

Horace Plunkett, 186 East 36th St., New York City. Jan.1,1924.

rush

• JHM

I have decided to leave New York Thursday evening on the Wolverine.

A man is coming through from the Coast (Spokane, Wash.) to do some business with me Friday, but he leaves that afternoon at 4:50. After that I must begin to get well as I am very unwell and, consequently, unhappy.

Will you kindly ask them at the desk to reserve an airy room for me. I had one last time over the porch which was very pleasant.

Your kind message reached me on my arrival here yesterday afternoon.

I am wishing you today all the blessing in the New Year your service should bring.

egm

128 EAST 36TH STREET

JAN 3 1924

1st. Jan 1924

My Dear Doctor

I have decided to
leave New York Thursday
evening by the Wolverine.
A man is coming through
from the Coast (Spokane,
Wash.) to do some business
with us Friday, but he leaves
that afternoon at 4⁵⁰. After
that I must begin to get
well as I am very unwell
and, consequently, unhappy.

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them at the desk to
reserve an airy room
for me. I had one last
time over the porch which
was very pleasant.

Your kind message
reached me on my arrival
here yesterday afternoon.
I am wishing for today
all the blessing in the
Heaven for your service
should bring
Very sincerely yours
Hazel Pembell

Carl Akeley
American Museum of Natural History
77th Street and Central Park West
New York

January 3, 1924.

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

My dear Mr. Kellogg:

Mr. Madison Grant has been so kind as to write me of your interest in, and the nice things you have said about, my gorillas, all of which I appreciate highly. I wish that I might have the pleasure of meeting you in my studio whenever you are in New York, the sooner the better. I should like to introduce you to some of my gorilla friends and to tell you of some of the things which I have not discussed in the book.

Sincerely yours,

Carl Akeley

Relun to Mrs. B.

**THE JOHNS HOPKINS UNIVERSITY
SCHOOL OF HYGIENE AND PUBLIC HEALTH
MONUMENT AND WOLFE STREETS**

DEPARTMENT OF CHEMICAL HYGIENE
E. V. McCOLLUM, PROFESSOR

BALTIMORE, MARYLAND

January 3, 1923.

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

JAN 5 1924

Dear Doctor Kellogg:

I have received your books "The New Dietetics", and "The Itinerary of a Breakfast". I delayed writing to you until I had had time to look both of these over, which I have now done. I was delighted with both of them. There is no one who has succeeded so well as yourself in putting into understandable language a sane and physiologically sound system of living. I have no criticism of anything you say.

I want to express again my appreciation of the courtesy which you showed me on the occasion of my visit to Battle Creek. My stay there was intensely interesting, and I hope to take advantage of your kind invitation to come again.

Yours sincerely,

E. V. McCollum

JAN 11 1924

MAILED
FILE
NO. F. U.
FOLLOW

January 10, 1924.

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

Dear Mr. Barron:

Thank you very much for the marked papers
you sent me. I have read your articles with great
interest.

Sincerely yours,

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.

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January 25, 1924.

Sir Horace Plunkett,
Room 444,
Sanitarium.

Dear Sir Horace:

I suggest the following as a means of encouraging the action of the colon after an enema: Add to the water of the enema the juice of two lemons, or add to each pint of water used one-half dram to one dram of citric or lactic acid.

I am sending you a bottle of lactic acid. In the absence of either one of the above a couple of ounces of vinegar might be added to the enema as a temporary expedient.

Sincerely yours,

JAN 25 1924

e

MAYO CLINIC
ROCHESTER, MINNESOTA

Thursday,
January 31, 1924.

A451389

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

Dear Dr. Kellogg,

Miss Youngburg, who is a nurse in your institution, has a brother, Mr. Fred E. Youngburg, of Brookings, South Dakota, in St. Mary's Hospital in Rochester. Mr. Youngburg came to us extremely ill, with a picket-fence temperature, chills, fever, emaciation, jaundice, and unable to take much nourishment. He gave a clear history of having had attacks of gallstone disease, and it appears that his present illness followed an attack similar to those from which he had recovered. It is very evident that there has been a septic condition in some concealed situation, possibly a septic endocarditis, as at times the heart behaves very curiously.

January 10, 1924, I made an abdominal incision, and found, in a mat of adhesions, a very thickwalled gallbladder which evidently had contained stones at some time. There were subacute pancreatitis and marked acute hepatitis. I was unable to make a satisfactory examination of the common duct. I made a cholecystostomy and drained the common duct, following which Mr. Youngburg became very much better. There was a very free flow of bile and I was hopeful that he might recover, since he was taking considerable nourishment in rather increasing quantities. He is now clear of jaundice, the stools are well colored, and there is only a trace of bile in the urine. The bile is not discharging so freely to the outside, but what comes is of a better character. The blood urea remains high, from 110 to 140. His temperature has abated, but he is somewhat stuporous, and the outlook is not promising.

Miss Youngburg is naturally very anxious to do everything she can for her brother. She justly has great confidence in you, as we also have, and has asked me to write to you explaining the condition in the hope that you might make some suggestion. I am sure she would appreciate a few lines from you, and we shall be pleased at any advice you may give us, which we shall be glad to try.

I am leaving today en route to Vancouver to sail February 8 for Auckland, New Zealand to attend the New Zealand conference of the British Medical Association. After that we shall visit universities, hospitals, and medical schools in New Zealand and Australia, returning home about May 4. Dr. Charles and the others are here, of course, and will be pleased to hear from you.

With personal regards,

Sincerely yours,

W. J. Mayo

Prepared by Mr. Palen
Louis S.

1/4

THE OPINIONS OF SOME PROMINENT MEN

International Grenfell Association, Inc.

February 1, 1924.

Dear Sir:

A friend wrote me from the Sanitarium he was writing an appreciation of Dr. Kellogg and wanted a few words from me.

I am living on trains, and overwhelmed with work. I can't do much. But please hand him the enclosed. He had Dr. Kellogg's permission, but his name has slipped me. Thanking you in advance,

Sincerely yours,

Wilfred Grenfell

Dr. Greenfield

He who has had to lead a life fighting with difficult problems, physical and otherwise, learns to respect any one who is a fighter. He who believes life on earth is only explained, and justified, by regarding it as one big field of honor, where success can only be won, and tasty joys only tasted by the knights who, like the Master of Men, are willing to take up or lay down their lives in the cause of a better world in which peace and righteousness shall reign, and love and mercy shall kiss each other, must love all men of the Dr. John H. Kellogg type whether they know him personally or not.

John H. Kellogg--~~the big name~~ stands for better physical well being and therefore necessarily also for better moral--yes--and spiritual life. The spirit of the ages changes slowly for the better and even the primeval world that cared only for grabbing things, and for selfish indulgences can't, if they would today, physically crucify their fellows whose unselfishness and courage are a rebuke to the disintegrating influences their own lives stand for. You may talk, and theorize, and argue like the Pharisees of old, and the Devil and his agents don't care very much. But when a man gets to doing things--which in his place the Master of Men would be doing--then opposition and cruelty raise their subtle and noxious heads in ways that the advancing ages have taught ^{them} it to excell in. You can crucify a tender soul without hammer and nails or a wooden cross. ^{Personally I} ~~Parsons~~ was a proud man when that splendid outstanding body of up-to-date scientific and sane-minded men, the College of Surgeons of America honored Dr. Kellogg, and the leaders of his staff by election to their highest honor. Hunter, Harvey, Lister, Jenner, Morton and every single pioneer of new methods in Medical Science, has had to undergo cruel persecution and today, when countless quacks

in these United States are exploiting the field of human sickness and ~~affairs~~ ^{suffering} for sordid dollars, regardless of the harm their ignorance causes to their fellows, to me a humble member of that great profession, it was a big uplift to learn that the body of men alone well qualified to stamp with ^{their} approval or disapproval the merits of the unusual and therefore at the time unorthodox emphasis Dr. Kellogg was placing on biological living had conferred upon him their highest honor of Fellowship. Dr. Kellogg needs no encomium of mine. It is an impertience to offer it. His work will stand and grow--that is all he cares about, and it's the only criticism he needs.

His country has endorsed in no unmistakable tones at least one of his primal teachings with her new laws of prohibition against that most obviously dangerous of poisons ~~or~~ ^{and} toxins--known even to the man ~~in~~ the street as intoxicating drink. The toxins they don't know about, like secret enemies, are really quite as fatal to the people, and to the kingdom of peace and righteousness. And no man has done more in the world today to warn his fellows that "we dig our graves with our teeth" than this man. Is that not "enuff said"?

I don't know what Doctor John Kellogg means to have written upon his tombstone, if he ever gets old enough, like the ~~one~~ ^{dear} horse shay, did, to fall to pieces all at once. He still looks and works as if that day was as distant as ever. But I do know that as his claim to our gratitude his life has redeemed the physical lives of countless of his fellow creatures. That is a far better claim to immortality than the dollar and cent gauge of the so-called richest, but so often really poorest, man on earth. Beyond this I can only say I know personally the man I am writing about. I have known him for many years in the dollar and cent field, as

well as in the fields of science and ethics and that's why I have ventured out of my shell, and out of the seclusion of the subjects that have usually engrossed ^{my} by life interests even as a flea might venture out to try and say a good word for an elephant in the larger field he occupies. This effort carries my affection, my gratitude and my sincerest good wishes to Dr. John Kellogg and his world acknowledged efforts for the betterment of the whole human family.

Wilfred Grenfell

February 7, 1924.

Mrs. Butler:

Enclosed find a letter from Dr. E. L. Fisk of
the Life Extension Institute, Inc. Please call my attention to
it.

J. H. K.

v-m

So reports visit of lawyer from Great Peckers
see last page -

LIFE EXTENSION INSTITUTE, Inc.

DIRECTORS

HENRY H. BOWMAN
President Springfield National Bank

PROFESSOR IRVING FISHER
Chairman Hygiene Reference Board

EUGENE LYMAN FISK, M. D.
Medical Director of the Institute

HAROLD ALEXANDER LEY
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ROBERT W. DEFOREST
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HAVEN EMERSON, M. D.
*Professor of Public Health Administration,
College of Physicians and Surgeons,
Columbia University*



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See Reverse Side for Hygiene Reference Board of One Hundred Leaders in Science and Public Health Work

Telephone VANDERBILT 1494

25 WEST FORTY-THIRD STREET, NEW YORK

February 4th 1924.

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

My dear Dr. Kellogg:

We desire to thoroughly revise the book "How to Live." Close to 200,000 copies of this book have been sold and the interest in it seems unabated. Several partial revisions have been made in the past few years, but a complete revision seems desirable, of each section of the book in order to bring the data included, thoroughly up to date and also consider very critically the emphasis laid on various phases of hygiene.

Any suggestions that you have for improving the book or correcting any apparent inconsistencies or faults in interpretation or emphasis, would be very welcome.

If you have not a copy of the 17th edition please let me know and I will send you one.

Sincerely yours,

E. L. Fisk

M. D.
Medical Director.

FEB 6 1924

MAILED
FILE
NO. F. U.
FOLLOW

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Fac. of Safety
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February 7, 1924.

Dr. L. Tissier,
Paris, France.

Dear Doctor:

This note will introduce to you my patient, Miss Mary Causey of Denver, Colorado, a most estimable young woman whose father is a prominent lawyer in Denver. I have suggested to Miss Causey that if she should be in need of medical care, it would be well for her to call on you and if she needs the care of a specialist, that you will recommend her to some person whom you regard as most reliable.

Trusting you are in good health, I remain, dear Doctor,

Very sincerely yours,

v-m

February 7, 1924.

Dr. L. Tissier,
7 Boulevard Rapail,
Paris, France.

My dear Doctor:

This note will introduce to you a former patient of mine, Miss Mary Causey of Denver, Colorado.

I have suggested to Miss Causey that if she is in need of medical advice while there that she should call on you.

With kindest regards,

Yours very sincerely,

JHK-A

2

February 11
1924

Eugene L. Fisk, M.D.,
25 W. 45th Street,
New York, N. Y.

Dear Doctor:

I am glad to see by your letter of Feb. 4 that your book, "How to Live," has had such an enormous sale. It has done a world of good and helped to mold public opinion in a wholesome way.

Doctor Benedict, when he was here, told me of the effort he had made to convince you that it was not necessary for you to caution people against eating too much meat. He had just been down to Chicago having an interview with the packers and breeders, to whom I think he had been giving some instruction as to how to fatten animals at least cost.

I am glad you didn't yield to the pressure to withdraw your caution about meat. One of the great obstacles to progress is the fact that big business keeps everybody scared. Even scientific men hesitate to tell the truth when truth is likely to interfere with big business. The bacteriologists, for example, have known for years about the bacteriological condition of meat, but the fact is not mentioned in any text-book on bacteriology. There is plenty of information sent out about the bacteria of water and the bacteria of milk, but it is rare to see a word about the bacteria of meat.

A short time ago, when on a visit to the state sanitary engineer, I inquired for the standard employed in the examination of water. I was told that 2 colon bacteria in 100cc of water to half a tumblerful would condemn the water. 1 colon bacillus in 100cc would permit the water to pass as pure, and the average beefsteak sold in the market contains 1,000,000 germs of the same type, with the result of the infection of the meat with colon germs, which always takes place in the process of slaughtering. This would make 100,000,000 germs in 100 grams of meat, when only 1 is tolerated in water, and Hamburger steak may contain 200 or 300 times as many bacteria.

Now, that the importance of changing the intestinal flora

is recognized, it seems to me no intelligent person can look upon meat, which is swarming with putrefactive bacteria, as harmless. Meat not only promotes the growth of these bacteria in the colon, but inoculates the colon with the very bacteria which we seek to get rid of in efforts to change the flora.

Many prominent men are speaking against meat. Dr. Charles Mayo, before a popular audience in St. Louis, recently, advised the people to eat less meat, and called their attention to the fact that meat is infested with "bad germs."

I quote as follows from a verbatim report of a lecture given by Dr. McCollum in our gymnasium a few weeks ago, before a large audience:-

"QUESTION: Can the highest degree of health and vigor be developed and maintained on a diet excluding meat?"

"ANSWER: Yes. All the evidence from both animal experimentation and human experience supports in a manner which can never be broken down the viewpoint that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet there is is a lacto-vegetarian diet."

"I am convinced that any one who eats the average amount of meat consumed in this country will improve rather than suffer by cutting it all out of his diet. Meats greatly increase intestinal putrefaction. There is no other class of food which so greatly tends to promote intestinal putrefaction and unwholesome decomposition products."

I submitted a couple of my books, including "The New Dietetics," to Doctor McCollum and asked him for a candid criticism. In "The New Dietetics," a copy of which I think I sent you, I have endeavored to tell the whole truth. I was much gratified some weeks later to receive from Doctor McCollum the following:

"I have received your books, "The New Dietetics" and "The Itinerary of a Breakfast." I delayed writing to until I had had time to look both of these over, which I have now done. I was delighted with both of them. There is no one who has succeeded so well as your self in putting into understandable language a sane and physiologically sound system of living. I have no criticism of anything you say."

I think you would be justified in saying a little more about meat. People have a right to know the truth. I am enclosing a copy of an edition of a poster which was gotten out by the packers and distributed by the Government as well as by the packers all over the United

States. I prepared a special edition as a protest against what I felt to be an unlawful use of Government influence and an attack upon the health of the American people. The poster created a great furor. The president of the Meat Board rushed down to Washington and demanded that the Postoffice Department should exclude it from the mails. This, naturally, seemed to the posters a perfectly proper thing to demand since the Postoffice Department were sending out the original posters to every postoffice in the United States, with the request to the postmaster to post them. The posters were put up in our own postoffice in Battle Creek, and in every butcher shop all over the United States, and distributed in some other ways.

I have inside information that the Meat Board president called on 12 different officials in his effort to get my poster excluded from the mails. He didn't succeed because he could not deny that the statements were true. The officials then called on the Interstate Commerce Commission and demanded an injunction against me. The Commission sent a lawyer, an official of the office, here to investigate the matter. After I gave him the facts and showed him authorities to back up the statements, he said, "I wish you would make the poster bigger." When I met him some weeks later, he told me he had eaten little or no meat since his visit.

It is a shameful thing that the people are not permitted to know the facts. There is plenty of information on the subject published in special books on meat inspection and in public health reports, but these people do not see.

I find I have not a copy of the 17th edition of "How to Live." I would like to look it over and some suggestions may occur to me.

Sincerely yours,

JHK-03

FEB 12 '24

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. F. U.
FOLLOW

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O. P. & M.
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February 11, 1924.

FEB 12 1924

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

Dear Mr. Barron:

Thank you very much for the clipping about Mr. Patterson. The statement by Dr. Dixon is important.

I am glad to have the statements about meat and sugar.

Sincerely yours,

v-m

M. V. O'SHEA
PROFESSOR OF EDUCATION

THE UNIVERSITY OF WISCONSIN
MADISON

February 14, 1924.

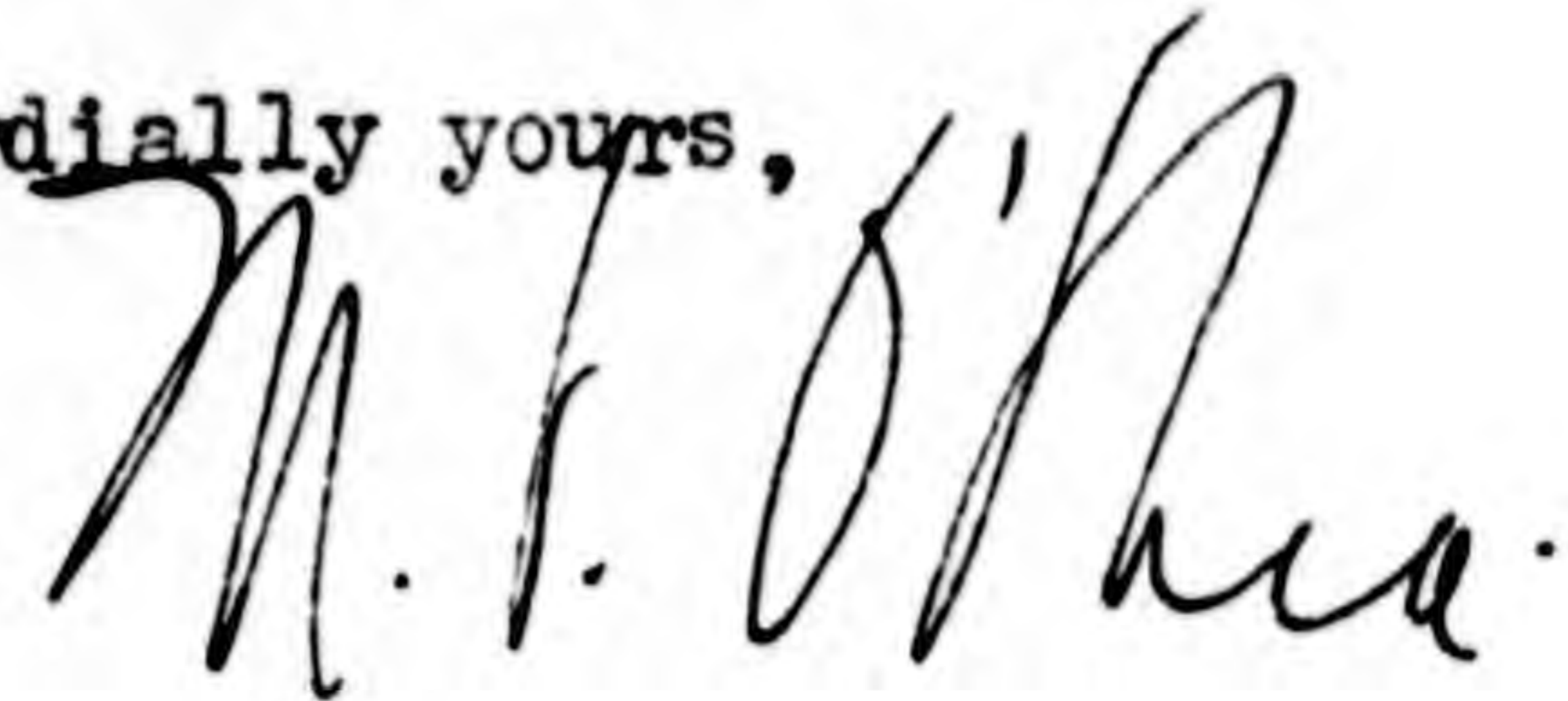
FEB 17 1924

Dear Doctor Kellogg:

Responding to your letter of February 10th, I ~~shall~~ wish to say that I did not for one moment suppose that Mr. Palen was writing his article about you at your instigation or with your knowledge. It seems to me, however, a very appropriate thing for Mr. Palen or anyone else to do. You may recall that I have expressed the hope that I might play a rôle as your biographer, at least I should be permitted to contribute something to a biography that may be prepared by someone else. When I last saw you I suggested that at odd moments you ought to dictate notes of experiences such as you described to me, so that a biographer could have data of this kind for an intimate personal sketch. I am sure now, as I have always been, that the Battle Creek idea can be disseminated as successfully through the biographical account of your work and ideals as by any other method.

