Pawlaw and His Wonderful Dogs." I hand you with this a translation of the Life of Pawlaw, by Tigerstedt, published in the Archives des Sciences, St. Petersburg. I also hand you a summary of practical points from Pawlaw's work, which was gotten out sometime ago. The figures refer to the page numbers in Pawlaw's book. This is some data that was used in our class with Dr. Paulson when I was a medical student. I also enclose a letter from Horace Fletcher, in which are some enclosures entitled, "The Scientific Torture Chamber," concerning which I spoke to you, as I think you will remember.

J.T.Case.

RESOLVED, That in view of the great importance of the temperance reform and the efficient work of the Assembly's Committee, all Presbyterian churches are urged to turn their offerings for temperance to their own Committee; to make large use of the literature and lecturers of the Committee, and it is recommended that an earnest effort be made on the part of our churches to raise an aggregate sum of $36,000 for the prosecution of this work.— General Assembly 1909.

REV. E. TRUMBULL LEE, D. D., LL.D.
CHAIRMAN.
1103 CENTER ST., WILKINSBURG, PA.

REV. JOHN F. HILL, D. D.,
COR. SECRETARY AND TREAS.

PROF. CHAS. SCANLON, A. M.,
ASSOCIATE SEC.

MR. A. A. HERSPERGER,
REC. SEC.

The Temperance Committee

of the General Assembly of the Presbyterian Church in the U. S. A.

OFFICIALLY REPRESENTING 1,300,000 COMMUNICANTS

ROOM 72, CONESTOGA BUILDING,
PITTSBURGH, PA.

BELL TELEPHONE-COURT 377

ASSOCIATE SECRETARIES
REV. JOHN MAYHEW FULTON, D. D.
PHILADELPHIA, PA.

REV. H. M. PERKINS,
DALLAS, TEX.

MISS MARIE C. BREHM,
LECTURER ON SCIENTIFIC TEMPERANCE
PITTSBURGH, PA.

OFFICIAL PAPER
THE AMETHYST

June 30, 1910.

Dr. W. R. Kellogg,

Battle Creek, Mich,

My dear Dr. Kellogg:-

The Presbyterian Temperance Committee is preparing to issue special temperance editions in the early fall of some of the leading Presbyterian church papers. Arrangements have alrea y been made with the Presbyterian Banner of Pittsburg , Pa., the Presbyterian Advance of Nashville, Tenn. and the Pacific Presbyterian of San Francisco, Calif. Arrangements may be completed with others later.

This is in no sense a commcercial enterprise either on the part of the Committee or of the papers. The latter give the space absolutely free and the Committee furnishes copy and cuts without charge. It is simply an effort to advance the cause.

With this explanation I venture to ask if you will donate an article of from one to three hundred words on the following subject "Diet And The Temperance Reform" or any phase of the temperance question which you think helpful.

It may be that you have an extract from an address, an excerpt from an article prepared for some other purpose, or suggestions which you feel ought to have wide publicity. If so let us have it.

From the resolutions on the cover page of The AMETHYST which I am sending you, you will see that the Presbyterian Church is aggressive and any ringing sentiment or militant arraignment of this traffic, accompanied by facts, will be useful. Whether you can or cannot comply with the request, I shall be glad to have an early reply for which I enclose postage, so that I may know what to depend upon.

Hoping to hear at your convenience and assuring you of our appreciation of any assistance you may be able to render, I am,

Yours cordially,

Chas. Scanlon

Secretary.

(Chas. Scanlan)

September 11, 1910.

Memo for J.H.M.

The roots of intemperance lie deeper than the early reformer supposed. The foundation of the liquor habit in many, and in the most detractable cases, lies not in the appetite for liquor but a diseased physical condition which demands the soothing influence of alcohol as a remedy.

b

November 13, 1910.

Mrs. Kellogg:--

Can you find anything I can use on this subject?

J. H. K.

b e

(Chas. Scanlon, June 30, 1910)

THE WHITE HOUSE
WASHINGTON

July 13, 1911.

My dear Sir:

In pursuance of your request in your letter of July 5th, I am directed by the President to send you the enclosed note of introduction to the diplomatic and consular officers of the United States, at the same time returning the document which you forwarded.

Sincerely yours,

Charles D. Hilles

Secretary to the President.

Mr. Crawford Elliott,
1024 East 76th Street
Chicago, Illinois.

Enclosures:

DEPARTMENT OF STATE
WASHINGTON

July 13, 1911.

To the

Diplomatic and Consular Officers

of the United States.

Gentlemen:

At the instance of Charles D. Hilles, Esquire, Secretary to the to the President, I take pleasure in introducing to you Mr. Crawford Elliott, of Chicago, Illinois, who is about to proceed abroad, and I cordially bespeak for him such courtesies and assistance as you may be able to render, consistently with your official duties.

I am, Gentlemen,

Your obedient servant,

Huntington Wilson

Acting Secretary of State.

CB/Da.

State of Illinois.
Executive Department,
Springfield.

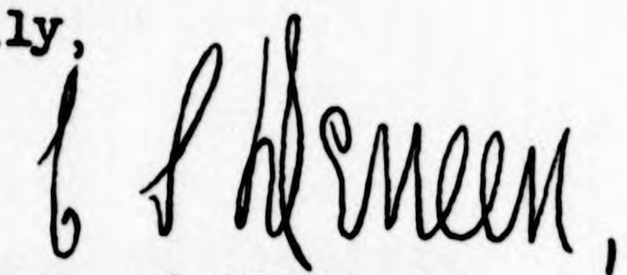
June 5, 1911.

To whom this may be presented:

This will serve as an introduction of Mr. Crawford Elliott, a citizen of Chicago, Illinois, who expects to visit several countries in Europe in the near future.

I have known Mr. Elliott for twenty years. He enjoys a good reputation in Chicago where he resides, and I bespeak for him the courteous consideration of those to whom this letter may be presented.

Respectfully,



Governor of Illinois,

U. S. A.

Mayor's Office

Carter H. Harrison
Mayor

Chicago, July 11, 1911

To Whom It May Concern:-

I beg to introduce Mr. Crawford Elliott and Mr. W. P. Hatch, members of a well known firm in Chicago, who are making a tour of several countries in Europe. Both gentlemen are well known in Chicago and I bespeak for them courteous consideration.

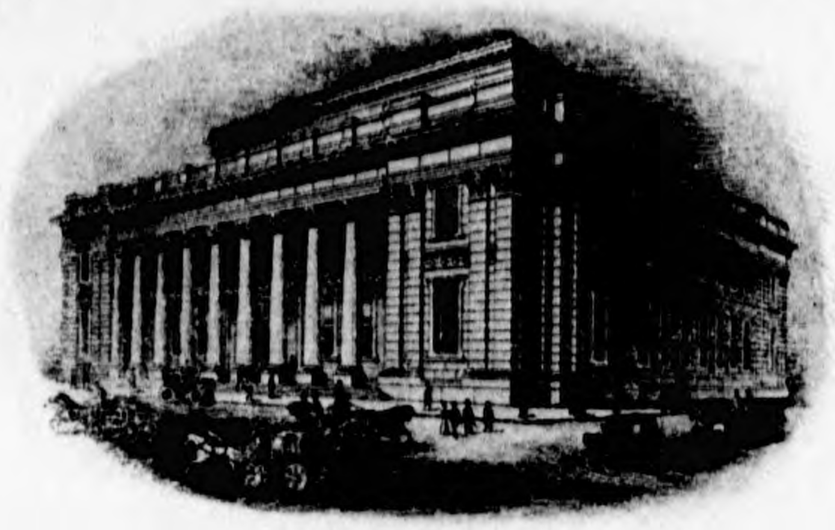
Respectfully,

Carter H. Harrison

Mayor

Illinois Trust & Savings Bank

Capital and Surplus



$13,800,000

Chicago July 7th, 1911.

Union of London & Smith's Bank, Ltd.,
L o n d o n.

Dear Sirs:—

In the bearer of this letter we take pleasure in introducing to you Mr. Crawford Elliott, who is about to introduce, in England a machine called the Elliott-Hatch Book Typewriter.

In the pursuit of this business Mr. Elliott may require introduction or identification, and we therefore bespeak for the gentleman your kind offices, and remain

Faithfully yours,

Cashier.

County Court

of Cook County, Illinois

JOHN E. OWENS
JUDGE

Chicago, Ill., July 12, 1911.

To whom it may concern:

Mr. Crawford Elliott and W. P. Hatch are situated in the City of Chicago, known as the Elliott and Hatch Co., of 230 La Salle Street, Chicago, Illinois. They are upright, honest business men, and have put their machines in use in the County Recorder's office which have proven fully satisfactory, to the County.

I can highly recommend the above gentlemen,

I beg to remain

Yours very respectfully,

John E. Owens

Battle Creek, Mich/, August 18, 1911.

RECEIVED of Elizabeth McPherson deeds for lots 73 and 100 of Walters' Addition to Battle Creek, Mich., with the understanding that the same is to be sold and the proceeds of the sale used for the benefit of herself and her children,also as security for the sum of Three Hundred Dollars ($300.oo) which is to be delivered to her husband today to be used in the payment of debts and to meet the expenses of moving to Lincoln, Neb. It is understood that the property is to be sold as soon as possible, but if the property can not be sold to good advantage at once and is rented, whatever moneys may be received for rent in excess of the sum needed to keep up necessary repairs shall be forwarded to Roy McPherson to be used for the benefit of the family. Whatever net sum may be received from the sale of the property in excess of the mortgage now held against the property shall be forwarded, after deducting the Three Hundred Dollars ($300.oo) endorsed on this receipt, to Roy McPherson on receipt of a letter from him inclosing this receipt and an order from Elizabeth McPherson for the payment of the money.

J. H. Kellogg

Rec'd on the above, the sum of three hundred dollars.

Elizabeth K. McPherson.

Sept 3. 1911.

J. H. Kellogg.

Please pay to R. J.
Mc Pherson five hundred dollars, this
money to be advanced on the
purchase price of the property at
72 Hanover St. Battle Creek. Mich.

Elizabeth K. Mc Pherson.

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Dottor Riccardo Galeazzi,

Direttore Istituto Rachitici
Prof.di Ortopedia negli Istituti Clinici di Perfezionamento.

Milan.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men of your city whose work might be of interest to the Doctor.

With the most pleasant recollections of the time spent with you early this year, believe me to be,

Most appreciatively yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept., 14th., 1911.

Professor Allessandri,

Poloclinico, Pavilion 3,

ROME.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men in your city whose work may be of interest to the Doctor.

With the most pleasant recollections of the time I spent with you early this year, believe me to be,

Appreciatively yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Prof. Fritz Lange,

Orthopedic Hospital,

Munich.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men in Munich whose work may be of interest to the Doctor?

With the most pleasant recollections of the time I spent with you early this year, believe me to be,

Appreciatively yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Docteur Tuffier,

Professeur agrege de la Faculte de Medecine
Chirurgien de l Hopital Beaujon

42 Avenue Gabriel,

Paris.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men of your city whose work may be of interest to the Doctor.

I take this opportunity of expressing my appreciation of the courtesies extended me when with you early this year and subscribe myself,

Most sincerely yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Dr. Raffaele Bastianelli,

ROME.

Dear Doctor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men of your city whose work may be of interest to the Doctor.

With the most pleasant recollections of the time I spent with you early this year, believe me to be,

Appreciatively yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Professor Friedrich,

Marburg.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me.

May I ask that you tender him the kindness of an introduction to such other men in Marburg whose work may be of interest to the Doctor?

I take this opportunity to again express my appreciation of the courtesies extended me while in Marburg early this year.

Most sincerely yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Dr. Filiberto Jacobelli,

Prof.par.di Patologia e Clinica Chirurgica
nella R. Universita
Chirurgo degli Ospedali Riuniti e dei Pellegrini.

Dear Professor:-

This will introduce to you Dr. J. H. Kellogg, one of our prominent medical men. Any courtesies which you may have the kindness to extend to him will be appreciated by the Doctor as well as by me. May I ask that you tender him the kindness of an introduction to Prof. Dantona?

With the most pleasant recollections of the time spent with you early this year, believe me to be,

Most sincerely yours,

Emil G Beck

DR. EMIL G. BECK
2632 LAKE VIEW AVENUE
CHICAGO

Sept. 14th., 1911.

Dr. J. H. Kellogg,

Battle Creek,

Mich.

Bear Doctor Kellogg:-

I take pleasure in enclosing a few introductory letters to some of the surgeons in Germany, Italy and France. I could of course swell the number some but think it would be superfluous as you are undoubtedly known over there and will require no further introduction. I would suggest, however, that you ask some of the men whom I have addressed to give you introductory letters to other men in their respective cities whose work might be of interest to you.

You will probably find the best surgery in Berne, Switzerland, Professor Kocher's clinic and in Vienna, Professor Eiselsberg's clinic. Do not fail to see the Kaufmannische's Hospital in Vienna. I am enclosing a letter to a friend of mine who is on the staff there who will be glad to extend you any courtesies in the inspection of this wonderful little hospital.

In Paris I would advise you to see Hartmann, Qenu and Kirmisson in addition to Tuffier. If time permits you might also see Lejars and Moclaire.

Munich is the city in which a great deal of good medical work can be seen, Angerer, Lange and others being there. The hospitals in Munich are excellent and worth inspecting.

It is rather difficult to advise just what to see, the field over there being so large, but on arrival one thing after another will suggest itself. It would be simplest if I could make the trip with you, which would indeed be a pleasure, but as I have but just returned I must content myself at home for a time.

I trust the letters may be of some service to you and wish you an enjoyable trip and sojourn on the other side and hope to have the pleasure of hearing from you upon your return as to what your impressions may be.

In the meantime I remain, with sincere personal regards,

Very truly yours, Emil G Beck

To Dr. J. H. Kellogg.

With a sheaf of roses, on his sixtieth birthday, Feb, 26, 1912.

What can we give to you who gives so much,
To you who gives of time and thought and toil
Whose hand goes out in firmest, friendly touch
To those who feel affliction's clutching coil?

What can our hearts send out to you, whose heart
Grows larger every day until it sends
To all of us the cheer formed of the art
Which makes us know the joy of being friends.

What could we wish you--you who always make
Your own good wishes for us all come true?
Ah, could we wish it all, it well would take
Thrice sixty years to hold the cheer for you.

What can we pray for you, what blessings ask
When you in all your living show us how
To blend a prayer with the daily task,
To find a blessing when in toil we bow.

God made the rose to show a perfect thought
It holds God's smiling sunshine through and through--
And so these roses, each with love inwrought,
We send to bear our birthday word to you.

— Walter D. Nesbit,

STATE OF MICHIGAN
EXECUTIVE OFFICE
LANSING

April 20, 1912.

My dear Dr. Kellogg:

I have read with interest your letter of April 15. I hope we will be able to carry out every suggestion you make. I have already issued the proclamation.

Every day I feel like congratulating the state for having your services on the Board.

I am most grateful to you for your invitation to your wonderful sanitarium. I will not be able to accept because I am going to submerge myself in the woods as soon as I can hobble there. The only criticism I could possibly make of your establishment is that I apparently could not get lost there. I appreciate more than I can easily tell you your sympathy and practical friendship. Please command me always.

Yours faithfully,

Chas. S. Osborn

Dr. J. H. Kellogg,
Battle Creek, Michigan.
OLB

Translation of letter from Dr. Tissier.

July 4(?), 1912.

I have received another letter from you asking from me some instruction upon the glucobacter. I have already given you, in my former reply, the theory which started Dr. Metchnikoff in his researches and the results which he has obtained in the experiments which I have observed as they have been made under my eyes. All that I can say to you is that in two or three experiments made upon man, he has been able to lower the amount of indican. A few experiments have been made in cases of disease. I have given the glucobacter a single time in case of diarrhea with colic caused by bad intestinal ferments without appreciable results.

This glucobacter will prove, as I have said in my first letter, only an accessory in intestinal bacteriotherapy. It will not displace the bifidus, the lactic acid forming bacteria or the acidophiles. It will be of service in certain cases in which starch is not well digested.

If you desire further instruction, I will give it to you.

know not, which are produced by microbes of intestinal putrefaction; nevertheless, I think that the idea of aiding the transformation of starch into sugar in the large intestine by these microbes is ingenious. It may be useful in certain cases.

(Dr. H. Tissier).

not Tissier's letter to be quoted

the rest of

(Translation of a letter from Dr. Tissier, Paris, France, August 30, 1912, to Dr. Kellogg).

Dear Doctor:

I am very much astonished at what you tell me concerning the implantation of the bacillus bifidus in the intestine. Generally, at the end of one to two weeks, one can see in the stools, with a microscope, some bifurcated forms characteristic of bifidus. It is also possible to isolate them, but this is always difficult because of the great number of bacillus coli present, which grow more quickly and break up the culture medium. It requires great practice and very fresh media. Nevertheless, one never obtains in the adult implantations of the bacillus bifidus comparable to those which are present in an infant, in whom 90% of the colonies isolated are composed of this microbe.

When one employs, in place of the bifidus, lactic microbes, as the acidi paralactici, or bacillus Bulgaricus, they are easily recognized, for it is easier to make their cultures, but they do not become acclimated to the human intestine where the intestinal bacteria composing the normal fundamental flora are acetic acid-forming bacteria rather than lactic acid formers.

The results which I have obtained have always been the same and satisfying, and I have noted this in 3500 observations.

I have seen Distaso. He has not spoken to me of any new discovery concerning intestinal fermentations. I believe if he had anything of interest, he would not have failed to speak to me about it. I have been his master in bacteriology, and he speaks to me always of his researches, at least, until the present.

With reference to the glucobacter which seems to interest

you very much, I have no further news since I left for my vacation. At the moment of leaving, the Societe Le Ferment had not announced placing on sale the compressed tablet containing the bacillus Bulgaricus and the glucobacter. Wellman desired, I believe, to verify their mode of manufacture, and he had not had the time to do this before going off on his vacation.

As to my work upon the putrefaction of the various albumins, it appeared at the end of July, and you have already received the numbers of the Annals of the Pasteur Institute which contain it. If you desire, I will send to you by return a separate printing.

I remember very well Professor Fisher and Madame, his wife. I regret much that this lady had not wished to follow my treatments quickly. She would have certainly gotten well. I have also received from Professor Fisher an invitation to take part in his conference upon the "Happy Life." I have willingly done so, and hope to be able to present a personal observation dating from some years, which is most interesting. I am, at the present moment, engaging in physical sport, which demands work equal to that done by a man much younger, consuming a ration of two or three times the number of calories.

Extending to you, dear Dr. Kellogg, my most cordial salutations, I am

Sincerely yours,

(Signed) L. Tissier.

LIST OF ARTICLES PUBLISHED BY DR. TISSIER

1894, Janvier. Soc. Anatomique. Infiltration embryonnaire de tubique de l'intestine.

1897, November. Bull. de la Soc. Anatomique. Emphyseme suraigu compliquant une broncho-pneumonie.

1899, Decembre. Le Bacterium coli et les reactions chromophiles d'Eschrich.

1900. These de Paris. Flore intestinale du nourisson.

1902, Decembre. Ann. Inst. Pasteur (en collaboration avec Martelly). Putrefaction de la viande de boucherie.

1903, Aout. Ann. Inst. Pasteur (en collaboration avec Gasching). Recherches sur la fermentation du lait.

1905, Fevrier. Ann. Inst. Pasteur. Repartition des microbes dans l'intestine des nourrissons.

1906, Mai. Ann. Inst. Pasteur. Etude d'une variete d'infection intestinal chez le nourrisson.

1906, Fevrier. Tribune medicale. Traitement des infections intestinales par la methode de transformation de la flore bacterienne de l'intestin.

1908, Fevrier. Ann. Inst. Pasteur. Recherches sur la flore intestinale des enfants ages d'un an a cinq ans.

1910, Janvier. Soc. de Biologie et tribune Medicale. Regime vegetarien utilisant les graisses animales.

1912, Juillet. Ann. Inst. Pasteur. Action comparee des microbes de la putrefaction sur les principales albumines.

1915, December. Ann. Inst. Pasteur. Recherches sur la flore bacterienne des plaies de guerre.

1916, October. Bull de l'Acad. de Med. Recherches sur la flore bacterienne des plaies de guerre.

1917, Avril. Ann. Inst. Pasteur. Recherches sur la flore bacterienne des plaies de guerre (deuxieme memoire).

1917, Bull. Soc. de chirurgie (en collaboration avec Deyre) Fermeture secondaire des plaies.

1917, Conference de Dunkerque (brochure editee a Dunkerque). Traitement des plaies de guerre.

1917, Juillet. Bull. Soc. de Chirurgie (en collaboration avec Gross). Indication des sutures des plaies de guerre d'apres les donnees de la bacteriologie.

1917, Decembre. Bull. Soc. de chirurgie (en collaboration avec Gross, Houdard di Chiara Grimaud).

1918, Mai. Bull. Inst. Pasteur. Application de donnees bacteriologiques a la chirurgie de guerre.

1918, Lecon de chirurgie de guerre. Bacteriologie des plaies.

1918. Arch. de Med. et de Parmatie militaires. Application de donnees bacteriologiques a la chirurgie de guerre.

1918, Avril. Soc. de biologie. Le bacille de Barat.

1919, Fevrier. Soc. de biol. (en collaboration avec Coulon). Action proteolotique du streptocoque pyogene sur le lait.

1919, Fevrier. Societe de biol. Action proteolytique du streptocoque pyogene sur la gelatine.

1920, Ann. Inst. Pasteur. Contribution a l'etude des infection intestinales.

✓1923, Bull. de l'Inst. Pasteur (cours de bacteriologie de l'I.P.) La putrefaction.

