

COPY

127 Anderson Park Road,  
Moseley, Birminham, Eng.  
Jan. 8, 1919.

Before me now lies your "Autointoxication", a copy of which you so kindly sent me some six or eight months ago. I am tremendously indebted to you for the gift of this copy which I have read and re-read until the spirit of it has quite soaked into me. I consider the doctrines in this book and "Colon Hygiene" the most valuable addition to practical medicine since the introduction of Lister's system of antiseptic surgery. Please do not consider it flattery when I say that I regard Dr. James Simpson, Lord Lister, and J. H. Kellogg as the three greatest benefactors to the human race in the last century and when your doctrines have received the wide acceptance that they are destined to do, I am sure that mankind will benefit most from your teachings as in a good degree the discoveries of the other two will be unnecessary. Now that this great war has practically ceased, I hope one day before long to become the apostle of your doctrines in this country and to spread the gospel of glad tidings to a multitude of suffering people, suffering from self-indulgence, largely began in ignorance and prejudice. Probably before I venture forth on my campaign I will pay another visit to B. C. and obtain red hot facts from the fountain head or, not to mix metaphors, from the furnace fire. If I should be fortunate enough to be able to arrange this trip I will let you know well beforehand as I consider it essential to make my negotiations when you are at home. I am still as deeply interested in dietetic matters as ever and I welcome every copy of Good Health which reaches me without fail every month. I am glad you have reverted to its original portly form and I can truthfully say that I regard it as the most valuable journal that enters my household. I have a quarrel with the binder this month, December, he has succeeded in omitting pages 705-720 inclusive much to my chagrin and disappointment as I welcome every word you write and he has bisected or decapitated your address before the National Association of Underwriters. Would you kindly send me a complete Dec. 1918 Good Health so that I may read all your articles? I would esteem it a great favor if you could have sent to me by return mail eight cartons of the excellent bran of which you sent me a sample. I shall, at once on receipt of the bill send a check for the amount.

(Signed) Alexander Bryce.



Horace Plunkett, R.W.G. Adriatic, New York. Jan. 30, 1919.

FEB 28

J.H.K.

I have been away from Ireland for a short visit to the United States. I want to see some of my influential fellow countrymen over here and explain personally and privately to them my country's unhappy state. Partly because I was a bit worn out and could not do good work the sea has helped me but a week or ten days at Battle Creek would I think set me up. I am suffering from insomnia and want to treat it without drugs. Cannot do this except where I can get the kind of help from people for this and to prepare you for a wire from New York as I want to get to Battle Creek the first moment possible. Would like to have one of the east rooms so as to be sure of good air at night if it is available. I won't be very bright but shall be able to listen to the wonderful things you will have to tell me of Battle Creek.

bm.



R.M.S. Adriatic. New York.



RECEIVED

30 Jan 1919

200 ps



Dear D. Kellogg

I have come away from Ireland for a short visit to the United States, partly because I want to see some of my influential fellows. Crombie was here to explain personally & privately to them my Crombie's unhappy state, partly because I was a bit worn out & could not do good work. The sea



has helped me, but a  
week or 10 days, at  
Balth Creek (was I  
think at we up. I -  
suffering from indomina  
and want to treat it  
without drugs. I can't do  
this except where I can get  
the kind of help from people  
for. This may be to prepare  
for a course from here  
for, as I must get to Balth





seek the first moment  
possible.

I should like to have  
one of the End rooms  
so as to be near of food  
and of night if an is  
available.

I should be very bright,  
but I shall be able to  
listen. And wonderful  
things for you have to tell  
me of both heat & bar.  
James, very sincerely,  
Anacostia.



COPY

Battle Creek Sanitarium,  
Battle Creek, Mich.  
Feb. 14, 1919.

Dr. J. H. Kellogg,  
91 King St.,  
St. Augustine, Fla.

My dear Dr. Kellogg:

Your most kind message duly reached me and cheered me a good deal. When I arrived here on the fifth instant, I was grievously disappointed to find that I should not be able to talk over with you the many stirring events which have shaken the world -- even your quiet world -- since we last discussed the awful calamity which has fallen upon our so called civilization.

On second thought I realize that on the balance, your absence from the scene of unremitting and almost herculean labors in the first holiday as you point out for fifty years, was not only immensely for your own good, but also for that of the world to which you have rendered so notable a service and will, I trust, continue to render for many a year to come.

The advantage to yourself of a holiday is obvious. It was long, long overdue; but when you come back you will have the satisfaction of knowing what, but for your absence, you could only have conjectured, that this great institution that you have built up is on a permanent self-sustaining ~~NOTE~~ and progressive basis. For a long time it was inevitably, rather what is vulgarly known a one-man-show. It was necessary for you to take the risks involved in your being mortal and as you obeyed the physiologic law which you teach to all of us, the danger to your work was reduced to a minimum. But now that you have reached the time of life when even the most robust must be looking to the future and considering how the work will be carried on when the leader's control is relaxed or when it ultimately ceases, I find everything running smoothly and your splendid staff as keen as ever in maintaining the reputation of the Sanitarium for keeping in the van of therapeutic science.

My chief informant is your splendid assistant, Dr. Riley, in whose charge I have put my own case, as I am suffering rather badly from insomnia. Of course, when you come back like a giant refreshed, I know you will be full of fresh ideas, but I think you will find that the grass has not been growing under the feet of your assistants and that they will be even more helpful for the experience they have had in getting along without you.

I am still anxious that the institution should go a little farther in breaking its connection with the religious sect, which I know never improperly controlled it and at no time interfered with its strict adherence to science or in other words, truth. Is the Saturday-Sunday mix-up really worth while? It is essentially unscientific and it is inconceivable that the Supreme Being can care a straw on what day the inhabitants of this little planet obey the law to rest and be extra good on one day out of the seven.



2. Dr. J. H. Kellogg.

Dr. J. H. Kellogg

My only concern in the matter however, is not that the arrangement affects the actual work of the Institution, but that it leads to a lot of misunderstanding -- the nature of which you thoroughly appreciate. I don't mind the people who think your principle achievement is the manufacture of grape nuts and postum but the other misunderstanding leads itself to not altogether unintentional representation.

Etc.

Your grateful and sincere friend,

X. M. KELLOGG. Horace Plunkett





The Battle Creek Sanitarium  
Battle Creek Michigan

SUPERINTENDENT'S OFFICE  
J. H. KELLOGG M.D.

February 14, 1919.

Dr. J. H. Kellogg,  
91 King Street,  
St. Augustine, Fla.

My dear Dr. Kellogg:→

Your most kind message duly reached me and cheered me a good deal. When I arrived here on the fifth instant, I was grievously disappointed to find that I should not be able to talk over with you the many stirring events which have shaken the world -- even your quiet world -- since we last discussed the awful calamity which has fallen upon our so called civilization.

On second thoughts I realize that on the balance, your absence from the scene of unremitting and almost herculean labors in the first holiday as you point out for fifty years, was not only immensely for your own good, but also for that of the world to which you have rendered so notable a service and will, I trust, continue to <sup>render</sup> ~~serve~~ for many a year to come.

The advantage to yourself of a holiday is obvious. It was long, long overdue; but when you come back you will have the satisfaction of knowing what, but for your absence, you could only have conjectured <sup>we</sup>, that this great Institution that you have built up is on a permanent self-sustaining and progressive basis. For a long time it was inevitably, rather what is vulgarly called a one-man-show. It was necessary for you to take the risks involved in your being mortal and as you obeyed the physiologic law which you teach to all of us, the danger ~~to~~ your work was reduced to a minimum. But now that you have reached the time of life when even the most robust must be looking to the future and considering how the work will be carried on when the leader's control is relaxed or when it ultimately ceases, I find everything running smoothly and your splendid staff as keen as ever in maintaining the reputation of the Sanitarium for keeping in the van of theaputic science.

My chief informant is your splendid assistant, Dr. Riley, in whose charge I have put my own case, as I am suffering rather badly from Insomnia. Of course, when you come back like a giant refreshed, I know you will be full of fresh ideas, but I think you will find that the grass has not been growing under the feet of your assistants and that they will be even more helpful for the experience they have had in getting along without you.

I am still anxious that the institution should go a little further in breaking its connection with the religious sect, which <sup>I know</sup> never improperly controlled it and at no time interfered with its strict adherence to science or in other words, truth. Is the Saturday-Sunday mix-up really worth while? It is essentially unscientific and it is inconceivable that the Supreme



#2. Dr. J. H. Kellogg,

Being can care a straw on what day the inhabitants of this little Planet obey the law to rest and be extra good on one day out of the seven. My only concern in the matter however, is not that the arrangement affects the actual work of the Institution, but that it leads to a lot of misunderstanding -- the nature of which you thoroughly appreciate. I don't mind the people who think your principle achievement is the manufacture of grape-nuts and postum but the other misunderstanding lends itself to not altogether unintentional representation.

I have a letter from Gifford Pinchot sending you his love. Yesterday I met in the Lobby the Duchess of Manchester, who is coming to my table tonight and who will I am sure share my disappointment of missing you. You say in your message that we may meet later, so I will tell you what I know of my plans. Had I been a little stronger, I should be attending meetings to which I am invited all over the United States, but as it is, I shall probably go no further west when I leave here than Omaha and then go to Boston, Washington and New York to see privately the most important Irishmen and Americans who are interested in the very grave Irish situation. I ~~will~~ probably sail from New York March 15. *In New York I stay at 36 W. 10<sup>th</sup> St.*

*back* I rather hope you will prolong your holiday and get your health ~~to start~~ to its splendid normal condition whether we meet or not. Believe me as ever,

Your *gratefully* and sincere friend,

*Grace Plunkett*

.b.



Dr. Stephen Smith.

There is, ordinarily, no especial merit in the mere feat of having reached an advanced age, save as the length of years testifies to a clean youth and a sensible middle age, but when a man has not only far surpassed the Psalmist's time but has packed the long years full of good deeds and service to his kind, then indeed he is one whom all delight to honor. Dr. Stephen Smith, who rounded out ninety-six productive years on Wednesday of this week, is one who thus compels the affectionate homage of his colleagues and the admiration of the entire community which rejoices in his continued presence.

Medical Record, Feb. 22, 1919.





The Battle Creek Sanitarium  
Battle Creek Michigan

Feb. 23, 1919.

Dr. J. H. Kellogg,  
91 King St.,  
St. Augustine, Fla.

My Dear Doctor:

This should reach you on your birthday. It will not be big enough to carry a hundredth part of the good wishes I bear you. I cannot tell you how glad I am that you have won probably the greatest of your victories recently by applying your principles to yourself and giving the world the prospect that you will be spared for the fullest span of life. I wish I were as courageous myself. I know I ought to stay here for some months, but I cannot bear the sufferings of some others I am vain enough to think I alone can help in their struggles a few thousand miles from here.

