

January
Second
1 9 2 1

Mr. C.W. Barron,
Boston, Mass.

Dear Sir:

Dr. Kellogg informs me that when you were here you spoke of having a message machine sent to you. We have been making a little modification of the machine and will have the new pattern ready for shipment by the first of next week. If you will kindly send shipping directions, we would be very much obliged.

Yours sincerely,

7-5

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rea. Why Bklt.

Meas. of Man

Fac. of Safety

Diet List

Rate & Res. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

B. C. I. Bklt.

Helpful Hints

Ann. Report

Rel. of Habits

Eating for
Efficiency

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

Res. Card

D. S. Cat. &
Appli.

N. S. P. E. Cat. &
Appli.

T. S. Cat. &
Appli.

Eugenics Reg.

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health
Decalogue

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

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. Bk.
Dia. Manual
D. Add. Cir.
D. Add. Let.
Reprint
The Health Decalogue
How to be Slim
Plunkett Reprint
Guelpa's Discovery

MAILED 3-21
 FILE
 NO. P. U.
 FOLLOW

January 2, 1921.

JAN 3 1921

Dr. Stephen Smith,
 1000 Park Ave.,
 New York, N. Y.

Dear Dr. Smith:-

I received yours of December 22 just as I was running over to Chicago to read a paper before the section on Economics of the American Association for the Advancement of Science. I acknowledged your letter on the way to the train and promised to write you further.

I have notified the Good Health with reference to the duplicate copies they sent to you.

I will look at once into the matter of the sale of your book on the insane. This book ought to have a wide distribution. We will be glad to have it always on sale at our bookstand. I will ask the Modern Medicine if they have no copies now in hand to write you for a supply.

I hope you are still keeping in good health and shall hope to see you at your celebration in New York.

Always with kindest regards and with holiday greetings, I am, as ever,

Cordially yours,

January 2, 1921.

Modern Medicine:

If you have not already ordered or received a supply of Dr. Stephen Smith's book on the insane, please obtain a supply at once and keep it on sale at the bookstand.

J. H. K.

v-m

Borgers - Colo.

Jan. 5 - 1921

Mr. Kellogg -

Battle Creek
Mich.

Dear Sir:- Will you

please send me ^{JAN 9 1921} particulars about the

medicines you put

out for reducing

flesh. It has been

recommended to me

by a friend.

Very respectfully

Mrs. A. B. Baldon
Borgers,

Px. 43.

Colo

1/10/21

~~W. Kellogg~~
R. H. H. Pa!

Mr Kellogg

Dear Sir

JAN 12 1921

Please send me
one of the pieces of Kellogg
Sanatone wrapped in
Kerol brand

yours truly
~~Guthrie~~

Guthrie L. Gardner

Park Row 1-2-1921

Dr. Kellogg Bath, Park Mich.

Dear Sir.

JAN 6 1921

About 3 years ago I sent to you for a sample of tablets for nervousness and they seemed to do me a great deal of good.

They were somewhat the shade of a Lima bean if I remember right and cream color. I would like to try a good fair trial of them so will pay you prices

immediately please
I recently read one of
your ads and lost your
address later -

Hoping to hear from
you soon I remain

Respectfully Yours

Mildred A. Taylor

CHICAGO THERAPEUTIC INSTITUTE

600 RELIANCE BUILDING, 32 N. STATE STREET

CHICAGO

WILLIAM S. SADLER, M. D. DIRECTOR
LENA K. SADLER, M. D. ASSOCIATE
FLOYD F. THOMPSON, M. D. MANAGER
WILFRED C. KELLOGG, HEAD NURSE
ANNA B. KELLOGG, R. N.

TELEPHONE CENTRAL 8110

1/6/20

My dear Gertrude;

I rec'd the box of lading
and also the beautiful vase
which I prize very much
indeed. I know the girls
must have been more than
busy getting the things off
and how hard it must have
been for you to let them go.
Please thank both the girls
for me with you.

In the slip Dr. Sant me
it mentioned two articles,
The Japanese Tea and a piece
of Mexican Pottery - If it is
not to come at this time that
is all right. Will you kindly

CHICAGO THERAPEUTIC INSTITUTE

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ANNA B. KELLOGG, R. N. HEAD NURSE

TELEPHONE CENTRAL 8110

let me know.

I'm so glad you two girls could be with Aunt Ella - you were a great comfort to her and know she must have been very dear to you.

I can't tell you how much I prize this from dear Aunt Ella.

I trust you all had a very pleasant Christmas and I wish you all a Happy New Year.

Will you kindly tell the doctor you have heard from me. I don't want to bother him - he is such a busy man & has so little time for business.

With much love Anna B.K.

UNLESS OTHERWISE SPECIFIED QUOTATIONS ONLY
GOOD FOR ACCEPTANCE BY RETURN MAIL.
ALL CONTRACTS AND AGREEMENTS ARE CONTINGENT
UPON STRIKES, ACCIDENTS AND OTHER OCCUR-
RENCES BEYOND SUN COMPANY'S CONTROL.

PRODUCER, REFINER,
SHIPPER AND EXPORTER OF
PETROLEUM AND ALL
ITS PRODUCTS.

J. Howard Pew,
President
J. Edgar Pew,
Vice President

Sun Company
American Exchange National Bank Bldg.,
Dallas, Texas,

Jan. 6, 1921

881
Battle Creek Sanitarium,
Battle Creek, Mich.,

JAN 8 1921

Dear Sir :-

I have been told by a friend that you people sold a certain kind of wafer that would reduce flesh. If so will you please be so kind as to write me and tell me the price and the name of same and whether or not I can secure it at any store in Dallas, Texas. If I cannot get it here I will send to you at once for a package of them.

Thanking you very much for your prompt attention to this matter and an early reply, I remain

Mrs. Jas. R. Forster
2518 Grand Ave.
Dallas, Texas

P.S.

Enclosed please find a self addressed envelope for your reply.

Muscow Ida Jan 7-21

Mr Kellogg

Please find enclosed check
for \$6.00 on receipt of which send
me by return mail Kidney tablets
but no beans for constipation

Yours Truly

C. L. Jarvis

1/3 adapt
Ret. ok.

JAN 11 1921

CONSOLIDATED
WATER POWER AND PAPER CO.

GEORGE W. MEAD, PRES. ISAAC P. WITTER, TREAS.
ROBERT L. KRAUS, VICE PRES. E. B. REDFORD, SECY.

GRAND RAPIDS, WISCONSIN

Jan 13 - 1921.

Mr J. H. Kellogg.

Sault Creek, Mich.

Dear Mr Kellogg.

Just the other day the news came to me of a great sorrow in your family, I am wondering if its really true - that is of the death of Mrs Kellogg: It was a great surprise and I assure you of my sincerest sympathy, if this is the case - I am in hope the assertion may be a false one.

In any way, I always feel a paternal affection for both you & Mrs Kellogg, and surely any one who knew you as the nurses learn to know

2.
CONSOLIDATED
WATER POWER AND PAPER CO.

GEORGE W. MEAD, PRES. ISAAC P. WITTER, TREAS.
ROBERT L. KRAUS, VICE PRES. E. B. REDFORD, SECT.

GRAND RAPIDS, WISCONSIN

and admiring your family could not feel otherwise. To me it was wonderful the amount of orphan children you & Mrs. Kelley gave your patience - time and money to rear such a splendid group of men & women.

From time to time I like to send you a minor account of the work in which I am engaged. The last time I wrote you I was in Ill. as Supt of Mines in a small town. This opening came to me in July of 1920 - & I accepted the position of Industrial Mining with this concern. My work is a new line for them. So it is lovely I can arrange to place

3
CONSOLIDATED
WATER POWER AND PAPER CO.

GEORGE W. MEAD, PRES. ISAAC P. WITTER, TREAS.
ROBERT L. KRAUS, VICE PRES. E. B. REDFORD, SECY.

GRAND RAPIDS, WISCONSIN

my work just as I wish - as no
previous organizing had been done,
We have 4 mills - 2 in this city
(population 9000). One manufactures
paper - The other a box factory - Another
4 miles away - Has paper - Their pro-
duce & another still farther, 25 miles,
which makes - tissues - napkins
& etc - In all I have some 1200 men
& their families - in 122 days I have
made 878 calls in homes, aside from
I no daily spent in 1st Aid Room.
My work is very interesting and not
hard - I have a Camp - furnished
by the Co - Also a very comfortable living
quarters - My salary is quite good.
\$150.00 + Laundry - 8 hrs - No Sunday

**CONSOLIDATED
WATER POWER AND PAPER CO.**

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ROBERT L. KRAUS, VICE PRES. E. B. REDFORD, SECY.

GRAND RAPIDS, WISCONSIN

work - unless occasionally when
emergencies arise - A wonderful
concern - Incorporated at some-
thing like 9,000,000 - So money
is a second issue -

Sincerely hope this finds you
in good health & sincere
sympathy -

Steele M. Linneman N.Y.
Class '17.

P.S. Have you read the article
in Jan number of American Journal
of Nursing by Mr Stegman of your
D.C. family - I think it very good.

Rockport Ind

Jan 22nd 1921

JAN 24 1921

Kind Sir:

I am enclosing one dollar
for which please send me,
a box of your kidney and
bladder medicine.

Respectfully

Mrs Rachel M^e Intire.

Rockport

Ind.

Joliet, Ill.
Jan. 25, 1921.

Dr. Kellogg: I received
your sample Tablets +
wish to purchase some.
Will you send me price
of them?

Yours Respectfully,
Melvin Willis

Joliet
Ill.

JAN 27 1921 710 Third Ave.

Jan-27-1921

Dr. Kellogg

JAN 31 1921

please send sample
of your kidney medicine
and prices of medicine
ten cts for expenses

L B Barrows

81 King St

Washington Pa

Portland Ore
Jan - 31st 1921

Mr Kelly
Dear Sir

FEB 5 1921

Would like to
have a sample be. pl.
if your made in regard
if bed wetting it is
my mother who has
the ailment only at
nights not at day time
she is 65 years old

If there is any relief
would like to
try the med. I.
was incamend. by
some friends it is
Bladder trouble.

She has hopes
to hear
from you

I mean
Mrs to Sterilizer Portland Ore

1915031 Box 157
4th + Main St
Portland Ore

FEB 9 1921

Kent City Mich. Feb. 7 1921

Dr Kellogg. Battle Creek!

Dear Sir: Having heard
some about your Brown Tablets
for Urinary and Bladder trouble
and as I am bothered with both.
would like to have you send
me some sample and at the
same time state the price. so
I can try them and send for
a Box. Please send sample by
return mail and Oblige,

Respectfully
Carl Anderson
Kent City
R.R. #1, Mich.

DR. STEPHEN SMITH

1000 PARK AVENUE

NEW YORK CITY

Feb, 8 '1921.

FEB 10 1921

My Dear Dr. Kellogg. I am greatly gratified that you have taken an interest in placing my work "Who is insane" on the News-Stand of the Sanitarium. The people who are under your care are the kind who ought to be interested in such a work. If anything more such as advertising would aid in selling please order it and send me the Bill for any such expense.

The plan of the celebration of the Semi-Centennia Nov. 11 -18. is progressing on a large scale. It is proposed to prepare a FestsBuch" (German) as a memorial of the occasion. You must be prepared for I have suggested to the Committee that you and Prof. Shittenden, of Yale, (is he living?) have an evening to discuss foods. I continue quite well as far as I am conscious and I occupied writing my address.

Sincerely Yours,

Stephen Smith

Dr. Kellogg

Welton
Feb 9.

Dear Sir

Thank you

for samples recd:

I enclose - one dollar

Please send me one

Box of the "Coca Beans"

and one of the "Tablets"

for correcting the Bladder

trouble - if possible

send by Return Mail

Address. W. H. Woodhead

Box 58. Welton

Clinton Co

Iowa

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.
Pest-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 2-13
 FILE
 NO. F. U.
 FOLLOW

February 11, 1921.

Dr. Stephen Smith,
 1000 Park Ave.,
 New York, N. Y.

My dear Dr. Smith:-

I have yours of February 8. I am glad to know the preparations for the Semi-Centennial in November are going on so well. I have heard several times from Dr. Evans of Chicago with reference to the plans. We are also arranging for a Eugenics Conference in New York next fall. I tried to arrange to have this conference come at the same time as the Meeting of the American Public Health Association but the plans have progressed too far to make it possible to change. The Eugenics Conference will probably be sometime in September. There will be quite a number of people of international renown from abroad at this conference. The race betterment note I hope will be dominant in this conference.

Now that we have your book on sale, I shall take occasion to advertise it at my Monday evening Question Box which I am sure will lead to some sales.

Sincerely yours,

FEB 13 1921

PHYSICIANS' LIBRARY

From Dr. Tissier.

Dr. Kellogg,

The loss of money which the abandoning of my patients for three months will cause me; the increased expense of traveling, together with the great depreciation of our money, makes it necessary for me to ask you for a sum of money great enough to cover the expense of a trip to America.

It will be very difficult for me to abandon to another my bacteriological researches on streptocci.

All this makes me regret very much not being able to work with you at those very interesting studies on the intestinal flora.

Dr. Boulevard Raspail
Paris

Le 11 Fe. 1921

Cher docteur Kellogg

Les tentes d'argent que me causerait l'abandon de ma
Sièntile, pendant trois mois; les dépenses élevées du voyage
augmentées de la grande dépréciation de toute monnaie,
font que je suis obligé de vous demander pour un déplacement
en Amérique, une somme d'argent trop grande.

Ça me serait difficile, en outre, d'abandonner mes recherches
bactériologiques sur la "Streptococcus".

C'est ce qui me fait beaucoup regretter de ne pouvoir
aller travailler sur vous cette intéressante question de la
Flora intestinale.

Je vous prie, cher docteur, mes très sincères salutations.

J. H. Sillier

Tiverton

FEB 24 1921

Dr. Kellogg,
Battle Creek, Michigan.

FEB 16 1921

Dear Sir:

Will you kindly send me
a sample of your Flesh Reducer
with full directions. It has been
recommended to me.

Thanking you, I am -

Yours very truly -

Mrs. H. C. Puckett

219 The Ridgely -

Birmingham Ala.

Member of Chamber of Commerce—Business Men's Association—National Hay Association

Address, P. O. Box 758

Use All Wires and Codes

Phone—
Milford 650
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NUTS

HAY

FEED

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FRUITS & PRODUCE

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BRIDGEPORT, CONN.

LEMONS

ONIONS

APPLES

WATERMELONS

FEB 24 1921

To John Kellogg
Boston -

2-18-21

Do you know Frank Kellogg?

1131 Dept

Yours Truly
F. A. Smith

FRANKLIN A. F. SMITH
GENERAL COMMISSION MERCHANT
P. O. BOX 758,
250 RAILROAD AVE. BRIDGEPORT, CONN.