1925, Fevrier. Bull. de la Soc. de Biologie. Streptococoques intestinaux.

1925, 10 Juillet. Bull. de la Soc. de Biologie. Flore intestinale de l'enfant eleve au biberon.

1925, 17 Juillet. Soc. de biologie. Coagulation microbienne du jaune de l'oeuf.

1926, Fevrier. Soc. de Biologie. Coccus anaerobie des selles de l'homme.

THE ROYAL INSTITUTE OF PUBLIC HEALTH

37, Russell Square, W.C.

Sept.12,1912.

Dear Dr. Kellogg:-

I send you with the same date a parcel with the strain of the Metchnikoff's microbe. It is the true and you can be absolutely sure. You make the passage always on agar, but from time to time you may be tter to put it in starch media (3 % starch in water and autoclaved during 15 minutes) and afterwards again in sloped (?) ------agar.

To give the patients or normal man you may better to prepare some large test-tubes with following media: Mashed potatoes, with 1 % agar and slope. The micrbbe will give sugar in the starch, the same micro-organism I have described a year ago in the Societe de Biologie de Paris.

In regard to my method, I can tell you following: (1) I am able to replace the undesirable flora with an acid one; (2) I make healthy the constipated people (4 cases ready treated); (3) Metchnikoff does not transform the intestinal flora,--I do.

I am working now to finish and to complete my observations with other cases. Of course you were always kind with me and you may have, if you like, the business in America. Now I am horrid ill and I must have a little rest. Afterward I will think to have an Institute of Bacteriology and I will arrange the matter of my product with you.

Any time I can be useful for you, I am ready to do what I can.

With kindest regards, I am

Yours sincerely,

(Signed) A. Distaso.

Michigan Department of State

Lansing

FREDERICK C. MARTINDALE, SECRETARY OF STATE

DE H. MILLS, DEPUTY

September 20, 1912.

Mr. J. H. Kellogg,

Battle Creek, Michigan.

Dear Sir:-

I enclose herewith your certificate of appointment as a delegate from Michigan, to the Seventh Annual Convention of the Lakes to the Gulf Deep Waterway Association at Little Rock, Arkansas, September 24, 25 and 26, 1912.

Very respectfully,

Frederick C Martindale

Secretary of State.

Enc.

THE GREAT SEAL OF THE STATE OF MICHIGAN
E PLURIBUS UNUM
TUEBOR
CIRCUMSPICE
A.D.MDCCCXXXV.

State Board of Health.

MICHIGAN.

MEMBERS.

VICTOR C.VAUGHAN, M.D., Pres., Ann Arbor.
AARON R.WHEELER, M.D., Vice Pres., St. Louis.
R.L.DIXON, M.D., Secretary, Lansing.
CHARLES M.RANGER, A.B., Battle Creek.
JOHN H.KELLOGG, M.D., Battle Creek.
THOMAS M.KOON, M.D., Grand Rapids.
EDWARD L.ABRAMS, M.D., Hancock.

Office of the Secretary.

Lansing, Dec. 5, 1912.

Dr. J. H. Kellogg,

Battle Creek, Michigan.

Dear Doctor Kellogg:-

I have received from the Attorney General's department a rough draft of a bill incorporating some of the general principles which we had in mind for the benefit of the State Board of Health. The enclosed is a copy. A number of the suggested sections are not just as we want them but they can be easily worked over. I am sending a copy to each member of the Board and will go over a copy myself, indicating such changes from this as seem best and practicable.

I think we should plan for another meeting on December 20th. It would be difficult for me to set a date earlier than that on account of several lectures which I have the first half of the month.

The Attorney General has been furnished with a statement of our wishes in regard to the County Health Officers and in regard to the State Institution for consumptives. He will get those in rough shape soon. Let me know if December 20th will be satisfactory for a special meeting.

Very truly yours,

RLD/F

R. L. Dixon,

Secretary.

A BILL FOR AN ACT TO ENLARGE AND DEFINE THE POWERS AND DUTIES OF THE STATE BOARD OF HEALTH OF MICHIGAN AND TO PROMOTE THE PUBLIC HEALTH AND TO REPEAL ALL ACTS AND PARTS OF ACTS INCONSISTENT THEREWITH ETC.

Section 1. General powers of the State Board of Health. The State Board of Health shall have supervision of all matters relating to the preservation of the life and health of the people and shall have supreme authority in matters of quarantine, which it may declare and enforce, when none exist, and may modify, relax or abolish when it has been established. It may make special or standing orders or regulations for preventing a spread of contagious or infectious diseases, for governing the receipt and conveyance of remains of deceased persons, and for such other sanitary matters as it may deem best to control by general rule.

It may make and enforce orders in local matters when emergency exists, or when the local Board of Health has neglected or refused to act with sufficient promptness or efficiency or when such Board has not been established as provided by law. In such cases the necessary expenses incurred shall be paid by the city, village or township for which the services are rendered.

The State Board of Health shall advise the Government relative to the local and other sanitary conditions of any public institution; and shall have oversight of inland waters, sources of water supply and vaccine institutions, and may, for the use of the people of the state, produce and distribute antitoxin and vaccine lymph.

It shall annually examine all main outlets of sewers and drainage of cities and villages of the state, and the effect of sewage disposal, and shall report after each such examination to the mayor of the city, president of the village, as to the conditions found, and shall make in such report such recommendations with respect to the sewage disposal as it may deem necessary or expedient.

It shall be the duty of the local Board of Health, health officers and officials, officers of state institution, police officers, sheriffs, constables, and all other officers and employees of the state, or any county, city or township thereof, to enforce such quarantine and sanitary rules and regulations as may be adopted by the State Board of Health, and in the event of failure or refusal on the part of any member of said Board or other officials or persons, in this section so mentioned to so act, he or they shall be subject to a fine of not less than $50.00 upon first conviction, and upon conviction of second offense of not less than $100.00.

The Board shall make careful inquiry as to the cause if diseases, especially when contagious, infectious, epidemic or endemic and take prompt action to control and suppress it. It shall respond promptly when called upon by the state or local government and municipal or township Boards of Health to investigate and report upon the water su pply, sewerage, disposal of excreta, heating, plumbing or ventilation of any place or public building.

The State Board of Health shall have coordinate powers with local Boards of Health, and in case of conflict of authority in respect to any matters of quarantine, prevention of the spread of diseases, purification or condemnation of local supplies of water or sewerage, the State Board of Health shall be considered as the supreme authority.

Section 2. The State Board of Health shall have supervisory and visitorial power and control over all waterworks systems in the State of Michigan, both municipal and privately owned, furnishing a supply of water for public use and consumption. The mayor of each city, and the president of each village, shall file with the Secretary of the State Board of Health, on or before the first day of October A.D. 1913 a true and correct copy of the plans and specifications of the entire waterworks and system of water supply, owned or operated by the municipality or by private persons or corporations. It shall be the duty of the State Board of Health on receipt of such plans and specifications, to inspect the same with reference to their effect upon the public health, and

if said board on such inspection finds that the public water supply of any city or village is impure and dangerous to individuals or the public generally, the said board on its order may require such municipality or such person, persons or corporations owning such water supply, to make such alterations in such water system as may be required or advisable in the opinion of the said board, in order that the water supply, may be healthful and free from pollution. Such recommendations or orders of the State Board of Health shall be served upon the clerk of the city or village in duplicate, and by him transmitted or served upon any officer or agent or owner of the private waterworks where the same may exist. On failure or neglect of any municipality, or person, persons or corporations owning any public water supply, to comply with the orders or recommendations of the State Board of Health, within a reasonable time after receiving the same, such municipality, person, persons or corporations so failing or neglecting, shall be liable in damages to any person contracting any disease, the origin of which can be reasonably traced to the use of the water distributed in such municipality, in an amount not less than $200.00 and in such further sum as may be awarded as in the case of personal injuries, to be determined in an action of assumpsit or case.

No city or village or person, persons or corporations owning a waterworks system for public purposes, shall provide or construct for public use any waterworks system or purification works in connection therewith, or make any change in the plans or construction of such waterworks or purification works, until after the details of the plan thereof have been submitted to and approved by the State Board of Health,

Section 3. State Board of Health shall have the same power of visitation, inspection, direction and control over the sewage disposal systems of the cities and villages of this State, as is herein given with respect to public water supply, and the several municipalities shall be subject to the orders of the State Board of Health and shall be liable for their neglect to carry out the orders and recommendations of said State Board of

Health relating to the sewage systems, in the same manner as is hereinbefore enacted with relation to the public water supply.

Section 4. The State Board of Health is hereby authorized and empowered to call and make provision for annual conferences of health officers and representatives of local boards of health, for the consideration of the cause and prevention of communicable diseases, and of such other subjects as relate to the public health. Such conferences may be called either for the state at large or for convenient districts in the discretion of the State Board of Health. Each Board of Health of municipalities shall appoint and pay the actual and reasonable expenses of such delegate to such conferences. The general expense incidental to the holding of such conferences shall be audited and paid out of the general fund of the State in the same manner as other claims against the state.

Section 5. The various Boards of Health and health officers throughout the State shall be appointed as heretofore under the present law but in addition to the qualifications and requirements already prescribed, no local health officer shall assume the duties of his office until notice of his appointment has been filed by the clerk of such municipality, with the Secretary of the State Board of Health and such appointment has been approved by the State Board of Health. It shall be the duty of the clerk of each township, city, and village of this State within five days after the appointment of any person as health officer of such township, city of village, to notify in writing the Secretary of the State Board of Health of such appointment, and to state in such communication the name in full, postoffice address, occupation, age, and previous experience, if any, as a health officer, of such appointee. It shall be the duty of the Secretary of the State Board of Health to immediately make investigation of the record and qualifications of such appointee, by reasonable inquiries, without expense to the State, and if satisfied that such person is capable of performing his duties as health officer, shall within ten days after receiving such notification,

file his approval in writing of such appointment, with the clerk of the municipality concerned.

If upon such inquiries the Secretary of the State Board of Health has reason to believe, and does believe that such appointment will be detrimental to the health service, or would result in the failure or inefficient execution of the health laws of the State, he shall within a like period, notify the clerk of such municipality of such fact and state in such communication his reasons for disapproving of such appointment. No appointment as health officer shall be effectual when so disapproved by the Secretary of the State Board of Health and it shall be the duty of the appointing authority of such municipality to immediately make a new appointment which shall likewise be subject to the approval or disapproval of the Secretary of the State Board of Health as hereinbefore provided.

Section 6. Any health officer or member of any board of health of any municipality in this State may be removed from office by the Governor upon complaint of any member ~~or the Secretary~~ of the State Board of Health, for failureto execute the health laws or to otherwise perform his duty as health officer or member of a board of health, in the same manner and upon the same procedure as in the case of the removal by the Governor of any township officer.

Section 7. The State Board of Health is hereby authorized and empowered to employ a sanitary engineer who shall be known by the title of State Sanitary Engineer, who shall give his full time under the direction of the State Board of Health, to the visitation, inspection and investigation of the water works systems, sewage disposal systems, garbage disposal systems in the cities and villages of this state and to such other matters as the State Board of Health may direct.

He shall be paid a salary at a rate determined by the State Board of Health and his expenses for traveling and clerk hire under the direction of the State Board of Health, the whole of such salary and expenses, not to exceed $5,000 per year and to be paid out of the general fund of the State, on the approval of the Secretary of the State Board of Health. He shall at all times be subject to the orders of and removal by the State Board of Health.

THE ROYAL INSTITUTE OF PUBLIC HEALTH.

PATRON HIS MAJESTY THE KING.

37. Russell Square, W.C.

TELEPHONE, 7768 GERRARD
TELEGRAMS, TOXICOLOGIST.

12/9 1912

Dear Dr. Kellogg,

I send you with the same date a parcel with the strain of the Metchnikoff's microbe. His the Turn and you can be absolutely reassured you make the passage from Time To time your agar, but from Time To time your may better To put it in starch media (3% starch in water and sterilized during 15 minutes) and afterwards again in agar -

20 give the patients or normal under your may test - Tubes with following some Lapp media!

awarded postales with 1/0 year and always.
The microbe will give ~~hog~~ cholera
in the stored — The same microorganism
I have described a year ago in the
Soc. Ét. de Biologie de Paris —
In regard of my method, I can
tell you the following:
1) I am able to replace the underwater
flora with an acid one
2) I make healthy the ones injected
people (4 cases ready treated)
3) Metchnikoff does not transform
the intestinal flora, I do —

I am working now to finish and
to complete my observations with
other cases — Of course you were
always kind with me and you
may have, if you like, the honor
in America. Now I am hoping
ill and I cannot have a letter
rest —
Afterward I will stick to

have an Institut of Bacteriology
and I will arrange the matter
of my project with you —
Any time I can be useful
for you, I am ready to do what
I can —
With kindest regards, I am
Yours sincerely
Adrian

July 6, 1913.

M. J. C. Ortt,
Gravenhage, Netherlands.

Dear Sir:-

I have yours inviting me to prepare a paper for the International Vegetarian Congress to be held at the Hague August 25 and 26. I shall not have the pleasure of attending the Congress as I should like to do but one of my colleagues, Dr. Charles E. Stewart, will be in England about that time and he will represent me and the Battle Creek Sanitarium at your Congress. I will try to prepare a paper and send it along by him which he with your permission will read for me.

Trusting the Congress will be a great success, I am as ever,

Very sincerely yours,

V-m

INTERNATIONAAL VEGETARISCH CONGRES
te 's-Gravenhage, Augustus 1913.

's-Gravenhage, 2 Jan. 1913

Dear Sir

In the name of the President of our Vegetarian Society I beg to inform you that the 25th and 26th of August 1913 an International Vegetarian Congres will be held in the Hague

In the name of our President I have the pleasure to invite you to the congres and we ask you if you'll be so kind as to do us the honour to give an address at one of our meetings.?

We should be very grateful if you would give us a favorable answer.

Most sincerely yours

M. J. C. Vet.

Secretary of the congres

WOODBRIDGE N. FERRIS
GOVERNOR
WM. P. NISBETT
PRIVATE SECRETARY
E. CLARKE AUSTIN
EXECUTIVE CLERK

STATE OF MICHIGAN

EXECUTIVE OFFICE

LANSING

September 5, 1913.

Dear Sir:

I am directed by Governor Ferris to advise you that he has this day had pleasure in appointing you as a delegate from Michigan to the annual meeting of the American Public Health Association, to be held in Colorado Springs, September 9 to 13, 1913.

Yours very truly,

Wm. P. Nisbett

Secretary.

Dr. John H. Kellogg,
Battle Creek, Michigan.

W. W. CHIPMAN, 1ST VICE-PRESIDENT
RUDOLPH MATAS, 2D VICE-PRESIDENT

J. M. T. FINNEY, PRESIDENT

FRANKLIN H. MARTIN, GENERAL SECRETARY
ALBERT J. OCHSNER, TREASURER

American College of Surgeons

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OFFICE OF SECRETARY
FRANKLIN H. MARTIN
30 N. MICHIGAN AVENUE
CHICAGO

CHICAGO.
June 2, 1914.

RECEIVED

K
JUN 5 1914

Dr. John Harvey Kellogg,
Battle Creek, Mich.

My dear Doctor:-

You have already been advised that your application for fellowship in the American College of Surgeons has been favorably considered by the Board of Regents and the fellowship will be conferred upon you by the President of the College at the forthcoming convocation after you have signed the membership roll, thus signifying your acceptance of the rules and regulations of the College contained in its by-laws and its declaration of principles.

The convocation will occur in the Ball Room of the Bellevue-Stratford Hotel in Philadelphia at 8 o'clock on Monday evening, June 22nd, 1914.

On the afternoon of the same day, in the same place, between the hours of two and seven, the membership roll may be signed. A corps of clerks will have this record in charge and prospective Fellows are requested to sign at that time. Provision will be made so that members will not be unnecessarily delayed. No surgeon whose application has been approved can become an accredited Fellow until his signature is upon the roll; hence the importance of this formality. In order to expedite the work, the enclosed credential card should be presented to the clerks who have charge of the registration.

Your attention is particularly called to the program of the convocation, to the information concerning the fellowship gowns, and other details appearing on the next page.

Yours very truly,

Franklin H. Martin

General Secretary.

PROGRAM

8:00 Fellows and guests assemble.

8:10 Governors assemble.

8:20 Candidates for Fellowship assemble.

8:25 Regents assemble with honorary guests.

Invocation by Bishop Philip M. Rheinlander

Introductory remarks by the President.

Presentation of the Roll of Candidates for Fellowship by the Secretary.

Conferring of Fellowships by the President.

Introduction of Honorary Fellows individually by the Regents and conferring of Fellowships by the President.

The Fellowship Address.

Address by the President, J. M. T. Finney.

Adjournment followed by an informal reception to the Fellows and guests by the officers of the College.

ACADEMIC DRESS

After careful consideration of the matter and in view of the fact that important convocations at which new fellowships will be conferred will occur each year, the Board of Regents has adopted a distinct fellowship gown which, in their opinion, will add dignity, uniformity and academic distinction to these formal gatherings. It is hoped that each Fellow will promptly co-operate with the Regents in this matter and provide himself with a gown for these convocations. The enclosed card furnishes an official description of the gown with information about measurements, prices and delivery.

OFFICE MEMORANDUM

THE BATTLE CREEK SANITARIUM

CORRESPONDENCE DEPARTMENT

July 14, 1914

Dr. Kellogg:-

There is a gentleman here by the name of Mr. Nolan. He is from somewhere in Alabama. He makes it a point to come every year and seems very enthusiastic. I think he might be interested in the Life Extension Annuity Bonds.

E. K. Piper

p c

OFFICE MEMORANDUM

THE BATTLE CREEK SANITARIUM

CORRESPONDENCE DEPARTMENT

July 14, 1914

Dr. Kellogg:-

Supplementing my note of July 2nd, I am now back in the Dining Room and shall be glad to do what I can to help in the promotion of the Life Extension Annuity Bond Scheme. There is a gentleman here now who seems very enthusiastic about the institution. His name is Mr. George W. Hartzell. He is a wealthy manufacturing lumber dealer from Dayton, Ohio. He has been here a number of times and has his daughter here for treatment now. I have not mentioned the subject to him, as I presume you do not wish me to take an active part in the sale of the bonds. If so, I shall need some special schooling.

E. K. Piper

p c

OFFICE MEMORANDUM

THE BATTLE CREEK SANITARIUM

CORRESPONDENCE DEPARTMENT

July 14, 1914

Dr. Kellogg:-

There is another gentleman who should be interested in the Life Extension Annuity Bonds, Mr. D. H. Leahy, Chicago, Illinois. He is here now; he makes us a visit once or twice a year. He is the gentleman who gave such an interesting talk at the Old Patients' Reunion last summer. He presented statistics secured from the steward.

E. K. Piper

p c

OFFICE MEMORANDUM

THE BATTLE CREEK SANITARIUM

CORRESPONDENCE DEPARTMENT

July 24, 1914.

Dr. Kellogg:-

There is a patient here whom I think would be interested in the Life Extension Annuity Bonds, Miss Cynthia Allen of Akron, Ohio. She is a maiden lady about 50 years of age or over and has visited the Sanitarium many times. She is a reader of Good Health and Battle Creek Idea.

E. K. Piper.

p h

HARRIS TRUST BUILDING

Harris Trust and Savings Bank

Organized as N.W.Harris & Co. 1882. Incorporated 1907

Capital, Surplus and Undivided Profits over $4,000,000

Chicago

Bond Sales Department

AUG 16 1914

August 15, 1914.

T A X E X E M P T B O N D S

$15,000
BATTLE CREEK, MICHIGAN, CITY HALL 4'S
Due February 1, 1932-1933
Price 98¼ and interest.

These bonds are not only exempt from state and local taxes in Michigan, but according to the regulations of the Treasury Department, they are also EXEMPT FROM THE NEW FEDERAL INCOME TAX, and such income is not required to be included in the federal income tax schedules of individuals.

During the past twenty-five years, we have handled thirteen different issues of Battle Creek bonds aggregating over $350,000.

We shall be glad to hear from you, if the above bonds are of interest.

Very truly yours,

B. C. Lugl

Vice President.

S
EAS JE

August 16, 1914.

"The following is a list of names to whom I think it would be advisable to send literature of the Life Extension Annuity Bonds -

Mr. Geo. H. Nye, Auburn, N.Y.
Mrs. Vernon Reed, Denver, Colo.
Mr. W.B.Thompson, Harvey, Ill.
Mr. Alfred Freind, Sanitarium, City.
Mr. S.J.Nolen, Alexander City, Ala.
Mrs. Jesse H. Farwell, Sanitarium.
Mr. W.H.Miller, Harvey, Ill.
Mr. Charles Owen, Pine Bluff, Ark.
Miss Ida Durin, Scarboro, Ill.
Mrs. Annie Hitchcock, 4741 Greenwood Ave., Chicago, Ill.
D.L.Miller, Mt. Morris, Ill.
Miss Bertha Steward, Steward, Ill.
Mr. John R. Cook, Sanitarium.

Mrs. Covington."

Copied from Weekly Report of Social Service Dept, Week ending Aug. 16,1914.

P.Mc.O

E. L. Huckell, Lock Box 233, Ottawa, Kans. Dec. 12, 1914.

Says Mr. H.A.Collins of Havana, Ill. tells him you have published a valuable folder in Life Annuities and have also found a Life Annuity Foundation.

Would appreciate it if you would send him any literature you may have and any information you may care to give about the Annuity Foundation. Have secured a number of Annuities for Colleges and am much interested in that line of work.

File this man's letter
with information on Life
Extension Annuity Bonds.