I am writing you a very long letter about the Sanitarium which will explain itself. I will only give you now my probable movements in case you should wish to write to me. I expect to be at the Congress Hotel, Chicago, this week end. After that I shall probably go East to make my headquarters at 36 West 10th St., New York, until I sail about March 15th. But I may on my way east come for another week or so here under Dr. Riley. All will depend on how I stand my first work.

Believe me,

Very sincerely yours,

*Grace Plumb*

JTC





The Battle Creek Sanitarium  
Battle Creek Michigan  
February 23, 1919

Dr. J. H. Kellogg,  
St. Augustine, Fla.

My dear Dr. Kellogg:--

I shall be leaving the Sanitarium tomorrow after a stay of nearly three weeks. During this time my intense interest in the institution has moved me to make a fresh study of its working. Three reasons made this opportune:--You were absent and the machine could be seen running without the chief engineer. There was a record number of patients for the time of year, showing that the institution is duly appreciated by the public, and at the same time putting the machinery to a severe test. Lastly, we are entering upon a period of reconstruction in which almost all human institutions will have to be readjusted to meet the needs of wholly unprecedented changes in the lives of nations.

I approached the subject as a non-expert, sympathetic observer. I have passed the stage at which it is necessary to inquire whether "The Battle Creek Idea", the rule of life based upon biologic law, which, as preached and practiced here commends itself to my amateur judgment, is scientifically sound. I know it to be so on the testimony of competent independent authority. I know too that the diagnostic procedure you have worked out is unrivalled in its thoroughness. The one question I tried to determine to my satisfaction has been whether the Sanitarium, as the central institution of this great gospel of health, is being conducted in a manner calculated to give the widest and most permanent practical effect to the principles for which it stands.

So much for the subject of the inquiry; now as to the method.



Dr. J. H. Kellogg--2--

Your associates here were probably never so hard worked, and naturally I have hesitated to occupy their time in talk. But I have conferred rather intensively with Dr. Riley who is taking charge of me and with Col. Case who, quite apart from his special knowledge and qualifications, has recently had the kind of experience that makes it easy and natural for him to understand the outside inquirer's difficulties and needs.

My main conclusions, however, have been formed by using my eyes and ears and talking to fellow guests and patients. The best way of judging the ultimate effect of your teaching upon the public is to study its effect upon those who are brought directly under it here. I attach chief importance to the opinion of the average stranger who comes here to go through the mill and find out for himself, and not to that of those who have been here before and "know the ropes", nor of the favored friend of the institution like myself upon whom you and your associates bestow personal attention.

There was one exception to this method of inquiry. Throughout I have conferred with Mr. Patterson who is just as deeply interested in the institution as I am. We have come substantially to the same conclusions about it and had almost decided to join in a letter to you. On reflection, since he approached the subject from a somewhat different angle and was not only chiefly interested in, but also uniquely qualified to deal with the administrative questions involved, while my mind goes rather to questions of principle, we agreed upon a division of labor of which this letter is my share.

It was agreed that I should explain to you the precise purpose and character of our joint effort. To do this I have thought it well to



present the problem as it appears to us. You will see as I go on that I have no criticisms whatever to offer upon the scheme of things as I conceive it to have been formulated in your mind, but that I seem to detect a lack of coordination in the working out of the several parts of the scheme with a consequent administrative confusion and restricted realization of aim. Furthermore, the cause of the trouble seems to be two-fold. First, I think you are gravely and in some cases wantonly handicapped by survivals from an earlier period in the evolution of your idea; and secondly, there certainly does seem to be an all round low standard of administrative efficiency, not in the regions of scientific work, but in the hum-drum business details. Attention to details of management has come to be recognized as essential to the success of all commercial or industrial undertakings, a fact which has brought the efficiency expert into the world of business. The same truth applies to a great institution like this and cannot be neglected without raising serious obstacles to the fulfilment of its higher purposes. How its defects of management, if they do exist, can be remedied, is a question I am wholly incompetent to decide; but as I see things it is the decision of these issues which will very largely determine both the kind and the degree of your achievement for the rest of your life. It is, therefore, a happy circumstance that Mr. Patterson who is past master of modern business administration, who approaches the subject from the welfare end, and who is a devoted disciple of the Battle Creek Idea, is going to write to you upon the administrative problems I have indicated as being clamant for solution.

The work of the Sanitarium may, I think, be conveniently classified under three main heads: EDUCATION, THERAPEUTICS and RESEARCH. I will explain what I mean by each.



Education comes under three categories, the largest being the explanation of the Idea to the public. The next and the most immediately important is the education of the patient by revealing to him the truth about himself and the laws of nature too often made a mystery, this being, perhaps, the outstanding feature of the Battle Creek health system. And lastly, there is the training of workers and assistants in the institution and of students in health and cognate subjects.

By Therapeutics I mean all the medical and surgical work of the institution except the prophylactic work which comes under the educational head.

In Research I include all the scientific work which is needed for the double purpose of keeping the institution in line with the progress of medical science and of enabling its workers to meet the ascertained needs which constantly arise out of the practice of perhaps the most varied clinic of the world.

If the above presentation of the main lines along which the Sanitarium works toward the goal of Race Betterment be approximately accurate it is clear that success will depend upon the fulfilment of three essential conditions. (1) Those who are directing these three lines of work should be (a) themselves qualified for the great task by character, capacity and training and (b) provided with adequate assistants similarly qualified. (2) The three-fold scheme of work should be so coordinated in its parts as to insure that cooperation of the several bodies of workers towards the common end which is needed for the highest aggregate achievement, and that division of labor and responsibility which prevents the overburdening of individual workers. (3) The business end of the institution must be conducted on the best modern principles of business efficiency.



Dr. J. H. Kellogg--5--

Now I hold that the first condition is supplied as to (a) but not as to (b). The second condition, to say the least, needs to be carefully considered, and the third condition, which, as I have above intimated, I will leave to Mr. Patterson, we both feel to be sadly lacking.

You will now see what I have undertaken to attempt, and without further preface I shall try to establish the above judgment at which Mr. Patterson and I have arrived. I shall do my part in making inexpert suggestions, leaving Mr. Patterson to make what in his case will be not only expert but I anticipate really valuable and practical proposals.

I take first the fitness of the Staff for the work, to the high quality of which I have already testified. I have an admiration I cannot express in words for the devotion of these men to this great service. It is notorious that everyone of them makes a personal sacrifice in direct proportion to his value to the institution. Let me take the two instances I know the best. Dr. Riley is a man of remarkable parts hidden under a modesty and reserve which completely obscures his real greatness to all except his brother scientists who know him in his special work, and the patients whom he has brought back to health out of the most difficult and complex of all forms of human disease. For five and twenty years he has consistently worked beyond his strength for a remuneration which is probably not one-fourth of what he could easily have obtained in commercial practice and not one-tenth of what would be coming to him if he had personal ambition. Under very different circumstances Col. Case is making an analogous sacrifice. The world is open to him and if he merely wanted to become rich he has only got to announce that he is in the market; yet neither of these men will for any considerations of their own advantage leave the Sanitarium, provided that it is going to realize



the end for which you and your associates have worked for varying periods with equal devotion.

I come now to the assistant physicians. I am not competent to pass upon their qualifications, though I shall say presently something of the impression they make, but I do know that there are not nearly enough of them for the work to be done. I know further that it is extremely difficult to supply the deficiency because of certain handicaps against which you have labored throughout and which it is absolutely necessary to remove. I had, therefore, better mention those of them which come within my province in what you will probably call the "Patterson-Plunkett" report.

I have already written to you upon the sectarian difficulty. Personally, I think the Saabatarians are probably more right than the rest of us. But there is no getting over the fact that although we may assume Christ to have known all that the stars in their courses could reveal, he was speaking to a community to whom he did not think well to reveal this knowledge. Any decided opinion one way or the other is wholly unscientific and does not contain truth as we are now permitted to understand the Universe. But the question does now arise whether in a matter of this kind the opinion of the majority is to be subordinated to the opinion of the minority. When the moral consequences of the present practice are dispassionately weighed, I cannot see how the minority can obstruct (for they are obstructing by the misunderstanding and misrepresentation they foster) the progress of scientific work in which so much of morality and so much of religion inhere. There is no denying that this sectarian feature is mainly responsible for the difficulty in getting ambitious young doctors to regard the Sanitarium as an institution within the scope of regular medicine.

Another cause of misunderstanding relates to the commercial affiliations of the institution. I mention it here because while its worst effect



Dr. J. H. Kellogg--7--

is upon public opinion, it does also lead to disparagement of the institution in the professional world. I refer, chiefly, to the relation between the Sanitarium on <sup>the</sup> one hand, and the Food Company of which you are the chief owner and the Dairy which is run by your Business Manager and one of your Medical Staff, on the other. Now it is better to be quite frank upon this subject. I personally know that money means to you nothing except the good that it enables you to do, and I wish you were a millionaire many times over--it would be good for the world--but you cannot and never will get the public to take this view. I have never mentioned the subject to any of those to whom I have talked in the Sanitarium, but it is constantly put up to me. I am always having to defend you and the two proprietors of the Dairy against using a philanthropic institution for the purpose of advertising a private undertaking! The defense in your case is quite easy and satisfying to me, and I think to those to whom I make it, but they are only a minute proportion of the people upon whom the circumstance makes a bad impression. I point out that the proprietors of the Dairy are legitimately supplementing a wholly inadequate salary. But while discussing this crisis in the life of the Sanitarium, synchronizing as it does with the necessary readjustment of all similar institutions, I cannot give a truthful analysis of the situation as revealed by my inquiries unless I state the facts of this commercial handicap. It is quite safe to say that any impression which survives the atmosphere of the Sanitarium will have the widest influence upon the less informed public.

My suggestion would be that both the Food Company and the Dairy should pass into the possession of the Sanitarium if the management is so reorganized that it could be sure to make it part of the institution's profit making machinery for the general good. Probably it would be better



to dispose of it, the Sanitarium retaining a right to be supplied at the lowest wholesale price with all the foods it wants. You should then be given a salary commensurate with your claims (as to which there will be no question on the part of the public, still less of your associates) sufficient to enable you to provide for all your domestic needs, and for your many outside charitable undertakings. The other parties interested should, of course, be properly compensated, but I feel strongly that the stumbling block should be removed in both cases.

The need for a greatly augmented staff is made sufficiently clear by comparing the numbers availing themselves of its services and its own numerical strength. But the manner of the augmentation should be considered in connection with my second condition, "The coordination of the three main branches of the work", to which I will now pass.

