January 3, 1933

Lt. Colonel Campbell B. Hodges,
The White House,
Washington, D. C.

My dear Sir:

The invitation from the President and Mrs. Hoover for one of their receptions sent me through you is received and gratefully accepted for February 16th.

I highly appreciate the honor of meeting the President personally. I have felt and still feel that he is the ablest man who has ever filled the Presidential chair since Washington.

Sincerely yours,

b

THE WHITE HOUSE
WASHINGTON

THE PRESIDENT AND MRS. HOOVER REGRET THAT BECAUSE OF THE PRESENT PERIOD OF MOURNING IT WILL BE IMPOSSIBLE FOR THEM TO HOLD THE RECEPTIONS PLANNED FOR JANUARY 24TH, FEBRUARY 2D, AND FEBRUARY 16TH.

TWO RECEPTIONS WILL BE HELD IN FEBRUARY, ON THE 18TH AND THE 25TH. IF YOU WISH TO ATTEND ONE OF THESE RECEPTIONS WILL YOU ADVISE

LIEUTENANT COLONEL CAMPBELL B. HODGES,
MILITARY AIDE TO THE PRESIDENT

OF THE DATE, AT YOUR EARLY CONVENIENCE, SO THAT INVITATIONS MAY BE SENT?

February 20, 1933

Miss Martha Berry,
Mount Berry, Georgia.

My dear Miss Berry:

Miss Estill has handed me your letter of February 15 and asked me to write you about the exhibit. We will be glad to have you show your lovely products here at the Sanitarium, but we are so far out from the town I fear they would not have the attention they are worthy of.

There is going to be a food exhibit at Coral Gables next week. There will be great crowds there and that will be a splendid place to show your things. I will try to see the manager of this enterprise today and get such information as I can which I can give you when you come.

We shall be delighted to have you with us. Mr. and Mrs. Campbell are here and they are much in need of treatment.

We are having most delightful weather. A few hours a day in our outdoor gymnasium will be capital for you, and I am sure the treatment will be of service, particularly some of our new dietetic measures and especially our soy acidophilus milk which we are finding a wonderful help.

I have not forgotten the delightful hours we spent at your wonderful place. The fine young people you had there, the splendid discipline and wonderful spirit certainly one can never forget.

I am glad Mr. Ford has become interested in your work. I hope his

interest will continue and grow.

I wonder if you have ever brought your work to the notice of Mr. John D. Rockefeller, Jr? He has done so much for the mountain people and is so much interested in them I should think he would be only too glad to make you an annual appropriation sufficient to cover your budget requirements. If I did not have Battle Creek College on my hands, which absorbs all my resources and at present a little more, I should be only too glad to divide with you. Your work has grown until it has become a national enterprise and I believe it will soon receive from men of means the consideration and financial aid that it so richly deserves.

We have stopping with us just now a charming little woman doctor I know you will be very glad to meet, a most interesting character, Dr. Janet Miller, the author of "Jungles Preferred," a book you will certainly want to read if you have not already done so.

Hoping we shall have you with us shortly, I am

Sincerely yours,

b

Martha Berry
Mount Berry, Georgia

February 17, 1933.

Miss Gertrude Estill,
Battle Creek, Inc.,
Miami Springs, Fla.

Dear Miss Estill:-

I have been hoping to accept Dr. Kellogg's invitation and come to Florida and spend a week or two with you. I am very, very tired and do need the rest.

The Colonial Dames of America have awarded me a medal and I shall have to be in New York next week when it is presented to me. I wish I might run down from New York to Miami Springs. Are there very many people there now and do you think it would be worth while for me to try and have an exhibit there?

I sent some of our woven materials to St. Petersburg and had an exhibit at one of the hotels there. We only sold about $125.00 worth, but I feel that the advertising will amount to a great deal. If you think it would be worth while for me to have an exhibit at Miami Springs, please let me know.

Do not forget that you are to stop at Berry on your back home. I feel that it is one of the great things for Berry to have Dr. Kellogg visit us, and we love to have you and your sister. We want Dr. Kellogg and every one associated with him to make Berry a resting place on the way to and from Florida.

With affectionate greetings to Dr. Kellogg and every one on his staff,

Faithfully yours,

Martha Berry

Martha Berry
Mount Berry, Georgia

March 10, 1933.

Dr. J. H. Kellogg,
Battle Creek, Inc.,
Miami Springs, (Miami) Florida.

Dear Dr. Kellogg:-

I appreciate your wonderful invitation more than I can tell you, and I know of nothing that would give me more pleasure than to come to Miami, but I am tied up here at the schools and cannot leave now. I hope to come later.

This is just to tell you how I appreciate your kindness. I hope you and Mrs. Estill, and your entire force will stop by to see us on your way north. It would give me such pleasure to have you, and I feel that the benefit from your visit is priceless. The good you have done cannot be estimated, and if you will only come back and talk to the boys and girls again it will mean more than I can ever tell you.

With affectionate regards to your delightful family, and hoping to see you at Berry again this spring,

Faithfully yours,

Martha Berry

THE ROOSEVELT

NEW ORLEANS
LOUISIANA

3/1/33

SEYMOUR WEISS
MANAGING DIRECTOR

CABLE ADDRESS
"HOROSEVELT" NEW ORLEANS

Dr. John Harvey Kellogg,
Battle Creek,
Miami Springs, Fla.

Dear Doctor:

At last I have found time to do my job! You can't imagine how hectic my life has been since I left Paradise on January 21st. A lecture every day, often twice a day; social allurements of all sorts, from dinners with Charlie Chaplin to sociological forays into the slums; no time for writing, hardly even for reading; only this week have I finished every word of How to Have Good Health. I did not want to write a review till I had read it thoroughly. I am sending a copy of the review to the New York Times, with a personal letter to the literary editor, Mr. J. Donald Adams, asking him to accept the review as a gratis contribution. I shall let you know the results.

Thank you cordially for your generous letters. Mrs. Durant writes that she is following your instructions faithfully, not only in the matter of diet, but in getting electric treatment for her uterive scar. I,too, was a faithful diciple for two weeks; my tongue cleared up, and the skin of my face was much improved. then a Chinese dish, which I had ordered to be composed of vegetables only, corrupted me; a few particles of meat lurked in it; I was too weak to protest; and then I found out the truth of your warning that one relapse will start those old pacilli flourishing again. The tongue became coated once more. I went back at once to the Kellogg diet, and the tongue is clearing again. But I can't use B-Lak with my Psylla; apparently sugar produces red blotches in my face. I trust that with the abundance of fruit I am eating (two meals a day on fruit and nuts, one meal of vegetables and bread; no coffee or tea or alcohol or tobacco; no milk or cereals) Psylla twice a day, mineral oil once) I shall slowly change those obstinate flora.

Thank you a thousand times for your hospitality, your Christian kindness, and your wisdom.

Sincerely,

Will Durant

"THE PRIDE OF THE SOUTH"

Will Durant

March 8, 1933

Dr. Will Durant,
Great Neck, New York.

Dear Dr. Durant:

Your letter of March 1 just received.

I am delighted to hear that you are sticking to the straight and narrow way and enjoying the advantages of righteous conduct. The best sort of life insurance is to be found in living up to physiology not in a general way, but meticulously. Prize fighters and competitors in athletic games and contests of various sorts think it worth while to submit to the most rigid restrictions in their mode of living in order that they may attain maximum efficiency, strength and endurance. The battles to be fought and the victories to be won in business, social and political life, scientific research and in ordinary living call for the same fine quality of brain and nerve, blood and muscle which make possible the athlete's marvelous achievements.

The other day as I was looking at a picture of the prize winners of the Olympic Games at Los Angeles I was much impressed by the thought that not one of these super human being smoked; not one was a gormandizer; not one used intoxicants. Every one had obeyed the injunction of the Apostle Paul to "lay aside every weight."

I do not find words to express my delight that you are sticking to the biologic ways, and with such good results, and that you are keeping close watch of your tongue. It is a matter of tremendous importance, for the tongue is a delicate indicator of the general condition of your body. A coated tongue always means tainted blood. I know of nothing

more worth while than such careful coaching of the body as will keep the tongue clean and the breath sweet.

I am pleased also to note that Mrs. Durant is taking good care of herself and especially that she is giving attention to the cervical infection to which you refer as a scar, from which I infer that the discharge has largely ceased as a result of the treatment we gave her, which is a most gratifying evidence of substantial improvement. I hope she will continue to improve until her condition is entirely safe.

Now, about the book, which you have taken so much pains to read and review. It was certainly very good of you to prepare such a handsome sendoff for my little volume. If the New York Times will publish it, it will give it an admirable start. I fear, however, they won't. In that case do you think it worth while to present it to some other good publication? I am sure I do not deserve half the complimentary things you say about me.

Be assured we have not forgotten the delightful chats we had with you and Mrs. Durant while you were with us, and I hope you may think it worth while to drop in at Battle Creek for a few days this summer for a little rest and checking up.

I should like to have your forecast for the next year. We are certainly passing through a most interesting experience. It will be a great compliment to this country if we get through without any organized uprising. Fortunately, there seems to be no man strong enough with a sufficiently definite scheme in his head to start an organized rebellion. It is really amazing to see how meekly and lamblike, almost apathetically, the people are enduring the hardship, the injustices and the abuses to

which they are subjected by the capitalistic class. I am getting to be almost an anarchist so far as the present order of things is concerned.

From what you say about posture I fear I have not made the matter as clear as I should have done in my book. This subject is receiving much more attention from our ablest clinicians at the present time than ever before and I think as it becomes better understood will be given increasing consideration.

I shall be glad to hear from you from time to time. If you encounter any difficulties give me an opportunity to help you out.

Always with best wishes and kindest regards and deep appreciation of your painstaking review of my book and your generous commendation, I remain

Very sincerely and cordially yours,

P. S. Kind regards to Mrs. Durant.

March 12, 1933

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

Dear Dr. Rogers:

I understand the insurance companies are hard hit by the depression. Perhaps some of them will now think it worth while to save a lot of money by keeping their policyholders alive. If we can keep our big building full of business men and women carrying large life insurance policies we can keep a lot of worth while people out of the cemetery for a good long time and make a lot of millions of dollars for the insurance companies. Here is a great economic loss as well as a great humane service that is being neglected. Here is a duty that life insurance is neglecting. For forty years I have been trying to get something done about it. Suppose only five years could be added to the life expectancy of the average policy holder. See how many millions it would mean to the life insurance companies.

An interesting incident occurred at Battle Creek last summer. A man who was in the life insurance business came to the Sanitarium for treatment for high blood pressure. I asked how he happened to come. He said, "I had an applicant for life insurance who was turned down by the examining doctor because of his very high blood pressure. The case was an important one as the man wanted to take out a heavy

line of policies, so I took him to the Medical Director of my company. He looked him over and said to him, 'We cannot insure you as you are, but you go up to Battle Creek and spend two or three months and then come back and I think we will be able to give you all the insurance you want,'" which he did and with the result predicted.

"So," he said, "when I found out I had high blood pressure I knew where to come."

The life insurance man went away as happy as did the policyholder.

It is a terrible thing to see nearly 300,000 people dying of disease of the heart and blood vessels every year when half of them might be saved as well as not by an application of known scientific facts.

We are having wonderful success with our new soy acidophilus milk. Combined with Lacto-Dextrin, it changes the flora when nothing else will and does it quickly, and its protein is equal to the best known, so it leaves no residue of unusable amino-acids to be eliminated by the kidneys and helps to keep the non-protein nitrogen of the blood at a low level. It also aids in reducing the blood sugar.

We are finding good results in the use of dry Savita Yeast to lower the blood sugar. Sun baths are a wonderful help, too.

We are having a most delightful winter here-- no frost-- and the flowers and vegetables are flourishing. We have the most equable climate in the world, rarely a difference of more than 10 or 15 degrees between day and night. It is never too hot, never sultry, and never too cold. There is rarely a fly or a mosquito.

I see by the papers the Los Angeles business district has had a terrible earthquake. I hope it did not touch your region.

Dr. Oscar H. Rogers, No. 3.

I hope you and Mrs. Rogers are still winning out in the battle against old Father Time.

We are having a very good season notwithstanding the depression. Miami, in fact, seems to be prospering better than some other parts of the country. There are more tourists here this year than ever before except during the boom. There are horse races and dog races and there are no restrictions on betting. There were 18,000 at the horse races yesterday.

Always with affectionate regards to both of you, I am

As ever your friend,

b

March 12, 1933

Miss Martha Berry,
Mount Berry, Georgia.

Dear Miss Berry:

I have your letter of March 10.

I am sorry that we are not going to have the pleasure of a visit from you and the satisfaction of seeing your health improve under the favorable conditions afforded by this delightful climate.

Mr. and Mrs. Campbell were with us a little while but did not stay long enough. If they understood and appreciated the gravity of their condition they would, I am sure, let nothing stand in the way of pursuing the program marked out for them. It is really a very trying thing for a doctor to see his good friends marching straight toward the cemetery and turning a deaf ear to his importunities to take a different road. I am sure there is no professional man whose advice is so often ignored as that of a doctor.

Do give yourself a chance. Perhaps we shall have the pleasure of seeing you at Battle Creek, Michigan, during your school vacation.

Sincerely yours,

b

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TELEPHONE 5-0827

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March 15, 1933

Dr. John Harvey Kellogg,
Miami Springs,
Florida.

Dear Dr. Kellogg:

The men will not forget your most interesting talk last evening. Your sense of humor relative to your genealogy was delicious and the story of your accomplishments will greatly add to the record which we are hoping to publish at the end of the year concerning the romance of the business and professional lives of our members.

I want some time later to have you speak more at length concerning the laws for health, which you have so successfully promoted through your long career.

With thanks personally and for the Committee of One Hundred, I am

Very sincerely,

Clayton S. Cooper

CSC:f

March 17, 1933

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

Dear Dr. Rogers:

I am sorry to learn through your friend and neighbor Mr. Sanford, whose wife is a patient here, that Mrs. Rogers has been suffering from sinus trouble. How I do wish she were here, which is the best climate for troubles of this sort I have ever seen. I got a bad attack myself just before leaving home to come here and so can speak from experience. I doubt if there is another place so good as this for treating cases of this sort. The equability of the climate is especially helpful. The usual difference between the maximum and minimum temperature in 24 hours is less than 10 or 12 degrees. The temperature rarely drops below 60 degrees at night. I do not think we have had a temperature as low as 50 degrees more than half a dozen times during the entire winter. We have not found it necessary to turn steam on the house more than a dozen times during this entire winter, and at the same time it never gets too hot. It is one of the coolest sea level places I know of. The weather reports show that a summer temperature of 94 degrees has only been reached once in 20 years, and the temperature has reached 90 degrees an average of only four times a year in 20 years. The ocean breeze keeps this place cool when every other

place in the country is broiling under temperatures of 100 degrees or more.

From now on we shall have here the most delightful weather of the whole year. But you have been here and know something about the situation.

The place has greatly improved in appearance since you were here. Things grow fast in this region.

Now, I do not suppose you will pay the least bit of attention to this letter, but my personal regard for you prompts me to write it and I shall feel better for having done so. Even if you do not think best to follow my advice, I have done what I could.

I do hope Mrs. Rogers is feeling better.

With best regards to you both, I am

As ever sincerely and cordially yours,

b

Lauxiif

May 22, 1933

To Contributors,-

This note will report progress to date with the Encyclopedia of Michigan.

The writing of the articles goes forward without interruption. The banking upset has interfered with our immediate plans for the financing quite seriously. The Centennial Committee acting under auspices of the State Legislature should assist measurably. There is no reasonable doubt that this work can be published on time if we can get it written. To date 117 faculty members and alumni of the University of Michigan and other Michigan colleges are writing, and no writer has asked to be relieved of his or her task for any reason whatever, a fine tribute to the public spirit of this work.

It is time now that the list of biographies mentioned in Note 1 of the "Guide" for preparing articles, be sent in to the editor (myself), because these can not be assigned until all biographical subjects are in, on account of the requirements of spacing. Therefore please forward your list of subjects for biographical sketches just as soon as you can.

If you have already done this, the request of course does not apply.

Many of the completed manuscripts for the articles have been received. This portion of the Encyclopedia gives every promise of being completed by Sept. 1, 1933.

With cordial greetings and appreciation of your helpful cooperation,

Very sincerely yours,

G. N. Fuller

G. N. Fuller, Editor

GNF/PA

STATE OF MICHIGAN

Michigan Historical Commission

STATE OFFICE BUILDING
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SECRETARY AND EDITOR
PERCY H. ANDRUS
ASSISTANT SECRETARY

July 21, 1933

To Contributors,-

Manuscripts for the Encyclopedia of Michigan are now coming in. September 1, 1933, as you will recall, is the "dead line," except by special arrangement.

Editorial work has begun. All manuscript should be in the hands of the editor by September 1.

The enclosed sheets may be helpful. Bibliographies are being edited in accord with this form.

Sincerely yours,

GNF/PA

G. N. Fuller

BIBLIOGRAPHICAL GUIDE

1. Bibliography should be placed at the end of the article as a separate paragraph.

2. It should be brief, giving only major references.

3. Comment upon the references should be given only where required for the general reader. The Dictionary of American Biography provides good example.

4. Items should be separated by the semi-colon.

5. When in doubt as to form, use your own. In general, the following will serve:

Books

Bell, Bench and Bar of N.H. (1894)
Chase, Rural Michigan (1922) ch. 4
Myers, Hist. of Great Amer. Fortunes, I (1910)
Scoville, Old Merchants of N.Y.C. (1862), 306-14
Clark (Compiler and Publisher), Mich. State Gazeteer [etc.], (2nd ed. 1863)
Mathews, The Expansion of New Eng. [etc.], (1909), p.60
Roosevelt, The Winning of the West (4 vols., 1889-1896)
Whitney and Bonner, Hist. and Biog. Record of Lenawee County (2 vols., 1879)

Pamphlets

Flandrau, Astor and the Oreg. Country (pamph. n.d.)

Magazines

Atlantic Monthly, July, 1910

Articles

Drum, "More about Astorians," in Oreg. Hist. Soc. Quar., XXIV, 4 (1923)

Newspapers

Det. Free Press, July 6, 1906

Collections and sets of books

Ann. Cyc. (1875)
Mich. Hist. Colls., V, 469

Documents

Sen. Doc. 60, 17 Cong., 1 Sess. (1821-22)
Diary of Philip Hone (1889, ed. by Tuckerman), I, 283-5, II, 460-3
The Heart of Asbury's Journal [Aug. 7, 1778 to Dec. 29, 1779], (1792)
House Ex. Doc. 8, 45 Cong., 1 Sess.

Suggested Abbreviations for Bibliography

In general, the usual form. e.g. American (Amer.), Association (Ass'n.), Biographical (Biog.), Collections (Colls.), Geographical (Geog.), History (Hist.), Journal (Jour.), Proceedings (Proc.), Publications (Pub.), Quarterly (Quar.), Review (Rev.), Society (Soc.), Transactions (Trans.).

Avoid abbreviations that are unusual or confusing. When in doubt, spell out. Intelligibility rather than absolute uniformity will be the aim throughout the work.

SAN MARCOS
CHANDLER - ARIZONA

23 Mar '33

My dear Doctor Kellogg -

It was a real pleasure to hear from you even though I do not believe that the Life Insurance Companies can accomplish much by way of health conservation. The fact is, as I understand it, that if you offer free health examinations to 100 people, about 15 of them will take advantage of the offer and 85 will disregard the offer. Just about this ratio seems to apply to many different human activities & interests. Of 100 persons 5

will be found 5 to be deeply religious
5 moderately so, 5 mildly, 20
and the other 85 shade off
from indifference to antagon-
ism. A very intelligent school
teacher tells me that of 100
public school children 5 will
be highly intelligent, 5 of good
intelligence 50 fair and that
the remaining are just cat-
tle. I gather similar testimony
regarding students in colleges
and technical schools, altho'
of course the percentages of
worth-while minds are higher,
as high as 25%! So it runs all
through life. But applying
this principle to the subject we
are discussing you can easily
see how unreasonable
it would be for a few
spend the money of the
icy holders for the
150 of them, it may
way of advertisement
if you chose but it
do so as an investm
interest of all the po
ers. At the same tim
Your letter I received
my old friend Sam
ford whose wife was
Sam with dysentery
a pleasure to us to see
Dear Mabel Sandford
ing the benefit of
istrations. We are very
Sat 25th Began 2 day
been much interrupted

have I been able to
read again. I have
through up to two,
days I have been quite
time most bad and
pid a sore mouth, it
ned to be "Bunch mouth"
es proved it to be
ns. Gradually it
d in due season it
d. Equally gradually
placed by headaches
ness. A very compe-
t man here in Phoe-
d, after careful & Bay
cal exam, that the
ospital in Phoenix
2 polypus removed
left Autrum. We
how or to 2 Regrets
also consulted Dr
d recommended part
as long as possible

my operative work as both
receipt from our experience
here, I feel it my duty for-
ward to recommend this for-
ther, but I must follow their
advice but have friendly de-
sired to go to Phoenix to be
under Joslin & Billy Boyce
for any operative work that
they two decide is advisable.
Her dizziness is much
less marked and her head-
aches are lessened but she
is still very weak. We
leave on Monday 27th reach
Boston on Thursday 30th
and shall probably go at
once to the deaness Hos-
pital. Dr Wm E Rogers is
an orthopaedist but is sur-
prised to the deaness and

will know a lot about the reaction of diabetics to surgical interference.

Anyhow she has been bed fast with dizziness, headache and general weakness, and has suffered a lot, bed fast for about six weeks! There is a polypus in the left antrum and, as we look back, it seems to us that she must have had some trouble there for a long time because even little while that left eye has gone red and given her trouble. As long ago as Dr Stegmann's time the case was studied but nothing definite came of it. Hind sight is always better than fore sight and we might have met the problem with less hazard than we seem now to be facing.

We have thought of you a lot recently, indeed ever since we heard of the friendly receptivity at the Dam. I don't know of any place that deserves less to be a part of the awful depression of these days than does the Dam, and we are hoping and feel sure that if and when these hard times improve, the dear old place will come back and lead in medicine as it has for so many years. Whether it does or

not, you have done a fine work in Medicine & any man who has such skill either in the knife or in Surgery and have well be satisfied that you have filled your place in the world with the very utmost credit. Few girls can say anything like as much.

Our affectionate greetings to you and to Mrs Butler.

Mark. Lyons.

Dr. Oscar H. Rogers, San Marcos, Chandler, Arizona. March 23, 1933

JHK

It was a real pleasure to hear from you even though I do not believe that the life insurance companies can accomplish much by way of health conservation. The fact is, as I understand it, that if you offer free health examinations to 100 people, about 15 of them will take advantage of the offer and 85 will disregard the offer. Just about this ratio seems to apply to many different human activities and interests. Of 100 persons 5 will be found to be deeply religious, 5 moderately so, 5 mildly so and the other 85 shade off from indifference to antagonism. A very intelligent school teacher tells me that of 100 public school children 5 will be highly intelligent, 5 of good intelligence, 5 of fair and that the remaining are just cattle. I gather similar testimony regarding students in colleges and technical schools, although of course the percentages of worth while minds are higher, as high as 25%! So it runs all through life. But applying this principle to the subject we are

discussing, you can easily see how unreasonable and unfair it would be for a life insurance company to spend the money of all of its policy holders for the benefit of 15% of them. It may do so by way of advertisement, as a pose if you please, but it cannot do so as an investment in the interest of all its policy holders. At the same time with your letter I received one from my old friend Lawson Sandford whose wife was at your San with dysentery. It was a pleasure to us to know that dear Mabel Sandford was having the benefit of your ministrations. We are very fond of them.

Sat. 25th. Begun two days ago. I have been much interrupted and only Sat. evening have I been able to take pen in hand again. We have been going through deep waters. Poor Mrs. Rogers has been quite ill. Some time about mid January she developed a sore mouth. At first it seemed to be trench mouth, but cultures showed it to be streptococcus. Gradually it mended and in due season it disappeared. Equally gradually it was replaced

by headaches and dizziness. A very competent throat man here in Phoenix advised, after careful X-ray and physical examination, that she go into hospital in Phoenix and have a polypus removed from the left antrum. We wrote my son Dr. Wm. A. Rogers in Boston who consulted Dr. Joslin and recommended putting off as long as possible any operative work as both realized from past experience how badly she reacted to operative interference. We have followed their advice, but have finally decided to go to Boston to be under Joslin and Billy Rogers for any operative work that they two decide is advisable.

Her dizziness is much less marked and her headaches are lessened, but she is still very weak. We leave on Monday 27th, reach Boston on Thursday 30th and shall probably go at once to the Deaconess Hospital. Dr. Wm. A. Rogers is an orthopedist, but is surgeon to the Deaconess and will know a lot about the reaction of diabetics to surgical interference. Anyhow she has been bedfast with dizziness, headache and general weakness,

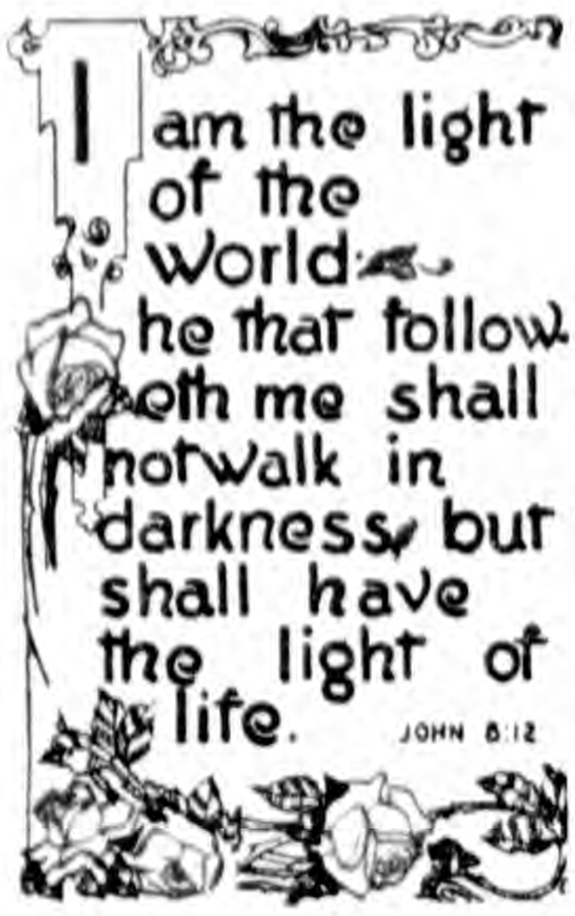
and has suffered a lot, bedfast for about six weeks! There is a polypus in the left antrum and, as we look back, it seems to us that she must have had some trouble there for a long time because every little while that left eye has gone red and given her trouble. As long ago as Dr. Stegman's time the case was studied but nothing definite came of it. Hindsight is always better than foresight and we might have met the problem with less hazard than we seem now to be facing.

We have thought of you a lot recently. Indeed, ever since we heard of the friendly receivership at the San. I don't know of any place that deserves less to be a part of the awful depression of these days than does the B. C. San and we are hoping and feel sure that if and when these hard times improve, the dear old place will come back and lead in medicine as it has for so many years. Whether it does or not, you have done as fine a work in medicine as any man who has ever lived either in the U. S. or in

Europe and can well be satisfied that you have filled your place in the world with the very utmost credit. Few of us can say anything like as much.

Our affectionate greetings to you and to Mrs. Butler.

b



My dear Mr. Kellogg: Tomorrow is your birthday. We send greetings. Mrs. Votaw was recalling a birthday of yours celebrated in B.C.S. which she attended. Your life has been spent in useful endeavor. The other night at a meeting of the W.C.T.U. your name was among those quoted as authority on the evils of alcoholic beverages by Mrs. Mr. Riley the speaker of the evening. It is sad to see congress and the president of the U.S. support the unconstitutional beer bill. God forbid that drink should return to the U.S. with its curse and slippery trail.

Mr. Martin from the B.C.S. was in Washington this week. It was my afternoon off so I did not see him.

It has snowed all day. We have had a cold winter for Washington.

The Mr. Twins keep well and busy. Mr. Hamil has been lecturing on the evils of tobacco, cigarettes &c. in the colleges and high schools of Washington.

We have good reports from your work in Florida.

May the Lord bless you, keep you in health and give you many more happy birthdays is our prayer.

Sincerely yours,

Lorette L. Runk,
Washington Sanit.
Takoma Park,
D.C.

3-25-33.

March 30, 1933

Dr. R. L. Runk,
Washington Sanitarium,
Takoma Park, D. C.

My dear Dr. Runk:

I have your letter of March 25.

I am a whole month older than you thought. I had my eighty-first birthday February 26. I kept as quiet as possible about it as birthdays are very unwelcome.when you have four score of them behind you.

I am still keeping busy. Every day my program is so full I cannot possibly get it all done. Some friends brought in some birthday trees for me to plant and I have not yet had time to set them out. If this thing keeps up a few years longer I shall have quite a forest growing.

We have had a very good season. The house was full and we had to hire outside apartments.

The world is having some much deserved chastisement. Democracy is showing itself, as I have predicted, to be a failure. The worse the depression and the more tribulation the more work for us to do.

We are having great opportunities here for spreading the gospel. The opportunity here is proving even greater than I had anticipated.

Dr. R. L. Runk, No. 2.

Kind regards to the Kresses and any other of my good friends there.

I wish you had our soy acidophilus milk to help you to change the flora of your toxemia cases which works like magic.

Sincerely yours,

b

April 3, 1933

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

Dear Dr. Rogers:

I have your letter of March 23.

Thank you for giving so much consideration to the questions I raised.

I am distressed to learn that Mrs. Rogers has been so ill. I am glad that she is going to have the skillful care of Dr. William A. Rogers. A polypus in the antrum must have been a source of great distress, and its removal will, I hope, afford her very great relief. The polypus has doubtless been growing a great many years. These neoplasms when small give very little trouble and are not discoverable, but are more and more disturbing and more recognizable as they get larger.

By this time you are doubtless in Boston and I hope Mrs. Rogers bore the trip well and that everything is progressing favorably toward a final deliverance from the distresses she has suffered. What heroism she has shown in all these years of her affliction. I hope there are better days to come. Please express to her my sincere sympathy.

We have recently had an interesting experience with your friend and neighbor Mr. Sandford. Mrs. Sandford came here suffering very acutely from an exceedingly severe attack of tropical dysentery. Examination of the stools showed the presence in great numbers of the

Entameba histolytica. While the examinations were being made we placed her upon an antitoxic regimen in which Lacto-Dextrin and psyllium seed were the staples. The symptoms began to improve at once and in two days the diarrhea was stopped, so the difficulty was controlled by the time the diagnosis was complete and before the specific treatment had been administered. She was then given injections of emetin to prevent relapse.

I have had opportunity in several cases to observe the beneficial effects of Lacto-Dextrin in these cases. It apparently attenuates the Entameba histolytica to such a degree as to arrest its pathological activity if it does not destroy the life of the parasite. I knew one case, that of a Russian electrical engineer, who when ill in a hospital in Shanghai and suffering greatly, the bowels moving with pain 25 times a day and after several months making no progress and having no encouragement of a cure, he accidentally learned about Lacto-Dextrin and sent to San Francisco for a supply and took Lacto-Dextrin and psyllium seed and was relieved at once. The diarrhea stopped and in three days he was back in his office at work. He remained well for two years by taking Lacto-Dextrin and adhering closely to a biologic diet. He suffered a relapse for four days as a result of eating meat at the wedding feast of a friend. He returned to a biologic diet and Lacto-Dextrin gave him prompt relief. Lacto-Dextrin is not a specific. It does not destroy the ameba but renders it non-virulent.

Your friend Mr. Sandford agrees with me that Florida is a much better place for you and Mrs. Rogers than Arizona.

Hoping this will find you more comfortable and Mrs. Rogers making rapid betterment, I am

As always faithfully yours,

b

May 6, 1933

Viola Rector,
243 N. E. Capital Ave.,
Battle Creek, Mich.

Dear Friend:

Thank you very much for the photograph showing the members of the Three-Quarters Century Club. Be assured I often think of my young friends, the members of the Club, and how I wish that you might all have the benefit of this delightful climate. It is a place where Old Father Time treats people more kindly than in the frigid North. People who come down here and enjoy the advantages of this lovely climate while at the same time living in a biologic way often experience rejuvenation to an extent almost unbelievable. I myself have profited greatly by the advantages I find here, and now that the rush of the season is over and I have not so many patients to look after, I am hoping to profit still more from the opportunity to live in the open air and to absorb energy from the sun and the sky.

Time is slipping along so fast it will only be a few days more before we shall be starting North and then we will have the privilege of seeing you again.

With very best wishes for each member of the Club and again thanking you for your card and the splendid photograph of the Club, which will always be a pleasant reminder of my association with you all, I am

Very sincerely yours,

b

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y. 6th May 1933.