Marsh House
OPPOSITE SANTA FE DEPOT.
Ottawa, Kansas.

12-12-14.

Dr. John H. Kellogg.
Battle Creek. Mich..

Dear Sir:.

Mr. H. G. Collins
of Havana. Ill., tells me you
have published a volume
folder on Life Conviction and
have also formed a Life
Annuity Foundation.

I would appreciate it
if you would send me
any literature you may
have and any information
you may give about
the Annuity Foundation.

I have received a number
annuities for colleges and am
much interested in that line of
work. Respectfully.

RECEIVED
DEC 14 1914
K

Prof. Bot 233 - Ottawa, Ks. E. L. Hunkell

December 14, 1914.

E. L. Huckell,
Lock Box 233,
Ottawa, Kans.

DEC 16 '14

Dear Sir:-

Yours of December 12 received. We have in preparation a plan for issuing Life Extension Annuity Bonds. The literature is not quite ready yet. Will be glad to hear further from you as to the basis of your interest in our proposition. Do you wish to make an annuity investment or did you desire to place some of our bonds for us? In either case, we shall be glad to hear from you more definitely. Within a short time we shall be able to send you literature.

Sincerely yours,

v-p

Franklin H. Martin, M.D.
90 North Michigan Ave.,
Chicago.

November 20,1916.

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

My Dear Doctor Kellogg;-

For about five years I have been operating at the Hinsdale Sanitarium, at Hinsdale, Illinois, and have enjoyed the friendship of Dr. David Paulson, recently deceased, and his wife, Dr. Mary.

I have been struck by the uniformly favorable reaction in operative procedures under the hydrotherapeutic treatment that they apply before, during, and immediately after the anesthetic. I have understood that it is a treatment following the lines of procedure established at your institution. Have you anything in pamphlet form, or anything to which you could refer me, that explains scientifically why these patients uniformly promptly recover their circulation, are quickly restored to normal, the pain caused by gas in ordinary cases eliminated, and almost invariable recovery without apparent shock or ether-pneumonias?

I am asking this because I expect to report at the Southern Surgical and Gynecological Society meeting to be held in White Sulphur Springs next month the results obtained at the Hinsdale institution. For that reason I would be glad if you would make as early a reply as is convenient, in the meantime, I wish to thank you for the help that you will be able to afford me.

Yours very truly,

Franklin H. Martin.

November 21, 1916.

Franklin H. Martin, M.D.,
30 North Michigan Ave.,
Chicago, Ill.

Dear Doctor:

I have yours of November 20 and am very glad to know that you are interested in the methods for caring for surgical patients which have been evolved in our surgical experience in connection with the Battle Creek Sanitarium.

I am sending you, enclosed, a copy of a paper which I read before the Battle Creek Academy of Medicine twenty-two years ago last June. In this paper I called attention to what I sincerely believe to be the most important factors in securing prompt and comfortable recoveries after surgical procedures, namely, thorough intestinal asepsis both before and after the operation. This lesson was taught us by Tait and I am sure is now appreciated by all abdominal surgeons. I think, however, there are other factors of no inconsiderable importance. The several procedures which I consider essential and have followed for many years are the following:

One. Whenever possible, a few days' preparation during which the patient is given eliminative baths in connection with an antitoxic diet. The chief reasons for this are given on pages 14 and 15 of my paper.

Two, the patient's bowels are thoroughly cleared out by the use of Paraffin Oil and enemas. I administer two capsules containing five grains each of carmine the morning of the day when preparation for the operation begins and the patient is not considered ready for operation until the carmine disappears, that is, until the last enema administered is free from the carmine color. The ileum normally becomes emptied within seven

or eight hours after the last meal so that all material to be gotten rid of is in the colon. In cases of ileac stasis resulting from incompetency of the ileocecal valve Paraffin Oil increases the activity of the small intestine to such a degree as to temporarily relieve the stasis. The patient's interior may be made thoroughly clean by simply washing out the colon. I used to give saline laxatives but no longer do so. I think, on the whole, they do more harm than good and sometimes hinder a complete emptying of the colon by producing a spastic condition of the descending colon and exaggerating antiperistalsis so that a considerable amount of material is forced back into the cecum.

Three. The patient is made to drink two or three quarts of water daily to wash the tissues out and get his body well saturated with fluid. The water balance is determined by comparing the quantity of liquid taken with the amount of urine. The amount of urine should equal the water taken, the insensible prespiration being about balanced by the liquid taken at meals with food.

Four. Care is taken to store up a liberal amount of glycogen in the patient's liver and muscles by feeding carbohydrates freely for two or three days before the operation including the morning of the day of operation. The carbohydrates are given chiefly in the form of fruits and vegetables as these foods are rich in bases and so raise the vital resistance of the tissues. Malt sugar and orange juice are given freely the day before the operation and are given also the morning of the day of operation, no other food being taken at this time. I think starvation increases the hazard by weakening the patient and increasing the danger of acidosis.

Five. Immediately after operation the patient has a large warm enema. In cases of tendency to shock, a tepid enema,

temperature 80° is given, in order to improve the tonus of the splanchnic vessels. Another advantage of the enema immediately following operation, which I began using systematically about eighteen years ago, is to induce peristalsis and thus to "place" the intestine and so avoid any danger from adhesions occuring when the intestine is folded in such a way as to produce obstruction. Water is given per ano at the rate of half a pint an hour after every operation. If the patient is not nauseated, part of the water is given by mouth and part by rectum. Care is taken to see that the water administered by rectum is not lost and the amount taken is checked up by the quantity of urine.

Six. Carbohydrate feeding is begun immediately after the operation by adding an ounce of malt sugar to each pint of water administered. This prevents acidosis which is a natural result of the abstinence from foods which usually follows the abdominal operation for a few days.

Seven. To combat pneumonia attention is first given to the patient's mouth. It is examined by a dentist. The teeth are thoroughly cleaned and the mouth is washed out several times a day with cinnamon water. Ten drops of essence of cinnamon are put into half a glass of water. The patient rinses his mouth with this every hour during the day before the operation and the morning preceding the operation. During the operation a large cheesecloth compress wrung out of water at 60° is kept over the chest. This is put on before the patient begins to take the anaesthetic and is changed every ten minutes during the operation. This stimulates the action of the heart and lungs very materially. After the operation the patient has fomentations to the chest and a heating compress is applied and changed three times a day including the first two or three days following the operation. In other

words, we undertake to prevent pneumonia by treating the patient as though he already had the disease.

Eight. Pain is combated by hot applications to the lower extremities. The influence of a hot foot bath in relieving pelvic and abdominal pain is well known. This method has been resorted to by the laity for hundreds of years. After the patient goes from the operating room a hot blanket pack or a hot pack employed by means of an electrically heated blanket is wrapped around the patient's legs and hips for fifteen or twenty minutes. This is repeated every three hours or as often as necessary to make the patient comfortable. The most convenient way is to have an electrical blanket on the bed in position and when it is wanted simply roll it about the patient and turn on the current. The effectiveness of the electric blanket may be increased by applying moist cloths about the legs. After the hot application heating compresses are applied to the legs their entire length. This consists of towels wrung out of cold water and covered with flannel and then with long boots made of mackintosh. This maintains the analgesic effect induced by the hot blanket pack. In abdominal cases heat is also applied to the abdominal region over the dressing. Hot packs may be employed but we find the best means of applying heat to this region is the photophore which consists of a group of electric lights encased in metal in such a way as to concentrate the rays of light upon the abdomen. By the use of these measures the patient is usually made so comfortable that anodynes can be almost wholly dispensed with. The patient usually sleeps several hours the first night after a severe abdominal operation and without the use of opiates.

Nine. The patient's general resistance is encouraged by cold mitten frictions and cold towel rubs. This is an excellent means of combating any tendency to shock following the operation and also the bad effects of confinement in bed. These applications are made two or three times a day.

Ten. The evil effects of confinement to bed including a tendency to venous stasis in the lungs, liver and other viscera is combated by deep breathing for two or three minutes every hour. These breathing movements are begun a few hours after operation and are continued so long as the patient remains in bed.

Eleven. Three or four days after operation the patient is encouraged to take some general exercises such as flexion and extension of the legs and arms, bending the head and other slight movements. The amount of exercise increases as the patient gains in strength.

Twelve. Beef tea, bouillon and all flesh products of every description are wholly excluded from our hospital wards. The reasons for this are given in the paper enclosed. The purpose, of course, is to give the liver and kidneys as little as possible to do and to combat the tendency to acidosis which is increased by the use of flesh products of any sort. The diet first consists of fruit juices, gruels and purees of potatoes and fresh vegetables.

Thirteen. Great care is taken to supply the patient with an abundance of fresh air. The patient is wrapped up and the windows opened even in the coldest weather. Patients after the first two or three days are rolled out into sun parlors.

The above, of course, is not a complete statement of our plan of caring for our patients but only an attempt to answer your inquiry as to what I consider to be the main factors in the facorable results which you have observed in our plan of preparatory and after treatment of surgical cases as carried out at Hinsdale. Whether or not careful attention is given at Hinsdale to all the points mentioned, I do not know.

I am very glad indeed to have your favorable comment on the system of surgical care which I have gradually evolved in my work here and appreciate your courtesy in writing me. If there is any point on which you

desire to inquire further, I will be very glad to hear from you.

I remain, dear Doctor,

Very sincerely yours,

TEL.5321 RIVERSIDE

DR.S.ADOLPHUS KNOPF

16 WEST NINETY-FIFTH STREET
NEAR CENTRAL PARK WEST
NEW YORK

CONSULTATION HOURS
11 A.M.TO 1 P.M.
BY APPOINTMENT ONLY

RECEIVED
APR 28 1917

New York, April 23, 1917.

John H. Kellogg, M.D., Superintendent,
Battle Creek Sanitarium,
Battle Creek, Mich.

My dear Kellogg:-

Miss H. Marie Brownell presented to me this morning a letter signed by The Kellogg Food Company. In this letter I have been asked whether I would be willing to testify to your reputation as a physician and dietitian. It goes without saying that I shall not only be delighted but eager to testify not only to your reputation as a physician, surgeon, dietitian and humanitarian and do all I can thereby to uphold your rights and see that you get what is honestly and rightfully yours.

I am at your disposal at any time, providing I am told 24 hours beforehand the time when I am expected to testify. Were it not that being as a Captain in the Medical Reserve Corps in these hours of national crisis I have to be at the call of the Surgeon General within 48 hours, I would come to Battle Creek to testify there.

With all good wishes for success in your righteous demands, believe me

Faithfully yours,

Dictated:

COPY

DEPARTMENT OF PUBLIC CHARITIES
of the city of New York
--
BUREAU OF INSTITUTIONAL INSPECTION
327 Schermerhorn Street
Brooklyn, n. y.

John A. Kingsbury
Commissioner
Henry C. Wright
First Deputy Com.
William J. Doherty
Second Deputy Com.
Floyd W. Fiske
Commissioner
Victor S. Dodworth
Secretary

Roy D. Bailey, Director.

November 10th, 1917.

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

My dear Dr. Kellogg:

The following may interest you unless you already know about it. I came across it last month while inspecting Randall's Island's Children's Hospitals and Schools, the place where New York City maintains its feeble-minded public charges, about two thousand in number, who range from rank idiocy through imbecility and up to the moron grade. There are also a few epileptics.

In looking into sanitary conditions and finding both the inmates and the premises clean, I asked the matron in charge of one cottage harboring one hundred and eighty-six children of the lowest type of mentality, how she managed to keep them contented. She said the children are trained to evacuate their bowels four times each day, once after each meal and once before bedtime. Those whose mentality is too low to form the habit of going to the toilet are placed on it by attendants. The others are directed there immediately after finishing their meals. The results are quite mechanical.

It was interesting to note how many of those who have been there for some time have clear looking skins and eyes, while many of the new arrivals are sallow and have pimpled skin.

Please accept my thanks and appreciation for the excellent care and courtesy your institution has extended to me during my last summer's stay. It leaves a pleasant memory that I hope to revive.

Sincerely yours,

(Signed) Regina B. Keller.

January 23, 1918.

Dr. Riley:

Enclosed find copy of a letter from Sir Horace Plunkett which I thought you would like to read.

J. H. K.

V-m

January 23, 1918.

Dr. Riley:

Enclosed find copy of a letter from Sir Horace Plunkett which I thought you would like to read.

J. H. K.

V-m

January 25, 1918.

Doctor Kellogg:-

I have received the copy of Sir Horace Plunkett's letter to you which you sent me. Thank you for sending this to me. I was pleased to hear from him through you.

W. H. Riley.

whr-ebw

Copy

January 31st, 1918.

Dr. J.H. Kellogg,
Battle Creek Sanitarium,
Battle Creek, Michigan.

Dear Doctor Kellogg:

I have just read with very much interest your paper on the Incompetency of the Ileocecal Valve and your method of restoring its function.

Although we have had little experience with operations of this type, and for this purpose, I have obtained several suggestions from your paper which I hope will enable us to add to the comfort of our patients during their convalescence, and possibly contribute to their safety.

Yours very truly,

(signed) . D.C.Balfour.

CABLE ADDRESS: POWHATAN.

FIREPROOF EUROPEAN

HOTEL POWHATAN

PENNSYLVANIA AVENUE

EIGHTEENTH AND H STREETS

E. C. OWEN, MANAGER

RECEIVED

Washington, D.C. Feb 3 1918

FEB 6 1918

Dear Mr. Kellogg. —

Judge Lindsey and K.

I are going abroad and would be so grateful if you would give us a letter of introduction to Mr Grace Plunkett — Please mail it to The Biltmore - New York City.

We hope to see you — on our return —

Sincerely —

Henrietta B. Lindsey.

(Mrs. Ben. B.)

Rush

Mrs. Ben. B. Lindsay, Hotel Powhatan, Pennsylvania Ave., Washington,

J.H.K. D. C. Feb. 3, 1918.

Judge Lindsey and self are going abroad and would be so grateful if you would give them a letter of introduction to Sir Horace Plunkett. Please mail it to the Biltmore, New York City. c/o

Hope to see you on their return.

k

MAILED
FILE
NO. F. U.
FOLLOW

February 7-1918.

Sir Horace Plunkett,
The Plunkett House,
84 Merrion Square,
Dublin, Ireland

My dear Sir Horace:-

This note will introduce my friends, Honorable and Mrs. Ben B. Lindsay of Denver. You know of the wonderful pioneer work which Judge Lindsay hasbeen doing with the childrens' court in Denver, also of the great fight he has made for honesty in politics and law enforcements which has given him an international reputation as a civic reformer.

The Judge is a man after your own heart. I am sure you will be delighted to meet him and his charming wife who are about starting on a trip abroad. It takes the brave souls to travel the seas these days.

Hoping our good friends will arrive safely at their destination and conveying through them to you my warmest regards and best wishes, I remain, as ever,

Your friend,

v-ik

- Blue Book
- Prosp. & Rates
- Vac. Bklt.
- S. Life Bklt.
- S. L. De Luxe
- Rea. Why Bklt.
- Meas. of Man
- Fac. of Safety
- Diet List
- Rate & Res. C.
- B. C. Idea
- Corr. Card
- Card
- Soul of B. C.
- San. Experience
- B. C. I. Bklt.
- Helpful Hints
- Ann. Report
- Starting Life Over at Forty
- Eating for Efficiency
- No Brh. Fldr.
- Winter Fldr.
- Kellogg Frds.
- Menus
- Pat. Exp. Card
- Nur. Chg. C.
- Res. Card
- D. S. Cat.
- D. S. Appli.
- T. S. Cat.
- T. S. Appli.
- Post-Grad. Bk
- Pro. Letter
- N.S.P.C. Cat.
- N.S.P.E. App.
- Stpd. Ret.Env
- Lit. Req. Blk.
- Dia. Manual
- D. Add. Cir.
- D. Add. Let.
- Reprint

The Battle Creek Sanitarium
Battle Creek Michigan

SUPERINTENDENTS OFFICE
J. H. KELLOGG, M. D.

February 13, 1918.

Dear Doctor:--

Enclosed you will find an announcement of a banquet to be tendered to our esteemed guest, Dr. Stephen Smith, of New York City. In behalf of our faculty and management, you are hereby cordially invited to be present.

Dr. Poultney Bigelow, of Malden-on-Hudson, will act as toastmaster. Dr. Bigelow is a son of Hon. John Bigelow, the former U. S. Minister to Germany, and knows more about the kaiser and the Germans than any other American. He was a schoolmate of the kaiser.

There will be other speakers, not the least interesting of whom will be Dr. Smith himself, who is still active notwithstanding his advanced age. He has just completed an extended work which he has had in hand for several years, a history of American surgery. Dr. Smith for nearly forty years has been the most active member of the New York State Board of Charities, and when 92 years of age was elected for a new term of eight years. Dr. Smith was the founder of Bellevue Hospital, the New York City Health Department, and the American Public Health Association. He prepared the manual of surgery used by the U. S. Army during the Civil War. He has been active in his profession for nearly three quarters of a century and is still hard at work.

Dr. Smith's 90th birthday was celebrated in New York City by a notable gathering of medical men representing all parts of the United States. We esteem ourselves very fortunate in having the opportunity to join with our medical colleagues in showing our respect and esteem for this extraordinary man.

Kindly notify us of your acceptance by signing and returning the enclosed card.

Very sincerely yours,

J. H. Kellogg

Stephen Smith

Battle Creek Sanitarium:

Your invitation to attend the Anniversary Banquet to be tendered Dr. Stephen Smith, Tuesday, February 19, 1918 is hereby accepted.

_____

POST CARD

BATTLE CREEK SANITARIUM
BATTLE CREEK, MICHIGAN

Anniversary Banquet

Tendered by the Faculty and Management of

The Battle Creek Sanitarium

in Honor of

Hon. Stephen Smith, A.M., M.D., LL.D.,

of New York City

On His 95th Birthday, Tuesday, February 19, 1918

At the Sanitarium Annex

7:00 P. M.

R. S. V. P.

Anniversary Banquet

in honor of

Hon. Stephen Smith, A.M., M.D., LL.D.

On His Ninety-fifth Birthday

By the Faculty and Management of
The Battle Creek Sanitarium

Tuesday Evening, February Nineteen
Nineteen Hundred Eighteen

Program

Toastmaster, Poultney Bigelow

Our Guest

J. H. KELLOGG

Reminiscences

DR. S. SMITH

Pioneer Days in Public Health Work

DR. H. B. BAKER

Representing the American Public Health Association

DR. W. A. EVANS

Representing the Army Medical Corps

COL. C. J. BARTLETT

Representing the State Board of Health

DR. R. A. OLIN

Representing the Army Medical Reserve Corps

MAJOR ERNEST E. IRONS

Menu

SALPICON OF FRUIT

MUSHROOM BROTH BREAD STICKS

CELERY RADISHES

SALTED ALMONDS

SOY BEAN LOAF TOMATO SAUCE

CREAMED PEAS IN TIMBALES

BROWNED POTATOES

HEAD LETTUCE AND CHEESE SALAD WAFERS

BUNS NECTAR

ICE CREAM ANGEL FOOD

MINUTE BREW

The Gray Chief

'Tis sweet to fight our battles o'er,
And crown with honest praise
The gray old chief, who strikes no more
The blow of better days

But when, untamed by toil and strife,
Full in our front he stands,
The torch of light, the shield of life,
Still lifted in his hands,

No temple, though its walls resound
With bursts of ringing cheers,
Can hold the honors that surround
His manhood's twice-told years.

—*Oliver Wendell Holmes.*

18,328

Speeches at the ninetyfifth birthday anniversary banquet in honor of Stephen Smith, A. M., M. D., LL. D. of New York City, held at the Sanitarium Annex, Battle Creek, Michigan, Tuesday, Feb. 19, 1918 at 7:00 P. M.

Toastmaster - Mr. Poultney Bigelow:

Toastmaster: The trouble will now begin . I came here to have a good time. I came here to accept the invitation of Dr. Kellogg. I never have been so worked in my life and when I get home they will ask me what sort of time I will have had and I can only tell them the story that appeals to me of the Irishmen. One of them asked theother "Was you at the wake last night, Mike?" Mikesaid, "Sure I was." "Did you see Kelly?" "Sure I did." "Why,Kelly was the life ofthe wake. Kelly was the corpse." Here I am pushed into the chairmanship which belongs to one whose color I am not worthy to analyse. I who do not know one word of medico though I have tried for an interpretorship in Washington but not bearing the name of Kelly or Mike I had no chance with the tumultios down there. We have come tonight to do honor to the great, great chief. The name appears to you as to me and all of us I am sure she will speak for himself. I have but to raise the curtain and the rest willbe done I am sure in a manner most agreeable to me for I will be the chief listener. The first spekker is our beloved Dr. Kellogg. (Applause)

Dr. Kellogg's speech is already written out.

(Applause)

Dr. Stephen Smith: I regard it as a remarkable privilege that I am permitted to pass this ninetyfifth birthday in this Sanitarium devoted to teaching the science and art of healthful living,of longevity (the rest of his speech was read.)