It is necessary, no doubt, that all the leading men in the institution should have a general understanding of and in most cases some active participation in every branch of the work. But it may be pointed out that, as a matter of common experience, men of science are seldom good administrators. They are in a higher region of thought and action, and the concentration upon relatively unimportant details which is essential to successful administration is subconsciously felt to be a waste of their time. Yet, most of these men are heavily burdened with routine administration, and this is clearly wrong. Occasional attendance at the Board which decides questions of policy ought to limit the demand upon the time taken from their special services.

Again, I cannot help thinking that the system of assigning the patients to individual doctors as now practiced, still more leaving the assignment to the discretion of the receiving physician, about whose office



Dr. J. H. Kellogg--9--

I have something to say later, ought to be reconsidered. I will take the case of Dr. Riley, as I know it best. He has two assistants. He deals with an enormous number of cases himself, and it is a matter of personal knowledge that those who are allotted to his assistants are by no means satisfied. The same is felt about other assistants in other offices. To put the matter bluntly, for the reasons I have given above, the type of assistant doctor at present procurable does not adequately represent his chief, or rise to the standard of the Sanitarium. So great is the demand upon Dr. Riley's office that I do not believe it can be satisfactorily supplied until he has selected two really first class assistants who could do all the routine work with all the patients, leaving him to act in a superior consultative capacity. He could not only do this, but he could fall into his natural place as the Dean of all your medical associates. He would thus achieve far more than it is possible for him to do at present for the institution and the Idea without an utterly unreasonable expenditure of his own vital energies. I have watched him closely and the work and worry of his present situation is quite clearly more than he can endure. He feels this himself, and does not seem to see quite clearly the way out, but is as keenly devoted as ever to the service.

If this course were followed in Dr. Riley's office it would effect an analogous reorganization throughout the medical work. Of course, it involves a greatly increased staff, and you will say that this means an added financial burden. Mr. Patterson says on the contrary that the total reorganization he will suggest will mean an immense increase of revenue. I am not going to trench upon his subject, but I would submit for your consideration, that in my part of the suggestive reorganization, while an immediate and very substantial increase in the higher salaries is called for, the assistants would enter on a basis of improved professional outlook which would obviate the



necessity of increased initial salary.

There is one aspect of the therapeutic work which I approach with more diffidence than any other. Whatever may be said for the woman doctor for the woman patient, unless my experience is quite exceptional, the vast majority of women prefer male physicians, and would insist upon male surgeons. Hence there is here added to the sectarian, the commercial <sup>the</sup> and organization handicap a woman question handicap. I understand how the female doctor has become an integral part of the life of the Sanitarium, and I am far from suggesting its abolition; but if the reorganization of the male staff I have roughly indicated were adopted I think the chief physicians might with real advantage devote a great deal of their time to consultative work with the lady associates. The principal physicians, with Dr. Riley at their head, should be under your supreme command, but in the same relation to the lady associates as they should be to their male associates.

I come now to the change as to the need of which I feel more confident than of any other because it relates to an aspect of the institution I studied rather carefully. I mean the method of introducing the patient to the Sanitarium. I regard this as fundamentally important. You will recollect that in my lecture on "Some Tendencies of Modern Medicine--From a Lay Point of View", which you republished, I put into the mouth of the receiving physician a sort of introductory explanation of the Battle Creek idea on its therapeutic side. Under the heading "The Health Seeker Referred to Nature" I wrote:

The first step was to go to the receiving physician, who, after asking me a few routine questions--one of them the name and address of my nearest relative, so that they might not have my remains left on their hands, supplying a little grim humor--proceeded to explain to me the general character of the treatment I was to receive. "You understand, of course", he said in effect, "we do not pretend to cure people. Nature does that. If they are not well, unless some infection or accidental injury is the cause, they have offended against the laws of nature. What we propose to do for you is to determine, by every means known to medical science, the character



Dr. J. H. Kellogg--11--

and degree of your departure from the normal. We will explain to you everything that we find out about your case. We shall have no regard whatever for your feelings. We shall assume that you wish to know the absolute truth, and will do our best to make you understand it. It will be up to you to follow the road back to the normal, which we think we will be able to point out."

The persons to whom I have shown this pamphlet have been greatly taken by this presentation of the system, and in not a few cases have resorted to the institution on account of what I said about it. Others have told me frankly that I have idealized the practice, that neither the receiving physician nor anyone else talked to them in any such way, and that on the contrary the reality as distinct from my idealization, left an impression of interminable waiting for perfunctory interviews. When I wrote the passage I knew that the physician doing this work did not in the least enter into the spirit of it. As a matter of fact, the words I recorded, were, as far as I could remember them, yours. I confess I am rather disappointed to find that the same gentleman is still performing the same function. I have had a long conference with him and have satisfied myself that he is not fitted for his post.

It seems to me that this office ought to be filled by a physician of great experience, a traveled man, a man of the world, a man of infinite tact, and one devoted to the Idea. I suggest for your consideration that he ought to have under him a competent assistant to deal with simple routine cases--the case, for instance, of people who have been to the institution before, and merely want to have their medical arrangements made for them. The head receiving physician should, in addition to discharging the duties of the first interview, be always ready to hear and deal with complaints, such as that of an old gentleman who waited three and one-half hours for five minutes talk with his physician. He would do anything and everything that was necessary to take care of all reasonable complaints, and help patients,



Dr. J. H. Kellogg--12--

so to speak, "to get back into their stride" when things seemed to go wrong, as they are very apt to do with patients from no other cause than an easily removable misunderstanding of their own, or an invalid temperament. So important do I feel the right reception of the patient to be that I was almost inclined to make it a fourth branch of the Sanitarium's work, but, having emphasized it I may leave it in the Education category.

Now, my dear Doctor, I have written you an intolerably long letter, open, no doubt, to every kind of adverse criticism. You will, I know, take it in the right spirit, use anything there may be in it of suggestive value and forgive the rest. The main point I desire to emphasize is that if large reforms are demanded--and it is almost inconceivable that an institution built upon experiment, suddenly confronted with an immense increase in public patronage, does not need large reforms--now is the psychological moment for a bold, forward policy. The whole world is in the melting pot, and unless I am a very bad prophet, there will be a rapidly increasing tendency toward State absorption of public services. Only those will survive under private control which are immune from just criticism. All the adverse criticisms I have indicated as being possibly sustainable against your work relate to unessentials. I hope to see the Sanitarium made impregnable at every point, completely divorced from all suggestion of sect or cult, religious or medical, broad based upon the great truths of human progress, an enduring monument to your heart and mind.

Believe me to be

Your grateful friend,

*Trace Bennett*

P. S.

I have shown this letter to Mr. Patterson, Dr. Riley and Col. Case.



CLASS	SERVICE	SYMBOL
Telegram		
Day Letter		Blue
Night Message		Nite
Night Letter		N L

If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

# WESTERN UNION



# TELEGRAM

NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

CLASS OF SERVICE	SYMBOL
Telegram	
Day Letter	Blue
Night Message	Nite
Night Letter	N L

If none of these three symbols appears after the check (number of words) this is a telegram. Otherwise its character is indicated by the symbol appearing after the check.

**RECEIVED AT**

222J GM 34

BATLECREEK MICH FEBY 540PM 26 1919

135

DR KELLOGG

91 KING STREET STAUG FLO

TO THE PRESIDENT OF THE RACE BETTERMENT SOCIETY YOUR PICTURES  
 SURROUNDED BY FLOWERS IS IN THE LOBBY MAY YOU HAVE MANY MORE IS  
 THE WISH OF YOUR FRIEND ADMIRER AND COWORKER IN UPLIFTING WORK

JOHN H BATTERSON

720PM



St. Augustine, Fla.

March 20, 1919

Sir Horace Plunkett,  
36 W. 10th St.,  
New York City, N.Y.

My dear Sir Horace:--

I have been waiting before writing you to get Mr. Patterson's part of the "report" but thus far have not received it, so shall have to wait until I receive it before sending you the fuller statements which I will make later, but I do not wish to delay making clear to you my position with reference to a few points.

First, in relation to the Sabbath question. Before I received your letter I had written a letter to Dr. Riley making the occasion for it a letter received from an old patient who lives not far from Battle Creek. I think you will agree with the position which I take in my letter to Dr. Riley and the Board, or at least will recognize it to be a step in the right direction. The question is somewhat complicated and difficult; it has in it some elements similar to those which complicate the Irish question. I might almost say that it is our "Irish" question, but we will work it out in due time.

As regards ~~my~~ feed business, the origin of it was the unwillingness of the Board to give me any facilities for the experimental work which resulted in the development of cornflakes, proteose and all of our other special feeds with the exception of granelle. I have expended, I suppose, between two and three hundred thousand dollars in experimental work for the development and perfection of new feed products and upon methods and machinery for their manufacture. The Board by resolution requested me to do this work personally and declined to appropriate either money or facilities for the experimental work. The Board looked upon me and my project as very visionary. All men are not gifted with imagination. Everything I have gotten out of the feed business has gone into the Sanitarium. I have no outside investments whatever. The Race Betterment Foundation received nearly all I get out of the cornflake business and it was this money that enabled us to finance our new building debt after the fire. Without the Research Laboratory which I have maintained we never could have developed our present dietary. The special feeds supplied to the Sanitarium have always been furnished at cost or less than cost and at much less expense than they could be produced in the quantities used by the Sanitarium. The loss on feed sold to the Sanitarium has some years amounted to several thousand dollars. My Feed Company supports the Good Health Cafe and Store which supply feeds to helpers and poor patients at less than cost. In the early days I established a store for the helpers at which they could buy things at cost. About 25 years ago the Board voted to close this store, the business department refusing to conduct it, and I opened the store in order to encourage the helpers in "biologic living" and to give in the restaurant an opportunity for people not able to pay Sanitarium



Prices to get feed prepared in the same way and under the direction of a dietitian. This enterprize has always cost me a less of five hundred to two thousand dollars a year which I have paid out of my own pocket. The feeds sold in the Feed Booth are offered there for the convenience of patients and to encourage them to live biologically at home. This department is barely self supporting. I invested in the feed business something over two hundred and fifty thousand dollars on fifty thousand of which I am paying interest. The total net profits for 1918 as I find from my financial report were eleven hundred dollars. Of this ten percent, or one thousand, one hundred dollars goes to the Sanitarium as a sort of royalty. I consider the Feed Company a very essential adjunct to the Sanitarium. I have kept it wholly in my own hands so that I might be able to pass it over without any drawbacks to the Sanitarium work at my death or before that time if I thought prudent to do so. I consider myself simply a trustee of this work which I have hoped to make the means of enlarging the work of the Race Betterment Foundation which the feed business has already created and to make contribute to the development of our educational work. The trouble with turning this over to the Sanitarium, which I would be glad to do, is that the Board as a whole does not appreciate its value to the Sanitarium. Several members of the Board, unfortunately, are considerably interested in the Toasted Corn Flake Company, chiefly through stock which I gave them as a present, and I have reason to believe that their interests in the Corn Flake Company are such as to disqualify them for unbiased judgment in the management of the Kellogg Feed Company. To dispose of the Feed Company to outside parties would hamper the work of the Institution in precisely the same way as to dispose of its School of Home Economics or its Bath Room Department. The feed business is really just as much a department of the Institution as any of these others, the difference being that I have maintained it at my own expense and risk while giving the Institution all the benefits accruing from it.