Brown Pills

and
What about them are they any
Good for Potate Glaucoma
as he advertises them for

MAILED
FILE
NO. F. U.
FOLLOW

February the
Twenty-eighth
1921

Blue Book
Prosp. & Rates
Vac. Bklt.
S. Life Bklt.
S. L. De Luxe
Rea. Why Bklt.
Meas. of Man
Fac. of Safety
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B. C. Idea
Corr. Card
Card (special charge)
Soul of B. C.
San. Experience
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Pat. Exp. Card
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D. S. Cat.
D. S. Appli.
T. S. Cat.
T. S. Appli.
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Dia. Manual
D. Add. Cir.
D. Add. Let.
Reprint
The Health Decalogue
How to be Slim
Plunkett Reprint
Guelpa's Discovery

Dr. L. Tissier,
Paris, France,

Dear Doctor Tissier:

I have yours of February 11th. I note what you say with reference to the considerable expense required for a trip here. Nevertheless it is possible that this expense might be met, even if very considerable, the expense being paid from this side. The difference in exchange would be favorable rather than unfavorable.

I sincerely hope you will take the matter under consideration and that we may later have an opportunity to welcome you to our shores, and to show you something of what we are doing in America, besides having an opportunity to profit by your great fund of knowledge and experience.

Hoping I may hear from you again and favorably, I remain,
dear doctor,
Very sincerely yours,

-S

Mr. Ashley: Will
you answer this question?
A.C.

88-1

C. FISK

LICENSED PAWNBROKER

NEW AND SECOND-HAND GOODS BOUGHT AND SOLD

2339 GRAND RIVER AVENUE

DETROIT, MICH. Mar 7 1921

Mr. J. H. Kellogg.

Bathbuck Mich

Dear Sir,

I am writing to ask if you are
the Mr. Kellogg that manufactures the
Kellogg "Anti Fat." if so will you

Please send me your terms for
treatment and Obligo

Yours truly

C Fisk

Spencer Nevada

Mar 2/1921.

MAR 7 1921

Dear Sir

Some few years ago
I took treatments of a
Dr Kellogg of Battle Creek
Mich. for Rheumatism,
and was delighted to
find I was cured for
years, but for the past
3 years, have been
very bad again, and
seeing your name in
the paper, wondered if

again was the name
Dr. Hain I had received
so much relief from
your Med. I was in
tablets from November
given 1 to 4, to be taken
in 4 weeks. Starting
1 2 3 4. I'd done so much
for me than I am,
Wishing was to see if
I can get this medicine
again. Hoping to hear
from you I am
Sincerely

Mrs H. McAdams
Sparks Nevada.

Elkhart Ind MAR 1921
Mar 14 - 1921

Dear Sir please send
to me a sample of
your last manhood
Med- and oblige

Sam Lovett
410 St Joe St
Elkhart
Ind

Battle creek & 2/16/21

MAR 17 1921

Gents

I write to ask
if this F. J. Kellogg who wants
me to buy ⁵⁰⁰ worth of
Pills for ~~nervous~~ is
connected with you?

I need some
thing to steady my nerves
~~and~~ - have you any
Booklet on this trouble
I am in contact with
30 to 40 persons a day
in collecting & setting up
& they seem hard to please
+ of awaiting your
answer

Truly

Hubert

3/17/21

I will not Buy any Pills
until I hear from
you
Enclose circular if

Truly

Yours

E. M. SPEAR,
1241 WOLFROB ST.,
N. S., PITTSBURGH, PA.

Right on End of my Back
bores = my skin is very
itchy at times = I keep Bathing
+ take Bath 2 times a week
I think this is my nerves
I am 65 yrs old ~~and~~ 1.25"
is my weight

Yours

H. H. Bateman and Company

DRUGS, BOOKS, STATIONERY

337 N. HIGGINS AVENUE

MAR 21 1921

Missoula, Mont.

Mar. 17th 1921

Dr Kellogg & Laurium
Butte Creek
Wick

Dear Sirs:

I have sent
by parcel post:

1 doz Kellogg's Brown
Cigaretts.

Yours truly
H. H. Bateman

MAR 22 1922
1921

Beaverton Mich. Mar 18th
Dr. J. H. Kellogg,
Battle Creek Mich.
Dear Sir:

I read your ad in
one of my Papers when
you said send six
cents to help pay postage
+ you would send a
5-cent Boy of your Brown
Tablets for the blades
for trial.

I lost the ad so I write
you enclosed you will find
3 two ct stamps for postage
yours Respt. Percy Smith
RFS2 Beaverton
Mich

INSTITUT EVANGELIQUE DE LA POINTE-AUX-TREMBLES

COMTE DE LAVAL, P. Q.

L'Éternel y pourvoira.—GENÈSE XXII, 8.
L'instruction du peuple fait la grandeur de la patrie.

E. H. BRANDT, Officier d'Académie,
directeur.

La Pointe-aux-Trembles, le *Mardi 21* 1921

Dr. Kellogg
Battle Creek,
Michigan.

MAR 31 1921

Dear Sir;

I am a minister of the
gospel and I have been told to write
you about my trouble by Professor J.
L. Morin of Montreal and by Dr. Henri Ami.
Since a few years I am suffering with my
back. When I bend myself for some manual
work I feel it more. Dr. J. Morin spoke
to me about some tablets (brown) that
you are sending to patients. Probably you
will send me a questionnaire which I will
fill up.

Believe me
yours very sincerely
E. H. Brandt

Pointe-aux-Trembles
Mission School
near Montreal

NORTHWESTERN FIRE & MARINE INSURANCE CO.

C. T. JAFFRAY, PRESIDENT
JOHN H. GRIFFIN, VICE PRES & SECY
E. C. WARNER, VICE PRESIDENT
ISAAC HAZLETT, VICE PRESIDENT
WM COLLINS, TREAS & ASST SECY
H. J. GIBSON, ASST SECY

MINNEAPOLIS, MINN.

J. M. GRIFFITH, AGENT
COLDWATER, KANS.

April 11 1921

Dr Kellogg,
Battle Creek, Mich.,

Dear Sir;

Kindly send me sample box of Brown Kidney
Tablets which were highly recommended to me by
Mr W.E. Landers, State agent for the Northwestern.

Thanking you in advance, I remain

Yours truly,

J. M. Griffith

113 adapt APR 15 1921

APR 13 1921

Milau, Mo., April 11-1921
Dr Kellogg

Dear Sir :- I heard of your
remedy for kidney trouble
through a friend that was
cured, so I would like for you
to send me a sample of
your medicine as I have
kidney trouble so bad. Please
send right away & Oblige.

Yours
Mrs Jas. P. Kelly 113 adopt

Milau,
Sullivan, Co. Mo.
Mrs Jas. P. Kelly

The Normal Store

MRS. EMMA BLY, PROP.

MEN'S FURNISHINGS, SCHOOL SUPPLIES,
DRUG SUNDRIES, CONFECTIONS

Commerce, Texas

4/12/1921

J. H. Kellogg

Battle Creek Mich

APR 14 1921

Gentlemen,

Some 12 years ago I took treatment
for obesity, and at the time I was greatly
benefited by it.

I would be glad to have another
treatment.

Truly

Mrs Bly

Durango, Colo.

Apr 18-1921

Dr L. H. Kellogg,

APR 22 1921

Dear Sir,

I'm writing you for advice concerning a flesh reducing remedy that I took about eleven years ago that I believe was put up by you.

I took one months treatment at ten dollars cost. It did me lots of good. I lost the address and was not able to get more when I needed it.

If you are the Dr that put it up will you please let me know

if you can furnish me with
more of the perscription and at
what price.

Yours very truly,
Mrs A. V. George.

Box 5-53 Durango, Colo.

(Evening News, Apr. 19, 1921.)

Dr. J. H. Kellogg Returns.

Most of the Sanitarium family and guests were delightfully surprised Monday evening when Dr. J. H. Kellogg appeared upon the platform to give the weekly question box. Dr. Kellogg arrived quietly Sunday evening and his presence was not generally known until he appeared last evening. It had become known among the guests and a large audience greeted him. In place of the regular question box, Dr. Kellogg gave one of his cheery talks telling of some of his experiences while in the west. He never looked better or more rested, although he has accomplished much in writing while there. His face had received a heavy coat of tan from his journey into the Colorado desert where he states there is a world of constant sunshine. In California he says it was cold and rainy, a condition which he has always found while there, and he has made about eight trips to California. He says he has always heard of the delightful climate of California, but has never seen it yet, although they always tell him the weather he finds there is very unusual for that climate. While away he found people who had met him at the Sanitarium wherever he stopped and in Los Angeles they had a reception for him where 400 were in attendance who had been connected at some time with the institution.

TELEPHONES: } HARRISON 85
 } HARRISON 86

INTERIOR TILING COMPANY

CERAMIC MOSAICS.
VITREOUS, FLINT,
ENCAUSTIC AND
QUARRY TILES.

CONTRACTORS FOR
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OFFICE AND SHOWROOMS, 5TH FLOOR ISABELLA BUILDING
21 E. VAN BUREN STREET
CHICAGO

FAIENCE, GLAZED,
DECORATED AND
LUSTRE TILES.
FIREPLACES.

Apr 21/21

*Dr Kellogg
Bath Green. Mich*

APR 22 1921

Dear Sir.

*Please send by mail -
1 Box Brown Tablets - same as
sent last fall to - Mrs L Simon
845 Wolfram St - Chicago - (note -
change in address from 611 Barry Ave.)
Enclosed find postage 58¢ -
pay for same - Your prompt
attention will oblige*

*Yrs
C. Jensen*

Kansas City, Mo., Apr. 27, 1921.

Dr. Kellogg,

Battle Creek, Mich.

Dear Sir:

I have taken your Brown tablets, on three different prescriptions by you, and they don't seem to produce any better effect on me. I have to urinate about five times during every night. I don't know whether my age has anything to do with it, - but will state that I am 58 years old. Also I am an ex-saloon keeper, and, like most men who were in that business, I consumed quite a lot of the goods I sold. But now, as you well know, it is rather dry, and for some time I haven't had the chance to use any alcoholic liquors. I would be glad to have any suggestions from you, as this condition is very annoying, and I would be glad to know of something that would cure it.

Very truly yours,

5734 Woodland Ave.

Joe Ziegler

APR 29 1921

Washington Sept 30 1921

Mr Kellogg

Dear Sir Please if stamps
for same send me Sancho
Papers for Herriam as
order by return mail will
be paid.

Mrs H. J. J. J. J.
Washington
D.C.

Please send me

Mr Kellogg

Sept 30 1921

MAY 2. 1921

DR. STEPHEN SMITH
1000 PARK AVENUE
NEW YORK CITY

April 30. 1921

My Dear D. Kellogg :- I have read your address with great admiration for ~~its literary excel-~~ lence and practical subject-matter. Meantime I recall with a sense of depression my own rambling paper on the same occasion and can only hope that it was so merged with yours that it was passible. IT was very kind of Dr. Evans to suggest to the Chair-woman of the Club a dinner in my honor and I trust it was enjoyed by the members of the Club and the Guests.

I was surprised that you had been to California and returned. I had an impression that you had given up the trip and was at the Sanitarium. It must have been a rather strenuous occasion to write a Book but as you are skilled in the use of the pen travelling may have proved a useful stimulant.

I had an interesting experience lately. The "Civic Forum" a Society of very eminent Citizens, held a meeting for the entertainment of old people. The Speakers were headed by Rev. Lyman Abbott and were six in number including myself. They were old platform Speakers except myself and was disinclined to accept but the family urged and I prepared a short speech. My success was quite surprising. On the following day I rec'd a letter from the head of the Society, from which I will quote. ~~Words are~~ inadequate to tell you how much we enjoyed your address at the meeting last evening. You were heard by every one. Your humor was inimitable. The meeting was mem-

over

orable occasion from every point of view but most of all because of your participation in it. I am a bit proud of my success on a platform with veteran Speakers as Lyman Abbott, Major Putnam, Rev. Dr. Parkhurst and others. When I left the platform the immense audience rose and screamed "Three Cheers for the Grand Old Man." IS it not pardonable for one who has lived a life of intense devotion to the public interest, comparatively unrecognised, to be slightly elated by such a scene ?

I continue to enjoy fair health, though of course there is a gradual loss of vitality most apparent in recovery from fatigue.

Sincerely Yours.

Stephen Smith.

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rea. Why Bklt.

Meas. of Man

Fac. of Safety

Diet List

Rate & Res. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

B. C. I. Bklt.

Helpful Hints

Ann. Report

Rel. of Habits

Eating for
Efficiency

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

Res. Card

D. S. Cat. &
Appli.N.S.P.E. Cat. &
Appli.T. S. Cat. &
Appli.

Eugenics Reg.

Race
DegeneracyNeeded
New RaceRace Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health
DecalogueHow Not to
Be Fat.Plunkett
ReprintGuelpa's Dis-
covery

May 5, 1921.

MAY 6 1921

Dr. Stephen Smith,
1000 Park Ave.,
New York City, N. Y.

My dear Dr. Smith:

I have yours of April 30.

The banquet was a great success and a large number of people were there. They had a very good time. You were, of course, the chief topic of conversation and eulogy. Your example in living to such an advanced age so finely preserved is inspiring a great number of people to try to do likewise. Certainly you have reason to be proud of your success on the platform along with Dr. Lyman Abbott, Major Putnam and Dr. Parkhurst. Take good care of yourself. Remember my injunction not to do any stunts. I am afraid you are getting a little bit too gay.

Kind regards to your daughter.

As ever,

Sincerely yours,

THE NATIONAL CASH REGISTER COMPANY

JOHN H. PATTERSON

PRESIDENT & GENERAL MGR.

J. H. BARRINGER

1ST. V. PRES. & ASST. GEN. MGR.

CABLE ADDRESS

"NACARECO DAYTON"

DAYTON, OHIO

May 17, 1921.

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

Dear Dr. Kellogg:

I am sending herewith a scrap book containing clippings from local papers regarding your recent visit to Dayton, and photographs taken at the factory and at Mr. Patterson's home.

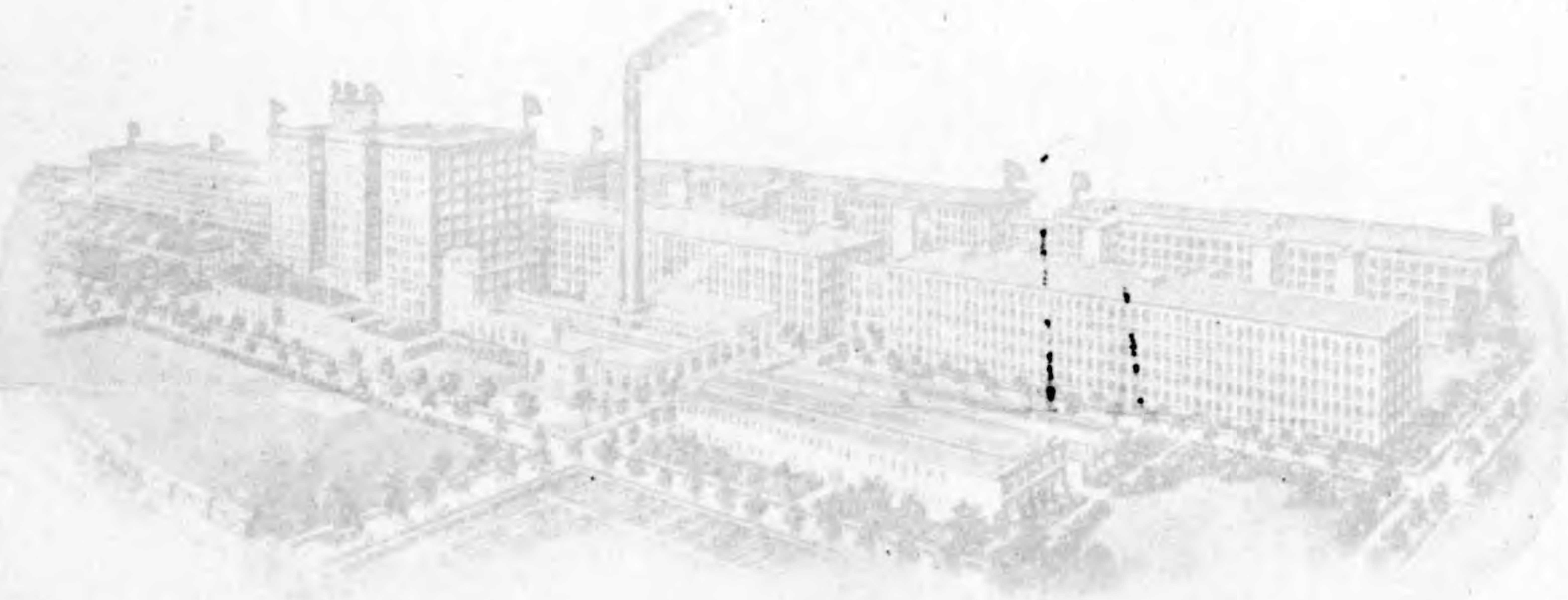
I hope that this will be a pleasant reminder of your visit here which was so thoroughly enjoyed by all of our people.