I do hope that as you think of incidents and experiences in your life you are jotting them down for future use; and I think a biography ought to be written while you are able to advise regarding various points.

Cordially yours,



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

DAVID STARR JORDAN
STANFORD UNIVERSITY P. O.
CALIFORNIA

February 18, 1924

FEB 24 1924

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

My dear Dr. Kellogg:

I do not now remember what I wrote to Mr. Palen. I don't doubt, however, that it contained an enthusiastic reference to yourself. I may suggest, either that he write me again, asking for something impersonal, or else that he emend his present letter so as not to make it seem like an advertisement of yourself.

My health is extremely good for a boy of my age, and I am everlastingly thankful to you and to your good colleague for the help you gave me when I needed it. My physicians here find nothing wrong, although railroad travel tires me much more than it used to do.

Sincerely yours,

David Starr Jordan

DSJ:GHD


MAILED FEB 25 '24

FILE

NO. P. U.

FOLLOW

February 22, 1924.



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

My dear Mr. Barron:

Thanks for the clipping about the Turk
who died at 120 years and was a coffee drinker. The fact
that he was able to live so long is no evidence that coffee
is good but rather that he was uncommon^{ly} tough.

I hope you are keeping your weight under control.

Sincerely yours,

V-M

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Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

Enroute to New York,

March 30th 1924.

APR 1 1924

Dear Dr. Kellogg:

In the Ladies Home Journal for March you may be interested in the declaration of the prima donna Galli-Curci, who declares that she never touches meat, fish or fowl.

Very truly yours,



Dr. John Harvey Kellogg,

Battle Creek, Mich.

April 3, 1924.

APR 4 1924

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

Dear Mr. Barron:

Thank you very much for your kind note of March 30th.

I had heard that Galli-Curci was a vegetarian and am glad to have this proof of the fact. The same is true of Patti. She rarely ever took meat. Clara Louise Kellogg when at her best was very abstemious and took great care in her diet. One of the leading voice trainers of Berlin many years ago refused to undertake to train any one's voice unless the party would adopt a vegetarian diet.

Attention has been called to the fact that the singing birds eat fruits and seeds, while the birds that eat meat scream and croak and caw.

Leonardo de Vinci, perhaps the greatest artist that ever lived, was a strict vegetarian. He always turned his head away when he passed a butcher shop and would not receive as a pupil any person who would not discard meats.

Sincerely yours,

b

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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.

MAILED APR 7 '24

FILE

NO. F. U.

FOLLOW

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
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Spec. Dia. Lit.

April 4, 1924.

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

APR 6 1924

Dear Mr. Barron:

I have yours of April 1.

We will be glad to see you early in May.

I hope you won't forget this engagement and this time come prepared to stay long enough to get something substantial accomplished.

I was greatly interested in reading your address before the British Association.

Sincerely yours,

v-m

EMMANUEL MISSIONARY COLLEGE
FREDERICK GRIGGS, PRESIDENT
BERRIEN SPRINGS, MICHIGAN

April 13, 1924

APR 25 1924

My dear Doctor Kellogg:

We are holding over next week-end the fiftieth anniversary of the founding of Battle Creek College, now known as Emmanuel Missionary College. I am enclosing a program of the exercises. We would be very much pleased, Doctor Kellogg, if you could find it in your way to visit us if but for a few hours.

It appears that you are the only living trustee of the earliest days of the college. I remember that you used to be very enthusiastic in the old days about practical education and that you did a great deal to help my department in building up manual training and other lines of practical work. I also recall that you were much interested in the transfer of the college from Battle Creek to this place and used to visit here at times. I remember myself being here when you were here. We are planning to have Doctor Sutherland and Doctor Magan with us. They have both given assurance of their coming. I think you would be interested to see the work of this college. We are located on four hundred forty acres of land and are carrying forward a very practical educational effort. I am enclosing herewith a little book of commendations which may interest you.

Again, we should be very much pleased to have you with us even but for a short time. Could you not drive over if for no other time but for our banquet? Let me have a line from you as to whether we may have you here or not. If you find it impossible to come, then will you not write a word for the occasion.

Very sincerely,

Frederick Griggs

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

FG:ew

COLLEGE PLANS A CELEBRATION

Dr. J. H. Kellogg Only Living
Member of Trustees.

HELD THIS WEEK-END

Berrien Springs to Welcome
2,500; Gov. Groesbeck and
T. E. Johnson to Speak.

In Berrien Springs the semi-cen-
tennial celebration of old Battle

Creek college is to be held April 18-21, inclusive, and 2,500 invitations have gone out to those who have been connected with the college either directly or indirectly through the years.

Dr. J. H. Kellogg is the only living member of the board of trustees, and has been invited to participate in this unique commemoration of the history of this institution of learning, which is one of aims quite different from the ordinary college. The students are co-operating with the faculty in providing features appropriate to the celebration.

Speakers will be prominent. Governor Alex J. Groesbeck is to deliver an address on Monday at 2:30 and a speech is scheduled by State Superintendent of Public Instruction Thomas E. Johnson.

Saturday W. A. Spicer, president of the General Conference of Seventh Day Adventists, is to talk on "What I Have Seen of Denomina-

tional Progress." Former presidents of the college will be there and other notables connected with the institution in pioneer days, the list including Dr. Percy T. Magin, Dr. E. A. Sutherland, W. C. White, son of Elder James and Ellen G. White, who had much to do with the founding of the college, also J. H. Haughey, who will speak on old days at the college. Mr. Haughey was professor of ancient languages and the college was his alma mater.

A unique exhibit is to be held in the old chapel of the administration building. This will display the products of an institution of this kind. A Founders' banquet will be given by the college to all the former presidents and others of importance.

A collection is being made of the many favorite reminiscences of the past, which will make the entire commemoration one of interest to all.

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

CLASS OF SERVICE
Telegram
Day Letter
Night Mes
Night Lettr

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

NEWCOMB CARLTON, PRESIDENT GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

RECEIVED AT 71 WEST MAIN ST., BATTLE CREEK, MICH. TEL. BELL 4321-2-3, CITZ. 442

229C C 10

BERRIENS SPRINGS MICH 754P APR 19 1924

DR J H KELLOGG

155

BATTLE CREEK SANITARIUM BATTLE CREEK MICH

MUCH DISAPPOINTED IF YOU DONT COME LET BYGONES BE BYGONES

FREDERICK GRIGGS

8P

April 20, 1924.

Professor Griggs:

I have your invitation to attend your celebration at Berrien Springs. I am greatly surprised that you should send me such an invitation. I was denounced by your prophet, Mrs. White, and by your General Conference, and by yourself, and was turned out of the Seventh Day Adventist church, and the whole denomination was warned against me, and the organization of the denomination was set to work to circulate falsehoods about myself and the Sanitarium throughout the whole world, so far as their influence extended, and every effort was made to destroy our credit and to hinder us in our efforts to rebuild the Sanitarium. Every reason which at that time existed for the action taken against me and the Sanitarium exists to-day.

If you believe what you profess to believe, it is most inconsistent and wholly improper for you to extend an invitation to me to appear before your people. I am working to rebuild and restore that which the organization you represent did their best to destroy and, in the words of one of old, I must say, "I am doing a great work and cannot come down."

Yours truly,

Prof. Frederick Griggs,
Berrien Springs,
Michigan.

1924
April 20
Berrien Springs
Michigan

C o p y

THE JOHNS HOPKINS UNIVERSITY

School of Hygiene and Public Health
Monument and Wolfe Streets
Baltimore, Md.

April 24, 1924.

Dear Roman:

This note just as I am leaving to say that I shall be glad to talk things over with you when you can come to Baltimore.

Will say only that the lacto-vegetarian diet is a highly satisfactory regimen, if the food is properly selected. Meat eating is entirely unnecessary and indulgence in it is due to its palatability. In fact we should all be better off, if we had no meat, although I have never made so strong a statement for publication and should prefer not to do so.

Dr. Kellogg is one of the finest men I have ever met. He is right in most of his tenets, but is more extreme than I care to be along certain lines because I do not regard it as politic for me considering the kinds of people I have to work with. In other words, he is willing to be known as a food faddist and to express extreme views, whereas, I, as an investigator must take a more judicial attitude, and speak only on the basis of our experimental data, and in such language as will not brand me as an extremist.

Dr. Kellogg has been able to make a great success of his Sanitarium for many years because there is a sufficient number of sick people who are grasping at straws, and who are benefited by the treatment, dietetic and otherwise, which he gives them. He could not have made as great a success as I hope to make and am actually making, with the population of the nation in the matter of inducing the expectant and nursing mothers to select their diet along certain lines and to feed their older children as advised. In order to avoid the antagonism of the medical profession and many others, I must not be justly accusable as being a faddist, but want rather to be looked upon as the most unprejudiced authority, and the best informed investigator. I hope to attain these positions.

With kindest regards and thanks for the books, which I shall read with interest,

(signed) Yours sincerely,
E. V. McCollum

22. X. 1924

My Dear Colleague

I wish to convey my warmest thanks to you and to all my Battle Creek friends for the kind greetings on the occasion of my 75th birthday. I still remember with great pleasure the friendly reception, with which I met last year in Battle Creek

Yours very sincerely

J. Parlor

To Doctor J. H. Kellogg





ON BOARD S. S. Lepanto

Naples, April 5th 1924

Dear Doctor Kellogg:-

Your telegram of computation
on my election reaches us here.
We have been on board one month
as we changed our plans. The
President of the S. S. Line, Mr. Frank
was on board and when we got to
Genoa March 17th, a day ahead of
our schedule, he invited us, as
guests of the company to make the
remainder of the Mediterranean
trip (3 weeks), I saw my two
colleagues of the Bureau, Vic and
Perry (British) and Miss Anne Hoff
(Dutch) and they urged me not to
miss such a nice chance, so
I do not take up my appointment
until April 9th. We had neither

3) Palestine for a trip of 7 days
for which we each paid \$230.⁰⁰
I tell you this, because all the
show excursions are eaten. We
visited (by automobile) Nazareth,
Bethany, Jericho, Mt of Olives, ~~Bethlehem~~
the "Dead Sea" and the "Wilderness"
and spent two days in Jerusalem.
The walls and gates of Jerusalem are
very picturesque, the city inside the
walls, divided into four distinct
"quarters" or hills is very much
larger and more interesting than I
had pictured. "Mt Moriah," within
the walls, is a level paved exposure
nearly up to the top of the walls
of the city, as big as eight ordi-
nary city blocks, was the site of
the Temple which was destroyed.
On it are Jewish barracks and
two Mosques. The Mosque of Omar (or
"Dome of the Rock") is the most superb

9 of us can run to Athens, Palestine, or
Egypt, and we have certainly had
a lovely trip. - We are anxious
you should make this trip next
winter.

If you can bring your
secretary you will find much
time for writing. Dr Brown &
John Hopkins (Dr R. Brown) has
been with us, and has given us
very freedom and way to
writing on medical subjects.

The only trouble we find is
they have so few vegetables as
the table & yet the markets where
have them in profusion. You
could buy them or have them
brought for yourself at Thacker's
Schuller, Alps, Munro, Athens
etc.

We left the ship at Haifa

4) Mosque in existence, and is a perfect architectural gem. I had never even heard of it, and it is one of three of the world's greatest buildings. We, of course, so all the alleged sites of all the sacred spots connected with the life of Christ either in churches or Mosques, preserved by the wonderful tolerance of the Muslims who have kept the Christians from fighting each other for possession.

The more you see of the Muslims the less you think of the poor, pathetic, and memorable history of the Jews and the absence of Christ-like characteristics of the Christian churches.

The new part of Jerusalem, outside the walls is modern and attractive & we found the Allenby Hotel quite good. The roads, built by the Turks, are excellent throughout Palestine. I have good reason to be pro-Jews in my sentiments.

5) The railroad trip from Jerusalem to
Cairo (8:30 a.m. to 10:30 p.m.) across
the Sinai Desert (and across the
Suez Canal by ferry to the Port
Said - Cairo ^{ON BOARD S. S.}) was very
hot, dusty, & badly arranged by
the "conductor", but Shepherd's
Hotel in Cairo was lovely and we
had there very fine damps there.
We did the Sphinx & Pyramids (20 to
30 minutes by motor from the Hotel) and
up the Nile to Memphis by steamer
to the Tomb of the Bulls, Tomb of Dj
etc. The rest of the visit was in
Cairo. The things for the tomb of
Int-ankamen in the Museum look
fresh and absolutely new. He saw
inscriptions in the tomb at Memphis
3700 years B.C. - and there are
many excavations working out new
discoveries in only a question of time.

If you are able to take this
trip next winter, I can save you
much time and trouble by outlining what

7) regards to you personally. We
hope all goes well with you and
yours.

Very Sincerely Yours

Albert P. Hibbard

HIBBARD

8) to avoid, which is the most important
of all. This ship for instance touches
at Annapolis about 8:30 to leave passages
for Paris & Switzerland, etc. & goes
direct to New York. You could stop
off & see us & go back via
Europe or England. You have
much leisure in time between ports
and, by not being in the ship's
vicinities, if you go "on your own"
and know what you want, you
can save time, money delays, and
annoyances by having your own
Smith or dragoman.

I have had nine months
discussion since returning and must
go back into harness. It will be
a little confusing at first, but we
have much to do to get settled
properly. We hope to welcome
you all here. Give our regards to
all. My wife joins me in warmest

(COPY)

April 24, 1924.

Rear-Admiral A. P. Niblack,
International Hydrographic Bureau,
Monaco.

My dear Admiral:

Thank you very much for your delightful letter of April 5th written on board the Lapland.

I was greatly interested in reading your description of your trip through Palestine, Cairo, Egypt, etc. I took exactly the same trip just 25 years ago only I sailed from Brindisi to Port Said, then by rail to Cairo and from Alexandria to Jaffa. Then I went from Jaffa to Athens, Smyrna, Constantinople and up the Danube by rail to Vienna.

You certainly have had a most delightful trip. I want some time to take this trip again if I am permitted to do so, and I have some hope that I may some time see a little of the world again. I have been very busy here since the opening of Battle Creek College last fall and presume it will be a year or two before I can get away for anything like a vacation. I want very much to visit Monaco sometime to view the wonderful scenery there and to renew acquaintance with our good friend, Dr. Allis. I think I mentioned him to you, and if I recollect correctly, gave you a letter of introduction to him. Both he and his daughter will be most delighted to meet you and Mrs. Niblack and you will find him a very charming friend. He was a close friend of the late Prince and I have no doubt is on intimate terms with the present ruler.

Of course you do not need an introduction anywhere, but I am sure we all appreciate knowing a few people who we are sure are thoroughly dependable.

We have been very full all winter, more than ever before at this season. We are filling up so fast it looks as though we shall not be able to accommodate all the people who will want to come this summer.

We have with us now the Lieutenant-Governor of Nova Scotia with his wife, and a prominent Boston doctor came in today with three wealthy gentlemen from Boston.

I am mighty glad you have secured the very desirable position you were hoping for. I am sure there is no one who deserves it more than you and I hope you will find Monaco a good place in which to live biologically and so be able to hold old Father Time at bay for a good many years to come.

With kindest regards to Mrs. Niblack and yourself, thanking you most heartily for your kind invitation and hoping some time I may have the pleasure of seeing you in your new home at Monaco, I remain,

Cordially yours,

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O. P. & M.
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April 25, 1924.

Dr. *J.* Tissier,
Paris, France.

Dear Doctor Tissier:

This note will introduce to you one of our esteemed patients Miss S.M. Hewes. Miss Hewes is a woman of high social and business standing and a most estimable character. She has decided opinions of her own about many things, particularly in relation to diet and hygiene, but she is a very loyal patient, and will, I am sure, be very glad to avail herself of your skill.

Trusting you are in good health, I remain, dear Doctor,

Sincerely yours,

917 Olivia Avenue
Ann Arbor. Mich.

May 3rd

MAY 5 1924

To Dr J. H. Kellogg.

Dear Sir.

I am writing for my Husband to
thank you very much for your most
kind letter of invitation to visit you
at Battle Creek. He has been looking
forward to the pleasure of meeting you &
there has been some talk of President &
Mrs Burton driving him & myself over
(if I may be included in your invitation)
to see you.

In a few days time Mr Bridges thinks
he will know more definitely what his
engagements here will be & then he or I
will write again with a proposal. I fear
there is no chance that he will stay for a
week: it will either be a visit for the inside
of a day or at most for a night or
two.

We have so often talked of you
& of Battle Creek Sanitarium with
our friend, Sir Horace Plunkett, that
we shall much look forward to the
expedition.

Yours truly,
M. M. Bridges.

May 4, 1924.

Clark Riggs:

Be sure to reserve a suitable suite of rooms at the south corner for Mr. C. W. Barron when he comes on May 9th. He also wants a long distance telephone in the room.

J. H. K.

v-m

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

April 1, 1924.

Dear Dr. Kellogg:

Please have reservation made for myself and secretary and nurse of two south corner connecting rooms with sleeping porch, with long distance telephone connection therein - as I have had previously - arriving in Battle Creek Friday, May 9th, and oblige,

Very truly yours,

C. W. Barron

Dr. John Harvey Kellogg,
Battle Creek, Mich.

OK

POSTAL TELEGRAPH - COMMERCIAL CABLES

CLARENCE H. MACKAY, PRESIDENT

TELEGRAM

RECEIVED AT MAIN OFFICE
87 WEST MAIN STREET
BATTLE CREEK, MICH.

TELEPHONES: { BELL 104
 { CITZ. 4011

DELIVERY NO.

76

This is a fast Telegram unless otherwise indicated by signal after the number of words:—"Blue"(Day Letter)"N.L."(Night Letter)or"Nite"(Night Telegram)|| 16DbI-79279

STANDARD TIME INDICATED ON THIS MESSAGE.

B 23 CH VO 25 2L3PM

RY NEWYORK NY 5/6/24

BATTLECREEK SANITARIUM

BATTLECREEK

WHAT SUITE HAVE YOU FOR ME AND WILL YOU HAVE TELEPHONE IN MY
ROOM PLEASE WRITE TONIGHT TO RITZCARLTON NEWYORK AM LEAVING
FIVE OCLOCK THURSDAY

C W BARRON

Reserving

301 + # 303

Kerron

J. J. Barron



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
Chg. San.
Time Filed

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

May 6, 1924

19

To C. W. Barron

Street and No. (or Telephone Number) Ritz Carlton Hotel

Place New York, N.Y.

Reserving three hundred one and three hundred three with telephone Writing.

John Harvey Kellogg

SENDER'S ADDRESS FOR ANSWER

SENDER'S TELEPHONE NUMBER

OK MW

May 6, 1924.

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

Dear Sir Horace:

I have not heard from you for some time but hope you are getting on all right. I thought you would like to know that I am expecting a visit from your friend, Prof. Bridges, your poet laureate. When I learned of his arrival at Ann Arbor, I sent him an invitation to visit us at Battle Creek and I have this morning a letter from his wife accepting the invitation. His wife kindly says in her letter, "We have so often talked of you with our friend, Sir Horace Plunkett, that we have much looked forward to the trip."

I hope you will call on me if I can do anything to serve you in any way.

Trusting you are steadily progressing healthward,

I am, as ever,

Cordially yours,

V-2

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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

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NIGHT MESSAGE	NITE
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NEWCOMB CARLTON, PRESIDENT GEORGE W. E. ATKINS, FIRST VICE-PRESIDENT

The filing time as shown in the date line on full-rate telegrams and day letters, and the time of receipt at destination as shown on all messages, is STANDARD TIME.

Received at 71 West Main St., Battle Creek, Mich., Tel. Bell 4321-2-3

57Z N 25

CO NEWYORK NY 322P MAY 8 1924

JOHN H KELLOGG

133 San

BATTLECREEK MICH

AM BRINGING KENNETH HOGATE WITH ME ARRIVING TOMORROW MORNING
SHOULD LIKE ANOTHER ROOM NEARBY BUT CAN GET ALONG WITH FOUR
BEDS IN OUR THREE ROOMS

C W BARRON

236P

Left Call 2:40 P.M.





May 13th 1924.

Dear Dr. Kellogg:

I am wondering if the enclosed is anything unknown to you.

Very truly yours,

C. M. Barron

Dr. John Harvey Kellogg,

Leafy extract.

MAY 15 1924

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FILE
NO. F. U.
FOLLOW

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May 14, 1924.



Mr. C. W. Barron,
Sanitarium.

My dear Mr. Barron:

Thank you for the newspaper clipping which I am returning herewith.

I hope the Harvard Professor has really made the discovery which is announced. We have long been waiting for this and expecting it and it is entirely possible that success has been attained at last. The time will certainly come when each one of these infectious diseases will be conquered one after the other.

Sincerely yours,

MAY 15 1924

v-m

917 Olivia Avenue
Ann Arbor.
Mich.

May 22

MAY 22 1924

Dear Dr Kellogg.

We have delayed writing again
to you till we sh^d know certainly
about President Burton's plans -

Now we find that there is no
certainty of his being able to fix a
day to drive^{us} over to Battle Creek
with Mr Burton, so we are
venturing to accept your very kind

offer to drive over & fetch us in
your automobile - but when I look
at the map as I have just done &
see that the distance must be over
70 miles, we hesitate to let you do
us this favour.