The Dairy business, conducted by Dr. Stewart and Mr. Wentworth, is on essentially <sup>our</sup> the same footing. It was absolutely necessary for us to have a dairy under complete control and supervision. Two or three times we tried to organize and manage a dairy, but failed. The cows would get sick and die and they gave so little milk as to make it cost several times what we could buy milk for. It was a perpetual source of trouble. The question was also raised by the Judge of our district whether our charter should not be cancelled because of our ultra viries acts. He held that we had no right to do farming, to have a Pharmacy, to receive boarders or even to receive pay for treating patients. Mr. Wentworth and Dr. Stewart, knowing the difficulty of the situation, offered to buy one of the Sanitarium farms, which had been a source of considerable loss every year since ~~we~~ bought it, and establish on this farm a dairy, and furnish us milk under certified conditions as regards purity. They have carried on this work now for several years to our satisfaction, and they have never made a dollar in the dairy business. They could not at the prices we pay them for milk. We are under no continuing contract with them. We can stop buying milk of them at any time we can get equally good milk from anybody else if we choose to. They have urged the Board to take the Dairy off their hands repeatedly. We could not do it without loss and certain failure.

It is exceedingly distasteful to me to have my name associated with the feed business or with anything commercial, but we some times have to swallow bitter pills, much against our will. The Toasted Corn Flake Company put the work "Kellogg" at the top of their package against my wishes when I was in Europe. When I get home I protested, but without avail. My brother said, "It's my name, not yours, that appears on the package." I saw very soon that this company were determined to exploit my



Sir Horace Plunkett--3--

name and reputation and that of the Sanitarium as Mr. Post had done, but more flagrantly. A picture of the Sanitarium appeared on every package of corn-flakes. This with the work "Kellogg" pointed unmistakably to me. I became convinced that it was the purpose of the Corn Flake Company to manufacture and sell, in other words to exploit, the products which I had developed or might develop and doing this at Battle Creek under the name of "Kellogg" would simply capture the entire feed business and wreck my plan to make the feeds do their part toward the promotion and maintenance of a self supporting philanthropic and educational enterprise. I saw the only way to save anything was to put the work "Kellogg" into my firm name and so associate with the feeds as to identify them with the Sanitarium as distinct from the Toasted Corn Flake Company. I placed the matter before our Board and it was with their approval that the name "Kellogg Feed Company" was incorporated. I knew and felt keenly that commercializing my name was a serious handicap, but the thing had already been done in the wide advertising of the Corn Flake Company so that the mischief was done but without any compensation. I had to pay the fiddler, but without the pleasure of hearing the music. I thought that being somewhat advanced in years I shouldn't have to bear the unpleasantness very long anyway and after I was dead there would be no objection on the part of anybody that the feeds were called after my name. Under no circumstances other than the peculiar combination of conditions which I have briefly and imperfectly described would I have entered into any kind of commercial work.

I am the chief owner of the Sanitarium Equipment Company, which makes electrical and other devices for the Sanitarium and for patients and anybody that wishes to buy. Some of these appliances were formerly made in the Sanitarium machine shop. The Board felt that the work on these machines interfered with the regular work of the shop which I found to be true, so I have for some years carried on the work in the shop which I had fitted up. I turned this over to the Race Betterment Board, but it made a loss instead of a profit so I took it back at cost and at a loss to myself. It has never been a source of profit, but just about pays its way and helps to promote the cause of physiologic medicine.

I own the Modern Medicine Publishing Company. It started this way. I wrote a book in 1876 and got a publishing house to print it. After a year or two they came to me complaining that the book didn't sell, and they were greatly relieved when I offered to take the edition off their hands. I published the book myself and sold half a million copies, chiefly by subscription. I wrote another book, the Home Hand Book, and could get no one to publish it, so borrowed the money and published it myself and sold over a hundred thousand copies. I wrote and published other books and sold editions of twenty to fifty thousand copies. I finally turned the whole business over to the Good Health Publishing Company, and the bad management produced a loss instead of a profit. I at once offered to take back the plates, some wholly worn out, ~~and~~ everything I sold, at just what I got for it and revived the Modern Medicine business after it had been ~~gone~~ for twelve years. The Modern Medicine is doing a better business with the books than ever with a small force and is doing its part in the Good Health propaganda. *paying its way.*

Funck and Wagnalls of New York are becoming much interested in my books and may take up the publication of some of them.

Our Board have not appreciated the value of the circulation of literature and the education of the public in the principles of "biologic living" as fully as I am sure they would have done if they had gone through the same experience that I did. It is perhaps too much to expect that a Board of ten men all busy with professional duties will understand and succeed in the



Sir Horace Plunkett--4--

management of a complicated feed laboratory and factory, a publishing house and a machine shop and electrical works.

I have in all these business enterprises persons who have been associated with me for many years in these lines of work and whom I have trained, and give to the work about the same amount of attention that I imagine you give to your business in Omaha--probably less, for the time I give to all of them put together doesn't amount to one day a month. Of course if I could give them more time it would be exceedingly profitable to me from a business standpoint, but I will not. I let them run along and do what they can, and they're all helping. I give the Sanitarium sixteen to twenty hours of time every day of my life and have done so for the last forty-six years, since I took charge of "Good Health" three years before I became superintendent of the Institution.

I fear I have afflicted you grievously with all these details about our little concerns when your heart is loaded with great and perplexing problems of your nation.

I was glad to see what you said in Boston to the effect that the Irish people in Ireland would have to settle their problem. It is distressing to see how the politicians in this country are trying to make political capital of the Irish question. I am very glad to see that the Sinn Feiners have wisely decided not to undertake a real war and to repeat the doings of the Bolsheviks in Russia, but merely to "demonstrate" as the women suffragists did.

Hoping that this note may reach you before you sail, and regretting greatly that I didn't have the pleasure of a visit with you before you returned, and with deep gratitude for the interest you have taken in our work and for your valuable suggestions, I remain, as ever

Sincerely and gratefully yours,

P.S. I hope this will reach you before you leave New York and I wish you a safe and pleasant journey across the big "pond." Next time maybe you'll come across in an airship.

Less than a minute ago I received a wire from Mr. Patterson saying you were sailing tomorrow. Am wiring you as follows:

Have been waiting for Patterson's report, not yet received. Sending you long letter today. Sorry too late to reach you before you sail. Most grateful for your interest. Shall profit by your suggestions. Hope you are improved. Bon voyage. Au revoir.

J.H.K.

P.S. I should have mentioned that when we were recognized in 1878 as a charitable corporation we had to clean up our commercial activities. The Sanitarium cannot express its character as a charity or a food factory, in order to remain in doing business previous to 1878.



March 22, 19

The Evening Post

EDITORIAL ROOMS

Dear Mr. Kellogg

I got your telegram and was pleased to read that you will let us have your photograph. It has not come yet. I hope to have my article ready for our Sat. Magazine, April 5 - or, the latest, April 12. I thank you very much for your kind offer regarding traveling expenses, but I do not think I can go to Battle Creek this spring. I am very anxious to see your creations, but am not very good at writing up such things. Tried it once with Beech-Nut Co. & failed. But my article is a very different thing. It is entitled



"How Most People Commit Suicide"  
 and is practically a review of your  
 three colour books but in essay  
 form, which ensures its being read  
 by twenty times as many persons  
 as would read a regular book review.  
 Besides, it provided me with twice  
 as much space. Will send you  
 copies & I am sure you will like  
 it. If you wish to reprint it  
 and circulate it as a pamphlet  
 you are welcome to it. If I can  
 do a little toward making your  
 epoch making work more widely  
 known I shall be fully compensated  
 for my time.

I have started a score of my  
 prints - besides all my family -  
 eating Lays and Par arnolds,  
 but just now I am worried.  
 For 2 weeks Macy also. have



had no Laxas. Fortunately I have enough to last me 2 weeks longer; but I have visions of possibly the agar supply being short.

Moreover, my article will doubtless add hundreds to the number of Laxa & Paramull eaters, and if the supply is short now, what will happen then? Bran and Colox would tide me over, I suppose.

I am sending this to you at St Augustine; but I shall also send a note to Battle Creek to sound the alarm regarding the Laxa supply.  
Sincerely yours  
Henry T. Finck



Washington D.C.  
2200-16<sup>th</sup> St NW, 22/15

My dear Dr Kellogg;

I have much

Enjoyed your letter with references from Dr Boyce  
and Mr Muck. They cannot get ahead of me  
in benefits from your teachings. I am now 25 yrs  
younger than 20 yrs. ago when, owing to the  
headachest and against my 0 of mankind generally  
I felt old and useless, under an all around pressure  
of materialism. I am now genuinely well and happy.



and all owing to my devotion to your magnificent  
"Good Health" which I have devoured for 25 years.  
I consider you one of the greatest of men.

I am much afraid that you have overworked  
that wonderful divine mechanism of years - especially  
as might work, and hope the lesson you have <sup>taught</sup> given  
others may be applied to yourself. One must  
always stop short of fatigue when <sup>especially</sup> you are to  
live to be a hundred in full vigor.

Most sincerely yours

Your anti-pamphlet

Mary J. Henderson

"Simple Life in a Nutshell" is also great.



*Sir*  
*File*  
Horace Plunkett, Kilteragh, Foxrock, Co. Dublin, Ireland.

4/20/19

J. H. K.

Tomorrow I have to go into hospital to have an operation, the exact seriousness of which I do not know. While I was presiding over the Irish Convention I was troubled with growth in the bladder, near the prostate which was enlarged and I think ulcerated. I was treated with electric <sup>current</sup> which apparently cured the trouble but the bleeding returned and was found the bladder must be opened and the prostate removed if necessary. I am leaving instructions for the report of the operation to be sent to you with this letter. Kindly give them to Dr. Riley and Case who are interested in my physical and moral welfare. I hope I shall soon hear from you about the carrying out of W. Fatterson's reform (of which I have little doubt) and of the amount of consideration given to mine which I submitted with much diffidence. I am taken from my Irish work at a very critical time but even you have to obey the "cease fire" command!

y



TELEPHONE,  
FOXROCK No 1.