My dear Doctor Kellogg;

We have been and now are going through deep waters. Mrs Rogers spent two weeks in the Palmer Hospital in Boston in the care of Dr. Joslin, who studied her case with great care. His conclusion was that the element of Diabetes was of minor importance and that the underlying and important element was a vaso-motor disturbance in the brain. He sent her home in charge of one of his assistants, Dr. Root and enjoined upon her that she should see but one member of her family or one of her friends each day and not for more than five to ten minutes and that the remainder of her time should be passed in rest and quiet. She must also be shielded from anxiety and care of all sorts. This is proving to be a rather large contract as You can imagine, for she is eternally wishing to see this one or that of her relatives or friends or planning some enterprise or another. We have an excellent nurse for her, one of Dr. Joslin's choice, and she spends a goodly part of her time at rest or in reading or writing short notes to this one or that. The outlook is, of course, not so good but we are hoping that, as the season advances, we may go into some quiet place

for the summer. Economic conditions are most disquieting and what we shall do is still in the lap of the Gods. I am sending this to Battle Creek for I suppose that You will have left Your southern paradise by this time or will do so very soon and a letter to You at your northern home will reach You more certainly there. Mrs Rogers joins me in kindest remembrances to You and to Mrs Butler.

Yours faithfully,

Oscar H. Rogers.

May 11, 1933

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson,
New York.

My dear Dr. Rogers:

I have your letter of May 6.

I am most distressed to learn that Mrs. Rogers is so seriously ill. I am glad that she is under the care of a wise doctor and am especially pleased to learn that the diabetes is not threatening. The other troubles rest and proper care will doubtless relieve.

I wish she could share with us the delightful Florida spring, with the delicious fruits that are coming into the market. There is something new every day. The mangoes are a month earlier than usual. I am sending a dozen which I believe you will enjoy. These are the so-called peach mango, small but of good flavor. If Mrs. Rogers likes them I can send you a larger supply. They will be in the market here for the next six or eight weeks, perhaps longer. There are some varieties which mature later.

Mrs. Butler and the Misses Estill join me in best regards and sincere sympathy to Mrs. Rogers.

With kindest regards, I am

Sincerely and cordially yours,

ST. LUKE'S HOSPITAL
PRIVATE PAVILION
NEW YORK

Dear Doctor Kellogg,

We are still here and no one can tell how long we shall be here. Dr. Rogers had a second cystoscopic, another small spur of cartilage removed, and the abscess opened, closes and leaks again, and closes and leaks again, and the catheter is removed and replaced and so goes on the, what I can call the vicious circle. However we feel we are in

the most skilful hands and every-
thing is being done that can be.
Doctor Doyle and Doctor Taylor are
both held in the highest estimation
here in New York and we have
every confidence in their judge-
ment and skill — The trouble
itself seems to date back to the
prostatectomy of nine years ago
from which recovery never was
complete or satisfactory. His
general condition is excellent considi-
ering his long confinement and we
are hopeful of a favorable issue
out of all the trouble. We
do hope that affairs at the Saco
Tomorrow are improving both the

economic conditions even when so un-settled and the future so un-certain the Sani tarium will indeed do well if it can manage to keep its head above water. It is so splendid a monument to your unique achievements in the field of medicine it would indeed be a pity if it ceased to continue. Dr. Rogers sends his love to you as do I, and every good wish for your happiness, and to Dear Miss Binder.

Cordially

Thomas Scribner Rogers

August the nineteenth A.D. 1953.

Mrs. Oscar H. Rogers, El Roncador, Yonkers-on-Hudson, New York. May 27, 1933

JHK

First thank you for the delicious peach mangoes which we have greatly enjoyed, and then let me tell you the reason you have been so long unthanked. Ten days, almost two weeks now Dr. Rogers developed an inflammation of the bladder, and with it hiccough. He has been a very sick man, for eight days the coughs continued. He retained no food and liquids (glucose) were given intravenously and by rectum. He has had the best specialist we could get from New York and Dr. William Rogers his son of Boston who was really the one man who helped him. Thank God he is better, but he has spasms in urinating, frequent urination and today Dr. Taylor of New York, after having seen him last night, when he was suffering great pain, comes to further examine, to pass a sound and a catheter and find if there is any obstruction in either channel.

I tell you all these details for I count on your friendship, as always.

When in his first pain, he said, "I wish I was at Battle Creek. They would give me hot packs and relieve the situation." But he was far too ill to move.

I am hoping you are well, that the winter has been a pleasant one for you and that you have not worked too hard.

Give my love, please, to Mrs. Butler if she is with you. Kindest remembrance to the Misses Estill, and to you our thanks and admiring and affectionate greetings as always.

b

June 7, 1933

The Battle Creek Food Company
Battle Creek, Michigan.

Attention: Director Helen S. Mitchell

Gentlemen:

In answer to your letter of the 16th of May, signed by your director Helen S. Mitchell, we shall endeavor to give you, as far as possible, the desired information.

The yeast, of which we have written to at some length, comes fresh from the breweries and directly from the fermenting vats. It is carefully washed and cleaned from all impurities, after which all the bitter ingredients, hop-resin and bitter acids are extracted by a special process. The yeast is then washed again and the salt added. When thus purified and debittered the yeast is automatically transferred to the drying apparatus which is so constructed that with a drying process of the shortest period all the valuable ingredients or substances remain unchanged and undiminished, viz, the albumen, the vitamins, lecithin and the mineral salts. The repeated washings, the drying process and the automatic working process which excludes all manual touch or contact give full guarantee that despite the deadening of the yeast cells the most important substances remain efficacious in the highest degree. Innumerable tests have proved such to be the case.

In the process of manufacture no chemicals of any sort are employed, the product is purely and simply yeast.

The yeast you receive contains 3 p.c. salt. We also make yeast without salt as we already informed you, which is on the market as saltless yeast used principally for saltless nutrition and our saltless extract. Your calculation N x 6, 25 is purely empirical making no claim to scientific accuracy or perfection. The content of albumin is constantly subjected to slight variations. Prof. Euler and Lindner write in their work on "Chemistry of yeast and alcoholic fermentation":

> "In beer yeast of 8,65 p.c. N content Stutzer has determined the amount of nitrogen separable with copper hydroxid and of nitrogen indigestible through pepsin and has found:
> 10,1% in form of peptones and amino-acids
> 63,8% " " " albumin
> 26,1% " " " nucleins (in which other indigestible, nitrogenous combinations are not considered).
> Wroblewski (Chem. Ber. 31, 3218; 1898.- Journ. pract. chem. (N.F.) 64,33; 1901) has shown the following among the albumin contents of yeast: Albumine, globuline, muzine, nucleo-albumins, also proteoses and peptons."

Our calculation of 56 is the result of addition of the single albumin substances, as Ammoniac-Nitrogen x 6,25 + Albumose-Nitrogen x 6,25 + Globulin-Nitrogen x 6,25 + Pepton-Nitrogen x 6,25. Of iron there exist in yeast only traces. Iron can, however, be combined to yeast. We have made iron and brom yeast ourselves.

The laboratory responsible for our analyses is the Institute of Fermentation at the Technical Highschool, under the auspices of Prof. Lindner, the former director of the scientific station of brewing at Munich.

Our yeast comes from cultures of special yeasts from the various breweries, which are known as the so-called Munich beer yeast types.

The yeast, when received from the breweries, is first minutely examined and only when it has proven absolutely fresh it is used for the manufacture of nutritive yeast.

Yours very truly,

(signed) Julius Schulein

June 15, 1933

Mrs. Oscar H. Rogers,
El Roncador,
Yonkers-on-Hudson,
New York.

My dear Mrs. Rogers:

Your letter of May 27 has reached me here at Battle Creek after a trip to Florida. I was very glad to hear from you but am sorry indeed to know that the Doctor is suffering from such a severe illness. I had feared that you might be ill but did not dream that the Doctor was having such a sorry experience. How terribly he must have suffered. I do not know anything more agonizing than these bladder troubles.

I do wish the Doctor had been here because we have worked out hydriatic methods which greatly mitigate the pain in such cases and obviate the necessity for the opiates. I hope he is better now and that he will continue to improve.

We had a wonderful winter, more patients than the year before--brimful and running over, in fact, for a couple of months, so we had to rent additional space. We are planning to make an addition to the building this summer.

I wish you and Dr. Rogers were both here and could spend the summer with us. I believe we could do a lot for you in the way of constitutional reconstruction. You both need exactly what we are able to give you and we can do more than ever before. Within the last year

we have worked out some very helpful things. We found out some years ago that these bladder troubles are in most cases due to infection from the colon. Streptococci work their way through the walls. When the colon is in a spastic state it becomes bloodless and there is no defense against the streptococci which are always swarming on the intestinal mucous surface. There being nothing to hinder, the streptococci easily penetrate the vessel walls and so reach the kidneys in great numbers and establish foci of infection in the pelvis of the kidney and the bladder. Change of the intestinal flora is the sovereign remedy for this condition.

Years ago changing the flora was a very difficult process. Even our most arduous efforts often failed. Now by the aid of our new soy acidophilus culture, together with other effective measures, we are able to change the flora in every case and to do it rapidly. The soy acidophilus culture is a culture made from soybean milk which is far more vigorous and hardier than any other culture ever heretofore produced.

Sun baths, hydrotherapy anantitoxic diet and biologic living are just what the Doctor needs and I believe are the only means by which he can be brought back to a comfortable state of health.

Sincerely yours,

b

June 23, 1933

Dr. G. O. Shirey,
Byrd Antarctic Expedition,
U. S. Navy Yard,
Boston, Mass.

Dear Doctor:

I am very sorry I was not at home when you called as there are several things I should have liked to have spoken to you about. One particular thing I think you would be interested in is Savita yeast. This is a special yeast which is imported from Germany and is extraordinarily rich in the vitamin B complex. It has a pronounced effect upon metabolism, as you know. It is remarkably successful in the cure of pellagra. It occurred to me that you might like to know about this and carry with you a supply. It not only induces appetite but stimulates the production of gastric juice.

Sincerely yours,

COPY

BYRD ANTARCTIC EXPEDITION II

OFFICE IN BUILDING 39
STOREROOM IN BUILDING 79
TELEPHONE:
CHARLESTOWN 1400—EXT. 142

ADDRESS:
BYRD ANTARCTIC EXPEDITION II
U. S. NAVY YARD
BOSTON, MASS.

IN REPLY PLEASE GIVE DATE
OF OUR LETTER

June 29, 1933

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

Dear Dr. Kellogg:

No one regretted my not seeing you more than I, while enroute east, but I am going to Chicago soon and will see you yet, doctor, if at all possible this summer.

Mr. Saxton called my attention to Savita Yeast. I brought samples here with me. Admiral Byrd is delighted with it and I like it myself. We would like to take some along but we have tons of donated food and as money is so limited we cannot buy exactly what is most desirable. I plan to augment our diet to some extent with dehydrated powdered vegetables, although an adequate quantity is not yet in sight.

Thanks awfully for your thought in writing me, and I shall see you surely before we sail in September.

The Medical Department will be the best equipped that ever was sent on any previous expedition. My plans are to actually bring back something worth while.

Sincerely yours,

G. O. Shirey, M. D.
Medical Officer
Byrd Antarctic Expedition II

H

July 6, 1933

G. O. Shirey, M. D.,
Byrd Antarctic Expedition II,
U. S. Navy Yard,
Boston, Mass.

Dear Doctor:

I have your letter of June 29.

I am glad that Admiral Byrd ~~is pleased~~ with the Savita yeast. This yeast is imported and sold at a small margin, so I will have to write to the manufacturer in Germany and try to get him interested in making you a donation or a nominal price. He ought to feel highly honored to have his product carried to the Antarctic.

I am glad that you are coming west again and hope that you will be sure to call.

Kind regards to Admiral Byrd.

Sincerely yours,

Cenovis-Werke (COPY)

St. Thomas Hospital, Medical School, London, S. E. I.

24 July 1933.

Dr. Julius Schulein,
Cenovis-Werke G. m.b.H.,

Rosenheimerstrasse 30,
Munchen.

Dear Sir,

Thank you for sending me Prof. C. von Noorden's opinion about Cenovis Yeast extract. I am entirely in aggreement. The Vitamin B value is of the greatest importance in nutrition. I am sending you a reprint of our last paper on B vitamin values.

I find Cenovis at least as good as dried yeast.

Yours very truly,

R. H. A. Plimmer.

July 27, 1933

Miss Margaret LeHand,
The White House,
Washington, D. C.

Dear Madam:

At the suggestion of Mr. Keith Morgan I am sending the President four posture panels, or loose chair backs, which contribute greatly to comfort in sitting. They may be used in almost any chair or other seating and are particularly useful in an automobile. They are especially appreciated by the driver of the car.

The chair back differs from others in the fact that it affords not only support for the small of the back but also the space between the shoulderblades, holding the spine forward and thus preventing collapse of the chest. Using the posture panel, one may sit for many hours without weariness. A person who has become round shouldered and flat chested through much desk work may correct the condition very speedily by use of the panel. A soft cushion of almost any thickness may be placed in front of the panel without lessening its efficiency. In using the panel the lower end should be placed sufficiently far forward in the chair to give the panel a slight backward slope and the lower part of the spine should be in close contact with the panel.

If you will see that these panels are brought to the attention of the President at an opportune moment and get him to use the panel in an ordinary straight back chair or an ordinary office chair, I think he will be pleased with the sense of comfort experienced. The panel permits complete relaxation while the body is held in a physiologic position. It thus prevents weariness.

If you will make a trial of the panel yourself before presenting it to the President, you will be prepared, I am sure, to recommend it as a source of comfort and conservation of energy. The new principle involved is support between the shoulderblades.

The device has been adopted by the American Seating Company and is being installed in auditoriums and it gives universal satisfaction.

Miss Margaret LeHand, No. 2.

I think Mrs. Roosevelt might also be interested in the panel.

I have ordered the package containing the panels sent to your address to insure its reaching you promptly. I shall be glad to know if the panels reach you and if the President finds them useful.

Thanking you in advance for your courtesy, I am

Sincerely yours,

P. S. When the panels arrive and you have an opportunity to show them to the President, kindly hand him the enclosed letter.

b

COPY

July 27, 1933

President Franklin D. Roosevelt,
The White House,
Washington, D. C.

Dear Mr. President:

Mr. Keith Morgan has been here for several days with Mr. Henry L. Doherty and I am greatly pleased that he has taken the trouble to go thoroughly into our methods and equipment. He was particularly interested in a loose chair back or posture panel, as I call it, which I developed two or three years ago, which aids in keeping the body in a correct posture when one is obliged to remain for a long time in a sitting position. He found the posture panel so comfortable I took pleasure in handing him one for his own use and he suggested that you might like the device and that it might contribute to your comfort since it braces the spinal column at a vital spot and holds the chest forward, thus removing all pressure from the lungs and permitting full expansion in respiration. I am sending you with this several of these posture backs, hoping you will think it worth while to try them. If you find any changes are needed, I shall be only too happy to have them made and send you improved ones.

Mr. Morgan gave me a vivid picture of Warm Springs and an interesting account of the beneficent enterprise which you have developed there and it will afford me great pleasure to accept his invitation to visit Warm Springs and see something of the work of the Foundation next November on my way to Florida.

May I take this opportunity to express my deep appreciation of the marvelous things you have already done for America and for the world and the still greater things which the new forces you have set in operation are going to accomplish in the future. This is the first time in all history that science has been so fully summoned to the aid of government and in such a masterly way.

This is the eighty-second summer of my life and in my sixty

years here at Battle Creek I have secured a pretty comprehensive cross rough of people and of administrations and I say to you frankly and sincerely that in my opinion your administration marks indelibly the beginning of a third chapter of this great republic, an era which will see greater improving changes in our national life, industrial, civic and social than our most optimistic prophets have visioned and will develop new standards and methods in government and create a model for the world.

I was greatly pleased with your appointment as Treasurer of the United States my friend of many years, Mr. W. A. Julian, whose wife is now here under my care.

Hoping my posture panel may contribute to your comfort, and with greatest respect and esteem, I remain

Humbly yours,

b

COPY

Cenovis-Werke. (COPY)

St. Thomas's Hospital, Medical School, London, S. E. 1.

2nd. Aug. 1933.

Dr. Julius Schulein,
Cenovis Werke G. m. b. H.,
Munchen, Rosenheimerstrasse 30.

Dear Dr. Schulein,

Our work on Vitamin B. 1 in foods is finished. We have been impressed with the post mortem findings in cases with too little vitamin B 1. They have been mentioned in earlier papers. We think almost everybody takes too little B 1 with consequent vague ill health.

This is found in the Swiss Army who are so much better for yeast.

Gradually the Medical Profession will realize that people need more Vitamin B 1 daily. It is difficult to impress medical people here.

Many thanks for sending me the report.

Yours very truly,

R. H. A. Plimmer.

August 6, 1933

Mr. George N. Fuller,
Michigan Historical Commission,
State Office Building,
Lansing, Michigan.

My dear Dr. Fuller:

I am deeply chagrined to have to write you this note, but due to the loss of a folder which included both my early correspondence with you and my manuscript material, I am compelled to do so in order that I may retrace my steps with a minimum of effort. Would you be willing to send me a copy of such correspondence as we have had relative to the material which I was to submit for the Encyclopedia of Michigan. I desire this so that my files may be complete. I assure you that my material will be ready within the required time.

Appreciating your courtesy in this matter, I am

Very truly yours,

Emil Leffler,
President.

EL/mc

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Pres. Emil Leffler
Battle Creek College
Battle Creek, Mich.

Aug.
10
1933

Dear Dr. Leffler,-

Enclosed is a duplicate of the guide sheet for the article on the history of the College.

Cordially yours,

G. N. Fuller

GNF/PA

August 13, 1933

Dr. Oscar H. Rogers,
St. Luke's Hospital,
113th St. and Amsterdam Ave.,
New York City.

My dear Dr. Rogers:

I am greatly distressed to know that you are laid up in St. Luke's Hospital. Your trouble I know must give you agonies of distress. It seems most unfair that one who has done so much for the amelioration of human misery as you have done should have to undergo such tortures. Be assured of my most profound sympathy. I am sure everything possible is being done for your comfort and hope each day is bringing you some mitigation of your miseries.

What an interesting experience the world is having at the present time. What severe discipline it is. Everybody seems to be participating in it. I hope the effect will be to make the world wiser and soberer and in the end healthier and happier.

With best wishes for your speedy recovery, I remain

As ever sincerely and faithfully yours,

b

Aug. 19, 1933

Mrs. Oscar H. Rogers, Private Pavilion, St. Luke's Hospital, New York City.

JHK

We are still here and no one can tell how long we shall be here. Dr. Rogers had a second cystoscopic, another small speck of cartilage removed, and the abscess wound closes and leaks and closes and leaks again and the catheter is removed and replaced and so goes on the, what Doctor has come to call, the vicious circle. However, we feel we are in the most skilful hands and everything is being done that can be. Dr. Bryber and Dr. Taylor are both held in the highest estimation here in New York and we have every confidence in their judgment and skill. The trouble itself seems to date back to the prostatectomy of nine years ago from which recovery never was complete or satisfactory. His general condition is excellent considering his long confinement and we are hopeful of a favorable issue out of all the troubles.

We do hope that affairs at the Sanitarium are improving;with the economic conditions everywhere so unsettled and the future so uncertain

the Sanitarium will indeed do well if it can manage to keep its head above water. It is so splendid a monument to your unique achievements in the field of medicine it would indeed be a pity if it ceased to continue.

Dr. Rogers sends his love to you as do I, and every good wish for your happiness, and to dear Mrs. Butler.

b

September 11, 1933

Dr. G. N. Fuller
Michigan Historical Commission
State Office Building
Lansing, Michigan

Dear Dr. Fuller:

I regret very much to have to submit this article at this late date, but since there is no available material from which the information could be drawn I had to correspond with individuals who had been here.

Very truly yours,

Emil Leffler
President

l:s

STATE OF MICHIGAN

Michigan Historical Commission

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ASSISTANT SECRETARY

Pres. Emil Leffler
Battle Creek College
Battle Creek, Mich.

Sept. 12 1933

Dear Dr. Leffler,-

This will acknowledge receipt of your article "History of Battle Creek College" for the Encyclopedia of Michigan. I shall give it early attention. Meantime efforts are in progress to capitalize a special Company which will publish the work. Needless to say, the collapse of the banks and general business conditions have been a severe handicap. But immediately upon incorporation I will see that check is sent to you for the article.

With kindest regard,

Sincerely yours,

G. N. Fuller

G. N. Fuller

GNF/FA

FRED A. POOR
RAILWAY EXCHANGE BUILDING
CHICAGO

September 12, 1933.

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

Dear Doctor Kellogg:

We are very pleased to receive your acceptance to the dinner of the COMMITTEE OF ONE HUNDRED on October 3rd.

I enclose a card of admission to the dinner. The hotel will undoubtedly be crowded, and to avoid confusion, members and guests will be admitted by card.

I also enclose herewith guest cards to the Chicago Athletic Association, Knollwood Club and Bob-O'Link Golf Club, which I hope you will have occasion to use while you are here.

With kindest regards, I am

Yours very truly,

FA Poor

Fred A. Poor, Chairman,
Committee on Arrangements.

BBl
Enc.

COMMITTEE OF ONE HUNDRED

1673 MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

CLAYTON SEDGWICK COOPER
PRESIDENT

F. LOWRY WALL
SECRETARY AND
ASSISTANT TREASURER

DAVID HUYLER
TREASURER

JOSEPH H. ADAMS
CHAIRMAN EXECUTIVE
COMMITTEE

CYRUS H. K. CURTIS
VICE PRESIDENT

HARVEY S. FIRESTONE
VICE PRESIDENT

WEBB JAY
VICE PRESIDENT

CHARLES F. KETTERING
VICE PRESIDENT

ROBERT LAW
VICE PRESIDENT

JOSEPH E. WIDENER
VICE PRESIDENT

April 29th, 1933.

TO THE MEMBERS OF THE COMMITTEE OF ONE HUNDRED:

The Fourth Annual Northern Dinner of the Committee of One Hundred will be held in Chicago on the evening of October 3rd at 8 o'clock at the Drake Hotel. The Chicago members will be hosts on this occasion.

This dinner together with other events connected with it will occur during the Century of Progress Exposition and arrangements will be made for the members and their guests to see the World's Fair under most auspicious circumstances. Separate entertainment will be arranged for the ladies, who will accompany our members.

Members are asked to make reservations direct with the manager of the Drake Hotel, which will be headquarters for the meeting. These reservations should be made as early as convenient since hotel space in Chicago will naturally be at a premium during the days of the Exposition.

The thirty-six members of the Committee of One Hundred residing in Chicago will be represented by a Committee on Arrangements, composed of the following gentlemen: Messrs, Fred A. Poor, Chairman, C. A. McCulloch, Warren Wright, Fred B. Snite and John D. Hertz.

We understand there will be special railroad rates during the time of the Fair.

Please indicate on the enclosed card, returning it to the office at Miami Beach as promptly as possible, whether or not you plan to be present and also indicate any members of your family who will accompany you and guests you would like to bring.

The Chicago members are including a limited number of guests of the members in their invitations.

This promises to be an outstanding event in the history of our organization and it is sincerely hoped that every member of the Committee may plan to be present.

Very sincerely,

Clayton S. Cooper

President.

csc-f

The Drake

LAKE SHORE DRIVE & UPPER MICHIGAN AVE.

TELEPHONE
SUPERIOR 2200

Cable Address "DRAKEHO"

CHICAGO

September 20, 1933

To The Members of the Committee of One Hundred:

Mr. and Mrs. Harvey S. Firestone have very kindly invited the members of the Committee of One Hundred with their dinner guests and ladies, who will be in attendance at the Fourth Annual Northern Dinner held in Chicago, to attend a Buffet Supper and Garden Party with entertainment at the Firestone Factory and Exhibition Building, "A Century of Progress", following the dinner at the Drake Hotel the evening of October 3rd.

The dinner program will close by eleven o'clock when we will go directly to the 23rd Street entrance of the World's Fair grounds where the showing of this letter to the attendant in charge will give you free admission through the Pass Gate and from which you will proceed to the front entrance of the Firestone Building. There is no admittance to the Fair grounds after twelve midnight.

As the time is somewhat limited, I will appreciate your advising me directly at the Drake Hotel on the enclosed card as to whether you will be able to accept Mr. and Mrs. Firestone's invitation.

Sincerely yours,

Clayton H. Cooper

FRED A. POOR
RAILWAY EXCHANGE BUILDING
CHICAGO

September 13th, 1933.

Dr. John Harvey Kellogg,
202 Manchester Street,
Battle Creek, Michigan.

My dear Dr. Kellogg:

We have received your request, with your check for $20.00, for an invitation to the COMMITTEE OF ONE HUNDRED dinner on October 3rd, for Dr. and Mrs. James T. Case.

As this dinner is for gentlemen only, I am enclosing my personal check for $10.00 so that you will only pay for one guest instead of two.

I am sorry that the ladies are not included in this party.

Yours very truly,

Fa Poor

Fred A. Poor, Chairman,
Committee on Arrangements.

LC1
Encl.

CHICAGO
SEP 20
10 PM
1933
ILL.
53

CENTURY OF PROGRESS
WORLD'S F
JUNE 1
OV. 1
CHICAGO 1933

THIS SIDE OF CARD IS FOR ADDRESS

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

To the Members of

THE COMMITTEE OF ONE HUNDRED

Arrangements have been made for a theater party for the ladies of our members and guests on the night of the dinner, Tuesday evening, October 3, 1933. Tickets to the theater can be had by applying to the Committee Offices at the Drake Hotel. In addition to this, Mr. Firestone is planning an entertainment for the members and guests and their wives following the dinner, notice of which will be sent you by Mr. Cooper.

FRED A. POOR,
Chairman

September 20, 1933

Mr. Leffler:-

The following is a list of 18 names, I thought you could cross off the ones that you thought unimportant. I have tried to make this as varied a list as possible, some being founders, others more widely known through-out the State.

D 1. Sands McCamly
D 2. Moses Hall
D 3. Nathaniel Barney
D 4. General Ezra Davis (first four founders of B.C.)
D 5. C. W. Post
D 6. Hon. Edwin C. Nichols
7. John Harvey Kellogg
8. W. K, Kellogg
D 9. Hon. George Willard (Editor, educator, Speaker (Willard Library)
D 10. John W. Bailey
11. W.G. Coburn
~~D 12. Hon. George Austin~~
D 13. H.B. Sherman
D 14. Charles Edwin Thomas (law)
15. David Henning Frazer
16. Charles C. Green
D 17. Edward Chauncey Hinman (First Pres. Central Nat'l Bank)
D 18. Hiland George Butler (Governor [redacted], reelected)

ENCYCLOPEDIA OF MICHIGAN

BIOGRAPHICAL SKETCHES

Oct. 2, 1933

To Contributors:-

To expedite the writing of the biographical sketches please indicate on this sheet whether you are willing to write, or cause to be written, the biographies in the field of your article or articles.

All sketches should be in the editor's hands by December 31, 1933. Length should run from 100 to 500 words. Compensation $5 per thousand words.

In order to avoid duplication it is necessary that all writers send in all names to be included in the Encyclopedia.

WHETHER OR NOT YOU WILL PROVIDE THE SKETCHES, IT IS HIGHLY IMPORTANT THAT YOU SEND YOUR LIST OF NAMES BY RETURN MAIL IF POSSIBLE. PLEASE ARRANGE IN TWO GROUPS, "LIVING" AND "DEAD".

Stamped, addressed envelope enclosed.

Sincerely yours,

G. N. Fuller

DR. JOHN HARVEY KELLOGG
DIRECTOR OF THE BATTLE CREEK SANITARIUM

(Dr. Kellogg is a practical musician.)

I congratulate you and your enterprise on having reached its semi-centennial. I am glad to see that your enterprise has gone on successfully since the death of Mr. Presser. He was my patient here at Battle Creek and I became very much interested in him and believe that his visits here were the means of adding a year or two to his active usefulness.

John Harvey Kellogg

ESTABLISHED 1883

The ETUDE MUSIC MAGAZINE

THE LARGEST CIRCULATION OF ANY MUSICAL PERIODICAL IN THE WORLD

THEODORE PRESSER CO., PUBLISHERS, 1712-1714 CHESTNUT STREET, PHILADELPHIA, PA.

October third

1 9 3 3

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

My dear Doctor Kellogg:

Your greatly appreciated spirit of co-operation has, we feel, contributed hugely to the Golden Anniversary issue of "The Etude," a copy of which we are sending you with our gratitude.

With all good wishes, I am

Cordially yours,

James Francis Cooke

James Francis Cooke
Editor

JFC:F

LAW OFFICES

FRANCIS M. MILLER

Dr. Kellogg's Address Should Not Be Forgotten

In the publicity campaign which the city is to undertake this fall, the masterly address of Dr. John Harvey Kellogg on the heading magic of South Florida's sunshine should not be overlooked. His message should go into every part of the country.

Soon after its delivery the Miami Realty Board sponsored its publication, and in co-operation with individuals, firms and others succeeded in having several thousand copies printed and distributed. Requests have been received from California, Pennsylvania and other sections of the country requesting copies of the address. It is also understood that excerpts were published in the trade journal of the leather industry. At least a million copies of this address should be printed; a copy should be sent to every physician in the United States and Canada, and a copy sent with every letter sent out of Miami for the next 60 days. There should also be available supplies for winter visitors to send to their friends back home.

Distribute Dr. Kellogg's Address—

Much favorable comment was heard yesterday of the article appearing in this column advocating the publishing and distributing Dr. Kellogg's matchless address on the magic healing of South Florida's sunshine. It is apparent that there is a universal demand that this address be given the widest possible publicity.

Dr. John Harvey Ke r 4, 1933
Battle Creek, Mich

Dear Dr. Kellogg:

I am enc ppings from
the Miami Review, by all Miami
lawyers and busine s from the
October 3rd issue e October 4th
issue.

Last night I had a most enjoyable time at a banquet given for Dr. Tigert, President of the University of Florida. Mr. and Mrs. Doherty were also present. Dr. Tigert is a wonderful orator, whom I hope sometime you can have at the sanitarium.

From all reports today we are in for some very windy weather. If there is any material damage done I will write you tomorrow.

Sincerely yours,

Francis M. Miller

FMM:O

HAVE OFFICE SPACE and Stenographic services to share with attorney. Address Box O, c/ Miami Review.

WILL BUY 1931 Chancery Act, annotated. Phone 2-3511, Killian.

Distribute Dr. Kellogg's Address—

Much favorable comment was heard yesterday of the article appearing in this column advocating the publishing and distributing Dr. Kellogg's matchless address on the magic healing of South Florida's sunshine. It is apparent that there is a universal demand that this address be given the widest possible publicity.

LAW OFFICES

FRANCIS M. MILLER

NINTH FLOOR FIRST NATIONAL BANK BUILDING

MIAMI, FLORIDA

October 4, 1933

Dr. John Harvey Kellogg
Battle Creek, Michigan

Dear Dr. Kellogg:

I am enclosing two newspaper clippings from the Miami Review, the daily newspaper used by all Miami lawyers and business men. One of these is from the October 3rd issue and the other is from the October 4th issue.

Last night I had a most enjoyable time at a banquet given for Dr. Tigert, President of the University of Florida. Mr. and Mrs. Doherty were also present. Dr. Tigert is a wonderful orator, whom I hope sometime you can have at the sanitarium.

From all reports today we are in for some very windy weather. If there is any material damage done I will write you tomorrow.

Sincerely yours,

Francis M. Miller

FMM:O

October 20, 1933

Dr. Oscar H. Rogers,
264 Palisade Ave.,
Yonkers on Hudson,
New York City.

My dear Dr. Rogers:

I hope by this time that you are quite recovered and are out of the hospital and living comfortably at home again. I am certainly distressed that you should suffer such distressing afflictions. I do hope Mrs. Rogers also improved.

By the way I wonder if you have heard of the remarkable effects of yeast in diabetes recently reported in Germany. In quite a high proportion of cases the sugar was made to disappear from the urine without the use of insulin. Yeast when administered in sufficiently large doses and when a potent strain of yeast is employed is good to improve general nutrition. We are getting from Bavaria a very excellent quality of yeast, better than anything that has yet been produced in this country. It is more than ten times as potent as Fleischmann yeast and besides has a much more agreeable flavor. I am having sent you a bottle of the tablets. Three tablets are more than equal to one Fleischmann tablet. I am taking some of the tablets at every meal and I am sure with some profit. I think it might be worth while for Mrs. Rogers to try the tablets. They certainly could not do any harm and might help a little.

I have another new thing that I believe you will like to know about. We call it Byska. It is a combination of East India gum and

Savita yeast. It is easy to take and palatable and seems to take the place of all the other laxatives. I formerly used for a long time a half tumblerful of bran, a third of a glassful of Lacto-Dextrin, two heaping dessert-spoonfuls of psyllium seed and a mineral oil tablet. I am now using Hyska, two or three heaping teaspoonfuls at each meal, and find my bowels much better. The gum gives ample bulkage and the yeast energizes the bowel. This gum has a most astonishing avidity for water. A couple of rounded teaspoonfuls will absorb a whole tumblerful of water.

