

January 6, 1922.

Dr. Alberta Garcia,
216 E. 6th St.,
Austin, Texas.

Dear Doctor:

I mailed you yesterday by parcel post a hand carved camel ink well, which Mrs. Kellogg left to you in her will.

We trust it will reach you in good order in due time.

Sincerely yours,

MAILED
FILE
NO. F. U.
FOLLOW

January 10, 1922.

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

Dear Mr. Barron:-

I have just been reading with much interest
your Detroit speech. You gave those people a lot of good things
to think of.

Sincerely yours,

von

JAN 11 1922

January Fourth
1 9 2 2

Mrs. Laverne Everhard,
Big Point, Miss.

Dear Arvilla:

I sent to you yesterday by parcel post a parcel containing the psalmody that was left our of your box and the jack-knife belonging to your grandfather. There is also a small picture of some of your ancestors. The black bag that I am sending you is one that Doctor had given to Mrs. Kellogg and he suggested sending it to you. The table and lamp I will try to get off to you soon. These will have to be specially packed. It will probably have to take a carpenter to crate the table. All those things left to Agnes and Helena to distribute have to be taken care of before the matter can be turned over to the Race Betterment Board, who are the ones who will distribute the money. This is the reason the \$1000.00 had not been sent you.

I hope your family are well and that you will have a bright and prosperous New Year. Doctor seems to be feeling fine. Don't think he ever had better health in his life than he has right now. He is just as busy as he has always been. Angie and I are well as usual. Mrs. Butler is staying at the house most of the time.

Will you plan to come north this spring if there is an opening? I shall be glad to hear from you any time you get a chance to write.

As ever yours,

January 4, 1922.

Mrs. Minnie Davis Hunter,
17 Palmetto St.,
Chattanooga, Tenn.

Dear Mrs. Hunter:

I am mailing out to
you today the silver crumb tray which Mrs. Kellogg
left to you in her will.

Kindly acknowledge re-
ceipt of your tray to Dr. Kellogg, so that we may
file it with a copy of the will.

Sincerely yours,

January 4, 1922.

Mrs. Otto Reeves,
5112 Vance St.,
Chattanooga, Tenn.

Dear Mrs. Reeves:-

I am mailing out to you today by parcel-post the Porto Rican workbasket which Mrs. Kellogg left to you. This is a workbasket Doctor bought for her when she was in Porto Rico in 1910.

There is also a motto which will be sent to you from an art shop in town. It is framed and we have taken it down there to have it packed. If you do not receive it soon, kindly write.

Sincerely yours,

January 4, 1922.

Mrs. Nina B. Richardson,
216 Thirty-fifth St., N.E.,
Miami, Florida.

Dear Mrs. Richardson:-

A motto which Mrs. Kellogg left to you will be sent to you in a few days from an art shop here in Battle Creek. They are packing it. If you do not receive it, kindly write.

Trusting it will reach you in good condition, I remain

Sincerely yours,

January 6, 1922.

Mrs. Geo. Thornton,

Oshkosh, Wis.

Dear Mrs. Thornton:

A package was mailed you yesterday by parcel post, containing a little hand painted china dish that Mrs. Kellogg left to you in her will. I trust it will reach you safely.

With kind regards to yourself and family, I am

Sincerely yours,

My personal belongings I desire distributed as follows:

TO MY DEAR HUSBAND: My piano; my personal papers, letters and journals; the photographic record of the family history; my little round table; the motto Miss Cruft gave me; any other of my effects he may care for, for memory's sake.

TO AGNES KEELOGG COLVER: My amethyst and brilliants pin which Will gave me; also the green hanging basket, his last gift; the velvet quilt Mrs. Kerr gave me; the blue Japanese screen Will and Father brought from New York; the Mexican drawnwork Will brought me; all keepsakes of Will's that she may care for (the Japanese mice, the Russian shoe Mrs. Kirkman gave him; the gold nugget of his I would like William to have; the little mahogany music case the children and Miss Affolter gave me; my wedding dress and picture taken in it as a bride; when her father is through with it. *still home*

(When the home is broken up) Hoffman's boy Christ; the Porto Rican lunch cloth with rose border; my silver hand glass she helped select upon one of my birthdays; and if she cares for it, one of my little Ottoman chairs from the first set we purchased for our home. *still home*

To Harriette Kellogg Kirkland: The first bound copy of the Living Temple which my husband inscribed to me; the small Japanese vase gotten at the World's Fair; the Japanese doily Mrs. Harris gave me; my ~~xxx~~ three wild rose hand painted plates; the white gloves I wore when I shook hands with Pres. Arthur; my cake knife with ivory handle; the Mexican drawnwork lunch cloth Mrs. Salmans gave me; the Indian parasol Mrs. Mackie sent me; one of the little Ottoman chairs; my set of John Burrough's Nature study books; Hoffman's Christ (when the home is broken up). *still home*

TO HELENA KELLOGG CASE: The pearl and cameo bar pin gotten in Paris on my trip abroad; one of the large Japanese vases gotten at the World's Fair; the old pitcher from Canada; the busts of my husband and myself made by a Mexican artist; my Mosaic of the Roman Forum; my three strawberry hand painted china plates; one of the little Ottoman chairs; the large Bible which was our wedding present from physicians and helpers in 1879; the picture of the Last Supper (when the home is broken up). *not found*

TO ELIZABETH KELLOGG MCPHERSON: My cameo pin; the cup and saucer Will brought me from Nazareth; also the book of flowers from Jerusalem; the picture of children's heads she gave me; the large picture of roses with green background that used to hang above her bed; the silver fruit basket the children and Miss Affolter gave me; with also the shallow cut glass dish that fits it; my notebooks of selected poems; scrap books of Mother's work; my W. C. T. U. addresses and papers; the blue checked blanket my mother wove; my Venus of Milo; my W. C. T. U. birthday book; one of the large Japanese vases gotten at the World's Fair; the anchor made from the Boston elm which I got on my wedding tour; two of my white embroidered doilies; one of my Ottoman chairs; my little oak desk in my sitting room. The chair that was my grandmother's. *cannot find*

TO RICHARD M. KELLOGG: The taller of the sectional book cases in my room; the card case Jessie brought me from Denmark; *still home*

The status of 'our home' which she helped select on one of my birthdays.

LAST WILL AND TESTAMENT

OF

MRS. ELLA EATON KELLOGG

IN THE NAME OF GOD

AMEN

I, Mrs. Ella Eaton Kellogg, of the City of Battle Creek, County of Calhoun and State of Michigan, being of sound and disposing mind, memory and understanding, and considering the certainty of death and the uncertainty of the time thereof, and to the end that I may be better prepared to leave this world whenever it shall please God to call me hence, and being desirous to settle my worldly affairs while I have strength and capacity, do make, declare and publish this my last will and testament, hereby revoking and making void all former wills by me at any time heretofore made, and as to such worldly estate wherewith it has pleased God to entrust me, I dispose of the same as follows:

I give, devise and bequeath all my estate, real and personal and mixed, except such personal belongings and effects as I hereinafter otherwise dispose of, wherever located or situate, whereof I may die seized or possessed, to the American Medical Missionary Board, a corporation of the City of Battle Creek, County of Calhoun and State of Michigan, organized, incorporated and existing under and by virtue of the laws of the State of Michigan, to have and to hold the same to said corporation and its successors forever, upon the uses and trusts following, namely:

First: In trust to pay all my debts:

Second: Lots number 74, 75, 76, 77 and 100 in Walters' Addition to the City of Battle Creek, I give to Jean Frances McPherson and Gertrude Elizabeth McPherson the children of my adopted daughter, Elizabeth Kellogg McPherson, to be equally divided between them, share and share alike, when the younger becomes twenty-one(21) years old, said lots having been previously held by their mother; said lots in the discretion of my said trustee may be sold and the proceeds thereof invested, and the interest arising there-

-2-

from reinvested from year to year until the younger of said children has reached the age of twenty-one (21) years, when the principal sum with accumulated interest shall be paid over to them in equal shares by my said trustee, said bequest subject, however, to the condition that in case one of said children shall die before becoming twenty-one (21) years of age her interest is to go to the other child, and in the event both of the children shall die before becoming twenty-one-(21) years old then my said trustee is to transfer said lots or pay over said fund to their mother, said Elizabeth Kellogg McPherson .

Third: All money which I may have invested at interest at that time of my death shall be disposed of as hereinafter in this paragraph set forth, my trustee being hereby directed, in case my sister, Mrs. Jennie Eaton Dearing, of Fresno, California, shall survive me, to add the interest from year to year to the principal.

Subject to the payment which I hereby direct to my said sister, from said funds, principal or interest, of the sum of Three-Hundred and fifty Dollars (\$350) annually, payable in quarterly installments, from and after my decease so long as she shall live, I will and direct from that my trustee dispose of said fund as follows:

One Thousand (\$1,000.00) to be paid ^{to} by niece and namesake, Ervilla Eaton Eberhard.

One thousand Dollars (\$1,000.00) to found a scholarship in Alfred University, Alfred, New York, to be known as the Eaton Memorial Scholarship in behalf of Mrs. Ella Eaton Kellogg, Mrs. Jennie Eaton Dearing, Mrs. Fannie Eaton Thayer and William Sherman Eaton ; said scholarship to be for the benefit of young men and women who are willing and desirous of fitting themselves for Missionary work, medical, ministerial or otherwise, preference being at all times given to the right to said Scholarship to the children of my niece Ervilla Eaton Eberhard or my nephew Carl Dearing, who may desire to attend this University.

One Thousand Dollars (\$1,000.00) to be paid to the Seventh Day Baptist

Missionary Society, a corporation of the State of Rhode Island, to be used by said society, for foreign Medical Missionary work.

Five Hundred Dollars (\$500.00) to be paid to The Board of Trustees of the Seventh Day Baptist Memorial Fund, a corporation of the State of New Jersey, for the aid and support of indigent, aged and superannuated Seventh Day Baptist Ministers.

Five Hundred Dollars (500.00) to be paid to my namesake, Ellis Bryan McPherson, the son of my adopted daughter, Elisabeth Kellogg McPherson.

The remainder of said principal after the payment of the bequests hereinbefore made, to be kept invested by my trustees and the income thereof used for the care and treatment at the Michigan Sanitarium and Benevolent Association of poor, worthy sick mothers of little children whose care and training depends upon them, and who could not otherwise avail themselves of the means of recovering their health, the majority of the Board of Trustees of my trustee to be the sole judge as to the mothers who are to receive the benefits of this bequest. If the Michigan Sanitarium and Benevolent Association shall cease or fail to comply with this request, then said remainder is to be paid over by my trustee to the Seventh Day Baptist Missionary Society, a corporation of the State of Rhode Island, to be used by said Society in Medical Missionary work.

Fourth: I will and direct that the royalties and income from my books be used to aid such of my foster grandchildren, whose parents are unable to educate them beyond the local public schools, to secure when so desirous, such additional training in art, science, music, literature, medicine, law or other special lines of duty as will better fit them for lives of usefulness and worth to the world. When the need for help in this direction no longer exists, whatever funds have accrued or may do so from these sources shall be utilized for the education of other worthy and needy young men and women, under the auspices of Milton College, Milton, Wisconsin.

Fifth: My personal belongings and effects not herein intrusted to my

trustee, I wish distributed by my adopted daughters Agnes Colver and Helena Case, under the advice and counsel of my husband, Dr. John H. Kellogg, in accordance with a writing which will be attached to this Will and which I make a part thereof.

I nominate, constitute and appoint my husband, Dr. John H. Kellogg, my executor, and direct that the Court require no bond of him.

IN WITNESS WHEREOF, I, Mrs. Ella Eaton Kellogg, testator aforesaid, to this my last Will and Testament contained in this and the four preceding typewritten sheets of paper, have set my hand and seal this second day of December, 1916.

Mrs. Ella Eaton Kellogg (L.S.)

On this 2nd day of December A.D. 1916, Mrs. Ella Eaton Kellogg, of Battle Creek in the County of Calhoun and State of Michigan, signed the foregoing instrument in our presence, and declared it to be her last Will and Testament, and as witness thereof, we do now, at her request, in her presence, and in the presence of each other, hereto subscribe our names.

Nellie M. Burton of Battle Creek, Mich.

Clara K. Butler of Battle Creek, Mich.

I, Mrs. Ella Eaton Kellogg, of the City of Battle Creek, Calhoun County, State of Michigan, being of sound and disposing mind, memory and understanding, do hereby declare this to be a first codicil to my Will, which bears date the Second day of December A.D. 1916.

I.

WHEREAS By my said Will I made certain provisions for my beloved sister Mrs. Jennie Eaton Dearing, and

WHEREAS she has since married, I do hereby revoke and annul the provision in said Will providing for the payment to my said sister of three hundred fifty (\$350.00) annually, during her life time.

II.

I further call attention to the fact that the American Medical Missionary Board, a corporation, referred to in my said Will, has changed its name to The Race Betterment Foundation.

III.

I do hereby ratify and confirm my said Will in all respects except as changed by this codicil in relation to my sister, Jennie Eaton Dearing.

IN WITNESS WHEREOF, I have hereunto set my hand and seal this 31st day of May A.D. 1920.

Mrs. E. E. Kellogg (J.S.)

On this 31st day of May 1920, Mrs. Ella Eaton Kellogg, of Battle Creek in the County of Calhoun and State of Michigan, signed the foregoing instrument in our presence, and declared it to be a codicil to her last Will and Testament, and as witnesses thereof, we do now, at her request, in her presence, and in the presence of each others, hereunto subscribe our names

Gertrude Estill

of Battle Creek, Mich.

Angie Estill

of Battle Creek, Mich.

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My personal belongings I desire distributed as follows:

To my Dear Husband: My piano; my personal papers, letters and journals; the photographic record of the family history; my little round table; the motto Miss Crefft gave me; any other of my effect he may care for, for memory's sake.

To Agnes Kellogg Colver: My amethyst and brilliant pin which Will gave me; also the green hanging basket; his last gift; the velvet quilt, Mrs. Kerr gave me; the blue Japanese screen, Will and father brought from New York; the Mexican drawn work Will brought me; All keepsakes of Will's that she may care for (the Japanese mice, the Russian shoe Mrs. Kirman gave him; the goldbugget of his I would like William to have) the little mahogany music case the children and Miss Affolter gave me; (my wedding dress and picture taken in it as a bride, when her father is through with it (when the home is broken up) Hoffman's Boy Christ; the Porto Rican lunch cloth with Rose border; my silver hand glass she helped select upon one of my birthdays, and if she cares for it one of my little Ottoman chairs from the first set we purchased for our home.

To Harriette Kellogg Kirkland: The first copy bound of the Living Temple which my husband inscribed to me; the small Japanese vase gotten at the World's Fair; the Japanese doily Mrs. Harris gave me, my three wild rose hand painted china plates; the white gloves I wore when I shook hands with President Arthur; my cake knife with ivory handle; the Mexican drawn work lunch cloth Mrs. Salmons gave me; the Indian Parasol Mrs. Mokie sent me; One of the little Ottoman chairs; my set of John Burrough's Nature Study books; Hoffman's Christ (When the home is broken up)

To Helens Kellogg Case: The pearl and cameo bar pin gotten in Paris on my trip abroad; one of the large Japanese vases gotten at the World's Fair; the old pitcher from Canada; the busts of my husband and myself made by a

Mexican Artist; my mosaic of the Roman forum; my three strawberry hand painted china plates; one of the little Ottoman chairs; the large Bible which was our wedding present from Physicians and helpers in 1879; the picture of the Last Supper (when the home is broken up)

To Elizabeth Kellogg McPherson; My cameo pin; the cap and snocer Will brought me from Nazareth; also the book of flowers from Jerusalem; the picture of Childrens' heads she gave me; the large picture of roses with green back ground that used to hang above her bed; the silver fruit basket the children and Miss Affolter gave me, with also the shallow cut glass dish that fits it; my note books of selected poems; scrap books of Mother's work; my W.C.T.U. addresses and papers; the statue of Tanhuser which she helped select on one of my birthdays; the blue checked blanket my mother wove; my Venus of Milo; My W.C.T.U. birthday book; one of the large Japanese vases gotten at the World's Fair; the anchor made from the Boston elm which I got on my wedding tour; two of my white embroidered dollies : one of my Ottoman chairs; my little oak desk in my sitting room; the chair that was my grandmothers.

To Richard M. Kellogg : The taller of the sectional book cases in my work room; the card case Jessie brought me from Denmark; my book Treasure Island which my husband brought me from London; the picture of Will on Kentucky; pictures of Romona's Marriage place; feeding of the doves and tower of Jewels; also Art books from Dresden; one half doz. of the pearl handled fruit knives that commemorate my 30th anniversary; my picture of Mona Lisa also an anniversary present. If he cares for it the plush walnut rocker he used to chose to when reading in my room;

To the Wife of his choice, One dozen of my bouillon cups and plates and snocers; my tall cut glass flower vase; 1/2 doz. bouillon spoons; the lace handkerchief my husband brough me from Europe; One of the jewels from The Tower of Jewels.

To George J. Kellogg: My set of Health chairs; 1/2 doz. of my pearl handled fruit knives; the water color of roses with the gilt mat, the library table in his room he was so fond of; my pictures of the deer and ponies; the oak book case with mirror on top in my work room; my little safe.

To Violet: The blue rugs in the rooms she stayed in which she admired so much; one doz. of my bouillon cups and saucers; 1/2 dozen bouillon spoons; one dozen of the pink decorated plates; One of the jewels from the Tower of Jewels.

To Teressita Kellogg: My grape pattern cake knife; the bead bag Mrs. Kerr gave me; my picture of the Dutch windmill Father brought me from Europe; my davenport bed; the three-door book case in my work room; the 1/2 doz. salts (pink flowered); my Sanitarium cake plate; the furniture I got for her room;

For Robert M. Kellogg: - The fire proof filing case in my work room; the work table with desk; the smaller of the sectional book cases in my room; the oil painting of the Ocean (Atlantic near Cape Cod) 1/2 doz of my pearl handled fruit knives; the polished wood bowl from Hawaii that Mrs. Kerr gave me; the jardiner the "Boys" gave me; the oil painting of roses in the white and gilt frame which may remind him of the roses Luther took him when he was in the Hospital; the large Ottoman Chair belonging to my first set.

To Robert's wife: One doz. of my haviland China bouillon cups and saucers; 1/2 doz. of my bouillon spoons; the sofa pillows Mrs. W. S. Eaton made me; also the table runner in natural linen; the cut glass Jelly dish with high standard; the Japanese picture Robert gave me; my ocea pitcher and cups; the Bohemian fruit dish; the painted china plate of bees and roses; one doz. of the pink decorated plates that are used with the bouillon cups; one of the jewels from the Tower of Jewels; the Newcomb Pottery jar.

My table napkins marked with K. (embroidered) I would like given

of my boy's wives as may care for them with one apiece of the square table cloths of the same pattern; the large English napkins to be given to such of my daughters as care for them; but this distribution to be made after the home is broken up.

To Paul M. Kellogg: My copper nut dish; the oil painting of flamingos; the Indian embroidery sent me from Mrs. Mackie for sofa pillow; my gilt letter holder the Japanese tray from the St. Louis exposition;

To Nettie Evans Knapp: My brass mantel clock; Rebecca at the Well (one of my husband's gifts to me; my Guadalupe vase; Howells' crutches; the oil painting of the Adirondacks.

To Evaline M. Kellogg: My cut glass bon bon dish; the pearl and emerald lace pin that was my 62d birthday present; my silver tea set; the blue plate Jessie brought me from Copenhagen. My picture of the crater of Killara which Mrs. Kerr sent me; the onyx book I got while in Mexico; My china vase with roses; the framed pictures of herself; my utility ironing set. The furniture I got for her room.

To Eva Mae Evans: The water color painting Miss Cooper gave me and which may serve as a reminder of the many rides we have taken overland together; my smaller punch bowl ladle; my perfume bottle;

To Cecile Parrish: My wicker arm chair, with pedants; the hand painted vase (Chrysanthemums) Mrs. Kerr gave me (when she was flower girl at Dr. Harris Wedding) two of my white embroidered table doilies; my small cut glass vase; my bed; dresser and washstand of oak in my room; my cut glass oology dish

To Jessie Hortensen:- My punch bowl and ladle; my picture of the Bridge of Sighs; the lace bed spread from S. America; my piece of Indian embroidery gold and black; my black Japanese screen.

To Fannie Rosenberger: My books Silent Times and Daily food; my

my Japanese Fanal pictures; my dresses scarf with tatted insects; my hand painted, fluted, bread plate with the violets.

To my Niece Ervilia: The pictures of myself when a child; the crayon of my birthplace, which Aunt Susan made; All pictures of my mother; my mother's mosaic pin; also the pin made of mother's hair; the snow scene Ettie painted; my school autograph; mothers willow basket; my collection of gold and silver souvenir spoons; my electric reading lamp with the little oak stand that I had for it; my three hand painted plates: viz: pansies, violets and blackberry (without rims); all Eaton family photos; and daguerrotypes; my str glass sharbet dishes; the rocker belonging to my first set of furniture; my diplomas; my glass cups; three plates, the vegetable tureen and platter from my first set of dishes; the old china (blue) pitchers of my mothers; the hymn book; Christian Realms given me, by my mother at my baptism at ten years of age and inscribed by her with my name. All souvenirs of my childhood; my first bible given me by my father as a Christmas present; One set of my life sketches.

To my niece Edith Butler: The table cover Nellie brought me from the Phillipine Island; the Portrait of her Uncle John at 35 years of age done in crayon. (White and blue plush frame).

To Gertrude Estill: My electric table lamp (given me by the Misses Thompson and Cooper my small brass jardiner (Egyptian design) My china from Plymouth; my musical stein; my post cards albums of our historical and Porto Rican trips.

To Angie Estill: The pocket book Jessie brought me from Denmark; my brown cake plate with pear design; my large brass jardiniere that Ivaline gave me; my 12 volume of the Home Economic Library; the table scarf sent me by an Armenian;

To Grace Gay Simpson: The tiny polished wood pin bowl Mrs. Kerr gave me; the blue and white vase of Manchester (Eng) pottery and my J. R. Miller books not otherwise named.

To Minnie Davis Hunter: My silver crumb tray:

To Mrs. Ella Thompson Reeves: My house motto: my Porto Rican work basket.

To Robert Mortensen: The picture of Christ from the London Art Gallery which hangs in my bedroom.

To Alvin Mortensen: The oil painting of birds and lilacs.

To the Central W.C.T.U. of Battle Creek; My Collection of books on child Culture as a nucleus to a Mother's library.

To Clara Parrish: My oil painting of apple blossoms.

To Ralph Parrish: My onyx paper weight (square) from Mexico.

To Helena Margaret Knapp: My gold thimble; my marble model of the "Leaning tower of Pisa"; my George and Martha Washington and Mt. Vernon Plates.

To Nina Richardson: My framed verses of Van Dyke.

To Thekla Black Mackie: My book "Come Ye Apart".

To Louise Burkhardt: My J. R. Miller Year Book; my small Mexican water bottle.

To Alberto Garcia: My camel ink well from Jerusalem.

To Isabel Garcia: My little framed picture of the Sanitarium, my hand painted plates, orchids.

To Dora Karris Cave: My J. R. Miller book, Hidden Life.

To Miss Lenna F. Cooper- Photo of Armenian Mother and Child, the Marble Shoes from India.

To Elizabeth Kirkland: My ivory dresser set; my water color painting Agnes gave me.

To Helena Kirkland: My picture of Florida Gem.

To Herbert Rowland Case: My framed photo of my husband taken by Wallinger with the hope that he may some day grow to be as great and good as the original, also my framed picture of D. F. Helena Kellogg with her graduating robes and

diploma.

To Margaret Case: My polished wooden bowl from Lexington.

To Gertrude McPherson: My gold watch which has my name inscribed within the case; the rose cake plate and butterfly plates her mother painted for me.

To Joan McPherson:- My watch purchased with the first money I ever earned; the china her mother painted aside from that named for Gertrude and Lindsay; the little Japanese vase Dr. Colver gave me.

To Lindsey Kellogg McPherson: The pitcher his mother painted; the small oil painting of grapes and red apples.

To Ellis McPherson: My onyx pears; my bible with the hope that it may be to him a blessing and a treasure as it has been to his grandmother during her lifetime.

To Julianne Hoopes: My book of Mormon; My egg shape onyx from Mexico.

To William Kellogg Colver: My set of photos of his grandfather in his white suit; his uncle Will's photo (enlarged) for both of whom he is named; his Uncle Will's chair, and eventually his desk if he cares for it.

To Nancy Colver: My Mona Lisa printing.

To my sister Fannie Eaton Thayer: The curios from China given me by Mrs. Fryer (banners, cash basket, hand carved frame; silk spun over cup, needle case;) our parents family bible; my ebony handglass and brush; my travelling case; my umbrellas; my sewing screen; my brass fern dish; the table scarf Gertrude gave me; my greenticoo jardiniere; my embroidered pillow slips not mentioned for Sister Jennie; my chrysanthemum vase with iris on it; my silver thimble; the green vase from the San Francisco Exposition; my address book; all my wearing apparel (sowing

whatever may be suitable for my sister Jennie) my octagon top jardiner stand; my basket jardiner;

To my husband Will L. Eaton; my fountain pen and brass holder; my father's portrait; the oil painting of the "seal rock" mine by Mrs. Pres. Allen; the book life work of Johnathan Allen; the carved bamboo vase Mrs. Place brought me from India.

To Jennie Barber Eaton; The hat pin of a dwarf cocconut given me by Mrs. Kerr; my Porto Rican drawn work sofa pillow; the green jardiner that was my 59th birthday present.

To my sister Jennie Dearing; The oil painting of Don; oil painting of of peaches rolling from a basket; the black panel pictures of daisies and wild roses; the plaque of apple blossoms; the bureau scarfs with netting mother made; the decorated cracker jars; the embroidered set of towels Will's wife sent me; My hand painted china plates viz.- grapes; plums, cherries, and the water and rocks; my violet olive dish; my silver salt-shakers; 1/2 dozen silver fruit knives; my olive fork;

To my nephew Carl; My oil painting of birds; his grandmother's bureau, as an heirloom; my plate "The old South Church"; my silver strainer and berry spoon; my pump made from the tree near where the Revolution began; the set of small doilies Will's wife made me.

To my niece Anna Kellogg; My pottery jar from Porto Rico; my Japanese Chrysanthemums vase.

To my grand nephew "Jack"; My grandmother's portrait and her linen or flax wheel.

To the S.D.B. Personage of the Battle Creek Church my painting; the

Waterfall in Central Park (Ettie did this for me and I have always considered it one of my choicest) I should like a tiny brass inset put on the frame stating that it is donated to the parsonage and not to any particular pastor's family.

In all instances where articles of furniture or pictures which hang on the walls and contribute to the homelikeness of the surroundings are mentioned it is intended that they shall be left where they are until the breaking up of the home. They are named merely to indicate what I would eventually like to have done with them. Those articles which furnished my own rooms also small articles and personal belongings can be distributed at once and the other things borne in mind by Agnes and Helen until later.

The old china which constituted my first table ware and which my husband and I used for our first housekeeping, (which by the way was for the working out of Science in the Kitchen Recipes) I wish distributed among my children and grand children, such of them as will prize a few pieces, years hence as souvenirs, they will be a curiosity in years to come. I wish the large tureen and platter and three plates to be given to Grvilla as her part and wish Angie and Gertrude to have a share, if they care for it.

Of my grape pattern table silver I wish my nephew Carl Dearing to have a set of six, knives, forks, tea spoons. The remainder except such as has already been named, it would be my choice to have distributed among my sons for their children. (This distribution, not to be made without my husband's sanction, and not until the home is broken up)

My collection of cook books and works on Home Economics not otherwise named I would wish should be given the Sanitarium School of Domestic Science Library, if that be still existing, if not, to be donated to the Y.W.C.A. of Battle Creek.

Eventually when the home is broken up I would like my dining room side board, china closets and chairs, the library table Will gave me, and the old clock on the stairs all of which have been personal gifts, used for some beneficent cause, as for the furnishing of a room in the W.C.S.U. Home (yet to be built) or if the cottage system is started for the Haskell Home the furnishing of a corner in one cottage. These gifts have been prized so highly by myself that I wish them used for some cause which I have held dear. My table linen, doilies, sofa pillows and dishes not otherwise mentioned to be used in a similar manner.

In making this distribution of my personal belongings it has been my purpose to remember each of those who have at times helped to make up my household as well as my children, grand children, relative and helpers. If any have been overlooked whom I would have wished to keep in mind I trust Agnes and Helena will select for such some memento for me.

In arranging these selections I have aimed to give to each some of my treasured possessions which I thought they might care for. If some have been named for more than others it is merely because I know the articles mentioned, have for them some association dear to memory which another would not so much appreciate.

I leave for all, each and every one my tenderest love and my earnest desire to meet you each again in the earth made new.

Ella Eaton Kellogg

Aug. 27, 1912.

Revised Nov. 28, 1916

File



The Battle Creek Sanitarium
Battle Creek Michigan

January 13th 1922

My dear Doctor,

Thanks for your characteristically kind note. This time I am rather hiding from my friends so as to get rid of my insomnia by perfect rest. But your offer of hospitality to them is no less pleasing to me.