Yours very sincerely,

O. R. Smith

Publicity Department.

S



J. R. RICE COMPANY

QUALITY

PLUMBING & HEATING

EFFICIENCY

21 BROADWAY

TELEPHONE 364

PIPING, VALVES, FITTINGS, PUMPS AND
BATHROOM SPECIALITIES.

Asheville, N. C. May 12th. 1921.

Battle Creek Sanitorium,

Battle Creek, Mich.

Gentlemen:-

A Friend of mine has told me to-day that he secured from you "Kelloggs Brown Tablets" Said he was bothered with getting up several times during the night to urinate and that these tablets cured him, He said if I would write you a sample box would be sent me to try out, I am bothered as he said he was, Have to go to the ~~stool~~ = stool every hour during the day and from 4 to 6 times during the night.

Yours truly,

M. W. Hamrick,

Box. 24 Asheville, N. C.

M. W. Hamrick

ATH 14 1921

These Brown Kidney Tablets

MAY 19 1921

John No 5-16-19²¹

Battle Creek Michigan

Dear Dr Kellogg

I have not got your Ad
So I will just write you a
Topic and see if you get
this if so I will send you
a Stamp - and you can
write me your Ad and then
I will give you the Particulars
in my case

Justy you get this
Ok

and expect an Early
Reply Yours most Respect

J H Stehens

John No Box 681

S. J. QUANTOCK, CASHIER

OFFICERS

JAS. SCHEE, PRESIDENT
H. F. CORNELL, VICE PRES.
W. A. FORSYTH, SEC.
LOYD V. CLARK, ASS'T CASHIER
P. B. QUANTOCK, ASS'T CASHIER

INCORPORATED CHARTER NO. 928

BANK OF COLLEGE VIEW

CAPITAL STOCK AND SURPLUS \$30,000

DIRECTORS

JAS. SCHEE
H. F. CORNELL
WM. DYMOND
W. A. FORSYTH
J. G. HORNUNG
S. J. QUANTOCK

COLLEGE VIEW, NEBR.,

May 16, 1921

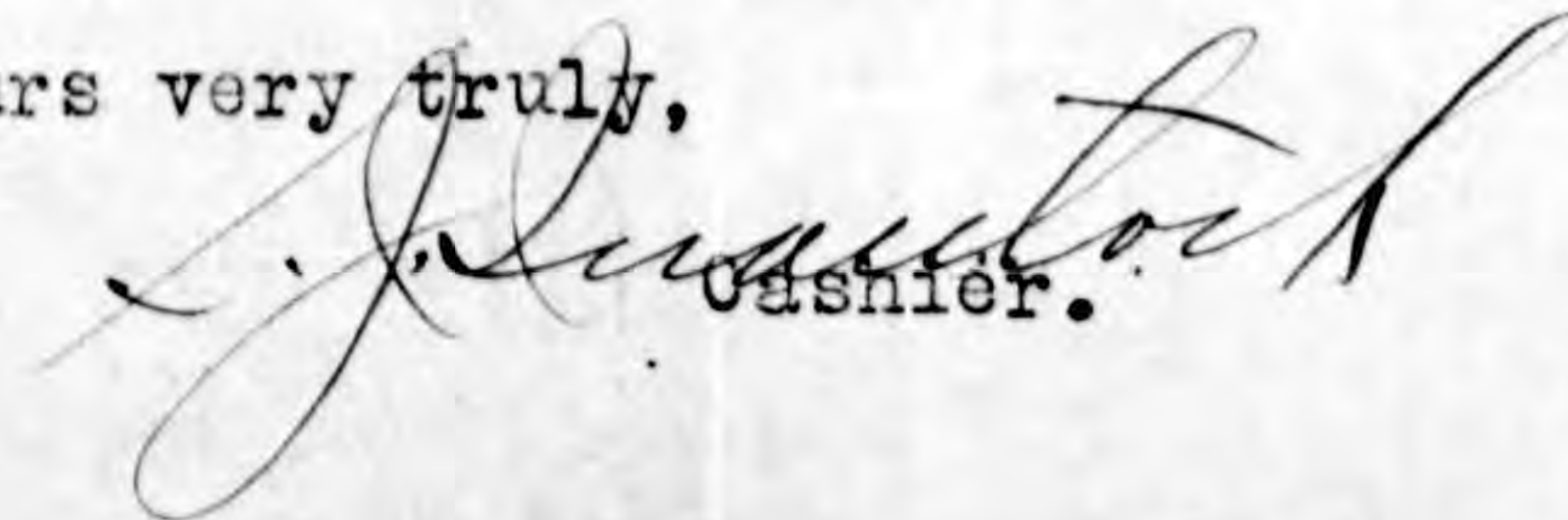
Dr. J. H. Kellogg,
Battle Creek, Mich

Dear Sir;--

I am writing you at this time in regard to the note of Mrs. E. E. Kellogg of \$80.00 held at this bank and which we duly filed in the probate court of your county, and we have since heard nothing of the same. I presume that the time for filing claims has now passed and that these accounts can be paid. I hope we may receive a check for this note, and if funds are not available to take this note up, we are wondering if you would care to advance the money on this note and thus relieve us of the burden of carrying it. The amount necessary to meet this note is \$87.50.

Hoping to have a reply from you with a check enclosed, I am,

Yours very truly,


Cashier.



ORGANIZED 1884. INCORPORATED 1894.

FERRIS INSTITUTE,

W. N. FERRIS,
PRESIDENT.

DEPARTMENTS:
COLLEGE PREPARATORY.
NORMAL.
ELOCUTION.
KINDERGARTEN.
COMMON ENGLISH.
PHARMACY.
BUSINESS.
SHORTHAND.
TYPEWRITING.
TELEGRAPHY.
CIVIL SERVICE.
VOCAL MUSIC.
PHYSICAL CULTURE.
DRAWING.

BIG RAPIDS, MICH. 5/16/'21.

My dear Doctor Kellogg,-

I am in receipt of your MEMORIAM of Mrs. Kellogg. Of course you would feel that you had not done her special justice even if it were really great. I am quite sure that I sent you a MEMORIAM of Mrs. Ferris. Of course I was not satisfied. She was worthy of ten times what I was able to say about her, but I appreciate this token.

I wish I knew something more of the mystery of death, something more of the hereafter. I am going to be frank and say that I have about come to the conclusion that when we close our eyes in death we have played the last part; in other words, I cannot see any grounds for entertaining the notion that possibly we are to go on in another sphere.

Very cordially yours,

WNF

W. N. Ferris

MAY 17 1921

Dayton Sunday News

May 15, 1921

Founder of Battle Creek Sanitarium Gives Health Talk to Club Members



DR. JOHN H. KELLOGG DELIVERING A ADDRESS.

Health and simple rules for attaining it were chief topics of an address by Dr. John H. Kellogg, president and founder of the Battle Creek, Mich., Sanitarium when

he addressed members of the N. C. R. Progress club at the N. C. R. schoolhouse Friday.

Mr. Kellogg was the guest of John H. Patterson, president of the N. C. R. Friday and Saturday. The

Progress club is composed of nearly 600 men and women executives of the N. C. R. The talk was interesting as well as instructive and was enjoyed by the large audience present.

May 14, 1921

DR. KELLOGG TELLS EMPLOYEES OF N. C. R. IT PAYS TO BE GOOD TO YOURSELF; GIVES HEALTH RULES

Predicted Decline of Race Twenty-Five Years Ago.
Statistics Exceed His Prophecy — Strong,
Healthy People Possible.

"It pays to be good to yourself."

That is the message which Dr. J. H. Kellogg, founder and president of the Battle Creek sanitarium, Battle Creek, Mich., gave employes of the N. C. R. yesterday.

Dr. Kellogg is internationally known as a teacher of health through right living.

In introducing Dr. Kellogg to the employes, John H. Patterson, president of the N. C. R., said, "If it had not been for Dr. Kellogg and the counsel he has given me, I would have been dead for the last fifteen years. He has made it possible for me to live and accomplish the things I have been able to do."

GIVES SIMPLE RULES.

Dr. Kellogg gave employes some simple rules for health. He said that the greatest evil in the world was the manner in which people neglected their health. Practically all chronic diseases, he asserted, could be prevented if people would take ordinary care of their bowels. Headaches, liver trouble, kidney trouble, gallstones, colitis, etc., are all a result of neglect. The simplest remedy was prescribed as two tablespoonsful of bran and one or two tablespoonsful of paraffine oil at each meal.

Dr. Kellogg called attention to statistics that proved beyond the question of a doubt that the human

race was becoming weaker instead of developing into stronger and better citizens. Twenty-five years ago he prophesied that at the end of 50 years 1 per cent of the total population of the United States would be lunatics or weak-minded.

BETTER CONDITIONS.

Statistics just published show that there are 3 per cent of all the people classed as weak-minded at the present time. And the situation is becoming so serious that medical men all over the country are working to bring about legislation which will tend to better such conditions.

Dr. Kellogg said in his opinion it was just as possible to produce a strong, healthy race of people as it is to produce a strain of fine blooded horses, cattle or hogs. And the tragedy today is that our government is spending upwards of \$30,000,000 each year to produce fine stock for the farms but is spending practically nothing to improve the conditions of its citizens and the children that are to come.

Dr. Kellogg arrived in Dayton early yesterday morning from Detroit and went immediately to Far Hills, the home of Mr. Patterson. They spent the morning in talking over health conditions in factory and city. Dr. Kellogg left for Battle Creek last night.

Dayton Journal

May 13, 1921

DR. J. H. KELLOGG, NOTED PHYSICIAN, COMES HERE TODAY

Will Pay Personal Call To John
H. Patterson and Talk To
N. C. R. Employees.

Dr. John H. Kellogg, president and founder of the Battle Creek sanitarium, Battle Creek, Mich., will be a Dayton visitor today.

He will be the guest of John H. Patterson, president and general manager of the N. C. R. Co. During the day Dr. Kellogg will talk to N. C. R. employes on the value of health and right living.

Dr. Kellogg is noted as one of America's foremost physicians. He is the author of more than a score of books on health topics. For the last 48 years he has edited and published the "Good Health Magazine."

Battle Creek sanitarium has world-wide fame as a health resort. More than 1,200 nurses, attendants, dieticians and doctors are employed by Dr. Kellogg, and more than 135,000 cases have been treated in the sanitarium.

Dr. Kellogg has been a friend of Mr. Patterson for a number of years and the visit today will be in the nature of a personal call.

Dayton News

May 13, 1921

HEALTH EXPERT IS HEARD IN TALKS AT N. C. R. PLANT

Dr. John H. Kellogg, president of the Battle Creek (Mich.) sanitarium, was the guest of John H. Patterson Friday.

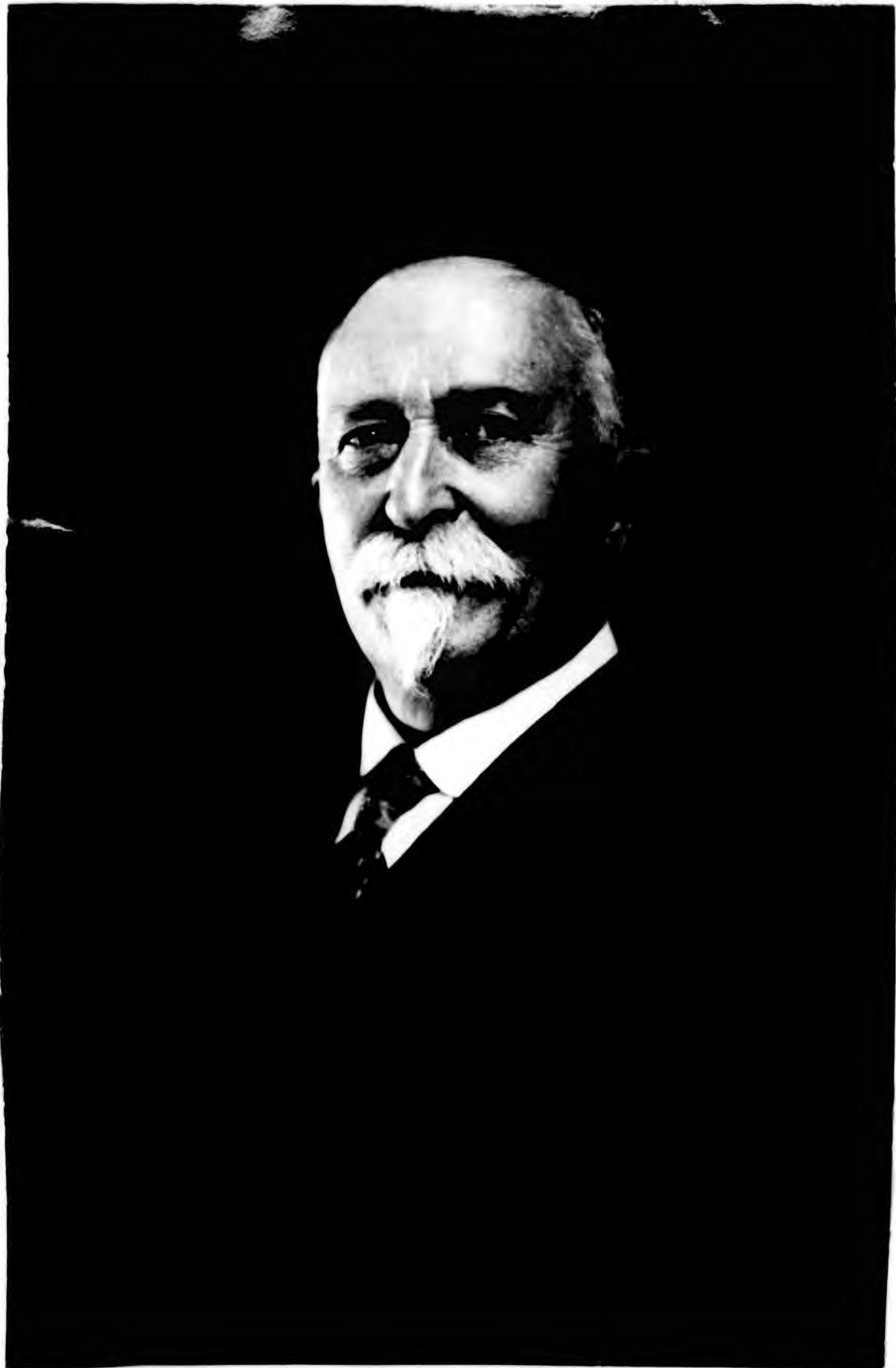
Dr. Kellogg, noted as a physician and author of books on health topics, spoke before the Progress club of the National Cash Register company Friday morning.