Loud
(Applause)

Toastmaster: This talk of Dr. Smith's is one that we will talk about to our grandchildren and they to their grandchildren's children for many years has been altogether too short. It has been too short for a talk considering the importance of it. It is one that is particularly dear to me, not only because we are both New Yorkers but because the Doctor has spoken of times that near to my own. When we think that we have here in our midst and are getting the living word from one who was a contemporary in his use of Lafayette and who was coeval almost with the men whom today we are regarding as the coniers of our literature, think of this hall with Washington, Irving, Bacon Cullen
Thackeray, Fenimore Cooper, William Jennings Bryant, Byron, Walter Scott. That was the age in which this master of Aesculapian art was brought up. Those were the days one might call the golden age of American letters if not of American science and I am sure we feel it a high privilege to have the pleasure of sitting down and listening to the words of Dr. Stephen Smith and I for one should like to propose his health by asking you all to give three cheers for Dr. Stephen Smith. There were three hip-hip-hurrahs given for Dr. Stephen Smith. (Applause)

Dr. Stephen Smith: I am very much obliged and feel that the compliment is perhaps not deserved but much of my life has been as I have described it and all of my early life was devoted to sickness. at a time that was extremely depressing and preventive of all the enjoy-
ment of boys and of early manhood and yet under the circumstances which in
I lived I had to work very hard. Taken from school at ten years of age I never saw the inside of a school afterwards and I studied Latin and Greek while at the plow at times when the horses were reding and all my efforts of those times tended to harden me and fit me for the work that I did and the work I have described to you has been the result

of continual work under embarrassing circumstances of the worst kind. I enjoyed my trip to Paris very much. I spent three months there and most of the time in the higher circles, dined two or three times with President Carnot and almost every evening we had a great dinner party given for this conference where there would be 300 or 400 men in attendance and there was seen the upper side and the better side of Paris. One one occasion I had the honors of a baron conferred upon me. When the President gave a great reception I was invited. As I entered the room the ushers standing by the door missed my name and asked me to come on and asked me to give the name again and I did, and I did some emphasis I suppose on the word "Stephen" when he called out loudly "Baron Stein." I stepped in, looked along the line and did not see the President and turned around and he was away off on my left and he approached me stepped out a few steps, introduced me to Madam Carnot and they waved their handkerchiefs and I could hear occasionally "Who is that Baron Stein?" And when I got to the end of the line and went around I met the dean of the Reporting Faculty of Paris and he came up to me with great enthusiasm - "By Gracious", he said, "You have got the greatest honor I have ever heard of being given to an American. The President never steps out of line unless it is a prince or a baron.

Toastmaster: Well, an empty stein is always a Baron Stein to us. We have tonight five illustrxkrous representatives of the great priestly profession and therefore as I am from the simple farm on the Hudson, where we go to bed with the chickens and this is my only eruption into the voluptous palatial life of a decadent civilisation, I go to bed at nine o'clock and I am trying to keep awake/nights in order to that you may have a feast that willnt happen often at least, until you not get into France. The next speaker is one I am proud to present who is to answer to the toast of pioneer days in public health work. It is to this gentleman that we owe the creation of the State Board of Health v-s

and many other activities connected with it that have made it perfect. I have great pleasure in presenting my illustrious kinsman, Dr. H. B. Baker. (Applause)

Dr. Baker: Mr. Toastmaster, comrades and friends - A half century ago - to be exact fiftyfive years ago, during the war of the rebellion, my acquaintance with the work of our honored guest started. During the years 1862 to 1865 when I served in the medical department of the United States Army one of the books on surgery that I used at the front in the division where I served was written by Dr. Stephen Smith. In 1865 and 1866 in Bellevue Hospital Medical College, New York, one my instructors was Prof. Stephen Smith. In the spring of 1866 I had the pleasure of having his name on my diploma and continue to prize that article. The American Public Health Association was organized in 1872. Dr. Smith was one of its organizers. He continued to be an active member and for two years served as its President. When I started a movement for a National Board of Health one who joined me in that effort was Dr. Stephen Smith. Later he was an efficient member of that National Board. During his service on the Board, about the time we had medical inspection in Michigan, he came to Michigan to help us in our work of preventing the entrance of disease into Michigan. I will leave for some other person the pleasure of speaking of Dr. Smith's many years of devotion to the cause of prison reform and public charities. It gives me much pleasure to be here to greet my friend during many years and to give my testimony to the lifelong and I am glad to be able to say long lifeservices of Dr. Smith in the cause of public welfare. Last I heartily join you in expressing to Dr. Smith our congratulations on his extensive work and our earnest wish for his continuing enjoyment of many years of usefulness and happiness. (Applause)

v-m

Toastmaster: I have the honor now of presenting to you the President of the American Public Health Association. It will be an impertinence for me to say anything more in introducing Dr. W. A. Evans. (Applause)

Dr. W. A. Evans: Mr. Toastmaster, Dr. Smith, Ladies and Gentlemen: I am here this evening to bring to you, Dr. Smith, the best wishes and the assurance of the esteem, regard and reverence of the American Public Health Associationin express our pleasure that you have lived these ninetyfive years and are able to celebrate this your ninetyfifty birthday and hope thatyou may be with us on your 100th birthday and to promise on that occasion if you will meet with us at the American Public Health Association we will hold exercises not only in your honor but in commemoration of the work which begun by you has been fostered by that Association. I have been greatly interested as I am sure all of you have in the recital by Dr. Smith of the association that has been his during these 95 years. I can understand howit would appeal as your Toastmaster has told you, that it has appealed to a literary man, how pleasing it is to have the opportunity of personal contact with a man who in his training had personal contact with Dickens, with William Cullen Bryant, with Oliver Wehdell Holmes and the other literary likes that it has been Dr. Smith's pleasure to associate with, at least in some measure. I assure you, Mr. Toastmaster, that it has been just as pleasing to us to have called to our recollection the journey over which we have traveled. We had almost forgotten that fact in the history of this country, our nation's activites were paralyzed by cholera. It is almost difficult for us to remember that over in the City of New York the activities of that City were paralyzed by thyphus fever. There are many other allusions that you have made that remind us of the accomplishment of our profession during the last 40 or 50 years. Inference has been made to the fact of the American Public Health Association, the organization I

represent here this evening, was founded at the instigation and largely through the efforts of Dr. Smith. It is now an organization of several thousand members serving, certain to bind together in the bonds of fraternity and of fellowship and friendship the various countries of this American Continent having actively represented in its membership the profession of preventive medicine in Canada, the United States, Mexico, Cuba and in some of the other countries on this Western hemisphere, several thousand members, a membership the mere printing of the names and addresses of which fills a book, the book that I hold here in my hand and yet a young organization although its history spans so much of the history of preventive medicine. Right here at this Board there are two of the small groups that launched this organization practically 50 years ago and I may say that Dr. Smith is the oldest member of that Association. In fact, he is the only member who holds his membership or has held his membership continuously since 1872 and I was somewhat surprised as I read down this list of members to find that following Dr. Smith's there are two names of men who jointed in 1874 who still retain their membership and then we ship to 1878 and I find that the fourth oldest member of the American Public Health Association is the youthful gentleman at my right, Dr. J. H. Kellogg. I am not only glad to be here to here to bring, Sir, the congratulations of the American Public Health Association and their good wishes but also to take advantage of the opportunity of drawing some lessons if you will permit me, Sir, from the history of your own life and from the history of the Association which you were so largely instrumental in forming for the benefit of the younger men who are here, the younger men/most of whom just now are changing the type of their activity and with your permission I will briefly ~~presently briefly~~ presently develop that feature of the thought that has been running through my mind. The American Public Health Association was formed particularly with the view of combating cholera. Those who gathered together in those early meetings were compelled/impelled to come together in order that they might learn

v-m

of methods for the control of cholera, a disease which periodically swept over our land, destroyed and threatened to destroy our very civilisation, and in the fear of cholera having been allayed in no great measure to the consuls and organs of administration and executive abilities of the gentlemen who are presented in the meetings, the Association turned its thought and attention to the control, of the conservation and, as we read, the history of the meetings in the early seventies until 1880 andin fact some distance into the eighties, we find that the group of men who came together at the meetings were largely men interested in yellow fever and as we look over the list of papers we find that the papers largely dealt with the control of yellow fever. There are few men in the hearing of my voice who can understand that forty years ago how mothers trembled or the strong men trembled at the menace of this dreadful disease. We are proud of the fact that the paper telling
method for the
of the/control of yellow fever evolved by Walter Reid and demonstrated by Reid and his confreres was read at the Buffalo meeting of the American Meeting of the Public Health Association and then this menace passed so believe forever from America and then it became necessary that the Association should have something to compare itself with and it has changed year by year its type of activity and to one who analyzes the changes in the programs in the discussions that have taken place from year to year there is plainly indicated the trend of thought in preventive medicine and one of the/ those tendencies is toward the prevention of those diseases which are the result

And one of those tendencies is toward the prevention of those diseases which are the result of faulty habits rather than faulty customs. It required much of courage a half century ago when Stephen Smith was knocking at the doors of the public at New York City, it required much of courage in that day to even ask or insist upon laws that had in mind a change in custom for our ideas of liberty were such that we believed that individuals and groups of individuals should be allowed to deport themselves as they saw fit to do, that there should be no threat, that there should be no restriction of the license that men demanded for themselves. If men chose to maintain their property in such a way as that typhus or typhoid raged, as that cellars were filled with foul waters, there was their own concern. Nobody thought that the community or any part of the community had any right to interfere with the liberties of the individual in the use of his property or the use of his energies. Now we have thoroughly established the fact that the rights of the mass demand that the rights of the group should be conserved even though there should be interference with individual liberties.

I was very much interested a while a go in one thing that Dr. Smith said, as nearly every one picked out for himself some one thing that particularly appealed to him. Some of these surgeons, no doubt, were interested in what he had to say about that pus pail that had to be emptied several times a day and others in the difference between the exercise of the art of Surgery a half centry ago and the art of sur ery to-day. And that is, in those mass methods of diagnosis to which he eluded, and still others in the patients who got well in spiteof the doctor who insisted that he was bossing his own job.

I is often wonder at that exhibition of almost super-human wisdom which came about, that there was written in the health laws

of all parts of the country, this provision that the right of injunction shall not lie as related to health laws. Now,that is fundamental and necessary and yet we often wondered how it came about that somewhere back yonder someone had the judgment, had the vision, almost the divine vision necessary to see the needs of such a provision. And I have learned tonight the answer to the question that had so frequently come into my mind. As the American Public Health Association found itself divested of the responsibility of planning against cholera and in turn against yellow fever, it began to turn its attention more and more to those things having to do with the habits of men, so we found various local departments of health writing us about Bright's disease, heart disease and high blood pressure and other diseases that result from erroneous habits and so we find health departments taking positions on such a question as the use of drugs including the use of alcohol. One thing that I am sure I have gotten and I believe that the balance of you have gotten is this; that by right living and simple living, by proper habits we are making for long life and conservation of health. Of course, most of you are aware of the fact that hundreds of years ago Cornaro went through much the same experience that Dr. Smith has gone through and he wrote it down as I hope Dr. Smith will write his down for, all through the centuries, some men at least, have held to the simple life by reading the biography and the methods of Cornaro. But we need to have these things repeated. I how can see through other centuries other men will be held to the simple life by reading the story of how Stephen Smith, delicate dyspeptic, sickly boy a earned for himself nintyfive years of useful life, earned for the country by simple living, by right living habits. e nintyfive years of useful life And let us put this thought before you if you please. Our great effort has been to conserve the life of children and yet how useless, comparatively speaking, is the life of a child as compared with the life of a trained matured man. A man to whom the experiences of life have contributed judge-

v-ik

ment and capacity for observation. If we could, by effort of ours, as health officers, add years from seventy to eighty or from sixty to seventy to the average life of man, how much would be contribute to the efficiency to the productive capacity of our nation. I am glad I am here for still a third reason and that is to develop this other thought. As yeare ago every Government shaping an army expect to have that army spend a comparatively brief period of efficiency in the field and then to go down or to be practially wiped out not by the enemy b ut by preventable disease and the percentage of death from preventable disease to deaths from bullets has been as high as twenty to one and not infrequently as high as twelve to one. In fact, just twenty years ago in this country was higher them twelve to one. One hundred years ago the diseases that were destroying armies destroyed armies before they had been trained to efficiency, were insect born diseases, ~~plagued~~ plagued by fleas and typhus by lice and yellow fever by mosquitos. We conquered that group of diseased agencies and then there came a period when it was expected and anticipated having been trained for a year and in some instances less than a year would be greatly infeebled by disease but would not be totally wiped out. That was the period of the Civil War, and up to 1898, diseases that wiped out armies at that time were the diseases that were conveyed by food including water , Typhoid fever and diarrheal diseases. But since 1898, we have learned sanitation and some other things that went with it and the result of all this learning is that our armies are not now announced in any considerable degree by any number of this groups of diseases. There is no apprehension on your part that our soldiers in training or our soldiers in the field will be in any great degree hampered by any one or by all of these diseases. We are passing through a period of revolution. Unfortunately, however, we have been very much more efficient in viewing things from a standpoint of the hasbeen , rather than from the standpoint of the Is-to-be. It was not until after we had been through several

experiences, many experiences almost innumerable experiences of diseases that were insect born that we began to learn how to control them and we finally ended them. It was not until 1898 with all of its horrors that we began to learn about the necessity of sanitation. Now we know , not only the medical officer knows, but the line officer knows and the private in the ranks knows the necessity for sanitation. And this information having become practically universal, we are freed. That menace is forever lifted from us; but I need not say to you that we are menaced by another group of diseases probably no more menaced then we have always been but we can see the menace now that other menances have been removed. Those things which cover them up have now been taken away and they stand out like a cliff from which all the xxxxxxxxx protection of tree and limb and bough has been stripped. I refer now to the respiratory diseases. Before very long we will look back over the experiences of this group of diseases and we will understand how it will be necessary to anticipate for the next war.if we are to be protected from this groups of menaces and my judgment is that, in any other way meningytis, pneumonia and measles and mumps and all of those respiratory diseases that are now troubling you gentlemen, will be as little known and as little feared as typhoid and the diarrheal diseases are today. And in that time you will recognize the fact that you have in the manifestation of colds , you have in the coughs that greet you when you men are gathered together in assemblies, you have in these a fore-runner, a warning of measles, mumps, meningytis and pneumonia just as Vaughn of this state demonstrated in 1898, that diarrheal diseases were the fore-runner of typhoid fever . Just as he then demonstrated that a wide awake English military officer observing a great increase in the amount of diarrheal diseases could safely predict later on an epidemic of typhoid fever and then when that group of diseases has been conquered there will be other problems to solve. I verily believe that the time will come when men in the field for purposes of fight-

v-ik

ing will be held at full efficiency for the purpose which they are there and there will be no sickness rate and there will be no death rate and no disability rate, save from wounds. But that is not the main thought that I have had in mind in this line of thought. Before very long this war will be over, men will come marching home and one of the things we have to think of is what will be the trend of thought, what will be the trend of national behavior after the war is over. We are prone to assume that every ill of which we have complained, that every transgression of the right of the mass will be corrected and that our society will proceed, will move on in a lazier way after the war is over. That is not logical, ladies and gentlemen, nor is it in line with history. If we are to be ~~governed~~ guided by precedent we must remember that 1865 was followed by ten years of the work debauchery, political, group, social and individual that this nation has ever known. If there is anything in precedent we will find this is the condition of affairs. Having been kept up on the discharge of our duty, having become tired of work for the group, we will swing back into an intense individualism out of which there will grow illhealth and disease; political disease, social disease and disease of the human body. If there is to be anything different from these it will be by reason of organized effort and planning and determined effort to see to it that the wrongs shall be righted and one of the things that I very much hope will come out of it is, that there may be no longer a disregard of public health suggestion as prevailed in timespast. We have something like twenty thousand medical men now engaged in training. The great majority of these men prior to this time have been practicing corrective medicine and that too on the basis of individualism. Their efforts individually, efforts expended for a person, an individual. For the first time in their lives, they are contact with groups medicine. When this war is over these twenty thousand and perhaps more than twenty thousand men will be discharged. The majority of s them into the walks

of private life. They will have had a training in public health, therefore we will have some thousands of medical who not only have had training in the prevention of disease but who have also had experience in that prevention. They will go back to their respective communities. So have the right to hope that out of that there will come an age in this country in which there will be more attention paid to those habits that make against health, to those habits that make for health; more attention paid to those customs that are necessary for the perpetuation of the welfare of that nation. It is not logical to expect that this war will continue many years. Therefore I hope Dr. Smith that when on your one hundreth birthday, the American Public Health Association has gathered to do you honor, that they will have in their ranks not only the few thousand men trained in public health as we now have them in this country but they will also have some tens of thousands of men trained in the health conservation by reason of army experiences. Furthermore,that they will have been at work in their communities for several years. Therefore, we hope as we believe, that we have the right to hope, that the horizon of a better day for the manhood and for the man-power for this country will have come. (Applause)

Toastmaster. Now then we are going to have a few short talks to wind up. We have gotten through the first heavy load in the program and you who are tugging at your tethers to get abroad to the street, you will be glad that now the old roosters have got stopped their talking and we will now hear from the young blood that represents the future. It was a great philographer, I forget whether Benjamin Franklin or some other, who said it was a liberal education to merely walk the streets of Paris and you young men will find it so. It depends a little upon the girl who escorts you whether it is a liberal one or not but then you have had enough advice here from Dr. Evans to steer you in the right way in that serious petticoat lane. But now I have the honor of calling upon one who represents the army who also shows in his face the French

18,341.

blood that comes through his ancestry. Colonel Bartlett.

Colonel Bartlett. Mr. Toastmaster, Dr. Smith and gentlemen. Dr. Kellogg has asked me to speak for a few minutes on behalf of the regular army, army medical corps, an organisation which at the present time is spread so thinly that its numbers are barely discernable but on the other hand when you consider its influence, the stamp and the hall mark of its activities are among the pronounced influences which will ultimately give us that force of the fighting men and that other equally great force of men behind the lines of combat that we all sincerely believe will be the deciding factor in this great conflict. Men are inspired to greater efforts in time of stress by the records and examples of those who have fought the good fight before them and tonight we have the good fortune to meet with feelings of emulations one situated in the past as we are situated today, or by the sight of our forefathers grappling with problems similar to these in the great struggle of their generation. Two years ago next June when the army reorganization bill went into effect, the regular medical corps consisted of four hundred and fortyfour men, a number which is today in comparison with the total number of doctors who have been called to the colors by an insignificant drop in the bucket. Yet it is upon these men of the regular medical corps that devolves the task of organising our expended personnel both officers and enlisted of training this personnel of procuring the requisite supplies of training and constructing our numerous hospitals and overseeing the sanitary conditions within and surrounding our camp and a instigating many measures of preventive medicine which have so greatly diminished our morbidity rates. The dental and veterinary corps with their personnel have been added to the medical department and are now in process of reorganization. The veterinary in particular will be placed on a high standard of scientific efficiency for the first time. Practically all members of the regular medical corps with the exception

active practice of their medical profession and assigned to administrative duties. This has not been in accord with the personal wishes for most of us have always considered ourselves as doctors first but during the years of our service we have been steadily under training for administrative positions and we now find that our spheres for greatest usefulness lie along theose lines. In speaking in this way of the regular medical corps I do not under value the services of our professional brethren of great ability who have arisen everywhere at the call of their country and are devoting their talents in the Surgeon General's office in our hospitals and regiments but am emphasizing the fact that their organization and the direction of their energies are being largely controled by the old gmx guards. The supreme tests of our efficiency is now beginning and I am sure the hopes and ambitions of our Division Commander that for us it will soon come and we take our proeper place among our allies. We will be judged by the world in according with its most advanced standards and though we may err at times I have no doubt that when the time of general account comes, we will have added new laurels to our calling and profession. (Applause)

Toastmaster. Dr. Olin is unfortunately detained on important business and now I have the pleasure of presenting to youa member of the State Board of Health, Mr. W. D. Farley.

Mr. Farley. Mr. Toastmaster, our guest of the evening and our host, Dr. Kellogg. I want to include as well as my predecessor on the State Board of Health and first secretary of that Board, our esteemed Dr. Baker, ladies and gentlemen. I find myself in a somewhat unfortunate situation cast into the position of another man without being furnished with a speech that goes with or is supposed to go with the position. Secondly, I am not a public speaker, far from it. That is not my hobby or habit. Thirdly, I am lost in the atmosphere of the evening, not being able to comprehend, not being professionally trained in the line

of you medical men. I very much regret that Dr. Kellogg thought it best to have the Michigan State Board of Health represented just now even for a moment by your humble servant. It is my great good fortune to be a member of that Board and much do I enjoy the association for all the other members of the Board and doctors and it is regretable by myself and would be by every other member of the Board if they should express themselves that Major Doctor Victor C. Vaugh, the Dean of our Ann Arbor University, President of our State Board of Health, could not be here tonight to speak for that Board in the honor of such a gathering. I will not attempt that task of speaking especially of the work of the State Board of Health nor will I detain you with any attempt on my part to give you an address. I wish especially to say that I do appreciate the honor and pleasure of meeting again with Dr. Baker whom we look upon as really the father of the Michigan State Board of Health and for we have considerable esteem for the record that the Board has made since he laid the foundation of its work. I believe, Dr. Smith, that I feebly expressed the sentiment of every person present in this room tonight when I say that instead of doing you honor in this gathering we but honor ourselves in gathering here to meet with you. To my mind, you have built your own temple of honor to which no man or woman can add. No organization can add to my notion any honor to the accomplishments of Dr. Smith and it does seems to me, ~~Mr~~ ladies and gentlemen, that we are ourselves whenever and wherever we show appreciation of the accomplishment of such a life. I thank you. (Applause)

Toastmaster. I suppose I shall call upon Colonel Bartlett five years hence at the one hundreth anniversary to make that address all over again in his French that he will have learned at that time. I expect there will be hundreds of French lines all over the place here to celebrate the occasion. Allow me to say that you cannot do better. We are going to have some more real stuff from the army here. Major Ernest

S. Arnos of the Army Medical Reserve Corps. Major Arnos. (Applause)

Major Arnos. Mr. Toastmast, ladies and gentlemen: It gives the medical reserve corps the greatest pleasure and honor to meet on this occasion and celebration of your guest. A man who has had a very large practice as a Sanitarium and as a Humanitarian and owing to the lateness of the hour I represent the feelings of the officers of the medical reserve corps when I substitute for these things I have to say, a pledge. I wish to pledge the officers of the Medical Reserve Corps of the Army to say that the officers of the Medical Reserve Corps have but one thought and wish and that is, the rendering of the most efficient and complete service of which they are capable in the presence of the great undertaking in which we are embarked. (Applause)

Dr. Kellogg. I just want to thank our army and medical ~~guxxx~~ gentlemen for their courtesy in coming tonight to assist us in doing honor to Dr. Smith, and to ask you to make yourselves always at home here at the Sanitarium while you are in this vicinity. Our faculty till always be glad to greet you at any time. (Applause)

Feb. 28, 1918.