While writing I want to tell you that I have now read your address at the Dr Stephen Smith Banquet which you accidentally did not enclose in your letter of November 28th. I think it one of the best speeches I have read for a long time and it ought to be preserved among the materials out of which your life's work will at, I hope, a distant date, be given to posterity. I don't know whether to admire the form or the substance of that address most. The former was all grace the latter a model of selection so as to get in what really mattered. It was a masterpiece.

Yours very sincerely

Gifford Pinchot sends you his love.

From Sir Horace Plunkett.

January the
Thirteenth
1 9 2 2

Sir Horace Plunkett;
Sanitarium.

Dear Sir Horace:

If you have any friends you would like to invite here to
the Sanitarium to meet you while you are here, be perfectly free to do so,
I shall be glad to have them as my guests.

Sincerely yours,

v-s

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

January the
Sixteenth
1922

**Sir Horace Plunkett,
Sanitarium.**

Dear Sir Horace:

It is kind of you to send me such a nice note about my short address at Dr. Stephen Smith's dinner. I am sure your praise is quite undeserved. I had to write the paper under pressure. After I went to New York I got notice at eight in the evening that I was to be one of the speakers next evening. A caller then present kept me busy until ten o'clock and between ten o'clock and one A.M. I wrote my paper, making a few emendations the next day. Dr. Stephen Smith is the most inspiring subject. I wish you could have heard his address-- altogether the best thing of the evening. It was forward looking, with a mere touch of reminiscence, and most optimistic. Everybody in the great dining room of the Astor Hotel heard clearly. His voice was very distinct and musical.

Sincerely yours,

K-S

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
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Helpful Hints
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Kellogg Frds.
Menus
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D. S. Cat. & Appli.
N. S. P. E. Cat. & Appli.
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Eugenics Reg.
Race Degeneracy
Needed New Race
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Reprint No.
Health Decalogue
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery



The Battle Creek Sanitarium
Battle Creek Michigan

17th January 1922

My dear Doctor

Your latest gift with its charming if all too generous inscription will be the most valuable book in my library because it will do most good. Even the first glance at it shows how much more than its title claims is achieved towards sane, or biologic living.

I hope the anti-vivisection people wont get after you with their violent denunciations over the Pavlow dogs. Of course it is obvious that the dogs do not suffer: if they did the experiments would not produce their memorable results. But knowing some of these people (including Bernard Shaw whom I want some day to bring here) I suggest in future editions a footnote pointing out the above obvious consideration.

Yours ever more gratefully

George Bushell

One Hundred Year Club

Suite 815

22 East Washington St.,

Chicago.

January 20th,
1922.

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

My dear doctor:

The One Hundred Year Club is making plans to celebrate the one hundredth birthday of our honored member Dr. Stephen Smith on February nineteenth.

We will hold a luncheon at the Cooper-Carlton hotel and hope to have one hundred or more guests. It would give me great pleasure to have you with us upon this occasion. Your high esteem of Dr. Smith, and your deep regard for the cause of promoting longer and more useful life makes the choice fall naturally upon you for representative upon the program to pay a tribute of honor to your friend and give encouragement to the cause for which the club stands.

The date falls upon Sunday. I hope it will be agreeable to you and all present plans, and that you will honor us with your presence. There will be several other speakers limited to talks of ten minutes each. Bishop Fallows and Dr. A. J. McCartney being among them.

Hoping I may hear favorably from you and remembering your graciousness of last year, I remain,

Most cordially yours,

Josephine Paine

MAILED
FILE
NO. F. U.
FOLLOW

January 23, 1922.

Sir Horace Plunkett,
Sanitarium.

My dear Sir Horace:

I thank you very much for calling my
attention to the organization of the World Agriculture.
I shall be very glad to have the periodical regularly.

Sincerely yours,

JAN 23 1922

v-2

Letter returned
Enrollment + 5⁰⁰ enc.

Pros. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
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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Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
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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.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

January 23, 1922.

Dr. Kent:

I suggest that you write to the World Agriculture Society and arrange to exchange publications if possible. Their address is Laurence E. Parker, Secretary, The World Agriculture Society, Amherst, Mass.

J. M. K.

V-M

January 24, 1922.

Dr. Josephine Paine, Pres.,
One Hundred Year Club,
Suite 815,
22 East Washington St.,
Chicago, Ill.

Dear Doctor:

I have yours of January 20.

It will afford me great pleasure to meet your Club again on February 19 if it is possible for me to get away at that time. I will try to plan to do so. If I come, my address will consist substantially of the address I gave at the banquet at the Astor House in New York a few weeks ago. I think my paper will not occupy more than fifteen minutes which I am sure will be long enough considering the fact that you have several other speakers. If I find at the last moment that I cannot come, I will send my paper.

Sincerely yours,

January 26, 1922.

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

JAN 27 1922

My dear Sir Horace:

Enclosed find a little note of introduction to Dr. Walter B. James.

Sincerely yours,

v-m

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

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Rates—Special
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Teacher

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Rel. of Habits

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D. S. Cat. &
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Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

File

c/o James Byrne
270 Park Avenue
New York.

FEB 4 1922

2nd February 1922

My dear Doctor,

Many thanks for the resolution showing the real attitude of the medical profession to alcohol.

I am standing the fatigue of journeys after Battle Creek much better than those taken before the cure - a common experience. Tomorrow I shall be with Gifford Pinchot and shall give him your greetings

Kindly ask Mr Ashley to send the valise left in the check room by Gerald Plunkett, to

Mr E. Reese 3542 Baltimore Avenue Kansas City Mo, and to tell Mr Hall that he has done so I am rushing to a train or would not thus save my time at the expense of yours.

Yours sincerely

Harold Plunkett

I am going to write to Mr Ashley in a day or two, please tell him

February 10, 1922.

Dr. Stephen Smith,
Montour Falls, New York.

My dear Dr. Smith:

I have your letter of February 10.

I think of you every day. Your face smiles upon me in my office, so be sure I have not forgotten you. I really have been wondering how you are getting along, and I am delighted to have your letter telling me where you are. I will see that "Good Health" is sent to your present address with back numbers beginning with the year and will have any numbers you have missed sent you if you wish if you will let me know which ones they are.

The little book you saw advertised was "Eating for Efficiency." I have had a copy of this sent to you. I am also sending you with this an autographed copy of a new book I have just brought out, "The New Dietetics."

I am glad you are preparing an article for the One Hundred Year Club in Chicago. I have been asked to give an address but find I cannot get away on account of another engagement; but I am going to send an address which will be substantially the same as the address I gave in New York. It certainly was a great occasion. I don't think so great an honor was ever bestowed upon any medical man anywhere by his colleagues. Your address was most excellent, appropriate and inspiring and will set a mark for future progress in hygiene and public health which will stand for many years to come.

Prosp. & Rates

S. Life Bklt.

S. L. De Luxe

Rea. Why Bklt.

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Diet List

Rate & Res. C.

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Reprint No.

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



TELEPHONE COLUMBUS 6300

STATE OF NEW YORK

STATE BOARD OF CHARITIES

DR. STEPHEN SMITH

COMMISSIONER

260 WEST 76TH STREET

NEW YORK

MONTOUR FALLS. FEB, 10th, 1922.

MY DEAR DR. KELLOGG :-

I have heard nothing of or from you since the Banquet. I hope you survived the strain on all personally engaged in it. On all sides it is declared to have been the greatest honor to a medical ever bestowed in New York. THE JUBILEE VOLUME is to be issued soon and I shall see that you receive a "de copy" copy. I got through it in good form and am approaching My 99th Birth-Day (Feb. 19th) in very comfortable condition. I am spending my Winter residence at this place—Old Watkins Glen—where Mr. Mason is Pastor of the Baptist Church and one of the Professors in the "Cook Academy"—a high grade school for boys. I don't know whether you had been informed of my present residence and if not your mail has possibly been miscarried. I have missed "Good Health" for several months and I wrote to the Publication office to send me a copy of a book of yours on foods but have received no answer. It was advertised as free of expense to the applicant.

I have been invited to attend the annual meeting of the ONE HUNDRED Year Club, Dr Paine, President. I shall prepare a brief paper for the Club.

I trust that you are well and that your approaching Birth-Day will be a happy event.

Very Sincerely Yours.

FEB 10 1922

Nothing direct to Sir Horace
Just about sending paper of
his to Barron.

FEB 19 1922

C/o James Byrne,
270 Park Avenue,
New York, N. Y.

February 17, 1922.

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

Dear Dr. Kellogg:

I am rushing off to Ireland, where my friends badly need me, tomorrow morning, and would like to thank you for sending me an introduction to Dr. Walter B. James. I have never been more rushed in my life and have found it physically impossible to call upon him and so have to send my letter of introduction with an expression of the genuine hope that I may be able to present myself personally when I next come to your country.

I met a fellow-guest of an earlier Sanitarium visit, Mr. Clarence W. Barron (334 Beacon Street, Boston, Mass.) at dinner last evening and we had a long talk upon your work. Will you kindly have a copy of my "Some Tendencies of Modern Medecine" sent to him, as he expressed a desire to see my views upon the educational aspects of your system.

With kindest remembrances to all my Battle Creek friends, believe me

Very sincerely yours,

Grace Parkhelo

FEB 21 1922
 MAILED
 FILE
 NO. F. U.
 FOLLOW

February 20, 1922.

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

Dear Mr. Barron:

I am sending you with this by request of
 Sir Horace Plunkett two copies of his paper, "Some
 Tendencies of Modern Medicine."

I am also sending along a paper by Sir
 Wilfred Grenfell entitled, "The Soul of Battle Creek."

Sincerely yours,

W-2

Plunkett

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

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 Appli.

Eugenics Reg.

Race
 Degeneracy

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 New Race

Race Bett.
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Tobacco Tracts

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Diet List

Spec. Diet
 Leaflets

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Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
 Be Fat.

Plunkett
 Reprint

Guelpa's Dis-
 covery



ON BOARD S.S. Olympic

February 22 1922

Dear Mr Ashley:

I know you will be glad to hear about the boy you did so much to help towards the light, I meant to write to you from New York but my dear countrymen and my pet aversion, the pressmen, kept me busy.

Gerald was ahead of me when I arrived and he managed to have engagements with the dentist until I left. Between him and the dentist I disbursed \$200 and had ocular proof that a good deal of work was done in his mouth. He had had a pretty rough time of it in the Adirondacks and was in much better physical condition than when I last saw him. He wanted to be taken home; but I made it clear to him that he would be regarded by all his friends as a waster and that he must stay out till he makes good at some job, however small. Before I sailed O'Farrell turned up and undertook in the spring to get the boy on to a ranch near Calgary. If he tries to make good there I shall have hope of him. If he drifts back to the cities, nothing any of us can do will save him. He simply cannot resist temptation.

Will you let me know if and when the Doctor establishes

an agency for the Food Company in London.

Have you seen Dr Oscar Rogers' pamphlet on alcohol? It is very interesting to get the actual facts from the actuaries when the medical profession are theorising upon the physiological aspects of "moderate" drinking.

I see by the Marconigrams that murders are still darkening the Irish sky. I do not look forward to the next few years with any pleasure. We have a terrible inheritance of misgovernment to live down.

Yours sincerely

Anna Thurbell

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

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

WESTERN UNION TELEGRAM

NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

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

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RECEIVED AT 71 WEST MAIN STREET, BATTLE CREEK, MICH.

32DE N 19 TELEPHONES { BELL 4321-2-3
CITIZENS 4424

OB BOSTON MASS 1018A FEB 28 1922

DR J H KELLOGG

BATTLECREEK SANITARIUM BATTLECREEK MICH

ARRIVING TOMORROW HOPE HUBLY CAN ARRANGE MY LAST SCHEDULE AND

THAT I CAN HAVE THE THIRD SOUTHERN SUITE VACANCIES

C W BARRON

941A

(Part of Dr. Stephen Smith's letter to Dr. Kellogg)

STATE OF NEW YORK
STATE BOARD OF CHARITIES

Dr. Stephen Smith

Commissioner

260 West 76th Street

New York

Montour Falls, March 1, 1922

My dear Dr. John Harvey Kellogg:

I have received "Good Health" and other matter sent by you, and today the New Dietetics came to hand. For all these favors, accept my cordial thanks. Your address at the Banquet was a tender tribute to our friendship that only your delicately poised mental conception could indite. I confess you gave such a critical analysis of my own character that I was amazed at your insight. A few tears expressed my sensitive appreciation of your very kind words. That the celebration was a great success is universally acknowledged. From many prominent persons I have received letters of congratulation on the success of the occasion. I bore the fatigue well and continue to have very favorable physical symptoms - blood pressure about 130; pulse 72-86; digestion fair; sleep very refreshing; though the weather is very cold, I continue to have daily out-of-door exercise. WHETHER I shall go over the top on my next birthday or not is a matter that time alone can determine.

A glance at your great work on the new dietetics impresses me as invaluable to the profession. THE vast amount of labor expended upon it amazes me. I spoke in my address of your work in the field of dietetics as "monumental." THIS BOOK confirms that statement.

.....

Sincerely yours,

Stephen Smith

(Copy of a letter written by Dr. Smith on his typewriter to Dr. Kellogg).



TELEPHONE COLUMBUS 6300

STATE OF NEW YORK

STATE BOARD OF CHARITIES

DR. STEPHEN SMITH

COMMISSIONER

260 WEST 76TH STREET

NEW YORK

MONTOUR FALLS, N. Y. March 1, 1922.

MY Dear Dr. John Harvey Kellogg:- I have received "Good Health" and other matter sent by you and today the New Dietetics came to hand. For all these favors accept my cordial thanks. YOUR address at the Banquet was a tender tribute to our friendship that only your delicately poised mental conception could inspire. I confess you gave such a critical analysis of my own character that I was amazed at your insight. A few tears expressed my sensitive appreciation of your very kind words. That the celebration was a great success is universally acknowledged. From many prominent persons I have received letters of congratulation on the success of the occasion. I bore the fatigue well and continue to have very favorable physical symptoms - blood-pressure about 130; pulse 72-86; digestion fair; sleep very refreshing; though the weather is very cold I have daily out-of-door exercise. WHETHER I shall go over the top on my next birth-day or not is a matter that time alone can determine.

A glance at your great work on the new dietetics impresses me as invaluable to the profession. THE vast amount of labor expended upon it amazes me. I shall consult continually for my own benefit. I spoke in my address of your work in the field of dietetics as "monumental!" THIS Book confirms that statement.

I note what you say of recommending wine as essential to longevity. IN my Banquet address I gave my opinion of the proper position of alcohol as that of a medicine to be given only on a restricted prescription of a qualified physician; that if "Prohibition" was faithfully enforced as a State policy it would be a most effective preventive measure against disease and in the promotion of the public health.

The little incident referred to occurred in 1894, nearly 30 years ago. I was attending as a delegate from the United States by appointment of President Cleveland, the Ninth International Sanitary Conference held in Paris. As I had suffered from childhood a chronic Colitis and had to be very careful of my diet I feared that I might at the great public dinners served the delegates select improper food. At a dinner given by President Carnot I met a prominent physician of Paris

with whose writings I was familiar and I ventured to tell him of my disability. He promptly replied, "O! I can help you out of that difficulty. After every course drink the wine that is served and it will digest that food before the next is served. I complied with his suggestions two or three times but as I continued well I discontinued the wines and have never resumed them, nor recommended them.

Dear Dr. Kellogg - If you care to notice these Newspaper articles the above statement will aid you with the facts. Mrs. Mason has been disturbed by the inquiries made of her as to the truth of these reports and sent an answer to the Chicago Tribune and to the Superintendent of the "Associated Press".

Sincerely Yours.

Walter H. Wood

March 2, 1922.

Dr. Stephen Smith,
Mountour Falls, N.Y.

My dear Dr. Smith:

I have your most kind letter of
March 1st.

I assure you that my address at the
banquet was a most sincere expression of facts and sentiment
known by me and felt in my heart. I was only sorry that I
had so little time to devote to the address to be given on
such an important occasion for the banquet in your honor
was certainly one of the great happenings in the greatest
city of the world. I did not get word that I was expected to
appear on the program till about eight o'clock the night
before. I happened to have a caller in the evening who
remained until 10:30 and between 10:30 and 2:00 o'clock in
the morning I prepared my very poor tribute. I would gladly
have made it better if time and ability had permitted. Your
kind expression of appreciation is certainly most generous.

I am glad you found time to look at my
"New Dietetics."

I am sending you another book just off the
press entitled, "Tobaccoism."

Resp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
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How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

MAR 3 1922

Dr. Stephen Smith.--2

I feel that the tobacco habit is one of the great plagues which society must array itself against.

I am glad to have your statement with reference to the use of wine. This will enable me to stop some of the newspaper canards that are being set afloat.

I am delighted to know that you are so well this winter and shall confidently expect to hear of you as being very much alive on your centennial. We should esteem it a great honor if we might have you with us here at Battle Creek on that occasion. We would be most happy to give you a great banquet. Please consider this a cordial invitation to spend the month of February with us next year and to participate in the banquet on the occasion of your 100th anniversary.

Kind regards to Mrs. Mason and always with the greatest respect and admiration, I remain,

Your friend,

V-m

Prosp. & Rates
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ReprintCuelpa's Dis-
covery

March 14, 1922.



Mr. C. W. Barron,
Sanitarium.

MAR 14 1922

My dear Mr. Barron:

I have read the letter from your friend,
Mr. Chester S. Day, which I return with this.

I doubt the soundness of the information he
has given you. Red squirrels destroy birds and birds' nests.
Gray and black squirrels are probably also somewhat guilty in
the same direction when they do not get sufficient food but if
they have sufficient supplies of nuts and foods which contain
the proper kind of protein, they are not so likely to trouble the
birds. We have plenty of birds here in Battle Creek, more than
we had before the black and gray squirrels were introduced. The
black squirrels and gray squirrels certainly get along very well
together but there is a feud between the red squirrels and both
black and gray. The black and gray squirrels not only do not
quarrel, but get on well together, and they amalgamate. I have
seen several mulattoes on my grounds. Certainly the gray do not
drive the black out. I formerly had only gray squirrels in my
grove but now they are mostly black. I think the birds are quite
able to hold their own against squirrels. At any rate, the

Mr. C. W. Barron.--2

squirrels are entitled to a chance as well as the birds
and they are such graceful entertaining creatures I think
you would find it quite worth while to introduce a few.

Sincerely yours,

v-m

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. 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.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.Plunkett
ReprintVuelpa's Dis-
covery

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

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Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

March 23, 1922.

*Barron***Mr. C. W. Barron,
Sanitarium.****Dear Mr. Barron:**

Enclosed with this find a report on the milk.

You are right as to the quantity of fat of the Sanitarium milk--accurate as usual. I am surprised at the small number of bacteria in your milk after so long delay. It is remarkably clean.

Sincerely yours,

v-n

MAR 24 1922

March 30, 1922.

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

My dear Sir Horace:

I should have acknowledged sooner receipt of your letter of February 22. I am very glad to hear of course, what you found with reference to the young man. With his teeth put in proper order he ought to be in a better position to make good than he was before. Sometime after you left I received a wire from him asking for \$15.00 but as I had closed out the credit that I had here for him and happened to be in rather straightened conditions financially myself, it was impossible for me to wire him the money. I wrote him a letter at once, addressing it in care of the Western Union but the letter was returned to me undelivered and I have heard nothing from him since.

Dr. Kellogg received the pamphlet from Dr. Rogers on alcohol and was very much interested in it.

It is certainly painful to note the disturbances which still seem to be common occurrences in Ireland. I was in hopes that with the concessions rendered by the British Government the Irish situation would show a tendency to calm down but apparently we here do not very well understand the nature and psychology and mores of the Irish people.

Prosps. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

B. C. Idea

Rates—Special
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Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

Sir Horace Plunkett.-2

With kind regards and trusting you
find yourself in good health and able to handle without
discomfort the problems which confront you, I remain, as
ever,

Very sincerely yours,

v-m

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
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Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

"WHERE THE GUEST IS ALWAYS PLEASED"

FOR YOUR CONVENIENCE
WE ENLARGED OUR FACILITIES

750 ROOMS

750 BATHS

MANAGEMENT, J. L. HORGAN

Hotel Sinton

FOURTH STREET AT VINE

M
H

CINCINNATI.

At. 2. 22.



GEO. R. BALCH, PRESIDENT

Dear Doctor
I learnt today your 70th
birth day was Feb. 26th.
I just want to put on record, how
sincerely I hope & earnestly pray
that you may be spared to see
three figures. We need that final
corroboration of your splendid
faith & practice, for the world.
We both also want to
tell you that you have helped
us immensely - we have to
break conventions of sleep &
work & food - & we are better
for it - but you are the leading
star. we appeal to in our

"WHERE THE GUEST IS ALWAYS PLEASED"

FOR YOUR CONVENIENCE
WE ENLARGED OUR FACILITIES

750 ROOMS

750 BATHS

MANAGEMENT, J. L. HORGAN

Hotel Sinton

FOURTH STREET AT VINE



GEO. R. BALCH, PRESIDENT

CINCINNATI.

.2.

way - People follow now - they
do not obey.

So please accept this
belated expression of your sincere
love for you personally - some
day we would dearly love
to have a picture of you as
you are on your 70th birth
day, or in your 71st year.
We live in a humble home
in 53, Monmouth Street
Brookline, Mass.
if ever we are 'at home' in
Caitt. After your parents
- Wilfred & Anna, Greenfell

DR. STEPHEN SMITH

1000 PARK AVENUE

NEW YORK CITY

Montour Falls, April, 17, 1922

My Dear Dr. Kellogg :- I have received a letter from President Butler of Columbia University informing me with many kind words that the Faculty had unanimously decided to confer the Degree of "DOCTOR OF SCIENCE" upon me at the Commencement, June 11. This he says is the greatest honor the University can confer. I may be permitted to say that I am very much "stuck up" by this incident. Columbia is known to be very careful in conferring Degrees. The letter is regarded as confidential until the Degree is formally conferred so I cannot publish it now. I continue in fair health tho' perceptibly less steady on my feet.

The State Charities Aid Association is to have a Semitennial Anniversary on June 11, and expect to give an address "ON the Origin and Development of the present State Policy in the care and Custody of the Insane." So I keep working on as tho' young and capable. I am sometimes not a little ashamed of my hilarity when I ought to be depressed with the weight of years. Indeed, I went from 99th to my 100th year with a kind of "hop, skip and jump" quite unbecoming my age. But after all is it not better for myself and children to enjoy the amenities of age? Provi-
dentially? I regret that I do not receive the Good Health magazine. I notice your defeat in the Court at Toronto but hope it will not affect your business.

With kindest regards.

Stephen Smith

MAILED
APR 20 '22
 FILE
 NO. F. U.
 FOLLOW

April 19, 1922.

**Dr. Stephen Smith,
 Montour Falls,
 New York.**

Dear Dr. Smith:

I have yours of April 15. I congratulate you that you are in such excellent health and enjoying life so much. I am also glad to see that Columbia University has had the good sense to achieve honor to itself by making you an alumnus by conferring upon you the degree of doctor of science. They ought to have done it long ago.

I see you have a wrong impression with reference to the court decision in Canada. The decision made there was not against me but was in favor of the interests with which I was concerned. The decision was a very just one indeed. I was glad to see it.

I am surprised to learn that "Good Health" has not reached you. I cannot understand the reason but I will look the matter up immediately. I suspect the printers have sent it to your New York address. Somehow things get mixed up. I will be glad to see that all the missing copies are sent you.

Always with very best wishes and wishing for you a most joyous centenary, I am, as ever,

Your devoted friend,

MAILED

FILE

NOV 12 1922

FOLLOW

June 11, 1922.

Mr. C. W. Barron,
Boston News Bureau,
30 Kilby St.,
Boston 8, Mass.

Dear Mr. Barron:

I am glad you are safe home again.

It was exceedingly kind of you to send me your splendid article analyzing the results of the Genoa Conference. It is the first thing I have seen which presents the subject in a clear light. I will see that it gets into the hands of others who will profit by reading it.

I hope you are holding your own or rather I hope you are keeping good the loss in weight you sustained while you were here so that next time you get a chance to come we can take off a few more pounds. You must make a good hard fight against this fat process which does not stop with simple accumulation but weakens the heart by infiltration and finally degeneration.

Bring your work out here and make this your headquarters for a few months. It would be a capital thing for you to do right along when you can get into the outdoor gymnasium and lie in the sun, swim in the pool and melt off the fat.

We are getting rather full but we will find room for you if you will give me a little notice as to when we may expect you. As ever,
Sincerely yours,

Prospect. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. 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.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

GOOD HOUSEKEEPING

BUREAU OF FOODS
SANITATION AND HEALTH

HARVEY W. WILEY, M.D.
DIRECTOR

WOODWARD BUILDING
WASHINGTON, D.C.

June 29, 1922

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

JUL 1 1922

Dear Dr. Kellogg:

I want to tell you how much I enjoyed your article on "Pernicious Piffle" page 277, of Good Health, for July.

I think it is a lucky thing that people who know Dr. Woods Hutchinson take his writings as contributions to American humor, not as any serious or medical citations of fact. I think the way you show him off is most excellent.

I am

Very truly yours,



HWW-t

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

July 8, 1922.

Dr. John Harvey Kellogg,
The Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:

I have carefully read the letter you sent
and unless Eugene Christian and James J. Rick tell un-
truths, how can we get after them?

Very truly yours,

C. W. Barron

[Handwritten initials]

JUL 11 1922

Boston News Bureau.

C. W. BARRON, MANAGER.

39 KILBY STREET, BOSTON, MASS.

July 10, 1922.

My dear Dr. Kellogg:

I think I shall have to go out to Battle Creek when the cold weather comes.

Let your secretary drop me a line and tell me how "Pep" is doing and how much Postum Cereal has increased its business since putting the stock on the New York Stock Exchange.

Have you inaugurated the table of raw fruits and vegetables this summer that was once proposed by your men's gymnasium director?

Very truly yours,

C. W. Barron

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

JUL 12 1922

MAILED
FILE JUL 13 1922
NO. F. U.
FOLLOW

July 12, 1922.

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

My dear Barron:

I have yours of July 10.

Pep is going on fine. I made a contract the other day to supply one New York firm with \$200,000.00 worth. It is making good everywhere it has been introduced. We are enlarging our facilities.

I do not know any means of ascertaining exactly how much the Postum Cereal business has increased but our Mr. Wentworth told me today that they were doing more business than ever in their history and that they are putting out a larger quantity of their products than they supposed was possible with their facilities.

I understand the Toasted Corn Flake Company are also doing very well, selling more goods than ever. The same thing is true with my factory. Our output has gradually increased from month to month during the last fifteen months until for the last few months our sales have been as great as a million dollars a year.

We will be looking for you when the cold weather comes if we do not see you before. We have a lot of very pleasant people with us this summer.

As ever,

Yours,

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
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Menus
Pat. Exp. Card
D. S. Cat. & Appli.
N.S.P.E. Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
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Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

July 17, 1922

Dear Dr. Kellogg,-

I thank you for yours of July 12th. I have had several people sampling Pep and all are delighted.

The only criticism I have found is that when it is kept for some time, there is a slight taint in the taste. My investigations have shown that this comes from the quality of the oil paper wrapped around the package. Have you had any similar criticism?

I certainly hope to get out to see you this fall.

Very truly yours,

C. W. Barron

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

JUL 18 1922

July 21, 1922.

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

Dear Barron:

I have yours of July 17.

The package flavor of which you complain in "Pep" is not from the paraffin wrapper but from the heavy paper of which the carton is made. It is completely removed by placing "Pep" in a hot oven for two or three minutes. We have now overcome this difficulty by lining the carton with special paper. I will have a box sent you. We are going to change the name to "Zep" as we find "Pep" is used for so many things, "Pep Shaving Soap," "Pep Linament," "Pep Ointment," "Pep Face Powder," "Pep Chicken Seed," "Pep Automobile Starter," no end of "Pep." The name is too good. Everybody is doing it. I will send you a package with the new name "Zep" next week and you will notice the protective lining.

Sincerely yours,

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
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Rates—Special Phy., Clergy, Teacher
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Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

all

July 21, 1922.

G. H. Ward,
Food Co;

Send a package of "Zep" with the paper
lining as soon as ready to Mr. C. W. Barron, 30 Kilby
St., Boston, Mass. I have promised him that it would
be sent to him next week.

J. H.K.

V-111

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

August 7, 1922.

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

ALC 9 1922

Dear Dr. Kellogg:

This impudence may interest you. I
wrote the article myself.

Very truly yours,

C. W. Barron

Copy of telegram

Rochester, N.Y.

Aug. 9th. 1922

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

We want you with us at convention September 7th and 8th.

Please say that you will be present. Would like you to read appropriate paper if willing. send title.

Jas. S. McGlennen,

President Northern Nut Growers Assn.

August 10, 1922.

AUG 11 1922

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

Dear Mr. Barron:

I return with this the enclosures which accompanied your letter of August 7. I did not find the article enclosed.