KILTERAGH,  
FOXROCK,  
Co. DUBLIN.

20 April 1919

Dear D. Kellogg

Trounra I have  
to go into hospital to  
have an operation the  
extent or seriousness of  
which I do not know.  
Which I was presiding over  
the Irish Convention I  
was troubled with frostbite  
in the hand, near the



prostate which was enlarged  
and I think ulcerated. It  
was treated with electric  
cautery which apparently  
caused the trouble. But  
the bleeding returned &  
now the in the bladder  
must be opened, the  
prostate (which they hope  
are not malignant)  
~~excised~~ - the prostate  
removed if necessary.

I am leaving instructions  
for the repair of the  
operation to be sent to  
you with this letter.  
Kindly show it to  
Dr. Riley & see who  
are kindly interested in  
my physical & moral  
welfare.

I hope I shall soon  
hear from you about  
the carrying out of



W. Patterson; reforms  
(of which I have little  
doubt) and of the.

amount of consideration  
given to mine which

I submitted with  
much diffidence.

I am taken for my  
rush work at a very  
critical time. But even  
you have to obey the  
cease fire command!  
Honesty will



THE  
PLUNKETT HOUSE  
DUBLIN

Telegraphic Address:  
"Organise," Dublin.

Telephone No. 1090

Sir Horace Plunkett's condition is reported by his Medical Attendants to be satisfactory. He had a quiet night and his strength has been maintained. No complications have arisen and, with complete rest, his recovery should only be a matter of time.

H.A.ANDERSON.

23rd, April, 1919.

RECEIVED



K  
MAY 1 1919



THE  
PLUNKETT HOUSE  
DUBLIN

Telegraphic Address:  
"Organise," Dublin.

Telephone No. 1090

The operation on Sir Horace Plunkett was successfully performed at "Elpis", Lower Mount Street, Dublin, this morning, the growths in the bladder being removed. It was decided however not to remove the prostate gland. The excised growths are being microscopically examined and it will not be possible to issue a more definite statement until the result of this examination are known.

R. A. ANDERSON.

22.4.1919.





RECEIVED

JUN 1 19

TELEPHONE,  
FOXROCK No. 1.



KILTERAGH,  
FOXROCK,  
Co. DUBLIN.

May 9th, 1919.

K\_\_\_\_\_

My dear Doctor Kellogg

Your letter of March 20th arrived, after an incredible delay with the Censor, while I was in hospital in Dublin. You will be glad to hear that the operation which was rather severe - as it involved cutting away a considerable portion of the bladder to eradicate a growth, which proved to be malignant - has been completely successful.

I am now back in my own home resting quietly, and expect to be back in active life again in two or three weeks.

I must not do more now than reply very briefly to your most interesting letter. You deal with two points in my contribution to what I called the Paterson Plunkett Report. Upon the first point - the denominational crux - we see eye to eye and there is no more to be said. On the other point - the sundry commercial undertakings and their relation to the Sanatorium - I feel guilty in having put you to the trouble of giving me so full an explanation. To tell the truth I would much rather have left the matter to Mr Paterson, as they are much more within his province than mine and I have no personal interest in them whatsoever. I think in a general review of the whole situation



things which give rise to so much mis-understanding have necessarily to be considered ; but here again I have said all I have got to say. You have taken what I said in the spirit in which it was intended and therefore if I have done no good I have done no harm.

There remains the other point of my 'fool' criticisms - the general medical administration. Upon this I do not know whether you thought it kinder to be silent or whether you are waiting until you have returned to Battle Creek and gone into the whole matter with the Board and Mr Paterson. I should be very much grieved if I thought that any ideas of mine upon such a subject were taken too seriously. I regard myself as a fairly intelligent lay observer of an institution to which I owe much and in which I firmly believe as far as I understand it. I know the outsider's point of view is often useful to the insider and so I give it freely in the assurance that I shall not be misunderstood.

If you are good enough to tell me from time to time what reforms are approved and adopted I shall be deeply interested and grateful.

Believe me dear Doctor,

Yours very sincerely,

Grace Kimbrell



RECEIVED

May 29-1919.



Sir Horace Plunkett,  
Kilteragh,  
Foxrock,  
Co. Dublin, Ireland

My dear Sir Horace:-

I received your letter of May 9, also your previous letter telling me of the intended operation and a letter from your Doctor telling me something of what he had done.

I am indeed exceedingly sorry that you should have to undergo such an ordeal. I hope, however, it will not have to be repeated.

I met one of your old acquaintances in New York who had heard that you had had an operation and was in great distress of mind about it, feeling as I do that your country and the world need you. I am really deeply touched that in the midst of your personal affections<sup>li</sup> you should have thought of me and about the Sanitarium.

I shall esteem it a very great privilege to write you further with reference to our work.

I have been away for several months, doing up a lot of writing that had accumulated and accumulating energy in my

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











1201 EUTAW PLACE

Baltimore,  
May 30, 1919.

Dr. Stephen Smith.  
Skaneateles, N. Y.

Dear Dr. Smith:

I have just read your paper at a meeting of our Historical Society. It was greatly appreciated and some of your old friends were there to recall incidents of your life and to give personal reminiscences.

We shall be so happy to publish the paper in the Bulletin of the Johns Hopkins Hospital and to send you as many reprints as you may desire.

We all thank you again for your kindness and for the pleasure which the paper gave us.

Very sincerely yours,

*W. H. H. H.*



1000 Park Avenue.  
New York City.  
June 9.1919.

My Dear Dr. Kellogg:-

I have your very kind letter and greatly appreciate your allusion to the poetical squib which I sent you. I think the conception of the incidents which illustrate the fact that the limit of life does not depend upon any date arbitrarily fixed, but solely upon personal hygiene, is artistic in a poetical sense, in fact highly so. Any use you can make of it that will prove useful will be gratifying. The reader should be familiar with the 90th Psalm and the last chapter of Deuteronomy. ON the other page is a letter from Prof. Halstead of Johns Hopkins Hospital in regard to the paper which I prepared for their Historical Association, entitled "Reminiscences of the Introduction of the Two greatest Epochs in the History of Surgery-Anaesthesia and Asepsis." IT is very gratifying to be able to prepare a paper for such a body which really entertains its members. Lest I become egotistical I will close, assuring you of my distinguished consideration, as Diplomats say.

*Stephen Smith*





TELEPHONE, LENOX 8795

RECEIVED

STATE OF NEW YORK

STATE BOARD OF CHARITIES

STEPHEN SMITH, M.D.  
COMMISSIONER

1000 PARK AVENUE, NEW YORK

SKANEATELES, June 19, 1919.

Dear Dr. Kellogg:- Your letters are received. I am greatly obliged for your arrangement for extra copies of my poetical squib. I wish you would precede it with your remarks explanatory of its design, viz, 1. To show that one who lives according to the precepts of Hygiene has Heaven on Earth; 2. that the length of life depends upon our method of living and not upon fixed periods of life; 3. that domestic worry is a source of unhappiness and a desire to end life; 4. that we should live "face to face" with the Lord; as did Moses; 5. that a life so lived may at six score years have the delicate sense of sight undimmed and the natural force unabated.

Criticisms of one's own acts are not very reliable, but I will venture to say to you that the conception, sentiment and execution of these verses are creditable, if not a "snack" of genius.

I shall be delighted to aid you in the preparation of your book and feel honored in your suggestion. How would it meet the arrangements of subjects if I add a short section explaining Prof. Owen's theory of the natural length of human life as determined by anatomy and physiology, One Hundred years? Prof. Owen was Curator of the Museum of the Royal College of Surgeons, and was a high authority.

I continue about on an even keel. On the 25th I am to make an address at the Centenary of Homer Academy which I attended as a boy. Our Miss. Haight who was your patient is very enthusiastic in her description of her treatment at the Sanatorium. You have two flaming advertisements in this town, viz, Miss. Haight and Miss. Kellogg.

With kind regards,

sincerely Yours.

*Stephen Smith*

*Rec'd July 21, 19*



RECEIVED

John Burroughs  
Riverby  
West Park, N. H.



Dear Dr. Kellogg,

Thank you for your letter of the 16th and the kind invitation it conveys. Of course I remember meeting you at Fort Meyers, and Mrs. Kellogg also. Only last April I was thinking about you and was on the point of writing you to ask if I might come out to you for a week or two, but things took a turn with me and I delayed doing so.

I have read and reread your book on the hygiene of the colon and find my own case exactly described there. Defective elimination has been the bane of my life and is still the enemy I have daily to be on my guard against. I have had several severe attacks of autointoxication, and I am trying to guard against them in the future. Each one pulls me down. For years the doctors dosed me for "chills and fever", and I dosed myself. Before it was too late I found out the real trouble. A daily enema of soap and warm water is my only safeguard. If I have a natural evacuation it is always inadequate.

This summer I am gaining strength by careful eating and attending to the elimination. I do not drink tea or coffee or any alcoholic drinks. I eat but little meat, cereals, vegetables, and fruit form my main food. I have had several of your nut foods but am a little shy of them, except the protose which I like.

I am just now getting ready to go to the Catskills for the summer, on the farm where I was born. I thrive well there at an altitude of 2000 feet. The air and the water are the best in the world. It is a dairy farm but I cannot drink or eat the milk (except thickened milk). There is nothing I like better, but it does not agree with me.

May I ask you to ~~send~~ me a box of your Minute



THE PLUNKETT HOUSE,

DUBLIN.

Telegraphic Address :  
"Organise," Dublin.

RECEIVED  
Telephone No. 1090.

June 23rd, 1919

My dear Dr. Kellogg,

Your letter of May 29th reached me a few days ago and to-day has brought that little holiday task of yours dealing with the Iron Ration, the Nutritive value of Lime etc. I look forward to reading that as you are one of the few great scientists who write so that a layman can understand.

I am thankful to say I am now back in active life. They are injecting some copper solution in hopes of preventing the recurrence of the growths they had to cut out. I had a rather bad inflammatory complication after the operation which gave me a great deal of pain, but I am thankful to say I am now out and about and fairly active. I need all my strength as the Irish situation is somewhat desperate.

I am delighted to hear that you have made such splendid progress in your first holiday for fifty years. I know this not only from yourself but Dr. Riley wrote to tell me that you had come back more



vigorous than he had ever known you.