MEMORANDUM FOR ANOTHER MEDICAL PAPER. - to be entled,

"A Great Surgeon's Mistake."

Showhow Mr. Lane made a mistake, first, in short-circuiting operation; second, in his idea that the colon must be removed. Mr. Lane was not to blame for at the time no one knew any better. It certainly was necessary that something should be done and his ingenious surgical suggestion while it proved to be based upon a wrong theory and hence not an important contribution to surgery, nevertheless had the effect to call the attention of surgeons to conditions greatly needed to be remedied and the study given to the subject has resulted in throwing light upon one of the darkest corners in etiology and has led the way to the development of successful therapeutic methods which

are properly applicable and free from the objectionable features necessarily associated with the radical measures proposed by Mr. Lane.

V-m

Dr.Evans in The Chicago Tribune,April 8,1918.

95 Years Young.

In February Dr.Stephen Smith of New York celebrated his ninety-fifth birthday at a Battle Creek sanitarium. In a banquet speech he reviewed incidents of his life in a manner both physically and mentally forceful. So impressed were those present with his physical vigor that proposals were made for a joint celebration of the fiftieth anniversary of the foundation of the American Public Health association by Dr.Smith and his friends and of the one hundredth year of Dr.Smith's life.

Of course,accidental death is liable to come without warning to any one,and especially to a man nearing 100. By accidents,I include those due to bacteria as well as railroad and street car mishaps. But from the standpoint of organic soundness Dr. Smith's chances of reaching his one hundredth year seem excellent.

Dr.Smith,in explaining his long life,said:"Until I was fifty I was an invalid. I suffered from indigestion. In consequence,I lived very simply. I ate little besides milk,fruit,and a few cereals. When I had a spell I was forced to live more simply still. I had severe headaches. When I asked any doctor what was good for my headaches,he replied,'About fifty years.' My addiction to these spells also made my first fifty years a period of invalidism and forced me to restrict even further that quantity and variety of any food."

Dr.Smith is not the first dyspeptic who has coined his bad fortune into long life. The best known illustration is the Italian philosopher and writer,Cornaro. Cornaro's health was so poor that he went on a very simple diet and lived to a ripe old age. He limited

From The Chicago Tribune, April 8, 1918.
By Dr. Evans.

How To Keep Well.

himself to twelve ounces of solid food a day.

Metchnikoff,in "The Prolongation of Life",days: "It may well be said that great riches do not bring a very long life. Poverty generally brings with it sobriety,especially in old age, and it has often been said that most centenarians have lived an extremely sober life. In Chemin's list I have counted twenty-six centenarians distinguished for their frugal life. Most of them did not drink wine and many of them limited themselves to bread,milk,and vegetables,"

Oustalet,as a result of a study of longevity,found a definite relation between diet and longevity. For the most part, herbivorous animals live longer than the carnivorous.

There are many factors which enter into longevity,but it is not without significance that men like Stephen Smith,after a long period of invalidism should attain health,vigor,and long life by sticking to a very simple,plain diet. Simple food,and not much of it-"milk,vegetables,and a few cereals".

Alfred Rural Cemetery Association

Alfred, Allegany County, New York

May 10, 1918

To Owners of Lots and to Friends:

Our Cemetery is worthy of a care that will preserve and increase its beauty. To give it such care requires the co-operation of all who own lots or who are interested in them.

The income from our small amount of invested funds is not sufficient to provide for reasonable care and necessary expenses. We hope that some day there may be an endowment large enough to do this.

The sum of fifty dollars is believed to be a reasonable endowment for a single lot, and that amount has been fixed by vote of the Board of Trustees as such endowment. A few lots have already been thus endowed, and we believe that many more should be endowed, thus providing for their perpetual care.

If you have not endowed your lot, or are not now ready to do so, you are hereby most earnestly solicited to contribute at least one dollar a year to the Care Fund. This will not pay for all we would like to do to keep your lot and the cemetery beautiful, especially in these times of increasing prices of labor and materials. We fall short of our ideals and probably of yours, but are doing our best with the means at hand.

May we not hear from you at an early date?

Cordially and sincerely yours,

A. B. KENYON, Sec'y-Treas.

The number of your lot is No. 11. Jared Coon No. 345. Joseph C. Eaton

Please bring or send this notice with your remittance to facilitate giving proper credit, and to be receipted and returned to you if you request it.

Received of Mrs. E. E. Keeley $2.00

For the Care Fund of the ALFRED RURAL CEMETERY for the year 1918.

A. B. Kenyon Treas.

Alfred, N. Y.

May 10, 1918

- Blue Book
- **Prosp. & Rates**
- Vac. Bklt.
- S. Life Bklt.
- S. L. De Luxe
- Rea. Why Bklt.
- Meas. of Man
- Fac. of Safety
- Diet List
- Rate & Res. C.
- B. C. Idea
- Corr. Card
- Card (special charge)
- Soul of B. C.
- San. Experience
- B. C. I. Bklt.
- Helpful Hints
- Ann. Report
- Starting Life Over at Forty
- Eating for Efficiency
- No Brh. Fldr.
- Winter Fldr.
- Kellogg Frds.
- Menus
- Pat. Exp. Card
- Nur. Chg. C.
- Res. Card
- D. S. Cat.
- D. S. Appli.
- T. S. Cat.
- T. S. Appli.
- Post-Grad. Bk
- Pro. Letter
- N.S.P.C. Cat.
- N.S.P.E. App.
- Stpd. Ret.Env
- Lit. Req. Blk.
- Dia. Manual
- D. Add. Cir.
- D. Add. Let.
- Reprint
- The Health Decalogue
- How to be Slim
- Plunkett Reprint
- Guelpa's Discovery

JUN 6 10

MAILED
FILE
NO. F. U.
FOLLOW

June 5, 1918.

RECEIVED
JUN 6 1918
K

Sir Horace Plunkett,
The Plunkett House,
84 Merrian Square,
Dublin, Ireland.

My dear Sir Horace:

I just found on my desk a package the opening of which afforded me the pleasure of looking at your amiable face. I owe you a letter. I have not written you because I knew you must be overwhelmed with everything and did not know of a thing I could say to help you and feared that a letter might add to your burden. I want to assure you, however, that you are not forgotten by your Battle Creek friends.

We were all shocked the other day at the appearance in a Hearst paper of a statement that you had been arrested in connection with other members of the SinnFeimers. I immediately wired Arthur Brisbane who is personally in charge of the Herald Examiner calling his attention to the fact that his publication did you a great injustice, that his reporter had been misinformed, that the man arrested was a relative of yours and not you at all, that you were a member of the King's Privy Council and in the confidence of the government. I have seen no correction of their libelous statement which I was very shocked to see for I am absolutely certain Arthur Brisbane knows enough of you and of the situation to know perfectly well that

Blue Book
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S. Life Bklt.
S. L. De Luxe
Rea. Why Bklt.
Meas. of Man
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Diet List
Rate & Res. C.
B. C. Idea
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Post-Grad. Bk
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Plunkett Reprint
Guelpa's Discovery

MAILED
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NO. F. U.
FOLLOW

the statement was false without being informed. I have received no acknowledgment of my communication. I am sure my telegram was delivered as it has not been returned to me.

One of our local editors tells me that he thinks the publication was absolutely libelous, that they ought to be made to make ammends for it.

We are watching the news from the front very anxiously these days but, however the present movement ends, the war will go on till victory for the right is won. If America had listened to your advice and appeal a year earlier, we should have been a long ways nearer the conclusion of the conflict.

I had a visit with Hudson Maxim the other day in New York. He has some very strong views about the situation. He expressed very emphatically the opinion that, unless the Germans were victorious, the war would last twenty-five years.

Our Dr. Case is at the front and doing good work. He has now received the rank of Lieutenant Colonel and has charge of all the X-ray surgery of the American Army in France. He is very glad to have a chance to have a part in the great struggle. We have four doctors in the war and more than one hundred others. Nurses are going out from here every few days to join the Red Cross work.

Thanking you very much for sending me your picture which I shall prize most highly and hoping your health is holding up under the great strains which you are enduring, I am, as ever,

Your friend,

V-M

Dear Mrs. Kellogg:

I shall be so pleased to have you come and see the beautiful work of weaving, fans and baskets, made by our girls.

These articles are to be on sale in the Palm Garden on Tuesday, June 18, from 2 to 5 P.M.

We have a very unusual line of work, teaching the girls to reproduce the hand-work of their grand mothers, the sale of these articles all goes towards helping them receive an education.

The boys grow our own wool and angora, then the girls card, spin, and weave the yarn into materials of all kinds, which I am sure you would enjoy seeing.

Sincerely yours,

Martha Berry

Mrs. J. H. Kellogg.
June 17, 1918.

Good Health, July 1918

Doctor Stephen Smith's Ninety-fifth Anniversary

Dr. Stephen Smith of New York, who was eminent as a surgeon for nearly three-quarters of a century, and whose name is familiar throughout the civilized world. on Feb. 19, 1918 had his ninety-fifth birthday.

The managers of the Battle Creek Sanitarium, where Dr. Smith was at the time spending a month with his daughter, Mrs. Florence Mason Smith, for rest and change, having incidentally learned of the Doctor's approaching anniversary, made arrangements to tender him a complimentary banquet, which was held, Tuesday evening, Feb. 19.

There were present by invitation, distinguished professional and literary men and women from all parts of the country besides medical officers from Camp Custer. The company filled the spacious Annex banquet hall, and the occasion was altogether an enjoyable one.

The place of the toast-master was filled by Poultney Bigelow. the well-known author and historian, son of the Honorable John Bigelow, the famous diplomat and a friend of Dr. Smith.

Of course, the remarkable feature of the occasion was the astonishing youthfulness of the guest of honor, Dr. Smith, and, as this noble leader in the medical profession addressed the large audience gathered to greet him, his tall, erect figure, his Gladstonian face, and his mellow, sonorous voice, formed a most impressive picture.

His most entertaining rehearsal of pioneer experiences in public health administration, in the organization of the American Public Health Association, of which he was the founder and the first president, and in obtaining the early health legislation through the passage of bills drafted by him when health commissioner of New York, held his auditors spell-bound.

But the thing in which the readers of GOOD HEALTH and the public in general should be most of all interested, is the fact that this remarkable man whose life has been, from early boyhood, one of continuous and strenuous activity, although he has reached the age of ninety-five years, shows none of the symptoms of extreme old age. Active in mind and body, this man of ninety-five declares that he has yet to experience what it feels like to be old, with eyesight still so keen that he is able to read without glasses, perfect steadiness of hand, youthfulness and alertness of mind, full of youthful optimism, strength of limb, off every day unattended, for a five-mile walk, climbing the stairway to the fifth story to his room, in preference to using the elevator, clean tongue, sweet breath, clear skin, normal blood-pressure—a picture of health which any normal man would be glad to be able to present at sixty years.

A critical medical examination showed no evidence of disease in any vital organ, with the possible exception of a slight weakness of the heart.

Up to the time of his visit to the sanitarium, Dr. Smith had continued unremittingly active in his professional work, a leading feature of which has been in con-

nection with the New York Board of Commissioners of Charity, of which he has been continuously a member for more than forty years.

We are glad to present to our readers this remarkable example of the advantages of the simple life. Though feeble in boyhood and more or less an invalid during the greater part of his life, Dr. Smith has accomplished prodigious tasks, not only in his profession, but in various public activities, and has been able to do this through strict adherence to the rules of temperate living—no alcohol, no tobacco, but little meat, plain, simple food, chiefly cereals and vegetables, and regular habits.

Careful attention to personal hygiene in every way has made possible a remarkably long life of extraordinary activity for a man whose original endowment in health was, to say the least, not such as to promise such remarkable results.

On other pages in this number will be found the first installment of the account of the anniversary occasion, which we are sure will be of interest to our readers.

Dr. Kellogg's Address

Mr. Toastmaster, Ladies and Gentlemen, Our Distinguished Guest:

I feel, Mr. Toastmaster, so woefully inadequate for the task you have assigned to me that I confess myself somewhat disconcerted and as a Southern confrère might say, flabbergasted. For a "young fellow" like myself to introduce a man whom all the world knows far better than I am known, a Methuselah who had reached middle life and had become an international character when I was born, seems wholly out of place. Nevertheless, I am proud of this opportunity to offer a tribute of honor and esteem to one whose life has been an inspiration to two generations of men engaged in uplift activities.

We are gathered here tonight to do honor to this man of science who for nearly a century has been pushing hard at the wheels of civilization, and lifting and boosting forward everything good and beneficent in this great country.

A hundred years ago, this country, like every other civilized country, was struggling with problems which threatened speedily to swamp the ship of state, of civilization. Deadly epidemics of cholera and yellow fever and the perennial pest misnamed malaria took every year an increasing toll of our population; and that horror of horrors, the black death, hung like a dark cloud over the world, likely to descend at any moment to sweep over the country like a besom of destruction. That ancient household pest, the fly, the furtive flea, the sneaking mosquito, and other ferocious beasts roamed about our firesides, committing daily deadly depredation upon us while wholly unsuspected of being anything more dangerous than puny pilferers. The mortality rate was enormous, more than double that of the present. Our cities, rapidly growing in size, were veritable hot-beds of disease. Infant mortality was so high that it was more dangerous to be born in New York City than to face the red Indians of the West, or the dark-skinned pirates of the Morocco Coast.

Every community, even rural districts, lived in a constant state of fear and suspense, not knowing when a mysterious providence in the guise of typhoid or typhus, plague, cholera or yellow fever, might break forth and slay old and young with pitiless impartiality.

In the midst of this appalling desolation, when the hearts of men were trembling with alarm and despair, a small group of men began to devote their lives

to the task of penetrating the mystery of what were generally considered providential visitations in the form of epidemics and endemics, and to find means of combating the mysterious foes which rendered so dangerous the conditions of civilized life that a return to savagery seemed to offer the only way of escape from race extermination. Jacob Bigelow of Boston, a kinsman of our distinguished toastmaster, Oliver Wendell Holmes, and a few other men possessed of extraordinary insight, made, by the aid of the scientific imagination, discoveries of which the modern microscope has only worked out the details, and by the aid of which the world has been rescued from its most deadly foes and protected against the malignant providences (so-called) which formerly filled the hearts of men with apprehension and dismay.

Modern civilization has been saved by organized sanitation from the fate of ancient Greece, whose invincible armies the mosquito defeated after they had conquered the world. Sanitary science, organized sanitation, is the magic instrument which has driven the plagues of Egypt from our homes and cities, which has reduced the annual death rate per thousand from 30 to 12, and infant mortality from 200 to 50, and which has saved in the last fifty years in this country alone not less than 20,000,000 human lives.

And the man whose keen insight and wise foresight formulated the idea of organizing the scientific and civic forces of the country into an effective army, and launched the campaign which has spread and swelled and penetrated, and developed into the great system of public health organization and service which reaches every hamlet of this great country, is with us here tonight, our honored guest. Always the leader among his colleagues when new foes were to be attacked, new fields explored, new problems solved, he still retains that position, while all his compeers have passed away. The Spanish adventurer, Ponce de Leon, who explored the wilds of Florida to find the fountain of perpetual youth failed in his quest, but if he had arrived in the nineteenth century instead of the sixteenth, he might have discovered it near the small city of Skaneateles where, for half a century, a man afflicted with chronic invalidism, has, by the potent magic of the simple life, bid defiance to disease and old Father Time, until he has doubled the longevity of the average American, smashed the life expectancy tables into smithereens, and shows in his erect carriage, his firm step, his clear eye with undimmed vision, his luminous Gladstonian countenance, his ready wit and steady mental productivity by voice and pen, the wonderful value of temperance, frugality, self-control and biologic living.

Some forty years ago I visited Wilmington, Delaware, to interview a man reported to be one hundred twenty years old. I found him sitting on the doorstep of a hovel, smoking a short black pipe, and learned that for a hundred years he had been doing likewise and daily swallowing copious draughts of rum. He was leather colored and shriveled, doubled up with rheumatism, his mind a blank. For forty years he had done nothing but smoke automatically. In fact, he had been dead for nearly half a century, but his friends had neglected to bury him.

There are quite a number of these impediments to progress in existence, which I confess have been something of a distress and grief to me, among others a certain congressman whose name I will not mention, especially since the roar of his cannon seems to have recently much abated. When the late Sam Jones was once assailed in public by one of these ancient beer and tobacco consumers who boasted of his habits, and asked for an explanation, Mr. Jones hurled back at him the suggestion, "Evidently you are so uncommonly tough that if you had not smoked tobacco and drank whiskey, they

would have had to kill you with an axe on judgment day."

Our friend had no such tobacco and fire-water proof constitution to start with, but a sickly boyhood and invalid manhood. But as a result of biologic living he has been blessed with a hale and hearty old age and still moves among us with the steadiness and celerity of youth—clear and resonant voice, unwrinkled brow and the clear, ruddy skin which signifies pure blood and poison-free tissues, the same rosy tint which we see upon the cheeks of our military guests here tonight, who are profiting by the simple outdoor life of the training camp.

Why! down in New York so many generations of men have risen and passed away since our friend began his work that no one seems to imagine that he will not live and work forever. Three years ago, when he was ninety-two years of age, and after he had served on the State Board of Commissioners of Charity for more than thirty years, he was appointed by the Governor for another term of eight years. And he has not been a mere honorary member; at the present moment he is a member of every standing committee of the board and of several special committees. He is also president of the Tree Planting Association of New York. His leisure he occupies with finishing the manuscript of the surgical history of this country and writing books about reform in the methods of dealing with the insane, a matter to which he has given much attention.

But to attempt to enumerate a complete list of the accomplishments of this long busy life, would fill a library. Touching only the high points, we find:

The founding of a great medical school which was a pioneer in important advances in medical education.

The formulation of a code of laws for health administration which has served as a model on which to build the health legislation and administration of this whole great country and of other countries which have followed its lead.

The founding of the American Public Health Association, of which he was the first president.

The creation of the National Board of Health, of which he was a member, and a great number of other professional and civic activities, the full list and account of which would fill a large volume.

I must not forget to acknowledge my personal obligation to our noble guest, whose inspiring instruction I, with hundreds of others, enjoyed in the seventies when the Bellevue Hospital College was presided over by him and the elder Flint, James Wood, Fordyce Barker, Frank Hamilton, Albert Crosby, the elder Janeway, Dr. Mott, Dr. Peaslee, Van Buren and others,—a faculty which has perhaps had no equal in the medical history of this country. His lectures in anatomy and surgery held the attention of every student by their lucid presentation of the subject in hand, while every hearer was charmed by the lecturer's impeccable amiability and the fine diction of his descriptions, and most of all by the noble ideals and high professional standards always held before his students.

For four centuries the world has profited more or less by the example of an Italian nobleman who at the age of forty, after a dissolute youth, reformed, and by living a most frugal life extended a brilliant and useful career to a full century. Cornaro's experience proved that even when crippled and weakened by abuse and excesses, the human mechanism may by delicate care and economical use, be made to extend its activity far beyond the ordinary limit of human life, a lesson which has perhaps led some to take license from the idea that one may safely devote the first half of his career to reckless indulgence, if willing to spend the latter half in doing penance.

But the life of our modern American Cornaro teaches a lesson of far greater

value to the world. It shows most conclusively the power of simple living to conserve the vital organs and to lighten the daily task of liver, stomach, heart, kidneys and other essential parts of the living machinery, so that a frail and delicate organism lacking the robustness and hardiness which tolerate abuses, may be made not only to support a life of extraordinary activity during an extraordinary length of years, but may actually reach the age when most men pass off the stage still in a state of youthful soundness and fitness rarely existing beyond the age of fifty years.

This life history also brings clearly to view the enormous waste of human life, activity and energy which results from excesses, from the laying upon the vital organs of extraneous burdens which they should not be asked to bear, in the use of alcohol, tobacco, and other poisons, in overeating and other irregularities.

Still another important fact appears: viz., that useful, productive work is not the thing that wears and wastes and shortens the life of the average man, but excessive demands upon the vital machinery from wrong habits, unbiologic living.

In the wonderfully luminous and productive life of our distinguished guest is to be found an object lesson for the world, for all the generations of men who shall come after us, in which is a realization of the hope for life-conservation and extension and race betterment and the final development of a new and better race of men whose life, as said the old prophet, shall be as the life of a tree.

And so myself and my associates very naturally considered ourselves most fortunate when, a few days ago, we discovered that we were in possession of an opportunity to join with our medical colleagues of the vicinity, and through the courtesy of Colonel Bartlett, the large Medical Corps from Camp Custer, in this expression of our respect and love for one to whom, with all the world, we are so greatly indebted.