By the way I am having quite an interesting time with my little hypertension card. Word about the card has gotten out in some way and I am getting letters from all over the country from medical directors of insurance companies asking me for a copy of the card. One doctor wrote that the medical director of another insurance company had told him about the card and suggested that he should get a copy, remarking that he had found it of very great service in his work.

In a letter from Dr. Alexander Lambert the other day he remarked, "Many thanks to you for your Hypertension Life Tables. It is a table that I have always wanted to get hold if, but it has been guarded very carefully by the Life Insurance Company."

I begin to feel a little worried lest I have put my foot in it, or let the cat out of the bag, or something else, but in any case I shall be able to prove an alibi, for Dr. Hunter, not I, is the one who let the secret out in his pamphlet, "Blood Pressure, What Affects It?" published ten years ago. On pages four and five appear tables showing the increased mortality due to different degrees of pressure at different ages. This was all the clue I had to work from. I do not understand why your insurance experts did not help themselves to the same information. If I have

been "butting in" where angels fear to tread I hope I shall not call down upon my head the wrath of the mighty ones, for, as you doubtless see, I am making a final attempt to get hold of some of those poor souls who are drifting over the precipice without a fair chance for their lives.

Hoping I have not done any harm or created any embarrassment for anybody and always with best wishes for you and Mrs. Rogers, I am

As ever your friend,

b

October 20, 1933

Food Company:

Please send a bottle of Yeast Tablets and a jar of Byska to Dr. Oscar H. Rogers, 264 Palisade Ave., Yonkers on Hudson, New York City, with my compliments.

J. H. K.

b

The BATTLE CREEK SANITARIUM

BATTLE CREEK, MICHIGAN

October 1933

OFFICE OF
JOHN HARVEY KELLOGG, M.D.
DIRECTOR
CHAS. E. STEWART, M.D.
ASSOCIATE DIRECTOR

Dear Sir:

Here is a little story that will suggest to you a method by which you may easily increase the volume of your business and add materially to your income:

A gentleman came into our office the other day and introduced himself as a life insurance solicitor. He said, "A few months ago a man applied to me for life insurance. Greatly to my disappointment the examining physician reported that the gentleman's blood pressure was so high he could not be accepted. Hoping that I might get the case reconsidered, I brought the matter to the attention of the medical director of the company. However, he agreed with the examining physician that under the rules the application could not be accepted; but he added, speaking to the applicant, 'You go up to the Battle Creek Sanitarium for a time. When you come back I think we will be able to insure you.' The gentleman did as advised. He came back greatly improved in health and with his blood pressure so much reduced that we were able to give him all the insurance he wanted. Having high blood pressure myself, I took a hint from my policyholder's experience, and that is why I am here."

After a stay of a few weeks, the solicitor went home with his blood pressure lowered, and a knowledge of how to keep it down and his life expectancy increased several years, to his great satisfaction.

When you have an applicant for insurance whose blood pressure is so high that you cannot accept him, send him here and let us reduce his blood pressure, if not quite to normal, at least within insurable limits. Many cases of this sort are of unusual importance because of the large amount of insurance desired or the necessity of caring for family or business interests otherwise unprovided for.

A few weeks' health training will completely change the outlook in such a case. Applicants of this class are more than willing to pay the advanced insurance rates required, and with the help we can give them by a few weeks' or months' treatment and health training in health promoting and blood pressure reducing habits, the number of years during which they will contribute to your income may be notably increased.

You doubtless have on your books records of a considerable number of rejected applicants. Why not look them up and show them how they may get the insurance they are most anxious to secure and start them paying premiums which will add to your income and build up the business of your company? These rejected applicants are first class prospects for they will jump at a chance to get the insurance which has been denied them. Of course there are cases which are too

(Over)

far advanced to be helped; but in general you may send us applicants who under your rules cannot be accepted because of high blood pressure with the expectation that they will in a few weeks return to you with a very material reduction in their blood pressure and instruction which will enable them to maintain the improvement made for a prolonged period.

These substandard risks male highly profitable business because of the advanced premium rate which they pay.

In cases in which the blood pressure is only moderately high, say 20 to 30 points above the insurable limit at standard premium rates, send the applicant to us and we will in all probability be able in a few weeks to make him a satisfactory risk at standard rates and teach him how to keep his blood pressure down.

We make no pretense of secret methods or special skill. It is chiefly a matter of change of habits. The average man suffering from hypertension does not know that his daily habits are probably the chief cause of his condition; that half an hour's smoking always raises the blood pressure 10-20 points (Janeway); that a cup of coffee contains two or three full medicinal doses of caffein, a powerful pressure raising drug; that every pound of beefsteak contains 14 grains of uric acid (Hall); that every pound of surplus weight helps to boost his blood pressure. He thinks he can't get along without these things. With the help we can give him he will easily acquire a new set of enjoyable health habits that will not only bring down and keep down his blood pressure, but lift up his efficiency and sense of fitness and make life in every way more worth while. The pleasant environment at Battle Creek,-with hundreds of people enjoying the rejuvenating process through biologic living while receiving at the hands of experienced experts the benefit of all the special aids known to up-to-date medical science for combating high blood pressure, which is associated with the most formidable of all the old age processes, makes the change of habits easy and a stay at Battle Creek a delightful and never to be forgotten experience.

You are doubtless often asked, "How much does high blood pressure shorten life?" Dr. Kellogg has prepared from life insurance data a Hypertension Life Table which shows for ages between 20 and 80 years the effects upon life expectation of the different degrees of hypertension. We will be glad to send you a copy of this table if you would like to receive it.

We are also sending you our circular and will, if you desire, send you a few copies to hand to persons interested, on receiving the enclosed card.

Sincerely,

THE BATTLE CREEK SANITARIUM

jhk/b

New York State Journal of Medicine

Forms close 10 days before each issue. Date of issue 1st and 15th of each month.

BUSINESS & EDITORIAL DEPT
33 WEST 42ND STREET
NEW YORK CITY
PHONE CHICKERING 4-5570

December 4th, 1934

THE OFFICIAL ORGAN OF THE

Medical Society of the State of New York

You are hereby authorized to publish our Advertisement in the NEW YORK STATE JOURNAL of MEDICINE to occupy space of one page every (INDICATE MONTHLY, OR EVERY ISSUE) 3 times, beginning with issue Dec. 15th 193 4 or earliest possible issue following for which we (I OR WE) agree to pay to your order, within 15 days of each insertion, One hundred eighty 100 Dollars ($ 180.00) per insertion. The total amount $540.00 to be used in room, meal and treatment accomodations at Miami-Battle Creek.

It is understood and agreed that the publisher shall have the right to alter or reject copy for any advertisement which, in the opinion of the Committee on Publication, is considered as being unethical or unsound in its claims. Copy once furnished is to be continued until new instructions are given. All advertisements accepted, subject to conditions on back of contract and to supervision of the Committe on Publication at all times during the life of this order. On t. f. (until forbidden) contracts it is understood that when either party (advertiser or publisher) wishes to discontinue the advertisement, 30 days' notice will be given in writing. It is part of this agreement that it cannot be cancelled and that no oral or other agreement exists excepting those incorporated herein.

(Signed) _____

Accepted subject to approval of copy and formula
New York State Journal of Medicine
By

Per _____

Address _____

_____
Business Mgr.

(OVER)

ADVERTISING RATES

General Advertising
Rates based on total amount of space used within twelve months.

PUBLISHED TWICE A MONTH

DIMENSIONS IN INCHES		24 TIMES PER INS.	12 TIMES PER INS.	6 TIMES PER INS.	3 TIMES PER INS.	1 TIME PER INS.
5½X8½	FULL PAGE	$120.00	$140.00	$160.00	$180.00	$200.00
5½X4¼ OR 2¾X8½	HALF PAGE	70.00	90.00	110.00	120.00	130.00
5½X2⅛ OR 2¾X4¼	QUARTER PAGE	50.00	60.00	70.00	80.00	90.00
5½X1 OR 2¾X2⅛	EIGHTH PAGE	30.00	36.00	40.00	50.00	60.00
2¾X1	SIXTEENTH PAGE	16.00	20.00	25.00	32.00	40.00

Cash discount of 5% is allowed on display advertisements if paid within 10 days of invoice; otherwise 30 days net.

CLASSIFIED ADVERTISEMENTS: Price for 40 words or less, 1 insertion, $2.50; five cents for each additional word. Payable in advance. To avoid delay in publishing, remit with copy.

Rates for preferred space, inserts, colors, etc., will be furnished on request.

IMPORTANT

Forms close 10 days before each issue.

Date of issue 1st and 15th of each month.

It is agreed that copy for advertisements shall be furnished at least fifteen days before the publication of the Journal in which it is to appear.

All advertisements published in the Journal must be ethical, and the formulas of medical preparations must have been approved by the Committee on Publication before they can be accepted.

To Advertisers in Medical Journals

Who would think of overlooking the medical profession of the Empire State in an advertising campaign? On the contrary, probably a large number of advertising mediums would be used in an endeavor to cover this rich territory. Why not use ONE journal that covers the whole State, The NEW YORK STATE JOURNAL of MEDICINE?

Through this Journal alone you can reach practically all the desirable physicians in every town and village in New York State, as well as in the large cities, such as New York, Brooklyn, Buffalo, etc.

The NEW YORK STATE JOURNAL of MEDICINE is the OFFICIAL ORGAN of the Medical Society of the State of New York, and as such goes to every member of the State and County Societies, who for this reason take a more particular and personal interest in it than in any other journal.

NEW YORK STATE JOURNAL of MEDICINE
33 West 42nd Street, New York, N. Y. Telephone CHickering 4-5570
JOSEPH B. TUFTS, Advertising Manager

(OVER)

OLIN WEST, M.D. · SEC'Y AND GEN'L MGR.
WILL C. BRAUN · · · · BUS MGR
MORRIS FISHBEIN, M.D. · · EDITOR

TELEPHONE
SUPERIOR 0884
CABLE ADDRESS: MEDIC, CHICAGO

AMERICAN MEDICAL ASSOCIATION

535 North Dearborn Street, CHICAGO
BUSINESS DEPARTMENT

October 26, 1933 *Answering your letter of* October 23 *In your reply please refer to these initials* WCB

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

Dear Doctor Kellogg:

We are pleased to receive your letter of the 23rd with reference to giving publicity to Battle Creek in Florida. We have read over the several pieces of copy and find them satisfactory, telling the story admirably that you wish to disseminate among the physicians of the country.

A modest program would naturally depend upon the amount of money you have at your disposal for this publicity. We suggest for a six months' campaign a program as follows:

1/2 page	Nov.	11, 1933	1/16 page	Feb.	3, 1934
1/16		18	1/16		10
1/16		25	1/16		17
			1/8		23
1/8	Dec.	2			
1/16		9	1/16	Mar.	3
1/16		16	1/16		10
1/16		23	1/16		17
1/8		30	1/8		24
			1/16		31
1/16	Jan.	6, 1934			
1/16		13	1/16	Apr.	7
1/16		20	1/16		14
1/8		27	1/8		21
			1/16		28

This you will note calls for a 1/2 page one time at $165.00; a 1/8 page, six times, $41.25 per insertion ($247.50); a 1/16 page eighteen times $20.63 per insertion ($371.34), making a total of $783.85; this amount being subject to 5% cash discount for remittances within 15 days of date of bill.

We are enclosing suggested layouts for the three sizes of advertisements.

330 330

It would be advisable to use an illustration in both the 1/2 and 1/8 pages. A satisfactory cut could be made from the illustration on the back of the booklet. If you have a clear black and white print from the postal you enclosed, this would be

December 5, 1933

Dr. Henry Vaughan,
Department of Health,
Detroit, Michigan.

Dear Doctor:

I am glad to have your note of December 3 from St. Petersburg. Certainly my invitation is good for any time you find it convenient to drop in. It is perpetual. You have not really seen Florida until you have got acquainted with Miami. There is not much to be seen in St. Petersburg. This country is the real tropics. Today is a regular June day.

When I left here last year we had had sunshine for over four hundred consecutive days. The temperature here is ten degrees higher in winter and ten degrees lower in summer than any other part of Florida on account of the south-east trade winds which blow almost constantly. It never gets as hot here in the summer as in Michigan. A temperature of 90° is extremely rare.

We had Dr. Charles Mayo with his wife as guests yesterday. They are delightful people.

Hoping to see you some time and assuring you of a cordial welcome, I remain

Sincerely and cordially yours,

FLORIDA
"ALL THE YEAR"
WONDERFUL WINTERS
DELIGHTFUL SUMMERS

Suwannee Hotel

FLORIDA
THE NATIONS WINTER
PLAYGROUND – A LAND
OF SUNSHINE AND FLOWERS

ABSOLUTELY FIREPROOF
ALL MODERN
IMPROVEMENTS
205 ROOMS 205 BATHS

ONE BLOCK WEST OF THE
POST OFFICE, CORNER FIRST
AVENUE AND FIFTH STREET
NORTH, IN THE HEART OF THE
"SUNSHINE CITY"

JOHN N BROWN,
PROPRIETOR

EUROPEAN PLAN

ST. PETERSBURG, FLORIDA

Sunday Dec 3 - 1933.

Dear Dr. Kellogg -

It was mighty good of you to suggest the trip to Miami but I am forced to leave here early Wednesday to keep an appointment in New York. May I take a "rain check" for my next trip to Florida.

Mrs. Vaughan and I have had a delightful visit here with "W. K." who has been most gracious.

With kindest regards

Cordially

Henry Vaughan

Dec 26, 1933

Dr. G. N. Fuller
Michigan Historical Commission
State Office Bldg.
Lansing, Michigan

My dear Dr. Fuller:

I am inclosing herewith the short biographical sketches that I promised to prepare for the Encyclopedia. I trust that you will find them satisfactory and that your plans for the completion of this work are likewise going forward in a most satisfactory manner.

Please accept my very best wishes in the spirit of the season.

Very cordially yours,

Emil Leffler
President

l:s

STATE OF MICHIGAN

Michigan Historical Commission

STATE OFFICE BUILDING
LANSING

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SECRETARY AND EDITOR
PERCY H. ANDRUS
ASSISTANT SECRETARY

12/29/33

Pres. Emil Leffler
Battle Creek College
Battle Creek, Mich.

Dec.
28
1933

Dear Dr. Leffler,-

Thank you for the sketches for the Encyclopedia of Michigan.

Wishing you the joys of the season.

Sincerely yours,

G. N. Fuller

GNF/PA

COMMITTEE OF ONE HUNDRED

1673 MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

CLAYTON SEDGWICK COOPER
PRESIDENT

F. LOWRY WALL
SECRETARY AND
ASSISTANT TREASURER

DAVID HUYLER
TREASURER

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WEBB JAY
VICE-PRESIDENT

CHARLES F. KETTERING
VICE-PRESIDENT

JOSEPH E. WIDENER
VICE-PRESIDENT

December 27th, 1933.

TO THE MEMBERS OF THE COMMITTEE OF ONE HUNDRED:

Next Tuesday evening, January 2nd, the Honorable Clarence C. Batchelder of New York, former U.S.Trade Commissioner in many foreign countries, will speak on "HITLERISM VS.DEMOCRACIES". Mr. Batchelder will discuss the European situation generally, the influence of European activities on the disarmament question, international politics and also the Japanese-Russian situation in the Far East. There are few men in the country better qualified to speak on these questions.

Mr. Batchelder is a Harvard graduate, an experienced business man and lecturer of wide repute. He makes a trip entirely around the world each year, studying international affairs. He had charge of the censorship in Washington during the World War and has held responsible government posts in a dozen different countries.

Mr. Batchelder is coming from New York especially to speak for us. An opportunity will be allowed for questions and discussion following his address. He is obliged to take the 10 o'clock train to return to keep a Boston engagement, so the program will begin promptly at 8 o'clock and the reception to Mr. Batchelder and distinguished guests will occur at 7:30.

This address will be the first of the series of addresses during January, February and March on national and international topics of the hour.

Because of our spatial limitations, attendance will be limited to members, house-guests and a few distinguished winter visitors and new residents on Miami Beach. Every guest must have an admission card, which may be obtained at the office.

Kindly return the enclosed post-card at once that we may make proper arrangements for seating and other details.

Dinner coats or informal dress will be in order.

We hope to see you.

Very truly yours,

Clayton S. Cooper
President.

F. Lowry Wall
Secretary.

EL RONCADOR
YONKERS-ON-HUDSON

Dear Doctor Kellogg. First thank you for the delicious peach mangos which we have really enjoyed, and then let me tell you the reason you have been so long un-thanked. Ten days, almost two weeks now Dr Rogers developed an inflammation of the bladder, and rode it through. He has been a very sick man, for eight days the hiccoughs continued. He retained no food and liquids, alcohol given intravenously and by rectum. We have had the best specialists we could get from New York and Dr William Rogers his son of Boston who was really the real man who helped him. Thank God he is better, but he has spasms in urinating, frequent micturition and bladder

Taylor of New York, after having seen him last night when he was suffering great pain, comes to perform lithotomy — has a wound and a catheter — and find if there is any obstruction in urinary channel — I tell you all these details for I count on your friendship, as always. —

"When in his first pain, he said, "I wish I was at Battle Creek, they would give me hot packs, and relieve the situation". But he was far too ill to move. I am hoping you are well, that the winter has been a pleasant one for you and that you haven't worked too hard — let him please be Mrs Butler if she is with you, Rindret remembrances to

the Lord Christ, and is yours in Thanks and
warning and affectionate greetings as always,

Cordially

Thomas Cantuar Huffer Cogs

May the Mighty Church
of W.I/33

Chicago, Ill., 1/1, 1934.

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

Dear DR. Kellogg:

I am enclosing herewith copies of chart and letters in which I thought that you might perhaps be interested. It was my intention to bring the subject matter before the people at A CENTURY OF PROGRESS EXPOSITION of 1933, but cooperation, time, means and strength failed me. Another opportunity, however, is afforded by the 1934 extension of the exposition, and it is my hope that the Lord may open the way for a presentation then of a review of the facts.

As I have not the support of the General Conference, it is necessary for me to depend upon God alone for the giving of this message, which I am very glad to do with the understanding that if He has sent me, it will go forward in spite of all opposition. If He has not sent me, I of course, do not want it to go forward.

Probation is rapidly drawing to a close, Dr. Kellogg. It is no time for divisions. Whatever differences you and I and the representatives of the General Conference may have should be settled and settled promptly. We seem to be drifting far apart, and at such a time: this should not be. I have suggested the calling of a General Conference of the world, not only of Seventh-day Adventists, but of all faiths, in order that the Truth may be made manifest, and the honest souls of all denominations united in one faith. Do you not think it possible for us to get together before Jesus comes?

Sincerely,

Harry Rigg

Harry Rigg,
1209 N. La Salle St.,
Chicago, Ill.

Chicago, Ill., 12/11, 1933.

Mr. A.H. Forbush,
Chief, Correspondence Division,
National Recovery Administration,
Washington, D. C.

COPY

Dear Mr. Forbush:

I have your kind letter for General Johnson dated Nov. 14 advising that it is not the purpose of N. R. A. Collectivism to conflict with any religious belief, but to utilize the combined support of all who are desirous of seeing hunger and want banished from our country, and that such a program does not seem to be against the teachings of God, but rather would seem to warrant the loyal support of those who believe in His teachings.

In reply to the above, will say that it is not the good intentions, but the method and identity of N. R. A. Collectivism that is eyed with suspicion by the student of eschatology.

Allow me to explain that there has been handed down, not only through the Bible, but through oral tradition as well, an understanding that in the Last Days, when the end of all things is at hand, the collectivism of ancient Babel is to re-assert itself under the leadership of the Dragon of Chaos who is to associate the nations against God.

In the eschatology of the Book of Revelation this Dragon is represented as having Seven Heads and Ten Horns, and as giving power to a Beast of like description; while a Two Horned Beast, called a False Prophet, brings fire from heaven, and causes an image to be formed of the First Beast, and institutes a Boycott against those who will not worship the Beast and his Image, and receive a "mark" identifying them with the cause of the Beast. According to Hebrew tradition the letter Tav (ת) stands for this "mark", and as the Hebrew word for Dragon is תנין, there can be little doubt that the worship of the Dragon is the "mark" of the Beast.

The testimony of the Scripture is that immediately preceeding the troublous times of Christ's return, there is to be an era of false peace and safety, during which the work of God is to be finished on earth, and the people of the world deceived into crying, Peace, Peace, when there is no peace. This cry of "Peace" is to bring swift destruction upon those who take it up.

You will understand, therefore, that if N. R. A. Collectivism is actually introducing an era of peace and safety, it is, according to Scripture, a dubious one, and under the impulse of a deception that will eventually align the powers with the Dragon against God.

Clutching the wheels of commerce and the fire of heaven, and screaming "boycott", the Blue Eagle of collectivism with its Seven and Ten feathered wings, is itself a veritable image of the Beasts of Rev. 13, and can but inspire the fear of the student of prophecy. It may not be, undoubtedly is not, the "mark" of the Beast; but it may be the symbol or emblem of that "mark" through which the worshippers of Beast and Dragon may be identified from worshippers of Jehovah.

I am enclosing herewith a copy of a letter which I believe will explain the difficulty that I am having with the General Conference Committee of Seventh-day Adventists. You will understand that these brethren are resisting me contrary to Scripture and Testimony which declare that the message of Seventh-day Adventists is in the wrong setting, and that some one is to be sent at this time for the purpose of redaction in order that the way of the Lord may be prepared.

Sincerely

Harry Rigg

Harry Rigg,
1209 N. La Salle St.,
Chicago, Ill.

Chicago, Ill., 12/11, 1933.

COPY

General Conference of Seventh-day Adventists,
Takoma Park,
Washington, D. C.

Brethren:

I have your valued advice of the 19th of September as well as the articles supporting N. R. A. Collectivism in the October SIGNS and December WATCHMAN which may be recapitulated as follows:

That I, myself, have no authority to speak for Seventh-day Adventists. That I should have first sought the counsel of the General Conference Committee, which is the voice of the denomination, and which had found after due consultation with the leaders of the movement that God had inspired N. R. A. Collectivism, and that those who see any danger in this superadvenient form of government are inspired by Satan who is trying to frustrate God's plans for the recovery of the nation and perhaps of the world. That the Catholic Church is the "Beast", and apostate Protestantism his "image", and Sunday his "mark" of authority, all of which is foreign to N. R. A. Collectivism, with which it cannot be even remotely connected. And finally that the ultimatum of the General Conference Committee is supported by the unimpeachable testimony of Vicarrius Filii Dei as the number of the Papal Beast.

In reply to the above, I should like to respectfully advise that the General Conference Committee has made a mistake in trying to represent the voice of the denomination, which it may represent no more than I do. We are warned in the Testimonies against the practice of a few men endeavoring to force the mold of their mind upon the whole body, and this committee has set itself up as a board of censorship over both the Seventh-day Adventist General Conference and press so that I could not act through the denomination, and had either to advise the civil authorities individually or let the matter drop, which I dared not do.

The action of the General Conference Committee in thus interposing itself between the individual and the General Conference, which is supposed to be the voice of the people of God, is not in accordance with that of the leaders in the pioneer days of this movement. Mr. Miller, himself, declaring:

"The divinity taught in our schools is always founded on some sectarian creed. It may do to take a blank mind and impress it with this kind, but it will always end in bigotry. A free mind will never be satisfied with the views of others. Were I a teacher of youth in divinity, I would first learn their capacity and mind. If these were good, I would make them study in the Bible for themselves, and send them out free to do the world good. But if they had no mind, I would stamp them with anothers mind, write bigot on their forehead, and send them out as slaves."

The views of the General Conference Committee are based upon a misconception of Dan. 9:27, a text which occupies the same position as the crux of interpretation in the Book of Daniel that Rev. 13:18 does in the Apocalypse. This misconception was handed down by Wm. Miller who understood the text, but unfortunately made a wrong application. It refers to an "idol altar" set up in the temple of God as"the abomination of desolation".

Following his usual mode of searching the Scriptures for an explanation in endeavoring to locate "the daily" that was to be taken away in order that "the abomination of desolation" might be set up (Dan. 11:31), Wm. Miller first searched through the Bible with the aid of Cruden's Concordance, which was the best to be had at the time, and which he valued

perhaps next to his Bible, for references to the term "the daily", and found none other than those of the Book of Daniel. "I then, said he, "took those words which stood in connection with it 'take away'. 'He shall take away the daily', 'from the time the daily shall be taken away', etc; finally I came to 2 Thess. 2:7,8, 'For the mystery of iniquity doth already work, only he who now letteth, will let, until he be taken out of the way, and then shall that wicked be revealed', etc. And when I came to that text, O, how clear and glorious the truth appeared? There it is! that is the 'daily'! Well, now, what does Paul mean by 'he who now letteth', or hindereth? By 'the man of sin', and 'the wicked', Popery is meant. Well what is it that hinders Popery from being revealed? Why, it is Paganism; well, then, 'the daily' must mean Paganism."

Dear old Wm. Miller, had he only understood that "the abomination of desolation" was the worship of the Dragon set up in the temple of God through the Papacy, and not the Papacy itself, how different things would have been. As it was, it was necessary for him to identify the Papacy as Lucifer or Satan which he did in the following manner:

"The Papal Antichrist is an apostate from the church of God; and as such he is clearly and particularly described in the prophecy by his f-a-l-l-i-n-g a-w-a-y. H-o-w a-r-t t-h-o-u f-a-l-l-e-n f-r-o-m h-e-a-v-e-n, O L-u-c-i-f-e-r; S-o-n o-f t-h-e M-o-r-n-i-n-g!. by being w-i-t-h i-n even w-i-t-h i-n the holy temple; and by planting the tabernacles of his palace in the glorious holy mountain."

It was also necessary for him to identify the Dragon of Rev. 12, which the Bible plainly tells us is Satan, as Pagan Rome, while the Beast of Rev. 13 became a veritable Dr. Jekyll and Mr. Hyde, representing at times, Paganism; at others, Papacy; and at still others, a combination of the two.

Mr. Miller's mistake was not his own, however, but lay in the acceptation without proper inquiry of pre-Reformation views of the Antichrist or Man of Sin as the Papacy, and the Dragon as Pagan Rome which were passed on to him by the Reformation, and he in turn passed on to those who took up his message as he had taken up that of the Reformation.

Seventh-day Adventists upon whom Mr. Miller's mantle fell instead of correcting these views sought new methods of confirming them which resulted in making two abominations of desolation, and two dragons, grow where one had grown before. Through this expedient, one of the abominations of desolation became the Roman armies according to the words of Christ (Matt. 24:15), and the other became the Papacy according to the words of Wm. Miller; while one of the Dragons became Satan according to the testimony of the Scripture (Rev.12:9), and the other became Paganism according to the testimony of Wm. Miller.

There is, of course, but one "abomination of desolation" in the Book of Daniel, and but one "dragon" in the Book of Revelation, and the attempt to perpetuate Mr. Miller's misapplication through identifying two in each instance is indefensible. Yet these are the grounds upon which the General Conference Committee is attempting to resist putting the message of Seventh-day Adventists in its proper setting, and that in open defiance of the admonition of Rev. 11:1 to "measure" the "altar", and that of the Spirit of Prophecy to put the message in its correct "setting".

Thus to Seventh-day Adventists, as to Wm. Miller, the Beast and his Image became in their final analysis purely religious powers. To Mr. Miller the Beast's Image was involved within itself, being the reflection of the Pagan element in the Papal manifestation; but to Seventh-day Ad-

ventists it became a likeness of the Papal Beast created in America by apostate Protestantism. Being thus unable to see Antichrist independently of or beyond the Papal angle, the General Conference Committee of Seventh-day Adventists is on the verge of sacrificing the denomination to internationalism and collectivism contrary to the admonitions of Scripture and Testimony.

Mr. Miller thought that the number of the Beast represented the number of its days as Pagan Rome. Seventh-day Adventists think the number to be the Vicarrius Filii Dei title of its Papal manifestation. I will say quite frankly that if either of these numbers prove anything at all, it is a lack of understanding rather than "understanding". I am not at liberty to fully review this matter just now, but if the Conference Committee is still convinced that its position is correct, there should be no hesitancy in submitting the evidence to a General Conference of the whole world convened for the purpose of determining the truth about the Beast.

Fortunately President Roosevelt has not taken the same position as has the General Conference Committee: he does not regard those who seek to honestly advise the administration at this time as rebels, and has been quoted as saying,- "If you see us going wrong, ----- sing out about it. There is no kindness in flattering a wrong cause. I want your criticism as well as your support. It is the best kind of backing and the only request made is that you be prompt about it."

This noble attitude of the President, which stands in such strange contrast to that of the General Conference Committee, encourages me to still hope that the President may yet convene the faiths of the world for the purpose of identifying the beast of Rev. 13, and laying bare the "abomination of desolation", which every student of prophecy knows or should know, is responsible for the present crisis.

Sincerely,

Harry Rigg

Harry Rigg,
1209. N. La Salle St.,
Chicago, Ill.

266 92

2030 N.E. 4th Ave.

CONSULADO de PANAMA
MIAMI, FLORIDA

B. HOWARD BROWN
CONSUL

January 10, 1934

Dr. John Harvey Kellogg
Miami-Battle Creek Sanitarium
Miami Springs, Florida.

Dear Dr. Kellogg:

I am the Consul of Panama in Miami. Having become acquainted with your institution and the remarkable results of the regimen and treatment which you give your patients, I think it desirable that knowledge of your establishment should be made known to the people of Panama and other Central American countries. To this end, I desire to obtain from you a supply of circulars to place in the hands of physicians and other people with whom I am acquainted in Central America and whom I shall have an opportunity to meet during a visit to Panama and Costa Rica which I expect to make soon.

I desire also to obtain from you full information concerning the philanthropic work in which you are engaged and to have your cooperation in making the people of Central America acquainted with the advantages for health betterment offerred by the Miami-Battle Creek Sanitarium and your institution at Battle Creek, Michigan.

Yours very truly,

B. Howard Brown

Consul.

K/B

BY DIRECT WIRE FROM

WESTERN UNION

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DR JOHN HARVEY KELLOGG:

=OSTRIKER SO PLEASED WITH YOUR SERVICE THAT TWO RELATIVES WOULD LIKE TO COME DOWN JANUARY TWENTY SIXTH FOR TEN DAY TREATMENT PROVIDING YOU WILL TAKE AMOUNT OF CHARGES IN ADVERTISING STOP THIS ADDITIONAL AMOUNT WOULD ENTITLE YOU TO LOWER RATE ARE YOU INTERESTED ANSWER COLLECT=

:NEWYORK STATE

JOURNAL OF MEDICINE.

33 W. 42nd St.,

6

January 18, 1934

Mr. Harry Rigg,
1209 N. LaSalle St.,
Chicago, Ill.

Dear Sir:

I have your letter of January 1 with circular enclosed. I doubt if the distribution of your circular will do any good. Character is the only thing that counts. Piety induced by fear is only skin deep. I do not think we ought to be worried about the end of probation or about the judgment or anything of that sort. The thing that should concern us is whether we are making the best of our opportunities for rendering service to our fellows. The things we love to do are the things that indicate what we really are.

Sincerely yours,

b

The MICHIGAN ENCYCLOPEDIA FOUNDATION, Inc.

Marking the Centennial of Michigan's Statehood

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Professor of History, Central State Teachers College

LEW ALLEN CHASE, A.M.
Professor of History, Northern State Teachers College

Feb. 2, 1934

GEORGE N. FULLER
President

To Writers:

I am happy to say that the building of the Encyclopedia is now assured of success. To date over two million words have been received and the huge task of editing is under way. There is every reason to believe that the remaining manuscript will soon be in hand.

The publication of the Encyclopedia is also assured. Its prestige, the finest in the state, is a challenge to the public spirit of Michigan and the pride and civic duty of its citizens. It seems to me irresistible. If Michigan has no such pride and spirit, it has yet to be demonstrated.

We have been careful in starting, for a good start is half the battle. We have aimed to keep this work free from commercial or any other form of exploitation, and to this end we caused this Foundation to be incorporated, to control every step. The times are not financially favorable, it is true. We accept the challenge in good spirit. Every good thing should strive to go forward. This will be a valuable and unique work, the first extended authoritative Encyclopedia of a single state of the Union, and eminently suitable to mark the 100th anniversary of Michigan's entrance to statehood. The forwarding of this work will gain momentum as we go.

Again I wish to say your patient service is commendable. While the small sum of $5 a thousand words was not intended to induce any person of scholarly ability to write for the Encyclopedia, it will partly take care of minor costs and will be paid as promptly as possible. I am proud to be among you. "Together we can not fail".

Faithfully yours,

G. N. Fuller

GNF/MF

THE ENCYCLOPEDIA OF MICHIGAN.—Five volumes. **Three million words. Result of historical, technical, and scientific research by over one hundred faculty members and alumni of Michigan colleges. Many thousands of subjects, alphabetically arranged. Complete cross-reference index.—"Most complete and most useful single educational work ever written about Michigan."—*George N. Fuller, Ph.D., Editor-in-Chief***

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

7th Feby 34

My dear Doctor Kellogg.