Sincerely yours,

Enclosures

Prosp. & Rates

O. P. & M.

Meas. of Man

Ins. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

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Phy., Clergy,
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Appli.

T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
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Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

JAMES S. McGLENNON

PRESIDENT & MANAGER
GEORGIA PECAN GROVES, Inc.
GENERAL AGENT
GEORGIA PAPER SHELL PECAN
CO., Inc.
ORIGINATOR
McGLENNON-VOLLERTSEN
IMPROVED EUROPEAN FILBERT
NURSERY

528 CUTLER BUILDING
ROCHESTER, NEW YORK

BROKER
NATIONAL PECAN GROWERS
EXCHANGE
PRESIDENT
NORTHERN NUT GROWERS
ASSOCIATION

August
Eighteenth
1922

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

My dear Dr. Kellogg:

You will be right happy, I know, if you will attend the Convention, but nothing to the happiness I'll enjoy from having you present.

It's going to be a real Convention. Well, you can form your own conclusions in the connection when I tell you that we've just had to run it on into Saturday. And we're going to be right busy every minute of the time - mornings with talks, papers, discussions, - afternoons at honest-to-goodness hardy nut-tree Nurseries, - evenings listening to appropriate papers to be read by several of our Lady members, and Saturday morning planting a Seedling Black Walnut in one of our several beautiful Parks. These Seedlings are growing at Saginaw, Mich., under the supervision of Ex-President, Hon. Wm. S. Linton, to whom the nuts were presented by the Superintendent of our revered Washington's home, Mount Vernon.

I am, naturally, very anxious to have you see the Filbert Nursery Mr. Vollertsen and I have developed. It's mighty interesting, if I do say so. When I stop to remember that we started it over ten years ago with only one hundred little, dinky plants in a back-yard and now have about four acres with approximately fifty thousand plants - well I'm reminded of the old and true saying, that "labor has sure reward". You will see Filbert plants in every stage of development, a fine crop of nuts, catkins indicating another good crop of nuts next year - in fact, just everything to convince you that we have a real thing.

The Osburn House is our headquarters. You'll be satisfied there. If you're coming be sure to make reservation at once, because that week we have our Exposition and famous Horse Show and the city will be crowded with strangers.

The Convention dates are September 7th, 8th and 9th.

Hoping for the pleasure of striking hands with you and welcoming you to the best Convention the Association has ever had, I am,

JSMcG/W.

Cordially yours,

James S. Glennon

MAILED
FILE
NO. F. U.
FOLLOW

August 18, 1922.

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

Dear Mr. Barron:

Since writing you on August 10, I have discovered what I suppose are the articles to which you refer in your note. It happened they were sent to my residence instead of to my office as they were received under third class mail. I shall look them over with interest.

Sincerely yours,

Prosp. & Rates
O. P. & M.
Meas. of Man
Faq. of Safety
Rate & Res. Cd.
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Vacation Bklt.
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Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

Supreme Court of the United States
Washington, D.C.

Pointe-au-Pic, Canada,

August 24, 1922.

AUG 27 1922

My dear Dr. Kellogg:

You have among your patients at your Sanitarium Mr. George Benjamin Edwards. He is a Kentuckian. He was a cousin of Benjamin Bristow, who used to be Solicitor-General and Secretary of the Treasury, and who was one of our ablest and most delightful statesmen. Mr. Edwards was a classmate of mine at Yale in the class of 1878, and in the senior year we roomed together. He is a man of marked ability. He came to the Bar, and after only a few years' practice became the head of the Bar at Russellville and Bowling Green, Kentucky. His reputation as a lawyer spread, so that he was called upon to take part in many cases, but his health broke down and a weakness of his heart led him to change his profession, and he went into banking. Within a few years he sold out his bank. His career has always been restricted by his health. He has now come under your charge, and I sincerely hope that you will be able to bring him through, and that you will give him the special attention that a man of his standing should have, because he is a valuable member of the community. I would like to hear from you what your diagnosis of his case is. Sometimes I have thought he was not as badly affected as he thinks he is, but perhaps I have done him injustice. He is one of the best fellows in the world. I have the most affectionate regard for him, and I sincerely hope that he will improve under your ministrations.

With best wishes, my dear Doctor, believe me,

Sincerely yours,



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

11
Dill, Cooper

Rector 2087

45 Liberty

RECEIVED

THE AMERICAN PUBLIC HEALTH ASSOCIATION

370 Seventh Avenue, New York City



KENNETH M. GOULD
Associate Editor

A. W. HEDRICH
Executive Secretary

MRS. SALLIE D. HANSHUE
Business Secretary

August 25, 1922.

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Terms Expiring 1924

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

My dear Dr. Kellogg:

You have probably noticed in the newspapers that Dr. Stephen Smith is seriously ill. I have been informed by a member of his family that he is not expected to live much longer.

A suitable memorial article will be distributed to the scientific press concerning Dr. Smith, and I am at this time also collecting such unpublished information concerning him that would be of greater interest to the lay public. While the latter article would also comment upon his scientific achievements, I am especially desirous of gathering information that relates more particularly to Stephen Smith, the man.

To this end, I am writing to ask whether you will not kindly send me such reminiscences concerning him as would in your opinion give an insight into his personal traits -- anecdotes and the like.

Awaiting your response with interest, I am,

Very truly yours,

Secretary.

AWH/WLR

*Manning sent
8-27-22*

AUG 27 1922

Dr. Stephen Smith

Feb. 19, 1823.

Aug. 26, 1922.



Founder of American Public Health association, whose goal of 100 years was six months beyond the span of his life. This medal, with his portrait in bas relief, was presented to him on the fiftieth anniversary of the association's genesis.

GOAL 100 YEARS; FAILS BY 177 DAYS

Dr. Stephen Smith, Noted Surgeon, Scientist.

Elmira, N. Y., Aug. 26.—[Special.]—Dr. Stephen Smith, 99, founder of the American Public Health association, died this morning at the home of his daughter, Mrs. Walter C. Mason, at Montour Falls. Dr. Smith declared last year that all people should live to 100 years of age and announced that he would do so by continuing to eat proper food, including wine. He missed the century mark by a little more than six months.

Dr. Smith was born in Onondaga county, Feb. 19, 1823. He attended Geneva Medical college and later became an interne at the Sisters of Charity hospital at Buffalo. In 1851 he was graduated from the College of Physicians and Surgeons at New York. From that time until 1891 he was identified with Bellevue hospital.

He drafted numerous federal and state health regulations and during the civil war compiled a work on surgery that was a great aid to army surgeons.

Two Books His Biography.

Recently he completed two books, one "Who Is Insane?" depicting his experience as a lunacy commissioner; the other "The City That Was," relating his long connection with hospital and health affairs in New York. These works constitute his biography.

Dr. Smith's program for longevity includes work all the way. The easy chair was a step toward the grave in his philosophy; so he worked to the end—up to his final illness he spent a certain number of hours a day at his typewriter telling the story of his career.

Decalogue of Longevity.

He gave these ten commandments of long life:

"Eat hardly any meat.

"Drink lots of milk, and if it disagrees with you drink more.

"Take a ten or fifteen minute nap after luncheon and dinner.

Sleep ten hours.

"Take a nap outdoors when the weather permits.

"Don't smoke.

"Don't eat sweets.

"Take no stimulants, such as tea or coffee.

"Avoid the easy chair; absence of work is the first step toward the grave.

"And, finally, just be natural; quit all 'foolishness.'"

August 27, 1922.

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

Mr. A. W. Hedrich, Executive Sec.,
 The American Public Health Association,
 370 Seventh Ave.,
 New York, N.Y.

Dear Sir:-

I have yours of August 25.

I will endeavor to comply with your request to
 recall incidents relating to Dr. Stephen Smith. I am very sorry I
 did not keep a diary during the times I have been most closely
 associated with him. I shall, however, hope to recall some items
 which may be of interest. I am greatly disappointed that he did
 not finish out the century.

I am sending you with this a copy of an address I
 made at the banquet in which you may find something suitable.

Sincerely yours,

AUG 28 1922

August 27, 1922.

Mrs. Butler:

Enclosed find a letter from A. W. Hedrich, Executive Sec.,
The American Public Health Association, 370 Seventh Ave., New York,
N.Y. Call my attention to this.

J. H. K.

v-m

NORTHERN NUT GROWERS ASSOCIATION

FOR "THE PROMOTION OF INTEREST IN NUT BEARING PLANTS
THEIR PRODUCTS AND THEIR CULTURE"

JAMES S. MCGLENNON, PRESIDENT
ROCHESTER, NEW YORK

DR. W. O. DEMING
SECRETARY

WILLARD G. SIXBY
TREASURER

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BALDWIN, NASSAU CO., N. Y.

J. RUSSELL SMITH
SWARTHMORE, PENNSYLVANIA

EXECUTIVE COMMITTEE

August
Twenty-ninth
1922

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

My dear Dr. Kellogg:

I was very sorry indeed to learn from your letter of the 23rd that it is possible you will not be able to be with us at the Convention. This certainly is a real blow to all of us, as we have been depending on you being with us and have made free reference to the possibility, in our local publicity.

The Convention is going to be a most interesting one and I know that you will greatly enjoy it if you can attend, and if by any stretch of things at your end of the line you can arrange to come, be assured that you will be received with welcoming arms.

If, however, Doctor, you find that it is absolutely impossible for you to come, then if you will be good enough to send us a paper on the subject you wired me you would speak on, if here, I certainly will be very grateful for such co-operation.

Again I say, I sincerely hope that you are going to be able to attend in person. With kindest regards and again thanking you for the kindly spirit of co-operation manifested, I am,

Sincerely yours,

JSMcG/N.

James S. McGlennon
President.

Wire

Sept 5/22

*Sending my paper today.
9. Osborn House.*

DR. STEPHEN SMITH

Doubtless many of our readers have already been acquainted through the press of the death of Dr. Stephen Smith on August 26th. Dr. Smith was born at Skaneateles February 19, 1823, and so had nearly achieved a full century of life. Although a sufferer from ill health in youth and more or less an invalid during the first two thirds of his life, Dr. Smith managed by simplicity in diet and the most frugal and temperate habits not only to withstand the attacks of Old Father Time to an extraordinary age but to accomplish a prodigious amount of work. The writer learned from his own lips that a peculiar form of indigestion from which he suffered when a boy compelled him to live almost exclusively upon a diet of bread and milk until he was between 60 and 70 years of age. This fact doubtless contributed much to his longevity, for such a diet is in the highest degree calculated to encourage the growth in the intestine of the harmless acid-forming bacteria which are the protective agency which Nature provides against the pernicious putrefactive flora which produce the auto-intoxication now known to be the cause of many degenerative disorders.

Dr. Smith never used tobacco and likewise discarded alcoholic liquors as well as tea and coffee. Certain irresponsible representatives of the press last year published numerous statements to the effect that Dr. Smith approved of the use of wine, a statement which was vigorously contradicted by Dr. Smith, although the newspapers referred to failed to make the proper correction.

Dr. Smith was the founder of Bellevue Hospital Medical College, the founder of the American Public Health Association, which honored him last year with a banquet at the Hotel Astor, which was attended by

hundreds of notable citizens. Dr. Smith was for many years Professor of Surgery at Bellevue Hospital Medical College and until recently Consulting Surgeon to Bellevue Hospital. In addition to these many duties he for years edited a medical journal and for 40 years was [^]Commissioner of Charities of the State of New York, receiving an appointment for a term of 8 years when he was 92 years of age.

Through his influence important reforms were instituted in the care of the insane, and his interesting volume, Who is Insane, is a most illuminating presentation of his original views upon the subject of insanity and the proper care of the insane. Another work, The City that Was, presents an interesting account of his activities in securing the legislative enactments which form the base foundation for the sanitary statutes of the State of New York and which have formed the model of all the other states. Dr. Smith also wrote a history of American surgery and prepared the surgical manual which was a practical guide for the surgeons of the Civil War.

Dr. Smith was an earnest seeker ~~of~~ ^{after} truth, and although one of the gentlest and amiable of men he was always ready to wage a vigorous war against error and evil in every form when threatening human welfare.

The funeral and burial took place August 29th at Skaneateles, N. Y., his birthplace. A large number of persons, including many eminent men of the medical profession, some from distant parts of the United States, were present at the funeral to do homage to the memory of one whose long, active and blameless life contributed more to the welfare of the people of the United States than almost any other of the many millions who have been his contemporaries.

Supreme Court of the United States.
Washington, D.C.

Pointe-au-Pic, Canada,
September 1, 1922.

My dear Dr. Kellogg:

I have yours of August 28th, and thank you for your very satisfactory report on Mr. Edwards' case. I am glad you are giving him full attention.

Sincerely yours,



SEP 5 1922

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



GUEST WRITING ROOMS

Sept 3, 1922

Dear Doctor Kellogg:

I appreciate more than
I can tell you the fine basket
of peaches: they are beauties, indeed,
and I am marching off with them
for dinner tonight.

I am picking up splendidly.
A well gone and I have no bothersome
blood-pressure, no urine symptoms.
Altogether I am much pleased.

Kindest regards and grateful,
Dear Doctor, and believe me

Yours faithfully
Bashford Dean



GUEST WRITING ROOMS

Sept 7, 1922

Dear Doctor Kellogg:—

So many thanks to you for the
superb alligator-pear — which I
carved off proudly to the dining room
tray, — curried of all my table!
I am afraid you are spoiling me!

I am glad to report that my
cure is progressing rapidly. My
examinations here were quite en-
-couraging and after a week I have
quite a normal record.... I expect
Mrs Dean here in a few days
My grateful compliments to you
Bashford Dean

Skaneateles, N.Y.

September, 5" 1922.

SEP 6 1922

Dear Dr. Kellogg; -

My family and I wish to thank you for your floral tribute to my dear father and to express our pleasure that you could be with us last Tuesday. I know of no one whom Father more esteemed than yourself, and he spoke so often so affectionately and appreciatively of your great work for mankind.

You were surely kindred spirits with kindred aims, and alike successful in your efforts for "Race Betterment".

Your last letter came too late for him to enjoy, but it gave pleasure to us his children to know of your plans for his one hundredth birthday. He spoke often of your scheme for that day and wondered whether he would be able to accept your invitation or whether it would not be wiser to celebrate near home. So often he said, "Dr. Kellogg advised me not to try any stunts".

Thank you for coming and for your thought of paying him the tribute said with flowers.

We are returning to Montour Falls today, where we shall resume our church work, but how lonely the house will seem without Father! Except for the six years I spent in India, his comfort and happiness have been my special care ever since, as a little girl ten years old, I sat beside him and brushed his hair for hours at a time, to drive away the racking headaches that laid him low. But he has entered upon his reward, and it must be a rich one; I can hear the Master's welcome "well done good and faithful servant, thou hast been faithful over a few things, I will make thee ruler over many things; enter thou into the joy of thy Lord".

(Mrs. Walter C.)

J. Bruce Mason

Dr. Smith's Daughter

Sept. 7, 1922;.

Mrs. Butler:

Enclosed find a letter from Mrs. Florence Smith
Mason. I want to keep this among my private papers.

J. H. K.

v-m

**The Eyrie
Seal Harbor, Maine**

September 19th, 1923.

Dear Dr. Kellogg:-

Thank you for your letter of September 11th.

I knew that you were recommending these new foods not on a commercial basis, but simply out of kindly interest in me, and asked for the bill only because you had sent me such a generous supply and I did not want to impose upon your friendliness. Thank you very much for your kindness in the matter.

I am writing to the Sanitarium to see whether I could secure a room there about the middle of October, and am trying to arrange to spend a couple of weeks with you to get advice and a general looking over.

Very truly,

John D. Rockefeller, Jr.

Dr. John H. Kellogg
Battle Creek, Michigan

Bethel Maine Oct 5.22

Dear Dr. Kellogg

The Evening Post is slow, but it has at least printed my review of your "New Dietetics". I enclose copy. It doesn't half express my sense of the importance of that book to the human race. I am a great admirer of Dr. Wiley, but in looking over his "Foods & their adulteration" a few days ago I realized what a tremendous advance your book is in many ways. Some of the things he quotes approvingly now seem positively ludicrous.

Your book and the Question Box have been a tremendous help to me in a book I have been writing this summer - it is nearly finished - on overweight. I have taken the liberty of quoting you in nearly

2
every chapter. Indeed, you are the
hero of my book, as Burbank is
of my garden book - which has
become a best seller. I have
suggested you in it as one who
should have a Nobel Prize. For
merit, and as a life saver, no one
certainly has more ~~deserved~~ ^{deserved} that
prize!

Just now I am wrestling with
the great problem in my MS.
I am not entirely converted - tho'
your arguments are irrefutable; -
but I think you will be pleased
with my progress; eventually, maybe,
I'll enter the fold! In all other
respects, I am sure you will like
my book, a copy of which I shall
send you as soon as it's off the
press. The Harpers, having had
such good success with the garden
book, are very eager to start on this.

It is in every way the work of a
 disciple of Dr. J. H. K. of B. C.
 When I read the chapter on Vegetables
 I shall make use of Miss
 Cooper's book (which I have men-
 tioned in my review). Please give her
 our kindest regards.

I have been so busy that I have
 not found time to write the promised
 criticism of your memo from an experient
 point of view. By criticism I do not
 mean fault-finding!

My wife and I often speak of
 the very interesting week we spent
 with you; and all our friends are
 eager to hear about our experiences.
 Thanks to you, we are all in perfect
 health & send cordial greetings -

Faithfully yours Henry T. Finck

We return to N. Y. on October 14.

WALTER B. JAMES, M. D.
SEVEN EAST SEVENTIETH STREET
NEW YORK .

October 6, 1922.

Dear Doctor Kellogg:-

I have your note of October 1st. I am glad to hear that you are to be in Battle Creek during our proposed visit. I am sure you will like the people I am bringing out with me. Mr. Matheson and I are planning to motor out, leaving New York next Tuesday and probably arriving in Battle Creek Sunday afternoon, the 15th. I generally like to motor rather slowly.

I am very much interested to know that young John Rockefeller is coming out. His uncle, William Rockefeller, who died during the past summer of pneumonia was very keenly interested in you and your methods, and himself lived largely accordingly. Had it not been for accidental pneumococcus, he would, I believe, have had many more useful and pleasant years of life. He was one of the most agreeable and delightful men I have known. I also know his brother John, and young John. It will be very interesting to see him there at your place

I shall probably try to get Mr. Stiles to come back while we are there. Mr. Matheson, who is coming with me, is an exceedingly clever and interesting man, he is a chemist educated in Germany and went into commercial chemistry and made a very large fortune. He will be able to talk more learnedly about foods than I can. He has a tremor which has been gradually growing worse lately, and which may be of the nature of paralysis agitans, though it lacks some of the features of this, but in any case I suspect it is premature deterioration of some part of his nervous system, and it seems to me at least conceivable that proper regimen and proper treatment may in a way check its progress.

Truly yours,

Walter B. James

I am looking forward to being with you

OCT 8 1922

October 10-1

October 10, 1922.

OCT 10 1922

*Enc.*Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Here are copies of two letters I spoke to you about
last evening.

Sincerely yours,

b

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
New RaceRace Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

October 13, 1922.

OCT 13 1922

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for an opportunity to read the article from the Detroit Saturday Night. I am sure there are millions of people who would be glad to boost for you. I am certain you would make the greatest president we ever had, possibly excepting Taft, (I do not know just how much he weighed), as well as the best.

Sincerely yours,

b

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
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S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
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Menus
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N. S. P. E. Cat. & Appli.
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Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Dis- covery

26 Broadway
New York

Battle Creek, Michigan,
October 19, 1922.

Dear Doctor Kellogg:

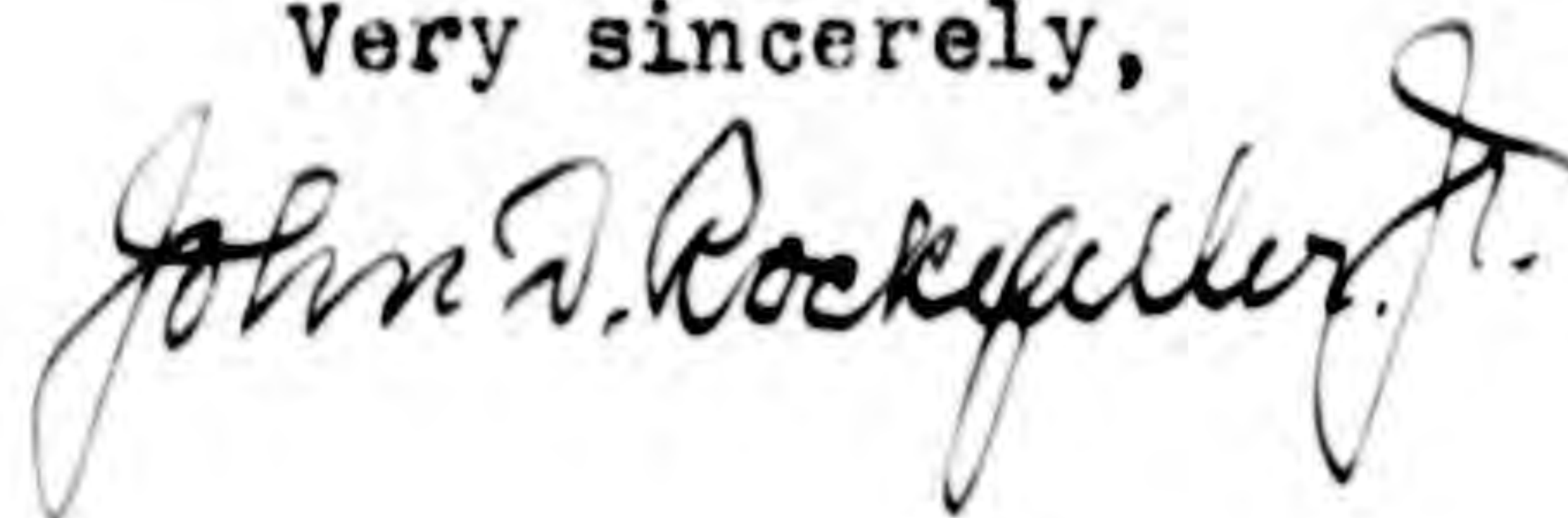
Many thanks for the two delicious alligator pears which you were so good as to have sent to my room on the day of our arrival. Mr. Heydt and I have greatly enjoyed them and unite in this expression of appreciation.

We are quickly adapting ourselves to the regime prescribed and are already feeling beneficial results. If it is possible to secure here the quiet and freedom from responsibility of every kind which I so greatly need, I feel sure that with the careful, painstaking, highly intelligent care which I am receiving my visit will prove thoroughly worth while.

May I take this opportunity of congratulating you on the splendid men and women with whom you have surrounded yourself. They rank high not only in scientific attainment but also in spirit and personality.

Please do not have me on your mind at all. I am having all the recreation and diversion which I need and am grateful for the quiet leisure time the day provides and which I can always spend most enjoyably.

Very sincerely,



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

October the
Twenty-second
1 9 2 2

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

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What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Mr. C. W. Barren,

Soul of B. C. Sanitarium:

San. Experience

Dear Mr. Barren:

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh.Fldr. Commandments,

Winter Fldr.

Kellogg Frds.

Menus

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D. S. Cat. &
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Eugenics Reg.

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Degeneracy

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New Race

Race Bett.
Proc.

Tobacco Tracts

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Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

I have your exceedingly interesting letter of October 20th. I wonder if you have read Thompson-Seton's book "The Natural History of the Ten Commandments," I will see if I can find the book and send it to you. From a scientific standpoint the answer to the question you ask would have to be found by actual experiment. It is possible that there are scientific observations in human heredity which have a bearing on the subject. Dr. C. B. Davenport, of Cold Spring Harbor, Long Island, N. Y. made a more extended research on the subject of color inheritance than anyone else in the world. I will write him and send him your letter and ask him if he has found any facts which would throw any light on the questions you raise.

Sincerely yours,

October 29, 1922.

DEPT. 4K 10-13



Mr. C. W. Barron,
Sanitarium.

Dear Friend:

Thank you very much for the information about Coca-Cola.

It is just what I wanted to get. If the analysis which you print is correct then the company have greatly reduced the caffeine in the preparation. Your analysis shows only one grain to the pint of syrup, which would be one-eighth of a grain to a glassful containing two ounces of the syrup instead of four grains as it was at the time Dr. Wiley made the examination some years ago.

You gave the journalists a very lively talk. It has so much truth in it I am going to preserve it.

I have your note telling me your people waited for me. I am very sorry indeed. I told the conductor I was going to the Copley Plaza Hotel and he said, "Then you must get right off here." We were just stopping and he hustled me off the train. Whether or not it was the South Station I cannot say. I did not dream that your people would be out at that time of night. My train, I think, was a little late. I think it was between twelve and one o'clock when I got in. It was most kind of them to wait for me. Please assure them of my appreciation.

Sincerely yours,

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
D. S. Cat. & Appli.
N. S. P. E. Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Pros.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

JHK 10-29

October 31, 1922.

OCT 3, 1922

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
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Guelpa's Discovery

Mr. C. W. Barron,
Sanitarium.

Dear Friend:

Thank you very much indeed for the promise to put a set of Swedenborg's work in our library. I am sure we have many patients who will appreciate them.

Thank you also for the papers which were just received to-day. I have read with much interest your articles about the bankers' convention, etc. I hope the bankers are profiting by the astute instruction you are giving them.

It won't do the Germans any harm to work ten hours a day. The average American would be better off if he spent ten hours a day in constructive employment rather than wasting his substance in riotous living. I think there are very few people who know how to spend their spare time profitably.

The Standard Oil Company seems to have multiplied like a potato when you chop it up. Your Wall Street Journal is a most illuminating sheet. I cannot imagine where you get all the inside information.

Very sincerely yours,

MAILED

FILE

NO. P. U.

FOLLOW

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Fac. of Safety
Rate & Ges. Cd.
Rea. Why Bklt.
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How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

November 7, 1922.

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

Dear Mr. Barron:

I found on my desk this morning a beautifully bound set of Swedenberg's remarkable work, "The Heavenly Arcana," a very valuable addition to our library. I had no idea that his works were so voluminous. What a prodigious worker he was and what a remarkable mind he had. He was certainly an astonishing genius. I shall have put into every volume the words, "presented by C. W. Barron?"

Thanking you for myself and on behalf of the Board and our many patients who will profit by your munificent gift, I am,

Most sincerely yours,

NOV 8 1922

THE WALL STREET JOURNAL

• C. W. BARRON

44 BROAD ST. NEW YORK, N. Y.

En route to Boston,

November 6, 1922.

Ashley:

Here is a good one for you and Dr. Kellogg.

CWB.

November 8, 1922.

Senator Woodbridge N. Ferris,
Big Rapids, Michigan.

Dear Friend,-

I have been reading in the papers about your smoking constantly those long black cigars and have been anticipating all sorts of evil things to happen to you, but in spite of it all, you have come out on top, and here are my congratulations. But now that you have assumed the obligations of a senator, and are going to represent me at Washington, I want you to quit your meanness and give yourself a chance. Mr. Keene, the Vice President of the American Tobacco Company, stopped smoking four years ago, and has added twelve or fifteen years to his life activity by so doing. He looks ten years and feels himself wonderfully benefited. Mr. Duke, originator of Duke's Mixture (which was concocted in the devil's kitchen) does not smoke. He said he tried Duke's Mixture once and it made him so awful sick he has never smoked since.

For a good man like you to shorten his life and curtail his usefulness by the habitual use of "Rough on Rats," or tobacco, which is worse, is downright silly. Do brace up and be a man. I am certain you are pretty close to the edge. If you wait until you have to stop, it will be too late to do you any good. Townsend smoked until he couldn't smoke any more and had to quit, and see where he is now.

I am glad you won out, but every Republican knows and probably every Democrat, also, that your success is simply a personal triumph and not a party victory. The Michigan people, Republican as well as Democrat, believe in you and want you to represent them, and have made you the first senator nominated by the Democratic party since the Republican party was organized. So you can certainly feel, as no senator elected in this State has had an opportunity to feel, that he really represents the whole people of Michigan. A Democratic senator elected by Republicans, has reason to be proud of his personal record.

As ever,

Your friend,

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
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Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
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Imp. Clean Milk

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Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
New RaceRace Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

November 8, 1922.

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

Dear Mr. Barron:

Thanks very much for your note of the 6th enclosing part of the gally proof containing the apple story. It is good. I know Dr. Kellogg will appreciate it greatly.

Again thanking you, I am,

Sincerely yours,

v-m

2601 8 NOV

November 9, 1922.

NOV 12 1922

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

My dear Mr. Barron:

I have yours of November 8 about Mr. Fred

D. Wright.

I will have our dietitian write him and send him a diet prescription. If he will get his bowels really active and stop the use of meat, condiments, coffee and follow the prescription which will be sent to him, he ought to improve very much. If he will write me I will keep track of him and try to do him all the good we can.

Do not hesitate to call on us for anything we can do for any of your proteges who may need gratuitous advice. We are just as much interested in helping the poor as in helping the rich.

As ever,

Sincerely yours,

Prop. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

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Vacation Bklt.

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Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

November 9, 1922.