I am sorry that Mr. Patterson's report was not quite as helpful as you had hoped. I am more pleased than I can tell you that my own suggestions from the outside observer's view-point proved to be in general accord with your own mind upon the subject of sanatorium reforms. I shall be deeply interested to hear of their progress.

With all good wishes to you and your splendid staff.

Believe me,

Very sincerely yours,

Horace Plunkett  
H.P.B.  
—



July 2, 1919.

Dear Dr. Smith, -

Your letter of June 19th reached me at Rochester, Minnesota, where I have been spending a couple of weeks with our mutual friend, Dr. Will Mayo. Each of the Drs. Mayo spent a day or two with us two or three years ago, and I have for a long time been planning to return their visit.

You have doubtless received Good Health before this time and will see the little note which was printed before I received your letter, as it was somewhat delayed in getting to me. I shall add a word or two to the Reprints, which the printers will make at once.

The poem is a gem. If I had been at home when it was printed, I should have put it upon the first page. With your permission, I shall give it a place in my book, "Holding Old Age at Bay." I shall appreciate very greatly the honor of having a chapter from your facile and authoritative pen. Your philosophy, as set forth in your delightful poem is absolutely sound. It will be set to music and sung as an anthem in some future day, when the world gets wise enough and righteous enough to revive the neglected worship of the goddess of Hygeia, the only one of all



the ancient deities whose cult ought  
to have been preserved.

Dr. Stephen Smith,  
1000 Park Avenue,  
New York City.



July 16, 1919.

JUL 1 1919



**Sir Horace Plunkett,  
The Plunkett House,  
Dublin, Ireland.**

**My dear Sir Horace:**

I have yours of June 23.

I am glad to know that you are feeling better.

I am sorry to know that you have suffered so much distress since your operation. I am indeed very much distressed to know that you have to undergo such serious trials in the midst of the great anxieties and worries with which you are burdened.

I felt very indignant the other day when I read in one of our American newspapers a criticism of you and your work by Sir Edward Carson. I never have had a very good opinion of that man and since I have read what he says about your work I am beginning to think that the Sinn Feiners and Nationalists of Ireland may have some very good reason for their attitude. I have heard many most favorable comments about your scheme for the settlement of the Irish question. It appeals to me most strongly as being the rational method of dealing with this edgelong trouble. I am quite disgusted with our American politicians for making capital out of your perplexities and doing so much to make things worse. There are a thousand things I would like to talk with you about if I had the opportunity.

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







THE PLUNKETT HOUSE,  
DUBLIN.

Telegraphic Address:  
"Organise," Dublin.

Telephone No. 1090.

*Ruli*  
August 22nd, 1919

My dear Dr. Kellogg,

Dr. Charles McCarthy, of Madison, Wisconsin, is in my judgment one of the very best of America's public men. Like yourself he has worked all his life for others. He has had to my certain knowledge opportunities of enriching himself by selling his genius for organization to commercial and industrial concerns, but has remained wholly without means. Lord Bryce and many other high authorities have testified to the value of his contribution to the political thought of the world and now he is in extremely bad health.

My belief is that there is nothing organically wrong, that the man is simply worn out from overwork. In many ways his case is like yours. He has never had a holiday, I don't think he had your physique and of course he had not your knowledge of <sup>the</sup> physiological law. Some time ago he got an attack of pleurisy which he has not been able to shake off. He has given up all his work and hopes by resting in his cottage on the shores of the lake at Madison to get well.

Now I am going to ask you to do a great kindness to him and to many others, including myself. Will you take him



in as my patient ? I will pay all the expenses, but he must not know this. He cannot afford to pay anything himself but if you would write and ask him to come as a guest of the Institution, which you can truly say has often been glad to bring back to health men who are working not for themselves but for humanity I think he would come. It might be well to tell him that you had heard of his illness from me as I am telling him that I want him to go to Battle Creek and have written to you about him.

Mr Patterson is in France, I believe, at the moment, and I have written to <sup>him, through</sup> his London Manager, begging him to come over here and pay me a visit. We shall have a great Battle Creek talk if he does.

The situation in Ireland is extremely bad at present, <sup>the</sup> country remains practically under martial law. The Prime Minister has adjourned Parliament without having given any indication whatsoever as to his Irish policy. He has given us no reason to hope that it will be acceptable when at last it is revealed.

I envy all you workers at Battle Creek, ~~No~~ matter how troublous the times may be you never have a moment's doubt as to the permanent value of your work.

Believe me,

Sincerely yours,

Grace *Hubert*



H O S P I T A L

Sept. 1- 1919

Dear Doctor Kellogg:

I am enclosing the prescription blanks which I use in the after care of the surgical cases. I always change them in whatever way is necessary in order to suit each case. I usually make it a point to ask the patients just what they have been taking in the line of diet, whether they have been using laxa biscuit, tissance or paralax, and try to have them continue along the same line as much as possible.

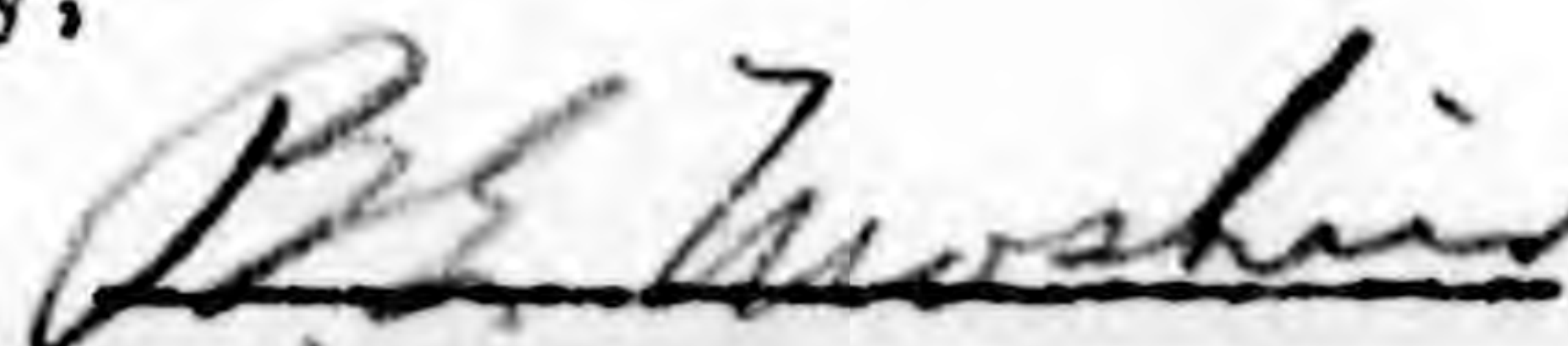
It often happens that the patients are not taking some of these things but by questioning them closely I find that it is usually best to give it to them. Some are taking cathartics previous to coming to the hospital. At the present time I do not have any of the blanks used by Dr. Harris, and hesitate to ask any one to get them for me.

If you have any suggestions I will be glad to get them.

I have the blank for exercises for our surgical cases but as yet I have not had time to use them.

It makes it very difficult, as you must know, to have this difference in the after care of our surgical cases. I try to get the nurses to do a certain thing; then when they go on with one of Dr. Harris' patients, he does not care to have the patient take it and the nurse hardly knows what to do. This difference in the after care of our surgical cases at the present time is one of the most distressing things that I have to contend with in the hospital. I find that the nurses often object to caring for our patients because of the fact that they have to work so much harder in the way of treatment, and that I require so many more things of them.

Sincerely,



BEM:Gt.



After the 3d day

from  
Dr Mosher

T. P. R. & B. P. \_\_\_\_\_

Water by mouth

\_\_\_\_\_ an hour

LAXATIVES: Paraffin Oil \_\_\_\_\_ Laxa Biscuit \_\_\_\_\_

Paralax \_\_\_\_\_ Bran \_\_\_\_\_

Paranels \_\_\_\_\_ Tissane \_\_\_\_\_

Diet: Fruit Regimen \_\_\_\_\_ Liquid \_\_\_\_\_ Laxative Antitoxic \_\_\_\_\_

Hypohydrochloria hyperhydrochloria Ulcer Milk

Breathing Exercises Three Times Daily.

Deep Breathing Every Hour.

Out of Doors Daily.

TREATMENT -- A. M.

ft. b. h. & c. sp cmf. O. R.  
Soap wash alternate days.  
Cleansing enema, 2 pts. 105° -80°  
(Water to enter bowel very slowly  
and be retained 5 min.)

TREATMENT — P. M.

ft. b. h. & c. sp. cmf. O. R.

TREATMENT -- Evening.

ft. b. fo. sp. wsr.

R. H. or fo. abd. as needed for pain.

MEDICINES:

This blank used after the third day  
✓ filled in to print each case -



INSTRUCTIONS FOR LAPAROTOMY.

---

*Immediately after  
operation.*

1. Hip and leg pack CMF.
2. Insert colon tube and leave open, then give 1 c.c. pituitrin.
3. One hour later, two pints of water at 105 deg. given through colon tube and allowed to run back followed by one-half pint to retain unless patient retains one-half pint of large enema.
4. Repeat retaining enema every three hours 8 oz. of water with one dessert spoonful of malt sugar.
5. Hip and leg pack. CMF every three hours.
6. B.P. every half hour for several hours.
7. T.P.R. every three hours for three days.
8. Catheterize every eight hours if necessary.
9. Save 24-hour specimen urine first three days, then twice a week, Sunday and Thursday.
10. Cinnamon mouth wash frequently.
11. Patient to take six deep breaths every hour.
12. Paraffin oil or paralax. \_\_\_\_\_
13. ( Second Day)  
Give 1 cc. of pituitrin about 9:00 A.M. then one hour afterward give two pints of water 105 deg., allow water to run back through tube.
14. (Third Day)  
Get instructions from office.



THIRD DAY INSTRUCTIONS FOR LAPAROTOMY.

---

T. P. R. three times a day and at bedtime.

About 9:00 A.M. give 1 c.c. of pituitrin. Have colon tube in and open, then one hour after give magnesium sulphate 2 oz. and glycerine enema 4 oz., followed by a plain enema at 80 deg.

Sterile Iodine V. I. 112 degrees (1tsp. tincture iodine to three pints sterile water), followed by a plain at 80 degrees. This is given if patient has a curettage.

(A.M.)

Ft. B. H. & C. Sp. CMF. Soap wash alternate days.

R. H. when necessary for pain.

Paraffin oil or paralax \_\_\_\_\_

Water, 4oz. an hr.-2 qts. daily.

(P.M.)

Ft. B.; H. & C. Sp., CMF. O.R.

(Evenings)

Ft. B. Fo. Sp., Wzr. Rub.