Thank you most heartily for remembering us so charmingly in sending us the very delicious avocados which reached us in prime condition and have been and are still being discussed daily. We see nothing to compare with them here in this northern country. Your study of Seminole children has been making a great hit among us. You appear in the Movies and in the Sunday illustrated supplement of the Tribune a clipping of which I am enclosing. You seem not to be able to find enough to do!

We, on the other hand, are living most quietly here at home. I have to go to town every other week to be dilated. My abdominal wound has ceased to leak and my general condition is much improved.

Mrs Rogers has been for several weeks under the observation of Dr W. W. Herrick who tells me that in his opinion her very distressing head noises are due to changes in the internal ear and not to trouble with the circulation in her head as was thought by Dr Joslin to be the case. He thinks that, aside from the distress due to the trouble in her ears she should be able to get about and enjoy some joy of life. But,

up to the present time, she has too little strength to get about much and can not leave home, and, too, the constant noise in her head is very hard for her to bear.

She seems to get more relief from 1/300 Atropine 4 x d. than from anything else that she has tried. She often wishes that she was in B.C., either Ft. or Nick depending upon where you are. but the trip would be too hard upon her. Altogether we are two poor tired old things and are no longer sprightly youngsters like the good Dr Kellogg—

Our love to you & to Mrs Butler. Faithfully

Oscar & Rogers

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

NEW YORK HERALD TRIBUNE, SUNDAY, FEBRUARY 4, 1934

Indian Baby Contest

Dr. John Harvey Kellogg acting as chief judge in a competition for some small Americans at Miami, Fla. The babies are members of a Seminole Indian tribe. *Herald Tribune—Acme*

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

Dr John Harvey Kellogg –
Battle Creek Sanm in Florida
Miami Springs –
Florida –

February 16, 1934

Mrs. Oscar H. Rogers,
El Roncador,
264 Palisado Avenue,
Yonkers-on-Hudson, N. Y.

My dear Mrs. Rogers:

I am greatly ashamed I have so long neglected to answer your most gracious letter. Mrs. Butler and I were both delighted to hear from you. It touched me very much that you and the Doctor thought it worth while to make a second trip to the movies to see that Indian film. It was not well staged. The Indian children were crowded together so much I did not have a chance to give them a very thoroughgoing examination, and beside they were pretty shy. They had been gathered in out of the forest and had not yet become accustomed to so much publicity. I was particularly interested in noting that they showed no signs of rickets. There was one old fellow more than a hundred years old and still pretty well preserved, but the chief of the tribe told me that old men and women are becoming very scarce among them. I asked him why and he said, "Because they eat too much sweets," by which I suppose he meant candies. I think also they swallow too much "elixir pro."

I am distressed that you have been having such a sad time. I am convinced if you could have been here in Florida and had the sort of care we are giving to cases like yours your history would be very different. The usual plan of treating diabetes ignores the

real cause of the disease and deals entirely with the symptoms, whereas chief attention should be given to the cause. The cause is generally held to be vague and uncertain. In my opinion the principal cause is giving the liver and pancreas too much work to do. There are two kinds of overwork (1) excessive sugar, which through its rapid absorption taxes the liver to convert it into glycogen and hold it back from the blood, and (2) the introduction of toxins of various sorts, such as caffein, nicotine, alcohol, and, worst of all, colon poisons through permitting putrefactive changes in the colon. The latter is probably the worst of all.

One of the chief barriers against these colon toxins is the ileocecal valve. So long as it remains intact the putrefying materials in the colon do a comparatively small amount of harm because they are filtered out by the mucous membrane and are slowly absorbed. When the ileocecal valve is broken down then these putrefying materials slip up into the intestine where absorption is very rapid and indican appears in the urine. Observations made at my request by Dr. Case in a large number of diabetics showed that the ileocecal valve is always incompetent.

Sun bathing is of great importance because it makes vitamins which help to increase the oxidizing powers of the body and so help to burn up the poisons circulating in the blood and tissue fluids.

I have gotten hold of a super potent yeast. It is a by-product of the famous Bavarian beer made in Munich. Our Dr. Mitchell has proven that this yeast is more than ten times as potent as the

Fleischmann yeast. A recent report from Berlin shows that in 30 cases of diabetes treated by this yeast without insulin, the sugar disappeared in nearly every case. I think you will find it well worth while to use it. You should take a half dozen tablets three times a day. I am having a bottle sent you from Battle Creek. You can get a supply at Charles. This yeast helps constipation and it is in fact "good for whatever ails you" as it stimulates the immunizing and oxidizing processes of the body generally. It creates appetite, aids digestion, and due to its richness in vitamin B is undoubtedly the best nerve tonic known.

I wish you could be down here enjoying this delightful June weather. Sunshine every day. It practically never fails. The air is balmy and exhilarating. Some time I hope that you are going to come again and get a real boost healthward.

We are having a busy time this year. All our rooms are occupied. A small hotel is partly filled and two cottages and we have a considerable waiting list. We have with us a lot of old friends, but nobody half as welcome as you and Dr. Rogers would be. Give the Doctor my love and best regards and thank him for the lovely letter I received a day or two ago.

I am glad that you got the fruit in good condition and liked it. I will be sending you some more. We have new fruits coming into the market soon,-- surinam cherries, loquats, strawberry guavas and other delicious fruits.

Tell the Doctor I will answer his letter in a few days. Mrs. Butler and I often speak of you and the Doctor. We appreciate your loyal friendship more than words can express. I hope I shall see you

in Battle Creek next summer and here next winter if not this year. March and April are delightful months here. If you are well enough to come down I am sure it would be extremely profitable for you.

Again thanking you for your delightful letter, which Mrs. Butler enjoyed as well as myself, and with kindest regards from my sister and myself and begging to assure the Doctor of my sincerest sympathy with with warmest regards I am

Faithfully yours,

b

February 16, 1934

Food Co.:

Please send 1 bottle of YEAST TABLETS to Mrs. Oscar H. Rogers, El Roncador, 264 Palisade Avenue, Yonkers-on-Hudson, N. Y. with my compliments.

J. H. K.

b

ARCHIBALD W. TRUMAN, M. D.
MEDICAL DIRECTOR

ROXETTA L. RUNK, M. D.
DIRECTOR OF DEPARTMENT

DEPARTMENT OF OTOLARYNGOLOGY AND
OPHTHALMOLOGY
OF

THE WASHINGTON SANITARIUM AND HOSPITAL

TAKOMA PARK, WASHINGTON, D. C.

March 2, 1934

Dr. J. H. Kellogg
Miami Springs, Florida

My dear Dr. Kellogg:

February twenty-sixth is past and you are one year younger. I have not forgotten the occassion. I was discussing your birthday with a member of the staff here and he remarked that you had years of service ahead of you yet. So here's to the health of Dr. John Harvey Kellogg. May the seed sown to Biological Living spread to the ends of the globe and bear much fruit in the terms of clean, healthy lives and good citizenship. Lives that will spurn the drunkard's cup and the smoker's tobacco.

Find enclosed clipping. I was sorry to learn of Representative Hooper's death.

We are having real winter in Washington.

I heard from Battle Creek a few days ago. Dr. Johnson is about the same. She wrote me a letter a few weeks ago. She is perfectly resigned to her fate.

Our patronage keeps up very well here. The cold weather has brought many colds complicated by sinus and ear trouble. We had a mastoidectomy this week.

Thank you for the box of candy Christmas time.

With many kind wishes for 1934, I am,

Sincerely yours,

Roxette L. Runk, M. D.
R. L. Runk.

RLR:C

BABSON'S STATISTICAL ORGANIZATION
INCORPORATED
BABSON PARK, MASSACHUSETTS

INTERESTED IN
BABSON'S REPORTS
CONSERVING CAPITAL AND INCOME
A.P.W. TRUST
CONSERVING HEALTH AND EFFICIENCY
GAMEWELL COMPANY
CONSERVING LIFE AND PROPERTY

Lake Wales, Fla
March 10/34

Dear Dr. Kellogg:

The Kaba "works" finely. Please send me one dozen cans of Kaba and one box of unsweatened Paramals with bill. I am experimenting with 2 heaping teaspoonfulls of Kaba three times a day.

I am anxious for your advice as to when to take the Kaba. If I take it just before meals, it seems to take away my appetite. If I take it with meals, the Water (2 glasses) which the rules requires seems to retard my digestion. This also applies to taking it directly after meals. Have you any suggestions?

SECURITY OF LIFE, PROPERTY AND HEALTH ULTIMATELY DEPENDS UPON ASSURING EQUAL OPPORTUNITIES TO ALL. THIS WILL REMOVE THE PRIMARY CAUSE FOR BOTH BUSINESS DEPRESSIONS AND CRIME. SOUND PROSPERITY WILL THEN FOLLOW AS, THROUGH EDUCATION, KINDLINESS AND OUR KNOWLEDGE OF GENETICS, WE BREED NORMAL SPIRITUALLY MINDED PEOPLE.

As a matter of interest, tell me how long it takes the Kaba to "work"? The Senna pods which I have taken for years, work in about eight hours. For instance, the Kaba which I evacuate this morning, — when was that taken? I am wondering about the mechanics.

With kindest regards, I am
Sincerely,

Eugene Lobsien

What harm does it do to sprinkle the Kaba on my food and chew it? The Kaba itself is very pleasant and appetizing. My difficulty is that I was trained not to drink at meals. Mixing a lot of water seems to drench me out.

March 13, 1934

Dr. Roger W. Babson,
Lake Wales, Fla.

Dear Dr. Babson:

I have your letter of March 10.

I am glad to learn that you find Kaba working well. It is a good product. I am having enthusiastic accounts of it from all over the country.

The solution of your problem as regards the manner of taking it is very simple. Postpone taking the water for a half hour or an hour after eating. By that time you will probably feel thirsty as the Kaba will absorb the liquid in the stomach.

I have not forgotten the pleasant chat I had with you. I only wish we had had more time to discuss a lot of questions on which I am sure you might have given me much light. I have always had great admiration for your work because it mixes idealism with business and concerns itself with character as well as commercial sagacity.

I hope you will visit Battle Creek next summer while I am there. If you do we will jump into my car and explore some of the many pleasant country drives of which there are many in the vicinity of Battle Creek. I shall be delighted to have you as my guest for a week if you find time to run down here. Spring fruits are beginning to come in in abundance, so we find in the market in addition to the various citrus fruits and avocadoes and strawberries such delicious products as loquats, sapodillas, soursops, sugar apples, guavas and surinam cherries, and very

soon the peach and apple mangoes will be coming in. I know a farmer a few miles south who will have a crop of watermelons ready for market next week. We have corn on the cob for dinner several times a week and all the fresh garden vegetables with us all the time. This is a veritable Garden of Eden. I dare say you have some of these biologic tid bits in Lake Wales, but doubt if you have them all.

I hope you will come down and stay long enough to see what we are trying to do and to become really acquainted with this part of the state.

The people are still talking about the interesting lecture you gave the Committee of One Hundred.

Do not hesitate to call on me for anything we can do for you at any time.

Sincerely yours,

P. S. My nephew, John L. Kellogg, was greatly benefited by his stay with you and is most enthusiastic in his praise of your work.

I see I have forgotten to tell you about the Kaba. It works differently in different people. Some people's colons handle it rapidly and others are slower. I met a lady some little time ago who saw the Kaba three hours after it was swallowed. This is quite unusual, however. Eight hours is quick time for the complete transit of the alimentary canal. The average time is eight hours from the time of taking to the middle of the transverse colon.

You can easily test the transit time in your own case by taking a couple of carmine capsules for breakfast along with the Kaba.

Dr. Roger W. Babson, No. 3.

After taking the carmine watch for the appearance of red color in the stools. It often appears eight or nine hours after the test meal is taken and sometimes sooner. The time of appearance, however, is much less significant than the time of disappearance, which is often lengthened to 36 or 48 hours and even longer periods. I am enclosing the capsules.

It does no harm to mix the Kaba with the food or to chew it; in fact, it is better to mix it with all the food at a meal by taking it in small quantities at intervals. I have noticed myself that in chewing Kaba before it is well softened by hot water it sometimes becomes a little troublesome by sticking to the teeth. There is no other objection to taking it in this way.

b

March 13, 1934

Dr. Roger W. Babson,
Lake Wales, Fla.

Dear Dr. Babson:

Thank you very much for your order of 12 cans of Kaba and one box of unsweetened Paramels. As our supply of Kaba is almost exhausted, we are sending you but one can of Kaba and the Paramels today. We expect a new shipment of Kaba to arrive in a day or two and as soon as we receive it will send along 11 more cans of Kaba.

Again thanking you for your order and assuring you we shall give prompt attention to any orders you may send us, we are

Sincerely yours,

MIAMI-BATTLECREEK SANITARIUM

b

March 14, 1934

Michigan Encyclopedia Foundation, Inc.
312 Hollister Bldg.,
Lansing, Michigan.

Attention: D.Clark Gideon,
Vice-Pres. Sales Dir.

Gentlemen:

This letter is for your accountancy files, as requested, acknowledging assignment to me of subjects upon which to write for the ENCYCLOPEDIA OF MICHIGAN, in Five Volumes.

It is understood that I do this work gratuitously, in the spirit of altruism and pride of State; nevertheless, that I am to receive for clerical costs incidental thereto the maximum amount of five ($5.00) dollars for each 1,000 words.

Sincerely,

_____

Address:

_____

_____

Not acker.

Mr. Brewster

DEPARTMENT OF COMMERCE

BUREAU OF THE CENSUS

WASHINGTON

March 17, 1934.

Dr. John Harvey Kellogg,
Miami Springs (Miami) Florida.

Dear Dr. Kellogg:

In compliance with your request of March 12, I take pleasure in enclosing a copy of the summary entitled, "Mortality statistics in the death registration area of continental United States: 1930, 1931 and 1932."

Very truly yours,

Geo. H. Thomas

Geo. H. Thomas, Chief,
Publications Section,
Bureau of the Census.

Encl:
GHT/R

DEPARTMENT OF COMMERCE
BUREAU OF THE CENSUS
WASHINGTON

MORTALITY STATISTICS IN THE DEATH REGISTRATION AREA OF CONTINENTAL UNITED STATES: 1930, 1931 and 1932.

Washington, D. C., September 28, 1933. - The Bureau of the Census announces that in 1932 in the death registration area of continental United States (exclusive of the State of Utah) there were 1,304,109 deaths from all causes, representing a mortality rate of 10.9 per 1,000 estimated population. This is the lowest rate since the annual collection of mortality statistics was begun in 1900. It is estimated that 96.3 per cent of the total population of the United States was included in the registration area for the year 1932. Because of the failure of the State of Utah to furnish the Bureau with death certificates for the year 1932, no data for that State are included in the summary. However, even if the number of deaths which occurred in Utah were included, the total death rate for each of the three years would remain practically unchanged.

The table accompanying this announcement gives the number of deaths and the death rates in each year from 1930 to 1932, inclusive, for each cause, according to the titles of the International List of Causes of Death. This is the first time that the Bureau has released a summary in such detail prior to the publication of the annual report.

It is gratifying to note that of the 18 groups of causes of death into which this table is divided, 13 showed decreases in the total number of deaths, while only three groups had increases, and two remained practically the same. The groups which show decreases include infectious and parasitic diseases, chronic poisonings and intoxications, diseases of the nervous system, of the respiratory system, of the digestive system, and of pregnancy, childbirth and the puerperal state. Of particular interest is the decrease in certain causes of death such as typhoid fever, measles, diphtheria, tuberculosis, malaria, diarrhea and enteritis under two years of age, and some others. The large decrease of over 9,000 deaths from tuberculosis (all forms), and the drop in the death rate from 71.7 in 1930 to 63.0 in 1932 is most noteworthy. The smaller number of deaths from diseases of the respiratory system may be accounted for largely by the decrease in both broncho pneumonia and lobar pneumonia. Influenza showed a decided increase, though the rate of increase for 1932 over 1931 was much less than from 1930 to 1931. The decrease in diseases of pregnancy, childbirth, and the puerperal state was approximately the same from 1931 to 1932, as from 1930 to 1931, and is due in a large measure to the lesser number of deaths from puerperal albuminuria and eclampsia, and puerperal septicemia.

The smaller number of violent and accidental deaths is due, principally, to the decreased number of deaths from motor vehicles, as shown in the supplemental table. The number of suicides increased for the three-year period, and the number of homicides was more for 1932 than for 1930, though less than in the year 1931.

The outstanding groups in which large increases were shown were cancers and other malignant tumors and diseases of the circulatory system. The number of deaths due to cancer and other malignant tumors continues to increase from year to year, and practically every title to which deaths due to this cause are allocated shows an increase in number, if not in actual rates. Of the total number of deaths assigned to this title, 25,802 were of the stomach and duodenum, 14,871 of the uterus, 11,863 of the breast, and 10,420 of the liver and biliary passages.

Deaths due to diseases of the circulatory system increased numerically from 280,403 in 1930 to 294,596 in 1932, equivalent to death rates of 237.5 and 246.2, respectively. This large increase was due, principally, to diseases of the myocardium and of the coronary arteries, angina pectoris; chronic endocarditis, valvular diseases being the only cause in this group for which there was a considerable decrease in 1932 from 1930.

Prior to the issuance of this summary, a table of deaths and death rates by principal causes was compiled for each state in the registration area. Copies of these state summaries of mortality statistics, by cause, are available upon request.

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
Total deaths (all causes)	1,304,109	1,318,109	1,338,292	1090.0	1108.5	1133.6
I. Infectious and parasitic diseases	156,492	162,764	161,740	130.8	136.9	137.0
Typhoid fever	4,356	5,283	5,599	3.6	4.4	4.7
Paratyphoid fever	78	84	87	0.1	0.1	0.1
Typhus fever	36	27	33	1/	1/	1/
Undulant fever	62	66	53	0.1	0.1	1/
Smallpox	38	95	165	1/	0.1	0.1
Measles	1,940	3,575	3,795	1.6	3.0	3.2
Scarlet fever	2,560	2,639	2,265	2.1	2.2	1.9
Whooping-cough	5,359	4,591	5,641	4.5	3.9	4.8
Diphtheria	5,409	5,723	5,806	4.5	4.8	4.9
Influenza	36,818	31,596	22,953	30.8	26.6	19.4
Respiratory complications specified	23,954	20,126	13,666	20.0	16.9	11.6
Respiratory complications not specified	12,864	11,470	9,287	10.8	9.6	7.9
Dysentery	2,078	2,437	3,347	1.7	2.0	2.8
Erysipelas	1,917	2,257	2,497	1.6	1.9	2.1
Acute poliomyelitis, acute polioencephalitis	824	2,090	1,369	0.7	1.8	1.2
Lethargic or epidemic encephalitis	867	968	1,053	0.7	0.8	0.9
Epidemic cerebrospinal meningitis	1,655	2,781	4,082	1.4	2.3	3.5
Anthrax (bacillus anthracis) malignant pustule	12	12	15	1/	1/	1/
Rabies	55	55	60	1/	1/	0.1
Tetanus	1,118	1,113	1,286	0.9	0.9	1.1
Tuberculosis (all forms)	75,398	81,280	84,595	63.0	68.4	71.7
Respiratory system	67,698	72,413	75,007	56.6	60.9	63.5
Meninges and central nervous system	2,315	2,706	2,987	1.9	2.3	2.5
Intestines and peritoneum	1,939	2,202	2,547	1.6	1.9	2.2
Vertebral column	805	885	878	0.7	0.7	0.7
Bones and joints (vertebral column excepted)	425	500	514	0.4	0.4	0.4
Skin and subcutaneous cellular tissue	59	37	37	1/	1/	1/
Lymphatic system (bronchial, mesenteric, and retroperitoneal glands excepted)	163	185	210	0.1	0.2	0.2
Genitourinary system	518	611	639	0.4	0.5	0.5
Other organs	119	141	146	0.1	0.1	0.1
Disseminated tuberculosis	1,357	1,600	1,630	1.1	1.3	1.4
Acute	1,187	1,362	1,422	1.0	1.1	1.2
Chronic and unspecified	170	238	208	0.1	0.2	0.2
Leprosy	25	22	27	1/	1/	1/
Syphilis	10,664	10,581	10,541	8.9	8.9	8.9
Gonococcus infection and other venereal diseases	915	1,126	1,083	0.8	0.9	0.9
Purulent infection, septicemia (nonpuerperal)	865	905	1,075	0.7	0.8	0.9
Malaria	2,567	2,536	3,403	2.1	2.1	2.9
Other diseases due to protozoal parasites	52	73	43	1/	0.1	1/
Ankylostomiasis	24	20	32	1/	1/	1/
Hydatid cysts	36	34	22	1/	1/	1/
Liver	24	28	14	1/	1/	1/
Other organs	12	6	8	1/	1/	1/
Other diseases caused by helminths	114	112	119	0.1	0.1	0.1
Mycoses	249	268	236	0.2	0.2	0.2
Other infectious and parasitic diseases	401	415	458	0.3	0.3	0.4

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
II. Cancers and other tumors	128,181	123,657	120,537	107.1	104.0	102.1
Cancer and other malignant tumors	122,339	117,790	114,873	102.2	99.1	97.3
Of the buccal cavity and pharynx	4,587	4,559	4,548	3.8	3.8	3.9
Lip	667	628	585	0.6	0.5	0.5
Tongue	946	916	945	0.8	0.8	0.8
Mouth	440	462	439	0.4	0.4	0.4
Jaw	1,034	1,013	1,049	0.9	0.9	0.9
Other and unspecified parts of the buccal cavity	583	538	519	0.5	0.5	0.4
Pharynx	917	1,002	1,011	0.8	0.8	0.9
Of the digestive tract and peritoneum	60,607	58,595	57,642	50.7	49.3	48.8
Esophagus	2,058	2,036	1,893	1.7	1.7	1.6
Stomach and duodenum	25,802	25,306	25,313	21.6	21.3	21.4
Intestines (except duodenum, rectum, anus)	12,100	11,459	10,967	10.1	9.6	9.3
Rectum and anus	5,882	5,441	5,191	4.9	4.6	4.4
Liver and biliary passages	10,420	10,259	10,360	8.7	8.6	8.8
Pancreas	3,361	3,121	2,961	2.8	2.6	2.5
Mesentery and peritoneum	923	911	892	0.8	0.8	0.8
Others under this title	61	62	65	0.1	0.1	0.1
Of the respiratory system	4,533	4,022	3,835	3.8	3.4	3.2
Larynx	1,044	921	982	0.9	0.8	0.8
Lungs and pleura	3,156	2,833	2,642	2.6	2.4	2.2
Other respiratory organs	333	268	211	0.3	0.2	0.2
Of the uterus	14,871	14,433	14,074	12.4	12.1	11.9
Of other female genital organs	2,677	2,557	2,281	2.2	2.2	1.9
Ovary and Fallopian tube	2,160	2,044	1,826	1.8	1.7	1.5
Vagina and vulva	478	477	407	0.4	0.4	0.3
Other female genital organs	39	36	48	1/	1/	1/
Of the breast	11,863	11,415	10,875	9.9	9.6	9.2
Of the male genitourinary organs	9,546	9,151	8,616	8.0	7.7	7.3
Kidneys and suprarenals (male)	939	955	916	0.8	0.8	0.8
Bladder (male)	2,483	2,658	2,500	2.1	2.2	2.1
Prostate	5,438	4,903	4,626	4.5	4.1	3.9
Testes	349	342	269	0.3	0.3	0.2
Scrotum	44	37	30	1/	1/	1/
Other male genitourinary organs	293	256	275	0.2	0.2	0.2
Of the skin	3,120	2,978	3,007	2.6	2.5	2.5
Of other or unspecified organs	10,535	10,080	9,995	8.8	8.5	8.5
Kidneys and suprarenals (female)	758	687	703	0.6	0.6	0.6
Bladder (female)	1,263	1,212	1,168	1.1	1.0	1.0
Brain	928	842	804	0.8	0.7	0.7
Bones (except jaw)	1,633	1,636	1,603	1.4	1.4	1.4
Other or unspecified organs	5,953	5,703	5,717	5.0	4.8	4.8
Nonmalignant tumors	3,889	3,825	3,718	3.3	3.2	3.1
Ovary	167	142	96	0.1	0.1	0.1
Uterus	2,427	2,529	2,494	2.0	2.1	2.1
Other female genital organs	12	4	13	1/	1/	1/
Brain	741	646	607	0.6	0.5	0.5
Other organs	542	504	508	0.5	0.4	0.4
Tumors of which the nature is not specified	1,953	2,042	1,946	1.6	1.7	1.6
Ovary	22	40	40	1/	1/	1/
Uterus	18	21	24	1/	1/	1/
Other female genital organs	1	3	5	1/	1/	1/
Brain	1,457	1,535	1,429	1.2	1.3	1.2
Other organs	455	443	448	0.4	0.4	0.4

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
III. Rheumatic diseases, nutritional diseases, diseases of the endocrine glands, and other general diseases	40,856	40,457	41,059	34.1	34.0	34.8
Acute rheumatic fever	2,581	2,601	2,902	2.2	2.2	2.5
Chronic rheumatism, osteoarthritis	1,500	1,502	1,559	1.3	1.3	1.3
Gout	1	2	7	1/	1/	1/
Diabetes mellitus	26,298	24,236	22,456	22.0	20.4	19.0
Scurvy	32	38	42	1/	1/	1/
Beriberi	5	3	1	1/	1/	1/
Pellagra	3,694	5,090	6,332	3.1	4.3	5.4
Rickets	354	453	537	0.3	0.4	0.5
Osteomalacia	13	22	11	1/	1/	1/
Diseases of the pituitary body	59	42	59	1/	1/	1/
Diseases of thyroid and parathyroid glands	4,316	4,419	4,751	3.6	3.7	4.0
Simple goiter	290	299	316	0.2	0.3	0.3
Exophthalmic goiter	3,642	3,764	3,960	3.0	3.2	3.4
Others under this title	384	356	475	0.3	0.3	0.4
Diseases of the thymus gland	1,227	1,231	1,530	1.0	1.0	1.3
Diseases of the adrenals (Addison's disease, not specified as tuberculous)	355	339	305	0.3	0.3	0.3
Other general diseases	421	479	567	0.4	0.4	0.5
IV. Diseases of the blood and blood-making organs	9,833	9,631	9,184	8.2	8.1	7.8
Hemorrhagic conditions	785	911	692	0.7	0.8	0.6
Anemias	4,376	4,178	4,388	3.7	3.5	3.7
Pernicious anemia	3,878	3,718	3,885	3.2	3.1	3.3
Other anemias	498	460	503	0.4	0.4	0.4
Leukemias and pseudoleukemias	4,131	3,991	3,741	3.5	3.4	3.2
True leukemias	2,794	2,720	2,531	2.3	2.3	2.1
Pseudoleukemias (Hodgkin's disease)	1,337	1,271	1,210	1.1	1.1	1.0
Diseases of the spleen	429	434	325	0.4	0.4	0.3
Other diseases of blood and blood-making organs	112	117	38	0.1	0.1	1/
V. Chronic poisonings and intoxications	3,296	4,232	4,428	2.8	3.6	3.8
Alcoholism (acute or chronic)	3,045	3,926	4,148	2.5	3.3	3.5
Chronic poisoning by other organic substances	146	155	152	0.1	0.1	0.1
Occupational	5	18	3	1/	1/	1/
Others under this title	141	137	149	0.1	0.1	0.1
Chronic poisoning by mineral substances	105	151	128	0.1	0.1	0.1
Lead	78	111	101	0.1	0.1	0.1
Others under this title	27	40	27	1/	1/	1/

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
VI. Diseases of the nervous system and of the organs of special sense	129,297	129,586	132,435	108.1	109.0	112.2
Encephalitis (nonepidemic)	1,288	1,411	1,384	1.1	1.2	1.2
Meningitis	2,335	2,775	3,039	2.0	2.3	2.6
Simple meningitis	2,021	2,349	2,476	1.7	2.0	2.1
Nonepidemic cerebrospinal meningitis	314	426	563	0.3	0.4	0.5
Progressive locomotor ataxia (tabes dorsalis)	1,187	1,197	1,302	1.0	1.0	1.1
Other diseases of the spinal cord	3,016	3,272	3,271	2.5	2.8	2.8
Cerebral hemorrhage, cerebral embolism and thrombosis	104,636	103,140	105,013	87.5	86.7	89.0
Cerebral hemorrhage	94,451	93,575	95,035	78.9	78.7	80.5
Cerebral embolism and thrombosis	5,383	4,935	4,658	4.5	4.2	3.9
Softening of brain	687	600	657	0.6	0.5	0.6
Hemiplegia and other paralysis, cause unspecified	4,115	4,030	4,663	3.4	3.4	3.9
General paralysis of the insane	4,561	4,657	4,802	3.8	3.9	4.1
Dementia praecox and other psychoses	1,333	1,506	1,621	1.1	1.3	1.4
Epilepsy	2,827	2,957	3,074	2.4	2.5	2.6
Convulsions (under 5 years of age)	840	927	1,158	0.7	0.8	1.0
Other diseases of the nervous system	3,356	3,540	3,727	2.8	3.0	3.2
Neuralgia and neuritis	191	283	279	0.2	0.2	0.2
Others under this title	3,165	3,257	3,448	2.6	2.7	2.9
Diseases of the organs of vision	77	92	98	0.1	0.1	0.1
Diseases of the ear and mastoid process	3,841	4,112	3,946	3.2	3.5	3.3
Diseases of ear	2,307	2,399	2,348	1.9	2.0	2.0
Diseases of mastoid process	1,534	1,713	1,598	1.3	1.4	1.4
VII. Diseases of the circulatory system	294,596	280,422	280,403	246.2	235.8	237.5
Pericarditis	905	970	1,037	0.8	0.8	0.9
Acute endocarditis	3,544	3,663	3,893	3.0	3.1	3.3
Specified as acute	2,940	3,048	3,141	2.5	2.6	2.7
Unspecified (under 45 years of age)	604	615	752	0.5	0.5	0.6
Chronic endocarditis, valvular diseases	61,114	62,251	66,233	51.1	52.4	56.1
Endocarditis, specified as chronic, and other valvular diseases	57,145	58,355	61,970	47.8	49.1	52.5
Endocarditis, unspecified (45 years and over)	3,969	3,896	4,263	3.3	3.3	3.6
Diseases of the myocardium	125,134	117,551	115,491	104.6	98.9	97.8
Acute myocarditis	4,360	4,186	4,394	3.6	3.5	3.7
Myocarditis, unspecified (under 45 years)	1,454	1,609	1,792	1.2	1.4	1.5
Chronic myocarditis, myocardial degeneration	90,880	84,708	81,641	76.0	71.2	69.2
Unspecified	28,440	27,048	27,664	23.8	22.7	23.4
Diseases of coronary arteries, angina pectoris	37,231	31,985	28,504	31.1	26.9	24.1
Angina pectoris	19,843	19,168	19,092	16.6	16.1	16.2
Diseases of coronary arteries	17,388	12,817	9,412	14.5	10.8	8.0
Other diseases of the heart	39,908	36,769	37,093	33.4	30.9	31.4
Functional diseases of heart	716	664	747	0.6	0.6	0.6
Other and unspecified	39,192	36,105	36,346	32.8	30.4	30.8
Aneurysm (except of heart)	2,174	2,038	2,111	1.8	1.7	1.8
Arteriosclerosis (coronary arteries excepted)	20,504	21,007	21,835	17.1	17.7	18.5
Gangrene	920	1,004	1,092	0.8	0.8	0.9
Other diseases of the arteries	1,519	1,424	1,456	1.3	1.2	1.2
Diseases of veins (varices, hemorrhoids, phlebitis, etc.	696	787	723	0.6	0.7	0.6
Diseases of lymphatic system (lymphangitis, etc.)	172	192	156	0.1	0.2	0.1
Idiopathic anomalies of the blood-pressure	527	546	518	0.4	0.5	0.4
Other diseases of the circulatory system	248	235	261	0.2	0.2	0.2