Angie Estill:

Enclosed find a letter from C. W. Barron with reference to a man by the name of Fred D. Wright. Make out a diet prescription for him and tell him to avoid the use of meats, condiments and coffee, also tea and how to change the flora by the use of Lactose Dextrin and other things that are laxative.

J. H. K.

School of Home Economics
November 11, 1922.

Doctor Kellogg:

I have looked over the entire list of available dietitians and the only one that seems to us desirable, or interested in a home position such as Mr. Barron wishes us to fill is Grace Darlington whose address is Denison, Kansas. She has recently resigned from a position because she did not like it. She is mature and would be able to command the respect of the servants in the house.

We have another young lady, Rachel Schwab of Wolcottville, Indiana, who is at present without a position. She has just finished her student work in one of the hospitals of Cleveland. She was one of the youngest looking girls in the class. She was a bright student and I think she would know how to handle the medical side of the case but I do not know how she would handle the help if the position involved anything of that kind. If Miss Schwab should take ~~take~~ the position I think it would be advisable for her to come by way of Battle Creek in order to get first hand information from his physician.

Yours truly,

Lenna J. Cooper

MAILED

FILE

NO. F. U.

FOLLOW

November 13, 1922.

NOV 14 1922

Prosp. & Rates

O. P. & M.

Meas. of Mand

Fac. of Safety

Rate & Pres. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

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Appli.

Eugenics Reg.

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Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

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

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

Dear Mr. Barron:

Miss Cooper reports to me as follows with
reference to the dietitian:

"I have looked over the entire list of available
dietitians and the only one that seems to us desirable, or
interested in a home position such as Mr. Barron wishes us to fill
is Grace Darlington whose address is Demison, Kansas. She has
recently resigned from a position because she did not like it.
She is mature and would be able to command the respect of the
servants in the house.

"We have another young lady, Rachel Schwab of
Wolcottville, Indiana, who is at present without a position. She
has just finished her student work in one of the hospitals of
Cleveland. She was one of the youngest looking girls in the
class. She was a bright student and I think she would know how to
handle the medical side of the case but I do not know how she
would handle the help if the position involved anything of that kind.
If Miss Schwab should take the position I think it would be advisable
for her to come by way of Battle Creek in order to get first hand
information from his physician."

If you will write me a suggestion as to what you
would like done in the premises, I will proceed at once.
Sincerely yours,

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

November 14, 1922.

Dr. John Harvey Kellogg,

Battle Creek, Mich.

Dear Dr. Kellogg:

Thank you for the letter telling me that the thirty-two volumes of Swedenborg in half leather have arrived. The first twenty volumes are what you speak of the Arcana or the spiritual and internal meaning of Genesis and Exodus.

Other books treat of "Heaven and Hell", the internal sense of the book of Revelation, etc.

Later I will send to you for the library Potts' wonderful Concordance to those volumes, so when the ministers come to your place they can consult Potts Concordance and get a revelation on any spiritual subject.

Dr. James was very much interested in the photograph of us taken in the Palm Room. My family were really alarmed when they received it. They said it looked as though I was off forty pounds.

I am now bound for Florida to see what the warm weather and sunshine will do to restore my voice and strengthen my throat and bronchial tubes.

Dr. Matheson told me that he secured for you some pure cellulose or dextrine by which you were enabled to save a life. Could you tell me about it? I want the record?

Very truly yours,

C. W. Barron

Mr. Butler
A
Advance Pump & Compressor Co.,

Battle Creek, Mich. U.S.A.

Nov. 15, 1922.

Dear Doctor Kellogg:-

Gee but you must feel proud of last night's
banquet. Wasn't it nice, and every one so radiantly happy!
The dinner was splendidly served, the toasts fine and not too
long and the music just right for old folks.

My congratulations

Len B. Anderson.

lbm-copy.

Answered 11/22

Mayor's Office
City of Battle Creek
Michigan.

Nov. 15, 1922.

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

My dear Dr. Kellogg:

At a meeting of a committee selected to prepare a program for the public observation of Thanksgiving Day, to be held at the Post Theatre on Thanksgiving Morning at ten o'clock, I was requested to ask that you participate in the program with a five minutes' talk on the subject of Thanksgiving and what it means to all of us. Hon. Edwin C. Nichols and W. D. Farley will also give similar talks.

The principal address will be given by the Rev. Carleton B. Miller and the entire program will be one and one-quarter hours' duration.

I trust that I may have a prompt acceptance upon your part in order that I may inform the committee accordingly. I assure you that it will be a great pleasure to all of our citizens to have you present in this capacity, and we hope to make this Thanksgiving Day observation a little bit the best of any that we have had in the past five years.

With kindest personal regards, I am,

Very truly,

Chas. C. Green,
Mayor of the City of Battle Creek.

NOV 20 '22

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. P. U.
FOLLOW

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
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Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
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D. S. Cat. & Appli.
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Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
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Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

November 17, 1922.

(Handwritten checkmark)
NOV 19 1922

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

My dear Mr. Barron:

I have yours of November 14. I thank you very much for the clippings you enclosed.

Mr. Rockefeller's visit here gave us a good deal of excellent publicity. He seems to be a very sensible man. He is a good example of a rich man's son who has not been spoiled.

We appreciate those beautifully bound volumes you sent very much indeed and will be glad to have the concordance. I said as soon as I looked at your picture, "Mr. Barron is certainly an adept at posing." You were just in the right position to appear to the best advantage.

I am glad your family are willing to give us credit for such a splendid attainment.

I do not know whether you will find Florida any advantage as regards yourself or not. Possibly you may although I have known of cases in which people have developed serious throat trouble in Florida who had no trouble at all in Michigan.

We did appreciate Mr. Mattheson's dextrose very much indeed. We happened to have a dextrin preparation

Mr. C. W. Barron.--2

that we had become a little afraid of and so did not dare use it. The sample he gave me was just in time for use in a very critical case that had to have intravenous injections of dextrose. We are using this a good deal nowadays with surgical cases and with remarkably good results.

I hope you will have a good time in Florida.

I am sorry you are going so far away as I may want to have a chat with you. Won't you have your address sent to me so that I can communicate with you as quickly as possible, should I wish to do so?

Sincerely yours,

v-m

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Plunkett Reprint
Guelpa's Dis- covery

Dear Doctor Kellogg:-

The banquet you gave to the members of the Three Quarter Century Club will always be a bright spot in memory. The happy, radiant faces of many of those elderly people were like benedictions in their effect. It was mighty generous and fine of you to carry out the idea,- and the joy you gave those dear souls, must have returned to bless your own. Such beautiful ministries do not by any means go altogether unobserved and unappreciated.

You are doing a wonderful work, and deserve the big success you have made. Your friends are proud of you and rejoice in your success.

Among these please number

Very truly and cordially

Frederick Bodman.

11/17 '22.

Battle Creek,

42 Freemont St.,

copy-lbm

DR. J. H. KELLOGG
BATTLE CREEK, MICHIGAN.

Nov. 18, 1922.

Mr. Chas. H. Wheelock,
92 N. Macamley St.,
City.

Dear Mr. Wheelock,-

I want to express to you my appreciation of your untiring efforts which made the banquet for the elderly people of Battle Creek so successful. It appeared on the surface as though I was entitled to all the credit, whereas, the major part of the credit, at least, belongs to you. Without your continued and intelligent pushing, the whole thing would have fallen flat, or at least would have been a very small affair.

I would be glad to see you for a little chat about the arrangement of the film.

Sincerely yours,

John Harvey Kellogg
B.

k-b



WARD BAKING COMPANY

WARD'S FAR-FAMED BREADS

THE HEIGHT OF EXCELLENCE
OUR STANDARD
MODERN IDEAS IN BAKING

TELEPHONE
MELROSE 6100

New York City

SOUTHERN BOULEVARD
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WARD'S FAR-FAMED BREADS
TIP-TOP MOTHER HUBBARD DAINY-MAID
PEACE-TIME WHEATHEART ROMANY RYE
YANKEE RYE LONG IDEAL FAMILY LOAF

November 20th, 1922.

Mr. Raymond V. O'Brien,
334 Beacon Street,
Boston, Mass.

Dear Sir:-

We have your letter of November 13th, 1922. Dr. Kellogg of Battle Creek, Michigan, ranks high in the field of dietetics and has done some excellent work. The list we gave in Boston was the list of those who have done pioneer work in the vitamin field. It was not intended, and in no sense is, a complete list of the men who have done work in the field of nutrition.

Very truly yours,

WARD BAKING COMPANY.

William Allen
Director - Research Products Department

RMA-mm

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

File

November 22, 1922

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

Dear Sir,-

Replying to your letter of the 17th inst.,
Mr. Barron's address is Hotel Urmey, Miami, Fla. He
telegraphed us Sunday that he was starting Monday on
a four-day fishing trip and would be back at the hotel
Friday. When he left New York Wednesday, November 15,
he intended to be gone ten days or two weeks, but
wasn't sure.

Very truly yours,

F. A. Wood
Secy.

NOV 23 1922

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

Fishing along Florida Keys,
November 22, 1922.

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

My dear Dr. Kellogg:

Have you read "Dietotherapy" by
Major William E. Fitch of the U.S.A. Medical Corp? If
you have, will you let Ashley tell me if you agree with
him?

Very truly yours,

C. W. Barron

Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

Enroute to Jacksonville,
November 24, 1922.

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

Dear Dr. Kellogg:

Will you have Mr. Ashley tell Doctor Hubly that I have taken his advice, spent a week in Florida and feel substantially better of my bronchial cold.

I went by steamer from New York to Key West landing there last Sunday morning, have been fishing for five days along the Florida Keys and now have a red neck and well browned cheeks.

I leave Jacksonville by steamer, I hope, tomorrow afternoon and reach home in Boston in time for Thanksgiving.

What I am writing you for is to call your attention to the fact that Pep is today an over-worked word. I scarcely take up a paper that I don't see an advertisement or article in reference to the word Pep. Here is the latest one which I cut today from the Miami paper.

When "Ful=O=Pep" comes down to be an advertised food for hens, it isn't worth while to pay much for its trade mark.

Very truly yours,

C. W. Barron

NOV 27 1922

*At a meeting of the
President and Fellows of Harvard College
in Boston, November 28, 1921*

Voted that the President and Fellows desire to express their gratitude to Dr John H. Kellogg for his interesting gift of a collection of food products to the Bussey Institution.

A true copy of record,

Attest:

F. W. Hummel
Secretary

Dr John H. Kellogg

November 28, 1922.

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

Dear Friend:

I have yours of November 22, also yours of
November 24.

I have looked through the work, "Dietotherapy"
by Fitch. You ask if I agree with him. As a matter of fact,
Fitch wrote only a very small part of the book. He is not
recognized as an authority anywhere and his book has not been
well received by the authorities in dietetics. The fact is
the work has no unity. There are many different authors and
they over-lap in some instances and leave gaps in others. When
they over-lap they disagree and are apparently only in perfect
accord on subjects on which they are silent. Some of the subjects
are fairly well treated by men who appear to have tried to bring
their knowledge up to date while other subjects are years and
years behind. Fitch himself seems to be fairly abreast of recent
progress. I note he favors the low protein diet but the practical
part of the book which offers diet lists, bills of fare, etc., is
most atrocious. There is no *rhyme* or reason in it. Every part
of every beast that was ever eaten by anybody I think is recommended
for something. I do not know of any way that would be more certain
to put a person into a state of indigestion and malnutrition than

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Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet
Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to
Be Fat.
Plunkett
Reprint
Guelpa's Dis-
covery

Prop. & Rates

O. P. & M.

Meat of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
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covery

Mr. C. W. Barron.--2

to follow the diet tables that are presented in Fitch's book but they are just like the diet tables found in all other works on dietetics.

I knew you wanted me to give you an honest and candid opinion and this I have done.

I note your observation about "Pep". I became satisfied as I told you that it was an over-worked word and on that account is losing its value. My views were confirmed when I received a report from the Patent Office the other day that my application for a trade-mark of the name was turned down on the ground that the word is descriptive from which I judge that it will not prove of much value to anybody as a trade-mark. I am getting away from it as fast as possible.

I am glad you had a good time and hope it did you good but the tanning and sun burning ought to extend to a larger surface than your face. It is much more important to have your back browned than your face.

I wonder how many fish you ate and how big they were. Don't you think one ought to feel like a Cyclops after he has swallowed a fish, an oyster or any other beast?

I am sure if Swedenborg were alive he would be an advocate of the biologic life. The killing of animals and eating them is certainly no more in harmony with the spiritual ideas of Swedenborg than with those of Pythagoras and Socrates, the first of the old great philosophers who were utterly opposed to the taking of life. Said Pythagoras:

"If men with fleshy morsels must be fed,
And chaw with bloody teeth the breathing bread;
What else is this but to devour our guests,

Mr. C.W. Barron.--2

And barb'rously renew Cyclopes feasts!"

I am going to write you a letter in a day or two to get your opinion of the trade-mark question.

Hoping this will find you safe at home and several pounds reduced in avoirdupois, as ever,

Your friend,

v-2

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O. P. & M.

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covery

November 28, 1922.

DEC 1 1922

Dear Dr. Kellogg:

Thank you for your letter of November 17.

You may be glad to know I am back north with a sunburned face and lots of "pep" in my veins. I don't know how I shall feel after a New England Thanksgiving dinner this week. It may send me again to Battle Creek. Therefore my Thanksgiving may have its advantages.

I shall be in Washington for a few days next week and then back in New York or Boston.

You can always reach me by telegraph or mail at the Boston News Bureau, 30 Kilby Street, Boston, Mass.

Very truly yours,

C. W. Barron

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

26 Broadway
New York

DEC 1 1922

November 29, 1922.

Dear Mr. Kellogg:

The new phonograph records, giving your admirable series of exercises, have been received. It is most kind of you to take the trouble to send them to me with your compliments, and I hasten to express my cordial thanks. I have been using the exercises which I learned in the gymnasium at Battle Creek, but shall expect now to transfer my allegiance to your series, which seem to me so admirable.

You will be interested to know that my friend, Mr. Heydt, has been quite another man since his return. He has had only one slight suggestion of a headache - a condition without precedent for a similar period of time for a number of years past. In other ways he feels well and greatly benefited by his stay and schooling at Battle Creek. I have not so favorable a report to make so far as headaches are concerned, for I have had a good many since my return. Otherwise, however, I am getting on admirably, and am adhering to the Battle Creek diet and regime. I am hoping that the good effects will be increasingly apparent and that the headaches will grow less as time goes on.

For your great courtesy during my stay at Battle Creek I am glad of this opportunity of again thanking you. Moreover, I cannot speak too highly of your splendid associates and the extraordinary corps of workers which you have gathered about yourself in Battle Creek. Your own faith in a great idea, coupled with your high scientific attainment and your tremendous energy and determination, has been and is making a contribution to the improvement of the health of mankind of the very greatest importance.

May I say in closing that I am talking the Battle Creek idea to all my friends, and that whenever business friends lunch with me, as is frequently the case, I find them interested in my simple meal, which they often share with me, much to their benefit and satisfaction. So you see, I am an ardent apostle of the great idea.

Very cordially,

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

John D. Rockefeller Jr.

Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

November 29, 1922.

Dear Dr. Kellogg:

You may be interested in the enclosed.

I wanted to know why the Ward Baking Co. didn't include your name in an advertisement of leading vitamin experts.

Will you please have your clerk send me six of those nose and throat inhalers and six bottles of the menthol preparation to go with them to 334 Beacon Street, Boston?

Also send me six boxes of Paramels and six boxes of Laxa with bill for same.

Very truly yours,

Dr. John Harvey Kellogg,
Battle Creek, Mich.

C. W. Barron

*Ordered
by telephone
12-1-22
G. Estill*

*Ordered by telephone
12-1-22
G. Estill*

December 3, 1922.

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

DEC 4 1922

My dear Mr. Barron:

I have yours of November 29th.

I am told that the inhalers, Paramels and Laxa were sent you at once.

It was kind of you to make an inquiry of the Ward Baking Co. They probably have not heard of the vitamin work we are doing here at Battle Creek. There are not more than two or three places where more work has been done than here. We have been maintaining a large laboratory with hundreds of rats for six or seven years and have gotten some most interesting results which have not been attained elsewhere.

I am glad that you are feeling first-rate but mourning about that Thanksgiving dinner. However, you will soon be back here doing penance and we will have a good chance to punish you for your sins. If everybody would live biologically and follow out all the instructions we give them we would soon have nothing to do. Then we would have to try to get pay for good advice, which is very hard to collect.

Next time you come give us a chance to melt off about forty pounds. Then you will really begin to enjoy life. Have you met ex-President Taft recently? He was once very fat but he has reduced his weight and keeps it down.

The best authorities in diabetes now regard obesity as potential

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

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S. Life Bklt.

S. L. De Luxe

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

T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

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Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

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

diabetes; that is, every obese person is likely sooner or later to become a diabetic.

Thank you very much for your report on Vim and for all your assistance in various ways, and please do not forget to send me a bill.

Very sincerely yours,

b

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

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Boston News Bureau,

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

334 Beacon Street,
Boston, Mass.,
December 9, 1922.

Dr. John Harvey Kellogg,

Battle Creek, Mich.

Dear Dr. Kellogg:

Thank you for yours of December 3 and for all your good advice.

There is no charge for any of my reports on Vim or services to you. You have done more for me and my associates and family servants than I can ever repay.

You are quite right about my having to return to you sometime and I wish it were now, for I am never better than when at Battle Creek pulling down my weight. I really meant to take off forty pounds last time, but couldn't do it on account of my cold.

However, you will get me sooner or later again.

I shall hold the matter of engaging the services of one of your dieticians to regulate for a time my household in abeyance until I can get out there and put myself in better shape and then I shall want somebody to hold me down.

Very truly yours,

C. W. Barron

*P.S. I really am keeping
down in weight
CWB*

File
DEC. 11 1922

26 Broadway
New York

DEC 21 1922

December 18, 1922.

Dear Dr. Kellogg:

Since writing you the other day to thank you for the exercise records which you were good enough to send me, I have re-read with interest your letter of November 17th referring thereto, also your letter of December 1st, since received.

It is kind of you to mention the matter of our not finding the tennis courts available one day. I appreciate your friendliness in having been willing to place at our disposal your own courts. When we went to play, we did not realize that Saturday (for it was Saturday) was Sunday at the Sanitarium and that the courts would naturally be closed. We quite understood, however, when told about the matter, and simply got our exercise in some other way. I am sorry the matter even came to your ears.

Your willingness to be of help to me in any way and at any time I greatly appreciate, and assure you that I shall not hesitate to take you at your word. I have noted with care what you say about the causes of sleeplessness and shall try to profit by your suggestions. I am continuing to take Lactose Dextrine in large quantities and am also using currently both Laxa and Parmels. The results are satisfactory and, I think, entirely adequate. I shall be glad to try the new preparation called Branose which you kindly say you are sending, but hardly think I need it.

May I ask you one question just now, in regard to my wife? Mrs. Rockefeller, like many other women, finds it difficult to keep from growing stout. For the last few months she has been seeking to so regulate her diet as to lose ten or fifteen pounds. I have urged her using the Laxa biscuits. These she took with some success, but after a week or two was inclined to feel that they created gas and also that they were less effective. I have told her I hardly thought either could be the case; that the gas, in my judgment, must have been caused by something else, and that probably she had not taken enough of the biscuits to give her the help which she required. Was I right in my judgment? Mrs. Rockefeller has also thought the biscuits were fattening. Is that probable or possible?

Would it be better for her to take plain bran? What particular foods could she best use that are nourishing and that will not add to her weight? I may say that from girlhood Mrs. Rockefeller has always had a good appetite, and finds herself hungry not only at meal time but often between meals. I have always thought that she ate more than she needed, but she feels that she only eats to satisfy a natural craving.

It is, I realize, unfair to ask you to make suggestions in regard to the diet of a person whom you have never seen. On the other hand, it occurred to me that there might be some general suggestions which you could make even under these circumstances.

Thank you for your sympathy in the death of my uncle, Mr. William Rockefeller. His illness was very brief and his death a great shock.

With cordial regards, I am,

Very sincerely,

John D. Rockefeller Jr.

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

SMITHSONIAN INSTITUTION
UNITED STATES NATIONAL MUSEUM
WASHINGTON, D. C.

DEC 24 1920

December 22, 1920.

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

My dear Dr. Kellogg:

I am leaving for Chicago next Sunday. The meetings will last until the 30th, and I could reach your place, for the purpose which you mention in your letter, in all probability on the same or following day. Please let me know if this will be convenient, addressing me care of Dr. R. J. Psenka, Svornost Building, 2518-2524 So. Crawford Avenue, Chicago, Illinois.

With most cordial wishes of the season, I
remain

Sincerely yours,

A. Audlicia

RUSH

c/o James Byrne

270 Park Ave.

New York.

LL92273

My dear Dr Riley,

I have just arrived here and find your most kind letter enclosing the reports of my case. I am deeply grateful to you for all the trouble you have taken to get me back to health and efficiency. I hope my public work will show that the kindness to me has been used to help others.

I have spent three out of the last six nights in the cars, and am none the worse for it. I often find the benefit of my stay at Battle Creek is much more marked after I leave than while I am there. With all good wishes for the realisation of your fine aims, I am

Very sincerely yours

Horace Plumbell

CLASS OF SERVICE DESIRED	
Telegram	X
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 Fled

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

January 30, 1923. JAN 30 1923 19

To Sir Horace Plunkett,

Street and No. c/o Hamilton Fish Armstrong,

Place 128 E. 36th St.,

New York City.

I have just learned of the shocking attack upon your home.

Be assured of my deepest sympathy.

J. H. Kollogg.

b

Chg. San.

SENDER'S ADDRESS FOR ANSWER

SENDER'S TELEPHONE NUMBER

OK

MEMO

Jan. 3, 1923.

Send to Sir Horace Plunkett at his New York address half
a dozen copies of his paper and a few circulars of the
Sanitarium, including two or three copies of O. P. & M.

Sir Horace Plunkett,
128 E. 23rd St.,
New York, N.Y.

Sent 1-7-23
1 P. & M.
3 O. P. & M.
1 S. L. Field
1 W. Field
6 copies his address

CLASS OF SERVICE DESIRED	
Telegram	<input checked="" type="checkbox"/>
Day Letter	<input type="checkbox"/>
Night Message	<input type="checkbox"/>
Night Letter	<input type="checkbox"/>
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
Pa. Time Filled

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

January 3, 1923.

Battle Creek Mich.

Sir Horace Plunkitt,
128 East 23rd Street,
New York City.

I hope you have arrived safely after a pleasant journey and that we shall have you here long enough for a thorough looking over.

John Harvey Kellogg.

v-lbm

Chg.- San.

0.11

January 3, 1923.

also 270 Park Ave

Sir Horace Plunkett,
128 E. 23rd St.,
New York, N.Y.

Dear Sir Horace:

Mr. Ashley has shown me your letter of December 9. I hope by this time you have reached New York safely. I am sending you a wire of welcome. I hope you will be able to spend a few days with us here if not longer so as to have a thorough inventory and to make sure that you are keeping as nearly up to par as possible. We will have a nice quiet room for you and arrange for the outdoor sleeping so you can have all the fresh air you want and will be glad to make you our guest for a month if you will permit us to do so.

I am glad to see by the statements recently published by Pres. Cosgrove that matters look a little more favorable in Ireland. The whole world has been distressed over the situation there and it will be a comfort to the whole civilized world to have Irish affairs settled down. If Bonar Law had been Premier when you had your convention, very likely the whole thing might have been settled amicably and all this bloodshed saved.

Always with kindest regards,

Sincerely yours,

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

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Winter Fldr.

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Appli.F. S. Cat. &
Appli.

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Eugenics and
EuthenicsRace
DegeneracyNeeded
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covery

Sir Horace Plunkett.--2

P. S. I am leaving Friday for a few days' absence as I have to give an address at Miami, Florida, on diet in relation to the teeth at the National Convention of Dentists which is meeting there next week.

v-m

Prosp. & Rates

O. P. & M.

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Plunkett
Reprint

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covery

36 West 10th Street,

4 Jan., 1923.

FILE

My dear Dr. Kellogg:-

Many thanks for your kind letter and telegram. I do indeed hope I shall be able to have a brief rest at Battle Creek. I want it badly. The Irish Government has given me a troublesome mission of inquiry with some agricultural and other matters which may involve visits to many states. I shall have to go to Chicago and either going or coming I hope to stop off at the San. I hear you have had some very distinguished guests of late.

With all good wishes for your noble work in the opening year, I am

Yours faithfully,

Horace Plunkett.

1bm-copy

36 WEST 10TH STREET.

4 Jan 1923

My dear Kellogg

Many thanks for

your kind letter and telegram.

I do indeed hope I shall

be able to have a brief rest

at Bantah Creek - I want it

badly. The work programme

has from me a thorough

mission of inquiry into

Some aqueducts or rather
waters which may involve
visits to many states. I
shall have to go to Chicago
and either join a company
I hope to stop off at the
same. I know you have had
some very distinguished
guests of late.

With all good wishes for
you will work in the
opening year. I am
yours faithfully
George Mitchell

January 8, 1923.

JAN 9 1923
+ J.H.K. 1-3

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

My dear Sir Horace:

Your letter of January 4, addressed to Dr. Kellogg, received. Dr. Kellogg is at present spending a few days in the South but we look for him home early next week or possibly the latter part of this week though it is barely possible he might remain a few days longer. Certainly your good friends here, including myself, will be delighted to see you here again even if you can remain but a few days as I have already written you;

Anticipating the pleasure of another meeting with you, I remain,

Very sincerely and respectfully yours,

v-m

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Plunkett Reprint
Guelpa's Discovery

(COPY)

CHARLES WILLIAM DABNEY AND ASSOCIATES
Geologists, Chemists, Engineers
West Building
Houston, Texas

January 9, 1923.

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

My dear Dr. Kellogg:

Your kind letter of the 31st. ult., was received yesterday. My wife and I appreciate more than I can tell you your kind thought of us at the New Year.

Thanks to your instruction in a large measure, I am happy to be able to report that we are doing very well so far as health goes. Mrs. Dabney is better than she has been for years. She lives out of doors with her Ford and enjoys this wonderful climate greatly. We are having a marvously beautiful winter; it has been bright and sunshiny, and just cool enough to be a little stimulating. We are just starting out on an exploration tour which may extend to the Rio Grande Valley, if my wife's strength holds out. I am constantly at work and very well, though I have not found that oil well yet.

I am indeed very much interested in what you write me about the development of Protose and much complimented by what you tell me about my having suggested it to you. It has always been a great privilege to come in contact with you in a scientific way, as well as socially, and your example has ever been an inspiration to me, so I shall always feel honored to have had the opportunity to be of even so slight a help to you in your investigations.

Your exposition of the composition and nutritive value of Protose is very interesting and impressive. I have used Protose at the Sanitarium and during my residence in Cincinnati and found it palatable and entirely satisfactory. I have found it a perfect substitute for meat, though following the Sanitarium dietary one does not crave meat or Protose, even, as much as usual. I believe the craving of meat is an artificial one, like the taste for alcoholics, resulting from the education of the taste to like its peculiar flavors, and of the nerves to enjoy its slight stimulation. Besides furnishing proteins, fat, carbohydrates, lime, etc. in a better form and free from bacteria and urea and uric acid, Protose is doing a noble work as a satisfactory substitute for meat in teaching people how to form better dietaries. Protose will, I believe, be recognized in time as perhaps the greatest practical contribution you have made to the science of

nutrition, in which you have been for a quarter of a century or more, our leading investigator and teacher. You have, therefore, my hearty congratulations on the success of your work and especially on the growing appreciation of Protose. You deserve the support of all scientific people, all the more because of your unselfish labors for these long years, during which you have devoted, as we know, all the proceeds of your discoveries and various productions to the advancements of dietetics and to the instruction of teachers in it.

I hope and pray that you may be greatly blessed and prosperous this year in your noble service to humanity.

I have not had time yet to try the Protose you kindly sent me, but we shall both do so, and I will write you again. Any use you make of this is agreeable to me.

My wife joins me in warm regards.

Yours sincerely,

(Signed) Charles Wm. Dabney.

P.S. As you take such a friendly interest in our doings, I am sending you herein some notices of them. I can never forget, or thank you enough for your great kindness to me when I visited you. I shall write more when we have had time to try Protose longer. Your kind offer to send us a supply is heartily appreciated. We hope to see you next summer.

Charles William Dabney and Associates

Geologists, Chemists and Engineers

make Examinations of, Reports on and

plans for the Development of mineral,

oil and other properties

West Building

Houston, Texas

OCT 5 - 1922

**DR. CHARLES W. DABNEY, A SOUTHERN
SCIENTIFIC LEADER, LOCATES IN TEXAS.**

IN 1892 President Cleveland called to the position of assistant secretary of the United States Department of Agriculture, Dr. Charles W. Dabney, the president of the University of Tennessee. While holding the position as assistant secretary, Dr. Dabney probably accomplished more for the scientific development of the work of the Department of Agriculture than any man who had ever held any position in that department, and the country is today largely indebted to him for the scientific work which he inaugurated during the time of his incumbency. Dr. Dabney was probably the most highly scientifically educated man who up to that time had ever held a position in the Department of Agriculture, and possibly his equal in that line has not since been found in the department.)