Deep breathing exercises every hour.

Save all specimens from bowels and all vomitus for inspection.



THYROIDECTOMY AND MASTOID.

Amputation of the breast.

Patient to be placed in Fowler position.

T.P.R. every three hours.

Ret. en. (with malt sugar) eight ounces every three hours unless patient is able to drink four ounces of water an hour.

Treat., Hot hip and leg pack. CMF. every four hours.

Catheterize every eight hours if necessary.

Paraffin oil or paralax ~~\_\_\_\_\_~~

Deep breathing every hour.

THIRD A.M.

T.P.R. three times a day and at bedtime.

**Treatment:**

Foot bath, hot and cold to spine, CMF.

Cleansing enema, soap 105, plain 80.

P.M.

Foot bath, hot and cold to spine, CMF., O. R.

(Evening)

Foot bath, Fo. to spine, Wzr.

Water by mouth, two quarts in twenty-four hours, 4 oz. an hr.

Deep breathing every hour.

Paraffin oil or paralax ~~\_\_\_\_\_~~



CURETTAGE OF UTERUS.

T. P. R. three times daily.

Treat. as soon as returns to room.

Ft. B. Fo. pelv. & back CMF.

P. M. treat.

Ft. B. Fo. pelv. & Sp., CMF., O.R.

Water by mouth, 2qts. daily.

Paraffin oil \_\_\_\_\_

Evening treatment:

Ft. B., Fo. Sp., Wsr.

Third Day.

Ft. B. H. & C. Sp. CMF. Soap wash alt.days.

Enema 105 deg. to 80 deg.

Sterile I. V. I. 112 to 80 deg. after vaginal packing has been removed.

P. M.

Ft. B., H & C. Sp., Cmf. O. R.



INSTRUCTIONS FOR LIGAMENT AND CURETTAGE.

First and Second Day.

Hip and leg Pk., CMF. every three hours.

T.P.R. every three hours.

Water by mouth, 2 qts. daily.

Catheterize every eight hours if necessary.

Measure all urine and record on chart.

Send urine specimen to laboratory 2d morning only.

Cinnamon mouth wash frequently.

Deep breathing every hour.

Paraffin oil or paralax

---

Third Day.

T. P.R. three x day & at bedtime.

Morning Treatment:

H. & C. Sp., ft.b., CMF., R.H. wound. Soap wash alt. days.

Thorough soap en. 105°, followed by plain at 80°. Sterile iodine V.I. 112° and 80° (Give douche after packing has been removed.)

4:00 P.M.:—H.&C. sp., ft. b., CMF., O.R.

Evening: ft. b., fo sp., Wzr.

Paralax, or paraffin oil

---

Water by mouth 2 qts. daily.

Take pt. out of doors in chair.



HEMORRHOIDECTOMY.

H. & L. Pk., CMF. every three hours.

T.P.R. every three hours.

R.H. or Fo. x over hips with ice bag to rectum for pain.

Vaseline or tissane dressing to rectum.

Catheterize every eight hours if necessary.

Water by mouth 4 oz. an hr.

Cinnamon mouth wash frequently.

Paraffin oil or paralax\_\_\_\_\_

Third Day.

( A.M. )

Ft. B., Fo. to buttocks with ice bag to rectum, CMF.

Soap wash alternate days.

( P. M. )

Ft. B., Fo. Sp. & hips with Ice Bag rectum, Wzr. rub.

Water, eight glasses daily.-

Evening.

Ft. B., Fo. Sp. & hips. (Ice bag rectum)

T.P.R. three times a day.

Deep breathing every hour.

Paraffin oil\_\_\_\_\_

Regular diet from the first. Get special instructions

from office as to care of wound. Patient never to attempt

to place en. tip or colon tube.



## PERINEORRHAPHY.

Deep breathing three times a day.  
Get special instruction as to care of wound.  
Do not use toilet paper after bowel movement.  
Never allow patient to cleanse parts after bowel movement.  
Keep knees together (if necessary pin together with bandage.)  
Save urine specimen but once unless specially ordered.

### First Day and Second Day.

H. & L. Pk. CMF. every three hours.  
T. P. R. every three hours.  
R. H. Fo. for pain. Ichthyol or Tissane dressing to wound.  
En. 8 oz. to retain, 105 deg. every three hours if patient  
is unable to take water by mouth. Water by mouth 4 oz. every hr.  
Catheterize every eight hours if necessary.  
Water by mouth, four ounces an hour. 2 qts. daily.  
Cinnamon mouth wash frequently.  
Deep breathing every hour.  
Paraffin oil \_\_\_\_\_

### THIRD DAY.

#### A. M. Treatment:

Thorough en. 105° - 80°.  
Sterile. Iodine V.I. 112°, and Pl. 80°. Given after enema  
and after gauze has been removed.  
Ft. B. H-C Sp. CMF.  
R. H. or Fo. for pain.  
Soap wash alternate days.

#### P. M. Treatment:

Ft. B. H. & C. Sp., CMF. O. R.

#### Evening Treatment.

Ft. b., fo. sp., Wzr.  
Deep breathing every hour.  
Paraffin oil \_\_\_\_\_



DR. WILLIAM J. MAYO  
ROCHESTER MINN.

RECEIVED

September 17, 1919.



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

Dear Dr. Kellogg:

I thank you for your letter introducing Dr. A. S. Krugler.

We shall be very glad to extend Dr. Krugler every courtesy, and shall have pleasure in giving her any assistance possible.

Yours sincerely,

*W. J. Mayo*

*Please remember me  
kindly to Mrs Kellogg*



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

MAILED  
FILE  
NO. F. U.  
FOLLOW

September 8-1919.

Sir Horace Plunkett,  
The Plunkett House,  
Dublin, Ireland



My dear Sir Horace:-

I have yours of August 22.

I assure you nothing would afford greater pleasure than to be of service to such a noble character as Dr. Charles McCarthy of Madison. I am writing him today and enclose a copy of my letter to him.

I am glad to see that you are active again and hope you are relieved of your suffering and that you have succeeded in permanently curing the trouble of which you wrote me.

I am intensely interested in all news from Ireland which has certainly suffered much from the political juggling of English statesmen. You have done such heroic things for the betterment of your countrymen that the distressing experiences you are going through must be heart-rending indeed.

Language fails me to express my sympathy for you and your long suffering countrymen. I had fondly hoped that at the end of the war the age long problems with which you are struggling might be in some way satisfactorily settled. Lloyd George



Sir Horace Plunkett. ---2

seems to lack either the will or the wit to settle this  
question justly.

We shall be looking for you again in a few  
weeks for your annual visit to America and the Sanitarium and  
shall be much disappointed if we do not have the pleasure to  
seeing your genial face in our halls again and having an  
address from you.

With warmest regards, I am, as ever,

Sincerely and devotedly yours,

v-2

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 Dis-  
 covery



Woodcuck Lodge  
Roxbury in the Catskills, N. Y.

October 2, 1919



Dear Dr. Kellogg,

I thank you for the cordial invitation conveyed in your letter of September the fourteenth. I hope you received the letter I wrote you in June, explaining why I could not come to you then.

I should like much to visit you and have a taste of life in your famous sanitarium. You know I am an old man and have to begin to think about conserving my strength. If I do come, I would like to meet your people and friends socially, but could not think of doing so publicly, in the way of talks or addresses.

Just now I am suffering from an acute attack of neuritis in left leg and hip which will confine me here until I am better. It seems to be the result of exposure to cold and dampness, but there must have been some antecedent cause which has made me so susceptible to this attack. I can't quite make out what it is. I have had it in years past, and much more severely than now, and have always attributed it to autointoxication. But the past year I have been especially careful about my diet, and about keeping a free colon, and am at a loss to account for it.

I have been making very free use of the meltose and malted nuts which Mr. Ford kindly sent me, and which we used on the auto-camping trip. I like them and can hardly believe that they have contributed to this attack.

I am planning a trip to California for the winter with my friend, Dr. Clara Barrus, an alienist, who looks after me, and helps me with my literary work, and with whom I make my home. If we go, I should like to stop off at your place for a week or two on our way. Dr. Barrus suggests that



Woodbuck Lodge  
Roxbury in the Catskills, N. Y.

if I do not get relief soon I go on to you for treatment. Do you think it advisable for me to do so if I can stand the journey? I am so averse to railway travel that I hesitate about going there now, and again in December. This may yield soon and make it unnecessary to go now.

Very sincerely yours,

*John Burroughs*



THE PLUNKETT HOUSE,

DUBLIN.

Telephone No. 1090.

Telegraphic Address:  
"Organise," Dublin.

October 2nd, 1919

My dear Dr. Kellogg,

Your letter of September 8th has reached me, with its enclosure - a copy of the letter you wrote to McCarthy. Since I asked you to help me in this sad case I have heard indirectly, - what was not told to me by his wife or close personal friends, that tuberculosis is the real trouble and not pleurisy, so if anything at all can be done it will probably be by some much greater climatic change than would be his removal from Wisconsin to Michigan.

I am thankful to say I have made a wonderful recovery from my operation and except for some trouble with insomnia am really doing very well. I hope circumstances will permit of my crossing the Atlantic shortly before Christmas and taking a brief rest during my stay on the other side with you and my other good friends at Battle Creek.

Mr. Patterson had to change his plans and was unable to pay me the visit I had looked forward to with pleasurable anticipation. I must try and look in at Dayton if I go across this year.

Believe me,

very sincerely yours,

*Amos Thurlitt*



Oct. 2, 1919.

Memo. for J.H.K.

You wished to have one of these pictures mounted on a white  
card and sent to Sir Horace Plunkett.

bs

*mailed  
10-5-19.*



October 29-1919.

Sir Horace Plunkett,  
The Plunkett House,  
Dublin, Ireland

Dear Sir Horace:-

I have yours of October 2.

I am delighted to hear from you and especially to learn of your wonderful recovery.

I enclose a copy of a letter I have received from Mr. McCarthy, to whom I sent a very earnest invitation to visit us. Mr. Patterson arrived here yesterday. He is looking pretty well. He gained five pounds during his European trip. We were all glad to see him.

We shall be most happy to see you and shall be looking for you about Christmas time. I had a letter a few days ago from John Burroughs. He is coming to spend a few weeks with us. Will arrive about November 15.

We had two visits from Mr. E. W. Barron, the Proprietor and Manager of the Wall Street Journal and of several other big financial papers. He is a very interesting man and quite sympathetic with the things we are doing here.