At noon he addressed N. C. R. employes on health subjects. In the afternoon he inspected health conditions in the plant.

He is staying with Mr. Patterson at Far Hills.

Frederick Patterson, third vice president of the plant, also spoke before the Progress club on conditions in Europe. He has just returned from a visit there.

Dr. Kellogg is founder of the Battle Creek sanitarium, which is internationally known as a health resort. For 48 years he has been editor and publisher of "Good Health Magazine."











Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

En route Washington/New York.

May 18, 1921.

Dear Dr. Kellogg:

I take pleasure in enclosing to you copy of letter I have just written to Dr. Hubly because I know you are both interested in my good physical condition.

Very truly yours,



Dr. John H. Kellogg,

Battle Creek, Mich.

P.S. I have also ordered sent you my articles from Europe in my new weekly paper as they appear from time to time.

CWB

MAY 20 1921

En route Washington-New York.

May 13, 1921.

Dear Dr. Hibly:

I am sending you my first two European articles as they appear in my new weekly paper, and will take the liberty of sending you a few more in the future.

Will you ask your suppl. department to forward to me a dozen boxes of "atophans"? I think they have done me much good during my European trip.

I never felt better, never slept as little and never worked so hard. I don't quite understand it and Stein says I ought to be dead.

I am not gaining in weight and am walking better than for several years past. I have no trouble with my throat or nose and almost no use for a handkerchief, and expect to cough only when the dust gets in my throat.

I shall never cease to feel grateful to you and to the Battle Creek Institution.

If you think the "atophans" do not lose their virtue with time, you may order as large a box as you think desirable to The Oaks, Cohasset, Mass., with bill for the same.

Don't forget that I am to see you and your family at Cohasset when you pass through Massachusetts on your way to Nova Scotia.

With my kindest regards, believe me,

Very truly yours,

C. W. Garrison

Dr. C. G. Hibly,

Battle Creek, Mich.

Prosp. & Rates
S. Life Bklt.
S. L. De Luxe
Rea. Why Bklt.
Meas. of Man
Fac. of Safety
Diet List
Rate & Res. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
B. C. I. Bklt.
Helpful Hints
Ann. Report
Rel. of Habits
Eating for Efficiency
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
Res. Card
D. S. Cat. & Appli.
N.S.P.E. Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Decalogue
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

MAILED
FILE
NO. P. U.
FOLLOW

May 20, 1921.



Mr. C. W. Barron,
30 Kilby St.,
Boston, Mass.

My dear Mr. Barron:-

I have your kind letter of May 18. I am delighted to hear from you and to know that you are back safe and especially to know that you are getting on so well but you are not doing any better than I expected. It pays to be good. The closer one follows biologic laws the greater will be his reward. "Whatsoever a man soweth that shall he also reap."

Sincerely yours,

v-m

MAY 20 1921

May 23, 1921.

Mr. C. W. Barron,
Ritz-Carleton Hotel,
New York, N. Y.

My dear Sir:

I received the first copies of "Barron's". I am sure it is going to be a big success. It ought to be a wonderful advertising medium for investment companies and those who have good stocks for sale.

I find your editorial pages particularly interesting and illuminating. I am sure your editorials will make a rattling of the dry bones.

I am going to New York today and may see you. I will drop in if I can get a chance, and find you are in town. I hope your physical condition is prospering.

As ever,

Very sincerely yours,

B-r

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 FortyEating 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
ReprintGuelpa's Dis-
covery

I R A A. B E C K
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

May 20, 1921

Miss Gertrude Estill,
c/o Good Health Publishing Co.
City.

Dear Miss Estill:-

Yours turning over letter regarding the Mrs. E. E. Kellogg note from the Bank of College View is received. Possibly I should look after that matter and I suggest you send down a check in my favor for say \$100.00 and I will take up this note and use the balance toward expenses of administration, which are coming in and will go ahead with the matter just as soon as I can get time.

Sincerely yours,



W.

Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

May 26, 1921.

MAY 28 1921

My dear Dr. Kellogg:

I enclose copy of "The Bawl Street Journal" which I had in my hand when we so hastily parted at the train. I am glad you enjoy the wit of it and am sorry you could not have had it on the train.

I shall wait here this afternoon until the Post manuscript turns up and will try to see that it is correct.

You have again placed me under deep obligations to you by your interesting information and your unexpected strong endorsement of my farm and work for the children.

Please remember me to Dr. Hubly and have him write me when he is coming East and I hope he is going to stay longer than you did. Please also prepare to stay longer if possible when you come to me in June.

Please wire me how early you can come and I will try to give you more of a rest at Cohasset and not keep you up so late at night. But I would sit up all night with you at any time to drink in of your wisdom.

The people who were waiting for me as we rushed out of my office this afternoon were from the Medical Liberty League who are trying to have the compulsory vaccination law repealed in Massachusetts. I told them I could not put myself

MAY 29 1921

on record in this matter without further investigation.

If you have time, will you dictate a line to Ashley or tell him to write me himself your ideas?

I enclose two of their circulars.

With regards to Hubly, Ashley and all the good people in Battle Creek, and promising to run a question box on finance next time I am there as long as they want, believe me,

Very truly yours,

W. Parson.

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

Boston, Mass. May 25, 1921.

Mr. Kellogg,

Dear Sir:-

I saw advertised sometime ago in a paper or Magazine, Kelloggs Brown Pills for an enlargement of the Prostrate Gland I have a frequent desire when I am in bed nights to urinate, sometimes I must get up two or three times a night.

Will you please let me know how I can get some of your pills, and I will give you an order for several boxes.

Please send me a sample if you possible can and oblige,

Very truly yours,

John J. Flynn,

34 Maywood Street,

Ward 16.

Boston, Mass.

113 a day

MAY 26 1921

May 29, 1921.

MAY 31 1921

Mr. C. W. Barron,
Cohasset, Mass.

My dear Mr. Barron:

I returned home safely and the fragrance of my visit to Boston and to your wonderful home is still with me. I certainly enjoyed my visit immensely and I have already set to work getting material together for the lecture on the 7th. I promised the Post reporter who called on me that I would send him a few things but did not get his address so I am sending them to you for him. I am putting these things in two packages by themselves addressed to the Boston Post reporter, care of C. W. Barron, Cohasset, Mass., so as to give you as little trouble as possible in passing them over to him. The packages may come by two separate mails.

I am also sending you a box of our tablets containing the friendly acidophilous which I told you about which we are feeding to our patients and with some interesting results.

I am very glad indeed I had a chance to see your wonderful dairy. I think it is the finest in the world.

I hope the Boston Post reporter will tell the people of Boston about it. Wouldn't it be a good thing to take him out sometime and let him see it? I am sure the people of Boston do not half appreciate the wonderful work you have done in saving babies lives to become good citizens.

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rêa. Why Bklt.

Meas. of Man

Fac. of Safety

Diet List

Rate & Res. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

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Rel. of Habits

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No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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D. S. Cat. &
Appli.N. S. P. E. Cat. &
Appli.T. S. Cat. &
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Eugenics Reg.

Race
DegeneracyNeeded
New RaceRace Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health
DecalogueHow Not to
Be Fat.Plunkett
ReprintGuelpa's Dis-
covery

May 29, 1921.

FoodCo:

Send a box of acidophilous tablets to Mr. C. W. Barron,
Cohasset, Mass., with my compliments.

J. H. K.

v-m

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.
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Pat. Exp. Card
Nur. Chg. C.
Res. Card
D. S. Cat.
D. S. Appli.
T. S. Cat.
T. S. Appli.
Pcst-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

May 29, 1921.

Mr. C. W. Barron,
Boston News Bureau,
30 Kilby St.,
Boston, Mass.

My dear Friend:

I have yours of May 26th. It was very kind of you to send me the copy of "The Bawl Street Journal". I discovered that I had left it behind in your car and felt ashamed to ask you for another copy. I wanted the pleasure of looking it over and I also wanted my colleagues to enjoy this fine specimen of Boston wit.

I was glad to find the reporter of the Post such an intelligent man and noticed as soon as I mentioned what you were doing for the children that he looked up and took an interest right away. I should have been glad to have told him more about your work if I had had an opportunity. I will be very glad indeed, if you will send me his name and address which I did not get, as I want to send him a copy of my journal, "Good Health" which I think he, or at least, his wife, will appreciate.

I certainly had a delightful time with you and admired, more than I can tell you, your beautiful home.

As regards the efforts of the anti-vaccinationists to repeal the compulsory vaccination laws, I have no sympathy with them. These people are well-meaning, but ignorant and mislead. Vaccination, as now practiced, is entirely free from objection. In the olden days when the so called arm to arm vaccination was carried on, the ugly,

June 1st, 1921.

Bank of College View,
College View, Nebraska.

ATTENTION OF MR. S. J. QUANTOCK

Dear Sir:

Your letter of May 16th received.

The delay in answering your letter
has been due to my absence from the City.

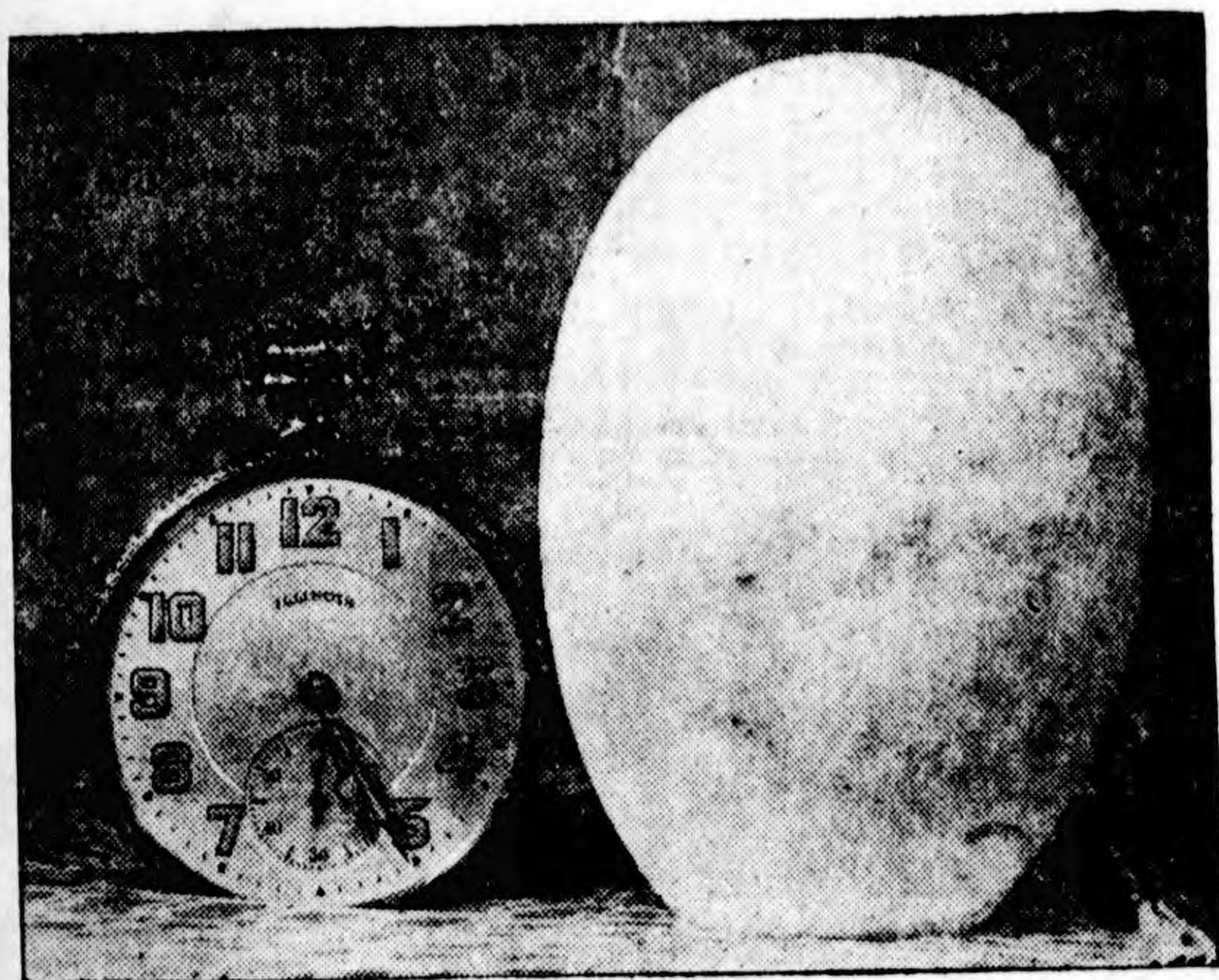
I am enclosing herewith check for
\$87.50, to cover the amount of note (\$80.00) which
you held against my wife's account, Mrs. E. E. Kel-
logg, and interest \$7.50.

Yours very truly,

for Bessie's grocery acct.

WEST SOMERVILLE BIDDY REGULAR BIG EGG FACTORY

She Turns Them In Twice a Week, and Has Whole
Neighborhood Wondering



ONE OF THE HUGE EGGS LAID BY WEST SOMERVILLE HEN
PHOTOGRAPHED BESIDE AN ORDINARY SIZED WATCH.

The goose that laid the proverbial golden egg is universally relegated to the category of interesting myths in this prosaic age, but a certain black Minorca hen, owned by John Kirkland of 63 Waterhouse st, West Somerville, that has a proclivity for laying eggs which, if not literally golden, are so tremendous as to make people wonder if a genuine hen could be responsible for them.

For the past four weeks this remarkable specimen has presented her owner with two enormous eggs each week.

The latest product, which is typical of the entire output, is eight and three-quarters inches in circumference, while the length is an even seven inches. It weighs five ounces, as against two ounces for the average egg.

The hen in question is a last year's pullet, by no means unusual to gaze upon, though the fame of her unprecedentedly large eggs is spreading so rapidly through West Somerville that Mr Kirkland's back-yard poultry farm is fast becoming a center of local interest. Each egg has two yolks and would make a good-sized breakfast in itself for the average hungry man.

CIRCULARS

- Massage
- Autointoxication
- Colon Hygiene
- Hydrotherapy
- Hygiene of Infancy
- Itinerary of a Breakfast
- Light Therapeutics
- Life
- Neurasthenia
- New Cookery
- New Method in Diabetes
- Plain Facts
- Science in the Kitchen
- Sinusiodal Current
- Thousand Questions
- Vibrotherapy
- Home Book of Modern Medicine

June 3, 1921.

**Ira A. Beck, Attorney,
503-6 City Bank Bldg.,
City.**

Dear Sir:

I am enclosing herewith letters testamentary of the Doctor as Executor of Ella Eaton Kellogg, as you requested.