Retiring from the Department of Agriculture upon the election of President McKinley, he returned to the University of Tennessee, holding his position there until he became president of the University of Cincinnati in 1904, in which he did a work commensurate with what he had done elsewhere. In his earlier scientific work he investigated the coal fields of southern West Virginia and southwestern Virginia and had discovered their value long in advance of the development which came about later.

Having resigned as president of the University of Cincinnati, Dr. Dabney has located in Houston, Tex., and with a number of associates will devote his time to the investigation of the vast resources of that state of almost limitless possibilities. He has associated with himself a number of geologists, chemists and engineers, covering a wide field of expert knowledge. As a recognized authority on potash, Dr. Dabney has assisted the State Geological Survey in gathering information on the recently discovered potash beds of the Panhandle of Texas and eastern New Mexico. He has also been active in urging upon the present Congress the necessity of protecting the American potash industry from foreign "dumping" until this nation may make itself independent of foreign sources of potash for agriculture, dye stuffs and explosives.

For his attainments in chemistry, economic geology and education, Dr. Dabney was made by the French an Officer de l' Instruction Publique. Later, for his war services, he was made a Chevalier de la Legion d'Honneur. In selecting Houston as a central point for his scientific work for the investigation of that great state, adjoining states and Mexico, Dr. Dabney has located at a point from which can easily be reached one of the richest, most marvelously endowed regions on earth.

HOUSTON, TEXAS

Jan'y. 9, 1923.

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

JAN 12 1923

My dear Dr. Kellogg:

Your kind letter of the 31st. ult., was received yesterday, My wife and I appreciate more than I can tell you your kind thought of us at the New Year.

Thanks to your instruction in a large measure, I am happy to be able to report that we are doing very well so far as health goes. Mrs. Dabney is better than she has been for years. She lives out of doors with her Ford and enjoys this wonderful climate greatly. We are having a marvelously beautiful winter, it has been bright and sunshiney, and just cool enough to be a little stimulating. We are just starting out on ~~an~~ exploration tour which may extend to the Rio Grande Valley, if my wife's strength holds out. I am constantly at work and very well, though I have not found that oil well yet.

I am indeed very much interested in what you write me about the development of Protose and much complimented by what you tell me about my having suggested it to you. It has always been a great privilege to come in contact with you in a scientific way, as well as socially, and your example has ever been an inspiration to me, so I shall always feel honored to have had the opportunity to be of even so slight a help to you in your investigations.

Your exposition of the composition and nutritive value of Protose is very interesting and impressive. I have used Protose at the Sanitarium and during my residence in Cincinnati and found it palatable and entirely satisfactory. I have found it a perfect substitute for meat, though following the Sanitarium dietary one does not crave meat or Protose, even as much as usual. I believe the craving of meat is an artificial one, like the taste for alcoholics, resulting from the education of the taste to like its peculiar flavors, and of the nerves to enjoy its slight stimulation. Besides furnishing proteins, fat, carbohydrates, lime, &c. in a better form and free from bacteria and urea and uric acid, Protose is doing a noble work as a satisfactory substitute for meat in teaching people how to form better dietaries. Protose will, I believe, be recognized in time as perhaps the greatest practical

recalling

#2

see how
Dr. Kellogg has
contribution you have made to the science of nutrition, in which you have been for a quarter of a century or more, our leading investigator and teacher. You have, therefore, my hearty congratulations on the success of your work and especially on the growing appreciation of Protose. You deserve the support of all scientific people, all the more because of your unselfish labors for these long years, during which you have devoted, as we know, all the proceeds of your discoveries and various productions to the advancement of the science of dietetics and to instruction of teachers, *in it.* *promotion of diet reforms.*

I hope and pray that you may be greatly blessed and prosper ^{at} this year on your noble service to humanity.

I have not had time yet to try the Protose you kindly sent me, but we shall both do so, and I will write you again. Any use you make of this is agreeable to me.

My wife joins me in warm regards.

Yours sincerely,

Charles W. Dabney

*As you take such a friendly interest in our doings
I am sending you herein some notices of them.
I can never forget, or thank you enough
for your great kindness to me when I
visited you. I shall write more when
we have had time to try Protose longer.
Your kind offer to send us a supply is
appreciated heartily. We hope to see you
next summer.*

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

file

January 13, 1923.

JAN 17 1923

Dear Dr. Kellogg:

You have the advantage of me in "The Battle Creek Idea" publication. You always look well and can never show anything but a youthful picture. You might have looked just as old as I do if you put that picture in that you had taken when you were snapped with me in the Palm Garden.

So here goes and to have somewhat the appearance of youth I am sending you my latest by Garo and you can tell your photographer to reproduce it if he ever has occasion to again honor me by such close contact with you.

Very truly yours,


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

C. W. Barron

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

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

WESTERN UNION TELEGRAM



NEWCOMB CARLTON, PRESIDENT

GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

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

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RECEIVED AT 71 WEST MAIN ST., BATTLE CREEK, MICH. TEL. BELL 4321-2-3, CITZ. 4424

TTOC X 9 NITE

CUMBERLAND MD JAN 17 1923

DR KELLOGG

141

SANITARIUM BATTLECREEK MICH

ON MY WAY FROM WASHINGTON ARRIVE SANITARIUM THURSDAY MORNING

HORACE PLUNKETT

9:57 - Washington - 1/2 920P late

10:58 - 1/2 "

Handwritten scribbles and initials

MAILED
FILE
NO. 5, 6.
FOLLOW

January 18th, 1923.

JAN 18 1923

JAN 18 1923

Mr. C. W. Barron,
30 Milby Street,
Boston, Mass.

Dear Mr. Barron:-

Thank you very much for your wonderful picture that I have just received. You look as though you were the High Potentate of Europe, Asia and Africa. I will tell Mr. Piper to feature you in the Battle Creek Idea at the first opportunity.

I have read your Wall Street Sermon in the Boston News Bureau for January 15th with great interest. Prohibition is having a hard time just now, but it is in no worse position than the laws against prostitution and fornication. These laws are not enforced. They are disregarded even more than prohibition laws, and yet would any decent person wish to have them taken off the Statute books? Have you thought about this? It is argued by some that more people are drinking than before on account of prohibition. I don't think this is true, but even if it were true, would that be a reason for repealing the law. Will you want to repeal the laws against fornication and prostitution because these crimes are increasing as everybody knows? I think the Wets who are working so hard to secure the repeal of the Prohibition Amendment ought to have this put up to them. Why not put this idea into one of your sermons. I think it will do a lot of good. Certainly this question ought to be discussed from every standpoint; the people ought to have a chance

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S. L. De Luxe
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B. C. Idea
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Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
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N. S. P. E. Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
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How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

-2- Mr. C. W. Barron.

to form a just judgement.

I am just back from Florida. I had a most delightful visit with our mutual friend, Mr. Matheson, who has a tropical paradise there. I was scheduled to go fishing; not with Mr. Matheson - I don't believe he fishes any more - but with another party. I proposed to take a kodak along and fish with a kodak, but I had to talk before the Rotary Club, so didn't go.

I lunched with Mr. Matheson at his home. He had no meats in sight on his table. His mother, a wonderful woman 87 years of age, told me she had eaten no meat for twenty years and was a great deal better for it. Mr. Matheson is very much better. If he will stick to the regimen which I have marked out for him, he will add a good many years to his life.

Sir Horace Plunkett is coming in today. We have a fine crowd of folks here, more than ever before at this season of the year. You are coming the 20th so you will find Sir Horace here when you arrive.

This may not reach you before you leave home but I hope you will get it ultimately because I am anxious for you to say something more about prohibition and put up to the press the question which I have raised.

I am going to have that wonderful picture of yours enlarged for my office. As ever

Sincerely yours,

v-lbm

Prosp. & Rates

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S. L. De Luxe

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covery

FUERTE OBSERVATORY
CORNELL UNIVERSITY
ITHACA, NEW YORK

SAMUEL L. BOOTHROYD

Jan. 20th, 1923.

My dear Dr. Kellogg:-

Accumulation of work both at the University and at home, caused by my late return, have delayed my writing sooner.

We arrived safely and not unduly tired, thanks to having a good night's sleep, not disturbed by anxiety about changing trains or anything else.

Mrs. Boothroyd has not had any headaches yet and I think is slowly improving in every way. I have felt that the very severe headache she had two days after I arrived at the Sanitarium was the turning point and I hope that such is the case.

We both feel that our recognition in 1906 of the soundness of your ideas has made possible a much fuller life and perhaps life itself, with the fuller understanding of the application of these ideas which was made possible by being there at the Sanitarium, we hope to live an even richer life and to more actively support and encourage the principles of biologic living.

Your kindness and unbounded generosity have made possible the vast improvement in Mrs. Boothroyd's health and the removal for myself and Mary Alice of that which was a constant menace to good health. I do not know how we can ever thank you for your goodness.

To have read many of your books and Good Health for 18 years has been a privilege indeed but to have had the opportunity to meet you as intimately as we did will ever be regarded by both of us as the greatest privilege of our lives.

a

I think the spirit of service and goodwill among all the members of the staff at the Sanitarium is unique. No one could be there, even for the brief time which I was, without realizing what this means in devoted service by ^{those} ~~the one~~ who has ^{we} built up the great institution. This spirit of devoted service by all is so evident that I was justified in saying what I did to one of my friends when I told him that "I never expect to be nearer Heaven on this earth than I was while at the Battle Creek Sanitarium."

Perhaps you will appreciate a brief expression of what impressed me as the spirit of the Sanitarium. The spirit of the Sanitarium is one of devoted service guided by a continual seeking to know all the facts and to be guided by these facts to a knowledge of nature and nature's laws for the welfare and uplift of the Human race.

May you so fully learn and understand the laws of nature that ~~you~~ you may long retain your youth and vigor and thereby be enabled to more and more widely disseminate ideas of righteous living.

Very sincerely yours,

Samuel L. Boothroyd

January 21, 1923.

Sir Horace Plunkett,
Sanitarium.

JAN 22 1923

Dear Sir Horace:

According to Gautier, a liter of beef tea made from one kilogram of beef, which is equivalent to a pound of beef for a pint of beef tea, contains nine-tenths of a gram, or 14 grains of creatin bases. Gautier also states that 100 milligrams, or one and a half grains of creatin, killed a guinea-pig, from which it appears that a liter of beef tea contains more than enough creatin to kill 9 guinea-pigs besides the numerous other putrefactive and other poisons which it contains, making it more than true that a quart of beef tea is enough to kill nine guinea-pigs.

Sincerely yours,

b

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JAN 22 1923

January 21, 1923.

Cautley-19

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

I am glad you are back. I am just sending a note to Dr. Hubly suggesting that you have an electrocardiographic tracing by Dr. Capron. It is very important for you to keep a sharp watch of your heart.

Sincerely yours,

b

Prosp. & Rates

O. P. & M.

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How Not to
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Reprint

Guelpa's Dis-
covery

JAN 25 1923

January 24, 1923.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for an opportunity to read the enclosed letter which I am herewith returning. There can be no doubt that anything which tends to lessen the opportunity for the use of liquor will lessen its consumption. If it were possible to inform all people with reference to the harmful effects of liquors of all sorts--wine and beer as well as stronger liquors--before they had become enslaved by the appetite for these harmful beverages, and to suppress altogether the deceptive advertising and various other alluring influences by which unwary people, ignorant people, and weak-minded people are induced to make use of alcoholic liquors under the delusion that they will be benefited thereby, then the plan suggested by your correspondent might be applied with some degree of fairness. But, as it is, the whole civilized world has been for centuries educated to believe that alcohol has something beneficial in it; that is, it is a stimulant and it has curative virtue, etc., and it seems to me not only in the interests of society and the welfare of the human race but also entirely just that the special protection afforded to the ignorant and the weak-minded by prohibition should be given as a counterbalance for the misleading influences which have so long been in operation in the world.

Sincerely yours,

P. S. Your secretary called for the enclosure mentioned above.

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Sir Horace Plunkett, Madison, Wis.

Jan. 31, 1913.

Rush

J.H.K.

Your kind message reached me on the train on Monday. I had said an affectionate good bye the night before and did not expect for to interrupt your morning work by seeing me off.

Yesterday just as I was going to address the Legislature here as chief speaker at the Dedication of a Memorial Tablet to Dr. Charles McCarthy whose life you and Dr. Fritchard did all that was possible to save; I received the news that the Republicans had blown up my beautiful house near Dublin. It was a pleasure home for my fellow workers and I had intended to devote it to another and better purpose later on. I think it is not a political act--only the irresponsible looting and destruction of banditti. But it is a blow to my life's

Sir Horace Plunkett--2

work. However, the accidental destruction of the Sanitarium was a worse calamity and the burning of many a poor family's cottage a worse outrage.

I leave tonight for Chicago and New York.

egm

FEB 2 1923

8



MADISON, WISCONSIN

31 Jan 1923

My dear Dr. Kellogg

Your kind message reached me in the train on Monday. I have said an affectionate goodbye the night before & did not expect you to interrupt my morning work by keeping me off.

Yesterday just as I was
going to address the
Legislature here as Chief
Speaker at the dedication
of a memorial tablet
to Dr. Charles McCarthy
(whose life for Dr.
Pritchard I did all that
was possible to save)

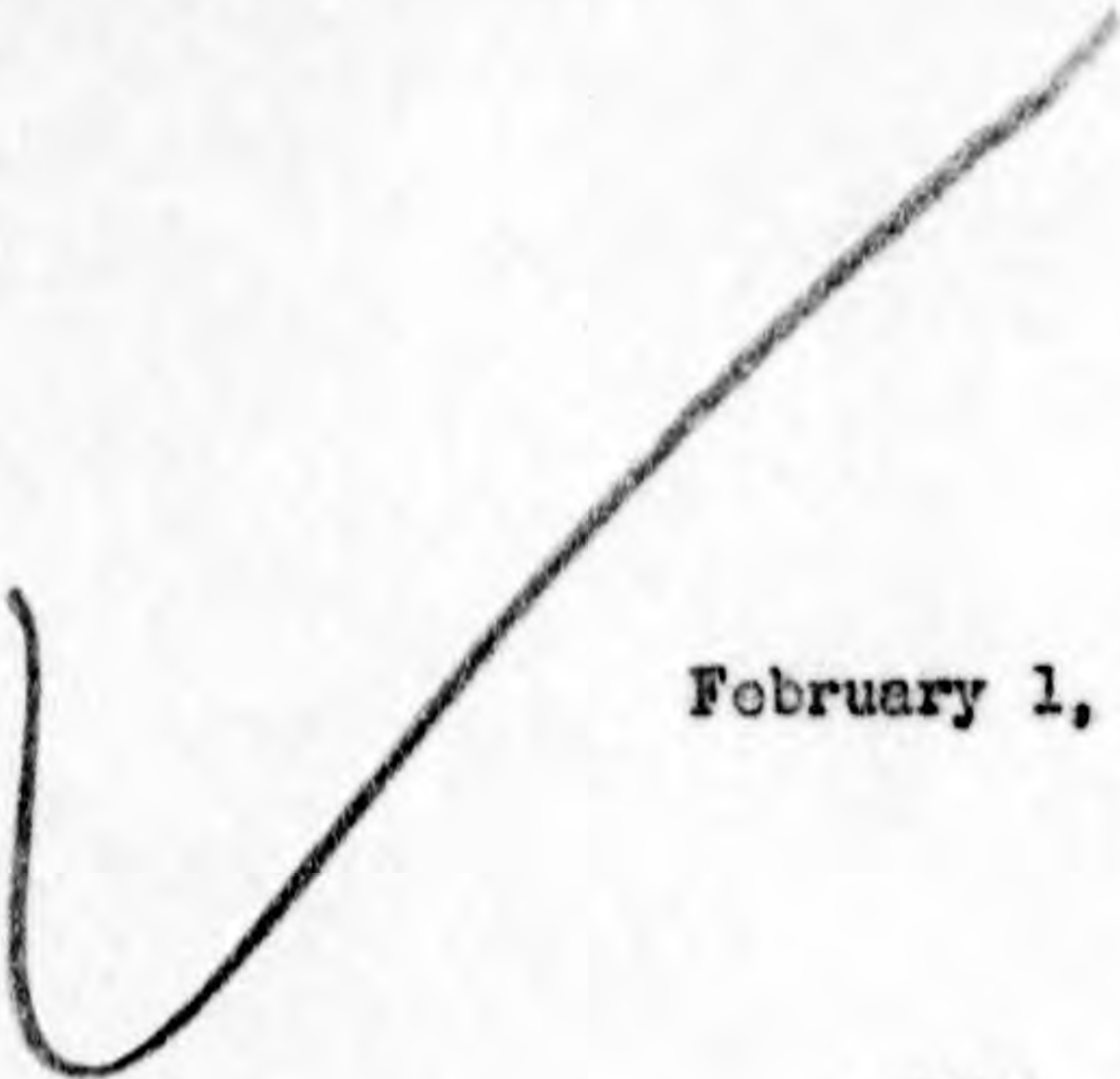
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only the irresponsible

looting and destruction
of banditti. But it is
a blow to my life's
work. However the
accidental destruction of
the Sanitarium was a work
calamity and the burning
of many a poor family,
cottage & horse outage.

I have thought of

Chicago, New York

See from post office
Horace Plumb & Horace Stone



February 1, 1923.

FEB 5 1923

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

Dear Sir:

I read with great interest your article by Swedenborg, who seems to have made a profound discovery; namely, in order that light and other forces could travel between the spheres, it is necessary that there should be a continuity of substance of some sort. I myself was convinced of this idea forty years ago and was led to distrust the atomic theory, and at the present time the new discoveries associated with wireless, etc., confirm the view that continuity is necessary. The physicists seek to explain the difficulty by the supposition that the spaces between the atoms are occupied by a new hypothesis and a new name, a very common way of meeting difficulties for which no ready solution is found.

Thanking you very much for an opportunity to read this interesting manuscript, which presents another evidence of the marvelous insight into the secrets of existence which Swedenborg seems to have somehow obtained, I am, as ever,

Sincerely yours, .

P. S. I must tell you again how much our people enjoyed your talk last night. Your discourse was most felicitous, and the people were simply bewildered by the rapidity with which you reeled off statistical statements

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Guelpa's Dis- covery

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

with reference to most of the big financial concerns in the country.

If you would delegate to some of your lieutenants the task of watching movements of the world and give your whole time and energy for a few months to improving your physical condition I am sure it would be the most profitable investment you ever made. I am going to ask your dietitian to cooperate with me in making out some bills of fare for you and send them to you so that you will have no excuse for wandering away from the straight and narrow path. You must certainly lay down a few rules for yourself which you must observe.

1. You must eat no candy under any circumstances. Candy is poison for you and will shorten your life. It is an enemy. You must set up a barricade against it and curb your appetite for sweet things. Cane sugar in every form should be tabooed.
2. Your entire intake of food must be reduced to a lower level. This does not necessarily mean that the quantity of food eaten should be small, but that the number of calories should be small. The quantity may be almost anything you like. It is well, indeed, that the bulk should not be reduced, as it is necessary to aid bowel action and to give a comfortable sense of satiety. To this end you should eat very largely of such foods as turnips, rutabagas, parsnips, vegetable oysters, cabbage, Brussels sprouts, cauliflower, spinach and other greens. String beans and green peas may be added and used rather freely. It is a good plan to use quantities of bran or Laxa. Laxa is a most palatable form of bran. Our new food Branola would be excellent as a breakfast food. This is by weight 60% bran. The balance is largely gluten. I am having a package of this sent you so that you may try it. Raw foods are not especially indicated in your case, but it is a good plan to eat very largely of celery and lettuce, as these are filling and also furnish a rich supply of vitamins, lime and iron which you need. Cut out meat and butter and other fats

Pros. & Rates

O. P. & M.

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S. Life Bklt.

S. L. De Luxe

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covery

Mr. C. W. Barron, No. 3,

along with sugar. If you take plenty of greenstuff you will not need the butter in order to get the fat-soluble A. If you use milk use skim milk in the form of buttermilk instead of cream or rich full milk.

This looks like a very lean diet and doubtless very contrary to your natural tastes, but as you are filling such an important place in the world it will be well worth your while to take the trouble to cultivate new tastes and you will not find it hard to do.

You have noted correctly that I have a tendency to take on excessive weight, so I am doing myself just what I suggest to you to do. I occasionally get a little extra weight when I take a lot of Lactose-Dextrine to keep my flora in good shape. I cannot use this excellent food remedy as freely as I would like on account of my tendency to take on excessive weight.

Your suggest that men who have force and accomplish things must have a backing of physical energy, is right, but a man need not necessarily be large but he must have vitality and stamina.

Dr. Stewart and I will do our best to find a man for you.

Sincerely yours,

v-jb

Pros. & Rates

O. P. & M.

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Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

Feb. 2, 1923.

Food Co.,

Send a package of Branola complimentary to Mr. C. W.

Barron, 30 Kilby St., Boston, Mass.

J. H. Kellogg.

v-j.

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

FEB 4 1923

February 2nd 1923.

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

My dear Dr. Kellogg:

Reflecting on the Prohibition is=
sue and sumptuary laws on the statute books, would
you be in favor of maintaining the Volstead Act
on the statute books and the Eighteenth Amendment
in the Constitution if both became deadletters and
liquor was sold openly in every state in the union
with public sentiment such that there could be
no prohibition thereof? •

Very truly yours,

C. W. Barron

20
 February 4, 1923.

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

My dear Mr. Barron:

Replying to your question of February 2nd, I am perfectly frank to say that I am not in favor of any deadletter laws. Certainly, if the people of the United States who believe in prohibition are not willing to back up their belief that the law should be enforced by putting men into office who will enforce the laws, then they are not worthy of the protection which the prohibition law if enforced would give them.

Up to date prohibition has not had a fair trial. It should be just as easy to enforce a statute against prohibition as a statute against fornication and prostitution. The two things stand on exactly the same footing. In some respects I think the enforcement of the prohibition law can be more rightfully demanded by the public than enforcement of the law of prostitution for the reason that when a man is under the influence of liquor he becomes insane and may be a menace to the lives and safety of many people. Prostitution is of course to some extent a menace on the same ground. The laws against prostitution and immorality are not freely enforced because the people who believe in high moral standards are not sufficiently awake to the importance of insisting on the enforcement of the laws upon the statute books and tolerate officials who are delinquent in duty. Considering the length of time we have had the prohibition law and have been making efforts to

Pros. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Race
DegeneracyNeeded
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MAILED

FILE

NO. 7. U.

FOLLOW

February 8, 1923.

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

Dear Mr. Barron:


Thank you very much for your kind note of
February 6.

I shall write Miss Berry at once and invite her to come here as a guest. We have had her here several times before as a guest and are always glad to do anything we can to help along the good work she is doing. It is kind of you to help her. Can't you get some of your rich friends to give her a good big beast? She has given all her life and her property to her work which is purely humanitarian and something in which everybody should be interested.

I hope you are not gaining in weight. Stick to your meager diet and say to yourself, "I am getting thinner and thinner every day."

Sincerely yours,

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S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phy., Clergy, Teacher
Soul of B. C.
San. Experience
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F. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
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Phunkett Reprint
Guelpa's Dis- covery



February 14, 1923.

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

My dear Mr. Barron:

A day or two ago a man called me up by telephone and asked me if I understood you to say at your question box lecture that Durant was robbing the people or something to that effect. He said there was a man about getting affidavits from different people after what you had said. I told him I could not undertake to say just what you did say, but that whatever you said you are prepared to meet and probably had already said it in your financial journals even louder than you said it to your audience on that occasion. Somebody seems to be squirming a little.

Very sincerely yours,

P. S. I was very much interested in the article, "Looking Over the Bankers" in Barron's for February 12th, also in the analysis of Armour's preferred in the same number. I should not think some of these big sharks would love you very much when you so mercilessly pick to pieces their schemes for robbing their stockholders.

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CHICAGO THERAPEUTIC INSTITUTE

600 RELIANCE BUILDING, 32 N. STATE STREET

CHICAGO

[3-3-22]

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LENA K. SADLER, M. D.

ASSOCIATE

E. H. SEABRIGHT, M. D.

WILFRED C. KELLOGG

MANAGER

ANNA B. KELLOGG, R. N.

HEAD NURSE

TELEPHONE CENTRAL 8110

My dear Miss Estel:-
Your good note rec'd
also the beautiful Porto
Rican water bottle which I
appreciate more than I can
tell you, it is a lovely
thing to have and something
I shall always keep - the
association is very sweet
indeed.

I am glad Dr. is feeling
well and shall be very
glad to see him when ever
he is in Chgo. In fact
we are expected to see him at
the Culpeper Yr. Club but

As you know he could
not come.

You we have tried Pep.
Some one left a sample
at our door, and like it
very much indeed - shall
get some as soon as I
learn where sold - it is
very good indeed. Ruth
was very much pleased.

My Ruth is a fine little
girl - is doing very well
in school in spite of her
bad hearing which is
improving somewhat.

She is the best reader in
her grade, in fact reads
most any thing, is playing
piano - very well for having
had so few lessons and seems

CHICAGO THERAPEUTIC INSTITUTE

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CHICAGO

WILLIAM S. SADLER, M. D.	DIRECTOR
LENA K. SADLER, M. D.	ASSOCIATE
E. H. SEABRIGHT, M. D.	
WILFRED C. KELLOGG	MANAGER
ANNA B. KELLOGG, R. N.	HEAD NURSE

TELEPHONE CENTRAL 8110

to have a natural gift for
painting -

Wilfred often says, "Mother
she has a memory just
like J. H. W. did you ever
see her equal."

We are all very well
and happy.

Please remember me to
Dr Kellogg and thank
him for me. Wilfred &
I often speak of you & are
so happy that you girls
are there to look after
the doctor.

We both send our
very best regards to you, my love

to any of the girls you
may see.

Yours Most Cordially.
Amat & Steezy.

3/3/22

March 7, 1923.

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

My dear Sir Horace:

Your letter of February 11 has reached me.

I am terribly shocked by the news that your house is in ashes. The announcement that I saw in the paper was that some damage had been done to the house by the explosion of a bullet but I got the impression that the house in general remained intact. The destruction of your diaries and of your precious documents you have been collecting and your choice library, the work of so many years, is a most terrible loss to say nothing of the destruction of the place, the associations of which during so many years as well as its comforts must be very precious to you at your age. It is simply horrible, too horrible for expression in words. I have always felt fairly comfortable with reference to you and your interests in Ireland for I thought that certainly every Irishman must revere you as a parson saint and consider himself in duty bound to protect your person and your property. I have for a good while been feeling that that man, DeValera, and his adherents must be either a lot of lunatics or a gang of infamous scoundrels, perhaps a combination of both. I am losing all patience with those fellows and all sympathy for them. Is there no possible end to this villany and disorder?

Pros. & Rates
O. P. & M.
Mens. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found
at B. C.
B. C. Idea
Rates—Special
Phy., Clergy,
Teacher
Soul of B. C.
Man. Experience
Ann. Report
Rel. of Habits
Eating for
Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
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N. S. P. E. Cat. &
Appli.
I. S. Cat. &
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Eugenics and
Euthenics
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New Race
Race Bett.
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Plunkett
Reprint
Guelpa's Dis-
covery

---2

From what you told me of the interference of Lord George with the settlement you had arranged, I cannot help but feel that he is really the arch criminal because he sacrificed the welfare of Ireland to the promotion of his own political scheme.

The hearts of all your friends are bleeding for you in this terrible tragedy. How I do wish there was something I could do which might be some little comfort to you.

I am sending you by this mail some books to replace those you have lost and will send you another book which is now in press--"The Natural Diet of Man" as soon as it is out. I have also ordered "Good Health" and "The Battle Creek Idea" sent you regularly, and have put your name on the mailing list for our Medical Bulletin which we are now sending to the medical profession in this country.

There are some of our foods also which I would like to send you if you will tell me what ones you will make use of.

It seems to me it would be perfectly right to capture and either deport or send to the firing line men who are guilty of such crimes as have been committed against you. It certainly is not the expression of the feeling of the Irish people toward you but is simply a crime committed by men who have no moral sense and who take advantage of the unsettled state of the country to give expression to their wild and savage impulses.

Do not allow yourself to get run down or depressed vitally. On account of the serious trouble you had with your bladder it is of the highest importance to keep yourself up to

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NSPE. Cat. & Appli.
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—3

the very highest level of vital resistance as otherwise there is a possibility of a return of the trouble. I am sorry to bother you with this unpleasant suggestion but I have been very anxious about the matter ever since the difficulty appeared and am sure it is of the highest importance for you to keep yourself on the highest vital level possible. Do be careful. Do not take any unnecessary chances of coming in contact with those insane furies that I see by the papers are still perpetrating atrocities against their own countrymen.

If you do not improve, by all means come back and be our guest for a few months until we get you well on your feet again. We will be delighted to have you with us and to have the pleasure of aiding you as a loved and honored guest as long as you can find it possible to stay with us.

I remain, as ever,

Sincerely and respectfully yours,

—2

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O. P. & M.