However if you really can spare
the time to come over to Ann Arbor,
is there a hope that it wd suit
you to come over on Sat May 31st
(say in the afternoon) to fetch us -
we st^{ill} hope - if it suited you - to

be able to stay till Monday morning
I write "hope" as there is a small chance
of our having to return Sunday afternoon
(June 1st) for an expected guest, but
I don't think this will be needed.

If we are proposing an awkward
date, of course you will not hesitate
to say we will choose another time.

(For instance I hear May 31st is a
public holiday: does that make the
roads crowded for motoring?)

Our days here are few as we
are planning to leave on June 16th.

We are now writing to our guest to
try to put him off till the Monday after-
noon.

With kind regards from my
brother,

Yours sincerely

M. M. Bridges

If we have to return Sunday evening (or
you'd drive us back then) perhaps we
might arrive Friday instead of Saturday?

MAILER MAY 28 '24

FILE

NO. F. U.

FOLLOW

May 26, 1924.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for your kindly mention of our interests in your report of your visit to Mr. Ford. You are always saying good things about us. I assure you we appreciate your good words and good deeds in our behalf. You have done us a lot of good and I assure you we shall take pleasure in reciprocating whenever opportunity offers.

Sincerely yours,

V-M

MAY 27 1924

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917 Olivia Avenue.

Ann Arbor. MAY 29 1924

May 26

Dear Dr. Kellogg.

We are sending a wire this morning, as we have just heard from our expected guest that his visit is postponed a few days, so we shall be able to go to Battle Creek for the week-end.

As far as we are concerned we can be ready to start any time on Saturday afternoon. I think it is probable that you may not wish to leave the Sanitarium

till after your lunch, arriving here somewhere
about the middle of the afternoon of Saturday
(May 31st) but we can be all prepared to
start, so that with 5 minutes' delay we
can leave as soon as you get here -
any time after 2.

As the posts seem rather uncertain & I
am not sure of getting an answer from
you, we will leave it like this, if we may.

I hope you will really find that you
can spare the time & that you will
not regret of your kind offer to come
& fetch us.

We must return Monday morning.

Yours sincerely,
M. M. Bridges.

POSTAL TELEGRAPH - COMMERCIAL CABLES

CLARENCE H. MACKAY, PRESIDENT

RECEIVED AT MAIN OFFICE
87 WEST MAIN STREET
BATTLE CREEK, MICH.
TELEPHONES: { BELL 104
 { CITZ. 4011

TELEGRAM

DELIVERY NO.

49

This is a fast Telegram unless otherwise indicated by signal after the number of words:—"Blue"(Day Letter)"N.L."(Night Letter)or"Nite"(Night Telegram) 16Dbl-79279

STANDARD TIME INDICATED ON THIS MESSAGE.

I AR HN 6 4PM

G ANNARBOR MICH MAY 28 1924

A. H. Kellogg

J H KELLOGG

SANITARIUM BATTLE CREEK MICH

EXPECT YOU SATURDAY AFTERNOON AM WRITING

BRIDGES

*Kellogg
Residence*

May 28, 1924.

Mrs. M. M. Bridges,
917 Olivia Avenue,
Ann Arbor, Michigan.

My dear Mrs. Bridges:

I have just wired you as follows:

" I will be glad to drive over either Friday or Saturday, as suits you best. Holiday travel will cause no inconvenience. Kindly wire at my expense which day and hour you prefer."

I would be delighted to have Mrs. Burton come along if she will. I can come over either Friday or Saturday-whichever day pleases you best. I would be glad to know what hour you would like to leave Ann Arbor. It will take about two and a half to three hours to drive over to Battle Creek. The roads are excellent and my car has balloon tires, which make comfortable riding.

With kind regards to Doctor Bridges,

Cordially yours,

JHK-CB

BRIDGES, ROBERT (1844-), English poet, born on the 23rd of October 1844, was educated at Eton and at Corpus Christi College, Oxford, and studied medicine in London at St. Bartholomew's hospital. He was afterward assistant physician at the Children's hospital, Great Ormond Street, and physician at the Great Northern hospital, retiring in 1882. Two years later he married Mary, daughter of Alfred Waterhouse, R.A. As a poet Robert Bridges stands rather apart from the current of modern English verse, but his work has had great influence in a select circle, by its restraint, purity, precision, and delicacy yet strength of expression; and it embodied a distinct theory of prosody. His chief critical works are Milton's Prosody (1893), a volume made up of two earlier essays (1887 and 1889), and John Keats, a Critical Essay (1895). He maintained that English prosody depended on the number of 'stresses' in a line, not on the number of syllables, and that poetry should follow the rules of natural speech. His poetry was privately printed in the first instance, and was slow in making its way beyond a comparatively small circle of his admirers. His best work is to be found in his Shorter Poems (1890), and a complete edition of his Poetical Works (6 vols.) was published in 1898-1905. His chief volumes are Prometheus (Oxford, 1883, privately printed), a 'mask in the Greek Manner'; Eros and Psyche (1885), a version of Apuleius; The Growth of Love, a series of sixty-nine sonnets printed for private circulation in 1876 and 1889; Shorter Poems (1890); Nero (1885), a historical tragedy, the second part of which appeared in 1894; Achilles in Scyros (1890), a drama; Palicio (1890), a romantic drama in the Elizabethan manner; The Return of Ulysses (1890), a drama in five acts; The Christian

Captives (1890), a tragedy on the same subject as Calderon's El Principe Constante; The Humours of the Court (1893), a comedy founded on the same dramatist's El secreto a voces and on Lope de Vega's El Perro del hortelano; The Feast of Bacchus (1889), partly translated from the Heauton-Timoroumenos of Terence; Hymns from the Yattendon Hymnal (Oxford, 1899); and Demeter, a Mask (Oxford, 1905).

--The Encyclopedia Britannica (1910 edition)

file
The Crest House,
Weybridge, Surrey, JUN 1 1924
May 23, 1924.

My Dear Doctor Kellogg,

Your letter of May 6 has just reached me and I am delighted to know that Doctor Bridges is coming under your care. Apart from the peculiar charm of his personality, I am sure you will be delighted that the Sanitarium should include him among those whose service to your country makes you delight to serve him. It is really a fine act on his part. He is ten years older than I am and he feels that he ought to do something for the branch of the English speaking people who inhabit the North American continent. Precisely why he chose Ann Arbor as the place to give his message to the youth of your country, I do not know. I need not say I was very glad of his choice, knowing that at his age the strain might be somewhat severe, especially as all Britishers are apt to suffer a little from your climate until they become accustomed to it, I told Mrs. Bridges all about the San and what it had done for me. I look forward to hearing their impressions of the great institution when they come home.

I can give a good account of myself, but I feel a little guilty in having reduced my public work almost to the vanishing point. I think it will take me all this summer to become fit for anything like the work I want to do. I am getting great benefit from sunlight baths, which are possible about five times as many days in my little Surrey house as they were in my revolving shed at Kilteragh. I have a very good sleeping porch but it is not nearly as good a device as my own invention.

Believe me,

Yours sincerely,

Trace Plunkett

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

Plunkett

Count Ilya Tolstoy, 64 Riverside Drive, (Postmarked) New York.

After April 25 Southbury, Conn.

Mar. 26, 1924.

JHK

I am mailing you a volume by my father in which you will find the articles on alcohol and tobacco, that interest you.

My wife and I are following your instructions in diet and are feeling wonderful results.

I am glad I was with you a few days and acquired scientific argument for vegetarianism. This once more proves that science and ethics are closely connected and complete each other. It is really a pity that people are ignorant and do not realize that in eating meat they are destroying lives and poisoning themselves.

egm

MAR 20 1924



Dr. J. H. Kellogg
Battle Creek
Mich.

Dear Dr. Kellogg

Under separate cover I am mailing you a volume by my father in which you will find the articles on alcohol and tobacco, that interest you.

My wife and myself are following your instructions in diet and are feeling wonderful results.

I am glad I was with you a few days and acquired scientific argument for vegetarianism.

This once more proves that science and ethics are closely connected and complete each other.



It is really a pity that people
are ignorant and do not realize
that in eating meat they are
destroying lives and poisoning
themselves.

With best wishes for many
and many years

Very sincerely yours
Count Dya Tolstoy

March 26th
1924

64 Riverside drive

After April 25th:

Southbury Conn

Petrograd,
March 22, 1924.

Dear and highly respected William Nicolas.

Thank you and Dr. J. H. Kellogg very much for the readiness to publish my book (on conditioned reflexes), but I cannot break my word. As I have written, I have given my consent (for the publication) to Dr. Carlson, in Chicago; and let it be so. Probably, soon I will write a new special book on conditioned reflexes--and then I will let Dr. J. H. Kellogg publish it. This book will be more interesting and more important than the present one.

Now about the laboratory investigations. First of all about n. sympaticus and pepsin glands. We make isolated stomach after Heidengain. When all is healed, we dissect under the diaphragm n. splanchniens and after 4-5 days we irritate this nerve on the animal without any anesthetic, standing on its own legs and absolutely calm. The result is secretion of gastric juice. Now about conditioned reflexes. The problem of relations between irritation and inhibition is vast, complicated and it is impossible to outline it briefly, therefore I will omit it.

Sleep is already discussed in an article in the book on reflexes that I have sent you. We enlarge this subject somewhat in order to approach closer the conception of hypnotism, as partial sleep. Now we observe gradation of inhibitory defensive reflex from its first manifestation in form that which is called by men cowardice to so-called hypnotism of animals. There was specially worked out the problem to get in the large hemispheres some vigilant, so to speak, watching, sentinel points among the sleep of the rest of the hemispheres.

On an old dog and a dog without thyroid gland it was impossible to produce a permanent conditioned food reflex; such reflex was obtained only with acid, which irritated the animal more intensely than the food. And with the acid conditioned reflex we were not able to get differentiation

which has been obtained only then, when there were worked out conditioned defensive reflexes for electric irritation of skin. Thus through heightening of the tonus of large hemispheres under the influence of gradually strengthening unconditional irritants, it was possible in these dogs to obtain good conditioned reflex and also good inhibiting process for the differentiation.

Not I will proceed to the experiment with the dissection of corpus callosum. On account of that skin mechanic-reflexes and differentiation worked out on one side of the body prove to be in themselves ready in the symmetrical places of other side, we cut corpus callosum and become convinced that then this fact disappears. In this way ^{now} we are studying significance of duality of large hemispheres.

In general, the subject is broadening exceedingly. Later I will write more. Cordial regards to you and all your family. Please, give my cordial regards to Dr.J.H.Kellogg and Dr.Case.

(Signed):

Your I.Pavlov.

TB

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Spec. Dia. Lit.

June 4, 1924.

Sir Horace Plunkett,
Weybridge, Surrey,
England.

My dear Sir Horace;

I am delighted to have your letter and to know that you are taking better care of yourself and working less. I hope you are steadily gaining and that you will keep on caring for yourself until you get your health fully reinstated. I am sure you are not broken down and that with proper care you may enjoy a good many years of most useful activity.

We had a delightful visit with the Poet Laureate, who spent two days with us. He has now returned to Ann Arbor. Mrs. Bridges is a very charming person. They entertain the very highest regard for you and told me of your delightful associations and your fine location on the top of a hill overlooking Oxford.

I stole a picture of the Poet Laureate just as he was getting into the automobile by having a photographer concealed in another automobile nearby. He refused to stand for his picture, but his wife gave me permission to steal a picture if I could, which license I very eagerly made use of.

Always with kind regards, I am,

Sincerely yours,

b

917 Olivia
Ann Arbor. Mich.

31

JUN 2

My dear Dr. Kellogg -

We had a very pleasant journey back on Monday: I had never travelled so easily & swiftly in an automobile for & your chauffeur was very careful. I feel we did not thank you nearly enough for your kindness in making the expedition so easy for us & for all you did to make our days so full of pleasant entertainment.

I hope your precepts will not be thrown

away upon us - I must confess to eating beefsteak
piecing yesterday, but that was not such a bad
lapso as it sounds, for it was ordered before we
heard the truth.

This morning we began the day with Zo
& Malrose, & I find there is no difficulty
about the consumption of Battle Creek chocolate -
seriously, I do mean to study the matter a bit
if I cannot at least modify our diet on the
right lines when we return home - I am
specially grateful to you for the fat volume
on dietetics & the cooking book, which still both
guide my ignorant steps -

I expect my Husband will be writing to you
later. We both want to tell you what great
pleasure it has given us to get to know you &
to realise something of your wonderful work -

With very many thanks for all your
kindness,

Yours very sincerely,

M. Monica Bridges

our room is still bright with Battle Creek flowers -

917 Olivia Avenue

Ann Arbor

June 11th [1920]

My dear Dr Kellogg.

We have so many things to
thank you for: 2 letters & the
photograph which I am very much
pleased to have to add to my collection.

(If you send one to Sir Horace, he will
be convinced that R B really visited
Battle Creek) & then the basket -

Really I am most touched & pleased
to receive it: I was determined that it

should go into my cabin trunk & it is
safely packed there ~~already~~ ^{now} studied on
one side of your volume on dietetics,
which I have already studied with
much interest.

I have written
a note of thanks to Mendoka, & I
shd be so much obliged if you can
address it for me.

We often think
of our visit to the settlement & of
all the events of our pleasant week-
end with you - I hope we shall
see Sir Horace soon after our return
to tell him all about it.

We are to leave for Am. Air on
Monday, & are beginning our preparations.

With kindest remembrances from

my husband &

yours very sincerely

W. M. Bridge

JUL 12 1928

June 11, 1924.

Dr. L. Tissier,
Paris,
France.

Dear Dr. Tissier:

This note will introduce to you Dr. Helen Mitchell, Professor of physiology and nutrition in Battle Creek College and in charge of the Nutrition Laboratory of the Battle Creek Sanitarium. Dr. Mitchell obtained her doctorate from Yale University where she studied bacteriology under Rettger. She has been greatly interested in your researches and will greatly appreciate any favors shown her either by yourself or by your colleagues.

Always remembering with great pleasure your many favors to friends and colleagues who have visited you, I remain, dear Doctor, with great respect,

Very sincerely yours,

V-2

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TEL. WEYBRIDGE 494.
TELEGRAMS. CREST, WEYBRIDGE.
STATIONS { WALTON, 2 MILES.
 { WEYBRIDGE, 1½ MILES.

JUN 2 - 1924

THE CREST HOUSE
ST. GEORGE'S HILL
WEYBRIDGE

18th June 1924

My dear Doctor,

Your letter of June 4th, with the photograph of the Poet Laureate and your good self, has just come. I am not surprised at his being difficult to snapshot. He is the shiest of men, and has the reputation of being rude in some quarters. The mere fact of his going to Ann Arbor at his time of life shows the fine public spirit which possesses him, notwithstanding his manner.

The Bridges' misled you as to my residence. The house on the hill overlooking Oxford, my old University, belongs to a friend I often visit with. It is a stone's throw from the poet's house.

I am almost ashamed to ask you for further copies of my Battle Creek lecture. But my last copy has been "borrowed" and I shall not see it again as I forget the name of the borrower. If you can spare half a dozen copies I should be glad of them. People so soon forget what you tell them but they remember what they take the trouble to read.

Who do you want, I wonder, to be President. By the time you get this a Democratic candidate will be nominated.

I should vote for Dawes if he were at the head of either
ticket.

At last we have splendid weather and I feel getting
stronger. But I shall try and take life a bit easier and
hope thereby to get more done.

Yours sincerely

Horace Churchill

JUL 3 '24

July 1, 1924.

Sir Horace Plunkett,
The Crest House,
St. George's Hill,
Weybridge,
England.

My dear Sir Horace:

I have yours of June 18. I am glad to hear from you, as always, though you do not tell us anything about yourself which would be news of the greatest possible interest. I hope you are doing well and improving by the rest you are having.

It was entirely due to you that we were honored by a visit from the Poet Laureate and his wife. They are both charming. We had a delightful time with them. We had two receptions for them though Mrs. Bridges had a headache, I suspect a coffee headache. As soon as I found out about it, I took care to see that she had a cup of coffee after which she felt better.

You ask whom I would like to see as President. I like your suggestion of Dawes for President though I had not thought of it before. If he were set up by either party as a candidate for President, I think more than likely he would be elected for he has certainly shown great ability and would give us an economical business administration. It seems strange that we should so seldom have a really strong man for President. There

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Sir Horace Plunkett.--2

must be many men in the country who would make more capable Presidents than Coolidge. He impresses me as being a man of rather small parts and yet he appears to be adroit and so far has inspired a good deal of confidence. I am quite sure he is a very skillful politician, so skillful in fact that he keeps his political wires out of sight. It is currently reported in Washington that he had his tableau in the old farm house where his father administered the oath to him all arranged sometime before Harding's death, not expecting Harding would survive his journey. Harding had high blood pressure and disease of the kidneys and notwithstanding was drinking and smoking heavily.

Senator James G. Watson of Indiana who spent a month with us told me that President Harding was either smoking cigars, cigarettes, a pipe or chewing tobacco or drinking whiskey continuously while away. Senator Watson said that he was every night at Mr. Lane's house playing cards till after midnight and there is abundant evidence that he was rather loose morally. It is pitiful that we should have to have such men for President.

Governor Pinchot has been having a pretty hard time of it. I think he would have been fortunate if he had accepted your advice. I was sorry to see him make any move towards the Presidency as I felt sure he would miss it.

You will be glad to know that things are going on very well with us indeed. We have the largest number of patients here we have ever had at this season of the year or at any time for that matter.

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Sir Horace Plunkett.--3

We are getting a new man in Dr. Riley's Department, a very able man who I think will be a great help to our Neurological Department. Dr. Riley will of course remain.

I am sending you a copy of a recent number of our Bulletin in which you will find an article by our Dr. Boldyreff, the head of our Pavlov Research Laboratory. I think you will be especially interested in the psychological conclusions beginning on page 162. Dr. Boldyreff has made several quite important contributions to medical knowledge since coming here and a great many before coming here.

Some notable observations have been made by our Dr. Mitchell in our Nutrition Laboratory.

Dr. Roth, the head of our Metabolism Laboratory, has attracted the attention of the profession all over the world by the invention he has made in apparatus for the study of metabolism and Dr. Case has, of course, an international reputation by his work with the X-ray so we are beginning to get some recognition which I hope will serve to help along the cause of biologic living which is, after all, the biggest thing with which we are concerned. Our educational work, now incorporated as Battle Creek College, finished a very successful year on June 9. We had 165 graduates, eighteen of whom received the degree of B. S.

We never forget our indebtedness to you for the tremendous help you have given us.

I am sending you twenty-five copies of your splendid address.

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Spec. Dia. Lit.

MAILED

FILE

NO. F. U.

FOLLOW

Sir Horace Plunkett.--4

Hoping you are making splendid progress

healthward and always with most cordial regards, I am,

Sincerely yours,

*Sent all
we have
L.B.*

V-2

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Spec. Dia. Lit.

JUL 10 '24

MAILED

FILE

NO. F. U.

FOLLOW

July 9, 1924.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for the opportunity to read
the report on dairy cows. It is exceedingly interesting.

Sincerely yours,

V-m

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 Health Dec.
 Meat Poster
 Plunkett Reprint
 After Care Surg.
 Spec. Dia. Lit.

July 9, 1924.

M. W. Wentworth:

Here is something Mr. Barron handed me
a day or two ago.

J. H. K.

v-m

MAILED
FILE
NO. F. U.
FOLLOW

JUL 8 1924
July 7, 1924.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thank you very much for your pamphlet,
"Individuality and Unity." It is a very illuminating
document. I am very glad to have it.

Sincerely yours,

V-2

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
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 Reprint No.
 Health Dec.
 Meat Poster
 Plunkett Reprint
 After Care Surg.
 Spec. Dia. Lit.

July 7, 1924.

M. W. Wentworth:

Enclosed find a pamphlet by Mr. Barron
on "Individuality and Unity." I thought perhaps you would
like to read it.

J. H. K.

V-B

The Crest House

Weybridge

1st August 1924

AUG 11 1924

My dear Doctor,

On July 1st you wrote me a most interesting letter on the political outlook in the United States. I should have written to you before had not my whole time been given up to a Conference upon my special subject - agricultural cooperation. We finished a four days discussion, without an irrelevant word, yesterday. I am a bit tired and am going to take a good rest. I enclose enough of the printed matter to give you an idea of the objects of the Conference and my part in it. I refused to speak as I find it the most tiring thing I can do. But I sent in the enclosed Message, which you need not more than glance at as it is not of general application.

I am very glad the Bridges pair paid you a little visit. I look forward to seeing him shortly and supporting the Battle Creek Idea against any ignorant criticisms he may have heard.

Now that my work is over I am going to study the Bulletin you have sent me. I post this today as it is the bi-weekly transatlantic mail day. The Medical excitement here just now is the exposure of "Yadil," an enormously advertised panacea, particularly for pthisis. One of our most distinguished chemists has analysed the stuff. It is sold at 60 times its cost, contains 1% of formaldehyde, 4% of glycerine, 95% of water and "a smell." It is described as "trimethenal allylic carbide" which is said to be nonsense. The smell is garlic. The importance of the disclosure is that it will make people suspicious of secret remedies.