Yours very truly,

THE MODERN MEDICINE PUBLISHING CO.

INDEX

- Autointoxication
- Colon Hygiene
- Home Book
- Itinerary of a Breakfast
- Neurasthenia
- New Cookery
- Plain Facts
- Thousand Questions

I R A A. B E C K
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

June 1, 1921

Miss Gertrude Estill,
c/o Modern Medicine Publishing Co.,
City.

Dear Miss Estill,-

Re. Ella Eaton Kellogg Estate.

As per telephone conversation today I hand you herewith letters testamentary of the Doctor as Executor of Ella Eaton Kellogg. Upon showing these at the Bank you should have no trouble in transferring the cash to an account in his name as executor. After using letters testamentary for that purpose, please return same to me.

Yours very truly,



W.
Enc.

IRA A. BECK
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

December 22, 1920

Miss Gertrude Estill,
c/o Modern Medicine Publishing Company,
City.

Dear Miss Estill:-

Supplementing my conversation over the 'phone in re Estate of Mrs. Kellogg, I enclose herewith copy of the note and proof of claim. I presume, as you say, it was money for the payment of the taxes for Mrs. McPherson and as I suggested over the 'phone I think you should write Mrs. Pherson so it will not, by any chance, be paid twice.

Yours very truly,

W.



CIRCULARS

- Massage**
- Autointoxication**
- Colon Hygiene**
- Hydrotherapy**
- Hygiene of Infancy**
- Itinerary of a
Breakfast**
- Light Therapeutics**
- Life**
- Neurasthenia**
- New Cookery**
- New Method in
Diabetes**
- Plain Facts**
- Science in the
Kitchen**
- Sinusioidal Current**
- Thousand Questions**
- Vibrotherapy**
- Home Book of
Modern Medicine**

June 7, 1921.

**Mr. Ira A. Beck, Attorney,
505-6 City Bank Bldg.,
Battle Creek, Mich.**

Dear Sir:

Your letter of June 4th received.

Mrs. Kellogg's credit at the West

End Bank is \$246.31.

Yours very truly,

INDEX

- Autointoxication**
- Colon Hygiene**
- Home Book**
- Itinerary of a
Breakfast**
- Neurasthenia**
- New Cookery**
- Plain Facts**
- Thousand Questions**

IRA A. BECK
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

June 4th, 1921.

Miss Gertrude Estill,
c/o The Modern Medicine Pub. Co.,
City.

Dear Madam:

I acknowledge receipt of letters testamentary in the estate of the Doctor as executor of Ella Eaton Kellogg estate as per yours of the 3rd. Please give me the amount of money which you found in her name in the bank.

Very truly yours,



IAB-a

June 10, 1921.

JUN 10 1921

Mr. C. W. Barron,
The Oaks,
Cohasset, Mass.

My dear Friend:

I am just getting home, and before I get into the hurly-burly that awaits me I must send you this line to express my appreciation of your kindness in giving me the opportunity to present a paper before such an important and appreciative audience. I also deeply appreciated the opportunity of again visiting your delightful home and meeting your charming friends.

There seems to be a sort of heavenly aurora about your home and your business. With all you have on your hands and in your mind I marvel how you can find time for the sweet amenities which one would hardly expect to find except with people of leisure.

I remember you sent me some time ago a clipping about Ford's synthetic cow. It seems they have really got the cow going, as you will see by a clipping from this morning's Detroit Free Press which I enclose. *Enc.*
Of course when Mr. Ford gets his synthetic cow as widely distributed as his flivver there will be no demand for certified milk, and your fine Guernsey herd and five thousand dollar bull will be worth only what they will bring for beef.

By the way, I neglected to mention to you that if any of your associations would like to make use of our dairy film I will place a film at their disposal. We have several copies in circulation.

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.
Pcst-Grad. Bk
Pro. Letter
N.S.P.C. Cat.
N.S.P.E. App.
Stpd. Ret.Env
Lit. Req. Bk.
Dia. Manual
D. Add. Cir.
D. Add. Let.
Reprint
The Health Decalogue
How to be Slim
Plunkett Reprint
Guelpa's Discovery

Mr. C. W. Barron, No. 2.

I am sure we are producing cleaner milk than Mr. Lee, but our standard is not quite up to yours. You will remember that in my paper I referred to the Welch's bacillus as a very mischievous organism which pasteurizing does not destroy. I think it is entirely possible that this germ may be eliminated from milk. I doubt whether this germ is present in the milk of your dairy. If not too much trouble, I would be glad if you would send me a little bottle of your milk--not more than an ounce is necessary--and I will have it tested in our laboratory for Welch's bacillus. This germ is often absent from the stools of vegetable-feeding animals and does not belong to the stools of babies.

I discovered that your heart is as big as your body. Otherwise I should disregard your insistence that I should send you an account of my expenses. I went to Boston direct from Battle Creek. I find my expense \$109.00. I owed you thirteen dollars that you paid out for me on my previous trip. Two hundred dollars will cover the balance. The rates for travel seem to be scandalously high, especially for drawing rooms.

I think it would be a capital thing for you to spend a month this summer in our outdoor gymnasium. I believe it would add a year or two to your life if you would do it. I spent a month in the sun in the Colorado Desert this winter, and I feel sure that it has added a year or two to my life expectancy.

It is always a joy to meet you, and an education too.

As ever,

Sincerely yours,

Blue Book
Prosp. & Rates
Vac. Bklt.
S. Life Bklt.
S. L. De Luxe
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Meas. of Man
Fac. of Safety
Diet List
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B. C. Idea
Corr. Card
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Soul of B. C.
San. Experience
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D. S. Appli.
T. S. Cat.
T. S. Appli.
Pcst-Grad. Bk
Pro. Letter
N.S.P.C. Cat.
N.S.P.E. App.
Stpd. Ret.Env
Lit. Req. Bk.
Dia. Manual
D. Add. Cir.
D. Add. Let.
Reprint
The Health Decalogue
How to be Slim
Plunkett Reprint
Guelpa's Discovery

Wilfred Grenfell, M. D., 305 Broadway, New York City, June 10, 1921.

JHK

Dr. Case told me of the apparent trouble that has fallen upon you and all who love you, as we do most sincerely, want to be allowed to so far share your burden as to assure you that those enduring possessions of the love and gratitude of your poor, struggling fellowmen for your spirit, your life and the blessings that thru you have begun to come to humanity, will always and increasingly be yours. Mankind is as undemonstrative almost and as selfish, as in the time of the 10 lepers. But as the ages roll by it opens its dreamy eyes and realizes to whom it has owed its blessings, and you are one whom many will call blessed. There are several things I can't understand at all in life. One is war, a second is law and a third is money. Until we get back nearer to

2--Wilfred Grenfell, M. D.

God's real intention of a theocracy embracing the world, these three will go on undermining civilization and God's kingdom that spells man's betterment. At least so it seems. Under the state coercion within and war without are simply corollaries and now "War is hell", the "law is an ass" aphorisms but truisms, while money seems to spell power to advance man's interests, as we can't under the state do research work and "chauf" work (so-called) without it. But then Christ never had 10 cts. and many of his earnest followers vowed themselves to poverty. I am no philosopher but have an instinctive belief in Christ. What is truth? Are you really worse off or are you better off? I know that I have been thru deep waters. I have mixed in all kinds of human walks in life. I never saw either shirkers, slackers, profiteers, rich, poor, wise, foolish, black, white, near, far, free from the experiences of worry, of trouble, of

3--Wilfred Grenfell, M. D.

disappointments. I think I have noticed that those I secretly admired most, appeared to have had the deepest apparent troubles, till I really do believe disappointments are His appointments and that these deep waters wash our souls more thoroughly and in the chaos we have made in civilization are the saving freshets bringing us into a fitter condition to be of use to God. You have run a straight race. The world knows you have fought a good fight. If you were to hand the torch to others today and to be idle at eventide, even if it were forced idleness, even that might be God's way for you. We who know you know it will never be your way. There is only one thing. Your brave and chivalrous spirit is encased in a human mechanism--or related to the present world by one--and not even your wonderful Creek can yet insure it may not give out in the Battle. What a wonderful name your town has, Battle-

4--Wilfred Grenfell, M. D.

Creek. It has been both to so many, to one who knows what both spell
it is what I believe life should be for all of us. So, dear doctor,
remember how many love you and pray for you and what you mean to a needy
world. Affectionately your friend.

fr

MOVEMENT TO PERPETUATE THE WORK OF DR. GRENFELL

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William A. Delano
Col. William Dennys

Rev. Theodore A. Greene
Dr. Edmund O. Hovey
William C. Job

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Dr. John M. Little
Dr. William R. MacAusland

Hon. José Machado
Francis B. Sayre

CHAIRMAN
Henry van Dyke

TREASURER
Moreau Delano

305 Broadway, New York City

Room 1115

Telephone Worth 5195

C. Perry Burgess, Director

June 10. 21.

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J. Ross Stevenson
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John Timothy Stone
William H. Taft
Charles F. Thwing
Henry van Dyke
Rev. Luther B. Wilson
Leonard Wood
Elwood Worcester

Dear Dr Kellogg
Dr Case told me of the apparent
trouble that has fallen upon you -
and all, who love you, as we do most
sincerely, want to be allowed to so far
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that those enduring possessions of the
love & gratitude of your poor struggling
fellow men for your spirit, your life,
and the blessings that thro' you have
begun to come to humanity, will
always & increasingly be yours -
mankind is as undemonstrative
almost, and as selfish, as in the
time of the ten lepers - But as the
ages roll by it opens its dreamy
eyes, and realizes to whom it has owed
its blessings, and you are one whom many
will call blessed -

Here are several things I can't understand at all in life - one is war - a second is law - and a third is money. Until we get back nearer to God's real intention of a theocracy embracing the world, these three will go on undermining civilization, & God's Kingdom that spells man's betterment. At least so it seems. Under the state coercion without

swear without are simply corollaries - How "war is hell" - & "the Law is an Ass" - Aphorisms - but truths - While money seems to spell power to advance man's interests, as we can't under the state do research work, & "charif" work (so called) without it - But then Christ never had 10.cents - & many of his earnest followers vowed themselves to poverty - I am no pharisee - But I have an instinctive

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 have noticed that those I secretly admired
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 wash our souls more thoroughly & in
 the chaos we have made in civilization
 are the saving pellets bringing us
 into a better condition to be close
 to God - You have run a straight
 race - the world knows you have
 fought a good fight - If you were to

hand the torch to others today, and
to be idle at even tide - even if it
were forced idleness - even that might
be God's way for you - we who know
you, know it will never be your way.
There is only one thing - you have
a chivalrous spirit is enclosed in
a human mechanism - or related to
the present world by me - and not
even your wonderful Creek can yet
live me it may not give out in the
Battle - What a wonderful name
your town has Battle - Creek. It
has been both to so many - to me
who knows what both spell, it is what
I believe life should be for all of
us. So, dear Doctor, remember how
many love you & pray for you - & what
you mean to a needy world - affectionately
your friend Wilbur

The Rev. John Callahan, the most efficient factor in the christianizing influences of New York City today, is at the Sanitarium, the guest of Dr. J. H. Kellogg. Their friendship started 24 years ago when Dr. Kellogg was holding meetings in the slums of Chicago. He is called Bishop of the Bowery.

Aug. 27, 1921.

TELEPHONES { MAIN 3653
" " 8792

PLYMOUTH CHURCH
BROOKLYN, N. Y.

Aug. 22nd, 1921.

My dear Dr. Kellogg:-

Your letter has just reached me, and completed my determination to start for Battle Creek within a few days. I have been working very hard this summer upon my Americanization plans, and have had less vacation than in years.

My present plan is to start next Monday afternoon on the Wolverine, reaching Battle Creek Tuesday morning, so that I can remain Tuesday, Wednesday, Thursday and Friday. I am wondering whether I could not induce Barron to go out, so as to give an account of your work in his paper, but in any event I will write an account of it myself, after you have given me the information. I cannot thank you enough for sending me this letter.

Hoping to see you within a few days, I am, my dear Dr. Kellogg,

Faithfully yours,

Arnold Dwight Collins

P.S. My list of the five most useful men in the world still stands! I am not sure whether I sent you my sermon on this subject. You have a leading place among the five.

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

AUG 25 1921

Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

AK
June 10, 1921.

JUN 12 1921

Dear Dr. Kellogg:

A telegram came for you today from Washington by people who said they could entertain you in Washington Monday night and I immediately ordered the telegram relayed to you in Battle Creek where I assume you now are.

I am rather ashamed of the way in which my article was put over yours in the Milk Convention reports. Yours had the substantial meat in it for a doctors' convention week and I am still at a loss to understand why my notes were published in full and put over yours. I prepared those notes, as you remember, Monday night, hoping that if the reporters came there to hear you as they did, they would not misquote me and might take a few paragraphs from me.

All the papers seem to have grabbed it and the "Transcript", as you will see by the enclosed, published my notes in full and also your abstract in full. The "Herald" report did right to put your statement first, but you will see the danger of dealing with the press when you note that the "Herald" had me entertaining the whole delegation at the Cohasset farm.

The "Boston Post" published your full abstract but gave mine such prominence that it looks to me as though together we had captured the whole medical week here. I don't see anything in the papers about anybody's else address. Even Dr. Mayo seems to have been lost in the news columns.

I think I owe the medical convention as well as yourself an apology but we can both have a laugh and congratulate ourselves that they did not make any further mistakes as they might have done if we had not taken such pains to see that they got a little and got it correctly.

The "American" had a good condensed abstract and shows us both what the editors of popular papers want for publication.

I want to thank you for the great work you did for milk and the babies here as well as for

Yours very truly,

C. W. Barron.

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

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

En route Boston-Washington.
June 17 1921.

My dear Dr. Kellogg:

Thank you for your many interesting letters. I am going to use what you say about vaccination and I will send you when I return from Washington some bottles of my milk for you to test.

I take great pleasure in enclosing my check for \$200 and will pass the expense along to the President of the Association.

Very truly yours,

C. W. Barron

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

P.S. When I next come to Battle Creek, let me look over your dairy film. Meanwhile I will bear it in mind for service. I don't think either of us need to fear the competition of Mr. Ford's synthetic cow.

Your last Health Magazine on the bacillus that thrives at a high temperature was most interesting.

I wish to thank you again for your many courtesies and attentions to me.

CWB

JUN 21 1921

Lamoni Iowa. June 16-21

Mr. Kellogg.

Battle Creek
Mich.

Dear Sir;

JUN. 18 1871
A friend of mine advised
me to write concerning a
fat reducing tablet you
put out. Please send a
pamphlet on the subject.
And I oblige

Mrs. A. A. Lyman.

IRA A. BECK
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

June 18, 1918.

Miss Gertrude Estill,
202 Manchester St., City.

Dear Miss Estill:-

As per telephone conversation I have gone through my file in re. redemption from tax sale, Lots 78 and 99, Walters Addition, Schram, and say that July 17, 1917, I mailed to Dr. Kellogg the title papers which were sent down to me, as therein listed, as follows:

Warranty Deed, Uriah E. Whiteis to Elizabeth K. McPherson, dated March 27, 1909.

Warranty Deed, Elizabeth K. McPherson to J. H. Kellogg, dated March 7th, 1913.