Mess. of Man

Fas. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

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S. Life Bklt.

S. L. De Luxe

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Reprint

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covery

March 7, 1923.

Good Health:

Send "Good Health" regularly to Sir Horace
Plunkett, c/o The Plunkett House, Dublin, Ireland.

Send this complimentary.

J. H. K.

V-2

March 7, 1923.

Extension Dept:

Send "The Battle Creek Idea" regularly
to Sir Horace Plunkett, c/o The Plunkett House,
Dublin, Ireland. Also send him the Medical Bulletin regularly,
putting his name on our mailing list. Send these complimentary.

J. H. K.

7-2

March 8, 1923.

Modern Medicine:

Send to Sir Horace Plunkett, c/o the
Plunkett House, Dublin, Ireland, a copy each of the
following books with my compliments:

"The New Dietetics"
"Colon Hygiene"
"The Itinerary of a Breakfast"
"Autointoxication"
"Tobaccoism" and cook books.

J. H. K.

Boston News Bureau.

C. W. BARRON, MANAGER,
30 KILBY STREET, BOSTON, MASS.

Cairo, Egypt,

March 13, 1923.

Dear Dr. Kellogg:

I have just had an interesting trip to Luxor up the Nile and the tomb of Tut-ankh-amen, to Jerusalem, the Dead Sea and the Jordan, Nazareth, Damascus and Baalbek and returning here to Cairo I find your interesting letter of February 14 concerning Durant.

I hope you saw my letter to Mr. Durant himself. Charles M. Schwab, who came over on the steamer with me, said it was the talk of the town and the bankers associated with him said I was dead-right. I have received many complimentary letters concerning it.

Very truly yours,

Dr. John Harvey Kellogg,
Battle Creek, Mich.

C. W. Barron

March 28, 1923.

Food Company:

Please send two boxes of Health Chocolates and two boxes of Laxa to Sir. Horace Plunkett, 105 Mount Street, W. I., London, England, with my compliments.

J. H. K.

b

March 28, 1923.

Modern Medicine:

Please send a copy of THE NATURAL DIET OF MAN to Sir
Horace Plunkett, 105 Mount St., W. I., London, England, with
my compliments, as soon as it is out.

J. H. K.

b

105 Mount Street, W.I.
March 16, 1923.

MAR 26 1923

My Dear Doctor,

On the 20th instant I have to undergo a Prostatectomy operation which Doctor Martin two years ago told me would soon be necessary. It is now pronounced to be urgent by Frank Kidd, an eminent kidney and bladder specialist, and my physician tells me that my heart is in a condition to stand the ordeal. If only on account of the after treatment, I shall be wishing that I could be under your care, but circumstances make it necessary for me to be near my work although I cannot do it. My secretary will let you know how I get on.

Among the priceless records lost to me in the destruction of my home are a large correspondence with you and others upon the Battle Creek idea. I also lost quite a library of Battle Creek books. Would you kindly have sent to me at this address, some copies of my own little essay - those sent by Mr. Ashley to New York never reached me - and also one or two copies of that admirable publication describing the whole sanitarium therapeutic procedure and life. I think it was in a blue cover, and I should like the latest edition.

I have no plans and it would be futile to make them until I see how the operation comes out. But I hope that next winter will see me again in the United States, where part of my life's work will be for the remainder of my working days.

Believe me,

Yours very sincerely,

Anace Pembert

J.H. Kellogg, Esq., M.D.
The Sanitarium,
Battle Creek, Mich. U.S.A.

6
Reprints } sent 3/24/23
4 Op. M }

March 28, 1923.

Sir Horace Plunkett,
105 Mount Street, W. I.,
London, England.

MAR 29 1923

1 Blue Book sent 3/28

My dear Sir Horace:

I have yours of March 16th telling me that you are to have the operation of prostatectomy performed on the 20th. As I see no announcement in the papers, I feel sure that you are by this time safely through the operation and on the high road to recovery. I am certainly sorry that you have had to undergo so much distressing treatment and would be glad if you were here where we could have an opportunity to do everything in our power for your comfort.

On receipt of your former letter I sent you copies of all of my books which I thought you would care for, addressing the package to the Plunkett House, Dublin, the address you sent me.

I find the edition of your admirable essay is just exhausted. We have half a dozen copies. I am sending four of these to you. We are getting out another edition and will send you fifty copies of this as soon as the edition is out, which will be in a week or two.

The particular description of the Sanitarium which you asked for is now out of date and out of print. I am sending with this some copies of another booklet, "Origin, Purposes and Methods," which may serve your purpose, and if I can find an extra copy of the blue book I will send that also.

Prosp. & Rates
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Mess. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found
at B. C.
B. C. Idea
Rates—Special
Phy. Clergy,
Teachers
Soul of B. C.
Man. Experience
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Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
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Appli.
NSPE. Cat. &
Appli.
I S. Cat. &
Appli.
Eugenics Reg.
Eugenics and
Euthenics
Race
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New Race
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Health Dec.
How Not to
Be Fat.
Plunkett
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Guelpa's Dis-
covery

Sir Horace Plunkett, No. 2.

I am glad you are going to be with us again next winter.

I think we shall have a milder winter than this year and certainly will do our best to make your stay here as pleasant and profitable as possible.


Hoping this will find you convalescent from your operation and relieved of the inconveniences occasioned by your prostatic trouble, I am,

As ever your devoted friend,

b

P. S. I found an extra copy of our Blue Book. It is a little soiled but I will send it along with the others. I am also sending a few boxes of Laxa and Health Chocolates. I have a little book in press. "The Natural Diet of Man," a copy of which I shall send you as soon as it is out.

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 covery



March 29, 1923.

Dr. L. Tissier,
Pasteur Institute,
Paris, France.

My dear Dr. Tissier:

Dr. Martin has returned and told me of his very delightful visit with you and of the valuable information you gave him concerning your work. I think your name is on the lips of more people here in Battle Creek than any other place in the world. We have always at least two thousand people here all told, and they all know about you and the wonderful things you have done for humanity in working out the facts in relation to the intestinal flora.

We are succeeding better than ever in changing the flora now that we are using large doses of Lactose-Dextrine. We find it works much more efficiently than any cultures we have been able to prepare. The fundamental advantage I think is that it encourages the growth in the colon of the acidophile organisms which are already there and accustomed to their environment and so are more likely to flourish than a new strain which might be introduced.

I would be very glad if you would give me any new points you have developed in relation to the intestinal flora and methods of changing it.

I am sending you specimens of different strains of *B. acidophilus*

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Guelpa's Discovery

Dr. L. Tissier, No. 2.

which we are employing.

I noticed Dr. Jordan, of London, recently published an article in the Lancet in which he takes the ground that Lactose-Dextrine is dangerous because it encourages the growth of the intestinal streptococci. This impresses me as being a very strange doctrine. I would be glad to have your views in relation to this.

I am still hoping you will sometime visit America.

Always with grateful appreciation of the great work you have done for the science of medicine and humanity, I remain, dear Doctor,

Respectfully yours,

b

Prosp. & Rates

O. P. & M.

Mess. of Man

Fac. of Safety

Rate & Res. Cd.

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Eugenics and
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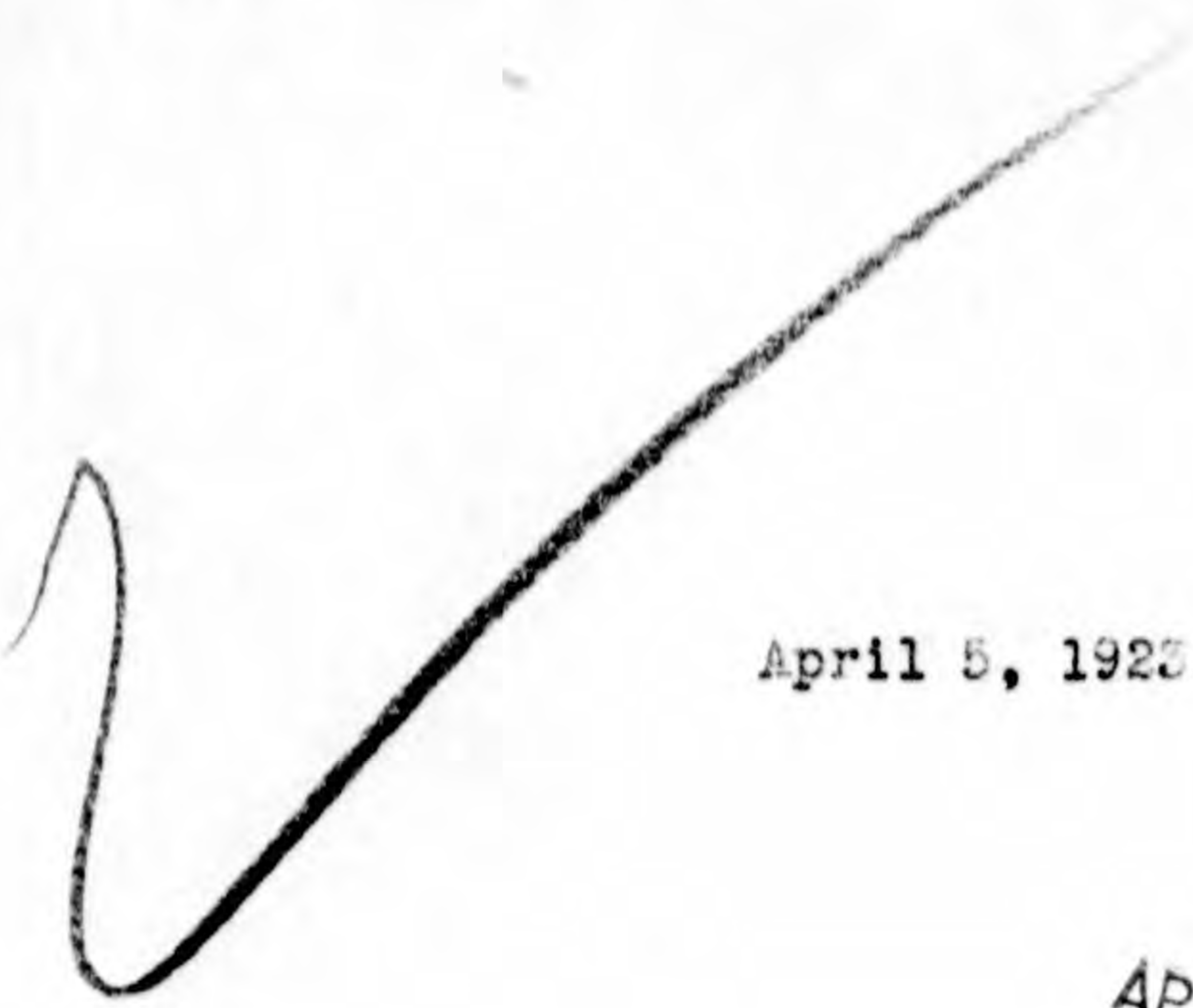
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How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery



April 5, 1923.

APR 6 - 1923

Boston News Bureau,
30 Kilby Street,
Boston, Mass.

Gentlemen:

I have a letter from Mr. Barron referring to a letter which he wrote to Mr. Durant. He would like to have me see it. It somehow escaped me. If you will kindly send me the paper containing the letter I will be obliged.

Sincerely yours,

b

Pros. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Notes—Special
Phy., Clergy,
Teacher

Soul of B. C.

Man Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat Exp Card

D. S. Cat. &
Appli.

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

I. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env

Diet List

Spec. Diet
Leaflets

Dia Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

File

April 9, 1923

Dr. Kellogg: -

We have been carrying on a number of experiments with regard to growing and keeping alive *B. Adicophilus* in some medium, which would serve the purpose as well and keep the organism as in the prepared whey culture which is used in connection with *Acidophilus Lactose*. Our method is using our liquefiable solid medium which contains enough agar to solidify it and sufficient gelatin to permit it to liquefy just below body temperature so that the organisms is pure culture placed in this medium while it is liquefiable and then permitted to solidify which it does very readily gives us the organisms in an excellent way for handling. We are able to tell by looking at the gross culture whether we have any contamination or not. In one or two instances where we have a few colonies of another organisms present, they could grow because they were held in anarobic state and and most contaminating organisms are anobic. We have also been able to prepare an excellent *Acidophilus* milk at the end of twenty-four hours with this culture. I will be able to tell you about it a little later on.

CER/EP

C. E. Rodrick,

April 9, 1923.

Sir Horace Plunkett,
105 Mount St.,
London, W. I.,
England.

Dear Sir Horace:

By a letter just received from your secretary we learn that you have gotten safely through your operation and that you are convalescing satisfactorily.

I hope you got my cable which did not begin to express the great joy we all feel in your getting safely through such a distressing and more or less perilous experience. It seems to me you have had more than your share of physical troubles. I hope you have left at least the worst of them behind.

From all I can see in the newspapers, things seem to be getting a little more quiet in Ireland but I confess I have a sort of feeling that the world would be better if a Kind Providence would remove de Valera to some other sphere. I see it hinted also that Lord George is likely to get back into power. Whether this bodes good or ill for Ireland, I do not know but I certainly do hope that the dove of peace will manage to find a chance to perch in your distressed country before long. Your many thousands of friends in this country I am certain will never get over the smart of the attack upon your home. I felt so sick when I heard that your beautiful retreat had been actually destroyed that I really felt like going to bed. I do not know of anything that has shocked me more in a

Prop. & Rates
 O. P. & M.
 Meas. of Man
 Fac. of Safety
 Rate & Res. Cd.
 Rea. Why Bklt.
 Vacation Bklt.
 Grierson Bklt.
 S. Life Bklt.
 S. L. De Luxe
 What I Found
 at B. C.
 B. C. Idea
 Rates—Special
 Phy., Clergy,
 Teacher
 Soul of B. C.
 San. Experience
 Ann. Report
 Rel. of Habits
 Eating for
 Efficiency
 Imp. Clean Milk
 No Brh. Fldr.
 Winter Fldr.
 Kellogg Frds.
 Menus
 Pat. Exp. Card
 D. S. Cat. &
 Appli.
 N.S.P.E. Cat. &
 Appli.
 I. S. Cat. &
 Appli.
 Eugenics Reg.
 Eugenics and
 Euthenics
 Race
 Degeneracy
 Needed
 New Race
 Race Bett.
 Proc.
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 Diet List
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 How Not to
 Be Fat.
 Plunkett
 Reprint
 Guelpa's Dis-
 covery

Prosp. & Rates

O. P. & M. **Mr Horace Plunkett.--2**

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt. long time.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. 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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Efficiency

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Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
New RaceRace Bett.
Proc.Tobacco Tracts
Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

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Drug Add. Lit.

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Health Dec.

How Not to
Be Fat.Plunkett
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covery

I have had sent you the several things you

suggested. If you think of anything more I can send you, by all means

let me know. If there are any of our foods or anything else that will

be of any comfort to you, by all means call on me.

I hope before long to have a depot established in

London where all our things will be available. We are gradually

developing an interest in the English field.

Things are going very well here. The Sanitarium is

well filled for this season of the year. We have been having a larger

patronage since the first of January than ever before at this season.

We are just taking active steps for the organization

of a college by lengthening the courses in our several schools to four

years. There is an increasing demand for graduates and a great

appreciation of them. Last year the United States Navy sent a group of

nurses here for instruction in our School of Home Economics and this

year we have a group of army nurses. Next year we shall have more of

both. Most of our graduates have positions arranged for before they

complete their work. They are picked up by Boards of Health and even

by state universities all over the country. There are something like

fifty in charge of hospitals. The profession seem to be appreciating

our work more and more and I do not forget that we owe something of

this appreciation to your eloquent and tactful presentation of our work

at a time when it had much less recognition than now. I appreciate that

this was a very courageous thing for you to do and assure you your

friendship and moral support at that time were greatly needed and a very

great encouragement indeed.

Prosp. & Rates

O. P. & M. S. Horace Plunkett.--3

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

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Appli.

Eugenics Reg.

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DegeneracyNeeded
New RaceRace Bett.
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Tobacco Tracts

Stpd. Ret. Env.

Diet List

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How Not to
Be Fat.Plunkett
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covery

I hope you are now able to get about and out of the hospital and that you will soon find yourself rapidly recuperating.

We should be glad indeed to have you with us next year for a longer time. I wish you could be with us in the summer season. We have most delightful summers here. If you could come a little earlier in the fall, you would get your blood built up and then you would not notice the cold weather. Perhaps you would find the cool weather a real tonic. I did not go away this winter nor last winter and I really enjoyed the cold weather. I find myself, on the whole, in better health than in many years. For the last two months I have had all of Dr. Case's work to do as well as my own and some days very heavy surgery, having to stand six or seven hours continuously at the operating table but I have stood the work with perfect ease.

I find the new method of changing the flora by the use of Lactose-Dextrine which we have gradually perfected is a wonderful means of rejuvenation.

I had a letter from Dr. Walter B. James a day or two ago telling me that he would be with us again in a week or two.

Dr. Mortenson and Dr. Martin who have been spending the winter in Europe are home again and both report a very profitable trip. Dr. Case has been taking a trip through South America with a shipload of Fellows from the American College of Surgeons. He writes me that he has been having a splendid time, getting acquainted with South American doctors. He will be home a week from today.

I am sorry that you are so far away that we cannot offer you anything but good wishes. Be assured that you are often in our thoughts and that we shall look forward with the greatest pleasure

Prosp. & Rates

O. P. & M.

Meas. of Man **Mr Horace Plunkett.--4**

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bkts **your next visit and I hope you will be able to stay longer**

Vacation Bklt.

Grierson Bklt. **and that we shall be able to do more for you.**

S. Life Bklt.

Always with kindest regards, I remain, my dear

S. L. De Luxe

What I Found **Mr Horace, as ever,**
at B. C.

B. C. Idea

Sincerely yours,Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

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Appli.

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covery

Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET BOSTON, 8, MASS.

File

April 10, 1923.

APR 15 1923

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

Dear Sir:-

As our supply of Boston News Bureaus containing Mr. Barron's letter to Mr. Durant is completely exhausted we are mailing you with this letter a copy of BARRON'S in which this letter was reprinted.

Very truly yours,

BOSTON NEWS BUREAU.

By-

Thos. F. Lyons

W/Mc

→

Please return.

Best address

105 Mount Street

London W 1

England.

19th April 1923

My dear Doctor and best of friends,

How am I to thank you for your many kindnesses to me in my little troubles? I was very successfully operated on just thirty days ago and a week ago was sent in an ambulance to convalesce at Brighton, where the Nursing Home I was in in London has a branch establishment. I had to endure a good deal of pain owing to a carbuncle having developed itself actually adjoining the abdominal wound. But although I am very weak and shall have to take life easy for some weeks, I think I shall be much the better for the removal of the gland which Dr Martin advised in the winter 1921-2. The operation had become urgent as I was carrying a pint of residual urine.

I have not received all the books and other things you sent yet. In London I have only two small rooms. The Plunkett House in Dublin is an office building where all my Irish activities are assembled. I do not know where I shall make my home. Rebuilding Kilteragh is out of the question. I may build a small wooden house on my farm there when I am strong enough to resume active work. On the other hand I am much tempted to have no home for a while, leaving myself free to work wherever I can produce the best results. My whole ambition is to help in getting the English speaking peoples to realise the importance of attending to the needs of rural communities and to brighten the lives of the farming part of the population which has been sadly neglected the last century and more. My chief work has been trying to secure the adoption of a definite policy of rural reconstruction in Ireland and then spreading the idea to other countries. For some time to come I doubt making much headway in my own country. Indeed, I am not at all sure that I should not serve Ireland best by demonstrating elsewhere the soundness of what in happier times was an almost exclusively Irish policy.

I mention all this as I know you are interested in my work, which you have greatly helped me to do by teaching me how to conserve my health. I also wanted you to know that I shall have every reason to keep up my American connexions, one of the most prized of which is The San. I did not nearly finish the work I was engaged upon in the States last winter and shall probably have to resume it in the late Fall.

This is as much as I shall be allowed to write (I carry my own little Typewriter with me) today, as I am kept rather strictly. I only wanted to send you my grateful thanks before you could think I must not have got your letters of March 7 and 28 and your cable of April 8.

Very sincerely yours

Anaë Pembell

APR 29 1923

Not answered

Brighton.

1st May 1923

MAY 10 1924

My dear Doctor,

Since I wrote you the other day, another characteristically kind letter (of April 9th) has reached me. Today also came a package of Laxa and Chocolate came here. I shall be glad when you have set up an effective agency over here for the sale of the Food Company's products. Have you considered making Selfridge & Co (Oxford Street, London W 1) your agent? As you know Gordon Selfridge is a Chicagoan with the ambition to beat all competitors in London in the general merchandise line. The huge store stocks your brothers products. I sent my secretary to see if he could find your foods there and he brought back what he thought was your Bran "Cooked and Krumbled". I know Selfridge and would mention the matter to him if any good could so be done.

It is true that the end of actual civil war between the Republican forces led by de Valera and the Free State troops is imminent. But when that step towards peace is made we shall be a long way from a real settlement of our troubles. There are probably 100,000 young men with arms in their possession, of whom perhaps three quarters are or have been in one or the other army. Among other acts of destruction they have destroyed all means of their own remunerative employment. They have been in one way or another living upon the country, and it will take a stronger Government than is yet in sight to deal with such a problem. The Free State Government have shown great courage and ability. But the task on which they have been engaged is one of police and not of general statesmanship. They obtained their high positions chiefly by prowess in the field and in few instances have had any experience of government to qua-

lify them for the appallingly difficult task they will have to face in establishing anything like normal conditions in the economic and social life of the people. The day before I left New York I addressed a large meeting in the Town Hall upon Ireland. One of the audience asked me what effect the return of Jim Larkin, who had just been released from Sing Sing, to his native country would have. On the spur of the moment the only answer I could think of was "I suppose Ireland will gain what America loses". He is reported to have arrived in Ireland and I fear will not help towards peace. But we must hope for the best.

I am still very weak and nothing but my heavy responsibility to my numerous fellow-workers in my own country prevents my accepting your most kind invitation to go to the greatest health institution in the world. I cannot attempt to resume my active work among the Irish farmers, upon whose productive energies the prosperity of Ireland absolutely depends, for many weeks. But I do not like to be altogether out of reach. At any time I may have to run across the Irish sea and do my best to get the dislocated machinery of the agricultural cooperative movement to work as before the Anglo-Irish and Free State versus Republican conflicts paralysed my efforts towards Irish progress.

In these sad times it is heartening to hear of the growing success of all your work, and an added delight to know that it has not in any way diminished the amazing efficiency with which you proclaim the wonders of the Battle Creek idea when faithfully practised. It looks as if you will be forced to start branches of the San in many places as the crowning act of your life. Probably the easiest way to prepare for this step is the development of the college courses of which you told me in the letter before me.

Yours very sincerely

Grace Hunkelt

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

Enroute to Battle Creek,
May 5, 1923.

Dear Dr. Kellogg:

Under date of February 1 you gave me some very sound advice and said that you and Dr. Stewart would find a man to travel with me and regulate my diet, with intelligent companionship. Have you found him?

I am still a kid and need a master - a diet master.

Recently in ten weeks out of this country I traveled far, slept little; ate much and kept up my resistance; learned more, traveled more and worked harder than ever before. But as I was traveling in Italy, Egypt and Palestine I deemed it unwise to attempt to diet and I believe I must now start in steadily to take off more than I have ever taken off before, but do it over a long^{er} period.

But I must have somebody to lay out my regimen.

Very truly yours,

C. W. Barron

P.S. I don't see how you can write me as you did February 4 that prostitution and the taking of alcoholic stimulants "stand on exactly the same footing." One seems to me to be immoral, and I can't understand how you can find any immorality in anybody drinking fermented or unfermented juice of the grape.

Dr. Brown, head of the Bellvue Hospital, who crossed the ocean with me in February said more people were injured by meat eating than by alcohol.

He also said that while at the hospital alcoholic cases fell off with the inauguration of Prohibition, they are now more than before and the evil of dope and drugs has tremendously increased.

C. W. B.

May 7, 1923.

Mr. C. W. Barron,
Sanitarium.

My dear Mr. Barron:

I am enclosing a letter from Sir Horace Plunkett
which I thought perhaps you would like to look over and see just
what sort of a man he is. The poor man has been badly treated by
his countrymen.

Sincerely yours,

MAY 8 1924

Prop. & Rates

O. P. & M.

Views of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Notes—Special
Phy., Clergy,
Teacher

Soul of B. C.

Man Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat Exp Card

D. S. Cat. &
Appli.

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

T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Std. Ret. Env

Diet List

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Leaflets

Dis. Manual

Drug Add. Lt.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

D. P. & M.

Phys. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

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Phy., Clergy,
Teacher

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Kellogg Frds.

Menus

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Appli.

Eugenics Reg.

Eugenics and
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DegeneracyNeeded
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Proc.

Tobacco Tracts

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Diet List

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Reprint No.

Health Dec.

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Be Fat.Plunkett
ReprintGuelpa's Dis-
covery

4

May 7, 1923.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

MAY 8 1924

I have yours of May 5th.

I see I did not make myself quite clear. I did not mean that prostitution and the use of alcoholic stimulants stood on the same ethical footing, but they were in the same position as regards being declared illegal by statute. Frankly, however, I must admit that I do regard it as immoral to drink alcoholic liquors or do anything else which one knows is destructive to life and efficiency. In other words, I feel it is as immoral to commit an assault upon one's own body as to attack another person's body, for as Paul says, "We are not our own, but bought with a price." Our bodies are loaned to us for legitimate uses and not to be abused.

I agree with Dr. Brown that more people are injured by meat eating than by alcohol. I have no doubt at all about this point. But the turpitude of an act depends upon our knowledge of its character and consequences as much as upon the act itself.

The people of the present generation are in the same position as the people who lived two generations back. They are laboring under the delusion that meat is nutrient par excellence just as people 60 years ago believed alcohol to be a good creature of God to be received with thanksgiving, a wonderful rejuvenator.

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

aqua vitae as Paracelsus called it, and then rolled into a drunkard's grave.

Dr. Brown may have as many alcoholics at Bellevue Hospital as he had before prohibition, but if he does it is because practically all the other alcoholic wards in New York have been closed and so he gets them all.

Sincerely yours,

d

Prop. & Rates
O. P. & M.
Cons. of Man
Fac. of Safety
Rate & Res. Cd.
Res. Why Bldg.
Vacation Bldg.
(nterson Bldg.
S. Life Bldg.
S. L. De Luxe
What I Found at B. C.
B. C. Ideas
Notes—Special
by, Clerk, Teacher
Nov. of B. C.
Man Experiences
Ann. Report
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No Brh. Fldr.
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Kellogg Fldr.
Menu
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N. S. P. E. Cat. & Appl.
T. S. Cat. & Appl.
Eugenics Reg.
Eugenics and Euthenics
Race
Degeneracy
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New Race
Race Belt.
Proe.
Tobacco Trade
Std. Ret. Exp.
Diet List
Spec. Diet
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Drus Add. Lit.
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How Not to Ho Pat.
Plunkett Reprint
Guelpa's Dis-
covery



The Battle Creek Sanitarium
Battle Creek Michigan

May 7, 1923.

Mr. C. W. Barron,
Sanitarium.

My dear Mr. Barron:

I am enclosing a letter from Sir Horace Plunkett
which I thought perhaps you would like to look over and see just
what sort of a man he is. The poor man has been badly treated by
his countrymen.

Sincerely yours,

b

J. H. Kellogg^B

I have met Sir Horace

many times - in Port on 8/4/21,
as well as here; He is a
Noble Man CMB

MAY 28 --

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. P. U.
FOLLOW

May 27, 1923.

MAY 28 1924

Prop. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
Rea. Why Bklt.
Vacation Bklt.
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S. Life Bklt.
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Rates—Special Phy., Clergy, Teacher
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Kellogg Frds.
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Pat Exp Card
D. S. Cat. & Appli.
NSPE. Cat. & Appli.
I S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
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Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpe's Discovery

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

Dear Mr. Barron:

I am awfully sorry I did not succeed in getting the Tufa to you before you got off on the train. I got caught on the way down to my office and, when I succeeded in extricating myself, the train had just left. I had it sent on by parcel post by the first mail and hope it reached you safely. It was sent to your address at Cohasset.

Thanks for sending me the enclosed program of a symposium on health at the Hotel Astor. The speakers are about the finest bunch of health fakirs ever gotten together. Not a single one among them has any scientific standing whatever.

Sincerely yours,

v-m

MAILED
FILE
NO. P. U.
FOLLOW

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O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Cd.
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Grierson Bklt.
S. Life Bklt.
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Race Degeneracy
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Health Dec.
How Not to Be Fat.
Phunkett Reprint
Guelpa's Discovery

May 28, 1924

MAY 29 1924

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

Dear Mr. Barron:

I am very much obliged for the copy of "The New-Church Review" that you sent me. Your article on power is marvelously interesting. How in the world you ever find time to prepare such masterly articles I do not see. You are certainly blessed with a wonderful brain and a wonderful stomach, two of the most precious things a man can be the owner of. The inside information you give in this article is a rich treat.

As ever,

Sincerely yours,

Yours

June 1, 1923.