If the millions of men and women whose lives have been saved within the last fifty years through agencies initiated by Dr. Smith were here tonight to lift their voices with us in gratitude to this man whose life has been the concrete expression of the altruism and self-devotion which dominate his character, the mighty shout would be heard around the world.

Allow me now, to present to you our honored guest, Dr. Stephen Smith, who is ninety-five years old today.

Dr. Smith's Address

Mr. Bigelow, Dr. Kellogg, Ladies and Gentlemen:

It is a remarkable circumstance as well as a high privilege to be permitted in the order of Providence to pass my ninety-fifth birthday in this Sanitarium devoted to teaching and practicing the science and art of longevity. Though I can not claim to have reached my present age by an intelligent adherence to the principles of that science and art, I am nevertheless a living illustration of their power when rigidly enforced to accomplish their divine purpose of enabling man to live, barring accidents, all his appointed days, now scientifically fixed at one hundred years.

We are accustomed on these rapidly recurring anniversary days to take a retrospective view of our lives and forecast the future—a kind of "taking account of stock." Looking backward from my somewhat elevated view-point of nearly a century,—from the days of John Adams, Thomas Jefferson, LaFayette,—the changes in everything pertaining to human life and its various activities have been so extensive

and so radical that I seem to have lived in two worlds—certainly in two widely different civilizations. Comparing the first with the second in everything pertaining to the physical and mental development of the race, it would seem that centuries must have elapsed between these periods, and yet they have occurred within my memory. The flickering tallow candle by which I studied as a boy is now the brilliant electric light, the palace car has sent the stage coach to the scrap heap, the telegraph and telephone have annihilated time and space, the automobile has put the horse out of commission, the loss of a limb, or eye, or the teeth, is immediately supplied by others often more comely and serviceable.

"Reminiscences," the subject of my remarks, was suggested by the following incident on a former visit to the Sanitarium: There appeared on the bulletin board one morning this announcement of the evening entertainment:

"GOOD HEALTH ESSENTIAL TO SUCCESS," Speakers, Dr. Kellogg, Sir Horace Plunkett, and Dr. Stephen Smith.

Dr. Kellogg spoke with his usual force and enthusiasm on his favorite topic. Sir Horace stated that he was somewhat confused on reading the notice as to his subject, but concluded that it must be the middle word "and" which he discussed in a witty vein. As a suitable introduction to my own remarks, I stated that as I had no experience of the value and power of good health as essential to success, I preferred to speak on a much more familiar and perhaps equally entertaining subject,

"REMINISCENCES OF A LIFE OF ILL HEALTH."

Dr. Kellogg's very kind allusion to some of my activities also suggests that these personal reminiscences will be suitable to this anniversary occasion. I trust that their autobiographical character will not be attributed to conceit.

Though well born on a farm in an unusually healthy district of central New York, of Oxfordshire, England stock, I scarcely had a well day until the age of fifty. Indigestion in a severe form and its attendant autointoxication, restricted me to the "simple life." My diet was chiefly milk and cereals, milk boiled with flour, New England porridge, being the most acceptable form.

At the age of fifty I reached a kind of climactic period when my digestion became more normal, autointoxication diminished, and from that time to the present there has been a gradual improvement in my physical condition with all of its accompanying enjoyments and privileges. Dr. Kellogg has diagnosed my case as one of acute colitis in the early periods of life, when the digestive organs were maturing, necessitating the use of a milk and cereal diet which preserved them from the "wear and tear" of the usual mixed foods of that period. At the age of fifty these organs had thus been preserved to their normal maturity and thenceforth had the energy essential to complete the natural period of human life.

Skaneateles, my homestead village, has a picturesque location at the foot of Lake Skaneateles—Beautiful Squaw in Indian dialect—situated in the highlands of the lake region of New York. The homestead farm was seven miles distant, in a rich agricultural district famous in those primitive days for its devotion to Andrew Jackson as the exponent of democracy, and to Elder Worden as the exponent of a hard-shell Baptist Church. The people were from New England, and many, as my paternal grandfather, were Revolutionary soldiers who had located on military tracts. For an isolated country community there was an unusual degree of popular intelligence.

The moral tone of the people was that of a high-grade New England town, and due largely to the rigid discipline exercised by Elder Worden. He was a man of commanding personality whose presence ex-

cited the profound veneration of the elder, and intense fear of the younger, class. When seen approaching on his pastoral visits, there was a hurrying of housewives to put the house in order, and prepare the children for review. He was a rigid disciplinarian of church members and their families and any delinquency in attendance upon the services was immediately investigated. He visited the public schools on fixed occasions, notice being given to the community that he wished to meet the parents of the children in attendance. He criticised without fear or favor the methods of teaching and of discipline, holding rigidly to the New England custom of requiring the "schoolmaster" and not the parents, to punish scholars for every offence, however slight. I have not only seen every form of corporal punishment employed in the public school, but have suffered severly myself, as a child, for trivial but unavoidable acts. Many an anecdote was current of Elder Worden's experience in disciplining "backsliders," as the delinquent were called. For this purpose he had a week or more set apart every year or two in the winter season when the services were especially arranged to compel every member to renew allegiance to the church. With all of his sterness the Elder had a nice sense of humor which he could not always restrain. An illiterate man giving his experience on coming to church on a day in February said "everything was so beautiful, the birds were singing," etc. He was asked what bird he heard, to which he replied "a red-headed woodpecker." An old farmer accustomed to intoxication on "hard cider," the favorite beverage of the time, said he was so penitent for his sins that he went to his barn and kneeling, prayed for forgiveness, "but it did not seem to me that my prayers went higher than the eaves of the barn and, I vum, I don't believe they did." Visiting the family of a poor man quite notorious for profanity before he joined the church, he found him driving a cow out of his garden with intermittent blows and oaths. The Elder called to him, with "Chauncy, Chauncy, what do I hear?" Turning and seeing the Elder, he cried out, "Cut me off, Cut me off! damn the cow," with an accompanying resounding blow.

Severe as was the discipline of the rising generation of my time, there is no doubt that it gave a high moral tone to the character of the young which was reflected in their future lives. Of the boys I knew, one became governor of Michigan, another a United States senator, a third a Supreme Court judge, six entered the medical and five the legal professions.

Deeply rooted as was Jacksonian Democracy in that community, the occasional addresses of Fred Douglass began to work like a leaven, creating an anti-slavery sentiment which finally controlled the political complexion of its people. At first Douglass was received by mobs which greeted him with unsavory eggs, but in time he became a favorite visitor. Meeting him years afterward, I asked him if he remembered his first reception in our town, to which he laughingly replied, "Oh, yes, I remember those visits well; the American eagle laid mighty stale eggs in those days."

I was an early convert to the principles of the new "Liberty Party," and in my enthusiasm consented to become a candidate for a minor town office. The result of my canvass was that I received two votes, one deposited by the friend who nominated me, and modesty forbids my mentioning the name of the other patriotic and discriminating voter. I soon after left the town, and I must confess that the popular cry, "Back to the Farm" has not impressed me favorably.

I had now reached an age when I must determine my future occupation. I was very wisely aided in coming to a conclusion by the family physician, a graduate of the Yale Medical College. He regarded my ill health as permanent and considered that

only as a physician could I escape a chronic invalidism which would unfit me for my business. I had at this time acquired the ordinary common school education and had obtained a fair knowledge of Latin and Greek by private study. I entered upon the study of medicine as a kind of "Hobson's choice."

The first incident of student life worthy of notice occurred when I attended lectures at the Geneva Medical College in 1848. I had as a schoolmate Miss Elizabeth Blackwell, the first woman graduate in medicine in this country. The most interesting feature of this experiment in the medical co-education of the sexes was the remarkable effect which this single, unpretentious Quaker lady had upon the most riotous class of medical students that I have ever known. When she was absent the noise and confusion were often so great that the professors could not be followed, but on her entering the lecture room the most perfect order prevailed.

The climax of the power of her personality appeared when the professor of anatomy was about to begin the demonstration of the sexual organs. He was a rollicking, droll fellow, accustomed to devote much of his lecture to unsavory stories, suited to the moral status of the class. On entering the hall one day he was evidently much excited. He said he had a communication to make that would greatly interest the class. He had written the lady student that it would be very embarrassing to her, as well as to the class, if she were present at his lectures on the genital organs, and he was prepared to give her an opportunity to take those studies privately. He then read her reply, to the effect that she was astonished that a teacher of a science which Galen, a heathen, said, "to study is a hymn to the gods," had such a gross opinion of his pupils; if the presence of a woman's hat embarrassed him, she would leave her's in her room; she was willing even to take a seat with the students on the upper benches. She concluded by stating in emphatic terms that she had paid her fee for a full course of lectures and she wished no special privileges, but should attend the entire course with the class. The professor complimented her for her courage and, opening the door to the platform, admitted Miss Blackwell who was received with overwhelming applause. The professor gave the lectures without a vulgar anecdote, and older students stated that it was the first time they had heard such an instructive course.

On leaving the Geneva Medical College I became a pupil of Prof. Frank H. Hamilton of Buffalo, New York, and subsequently the resident medical student of the Hospital of the Sisters of Charity. During this period the cholera epidemic of 1849 occurred. Dr. Austin Flint, Sr., was the visiting physician, and treated all cases with calomel and opium, according to the old theory of relievng pain and securing the action of the liver. The mortality was excessive, and this induced him to increase the remedy till at one time he ordered 60 grain doses of calomel. Water was strictly forbidden, although the agonizing cry for water from every patient was most distressing. The following incident occurred: A young man was admitted in the advanced stage of the disease and asked to be allowed to treat himself. All he wanted was a private room and a pail of cold water. Discouraged by the failure of our treatment, I consented, warning him not to drink the water, as it would increase the vomiting. He replied, "Never you mind, this is my job." The pail of water, with a drinking cup, was placed by his bed and he was left alone. On visiting him later I found him sleeping. He had taken a large quantity of water and deposited it by vomiting on the other side of the room. His thirst had abated, his pulse had returned, and he expressed himself as feeling "bully." The next morning he was out early and so boastful among the patients

of his successful treatment that I discharged him.

The case impressed me with the opinion that the excessive thirst of cholera is the call of the bloodvessels drained of their serum, for water to supply the loss and thus enable the blood cells to circulate. In other words, cholera is caused by germs which, acting upon the digestive tract, drain the serum from the bloodvessels, causing stagnation of the blood cells and consequent death. This patient followed the natural indications, drank water freely, absorbed some each time until the want was supplied, when his circulation returned and he rapidly recovered.

In 1851 I graduated from the College of Physicians and Surgeons, New York, and prepared to return to a small village which I had selected as the theater of my future professional activities. Seeing a notice on the bulletin board that a vacancy existed in the Resident Staff of Bellevue Hospital which would be filled by competitive examination I made application and of the twelve candidates I was selected. This incident, or perhaps accident, changed the entire trend of my future life.

The vast opportunities for the practical study of diseases of every kind under the competent teachers which Bellevue Hospital then afforded, could not but inspire the most laggard student. My first experience was in the treatment of the victims of an epidemic of typhus fever. It appeared more frequently among Irish immigrants, who entered the hospital in large numbers. Ten of the twelve members of our staff contracted the fever, of whom two died.

The interesting practical feature of the treatment was the success of the excessive dosage with brandy and whisky under the direction of Prof. Alonzo Clark. I had charge of his service, and recall the great mortality due to septic poisoning manifested by a fatal coma. To these cases brandy or whisky was given in gradually increasing doses until the pulse and respiration became normal. In extreme cases the nurses sat by the bedside and gave teaspoonful doses every few minutes.

This treatment was so successful that physicians from distant cities came to Bellevue to witness the truth of reports. Of these I recall a professor from St. Louis, Missouri, who, on going through the fever wards, pointed out several cases of coma which he said were dying and could not be saved by any treatment. The patients were quite insensible, but with care could swallow liquids. These cases, thirteen in number, were removed to a private ward and reliable nurses selected. They received during the night upwards of three quarts of brandy in hot milk, and in the morning every one was wide awake and all recovered. The St. Louis professor expressed his astonishment at the remarkable improvement. He even inquired if these were really the cases that he had selected.

I also had charge of Professor Clark's puerperal fever cases, which he successfully treated with excessive dosage of opium. Bellevue had a large maternity service, attended with frequent outbreaks of puerperal fever of a fatal type. Professor Clark, who was a successful teacher of physiology and pathology, advocated the treatment of acute peritonitis by opium carried to the extent of narcotism. There was much opposition to this theory, but he was allowed to put it to the test. The first five cases were assigned to him and I had the immediate charge. His directions were to give one grain of opium every hour, adding one grain every third hour until the patient slept soundly. When I reached four grains every hour, four patients were narcotised. The remedy was continued in reduced quantity until the pulse became normal. The fifth patient was so tolerant of opium that I increased the dose until she took twelve grains an hour before narcotism was produced. The total amount which she received was 1964 grains. She made a good recovery. These were the

first consecutive cases of recovery from puerperal fever recorded in that hospital.

An important work that I accomplished while resident in Bellevue was the preparation of a paper on "Rupture of the Urinary Bladder." A criminal case of alleged death from this cause came before a court in my home county, and the diagnosis of rupture of the bladder made by a physician of my acquaintance was disputed by all the prominent surgeons of the district. My friend appealed to me to examine the medical libraries of New York for cases. I succeeded in collecting seventy-eight, which so effectually established the diagnosis of my friend that the judge publicly congratulated him on his skill and learning. I published a paper based on these tabulated cases which was translated into foreign languages and led to my election as a member of the "Surgical Society of Paris." I was also offered and accepted the position of assistant editor of the New York *Journal of Medicine*.

On finishing my term at Bellevue I located in New York. The following, among many somewhat similar incidents, enlivened my early years of "watchful waiting" for a paying practice: I had often heard the professor state that "meddlesome midwifery is bad," but I did not know how bad it was until I had tested the question. My patient was a robust Irish woman, mother of six children and lived in a shanty on a large vacant lot. I finished my professional duties by giving the usual directions prescribed in the books, viz., to lie quietly in bed six days, have no company, take simple liquid foods, etc. I left my patient with a profound sense of having discharged my professional obligations with a precision and dignity worthy of the occasion. I visited the shanty quite early the next morning, and as I approached it, I was amazed to hear singing and loud laughter. Listening at the door, I heard a woman's voice sing Moore's song,

"The harp that once in Tara's Hall
The soul of music shed."

On entering the room I found my patient entertaining several neighbors with song and dance, and learned that she had prepared her husband's breakfast and ate with him. Assuming all the dignity possible on such a ludicrous occasion, I protested against such violations of the established rules of obstetrical practice, and declared I would not be responsible for such conduct. She replied, "Oh, get out, boy, I guess I know more about this business than you do." I retired amid the shouts of laughter of her friends, and as I walked home with bowed head, I said, *sotto voce*, "Truly, meddlesome midwifery *is* bad."

I recall another incident when I seem to have made an important therapeutic discovery but one which I never repeated. One of my first patients was a little girl suffering from erysipelas of the face. I prescribed the usual hospital remedy, "Ten grains each of opium and sugar of lead, dissolve and apply with cloths to the inflamed surface." The mother, a Scotch woman, seemed stupid and I repeated my directions that this powder was for external application. Anxious to prevent the spread of the infection to the head, I visited the child in the evening and was surprised not only that the head was already involved but that she was sleeping so profoundly that I could not awaken her.

There was no evidence that any external application had been made, and on inquiry of the mother as to her use of the powder, she replied, with great apparent satisfaction, "O, I knew the child ought to take calomel and jalap and instead of applying the powder to the face I gave it to her." I suppressed my alarm and hastened to the drug store hoping to learn that there had been some favorable mistake in the articles supplied, but I was informed that the opium and lead were of the best quality. As a last means of possible relief, I had a powerful emetic prepared which I gave the

child, but it had no effect. I had, in fact, added another fatal drug to those already destroying her life.

I remained until midnight, and on leaving informed the parents that as the erysipelas had extended over the entire head the child would die before morning, and requested the father to bring me a certificate of death. I spent the night planning my defense before a coroner's jury. The morning hours passed slowly away without the appearance of the father with his certificate, and I finally became so nervously excited that I determined to visit the tenement and give such advice and consolation as the conditions might require. I paused several times as I ascended the stairs to the apartment, quite desperate as to my relations to the final outcome of the case.

As I stood a moment at the door listening for any sound indicating the movements of the family within, I heard the patter of feet like a child running through the room. Opening the door, I was astonished to see my patient flying a paper kite, without the slightest appearance of erysipelas about her face or head. The mother was quite as enthusiastic over the child's recovery as I, but for a very different reason. She complimented me on my skill in selecting calomel and jalap and herself for applying it internally instead of externally. She became one of my best patrons, aways recommending patients to me as especially skillful in applying remedies in extreme cases.

In 1854 I was appointed one of the visiting surgeons of Bellevue Hospital, and entered with great enthusiasm upon clinical teaching. The students of the several medical colleges were admited free to the lectures, and so popular did they become that the class often numbered from one to two hundred. It occurred to me while teaching these classes and witnessing the intense interest of students in all the details of diagnosis and treatment elicited in the clinical study of each case, that a medical school which combined didactic and clinical teaching would meet with the favor both of students and the medical profession, and that Bellevue Hospital offered unusual facilities for conducting such a medical college. On consulting professors in the existing schools, however, I found strong opposition to the proposition to organize a school on that basis. In one college the opening lecture to the course was a violent attack by a professor on the proposition to combine clinical teaching with the didactic course. Though the prospect of organizing the Bellevue School was very discouraging, I succeeded in securing the support of a physician of large social influence through whose efforts a charter was passed by the Legislature of 1861.

In the organization of the college I was assigned to the chair of "Principles of Surgery," and subsequently to the professorship of Anatomy. In teaching anatomy I adopted a method of making the student an inventor, an architect, instead of having him memorize the facts of the book. I required him always to learn, first, the function of the organ or tissue, second, to construct mentally the apparatus by which that function was to be performed, and third, to examine and compare the actual apparatus supplied by Nature with his own. It was surprising what intense interest this method excited and how accurately the student remembered his anatomy.

The Bellevue Hospital Medical College was a great success from its incorporation. The profession soon came to regard the new departure in teaching with great favor and students flocked to the college in large numbers, its classes increasing rapidly from 150 to 500 students. From that time clinical instruction became more and more popular in other colleges, until it is now recognized as an essential feature of the curriculum of all medical schools.

In 1856 I became sole editor of the New York *Journal of Medicine*, and in 1860 changed it to a weekly like the London

weeklies, with the title of "*The American Medical Times.*" It was very popular, and acquired a large circulation both among civilian and army physicians, but was discontinued in 1865 on change in the publishing firm. As the weekly editorials discussed, in addition to current medical topics, the affairs of the Medical Department of the army during the entire Civil War, I published those editorials in a book entitled, "Doctor in Medicine."

At the beginning of the Civil War a number of works appeared by prominent medical men relating, chiefly, to military hygiene. From my familiarity with medical students who would become army surgeons, it occurred to me that their most pressing want would be a pocket manual of illustrated operations with concise descriptions of every detail. The only surgical works then available were the ponderous volumes of Gross which it was impossible to transport, much less to consult in any emergency. With the pocket manual always at hand, the surgeon could in a moment refresh himself as to the minutest details of the operation. The book had an enormous sale, and hundreds of veteran surgeons have personally expressed their gratitude for the services I thus rendered them. The venerable Dr. Baker, who honors this occasion by his presence, only this evening reminded me of the value of that pocket manual to him as surgeon in the Civil War. After the war I prepared two enlarged editions of this work, which were intended to supply the surgeons in civil practice.

Important operations in surgery were occasions of large gatherings of surgeons at Bellevue. To the junior surgeons these audiences were often very embarrassing on account of the liability to criticisms. I have a vivid recollection of my own experion several occasions. A case of femoral aneurism requiring ligature of the common iliac artery fell to my lot early in my service. The first operation was performed by Dr. Valentine Mott, who was present, and mine was to be the thirty-second. I had prepared for the operation, and though very timid, successfully applied the ligature, followed by the warm congratulations of Dr. Mott before the large audience of surgeons and medical students.

Professor Hamilton then invited me to see a case of "Fungus Haematodes" in his wards, then regarded as a very rare disease. The patient was a very stupid young woman and the disease involved the left knee-joint. It was a most remarkable swelling surrounding the entire joint but most prominent in the popliteal region and of a dark color. I had never seen a case of "Fungus" but I had seen large aneurisms in that situation, and in my examination I endeavored to determine first whether or not it was an unusual case of aneurism. There was neither pulsation nor fluctuation. An embarrassing feature of the case was the extreme stupidity of the patient, for she would answer questions without the slightest regard to the truth. However, I came to the conclusion on hearing a slight murmur at one place of the tumor, and getting more affirmative than negative answers to the questions as to early pulsation, that it was an aneurism and so informed the professor. He laughed at my stupidity and said there was not the slightest doubt that it was a "Fungus" in the mind of Dr. Mott who first described that disease, and of every surgeon who had examined it; that he should amputate above the knee in accordance with the advice of Dr. Mott.

At a formal consultation of surgeons I had to give my opinion first, according to the rule, being the youngest member. A smile of derision passed over the faces of members as I gave my account of my examination and the reasons for my conclusions. The other surgeons were agreed that it was a "Fungus," and Dr. Mott described at length that disease and pointed out its peculiar features as illustrated in

this case. The only possible treatment was early amputation well above the tumor.

The ampitheater was crowded to excess at the operation, the Professor, who was a fine speaker, described the case at length and complimented Dr. Mott, who was present, on his original studies of the disease. He closed by alluding to the fact that a junior surgeon of the staff had diagnosed the case as an aneurism, there by illustrating the vast difference between the mature judgment of a veteran observer and one who has had little experience.