Discharge of Mortgage, Merchants Savings Bank of Battle Creek to U. E. Whities, dated April 1st, 1909.

Mortgage, Elizabeth K. McPherson to the Merchants Savings Bank of Battle Creek, Michigan, dated March 29, 1909.

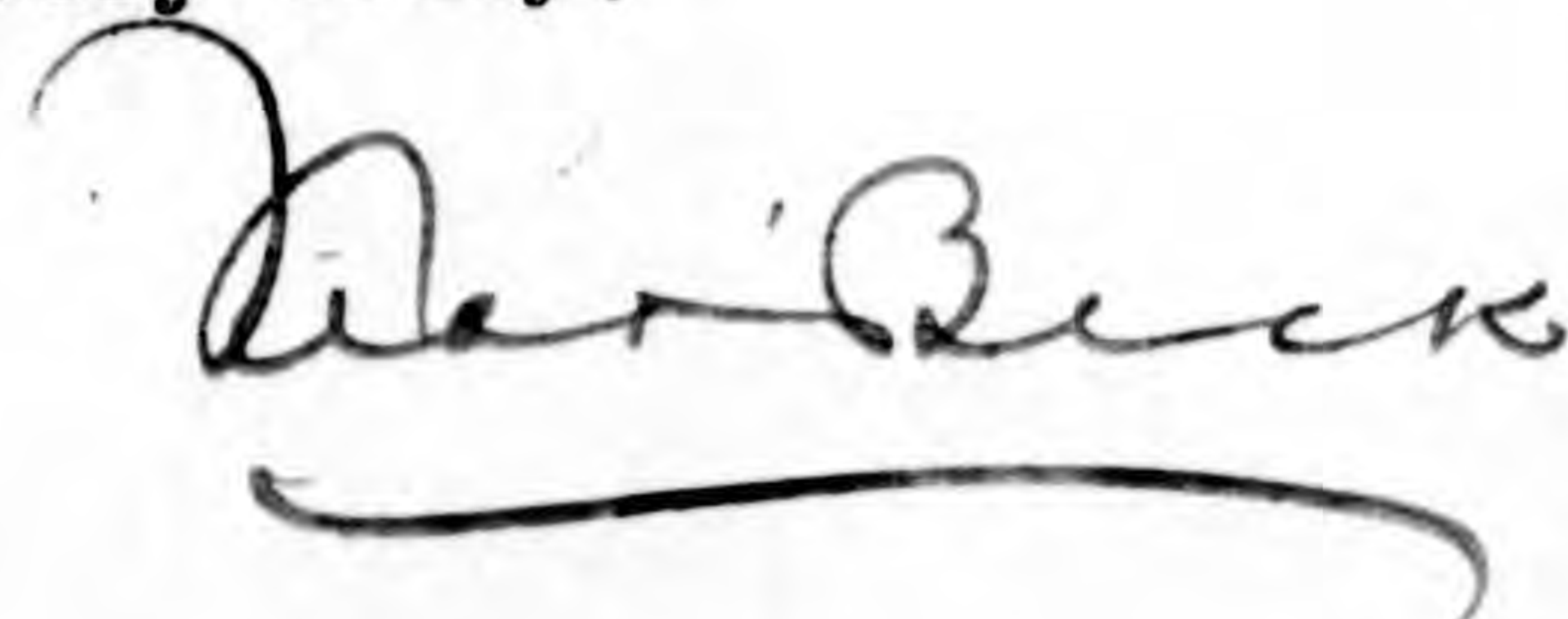
Discharge of Mortgage, Merchants Savings Bank of Battle Creek to Elizabeth K. McPherson, dated October 6, 1913.

Note, Elizabeth Kellogg McPherson to Merchants Savings Bank, \$1000.00, dated March 29, 1909.

I enclose herewith the statements of Mr. Schram to the Doctor, one dated May 22, 1913 and the other June 10, 1914. If there is anything further please inform me.

Yours very truly,

S.
Encs.



1055 Yale St.
Akron O.
June 22, 21,

Mr. W. H. Kellogg
Kindly

JUN 22 1921

Please find
enclosed stamp
for which please send
with full directions,
sample of your brown
tablets for bladder
ailments.

Respect.

R. A. Hoover

14 Central St.,
Northfield, Vt.,
Jan. 31, 1921.

Sanitarium,

Battle Creek, Mich.

Gentlemen: Does Frank J. Kellogg
belong to your institution?

If not, do you know any-
thing concerning his medi-
cine that he sends out?

Whatever you may say
will be treated confiden-
tially.

Sincerely

T. A. Martin.

FEB 2 1921

July 14, 1921.

Mr. Clarence W. Barron,
30 Kilby St.,
Boston, Mass.

Dear Mr. Barron:—

I thank you very much for sending me a copy of the Harvard Alumni Bulletin showing something of the X-ray. We have in use in our laboratory the most powerful X-ray machine ever made. It is one of the latest improved Collige machines. The first machine has been installed here. No others will be available for several months.

By the way there is an interesting article in the last number of Science, July 1st, by Dr. Millikan of the Chicago University; the man who weighed the electron. It is a very interesting article and I think you would like to read it.

Very truly yours,

V-02

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rea. Why Bklt.

Meas. of Man

Fac. of Safety

Diet List

Rate & Res. C.

B. C. Idea

Rates—Specia
Phy., Clergy
Teacher

Soul of B. C.

San. Experience

B. C. I. Bklt.

Helpful Hints

Ann. Report

Rel. of Habits

Eating for
Efficiency

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

Res. Card

D. S. Cat. &
Appli.

N.S.P.E. Cat. &
Appli.

T. S. Cat. &
Appli.

Eugenics Reg.

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health
Decalogue

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

AMERICAN RED CROSS

HAMMOND CHAPTER



HAMMOND, INDIANA

TEL. 586

HOME SERVICE SECTION
CHAMBER OF COMMERCE

July 14, 21

Dr Hellogg Sanderson
Battle Creek Mich; -

Dear Sir; -

Would you kindly
send me your pamphlet in view
of taking your anti-fat treat-
ment.

Sincerely

Miss Mary Moran

% City Hall

Hammond Ind.

JUL 29 1921

Boulder WYOMING

July 14/21

Mr Killam

Dear Sir

A Friend. Highly Pleased
Your Obesity Cure, said it
had done wonders for himself
and also other Members of
his Family. Would you please
send Circulars also what
the Cost of a Treatment would
be, as my Husband and
myself would like to give it
a trial. Waiting an Early
Reply. I Remain Your Res

Mrs Eleanor Lovatt

Boulder

Wyoming

CLASS OF SERVICE DESIRED

Telegram	
Day Letter	
Night Message	
Night Letter	

Patrons should mark an X opposite the class of service desired; OTHERWISE THE MESSAGE WILL BE TRANSMITTED AS A FULL-RATE TELEGRAM

WESTERN UNION TELEGRAM

NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

Receiver's No.

Check

Time Filed

Send the following message, subject to the terms on back hereof, which are hereby agreed to

19__

To 59 CH V 41 3 EXTRA

Street and No. PO KANSAS CITY MO 920A July 28 1921

Place

Dr. J. H. Kellogg

Battle Creek Sanitarium Battle Creek Mich.

Dr. Charles E North is here Milk survey for city being attacked by newspaper for favoring pasteurization of bulk of city supply. You are quoted against him:

Please reply immediately our expense stating your opinion of his qualifications and your attitude toward pasteurizing city milk.

Burris Jenkins Publisher Kansas City Post.

fr

1028A

SENDER'S ADDRESS FOR ANSWER

SENDER'S TELEPHONE NUMBER

CLASS OF SERVICE DESIRED	
Telegram	
Day Letter	
Night Message	
Night Letter	
Patrons should mark an X opposite the class of service desired; OTHERWISE THE MESSAGE WILL BE TRANSMITTED AS A FULL-RATE TELEGRAM	

Copy

WESTERN UNION TELEGRAM



NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

Receiver's No.
Check
Time Filed
Pd. Chg. San

Send the following message, subject to the terms on back hereof, which are hereby agreed to

N I G H T L E T T E R

July 28, 1921

19__

To Burriss Jenkins, Publisher,

Street and No. Kansas City Post, Kansas City, Mo.

Place (NIGHT LETTER)

Milk contaminated with typhoid or other organisms is rendered safe against the transmission of infection by Pasteurizing, but Pasteurizing will not make dirty milk clean. Clean unpasteurized milk is greatly preferable to Pasteurized milk. The city milk should be protected by inspection of cows and dairies and milk rather than by wholesale Pasteurization. Pasteurization is a temporary or emergency measure of value when non-infected milk is not obtainable but is not a scientific solution of the milk question. Am sending you a paper presenting my views about clean milk. The public are entitled to be served with certified milk or its equivalent.

K-S

J. H. Kellogg.

SENDER'S ADDRESS FOR ANSWER

SENDER'S TELEPHONE NUMBER

418 Lloyd St,
Milwaukee, Wis.

AUG 7

1921

7-30-21

Dear Sir:

Would like to know if you
still handle "Sanatonic Wafers"
and where I could get them?

I took them for awhile
about ten years ago and I
felt better than I had for
a long time. I feel pretty
much run down again this
summer and would like
to try them again.

Yours truly

C. H. Lord

Aug 3rd 1921

AUG 5 1921

AUG 21 8 121

Dr. Kellogg -

Will you kindly let
me know about your
reducing tablets, am very
fleshy and anxious to grow
thin.

Sincerely yours.

Mrs. Ed. Koppeneal

940 Watkins St

Grand Rapids Mich

IRA A. BECK
ATTORNEY AND COUNSELOR
503-4-5-6 CITY BANK BUILDING
BATTLE CREEK, MICH.

August 15, 1921

Dr. Charles E. Stewart,
Sanitarium, City.

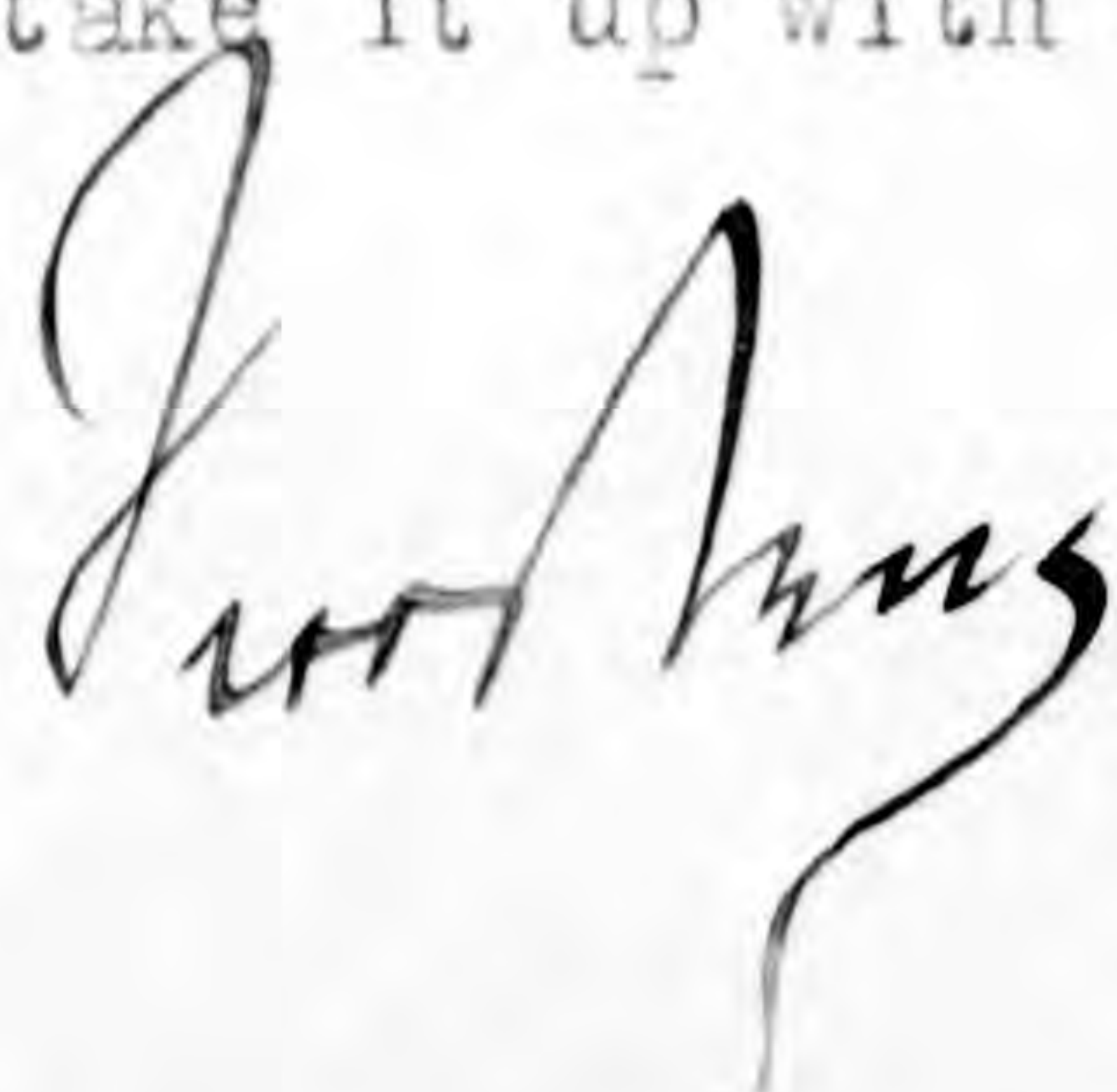
My dear Doctor:-

Regarding the note made by J. H. Stephens to Robert M. Kellogg, \$500.00, endorsed by him to you, I say that I have had a session with Mr. Storkan and he claims that the truck which was mortgaged was a part of the partnership assets, and that Robert had no right to mortgage at the time he did, and therefore the mortgage is of no effect. He claims that the \$500.00 note was for his interest in the partnership of B & B. Motor Service Company and this truck was a part of the assets of that partnership. I am unable to get the facts about where the truck is at the present time. They seem to talk about its being in a wreck, but they don't say so positively. Storkan says he had some claim against somebody for wreckage on it. I am writing to know who now has the serial number and if it is a fact that truck was a part of the partnership assets our mortgage isn't any good. You will have to proceed against Robert for mortgaging property which was not his own. However, I see no reason why Stephens would not be liable on the note for \$500.00, it having been transferred to you before maturity, but I don't know as he has anything or would be very collectible. As I understand, he is running this Interurban motor Service and I presume I could keep him very busy dodging enforcement of a judgment against him. We could garnishee anyone he works for and it looks to me as though the thing to do was to bring suit upon the note.

Mr. Storkan says that Stephens paid Robert \$200.00 upon the note and paid someone else \$300.00, which Robert owed, and that the note was accordingly satisfied. Of course, that isn't legal claim because he should have taken up the note, but Storkan wanted me to entertain a proposition of taking Stephens' note for \$250.00 in full settlement and he would pay it in a few months. I told him we would not do that; that I was going to try and find the truck, even though it was smashed up, and if necessary would sue him for the entire \$500.00.

I understand Robert is away and I enclose an extra copy of this letter, as you may want to take it up with him.

Yours very truly,



W.
Enc.

April 23, 1921

Mr. John J. Carton,
Attorney at Law,
Flint, Michigan.

My dear John:-

Re. Kellogg vs. Kellogg.