Sir Horace Plunkett,
105 Mount St.,
London, W. I.
England.

JUN 2 1923

Dear Sir Horace:

I have yours of May 1st.

I am delighted to hear that you are recuperating and hope by this time that you are considerably improved. I am delighted to see in late papers the evidence that de Valera and his followers are becoming more sensible so that there is a hope for peace. I confess, however, I cannot understand how men who have any sense at all can endure the ordeal of facing their fellow citizens after they have been guilty of such atrocious crimes in the destruction of public property and especially in the assassination of innocent men and women in such bastardy outrages/as the destruction of your beautiful home with all its lifelong accumulation of priceless documents and other treasures. I confess I have for sometime entertained the most ardent hope that de Valera would be captured and executed. I am afraid there is no peace for Ireland as long as he remains alive. He seems to be a lunatic.

It is delightful to witness the splendid achievements of your old friend, Pinchot, in this country. He

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at B. C.

B. C. Idea

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Soul of B. C.

Man Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

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Winter Fldr.

Kellogg Frds.

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Appli.

NSPE. Cat. &
Appli.

T S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env

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Drug Add. Lit.

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How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

Sir Horace Plunkett.--2

seems to have wholly defeated the old time politicians, and if he is able to carry out his program he will make Pennsylvania as famous for good government as it has been for many years back for corruption.

We are just now waiting with considerable suspense to see what Gov. Smith of New York is going to do with the repeal of the Prohibition Enforcement Bill. If the Bill becomes a law, it looks as though it might be the beginning of a retrograde movement which would be most lamentable.

I am sure you will be glad to know we are making good progress in the development of our college scheme. Everything is set for beginning regular college work next fall. We have considerably enlarged our faculty. Besides our regular faculty, which I believe will be the strongest faculty in Michigan outside the University of Michigan and the Agricultural College, we are going to have a list of visiting lecturers each one of whom will represent some subject more or less closely associated with the idea of biologic living or race betterment. We already have on our list of lecturers, Prof. Irving Fisher, Prof. M. V. O'Shea of Wisconsin University, Prof. F. N. Scott of the University of Michigan, Dr. David Starr Jordan of the Stamford University, California, Prof. C. B. Davenport of the Eugenics Record Office, and Dr. E. V. McCollum of Johns Hopkins and I am very anxious to add your name to the list. You can talk to us about rural life or any other subject you like. The lecturers will select their dates for giving their addresses which are most convenient for them. I hope you will permit us the honor of numbering you among our visiting lecturers.

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covery

Sir Horace Plunkett.--2

As regards an agency for our foods in London, we ought to have done this long ago but have not succeeded making satisfactory connections. Your suggestion that we could arrange with Selfridge we have taken up and hope to make a satisfactory connection with them. We have dealt more or less with one London firm who have acted as brokers but have had no retail agency as we ought to have had. Our food business is developing considerably in this country and I hope will amount to enough to be able to provide for our new college work.

Hoping you are making steady progress healthward and always with kindest regards and sympathy for you in all your afflictions and distressing experiences, I remain, dear Sir Horace,

Most cordially yours,

P. S. We have been having a very delightful visit from Dr. Walter B. James of New York and Col. Myles of New Orleans. Just now we have with us a very charming patient, a Mrs. Adams, whose name is very likely familiar to you as a writer in the Geographic Magazine. Last year she published a very interesting article entitled "A Longitudinal Journey Through Chile."

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Prosp. & Rates

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Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

The Oaks,
Cohasset, Mass.,
June 7, 1923.

File

JUN 12 1923

Dear Dr. Kellogg:

Mr. Barron asked me to acknowledge
with many thanks your courtesy in forwarding the
dozen packages of Tufa, which have been received.

Sincerely yours,

Raymond O'Brien

Dr. John Harvey Kellogg,

June 19, 1923

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 covery

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

Dear Mr. Barren:

I saw your friend Mr. O'Connell soon after he arrived. We found
 he had a diverticulosis of the pelvic colon. This is a condition in which
 small sacs form on the bowel. One of these ruptured and necessitated an
 operation. At the operation it turned out that the patient was undoubtedly
 a pneumonia carrier and he developed a severe attack of pneumonia. For a few
 days he had a very critical time. He is still not out of danger, but from day
 to day his symptoms are improving and we hope to pull him through. Be sure
 we are giving him every possible attention, including the oxygen inhalation
 which he is receiving in the most approved form.

Sincerely yours,

105 Mount Street
London W.1
19th June 1923

JUN 28 1923

My dear Doctor,

Your letter of June 1st has just reached me. I am resting in a cottage within easy reach of London. I find I must hide from all my fellow-workers, as I simply cannot keep my mind at rest except in solitude. I have an excellent private secretary who does all the necessary work, while I read books which do not provoke too much thought. My convalescence is slower than I had hoped. The pain of the last operation was greatly aggravated by a carbuncle inside the abdominal wound and my nerves are all on edge. Rest and the nearest approach to the Battle Creek diet I can manage will bring back my sleep in due course. But I fear it will be some time before I can be of any use to my distracted country.

It is cheering to hear of the accelerating progress of your great work. The college scheme cannot fail to produce lasting results of the first importance. I hope a sprinkling of old country students will pass through the Battle Creek course of study and spread the light on this side of the Atlantic. It is a smaller matter, but I am glad you are thinking of a London agency for the foods. There is quite a lot of teaching in the advertising which accompanies them.

I too am rejoicing in the success of Gifford Pinchot. A few days ago I saw his wife in London and heard a good deal about his past achievement and future plans. He has done splendidly with the law enforcement in spite of the machine. I do not think we need take the New York Governor's behaviour too seriously. The Middle West is more and more dominating the policy of the United States, and its attitude upon prohibition appears to me to be fixed for ever.

In the early Fall there will be an election in Ireland. Until we see the result of this it will be hard to forecast the future of the Free State. We are bound to suffer for a long time to come from the fact that there are probably 100,000 young men in the island who have been engaged in the civil conflict through the years when young men make their characters and lay out their careers. They have destroyed most of the openings they might have had in Ireland, and it is a grave problem how to provide for them at home or find opportunities for a fresh start for them abroad. The situation is aggravated by a number of women who are poisoning the moral atmosphere with an insane and implacable hatred of everyone who does not agree with them. Girls between twelve and sixteen have taken part in the murder and arson with which the Holy War is waged. They are quite sincere in their belief that they are serving a noble cause. It is all very sad.

It is impossible for me to commit myself to any definite dates until I know what time I shall have to spare from my own work when I am in a condition to begin making up for lost time. But if it is at all possible I should consider it an honour to take part in the lectures by outsiders you are projecting.

Yours always

Anna Whitwell

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O'Shea and Kellogg's EVERYDAY HEALTH SERIES

Books I and II

JUN 29 1923

These two volumes, which form the Everyday Health Series, present in a very simple yet scientific form the elements of physiology and chemistry, a knowledge of which makes for right living. The aim which the authors, M.V.O'Shea, Professor of Education, University of Wisconsin, and J. H. Kellogg, Superintendent of the Battle Creek Sanitarium, have kept in view is the awakening in the child a normal desire to so live as to develop strength and preserve health as a means to happiness and the acquirement of what he may desire in life. The text is supplemented by many photographs and drawings made especially to illustrate and impress the fact of health upon the children through the eye as well as by its appeal to reason and motivation.....

From school for June, 1923.

MAILED

FILE

NO. 7. U.

FOLLOW

July 2, 1923.

Sir Horace Plunkett,
105 Mount St.,
London, W. I.,
England.

My dear Sir Horace:

I have yours of June 19. I am very glad indeed to hear that you are gaining ground although your progress is slow. Doubtless quiet and a good long rest is the best thing for you. I only wish you were here where we could contribute to your improvement. Our outdoor gymnasium would be a capital thing for you. We are having delightful weather. Why not come over here for the summer instead of stopping in England? I believe you will get along a good deal faster. If you could get here in September instead of waiting till December, you would get the benefit of our very delightful Indian summer which is one of our best seasons.

I presume you have heard that Professor Friday has left the Agricultural College. It appears that he had some trouble with the Board managing the school. I understand he has gone to Washington.

We have with us at the present time Senator LaFollette of Wisconsin. He is quite a character. He is very quiet here, trying to recruit his energies so that he can organize his "bloc"

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Spec. Diet Leaflets
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How Not to Be Fat
Plunkett Reprint
Guelpa's Discovery

Sir Horace Plunkett.--2

with which he hopes to control legislation. I believe he lacks one of enough votes to give him the balance of power.

I am very proud that we are able to put your name in our curriculum as a visiting lecturer of Battle Creek College. Prof. Fisher, Dr. McCoblum of Johns Hopkins, Dr. Anderson of Yale, Dr. David Starr Jordan, Chancellor of Leland Stanford Junior University, Prof. F. N. Scott of the University of Michigan, and Prof. M. V. O'Shea of the University of Wisconsin are going to favor us in the same way. I will be sending you a copy of the announcement shortly.

The interest in biologic living and the rational treatment of disease is rapidly growing. The medical profession in this country are changing their attitude and the spirit of medical progress is in the air.

I was recently called to Ward's Island, New York City, to address the superintendents of the state hospitals. I am sending you with this a manuscript copy of my address, also a copy of another paper on milk which, by request, I recently presented before the American Association of Medical Milk Commissions at San Francisco. I understand from Dr. Roderick, who went to read the paper for me, that there was a good deal of interest in the paper. It presented some new points of view to which sufficient consideration has not been given.

I am also sending along several copies of a little poster, one copy of which I enclose. This poster was gotten out by the Agricultural Department to help the packers and they are having such a hard time it occurred to me that I ought to help them circulate their poster. Last week was "Eat More Meat" week in the

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covery

Sir Horace Plunkett.--3

whole United States, and all the butcher shops in the country were ornamented with this Government poster and other posters extolling the virtues of meat and persuading the people to eat it. Newspapers are teeming with articles telling people about the great surplus of meat which should be eaten in order to dispose of it. The popular idea at the present time seems to be that if anything is found lying about for which there is no use, it must be eaten to get it out of the way. The millers are taking the cue from the packers and are urging people to eat one more slice of bread at each meal so as to use up the supply of wheat. They have not explained to us how it is possible for us to eat more meat and more bread when we are already eating too much meat and would be better off if we ate less cereals and more potatoes.

We are having a very successful season, more patients than ever before at this time of year. The whole country seems to be waking up to the importance of giving more attention to health.

Trusting you are making good progress healthward,
I remain, as ever,

Cordially yours,

V-2

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T. S. Cat. & Appli.
Eugenics Reg.
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Race Degeneracy
Needed New Race
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Guelpa's Dis- covery

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

July 2, 1923.

Miss Gertrude Estill,
c/o Modern Medicines Publishing Co.,
Battle Creek, Michigan.

Dear Miss Estill:-

In re. Race Betterment Foundation.

You telephoned me asking for a proposed resolution to be adopted by the Race Betterment Foundation regarding the acceptance and administration of the trust. I enclose a proposed resolution but the same will have to be changed possibly to meet the desire of the Board because the residue was not in cash and before the terms of the Will can be carried out I take it that some of it, at least, should be converted into cash.

Going over the Will in detail I give you the following:-

As to paragraph marked First, I take it all debts have been paid so that needs no further attention.

As to paragraph marked Second, it being my understanding that the younger child has not yet reached 21, that provision cannot yet be carried out, however, the trustee, the Race Betterment Foundation, is given power in that paragraph to sell said lots if deemed advisable, in the meantime, of course, trustee is bound to see that all taxes are paid.

As to paragraph Third, I call attention to the fact that a portion of the paragraph relating to Mrs. Jennie Eaton Dearing, I take it, is revoked by Paragraph II. of the codicil; that leaves the way clear for the trustee to pay the legacies named in the balance of said paragraph in the order indicated from the proceeds of the personal property on hand. These specific legacies total Four Thousand (\$4000.00) Dollars. The balance should be placed in a fund for Mothers, as indicated in the last paragraph of said sub-division three. Of course from these specific legacies above indicated I think should be deducted the respective amounts of inheritance tax paid by the estate as follows:-

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

July 2, 1923.

Estill #2

John Frances McPherson	\$37.88
Gertrude McPherson	37.88
Ervilla E. Eberhardt	60.60
Seventh Day Baptist Missionary Soc.	60.60
Ellis B. McPherson	30.29
Seventh Day Baptist Memorial Fund	30.29
Eaton Memorial Scholarship	<u>60.59</u>
	<u>\$318.13.</u>

As to the Fourth subdivision of said Will, I am not informed as to the amount of the royalties, but this should be placed in a fund as indicated in the Will.

As to the Fifth, subdivision, I understand that the belongings and effects have been distributed with the possible exception of some few items.

I also enclose a proposed resolution to be adopted by the Sanitarium.

Yours very truly,

ES.
Encs.

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

The Oaks,
Cohasset, Mass.,
August 7, 1923.

Dr. John H. Kellogg,

Battle Creek, Mich.

Dear Dr. Kellogg:

I have invited Sir Basil Zaharoff to accompany me to Battle Creek this fall. He is said to be the richest man in Europe, but, of course, such things are very much exaggerated. I will tell you about him if I can induce him to come out, but meanwhile the information is very confidential to you. While Zaharoff is denounced as one of the richest men in the world and a maker and un-maker of governments, he is also a man of mystery, although I have known him personally and loved him much for some years.

Zaharoff writes me from Paris that there is a possibility of his coming with me if the Ruhr situation doesn't keep him engaged at home in looking after other people's interests, to which his life seems to be devoted. He says he has very good accounts of you and was very much interested in what I told him of you when last in Paris, as well as what I wrote him.

W
My friend Louis Lombard of Chateau De Trevano, Lugano, Switzerland, has postponed his trip to Europe this year and taken my advice to go to Battle Creek and get an analysis of his constitution. He has in Switzerland one of the palaces of the world built by the Rockefeller of sixty years ago, then the richest man in the world - the great Russian railway contractor, Von der Veiss.

You will find Mr. Lombard an interesting man and he will tell you all about his estate in Switzerland if you wish. He is also a musician, has conducted opera and written at least one book on music. I hope you will give him a little of that personal attention which I so highly prize.

I hope later to let you know when I can come out this fall and perhaps make a stay a little longer than usual for I really want to take off forty or fifty pounds.

Very truly yours,

C. W. Barron

Bethel, Maine, July 23 '23

Dear Friend Kellogg

I was very much pleased to get your last letter, in which you speak so appreciatively of my new book. It has evidently caught on from various directions I hear that there is a big demand for it. I hope it will add enough to my income to enable me to give up journalism and devote all my time to books. The article on it which I hope you will write for the Good Health magazine — which I read eagerly every month — will add fuel to the flame. I am sure. Several of my friends have written me that they do not like reading it all at once, like a novel. And a book like that is, of course, not for one season only but what the booksellers call a "stayer".

We thank you very much for the
 layers and paramels & the vitabits - all
 of them are on our table always, besides
 the bran biscuits, which we consider
 delicious. We use both soyita and
 vegex - they add ever so much to the
 flavor of things. The paramels have
 been particularly good lately; yet a
 lady at our table yesterday (she needs
 them) wouldn't take more than
 a bite. What flabby wills most people
 have!

I am interested in your fight with
 the Gov. "Eat more meat" gang. Though
 I still eat a little meat I agree
 that your arguments are sound and
 irrefutable. When we had the pleasure
 of dining at your house, we enjoyed
 the meat substitutes very much - more
 than in the general dining room; perhaps
 they were cooked with greater art at your
 home, - or was it "preferred stock"?

What you say about oyster juice is certainly staggering - I wish it was not so delicious! However, I gave up oysters years ago because most of them now are fed up on sewage.

So, please, apply your gastronomic ~~to~~ still further to the yeast problems - there, evidently, lies the future of a wavy cooking.

This time of the year I live largely on raw vegetables before breakfast. I have a bent 225-foot hose and plenty of water. My 9-year old nephew is like his uncle - he prefers his peas, carrots and corn raw always.

I wish you would learn how to take a vacation and come and visit me for a few weeks. We have a Bunker - and you could see the White Mts. with me daily. My wife joins me in kindest wishes -
Cordially yours
Henry T. Finck

August 8, 1923.

Mr. Henry T. Finck,
Bethel, Maine.

Dear Mr. Finck:

You will be glad to know that your "Girth Control" is quite popular at the Sanitarium. The title was a very happy hit. We have the book on sale at our book-stand and one lady, a very influential society woman from St. Louis, Mrs. Pettingill, told me she had purchased half a dozen copies to send to her friends. I have written a review of the book for Good Health which I hope will not do it any harm, although, of course, for consistency's sake, I have to dissent on a few points.

By the way, I asked the factory the other day to send you quite a bundle of things. I wonder if they reached you? If they did not, I will have the order duplicated. I wish you would tell me what things you like other than Laxa and Paramels, so I can keep you supplied. The factory has orders to send you what you need for your own use.

I wonder if you have ever really gotten acquainted with Lactose-Dextrin? It does more for the bowels than anything I have ever found yet in the way of actually restoring normal conditions. By producing an acid state in the colon, the normal peristaltic activity is restored.

I think I will send you a copy of a paper I read a few weeks ago before a meeting of the Superintendents of State Hospitals, at Ward's Island. I prepared the paper at the request of the Chairman of the State Hospital Commission, Dr. Haviland. The paper was well received and I hope will lead to quite a radical change in the dietaries of the hospitals of the State. At least, I am encouraged to think that this will happen by letters which I receive from Dr. Haviland.

If I had your literary facility, I believe I could convert half the world to biologic living. The world must change its view-point. The vital stamina which each of us possesses is the heritage of the ages. The precious endowment which has come down to us from a line of ancestors reaching back to the first man. These thousands of millions of predecessors have had enough regard ^{for} ~~of~~ their bodies to take such care of their health that it is possible for us to be ^{well}. While most of the lines of human life have been extinguished, we are among the fortunate ones chiefly because our ancestors were better behaved. Why should we not take thought of those who are to come after us

H.T.F.--No.2

and behave in such a manner that the next generation will be better than the present, and the next one still better, and so on until the human race is lifted to a level of excellence as much superior to what we now see as the finest specimen of the genus homo that lives is superior to the average, weazened man, or as the prize winner of the horse show is superior for the average farm horse?

Biologic living means a little personal discipline and sacrifice, but the rewards are ample compensation in increased efficiency, longevity and freedom from the tortures of disease.

I hope your book will prove the biggest seller of the year and that its popularity may grow from year to year.

As ever,

Cordially yours,

k-b

AUG 13 1923

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. F. U.
FOLLOW

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Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
D. S. Cat. & Appli.
NSPE. Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Proc.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dia. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat.
Plunkett Reprint
Guelpa's Discovery

August 12, 1923.

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

My dear Sir:

I have your letter of August 7th.

We shall be delighted to have your friend Sir Basil Zaharoff make us a visit and will try to do him good.

Mr. Lombard arrived this afternoon. He is a delightful gentleman. I am sure we shall be able to benefit him very greatly. We fortunately have a lot of delightful people here who I know will appreciate him and whom I think he will be glad to meet.

Certainly we will be glad to have you with us again. I expect you are very busy these days helping in the re-adjustments which the President's death has occasioned. The poor man was a victim of tobacco and whiskey, a rotten crab and a fool doctor.

I am enclosing one of my most recent tracts which will give you something of an idea what the President was up against. Crabs are a little the worse thing in the world.

Very sincerely yours,

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

Enroute to New York,

August 13th 1923.

AUG 15 1923

23

Dear Dr. Kellogg:

I hope you will drop me a line to let me know when my friend Louis Lombard from Lake Lugano, Switzerland, turns up at the San.

Have you yet found that young man of strong mind ~~with~~ ambition to sit in with me and regulate my diet and exercise?

How long after September 1st may I expect cool weather in Battle Creek and a corner suite with a telephone - a south corner suite?

Have you read Bernard Shaw "On Going to Church", with his denunciation of tea, coffee and the products of the slaughter house and the distillery,

Very truly yours,

Dr. John H. Kellogg,

Battle Creek, Mich.

C. W. Barron

Wired.

JK

1/3

155
15

3) 140
46

155
155

2) 140
70

46
46

155
113
465

155
155
155 1.5

155
155
155

288
288
40

August 17, 1923.

AUG 17 1923

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

Dear Mr. Barron:

I have yours of August 13th.

I hope you are keeping as close as possible to the straight and narrow road of biologic living. Look out for the flesh pots. They are particularly bad for you.

I am enclosing a little poster which will give you an idea of what flesh meats are made of. This is no exaggeration but simply a plain statement of the actual facts.

I shall be glad to see you with Sir Zaharoff.

Sincerely yours,

b

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Cd.

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phy., Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

D. S. Cat. &
Appli.

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

T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Proc.

Tobacco Tracts

Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be Fat.

Plunkett
Reprint

Guelpa's Dis-
covery

August 31, 1923.

John Sundwall, M. D.,
Director, Division of Hygiene
and Public Health,
University of Michigan,
Ann Arbor, Mich.

Dear Doctor:

I have been greatly interested in reading your exceedingly valuable paper, "Constructive Health Activities in Public Schools." What you are aiming at in your new department for training teachers and supervisors of school hygiene and physical education is in line with the objective I have been working for for many years, and I am glad indeed to see this work started in our State university. We are doing what we can in Battle Creek in the same direction, but of course in a small way. A great university can accomplish a great deal more. Many thousands of health directors are needed rather than mere gymnastic directors.

I would be very glad indeed to have an opportunity to chat with you about the work you are doing at Ann Arbor and about our work at Battle Creek. One thing I would like particularly to talk with you about is a plan for a personal health survey, which seems important as a basis for corrective work.

I am sending you with this a copy of a first attempt which I have made in this direction. If you find time to look it over I shall be glad to have your criticisms and any suggestions that may occur to you.

Sent
9-4-23

John Sundwall, M. D., No. 2.

If you can run over to Battle Creek for a day or two, say a week-end sometime this fall, I shall be very glad indeed to see you. I shall be pleased to meet your expenses. I would like to have an opportunity to show you what we are doing. I think your article is by far the best presentation of the subject that has appeared.

Sincerely yours,

P. S. I am enclosing copies of the blanks which are used in the physical examination of students.

Love

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

The Oaks,
Cohasset, Mass.,
September 3rd 1923.

OK Rip

SEP 6 1923

Dear Dr. Kellogg:

Can you arrange a south corner suite reservations for myself and secretary to arrive Tuesday, October 2nd, and have outside telephone installed as before? I shall expect to remain about a month or longer this time, for I need to do now a real good job in getting down my weight and getting my system set for the last thirty years of my century of life.

Have you ever found that young medical student to live with me and regulate my diet and exercise?

Very truly yours,

C. W. Barron

Dr. John Harvey Kellogg,
Battle Creek, Mich.

SEP 10 '23

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. F. U.
FOLLOW

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phys. Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
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Pat. Exp. Card
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K.S.P.E. Cat. & Appli.
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Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Pros.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
Dis. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat
Plunkett Reprint
Guelpa's Discovery

September 9, 1923.

SEP 9 1923

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

My dear Mr. Barron:

I have yours of September 3. I happened to be out of town when your letter came in but have just wired you that we would reserve for you a south corner suite for October 2. We will see that the telephone is O. K. and everything in readiness for you.

About the medical student, we are still looking for him. The trouble is the average young medical man is more interested in surgery than in hygiene. If you wanted some young fellow to perform an operation on your corpus, there would be lots of volunteers but to find a young man who will do some good you would like to have him do is not an easy problem. I suggest you speak to some of your Boston medical friends. They are in contact with a good many more medical men than we are. Some professor in some of your medical schools would be a good one to consult with. If you were taking a trip to Europe or something of that sort, I might be able to find someone who would be willing to go along for the sake of European travel. Be assured I will do my best to help you out.

Your friend, Mr. Lombard, is getting on first rate. Madison Grant, the leading New York scientist, is with us and

Mr. C. W. Barron.--2

a lot of other interesting people. We have had the biggest
patronage this summer in our history.

September 9, 1923.

As ever,

Sincerely yours,

v-n

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Card

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

What I Found
at B. C.

B. C. Idea

Rates—Special
Phys. Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

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

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
New RaceRace Bett.
Pros.

Tobacco Tracts

Stpd. Ret. Env.

Diet List

Spec. Diet
Leaflets

Dis. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

How Not to
Be FatPlunkett
ReprintGuelpa's Dis-
covery

NICHOLS & SHEPARD COMPANY

IN CONTINUOUS BUSINESS SINCE 1848.

BUILDERS OF THRESHING MACHINERY

RED RIVER SPECIAL THRESHERS, WIND STACKERS,
FEEDERS, STEAM TRACTION ENGINES, OIL-GAS TRACTORS

EDWIN C. NICHOLS, PRESIDENT
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F. C. STILLSON, SECRETARY & COLL. MGR.
C. F. BATHRICK, PURCHASING AGENT
L. W. KING, ASST. TREASURER
C. E. LYMAN, ASST. SECRETARY

OFFICE OF THE PRESIDENT

BATTLE CREEK, MICH. Sept. 14, 1923.

SEP 15 1923

Dear Doctor,--

I find myself the fortunate possessor of some very fine looking alligator pears. Your card enclosed with them tells the usual story of your continual remembrance and everlasting generosity to your old antique friend, and I can only repeat what I have had the pleasure of saying many many times, that I most highly appreciate your continued friendship and esteem and your never forgetful memory with all the generous things that implies.

I shall test out the pears on Sunday with a few special friends and I am sure they will enjoy with me the fruits of your exceeding kindness.

Please let me continue to say what I have had the pleasure of saying so many times how much I value your friendship and esteem and your never failing remembrance of me is a source of extreme comfort and great satisfaction.

With kind personal regards, believe me,

Most sincerely yours,



Dr. John Harvey Kellogg,
c/o Sanitarium,
Battle Creek,
Mich.

SEP 15 1923

9-15-24

Dr. J. H. Kellogg.

Dear Doctor:

I thought you might be interested in some remarks I heard after your speech in the Surgical Section.

One man who sat back of me said, "Is that the original Dr. Kellogg? I supposed he was a much older man."

Another said, "That is the first I ever heard Dr. Kellogg speak. He is certainly well versed."

Another said, "Kellogg gave a much better discussion than the essayist. He seemed to know what he was talking about."

I rode to Detroit with three Detroit physicians. They were loud in their praise of your speech. Dr. Keene who was a guest of mine at the Sanitarium three years ago, said: "I was converted to his ideas while there and have practiced them quite largely since. I am thoroughly convinced of their soundness and have been physically much better."

Another said he was converted and had been very temperate in his use of meat since his recent visit to the Sanitarium.

You scored a big hit and I was very happy to see the professional interest in your remarks. Cabot enjoyed them very much. I think there is a big mission field open to you among the doctors. They are beginning to realize that the principles you have taught and fought for all these years are sound. Personally I thought you discussed the subject in a very logical and emphatic manner and in your few remarks analyzed the subject much better than the essayist. I felt proud to be associated with you.

W.F.MARTIN.

This refers to Dr.K's discussion of a paper read at the annual meeting of the Michigan State Medical Society, Mt'Clemens, Michigan, by Dr.Jos.Rilus Eastman, Indianapolism Ind., Sept. II, 1924, entitled, "The Drive of Civilization."

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

The Oaks,
Cohasset, Mass.,
September 25th 1923.

File

SEP 28 1923

Dear Dr. Kellogg:

I expect to be with you next week,
but regret to say that Sir Basil Zaharoff writes
me that while he hopes to cross the ocean later
he cannot see his way clear to come over this year.

Very truly yours,

C. W. Barron

Dr. John Harvey Kellogg,

Battle Creek, Mich.

3

UNIVERSITY OF MICHIGAN
ANN ARBOR

DEPARTMENT OF HYGIENE
AND PUBLIC HEALTH

Sept. 10, 1923.

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

SEP 15 1923

Dear Dr. Kellogg:

I want to thank you most heartily for your kind letter of August 31st. Your appreciation of my article on Constructive Health Activities in Public Schools, is assuredly encouraging to me. I want to take this opportunity of expressing to you my very highest appreciation of your incomparable efforts towards human betterment.

*Journal
A.M. & in
Aug -*

I have been acquainted with your work and with your contributions for many years. I assure you that it will afford me genuine pleasure to meet you. I want to thank you for your kind invitation to go to Battle Creek, and I shall make it my first opportunity to do so. In the meantime, I will examine with much pleasure your blanks and personal health survey.

With the kindest personal regards, I am

Most sincerely yours,

Director.

Conrad

JS/MLB

TELEGRAMS,
"JUVERNA AUDLEY LONDON"
TELEPHONE,
GROSVENOR 2775.

SEP 19 1923
105, MOUNT STREET,
LONDON, W.1.

11th September 1923

My dear Dr Kellogg,

I have received a letter from Mrs Estes, dated July 15th from 1235 Aza Marada, Fermoji-Mura, Higaski-Hari-gun, Osaka-fu Japan. I am sure you will hear if she is safe. The reports seem to indicate that Osaka was not destroyed, but of course she may have suffered in many ways. Also could you tell me the home address of Mrs Covington Nye? She passed through London and merely by an accident I missed her. I want to write and tell her how sorry I was not to meet her.