(2)

Turning to the political situation, the Democrats have nominated one of the best candidates out of the worst Convention in American history. Davis we are told has little chance of election, but beyond doubt he would be a President to win the respect of the world for his country at this crisis. I wonder if the Madison Square performance will create a strong opinion in favour of some other way of electing presidents. I may see Mr McAdoo while he is over here, though it is not likely as I am going to keep quiet after doing a little too much for my strength. I cannot understand why he held out so long when there was no chance of either his nomination or election. But these are things an alien must not talk about however he feels!

Pardon a letter, written in great haste for the mail and hardly worth sending. I may write again when I am rested and have read the Bulletin you have sent. I am gradually delegating my life's work to younger people so as to avoid overstrain. My general health is good but for insufficiency of sleep.

By the way the 20 copies of my only pronouncement on medicine which you kindly ordered to be sent have not come through. They have not I hope been held up as dangerous doctrine!

Very sincerely yours

Amos Pembelt

CONFERENCE
ON
Agricultural Co-operation in the Empire
AT THE
BRITISH EMPIRE EXHIBITION, WEMBLEY,
July 28-31, 1924
(CONFERENCE HALL No. 3.)



PROGRAMME.

MONDAY, July 28.

MORNING SESSION, 11 a.m. to 1 p.m.

Chairman : The Rt. Hon. NOEL BUXTON, M.P., Minister of Agriculture.

SUBJECT : "State Policy in Respect of the Organisation of Agricultural Co-operation."

AFTERNOON SESSION, 2.30 to 4.30 p.m.

Chairman : The Rt. Hon. The LORD OLIVIER, LL.D., K.C.M.G., Secretary of State for India.

SUBJECT : "The Co-operative Organisation of Rural Credit."

TUESDAY, July 29.

MORNING SESSION, 10.30 a.m. to 12.30 p.m.

Chairman : Col. Sir ARCHIBALD WEIGALL, K.C.M.G., President, Agricultural Organisation Society.

SUBJECT : "The Co-operative Marketing of Agricultural Produce."

AFTERNOON SESSION, 2.30 to 4.30 p.m.

Chairman : Col. The Hon. Sir JAMES ALLEN, High Commissioner for New Zealand.

SUBJECT : "The Relationship between Co-operative Movements of Agricultural Producers and Urban Consumers."

WEDNESDAY, July 30.

MORNING SESSION, 10.30 a.m. to 12.30 p.m.

Chairman : The Rt. Hon. Sir JOSEPH COOK, G.C.M.G., High Commissioner for Australia.

SUBJECT : "The Principles and Practice of Federation among Agricultural Co-operative Societies."

AFTERNOON SESSION, 2.30 to 4.40 p.m.

Chairman : The Hon. JAMES MACNEILL, High Commissioner for the Irish Free State.

SUBJECT : "The Existing Relationship between Agricultural Co-operative Movements in Different Parts of the Empire and the Prospects of their Development."

THURSDAY, July 31.

MORNING SESSION, 10.30 a.m. to 12.30 p.m.

AFTERNOON SESSION, 2.30 to 4.30 p.m.

Chairman : Dame MERIEL TALBOT, D.B.E., Adviser to the Ministry of Agriculture.

SUBJECT : "Rural Community Organisation for Better Living."

N.B.—In order to encourage general discussion, delegates have not been invited to read papers, but one or two speakers have been asked to introduce each subject.

ORIGIN AND PURPOSE OF THE CONFERENCE.

The disadvantage of agriculture as compared with other industries, which arises from the scattered distribution of comparatively small rural populations over comparatively large areas of land, has been accentuated in the British Isles by the proximity of vast urban populations. Urban ideas and urban interests have increasingly dominated British public opinion and British politics, and the fundamental importance of agriculture to British prosperity has been overlooked.

In order to deal with this problem in Ireland, in 1889, Sir Horace Plunkett launched his rural policy of "Better Farming, Better Business, Better Living." The essence of the policy was that the ultimate goal of rural prosperity was to be sought by the interaction of State-aid in respect of better farming, and a self-help movement for better agricultural business, organised and controlled by agriculturists themselves, and that the first move must be in connexion with the latter. Since that day the Irish Agricultural Co-operative Movement has developed steadily to the dimensions indicated in the general Survey provided for members of the Conference. In 1901, the systematic development of agricultural co-operation spread to England, where for more than half a century the consumers' co-operative movement had been growing in the towns with little effect upon the rural population. In 1905, Scotland followed suit, and in 1922 the Welsh agricultural co-operators established an Organization Society of their own.

In 1919, Sir Horace Plunkett, to whose personal example and wide sympathies the origin of the English, Scotch and Welsh agricultural co-operative movements may be traced, established and endowed a Foundation, vested in Trustees, the purpose of which is sufficiently indicated by the following extract from the Trust Deed :

WHEREAS it has been the main interest of the Donor's Life to work for rural social and economic development and being most fully convinced by an experience of many years that it is not enough to afford the worker on the land a livelihood but that it is necessary to secure a life enriched with the social thought and interests of modern civilisation and that the prosperity of the rural community depends not only on greater efficiency in the methods of farming industry and on the more economic organisation of its business but also on the development of a good rural social life a policy which is summed up in the words "Better Farming, Better Business, Better Living" and in particular desiring that there should be greater facilities for the systematic study of the principles and methods of agricultural and industrial co-operation in which lie possibilities of great promise for the future well being of the rural community and of the nation as a whole and in the world-wide spread of which principles is to be found a growing and enduring bond of international sympathy based on the sure foundation of the democratic ideas which underlie true co-operation and WHEREAS, etc.

The Trustees, feeling that the British Empire Exhibition provided a suitable opportunity for the discussion of rural problems by agriculturists from different parts of the Empire, consulted the several State Departments of Agriculture in the British Isles, and the Presidents of the four Agricultural Organisation Societies. The convening of this Conference has been the result.

DELEGATES AND MEMBERS OF CONFERENCE.

ENGLAND.

THE RT. HON. F. D. ACLAND, M.P., Srydoncote, Exeter.
PROFESSOR W. G. S. ADAMS, All Souls' College, Oxford.
G. D. AMERY, ESQ., School of Rural Economy, Oxford.
A. V. ALEXANDER, ESQ., M.P., Board of Trade, Great George Street, S.W.1.
W. H. ADSETT, ESQ., Co-operative News, Manchester.
SIR THOMAS ALLEN, 1 Balloon Street, Manchester.
THE LADY MARGARET BOSCAWEN, 11 Mount Street, W.1.
MRS. CHARLES BLYTHE, Cawston, near Rugby.
MISS BOUVERIE, Delapre Abbey, Northampton.
W. R. BLAIR, ESQ., 1 Balloon Street, Manchester.
MISS C. BECK, Great Amwell, Ware.
THE RT. HON. NOEL BUXTON, M.P., Minister of Agriculture.
LT.-COL. G. L. COUBTHOPE, M.C., M.P., Whiligh, Wadhurst, Sussex.
MISS DORA CHRISTIE, Priors, Broomfield, Chelmsford.
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 A. W. STREET, Esq., Ministry of Agriculture.
 H. SIMPSON, Esq., Chelveston, Higham Ferrers, Northants.
 R. J. THOMPSON, Esq., Ministry of Agriculture.
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 K. WALTER, Esq., 13 Queen Anne's Gate, London.
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 E. W. JONES, Esq., Plasteg, Bala, N. Wales.
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 R. MANOD OWEN, Esq., Llangernyw, Abergele, N. Wales.
 W. P. PLAYER, Esq., Wernfadog, Clydach, S.O. Glam.

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KHAN BAHADUR MOHIUDDIN AHMAD, Bengal Court, India Pavilion, Wembley.
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H. CLAYTON, Esq., C.I.E., I.C.S., c/o Lloyds Bank, 9 Pall Mall, S.W.1.
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J. MACKENNA, Esq., C.I.E., I.C.S., East India United Service Club, St. James' Square, London.
RAI BAHADUR J. M. MITRA, Bengal Court, India Pavilion, Wembley.
THE RT. HON. THE LORD OLIVIER, Secretary of State for India.
C. F. STRICKLAND, Esq., I.S.C., East India United Service Club.

MALAYA.

R. BOYD, Esq., c/o Lloyds Bank, Ltd., 6 Pall Mall, S.W.1.

MAILED AUG 7 '24
 FILE
 NO. P. U.
 FOLLOW

Pros. & 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

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Winter Fldr.

Kellogg Frds.

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Prospectus

D. S. Cat. &
Appli.

K.S.P.E. Cat. &
Appli.

T. S. Cat. &
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Eugenics Reg.

Eugenics and
Euthenics

Race
Degeneracy

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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.

August 4, 1924.

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

Dear Mr. Barron:

I think you will be glad to know that Mr. Alfred I. DuPont is with us with his wife. I think from a remark he made that the good words you have said were largely influential in bringing him here. He has come with his wife to stop for a month. I find he does not smoke.

By the way, I ran across the other day a report made by the Metropolitan Life Insurance Company that I thought you ought to know about. A study of their statistics has shown that the life expectancy of people who are 30% over weight is lessened 40% and the life expectancy of persons who are 40% over weight is diminished 50%, that is, persons who from Glover's life tables ought to live twenty years will only live ten.

I am sending you with this a set of booklets entitled, "The Battle Creek Sanitarium System of Health Training. On page 14 of Section 2 you will find the life expectancy table which the life insurance companies make the basis of their insurance rate. A study of these tables is very interesting and instructive. If the same ratio continues to the higher percentages of over weight, it would make a person who is 100% over weight already dead and buried, that is, his life expectancy would be diminished 110.

Health Course
sent 8/4/24

Mr. C. W. Barron.--2

I am sending along this information

as a suggestion to cut down on your candy ration. Carbohydrates increase weight more than anything else, even more than fat, for an ounce of sugar or starch will add three or four ounces to the weight whereas an ounce of butter will only add an ounce to the weight.

A word to the wise is sufficient.

Hoping you are getting on well, I am,

Sincerely yours,

v-m

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Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

August 8th 1924.

AUG 19 1924

Dear Dr. Kellogg:

Seeing a full page illustration professing new discoveries in treatment of the heart by Prof. R. V. Walden, I asked my secretary to write for the literature, which I enclose to you.

Do you happen to know anything about this? If the man is a quack it seems to me you might like to perform a public service by exposing him in your "Good Health" magazine.

I enclose clipping from this morning's Boston News Bureau, which may interest you, regarding proposed increase of dividend by Postum Cereal.

Very truly yours,



Dr. John Harvey Kellogg,
Battle Creek, Michigan.

POSTUM CEREAL

N. Y.—It is likely Postum Cereal will increase its annual dividend to \$5 in the latter part of this year or early in 1925. Stock has been paying \$1 quarterly since January, when the rate was increased from 75 cents. Five dollars annually would be equal to \$10 on old stock, as stock dividend of 100% in June, 1923, increased common to 400,000 shares from 200,000.

July business was one of the largest in the company's history and indications are that remaining months of year will continue to be exceptionally good.

MAILED
FILE
NO. P. U.
FOLLOW

August 10, 1924.

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

AUG 11 1924

Dear Mr. Barron:

I have yours of August 8, also the
Walden book, letter and circulars. This is one of the worst
fakes I ever saw. The circular is absolute rot. This
fellow ought to be apprehended and shut up by your State
Board of Health. I am surprised that he is permitted to
carry on such a business in Boston right under the nose of
your excellent State Board of Health.

Sincerely yours,

V-2

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O. P. & M.
Meas. of Man
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Vacation Bklt.
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Meat Poster
Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

August 10, 1924.

Extension Department:

Please send the BULLETIN regularly to Sir Horace Plunkett,
The Crest House, St. George's Hill, Weybridge, England.

J. H. K.

b

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O. P. & M.
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Fac. of Safety
Rate & Res. Card
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After Care Surg.
Spec. Dia. Lit.

August 10, 1924.

AUG 11 1924

Sir Horace Plunkett,
The Crest House,
St. George's Hill,
Weybridge,
England.

My dear Sir Horace:

I have yours of August 1st.

I have looked through with much interest your highly illuminating pamphlet, "Message to the Conference on Agricultural Co-operation in the British Empire." It seems to me that many of the things you suggest might be applied to this country with great advantage and with great benefit to our agricultural community. I am going to put your pamphlet in the hands of our Congressman, Judge A. B. Williams, who is pushing a bill intended to help the farmers. I am very glad indeed to have the paper.

I have had several very interesting little notes from Mrs. Bridges since they left here. I sincerely hope they received a somewhat favorable impression of biologic ideals so that you will not have to labor long with them to remove prejudices. The Poet Laureate remarked that for his part he was glad not to eat meat and that he never ate it except when his wife insisted upon it, and she, poor woman, defended her action on the ground that she had always supposed meat to be essential for good nutrition. What a terrible thing it is that this heresy should have gotten such a hold upon the world and what a load it is upon the whole population of every civilized country.

Sir Horace Plunkett, No. 2.

The Federal Bureau of Statistics reported recently that the cost per capita of meat in this country in the year 1923 was eighty dollars, which amounts to more than eight billion dollars for the whole country. And the evidence is very conclusive that the meat actually did harm rather than good; that it could have been dropped out entirely without anybody's being harmed provided only that the people had made use of the skimmed milk they fed to pigs and threw away, which amounts to about one-half of the total milk production, and is abundant enough in quantity to furnish every person one pint of milk a day, which, according to Sherman, is sufficient to supply all the protein required in addition to what is found in our common every day foodstuffs,—cereals, fruits, and vegetables.

I had an opportunity to converse recently with a trained agriculturist and learned from him that it has been experimentally demonstrated that agriculture can be successfully conducted without the animal industry. He told me of a man living in this State who has a very large farm which he is conducting on this plan. He depends entirely upon mineral fertilisers and green crops turned under. He is one of the most successful farmers in the State.

I learned from another source that more than three-fourths of all the grain raised in the United States is fed to animals, and when it is fed to steers we get back only three pounds of nutrient material for every hundred pounds of digestible material fed to the animals. I have wondered whether the prosperity of the agricultural population of Ireland may not be due to the fact that they eat so little meat them-

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Sir Horace Plunkett, No. 3.

selves, although the livestock industry must be a constant drain upon the nitrogen of the soil.

Our political situation here is certainly getting very interesting. Mr. Julian, of Cincinnati, one of the prominent leaders in the Democratic party, a close friend of Wilson, tells me that it is the opinion of the most sagacious forecasters among the politicians that the Electoral College will not be able to select a President. It is believed that a similar situation will arise in the House, and that if the question is finally settled by the Senate, Charles Bryan will be made the President. But it is the belief that rather than see this happen the Democrats and Republicans of the House will get together and make a compromise by electing Coolidge.

Personally, I think I would just as soon have Davis for President as Coolidge. Both are doubtless good men, though I have no doubt that Davis is a much abler man than Coolidge.

The Sanitarium is very full. It was never so full before, and the finest people of the country are coming in increasing proportion. We have with us now Mr. Alfred du Pont with his wife, the powder manufacturer of Wilmington, Delaware. When I met him in my office a few days ago I was forcibly reminded of a circumstance which occurred to me 48 years ago. I was stopping in Wilmington a few weeks writing one of my first books. One afternoon I took a little time off and walked up the Brandywine two or three miles. I found myself opposite the great du Pont powder mill. I sat down in a rustic seat under a tree and after reading for an hour or two I was suddenly seized with the impression that I ought to go away as soon as possible. I quickly arose, hurried off down the

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Sir Horace Plunkett, No. 4.

river, and when I got away about half a mile there was a terrific noise, from which I knew the powder mill had blown up. Next morning I found by the morning paper that a man who had taken my place in the chair just opposite the mill was killed by a fragment thrown across the river. I have had the good fortune to escape death several times by the aid of similar warnings.

Mr. du Pont and his wife we find to be most excellent people. They are greatly interested in biologic living and anxious to do everything possible to keep themselves in good condition for service to their fellows, which they both agree is the only thing that makes life worth living.

A new edition of your admirable address has just been delivered. I am sending you, under separate cover, 25 copies. I shall be pleased to send you any number you want. Your address has been of great service to us and we have a good many calls for it. It is particularly appreciated by physicians. I am thinking about reprinting it in our Bulletin. I will put your name on our regular list for our Bulletin.

I shall be glad to know what you think of Professor Boldyreff's article, "Two New Fundamental Laws of Cerebral Function." We are finding Professor Boldyreff a great help in our experimental work. We are constantly enlarging our research department.

I am sending you a copy of a letter I have just received from Professor Irving Fisher which I think will interest you. In reply to the question asked in his last paragraph, I am just undertaking a series of experiments which I think will settle the question of the influence

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NO. F. U.
FOLLOW

Sir Horace Plunkett, No. 5.

of color in clothing. I made some of these experiments years ago and with such successful results I was glad to adopt white clothing for summer and winter. I am going to have these experiments done by a physicist, a professor of physics from Cornell University who happens to be stopping with us, so that the scientific value of the results will not be contested.

Always cordially yours,

b

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Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

August 11th 1924.

AUG 13 1924

Dear Dr. Kellogg:

Thank you for yours of August 4th and I am glad that the duPonts are to be with you for a month. I hope to be out there for a week at least before they leave.

Thank you also for the booklet and for your interesting remarks about life expectancy and carbohydrates.

The only place where I can get the right food and diet is Battle Creek.

I hope you and your associates will give Miss Purdy when she leaves your organization the best possible letters of recommendation.

She is alone in the world, and I think has only me to advise her financially, and I have for sometime advised her that her future independence, I believed, was in the line of establishing a business for herself where she could exercise her good taste in dress and decoration as well as her executive ability.

Very truly yours,



Dr. John Harvey Kellogg,
Battle Creek, Mich.

AUG 14 '24

August 13, 1924.

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

Dear Mr. Barron:

I have your note of August 11.

Miss Purdy was in to see me a few days ago and told me that she had written you that her resignation had been called for. I found on inquiry that a mistake had been made through a misunderstanding. There is no record whatever on our books of any action taken asking Miss Purdy to resign. The question which I brought before the Board was not her resignation but the extension of the period of her employment. As a matter of fact, it was not a question that needed to come before the Board at all as the Board had never at any time before taken any action with reference to the matter. Miss Purdy has sent in her resignation and this has been accepted. When she comes to go away, I shall be very happy to give her a good letter and to render her any assistance possible.

I am glad you are coming over while the DuPuits are here. They are exceedingly fine folks. I understand they expect to remain a couple of weeks longer.

Cordially yours,

V-m

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Mr. C. W. Barron.--2

P. S. Thanks for the clipping from "The Boston Globe" with the item about the Drake flagship and a marine representing the entrance to Portsmouth Harbor. I once saw a gathering of a large portion of the British fleet in Portsmouth Harbor. It was a grand spectacle.

J. H. K.

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Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

File
AUG 20 1924

"The Oaks",
Cohasset, Mass.,
August 18th 1924.

Dear Dr. Kellogg:

Thank you for your letter concerning Miss Purdy, who writes me that everything is now happily settled, and also for the books on The Battle Creek System of Health Training, which have just arrived and which I shall read with pleasure.

Very truly yours,

C. W. Barron

Dr. John Harvey Kellogg,
Battle Creek, Michigan.



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AUG 20 1924

Ottawa, Illinois,

August 19, 1924.

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

Dear Dr. Kellogg:-

I am just in receipt of your reprints, and am merely writing to acknowledge them. When I have read them you will hear from me again.

While at Battle Creek I got some other books in addition to the one you gave me, and also all the material that was on the stand there for general distribution. I have read everything with interest, and now that I am in closer touch with you and your work, will be more than ever interested not only in your work but your personal welfare also.

I think you are entirely too modest in sharing so liberally with your staff in the honors which we are all glad to bestow upon you for the wonderful work you have accomplished. In addition to your scientific accomplishments, you show your friendliness, fairness, and kindness of heart toward your staff, which I am sure has been a big factor in your success. Since I have been more intimately associated with Dr. Pritchard I have learned through him many of your personal characteristics of head and particularly of heart, which are just as commendable but not so well known as your scientific work. Dr. Pritchard never tires of extoling your merits which



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he always does in good taste and without indulging in fulsome and offensive praise. The other members of your staff I only met in a professional way, but I learned through Dr. Pritchard that they all feel as kindly toward you as he does.

Yours fraternally,


President.

JWP:NH.

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

"The Oaks",
Cohasset, Mass.,
August 25th 1924.

Dear Dr. Kellogg:

I fear I cannot get out to Battle Creek around the first of September as I had expected; but I hope to be there during the month. I had a little something break out on my face and spread around it, with swelling just under my ears at the point of the jaw bone. This was while I was having an infected molar treated.

The doctors said they had never seen anything like it, but thought it must come from the tooth.

Some hot water bottles, however, drew it into my right leg and the doctors have kept me in bed for a week, prescribing light diet and plenty of water, and the painting of the red spots with ichthyol. They said it was inflammation of the lymphatic glands and called it lymphangitis or cellulitis.