The opposition served on me order to show cause based on a motion as per copy enclosed. I am not sending up the affidavits. It was returnable the 26th, but I have arranged to adjourn it to Friday the 29th.

Chappell will not be in the case the Doctor and Mr. Goff inform me, and the generalship is up to us.

I have filed petition for leave to sell as old paper the old cartons that carry the name Kellogg, which will bring about six or seven hundred dollars. That will be heard Friday, too, and I think there will be no opposition to it. They have also taken an order this morning, setting the 3th as a date before the Commissioner for the production of the papers for obliteration, subject to the order made on my petition above referred to, to which I think consent will be given. The 30th has also been set as a date when the proceedings regarding accounting will commence before the Commissioner. While the orders call for production of the books at that time it is understood that we will not have them there literally, but we will work out a system of putting accountants on the books, one accountant by them, and one by us, and make up figures along the different ideas of arriving at profits.

The gist of the motion to punish for contempt is really a question of law or construction of the decree. They make a good deal of the phrase "deceiving the public" and are trying to read into the decree a forbidding of the use of the corporate name. Then someone wrote a letter stating that by reason of a recent Court Decision they had to make a slight change in the carton. I think we can purge from contempt, but the matter remains of arguing the construction of the decree. What they are trying to do is to work into this decree those matters which the Supreme Court said they couldn't obtain relief upon, as set forth in their reply brief page 50.

I will work out the answer to show cause with affidavit by Doctor and Mr. Goff as to orders which they gave, but they are going to bear down pretty strongly regarding the blanket provision in the decree regarding the deceiving of the public and accordingly claim that we must change the form and color of the carton, etc.

AUG 17 1921

~~House Tentative, Ind~~

Aug. 15, 1921.

Dr. Kellogg,

Battle Creek, M.

Dear Sir:

As my own Cassara
beams good for the
liver and my liver
is so bad that my
face is all brown
spotted and my
mouth is always
bitten. I am very
constipated. If
you think you
medicine will
do me some
good please let

some of your letters
I have read.
I am truly
yours
Mrs Jennie E. G.

WHERE BATTLES OF FAITH ARE



FOUGHT AND VICTORIES WON

"HAVE FAITH IN GOD"

Springfield Redemption Home

(Incorporated)

A HOME LIKE INSTITUTION
FOR PENITENT, ERRING GIRLS,
DEPENDENT INFANTS
AND CHILDREN

427 SOUTH ELEVENTH STREET

Officers of Board of Trustees

REV. PAUL RADER, *President*
R. J. PRICE, *Secretary*

REV. T. L. MARSDEN, *Vice President*
CHAS. F. KOEHN, *Treasurer*

August 20-21

1130 apt

Battle Creek Sanitorium
Battle Creek Mich.
Dear Sirs:-

I understand that you have "Brown" pills
for bedwetting, please send samples as this is quite a question
with us.

Respectfully,

Minnie L. Manley.

427 S. 11th. St.

Springfield Ill.

Mr Kellogg,

Please send a sample
top of your Sanatone
Tablets with out fail
to Miss Golda Minick
Argente Macosco
Ill

AUG 25 1921

August 30, 1921

Miss Gertrude Estill,
c/o Modern Medicine Publishing Co.,
City.

Dear miss Estill:-

In re Ella Eston Kellogg Estate.

I think I have this matter ready to draw the final account.

I suggest you have the Doctor send down a check for \$150.00 to pay the expenses of administration. There is not sufficient cash on hand in the estate to do that and in view of the estate being turned over to the Race Betterment Foundation it will be entirely proper for the Race Betterment to advance that sum and charge it against this estate.

Of course, there are Liberty Bonds, but probably it would not be desired that they be disposed of.

I enclose an extra copy of this letter so that if Dr. Kellogg desires he can put it up to the Race Betterment Board.

Yours very truly,

W.

Enc.

MAILED
FILE
NO. P. U.
FOLLOW

CORRESPONDENCE--FILE 2--J. H. K.

October 3, 1921.

OCT 4 1921

Dr. Stephen Smith,
1000 Park Ave.,
New York, N.Y.

Dear Dr. Smith:

I was in New York last week and inquired for you. I found you were still at your summer home. I happened to meet a gentleman who recently saw you there and was pleased to learn that you are comfortably well. I am looking forward with great anticipation to the opportunity to meet you in November. I am writing you especially to mention to you a new thing we have recently developed or rather perfected after many years of effort for changing the intestinal flora. I believe you owe your long life to the fact that your diet of bread and milk maintained a normal flora and prevented the development of putrefactive processes in the colon which Metchnikoff maintained, and I think he was right, are the principal cause of senility. We have gradually developed a culture which is so efficient in changing the intestinal flora that it sometimes seems almost a miracle. It is called acidophilous lactose and it is a concentrated culture of the bacillus acidophilous with lactose. The B. acidophilous is the germ which Nature plants in the baby's colon to prevent the development of putrefactive processes. It produces lactic acid which serves as a stimulus to the colon and thus secures normal activity, at the same time preventing the growth of the putrefactive

Prosp. & Rates
S. Life Bklt.
S. L. De Luxe
Rea. Why Bklt.
Meas. of Man
Fac. of Safety
Diet List
Rate & Res. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
B. C. I. Bklt.
Helpful Hints
Ann. Report
Rel. of Habits
Eating for Efficiency
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
Res. Card
D. S. Cat. & Appli.
N. S. P. E. Cat. & Appli.
F. S. Cat. & Appli.
Eugenics Reg. Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Decalogue
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

Dr. Stephen Smith.--2

poisons which produce ammonia and organic bases, the effect of which is to paralyze the colon, thus causing constipation and increasing the putrefaction.

If you would like to try this, I shall be glad to send you a few boxes believing that it would be the means of helping to keep you in fine condition and perhaps improve your vigor a little and so prepare you for the ordeal of next November which will be something of a tax to your energies as well as a joy to your heart.

I hope you have had a pleasant summer.

I am sending you one package of the acidophilous and will send you some more if you care to take it. At first take a heaping tablespoonful in a glass of water fifteen or twenty minutes before each meal. Take two tablespoonfuls at a dose the second day and three tablespoonfuls at a dose the third day. This ought certainly to make a change of flora.

With kind regards, I remain, as ever,

Very sincerely yours,

v-m

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rea. Why Bklt.

Meas. of Man

Fac. of Safety

Diet List

Rate & Res. C.

B. C. Idea

Rates--Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

B. C. I. Bklt.

Helpful Hints

Ann. Report

Rel. of Habits

Eating for
Efficiency

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

Res. Card

D. S. Cat. &
Appli.N.S.P.E. Cat. &
Appli.F. S. Cat. &
Appli.

Eugenics Reg.

Race
DegeneracyNeeded
New RaceRace Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health
DecalogueHow Not to
Be Fat.Plunkett
ReprintGuelpa's Dis-
covery

Oct. 3, 1921.

Food Co:

Send a box of acidophilous lactose with full
directions for changing the flora to Dr. Stephen Smith,
1000 Park Ave., New York, N . Y. Charge to me.

J. H. K.

v-m

Oct. 3, 1921.

Food Co:

Send a box of acidophilous lactose with full
directions for charging the flora to Dr. Stephen Smith,
1000 Park Ave., New York, N. Y. Charge to me.

J. H. K.

v-m

MR. TOASTMASTER, MEMBERS OF THE AMERICAN PUBLIC HEALTH
ASSOCIATION, LADIES AND GENTLEMEN:

I regard it as an act of a gracious Providence that I have the privilege of attending and participating in the celebration of these quite unique anniversaries.

To attend the semi-centennial anniversary of the Public Health Association and my own approaching centennial, at one and the same time, is an event not hitherto recorded.

Few if any of my associates in the great struggle which gave to New York City "The Metropolitan Health Law" and to the world, "the Public Health Association" are still living. But "their works do follow them".

The Health Law and the "Public Health Association" united, as they were in their primary functions of establishing scientific sanitation, planted the "tree whose leaves are for the healing of the nations". I may say with Job's messengers, "I only am escaped alone to tell thee." New York City then recorded as one of the unhealthiest cities of the civilized world, took the initiative steps in introducing scientific civic sanitation. The code of health ordinances which the Metropolitan Board created is unrivaled. The results of its operations in reducing the death rate was simply incredible. The Health Commissioner characterized it as "tremendous"!

The death rate gradually fell from 38 to 12 in the thousand population, a saving of fifty per cent of the lives formerly sacrificed. And this is not all that the new system is accomplishing in conserving the public health of New York City, for while I am writing, the Health Commissioner announces a farther fall in the death rate from 12 to 8 in 1000 of the population, which is not only a "tremendous result", but it places New York City second, if not first, among the healthiest cities of the civilized world.

These officially authenticated facts suggest new and important questions which will confront the managers of the Association, as it begins its next half century. The steady fall of the death rate until it has nearly reached the vanishing point, suggests the possibility of its passing that point. What

"a tremendous result"! A city of six millions population without a death !! Is such a result possible ? Evidently this question must be determined by the incoming semi-centennial of this Association.

It is interesting to notice that the "tremendous" decrease in the death rate occurred during the increase of the population of the City from one to six millions. How completely does this fact controvert the recent public statement of a prominent clergyman of this city that the "nerve-racking life of New York is not conducive to health and longevity." The very opposite of this statement proves to be true. It is among the people most engaged in the "nerve-racking" activities of business that we find vigorous health. Few if any persons die of too much activity, while thousands lose health and life by the slowly disintegrating process of idleness.

The most important features of our celebration of the semi-centennial of the Public Health Association centers in the record which the second semi-centennial can, or possibly, will make, in view of the great accomplishments of the first half. From a somewhat careful review of the situation, I anticipate that the second fifty years of activity of the Public Health Association will excel the first in its life saving record.

This opinion is based on the quite universal movement among the people to encourage all forms of organization for the protection and promotion of the public health. The Child-Welfare societies are saving the babies even from their prenatal state through babyhood. Childhood in its development is becoming more and more subject to expert supervision at every stage. The Life Extension societies and rural clinics are subjecting every grade of the people, and at every stage, whether sick or well, to rigid diagnostic examinations in order to discover incipient disease and anticipate treatment in its early stages and most curable period. The domestic pestilences, measles, scarlet fever, whooping cough, are prevented by serum therapy. The New York City sanitary officials are proposing

to prevent all preventable diseases. These are but a few of the evidences of the remarkable interest of the people in the public health all along the line, from babyhood to old age - even old age is classified as a disease by the great scientist Metchnikoff, of the Pasteur Institute of Paris.

Perhaps the most important impending event favorably affecting the public health in the next half century will be the proposed reorganization of our system of medical education. The great universities of this country have now mutually decided to reorganize their medical schools on a basis of scientific precision hitherto unknown. Harvard, Yale, Columbia, Pennsylvania and Chicago are raising endowment funds for that purpose incredible in their amounts. Graduations from these schools will have a far higher qualification for the duties of practical and preventive medicine than hitherto known; sanitary officials will be of the highest grade of qualification and the great medical profession will cooperate in the enforcement of preventive measures. A most effective measure in the homes of the people, in the prevention of crime, disease and human suffering is the Prohibition Law, rigidly enforced, by which alcohol is relegated to its proper place as a medicine to be used only on the restricted prescription of physicians. Though not yet thoroughly enforced we are beginning to hear of the marked diminution of crime, insanity and violence, hitherto due to the use of alcohol as a beverage. In a few years of strict enforcement of prohibition, the old addicts, now crazed by the absence of alcohol, will have recovered with a tremendous diminution of crime, sickness and death rates.

One of the most important and far reaching public health measures of the future is the standardization of the health value of every variety of human food, and precise directions as to their use in health and disease, by Dr. John Harvey Kellogg, of the Battle Creek Sanitarium. With his monthly journal "Good Health" in hand, the people now have such accurate familiarity with the special forms of ordinary foods as to be able to adapt them to their proper daily uses. As "a man is

what he eats", this knowledge is already a powerful factor in promoting the public health. A century ago this knowledge was unknown even to eminent specialists, as appears from the following incident related by the late Gov. Dix. When a young man (1802) he suffered from dyspepsia and went abroad to consult Abernethy of London, the world's greatest authority on diseases of the stomach. In the course of the consultation, Dix inquired, "What shall I eat?" The great Scotch surgeon, who was noted for his laconic speech and the free use of expletives, replied, "Why, damn it, I don't know; you and God Almighty only know what you should eat."

In confirmation of the belief that this Association has awakened a remarkable interest in public health among the people of this and other countries, I may refer to the following personal experience.

In anticipation of this anniversary the American Magazine published a somewhat florid sketch of my life which attracted wide interest, on account of my age and profession, and I have been daily in receipt of letters from all parts of the country. Many wish to know the secret of my long life, what I eat at breakfast, dinner and supper; do I drink tea and coffee; do I use tobacco, wines, alcoholic liquors, and what brand of each do I recommend. The writers assume that I have reached my present age because of some special mode of living which they desire to adopt. It is interesting to note what trivial matters worry people. A lady cannot digest eggs: advice - "cut them out". Another cannot digest milk: advice - "drink much more milk". A Texan yawns too much: advice - "run a mile, thus pumping fresh air into your lungs." A young woman has weak ankles: advice - "change your peg-heel and pointed-toe shoes for your grandmother's common-sense shoes" etc., etc.

Of course, I can answer but few of the vast number of letters which I receive, as it would require volumes of writing. To those who receive no reply, this answer must be sufficient - "Personal Hygiene".

"My spirit guide is Hygiea,
Sweet Goddess of Longevity
Her Every precept I obey,
And earth is as Heaven to me"

In view of these evidences of a great awakening of the people of the entire Country to the importance of health as their first duty to secure, I would suggest that it is incumbent upon this association to seize the opportunity of placing the public health on a more scientific basis. We have too long been content with the false code of the Mosaic Law, that limits life to "three-score years and ten" with a possibility of reaching four score years.

The falsity of this law was verified by Moses himself, who lived forty years over his own allotted time, and died apparently in good health, for it is written "His eye was undimmed and his natural force unabated."

We are living under entirely different conditions with a basic principle of life fixed by the unalterable precision of science. Biology teaches that the normal and potential life of man is one hundred years, that every child born is adapted by physical construction and function, to live a century. We must therefore infer that in the natural order of life, all deaths occurring at an earlier age are due to conditions existing which are not compatible with the construction and functions of the human organisms.

In these scientific facts we find the present duties and opportunities of this association. I submit that on this Jubilee Day we should inaugurate the new era in life-saving, by moving our standard for the length of life forward twenty-five years, and summon the sanitary officials and the people, to rally round that standard, now permanently fixed by the immutable deductions of science.

Let us prepare a new standard of our work, detailing in simple language which all can understand, this gospel of lengthened life life that suggests immortality. We seem to be standing on the threshold of a warless world. The nations are vying with each other in not only getting rid of their implements of war, but also the causes of war.

Let us then at this most auspicious time, send our messengers into every nook and corner of the whole wide world, proclaiming in schools, churches and legislative halls, by word, and print and film, this new scientific standard of Long Life. Thus shall we fulfill our duties to the Public Health Association and make its Centennial even more Glorious with its achievements than this celebration with its proud records of the past fifty years.