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
VIII. Diseases of the respiratory system	105,555	110,617	112,716	88.2	93.0	95.5
Diseases of the nasal fossae and annexae	1,079	1,182	1,072	0.9	1.0	0.9
Diseases of nasal fossae	377	379	335	0.3	0.3	0.3
Others under this title	702	803	737	0.6	0.7	0.6
Diseases of the larynx	484	454	473	0.4	0.4	0.4
Bronchitis	4,327	4,570	4,978	3.6	3.8	4.2
Acute	1,591	1,661	1,735	1.3	1.4	1.5
Chronic	1,837	1,873	2,007	1.5	1.6	1.7
Unspecified (under 5 years of age)	245	322	436	0.2	0.3	0.4
Unspecified (5 years and over)	654	714	800	0.5	0.6	0.7
Bronchopneumonia (including capillary bronchitis)	39,015	39,977	40,449	32.6	33.6	34.3
Bronchopneumonia	38,549	39,484	39,918	32.2	33.2	33.8
Capillary bronchitis	466	493	531	0.4	0.4	0.4
Lobar pneumonia	49,376	52,950	53,589	41.3	44.5	45.4
Pneumonia, unspecified	3,755	3,756	4,167	3.1	3.2	3.5
Pleurisy	2,617	2,733	2,676	2.2	2.3	2.3
Congestion, edema, embolism, hemorrhagic infarct, thrombosis of lungs	1,790	1,783	1,931	1.5	1.5	1.6
Pulmonary embolism and thrombosis	439	475	486	0.4	0.4	0.4
Others under this title	1,351	1,308	1,445	1.1	1.1	1.2
Asthma	1,796	1,865	1,949	1.5	1.6	1.7
Pulmonary emphysema	114	114	153	0.1	0.1	0.1
Other diseases of the respiratory system (tuberculosis excepted)	1,202	1,233	1,279	1.0	1.0	1.1
Chronic interstitial pneumonia, including occupational diseases of respiratory system	280	286	262	0.2	0.2	0.2
Others, including gangrene of lung	672	947	1,017	0.6	0.8	0.9
IX. Diseases of the digestive system	86,919	94,871	101,330	72.6	79.8	85.8
Diseases of buccal cavity and annexa and of pharynx, tonsils	5,165	5,689	5,634	4.3	4.8	4.8
Diseases of pharynx and tonsils	4,329	4,794	4,707	3.6	4.0	4.0
Others under this title	836	895	927	0.7	0.8	0.8
Diseases of esophagus	140	144	154	0.1	0.1	0.1
Ulcer of stomach and duodenum	7,157	7,215	7,310	6.0	6.1	6.2
Ulcer of stomach	4,888	4,950	5,013	4.1	4.2	4.2
Ulcer of duodenum	2,269	2,265	2,297	1.9	1.9	1.9
Other diseases of stomach (cancer excepted)	3,662	3,906	4,522	3.1	3.3	3.8
Diarrhea and enteritis (under 2 years of age)	14,353	18,667	23,243	12.0	15.7	19.7
Diarrhea and enteritis (2 years and over)	5,230	5,997	7,877	4.4	5.0	6.7
Appendicitis	16,978	17,977	17,978	14.2	15.1	15.2
Hernia, intestinal obstruction	12,196	12,484	12,123	10.2	10.5	10.3
Hernia	4,829	4,771	4,530	4.0	4.0	3.8
Intestinal obstruction	7,367	7,713	7,593	6.2	6.5	6.4
Other diseases of intestines	1,181	1,234	1,257	1.0	1.0	1.1
Cirrhosis of liver	8,663	8,822	8,567	7.2	7.4	7.3
Specified as alcoholic	480	510	568	0.4	0.4	0.5
Not specified as alcoholic	8,183	8,312	7,999	6.8	7.0	6.8
Other diseases of liver (including yellow atrophy of liver)	1,614	1,660	1,829	1.3	1.4	1.5
Yellow atrophy of liver	491	519	588	0.4	0.4	0.5
Others under this title	1,123	1,141	1,241	0.9	1.0	1.1
Biliary calculi	4,563	4,736	4,570	3.8	4.0	3.9
Other diseases of gall-bladder, biliary passages	3,839	4,068	3,920	3.2	3.4	3.3
Diseases of pancreas	677	674	668	0.6	0.6	0.6
Peritonitis, cause not specified	1,501	1,598	1,678	1.3	1.3	1.4

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States (exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
X. Diseases of the genitourinary system	120,307	119,618	123,232	100.6	100.6	104.4
Acute nephritis (including unspecified under 10 years of age)	4,315	4,537	5,166	3.6	3.8	4.4
Chronic nephritis	91,813	90,714	92,047	76.7	76.3	78.0
Nephritis, unspecified (10 years and over)	8,360	8,559	10,061	7.0	7.2	8.5
Other diseases of kidneys and ureters (puerperal diseases excepted)	3,373	3,361	3,491	2.8	2.8	3.0
Calculi of urinary passages	1,177	1,087	1,006	1.0	0.9	0.9
Diseases of bladder (tumor excepted)	749	723	849	0.6	0.6	0.7
Diseases of urethra, urinary abscess, etc.	409	435	430	0.3	0.4	0.4
Disease of prostate	6,704	6,500	6,429	5.6	5.5	5.4
Diseases of male genital organs, not specified as venereal	125	108	105	0.1	0.1	0.1
Diseases of female genital organs, not specified as venereal	3,283	3,594	3,648	2.7	3.0	3.1
Cysts of ovary	699	722	773	0.6	0.6	0.7
Other diseases of ovaries, diseases of tubes and parametrium	1,714	1,951	2,046	1.4	1.6	1.7
Diseases of uterus	782	819	753	0.7	0.7	0.6
Nonpuerperal diseases of breast (cancer excepted)	17	26	18	1/	1/	1/
Others under this title	71	76	58	0.1	0.1	1/
XI. Diseases of pregnancy, childbirth, and the puerperal state	13,241	14,188	15,101	11.1	11.9	12.8
Abortion with septic conditions	2,047	2,100	2,000	1.7	1.8	1.7
Abortion without mention of septic conditions (to include hemorrhages)	713	663	681	0.6	0.6	0.6
Ectopic gestation	570	593	600	0.5	0.5	0.5
Septic conditions specified	107	110	102	0.1	0.1	0.1
Septic conditions not mentioned	463	483	498	0.4	0.4	0.4
Other accidents of pregnancy (not to include hemorrhages)	85	91	171	0.1	0.1	0.1
Puerperal hemorrhage	1,387	1,458	1,540	1.2	1.2	1.3
Placenta praevia	421	481	553	0.4	0.4	0.5
Other puerperal hemorrhages	966	977	987	0.8	0.8	0.8
Puerperal septicemia (not specified as due to abortion)	2,767	3,218	3,420	2.3	2.7	2.9
Puerperal septicemia and pyemia	2,754	3,206	3,401	2.3	2.7	2.9
Puerperal tetanus	13	12	19	1/	1/	1/
Puerperal albuminuria and eclampsia	2,680	3,058	3,642	2.2	2.6	3.1
Other toxemias of pregnancy	496	536	501	0.4	0.5	0.4
Puerperal phlegmasia alba dolens, embolus, sudden death (not specified as septic)	623	640	708	0.5	0.5	0.6
Other accidents of childbirth	1,823	1,775	1,794	1.5	1.5	1.5
Cesarean operation	440	434	439	0.4	0.4	0.4
Others under this title	1,383	1,341	1,355	1.2	1.1	1.1
Other and unspecified conditions of puerperal state	50	56	44	1/	1/	1/

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
XII. Diseases of the skin and cellular tissue	1,892	2,147	2,114	1.6	1.8	1.8
Furuncle, carbuncle	537	610	622	0.4	0.5	0.5
Phlegmon, acute abscess	653	789	770	0.5	0.7	0.7
Other diseases of skin and annexa, and of cellular tissue	702	748	722	0.6	0.6	0.6
XIII. Diseases of the bones and organs of locomotion	1,598	1,562	1,549	1.3	1.3	1.3
Osteomyelitis	1,063	1,054	1,044	0.9	0.9	0.9
Other diseases of the bones (tuberculosis excepted)	179	175	200	0.1	0.1	0.2
Diseases of joints and other organs of locomotion	356	333	305	0.3	0.3	0.3
XIV. Congenital malformations	12,315	13,030	13,201	10.3	11.0	11.2
Congenital malformations	12,315	13,030	13,201	10.3	11.0	11.2
Congenital hydrocephalus	1,635	1,632	1,599	1.4	1.4	1.4
Spina bifida and meningocele	1,396	1,417	1,458	1.2	1.2	1.2
Congenital malformations of the heart	6,272	6,820	6,927	5.2	5.7	5.9
Others under this title	3,012	3,161	3,217	2.5	2.7	2.7
XV. Diseases of early infancy	51,308	54,002	58,657	42.9	45.4	49.7
Congenital debility	3,852	4,388	4,689	3.2	3.7	4.0
Premature birth	32,963	34,274	37,221	27.6	28.8	31.5
Injury at birth	9,636	10,149	10,797	8.1	8.5	9.1
Cesarean operation	278	237	239	0.2	0.2	0.2
Without Cesarean operation	9,358	9,912	10,558	7.8	8.3	8.9
Other diseases peculiar to early infancy	4,857	5,191	5,950	4.1	4.4	5.0
XVI. Senility	10,145	10,375	11,700	8.5	8.7	9.9
XVII. Violent and accidental deaths	117,370	124,543	124,146	98.1	104.7	105.2
Suicide	20,880	20,030	18,496	17.5	16.8	15.7
By solid or liquid poisons or by absorption of corrosive substances	3,312	3,246	3,046	2.8	2.7	2.6
Arsenic	216	228	239	0.2	0.2	0.2
Hydrocyanic acid	357	238	130	0.3	0.2	0.1
Opium, morphin, laudanum	33	26	30	1/	1/	1/
Strychnin	395	401	354	0.3	0.3	0.3
Corrosive sublimate	433	462	435	0.4	0.4	0.4
Carbolic acid	672	787	773	0.6	0.7	0.7
Lysol	410	374	372	0.3	0.3	0.3
Other poisons or kind not stated	796	730	713	0.7	0.6	0.6
By poisonous gas	3,000	2,832	2,578	2.5	2.4	2.2
By hanging or strangulation	3,625	3,565	3,276	3.0	3.0	2.8
By drowning	994	952	963	0.8	0.8	0.8
By firearms	8,050	7,515	6,802	6.7	6.3	5.8
By cutting or piercing instruments	872	969	870	0.7	0.8	0.7
By jumping from high places	702	622	604	0.6	0.5	0.5
By crushing	156	162	167	0.1	0.1	0.1
By other means	169	167	190	0.1	0.1	0.2

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
XVII. Violent and accidental deaths - Cont'd						
Homicide	11,016	11,134	10,590	9.2	9.4	9.0
By firearms	7,447	7,513	7,173	6.2	6.3	6.1
By cutting or piercing instruments	1,647	1,731	1,613	1.4	1.5	1.4
By other means	1,922	1,890	1,804	1.6	1.6	1.5
Accidental, other, or undefined	85,474	93,379	95,060	71.4	78.5	80.5
Attack by venomous animals	127	114	104	0.1	0.1	0.1
Poisoning by food	638	773	804	0.5	0.7	0.7
Absorption of poisonous gas	1,982	2,055	2,309	1.7	1.7	2.0
Supplemental	63	32	95	0.1	1/	0.1
Other acute accidental poisonings(gas excepted)	1,597	1,810	1,760	1.3	1.5	1.5
Wood alcohol	237	294	312	0.2	0.2	0.3
Denatured alcohol	81	150	135	0.1	0.1	0.1
Carbolic acid	43	54	60	1/	1/	0.1
Opium, morphin, laudanum	19	25	24	1/	1/	1/
Strychnin	132	156	148	0.1	0.1	0.1
Other poisons or kind not stated	1,085	1,131	1,081	0.9	1.0	0.9
Conflagration	1,542	1,494	1,983	1.3	1.3	1.7
Burns (conflagration excepted)	5,335	5,356	5,884	4.5	4.5	.5.0
Supplemental	558	518	622	0.5	0.4	0.5
Mechanical suffocation	897	966	1,085	0.7	0.8	0.9
Supplemental	40	56	61	1/	1/	0.1
Drowning	6,169	6,615	6,618	5.2	5.6	5.6
Supplemental	1,222	910	808	1.0	0.8	0.7
By firearms (wounds of war excepted)	2,907	3,010	3,097	2.4	2.5	2.6
By cutting or piercing instruments (wounds of war excepted)	753	835	753	0.6	0.7	0.6
Supplemental	228	331	321	0.2	0.3	0.3
By fall, crushing, landslide	26,591	26,987	26,447	22.2	22.7	22.4
By fall	17,806	17,417	17,324	14.9	14.6	14.7
Supplemental	2,583	2,865	2,624	2.2	2.4	2.2
By crushing, landslide	496	572	710	0.4	0.5	0.6
Supplemental	5,706	6,133	5,789	4.8	5.2	4.9
Cataclysm	402	61	117	0.3	0.1	0.1
Injuries by animals	569	581	593	0.5	0.5	0.5
Hunger and thirst	27	33	27	1/	1/	1/
Excessive cold	283	160	337	0.2	0.1	0.3
Excessive heat	687	2,762	1,485	0.6	2.3	1.3
Lightning	360	442	358	0.3	0.4	0.3
Due to electric currents	587	687	872	0.5	0.6	0.7
Supplemental	86	96	107	0.1	0.1	0.1
Other accidents	31,689	36,540	38,257	26.5	30.7	32.4
Foreign bodies	631	690	663	0.5	0.6	0.6
Others under this title	3,789	4,360	4,860	3.2	3.7	4.1
Supplemental	27,269	31,490	32,734	22.8	26.5	27.7
Violent deaths of unknown nature	5	6	8	1/	1/	1/
Wounds of war	-	7	6	-	1/	1/
Legal executions	130	142	142	0.1	0.1	0.1
XVIII. Ill-defined causes of death	20,908	22,407	24,760	17.5	18.8	21.0
Sudden death	1,944	1,962	2,387	1.6	1.7	2.0
Cause of death not specified or ill-defined	18,964	20,445	22,373	15.8	17.2	19.0
Ill-defined	4,741	5,267	5,524	4.0	4.4	4.7
Not specified or unknown	14,223	15,178	16,849	11.9	12.8	14.3

This additional tabulation is made in accordance with the requirements of the International Conference at Paris, 1929. The deaths included represent a reclassification of accidental deaths for comparison with figures reported in prior years, and they are shown as supplemental to the corresponding causes of death under Titles 178 to 194, inclusive, of the International List.

CAUSE OF DEATH	Deaths and death rates in the registration area in continental United States(exclusive of Utah)					
	Number of deaths			Rate per 100,000 estimated population		
	1932	1931	1930	1932	1931	1930
Accidents in mines and quarries	1,503	1,828	2,488	1.3	1.5	2.1
Accidents from agricultural machinery	283	311	313	0.2	0.3	0.3
Elevator accidents	216	285	345	0.2	0.2	0.3
Accidents from machinery used for recreation	13	16	16	1/	1/	1/
Other machinery accidents	874	1,012	1,383	0.7	0.9	1.2
Railroad and automobile collisions	1,462	1,645	1,753	1.2	1.4	1.5
Other railroad accidents	3,490	3,574	3,994	2.9	3.0	3.4
Street car and automobile collisions	302	419	460	0.3	0.4	0.4
Other street car accidents	521	674	710	0.4	0.6	0.6
Automobile accidents (primary)	26,235	29,885	28,950	21.9	25.1	24.5
Motorcycle accidents	241	315	374	0.2	0.3	0.3
Other land transportation accidents	1,115	1,167	1,066	0.9	1.0	0.9
Water transportation accidents	1,116	813	716	0.9	0.7	0.6
Air transportation accidents	384	487	593	0.3	0.4	0.5

1/ Less than one-tenth of 1 per 100,000 population.

RSJ
9-21-33

6

Columbia University
College of Physicians and Surgeons
630 WEST 168TH STREET, NEW YORK
LIBRARY

March 19, 1934

Dr. John Harvey Kellogg, Editor,
Good Health,
Good Health Publishing Company,
Battle Creek, Michigan

Dear Dr. Kellogg:

I would like to make a suggestion regarding Good Health. Librarians would appreciate the courtesy of seeing the volume and number of each issue printed on the front cover of your journal in Arabic numerals. Continuous pagination for the literature would also be helpful in binding the journal and in quoting references to the printed articles.

Your cooperation in this matter will be appreciated.

Sincerely yours,

Alfred L. Robert

Alfred L. Robert,
Medical Librarian

ALR/F

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3/27/34

Dr. Emil Leffler, Pres.
Battle Creek College
Battle Creek, Mich.

Mar.
28
1934

Dear Dr. Leffler,-

Would you be so good as to send me a brief bibliography to place at the end of your article on "History of Battle Creek College" for the Encyclopedia.

Each article in the Encyclopedia will carry a brief Bibliography, and exceptions would, I fear, invite comment.

Sincerely yours,

G. N. Fuller

GNF/PA

April 10, 1934.

MOUNTAIN LAKE CLUB
LAKE WALES, FLORIDA

Miami - Gattlecreek.
Miami Springs, Florida

Gentlemen :-

Please send us at above address 5 tins of Kaba and one box of Paramels - (sweetened). Please mail us this bill here.

On April 23rd or sooner please send us 12 tins of Kaba and 6 boxes Paramels to our northern address at 67 Wellesley Ave., Wellesley, Mass. These may be sent any time convenient to you but we would like them to reach there by April 26th. at the latest - Please send bill for this order to 67 Wellesley

Ave., Wellesley, Mass.

Mr. Babson would like to know when you close the Miami Sanitarium for the season and when Dr. Kellogg goes North.

Yours

Very Truly Yours
Grace M. Babson

Mrs. R. W. Babson

April 11, 1934

Mrs. A. W. Babson,
Mountain Lake Club,
Lake Wales, Fla.

Dear Madam:

We have your letter of April 10.

As requested, we are sending you, in care of Mountain Lake Club, Lake Wales, Florida, 5 tins of Kaba and one box of Paramels. We are also, as you request, sending you to 67 Wellesley Ave., Wellesley, Mass., 12 tins of Kaba and 6 of Paramels.

We close this place for the season June 1, at which time Dr. Kellogg returns to Battle Creek for the summer.

Sincerely yours,

MIAMI-BATTLECREEK SANITARIUM

b

April 17, 1934

Dr. Roger W. Babson,
Mountain Lake Club,
Lake Wales, Florida.

Dear Dr. Babson:

I am delighted to have your letter and to see that the big bosses at Washington are sitting up and taking notice of the splendid things you have been saying about the need of character in the government, and I am particularly pleased to note that you are broadening the scope of your proposition so as to include race betterment, which in my opinion must be made the corner stone of any permanent progress.

I am not so optimistic as to expect any sudden change in national or racial tendencies, and, in fact, am pretty well convinced that race degeneracy has gone so far there is no hope of saving the race as a whole, but by sowing seed such as you are scattering and persevering effort to get intelligent men and women thinking in right lines we may hope to see in the present generation the beginning of the development of an aristocracy of health and character which may ultimately result in the development of a new and better humanity.

I am delighted to know that you are going to accept my invitation to spend a few days with us here. I will do my best to make your stay here as pleasant and profitable as possible. I shall esteem it

a golden opportunity to tap your great treasury of wisdom and inspiration and warn you in advance that I shall steal all the thunder I can.

I had already agreed to give a couple of addresses for the State Agricultural Society which meets at Orlando May 1 to 3. I was glad to learn by telephone that you can make your visit here the third to the fifth. I hope the change in date will not cause you inconvenience.

Anticipating greatly the pleasure of your visit and hoping you will find your stay here restful and refreshing, I am

Very sincerely and cordially yours,

b

Dr Julius Schülein
General-Direktor
der
„Cenovis" Werke G.m.b.H.
Tel. 42841

München, April 18, 1934.
Rosenheimerstr. 30.

T.

Mr. B. J. K i r k l a n d ,
c/o The Battle Creek Food Co.,
Battle Creek /Mich.

Dear Mr. Kirkland:

From a medical friend I have received enclosed article on the significance of yeast in treating diabetes. I am sending it to you on the assumption that you may be interested in it, and am

Yours very truly,

Juliusschülein

From "Vienna Journal", Feb. 1,1934

I N S U L I N FROM Y E A S T

In the leading Medical Journal of France, "Progres Medicine", Prof. Dr. Sainton makes the surprising announcement that he has succeeded in producing a vegetable insulin from yeast, an achievement which is likely to become of the highest practical importance in the treatment of diabetes.

The fact that even after the discovery of insulin Science is still continuing its search after new methods and curative means for combatting diabetes shows that insulin is by no means the last word in the fight against a disease that has become a popular sourge. At present the main obstacles which frequently render insulin treatment rather difficult, are the production of insulin which is obtained from the pancreas of fresh killed cattle, and the consequent costliness of that production. In addition thereto it must be remembered that insulin properly speaking has no curative effect but is to be considered a "substitute". It must be applied again and again if, especially in aggravated cases of the disease, the reappearance of the threatening symptoms is to be avoided. Moreover, despite the most strenuous efforts no way has been found to render insulin effective when given internally; hence recourse had always to be taken to injections which ~~usually proved~~ are sometimes very disagreeable.

It is quite natural, therefore, that nothwithstanding the beneficent and life saving effects of insulin, new bases of treating diabetes were constantly being sought. The ideal aim would be to effect a radical cure of diabetes by removing the weakness of the insular organ and thus correspondingly increasing the production of the insulin inherent in the body. Experiments along that line are already being made but have so far led to no definite results. Thus, in a Hungarian Hospital, ~~the experiment~~ an experiment has been made ~~tried~~ with some encouraging signs of success, to increase by diathermal treatment the internal secretive action of the pancreas in order to bring about an improvement of diabetis from within; for a similar purpose, Italian surgeons have made operations on the supra renal gland whereby a counter agent of the insulin was to be weakened and the latter to be strengthened in its effect upon diabetes.

Some recent laboratory tests have even resulted in gaining a new hormone from the pituitary gland, which directly affects the insulin glands and causes an increased insulin production and large growths of the insular cells. The practical value of this hormon, which might strike at the fundamental cause of diabetes has, however, not been tested so far. Hence the principal ~~researches~~ investigators are still on the lookout for new substances which, like insulin, will diminish the sugar content in the blood and urine and thereby eradicate the symptoms of diabetes. It is true that substances of insulin-like efficiency have been discovered in oats, bean shells and ~~similar~~ other plants, but these "vegetable insulins" are as yet without practical signification.

A different view point is advanced by the research work of Prof. Sainton. His starting point is based on the opinion that a deficiency of vitamin B will likewise be accompanied by disturbances in sugar metabolism as is the case in diabetes. Since vitamin B, which is really

composed of 5 different vitamin factors, is found in great abundance in yeast, it was only logical to test the yeast or extracts made therefrom in their effect upon diabetes. The result showed that the water soluble B vitamins as contained in beer yeast actually exercised a favourable influence upon the carbohydrate metabolism ~~of~~ diabetes.

Numerous animal tests which Sainton made showed a remarkable similarity between the effect of yeast and that of insulin. Prof. Sainton concluded, therefore, that vitamin B is a vegetable insulin. (In contrast to the animal insulin yeast extract, a 15 to 20 gr yeast taken daily ~~can replace~~ of the carbohydrates, diminishes the blood sugar.)
On the strength of his investigations Sainton considers the clinical utilisation of yeast as fully justified. Practical tests on a large scale will soon follow and will be watched with great interest, for a yeast-cure would undoubtedly greatly simplify and cheapen the price of the treatment of diabetes.

- - - - - - - - - - - -

FROM "PRESSE MEDICAL" (Revue des Journeaux) May 14, 1932.

A.S. Melcer, Treatment of Diabetes with vitamin B.
(Polska Gazeta Lekarska, Vol. IX. No. 5, January 31, 1932.)

Vitamin B has been the subject of a great many treatises. Besides its effect upon the assimilation of albumen, fats and lipoids, it shows a distinct effect also upon carbohydrates. Its action is sufficiently important to have gained for itself the name of external hormone, in view of the similar action of the hormones of internal gland secretions upon the assimilation of sugar. Funk, Schenborn, Collazo, Lelesz, Rathery, have given much attention to vitamin B and have shown that insufficiency of vitamin B will cause hyperglycemia through a direct and exclusive action upon the combustion of sugar. In diabetes vitamin B increases the tolerance for carbohydrates and lessens the sugar contents in the blood. Taken as a whole, vitamin B improves the assimilation of carbohydrates and lessens the sugar contents ~~in~~ the blood. Taken as a whole vitamin B improves the assimilation of carbohydrates. ~~On the other hand,~~ Chabowitch shows in his work on polyneuritis of pigeons that there exists a real relation between Insulin and vitamin B.

Melcer's clinical experiments with vitamin B for treatment of diabetes on six patients extend for about a year. The patients receive 40 gm. of yeast daily for a period of from 6 to 8 weeks. The results may be summed up as follows:

1. Treatment of diabetes with vitamin B shows generally a cure or at least a decided improvement in regulating the combustion of sugar.

2. The therapeutic effect of vitamin B is not restricted solely to the period of administering the yeast but continues after the treatment has been stopped.

3. This very simple form of treatment sometimes is inoperative when in addition to diabetes or a disturbed regulation of the combustion of sugar there is an abnormal decomposition of glycogene in sugar, but even in such serious cases as diminution of the general symptoms and of glycosurie may be realized.

It appears, therefore, that yeast should be prescribed in all cases of diabetes, even when insulin is considered indispensable. From the very beginning of the treatment, yeast partly replaces insulin and later on becomes its substitute. This vitamin therapy shows a decided advantage also inasmuch as it greatly assists in dieting the patients, a fact to be especially appreciated in cases of anemic or cachectic patients.

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Mountain Lake Club
Lake Wales. Fla.
April 23/34

Dear Dr. Kellogg:

I am inclined to accept your kind invitation to visit you for a couple of days before I return north and suggest that you let me arrive Wednesday, May 2nd.

The "seed" which we have planted is beginning to sprout a little. Both Secretary of Commerce Roper and Attorney General Cummings have been here to visit me and discuss our proposed Department for Race Betterment.

You will also be interested in the enclosed letter from the

Chairman of the Civil Service Commission who is also mutually interested.

Before going further - however - I must get your advice as you understand certain aspects better than anyone else. I could arrive the afternoon of May 2nd and remain until the early morning of the 5th.

What are your wishes?

Sincerely

Logan W. Larson

April 24, 1934

Dr. G. N. Fuller
Michigan Historical Commission
State Office Building
Lansing, Michigan

Dear Dr. Fuller:

I am inclosing herewith a copy of the bibliography to be appended to my article on "History of Battle Creek College" for the Encyclopedia.

Sincerely yours,

Emil Leffler
President

l:s

The Battle Creek Sanitarium
Battle Creek Michigan

Physicians' Library

April 24, 1934.

Mrs. Butler,
Miami-Battle Creek Sanitarium,
Miami Springs, Fla.

My dear Mrs. Butler:

We are sending off today some material that Dr. Kellogg specially required. He asked that it be marked personal so that it would come at once to his attention.

Two of the articles wanted were in our own library, so I have sent the journals thinking he might like to see the whole articles and could have the parts that he specially wanted typed. The other article was in the John Crerar Library, and Mr. Bay, the Librarian, kindly sent me a typed copy.

Will you please keep your eye on our two journals and see that they are returned:

Bulletin of Johns Hopkins Hospital, Sept. 1933;

Journal de Physiologie et de Pathologie generale, Sept. 1933.

I hope you have had a happy winter at Miami Springs. It is still snowing here, but we have occasional balmy days. I suppose you will be returning in about a month.

Sincerely yours,

Edith E. Wagner

STATE OF MICHIGAN

Michigan Historical Commission

STATE OFFICE BUILDING
LANSING

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Dr. Emil Leffler, Pres.
Battle Creek College
Battle Creek, Mich.

Apr.
27
1934

Dear Dr. Leffler,-

Thank you for the bibliography to accompany your article on "History of Battle Creek College."

Sincerely yours,

G. N. Fuller

GNF/PA

Dr. Roger W. Babson,
Babson Park, Florida.

May 12, 1934

Dear Dr. Babson:

Just a word with reference to your new department. As regards a man to head the committee, Irving Fisher would be in most respects an ideal person for the task. He lacks, of course, the technical knowledge which a Doctor of Public Health will possess, and not having been engaged in public health activities, he has not made the contacts with experts he otherwise would have made.

Dr. Cummings, the head of the present Bureau of Health in Washington, would have the advantage of expert knowledge and training and a large acquaintance with experts. The chief difficulty would be that in organizing the work he would be in danger of being too conservative and would follow old lines of thought too closely.

Dr. Henry Vaughan, Health Officer of the City of Detroit, is a man of high attainments and unusual ability. H. C. Sherman of Columbia is a regular encyclopedia of information. I do not know anything about his executive ability. He probably has had small experience in that line. It would seem to be necessary to combine several men in one to get all the qualities necessary.

It might prove to be a mistake to try to organize a new department in such a way as to eclipse all the present existing departments as every one will fight for its existence and so build up a tremendous opposition. A more tactful way, I should think, would be to utilize the forces that

are at present at work so far as possible to do so.

Of course you ought to be on the committee yourself. Very likely the President will make you chairman of it. Your large experience in business organization would enable you to do what none of the men mentioned could do in bringing together the various factors necessary for making the project a success.

I am delighted that you are stirring this thing up, and with the tremendous energy you are prepared to put behind it, I believe there is a good chance for success, although I confess that for some years I have had little hope of getting the politicians interested in anything so remotely affecting their immediate personal interests as eugenics or race betterment.

With best wishes and hoping to have the pleasure of seeing more of you and becoming better acquainted with your work, I am

Sincerely yours,

b

May 12, 1934

Dr. Roger W. Babson,
Babson Park, Florida.

Dear Dr. Babson:

I promised to write you with reference to the results of the examination made in your case. On the whole your case is a remarkable example of a normal man. The results of the various tests are as follows:

BLOOD--Hemoglobin, 87.8; normal, 100.

Red blood count, 4,450,000; normal, 5,000,000

White cells, 9,100; normal, 7,000

A high white blood count is sometimes indicative of infection. We find no evidence of this in your case.

URINE--Every item is normal. The acidity is 2. No albumen, no indican, no sugar, and no pus cells. A remarkably healthy specimen.

The results of the chemical examination of the blood are blood sugar, 98; non-protein nitrogen, 31.

Wahn test negative.

Blood pressure, systolic 122, diastolic 78, which is normal.

Stools not of good quality but by no means bad.

Metabolism minus 4.4, which is very good indeed for a person of your age.

The electrocardiograph and heart examination show no serious defect.

X-ray fluoroscopic examination showed the stomach emptied in four hours, which is normal.

The bowels are a little sluggish and the tongue somewhat coated.

We find no evidence of organic disease; indeed, you are an unusually good specimen of a well preserved man and at such an age that indicates the possession of a remarkably fine constitution and a life expectancy that ought to carry you to the full century. Careful biologic living ought to add considerably to your life expectancy. The important thing is to make the burden on the vital machinery as light as possible by avoiding unnecessary expenditures of vital energy; in other words, treating the body as one would treat a fine watch or an automobile. The avoidance of tea, coffee, tobacco, alcohol and the exclusion of meats from the diet, with regularity, simplicity and temperance in all one's habits of living are the chief factors necessary to maintain high efficiency and to attain the greatest longevity.

I hope you enjoyed your visit here and that we shall have the pleasure of having you with us again.

Sincerely yours,

b

May 14, 1934

Dr. David Fairchild,
The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.

Dear Dr. Fairchild:

I sent off the letter to the President about your experimental station and it has occurred to me that it would be well also to send a letter to each of the Senators who represent Florida and it may be well also to interest Ruth Bryan Owen, Minister to Denmark, if you have not already done so.

Sincerely yours,

b

May 12, 1934

Hon. Franklin D. Roosevelt,
The White House,
Washington, D. C.

Dear Mr. President:

I trust you will pardon an expression of opinion from me on a subject which may seem at the first blush to have nothing to do with public health, but which as a matter of fact will have a direct bearing on the development of this region as perhaps the greatest winter health resort in the world. I refer to a project which has to do with the encouragement of outdoor gardening in this great country of South Florida, which, in my opinion, is rapidly becoming one of the greatest in the world for the restoration to health of the intellectual classes of our country.

My long experience with nervous people, whose lives have been spent in continual contact with others, has convinced me that for many types of people there is nothing more effective than gardening out of doors to restore them to health and sanity when they are suffering from overwork. This region, I have found, is particularly adapted to out-of-door gardening during that period of the year, late winter, when there are perhaps more people suffering from the strain of hectic city life than at any other time of the year.

There has grown up here a craze for gardening which is most unusual and which has been encouraged in a most remarkable way by the activities of the Federal Government through its Plant Introduction Service of the Department of Agriculture. Through this service of the Department there have been brought in hundreds of interesting and valuable tropical plants, and they have been disseminated throughout the region and are now found everywhere in the gardens of the people.

Another consideration of importance is the fact that this region greatly lacks useful and ornamental fruits and plants. The apple, pear, peach and cherry do not flourish here. The climate is so tropical that it is necessary to import plants adapted to the soil and weather conditions found here, but which Nature has not supplied because of our isolated position. The experimental station is greatly needed here for the development of the one spot in the United States where even the tenderest of tropical products can be made to flourish. This particular spot, Chapman Field, was chosen for the experiment station because by a careful and exhaustive survey of this whole region it was found to be almost the only spot really safe from frost. A good start has been made as the result of the work of several of our best plant experts and it

will be a great loss to destroy the fruits of their labors. There are many places in this region well suited to serve as a bombing station, but none other so well adapted to the work of introducing tropical plants and training them to thrive in a new environment.