It has now all disappeared from my face and I am able to be up a part of the day. But I must take care to eliminate the poisons from my system and not get too suddenly back on my feet.

I hope you are enjoying a part of this Postum Cereal prosperity.

2-

I have been reading with much interest the pamphlets you sent me recently and just previously I had sent up to Boston/^{to} get my copy of your New Dietetics, as I wanted to read more in it.

Very truly yours,

A handwritten signature in cursive script, appearing to read "C. W. Barron". The signature is written in dark ink and is positioned to the right of the typed name.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

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August 28, 1924.

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

Dear Sir;

Yours of August 25th received.

I am very sorry indeed to know that you are having an acute illness. You remember the last time I talked with you I mentioned that I thought your resistance too low. This is really the serious part of your case. As the resistance gets lower your liability to attacks of infections such as you have had and other infections, continually increases. The important thing is to reduce your weight and get your resistance high enough so you will not be at the mercy of any vagrant germ that comes along.

We are having some very charming people with us, Mr. Wiggam, Dr. Geil and Mr. and Mrs. Pettingill.

I think the sooner you get here the better. I don't believe the travel will do you any harm and we can encourage the elimination of poisons a good deal. As ever,

Cordially yours,

v-g

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STATIONS { WALTON, 2 MILES.
WEYBRIDGE, 1½ MILES.

THE CREST HOUSE
ST. GEORGE'S HILL
WEYBRIDGE

28.8.24.

Dear Dr Kellogg

✓ Sir Horace asks me

to thank you for your last very
interesting letter & to say that he will
write as soon as he is able.

Unfortunately some today says he
caught a chill & some slight in-
flammation started in the lung which
as you know is always liable to give
trouble with him. Skimpster has
broken out & add to his discomfort. We
hope however the patch in the lung will not
spread & that in a couple of days time

histapuntum. may be normal.
Recovery with him is not of course
as amazingly rapid as it used to be
so he will have to be quiet for some
time but he will write to you as
soon as he can state his
independence again.

Yours very truly
Genl. H. H. H.
Private Secretary.

MAILED
FILE
NO. P. U.
FOLLOW

SEP 18 '24

+8
September 16, 1924.

Sir Horace Plunkett,
The Crest House,
St. George's Hill,
Weybridge, England.

My dear Sir Horace:

I was sorry to learn from your private secretary a few days ago that you were acutely ill. I hope by this time that you are quite recovered. I am only sorry that you are not here where we can take care of you.

You will be glad to know we have been having a successful summer. Professor Fisher has been with us the last few days. We have had Mr. Wiggam, the author of "The New Decalogue of Science," with us for two or three weeks. We are getting more and more of the influential class of people. By request of the editor of the American Magazine, Mr. Wiggam is going to write an article about our work.

I am dropping this brief line just to let you know of my sympathy and to express the hope that by this time you are in your usual health again.

As ever cordially yours,

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Gent Heard, Private Secretary, The Crest House, St. George's Hill, Weybridge.

JHK

Sir Horace asks me to thank you for your last very interesting letter and to say that he will write as soon as he is able. Unfortunately some ten days ago he caught a chill and some slight inflammation started in the lung which as you know is always liable to give trouble with him.

Shingles, too, have broken out and add to his discomfort. He hopes, however, the patch in the lung will not spread and that in a couple of day's time his temperature may be normal; Recovery with him is not of course as amazingly rapid as it used to be, so he will have to be quiet for some time, but he will write to you as soon as he can start his correspondence again.

egm

Danvers, Little Creek,

CHARLES WM. DABNEY
HOUSTON, TEXAS

Sept. 17th 1924

My dear doctor Kellogg:

My wife is so much improved. This I attribute to you, and we have so much to thank you that we feel we must, without delay, write to thank you, our dear friend and "physician," for the beautiful hospitality that surrounds us, and for the medical and other attentions which are helping my wife so much.

I shall not take your

time to read more words, but
just want you to know how
grateful we are to you and
how much we appreciate the
help of your associates and
this great institution -

--- Mrs. Whitney joins me in
the warmest wishes & prayers
for your long life and perfect
happiness.

Yours faithfully,

Markus ^{June} Latney

to Helen Henry Kellogg.

MAILED
FILE
NO. F. U.
FOLLOW

September 19, 1924.

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

Dear Mr. Barron:

You wrote me about the Walden Sanitarium and I asked the Journal of the American Medical Association to give me information concerning this concern. I have received a lengthy letter giving a full history of Walden's activities which I think you will find interesting. I am enclosing it with this.

We are expecting you back next week.

As ever,

Sincerely yours,

V-M

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TEL. WEYBRIDGE 494.
TELEGRAMS. CREST, WEYBRIDGE.
STATIONS { WALTON, 2 MILES.
WEYBRIDGE, 1½ MILES.

THE CREST HOUSE
ST. GEORGE'S HILL
WEYBRIDGE

30th September 1924

My dear Doctor,

Your kind letter of September 16th has just reached me. I have been rather ill from an acute attack of influenza. It attacked the lung which went wrong five and forty years ago, and made the doctors ^{then} give me the choice of the South African Velvet or "Colorado". To this advice I owe many good things - among them the meeting of all my American friends, your good self included. I was in ~~was~~ bed three weeks with a temperature which would not get normal for three weeks. I am all right now but my strength is low. They want me to go South, preferably to the Cape for the worst part of the winter. I am afraid I shall miss my American trip.

It is cheering to hear that you have a constant succession of the kind of people who can be counted to spread the Battle Creek idea. You need have no fear now that your life work will ever cease to be a monument to your devotion to humanity.

Near my new home here there is an institution which would delight you. They have some 300 small children, all

suffering from "surgical tuberculosis" (by which I think they mean tuberculous joints usually treated surgically for the lack of means to treat them naturally) lupus and other similar crippling or disfiguring ailments. They live out of doors almost naked and are cured completely by the sun and the different rays you have installed at Battle Creek. I am subscribing to a fund to enable the institution to conduct research work into the physiological process which accounts for the remarkable percentage of cures. I will see that you get any results they publish.

Yours very sincerely

Grace Plumbett

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October 12, 1924.

OCT 12 1924

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Thanks for the clipping. The use of salt as recommended by Dr. McCollum is, in my opinion, not only inadvisable but positively dangerous. Salt is not by any means all discharged as this note suggests. It is likely to be absorbed. The effect is just the same as that of any other saline mineral water. It is no better than the use of Pluto water or any other water containing a large amount of salt.

Sincerely yours,

b

Is this a fact.

Mr. Barron.

BS

RIBUNE: SEPTEMBER 28, 1924.

By Antoinette Donnelly

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sured the diet will be good in quality and so constituted as to promote good health. Milk is especially useful to supply the element calcium, the principal constituent of lime. There is in milk, in addition, an abundance of proteins, or tissue building substances of high quality.

The habit of eating liberally of salads and of leafy vegetables will keep the intestinal tract in good condition.

A practice recommended by Dr. McCollum for washing out the intestinal tract, based upon ten years' personal experience, the experience of his associates in the laboratory and thousands of students, is to take on arising a quart of water at body temperature containing a teaspoonful of common table salt. It should taste slightly salty but not bitter. It should run through the intestine within three quarters of an hour to an hour and a half. One should not eat breakfast until after the salt water has passed out of the stomach.

Ordinary tap water taken in liberal amounts on rising is quickly absorbed and excreted by the kidneys. This is not so if the water contains the salt. It merely runs through the stomach

and intestine and washes them out. As soon as one awakens it should be taken. The intestine is thus washed out thoroughly at the beginning of each day. Constipation leads to thick headedness, lassitude, headache, a sluggish and out of sorts feeling. A thorough clearing of the digestive tract improves the feelings of the average person to an extent which is a great and pleasant surprise, Dr. McCollum emphasizes, to nearly every one who learns successfully to carry out this practice of drinking "isotonic salt solution." Since there is no absorption of salt, or little absorption of salt, and the solution taken is of the same concentration as the blood, no harm can possibly be done by taking it every day throughout life.

The practice is not a new but a thoroughly tested health measure, we are reassured.

To sum up, Dr. McCollum tells us the way to avoid bad complexions, a feeling of unwholesomeness, stoop shoulders, falling arches, an expression of failure, and early signs of ageing is by a properly planned diet and a condition of internal cleanliness, and suitable sleep and rest periods.

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06-1
Barron

October 14, 1924.

Mr. C. W. Barron,
Sanitarium.

My dear Mr. Barron:

With reference to the enclosed marked paragraph.

It is keenly facetious and humorous, but, as a matter of fact, it is not true and is not fair for the reason that actual experiments show that what alcohol does to the eye it also does to the stomach. Dr. Beaumont had an opportunity to view the inside of the stomach of Alexis St. Martin, and he noticed that whenever he drank whisky the mucous membrane of the stomach became congested and inflamed, and if he continued drinking for several days it became ulcerated. No such things are observed to happen after eating shredded wheat or prunes or anything that properly belongs in the stomach. Alcohol is just as much out of place in the stomach as it is in the eye.

Sincerely yours,

b

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October 15, 1924.

Sir Horace Plunkett,
Crest House,
Weybridge,
England.

My dear Sir Horace:

I have yours of September 30.

I am delighted to learn that you are pulling up from your attack of influenza. We shall certainly miss you if you do not come this winter as we have become accustomed to looking forward to your coming as a red-letter event to liven our Christmas Holidays, but probably it would be best for you to avoid the exposure to the rough weather you would encounter in the Atlantic passage and the possible contact with the attenuated blizzards which we sometimes get here in Michigan. I understand that the climate of the Cape is particularly delightful and I have sometimes hoped that I might have the pleasure of visiting that particular part of the world sometime before I die. I was in hopes the Cape to Cairo Railroad would be finished before this time. If they do get it done while I am alive, I shall be very strongly tempted to go to Capetown and make the trip from end to end of the black continent.

Sunshine will do more for you perhaps than any other one thing only it must be taken in moderate doses at first and I imagine that you will find that the Cape has plenty of this wonderful healing agent.

Sir Horace Plunkett.--2

I am glad to know you have an institution for tuberculous children in England. Rollier has done a wonderful work for humanity in demonstrating the great value of sunlight in dealing with these cases. I have always had great faith in sunlight and have endeavored to make as much use of it as possible in this cloudy region. We see the most wonderful results in the summer time when we keep our outdoor gymnasiums busy.

Our new light bath which I developed last year has also proven to be wonderfully efficient. There is a rapidly developing interest in light in this country largely developed by the manufacturers of various forms of light producing instruments, the first of which I made myself something more than thirty years ago.

I am watching with great interest developments in Ireland. I read last evening the most illuminating article by Lecky written for our North American Review more than thirty years ago. It gave me much new light on the Irish history. I am getting particularly interested in Ireland since I have discovered that I am an Irishman myself, the proper spelling of my name being O'Ceallaigh. I have a copy of the two volumes by Professor Hart of the Dublin University giving the Irish pedigree in which I traced my genealogy back to 1750 B. C. in the Heremon line. I note also that most of the great names in English history, including Queen Victoria, are found in the same categories.

If you go to the Cape, as I judge you are planning to do, I sincerely hope you will have a pleasant voyage and that you will find yourself comfortable and happy there. I am sure you

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Sir Horace Plunkett.—3

will find a host of friends there as you would find in every part of the civilized world. Your monumental work as a statesman has inscribed your name upon the hearts, not only of your countrymen, but of many hundreds of thousands of the ablest minds in every part of the civilized world.

Mr. Barron of Boston and New York is with us just now. We had Mr. Alfred I. DuPont and his wife with us recently. He has become a vegetarian along with Mr. Rockefeller and has adopted in fact the biologic life. Senator R. L. Owen is also with us just now.

By the way, we have discovered a new thing which is wonderfully beneficial for the bowels and I think would be a capital thing for you. It is Psyllium seed. I am so sure that you will find it beneficial that I have ordered sent you with my compliments half a dozen boxes. It should be taken rather freely, two or three dessertspoonfuls three times a day. A good way to take it is in the morning on first getting up, on going to bed at night, and with the dinner. The best way to take it is to put it in a glass, add about half a tumblerful of hot water and at the same time mix three or four dessertspoonfuls of Lacto-Dextrin in a glass of very hot water. When the sugar is dissolved, add this to the Psyllium seed and drink it. You will find this not hard to take. If you take it at dinner with other food it should have hot water added. Then when it thickens as it will acquiring the consistency of Tapioca, add some sugar and eat as a dessert. You will find it is not at all difficult to take. It may be stirred up in cold water and swallowed without waiting for it to swell. If you like the Psyllium seed, as I

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Sir Horace Plunkett.--4

am sure you will, as it is the most remarkable colon persuader
I have ever seen, I can send you whatever quantity you may need.
Possibly you may be able to find it in London but I have my
doubts whether you will find it there, as we have found it very
difficult to get.

With kind regards, I remain, as ever

Cordially yours,

V-2

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22. 6. 1924

Oct 22, 1913

My Dear Colleague

I wish to convey my warmest thanks to you and to all my Battle Creek friends for the kind greetings on the occasion of my 75th birthday. I still remember with great pleasure the friendly reception, with which I met last year in Battle Creek

Yours very sincerely

J. Parlor

To Doctor J. H. Kellogg

10-22-24

Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET. BOSTON, MASS.

Battle Creek, Mich.
October 28th 1924.

Dear Dr. Kellogg:

I would like to discuss with you the question if I can give some of your good assistants a vacation without hurting your organization, and also at the same time do myself and my household a good turn.

I want Dr. Hubly and his dietitian, Miss Keith, and her friend Miss Harmon to take a vacation during the dullest time of the Sanitarium season this winter and come straight to Boston at my expense and for wages - at least as much as they receive at the Sanitarium - and help me to put my weight without danger to my health, as you say it ought to be put, down to 250 pounds. And at the same time put my household and kitchen in order to continue on your system of biologic living.

I have had four of my servants at Battle Creek and they understand the system pretty well, but need a few weeks training and encouragement in it.

I also want to experiment with myself on a milk diet, which has always agreed with me in weight reduction. I have taken off twenty pounds in two weeks on a diet of three pints of milk and one pint of water a day.

I realize at my age that I must be watched carefully in strenuous weight reduction. I agree with Dr. James that your organization has the only system in the world for increasing strength while reducing weight. You know I have very many things dependent upon me and many important organizations to complete and I want to put myself in physical shape and race you for 105 years.

Of course, I believe you are doing a great wrong in not training young men as doctors and nurses, but especially as dietitians; and when I want to engage a dietitian from Battle Creek I must engage one of your lady graduates. But in my household I cannot invite a lady dietitian without her mother or a companion, and both should be people who would cooperate to forward the dietetic plans for my household and also have plenty of time to study for future usefulness for the Sanitarium.

Dr. Hubly knows me through and through and I believe he could put in a vacation with me by studies and investigations in the East in both New York and Boston, and to the future advantage of the Sanitarium.

I believe Miss Keith and Miss Harmon could do the same. I should have to be at times during the middle of the week in New York and all three of them could accompany me on my travels. During most of the day time they would have opportunities in both Boston and New York for thorough investigation and attendance at lectures and clinics, and in a way that I think would increase their future usefulness to you and the Sanitarium.

I believe your warnings to me are so important that I must heed them and that I cannot do better by the Sanitarium and your life work than to help to perpetuate it and to help the people who are helping you and me.

Today for the first time in nearly a year I am without pain in my knees; but I know that I need all kinds of assistance to guard me at nearly seventy years of age in reducing my weight without impairment of strength or vitality; and I know the expense of the plan I propose is trifling compared with its value.

I am willing to pay the full wages of all these three people, and give them what is of more value to them - opportunities for study and observation with pleasant surroundings.

My son-in-law, Wendell Endicott, and my grandchild, Martha, will not be with me this winter, unless I go with them to Europe, so I shall be alone in a big house with many servants, and with exceptional opportunity for mutual service between myself and Dr. Hubly and his associates.

I want them to come with me as soon as possible, but at a time when the work at the Sanitarium is the lightest during the year; and I want them for as long a time as you can spare them, either one or two months. I think two months would be better for them and for me.

I shall have my nurse and secretary with me as usual and we six can make a household together.

3-

Now, won't you please let me argue this with you? I expect to leave Friday. I feel the best investment of time and money I can make to promote in many ways the next thirty years my service to my fellowman is in the plan I above propose.

Very truly yours,

A handwritten signature in cursive script, appearing to read "C. M. Parrovi". The signature is written in dark ink and is positioned to the right of the typed closing.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

October 29, 1924.

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

I have your note of October 28th.

The proposition is such a serious one I shall have to submit it to the Board, to two boards in fact, which I will do.

Dr. Hubly has charge of a department -- all of our diabetics -- and is the only one of our doctors beside myself who is really prepared to look after these cases. Miss Keith is the dietitian who is specially trained for this work. Miss Harmon is the manager of the College Dining Club by which she is employed, whose consent as well as the consent of the College Board would have to be obtained.

Be assured I will do all I can to help you in this as in anything else I can do. The next Board meeting will be next Monday. In the meantime we will talk it over.

Very sincerely yours,

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Nov. 1, 1924.

Prof. M. V. O'Shea,
University of Wisconsin,
Madison, Wis.

Dear Professor O'Shea:

Since writing you about the chapter on life expectancy, it has occurred to me that I ought to send you, also, a copy of my booklet, "Biologic Life" and the "Health Decalogue," which I am enclosing with the other material mentioned in my previous letter.

The Metropolitan Life Insurance Company published some important facts which might be mentioned. One is that the average age at death of office women is twenty-six years, while that of housekeepers is fifty-two years. The average age of office men at death is thirty-five years. The average man thirty-five years of age, according to Glover's Tables, has thirty-two years more of to live, and the average woman twenty-six years old has forty years more to live.

I think a chapter on life expectancy would afford a good opportunity to summarize the things which a person should do to live as long as possible, and the things which he should avoid. These things I have tried to summarize in my Survey under the head of "Things To Be Avoided." I am sending you a copy of this Survey, together with some manuscript in which I have commented on each item of the Survey, and it seems to me it would be a very desirable thing, indeed, for this book to have a chapter entitled "A Personal Health Survey".

The material I am sending you in relation to the Survey, would furnish all the data for such a chapter, but I feel that you are much better prepared to put this in shape for the school than I would be.

These two chapters, with the changes which I am making in the book, will, I think, make this volume really worth while, and would make it equal in value to any of the other books, and so different from the other books, as to be recognized as an essential part of a Health Series.

I am putting in a lot of time on the revision, going over the whole text very carefully, line by line. I am cutting out some portions and substituting fresh material which I feel will very greatl

greatly enhance the value of the book. I am finding so much more opportunity for improving the text than I expected, that it will take a little longer to finish the work than I had calculated.

I am thoroughly convinced that it is very important to put the Personal Survey idea into our series. Some other publisher will do this shortly if we do not do it, for the idea of the Survey has caught on and is being worked out in various ways by different people.

Cordially yours,

JKH-GB

P.S. I enclose a copy of an Efficiency Chart which is being sent out by the Indiana State Board of Health. It has some ideas you may like to work into the Health Survey or efficiency chapter.

The life expectancy table which appears in the Battle Creek System of Health training, of which I enclose a typewritten copy condensation, on a separate sheet, is based on the mortality statistics of 1910. Since then, the death rate has considerably improved, so this table must be revised. I will send another ~~copy~~ *up-to-date* copy as soon as I get the necessary data compiled.

Nov. 17, 1924.

Dr. Graham Lusk,
535 Park Ave.,
New York City.

Dear Doctor:

I am sending you another picture of your great-uncle, Sylvester Graham, which I recently ran across, and which was evidently taken when he was younger. His strikingly fine face, as well as his writings, show him to have been a very remarkable personality.

I copied the picture from one in a book by Charles W. Forward, entitled "A History of the Vegetarian Movement," published in England in 1897.

I remain

Very sincerely and respectfully yours,

JHK-OB

TECHNICAL STAFF

J. B. SHACKELFORD
CINEMATOGRAPHER
S. BAYARD COLGATE
CHIEF OF MOTOR TRANSPORT
MCKENZIE YOUNG
MOTOR TRANSPORT
GEORGE OLSEN
ASSISTANT IN PALAEOLOGY
JAMES WANG
INTERPRETER

FIELD MAIL ADDRESS
2 KUNG HSIEN HUTUNG
PEKING, CHINA

CABLE ADDRESS
MUSEOLOGY, PEKING

CODES USED
A.B.C. 5TH AND 6TH
EDITIONS. BENTLEY'S

THIRD ASIATIC EXPEDITION
OF THE
AMERICAN MUSEUM OF NATURAL HISTORY
IN COOPERATION WITH THE
AMERICAN ASIATIC ASSOCIATION
AND
ASIA MAGAZINE

Peking.

Nov. 28th. 1924.