Health Fortnight of the American Public Health Association

WHEN the American Public Health Association celebrates the rounding out of its first half century of existence in New York City, in November, its distinguished founder and first President, Dr. Stephen Smith, now in his ninety-ninth year, will naturally be the center of human interest among the thousands of sanitarians who will be present. Dr. Smith has been aptly called "the father of public health." More than a half century ago he investigated the then deplorable sanitary conditions in New York City, and as a result legislation was enacted creating the present department of health, of which he was the first commissioner.

During Health Fortnight, Dr. Smith will be tendered a banquet, and will be presented with a medal suitably inscribed and bearing his portrait, done by the eminent sculptor Michele Martino.

Health Fortnight will include three distinct divisions: A Health Institute from November 8 to 11, the Fiftieth Annual Meeting of the American Public Health Association at the Hotel Astor from November 14 to 18, and Health Exposition in the Grand Central Palace from November 14 to 19.

To the thousands of visitors from all parts of the western hemisphere and from European countries, the Health Institute will be of special interest. All of the resources of the public and the most important private health organizations of the city will be utilized in a series of approximately forty demonstrations.

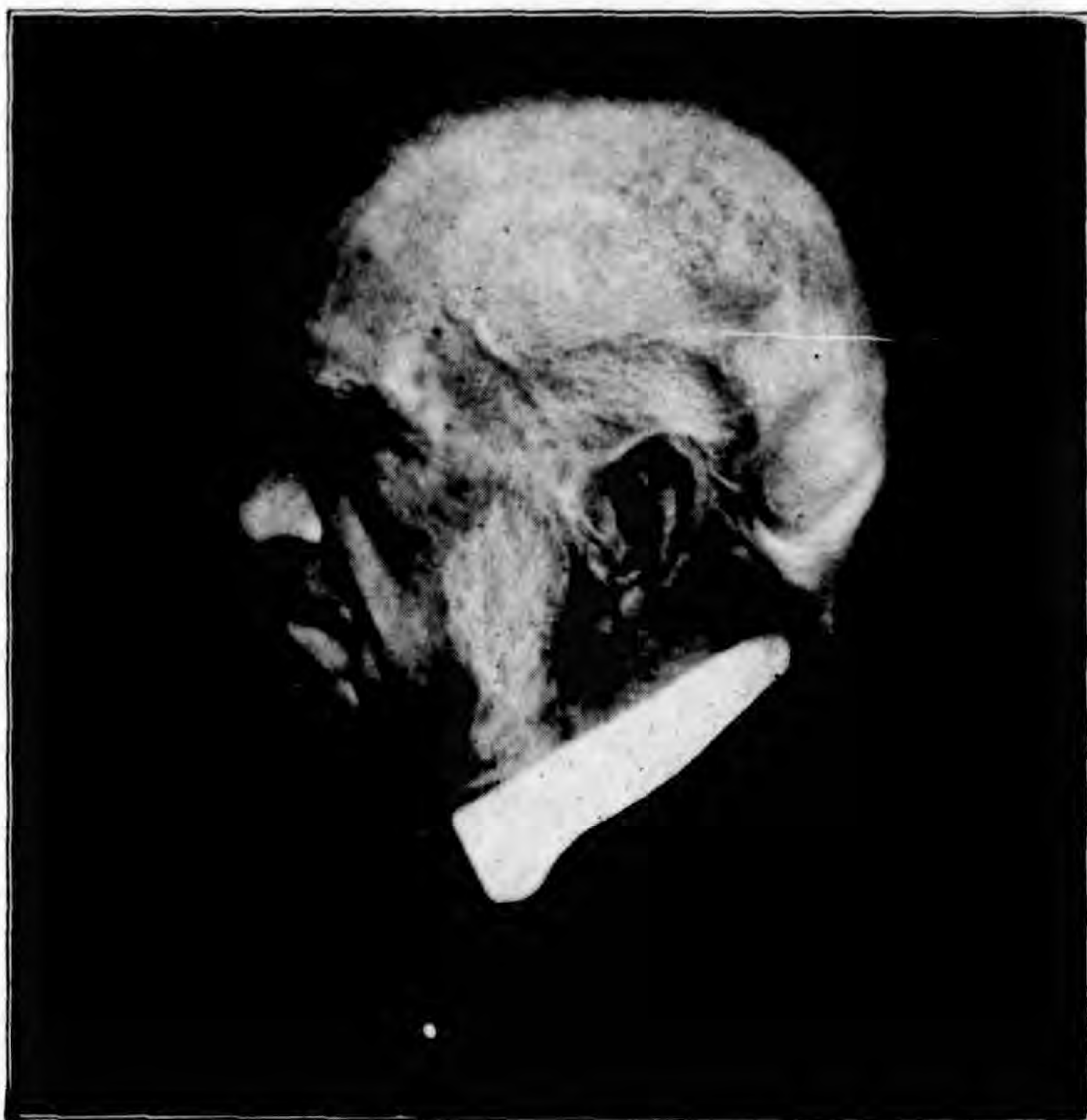
The thoroughness of the program of the Institute

is evidenced by the fact that it is sponsored by the American Public Health Association, the Health Department of the City of New York, the New York State Department of Health, the United States Public Health Service, and the National Health Council, with the co-operation of about 100 other organizations. The chairman of the committee in charge is Dr. W. A. Evans, of Chicago, and the director is Dr. D. V. Armstrong, of the National Health Council.

Visitors who avail themselves of the Institute will be afforded an opportunity to witness the operation of established methods applied to such varied phases of public health as the hygiene of mother and child, public health nursing, vital statistics, social work, sanitary engineering, laboratory procedure, control of communicable diseases, mental hygiene and industrial hygiene.

Following the week of the Institute, November 13 will be observed as Health Sunday with speakers on health topics addressing congregations in the leading churches throughout the city.

Beginning Monday, November 14, the Semi-centennial Meeting of the American Public Health Association will continue for five days. Divisions of the meetings are as follows: General sessions, public health demonstration, child hygiene, public health publicity and education, laboratory section, vital statistics section, industrial hygiene section and food and drug section. Papers to be read before these sections by specialists in the various lines indicated promise genuine



Dr. Stephen Smith, dean of the American Public Health movement



Sculptor Michele Martino at work on plaque of Dr. Smith

contributions to the records of scientific progress. Moreover a jubilee volume, made up of articles by leaders in the various fields of public health work, will be issued in time for distribution during the week of the meetings.

The Health Exposition at the Grand Central Palace, conducted at the same time as the scientific sessions are in progress at the Hotel Astor, is expected to serve an extremely valuable purpose as a means of popular education in health matters. In addition to demonstrations of the work carried on by various branches of the New York City Health Department, there will be exhibits by various welfare organizations and by commercial houses whose products have been approved by health authorities. A "Midway" with special events such as judging babies for health and growth, weight-reducing contests in which some of the fattest people in Greater New York have entered, and similar popular "stunts" will be a feature certain to secure wide publicity and achieve, at the same time, an educational purpose.

New York's Health Exposition

New York City will celebrate its first Health Exposition, November 14 to 19, in recognition of the American Public Health Association semi-centennial

convention. Under the joint auspices of the A. P. H. A. and the New York City department of health the largest health exposition ever attempted will be staged on two floors of the Grand Central palace, where the various city departments will exhibit their health relations and activities. Educational exhibitions by the social service and charity organizations of the city will add to the interest of this exposition. Commercial products which have a definite health value will be shown.

Cho-Cho, the Health Clown, and other members of the Health Family will amuse and instruct the patrons. The laboratory will give up its secrets, and scientific exhibits relating to good health and the prevention of diphtheria, infantile paralysis and other diseases will be shown in such ways as will educate and interest the lay public.

Dr. Royal S. Copeland, health commissioner of New York City and chairman of the Health Exposition, said in an interview:

Object Is to Prolong Life

"At the Public Health Exposition we will assemble the operators, equipment and machinery used in the promotion of public health and welfare. We are aiming to stimulate interest in raising the general health standards by visualizing such measures and facilities

More Zest, More Life!

When energy flags for the day's work, renew it by eating

Fleischmann's Yeast

The familiar little tin-foil package.

Taken as a part of the daily diet, it improves digestion, helps eliminate waste matter.

Eat 1 to 3 cakes per day,
plain or dissolved in water.

***Remember, Fleischmann's
Yeast is always fresh.***

as make for good health. We want this Exposition to be a means of prolongation of life so that New York will be a city of healthy men, women and children who have not only every expectation of the three score and ten years promised by the Bible, but who may look forward to rounding out the century mark."

A special feature of the exposition will be the outline of a Perfect Day for the average business man, arranged by the Life Extension Institute with the aid of exhibitors of apparatus and material employed in the symposium. It is the plan to set up in this exhibit standards of rational and healthful living.

Tickets will be sold for 30 cents apiece. The proceeds of the ticket sale will go both to the A. P. H. A. and the city department of health. Dr. Copeland plans to use such funds to establish clinics for the undernourished child, while the A. P. H. A. share will help defray the expenses of the Semicentennial and other educational activities.

Dr. Lee K. Frankel is chairman of the committee on arrangements for the A. P. H. A. convention, Mr. A. W. Hedrich is acting as secretary of the Public Health Exposition committee, and Dr. Charles E. North, of the New York City Health Department, is treasurer and director.

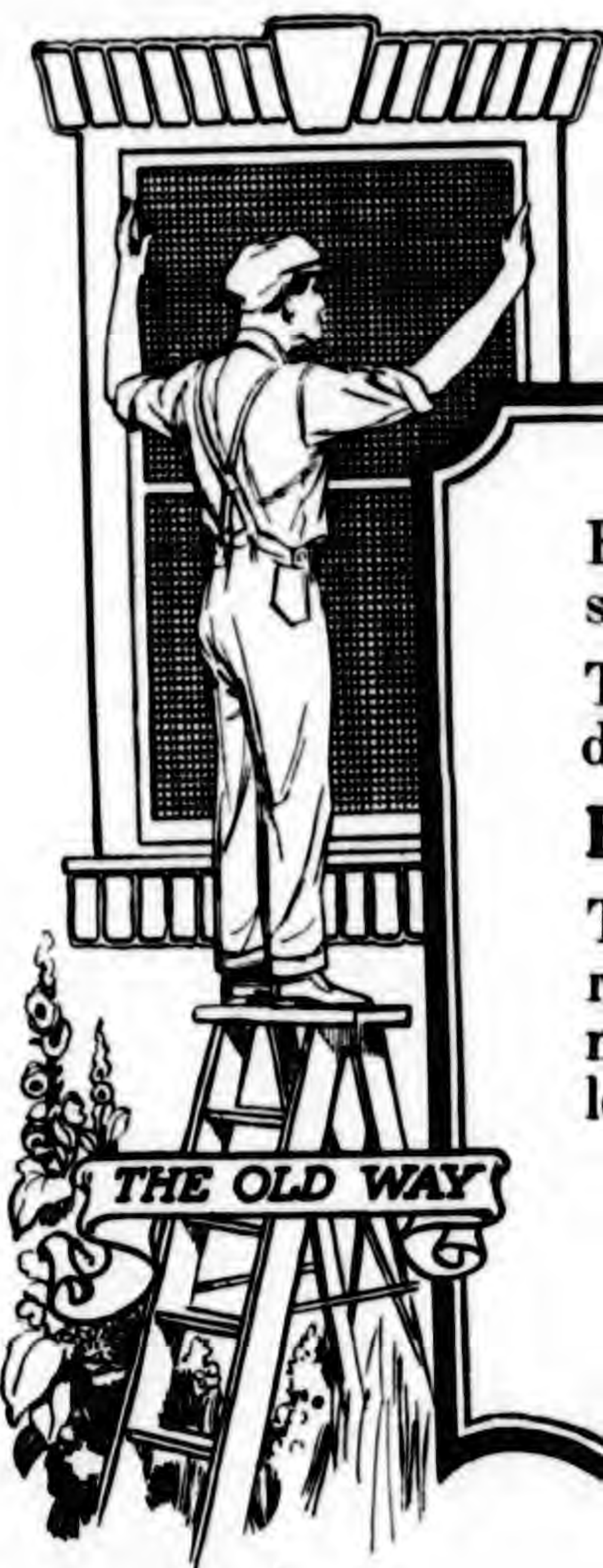
Among the social service and charity groups which have expressed their desire to participate are the Department of Charities, State Board of Charities, Na-

tional Tuberculosis Association, New York Diet Kitchen, National Health Council, American Museum of Natural History, Henry Street Settlement, Society for Prevention of Cruelty to Children, Baby Welfare Federation, New York Child Welfare Committee, American Society for the Control of Cancer, National Committee for Mental Hygiene, Committee on Tuberculosis and Public Health, State Charities Aid, Child Health Organization of America, American Committee for Devastated France.

It is stated on good authority that of all the fruits, the avocado, or alligator pear, is the richest in fats, containing from 25 per cent in the common varieties to 3 per cent in others of a better quality. It is also rich in the "complete" protein and in the vitamins, now considered of so much importance in the human dietary.

Dr. Butler, Director of Mouth Hygiene in the United States Public Health Service, is authority for the statement that the American people are rapidly becoming toothless. Also that the chief hope for preventing this calamity lies in the general adoption of a coarser diet, if this process of tooth destruction is to be stopped. The doctor lays stress on the importance of requiring more work of the organs of mastication.

They Pull Down in Summer



Don't Have to Come Off

Fli-Bac Rolling Screens don't have to be taken down, stored, cleaned, painted and rehung each year.

The cost and inconvenience of ordinary screens are done away with.

Fli-Bac Screens raise up out of the way.

They operate like a window shade. A simple cord raises and lowers Fli-Bac. They are, therefore, a permanent part of the building and they cost less in the long run.

Ask for "More About Fli-Bac"

Fli-Bac Screen Corporation

ROCHESTER, N. Y.



Stay on All Year



ON BOARD S.S. Olympic

25 Dec 1921

Dear Mr. Ashby,

Too late to wish for
a merry Christmas, I hope
personally to tender my
best personal regards.
I meant to go to Omaha
before going to Battle Creek.
But I am troubled with
insomnia and want to have

Some treatment for it. As I want
a quiet week to begin with
kind of keep my arrival
private except to Dr. Kellogg
Dr. Rily & other personal
friends. The newspaper was
swarmed on the Olympic
(which I am just leaving)
and I refused to talk then
there I was long.
Wants to ask L. Briggs

to reserve me an army
room. It need not be
one with a big sleeping
annex - I cannot utilize
the latter at this time of
year.

from my
- 1900 P. Bennett
Strawberry

I have not got much of
full story yet. It is still
in the Admiralty.
In case for any way?

am Sunday - live to St. Riley

5, RUE PILLET-WILL
LOUVRE 51-85

14th. December 1921

Fontaine

DEC 31 1921

Dear Mr. Barron,

I have read with great interest Dr. Kellogg's lecture about "Clean Milk".

We are way behind you in that respect over here, but every effort must be made to open the eyes of the public. I shall try to find time to translate that article and have it published in one of our agricultural reviews.

Hoping to see you again in Paris next spring

I remain,

Sincerely Yours,

Christian Lazard

*Dr Kellogg may be interested Lazard is
of the Banking House of Lazard*

Fries

C. W. Barron

C.L

318 S Pauline st
Memphis

1921
Tenn.

Dear Sir,

I have insomnia
worse than anybody.
Please send

right away

Mrs A Lyuscomb