This introduction service of the Department of Agriculture has been carried on modestly and unostentatiously and there are probably thousands of citizens in this region who scarcely realize the role that this service has played in their lives. Its activities here have been hampered from the beginning by lack of suitably located land and now the time has come when it would seem to be a policy of far-reaching importance to extend that service by giving it the necessary land on which to expand.

I am informed that the question has arisen of turning over to this service of the Department of Agriculture an area of land at Chapman Field now held by the War Department and utilized temporarily as a bombing station. From the standpoint of the public health of this region I believe any careful examination would show beyond a shadow of a doubt that the expansion of a bombing base around the garden now occupied by the Plant Introduction Service would be inadvisable. Whereas the expansion of the activities of the Department of Agriculture in that same region would be a far-sighted and wise policy of the Administration.

The reasons for the establishment of the Plant Introduction Garden of the Department of Agriculture at Chapman Field were climatic reasons. It has been proven to be one of the very warmest areas in the whole United States and, therefore, unique in its adaptability for the purpose of growing the tenderest tropical plants in order that they may produce seeds for distribution and trial in regions almost but not quite so warm.

To move such a garden as is already active at Chapman Field, or to curtail its activities for the purpose of building there a bombing field, which could be located elsewhere at no greater increased expense, is a policy which does not appeal to me from the standpoint of public health.

The greatest national asset of this whole region is that of its power to restore to health those who have become exhausted by the conflicts of life. This power is contained in its glorious sunlight, its equable temperature in winter, and its marvelous bathing opportunities, and last but by no means least, its marvelous opportunities for gardening throughout the winter. I cannot look with equanimity upon any policy which would affect unfavorably the growing interest in this outdoor gardening and its encouragement through the bringing in of thousands of tropical species of plants waiting for introduction.

I have said nothing with regard to the economic factors concerned in the introduction of new fuits and vegetables. The results of the Plant Introduction Service of the Department of Agriculture are too well known to require mention here. The soybean introduction alone has already affected profoundly the agriculture of the whole country. The crops which are being grown here are largely of tropical origin. As I see it,

the horticulture of the tropics, in the American sense of the term, is likely to be affected profoundly by the discoveries and inventions of American minds in this the tropical area of the United States.

The air protection of this coast is of course an important matter, but it would be unfortunate indeed if the means could not be found to place an adequate bombing station where it will not interfere with the gardening activities of the people. There are millions of acres of Everglade land suitable for a bombing field which are too cold in winter for the development of tropical gardens. The municipal and naval air fields are on such land already and I am informed have proven perfectly satisfactory.

My chief reason for writing you this letter is to make sure that in your decision in regard to this matter you do not overlook the important element of health in its wider aspect which is involved.

Trusting to hear that you have decided to transfer the Chapman Field area from the jurisdiction of the War Department to that of the Department of Agriculture, I remain

Very sincerely yours,

b

UNITED STATES DEPARTMENT OF AGRICULTURE

BUREAU OF PLANT INDUSTRY

WASHINGTON

DIVISION OF
FOREIGN PLANT INTRODUCTION

The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.
May 11, 1934.

Hon. Simon E. Sparrow

Dear Mr.

I trust you will pardon an expression of opinion from me on a subject which may seem at the first blush to have nothing to do with public health, but which as a matter of fact will have a direct bearing on the development of this region as perhaps the greatest winter health resort in the world. I refer to a project which has to do with the encouragement of out-door gardening in this great country of South Florida, which, in my opinion, is rapidly becoming one of the greatest in the world for the restoration to health of the intellectual classes of our country.

My long experience with nervous people, whose lives have been spent in continual contact with others, has convinced me that for many types of people there is nothing more effective than gardening out-of-doors to restore them to health and sanity when they are suffering from over-work. This region, I have found, is particularly adapted to out-of-door gardening during that period of the year, late winter, when there are perhaps more people suffering from the strain of hectic city life than at any other time of the year.

There has grown up here a craze for gardening which is most unusual and which has been encouraged in a most remarkable way by the activities of the Federal Government through its Plant Introduction Service of the Department of Agriculture. Through this service of the Department there have been brought in hundreds of interesting and valuable tropical plants, and they have been disseminated throughout the region and are now found everywhere in the gardens of the people.

The plants familiar to winter visitors from the North, as composing their gardens at home, do not grow here satisfactorily. Not a single representative of the great group of apples, pears, cherries, plums, etc. are grown here at all. In consequence the people are depending upon new tropical forms, which, not only attract them by their novelty but in reality represent delicious and healthful foods and sublimely beautiful tropical flowers.

This introduction service of the Department of Agriculture has been carried on modestly and unostentatiously and there are probably wkthousands of citizens in this region who scarcely realize the role that this service has played in their lives. Its activities here have been hampered from the beginning by lack of suitably located land and now the time has come when it would seem to be a policy of far-reaching importance to extend that service by giving it the necessary land on which to expand.

I am informed that the question has arisen of turning over to this service of the Department of Agriculture an area of land at Chapman Field now held by the War Department and utilized temporarily as a bombing station. From the standpoint of the public health of this region I believe any careful examination would show beyond a shadow of a doubt that the expansion of a bombing base around the garden now occupied by the Plant Introduction Service would be inadvisable. Whereas the expansion of the activities of the Department of Agriculture in that same region would be a far-sighted and wise policy of the Administration.

The reasons for the establishment of the Plant Introduction Department Garden of the Department of Agriculture at Chapman Field were climatic reasons. It has been proven to be one of the very warmest areas in the whole United States and, therefore, unique in its adaptability for the purpose of growing the tenderest tropical plants in order that they may produce seeds for distribution and trial in regions almost but not quite so warm.

To move such a garden as is already active at Chapman Field, or to curtail its activities for the purpose of building there a bombing field, which could be located elsewhere at no greater increased expense, is a policy which does not appeal to me from the standpoint of public health

The greatest national asset of this whole region is that of its power to restore to health those who have become exhausted by the conflicts of life. This power is contained in its glorious sunlight its equiable temperature in winter and its marvelous bathing opportunities, and last but by no means least, its marvelous opportunities for gardening throughout the winter. I cannot look with equanimity upon any policy which would affect unfavorably the growing interest in this outdoor gardening and its encouragement through the bringing in of the thousands of tropical species of plants waiting for introduction.

I have said nothing with regard to the economic factors concerned in the introduction of new fruits and vegetables. The results of the Plant Introduction Service of the Department of Agriculture are too well known to require mention here. The Soy Bean introduction alone has already affected profoundly the agriculture of the whole country. The crops which are being grown here are largely of tropical origin.

As I see it the horticulture of the tropics, in the American sense of the term, is likely to be affected profoundly by the discoveries and inventions of American minds in this the only tropical area of the United States.

The air protection of this coast is of course an important matter, but it would be unfortunate indeed if the means could not be found to place an adequate bombing station where it will not interfere with the gardening activities of the people. There are millions of acres of Everglade land suitable for a bombing field which are too cold in winter for the development of tropical gardens. The municipal and naval airfields are on such land already and I am informed have proven perfectly satisfactory.

My chief reason for writing you this letter is to make sure that in your decision in regard to this matter you do not overlook the important element of health in its wider aspect which is involved.

Trusting to hear that you have decided to transfer the Chapman Field area from the jurisdiction of the War Department to that of the Department of Agriculture, I remain,

Very sincerely yours,

JOHN L. KELLOGG JR.
KELLOGG INN
Battle Creek, Michigan

May 17, 1934.

Mr. Roger W. Babson,
Babson Park, Mass.

Dear Mr. Babson:

Thanks for your very thotful note.

Have taken medical examinations, and in fact it was only about a year ago that I was at Mayo's for a general check-up.

As you have indicated, I have not yet found the best way to live, but think I am making progress all the time.

Yours very truly,

John L. Kellogg, Jr.

jlk
tg

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May 18, 1934.

Dr. John Harvey Kellogg,
Miami Springs, Florida.

Dear Dr. Kellogg:

Ever since I saw you I have been travelling, having spent nearly every night in a different bed. Included in the trip was a visit to the White House, and I also stopped over in New York City. The President is trying to do the best he can to hold his wild horses, but there is no sign of Congress turning to the right.

Today I am in the office for practically the first time in some months, and among the first letters which I am writing is this one to you, thanking you for your courtesies to me, and commending you on the splendid work which you are doing. I hope that I am the first person to order "everything" that you have written, and insisting on paying therefor. The package of books has arrived, and last night I started systematically to go thru them.

Let me especially commend your latest book, "How to Have Good Health". It is an exceptionally useful book, because altho strictly scientific, it is written in a way that should appeal to every sensible person. If every business man in the United States would read this book, I really believe the depression would soon be at an end. With kindest regards, I am,

Very truly yours,

Roger W. Babson

RWB:CJM

Copy

May 18, 1934.

Professor Irving Fisher,
New Haven, Connecticut.

Dear Professor Fisher:

Some weeks ago, Secretary of Commerce Daniel C. Roper called on me at Babson Park, Florida, and, in fact, spent the night at my home. He came to talk with me about a plan to create in the colleges, an organization to prepare young men for the Civil Service, the same as the R.O.T.C. prepares young men for the Army. He asked me to carefully think over someone who would be the best men in the country to organize this work in the immediate interests of Civil Service, and in the ultimate interests of race betterment.

Early this month I went to Miami Springs to talk the matter over with Dr. Kellogg, and we decided that you would be the man. Thereupon I stopped in Washington and talked the matter over with both Secretary Roper and Leonard D. White, the new member of the Civil Service Commission. Mr. White is from Chicago, and is also interested in the plan. The net result of the talk was that Mr. Roper asked me to "sound you out", which I am now doing.

Confidentially, there is one thing in connection with the matter, which I do not fully understand, namely, the attitude of Chester H. McCall, who is Mr. Roper's secretary. Whether he is the father or the child of the idea I do not know; but when talking Mr. Roper's plan over with Mr. McCall, he apparently seemed more interested in the new Institute of Public Affairs, with which you are doubtless acquainted. Of

course, I believe in all of these things, and am willing to help which ever one is the most practical. With kindest regards, I am,

Very truly yours,

RWB

RWB:CJM

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May 21, 1934.

Dr. John Harvey Kellogg,
Miami Springs, Florida.

Dear Dr. Kellogg:

I thank you very much for your two letters. I have already sent you a copy of the letter which I wrote Irving Fisher, which brings the situation up-to-date.

I also received this morning, the enclosed letter from John, which is hopeful. He is a fine fellow, but he must take care of himself.

I am now counting the days when you will be my guest next February at Mountain Lake and Babson Park. With kindest regards, I am,

Very truly yours,

Roger W. Babson

RWB:CJM

May 27, 1934

Dr. Roger W. Babson,
Babson's Statistical Organization, Inc.,
Babson Park, Massachusetts.

Dear Dr. Babson:

I am glad to have your letter of May 18th and to see that you are actually pushing the plan to have a Secretary of Health and Character on the President's cabinet for the promotion of better living and race betterment. In my opinion these are things which the world most needs at the present time.

Your action in sending in an order for all of my books was most generous, but I am glad to say it was not altogether unique, as such orders are rather frequently received. Our methods are progressive. Discoveries in recent years have thrown great light upon methods by which Nature prevents and cures disease. I am glad that you are going to take the trouble of looking the books through, and I hope you will give me the benefit of your criticism.

I have rewritten "The Home Hand Book" and have the manuscript nearly ready for the printers. I also have a new edition of "The New Dietetics" in preparation.

I wonder if you have subscribed to "Good Health?" Permit me to send you a copy with my compliments. I have been editing this journal for 61 years and have gotten out every number and without missing one.

I shall be most happy to visit you next February and hope I shall not be quite so hurried as when in Orlando last.

Thank you very much for sending me a copy of a letter from John L.

Kellogg. I also have a note from him. When I get back to Battle Creek I will try to get hold of him and see that he is fully informed with reference to the most up-to-date manner of keeping fit and holding Old Father Time at bay.

I hope that you are making a fair trial of the biologic ways. I am sure you will greatly profit by these simple means.

With best wishes, I am

Sincerely yours,

b

OM Not ans'd

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

4th June '34

My dear Doctor Kellogg-

You are certainly a kind and thoughtful friend to remember these two old people by sending them the box of delicious tropical or, shall I say, semi-tropical fruits. The mangos travelled very well and have been our daily treats since they arrived. The Espadillos, or we they guavas, did not behave well and reached us too fatigued by the journey to be able to appear. But even more than the fruit we enjoyed your remembrance of us and thank you heartily for both.

All this year and almost all of '33 we have been, either in

sick-room or convalescing from an illness. Mrs Rogers' head still troubles her a very great deal. She often says of herself that she is very well from her neck down to her feet but her poor head keeps up its distracting noises. — Dr Hinck says that it is due to internal Ear trouble and that it may grow worse or remain as at present or, some day, disappear. — Not a promising outlook! As for myself, I am able to Eat and Sleep and to take the Old Lady out in the car now and then and occasionally to read a bit but, since my illness my old time fighting spirit is just about all in. There. You are, 7 or 8 years my Senior

is still "going strong". Thank
power to you, you are a won-
der! I wish to say my "ditto" to
this last remark. You are a wonder and I
wish every one in the world knew it as
well as we. I mean we have an old friend
who celebrates his ninetieth birthday, a retired
Admiral of our Navy, and I do wish I might
hope to be present at Jones. But my
expectations best vision of you here now and
then and if I can reach through you well
be conscious of them when you do reach that
honorable age. Just stop a moment with all
your friends are pretty you either at Beaufo
Creek or in Florida and if I can I will
say "Happy Birthday to you" from that other
shore. Meanwhile to carnal thanks to dad

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

so greatly enjoy the mangoes. I have never
eaten such delicious ones, so savant too &
no suggestion of the turpentine taint is so
often present in that luscious fruit.
If Mrs Bailey is still yr. my love to her
please. Yr. Rum I hold yr. two in special
affection and admiration, and again
and thanks as ever

Cordially

Thomas Leibnitz Harper Pogue

June 7, 1934

Dr. G. M. Byington
W. K. Kellogg Foundation
Battle Creek, Michigan

My dear Dr. Byington:

This will introduce to you Messrs. Gideon and Goodman who represent the Michigan Historical Commission which is at present engaged in the preparation of an encyclopedia of Michigan. This is under the editorship of Dr. Fuller whom I know. The gentlemen will present their own case and I can only say that in the best of my opinion it is the most worthwhile thing that has been done historically in the state of Michigan.

Very sincerely yours,

Emil Leffler
President

l:s

The Enquirer and News
DAILY AND SUNDAY
A.L.MILLER EDITOR AND PUBLISHER
Battle Creek, Michigan

June 19, 1934.

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

My dear Dr. Kellogg:

You are an authority on a very great many things and on all those things I accept your word without question.

Your modesty, however, prevents your being an authority in an appraisal of your life work and there I shall have to take my own sense of values through such experience as I have had in watching life and men and trying to be something of a reviewer

My article under-valued you and your work. It only expressed from and for you those things which you have expressed in my presence and observation many times. It treated your work with much less of praise than the work deserved because the article was deliberately intended to drive home a lesson in optimism and it could not give the readers too much to think about at once.

I have a very definite opinion about your accomplishments. It is a high opinion and I am quite certain to keep it.

With sincere personal regards, I am

Cordially,

A.L. Miller

ALM:JP

STATE OF MICHIGAN

Michigan Historical Commission

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Dr. Emil Leffler
Battle Creek College,
Battle Creek, Mich.

June
21
1934

Dear Dr. Leffler,

Plans for illustrating the articles in the Encyclopedia of Michigan provide for an average of one picture to about every 2,000 words. Illustrations of course would depend upon the nature of the article. In general, the judgment of the writer will be accepted.

Have you pictures for your article on _____
"Battle Creek College"
_____?

Originals are preferred. Otherwise, "glossy prints" from the original. All photos will be returned if desired.

We would like to have the pictures at your earliest convenience, in order that the cuts may be made now, while costs are relatively low.

Sincerely yours,

G. N. Fuller

GNF/PA

Export La/T June 22nd, 1934.

The Battle Creek Food Company,
Battle Creek, Michigan. U.S.A.

Gentlemen: Re: Vitamin Content of Yeast.

In answer to your letter of May 31 we beg to say that the determination of the vitamin content according to units varies in different countries.

We give you here the analysis and result of our investigation of Cenovis Special Vitamin Yeast.

Latest analysis:

Water	5 - 6%	Average 5,5%
Ash	6 - 7%	" 6,5%
Protein (Nx 6.25)	55-59%	" 57,0%
Fermentability ..	none	
Taste	pleasant.	

Prof. Dr. Jung in Basle finds for Cenovis Special Vitamin Yeast the following vitamin units:

Vitamin B 1 = 1500 units per 100 gr,

Vitamin B 2 = 1000 units per 100 gr,

Vitamin B 3, Vitamin B 4, Vitamin B 5 — present, but amounts not yet determined.

Vitamin D — the yeast contains 0.56% erogsterin, of which according to Schubel, about one third (0.0018 g per one gr of yeast) is activated when the yeast isradiated.

Vitamin E — present, but amount not yet determined.

A Vitamin B 1 unit represents the amount of yeast which will protect pigeons that were exclusively nourished with food lacking vitamin B 1 from the vitamin B 1 deficiency disease for a period of from 6 to 8 weeks.

A Vitamin B 2 unit represents the amount which effects an average weekly growth of 3-5 g in young rats fed exclusively on food free from vitamin B 2. It is much to be regretted that no uniform methods of standardisation exist in the different countries, thus doing away with the divergencies that appear in the various test results.

A Vitamin D unit is the daily amount which keeps rats that are given vitamin D free food exempt from rachitic symptoms for a period of from 2 to 3 weeks. One unit is o.o2 D. Hence 1 g contains 90 rat units. A nursing babe needs 1 - 2 clinical units as prophylaxis, and 5 units for a cure. 100 rat units = 1 clinical unit.

Dr. Lindemann, Muich, has tested Cenovis Special Vitamin Yeast also according to the Methods of "Sherman" and "Chick and Roscoe", and arrives at the following results:

One gram of Cenovis Special Vitamin Yeast contains:

a) according to Sherman method

40 - 60 units of B 1 and 45 - 50 units of B 2

b) according to the Chick and Roscoe method:

10 - 15 units of B 1 and 10 - 15 units of B 2.

In Germany there are special laws according to which the only ingredients permissible for the manufacture of beer are malt from barley, hops and water, whilst in other countries, including America, also corn and rice may be used.

We are of the opinion that the vitamin content of the Germany yeast is higher than that of the American yeast, a fact which is indicated also by its higher albumen content.

Yours very truly,

Cenovis-Werke

Dr. Julious Schuelein
Director General.

June 25, 1934

Dr. G. N. Fuller
Michigan Historical Commission
State Office Building
Lansing, Michigan

Dear Dr. Fuller:

I am inclosing herewith a picture which I believe suitable to use in connection with the article on Battle Creek College to appear in the Encyclopedia of Michigan.

Very sincerely yours,

Emil Leffler
President

l:s

P.S. The picture which we are sending, under separate cover, bears a pencilled marking around the portion that we have used from time to time in other publications. It makes a very excellent cut and shows up quite well in its finished form.

94,

Mr. Thos. R. Gardiner,
New York State Journal of Medicine,
33 West 42nd St.,
New York City.

Dear Sir:

I have your letter of October 9.

Please send me a copy of your journal. If you have any preferred space, please indicate it.

Yours truly,

b

DUNCAN U. FLETCHER, FLA., CHAIRMAN
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United States Senate

COMMITTEE ON BANKING AND CURRENCY

July 7,1934.

Dr. J. H.Kellogg,
Miami Springs,
Miami, Florida.

My dear Doctor:

That was an admirable article published in the MIAMI HERALD, Sunday, July 9th, submitted by you, on "Priceless Dietetic Value of Florida Tropical Fruits", etc.

I would like to have this made a public document, if you agree. If there are any errors or other changes you would care to make, please send me a corrected copy.

With warm regards and expressing appreciation for that splendid discussion.

Yours sincerely,

Duncan U Fletcher

COMMITTEE OF ONE HUNDRED

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MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

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JOSEPH E. WIDENER
VICE-PRESIDENT

July 19th, 1934.

TO MEMBERS OF THE COMMITTEE OF ONE HUNDRED:

Enclosed herewith is pamphlet giving a few facts about the Centennial which is being held at the time of our Fifth Annual Northern Dinner in Rochester, N. Y., on September 7th, when Mr. Frank E. Gannett will be our host.

COMMITTEE OF ONE HUNDRED.
Louise Fuller
Office of the President.

July 24, 1934

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

I have so shamefully neglected answering your kind letters that by this time you must have crossed me off your list of tolerated friends. The fact is I wrote you weeks ago, but I discovered today that the letter was still waiting for something which was to accompany it. I am reminded of my neglect by the fact that I have some fruit coming from Florida, some lovely lady finger bananas from my banana grove, and some avocados. A few mangos arrived also, but I find they are so far advanced they will be quite uneatable by the time they reach you, so I will send you some bananas and avocados which I hope you will enjoy.

I have been sorry to read distressing accounts of the terrible heat you had in New York. It is warmer than usual here, but we are not suffering from the heat. I am trying out some of the air conditioning appliances and find them very serviceable indeed. There is no trouble at all to lower the temperature ten or twelve degrees below the outside temperature. Indeed, one has to be a little careful not to get the temperature so low as to catch cold. I do hope that with your rural surroundings you do not find the heat so oppressive as it must be down in the heart of the city. We are fortunately blessed with the lovely

Dr. Oscar H. Rogers, No. 2.

Michigan sea breeze which protects us from the killing sultry heats from which the poor people of Kansas and Oklahoma are suffering.

I am glad that you are able to be out of the hospital and I hope you will be able to get your resistance high enough so as to keep you out.

I got my new table finished at last and am herewith sending you a copy with a few explanations. I should esteem it a great favor if you would glance it over and tell me if you find any very glaring errors. I studied with great care the data which Mr. Hunter kindly send me and made my table to agree with it. Any suggestions you may send me will be very gratefully received.

With very best regards to Mrs. Rogers and with best wishes, I am

As ever sincerely and gratefully yours,

P. S. Why not run over here for a month and let us give you a little boost healthward. We can do more for diabetes than we ever did before.

b

FRANK E. GANNETT
ROCHESTER, N.Y

July 30, 1934

Dr. John H. Kellogg,
202 Manchester Street,
Battle Creek, Michigan.

Dear Dr. Kellogg:

I should like to supplement the general invitation that has been issued to the Committee of One Hundred by this personal note to you expressing the hope that you will attend the Northern Dinner to be given by me at my home in Rochester at seven o'clock on September 7.

We expect to have some interesting speakers for this occasion and I am hopeful that there will be a large attendance so that we may renew the friendships formed in the winter and have the pleasure of seeing one another again.

Rochester's big centennial Exposition, a show of outstanding merit will be under way at this time. "A Century on Parade," a pageant that will rival the "Wings of a Century" shown in Chicago, will be an extraordinary feature.

Mr. Cooper will advise you about details, but I hope I may have your acceptance at an early date. It will give me much pleasure to have you with us.

Mrs. Gannett will arrange separate entertainment for the women.

Sincerely yours,

Frank E. Gannett

FEG:FKM

August 1, 1934

Mr. Frank E. Gannett,
Rochester, N. Y.

Dear Mr. Gannett:

Thank you very much for your cordial invitation. I am making plans to be present at your banquet and appreciate greatly the generous courtesy which prompts you to give it.

Anticipating the pleasure of meeting you and other members of the Committee, I am

Sincerely yours,

b

The Eagle Wing Inn

ORLEANS · MASSACHUSETTS
ON CAPE COD

8th Aug 34

My dear Doctor Kellogg -

We have just come down from Maine where our son, Dr Wm A. Rogers, has a camp and we have only just begun to catch up with our mail - Hence this delay in replying to your interesting letter of 24th ult - I have some suggestions regarding your paper about B.P. but must first get access to a paper read 2 yrs ago before the Med Dir's Assn and which I want you to see before you publish further.

Just now we are in rather deep water. Mrs Rogers is quite miserable. Between the illness of her sister-in-law with a heart-stroke and the serious mastoid of one of our grandchildren and the trouble in a sister's family, she has been greatly worried for a long time until now she is in a condition of extreme fatigue. We came down here to get away from it all and be at peace for a while. But so far she has made no progress. I am wondering if she ought to go out to B.C. When we were there last Dr van der Warr looked after

her and seemed not to do for her as well as Dr Hobby did. Who is doing that work now at the San? I am not at all satisfied that her trouble has to do with her old Diabetes. Recent opinions have held that her Carbo-hydrate chemistry was but of minor importance. She looks and seems to me more like a case of over-fatigue, like one worn out with too much anxiety. I don't know what is best to be done.

We are leaving here in 2-3 days and expect to be at home by Friday 12th or Monday 13th next when I shall look up the article to which I have just referred.

Too bad we were not at home to receive the fruit you so kindly sent & which will be spoiled while we are away. Now my poor handwriting has gone on the rocks! This getting old is not such fun! Mrs Rogers joins here in affectionate remembrances

Yours

Geo K. Rogers

August 10, 1934

Dr. Oscar H. Rogers,
El Roncador,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My very dear Friend:

I am glad to have your note of August 8.

I am always worrying about you and wishing you and Mrs. Rogers might share with us the comforts and advantages which we have in such abundance. I am sure nothing would be so good for you as to come right here. We can certainly do a lot to help you. If you come Mrs. Rogers will be assigned to another doctor. I am sure a much more agreeable arrangement can be made. I was sorry when she was here the last time that I was not consulted before the assignment was made, but I will this time look after the matter and will, with her permission, give some personal attention to her case.

I am sure we can quickly get her out of her depressed condition. The fatigue symptoms to which you refer are always due to toxins. The toxins may be of bacterial origin or may be due to nervous influences, but the toxins are always present, and with the removal of the cause they disappear. Usually several causes are present.

I wish you were coming straight here instead of stopping at Yonkers. We are having pleasant weather. It has not been so hot here as elsewhere, in fact, on the whole we have had a very delightful summer.

Thank you very much for offering to send me some suggestions about the hypertension table. Only a few have been printed as I am holding it to hear from you. My purpose in printing the card was to get doctors

interested in giving attention to hypertension in its early stages and especially to interest them in combating the disease by biologic and physiologic measures. We are seeing constantly such wonderful results in cases that have been given up as hopeless that I am most anxious to do all I can to bring efficient means of relief to the attention of persons suffering from this grave condition.

I do hope you will bring Mrs. Rogers over here at once. I know we can help her and rapidly, and be assured we will do our very best to make your stay here as pleasant and profitable as possible. My car and chauffeur will be at your disposal. If for a change you will enjoy a bicycle ride, I will be delighted to have your company on one of my morning country bicycle jaunts. I have taken to riding a wheel again and with very great profit. When judiciously used it is a splendid means of building up the heart. I find it no effort at all to ride a dozen miles over fairly level roads or half a dozen miles over hilly country dirt roads, following cow paths and wagon trails.

No matter about the fruit. I have got some more. I am going to send you an avocado today and when you get here will keep you supplied. Michigan peaches will be coming along too in a few days and I am sure you will enjoy them.

Give to Mrs. Rogers my very best regards and bring her here as soon as you can. We have a nice family of between four and five hundred people and among them a number of very charming people whose acquaintance I am sure you will enjoy.

As always with very best regards to both of you and great appreciation of your friendship, I am

Most sincerely and cordially yours,

P. S. I shall be most happy to see the article to which you refer.

There was a little delay about shipping the fruit, so I hope you will find it still intact.

b

Eagle Wing Inn. Orleans. Mass.

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y. 17th August 1934.

My dear Doctor Kellogg;

Upon our arrival here today, I found a letter from my young friend, Dr. Bolt of the new York Life, in which he tells me that he has forwarded to You a copy of the Transactions of the Association of L. I. Med. Dirs in which You will find the paper I was anxious to have You see. It offers, in my opinion, the best demonstration of the effect of the strenuous life upon the human animal that has so far been brought out. I am not much impressed with Your remarks about the indians of the South-west or about the Chinese and Bengalees. These people live under very much less strain of the nervous system. I grant that we eat too much protein and too few vegetagles and that much can be accomplished by changing over to the less stimulating foods. I am convinced, however, that a Rai lway Train Dispatcher will go to pieces early even on a basic ash diet. We have been going throug a demonstration in our own family in the case of Dr. Wm Rogers, who is on the edge of a breakdown from overwork. A conservative, careful man in all other respects, he has been going from one sickbed to another, day after day, without rest or let up until the machine is

literally worn out and, if he does not develope a heart lesion or a high blood-pressure or an apoplexy long before his time it will be a mercy of Providence.

Now to give You my reaction to Your excellent paper. I think that it would be made much stronger if You were to add to it over and over again the importance of avoiding overstrain of the nervous mechanism, long hours of work in business, anxieties of professional and of business life, the culitvation of mental calm and the like. These quite as much as diet effect the duration of life. I am only sorry that Mc Cord's group of Railway Train Dispatchers is so small. In my letter to Dr. Bolt I urged upon him to make every effort to get together a big group to add to Mc C's. I know from my own past experience with Statistics that the story told by that group is dependable within very narrow limits, but I should like to see a much larger group.

We have just reached our little hotel at Orleans and Mrs Rogers is already sound asleep. She needs the rest, poor soul. If she were awake, she would be joining me in kindest remembrances,

Faithfully Yours,

Oscar H. Rogers

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

15th August 1934.

My dear Doctor Kellogg;

We have just returned home for a day or two and have found the fruit You sent us in splendid condition and have been enjoying it very greatly. Thank You for the remembrance. We have never seen such an avocado, the most delicious we have ever eaten and, as for the little bananas. They were very delicate and we had a very happy time over them and Your thought of us. I am disappointed about the article which I wished You to see. It is not in my library, where I expected to find it and I am sending for several copies and will see that You get one of them. The paper was read before the Medical Directors Association and dealt with certain occupations, Overalls Workers, White Collar Workers and Railway Train Dispatchers. The story of the last group is very interesting. Although the group is a very small one, its story is so overwhelmingly straightforward that there can be no doubt of its value. These people begin their special work at age thirty-two, on an average, and are dead at about age fifty. The nervous strain of their work should theoretically manifest itself in the nervous mechanism but, in fact,these people die from a breakdown of the circulatory apparatus, Myo-carditis, endo-carditis, Apoplexy, high blood pres

sure. To my mind, the picture goes further toward showing what is happening in these trying times than anything I have seen in many a day and has strongly modified my views. I do want You to see it before urging further Your very valuable views about biologic living. I strongly believe that the anxieties of these last few years and the struggles of people to get along have placed them in the railway Train Dispatcher Class. I am sure that You will enjoy the article when I finally succeed in getting it to You. We are packing tonight to start back to Cape Cod where we had a very restfull week before coming home. We go down there because we are near enough to Boston to reach my son Dr. William, who has been a good deal overworked and may need the parental hand to guide him. I shall be writing to You from there. Many thanks and our blessing ,

In a great hurry, Yours,

August 22, 1934

Dr. Oscar H. Rogers,
Eagle Wing Inn,
Orleans, Mass.

My dear Dr. Rogers:

I have your letter of August 17.

Be assured I am more grateful to you than I find words to express for taking so much trouble to give me the latest information available on the subject of hypertension. I shall be very glad indeed to add to my paper some paragraphs on the question of mental strain and worry. A train dispatcher's work must subject him to extreme degrees of nervous and mental strain.

Worry, fretting, anger and fear are emotions which Cannon of Harvard has shown excite the suprarenal capsules to pour adrenalin into the blood stream. Adrenalin contracts the small arteries, wears out the heart and sets up degenerative changes in the blood vessels. But this does not lessen the importance of regulating the diet and the colon functions in such a way as to keep down acidosis and to keep the blood as free from toxins as possible, but rather increases the importance of doing this, for it enables a man to endure mental and nervous strain without breaking down which would be sufficient to crush him if he had in addition to the nerve strain the handicap of a poison laden blood stream and overworked liver and kidneys. It is well known that nicotine is a powerful excitant of the suprarenal capsules.

I have lived a pretty strenuous life myself and have been doing so now for more than 50 years and am still going on with a blood pressure

less than 120 systolic and 80 or less diastolic. I have taken to bicycle riding and enjoy the exercise very much. I took an eight mile ride over hilly sandy country roads a day or two ago and came home not a bit out of breath. My pulse is rapid. It is seldom below 90. I think my machine is geared high, for my pulse has always been rapid, at least for as long as I can remember. It is usually somewhere between 90 and 100. It is 96 as I am sitting at my desk dictating this note to you.

Undoubtedly calm, placid living is an important factor in promoting longevity and should be included in the biologic code. I will enclose a copy of what I have written to be added to my paper and which I think will meet with your approval.

I am a little disappointed that you are not coming here. I hope before the summer is over you will make us a visit. We have developed some new things which I think you will be much interested in and might be beneficial. If you are not coming, I will send them on to you. Among the new things are a new crispy bran, soybean flakes and soybean wafers. I will be sending you some packages of these in a few days. I am expecting a new installment of avocados and some more bananas in a few days and will remember you when they come.