SCIENTIFIC STAFF

ROY CHAPMAN ANDREWS
LEADER AND ZOOLOGIST
WALTER GRANGER
CHIEF PALAEOLOGIST
SECOND IN COMMAND
CHARLES P. BERKEY
CHIEF GEOLOGIST
FREDERICK K. MORRIS
GEOLOGIST
JAMES P. CHAPIN
ORNITHOLOGIST
CLIFFORD H. POPE
ASSISTANT IN ZOOLOGY
N. C. NELSON
ARCHAEOLOGIST
RALPH W. CHANEY
PALAEOBOTANIST
L. B. ROBERTS
TOPOGRAPHER

Dear Dr. Kellogg,

I want to give you a brief report of the doings of your expedition. I arrived in Peking on July 4th just in time for the floods which broke all precedents. Kalgan, the expedition's starting point was well nigh swept away but it did not affect my plans except to delay the trip to Urga to obtain permission to carry on work next year (1925).

I finally got away on Aug. 21st with one Dodge car and a Citroen tractor. The latter was one of the type of French caterpillars that crossed the Sahara Desert two years ago. I had been asked to adopt it for our expedition and wanted to give it a trial. We found the car to be absolutely impractical for rough work. It is a nice little French toy which is still in the experimental stage.

The Sahara trip was a military expedition which had gas and repair depots along the route and was nothing like our work of real exploration.

At Urga things were in the normal state of disruption. The Minister of War and his Chief Secretary had

just been shot and half the foreigners were under arrest. Therefore I felt quite happy for I knew all would be well. There was no communication with China but alarming reports had leaked out to Peking and I am afraid were cabled to America. Nevertheless, by exercising a certain amount of discretion and diplomacy I obtained the necessary permission for the continuance of the expedition. As a matter of fact the government has passed a law prohibiting all expeditions from working in Mongolia but I got ours accepted since it already had begun work.

I returned to Peking rather hurriedly because the usual summer war was beginning in China—rather late this year. Troops are moving all about us, each man carrying an umbrella in a neat little sack and looking awfully bored with the show. It is much too late in the year to start a war—it is against all the rules of Chinese "good form" to fight in the winter. A really hard frost will probably stop the whole thing and they will call it off until next summer.

My motors all have arrived—five beautiful special Dodges and two Fulton trucks embodying in their construction the accumulated experience of all our former work in the desert.

I saw old Merin, my head caravan Mongol, who has been caring for our camels up on the plateau. A dozen had died during the terrible snows of last winter but the rest are fat and in splendid condition. I now have to buy 100

camels, for the caravan must start on its long trip across the desert soon after Jan. 1st.

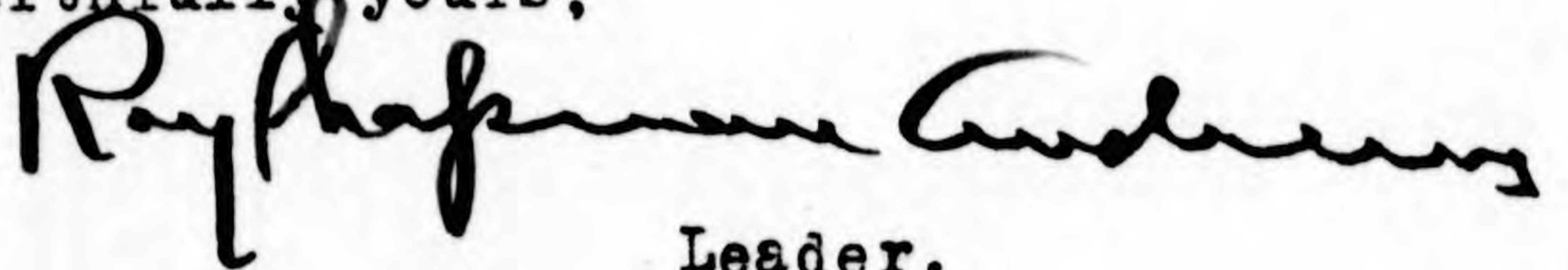
During the remainder of the winter I will be busy getting the food and the equipment assembled and packed.

Everything looks auspicious for next summer's work. The whole staff will arrive in Peking by the end of March and on April 15th we will start on the next Great Adventure.

I will write you again before we leave and give you the last news of the expedition.

With all good wishes for a Merry Xmas and a Happy New Year. I am,

Faithfully yours,

A handwritten signature in cursive script, appearing to read 'Raphael Anderson'.

Leader.

Dr. J. H. Kellogg,

202 Manchester St., Battle Creek, Mich.

November 28, 1924.

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

Dear Mr. Barron:

I think you have been committing telepathy.

I have a letter from the superintendent of Mr. Ford's Hospital saying that he and Mr. Ford are coming up next week to discuss nutrition with me. This is strictly confidential as I promised him there would be no publicity.

I hope you are fighting the cooks good and hard and the confectioners and are cultivating a bitter disgust for candy. Every time you see a confectioner you ought to get up a towering rage. If you could drop off 100 pounds, it would add ten years to your life, at least. Two pounds a week for a year would do it. Excuse this nudge. We all love you so much out here because you are always saying such good things for us we are anxious to keep you alive and talking for us. I dare say you made a big killing in the last month. Being on the inside, you ought to be a Croesus.

As ever,

Sincerely yours,

V-2

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Boston News Bureau.

C. W. BARRON, MANAGER.

30 KILBY STREET, BOSTON, MASS.

334 Beacon Street,
Boston, Mass.,
November 30th 1924.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

Dear Dr. Kellogg:

You wrote me under date of October 29th that you would put the matter of Dr. Hubly and his associates coming with me to Boston for a brief season before the boards and do what you could to assist; but I have not heard anything from you since.

I hope to be with you again in about ten days and I think it would be helpful all around if these people would take a vacation with me this winter.

Very truly yours,

C. W. Barron

DEC 3 1924

THE HORACE PLUNKETT FOUNDATION.

435-437 ABBEY HOUSE, WESTMINSTER,
LONDON, S.W. 1.

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

Dec. 4, 1924.

DEC 15 1924

My Dear Dr. Kellogg,

It is a long time since I wrote to you. The truth is, I have been expecting to receive the Psyllium seed which you were good enough to say you were sending to me. It has not yet arrived. Would you kindly ask your people to make enquiries as to what has happened to the dozen boxes you ordered to be sent to me?

I am glad you approve of my plan of going to South Africa. I should myself have preferred California or New Mexico, but to tell the truth, I have never become acclimatized either to the heat of American houses in winter or to the cars, and I should be afraid of getting pneumonia before I arrived in the sunshine, or on my way back, since I should have to return to my work here in March.

It interests me greatly to hear that you have been reading Lecky upon Irish history, and still more that you are an Irishman by origin. You certainly have as brilliant an imagination as my little island has produced; and I am afraid I must add that you have displayed some qualities which we lack. Your persistence in what at one time must have appeared an almost hopeless task, will perhaps be what will most astound your biographers. I often think over the life work of my contemporaries whom I most admire, and I do not think any of them can be assured of so lasting results as those you will have to your credit.

The office from which I am writing is to be the centre of my life work during my own remaining years, and that of my fellow workers when my tale is told. In some ways I think it was an advantage to me that I was driven out of Ireland, as I am more likely to get my principles acted upon there by showing that they are appreciated in other countries, than by any other means. I shall send you, as soon as it is published, a book which refers to my past, present and future activities, and which will, I think, interest you, as the principles treated are applicable to your country and state. It is the Report of the proceedings of the Conference upon Agricultural Co-operation in the Empire, which was held in the last four days of July at the Wembley Exhibition. It was a thoroughly successful affair, and advanced my own work better than

any assistance I had ever before received.

With all good wishes, believe me,

Yours sincerely,

Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

New York, N.Y.,
December 4th 1924.

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

Ad

DEC 7 1924

Dear Dr. Kellogg:

Thank you for your interesting letter of November 28th.

I hope to be with you next Wednesday, and hope Mr. Ford will be there at the same time. I am delighted to think that my suggestion to him that before he makes his organization or spends any money he confer with you may bear fruit so soon.

I am going to try to make a league with Kenneth C. Hogate, who is approaching 300 pounds, so that we both combine to fight all forms of food and each reduce our weight about 50 pounds.

No, I have not made a big killing in the last month, because I don't buy stocks for myself. I could have made several hundred thousand dollars, but I consider speculation quite inconsistent with my occupation and service in the world, just as you would consider dealing in Postum Cereal shares an interference with your great work for humanity.

With much love, believe me

Yours very truly,

C. W. Barron

MAILED
FILE DEC 5 '24
NO. P. U.
FOLLOW

DEC 5 1924

December 5, 1924.

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

Dear Mr. Barron:

I have yours of recent date.

On account of the absence of several members of our Board, our meetings have been postponed so I have not had a chance to get before the Board the matter you mention, but we shall have a meeting next week so, by the time you come, I hope to be able to tell you the views of the Board.

I hope you are keeping your weight down.

As ever,

Cordially yours,

V-2

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Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET. BOSTON, MASS.

Battle Creek, Mich.,
December 14th 1924.

Dear Dr. Kellogg:

I am suddenly summoned to New York and leave on the Wolverine at 2:45 today. I will leave my interest regarding Dr. Hubly and associates entirely with you. You, of course, understand how I am whisked about and yet have to keep in touch every minute with the financial world just as you or Dr. Case have to keep in touch with a patient that might need treatment any minute.

I would like Dr. Hubly to be with me for his own good and mine for a month in Boston and New York; but if I cannot have him for a month I will take him for a fortnight or ten days. At the same time I want the cooperation of his dietitian, who is now taking a vacation to see her Mother and can also on the same leave of absence spend part of the time with me. And Miss Harmon would be invaluable to us all in setting my household in its purchasing department, and its kitchen aright, and instructing my servants who have been out to Battle Creek how to carry on the Battle Creek regime for my household and make their purchases and secure needed supplies economically and effectively.

I believe it would be to the advantage of the Sanitarium to have the experiment tried out of expanding your work for biologic living so that its values can be attested in carrying it directly into homes in a way to keep it there permanently.

Is not this just as great a work for your institution as spreading the gospel of Battle Creek in South America and giving a personal physician to LaFollette and your brother? You know I am just as important to you and yours as either your brother or LaFollette.

I hope you understood the principles of my Wall Street Sermon. I am decidedly of the opinion that the time is now right for you to make quick masterstrokes in using your cash to expand your business.

If you or any of your physicians want advice from me at any time concerning finance or investments, don't hesitate to call upon me or have them call upon me. I never advise for speculation or quick market turns, but it is my duty to advise concerning changes of investment that should turn out at better than interest rates over a series of three or five years.

People, I suppose, might not believe it, but I am just as much opposed to narrow margin speculation, gambling transactions and short selling as I am to faker financial advertising, a large part of

which I have assisted to drive out of the public prints, and to unworthy promotions filching money from the pockets of ignorant honest people.

I have devoted my life to fighting crooks in finance and I only wish I had ten lives more with which to fight.

One of the regrets of your life may be that you have not gotten your good health-giving food products on the market in a broader way, but have left the field open for the promotion of breakfast foods in a way that sometime may bring harm to investors. Your Whole Wheat Grains, your Fig Flakes and your ZO have in them each limitless possibilities, and you know the first law of investments, as annunciated by Benjamin Franklin, "The best investment a man can make is in the tools of his own trade".

Very truly yours,

A handwritten signature in cursive script, reading "J. M. Garrison". The signature is written in dark ink and is positioned to the right of the typed name.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

MAILED
FILE
NO. F. U.
FOLLOW

Dec. 14, 1924

Mr. C. L. Barron,
Boston, Mass.

Dear Mr. Barron:

Enclosed find clipping about Mr. Gompers.

It is a splendid article; a good criticism. Thanks for the opportunity to read it.

Sincerely yours,

b-8

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2221 KALORAMA ROAD
WASHINGTON, D. C.

File

Dec. 18, 1924.

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

DEC 20 1924

My dear Dr. Kellogg:-

I have in my study about 500 signed photographs of men whom I have known in different parts of the world, Presidents, Cabinet Members, Military and Naval Officers, captains of industry, and men of conspicuous achievement in other walks of life. Will you do me the honor of sending me a signed photograph of yourself to be added to my collection.

Very sincerely yours,

John Hay Hammond

December 19, 1924.

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

Dear Mr. Barron:

I have received the clipping from the Boston News Bureau and other papers with the article, "Money in Bran." I am pleased to see you adopted the new edition. You have a wonderful publicity department. Our Board voted on Monday to grant vacations to the three persons whose names you mentioned to me. They are at liberty to make their own arrangements with you or to dispose of their time in any way they see fit. Of course, the Board placed no obligations upon them as to what arrangements they should make with you, so you see we are doing all we can to protect and save you.

I am sure your greatest danger is the candy shop. Whenever you see a box of chocolates or a big dish of ice cream your imagination ought to picture a skull and cross bones on it or some other kind of a scarecrow.

With best wishes for the holiday season and thanking you for your many courtesies, I remain, as ever

Cordially yours,

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+ 2

December 21, 1924.

Sir Horace Plunkett,
The Horace Plunkett Foundation,
435-437 Abbey House,
Westminster,
London, S. W. I.

*Enc. sent
by Mrs. Butler.*

My dear Sir Horace:

I have yours of December 4.

I was shocked to find that you had not received the Psyllium seed. I have duplicated the order and it is reported to me that it was shipped last week so I hope it will reach you by the time this does.

I am delighted at what you tell me of the fine co-operation you received at the Wembley Exhibition. The splendid things you have been working for ought to be set in operation the world over. You give me too much credit. I am appalled when I realize that my career is drawing toward a close and that I have accomplished so little. There is so much to be done that a whole life-time counts for almost nothing even when one tries to do his very best. You have lifted a whole nation and the results of your work will go on forever. You have set a model for the world which will be followed in many other countries. If Ireland could only get settled down, it would soon become one of the brightest spots in modern civilized life.

I have received a nice letter today from John Hays Hammond asking for one of my photographs to put in his gallery of 500 for which I felt highly flattered.

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Sir Horace Plunkett.--2

I wonder if you happened to see Shaw's article in the last Century? It strikes me as a very witty thing. I have cut it out and am sending it to you together with an article on cyphers from the American which gives a bit of information about our ancient countryman, Lord Bacon.

I hope you are going to have a delightful winter in South Africa. We are having unusually cold weather here in Michigan the last few days.

With cordial holiday greetings, I remain, as ever,

Sincerely yours,

V-2

MAILED
FILE
NO. F. U.
FOLLOW

December 22, 1924.

D. L. Tissier, M.D.
Paris, France

Dear Doctor:

This note will introduce to you Dr. Franklin Johnson who has been connected with the medical work of this institution for the last two years. Dr. Johnson's standing in the medical profession is first-class and he is entirely worthy of any courtesies which may be shown him.

v-m

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Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

Kellogg
Enroute to New York.
December 30th 1924.

Dear Dr. Kellogg:

Here is one of Brisbane's editorials for Hearst that may interest you.

Dr. Hubly and I are having an interesting time together and are now in the train on the way to New York.

Dr. and Mrs. Frederick C. Schattuck dined with us at Beacon Street Sunday evening. Yesterday noon Dr. Hubly lunched with Dr. Shattuck at his home and then went with Dr. Shattuck to the Children's Hospital and the Harvard Medical School, and Dr. Hubly said he had a very interesting time.

Last evening we dined with Mr. and Mrs. Calvin Austin of the Eastern Steamship Co. and Governor and Mrs. Foss. The Fosses wanted to be remembered to you. You may recall their visit to Battle Creek eight years ago.

Mrs. Austin is very anxious that her husband have the benefits to be had at Battle Creek, and Hubly and I hope to have him out there in the near future.

Friday night we shall be back in Boston with Miss Harmon and Miss Keith, and Mr. F. C. Dumaine of the Amoskeag Mills with his wife and family join us in a Battle Creek dinner at 334 Beacon Street. Dumaine, you will remember, has often been at Battle Creek.

I hope before Dr. Hubly returns I shall be twenty pounds off in addition to the thirteen pounds I recently took off in Battle Creek.

I hope ZO is going rapidly and that you will make it one of the "best sellers" for 1925. Dr. Hubly joins me in this wish.

With regards to you and all the Sanitarium people from us both, believe me

Yours very truly,

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

my best love
my good one
J. H. Barron
C. W. Barron

The Crest House

Weybridge, Surrey

England.

11th January 1925

My dear Doctor,

The Psylla has arrived, first one box of six tins and then another. This week I start for South Africa and I shall have a very good opportunity for trying the new laxative on board ship, a trying time for constipation sufferers. I hope if it proves popular in your country you will put it on the market over here at Selfridge's or some equally good store.

I shall enjoy the sun as we have had less this year than I ever remember. The Thames two miles from my house was three miles wide a few days ago! But I shall miss my American trip. I cannot expect many more of them, but as long as I am spared for active life I hope I shall be able to keep up my American connections - above all with your great institution.

Medical science seems to me to be advancing at a constantly accelerating rate of progress. To the layman it looks as if the physician is catching up the surgeon. I suppose heliotherapy belongs to the sphere of the latter. In the newspapers of yesterday I read that radio-dermatitis or whatever they call X ray burns is curable by radium. I

should have had a much more useful life the last eight years if that discovery had been made in 1916. I should greatly like to hear how your sun baths are succeeding. I am financially assisting Sir Henry Gauvain's researches, of which I think I told you, at Alton, where he is getting 95 percent of cures in surgical tuberculosis cases.

Yours very sincerely

Anna Churchill

I was at Oxford yesterday and saw Dr. Bridges. He looked - and felt - in fine health. He spoke warmly of you.

Henry Ford
Dearborn, Mich.

Jan
13th
1925

Dr John Harvey Kellogg
The Battle Creek Sanitarium
Battle Creek Michigan

Dear Sir:

Your letter of December 22nd also the books sent to Mr Ford have been received.

Mr Ford is leaving for the South shortly but he has requested the writer to advise you that he expects to see you before leaving the city.

Thanking you for your interest, we are

Very truly yours

E G LIEBOLD

General Secretary to HENRY FORD

EGL H

This letter was dictated by Mr. Liebald, but he was obliged to leave the office before reading it.

THE HORACE PLUNKETT FOUNDATION.

435-437 ABBEY HOUSE, WESTMINSTER,
LONDON, S.W. 1.

JAN 26 1925

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

Jan. 14, 1925.

My Dear Doctor,

Your most kind letter of December 21 has reached me this minute. Tomorrow I set out on my 12,000 mile journey. The psylla has duly arrived, and I shall have a splendid opportunity of trying it.

You must not let yourself suffer the common experience of grieving over what there is still to do no matter how much you achieve in your life. You have only to look at the buildings, compare them with the little frame house where you first began, and then reflect that the actual edifices are but a minute fraction of the achievement - then you may live and die happily. I wish I had a hundredth part of your record in the things that go to make human happiness. I have not a moment more but am glad to have said this much.

Believe me,

Your lasting friend,

Horace Plunkett



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CURIE HOSPITAL
ROCHESTER HOTEL

THE COLLEGE APARTMENTS
FISCHER CAFETERIA
MODEL LAUNDRY

Rochester, Minn.

January 15th, 1925.

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

My dear Doctor Kellogg,

I wish to thank you for the Christmas greeting bearing the very charming picture of you at your fireside. I greatly appreciate it and am very glad to possess it, and do value most highly the best wishes which accompanied it.

I had the pleasure of meeting Dr. Will Mayo a few days ago. He said "I think a great deal of Doctor Kellogg and of Doctor Case". He then added, "I am a great admirer of Doctor Kellogg."



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ROCHESTER HOTEL

THE COLLEGE APARTMENTS

FISCHER CAFETERIA

MODEL LAUNDRY

Rochester, Minn.

Dr. Kellogg is not fully appreciated by some, and if any ever suggest that opinion before me, they very quickly know of my opinion of Dr. Kellogg. I consider Doctor Kellogg one of the greatest medical men of our country".

I came here twelve days ago and will be back in my office the first of next week. I have had a most profitable time and have learned several things which I consider most valuable. The doctors are most hospitable and speak very highly of Battle Creek. I am to be a dinner guest of Doctor George Euster - man tomorrow evening. It will be very nice to meet Mrs. Eusterman and see their babies.



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| | ROCHESTER HOTEL | |

Rochester, Minn.

Before I left I sent a note to Doctor Mortensen as chairman of the medical committee asking that my salary be granted me during the two weeks that I am studying at the Mayo Clinic. If that committee has not yet acted upon this matter, I would greatly appreciate your interest in this matter as my stay here has been of great value in giving me the impetus to go back and work out problems more carefully along our own lines.

Very sincerely yours,

Amelia T. Wood.

Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

January 18th 1925.

ANSWER

JAN 23 1925

Date 1-23

My dear Dr. Kellogg:

I notice you are a mighty hunter with your powder horn hanging over your mantelpiece according to the beautiful Christmas card you so kindly sent me.

Permit me to present you with a copy right off the press narrating and picturing the adventures of my son-in-law Wendell Endicott with rod and harpoon along the Florida Keys, which I am sending you under separate cover.

my file
1122

I know you love Florida and I know you must love fish - in some form.

Dr. Hubly and Miss Keith, I think, have learned much since they have been east in New York and Boston, and you will be glad to know that with their assistance I am now for the first time in many months under 300 pounds and going down daily, and I never felt better in my life.

I want to thank you for letting them come to me, and I know when you see them again at Battle Creek you will believe that while they have improved me I have improved them.