Dr. Stephen Smith at Twenty-Five Years of Age

The operation proceeded and when completed the patient was removed and the amputated portion was laid on the table for examination. The Professor expressed his gratification at being able to show the interior of a "Fungus" tumor and with a stroke of the knife laid open the sac of an aneurism filled with clots. Paralyzed for the moment by the revelation, he stood speechless, then turning to me he said, "Sir, the Seniors must take off their hats to the Juniors."

In the early days of anaesthesia I was assisting in an operation for the removal of a cancerous breast of an old woman, very fat and with a feeble, intermittent pulse. She suddenly ceased breathing and all our efforts failed to revive her. I had in my wards a duplicate case and realized the danger I was to encounter. Reflecting on the usual method of preparing surgical patients by cathartics and fasting, which tend to enfeeble the heart, and recalling Larrey's advice, "Always operate on a soldier while he is drunk for he will then feel pain but slightly," and a French surgeon who recommended hot milk as a preventive of collapse, I prepared the following formula in my case: "Give mild laxative two days before the operation; milk and cereals for food; on day of operation give an ounce of whiskey in a glass of hot milk every two hours, beginning at eight o'clock A. M., until operation at 2 o'clock P. M."

The result was a complete success. At 2 o'clock my patient's pulse was 96; face flushed; very talkative; anxious to have the operation which she had feared; required but little ether; pulse continued at 96, full and regular; made a rapid recovery. This method I have since always pursued and have never seen a symptom of collapse during an operation.

(*Continued in August*)

Doctor Stephen Smith's Ninety-fifth Anniversary

(Dr. Smith's Address continued from July)

During the Civil War I was one of twenty New York surgeons commissioned by the governor as Emergency Volunteers to respond to the call of the Surgeon General for aid in cases of emergency. In that capacity I served in hospitals at Fortress Monroe, Washington, and Fredericksburg. I also had a permanent service in the Central Park Military Hospital which was devoted in part to patients who required artificial appliances. It was the observation of the unfitness of cases of amputation at the knee-joint for an artificial limb that led to my devising the operation to which my name is attached. It has proved a great success, though at the time it met with very strenuous opposition, especially abroad, where three new methods of amputation had been made public at that time.

This opposition was overcome by Sir Thomas Bryant, at that time one of the most influential surgeons of London. Impressed by my operation he began to perform it, but did not make it known until he had accumulated twenty cases. He then prepared a paper fully setting forth the advantages of the operation, which he read at a meeting of the Medico-Chirurgical Society and at the same time exhibited the twenty cases. This demonstration of the merits of the operation overcame all opposition, and it became the recognized method of amputation at the knee-joint. I met Sir Thomas several years later and he complimented me on the operation, remarking that if he had invented it, he should regard it as more creditable than all the other work he had ever done. An interesting experience in applying artificial legs was as follows: It being observed that the patient would limp badly, however well the instrument fitted the stump, it was finally determined to form a company of these patients and place them under the military drill of a teacher in the art of walking without a limp. The result was a permanent recovery from the defect in every case after a very short period of practice.

The United States Sanitary Association which rendered such important aid to the Medical Department of the army in the Civil War had this origin: Dr. Elisha Harris, my former classmate, and I were walking in Fourth Avenue on an evening at the commencement of the war and discussing the remarkable anxiety of the people to furnish supplies to the gathering armies. There was no organization to receive and disburse these supplies, and there were rumors of great waste of material. As we were in the immediate neighborhood of the home of Rev. Dr. Bellows with whom Dr. Harris had an acquaintance and who was very prominent and active in promoting the welfare of the soldiers, I urged the Doctor to call upon him and propose the organization of a voluntary body of citizens to meet this emergency. Dr. Bellows received the proposition very favorably and advised that Dr. VanBuren, a former army surgeon, be consulted as to the relation of such volunteer body to the Surgeon General's department. Dr. VanBuren approved

the organization, but advised Dr. Bellows to visit Washington and confer with the President and the Surgeon-General. Mr. Lincoln accepted the proposition cordially and, though the Surgeon-General thought his Department could meet all emergencies, the President urged Dr. Bellows to proceed at once to organize the Association, which advice was followed.

Prior to 1866 New York City had no adequate health laws nor health organization. Its Board of Health was the aldermen when summoned to meet as such board by the mayor. Mayor Fernando Wood refused to constitute them a Board of Health during an epidemic of cholera, alleging that they would be more dangerous to the city than the epidemic. The only official exercising any health powers was the City Inspector, a very low class politician, who was authorized to appoint Health Wardens. These wardens were generally saloonkeepers of the most ignorant type, as tested by a Legislative Committee. In answer to the question, "What is hygiene?" one of these wardens answered, "The vapor rising from standing water." Though efforts had been made from time to time to secure proper legislation, they failed until an incident in my experience gave the necessary impulse and force.

I had been appointed physician to a Typhus Fever Hospital on Blackwell's Island. It appeared from its record that a large number of cases were admitted from a single house. As that seemed to be a dangerous fever nest, I visited the house and found it in a most unsanitary condition, the cellar filled with sewer water, the rooms littered with straw and occupied by the families of six hundred Irish immigrants.

I applied to the Chief of Police to have the house vacated, but it was found that there was no law or ordinance that would enable the police to close the house. At the Tax Office I learned the name and residence of the man who owned the house and visited him. He was a man of great wealth and respectability, but refused to make any change in the tenement, as it paid him no rent. I then visited a friend, one of the editors of the *Evening Post*, and stated the case to him. He called in consultation the chief editor, Mr. William Cullen Bryant, who proposed that I should ask the Chief of Police to cause the arrest of the owner of this house and that a reporter of their paper would obtain the facts elicited at the trial, which he would then publish with comments. Accordingly, this gentleman was brought into court on a specious charge, where he met the reporter, who informed him that a full report of the proceedings would appear in the *Evening Post*. Greatly alarmed, the proprietor begged him to make no report, promising at once to close the house, which he did, afterward repairing it thoroughly.

In order to improve this opportunity to secure health legislation I reported all the facts of the case to the "Citizen's Association," a powerful body organized to effect reforms in the city government, with Peter Cooper as president. The Association created a Committee on City Sanitation, of which I was made secretary. As a basis for securing legislation, a complete sanitary inspection of the city by competent physicians was undertaken by the Association, and I was appointed to organize and supervise this work. Accordingly, I divided the city into thirty-two districts and selected the same number of recent graduates in medicine as inspectors. The work was performed during the summer of 1864 and the reports made seventeen volumes folio. The total cost was $23,000. These reports contained the material facts in regard to the people and their homes in every district of the city, and has been declared by high authority to be the most perfect work of the kind on record.

Based on the results of this investigation I prepared the first draft of the Metropolitan Health Bill, which was perfected by

Mr. Dorman B. Eaton, secretary of the Legal Committee of the Association. The bill embodied all of the best features of the English and French Sanitary Laws, with the addition of one feature which gave it unusual power. The bill provided that when the Board of Health made an official record that any matter or thing is a nuisance, dangerous to life and detrimental to health, no court could enjoin it from promptly abating such nuisance.

The bill passed the Legislature in 1866 and went into effect in March of that year. It gave to the Metropolitan District a code of health laws unsurpassed in their efficiency, and which have made the new Greater City of New York the healthiest city in the world. During more than fifty years this health law has been in active operation and has reduced the mortality of New York from 38 to 12 in a thousand population, amounting to a total annual saving of hundreds of thousands of lives. What is perhaps of the greatest importance is the fact that this law has been the basis of the sanitary laws of the larger cities of the United States. I published a work recently, entitled, "The City That Was," which contained a full account of the campaign which was vigorously prosecuted upwards of three years and resulted in the passage of this useful measure.

I became a Commissioner of Health in 1868, and held that position for seven years. In order to popularize the Metropolitan law in this country, in 1870 I communicated with the health officers of the principal cities of the country with a view to forming an Association that would effect the co-operation of all the sanitary authorities in the advancement of public sanitation. The proposition was well received and a conference called to meet at Atlantic City in September of that year. The conference was well attended and resulted in the organization of the American Public Health Association of which I was elected president. The Association held its first meeting in Cincinnati in 1872, which was largely attended and excited national interest. I was elected president at the two following anniversaries, but declined the third nomination.

It is gratifying that from this small beginning, including but a few States and only the leading cities, the Association has been exceedingly prosperous, and now includes in its membership, the health authorities of the United States, Canada, Mexico, Cuba and Porto Rico. It is impossible to estimate the vast work of this Association, which has installed in these Western countries the highest grade of civic sanitation yet attained.

In 1870 I began an agitation for the creation of a National Public Health Service in the General Government and by correspondence secured a conference of a few prominent sanitarians, who met at Washington. The discussion that followed resulted in delayng the movement on account of the prejudices growing out of the popular State Rights doctrine and the absence of any epidemic calling for national interference in the administration of health laws.

The great epidemic of yellow fever of 1878 from which the Southern states suffered severely, furnished the occasion for the renewal of the effort, as it abundantly proved the necessity of a national organization to aid the States in such crises. The proposition for a National Board of Health was therefore renewed at the annual meeting of the Association that year in Richmond, Virginia. I prepared for the occasion a bill creating a Department of Public Health, based on the law creating the Department of Agriculture. This was introduced into the Senate by Senator Lamar of Mississippi, but no action was taken at that session of Congress. The agitation was continued however, and in the following year, Congress passed a law creating a National Board of Health, limited in its duties and powers to that of an advisory board

and to make a report on the proper form of a national sanitary organization. Its existence was fixed at four years.

I was a member of that Board of Health and took an active part in its work. I wrote a history of the quarantines of this country, after a personal examination of each, and recommended that a national quarantine system should be organized and supervised by the General Government, a policy which has been largely adopted since that time. The National Board made very important inquiries into the sanitary conditions of the country but was superseded by the Marine Hospital Service at the end of the four years of its legal existence.

In 1872 an effort was made to change the service of nursing in Bellevue Hospital. Previous to this time, the nurses were selected from what was known as "ten days' women"—women who had been sent to the Island Institution for drunkenness. Of course, the nursing under this regime was of the poorest quality. The nurses were not only utterly unfit for their position, but by their habits of intoxication, were unfitted in every respect to administer medicine. In fact, we did not dare give into their hands any drugs in which there was alcohol, for they would generally take it themselves. I have even known them to drink the alcohol in which morbid specimens were kept.

A body of visiting ladies, under the State Charities Aid Association, proposed to the Commissioners of Charities the establishment of a Training School for Nurses on the basis of a Training School inaugurated by Florence Nightingale in a London hospital. This proposition was referred to the Medical Board of Bellevue Hospital, which promptly rejected it. The ladies' committee then sent a physician to London to confer with Miss Nightingale in regard to the establishment of such an institution. On his return, he reported so favorably on the suggestions which Miss Nightingale made that the ladies renewed their efforts. The Commissioners appointed from the Medical Board an Advisory Committee of three of which I was a member. The majority of this committee was opposed to the introduction of such a school, alleging that it would be dangerous to have medically educated nurses in care of their patients. I was familiar with Miss Nightingale's school and with its success, and strongly advocated the adoption of the proposition of the ladies' committee. After several meetings the committee agreed to report favorably on the assigning of one ward in Bellevue to trained nurses.

At the request of the ladies' committee, Miss Nightingale sent one of the nurses from her school to aid in establishing one at Bellevue Hospital. She was admirably fitted for her position and in a short period demonstrated the infinite superiority of the trained nurse over the drunken class that formerly occupied this position, and in a very few months, the entire Medical Board became satisfied that the reform was a very desirable one and the School was placed on a permanent basis, the superintendent becoming the matron of the Hospital and the nurses placed under the supervision of the physicians and surgeons. This was the beginning of the great movement establishing trainng schools for nurses and attendants throughout the entire country, and has effected one of the greatest reforms ever introduced into hospital service.

In 1881 I was appointed by Governor Cornell of New York, a Commissioner of the State Board of Charities, and in 1882 he appointed me State Commissioner in Lunacy, a position which I held for six years. During my term of service, I prepared and secured the passage of a law known as the "State Care Act," which removed all of the insane from the poorhouses, where they had hitherto been massed together with the inmates of these institutions, to the State asylums. I also introduced training schools for attendants

into the State asylums, a most important reform, now become general throughout the country. At the close of my term, I prepared and secured the passage of an Act creating the present Commission in Lunacy. Impressed by my experience with the importance of an institution where the insane might have first treatment and, perhaps, be saved from committment to an asylum, a building known as "The Insane Pavilion" was erected on the grounds of Bellevue Hospital, and has proved of great service to persons suspected of delusions.

On retiring from the office of Commissioner in Lunacy I was reappointed to the State Board of Charities by Governor Flower and subsequently by four governors, making my term of service in this office upwards of one-third of a century. When I entered the Board the principal public charities in New York were the alms houses and the orphanages. In the alms houses were gathered the insane, the epileptic, the feeble-minded, the idiotic—the residuum of destitution of the community. They were under the control of tradesmen and local politicians, and were noted for the grossest abuses and immoralities. During my service, the board specialized institutions for these various classes and removed them from the alms houses, thus leaving them occupied only as infirmaries. Today New York has probably one of the best organized systems of special institutions and State supervision of such institutions in this country. Provision is thus made for the special care and treatment of the insane, the epileptic, the crippled, the feeble-minded, the idiotic and the delinquent. The entire administration of these institutions is by local boards appointed by the governor, while the State Board of Charities maintains initiative and advisory powers.

Up to 1880 the State of New York had no Public Health organization, though for several years the State Medical Society had sought legislation in vain. Aided by resident members of the American Public Health Association, I organized and conducted a campaign of education of the people which was successful in creating a public interest that secured the passage of a law establishing a State Board of Health, which is the present Health Department and is regarded as one of the most efficient branches of the State government.

In 1894 President Cleveland appointed me one of three commissioners to represent the United States in an International Sanitary Conference called by the government of France. The purpose of this Conference was to make sanitary rules and regulations governing the movement of pilgrims from oriental countries to and from Europe to Mecca. The French government maintained that it was through the mediums of these pilgrims that cholera was brought to Europe, and proposed that the Conference, being international in its character, should make rules and regulations that would prevent the pilgrims conveying the cholera or any other contagious disease. The Conference met in Paris. The number of delegates was upward of eighty, representing all the powers of Europe, several of Asia, and the United States. The president of the Conference was M. Casmir Perier, afterwards President of France. The Conference was in session three months and made a four hundred page folio of rules and regulations.

It required that every person intending to visit Mecca should, a month in advance, notify the local Sanitary Office of his intention. He was required in the meantime to bathe daily, to certify that he had the means of supporting himself and his family during his absence; that he would carry only a gripsack containing washable material; that he should carry a sanitary pass-card on which said regulations, his name residence, and the fact that he had complied with all rules on his trip, appeared. At the port of embarkation, he was to remain two weeks, bathing daily and having

his clothing washed, and on arriving at Mecca he was to report at once to the Sanitary Office there and be under its supervision until his return. The Conference also devised a Sanitary Ship on which the pilgrims must travel. The ship contained all the conditions of a hospital and required that the sick on the passage should be isolated. The Conference next prepared a code of regulations for overland pilgrims, specifying all the particulars of sanitation as in the case of those who traveled by sea. The same rules applied also to the European pilgrims. The result of the work outlined by this Conference has been the entire absence, except on one occasion, of the entrance of cholera into Europe.

While Commissioner of Health, I made a special study of the excessive mortality of children during the summer months. I found the chief cause to be the extreme heat during that period. It appeared in comparing the daily temperature and mortality records that the former was generally two or three days in advance of the latter. If from a temperature of 72° F. it arose to 80° F., the mortality would not change for two days, but then would rise in the same proportion as the temperature. If the temperature then fell to 72° F., two days after the mortality would have a corresponding diminution. During the four summer months of several years this correspondence of temperature and mortality was found to exist.

The question arose as to how the temperature of the summer months in a great city situated like New York could be so modified as to protect the people from the effect of excessive heat. The result of my study was that the cultivation of trees in the streets, avenues and public places was a certain remedy, at the same time being a means of decorating the city. As there was no law relating to the planting and cultivation of trees in the streets, the few existing trees had been planted at haphazard by property owners and were for the most part shapeless trunks which furnished neither shade nor decoration.

In 1900 my attention was again called to this excessive child mortality. During the summer I began an agitation to secure legislation that would result in supplying the streets of New York with adequate shade. With this object in view I drafted a law which would place the trees in the streets under the jurisdiction of the Park Board and providing in that Board the organization of a "Bureau of Tree Culture," to be composed of expert graduated Arboriculturists. With the aid of the "Tree Planting Association," of which I was president, this bill passed the Legislature, but was rejected by the mayor of New York. In the following year I succeeded in securing a passage of a modified bill which was accepted by the mayor and thus became the present tree-planting law. For fifteen years, efforts were made annually by the Tree Planting Association to secure the organization of this "Bureau of Tree Culture" in the Park Board before a graduate forester was appointed.

(Concluded in September)

Doctor Stephen Smith's Ninety-fifth Anniversary

(Dr. Smith's Address Concluded)

When I became Commissioner of Health in 1868, there was a severe epidemic of smallpox prevailing in New York, the number of cases daily reported exceeding three hundred. On studying its history it appeared that for fifty years there had been an epidemic of that disease every five years. This was explained as follows: During the epidemic year general vaccination of all the unvaccinated occurred. The result was that in the following year there would be few, if any, cases of smallpox, and on that account vaccination was almost entirely relaxed. This would lead to a gradual increase in the number of unvaccinated children from year to year until the fifth year, when smallpox would again become epidemic. To remedy this condition I drafted a bill creating a Bureau of Vaccination in the city Board of Health. The bill provided that there should be a corps of vaccinators appointed, each being assigned to a special district. As every birth was reported regularly to the Board, each such birth was referred immediately to the Bureau of Vaccination and assigned to the inspector of the district in which the parents lived. It became the duty of the inspector to follow that case until it was either vaccinated by the attending physician or by the vaccinator himself. The result of that organized effort to secure continued vaccination of the children has been that for the nearly fifty years during which the law has been in operation not an epidemic of smallpox has occurred and the few cases that are annually reported are for the most part brought to the city from neighboring villages.

During the Civil War I had occasion to visit officially most of the civil and military hospitals. Subsequently I was appointed to prepare plans of the present Roosevelt Hospital of New York. The plans combined the pavilion type of the arrangement of the wards and civil type of administration. This combination has proved very successful.

I was subsequently appointed one of six experts to prepare plans for the Johns Hopkins Hospital, Baltimore. While the Roosevelt Hospital had only the limited area of a city plot of ground, the Baltimore Hospital had an area of fourteen acres. It was possible in the latter case to make the pavilion plan complete in all its details. This plan I adopted. I also planned ventilation of the soil of the entire grounds through the aspiration of a monumental chimney to meet conditions advocated by Petenkofer.

The outcome of this competition was the acceptance of my plan by the architect and the Board of Managers. I have the letter of the president of the Board of Managers, Mr. King, announcing the decision of the Board on the advice of the architect, with his congratulations. Subsequently this architect was discharged and his successor approved the plans of another competitor, who became an advisor of the architect, with a competent salary. It is gratifying to notice that the plan of the new hospital at Cincinnati strikingly resembles those I prepared for the Johns Hopkins Hospital.

In 1898 I was appointed by Mayor Strong, president of the Department of Charities of the City of New York, and held the office from October of that year till January of the following year. During the period of my service I devoted myself especially to organizing plans for the removal of the Public Charities containing a population of about 10,000, to farm lands in the suburban district. The object was to utilize the labor of everyone who could do farm work and house them in very simple buildings. It was estimated that this could be done at a comparatively small expense, and thereafter large numbers of these dependent people be made more or less self-supporting. At the same time they would be provided with dwellings adapted to their life-long custom of living, as well as having their health promoted by outdoor life.

At the fall election of that year a new mayor came into power and on his assuming office I received a note to this effect: "You are hereby removed from office for the good of the service."

I have reserved for a final of these reminiscences my experiences of the two greatest epochs in the history of surgery; viz, Anaesthesia and Asepsis. Baas, the eminent historian of medicine, regards these epochs as the essential features of the history of surgery. He says:

"An acquaintance with the views and knowledge of epochs already submerged in the shoreless ocean of time, frees the mind from the fetters and currents of the day with its often oppressive restraint, widens the horizon for a glance into the past and an insight into the present of human activity, deepens the view for comprehension of the ideas which guided the earlier and more recent physicians, and gives on the other hand to our daily professional labor a high consecration."

Although these remarkable epochs which completely revolutionized the practice of surgery occurred in my time, to the great majority of modern surgeons "the views and knowledge" of those periods are already submerged in the shoreless ocean of time. This indifference to the labors of past generations is a peculiarly unfortunate feature of medical education, as it deprives the modern practiser of that knowledge which the historian says gives "to our daily professional labor a high consecration."

Anaesthesia was on trial when I became a student of Prof. Frank H. Hamilton of Buffalo, New York, in 1848. He employed anaesthesia only in exceptional cases, being very skeptical as to its safety, several deaths from its use having been reported. I had abundant opportunities, therefore, of witnessing operations without and with anesthetics. Only one who has witnessed an operation without an anesthetic can appreciate the vast saving of human suffering which the latter affords. Rapidity in the manual of the operation was the keynote of the old method. Often the older surgeon would stand for minutes with instruments poised in the air waiting an interval in the screams and struggles of the patient in the arms of strong attendants, in order that he might be able to make two incisions in the same place, or seize a spouting artery.