I see by the papers that Lloyd George seems likely to lose control in English politics. We are having a very interesting time here. The President seems to be losing influence pretty fast. He did a most impolitic thing the other

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



Blue Book
<b>Prosp. &amp; Rates</b>
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

MAILED  
FILE  
NO. F. U.  
FOLLOW

**Sir Horace Plunkett. --2**

day by vetoing the prohibition bill but it was passed over his head, as I have no doubt you noticed in the papers. We are still in doubt as to what Congress is going to do about the League of Nations. Politicians are unfathomable.

With best wishes,

Sincerely yours,

v-k

P.S. I had a letter from our mutual friend, Clifford *Richot* a few days ago. He seems to be thriving these days.



# GOOD HOUSEKEEPING

## BUREAU OF FOODS SANITATION AND HEALTH

HARVEY W. WILEY, M.D.  
DIRECTOR

WOODWARD BUILDING  
WASHINGTON, D. C.

November 17, 1919.

J. H. Kellogg, MD  
302 Manchester Street  
Battlecreek, Mich.

Dear Dr. Kellogg:

I am much amused as well as delighted to have your letter of the fifth instant. I hope that myself and family may some day have the pleasure of accepting your invitation to pay you a visit. I am still in the heyday of youth, only seventy-six, and unfortunately have no time to make visits of pleasure or even of profit, but I am going to keep your invitation in mind.

It is quite interesting to find a plaster baby in San Diego to look like Dr. Wiley and his own son John. I told this story to my wife and children and they were greatly delighted. John is now nearly six and is in the first grade in school. He is enthusiastic about his reading, composition and numbers. He said to his mother the other day, "Mother, I am going to give you a hard one in numbers." "What is it?" she said. "Nine plus one."

I am,

With sincerest regards,



*The speaker speaks in better  
style than vers libre*

HWW:T



Nov. 17, 1919.

Memo for Paper on Abdominal Surgery

Most patients excess of protein

Full of waste products which tax kidneys and incline to acidosis,  
hence low protein before operation useful.

Fat is usually stored in sufficient amount to meet any emergency  
needs.

But carbo. hydrate feeding is different.

Before operation fill tissues with glycogen to support heart  
and combat acidosis and toxemia.

After operation useful because most needed and most easily  
assimilable.

Need of laxative foods.

Feed early.

Food natural laxative.

Hunger pains

In the stomach-cause

Rice gruel

How to combat cause instead of encouraging



Memo

Relation of feeding to acidosis and gastric cases



Mark Twain's daughter

1. Dec. '19

ack

1068 CASS AVENUE

12/6

DEC 2 1919

Dear Mr. Kellogg

Mr. Finch wrote

me saying that you

had most kindly

suggested my coming

to your Sanitarium

as a guest?

highly appreciate

your great  
courtesy



in making such  
a suggestion but  
I am now so  
nearly well that  
in another two or  
three weeks I  
shall be better  
than ever before

I sincerely believe,

Thanking  
you



Very cordially for your

kind invitation

Believe me

Sincerely yours

Anna Sabrilowitz



R. J. H. DE LOACH  
10154 LONGWOOD DRIVE  
CHICAGO

Dec 15, 1919

Dear Dr Kellogg,

DEC 16 1919

I have been thriving fairly well since I left you - have been to two banquets & done some speaking, but am now the worse for it. - I leave for California on the 19<sup>th</sup> in coming up here from Bolter Creek I could get but little food on the train that I could eat & all I did get - browned with pepper. I shall take a basket of food on the train with me, any thing you can send me that I will be welcome, I especially want some



malted nuts & fresh  
olive oil. I shall also need  
more Paramec, I have  
enough "Lax" Fruit & other  
things I can get here. I  
may need some Melrose  
also if I can't find it here.  
With most hearty thanks  
for all you have done for  
me I am

always Yours

John P. Burroughs

Send to above address



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

MAILED  
FILE  
NO. F. U.  
FOLLOW

December 12, 1919.

DEC 15 1919

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

Dear Sir Horace:

I have not heard from you since I wrote you last but am writing you to enclose an article which recently appeared in the Magazine Edition of "The New York Evening Post" written by Mr. Henry T. Finck, one of the editors. I never met Mr. Finck until a few days ago. He told me when I met him that he had written an article which would appear later and I have just received several copies of the paper.

I hope you are still thriving, and that the prospects for peace in Ireland are brightening.

As ever,

Your friend,

V-H

*Finck Article*



235



BREVKORT

16.2.18



D 16-12-18

Dear Dr Kellogg.

Mr J. H. Kellogg

I was glad for your letter,  
and your book about this  
very interesting matter.

Battle Creek

Indeed, you are on my list  
but a have not send out in  
the war time, because so  
much was going lost and I  
had not many reprints. My

Michigan

U S

Amerika



*My* No-fat experiment are until yet only on dänish, which I suppose you are not able to read. But perhaps you can understand some of the Tables. It is quite true, that to men have been living 23 months on Bread, potatoes, and greens without fat (But greens are necessary). I am glad for to have been of much use for my country in this time. I was member of the State-foodrationiering-Committee. My principles : down with the swines, cereals and potatoes for men ! was followes. Our swines are reduced to 1/6, but we have food enough. We shall be the best situated country in Europe. As the Gowernement send out a pamphlet about how to live in this time, I was unanimous choiced as the author. see "Dyrtidskost"

Your

*M. Thielke*  
H. L. Thielke



# Packard MOTOR CAR COMPANY

KALAMAZOO BRANCH 523 WEST MAIN ST.

PHONE 505



KALAMAZOO, MICHIGAN

December 22, 1919

Dr. J. H. Kellogg  
Manchester St.,  
Battle Creek, Michigan.

Dear Dr. Kellogg:

I wish to take this opportunity to thank you for the use of your car to take General Pershing from Camp Custer to Battle Creek and around the city.

This deal was handled from the factory by our President, Mr. Alvin McCauley. Photographs and the write up will be put in the Packard factory paper, the Inner Circle, which is distributed all over the world. The writer will see that you have a copy of the same.

General Pershing understood that it was your car in which he was riding and although strict were given not to stop the cars whatever on the way down town and around the park, when I told him about your Sanitarium etc., he was very anxious to meet you and we went back around the annex and around the front drive of the Sanitarium as I have explained to the girls which I took to your house Friday night. I hope that they have explained fully to your how I tried to have you meet the General.

I might add that the car is now running beautifully but we are not quite through fixing it up. Your chauffer evidently has shided into the curb and barked both right tires and spilt one or two of the spokes in the right rear wheel. I am writing him today to find out just what happened. No one of course touches your car expect the writer while it is in our possession here. The new show room will soon be completed and if you do not intend using your car I am going to ask you if we can use it to put on our show room floor.

When you will require your car please give us plenty of time to get it ready and over to your.

Again thanking your very much for your courtsey and assuring you that your car will be perfect in every way when you again use the same, we are

Very truly yours,

MANAGER

PACKARD MOTOR CAR COMPANY--KALAMAZOO BRANCH  
RCD:EJW



Sir Horace Plunkett, On Board R.M.S. Adriatic, Christmas, 1919.

J.H.K.

I am wishing you all the happiest of Christmases and wish I were in the calm atmosphere of the Sanitarium. I may be there soon. We land 28th or 29th., and I won't have a real rest before I get at the strenuous work that lies before me. I shall send you a message when I have my date and will ask you, if possible, to get them to give me an east room so that I can get good ventilation at night. Ever since my last operation I have been troubled with insomnia and look forward to curing it at Battle Creek.

MMB

RUSH

good room reserved. Clark Riggs.



COPY

Irish Convention.

Dublin Dec. 29, 1917.

My dear Dr. Kellogg:

The X-mas present of Health Chocolates got through and recalled all your kindness to me on many occasions. I am experiencing just now the value of what I learned in Battle Creek. I have another local trouble--an inside growth in the neck of bladder which they are trying to cauterize away. In spite of this rather trying ordeal I am able to keep up with my very strenuous work, all because I know how to live.

The Convention is as difficult as your famous Convention at Philadelphia 130 years ago. Washington had one great advantage which the Chairman of the Irish Assembly misses badly. His people couldn't go home to their business whenever they got bored and he kept them at it long hours, six days work sometimes seven. He seems to have had several ulsters to deal with but he got through all right to the end.

I often think of the calm of Battle Creek in these awful times. I suppose you are finding all kinds of war work chiefly by way of mitigating its horrors. May God give you and your fellow-workers all the comfort which your labors entitle you.

Yours respectfully,

Signed-- Horace Plunkett.





On board R.M.S. "ADRIATIC."

Christmas 1919

DEC 31 1919

My dear J. Kelly

I am wishing for  
all the happiness &  
Christmas and wish I  
were in the calm  
atmosphere of the  
Sanitarium.

I may be there soon.  
He came 28<sup>th</sup> & 29<sup>th</sup>  
and I must have a  
real rest before I get



at the specimens. with  
that lies before me.

I shall send for a message  
when I know my date  
and will ask for

if possible to get them  
to give me an end  
room so that I can

set good ventilation  
at night. Ever since  
my last operation I  
have been troubled with

in pneumonia and both  
found to arriving it at  
North creek.

Yours very truly  
Annie Churchill



MAILED  
FILE  
NO. P. U.  
FOLLOW

December 28, 1919.

Sir Horace Plunkett,  
86 West 10th St.,  
New York City, N. Y.

My dear Sir Horace:-

I have your letter, also your letter addressed to Dr. Riley. Dr. Riley is taking a little vacation but I think is not far away and I am sure would be glad to drop in when he finds you are here. I will be very glad to see you indeed and we will keep you hidden away from the reporters just as long as you wish.

John Burroughs was with us two or three weeks ago, also Mr. Ford.

Prof. Irving Fisher is with us just now for a week or two and will probably be here when you come.

I trust you will find several changes for the better when you arrive.

Hoping to have the pleasure of seeing you here in a few days, I am, as ever,

Sincerely yours,

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



La Jolla, Cal<sup>a</sup>

Xmas 1919

Dear Dr Kellogg,

A merry Xmas  
to you & yours, We are in  
the warmth & sunshine  
here with the great Pacific  
breaking its long roll on the  
rocks a hundred yards  
below us. The Herricks  
have placed their beautiful  
cottage here at our disposal  
till Feb. & we are in a  
kind of earthly paradise.  
Never before have I passed  
a Xmas under such good  
& beautiful conditions  
& am feeling fine & have



gained six lbs, since I  
left your wonderful San  
itarium. I recd, the  
packages you so kindly  
sent me & am making  
good use of their contents.  
I shall be glad to receive  
your "Good Health" & I  
know I shall profit by it.  
After we leave here about  
Feb 1<sup>st</sup> we expect to be  
in Passadenue till Mich, or  
April. With warm  
regards I am

Faithfully Yours,

John Burroughs