Very truly yours,

Dr. John Harvey Kellogg,
Battle Creek, Michigan.



+9 - Feb 1924
arr 1924

JAN 23 1925

MAILED
FILE
NO. P. U.
FOLLOW

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

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College
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Appli.K.S.P.E. Cat. &
Appli.T. S. Cat. &
Appli.

Eugenics Reg.

Eugenics and
EuthenicsRace
DegeneracyNeeded
New RaceRace Bett.
Pros.

Tobacco Tracts

Diet List

Spec. Diet
Leaflets

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Drug Add. Lit.

Reprint No.

Health Dec.

Meat Poster

Plunkett
ReprintAfter Care
Surg.

Spec. Dia. Lit.

January 22, 1925.

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

Dear Mr. Barron:

I have yours of January 18.

Thanks for the picture and for the account of your son-in-law's adventure. I do not approve of fishing yet I always like to read fishing and hunting stories. I love tales of adventure. Of course, I like fish in their element.

I am especially pleased to know that you got below 300 pounds but you have some distance to go yet. You ought to get your weight down to 250. Then you would still be on the enemy's ground but probably as near safety as it is safe to get.

I see that things are still going wild on Wall Street. I think those fellows need a lot of moral tutoring. I am afraid they do not read the Wall Street Journal as carefully as they should do.

Mr. Fitzgerald tells me you are going to Florida, yourself, then to California, then here again. We will be glad to see you.

Mr. Keene is here on his semi annual visit and has a friend with him. Both seem to be getting better.

MAILED
FILE
NO. P. U.
FOLLOW

Mr. C. W. Barron.—2

Always cordially yours.

V-12

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MAILED
 FILE FEB 2 1925
 NO. F. U.
 FOLLOW

January 30, 1925.

Sir Horace Plunkett,
 The Horace Plunkett Foundation,
 435-437 Abbey House, Westminster,
 London, S. W. 1, England.

FEB 2 1925
 FEB 1 1925

My dear Sir Horace:

Your letters of January 11th and 14th have arrived and I suppose by this time you are safe in South Africa. I hope you had a comfortable journey and that you find yourself pleasantly situated and improving. We are certainly very much disappointed we are not to have you with us this winter, but we shall hope to see you next year. I am glad the Psylla reached you in time so you could take it with you.

It was most kind of you to send me the message from your Post Laureate. We were very proud to have him as a guest for a few days.

We are having a large number of patients with us this winter, more than usual, and very interesting people. Among the rest quite a number of doctors, some of whom came bringing patients for diagnosis.

Be assured we do not forget your valuable assistance in securing for our work appreciation by influential people. I shall always feel that we owe you a debt which we can not repay.

Our work seems to be growing in favor with the physicians constantly and the public are very evidently becoming more and more interested in health ideals and the things we are trying to do for the

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Spec. Dia. Lit.

MAILED

FILE

NO. F. U.

FOLLOW

Sir Horace Plunkett, No. 2.

betterment of the race.

Trusting you are happily situated and that you will find your sojourn in the south as helpful as you hope, I remain, as always,

Cordially yours,

b

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O. P. & M.

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Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

Los Angeles, California,

February 19th 1925.

FEB 24 1925

Dear Dr. Kellogg:

Thank you for your interesting letter and the report concerning my running mate from Philadelphia - an added stimulus for my weight reduction.

Of course, in traveling I cannot reduce my resistance or weight, but I think I have increased the sum of my knowledge here and gotten a lot of sunshine and vitamins.

I am on my way tomorrow to Florida; thence to the Inauguration at Washington March 4th and later Boston; and, of course, sometime later Battle Creek.

Perhaps the enclosed clippings regarding brown bread in London and new claims to medical discoveries may interest you.

Very truly yours,



Dr. John Harvey Kellogg,
Battle Creek, Michigan.

Dr. wants to modify
the letter he dictated
today to B. McC.

UNITED STATES NAVAL ACADEMY

Annapolis, Maryland

DEPARTMENT OF PHYSICAL TRAINING

21 February, 1925.

Doctor J. H. Kellogg,
Founder and Superintendent,
Battle Creek Sanatorium,
Battle Creek, Mich.

My dear Dr. Kellogg:-

Admiral Wilson has conveyed to me the most kind invitation extended to him thru Admiral Niblack for two officers to be your guests at the Battle Creek Sanatorium for two or three days.


Admiral Wilson, unfortunately for us, has reached the retiring age and will leave us on 23 February. He is very sorry that he will not be in a position to accept your invitation personally, and has indicated his desire to me that I avail myself of your offer to visit the great institution which you have founded and directed so ably.

We have been using your testing machines in our gymnasium with great resultant benefit to those who have passed and are now passing thru this institution. We feel that we should avail ourselves of every opportunity to improve our methods and conditions for the physical betterment of our midshipmen and commissioned personnel of the Navy.

May I ask if it would be agreeable for two of our officers to visit you sometime in June when the Regiment of Midshipmen is on the Practice Cruise and life is not quite so strenuous as it is at present?

With the greatest admiration for you and your work and warmest personal regards, I am,

Sincerely yours,


B. McCandless,
Commander, U. S. Navy,
Head of Department.

BMcC/1

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FEB 26/25

MAILED
FILE
NO. F. U.
FOLLOW

February 25, 1925.

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

Dear Mr. Barron:

Thanks for yours of February 19th enclosing clippings. The world is certainly making a little progress in dietetic reform. When I first began eating graham bread I was ridiculed because I ate bran. When I first began putting bran in packages I was ridiculed again. Now everybody is eating bran.

Very likely the lack of vitamins has something to do with producing a predisposition to cancer.

The Johns Hopkins discovery is very interesting. I will pass this on to Dr. Martin.

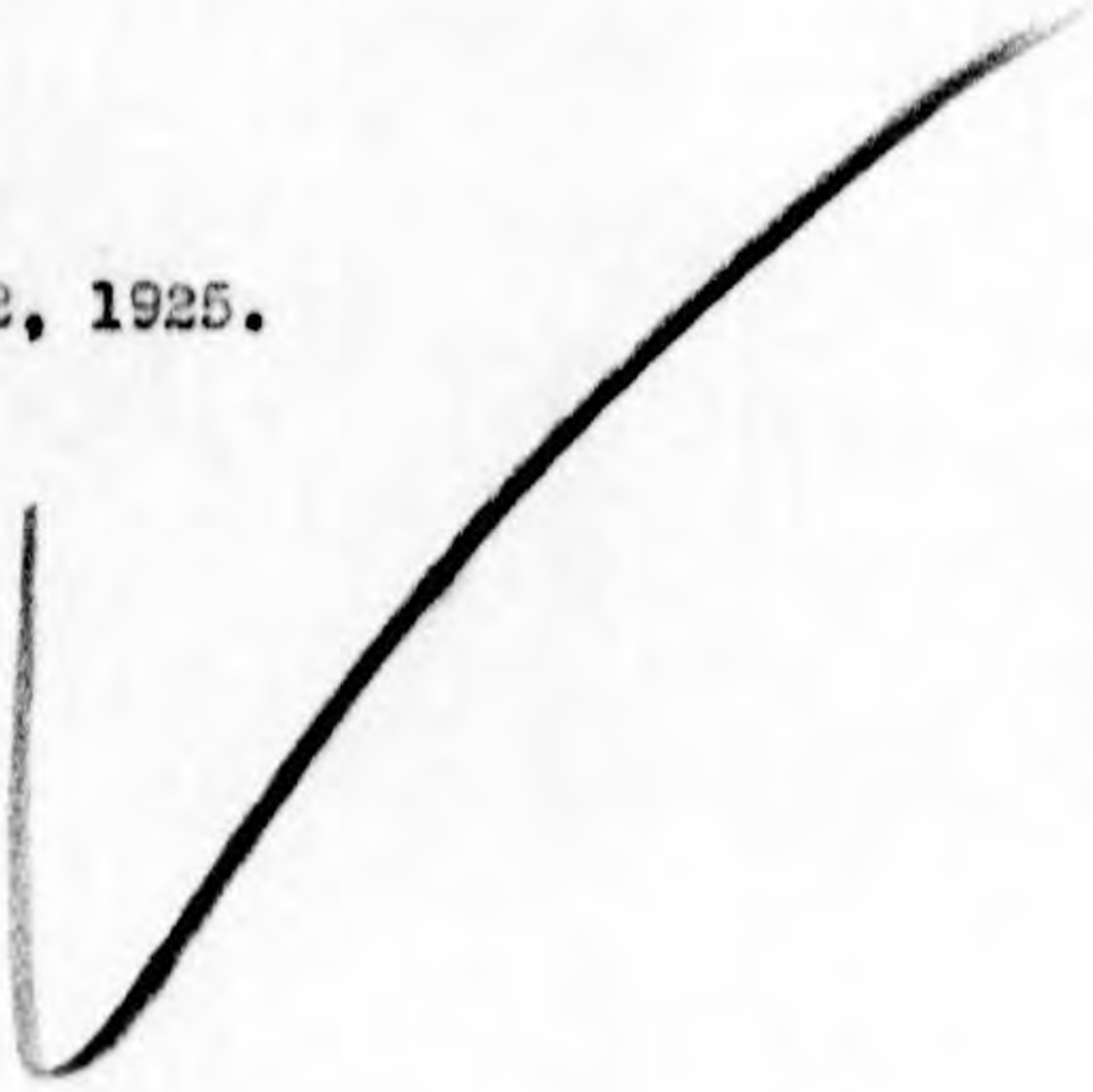
I hope you are keeping your weight down as much as possible. It is a hard job. I have the same tendency. I find it necessary to cut down my rations tremendously. I eat one and a half meals a day, and sometimes only one and not a very big one at that.

Sincerely yours,

FEB 26 1925
FEB 25 1925

FEB 4 '25

February 2, 1925.



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

Dear Mr. Barron:-

Enclosed find a memorandum with reference to a patient which has just been handed in to my office. This lady came here about the same time you did. She weighed one hundred pounds more than you and she now weighs less than you do. She is a woman of lots of grit and character, a keen business woman by the way. She owns one of the most profitable peach orchards in the United States and has become very wealthy. She has learned how to take care of peaches so that instead of running out in four or five years, they continue bearing for twenty years or more.

I am just sending the item along for your encouragement. Obesity is like the devil, you have got to fight it all the time. I hope you are losing a little every week as you ought to be doing.

Sincerely yours,

v-j

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Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

Enroute from Florida to Washington,
February 28th 1925.

MAR 5 1925

Dear Dr. Kellogg:

The enclosed slip articles on milk have been sent me. They seem to me to be as far wrong as anything could be.

I enclose a few other clippings that may interest you.

If you have any thought concerning these milk articles or if it is worth your while to give any thought to them, won't you please drop me a line to 334 Beacon Street, Boston, Mass.?

Very truly yours,

C. W. Barron

Dr. John Harvey Kellogg,
Battle Creek, Michigan.

MAR 6 1925

MAILED
FILE
NO. F. U.
FOLLOW

March 5, 1925.

MAR 6 1925

Mr. C. W. Barron,
334 Beacon St.,
Boston, Mass.

Dear Mr. Barron:

I have yours of February 28 enclosing clippings
about milk.

It is perfectly true that milk is not a natural
food for adults. When the digestive organs become fully developed
they are able to deal with more refractory foodstuffs. Nevertheless,
it is equally true that when the digestive organs become somewhat
weakened by disease, milk becomes a useful and appropriate food and,
further, the modern researches in nutrition have shown that milk is an
excellent complementary food. By its use in even moderate quantities
the incomplete proteins of vegetable foods may be supplemented so as
to be 100% useful whereas, without the milk or something equivalent
in the form of nuts or meat, the value of the vegetable proteins
might not be more than forty or fifty percent of their face value.
Milk also supplements other food through its richness in lime salts
and valuable vitamins.

The Radium item is interesting but similar instances
have occurred many times. We had a similar case in which we followed
\$12,000 worth of radium through the rubbish pile and discovered it

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Mr. C. W. Barron.—2

intact by means of the electroscope which was very crudely described by the newspaper reporter.

As ever

Sincerely yours,

P. S. We are expecting you to put in an appearance here before very long. You ought to reduce your weight at least fifty pounds more.

J. H. K.

v-m

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MAR 10 1925
 MAILED
 FILE
 NO. F. U.
 FOLLOW

March 9, 1925.

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

MAR 10 1925

Dear Mr. Barron:

This is just a reminder. I have news to-day from our Pennsylvania fat lady who weighed 440 pounds last summer and now weighs only 275 pounds, a reduction of 165 pounds, or nearly 40 per cent. of her original weight. She is in excellent health and has added many years to her life expectancy.

Sincerely yours,

b

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COPY

March 11, 1925

Dr. Barnhart:

Here are two or three things you ought to have:

I began my work in connection with the Sanitarium April 1, 1873, when I became editor of GOOD HEALTH.

I was elected superintendent in the spring of 1875.

I actually took charge the next year and began at once a course of instruction and established the first school in the fall of 1877, with 30 students. This was the School of Hygiene, and was carried on until the Training School for Nurses was established two or three years later, about 1880.

The first schools were short term - six months and a year. It was for this reason that the Nurses School is usually dated from 1883.

J. H. Kellogg

March 18, 1925.

Mr. C. W. Barron,
30 Wilby Street,
Boston.

Dear Mr. Barron:

Enclosed find the clipping you sent me.

Dr. Voronoff is evidently not an experienced surgeon or he wouldn't dare to make such extravagant statements. He is evidently doing shrewd advertising-giving publicity under the guise of benevolence. He could have written his article without the personal advertising if his purpose had not been commercial. The fact is, he has not made a new discovery. Twenty-five years ago I was grafting glands and did the operation in dozens of cases. The effects were always very temporary. The gland invariably degenerates.

Dr. Howard Kelly, more than twenty years ago, told me of a case in which Dr. Robert Morris grafted an ovary in a woman whose ovaries had been removed. She afterwards gave birth to a child. The question was, "Who was the mother of the child?"

If Voronoff had seen some of the livers which I have seen in opening the abdomen, he would recognize that other organs wear out, even before the sex glands do. The thyroid, the kidneys, the liver, the stomach glands, even the glands of the skin, often become senile before the sex glands.

Voronoff says the sex glands are essential for the life of other cells. Eunuchs have no sex glands, but the entire sex organs are removed in boyhood to produce eunuchs. I have seen eunuchs in Egypt considerably taller than the average, and well developed. It is well known that eunuchs often live to great age, although their sex glands were removed when they were boys of eight or ten or younger.

I am sorry to be compelled to believe that Voronoff is acting as a publicity agent for Voronoff. Of course, there are cases in which the grafting of glands for both men and women is a proper procedure. This has been done by many surgeons for many years, and the technic is not so delicate as Voronoff suggests. I am afraid Voronoff's immortality will consist of nothing but a the historical record of a medical fantasy.

more than

Mr. C. W. Barron--#2

By the way, a lady in my office the other day, pointing up to your picture, exclaimed, "Oh, I know him; I think he is just lovely."

I hope the owner of the Wall Street Journal is taking good care of Mrs. Barron. We are looking for you every day.

As ever

Cordially yours,

JHK/CS

+ JHK

March 31, 1925.



MAR 31 1925

Mr. C. W. Barron,
Sanitarium.

Dear Mr. Barron:

Dr. Kellogg has just received a letter from Mr. L. Brackett Bishop of Chicago in which he asks us to extend to you for himself and Mrs. Bishop their love and wishes for your complete recovery.

Sincerely yours,

V-2

arr. 3-24-25

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Needed New Race
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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.



April 8th 1925.

Dear Dr. Kellogg:

I want to thank you for yours of March 18th regarding Dr. Voronoff. It is exactly what I wanted.

It seems to me we cannot circumvent nature or the ordained operations in life, but we can assist nature and life in human beings.

Thanking you for your interesting and most informing letter, believe me

Very truly yours,

Dr. John Harvey Kellogg,

C. W. Garrison

20/20
THE METROPOLITAN MUSEUM OF ART
NEW YORK

DEPARTMENT OF ARMS AND ARMOR

CABLE ADDRESS
METMUSART

April 13, 1925.

APR 16 1925

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

My dear Dr. Kellogg:

I do not want days to go by before I send you a line to tell you again how much I appreciate your great help and friendly counsel to Mrs. Dean and myself during our recent stay at Battle Creek. You took, indeed, so much of your time in my behalf that it really troubled me, realizing how busy you are from daylight to midnight, and how many insistent calls you have upon you in all directions. In fact, I was quite ashamed of myself to have allowed you to give me so much of your precious time.

None the less, I need hardly assure you how much I appreciate this all, and I will remember it ever, and I will think often as long as I live of your especial kindness at the time of my operation, when you came to my room and accompanied me to the table, stayed with me there, and were the first to greet me when I came out of the ether. These things you may be sure no one can forget.

Mrs. Dean, Miss Welch and I made a comfortable trip to New York, and I am sure you will be interested and pleased to see the way in which I am following my Battle Creek treatment. I am now writing out of doors in bright sunshine, and feel very much the better for it.

Please remember us all to your gracious family, and with my renewed thanks to you I am ever, dear Dr. Kellogg,

Devotedly yours,

Barford Dean



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EX OFFICIO
ALBERT BELL

April 20th 1925

John Harvey Kellogg, M.D.
The Battle Creek Sanitarium,
Battle Creek, Michigan.

APR 22 1925

Dear Dr. Kellogg:

In reply to your letter of April 15th 1925.

I was away most of last week during which time your very kind letter came. We shall be delighted to have you speak to our Club on "What Makes the Tired Business Man Tired" on Wednesday May 6th.

The Club has luncheon at 12.45. There are usually about forty of us in attendance. The speaker has from twenty-five to thirty-five minutes. Would you like to have a longer time? If so we will arrange it.

It would give the writer great pleasure to entertain you as his personal guest at Chalfonte on the occasion of your visit. He hopes that you can arrange to come several days in advance and to stay several days afterwards.

I have great pleasure in acknowledging the benefit which my brother Mr. William B. Bell received from a stay with you a number of years ago and also to express the pleasure which I had in looking the Sanitarium over for twenty-four hours a few years later.

With very pleasant anticipations of your visit and address, I am

Yours very truly

Chairman, Speakers Committee

TEL. WEYBRIDGE 494.
TELEGRAMS. CREST. WEYBRIDGE.
STATIONS { WALTON. 2 MILES.
WEYBRIDGE. 1 1/2 MILES.

THE CREST HOUSE
ST. GEORGE'S HILL
WEYBRIDGE
6th May 1925

My dear Dr Kellogg,

Dr T.G.Moorhead, who will present this introduction of one good friend of mine to another, is the leading consultant physician in Dublin - I may safely add, in Ireland. He will visit your great institution, and I think you will find in him one of those whom it delights to honor. He knows of it of course by repute, and also in some of its lay aspects from my many talks about it. I am sure you will find him interesting. He was helpful to me in making both Dr Riley's and Dr Stewart's visit to Dublin informing. I need say no more to commend him to you and your associates.

Yours very sincerely

Grace Plunkett

BASHFORD DEAN
RIVERDALE-ON-HUDSON
NEW YORK CITY

May 22, 1925

Dear Gudgey: —

You will be much pleased
to meet Dr J Harry Kellogg
who is the prudent and
guiding spirit in every direction
of the Battle Creek Sanitarium.
For I know you have heard of
his work for many years.

Please open every door in the
Museum for him as tho' he were
Aristotle, Galen and Vesalius

in one, - and I will be
more than ever in your debt

Ever yours

Barthford Dean

He would like to see Wissler's
do get him the open sesame
for the Haye museum, the
inside. I know Haye, but have not

seen him
for years.

46-West 72nd Street,
New York,
May 21, 1925.

Dear Dr. Fisk:

I find I have with me a copy of
Dr. McCollum's letter and enclose it herewith,
together with copies of two other statements
by him.

Cordially yours,

JHK/CB

THE JOHNS HOPKINS UNIVERSITY

School of Hygiene and Public Health
Monument and Wolfe Streets
Baltimore, Md.

April 24, 1924.

Dear Roman:

This note just as I am leaving to say that I shall be glad to talk things over with you when you come to Baltimore.

Will say only that the lacto-vegetarian diet is a highly satisfactory regimen, if the food is properly selected. Meat eating is entirely unnecessary and indulgence in it is due to its palatability. In fact we should all be better off, if we had no meat, although I have never made so strong a statement for publication and should prefer not to do so.

Dr. Kellogg is one of the finest men I have ever met. He is right in most of his tenets, but is more extreme than I care to be along certain lines because I do not regard it as politic for me considering the kinds of people I have to work with. In other words, he is willing to be known as a food faddist and to express extreme views, whereas I, as an investigator must take a more judicial attitude, and speak only on the basis of our experimental data, and in such language as will not brand me as an extremist.

Dr. Kellogg has been able to make a great success of his sanitarium for many years because there is a sufficient number of sick people who are grasping at straws, and who are benefitted by the treatment, dietetic and otherwise, which he gives them. He could not have made so great a success as I hope to make and am actually making, with the population of the nation in the matter of inducing the expectant ^{and nursing} mothers to select their diet along certain lines and to feed their older children as advised. In order to avoid the antagonism of the medical profession and many others, I must not be justly ~~as~~ accusable as being a faddist, but must rather to be looked upon as the most unprejudiced authority, and the best informed investigator. I hope to attain this position.