Contrast this scene with that now daily witnessed in the operating rooms of any hospital. The operator of today sits quietly by the table at his ease, clad in immaculate linen fragrant with the odor of the latest germicide, and leisurely pursues his dissection with delicately gloved fingers on an insensble, motionless and possibly bloodless limb.

The far greater success of modern operators is not due to greater skill but to the infinite advantage which anesthetics gives them in precision in the manual part. When we consider the great and successful operations performed in the pre-anesthetic period, we must regard many of its surgeons as of heroic mould.

But though anesthetics gave precision to the manual of the operation and thereby greatly enlarged their number and variety, the danger of a fatal issue from suppura-

tion was not lessened. Asepsis, or the science of protecting wounds from suppuration, came as the twin sister of anesthesia, and raised surgery to the rank of an exact science. I have a vivid recollection of this transition period. When I entered Bellevue Hospital in 1851 as a member of the Resident Staff, my duty was to carry the pus-pail for the house surgeon, Dr. John Moore, afterwards Surgeon-General of the United States Army. Twice and three times daily he would remove pailfuls of pus-soaked dressings, and in the meantime we saw the patients gradually sink from the fatal exhaustion of this drain upon their vital forces.

The surgeon now applies but one dressing and when he removes it two or three weeks later the dressings are as unsoiled as when he applied them and the wound is perfectly healed. But more important is the rapid recovery of the patient. One of my last operations was excision of a knee-joint for tuberculosis. The patient was a young lady who had suffered from this disease several years. The joint was disorganized and she was reduced to a helpless condition by the suffering and drain from the large suppuration. The operation was, of course, painless. The dressings were not disturbed for twenty-nine days, and when removed were as clean as when applied. The wound was perfectly healed and the cicatrix as clean and white as if it had never been disturbed. Her general condition was most satisfactory and she had gained eight pounds and had no pain, slept well and was very cheerful.

An incident occurred recently which strikingly illustrates the vast change which asepsis has effected in Bellevue Hospital within my experience. A professor in one of the medical colleges wished to exhibit a specimen of pus to his class and sent a messenger to Bellevue for it. The request of the Professor was received by the surgical staff with derision, as pus was an "unknown quantity" in the entire hospital.

In the retrospect it seems incredible that a simple remedy which effected such a radical reform, both in the details of the practice of surgery and in the saving of life and suffering, should have been received with a contempt and bitterness that even severed friendships. I was first to introduce antiseptics into practice in Bellevue Hospital. I recall that the older surgeons received an invitation to visit my patients as an insult. At operations where antiseptics were used the operator was openly ridiculed by senior surgeons. As compensation for these annoyances I recall with pleasure Mr. Lister's visit to my ward, when he highly commended my work. In his autobiography he credits me with being one of the first to introduce antiseptics into surgical practice in this country.

In 1894 I called upon Mr. Lister at his London home and he spoke of his visit to Bellevue and his great satisfaction with my work. Incidentally he stated that there was little real antiseptic surgery practiced, and mentioned a recent experience in support of his opinion. He was invited to an operation on a recent visit to Berlin by a surgeon distinguished for his antiseptic practice. In the course of the operation he became confused and stopped, scratched his head, and then finished without disinfecting his hand. "That wound will suppurate" said Mr. Lister, "and will be attributed to the failure of the antiseptic."

The more recent discovery of the "X-ray" and the "serum" treatment of diseases has added two most important events to the history of medicine. The former reveals the hitherto unseen, and thus gives precision in diagnosis, while the latter is eliminating contagious affections from the category of human diseases. So great have been the changes in practice effected by these discoveries that the physicians of generations past could neither diagnose the well-known diseases of today, nor prescribe the proper remedies. Diseases of organs were then, for the most part, diagnosed *en mass*, as "lung disease," "heart disease,"

and treated with one multiple remedy, often of ten or twelve ingredients. This was the famous "shotgun" prescription, warranted "to kill something." So implicitly did the physicians of that day rely upon drugs as the only remedial measure to be employed, that Dr. Oliver Wendell Holmes became the subject of ridicule when he declared it would be better for mankind if all the drugs employed by physicians were cast into the seas, though it might be worse for the fish. Even Dr. Jacob Bigelow of Boston, one of the most eminent physicians of that time, was bitterly criticised for a work which he published, advocating less drugs and greater reliance upon nature.

I must add this explanation of the apparent political complexion of many of the events which I have mentioned in these desultory reminiscences. I have never asked or sought an office, though I have held commissions from three mayors of New York City, seven governors of the State of New York and two Presidents of the United States.

My steadfast aim and purpose has been to succeed as a practiser and teacher of the science and art of surgery, and however otherwise employed, I have never swerved from those ideals. Fortunately my opportunities have been ample. Three large hospitals—Bellevue, St. Vincent and Columbus—with which I have been officially connected, furnished every necessary condition for clinical study and practice, while the large classes of students at the clinics at the Bellevue Hospital inspired the lecturer to his best possible efforts.

My writings have been both strictly professional and didactic, and semi-professional, or collateral. The several works on Operative Surgery were designed to be text-books of the principles and practice of that branch of surgery and were received as such by the profession. The works on collateral subjects—"Doctor in Medicine," "The City that Was," "Who is Insane?"—were designed for popular education, on subjects of public interest. It has been gratifying to have the value of these works recognized by two universities; viz, Brown University, which conferred the honorary degree of A.M. in 1876, and Rochester University, which conferred the honorary degree of LL.D. in 1891.

At the age of seventy I retired from positions which I held in hospitals and colleges, in recognition of a principle that ought to be enforced by law that there is an age limit, when the seniors should retire from the active duties of offices essential to teaching, in order to give the juniors opportunities to qualify for the positions made vacant.

I retained my connection with the State Board of Charities until February 6th, 1918, when I transmitted to the governor, Hon. Charles S. Whitman, my resignation of that Commission. I took occasion in my letter to allude to my long term of service and to the vast work of the State Board of Charities in creating during that period an economic, efficient and scientific system of public charities. His Excellency was pleased to acknowledge my resignation in the following communication:

State of New York,
Executive Chamber
Albany
February 16, 1918.

Dr. Stephen Smith,
Commissioner State Board of Charities.

Dear Sir:—

I have your letter of resignation as a Commissioner of the State Board of Charities.

The State has received the benefits of your knowledge and experience since June 7, 1881, and it is to be regretted that it will no longer continue to do so.

Though you have not enumerated in your letter the activities in which you have been interested, I am well aware of the work which you have performed for the State.

I desire to extend my sincere thanks for said services, which I know are fully appreciated not only by the many Commis-

sioners who have been associated with you in the work of the Commission, but by the people of the State who have been brought in touch with you through the activities of the Commission.

Sincerely Yours,
CHARLES S. WHITMAN.

And now I wish to answer a question often proposed to me and to old people generally, namely, "What is the secret of your life that has enabled you to attain longevity?" Horace, the Latin poet, replied, "*Moderatus in Rebus*"—moderation in all things. But there is an axiom in modern use which more nearly explains our present state of knowledge. It is in these words, "Man is what he eats." This phrase embodies the teachings of modern biology and physiology as to the conditions and the only conditions whereby we can secure normal longevity. In truth it embodies the Science of Longevity.

Biology teaches us that the human body is constructed to live 100 years; that it is composed of atoms as a house is composed of bricks; that each atom has a certain function to perform and then dies, is removed from the body and its place is filled by a new atom of the same material; that this material varies according to the functions to be performed by the atoms as those composing bone, muscle, nerve, etc; that by this process the entire body is continually being renewed. Practically we learn from this statement that the human body is a machine which is so constructed that by constant renewal it will exist 100 years.

Physiology teaches that the material which is to replace the dead atoms of the different tissues is contained in the food which we eat; that in the selection of food we are naturally guided by certain instincts as taste, sight, smell; that the food selected must be thoroughly masticated or pulverized in the mouth, happily called the "entrance gate" to the digestive apparatus; that the digestive process which is the separation and preparation of the nutriment of our food to supply the place of the dead atoms, be undisturbed; that the undigested matter, or waste of the food, and the dead atoms be promptly removed from the body through the intestines, kidneys, lungs and skin.

It is evident from this statement that Nature has provided every human being with a machine capable of enduring by constant renewal 100 years, provided the individual maintains two conditions; namely, first, the supply of proper material in his food to replace the dead matter, and, second, that he secures the prompt removal from the body of all dead and waste material. Each living person is, therefore, personally responsible for the length of life he lives. If he always supplies in his food the exact kind and amount of material required to meet the normal waste of tissues, and secures the prompt action of the organs which eliminate dead and waste matter—bowels, kidneys, lungs, skin—he is constituted to live 100 years.

It has been well said, "The man responsible for the running of any kind of delicate or fine machinery is constantly on the watch to see that nothing gets out of order. Everybody appears to be satisfied that this should be so with machinery, but when it comes to the delicate machinery of the human body, they are content to let it run until it stops. If the human machinery received only periodic attention, it would not only increase efficiency but also longevity."

An eminent anatomist in his account of the removal of the tissues by the separation of each dead atom and the replacing of it with new material, beautifully illustrates the process thus: "As I watch this constant renewal of the body by the removal of dead atoms and the immediate replacing of them with fresh material, I fancy I see a skilled architect with trowel in hand, examining minutely every tissue, and as he finds a dead atom, quickly removing it and throwing it into the intestine or kidney,

and then nicely fitting into its place a new and vigorous atom fresh from the food just prepared. Thus the human body is being constantly renewed and never is today exactly what it was yesterday, the difference being in the quality of the food furnished the architect." So the truth of the axiom "Man is what he eats" is demonstrated.

How few even of the most intelligent and highly educated realize that in the natural order of living each individual determines for himself at every meal both the question of health and of the length of life! Three times daily the stomach is gorged with a variety of food, but little thought or care is given to the removal of the dead and putrid matters accumulated and obstructing the eliminating organs. Auto-intoxication is the result from which arises a great variety of affections, many of which are simple and readily relieved, while others cause fatal changes in the vital organs.

Metchnikoff, the eminent scientist in this field of research, and late chief of the Pasteur Institute, Paris, happily calls "Old Age" a germ disease due to prolonged auto-intoxication from putrid matters retained in the digestive organs which breeds the germ which I will call "Bacterium Senile." Every person is familiar with the symptoms —headache, fatigue, mental depression, irritability,—and with the remedy—cathartics. A shrewd English bishop whose parishioners were largely meat eaters, was accustomed when called to visit the sick to send by the messenger three drastic cathartic pills, with directions to the spiritually depressed person to take them at bedtime, and promising that he would call at ten o'clock on the next day.

Fortunately for the present and the coming generations, the method of healthy living, as well as of attaining longevity, has been reduced to an exact science and made accessible to everyone. The gospel (good news) of this new dispensation is illustrated in the menu of each meal at the Sanitarium and in a treatise on "Colon Hygiene."

But old age, I wish to assure you, has its amenities, its privileges and its enjoyments. Everyone in my experience pays proper deference to the aged. They are no longer strap-hangers in the trolley cars. Every fault in dress and manners is excusable. There is on record one notable exception in the case of David, "the man of God." In a fit of pessimism he wrote that if by strength we reach fourscore years that "strength is labor and sorrow."

My experience of that period was very different and well expressed by Whittier, who on reaching four score years was asked by Holmes, four years his junior, in a witty poem, as to the outlook from the viewpoint he had attained. Whittier replied in a poem that the view was delightful, and there would be no more climbing, as the path descended all of the way to the river amid beautiful scenery. Victor Hugo states that when he reached the age of seventy he became depressed, but when he reached the age of eighty, he regained all his former cheerfulness and ambition. Reflecting upon this peculiar psychological experience, he concluded that at seventy he had reached the old age of youth and at eighty he entered the youth of old age.

And now I wish to express my deep sense of obligation for this delightful entertainment to Dr. Kellogg and the Faculty of the Sanitarium, by whose initiative it was organized, and to Mr. Bigelow, whose pleasantries have so enlivened the functions of Toastmaster.

May the prayer-song which greeted me several years ago on retiring from the Race Betterment Conference be fulfilled in the future as in the past,

"God be with you till we meet again."

LUTHER BURBANK
SANTA ROSA, CALIFORNIA
U. S. A.

September
Twenty one
1 9 1 8

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

My dear Doctor Kellogg:

I do not know how to thank you for your many kindnesses. The two most valuable books and your esteemed letter of September 13th arrived by the same mail. I do not know how many other people there are in the world who owe their lives to you besides myself; I think they can be numbered by thousands and by millions in the future for I am sure that if I had not come in contact with your teachings I should have been under the ground now instead of in my seventieth year.

I do not know exactly what kind of photographs you desire but think I know nearly what you like and will look over my collection today and forward them to you with this.

Of course what I have said in the above shows that you have paid for them many times over. I remember too with greatest pleasure my meeting you at my home and at the Pan-American Exposition. These meetings are something that I will remember always with the greatest of pleasure.

With every happy kind wish to your great and good self, I remain always

Faithfully yours,

Luther Burbank

P.S. With this we have inclosed our best photographs for your purpose as far as we could select. Kindly return those which are not available.

RECEIVED
OCT 18 1918
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This original to be kept at Res.

LUTHER BURBANK
SANTA ROSA, CALIFORNIA
U. S. A.

October
Eighth
1 9 1 8

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

Dear Doctor Kellogg:

Your kind and highly appreciated letter of September 30th received. You truly say that the archives of scientific bodies are crowded full of marvelous facts of which the world at large has never heard and which would produce veritable revolutions in society if known and appreciated. Well you are doing your full share in this important work. I am now in full possession of the copyright of the books as the Company has "quit the ship" and you are at liberty to use any quotations, any pictures or anything else contained in the set of books.

It is a happy thought to me that you think of coming to California some time this Winter. Of course you will come this way as I have many new things to tell you and I know that you are well loaded with good things. Unfortunately I am perhaps busier than ever before in my life so that I cannot visit your institution.

Now as to the story of the sweet-sour apple; it is very probable that it was absolutely correct. The Rhode Island Greening, a Winter sour apple in the East, is a sweet early Fall apple in California and under certain conditions both East and West, wherever it is grown, a section reaching from the stem to the blossom end has a reddish color and under it to the core it is quite sweet while the rest of the apple is sour as usual and of wholly different flavor. This section may include one-thirtieth of the circumference of the apple or twenty nine-thirtieths, or any other segment. Many of our cultivated plants have shown a similar disposition not only in color and flavor but in any other character or quality.

The variegated flowers are examples of combination without fusion. The dahlia is a splendid example; sometimes half of the flower is snow white and the other half black, red or yellow or any section of the flower may vary from the rest of the flower not only in color but in form and size.

Some cross-bred plants are streaked all the way up from the ground through the foliage, through the flowers and even through the seed

LUTHER BURBANK
SANTA ROSA, CALIFORNIA
U. S. A.

pods. I have cannas now in bloom which send up a single stalk from the same bulb bearing brilliant crimsom, pure yellow and various variegated flowers and leaves and stalks.

"Plant life, animal life and human life have these streaks of various characters some blending completely, some coming in stripes and streaks and spots. This is the case especially mentally as the nervous system of course appears to be the first to be affected by any influence either hereditary or produced by environment."

If I have some more photographs which you think will be useful to you just drop me a postal and you will receive them.

Faithfully yours,

Luther Burbank

New Richmond Hotel
Washington, D.C.
October 14, 1918.

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

My dear Dr. Kellogg:

I received your letters of Spetember 8th and September 26th but, unfortunately, owing to the irregularity in the mail department, I have missed receiving a number of letters. You speak of sending me an extract from the paper written by that great philosopher and eminent statesman and patriot, Benjamin Franklin which I have not received. I have not received the complete statement of my case referred to in the last paragraph on the first page of your letter of September 8th. I have delayed writing you as I waited until I came to Washington in order to get one of my books entitled "Serving the Republic" in order to send you.

I will also enclose a brief account of my last interview with General Grant.

My visit to your great Institution was exceedingly interesting and I will know where to go at some future time when misfortune overtakes me but I hope that time will be delayed as long as possible. I read with great interest an article of yours in one of the Boston leading papers and I presume it was published in different parts of the country by a syndicate of papers. It must be a great gratification to you as well as to the readers to be able to speak words of truth and wisdom to many millions of our people.

Wishing you success in your great enterprise, I remain,

Very truly yours,

Nelson A. Miles

RECEIVED
OCT 16 1918

1 WK

"As a member of General Grant's staff, I smoked with him and other officers, but when I last saw General Grant a few weeks before he died and he told me of the awful disease of his throat which was destroying his life (smoker's cancer), I said to myself, "No more tobacco for me," and I have never smoked since.

When asked the question, "Does the soldier need tobacco?" the famous sturdy old soldier replied, "Tobacco is a detriment to the soldier in every way. It lessens his endurance; weakens his heart; spoils his wind; it diminishes his accuracy of aim; it renders him in every particular less efficient."

St. Augustine, Fla.

Dec. 7, 1918.

Mr. C. W. Barron,

My dear Sir:

I thank you much for your very kind and interesting letter and especially for the proof sheets of your very wonderful article. I was glad to find some words of caution which accord with my own sentiments. The article has all the elements of a delightful story and at the same time offers profoundly important and statesmanlike suggestions which I am sure must meet the approval of soberminded and intelligent men. I thought as I was reading your article, it would be a good thing if President Wilson could read it. I wonder if he will see it? Certainly I am not wise enough about international finance to make any valuable suggestions. One thing I would like to know. How are the Allies going to adjust the finances of the people of Alsace and Loraine?

I am most happy to see that they are going after the Kaizer and the Crown Prince. They act as though they were conscious of their guilt.

I am delighted to see that you are improving so rapidly. This, however, is not a new experience. George Kennan who had been broken down completely made almost as rapid improvement. Col. McClure's case was also very quick to respond to treatment and David Starr Jordan and Frank Crane. Another case was Col. Roosevelt's niece, the daughter of Mrs. Robinson, and Mr. Phillips, former editor of the American Magazine. The beautiful thing about it is that the improvement

C. W. Barron

keeps right on accelerating, there's no reaction. A year hence, if you adhere closely to biologic methods, you will appreciate the gain in energy and endurance far more than now. The average man works under a great handicap. A few weeks at the Sanitarium will give you a good boost and will show you how to eliminate handicaps. It takes a few weeks to get rid of old health consuming habits and get new habits firmly established. This is really the most important thing to be accomplished in such cases as I judge yours to be.

About Florida. This isn't a good place, in my opinion for one who is able to react to the cold. I am down here only because I wanted to get quiet for work and at the same time get rid of a somewhat troublesome pleurisy, my first illness in twenty years and really my own fault for neglecting proper precautions. The weather so far has been rather raw most of the time. Better weather is promised for next month. The large hotels will open about X-mas. None are open yet.

I certainly should be most delighted to meet you should you come down this way while I am here. I am going to run over to Cuba for a week or two soon. May get off this week if the passport requirements are lifted.

Of course the great objection to this country is the impossibility of getting just the right sort of food. I hav have taken a cottage and Mrs. Kellogg is keeping house. The diet is all important for rapid health reconstruction.

I hope you are still enjoying your visit at Battle Creek and that you are improving as fast as when you wrote me. Don't be in a hurry about going away. The Simple Life Method

doesn't begin to show its best and most durable results until a few weeks have passed. It's like corn, the bigger it gets the faster it grows. The second or third month is worth many times as much as the first.

Regretting that I am not at home to meet you and to render you some service if possible, I remain,

Very sincerely yours,

Dictated.
GE-JHK

THE ENGINE'S DEFENCE.

By Dr Stephen Smith.

The Contractor, building streets in the Village, changed his six horse teams, drawing broken stone, for an Engine which drew the six car loads on each trip. The Engine, however, gave out a dense smoke which the housekeepers resented in the village Press. In reply the following squib appeared, entitled the "Engine's Defence."

I notice in the Village Press,
That 'mong the women folk,
There 's evidence of much distress,
'Cause in the street I smoke.

But, Ladies dear, as 'long the street,
I draw the freighted cars,
Many a friend of yours I meet,
Smoking their foul cigars.

Now for my smoke I've no remorse,
And you should not complain,
It draws the cars and saves the horse,
Many an awful strain.

But O ! the smoke your friends do make,
So filthy, so unclean,
It poisons every breath you take
With deadly nicotine.

Give me the force that draws the cars,
The Engine's iron grip,
Kepp you the Friend who smokes cigars,
His tainted breath and lip.

SKANEATELES.N.Y. 1915.

For Reprint of Dr. Smith's Poem

[1917]

* [This poem was written by Dr.Stephen Smith, the Nestor of American surgeons, the founder of the Bellevue Hospital and of the American Public Health Association. It is remarkable not only for its value as a literary gem, but for the ingenuity and force of its argument.

We feel sure that our readers will agree with us that the conception, sentiment, and execution of these verses are n not only creditable but have a strong smack of genius.

After pursuing these virile and cogent lines, the reader will not be surprised to learn that the writer, though some months past ninety-seven years when it was written, is still vigorously and blithesomely pursuing his arduous labors as a medical historian, philanthropist, and sanitarian of world-wide renown. He is a public speaker whose ringing, melodious voice fills the largest audience rooms, and whose eloquent words and flawless diction never fail to charm and captivate the fortunate listeners.

Just as we are sending these lines to the press, which through the courtesy of Dr. Smith we are permitted to do, the gifted author is on his way to deliver a Commencement oration at the academy where he attended school three-quarters of a century ago.

Dr. Smith's life is a splendid example to the world of the potency of temperance, sobriety, activity, and generous service to one's fellows in prolonging physical and mental soundness, efficiency, and ability to enjoy life and enter into its fullness, All hail to the great and good doctor. May his shadow never grow less, and may the shining sun rise upon his one hundredth anniversary! Ed.]