Kindly remember me to Mrs. Rogers.

Always with best wishes, I remain

As ever faithfully yours,

b

COMMITTEE OF ONE HUNDRED

SIXTEEN SEVENTY-THREE MICHIGAN AVENUE
MIAMI BEACH, FLORIDA
TELEPHONE 5-3827

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VICE-PRESIDENT

JOSEPH E. WIDENER
VICE-PRESIDENT

The Players Club,
16 Gramercy Park,
New York City

August 28th, 1934

Dear Member:

I hope you can plan to remain in Rochester for September 8th, the day following the Committee of One Hundred dinner at the home of Mr. Frank E. Gannett, as special plans are being made to entertain the members at the Centenary exhibition and a luncheon is to be given to the members with their ladies on that day.

Very sincerely,

Clayton S. Cooper

csc-f

EL RONCADOR
264 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

Eagle Wing Inn.
Orleans. Mass.

My dear Doctor Kellogg;

2nd Sept' '34.

The picture that forms itself in my mind from a consideration of the case of the Railway Train Dispatcher is rather different from Y'rs. As I see the case, it is a proof that the entire animal organism automatically gives itself to the saving of the nervous system, just as all of the members of a hive of bees sacrifice themselves to save the life of the queen. In the human animal subjected to starvation, the nervous system remains in fair nutrition long after the other tissues are wasted away. Your case would be made stronger if You were able to show that the Dispatchers had actually not lived a biologic life. One of my very good friends was a prominent Railway official. A hard worker for many years and subject to the anxieties of a very responsible position, sat all of one day in a meeting of Trunk Line Executives. As he came out of the meeting he met another of my friends, who said to him, "Well, Ira, what kind of a day have You had?" His reply was that he had had a fearfully hard day and was very glad to be through with it and that, on the following day he was going to take a day off and play golf. He did so and dropped dead on the links. He was said to

have died of heart disease. I think that he died of the same strain that kills the Dispatchers. Biologic living or not, that kind of constant anxiety will kill, and it will kill because the machine can not stand the steady wear and tear of mental anxiety. I think that the moral of the story is that, when one is subjected to that kind of strain the proper course to pursue is to see that rest should be taken at frequent intervals, a half hour now and then with complete relaxation mental and physical. One of the hardest workers I ever knew had the correct philosophy of the situation. He would excuse himself from a conference, retire into an inner room, lie down for ten minutes, sleep and wake up refreshed and return to the meeting and go on with his work. I have known him to do that several times in the course of a single day. He saved himself a great deal of wear and tear by this simple method. He had trained himself to do this as a result of his own experience, and if he had coupled with it Your excellent ideas of biologic living would be alive today, as he was not much older than I. The fault I find with Your reference to Mc Cord's little study is that You assume that, if the Dispatchers had followed the biologic life they would not have died so soon, whereas You do not know that they did not do so. They may all have been biologic, and only a study of their individual lives would show whether they were so or not. No, I think that the logic of the situation calls for another answer.

To say truly, I dislike to disagree with You in any of your conclusions. You have so much background and I so little. But these hard days through which we are passing carry with them much more than problems of boilogic living, unless we stretch our defintion of what we mean by that expression. As I take it, we should include right living in all departments of life, mental as well as physical. We can't abuse the machine on the nervous side any more than on the physical. You are a rare exception to the generality of men. Most men who had lived as You hame, with long hours of reading and work and little relaxation, would have been dead these many years. The splendid trouble with You is that You were constructed of the most tough and resilient materials. You would have lived beyond us in years and accomplishment even if You had abused Your body in food and drink just as You have abused it with overwork. I doubt that You could find in this country another man, unless it be, say, Nicholas Murray Butler, who has had so many irons in the fire all of the time, as You have had. You are like , I think 9t was Bret Hart's,North American Indian, a catawampus cus who, when he was a doing of something bad, was a thinkin' of something wuss" Most of us would be dead of overwork who lived like that.

EL RONCADOR
54 PALISADE AVENUE
YONKERS-ON-HUDSON, N. Y.

But I am imposing on Your kindness to speak in this way to and of You. You have done and are now doing splendid work and I am continuing to wonder at You and it.

We are remaining here but a few days longer when we break camp and return to Yonkers to catch up with home and family affairs. We have enjoyed our few weeks on the Cape more than we had thought possible. The south-west winds, which prevail here, have a wonderfully tempering effect on the climate and have kept us free from the severe heat which has been prevalent elsewhere. Beside that we have found rest from the social contacts which have proven so hard for Mrs. Rogers to bear. Her poor head troubles her so much with those eternal noises in her ears. She loves her friends and derives the greatest happiness from contact with them but, afterwards, the noises are worse than before. The experts give her very little hope of relief. They tell her that they may subside and may increase and that nothing can be done but to learn to bear them. Not a cheering outlook. Some trouble with the internal ear. We may try the south this winter. Not so far as You go, for we do not do well in Florida. But we may try South Carolina. But all of that is in the lap of the Gods. We shall be home however to receive those delightful fruits You speak about and shall enjoy them and Your remembrance of us. Our kindest greetings to You and to Mrs. Butler.

Always Yours faithfully,

Oscar H. Rogers.

C O P Y

Dr. A. R. Dafoe
Callander
Ont.

Sept. 21, 34

Dr. John Harvey Kellogg,
Battle Creek,
Mich.

Dear Dr. Kellogg:

I feel honored that you should have taken the time to write me, and send the package of Beta-Lactose. I am sure that this will be of use to me.

The babies are not too well due to lack of sunlight and bad sanitary conditions, plus flies and other insects. We have moved them today into their new home. There we should have a better chance. Bowel condition is only fair. Run a temperature for past 10 days and have a little cold.

Best wishes.

Sincerely,

A. R. Dafoe

New York State Journal of Medicine

COMMITTEE ON PUBLICATION
FREDERIC E. SONDERN, M.D., *Chairman*
ARTHUR J. BEDELL, M.D.
CHARLES GORDON HEYD, M.D.
PETER IRVING, M.D.
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Business and Editorial Office
33 West 42nd Street
New York, N. Y.

Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

September 24th, 1934

Dr. J. Harvey Kellogg,
Battle Creek Sanitarium,
Hialeah, Fla.

Dear Sir:

There are certain facts we would like to present to you regarding the New York State Journal of Medicine, the official and inter-communal publication of the Medical Society of the State of New York, and an advertising medium worthy of your favourable consideration.

The medical profession of New York State (comprising over 15% of all the doctors in the United States) comes in contact with approximately 100,000 patients daily. Frequently the cure prescribed is a change of air - a rest - or a vacation in beneficial surroundings.

The Journal accepts only hotel and vacational advertising that conforms with the standard of ethics dictated by the medical profession. This accounts for the keen interest and staunch support of the doctors who receive this bi-monthly publication by paid subscription. We carry more hotel, resort and travel advertising in each issue than any other medical publication in this country, and the Journal has become the doctors' hand-book and guide.

Obviously your announcement appearing in our Journal has a definite value and a trial advertisement will convince you of the profitable returns that can be obtained for a nominal expenditure.

Possibly we may arrange to accept a credit order in lieu of cash, to be used in accommodations.

We trust we shall have the pleasure of carrying your copy in an early issue.

Yours very truly,
NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

Business Manager

TRG:NP

The President, Officers, and Trustees

of the

Rochester Chamber of Commerce

have the pleasure to invite

Members of the Committee of One Hundred

and their wives

to attend a

Civic Luncheon in their honor

at the

Rochester Chamber of Commerce

September Eighth, Nineteen Hundred Thirty-four

at Twelve Fifteen P. M.

R.S.V.P.

AS THE PURPOSE OF THE COMMITTEE OF ONE HUNDRED IS TO PROMOTE FRIENDSHIP, WE ARE SEATING OUR GUESTS BY LOT. WE HOPE YOU WILL INTRODUCE YOURSELF TO THOSE NEAR YOU.

YOUR SEAT IS AT

TABLE NO.

CHAIR NO.

TO MR. GANNETT'S OUT OF TOWN FRIENDS

•

A FEW OF MR. FRANK GANNETT'S
ROCHESTER FRIENDS
WILL BE VERY HAPPY TO HAVE YOU JOIN THEM
FOR COCKTAILS
AT FIVE-FIFTEEN O'CLOCK
ON THE AFTERNOON OF FRIDAY,
SEPTEMBER THE SEVENTH
ON THE SAGAMORE HOTEL ROOF

PLEASE COME DRESSED FOR DINNER AS WE WILL LEAVE PROMPTLY AT SIX-FIFTEEN FOR MR. GANNETT'S HOUSE ON SANDRINGHAM DRIVE.

October 4, 1934

Dr. Oscar H. Rogers,
264 Palisade Avenue,
Yonkers-on-Hudson, N. Y.

My dear Dr. Rogers:

Your letter of September 2nd should have been answered sooner. I have just been distracted with work in my efforts to get away to South Florida before Jack Frost lays me low. It seems to be my lot to fade with the flowers. As soon as October arrived I began to sneeze and have sneezed every day since. This morning I was so hoarse I could hardly speak. I am longing for Florida sunshine where I flourish.

As regards those train dispatchers, I took it for granted that they all smoked and due to their sedentary life they are all constipated and doubtless consumers of corpses and so loaded with toxins. These handicaps, added to the most exacting character of their work, will certainly reduce their life expectancy notably. You say, "Biologic living or not, that kind of constant anxiety will kill, and it will kill because the machine can not stand the steady wear and tear of mental anxiety." I quite agree with you. But if an added burden of chronic toxemia is added, the work will kill quicker than it would without the extra handicap. That is the long and short of my thesis.

Of course, toxemia is not the whole thing, and while it is generally a large factor, as your own papers have shown, in individual cases it may not be the dominant factor. But a worrisome occupation with constipation is a particularly bad combination because the anxiety pro-

duces a spastic colon which creates stasis, and if the character of the food residues is highly putrescible the toxemia is accentuated and the day when the liver and kidneys, heart and blood vessels will collapse is hastened.

You accuse me of drawing a conclusion from inadequate premises in assuming that the dispatchers did not live biologically. I must plead guilty, for, of course, I have no statistics to show how many of them smoked and how many of them suffered from one-a-day constipation and how many of them were meat feeders. I hastily presumed that they were like other average train dispatchers with whom I happened to be acquainted. I shall be glad to know the facts about the surviving members of the group, and if it turns out that they are living up to my biologic code even approximately, I will present each one of them with a copy of my book "How to Have Good Health" and do my best to show them how they may successfully combat the wear and tear of their nerve taxing occupation.

I have had to live nearly my whole life under great mental and nervous strain. Sometimes for months at a time the tension has been so great existence was a torture and a thousand times during those years, probably much more than that, I said to myself, "Oh, if I could only die. If I could be blotted out of existence how gladly I would welcome the opportunity to escape from this terrible strain of anxiety." I found the neutral bath a life saver. During 20 years I rarely retired without first spending a half hour in the bath tub, and when my time for sleeping was reduced to three or four hours as it often was, I spent the whole night in the tub and discovered I could sleep twice as fast in the bath tub as in bed.

I now know that quite a part of that tension was due to the fact that I had not learned how to change the intestinal flora, for I suffered from constipation, colitis and hemorrhoids and anal fissure and neuritis and lumbago, an almost constant headache, a most depressing misery in the back of my neck and a weight that seemed like a ton on the top of my head and a boring pain in my eyes. I believe I know something about how to sympathize with the poor dispatchers and I am sure if the misery and agony of those days had not been shortened by my finding out how to cure colitis and how to change the intestinal flora, I would either have been dead or shut up in a lunatic asylum more than 20 years ago.

So on fundamentals we are agreed as I believe we usually are.

Your story about that catawampus cuss reminds me of a story about a funeral in a Pennsylvania Dutch neighborhood where the townspeople were gathered together to bury the most disreputable citizen, the meanest man in town. It was the custom in that community at funerals, after the coffin had been let down into the grave and just before the sextons began to push the dirt in for some citizen to step up to the edge of the grave and pronounce a eulogy upon the departed. Upon this occasion nobody felt moved upon to perform this function. After waiting a long time an old man came forward and standing at the edge of the grave said, "Well, I can say this much for old Hans, he wasn't always so mean as he was sometimes."

So I am willing to confess while in some respects I have been a monster sinner, I have tried to atone for my wrongdoing by works of supererogation and meticulous conduct in other directions; but I will not plead guilty to condoning sins I am inclined to by damning those I have no mind to, for as I look back on my life work it seems to me for a greater part of the time I have been tied to a hurricane and have been rushed through life as

though driven by a tornado and without the power to extricate myself.

This letter will doubtless find you at home and I hope you and Mrs. Rogers will find yourselves rested from your summer's outing.

What a torture those noises in the ear are. I had a noise in might right ear, produced by an explosion, which never let up for 40 years; but it is gone at last and it is such a relief to be "shut of it" as they say down in Indiana.

When I was in Vienna a good many years ago, Dr. Pollitzer, the great ear specialist, taught me two things which I found helpful, though not panaceas, in many cases of this sort. One was the application of galvanism, increasing the current to the point of tolerance, and the other was blowing into the ears with Pollitzer's bag a gentle stream of warm vapor of acetic ether which has been standing in warm water for two or three minutes so as to create a volume of the vapor.

I am glad that you are going South even though you do not go as far south as Florida. North and South Carolina have a fairly good winter climate, but not so equable as South Florida. Dr. Walter B. James told me that Jekyl Island, which is off the coast of the Carolinas, has a much milder climate than the mainland. For several years he spent his winters there.

It will be pleasant to know that you are not far away. I assure you I have no friends whom I admire and esteem more highly than Dr. and Mrs. Rogers.

Please give to Mrs. Rogers my very best regards, and I remain

As always your devoted friend,

October 4, 1934

Mr. Thomas R. Gardiner,
New York State Journal of Medicine,
33 West 42nd Street,
New York City.

Dear Sir:

I have your letter of September 24.

I think it may be worth while for me to advertise in your journal on an exchange basis. Kindly give me your rates for a half page standing advertisement in the Journal and a write-up of say two or three pages and also a proposition for the insertion of a two page insert to be furnished you all printed and ready for insertion. Make the estimate in both cases for one insertion and for each additional insertion up to five.

The advertisement will be paid for in board and treatment at regular rates at the Miami-Battlecreek Sanitarium, Miami Springs, Florida.

I would hope to have occasional brief editorial mentions at intervals during the season.

We have a delightful place, frequently pronounced one of the most attractive in Florida. Excellent equipment, splendid service and a very high class clientele.

Sincerely yours,

b

New York State Journal of Medicine

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Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

October 9th, 1934.

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

Dear Dr. Kellogg:-

We acknowledge receipt of your letter of the 4th. inst., and glad to note that you are planning on placing some advertising with us, same to be paid for on an exchange basis. We feel certain that the returns therefrom will be sufficient to justify your using our publication regularly.

As to our advertising rates - we are enclosing herewith a folder which carries the various rates on the last page.

Reading matter or write-ups are figured at the regular space rates.

A two page insert, to be furnished all printed ready for binding, is figured as two pages of regular advertising. A four page insert would be figured as four regular pages of advertising, etc.

Should any further information be desired prior to your placing your schedule with us, same will go forword promptly upon receipt of your request.

Thanking you for the opportunity of serving, we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

Business Manager

TRG:L

CONCENTRATION

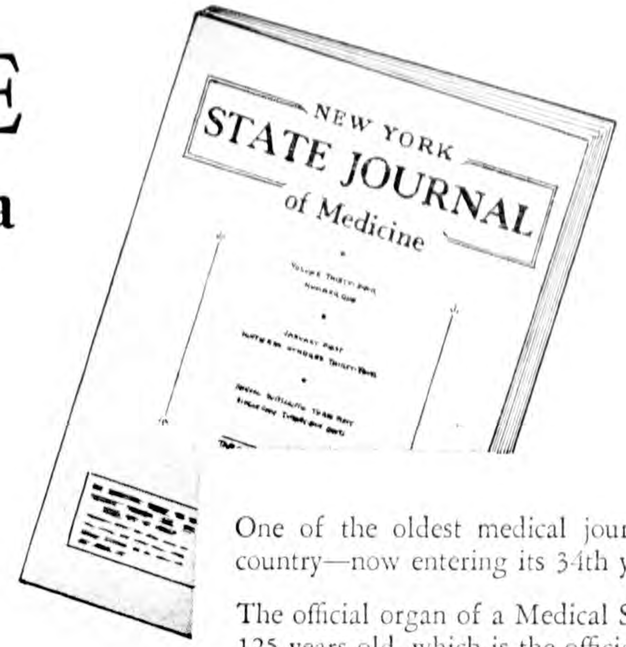
is the foundation
upon which to rebuild

CONCENTRATE

on the World's greatest trade area

▼

through a medium reaching its most influential residents



Occupying only 1/60 of the Nation's land.

Has 1/10 of the country's population.

Contributes 5/8 of the bank clearings.

Earns 1/3 of the taxable income.

Possesses 1/4 of the bank deposits.

Produces 1/7 of all manufactured goods.

Holds 1/5 of all Life Insurance in force.

Its ports receive 1/2 of the Nation's imports and clear more than 1/2 of the exports.

Its retail sales in 1929 amounted to seven billion dollars—1/7 of the U. S. total.

Sixteen of its industries have a production constituting 1/2 of the national total—29 others share more than 1/3 of the national output for such industries.

In 1929, the clothing industry in New York produced 3/4 of the national production of women's apparel—and nearly 1/2 of the clothes for men.

New York accounted for $228,000,000 of the $277,000,000 worth of fur goods made that year.

Sixty-nine of its cities have a population of more than 10,000, seven stand in the 100,000 class and six in the 50,000 class.

Undoubtedly, the world's greatest concentrated trade area—New York State offers the greatest opportunities for profitable, concentrated advertising campaigns.

◀

Concentrate!—to rebuild former sales quotas; to regain lost business and to win new customers.

Choose a point of concentration that assures a 100 per cent active consumer market, and a greater return per advertising dollar.

Select the medium that warrants the expenditure of advertising dollars, and which offers the most practical approach to a high-bracketed class of individuals enjoying good incomes and influencing the purchases of others.

For such concentration, choice and selection, who will disregard the medical profession of the Empire State? That high-bracketed class—prescribing, administering and giving counsel to over ten per cent of the Nation's inhabitants who expend annually seven billions of dollars in retail trade, upward of two hundred millions of dollars in medical fees and an additional one hundred millions of dollars for medicinal products. Who can afford to relegate such a point of concentration as New York State, to second consideration in advertising plans? Who can afford to neglect the medium that makes such concentration practical, profitable and (equally important) reasonable?

The medium—NEW YORK STATE JOURNAL OF MEDICINE—is of first importance to New York State's medical practitioners. It is their official organ and technical reference manual.

It is not a new publication—it is entering its thirty-fourth year, and is the official organ of the Medical Society of the State of New York, an organization founded over one hundred and twenty-five years ago.

New York State Journal of Medicine

Business and Editorial Offices

33 West 42nd Street, New York, N. Y.

▼

Telephone: CHickering 4-5572

▶

One of the oldest medical journals in the country—now entering its 34th year.

The official organ of a Medical Society, over 125 years old, which is the official representative body of the medical profession of the State of New York.

It is the mouth-piece as well as the reference work of the State's medical profession.

Representing such a high profession, it is well-balanced, dignified and ethical.

It presents the best thoughts of the day on medicine, surgery and collateral sciences.

Its contributors are authoritative members of their profession and their articles are comprehensive reflections of their clinical work.

The editorial staff is headed by Dr. William Seaver Woods, for more than twenty years the Editor-in-Chief of Literary Digest, and considered one of America's ablest writers and editors.

It reaches all the physicians of consequence in every village, town and city in New York State, who prescribe, administer and give counsel to over ten per cent of the Nation's inhabitants.

It provides advertisers with the most economical and practical medium of approach to thirty per cent of the Nation's truly prospective professional customers who represent forty per cent of the medical purchasing power of the entire country.

And through them—to an influence over a good portion of New York State's seven billion dollars retail trade.

NEW YORK
STATE JOURNAL
of Medicine

THE OFFICIAL ORGAN OF THE

MEDICAL SOCIETY OF THE STATE OF N. Y.

ADVERTISING RATES

Hotel, Travel and Resort
Rates based on total amount of space used within twelve months

PUBLISHED TWICE A MONTH

Dimensions in Inches		24 Times (per ins.)	12 Times (per ins.)	6 Times (per ins.)	3 Times (per ins.)	1 Time (per ins.)
5½x8½	Full Page	$100.00	$140.00	$160.00	$180.00	$200.00
5½x4¼ or 2¾x8½	Half Page	70.00	90.00	110.00	120.00	130.00
5½x2⅛ or 2¾x4¼	Quarter Page	50.00	60.00	70.00	80.00	90.00
5½x1 or 2¾x2⅛	Eighth Page	30.00	36.00	40.00	50.00	60.00
2¾x1	Sixteenth Page	16.00	20.00	25.00	32.00	40.00

Cash discount of 5% is allowed on display advertisements if paid within 10 days of invoice; otherwise 30 days net.

Classified Advertisements: Price for 40 words or less, 1 insertion, $2.50; five cents for each additional word. Payable in advance. To avoid delay in publishing, remit with copy.

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IMPORTANT

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All Advertisements published in the Journal must be ethical, and the formulas of medical preparations must have been approved by the Committee on Publication before they can be accepted.

NEW YORK STATE JOURNAL OF MEDICINE

JOSEPH B. TUFTS, *Advertising Manager*

33 West 42nd Street, New York, N. Y., Telephone CHickering 4-5572

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 11, 1938

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

My dear Dr. Kellogg:

I am sending you copies of letters which have been written to me in regard to How to Live. All of these are very complimentary except two, one from my colleague, Ellsworth Huntington, which though complimentary criticizes my treatment of climate - and I imagine his criticisms are well taken.

The only other critical letter is that from Dr. Osgood, Assistant Professor of Medicine, University of Oregan Medical School, Portland, Ore. While you may not have time to go over the other correspondence you might be interested in going over that with Osgood as it revolves about you.

He has resigned from the Hygiene Reference Board of the Life Extension Institute.

As you will see, it is somewhat difficult to keep in the saddle between you who wanted to resign a year ago because the literature of the Life Extension was not satisfactory to you and men like Osgood who want to resign because I lean "too much" your way!

Very sincerely,

IF

IFs
Encs.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

October 24, 1934.

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

Dear Dr. Kellogg:

I would be glad if you could send me one* of your chair backs which can be set in an automobile or in any chair one sits in. I have some of the chairs that you had made but no portable back.

Very sincerely yours,

Irving Fisher

*Please let me know the price. I may get several

IF.W

October 27, 1934

Professor Irving Fisher,
460 Prospect Street,
New Haven, Conn.

Dear Professor Fisher:

I have your letter of October 24 about the chair backs. I have asked to have one of these chair backs sent to you. The regular selling price of these chair backs is $4.75. They are very well made and nicely bound with the very best grade of leatherette. I have asked the office to make you a price of three dollars, which will cover the cost.

I am sorry I am not going to see you before going South. We expect to be very full there this winter. Patients are already coming in. I hope you will get down this winter. I will see that your expenses are made low, say half the regular rates. I am trying to build the institution up on an eleemosynary basis. I take no pay for my services and pay my board.

Very sincerely yours,

b

COPY

DR. A. R. DAFOE

CALLANDER

ONT

October 29, 1934

Dr. John Harvey Kellogg,
Battle Creek, Mich.

Dear Dr. Kellogg:

I am using the acidophilus milk you have sent. Would appreciate more if you care to send it.

The babies are now off human milk, and are on a modified cow's milk at present. Of course I use tomato juice, orange juice, viosterol. Also are being given Pablum. They spend about 5 hours outside every day. Yesterday they were 5 months old. Temp. 28° above zero and a light snow falling. They look quite well. Bowels are good. Faces are tanned.

Thought you might like to hear a few remarks about their condition.

Sincerely,

(Signed) A. R. Dafoe

October 27, 1934

Good Health:

Please send a posture panel to Professor Irving Fisher, 460 Prospect Street, New Haven, Conn. Make a special price of three dollars on this panel and others he may order.

J. H. K.

b

New York State Journal of Medicine

JOURNAL MANAGEMENT COMMITTEE
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PETER IRVING, M. D., *Secretary*
THOMAS M. BRENNAN, M. D.
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THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

November 5th, 1934.

Miami Battle Creek Sanitarium,
Miami, Florida

Gentlemen:-

We purposely posponed answering your recent request for advertising rates as we had carried on some correspondence with Dr. Kellogg at Battle Creek, Michigan and was of the opinion that he would order space direct, however, we are sending our rate schedule herewith and should further information be desired it will be promptly forthcoming on receipt of your request.

Trusting that we may be of service, we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

BUSINESS MANAGER

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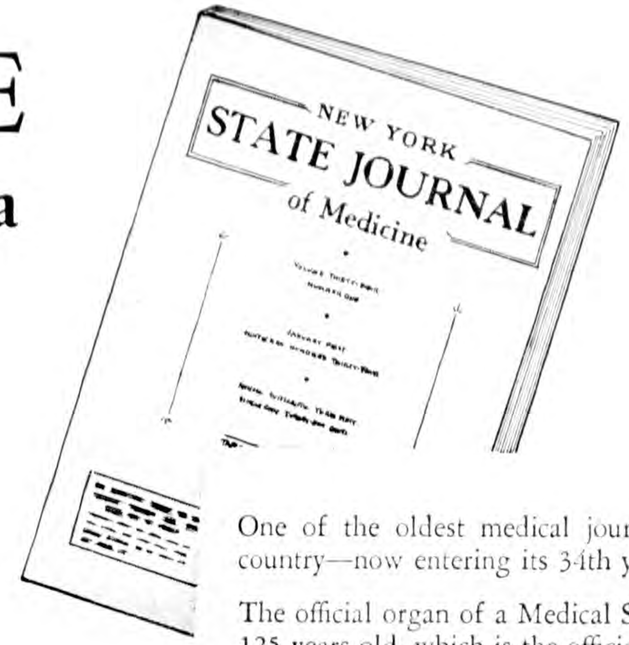
is the foundation
upon which to rebuild

CONCENTRATE

on the World's greatest trade area

▼

through a medium reaching its most influential residents



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ADVERTISING RATES

Hotel, Travel and Resort
Rates based on total amount of space used within twelve months

PUBLISHED TWICE A MONTH

Dimensions in Inches		24 Times (per ins.)	12 Times (per ins.)	6 Times (per ins.)	3 Times (per ins.)	1 Time (per ins.)
5½x8½	Full Page	$100.00	$140.00	$160.00	$180.00	$200.00
5½x4¼ or 2¾x8½	Half Page	70.00	90.00	110.00	120.00	130.00
5½x2⅛ or 2¾x4¼	Quarter Page	50.00	60.00	70.00	80.00	90.00
5½x1 or 2¾x2⅛	Eighth Page	30.00	36.00	40.00	50.00	60.00
2¾x1	Sixteenth Page	16.00	20.00	25.00	32.00	40.00

Cash discount of 5% is allowed on display advertisements if paid within 10 days of invoice; otherwise 30 days net.

Classified Advertisements: Price for 40 words or less, 1 insertion, $2.50; five cents for each additional word. Payable in advance. To avoid delay in publishing, remit with copy.

Rates for preferred space will be sent on request.

IMPORTANT

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All Advertisements published in the Journal must be ethical, and the formulas of medical preparations must have been approved by the Committee on Publication before they can be accepted.

NEW YORK STATE JOURNAL OF MEDICINE

JOSEPH B. TUFTS, *Advertising Manager*

33 West 42nd Street, New York, N. Y., Telephone CHickering 4-5572

New York State Journal of Medicine

JOURNAL MANAGEMENT COMMITTEE
FREDERIC C. CONWAY, M. D., *Chairman*
PETER IRVING, M. D., *Secretary*
THOMAS M. BRENNAN, M. D.
SAMUEL J. KOPETZKY, M. D.
GEORGE W. KOSMAK, M. D.

Business and Editorial Office
33 West 42nd Street
New York, N. Y.

Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

November 15th, 1934.

John Harvey Kellogg, M.D.,
Battle Creek Sanitarium,
Battle Creek, Mich.

Dear Dr. Kellogg:-

We have been awaiting your advertising schedule for the Journal as per our previous correspondence and trust that you are not overlooking New York State in arranging your copy for this year.

You are probably familiar with the fact that there are 22,800 doctors in this state and with the amount of Florida advertising and publicity being carried this year a large number of them are "Florida minded".

We are certain that you will find your returns from advertising in our Journal more than satisfactory.

Trusting that we may have the pleasure of serving you, we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner
Business Manager

TRG:L

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN, CONNECTICUT

November 19, 1934.

Dr. John Harvey Kellogg,
Battle Creek, Inc.,
Miami Springs, Florida.

Dear Dr. Kellogg:

Thank you for your letter of November 15 and especially for your offer to Mrs. Fisher and me to give us half rates if we should come down to Florida this winter. As I said, I am not at all sure this would be possible, but if it is, we would probably arrive in January, leaving here about January 5.

A plan which we had thought of last year, had we come, was to have a little house by ourselves on the coast, but in any case we would probably stay at your sanitarium first, if this could be arranged. I will try to write you as soon as our plans are sufficiently definite so as not to embarrass you by tying up rooms.

Very sincerely yours,

Irving Fisher

P.S. I congratulate you on the growth of your business, including the food business. It will be a great achievement to have been the means of rehabilitation, as I have no doubt you will be. I also hope you may see Battle Creek College develop as you have in mind.

By the way, I have not yet heard from you in regard to Mr. Menaker. I have asked him to help look up some references for the revision of "How to Live". He is rather young for that work, but if he can copy correctly and pick out proper passages he can help.

IF.W

UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF PLANT INDUSTRY
WASHINGTON

DIVISION OF
FOREIGN PLANT INTRODUCTION
ON PLANT STUDIES
Box 432
STILLWATER, OKLA.

Stillwater, Oklahoma
November 20, 1934

Dr. John Harvey Kellogg, M. D.
Miami Springs, Florida

Dear Dr. Kellogg:

I was unable to find both kinds of mung beans for which you have written. I am sending you approximately twenty-three pounds of the Green mung beans that I was able to obtain for $0.12 a pound. Seed supplies are very short this year and I expect them to be higher by next spring. I hoped to be able to send this seed to you much sooner, but I could not find the seed. Please pardon the delay of this shipment.

I am sending the seed to you by express, collect.

Very truly yours,

B F Kiltz

B. F. Kiltz,
Agent

BFK:DB

November 21, 1934

Prof. Irving Fisher,
460 Prospect Street,
New Haven, Connecticut.

Dear Prof. Fisher:

I have your letter of November 19.

I had a little talk with Mr. Menaker and answered his inquiries. He seemed very much in earnest in his effort to get at any new material available.

Sincerely yours,

b

November 21, 1934

Mr. Thos. L. Gardiner,
New York State Journal of Medicine,
33 West 42nd Street,
New York City.

Dear Sir:

Thanks for your letter of November 15th inviting us to send you some advertising copy. Here it is together with a picture for a cut. We have been exceedingly busy or we should have sent it before.

An editorial note calling attention to our advertisement would be appreciated. This is a purely eleemosynary enterprise. Though spending many thousand dollars in the equipment of the place and giving practically my whole time to the enterprise during the winter season, I take no salary and pay my board, the same thing I have done for the Battle Creek Sanitarium for nearly half a century.

If you are sending any of your people down here, be assured we will take good care of them. Our place is generally recognized as one of the loveliest spots in all Florida. Our patients feel much at home, and this year so many of our old patients are coming back we are likely to have within a month a long waiting list as we did last year a little later.

Anything you are disposed to say to help us in getting hold of the people who need such care as we can give them will be appreciated, and assuring you your courtesies will be warmly reciprocated, I am

b

Sincerely yours,

November 25, 1934

Mr. B. F. Kiltz,
Box 432,
Stillwater, Okla.

Dear Sir:

Thank you very much for your kind note of November 20 and for your attention to the matter of the beans. They have not arrived yet, but I hope will appear soon.

What do you think of the advisability of planting seed at this season of the year? We got a good crop of soy beans last year from seed sown in November and raised a second crop of seed the following February.

Sincerely yours,

b

November 25, 1934

Miss Gertrude Estill:

Enclosed find a letter from Mr. B. F. Kiltz, Box 432, Stillwater, Okla. I suppose this letter calls for a check and the express company will collect only for the transportation charges.

A. F. B.

b

New York State Journal of Medicine

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Business and Editorial Office
33 West 42nd Street
New York, N. Y.

Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

November 27th, 1934.

Dr. John Harvey Kellogg, Medical Director
Miami Battle Creek Sanitarium,
Miami, Florida

Dear Dr. Kellogg:

This will acknowledge receipt of your letter of the 21st instant, enclosing advertising copy for use in our Journal. However, you neglected to state the amount of space you wish to use and the number of times you wish to have the advertisement inserted.