With kindest regards and thanks for the books, which I shall read with interest,

Yours sincerely,

(Signed)

E.V. McCollum.

THE JOHNS HOPKINS UNIVERSITY

School of Hygiene and Public Health
Monument and Wolfe Streets
Baltimore, Md.

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(copy)

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With kindest regards and thanks for the books, which I shall read with interest,

Yours sincerely,

(Signed)

E.V. McCollum.

McCollum

The following extracts are taken from a lecture delivered by Prof. E. V. McCollum at the Battle Creek Sanitarium, December 4, 1923.

"QUESTION: Can the highest degree of health and vigor be developed and maintained on a diet excluding meat?

"ANSWER: Yes. All the evidence from both animal and human experience supports in a manner which can never be broken down the viewpoint that meat is not necessary in the human diet. It also supports the conclusion that the best type of diet there is is a lacto-vegetarian diet."

"I am convinced that any one who eats the average amount of meat consumed in this country will improve rather than suffer by cutting it all out of his diet. Meats greatly increase intestinal putrefaction. There is no other class of food which so greatly tends to promote intestinal putrefaction and unwholesome decomposition products."

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THE WALL STREET JOURNAL

C. W. BARRON, PRESIDENT
44 BROAD ST., NEW YORK, N. Y.

Battle Creek
June 20th, 1925

JUN 22 1925

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

Dear Dr. Kellogg:

I had a wonderful time in Chicago yesterday and the day before, and heard that Mayo Brothers never eat salt.

They say everybody eats enough salt in cooked food.

Did you know that Burnham, the great Chicago architect who designed the Chicago World's Fair, died eating fish from the Bay of Naples?

Graham, Burnham's successor, and the young man in charge of the construction of the World's Fair at 20 years of age, says he believes as men grow older and their intestines get thinner linings, they should avoid both fish and meat.

Burnham's son recovered after a year's illness because, the Heidelberg doctor told him, the lining of his intestines were thicker.

You will be glad to know that I am returning Sunday felling like a youth of fourteen and better, I think, than I have been since last October.

Yours very truly,

C. W. Barron

X JHR 3-31-25
arr 3-24-25

JUN 23 '25

June 22, 1925.

JUN 23 1925

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

Dear Mr. Barron:

Thank you very much for your note of June 20, which I found on my desk after you had gone away. It was very kind of you to send me the little item about Mr. Burnham. What the doctor said about Mr. Burnham's intestine being thin is, however, I think a sort of parable. The intestine is more often too thick than too thin. Lowered resistance is the thing rather than mechanical dimension. The vitality or ability of tissue to defend itself does not depend upon its thickness but on the amount and character of blood passing through it.

I was very much impressed in my talk with you last evening with two things: first, with your marvelous vitality and recuperative power, and, second, with your monumental wrecklessness in making your extravagant draughts upon your margin of safety. As a gamble, I think you are at least a hundred miles ahead of Durant. I have serious doubts whether Durant, wreckless as he is in his financiering, would venture to take such chances as you run every time when you go off on a lark like your adventure at Chicago.

The world is going to need you a great deal more ten years from now than it does now, but you won't be here, at least not in such shape as to be of any account to anybody, least of all to yourself, if you do not set a tight rein upon yourself and hold yourself

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.

Mr. C. W. Barron.--2

down to the straight and narrow way of biologic living. One round such as your Chicago spree does you a great deal more harm than six months of natural physiologic living with hard work included.

Always appreciating your many courtesies and with greatest admiration for yourself and much concerned for your welfare, I remain, as ever

Cordially yours,

v-m

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After Care Surg.
Spec. Dia. Lit.



"HOTEL" TRANSATLANTIQUE

MÊMES
HOTELS
A
MARRAKECH
CASABLANCA
RABAT
MEKNES
FEZ
TAZA
OUDJDA
FIGUIG
TLEMCEN
TENES
BOGHAR
LAGHOAT
MICHELET
BOUGIE
CONSTANTINE
BATNA
BISKRA
TOUGGOURT
EL OUED
BONE
TUNIS
TOZEUR

JUN 24 1926

Biskra le 9 juin 1926

Cher Docteur Kellogg

J'ai bien reçu votre charmante
lettre qui me fait un très
grand plaisir de vous savoir
en bonne santé quant à moi
je vais bien.

En même temps j'ai bien reçu
les magazines qui avait les photos de
ma femme et de mon petit, je vous en
remercie infiniment.

Je vois que votre travail a été bien
réussi mais ce qui me étonne c'est
de ne pas voir ma photo dessus.

Pour la chèvre elle se porte bien
mais elle ne donne plus du lait, voilà
plus d'un mois que j'achète du lait et
Pour la petite chèvre elle est morte
par accident et cette dernière a manqué
beaucoup d'orge, elle a eu le ventre gonflé

En ce qui concerne le petit arabe
il est toujours chez moi, mais pour
l'école il va une fois par hasard
faute des boutons qu'il a à la tête lui
donne des douleurs atroces, même j'ai
essayé plusieurs remède, il n'y a pas
eu encore moyen de le guérir.

Malheureux pour moi que ma petite
fille a attrapé la même maladie
j'ai dépensé beaucoup d'argent que
j'avais de côté, je pense que maintenant
elle va un peu mieux.

Veuillez cher Docteur si vous pouvez

m'aider simplement de pouvoir
m'envoyer quelque chose afin de partir
à Batna passé les 3 ou 4 mois d'été
car ici à Biskra il fait très chaud
à l'ombre la chaleur monte de 44 à 48
degrés.

Plus rien à vous dire pour
le moment votre serviteur

A. Zemon

Quide n° 2

Biskra

J'attends votre réponse avec
impatience.

Boston News Bureau

C. W. BARRON, MANAGER

30 KILBY STREET, BOSTON, MASS.

JUN 25 1925

June 24th, 1925

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

Dear Dr. Kellogg:

This is the only doctor friend I
have left in Boston in active practice.

I think he would have killed me as
well as the milk and the cow if I had not
escaped to Battle Creek.

Very truly yours,

C. W. Barron

X JHK 6-22-25
arr 3-24-25

LETTER TELLS HOW SEN HOAR WAS ENTITLED TO TERM NEURITITODUNIA

Discovered Plain Folk Might Escape With Lumbago or Just "a Crick in the Back"

How the late United States Senator George Frisbie Hoar discovered that "a crick in the back," "lumbago" and "neurititodunia" mean the same thing when "the doctors do not know what is the matter with you," is explained in a letter which has just come to light among the papers of the late Herbert D. Ward.

The letter is on the stationery of the Committee on the Judiciary, United States Senator, and is dated Worcester, July 22, 1904. "The disorder from which I am suffering," it says, "is one which, according to countless people who have it, goes off in a few days, or at most in a few weeks. But it has stuck to me now for four months. I suppose it will take its departure sometime. If I am to be laid up with illness at all, this Summer season is as convenient a time as any.

"The name of the disease depends somewhat on the self-importance of the patient. For some simple, quiet, ordinary man, who is somewhat obscure, the proper name for it is 'crick in the back.' But when you get up among people of dignity who think 'no small beer of themselves,' it is proper to call it by the Latin term, 'lumbago.' But my doctors think, considering I have been a Senator of the United States so long, and am getting to be an old man, that it would be more dignified in my case to call it neurititodunia, which, I believe, means simply some pain in some part of your body when the doctors do not know what is the matter with you.

.. "I am faithfully yours,

"Geo. F. Hoar."

JUN 29 '25

CORRESPONDENCE—FILE 2—J. H. K.

MAILED
FILE
NO. P. U.
FOLLOW

Handwritten initials "HJ" in the top center of the page.

June 28, 1925.

JUN 29 '25
JUN 29 1925

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

Dear Mr. Barron:

I have yours of June 24th.

Thanks for the clipping. The Doctor is
wrong about milk. It is of very great importance
as a means of balancing the present American diet.

Sincerely yours,

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.
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Drug Add. Lit.
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Meat Poster
Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

Telegraphic Address
"Ritz-Carlton"
Telephone:
7600 Murray Hill

Ritz-Carlton Hotel
Madison Avenue & Forty-Sixth Street.
New York.

En route to Boston
July 10th, 1925

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

Dear Dr. Kellogg:

You may be interested in the enclosed
correspondence, which kindly return to me at
Cohasset.

Very truly yours,

M. Barron

+ JHK 6-28-25
arr 3-24-25

MAILED
 FILE JUL 15 '25
 NO. P. U.
 FOLLOW

July 14, 1925.

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

Dear Mr. Barron:

Your letter of July 10, written enroute to Boston,
 just arrived. It refers to enclosed correspondence which,
 however, we did not find enclosed. On receipt of the correspondence
 both it and your letter will be brought to the Doctor's attention.

Sincerely yours,

v-m

Prosp. & Rates

O. P. & M. .

Meas. of Man

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Health Dec.

Meat Poster

Plunkett
 Reprint

After Care
 Surg.

Spec. Dia. Lit.

MAILED

JUL 17 '25

FILE

NO. F. U.

FOLLOW

JUL 17 '25

July 15, 1925.

**Sir Horace Plunkett,
The Crest House,
St. George's Hill,
Weybridge,
England.**

My dear Sir Horace:

I have just received yours introducing Dr. T.G.

Moorehead and his wife to us.

They just spent a couple of days with us and we found them most charming people. The Doctor is certainly an ornament to his profession. They seemed to have enjoyed their stay with us and certainly we feel under great obligations to you for giving us an opportunity to become acquainted with them.

Trusting you are enjoying comfortable health, I

am, as ever

Cordially yours,

v-m

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Plunkett Reprint
After Care Surg.
Spec. Dia. Lit.

JUL 20 '25
 MAILED
 FILE
 NO. P. U.
 FOLLOW

July 17, 1925.

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

Dear Mr. Barron:

I am sure all Professor Fisher's
 friends appreciate your article entitled
 A PRACTICAL PROFESSOR. Professor Fisher I know
 was very much pleased with it.

I hope you are getting on well. I
 think you ought to report about once in two weeks
 as to your weight and your success in adhering to
 your program.

Sincerely yours,

b

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MAILED JUL 24/25

FILE

NO. P. U.

FOLLOW

July 28, 1925.

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

Dear Mr. Barron:

I have yours of July 10 written while you were enroute to Boston enclosing a letter from Dr. Sutherland.

Dr. Sutherland says with reference to my statement that milk is very important as a means of balancing the diet that it is "a mere statement of opinion" and "upon what is the opinion based?"

The question leads me to wonder whether the Doctor has kept himself fully informed respecting certain results of modern researches in nutrition laboratories carried on by Mendel, Osborne, McCollum, Hess and Steenbach, our Dr. Mitchell and others in this country, and Hopkins of England and other authorities in other countries.

My statement is certainly not based upon "mere opinion" but is, I think, as well established as any fact in science.

The ordinary diet of white bread, meat, potatoes, coffee, butter, etc., which make up the ordinary breakfast is almost wholly lacking in lime, an essential part of the dietary. The same is true with reference to the foods eaten by the average man for dinner and for supper. Nearly everything served on the ordinary bill of fare is deficient in lime with the exception of milk. With the aid of milk

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Dr. C. F. Barron.--2

this deficient dietary is balanced up. When meat is eliminated from the diet, another deficiency occurs, that of protein of high quality. Numerous experiments have shown that the protein of milk is of the very highest quality, superior to both meat protein and to egg albumin; so in a diet from which eggs as well as meat are excluded, milk is almost a necessity unless nuts are used rather freely, but cow's milk is not absolutely necessary as shown by the fact that the Chinese have lived for many centuries without it, but they have used the Soy Bean instead. This legume takes the place of both meat and milk.

If you would like to have answers to the several questions Dr. Sutherland asked you in his letter, I will be glad to furnish them to you.

Sincerely yours,

v-m

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JUL 23 1925
 MAILED
 FILE
 NO. P. U.
 FOLLOW

July 22, 1925.

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

Dear Mr. Barron:

Dr. Kellogg is making a collection of the experiences of notable men with the principles of biologic living. He would like very much to have an account of your experience and opinion of this system which he has been advocating for so many years and has asked me to write you with reference to it. If you will be good enough to dictate your account and send it to me, I will be glad to call it to the Doctor's attention.

Thanking you for the courtesy, I am

Sincerely yours,

V-2

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July 29, 1925.

JUL 30 1925

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

My dear Barron:

I have yours of July 28, enclosing a letter from Mr. Hoeck and your reply. Mr. Tilden is a queer chap. He must make some use of his good sense as he seems to have some success; nevertheless he is most unscientific and has advocated some very crude and rather pernicious ideas, particularly with reference to farinaceous foods. I think his success is mostly due to the fact that to follow almost any diet made up of a few simple things regardless of what they are is better than to follow a diet which contains everything.

I am returning the correspondence as you requested.

Sincerely yours,

P.S. I always appreciate the good things you are constantly saying about us.

I am enclosing some photographs of my outdoor gymnasium for boys and girls. This is the thing we ought to have in connection with every school in the country.

Don't forget to get into the sunshine and absorb all the energy you can. The sunshine is a food and it is taken in through the skin. You will need all the energy you can accumulate this summer

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Mr. C. W. Barron.--2

to tide you through next winter. Having had pneumonia once, you are more susceptible than you were before. Unfortunately the disease is not like smallpox in which one attack protects against future attacks. In pneumonia the situation is reverse.

Thank you very much for the clipping with reference to Poet Laureate Bridges. I am glad to see he is still hanging on. I hope he profited somewhat by his stay here.

J. H. K.

P. S. The photographs are being mailed to you under separate cover.

THE OAKS
COHASSET, MASS.

JUL 30 1925

July 28th, 1925.

Dear Doctor Kellogg:

I think you might be interested in reading the enclosed correspondence which you may return to me at your convenience.

Very truly yours,

CWB-r

C. M. Barrow

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

x JH 157 22-25

THE HORACE PLUNKETT FOUNDATION.435-437 ABBEY HOUSE, WESTMINSTER,
LONDON, S.W. 1.

My dear Dr Kellogg, 7th August 1925

Many thanks for writing to tell me of Dr Moorhead's visit, and still more for your extreme kindness to him, of which he has told me. He seems to have got just the impression of battle Creek I hoped and, indeed, knew he would. For he is a first rate man, and has more influence upon Irish medical thought than any other medical man. You may rest assured he will sow a little of your good seed when he gets home. I look forward to meeting him.

I have just had ten days strenuous days among my Irish fellow-workers in Ireland. I stood the ordeal well. When I got back from South Africa, I was not at all well. I went to get rid of what appeared to be chronic bronchitis, and thought I had left it in the Southern Hemisphere. But it came back when I got back into our English spring. I am over it again and hope I may be able to run out to America again next winter. I am back ~~ix~~ at work and cannot well get away from it except in the winter.

Yours very sincerely



(Copy)

Camp Custer, Michigan

Office of the Commanding General

August 27, 1925.

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

Dear Doctor Kellogg:

At this time, the closing of the summer training camps at Camp Custer for 1925, I wish to take the opportunity of thanking you for your patriotic interest and cooperation.

I particularly wish to thank you for the interest you displayed in the special company of the C.M.T.C. which was formed here for the purpose of assisting young men who were undeveloped physically and who otherwise would have had to be returned to their homes without the benefit of the training they could secure here. That this company was a success was shown by the fact that practically every boy gained weight and benefited in posture, and at the conclusion of the camp expressed himself as being an enthusiastic supporter of this plan.

The favorable regard which nationally prominent professional men, such as yourself, have shown for this form of training, which in itself is new so far as C.M.T.C. Camps are concerned, can only spur us on to greater efforts in the years to come.

Again thanking you for your interest, I am

Very sincerely yours,

B. A. Poole,
Brig. General, U.S.A.

MAILED
FILE **AUG 27 1925**
NO. F. U.
FOLLOW

AUG 27 1925
August 24, 1925.

Sir Horace Plunkett,
The Crest House,
St. George's Hill,
Weybridge, England.

My dear Sir Horace:-

I am glad to have yours of August 7 and to know that you are so well that you are able to make the trip to Ireland and get back without ~~any~~ ~~trouble~~.

I am very sorry indeed that your trip to South Africa did not prove more helpful, still your experience agrees with many observations which I have made. The only thing that really helps is the building up of the vital ~~stamina~~ of the body, that is increased resistance.

I am glad that you are coming over to America again next fall. This time I hope to see more of you and shall keep a close eye upon you for I am very sure that there is whole lot that we can do for you that we have not yet done.

Looking forward with pleasant anticipations to a visit with you later and hoping you will have a pleasant journey coming across, I am, as ever,

Yours sincerely and cordially yours,

v-j

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Office of the Commanding General

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The favorable regard which nationally prominent professional men, such as yourself, have shown for this form of training, which in itself is new so far as C.M.T.C. Camps are concerned, can only spur us on to greater efforts in the years to come.

Again thanking you for your interest, I am

Very sincerely yours,

B.A. Poole,
Brig. General, U.S.A.

SEP 6 1925

September 4, 1925.

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

My dear Mr. Barron:

Thanks for the paper showing you and the
President. Alongside of you the President shows
to poor advantage.

Sincerely yours,

b

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McCLURE'S MAGAZINE

THE S. S. McCLURE COMPANY

250 PARK AVENUE, NEW YORK

S. S. McCLURE, Editor

VANDERBILT 3090

SEP 18 1925

September sixteenth,
1925

My dear Mr. Ashley:

I have been slow in answering your letter of the 20th because I have been buried head over heels in a piece of work that I am doing for the magazine.

It is my deliberate judgment that Dr. Kellogg put into the world in concrete form a body of knowledge more important for the well-being of the race than any contribution by any other man of our time. Had I known forty years ago what I learned from Dr. Kellogg I should have had a very different experience in life. I think the knowledge that he has, that is put to work at Battle Creek, if generally known would make a greater revolution in our civilization than any other body of knowledge in our time. Personally, the benefits I have gotten there cannot be measured.

There are men who know things before they have been demonstrated. Such men I call wise men. That is, I call Washington, Lincoln, Roosevelt, wise men and I put Dr. Kellogg in this list as a wise man. This is not a eulogy. It is just a straightforward matter of fact.

I am living absolutely according to the Battle Creek system. I call it living clean. And I have more physical vigor and endurance than I have ever had in my life and I shall soon be sixty-nine years old.

Faithfully yours,

S. S. McClure

Mr. R. V. Ashley,
Secretary to Dr. J. H. Kellogg,
The Battle Creek Sanitarium,
Battle Creek, Michigan.

*6/1/25
C. S. ...
...
...*

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October 9, 1925.

Mr. James Collingwood,
Plymouth, Mass.

My dear Sir:

I have learned through a friend that you are interested in physiologic living and that by living biologically you have reached the advanced age of 96 years, that you make no use of liquor, coffee and other unwholesome things.

I would be glad to have your picture and a more detailed account of your mode of life for our Journal, "Good Health," a copy of which I am having sent you under separate cover. You have certainly demonstrated that it pays to be good.

Possibly I may ask my friend, Mr. Leon F. Whitney, to call on you and get further details of your life for a write-up.

Sincerely yours,

V-III

COPY

Plymouth, Mass.
October 2, 1925

I have used the Photophore for two years, was ninety six years of age last 14th day of March, do not use liquor, coffee and take my regular walks, and work in the garden and delight in seeing things grow. Can read the papers and keep posted on the affairs of the world and can cheerfully recommend the use of the Photophore as my friend and constant companion.

(Signed) James Collingwood,

Born in Plymouth March 14, 1829

on ch 7-10-24

October 9, 1925.

Dr. J. H. Kellogg:

Monday and Tuesday of last week our office received over 70 letters from people who had used the photophore in which they gave testimony as to its benefits to them. Among them I was interested in the enclosed from Mr. Collingwood and thought it would also prove of interest to you.

M. W. Wentworth

Institut Pasteur

25, RUE DUTOT

(XV^e Arrond.)

TÉL. } SEGUR 08-27
 } 18-14

Paris, le 27 - 11 -

1925

Vendredi

Cher Monsieur Kellogg,

J'ai parlé cet après-midi de
vous à M. Pavlov.

Nous avons pensé que le mieux
serait que vous veniez déjeuner
chez moi dimanche midi 1/2. Comme
cela, nous pourrions causer
tous en-
semble.

Faité-moi donc le plaisir de

venir à mon domicile,

159 rue de la Convention,

dimanche (après-demain) vers midi $\frac{1}{2}$.

✓
✓
Au plaisir de vous revoir
Votre très dévoué

Jr. M. Weinberg

Il y aura un légume par vous.

23 AVENUE DU BOIS DE BOULOGNE

Cher Ami

Le Docteur Kellogg, à la

tête du Sanatorium de

Battle Creek Mich. que

vous devez connaître.

desire vous voir pendant
le cours kjour a ^{France}

Je sais que vous meirez

bon accueil -

Bonne poignée de main

Alma Ors

16 M 1925