The state of Europe is terribly discouraging to all interested in the progress of civilisation. The Italo-Greek crisis seems to have passed without involving another war. But what can be hoped for in the way of reconstruction after the hasty destruction of those four tragic years while France is determined to prevent the most industrious population in Europe from restarting her industrial life? I should much like to hear your view of the importance of a settled Europe to the United States, not only from an economic standpoint but also - and much more - ~~from~~ in regard to the interchange of ideas and experiences which are of such importance to the progress of civilisation. Take, for example, your own work. In the papers you

write from time to time upon medical subjects you quote authorities from all over Europe. Research work will obviously be badly restricted in Germany while 25 million marks only fetch one cent! I cannot help feeling that even in her own interest America ought to lay down the conditions upon which she would join in the efforts of such men as Lord Robert Cecil to put an end to war.

The death of President Harding came as a shock to us over here. All his pictures made him look so hale and hearty, but I suppose we may not have learned the gospel of the middle life. It looks to me as if our friend Clifford Pinchot may be where I am sure you would like to see him in his public life. What do you think of Henry Ford's chances?

Very sincerely yours

Anna M. H. H.

Mrs. Covington-Nye can be reached at Bowling Green, Ky.

if she is in this country. She may not have returned from Europe.

Miss Zahn

OCT 8 1923

MAILED

FILE

NO. F. U.

FOLLOW

October 7, 1923.

Sir Horace Plunkett,
105, Mount St.,
London, W. I.
England.

My dear Sir Horace:

I have yours of September 11.

I enclose with this a little note printed in our city papers today with reference to a letter from Mrs. Estes. I have just this morning received information that Mrs. Lena Covington Nye is in Louisville. Her present address is Nashville Pike, Bowling Green, Ky.

I will be writing you again shortly.

I trust you are getting along well.

Sincerely yours,

v-m

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
S. L. De Luxe
What I Found at B. C.
B. C. Idea
Rates—Special Phys. Clergy, Teacher
Soul of B. C.
San. Experience
Ann. Report
Rel. of Habits
Eating for Efficiency
Imp. Clean Milk
No Brh. Fldr.
Winter Fldr.
Kellogg Frds.
Menus
Pat. Exp. Card
D S. Cat. & Appli.
K.S.P.E.Cat. & Appli.
T. S. Cat. & Appli.
Eugenics Reg.
Eugenics and Euthenics
Race Degeneracy
Needed New Race
Race Bett. Pros.
Tobacco Tracts
Stpd. Ret. Env.
Diet List
Spec. Diet Leaflets
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Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat
Plunkett Reprint
Guelpa's Discovery

OCT 8 1923



The Battle Creek Sanitarium
Battle Creek Michigan

SUPERINTENDENT'S OFFICE
JOHN HARVEY KELLOGG, M.D.

October 15, 1923.

Mr. Charles C. Wheelock,
Battle Creek, Mich.

Dear Mr. Wheelock:

I have yours of October 12th with reference to a meeting of the Three Quarter Century Club and the Historical Society. We should be glad to give the gymnasium for such a meeting if it is desired. It of course would be desirable that a very interesting program should be made up so the old people who make a special effort to come out will feel well paid for their effort.

Mr. Nichols is certainly a remarkable man in maintaining his keen interest in everything worth while. I should be glad to chat with you some day with reference to the matter of the meeting.

Sincerely yours,

John Harvey Kellogg

b

October 24, 1923.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thanks for the clippings. The
Scientific American will show up the Abrams
fraud, I am sure, in good shape.

Sincerely yours,

P. S. Thank you very much for the lovely roses.
I passed them around where they would do as much
good as possible.

b

Prosp. & Rates

O. P. & M.

Meas. of Man

Fac. of Safety

Rate & Res. Card

Detailed Rate
Sheet

Rea. Why Bklt.

Vacation Bklt.

Grierson Bklt.

S. Life Bklt.

Med. Bulletin

What I Found
at B. C.

B. C. Idea

Rates—Special
Phys. Clergy,
Teacher

Soul of B. C.

San. Experience

Ann. Report

Rel. of Habits

Eating for
Efficiency

Imp. Clean Milk

No Brh. Fldr.

Winter Fldr.

Kellogg Frds.

Menus

Pat. Exp. Card

College
Prospectus

D S. Cat. &
Appli.

K.S.P.E. Cat. &
Appli.

T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

Needed
New Race

Race Bett.
Pros.

Tobacco Tracts

Diet List

Spec. Diet
Leaflets

Dia. Manual

Drug Add. Lit.

Reprint No.

Health Dec.

Meat Poster

Plunkett
Reprint

After Care
Surg.

Spec. Dia. Lit.

Returned to JMK

New York  Tribune

First to Last - the Truth - News - Editorials - Advertisements

October 25, 1923

OCT 27 1923

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

Dear Dr. Kellogg:

I merely wish to send you a bread and butter letter to express my appreciation of the courtesies that you extended to me while I was at the Sanitarium. I cannot tell you how much impressed I was with your laboratories.

However other experts on diet may differ with your theories, you have left them no room to say that your work has not the strongest of scientific foundations. I feel that it has enriched the contents of my own knowledge of the subject very much indeed, and I am more than glad to have this understanding of the Battle Creek Sanitarium in my mind with a view to future writing, broadcasting and lecturing.

The autographed books that you so graciously gave me have arrived safely, and will occupy a front row in my book case, and be often consulted.

The best wishes to you for your own health and happiness as well as that of your thousands of guests.

Yours admirably,

Ameliese

Director, The Tribune Institute.

ALP-BS

Nov. I, 1923.

Dr. John Sundwall,
University of Michigan,
Ann Arbor, Michigan.

Dear Doctor:

I want to express to you my appreciation of your excellent paper in "The Nation's Health" on the teaching of hygiene to college students. I have been so busy my attention was not called to the article until recently. I think it is altogether the best presentation of the subject I have seen.

I am still hoping that I may have the pleasure of a visit from you some day. If you will run up for a day or a week, you will be a welcome guest at any time. Why not run over for a week-end?

We have a very interesting man here I am sure you would be very glad to meet--Mr. Madison Grant, the author of "The Passing of the Great Race." He has been with us several weeks and will probably be here a week or two longer. We always have some interesting people. Mr. Samuel G. Blythe, Dr. Wood, superintendent of public instruction, of California, and Professor Mims, of Vanderbilt University, are spending a day or two with us.

I would be glad to have you address the students of our three schools, of Physical Education, Nursing and Home Economics. Six hundred of them all together and a fine lot of girls. I would be very glad to meet your expenses.

Very truly yours,

K-B

105 Mount Street

London. W.1

4th November 1923

My dear Doctor,

In your letter of October 23rd, in which you gave me the welcome news of Mrs Estes' safety and Mrs Covington Nye's address, you said you would write again shortly. This is to tell you that I have been compelled by considerations relating to my public work to delay my holiday in pursuit of health until December 22 when I hope to sail and go straight to Battle Creek.

My confidential medical advisers highly approved of my trying your new method of combating the "withdrawal symptoms" by the injection of a "harmless substance" into the veins. When they found that I did not know the nature of the substance, they said that I ought to ask you, as no man of science deals with "secret remedies." I said this was true - more so of Battle Creek Sanitarium probably than of any health institution or procedure in the world. It may be that the method has not been sufficiently tried out to place it before the medical profession in its final form. But you could perhaps sufficiently indicate the substance and mode of treatment for me to tell my physician, who is a real scientist, the broad principles of the treatment. I am jealous of the reputation of your great work and do not like to be responsible for any wrong impression about it. In my advocacy of your educational policy I have always emphasised the immense value of the perfect frankness with the patient - the telling him everything he is capable of understanding. Of course you cannot speak publicly about the cure of addictions of the kind inflicted upon me for obvious reasons. But as between qualified medical men I suppose the objection does not apply.

Yours very sincerely

Horace Plunkett

NOV 7 '23

MAILED
FILE
NO. P. U.
FOLLOW

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
S. Life Bklt.
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Diet List
Spec. Diet Leaflets
Dis. Manual
Drug Add. Lit.
Reprint No.
Health Dec.
How Not to Be Fat
Plunkett Reprint
Guelpa's Discovery

November 4, 1923.

✓
NOV 6 1923

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for your wonderful article in "The Enquirer." It is a wonderfully illuminating article in relation to world affairs. I fear that some of my fellow citizens will think I coaxed you to write it. I shall have to find some way to get even with you.

Sincerely yours,

v-m

NOV 9 '23

MAILED

FILE

NO. P. U.

FOLLOW

November 9, 1923.

Mr. C. W. Barron,
Sanitarium.

NOV 9 1923

My dear Mr. Barron:

noted

Thank you very much for your kind note in the "Boston News Bureau." I am afraid your eulogistic remarks will annoy some of the New York doctors. The Pharisees down there are always saying, "can any good thing come out of Nazareth."

I am interested in Mr. Matheson's achievement. He is really a very wonderful man and his mother is a most charming woman.

Sincerely yours,

V-2

Prosp. & Rates
O. P. & M.
Meas. of Man
Fac. of Safety
Rate & Res. Card
Rea. Why Bklt.
Vacation Bklt.
Grierson Bklt.
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Guelpa's Discovery

NOV 14 1923

MAILED

FILE

NO. F. U.

FOLLOW

November 12, 1923.

NOV 13 1923

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thanks for the clipping about The Torch of Life etc. The writer might have mentioned that the great value of the electric light bath is due to the fact that the electromagnetic waves of thermic energy penetrate the skin and make the blood radio-active. Through the circulation of the blood this energy is communicated to every body cell and thus the whole body is raised to a higher vital level.

Sincerely yours,

b

Prosp. & Rates
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Meas. of Man
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Rate & Res. Card
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San. Experience
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Imp. Clean Milk
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K.S.P.E. Cat. & Appli.
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Spec. Diet Leaflets
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NOV 15 '23

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. P. U.
FOLLOW

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Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

November 14, 1923.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

I see you are helping Stefansson to promote his arctic enterprises. He is a very interesting man, but of course I am not interested in his reindeer business.

Sincerely yours

b

Alfred University,

ALFRED, N.Y.

BOOTHE COLWELL DAVIS, PH.D., D.D.

PRESIDENT.

November 15, 1923

Cyrus J. Goodrich Esq.
626-627 Post Building
Battle Creek, Mich.

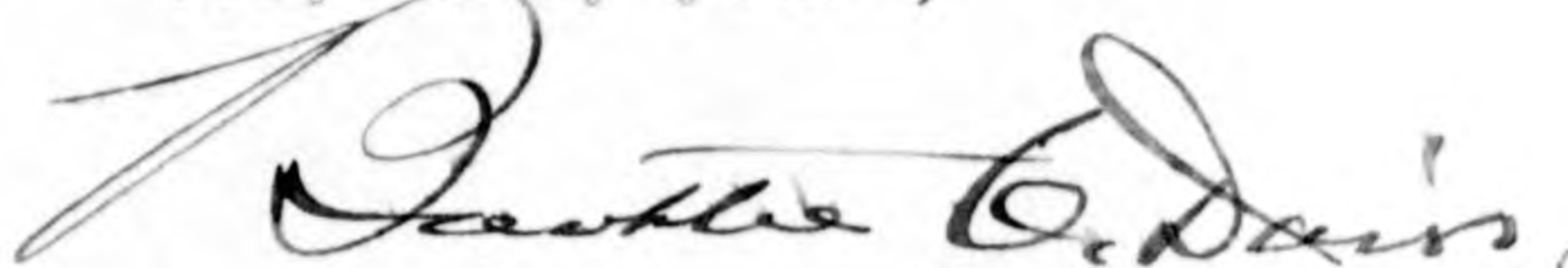
NOV 17 1923

Dear Sir:

I am in receipt of your favor of November 13 with check from the Race Betterment Foundation in the sum of \$939.41, in payment of the legacy left to Alfred University by Mrs. Ella Eaton Kellogg, less the Michigan inheritance tax. It will be a pleasure for Alfred University to carry out the instructions of the legacy and maintain the Eaton Memorial Scholarship. Inclosed please find Treasurer's receipt.

With sincere appreciation of the courtesy of yourself and Doctor Kellogg, as well as of the gracious and generous thought of our lamented friend, the founder of this scholarship, I beg to remain

Very truly yours,



BCD:T

President.

Alfred University,

ALFRED, N.Y.

BOOTHE COLWELL DAVIS, PH.D., D.D.
PRESIDENT.

November 15, 1923

NOV 17 1923

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

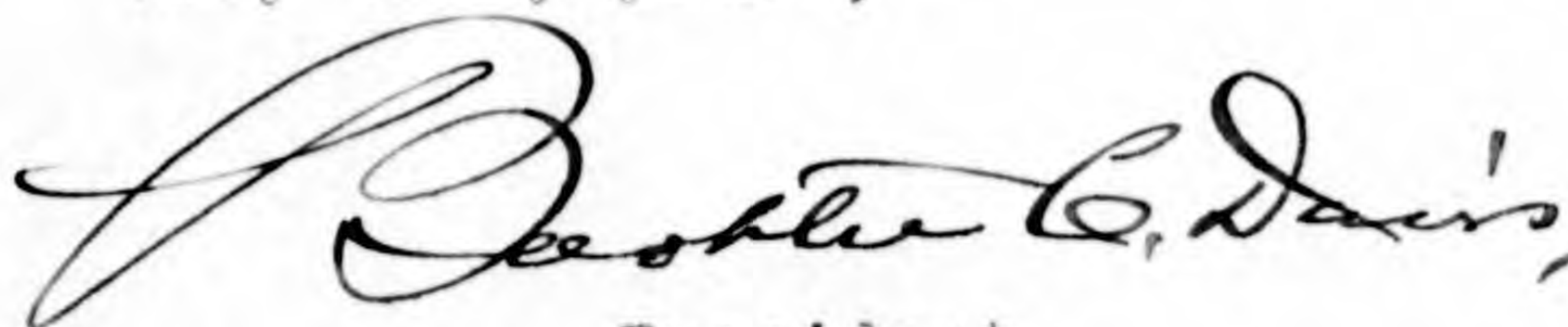
My dear Doctor Kellogg:

I am in receipt of a check from the Race Betterment Foundation, countersigned by yourself as president and forwarded by Mr. Cyrus J. Goodrich, attorney, in the sum of \$939.41, in payment of a legacy of \$1,000 left to Alfred University by your beloved and lamented wife, Ella Eaton Kellogg.

It was most gracious and generous of Mrs. Kellogg to make provision for a memorial scholarship in her Alma Mater and it will be a great pleasure for Alfred University to perpetuate her name, with others, through this memorial. We sincerely appreciate your own co-operation in this matter and thank you heartily for it. I regret that it is reduced in the sum of \$60.59 by the Michigan inheritance tax, so that it can not be placed on our books at an even \$1,000, as most of the scholarships are. It has occurred to me that you might like to make up this deficiency to the original amount planned by Mrs. Kellogg so that we could book it at \$1,000 as she had in mind.

Again thanking you very sincerely and with assurances of deep appreciation for the life-long loyalty and love of Mrs. Kellogg for her Alma Mater, I am

Very truly yours,



President.

BCD:T

Pros. & Rates

O. P. & M.

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S. L. De Luxe

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Reprint No.

Health Dec.

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

November 18, 1923.

Sir Horace Plunkett,
105 Mount Street,
London W. 1, England.

My dear Sir Horace:

I have yours of November 4th.

I am delighted to know that you are coming in December. The only reason I did not tell you about the substance employed was for fear you would have no faith in it, so I left the matter a mystery. However, there is no secret about it; it is simply glucose. Its use has not yet been extensively tried, but in the cases in which we have employed it here the effects were really surprising and Dr. Martin is most enthusiastic about it. I have a theory with reference to the use of glucose in this condition which I think explains the remarkable results obtained. Be assured I have not in the smallest degree any desire to maintain any secrecy with reference to this new remedy, and my only reason for not mentioning it was the fear that you would not consider it worth while.

Personally I am confident that by combining all the various methods we can bring to bear in your case we shall be able to completely relieve you of this trouble and without any very considerable amount of inconvenience. I have never gone into this matter at length with you but when you come will do so.

NOV 19 1923

Sir Horace Plunkett, No. 2.

Your old friends here will give you a most cordial
welcome.

When I wrote you with reference to Mrs. Estes I thought
we would certainly hear from her pretty soon, but we have as yet
received no further news than that which I gave you in my former
letter.

Sincerely yours,

b

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Grierson Bklt.

S. Life Bklt.

S. L. De Luxe

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B. C. Idea

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Euthenics

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Proc.

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Plunkett
Reprint

Guelpe's Dis-
covery

DEC 13 '24

MAILED

FILE

NO. F. U.

FOLLOW

December 12, 1923.

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

Dear Mr. Barron:

Thank you very much for the clipping giving a quotation from Mr. Hunter's report which is certainly very interesting. We have the most positive evidence that our diet lowers blood pressure. We generally find that people with high blood pressure show a lowering of twenty points or more within two or three weeks after arriving here.

The clipping did not indicate from what papers they were taken.

I hope you are getting on well and that your nurse is keeping you in line.

Sincerely yours,

v-m

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Plunkett Reprint
Guelpa's Discovery

DEC 13 1923

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FOLLOW

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Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

December 13, 1923.

DEC 14 1923

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

Dear Mr. Barron:

I must write you again to thank you for sending me the clipping with reference to Mr. Arthur Hunter's paper, which I suppose is from "Barrons", although you do not state where it is from. I judge it is an editorial from your own pen, and I want you to know how much I appreciate this and other efforts you have made to get into the hands of people who need this knowledge the facts in relation to the evils resulting from flesh eating.

The trouble is the physiologists are for the most part afraid to speak out on the subject for fear that some of the vested interests which depend upon some phase of the meat business for their income will take offense and retaliate in some manner. You, fortunately, have such world-wide reputation for telling the truth fearlessly that you do not care what either the big fellows or the little fellows think. You simply tell the truth and let them masticate it.

Dr. McCollum, of Johns Hopkins, was here a few days ago and gave an address before a large audience in the gymnasium. He said frankly, "Without doubt a lacto-vegetarian diet is the best

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

diet for human beings" and added, "I eat meat myself scarcely once in six months, but I do not take a decided stand against it for the reason that I do not want to be considered a faddist." In other words, in general he does not announce himself as opposed to the use of meat although he knows it is not the best diet.

In a letter addressed to the management of the Beth Israel Hospital of New York, in answer to a questionnaire sent to him by the trustees, who were considering the adoption of a meatless diet, Dr. McCollum said, "I have not the slightest hesitation in saying that a vegetarian diet, supplemented with fairly liberal amounts of milk, is the most satisfactory type of diet that man can take."

The efforts of the packers to increase the meat consumption in the United States is a criminal thing. I have written a little editorial for my journal Good Health on exploiting the human stomach. I will send you a proof of it. The thing is ridiculous. If men interested in the manufacture and sale of lumber were to ask people to burn their houses and fences so as to increase the demand for lumber it would be a comparatively harmless thing; but when the packers ask the people to swallow their decaying carcasses just to get them out of their way it is really a serious matter.

The publicity you are helping to give to the important facts brought out by Mr. Hunter's paper will be the means of prolonging a good many lives.

I hope you are prospering and keeping down your weight.

Again thanking you,

Sincerely yours,

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✓
TELEGRAMS,
"JUVERNA LONDON."
TELEPHONE,
GERBARD 4703.

DEC 22 1923

105, MOUNT STREET,
LONDON, W.

14th December 1923

My dear Doctor,

Just a line to tell you of my plans. I sail on the 22nd and shall spend my Christmas on the Ocean. I stay a few days in New York with my friend Hamilton Fish Armstrong at 128 East 36th Street. Gifford Pinchot has just cabled asking me to go to him at Harrisburg at once on landing, so I will take him on my way to Battle Creek.

My doctor is immensely interested in the glucose treatment. I have great hopes of its success. My general health is greatly improved. I think I am beginning to feel the benefit of the prostatectomy operation, which has a reputation for being rejuvenating. I am doing some good work with my pen, but an immense amount remains to be done. My trouble is that my brain wont work without the assistance of the drug, and the moment I give it up I suffer a good deal of pain in the limbs and a general wrong going of the whole machine. I know I could very gradually give up the drug if I at the same time gave up all work. But to me that remedy would be worse than the disease. I have no desire to live an idle life when I can render better service than ever before. When my powers fail naturally, I can take my ease for a few years more if I am spared to do so.

With all good wishes for yourself and noble band of associates I am very sincerely yours

Horace Pinchot

December 25, 1923.

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

Dear Mr. Barron:

This note will introduce to you Mr. Frank W. Ober who is raising funds for the benefit of the Armenian orphans. Mr. Ober has been for many years a prominent official of the Y. M. C. A. organization. I have long known him and I am certain that any funds entrusted to his care will be wisely expended for the purpose for which they are contributed. It occurred to me that you might like to make a contribution to this most worthy object and that you could also introduce Mr. Ober to other men, not only able but anxious to help in this most worthy cause.

Sincerely yours,

8261 2 2 20

Letter B. introduction sent to Mr. F. W. Ober.

V-2

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Health Dec.

Meat Poster

Plunkett Reprint

After Care Surg.

Spec. Dia. Lit.

December 26, 1923.

Dear Mr.

Replying to your letter concerning Dr. Kellogg's career, I will tell you that after attending first Ann Arbor and then Bellevue Medical College, New York, he graduated from the last named institution as Doctor of Medicine in 1875. His surgical teachers at Ann Arbor were Dr. Donald MacLean and Dr. Dunster. At Bellevue, his surgical teachers were the famous Jimmie Wood, Dr. Frank Hamilton, Dr. Alexander Mott, son of the famous Valentine Mott, Dr. Lewis Sayre, Dr. Edward Peasley, Dr. Stephen Smith, whom I believe you have known personally, (at any rate, you have heard Dr. Kellogg speak of him), and Dr. Van Buren and Dr. E. L. Keyes, Sr.

Five years after graduating (1880), he took a post graduate course of about ten weeks with H. T. Hanks in gynecological surgery, assisting him in his private work and attending Emmett's clinics at the Women's Hospital, New York. These men were both of the highest reputation in the surgical world in their time.

In 1883, Dr. Kellogg spent five months abroad in London, Paris, and Vienna. He spent first a month in London attending the clinics in St. Thomas and St. Bartholomew Hospitals, but devoting most of his time to the Cancer Hospital. The remaining time he spent for the most part in Vienna with Billroth, receiving private instruction from Billroth's first assistant, Wölfler. Under Wölfler, whose name has become almost as famous as Billroth, Dr. Kellogg took special courses in plastic surgery, especially internal surgery. Billroth and Wölfler had at that time recently perfected the operations now known as Billroth's first and second methods of removing the pyloric end of the stomach, and Wölfler his method of gastroenterostomy. At that time, six patients had been operated upon, but only two had recovered.

In 1889, Dr. Kellogg made arrangements with Dr. Lawson Tait, of Birmingham, England, for six months' work as assistant. He assisted him for nearly five months, in all his work, during which time he was his only assistant except for the man who gave the anesthetics. Dr. Kellogg, during the same time, improved the opportunity to observe most of the work of Tait's senior associate, Savage. He saw all of Tait's private work at the Crescent as well as all his work at the Sparkhill Hospital, and had charge of Tait's patients during his absence. Dr. Kellogg frequently accompanied Tait when he was called out of town for operations. After finishing the work with Tait, he spent a month in London under Thornton and Bantock at the Good Samaritan Hospital. He also improved the opportunity to observe the work of Lister at King's College Hospital during this time.

In 1899, Dr. Kellogg made another trip to Europe, but this time he was concerned with other matters than surgery; that is, surgical study was not the primary object of his visit.

In 1902, I took my first trip to Europe with the Doctor and together we visited various clinics, but especially the clinics of the elder Kocher, who has been called the greatest surgeon of the world, at the University of Berne, Switzerland, and then went on to Vienna, where Dr. Kellogg not only attended the clinics of von Eiselsberg and von Hockeneegg, but also took special work in surgical pathology and technic.

In 1907, Dr. Kellogg went to Europe (again with your humble servant accompanying him) at which time he visited for surgical observation and instruction the famous Professor Pavlov of St. Petersburg, Russia, where several weeks were spent in the private institution of Pavlov and in attending the clinics of Professor Federnoff, a very famous Russian surgeon. In Vienna, we visited Dr. Kellogg's old teacher, Wölfler and we watched him for several days in his latest work. In the University of Berne, we again saw the surgery of Kocher, the younger Kocher, I believe, this time, and in Lausanne, the surgery of the famous Dr. Roux. In Paris, Dr. Kellogg's time was spent with Hartmann, who at that time was the best known surgeon in all Paris. In London, Dr. Kellogg paid his first visit to Lane and watched his work for some time.

In 1911, Dr. Kellogg made the last visit to Europe that he has thus far made in connection with his surgical work, this time devoting his attention for several months to the work of Wertheim and Schauta in gynecology as well as the general surgical clinics of Hockeneegg and von Eiselsberg in Vienna. In Berlin, he watched particularly the work of Israel in renal surgery and in London, devoted himself very assiduously to the clinics of Lane, both at Guy's Hospital and at the Great Ormond Street Hospital for Sick Children.

I certainly appreciated the opportunity I had for associating myself with Dr. Kellogg in all his work, for he took me with him wherever he went. I consider these opportunities have been one of my greatest assets.

Dr. Kellogg's work has been covered up under a bushel, so to speak, because of his failure to write more on surgery during the latter years, although he has not been idle by any means. I was looking over his surgical reprints last night and found that in 1890, for instance, he reported before the Michigan State Medical Society a series of 68 consecutive abdominal sections for various abdominal and pelvic disorders without an operative death. In 1891, he reported a series of 100 consecutive abdominal sections with only 3 deaths. In 1895, he reported 440 consecutive abdominal sections with only 15 deaths, including a series of 165 consecutive cases between April 3, 1891 and August 15, 1893, without any deaths. This certainly constitutes a most enviable record, considering the early epoch during which the work was done.

He has devised a number of operations including an operation for femoral hernia, an operation for shortening the round ligaments of the uterus, an operation for hemorrhoids, a perineal operation, and an operation for restoring the competency of the ileocecal valve, which is occasionally a useful operation, and an operation for making an end to side intestinal anastomosis with the construction of an artificial ileocecal valve, besides a number of surgical instruments and appliances which are in general use.

first and second methods of removing the pyloric end of the stomach, and Woelfler's method of gastro-enterostomy. At that time, six patients had been operated upon, but only two had recovered.

In 1889, Dr. Kellogg made arrangements with Lawson Tait of Birmingham, England, for six months' work as assistant. He assisted him for nearly five months, in all his work, during which time he was his only assistant except for the man who gave the anesthetics. Dr. Kellogg, during the same time, improved the opportunity to observe most of the work of Tait's senior associate, Savage. He saw all of Tait's private work at the Crescent as well as all his work at the Sparkhill Hospital and had charge of Tait's patients during his absence. Dr. Kellogg frequently accompanied Tait when he was called out of town for operations. After finishing the work with Tait, he spent a month in London under Thornton and Bantock at the Good Samaritan Hospital. He also improved the opportunity to observe the work of Lister at King's College Hospital during this time.

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In 1902, I took my first trip to Europe with the Doctor and together we visited various clinics, but especially the clinics of the elder Kocher, who has been called the greatest surgeon of the world, at the University of Berne, Switzerland, and then went on to Vienna where Dr. Kellogg not only attended the clinics of von Eiselsberg and von Hockeneegg, but also took special work in surgical pathology and technic.

JAN 3 '24

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
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Spec. Dia. Lit.

December 31, 1923.

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

Dear Mr. Barron:

Do you remember one evening I introduced to you in the lobby a gentleman from Boston, a Rev. Mr. Loomis whose kidney I had removed. You seemed so much interested in the case I enclose a copy of a Christmas letter I have just received from him. I had not before heard from him since his visit until the time you met him. This man's life with one kidney, for eight years in good health after he had been given up to die by your leading Boston surgeons, is a good evidence of what biologic living will do for a man. It is simply physiologic economy. It does for a man physically what the strictest economic measures will do for a man financially.

Hoping you are enjoying yourself this holiday season and dodging all the Christmas turkeys and dangerous sweetmeats which you must encounter in profusion, and always with cordial regards, I am,

Sincerely yours,

V-2

P

Telegram sent to

Dec.31, 1923.

Sir Horace Plunkett, c/o Hamilton Fish Armstrong, New York City,
New York:

A cordial welcome and a Happy New Year.

John Harvey Kellogg.

Telegram sent to

Dec.31, 1923.

Sir Horace Plunkett, c/o Hamilton Fish Armstrong, New York City,
New York:

A cordial welcome and a Happy New Year.

John Harvey Kellogg.

(per Clara K. Butler)

Charged to San.

OK

Dec.31, 1923.

Sir Horace Plunkett,
c/o Hamilton Fish Armstrong,
New York City, N.Y.

Dear Sir Horace:

I hope this letter will find you safe in New York after a comfortable journey, and that we shall soon have the pleasure of welcoming you to Battle Creek.

With cordial holiday greetings,

I am, as ever,

Sincerely yours,

JHK-CB

2