Will you kindly furnish us with this information at an early date? The December 15th issue will go to press December 5th; in case you wish to have it in that issue, it will be necessary that you answer by air mail.

The writer showed your letter to the Committee on Publication at its meeting today, and they were of the opinion that inasmuch as you were donating your time to the interests of the public's health, that they were desirous of giving every cooperation.

Therefore, they authorize me to allow you a 50% discount from our general advertising rates, a copy of which is herewith attached, on any advertising that you desire to run in the Journal, and providing that your check is sent in with the order.

Thanking you for the opportunity of being of service, we are,

Yours very truly,
NEW YORK STATE JOURNAL OF MEDICINE

BY: Thos. R. Gardiner
Business Manager

TRG:MB
ENCL.

'VERTISING RATES

General Advertising
Rates based on total amount of space used within twelve months.

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5½X1 OR 2¾X2⅛	EIGHTH PAGE	30.00	36.00	40.00	50.00	60.00
2¾X1	SIXTEENTH PAGE	16.00	20.00	25.00	32.00	40.00

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To Advertisers in Medical Journals

Who would think of overlooking the medical profession of the Empire State in an advertising campaign? On the contrary, probably a large number of advertising mediums would be used in an endeavor to cover this rich territory. Why not use ONE journal that covers the whole State, The NEW YORK STATE JOURNAL of MEDICINE?

Through this Journal alone you can reach practically all the desirable physicians in every town and village in New York State, as well as in the large cities, such as New York, Brooklyn, Buffalo, etc.

The NEW YORK STATE JOURNAL of MEDICINE is the OFFICIAL ORGAN of the Medical Society of the State of New York, and as such goes to every member of the State and County Societies, who for this reason take a more particular and personal interest in it than in any other journal.

NEW YORK STATE JOURNAL of MEDICINE

33 West 42nd Street, New York, N. Y. Telephone CHickering 4-5570

JOSEPH B. TUFTS, Advertising Manager

(OVER)

New York State Journal of Medicine

Forms close 10 days before each issue. Date of issue 1st and 15th of each month.

BUSINESS & EDITORIAL DEPT
33 WEST 42ND STREET
NEW YORK CITY
PHONE CHICKERING 4-5570

_____ 193____

THE OFFICIAL ORGAN OF THE

Medical Society of the State of New York

You are hereby authorized to publish_____Advertisement in the NEW YORK STATE JOURNAL of MEDICINE to occupy space of_____page

_____ _____times, beginning with issue_____
(INDICATE MONTHLY, OR EVERY ISSUE)

193____or earliest possible issue following for which_____agree to pay to
(I OR WE)

your order, within 15 days of each insertion,_____100 Dollars

($_____) per insertion.

It is understood and agreed that the publisher shall have the right to alter or reject copy for any advertisement which, in the opinion of the Committee on Publication, is considered as being unethical or unsound in its claims. Copy once furnished is to be continued until new instructions are given. All advertisements accepted, subject to conditions on back of contract and to supervision of the Committe on Publication at all times during the life of this order. On t. f. (until forbidden) contracts it is understood that when either party (advertiser or publisher) wishes to discontinue the advertisement, 30 days' notice will be given in writing. It is part of this agreement that it cannot be cancelled and that no oral or other agreement exists excepting those incorporated herein.

(Signed)_____

Accepted subject to approval of copy and formula
New York State Journal of Medicine
By

_____
Business Mgr.

Per_____

Address_____

(OVER)

November 29, 1934

Mrs. Grace K. Babson,
C/o Mountain Lake Club,
Lake Wales, Florida.

Dear Madam:

We have your letter of November 27.

Thank you very much for your order. We are sending three cans of Kaba to Mr. Babson as you request. We expect a supply of Kaba in large cans in a day or two.

Sincerely yours,

THE MIAMI-BATTLE CREEK

b

November 30, 1934

Professor Irving Fisher,
460 Prospect St.,
New Haven, Conn.

Dear Professor Fisher:

Since writing you calling your attention to a quotation from Cheyne, I have received information from Dr. Rutherford, from whom I borrowed it, that the quotation is anonymous and not from Cheyne. In the article which I quoted he wrote, "Further paralleling what Cheyne said, 'As mean decline they should have bowel movements as babies do-- two or three at least, daily.'"

Sincerely yours,

D

November 30, 1934

Mr. Thos. L. Gardiner,
New York State Journal of Medicine,
33 West 42nd Street,
New York City.

Dear Sir:

I have your letter of November 27.

The copy we sent you was intended to occupy one page one or more insertions, to be paid for with "a credit order in lieu of cash" as per your proposition in your letter of September 24, leaving it to you to determine the amount of advertising in accordance with the accommodations you will be likely to desire. The suggestion of an exchange of accommodations for advertising space was your own. If you have changed your mind and do not care to make the arrangement, kindly return the copy.

Sincerely yours,

b

New York State Journal of Medicine

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THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

December 4th, 1934.

Dr. John Harvey Kellogg,
Miami-Battle Creek Sanitarium,
Miami Springs (Miami) Florida.

Dear Dr. Kellogg:-

We acknowledge receipt of your letter of the 30th. ulto., and regret that there is a slight misunderstanding regarding your advertising in our publication.

We have scheduled a full page advertisement for the December 15th, January 1st, and January 15th issues, the total cost of same, namely $540.00, to be taken out in room, meal and treatment accomodations at the Miami-Battle Creek Sanitarium.

If this is agreeable will you kindly sign the two enclosed contract forms and return them to us. The duplicate copy will be returned to you for your files.

Should the above schedule not comply with your wishes, if you will advise us of any changes desired we will happily carry out your instructions.

Thanking you for giving the above your usual prompt attention and trusting that this will straighten out the matter to the satisfaction of all and further that you have a very successful season, we beg to remain,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

BUSINESS MANAGER

TRG:L
Enc.

New York State Journal of Medicine

Forms close 10 days before each issue. Date of issue 1st and 15th of each month.

BUSINESS & EDITORIAL DEPT.
33 WEST 42ND STREET
NEW YORK CITY
PHONE CHICKERING 4-5570

December 4th 1934

THE OFFICIAL ORGAN OF THE

Medical Society of the State of New York

You are hereby authorized to publish our Advertisement in the NEW YORK STATE JOURNAL of MEDICINE to occupy space of one page every (INDICATE MONTHLY, OR EVERY ISSUE) 3 times, beginning with issue Dec.15th 1934 or earliest possible issue following for which we (I OR WE) agree to pay to your order, within 15 days of each insertion, One hundred eighty 100 Dollars ($180.00) per insertion. The total amount $540.00 to be used in room, meal and treatment accomodations at Miami-Battle Creek.

It is understood and agreed that the publisher shall have the right to alter or reject copy for any advertisement which, in the opinion of the Committee on Publication, is considered as being unethical or unsound in its claims. Copy once furnished is to be continued until new instructions are given. All advertisements accepted, subject to conditions on back of contract and to supervision of the Committe on Publication at all times during the life of this order. On t. f. (until forbidden) contracts it is understood that when either party (advertiser or publisher) wishes to discontinue the advertisement, 30 days' notice will be given in writing. It is part of this agreement that it cannot be cancelled and that no oral or other agreement exists excepting those incorporated herein.

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By

_____
Business Mgr.

Per _____

Address _____

(OVER)

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NEW YORK STATE JOURNAL of MEDICINE
33 West 42nd Street, New York, N. Y. Telephone CHickering 4-5570
JOSEPH B. TUFTS, Advertising Manager

(OVER)

December 7, 1934

Mr. Thos. R. Gardiner,
New York State Journal of Medicine,
33 West 42nd St.,
New York City.

Dear Sir:

I have your letter of December 4.

I shall be glad to make arrangements with you for exchange of space for accommodations, but hesitate a little on account of the extraordinarily high price you charge for space. Five hundred and forty dollars seems pretty steep for two pages when the Journal of the American Medical Association only charges $330 for their large page.

We find that we are going to be crowded this winter and have had to raise our prices to twenty dollars a day covering the full service, including examinations. This will make our rate $140 a week, which would be four weeks, lacking two days, for one page, two insertions. If this is satisfactory, you may give the copy sent you two one page insertions. We hope you will also favor us with a little editorial note which we think we deserve as our enterprise is purely eleemosynary in character.

Yours truly,

b

December 8, 1934

Professor Irving Fisher,
460 Prospect Street,
New Haven, Conn.

Dear Professor Fisher:

Referring to your letter of December 1 addressed to Mr. Chinnery, I have written him as you suggest and enclose a copy of my letter. If I hear from him I will send a copy of his letter to you. I shall be glad to receive any information you may get from him.

As regards the importance of frequent bowel movement, I am thoroughly convinced that a movement after each meal is the normal method and that it should be encouraged. I must admit, however, that since becoming fully acquainted with the advantages of a thoroughly biologic diet and a consistently maintained non-putrefactive condition of the intestine, the necessity of very frequent bowel movements seems to be less urgent. The chief harm resulting from stasis is the production of putrefaction products which injure the mucous membrane and when absorbed poison the body. Where there is no putrefaction the only harm that can come from a slightly prolonged retention of residues would be injury which might come from over distention of the bowel. This would not be sufficient to produce any injury if a complete bowel movement occurs once or twice a day.

It is always to be remembered, of course, that mere fre-

quency of bowel movement does not guaranty complete clearance of the intestine. I have met cases in which the bowels moved ten or twelve times a day while the X-ray showed that portions of a test meal were retained for 96 hours.

So many factors are involved in every physiologic problem that a very extended study of the entire situation is needed for a full understanding of the many factors which may be involved.

Thanking you for calling my attention to this interesting letter, I am

Sincerely yours,

b

DAVID FAIRCHILD
THE KAMPONG, 4013 DOUGLAS ROAD
COCONUT GROVE, FLORIDA

Dec. 8. '34

Dear D. Kellogg.

I enclose the description of how Harrison Smith propagated his big bamboo clump in Tahiti. Your secretary could copy it & let me have the letter back I presume.

You will see it is not a complicated method. I think the Spring season, say April would be the best one in which to lay down a few stems & plant a lot of cut pieces of a good sized stem.

DAVID FAIRCHILD
THE KAMPONG, 4013 DOUGLAS ROAD
COCONUT GROVE, FLORIDA

This coral matter checks the growth of the bamboos.

When I can get together some mines that I think you would appreciate on your Sanitarium I'm coming out with them.

These bananas have begun to ripen & please us all.

Mr Frick Canister Ice Cream reformed it delicious. It a golden yellow color.

With best regards
Yours Sincerely
David Fairchild.

CABLE ADDRESS: LEPERS, NEW YORK

TELEPHONE CHELSEA 3-4638

THE AMERICAN MISSION TO LEPERS

INCORPORATED 1920

COOPERATING WITH

THE MISSION TO LEPERS LONDON

FOUNDED IN 1874

WILLIAM JAY SCHIEFFELIN
PRESIDENT

WILLIAM I. CHAMBERLAIN
VICE-PRESIDENT

FLEMING H. REVELL, JR.
TREASURER

WILLIAM M. DANNER
GENERAL SECRETARY

156 FIFTH AVENUE

NEW YORK

December 7, 1934.

Dr. John Harvey Kellogg,
Miami-Battlecreek Sanitarium,
Miami Springs, (Miami)
Florida.

Dear Dr. Kellogg:

Hearty thanks for your letter of November 24th and also for the copies of the soy bean milk formula.

I note with much pleasure a new book written by Babson and dedicated to you as "America's Pioneer for Race Betterment." May I join your host of friends in congratulation on this distinction. I shall read the book with double interest because of your connection with it.

Sincerely yours,

W. M. Danner
General Secretary

wmd p

Form 1227 B

CLASS OF SERVICE DESIRED	
TELEGRAM	
DAY LETTER	
NIGHT MESSAGE	
NIGHT LETTER	X

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

NO.	CASH OR CHG
CHECK	
Charge San.	
TIME FILED	

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

December 12, 1934 19

To New York State Journal of Medicine,

Street and No. (or Telephone Number) 33 West 42nd St.,

Place New York City.

OUR ACCEPTANCE OF YOUR PROPOSITION BASED ON YOUR PUBLISHED RATE OF ONE HUNDRED DOLLARS PERPAGE. SURPRISED AT YOUR SUDDEN CHANGE OF RATE. OUR RATE HUNDRED FIVE TO HUNDRED FORTY PER WEEK ONE PERSON. INCLUDING TREATMENT. BOARD ONLY SEVENTY DOLLARS A WEEK. WE OFFER EVEN EXCHANGE ONE PAGE FOR ONE PERSON ONE WEEK, SPACE TO BE USED WHEN WE WISH.

JOHN HARVEY KELLOGG

b

SENDER'S ADDRESS FOR REFERENCE SENDER'S TELEPHONE NUMBER

ALL MESSAGES TAKEN BY THIS COMPANY ARE SUBJECT TO THE FOLLOWING TERMS:

To guard against mistakes or delays, the sender of a message should order it repeated, that is, telegraphed back to the originating office for comparison. For this, one-half the unrepeated message rate is charged in addition. Unless otherwise indicated on its face, this is an unrepeated message and paid for as such in consideration whereof it is agreed between the sender of the message and this company as follows:

1. The company shall not be liable for mistakes or delays in the transmission or delivery, or for non-delivery, of any message received for transmission at the unrepeated-message rate beyond the sum of five hundred dollars; nor for mistakes or delays in the transmission or delivery, or for non-delivery, of any message received for transmission at the repeated-message rate beyond the sum of five thousand dollars, *unless specially valued;* nor in any case for delays arising from unavoidable interruption in the working of its lines; nor for errors in cipher or obscure messages.
2. In any event the company shall not be liable for damages for mistakes or delays on the transmission or delivery, or for the non-delivery, of any message whether caused by the negligence of its servants or otherwise, beyond the sum of five thousand dollars, at which amount each message is deemed to be valued, unless a greater value is stated in writing by the sender thereof at the time the message is tendered for transmission, and unless the repeated-message rate is paid or agreed to be paid, and an additional charge equal to one-tenth of one per cent of the amount by which such valuation shall exceed five thousand dollars.
3. The company is hereby made the agent of the sender, without liability, to forward this message over the lines of any other company when necessary to reach its destination.
4. Messages will be delivered free within one-half mile of the company's office in towns of 5,000 population or less, and within one mile of such office in other cities or towns. Beyond these limits the company does not undertake to make delivery, but will, without liability, at the sender's request, as his agent and at his expense, endeavor to contract for him for such delivery at a reasonable price.
5. No responsibility attaches to this company concerning messages until the same are accepted at one of its transmitting offices; and if a message is sent to such office by one of the company's messengers, he acts for that purpose as the agent of the sender.
6. The company will not be liable for damages or statutory penalties in any case where the claim is not presented in writing within sixty days after the message is filed with the company for transmission.
7. It is agreed that in any action by the company to recover the tolls for any message or messages the prompt and correct transmission and delivery thereof shall be presumed, subject to rebuttal by competent evidence.
8. Special terms governing the transmission of messages under the classes of messages enumerated below shall apply to messages in each of such respective classes is in addition to all the foregoing terms.
9. No employee of the company is authorized to vary the foregoing.

THE WESTERN UNION TELEGRAPH COMPANY
INCORPORATED
NEWCOMB CARLTON, PRESIDENT

CLASSES OF SERVICE

TELEGRAMS

A full-rate expedited service.

NIGHT MESSAGES

Accepted up to 2.00 A.M. at reduced rates to be sent during the night and delivered not earlier than the morning of the ensuing business day.

Night Messages may at the option of the Telegraph Company be mailed at destination to the addressees, and the Company shall be deemed to have discharged its obligation in such cases with respect to delivery by mailing such Night Messages at destination, postage prepaid.

DAY LETTERS

A deferred day service at rates lower than the standard telegram rates as follows: One and one-half times the standard Night Letter rate for the transmission of 50 words or less and one-fifth of the initial rates for each additional 10 words or less.

SPECIAL TERMS APPLYING TO DAY LETTERS:

In further consideration of the reduced rate for this special Day Letter service, the following special terms in addition to those enumerated above are hereby agreed to:

A. Day Letters may be forwarded by the Telegraph Company as a deferred service and the transmission and delivery of such Day Letters is, in all respects, subordinate to the priority of transmission and delivery of regular telegrams.

B. Day Letters shall be written in plain English. Code language is not permissible.

C. This Day Letter is received subject to the express understanding and agreement that the Company does not undertake that a Day Letter shall be delivered on the day of its date absolutely and at all events; but that the Company's obligation in this respect is subject to the condition that there shall remain sufficient time for the transmission and delivery of such Day Letter on the day of its date during regular office hours, subject to the priority of the transmission of regular telegrams under the conditions named above.

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

NIGHT LETTERS

Accepted up to 2.00 A.M. for delivery on the morning of the ensuing business day, at rates still lower than standard night message rates, as follows: The standard telegram rate for 10 words shall be charged for the transmission of 50 words or less, and one-fifth of such standard telegram rate for 10 words shall be charged for each additional 10 words or less.

SPECIAL TERMS APPLYING TO NIGHT LETTERS:

In further consideration of the reduced rate for this special Night Letter service, the following special terms in addition to those enumerated above are hereby agreed to:

A. Night Letters may at the option of the Telegraph Company be mailed at destination to the addressees, and the Company shall be deemed to have discharged its obligation in such cases with respect to delivery by mailing such Night Letters at destination, postage prepaid.

B. Night Letters shall be written in plain English. Code language is not permissible.

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

New York State Journal of Medicine

COMMITTEE ON PUBLICATION
FREDERIC E. SONDERN, M.D., *Chairman*
ARTHUR J. BEDELL, M.D.
CHARLES GORDON HEYD, M.D.
PETER IRVING, M.D.
GEORGE W. KOSMAK, M.D.

Business and Editorial Office
33 West 42nd Street
New York, N. Y.

Phone CHickering 4-5570

THOMAS R. GARDINER, *Business Manager*
JOSEPH B. TUFTS, *Advertising Manager*

THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

December 12th, 1934.

John Harvey Kellogg, M.D.,
Miami-Battlecreek Sanitarium,
Miami, Florida.

Dear Dr. Kellogg:-

We have your letter of the 7th inst. and note contents thereof.

As per your request we are scheduling your copy to run in the issues of December 15th and January 1st - two full page advertisements.

We regret to learn that you feel that our rates are high as we feel they are moderate and have had no complaints in connection with them from any other source.

Your copy in the December 15th edition looks excellent and a copy of the issue will go forword to you within a few days. We have also instructed our editor to prepare a good editorial for you and this will appear in the next issue.

We wired you today as follows:-

> A. OSTRIKER A MEMBER OF OUR STAFF WOULD LIKE TO COME DOWN FOR TREATMENTS STOP WOULD LIKE TO TAKE HIS WIFE AND TWELVE YEAR OLD DAUGHTER WITH HIM WHAT WOULD RATES BE FOR THE THREE ONLY ONE REQUIRING TREATMENTS STOP IF RATES SATISFACTORY WOULD ARRIVE THERE DECEMBER SIXTEENTH WIRE ANSWER

Mr. Ostriker has been with us a long time and the only reason we agreed to use accomodations in return for space was to enable him to take the trip and take your treatments. As you only authorize our running your advertising in two issues we were desirous of learning just what you would charge for Mr. Ostriker, his wife and child, prior to their going down. If you would not grant them special rate for the three there would hardly be sufficient of the the exchange credit to pay for him making the trip. We will await your answer to our wire.

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THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

John Harvey Kellogg, M.D., Page 2 - December 12th, 1934.

We would really like to see Mr. Ostriker stay a little longer than our exchange credit is going to allow and we were wondering if you would be willing to permit him to prolong his visit and we will run additional advertising for you to cover his entire bill. Should you be willing to work this out we will be very liberal with editorials and, further, as you will note from the enclosed rate card, the rates are lowered when a number of insertions are ordered.

Should you run only the two pages which you have authorized the rate is $200 per page, or $400 for the two pages. Should you use three pages the rate drops to $180 per page or a total of $540 for the three pages, and should you care to run in six issues the rate would come down to $160 per page or a total of $960 for the six pages.

We feel certain that you will secure real satisfactory returns from your advertising in the Journal and we look forword to the pleasure of carrying your announcement each season.

Thanking you in advance for your usual prompt attention , we are,

Yours very truly,

NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner

Business Manager

TRG:L

December 13, 1934

Dr. David Fairchild,
The Kampong,
4013 Douglas Road,
Coconut Grove, Florida.

Dear Dr. Fairchild:

I have your letter of December 8.

Thank you very much for the information about the bamboos. I found a little group of bamboos, said to cover about a half acre, which I am told I can buy cheap. Some day, if you would like to do so, we will drive over and take a look at it.

From the directions given by the U. S. Department of Agriculture, I judge that the spring would be the proper time for planting rather than the present time. The third method described, a modification of the second method, strikes me as being most certain of success. We shall try to get something started before I go North next spring.

I wonder if there are species of bamboos more suitable for eating than the one we have here and of which you have had specimens. I also wonder if there is a difference in the different species as regards the time required for development.

From what R. A. Young says I judge the species we have here in our back yard is the B. tulda. I will put this on as a tentative label.

The man in charge of the bamboo clump I told you about told me a day or two ago, he would be glad to have me take the bamboos away. In that case the quickest way to start a new clump might be to cut off the tops and transplant the roots. I shall be glad to talk with you about this

when opportunity offers.

I have been reading your article in the last "Geographic." I was so fascinated with it I had to read it all through before I could go to sleep. I have trained several natives as nurses from the Caribbean Islands, one a very brilliant young woman from Antigua, and several from Georgetown, and had a very remarkable patient from Jamaica, a colored woman. I have a number of old students scattered around among the islands.

What an amazingly interesting time you had. How you and Mrs. Fairchild must have enjoyed that upset in the surf. You have had more fun than almost anybody I know of and have such a charming way of writing about it your book ought to be a best seller.

I am sorry to find that all of our bamboo sprouts have decayed, I suppose because of the cold weather. When we get a new crop next spring we will see that you have a good supply. Our gardener sent us several hampers full and said he could have sent us several times as many, so next summer if you are in Miami you must just come up and help yourself. It seems they do not develop much in the winter.

I hope you and Mrs. Fairchild will be dropping in pretty soon. Why not come over next Sunday and have some treatment in the afternoon and stay for supper.

Sincerely yours,

b

Enc. 2

New York State Journal of Medicine

JOURNAL MANAGEMENT COMMITTEE
FREDERIC C. CONWAY, M. D., *Chairman*
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THE OFFICIAL ORGAN OF THE
Medical Society of the State of New York

December 16th, 1934

Dr. John H. Kellogg,
Miami Battle Creek Sanitarium,
Miami, Florida.

Dear Dr. Kellogg,

We received your wire today and immediately wired you back as follows:-

"OSTRIKER WIFE AND CHILD WILL ARRIVE TWO THIRTY DECEMBER SIXTEENTH WOULD LIKE TO ARRANGE FOR THEIR ENTIRE CHARGES TO BE WORKED OUT WITH ADVERTISING TO BE USED WHEN DESIRED BY YOU."

Our advertising rates were increased as per rate schedule sent you. The reason for the rate increase was that we changed our entire make-up on the Journal and added to the staff Dr. William Seaver Woods who for twenty-seven years was Editor in Chief of Literary Digest.

The Journal has always been conducted at a loss, but it was decided that with marked improvement we could stimulate interest in the Journal and increase the returns for its advertisers sufficiently to justify the new rates. As a result our circulation has increased to a point which is the largest in its thirty-four years history, and the reader interest has increased tremendously, likewise its advertisers and its returns to advertisers.

However, in your particular case we want to be more than fair and will do everything possible at our end to stretch a point for your institution. If you are willing to work out some plan covering the Ostriker family and use the amount thereof in advertising at any time you desire , we will go the limit on editorials and so forth.

Thanking you in advance for any courtesies extended to Mr. Ostriker, and assuring you of our willingness to recommend your institution as well as to cooperate in every way possible, we beg to remain,

Yours very truly,
NEW YORK STATE JOURNAL OF MEDICINE

Thos. R. Gardiner
Business Manager

TRG:NP

December 14, 1934

Mr. Hodges:

Please put five or six labels on the clump of bamboos as follows: BAMBUSA TULDA

J. H. K.

PROFESSOR IRVING FISHER
460 PROSPECT STREET
NEW HAVEN CONNECTICUT

December 17, 1934

Dr. J. H. Kellogg,
Battle Creek in Florida,
Miami Springs, Florida.

My dear Dr. Kellogg:

Thank you for your various latters.

I think your questions sent to New Guinea might keep Mr. Chinnery busy!

I'll try your Krusty Bean.

Sincerely yours,

IF.t

Irving Fisher

December 18, 1934

Dr. Roger W. Babson,
C/o Mountain Lake Club,
Lake Wales, Florida.

My dear Mr. Babson:

Thank you very much for the book "The New Dilemma," which I am reading with great interest. I find the book full of most useful information and wise suggestions. I think I am with you one hundred per cent in your projects for national betterment and methods of combating the disintegrating forces which are becoming so active in recent years.

Sincerely yours,

b

December 21, 1934

Mr. Roger W. Babson,
c/o Mountain Lake Club,
Lake Wales, Florida.

Dear Mr. Babson:

Why not run over for a few days and have another check up. We are filling up pretty fast but still have plenty of room. We will be glad to see you.

Sincerely yours,

b

DAVID FAIRCHILD
THE KAMPONG, 4013 DOUGLAS ROAD
COCONUT GROVE, FLORIDA

Dec 22. 34

Dear D. Kellogg.

Who is this Dr Klass.
Anyone of importance in the
Say Brown history.
never saw him nor
know about him. Do
you know him

Hastily yours

Daniel Fairchild

NTIST EXTRACTS MILK FROM SOY BEAN

Dr. Jethro Kloss of Washington, D. C., Says Product Tests 3.15 Per Cent Butter Fat and Can Be Obtained Much More Cheaply Than From Cow; Soy Bean Products To Be Exhibited.

Milk from contented soy beans. This may sound like a joke, or prophetic, but it's a fact, according to Dr. Jethro Kloss of Washington, D. C., who has devoted 18 years to the study of the soy bean, and from it has derived so many products that an enumeration of them sounds like a dairy menu.

"Milk so pure that it can hardly be detected by the taste alone can be taken from the soy bean," Dr. Kloss said. "From this milk more than 20 products already have been made, and have stood the test of careful analysis.

"Soy bean milk tests 3.15 per cent butter fat against 4.50 butter fat for the best of cows milk. It will sour just as the cows milk, and after this it may be made into cheese, buttermilk or anything else for which cows milk is used. And it may be produced for about 2 cents per quart."

Dr. Kloss said that he first became interested in the soy bean when he noted its fattening effect on cattle. He began an intensive study of the bean, and after many years of research, perfected processes by which the milk could be extracted. From this the by-products developed.

"The milk can hardly be detected by taste alone. Most people expect it to be slightly bitter, but it isn't," Dr. Kloss said. "My own 4-year-old granddaughter has never tasted cow's milk, and she has been pronounced an almost perfect speciman of childhood."

Dr. Kloss will exhibit the products of the soy bean in Bayfront park tomorrow evening after the band concert.

DR. JETHRO KLOSS

BAMBOO PROPAGATION

"This is to thank you again for your letter of 13 May about the propagation of bamboo, and to tell you that the second method, cutting the culms into single-joint lengths, has given excellent results. The cuttings were planted in very muddy soil containing a lot of humus beside a creek that brings down leaves and mould from a large grove of mapé trees. But for your letter I should never have thought of putting the cuttings into such a wet mucky soil.

I now have enough plants to satisfy all requests, enough, in fact, to plant many hectares."

From letter dated 1-25-34, from Harrison W. Smith, Papeari, Tahiti, Society Islands.

PROPAGATION OF THE CLUMP-FORMING BAMBOOS

There are two methods of propagating the clup-forming bamboos. One of these is to chop or saw out one or small sections of a clump, and cut back the culm or culms of the sections to not more than a few feet high.

The second method, which may not be equally successful with all species, is to cut into single-joint lengths culms not too large in diameter, having at least one branch at a node; plant these single-node cuttings in wet soil in a very warm situation, filling the follow ends with the soil and leaving one or two of the branches with leaves extending above the soil. The soil may contain a large amount of humus. Rooting of the cuttings should take place within a few weeks. Culms only one to two years old used for making the cuttings probably will give best results.

A modification of the second method consists in cutting out an entire individual culm with its rooty base and laying it down in warm moist soil with one or two small leavy branches from each node projecting above the surface. Roots should develop at practically every node. The culm must, of course, be cut later into single node lengths, for transplanting.

U. S. Department of Agriculture
Bureau of Plant Industry
Division of Plant Exploration and Introduction

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TANGLEWOOD BY-THE SEA
POMPANO BEACH
POMPANO, FLORIDA

Dec. 22. 34

Dear Dr. Kellogg.

We wish you a very merry Christmas and a happy healthful nineteen thirty five.

Thanks so much for your nice letter in regard to our coming to Florida.

We have been able to manage it, and we are delighted with the weather, beach, fresh vegetables and everything. I hope you will be able to visit us sometime, and hope to be at the school if you do come. It would be nice if your secretary could drop us a card letting us know within a day or two, when you are coming, as I should be so disappointed if I happened to be out shopping or away at the time.

Our Battle Creek College Dietician has

come with us to Florida.

Yesterday I received a card from my daughter Barbara, stating that Mr. Stegman's article about the children had "come out" in Good Health" and that it is a splendid article. I shall be anxious to see a copy.

Do you think you will be able to have a couple hundred copies of the article for us as you suggested the evening I called. It was such a generous offer that I wonder if you realize how great an expense it would be? I am sure the copies of this article would mean much to us, in answering the inquiries of physicians and psychologists as well as parents.

We would not need to have them sent here - we my daughter could drive to Battle Creek for them and then send a few to me at this address.

At present I do not know of any way in which I can repay you for such kindness as you have

TANGLEWOOD BY-THE SEA
POMPANO BEACH
POMPANO, FLORIDA

extended but I am sure that every person in the school would be glad if there is any way in which they can better show their appreciation than by simply thanking you, and hoping that thru the medium of this article someone may become interested in our handicapped children who are without funds, yet staying on, as we cannot bear to send them back into this unhomes until they are better fitted to "carry on"

Again I want to thank you & stand here you - [illegible] the rest, you [illegible]

Sincerely,

[illegible]

The foods which you sent were much enjoyed and appreciated by us.

STATEMENT

MIAMI SPRINGS, (MIAMI) FLA., Dec. 27 1934

Mr. Roger W. Babson
% Mountain Lake Club
Lake Wales, Fla.

IN ACCOUNT WITH

BATTLE CREEK, INC.

12/20/34

Nov.	29	3 lbs Kabg. Per J. Curtis	3 00		
					3 00

Lake Wales, Fla.

Dear Sirs,

I enclose check for $9.00 wherein pays this bill and also pays for six pennants.

Please ship these additional pennants immediately.

Isn't there some charge way of buying it?

Roger W. Babson

November 27, 1934.

67 WELLESLEY AVENUE
WELLESLEY, MASS.

Manager -
Miami Battle Creek.
Miami Springs
Florida.

Dear Sir:-

Will you please mail to our Florida address a 3 lb. can of Kaba and send the bill to the address above. In case you have not the 3 lb. tins on hand please send 3 - 1 lb. tins.

Very truly yours
Grace K. Babson

Send to
Roger W. Babson
Cash Mountain Lake Club
Lake Wales, Florida.

December 28, 1934

Dr. David Fairchild,
4013 Douglas Road,
Coconut Grove, Florida.

Dear Dr. Fairchild:

I have your letter of December 22.

I have been laid up with an attack of shingles. I have been going through purgatory for a week. I am just convalescing.

Like you, I have never heard of Dr. Kloss before. I don't like the looks of his face nor his publicity methods. It is rather late, I should think, to advertise soy milk as a new discovery when it has been in use for five thousand years or more.

Sincerely yours,

b

December 30, 1934

Dr. Roger W. Babson,
C/o Mountain Lake Club,
Lake Wales, Florida.

Dear Dr. Babson:

We have your letter and check for nine dollars in payment of three cans of Kaba you have already received and six cans to be sent. We are sending the Kaba by the first mail.

The Food Company is now putting out a large can of Kaba which is more economical than the smaller one. We expect to receive a few cases of the large cans in ten days or two weeks. These cans contain 43 ounces and cost $3.50, while the smaller can which sells for a dollar contains 11 ounces.

Sincerely yours,

THE MIAMI-BATTLE CREEK

b

[12-30-39]

4013 DOUGLAS ROAD · THE KAMPONG · COCONUT GROVE, FLORIDA

Dear Dr Kellogg

I remember so vividly the spectacular way that your magical camp cured my sugar cast spring. That I am wondering if it would help Nancy Bell's face. She has come back.

from her sig wounds
the Orient with her
face badly broken up.
It been that way for
about two months. She
says. and I am
wondering whether it is
not some type of
infection she picked
up there.
Could bring her

Dear Some day I get you take a look at her.

Very sincerely yours,
Marian W Bell Fairchild

December 30,
1934.